



Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE



Hispanic luncheon planned

The NAS Jax Hispanic Heritage Month Luncheon will be held today from 11 a.m. to 1 p.m. at the River Cove Officers Club. The guest speaker will be District Director U.S. Small Business Administration North Florida District Office Wilfredo Gonzalez. The event will also feature entertainment and Hispanic cuisine. The cost is \$10 per person. For more information, call Sylvia Kitt at 542-0649.

Hospital galley closed weekends, holidays

The Child Street Café at Naval Hospital Jacksonville will no longer be open to hospital patrons on weekends/holidays effective Oct. 4.

Service will continue to be provided for on-duty hospital staff in the Patient Tray Service area. On-duty hospital staff who are on commuted rations can pay for carry-out meals from the patient tray service area at the Cash Collection Agent's office. Rations-in-Kind on-duty hospital staff can also get carry-out meals from the Patient Tray Service area. Hospital patrons are encouraged to use the Child Street Café during the week and the NAS Jax galley on weekends and holidays.

Main Base Galley hours

Monday - Friday
Breakfast: 6-7:30 a.m.
Lunch: 11 a.m.-1 p.m.
Dinner: 4:30-6 p.m.
Weekends & Holidays
Breakfast: 6:30-8:30 a.m.
Brunch: 10:30-12:30 a.m.
Dinner: 4-5:30 p.m.

Naval Hospital Jacksonville Child Street

Café hours
Monday-Friday
Breakfast: 6-8 a.m.
Lunch: 11 a.m.-1 p.m.
Dinner: 4:30-6 p.m.
Weekends/Holidays
Closed

Puerto Rico's 'Physician of the Year'

NH Jacksonville surgeon selected

By Loren Barnes
Naval Hospital Jacksonville Public Affairs

Naval Hospital Jacksonville Surgeon Cmdr. Miguel Cubano will travel to San Juan, Puerto Rico, Oct. 5 to receive the "Annual Physician of the Year Award" for 2003. The award recognizes Puerto Rican physicians for exemplary achievement in Medicine and in community service.

Cubano serves as General Surgery Department head and Director, Gastric Bypass Program at Naval Hospital Jacksonville.

The 41-year-old surgeon is the youngest physician ever to receive this honor in the Society's 100-year history. Of his selection he said, "I was very happy and proud. To me



Surgeons Cmdr. Miguel Cubano and Cmdr. Eliseo Bautista operate on a patient at Naval Hospital Jacksonville.

the recognition says that I, in the opinion of others, have done the task well. And he said, "This recognition is really celebrating the art of medicine. The essence of which is the interaction between patient and doctor, or two human beings, one trying to heal the other. That essence is untouched by all the negative forces prevalent today in

the medical field."

Cubano, who grew up in San Juan, Puerto Rico, followed his parents' footsteps both in the medical profession and in their active involvement in the community. Both his father Miguel A. Cubano and his mother Lilly studied medicine and both were actively involved in charity work. "I grew up with a lot of emphasis on how important it is to try to help people who are less fortunate," he said. "I think that really stuck and became second nature to me."

That concern for the less fortunate is reflected in the many hours he's devoted to community service. Last year, he joined a select group of Duval County medical professionals to spearhead a yearlong pilot program to explore feasible ways to provide healthcare to the working poor and uninsured in Jacksonville. The Robert Wood

See PHYSICIAN, Page 11

Mayor Peyton visits HS-11 aboard Enterprise

By Lt. J.g. Matthew Wright
HS-11 Public Affairs Officer

The "Dragonslayers" of HS-11 were paid a visit by the Honorable John Peyton, the mayor of Jacksonville, last week on board USS Enterprise (CVN 65) where the squadron is in its final stages of training in preparation for deployment.

Peyton was aboard the Navy's first nuclear-powered aircraft carrier to honor the crew by proclaiming Sept. 22, 2003 as "Enterprise Strike Group Day" in the City of Jacksonville.

HS-11 is one of numerous Jacksonville-area squadrons, ships and submarines attached to the Enterprise Strike Group. The Dragonslayers hosted Peyton and his party by providing a display of a squadron SH-60F Seahawk helicopter and a brief question and answer period with the aircrew on the flight deck.

The mayor met with HS-11's Commanding Officer, Cmdr. Edward D'Angelo and Executive Officer, Cmdr. Steve Yoder, as well as numerous squadron members. He expressed great interest in the aircraft and recent training missions HS-11 has conducted while on board Enterprise. He also expressed pride in the manner in which the squadron represented Jacksonville, and thanked the men and women of the squadron for their service.

Among the group also visiting the Enterprise was Director of Military Affairs for the City of Jacksonville Dan McCarthy.

McCarthy has been working hard in recent years to stem the flow of military units to other states.



Photo courtesy of HS-11
Jacksonville Mayor John Peyton recently visited with HS-11's Commanding Officer, Cmdr. Edward D'Angelo, and HS-11 squadron members during his trip at sea on board USS Enterprise (CVN 65) Sept. 22.

McCarthy pointed out that the 220 Sailors in HS-11 is representative in size of some of the businesses Jacksonville is trying to attract. Realignment to other states means neutral or negative growth in the Jacksonville area, he noted.

The Dragonslayers, attached to Carrier Air Wing One, are partici-

pating in the Strike Group's Composite Training Unit Exercise (COMPTUEX) in preparation for the upcoming 2003-2004 deployment.

During this intensive training cycle, the Dragonslayers are gaining valuable expertise while conducting integrated exercises in

their primary mission areas of anti-submarine warfare, combat search and rescue, anti-surface warfare, and naval special warfare support. The Enterprise Strike Group expects to depart on a six-month overseas deployment immediately following the conclusion of COMPTUEX.



Photo by Miriam S. Gallet
NAS Jacksonville and tenant activities' ombudsmen, flanked by NAS Jax Executive Officer Capt. Charles King (left), Commander Navy Region Southeast Rear Adm. Annette E. Brown and NAS Jax CMDCM(AW/SW) Charles Lawson (right), gather together following the annual Ombudsman Appreciation Luncheon held Sept. 24 at the NAS Jax River Cove Officers Club.

NAS Jax, tenant commands recognize their ombudsmen

By Miriam S. Gallet
Editor

Thirty-seven Navy ombudsmen aboard NAS Jax were honored for their hard work and support of the warfighter readiness mission during a luncheon held Sept. 23 at the NAS Jax River Cove Officers Club.

"The honorees have faithfully served both Navy families and their commands. They are the primary conduit between commands and their families," said Dianne Parker, NAS Jax Fleet and Family Support Center (FFSC) ombudsman coordinator. "For 33 years, Navy ombudsmen have helped service members and their families deal with the many challenges of military life. They also play a key role in supporting the Sailors and families of our forward-deployed aircraft, most recently, during Operations Iraqi and Noble Freedom," she explained.

See OMBUDSMEN, Page 11

Supporting the mission

NAS Jax Strategic Business Plan update

By **Tim Sheppard**
NAS Jax Business Manager

Today we'll discuss Goal 1 of the NAS Business Plan in more detail and will address the other goals in future articles.

Goal 1: Providing the best airfield and aviation logistical support, public safety and operating support functions available.

Capt. Charles King, NAS executive officer, is the goalkeeper for this first goal, and is responsible to the commanding officer for its accomplishment.

In order to accomplish the goal of providing the best airfield and aviation logistical support, public safety, and operating support functions available, King has formed a team of senior officers whom have developed several strategies. These officers are charged with carrying out their respective strategies, and reporting to King on a regular basis to measure progress.

To begin with, the operations officer and his team are working to develop and execute processes that will enable NAS Jacksonville to provide the most affordable level of operational support to all tenant aviation organizations, visiting detachments, aircraft, and crews.

The weapon's officer and team members are committed to providing ordnance control and support to all waterfront and tenant commands and visiting squadrons that ensures safety, security of storage and inventory accuracy to the most affordable service level.

Led by the supply officer, we will continuously improve the quality, scope, and depth of aviation logistics support and material/maintenance integration provided to deployable Navy squadrons.

The security officer and all involved with security are charged with developing and implementing methods that will maximize the security department's organizational effectiveness by establishing innovative, realistic goals of research, procurement, training, and data access. The director of security has led the way with new prototype technology for personnel and access control. The newly installed systems provide a greater degree of warfighter asset protection.

Last, but never least, the station fire chief and all firefighters are diligently working to continuously improve the quality of service in the Fleet Concentration Area Jacksonville for ashore and afloat fire protection service through higher-level training leading to DoD profes-

sional certification matching national standards.

Creating and implementing a program that will provide the highest level of training and certification through the DoD Firefighter Certification Program, which is supportive of the Navy civil service and active duty member firefighter is one among the many initiatives the firefighters are taking to accomplish their strategy.

Our firefighters conduct classroom and practicum training and provide proctored testing in compliance with DoD mandates for certification. They also prepare all paperwork required to complete the testing process, which helps the firefighters obtain the DoD certifications they have achieved.

NAS Jacksonville Fire Chief Paul Stewart assures us that NAS will continue the process as long as there are non-certified Navy civilian service and active duty members serving our area of responsibility, and looks to expand the program Navy-wide.

Next month, I will provide detailed information on Goal 2 - Ensuring the utilization of all resources are directed towards the accomplishment of our mission and the professional development of our workforce.



Meet A Sailor...

MS3 QUANDRA JOHNSON

Job title/command:
NAS Jax Galley

Hometown: Fayetteville, N.C.

Family Life: I'm a single mother of two.

Past Duty Stations: USS Carl Vinson

Career Plans: To complete my five-year enlistment and get more education.

Most Interesting Experience: Going overseas.

Words of Wisdom: A little hard work has never hurt anyone, it only builds character.



Meet A Civilian...

PATRICK McDONALD

Job title/command:
FFSC Spouse Employment Assistance Program Manager

Hometown: Missoula, Mont.

Family Life: Divorced. Adopted family - Monroe and Donna Bonds and my godson, Brett Bonds.

Past Duty Stations: Too many to mention. Retired from chasing submarines in the Navy after 22 years.

Career Plans: To retire from federal service in about two years and do woodworking, fish and travel.

Most Interesting Experience: Leaving Montana and spending 22 years in the Navy.

Words of Wisdom: Go to school and get a degree in something you enjoy. So later, you'll be qualified to work in a job you are passionate about.

ON THE HOMEFRONT

Dealing with those shore tour woes

By **Sarah Smiley**
Special Contributor

At my husband Dustin's last duty station in Jacksonville (a 36-month tour in which he was only home one-third of the time, and on an aircraft carrier or helicopter the rest) I spent most of my time alone.

My neighbors liked to tease that my "deployed husband" was actually a fictitious character I had created to ward off strangers and guilt the males in my cul-de-sac into mowing my lawn and taking out my trash.

But in fact, often I did feel like I had no husband. After four years of marriage, Dustin has only been home for one wedding anniversary, and since our first date in 1997, he has only been present for two of my birthdays.

Before you shed any tears of pity or commiseration, however, there are many benefits to having a part-time spouse. For one, dur-

ing Dustin's deployments, I enjoyed six months of shopping and redecorating in which I was accountable to no one.

There was no one to contest the patio chairs I painted pink, and no one to raise an eyebrow when I dug up our sod and planted a giant hibiscus plant (which died a few weeks later).

And though Dustin would be in shock when he returned to a totally repainted house with brand new living room furniture and a children's slide in the backyard, he rarely complained or fussed about finances because he was so happy to see me after months of being away.

