



Jax Air News

TOUCHING BASE

We've moved!

The Jax Air News has moved to Room 202A in Building 1 just down the hall from our old office. The Jax Air News stand, along with the drop box for advertisements located in Building 1, has been moved to the right hallway near the Quarterdeck.

Time changes Sunday

Don't forget to set your clocks forward one hour Sunday morning at 2 a.m. as we revert back to Daylight Saving Time.

The idea of Daylight Saving Time was originally thought of by Benjamin Franklin who wanted to take advantage of the additional daylight time in the summer when so many people were sleeping.

During World War I the United States finally accepted the idea which begins the first Sunday in April until the last Sunday in October. Although Daylight Saving Time is a federal law, the country does not require states to observe it. Several states including Arizona, Hawaii and Indiana have chosen not to change their clocks. Today, nearly 70 countries around the world observe Daylight Saving Time.

Acquisition and Logistics conference

The 2003 Jacksonville Acquisition and Logistics Excellence Conference and Trade Show will be held April 23 and 24, at the University of North Florida, University Center.

This conference will include dozens of workshops and seminars as well as a health fair and vendor trade show. Acquisition professionals who attend will receive continuing education credit in their career field.

Keynote speakers are The Honorable E.C. "Pete" Aldridge, Undersecretary of Defense for Acquisition, Technology and Logistics; and Frank Anderson, president of Defense Acquisition University.

The registration deadline is April 11 and the fee is \$95 per person. After April 11, late-registration fee is \$125 per person. Navy personnel should register through their training coordinators. All others can register at www.sbdc.unf.edu/acq-jax2003.html.

For more information go to <http://jax.acqconf.com> or call 620-2477.



Photo by PH2 John Beeman

A U.S. Naval Aviator assigned to the "Dusty Dogs" of HS-7 based out of NAS Jacksonville performs plane guard duties for aircraft launching and recovering aboard the aircraft carrier USS Harry S. Truman (CVN 75). HS-7 is assigned to Carrier Air Wing Three (CVW-3) aboard Truman.

Photo by JO1 Mike Jones

Jacksonville residents rally in support of troops

By JO1 Mike Jones
Assistant Editor

The high humidity and summer-like temperatures weren't enough to deter many in the Jacksonville community from coming out March 29 to show their support for U.S. troops currently deployed for Operation Iraqi Freedom.

Organizers for Operation Support Our Troops estimated some 2,000 members of the Jacksonville community turned out for the event at the Duval

VP-30's PR1 (AW/PI) Louis Tavares salutes as the American flag is paraded during Operation Support Our Troops last Saturday.



See RALLY, Page 8



Photo by PHAN Carl E. Gibson

A NAS Jacksonville-based S-3 Viking assigned to the "Checkmates" of VS-22 launches from the flight deck aboard the aircraft carrier USS Harry S. Truman (CVN 75).

CENTCOM commander says Iraqis will be liberated

By Gunnery Sgt. Charles Portman
U.S. Central Command Public Affairs

CAMP AS SAYLIYAH, Qatar (NNS) — Coalition forces are being postured on the ground and in the air in a way that will enable them to bring down Saddam Hussein's regime, Army Gen. Tommy Franks said March 27 during an interview with Infinity Broadcasting. "The people of Iraq will be liberated," Franks said.

U.S.-led forces are on the move all over Iraq, and commanders are positioning their units to take down the Iraqi regime and to "do away with the weapons of mass destruction that we all absolutely know are in that country," Franks said.

"At the end of the day, we'll accomplish the objectives that we have set out for ourselves," the general said.

A good war plan, Franks said, is one that is flexible, and allows commanders the opportunity to respond to what is found on the battlefield.

"The most capable armed forces in the world are part of this coalition, and if you take the most capable forces in the world, you equip them with the right kind of equipment and you put them in motion with a very flexible plan, the outcome is not in doubt," Franks said.

The general is watchful of military move-

ments by Republican Guard troops and some of Saddam Hussein's regular army units.

"We pay attention to what these enemy formations are doing," Franks said. "It's just another day of enemy activity as he subjects himself to the most powerful air forces in the world." The Republican Guard is considered Saddam Hussein's elite military force.

Franks categorized resistance around Nasiriyah and Basra over the past several days as "organized," and called some of the enemy groups "terrorist squads."

"Some people call them paramilitary," Franks said. "Some are well-equipped, some are not well-equipped; some have a

See IRAQ WAR, Page 8

Tech Expo a cutting-edge showcase



Hewlett Packard representative Jim Tebbenhoff demonstrates the latest digital imaging technology to Naval Computer and Telecommunications Station Jacksonville's Lt. Rob Fannon at the NAS Jacksonville Technology Expo March 25. Representatives from several companies were on hand at the NAS Jax River Cove Officers' Club to showcase the latest in data protection, communications, network analysis, multimedia and IT solutions.

Photo by JO1 Mike Jones

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WEEKEND WEATHER

	FRIDAY 58/85 PARTLY CLOUDY
	SATURDAY 61/84 PARTLY CLOUDY
	SUNDAY 60/84 PARTLY CLOUDY

Seven-day forecast available at Naval Atlantic Meteorology and Oceanography Facility Jacksonville's Web site: <http://www.nimof.navy.mil>

SECURITY SCOOP

By William Curnutte
Crime Prevention Officer

I recently received an Information Systems Division's email security alert about a Web site claiming to provide emergency notifications on behalf of military families. To receive this service, you had to give out some privacy act information - specifically, your Social Security number.

Naturally, the request for such type of information raised a red flag with the Department of Defense. Why? Quoting the above email, "any information could be used for identity theft, intelligence gathering by a foreign nation or terrorists and could pose a threat to service members, their families, and their privacy."

That is very good advice! You should always protect personal information. Failure to do so could result in someone assuming your identity at your expense and your good name being tainted. Here are some things you can do to protect yourself from identity theft:

Check your credit report for any unauthorized accounts or any unau-

thorized charges to your existing accounts. Always challenge any accounts you did not open and any purchases that you did not make.

Reconcile your bank and credit card statements in a timely fashion.

Never give personal information to phone solicitors. Many thieves lure victims into giving out personal information by telling them that they have won fabulous prizes in a sweepstakes.

Tear up unsolicited "pre-approved" credit offers. If you don't want the card, destroy the offer. The same goes for any paperwork containing personal information. Thieves get such information by simply going through your trash.

Don't write your credit card number on your checks. They may be handled by dozens of employees, any one of whom could copy your number and personal data. The same rule goes for Social Security numbers.

If someone has stolen your identity, immediately take these steps:

Contact the fraud departments of the three major credit bureaus. Tell them to flag your file with a fraud alert to include a statement that

creditors should get your permission before opening any new accounts in your name.

Ask for copies of your credit reports. They must give you a free copy of your report if it is inaccurate because of fraud.

Contact the creditors for any accounts that have been tampered with or opened fraudulently. Speak with someone in the fraud department and follow up in writing.

File a report with your local police of the police in the community where the identity theft took place. Keep a copy in case your creditors need proof of the crime.

Identity theft can take months or even years to detect and it can take about the same time to correct the damage. According to one research group, victims of identity theft spend an average of 175 hours and \$808 in out-of-pocket costs (not including attorney fees) to fix their wrecked credit problem.

So just taking simple precautions to protect your personal information can save you a lot of time, money and frustration.

Jax Air News offers free classified ads to base personnel

VP-30's AW2 Raymond Wren completes an electronic classified ad form at the Jax Air News office March 28.

The new procedure makes it much easier to complete ad submissions. Electronic ad forms can be completed at the Jax Air News office located in Bldg. 1, Room 202A, Monday through Friday from 7:30 a.m. to 4 p.m.



Photo by JO1 Mike Jones

HEY MONEYMAN

Hey, MoneyMan!

I just heard the Navy and Marine Corps Relief Society (NMCRS) is having another fund drive this year.

I thought they could do this just once a year and I can't afford to keep giving them money. Seems to me they just had a fund drive last fall. Can you tell me what's going on?

MoneyMan Sez:

Yep! Every year there seems to be a lot of confusion about these fund drives. The Combined Federal Campaign (CFC) and the NMCRS fund drives are the two drives sanctioned by the

Department of Defense.

