



**Washington's  
Birthday  
Feb. 18**



**Air Force Lt. Col.  
Maclean turns over  
VT-35 on Feb. 8**

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**Troops to Teachers  
Seminar Feb. 19**

page 17

## *Influenza widespread this season*

# Flu vaccine still available at NHCCC and Branch Clinics

Story & photo by Bill Love,  
NHCCC PAO

The 2012-2013 influenza season arrived early in the United States this year and activity remains high.

According to the Centers for Disease Control and Prevention (CDC), this may continue for some time.

The Director of Public Health Services at Naval Health Clinic Corpus Christi, Dr. M. Rony Francois, underscored the importance of getting a flu vaccine.

"The flu vaccine protects from influenza and prevents its spread to others," he said.

Besides the vaccine, there are other steps you can take to protect yourself and your family from the flu, Francois said.

"I encourage staff and patients to wash their hands thoroughly and frequently with soap and warm water.

*Flu continued on page 7*



**Hospital Corpsman 3rd Class Stacie M. Sprehe, Naval Health Clinic Corpus Christi, administers an influenza vaccine to Petty Officer 3rd Class John F. Malinowski. The flu vaccine protects from influenza and prevents its spreading to others.**

## Happy Birthday, Navy-Marine Corps Relief Service



**Capt. Dave Edgecomb, NAS Corpus Christi commanding officer joined the staff and volunteers of the Navy-Marine Corps Relief Service on Jan. 23 to celebrate the service's 109th birthday with an awards ceremony and cake cutting. Other commanding officers attending included the COs of the Naval Health Clinic Corpus Christi, Training Air Wing Four, MATSG-22 and the CNATRA chief of staff.**

*See page 6 for NMCRS news and page 11 for more.*

Photo by Rod Hafemeister

# Skipper's Column Force Protection & Traffic

by Capt. Dave Edgecomb



Edgecomb

Soon, we expect to be conducting the Solid Curtain-Citadel Shield 2013 exercise.

SC-CS 13 is a Force Protection exercise conducted by Commander, U.S. Fleet Forces Command (USFF) and Commander, Navy Installations Command (CNIC)

on all Navy installations in the continental United States.

It is tentatively scheduled for the period Feb. 25 to March 1.

SC-CS 13 is not in response to a specific threat to any particular installation; planning has been in the works since August.

This annual exercise uses realistic scenarios to ensure Navy security forces maintain a high level of readiness to respond to changing and dynamic threats.

And as many of you know, some of those scenarios include elevating the Force Protection status.

That can include more strict scrutiny at the gate, more spot inspections of vehicles and people entering the base – and, at times, traffic delays and backups.

At some point, security can be elevated to a level that, in a real situation, would

restrict base access to only mission essential personnel (MEP).

Unlike 2012, when we actually exercised that option, we do not plan to do so this year.

Other than delays at the gate, most people should be able go about their normal business on the base with minimal inconvenience, such as certain parking restrictions.

Some of the details are still being determined; we'll work to keep everyone informed of when traffic congestion is likely.

Mission essential personnel are those identified by their command, told that they perform a function that supports critical operations as defined by their command, and may be required to report for duty during a heightened Force Protection Condition.

*Skipper continued on page 6*

## Chaplain's Message

by Lt. Cmdr. Gabriel Mensah, Chaplain

Perhaps one of our nation's biggest celebrations occurs not every year, but every four years.

It is the inauguration of a new president.

And amid the pomp and pageantry, the highlight of every presidential inaugural is undoubtedly the inaugural address.

Who can forget the words of John F. Kennedy in 1961 when he said, "And so my fellow Americans, ask not what your country can do for you. Ask what you can do for your country."

The Peace Corps was born at this time; and many historians say that the Peace Corps put the United States in a very positive light in the eyes of many third world countries.

As a matter of fact, growing up in my native Ghana, my first encounter with an American was a member of the Peace Corps who taught in the only high school in my home town.

Members of the Peace Corps, I believe, did not ask what their country can do for them.

They did a lot for this great nation, and

they were paid practically next to nothing.

In 1985, President Reagan's vision for this nation was captured by these words in his inaugural address: "...Hopeful, big-hearted, idealistic, daring, decent, and fair. That's our heritage, that's our song."

With these words, Reagan was able to rally the people behind him, and he was quite successful.

In his inaugural address in 1989, President G.H.W. Bush said the following: "I have spoken of a thousand points of light, of all the community organizations that are spread like stars throughout the Nation, doing good...duty, sacrifice, commitment, and a patriotism that finds its expression in taking part and pitching in."

Here, President Bush was speaking about the volunteer spirit of the American people.

One thing that every presidential inaugural address since 1789 has in common is that each address is filled with words of hope for the poor, the helpless, the oppressed and the downtrodden.

## My Neighbor's Keeper

All that being said, the dream or vision set forth by every president is a dream or vision that can be realized only if we, the citizens, make it our dream or vision as well.

It cannot be carried by a president working alone. It must be carried out by everyone.

This means Republicans, Democrats, young, old, people of every race and creed should work together for a common purpose.

If the darkness and despair in our nation is to be lit by, in the words of President Bush, "a thousand points of lights," each of us must switch on our little flashlights and make it happen.



Mensah

## Editor's Corner

by Rod Hafemeister



Hafemeister

If you are the type of person who actually reads my biweekly musings, you probably also read various news sources regularly.

So you likely saw the recent Pentagon decisions to open almost all combat jobs to women.

Now, for the Navy folks, that probably doesn't seem like a big deal – women have been on ships and in aircraft for decades; now, even submarines.

Though I suspect some eyebrows were

raised when the commander of US SOCOM, himself a SEAL who once commanded a squadron in DEVGRU, announced that he could see women serving on a SEAL team.

(That fired up some of the geezers – veterans my age and older – on the military discussion sites!)

Me, I'm not so concerned; my attitude for years has been, set realistic standards for a specific job/career field, make men and women both meet them – and use the best folks you have for the job, regardless of gender.

And yeah, I think there are women who could get through the same Ranger School I went through, meeting exactly the same standards.

Any honest Ranger School graduate will tell you that graduating is much more about

## Women Warriors

attitude and mental discipline than it is about extraordinary physical ability.

Army Special Forces – Green Berets – arguably is even more of a psychological and intellectual challenge, according to all the guys I've known who went through it.

And as we move Army SF back into missions beyond "direct action" combat, I can easily envision a number of scenarios where have one or more females on an A-Team could be a distinct asset.

Not so sure about SEALs, though. I've been to Coronado and saw BUD/S training. It seems to select for near-olympic quality athletes with an unusual tolerance for cold and pain.

Then again – ever see a woman give birth?

They are TOUGH!

# Wingspan

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# Dependable, personable & hard-working: Navy Lodge Associate of the Quarter

by Kristine M. Sturkie, NEXCOM Public Affairs

Melisa "Missy" Marvin, Front Desk Agent for the Navy Lodge Corpus Christi, has been named the Navy Lodge Program's Associate of the 3rd Quarter 2012.

"Missy is one of the friendliest faces you will see upon check-in," said Mary E. Mecsics, General Manager, Navy Lodge Corpus Christi.

"She goes above and beyond the expectations of the basic front desk agent requirements. She gives 110 percent every day, even when she's under the weather."

Marvin trains all new front desk agents for the Lodge and her Front Desk Supervisor and Manager know they can depend on her to get the job done.

She comes up with ideas on teamwork, how to improve over all front desk guest service and how to have better communication through all the departments.