I always referred to it as the "Homecoming Honeymoon Stage." During this period of reunited bliss, I found it to be the best time to casually slip in (with a sweet smile on my face), "Oh, and by the way, I moved your favorite world map to the garage and bought a \$200 mirror from

Pottery Barn." Dustin would just smile bewilderedly and remind himself how glad he was to finally be home...even if "home" did look totally different.

Having a home-again/gone-again husband also gave me the opportunity to watch as many "chick flick" as I pleased, talk on the phone with my girlfriends all night, and order dinner-in whenever I felt like it. In fact, I think the only time I used my pots and pans during my husband's deployments was to make the children macaroni and cheese.

This September, however, Dustin began his shore tour, which to him means 33 months of coming home every night and finally packing away his sea bag in the attic.

For me it means putting a halt to my home renovations and not buying any new shoes until Dustin has at least recovered from my last shopping spree, when I bought orange slippers

with feathers on them just because they were too funky and cute to pass up.

After four weeks of living in this new state of couplehood and trying to overlook my husband's annoying habits (like pacing around the kitchen when he talks on the phone), while thinking of ways to buy a new lamp for the mantle without making his head explode, I woke up this morning and thought, "Isn't there a ship he's supposed to go to for awhile?"

But after he spent the morning drilling holes and hanging picture frames for me today, I realized despite all the kinks to be worked out having him home again and living under the same roof together, there are some benefits to shore tour as well.

So I think I'll keep him around for a while...until the Navy needs him back, or those black boots go on sale and I feel the urge for another shopping spree.

HEY, MONEYMAN!

Hey, MoneyMan!

I have a problem. My wife and I both work and she believes that the money I earn is "our" money and the money she earns is "her" money. Since she pays the bills, I never know how much money we have. It seems we always have enough, but when I get ready to buy something she says we can't afford it. Any suggestions?

MoneyMan Sez:

Looks like you have more than one problem! What do you know about your family finances? According to Ilyce Glink, author of Simple Things You Can Do To Improve Your Personal

Finances, you should be able to answer 9 of the 10 following questions:

What is your annual family income?

How much money do you save each year?

How much do you spend on groceries each month?

How much money do you spend on vacations each year?

Do you know where to find the key to your safe deposit box?

Do you know the named beneficiaries on your spouse's life insurance policy?

What percentage of your income did you pay in taxes last year?

What is the single most expensive item you bought last year?

Do you know your family's net worth?

What is your spouse's social security number?

If you can not answer these questions, you're probably not involved enough in your family's

finances. My guess is that many folks reading this letter will not be able to answer 9 of 10. Now if you only get 1 of 10 you really have a lot of work to do! Get going!

More questions? Call Hey, MoneyMan! at 778-0353.



Sunday Services

You are invited to the following Base Chapel Worship Services this Saturday and Sunday:

Saturday - 5 p.m. - Catholic Mass

Sunday - 8:30 a.m. - Holy Eucharist Episcopal

9:30 a.m. - Catholic Mass

11 a.m. - Protestant Worship

6:30 p.m. - Contemporary Service

"The Leading Edge," Hangar 749 at the Base Chapel Center.

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-12:15 p.m.

A special thank you

I would like to say 'thank you' to Robert Lee and Joe Mondo of the NAS Jax Autoport for their outstanding customer service. On Sept. 24, after filling up my vehicle with gas on base, I tried to leave and discovered my vehicle would not start.

I walked over to the Autoport for help. Lee and Mondo immediately dropped what they were doing to assist me. They did a quick diagnostic test, which revealed my battery needed replacing. Within half an hour, they replaced my battery and I was on my way. Thank you so much!

- **Kaylee LaRocque**

Correction

In last week's edition of the Jax Air News in the Navy College Office, it stated that the NCO will proctor the following exams: Emergency Medical Technician, Defense Language Proficiency Test, Air Force Institute for Advanced Distributed Learning and any other distance-learn exams from colleges/universities.

It should have read that the NCO will not proctor these exams. Personnel will need to have their respective education services officer order and administer those exams.

Jax Air News

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Navy child providers offer care in home setting

By Kaylee LaRocque
Staff Writer

The decision to put a child in daycare is never an easy one, but it's one that millions of parents are forced to make each day. Finding an environment that meets all their expectations to provide the best quality of care for their children is even more challenging.

The Navy's Child Development Program offers childcare through several different settings, providing safe, nurturing, learning environments for military families, retirees and DoD civilian employees at affordable rates.

The NAS Jax Child Development Center (CDC) offers care in larger group settings for infants until they are ready to start school. The providers follow a specific curriculum teaching the children through a wide variety of activities such as singing, arts and crafts, physical exercise, reading, etc.

While the center strives to provide top-notch care to its patrons, some parents are more comfortable placing their child in a home setting to get more individualized care or different hours of care the CDC does not offer.

This is where the Child Development Home (CDH) program can help. Navy CDH homes provide safe and healthy developmental care for children in a provider's home either on or off base. They, like the CDC fall under the Navy's Morale, Welfare and Recreation Department and are certified and regulated under Navy and state (if off base) guidelines.

"Currently we have 16 certified providers off-base and seven at NAS Jacksonville. We are always in need of infant homes; we

have very few providers offering this type of care. We also need providers for children over the age of two. The ratio for an infant home is three children under 24 months of age; including the provider's own children. Providers with children between 2-8-years-old are required to provide multi-age group care. We currently have openings for children over two in the CDH program both on and off base," stated Michaela Tarter, CDH monitor for NAS Jax.

The certification process begins with scheduling an interview with Ingrid Robinson, the CDH program operations clerk. During the interview, Robinson explains the forms needed to conduct background screenings on the applicant and family members who are 12 and older.

Off base providers are dual certified, in addition to meeting the CDH requirements, the applicant must successfully complete the state certification process.

"We work very closely with the state monitors; they are very supportive of our program, as we are of theirs. The certification process should be completed within 90 days, providing all the requirements are met," Tarter explained.

Becoming certified ensures that providers are trained in development appropriate childcare and business practices and that their homes meet minimum health, fire and safety standards. They are also monitored on a regular basis.

Providers must be at least 18 years old and read, speak and write in English. Along with the background screening, a medical screening is also required. A veterinarian must also declare all pets in the home healthy.



Photo by Kaylee LaRocque

Child Development Home Provider Brooke Carnathan watches over her son, Caleb, 3, (left), Candice Lawless, 2, and her daughter, Chloe, 1, in her home. Carnathan has been a certified provider since May.

The next step is to complete CPR and First Aid training. The CDH will provide information on how to obtain this training.

The process also requires a family interview to discuss the impacts of CDH on the family and to determine if the program is suitable for the family. Becoming a CDH provider affects the entire family and requires the support of the spouse and other children.

Once background screenings have been completed, applicants must attend a five-day orientation training, which is offered monthly at one of the Jacksonville tri-site locations, including NSB Kings Bay, Ga. and NS Mayport. The October orientation training will be offered at Kings Bay, followed by Mayport in November. "During the training, they learn such things as safety precau-

tions, food preparation and sanitation, nutrition, activity planning, business practices, and child abuse prevention and reporting," added Tarter, who has been monitoring the program here for the past 15 months.

Following orientation, applicants will have a short period of time to prepare their homes for the final inspections by the Base Fire Prevention Department and Preventive Medicine. The inspectors will review the home to ensure it is a safe and healthy environment.

Before caring for children providers are required to purchase liability insurance for their business for about \$80 for six months. If children are being transported in a vehicle, the vehicle must also be properly insured.

The final stage of the certification is approval by the

base commanding officer. The CDH director will forward all paperwork for signature. Once the process is completed, the CDH certification is good for one year. Providers are allowed to re-certify but must again complete screenings.

"Upon completion of the certification process, the real challenge begins. Providers must interview parents, maintain accurate financial records, complete weekly activity plans for children enrolled, complete 13 training modules and attend monthly training," added Tarter.

It may seem like an extensive process, but Tarter and the other staff members of the CDC are there to offer assistance. "My job is to monitor and support the certified providers and assist them with the certification

See PROVIDERS, Page 12

Changes will help recapitalize the fleet

CNRSE prepares for budget adjustments and workforce reshaping

By Bob Nelson
CNRSE Public Affairs

Faced with a more challenging FY04 budget, Rear Adm. Annette E. Brown, commander, Navy Region Southeast (CNRSE), is prepared to make tough choices that will promote recapitalizing the fleet without compromising the Region's support of the warfighter.

Budget adjustments follow the Chief of Naval Operations, Adm. Vernon Clark's (CNO), and the prospective Commander, Naval Installations, Rear Adm. Chris Weaver's (CNI) recent announcement that Navy-wide Shore Installation Management (SIM) functions will undergo budget adjustments designed to help recapitalize the fleet.

"We will continue to provide support to the warfighter with exceptional SIM," said Brown. "The CNO has outlined his plan for reshaping the Navy in his Seapower 21 vision, and CNRSE will be an integral part of supporting that vision. There will be changes Navy-wide in the near future, but I assure you, the CNRSE management team will not lose sight of the Southeast Region's mission and the possible impacts on our people while attaining our goals," added Brown.

Included in Seapower 21 is "Sea Enterprise," the CNO's vision for resourcing tomorrow's fleet. Clark stated, "Among the critical challenges that we face today are finding and allocating resources to recapitalize the Navy. We must replace Cold War-era systems with significantly more capable sensors, networks, weapons, and platforms if we are to increase our ability to deter and defeat enemies. Sea Enterprise, led by the Vice-Chief of Naval Operations Adm. Michael Mullen, is key to this effort. Involving

the Navy headquarters, the systems commands, and the fleet, it seeks to improve organizational alignment, refine requirements, and reinvest savings to buy the platforms and systems needed to transform our Navy. Drawing on lessons from the business revolution, Sea Enterprise will reduce overhead, streamline processes, substitute technology for manpower, and create incentives for positive change."

Workforce Reshaping 900,000 Salaries (Military, Civilian and Contractor) = 65 percent of Navy's \$115B Budget

"The goal of the recapitalization outlined in Sea Enterprise is to streamline current monies spent on salaries and infrastructure and reinvest them into the fleet (ships and planes)," according to Galen Carver, CNRSE executive director.

"We have been tasked to produce savings and we will ensure our comptroller,

commanding officers, program managers and business managers are looking into every cost-saving efficiency to create those savings," he continued.

Carver explained that any cost-saving measure will be thoroughly analyzed to make sure savings are measurable and will support the Navy's long-term requirement and investment in the recapitalization efforts. This will include labor and non-labor program dollars.

"The Region management team is looking at every CNRSE program from the bottom up to identify better business practices," he said.

"The FY04 CNRSE Strategic Business Plan will lay the groundwork for restructuring the Region under CNI, and how our current and future business functions within the Region will be managed," Carver added.

Carver emphasized that any employee who would

like to know more about what is being done to achieve the required budget cuts, should ask their supervisors for information. "It's very important that our workforce have the correct information about what business practices are either being developed or re-designed. We care about our people and their future, and any false impressions about our future that are being circulated by rumors are counter productive," he said.

Already, the Region is making some necessary changes. As directed, CNRSE must reduce the number of full-time equivalent civilian positions by 92 in FY04 from the more than 2,300 current full-time CNRSE employees.

"Region leadership, together with the regional union consortium, is working to achieve that requirement by restructuring our workforce positions and ensuring new hires fill posi-

tions that meet our long-term needs, offering eligible employees early retirement and separation incentives, and through natural attrition," said Capt. Jay Mullally, CNRSE comptroller.