The CFC is normally in the late summer or fall and its purpose is to collect money for numerous worthwhile agencies such as our USO, the American Red

Cross, Salvation Army, Boy Scouts and Girl Scouts.

The other fund drive, which takes place in the spring, is separate and run by the Navy and Marine Corps exclusively for NMCRS.

This year's fund drive kicked off yesterday and runs through mid-May. The fund drive chairman is Capt. Charles King, NAS Jax executive officer.

Each year the Navy collects around \$9 million for Navy Relief and the society, who in turn, is able to provide more than \$40 million in interest-free loans and grants annually to those in need.

Last year, NMCRS in Jacksonville alone helped more than 3,000 clients in a variety of ways and provided almost \$1.4 million in assistance.

If this sounds like a plug for NMCRS, it is. Contribute to the campaign if you can. But more importantly, if you need money, go to them for assistance.

After all, NMCRS is the Sailors and Marines "money store" for essential needs. What is an "essential need?" Give them a call at 542-3515.

More questions, call Hey MoneyMan at 778-0353.

PMTs stay busy in helping keep you safe

By HM2 Maria Herrera
Preventative Medicine Department

Eating at a new restaurant? Do you ever wonder if the facility is safe to eat at or whether the employees are trained properly in food handling and hygiene, or if the water is safe to drink? Could there be any diseases in the area? How about those pesky mosquitoes throughout the year here in Florida?

Do you ever think about who is taking care of ensuring your base is safe and meeting healthy standards? How about the active duty personnel? Who ensures they are ready and educated properly prior to deployment?

I'll tell you who: the preventive medicine technicians (PMTs). These are the often forgotten corpsman of the hospital command. Because they are always in the field doing

what they do best, most don't even know they exist, "out of sight out of mind."

Many people have a misconception of what PMTs do. Some refer to them in terms such as "bug chaser" among others. PMTs do a lot more than you might think. They ensure the base as a whole is safe, working hand-in-hand with many other facilities in accomplishing this.

On a day-to-day basis most of us don't worry about infectious diseases or health safety until there's a disease outbreak or an epidemic of a food borne illness.

The Naval Hospital Jacksonville Preventive Medicine Department makes it their business to be pro-active in every aspect of their job. They ensure readiness is high at all times.

An example of this, is their exemplary dedication to running the base-wide

Influenza, Anthrax and the newly-implemented Small Pox programs. These are programs which do not fall under their normal realm of duties.

During time of war and in support of operational readiness, PMTs ensure all service members and civilians deploying or on a deployable platform are ready to go.

In just the past month the PMT Department has coordinated, administered

and supported commands with Anthrax and Small Pox vaccinations. This is done while performing their everyday functions.

Additionally, they are the first to arrive in the field and the last to leave.

They serve not only as PMTs, but they also do general corpsman duties as well.

The outcome of all their hard work is a safe functioning base and the readiness of our troops.



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.

Religious Ministries Department	
Holy Week Services 2003	
Catholic	Protestant
Passion Play Friday, April 4, 7:00 p.m. Bldg. 1, Room 202A	Passion Play Friday, April 4, 7:00 p.m. Bldg. 1, Room 202A
Holy Thursday Thursday, April 3, 7:00 p.m. Bldg. 1, Room 202A	Holy Thursday Thursday, April 3, 7:00 p.m. Bldg. 1, Room 202A
Good Friday Friday, April 4, 9:00 a.m. Bldg. 1, Room 202A	Good Friday Friday, April 4, 9:00 a.m. Bldg. 1, Room 202A
National Easter Vigil Celebration Saturday, April 5, 8:00 p.m. Bldg. 1, Room 202A	National Easter Vigil Celebration Saturday, April 5, 8:00 p.m. Bldg. 1, Room 202A
Easter Sunday Sunday, April 6, 8:00 a.m. Bldg. 1, Room 202A	Easter Sunday Sunday, April 6, 8:00 a.m. Bldg. 1, Room 202A

For more information, please call 542-3515/0353

Meet A Sailor...

EW2 LEAH LUXEM

Job title/command:
NAS Jax Quarterdeck

Hometown: Killeen, Texas

Family Life: Two cats and a dog.

Past Duty Stations: USS Gettysburg

Career Plans: To obtain a degree in ultrasound technology.

Most Interesting Experience: Exploring Rome, Italy.

Words of Wisdom: God Bless America!

Meet A Civilian...

JARED BOND

Job title/command:
Asst. Natural Resources Manager, NAS Jax Environmental

Hometown: Los Gatos, Calif.

Family Life: Single

Career Plans: To return to graduate school and become a wildlife biologist.

Most Interesting Experience: Backing up a boat trailer at Clark's Fish Camp.

Words of Wisdom: You've only got one life to live, so live it right every day with all your might.

Naval Hospital to host town hall meeting

Naval Hospital Jacksonville will host a Medical Town Hall Meeting, April 16 at 2 p.m., at the NAS Jacksonville Naval Hospital Galley. The Town Hall Meeting is an opportunity for hospital staff to update patients on military health care and to receive comments and suggestions. For more information, contact the hospital's Customer Satisfaction Office, 542-9175. cat, dog, or bird, call NetPets at (843) 249-5262.

Volunteers needed for Easter Egg Hunt

The NAS Jax MWR Department is hosting a Night Easter Egg hunt again this year at McCaffrey Field on April 18 at 7 p.m. Children up to age 12 will be allowed to participate in the free event. There will be 10,000 eggs hidden for the children to find. Volunteers are essential to make this event a success. If you would like to volunteer, please contact Erica Hickey of MWR Youth Activities at 778-9772 or email dhickey@nas-jax.navy.mil.

Jax Air News

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Deadline for all routine copy is close of business the Friday before publication. Deadline for Classified submission is noon Monday. Questions or comments can be directed to the editor. The **Jax Air News** can be reached at (904) 542-8053 or by fax at (904) 542-1534 or write the **Jax Air News**, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

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'Diamondcutters' announce 2002 Sailors of the Year

By Lt.j.g. Justin Drach
VS-30 PAO

The "Diamondcutters" of VS-30 recently honored their very best with end of the year awards including their selection for Sailor of the Year.

The following Sailors distinguished themselves as leaders and true professionals among their peers.

The Diamondcutters' 2002 Sailor of the Year is AD1(AW) Frank Froeber from Orlando, Fla. Froeber enlisted in the Navy in July of 1986 and reported to VS-30 in February 2001.

His exemplary professionalism and dedication to the Diamondcutter Maintenance Department mark two years of his success in the squadron. In January 2002,

Froeber received his Safe for Flight Release qualification, a qualification normally held by chief petty officers.

While on VS-30's last deployment, Froeber



Photo courtesy of VS-30
AD3 Jason Delpriore was recently selected VS-30's Junior Sailor of the Year for 2002.

served as the quality assurance leading petty officer and a full system quality assurance representative, a position in which he excelled.

In addition to his normal duties, Froeber aggressively played a key role in VS-30's successful Combined Federal Campaign which raised more than \$10,700.

For consistently meeting

the high standards of a Diamondcutter, Froeber is respected by his subordinates, peers, and superiors.

The 2002 Diamond of the Year is AM2 Peter Cunningham from Spring, Texas. Cunningham joined the Navy in May of 1999. He came to VS-30 in December 2001.

In March 2002, he received his flight deck observer (CV/CVN) and final checker qualifications. He was also recognized as Diamond of the Month during April, May, and June 2002, becoming the obvious choice for Diamond of the Quarter.

While on deployment, he received a Navy and Marine Corps Achievement Medal for his practical application of technical knowledge in bringing a much-needed mechanically-challenged jet back to an "up" status during Operations Enduring Freedom and Southern Watch.

The 2002 Junior Sailor of the Year is AD3 Jason Delpriore from Kissimme,



Photo courtesy of VS-30

VS-30 recently honored their Sailors of the Year. (From left) AD1(AW) Frank Froeber, AM2 Peter Cunningham, ATAN Courtney Cowan and AN Joseph Buliavac.

Fla. He joined the Navy in October 1999 and reported to VS-30 in February 2000.

While on deployment, Delpriore earned his collateral duty inspector (Powerplants) and S-3B plane captain qualifications.

In February 2002, he received a Navy and Marine Corps Achievement Medal for his efforts. Delpriore best exemplifies the fortitude and relentless professionalism that is expected out of all Diamondcutters.

