



Jax Air News

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TOUCHING BASE



CPO advancement exam is next week

The January 2002 Chief Petty Officer Navy-wide advancement examination will be held Jan. 17 at 6:45 a.m. All participants must have their military I.D. and be in uniform. Beginning this month, Navy Advancement Examinations will have 200 questions, some of which will be based on occupational standards and others on professional military knowledge (PMK). The occupational/PMK ratios are 100/100 for E7, 115/85 for E6, 135/65 for E5, and 150/50 for E4. The occupational questions will be presented first, with the PMK questions following. The PMK questions will be identical for all candidates, across ratings, within pay grades. Guidance for 200 item exams will be the same as for the 150-item examinations; only the exam length will change. The bibliographies will continue to be exam specific. Time of administration will continue to be three hours.

NEX Food Court opens for business



By Kaylee LaRocque
Staff Writer

CMDCM Charles Lawson, NAS Jacksonville command master chief, Marsha Brooks, NEX general manager, Capt. Mark Boensel, NAS Jacksonville commanding officer, Ron Smith, operations director of Southeast Military Services for Eures Support Services, Brenda Soaper, District Manager of Jacksonville Eures Support Services and Pam Rigdon, General manager of Wendy's cut the ribbon to officially open the new Navy Exchange Food Court.

After a \$1.2-million renovation, the Navy Exchange Food Court opened for business on Monday after a short ribbon-cutting ceremony. The area features four restaurants, a coffee shop and indoor/outdoor seating for 250 patrons. The new franchises include Wendy's, KFC/Taco Bell Express and Sbarros, an Italian eatery. Café Ritazza offers a variety of gourmet coffee, cappuccino and espresso. "We wanted to provide a nice mixture of choices at reasonable prices and a comfortable place for our customers to eat," said Ron Smith, operations director of Southeast Military Services, Eures Support Services. "We've created these same types of food courts at many of the military bases in the East Coast Region and plan to create several more." The project began in early October as part of a Public Private Venture contract awarded to Compass/Eures Support Services by the Navy Exchange Service Command. Under the terms of

See NEX, Page 6

Free Disney tickets to active-duty military

ANAHEIM, Calif. (NNS) — To honor members of the U.S. Armed Forces, the Disneyland Resort and the Walt Disney World Resort recently extended to active-duty military personnel, complimentary admission into Disney theme parks. This includes ticket discounts for family members and friends. "Disney's Armed Forces Salute" is offered through April 30, by the Disneyland Resort in California and the Walt Disney World Resort in Florida. Each active member of the U.S. military may obtain a complimentary seven-day ticket during the offer period. This ticket, specifically created for "Disney's Armed Forces Salute," will be valid for admission into the four Walt Disney World theme parks, a Disney water park, Pleasure Island and more for seven days from the date issued. The offer is extended to all active-duty military personnel, with proper military identification, including Coast Guard personnel and activated members of the Reserves and National Guard. Reservists must present their orders to receive the discount. During the offer period, each Sailor or Marine may purchase tickets, discounted at 50 percent, to the Disneyland Resort theme parks for up to five friends and family members. Additionally, the active-duty member of the military accompanying the party will receive

the same ticket free. If military personnel are unable to come to the Walt Disney World Resort during "Disney's Armed Forces Salute," their spouses will be eligible to purchase the special offer tickets one time during the offer period for up to five family members and friends at a 50 percent discount. The special offer tickets must be used within seven-days after they are purchased. Each spouse may only purchase up to five special offer tickets for admission to the Walt Disney World theme parks. "We think this is a great way to honor not only the nearly 1.5-million men and women in our active military, but the millions of family members and loved ones who support them," said Paul Pressler, chairman of Walt Disney Parks and Resorts. For more information on this offer, call (714) 782-4565 or visit your local MWR office. Universal Orlando is also offering the following offering free admission to active duty through April 30. Available at the front gate for active duty personnel are four-day passes. The passes include Universal Studios Florida, Islands of Adventure and Wet 'n Wild for free. In addition, up to five family members may purchase this pass for \$71.50 plus tax. Active duty may choose a one-day, a two-day or a three-day pass for free and up to five family members may purchase the same ticket at a 50



Active duty Sailors can visit the Magic Kingdom free of charge through April.

percent discount. Spouses and family members of personnel involved in Operation Enduring Freedom serving overseas may take advantage of the 50 percent discount of any ticket media listed above with proper ID. This is a one-time discounted admission.

Hunting season resumes on local facilities

By Kaylee LaRocque
Staff Writer

Two years ago, a hunting program was started on 2 military facilities owned by NAS Jacksonville in an effort to provide wildlife management to the areas and to allow people to enjoy the sport of hunting in a safe environment. But due to heightened security measures the past several months, this year's hunting season at Rodman Target Range and Out Lying Field Whitehouse was put on hold. As of last Friday, hunting season has resumed in these areas, according to Station Game Warden Harriel. "We started our season last Friday. Unfortunately, deer season only lasts until Jan. 20 so hunters don't have much time. We have an abundance of wildlife on our land. Hunting has continued on the properties surrounding the federal areas, so a lot of the wildlife has moved into these safe havens," explained Harriel. Whitehouse has about 1,500 acres of wilderness and is located near Cecil Field. Rodman boasts 3,000 acres and borders the Ocala National Forest. There are no



Rodman Target Range and Out Lying Field Whitehouse are again open to hunting.

hunting areas aboard NAS Jacksonville. The Navy, guided by Navy and state regulations, is

responsible for the environmental management of these federal lands. To hunt on federal property, numerous rules and regulations must be followed. "It's not an easy process to hunt at Whitehouse or Rodman, but they are the safest areas in the entire state for this type of sport. We know where everyone is at all times and have set limits on the number of people we allow to hunt," said Harriel. Each hunter must have a state license and is required to go through a 16-hour hunting safety course. These free courses are given by the state and offered on base twice a year. The next course is scheduled for July. "It's simple. If you haven't taken this course, you can't hunt on our property. And, for anyone born after 1974, the state also requires the course," Harriel said. "There are no age limits for the courses offered here and they are open to anyone who is interested in hunting in federal areas." The course consists of 12 hours in the classroom, learning federal, state and base regulations and safety procedures. The other four hours are spent on the range. All

weapons and ammunition is provided. Once a hunter has obtained a state license and has completed the course, he or she is required to register with Harriel, who'll then provide them with a hunting permit and an orientation on the areas that can be hunted. At this time there is no fee for the permit, however, a \$10 fee will be initiated next year. Whitehouse is open seven days a week, provided there are no flight operations being conducted. Anyone hunting at Whitehouse must stop at the game warden's office at the Yellow Water Housing Area to sign in. Once at Whitehouse if the areas are locked, they must stop at the Fire Station to gain access. At Rodman, the gates are open from 5 a.m. to 5:30 p.m. on Friday, Saturday and Sunday. There are 13 hunting areas here and one person is assigned to each specific area. If they wish to change areas, they must notify the game warden. Hunters are allowed to use several types of weapons including bow and arrows, shot guns and rifles

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WEEKEND WEATHER

- FRIDAY 45/68
PARTLY CLOUDY
- SATURDAY 40/58
FEW CLOUDS
- SUNDAY 37/56
CLEAR

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

ON COURSE

Selective Reenlistment Bonus award levels change

By NCCM(SW) Sha'reff Rashad
Southeast Region's Navy Counselor

NavyAdmin 336/01 announces the new Selective Reenlistment Bonus (SRB) award levels. Award levels that increased were effective Jan. 1. Award levels that were decreased are effective Feb. 1. Members who must reenlist to execute a permanent change of station (PCS) move may reenlist any time within the same year as their PCS detachment month, but no later than date of detachment from last intermediate duty station.

