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# Wingspan

Vol. 12, No. 23

Naval Air Station Corpus Christi, Texas

Thursday • November 9, 2006

## Starbase-Atlantis program - strong in Corpus Christi

By Bob Torres

The newest of the Starbase-Atlantis Academy had a ribbon-cutting ceremony, Friday, October 27, with guests arriving from Washington, DC; Pensacola and the local area in what was once a military "brig."

"This Building is familiar because I used to inspect this facility," said Honor Bell, Director of Community Service and Outreach, Navy Education and Training Command. Bell has made several trips to the Corpus Christi area, ensuring that this academy would open.

"When we got here, we visited many different facilities on the Base," said Crystal Trujillo, Director of the Starbase-Atlantis program in Corpus Christi. "We saw a lot of facilities, including hangar spaces, but this was the best fit for our students."

It's not the usual classroom – the walls are painted black and stars, moons and planets are strewn throughout the area. A divider can be used to separate into two classrooms but often, it's strictly a huge area for the Fifth-grade children to work and study. There are tables in one "room" and the second room is filled with computers, and joysticks for the pupils to use when they're working on flight simulators and computer aided drafting.

"We want learning to be 'fun'," continued Trujillo. "We want learning to be something enjoyable. As our students leave here each day, we want them excited and talking to each other about what they learned."

The Fifth-grade students attend class for one day a week over a five week period. It is primarily designed to provide training opportunities in math, science, technology, engineering, drug-demand reduction, and goal-setting



**Ernie Gonzales, Dod Starbase Program Manager from Washington, DC, joins Meadowbrook Fifth-grade students, Captain Paula Ricketts, Commanding Officer, Naval Education Training Professional Development Technology Center, NAS Pensacola, Fla., and Capt. Tim Coolidge, Naval Air Station Corpus Christi Commanding Officer during the ribbon-cutting of the Starbase-Atlantis Academy, on base, Oct. 27. (Photo by LI2 Paul Hewitt)**

skills. This is accomplished through a curriculum that includes astronomy, rocketry, engineering and the physics of flight.

Navy volunteers assist instructors and act as positive role models, and Navy activities demonstrate how math, science, and technology skills are put to use in aircraft and ship

maintenance, flight simulation, meteorology, and navigation in the air and at sea.

"When the students come here, they don't want to leave," said Trujillo. "It's a different type of classroom setting and the students love it."

Other participants of the ceremony were

## NASCC wants you to be 'fire' safe on and off duty

By John Morris Navy Region South, Fire & Emergency Services

Fire Prevention Week resources are by design targeted at kids. They are statistically an "at risk group," and luckily their minds are sponges if the subject is approached right, so we have a golden opportunity to get it right. Each year we must be dynamic with regards to the approach. The NFPA gives us a target message each year, usually based on a past years statistic (tragedy). It is how we deliver the message, and who we deliver it to, that provides the real value-added in the year's week long events. There is no doubt we like to showcase our equipment and our personnel, but a child can not differentiate between a 1250GPM pumper with all the bells and whistles and an ARFF vehicle...they are all FIRE TRUCKS.

We must deliver an age appropriate message that "hits home," and is then shared with the whole family. Success stories abound; from the Texas Fire Chiefs "Friday Report" – "Last week, a seven-year old Ohio child convinced her parents to implement the lessons

she had heard at school about fire safety. She insisted that her parents install more smoke detectors and devise an escape plan that she then went over with her father. Those past preparations may have saved the lives of the second grader and her family early Tuesday morning when they had a fire in their house. The Home Safety Council says that fire is the third leading cause of injury-related deaths in the home, causing an average of more than 3,400 fatalities each year in the US. We don't know how many deaths have been prevented thanks to public educators and fire chiefs that support public education programs, but this family averted tragedy because of what one little girl learned at school." That is a great testament to a department that got it right!

