



# JaxAir News

## TOUCHING BASE

### Chapel to hold vow renewal

To celebrate Valentine's Day, the NAS Jax Base Chapel will sponsor an Ecumenical Marriage Vow Renewal and Social tomorrow at 6 p.m. at the All Saint's Chapel. The special ceremony will be followed by a Surf and Turf Dinner at The Zone at 7 p.m. The cost is \$5 per couple. The Chapel Youth Group in Building 749 will provide babysitting. Donations will be accepted.



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

### African-American luncheon slated

To celebrate African American Month, a special luncheon will be held Feb. 20 at 11 a.m. at the NAS Jacksonville River Cove Officer's club. The NAS Jax Multi-Cultural Committee and NADep EEOAC sponsor the event. The cost is \$12 per person. Lunch will include a traditional soul food buffet, a guest speaker and entertainment. For more information, call Sylvia Kitt at 542-0842 or SMC Fronzaglio at 542-3304.

### Sailor and Marine of Quarter luncheon

NAS Jacksonville is hosting a luncheon on Feb. 18 at 11:30 a.m. at the River Cove Officer's Club to honor all resident command Sailors/Marines of the Quarter with support from MWR. The ceremony begins at noon. The cost of the luncheon is \$9 for all personnel attending except the Sailors/Marines of the Quarter. Tickets must be purchased in advance at the NAS Jax command master chief's office in Building 1.

Uniforms will be winter blues for E-6 and junior and service khaki for chiefs and officers.

For more information, call 542-2934.

## WEEKEND WEATHER



FRIDAY 43/70  
SUNNY



SATURDAY 53/73  
PARTLY CLOUDY



SUNDAY 59/75  
MORNING FOG

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



Harbor Defense Command 206 Plans Officer, Cmdr. Dave Brangacchio addresses Jacksonville media regarding his unit's recall.

Photo by Lt. Caroline Tetschner

## Jacksonville Reserve Unit recalled for war on terrorism

By JO2 Jennifer Valdivia  
REDCOM Southeast Public Affairs

"Harbor Defense Command 206" attached to Naval and Marine Corps Reserve Center (N&MCR) Jacksonville was recalled to active duty on Feb. 5, in support of the war on terrorism. The recall represents the first unit-wide mobilization for a Jacksonville-based Reserve Unit this year.

Twenty-two personnel of the 49-member unit, made up of Naval Reservists and Coast Guardsmen from the Southeast Region, arrived at N&MCR Jacksonville on Feb. 5 for mobilization in-processing and

administrative procedures. The recalled Reservists spent the day updating their medical, dental, service records, wills and other personal documents.

While their destination and length of recall is classified, unit leaders say they're trained and ready to serve full-time in national defense.

The unit's Plans Officer, Cmdr. Dave Brangacchio explained, "while we're not exactly sure where we're going, or for how long, we're loading our appropriate gear and doing what we've trained for over these many months and years." The unit's primary mission is command, control

and communications for harbor security and defense. The unit owns a contingency of cargo trucks and portable communications equipment.

Brangacchio, who leaves his full-time civilian job as a Jacksonville banker, says his Sailors are ready for the difficult missions ahead. "This is an extremely demanding unit, so folks who like it here tend to stay," he said.

Commenting on the upcoming deployment, unit member YN1 Michelle Natividad breathlessly explained, "my heart's pounding, I'm excited, I'm nervous. But now we can finally do what we've been trained to do."

## Corpsman named Naval Hospital Jax 2002 Shore Sailor of Year

From Naval Hospital Jacksonville  
Public Affairs

HM1 Gwendolyn Vanderpool was recently named Senior Shore Sailor of the Year for Naval Hospital Jacksonville. This top-notch Sailor faced tough competition during the selection process as she vied against the best from the Naval Hospital and its seven Branch Medical Clinics.

Vanderpool has many accomplishments and awards attesting to her dedication and commitment as an outstanding leader, manager, and motivator. In honoring Vanderpool, Naval Hospital Jacksonville Commanding Officer Capt. Ralph Lockhart said she "emulates the Navy Core Values and consistently demonstrates them through her leadership and loyalty to both the organization and command."

"I feel honored to be chosen to represent the hospital," she said, "but it was also humbling." Vanderpool noted that working behind the scenes in the pharmacy she was somewhat surprised to be singled out. "We're kind of hidden and not really visible," she said. Vanderpool added, "The hospital and its BMCs have many talented people from a variety of rates and with a broad range of experience. It was really great talking to the other candidates. All the candidates were well prepared and sharp," she said, adding that she owes this recogni-



Photo by Loren Barnes

Naval Hospital Jacksonville Senior Shore Sailor of the Year, HM1 Gwendolyn Vanderpool dispenses medication in the Hospital Pharmacy.

A native of San Antonio, Texas, Vanderpool graduated from Judson High School in 1988 and enlisted in the Navy that same year. She graduated with honors from Hospital Corpsman "A" School in December 1988. She also graduated with honors from Pharmacy Technician "C" School in 1991. Subsequent tours included Naval Hospital Rota, Spain; Naval Hospital Jacksonville (1993-97); the NAS Cecil Field, Fla. Pharmacy and USS La Salle (AGF-

3), homeported in Gaeta, Italy.

She reported to Naval Hospital Jacksonville in February 1999, initially serving as the leading petty officer in Branch Medical Clinic Jacksonville's Pharmacy where she was advanced to her present rank in September 2000. She transferred to the Naval Hospital Jacksonville Pharmacy in May 2002.

At the Naval Hospital Pharmacy she directed a team of technicians in the development, training and implementation of the revised departmental Standard Operating Procedures (SOP). In a subsequent Joint Commission on Accreditation of Healthcare Organizations (JCAHO) survey and Inspector General/Medical Occupational, Safety and Health (IG/MEDOSH) inspection the implementation of that plan resulted in zero discrepancies. During her tenure, the 58 military and 12 civilian pharmacy technicians under her leadership have filled and dispensed more than 70,000 prescriptions per month virtually without error.

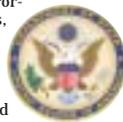
Vanderpool said she feels the key to leadership is thinking ahead, anticipating the needs of the future. "For example with the possibility of people being deployed we have to be sure that we have people trained and ready to step in and fulfill their duties whether they're staying here or deploying," she said. She also is

See HOSPITAL SOY, Page 8

## State Department issues worldwide caution to all Americans

By Kathleen Rhem  
American Forces Press Service

United States citizens around the world are at a heightened risk of terrorist attacks, according to a State Department caution issued Feb. 6.



"Terrorist actions may include, but are not limited to, suicide operations, assassinations or kidnappings," the alert states. It goes on to warn "nonconventional weapons" may be used. The term typically refers to chemical or biological weapons or booby traps.

The warning doesn't speak to specific locations or dates, but urges an overall heightened awareness. U.S. officials have repeatedly voiced concerns that terrorists might seek "softer" overseas targets because locations in the United States beefed up security considerably after the Sept. 11, 2001, terrorist attacks.

This alert specifically mentions schools and places of worship as possible targets. It urges Americans to be wary of locations where large numbers of foreigners gather.

"Americans should increase their security awareness when they are at such locations, avoid them, or switch to other locations where Americans in large numbers generally do not congregate," the alert states.

It lists reasonable precautions Americans abroad should take:

- Keep vital documents in one readily accessible location and copies of these documents in another.
- Ensure passports and visas are valid, and register with the nearest U.S. embassy or consulate.
- Keep an inventory of household effects. In regions where political unrest is common, keep an adequate supply of food, water and necessary medications in your home.
- Keep your car in good working order and the gas tank full.

The alert urges Americans to monitor local news and keep abreast of the political situation in their region.

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## LEGAL BRIEFS

### Karate lessons may strengthen character, but hurt the wallet

By Lt. Jeff Truitt, JAGC  
Special Contributor

Many Sailors and their family members have learned of the virtues that studying the martial arts provides and have begun to take lessons for its positive benefits: physical fitness and practical self-defense.

For some, the experience is life changing. Many others, however, eventually desire to move on to other pursuits, but suddenly realize that they are trapped in a contract for thousands of dollars.

How does the scheme begin and ultimately work?

