



Jax Air News

TOUCHING BASE

Chapel to hold vow renewal

To celebrate Valentine's Day, an Ecumenical Marriage Vow Renewal and Social are being sponsored by the NAS Jax Base Chapel on Feb. 14 at 6 p.m. at the All Saint's Chapel.

The special ceremony will be followed by a Surf and Turf Dinner at The Zone at 7 p.m. The cost is \$5 per couple. Babysitting will be provided by the Chapel Youth Group in Building 749. Donations will be accepted.

For more information and to sign up, call 542-3051.

African-American History luncheon

To celebrate African-American Month, a special luncheon will be held Feb. 20 at 11 a.m. at the NAS Jacksonville River Cove Officer's club.

The event is sponsored by the NAS Jax Multi-Cultural Committee and NADep EEOAC.

The cost is \$12 per person. Lunch will include a traditional soul food buffet, a guest speaker and entertainment. For more information, call Sylvia Kitt at 542-0842 or SMC Franzaglio at 542-3304.

U.S. Savings Bond changes

From the Defense Finance and Accounting Office

The Department of Treasury recently announced that the minimum holding period for Series EE and I bonds has been increased from six to 12 months as of Feb. 1, 2003.

This change means people who purchase EE or I bonds on or after Feb. 1 must wait one year before they may redeem those bonds. People who purchase bonds will receive a notification of this new policy with their bonds until the preprinted bond stock that incorrectly states the previous holding period is used up.

More information is available at <http://www.savingsbonds.gov>.

Marine reserve unit activated



Photo by Kaylee LaRocque

Members of the Marines' 4th Assault Amphibian Battalion (B Company) stand at attention during a "Sendoff" ceremony for the Battalion and the family members last Saturday.

By Kaylee LaRocque
Staff Writer

Hundreds of family members gathered at Patriot's Grove on Saturday afternoon for a special "Sendoff" ceremony for 154 Marines from the 4th Assault Amphibian Battalion (B Company) headquartered at the Navy/Marine Corps Reserve Center Jacksonville. The unit was recently called to active duty in support of Operation Enduring Freedom.

As the families waited near the pavilion, the Marines arrived running in formation. As they lined up in ranks, the families seemed amazed at the unit's precision as they tried to find their loved ones.

The ceremony began with the Navy Band Southeast's performance of the Star Spangled Banner. Capt. Margaret Weitzel, standing commanding officer of the battalion presented the guest speakers.

"Unfortunately, Senator Bill Nelson could not be here today, but he requested I read you this message from him," said Joanelle Mulrain, a representative from his office.

"As you gather today soldiers and families, know that you are part of what makes America great, part of her fabric, her very soul. It's your service that allows our freedom, it's your sacrifice which is not forgotten. As soldiers you are an important part of our

national defense wherein duty calls in the protection of America and its citizenry it's first and foremost above all. I am solemn in thought as I think of you having to leave your families, but filled with honor that you are serving the greatest nation on earth. As you prepare to mobilize and serve, I commend your determined efforts to defend the United States of America. Your spouses and children will miss you and you will miss them. As you leave they prepare to be a family of a soldier defending this great country of ours and for this please be proud. We are Americans living in the greatest country on earth. I

See MARINES, Page 4



Photo by JO2(SCW) Eric Clay

Major Robert Nicol (left), commanding officer of the Marines 4th Assault Amphibian Battalion (B Company) inspects some gear as members of the battalion prepare for deployment.

NavHosp Jax medical platform deploys

By Loren Barnes
Naval Hospital Jacksonville Public Affairs

A medical support platform comprised of nearly 100 medical personnel from Naval Hospital Jacksonville recently received orders to deploy to the U.S. Central Command (CENTCOM) area of operations to support the global war on terrorism and to prepare for future contingencies as may be directed.

As the sun rose the morning of Jan. 26, a small group of medical personnel with 2nd Force Service Support Group (2nd FSSG) departed Naval Hospital Jacksonville. They were followed by the remaining members on Jan. 30.

Naval Hospital Jacksonville Executive Officer Capt. John Sentell delivered parting remarks to the troops at the Thursday departure. After they boarded the buses he told them, "I want you to



Photo by Loren Barnes

HM3 Daniel Urias shares a parting moment with 10-month-old daughter, Idalia.

know that we are proud of you, that the Jacksonville community is proud of you. You are well trained and I know you will serve us well. You are our 'A' team."

HMCM James Piner reminded

the enlisted members of 2nd FSSG of the proud tradition of Navy Hospital Corpsmen. "Whether it was the Argonne Forest, Okinawa or Iwo Jima, Navy Hospital Corpsmen have served proudly and honorably for over 100 years," he said.

Naval Hospital Jacksonville's deployable platforms are comprised of personnel from Naval Hospital Jacksonville and its Branch Medical Clinics (BMCs) as well as from other Naval Hospitals in the continental United States. In addition to 2nd FSSG, Naval Hospital Jacksonville maintains the Fleet Hospital, the largest deployable contingent, as well as a group which is trained to support Amphibious Casualty Receiving and Treatment Ships.

According to Naval Hospital Jacksonville Director of Medical Services Capt. Robert Sorenson, the 2nd FSSG is basically a surgical company whose role is similar

to that of the MASH units portrayed in the movie and television series set in the Korean War.

The 2nd FSSG, would support Marine forces in the field. It consists of several elements including shock/trauma platoons that involve emergency medicine trained physicians, nurses and corpsmen. There are also multiple surgical platoons that include surgeons, anesthesiologists, certified nurse anesthetists, perioperative nurses and corpsmen. Other specialties are also included such as family physicians, pediatrics, OB/GYN and Medical Service Corps personnel.

The role of the 2nd FSSG shock/trauma platoon, which left Sunday, is to stabilize patients as they are brought into the field hospital. Platoon field corpsmen could also be sent to deliver care on the front lines. One such corpsman,

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WEEKEND WEATHER



FRIDAY 50/62
RAIN



SATURDAY 44/60
ISOLATED SHOWERS



SUNDAY 45/64
RAIN

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



Photo by JO2(SCW) Eric Clay

Keeping NAS Jax clean

Everyone needs to do their part to keep the base clean. NAS Jacksonville Commanding Officer Capt. Mark S. Boensel takes time out of his day to pick up trash and debris on Langley Street.

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RP's meet at NAS Jax



Photo by JO2(SCW) Eric Clay

Chief of Chaplains Master Chief RPCM William Persons, recently paid a visit to the religious petty officers aboard NAS Jacksonville on Jan. 29. Persons explained to the group the importance of Task Force Excel and the restructuring of occupational standards. He also explained to the group how the RP "A" school may change its curriculum. "We may add more computer classes to keep up with technology and weapons qualifications for our personnel to better protect our chaplains," said Persons.

Uniform policy changes effective immediately

From the Chief of Naval Operations

Significant revisions were recently made to the Navy personal appearance policies. These changes are effective immediately and will be reflected in the next change to uniform regulations. The revisions include:

- Establishment of a tattoo policy for Navy personnel.
- Clarification of personal appearance policy with regard to intentional mutilation of body parts.
- Clarification of personal appearance policy with regard to dental ornamentation.

Navy grooming and personal appearance policy is intended to ensure that Navy personnel set and maintain the highest standards of professional appearance in uniform. Due to the increasing popularity of body art and ornamentation, Navy policy is being revised to provide clearly defined guidance.

Personal appearance
Because it is impossible to provide examples of every appropriate or unacceptable hairstyle or of "conservative" or "eccentric" grooming and personal appearance, the good judgment of leaders at all levels is key to enforcement of Navy grooming policy. Therefore, hair/grooming/personal appearance while in uniform shall present a neat, professional appearance.

Tattoos/body art/brands
No tattoos/body art/brands are allowed on the head, face, neck or scalp. Tattoos/body art/brands elsewhere on the body that are prejudicial to the good order, discipline and morale or are of a nature to bring

discredit upon the Navy are prohibited. For example, tattoos/body art/brands that are excessive, obscene, sexually explicit or advocate or symbolize sex, gender, racial, religious, ethnic or national origin discrimination are prohibited.

