

JAX AIR NEWS

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September 13, 2001

America, freedom attacked

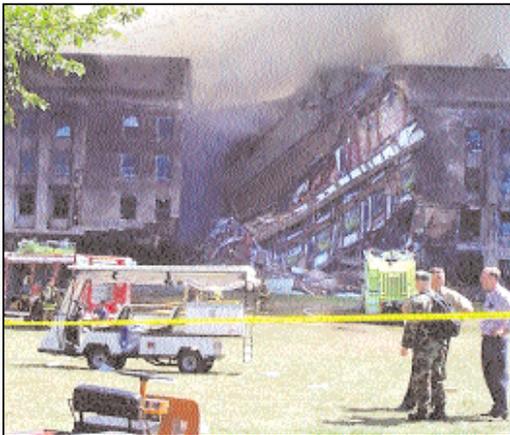


Photo by Jim Garamone, American Forces Press Service.

Smoke and flames rose over the Pentagon, following a suspected terrorist crash of a commercial airliner into the side of the building.

SPECIAL Navy News (Sept. 11, 2001) -- The following are news releases issued by the DoD and the DoN on Tuesday as events unfolded in what will be recorded as one of the darkest days in American history.

U.S. 'will hunt down and punish' terrorists, President Bush says

WASHINGTON (NWS) -- President George W. Bush said today that the United States would find those responsible for apparent terrorist attacks against the World Trade Center in New York City and the Pentagon in Washington.

"Make no mistake, the United States will hunt down and punish those responsible for these cowardly acts," Bush said from an undisclosed location outside of Washington.

Between 9 and 10 a.m. EST, two apparently hijacked commercial aircraft hit both World Trade Center towers in New York City, while a third airliner crashed into an outside wall of the Pentagon. Both 100-story trade center buildings collapsed within two hours. A fourth airliner, also believed to have been hijacked, crashed near Pittsburgh in the

same timeframe.

"I've been in regular contact with the vice president, secretary of defense, the national security team, and my Cabinet," Bush added. "We have taken all appropriate security precautions to protect the American people. Our military at home and around the world is on high alert status, and we have taken the necessary security cautions to continue the functions of your government."

Bush said he has conferred with congressional and world leaders "to assure them that we will do whatever is necessary to protect America and Americans." He also asked the American people to say a prayer for the victims and their families.

See Terrorists, page 3

Regional CFC nets highest percent increase

Story and photo by JO2 Mike Jones
Assistant Editor

In 2000, military members and civilians contributed more than \$2 million to the Northeast Florida - Southeast Georgia Combined Federal Campaign (CFC). The total contributions marked a 12 percent increase from 1999 regional contributions. This increase marks the largest for all CFCs in the country with total contributions of \$2 million or more. CFC Regional Director Kent Foster conveyed the award, which was presented in Washington, DC, to Commander Navy Region Southeast Adm. Jan Gaudio, during a recent ceremony on base.

"This (honor) is largely the result of the CFC Loaned Executives and Activity Co-

ordinators," said Foster. "It's up to these folks to take the message to the streets - to the CFC donors. It's a full team effort."

Foster said that with more and more people contributing to the campaign, a higher total contribution amount can be achieved without donors having to reach deep in their pockets. "We're looking for another healthy 12-percent increase," he said.

"We have the long term potential to do close to a \$3 million CFC."

Although most associate CFC as an annual event, Foster said his team quickly begins preparing for the next drive after one concludes. "It's a year-round process," he said. "We're trying to make it more visible to the donors - trying to present the other side of the CFC. It used

to be CFC meant filling out a pledge form once a year. What we're trying to



CFC Regional Director Kent Foster (right) displays the award with Rear Adm. Jan C. Gaudio, commander, Navy Region Southeast.

do is to create ways for the donors to have information feedback to see where the money went and how it was used."

Donors to the CFC have the option of selecting specific agencies they wish to benefit from contributions. Out of the total contributions for last year, Foster said less than \$65,000 went undesignated.

Foster said he hopes the same motivation which encouraged donors last year will help bring new contributors to the campaign. "We had almost 18,000 military and civilian personnel contribute last year throughout our CFC region. It came together well. It was a good campaign."

For more information, visit www.cfc-at-work.org.

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Seven-day forecast available at
Naval Atlantic Meteorology
and Oceanography Facility
Jacksonville's website:

<https://www.nlmof.navy.mil>

Meet a Sailor... HM3 Colleen Worth



Job title/command: Paramedic
Hometown: Scottsdale, Ariz.
Past Duty Stations: BMC Jax.
Family Life: Married
Career Plans: Flight Nurse
Most Interesting Experience: Moving from west coast to the east coast.

Words of Wisdom: "Never let it get you down!"

Meet a Civilian... Vincent Edquiban



Job title/command: Raytheon Aerospace Supply
Hometown: Olongapo City, Philippines
Past Duty Stations: NATTC Pensacola, Fla.
Family Life: Wife, two children
Career Plans: Retirement.
Most Interesting Experience: Being a Recruit Division Commander at RTC.

Words of Wisdom: "Do the best you can in your job and it will make your day worthwhile."



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 It's free! Give yourself the gift of a Navy CREDO Retreat. Personal growth retreats are offered Sept. 20-23. On Sept. 14-18 a Facilitators Training Retreat is offered. For more information, or to register, call CREDO at 270-6958.

CREDO

THE VETERANS' CORNER

'Troops to Teachers' Program gets support from First lady

By Jennifer Carroll,
Executive Director
Florida Department of Veterans' Affairs

First lady Laura Bush recently spoke in honor of National Teacher Day while espousing the benefits of the "Troops-to-Teachers" program during a "Troops to Teachers" Rally in Fort Jackson, S.C.

With budget-cutting and military personnel level reductions in the early 90s, Congress established the "Troops to Teachers" program to assist affected military personnel and civilian employees of the Departments of Defense and Energy in finding new careers in public education. "Troops to Teachers" provides referral assistance and placement services to service members and civilian employees of the Department of Defense who are interested in working as teacher or teacher's aides.

Since its inception, "Troops to Teachers" has placed 4,000 veterans in teaching slots across the country. Growing demands for teachers in the subjects of math and science have been particularly well filled by "Troops to Teachers" participants. It's a "win-win" situation for veterans and schools — teacher shortages are relieved and classrooms are staffed with mature, motivated, experienced and dedicated educators already trained in providing positive role models.

"In the next 10 years, schools across the nation will have to hire thousands of new teachers to keep up with the growing student population," Bush said, "and that's where former military per-

sonnel could help."

While the challenges of teaching are different from those of serving in the military, Bush said the rewards of teaching are great. "As a former teacher, I'm proud to add my voice."

The president has proposed that funding for Troops-to-Teachers be increased from \$3 million to \$30 million in fiscal year 2002.

The No Child Left Behind Act of 2001 authorized the Troops to Teachers Program for another five years. This legislation contains provisions to provide stipends to retirees and other qualified participants to help pay for teacher certification programs, maintain the program's network of state offices, and continue the placement assistance and referral services. Although the program has been authorized, appropriations of funds have not at this time been approved.

Currently, referral and placement assistance through Troops to Teachers is open to all military and Coast Guard personnel, veterans, and reserve personnel, separated since October 1, 1990. A bachelor's degree from an accredited college is required for those interested in teaching academic subjects. Those interested in teaching vocational subjects such as electronics, computers and construction trades do not need a college degree to apply, but they must be able to prove their skill level.

For more information on the Troops to Teachers program, visit the following website: <http://voled.doded.mil/dantes/ttt/>, or call 800-4526616.



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NAS Jacksonville is home and workplace for nearly 25,000 Sailors, Marines and civilians.

JAX AIR NEWS

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Terrorists: Pentagon attacked NAS Jax chief recalls USS Cole terrorist attack

Continued from page 1

Pentagon hit by hijacked aircraft

Washington, D.C., Sept. 11, 2001 - At approximately 9:45 a.m. (EDT), the Pentagon in Arlington, Va., just across the Potomac River from the nation's capital, was struck by an airliner that had been apparently hijacked.

Part of the building hit collapsed; firefighters continue to battle the flames. The building was evacuated, as were other federal buildings in the Capitol, including the White House. The number of casualties is unknown. The Pentagon's workday population is about 24,000.

Persons with concerns for Navy family members that may have been involved in this morning's incidents may call toll free 1-877-663-6772 for updated information as it becomes available. Those injured in the Pentagon have been taken to various area hospitals.

The Navy has activated the hospital ship USNS Comfort (T-AH 20) this morning, and the Commander in Chief, U.S. Atlantic Fleet, has dispatched the USS John F. Kennedy (CV 67) and USS George Washington (CVN 73) to New York City where the World Trade Center was also attacked and very heavily damaged.

U.S. Atlantic Fleet sorties selected ships

NORFOLK, Va. (NNS) -- In response to today's terrorist attacks, Atlantic Fleet ships have been maneuvered at sea to contribute to the air defense of Washington, D.C., and New York City. Other ships have been directed to get underway with embarked Marines and medical assets to provide humanitarian and medical support.

Sortied ships will include aircraft carriers, amphibious ships, guided missile cruisers and guided missile destroyers. These ships have the capability of re-

sponding to any perceived threat in the air or sea, and the amphibious ships have embarked Marines and Sailors to provide security forces, surgical teams and limited hospital bed capacity.

Defense official provides briefing

WASHINGTON (NNS) -- Survivors of today's apparent terrorist attack against the Pentagon are urged to contact relatives to assure them of their safety, a Pentagon spokesman said today.

"We are asking ... people to phone their families and loved ones immediately to let them know that they are OK," DoD spokesman Navy Rear Adm. Craig Quigley told reporters outside the Pentagon at midafternoon. It was the first official DoD news briefing after the incident. Quigley said he had no information on the allegedly hijacked commercial aircraft that crashed into an outside wall of the Pentagon around 9:30 a.m. Eastern time today. However, he remarked, "This was no accident."

Defense Secretary Donald H. Rumsfeld was in the Pentagon at the time of the crash, and he walked outside the building to investigate and offer help, Quigley said. The admiral noted that the injured had been taken "to a variety of area hospitals" and added that Pentagon officials are working to provide a list of injured.

"We will work our way through to identifying them and getting their names out to their loved ones," Quigley said.

