



# Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

## TOUCHING BASE

### POW/MIA recognition service

Commander, Navy Region Southeast (CNRSE), in conjunction with the City of Jacksonville's Veterans Service Division, will hold a POW/MIA Recognition Service at 9:30 a.m., Sept. 19, at the Veterans Memorial Wall at the Jacksonville Coliseum.



Capt. Raebel

The keynote speaker will be retired Navy Capt. Dale Raebel, a former NAS Cecil Field pilot. He was shot down over North Vietnam and taken prisoner in August 1972. At the time a lieutenant commander, he was assigned to VA-37 flying from USS Saratoga.

Giving the POW Pledge of Allegiance will be Carl Creamer, a former Japanese POW. While an Ordnanceman 3rd Class during World War II, his PBY was shot down in the Bering Sea. He went on to retire from the Navy as a chief petty officer.

Also included will be an aircraft flyover, a 21-gun salute, music by Navy Band Southeast, and a Navy and Marine Corps Color Guard.

The master of ceremonies will be Cmdr. Stefani Cuthbert, CNRSE executive assistant. Capt. H. J. Kircher, IV, CNRSE chief of staff, will represent Rear Adm. Jan Gaudio, CNRSE, and will introduce the guest speaker.

Reading the names of Floridians still missing will be NAS Commanding Officer Capt. Mark Boensel, Capt. Matthew Schellhorn, commanding officer of Naval Station Mayport, Lt. Col. Don Peters, deputy commander, U.S. Army Corps of Engineers Jacksonville District; and Col. Allen Coulter, commanding officer, U.S. Marine Corps Blount Island Command.

The POW/MIA observance will reaffirm a promise to fallen comrades, "You are not forgotten." Military and civilian employees are encouraged to attend. The military attire is summer whites, appropriate attire for civilians.

Additional information including directions is available on the Commander, Navy Region Southeast website [www.comnavregse.navy.mil](http://www.comnavregse.navy.mil).

The public and military personnel of all branches are invited to attend.

## NAS Fire Department wins big

By JO2 Jackey Bratt  
Staff Writer

On Aug. 28, John C. "Charlie" Wright III, a firefighter for NAS Jacksonville was recognized for his dedication, hard work, and distinguished career as a firefighter by receiving both the 2001 All-Navy Firefighter of the Year and 2001 Department of Defense (DoD) Firefighter of the Year awards. These prestigious awards were presented to Wright in conjunction with the DoD Fire and Emergency Training Conference in Kansas City, Mo. Deputy Assistant Secretary of the Army for Installations and Housing Joseph Whitaker presented Wright with his awards.

"It is very nice to be rewarded with such an honor for doing something I love," said Wright. "Fighting fires is my life."

A third generation firefighter, Wright grew up knowing one day he would become a firefighter.

"My grandfather was a firefighter for 22 years, my father, a retired fire chief fought fires for 42 years, so it's in our blood," explained Wright.

After serving six years in the Air National Guard, the Jacksonville native became a volunteer firefighter for the city of Jacksonville. On Feb. 14, 1974, he joined the NAS Jax Fire Department.

"Mr. Wright developed a tracking system to ensure that self-con-

See FIREFIGHTERS, Page 5



Courtesy of the NAS Jax Fire Department

Capt. Mark Boensel, commanding officer NAS Jacksonville (left), stands proudly next to the 2001 Department of Defense Civilian Firefighter of the Year John Wright III. Standing to his right is his father, John Wright II, Deputy Assistant Secretary of the Army for Installations and Housing Joseph Whitaker, and NAS Fire Chief Paul Stewart.

# Your vote is your voice. Use it!

By Kaylee LaRocque  
Staff Writer

Every four years the citizens of our country vote to determine who will lead the people of our nation. It's a right that has been fought for throughout the generations since America was founded.

And, as we all learned from the last election, every vote counts. So

why are so many people choosing to give up this precious right? Especially the younger military members who are currently serving their country to protect our democracy?

Some argue the process is too difficult. Others say they aren't in their home state. But many non-voters just admit they have no idea who the candidates are, what they stand for or what issues are on the

ballots. Although they choose not to cast their votes, these are usually the first people to complain when their pay raise is cut or some other issue relating to the military affects them personally.

"Voting is important as a right - it's a privilege we don't want to lose. As an African-American, I think it's especially important because back in the 1960s people actually died fighting for the right to vote. I don't think those people should have struggled in vain. Everyone should vote," said AC1(AW) Albert Knights, voting representative for Air Operations who recently volunteered his time leading a voting registration drive at NAS Jacksonville.

Several voter registration drives have been held recently to help military members, retirees, and their families register either locally in Clay and Duval Counties or by absentee ballot. Each command here also has a voting representative to help with the process.

"At the beginning of the year, we held several meetings with the command voting representatives. It

was decided that each rep would make a one-on-one contact with their shipmates concerning their right to vote, what they need to do and when their state primaries were. So far this year, we've only registered about 50 people from NAS Jax. I think these figures are down because this is not a presidential year. Many people are not up-to-date on who's running in their home states for the other offices. We are nearing the end of our campaign here, but there is still plenty of time to get registered," explained ACCS Diana Burns, NAS Jacksonville's voting assistance officer.

Voting registration is a fairly simple process - but there are some guidelines that must be followed. Military members and their families are not allowed to arbitrarily choose which state to declare as their legal voting residence without meeting the state's residency requirement.

To vote in a specific state, members must have or have had physical presence in the state and must

See VOTE, Page 10



Photo by Kaylee LaRocque

ADAN Greg Way of VP-30, registers to vote at a recent voting drive at the NAS Jax Galley. Way, a resident of Miami, will vote via Absentee Ballot.

## Defending and exercising our right to vote

From the Honorable Gordon England  
Secretary of the Navy

Since Operation Enduring Freedom began, our men and women in uniform have performed magnificently in the struggle against world terrorism.

Your valor, on the battlefield and off, at sea and in the air, and at military installations across the world inspire all those who cherish freedom.

This November, Americans will exercise a sacred right for which so many heroes past and present have sacrificed since this nation's founding - the right to vote. To those who protect and defend this precious right, I ask that every Sailor and Marine take the time to vote in this year's elections.

Choosing who we wish to govern our nation is something our enemies find particularly threatening. One way to show them they will not succeed is for every eligible American to vote this year. If you can, vote. If you are not registered, please do so. If you need assistance, contact your command's voting officer.

The right to vote is one of those precious things we enjoy as Americans. History tells us that for freedoms to continue, they must be exercised. By voting, you will be sending terrorists a special message: "America will not be intimidated."

### WEEKEND WEATHER

	<b>FRIDAY 7/85</b> SHOWERS
	<b>SATURDAY 73/87</b> PARTLY CLOUDY
	<b>SUNDAY 70/89</b> THUNDERSTORMS

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

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## SECURITY SCOOP

# Hunting season to begin soon

By William Curnutte  
Crime Prevention Officer

Hunting season will soon be here. For archers only the season is from Sept. 21 until Oct. 20. For hunters with muzzle loading guns, the season is from Oct. 26 to Nov. 3. For all other hunters, the season is from Nov. 9 to Jan. 19.

To hunt at NAS Jacksonville's outlying parcels (Rodman Range and Out Lining Field Whitehouse), you must possess a valid station-hunting permit, Florida state hunting license and

must have completed an approved hunter's education class.

Military personnel stationed in Florida are considered to be residents when purchasing a state hunting license and the licenses may be bought at a tax collector office.

While at the tax collector office be sure to pick up a copy of the free 2002-2003 Florida Hunting Regulations handout.

A hunting license may also be purchased at the I.T.T. office and the base marina.

Station hunting permits are avail-

able at I.T.T. To purchase the permit, you must show a Florida hunting license, proof of hunting course completion and \$10 for the application fee.

If you haven't completed a hunter's education course yet, you can still attend this course on Oct. 13 from 6-10 p.m. at Bldg. 610. The course is free and consists of 12 classroom hours and four hours on the range.

To register or to obtain more information about this course, contact Base Game Warden Lt. Henry Harriel at 542-2662/2663.

## FROM THE DOC

# Sound advice on ear infections

By Lt. Chris Alfonso  
VP-30 Flight Surgeon

It can be said that the more complicated a machine is, the more complications it can have. This concept also applies to the human body and its separate organ systems.

The ear is a complicated organ in itself, and can have many things go wrong with it.

One of the most common ear problems is otitis media, which is a bacterial infection of the middle ear portion of the ear's anatomy. The middle ear is the area behind the eardrum.

Although otitis media can occur in anyone, it is most often seen in children less than eight years old.

Otitis media usually occurs when a person has a common cold caused by a viral infection. The infection may cause the eustachian tube to swell shut.

When functioning normally, the eustachian tube is a tube that connects the middle ear to the throat, which helps drain fluids from the middle ear.

The eustachian tube in young children is more restrictive than that of adults', and it is because of

this that children are more prone to ear infections.

When the tube is swollen shut, fluid cannot drain properly and will accumulate in the middle ear. This leads to symptoms of ear fullness, and problems with hearing in the affected ear.

