



Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE

The Vietnam Wall experience

The Vietnam Wall Experience will travel to Jacksonville this weekend at Riverside Memorial Park. The experience is a faux-granite likeness of the original Vietnam Veterans Memorial, the most visited National Park Service site, located in Washington, DC. The replica includes the names of more than 58,000 Americans who died or are missing in Vietnam. Admission is free.

An opening ceremony is scheduled for tomorrow at 10:30 a.m.

The opening ceremony will include a musical prelude by the Navy Region Southeast Band, a motorcycle procession, performances by area school children and a 21-gun salute. Vietnam Prisoner of War Capt. Wilson "Denver" Key will deliver the keynote speech. Key was captured off the coast of Hanoi on Nov. 17, 1967 and held prisoner for five and a half years before his release on March 14, 1973.

Hardage Giddens Funeral Homes & Cemeteries is sponsoring the event, which includes a Pledge of Allegiance and an Essay Contest for local school children.

For more information, call 355-5641.

Veterinary shot clinic offered

The South Atlantic District Veterinary Command NAS Jacksonville Branch will be open Nov. 23 from 8 a.m. to noon. This Saturday clinic will offer shots and conduct heart-worm tests for pets. No appointments are needed, walk-ins only. For more information, call 542-3786.

Mentor training scheduled

Mentor training will be held Nov. 13 from 1-3 p.m. at the NAS Jacksonville Base Chapel Religious Educational Center, Building 749.

Through NAS Jax Navy Community Service Program new partnership with the Kessler Mentoring Connection, all command volunteers who are interested in working with youth can attend a workshop that prepares them for the experience of mentoring.

To learn more about this training or to register, call 542-2766, Ext. 130.

DoD honors anti-drug fighters

VP-30 awarded Secretary of Defense Annual Community Drug Awareness award

By Lt. Chris Rush
VP-30 PAO

In recognition of the tremendous positive influence VP-30 has had on the community by actively organizing and implementing drug awareness and education programs throughout the greater Jacksonville area, Secretary of Defense Donald Rumsfeld recognized VP-30 for having the best drug awareness program in the U.S. Navy.

Assistant Secretary of Defense for Counter-Narcotics Andre Hollis, and Shauntay Hinton, Miss USA 2002 presented the award to VP-30 Commanding Officer Capt. Brian Prindle, Command Master Chief CMDCM(AW) Tom Welden, and AWCMAW Steve Fishbein at a ceremony held at the Pentagon on Oct. 21, as part of the Red Ribbon Week Observance.

Red Ribbon week is held annually by the Defense Department to spotlight the efforts to keep America drug free. The week is an outgrowth of a tribute to the kidnapping and murder of Drug Enforcement Administration Special Agent Enrique Camarena in 1985.



Photo courtesy of VP-30

(From left) Assistant Secretary of Defense for Counter Narcotics Andre Hollis, VP-30 Training Master Chief AWCMAW Steve Fishbein, Miss USA 2002 Shauntay Hinton, VP-30 Command Master Chief CMDCM(AW) Tom Welden, and VP-30 Commanding Officer Capt. Brian Prindle display a plaque presented to VP-30 for having the best drug awareness program in the U.S. Navy. The squadron received the award during the Red Ribbon Week Observance Awards presentation held at the Pentagon on Oct 21.

In 1990, the Defense Department joint the observance and began a yearly award to recognize outstanding anti-drug programs developed by the services, the National Guard and defense agencies.

During the ceremony, Hollis told the audience that thousands of U.S. personnel dedicate hundreds of thousands of hours each year to help kids stay away from drugs.

Speaking of the high honors given to the VP-30 Drug Awareness Program, Fishbein said, "Our active involvement includes not only taking care of our Sailors but also the surrounding schools and community. VP-30 is making an

investment not just in the future of our Navy but in our entire country."

The continued success of VP-30's Drug Awareness Program is attributed to the participation of more than 300 staff officers and enlisted and 3,000 students who through out the year sponsor various programs at five local area schools, including the Annual Red Ribbon Week and yearlong Drug Awareness Program. VP-30 also sponsors the Jacksonville area Drug Education For Youth (DEFY) program, the National Night Out for Clay County, and participates in the annual Career Day for 10 local schools.

During the ceremony

Hollis said he is "continually impressed" by the way American military and civilian personnel around the world give back to their communities.

Other winners of this year's award included the Army Substance Abuse Program, Fort Hood, Texas, the Marine Corps Drug Demand Reduction Campaign, and Camp Pendleton, Calif., the Drug Demand Reduction Program, Edwards Air Force Base, Calif., the Florida National Guard's "knight Vision" Drug Demand Reduction Program, and the Defense Supply Center Columbus Employee Assistance Program in Ohio.

Region, Gaudio honored by FranklinCovey

By JO1 Mike Jones
Assistant Editor

International organizational assessment and effectiveness training firm FranklinCovey recently named Navy Region Southeast and Rear Adm. Jan Gaudio as recipients for the Client Organization of Excellence Award and Organization Leader Award respectively during its 9th Annual International Symposium Oct. 23.

The Client Organization of Excellence and Organization Leader Awards, instituted in 1995, are part of the Client Recognition Awards which recognize individuals and organizations for outstanding effectiveness in the workplace and community.

"With the high level of commitment and innovation we see practiced by our clients every day, we feel it is important to recognize them for their efforts," said Bob Whitman, FranklinCovey CEO. "We are pleased to honor Commander, Navy Region Southeast and Rear Adm. Jan Gaudio for their dedication and service to their organization and community."

During the ceremony, Whitman called Gaudio an "example of focus

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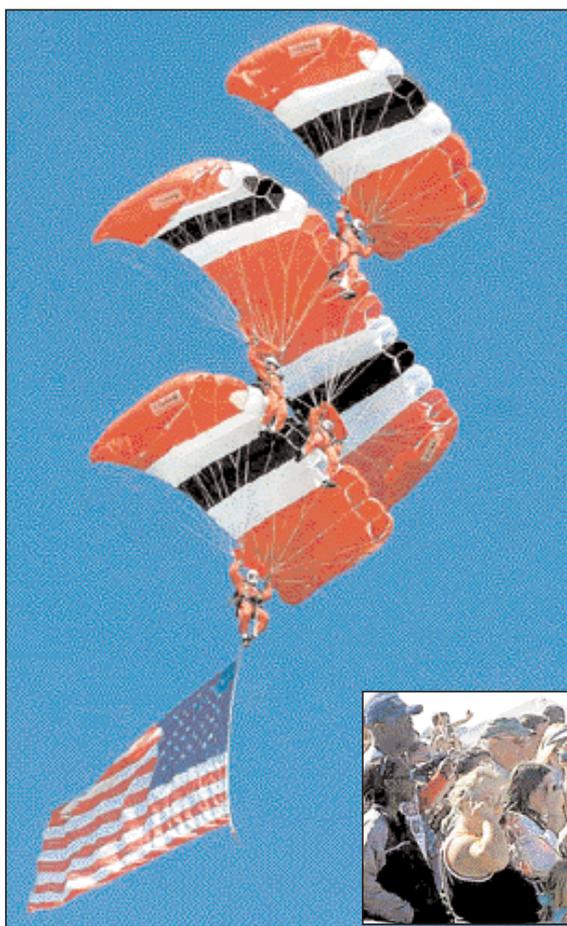


Photo by JO2(SCW) Eric Clay

2002 Air Show a treat for the senses!

The United Kingdom's "Red Devils" Parachute Team descends to the tarmac as the Navy Region Southeast Band performs the National Anthem, opening the Air Show portion of Sea and Sky Spectacular 2002. More than 250,000 spectators took advantage of the weather to watch the display of the military's best, along with many examples of aerial talent and speed. The four-day event gave the community an up-close look at the extraordinary talent, equipment and technology protecting our homeland. Our salute to Sea and Sky Spectacular 2002 is on Pages 5-8.

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WEEKEND WEATHER

-  **FRIDAY 48/69**
MOSTLY CLOUDY
-  **SATURDAY 55/78**
MOSTLY CLOUDY
-  **SUNDAY 60/78**
ISOLATED SHOWERS

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

VETERAN'S: NEWS YOU CAN USE

Keeping current on Veteran's Affairs matters

From the NAS Jacksonville VA Office

Although the President signed the defense appropriations bill last week, the defense authorization bill, which includes proposals for concurrent receipt of retirement and disability pay, is still in the House of Representatives. Congress is on recess until after the elections, so there will be no action until they reconvene. This may be a good time to contact your congressional representatives and let them know of your concerns.

Medical Records

For all service-members filing claims with the Department of Veteran Affairs (DVA), to protect yourselves in the future, ensure you get copies of all medical records prior to your departure from active-service. In addition, please inform your PSD of where you intend to file a DVA claim so that your original records can be forwarded to that states DVA

regional office

Servicemen's Group Life Insurance (SGLI)

One of the most important decisions that any active-duty member can make is to participate in the SGLI program. SGLI provides up to \$250,000 of life insurance in case of the untimely death of the service member. There is no greater comfort than to know that your dependents will be provided for.

Upon separation/retirement, you will be given the opportunity to convert your SGLI to Veteran's Group Life Insurance (VGLI). If you convert your SGLI within 120 days after separation, it will not be necessary to provide insurability. After 120 days, a physical may be required. Eligibility to convert ends one year after separation.

This insurance can be especially beneficial for veterans in high-risk categories (e.g. smokers, high blood pressure, other medical and/or emo-

tional issues).

For those family members participating in the SGLI Family Coverage Plan, spouses have the option of continuing his or her coverage by converting to an individual commercial policy within 120 days of:

- The date a service member separates from service
- The date of divorce from a service member
- The date a service member dies
- The date a service member elects in writing to terminate the spousal coverage
- The date a service member elects in writing to terminate his or her own coverage

Family coverage cannot be converted to Veteran's Group Life Insurance. Dependent child coverage cannot be converted.

For questions on these or any VA benefits, please call the NAS Jacksonville VA office at 573-6312 or visit Building 590, Room 110.



Meet A Sailor...

YN3 MELANIE BLANCHARD

Job title/command:

NAS Jax Executive Officer's Yeoman

Family Life: Engaged to Steve, son, Brenden

Past Duty Stations: VP-5, NAS Jax

Career Plans: To finish college and join the Training Active Reserves.

Most Interesting Experience: Being a "yellowshirt" for P-3s on deployment in Puerto Rico.

Words of Wisdom: What takes talent and ability is finding opportunities in change; have no regrets.