The Pentagon incident followed two other alleged aerial hijackings that resulted in crashes that ultimately collapsed the 110-story twin towers of the World Trade Center in New York City. All U.S. airports have been closed.

Quigley said defense officials began to assemble a crisis action team after the second aircraft struck the World Trade Center.

"Shortly after that, the aircraft hit (the Pentagon)," he concluded.

Story and Photo by Jeff Hilton
Staff Writer

EMC(SW) Fred Strozier had finished lunch in the Chiefs' Mess. Pushing away from the table, he sat on a nearby coach, facing outboard, to port and watched TV. The executive officer had just announced Strozier's ship would soon get underway.

Strozier's last memory before 11:18 a.m. Thursday, Oct. 12, 2000 was seeing Tom Cruise in Mission Impossible 2.

His next memory was physical pain, "excruciating pain," caused by the barbarism of terrorists.

Last October, Strozier was a Sailor aboard USS Cole (DDG-67) when the Arleigh Burke class guided missile destroyer was severely damaged while fueling in Aden, Yemen. The bomb, delivered by two terrorists in a small boat posing as fueling contractors, detonated on the port side, not far from Strozier. The premeditated treachery killed 17 Sailors, injured 39 and left the ship crippled by a 40-foot hole at the waterline.

When Strozier awoke, two shipmates were lifting him from the demolished Chiefs' Mess. While he and dozens of Cole Sailors were receiving life-saving aid, the bulk of the crew was fighting for their ship.

"At first we thought it was fuel-related," he said of the explosion.

Strozier is now the 3-M coordinator for Naval Air Station Jacksonville while he recovers from his wounds.

The 18-year Sailor from Gainesville, Fla. had joined the ship in late June 2000 and was making his first deployment as the leading chief of Cole's Electrical Division. Before joining Cole, Fred and his wife, Tiffany, made the decision for Tiffany and their daughter, Savannah, to stay in Jacksonville until the end of the deployment. Tiffany and Savannah were pier



EMC(SW) Fred Strozier

side when the Cole left Norfolk, Va. Aug. 8.

Cole was en route to the Persian Gulf with the USS George Washington (CVN-73) battle group and was expected in the gulf within the next week.

"We had been hightailing it through the Canal (Suez). We were low on fuel," said Strozier as the reason for stopping in Aden.

During the Special Sea and Anchor Detail that would bring the ship into Aden, Strozier spent most of the morning on watch in Cole's Central Control Station monitoring the Electrical Plant Console. Like most Engineering Department Sailors, he had only seen the sun that day during morning quarters. He wouldn't be able to do much of anything the next time he saw the sun.

The explosion left Strozier unconscious until his rescuers were lifting him to a topside triage station. "There I was, blown to bits. It was the most excruciating pain I had ever felt. I was having trouble breathing... I felt like I

See Chief recalls, page 8

NAS Jax POW/MIA Recognition Service scheduled

By Rick Crews

NAS Jacksonville Public Affairs

A POW/MIA Recognition Service will be held aboard NAS Jacksonville on Sept. 18, at 10 a.m.

This year's service is at the BOQ Pavilion on Mustin Road, just north of the BOQ. The program will honor all Americans who are former POWs, those still unaccounted for and their families.

Included will be a helicopter flyover with missing man formation, a 21-gun salute, Navy Band Southeast, a Navy and Marine Corps Color Guard, and recognition of Floridians still listed as MIA.

Scheduled as keynote speaker is retired Navy Capt. Peter Schoeffel, whose A-4 "Skyhawk" was shot down over North Vietnam in October 1967. He was a prisoner of war in Hanoi until his release in March 1973.

Giving the POW Pledge of Allegiance will be Carl Creamer, a former Japanese POW. While a 3rd Class Ordnanceman during World War II, his PBV was shot down in the Bearing Sea. One of three survivors from the crew of nine, he was picked up by a Japanese Cruiser. He went on to retire from the U.S. Navy as a Chief.

The Master of Ceremonies will be Capt. Mark Boensel, commanding officer of NAS Jacksonville.

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. Click on the "POW-MIA Day" link to the left on the homepage.



Retired Navy Capt. Horst Petrich re-enlists his daughter LN2 Ramona Koonce.

Koonce continues naval service

By JO2(SW) Shae Blasko
Staff Writer

LN2 Ramona Koonce of Navy Legal Service Office Southeast was reenlisted on Friday for the second time by her father retired Navy Captain Horst Petrich in Fleet Tactical Support Squadron (VR) 58's spaces aboard NAS Jacksonville.

Petrich was once the Commodore of Commander Reserve Tactical Support Wing (ComResTacSupWing). ComResTacSupWing is VR-58's parent command.

Koonce' father initially enlisted his daughter into the Navy in 1992 at her Military Entrance and Processing Station (MEPS) in Washington, D.C. He again administered the oath to her at Camp Pendleton, Calif. when she re-enlisted in 1996.

Koonce said she will share this honor with her father every time her reenlistment comes up.

"Having your father, a Navy Captain, reenlist you once is very special, but to do it twice is even more special," she said.

Petrich joined the Navy in 1954 to serve in the Korean War as a pilot. He retired in 1984 after serving 30 years.

"I love my daughter very much and to take part in the honor of reenlisting her in the Navy is very special to me," said Petrich.

Koonce decided to stay Navy due to several factors.

"The professionalism I've found in the Navy and the Legalman community was the main factor that led me to stay Navy," said Koonce. "Also the Navy gives me many opportunities to excel and receive training," she said.

Koonce was an Electronics Technician for her first few years in the Navy. She then decided that becoming a Legalman was a better career path for her and she cross-rated. Such career flexibility she said was a plus for her when she decided to stay Navy.

Central Michigan University recognizes newest graduates

By JO2 (SCW) Eric T. Clay
Staff Writer

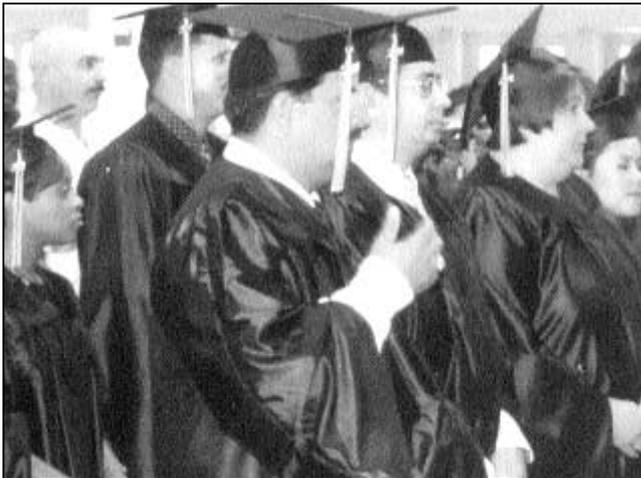
Twenty graduates received their Master of Science in Administration degree from Central Michigan University (CMU) in ceremonies at the NAS Jax Chapel last Friday.

Graduates included Fred V. Berley, Jose A. Cardenas, Edward J. D'Angelo, Hector Davila, James R. King, Frank Ross, Karen E. Belkot, Trang C. Gray, Laura M. Ledyard, Margret Raspberry-Balckman, Evander Collier IV, Conni Vandabeele, Stacey N. Brown, Edward L. Burr, Grant Merrill Jr., Terri L. Norero, Adrian M. Seward and Susan Hartly.

Key speakers at the ceremony were NAS Jacksonville Commanding Officer Capt. Mark Boensel, Commander Naval Region Southeast Rear Adm. Jan Gaudio and Dave Faraldo, director of the Navy Marine Corp Relief Society.

Boensel welcomed the graduates saying, "As I look out at the smiles on your faces, I would like to tell you that they are well deserved. I am glad that we at NAS Jax have the opportunity to take advantage of higher education."

Gaudio said, "I would like to extend my congratulations to the graduates and let you know how proud I am of each of you. It takes a lot of hard work to balance a career and to achieve a master's degree."



Twenty Central Michigan University graduates are honored in ceremonies aboard NAS Jax.

Navy Jax luncheon to salute Ombudsmen

The Annual Ombudsman Appreciation Luncheon is Sept. 25, 11:30 a.m., at the Combined Bachelor Housing Conference Facility (Building 11). Attire for the event will be summer white for military and appropriate business attire for civilians. Cost will be \$8.50 per person. The guest speaker for the luncheon

will be Cmdr. Andrew T. Macycko, commanding officer, Helicopter Antisubmarine Squadron (HS) 7. CO, XO and CMC, spouses and other key command personnel who work with your ombudsman are also invited and encouraged to attend. Contact Dianne Parker at 542-2766, ext. 130.

Clay Chamber to honor military members, spouses

From the Clay County Chamber of Commerce

The Clay County Chamber of Commerce is prepared to honor their selections for Military Person, Spouse and Reservist of the Year at the 24th Annual Military Appreciation Luncheon Sept. 26.

The event, which takes place at noon,

at the Riverdance Music Hall, 797 Blanding Blvd., honors an active duty military person, a spouse of an active duty person and a reservist who is active in the Clay community with a well-deserved pat on the back.

For information on the luncheon contact the Clay Chamber at 1734 Kingsley Ave., 264-2651. Tickets for the luncheon are available for \$25.

Calling leads VS-30 Sailor to Peru

By JO2 Mike Jones
Assistant Editor

Few can claim to have spent this summer the way Sea Control Squadron (VS) 30's AM1 Craig Maijala and his family have. While some families on the First Coast prepared to visit relatives or maybe take the kids to Disney World, Maijala and his wife and son spent several weeks building shelters, providing food and medicine and serving as missionaries in Peru.

As an active member of Calvary Chapel Church in Orange Park, Maijala said he felt moved to be a part of the church's second trip to South America. "There was a calling on 12 of us from my local church party to go," he said. "This was the second time my church was planning to go, and my family wanted to be a part of this."

Efforts to take part in this unique experience initially proved challenging,

Maijala said. An inspection was supposed to take place at his workspace, but was rescheduled, allowing Maijala to make the trip.

The group departed Jacksonville July 30 bound for the towns of Canete and Pucallpa, Peru. "We landed in Lima," Maijala said. "We stayed there for a few hours to pick up some supplies, and then we headed out on bus for the village of Canete."

The climate was comparable to that of Jacksonville, with one major exception, Maijala said. "Here, we're used to the luxury of working with air conditioning. They don't have any there. You definitely have to be in good physical shape to endure a mission such as this."