In addition, tattoos/body art/brands that advocate or symbolize gang affiliation, supremacist or extremist groups, or drug use are prohibited. Tattoos/body art/brands will not be visible through uniform clothing. Waivers may be requested for prior service and existing tattoos from the Chief of Naval Operations (CNO).

Mutilation

Intentional body mutilation, piercing, branding/intentional scarring that is excessive or eccentric are prohibited. Some examples are: a split or forked tongue; foreign objects inserted under the skin to create a design or pattern; enlarged or stretched out holes in the ears (other than normal piercing) and intentional scarring that appears on the neck, face, or scalp. Waivers may be requested for prior service existing body mutilation, piercing, branding/intentional scarring from the CNO.

Dental ornamentation

The use of gold, platinum or other veneers or caps for purposes or ornamentation are prohibited. Teeth, whether natural, capped or veneer, will not be ornamented with designs, jewels, initials, etc. Waivers may be requested for prior service and existing dental ornamentation from the CNO.

The above policy guidance will also be included in the civilian clothing policy, article 7101.

How to seek medical care under heightened security

By Marsha Childs
Naval Hospital Jacksonville
Marketing

Certain DoD security level alerts mandate that only mission-essential personnel may be admitted to our military bases.

Although implementation of such a security alert is rare, the restrictions imposed during such a period can make it difficult for TRICARE beneficiaries to access Naval Hospital Jacksonville and its network of Branch Medical Clinics (BMCs). The following guidance is offered as to how beneficiaries should access care under such conditions.

Routine or emergency care?

Routine primary and specialty care appointments made at Naval Hospital Jacksonville or at the BMCs should be rescheduled as soon as the security alert has been downgraded. No routine care will be authorized in the civilian community.

For medical emergencies, TRICARE patients should seek care immediately at the nearest civilian hospital. An emergency is a medical or mental health condition that someone without medical training believes would result in death, loss of limb or eyesight without immediate care. It may also be a condition that is very painful and requires immediate treatment to stop the pain.

Pregnancy care

For all pregnancy-related questions, contact Naval Hospital Jacksonville Labor and Delivery at (904) 542-7704/7705 for advice, or if not available, contact the Health Care Finder (HCF) at (800) 333-4040 or the TRICARE Service Center (TSC) at (904) 381-9015, Option 0 to speak to someone immediately. For emergencies such as heavy bleeding or the urge to push, go to the nearest Emergency Room.

TRICARE Prime patients enrolled to a military medical facility who

become ill or injured, but do not need emergency care, should contact the Nurse Call Center (NCC) at 542-4677, Option 6 for medical advice. If the call center is closed, patients may call the Health Care Information Line (HCIL) at (800) 333-5331 to speak with a nurse.

TRICARE Prime patients enrolled at a military medical facility who seek emergent or urgent care must obtain care authorization. Authorization may be obtained from the NCC (7 a.m. - 11 p.m.) if open, or if closed, the HCF at (800) 333-4040 within 24 hours of the care being provided for authorization. You may also contact the TSC Monday through Friday (8 a.m. - 5:30 p.m.) at 381-9015, Option 2 to speak with a HCF or Option 0 to speak with someone immediately. Be prepared to provide patient's full name, sponsor's social security number, name and address of civilian TRICARE provider, and date of service. A small co-payment, if any, may apply when seeking civilian medical care.

Pharmacy Prescriptions

In the event that a heightened security alert restricts access to the base, patients who utilize Naval Hospital Jacksonville or the Branch Medical Clinic Pharmacy may have difficulty getting a new prescription filled or an existing prescription refilled.

New prescriptions may be filled at a TRICARE Network Pharmacy such as Eckerds, Wal-Mart, Walgreens or Publix. Existing prescriptions may be transferred to a civilian network pharmacy by presenting refill bottle(s). A small co-payment, if any, may apply. For assistance finding a health care provider or network pharmacy, go to the Humana web site at www.humana-military.com, call the Provider Locator Service at (800) 661-4315, or call the local TSC.



Meet A Sailor...

AMAA SHANE LAWSON

Job title/command:
HS-5

Hometown: Brown City, Mich.

Family Life: Wife, Corinne, and daughter, Trinity.

Past Duty Stations: "A" School in Pensacola.

Career Plans: I plan to retire from the Navy in 20 years or more and achieve the highest rank I can.

Most Interesting Experience: The birth of my daughter and joining the Navy.

Words of Wisdom: Be yourself and never change for anyone.



Meet A Civilian...

SHERION STEWART

Job title/command:
LPN, NAS Jax Naval Hospital

Hometown: Originally from Hawthorne, Fla., now a Jacksonville resident.

Family Life: Married with a son and a daughter.

Past Duty Stations: Family practice Clinic, Heidelberg, Germany.

Career Plans: To continue educational goals in nursing. I hope to teach nursing in the future.

Most Interesting Experience: My first tour in Germany. The cultural difference was surprising. Learning to speak and interpret the language was scary. I understood it better than I could speak it.

Words of Wisdom: Let your words be few, but when you speak let them be a positive force in every situation.

Navy College Learning Center to offer free test prep classes

From NCLC

Feb. 17-27
March 3-13
March 17-27

The Navy College Learning Center offers free ASVAB/ACT/SAT prep classes to help increase test scores. The following are the upcoming 2003 winter classes at the Navy College Learning Center (NCLC):

Classes run from 9 a.m. to 4 p.m. for two weeks. Seating is limited and reserved on a "first-come" basis. To sign up, call 542-3676 or email Aslclta@net-mail.att.net.

Military Spouse 101 briefing slated

From FFSC

On March 27, NAS Jacksonville Fleet and Family Support Center and Morale, Welfare and Recreation Department will team up to co-sponsor Military Spouse 101. This program is designed to make spouses who are new to the military or the local Jacksonville area better aware of Navy and community support programs and services.

The program will include a mini overview

of available military services and get acquainted reception to meet the base commanding officer and other support personnel.

The event will kick-off at 6:30 p.m. at the NAS Jacksonville River Cove Conference Center. This program will be presented every three months during 2003. Childcare will be available and registration is required.

For additional information and registration, call 542-2766, Ext. 130.

Who to notify when a credit card is stolen

Credit card theft is a huge burden and can cause major problems for victims. The following are numbers to call if cards are lost or stolen. These agencies should be contacted immediately.

- Equifax Credit Bureau: 800-525-6285
- Experian Credit Bureau: 888-397-3742
- TransUnion Credit Bureau: 800-680-7289
- SS Administration Fraud Line: 800-772-1213
- Federal Trade Administration - Identity Theft Line: 877-438-4338



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

Communion 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.

Jax Air News

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Tax Center now officially open

By Kaylee LaRocque
Staff Writer

The W-2s are in and the NAS Jacksonville Tax Center is officially open to service military customers including recalled reservists or those drilling for 30 days of longer, their family members and retirees.

As part of the Volunteer Income Tax Assistance (VITA) program, customers can get their federal income tax returns prepared and electronically filed by trained VITA representatives at no cost. Refunds are normally transferred to the customer's bank account within 10 days.

Located in Building 590, at the corner of Keily Street and Enterprise Avenue, the tax center is open for business Monday through Friday from 9 a.m. to 5 p.m. Walk-ins are accepted for those filing the 1040 E-Z forms, but it is recommended you make an appointment for all other tax preparations.

Before heading to the tax center,

it is important you have all the necessary paperwork with you. This includes:

- All 2002 W-2s, Wage and Earning Statements, for you and/or your spouse;
- Social Security numbers and the dates of birth for each family member;
- 1099-INT Forms (reflecting any interest made from savings or checking accounts);
- 1099-DIV Forms (reflecting dividends, capital gain distributions from mutual funds, stocks, etc.);
- Dependent Care Statements from day care providers, including their SSN/EIN and address;
- A power of attorney, if married and filing jointly, and your spouse is not present to sign the paperwork;
- Copies of any medical bills you paid out of pocket; and
- A blank check or bank routing transit number and account number

For more information or to make an appointment, call 542-3395.



AW3 Kali Riddel (right) assists HM3 Narda Campell with her taxes at the NAS Jax Tax Center located in Building 590.

Branch Dental Clinic changes procedures in handling patients

From the Branch Dental Clinic

The Naval Dental Center Southeast Branch Dental Clinic is dedicated to providing optimal dental care to our beneficiaries while maintaining a positive customer relationship.