FROM THE DOC

Losing your voice means resting vocal cords

By Lt. Chris Alfonso
VP-30 Flight Surgeon

Growing up in my family, I was considered the "motor-mouth" of all the children, and I even remember my father once saying, "If silence is golden, Chris, then you must be very poor." I wonder if my parents were secretly happy when I had laryngitis during my early teenage years.

There are very few symptoms of any illness that may actually benefit others, but for parents and friends of those that suffer from "verbal diarrhea," the symptom of losing one's voice during laryngitis must be one of them.

Laryngitis occurs when the voice box (aka the larynx) becomes inflamed. This often happens when you are suffering from other infections like a common cold, sinusitis, or bronchitis.

The symptoms that are seen with laryngitis include, losing your voice or having a very low hoarse voice, having a dry throat, and occasionally a dry cough.

There is rarely any pain caused directly by laryngitis, and if there is any it is very mild. There are two types of laryngitis: acute and chronic.

An acute episode of laryngitis has symptoms that appear over a short amount of time, and usually go away within a few days.

Acute laryngitis is caused by viral infections the majority of the time, but on occasion can be caused by certain bacteria.

Chronic laryngitis is when someone has hoarseness of their voice for a longer period of time. It can be caused by heavy smoking, lots of yelling, shouting, or singing, and also any exposure of the voice box to harsh chemicals.

If the hoarseness arises over several weeks, it may be due to disease in the thyroid gland, which is adjacent to the voice box, or even growths on the vocal cords that may or may not be cancerous.

If you ever experience chronic laryngitis, you should contact your doctor right away so that he can further evaluate and treat your symptoms.

Treating an episode of laryngitis is fairly simple. Essentially, you need to rest your voice by avoiding any talking as much as possible, and if you are a smoker, to avoid any smoking.

Taking an anti-inflammatory, like ibuprofen, will help decrease the inflammation of the voice box and also help alleviate any discomfort you may have.

If your symptoms do not improve, or actually get worse, or if you have any other concerning symptoms at all, you should arrange to see your doctor. Your doctor will go over your

symptoms with you, and examine you. They may order x-rays and laboratory tests.

Depending on the cause and severity of the laryngitis, the doctor may prescribe a steroid throat spray, or if the laryngitis is caused by bacteria, give you antibiotics.

Acute laryngitis caused by a virus usually goes away on its own in a few days, and episodes caused by bacteria go away in a few days also, if treated properly with antibiotics.

If you suffer from chronic laryngitis, usually a week's worth of rest for the voice box as described above, will help symptoms go away. However, if the hoarseness lasts more than three weeks, see your doctor.

You can avoid laryngitis by not smoking and refraining from any yelling or singing that may strain your voice. Try to avoid smoke-filled environments, and keep the air inside your home humidified.

If you have an illness like a cold, bronchitis, or sinusitis, drink plenty of warm liquids, get lots of rest and sleep, and don't let yourself get dehydrated. Also, use steam therapy which can be done by taking hot, steamy showers to clear your sinuses and airways.

I hope this information helps. Remember: silence may be golden, but it won't make you any richer!

Navy focuses on improving support for civilian workforce

From Chief of Naval Personnel Public Affairs

The Navy has established the Civilian Career Management Division (CCMD), a Bureau of Naval Personnel organization charged with developing mentoring and career management opportunities similar to those available to Sailors.

CCMD will work with Navy leaders and commands to establish processes and procedures to attract, sustain and develop the civilian workforce needed to support the success of the Department of the Navy mission.

The goal of the division is to provide a community management structure and capability similar to that provided to officers and enlisted Sailors.

"The civilian workforce is part of the total team. We need to make sure we have the right people with the right skills doing the job, and that includes our civilian team members," said Chief of Naval Personnel Vice Adm. Gerry Hoewing.

CCMD will provide the means for civilians to plan careers while recognizing differences from military personnel planning. "A Sailor has the resources, mentoring and tools available to become a future master chief petty officer of the Navy, and a lieutenant has the same resources available to become a flag officer. We now want to provide the same resources for our civilian employees who aspire to one day entering the senior executive service," said Assistant Chief of Naval Operations (Manpower & Personnel) Matt Henry.

CCMD strategy covers five areas: recruitment, retention, competency identification, career development and knowledge management. More than 40 senior Navy civilians met in mid-September to work on this strategy and become more familiar with community management issues.

Marcia Tremaine, the newly-appointed director of CCMD, helped the participants address the framework for the organization. This included reaching a consensus on the mission, goals, key initiatives and establishing a beginning structure and staffing plan.

"Though we are only in the initial stages of this effort, the support and enthusiasm across the Navy for civilian workforce planning has been tremendous," said Tremaine.



Meet A Civilian...

ANTONIO RAPADAS

Job title/command:

Supply Tech/NAS Jax Minor Property

Hometown: OAS, Albay, Philippines

Family Life: Married to Suzanne. We have a 5-year-old son, Michael

Past Duty Stations: DDJF, DLA

Career Plans: To retire and travel all over the world.

Most Interesting Experience: Being hospitalized and having quintuple bypass open heart surgery. Gaining another 50 years of life.

Words of Wisdom: Miracles happen each and every time.

Navy announces holiday season mailing dates

The Naval Supply office by the following dates.

For military mail addressed to APO and FPO addresses: Parcel post - now; space available - Nov. 27; parcel airlift - Dec. 4; air letters, air cards and priority mail - Dec. 11.

For military mail from APO and FPO addresses: Space available - Nov. 20; parcel airlift - Dec. 4; priority mail, first-class air letters and air cards - Dec. 11; express mail - Dec. 18.



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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.

The Jax Air News is published by The Florida Times-Union, a private firm in no way connected with the U. S. Navy under exclusive written agreement with the U. S. Naval Air Station, Jacksonville, Florida. It is published every Thursday by The Florida Times-Union, whose offices are at 1 Riverside Ave., Jacksonville, FL 32202. Estimated readership over 32,000. Distribution by The Florida Times-Union.

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Chapel offers morning of fun



Photo courtesy of the Base Chapel

A group of children enjoy a morning of arts and crafts at the Base Chapel. All children are invited to visit the Chapel this Saturday from 9 a.m. to 12:30 p.m. to create some Christmas treasures. All activities and lunch are free. For more information, call 542-3051.



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.

VP-62 puts new training to use

By Lt. Cmdr. Pat Wilkerson
VP-62 PAO

In a revolutionary development for Naval Air Forces Reserve, Patrol Squadron (VP) 62 became the first Reserve Force squadron to receive the sophisticated new version of the venerable Orion, the P-3 Aircraft Improvement Package (AIP).

The AIP modification upgrades the internal components of the P-3C, giving the aircraft the capability of employing its sensor in an overland environment, a traditionally unfamiliar place for this old Navy workhorse.

The AIP package includes upgrades to its optical imaging systems, internal and external communication systems and radar imaging systems.

Additionally, AIP enhances the survivability package of the P-3C so the aircraft can perform its mission behind enemy lines, allowing VP-62 crews to provide valuable intelligence and reconnaissance to theater commanders. These capabilities are not only suited for the overland environment, they also enhance

the P-3's already outstanding maritime capabilities as well. VP-62 received its first P-3 AIP in July and its second aircraft in December 2001.

VP-62's Combat Aircrew One recently completed two weeks of annual training to become the first AIP qualified aircrew in the Naval Reserve Force. This training, evaluation and certification culminated an intense, many month long effort to teach "old dogs new tricks".

Combat Aircrew One represents the finest the reserve P-3 force has to offer. The qualification process for this crew required countless hours of computer based training, weapons systems training, aircraft and systems review and a lengthy flight training process.

All of this training was accomplished in addition to the normal crew detachment rotation that the squadron's crews must

maintain.

"Combat Aircrew One well represents the unique talents our Naval Reservists offer this country and the Navy today. This crew, like most reserve crews, has more than 100 years of combined experience in maritime patrol operations.

Some of the crewmembers are managers, airline pilots, contractors and even a chief financial officer when not in uniform. Other members are active duty TAR professionals," said Cmdr. Bryan Quigley, commanding officer.

"This crew has worked incredibly hard during the last year to bring this all together, and it is just the beginning. Right now, I have two more crews in the pipeline. And in the coming months we will have a total of five Combat Aircrews to provide support to the fleet in any theater of operation. These crews can be called upon to mobilize at any time



Photo courtesy of VP-62

VP-62 is now flying the Naval Reserve Force's new version of the Orion P-3C featuring the first Aircraft Improvement Package.

to fly in any environment. Right now, Combat Aircrew One is deployed to Japan conducting operations for Commander Task Force 72," he added.

As soon as Combat Aircrew One completed their training, they were called to put their skills to test. In a fitting tribute to the quality of people in the Navy Reserve, Combat Aircrew One was tasked with completing the very first

Vigilant Shield mission from NAS Jacksonville.

"It is also fitting that the very first homeland defense mission was completed with the first reserve AIP crew, all citizen soldiers and proof that the reservist are out there leading the way in the War on Terrorism," said Quigley.

During their mission, the crew conducted an all-sensor surveillance mission, expertly employing their

new systems in an effort to detect and localize possible terrorist activity off of the United States coast.

The crewmembers of Combat Aircrew One include Lt. Cmdrs. Guy Jackson, Jack Monday, Bill Hobbs, Tony Fiske, Travis White, AWC Larry Ventura, acoustic/sensor operator, AW2 Dave Connelly, AW1 Bob Lemois, AO1 Lester Richardson and AT1 Mike Murray.

HS-5 recognizes new selectees

By Lt. Cmdr. Jason Cronin
HS-5 Admin Officer

With the September Navy-wide exam results recently announced, HS-5 would like to congratulate the squadron's new selectees. These selectees represent every department and shop of the "Nightdipper" team.

The selectees are: AW2 Matthew Rowe, YN1 David Whorton, AW2 James Reichle, AW2 Matthew Gensler, AW3 Scott Steinbacher, AO2 Brent Thompson, IT2 Maria Weaver, AO2 David Liddle, AK3 Jannette Nombrana, AO2 Anthony Morales, PR2 Daniel Kruck, AM3 Shawn Pendarvis, AE3 Michael Murphy, AM1 Ryan Klier, AK3 Oliver Lopez-Rodriguez, AK2 Edward Vodovos and AT3 James Whitlock.