Carver noted the importance of the union's involvement in this process. "Working closely with our union consortium representatives will make sure any efforts are consistent with the rules and regulations that are in place to protect our civilian employees' rights." He concluded, "Our management team is working diligently to reach our goal with minimal negative effects to our workforce."

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THOMAS TIERNEY INVESTMENTS; 3c; 5"; Black Only; PU 9/13 Z69378

Bullying: Who does it hurt?

By Samantha Stoltman
Special Contributor, Age 12

The following article was written by a Navy family member as part of a class assignment:

Bullying is not a good thing. In the Webster's Dictionary, it states that bullying is a person that is mean or cruel to weaker people.

That, my friend, is exactly what it is. Some people think that they are better than others and feel a need to be mean, but why? I may have some answers.

Difficulties at home can cause a person to take the anger out on someone else. They bully someone who they feel is not "good enough" to be around.

The biggest difficulty, I think, is when parents decide to divorce. This hurts the child a lot and makes the child sad, and very angry.

Teasing is another problem. Kids in higher grades might tease the kids in lower grades. Then the victim of that situation might bully someone in a lower grade than them. People learn from other people's actions and words.

It starts a chain of bullying and it spreads very quickly. Self-esteem is a big problem. Some people don't like the way they look or who they are.

This way totally ruins that person's self esteem. They take how they feel about themselves and take it out on other people to make them feel better. They focus their anger on the victim of bullying.

Lots of people, schools, and counselors try to stop this horrible thing, but it just gets worse. The bullies will stop bullying for a little while and then start again bullying new or the same victims.

Sadly, bullying sometimes leads to suicide, and murder. There are three people in bullying: victims, the stand by and watch people, and of course the bullies. Now I ask you this very important question: which person are you?

'Maulers' at sea once again

By Lt. Tim Watkins
VS-32 PAO

For virtually everyone serving in the armed forces, the past two years have been anything but business as usual. The past eight months have been trying for the men and women of VS-32 as well. Since February, the squadron has forged ahead through a compressed Inter-Deployment Training Cycle toward an ever-changing deployment date.

Rumors and speculation added to the uncertainty as the "Maulers," along with the rest of Carrier Air Wing One (CVW-1), wondered when the day would finally come that they would have to leave their lives and loved ones behind in order to fulfill their mission of providing for the nation's defense.

Then, on Aug. 28 USS Enterprise (CVN 65) set sail from its homeport in Norfolk, Va. All rumors and speculation were finally laid to rest. The Maulers are once again at sea embarked aboard Enterprise.

A six-month deployment requires extensive preparation both professionally and personally. The past few weeks have been extremely busy for the Maulers. While the aircrew were flying day and night to get ready for

KUDO KORNER

The following personnel from VS-32 were recently recognized during a recent awards ceremony on board USS Enterprise:

- Navy and Marine Corps Achievement Medal**
Lt. Richard Bents
AM1 Douglas Vanderberg
- Navy Commendation Letter**
AME1 Gerald Lilly
AE3 Christopher Carpenter
AOAN Scott Wimberly
- Plane Captain of the Quarter**
AN Jason Thomas
- VS-32 Junior Mauler of the Quarter**
AD3 Matthew Bourski
- Blue Jacket of the Quarter**
AMAN Yudelka Amazan
- Enlisted Aviation Warfare Specialist Designation**
AM1 Glenn Holder
AD2 Lorse Durr
AME2 Demond Keme
AT3 Lindsey Hansen
AM3 Kevin Kipp

In addition to the flying and maintenance, everyone faced the formidable task of packing up the entire squadron and moving aboard Enterprise.

On a personal aside, the men and women of VS-32 have prepared both themselves and their loved ones for the lengthy emotional and physical separation that comes with a deployment. Being apart from friends and family is part of being a Sailor. But regardless of cruise experience, the emotional toll such lengthy separation exacts on a family is an inescapable reality of deployment.

Now the preparation is over, and the Maulers, along with the several thousand Sailors and Marines of the Enterprise Carrier Strike Group (CSG), are conducting training operations off the East Coast in preparation for their anticipated immediate departure for a deployment that could take them to the Mediterranean Sea or the Arabian Gulf. During the months ahead, the Enterprise CSG and Air Wing One will execute the orders of the commander-in-chief by projecting American naval power to the far reaches of the globe in order to maintain world peace and protect our national interests abroad.

the upcoming carrier qualification period, the troops were working long, hard hours keeping the planes flying.

It all started in Chicago

The history of Fire Prevention Week

From the Base Fire Department

The history of Fire Prevention Week has its roots in the Great Chicago Fire, which began on Oct. 8, 1871, lasted 27 hours and incurred the most damage the following day. As a result, Oct. 9, 1871, is the date most often connected with the tragedy.

The Great Chicago Fire killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres.

While the origin of the fire has never been determined, there has been much speculation over how it began. One popular legend was Catherine O'Leary was milking her cow when the animal kicked over a lamp, setting the O'Leary's barn on fire and starting the spectacular blaze. However, a few years ago Robert Cromie, a Chicago historian, proved this untrue. Also, a little known fact is that on the same day, in Northern Wisconsin a fire raged known as the Peshtigo Fire killing 1,152 people and burning more than a million acres.

In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation, and since 1922, National Fire Prevention Week has been observed on the Sunday-through-Saturday period in

FACTS ABOUT FIRES

- A home fire is reported to a fire department in the United States roughly every one and a half minutes.
 - About 85 percent of all fire deaths occur in home fires.
 - In the United States, someone dies in a home fire roughly every two and a half hours.
 - Human error is responsible for most cooking and heating equipment fires in the home.
 - The area in the home that is the origin for most home fires and fire related injuries in the United States is the "kitchen".
 - Unattended cooking is the leading cause of home cooking fires.
 - Heating equipment fires are the second leading cause of home fires and of related deaths.
 - Home fires started by smoking materials resulted in one of every four fire deaths.
 - The leading cause of residential fires associated with smoking materials is abandoned or carelessly disposal of materials.
 - Over 90 percent of U.S. homes have at least one smoke alarm. However, in those homes, non-working smoke alarms account for 70-80 percent of people killed.
 - Installing sprinklers and smoke alarms in the home can cut the risk of dying in a home fire by as much as 82 percent.
 - Home fires account for eight out of 10 fire deaths.
- Remember: Smoke alarms are the most effective early warning devices available.

which Oct. 9 falls. In addition, the president of the United States has signed a proclamation pronouncing a national observance during that week every year since 1925.

Dedicated to raising public awareness about the dangers of fire and

how to prevent it, the National Fire Protection Association has officially sponsored Fire Prevention Week since the observance was first established. Fire Prevention Week 2003 is Oct. 5-11 and this year's theme is: "When Fire Strikes: Get Out! Stay Out!"

Fire Prevention Week schedule of events

From the Base Fire Department

Next week is Fire Prevention Week. This year's theme is: "When Fire Strikes: Get Out! Stay Out!" The following are activities scheduled to recognize this week:

Oct. 5 - 11, 10 a.m. to 4 p.m. - Open house at all fire stations.

Oct. 6 - 7, 9 a.m. to 2 p.m. Static display at the Navy Exchange with fire engine company personnel, "Sparky" the Fire Dog and "Pluggie" the Fire Plug.

Oct. 6-9 - Unannounced fire evacuation drills base-wide.

Oct. 7, 4 p.m. - Sesame Street Fire Prevention Puppet Show with "Sparky" the Fire Dog and "Pluggie" the Fire Plug at

the NAS Jax Youth Center for after school care children.

Oct. 8, 10 a.m. - "Sparky" the Fire Dog and "Pluggie" the Fire Plug to visit the Children's Ward and Pediatrics Clinic at the Naval Hospital Jacksonville.

Oct. 8, 5 p.m. - Sesame Street Fire Prevention Puppet Show with "Sparky" the Fire Dog and "Pluggie" the Fire Plug at the Yellow Water Housing Youth Center for Yellow Water Housing residents.

Oct. 9, 9:30 and 10:30 a.m. - Sesame Street Fire Prevention Puppet Show with "Sparky" the Fire Dog and "Pluggie" The Fire Plug at the Child Development Center.

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Photos by JO2(SCW) Eric Clay
Spill/Oil/Tank manager Frank Sigona inspects the double tank fuel-drop trailers that will be assigned to the squadrons.

New specialized spill kits will help prevent disasters

By JO2(SCW) Eric Clay
Assistant Editor

NAS Jacksonville's Environmental Division recently acquired a new spill kit system that that could eliminate hazardous material spills from growing out of control.

NAS Jacksonville is required to clean up spills in the quickest and safest way possible in accordance with the Oil Pollution Act of 1990.

Although, each spill kit costs about \$600 and may seem expensive to the untrained eye, the type of spills that these kits can remediate will keep hazardous material from entering the local waterways or seeping into the ground, making them a smart investment.

"The new kits are more accessible and cheaper than the alternative reaction to a spill," said AOC Billie Brownfield of NAS Jax Environmental.

Brownfield explained that the clean up cost if oil were to enter the waterways or if hazardous waste were to leak into the earth would be more than the costs of 12 spill kits.

Without the new spill kits, hazardous spills could cost thousands of dollars.

The spill kits will be assigned to each squadron here and Commander Helicopter Antisubmarine Wing, U.S. Atlantic Fleet. Each command will be responsible for the upkeep of these special units.

According to NAS Jax Spill Response Manager Frank Sigona, having the kits readily available, will not only protect the environment,

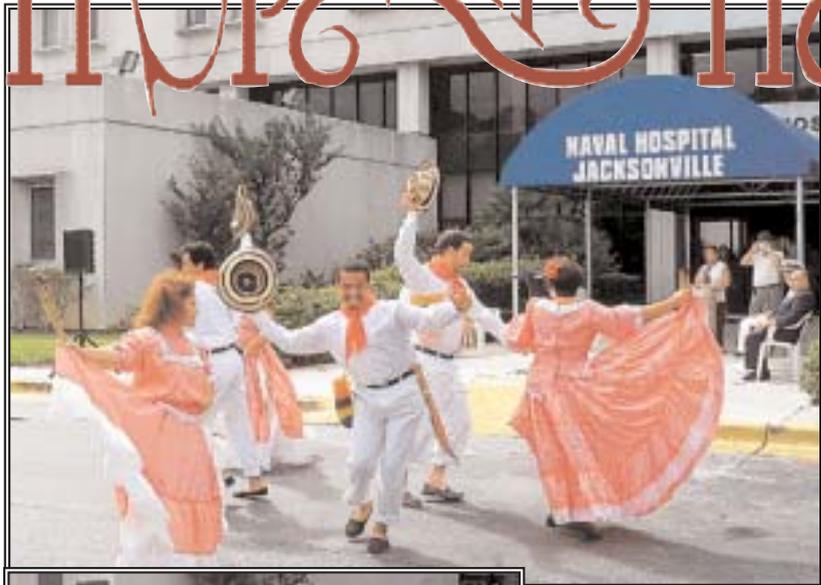
but will also save man-hours. "This will allow the nearest unit to clean up spills instead of calling the fire department's hazardous material spill unit," Sigona said. The spill kits contain diapers, a wringer for reusing absorbent pads, personal protective equipment and other hazardous material cleaning tools. They will be inspected weekly.

"The spill kits are stored on carts that can be wheeled into place to contain a spill quickly and with less effort than spill kits used in the past," added Brownfield. For more information on these kits, call 542-2717.



AOC Billie Brownfield inspects and inventories the new spill kits that will be assigned to each helicopter squadron at NAS Jacksonville and Commander Helicopter Antisubmarine Wing, U.S. Atlantic Fleet.

