



Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE

Donations needed

Help provide nutritious meals to a military family. The NAS Jax Food Locker is in need of non-perishable food items to help families in need during the upcoming holidays. The Food Locker is located behind Building 590 and is open from 8 a.m. to 4 p.m. For more information, call 542-3918.

Christmas Tree Lighting

NAS Jacksonville's annual Christmas Tree Lighting is tomorrow at Patriot's Grove on Yorktown Avenue. Enjoy music, snacks and free pictures with Santa. Santa arrives at 5 p.m. and the tree lighting is at 5:45 p.m. The winners of the Christmas Card Contest will also be announced.

Jolly Holiday with Santa and Mrs. Claus is Dec. 13 from 6:30-8:30 p.m. at Yellow Water Housing. This event is open to all ages and offers free photos with Santa.

MWR is hosting the Holiday Tropical Freeze event on Dec. 21 from noon to 5 p.m. at the Mulberry Cove Marina. Enjoy a snow sled run, free hot dogs and sodas.

Call 542-3577 for more information on these events.

USO to sponsor annual Pal Day

The 45th annual USO Pal Day is scheduled for Dec. 7 in St. Augustine. The event features free admittance to most tourist attractions, free parking at the Visitors Center, sight-seeing trains and Old Town trolley tours for all active military personnel in uniform and their family members.

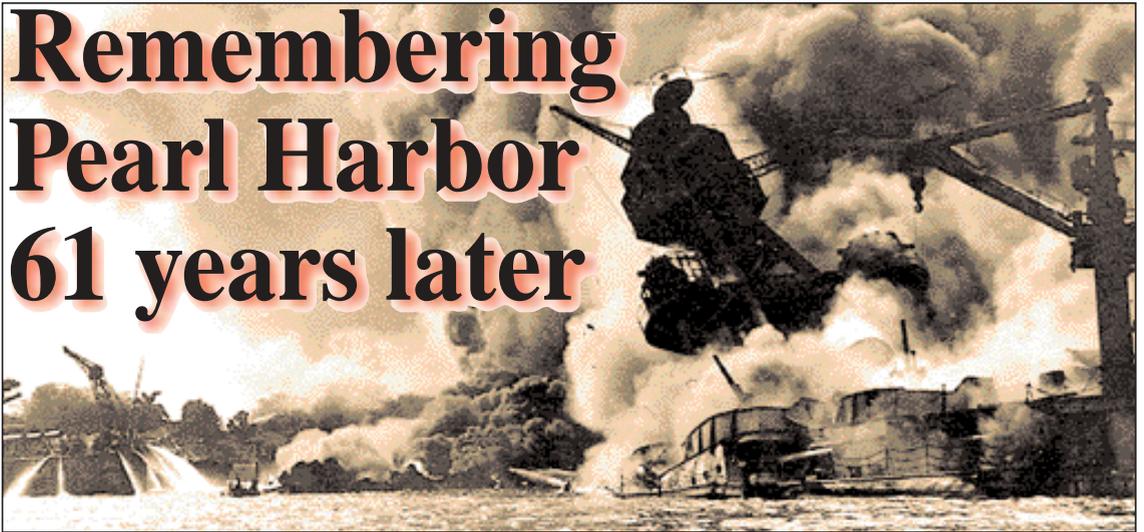
Immediate families of deployed personnel are also admitted free with military I.D. card.

The annual St. Augustine Christmas Parade begins at 10 a.m.

A complimentary lunch will be served from 11 a.m. to 3 p.m. at Elks Lodge #829 next to the St. Augustine Amphitheater.

For more information, call the USO at 542-3028.

Remembering Pearl Harbor 61 years later



U.S. Navy Photo

USS Arizona (BB-39) sunk and burning furiously, Dec. 7, 1941. Her forward magazines had exploded when she was hit by a Japanese bomb. At left, men on the stern of USS Tennessee (BB-43) use fire hoses to spray the water to force burning oil away from their ship.

By JO1 Mike Jones
Assistant Editor

Pearl Harbor Day - December 7, 1941

Sixty-one years ago, the unthinkable happened. While most of America slept that fateful Dec. 7, Japanese aircraft descended on Pearl Harbor and began an attack that

claimed 2,403 lives, 188 planes and crippled the U.S. Pacific Fleet.

The attack, meant to destroy the entire Pacific naval arsenal, thrust

America into World War II. Less than one year later, the tide turned. On June 4, 1942, the vastly outnumbered, and badly damaged U.S. Pacific Fleet intercept-

ed Japanese warships heading for Midway Island. With the combined efforts of the U.S. carriers' bombing and torpedo squadrons, four Japanese carriers and

253 Japanese planes were destroyed, effectively ending the empire's dominance of the Pacific theater.

Until Sept. 11, 2001, the tragedy of Dec. 7, followed by the surge in patriotism could only be understood

See PEARL HARBOR, Page 9

Commissary creates new display for deploying squadron members

By Kaylee LaRocque
Staff Writer

In an effort to better serve customers, specifically those Sailors and Marines who may be deploying and need to grab a few items for their seabags, a new display has been set up at the NAS Jacksonville Commissary.

This new Deployment Support Center features such items as batteries, personal care items, non-perishable food items and numerous other products that may be needed as a military member heads to sea.

"We're putting together these deployment centers at key commissary locations, featuring items military members might need while they are deployed. This is one way we can make it easier for them to shop before they leave, and it's an easy way for family members and friends to pick-up items to include in care packages from home," said Defense Commissary Agency

(DeCA) Director Maj. Gen. Michael Wiedemer.

Creating such a display took several months of planning and testing. "The items in the deployment centers are not the result of guess work," added DeCA Deputy Director Pat Nixon. "It's a tested assortment from military service members and as a former Marine, I can vouch for just how much having some of these items, or receiving them from home, can mean to the troops out in the field."

The one-stop shopping area helps deploying members get in and out of the commissary with the supplies they need when they are in a hurry. "This allows Sailors who are about to get underway on deployment the opportunity to come in here and easily find the things they need to take with them without having to go through the entire commissary. Everything they may need is now centrally located. Some

See COMMISSARY, Page 9



Photo by Kaylee LaRocque

AD1 Dean Hales of NAMTra shops for items at the new NAS Jax Commissary Deployment Support Center. The new display provides deploying Sailors and Marines with a one-stop shopping area for items they may need while at sea.

Ring in the season of giving!



Photos by Kaylee LaRocque

(Above, from left) Lt. Lisa Castaneda of CNRSE, Capt. Pamela Moretz, administrator of the Salvation Army of Clay County and Rear Adm. Annette E. Brown, commander, Navy Region Southeast, set up the Salvation Army kettle at the Orange Park Mall. Brown and Castaneda volunteered for bell-ringing duty Nov. 27. (At left) Six-year-old Cody Morris puts a donation into the Salvation Army kettle at the Orange Park Mall as Rear Adm. Annette E. Brown, commander, Navy Region Southeast (CNRSE) (right), and Lt. Lisa Castaneda of CNRSE look on.

INSIDE

Classified	13
Community Calendar	10
Jax Sports.....	11
Jax Tales	10
Letters To Santa	2
Meet a Civilian	2
Meet a Sailor	2
MWR Notes.....	10

WEEKEND WEATHER

	FRIDAY 39/58 PARTLY CLOUDY
	SATURDAY 45/63 PARTLY CLOUDY
	SUNDAY 48/65 INCREASING CLOUDS

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

HRO UPDATE

Be wise when choosing long-term care insurance

From HRO

Choosing a long-term care insurance plan is important. The Federal Long Term Care Insurance Program is the only long-term care insurance program authorized by the U.S. Office of Personnel Management. Don't be fooled by similar plans also marketed as federal plans.

Time is running out. The Federal Long Term Care Insurance Program Open Season ends Dec. 31. In an effort to better serve our customers, the Office of Personnel Management has designed the following top ten considerations when purchasing long-term care insurance:

1. Don't assume you have this coverage. Long-term care is not covered by most health insurance policies or disability insurance. Medicare generally pays limited amounts for skilled care (not custodial care) only following a hospital stay.
2. Educate yourself. Visit the web sites of reputable organizations related to aging or long term care, or read articles in consumer or personal finance magazines related to this topic.
3. Discuss your long-term care plans with your family. Consider whether or not your spouse, children,

or other family members could provide care if you need it and the extent to which you want to depend on them.

4. Consider a range of care options. Decide if you want a policy that includes coverage for a range of care options including home care, community-based services (like adult day care), assisted living facility and nursing home care or care in limited settings such as facilities only.

5. Don't be a penny wise and a pound foolish - Sometimes the least expensive plan is not the wisest choice because coverage may be limited and/or provide few options. You may be better off spending more on a plan that ensures you have more choices about the level and type of care you may need one day.

6. Buy only the coverage you need. For example, most people don't need a policy that covers nursing home care for many years. The average stay in a nursing home is two and a half years. Consumers should also check local nursing home rates to determine the cost of care in their area, and decide how much of that cost they can pay for out-of-pocket. You don't need to purchase insurance to cover all anticipated costs if you can pay part of them from your income or assets.