It all begins when a friend suggests that they drop by the dojo and talk to their sensei. (The friend may receive incentives worth \$100). Before they know it, they've signed up for an entry-level membership that enables them to train two to three times a week for six months at a cost of \$600.

The karate studios start relatively small and aggressively increase the cost. Each session features, at some time or another, a motivational talk by a black-belted instructor. The talks strengthen the bonds between group members and their leader. Trust deepens.

Often, after only a week

or two, Sensei publicly praises them and invites them into a special room after class. A feeling of achievement is in the air. Their leader congratulates them on their skills and the tremendous progress they have already made.

The question is whether they have the self-discipline and motivation to take it to the next level? The leader waxes philosophical, saying things like, "The ultimate aim of karate lies not in victory nor defeat, but in the perfection of the character of its participants."

The instructor pushes a contract for a three-year membership across the table, and the product is purchased.

The \$7,700 fee enables the young warriors to train whenever classes are offered, subject to availability. Sparring pads (\$80), advancement exams (at least \$100 each) and new belts (\$60 plus) are extra.

The late karate legend Sosai Mas Oyama once noted that only one or two out of every hundred students reach Black Belt, and very few of these progress beyond that.

Despite this extreme selectivity, it is apparently a common practice for some martial arts organizations to promise their students

Master rank in only three years. It seems that everyone can be a Black Belt nowadays, for the right price.

#### Can I quit?

The studios' prevailing tactic is to structure the purchase of the term membership (for example, three years) as an installment sales contract at zero percent interest.

It reads like a contract for the purchase of an automobile or HDTV that cannot be canceled. If the consumer stops training, no refund will ever be due, since the product has already been "purchased."

If they stop making the \$200 plus monthly payment, they are hounded by collection agencies and may see their credit ruined.

If the consumer stays with the training until the term is complete, there is absolutely no economic difference between an installment sales contract at zero percent interest and a traditional, pay-as-you-go system billed monthly.

However, if the consumer wants to quit, the differences are dramatic. A traditional membership can be canceled. This "product," however, requires the consumer to continue making sizable monthly payments even though he derives zero continuing benefit and

the studio incurs zero marginal costs.

#### How can I protect myself?

Know up front what kind of tactics you might have to deal when you step into a karate studio! Shop around for a studio that only requires you to pay as long as you keep training. Find out how much promotion tests will cost you.

Do not be afraid to investigate different fighting styles, and ask how much one-on-one training you will receive.

If a contract is presented, take it home to meditate over before signing and bring it in to the NLSO for us to review. If you already signed a contract and think a studio has not lived up to its end of the bargain, the NLSO may be able to help you.

If your Sensei wants to make a sacred pact, the response should be, "I promise to learn karate. You promise to keep your hand out of my wallet."

*Truitt is a former legal assistance attorney at Naval Legal Service Office Southeast, Jacksonville Naval Air Station. The opinions expressed in this article are his and do not necessarily represent the views of the U.S. government.*



### Meet A Sailor...

AMAA DAN GILLENEY

Job title/command:  
HS-5

Hometown: Inverness, Fla.

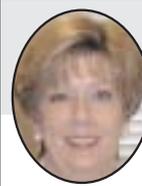
Family Life: Single

Past Duty Stations: NAS Jax AIMD

Career Plans: To make lots of money.

Most Interesting Experience: Joining the Navy.

Words of Wisdom: Don't let other people influence your life.



### Meet A Civilian...

JEAN RAYBURN

Job title/command:  
Accounting Tech, NAS Jax  
Storefront Office

Hometown: Port Jefferson, Long Island, N.Y.

Family Life: Married with a son, daughter and grandson.

Past Duty Stations: REDCOM Eight, CNBJ, NAS Jax, CNRSE, NS Puerto Rico.

Career Plans: To obtain a degree in accounting.

Most Interesting Experience: Spending two years in Puerto Rico. The Caribbean is beautiful and the people on base are special. I made lots of ever-lasting friendships.

Words of Wisdom: Love one another and bless the children.

## FROM THE DOC

### Fifth Disease more common during warmer months

By Lt. Chris Alfonzo  
VP-30 Flight Surgeon

Spring is just around the corner, and so are certain diseases that are tied to that warmer season. One such disease is erythema infectiosum (no,...that is not also the name of a spell in "Harry Potter" stories).

Erythema infectiosum, however, is more commonly known as Fifth Disease. It earned that title because it was named last on a list of the five most common diseases to cause a contagious rash during childhood. Fifth Disease is caused by a virus known as human parvovirus B19.

Fifth Disease is mostly spread by the respiratory route, and can infect both children and adults. Its classic symptoms are more commonly seen in children though. These symptoms include, a red rash on the cheeks causing a classic "slapped cheek" appearance, which lasts anywhere from one to three days, and possibly a low-grade fever.

The rash can then spread to the extremities and trunk, but then has a "lace" or "net"-like appearance, and is mostly pink in color. This secondary rash most often appears on the upper arms and thighs, never on the palms and soles, and comes and goes for a

period of up to three weeks. The first signs of rash usually appear four to 14 days after the exposure to the virus.

The disease is only contagious for up to a week before the first appearance of a rash, and once the rash develops, the child is no longer considered contagious.

Only about 50 percent of adults are at risk of getting Fifth Disease, and usually get it from infected children during its contagious phase. Adults usually do not get a rash from Fifth Disease, but often experience joint pain. The knees tend to be the most commonly affected joints and symptoms can last up to several months. Taking ibuprofen often helps lessen the discomfort until it resolves.

Fifth Disease can be a cause for concern though if a woman is infected during pregnancy. It is imperative that pregnant women avoid contact with any children that may have been exposed to the disease.

Fifth Disease does not cause birth defects, but can cause the unborn baby to develop anemia (which is a problem with the baby's blood levels). The anemia might resolve on its own, or it could get bad enough that the fetus may need a blood transfusion while still in the woman's uterus.

Sometimes the anemia may become

severe enough to cause stillbirth. The chance of anemia is about 10 percent, and death is about 2 percent, during the first half of pregnancy in a woman with Fifth Disease.

The chance of anemia and death is even less during the second half of pregnancy. If a pregnant woman is concerned that she may have been exposed to Fifth Disease, she must see her obstetrician right away.

The obstetrician will ask several questions to determine the degree of exposure, and also do a blood test looking for antibodies, to see if the pregnant woman had Fifth Disease in the past.

If the pregnant woman has had Fifth Disease earlier in her life, she will be protected from infection, but if she does not have antibodies to the disease, the pregnancy will need to be more closely monitored.

Children with Fifth Disease should be taken to a healthcare provider if they have any fever above 102-degrees, the rash is on the palms or soles, or if there are any other symptoms of concern. Aside from the nuisance of the rash, Fifth Disease is essentially harmless in children, and treatment is not usually necessary.

Soon it will be spring, and hopefully Fifth Disease will be your last concern during the warmer months.

## HEY MONEYMAN

### Hey, MoneyMan!

I read an article in the Jacksonville paper a couple of weeks ago that stated pawnshops are a good place to get cash and find deals. I have always been told to avoid pawnshops because they can rip you off. Do you know anything about this article or about pawnshops?

### MoneyMan Sez:

Pawnshops may be a good place to find deals, but I would not recommend them as a place to get cash. Basically, the way pawnshops work is they trade cash for something of value. Unfortunately, the "cash" is only a fraction of the value of the item. I saw the article in the paper and they

talked about someone who traded a ladder, a car jack and a sledgehammer for about \$10. (This same person had already pawned his 27-inch TV four times in

just a few months.) Of course, if he doesn't come back with the ten bucks, they keep all of his stuff. Now the worse part is ten bucks won't buy back his stuff. He must pay the pawnshop an interest rate

of 20 percent per month! That comes to 240 percent per year. Yep, pawnshops are good for people buying stuff or for people who own and operate the shops, but

they make terrible credit unions or banks.

More questions? Call Hey MoneyMan at 778-0353.