Members who must reenlist to execute a homeport change certificate (HCC) move, may reenlist any time within the same fiscal year as the shift month. Members with PCS orders to detach or a HCC to shift in October or November may reenlist up to two months prior to their transfer month. SRB reenlistments under the Star Program for personnel other

than those qualified in nuclear propulsion are limited to execution within one year of end of active obligated service (EAOS).

Members who are not SRB eligible in their present rating or do not hold an SRB eligible NEC may qualify for SRB if they convert to, or train for, an SRB eligible skill. These members must agree to oblige to train for the SRB-eligible skill and then reenlist once the new NEC is attained or rating conversion is completed.

Any enlisted member may cancel up to 24 months of a non-operative extension of enlistment provided: a. The extension is cancelled before it becomes operative, and b. The member immediately reenlists for two years beyond extended EAOS, day for day. The inoperative extension that would be cancelled will count against member's SRB award unless the reenlistment is for greater than the period of the inoperative extension plus two years.

Eligible personnel with Navy Personnel Command (NPC) approved SRB requests who have not yet reenlisted or executed an SRB qualifying extension and who would benefit from a higher award level under this plan, must resubmit an SRB pre-certification (precert) request to qualify for the higher award level.

Members in skills listed for reduction or termination who have an approval message in hand for a reenlistment date after Dec. 31, 2001, must resubmit an SRB request for a reenlistment date prior to Feb. 1, to be eligible for the higher award level. Make sure you indicate the day time group (DTG) of the original Navy Personnel Command precert response in the remarks section of the precert so original request can be cancelled.

For information on award level increases or decreases, contact your command or departmental career counselor.

Common sense needed in retirement planning

By Bob Hurley
SecNav Retiree Council Member

Over the past few years, I have been deeply concerned that the majority of military personnel I speak to, who are planning to retire in a few months, have not taken any action to prepare themselves financially for their upcoming retirement.

Needless to say, if they haven't done anything before that point, it's too late!

Retirement financial planning needs to start several years prior to your target retirement date.

Don't make it difficult - keep it simple! Financial plans need to be put into action to ensure that you will be as debt free as possible prior to retirement. Set up a schedule (and stick to it!) to pay off all existing loans, credit card accounts, etc. The last couple of years prior to retirement, don't make any type

of purchases using credit if at all possible.

When you leave the base with your retirement papers in hand, you shouldn't have any monthly payments other than a mortgage payment on your home. Don't make the mistake of buying an expensive home just prior to retirement.

You need to have enough money to cover at least four to six months living expenses put away in an "emergency fund" that you have easy access to. This extra money may help ease the pressure related to job search, in case that "perfect" second career job doesn't pan out immediately upon retirement.

Force yourself to take the action necessary to make your military retirement a pleasant experience for you and your family.

For more information of military retiree benefits call Bob Hurley at (912)

673-4509 or check out his Retiree/Veteran Website at: <http://www.subasekb.navy.mil/retiree.htm>.

Logistics course being offered

A Fleet Readiness Logistics Course is being offered Feb. 4-8 by the Knothe-Tec Company at Embassy Suites Hotel, 9300 Baymeadows Road., Jacksonville. The course is open to all government civilian, military, Navy support contractor personnel and Department of Defense Contractors (equipment/ system contractors, shipbuilders and ship repair contractors).

The Fleet Readiness Lo-

gistics Course is an intensive five-day training program designed to provide participants with an appreciation of the complexities and interrelationships of efforts required to achieve and maintain fleet readiness objectives for ships, submarines and weapons systems.

For more information and to sign up, call (717) 540-0095 or email knothetec@blazenet.net.

Hunting: Navy rules defined

From Page 1

but are assigned a specific area based on their choice of weapon. They are also required to know the catch requirements. "There are specific limits on how many animals you can take and when they can be hunted. If anyone disregards these laws, their hunting privileges are revoked. There is no ignorance of the law," said Harriel.

Some of the animals that can be hunted are deer, squirrels, ducks, quail, raccoons, boars, coyote and turkeys. There are also several animals in the area including black bear and Florida panthers that are protected animals.

Hunting on these properties is quite popular. Last year, nearly 150 people registered to hunt at

Whitehouse and Rodman. "These are great places to hunt because there aren't a bunch of people out there in the woods. The area is controlled, there's a lot of land, it's very safe and there is a sufficient amount of wildlife. Hunters do need to be aware of the snakes and the bugs. They can be pretty bad," said Capt. Scott Albertson, an avid duck hunter.

It may seem a bit complicated to hunt on federal property, but according to Harriel, the hunting should be good this year and hunters are ensured they are in a safe environment. Anyone needing more information on the program or who needs to register should call the game warden at 509-1108 or 542-2666.

Sponsorship training on Lifelines website

From Naval Submarine Base Kings Bay

The sponsorship program is designed to ease the difficulties and reduce the apprehensions normally associated with a military permanent change of station (PCS) move.

Command support is essential. The whole command functions better when new Sailors are assimilated quickly. Sponsorship facilitates increased trust and results in a higher state of readiness. The program design and ingenuity is left up to each commanding officer.

Traditional tasks include: writing a welcome letter; rendering assistance in transporting the service member to temporary lodging, i.e., picking them up at the airport, etc.; orienting the Sailor to the installation and individual command and explaining the mission.

There is sponsorship training available on Lifelines Services network website that provides information on: assigning a

sponsor; being a sponsor; implementing a model command sponsor program; and the sponsor program history and purpose.

To get to the website go to: <http://www.lifelines2000.org> then click on "relocation and housing" under command and community support services. Next click on "sponsor program" under relocation and housing topics. Then click on "program overview" under sponsor program topics.

Commands are urged to ensure that service members ordered to their command are aware of the vast amount of up-to-date information about base services and the surrounding area. Information on particular bases can also be found on the Standard Installation Topic Exchange Service (SITES) website at <http://www.dmdc.osd.mil/sites>.

Commands are also reminded that welcome aboard packages for prospective newcomers can be obtained at the Fleet and Family Support Center. For more information on packages call 542-2766 ext. 45.



Sunday Services at the Base Chapel

You are invited to the following 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.

"Train up a child in the way he should go and when he is old, he will not depart from it."

Meet A Sailor...
YN2 GERALDINE BOWDEN

Job title/ command: PSD Pay Clerk

Hometown: Goldsboro, N.C.

Past Duty Stations: NAS Norfolk, Va.

Family Life: Single with one son, Legerald.

Career Plans: To obtain a master's in Human Resources.

Most Interesting Experience: Visiting Istanbul, Turkey.

Words of Wisdom: "Live each day to learn something new."

Meet A Civilian...
ROGER HOWELL

Job title/command: Annual Training Coordinator

Hometown: Memphis, Tenn.

Past Duty Stations: Retired as Military Personnel Director at PSD NTC Great Lakes, Ill.

Family Life: Married to Charlie Howell, three children, Stacey, Rachel and Destiny.

Career Plans: Continue working at Naval Air Reserve Jacksonville until retirement.