7. Buy at a young. Long term care insurance rates are based on your age

when you first buy the coverage. Those who buy in their 40's and 50's can have the advantage of selecting rich plan designs for a fraction of the price they would pay if they waited to buy later.

8. Ensure your coverage keeps pace with inflation. You may not need to use your benefits for many years and the costs for long-term care will increase. Be sure your plan benefits are protected against inflation so they are adequate to meet your needs in the future.

9. Don't overlook your employer or an affinity organization. More and more employers and affinity organizations are offering long term care insurance. These plans are usually carefully researched and may offer cost savings.

10. Purchase from a financially stable company. Check ratings of companies to be sure that they have a proven track record and will be around when you need to use your long term care insurance benefits. Also ask about their history of premium increases.

To find more information on the Federal Long Term Care Insurance Program, go to the CNRSE Human Resources web site at www.hrojax.navy.mil and click on Long Term Care.

Christmas decorations and tree inspections required for offices

From the Base Fire Department

The NAS Jacksonville Fire Prevention Bureau would like to remind everyone that when Christmas decorations and trees are set up

in office spaces, work centers, barracks, and places of public assembly at NAS Jacksonville, a fire safety inspection by the base fire department is required.

The safety inspection ensures the safe placement of a Christmas tree,

use of decorations and lights, and that all safety precautions have been taken and are observed throughout the holidays.

The inspection includes a check of posted fire bills, fire extinguishers and amount of

light strings displayed.

After setting up a holiday display and before plugging in lights, call the Fire Prevention Bureau at 542-2783/3928 or Fire Headquarters at 542-2451, ext. 10 to request a fire safety inspection.

FROM THE DOC

Explaining the 'kissing disease' also known as mono

By Lt. Chris Alfonso
VP-30 Flight Surgeon

Most people are aware of the disease, "mono," and that it is also known as the "kissing disease." Mono is a nickname for the disease, "infectious mononucleosis," infectious mononucleosis is caused by a specific viral infection that affects young people the most in the general population.

The virus that causes mono is called the Epstein-Barr virus, and it is transmitted from person to person thru saliva, hence the name "kissing disease."

It can also be spread to others through contact with objects that have been contaminated with the saliva from someone who has mono. These include objects like utensils and drink containers. Once the virus enters a person's body, it can take up to four weeks for symptoms to show.

The symptoms caused by mono are usually age-related. Infants and young children that get mono usually do not show any symptoms, but if they do, they may have a fever, tonsillitis, or other household cold symptoms.

Older children and young

adults have more severe symptoms that include sore throat, fever, swollen lymph nodes in the neck, and fatigue. Some individuals may feel so tired that they will require up to 16 hours of sleep a day!

Many people that have mono, also experience sore muscles, decreased appetite, and sometimes get a red rash on their body (most often on the chest).

The virus that causes mono, can also affect body organs like the liver and spleen. The virus can cause liver inflammation and enlargement, and it can cause the spleen to enlarge as well.

These changes may make you feel like your "belly is full," or even have abdominal pain.

If you experience these symptoms or you think your child has mono, make an appointment with your doctor. The doctor will ask questions about any symptoms and do a physical exam.

They will look for signs of a fever, red swollen tonsils (that may also have pus on them), enlarged lymph nodes (especially in the neck), any rashes there may be, and will examine the abdomen for any signs of liver or spleen enlarge-

ment.

If your doctor is suspicious that there is a mono infection, they may order a blood test so that the sample of blood can be tested for mono.

Since mono is caused by a viral infection, antibiotics will not help. The best way to treat it is to get plenty of rest, and drink lots of clear fluids. Acetaminophen may be taken for any fevers or aches.

If symptoms do not improve in about a week, a follow-up appointment should be made with your doctor, to make sure that a strep throat infection has not developed, or even a tonsillar abscess (which is a pocket of pus at the tonsil). If this happens, antibiotics will be needed to treat either the strep throat or abscess.

If the tonsils get so swollen that they block the throat, your doctor can prescribe steroids to help decrease the tonsils' size. Since the virus can cause liver changes, it is important that you do not drink any alcohol while you have mono, because it could damage your liver.

Also, if it is determined that the infection has caused your spleen to enlarge, you must avoid

any activities that put the spleen at risk to get hit or strained (ie, playing football, soccer, baseball, etc).

When the spleen is enlarged, it is more at risk for getting ruptured, which could cause significant internal bleeding and is a severe medical emergency. You should avoid any such activities until the spleen returns to its normal size.

The symptoms caused by mono may last anywhere from 7-14 days, and sometimes longer, before your body's immune system helps you recover from the infection.

As always, if your symptoms are not getting better, or are getting worse after a week, or if you have any symptoms of concern, make sure you see your doctor.

To help prevent the spread of mono, avoid exposing those around you to your saliva. Avoid kissing, sharing food, utensils, and drink containers, until it has been at least several days after your symptoms have gone.

If your child has mono, try to reinforce how important this is, to prevent other children from suffering mono.

By following these suggestions, you can help kiss mono goodbye.



Meet A Sailor...

YN2(SW/AW) CARLTON STUART

Job title/command:
CBU-410

Hometown: Shreveport, La.

Family Life: Single. I hope to have a family in the near future.

Past Duty Stations: USS Supply (AOE 6), HSL-40 at NS Mayport

Career Plans: To finish my Navy career and become a schoolteacher.

Most Interesting Experience: Obtaining my ESWS qualifications as an E-3 on board USS Supply.

Words of Wisdom: Put God in front of everything you do and everything else will follow.



Meet A Civilian...

DAN FAVLLIN

Job title/command:
TPU Separation Clerk

Hometown: St. Joseph, Ill.

Family Life: Married with four children.

Past Duty Stations: VP-16, PSD Jax, HS-7, PSD Pensacola, and USS Independence.

Career Plans: To climb the GS ladder.

Most Interesting Experience: The birth of my twin daughters.

Words of Wisdom: You don't need a weath-erman to know which way the wind blows. Bob Dylan

Letters to Santa to be published

The Jax Air News will publish selected Letters to Santa in the Dec.19 issue. Based on the amount received, we will print as many letters as our space allows so Santa will have a better chance to see what the children from NAS Jax are hoping to receive in their Christmas stockings this year.

Letters can be mailed to the Jax Air News, Box 2, NAS Jacksonville, Fla., 32212-5000 or dropped off to the office, Room 219,



Building 1 by Dec. 13. Email letters to: larocque@cnrse.navy.mil or fax to 542-1534.

DRUNK = Death

December is National Drugged & Drunk Driving Awareness Month

DUI Safety Brief
Dec. 5
9:30-10:30 a.m.
NAS Jax Base Theater
Lt. Bill Leeper
Florida Highway Patrol Guest Speaker
Contact the Wellness Center for further information:
813-5293



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. - Protestant
- Sunday 9:30 a.m. - Catholic Mass
- 11 a.m. - Protestant Worship

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

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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) 542-1533 or (904) 542-3531 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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Education workshop offered

The Navy College Office is hosting an Education Workshop on Dec. 11 from 8 a.m. until noon in the Naval Air Maintenance Training Unit, Building 848. Topics will focus on ways active duty service members can maximize their educational benefits while on shore and sea duty.

Topics that will be presented include: utilizing the Montgomery GI Bill during in-service and out-service, the Navy's new tuition assistance policy, credit-by-examination (CLEP, DSST, and Excelsior Examinations), Navy College Program for Afloat College Education (NCPACE), Navy College Program Distant Learning Partnership (NCPDLP), and the Navy College Learning Center. NAS Jacksonville and local tenant command master Chiefs, career counselors, ESOs, and NCPACE representatives are invited to attend.

CFC drive coming to a close, donations still needed

From the Chief of Staff
Commander, Navy Region Southeast

The 2002 Combined Federal Campaign (CFC) is coming to a close and we are nearing the three-quarters mark of our goal. As of Nov. 25, contributions from NAS Jacksonville, NAVSTA Mayport and Subase Kings Bay have resulted in \$1,119,871 being raised –

achieving 68 percent of the Region's goal of \$1,660,456.

NAS Jax has currently raised \$386,321 with a goal of \$693,007. I urge you to continue to work with your loaned executives to isolate and identify any accounts that may require some assistance in your campaign. These would include any accounts that have closed and are below the

2001 participation average of 39 percent or those that are below the 2001 pledge. Additionally, any accounts that are still at zero participation should be given special attention to ensure that all members are afforded an opportunity to contribute to CFC. We have less than three weeks remaining in the campaign.

We have come a long way, but the reality is that we

are still more than \$540,000 short of our goal. It will require all of us working very hard to ensure that everyone is contacted and offered the opportunity to support the CFC. Last year, more than 175 local agencies received more than \$655,000 to help them provide critical services to our community. They are depending on us to be diligent and energetic in

executing the CFC. They truly believe "we are all in this together" – as I do.

The following is the campaign progress for NAS Jax commands as of Nov. 25:

Commands should make every effort to turn in pledge forms as soon as possible.

For more information about CFC at NAS Jax, call Lt. Cmdr. Newsteder at 542-2521/2460.