The squadron's hard work paid large dividends. On top of their long and arduous hours at work, both on shore and at sea, these individuals had to find the time to study and to fully prepare for the exam. With a total of 16 men and women advancing to the next pay grade, these 17 individuals represent almost 10 percent of the entire command.

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. The 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 drinking, 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 a taxi to take you home for free. Your request for a ride is not passed to your command.

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.

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

Free cards with the phone number are available at Building 590.

Remember, using Club 2000, could save your life.

A moment with Adm. Brown

New commander discusses family, direction, and goals for Southeast Region

By JO2 Jackey Bratt
Staff Writer

The following are questions and answers from a recent interview with Rear Adm. Annette E. Brown, commander, Navy Region Southeast who assumed the position on Oct. 29.

Q: How would you describe your impression of CNRSE?

A: My impression of the Region is based on my recent 2 1/2 years at PERS-6 plus 1 1/2 years at OPNAV-46, and both those jobs had to do with shore station management.

In both cases, the Southeast Region has set itself apart by being very innovative, taking challenges and marching off with solutions. It is a proactive, professional organization that I am very proud to be a part of.

Q: What is your vision for the Region's future?

A: It's going to be more of the same because the course that is set for us sometimes is not something that we have a lot of control over.

Anything we do, is done with a certain set of principals. These principals are integrity, professionalism, and unity. These three words are very easy to say but not so easy to act out.

I will be deliberate in looking for actions that reflect those three principals no matter where our mission goes, focusing on warfighters. We will do everything using those three principals.

It's going to take some deliberate effort to do that. I will maintain the excellent reputation and if possible do better. There is always room for improvement however, there is no need to change the course the ship is on if the ship is headed the right direction.

Q: How would you describe your leadership style?

A: I look for commonality. I look for a consensus building process. People bringing ideas, their expertise, and knowledge to the table will bring the team together. Part of the style is to engage everyone, get what they believe onto the table, and make them part of the direction that we head in so that the effects are more long-term.

Q: How do you plan on making your transition into CNRSE?

A: I am going to concentrate initially on getting to know the CNRSE staff,



Rear Adm. Annette E. Brown, commander, Navy Region Southeast is congratulated by her husband, Pete Cisek and Sandra Cordell, a family friend, following the ceremony.

Photos by PH2 James Davis



Capt. G. Scott Albertson, operations officer, Commander, Navy Region Southeast (CNRSE), and his wife, Sherri, CNRSE Fleet and Family Support Center Marketing and Community Services program manager, greet Rear Adm. Annette E. Brown, CNRSE during the Change of Command reception held at the NAS Jacksonville Officer's Club last week.

Photo by Miriam S. Gallet



More than 500 guests listen to Vice Adm. Albert Konetzni Jr., deputy and chief of staff, U.S. Atlantic Fleet deliver the keynote address at the Commander, Navy Region Southeast Change of Command held last week in Hangar 117.

Photo by Miriam S. Gallet

including program managers, then focus on knowing them on an individual basis...who my folks are, where the talent is, get to know what all of my resources are and how to apply them to regional issues.

Q: What about an All-Hands Call?

A: That's a great idea. Something I look forward to in the future.

Q: In regards to your perspective from the BuPers community, describe the importance of quality of life issues facing Sailors and their families?

A: Extremely important. There are a lot of quality of life programs available for Sailors. There are indications through surveys that would infer the ability for both Sailors and their families

together, being part of the Navy as a whole, contributes directly to the Sailors' interest to stay Navy.

So, it behooves all of us to focus in on the Sailors and their families' issues for retention purposes. Individual Sailors can focus more clearly on their mission when they know their families' issues are being addressed.

Q: Describe the importance of community relations?

A: Clearly community relations goes towards the quality of life, quality of service for Sailors and their families and it's all part of retention.

When the Navy has a strong relationship with the community, it makes for a more productive Navy,

There is a symbiotic relationship where we can contribute to the community as well through volunteerism, so we give back to the local folks who give us so much of their support.

Just a smile walking down the street to a Sailor in uniform goes a long way of saying "thank you" for defending our country. You don't know what's going to be asked of you when you wear that uniform, you may be making the ultimate sacrifice.

So to be part of a community that appreciates the military will motivate Sailors to want to do their best. There are very few places like Jacksonville that can trumpet such an outstanding, proactive relationship.

Q: How does it feel being among the very few female

two-star admirals?

A: Different feelings take priority given the situation. I'm very proud to be a woman. I'm very proud to be a woman in the Navy, and I'm very proud to be a naval officer and I'm very proud to be a flag officer.

Sometimes those four things get separated out. Sometimes they come together and they get so mixed up that it doesn't really matter whether I'm one or the other. So the role I play is dependent on the situation.

I sometimes am resentful of the fact that folks focus in on the female aspect of me rather than being a naval officer. Some of the people of my vintage have worked extremely hard to become part of the team, recognizing fully that there are going to be exterior

indications of our differences. However, in my opinion, the reason for being successful in the Navy is through integrity and professionalism.

So whether I am female or male, the things that we value ultimately are not related to what we look like on the outside. They are related uniquely to the principals that we act on.

I understand that folks tend to focus in on the fact that I am a woman admiral, I take it aboard and say thank you but in my heart of hearts it's not as important to me as having integrity and being a professional. I also believe that I would be the same person even if I wasn't a woman.

Q: How about your family life?

A: I lived in Germany for 15 years, my brother was born there. We moved to Virginia where I ultimately graduated from high school and moved on to Virginia Tech.

I joined the Navy shortly after. My intent was to get some experience so that I could then go "make money" in the world of business, but decided I was having way too much fun to get out!

My first tour of duty was in Sigonella, Italy. Back then it was a Naval Air Facility, now it's a Naval Air Station. It was a blast. I had so much fun and learned a lot. From there, I went to Hawaii for two tours, then to San Diego and had the time of my life, why would I want to get out?

I am married to the most wonderful man. We have been married 20 years this month. It seems like it has been 20 days. It's been lots of fun.

My husband Pete, has three wonderful daughters and five grandchildren.

My mom lives in Washington State, my father has passed on. Both parents are retired civil service.

My brother is a graduate from the U.S. Naval Academy who served on submarines, but now lives in the Los Angeles, Calif. area and works for Boeing. We are a very small, strong, and devoted family.

Q: In closing, what would you like to say to the Sailors and Marines of the Southeast Region?

A: I'm very proud of you all. I look forward to working with you, hopefully each and every one of you, and we will continue to focus on serving the warfighters.

SIU graduates 142 students

From the Navy College Office

Southern Illinois University (SIU) held commencement exercises last Friday for 142 graduates of the four Bachelor of Science degree programs offered at the Navy bases in Jacksonville.

The ceremony, held at NAS Jacksonville Chapel featured remarks from Dr. John Washburn, College of Education, SIU and Jonathan Woods, an SIU alumnus of the class of 1991.

Since 1977, SIU has awarded baccalaureate degrees to more than 1,000 local graduates in Aviation Management, Electronics Management, Health Care Management, and Workforce Education & Development.

The class of 2002 includes the following individuals stationed at NAS Jacksonville:

Joyce Allen, Brantley Altman, Charles Anderson, Kenneth Bearden, David Behnen, Derrick Belcer, Timothy Bierbach, David Boggs, Rodney Branton, Jason Braswell, Alan

Burnsed, Andrea Byrne, James Calvin, Richard



Photos by Miriam S. Gallet

Caraballo, Tia Cifers, Deborah Cornelious, Keisha Craig, William Cunningham, Nicole DuBeck, Eva Fambro-Price, Gracelyn Fritz, Shirl Gandy, Edward Gibbons, John Gorham, Rebecca Gorham, Stephen Gorham, Nancy Hawtin, Scott Hedtke, William Hicks, Ryan Hill, Floyd Husk, Clarence Johnson, Donetta Johnson, Phill Jones, Jay Kisor,

Michael Kite, David Lightfoot, Keith Lundberg, James Lynch, Adair McCall, Alana McIntyre, Joy McLaughlin, Thomas McRae, Merlin McSween, William Mink, Patricia Nicometo, Lennie Nowlin, Collin O'Hara, Anjanette O'Neal, Maranda Paquette, Laurie Paulo, Jill Pautz, Bonifacio Pike, David Reid, Connie Rodriguez, Anna Rosendahl,

William Szala, a Navy retiree who presently works for Logistics Service International at Cecil Field, is joined by his wife, sons, daughters and grandchildren after receiving his bachelor of science degree in Workforce Education from Southern Illinois University at a ceremony held last Friday at the NAS Jacksonville Base Chapel.



AT2 Phill Jones of AIMD's 600 Electronics Division is all smiles after receiving his bachelor's degree in electronics management from Southern Illinois University last Friday at the NAS Jacksonville Base Chapel.

Alfred Sawyer, Christopher Schell, Randall Scott, Aaron Shelenberger, Russell Short, Rudolph Soles, Kenneth Spradlin, Aerigh Steel, Michael Stillford, Mark Summers, William Szala, Louis Vanleer, Julio Vazquez, Edward Walsh, Brigitte Warde, Shalanda Warr, Brenda Watford, Victoria Welch, Peggy Wiggins and Parthenia Williams.

Sea & Sky Spectacular 2002

Landing hosts military during show

By Kaylee LaRocque
Staff Writer

Thousands of spectators, many dressed in orange or red to represent their favorite football team, crowded The Jacksonville Landing last Thursday afternoon to grasp some knowledge about the military during the first day of the Sea and Sky Spectacular.

As the opening ceremonies began, precisely at noon, spectators surrounded the pavilion to enjoy music by Navy Band Southeast and a unique demonstration by the Sandalwood High School Air Force ROTC Drill Team. As the Naval Station Mayport Honor Support Team and Sandalwood High School Color Guard displayed the colors, the crowd displayed their patriotism as the band played the National Anthem.

"Events like the Sea and Sky Spectacular, allow the military to showcase our talented, well-trained military men and women, as well as the capabilities and incredible technology of our aircraft and ships," said Rear Adm. Annette E. Brown, commander, Navy Region Southeast during the opening ceremony.

Brown was also quick to mention the close-knit partnership the City of Jacksonville maintains with the local military. "Events of this magnitude take nearly a year to plan and coordinate. We appreciate the support of those who have made this event possible - The city of Jacksonville, The Jacksonville Landing, Florida Army National Guard, U.S. Coast Guard and the staffs of NAS Jacksonville and NS Mayport."

"Most importantly, we thank the many volunteers who dedicate their time to support the Sea and Sky Spectacular. The First Coast community support for the military is unsurpassed," she added.