To ensure our warfighters are readily available to accomplish their command's mission, we have changed the way we handle sickcall and annual examinations.

Previously, if you had a dental emergency you were required to come in on a "first come-first serve" basis, often wasting valuable work hours waiting to be seen. Beginning this week, you are no longer at the mercy of our schedule; we are here for your convenience. Sickcall as you know it, no longer exists. Anyone experi-



Photos by Kaylee LaRocque

Customers wait for an appointment at the Naval Dental Center Southeast Branch Dental Clinic. The clinic has changed their sickcall policy by eliminating walk-in services and setting same-day appointments for dental emergencies.

encing a dental emergency should contact the front desk personnel at 542-3441 or 542-3546. An appointment dedicated to your specific need will be set for the day of your call.

Additionally, all active duty personnel scheduled for an annual examination will receive a dental cleaning during the same appointment. This will optimize both the patient's time as well as our provider's time. The bottom line is, patients will no longer encounter hours of waiting to be seen.

To ensure active duty personnel maintain maximum dental readiness, we no longer offer space available treatment. Retirees are strongly encouraged to enroll in the TRICARE dental plan by calling 1-888-838-8737. Active duty personnel may enroll their family members in the United Concordia Dental Plan by contacting the Personnel Support Detachment.



Cmdr. Wayne Barker, a dentist at the Naval Dental Center Southeast Branch Medical Clinic does some prosthetic work on a patient at the clinic.

Got a consumer problem?

The following are agencies who can help with consumer problems:

NAS Jax Family Service Center - 542-2766

Better Business Bureau - 721-2288

State Attorney's Office Consumer Mediation - 630-

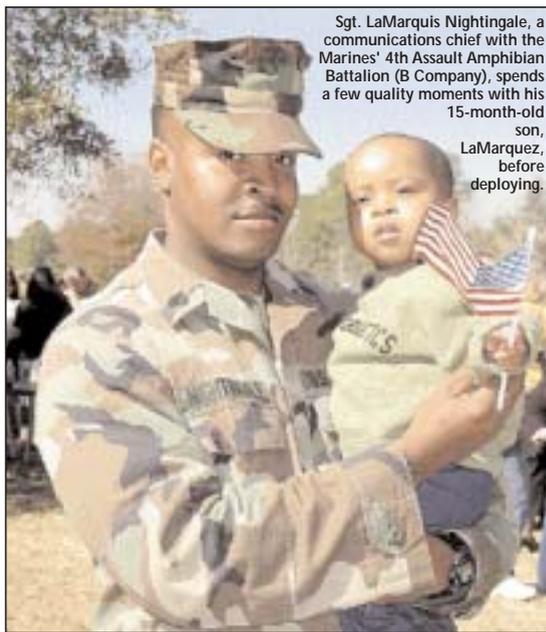
2075

City of Jacksonville/ Consumer Affairs Division - 630-3467

Florida Department of Business & Professional Regulation - 1-850-487-1395

Construction Industry

investigative services - 727-5590.



Sgt. LaMarquis Nightingale, a communications chief with the Marines' 4th Assault Amphibian Battalion (B Company), spends a few quality moments with his 15-month-old son, LaMarquez, before deploying.



Members of the Marines' 4th Assault Amphibian Battalion (B Company) prepare their equipment at the Naval and Marine Corps Reserve Center as they prepare to deploy in support of the global war on terrorism.

Photos by JO2(SCW) Eric Clay & Kaylee LaRocque



Cpl. Raul Rodriguez, a member of the Marines' 4th Assault Amphibian Battalion (B Company), is interviewed by members of the media as he holds his five-month-old son Raul III, at the Battalion's "Sendoff" last Saturday. Rodriguez was saying goodbye to his wife, Oui, and their five children.



Major Robert Nicol, commanding officer of the Marine's 4th Assault Amphibian Battalion (B Company) inspects a member of his battalion as they prepare for deployment.

MARINES: Reserve unit called to duty

From Page 1

salute your efforts to join the war on terrorism and thank you for your service. God speed to each and every one of us as you leave today to allow us to continue our freedom tomorrow."

The event was also attended by several former commanding officers of the battalion. Col.

"This is an event that is filled with fear, trepidation and the fact that we just don't know what will happen. To all the Marines of

Bravo Company, it's been said that there is no nobler cause than the common good and I believe that there's no nobler good than the common defense of our country and to take care of our families. That's why you are here, that's your reason for being. You've been trained for this, take care of each other be sure that your families and loved ones are taken care of, use what you know, learn, be bold. You're United States Marines. God Speed and Semper Fidelis," said Col. Jim

Lanahan, a former commanding officer and a Gulf War veteran.

Following the ceremony, the Marines were instructed to spend time with their families and to report back at the designated time.

"This is what we do. I hate to leave my family behind, but if I didn't want to participate in this, I wouldn't have joined the Marine Corps. We have wonderful neighbors who will help us out. I just wish my wife lots of luck. I've never had to deploy before," said

Cpl. Raul Rodriguez, as he held his baby boy and watched his four daughters running around.

"I'm confident that our unit is well trained and we're going to go over there and accomplish the job that we are being called to do. My wife is also a Marine so she knows all about this and will hold down the home front while I'm gone," added Sgt. LaMarquis Nightingale, a communications chief with the battalion.

The 4th Assault Amphibian Battalion was activated in 1943

at Camp Pendleton, Calif. and deactivated in 1945. It was reactivated in July 1962 in Tampa Fla. and redesignated in Oct. 1976 as the 4th Assault Amphibian Battalion, Fleet Marine Force, USMCR. The battalion's mission is to land surface assault elements of a landing force and their equipment during amphibious operations, and to conduct mechanized operations and related combat support in subsequent operations ashore.



NAVHOSP JAX: Nearly 100 medical support staff deployed



Lt.j.g. Anthony Owens and HM2 James Sharp carry a cargo box to the buses.



Photos by HM2 John Veres

2nd Force Service Support Group personnel load gear on the bus as they prepare to deploy.

From Page 1

HM3 Daniel Urias, said he is confident in the preparation he and his fellow medical personnel have received. "It's nonstop training for us," he said. Urias, like all Navy Hospital Corpsmen, serves in a dual role. He's trained to deploy anywhere in the world as a field corpsman while here at the Naval Hospital he delivered care in the Ear, Nose and Throat (ENT) department.

Urias was seen off by his wife, Jennifer, and their 10-month-old daughter, Idalis. He said missing out on those first year, special moments

with his daughter will be what he misses most. "I may not get to see her walk for the first time or hear her first words," he said. Still, he's excited about going on his first deployment and executing the mission.

Sorenson is also confident in the skills and dedication of the 2nd FSSG personnel. "These are all quality nurses, doctors and corpsmen and I expect they will deliver the same excellent care that they deliver at Naval Hospital Jacksonville," he said.

Capt. Ralph Lockhart, Naval Hospital Jacksonville commanding officer, said, "Naval Hospital

Jacksonville is absolutely up to the challenge of providing top-notch care at home while supporting our deployed forces at the tip of the spear. This is what we're here for, what we've trained for and what we will deliver."

While the men and women of 2nd FSSG are prepared to care for our troops abroad, Naval Hospital leadership has planned ahead to continue delivering the highest level of access to family-centered medical care at home. Both at home and abroad Naval Hospital Jacksonville's health care providers are "Simply The Best."

Howard, McBride selected as HSO Sailors of the Year

By JOC Bill Austin
HSO PAO

Two Naval Hospital Support Office (HSO) Sailors were recently informed that they were selected as the command's Senior and Junior Sailor of the Year (SOY). HM1 Tennisha Howard and HM3 Katherine McBride were chosen out of many stellar candidates during a selection process that wasn't an easy one according to members who sat on the board.

The Sailor of the Year program has been around since the early 1970's and was established by the Chief of Naval Operations to recognize those who "stood out" as role models of professionalism and dedication.

"These two Sailors are outstanding performers within the Centralized Credentialing and Privileging Department," said Howard and McBride's Chief, HMC Dale Murray. "Their professionalism is displayed daily, and they are always there to set the example for others to follow. The Navy would be a better place if all Sailors strived for excellence like my two Sailors do."