Campaign progress for NAS Jax commands as of Nov. 4:

Command	Goal	Contributions	Pct.				
Admin/NAS Jax Executive	\$3,551	\$1,745	49	NADEP	\$204,000	\$146,161	72
AIMD	\$34,544	\$11,525	33	NAMTra	\$13,071	\$6,328	48
Air Ops	\$8,758	\$474	5	NATEC Det Jax	\$3,246	\$947	29
Base Legal	\$491	\$853	174	Naval Air Reserve	\$3,966	\$1,527	39
CBU-14	\$418	\$268	64	Naval Brig	\$3,490	\$540	15
CBU-410	\$2,032	\$1,273	63	Naval Dental Clinic SE	\$7,101	\$2,196	31
Chapel	\$882	\$1,187	135	Navy/Marine Corps Reserve	\$1,524	\$727	48
COMHSWINGLANT	\$6,870	\$5,985	87	NavHosp Jax	\$71,800	\$31,218	43
COMNAVREG SE	\$22,878	\$24,077	105	NCTS	\$8,590	\$2,913	34
COMSEACONWINGLANT	\$3,404	\$4,159	122	PSA	\$4,489	\$3,839	86
SEACON Weps School	\$2,058	\$1,734	84	PSD	\$4,294	\$2,539	59
COMPATRECONFORLANT Det	\$566	\$744	132	PWC	\$11,477	\$16,595	145
CV-TSC Ashore	\$1,510	\$850	56	ROICC	\$10,324	\$1,873	18
Defense Dist. Depot	\$905	\$758	84	Security	\$9,465	\$1,009	11
DISA DECC Det Jax	\$5,751	\$4,729	82	SERCC	\$2,487	\$2,094	84
Disease Vector/Ecology & Control	\$2,009	\$2,872	143	SPAWAR	\$6,720	\$8,084	120
Drug Screening Lab	\$4,724	\$1,495	32	Special Events	\$566	\$744	131
Facilities & Environmental	\$3,067	\$2,086	68	Supply/CBQ	\$4,662	\$3,238	69
FACSFAC	\$6988	\$3,813	55	Supply/Galley	\$1,462	\$315	22
FFSC	\$2,498	\$902	36	TPU	\$2,896	\$2,571	89
FISC	\$18,799	\$2,934	16	U.S. Customs Surveillance	\$8,426	\$5,472	65
HS-5	\$10,327	\$3,568	35	Weapons	\$4,224	\$2,905	69
HS-7	\$11,071	\$7,015	63	VP-30	\$38,531	\$25,581	66
HS-11	\$8,510	\$5,314	62	VS-22	\$13,316	\$3,168	24
HSO	\$6,299	\$3,183	51	VS-30	\$12,883	\$5,922	46
MIUW	\$438	\$396	90	VS-31	\$13,130	\$5,873	45
MWR	\$5,515	\$8,314	151	VS-32	\$12,643	\$6,361	50

Run benefits CFC drive



Photo by HM3 Jessica Peau

The winners of the Naval Hospital Jacksonville 5K Run/Walk for the Combined Federal Campaign display their medals. Seated left to right are: HM2 Anna Rosendahl, Lt.j.g. Angela Webster, SH1 Jerome Singleton. Standing left to right: HM2 Nicole Dobeck, HM3 Gerardo Lopez, Capt. Charles Bryner, Lt Heather Coats, Lt. Russell Linderman, AW2 Dawn Dillon. Coats came in first in the women's run and had the top time for the race, 20:11. Linderman placed first in the men's run, with a time of 20:35 and Rosendahl finished first in the walk.

A celebration in memory of . . .

From NavHosp Jax Public Affairs

osing someone we care about can leave a great empty space in our lives, one that we may feel for years, even after we think healing has taken place.

It doesn't matter whether the loss involved a grandparent in their 90's or a baby not yet born. It might be a long-time friend, or a shipmate that we barely knew.

The hole in our lives, created when a loved one dies, may often feel like it will never be filled completely. Often we feel that our recollection of the loved one is fading, even to the point of feeling guilt at the lack of remembrance.

We must be assured that it is good to remember, and to heal the hurt from the death of our loved one.

It is to that end that Naval Hospital Jacksonville presents "A Celebration In Memory Of . . .," on Dec. 12 at 6:30 p.m. in the hospital chapel, located on the second deck.

This program is an evening set aside for the Jacksonville community to share with each other in honoring and remembering our friends and loved ones who have died.

There will be sharing of music, words of encouragement and a moment of silent remembrance as we light candles in honor of these loved ones.

If you have lost someone and wish to remember them in a special way, join us. Let us, as a community, and a family come together to share, remember, and honor them. Children are welcome.

For more information, call 542-7531/2.

HS-3 prepares for deployment by training at NAS Fallon

By Lt. j.g. Aaron Anthonson
HS-3 PAO

HS-3 is back in Jacksonville after a three-week detachment with Carrier Air Wing Eight (CVW-8) at NAS Fallon, Nev.

Training in preparation for their upcoming deployment with USS Theodore Roosevelt (CVN 71), the "Tridents" worked intensely with other squadrons in the air wing, developing the mission tactics and planning methods they may soon be applying in combat.

Exercises conducted in Fallon allow each squadron to gain proficiency in mission areas of Strike, Combat Search and Rescue (CSAR), Naval Special Warfare (NSW), and Non-Combatant Evacuation Operations, among others.

Each carrier air wing completes training at Fallon as part of their work-up cycle prior to deployment in order to build teamwork among squadrons and build proficiency in these difficult and vital mission areas.

Since Sept. 11, 2001, the five-week air wing training curriculum has been condensed to three weeks in order to facilitate shortened work-up cycles and prepare air wings for deployment sooner.

The Tridents proved to be an invaluable Search and Rescue (SAR) asset to the air wing on this detachment when the flight crew of "Troubleshooter 614," a HH-60H Seahawk helicopter, was called to conduct an actual rescue mission over the Nevada desert.



Photos courtesy of HS-3

An SH-60F enroute to one of many sorties flown with Carrier Air Wing Eight (CVW-8) in Fallon.

Pilots Lt. Cmdr. Mike Hudson, Bill Miller, and crewman AW2 Matthew Mintzmyer were on a mission over the Fallon Range to train with the HH-60H FLIR/ Hellfire Missile system, when they received word from "Desert Control" of a mishap more than 50 miles away from their position that involved an ejection from an F-14D Tomcat.

Initial reports indicated that the rear seat ejected but the pilot had successfully regained control of the aircraft and was returning for landing at NAS Fallon.

This added to the difficulty of the search operation, as the flight crew of Troubleshooter 614 knew they would be looking for a single parachute canopy in the desert, with night quickly approaching.

The initial reports did not indicate if there were any survivors, or if there were any injuries from the parachute descent to the ground. The Tridents

immediately ended their training mission to proceed toward the estimated position provided by Range Control, while assessing the rescue situation and preparing to recover a possible survivor.

An airborne S-3 Viking from VS-24 assisting in the search arrived on scene first, and relayed to Troubleshooter 614 that they could see a parachute on the ground but did not have a survivor in sight.

Undaunted, the Tridents continued at maximum speed to the updated location provided by the VS-24 aircrew. Upon arrival, the Tridents sighted the survivor standing next to his parachute, shaken but unhurt.

They landed next to the site, and Mintzmyer rushed from the aircraft to assess the condition of the survivor. Finding only minor injuries, the crewman assisted the survivor aboard, and the Tridents

flew back to NAS Fallon to meet a waiting ambulance.

The pilot of the damaged F-14D was able to maintain control of the aircraft and return safely to NAS Fallon for landing.

In addition to the once again demonstrating their proficiency in SAR operations, the Tridents flawlessly supported CVW-8 on their Fallon detachment, flying more than 50 sorties in support of the air wing's mission.

The squadron took advantage of the opportunity to train with AGM-114B "Hellfire" missiles, firing three missiles in support of several air wing strike missions.

HS-3 demonstrated that they are ready for the next step of their inter-deployment workup cycle, and will deploy later this month with USS Theodore Roosevelt with the full confidence of their air wing.



Photo by IS3 Gaby Buitron

AFCM Brian Gillespie (center) and other squadron members participate in VS-30's plane washing duty on board USS George Washington. Gillespie was volunteered to wash planes as part of a money raising event for CFC. The squadron raised \$1,207 for the campaign.

'Diamondcutters' recognize awardees

From VS-30

The month of November has been one for the "Diamondcutters" of VS-30 to shine. VS-30 has continued to set the standard in all aspects of carrier aviation.

A number of Diamondcutters received awards for outstanding performance and achievement during the squadron's quarters on Nov. 10. The following personnel received awards:

VS-30's November Diamond of the Month
Aviation Technician 2nd Class Christopher Hicks

Junior November Diamond of the Month
AE2 Brian Fansler
Pro of the Month
AA Christine Bahadur
Plane Captain of the Quarter
AN Kenneth Holt
Good Conduct Award

AZ2 James Yarn
AO3 Derick Boyd
AD3 Jason Delpriore
AD3 Ivan Jiminez
AD3 Keisha Phillips
AMS3 Paul Ladyman
AT3 Enrique Rodriguez-Gutierrez

AK3 Dennis Serrano
AK3 Jeffery Stanaszek
AK3 Danny Zapata
Plane Captain Designation
AD3 Jason Delpriore
AD1 Milton Hempstead
AD3 Danilo Corrales
PR3 Lloyd McCann
Enlisted Aviation Warfare Specialist
AMS1 Jeffrey Ferrer
Letter of Commendation
AT3 Ryan Leatherwood

Letter of Appreciation
AMS3 Leovany Bernabe
AN Leo Parma

This month has also been commemorable for VS-30's Executive Officer Cmdr. Mike Ginter, who achieved a career milestone by logging his 500th arrested carrier landing.