"Missy sets the standards for her fellow front desk associates and is well respected by every team member," said Mecsics.

Navy Lodge guests know they can count on her as well.

Marvin gets to know the guests on a personal level and is able to assist them with their every need.

Having grown up in Corpus Christi, Marvin is knowledgeable about the area and is happy to share her wealth of information on restaurants, neighborhoods and school districts.

Repeat guests ask for her by name in hopes that

she will be working a shift during their stay.

In addition, when she works third shift, Marvin is also able to assist guests with their housekeeping and maintenance needs.

Since arriving at the Navy Lodge five years ago, Marvin has used very little of her sick leave, volunteers to work through weekends and holidays and will cover for an employee last minute if needed.

"She is extremely dependable and a couple times has been a lifesaver," said Mecsics.

Marvin completed all her courses on-line for Educational Institute and has received her Reservationist Certification.

She is currently working on completing her PBX Operator and Front Desk Representative certifications.

The newly renovated 52-room Navy Lodge Corpus Christi offers breathtaking water views of Corpus Christi Bay.

The Navy Lodge offers guests daily complimentary Breakfast to Go bag, Wi-Fi in all the rooms, playground and picnic area.

**Melisa "Missy" Marvin, a Front Desk Agent for the Navy Lodge on board Naval Air Station Corpus Christi, was named the Navy Lodge Program's Associate of the Quarter for the third quarter of 2012.**



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# Air Force era ending at NASCC with departure of Lt. Col. Maclean

Story & photo by Rod Hafemeister

When Lt. Col. William Maclean passes the command of VT-35 to his executive officer on Feb. 8, he will also be marking the end of Air Force pilot training at NAS Corpus Christi.

"Yes, I'm going to be the last Air Force officer to command the squadron," Maclean said.

"Coming here was a great experience – getting to command a unit in another service, being able to 'go next door' and see how another service does things and being able to take that back to my service – it's a great opportunity."

For years, VT-35 had trained Air Force pilots alongside Navy, Marine Corps and foreign students.

Consequently, VT-35 has for years rotated the commanding and executive officer positions, with one being a Navy officer and the other an Air Force officer.

Funding and other issues caused the Air Force to stop sending student pilots to Training Air Wing Four.

The last class with Air Force pilot graduates received its wings almost a year ago.

By then, Maclean was CO – and he's now completing his 15-month tour in the job.

He said he's proudest of the fact that, while CO, VT-35 accomplished all of its student production goals – and did it safely.



Lt. Col. William Maclean in the commanding officer's office at VT-35

"To not lose a plane, to not have anyone get hurt, for the 15 months, for the full 30 months including when I was XO, is a testament to all the people in the squadron, how they go out and enact the mission every

day," he said. "I think that's something you can look back on and say, 'We got it done.'"

Maclean started his Air Force career as an engineer, working flight safety, for six years before earning pilot's wings.

"This was my first command post, but I've had people working for me in the past," he said.

"The big difference in command is that you are no longer just a supervisor. What you say can really affect a squadron – for better or for worse.

"That's what command is – you need to take care of your people. But say the wrong thing, and you can put them on a bad vector."

His only real disappointment is not seeing the planned rehab and improvements to the squadron hanger completed, or even started, while he was here, as other projects had higher priorities.

"It's really out of my hands – but it's disappointing to not see it," he said. "Originally, I was going to see it done; we'd have some nice spaces for the first time in many, many years.

Cmdr. Richard Kramarik will relieve Maclean, who will move to a temporary job with Chief of Naval Air Training while awaiting orders for his next assignment.

By summer, Maclean, wife Heather and daughter Sophie will probably be heading East – either to the Pentagon or possibly to one of the service war colleges.

"This is my second trip to Corpus," he said. "The eight months of summer – we miss seasons.

"We've made some great friends, but we won't miss the heat."

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# Library Coffee Shop is open for business



Siobhan McGown is a barista at the Library Coffee Shop, which opened Feb. 4. The Coffee Shop is serving Starbucks Coffee. The menu also includes breakfast sandwiches, pastries, wraps, grab n' go sandwiches, bottled sodas, juices and water and fresh fruit. Relax at the Library or get a cup to go. Library Coffee Shop Hours of Operation:

Monday - Friday 6 am - 5 pm

Saturday Closed

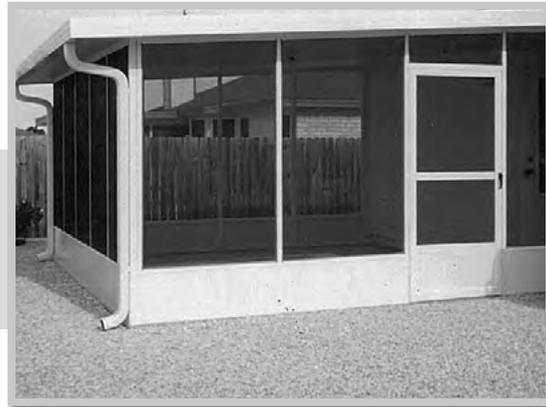
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The Library and Resource Center and Coffee Shop is located in building 1872 at Midway Street and Ocean Drive.

Photos by Rod Hafemeister

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# Quick Assist Loans - up to \$500 - now available from Navy-Marine Corps Relief Society

by Shelley Marshall, Vice President, Chief Development and Communications Officer, NMCRS

Arlington, VA – Beginning February 1, 2013 Sailors and Marines serving on active duty can apply for a Quick Assist Loan (QAL) for up to \$500 at all 51 Navy Marine Corps Relief Society (NMCRS) Full Service Offices located on Navy and Marine Corps installations worldwide.

Most QALs can be processed on a walk-in basis in about 15 minutes. Active duty Marines and Sailors must apply in person.

QALs are short-term, interest-free loans available to service members facing a family emergency or other urgent financial situation. QALs are available to Sailors and Marines who:

- Are on active duty
- Have no outstanding loans with NMCRS
- Need help with basic living expenses or family emergencies

“This program is our best defense against questionable payday lenders who create a cycle of debt with triple-digit interest and



short-term repayments that adversely impact our service members and their families,” said Maj. Gen. Carl Jensen, USMC (Ret), Executive Vice President, Navy-Marine Corps Relief Society.

Last year, the Navy-Marine Corps Relief Society provided more than 43,000 QALs to active duty Sailors and Marines.

For more information visit [www.nmcrs.org/QAL](http://www.nmcrs.org/QAL) or contact the nearest NMCRS office.

## About Navy-Marine Corps Relief Society

Since 1904, the Navy-Marine Corps Relief Society has provided financial assistance and education to active duty and retired members of the United States Navy and Marine Corps, their eligible family members, and survivors.

Headquartered in Arlington, Virginia, the Society is a non-profit, charitable organization that is staffed by more than 3,600 volunteers, and a small cadre of employees, in offices around the world – ashore and aboard ships.

## Military Saves Week - Feb. 25 - March 1

Feb. 25 thru March 1 is "Military Saves Week."

Take the "Saver Pledge" today, to help yourself; by saving money, reducing your debt, and building your wealth over time.

<http://www.militarysaves.org/>

For more information regarding the "Saver Pledge" stop by or call the Fleet and Family Support Center.

We will be offering several classes and information tables during this time.