Howard, a native of Albany, Ga., joined the Navy in 1993, and went to boot camp in Orlando, Fla. After completing her recruit training, she attended Hospital Corps "A" School at Naval Training Center Great Lakes, Ill., until June 1994. She then accepted orders to Branch Medical Clinic, NAS Glenview, Ill. In September 1996, Howard was promoted to HM3. Just one year later, she was advanced to HM2. Following her tour at NAS Glenview, Howard transferred to Naval Reserve Center, Wilmington, N.C., where she served as the manpower reserve pay clerk and assistant medical department representative until October 1999. In November 1999, Howard reported to NAS Jacksonville's Naval Healthcare Support Office. "This tour has really given



Photo by JOC Bill Austin

HM3 Kathy McBride (left) and HM1 Tennisha Howard of the Naval Healthcare Support Office, Jacksonville, were recently named as the command's Junior and Senior Sailors of the Year.

me the opportunity to increase my knowledge on a broad scale," said Howard. She went on to say that having the chance to serve in several of HSO's Centralized Credentialing and Privileging Departments (CCPD) have been "extremely rewarding." In December 2001, she was advanced to HM1.

Currently, Howard serves as the leading petty officer of the Medical Corps Division and has two sons, Duane and Dominic. When asked how she felt when she received word of her SOY selection, she quickly replied with a big smile, "I'm honored."

McBride, a native of St. Louis, Mo., attended Fox Senior High School in Arnold, Mo., and graduated in 1991. She then went on to attend AL-Med Academy in 1996, where she enrolled in the EKG/Lab Assisting Program. She graduated valedictorian of her class in 1997. McBride continued her studies at St. Louis Community College until she decided to join the Navy. She entered the Navy in August 2001 and was sent to boot camp at Recruit Training Command, Great Lakes, Ill. After graduation, she went on to Hospital Corps "A" school at Naval Training Center, Great Lakes and graduated in March 2002. McBride then accepted orders to HSO Jacksonville. Currently, she is assigned to the staff of the

Centralized Credentials and Privileging Department, in the Dental Corps Division.

Currently, McBride is attending Florida Community College at Jacksonville where she is pursuing a bachelors degree in science. When asked what her selection as JSOY meant to her, she said without hesitation, "being a Junior Sailor of the Year means to be an example for other junior Sailors. It means being responsible, and having a positive influence on the overall command climate."

"The Sailor of the Year program recognizes our Sailors for their outstanding accomplishments throughout the year," said HSO's Command Master Chief, HMC Ron Rang. "It recognizes those who have contributed the most to the mission, and recognizes them for their sustained superior performance."

"I'm not just talking about the Sailors selected as SOY to represent our command, but all the Sailors who were nominated. We had a large selection of candidates to choose from because we have such a large number of conscientious, hard-working Sailors deserving to be our Sailor of the Year. The competition was extremely competitive and close. It gets harder every year selecting just one Sailor for each category," Rang added.



AW1(AW/SW)
Harold Lester



AW1(AW/SW)
Carmelo Sanchez



Cynthia Passmore

FASOTRAGRULANT recognizes top personnel

From FASOTRAGRULANT

Fleet Aviation Specialized Training Group, Atlantic Fleet (FASOTRAGRULANT) Detachment Jacksonville announces their Sailor of the Year and Military and Civilian Instructors of the Year.

AW1(AW/SW) Carmelo Sanchez has been selected as the incumbent Sailor of the Year for the local detachment site. Sanchez is the Training Department leading petty officer and manages quota control for more than 65 courses and five training divisions of 40 military and civilian instructors. He also serves as the assistant command fitness leader.

Cynthia Passmore was selected as the Civilian Instructor of the Year for FASOTRAGRULANT Detachment Jacksonville and Civilian Instructor of the Year for FASOTRAGRULANT. Passmore instructed 11 Aviation Maintenance Administration Management Training classes, graduated 83 students and earned certification in three additional sub-specialties. She is the only FASOTRAGRULANT instructor qualified to teach nine of 11 maintenance courses.

FASOTRAGRULANT Detachment Jacksonville's Military Instructor of the Year is AW1(AW/SW) Harold Lester. Lester was selected for operating a remote training detachment that completed 47 courses and graduated more than 230 students for the HSL Wing Weapons Training Unit and Helicopter Anti-Submarine Warfare Working Group. He currently serves as the Mayport acting chief petty officer for the detachment.

FASOTRAGRULANT trains fleet personnel in Naval Aviation Logistics Command Managed Information System organizational and intermediate classes, Aviation Maintenance Administration Management training, Anti-Submarine Warfare, Micro-computer classes, Conventional Weapons training and organizational effectiveness courses and provides Microcomputer and Training Aid Department support. FASOTRAGRULANT Detachment Jacksonville graduated more than 3,900 students in 2002. Quotas can be scheduled online by emailing training@fasojax.navy.mil or by calling 542-2647/2648.

Calibration Lab names Sailors of the Year

By AK1(AW) David Whipple
SERCC PAO

Southeast Regional Calibration Center (SERCC) announced during a recent ceremony their Sailor of the Year and the Junior Sailor of the Year. ET1(SW) William Humphrey was named Sailor of the Year and AT2(AW) Christopher Jones was named the Junior Sailor of the Year.

Upon arriving at SERCC in October of 2000, Humphrey was assigned to 67B Electronics Repair Shop as a calibration technician and custodian for the calibration lab's standards, but his expert troubleshooting skills resulted in his placement in the Electronics Repair Shop 67D. Following his advancement to Petty Officer 1st Class in June 2001 he was chosen to lead the Electronics Repair work center. Humphrey is a collateral duty inspector (CDI) in multiple areas, and was selected as the command fitness leader. Humphrey was born in Kinston, N.C. In his late teens he moved to Arlington, Texas and graduated from Arlington High School in 1989. In March of 1998 he married Roberta Ramos. They currently have two sons and two daughters.

Jones reported to SERCC in April 2000. Once settled within the command, Jones was given the responsibility of being the



Photo courtesy of SERCC

(From left) Mrs. Humphrey, ET1(SW) William Humphrey, 2002 SERCC SOY, AT2(AW) Christopher Jones, 2002 SERCC JSOY and Mrs. Jones.

2M program manager for SERCC. Through his diligent efforts and expert managerial skills Jones's 2M program was rated number one in savings for the Region and lead to his selection as the Junior Sailor of the Quarter for the fourth quarter of 2002.

Jones was born in Huntington, Tenn. In early childhood, he moved to Kennett, Mo. where he graduated from Kennett High School in 1988. Jones entered the Navy through the Delayed Entry Program in March of 1988.

HSO selects top performers of quarter

By JOC Bill Austin
HSO PAO

Sustained superior performance was recognized recently as Naval Hospital Support Office (HSO) personnel took turns in congratulating shipmates HM1 Eddie Fitzpatrick, HM3 Kathy McBride and Iris Green for their selection as the command's Senior, Junior Sailor and Civilian of the Quarter, respectively.

"The Sailor of the Quarter program is an important aspect in a young sailor's career," said HSO's Command Master Chief, HMC Ron Rang. "It's one of those times where a command actively and openly promotes their young stars."

"It lets those Sailors know that their efforts during the last quarter were appreciated, and even more importantly, that those efforts are noticed by their chain of command. Getting selected as Sailor of the Quarter for a more senior petty officer may even mean the difference between getting selected for chief and not getting selected. The downside to the SOQ program is the fact that a command can choose only one. With the talent available from today's junior Sailors it's getting hard-



Photo by JOC Bill Austin

From left, HM1 Eddie Fitzpatrick, HM3 Katherine McBride and Iris Green were recently selected at HSO's Senior and Junior Sailors and Civilian of the Quarter.

er and harder to do," added Rang.

Fitzpatrick, who calls Xenia, Ohio home, was cited for outstanding performance of his duties while assigned as leading petty officer for the Centralized Credentials and Privileging Department (CCPD), Nurse Corps Division. Under his leader-

ship, he managed the reorganization of personnel assignments and helped to develop a better credentialing tracking system that resulted in a 50 percent production increase.

Aside from his office duties, Fitzpatrick is the Command Drug and Alcohol Program advisor (DAPA) and Watch Bill

coordinator.