Several Diamondcutters took advantage of the Combat Tax Exclusion Law and reenlisted during November. AO3 Ricky Boyd, AO3 Sherman Dupree, AD3 Leovany Bernabe, and AD2 Jason Waggoner reenlisted during ceremonies on board the USS George Washington.

The squadron was also creative in raising money at sea for the Combined Federal Campaign (CFC). Team Diamond raised \$1,207 to benefit CFC and enjoyed watching the following seven "volunteers" wash DYMOM 701:

Cmdr. Tom Walton, VS-30 commanding officer, AFCM Brian Gillespie, Lt. Jason Crain, Lt. j.g. Justin Drach, AK2 Byron Brown, AT1 Scott Kerwath and AE1 Brian Gorsche.

"I said I was not going to wash an airplane but everyone in the squadron proved me wrong and raised more than \$100 to get me out there," said Brown.

As USS George Washington and Carrier Air Wing 17's combat deployment in support of the war on terror nears its end, the Diamondcutters eagerly await their homecoming later this month.



An aircrewman from HS-3 readies the M-240 machine gun while on a Combat Search and Rescue mission.



U.S. Navy SEALs assist "embassy personnel" to an HS-3 helicopter during a simulated Non-Combatant Evacuation.

'Dragonslayers' returns from detachment

By Lt. j.g. Justin McCaffree
HS-11 PAO

The "Dragonslayers" of HS-11, along with Carrier Air Wing One, reunited with USS Theodore Roosevelt (CVN 71) recently for flight deck certification and carrier qualifications.

It was HS-11's last scheduled detachment on board the ship that it had sailed during Operation Enduring Freedom. Roosevelt left its homeport of Norfolk, Va., on Nov. 8 with

four, HS-11 H-60's onboard.

Squadron members flew channel guard as the carrier left Norfolk and provided the ship with a primary Search and Rescue (SAR) asset during the flight certification and carrier qualification process. While embarked, HS-11 flew more than 100 hours and had a 100 percent sortie completion rate despite a few days of strong winds and inclement weather. Along with providing a SAR helicopter, HS-11 conducted SAR and Anti-Submarine Warfare training allowing

new pilots and aircrewmen the opportunity to gain experience for the upcoming deployment on board USS Enterprise (CVN 65). This detachment was unique for HS-11 because all the officers embarked except Commanding Officer, Cmdr. John Schoeneck, were junior officers.

After completing the training and qualification requirements, the carrier returned to its homeport on Nov. 17. HS-11 returned to NAS Jacksonville the following day.

Region chaplains gather at Naval Hospital Jax

From Naval Hospital Jacksonville Public Affairs

Chaplains from throughout the Southeast Region gathered at NAS Jacksonville last week. During their stay here, Naval Hospital Jacksonville hosted the chaplains aboard for a seminar that included a ceremonial cake cutting ceremony recognizing the 227th birthday of the Chaplains Corps. The Corps' birthday is on Nov. 28.

Cutting the cake was Lt. Sharon Bush of Naval Station Guantanamo Bay, Cuba; Capt. Douglas Lawson of CBC Gulfport, Miss. and Commander, Navy Region Southeast Chaplain Capt. Tom Nichols.

The ceremony was followed by a presentation by Hospital Chaplain Cmdr. Rob Beede on "Spirituality and Healthcare." The presentation highlighted some of the many benefits pastoral care can offer hospital patients and their families.



Photos by HM2 John Veres

(Above) Naval Hospital Jacksonville Chaplain Cmdr. Rob Beede delivers a presentation on Spirituality and Healthcare before the visiting regional chaplains.

(At right) Chaplains Lt. Sharon Bush (left), NS Guantanamo Bay, Cuba; Capt. Tom Nichols, CNRSE; and Capt. Douglas Lawson, CBC Gulfport, Mobile Construction Battalion; cut the ceremonial cake celebrating the Chaplains Corps' birthday.



The Navy Medicines Second Guiding Principle states that "Health is a state of physical, mental, spiritual and social well-being, not simply the absence of disease." While the doctors will take care of

the patients medical needs the pastor can help to alleviate stress with guidance. Studies indicate that patients under some form of spiritual guidance have a much better success rate going the through hospital-

ization. The pastor at a hospital is unique in that he or she gives care to both the patient and to the patients' families.

Often family members will experience a higher

level of stress than the patients themselves. Many patients have indicated that the most beneficial function of the chaplain was in helping the friends and family cope with the stress and turmoil that are

associated with hospitalization.

The Chaplain Corps is here to help you in any way possible. You can contact Naval Hospital Jacksonville's Pastoral Care Office at 542-7531.

Suicide prevention a top priority during holidays

By SN Timothy Yost
NavHosp Jax Public Affairs

There is a popular misconception that the suicide rate goes up every year around the holidays.

According to Dr. Heather Gallivan of the Naval Hospital Jacksonville's Mental Health Department this is a common myth with no evidence to support it. "Suicides happen every month of the year and there is no firm relationship between the seasons or specific months and the suicide rate," said Gallivan.

However, the stresses of the holiday season can lead to depression. If left untreated, depression can lead to a person contemplating suicide and then, possibly, to that person eventually becoming a victim of suicide. The holidays are toughest on single people who are away from their families and friends during this time. Many Sailors fall into this category each holiday season.

In 1999 and 2000, 133 Department of the Navy (DoN) personnel died by suicide. As of 1999 the DoN has placed mental health as a top priority. In 2000 the suicide rate went down among military members but in 2001 the suicide rate rose slightly.

Coping With Holiday Stress

- **Temper your expectations.** The notion of the "perfect" reunion can set you up for frustration and depression.
- **Call a friend if the family setting becomes unpleasant.**
- **Take heed of alcohol consumption.** It may seem relaxing in the short term, but its physiological effect can compound stress and depression.

- **Set comfortable limits.** Determine how involved and accommodating your plans should be well in advance, and make your limits known to others involved.
- **Reach out to those with whom you have healthy, nurturing relationships.** Get together with friends if a family setting is not feasible.
- **Change gift-giving procedures.** Consider putting a limit of one gift per person.

According to the Naval Health Research Center (NHRC) suicide is the third leading cause of death for Marines and Sailors trailing behind accidents and homicides. The NHRC has also found white, single, male enlisted service members are the most likely victims of suicide in the services.

Despite suicide being the third leading cause of death, it can be very simple to prevent. It is even easier

to prevent than accidents and homicides because it is the victims who can help themselves if he or she is willing. Also, friends and families can be of support if they are alert to certain warning signals. More often than not a person who contemplates taking his/her own life will leave clues.

Typically, a person contemplating suicide will display some warning signs. These signs include risk factors such as depression,

substance abuse, talk or hints of suicide intent, or a previous suicide attempt. A potential suicide victim will have a preoccupation with death, give away possessions, have relationship difficulty, display impulsive anger or behavior and may be in legal or financial trou-

ble.

Still, even when military members do display these behaviors or know that they have a problem they may not get the help they need. Many people fear that if they are treated for depression it will have an adverse effect on their career. However, depression is more common than most people think and affects people from all walks of life. Also, most likely, it is how a person reacts to their depression, rather than its treatment; that will have the most affect on that person's career.

One in four people will suffer a significant depressive episode in their life. But a person going through a depressive episode may

not seek the help they need. According to Gallivan, "Although it has improved in recent years, there is still a lot of stigma related to seeking mental health treatment." The depressed person may fear that they will be viewed as "crazy" or "weak." They also may worry about confidentiality and the impact that mental health treatment will have on their Navy career.

In most cases, though, the opposite may be true. If a person suffers from depression and does not seek treatment for this condition their impulsive and reckless behavior may lead them to cause more serious trouble for themselves,

See PREVENTION, Page 10

From Trash To Treasure



FC3 Michael Hayes of the NAS Jacksonville 1st Lieutenant's Division collects recyclable paper from a designated office bin in Building 1. The 1st Lieutenant personnel go around the base, collecting recyclable paper from office buildings three times a week.

Photos by
Miriam S. Gallet

Recycling at NAS Jax: A team effort that includes you

You can help keep NAS Jacksonville's Recycling Program on the Navy's "A" list by pitching in to recycle and properly sorting recyclables to streamline the work at the Recycling Center and reduce the cost, which generates greater revenue for our MWR.

Remember, the recycling bins at the commissary parking lot are strictly for recycling. They are not dumpsters.

Materials accepted

Cans: All aluminum or metal food and beverage cans. (Examples: tuna, coffee, vegetable and pet food cans.)

Paper: All newspaper, inserts and typing/computer paper.

Glass: All clear, green and brown glass food and beverage containers. (Examples: mayo, baby food, wine, beer, soda and ketchup.)