Most Interesting Experience: Going to Graceland before the public was ever allowed in.

Words of Wisdom: "It is never too soon to get right with God."

Special thanks from I.T.T.

The staff of the Information, Tickets and Travel Office along with the families who received the gifts from our annual Giving Tree would like to thank those people who purchased gifts and donated money this year. The true meaning of the season was kept alive by your generosity. Thank you so much.

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It's free!

It's free! Give yourself the gift of a Navy CREDO Retreat. The next Personal Growth Retreat is Jan. 24-27. For more information, or to register, call CREDO at 270-6958.

Former base CO receives promotion

By Kaylee LaRocque
Staff Writer

The former commanding officer of NAS Jacksonville was presented a very special Christmas present this year when he was promoted to rear admiral just one day before he was to transfer to his next command.

Rear Adm. Steve Turcotte, commanding officer of the base from April 1998 to April 2001, happily received his promotion in front of a huge crowd at the Transit Visiting Quarter's (TVQ) Pavilion on Dec. 18.

During his tenure at NAS Jacksonville, Turcotte endured numerous challenges and enjoyed many accomplishments.

"This has definitely been the most challenging tour of my career. It was a totally different situation from what I've been used to. I've always had my hands out and was always on the receiving end. Here, I became the provider. I had a huge diversity of people working for me - from firemen and policemen to the lawyers and doctors. It's kind of like being the mayor of a small city," explained Turcotte.

A major challenge for Turcotte was the transition of five sea control squadrons (VS) that were relocated here from NAS Cecil Field when the base closed in early 1999. "We have three main wings at NAS Jax - the patrol squadrons, helicopter squadrons and now the sea control squadrons. When Cecil closed, it was an enormous task working all three of these types of aircraft together. But, we were able to establish some excellent procedures so they could all continue training to keep their proficiencies up," said Turcotte.

Numerous recreational upgrades around the base were also accomplished during his time as skipper here.

"I enjoyed a great building program during my tour. I was able to do a lot to help make this base more recreationally friendly. I'm



Photos by Kaylee LaRocque

Rear Adm. Steve Turcotte beams happily as he is pinned with his admiral stars by his wife, Jane, and Lt.j.g. Carolyn Crary of Sea Control Squadron (VS) 22.

pretty proud of helping put together the Single Sailor Center, and establishing the Budweiser Brew House to give our enlisted people a place to go on base," Turcotte stated.

Other projects included the refurbishing of the golf course, extreme bowling at Jax Lanes, a new pavilion near the TVQ, and the new T-bar. He also helped lay the groundwork for new cabins and cottages to be built near the golf course later this year.

Turcotte, who grew up in Grand Rapids, Mich., began his naval career nearly 25 years ago as a NJROTC student at Marquette University in Milwaukee, Wis.

"My father was a Navy test pilot who died when I was very young. My mother remarried a doctor who adopted me. He always wanted me to become a doctor, but I had naval aviation blood in me," he said.

After earning a Bachelor of Science degree in Political Science in 1975, Turcotte headed to flight training in Beeville, Texas, and was designated a naval aviator in 1977. His first tour was with VS-41 at NAS North Island, Calif for replacement training in the S-3A "Viking." From there, Turcotte reported to VS-21 also at North Island. In December 1980, he again transferred to VS-41 to become a flight instructor.

Three years later, Turcotte received orders to

Commander Sixth Fleet where he worked as an Aide and Flag Lieutenant. In November 1985, he headed back to the aviation community, reporting to the VS Support Unit at NAS Cecil Field where he served as the stand-up coordinator for VS-27, the S-3B Fleet Replacement Squadron. From there, he went to VS-22, also at Cecil Field.

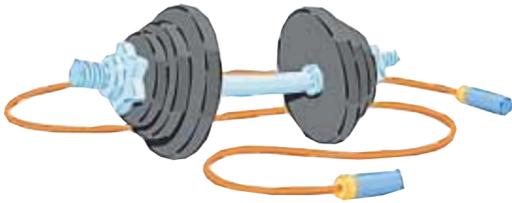
Turcotte next reported to the Naval War College in Newport, R.I., earning a master's degree in National Security and Strategic Studies and a master's degree in Management from Salve Regina University. He graduated from the Armed Forces Staff College in 1991.

His next tour was as Executive Officer and Commanding Officer of VS-24 at Cecil Field. From there, he served on board USS Kitty Hawk (CV-63). In April 1996, until his tour here, Turcotte served as Southern Command Branch Chief and Chief, Western Hemisphere Division.

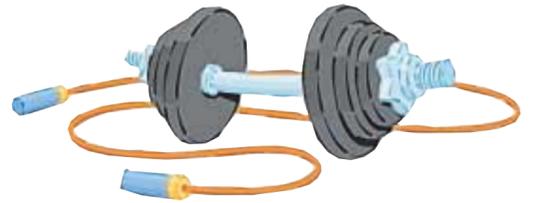
Turcotte is now headed to Norfolk, Va., where he will become the new commander of the Naval Safety Center later this month.

Turcotte has flown more than 4,600 hours in S-3 aircraft and more than 6,000 hours overall.

Off duty, he enjoys spending time with his family, wife Jane, daughters, Sara and Annie and son, John. He also enjoys flying private aircraft and golf.



Health and...



Retired Army Sgt. 1st Class Denard Peterson spots his 17-year-old son, Denard Jr., at the Fitness Source. Denard Sr. has been working out regularly for the past 15 years and his son recently teamed up with dad in the gym.

Time to sweat it off

After the holiday goodies, what do you do with unwanted pounds?

By JO3 Jackey Bratt
Staff writer

It is that time of year again when we look in the mirror and wonder how the holiday season changed our bodies! We manage to make a ritual of eating healthy and working out at the gym regularly, but as soon as the Christmas season rolls around, it seems that all the hard work put in at the gym goes out the window.

For many, the busy Christmas and New Year's events took up a great amount of time, leaving exercise the last thing on our mind. It seemed there was always a bowl of candy in every office to choose from. Never resisting the temptations of co-workers homemade holiday treats, it is no surprise that your uniform may be a little snug as 2002 begins.

There is no question that physical activity has lasting cardiovascular health benefits. Since exercise burns calories, it is

helpful in losing those unwanted pounds and maintaining a healthy weight. Regular activity helps boost energy, cope with stress, improve self-image, and increase resistance to fatigue.

The hardest part of the whole exercise process is getting in your car and driving to the gym. Once there, you will not want to end your workout session. It truly empowers you. You are taking charge of your body and your health.

Capt. Glenn Goldberg, head of Behavioral Health and Wellness Services aboard NAS Jax suggested people focus on the positive sociological and psychological effects of incorporating fitness workouts into your daily life.

"Stress relief, prevention from diseases and illness, and better self-image are some of the many

positive effects working out has," he said. Goldberg has maintained his health regimen since his days as a gymnast in high school. He noted that each command on base has a command fitness coordinator that Sailors can talk to about getting on the right track with exercise.

Set realistic, short-term goals for yourself and increase them as you go along. Plan to get back to pre-holiday form over a period of at least a few weeks. That is, take off a few pounds by using a rational, systematic approach. Setting a course of gradual weight loss is better for your body and the results will be more lasting.

The NAS Wellness Center, located in Building 867, is a great source to get started. The consultants will set you up with a diet and exer-

cise plan, and from there, you can go to the Fitness Source, located in the same building, where personal trainers are on hand to help you work towards a healthier lifestyle.