Following the opening remarks, three Apache helicopters conducted a flyover over The Landing.

As the ceremony ended, visitors lined the Riverwalk to get a look at some of the ships lining the pier including USS Halyburton (FFG 40) from Mayport, USS Osprey (MHC 51), USS Thunderbolt (PC 12) and a couple of Landing Craft, Air Cushioned (LCAC) vessels.

"This is really great being here. I remember when this area was a military shipyard. We used to repair Navy destroyers here. Things sure have changed within the past 50 years. I'm really

A group of spectators watch as two Navy Landing Craft, Air Cushioned vessels pull along the Jacksonville Landing boardwalk.



Dignitaries from the City of Jacksonville, NS Mayport, NAS Jacksonville and the Florida Army National Guard render honors during the opening ceremony at The Jacksonville Landing as the NS Mayport Honor Support Team and Sandalwood High School Color Guard present the colors.



A group of Apache helicopters from the 111th Aviation Regiment conduct a flyover during the opening ceremonies.



The Sandalwood High School Air Force ROTC Drill Team performs its unique routine at the opening ceremony. The team is the number one drill team in the State of Florida.



enjoying all this, it informs the public of what the new ships are capable of and what our military is doing," said Ralph Griess, a retiree from Moosehaven in Orange Park.

Each year, the military and the city of Jacksonville hold this event to give the public the opportunity to see the military up close.

"We started planning the sea portion of the show early last year. The Navy worked hand-in-hand with the City of Jacksonville. Everyone has always been extremely cooperative in this venture. We really appreciate all the help the city has provided us," said Lt. Cmdr. Lena Null, Naval Station Mayport's Operations officer who has coordinated the event at The Landing since 1999.

After enjoying the sea portion of this year's event, many spectators headed to the air portion at NAS Jacksonville on Saturday and Sunday to witness numerous air demonstrations and a performance by the U.S. Navy Flight Demonstration Squadron, The Blue Angels.

BM3 Cederic Rucker of USS Osprey (MHC 51), homeported in Ingleside, Texas, puts some finishing touches on the ship's hull at The Jacksonville Landing.

Photos by
Kaylee
LaRocque



Visitors at The Jacksonville Landing get a close-up look at USS Halyburton (FFG 40) during the Sea and Sky Spectacular.

Sea & Sky Spectacular 2002



Many diverse aircraft performed before a crowd of 250,000 people.



2002 Air Show excites spectators of all ages

By JO1 Mike Jones
Assistant Editor

If you weren't at the NAS Jacksonville flightline Nov. 2 and 3, you missed a fantastic show. The skies couldn't get much more blue on Saturday and the weather held out Sunday for the approximately 250,000 spectators who came out for the air show portion of the 2002 Sea and Sky Spectacular.

The United Kingdom's "Red Devils" Parachute Team opened the day's festivities, sailing down to the tarmac with Old Glory in tow as the National Anthem performed by the Navy Region Southeast Band.

The morning quietness was quickly punctured by the roar of engines as the first planes took to the skies. Visitors were treated to demonstrations from such diverse aircraft as the P-3 Orion, S-3 Viking and F-14 Tomcat.

U.S. Air Force F-15 Eagle and the F-16 Fighting Falcon demonstrated high-speed maneuvers before showcasing a Heritage Fly-By with an F-86 Sabrejet and a P-51 Mustang.

However, not all of the action was in the sky. After several booms pierced the air, curious eyes scanned the skies looking for the plane gone supersonic. Sights shifted to Scott Shockley and his Super Shockwave Jet Truck as he throttled the engines before roaring down the runway at nearly 300 mph.

Vintage aircraft from yesterday, including the F-86 Sabrejet piloted by Capt. Dale Snodgrass, the F-260 Warrior flown by Chuck Lischer and the P-51 flown by Lee Lauderback, wowed the crowds showing just why the legacy of these planes continues to endure.

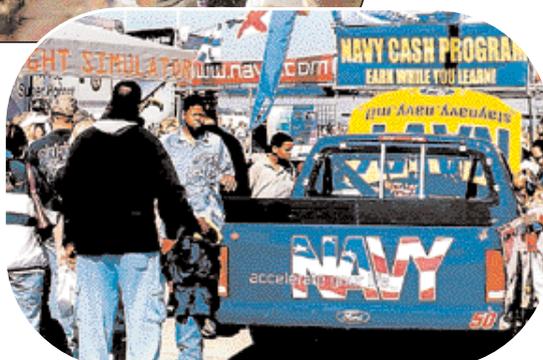
The Marines made a unique entrance into NAS Jacksonville as the Landing Craft Air Cushion (LCAC) stormed ashore from the St. Johns River for the "Seize the Air Field" demonstration.

Stunt flights including Frank Ryder in the Oreck XL, Sean Tucker in the Oracle custom airplane, Chris Smisson in the Air Show Unlimited Flyer and Ian Groom in the FedEx Flyer, dazzled the crowds with each trick. Enduring pulls of gravity (Gs) much greater than their body weight, these pilots pulled off enough loops, dives and turns to make even the most hardened roller coaster enthusiast queasy. "This has been a very impressive air show," said Yulee, Fla. resident Charles Converse. "It's amazing how these pilots can perform these stunts with the abuse their bodies must be taking from the gravitational pull."

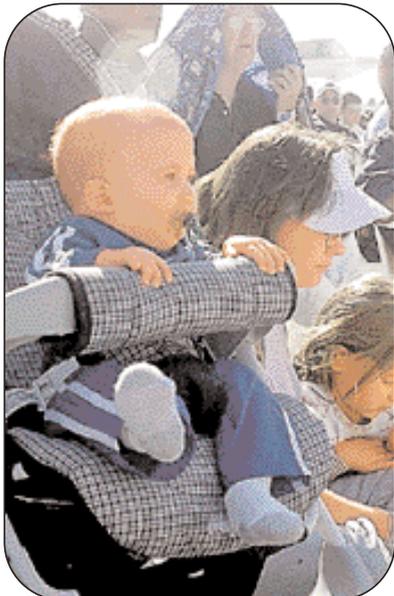
In addition to aerial demonstrations, the show



Crowds of spectators look on as the Blue Angels perform.



People of all ages enjoy the many amenities offered by the Navy Recruiting District, Jacksonville static display at the Sea and Sky Spectacular held aboard NAS Jacksonville last weekend.



Nine-month-old Hunter Thomas watches the Air Show on Saturday afternoon.



An assault vehicle and Landing Craft Air Cushion (LCAC) are at top performance in the simulation of gaining control of hostile territory at the Air Show.



Navy Sea Cadet Bridget Carter meets the challenge of the United States Marine Corps flexed arm hang bar.



The Blue Angels pass in tight formation over the announcer's box during the show.

Sea & Sky Spectacular 2002



Two Blue Angels pilots perform this amazing stunt before the crowd of spectators.

AIR SHOW: Aerial acts wow crowds

From Page 6

featured numerous booths spotlighting the functions and abilities of the Armed Forces. "This is a great way to give back to the community," remarked Sgt. Chad Miller, a local Marine Corps recruiter.

"This helps to promote awareness of how we protect the country," added MMI Thomas Brown, Naval Recruiting District, Jacksonville.

Classical music would seem an unlikely selection to the Air Show soundtrack, yet a Bach composition fit perfectly to Manfred Radius's Salto Sailplane demonstration. The classical theme also fit perfectly to the Showcopters Flight Demonstration Team as the group showcased the versatility of these aircraft.

The key to enjoying these demonstrations was finding good seats. And for many, including Jacksonville residents Jill Williams and sons Zack, 13 and Jake, 12, good seats meant an early arrival to the show. "I'm really looking forward to the Blue Angels," Zack explained from an enviable front-row seat. "It'll take a lot to get me to move," he grinned.

Vacant spaces near the runway quickly filled in anticipation as the U.S. Navy's premiere flight demonstration team, the Blue Angels, prepared to take the runway.

"I come to these air shows every time they take place," said Fernandina Beach, Fla. resident John Wall. "These shows have never let me down."

For all who stuck around, the Blue Angels did not disappoint. With legendary precision, the jets took off to deliver an hour of stunts and skills leaving the crowd in awe. With little more than 18 inches separating the planes, four of the Angels flew in diamond formation, conducting simultaneous loops and turns before breaking away. As Narrator Marine Corps Capt. Leonard Anderson instructed the crowd to pay close attention to the diamond formation (by then nearly into the clouds) one of the remaining two jets screamed over the crowd, demonstrating the group's stealth capabilities, catching nearly everyone completely off guard.

"We've thoroughly enjoyed this show," said Jacksonville resident Mike Pope with son, Joshua, 7.

The air show concluded following the Blue Angels performance.



U.S. Marine assault vehicles are flown in during a demonstration at the airshow.



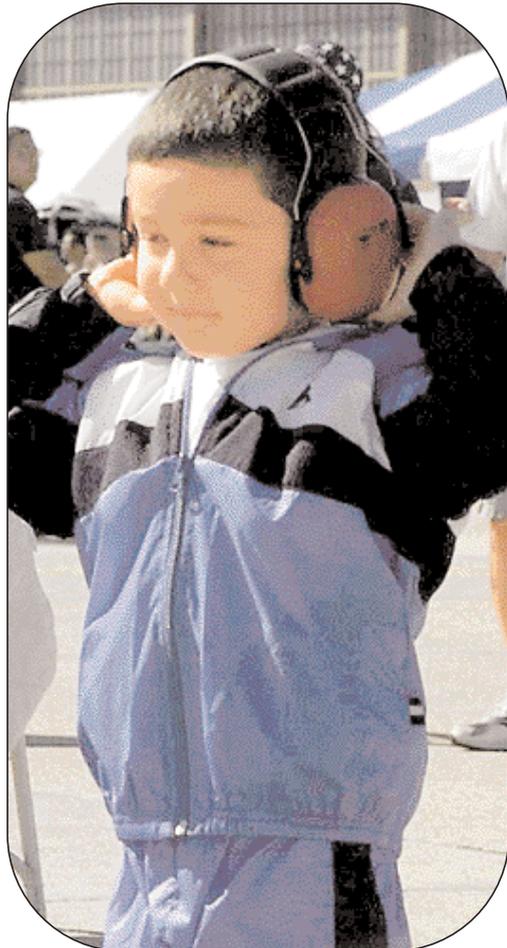
The Blue Angel's wow the crowds during the show.



The Blue Angel's perform one of their daring precision maneuvers.