Plastic: Plastic beverage containers - all plastic containers are not recyclable in the current market. We can take bleach, detergent, milk bottles and water and two-liter bottles only. *Please do not put lids/tops back on bottles.*

Cardboard: All cardboard and brown grocery bags. Large cardboard boxes can be picked up by calling the Recycling Center at 542-3113.

Batteries: Lead-acid (car) batteries.

Materials not accepted

Hazardous materials, tires, paint cans and used oil.

Cans: No paint, aerosol or auto product cans.

Paper: No carbon paper.

Glass: No windows, auto, mirrors, light bulbs or ceramics.

Plastic: No bags, wrappers, toys, Styrofoam, or non-beverage containers.

Batteries: Lithium batteries.

Clothing items of any kind.

How to prepare recyclables

Cans: Throw away lids and labels, rinse thoroughly.

Glass: Throw away lids and neck rings, rinse thoroughly.

Plastic: Rinse thoroughly and crush.

Paper: Bundle newspapers and other recyclable paper in brown grocery bags and place in recycling bin.



PRAN Michael Jackson (foreground) assists ET1 (SW) Michael Gilkes, NAS Jacksonville Recycling Center leading petty officer, with bailing processed cardboard.



AME3 Lucas Jones (left) and AWAN Corey Hall feed glass bottles into a glass crusher. The NAS Jacksonville Recycling Center glass processing machine crushes approximately 10,000 bottles a month from clubs and other facilities on base and a private facility off-base.



AT3 Adrian Lopez sorts through the hundreds of aluminum cans that arrive daily at the NASJax Recycling Center.



NAS Recycling Center Forklift Operator, PR3 John Joyner removes bails of compressed cardboard that will be recycled.

NAS Recycling Center wins national award

By Miriam S. Gallet
Editor

Getting recognition for doing an extraordinary job is becoming a recurring theme at the NAS Jacksonville Recycling Center. Twice this year, the efforts of the Sailors assigned to this impressive division within the base Morale Welfare and Recreation Department (MWR) have been recognized for outstanding recycling initiatives, including the handling of 7.5 million pounds of recyclable material generating \$163,000 in yearly revenue towards the base MWR fund.

Last month, Keep America Beautiful, Inc. (KAB), a national non-profit public education organization dedicated since 1953 to empowering individuals to take greater responsibility for enhancing

their local community environment, announced the NAS Jacksonville Recycling Program as the first place winner for waste minimization for government agencies. The base recycling program was selected for this award due to "its outstanding efforts to involve a broad cross section of the base community in waste minimization." The KAB Award will be presented to NAS Jacksonville Commanding Officer Capt. Mark S. Boensel and Marc Craig, MWR Facilities and Recycling manager during KAB's 49th National Awards Conference to be held tomorrow in Washington, D.C.

Earlier this year, Boensel accepted, on behalf of the Sailors, DoD employees, retirees and family members, the Chief of Naval Operations (CNO) Environ-

From Trash To Treasure



AME2 Lucas Jones and SM2(SW) Reginald Alexander of the NAS Jacksonville Recycling Center separate recyclables during the weekly curbside recycling collection at Patriot Point Housing.



PR3 John Joyner sets the bailing machine where plastic containers and cardboard will be processed.

TRASH: Recognition for a job well done

From Page 6

mental Award for the Recycling, Non-Industrial Installation category.

Boensel offered his congratulations to the station's environmental/recycling team and to those whose continued participation in the program is the reason for its success.

When asked about how he felt receiving two awards in one year Boensel replied, "I am grateful to be receiving this prestigious national award on behalf of our Sailors and their families. We, at NAS Jax, do not participate in such programs because of recognition. We do it because we want our base to be a great place to work and live and because of the positive impact that we make in our community and country. It is a great honor to be recognized for what we do every day, and for something we think is essential."

According to YNC (SW/AW/PJ) Tom White, Recycling Center leading chief petty officer, the majority of the Sailors that work at center are assigned to the Transient Personnel Unit (TPU). "Without the Sailors from TPU this center could not succeed," he said. "Typically, we have six to seven people working here daily. However, there are days when TPU can only send us two or three. That's when we all roll up our sleeves and pitch in. We believe in our program and its benefits," he explained.

"Receiving the KAP Award is very impressive. I am very proud of what we accomplish at this center. Even though we are a small base in comparison to others, we have a very effective and consistent recycling program that works well year-round," commented White.

The figures demonstrate just how successful and beneficial the NAS Jacksonville's Recycling Program is. Last year, the center handled nearly 7.5 million pounds of materials, generating \$163,000 in non-appropriated funds

and saving close to \$800,000 in decreased land-fill costs.

"The beauty of our recycling program is that 100 percent of the dollars realized through recycling goes to base quality of life programs managed by the MWR Department," explained Craig.

The recycling efforts on base also produce income from the sale of shredded paper to local pet shops. The center shreds, bags, sells and delivers the goods to local pet shops, generating more than \$1,000 per month in profits.

The base recycling program is dedicated to improving your quality of life and the world for future generations. The recycling center accepts more than 20 recyclable commodities.

In an effort to promote recycling among the Navy community, conveniently located collection bins can be found within the NAS Jax Commissary/Navy Exchange parking complex. Additionally, there is a drive-thru drop open 24-hour-a-day, seven-days-a-week in front of the recycling center, located on Birmingham Street, next to the Auto Hobby Shop.

Remember, these receptacles are not trashcans or equipped to handle hazardous materials, tires, used oil, lithium batteries, paint cans, plastic bags and plastic wrappings.

Additionally, when recycling cans remember that the center can only process aluminum cans, such as soda and beer cans. When non-recyclable items are deposited in the bins or dropped off at the recycling center, it costs the center money to dispose of them, reducing the profits that go into the MWR programs that benefit you.

The NAS Jacksonville Recycling Center is open from 7 a.m. to 3 p.m. Monday through Friday, except holidays. For recycling information, call 542-3113.



NAS Recycling Center Leading Petty Officer, ET1(SW) Michael Gilkes feeds wrapping wire into the bailing machine while Forklift Operator, PR3 John Joyner removes the bundles of cardboard and plastics being processed.



AT3 Adrian Lopez (left) and SN Selwyn Iman sort through a truck load of cardboard and drop the recyclable pieces on to the conveyor.

Just what the doctor ordered

Pharmacy Data Transaction Service keeping an eye on your prescriptions

By Loren Barnes
Naval Hospital Jacksonville Public Affairs

Ever turn in several prescriptions to different pharmacies and wonder how the pharmacists keep all your drug information straight?

At Naval Hospital Jacksonville and throughout the military healthcare system that job is made easier by a state-of-the-art database called The Pharmacy Data Transaction Service (PDTS). The service links patient information between over 500 pharmacies at military treatment facilities (MTFs) worldwide, the National Mail Order Program (NMOP), and over 40,000 civilian retail pharmacies that are part of the TRICARE managed care network nationwide.

Regardless of location, when using the PDTS, if a beneficiary has a prescription filled at an MTF, then at a network retail pharmacy, and later through the NMOP, providers and pharmacists at authorized TRICARE sites worldwide will have access to the same historical patient prescription information.

This system brings a level of patient safety within the drug use area that is unmatched in the civilian sector according to Army Col. William Davies, director of



DoD pharmacy programs. He said, "The PDTS is a first in the healthcare industry. Never before have multiple networks of different entities been linked to a single pharmacy data service."

Lt. Jody Dreyer, Naval Hospital Jacksonville Outpatient Pharmacy division officer, explained how the service works. "When a patient brings in a prescription, we screen it for appropriateness and we enter it into the computer system. An electronic message is sent to the PDTS central data repository where it is screened. A message is sent back saying either there's no issue or yes there is an issue and here it is. It

will tell us what the potential interaction is, the pharmacy the medication came from, when they got it, and what the medication is. All this happens in an average of 3.2 seconds within the continental United States. All the data is encrypted and secure in order to safeguard patient privacy."

Another area in which PDTS plays an invaluable role is alerting healthcare providers to possible cases of prescription abuse. An issue sometimes referred to as "doctor shopping" has recently drawn media and legislative attention. In a highly publicized civilian sector case, a Hollywood, Fla. woman was charged with six felony counts of "doctor shopping." She was charged under a recently enacted Florida law making it illegal to obtain the same controlled drugs from more than one doctor within a 30-day period by using deception.

According to an Associated Press news article the charges allege that three unsuspecting Broward doctors wrote eight prescriptions for oxycodone, a narcotic painkiller, and alprazolam, a sedative, in a little more than a month for the woman. Police first questioned the woman after two people died a few days apart in her trailer.

Dreyer said he hasn't seen a "doctor shopping" problem at Naval Hospital Jacksonville. Still, he said, PDTS adds safeguards beyond what are currently available in the civilian sector.

He also noted that "doctor shopping" is a broad and perhaps misunderstood term. He said, "Some patients who fall into the category of 'doctor shoppers' are actually patients who never had their pain properly and aggressively controlled. Anyone in pain is going to continue to seek care, leading them to 'doctor shop' to get the pain control medications they need. The PDTS system allows us to identify those patients and bring them to the attention of their primary care providers so they can address legitimate pain control needs," he said.