## Sunday Services

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

Saturday 5 p.m. - Catholic Mass

Sunday 8:30 a.m. - Protestant

Communion 9:30 a.m. - Catholic Mass

11 a.m. - Protestant Worship

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

### NCLC offers classes on base

From NCLC

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

Feb. 17-27

March 3-13

March 17-27

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

## Jax Air News

NAS Jacksonville Commanding Officer .....Capt. Mark S. Boensel  
 Public Affairs Officer .....Charles P. "Pat" Dooling  
 Deputy Public Affairs Officer .....Miriam A. Lareau  
 U.S. Naval Air Station, Jacksonville Editorial Staff  
 Editor .....Miriam S. Gallet  
 Assistant Editor .....JO1 Mike Jones  
 Staff Writer .....JO2(SCW) Eric Clay  
 Civilian Staff  
 Manager .....Ellen S. Rykert  
 Staff Writer .....Kaylee LaRocque  
 Design/Layout .....George Atchley

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# VP-5 heads out for six-month deployment

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

Last week, the "Mad Foxes" of VP-5 departed to take over the duties of PATRON Roosevelt Roads and PATRON Keflavik Iceland.

Relieving the "Tridents" of VP-26, the NAS Jacksonville based Mad Foxes will be operating in the Caribbean, South America and throughout Europe for the next six months.

The squadron, which flies the P-3C Orion aircraft will be conducting a wide variety of missions in several operational areas of responsibilities (AOR).

While in Puerto Rico, the squadron, commanded by Cmdr. Pat Buckley will work under the operational control of the Key West based Joint Inter-Agency Task Force East (JIATF East), with primary tasking to conduct counter-narcotic detection and monitoring flights throughout the SOUTHCOM AOR.

Mad Fox aircrews will fly around-the-clock, intercepting both surface and airborne drug smugglers to be turned over to law enforcement agencies.

The goal of maintaining

continuous tracks on suspicious vessels will be met by combat ready aircrews and supported by the squadron's top-notch maintenance teams.

The Mad Foxes will also support a detachment in Manta Ecuador, allowing for effective coverage of the western Caribbean and eastern Pacific areas of operation.

While in Europe, the squadron will be work under the operational control of Commander, Task Force (CTF) 67 and will conduct numerous missions, including anti-submarine missions in the North Atlantic. Deployed P-3 assets will also operate with NATO forces conducting operations and training exercises throughout the European theater.

During the squadron's inter-deployment training cycle, the Mad Foxes flew more than 5,100 flight hours, including detachments to Germany for BALTOPS, Keflavik for KEFTACEX and Puerto Rico for Joint Task Force exercises and earned the coveted CNO's Safety Award.

The split site deployment will present the squadron with many unique challenges. They will be



Photo courtesy of VP-5  
PNC Octavio Flores and YNC Mary Jones McCullough pack up some gear in VP-5's hangar shortly before their deployment.

responsible for maritime patrol in the North Atlantic, Mediterranean and the Caribbean.

When asked how the Mad Foxes will fill this large order, Executive Officer, Cmdr. Scott Dueker said, "We can't do this without the complete dedication of

each of our maintenance, aircrew and administrative folks. I know our Sailors are ready and looking forward to the challenge this deployment will provide. I am very proud of the them."

The squadron has worked hard in preparation for this deployment and is ready for

the challenging operational environment of the SOUTHCOM and EUROM AOR.

The Mad Foxes surely will continue to meet the challenges posed by an ever-increasing hostile world with resolve and determination.

## NAS Jax earns environmental award

By Staff

Each year, the Chief of Naval Operations (CNO) presents environmental awards to recognize ships, installations, individuals and teams for their exceptional environmental stewardship. NAS Jacksonville has been selected as a winner of the Environmental Quality Industrial Installation Award.

"This recognition is a reflection of the commitment of our commanding officer and the men and women of NAS Jacksonville who have made environmental compliance an integral part of daily operations. It is also a reflection of our commitment to work with our state and local regulatory agencies to make the station a leader in environmental stewardship in the Jacksonville community. We are very proud to be a member of the NAS Jacksonville Team," said Kevin Gartland, facilities and environmental director.

The winners will advance to the Secretary of the Navy (SECNAV) Environmental Awards competition.

The CNO Environmental Awards ceremony will be held on May 6 at 9 a.m. at the United States Navy Memorial and Naval Heritage Center in Washington, D.C.

# Navy unveils new "Perform to Serve" program

From Chief of Naval Personnel and Navy Personnel Command Public Affairs

The Navy recently announced the next step in shaping the force to improve combat readiness. The program, called Perform to Serve, encourages Sailors to reenlist for ratings with more advancement opportunity.

Perform to Serve features a centralized reenlistment and extension reservation system giving Sailors other avenues to pursue success.

Designed primarily with fleet input to meet fleet readiness needs, Perform to Serve offers first-term Sailors in ratings with stalled advancement opportunity the chance to reenlist and retrain in a rating where advancement is better and the Fleet most needs skilled people.

The program will initially apply to first-term Sailors in CREO Group 3 ratings, those that are overmanned, but will expand to include those in CREO Groups 1 and 2 later in the spring 2003. The centralized approval authority for reenlistment and extension requests will be Commander, Navy Personnel Command

(CNPC) in Millington, Tenn.

"Navy leadership is committed to providing opportunity for Sailors in ratings with stalled advancement opportunities," said Chief of Naval Personnel Vice Adm. Gerry Hoewing.

"In some cases, this may mean Sailors converting to ratings that match their skills and interests. One of the critical goals of the program is providing choices for Sailors and ensuring we do not leave any capable, top-performing Sailor behind."

Any first-term Sailor in an overmanned rating with a conversion package pending approval still must apply for reenlistment and conversion through Perform to Serve.

First-term Sailors in crowded ratings - those with stalled advancement - who receive transfer orders because of a unit decommissioning, unit disestablishment, or home port change are not exempt from Perform to Serve and are required to submit a Perform to Serve request if they must incur additional obligated service.

There are some exceptions, however. Some first-term Sailors initially will not have to submit a

Perform to Serve request to reenlist. Those in CREO Group 1 or 2 ratings are exempt during this initial phase.

Sailors who are currently under permanent change of station orders or those in receipt of an approved SRB (selective reenlistment bonus) precertification will not need to submit a Perform to Serve request. Finally, Sailors who do not desire to reenlist or extend are not required to submit a Perform to Serve Request.

Though commanding officers will no longer be the final approval authority for reenlistment requests, they will continue to be the single most influential person in the process.

Command leadership teams will have the central role of submitting reenlistment requests on behalf of their Sailors and counseling affected Sailors on the opportunities and options that come with Perform to Serve.

After a Sailor's command sends the Perform to Serve request to CNPC, it will be compared with requests from Sailors in the same rating. Sailors will be selected for reenlistment based on the following criteria: commanding officer's

recommendation for reenlistment, commanding officer's recommendation for advancement, paygrade, selection for advancement, most recent advancement exam results (passed but not advanced), Sailors who hold critical NEC (Navy Enlisted Classification) codes as stated in the most recent CREO/REGA message, and promotion recommendations on the last two regular periodic evaluations.

Enlisted community managers will assign monthly reenlistment quotas based on fleet needs and rating manning.

Those not offered in-rate reenlistment might be offered conversion to one of their rating choices. If conversion is not an option, the Sailor will be separated from the Navy at the end of their service obligation.

"Fleet input played a pivotal role in making this plan," said Hoewing. "Although CNPC will ultimately decide each Perform to Serve request, the decision starts with the commanding officer's recommendation."

"COs are by design the primary control point for Perform to Serve, because they make the quality decision to recommend a Sailor



Iris Green  
Naval Healthcare Support Office

## HSO announces civilian of the year

By JOC Bill Austin  
HSO PAO

Iris Green, a member of the Naval Healthcare Support Office (HSO) team since 1988, recently received the news of her selection as the command's Civilian of the Year.

Hailing from Jacksonville, Green serves as a budget analyst in addition to providing financial guidance to naval hospitals throughout HSO's area of responsibility (AOR).

The Civilian of the Year program is designed to recognize and reward Federal Service employees who demonstrate sustained superior performance while supporting the command's mission.

"I do keep busy," said Green with a warm smile. She also manages the Government Credit Card program for the entire AOR.

Green began her distinguished career in civil service as a checker for NAS Jacksonville's

commissary in 1969.

In February 1971, she transferred to the store's accounting department where she stayed until 1979.

In 1982, she transferred to the base Regional Accounting and Disbursing Center (RAADC) until 1982. Green then began work at the Navy Regional Data Automation Center where she remained until 1984.