The U.S. Air Force conducts a Heritage Fly-by with the F-15 Eagle (left), F-86 Sabrejet, P-51 Mustang, and the F-16 Fighting Falcon.



Four-year-old Cage Rumballa prepares for the two-day Air Show by putting on hearing protection.



The Navy's Deep Sea and Explosive Ordnance Division divers delight a young participant at the 2002 Air Show held at NAS Jacksonville last weekend.



Yulee, Fla. resident Charles Converse consults the Air Show schedule during the day's events.

Sea & Sky Spectacular 2002



Lt. Natalia Henriquez, attached to VS-32 talks with Mike Murowski about the squadron's aircraft and mission.



Four aircraft from the Blue Angels fly in extremely close formation before the elated crowds during Sunday's show.



Weapons Company, 2nd Battalion, 28th Marines stationed in Camp Lejeune, N.C. rush the airstrip, simulating a take-over of hostile territory.



The Weapons Company, 2nd Battalion, 28th Marines out of Camp Lejeune, N.C. delight this year's Sea and Sky Spectacular spectators with an explosive demonstration during their "Seize the Air Field" event.



Jacksonville resident Mike Pope and son, Joshua, 7, watch the various demonstrations during the show.

World War II Veteran Sonny Ierha gets a front row viewing of the Air Show. "This is what the Navy is all about," said Ierha.

HSO selects top of crop

By JOC Bill Austin
HSO PAO

On Oct. 28, Naval Hospital Support Office (HSO) Sailors and their civilian counterparts stood tall in early morning sun to see hard work and devotion to duty recognized. Bashan Woodard, HM1 Tennifer Howard and HM3 April Halberg were called "front and center" and cited as Civilian, Senior and Junior Civilian and Sailors of the Quarter respectively.

Woodard, who hails from Many, La., was cited for outstanding performance of her duties as the Quality Assurance manager, for the Centralized Credentialing and Privileging department. Her management of the program allowed for timely validation and submission of 272 credential files for review by the monthly Executive Committee.

Additionally, by assuming responsibility for the management of all Naval Reserve credentialing files for Bureau of Navy

Medicine (BUMED), her efforts are projected to save countless hours on an annual basis for Professional Affairs Clerks worldwide.

"It's a pleasure indeed to receive this award and I've truly been blessed to be nominated for it. I would just like to say thanks to the Lord, my husband Jack and all my co-workers for this honor. I really appreciate it," she said with a smile.

Howard was recognized for her stellar performance as the leading petty officer for the command's Medical Corps Individual Credentialing Files division, Centralized Credentialing and Privileging department.

Her leadership led her division in the successful maintenance of more than 1,000 credentialing files. She also implemented weekly training sessions that resulted in an increase of production by 41 percent from the previous quarter.

As the command's Navy and Marine Corps Relief Society representative, she collected more than \$2,000 in donations achieving 126 percent of the set goal. Howard remained modest however when asked to comment on her selection.

She credited the Sailors and civilians in her department instead. "It was very nice to be selected for SOQ," said the Albany, Ga., native sincerely. "My successes here should be attributed to the exceptional team that make up the department. They are all unbelievable."

Halberg quickly dove into her duties as Credentials technician in the Medical Corps Individual Credentialing Files division, Centralized Credentialing and Privileging department. She established herself as an information reference point for the Medical Corps division and was responsible for the maintenance of more than 50 credentialing files.



Photo by JOC Bill Austin

From left: Bashan Woodard, HM1 Tennifer Howard and HM3 April Halberg were recently selected as HSO's Civilian, Senior and Junior Sailors of the Quarter.

Additionally, she implemented and managed a streamlined performance appraisal reports maintenance system, which tracked and increased the number of monthly files privileged without delay.

It was easy to jot down this Chicago, Ill., born Sailor's comments on how she felt about being selected as the Junior Sailor of the Quarter. She smiled and gave a loud enthusiastic "woohoo!"

A great day for golf and fund-raising for CFC



Photo by SN Timothy Yost
CW04 Don Sperling prepares to putt.

By SN Timothy Yost
NavHosp Jacksonville Public Affairs

It was a day of fun and excitement as members of several local commands participated in the Naval Hospital Jacksonville's Third Annual Combined Federal Campaign (CFC) Charity Golf Tournament on Oct. 31.

It was a perfect day for golf. "We had a great day - great weather and you just can't beat playing golf while watching the Blue Angels. It just doesn't get any better," said retired EMCS Robert Celestino.

The Naval Hospital Jacksonville's CFC Golf Tournament is

held each year at this time. Entrants pay a \$45 fee that includes greens fees, cart rental, and an awards lunch. All proceeds go to benefit the CFC.

The tournament is open to the public. This year participants included mostly active duty personnel and civilian employees. Naval Hospital Jacksonville Commanding Officer Capt. Ralph Lockhart declared the golf course an alternate worksite for hospital staff.

Golfers of all levels were invited to take part in the fun. "Considering that we had never played before, I think we did pretty well and we had fun," said HMC

Patricia Ecker.

After all the scores were added, PCC Edgardo Rodriguez announced the winners. The winners, with a score of 58, were the Fleet Technical Support Command, Atlantic (FTS CLANT) Mayport team that included Lt. Cmdr. Steve Williamson, retired EMCS Darrell Long and retired MMCS Ed Nain. They each won \$20 and a free round of golf at Fiddlers Green Golf Club at Cecil Field.

"It was great to take a day out for a round of golf and more importantly to help out a good charity such as the CFC," said Williamson. FTSCANT Mayport won the

event last year as well and they say they intend to 'three-peat' next year.

Other prizes were given out as well. HMC Tursak Vimoktaton won the longest drive with a 300 yard shot. HMC Lawrence 'Butch' Preston won the closest to the red pin and HM2 Rick Rittler won the closest to the white pin.

All in all, it was a very successful event. "We had an excellent turnout. We made more than 1,000 dollars for the CFC," said Rodriguez who was one of the main organizers of the tournament.

Wellness Camp promotes a healthier lifestyle

By SN Timothy Yost
NavHosp Jacksonville Public Affairs

The Naval Hospital Jacksonville Wellness Center recently concluded another successful two-day Fall Wellness Camp Oct. 24-25.

The camp was open to all military members, dependents, civilians, and retirees. The goal of the Wellness Camp is to educate and assist participants with skills needed to make healthy lifestyle choices.

The first day of camp, participants completed a Health Fitness Assessment (HFA). The HFA consists of measuring blood pressure, grip strength, flexibility, aerobic capacity, and body composition. Cheryl Masters, Wellness Center registered dietitian and Health Educator Lt. Nancy Johnson, conducted a "commissary tour."

Participants were guided through the aisles and provided education about food labels, healthy food choices, and low-fat eating alternatives. "I try to show people how to make healthy food choices to accommodate their busy lifestyle. A good healthy meal does not necessarily have to take a long time. This way people can stay away from empty calories like chips and cookies," said Masters.

Participants were also privy to lectures on well-



Photo by Miriam S. Gallet

Lt. Nancy Johnson, health educator with the NAS Jacksonville Wellness Center conducts a 'Shop for Health' commissary tour as part of the recently held Wellness Camp. Participants listen as she explains how to use the pocket supermarket guide and the interactive fat computation chart.

ness and stress management. The day ended with a Power Flex class provided by the MWR Fitness Source. Power Flex is resistance training set to music performed in a group setting. Special emphasis is placed on maximizing all the major muscle groups giving a "total body workout in 45 minutes."

The second day, participants reviewed their Health Fitness Assessments (HFAs), results included personalized nutrition and fitness plans. Guidance on basic aerobic and strength training principles was then provided, followed by hands on use of equipment at the Fitness Source. MWR Fitness

Source staff also took participants through a 45-minute step aerobics and stretching class.

Masters presented a healthy cooking class, recipes and tips about low-fat, high fiber cooking were shared. Participants tasted delicious samples of low-fat, high fiber foods such as bean burritos, tofu chili, Hummus on toast, and fruit smoothies.

Attendees found the class to be beneficial and enjoy-

able. "I've really enjoyed the class," said Mark Price. He decided to go to the Wellness Camp following his first heart attack, and a new diagnosis of diabetes. Now he has learned to change his entire lifestyle so that he can enjoy his retirement for much longer.

"The health assessment

report was helpful. I am going to improve myself by eating breakfast and exercising more," said PNSN Randi Dozier.

Dozier was able to attend the class during working hours by applying for special liberty from her command. She commented that her chain of command was supportive of her goals to

improve her overall lifestyle.

According to Johnson, "Getting people to eat more fruits and vegetables, and adding physical activity to their daily routine, is key to good health."

To find out more about Wellness Center programs call 542-5292.

Health Interest Survey

The Wellness Center needs your help. We are conducting a survey of our programs and would appreciate your input. Please take a moment to fill out the survey and leave it at the following drop-off locations: Wellness/Fitness Source, Building 867, Commissary, or PSD. You may also fax it to the Wellness Center at 542-5294. All responses are greatly appreciated. All responses are completely confidential.

- Age: _____
- 1) Status: Active Duty Retired Civilian
 Family Member Active Duty Family Member of Retired
- 2) You are: Single Married Widow/er
 Divorced
- 3) Do you use tobacco products? Yes No
- 4) If yes to #3 above, are you interested in quitting? Yes No
- 5) Do you exercise at least 30 minutes, three times a week? Yes No
- 6) Do you drink alcohol? Yes No
- 7) If yes to #6 above, are you interested in quitting? Yes No
- 8) Check each of the following that you are interested in receiving more information on:
 Fitness Health Fitness Assessment Nutrition
 Commissary Tour Cholesterol Education High Blood Pressure Education
 Weight Management Alcohol Education Tobacco Education
 Injury Prevention Stress Management Ergonomics/Body Mechanics
 Men's Health Women's Health Wellness Camp
 Bicycle Safety Kid Fit Camp Cooking Classes
 Hypnosis for Weight Management Hypnosis for Tobacco Cessation
 Other: _____
- 9) What time of day and day of week would best suit you to participate in our programs?
 8 a.m. 10 a.m. 9 a.m. 11 a.m.
 Noon 1 p.m. 2 p.m. 3 p.m.
 4 p.m. 5 p.m. 6 p.m. Later
 Mon Tue Wed Thu Fri Sat
- 10) Have you ever visited the Wellness Center?
 Yes No



Photo by Victor Pitts

(From left) Phillip McLane, Ronald Sharpe, Ginger Peyton, Douglas Skinner, Azael Davila, Paul Noe, Ralph Brown Jr., Capt. Karl Yeakel, Frank Mahr, David Tribble, and Brian Johnson are recognized for their suggestions.