"Of course, there is also a subcategory of people who illegitimately work with multiple pharmacies and multiple physicians in order to get controlled substances for their street value to resell on the street," Dreyer added. "PDTS helps identify those people as well so that legal action can be taken." Dreyer emphasized that incidents of this nature are rare.

Dreyer said PDTS allows us to

identify patient safety issues as it relates to duplicate therapy or contraindicated therapies or therapies where we need to give some extra counseling to a patient to ensure there are no adverse reactions. It allows us to see if there are patients who are doctor shopping for controlled substances. Pharmacy personnel can use the information to identify which ones simply need more appropriate treatment and who needs legal action. The beauty of PDTS is that it creates a universal profile of the patient's drug history.

In coming months Naval Hospital Jacksonville will be bringing online the latest generation pharmacy dispensing automation. This automation uses a barcode system to significantly reduce the opportunity for human error. Add this to the safeguards already in place in the PDTS system along with the expertise of Naval Hospital Jacksonville's pharmacy staff and you can be assured Naval Hospital Jacksonville's Pharmacy will continue to deliver service that is "Simply The Best."

This article contains information from the TRICARE website: www.tricare.osd.mil.

Expect delays as Pharmacy installs new technology

Peak disruptions

Dec. 11-17 and

Jan. 8-14

By Loren Barnes
Naval Hospital Jacksonville
Public Affairs

Maintaining service that is "Simply the Best," sometimes requires temporary inconvenience as new technology is brought online.

While the hospital plans construction and renovations so as to minimize inconvenience for our customers, sometimes some disruption is just unavoidable. That's why we are asking you to bear with us over the next few weeks as the Naval Hospital Pharmacy implements the latest generations of pharmacy dispensing systems.

The Outpatient Pharmacy is being upgraded to a new state-of-the-art automation system that incorporates a barcode system. This system will mean a safer, more reliable process for you from start to finish.

As these systems are installed, pharmacy customers may experience longer wait times than normal. The new equipment is being installed in phases beginning in December continuing through February 2003. The weeks in which we expect the most disruption to service are Dec. 11-17 and Jan. 8-14. During these two one-week periods of construction, the pharmacy will only be able to open a maximum of six (vs. 12) service windows.

During these periods pharmacy customers are encouraged to help us reduce the congestion in

the pharmacy waiting areas by taking the following actions:

Utilize the pharmacy call-in and Internet refill options whenever possible to place refill orders. The dial-in refill system numbers are 542-7410 (local), 1-800-628-7427 (automated refill) and 542-7405/6 (general information).

To place refill orders online go to Naval Hospital Jacksonville's website navalhospitalex.com and simply click the "Pharmacy Online FastLink" on the introductory page. Refills can be picked up conveniently at the drive-thru pharmacy pick-up building located in the hospital parking lot.

Whenever possible, drop off and pick up prescriptions during weeks other than the peak disruption weeks listed above.

If you must drop off your prescription at the pharmacy, consider dropping it off and returning the next day to pick it up rather than remaining in the waiting area.

We realize that in some instances, waiting to return for prescriptions is not an option both from a clinical and practical standpoint. Therefore, our pharmacy staff will continue to fill orders as expeditiously as possible throughout this period. Efficient, courteous, family-centered service remains the hallmark of care at Naval Hospital Jacksonville regardless of the challenges. But should

unavoidable delays occur resulting from the ongoing upgrades we thank you ahead of time for your patience.

This equipment upgrade is just the beginning of service enhancements coming to the Naval Hospital Jacksonville's Pharmacy. For instance, there are now more than 100 new medications added to the pharmacy's formulary list with more to come. And next year, in an effort to take our services where our customers are, a new Satellite Pharmacy will be built on the north end of the NAS Jacksonville Commissary parking lot. This Satellite

Pharmacy will fill all new prescriptions written by civilian doctors. It will refill all prescriptions written by military and civilian doctors and will offer drive through or walk-in options with 10 windows inside.

Improved technology and new facilities just make a great deal even better for our pharmacy customers. The average cost to government for any prescription is \$7 filled at a military treatment facility vice \$40 filled in a civilian retail pharmacy for a 30-day supply. And of course at a military treatment facility pharmacy there is no co-pay for you.

National Certification computer testing available

From the Navy College Office

Computer Technology Industry Association (ComTIA) is teaming with DANTES to offer a funded pilot certification program for military personnel. DANTES purchased 475 vouchers so eligible active duty or reserve component personnel can test on the A+ and A+OS exams at no cost.

Examinees must successfully complete both exams to be awarded certification from ComTIA.

Prospective examinees should contact the Navy College Office at 542-2477 for information about procedures, eligibility, and authorization to sit for the exams. The exams are administered at Sylvan Learning Center, 9421 Waypoint Place (Mandarin) Their number is 739-3000. These exams are available only on computer-based testing (CBT). Further information available on web site: <http://voled.doded.mil/dantes/cert>.

The Institute of Certified Professional Managers (ICPM) offers certification to managers worldwide. To date almost 10,000 individuals have earned the CM designation. Eligible applicants take three assessment exams that cover management topics organized into three areas of study: personal skills, interpersonal skills, and administrative skills. Each of the two-hour exams can be taken with a proctor at the Navy College Office or taken at home/office via computer. Self-study manuals and interactive tutorials are provided by ICPM to prepare for

the exams. Individuals who successfully pass all three exams may use the designation "CM" after their names to signify their accomplishment.

Additional information can be obtained at <http://cob.jmu.edu/icpm> or by calling 800-568-4120. Veterans may use GI Bill benefits to pay for the \$500 tests by submitting VA Form 22-1990. The form can be obtained on line at <http://www.gibill.va.gov> or at Navy College Office. Direct questions for the DANTES Certification Program to Sandra Winborne at DSN 922-1360 or email swinborne@voled.doded.mil.

The National Association of Radio and Telecommunications Engineers, Inc. (NARTE) and DANTES recently finalized an agreement that will result in a funded pilot certification program for eligible service members. Funded Federal Communication Commission (FCC) exams are available at no cost to eligible military personnel in related occupational specialties.

Prospective examinees may request an application and sign up to take the exams at Navy College. Up to three FCC examinations may be taken in one sitting. DANTES has established a paperless voucher system to track candidates from the time their DANTES application goes to NARTE until the examination is scored and NARTE send out the score reports. For more information on this program email: swinborne@voled.doded.mil.

COMMISSARY: New display now open, caters specifically to military

From Page 1

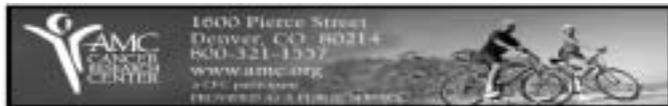
of the things Sailors need the most are all right here such as batteries, munchies and toiletries," commented CMDM(SW/AW) Chuck Lawson, NAS Jacksonville command master chief. "It's really nice to see that the commissary is looking out after our Sailors, not just the ones here, but the ones that are deploying also."

Another plus to the new deployment center is, most of the items are kept to a low cost. "The items feature in these centers will not only come in handy, but they carry rock bottom price tags. Manufacturer and vendors who sell groceries in commissaries were extremely receptive to this idea,

responding with major price reductions," said Bob Vitikacs, DeCA executive director of operations and product support.

In the near future, the deployment center will be expanding to accommodate pre-assembled care packages. "American Logistics Association (ALA) representatives will partner with DeCA to assemble pre-boxed commissary care packages - all for under \$20 each. We'll have a food package, a health and personal care package and a battery package," explained Vitikacs.

So, next time you shop at the commissary, check out the new display located near the entrance door. It offers a wide variety of items and may save you some time when you're in a hurry.



PEARL HARBOR: 61st anniversary of attack

From Page 1

through aging photos and newsreels and from the memories of those who were there. As a result, thousands joined the armed forces as America mobilized to defend freedom on two fronts.

Each year ceremonies take place across the country to commemorate Pearl Harbor.

This year, a ceremony will be held Dec. 7 on board USS Estocin (FFG 15) at NS Mayport. The ship will depart at 9 a.m. and is

expected to return by 2 p.m. The guest speaker for this year's event will be Retired Capt. Chet Smith, chief of Veteran's Service Division, City of Jacksonville.

All guests will be transported from the Fleet Reserve Association 290 building on Mayport Road to the base via buses. No private traffic will be allowed on base. Guests are requested to be at the building no later than 8 a.m.

Following the ceremony, the Beaches Honor Guard

will conduct several burials at sea.

For more information, call the NS Mayport Public Affairs Office at 270-5226.



COMMUNITY CALENDAR

The Navy Wives Club of America, NWCA Jax No. 86, meets the first Wednesday of every 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 President Barbara Howard at 471-1444.

The Navy Wives Club's DID No. 300 will be held the second Thursday of each month. Our new meeting place is the Oak Crest United Methodist Church, Education Bldg. 5900 Ricker Road, starting at 7 p.m. For more information contact 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.

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 rjrjax@attbi.com or 241-6222.

The Marine Corps League, Jacksonville Detachment holds their monthly meeting the first Thursday of the month at 7 p.m. at the VFW Post 7909 on Blanding Blvd. 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 Ordnance-men's meetings are 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 AOC Erick Parmley at 542-8589.