The 2002 Pro of the Year is ATAN Courtney Cowan. Cowan is from Archer City, Texas and has been in the

Navy more than three and a half years.

He has been with VS-30 for two and a half years and has taken it upon himself to attain a great deal of available qualifications including becoming an S-3B plane captain.

Cowan was recognized as Pro of the Month in 2001 and 2002, Pro of the Quarter twice in 2002, and went on to receive honors as Pro of the Year for 2002. Since reporting to VS-30, Cowan has received two Navy and Marine Corps Achievement Medals.

The 2002 Plane Captain of the Year is AN Joseph

Buliavac. Buliavac is from San Clemente, Calif. and has been in the Navy for three years.

Buliavac reported to VS-30 in August 2000 and received his plane captain qualification in October 2001. He served as an important and trusted figure on the flight deck during workups and VS-30's recent Persian Gulf/Mediterranean cruise that ended Dec. 20, 2002.

With the high standards exemplified in VS-30, there are many more VS-30 Diamondcutter Sailors waiting in the wings to be recognized.

Military Spouse 101 Resource Fair promotes available assistance

By JO2(SCW) Eric Clay
Staff Writer

Last Thursday evening, the NAS Jacksonville Fleet and Family Support Center (FFSC) held its Military Spouse 101 Resource Fair at the NAS Jax River Cove Officer's Club. The fair showcased the many resources available to spouses, especially those of deployed service members.

Numerous organizations were present including the American Red Cross, Housing, Navy Legal, Navy Exchange, Navy and Marine Corps Relief Society, Navy Wives Club, and the Wellness Center.

Participants learned about the services the American Red Cross provides in emergency situations including interest-free loans or grants for travel expenses. Spouses may also be authorized for help with other emergencies cases, based on need. Spouses were provided referrals to specialized sources of help available to service members and their families.

"Our main service to deployed service members is providing emergency communication messages," said Tanya Wyatt, American Red Cross director of volunteer services.

When a service member is on deployment, the Housing Referral Office can assist in many different areas. "If a lease is coming to an end, we can help the spouse find a new home or if they are on the housing list and have a power of attorney, we can help them move onto the base," said Patricia Wheeler, housing



Photo by JO2(SCW) Eric Clay

ATAN Roland Smith Jr., of NAS Jax AIMD (left) discusses spouse employment opportunities with Navy Exchange General Manager Trainee Brett Haftel.

referral representative. Spouses seeking legal counseling can get help through the Navy Legal Service Office (NLSO).

"We are here not only for the bad legal cases, but we also assist and prepare legal documents such as power of attorneys, contracts and other documents. Our most common issue for a service member preparing for deployment is preparing their wills," remarked Lt. Tom Street of NLSO.

Navy Exchange representatives were also on hand to answer questions.

"The NEX is a very good resource for consumers, but many people don't realize the NEX is also a great resource for employment. We have so many opportunities available including retail positions and management training, depending on the individuals goals," explained Claudette Cumberbatch, NEX representative.

The Navy and Marine Corps Relief Society (NMCRS) is available to help military families 365

days a year whether the service member is on deployment or at home. "Helping service members is what we're here for," said

Dave Faraldo, NMCRS director. NMCRS offers no-interest loans for utility bills, automotive repairs and other crises that may occur. They also offer budget counseling and provide consumer advice. All active duty and retirees are eligible for NMCRS assistance, as well as reservists who have been called to active duty more than 30 days.

The Navy Wives Club can help ease the feeling of loneliness that many spouses experience during a deployment. "We have many experienced members who can help those who may not know how to deal with deployments. We offer a lot of activities for them to

take their minds off the stress associated with deployment," said Navy Wives Club President Pearl Aran.

While a service member is deployed the spouse may have changes in their stress levels or a changes in their diet.

The NAS Jax Naval Hospital Wellness Center is available to help spouses stay fit and healthy. The center offers many programs for maintaining a healthy diet. They also offer tobacco sensation programs.

"Healthy living is very important for everyone, we work closely with the base MWR Department and FFSC to support people in all aspects of health," added

Cmdr. Kathy Natoli, Wellness Center department head.

At the conclusion of the fair, many spouses and service members in attendance found themselves more informed about services available to them.

"I feel better now that I know these services are available for my wife while I'm on deployment and that she won't be alone dealing with issues that may occur while I'm deployed," said ATAN Roland Smith Jr.

Military Spouse 101 is just one of the many programs FFSC offers service members and their families. For more information about these programs, call 542-2766.

Children get a good look at nature

By JO2(SCW) Eric Clay
Staff Writer

“A concern for the land, its resources and its continuing viability is basic to our survival and well being as individuals, as a nation and as members of the world community,” said Rudolph Schafer, founder of the Western Regional Environmental Education Council.

With this in mind, the NAS Jacksonville Environmental Division is doing their part to educate individuals and groups of all ages, about the flora and fauna that live in the northeast Florida area.

The NAS Jax Environmental staff has been teaching the children from the Child Development Center about the wildlife on and around the base as they visit the Black Point Nature Center each Monday morning.

“I use games and other activities to teach the children and keep them interested. I try to teach them earth manners in which they will develop a set of guidelines for exploring and enjoying nature,” said Kori Morrow, assistant natural resource manager, NAS Jax Environmental.

During a recent visit to the nature center the children learned about deer, including what they eat and where they live.

Morrow used a game called Oh-Deer to explain to the children that deer must consume water to survive and polluting the water can hurt their chances of survival.

The game also explains that deer need shelter to protect them against weather and predators. The children used their hands to represent food, water and shelter. Morrow also uses other games to explain flora and fauna, such as manatees, in the area.

Singing is another resource Morrow uses to educate children. One of the



The children from the base Child Development Center color pictures of deer and draw deer shelters as part of the activities during a field trip to the Black Point Nature Center on Monday.



A group of children examine fish and other creatures from Florida's habitat on display at the Black Point Nature Center. The NAS Jax Black Point Nature Center features live animals for the children to



A group of children from the base Child Development Center pretend to be deer as part of a game designed to learn about different animal habitats. The children were split



Kori Morrow, assistant natural resource manager with NAS Jax Environmental, explains how bucks drop their antlers at the Black Point Nature Center.

into groups of five as they viewed the animals and learned about each different species. They also enjoyed coloring a picture of a deer and drawing shelters the deer may live in.

Educating children at an early age is very important because as they grow, they will appreciate and respect nature.

They also pass on what they have learned to their parents creating a learning environment for the entire family.

“I'm trying educate the children about the animals in the local area in an entertaining way,” explained Morrow.

On April 19, there will be an Earth Day celebration at The Jacksonville Landing to promote good ideals on protecting the flora and fauna that live on Earth.

The NAS Jax Environmental Division will be on hand to teach visitors about the environmental procedures ongoing by NAS Jacksonville and the Navy to help keep our planet clean.

For more information about environmental issues, contact Morrow at 542-2717.

FFSC offers educational and support programs

The NAS Jacksonville Fleet and Family Support Center 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 of charge 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 us upon registration. Contact 542-2766, Ext. 127 to register.

The following workshops are available in April:

- April 4, 9-11 a.m. - Money Management
- April 7-10, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (separating)
- April 8, 8 a.m. - 4 p.m. - Stress Management Workshop
- April 8, 9-11 a.m. - What About The Kids?
- April 10, 10 a.m. - noon - Savings and Investment
- April 16, 9-11:30 a.m. - What a

Difference a Dad Makes In the Life of a Child

- April 16, 6-8 p.m. - Budget for Baby Workshop
- April 17, 9 a.m. - noon - Florida Family Law Information Seminar
- April 21-24, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (retiring)
- April 22, 9 a.m. - noon - Understanding the Opposite Sex
- April 22, 9 a.m. - noon - How to have a Healthy Relationship
- April 24, 8-11 a.m. - Anger Control Workshop
- April 24, 9:30 a.m. - noon - Child Support Information Workshop
- April 24, 1-3 p.m. - Volunteer Service Council
- April 28, May 2, 8 a.m. - 4 p.m. - Command Financial Specialist Training
- April 29, 8 a.m. - 4 p.m. - Stress Management Workshop
- April 29, 9-11 a.m. - Written Marketing Tools (spouses)
- April 30, 9:30 a.m. - noon - Time Management

My brothers, my sisters, my friends . . .