The fluid that is trapped in the middle ear provides a good breeding ground for any bacteria that may have reached the middle ear through the eustachian tube.

If a bacterial infection arises, the person may feel pain in the affected ear, and also have fevers. Other symptoms of otitis media include nasal discharge, dizziness, and actually fluid discharge from the affected ear.

Symptoms may present differently in children as children may have the above symptoms, as well as nausea, vomiting, irritability, fussiness, crying, and may also tug at the infected ear.

Infants cannot tell you if their ear hurts, but if the infant seems to have increased irritability and is pulling at their ear, you should consider that the infant may have an ear infection.

Other helpful treatments

Temporary hearing loss in the affected ear may be seen in anyone, but parents can be reassured that if the otitis media is treated appropriately, there is scarcely ever any chance of permanent hearing loss.

If you suffer from these symptoms, you should see your doctor as soon as possible. Your doctor will discuss your symptoms and ask some focused questions, and then examine your ears, nose and throat.

If the doctor determines you have otitis media, you will be prescribed an antibiotic to take for 10 days.

It is very important that you take the antibiotic for all 10 days, even if your symptoms have cleared up.

Your doctor may also prescribe you a decongestant medicine to help open up the eustachian tube to allow drainage from the middle ear.

Be sure to alert your doctor to any allergies to medicine you may have. Your symptoms should start to clear up about two to three days after starting the antibiotic, and should be completely gone in about two weeks.

Other helpful treatments

include taking acetaminophen, aspirin, or ibuprofen for the discomfort and fevers that may be caused by the otitis media.

Parents should avoid giving aspirin to children and teenagers less than 21-years-old because of the increased risk of Reye's syndrome, which is a condition that can damage the liver and the brain.

Warm compresses to the affected ear can help alleviate discomfort, and both steamy showers and vaporizers can help with the drainage of fluid from the middle ear.

Your doctor will want to see you for a follow-up appointment to make sure the infection has completely gone away.

If after starting antibiotics, you continue to have fevers, your hearing gets worse, you have any severe headaches or increasing pain around the ear, significant drainage from the ear, or any other concerning symptoms, contact your doctor right away—do not wait until the follow-up appointment.

Please pass this information along, and hopefully it won't go in one ear and out the other.



## Meet A Sailor...

MM1 PAUL SANTOS

Job title/command:  
NAS Jax Brig

Hometown: Guam, USA

Family Life: Single

Past Duty Stations: USS John F. Kennedy (CV-67)

Career Plans: To retire and pursue a degree in air conditioning and refrigeration.

Most Interesting Experience: Going to boot camp at Great Lakes during the winter months. I had never seen snow before then.

Words of Wisdom: Don't worry about what others think about you.



## Meet A Civilian...

BRENDA PAZ RIVAS

Job title/command:  
Child Development Center

Hometown: Jesup, Ga.

Family Life: Married to Alfredo, daughter, Andrea and son, Alfredo Jr.

Past Duty Stations: Langley AFB, Mayport, Fla., Rota, Spain, Del Rio, Texas, Laughlin AFB, and NAS Jax.

Career Plans: To go back and finish college.

Most Interesting Experience: Traveling around the world with two small children.

Words of Wisdom: Always honor your mother and father.

## Chapel closed next week

The NAS Jacksonville Chapel will be closed Sept. 16-20 for fumigation/pest control. All normal weekday masses will be held at the Naval Hospital Jacksonville Chapel.

The Chapel offices will be temporarily relocated to Building 749. Staff members can be reached at 542-3051 during this time.

## USO collecting donations

The USO is collecting old scarves, hats, kerchiefs, or wigs to donate free to cancer patients. The items will be cleaned, washed and ironed and distributed to the oncology offices in Jacksonville and the American Cancer Society.

The USO is located across the street from the Pass and Deal Office at the main gate. For more information call, 542-3028.

## HEY MONEYMAN

### Hey, MoneyMan:

Are there any guaranteed ways to get ahead financially? I have talked with a lot of people and I am confused.

### MoneyMan Sez:

Guaranteed, no. But, here are some basics to keep in mind:

- \* Set your financial goals.
- \* Pay yourself first.
- \* Avoid consumer debt.
- \* Spend less than you earn.
- \* Save and invest.

### Hey, MoneyMan:

I just bought a used 1995 Mazda 626 for \$8,250, which was \$1,000 off the sticker price. My payments are only \$350 a month. I thought I got a good deal, but my buddy tells me I got ripped-off. What do you think? Did I get ripped?

### MoneyMan Sez:

Maybe, maybe not. Which model did you buy? What is the NADA retail price? How long are you going to be paying \$350 per month? Did you put anything down? Is the car in good condition?

These are just some of the questions you should ask before you buy the car. It is always a good idea to get a second opinion on all major purchases prior to signing a contract.

For the best answer to your question, take your contract to someone you trust - your CFS, NMCRS, the FSC financial counselor or one of our credit unions and have them check it out.

Just as an example the NADA (blue book) retail price for a 1995 Mazda 626 DX is \$6,800. If you put \$800 down and financed the balance for 36 months at 7 percent APR, your payment would be around \$185 per month. If you did get a

bad deal, your credit union or bank may be able to fix it. It's worth a try.

### Hey, MoneyMan:

My wife and I never have any money. I really don't want to get a second job, but I don't know what else to do. Any ideas?

### MoneyMan Sez:

No one in the military is overpaid for what they do, so we all must be careful about how we spend the money we do have. Before you get a second job, check out your family spending habits.

According to one of my favorite books, "Personal Finance for Dummies," these are the 10 leading causes of overspending:

1. Using credit cards.
2. Making minimum monthly payments.
3. Taking out car loans.
4. Bending to peer pressure.
5. Spending to feel good.
6. Becoming addicted to spending.
7. Trying to keep current.
8. Ignoring your financial goals when buying.
9. Wanting the best for your children.
10. Thinking that money can buy happiness.

Any more questions? Call Hey, MoneyMan at 778-0353.

## Base to host retiree seminar

NAS Jacksonville is hosting the 31st Annual Military Retiree Seminar Sept. 28, at the VP-30 Auditorium from 9 a.m. until 3:30 p.m. All retired military members and their families in the Northeast Florida area are invited.

Topics to be covered include legislative updates, long-term care, TRICARE, and military pay.

The keynote speaker is Bob Hurley, Relocation/Retired Affairs Program manager at Submarine Base Kings Bay. Hurley is also Chairman of the Submarine Vets Veterans Affairs Committee, and a member of the Secretary of the Navy's Retiree Council.

The NAS Jacksonville Retired Activities Office (RAO) is coordinating the seminar.

RAOs were established in 1981. They serve as a link between the retiree and the military community and other government and private agencies. The RAO is staffed by retired volunteers trained to assist other retirees, their families and survivors.

Military members still on active duty who need assistance, especially with a Survivor Benefit Plan (SBP), can also call their local RAO. The RAO at NAS Jax can be reached by calling 542-2766 Ext. 126 or 124, or e-mail at: raojax@nasjax.navy.mil.



## Sunday Services

You are invited to the following Base Chapel Worship Services this Saturday and Sunday:

- |                  |                              |
|------------------|------------------------------|
| <b>Saturday</b>  | 5 p.m. - Catholic Mass       |
| <b>Sunday</b>    | 8:30 a.m. - Protestant       |
| <b>Communion</b> | 9:30 a.m. - Catholic Mass    |
|                  | 11 a.m. - Protestant Worship |

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

## Jax Air News

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## 'Scouts' holding Friday the 13th change of command

By Lt.j.g. Chad Lukins  
VS-24 PAO

The "Scouts" of VS-24 will conduct their second consecutive Friday the 13th Change of Command at 10 a.m. tomorrow when Cmdr. Brad Robinson will relieve Cmdr. Brian Luther.

The guest speaker for the event will be Capt. David Mercer, commander, Carrier Air Wing Eight.

Robinson is a native of Haddonfield, N.J. He is a 1983 graduate of the United States Naval Academy where he received a Bachelor of Science degree in mathematics.

Upon earning the Naval Flight Officer (NFO) wings in April 1985, Robinson reported to the Fleet Replacement Squadron (FRS), VS-41 at NAS North Island, Calif. for initial training in the S-3A.

Upon completion of the FRS, he received orders to VS-30, where he served as legal officer, aircraft division officer, and NFO NATOPS officer. This tour included one Mediterranean deployment on board USS Saratoga (CV 60), and two detachments as the first squadron to transition to the S-3B on board USS Independence (CV 62) for their "around



Cmdr. Brad Robinson

the horn" transit of South America; and on board USS America (CV 66) during Northstar 89 exercises in the Norwegian fjords.

In December 1989, Robinson reported to the Naval Postgraduate School in Monterey, Calif. as the flag lieutenant.

After this tour, he entered the Anti-Submarine Warfare (ASW) curriculum there, and earned his Masters of Science degree in applied physics.

In April 1993, he reported to the East Coast FRS, VS-27 for refresher and instructor training in the S-3B. After a short tour as an FRS instructor and as the administrative officer at



Cmdr. Brian Luther

Sea Control Wing, U.S. Atlantic Fleet, Robinson reported to VS-24, where he served as administrative, training and operations officer.