The Fitness Source is equipped with the latest cardiovascular equipment and aerobic classes. The gym next door is also a great source if you feel like playing a game of basketball, racquetball, or swimming. Both facilities are free to active duty service members and military family members. Although there is a fee for Department of Defense civilian workers to use the Fitness Source, the benefits outweigh the small price.

Lt.jg. Amanda Seidel, attached to Patrol Squadron (VP) 16, set a New Year's resolution to reduce her body fat percentage.

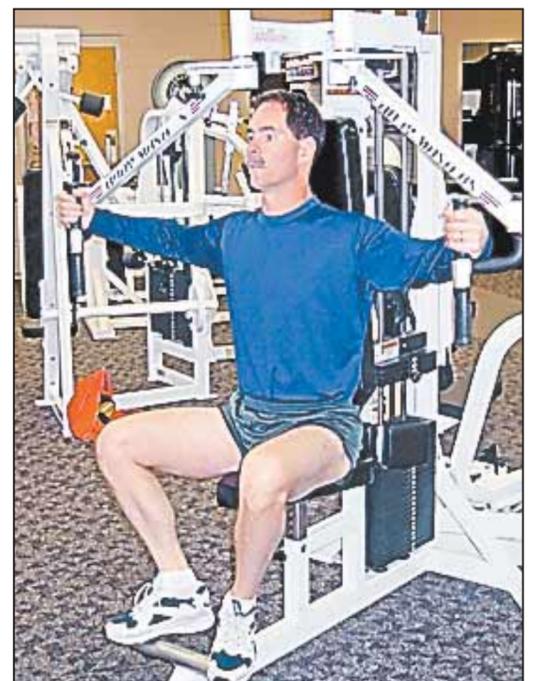
"I realize that it takes twice the time to put the weight off than it did to put it on, but with patience and consistency, it's attainable."



Lt.jg. Amanda Seidel (above), attached to Patrol Squadron (VP) 16, concentrates on inspirational music as she pushes herself to the limits at the Fitness Source.

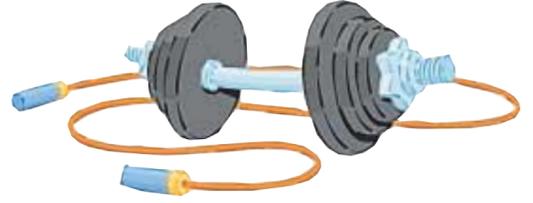
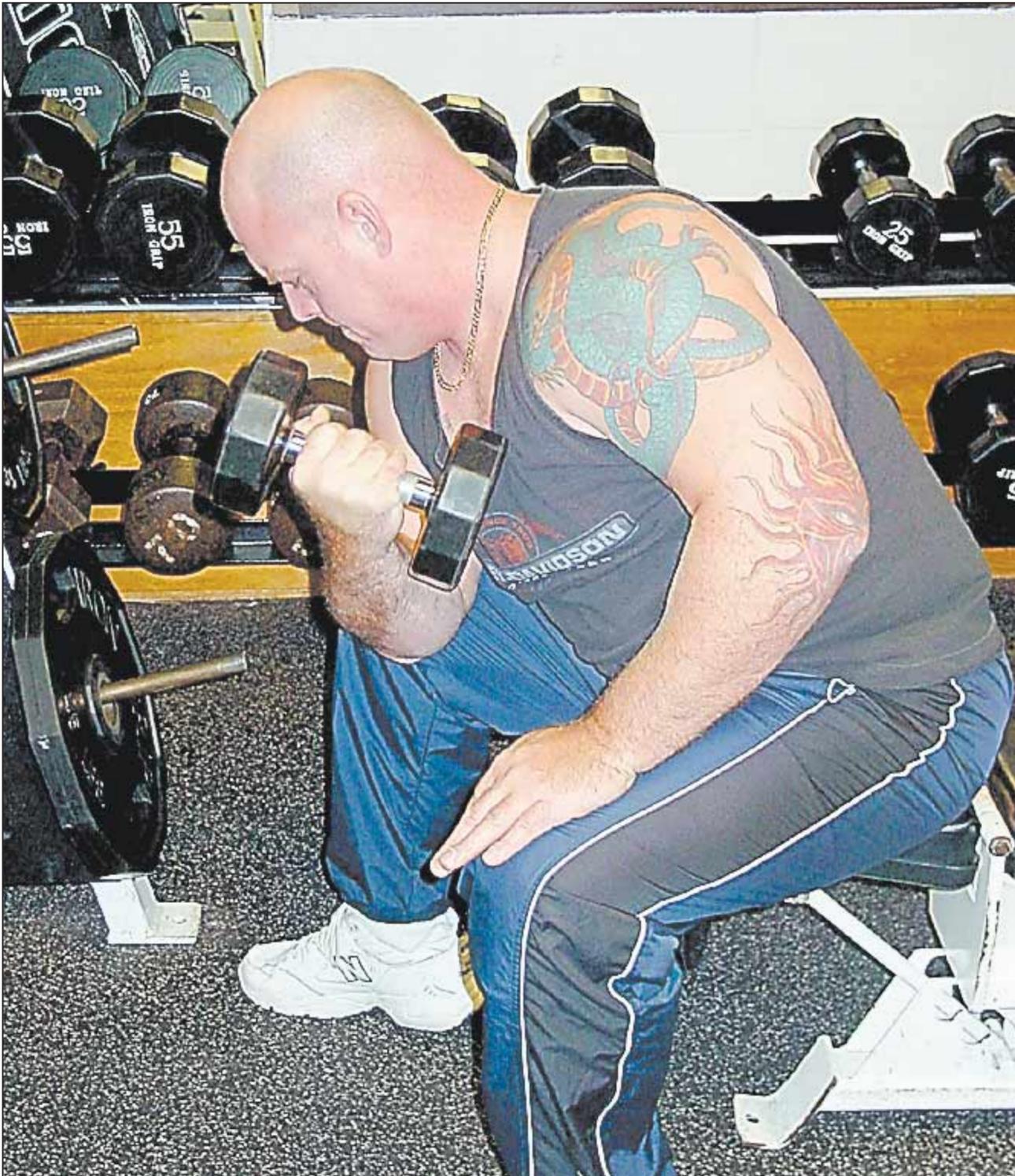
USMC Staff Sgt. Juan Rea (left) lifts to health! Rea advises newcomers to the gym to take things slow and set realistic goals.

Capt. Glenn Goldberg (right), head of Behavior Health and Wellness with Naval Hospital Jacksonville, makes exercise a part of his daily routine. Proper diet and exercise are vital to healthy living.



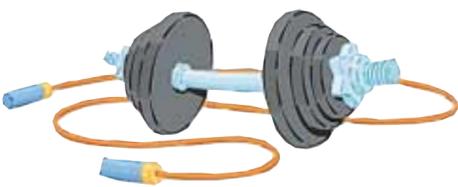


Fitness

AT2 Scott Lewis, attached to AIMD, lifts more than 50 pounds per hand at the NAS base gym.

**Photos
by JO3
Jackey Bratt**



Getting back into the gym after the holidays is easy! Patrons at the Fitness Source take advantage of their after lunch workout before returning to the job.



Beginning a new fitness program

By HM3 Aundrea Holloway
Special Contributor

When most people think about fitness, the first question they usually ask is, "Where do I start?"