HISPANIC HERITAGE



Dance troupe Tierra Mestiza performs the traditional dances of Colombia. Here, they perform the Cumbia, which encompasses the three predominant ethnic groups of their native country – the Spanish contribute the colorful costume; the natives the melodic instruments; the African influence is in the precision instruments.

Tierra Mestiza dance the Jota, a dance from Colombia's Pacific Coast. The Jota is of Spanish origins adapted by expression and movements of the African influence.

Cmdr. Charles Benninger, acting executive officer Naval Hospital Jacksonville, presents a plaque to the Hispanic Heritage Committee Naval Hospital Jacksonville, recognizing their cultural awareness efforts. Accepting the plaque on behalf of the committee is Chairperson Maritza Crespo.

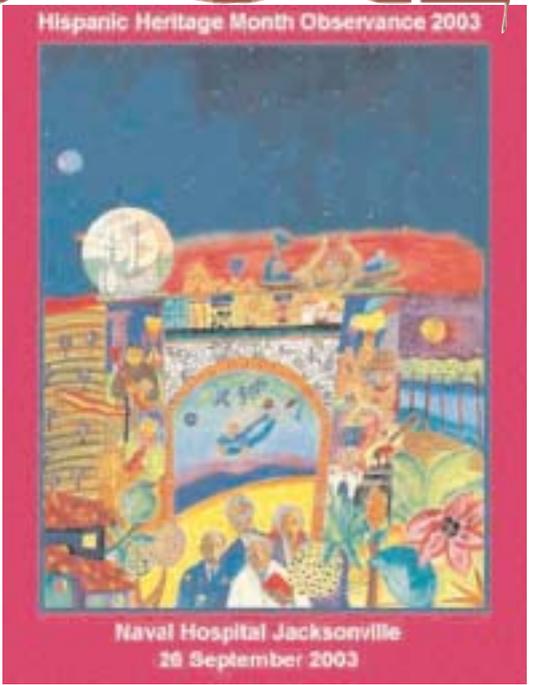


Guest Speaker District Director U.S. Small Business Administration North Florida District Office, Wilfredo Gonzalez, samples the Hispanic food at the luncheon. Serving are members of Naval Hospital Jacksonville's Hispanic Heritage Committee.

The audience enjoys the colors and rhythms of Tierra Mestiza.



Guests at the luncheon enjoy a feast of delights from Latin America.



Tierra Mestiza performs the Charleston, a popular dance step no matter what your cultural background.

Spanish heritage brought to life at NH Jacksonville

Photos by
HM2 Michael Morgan

By Loren Barnes
Naval Hospital Jacksonville Public Affairs

Naval Hospital Jacksonville's Hispanic Heritage Committee (HHC) brought the rhythm, colors and flavor of the Latin culture to NAS Jacksonville last Friday in its annual Spanish Heritage Luncheon.

Chaired by Maritza Crespo of Internal Medicine, the 35-member committee put together an event that took all those in attendance south of the border to Mexico, Central and South America and the Caribbean. Featured at the luncheon, which was held under canopies in front of the hospital's main entrance, was guest speaker District Director U.S. Small Business Administration North Florida District Office, Wilfredo Gonzalez. He is a native of Puerto Rico and a strong advocate for minorities in Jacksonville.

"Hosting this event each year is important because it raises awareness of the contributions of Hispanics, not only in the military but in the community as a whole. I would like to recognize every member of the HHC and the many hours they've put in to make this event a success," said Crespo. "In every celebration we have the food, the entertainment and a speaker who enlightens the audience about our history and contributions. We were honored this year to have Mr. Gonzales, a respected leader in the Jacksonville business community who shared valuable insights into the growing role of

Hispanics in the First Coast," she said.

In his remarks, Gonzalez highlighted the growing Hispanic community in Jacksonville and the resources, talent, and entrepreneurial spirit Hispanics contribute as the city continues to grow in the 21st Century. He also spoke to the challenges Hispanics face in improving, in the non-Hispanic community, awareness of this growing cultural and economic group. Challenging his audience to make their presence felt where it counts he said, "The way you make a difference is not in numbers but in community involvement."

This was followed by performances by Columbian dance troupe Tierra Mestiza. From the Jota, a dance from the Pacific Coast of Colombia, to the Cumbia, a world-famous Colombian dance, Tierra Mestiza brought a touch of their native land to Naval Hospital Jacksonville. Rounding out their performance, they performed a lively Charleston showing that a good dance step is popular no matter what your cultural background.

And nothing says Spanish Heritage quite like the aromas and flavors of Latin cuisine. Catering for this year's luncheon was compliments of Ramirez Restaurant of Orange Park and featured a variety of foods from Argentina, Columbia, Cuba, Dominican Republic, Honduras, Mexico, Nicaragua, Peru and Puerto Rico.

There's talent among us

By JO2(SCW) Eric Clay
Assistant Editor

Every service member in the military has a designated talent and they use that talent in their jobs everyday. But many service members have hidden talent and never get an opportunity to show. However, The John Lennon Song Writing Contest Tour Bus visit to NAS Jacksonville last Thursday and Friday gave service members just such an opportunity. The contest crew was here in search of talented songwriters, singers, and musicians.

More than 100 service members visited the tour bus which is actually a mobile recording studio that can also produce music videos. AM2 Ray Turrentine, AT3 Shelton Nicholus, AMEAA James Hebert and AT3 Brandon Johnson were among those who participated in the two-day event. The four service members recorded and filmed a music video to a song that they had written on Sept. 25. The foursome had never met before this event and the contest advisors were amazed with their teamwork and how quickly they metched together.

"It's been amazing visiting this base because the people we usually meet brag about themselves a lot and aren't that good, but the four guys we met here worked really well together and have the right to brag," commented Jeff Sobel John Lennon Song Writing Contest advisor.

The crew of the John Lennon Song Writing Contest really enjoyed their stay aboard NAS Jax. "The USO and the base were very good to us and treated us really well. When you're on a bus for 10 months out of a year it's nice to be treated so good," said Sobel.

The John Lennon Song Writing Contest Tour Bus visits schools, concerts, and now military bases, teaching people of all ages about the art of writing songs, recording live



The John Lennon Tour Bus is a fully-equipped mobile sound studio that also serves as living quarters for the members of the tour.

Photos by JO2(SCW) Eric Clay



Herinio Quiroz conducts system checks on the recording devices in the John Lennon Tour Bus.



Sailors from NAS Jacksonville participate in filming a music video during a Maxwell-sponsored John Lennon Song Writing Contest last Friday at the Liberty Cove Recreation Center. From left, AM2 Ray Turrentine, AT3 Shelton Nicholus, AMEAA James Hebert and AT3 Brandon Johnson.

music and making music videos.

"Thanks to the USO, military bases will be a bout of our tour for at least the next couple of years," added Sobel.

The John Lennon Song Writing Contest is open to amateur and professional songwriters who submit entries in any of 12 musical categories. Prizes are awarded to

the songwriters who are chosen. Prizes accumulate to more than \$200,000 dollars. For more information on the John Lennon Song Writing Contest or the tour bus schedule, visit: www.jlsc.com.

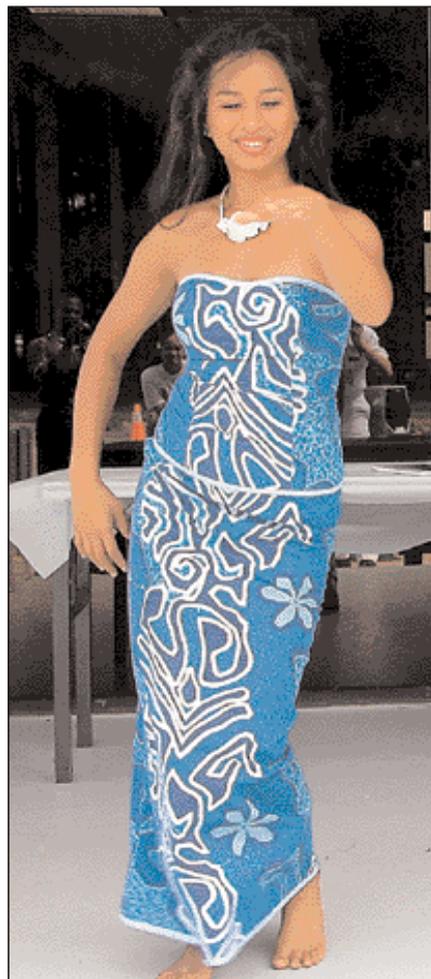


Photos by JO2 Mike England

International festival at Liberty

Brandon, a fire dancer (above), puts on a show for Sailors during Liberty Cove's International Festival.

Ilikea, a polynesian dancer (right), performs a Hawaiian hula dance for Sailors at Liberty Cove Recreation Center Sept. 22



NAS Jax Sailor to compete in 'Iron Man'

By JO2 Mike England
Staff Writer

Most people's idea of "fun" doesn't consist of running 26.2 miles, swimming 2.4 miles, or biking 112 miles, but that's exactly what Jeffrey Tomaszewski intends to do Oct. 18.

Tomaszewski, an Aviation Machinist Mate 1st Class for AIMD Department at NAS Jax, will compete at the 25th annual Iron Man Triathlon World Championship in Kaulua-Kona, Hawaii.

The Iron Man is a grueling race that tests not only an athlete's athletic skill, but his mental endurance as well. John Collins, a retired Navy commander, founded it in 1978. The first Iron Man Championship was held Feb. 18, 1978. No one received any awards or accolades that day, but what began as a small race among friends grew into an internationally famous competition now attracting some of the world's finest athletes.

There are 15 different qualifiers held all over the world to determine who will compete in the Iron Man. Tomaszewski competed in the Iron Man Florida



Photos courtesy of AD1 Jeffrey A. Tomaszewski

Extreme wind, heat, and a series of hills await Tomaszewski at the Iron Man.

Triathlon in November 2002 to qualify for this year's event.

So what exactly motivates someone to compete in such an event? For Tomaszewski, a few races with a couple of friends was

all it took to get him hooked.

"It all started out with some of my friends at my first command VP-16. We would get together and do some shorter triathlons in the area. From there, I realized that I excelled at longer distances and started focusing my training on going longer and longer distances. After competing in a few half-marathons I was able to move up to the Iron Man," Tomaszewski said.

The Iron Man triathlon has three segments, a 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile run.

The swim course is an elongated rectangle, over one mile long and 100-yards wide. It starts on the eastside of the Kailua Pier, goes south to two large vessels and returns to the westside of the pier.

The bike course challenges the participants with a series of quarter to one-mile hills. In addition to that, cyclists also have to compete with winds that blow 5 to 35 mph along the course and gusts to 60 mph. Temperatures also routinely register in the low to mid 90's during the course of the race.

The 26.2-mile run forces each competitor to push their bodies to

the limit to get to the finish line.

Tomaszewski, a 28-year-old Pittsburgh native, spends nearly all of his free time training for this event. In addition to spending 25 hours per week running, biking, and swimming he eats many small meals everyday to help his muscles recover. "I don't really do anything else but train, that's what I'm focused on and that's what it requires. When you train for something like this you have to take away everything else in your life. I've basically put my life on hold for a year," Tomaszewski said.

So what about life after the Iron Man? Tomaszewski plans to take the aeronautics degree he earned from Embry-Riddle Aeronautical University last year and put it to good use by attending Officer Candidate School next year.

"Joining the Navy was the best decision I've ever made. I never could have accomplished everything I've done without the support of my command," Tomaszewski said. Tomaszewski also said he thinks he'll place high in the competition, but that isn't what it's really about. "When you run a race like this you're not



Tomaszewski will begin the Iron Man with a 2.4-mile swim.

really competing with the other racers, you're competing against yourself. After all, you don't race an Iron Man, you deal with it.