Saving and Investing /TSP FFSC Classroom Feb. 25, Monday 10 -11:30 am

Planning for Your Retirement FFSC Classroom Feb. 26, Tuesday 9-10:30 am

Military Saves Info Table Commissary Feb. 26, Tuesday 11 am -1 pm



Saving and Investing/TSP FFSC Classroom Feb. 27, Wed 10 -11:30 am

How to Save on Your Insurance Needs FFSC Classroom Feb. 27, Wed 1 - 2:30 pm

Navy Federal Info Table, Navy Federal March 1st, Friday 10 am - noon

For more information and registration on these classes please contact Lora Meza, PFM at 361-961-1127 or [lora.meza.ctr@navy.mil](mailto:lora.meza.ctr@navy.mil)

## Skipper continued from page 2

MEP can vary based on the situation, but in general would include security, fire and emergency, command and control and related support positions.

Based on the overall NAS Corpus Christi population, including tenant units, roughly 500 people would be classified as MEP.

These exercises can be a challenge for those who live and work on the installation, but they are an essential part of ensuring we provide a safe and secure environment for everyone.

Please be patient and remember my security forces are only doing what I and the Navy expect them to do.

**Flu continued from page 1**

“Anti-bacterial liquid hand gels are useful if soap and water are unavailable.

“Cover your mouth when you cough.

“Stay home when you are sick, and keep children home from school and daycare when they are sick.

“Stay healthy by getting plenty of rest, healthy foods, fluids, and exercise.”

For those who have not had their annual flu vaccine, it's not too late.

Naval Health Clinic Corpus Christi and its branch clinics have flu shots for enrolled TRICARE beneficiaries who have not yet been immunized this season.

And the nasal vaccine FluMist is on order and should be available shortly.

**Influenza vaccine is available at the Naval Health Clinic Corpus Christi Immunization Clinic, Monday through Friday; 8 a.m. to 4 p.m.**

While not 100 percent effective, a flu vaccine is the first and best way to prevent influenza.

Antiviral drugs are a second line of defense to treat the flu once someone gets sick.

It's important that antivirals be used early to treat people who are very sick with the flu and have a greater chance of getting serious flu complications, either because of their age or because they have a high risk medical condition.

Most otherwise healthy people who get the flu do not need to be treated with antiviral drugs.

Antivirals can only be prescribed by a doctor and can lessen symptoms and shorten the time someone is sick by one or two days.

They also can prevent serious flu complications, like pneumonia.

In an effort to protect patients, visitors and medical staff from the spread of flu, NHCCC and its branch clinics strongly recommend all beneficiaries and visitors wear a mask upon entering hospitals, freestanding emergency departments, urgent care centers, and branch clinics, including patients seeking outpatient services at the hospitals.

A mask is also strongly recommended on arrival for patients and family members seeking care at associated primary care physician practices.

The recommendation to wear a mask when entering health care facilities will remain in effect during the flu season and while prevalence of flu in the region is extraordinarily high.

Medical evidence suggests infected people can transmit the flu virus as much as 24 hours before displaying symptoms.

This recommendation helps protect patients, visitors and staff from exposure to flu, even before symptoms occur.

Symptoms of flu include fever and respiratory illness such as cough, sore throat, runny or stuffy nose, muscle aches, chills, and sometimes vomiting and diarrhea.

For up-to-date information on NHCCC and its branch clinics, go to <http://www.med.navy.mil/sites/nhccc/Pages/default.aspx> or [www.facebook.com/NHCCC](http://www.facebook.com/NHCCC).

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## Navy competitive shooting season starts soon



**Lt. Eric Palmer calls shot corrections as Gunners Mate 1st Class Aaron Stempeck fires from the 300-yard line during the Infantry Trophy Match at the 2009 National Rifle and Pistol Matches. During the competition, each 6-man team fires a total of 384 rounds from distances of 600, 500, 300 and 200 yards in a time limit of 50 seconds per firing line. The National Matches have been held at Camp Perry since 1907.**

Story & photo by Chief Mass Communication Specialist William Lovelady

The U.S. Navy Marksmanship Team (USNMT) is looking for new members to participate in Navy and inter-service rifle and pistol matches.

All active-duty and reserve Sailors are welcomed and encouraged to participate.

"Sailors receive limited small arms training as they process through Navy Individual Augmentee Training at various U.S. Army training centers," said Cmdr. Mick Glancey, USNMT officer in charge.

"All Sailors serving IA/GSA tours are issued a service rifle (M-16) or a service pistol (M9), some receive both prior to deployment.

"Small arms marksmanship is a basic fundamental skill set all our Sailors are required to possess."

The USNMT is the leading proponent of small arms marksmanship and safety training for U.S. Navy personnel.

Each year, the team conducts the U.S. Fleet (Atlantic and Pacific) Rifle and Pistol Matches, where hundreds of Sailors are trained in service rifle and service pistol marksmanship.

Sailors participating in fleet matches represent their commands in individual and team events, earn marksmanship medals and badges, and qualify to stand armed watches aboard ships and at other commands.

USNMT also conducts the annual All Navy (East and West) Rifle and Pistol Championships, in which the top 100 Sailors who have fired qualifying scores in fleet matches compete.

As members of the rifle and pistol teams, the top 20 Sailors from each coast represent the Navy in the annual Inter Service Rifle and

Pistol Matches where the "best of the best" come to compete from the Army, Navy, Air Force, Marines and Coast Guard.

I/S Pistol Championships are held at Ft Benning, Ga. while the I/S Rifle Championships are held at MCB Quantico, Va.

The Civilian Marksmanship Program's National Rifle and Pistol Matches and the National Rifle Association's National Rifle and Pistol Championships are held at Camp Perry, Ohio.

Both fleet matches begin with classroom and range training to familiarize shooters of all skill levels with safety and proper practices on the range as well as the fundamentals of marksmanship.

Then the shooting starts.

There are warm-up matches before the 1000-point rifle matches fired at distances of 200, 300 and 500 yards and the 1000 point pistol matches fired one-handed from 25 and 50 yards.

Competitors also shoot in both pistol and rifle excellence-in-competition (EIC) matches.

EIC competitions are qualification matches in which competitors earn "leg points" toward the Distinguished Marksman and the Distinguished Pistol Shot badges.

"We want to get the word out to everybody," said Glancey. "We want more new shooters to come out and participate in the matches."

Lt. Rich Ray, 2012 East Coast Match Director, said, "This year's theme is Train the new shooter!"

*Shooters continued on page 9*

**Shooters continued from page 8**

Sailors do not have to be experienced shooters to benefit from competitive shooting—nor do they even need to own firearms.

Throughout the match season, Naval Sea Systems Command Crane Division provides an armorer’s van with match grade rifles, pistols, ammunition, and a workshop where a group of veteran gunsmiths build and maintain these precision firearms for Navy shooters.

They even have all the small gear for matches like spotting scopes, shooting coats, mats, and folding stools used to carry gear up and down the 600-yard rifle range.

“Most shooters buy their own gear once they get involved in the sport, but if you don’t already own the guns and gear, it’s best to try competing before you buy so you’re sure of getting what you need,” said Lt. Eric Palmer, west coast match director, who got his start like most Navy shooters — he heard about a match and decided he wanted to shoot.

“Once you’ve shot for a while and are ready to buy your own equipment and guns, there are a lot of manufacturers that offer discounts to team members on rifles, ammunition, and just about everything else you need.”

“We’ve had shooters shoot their whole careers with a van rifle,” said Master Chief Utilities Constructionman Scott Hancock.

“They just keep track of the rifle number and shoot the same one at every match.”

One common area of confusion for Sailors wanting to shoot is how to join the team.