Employee suggestions recognized

By Frank Taormina
 NavAir Depot Jax, Public Affairs Specialist

On Oct. 3, Capt. Karl Yeakel, commanding officer, Naval Air Depot Jacksonville (NavAir Depot Jax) awarded Depot employees through the Valuable Ideas Save Investments Of NADep (VISION) Program.

Paul Noe, quality assurance specialist, and David Tribble, metals inspector, earned official recognition for recommending the use of "Eddy Current" inspections as the initial test in lieu of magnetic rubber inspections. Eddy Current, a non-destructive procedure, provides a faster alternative allowing technicians to detect and quantify corrosion and material imperfections in multi-layer aluminum aircraft structures.

Ginger Peyton, aircraft engine repairer, and Douglas Skinner, pneudraulic systems worker, were recognized for developing a new procedure utilizing dry ice in spherical bearing replacement of the F404 HPC Variable Geometry Actuator Assembly Body. This new procedure eliminates metal shavings from being produced during bearing installation, thus preventing premature component failure and increasing the product life span.

Azael Davila, pneudraulic systems mechanic, earned recognition for the design of a new lapping tool used to repair seal face assemblies on the fuel pump of the F404 engine. This tool, manufactured locally by Depot personnel, significantly improves the lapping process, thus reducing time and improving component turn-around-time.

Brian Johnson, sheet metal mechanic,

earned recognition for recommending that the seal clips on the engine nacelle longerons be manufactured out of stainless steel vice aluminum. The use of stainless steel clips improves the quality of the product and prevents frequent replacement due to corrosion, thus saving hundreds of labor hours per year.

Frank Mahr, equipment specialist, was recognized for suggesting the repair of the F-14 AWG-9 Dehydrator Module instead of scrapping the component. Mr. Mahr is credited with the development of repair and test procedures for the module that have already proven to be successful. This simple but effective solution will save the NavAir community thousands of dollars without compromising component quality.

Phillip McLane, sheet metal mechanic, earned official recognition for recommending and designing a wave-guide guard used during the removal of door Number 18 on F/A-18A and C model aircraft. This simplistic solution prevents accidental damage to the wave-guide, thus reducing Depot costs and helping to improve overall turn-around-time.

Ronald Sharpe, sheet metal worker, was recognized for recommending the use of stainless steel bolts and washers vice steel alloy bolts on the P-3 Auxiliary Power Unit Exhaust Duct Assembly. Stainless steel hardware improves the quality of the product and prevents frequent replacement of the bolts due to heat damage, thus saving hundreds of labor hours per year.

Yeakel commended the recipients of the VISION awards and applauded them for their efforts to improve quality, productivity, and economy at NavAir Depot Jax.



Fleet Hospital Jacksonville conducts field training exercise

CAMP PENDLETON, CALIF. — The specter of war in the Middle East cast a serious tone for the nearly 250 members of Fleet Hospital Jacksonville who recently completed an eight-day field training exercise at Camp Pendleton, Calif.

Dubbed FHOTC for short (pronounced "fawt-SEE"), Fleet Hospital Operations and Training Command prepares Navy Fleet Hospitals for deployment. This particular exercise is the first of a three-phase training cycle for Fleet Hospital Jacksonville. The cycle concludes with an Operational Readiness Exercise (ORE) in 2003.

For many of the Fleet Hospital Jacksonville Sailors, this was the first experience in a field environment. In addition to learning how to live in the austere, desert environment of Camp Pendleton, the training cycle included erecting and tearing down a tent-based hospital, learning the process of patient flow in an operational setting, and dealing with the potential threat of chemical, biological, and radiological weapons.

HM2 Tyrone Allie, from Branch Clinic Mayport, said while building the hospital was a great experience, the team building that took place was an even greater experience. "A lot of these guys, I've never met before since I work in Mayport and they're in Jacksonville. So in eight short days, I've already gotten to know everybody's level of experience and what will be expected of me if we deploy."

The FHOTC training curriculum focused an entire day on dealing with the threat of chemical, biological, and radiological weapons. The day culminated with every Sailor donning a gas mask and going through a gas chamber.

HM2 Durrell Williams participated in CBR training when he was affiliated with the 2nd Combat Engineering Battalion, 2nd Marine Division. He said the FHOTC gas chamber was an important evolution in the exercise. "With training, you have to do it right. The way you train is the way you'll perform during the real thing."

The FHOTC training concluded with a mass casualty exercise that focused on establishing lines of communication and coordination among the various units of the hospital and support elements. All this, while dealing with real world scenarios and enemy threats.

"The goal here wasn't so much on patient care. Rather, we needed to get a good feel for how all of the pieces of a fleet hospital need to communicate and coordinate to come together," said Lt. Cmdr. Christine Mankowski, Fleet Hospital Jacksonville Director for Administration.

In addition to medical personnel, Fleet Hospital Jacksonville includes all the elements necessary to support a 500-bed, forward-deployed hospital. Food services, security, communication, and supply elements all go forward with a Fleet Hospital.



Official U.S. Navy file photo

A field medic works on a wounded Marine. Nearly 250 members of Fleet Hospital Jacksonville recently took part in eight days of training at the Fleet Hospital Operations and Training Command (FHOTC) in Camp Pendleton, Calif.

All units participated in the exercise, too.

MS2 Mark Lash, taking time from his duties in the kitchen, said the adjustment from cooking in a brick and mortar building to compartmentalized containers was significant. He also realized the importance of a hot meal for the crew.

"The first couple of days we were all eating MREs. But the night we had the first hot meal: wow, I was amazed at how everybody's morale shot up," Lash said.

Forty members of Construction Battalion Unit 410 from Jacksonville and Construction Battalion Unit 420 from Mayport also participated in FHOTC.

EQCM Walter Asher, From CBU 420, said the type of work his SeaBees have been doing is no different than the type of work they do at Mayport or Jacksonville. The key difference, however, is the interaction between the public works people and the hospital staff.

"We need to show them what we can do and we need to understand what they need," Asher said.

Capt. J.T. Coyne, FHOTC commanding officer, said this first phase of field deployment is a major evolution, considering more than 90 percent of Fleet Hospital Jacksonville have never participated in FHOTC training. "There are all new relationships and all new jobs. It's tough and things can go wrong. It's a test of the command."

But Coyne did not hesitate to grade Fleet Hospital Jacksonville. "They're squared away, tightly organization with good senior enlisted leadership," Coyne said.

"This Fleet Hospital is already capable of deploying."

"The Great American Smoke-Out"

(November 21st)

In observance of the "Great American Smoke-Out" the Naval Hospital Jax Wellness Center will be sponsoring a HYPNOSIS session to help you battle nicotine addiction.

- Space is limited, so call now to reserve your seat!
- There will also be an opportunity to win a "FREE" turkey courtesy of the NASJAX Commissary.

Call the Wellness Center at 542-5293



MWR NOTES

CPO Club

Calling all chief petty officers. Friday nights at your place is going to be jumping. Beginning tomorrow from 8 p.m. - midnight enjoy a live DJ for your entertainment.

Bingo happenings

There's money to be won and people to be met at the Bingo Hall. Come check out our hot specials this week:
Mondays pay out \$50 on part A and special games.

Tuesdays offer VIP drawings. You have the chance to win \$69 for a computer plus \$25 each time you yell Bingo.

Wednesdays are double lucky with double lucky ball - payout is \$300.

Thursdays change up Bingo to bogo with buy one get one free and special games.

Fridays are for fun and \$50 payouts part A also featuring the one and only \$1,500 game.

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.

The following are upcoming events:

Saturday - Kennedy Space Center - Count down the days and blast off to Kennedy. Ticket and transportation is \$35.75 for adults, and \$27.75 for children.

Nov. 16 - Silver Springs Native American Festival - Transportation and ticket is \$33.50 for adults. Children under 48" are \$11.

Nov. 23 - St. Simons Island - Wouldn't you like to spend a relaxing day the island way? Join us as we depart for St. Simons Island. The day includes a tour of the island, lighthouse and museum, and free time to explore. You can enjoy this adventure for only \$30.25.

Liberty Cove happenings

The Liberty Cove Recreation Center has planned some great times for the single Sailors. The following are upcoming events:

Events for the month of November are fun and leisure oriented. Don't miss the 9-Ball tournament tonight. On Nov. 15 enjoy a Madden '03 Tournament. An 8-Ball tournament is planned for Nov. 18 and a bowling tournament will be held Nov. 23.

Ladies golf clinic

Ladies, come out and socialize Fridays at 4:30 p.m. at the NAS Jax Golf Club for only \$10/week.

NAS JAX Golf Club

Do you need a little more challenge in your golf? Come out and play our "Day/Night Golf Scramble." This fun event will take place tomorrow with a 4:30 p.m. shotgun start. The course will be White Nine Day / Red Nine Night. The entry fee is \$28 (military/DoD) and \$35 for invited guests. The entry fee includes golf, night golf materials, food after nine holes and prizes. The Pro Shop will form teams using the player's USGA handicap. Register by completing the entry form located in various locations. No entry will be accepted without payment.

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 11a.m. - 3 p.m. There is "Super Sunday" \$5 all you can bowl from 1:30-3:30 p.m. Freedom Lanes has "Xtreme Bowling Saturdays from 4 p.m. for just \$5 per person for two games and shoe rental and again at 10 p.m. for \$9 a person for three games and shoe rental.

Holiday Card Contest 2002

Commands, squadrons and departments are encouraged to take part in this year's "Beat the Holidayze with MWR Program" and are eligible to win money for their MWR funds. Registration forms are due tomorrow. Simply design a holiday card utilizing plywood provided by MWR. Each contestant is responsible for their own decorating and supplies for the cards. Only one card per command please. Cards must be dropped off by Dec. 2. Winners will be announced at the 2002 Christmas Tree Lighting on Dec. 6.

Call 542-3518 for more information.

Free movies at the base theatre

To read a description of these movies visit MWR online. Please do not leave children under 18 unaccompanied and no alcohol please.

Friday, 7 p.m. - About A Boy (PG13)

Saturday, 5 p.m. - Scooby Doo (PG)

Saturday, 7 p.m. - K-19, The Widow maker (PG-13)

Nov. 15, 7 p.m. - Unfaithful (R)

Military Family Appreciation Carnival

November is Month of the Military Family. To recognize the support and commitment of our military families at NAS Jax, MWR will host a Military Family Appreciation Carnival at the NEX parking lot on Nov. 16 from 10 a.m. - 2 p.m. The carnival is free and open to all base personnel.