In 1984, she left NAS Jacksonville for duty at Naval Station, Mayport, where she worked in the budgeting department.

In February 1988, Green transferred to Naval Reserve Readiness Command, Region One in Newport, R.I., until December of 1988. She then packed her bags and returned to Jacksonville where she transferred to the Naval Medical Command, Southeast Region which is now HSO.

It wasn't too hard to pull kind comments from co-workers;

those who work the closest to Green were quick to tout her dedication. "Iris is well respected throughout the AOR for her customer service," said Co-worker Dianne Lamy. She is a team player who is always committed to each and every assignment. She provides guidance to not only her commands, but others outside the AOR like the Naval Drug Screening Lab," added Lamy.

When asked what how she felt about being selected as "top civilian," Green smiled that winning smile once more and said, "The best thing about being the Civilian of the Year is when people come to me and say "well deserved." Many have so far, and it makes me feel honored and appreciated."

Green is a member and vice president of the American Society of Military Comptrollers. She has two children, Ramona and Roosevelt and one granddaughter, Morgan.

## Navy renews partnership with Roush Racing team

### Sponsors NASCAR Craftsman truck for second year

By Lori Halbeisen  
Roush Racing

Roush Racing announced today the U.S. Navy has teamed up with NASCAR's Roush Racing with sponsor Jon Wood in the 2003 NASCAR Craftsman Trucks Series again in 2003.

The Navy sponsorship with Roush is part of an ongoing recruiting and retention effort, "Navy-Accelerate your Life." Wood and the No. 50 Navy Racing Ford F-150 will hit the circuit from coast to coast.

Besides having teamwork in common, the sport of racing, like the Navy, is also family-oriented. More than 75 million NASCAR fans along with their families turn out to enjoy a day at the races. "Jon Wood is part of a proud Wood family of racers just as the Navy is a family-oriented service and proud of it," said Navy spokesman, Lt.j.g. Bill Danzi.

The Navy plans to use the team, race truck and show truck as a motivational tool to attract young people to join the Navy, in addition to generating public

awareness and pride for Sailors, reservists, veterans and civilians worldwide. Last year, Sailors around the Fleet made the Craftsman Truck Series races one of the most watched events on the Armed Forces Television and Radio Networks. The entire racing season aired on ESPN, which fed to deployed ships worldwide via Direct-To-Sailor (DTS).

In 2002, Wood and the Navy Racing Team competed in 22 races around the country, including 10 top-10 finishes. They finished the season 12th in the overall point standings. Wood capped off his year by visiting the Sailors deployed aboard USS George Washington in December. He stayed on board with the crew as they returned to Norfolk, Va., for their homecoming after a six-month deployment.

To find out more information about the Navy Racing Team or to schedule a reenlistment ceremony or recruiting event featuring the popular Navy show truck, contact (901) 874-2274 or visit the Navy on the web at [www.staynavy.navy.mil](http://www.staynavy.navy.mil).

Roush Racing is a subsidiary of Livonia, Mich., based Roush Industries that operates nine motorsports teams; five in NASCAR Winston Cup with drivers Mark Martin, Jeff Burton, Matt Kenseth, Kurt Busch and Greg Biffle; two in the Busch Series with Stanton Barrett and Burton; and two in the Craftsman Truck Series with drivers Jon Wood and Carl Edwards.



Photo courtesy of NAVAIR Depot

Jim Kearley, (right) logistics manager receives the fourth quarter fiscal year 2002 Employee of the Quarter award from E-6 Industrial Production Team Leader Alex Padilla.

## NAVAIR Depot Jax E-6 program announces employee of quarter

By Susan Brink  
NAVAIR Depot Jax, Public Affairs Specialist

tant asset to the E-6 program and to NAVAIR Depot Jacksonville," said Alex Padilla, E-6 IPT Leader.

Naval Air (NAVAIR) Depot Jacksonville, E-6 Industrial Production Team (IPT) Employee of the Quarter for the fourth quarter of fiscal year 2002 is Jim Kearley, logistics manager from the E-6 Supportability Sub-IPT.

Kearley's significant accomplishments include contributions in the development of local engineering specifications. These documents ensure conformity to workload control documents and engineering specifications. Kearley reviews these documents and coordinates efforts to ensure tasks are accomplished as required and correctly documented. His efforts have led to an increase in the effectiveness of the depot's reporting and inspection results. He also produces the annual schedule of specific Enhanced Phase Maintenance (EPM), which is a 10-year projection of the tasks to be performed for each depot induction.

"Mr. Kearley is an impor-

## Sweet promoted to lieutenant commander

By Susan Brink  
NAVAIR Depot Jacksonville Public Affairs Specialist

Last month, Lt. Cmdr. Darren Sweet reaffirmed the Oath, in the presence of his family, to Commanding Officer Capt. Karl Yeakel, Naval Air (NAVAIR) Depot Jacksonville in a ceremony recognizing his promotion to lieutenant commander in the Civil Engineer Corps.

All of the Depot's active duty military and several military members from the NAS Jacksonville Environmental Office attended to witness his promotion. Sweet's wife, Sheby Branham Sweet, and son, Joseph, pinned on his new insignia, as they have done for every promotion during his career.

Sweet graduated from the University of South Carolina in December 1992 with a bachelor's degree in mechanical engineering and was commissioned in December 1992. He obtained his professional engi-



Photo by Victor Pitts

Lt. Cmdr. Darren Sweet gets his new insignia pinned on by his son, Joseph, and wife, Sheby Branham Sweet.

neer license in 2000 and graduated from North Carolina State University in May 2001 with a master's degree in civil engineering.

After completing his tour as the environmental officer at NAVAIR Depot Jacksonville, Sweet will be reassigned to the Southern Division, Naval Facilities Engineering Command, Charleston, S.C. this June.

## MOAA scholarship deadline March 1

From MOAA

The Military Officers Association of America (MOAA), Base/Post Scholarship program is offering \$1,000 individual scholarship grants for the 2003-2004 school year to 100 dependents of active duty personnel. MOAA is the new name for The Retired Officers Association.

To be eligible, a student must be under 24 years old, working on a first undergraduate degree, and a depend-

ent child of an active duty service person - enlisted, warrant officer or officer in the United States Army, Navy, Air Force, Marines, Coast Guard, Public Health Service or National Oceanic and Atmospheric Administration. This includes members of the drilling Reserves and National Guard.

This year grant winners will be randomly selected from among applicants within each of the seven services. No GPA, SAT or essays will be

needed for the application. MOAA membership is not a requirement.

Applications are only available on the website at <http://www.moaa.org>. Look for "Educational Aid" on the opening page. Follow the easy instructions for the application. The deadline for submissions is noon on March 1.

Semi-finalists will be notified by email and the self-check on the website by March 30. Winners will be notified in May.

## 'Nightdippers' support CNO project

From HS-5 PAO

The "Nightdippers" spent the Dr. Martin Luther King Jr. holiday weekend supporting a Chief of Naval Operations (CNO) undersea project off the coast of Ft. Pierce, Fla. The project consisted of maneuvers involving the use of HS-5's SH-60F helicopters to provide a delivery platform for six MK-46 exercise torpedoes.

On Jan. 17, HS-5 began sending a team of maintainers to Patrick Air Force Base to prepare for the project. Two H-60 helicopters left NAS

Jacksonville on Jan. 18 with the remaining detachment. Patrick Air Force Base hosted HS-5 and provided use of their flight line and one of their hangars to assist in the operation.

The project was scheduled to get underway early Jan. 19 but experienced some delay due to inclement weather. Later in the afternoon, HS-5, along with several other naval assets began the training exercise. The requirement was to work against a submarine and drop six torpedoes. The exercise provided valuable training for the HS-5 junior pilots and air-

crew. The Nightdippers flawlessly launched all six torpedoes on time and on target, therefore, ensuring full achievement of mission goals.

The synergy between HS-5 and the other naval assets resulted in the project being completed one day ahead of schedule. The Nightdippers can attribute successful mission accomplishment to their hard working maintenance team who were able to adapt and overcome any obstacle that posed a threat to the professional execution of this very important CNO project.