Exercise can sometimes appear difficult, awkward and time-consuming. A helpful approach is to look at the three essential parts of fitness:

- Cardiovascular health, which refers to the condition of a person's heart and blood vessels after aerobic conditioning;
- Flexibility, which is gained by increasing the range of motion of the joints and muscles in the body;
- Strength, which comes from training the muscles over time.

The most successful exercise programs combine all three of these fitness essentials.

Aerobics and your heart

Exercises that strengthen the heart are called "aerobic" exercises. This kind of exercise increases the heart's power and efficiency and improves the body's use of oxygen. Typical aerobic exercises include: brisk walking, running, swimming, bicycling.

All these aerobic exercises should be performed for 20 to 30 minutes at a pace that is brisk but does not make you short of breath.

Stretching is important too

The most effective way to increase the body's flexibility is to do regular stretching exercises. This kind of exercise can improve the body's range of motion within a relatively short time. It feels good too. Remember to stretch slowly, without bouncing, holding each stretch for at least 10 seconds.

Building your strength

Muscle strength can be improved by forcing the muscles to work against increasing amounts of resistance. The most common methods of building muscle strength are lifting weights and using specially designed resistance machines. Be sure to warm up before doing any strengthening exercises. Work up to three sets of three repetitions each, resting between sets.

The fitness program

The key to fitness is to begin slowly and work gradually toward greater flexibility, strength and endurance. Try to schedule exercise at least three times a week for about 20 to 30 minutes each time and include a mix of the three fitness essentials.

Also remember to warm up for a few minutes before exercising and to cool down for a few minutes at the end of each workout.

If you experience pain or severe fatigue after exercising, contact a physician. And if you have an existing medical condition or a family history of heart disease, get expert advice on developing a safe exercise program first.

Take the first step toward a fitter, healthier body by incorporating these essentials into your life. For more information, contact the Wellness Center at 542-5292 ext.10.

Local family takes second in family essay contest

By JO2(SW) Shae Blasko
Staff Writer

The holidays became a little merrier for Bev Davison when she learned she had placed second in the Navy-wide NEX Garth Brooks Navy Family Essay Contest.

Davison, wife of ENC Ray Davison of Mobile Diving Salvage Unit 2, submitted her essay in the contest and won \$1,000 in gift certificates at the NAS Jacksonville Navy Exchange.

The contest called for family members to write an essay on why they are proud to be a Navy family. Judging commenced Nov. 18 and the essays were ranked based on originality and creativity.

"This prize came right in time for the holidays. It made our Christmas even brighter," Davison said. "We bought many things for our family. We bought three bicycles, a down rigger for deep sea fishing, five sets of shoes, three safety helmets and an electronic book."

"This prize made our family very happy and we are happy to be a Navy family," Davison added.

First-place prize was a concert from country artist Garth Brooks in Norfolk, Va., aboard an aircraft carrier. The third-place prize was \$500 in gift certificates and the fourth-place prize was \$250.

Below is Davison's winning essay:

W h o o o o o o o o o o -
hooooooooooooooooo, ding,
ding, "Arriving, Chief Davison." The boatswain pipes announcing the new chief as he walks across the stage of the pinning ceremony. A tear rolls down my face and smiles are beaming on the faces of our three sons, ages 5, 7, and 9. What do those tears and smiles of pride represent? Is it a pride in tradition, hard work, community service, family values, opportunities, responsibility, teamwork, or accomplishment?

The ceremony closes and family and friends

gather at the reception. "Daddy," says the five-year old, "I like that new uniform and the guns were cool at the ceremony."

Ah, tradition! The history and traditions of the Navy that the uniform stands for are a part of the pride in wearing the uniform. My husband stands proud to be a part of the long-standing traditions of the U.S. Navy. He remembers, upholds, and cherishes the traditions.

That new uniform he's wearing stands for teamwork. His initiation group has marched, ran, washed cars, researched Navy history, tied lanyards, and worked as a team throughout the process. This is just a small representation of the teamwork that has preceded each of them so that they could reach this honor. From teams as small as a service member and his sponsor to entire commands and fleets, they are all vital members of the Navy team.

Our seven-year-old interrupts the thoughts of tradition and teamwork to ask, "Daddy, can you come to my scout group and make a presentation about the time you and the other divers helped pick up the parts of the Challenger? I am sure they would love it like my class at school did!" With justified reason, the children are proud of the community service performed by their father and other members of the Navy. Volunteers can be seen tutoring reading, helping with carnivals, putting up bulletin boards, and gathering gifts for the needy children at Christmas. Our community is proud to have our military families aboard and they are proud to serve the community.

"Daddy," says the nine-year-old, "Tell us again about the time you got to



Photo by JO2(SW) Shae Blasko

The Davison family displays some of the gifts they received from the NAS Jacksonville Navy Exchange. The family received \$1000 in gift certificates when Bev Davison's essay placed second in the Navy-wide NEX Garth Brooks Navy Family Essay Contest.

meet former-President Bush in Italy." As he starts to tell about the time that the former president was touring a ship they were working on, leaving the tour to go visit with the divers, I am reminded of the many opportunities we have had as a part of the Navy family. We have seen parts of the world and known people who have positively influenced our lives that would not have been possible if we were not a part of the Navy.

"Daddy, tell us about the time you and Mommy lived in Cuba," begs the five-year-old who has difficulty comprehending the vast differences in that country and our free country. As he explains how the handful of Cubans who still worked on the base were stripped and searched on the Cuban side as they went

to work and as they went home, we think about the freedoms that we enjoy. We are proud to be Americans and proud of our military members who support our rights to be free. We are proud to support our military member who serves to support our right to be free.

What greater family values could we want for our children than pride, tradition, teamwork, community service, and responsibility. These values are demonstrated to them everyday through our life as a military family. They see and learn these values from their father and the many outstanding service members they have had the opportunity to know. We are certainly proud to be a military family.

NEX: Food Court opens



Photos by Kaylee LaRocque

Patrons enjoy the new restaurants in the Navy Exchange Food Court. The new area has a seating capacity of 250 and features a wide variety of food choices.



Pauline Stockwell and Judith Burns order a meal from Cara Engstrand at the new Sbarro Restaurant.

From Page 1

the contract, Compass/Eurest was responsible for not only developing the food court, but also for overseeing the day-to-day operation of the businesses operating here.

The area, which once housed the Navy Exchange beauty/barber shop and furniture store, was completely refurbished by the A&E Firm (GTM Architects from Kensington, Md.) and K&W Construction Company from San Marco, Texas. It boasts new walls, tile floors, lighting, kitchens and separate areas for each individual franchise.

"Everything has been upgraded to make it more appealing for our customers. Our entire Navy Exchange here has been given a total new look - from the food court to the main department store and all our smaller stores. Everything is state-of-the-art to provide better shopping for our patrons," said Tyrone Spradley, vision merchandising manager.

The restaurants in the food court are open Monday through Sunday from 10:30 a.m. to 6 p.m. except Thursday evenings when they stay open until 8 p.m. Café Ritazza is open from 8:30 a.m. to 4 p.m. daily.

HS-5 gains valuable training at NAS Fallon



Photos courtesy HS-5 PAO

By Lt. j.g. Robert McGregor
HS-5 PAO

The "Nightdippers" of Helicopter Antisubmarine Squadron (HS) 5 made a brief return to NAS Jacksonville, in time for the holidays after spending three and a half weeks in Fallon, Nev.