The Youth Activities Center will host its annual Turkey Bowl on Nov. 23 from 1-4 p.m. at NAS Jax Freedom Lanes. The cost is \$3 per person.

Dance classes and Tae Kwon Do classes are available at NAS Jax and Yellow Water Youth Activities Center. 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).

Mulberry Cove Marina offers deals

The Mulberry Cove Marina is offering patrons a Turkey Deal. The deal is rent a boat for three days and pay for just two days use. This deal is good Nov. 15-17 and is offered for active duty only.

The Marina is hosting a "Light Up Your Boat" contest on Dec. 7. 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.

For more information, call 542-3260.

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.

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.

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 frjjax@atbi.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.

Empowering the Caregiver at the End of Life, a forum for professional and family caregivers will be held today from 8 a.m. until 4 p.m. at the Community Hospice of Northeast Florida's Charles M. Neviasser Educational Institute at 4266 Sunbeam Road.

The Jacksonville Semper Fidelis Society is holding a Marine Corps Birthday Ball tomorrow beginning at 6:30 p.m. at the San Jose Country Club. Retired Brig. Gen. Thomas Draude will be the guest speaker. The cost is \$45 per person/\$90 per couple. For more information call Sharon Leahy at 545-0635 or log on to www.jaxsemperfidelis.org.

The Decorative Artists of Jacksonville are a multi-county group of painters of all skill levels who work in various paint mediums. Come join in the fun and experience learning opportunities at our next seminar on Nov. 8, 9, and 10. Our next regular meeting is on Nov. 12 at 7 p.m. at the Riverside Christian Church, 2841 Riverside Avenue. For more information, call 274-

0743 or 399-6602, or e-mail tzamoiski@ecs4kids.org.

Fort Clinch State Park will be presenting the third annual "History of the American Soldier" on Saturday at 7:30 p.m. Admission is one can of food per person to be donated to the needy of Nassau County at Thanksgiving. For more information, call (904) 277-7274.

The Jacksonville Barracudas will honor military personnel during their Saturday game against the Macon Trax. The game begins at 7:30 a.m. at the Veteran's Memorial Coliseum. Discount tickets are available at I.T.T. for \$2 for military members. For more information, call 367-1423.

The First Coast Black Nurses Association's local meeting will be held Nov. 12 at 6 p.m. at Shands Jacksonville Hospital, Tower II. For more information, contact Janneice Moore at 244-7950.

Jax Navy Wives, Daughters in Dixie will hold a meeting Nov. 13 at 6035 Triumph Lane West. For more information, call 777-5419.

Mandarin Adoption Center, a satellite of Jacksonville Animal Care and Control located at 10501 San Jose Blvd. is planning a special adoption event Nov. 15-17. The goal for the weekend event is 75 adoptions. There will be free dog and cat food sample packs, giveaways, free sodas and snacks.

The National Naval Helicopter Association is holding their semi-annual membership drive and get-together Nov. 15 from 4-11 p.m. at River City Brewing Company. For more information, call Lt. Herlena Washington at 696-5005 or Maj. Vincent Williams at 696-5318.

The Jacksonville Genealogical Society will meet at 1:30 p.m., Nov. 16 at the Webb-Wesconnett Library, 103rd. Street. Members and visitors are encouraged to bring a favorite item they have from one of their ancestors for display and discussion. For additional information, call Mary Chauncey at 781-9300.

Venetia Elementary School is hosting "Real Men Read Day" on Nov. 20 at 9 a.m. On Nov. 21, the school will feature a "Family Reading Bonanza from 5-7 p.m. Any men interested in helping with the Nov. 20 event are requested to call Tammy Burrows at 381-3990.

The Jacksonville Semper Fidelis Society will hold their next monthly meeting on Nov. 20 at 11:30 a.m. at the Piccadilly Cafeteria near Regency Mall. For more information, call Sharon Leahy at 545-0635.

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@cscwl.navy.mil.

JAX TALES By MIKE JONES

WWW.RICKYSTOUR.COM - RICKYSTOUR@YAHOO.COM



AWARD: Adm. Gaudio receives award for S.E. Region

From Page 1

and execution and he leads his people to be the same." Gaudio's successful use of many of Covey's methods was highlighted at the ceremony. "He personally models inside-out change by developing a very clear and personal mission/vision for his change leadership and aligns his personal habits and management style to ensure those around him experience a trustworthy leader."

The Client Organization of Excellence Award was given because of the effectiveness the entire region

has shown on all levels, said CNRSE Executive Director Galen Carver. "It's fantastic. To belong to an organization like this that has implemented the concepts into the daily work-life is something I've never experienced at this level," he said.

Organizational health assessments and numerous random surveys were conducted to understand and achieve higher levels of effectiveness, Carver noted. "These helped us to determine if we 'walk the talk,'" Carver said. By utilizing these surveys, he explained, key organizational

areas were identified and adjusted to increase the overall effectiveness of the region, resulting in higher marks from Commander, U.S. Atlantic Fleet.

"The folks at FranklinCovey commented that it was almost unheard of to have a parent organization come back and raise scores by almost 20 points in one year," Carver explained. "It sometimes takes several years to make those kinds of turn-arounds."

Carver said all Sailors and civilians within CNRSE should be proud of this award.

"Regionalization's been tough on the Navy," Carver added. "It's taken the individual efforts from the individual installations and individual programs away and forced a team approach. That's always tough because there's always a lot of change with that. This award is definitely something everyone should be very proud of."

JAX SPORTS NEWS

Racquetball clinic coming up

The NAS Jax Athletic Department will hold a racquetball clinic conducted by Oscar Corseau at the NAS Jax Gymnasium on tonight from 6-7 p.m. The clinic is free and open to all authorized gym patrons.

Turkey shoot racquetball tourney

This tournament will run Nov. 18-22 and is free and open to all NAS Jax authorized gym patrons over 18. There will be recreational and competitive divisions for men and an open division for women. Matches start at 5 p.m. All winners receive turkeys. Sign up by Nov. 13.

Annual 5K Turkey Trot slated

The NAS Jax Athletics and Fitness Source will conduct the annual 5K Turkey Trot Nov. 20 at 11:30 a.m. The run is free and open to all authorized gym patrons. T-shirts will be given to the first 50 authorized patrons to call or sign up at the base gym or Fitness Source. The run will begin on Perimeter Road behind base housing off Mustin Road.

Flag football meeting coming up

A 4-on-4 flag football meeting will be held Dec. 4 at the MWR conference room in Building 590 at 11:30 a.m. The league is open to all NAS Jax

active duty personnel and is a Captain's Cup event. The season begins the week of Jan. 21. Games will be played in evenings under lights. All interested personnel should attend the meeting to discuss rules and receive registration forms.

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 - 3H 30M	Women - 4H
Triathlon	Men - 2H 30M	Women - 3H

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.



A group of runners get ready for the signal to start during the Air Show 5K Run on Oct. 30.

Photos by Kaylee LaRocque

Air Show 5K brings out the runners

By Kaylee LaRocque
Staff Writer

The 2002 Air Show 5K Run proved highly successful this year, as 111 runners turned out to participate in this MWR-sponsored annual event. Luckily, the weather held out as the runners made their way along Perimeter Road and back. Each runner received a T-shirt for their efforts.

Placing first in the Men's Military Category was Michael Taylor of Afloat Training Group Mayport coming in at 19:02. Following close behind, was Scott Grettum of VP-30 with a time of 19:33. Placing third in this category, was Adolph Herrera of Naval Hospital Jax at 20:19. In the Women's Military Category, Heather Coats of CHSWL placed first with a time of 22:06. She was followed by Luz Davis of PSD at 23:21 and Dawn Dillon of VP-62 coming in third at 24:21.

Taking first in the Men's Open Category was John Mann at 20:13. Placing second was John Baty of PWC with a time of 22:55, followed by Paul Soriano at 24:01.



Michael Taylor of Afloat Training Group at NS Mayport comes across the finish line for the first place win in the Male Military Category of the Air Show 5K Run.



John Mann took first place in the Open Male Category of the event.



Heather Coats of CHSWL placed first in the Military Women's Category. Heather Coats of CHSWL took first with a time of 22:06. She was followed by Luz Davis of PSD at 23:21 and Dawn Dillon of VP-62 coming in third at 24:21.

In the Women's Open Category, Christine Bell of the Branch Medical Clinic took first with a time of 22:20, followed by Jackie Phillips at 28:33 and Cecille Hartsell coming in third at 29:47.

The next run coming up is the annual 5K Turkey Trot on Nov. 20 at 11:30 a.m. A raffle for turkeys will follow the event. The Jingle Bell Run is scheduled for Dec. 11 at 11:30 a.m. These runs are free and open to all authorized gym patrons. For more information, call the base gym at 542-3239.

SPORTS STANDINGS

Greybeard Softball Standings as of Nov. 1

Team	Wins	Losses
VS-32	10	2
NAMTra	7	6
VP-30	7	6
VP-45	6	5
AIMD	6	7
CPRW-11	1	11

Intramural Softball Standings as of Nov. 1

Team	Wins	Losses
VP-5	13	3
VP-45	9	6
AIMD	9	6
Air Ops	9	7
VP-30	8	8
HS-5	8	9
NAMTra	7	8
SERCC	7	8

NS Mayport's dive shop offerings

Southeast Dive Adventures is offering the following programs for the month of November:

Key Largo dive trip - We're heading to Key Largo Nov. 29 - Dec. 1 for a dive trip. We plan to dive the USS Spiegel Grove and much more.

The cost is only \$225 includes four boat dives, two nights lodging in Key Largo (double occupancy), round trip transportation, and all necessary scuba equipment.

The trip must be paid in full no later than Nov. 14 (due to the cancellation policy of the hotel). We leave at noon on Friday and return at 9 p.m. Sunday.

Open water scuba certification classes: Get your PADI certification in just

one weekend.

The cost of the course is \$235 which includes everything except food. The course consists of home study during the week and then a weekend certification trip to "Devils Den" outside of Gainesville, Fla.

The class dates are Nov. 8-10, Nov. 22-24 or Dec 13-15.

Live aboard dive trip - Join us for a mini live-aboard weekend dive trip Dec. 6-8. This includes transportation to Fort Lauderdale.