For more information on the Iron Man Hawaii competition, visit www.ironmanlive.com.

Catching air at the Navy Exchange

By JO2(SCW) Eric Clay
Assistant Editor

GT-Mongoose professional bicycle performers could be seen riding on one tire, doing flips and catching big air off of a quarter-pipe Saturday at the NAS Jacksonville Navy Exchange parking lot.

Navy Exchange Consumable Manager Bruce Stone said, "We're having a great time here today, the weather is great and so is the audience." The attendance was estimated at more than 150 service members and their children.

Free giveaways and drawings for Mongoose bicycles added to the enjoyment of the performances. "We gave away gloves, knee pads and other bicycle safety equipment. The louder the crowd yelled, the more we gave away," commented Stone.

The performers also gave away T-shirts and other GT Mongoose keepsakes. "We really love being here and entertaining the service members and their families. We support them and our country," said GT Mongoose Bicycle Freestyle Performer Bo Wade.

Also on hand to help cool the crowd during the hot day, was MWR Representative Amanda Christmas and a group of children from the Base Youth Activities Center who sold more than 100 snow cones to help raise funds for an upcoming trip.

At the end of the event, Stone thanked the bicycle performers for their support and everyone who attended the event.



A member of the GT Mongoose bicycle team performs a backside air to the amazement of the onlooking crowd.



Photos by JO2(SCW) Eric Clay

A member of the GT Mongoose bicycle team rides a wheelie across the table top ramp during a performance last Saturday in the NAS Jax Navy Exchange parking lot.



GT Mongoose Bicycle Freestylist Bo Wade performs for the crowd.

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NAMTRAU Jacksonville cuts costs of training

By ATC(AW/NAC) Howard Chancy
NAMTRAU Jacksonville PAO

It is no big secret the military is using its fair share of the budget these days. Fuel, equipment and people cost money to procure, maintain and train.

Rumor has it that one of our aircraft carriers, minus the air wing, costs in excess of one million dollars a day to operate. That only scratches the surface of the daily spending for the entire Navy worldwide. So, naturally there is a focus on finding ways to streamline processes and "cut the fat" from the day-to-day things we do in order to maximize the benefits of each dollar spent.

At Naval Air Maintenance Training Unit (NAMTRAU) Jacksonville, the goal is to reduce total training time (TTT) for each student, if possible. Every Sailor has signed on for a specific length of time and in order to receive the most from each individual, NAMTRAU Jax has sought new and innovative ways of getting the Sailors to the fleet sooner. At NAMTRAU Jax, this is known and documented as "man-days" saved.

This initiative began May 2003, and the numbers that have been documented so far are staggering. In order to understand what has been accomplished, our terminology need to be defined. First, one "man-day" is defined as one day spent in training



Photo courtesy of ATC Howard Chancy
AECS Philippe Garcia instructs a group of students in corrosion recognition and treatment.

by a student. A Man-Year is 365 of those days totaled. TTT is the amount of time an individual spends in NAMTRAU Jax from the day of check-in to their graduation day. Those days can be spent waiting for a class to start, weekends, holidays, or classroom

instruction. Each day a student spends here is scrutinized for its potential to be another day saved. If a student can graduate on a Friday before a holiday weekend instead of the Tuesday following, four man-days have been saved.

The three weekend days plus the Tuesday checkout day are now available for utilization elsewhere. That is taking only one student into consideration when usually this is done for up to eight students at a time in a single class. That would be a total of 24 man-days saved for usage in the fleet.

You can see where this might eventually total up to some big numbers. NAMTRAU Jax had no idea how big those numbers would turn out to be. The length of NAMTRAU Jax courses can vary from less than one week to 87 instructional days for the longest course. From the 93 courses taught by NAMTRAU Jax since May 2003, a total of 2,569 man-days were saved and the count is still rising. That is almost nine man-years documented as saved by just streamlining our processes and removing dead time from schedules. There are also other means being utilized to expedite some specific students through training and to the fleet.

In many cases, the students arriving at NAMTRAU Jax are from the fleet and have already experienced the platform the training relates to. For example, a seasoned airframe technician may check in at NAMTRAU Jax for training on systems that he or she has already been maintaining daily for three years.

We recognize that there are few things we can teach

this individual beyond what they have already experienced through on-the-job training (OJT) in the fleet. NAMTRAU Jax provides a process for these Sailors to challenge the entire course and receive their Navy Enlisted Classification (NEC) as though they sat through the class. In other cases, the person may only challenge a portion of the course and attend the remainder of the course that is needed. This allows those persons to "accelerate" by testing out of units and move on to the next unit.

This can save anywhere from one to 10 man-days per student depending upon how long the unit of instruction is. Instructors and supervisors have been encouraged to test ideas that could potentially save time and money. A new spin on an old system has been developed that will encourage more training at the command level.

The OJT concept has been in place since humans first figured out how to make a boat that floats. It all comes down to learning a skill by actually doing it while being supervised or mentored by a more skilled person. The "test" portion of that training came when the trainee was allowed to perform the task independent of supervision. Not much has changed in that type of learning except the manner of supervision and documentation.

NAMTRAU Jax is in the

final stages of developing a new testing procedure allowing squadrons and operational units to retain their manpower during the training process. The trainee will obtain an OJT syllabus and complete it while under the supervision of his or her command. Once the tasks have been completed and the trainee shows a proficient and working knowledge of their assigned job, the command will endorse the trainee's documentation and forward it to NAMTRAU Jax. We will then test the trainee's knowledge and award the appropriate NEC. This route will minimize manpower losses to operational units and award NECs to the motivated self-starters who learn while doing.

NAMTRAU Jax is continuing the traditional training that is expected, but is also looking for ways to accommodate the Sailor that has learned through the "school of hard knocks" as well. That person that has become the go-to technician and has never seen the inside of a Navy schoolhouse deserves an NEC for all the knowledge acquired through hard work. NAMTRAU Jax has adopted a flexible and open attitude toward training Sailors and Marines in an effort to increase its efficiency and throughput of students. If you have a specific need for training, it will not hurt to ask if we can assist.

FFSC offers educational and support programs

The NAS Jacksonville Fleet and Family Support Center (FFSC) Life Skills Education and Support Program is the foremost preventive measure for the avoidance of personal and family problems.

All FFSC workshops and classes are free and available to service members and their families, and civilian personnel aboard the base.

Pre-registration is required. If special accommodations or handicapped

access is required, please notify FFSC upon registration. For further information or to register, call 542-2766, Ext. 127.

The following workshops are available in October:

- Oct. 6-9, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (Separating)
- Oct. 6 - Dec. 29, 2:30-4 p.m. - Alternatives to Violence Group (14 weeks)
- Oct. 7, 8 a.m. - 4 p.m. - Stress Management Workshop

- Oct. 7, 8 a.m. - Noon - Smooth Move Workshop
- Oct. 8, 9-11 a.m. - What About The Kids?
- Oct. 15, 6-8:30 p.m. - Budget for Baby Workshop
- Oct. 16, 9 a.m. - Noon - Florida Family Law Information Seminar
- Oct. 16, 9-11:30 a.m. - What A Difference A Dad Makes In The Life Of A Child
- Oct. 20-23, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (Retiring)

- Oct. 21, 9-10 a.m. - Sponsor Training Workshop
- Oct. 21, 9-11 a.m. - Checkbook Management
- Oct. 21, 1-3 p.m. - Credit Management
- Oct. 23, 9:30 a.m. - Noon - Time Management
- Oct. 23, 9:30 a.m. - Noon - Child Support Information Workshop
- Oct. 23, 6:30-8:30 p.m. -

- Ombudsman Assembly Meeting
- Oct. 27, 8 a.m. - 4 p.m. - Command Financial Specialist Training
- Oct. 28, 8 a.m. - Noon - Divorce Adjustment Workshop
- Oct. 28, 2-4 p.m. - Federal Employment (For Spouses)
- Oct. 30, 8-11 a.m. - Anger

- Control Workshop
- Oct. 30, 1:30-3 p.m. - Volunteer Service Council



Photo courtesy of HS-11
The newly pinned HS-11 chiefs with the HS-11. From left: Commanding Officer HS-11 Cmdr. Edward D'Angelo, AEC Daniel Attardo, AWC Brantley Lowe, and Executive Officer HS-11 Cmdr. Steven Yoder.

'Dragonslayers' congratulate new chief petty officers

By Lt. j.g. Matthew Wright and YNC Kimtonja Douglas

On Sept. 16, AWC(AW/SW) Brantley Lowe and AEC(AW) Daniel Attardo reached an important career milestone when they were frocked to chief petty officer and had their anchors pinned on during a ceremony held on board USS Enterprise (CVN 65).

During the ceremony, 38 other chief petty officers from various squadrons and divisions of Enterprise earned their present rate after six weeks of initiation.

Attardo hails from Norwell, Mass. He joined the Navy in May of 1985, and has

served in the helicopter squadrons HM-16, HSL-34, HSL-30, HSL-32, HC-6, HC-2 and HS-11. He was HS-11's Sikorsky Maintenance Man of the Year for 2002.

Lowe is a native of Chester, S.C. He joined the Navy on Oct. 30, 1990 and has served in HS-2 and the COMHSWINGPAC Weapons Training Unit before reporting to HS-11. He was named COMHSWINGPAC and COMNAVAIRPAC Senior Shore Sailor of the Year 2000. In 2002, Lowe was named HS-11 Aircrewman of the Year, COMHSWINGLANT Aircrewman of the Year, COMNAVAIRLANT Aircrewman of the Year, and the Naval Helicopter Association's national Aircrewman of the Year.

2003 Jacksonville Sea & Sky Spectacular set

By JO2 Mike England
Staff Writer

NAS Jacksonville, NS Mayport, and the city of Jacksonville are co-hosting the Fifth Annual Jacksonville Sea & Sky Spectacular Oct. 23 through 26.

The city will have four full days of events and excitement at all of Jacksonville's beaches, highlighted by an over-the-ocean sky show featuring the famed U.S. Navy Flight Demonstration Squadron, The Blue Angels and a Marine Corps amphibious assault.

The festivities will kick off Oct. 23 at noon with the Sea and Sky Spectacular Golf Tournament at the Windy Harbor Golf Club at NS Mayport.

The air show is scheduled for Oct. 25 and 26 in downtown Jacksonville Beach. The show starts at 9 a.m.

The first air show featuring the Navy Flight Exhibition Team in



Photo courtesy of The Blue Angels

The Blue Angels will perform at the 2003 Sea and Air Spectacular at Jacksonville Beach Oct. 25-26. Admission is free.

Jacksonville took place at Craig Air Field in 1946. A Secretary of the Navy and Chief of Naval Operations directive established the Navy flight exhibition team in an effort to demonstrate to the public, the precision fighter

maneuvers conducted by Navy aircraft. The team's name was later changed to the Blue Angels. The air show was moved and rotated each year between NAS Jacksonville and NAS Cecil Field until 1998 shortly before the

Cecil Field closure.

In conjunction with the air show, the Jacksonville Sea & Sky Spectacular was created five years ago.

This year's air show will feature some familiar names from last year, as well as new performers and performances.

Events taking place at NS Mayport and Jacksonville Beach during the week include:

The amphibious assault ship USS Bataan (LHD-5), the guided missile frigate USS Klackring (FFG-42), the coastal patrol craft USS Typhoon (PC-5), the mine counter measure ship USS Chief (MCM-14), and the mine counter measure ship USS Scout (MCM-8) will all be docked at or near The Jacksonville Landing. Military displays will line the streets around The Landing.