During his tour with VS-24 he deployed on board USS Theodore Roosevelt (CVN 71) to the North Arabian Gulf, Red Sea, and Mediterranean/Adriatic Seas in support of Operations Southern Watch in Iraq and Deny Flight/Deliberate Force in the former Yugoslavia.

In January 1996, Robinson reported to the Pentagon for duties on the OPNAV N81 staff.

He then transferred to the Director, Naval Nuclear

Propulsion as his aide-de-camp from February 1997 to November 1998.

He returned to the Sea Control community, and served as chief staff officer, Sea Control Wing, U.S. Atlantic Fleet from March 1999 to January 2001.

He returned to VS-24 as executive officer in April 2001.

Robinson is married to the former Rhonda Mayo of Kingsport, Tenn. They have two daughters, Ashley and Courtney.

Luther assumed command of VS-24 on April 13, 2001. Under his command, the squadron's accomplishments include the CNO Safety "S", CinCLantFlt Retention Excellence for FY01 and FY02, ComNavAirLant Battle "E", CVW-8 Golden Wrench, and the CSCWL Arleigh Burke award. The squadron was also a Phoenix award nominee.

Luther's next assignment will be deputy director, Civilian Resources & Business Affairs Division in the Navy Budget Office, Washington, D.C.

The incoming executive officer, Cmdr. Thomas Fasanello, is beginning his third tour with VS-24 after serving as chief staff officer at Sea Control Wing, U.S. Atlantic Fleet.

## Hispanic Heritage Month begins Sunday

From Vice Adm. Norb Ryan, Jr.  
Chief of Naval Operations

National Hispanic Heritage Month will be observed from Sept. 15 through Oct. 15. The theme for this year's observance is "Hispanic Americans: Strength in Unity, Faith, and Diversity."

Hispanic Americans have enjoyed a rich military heritage in defense of this nation and have made significant contributions to our nation's history. Hispanic Americans have a proud heritage that all military leaders of the 21st century can emulate. "Hero Street, USA," formerly named Second Street, located in Silvis, Ill., earned its name because of the sacrifice eight young Hispanic American men of Mexican descent made when they gave their lives in World War II and the Korean War.

The patriotism these men displayed has continued throughout the years. Hero Street, USA, has sent more than 110 men and women to serve in the Armed Forces; more than any other American street of comparable size. The street is only a block and a half in length.

Recent contributions to the Hispanic community were recognized in May 2002, when Lt. Cmdr. Angel Rivera and AVCM(AW) Robert Mireles were awarded the prestigious Meritorious Service Award for their outstanding contributions to the Hispanic community and the U.S. Navy. Valuing the diversity of each individual and fostering an atmosphere of inclusion is crucial to the continued success of the United States Navy.

The purpose of this observance is to increase our awareness and understanding of Hispanic Americans and honor their contributions to our society. All commands are strongly encouraged to celebrate Hispanic Heritage Month through educational programs and participation in military and community events. Visit [www.persnet.navy.mil/perssoh/observances.html](http://www.persnet.navy.mil/perssoh/observances.html) for more information on cultural observance months.

## President issues proclamation declaring Sept. 11 as Patriot Day 2002

From the President of the United States of America

The following is the Patriot Day, 2002 Proclamation by the President of the United States of America:

### A Proclamation

On this first observance of Patriot Day, we remember and honor those who perished in the terrorist attacks of Sept. 11, 2001.

We will not forget the events of that terrible morning nor will we forget how Americans responded in New York City, at the Pentagon, and in the skies over Pennsylvania — with heroism and selflessness; with compassion and courage; and with prayer and hope.

We will always remember our collective obligation to ensure that justice is done, that freedom prevails, and that the principles upon which our Nation was founded endure.

Inspired by the heroic sacrifices of our firefighters, rescue and law enforcement personnel, military service members, and other citizens, our Nation found



unity, focus, and strength.

We found healing in the national outpouring of compassion for those lost, as tens of millions of Americans participated in moments of silence, candlelight vigils, and religious

services. From the tragedy of Sept. 11 emerged a stronger Nation, renewed by a spirit of national pride and a true love of country.

We are a people dedicated to the triumph of freedom and democracy over evil

and tyranny. The heroic stories of the first responders who gave their all to save others strengthened our resolve.

And our Armed Forces have pursued the war against terrorism in Afghanistan and elsewhere with valor and skill. Together with our coalition partners, they have achieved success.

Americans also have fought back against terror by choosing to overcome

evil with good. By loving their neighbors as they would like to be loved, countless citizens have answered the call to help others.

They have contributed to relief efforts, improved homeland security in their communities, and volunteered their time to aid those in need.

This spirit of service continues to grow as thousands have joined the newly established USA

Freedom Corps, committing themselves to changing America one heart at a time through the momentum of millions of acts of decency and kindness.

Those whom we lost last Sept. 11 will forever hold a cherished place in our hearts and in the history of our Nation. As we mark the first anniversary of that tragic day, we remember their sacrifice; and we commit ourselves to honoring

See PATRIOT DAY, Page 10

# The lessons of Sept. 11

By Lisa Aszklar  
Navy-Marine Corps Relief Society, Washington DC

Possibly a handful of times in the course of our lives does an event so catastrophic occur that we are able to pinpoint years later our whereabouts and doings at that instant.

Many of us have heard our parents recount the moment they learned of the bombing of Pearl Harbor or their schedules the day President Kennedy was assassinated. For many in our generation, the defining moment came last Sept. 11, a Tuesday that dawned so clear and bright that many commented later how picture perfect was the weather on that late summer day.

Before day's end, President Bush would address the nation and condemn the "faceless coward" behind the attacks, but he would also reach out to the American people, saying, and "I know your heart is broken." The unspeakable horror witnessed over and over by millions of Americans that day was an open wound, fresh and raw, on our collective being as a people united in the name of freedom and justice. As a country, we were victims of the absolute darkest side of human nature last Sept. 11, and our nation wept.

Now, a year later, we are able to look back with a calmer, clearer eye at the events of that horrific day. While the pain and suffering of such a heinous attack have aged, the happenings of that day will forever haunt those who lost loved ones. But amid the dark, brooding clouds of our national anger, there are several key lessons that we as a nation have learned from our generation's "day that will live in infamy." Those lessons offer the seeds of hope for not

## How we can help

Thirty-three active duty Navy personnel lost their lives in the terrorist attack on the Pentagon on Sept. 11, 2001, leaving behind 22 spouses and 32 children. Through the benevolence of more than 4,300 individuals, organizations and corporations, the Navy-Marine Corps Relief Society has received more than \$5 million in unsolicited contributions for the Pentagon Assistance Fund. This fund will be used primarily to ensure that all eligible children and spouses have the opportunity to complete four years of college, technical, or vocational school. The Society extends its sincere appreciation to everyone who made contributions to this fund.

only our generation, but also the generations that will follow ours.

First, we learned how tenuous life truly is, and how in the blink of an eye we could lose that opportunity to live and to grow and, perhaps most important, to impact the lives of others in a positive manner. Every dawn presents the chance to help better the lives and fortunes of others who are less fortunate than ourselves and to help improve our communities and our society as a whole.

Second, we learned compassion as individuals and as a nation. President Bush's call for donations to aid the children of Afghanistan following the attack on our country by a group closely aligned with the ruling government of that nation plumbs the depth of human kindness. And the outpouring of donations to assist widows and children of those injured or

killed in the attack shows the incredible generosity of millions of Americans as we rose to answer the call.

Third, we learned to hope. As we look to the future – a future free from the evils of terror, free from oppression of women and minorities, and free from fear – we are reminded of the tenets upon which our nation was founded and built. More than two hundred years ago, as the architects of our Constitution met and mapped out our government and our nation, stars fell on the United States of America. Those stars have grown and multiplied and matured into the country for which we fight today; into the people who comprise this great nation; and into the ideals we hold dear.

It is that country, and those people, and these ideals that collectively comprise our great nation and give each of us a reason to continue.

We at the Navy-Marine Corps Relief Society join millions of our fellow Americans in looking to the future, while at the same time offering our prayers to the families of those who lost loved ones as a result of the terrorist attacks of Sept. 11. Since that day, this nation has countered the forces of evil with the bravery and unselfishness of hundreds of thousands of Americans who believe that right will prevail and that freedom is worth fighting for. We join our government and our military forces in looking to the future because we continue to believe in those stars that fell on this great country so long ago.

The Navy-Marine Corps Relief Society is available to assist service members and their families with financial emergencies. Please contact us at 542-3515 or 778-0353 to inquire how we may be able to help you.



Photo by JO2(SCW) Eric Clay

Capt. Mark Boensel, commanding officer, Naval Air Station Jacksonville, (right) honors the core team that completed work on an Environmental Impact Study (EIS) for the Pinecastle Range. The team included (left to right, front row) Bill Dougherty, Don Heaton, Tim Curtin, Darrell Molzan, (left to right, back row) Anthony Hutchinson, John Childers, Bruce Toth and Kirk Stage.