I see their faces; I hear their stories of a life ending so soon
I know not where they come from or what their names are
I only share in grieving for the life they once had
These lost ones I weep for; I call my brothers, my sisters, my friends
These people are fellow Sailors and Soldiers whom have gone before me now
To fight for the freedom we so freely take for granted



I hear the anger; the protest and I even hear the shame
What about the ones who so willingly fight for you this very moment
Have you forgotten how your freedom came to be?
Stop your protests, stop your rage and listen to your heart
Stop being selfish, thinking only of what you want to say
War is not a game and no one really wants to play
When faced with it, don't let it kill you from within

Understand the reasons why and stay united
For I have many I call brothers, sisters, and friends
Who fight for your freedom now
So give them the respect and honor they deserve
For they willingly give you your freedom this very day.

- By HM2 Maria Herrera



Jax Air News
Your base news source!

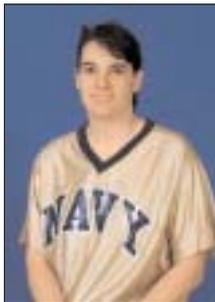
Goldman named All-Navy Women's Basketball co-captain

By Loren Barnes
Naval Hospital Jacksonville Public Affairs

Lt. Sarah Goldman, Naval Hospital Jacksonville Occupational Health officer, believes in teamwork. And teamwork is a subject that Goldman, a Nashville, Tenn. native, knows about. As a star women's basketball player, in high school, college, and in the Navy, as well as a star clinician on the Navy Medicine team, she's worn a team uniform much of her life.

Goldman's basketball career started in her sophomore year of high school, when she played as a point guard with the Tigers of University School of Nashville, Tenn. She continued to be a team leader throughout her college years. She played with the Bears at Washington University (WU) in St. Louis while earning her bachelor's of arts degree in Psychology and her Masters Degree in Occupational Therapy. She later earned a second Masters Degree in Management through the Navy Tuition Assistance Program.

Goldman was recently invited back to WU for an awards ceremony inducting her into the school's Athletic Hall of Fame. Goldman was the fourth women's basketball player to be so honored. A standout on the NCAA, Division III team in the early 1990s, Goldman helped lead the Bears to their first two Final Four appearances during her freshman and senior years at WU. She was a two-time All-USA honoree and earned honorable mention All-America honors in 1993. She still holds the WU career assists



Lt. Sarah Goldman record with 340.

Proudly appearing in Navy uniform, Goldman spoke to those in attendance at the induction ceremony about three things she learned from her WU coach — "Giving 100 percent effort, having a positive attitude and attention to detail." She said, "Those are the three things that are expected. With the responsibility of wearing an athletic uniform for a school, you represent the school. Now I am on a different team, I have different teammates now. And I still try to give them those same three values I was taught as an athlete."

Goldman is now preparing for competition with the All-Navy Women's Basketball Team. The team will begin practice March 22 to compete in the Armed Forces Championships at Naval Station Everett, Wash. April 12 against teams from all four of the military services. Goldman has co-captained the All-Navy team for the past two years, leading the team to a silver medal in 2001. Last year, she was selected as one of the tournaments most valuable players (MVPs) and was selected to play on the Armed Forces Basketball team. The

Armed Forces team consists of the 12 best players from all four services and competes in a national tournament against Amateur Athletic Union (AAU) teams from all over the country.

The All-Navy team program is a "first class program," Goldman said. "We usually practice three times a day, starting early in the morning and into the evening. It's no cake-walk. It's taken very seriously. It's just a couple of weeks in which you have to learn everything, learn the plays, in just a short amount of time."

Goldman is proud to represent the Navy in this capacity. She also enjoys meeting people from stations all over the world representing diverse occupational fields and rates. "It really gives you a great perspective about what everybody does," she said.

And she appreciates her teammates in Navy Medicine. "I love what I do," she said. "I love being in the Navy and I love my job as an Occupational Therapist (OT)." Goldman said the range of experience she gets at Naval Hospital Jacksonville is much broader than what she'd get in the civilian sector. And she believes the quality of care delivered to the patient is better because of the hospital's integrated team and managed care approach.

"I also like the Navy because it's not just about being an OT, its about being a Navy officer," she said. "We have more opportunities to expand different skills than I would if I were in a civilian practice. There are so many opportunities for every Sailor on the Navy team, you just have to find your niche."

HSO snags top Healthcare Executive's award

By JOC Bill Austin
HSO PAO

On a recent cold and windy Chicago morning at the Joint Federal Sector breakfast held in Chicago, Capt. Larry Walters, MSC, USN, FACHE, officer-in-charge of Naval Healthcare Support Office (HSO) Jacksonville, was awarded the prestigious American College of Healthcare Executives (ACHE) Governor's Award.

The Senior-Level Healthcare Executive Governor's Award recognizes affiliates who are experienced in the field and have significantly contributed toward the advancement of healthcare management excellence and the achievement of ACHE goals.

Proposed awardees are evaluated on a wide variety of proven abilities such as innovative and creative management, executive capability in developing their own organization and promoting its growth and stature in the community, and contributions to the development of others in the healthcare profession.

The American College of Healthcare Executives is an international professional society of nearly 30,000 healthcare executives.

The award breakfast was held in conjunction with the college's annual Congress on Healthcare Management, which draws more than 4,000 participants each year.

At the breakfast, David Rubenstein, Fellow a ACHE, colonel, U.S. Army governor, presented the award to Walters with a firm handshake and a sincere smile.

"Capt. Larry Walters is a proven leader in Navy Medicine and role model for early and senior career executives alike," said Rubenstein. "He is board certified in healthcare management and a Fellow at ACHE."

He devoted nearly 30 years to professional excellence and the mission and objectives of the college. I wanted to take this opportunity to officially recognize him for his contributions to the healthcare management field and military medicine. A job very well done," added Rubenstein.

When asked to comment on receiving such an honorable award, Walters didn't hesitate to express his pride in serving our nation.



Photo by JOC Bill Austin

Capt. Larry Walters, officer-in-charge, Naval Healthcare Support Office Jacksonville, was recently presented the American College of Healthcare Executive Governor's Award.

"I was humbled to be recognized by my colleagues in professional healthcare management with such prestigious award, and proud to have had the honor to serve our Navy and our country as a Medical Service Corps officer providing healthcare services for the past 27 years to America's brave sons and daughters who wear the cloth of our nation," said Walters.

Last November, Walters received the Outstanding Medical Information Management Executive Award during the 108th Association of Military Surgeons of the United States (AMSUS) conference held in Louisville, Ky. That honor, is presented to senior healthcare executives (O-5 or above or civilian equivalent) in the Navy, Army, Air Force, U.S. Public Health Service, or Department of Veterans Affairs who have made outstanding contributions to Federal healthcare through demonstrated leadership and visionary management ability.

ACHE is known for its prestigious credentialing and educational programs and for its journal, the Journal of Healthcare Management, and magazine, Healthcare Executive, as well as groundbreaking research and career development and public policy programs.

ACHE's publishing division, Health Administration Press, is one of the largest publishers of books and journals on all aspects of health services management in addition to textbooks for use in college and university courses. Through such efforts, ACHE works toward its goal of improving the health status of society by advancing healthcare leadership and management excellence.

Tax Center open for business

The NAS Jax Tax Center is open Monday through Friday from 9 a.m. to 5 p.m. in Building 590. All active duty, retirees, recalled reservists and their families can use this free service. Qualified Volunteer Income Tax Assistance representatives will prepare and electronically file tax returns free of charge. For more information or to make an appointment, call 542-3395.

NAS Jacksonville
Fleet and Family Support Center
New Parent Support Program
Celebrating Our Future Heroes

Special Event:
Car Seat and Fire Safety
Workshop

April 17
9 a.m. - 3 p.m.