While in Fallon, HS-5 conducted specialized training in preparation for its upcoming deployment on board USS John F. Kennedy (CV-67).

Four of the squadron's aircraft began the long trip to Nevada the day after Thanksgiving. The crews flew visual flight rules (VFR) over the country for three days, stopping overnight in Texas and Arizona until they arrived at NAS Fallon amidst the snow-capped mountains of Nevada.

Upon their arrival, HS-5's maintenance department quickly set up shop, and began preparing the helicopters for the challenge of flying in the arduous winter conditions.

Working long hours in freezing conditions, the maintenance team ensured HS-5 had aircraft ready for every assigned mission.

Carrier Air Wing Seven conducted training in



Photos courtesy HS-5

Helicopter Antisubmarine Squadron (HS) 5 on the NAS Fallon, Nev. flightline.

Fallon at an accelerated schedule, working almost around-the-clock to get the most training possible in the least amount of time.

Prioritizing this training was vital due to the shortened Fallon detachment. The schedule was reduced in order to get CVW-7 out to sea in January vice the originally scheduled March deployment, while still allowing squadron personnel some well-earned holiday leave.

The squadrons of CVW-7 performed numerous Strike Warfare, Special Warfare Support, and Combat Search and Rescue (CSAR) missions in extreme weath-

er conditions with simulated threat environments. Fallon's Naval Strike Air Warfare Center (NSAWC) provided a unique opportunity for all the squadrons in the air wing to integrate and hone their specialized skills into one elite fighting unit.

The squadrons worked closely, planning, briefing and executing complicated tactical missions in preparation for their upcoming deployment.

The "Nightdippers" maximized their training in several vital warfare areas. Flying numerous Close Air Support (CAS) sorties, Combat Search And Rescue

(CSAR) missions, and Special Warfare exercises, HS-5 proved its combat ready status.

The emphasis of most of the exercises was coordination and integration, during which the "Nightdippers" again proved they were valuable and lethal members of the air wing. HS-5 worked hand-in-hand with the Marine Corps, SEALs and F-14 Tomcat Forward Air Controllers to get deadly ordnance on target and on time.

The "Nightdippers" also honed their personnel recovery skills as they rescued every air wing aviator who was "shot down" by

simulated threats. The squadron also worked extensively with SEAL Team Two, practicing special warfare insertion and extraction techniques similar to the ones currently being employed in the war on terrorism.

The weapons training facilities at NAS Fallon also enabled the squadron to get some live fire training. HS-5 aircrew demonstrated their prowess with the 50-caliber and M240 machine guns and the Hellfire missile.

The "Nightdippers" fired four Hellfire missiles, all of which resulted in successful engagement/kill shots, including the shot used to begin the mock war exercise.

While in Nevada, Cmdr. Steve Schreiber, commanding officer of HS-5, advanced several "Nightdippers" enlisted personnel to higher paygrades.

The squadron members and their helicopters returned home safely just before the holidays. Everyone was weary but excited to be home with friends and family.

The brief time at home will be spent resting and preparing for their January departure with the JFK Battle Group.

The NAS Fallon training was the perfect preparation to get HS-5 and the rest of CVW-7 ready on arrival for any role they will have in the war on terrorism.

AIMD celebrates holiday season, recognizes Sailors

By Lt. Daniel Candelaria
AIMD Public Affairs

Nearly 600 Sailors from AIMD Jax paused just before Christmas to enjoy a holiday party at the Omni Hotel in downtown Jacksonville.

Numerous gifts including televisions, DVD players, VCRs and a grand prize trip to the Grand Bahamas were presented to lucky ticket holders.

"I was absolutely shocked that I had won, I had to look at my ticket a couple of times to be convinced. My plans are to take my fiancée along with me on this cruise," said AM2(AW) Michael Bailor, winner of the grand prize.

The party was made possible by proceeds obtained from divisional food sales, gedunk earnings and the culmination of an entire year of fund-raising. Countless hours were spent organizing the holiday party and everyone involved deserves special recognition for doing an

outstanding job.

Those involved included AOC Frank Valles, AO1 Michael Mitchell, AS1 Denise Maines, AT1 John Jones, AO1 Victor Lopez, AZ2 James Moss, AZ2 Robert Hunter, AZ2 Leonard Collins, MR2 Edward Spiers, AD2 Anita Lillibridge, AT2 John Kurczy, AT2 Shawn Woodley, AK2 Jacqueline Nedd-Griffith, AK2 Sergio Chavira, AO2 Aimee Hauserman, AE2 John Rhodes, PR2 Jeffrey Leedahl, and AZAN Moses Dixon.

In addition to celebrating the holidays, AIMD Jax also recognized the following Sailors for their outstanding service to the command:

Senior Sailor of the Month - AD1 Michael Beeskau; Junior Sailor of the Month - AD2 Earl Griffin and Blue Jacket of the Month for November 2001 - AMAA Chad Bull.

'Dragonslayers' get third ocean rescue

By Lt.j.g. Matt Polzin
HS-11 PAO

The "Dragonslayers" of Helicopter Antisubmarine Squadron (HS) 11, embarked on USS Theodore Roosevelt (CVN-71), were once again called upon to perform a life-saving rescue at sea on Dec. 22. The squadron's crew sprang into action when a Sailor from the Fighter Squadron (VF) 102 "Diamondbacks," AME3 Peter Vonszilassy, was inadvertently blown overboard during high-tempo carrier flight operations in the North Arabian Gulf.

As the Sailor was falling 70 feet from the carrier's flightdeck to the sea below, "Dragonslayer" 615 was preparing to land at the end of a vital plane guard mission. The crew of "Dragonslayer" 615, Lt. Cmdr. John Nettleton (Aircraft Commander), Lt.j.g. Matt Polzin (pilot at the controls), AW2(AW) Bill Beasley (crew chief), and AW3 Lance Crego (rescue swimmer) were executing final landing checks when they were notified

via radio that a man had fallen overboard off the starboard side of the ship. Nettleton instantly spotted the Sailor in the water and passed the controls to Polzin, who maneuvered the aircraft to a 60-foot hover above the survivor. Polzin maintained visual contact on the Sailor in the water while Beasley and Crego prepared for the rescue. Nettleton informed the ship that the man overboard was located and that a rescue would be executed. Once notified that the swimmer was ready, Polzin eased "Dragonslayer" 615 to a 15-foot hover and commanded the rescue swimmer to jump. Crego jumped from the helicopter and safely entered the water. He then swam to the survivor and evaluated the situation at hand. Convinced that the Sailor was okay, he signaled the aircraft to move in for pick up.

Beasley then directed the helicopter into position using verbal commands to the pilot while lowering the rescue hook to the water. Crego secured the survivor and himself to the rescue strop and signaled that he was ready

to be hoisted back aboard the aircraft. As the helicopter hovered over the scene, Beasley hoisted the survivor and the rescue swimmer into the cabin. "Dragonslayer" 615 then quickly returned to the ship so that medical personnel could evaluate the survivor and give medical treatment.

Luckily, the Sailor was only slightly bruised, but in good condition after his harrowing 70-foot fall into the warm waters of the North Arabian Gulf. Only 11 minutes elapsed from the time he fell overboard until he was safely returned to the USS Theodore Roosevelt.