Once the group reached the town of Canete, they began providing assistance. With the aid of several interpreters, the group began providing provisions to the locals. "We brought clothing and medical supplies for the

needy, and we also helped to build some structures," Maijala said. In addition, the group led several ministry services to village residents. "The people were very warm and friendly. I was surprised at how receptive they were toward our message," Maijala said.

After spending four days in the town, the group returned to Lima for a day before flying to the remote town of Pucallpa. With roughly 250,000 people in Pucallpa, Maijala and the mission group held several services for the townspeople. The children of Pucallpa also enjoyed a clown show put on by the group. "Over 300 people came out

to enjoy the meetings," Maijala said.

For Maijala, the trip not only offered a chance to help people in need, but it gave him a new perspective on his own life, he said. "This trip has changed my outlook on life as well as my wife's outlook and our son's. We've found that happiness is not found in material things."

He hopes to return to Peru with his church group one day. His son, he said, is already planning for a return visit next year. "He realized how good he has it here in the states. He's starting to save up his money, and we're hoping to go back next June."



Photos courtesy of Craig Maijala

Hundreds of village residents listen to Calvary Chapel Church members during a recent visit to Peru.



Village children enjoy a bath from one of the wells constructed by a missionary group.



Calvary Chapel Church group members help to build several structures during a mission trip to Peru.



Maijala and other members of Orange Park's Calvary Chapel Church mission group entertain youth with a clown show in Pucallpa, Peru.



Viking Tactics Instructor Course graduates Lt. Cmdr. Ryman Shoaf, Lt. David Lievanos, Lt. Kelly Holmes, Lt. Brent Blackmer, Lt. Cmdr. Derek Teachout, Lt. Laurence Reay, Lt. Charles Stickney, Lt. William Buckley and Lt. Robert Holmes with a VS-22, S-3B.

Viking Tactics Instructor grads take new combat skills to Fleet squadrons

By Lt. Travis Rauch

The Sea Control Weapons School graduated its second class of Viking Tactics Instructors (VTIs) on Aug. 16 at the NAS Fallon Officer's Club. The class completed the demanding Sea Control Air Combat Training Continuum (ACTC) Level 5 training track, conducted in Jacksonville, San Diego, and Fallon.

Speaking at the graduation, Rear Adm. Richard J. Naughton congratulated the class on their achievement and expressed pride in the Viking ACTC program's standards of excellence. Wing Commanders Capt. J. P. Kelly and Capt. S. E. Luce were also in attendance. The eight graduating aviators were: Lt. Cmdr. Derek Teachout of VS-35, Lt. Kelly Holmes of VS-30, Lt. Charles Stickney of VS-31, Lt. Robert Holmes and Lt. William Buckley of VS-22, Lt. Laurence Reay of VS-21, Lt. David Lievanos of the Sea Control Weapons Tactics Unit (SCWTU), and Lt. Brent Blackmer of the Sea Control Weapons School (SCWS).

The VTI course of instruction includes lectures, simulators, and flights split up into three phases. The result is a fast-paced, advanced course of tactical training in surface, anti-submarine, and electronic warfare, and strike support integration. Also included in the course are lessons on the development and evaluation of new tactics and the administration of all phases of a squadron's ACTC program.

Lecturers from SCWS, SCWTU, Naval Strike Air Warfare Center (NSAWC), the Helicopter Anti-Submarine Weapons Training Unit (HSWTU), and COMCARGRU FOUR (CCG4) discussed topics ranging from tactical development to battle group integration. To keep pace with leading-edge technology, VTI graduates also receive training in the Navy Portable Flight Planning Software (N-PFPS) including a look at the up-and-coming Power-

Scene (a PC-based 3D mission rehearsal system similar to TopScene), and the Electronic Warfare post-flight analysis and mapping tool ECP 2000.

At the SCWS facility in Jacksonville, the VTIs spent time not only in the simulator cabs learning tactics but also at the simulator control stations learning evaluation skills and techniques including the use of the Computer Aided Debrief System (CADS). Between flights and simulators, the graduates also had the opportunity to refresh their 9mm pistol qualifications at NAS Jacksonville's small arms range.

Training flights from NAS Jacksonville allowed the class the opportunity to drop practice and live ordnance (including Rockeye, Mk 80 series bombs, exercise torpedoes, and Maverick missiles) as well as brush up on section and division flying procedures. This high-value training would not have been possible without the aircraft and maintenance support supplied by the "Checkmates" of VS-22, the "Diamondcutters" of VS-30, and the "Topcats" of VS-31. Ordnance flights utilized the scored range at Pinecastle for the bomb drops, W158 for the missile launches, and the Atlantic Undersea Test and Evaluation Center (AUTEC) range for the torpedo drops.

The VTIs also had the opportunity to fly break-lock procedures against a Stinger surface-to-air missile crew aboard a support ship on the AUTEC range. Operations at AUTEC came with the added benefit of the Tsunami system, a self-contained graphical debris program that can simultaneously display aircraft, sonobuoy, torpedo, and target information as well as all radio traffic. Copies of the program are maintained on file at the Weapons School.

By combining intensive schooling in tactics, evaluation techniques, and training administration, the VTI program develops a core group of individuals within the fleet to foster and expand the warfighting capabilities of their squadrons.

Chief recalls: Attack on Cole

Continued from page 3

couldn't catch my breath," he said. Strozier suffered a broken right shoulder blade. The blast that dislocated his right knee tore away two ligaments. It would be two days later, in Landstuhl, Germany, before his troubled breathing would be assessed as three broken ribs that punctured his left lung.

Once topside, Strozier watched many valorous acts to save both shipmates and their ship.

Over the next hour before a boat moved him ashore for treatment, he watched HMC(SW) Cliff Moser, Cole's Independent Duty Corpsman and Command Master Chief HMC(M/SW/AW/FMF) James Parlier bring their professional skills to bear against a test far more demanding than any training exercise.

The crew overcame several huge setbacks to save their ship, named for Darrell S. Cole, a Marine Corps sergeant who died on Iwo Jima after single-handedly destroying two machine gun emplacements.

Most of the uninjured crew spent the next three days containing flooding, leaks and electrical shorts. Once other U.S. ships arrived in Aden battle-tested Cole Sailors could enjoy a hot meal and shower, creature comforts unavailable on the ship they were slowly resurrecting from catastrophe.

"We were minus a lot of senior leadership immediately, so everybody had to pull together and make things happen," Strozier said of what he witnessed before leaving the ship.

The next morning Strozier recalls visiting a shipmate's room in the Aden hospital. "Friday morning it was on CNN. ... That's when we learned about the attack ... To us it was inconceivable," he said of the terrorist act.

Strozier and his injured shipmates left Yemen for treatment at Landstuhl, Germany before a flight brought them to Naval Station Norfolk, Va. Oct. 15.

In Norfolk, he was reunited with Tiffany and Savannah who rode with him in the ambulance to Portsmouth Naval Hospital where he and many others would continue treatment.

One of the first calls he took at Portsmouth was from Cmdr. Gregory French and ACCM(AW/SW) James Green, both with NAS Jacksonville Operations Department. Besides being glad to hear Strozier's voice and to know their

shipmate was on the mend, they had a message. "You have a place here," Strozier recalls them saying. Many Cole Sailors like Strozier would require follow-on medical care. French and Green learned it was possible for Strozier to rehab at Naval Hospital Jacksonville. His former department head and master chief extended the invitation to work in a familiar setting close to his family. "It made it easier," Strozier said of their interest in assisting a shipmate.

After a week in Portsmouth, the Stroziers drove home to Jacksonville where Fred would check into Naval Hospital.

Green said after Strozier's hospital therapy allowed him to get around, "We asked them (Naval Hospital Jacksonville) to let him come here. It worked out real well. Our 3-M coordinator was retiring ... he (Strozier) had been here before he left (for Cole). It just didn't make a whole lot of sense to keep him at the hospital."

He has endured two surgeries to repair his knee. Strozier will be evaluated for full duty in January. The chief is hoping for sea duty in Hawaii, this time with his family, once doctors clear him.

Strozier attended an awards ceremony for Cole Sailors at Naval Station Norfolk, Va. Sept. 5. The crew's formidable efforts during three days in Aden earned all hands the Navy Unit Commendation and the Combat Action Ribbon. Strozier was one of dozens presented with the Purple Heart for injuries sustained in the blast. Many more Sailors received personal awards for individual heroic acts. "There were quite a few teary eyes (at the ceremony)," he said, "tears of joy and sorrow."

It's not uncommon for those in uniform to acquire a sense of invulnerability, an "it can't happen to me" bravado. Strozier felt that way prior to Oct. 12, 2000. He knew wearing Navy Blue for his country entailed some risk, "They were risks taken for granted." Risks he could put in perspective, and manage - performing his job safely, training his Sailors to do the same; trusting shipmates to do their best in every endeavor were among things he took in stride. While he regrets being unable to help his shipmates last October, he knows he watched devoted Sailors rise to the occasion in the best tradition of those in khakis and dungarees. "We do go in harm's way ... it makes me feel so proud of what we do."

Strozier and his injured shipmates left Yemen for treatment at Landstuhl, Germany before a flight brought them to Naval Station Norfolk, Va. Oct. 15.

Memorial to honor lost Sailors

The USS Cole Memorial at Naval Station, Norfolk, Va. will be dedicated in a private ceremony Friday, 12 Oct. 2001.

The memorial will honor 17 Sailors who lost their lives in the October 2000 terrorist attack.

Donations to the Navy-Marine

Corps Relief Society (NMCRS) from thousands of individuals and businesses made the memorial possible.

The design was a vision of USS COLE Sailors who teamed with Navy architects and the NMCRS to bring it to life. The completed memorial will be a gift from NMCRS to the Navy.



Photo by Tiffany Strozier

Chief Strozier with daughter Savannah before Cole left Norfolk.

Attack prompts Navy wife to view life differently



Story and Photo by Jeff Hilton
Staff Writer

Tiffany Strozier had an unplanned reunion with her husband, Navy chief Fred Strozier Sunday, Oct. 15, 2000. She wanted to hug him, "But I didn't know where I could touch."