One of Fitzpatrick's immediate goals is to be a full time minister and he gives much of the credit for his achievements to a higher authority.

"I would have to say that Christ is by far my greatest mentor, he said with a serious look in his eyes. "He taught me how to be

patient, how to lead with wisdom and how to motivate others," he added.

McBride's selection as the Junior Sailor of the Quarter was due to her hard work and diligence while assigned to the Dental Corps Division. The St. Louis, Mo., native is responsible for validating and tracking credential documents for over 260 dentists and hygienists. In this capacity, she exceeded the division's monthly productivity in this area by 30 percent.

She is also an active volunteer in the community and serves on several command committees.

Some of McBride's long-term goals include obtaining a degree in Forensic Medicine, and making the Navy a career.

Although she has only been in the Navy for just over a year, McBride offers sage advice to Sailors just entering the service today.

"I would advise everyone to take full advantage of all the training, development and education opportunities the Navy has to offer," she said with a smile.

Green was selected as the Civilian of the Quarter; an honor well deserved say her co-workers.

Just as in the Sailor of the Quarter program, civil-

ians are recognized for their hard work and dedication too. The only difference between the two programs is that civilians selected receive a cash award for a job well done.

As a Budget Analyst for the Dental Corps Division, Green tackles her many duties meticulously and with a "can do" spirit many say is contagious.

"Iris is always willing to assist when called upon," said her supervisor, Betty Cauble. "Her professionalism ensures that every project that she is involved in is completed in an accurate and timely manner," she added.

Green's expertise as the Manger of the Government Purchase Card program has saved numerous commands within HSO's Area of Operation (AOR) thousands of dollars for additional travel costs for purchase card training.

Hailing from right here in Jacksonville, Green has been affiliated with Civil Service for the past 33 years and eventually plans to retire and travel around the country. When asked what words of advice she would give to those just entering Civil Service, Green was quick to reply, "take one day at a time and always do what you know is



Photo by PH3 Sabrina Day

Four S-3 Vikings of VS 24 "Scouts" fly by in a diamond formation. The Scouts are a part of Carrier Air Wing (CVW) 8, embarked on USS Theodore Roosevelt (CVN 71) who is currently operating in the Caribbean Sea.

'Scouts' back at sea aboard USS Theodore Roosevelt

By Lt.j.g. Robert Shuman
VS-24 PAO

After a short stay at home for the holidays, the "Scouts" of VS-24, led by Cmdr. Brad Robinson, quickly found themselves back at sea. The Scouts left NAS Jacksonville in early January for Composite Training Unit Exercise (COMPTUEX). COMPTUEX is a continuation of the Inter-Deployment Training Cycle, preparing the Scouts and the rest of Carrier Air Wing (CVW) 8 for their upcoming deployment onboard the USS Theodore Roosevelt (CVN 71).

While at sea, the Scouts received news that they would not be returning home to Jacksonville as originally scheduled, but would join the rest of the USS Theodore Roosevelt Battle Group for an early deployment.

Once embarked on "Big Stick", the Scouts quickly completed carrier-landing re-qualification. The squadron also conducted three days of intensive training in many areas

including operational security (OPSEC), rules of engagement training, ship and aircraft recognition, and small arms shooting. Additionally, the squadron joined Roosevelt and CVW-8 in general quarters drills, damage control training, man overboard as well as flight deck and hangar bay fire drills.

When flight operations resumed, the Scouts immediately assumed their vital role as the air wing's only organic tanker, providing mission and recovery fuel for strike aircraft. During surface search and control missions, the Scouts ensured the surveillance area around the carrier battle group was clear of exercise opposing forces, identifying and engaging all "orange" surface units in the immediate vicinity of the carrier battle group. The Scouts recently held awards quarters on board Roosevelt, recognizing numerous squadron members for their achievements. Navy and Marine Corps Achievement Medals were awarded to AD1 Willie Robertson, AE1 Frank Primm, AE1

Robert Savela and AO2 Travis Pease. AT2 Peter Fox, AN Kim Bennett and AN Jose Pinerojara were recognized with VS-24 Letters of Commendation, while AN Kongwing Lookfong received a Letter of Commendation from Commander, Naval Air Force, U.S. Atlantic Fleet. A Letter of Appreciation was given to IS2 Charlotte Mayberry. Scout "Safety Pros," recognized for specific aviation achievements, were AME2 Paul Foster, AD3 Adnan Abbasi and AN Banny Lazareno-Chavez. Scouts earning their Enlisted Aviation Warfare Specialty (EAWS) pins were AM1 Wayne Budke, AO2 Joshua Glover, AM2 Lee Allan Panti, AE2 Christopher Jorgensen, AO2 Neal Pass and AO3 Odell Smith. Six Scouts were also commended for earning outstanding physical fitness achievements on their latest Physical Readiness Test (PRT). They were PR1 Richard Miller, AO2 Rocco Frakes, AK3 Marc Shipley, AD3 Craig Vaculin, MS3 Chris Torrentes and ADAN Tavaris McDuffie.

HS-11 supports naval special warfare team

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

While many people were making plans for the January holiday weekend, the "Dragonslayers" of HS-11 sharpened their naval special warfare (NSW) skills flying training events for SEAL Team Four. The missions supported were opposing force (OPFOR) identification, maritime/leadership interdiction operations (MIO/LIO), and a simulated non-combatant evacuation operation (NEO).

HS-11's first sorties were designed to provide SEAL Team Four with night-time air reconnaissance for a "seek and destroy" mission in a river environment. Dragonslayer HH-60H helicopters equipped with forward looking infrared (FLIR) and M-240 door guns identified and suppressed simulated OPFOR on the ground and in the water significantly contributing to mission success.

The largest event occurred recently at NAS Jacksonville during a NEO. The mission sim-

ulated a Department of State ordered evacuation of United States citizens from a United States Embassy abroad. SEAL Team Four was inserted by means of fast rope from four HS-11 helicopters. Once on the ground, the SEALs extracted the embassy personnel by boat while keeping a wary eye on the 200 NAS Jacksonville volunteers posing as protestors. Dragonslayer aircraft provided on-call air support during the operation.

HS-11 also had the opportunity to conduct a MIO/LIO with aircraft from HS-5, HSL-48 and VAW-123. Using the USS Robert G. Bradley (FFG 49) as the target ship, an E-2C from VAW-123 vectored the helicopters on top to insert SEAL Team Four. The SEAL team then took control of the ship and searched for any illegal cargo or personnel.

These sorties have allowed HS-11 to get valuable training in NSW. When the Dragonslayers deploy onboard USS Enterprise (CVN 65) later this year, they will be ready to execute all NSW support missions with precision.

'Dragonslayers' welcome new command master chief

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

The "Dragonslayers" of HS-11 recently welcomed aboard CMDMCM(AW) Paul Serletic as their new command master chief. Serletic was born in Hazelcrest, Ill. and grew up in Clearwater, Fla.

Serletic has completed tours with VQ-1, Guam; Navy Fighter Weapons School (TOPGUN), Miramar, Calif.; Enlisted Education Advancement Program, San Diego, Calif.; VA-145 and VA-128, Whidbey Island, Wash.; VS-21, Atsugi, Japan; VX-9/NWTS and VAW-117 Point Mugu, Calif.; USS Ranger (CV 61); USS Kitty Hawk (CV 63); USS Independence (CV 62); USS Constellation (CV 64); USS Carl Vinson (CVN 70); USS Nimitz (CVN 68) and forward deployed with Carrier Air Wing Five (CAG-5).

Serletic and his wife, Ana, have three sons and one daughter.



CMDMCM(AW)
Paul Serletic

Rescuing two downed pilots all in a day's work for HS-3 crew

By JOC (SW) Aaron Strickland
USS Theodore Roosevelt
Public Affairs

"Aircraft in the water. Aircraft in the water."

The words of USS Theodore Roosevelt (CVN 71) Commanding Officer Capt. R.J. O'Hanlon spoken over the ship's main communications intercom chilled the warmth of a Caribbean Sunday afternoon. Aircraft were returning from the day's flights as part of its Composite Training Unit Exercise. The ship's crew had expected to wind down the day by watching the Super Bowl via satellite.

That changed at 5:28 p.m., Eastern Standard Time.