It couldn’t be easier. The Navy Marksmanship Team is not a commissioned unit of the Navy. It has no unit identification code and there are no billets.

Team leadership is a collateral duty and team membership is entirely voluntary.

The Navy team doesn’t hire professional shooters like the Army Marksmanship Unit and it doesn’t have permanent change of station assignments like the Marine Corps team. It is made entirely of Sailors who love to shoot and want to compete.

Joining the Navy shooting team and shooting either of the Fleet matches is the same thing.

Interested shooters need to read the annual message, announcing match dates and locations that came out recently and contact their commands to request orders to attend.

The annual match announcement message and team details may be found at the team Web site [www.usnst.org](http://www.usnst.org).

Depending on funding availability, active-duty Sailors may have to pay some of their travel and messing expenses out of pocket.

“No-cost TAD orders are the norm,” said Glancey.

“However, our USMC friends at Quantico routinely provide free barracks out at Camp Upshur, open-Bay style living but it is free!”

Reservists can use any type or combination of orders, with command approval.

However, if funding is unavailable, some Reservists do have to come on unpaid annual training orders.

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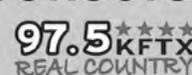
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# Around the Base

## Reenlistment Surprise

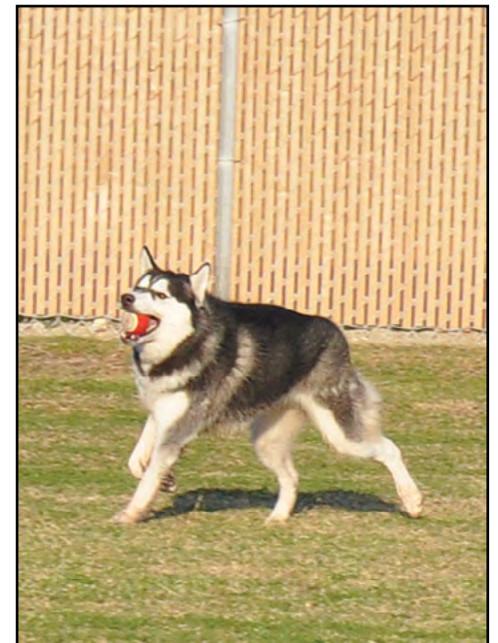


EN1 Bobby Solsbery planned to have a private, quiet reenlistment in the office of Lt. Chris Carmichael, NAS Corpus Christi's admin officer. But first a group of fellow First class Petty Officers swarmed into the office. Then when he came out, a gauntlet of well-wishers waited in the hallway – including air Station Skipper Capt. Dave Edgecomb.

Photos by Rod Hafemeister



## Walking the Dogs



Tossing Frisbees and balls – and then chasing the dog who caught it – canine belly rubs and general fun were the order recently at the NAS Corpus Christi Dog Park. The park, on the corner of Avenue E and Dimmit Drive, was an underused softball field; now fenced, it's a place where dogs and their owners can play off-leash.

Photos by Rod Hafemeister



# Awards and Achievements

## Winging — January 25



Photo by Hugh Lieck Event Photography

Winging officials, from left: Alex Harris, Corpus Christi Chamber of Commerce; Cmdr. Todd Copeland, Commanding Officer, VT-31; Lt. Col. William Maclean, USAF, Commanding Officer, VT-35; Col. David Krebs, USMC, Commanding Officer, MATSG-22; Cmdr. Jerrod E. Devine, Executive Commanding Officer, VT-27; Capt. Rex Curtin, Commodore, Training Air Wing Four.

Wingees, in alphabetical order: 1<sup>st</sup> Lt. Adam Eugene Crawford, USMC; Ensign Sean Killian Cross; Ensign Joseph Trenton Dees; Ensign Nicholas Patrick Horton; 1<sup>st</sup> Lt. Todd Sebastian Kirkman, USMC; Lt. j.g. Blake Matthew Kroll; 1<sup>st</sup> Lt. Patricia Bernice Leis, USMC; Lt. j.g. Zachary David Long; 1<sup>st</sup> Lt. Sean Timothy Penczak, USMC; Ensign Michael Anthony Pirih; 1<sup>st</sup> Lt. John Thomas Silvestro, USMC; 1<sup>st</sup> Lt. Austin Chi-Thien Worth, USMC; Ensign Bryce William Ira Wyckoff.



## NMCRS Director Tambi Parker honored

Capt. Dave Edgecomb, Naval Air Station Corpus Christ commanding officer, surprised Tambi Parker, Navy-Marine Corps Relief Society director, with a Certificate of Appreciation and a 20-year Pin at the local NMCRS birthday party Jan. 23. Parker is currently the only paid staff member, supported by a crew of volunteers.

Photo by Rod Hafemeister



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# Prepare Families for 2013, update information now

by MC2 Andrea Perez, Navy Personnel Command Public Affairs

MILLINGTON, Tenn. – Military families should prepare for 2013 by reviewing and updating their personal information, Navy officials said Jan. 30.

“With all the reporting and record systems that maintain service member information, it can be confusing for Sailors to know where to start when updating their personal information,” said Navy Personnel Command Force Master Chief (SW/AW/NAC) Jon Port.

“But as we’ve seen with earthquakes and tsunamis in Japan, floods and storms on the East Coast; disasters strike and maintaining current data may expedite assistance for our Sailors and their families.”

There are several online systems that maintain Sailor and dependant or beneficiary information. It is important that when a Sailor has a permanent change of station move, or undergoes any life-changing event, such as marriage, divorce, birth of a child or adoption, or death of a dependant, that they make updates to their personal information.

Most of a Sailor’s personal, dependant, family member or beneficiary information can be viewed and updated through the following reporting and record systems:

- Navy Standard Integrated Personnel System (NSIPS) - <https://nsips.nmci.navy.mil>;
- BUPERS Online (BOL) - <https://www.bol.navy.mil>;
- Navy Family Accountability and Assessment System (NFAAS) - <https://navyfamily.navy.mil>;
- Defense Enrolment Eligibility Reporting System (DEERS) - <http://www.dmdc.osd.mil/milconnect>.

It is important for Sailors to visit each website separately and verify their information



is accurate, because making updates to one does not mean your information will be updated across all Navy or Department of Defense reporting or record systems.

Service members and beneficiaries can also visit <http://www.dmdc.osd.mil/rsl>, to locate the nearest personnel office or Personnel Support Detachment (PSD), where they can update DEERS information in person, request a military or dependant ID card, update their Record of Emergency Data (Page 2), Servicemembers’ Group Life Insurance (SGLI) or Family SGLI and death gratuity benefits, or make corrections to their pay.

Keeping one’s personal information up-to-date is important because failure to do so could result in breaks in certain benefits or eligibility for a Sailor and their family. These reporting and record systems provide valuable information to a Sailor’s chain of command and can also be used to manage a service member’s assignments, training, advancement and separation.

For a complete description of all Navy human resource records or detailed instructions on how to update service records, visit the records management and policy Web Page on the NPC website at [www.npc.navy.mil/career/recordsmanagement/militarypersonnelrecords/Pages/default2.aspx](http://www.npc.navy.mil/career/recordsmanagement/militarypersonnelrecords/Pages/default2.aspx).