This reunion was far from typical. A traditional end of deployment, pier side rush into his arms and know he was safely back confirmation was impossible. Fred was on a stretcher, scarred and bandaged; a survivor of a terrorist bomb detonating against his ship - USS Cole (DDG-67) Oct. 12, 2000 in Aden, Yemen.

After a flight from Germany brought Fred and other Cole Sailors to Naval Station Norfolk, Va., an ambulance took them to Naval Hospital Portsmouth, Va. Fred, Tiffany and nine-month old daughter Savannah held their reunion in the ambulance.

Tiffany was working at DTR Software in Jacksonville, Fla. Oct. 12 when a co-worker told her there had been an explosion on the Cole.

"Denial, it's not that big. We'll get through this," were among her first thoughts. Preliminary news reports were sketchy and offered little detail on the blast, let alone the condition of the crew.

Then stronger emotions swept over her, "It just set in ... panic and frustration," said Tiffany. "It was taking too long (for more news) but nobody knew anything.

Co-workers prayed with her, "You pray a lot when nothing can be done,"

she said of those initial hours when news reports told the world Cole had many casualties and was severely damaged with a 40-foot hole on her port side.

Little could have prepared her for the Cole attack, "You're hit in the face with reality, you never know ... I didn't know I had to cherish every last second."

The couple had been married about two years. Fred had joined the ship in late June and Cole deployed Aug. 8. Tiffany and daughter, Savannah, were living in Jacksonville during this deployment. They had decided far before Fred transferred from NAS Jacksonville Operations that Tiffany and Savannah would live near family in Jacksonville. Staying in Northeast Florida offered mother and daughter support that is often hard to find when Navy families watch Sailors deploy shortly after relocating.

Tiffany and Savannah were pier side the day Cole got underway from Norfolk, but not for long. "I didn't stay to see the ship leave," Tiffany said, "I knew I would get too emotional." She looks back now and wishes she had watched the her husband's ship as it left Hampton Roads to join the USS George Washington battle group.

Her only tangible memory that day would be a photo of Fred holding Savannah at the foot of Cole's brow.

Their ambulance reunion was the start of their healing process.

After listening to the attacks on New York City and the Pentagon Sept. 11 she said, "I know how those people feel."

Terrorism has changed America greatly in the past 11 months. A Navy family named Strozier experienced it first hand. "You really have to appreciate life and those you love. Little things don't matter now," Tiffany said, "We got a second chance. Not many people get that."

COMMUNITY NEWS

The National Black Nurses Association will hold their local meeting Sept. 10 at 6 p.m. at St. Vincent's Hospital, 1800 Bars Street, Room 156 A&B. Contact Dorothy Banks, 542-7748/7432 or Juanita Harper at 886-7363.

Host a foreign student through the non-profit CETUSA high school exchange student program. The program is seeking host families for a high school age boy and girl from Germany for the upcoming school year. Each student is screened. Families provide room, board, love and guidance. Couples without children are also eligible. For information call 1-888-725-7747.

The Texas A&M Hometown Club invites all "Aggies" to join them in watching Aggie football and cheering on the team this season. Call Lt.j.g. Puig for more information at 542-2052.

U.S. SubVets Kings Bay Base/ WWII Trident Chapter meets the first two months of each quarter, on the third Wednesday evening at 6 p.m., at the St. Marys Submarine Museum, 102 St. Marys Street West, St. Marys, Ga. At-

tendance at meetings is open to anyone who served on and "qualified in submarines." The third month of each quarter, on the third Saturday, the chapter holds a social/dinner meeting at a place to be determined. Call (912) 882-ASUB, e-mail: subvets_kingsbay@bigfoot.com, or check out our website at: <http://kbtridentsubvets.hypermart.net/>.

Start an AMVETS Chapter. Veterans of Clay, Duval, Bradford, Nassau and St. Johns Counties are invited and encouraged to start an AMVETS Post in your community. Unite with fellow veterans socially and to service other veterans. It takes only 10 members to get started. All veterans including active duty members may join. AMVETS District XV Commander, Bill White will assist you in every way until you are on your own. Call 352-473-2369 for information.

The Navy Wives Club of America, NWCA Jax #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 772-0242 or President Barbara Howard at 471-1444.

The 16th Annual Fall Arts & Crafts Festival is Sept. 15 from 9 a.m.- 5 p.m., at the Morocco Shrine Center located at 3800 St. Johns Bluff Road South (near Beach Blvd.). Admission is 42 for adults; children under 12 are free. Proceeds benefit Morocco Shrine Auditorium. For further information and a 50 cent discount coupon call 642-5200.

The Retired Officer's Association of Northeast Florida will meet at "The Zone" aboard NAS Jacksonville (NW corner of Saratoga Ave. and Jason Ave.) on Sept. 19, 6 p.m. Dinner begins at 7 p.m. Active and retired officers of the uniformed services, spouses and their guests are invited. Guest speaker is TRICARE's Marsha Childs. Advanced reservations required 48 hours prior to the meeting. Call 269-2942.

The Fleet Reserve Association Branch 126 will meet Sept. 20 at 8 p.m. at the Branch Home, 7673 Blanding Blvd. All active duty and/or retired enlisted personnel of the Navy, Marine Corps, and Coast Guard and enlisted Reserve personnel are invited to join and attend.

Branch 126 will host a dinner and dance on Sept. 15 to celebrate the Branch's birthday. The dinner and cake cutting starts at 5 p.m., dance at 7 p.m. The Al Alan Band will perform until 9 p.m. Advance tickets are \$7, \$8 at the door. Call Vera at 291-1575.

The Ladies Auxiliary of Branch 126 will meet Sept. 13 at 10 a.m. Guest speaker will be Mr. Len Loving, Director of Northeast Florida Region for the Department of Banking and Finance, addressing the subject of "Identity Theft."

Call 771-2936 for information.

The Jacksonville Home & Patio Home Show is Sept. 27-30 at the Prime Osborn Convention Center. More than 350 exhibitors along with prestigious national and local experts will share advice and products designed to spark the imaginations of home enthusiasts across the First Coast.

Featured this year are Christopher Lowell from Discovery Channel and author of *The Seven Layers of Design*, appearing Saturday only at 4 p.m. Joe Ruggiero, host of Home and Garden Television's *The World of Design* will host instructional seminars for guests, Friday, Saturday and Sunday.

Tickets available at the door are \$7 adults, children 6-12, \$4.50. Thursday is Seniors Day, seniors get in for \$4.50 all day. For information call

VOLUNTEER OPS

International Coastal Clean Up - Saturday

Help clean up the trash along our community's shores and riverbanks during this day of international effort. Yes, while you are assisting clean-up efforts here on the First Coast - there will be thousands of others doing the same across the world. Help make Jacksonville a better place to live. Minimum age requirement is 18 years, if accompanied by an adult. Groups welcome! Contact the City of Jacksonville, Sue Bisesi or Robyn Cenizal at 630-1020 or via email at volunteer@coj.net.

American Heart Association Walk-a-thon - Saturday

Help out with the number one walk-a-thon in Northeast Florida! The American Heart Association is looking for volunteers to coordinate the set up and operation of their annual walk-a-thon on this Saturday beginning at 8 a.m. in Friendship Park (located next to the Museum of Science and History on the south bank of the St. John's River). Volunteers will assist with event set up, blowing up balloons, hanging banners, raising food tents, serving food and beverages and clean up. Two shifts are

available - from 6-10 a.m. and 9 a.m. - 1 p.m. Call 739-0197.

Leukemia & Lymphoma Society of Northern Florida

'Light the Night Walk' - Sept. 20
The 'Light the Night' walk-a-thon will take place on Sept. 20 starting at the Jacksonville Landing. Volunteers are needed for various shifts from 1 - 9 p.m. to help out with set-up, registration, traffic control, refreshments, handing out walker information and clean-up. Contact Catherine Coin or Dearing McRae at 538-0721 or (800) 868-0072.

Ronald McDonald House: 'Carry the Key' 5K Run - Sept. 29

Support this event by volunteering in many capacities. Event day duties include: race registration; passing out refreshment; and staffing of after-run festival activities such as face painting; set up/clean up; managing merchandise table, etc. Prior to the event volunteers are also needed to assemble goodie bags for the 500 race participants. Minimum age requirement without an adult is 14 years. Call Lisa McCarthy at 798-2950.

Clay's Puzzles

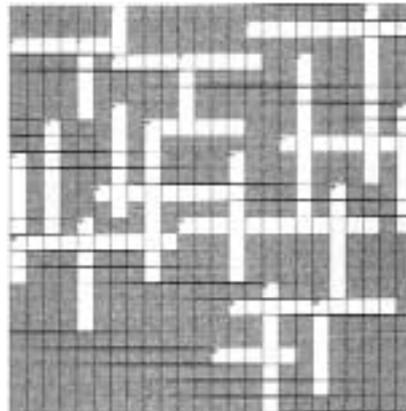


Carriers of the past

By JONSCW/Eric Clay
 email: ericclay@hotmail.com

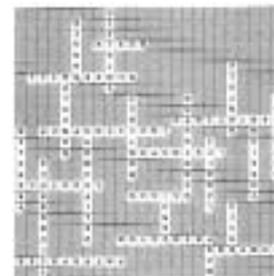
Across

3. Never completed nor commissioned. Sold to Bosto Metal Co, Baltimore, Md. in Nov 1949.
6. Sunk as a result of enemy action about 75 miles south of Tjilatjap.
7. Transferred to Spain Aug. 30, 1967.
10. Sunk due to enemy action at the Battle of Midway.
11. Used as a test target and sunk at Bikini Atoll.
13. Stricken from the Navy list and sold for scrap in May 1971.
15. Sunk as a result of enemy action at the battle of the Coral Sea.
16. Stricken from the Navy list Oct. 10, 1964.
20. Stricken from the Navy list and sold for scrap May 1961.
21. Stricken from the Navy list Dec. 1, 1969.
22. Sunk as a target June 29, 1951.
24. Stricken from the Navy list Nov. 1, 1966.
25. Stricken from the Navy list and sold for scrap in 1959.
12. Stricken from the Navy list Nov. 16, 1973.
14. Sold, July 1, 1958.
17. Stricken from the Navy list June 1, 1973.
18. Established as a floating museum in New York City, 1982.
19. Sold by Defense Reutilization and Marketing Service for scrapping.
23. Stricken July 1, 1973, Disposed of and sold by Defense Reutilization and Marketing Service.