So how do we do it? At Naval Air Station Corpus Christi we have a demographic onboard the base that is tough to reach; 35 to 50-plus year old production workers busy putting helicopters back together after being beat up in Iraq, and 20-something student Naval

Aviators learning to be the next generation Naval Aviator. We take a different tact; these same people have kids in our schools right outside the gate, so we take the back door to fire-safety; get the message to their kids, who will then do just what the little girl in Ohio did... "look what I learned today at school." Successful public fire safety outreach partnering has a long history at the base, and we continually strive to improve how we reach the kids. To keep it fresh and exciting we spend time and money on constant improvement. This year it got bigger as "Luis" joined the effort. With his help, personnel from Operations, Fire Prevention and some outstanding volunteers had the opportunity to reach 400 children at Flour Bluff Elementary School, of which nearly 200 were affiliated with the base. Of course we still provide targeted events to the adult workforce with static displays at the work-sites, Navy Exchange and other locations as well as fire drills and extinguisher training.

Ernie Gonzales (Office of the Assistant Secretary of Defense (Reserve Affairs)) from Washington DC, Starbase-Atlantis Program Manager, who oversees all 51 Department of Defense Starbase Academies.

"This is one time that I'm glad to say that I'm from Washington (DC)," said Gonzales. "This is the kind of program that we see where our money is going and it's to the right place. We appreciate that Capt. Paula Hinger came to us to have this program here. It took several years, but here we see the product of that labor."

"I'm particularly pleased that Captain (Tim) Coolidge has embraced this program and made it a reality," he continued.

Also in attendance was Steve Mustain, Director of Operations for Starbase Atlantis; Henry L. Giles, Deputy Director, Community Service and Outreach Program; Naval Air Station Commanding Officer, Captain Tim Coolidge; Dr. Julie Carbajal, Superintendent of Flour Bluff ISD; and other guests for the ceremony.

Capt. Paula Hinger, former commanding officer who spearheaded changing legislation to allow the Starbase-Atlantis program in Corpus Christi, was flying in from Omaha, Nebraska, but was unable to fly in from Dallas due to weather and flight problems. She was to have been the guest of honor for the festivities.

The students currently attending the program are from Meadowbrook Elementary (CCISD) and are due to graduate from the program later this month.



**Luis, our newest and by far "biggest" addition to the fire department is a hit with the children at Flour Bluff Elementary School.**

## From The Skipper

He seemed old, and gray and bent ...

By Capt. T.E. Coolidge

The medals on his Dress Blues got my attention first. Maybe it was because there were so many of them, but also because some were frayed and looked like they hung by threads. The gentleman wearing the uniform was old, gray and bent, but by golly, the uniform seemed to fit pretty well and although it looked a little ratty, he seemed comfortable in it.



Coolidge

He was a Marine veteran from "the Big War," so I decided to walk over and talk to him. When I got his attention, he "popped" to attention. No more bent and looking tired,

the blue eyes sparkled with life and vigor. And he stood proudly, shoulders back, belly tight, feet at a 45 degree angle, closed fists along the seam of his trousers.

Damn, I wondered what he had looked like when he was 20!

"I got four Silver Stars (Medals) in 30 days," said former Marine Staff Sergeant Willie McCormack, of Aransas Pass. "I got five altogether, but the last one came later.

"I got 12 Purple Hearts (Medals), and these two I've got in my hand," said McCormack, opening his hand to reveal two Distinguished Service Cross Medals.

"I was a POW in the Philippines," he continued. "My folks, everyone thought I was dead. But I wasn't. I was on the 'Bataan Death March.' Some of my best friends died on that march. We didn't get hardly anything

to eat, and if someone died, the Japanese would just push them into the jungle, and we kept on marching."

It was hard to believe that what I was hearing could be true, but there was pride and conviction as he kept on talking.

"I had been a boxer in the Marines," he continued. "I weighed 180 when I was fighting. When I got through with that march, I weighed 108 pounds. But I made it."

As he talked, part of his face didn't seem to move, it kind of formed into a grimace. "I got bayoneted through the face, and then several times through the body," he said. "They left me on the trail, thinking I was dead. I sure fooled them – but really, I couldn't move. I'd been stabbed through the chest and I guess I was numb, because I just lay there. Guess I'm just lucky that I didn't bleed to

*Captain continued on page 10*

## Chaplain's Column

Enjoy Today So That You Can Live It Up in the Future

By Chaplain Timothy Gault

I hope this fall brings you much contentment and enjoyment! There will be plenty of happenings here on the base for all to enjoy – whether you are here with family or stationed here alone. Take advantage of all that is offered. Getting out and being a part of the NASCC family may not always be your first inclination but if you take that first step to be involved, you will find your involvement will be most rewarding.