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**10 Tips for Helping Someone with PTSD**

1. Let the veteran determine what they are comfortable talking about and don't push.
2. Deep breathing exercises or getting to a quiet place can help them cope when the stress seems overwhelming.
3. Writing about experiences can help the veteran clarify what is bothering them and help them think of solutions.
4. Alcohol and drugs may seem to help in the short run, but make things worse in the long run.
5. Crowds, trash on the side of the road, fireworks and certain smells can be difficult for veterans coping with PTSD.
6. Be a good listener and don't say things like, "I know how you felt," or "That's just like when I..." Even if you also served in a combat zone. Everyone's feelings are unique.
7. [www.restorewarriors.org](http://www.restorewarriors.org) is a website where warriors and their families can find tools on how to work through combat stress and PTSD issues. Learn about more mental health support resources that ease symptoms of combat stress.
8. Remind warriors they are not alone and many others have personal stories they can share about their readjustment. Talking to other warriors can help them cope.
9. Allow and encourage warriors and their family members to express their feelings and thoughts to those who care about them.
10. Let them know that acknowledging they may have PTSD says they're strong, not weak.

## GSE2 Borthick reenlists



NAS Corpus Christi Executive Officer Cmdr. Dave Dargan gives the reenlistment oath to GSE2 Gunnar Borthick on Jan. 24.  
Photo by Rod Hafemeister

## Lt. Cmdr. Cazalas departs CNATRA



Capt. Douglas Carsten, left, presents Lt. Cmdr. Stephen Cazalas a plaque for his outstanding leadership as the CNATRA T-34/T-6 Requirements Officer. Cazalas will assume executive officer for the Naval Operational Support Center (NOSC) in San Antonio, Texas.  
Photo by Richard Stewart, CNATRA PA

## Thank You Veterans!

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# Scams that target the Military: How Servicemembers can fight for financial security at home

by Stuart F. Delery, Acting Assistant Attorney General, Civil Division, U.S. Department of Justice

When servicemembers return from deployment overseas, their family and friends are not the only ones waiting for them.

Scam artists are also busy setting up store fronts, phone lines, and websites specifically targeting servicemembers.

These consumer predators know that servicemembers have to deal with unique pressures, such as spending extended periods of time abroad, moving to different cities multiple times, and being held to a higher standard for debt repayment under the Uniform Code of Military Justice.

In addition, servicemembers have a steady income and try to do what is best for their families.

The Civil Division's Consumer Protection Branch has made fighting fraud aimed at servicemembers and veterans a top priority.

We are working internally with the Department's Civil Rights Division to ensure that businesses respect the rights of servicemembers.

And we are working externally with other agencies, such as the Departments of Defense and Veterans Affairs, to identify potential fraud earlier.

We are also collaborating with the Consumer Financial Protection Bureau's Office of Servicemember Affairs, led by Holly Petreaus, to engage in a dialogue with military leadership about how we can prevent this fraud together.

And we have joined forces with federal and state prosecutors – as well as the JAG Corps – to identify scammers and bring more cases against them.

We are committed to using all of the tools at our disposal to hold these swindlers responsible. But the best way to fight them is to deprive them of customers.

Here are a few tips on how to protect yourself and your family:

**• Be wary of up-front fees.**

*The Sales Pitch:* "I can help you access benefits, get a good rate on a loan, and make a great investment. All you need to do is pay me an up-front fee."

*The Defense:* The military offers legal

assistance, interest free emergency loans, and financial planning tools. Ask your military installation offices for details.

**• Always find out the total price.**

*The Sales Pitch:* "I'll sell you this car, refrigerator, or anything else you want. Just give me a little bit of money every installment."

*The Defense:* Salespeople can offer misleading information about how much something really costs once all the payments and fees are added up.

If the total price is too high, take your business elsewhere.

**• Don't trust promises about the future.**

*The Sales Pitch:* "Just buy the car with this higher interest rate, and I'll call you later once I get the lower rate interest for you."

*The Defense:* Make sure that everyone agrees to the final terms of a deal before you hand over any money.

**• Find out who you are dealing with.**

*The Sales Pitch:* "I'm a veteran of the armed forces. Sign up with my program to make sure that your family has everything they need while deployed overseas."

*The Defense:* Ask your base community service office about the company or individual. You can also contact the Better Business Bureau.

And, if you have been the victim of a scam, we encourage you to come forward and complain.

Often, financial fraud goes unreported because victims feel embarrassed or foolish; only when you complain is it possible for you to get the help you need.

And only when we know that there is a problem can we and our law enforcement partners work to stop it.

Consult your military installation legal assistance office or your State Attorney General and log your complaint at [www.ftccomplaintassistant.gov](http://www.ftccomplaintassistant.gov) or at [www.consumerfinance.gov/complaint/](http://www.consumerfinance.gov/complaint/).

With your help, we can continue to fight against those who prey financially on you and your families, and leave you free to focus on your invaluable work protecting the Nation.

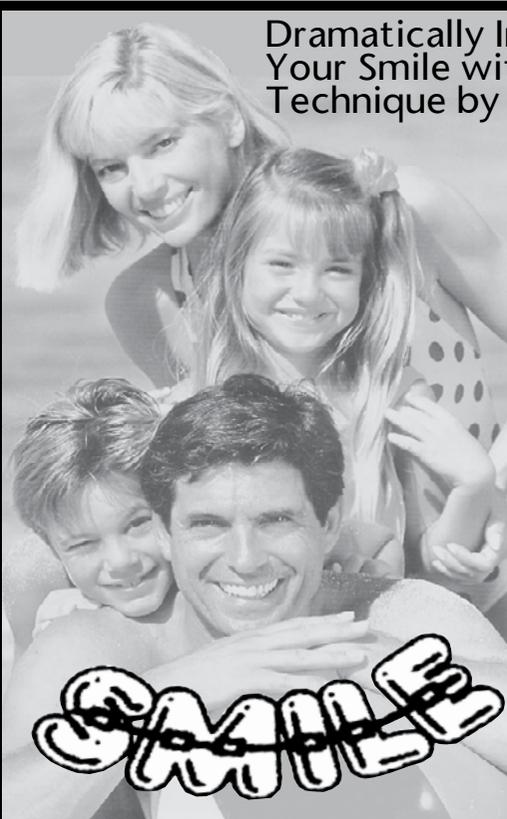
## BBB names Top Scams of 2012

The Better Business Bureau investigates thousands of scams every year. This year's "top ten scams" list was culled from a variety of sources, including consumers, federal agencies and other reliable information sources.

Here are BBB's Top Ten Scams of 2012:

1. Top Overpayment/Fake Check Scam: Car Ads
2. Top Emergency Scam: Grandparent Scam
3. Top Employment Scam: Mystery Shopping

4. Top Advance Fee/Prepayment Scam: Nonexistent Loans
5. Top Phishing Scam: President Will Pay Your Utility Bills
6. Top Sweepstakes/Lottery Scam: Jamaican Phone Lottery
7. Top Identity Theft Scam: Fake Facebook Tweets
8. Top Home Improvement Scam: Sandy "Storm Chasers"
9. Top Sales/Rental Scam: Real Stars, Fake Goods
10. Scam of the Year: Newtown Charity Scams



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- Portland
- Rockport
- 5 Points

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At Habitat for Humanity Corpus Christi, Inc, volunteers are the heart of our organization. Hundreds of volunteers assist in various Habitat for Humanity Corpus Christi activities each year. Our volunteers build homes, raise funds, provide lunch for volunteers on the work site, and do much more. As a matter of fact, volunteers are the reason Habitat for Humanity of Corpus Christi is able to build affordable, decent homes for low income families. Construction of Habitat houses are made possible through the labor of our homeowners working side by side with dedicated volunteers every year.