## Pinecastle Range core team honored

By Staff

Naval Air Station Jacksonville Commanding Officer Capt. Mark Boensel, honored the core team who completed an Environmental Impact Statement for the continued use of the Pinecastle Range.

Boensel lauded the group whose efforts resulted in a new 20-year lease with the U.S. Department of Agriculture Forest Service which allows Navy pilots to continue to train on the bombing range located in the Ocala National Forest.

The core team worked closely with the Forest Service and other state and federal agencies, as well as with local communities, as they went through the EIS process, including public meetings held in Eustis, Umatilla and Ocala.

The core team included: Tim Curtin, NAS Jacksonville Facilities and Environmental Department; Bill Dougherty, NAS Jacksonville Public

Affairs Office; Darrell Molzan, Naval Facilities Engineering Command - Southern Division; Bruce Toth, Commander, Navy Region Southeast; John Childers, NAS Jacksonville Detachment Astor, Pinecastle Range; Anthony Hutchinson-son, NAS Jacksonville Detachment Astor, Pinecastle Range; Don Heaton, NAS Jacksonville Detachment Astor, Pinecastle Range and Kirk Stage, Water and Air Research, Gainesville. (Navy contractor)

Navy and Air Force pilots and aircrews, include those from NAS Jacksonville regularly use the Pinecastle range and are able to train with both practice (non-explosive) and live (explosive) ordnance. The range began operations in the 1940s and was used by the Army. The Navy assumed control of Pinecastle Range in 1950 and with the new lease, will continue to use the range until 2022.

## HSO Sailor shares 'Ground Zero' experience

By JOC Bill Austin  
Naval Healthcare Support Office

On Sept. 11, monthly quarters for Naval Healthcare Support Office (HSO) personnel took a solemn note as heads were bowed and a moment of silence was observed to remember those who tragically lost their lives one year ago in a disaster nationally recognized as 9/11.

HM3 Johnny Rivera stood in ranks that day, perhaps thinking about the frenzy he found himself and fellow New Yorkers in immediately after the slap to the nation.

Rivera's brush with history began with a traffic jam inside the Lincoln tunnel on the New Jersey side. He had just come from his grandmother's house in Brooklyn and was heading to North Bergen, N.J., to his parents house.

He had been on leave from HSO just a few days, and had plenty of catching up to do with family, friends and relatives. "When I finally got out of the tunnel the news of what happened to the twin towers was all over the radio," he said with a serious look in his eyes. "I drove to the river side across the water from the towers and saw all the smoke. When I watched the second plane hit and the buildings fall, I knew then it was not accident."

Rivera went on to say his first gut feeling was anger and described the mayhem that surrounded him. "Everything in the city seemed to stop. There is people behind me looking

in shock, people getting out of their cars to look at the smoke, I kept thinking, oh my god I can't believe this. I went home that afternoon and watched the scenes on the news over and over again.

I can remember thinking: I can't believe they did this to my city. I decided to do something about it and volunteered to help in any way I could."

On Sept. 13, Rivera got his leave extended from HSO and rolled his sleeves up. "I went straight down to West Side Avenue. There were people lined up and down the highway ready to volunteer. Some were giving up their apartment keys to fire fighters and who ever was helping so they could get a hot shower and a meal. I walked pass the crowd to a National Guard barricade and showed the guard my military I.D. card and told him I was a Hospital Corpsman on leave from the Navy. I wanted to help."

Security as you can imagine after the disaster was tight. Rivera found the right people to talk to however, and worked his way closer to the scene. "I found my way to a rest station for the Emergency Medical



Photo by JOC Bill Austin

HSO's HM3 Johnny Rivera was on leave visiting family when he saw the planes strike the World Trade Center in New York.

Service teams and started talking to some of the medical technicians and told them I wanted to help out. One of them said, "Oh your in the Navy? I was in the Navy too. I was a Corpsman. You can come with us."

Rivera said that about twenty minutes later his group was called out. "I guess it was about twelve noon when I began my shift," he said. The rescue team gave him a blue jacket emblazoned with a Metro Care Ambulance patch on the back of it. The same jacket he proudly owns to this day. A haunting souvenir perhaps, but one the rescue team gave him just the same, and he keeps with pride.

The first site the team was dispatched to was too hazardous. "This toxic smelling smoke was every-

where and debris still falling so we had to move to another section," Rivera explained. Their primary mission while sifting through the rubble was to "find anything moving, or anything that's not supposed to be there," according to Rivera. Treatment to fellow rescue workers and cops was part of the job too. "I treated one policeman who got hit by a piece of rock falling on his head," he continued. "He had a pretty deep gash on top of his head."

When asked what memory stands out the most during his 12-hour shift at "Ground Zero," Rivera stopped, looked at his blue rescue jacket hanging on the chair, and said, "finding what we set out to find. I really feel like we made a difference there, and feel like I'm a part of history."

## New ombudsmen trained

From the Fleet and Family Support Center

Nine new command ombudsmen recently completed the Navy Family Ombudsman Program Basic Training provided by the NAS Jacksonville Fleet and Family Support Center.

They will now be incorporated as full members of their command family support team. In this role they will serve as the primary link/liason between service members' families and the command.

Their primary role will be to assist family members and share with them the resources available on base and in the community. These resources will help them face the many challenges of Navy life.

On Sept. 14, 1970, Adm. Elmo Zumwalt founded the Navy Family Ombudsman

Program with the issuance of Z-gram 24.

In its continuing evolution the program has progressed to meet the changing needs of today's Navy and its families.

On Sept. 24, NAS Jacksonville will celebrate the 32nd Anniversary of the Navy Family Ombudsman Program with a luncheon at the River Cove Conference Center.

This year's honored guest speaker will be Capt. Adreon Ensor, Commander Patrol and Reconnaissance Wing Eleven.

The theme for this year's program is "Navy Family Ombudsman - Supporting The Spirit of Command Readiness." For additional information and tickets call 542-2766, Ext. 130.

## VP-5 recognitions



Photos by PH2 Kim Smith  
 Lt. j.g. Jason Butler receives his Patrol Plane Tactical Coordinator (TACCO) designation from Cmdr. Scott Dueker, executive officer of VP-5, following his final qualification flight on Aug. 29.



Lt. Steve Thompson (right) is all smiles after receiving his Patrol Plane Instructor Pilot (PIIP) Designation from Cmdr. Pat Buckley, commanding officer of VP-5. Prior to receiving his designation, Thompson completed an intensive training syllabus designed to prepare a pilot for the many challenges he may face as an instructor pilot.

## Annual NAS Jax fire safety inspection and briefing

The annual military family housing and mobile home park fire safety inspections and briefings for residents living aboard NAS Jax is now being conducted by station Fire Department personnel. The inspections will continue throughout September. If a resident is not home when Fire Department representatives stop by, a call back slip will be left on the door. Residents are asked to call 542-2783/3928 or 542-2451, Ext.10 to reschedule a fire safety inspection and briefing. Fire Department personnel will be in uniform and conduct the inspection and briefing only in the presence of an adult. The intent of this safety inspection and briefing is to help ensure maximum safety for all housing residents and to inform residents of actions to be taken should a fire or other emergency occur. Smoke and carbon monoxide detectors will also be tested.

## Uniform changes approved

Anodized (highly polished) collar devices are approved for phase in and are authorized for wear on E-4 to E-6 black jackets and blue all-weather coats. The new, anodized cap devices for E-1 to E-6 personnel are authorized for wear on enlisted women's combination hat, tropical helmet and enlisted women's beret. Non-anodized (flat finish) pewter collar and hat insignia will be phased out effective Oct. 1, 2005.

# FIREFIGHTERS: NAS Jax department wins awards

From Page 1

tained breathing apparatus systems were inspected and re-certified within manufacturer timeframes," said NAS Fire Chief Paul Stewart. "He also designed a safe method for A-6 aircraft refueling, saving the Navy more than \$75 thousand dollars."

"Charlie has done some wonderful work for us," said Capt. Mark Boensel, commanding offi-

cer NAS Jacksonville. "He performs impeccably at the facility he works at. We are very proud that he is being recognized for his diligent efforts to perform top notch."

NAS Jacksonville has three fire stations on base and one station at Outlying Landing Field (OLF) Whitehouse.

Wright's notable contributions to the department's daily activities include mentoring and lead-

ing two captains and four firefighters at OLF. He has received an outstanding performance rating for the last 16 years.

Stewart, and Assistant Fire Chief Randy Hall were two of the six fire chiefs DoD wide who were designated Fire Chief Officer. The designation is renewed every three years and is an accreditation given to the individual.

The NAS Jacksonville Fire Department was also awarded

2001 All-Navy Fire Department of the Year. NAS Jacksonville Fire Department was the first in the Navy to receive DoD accreditation in August 1999.

The accreditation process identifies numerous areas within the department that will be assessed, conducts onsite inspections, and then will go before the Commissioner of Fire Accreditation for final review and accreditation. As members of this

department, NAS Jax firefighters shine throughout the Fleet. This is evident as they are being recognized for the second consecutive year with this prestigious award.