Enjoyment in this fall holiday season is really a matter of perspective. Happiness does not come in a bottle or in the form of dollar bills. Happiness comes from a point of view that appreciates life and recognizes blessings wherever they are found.

I was struck by the words of a fellow who works with local homeless people. As a part of the rehabilitation of homeless people, one local Corpus Christi ministry involves those who have hit "rock bottom" in doing good

deeds for others. This fellow told me that their involvement - in being a blessing to others helped them tremendously. It helps them to feel good about themselves and bolsters their sense of self-worth.

I think it helps anybody to do good for someone else. All leaders who have acted selflessly on behalf of another know this is true - giving is much more rewarding than receiving. So, if you find yourself feeling the "holiday blues" this year, a good thing to help you feel better may be to become involved in helping others. It will change your mindset, you will benefit others and you will feel good about what you have done.

Perhaps you are blessed to have plenty this season. Be thankful and rejoice! Enjoy the good things you have – family, friends, health, opportunity to serve our country. They are God's gift to you for your enjoyment. But remember to help others who are in need.

Scripture says, "Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life" (1 Timothy 6:17-19 NIV).



Gault

## Health Watch

Men...beware of cell phones?

By Lt. Wayne Murphy

A recent study suggests that men who use cell phones have decreased sperm and poorer sperm quality than those who don't. This has tremendous implications... since nearly one billion people use mobile phones world wide and this number is expected to double in the next five years. In fact, a link has been suggested between



Murphy

cell phone use and possible infertility before, but no study has ever been able to confirm that cell phone use has a harmful effect on sperm count or quality.

According to the study, men who had the most cell phone use had lower sperm counts than those who had less cell phone use or none at all. The average sperm count among men who did not use cell phones was

86 million per milliliter (mL) while men who reported using their cell phones the most (more than four hours a day) had an average sperm count of 66 million per mL. The study also looked at other parameters which are important to sperm function, such as the percentage of live sperm, the ability of sperm to swim well, and sperm shape. A trend in decreasing sperm quality was seen with increasing cell phone usage. Although there is no definitive link yet, some proposed mechanisms for cell phones' detrimental effects on sperm are the electromagnetic radiation and heat produced by cell phones.

At first glance this study appears to make a strong argument against cell phone use... at least if you wish to have rug rats. But let's take a closer look at the study. First of all, it's important to note that most of the men in the study had sperm counts that were still well within the normal range. Sperm counts of 20 million per mL or more are considered normal. This means that most of the men in this study would still be very capable of having kids

despite any negative effects that cell phones may have had on them. Factors other than cell phone use might also be responsible for the drop in sperm counts. Such confounding variables as they're called can dramatically skew the results of a study and it is very difficult to account for all of them. The end result is that this study in no way confirms a direct link between cell phone use and infertility.

While this is an interesting study I wouldn't drop that new super calling plan or ditch that Razr cell phone just yet. Larger, better controlled studies are needed to confirm such a link. In the meantime focus on other more accepted ways to ensure that your sperm are healthy and vital. For example, avoid smoking, excessive drinking, and marijuana use, all of which are bad for sperm production. You may also want to consider taking a multivitamin, reducing stress, exercising regularly, and watching your weight. Of course, if you do decide to cut back on cell phone usage that certainly won't hurt your sperm count...or your cell phone bill.

## Wingspan

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Capt. T.E. Coolidge

### Public Affairs Officer

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## Rear Admiral Christenson: 'Do more than you think you can, stretch yourself'

By Ed Mickley, Naval Mine and Anti-Submarine Warfare Command

Rear Admiral John N. Christenson, took the helm Friday Oct. 27<sup>th</sup> of Naval Mine and Anti-Submarine Warfare Command-Corpus Christi (NMAWC-CC) and is looking forward to improving Mine Countermeasures and the sailors who serve.

"It's an honor and a privilege to be given this opportunity of working with the Navy's finest MCM staff," Rear Adm. Christenson said. "It's our time to move Mine Warfare forward from where it is today."

At Commanding Officer's Call, the newly appointed admiral pointed out that men and women who serve NMAWC-CC make the Navy effective. "It's all about you being the best sailor, best father or mother, best spouse, the best person you can be," Christenson said. "If you work to be the best you can be, the command cannot help but be the best it can be."