We definitely could use your help! Without each volunteer, none of this would be possible. I would like to provide you with information in reference to volunteering with Habitat for Humanity. We have ongoing projects at various sites. We have various construction locations in Corpus Christi, Texas. We need the help of every volunteer that would be willing to roll up their sleeves and offer a helping hand.

**Let's face it! We can't complete these homes without your help! Any amount of time you provide us with would be greatly appreciated.**

Please email to: [habitat.volunteers@yahoo.com](mailto:habitat.volunteers@yahoo.com) or contact the Habitat for Humanity office at (361)289-1740 and ask for Ada 9am - 5pm



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## Caring for kids: From family care plans to adoptions

by Lt. James D. Carson, JAGC

Being a parent myself, I know how stressful it can be to ensure that your children will be taken care of, be it for an hour or for the length of a deployment.

We want what is best for them. As parents, we need to understand all legal means available to ensure that our children are cared for in our absence; this will in turn prevent legal complications and our children getting caught in the crossfire.

Some of these legal means include: Family Care Plans, In Loco Parentis Powers of Attorney, Guardianship, and Adoption.

### Family Care Plans

Single parent service members, dual-military couples with dependants, or those who have a legal custody arrangement with a non-spouse are required to have a Family Care Plan per OPNAVINST 1740.4D and DODINST 1342.19.

A family care plan includes form NAVPERS 1740/6 signed by both the servicemember(s) and the party, who is to care for the child or children.

Family Care Plans are not legal documents.

The person named to care for the children cannot enroll the children in school, make medical decisions, and if a custody dispute arose, appear in a court of law. This is only an administrative tool the military uses to ensure that servicemembers have all their ducks in a row in order to maintain worldwide assignability.

It is a military requirement that can be changed at your election, but it has no legal effect.

### In Loco Parentis Power of Attorney

A Power of Attorney (POA) is a legal document authorizing someone else to do something that previously only you were able to do; however, there is no legal obligation for any third party (school, hospital, etc.) to accept it.

If a third party does accept it, the document assures them that they will not be sued.

An In Loco Parentis POA can be used to authorize someone else to make decisions for the benefit of your children.

These POAs expire after a specified period of time. They are practical because they are fairly easy and quick to create. Most legal offices can draft one up on a walk-in basis.

If you need someone to be able to make decisions for the benefit of your children for you for a short period of time, an In Loco Parentis POA may be the way to go.

These types of POAs cannot be used to enroll a child in DEERS.

Also, some schools may not accept it; for this reason, it would be wise to first determine whether the school has its own forms/POA they would like you to fill out.

### Guardianship

If you need someone to take care of your child for about a year or more, you should seriously consider guardianship.



A guardian is a court-appointed individual, who accepts responsibility for the care of a child.

Obtaining a guardian does not cut off the biological parent's rights. A guardianship requires court intervention, which means that a petition needs to be filed at family court.

Some jurisdictions allow pro se (without an attorney) filings, but it is always encouraged to hire one in order to ensure the guardianship is done correctly.

After the petition is filed, a court investigator may interview the petitioner, the child, and the biological parents to make a recommendation.

After giving an opportunity for all parties to speak, and considering the best interests of the child, the court will grant or deny the request.

Normally, all parties are consenting, but guardianship can also be awarded in cases of abandonment or neglect.

While the biological parents are still legally responsible for financially supporting their children, often the guardian shoulders this responsibility.

The guardian can expect court oversight until the guardianship expires, when the child turns 18, or when the judge says it's no longer necessary. Third parties are more likely to accept proof of guardianship over an In Loco Parentis POA.

### ADOPTION

Adoption requires termination of the biological parent's rights.

This is also court ordered, so it requires some time and money.

Unlike a guardianship, it lasts forever. The child is treated as if they were biological.

All parental rights or responsibilities are transferred to the adopting parent.

Again, if you are thinking of adoption, you should utilize an attorney to ensure everything goes correctly.

As parents, we need to be educated on these issues so that we can make the best decisions for our children. Please come and see a Legal Assistance attorney to further flush out these options and what they may mean to you and your family.

Please visit us at [http://www.jag.navy.mil/legal\\_services/rlso/rlso\\_southeast.htm](http://www.jag.navy.mil/legal_services/rlso/rlso_southeast.htm) for more information or to find out the location of the nearest legal assistance office.

# Troops to Teachers Seminar – Feb. 19

by Meryl Kettler, Texas TTT Coordinator

Troops to Teachers will be holding an informational seminar on board NAS Corpus Christi on Feb. 19.

For active duty and retired servicemembers, reserve and National Guard personnel in the Corpus Christi area who are interested in becoming teachers, Troops to Teachers stands ready to provide the guidance and financial assistance necessary to do so.

Nationally, military retirees and reservists are teaching all subjects, at all levels, and in all kinds of schools.

Overall, 75 percent of the most recent hires from TTT are teaching in a high demand subject area like math, science or special education, or in a high-needs school.

In addition to addressing the national teacher shortage, TTT is helping to accomplish other educational goals, such as increasing the number of male teachers and increasing the ethnic diversity of teachers.

Troops to Teachers funding has been a tremendous help to eligible veterans who are becoming teachers.

Financial aid is available to all degreed military retirees, as well as certain long-term reservists or National Guard members in drilling status.

An applicant can receive up to \$5,000 to



pay for a teacher certification program. Or, if participants teach on a high-needs campus, they could receive \$10,000 as a bonus.

Those interested in finding out more about Troops to Teachers financial benefits and the certification process are invited to a "Teaching as a Second Career Seminar" on Tuesday, Feb. 19.

The event will be held from 1 – 3 p.m. at the Navy College, Bldg 1731, 10461 D St, NAS Corpus Christi.

Meryl Kettler, the state TTT coordinator, will present information and answer questions about becoming a teacher in Texas.

There is no preregistration, but for additional information contact the Navy College at 361-961-3236 or DSN 861-3236 or visit the Troops to Teachers website at <http://www.proudtoserveagain.com>.

## February Liberty Center Events

### Ping Pong Tournament

The Liberty Center will be holding a Ping Pong Tournament Feb. 7 from 7 - 8:30 pm. Come on in and show us your skills!

### Bowling Showdown

Let the Challenge Begin! NAS Corpus Christi vs. NAS Kingsville Liberty Program

Patrons in a Bowling Showdown Feb. 11, 7- 8:30 pm at Lighthouse Lanes Bowling Center in building 1707 on E-Street. Cost is Free. There will be five- person teams with the highest score of two combined games winning!

### Billiards Tournament

Join the Liberty Center for a Billiards Tournament on Feb. 13 at 7 pm!

## Recently at the Courthouse

Courts-martial in Navy Region Southeast recently heard the following cases:

At a General Court-Martial convened on board NS Mayport, a Lieutenant (Junior Grade) was found guilty of attempted wrongful sexual contact, violating a lawful general regulation by wrongfully engaging in sexual conduct with an E-3, and wrongful sexual contact and was sentenced by the military judge to three months confinement, forfeiture of all pay and allowances, and a dismissal.