"The firefighters at NAS Jacksonville are great personnel, constantly working and training to improve," said Boensel. "This award is a testament to the hard work and dedication they provide and they deserve this recognition."

# S-3B Viking tactics instructors graduate

By Lt. Robert Rosales  
SCWS PAO

Nine S-3B aircrew were designated as Viking tactics instructors during a ceremony held at the I-Bar at NAS North Island on Sept. 5. The new graduates included: Lt. Cmdr. Michael Angelopoulos, VS-41; Lt. Scott Berg, VS-32; Lt. Matthew Bohlin, SCWS; Lt. Pete Feher, VS-33; Lt. Michael Hritz, VS-24; Lt. Gabriel Johnson, VS-21; Lt. James Pabelico, SCWS; Lt. Kirk Schneringer, SCWS and Lt. Ken Wasson, VS-29.

These officers completed an intense five week course of training which culminated in a graduation ceremony where they were designated Air Combat Training Continuum (ACTC) Level Five instructors.

This is the highest tactical designation level currently available in naval aviation. The ceremony was attended by representatives from fleet squadrons and numerous local commands.

The graduates began their training in early August with a week of classroom study at the Naval Strike and Air Warfare Center (NSAWC), NAS Fallon, Nev. NSAWC serves as a center of excellence and is the model manager for all graduate tactical

training in naval aviation. Academic lectures focused on battle group and Carrier Air Wing capabilities and tactics as well as the integration of different platforms into all facets of naval strike. Resident representatives and subject matter experts from different aviation communities provided unique insights regarding the capabilities and employment of their specific platforms.

Another important element of the course of study in Fallon was the emphasis on the development and sharpening of instructor presentation skills. Each officer received formal training in preparation for future roles as instructors, evaluators, and leaders in the fleet; following lectures on briefing and presentation techniques, they were required to prepare impromptu briefs and deliver those briefs to their classmates who critiqued their style and overall presentation. Professionalism quickly became the buzzword and students had opportunities to further hone their skills throughout the five-week course.

Following the week in Fallon, the officers relocated to the Sea Control Weapons School (SCWS) at NAS Jacksonville.

Academic lectures continued but now shifted to S-3B specific

tactics and weapons employment. These officers were privy to expert knowledge from the subject matter experts resident at SCWS who taught the very latest and greatest in tactics and weapons. Additionally, every officer conducted a number of simulators to sharpen their skills both as aircrew and as instructors. Each simulator event presented the crews with a tactical scenario and a battle problem which pushed crews to find the best means of employing their aircraft. While one crew planned and flew the simulator, another, under the direction of a SCWS instructor, observed and evaluated the event.

At SCWS, students received hands-on training on several leading-edge mission planning systems, including Powerscene / NPPFS, TAMPS, and the new interactive courseware used for training S-3B aircrews on the Maverick Plus / SLAM-ER missile system. The recent graduates were also given the opportunity to fly in S-3B aircraft provided by Jacksonville area fleet squadrons and conduct combined training with other units based out of Jacksonville. SH-60B aircraft lacked targets for S-3B aircrews who conducted targeting runs using laser Maverick captive air

training missiles as part of newly installed Maverick Plus systems. Additionally, they were given the chance to qualify as 9 mm sidearm sharpshooters, firing M9's at the base firing range.

After two weeks in Jacksonville, the students relocated to NAS North Island for the final phase of training, the flight phase. Again, fleet squadrons provided aircraft for the class to conduct their training flights in which they would employ the techniques and tactics that they had studied in the classroom and practiced in the simulators.

During the flight phase, they flew numerous bombing profiles and exercised the aircraft and aircrews' capabilities delivering bombs both visually and using the computer targeting systems.

Crews bombed both targets over water and over land, dropping light and heavy inert rounds while employing tactics they had developed from established anti-surface warfare doctrine. During the course of instruction, the students also worked in the anti-submarine warfare arena, with crews conducting torpedo attacks on targets at the range off of San Clemente Island, Calif.

Tactical thinking and prowess were emphasized during the flight phase and flight leaders

worked hard to prepare professional, comprehensive plans and briefs. Following bombing and torpedo exercises, aircrews flew simulated weapons profiles against manned radar and infrared missile operators, attempting to make a successful weapons delivery run and break any lock which the adversary operators achieved.

The flight phase was capped by a complex live weapons event: crews began with combined operations, vectoring F/A-18 Hornets for bombing attacks on a surface target. Immediately following that phase, one crew fired a live AGM-65 infrared Maverick Missile and the other crews dropped Mk-20 Rockeye cluster munitions and Mk-82 iron bombs against targets on the range.

Following graduation, the newly designated instructors returned to their home units where they will continue to serve the S-3B community and the Navy by raising the level of tactical awareness and prowess among Viking aviators. "They are the best of the best," said Cmdr. Ryan Shoaf, commanding officer of the Sea Control Weapons School. "And they now have the training to lead in their commands as newly designated Viking tactics instructors."

# 'Red Lion' corpsman happy to come so far in Navy

By JO2(SW) Paul Newell  
USS George Washington Public Affairs

Atabong Ewalu was stirring restlessly on a beautiful March morning. It was his first day of college at California State Dominguez in Los Angeles and he already had questions — mostly financial.

Having just registered for classes, Ewalu, a fresh face from Cameroon, had his worries. "I had come to the States to continue my goal to be a doctor," Ewalu said in a serious voice. "When I registered I thought I was paying by the class, not the credit hour. I miscalculated how much money I needed and barely had enough to make the first payment."

Not only was he short on money, Ewalu had no insurance, no family to speak of and no friends to count on. That's when, Ewalu said, "God took over." That morning, the distraught 25-year-old checked his answering machine. He believes what he heard was divine intervention. It would change his life.

A Navy chief petty officer from a recruiting station in Los Angeles left his name and number. The next morning Ewalu called the recruiter. Within an hour he was sitting in front of the chief listening to why the Navy was the right choice for somebody interested in but unable to finance the cost of becoming a doctor. The same day, Ewalu was at the Military Entrance Processing Station signing his name to a Navy contract to become a hospital corpsman.

Though his last days at boot camp in Great Lakes, Ill., were lonely without his family there to watch him pass-in-review, Ewalu proudly reflected on what it took to arrive at that moment.

Growing up in the Western African country of Cameroon, Ewalu had to endure severe poverty. For instance, when Ewalu attended a government-run high school, the average class size was 200. "One guy could have a textbook



Photo by PHAN Mathew Keane

HM2(AW) Atabong Ewalu takes the temperature of a shipmate in USS George Washington's medical ward. Ewalu, who came to the United States to study medicine, chose a different path for which he is grateful — the U.S. Navy.

in the entire neighborhood and everybody was using it," Ewalu said.

To further put into perspective, Ewalu, now an aerospace medical technician with HS-15, said that if he were to earn the same amount of money in Cameroon as he does as an E-5 in the Navy, "I could buy my own mansion, have two automobiles, support my wife, my three brothers and three sisters and my parents would never have to work again. I never dreamed of making this kind of money."

Actually, Ewalu's arrival in America is exactly the story dreams are made of. After graduating high school, the promising student attended the University of Nigeria where he earned his bachelor's degree in biology. But after graduating in 1996, he couldn't find work. He began volunteering as a biology tutor at a nearby community college in Cameroon.

When he became popular enough by virtue of his effective teaching style, students began paying him for the instruction. A day's work might raise \$10 to

\$15 dollars — decent money in Cameroon. Just as he began to make some money tutoring, the big news hit. In January 1997, Ewalu was told that he had won the immigration lottery — a green card sweepstakes allowing him to permanently live in the United States.

"I was ecstatic and I couldn't sleep for days," said Ewalu who had been miserable in Cameroon feeling he had no way to express his potential. "I'd always dreamed about coming to the United States. I'd seen the movie 'Coming to America,' just wishing that could be me and now it was true. I know people who would have died to win that lottery."

Still, Ewalu faced a problem when he learned his plane ticket to the States would cost more than \$1,000. Without hesitating, his mother, Justine, knowing she had to take advantage of the rare opportunity,

sold her grocery business, raising the \$1,400 her son needed to move to America.

Ewalu said being the first in his family to come to the States carries a tremendous amount of responsibility. "I owe it to them to make them better," he said. And he said he has done that — at least financially. When Ewalu began getting his first paychecks, practically all the money went directly to his home so he could finance his sister Emelia's tuition at the University of Cameroon and his sister Rachel's specialized secondary school. The rest of his paycheck went to help the rest of his family.

If his family has kept track of his Navy service, they are undoubtedly pleased about the sacrifice they made to send Atabong to the States. Ewalu has gone beyond simply providing financial assurance. He has become an exemplary

Sailor who can let his accolades and the people around him do all the talking.

After boot camp, Ewalu carried his bags across the street to the Naval Training Center to spend 13 weeks at Hospital Corpsman "A" school. He graduated first in a class of 40. For that distinction, he was awarded a three-month "C" school to learn how to become a squadron corpsman, a position he currently fills for HS-15. But before he became a "Red Lion," Ewalu, who also graduated tops in the "C" school was given a choice of orders. He chose the Branch Medical Clinic in Key West.