Location:
Fleet and Family Support Center
Building 594 - Old Store

For additional information call
432.0386, Ext. 348 or 277

NAVY EXCHANGE SATELLITE PHARMACY



Photo by HM2 Michael Morgan

Naval Hospital Jacksonville recently broke ground for a new satellite pharmacy facility at the NAS Jacksonville Navy Exchange and Commissary complex. Yielding the shovels are NAS Jacksonville Executive Officer Capt. Charles King; Commander, Navy Region Southeast Chief of Staff Capt. Hardy Kircher; Pharmacy Outpatient Division Officer Lt. Jody Dreyer; Lt. j.g. Shea Zahner, Hospital Facilities officer; Naval Hospital Jacksonville Commanding Officer Capt. Ralph Lockhart; Commanding Officer Public Works Center Jacksonville Capt. Charles Kahn; Naval Hospital Jacksonville Pharmacy Officer Cmdr. Mark Brouker; Radhe Mittal, BKM Architects and General Contracting; Rudy Helmold, Resident Officer in Charge of Construction (ROICC) project manager; Resident Officer in Charge of Construction Charles Mendoza.

Delivering on the future! Naval Hospital Jacksonville breaks ground for Navy Exchange Satellite Pharmacy

By Marsha Childs
Naval Hospital Jacksonville Marketing

Capt. Ralph Lockhart, commanding officer Naval Hospital Jacksonville, Cmdr. Mark Brouker, pharmacy officer, and other honored guests broke ground March 11 on a new satellite pharmacy slated for construction at the North end of the NAS Jacksonville Navy Exchange parking lot.

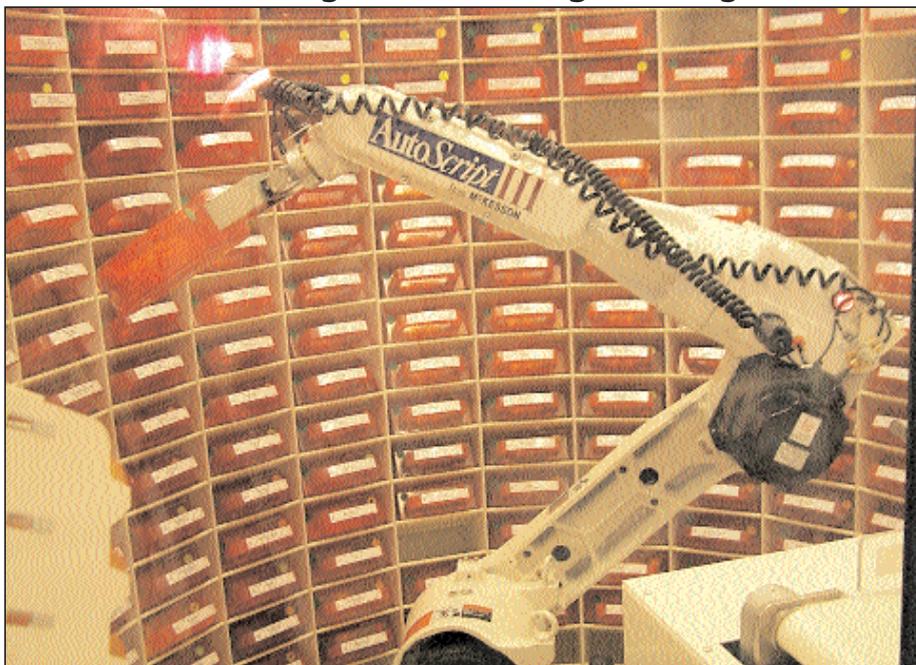
The pharmacy will fill all prescriptions generated by civilian providers. In addition, the pharmacy will be the site for the pickup of refill prescriptions. It will offer either drive through or walk-in options for the pickup of refill prescriptions.

Lockhart, who pushed for this innovative and customer friendly service said, "This is a win-win all the way around - it's a win for the hospital, the Navy Exchange and, most importantly, the patient. It will increase foot traffic for the exchange, decrease foot traffic at the hospital, increase parking availability at the hospital and make pharmacy services more convenient for our customers." The expected opening date of the new pharmacy is September 2003.

Lockhart also commended the pharmacy department for receiving the Customer Service Area of the Year Award for 2002. Citing some of its accomplishments, he noted the recent renovation of the Outpatient Pharmacy Production Space to improve services.

The new upgrade includes a state-of-the-art automation dispensing process that incorporates barcode technology. Using robotics, the system significantly increases patient safety by providing a safer, more reliable process from start to finish. During the extensive renovation, the pharmacy staff continued to provide full services to our beneficiaries.

During 2002, the pharmacy also studied patient usage rates and added more than 125 new medications to the formulary, thus recapturing workload from the civilian sector and saving taxpayer money. Another innovation developed is online medication refilling for computer-savvy patients. In addition to calling the pharmacy's automated refill serv-



The new AutoScript III robot is a significant automation enhancement for the pharmacy both from an efficiency and patient safety standpoint. It can process up to 120 scripts an hour.

ice by phone (542-7410), patients may now place their order online at: www.formularyproductions.com/nhjacksonville.

The site allows them to print a record and access additional information on the medications. Patients can get the latest pharmacy information at this website and see pictures of the NEX pharmacy as it is being built. The website exemplifies ways Naval Hospital Jacksonville is using 21st Century technology to provide outstanding service to the Fleet and their families. Brouker said, "This is the best pharmacy team I have ever worked with." He added that his staff fills an average of 3,000 new and refill prescriptions a day and the Customer Service Award is testimony to the degree of teamwork involved. Already this year, the pharmacy has filled record-breaking numbers of new prescriptions that exceed the 2002 monthly average by about 10,000 prescriptions per month.



HM2 Heather Martin restocks the pharmacy's new AutoScript III robotics system.

NAVY EXCHANGE SATELLITE PHARMACY

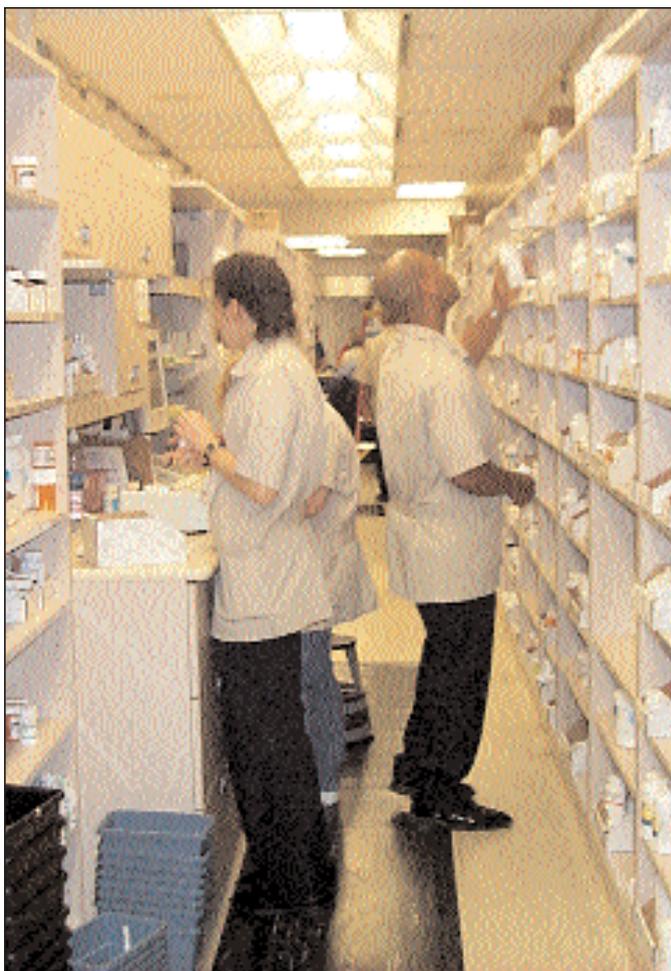
The Outpatient Pharmacy set a record in January for prescriptions filled: 69,000 - including both new prescriptions and refills.



Photos by Loren Barnes

NAVAL HOSPITAL JACKSONVILLE NAVY EXCHANGE SATELLITE PHARMACY

Construction Cost: \$730,000
Square footage: 4,200 square feet
Due to open: September 2003
Services: Drive through pick up window
Inside waiting area



HN Mariana Eder and HM2 Darnell Vincent process prescriptions in the Outpatient Pharmacy.



Civilian Pharmacy Technician Carole Simmons-Decort scans a prescription for processing using the pharmacy's new barcode technology.



HN Janice Wilson takes pills out of the pharmacy's new Baker cells (pill counting units).



Naval Hospital Jacksonville Commanding Officer Capt. Ralph Lockhart presents the Customer Service Award to the Naval Hospital Pharmacy. Accepting on behalf of the staff is HM1 Gwendolyn Vanderpool and Cmdr. Mark Brouker, Pharmacy Department head.