Down

1. Transferred to France 1953-1960.
2. Sold for scrap Jan. 31, 1947 to Sun Shipbuilding and Drydock Company.
4. Sunk due to enemy action in the Sibuyan.
5. Sunk due to enemy action southeast of San Cristobal Island.
8. Stricken from the Navy list 1989.
9. Sold for scrap on Dec. 15, 1971 to National Metal and Steel Co., Ter-



VS-30 knocks the rust off aboard USS George Washington

By Lt.j.g. Geoffrey Stow
VS-30 PAO

Sea Control Squadron (VS) 30 recently participated in the USS George Washington (CVN-73) Deck Certification and Carrier Qualification.

Carrier Air Wing (CVW) 17 squadrons participating included: Fighter Squadron (VF) 103, Strike Fighter Squadrons (VFA) 81, 34 and 83, Carrier Airborne Early Warning squadron (VAW) 125, Air Transport Squadron (VRC) 40 and Helicopter Antisubmarine Squadron (HS) 15.

The GW steamed from its homeport of Norfolk, Va. to a working area just east of Norfolk. The first few days of the operation were spent getting the carrier deck crew up to speed and re-qualified. This was a very successful period despite Mother Nature's best attempts to interfere.

The "Diamondcutters" only had three aircraft and with an average day including two flights per crew, the maintenance department had their work cut out for them but performed in well. VS-30 maintainers provided the tools to achieve an excellent sortie completion rate.

During day and night periods, the main objective of the GW was to hone their carrier landings and shipboard procedures. The evolution provided the Carrier Air Traffic Control Center (CATCC) controllers a valuable oppor-

tunity to calibrate their equipment and practice their procedures, and for the "Diamondcutter" flight crews to knock the rust off and get back to top form.

During the two periods aboard USS George Washington, VS-30 personnel reached several milestones. Lt. Bryan

Ross logged his 200th trap aboard the George Washington and Lt. Travis Wilcox was able to log his 100th trap. This event was able to provide invaluable training going into the workup cycle for VS-30's newest NFO and Pilot "Nuggets."

All in all, VS-30's Detachment

aboard the GW was truly beneficial training for all parties involved. "Diamondcutter" Maintenance deserves outstanding praise for their efforts and efficiency and the GW crew deserves praise for their outstanding efforts and dedication to safety.



Photo by PH2 (AW) Kristoffer White

An S-3B "Viking" from VS-30 prepares to make an arrested landing on the flight deck of USS George Washington (CVN 73).

'Topcats' recognize top performers during squadron Safety Stand Down

By Lt.j.g. Dan Bleicher
VS-31 PAO

The "Topcats" of Sea Control Squadron (VS) 31 recently stressed the

importance of safety during a squadron-wide Safety Stand Down. An assortment of squadron officers and guest speakers addressed safety topics ranging from alcohol abuse to shipboard safety.

Throughout the day, "Topcats" discussed everything from aircraft systems to alcohol abuse. VS-31 will soon be returning to sea on USS John F. Kennedy (CV-67) and personnel are working long hours and flying late into the night to prepare. Safety Stand Downs are an opportunity to pause and remind everyone that safety is everyone's primary mission.

Before commencing the Safety Stand Down, "Topcats" Commanding Officer Cmdr. Randy Wood, recognized superior "Topcat" performance. Fourteen squadron members earned accolades ranging from Navy Commendation Medals to Enlisted Aviation Warfare Specialist (EAWS) pins.

Five Topcats earned Good Conduct Medals. These included: AE2 Patrick Oliver, AME3 Travis Holland, AT3 Donald Garner, AO3 Dennis Hernandez, and ISSN Josh Midthun.

Two Navy and Marine Corps Commendation Medals were awarded. AE1 (AW)

Miguel Sosa-Jordan earned a the medal for excelling under the demands of four overseas deployments with Tactical Electronic Warfare Squadron (VAQ) 209. AE1 (AW) Robert Dewberry accepted his medal for overseeing more than 40 maintenance programs and 800 quality assurance audits with the "Topcats." These Sailors' work ethics reflect a career of devotion and leadership.

Three "Topcats" earned Navy and Marine Corps Achievement Medals. These included: AK3 Jerry Wright for his highly visible role directing 30 "Topcats" in setting up and organizing VS-31's Change of Command ceremony, AD3 Terrance Roach, and AK3 (AW) Donnie Deleon for his contribution to VS-31 earning grades of outstanding during the recent Commander Air Forces, Atlantic Aviation Maintenance Management Team Inspection.

Recognized as Enlisted Air Warfare Specialists were AK2 Donnie Deleon, AK2 Laclondria Brown, AK3 Nena Hallum, AK2 Nelson Pastrana, and AME2 Glenn Efaw. Their dedication and hard work has paid off.

All these individuals exhibited dedication, professionalism, and adherence to the highest standards.



Wood pins EAWS wings on AK2 Donnie Deleon.



AE2 Patrick Oliver was awarded the Good Conduct Medal.

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542-3191



AN Douglas Weaver

'TOPCAT' IN THE SPOTLIGHT

By Lt. j.g. Dan Bleicher
VS-31 PAO

Congratulations go out to AN Douglas Weaver - this week's "Topcat in the Spotlight." Each week VS-31's senior enlisted personnel select a junior Sailor who is excelling at their job. Weaver works in the line division as a plane captain, preparing S-3B Viking aircraft for their missions. Being a standout is easy when you love your job; Weaver gets a "rush from leading a turning jet through final checks for a launch." When a leading petty officer (LPO) recently went on leave, Weaver took over his shift - a true measure of respect from the chain of command.

Excellence seems to be a habit for Weaver. In high school he earned his place on All-State baseball, basketball, and track teams. Following high school, Weaver enlisted in 1999 and soon found himself at "A" School in Pensacola, Fla. Even though this is one of the more challenging schools in the Navy, Weaver finished as an Honor Student, second in his class.

Traveling is not uncommon for Weaver. His father, a career Marine, moved often. Growing up, Weaver called Oregon, Washington, and California, among other states, home. Currently the Weavers live in Scotland, South Dakota. Weaver's mother manages an Ace Hardware and his brother is attending school for accounting. Weaver sees himself going to college in the years to come, hopefully playing sports in addition to his studies.

Unfortunately for VS-31, Weaver will be attending Builders' School in October. This three-month school prepares Sailors for duty as Seabees. Weaver worked in construction during high school and decided to expand his horizons in the Navy by becoming a Seabee. Weaver's work ethic and leadership has resulted in him being able to write his own ticket. VS-31 salutes you!

NAVY NEWS

NCIS targets Ecstasy

WASHINGTON (NNS) — It is called ecstasy, a dangerous drug that also goes by the nicknames "e," "x," "m," "adam," "kleenex," the "love drug," the "hug drug," "bean," "clarity," "essence" and "XTC." Whatever the name, ecstasy is probably the most alarming drug problem for the Navy and Marine Corps since the 1970s.

Once popular only in the fringe elements of American culture, civilian ecstasy use has been on the rise for years. For example, the National Institute of Drug Abuse (NIDA) reported that ecstasy use increased in 1999 among 10th and 12th graders. An annual study, "Monitoring the Future," conducted by the University of Michigan's Institute for Social Research, reported that ecstasy use among 12th-grade students more than doubled from 3.6 percent to 8.2 percent between 1998 and 2000.

While trends for other illicit drugs are stabilizing or declining, ecstasy use appears to be spreading. Reflecting this trend in American society, the Navy and Marine Corps have experienced a significant increase in the detected use of the drug among Sailors and Marines.

Since 1998, the Department of the Navy (DoN) has experienced an increase in ecstasy abuse of more than 1,000 percent. In 1998, 51 Sailors and Marines tested positive for the drug. While that translates to a relatively low number of detected users — it is estimated that more than 500 Sailors and Marines will test positive in 2001 — the trend is very alarming for a variety of reasons.

First, is the misperception that ecstasy is hard to detect. The Department of Defense (DoD) drug laboratories have been testing for ecstasy since mid-1997 and have worked closely with the commercial sector to develop more sensitive screening assays, which have been approved for use by the Food and Drug Administration. The Navy laboratories are also installing new high-speed analyzers that will further improve the ability to detect ecstasy use.

Second, drug use trends for other illegal narcotics have been declining in the Navy and Marine Corps.

Third, the widespread perception among the public is that ecstasy is not dangerous, and there are people who believe it is legal.

"The only thing spreading faster than the drug itself is misinformation about the drug," said Donnie Marshall of the Drug Enforcement Administration.

Naval Criminal Investigative Service (NCIS) counter-narcotics agents and analysts began noting a rise in these so-called club drug-related cases — particularly ecstasy — on the West Coast several years ago. The trend steadily spread eastward, moving out of the big cities and into the smaller cities and towns across the nation. In 1999, NCIS counter-narcotics agents

and analysts shifted into high gear, studying the club drugs and cultural factors leading to their increased use.

Armed with this general information, agents in the field studied the problem from a local standpoint, and then developed operations to counter the distribution networks springing up on and around naval bases and installations. "Supply reduction through law enforcement is only one part of a strategy to reduce illegal drug use," said NCIS Special Agent Ernie Simon. "Demand reduction through prevention and education is crucial." Another aspect of demand reduction is deterrence and detection through frequent unannounced random drug testing.

In response, DoN is increasing the number of drug screenings for 2001. With NCIS well ahead of most other law-enforcement agencies in addressing ecstasy abuse, analysts and agents had to educate a lot of people, starting with senior Navy and Marine Corps leaders. As awareness at senior levels increased, it became clear that there was also a need to counter the widespread misinformation about ecstasy.

In cooperation with commander in chief, U.S. Atlantic Fleet, Fleet Combat Camera Atlantic and NIDA, NCIS produced an awareness video that was mailed to the field earlier this year. Within a month of the video's distribution, outside organizations, from local law enforcement to the White House Office of National Drug Control Policy, requested copies of the video.

Ecstasy, technically known as 3-4 methylene-dioxymethamphetamine, or MDMA, has been around for nearly 90 years, since its creation in Germany. In liquid form, the drug is clear; in pill form it looks like an aspirin. The drug can also be in powder or gelatin form, but most of the time it is sold as a pill, said NCIS Special Agent Matt Butler.