Cmdr. K. B. Canady, commanding officer of HS-11, said of the rescue, "This rescue is our third open ocean rescue this year. The actions of this crew, saving another life in 11 minutes is an example of the readiness HS-11 brings to the table. I couldn't be prouder."

HS 11's commitment to intense and extensive Search and Rescue (SAR) training is credited with the squadron's ability to flawlessly complete yet another rescue at sea.

Navy News



Second strike hits Zavar Kili Compound

By Linda D. Kozaryn
American Forces Press Service

WASHINGTON—U.S. B-52 and B-1 bombers, F-18 fighters and AC-130 gunships struck a suspected Al Qaeda regrouping point — the Zavar Kili compound southwest of Khowst — for the second time in two days last Friday.

U.S. aircraft struck the Al Qaeda terrorist group compound because military officials observed "some activity" at the site. Historically the compound is known as a place the Al Qaeda would go to regroup. U.S. Central Command officials ordered the restrike after they observed continued activity, said Pentagon spokeswoman Torie Clarke. No battle damage assessment was yet available, she added.

U.S. and coalition forces had previously attacked the compound in November. It was also struck by U.S. cruise missiles in 1998 following terrorist attacks on U.S. embassies in Kenya and Tanzania.

Coalition and anti-Taliban forces continue searching for Osama bin Laden and Mullah Mohammed Omar, Clarke told reporters. "We're certainly trying to get them," she stressed. "We're using all sorts of resources to try to make that happen — working with the interim government, working with the anti-Taliban forces, people on the ground."

Asked if U.S. officials have information on Omar's whereabouts, Clarke repeated comments Defense Secretary Donald Rumsfeld had made at a news briefing Jan. 3. "If we have information about where

we think he might be, it would be foolish to say we think he's there, because then he probably would not be there," she said.

At present, she added, U.S. officials "do not know where Omar is. We will continue to use every resource we have and continue to aggressively take action to try to get him, UBL (Bin Laden) and the other senior Al Qaeda and Taliban leadership."

U.S. and anti-Taliban forces are focusing their efforts on the Tora Bora and Kandahar region in Afghanistan. There were 126 sorties Jan. 3, but the amount of ordnance dropped was unavailable, Clarke said.

Afghanistan "is still an extraordinarily dangerous place and this is an extraordinarily dangerous mission," Clarke stressed. There continue to be pockets of resistance, land mines, booby traps, she said.

Commando Solo broadcasts continued and aircraft made leaflet drops in both Tora Bora and Kandahar. The leaflets have proven to be effective in surfacing intelligence information, Clarke said.

Since Sept. 11, she pointed out, the United States has increased and improved intelligence gathering and surveillance around the world to prevent further attacks. Well before Sept. 11, she said, the defense secretary often spoke about the need to improve and strengthen U.S. intelligence gathering capabilities. U.S. officials now have control of 273 detainees, including 250 in Kandahar, 14 in Bagram, eight aboard the USS Bataan and one in Mazar-e Sharif, she said.

FROM THE GALLEY

Meal hours

Monday through Friday

Breakfast: 6 to 7:30 a.m.

Lunch: 11 a.m. to 1 p.m.

Dinner: 4:30 to 6 p.m.

Saturday, Sunday

and holidays

Breakfast: 6:30 to 8:30 a.m.

Brunch: 10:30 a.m. to 12:30 p.m.

Dinner: 4 to 5:30 p.m.

Meal costs

Breakfast: \$1.50

Brunch/Lunch: \$3

Dinner: \$3

Thursday

Breakfast

Grilled ham slices
Hash brown potatoes
Waffles
Assorted omelets
Oven fried bacon
Grits

Lunch

Lemon baked fish
Rice pilaf
Chicken gravy
Broccoli
Baked chicken
Mashed potatoes
Lima beans
Corn chowder

Dinner

Oven roast beef
Parsley potatoes
Green beans creole
Chicken rice soup
Brown gravy
Scalloped ham/noodles
Steamed rice
Steamed corn

Friday

Breakfast

Oven fried bacon
Hash brown potatoes
Oatmeal
Assorted omelets
Corned beef hash
French toast

Lunch

Mexican pork chop
Spanish rice
Asparagus
Tomato noodle soup
Herbed baked fish
Scalloped potatoes
Mixed vegetables

Dinner

Salisbury steak
Home fried potatoes
Peas and carrots
Beef rice soup
Baked stuffed fish
Lyonnaisé rice

Summer squash

Brown gravy

Saturday

Breakfast

Grilled minute steaks
Cottage fried potatoes
Grilled pancakes
Grilled bacon slices
Assorted omelets

Brunch

Grilled ham and cheese
Boston baked beans
Vegetable supreme soup
French fried potatoes
Mixed vegetables
Grilled bacon slices

Dinner

Herbed baked chicken
Chicken gravy
Okra and tomato gumbo
Minestrone soup
Jaegerschnitzel
Whipped potatoes
Steamed cauliflower
Egg noodles

Sunday

Breakfast

Corned beef hash
Hash brown potatoes
Waffles
Assorted omelets
Oven fried bacon
Grits

Brunch

Oven fried bacon
Cheesy bacon burger
Steamed corn
Glazed carrots
Cream of chicken soup
French fries
Assorted omelets

Dinner

Beef sauerbraten
Beef gravy
Green peas
Cream of chicken soup
Baking powder biscuits
Turkey pot pie
Rissolé potatoes
Stewed tomatoes
Steamed egg noodles

Monday

Breakfast

Minced beef w/toast
Hash brown potatoes
Grits
Grilled bacon
Assorted omelets

Lunch

Beef suriyaki
Filipino rice
Peas and carrots
Cranberry sauce
Brown gravy
Southern fried catfish
O'Brien potatoes
Cream style corn

Shrimp gumbo soup

Dinner

Grilled pork chops
Buttered noodles
Succotash
Vegetable soup
Braised beef cubes
Lyonnaisé potatoes
Brussel sprouts
Brown gravy

Tuesday

Breakfast

Creamed chipped beef w/toast
Strawberry pancakes
Assorted omelets
Hash brown potatoes
Oatmeal

Lunch

Chicken tetrazzini
Steamed rice
Steamed broccoli
Brown gravy
Iced yellow cake
Meatloaf
Oven browned potatoes
Steamed cauliflower
New England clam chowder

Dinner

Sweet and sour pork
Mashed potatoes
Cabbage wedges
Chicken noodle soup
Oven roast beef
Chow mein noodles
Seasoned corn
Brown gravy
Steamed rice

Wednesday

Breakfast

Grilled sausage links
Cottage fried potatoes
Grits
Grilled bacon slices
French toast
Assorted omelets

Lunch

Hungarian goulash
Stir fry vegetables
Steamed egg noodles
Mulligatawny soup
Garlic fish
Steamed carrots
Oven-glo potatoes

Dinner

Chicken adobo
Steamed rice
Cauliflower combo
Pepper pot soup
Tempura fish fillets
Parsley potatoes
Club spinach

Note: The Galley Menu is subject to change. The food service officer is authorized to make changes to the general mess menu to provide substitutions for food items not in stock or to permit timely use of perishable stocks.

JAX TALES

BY MIKE JONES - mikejones43@hotmail.com



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. Call 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.

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 at the Lil' Angels room at St. Joseph's main church on Loretto Road. Call 268-1591.

The National Black Nurses Association monthly meeting will be held Monday at St. Vincents Hospital. The meeting will start at 6 p.m. For more information, call Dorothy Banks at 542-7748/7432.