In Fort Lauderdale, we board a 62' dive boat for a weekend of off-shore diving.

You get six dives, four hot meals, lodging onboard (double occupancy), and a whole lot of fun.

Only six spots are avail-

able so sign up now. The total cost of trip \$235 complete.

Call 270-5541 for more information and to sign up for any of these trips or classes.

Free tickets offered to deployed Sailor's families

By CMDCM Mike Van Middlesworth
COMHSWINGLANT

The "Sailors Aweigh" program is preparing for the upcoming Jaguars season. The program gives free tickets, transportation, and a free T-shirt to the families of deployed Sailors. Since chaperones will be provided, children ages seven to 17 can attend unaccompanied.

Spouses that go along can volunteer to be chaperones, if they like. Each chaperone will be assigned three to five children, which will provide for ample supervision. The children will be picked up by a Navy bus and taken down to Alltel Stadium and expedited to a pre-assigned seating area. The assigned seats are part of the Family Fun Zone at Alltel Stadium and provide a great environment for the "Sailors Aweigh" partici-

pants.

The "Sailors Aweigh" T-shirts provided to each participant must be worn throughout the game. After the game, the Navy bus will transport the children back to the base.

Prior to departure, each "Sailor Aweigh" participant is required to recite a pledge to "abstain from using drugs, alcohol, or tobacco." The program can also accommodate military activities wishing to send a group to a game. But hurry, because it's first come first serve, and there are only 50 tickets available per game.

"Sailors Aweigh" tickets are available for the following games:

- Dec. 8 - Browns
- Dec. 22 - Titans

For information or to apply for any of the games listed, send an email to: vanmiddlesworthmh@chswl.navy.mil, or call 542-5273.

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



In Gear

A weekly look at the automotive market

Mud-slinging wagon

Volvo V70XC can go to mall or off-road

By Dan Scanlan
Special

Remember when a station wagon was what you bought when you wanted to haul lots of people, and a truck was what you wanted when you needed to haul lots of stuff?

These days, you can still choose from a small (but growing) number of station wagon choices, or you can buy from an ever-growing number of trucks or sport-utility vehicles. And for those of you stuck in the middle, you can choose a station wagon that has been genetically modified to handle mud, rocks and non-pavement duty as well as a trip to the mall.

Subaru was the first to take its regular (all-wheel-drive) wagon and give it more ground clearance and a touch of the outback with more aggressive bumpers and sport utility-like fender flares. Audi's A6 station wagon gained some of the same rough-and-tough look when its Allroad 2.7T Quattro came out, its all-wheel-drive augmented by a height-adjustable suspension. The company best known for its yuppie-mobiles also entered the fray with the first version of its V70 wagon.

That vehicle, called the Cross Country, first arrived in 1998 as a more aggressively designed station wagon. When it began selling well, the Swedish company pumped the buggy up in looks and function. And one look tells you its mission in life is now broader than hauling kids to soccer games and groceries home from the market.

The traditional speared-through-the-center Volvo grille is there, but it sticks out a bit further than its plain-Jane V70 sibling, flanked by slim black-trimmed headlights and surrounded by a semi-matte dark gray cladding. A large air intake opening underneath gets an alloy-colored skid plate trim flanked by deep inset fog lamps and molded-in bumper overriders. The front wheel arches get more flared plastic, as does the lower few inches of the doors before you get to a big rear bumper cover. The whole design looks more butch, the flared fenders and dark grille adding to the broad-shouldered shape's upper shoulder line that runs down the door and rear fenders, borrowed from the S80 sedan. The six-spoke alloy wheels wear Pirelli Scorpion P215/65-R16-inch radials, and one glance at the space between them and the tops of the plastic clad fender wells show this wagon has an inch more ground clearance than its soccer Dad sister, matching the Audi and better than some real SUVs. It also has a slightly wider track.

Inside, the look is more traditional dark tan over light tan Volvo and less sport ute, except for a



The traditional speared-through-the-center Volvo grille in the V70XC is flanked by slim black-trimmed headlights and surrounded by a semi-matte dark gray cladding.

BEHIND THE WHEEL



The interior look is more traditional dark tan over light tan Volvo and less sport ute, except for a slightly higher seat bottom.

2003 VOLVO V70 XC Specifications:

Vehicle type	5-passenger, four-wheel-drive import station wagon
Base price	\$36,500 (As driven - \$39,925)
Engine type	turbocharged in-line 5-cylinder
Displacement	2.3-liter
Horsepower (net)	197 hp at 6,000 rpm
Torque (lb-ft)	210 at 1,800-5,000 rpm
Transmission	5-speed automatic
Wheelbase	108.8 in.
Overall length	186.3 in.
Overall width	73.2 in.
Height	61.5 in.
Front headroom	39.3 in.
Front legroom	42.6 in.
Rear headroom	38.8 in.
Rear legroom	38.7 in.
Cargo capacity	37.5 cubic feet/ 71.5 cu.ft.w/ seat down
Towing capacity	up to 3,300 pounds
Curb weight	3,699 pounds
Fuel capacity	18.5 gallons
Mileage rating	19 mpg city/25 mpg highway
Last Word	Looks macho and does a good job off road for a station wagon

slightly higher seat bottom, indicative of the increased ground clearance.

Four gauges - 160-mph speedometer and 8,000-rpm tach center stage, flanked by gas and temperature - are easy to read through the four-spoke, tilt and telescope-adjustable leather-clad steering wheel, which has stereo and cruise controls integrated into its darker gray air bag center hub. A dark gray dash center stack incorporates a high-mounted AM-FM-CD-cassette stereo with big buttons and great sound. The climate-control system underneath uses more big knobs to get air blasting from big dash vents. A single cup holder slides out of the dash, with a ratcheting mechanism to hold big to small cups. Overhead are sunroof controls and a three-channel HomeLink transmitter. Oddly though, the horn sounded if you tapped the stereo or cruise buttons on the steering wheel, while the stereo's preset system uses a knob instead of buttons. That means you have to scroll through all 20 preset stations to get to your favorite, vs. being able to just go directly to it.

Look closer, and some SUV accents are molded into the norm.

The gray leather seats get thick silvery stitching, as do the padded leather door panels and padded steering wheel cover. A rougher Berber nap on the carpeted floor mats and rear cargo area carpet add a macho touch, as does the titanium-colored grab handle

between the driver and front passenger seat. The seats are very comfortable.

The driver gets a 10-way power seat with three memory presets that also include mirror positions and the front passenger gets a six-way power system. Both get manual lumbar supports, although the knobs are a tight squeeze to use. The glove box is decent, as are the door map pockets. The center arm rest has room for a cellular telephone, while there is more storage space under it. The top flips back to hold two shallow cup holders for folks in the back seat. The sunroof is now standard.

The back seats are roomy for two adults and maybe a third with lots of head and leg room. The rear cargo area has 35.9-cubic feet of space with the rear seats up and 71.5-cubic feet with the seats folded flat. There is a roll-out security cover to hold valuables as well as a net to keep Fido in back when you brake. A three-way seat back is sectioned so the center 20 percent or one or both of the outboard seatbacks can be dropped for a flat loading space for skis or a book shelf. We dropped one side and easily carried a 36-inch by 36-inch wooden book shelf and its three shelves, while leaving room for our son. Plus, lift up the spare tire cover and discover a usable shallow cargo area, while the lid locks in place with side bolsters to hold grocery bags upright.

Front and side-impact air bags are in place for driver and passenger as well as

inflatable side head curtains. Unfortunately, we had an air bag malfunction that replaced the trip computer display with an "Urgent" message. It was probably just a sensor problem, and you could delete it to use the trip computer, but it never went away.

Under the hood of our 1,800-mile-old test car resides a turbocharged 197-horsepower, 2.4-liter in-line 5-cylinder engine with all-wheel traction control.

You can feel the extra weight of the all-wheel-drive system at launch, where the Cross Country felt a bit sluggish before the turbo smoothly kicked in. The front-wheel-drive V70 we tested two years ago got to 60 mph in 7.5 seconds via a slick five-speed manual transmission. The Cross Country did it in 9 seconds with a smooth-shifting five-speed automatic, whose leather gearshift can be up or down-shifted in gears at will. The turbo smoothly kicks in around 5,000 rpm, giving this wagon decent passing power.

Toss it into a turn, and the all-wheel-drive system, which is primarily front-wheel-drive until rear wheel slippage is sensed, grabs and seamlessly allowed us to navigate neutrally. There is more body roll and less crispness in handling in the Cross Country, but it's only a bit more than the regular V70.

The car does surprisingly well off-road, as we learned while driving it up and across an abandoned local landfill mound with its owner for another story. The

suspension absorbed the bumps, while the all-wheel-drive grabbed and easily pulled us up the grassy hillside. Ground clearance was adequate, although weeds and some ridges did whisk the underside.

Braking prowess is there, though, with all-wheel-disc brakes allowing for a precise pedal feel and solid, straight stops with no fade and some nose dive.

The Volvo V70 Cross Country base price is \$36,500, with standard all-wheel-drive; four-wheel disc brakes with ABS; 16-inch alloy wheels; front-, side- and head-impact air bags; security system; rear wiper; power driver's seat; power windows, mirrors and locks; remote keyless entry that also activates safety lights; a/c with dust filter; roof rack; six-speaker AM-FM-cassette stereo and three 12-volt power outlets. Options included \$400 metallic paint, a \$350 touring package with trip computer, auto-dim mirror, cargo net and dash cup holder; heated seats for \$450 and a \$1,600 premium package with custom leather seats, simulated wood grain accents, power passenger seat and CD player. Total manufacturer's suggested retail price - \$39,925.

Volvo says its competition includes the BMW X5, Jeep Grand Cherokee, Audi AllRoad, Lexus RX 300 and Mercedes M-Class. The Cross Country is more carlike than most of them, but Floridians may not need its off-road capacity unless they head north for a lot of skiing, hit the beach for a lot of driving, or just like the macho look of an all-wheel-drive Volvo. And if you really want a Volvo SUV, the XC90, premiered at the Detroit Motor Show this year, will have four-wheel drive and 8.6 inches of ground clearance with space for up to seven when it debuts this fall.

Florida Times-Union staff writer Dan Scanlan test-drives new vehicles on Northeast Florida's roads, averaging about 200 miles of combined highway and city traffic during a weeklong test. The test vehicles are provided by the manufacturer according to their schedule, and represent a broad spectrum of sizes and prices. The prices listed are manufacturer's suggested retail prices.