According to the NIDA, physical side effects include muscle tension, involuntary teeth clenching, nausea, blurred vision, rapid eye-movement, fainting and chills or sweating. In the most severe cases, users have suffered from heat stroke, and then died from cardiac arrest. Users must drink large quantities of water to keep from dehydrating. Ecstasy is commonly used at raves, where the hallucinogen enhances the effects of loud techno music and flashing lights and makes the ecstasy abusers, or "ravers," feel closer together.

Users report that it causes mood changes and loosens their inhibitions. They become more outgoing, empathetic and affectionate. Ecstasy is also a stimulant, allowing the abusers to party longer, but at a price of depression and heightened anxiety that lasts for days to weeks afterward. Ecstasy use is now known to affect memory and other functions by destroying the nerve fibers linking various regions of the brain.

"Ravers keep the pills mixed in with Tic Tacs or Skittles, and the drug is traded openly at the parties," said Butler. "You don't have to know somebody who knows

somebody who will make a discreet sale." That certainly makes it easier for sellers to ply their wares, but the real attraction, as with any other drug, is profit, and the profits are big. A tablet costing as little as 50 cents to manufacture, can be sold to users in the United States for as much as \$40. "Plenty of people are going to be attracted by profit margins like that," said Butler. "That means that combating the dealers and networks will remain a high priority for NCIS for the foreseeable future."

For more information on ecstasy, go to the Navy's Alcohol and Drug Abuse Prevention Web site at <http://navdweb.spawar.navy.mil>, or try <http://www.nida.nih.gov/Infofax/ecstasy.html> or <http://www.usdoj.gov/dea/concern/mdma/mdmaindex.htm>.

Task Force EXCEL announces pilot projects

WASHINGTON (NNS) — The Task Force for Excellence through Commitment to Education and Learning (EXCEL) is launching several pilot programs to further improve fleet performance and Sailor growth and development.

The projects are broad in scope and include revising the leadership training course, integrating distance learning into schoolhouse programs, developing personal and portable Web sites, and expanding e-learning opportunities for both professional and personal needs.

"We also intend to take some dramatic steps to improve scheduling, instructor loading, cost and ITEMPO (individual personnel tempo) efficiencies in our fleet concentration areas," said Vice Adm. Al Harms Jr., chief of naval education and training.

Task Force EXCEL will use these pilot programs to test new educational concepts and procedures that will be replicated throughout the Navy. Working on two levels simultaneously, Task Force EXCEL's implementation teams will solve short-term training needs while establishing improved long-term training processes.

"Our goal is to make Navy training performance-based," said Dr. Jan Cannon-Bowers, director of Task Force EXCEL's Human Performance Cell. "This means that we are going to take the time to determine exactly what knowledge, skills and abilities are required to be successful on the job. This information will then be combined with what we know about human learning and performance to develop training that is optimized for the job and tailored to the needs of individual Sailors."

Ultimately, Task Force EXCEL will construct blended training opportunities that involve a combination of on-the-job training, classroom, e-learning and mentoring educational experiences. The idea is to create a training system that accommodates different ability levels and different learning styles.

"All of these improvements will help us provide better service to the fleet, achieve a learning culture in our Navy where Sailor time, Sailor development and Sailor

performance are central to our every action, and help make our Navy a widely recognized 'employer of choice,'" said Harms.

Task Force EXCEL is Chief of Naval Operations Adm. Vern Clark's top action item for the next 12 months. The goal of the initiative is to revolutionize and revitalize Navy training to provide Sailors the opportunity to succeed and prosper in their professional and personal lives. This revolution will challenge old assumptions, implement new processes, and create new tools that will make a real difference in the lives of Sailors and the Navy's war fighting capabilities.

For more information on Navy training, go to <http://www.cnet.navy.mil/>.

How to get that tax refund faster

WASHINGTON (NNS) — With the latest news about tax cuts and rebates, the issue of taxes is on everyone's mind. Sailors and Marines seeking information about the new tax laws should stop by the local area Electronic Filing/Volunteer Income Tax Center (ELF/VITA) when tax season 2002 rolls around.

The ELF/VITA program has just finished its seventh successful year as a quality-of-life program. Hundreds of active-duty personnel, Reservists, retirees and civilians volunteered their time at the ELF/VITA sites, saving Sailors and Marines more than \$11 million in fees they would have been charged by commercial tax preparers to perform the same services.

One of the best reasons for taking taxes to the ELF/VITA site is because the service is free. The ELF/VITA staff will fill out and electronically file most taxes for active-duty personnel, dependants and retirees at no cost. In addition, Sailors and Marines can receive their refunds in approximately nine days if they file electronically, instead of the 45-day wait.

This past year there were 142 ELF/VITA sites worldwide both ashore and at sea. Those sites prepared a total of 178,104 returns — 123,773 federal returns and 54,331 state returns. More than 109,000 federal returns were filed electronically.

Although this program is primarily geared toward the junior Sailor or Marine, active-duty members of all ranks are taking advantage of this program. Clients assisted by ELF/VITA program this year were 86 percent enlisted, 4 percent officers, and 10 percent retirees and active-duty family members.

Most ELF/VITA sites will be opening their doors for business around the second or third week of January and will remain open until April 15, 2002. The sites are located at the Naval Legal Service Offices (NLSO), base fleet and family service centers, and on board most aircraft carriers.

To locate an ELF/VITA site, contact the local NLSO or the command legal officer. For information on filing taxes electronically, go to http://www.irs.gov/ind_info/index.html.

Navy Times seeks 'Best Base' nominations

SPRINGFIELD, Va. — Navy Times proudly announces an awards program to recognize and honor the Navy base that provides the best environment and opportunities for Sailors and their families. In November 2001, a Navy base will be selected by the staff of Navy Times as the first-ever Navy Times "Best Base" presented by GEICO.

The "Best Base" will be selected from nominations by the readers of

Navy Times beginning in the Sept. 17, 2001 edition.

The Navy Times "Best Base" award will be unique and particularly meaningful because the winning base will have been selected from input by sailors themselves, the readership of Navy Times. This is a "grass-roots" award, a recognition of a superior base by those who live and work there. In addition to winning Navy Times "Best Base", individual base winners and

runners-up will be selected in categories such as "Best Family Life", "Best Singles Life", Best Facilities" and "Best Community Life."

Nomination forms and all voting instructions are available online at www.NavyTimes.com/bestbase.

Runners-up and individual category winners will be named in the Nov. 12, 2001 issue of Navy Times. The winning base will be recognized in Navy Times on Nov. 19, 2001.

Military Star Card offers reduced rate

The Navy Exchange Service Command (NEXCOM) is changing the way Navy personnel qualify for the Military Star card's reduced interest rate. The program provides those personnel assigned to contingency areas which qualify for hostile fire or imminent danger pay for at least 90 consecutive days with reduced interest rates on their Military Star card account.

"We want to recognize those Navy personnel who put their lives on the line while in service to their country," said Rear Adm. Steven Maas, commander of NEXCOM. "Simplifying the certification for the Military Star card's reduced interest rate will allow more Navy members to take advantage of the program."

To participate in the program, each command must provide a letter upon deployment to the Military Star card Contact Center, identifying those eligible Sailors that are being deployed within a contingency area for a minimum of 90 consecutive days. Areas considered for hostile fire or imminent danger pay are those areas listed in Department of Defense Financial Management Regulation, Volume 7A,

Chapter 10, such as the Persian Gulf.

The Military Star card reduced interest rate program waives the monthly payments for account holders for the duration of an assignment over 90 days to a contingency area and interest rate charges are reduced under two options. Eligible Military Star card holders will automatically receive a reduced interest rate of six percent and have no required payments on the card. The second option offers no payments on the card and the interest rate is reduced to zero percent. For those customers selecting the zero percent interest rate option their Military Star card can not be used for the duration of their deployment. These special rates do not apply to accounts that are in a collections status when the request is received.

To receive the lower interest rate, the command can fax the deploying letter to 214-312-4326, DSN 967-4326 or send it email to deployment@aafes.com. The command will need to notify the Military Star card Contact Center if the deployment is extended past 90 days. Requests submitted by individual service members cannot be processed.

BUILDING OFFICERS

Naval ROTC trains aboard NAS Jax, Camp Blanding

Story by MIDN 2C Michelle Blom
Jacksonville NROTC PAO

When asked what he expected from the Jacksonville Naval Reserve Officer Training Corps (NROTC) Orientation and Indoctrination week recently held aboard NAS Jacksonville, Will Beaton, a prior enlisted Sailor who got picked up for the officer program said, "I expect a lot of yelling, like boot camp."

Beaton, one of 97 Midshipmen participating in the training, definitely got what he expected and more. Marching in tight formation in the Northeast Florida

heat and crawling through sand and mud with rifles, this year's crop of newly selected Naval and Marine Corps officer trainees were physically and mentally challenged throughout the week-long annual event. Mornings during the training often began as early as 4 a.m. and days may last until 10-11 p.m.

Most training was held at Naval Air Station Jacksonville with trips to Camp Blanding for training on its Confidence and Leadership Reaction Courses. There students learned to work together and depend on each other as a team. Many of the students involved in the program as-

pire to be Naval Surface Warfare officers and one day of the week was spent in the water learning to sail and swim - as both the Navy and Marine Corps spends most of their time on and around water.

Orientation week has become a tradition of long standing within the battalion. Senior battalion members, many of whom are prior and/or current Navy and Marine Corps service members, plan and execute the week carefully. The boot camp-like atmosphere was developed because traditionally, new members of the program are college freshmen who have just recently graduated from high school and have little or no military experience. Students are taught everything from how to wear a uniform correctly to their Chain of Command up to the Commander in

Chief, President George W. Bush.