# Military members/retirees welcome to try out green thumbs at local garden

By JO2(SCW) Eric Clay  
Staff Writer

The NAS Jacksonville Morale, Welfare and Recreation (MWR) Department and Duval County Urban Garden Program have joined together to offer a unique opportunity to local service members and retirees by providing them with a large vegetable garden in the base housing area.

Sponsored by the Duval County Urban Garden Program, 15 plots of land have been designated specifically to create vegetable gardens for families stationed here and retirees within Duval County.

The garden was created by active duty service members in 1988 but was not kept up to the required standards as the members deployed and moved from the area. That's when Master Gardener Bob Williams stepped in to help. "I've had a plot of land here that I've been gardening on since 1992. At that time, the man overseeing the garden here decided to take over another area and asked me if I would become the coordinator for the NAS Jax Garden. I've been doing this for more than 10 years now," said Williams, a Navy retiree and volunteer with the Duval County Urban Garden Program.

As coordinator of the garden, Williams issues plots to those who are interested in pursuing their green thumb and who have the time to maintain their plot.



Master Gardener Bob Williams of the Urban Gardening Program of Duval County tends to his garden at NAS Jax located next to the Navy Housing Neighborhood between Allegheny and Barin Roads.



Assistant Garden Coordinator Jack Davitt uses a hoe to separate his plants and to irrigate his garden.

"Any kind of produce can be grown here depending on the season. The gardeners are responsible for providing their own seeds and the upkeep of their plot. We encourage gardeners to only grow what their families can use. Any extra produce or plants are put on a picnic table and are up for grabs. We don't waste anything we grow," added Williams, who spends nearly every day at the site during the growing season.

Each garden is 30 sq. feet in diameter. The garden is plowed

each season and planting must be completed within 10 days. Water restrictions must be adhered to. "We are only allowed to water for two hours, twice a week. We prefer to use the soaking method, instead of sprinkling because it saves more water," Williams explained.

Gardening can be a great way to relax and relieve stress.

"I participate because I enjoy gardening. There's something renewing about planting a seed and watching it grow. Running a

command, many of the things you do, you don't see immediate results. Sometimes results take a long time to come to fruition. However, in a garden you have a beginning, middle and an end. You plant the seed. You nurture it. It produces a product in a relatively short time. That's very rewarding. The other thing is you're learning something different, something that you typically don't do everyday," said Capt. Ralph Lockhart, commanding officer, Naval Hospital Jackson-

ville who diligently maintains his garden each season.

Like most hobbies, gardening can be time-consuming. "Most of the people out here are retirees because many of the active duty members just don't have the time to dedicate to maintain a garden. But they are always welcome. I am always available to help out and give advice," said Williams.

For more information on the NAS Jax Garden or the Duval County Urban Garden Program, contact Williams at 398-7278.

## Fair and equitable treatment of all hands, by all hands, at all times

From CNRSE EO

The leadership at CNRSE and NAS Jacksonville want military and civilian employees to remain aware of the Navy's Equal Opportunity Hotline and the Navy's Sexual Harassment Advice Line.

Resolution of conflict at the lowest level is strongly encouraged using the Informal Resolution System (IRS) through your command managed equal opportunity officer (CMEO) or HRO equal employment officer (EEO).

Information on military equal opportu-

nity or sexual harassment issues may also be addressed by calling the NAS Jacksonville Equal Opportunity Advisor (EOA), SMC Tim Fronzaglio at 542-3304 or CNRSE EOA, QMCM Kathy Cochran at 542-3321. For civilian employee issues call HRO's Deputy EEO, Junarion Hubbard at 542-2280/81.

The Navy's Sexual Harassment Advice Line provides another means of communication for those who may have questions, concerns or complaints concerning sexual harassment or equal opportunity. Call toll-free at 1-800-253-0931 or DSN 882-2507.

## Employment assistance for military family members

The Department of the Navy and Adecco have formed a partnership to create "Career Accelerator".

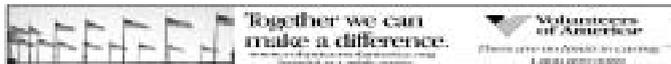
Adecco, the world's largest staffing services company, and the Fleet and Family Support Center (F&FSC) at NAS

Jacksonville are now in partnership to help military spouses build their careers.

Through this service, Adecco recruiters provide military spouses with career counseling, training and job placement at no cost to either the military

or the spouse. An Adecco representative will be available at the F&FSC Wednesdays from 1 p.m. to 4 p.m.

For more information, call Pat McDonald at 542-2766 Ext. 148.



# BEQ FACELIFT



(From left) Cousins Daryl McHaney and Dwayne McHaney and Jesse Harris prepare to install a railing on the walkway of the barracks.



Renovation continues at the NAS Jax barracks.



BU3(SCW) Daniel Roman surveys a damaged wall at the barracks.



Construction Worker Dellorise Frazier finalizes a room by doing some cleaning.



Cousins, Chad (left) and Jeremy Beauchamp work together preparing to weld metal framework at the barracks.

## Barracks 846 gets new look

By JO2(SCW) Eric Clay  
Staff Writer

Quality of life (QOL) for Sailors is one of the Navy's top priorities. NAS Jacksonville and the soon to open Bachelor Enlisted Quarters are a reflection of that goal.

In January 2002, Barracks 846 located between Jason Street and Mustin Road began to take on a new look. This barracks complex consists of nine buildings in alphabetical order.

Many positive changes have happened to the barracks since renovation began last year thanks to an 11.79 million dollar special project approved by Congress to renovate 40-year old, 120 rooms complex.

This newly renovated barracks complex will be a better place for junior service members to go home to after they have completed an arduous day of studying at the various schools aboard the base.

"These barracks will be the home for the junior service members that attend schools aboard NAS Jax and those service members that are in transient status in route to their ships or commands."

Privacy for the students is one of the needs for the service member that has improved. Two service members share each room. They live in a community of four rooms connected by a shared lounge. Individual bathrooms with modern amenities add a personal touch to the rooms," said Combined Bachelor Quarters Officer, Lt. Eric Schmidt.

For added privacy, each room can only be accessed by entering through a module. Each module has to be entered from the outside of the building. This will help restrict traffic and unauthorized users. Each room will have a card key programmed only for entry.

Each of the module lounges will have laundry facilities, a microwave, an ice machine, a table and two chairs.

The rooms are cable-ready,

internet-ready and have in-room phone capabilities so that each service member can have their own access. A service provider will be located at the barracks office during the week to assist service members.

The grounds outside the barracks were also enhanced. The newly built barbecue pavilions will feature new grills, ample sitting areas and payphones.

Renovations also include special rooms located on the first floor for those service members on a limited duty status. Each entrance is equipped with lipless doorways and larger-sized doors so personnel confined to a wheelchair or those on crutches can easily enter. Moreover, these rooms feature handicapped accessible bathrooms with handrails and sit down showers. Additionally, elevators have been installed and will be available to limited duty personnel and the cleaning staff.

Limited duty personnel will be issued a key to lock and unlock the elevator and will be responsible for the custody of that key.

Three offices located on the main ground floor area of the barracks will host the barracks staff, the utility service provider and trouble call desk.

A water system that was installed in 1974, when the barracks were first built, triggered the renovation. "Pipes were bursting from corrosion and causing damage to the rooms and we were not able to house at 100 percent of our capacity," explained Schmidt.

The buildings also had no central fire protection systems. As part of the 11.79 million dollar renovation, a central fire protection system has been installed along with a state-of-the-art water system.

Other improvements to the barracks include the installation of industrial capacity washers and dryers to wash linens after residents have checked-out.

Completion of the renovation project is scheduled for the end of this month.

# BEQ FACELIFT



A facelift does wonders. Barracks 846 is almost complete after a year of ongoing renovations.

*Photos by  
JO2(SCW) Eric Clay*

(Above) Heavy Equipment Operator Milton Strickland grades an area at the barracks with a back-hoe.

(Below) Owner of Final Touch Cleaner Inc., Tanya Herring cleans concrete residue from a gas boiler after construction crews applied a fire barrier to the ceiling.



Jeffrey Walls caulks the seam of a bathroom vanity to ensure water won't damage the wall.



Greg Carpenter paints around a door frame at the newly- renovated barracks.