Daily features include helicopter search and rescue demonstrations, Landing Craft Air Cushion (LCAC) demonstrations, as well as military aircraft fly-bys.

Some of the highlights of the amphibious assault include: a U.S. Marine Corps Air/Ground Task Force who will "storm the beach" during a combat power demonstration. The 30-minute program will include 140 Marines who will arrive by land and air. Explosive pyrotechnics will add to the realism of the assault. The demonstration will take place around noon.

Other events include a street festival in Jacksonville Beach Oct. 25 and 26 featuring arts and crafts, food, beverages, and more on First Street from First Avenue North to Sixth Avenue South. Parking will not be available on site, but park and ride shuttles will be located on County Road 210, at the corner of Atlantic Boulevard and San Pablo Road, and at the American Heritage and Life Building.

Visit the City of Jacksonville's website at www.coj.net for more information on the Sea and Sky Spectacular.

Fourth oldest Navy service member retires at Naval Hospital Jacksonville

From Naval Hospital Jacksonville Public Affairs

Capt. John Dinan, a Detroit, Mich. native, retired from the United States Navy Sept. 27 in a ceremony aboard NAS Jacksonville. The guest speaker was Capt. Elwood Hopkins, III, senior medical officer, United States Naval Academy.

At age 71 and with 42 years service, Dinan retired as the fourth oldest person on active duty in the U.S. Navy.

After his internship and first year of residency at the Maine Medical Center in Portland, Ore., Dinan began his first tour in the Navy aboard USS Little Rock (CLG 4), arriving the day the Cuban Missile



Photo by HM2 Michael Morgan

Capt. John Dinan is piped ashore as he retires with 42 years of naval service.

Crisis began. He finished his career as a general surgeon at Naval Hospital Jacksonville winding things up with a deployment with

Casualty Receiving and Treatment Ship (CRTS) 8 in support of Operation Iraqi Freedom in the Arabian Gulf aboard USS

Saipan (LHA 2).

During his first few years of service, Dinan served aboard USS Springfield (CLG 7), USS Glacier (AGB 4) and at NAS Brunswick, Maine.

He then entered the Naval Reserve while finishing his training in general and vascular surgery. During this period, he pursued private practice for 16 years and served as chief of staff at Mercy Hospital in Detroit and worked for the VA Hospital in Togus, Maine. His Reserve assignments included medical officer for Readiness Command One and surgical assignments with 4th Fleet Service Support Group. Upon returning to active

duty he served for 10 years at Naval Hospital Charleston, S.C. as chief general and vascular surgery and completed subsequent assignments to USS Saratoga (CV 60), USS Peleliu (LHA 5) supporting operations in Somalia; and aboard USS Theodore Roosevelt (CVN 71). He later served aboard USS John F. Kennedy (CV 67). Dinan reported to Naval Hospital Jacksonville in 2000.

Dinan is fellow of the American College of Surgeons.

Dinan and his wife Marguerite have three children; Shannon, John III and Michael and one grandson, Cameron.

Sit, Stay, See

For more than 50 years, the Guide Dog Foundation for the Blind has been providing guide dogs free of charge to blind people seeking increased mobility, independence and the companionship a guide dog provides.

GuideDog Foundation
For The Blind, Inc.

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1-800-540-4537
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Navy Ball

Oct. 11, 2003
Hangar #117
(Located by Air Operations)
6:30p.m.

Military Dress

Dinner Dress White E7 & Above
Service Dress White E6 & below

Civilian Dress

Coat and Tie/ Evening Dress
(Black tie optional)

Tickets On Sale at Base CMC's or
Wing CMC's Office

E1-E6 & Guest: \$15/ person

E7-E9 & Guest: \$30/ person

01 and Above & Guest: \$30/ person

Civilians, Retirees & Guest: \$30/ person

For more information, contact

542-2934.

DoD EMALL delivers one-stop support for the warfighter

From FISC Jacksonville

Imagine a one-stop shopping resource where purchase cardholders can find and acquire millions of consumable items and commercial off-the-shelf goods from suppliers and government sources 24 hours a day, seven days a week. Welcome to DoD EMALL.

DoD EMALL is an online catalog system containing over 12 million line items, available for purchase by Navy and other DoD customers. DoD EMALL features an advanced search capability; express shopping lists, saved shopping carts, payment options, and both national and regional catalogs. Users can access the DoD EMALL through One Touch Support (OTS) using a single sign on.

DoD EMALL fully supports Javits-Wagner-O'Day (JWOD) programs, and identifies goods from mandatory sources. Customers can also identify "green", qualified, environmentally friendly items, and certified NSN equivalent items.

DoD EMALL provides the capability to store a vendor's catalog of items for sale, along with prices, delivery times, reference numbers such as part numbers and national stock numbers (NSNs), pictures, specifications and other data to assist the customer in finding the required items. These items include millions of Defense Logistics Agency (DLA) and General Services Administration (GSA) managed stock numbers, which are available for order through DoD EMALL. A new DoD EMALL feature is On-Demand Manufacturing, allowing customers to contact suppliers who have the ability to manufacture a part to specifications in a paperless environment.

In February 2002, the Naval Supply Systems Command (NAVSUP), Mechanicsburg, Penn., entered into a partnership with DLA, (the originator of the system and the executive agent for

DoD), to use DoD EMALL as the online hosting and ordering system to support Navy purchase card users. To date, the Navy Fleet and Industrial Supply Center (FISC) contracting centers have added over 35 commercial catalogs in support of historical purchase card buying patterns to meet the Navy's needs.

DoD EMALL provides a number of benefits for the customer such as reduced prices to the customer through negotiation with the vendor for discounted prices that more closely match wholesale rather than retail. The customer in many cases will see competition for items on GSA Schedules. Also, the customer will be able to identify mandatory source items, such as those that must be obtained from JWOD suppliers. The customer also can see Material Safety Data Sheets for hazardous items, if included by the supplier. Finally, customers are provided the convenience of online ordering at their workspace, rather than the inconvenience of driving from store-to-store or calling several vendors.

The vendor receives benefits, too. Accuracy of orders and purchase card information is greatly improved, reducing the likelihood of mistaken orders or charges. The vendor also reduces the amount of phone or counter time required with customers. The primary benefit to vendors is the increased exposure that their products receive, as catalogs are available regionally, nationally, or globally, 24 hours a day, seven days a week.

NAVSUP implementation of DoD EMALL is being led by market managers at each of the six FISCs, located in Jacksonville, Pearl Harbor, Hawaii, Puget Sound, Wash., Norfolk, Va., San Diego, Calif., and Yokosuka, Japan.

To learn more about the DoD EMALL, contact Carolyn King at 542-1250 or e-mail: Carolyn_F_King@jax.fisc.navy.mil, or click on www.DoD EMALL.dla.mil.

Teacher program offered through Navy College

From the Navy College Office

Dr. Gail Jaji, director of Second Career as a Teacher (SCAAT) Program from Jacksonville University, announced that the SCAAT program was now registering students for Middle and High School Curriculum (EDU 520) and Elementary Curriculum (EDU 510).

These classes will run Oct. 27 through Dec. 10 and will meet in the Chapel annex

Mondays and Wednesdays from 5-8:45 p.m. Students currently enrolled in SCAAT will be sent registration materials through the current instructor, Dr. Harry Teitelbaum.

There is a great demand for teachers of all subject areas at the middle school and high school levels. Students who would like to take this SCAAT program can do so by contacting Ruby Brobeck at 256-7131 or email rbrobec@ju.edu. New students in the program need to complete an application and submit their transcripts.

PHYSICIAN: NAS Jax physician named Puerto Rico's best

From Page 1

Johnson Foundation with matching funds from the city funded the Jax Care and Community in Charge pilot program. The theory behind the program, which involved 5,000 patients, Cubano said, was that if you maintained these people with a preventive type of medicine they would not eventually show up at the ER with devastating conditions. Should the program at the end of the year show positive results the city is expected to pick up the program long-term.

Other community programs that Cubano has taken a leadership role in include: The

Angel Tree Program, which collects presents during the holidays for the Children's Home Society, the Paint the Town program which helps low-income families with home repairs, and unprecedented collaboration representing Naval Hospital Jacksonville with the Duval County Medical Society.

Cubano holds a Bachelor of Science degree in Zoology from the University of

Massachusetts, Amherst. He completed his Medical Degree at Ponce School of Medicine in Puerto Rico as well as fellowships at St. Agnes Hospital and John Hopkins Hospital in Baltimore, Md. prior to joining the Navy in 1994.

He said, "I've found (in the Navy) I can practice medicine as it should be practiced, focused on the patient without having to worry about other things. They pay me a salary and I take care of people. It's been very rewarding in that regard. The other side of the coin is the military has given me opportunities such as being in submarines, flying in jet aircraft, and although it's not something I want to do all the time, being involved in conflicts like Iraq."

His Iraq service was one of the many achievements the Medical Society highlighted in Cubano's selection. He commended a Forward Resuscitative Surgical System unit (FRSS 3) in Iraq. The FRSS is a whole new concept. Each unit of the system is embedded with Marine units and is composed of

eight members capable of assembling surgical capability within one hour. Having these units as close as seven miles to the front lines enabled surgical care to be delivered within the "Golden Hour," often the life or death difference for seriously wounded personnel. Cubano noted that in all wars since the Civil War the "Death of Wounds" (DOW) rate has remained fairly constant at about 15 percent. DOWs are wounded combatants who don't die immediately, who make it to the hospital, but eventually die. In Operation Iraqi Freedom military medicine reduced the DOW rate to 3 percent. Analysis is still being done to determine what to attribute this improvement to - new technology, use of the FRSS or other factors.

From a medical standpoint, Cubano said, "I dealt with types of injuries that were of a magnitude that you will never see, thank God, in civilian trauma." He said, "Probably the main thing I took from the experience was learning to improvise, to really think outside the envelope and to

make do with what you have to work with."

Emotionally, he said, the thing that sticks in his mind was treating wounded civilians, especially the children. He said, "The one I'll remember most was a two-year-old who had both legs amputated by a land mine. That happened to that kid for no real reason but being in the wrong place, at the wrong time, in the wrong country. Those were the type of patients that I know really touched everyone involved. If it didn't you weren't alive."

He also experienced danger first hand. FRSS 3 was ambushed in Al Nasarya at the beginning of the war. Cubano said the convoy was attacked in the same spot Pvt. Jessica Lynch was ambushed in, only a day later. Cubano himself exchanged rounds with the enemy with his 9 mm. "We were in the street for five minutes returning fire from houses on both sides of the road. My initial thought was "I don't believe I'm in this situation." He said he didn't feel panic but rather a "controlled fear" as he focused on fighting their

attackers and concern for the people under his command. He also said his thoughts during the exchange went to his mother and how devastating it would be for her if he were to die there.

A big achievement for Cubano was his recent nomination as a U.S. Navy candidate for NASA's astronaut program. Out of 3,000 applicants Cubano was one of 120 highly qualified candidates who made the cut to be interviewed at Johnson Space Center in Houston. About 20 people will finally be selected for the program in February 2004.

"This has been my dream all my life," Cubano said. "The reason I would really love to go into this program is because I know the resources for the research I love to do would be really plentiful. What also really fascinates me is the possibility of exploring, of being at the cutting edge of technology, and the

adventure!"