Photo by HM2 John Veres

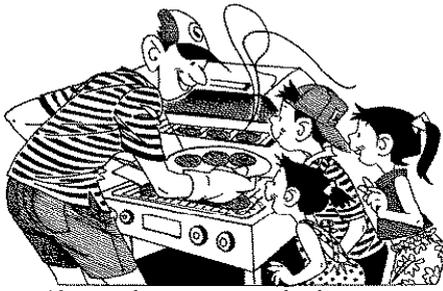
Cooking outdoors safely

Tips to keep from going up in smoke

From the NAS Jax Fire Prevention Bureau

The outdoor cooking season is here. Cooking outside the home with LP gas or charcoal can be enjoyed almost every season in Florida. To help ensure your cookouts will be safe, here are a few safety tips provided by the NAS Jacksonville Fire Prevention Bureau:

- When using a gas grill, check your propane tank for dents, or other damage.
- Check your cylinder fittings and connections to make sure they are tight.
- Never light your grill if there is a strong odor of gas present.



- After use, always turn off the LP gas tank valve.
- Never use your gas or charcoal grill indoors, or on an enclosed porch or patio.
- Never store your propane tank indoors or in an enclosed area.
- When using a charcoal grill, always use charcoal lighter fluid, never under any circumstances use gasoline or kerosene.
- Never re-apply lighter

fluid onto hot briquettes or a smoldering fire.

- Keep your grill a safe distance from houses and overhangs.
- Wear clothing that won't flop against coals or other hot surfaces of the grill.
- Keep children a safe distance away from the cooking area.
- Never leave outdoor cooking unattended.

The NAS Jacksonville Fire Prevention Bureau wishes everyone a fire safe outdoor grilling season. For information regarding fire safety, contact NAS Jax Fire Prevention at 542-2783.

Red Cross Junior Volunteers needed

From Naval Hospital Jacksonville Public Affairs

The Red Cross Junior Summer Volunteer Program at Naval Hospital Jacksonville is accepting applications for the summer session.

If your teenager is dependable, willing to accept responsibility and has a desire to help within the community and meets the requirements, then the Junior Volunteer Summer program is for them. Interested high school students between the ages of 15 and 18 are encouraged to apply before April 15.

Enrollment is limited, so the applicants are encouraged to apply early. The Red Cross Volun-

teer Chairman and Junior Volunteer Chairman will interview all junior applicants for approval.

The Junior Volunteers will be assigned to work in designated areas of the hospital under supervision of the staff members. The Junior Volunteer program requires a minimum of four hours per week. Interested students are encouraged to apply before the April 15 deadline. Applications must be returned to the Red Cross Office by April 15, with a copy of the volunteer's immunization record and current PPD. Orientation is June 5 and 6. For additional information, call Mrs. Lammert, Chairman of Junior Volunteers at 342-7225.

Spring is here – time to clean

From the NAS Jax Fire Prevention Bureau

Spring is here, and now is the time to do away with winter clutter. "Spring clean-up" helps prevent fires in the home. Remember, cluttered areas give fire a place to start!

Here are a few tips from the NAS Jacksonville Fire Prevention Bureau:

- Dispose of boxes not being used, they can build up and invite fire into your home.
- Store paints, fuels and all ignitable liquids in a cool, locked metal cabinet. Do not store chemicals that are not compatible together such as pool chemicals, oils, gasoline and cleaning products. If you're not sure, call a fire station near your home and ask their advice.
- Dispose of oily rags and rags used to wipe up after fueling various mechanical equipment during the winter months. It doesn't have to be very warm in your garage or

storage area for rags to heat up and catch fire. Rags used to apply furniture polish can also be dangerous and should be replaced.

- Check family storage areas. Attics, basements, and closets also invite fire. Dispose of anything you don't use. At the very least, straighten things up.
- Do not place any combustible material or items within three feet of furnaces, water heaters or other heat sources.
- Routinely check behind and underneath the clothes dryer, vacuum to remove excess lint and dust buildup.
- Before burning outdoors, contact your local fire department to obtain guidance or procedures. It could be prohibited in your area.

Spring-cleaning is a great time to help make your home fire safe. Don't give fire a place to start. For more information regarding fire safety, contact NAS Jax Fire Prevention at 542-2783.



IRAQ WAR: Commander vows job will get done

From Page 1

few tanks. Each time they have met our forces, it has been good for us and not good for them."

Severe sand and thunderstorms affected different functions on both sides of the battlefield earlier this week. Franks said certain types of precision-guided munitions delivered by coalition aircraft were not used during the bad weather, because they require a line of sight. Other munitions that do not require a line of sight were relied

upon more, he said.

Brig. Gen. Vincent Brooks, deputy director of operations for U.S. Central Command, said the ability to fly in supplies was reduced during the bad weather.

"The flow of supplies did change for period of time," Brooks said. "But we're still able to conduct the operations as we see them, and we're still on plan."

For continuing coverage of Operation Iraqi Freedom, visit the Navy News Stand page at www.news.navy.mil.

RALLY: Local residents turn out to support troops

From Page 1

County Veterans' Memorial Wall downtown last Saturday.

"I felt that something positive needed to happen in Jacksonville," remarked Cindi Davis, event organizer. "The troops overseas are going to receive a tape of this event."

Amid numerous pro-U.S. chants and cheers, many turned out with homemade posters and signs proclaiming support for the armed forces. One sign read: Our

minds are here in the United States, but our hearts are with you.

The rally also featured patriotic music and plenty of flag-waving as the crowd burst into numerous cheers following each rendition.

U.S. Representative Ander Crenshaw added his voice of support for the troops at the event, and a letter from Florida Governor Jeb Bush was read to those gathered.

"I think an event like this is extremely important, especially if the message

can get out to those who are serving," said VP-30's PR1(AW/PJ) Louis Tavares. "It's important to show those serving that they do in fact have support from home."

Tavares, who's enjoyed duty in Jacksonville a total of 17 years during his career, said the city's love for the military is clearly evident by the number of those who turned out for the event. "I think this is the best military town in the nation," he added.

For Jacksonville resi-

dents Terry and Carolyn Davis, the rally held special meaning. Their son, Army Pfc. Ryan Davis, is currently deployed in support of Operation Iraqi Freedom.

"This was wonderful to see so many out here in support of our nation's military," Carolyn said. Both remarked the turn out showed just how pro-military Jacksonville is. "We moved here just over a year ago," Terry said. "It's a good feeling to see a turnout such as this."

Parent seminars planned for military parents, local community

From FFSC

The Navy Region SE Fleet and Family Support Program, in partnership with MWR and the Duval and Clay County School Districts, is sponsoring parenting seminars for military parents, school officials, childcare providers and mental health professionals in April.

The guest speaker will be renowned Family Psychologist John

Rosemond, Director of the Center for Affirmative Parenting in North Carolina. Rosemond is author of nine best-selling books on parenting skills. He also has an acclaimed parenting column syndicated in nearly 200 newspapers nationwide.

The seminars will take place on: April 29 from 7 - 8:30 p.m. at Chimney Lakes Elementary School (focused for military parents).

April 30 from 9:30 - 11 a.m. at the Orange Park Holiday Inn (focused for school officials, childcare

providers and mental health professionals).

For more information call 542-5380.

MWR NOTES

NAS Jax Golf Club offers deals

The NAS Jax Golf Club is offering some great golfing challenges in April. On April 13, the Men's Golf Association will hold their monthly event, hosting 60 players at 9 a.m. Beginning April 16, a Men's 9-Hole Scramble begins and will be featured every Thursday at 5:30 p.m.

Aquatics Department taking reservations

The Aquatics Department staff members are now taking reservations for private parties at the outdoor pool.

The Aquatics staff is eager to help you get you fit. Join them for an aqua aerobics class, Monday - Thursday from 11 a.m. to noon, or Monday, Wednesday, and Friday from 4:30-5:30 p.m. and again from 5:30-6 p.m. There is still time to enroll in May swimming classes. Registration is open for all levels. Please contact the Aquatics Department at 542-2930.

Veterinary Treatment Facility

The NAS Jax Veterinary Treatment Facility (VTF) is located in Building 8 at the corner of Ranger Street and Enterprise Avenue. The VTF is open Monday through Friday from 8 a.m. - 4 p.m. The VTF is closed on legal holidays. Pets are seen by appointment only. Appointments may be made in person at the VTF or by calling 542-3786.