## HELPING HANDS

### Science Fair volunteers needed

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

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

Science projects will cover behavioral and social sciences, biochemistry; botany; chemistry; computer science; earth and space sciences; engineering; environmental sciences; mathematics; medicine and health; microbiology; physics and zoology.

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

For more information or to register go to [www.kiwanissciencefair.org/index2.htm](http://www.kiwanissciencefair.org/index2.htm) and click on the "Volunteers" or "Judges" link or call ATCS Futch at 270-6624/7725.

### Scottish Highlands Games

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

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

Saturday.

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

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

The minimum age required is 15. Water and PowerAde will be furnished for all volunteers.

Contact Janet Gervin at 646-0199 Ext. 1772 or [bjgervin@bellsouth.net](mailto:bjgervin@bellsouth.net) for more information.

### Paws in the Park

Paws in the Park is a pet walk-a-thon scheduled for Feb. 22. The purpose of the walk is to end pet overpopulation. In addition to walkers, event volunteers are needed to assist with general event activities. This event will be held at Forest Tower Park on the corner of Forest and Beach Boulevard. Volunteers need to arrive at 8 a.m. The minimum age to help out is 13. Contact Chris Whitney at 725-8766, Ext 230.

### Gate River Run/Florida Times-Union 5K Run & Walk

This event benefits the American Diabetes Association. Volunteers are wanted for the Runner's Expo on March 6-8 to hand out race numbers and race packets, sign up runners and provide runners information. The minimum age to sign up is 12. Contact Nichola Whittle at 730-7200.

### Jacksonville Children's Home Society

The JaxPride Coalition is looking for volunteers to help with a number of projects at the Jacksonville Children's Home Society on Spring Park Boulevard (between Beach and Atlantic Boulevards). Two groups of Navy volunteers are needed to install, paint and repair split rail fencing; help out with wallpapering and light indoor painting, and to assist with raking lawns and trimming bushes. They are also looking for experienced bricklayers to build a BBQ pit. Lunch (hot dogs and hamburgers), paint and all tools will be provided. Shifts are available on Feb. 26 from 8 a.m.-3 p.m. and March 2 from 9 a.m.-2 p.m. To sign up, call 542-5380.

### Naval Hospital Red Cross seeks shuttle volunteers

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

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

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

# Sailor from Phillipines has dream come true

By AK1(AW) David Whipple

Recently, a Sailor's dream came true when he completed his five-year quest to become a naturalized citizen of the United States of America. On Jan. 23, SK2(SW) Gerald Saavedra became a U.S. naturalized citizen.

Saavedra is a native of Quezon City, Philippines, and a five-and-a-half-year veteran of the United States Navy.

A ceremony was held at the Robinson Theater, University of North Florida Jacksonville Campus for Saavedra and 150 other people wishing to become citizens of the United States. Many of the participants could be seen walking across the stage with tears in their eyes as they received their naturalization certificate.

When asked what this milestone means to him, Saavedra stated, "It makes me feel complete, to finally be a citizen of this great country that I serve every day of my life. The United States and the Navy have been great to me, and the values that have been instilled in me have made me a better human being. And for that I am truly thankful."

In the future, Saavedra plans to help his wife, Jasmin, and son, Ryo, to obtain their citizenship, to further his education and eventually become a chief petty officer.

He is currently stationed at the Southeast Regional Calibration Center (SERCC) aboard NAS Jacksonville. As the command assistant supply petty officer, Saavedra provides support to commands throughout the fleet.

His expert ability in expediting material requirements to fix and maintain various



Photo courtesy of SERCC

SK2(SW) Gerald Saavedra of SERCC stands proudly with his wife, Jasmin after becoming a naturalized United States citizen.

pieces of test equipment has enhanced operational capabilities for numerous commands.

## HOSPITAL SOY: Vanderpool named Sailor of the Year for NavHosp Jax

From Page 1

very big on mentoring and just talking to your people. "I believe in taking your junior people under your wing and showing them the ropes," she said. "It's important to make sure they're going in the right direction."

Vanderpool's calm direction was indispensable during a recent renovation of the outpatient pharmacy. Through her marshalling of resources and maintenance of order, an anticipated closure of patient care service windows was averted and the pharmacy maintained full service without disruption. Such dependable resourcefulness is indicative of the professionalism Vanderpool has exhibited throughout her career.

Beyond her exemplary service in the pharmacy, she has volunteered her talents to many activities. Those range from helping plan the Hospital Corps Birthday Ball to community service projects and fundraisers with the First Class Petty

Officer Association. She has also worked with Habitat for Humanity, HabiJax and is a member on the hospital MWR Committee.

Vanderpool is continuing her professional development, pursuing a bachelor's degree in Work Force Education and Development with Southern Illinois University and completing numerous Navy schools, training and courses. She plans to eventually complete a Masters Degree and to put in a Limited Duty Officer package. She is also interested in working with the Task Force Excel Program.

Vanderpool is married to HTC(SW) George Vanderpool Jr. of Austin, Texas. He is stationed at Shore Intermediate Maintenance Activity (SIMA) Mayport, Fla.

Also selected as Naval Hospital Jacksonville Junior Shore Sailor of the Year was HM2(FMF) Calvin Cook who is assigned to Naval Ambulatory Care Center Kings Bay, Ga.

## FFSC offers educational and support programs

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

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

Pre-registration is required. If special accommodations or

handicapped access is required, please notify us upon registration. Contact 542-2766, Ext. 127 to register.

The following workshops are available February:

Feb. 14, 9-11 a.m. - Federal Employment for Spouses  
Feb. 20, 9 a.m. - noon - Florida Family Law Information Seminar  
Feb. 21, 9-11 a.m. - Savings and Investing  
Feb. 24-27, 7:30 a.m. - 4 p.m. -

Transition Assistance Workshop (Retirement)

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

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

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

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

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



### Military Spouse Support Group Meeting

Come Join us as we find out about:

- Deployment Adjustments
- Return & Reunion from Deployment
- Children/Teens Coping with Deployment
- Stress Management & Time Management
- Creative Email - Staying Connected
- Employment and Career Options
- "Mr. Fix it" - House/Car Repairs
- Personal Safety - Self Defense
- Finances/Budget/Bill Paying
- Health & Wellness & Exercise
- Parenting on Your Own




Every Tuesday at 7 p.m. or Wednesday at 1:30 p.m.  
NAS Chapel (Religious Education Facility), Building 749  
Call 542-2766 Ext. 127 to register today!

# Healing the body, quieting the mind

## Yoga at the base gym

By Miriam S. Gallet  
Editor

The instructions, gently spoken by the teacher, sounded ever so familiar: "Work at your own pace, don't over stretch, don't strain your muscles, inhale, exhale and prepare to go into a Downward Facing Dog." I heard similar words more than 10 years ago during my first yoga class at a Buddhist monastery in Thailand. However, this time I was at a yoga class held last week at the NAS Jacksonville Gym.

Every square inch of floor space was covered with brightly colored yoga mats. More than 20 students attentively listened to the instructions as they were gently introduced to a dozen or so "asanas" or physical postures by Lisa Morio, a certified yoga instructor, with more than six years of experience, who was recently hired by the Base Fitness Center to teach yoga twice a week.

The Yoga for Beginners Class, available at the base gym, like most classes throughout the United States today, focuses on the more down-to-earth benefits of yoga including physical fitness, flexibility, stress management and mental relaxation. The class is free and is held every Tuesday and Thursday at noon. It is open to those eligible to use Morale, Welfare and Recreation (MWR) facilities and consists of a series of yoga postures and "pranayama" or breathing exercises and relaxation.

Yoga, a scientific practice originating in India, with roots dating back 5,000 years is a psycho-physical discipline meaning union—mind-body-spirit. While yoga is a scientifically proven technique for relaxation and overall well-being, it is not a religion. Today, for millions of practition-



Stretching is a key ingredient before beginning the yoga practice.

ers, yoga is considered a "toolbox" for physical, mental and spiritual well-being.

Recent studies show that more than 100 million Americans are practicing yoga, and hundreds of doctors have begun prescribing it as a mean of combating and preventing disease. According to Larry Payne, author of "Yoga for Dummies," the first benefit from any form of yoga is stress reduction and flexibility.