An F-14D Tomcat from Fighter Squadron 213 went down in the water two miles short of the flight deck, but the pilot and radar intercept officer (RIO) had ejected cleanly from the aircraft. Now, it was up to a rescue crew from Helicopter Squadron 3, based out of NAS Jacksonville, and deployed aboard the ship do to their thing.

The helicopter assigned to patrol during air operations was conducting its annual Naval Aviation Training and Operating Procedures Standardization (NATOPS) certification nearby. Along with the normal crew of pilot Lts. Jason Young and John Smiley, and AW1 (NAC) Rafael Garcia, and search-and-rescue swimmer AW2(NAC) Aaron Albright, Strike Fighter Squadron 201 Flight Surgeon Cmdr. Howard Eliason, happened to be along for the certification flight.

The crew heard the call that a plane might be in trouble and turned its attention away from its training to the emerging situation.

Both Young and Smiley saw the plane splash into the ocean. After coordinating with the ship, they headed to the site where the pilots entered the water. It took two minutes for the helicopter to reach the pilots, ready for rescue.

Ironically, part of the NATOPS flight Sunday was a simulated search-and-res-

cue (SAR) while simulating mechanical failure in the helicopter.

"We practice daylight SAR every day we're out here," said Young. "Since we had very good visual cues (clear horizon, calm ocean), everything went very smoothly . . . flawlessly."

"This was exciting," Albright said of this, his first rescue. "The situation was ideal, almost as easy as what they taught us in school."

Garcia, who operated the hoist to bring victims out of the water said the hardest part of the rescue was to keep the parachutes from getting in the way of the rescue.

"My first task is to get them in and see if they are okay, get their floats off, feed info to the pilots and get the second person in," he said. "At the same time, I'm keeping the pilots away from the chutes. We train for this every day so that it will be routine."

The pilot of the downed craft was in the water five minutes before being brought aboard the helicopter, and the RIO, who was able to put out a survival raft to await rescue, was aboard within ten minutes. The helicopter was back to the ship 18 minutes after the plane was reported down.

The two Tomcat crew members walked with Albright to the ship's dispensary for treatment and observation.

Eliason said that he was impressed with the courage of the rescue crew. He noted Albright had "no hesitation at all" in getting in the water in spite of obstacles and hazards of being in the water with downed pilots.

"This team was so well prepared for this rescue," added Eliason. "There was a lot of training and work that went into this rescue. Actually, it was a great honor to see the professionalism of the Sailors and Officers and how they handled everything."

Garcia summed up the unassuming attitude of the entire aircrew and its work in rescuing the two Tomcat crew members. He said: "I'm glad we were able to make the difference in a couple of people who were having a bad day."

Need a ride, Club 2002 can help

From MWR

NAS Jacksonville has a program called Club 2000. Anyone who is impaired and in a bar, club, lounge, or private residence within St. Johns, Baker, Nassau, Clay or Duval counties can call the NAS Jacksonville OOD office at 542-2338. You will be provided a taxi ride, paid for by the station, to your home within the same five counties.

Anyone (including civilians) in an on-base facility can have the club bartender assist in contacting the OOD.

Club 2000 cards with this phone number can be obtained from MWR in Building 584.

Seabees host family day

By JOC(AW) Suzanne Speight
Special Contributor



Photos by PH2 Kim Smith

Commodore Mark Ensor, former commander, Patrol and Reconnaissance Wing 11 gets a "wetting down" after completing his last flight with VP-5 recently to commemorate his tour at NAS Jacksonville.



Cmdr. Patrick Buckley, VP-5's commanding officer (right) congratulates Commodore Mark Ensor, former commander, Patrol and Reconnaissance Wing 11 after his last flight.

Commodore Ensor takes last flight

By Lt.j.g. Nate Rocklein
VP-5 PAO

Commodore Mark Ensor, former commander, Patrol and Reconnaissance Wing (CPRW) 11 was joined by Cmdr. Patrick Buckley, VP-5's commanding officer for his last flight as commodore in the P-3C Orion recently.

As a former "Mad Fox" commanding officer, it was fitting that he finished this tour flying with VP-5. To mark the occasion, Ensor was greeted to a "warm" reception as he stepped off the plane.

Last week, on a cool morning, he was "wetted" down courtesy of VP-5

and one of the flight line's fire and rescue trucks. Joining Ensor on this historic moment were his wife, Cathy, his parents, and members of his VP-5 and VP-45.

"It was a great flight at the end of an exciting tour," said Ensor, who turned over command of CPRW-11 to Capt. Carlos Chavez on Jan. 29.

Ensor began his flight training in March 1980 and throughout his 23 years of flying, he logged more than 3,400 hours of flight time.

Ensor will join the Joint Staff for Strategic Plans and Policy Directive in Washington, D.C.



Photo by JOC(AW) Suzanne Speight

A youngster explores one of the many NMCB-14 displays open to family members during the recent Seabee Family Day.

members to see what Seabees are all about.

NMCB-14 is a Reserve Seabee battalion with more than 700 enlisted Seabees in nine detachments at Reserve Centers in the southeastern United States and Puerto Rico.

The battalion was recently awarded the FY02

Atlantic Fleet "Best of Type" Reserve Battalion Award.

"We want our family members to know that winning this prestigious award would not have been possible without their significant contributions, sacrifices and support." During the last few years, the bat-

talion has taken several positive initiatives to promote its "We Care" Program, which is designed to strengthen support and communications with the battalion's dependents and military members," stated Battalion Commanding Officer Cmdr. John Prien, III.

HELPING HANDS

Volunteer to help with the Science Fair

The Clay County Kiwanis Regional Science and Engineering Fair is Feb. 9-10 at the Orange Park Mall. Volunteers are needed to assist with a wide variety of duties, including judging. Set-up and breakdown volunteers will be provided refreshments, as well.

For more information or to register, contact Lillian Bell at 264-0209 or 571-7930 or via email at lafbell@aol.com.

Science Fair

volunteers needed
Northeast Florida Kiwanis Regional Science and Engineering Fair is Feb. 24-27.

The Kiwanis Club is looking for volunteers to assist with a wide variety of duties, including judging, for their 48th Annual Regional Science and Engineering Fair at the Jacksonville Fairgrounds.

Dozens of volunteers are needed to help out on the following dates and times with everything from fair set-up and registration to judging entries and breakdown duties.

For more information or to register go to www.kiwanissciencefair.org/index2.htm and

click on the "Volunteers" or "Judges" link or call ATCS Futch at 270-6624/7725.

Urban Tree Rangers wanted

Join Greenscape of Jacksonville on Saturday, from 8 a.m. to noon in beautifying Jacksonville. Urban Tree Rangers return to the urban forest created by Greenscape at the foot of the Mathews Bridge near Alltel Stadium. Minimum age requirement is 16. Contact Bonnie Hilton or Anna Dooley 398-5757 for more information.

Scottish Highlands Games

Come celebrate and experience the Scottish culture and traditions. Volunteers are wanted to assist with this event:

Feb. 21 - Volunteers are wanted in four-hour blocks or all day between 8 a.m. to 5 p.m. to help set-up for the event. Please bring gloves and wear a hat. Help is needed to set up tables, tents, chairs and booth areas. Full day workers receive free admission to the games on Saturday.

Feb. 22 - Volunteers are wanted to sell event day programs from 8 a.m. to 5:30 p.m., whole day or half-day blocks for large groups. Successful volunteer groups will receive donation to their organization depending on total sales.

Feb. 23 - Help is needed to break down starting at 9 a.m. Volunteers are wanted in four-hour block scheduling.

Contact Janet Gervin at 646-0199 Ext. 1772 or bjgervin@bellsouth.net for more information.

Don't Litter

Recycle This Newspaper!

CO/XO spend time on weapons range

By Kaylee LaRocque
Staff Writer

In today's world, being alert and taking security precautions has become an everyday necessity. This is just one of the reasons Capt. Mark Boensel, NAS Jax commanding officer and Capt. Charles King, NAS Jax executive officer spent much of their day last Thursday on the shooting range, keeping their weapons qualifications current.