"We need Sailors willing to do more than they think they can," he continued. "To stretch themselves beyond where they think they can go."

With Sailors a key ingredient, Christenson said of the transition from mine warfare to a combined Naval Mine and Anti-Submarine Warfare Command. "The goal is to do it right, have the right people, the right pieces fit together the best way they can."

A goal of the merger and realignment of Mine Warfare Command with the San Diego-based Fleet Anti-Submarine Warfare (ASW) Command during his command, he stated, is

to establish that mine warfare has a seat at the table in every strike group, whether expeditionary or carrier, or wherever, whenever it is needed.

The move merges the mine warfare community's staff and research elements with similar work being done in the ASW area. Noting these elements and commenting on the viability of a major new tool in the arsenal, the Littoral Combat Ship (LCS), Christenson stated. "The LCS program is a move in the right direction, it is an innovative piece of technology that enhances the capability of mine countermeasures."

The Littoral Combat Ship, whose speed can reach more than 40 knots, will act as a modular platform that can be reconfigured for anti-submarine warfare, mine warfare or surface warfare missions, according to the Department of Defense.

"Technology is moving forward rapidly, mine warfare is moving right along with it," he added. "The Unmanned Undersea Vehicle (UUV) platoon is representative of success through the teamwork involved with doing it correctly."

What does Christenson think of the CNO's thousand ship navy? He believes mine warfare capabilities are a highly relevant and integral piece. With well-trained people, innovative technology and other countries having similar assets and capabilities, the Navies can work together to keep the seas open and free.



Rear Admiral John N. Christenson addresses Sailors and members of his staff after his recent position change as Commander, Naval Mine and Anti-Submarine Warfare Command, here, on Oct. 27.

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### Every Thursday night Barbecue with Peter Yost

Story and Photos by L12 Paul Hewitt



HMI Peter Yost (right) fills his wife Debbie's (right) plate with hot wings off the grill.

If you ever find yourself at home and bored on a Thursday, keep this in mind, there are always friendly shipmates waiting for you to come to the BEQ and join them for the Barbeque.

Every Thursday HMI Peter Yost, hosts a free barbeque out of his own pocket for the personnel of NASCC, his way of showing appreciation to all those who work hard and don't have a way to cook at the barracks. This is something that has been carried on for over two years now. Yost has been in charge of the BBQ since August 2005. Since he took charge he has always been happy to go out and BBQ.

"I was originally Volun-told by my predecessor, but I am more than happy to help out fellow shipmates," said Yost. "After being in so long I know how it is to be separated from friends and family, and this allows all those who are away from their loved ones the opportunity to join their shipmates for a free meal and a lot of fun."

The BBQ was originally started by the Coast Guard to show their appreciation for the activated reservists, and was later picked up by Navy. The Navy has been in charge of it since then, and the task of being the pit man has been passed down as personnel have been transferred.

The BBQ is not just for Sailors in the BEQ, but for all those who are stationed on Base including reservists. This event may be

hosted by Navy personnel but it is open to all those away from those they care about, and want to have some fun and enjoy hot fresh food.

Many people will find all kinds of entertainment from music to a good conversation at the BBQ, but most people will remember the food. Yost only buys fresh foods to cook and prepare and to name a few meats you can find and smell cooking range from steaks, burgers, hot dogs, and wings.

"I hope that more people come, we usually only have 15 to 25 people come by, but I hope more people hear about this and come out and join the fun," said Yost "I remember when I first checked in I was separated from my family back in California, and the only thing that gave me a reason to leave the room was the Gonzales Liberty Center. But I wanted to meet new people and have fun like a small social event, this BBQ allows people to have a gathering in the open and meet others."

The BBQ is more than just food, it allows all members of the military to keep together and enjoy each other. "I appreciate all the help from ABHC Keith Watkins, not only does he bring in food, but also brings geo-bachelors to the BBQ. He has helped out with the BBQ a lot and it is great to see someone in a leadership positions helping out his personnel," said Yost.



Sailors talk about sports updates, listen to music while eating some great food cooked by HMI Peter Yost and his wife Debbie.

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Bible Study/Pastoral Teaching: 7:30p.m. (Wednesday)  
Mid-Day Prayer: 12:00 noon (1st & 3rd Sat.)