"Whether you are a first-time participant or a yoga disciple, each class will give you a well-rounded experience for increased flexibility, releasing tension, opening of the spine and gently strengthening of the muscles," explained Morio. "When you come to the yoga class forget the old muscleman adage 'no pain, no gain.' Yoga is gentle, yet powerful enough to positively impact a person's body and mind forever."

Morio, a Discovery Yoga (an affiliate of Kripalu Yoga) teacher begins her classes with warm-ups and gentle stretches leading

Yoga practitioners stretch leg and back muscles prior to assuming the bridge posture. This pose strengthens the lower back and abdominal muscles.

students into a variety of standing and floor postures that resemble a meditation-in-motion flow. The classes end with each student assuming the "corpse" posture while soft background music saturates the soul. The corpse posture is considered by many one of the most important postures in yoga. This posture relieves stress and anxiety, quiets the mind and refreshes the body.

According to Morio, the class will also teach students an assortment of postures to help the students increase their circulation while stimulating their joints and internal organs. It will give each participant a sense of well-being.

People practicing yoga consistently will begin to understand and respond to the needs of their bodies and will develop a personal connection with their spiritual nature. Moreover, each class will help the person with the development of the mastery of breath. "Through various breathing techniques, students will learn to stay calm and centered throughout the day," said Morio.

Morio reminds her students to be kind to their bodies while practicing yoga. "Everyone's body is different. A pose may look easy or difficult base on the person's



A class participant demonstrates the triangle pose.

degree of flexibility or level of experience," she explained. "The main thing to remember is that yoga is for everyone, young or old, male or female, thin or overweight. It is a non-competitive activity."

Since the events of Sept. 11, Americans, more than ever before, have had to face the stress related with the possibility of another terrorist attack, along with the challenges of a weakened economy, and the frightening possibility of going to war

with Iraq. Our stress levels are higher than ever. Yoga can help us release stress and enhance our physical and spiritual endurance.

Those planning on attending the class are encouraged to wear loose fitting clothes, bring a towel or a cushion for support during sitting postures and a bottle of water in order to stay hydrated. Yoga mats are provided free of charge.

For further information about the class, call Lisa or Barbara at 542-2930.

## Navy Times looking for top Sailor

From Navy Times

Navy Times is proud to announce the third annual Navy Times "Sailor of the Year" Award, presented by AT&T. Navy Times will honor the Sailor who best embodies the finest qualities of the men and women serving in today's U.S. Navy.

The award is designed to recognize a special Sailor who has shown unusual or heretofore unrecognized honor, valor and dedication to fellow Sailors and the

community during 2002. Navy Times will honor this "everyday hero" of the United States Navy, one whose efforts unselfishly and consistently go above and beyond the call of duty at a ceremony on Capitol Hill.

Maybe this Sailor is someone who jumped in to help out in a desperate situation or someone who has helped an important cause. We're looking for someone who is always ready to lend a hand, who sees what needs to be

done and unselfishly does it, or that person who inspires and motivates others.

The Navy Times "Sailor of the Year" Award is particularly meaningful because the winner is selected from the nominations of Sailors themselves, the readers of Navy Times. Nomination details and ads are available online at [www.navytimes.com/sailor](http://www.navytimes.com/sailor). Nominations must include:

Your name, address, commercial phone number & e-mail address.

Your nominee's name, address and commercial phone number.

Your nominee's current unit commander's name, address and commercial phone number.

In 300 words or so, please describe why you feel your nominee deserves this award. Nothing fancy. Just make it legible.

Names and contact information of three people who can verify the achievements of your nominee.

Nominees must be active duty, guard or reserve through Dec. 31, 2003.

The deadline for nominations is March 14, 2003.

Nominations may be sent to:

Online: [www.navytimes.com/sailor](http://www.navytimes.com/sailor)

Email: [sailor@navytimes.com](mailto:sailor@navytimes.com)

Or mailed to: Navy Times "Sailor of the Year" Award, Navy Times, 6883 Commercial Drive, Springfield, Va. 22159

Fax to: Navy Times "Sailor of the Year" Award - (703) 642-7325.

Someone you know deserves this award. It might be a Sailor in your division or simply someone you've admired from afar. (For once, rank is irrelevant.) Navy Times "Sailor of the Year" winner and honorable mention recipients will be announced in Navy Times this spring.

An awards ceremony on Capitol Hill will follow in May 2003.

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Wellness Center  
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For info Call 542-5292

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As "smokeless"

# MWR NOTES

## Veterinary Treatment Facility

The NAS Jax Veterinary Treatment Facility (VTF) is located in Building 8 at the corner of Ranger Street and Enterprise Avenue. The VTF is open Monday through Friday from 8 a.m. – 4 p.m. The VTF is closed on legal holidays. Pets are seen by appointment only. Appointments may be made in person at the VTF or by calling 542-3786.

The clinic is limited to services permitted by regulations. These include vaccinations, heartworm testing, fecal testing and minor treatment of the eyes, ears, and skin on an outpatient basis. Heartworm and flea prevention products are available for purchase at the VTF during regular business hours.

## Mulberry Cove Marina news

Learn the rules of the waterways and enjoy a safe boating experience. Take the Florida Safe Boating Course. "How to Boat Smart. The class is free and open to all hands.

Visit to the Mulberry Cove Marina and get your free spring stock-up coupon book. The books are stocked with more than \$175 in savings on the biggest brand names in fishing. The coupons offer great savings and will not be around long. This offer expires April 30. The marina offers free kayak and canoe rentals for active duty Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have some fun too. For more information on marina events, call 542-3260.

## Budweiser Brew House specials

The Brew House holds Karaoke every Wednesday evening from 6-10 p.m. through February. Put your voice to the test. See if you can rate as the best vocalist of NAS Jax. Bring your buddies to help root you on to victory.

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

## NAS Jax Golf Club

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

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

Feb. 17, 1 p.m. - Pro/Military Event  
For more information, call 542-3249.

## What's happening for kids?

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

Dance classes and Tae Kwon Do classes are available at the NAS Jax Youth Gym and Yellow Water Youth Activities. If you are interested in registering your child, stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water).

## Free movies offered

Enjoy free movies at the base theater each Friday evening starting at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m. Bring your own popcorn, soda and snacks. Sit back and enjoy some of Hollywood's premier blockbuster hits. There are no alcoholic beverages allowed in the theater and persons under 17 are not permitted without adult supervision.

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

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

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

## February Liberty events

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

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

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

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

Feb. 17 - Liberty is hosting a chess tournament. Food is served at 6 p.m. and the tournament starts at 7 p.m.

Feb. 19 - Lunch Indoc Barbeque. Lunch starts at 11 a.m. A 90-second shootout on the pool tables will begin at 12:15 p.m. Sign-up for tournament starts at 11 a.m.

Feb. 21 - An 8-ball tournament will be held at 7 p.m. Enjoy food beginning at 6 p.m.

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

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

You deserve a getaway so stop by our office located adjacent to the NEX, and sign up for a great trip. Our trips are open to all hands, so bring a friend! For more information call the office at 542-3318.

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

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

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

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

## Sleuth's Mystery Dinner Show

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

Visit MWR online at [www.nasjax.navy.mil](http://www.nasjax.navy.mil) and look for the tab marked MWR this is your tab to unlimited fun. For questions or comments e-mail us at [mwrnktg@nasjax.navy.mil](mailto:mwrnktg@nasjax.navy.mil).

# Military discounts offered for tennis tournament

The Bausch & Lomb Championships announced today a special discounted ticket offer for military personnel and their families to attend the 2003 Bausch & Lomb Championships. This year's professional women's tennis tournament will take place April 14-20 at Amelia Island Plantation, marking its 24th year on Florida's First Coast.



Military personnel and their families will receive \$10 off the price of a standard stadium seat ticket for the night sessions Monday through Friday. Night sessions begin at 7 p.m. Tickets may be ordered by calling 800-486-8366 and advising the tournament of military status. The offer is valid through April 10.

"Given today's uncertainties both home and abroad, it is important to recognize the importance of those individuals who have dedicated themselves to protecting our nation's values. We have created this special offer as our small way of saying thanks," said John Arrix, Tournament Director. "Perhaps an evening of watching spectacular tennis may provide some sort of escape from the everyday challenges."