MOMS Club of Jacksonville will meet today from 10:30 a.m. to noon. Members and guests are asked to bring a potluck dish to share and an unwrapped toy for Toys for Tots, the chapter's holiday service

project. The meeting includes a social with games and activities for children up to pre-school age. For security and confidentiality reasons, the meeting location is not being published. The meeting is free and open to all mothers and children. RSVP is required. For information, contact Kellie at 993-0549 or email ks775@cs.com.

The Decorative Artists of Jacksonville is a multi-county group of painters of all skill levels who work in various paint mediums. Our next regular meeting is Dec. 10 at 7 p.m. at the Riverside Christian Church, 2841 Riverside Avenue for installation of new officers and a covered dish party.

For more information, call 264-0743 or 349-6602 or e-mail tzamoiski@ecs4kids.org.

The Orange Park United Methodist Church presents the annual Community Christmas Pageant Dec. 13-15 at 7 p.m. This event is free. For more information, call 264-2241 Ext. 216.

VS-30/VS-801 will hold their 50th Anniversary Celebration March 12-15 (in conjunction with Viking Week East) in Jacksonville. Contact: Lt. D.B. Waidelich at 542-8546 or email waidelichdb@vs30.navy.mil. Anyone searching for memorabilia and history should contact Cmdr. Ruth at ruthda@csowl.navy.mil.

The 60th Anniversary Jolly Roger Reunion (1943-2003) will be held May 15-17 at NAS Oceana, Va. For more information, e-mail reunion@v1f103.navy.mil or call (757) 433-5833.

MWR NOTES

Treat yourself through I.T.T.

You deserve a vacation, stop by I.T.T. and sign up for one of the many trips on the calendar.

I.T.T. has Jaguar tickets on sale for every home game, only \$28 a ticket and anyone on base can purchase them with no limitations. I.T.T. also runs a shuttle to the home games and you can sign up for any game when you purchase your tickets.

For more information, call 542-3318 or stop in our office located adjacent to the Navy Exchange. Trips are open to all base personnel and their guests.

Dec. 14 - Savannah History & Shopping Trip - The trip includes a trolley tour covering the historic sites, followed by free time to have lunch, explore the city and do a little holiday shopping. Transportation and the tour is \$27.75.

NAS Jax Golf Club

Take advantage of a free 18-hole round of golf on your birthday in December. For golf info, call the Pro Shop at 542-3249.

Bowling at Freedom Lanes

Sailors, family members, retiree's and guest can enjoy a variety of bowling fun at the Freedom Lanes. Patrons can pick just about any day in the week for some bowling challenges. Active duty members can enjoy the \$5 "All You Can Bowl" on Tuesdays from 4-9 p.m. Then bowl for free on Wednesdays from 11 a.m. - 3 p.m.

In November Super Sunday's have been extended to \$7 "All You Can Bowl" from 3:45 - 5:45 p.m. Shoe rental is \$1.65

Youth Center Holiday Camp

Holiday Camp runs Dec. 23-Jan. 3 and is open for age's kindergarten-13. There will be arts and crafts, bowling, indoor and outdoor activities and field trips once a week. Don't miss out on the fun. The cost is determined by household income. Registration forms are now available at the NAS Youth Activities Center. Call 778-9772.

Help us find Frosty

Frosty got lost on base and we need help finding him. Beginning Friday, come to Liberty Cove Recreation Center each day to get a clue to help find Frosty. The winner will

receive a \$250 gift certificate to the NEX. This event is open to active duty only. For more information call 542-3491.

Letters from Santa

MWR called the North Pole to ask Santa if he would write a letter to the military children at NAS Jacksonville and Yellow Water. Parents please call Santa's Helpers at 778-9772 to register your names. Call now through Dec. 20 and Santa's Elves will ensure your child receives their letters by Christmas.

Tropical Freeze coming

Join MWR for their annual Holiday Tropical Freeze on Dec. 21 from noon to 5 p.m. at the marina. Enjoy a snow sled run and free hot dogs and drinks. The event is open to all base personnel. For more info call 778-9772.

Decorating Contest

The Holiday Door Decorating Contest for all Yellow Water and NAS Housing residents runs from now through Dec. 15. Judging will be Dec. 16-17. Winners receive turkey dinners. Call 778-9772 to register.

Mulberry Cove Marina offers deals

The Marina is hosting a "Light Up Your Boat" contest on Saturday. The judging will begin at 5:30 p.m. This event is open to all slip, mooring and dry storage patrons of the marina and the Navy Jax Yacht Club. The winning boat will receive a prize.

Kayak Rescue Class - learn basic kayaking, plus advanced strokes and braces, how to perform the wet exit, paddle float and T-rescues, emergency procedures, navigation, rules of the road, tides and currents and weather fundamentals. The class lasts 4-5 hours and costs \$25 per student. Graduates earn one 1/2-day free kayak rental from the marina.

For more information, call 542-3260.

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

JAX TALES BY MIKE JONES

WWW.RICKYSTOUR.COM

RICKYSTOUR@YAHOO.COM



Seminar coming up

A Florida Family Law Information Seminar will be held Dec. 19, Jan. 23, Feb. 20 and March 25 from 9 a.m. to noon at the Fleet and Family Support Center Classroom.

The seminar will cover

marriage issues, divorce, child support and military retirement. The class is open to all active duty, retirees and family members. Seats are limited. Call 542-2766, Ext. 127 to sign up. Child care is not available for this seminar.

PREVENTION - Be aware of signs of suicide during holidays

From Page 5

their shipmates and their commands. A person who seeks treatment for a mental condition before it affects his job or life too much, will receive the treatment they need so that they can be even more effective than they would have been had they allowed the condition to persist.

Military life can be difficult. The Navy recognizes this and has plenty of confidential resources for men-

tal health treatment. The Chaplain Corps is always here to help someone in need. Naval Air Station Jacksonville also has a Fleet and Family Support Center (542-2766) and there is a Suicide/Crisis Hotline (1-800-346-6185). For more information on mental health and mental health counseling, active duty members may call the Naval Hospital Jacksonville Mental Health Department at 542-7661.



Club 2000 - An option to drinking and driving

In 1997 NAS Jacksonville began a program titled Club 2000. Its purpose was to give Sailors a safe and legal option to drinking and driving. Our idea was, "Better a free taxi ride home, than a "free" ride to jail or the morgue."

If you are out having a good time and part of your activity includes alcohol, you become a hazard to both yourself and others if you drive home. With Club 2000 you have a good second option to driving home.

All you have to do is call the Station OOD at 542-2338, and they will send you a taxi to take you home for free. Your request for a ride is not passed to your command.

Only you, the taxi driver, and the OOD know you

used the service.

But what happens if you do drive? What do you think the risk is if you only have a "couple" of drinks.

Your chances of ever getting home aren't very good when you drink and drive.

Even a "couple" of drinks can change your reaction time, impair your judgment, and get you killed or seriously injured.

So if you're out having a good time and it's time to call the OOD. Do you think you'll remember the number? If you go to Building 590, you can pick up a business card reminder with the number on it.

Club 2000 is a free service to all active duty personnel working on NAS Jacksonville.

JAX SPORTS NEWS

3-on-3 holiday basketball tournament set

This tournament is scheduled for Dec. 9 at 5 p.m. at the base gym. It is open to all NAS Jax active duty personnel. This is a Captain's Cup event and commands will receive Captain's Cup entry points for their command for participating. Call the base gym to sign up by Dec. 6.

Racquetball tournament slated

A Men's Racquetball Tournament will be held Jan. 27-31 at

5 p.m. at the gym. The tournament is free and open to NAS Jax active duty men. This is a Captain's Cup event and a qualifier for the South Atlantic Regional Sports Racquetball Tournament held in February. There are two men's divisions: open (ages 34 and under), and seniors (ages 35 and up). Sign up at the gym by Jan. 21.

Sports officials and scorekeepers needed

The North Florida Military Officials Association is looking for people 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 racquetball tourney scheduled

This tournament will be held Jan. 27-31 at 5 p.m. at the base gym. The tournament is free and open to NAS Jax authorized (active duty, dependents over 18, retirees, and DoD/NAF civilian employees) women patrons. Active duty women will

receive Captain's Cup points for their command. Winners will represent NAS Jax at the South Atlantic Regional Sports Racquetball Tournament held in February. Sign up by Jan. 21.

Navy Southeast Regional Running and Triathlon Team

Are you a runner and would you like to represent the Navy in 5K, 10K, marathons, and/or triathlons? The Navy will showcase elite active duty men and women in regional races. Uniforms are provided along with 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 ten regional qualifying times.

If you have run in a sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Qualifying times:
5K
Men 19:00 Women 24:00
10K

Men 34:00 Women 46:00
Marathon
Men 3 Hours 30 Min.
Women 4 Hours
Triathlon
Men 2 Hours 30 Min.
Women 3 Hours
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 gorman@nasjax.navy.mil.