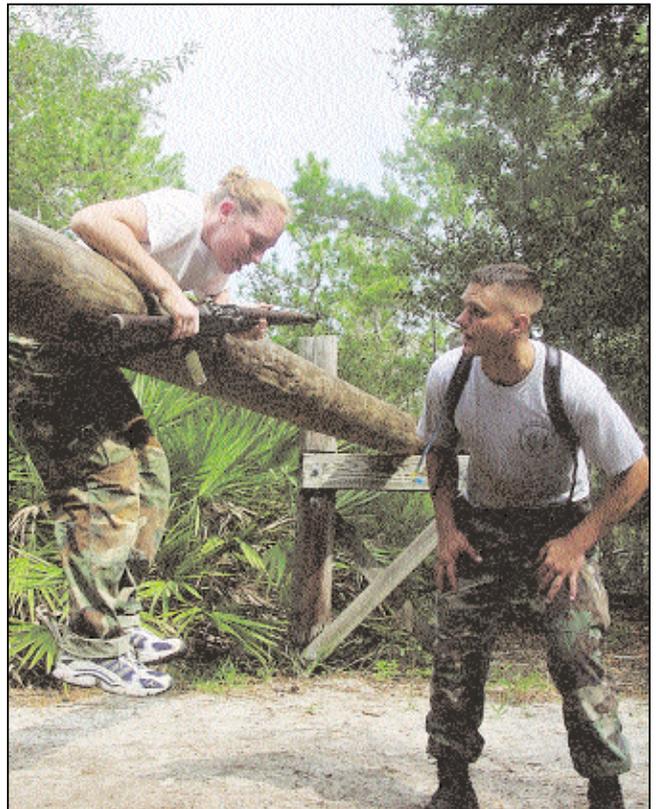
The students' fitness and endurance are tested throughout the week with daily runs of one to three miles, swimming qualifications and various team-building exercises.

To beat the summer heat, students are required to drink water constantly and instructed in what signs to look for from their bodies that would indicate they are suffering heat complications. The event staff is also carefully trained in recognizing signs of dehydration and heat stress. For the endurance events such as the Confidence and Leadership Reaction Courses located at Camp Blanding, personnel from Clay County Fire and Rescue stand by, along with corpsmen from Naval Hospital Jacksonville, in case of emergency.



Photo by JO2(SW) Shae Blasko

Officer Candidate John Daly instructs the students in the importance of boat safety.



JO2(SW) Cliff Williams

Going up and over with a little gentle encouragement.

Diana Jones, Clay County Fire and Rescue, stated, "so far there have been no injuries more serious than a scratch. These kids are pretty tough and the water situation is being well-handled."

While prior enlisted members generally take the week's activities in stride, some of the new Freshman were taken aback by the intensity of the week's training.

Sheenia Stuart, a Marine Option candidate from Boseman High School in Boseman, Mont. was shocked by the experience. She admitted to having thought about leaving the program.

"The first day was the hardest. It was so hot and I am not used to getting yelled at. My Mom had just said goodbye to me after a 48-hour drive. I wanted to quit, but Major Collins talked me out of it. He pointed out that it was just stress making me feel that way. I stayed

and I am glad that I did. The Confidence Course has been a blast and I am looking forward to the rest of the week and the semester."

Not all of trainees make it through Orientation. A few decide that military discipline is not for them and choose to pursue their educations in other ways. . Unit Commanding Officer, Commander Terry Ryan said, "A few of the people won't make it, but that's okay. The Navy and Marine Corps aren't for everyone. Not everyone who wants to be a military officer should be a military officer and not everyone realizes the demands that will be made on their minds, bodies and lives."

For those who do decide to stay and try to make the military a permanent part of their lives, the week became a time they could reflect back on and be proud of. Many of the trainees had to overcome

fears to make it through the week: fear of the water, fear of heights and, more commonly, fear of the unknown. The week's experiences are best summed up by Platoon Sergeant Devon Hockaday, "The best part is seeing everyone come together and become a team and a family. They support each other and learn to depend on each other. That forms a stronger overall battalion for the Unit."

The Jacksonville Naval ROTC now occupies the number two spot in the country for membership for officer training programs, just under the Hampton Roads area. The NROTC battalion is composed of students from University of North Florida, Florida Community College, and Jacksonville University (JU), although the majority of the students are enrolled at JU. Thirty years after being welcomed into Jacksonville the NROTC Unit has produced 997 Navy and Marine Corps officers.

For more information on the Jacksonville Naval Reserve Officer Training Corps call the NROTC Jacksonville Recruiting Office at 745-7480.



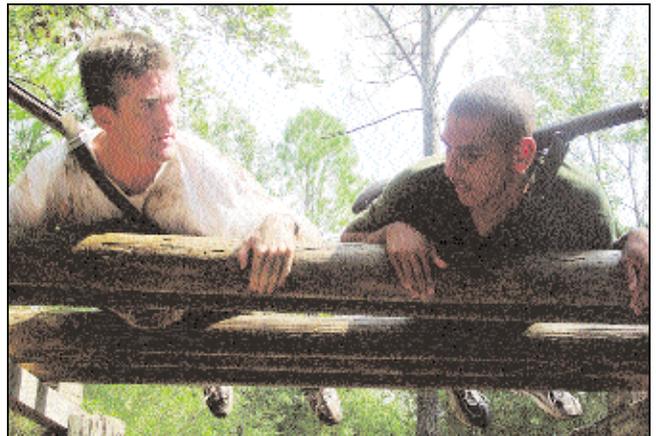
A National Guard instructor demonstrates the proper way to stop in mid-descent.

Photo by JO2(SCW) Eric Clay



Midshipman Candidate Even Taylor conquers the climbing obstacle under the watchful eye of Staff Sgt. Michael Richardson.

Photo by JO2(SCW) Eric Clay



JO2(SW) Cliff Williams

Joe Behan and Midshipman 4th Class Samuel Wilkie team-up to overcome the situation.



Photo by JO2(SCW) Eric Clay



JO2(SW) Cliff Williams

FC1 Philip Stubblefield exhibits "hoo yah" spirit while crawling under the barbed wire on the endurance course.

The students look on as their fellow trainees descend from the repelling tower.

MWR NOTES

Free Movies at the Base Theater

There will be no movies this Friday, Sept. 14, or Saturday, Sept. 15, due to Chief's initiation.

The next movie will be held on Sept. 21 at 7 p.m. and is *The Mexican* (R). For a full movie listing and summary, please visit the MWR page on www.nasjax.navy.mil.

Dive into SCUBA

It is never too late to learn to SCUBA Dive especially living in Florida. The October course starts Oct. 2 and will finish Nov.3. The course is a rock bottom price of only \$130 and you need to hold your spot with a \$50 deposit by Sept. 24. Call 291-1575 or e-mail aqua-

spaceventure@aol.com.

It's time for the ladies to get swinging

Every Friday at NAS Jax Golf Club will be a ladies clinic starting at 5:30 p.m. the cost is \$10/week and different topics including pitching, putting, bunker shots and more are covered. This is a great place to socialize while learning and improving golf skills. Call the Pro-Shop 542-3249.

Haunted Woods Challenge:

A great way for commands to win cash!

Design a scene and stage it for Haunted Woods, Oct. 19 & 20 and you can win up to \$500 for your Recreation Fund. Deadline for submitting entry form is Oct. 12. Forms may be obtained on the MWR webpage or by calling 778-9772.

See MWR Notes, page 19

MWR NOTES

Continued from page 18

Auto Skills Center

October is National Car Care Month at the Auto Skills Center receive a free 30-point inspection during the month. Call 542-3227 to schedule an appointment.

NAS Lanes

Roll on over to NAS Lanes. Bowling leagues are forming now. There is a league for you out there, so don't strike out and miss the fun activity. Active duty bowl free on Wednesdays from 11 a.m.-1 p.m. Call 542-3493.

Liberty Cove

Liberty Events are open to active duty and their guests 18 and over. Tournaments are open to active duty only.

Break away and head to Liberty Cove Recreation Center on Sept. 17 and compete for some cash in 9-Ball. Free food at 6 p.m. and the tournament begins at 7 p.m.

Dinner and a Movie is on us Sept. 20. Enjoy dinner at Liberty Cove at 5:30 p.m. and then hop on the Liberty van and head to Orange Park Mall AMC Theaters and enjoy the movie of your choice (active duty only get free movies). Sign up that day at Liberty Cove. Spaces are limited.

For more information about Liberty or these great deals call 542-1335 or stop by Liberty Cove Recreation Center located on the corner of Jason Street and Yorktown Avenue and enjoy surfing the net on one of the free 18 Internet access computers, play pool, darts, ping-pong or just relax and catch a movie in one of the plush recliners.

MWR Travel

Information, Tickets and Travel can save you money and time! Take a trip with us or purchase one of our discounted tickets to a variety of theme parks and attractions. Call 542-3318.

Universal Orlando has a deal for Florida residents this fall. They have an unlimited action pass on sale at the ITT Office for only \$55.05. This pass gives you unlimited admissions to either Universal Studios or Islands of Adventure through Dec. 21. The two park super pass allows you unlimited admission to both parks and is only \$82.60.

Universal Orlando features its salute

for military through the month of September with their military recognition tickets. A one-day ticket to either Universal Studios or Islands of Adventure is only \$37.55. The two-day ticket is also on sale for \$65.55. Tickets will expire Sept. 30. These are great savings from the gate prices and the only place you can get that kind of a deal is at the ITT Office.

Walt Disney World's Four Day Play Pass is on sale at ITT for \$100. This ticket is for Florida Residents Only. The ticket is a hopper ticket, which allows you the opportunity to visit all four theme parks. The ticket will expire on Sept. 30.

Trips are open to anyone! Mud Bogging

Sept. 21 is the day for 4-wheeling, family fun at Jax Raceways. See the 4-wheel trucks race through the mud, or wander over to check out the drag racers or watch a go-cart race. You can even take your own cooler! A whole night entertainment is \$8.75 for adults and \$4.50 for children under 11.

Experience The Okefenokee Swamp

Travel with ITT on Sept. 22 to see the beautifully pristine and ecological wonder of the Okefenokee. Your trip will include a guided boat tour of the swamp, followed by a cookout. After lunch we will drive down the scenic nature road on our way to the Chesser Homestead. We will walk the Cypress Boardwalk, and climb the observation tower. Everything is included for only \$22.50 for adults, and \$18.75 for children.

Cumberland Island Adventure

Discover the beauty of Cumberland Island with ITT Sept. 29. We will take the ferry to the Island, where you will have an hour tour with a park ranger. After the tour you will have the rest of the day to explore and see the wild life, including the famous Cumberland Island horses. If your not feeling ambitious you can relax on the beach or spend some time looking for shells. Adults are admitted for \$24; seniors \$21 and children are \$19.

Jaguars Shuttle

ITT is driving to all the home games, so you can relax and not worry about anything! Stop by the office to sign up for only \$7 per person, then catch the bus outside of Mulligan's two hours before game time.