"It was beautiful," Ewalu said. "The weather, the fun around the area, but most of all the people I worked with." Ewalu worked and saw patients from every branch of military service in Key West. As an E-3, he was running an entire department and was chosen the clinic's Junior Sailor of the Year for 1999. "They took me from a young corpsman and developed me professionally. By the time I had left Key West they had taken me from an HN to a HM2."

It took hard work for Ewalu to earn his chevrons though. When he took the third-class examination, Ewalu was perfect, netting the maximum exam score of 80. For his second-class test he was nearly as flawless, scoring 77.5. By the time he left Key West in

October 1999, Ewalu was ready for his most challenging career assignment.

As HS-15's squadron corpsman, HM2(AW) Ewalu plays a vital role in maintaining squadron health standards. Since arriving in the midst of USS George Washington's 2000 Mediterranean/Arabian Gulf deployment, the Carrier Air Wing 17 Sailor has almost single handedly managed "Red Lion" medical readiness. Understanding the essence of keeping track of health records, making sure fellow squadron members are up to date on immunizations and caring for anyone who walks into Medical is precisely what Lt. Ryan Maves, CVW 17's flight surgeon, says makes Ewalu such an asset to the Navy.

"He's absolutely tremendous," said Maves, who has worked with Ewalu the last 15 months. "He's a confidant for his squadron. Without him I wouldn't be able to care for "Red Lion" Sailors to the extent that I can."

Although he has not yet achieved his goal of being a doctor, Ewalu is comfortable and appreciative of his achievements and continues to dream. "I think the best decisions I have ever made have come from God," Ewalu said emphatically. "I'll continue to strive professionally and personally in the Navy, which has been so good to me. I'm so happy with what I am doing and where I am."

# CEREMONIAL GUARD AND

## Color with honor Ceremonial team fulfills duties outside the shop

By JO2 Jackey Bratt  
Staff Writer

They carry a powerful message: "This flag is presented on behalf of a grateful nation as an expression of appreciation for the honorable and faithful service exploits and experiences of the generations before them rendered by your loved one."

Spoken when presenting the United States flag to a family member of a deceased service member, retiree or veteran, these words come near the conclusion of what most service members consider the most revered ceremony conducted by the armed services — the military funeral.

A military funeral is the ultimate tribute and a sad but honored ceremony performed by the NAS Jacksonville Ceremonial Guard and Honor Support Team (HST) throughout the Southeast Region. It is a wide jurisdiction that demands a heavy commitment from NAS Sailors.

"Being part of a funeral team does take some commitment," said MS1(SW/AW) Jose Santana Jr, NAS Jacksonville Weapon's Department Leading Petty Officer (LPO) and HST/Color Guard Coordinator.

"However, being part of this detail provides the most personal reward," he continued. The detail gives young Sailors an opportunity to go through a ritual of life they possibly have not experienced before and hear about the experiences from generations before them.

"Many of the deceased are from an older generation," Santana said. "Being part of the funeral, listening to the service or the family members deliver the eulogy gives Sailors an idea of the sacrifices those men and women made prior to this point in life," he explained.

Dealing with death can be stressful, especially for young Sailor's who may not be ready to face their own mortality.

"I may travel to the funeral thinking it's just another day, but when I hear from family members and see them, it can get tough," said AT2 Vernon Bell, HST team member.

Another difficulty involves the emotional level and the funeral detail member's responsibility to maintain proper military bearing.

"Since my job involves presenting the flag to the deceased family, I've had to look into their faces and let me tell you, it isn't always easy keeping your emotions intact

while doing a presentation and paying respect to fallen shipmates for their service to their country," said AO2 Scott Hedtke, team leader for HST team three.

"It's very sad because you know that someone has passed, but the greatest reward comes from the deceased family members," said MS2 Joan Pearson, HST team member. "They often come up to us after the funeral and speak about the deceased Sailor," she said.

Although there is currently a three month time limit for HST and Ceremonial Guard members, PRAA Lawrence Williams would like to remain a member as long as possible.

"This has been a very interesting experience for me," he

explained, "from shooting guns to folding the flag, I have found it to be one of the most rewarding experiences I could have as a service member."

The Ceremonial Guard also performs at a variety of functions such as retirement ceremonies, sporting events, POW/MIA conventions, and change of commands.

Working HST/ Ceremonial Guard also gives Sailors a chance to meet and work with Sailors who they normally wouldn't encounter daily.

"I have met wonderful people working this detail," said ET3 Brandy Braxton. Braxton is one of the many Sailors who feel proud to be part of the team. She reflects to a time when she was part of the ceremonial guard for a Tomcat's football game.

"It's rewarding to wear this uniform," she said. "How often do you get a chance to stand before thousands of people who commend you for defending our country?"

Although we are all representatives of the Navy, the HST and Ceremonial Guard are looked at in detail at ceremonies. It is vital that the team members are physically fit and squared away.

"We get nominations from different commands, but the ultimate choice of who is on our team lies with me, so I will screen the candidates when they initially come to the detail," said Santana.

"It is important that the Sailors of HST and Ceremonial Guard are sharp in uniform, available on short notice and available to be away from work center 4-5 hrs depending on location of funeral," he said.

If you are interested in becoming a member of HST/ ceremonial guard, talk with your supervisor about volunteering.



AO2 Scott Hedtke presents the American flag to the family of a deceased veteran. Hedtke is the team leader for HST Three.



Practicing outside the NAS Weapon's Department is routine for the Color Guard.



ABH3 Shareef Valentine holds his rifle at "present arms" during a funeral ceremony.



AS3 Adjoavi Abaya (left) and AO2 Scott Hedtke of Honor Support Team Three and Four prepare to deliver the American flag to the family of a deceased service member during a funeral ceremony.

Photos  
by  
JO2  
Jackey  
Bratt

# HONOR SUPPORT TEAM



The NAS Color Guard stands proudly outside the Weapons Department. (L-R) ET3 Robert Kirk, AO3 Alberto Perezbadillo, AD2(SW/AW) Anthony Troupe, and ACAN James Ogden.



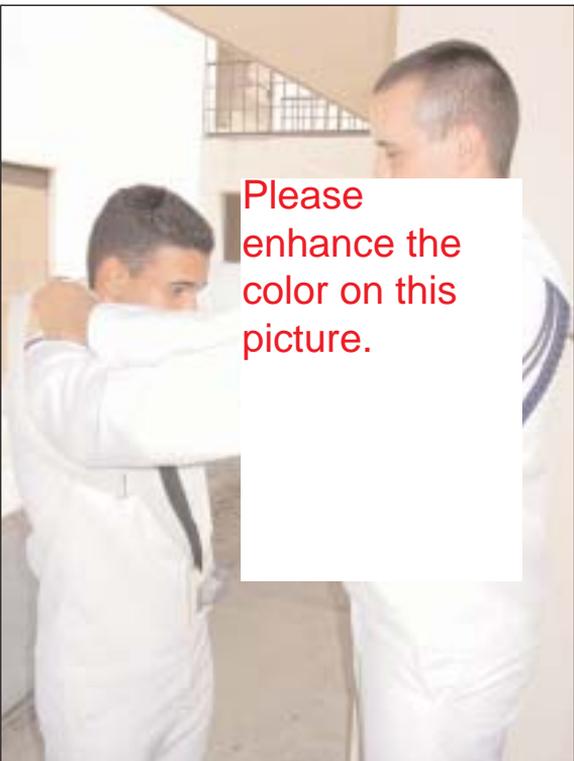
SH2(SW/AW) Lamont Brown holds the national Ensign during practice. The American flag is presented to the deceased service member's family at military funerals.



AZAN Moses Dixon, part of the Honor Support Team, stands by to fire during the team's practice.



AC2 Antoniel Hernandez, (above left) ABH3 Jerome Wilburen, AD3 Justin Richardson, and PRAA Lawrence Williams practice in the heat for an upcoming funeral service.



Please enhance the color on this picture.

Donning the uniform of the Color Guard is not always easy. ACAN James Ogden (left) gets a helping hand from AO3 Alberto Perezbadillo as he puts on the harness that will hold the American flag.



TM2(SW) Switzon Blair (at right), team leader of the Honor Support Team renders a salute during practice. The salute is presented as a sign of respect to the family and friends of the deceased service member during a funeral ceremony.

# NAVHOSP JAX NEWS

## TRICARE for college students

From NavHosp Jacksonville Public Affairs

Now is the time of year when thousands of students prepare to leave home and head off to school. One of the important things to do is select the TRICARE option which will work best for both the family and the student.

The first thing to do is check the student's ID card and make sure the card, and DEERS, are still valid and reflect eligibility for benefits. If the ID card expires during the school year, DEERS will normally change to an ineligible status on the expiration date. Stop by your military personnel office and visit the ID card section to make sure the student remains eligible for TRICARE benefits. To be eligible for TRICARE, unmarried children must be under age 21, or age 23 if they are full-time college students.