"We are out here today because if we happen to go to a certain threat condition, I am supposed to be assigned a bodyguard by our security force. If I'm capable of handling a weapon myself, then I really don't need a bodyguard and that person can be used for other purposes," said Boensel as completed his nighttime qualifications at the Navy and Marine Corps Reserve Center's indoor weapon's range.

Both officers were qualified on the M-11 SIG Sauer. "This is a compact 9mm weapon, capable of firing 13 rounds. Many officers and pilots are authorized to carry this type of weapon," explained MA2 Lewis Baer, range safety officer for the NAS Jax Security Department.

After shooting in complete darkness during the nighttime qualifications, both officers were given flashlights to find their targets. The final target set featured a red light behind the intended



Staff Sgt. Derek Lee, cadre instructor (left) gives a safety brief to Capt. Charles King, NAS Jax executive officer (center) and Capt. Mark Boensel, NAS Jax commanding officer before they perform their weapons qualifications.



Capt. Mark Boensel, NAS Jax commanding officer (front) and Capt. Charles King, NAS Jax executive officer conduct their M-11 weapons qualifications at the Cecil Field range.

target. "It was challenging to say the least because of the darkness," added Boensel.

After a short recess, the officers and members of the Security

Department headed to Cecil Commerce Center, formerly NAS Cecil Field, to spend some time on the outdoor range to complete the qualifications.

"I'm thrilled the Skipper and XO took time out of their busy schedules to see how the Security Department does business. It gives them the opportunity to see

what we do and meet our personnel, especially our Marine Cadre based at Subase Kings Bay, Ga. who help run our training program. Plus, it's important to stay qualified, like anything you do, you have to continue to practice to be good," said Lt. Chuck Clanahan, Director of Security.

Nutritional supplements not always safe

From the Naval Hospital Jacksonville Wellness Center

"Lose 30 pounds in 30 days" "Lose up to 2-8 pounds Every Week," claims such as these have been advertised on base. This is not safe! Physical fitness takes time and dedication. No supplement can replace the benefits of a well-planned exercise routine and a nutritionally sound diet.

Healthy weight loss occurs at a rate of only two pounds per week. This conserves lean muscle, the tissue that

burns calories. Nutritional supplements and performance enhancers are not about helping you lose weight or making you a better athlete, they are about making the manufacturers of these supplements money. The Navy SEAL first commandment of nutrition is "Don't believe anything you read about nutrition or supplements written by somebody trying to sell you something." The SEALs are right. A multi-vitamin or mineral supplement is useful if you have an existing vitamin or mineral deficiency;

you have poor dietary habits (in this case increase the amount of nutrient dense foods and food variety in your diet); or if you are exposed to extreme environmental conditions, such as cold climates or high altitudes.

The Wellness Center and MWR fitness staff are here to help you, and at absolutely no cost. If you need assistance getting ready for the upcoming spring PRT, call the Wellness Center at 542-5292 or MWR fitness staff at 542-2930 for more information.

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 February:

- Feb. 10-13**, 7:30 a.m.-4 p.m. - Transition Assistance Workshop
- Feb. 10-14**, 6-10 p.m. -

Basic Ombudsman Training

Feb. 11, 9-11 a.m. - What About The Kids?

Feb. 11, 1-3 p.m. - Checkbook Management

Feb. 13, 9 a.m. - noon - Understanding the Opposite Sex

Feb. 13, 1-5 p.m. - Assertive Communication Training (Part II)

Feb. 14, 9-11 a.m. - Federal Employment for Spouses

Feb. 20, 9 a.m. - noon - Florida Family Law Information Seminar

Feb. 21, 9-11 a.m. - Savings and Investing

Feb. 24-27, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop

(Retirement)

Feb. 25, 8 a.m. - 4 p.m. - Stress Management Workshop

Feb. 25, 9-11 a.m. - Debt Management

Feb. 27, 8-11 a.m. - Anger Control Workshop

Feb. 27, noon - 4 p.m. - Divorce Adjustment Workshop

Feb. 27, 1-3 p.m. - Volunteer Service Council



Volunteers/trophies needed for Special Olympics

From the NAS Jax Public Affairs Office

NAS Jacksonville is in need of volunteers to help with approximately 800 Special Olympic athletes who will participate in the Area Five Special Olympic Spring Games at the base on March 22.

About 1,000 volunteers are needed to be "Buddy" or "Event" volunteers.

Buddy volunteers pair up with their Special Olympics athlete and remain with him or her throughout the day. Buddy Volunteers should arrive by 9 a.m.

Event volunteers are asked to report by 8:30 a.m. They will help coordinate the athletic events or work in the Olympic Village.

Volunteers may sign up at the following email addresses (make sure you include your name, address, telephone num-

ber and e-mail address):

Buddy Volunteers — oparker@nasjax.navy.mil (Dianne Parker, 542-2766, extension 130)

Event Volunteers — dbonser@nasjax.navy.mil (Bill Bonser, 542-2930/3239)

Volunteers may also sign up through the NAS Jacksonville web site at www.nasjax.navy.mil.

Click on the top blue button which says "Special Olympics."

There is also a need for old trophies and plaques. Anyone who would like to donate items for recycling may drop them off at the base gym.

Due to security measures, athletes arriving on buses will be cleared in advance to enter the base. Individuals without a DoD decal will park at the Reserve Center located just outside the Birmingham Gate. A shuttle will be available.

MWR NOTES

NAS JAX Athletics/Fitness

February is National Heart Month. The Navy Hospital's Wellness Center and MWR Fitness Source are teaming up to host a morning Wellness Camp for active duty from Feb. 12-14 from 8 a.m. to noon. Call 542-5292 to sign up.

Veterinary services

The Vet Clinic is holding a vaccination clinic this Saturday from 8 a.m.-12:30 p.m. The clinic will be on a walk-in basis for vaccinations only. For more information, call 542-1315.

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. Sign up at the Mulberry Cove Marina or call 542-3260.

Brew House specials

The Brew House holds Karaoke every Wednesday evening from 7-10 p.m. through February. Put your voice to the test. See if you can rate as the best vocalist of NAS Jax. Bring your buddies to help root you on to victory.

Get ready to have some fun at the Brew House. On March 4 from 4:30-10 p.m. enjoy Mardi Gras. Come out and join in the festive fun celebration. There will be food and beverage specials.

NAS Jax Golf Club

The Golf Club has some entertaining events coming up for February. Don't miss out on some great opportunities to get out on the greens for some golfing fun and challenge.

Feb. 13 - Retired/DoD Appreciation Day

Feb. 16, 1 p.m. - Sweetheart Scramble

Feb. 17, 1 p.m. - Pro/Military Event

For more information, call 542-3249.

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.- midnight. 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.

What's happening for kids?

Parents don't let your kids miss out on the great line-up of events at the Youth Activities Center. There'll be a Valentine's dance on Feb. 14 from 6-8 p.m. The cost is just \$1. On Feb.21, Bingo Fun is scheduled from 6-8 p.m. and the cost is \$2. Feb. 28 will be movie night starting at 6 p.m. The cost is \$1.

Dance classes and Tae Kwon Do classes are available at the 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).

Let Delivery Zone bring the meals to you

Can't get away from the office? Live on base? Having an office party? Call the Delivery Zone and let us bring the food to you. We deliver free anywhere on base and have a wide variety of pizzas, subs, salads, sandwiches, wings, appetizers and more on our menu. To place an order, call 542-3900.

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.

'Flight For The Cure' cancer benefit concert by local band set

Jacksonville band Aire Traffic will hold its annual "Flight For The Cure" celebration and concert Feb. 28, at the Florida Theater, downtown Jacksonville.

The performance, which begins at 8 p.m., marks the eighth year that Aire Traffic has performed the concert, which has raised more than

\$150,000 for cancer research. Aire Traffic, a seven-member band of local air traffic controllers, offers a unique blend of original jazz, rock and contemporary music. In 1996, two members of the group, Wayne Lee and David Blumberg, combined their love of music and aviation to benefit cancer research. Using aviation as an inspiration in writing, producing

Feb.14, 7 p.m. - Sweet Home Alabama (PG 13)

Feb. 15, 5 p.m. - Never Say Never Again (PG)

Feb. 15, 7 p.m. - The Tuxedo (PG 13)

February Liberty events

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

Tonight - Jacksonville Dolphins vs. Mercer. This trip is free for active duty only. The Liberty van leaves at 6 p.m. Sign-ups begin at 3 p.m. the day of the event.