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MWR continued from page 11

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Plan your Holiday Party at Lighthouse Lanes. For \$200 you get shoe rental and all the bowling you can for 4 hours. Please call 961-3805 for time and date availability.

**Rock n Bowl:** Saturday nights from 7 p.m. to 11 p.m. \$1.50 per game.  
**Thanksgiving Day Hours:** Open from 2 p.m. to 10 p.m. \$1.50 games all day.

Pro Shop will be waiting for you. If we don't have it we can order it. Come to the "300 Fun Zone Game Room" for some video game fun.

**Hours of Operation:**  
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Friday & Saturday 12 p.m. to 11 p.m.  
Want a command league, party or get together?  
Contact Russ Claus at 961-3805 or e-mail Russell.claus@navy.mil for more information. For more information, please call Lighthouse Lanes at 961-3805.

#### ITT

ITT will be carrying tickets to some exciting events this month. Take a look what ITT has to meet all your entertainment needs.

**Spurs Tickets:**  
Spurs vs. Dallas 11/24/06: \$39.25; \$24  
Spurs vs. Houston 12/22/06: \$39.25; \$24  
Spurs vs. Dallas 1/5/07:

\$39.25; \$24  
Spurs vs. NJ 3/10/07: \$39.25; \$24  
**Hours of Operation:** The ITT office is open Monday thru Friday from 8:30 a.m. to 5:00 p.m. and is located on the Westside entrance of Building 39.  
**MWR Used Car Lot:** The MWR/ITT office charges a monthly registration fee of \$20 for all vehicles and sale items on the used car lot. If you wish to keep your vehicle/sale item on the lot, you must register each month with MWR. Failure to do so will result in notifying the abandoned vehicle officer and your vehicle/sale item being towed at your own expense. **Call ITT at 961-3961 to find out the complete array of tickets available.**

#### Youth Activities Center

Attention Parents: We will be hosting full day camp November 22 & November 23 from 5:30 a.m. - 6 p.m. For more information please contact us at 961-2355.  
Come join the Boys & Girls Club from 6 p.m. - 8 p.m. and enjoy a different activity.  
November 13: Power Hour - Homework Help  
November 14: Billiard Tournament  
November 15: Cooking Club - Cheesecakes  
November 16: Triple Play - Stackers  
November 17: Career Launch  
November 18: Keystone Meeting  
November 20: Power Hour - Homework Help  
**For more information call the YA at 961-2355.**

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Cassidy

# Legal Corner

## Identity Theft and how to catch it

By Andrea Gordon, NLSO BROFF Fort Worth

**Remedying the Effects of Identity Theft**  
You are receiving this information because you have notified a consumer reporting agency that you believe that you are a victim of identity theft. Identity theft occurs when someone uses your name, Social Security number, date of birth, or other identifying information, without authority, to commit fraud. For example, someone may have committed identity theft by using your personal information to open a credit card account or get a loan in your name. For more information, visit [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft) or write to: FTC, Consumer Response Center, Room 130-B, 600 Pennsylvania Avenue, N.W. Washington, D.C., 20580.

The Fair Credit Reporting Act (FCRA) gives you specific rights when you are, or believe that you are, the victim of identity theft. Here is a brief summary of the rights designed to help you recover from identity theft.

You have the right to ask that nationwide consumer reporting agencies place "fraud alerts" in your file to let potential creditors and others know that you may be a victim of identity theft. A fraud alert can make it more difficult for someone to get credit in your name because it tells creditors to follow certain procedures to protect you. It also may delay your ability to obtain credit. You may place a fraud alert in your file by calling just one of the three nationwide consumer reporting agencies. As soon as that agency processes your fraud alert, it will notify the other two, which then also must place fraud alerts in your file.

Equifax: 1-800-525-6285; [www.equifax.com](http://www.equifax.com)  
Experian: 1-888-EXPERIAN (397-3742); [www.experian.com](http://www.experian.com)  
TransUnion: 1-800-680-7289; [www.transunion.com](http://www.transunion.com)

An **initial fraud alert** stays in your file for at least 90 days. An **extended alert** stays in your file for seven years. To place either of these alerts, a consumer reporting agency will require you to provide appropriate proof of your identity, which may include your Social Security number. If you ask for an extended alert, you will have to provide an *identity theft report*. An *identity theft report* includes a copy of a report you have filed with a federal, state, or local law enforcement agency, and additional information a consumer reporting agency may require you to submit. For more detailed information about the *identity theft report*, visit [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft).