At a General Court-Martial convened on board NAS Jacksonville, a Petty Officer First Class was found guilty of soliciting to transfer control of a minor with knowledge that the minor would engage in prostitution, traveling for the purpose of engaging in unlawful sexual conduct with a person believed to be a child

*Courts-martial in Navy Region Southeast are tried with few exceptions at NAS Jacksonville, NS Mayport, and NAS Pensacola.*

*Therefore, the location of where a court-martial described above was convened does not necessarily correlate to the command that convened the court-martial.*

*Adjudged sentences may be modified by pre-trial agreement or clemency.*

after using a cell phone to solicit a person believed to be a custodian or guardian of a child to consent to the participation of the child in sexual conduct, and using a cell phone to solicit to transfer control of a minor with knowledge that, as a consequence of the transfer, the minor would engage in prostitution. The military judge sentenced the petty officer to 14 years confinement, total forfeiture of all pay and allowances, reduction in rate to E-1, and a dishonorable discharge.

At a General Court-Martial convened on board NAS Jacksonville, an Airman was found guilty of failure to obey a lawful order (three specifications) and assault consummated by a battery (three specifications) and was sentenced by the military judge to 18 months confinement, reduction in rate to E-1, and a bad conduct discharge.

If you care about her... encourage regular check-ups.



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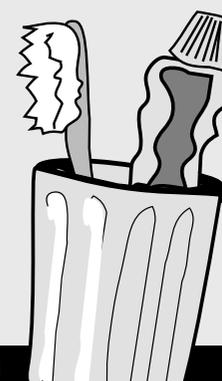
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## Cheese Ball Appetizers

12 ounces extra sharp Cheddar cheese, shredded  
3 egg whites, stiffly beaten  
1/3 cup flour  
2 to 4 dashes hot sauce

Dash salt  
1 teaspoon parsley flakes  
1/4 teaspoon paprika  
cornmeal  
vegetable oil for frying

Beat egg whites very stiff. Add shredded cheese to egg whites, then add flour, hot sauce, salt, parsley flakes, and paprika. Shape mixture into small balls and roll in cornmeal. Put 1/4" oil in a heavy skillet. Heat over medium-high heat. Place cheese balls in hot oil; cook until golden brown, turning constantly.



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## What's Happening

### by Tina Konwerski

During the month of February learn about healthy eating and how to recognize and manage diabetes. On Tuesdays, "Healthy Kitchens" with Margie Nygard from the Corpus Christi Food Bank will offer classes on planning, budgeting and cooking healthy meals. On Thursdays, "Diabetes Awareness Classes" with Noe Rodriguez from the Corpus Christi Health Department will offer classes on recognizing the different types of diabetes and how to manage the disease.

#### Free and Open to the Public!

**Healthy Kitchens** with Margie Nygard, Corpus Christi Food Bank, Tuesdays in February, 1:00 - 2:00 p.m. (Feb. 5, 12, 19 and 26)

**Diabetes Awareness Classes** with Noe Rodriguez, Corpus Christi Health Department, Thursdays in February, 1:00 - 2:00 p.m. (Feb. 7, 14, 21 and 28)

Healthy Living & Advocacy Center, 1125 S. Port Ave., Corpus Christi, Texas 78405. To register for classes or for more information, please call (361) 442-2224. Classes are offered in conjunction with the Community Wellness & Education Outreach program of Catholic Charities of Corpus Christi, Inc., Transforming Texas - "Long Live Texans," the Corpus Christi Food Bank and the Corpus Christi Health Department.

**The Janet F. Harte Public Library will host a FREE Kids' Valentine Party on Saturday, Feb. 9, 2013 at 2:00 p.m.** Come listen to a holiday story, make a beautiful craft and enjoy refreshments! Geared for grades K and up but open to all ages and it is free. The library is located at 2629 Waldron Rd. in Flour Bluff. For more information call 937-6569.

**February 9, 2013, Saturday; 11 a.m. to 4 p.m., - MARK YOUR CALENDAR NOW for the 20th Annual Ethnic Festival at St. Paul the Apostle Catholic Church on 2233 Waldron Road in Flour Bluff; Buy a \$5.00 raffle ticket and have a chance to win 2013 Nissan Altima car; Other highlights include World Cuisine (American, Italian, Filipino, Polish, Irish, Mexican, Korean, and Puerto Rican); silent and live auctions; car display; arts and crafts, country store, children's games and live entertainment. Come to St. Paul's on Saturday, Feb. 9, and meet people, enjoy the camaraderie, and have a cultural and appetizing taste of the world! Admission is free. Take-outs available. Festival ends with presentation of flags of all nations prior to the multi-cultural Mass on Sunday, February 10, at 11 a.m. where parishioners dress in their respective ethnic costumes. Call 353-4233 for more information. COME FOR THE FOOD AND STAY FOR THE FUN!**

**2013 Christmas Bird Count for Kids at Aransas National Wildlife Refuge, Austwell, Texas - On Saturday, Feb. 9 at 7:15 a.m., the Aransas National Wildlife Refuge will be offering a Christmas Bird Count for Kids. This fun activity will meet at the Aransas National Wildlife Refuge Visitor Center and will last most of the morning as we scan outside to look for as many feathered friends as we can find! We will learn the use of optics, how to learn to identify birds by sight and sound, proper birding techniques and rules, and other things of interest The most important thing, however, is to have as much fun as possible in an incredible outdoor area. And we may see whooping cranes as well!**

This is a free event for the public and anyone under 18 is welcome to join. Very young children should have an adult accompany them. We would appreciate if people could call us (361-286-3559) to register or send an email ([david\\_true@fws.gov](mailto:david_true@fws.gov)) if possible. However, we will take any youth or youth at heart that shows up for the event. After the count, all participants may be interested in joining Jody Mays, Park Ranger from Padre Island National Seashore, for a program on sea turtles at 12:00 p.m. at the visitor center. We will also go over the birds we observed and anything else that caught our fancy. Come out and let your kids learn why birds and birding are so great!

#### DIRECTIONS TO THE ARANSAS NATIONAL WILDLIFE REFUGE:

From the South: follow Hwy. 35N to the FM 774 exit. Turn right on FM 774 and drive on the highway winding through the farm fields till you get to FM 2040. Do not get off FM 774 until you get to FM 2040! Go another 6 miles to the Refuge gate. Go to the Visitor Center to register.

From the North: travel south on Hwy. 35 to Tivoli. Continue past Tivoli for approx. 1 mile to the FM 239 exit (on your left). Follow FM 239 to Austwell. When you enter Austwell, FM 239 turns into FM 774 at the curve. Continue on FM 774. Follow 774 & take a right at the stop sign. Go down the end of the street. Take a right again. This takes you out of town for about one-half mile to the FM 2040 turn. Go left on FM 2040 for about 6 miles to the Refuge gate. Go to the Visitor Center to register.

Contact us or more information at: <http://www.fws.gov/refuge/aransas/> or phone 361-286-3559. Address is United States Fish and Wildlife Service, Aransas National Wildlife Refuge, P.O. Box 100, Austwell, TX 77950. Come enjoy your National Wildlife Refuges!

**THE CORPUS CHRISTI SYMPHONY ORCHESTRA PRESENTS "ROMANTIC MASTERS" Saturday, February 9, 2013 at 8:00 p.m. featuring William Curt Thompson, Concertmaster**

The Performing Arts Center at Texas A&M University-Corpus Christi, 6300 Ocean Drive

Celebrating its 67th season during 2012-2013, the CCSO opens the fourth subscription concert, with The Moldau from Ma Vlast (My Country) by Smetana. Smetana's expressive work landscapes the river running through the composer's country. The concert continues with Pablo de Sarasate's Fantasy on Bizet's Carmen. The Fantasy on Bizet's Carmen is one of his most enduring works and also one of the most challenging pieces in the violin repertoire. Employing themes from Bizet's opera Carmen, the solo violin demonstrates Carmen's passion and untamed spirit through highly technical passages. CCSO Concertmaster William Curt Thompson steps into the solo position to perform the Fantasy on Themes from Bizet's Carmen. The concert concludes with the lush Brahms Symphony No. 1, a work that is one of major works of the Romantic musical period. The Romantic Masters performance will feature 75 musicians of the Corpus Christi Symphony Orchestra.