Saturday - Jax Barracuda's vs. Orlando. This trip is free for active duty. The van leaves at 6:30 p.m. Sign-up begins at 3 p.m. the day of the event.

Feb. 12 - Bowl with us at NAS Freedom Lanes. This event is free for active duty. Enjoy food at Liberty at 6 p.m., bowling begins at 7 p.m. Winners receive prizes.

Feb. 13 - Liberty is heading to the Comedy Zone. This trip is free for active duty. You must be 21 to sign-up. Sign-ups begins at 3 p.m. the day of the event. The van leaves at 7:30 p.m.

Feb. 14 - Come see us at Liberty and collect your Valentine goodies. We will be handing out bags of candy all day long!

Feb. 14-17 - Spend three nights with us on Bourbon Street or tour the historic sites of New Orleans. The cost is only \$115 or less per person and includes hotel and complimentary breakfast. For more information, contact Kari at 542-3491.

Feb. 17 - Liberty is hosting a chess tournament. Food is served at 6 p.m. and the tournament starts at 7 p.m. A \$25 gift certificate will be awarded to the winner.

Feb. 19 - Lunch Indoc Barbeque. Lunch starts at 11 a.m. Burgers and hotdogs will be served. A 90-second shootout on the pool tables will begin at 12:15 p.m.. Sign-up for tournament starts at 11 a.m. and a \$25 gift certificate will be awarded to the winner.

Feb. 21 - An 8-ball tournament will be held at 7 p.m. Enjoy food beginning at 6 p.m. A \$25 gift certificate to the NEX will be awarded to the winner.

Feb. 22 - Get certified in boating safety and take a spin on some of our Marina's watercraft. The first person to pass their course will receive a free voucher for a two-hour jet-ski rental.

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

You deserve a getaway so 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.

Feb. 15 - River Ship Romance Tour - Treat your sweetheart to a three-hour luncheon cruise in Sanford, Fla. Enjoy lunch, then dance to live music, or just relax and watch the river flow by. We will also have some time for antique shopping in the City of Sanford. The cost is \$45.75 per person.

Feb. 16 - Silver Spurs Rodeo and Osceola Country Fair - The cost is \$32.50 for adults and \$26.50 for children (3-11). Transportation and all entrance fees are included.

Feb. 16 - Daytona 500 Shuttle - Leave the driving to us and head to the races. The cost is only \$11 per person.

March 1 - Universal Orlando's Mardi Gras - Don't miss this trip because after playing all day at the park, you will ride on a float in the parade. Transportation and tickets are \$59.50 for adults and \$50 for children (3-11).

Valentine's vacation packages

Enter to win an Armed Forces Vacation Club vacation and up to \$1,000 travel reimbursement. Just come by I.T.T. and fill out an official Valentine's Vacation entry form. The entry must be received by Feb. 13. The drawing will be on Feb. 14. The winner has one full year to set up his or her own vacation. Check out the great deals at the vacation club at www.afvclub.com.

Sleuth's Mystery Dinner Show

The MWR Information, Ticketing and Travel office and the River Cove Catering Center will be hosting the popular Orlando-based Sleuth's Mystery Dinner Show on March 28. Watch for clues while on the edge of your seats as you try to solve an exciting who-dunit. Price per person is \$30.

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 mwrnktg@nasjax.navy.mil.



Photo by Kaylee LaRocque

Customer Darrell Fowler prices new Mitchell rod and reels in the Mulberry Cove Marina Store. The marina now features a wide variety of fishing gear and tackle for purchase.

Marina offers new equipment for rent

From the Marina

Mulberry Cove Marina is now offering a new line of fishing tackle at the marina store on Ranger Road at NAS Jacksonville. With a full stock of rods, reels and terminal tackle, from world-renowned companies such as Abu Garcia, Mitchell, Fenwick, Berkley, Spider, Trilene, and others, Mulberry Cove Marina has the serious arsenal for serious anglers.

You can create your own fishing combination from our extensive line of rods and reels, or choose from any one of our ready-made combos.

State-of-the-art fishing lines and scientifically proven artificial bait and lures will insure that when the fish bite, you keep them on the hook.

Mulberry Cove Marina future plans include monthly fishing pots for the biggest fish, quarterly drawings/contests for merchandise, fishing clinics with local and national fishing representatives, an increased variety of frozen bait, and live bait.

Be sure to mark your calendars for the 21st annual Bass Tournament on April 12. Call 542-3260 for more information or to receive an entry form.

JAX SPORTS NEWS

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.

Intramural soccer meeting planned

This league is open to all NAS Jax active duty commands and personnel. An organizational meeting will be held Feb. 5 at 11:30 a.m. in the Building 590 conference room to discuss rules and to receive the required paperwork to join league. The season begins in March and games will be played in the evening. Command athletic officer's or their designated representatives and all interested personnel should attend the meeting.

Greybeard softball league begins in March

The Greybeard league is open to all NAS Jax active duty commands and personnel ages 32 and above. A meeting will be held Feb. 19 in the Building 590 conference room at 11:30 a.m. to discuss rules and to get the required paperwork to join league. The season begins in March and games will be played on Tuesdays and Thursdays at 11:30 a.m. All interested personnel should attend the meeting.

Intramural softball starting

The Intramural league is open to all NAS Jax active duty commands and personnel. An organization meeting will be

held Feb. 19 in the Building 590 conference room at noon to discuss rules and to get the required paperwork to join the league. The season begins in March and games will be played on Tuesdays and Thursdays at 5:30 p.m. and 6:45 p.m.

Women's softball meeting slated

The women's league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. This meeting will be held Feb. 19 in the Building 590 conference room at 12:30 p.m. to discuss rules and to get the required paperwork to join the league. The season begins in March. Command athletic officer's or their designated representatives and all interested personnel should attend the meeting.

Open softball to begin

This league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. A meeting will be held Feb. 20 at Mulligans at 4 p.m. The season begins in March

and games will be played on Tuesdays and Thursdays at 4:30 p.m. All interested personnel should attend the meeting.

Men and Women's Open Racquetball Tournaments slated

A Men's and Women's Open Racquetball Tournament will be held Feb. 24-27 starting at 5 p.m. at the gym. The tournament is free and open to all NAS Jax authorized patrons (active duty, dependents over 18, retirees, and DoD/NAF civilian employees). Sign up at the NAS Jax Gym by Feb. 18.

Navy Southeast Regional Running and Triathlon Team

Attention competition runners - 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, 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 ten regional qualifying times. If you have run in 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 dgorman@nasjax.navy.mil.

SPORTS STANDINGS

Intramural Basketball Standings as of Feb. 3			Greybeard Basketball Standings as of Feb. 3		
Team	Wins	Losses	Team	Wins	Losses
VP-30	12	0	NCTS	4	0
Supply	11	1	FACSFAC	2	1
VP-45	8	3	AIMD	2	2
AIMD	7	3	NavHosp	2	4
VS-30	5	0	NAMTra	1	1
BDC	5	0	VS-30	1	1
NavHosp	5	5	4-on-4 Flag Football Standings as of Jan. 31		
TPU	5	5	Team	Wins	Losses
VP-45 O'S	4	4	VP-30	4	0
HS-15 Blue	3	2	VS-31	4	0
FACSFAC	2	8	CNRSE	3	1
VS-31	2	9	HS-5	2	2
ATC Ops	1	9	NAMTra	2	2
HS-15 Yellow	0	4	NLSO	1	3
			CEC Wardroom	0	4
			AIMD	0	4

COMMUNITY CALENDAR

VS-30/VS-801 will hold their 50th Anniversary Celebration March 12-15, 2003 (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@cscw.navy.mil.

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 annual VP-24 Reunion is scheduled for

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

The Non-Commissioned Officers Association is sponsoring a job fair on Feb. 11 at the Jacksonville Marriott. For more information, call 1-800-662-2620.

The First Coast Black Nurses Association will hold their monthly meeting Feb. 11 at 6 p.m. at Shands Jacksonville Hospital in the Blue Room on the first floor. For more information, call Janneice Moore at 244-7950.

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(800) 372-1717
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In Gear

A weekly look at the automotive market