You have the right to free copies of the information in your file (your "file disclosure"). An **initial fraud alert** entitles you to a copy of all the information in your file at each of the three nationwide agencies, and an **extended alert** entitles you to two free file disclosures in a 12-month period following the

placing of the alert. These additional disclosures may help you detect signs of fraud, for example, whether fraudulent accounts have been opened in your name or whether someone has reported a change in your address. Once a year, you also have the right to a free copy of the information in your file at any consumer reporting agency, if you believe it has inaccurate information due to fraud, such as identity theft. You also have the ability to obtain additional free file disclosures under other provisions of the FCRA. See [www.ftc.gov/credit](http://www.ftc.gov/credit).

You have the right to obtain documents relating to fraudulent transactions made or accounts opened using your personal information.

A creditor or other business must give you copies of applications and other business records relating to transactions and accounts that resulted from the theft of your identity, if you ask for them in writing. A business may ask you for proof of your identity, a police report, and an affidavit before giving you the documents. It also may specify an address for you to send your request. Under certain circumstances, a business can refuse to provide you with these documents. See [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft).

You have the right to obtain information from a debt collector. If you ask, a debt collector must provide you with certain information about the debt you believe was incurred in your name by an identity thief—like the name of the creditor and the amount of the debt.

If you believe information in your file results from identity theft, you have the right to ask that a consumer reporting agency block that information from your file. An identity thief may run up bills in your name and not pay them. Information about the unpaid bills may appear on your consumer report. Should you decide to ask a consumer reporting agency to block the reporting of this information, you must identify the information to block, and provide the consumer reporting agency with proof of your identity and a copy of your *identity theft report*. The consumer reporting agency can refuse or cancel your request for a block if, for example, you don't provide the necessary documentation, or where the block results from an error or a material misrepresentation of fact made by you. If the agency declines or rescinds the block, it must notify you. Once a debt resulting from identity theft has been blocked, a person or business with notice of the block may not sell, transfer, or place the debt for collection.

You also may prevent businesses from reporting information about you to consumer reporting agencies if you believe the informa-

Legal continued on page 6




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## If you are planning on a trip this holiday season, be safe

By Lt. Cmdr. Jon Sweeten, NASCC Safty Officer

Once again the holiday season is upon us. It's that Thanksgiving/Christmas/New Year timeframe when many of us hit the road to spend these holidays with family and friends. As many of us are aware, this season of joy and giving can quickly turn to mourning and sadness because, statistically, traffic fatalities trend higher on our nation's freeways. Hence, we need to all remain vigilant and ORM our holiday travel plans with our supervisors, mentors, and loved ones so we are all confident unnecessary risks are being eliminated and we are planning for success in safely arriving at our destinations. Let's take a minute and consider a few safety tips before we shift to 'D' this holiday season.

If offered, try to take advantage of your Commanding Officer's noon holiday commencement. Ideally you should start long trips in the morning after a restful night. But a 12 p.m. commencement is designed to entice drivers NOT to start a long drive in the evening hours when you could fall asleep at the wheel. The earlier start the better. If fatigue sets in and you're not going to make it on-time, don't push it! Check in to a motel and get some sleep. If you're on your way back, call your quarterdeck for an extension on your leave.

Take a second driver with you, and give yourself a 15 minute break from driving every couple hours to clear your head. If traveling alone, don't plan for more than eight hours of driving per day. Avoid 'beat the clock' syndrome!

Try to avoid being on the roads between 10 p.m. and 6 a.m., when statistics show this is the most likely timeframe for an alcohol related fatality.

Make sure your vehicle is in good work-

ing order before a long trip. Check the tire tread (should be at least 2/32") and tire pressure. Check the fluid levels, brake and headlights, and start with a clean windshield. Have a road map, flashlight, and make sure you have a good spare tire and a working jack. Simple checklist items like these can prevent a travel disaster.

Before you hit the road, make sure you have your leave papers, ID card, license, registration, proof of insurance, adequate funds, and a phone number for your quarterdeck or duty office.