United States Asiatic Fleet Combined Forces 1910-1942 reunion is scheduled for Feb. 26 through March 2 in Houston to commemorate the proclamation signed by President George Bush designating March 1 as Asiatic Fleet Memorial Day. For more information contact John Slaughter at captjack@juno.com.

Volunteers needed for science fair

Do you want to be part of molding the young minds of tomorrow? Volunteers are needed to help with the annual Northeast Florida Regional Science and Engineering Fair the week of Feb. 4-7 at the Jacksonville Fairgrounds. Volunteers will assist with administration, judging, security and set-up and take-down of projects. Anyone interested in helping out should call ATCS Futch at 542-2975 or 779-2429.

MWR NOTES

Marina giving discounts

The Marina is offering discounts to active duty personnel and their family members. Boat rentals are now 20 percent off through February. This special does not apply to fuel for deck boats. All camping gear is 15 percent off if you rent two or more items for a weekend. The discount runs through the end of February. Jet skis are only \$25 per hour for the month of January.

The Marina also sells fishing licenses and has a fully stocked ship store. For more information on these discounts or other Marina offerings call 542-3260.

Zone happenings

Military Appreciation Day is every Monday in The Zone. If you show your active duty I.D. you will receive \$1 off any food purchase.

The Zone is offering daily lunch specials Monday-Friday.
Today - French Dip: \$4.25
Every Friday is fried flounder for only \$4
Monday - Lasagna: \$4.50

Every Tuesday spicy chicken sandwiches are \$4
Every Wednesday steak sandwiches are \$5

Lunch specials come with a choice of ice tea or soda and each special has side items along with the entrée.

The Delivery Zone offers a wide variety of menu items that are brought right to your door anywhere on base. During the month of January, if you order any large 16-inch pizza you get a free order of cheesy bread sticks. Call 542-3900 to place your delivery orders.

Budweiser Brew House offers specials

The Budweiser Brew House is offering many different specials throughout the month. Enjoy Happy Hour on Mondays, Wednesdays, Thursdays and Fridays from 4-6 p.m. Looking for a place to watch the playoffs? The Brew House will be featuring all playoff games and serving up some great food while you cheer your favorite team to victory.

Plaque Department offers deals

The Plaques Department is making memories that will last a lifetime. During January there will be no art set-up charges for new customers. From Jan. 15-19 enjoy 10 percent off display cases. For more information or to see some what this department offers call 542-3681 or drop by the second floor of the Auto Hobby Shop. The hours are 8 a.m. to 4:30 p.m. Monday through Friday.

Auto Skills Center giving classes

A basic automotive maintenance class is offered for free each third Thursday and Friday from 6-8p.m. for any patron 16 years or older. To reserve your space, call 542-3227.

First time customers to the Auto Skills Center will receive one

free use of lift bay. Patrons must be assigned to NAS Jax. Call 542-3227 for details.

The Auto Skills Center is open Monday, Thursday and Friday from noon to 8 p.m. and Saturday and Sunday from 9 a.m. to 5 p.m.

Yellow Water youth and family activities

Aerobic lunch is every Tuesday and Thursday from 11:30 a.m. - 12:15 p.m.

Teen Nights are every Monday from 6-8 p.m.

Open Recreation is Tuesdays and Thursdays from 4:30-6 p.m. and 6:15-8 p.m.

Dance Classes are held on Saturdays from 10-11 a.m.

Girl Scouts on Wednesdays from 6-7:30 p.m.

A new Photography Club begins Jan. 23. Meetings are every Wednesday from 4:30-6 p.m.

For more information on activities at Yellow Water, call 777-8247.

New ideas and input to help the community grow socially is greatly appreciated.

I.T.T. has attraction/ticket info

I.T.T. is a great place to get ticket discounts, information about attractions, events and places to go. And now, you can even book a cruise at I.T.T. Along with all these great opportunities we also offer trips to get you on the go. The trips are open to anyone, so come on out and bring some friends and family with you.

The upcoming trips are:

Jan. 19 - Savannah

Jan. 21 - Kenedy Space Center

Jan. 26 - Holy Land Experience

Feb. 2 - Mt. Dora Shopping Extravaganza

Feb. 9 - Explore the largest flea market around the Daytona

Flea Market with more than 2,000 vendor stalls ready and waiting.

Feb. 15-18 - Hot-Lanta Experience. Highlights include city tour,

Cyclorama, Olympic Centennial Park, the World of Coca-Cola,

CNN Center, Fox Theater Tour and Martin Luther King Jr. historical

site. Celebrate Valentine's Day in one of the hottest cities in the

South. Call for pricing and details.

I.T.T. ticket specials

Walt Disney World-Active duty receives free admission now through April 30, 2002. Military members may also purchase special offer tickets for up to five family members and friends at a 50 percent off regular price tickets (you must buy them at the park).

Free admission to Anheuser Busch Parks (Busch Gardens and Sea World) is now being offered through April 30. Family members receive a reduced admission price.

Universal Orlando is offering free admission for active duty and 50 percent discount tickets available for purchase for up to five family members and friends at the park. Call 542-3318 for more information.

JAX SPORTS

Racquetball tourney set for Jan. 22

A Men and Women's Recreational and Competitive Racquetball Tournament is scheduled for Jan. 22-25 at 5 p.m. The tournament is free and open to NAS Jax active duty members, family members over 18, retirees, and DoD/NAF civilian

employees patrons. This is a Captain's Cup event and a qualifier for the South Atlantic Regional Sports Racquetball Tournament.

There are three men's divisions - open competitive (ages 34 & under), seniors competitive (ages 35 & up) and men's open recreational.

There are two women's

divisions -competitive and recreational.

Winners of the competitive divisions will represent NAS Jax at the South Atlantic Regional Sports Racquetball Tournament held at Kings Bay on Feb. 9. Sign up at the NAS Jax Gym by Jan. 16.

4 on 4 Flag Football League forming

The Flag Football Intramural League is open to all NAS Jax active duty

commands and personnel. Play is scheduled to begin next week. Games will be played in the evenings under lights. All interested personnel should contact the Athletic Department to join.

Gym showers closed through Jan. 12

The men and women's showers will be closed today through Jan.12 as the heat exchanger is replaced. Towels, shorts,

shirts will not be issued because the laundry machines will be shutdown. Thank you for your cooperation while we continue to upgrade the facility.

Intramural soccer meeting upcoming

The Intramural Soccer League is open to all NAS Jax active duty commands and personnel. An organizational meeting will be held in the Quarterdeck Conference Room (Bldg

590) at noon on Feb. 6. The season is scheduled to begin March 4. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

For more information 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.

Naval Hospital Jax welcomes first 2002 baby



Photo by JO2 LeaVonda Battle

Naval Hospital Jacksonville's first baby of the New Year was Samuel Francis Gulla, born at 10:21 a.m. on Tuesday morning. He weighed in at 9 pounds, 3 ounces. His parents, Karen and Mario Gulla, received numerous gifts to celebrate the birth of their son. The gifts included a hospital first baby certificate, gift certificates from the Oakleaf Spouse Club, Navy Wives Club of America #86 and NAS Jacksonville's MWR Department for the Navy Exchange and several gift baskets. Sgt. 1st Class Mario Gulla is attached to 1st Battalion, 111th AVN REG at Craig Field.