The Bausch & Lomb Championships is a premier WTA Tour event, part of the worldwide tour consisting of 1,000 players representing 76 nations at 60 events in 31 countries over an 11-month schedule. Celebrating its 24th anniversary, the Bausch & Lomb Championships is the second oldest U.S. event on the Tour. For daily ticket and package information call 800-486-8366 or visit the tournament web site at [www.blchamps.com](http://www.blchamps.com).

# JAX SPORTS NEWS

## Sports officials and scorekeepers needed

The North Florida Military Officials Association is looking for people to officiate soccer, softball, football, and volleyball at NAS Jax. Scorekeepers are also needed for basketball. Experience is not required. If interested, contact Al Vandercar at 282-0809.

## Greybeard softball league begins in March

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

## Open softball to begin

This league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. A meeting will be held Feb. 20 at Mulligans at 4 p.m. The season begins in March and games will be played on Tuesdays and Thursdays at 4:30 p.m. All interested personnel should attend the meeting.

## Intramural softball starting

The Intramural league is open to all NAS Jax active duty commands and personnel. An organization meeting will be held Feb. 19 in the Building 590 conference room at noon to discuss rules and to get the required paperwork to join the league. The season begins in March and games will be played on Tuesdays and Thursdays at 5:30 p.m. and 6:45 p.m.

## Women's softball meeting slated

The women's league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. This meeting will be held

Feb. 19 in the Building 590 conference room at 12:30 p.m. to discuss rules and to get the required paperwork to join the league. The season begins in March. Command athletic officer's or their designated representatives and all interested personnel should attend the meeting.

## Men and Women's Open Racquetball Tournaments set

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

## Navy Southeast Regional Running and Triathlon Team

Attention competition runners - represent the Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided, as well as, transportation, entry fees, and lodging costs.

Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top ten regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

### Qualifying times

5K	Men 19:00	Women 24:00
10K	Men 34:00	Women 46:00
Marathon	Men 3 Hours 30 Min.	Women 4 Hours
Triathlon	Men 2 Hours 30 Min.	Women 3 Hours
Triathlon time based on 1.5K swim, 10K run, 40K bike		

For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930-3239 or via e-mail at [dbonser@nasjax.navy.mil](mailto:dbonser@nasjax.navy.mil) or [dgorman@nasjax.navy.mil](mailto:dgorman@nasjax.navy.mil).

# 'Flight For The Cure' concert slated

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

The performance, which begins at 8 p.m., marks the eighth year that AireTraffic has performed the concert, which has raised more than \$150,000 for cancer research. Aire Traffic, a seven-member band of local air traffic controllers, offers a unique blend of original jazz, rock and con-

temporary music. In 1996, two members of the group, Wayne Lee and David Blumberg, combined their love of music and aviation to benefit cancer research. Using aviation as an inspiration in writing, producing and performing their music, the band entertains while raising money to fight cancer. The group has produced four CDs, donating a large portion of their earnings to the Claudia Adams Barr Program in Innovative Basic Cancer Research at the Dana-Farber

Cancer Institute, an affiliate of the Harvard Medical School.

Tickets, at \$10 each, may be purchased by sending checks, cash or money orders (payable to Dana-Farber Cancer Inst.) to: Flight For The Cure, 9117 Arundel Way, Jacksonville, FL 32257, or by calling 707-0508. Additional information is also available on Flight For The Cure's web site at [www.flightforthe-cure.com](http://www.flightforthe-cure.com).

## Military Spouse 101 information briefing set

From FFSC

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

The program will include a mini overview of available

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

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

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

## 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 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.

# JAX TALES

By Mike Jones

[WWW.RICKYSTOUR.COM](http://www.rickystour.com)



# COMMUNITY CALENDAR

**The Navy Wives Clubs of America, NWCA Jax No. 86** meets the first Wednesday of each 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 Pearl Aran at 777-8032.

**The Navy Wives Club's DID No. 300** meetings are held the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. For more information call 387-4332 or 272-9489.

**Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE)** invites all retired and currently employed federal employees to their regular monthly meeting the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information call 276-9415.

**MOMS Club of Northeast Florida** meets the second and fourth Thursday of every month from 10 a.m. to noon.

The meeting is free and open to all at-home mothers and children who live in the zip code areas of 32206, 32218 and 32226.

MOMS Club is a support group for moms wanting a variety of activities for you and your children. The chapter offers monthly meetings, newsletters, activity calendars, field trips and service projects.

For meeting location or more information, contact Debbie at 751-0671 ([debiejkg@yahoo.com](mailto:debiejkg@yahoo.com)) or Kathi at 751-3400 ([katdj28@aol.com](mailto:katdj28@aol.com)).

**The Marine Corps League, Jacksonville Detachment** holds their monthly meeting the first Thursday of the month at 7:30 p.m. at the Marine Corps Recruiting Station at 3728 Phillips Highway, Suite 229. For more information call John Leisman at 779-7375.

**Girl Scout Troop 333** meets every Wednesday from 7-8:30 p.m. at NAS Jacksonville Chapel Annex.

All girls grade 4-6 are invited, adults are also needed. If interested contact Lynne Sebring at 317-2363 or come to the meetings.

**St. Joseph's New Directions** is a year-round support group for the divorced and separated. Meetings are held the second and fourth Wednesday of every month.

The meetings start at 6:45 p.m. and are held in the Convent at St. Joseph's main church on Loretto Road. Call 268-1591.

**Christian Fellowship Night** will be held behind the Chapel in Bldg. 749 from 6:30 - 9 p.m. every Tuesday night. For more information call 542-3051.

**Association of Aviation Ordnancemen's** meeting is held the third Thursday of each month at the Fleet Reserve Center on Collins Road. For more information, call AOC Chris Johnson at 542-2168 or AOCs Erick Parmley at 542-8589.

**The Jacksonville Genealogical Society** will meet at 2 p.m. on Saturday at the Webb-Wesconnett Library, 6887 103rd St.

Charlotte Stewart and Camilla Thompson will give a slide presentation on "Remembering the African-American History in Jacksonville, Florida from 1925-1960."

For more information, call Mary Chauncey at 778-9300.

**Branch 126, Fleet Reserve Association** will hold their monthly meeting Feb. 20 at 8 p.m. at the Branch Home, 7673 Blanding Boulevard. All active duty or retired enlisted personnel of the Navy, Marine Corps, Coast Guard and Reserves are invited to attend. For more information, call 771-2936.

**The National Naval Officers Association (NNOA)** will hold its monthly meeting on Feb. 20 at 5:30 p.m. at the Jacksonville Urban League at 903 West Union St.

NNOA is a non-secretariat, not for profit organization sanctioned by the Secretaries of Defense and Transportation to assist sea services in recruiting and training minority officers, increasing awareness of sea services opportunities in minority communities, and projecting a positive Navy, Marine Corps, and Coast Guard image.

**A Black History Month Luncheon** will be held Feb. 21 at 11:30 a.m. at the Naval Station Mayport Ocean Breeze Club. The event is sponsored by Blount Island Command and Honeywell. The cost is \$6 for Blount Island employees and \$10 for everyone else. For more information, call Lt. Washington at 696-5005.

**The National Naval Officers Association** is hosting a Mardi Gras Bash on Feb. 22 from 8 p.m. to midnight at the Winterbourne Inn in Orange Park. Tickets are \$25. For more information, call Lt. Sean Judge at 542-7841 or Lt. Cmdr. Pia Woodley at 542-7511 Ext. 102.

**VS-30/VS-801** will hold their 50th Anniversary Celebration March 12-15, 2003 (in conjunction with Viking Week East) in Jacksonville. Contact: Lt. D.B. Waidelich at 542-8546 or email [waidelichdb@vs30.navy.mil](mailto:waidelichdb@vs30.navy.mil). Anyone searching for memorabilia and history should contact Cmdr. Ruth at [ruthda@cscwl.navy.mil](mailto:ruthda@cscwl.navy.mil).

**The 60th Anniversary Jolly Roger Reunion (1943-2003)** will be held May 15-17, 2003 at NAS Oceania, Va. For more information, e-mail [reunion@vf103.navy.mil](mailto:reunion@vf103.navy.mil) or call (757) 433-5833.