Pre-plan your route. Use [www.mapquest.com](http://www.mapquest.com), or [www.randmenally.com](http://www.randmenally.com). They are great travel planning tools, and they're free.

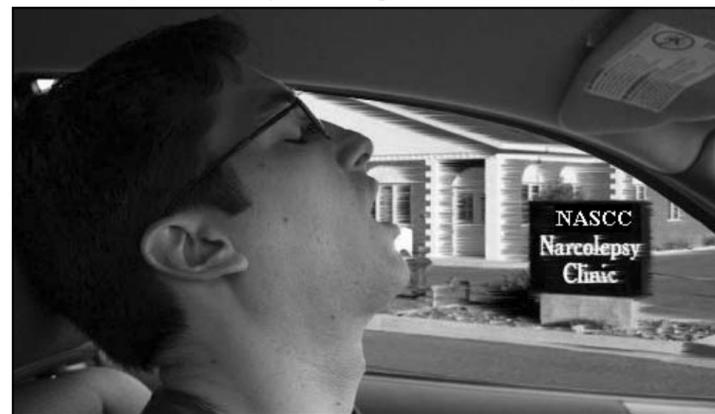
If you have small children in the car, ensure they are properly restrained in child safety seats. Make sure yourself and all passengers are buckled up.

You've all heard this a million times before, but alcohol is the one of the biggest holiday killers. **DO NOT DRINK AND DRIVE!** Have a designated driver, use a cab, or call the command duty driver if nearby. There are smart alternatives!

If you are a motorcycle rider, please **WEAR A HELMET**. We've had two area motorcycle fatalities in the last year, and both fatalities could have been prevented if the driver had just worn a helmet. Please drive at safe speeds, plan shorter travel days, and avoid night riding if you can help it.

Travel smart this holiday season. Your command, co-workers, friends, and family all want to see your bright, smiling, chubbier face in January!

For more safety information or videos, please call the NAS Safety office at 961-3673.



Narcolepsy is not the only reason that people fall asleep-at-the-wheel. Trying to work all day and then getting in a car and attempting to drive through the night - is NOT being safe - for you or your family.

Legal continued from page 5

tion is a result of identity theft. To do so, you must send your request to the address specified by the business that reports the information to the consumer reporting agency. The business will expect you to identify what information you do not want reported and to provide an identity theft report.

To learn more about identity theft and

how to deal with its consequences, visit [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft), or write to the FTC. You may have additional rights under state law. For more information, contact your local consumer protection agency or your state attorney general.

In addition to the new rights and procedures to help consumers deal with the effects of identity theft, the FCRA has many other important consumer protections. They are described in more detail at [www.ftc.gov/credit](http://www.ftc.gov/credit).

## MWR News and Events

By Laurie Garcia, NAS MWR

### Bay Club

Specials for November:

**Nov 11:** Surf n' Turf \$17.95

**Nov 18:** Chateaubriand Flambé for two \$35.95

**Nov 25:** Seafood Platter \$16.95

All the above specials are served along with the A La Carte from 5 a.m. - 8:30 p.m. Prices are for club members. An additional \$1 per person is added for non-members. Salad, ice tea or coffee is included with all the meals. Reservations are required for the specials in order to serve you better.

Special Events for November:

**Nov 9:** Winging Designation Ceremonies will be held in the main ballroom at 4 p.m.

**Holiday Parties:** The holidays are right around the corner. Start planning your party, but let the Corpus Christi Bay Club take care of your catering needs. Deliveries for home and office on base and full catering at The Club and The Recreation Center are available. For more information call The Club today.

For more information, please call the Corpus Christi Bay Club at 961-2541.

### GLC

November Programs:

**Monday Night Football:** Don't miss a minute of the hard-hitting action that is Monday Night Football every Monday night. Get some friends

together or come join us while we watch the big game on one of our big screen TV's. And rest easy the GLC will stay open until the game ends. **November 14 & 30: Last Buck Night:** Dinner & Movie at 5 p.m. **Thanksgiving Dinner:** The Liberty Program/GLC will be providing a FREE Thanksgiving Dinner for all active duty on November 23, from 2:30 p.m. - 5:30 p.m. All Active duty and Reserves are welcomed to join this special time with your friends at the Gonzalez Liberty Center

**Attention Commands:** If you have active duty personnel standing watch on Thanksgiving Day, please forward a list of names to paul.b.nichols@navy.mil no later than November 15, and we will deliver a plate to them.