He's particularly interested in working with a Mars mission, a trip that would take three years minimum. He sees himself working on research on how to solve the problem of astronauts suffering from osteoporosis, the rapid bone and muscle wasting that astronauts suffer during long periods in weightlessness. He also feels his surgical skills would be invaluable both in developing surgical equipment to be used in space and as the shipboard doctor during an actual manned flight.

In selecting Cubano as Physician of the Year, his peers in Puerto Rico clearly found a man of diversity, intelligence and enthusiasm, who loves caring for his fellow man and is reaching for the stars - a physician who truly reflects the essence of the Art of Medicine.

OMBUDSMAN: A gathering at NAS Jax

From Page 1

In 1970, then Chief of Naval Operations Adm. Elmo Zumwalt released Z-Gram number 24, establishing the Navy Ombudsman program. Today, the Navy Ombudsman program is a vital and essential program that commanders and commanding officers around the world have come to value as an important part of their organizations.

According to the Ombudsman Appreciation Luncheon guest speaker, Commander Navy Region Southeast Rear Adm. Annette E. Brown, the Ombudsman Program plays a very important role in today's Navy. "I can stand here and read fancy words, however, I'd rather tell you from my heart how much I and every one in this room truly appreciates the important work that you do. It contributes to our Sailors choosing to "Stay Navy," she said.

The Navy ombudsman keeps the line of communication open between commanding officers and command master chiefs in dealing with the many challenges that military family members experience while separated. The ombudsman is instrumental in squelching rumors with accurate and timely information and keeps families informed of squadron movements so forward-deployed crews can meet their commitments knowing that their family members are receiving the assistance they need.

Wilhelmina Nash, FFSC

New Parent Support team leader explained that the annual recognition luncheon is an important command event. "This luncheon gives recognition to all of the ombudsmen who have rendered their support and guidance in keeping the Sailors and their families informed of what's going on at the FFSC and the base," said Nash. "They are a vital link between the command and families. In time of war, they keep the military spouse informed of the status of the squadrons and arrange for teleconferences. They offer a lot of support

and refer Navy families to various support agencies for assistance, ensuring that the families feel connected and that their needs are being met."

The ceremony ended with special remarks by NAS Jax Executive Officer Charles King who said, "You are all carrying on a Navy tradition that began 33 years ago. We salute you Ombudsmen and we thank you for everything you've done." After his closing remarks, King and Brown presented each ombudsman with a certificate of appreciation.

President proclaims October as National Domestic Violence Awareness Month

Domestic violence in America is intolerable and must be stopped. According to the 2000 National Crime Victimization Survey, almost 700,000 incidents of violence between partners were documented in our Nation, and thousands more go unreported.

And in the past quarter century, almost 57,000 Americans were murdered by a partner. Children who witness domestic violence often grow up believing that physical cruelty in relationships is acceptable behavior, and thus they may tend to perpetuate a cycle of violence in society.

Many federal, state, and local programs addressing the domestic violence problem have achieved success, bringing greater safety to families. The success of coordinated community-based efforts is helping us win the battle against domestic violence.

Community leaders, police, judges, advocates, healthcare workers, and concerned Americans are working together across America to develop solutions to this serious problem and to implement services that will improve our responses when it occurs.

For example, many police departments and district attorneys offices have created specialized domestic violence units that cooperate with community advocates to enhance services for victims; and representatives from the faith community frequently provide essential support in areas where there may be no other services available. Programs designed to educate men and women about ways they can help prevent domestic violence are being developed across our nation.

Every citizen has the ability to aid and assist those suffering from domestic abuse and to let victims know that support is available through shelters, hotlines, and other services.

To better assist victims in need, my Administration recently implemented funding for new programs to improve outreach and services for people who are older or who have disabilities.

We have also intensified our efforts to provide meaningful access to federally sponsored programs for individuals with

limited English proficiency, making it easier for them to escape violence, report crime, and gain access to community services.

We must continue to hold domestic abusers accountable; we must punish them to the full extent of the law; and we must prevent them from inflicting more abuse. Protective orders are helpful and can be enforced in every jurisdiction in our country, which means their power extends across state lines and onto tribal lands.

This legal authority makes it easier for police and prosecutors to keep aggressors away from their intended targets. Many abusers become more dangerous after court-enforced separation from their victims and often use visitation or exchange of children as an opportunity to inflict abuse. We are working to expand programs that improve the safety of family members in these situations.

During Domestic Violence Awareness Month, I urge all Americans to join together in recommitting themselves to eliminating domestic violence and reaching out to its victims, letting them know that help is available. With dedication and vigilance, we can increase safety for thousands of our citizens and bring hope to countless Americans.

Proclamation

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim October 2002 as National Domestic Violence Awareness Month. I urge all Americans to become a part of the coordinated community response to domestic violence and to send the message that this crime will not be tolerated in our Nation.

IN WITNESS WHEREOF, I have hereunto set my hand this first day of October, in the year of our Lord two thousand two, and of the Independence of the United States of America the two hundred and twenty-seventh.

President George W. Bush



Photo by Kaylee LaRocque

Michaela Tarter, monitor for the NAS Jax Child Development Home Provider (CDH) program, holds 5-month-old Brandon Hernandez as 3-year-old Caleb Carnathan plays nearby. Tarter is responsible for monitoring and supporting Navy CDH providers.

Providers: Care in a family-like setting

From Page 4

process. I am here to help them, as are any of the other staff members at the CDC. I conduct home visits and am always available to talk whenever they need something or have a question," she said.

Tarter highly commends all the NAS Jax CDH providers. "All of them are very, very patient, loving and supportive. They are willing to help out the parents as much as they can. I have learned so much from them. I was very confident when I started this job and thought I was experienced, but was humbled very quickly. Everyone is so different. All the homes are individualized and really reflect the personalities and cultural differences of the providers," continued Tarter.

Providers are encouraged to follow a list of themes and activities provided by the CDC each month and to follow a weekly plan and daily schedule.

"We have a daily routine and follow a theme each week. The kids need to have a schedule and know what they'll be doing every hour of the day while they

are here," said Brooke Carnathan, who became a provider last May.

"I decided to do this because I didn't want to put my two children in daycare and it helps me pay the bills. It's sometimes stressful, but really fun. I love working with kids," Carnathan stated. "I'm just glad I can call Michaela whenever I need to because sometimes I have some really confusing questions because I'm open later than most providers."

"We use Brooke for extended hours for military children quite a bit. She is always available especially for our single parents when they have duty," added Tarter.

The Carnathan home looks much like a daycare center. There are toys scattered inside and out, cutout shapes decorate the living room ceiling, a row of cubbyholes for the children's gear, and rules and schedules posted on the walls.

The CDH program also features a special library where providers can check things out such as play mats, picnic tables, building blocks, etc. They also provide crayons, construction paper, books and numerous

other activity items.

Choosing childcare is a huge personal decision for all parents. "We encourage all parents to interview our providers. Everyone is different. What works for one family, might not work for another. The CDC here is a wonderful place, but the home setting is very different. It's more one-on-one and family-oriented. The children and parents really bond with our providers," emphasized Tarter.

To enroll in the Navy's Child Development program, parents are required to stop by the CDC and sign their children up. The cost of the care is based on total family income. The children are placed on a list and are called when there are openings. "If they want a space in the CDC, they can go into a home setting until one opens up. This way they still benefit from the Navy's program and the providers' benefit from having the children. Then when a spot opens up, they can take it or stay where they are," Tarter said.

For more information on the CDH program, call Tarter at 542-5381.

Base Security concerned about laptop thefts

By JO2 Mike England
Staff Writer

Service members aboard NAS Jacksonville had better think twice before leaving their electronic items unsecured.

A sudden rise in electronics theft has many at the base security office shaking their heads at the carelessness of some service members.

"A lot of people here have a false sense of security when it comes to theft. They think that just because they're on a military base that they can just leave their items anywhere they want and nobody will take them. Many even think the government will reimburse them for the loss of their items. That simply is not true. Crime occurs on military installations too, just not as frequently," said NAS Jax Chief of Police Glenn Williams.

Williams thinks many of the laptops, palm pilots, and personal computers being taken from offices all over base are being chopped and sold on the street.

These thefts not only affect workplaces base wide, but also hit some service members in the wallet since they may be held responsible for the



Photo by JO2 Mike England

This is the wrong way to store your laptop!

theft if they're found to have left their item unsecured.

However, the financial consequences pale in comparison to the potential security breach a computer theft can cause. "A lot of these laptops contain sensitive information that we don't want out in public," Williams said.

Unfortunately, many theft victims never see their property recovered. This is due largely to poor record keeping on the part of the equipment user and the command loaning the equipment out.

"The biggest problem with the thefts that we encounter is obtaining serial numbers and descriptions of the items.

It's very difficult to recover the stolen property without that information," Williams added.

Williams recommends that anyone who has a government laptop or any other electronic equipment secure it under lock and key when it's not in use. Maintaining a copy of the 1149 (supply custody document) can also aid Security in recovering the stolen item since it has the item's serial number and description on it.

Protecting your government issue equipment will help maintain base security and your wallet. For more information on these thefts, contact NAS Jax Base Security at 542-4531.

BUSINESS OFFICE-GERI KOTZ; 3c; 13.5"; Black Only;

MWR NOTES

Fitness Center

Guest Appreciation Day. Free 10-minute chair massage today from 10 a.m.-3:30 p.m.

Mulligan's happenings

Put on your best knickers or lederhosen and join the crowd tomorrow from 5-10 p.m. for some fun and a taste of Bavaria. There will be complimentary food, beverage specials, games and prizes.

Mulligan's is hosting a weekly karaoke contest running now through Oct. 17 with a karaoke sign-off Oct. 24. Judges will be on hand to vote on vocal ability, stage presence, and audience applause. There will be lots of prizes and giveaways. Sign-ups will be from 5-7 p.m. tomorrow only. Call 542-2936 for more details.

Escape the ordinary on an I.T.T. trip

Have some fun with I.T.T. - take a trip or treat yourself to a show! Stop by our office located adjacent to the NEX, and sign up for a great trip. Our trips are open to all hands, so bring a friend! For more information call the office at 542-3318.

Jaguars tickets for all games are now on sale at I.T.T. Tickets are \$47.90 for lower level seats. You can also sign up to ride the I.T.T. shuttle to all the home games. If you sign up for all the games the price is \$6 per game. A ride to a single game is \$8.

The following are upcoming I.T.T. trips:

Oct. 25 - Mt. Dora's Annual Craft Fair. Shop until you drop for the best selection of antiques and wonderful crafts. A great day for \$14.

Nov. 12-16 - Touring the Coast. This is a fantastic five-day adventure to Biloxi, Miss., New Orleans, La. and Pensacola, Fla. Included in this trip is transportation, tour escort, four-night in hotels, all breakfasts, two dinners, a night on the town in New Orleans, a guided city tour, and museum entrance. Deadline to sign up is Oct. 10 and space is limited. The cost is \$337 per person, based on double occupancy.

The I.T.T. office also has tickets for the Little River Band in concert at the Florida Theatre. Pick up great lower level seats for \$26 or upper level for \$22.

Don't miss Universal's Halloween Horror Nights, for the biggest and scariest Halloween party. Get your ticket for non-peak nights for

\$30.50.

Bingo Palace

Get your favorite daubers, come and pick your lucky seat and let the games begin. The night Bingo schedule is Sunday, Monday, Tuesday and Thursday. Cards go on sale at 5:30 p.m. and warm-ups start at 6:30 p.m. Doors open for lunchtime Bingo at 10 a.m. and games start at 11:30 a.m.