The clinic is limited to services permitted by regulations. These include vaccinations, heartworm testing, fecal testing and minor treatment of the eyes, ears, and skin on an outpatient basis. Heartworm and flea prevention products are available for purchase at the VTF during regular business hours.

Mulberry Cove Marina news

Learn the rules of the waterways and

enjoy a safe boating experience. Take the Florida Safe Boating Course. "How to Boat Smart." The class is free and open to all hands.

Visit to the Mulberry Cove Marina and get your free spring stock-up coupon book. The books are stocked with more than \$175 in savings on the biggest brand names in fishing. The coupons offer great savings and will not be around long. This offer expires April 30. 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.

NAS Freedom Lanes offers great deals

The NAS Freedom Lanes is a state-of-the-art bowling facility, with 24 lanes, a game room with pool tables and arcade gaming machines. The Gutterball Grill snack bar provides delicious food and beverage service. The facility has a fully supplied Pro Shop

staffed by members of the Professional Bowling Association.

The center is open seven days a week. The center offers Cosmic Xtreme bowling on Saturday afternoon from 4-6 p.m. and again from 8 p.m.-midnights. The NAS Freedom Lane is open to all active duty, authorized civilians, retirees and their family members.

Active duty free bowling: Wednesdays from open to close.

Rent a lane special Tuesdays starting at 5 p.m. The cost is \$12 per lane per hour or \$32 per lane for three-hour rental. Shoe rental is \$1.65 per pair.

Extreme Bowling - Saturday nights. The cost is \$15 per person. Check in begins at 7 p.m. and bowling starts at 8 p.m.

Call the center for event schedules at 542-3493.

Summer Camp Registration

Summer is almost here and school will be out soon. Summer Camp registration at the Youth Activities Center begins April 12 from 10 a.m. to 1 p.m. Packages are now available for pickup. Call 778-9772 for more information.

Night Easter Egg Hunt

Kids get ready for the annual night Easter Egg Hunt at the Macaffrey Softball Complex on April 18 at dusk. There will be thousands of eggs, hiding (glowing) for you to find. Don't miss the chance to fill your baskets with delicious treats and find the golden egg with a big surprise inside.

April is Month of the Military Child

Help celebrate our youths during this year's Month Of the Military Child celebration. The staff of the NAS Jax Youth Activities Center is putting together an exciting event with carnival rides, pool

games, prizes and just plain old fun on April 26 from noon to 4 p.m. at the outdoor pool. This event is free for all.

Youth classes

Dance classes and 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. There are no alcoholic beverages allowed in the theater and persons under 17 are not permitted without adult supervision.

Tomorrow, 7 p.m. - 8 Mile (R)

April 11, 7 p.m. - Antwone Fisher (PG-13)

April 12, 5 p.m. - Harry Potter: Chamber of Secrets (PG)

April 12, 7 p.m. - Solaris (PG13)

Upcoming Liberty events

We're starting a T-shirt design contest. Come by the Liberty Recreation Center to get more details.

April 7 - NCAA Men's Basketball Division I Championship Game Party.

April 11-13 - White Water Rafting at Long Creek in South Carolina. Join us for this challenge.

April 19 - Sky Diving Trip

April 23 - Join us for our monthly Indoc BBQ at 11 a.m.

For more information, call 542-1335.

River Cove Officers' Club Catering & Conference Center

Join us for an all-hands Easter

Brunch, April 20 at the River Cove Officers' Club. Brunch will be served from 10:30 a.m.-1:30 p.m., with a special visit from the Easter Bunny at 11 a.m. The cost is \$10.95 for adults, \$5.50 for children ages 6-12 and free for children under 6. Call today and make your reservations, 542-3041. Walk-ins will not be accepted.

Escape the ordinary on a 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.

Here are some of the upcoming events I.T.T. has tickets for:

April 6 - Renaissance Festival - Let I.T.T. take you back to the 16th Century. Transportation and ticket costs are \$20.75 for adults and \$15 for children under 12.

April 11-13 - Charleston Getaway: See all the best - Patriots Point, Fort Sumter, Magnolia and Middleton Plantation, and a city tour. Included are all entrance fees, hotel, tour, breakfast, a lunch and dinner all for \$194.25 per person.

April 19 - A Capitol Idea - We're heading to Tallahassee, Fla. to see Mission San Luis, the Capitol Building and Museum of History for only \$13.50.

April 26 - Okelafnokee by Moonlight. Enjoy a special evening tour that includes a two and a half hour guided boat tour and a Low Country Shrimp Bowl dinner for \$51.75.

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.

Month of the Military Child honors sons, daughters of service members

From MWR

Being the son or daughter of a service member poses unique challenges and needs. The "Month of the Military Child," celebrated in April since 1983, emphasizes the importance of providing children with quality services and support to help them adjust and succeed in the mobile military lifestyle.

"In the military, family is very important and it comes in a package. Navy Morale, Welfare and Recreation (MWR) is committed to taking good care of Sailors' families," said Dr. Gwen Taylor, head of the Child Development Section for Navy MWR. "The Navy has a variety of childcare, youth and teen programs in place so that Sailors

don't have to worry about what's going on at home as they perform their mission," she said.

Navy commands are encouraged to plan special events in honor of the Month of the Military Child and highlight those activities in base newspapers, plans of the day and web sites.

To recognize military children at NAS Jax, MWR is sponsoring a Month of the Military Child Carnival April 26 from noon to 4 p.m. at the base outdoor pool. The event will feature five carnival games, swimming races, a DJ, prizes and a lot more. This event is free and no registration is required.

For more information, call 778-9772.

Marina to sponsor annual bass tourney

By Phil Collins

NAS Jax Mulberry Cove Marina Manager

NAS Jax Morale, Welfare and Recreation Department would like to invite all active duty and retired military and civilian contractors to participate in the 21st annual NAS Jacksonville Bass Tournament. The one-day tournament will begin at first light on April 12 at the Mulberry Cove Marina.

Due to enhanced security, this year's tournament is open only to those who have access to the base.

Access to the base is the responsibility of each angler. Last year, the event hosted 166 anglers and awarded more than \$5,000 in cash and prizes at the weigh-in ceremony, which was attended by more



than 230 people.

The tournament follows a team format of two anglers per boat. The early entry fee is \$60 per team and \$75 after April 1.

There is an optional Big Bass pot fee of \$10. The cash prize payout is 80 percent, with 100 percent of the Big Bass Pot awarded.

Every angler will receive a tournament hat and/or T-shirt, sponsor bag with promotional items, and complimentary food and drinks during the weigh-in ceremony.

For more information and to obtain an entry form, contact the Mulberry Cove Marina at 542-3260 or e-mail collinsph@nasjax.navy.mil.



Military discounts offered for women's tennis tourney

Special discount tickets are being offered to military personnel and their families to the 2003 Bausch & Lomb Championships April 14-20 at Amelia Island Plantation.

Military personnel and their families will receive \$10 off the price of a standard stadium seat ticket for the night sessions Monday through Friday. Night sessions begin at 7 p.m. Tickets may be ordered by calling 800-486-8366 and advising the tournament of military status. The offer is valid through April 10.

"Given today's uncertainties both home and abroad, it is important to recognize the importance of those individuals who have dedicated themselves to protecting our nation's values. We have created this special offer as our small way of saying thanks," said John Arrix, Tournament Director. "Perhaps an evening of watching spectacular tennis may provide some



sort of escape from the everyday challenges."

The Bausch & Lomb Championships is a premier WTA Tour event, part of the worldwide tour consisting of 1,000 players representing 76 nations at 60 events in 31 countries over an 11-month schedule. Celebrating its 24th anniversary, the Bausch & Lomb Championships is the second oldest U.S. event on the tour. For daily ticket and package information call 800-486-8366 or visit the tournament web site at www.blchamps.com.

Veterans to sponsor flag exchange

Does your American flag need replacing? The Northeast Florida Veterans Council is sponsoring a flag exchange Saturday, April 12 from 10 a.m. to 3 p.m. at the Veterans Memorial Wall adjacent to the Jacksonville Coliseum.

The event is being held as an opportunity for local citizens to renew their sense of patriotism.