**Volunteers Needed:** If you would like to volunteer to help with the Thanksgiving feast and delivery of meals, please contact the GLC at 961-6405.

**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/Center event, please call 961-6405.

MWR continued on page 11

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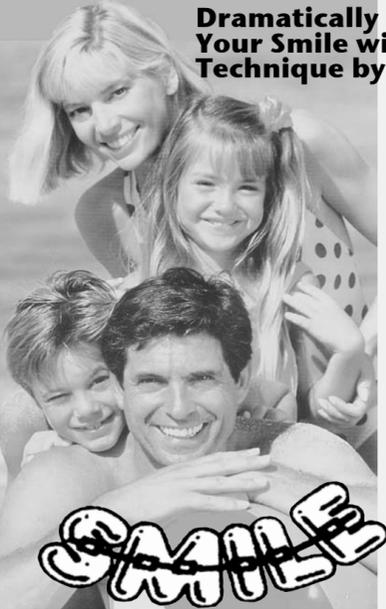
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**Captain continued from page 2**

death.”

McCormack got help later that night from some Filipino natives that found him. For more than two years, he remained “missing” even from the Japanese that had captured him. During that time, the Distinguished Service Cross had been presented to his parents. Other Marines had spoken about him, and what he’d done for all of them.

“I don’t wear these medals, ‘cause they were never presented to me,” he grinned. “If they ever do, then I’ll put them on.”

After “Willie” returned from combat, he came back home and did what he’d done before the war. He went back to shrimping. And he bought a house.

On his front lawn he erected a flag pole

and a cement memorial. Each morning until he died, McCormack marched out to the pole and ceremoniously raised the National Ensign. Then he’d back up and salute – and go in and have breakfast.

“There’s a red rose bush planted on the left, and a white rose bush planted on the right,” said McCormack. “The red stands for the blood shed by our troops. The white stands for the purity of our Nation’s servicemembers who stand tall to defend our Country. God Bless them each and every one of them.”

I could only stand back, in awe and reverence to one of America’s heroes. He no longer seemed old to me. I shook his hand.

Happy Veteran’s Day to all who have served or are serving today. You make America proud.



There were ghouls and goblins, fallen angels, and convicts at the Navy Exchange during the Halloween costume dress-up day, Oct. 31. Employees got together to “greet” shoppers and make it a more enjoyable day. Because later, they would be out for the night! (Photo by Bob Torres)



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On behalf of the Youth Activities Center, thank you for all your hard work Ernesto Rendon, Gerald Hut, Thomas Phillips, Nick Briseno, Robert Mendoza, David Thurnvalsassina, Martha Ramos Garcia, the wonderful staff at the Child Development Center, and the great staff at the Youth Activities Center. A Thanks to The staff and volunteers at the GLC for a fun Halloween. (Photos by LI2 Paul Hewitt)



# Sports Day 2006

Sports Day was held on Oct. 19 and 20. On Thursday evening, in spite of the cold, the swim meet and 5k run had a great turnout. Friday's competition was fierce as 19 units battled it out, competing in 21 events. The Corpus Christi Army Depot defended their title and won the overall competition with 2,030 points. VT-28 "Rangers" came in second with 1,995 points, and the Naval Hospital received a respectable third place with 1,465 points. The rivalry between Naval Hospital and the CCAD dissipated, by the "Rangers." VT-28 came out of nowhere to take Second Place, an astonishing feat considering the relative small amount of athletes participating. Lieutenant Nicholas Boyter, coordinator for VT-28, worked hard to organize his athletes into a formidable team. Morale, Welfare and Recreation gave out event T-shirts for First and Second Place winners in each sport. The top three Units received trophies.

### 2006 Sports Day Overall Points

CCAD	2,030
VT-28 Rangers	1,995
Naval Hospital	1,465
VT-31 Wiseowls	1,395
AirOps/ATC	1,365
USCG	1,260
MATSG-22	1,160
VT-35 Stingrays	1,090
VT-27 Boomers	770
PSD	715
AIMD	630
COMINWARCOM	620
COMOMAG	425
USCG-SPI	325
TW-4	240
L-3	200
Environmental	120
FISC JAX	100