Secondly, determine if Prime is available in the area where the school is located. This can be done by calling the toll-free number in the region where the student will attend school. You can also contact the TRICARE Help E-mail Service (THEMS) at: TRICARE\_help@amedd.army.mil for help and advice. Information is also available at the Naval Hospital Jacksonville Health Benefits Office or your nearest TRICARE Service Center.

If the student will be living in a different region than the rest of the fam-

ily and enrolls in Prime in that region, this is a split enrollment and no extra enrollment fee will be required. (Remember active duty families do not pay Prime enrollment fees!) When enrolling a student in Prime under these circumstances, make sure to tell the gaining region this is a split enrollment.

If Prime is not available, or if the student will have difficulty following the referral and authorization rules associated with Prime, TRICARE Standard and Extra are still available.

Another important consideration is what health care alternatives may be available through the school. Many colleges offer a primary health care benefit at a reasonable price. The premium is often included as part of student fees.

With school health insurance as primary coverage, TRICARE Standard and Extra are excellent alternatives for use as secondary coverage. Once the deductible has been met, TRICARE will often cover all or most of the student's out-of-pocket expenses after the primary insurance has processed the claim.

Students returning home for the summer need to again evaluate their health care needs. If they have been using TRICARE Standard or Extra in conjunction with primary coverage through the school and coverage after the school is suspended for the summer, TRICARE will become primary coverage until the school

insurance is again in effect. If the student has been using Prime, a portability transfer to a local primary care manager (PCM) may be appropriate. Whether or not the Prime-enrolled student chooses to change PCMs, it is important to remember that any non-emergency care from anyone other than the PCM must be authorized.

The key to a successful TRICARE experience for students is communication. The student and the sponsor must both understand the status of the student's health care. The Prime-enrolled student and the PCM both need to communicate about medical needs. The student and the sponsor must both avail themselves of various customer service channels. Customer service channels include the contractor staff at TRICARE Service Centers, Beneficiary Counseling and Assistance Coordinators (BCACs) at military treatment facilities, and personnel at THEMS.

The following are helpful links and phone numbers. Students should keep this list available as a reference: **BCAC Directory** - <http://www.tricare.osd.mil/BCACDirectory.htm> **Provider Directory** - [http://www.tricare.osd.mil/provider\\_directory.html](http://www.tricare.osd.mil/provider_directory.html) **Retail Pharmacies** - <http://www.tricare.osd.mil/pharmacy/retailnetwork.cfm> **Regional Map and Guide to TRICARE Service Centers** - <http://www.tricare.osd.mil/regionalinfo/>

## VOTE: Let your voice be heard

From Page 1

show intent to remain or make the state their home. You may only have one legal residence at a time, but may change residency when transferring. Changing residency includes: registering to vote in that state, registering a vehicle, obtaining a driver's license, etc.

Once a residence is changed, you may not revert back to a previous residence without re-establishing physical presence. A "Home of Record" is not the same as a legal residence. A "Home of Record" is an address used by a military member upon entry into the service and does not change.

A military spouse may have a different legal residence than the active duty member. Legal residency does not change automatically upon marriage. They too, must meet the above requirements.

Minors assume the legal residence of either parent when they become 18 or may assume legal residency on their own.

All voters must be registered 29 days before the day of election.

For those who are currently residing outside their legal residence, you may register to receive an absentee ballot from your home state. These ballots can be requested through your voting representative. The process is fairly simple. Just fill out a Federal Post Card Application (FPCA), mail it to the correct Supervisor of Elections for

your specific county (voting reps have the addresses) and wait for your ballot. Most states only require one FPCA to vote in all elections for the calendar year. Once it arrives, make your choices and return the ballot by the day of the election.

One problem with absentee ballots is not receiving ballots in time from the state to vote and return it by the election deadline. Currently, only 42 states provide a 45-day ballot transit time but the Federal Voting Assistance Program (FVAP) is working with the other states to implement this requirement.

Once registered, prospective voters should become knowledgeable about the candidates running for office and any amendments on the ballot. This can be done several ways, but perhaps the easiest is the Internet. One good place to start is the FVAP website at [www.fvap.gov](http://www.fvap.gov). This site has numerous links to different counties around the country with information about local candidates. If you cannot find the information you need, call them at 1-800-438-VOTE.

Another good source is the Project Vote Smart website at [www.vote-smart.org](http://www.vote-smart.org).

This year's election will be held Nov. 5. Remember, it's your right to choose the people who make the decisions that affect your life. Democracy can't be for the people, it's not by the people. Each and every vote counts.

## HELPING HANDS

### SportsAbility Expo

The Sunshine State SportsAbility Expo 2002, an event of the Florida Disabled Outdoors Association is slated for Oct. 11-13 in Jacksonville.

Volunteers are needed to help set up displays, assist with registration, load equipment, direct traffic and help during the event. For more information, call 262-1722.

### American Heart Walk set

The American Heart Association is asking for volunteers to help out with the American Heart Walk on Saturday at the Friendship Fountain & Park located downtown next to River City Brewing Company.

There are two shifts available, 6-10 a.m. and 8 a.m. - noon for duties such as park decorating, event set-up and tear down, handing out food and water, etc. All volunteers will receive a T-shirt. If interested, please call 739-0197.

### HabiJax opportunities

Assist on various homebuilding sites dur-

ing this month with HabiJax's community projects. Landscaping, painting, roofing, and framing are some of the ways in which you can help build homes.

Volunteers are also needed at the framing plant and new, non-profit HomeStore, located at the HabiJax headquarters on the Northside of Jacksonville.

Minimum age requirement for volunteers is 16. For more information or to sign up call Natalie Sears at 798-4529, Ext. 253.

### Volunteers needed to help kids ride horses

Hearts, Hands and Hooves has opened a new location on the Northside and they are in need of volunteers.

Watch children's faces light up while you help them learn to ride a horse. Various evening and weekend shifts are available. Call Kim Fowler at 778-9697 for details.

### Bicycles needed

The Jacksonville Corvette Club is collecting bicycles for J.P. Hall Christmas Party in

December which helps needy children.

For more information call Cmdr. Rustie Hibbard at 542-8793.

### Naval Hospital Red Cross seeks shuttle volunteers

The Naval Hospital's visitor's parking lot shuttle cart service is operated by Red Cross volunteers. The service will soon expand to include a second shuttle cart and will also begin operating both mornings and afternoons.

The Red Cross is currently taking applications for more volunteers to serve as drivers for the shuttle carts. The only requirements for shuttle cart drivers are that they be outgoing, eager to help and possess a current Florida driver's license.

Volunteers are also needed to work other areas in the hospital such as at reception desks greeting and providing information for hospital guests. For information and applications for any of the Naval Hospital Red Cross volunteer opportunities call 542-7525.

## PATRIOT DAY: Proclamation

From Page 3

their memory by pursuing peace and justice in the world and security at home. By a joint resolution approved Dec. 18, 2001 (Public Law 107-89), the Congress has authorized and requested the President to designate September 11 of each year as "Patriot Day."

Now, therefore, I, George W. Bush, President of the United States of America, do hereby proclaim Sept. 11, 2002, as Patriot Day. I call upon the people of the United States to observe this day with appropriate ceremonies and activities, including remembrance services and candlelight vigils. I also call upon the Governors of the United States and the Commonwealth of Puerto Rico, as

well as appropriate officials of all units of government, to direct that the flag be flown at half-staff on Patriot Day. Further, I encourage all Americans to display the flag at half-staff from their homes on that day and to observe a moment of silence beginning at 8:46 a.m. eastern daylight time, or another appropriate commemorative time, to honor the innocent victims who lost their lives as a result of the terrorist attacks of Sept. 11, 2001.

In witness whereof, I have heretofore signed this fourth day of September, in the year of our Lord two thousand two, and of the Independence of the United States of America the two hundred and twenty-seventh.

George W. Bush

Sept. 23 - 27 is "5 A Day" Week and The Wellness Center is Celebrating! Stop by our Nutritive Booth for their monthly Nutritive display and information and blood pressure checks

The Fitness Source 10 a.m. - Noon Monday, Sept. 23 Tuesday, Sept. 24 Wednesday, Sept. 25

The Community 10 a.m. - Noon Thursday, Sept. 26

**The Wellness Center**  
 Corner of Jason & Enterprise, Bldg. 867  
 Monday-Friday, 7:30 a.m. - 4 p.m.  
 • Health Fitness Assessment • Cholesterol Reduction  
 • Blood Pressure Reduction • ShipShape Weight Management • Healthy Eating • Lose Weight With Hypnosis • Tobacco Cessation using Nicotine Replacement • Tobacco Cessation using Zyban • Quit Smoking With Hypnosis  
 Call us today to schedule an appointment at 542-5292, ext. 10.

## FFSC offers educational and support programs

The Fleet and Family Support Center Life Skills Education and Support Program is the foremost preventive measure for the avoidance of personal and family problems.

All FFSC workshops and classes are free of charge and available to service members and their families, and civilian personnel aboard the base.

Pre-registration is required. If special accommodations or handicapped access is required, please notify us upon registration. Contact

542-2766, Ext. 127 to register.