SPORTS STANDINGS

Intramural Basketball Standings as of Nov. 29

Team	Wins	Losses
VP-30	5	0
Blount Island	3	1
NavHosp	3	1
Supply	3	1
VP-45	3	1
TPU	3	2
AIMD	2	2
FACSFAC	2	2
VS-31	1	3
ATC Ops	1	4
VP-5	1	4
VP-45 O'S	0	2
VS-32	0	4

HELPING HANDS

HabiJax needs helpers

HabiJax is looking for help this month and in December to get homes ready so families can move in prior to the holidays.

Tasks will vary from framing work and vinyl siding installation to painting and landscaping. Volunteer groups of 10 people per worksite would be ideal. Larger groups will be split among nearby sites and smaller groups combined with others.

Workdays are available Tuesday through Friday from 8 a.m. to 3 p.m. Volunteers are asked to bring hammers, work gloves, bag lunch and water bottles.

Groups will meet at the HabiJax warehouse at 2404 Hubbard Street at 7:45 a.m.

Volunteers are also needed to assist with the new HabiJax Youth Activities program. These volunteers will be making cat tree kits (at the HabiJax warehouse) to send to youth clubs, groups and grade schools and helping youth groups in the community to construct bird-houses for their new backyards.

If you are interested or you have a group who is interested in helping out, call Natalie Sears at 798-4529 Ext. 253 or email to nsears@HabiJax.com.

542-2766, ext. 130 to sign up. Golf tournament and gala

The Monique Burr Foundation for Children, Inc. will host their annual gala on Dec. 14 and golf tournament Dec. 16. Twenty volunteers are needed for each event.

Volunteers for the gala will greet guests and help with parking. You must have a valid driver's license. Volunteers for the golf tournament will serve as hole-in-one observers, refreshment station workers and runners.

The foundation serves as an

advocate on behalf of abused and neglected children of Northeast Florida. Contact Dianne at 542-2766, ext. 130 for additional information and to sign up.

Naval Hospital Red Cross seeks shuttle volunteers

Red Cross volunteers operate the Naval Hospital's visitor's parking lot shuttle cart service.

The service will soon expand to include a second shuttle cart and will also begin operating both mornings and afternoons.

The Red Cross is currently taking applications for additional volunteers to serve as drivers for the shuttle carts.

The only requirements for shuttle cart drivers are that the person be outgoing, eager to help and possess a current Florida driver's license.

Volunteers are also needed to work other areas in the hospital such as at reception desks greeting and providing information for hospital guests.

For information and applications for any of the Naval Hospital Red Cross volunteer opportunities call 542-7525.

Salvation Army Bell Ringer Project

Volunteers are needed now to Dec. 24 for the NAS Jacksonville Annual Salvation Army Bell Ringer Project at the Orange Park Mall.

This project provides assistance during the holidays and throughout the year for needy people in our local community.

Commands/departments, active duty service members, civilian employees and military spouses and other family members are welcome to participate in this event. Call Dianne at

USO offers NoHoHo Program

The USO is sponsoring their annual NoHoHo Holiday Program, offering nice hotel rooms to active duty members living in the barracks or on ships for only \$10 per night. The offer is good for up to four people in a room.

If you are unable to go home for the holidays, would like to have family or friends visit you, or just want to get out of the barracks during the holiday season, make reservations by calling 778-2821. The rooms are available Dec. 20-26.

KUDO KORNER

The following personnel received awards during a FACSFAC ceremony on Nov. 19:

Navy and Marine Corps Achievement Medal

AC2(AW) Charles Alfaro
Senior Sailor of the Third Quarter
AC1(AW) Theresa Wilson
Junior Sailor of the Third Quarter
ET3 Ryan Dunlap

NAS Jax dominates South Atlantic Regional Sports Flag Football Championship

By Bill Bonser
Sports Coordinator

The NAS Jax Athletics Department hosted the South Atlantic Regional Sports (SARS) Flag Football Championship Nov. 23-24 for the second consecutive year.

There were eight teams representing Guantanamo Bay Cuba, NAF Key West, Fla. NAS Atlanta, Ga. NSA Mid-South, Subase Kings Bay, Ga. NAS Willow Grove, Pa. NS Mayport, and NAS Jax.

The tournament kicked off with Kings Bay defeating Willow Grove 28-6 and Mayport defeating Key West 13-6. In the second set of games, Atlanta defeated NSA Mid-South 21-12 and NAS Jax defeated Gitmo 34-12. Once again, Mayport and Jax appeared to be on a collision course in a repeat scenario from the previous year when both teams needed to win one more game to reach the winner's bracket final. Mayport manhandled Kings Bay 25-7 and NAS Jax squeaked by Atlanta 27-23 to set up a repeat of last year's winner's bracket final.

Jax was looking to turn the tide because last year Mayport defeated Jax 30-26 in the winner's bracket final before going on to defeat Jax 32-6 to win last year's championship.

Jax drew first blood on their opening drive as Quarterback, John Davis methodically moved the offense downfield with precision passing. Davis hit Albert Evans on the sideline of the end zone for the first touchdown and Davis completed the extra point to Ryan Rader to take the lead 7-0.

Mayport's opening drive ended when Jax's Delwin Dickerson intercepted Mayport's David Perry. Jax capitalized on the turnover as Davis remained on target completing a long pass to Evans to set up a two-yard touchdown pass to Mark Revac. Davis connected with Evans for the extra point to take a 14-0 lead and to put the pressure on Mayport.

Mayport responded driving down field and finally got on the board when Perry ran in for their first score. Mayport could not complete the extra point, but narrowed the score to 14-6.

Mayport was struggling to stop Jax's potent offensive weapons as Davis again hooked up with Evans on another long pass and Davis scored his second rushing touchdown. Davis completed the extra point to Revac and Jax extended their lead to 21-6. On Mayport's next possession, they caught Jax's defense sleeping when Perry connected on a 65-yard touchdown reception by Demetrius Howze. The



The NAS Jax Flag Football Team members display their championship trophies after defeating NS Mayport 31-12 during the 2002 South Atlantic Regional Sports Flag Football Championship.

score was 21-12 because Mayport could not convert the extra point. Jax was threatening to score before the half, but Mayport's defense finally stiffened up and stopped Jax for the first time. Mayport was driving until the clock expired for half time and the score remained 21-12.

Mayport started the second half with the ball and was looking to strike quickly, but their drive stalled on Jax's 20-yard line as they turned the ball over on downs. Jax took over and Davis remained on fire in the second half completing two passes over the middle to get down to Mayport's 19-yard line. Davis then found his favorite target Evans in the end zone for a 19-yard touchdown.

The extra point failed for the first time, but Jax had a comfortable 27-12 lead. Jax's relentless pass rush by Toby Janda kept constant pressure on Mayport's Perry to force him to throw errant passes and he also sacked him a few times to keep Mayport's offense in check. Mayport gambled on the 4th and 13 and resorted to some trickery as they completed a flee flicker for a first down. Mayport's drive ended on the very next play, when a pass bounced off Chris Canniff and into the hands of Jax's Algero Bennett for an interception.

Once again Jax capitalized on the turnover when Davis rushed for a 7-yard touchdown. With the score 33-12 and the game clock under two minutes, the game was declared over due to the 17 point mercy rule. Jax's impressive win put them in the championship game and Mayport's loss sent them to the loser's bracket. Both teams finished their last game of the day and were able to go home to rest for the loser's bracket final and championship game on Sunday.

Kings Bay was sent to

the loser's bracket when Mayport beat them in the second round 25-7. Kings Bay struggled through the loser's bracket with their first game against Mid-South going down to the wire. Mid-South had 4th and goal with 20 seconds left in the game trailing 18-13. Mid-South's quarterback threw up a desperation pass in the end zone and Kings Bay's Ricky Collier picked off the pass and ran it all the way for a touchdown to preserve the victory.

Kings Bay had another tough game against Willow Grove, but managed to put the game away by scoring in the final seconds to win the game 39-28. Kings Bay survived their fourth game as they headed home to rest for their game against Mayport on Sunday.

Kings Bay found themselves in the same situation

as the previous year except they faced Jax instead of Mayport. The loser's bracket final remained tight in the first half and Mayport held on to an 8-6 lead at the half with the difference being a safety. The game remained close in the second half, but Mayport outscored Kings Bay 12-6 to win the game 20-12. Kings Bay went home disappointed as they finished third for the second consecutive year. On the other hand, Mayport was fired up because they would get another chance against Jax.

The championship game was no surprise as both teams found themselves in reverse roles from the previous year since Mayport defeated Jax in the championship last year. Jax was in the driver's seat since Mayport had to defeat them twice to win the



Jax's Quarterback John Davis scrambles to avoid the rush as he looks down field for an open receiver. Davis was a major factor for Jax's dominance as he threw 15 touchdown passes and ran for four touchdowns.



Jax's Ryan Rader makes a reception before having his flags pulled by Mayport's Jahmon Walden as another Mayport player tries to block.

championship. Jax wanted nothing to do with giving Mayport a chance to force a second game.

Jax's potent offense was unstoppable in the first half as Davis ran for a touchdown and threw for three. Jax's defense was also impressive giving up

only one touchdown to take a 25-7 half time lead.

Jax played conservative in the second half scoring only one touchdown. More importantly, Jax's defense kept the game under control in the second half giving up only one touchdown to cap off a 31-12 victory.