Adult Fitness Swim Club

This is a coached program for novice to advanced swimmers wishing to improve their PRT time, swimming skills, and technique. The emphasis is on stroke mechanics. Interval training is introduced. Workouts are designed to improve technique and to develop both speed and endurance. Workouts are scheduled on Tuesdays and Thursdays from 4:30-5:30 p.m. at the indoor pool. The sessions are free for active duty and reservist personnel. Retired military, DoD and dependents will be charged \$20 for eight workout sessions.

Bowling leagues forming

Join two of the newest fun bowling leagues going - the Disney Magic Bowling Club or the NFL Fall Football League. Both leagues start in October and include three games of bowling each week, shoe rental and two bonus passes each week. Leagues are 20 weeks at \$12 per person. Come on out and join today. Call 542-3493 or come by Freedom lanes for more details.

Enjoy a little bowling fun at NAS Freedom Lanes for our Customer Appreciation Weekend Oct. 18 from 1 p.m.-midnight, and Oct. 19 from 1-5 p.m. Specials include: two games of bowling and shoe rental or three games for just \$5. Many great food specials will be available.

The Heritage Cottages

MWR's new Heritage Cottages are now open for only \$60 a night. These cottages make for a great vacation home away from home. They are fully furnished with plenty of space. Make your reservation now by calling 542-3138/3139.

Veterinary Treatment Facility

Due to vendor price increases, the Veterinary Treatment Facility (VTF) has been forced to increase prices. We still have the lowest prices

around.

The NAS Jax VTF is located in Building 8 at the corner of Ranger Street and Enterprise Avenue. The clinic is open Monday through Friday from 8 a.m. - 4 p.m. It is closed on legal holidays. Pets are seen by appointment only.

New clinic services have been added to accommodate our patrons. The VTF will have an evening clinic on the first Tuesday of every month from 5-7 p.m. There is also a walk-in clinic on the second Saturday of each month from 8 a.m. to noon. This clinic will be for vaccinations only. For more information and to make appointments, call 542-3786.

Mulberry Cove Marina news

Are fuel prices emptying your wallet? Take advantage of free gas this summer when you rent a 40-hp pontoon boat, whaler, bass boat, 10-hp stump knocker, or Yamaha jet skis.

The NAS Jax Yacht Club offers sailing classes. Now that the weather is warm, and the breezes are strong would be a great time to learn this renowned boating activity. After you've completed your class, the marina has sailboats for rent.

The marina offers free kayak and canoe rentals for active duty Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have some fun too. For more information on marina events, call 542-3260.

Auto Skills Center

Visit the Auto Skills Center for your professional or hobby car care needs. The center offers an array of services for the novice or professional auto enthusiast. There is an ASE qualified mechanic on hand to assist with questions and tips on servicing your vehicle. The center is open Monday, Thursday and Friday from noon to 8 p.m., Saturday and Sunday from 9 a.m. to 5 p.m. and all holidays from 9 a.m. to 3 p.m. except Thanksgiving, Christmas and New Year's Day.

The Auto Skills Center offers a shop orientation class on the third Thursday and Friday of each month. Reservations are required for the orientation. Call 542-3227 for information.

O'Club happenings

An all hands Reef & Beef Buffet Dinner will be held the first Friday of each month from 6:30-9 p.m. at the O'Club. The buffet is only \$17 per per-

son. Reservations are encouraged by calling 542-3041.

The Ready Room Officers' Club bar is open for social hours every Friday from 4-7 p.m. The Ready Room is available for command functions and special events all other days.

The T-Bar, located behind Building 844 is now open to all hands every Thursday from 4-7 p.m. and every second and third Saturday from 4-7 p.m. The T-Bar is available for command functions and special events all other days.

Liberty happenings

Join us each Wednesday for a karaoke and dance party. The fun starts at 7 p.m. at the Budweiser Brew house with DJ Marc "E" Marc.

14th annual Haunted Woods Challenge

Commands, squadrons and departments are encouraged to be a part of this year's Halloween program and are eligible to win money for their MWR funds. Your ideas can enhance this program. For more information call 778-9772

Youth Activities Center happenings

Take advantage of the fun events at the Youth Activities Center. Monday evenings we have indoor soccer from 6:15-8:15 p.m.

Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities.

If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water)

Free movies offered

Enjoy free movies at the base theater each Friday evening starting at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m. Bring your own popcorn, soda and snacks. Sit back and enjoy some of Hollywood's premier blockbuster hits.

Some of our alcoholic beverages allowed in the theater and persons under 17 are not permitted without adult supervision.

Tomorrow, 7 p.m. - League of Extraordinary Gentlemen (PG13)

Saturday, 5 p.m. - Finding Nemo (G)

Saturday, 7 p.m. - K2 (R)

Visit MWR online at www.nasjax.navy.mil and look for the tab marked MWR this is your tab to unlimited fun. For questions or comments e-mail us at mwrmtg@nasjax.navy.mil.

COMMUNITY CALENDAR

The Navy Wives Clubs of America, NWCA Jax No. 86

meets the first Wednesday of each month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information, call the Thrift Shop at 772-0242 or Pearl Aran at 777-8032.

The Navy Wives Club's DID No. 300 meetings

are held the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. For more information, call 387-4332 or 272-9489.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE)

invites all retired and currently employed federal employees to their regular monthly meeting the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information, call 276-9415.

The Navy Jacksonville Yacht Club

general membership meetings are held at 7:30 p.m. on the first Wednesday of every month at the clubhouse (Building 1956) adjacent to the Mulberry Cove Marina. The Navy Jax Yacht Club is a members only club open to all active duty, reserve and retired military, and active DoD personnel. For more information, call 778-0805 or email commodore@njyc.org.

MOMS Club of Northeast Florida

meets the second and fourth Thursday of every month from 10 a.m. to noon. The meeting is free and open to all at-home mothers and children who live in the zip code areas of 32206, 32218 and 32226. MOMS Club is a support group for moms wanting a variety of activities for you and your children. The chapter offers monthly meetings, newsletters, activity calendars, playgroups, field trips and service projects. For meeting location or more information, contact Debbie at 751-0671 (debbiejkg@yahoo.com) or Kathi at 751-3400 (katdj28@aol.com).

Christian Fellowship Night

is held behind the Chapel in Building 749 from 6:30 - 9 p.m. every Tuesday night. For more information, call 542-3051.

Association of Aviation Ordnancemen's

meeting is held the third Thursday of each month at the Fleet Reserve Center on Collins Road. For

more information, call AOC Chris Johnson at 542-2168 or AOCs Erick Parmley at 542-8589.

The Westside Jacksonville Chapter 1984, National Association of Retired Federal Employees

extends an open invitation to all currently employed and retired federal employees to our regular meeting held at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. For more information, call R. Carroll at 786-7083.

The National Naval Officers Association (NNOA)

holds its monthly meeting on the third Thursday each month at 5:30 p.m. at the Jacksonville Urban League, 903 West Union Street. Interested personnel are encouraged to attend or contact Lt. Herlena Washington at 696-5005 or email WashingtonHO@matcombic.usmc.mil.

The Marine Corps League, Jacksonville Detachment

will hold their monthly meeting

tonight at 7 p.m. at the Golden Corral Restaurant on San Jose Boulevard in Mandarin. For more information call John Leisman at 779-7375.

The VP/VPB-23 Veterans Association

will hold its ninth reunion in Jacksonville Oct. 15-19. For more information, email dklotz23@aol.com.

VF-22 Korean War veterans

will return to Jacksonville/Orange Park for a 50th anniversary reunion at the Holiday Inn Orange Park on Oct 21-22. For more information, contact is Jack Bailey at 757-340-5922 or email charlies-son@msn.com.

The annual VP-24 Reunion

is scheduled for Oct. 24-26 at NAS Jacksonville. For more information, write Don Hall, 2003 Jax Reunion Host, 4421 Commons Dr. East, #413, Destin, Fla. 32541 or email djhdestin@cox.net.

VP-8 is holding a reunion

Nov. 5-9 in Pensacola, Fla. For more information, call 733-5489 or email bbperry2@att.net.

Fitness Center offers new Walk-to-Run program

The NAS Jax Fitness Center is offering a nine-week Walk-to-Run Program beginning Oct. 7. every Tuesday and Thursday at 11:30 a.m. This new program will be held every Tuesday and Thursday at 11:30 a.m. weather permitting. The workout will last about 30-45 minutes and is open to all beginner and

novice runners.

The goal for this program is to participate in the Biathlon Turkey Trot on Nov. 20 and Jingle Bell Jog on Dec. 18. All participants must sign up for the program by calling 542-3518 and must have clearance from a doctor if you have medical problems.



SPORTS & STANDINGS

Basketball coming up

An intramural basketball meeting will be held Oct. 8 at 11:30 a.m. in the MWR Conference Room (Building 590) for active duty members only. For more information, call Craig at 542-3239.

Wrestling screenings

Screenings for the All-Navy Wrestling Team will be held Oct. 24 from 6-8 p.m. at the base gym. Call 542-2930/3239 for more information.

Navy Southeast Regional Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided as well as transportation, entry fees, and lodging costs.

Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top 10 regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Southeast Regional qualifying times:

5K -	Men 19:00
Women 24:00	
10K -	Men 34:00
Women 46:00	
Marathon -	Men 3 Hrs. 30 Min.
Women 4 Hrs.	
Triathlon -	Men 2 Hrs. 30 Min.
Women 3 Hrs.	
Triathlon time based on 1.5k swim, 10k run, 40k bike	

For more information about any of the

ON THE GO WITH USO

USO has fair and football tickets

The USO now has tickets on sale for this year's Jacksonville Fair at the downtown fairgrounds.

The fair runs Oct. 15-26. Tickets are \$4 for adults and \$2 for children ages 6-12. A 20-ride coupon book is \$15. Ride-a-Thon wristbands are \$13. Coupons and tickets are good for any day the fair runs.

The fair is open

Monday-Thursday from 5 - 11 p.m., Friday and Saturday from noon to 11 p.m., Sunday, Oct. 19 from noon to 10 p.m. and Sunday, Oct. 26 from 9 a.m. to 10 p.m.

The fair is also open for Midnight Magic on Fridays at midnight.

For more information, call 542-3028 or go to www.jacksonvillefair.com/home.html.

Tickets go on sale at

the USO for all home Jacksonville Jaguars games two Mondays prior to each home game for active duty. The cost of \$6 each.

A single active duty person may purchase two tickets taking a guest, and a married active duty person may purchase up to four tickets taking spouse and two children.

MANDATORY REVENUE ADS-BO; 3c; 7"; Other Color;

7-on-7 Flag Football Standings

As of Sept. 25

Team	Wins	Losses
VR-58	5	0
AIMD	4	2
NLSO/SEC	3	2
VS-30	3	3
VS-24	1	2
VP-16	1	4
DENTAL	0	6

Air Ops	3	2
HITRON 10	3	4
AIMD SE	2	4
VP-62	1	3
SERCC	1	3
VP-16 White	1	5
TPU	1	5
VS-22	0	6

Open Softball Standings

As of Sept. 25

Intramural Softball Standings

As of Sept. 25

Team	Wins	Losses
VS-30	6	0
VP-30	4	0
NAMTRAU	5	0
VP-16 Red	4	1
VP-5	4	2

Team	Wins	Losses
NAMTRAU	5	1
Beanie Boys	5	1
F.O.B.'S	4	2
VP-16	1	4
Jax Chiefs	1	4
Onsite Aviation	1	5

JAX TALES BY MIKE JONES



ARMED FORCES COMMUNICATIONS; 6c; 10.5"; Other Color;

In Gear

A weekly look at the automotive market