Single ticket may be purchased by calling the Symphony office at 883-NOTE (6683) or toll-free at 877-286-6683. Single

*See Happening, Page 19*

**Happening, from Page 18**

concert tickets start at \$20 per seat. For more information, visit [www.ccsymphony.org](http://www.ccsymphony.org). **Lenten Studies: Using The Way: Walking in the Footstep of Jesus** by Adam Hamilton, two classes are being offered starting Thursday, February 14th. The morning class starts at 10 am; the evening class starts at 7 p.m. Classes will be in Class Room # 4, at the Ingleside United Methodist Church, 2572 Church Street, Ingleside. The requested donation for the book is \$12. Travel with Adam Hamilton as he retraces the life and ministry of Jesus Christ. Once again, Hamilton approaches his subject matter with thoughtfulness and wisdom, just as he did with Jesus' crucifixion in 24 Hours That Changed the World and with Jesus' birth in The Journey. Using historical information, archaeological data, and stories of the faith, Hamilton follows in the footsteps of Jesus from his baptism to the temptations to the heart of his ministry, including the people he loved, the parables he taught, the enemies he made, and the healing he brought. For more information: Ingleside United Methodist Church, 361-776-2820, [secretaryumc@cableone.net](mailto:secretaryumc@cableone.net)

**Coastal Bend Quilt & Needlework Guild** presents "Kickin' Quilts of Texas" Quilt Show, Feb. 15-16, 2013 at American Bank Center, Watergarden Room, 1901 N. Shoreline, Corpus Christi, TX Hours: 10:00 a.m. - 5:00 p.m. Admission: \$6 contact: [birrgonzalez@yahoo.com](mailto:birrgonzalez@yahoo.com) Website: [corpuschristiquilters.com](http://corpuschristiquilters.com)

The Corpus Christi Parks & Recreation Department will be offering its **Spring 2013 Softball Leagues for four adult divisions** at the Greenwood Softball Complex, 4501 Greenwood Drive. Each league will feature a nine-game season that will begin the week of Mar. 4, 2013 and include a playoff format at the end of the season.

**REGISTRATION for all four leagues is open now through Feb. 22, 2013. Late Registration is February 25-27, 2013.** Team registration fee is \$400. Late team registration fee is \$450. For more information and registration, please call 361-826-3588 or 361-826-3478.

- **Coed Division League** games for men and women will be held on **Mondays**.
- **Church Division League** games for local church teams will be held on **Mondays**.
- **Men's Division League** games will be held on **Thursdays**.
- **Industrial Division Softball League** games for men will be held on **Thursdays**.

For more information about the wide variety of programs and services offered by the department, visit [www.ccparkandrec.com](http://www.ccparkandrec.com). We invite you to **Live. Learn. Play!**

**The Texas Coastal Bend Bark For Life** is seeking Participants, Vendors, and Sponsors. The event is set for Sat, Feb. 23, 11 a.m. - 2 p.m., at the Live Oak Park, in Ingleside. Participants may register online at [www.relayforlife.org/aransaspassinglesidetx](http://www.relayforlife.org/aransaspassinglesidetx) for \$25 for first dog and \$10 for second dog. After registration, participants may participate in the Top Dog "beauty" Photo Contest. Vendors may register for \$0 to \$25. Fees based on whether non-profit, government, dog-related, or other and whether they are selling food, providing a game for the participants or dogs, providing a service for the dogs, or just selling their own items. We are eager to have artist, crafters, shelters, groomers, kennels, caterers, suppliers, organizations and businesses. After paying any fee, all proceeds belong

to the vendor; no % required. For more information call Martha Habluetzel 361-776-7768.

**Saturday, February 16, 2013** - Join us for a 5K Run-Walk at Whataburger Field, 734 North Port Avenue, Corpus Christi to raise money and awareness for the Rise School of Corpus Christi. Timing: Pendgo Timing will time the 5K Run-Walk using the most state of the art equipment. Pendgo Timing uses a disposable bib chip. The celebration continues after you cross the finish line. For more information: Sherry Peterson, [riseschool@centurytel.net](mailto:riseschool@centurytel.net), (361) 814-9399 <http://www.riseschool.org/>

The Corpus Christi Parks & Recreation Department will offer a new **Belly Dance Class** for adults on Mondays and Wednesdays from 7 p.m. - 8 p.m. at the **Oso Recreation Center**, 1111 Bernice Drive. Belly dancing is an ancient performing art that involves sensuality, spirituality, and inner healing. This **new class** will include the following styles: African, Caribbean, American Gypsy, Egyptian, Fantasy Dance, Hula for Exercise, and Hindi-Belli. It will be taught by Jett's Dramatic Arts Instructor Kimberley Bell who has over 15 years of teaching experience. **REGISTRATION:** Cost is \$50 per month, or a \$20 drop-in fee. **Come in and try it—the class will start on Mar. 6, 2013.** Registration will be on-going and available online at [www.ccparkandrec.com](http://www.ccparkandrec.com). For more information, call 361-991-3700.

The Corpus Christi Parks & Recreation Department will be offering a **Spring 2013 Flag Football League for men** at the Greenwood Softball Complex, 4501 Greenwood Drive. The league will feature a nine-game season that will begin the week of March 18, 2013 and include a playoff format at the end of the season. Games will be held on Wednesday. **REGISTRATION is open now through Mar. 1, 2013. Late Registration is Mar. 4-7, 2013.** Team registration fee is \$400. Late team registration fee is \$450. For more information and registration, please call 361-826-3588 or 361-826-3478.

**Del Mar College Alumni Association Awards Program Deadline for nominations has been changed to Mar. 15, 2013**

Do you know someone who has attended Del Mar College that has continued to stay involved with Del Mar and the community? If so, we welcome your nomination of them in one of six categories:

Young Alumni, Distinguished Alumni, Distinguished Friend of the College, Distinguished Faculty, Distinguished Staff and Outstanding Alumni.

Award nomination is a great way to acknowledge someone you know of their outstanding service to Del Mar College and the community. All nominations will be kept confidential and the selection process will be held to the highest ethical standards. FMI: [http://www.delmar.edu/alumni/awards\\_info.aspx](http://www.delmar.edu/alumni/awards_info.aspx)

Your Coastal Bend Non Profit Organization's fund raising event, membership drive, meeting open to the public here FREE on a space available basis. Go to [www.DJYoungPublishing.com](http://www.DJYoungPublishing.com) **SELECT:** Current Events and submit the information exactly as you would like to see it in print. Send at least three weeks in advance.

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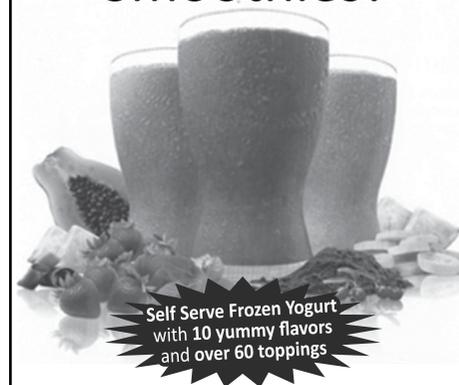
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