The following workshops are available during September:

- Sept. 16, 9 a.m. - noon - Florida Family Law Information Seminar
- Sept. 16 & 23, 1-5 p.m. - Assertive Communication Training
- Sept. 17, 8 a.m. - 4 p.m. - Couples Communication Workshop
- Sept. 17, 9-11 a.m. - What about the Kids?
- Sept. 18, 6-8 p.m. - Budget for Baby Workshop
- Sept. 23-26, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop

- Sept. 24, 9-10 a.m. - Sponsor Training Workshop
- Sept. 24, noon - 4 p.m. - Divorce Adjustment Workshop
- Sept. 26, 8-11 a.m. - Anger Control Workshop
- Sept. 26, 1:30-3 p.m. - Volunteer Service Council
- Sept. 26, 6:30-9 p.m. - Ombudsman Assembly
- Sept. 27, 9-11:30 a.m. - Home Buying
- Sept. 30 - Oct. 4, 8 a.m. - 4 p.m. - Command Financial Specialist Training

# 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 holi-  
 days  
 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 \$1.60  
 Brunch/Lunch \$3.25  
 Dinner \$3.25

## 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  
 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  
 Lyonnaise rice  
 Summer squash  
 Brown gravy

## Saturday

**Breakfast**  
 Grilled minute steaks  
 Cottage fried potatoes  
 Grilled pancakes  
 Grilled bacon slices  
 Omelets  
  
**Brunch**  
 Grilled ham and cheese  
 Boston baked beans  
 Vegetable supreme soup  
 French fried potatoes  
 Mixed vegetables  
 Grilled bacon slices

## Dinner

Herbed baked chicken  
 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  
 Rissolle 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  
 Lyonnaise potatoes  
 Brussel sprouts

## Tuesday

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

## Lunch

Chicken tetrazzini  
 Steamed rice  
 Steamed broccoli  
 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  
 Steamed rice

## Wednesday

**Breakfast**  
 Grilled sausage links  
 Cottage fried potatoes  
 Grits  
 Grilled bacon slices

French toast  
 Assorted omelets

## Dinner

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

## Lunch

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

*Note: 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.*

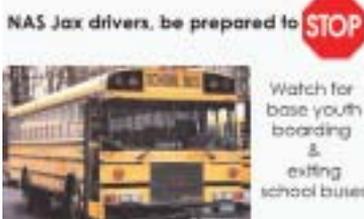
## JAX TALES BY MIKE JONES

[RICKYSTOUR@HOTMAIL.COM](mailto:rickystour@hotmail.com)



## Skin Screening exams being held next week for active duty

Naval Hospital Jacksonville Dermatology in cooperation with Branch Medical Clinic Jacksonville will be holding a skin cancer screening for all active duty personnel at the NAS Jacksonville Branch Medical Clinic Sept. 18, 1 - 4 p.m.  
 (By appointment only)  
 To schedule an appointment call 542-3500 and pick option 1.  
 Appointment availability is limited so be sure to call early and ask for "skin cancer screening."



# 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 rjjax@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.

## Out in town, need a ride - Club 2000 can help

From MWR

NAS Jacksonville has a program called Club 2000. Anyone who is impaired and in a bar, club, lounge, or private residence within St. Johns, Baker, Nassau, Clay or Duval counties can call the NAS Jacksonville OOD office at 542-2338. You

The Mandarin Branch Library is hosting Sarah Hyatt tonight at 7:30 p.m. who will be discussing the brilliant literary work of Mary Baker Eddy, Science and Health, which was published in the 1870's and is now considered among the top ten books for women. For information, call Second Church of Christ, Scientist 388-1969.

**The Retired Officers' Association of Northeast Florida** is holding their monthly meeting Sept. 18 at 6 p.m. at the NAS Jacksonville Officer's Club. Reservations are required by calling 269-2942.

**The Jacksonville Semper Fidelis Society** will hold their monthly meeting Sept. 18 at 11:30 a.m. at the Piccadilly Cafeteria near Regency Mall. For more information, call Sharon Leahy at 545-0635.

**VFW Post 1988 & Ladies Auxiliary** will be sponsoring a POW/MIA recognition program on Sept. 21. The program will begin at 7 p.m. at Spring Park, Green Cove Springs. In case of rain the program will be held at the Post Home at 421 Orange Ave. For further information call, 284-0775.

**The Kirkwood Presbyterian Church Women's Group** is sponsoring a craft show Oct. 5 from 10 a.m. to 4 p.m. The church is located at 8701 Argyle Forest Blvd. For more information, call 779-6511.

**A reunion for members of USS Sperry (AS-12)** who served on the ship from 1942 - 1982 is planned for Oct. 10-12 in Galveston, Texas. For more information contact Arnold Ross at (281) 534-2459 or email aross14573@aol.com.

**The crew of the USS Greene, DD266, AVD13, APD36** will gather in Jacksonville, at the Hilton- Jacksonville Riverside Oct. 10-13. The crew will visit NS Mayport and NAS Jax. Other events include a prayer breakfast, ceremony at the Lonely Sailor Statue and a banquet. For reservations and more information, call 398-8800.

**USS Dwight D. Eisenhower (CVN-69)** crewmembers are hosting a 25th anniversary celebration Oct. 14-18 in Norfolk, Va. For more information visit the website at <http://www02.cfc.navy.mil/eisenhower> or email [ike25@eisenhower.navy.mil](mailto:ike25@eisenhower.navy.mil).

will be provided a taxi ride, paid for by the station, to your home within the same five counties.

Anyone (including civilians) in an on-base facility can have the club bartender assist in contacting the OOD. Club 2000 cards with this phone number can be obtained from MWR in Building 584.

## Using a power of attorney

There are many occasions during the course of a military career that a power of attorney might be necessary. Do your homework before granting one to somebody.

Typically, servicemembers will need a power of attorney when deploying or going overseas and leaving their loved ones behind to handle the affairs of the household.

There are two basic types of power of attorney, special and general. A general power of attorney gives the person who holds it the same power to conduct business in your name.

Servicemembers can grant a special power of attorney, which spells out the specific ways it can be used. The more specific a power of attorney is the better type. This prevents people from using it for purposes other than those the servicemember intended.

Don't give a general power of attorney to someone you don't trust wholeheartedly. Base legal assistance attorneys can help servicemembers determine which type of power of attorney will best meet their needs.

Servicemembers commonly need to issue powers of attorney when they change assignments. Spouses often need legal authorization to conduct necessary business. They may also need to provide a power of attorney to the person caring for their

dependent children during a deployment. Caregivers may need a power of attorney to enroll children in school or other activities.

Caregivers would need a power of attorney to authorize medical treatment if a child needs it. Medical powers of attorney are used if a person becomes incapacitated and someone else needs to make medical decisions.

Military servicemembers and their families can have powers of attorney drawn up and notarized at most base legal offices.

# JAX SPORTS NEWS

## Softball starting soon

The Greybeard league is open to all NAS Jax active duty commands and personnel ages 32 and above. The season begins Sept. 17 and games will be played on Tuesdays and Thursdays at 11:30 a.m.

The intramural softball league is open to all NAS Jax active duty commands and personnel. The season begins Sept. 16.

The women's league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. The season begins Sept. 16.

The open league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. The season begins Sept. 17 and games will be played on Tuesdays and Thursdays at 4:15 p.m. All interested personnel should attend these meetings to discuss rules and to get the required paperwork to join the leagues.

## Men's/Women's Captain Cup tennis tournament slated

These tournaments will be held Sept. 30 at 5 p.m. They are free and open to all NAS Jax active duty men and women. The matches will be played at the Birmingham tennis courts.

Individuals playing in the tournament will earn Captain's Cup points for their respective command. Call the NAS Jax gym to sign up by Sept. 27.

## Men's/Women's Captain Cup racquetball tourney planned

The tournament will be Sept. 16-20. It is free and open NAS Jax active duty only. Matches will be played nightly at the NAS Jax gym beginning at 5 p.m. Sign up by Sept. 11.

## All Navy wrestling tryouts coming up

The All-Navy wrestling tryouts will be conducted by Rob Hermann, All Navy Wrestling Coach, at the NAS Jax gym from 5-7 p.m. on Oct. 25. Weigh-ins will not be conducted and wrestling equipment is not required to tryout. Weight classes are 119; 127; 138; 152; 167; 187; 213; and 286. Call NAS Jax Athletics to sign up.

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](mailto:dbonser@nasjax.navy.mil) or [dgorman@nasjax.navy.mil](mailto:dgorman@nasjax.navy.mil).

# Free Jags tickets available to deployed Sailor's families

By CMDM 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" participants.

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:

Sept. 29 - Jets

Oct. 6 - Eagles

Oct. 27 - Texans

Nov. 10 - Redskins (reduced number of tickets available)

Dec. 8 - Browns

Dec. 22 - Titans

For information or to apply for any of the games listed, send an email to: [vammiddlesworthmh@chswl.navy.mil](mailto:vammiddlesworthmh@chswl.navy.mil), or call 542-5273.