Following a brief ceremony including an address and the Pledge of Allegiance, citizens

can exchange their weathered or damaged flags for a new three by five-foot polyester American flag at no charge.

Mission Harvest, a non-profit support group, will be present to accept donations for care packages that will be sent to our troops in the Middle East.

For more information, call 630-3680.

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.

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 (debbiekjg@yahoo.com) or Kathi at 751-3400 (ktdj28@aol.com).

Submarine Sailors - If you have qualified on a United States Navy submarine in the past or present you are invited to join "First Coast Sub Vets." If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. Meetings are held the second Saturday of each month at the American Legion Post 316 on Atlantic Blvd. For more information contact the Base Commander at rjjax@atbi.com or 241-6222.

The Marine Corps League, Jacksonville Detachment holds their monthly meeting the first Thursday of the month at 7:30 p.m. at the Marine Corps Recruiting Station at 3728 Phillips Highway, Suite 229. For more information call John Leisman at 779-7375.

Girl Scout Troop 333 meets every Wednesday from 7-8:30 p.m. at NAS Jacksonville Chapel Annex. All girls grade 4-6 are invited, adults are also needed. If interested contact Lynne Sebring at 317-2363 or come to the meetings.

St. Joseph's New Directions is a year-round support group for the divorced and separated. Meetings are held the second and fourth Wednesday of every month. The meetings start at 6:45 p.m. and are held in the Convent at St. Joseph's main church on Loretto Road. Call 268-1591.

Christian Fellowship Night will be held behind the Chapel in Bldg. 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 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. NNOA is a non-secretariat, not-for-profit organization sanctioned by the Secretaries of Defense and Transportation to assist sea services in recruiting and training minority officers, increasing awareness of sea services opportunities in minority communities, and projecting a positive Navy, Marine Corps, and Coast Guard image. Interested personnel are encouraged to attend or contact Lt. Herlena Washington at 696-5005 or email WashingtonHO@matcombic.usmc.mil.

The U.S. Coast Guard Auxiliary (Flotilla 14-8) is sponsoring three one-day Boating Safety programs on April 26 and July 26 from 7:30 a.m. to 5 p.m. at Mandarin High School. The cost is \$20 per person. For more information, call Bob Strong at 721-1346.

The Children's Home Society of Florida will host its 14th annual Run for the Roses celebration presented by MPS Group May 3 at the Outpost in Ponte Vedra Beach. The event kicks off at 4 p.m. and includes a big-screen broadcast of the Kentucky Derby as well as a traditional "Derby dinner," and a silent auction. Proceeds from the celebration will benefit CHS, which provides adoption, foster care and other social services for local children and families.

The 60th Anniversary Jolly Roger Reunion (1943-2003) will be held May 15-17, 2003 at NAS Oceania, Va. For more information, e-mail reunion@v1103.navy.mil or call (757) 433-5833.

The VFA-131 20th Anniversary Reunion will be held on July 11 and 12. The reunion will be located in Virginia Beach, Va. For more information contact Lt. James Yeats, VFA-131, Unit 60145, FPO AE 09504-6229 or email yeatsja@vfa131.navy.mil.

The VP-4 Association is holding a reunion Oct. 6-9 at the Flamingo Hotel in Las Vegas, Nev. For more information and to register, email VP4assoc@adelphia.net.

USS Iwo Jima (LPH2/LHD 7) will hold their annual reunion Oct. 16-19 in Norfolk, Va. For more information, call Robert McAnnally at (866) 237-3137 or email yujack@megalink.net.

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 djdestin@cox.net.

JAX TALES

By MIKE JONES

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NAMTRAU bounces back to claim Greybeard Basketball Championship

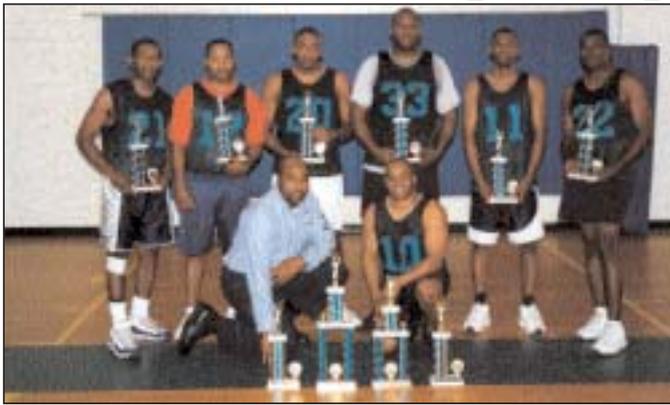
By Bill Bonser
Sports Coordinator

The Greybeard Basketball League regular season ended with a first place tie between NAMTRAU and NCTS. However, NAMTRAU was declared the winner because they had defeated NCTS in the last two games they played.

After the regular season ended, five teams headed into the playoffs with NAMTRAU and NCTS as the number one and two seeds. The highlight of the playoffs was the meeting between NAMTRAU and NCTS. Both teams won their first game to square off against each other for the right to go to the finals. The game was close, but the outcome was the same as NAMTRAU came out with a 50-47 victory to defeat NCTS for the third time.

NCTS' first loss of the playoffs sent them to the loser's bracket to face FACSAC. NCTS found themselves in a battle with FACSAC in the best game of the tournament. With the game tied at 53 and three seconds left on the game clock, NCTS' Eric Whitt let a long range shot go as time expired and the ball went through the basket to give NCTS an exciting 55-53 victory.

The victory gave NCTS a fourth opportunity at NAMTRAU and a shot at the championship.



Photos by Bill Bonser

NAMTRAU poses (above) for a team photo after winning the 2003 Greybeard Basketball Championship.

NCTS came to play as they jumped out to a 23-15 halftime lead. NAMTRAU won the third quarter 8-6, but NCTS still held on to a 29-23 lead.

NAMTRAU could not cut the deficit in the early part of the fourth quarter and had to resort to fouling to conserve time and try to make a come back. NAMTRAU sent NCTS to the line 20 times and NCTS only converted 7 free throws, however, NAMTRAU could not capitalize to overcome the deficit. NCTS defeated NAMTRAU 47-36 for the first time in four games and the victory forced a second and final game for the championship. The final game for the

Greybeard Championship started out very exciting as the first quarter ended tied at 9.

The excitement continued in the second quarter with NAMTRAU scoring 13 points and NCTS scoring 11 points to give NAMTRAU 22-20 halftime lead. In the third quarter, NAMTRAU and NCTS each scored 8 points. With NAMTRAU holding on to a slim 30-28 lead, the championship was still up for grabs. NAMTRAU busted out in the fourth quarter with a 6-0 run and NCTS hit a major dry spell scoring only two points in five minutes and 20 seconds.

Meanwhile, NAMTRAU continued their attack on the offensive boards and

scored 12 points to take a commanding 42-30 lead.



NCTS Player Jeff Lazenby (left) looks for an opening to dribble through a trap by NAMTRAU Defenders Lyndon Robinson (center) and James Farmer.

NCTS could not buy a basket and all they could do was foul to have any chance to get back in the game. NAMTRAU did not allow NCTS to get close as they went 9 for 17 from the free throw line. NAMTRAU

went on to win the game 51-36 and claim the 2003 Greybeard Basketball Championship. Lavoski Munford and David Johnson each scored 15 points to lead NAMTRAU in the victory.

JAX SPORTS NEWS

Sports officials and scorekeepers needed

The North Florida Military Officials Association is looking for individuals to officiate soccer, softball, football, and volleyball at NAS Jax. Scorekeepers are also needed for basketball. Experience is not required. If interested, contact Al Vandercar at 282-0809.

Women's softball league forming

This league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. Games will be played Tuesdays and Thursdays at 8 p.m. with the season scheduled to begin this week.

Men and Women's Tennis Tourney slated

This tournament will be held April 28 at 5 p.m. It is free and open to all NAS Jax active duty, retired, dependents over 18, and DoD men and women. The matches will be played at the Birmingham Tennis Courts. Call the NAS Jax Gymnasium to sign up by April 25.

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 sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239 or e-mail us at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil.

SPORTS STANDINGS

Intramural Bowling Standings as of March 28

Team	Points
VS-32	178
AIMD - DB	166
SERCC - GRUS	159
AIMD - BB	129
VR-58 - BB	128.5
VR-58	112
SERCC - B&T	111.5
CV-TSC	71