NAVHOSPJAX NEWS

Keeping it in the Family

Recently, a family's tradition of Navy pride was displayed when Chief Warrant Officer Bill Crews, attached to Strike Fighter Squadron (VFA) 86, Buford, S.C., reenlisted his brother YN1 Wiley Crews, a staff member at Naval Hospital Jacksonville."This is the third time that my brother has been my enlisting officer and I consider it an honor and family Navy tradition," shared Wiley.



Photo by HM2 John A. Veres

New benefit starts Oct. 1

Naval Hospital Jacksonville will have a TRICARE For Life briefing Sept. 18. TRICARE For Life is the new health care benefit for people over the age of 65 who are military retirees, eligible family members, or widows. This new coverage will start Oct. 1.

The briefing will also include the new pharmacy benefit that began April 1 for those over the age of 65.

The briefing will be at 2 p.m. in the base auditorium, Building 612 on Jason Street, NAS Jacksonville.

Call 542-9164.

USO: Exciting resource for military

By JO2(SW) Shae Blasko

Staff writer

The United Services Organization (USO) was started by Congress and President Franklin Roosevelt in 1941, to reinforce the fact that the American public supports its armed forces through donation and volunteering.

The USO is chartered by the Congress as a non-profit charitable corporation but it is not a part of the United States Government. It is, however, endorsed by the President of the United States and the Department of Defense. Each President has been the Honorary Chairman of the USO since its inception.

"The USO mission is to provide morale, welfare and recreation-type services to uniformed military Personnel.

The original intent of Congress and enduring style of USO delivery is to represent the American people by extending a "Touch of Home" to their military members," said Bill Kennedy the director of the Jacksonville area USOs.

There are nearly 120 USO Centers around the world. Overseas centers are located in Germany, Italy, France, the United Arab Emirates, Bahrain, Iceland, Hungary, Israel, Japan, Okinawa, Korea, and the Virgin Islands. Thirty-three independent affiliated USO corporations are located throughout the United States. On average, more than 5,000,000 patrons are served annually.

"The NAS Jacksonville USO is the primary USO in the Jax area and it reinforces the fact that the American public supports its armed forces. The number served in the Jacksonville area

is about 35,000 active duty members, 100,000 including families," said Kennedy.

The Mission of the Jacksonville USO is to enhance the quality of life for military personnel, single or married, and their families by helping them adjust to the special rigors of the transient military lifestyle and by fostering a viable partnership between the military and civilian communities.

The NAS Jax.USO helps service members with basics such as "new-comer" briefings for troops and family members, port vendor coordination, cultural awareness seminars, family-oriented picnics and cookouts and children's programs (especially around holidays). The USO also offers high-quality inexpensive tours, employment assistance for military service discharges, new bride (and brides to be) orientations and telephone, internet and email capabilities.

One of best deals the NAS Jax USO offers is discounted Florida and Jacksonville area attraction tickets.

USO Canteens and USO Centers, which can be located either on or off base, provide a relaxing, homey and wholesome alternative to daily stress.

If you have any questions about the USO or what the USO can do for you contact the NAS Jax USO at 778-2821 or 542-3028. The NAS Jax USO is located at the main gate, Building 1050. The NAS Jax USO hours of operation are Monday through Friday 8 a.m. - 4:30 p.m.



The USO (Bldg. 1050) is located at the main gate aboard NAS Jacksonville.

On The Go With USO

Women's Health Forum

USO has free tickets for the "Speaking of Women's Health" Forum on Sept. 22 at the Adam's Mark Hotel from 8:30 a.m. to 4 p.m. Breakfast and lunch is included. The forum is sponsored by Wal-Mart, Lifetime Television, The Florida Times Union, Baptist Health & Convergys Corp and Proctor & Gamble. It will cover topics such as Body Image/Self Esteem, Plastic Surgery, Cancer, Stress Relief, Osteoporosis, Personal Safety, Heart Health, Finance and more. For information and free tickets, contact JoAnn or Charlene at the USO, front gate NAS Jax, 778-2821

Discount Greater Jacksonville Agricultural Fair tickets

The Greater Jacksonville Agriculture Fair will be here soon. USO carries discount admission tickets, ride tickets and wristbands. They are on sale now.

There is a limited number so don't wait too long.

Prices are as follows:

Adults - \$4

Children, 6-12 - \$2

Children under 6 - free

Ride tickets are \$15 for a sheet of 20 rides and wristbands are \$13.

Your admission tickets include all exhibits and entertainment in the Coliseum. Wrist band nights and featured performances are:

Oct. 19, noon to 6 p.m. - Trick Pony at 8 p.m.

Oct. 22, 5-11 p.m. (Military Night) - The Oak Ridge Boys at 8 p.m.

Oct. 26 noon to 6 p.m. Honky Tonk TailGate Party with Rhett Akins, Jeff Carson, & Daryl Singletary at 8 p.m.

Oct. 28, 4-10 p.m. - Last Blast, Petra

Other nights entertainment schedule:

Oct. 27 - Opening Night with Montgomery Gentry at 8 p.m.

Oct. 28 - Cory Johnson Group at 7 p.m.

Oct. 20 - Sons of the Desert, 3 and 8 p.m.

Oct. 21 - Newsboys at 3 and 8 p.m.

Oct. 23 - Ronnie Milsap at 8 p.m.

Oct. 24 - Clay Davidson 8 p.m.

Oct. 25 - The Platters & the Cornell Gunter Coasters at 8 p.m.

Oct. 27 - LaFiesta Night, 7 to 11 p.m. Additional entertainment in the Coliseum:

Oct. 17 - St. Augustine Jazz Ambassadors

Oct. 19 - Seven Nations

Oct. 20 - Retrotaks

Oct. 21 - Jimmy Hill

Oct. 22 - Spackous K

Oct. 23 - Baystreet Blues

Oct. 24 - Monkey the Fish

Oct. 26 - Pride Navy Band and Soundbridge

Oct. 28 - Band of Destiny

And the usual great livestock, horticultural and craft exhibits. It's a great time for everyone!

USO has schedules of events and can answer all your questions about this annual event, call 778-2821.

Navy Lodge expanding

Progress in motion — Jesse Ward prepares metal framing material as expansion continues on the NAS Jacksonville Navy Lodge. "The new construction began in April. The goal is to be finished by the beginning of the New Year," said Sam Cope, Navy Lodge Manager. The expansion will enlarge the Navy Lodge by 52 additional rooms. Included in the 52 rooms are two handicapped rooms. The new building will have its own Laundromat and vending machines. Additional parking will also be added. Picnic areas and barbecue grills will be on site for Navy Lodge guests to enjoy. All rooms in the Navy Lodge will be non-smoking.



Photo by JO2 (SCW) Eric Clay

SPAWAR Jax offers training

SPAWAR Jacksonville presents Introduction to the Department of Defense (DoD) Information Technology Security Certification and Accreditation (C&A) Process (DITSCAP). This introductory two-day course provides an overview of the DOD C&A Requirements as defined in DoD Instruction 5200.40. Dated Dec. 30, 1997. This Instruction applies to all DoD Agencies. The four DITSCAP Phases and their associated tasks provide the DoD framework for your C&A actions. This course is not agency or service specific. This course does not certify INFOSEC Officials. CONUS cost is \$250 for Federal employees and \$270 for non-DoD personnel. The course will be held Sept. 25-26. To obtain a seat in the class, a DD Form 1556 or DD Form 1149 must be received in our office by COB Sept. 17. Cash, personal checks, or credit cards cannot be accepted. Contact Sandra Cullers at 542-6221.

NAS Jax Veterinarian offers professional care

The NAS Jax Veterinary Treatment Facility (VTF) is located in Building 8 at the corner of Ranger Street and Enterprise Avenue (in the same building as legal). Our facility is open Monday through & Friday from 8 a.m. to 4 p.m. Pets are seen by appointment only. Appointments may be made in person at the VTF or by calling (904)

542-3786 between 8 a.m. and 4 p.m. on Monday and Friday only. Our facility is closed for legal holidays.

Services

Our facility is limited to services permitted by regulation. These include vaccinations, heartworm testing, fecal testing and minor treatment of the ears, eyes, and skin on an outpatient basis. We do sell some products such as heartworm and flea preventatives. We do not provide emergency services for pets. Additionally, we are prohibited by regulation from Performing routine surgeries on privately owned pets. The Jacksonville area has many fine veterinarians to provide services we are prohibited from providing. We suggest you ask friends and acquaintances with pets for recommendations on a local veterinarian.

Registration

Registration of pets is required for those pets residing on NAS Jax. The

procedure is outlined for you in NAS-JAXINST 5800.9 Naval regulation and will be provided to you upon registration for on or off base housing.

All pets residing off base in Duval County are required to be registered with Duval County.

Boarding

NAS Jax does not have any boarding facilities on Base. The Navy Lodge does not permit pets, therefore some planning is necessary for those pet owners arriving at NAS Jax.

Puppies and Kittens

The vaccine manufacturers and we suggest that you begin a vaccination program for your new puppy or kitten by (8) weeks of age and to continue a series of 'boosters every three (3) weeks until 18 - 22 weeks of age. This final booster age will depend on the consistency of vaccination boosters and the breed of your pet.

Safety First

For safety reasons we strongly discourage children from being inside the VTF. If you still choose to bring your children with you or just have no other choice they will be asked to remain out in the back hallway, away from the potentially dangerous crowded waiting room, This is for their safety only.



VP-45's Washington finishes second in bodybuilding contest

By Lt.j.g. Sven B. Sharp
VP-45 APAO

AS1 Carroll Washington of VP-45 placed second overall in the men's open middleweight class in the Fourth Annual Ancient City Classic bodybuilding contest July 21 in St. Augustine.

All categories are judged according to symmetry, muscularity and presentation. To score high in symmetry, all muscle groups must be equally developed, displaying a balanced physique. Muscularity refers to the size and look of the individual muscle groups. Finally, presentation plays a big role in judging. A routine that displays confidence, pleases the crowd and emphasizes strong areas will score high with the judges.

Washington, the leading petty officer of the VP-45 Line Division, has a full family life with his wife, Monica, and two children, Chandler and Cameron. Even with a demanding job and a family, he still finds time to work out five times a week. He says if even he can make it to the gym on a daily basis, there should be no excuse for anyone else to miss a workout.

His fitness program is a balance of diet and exercise. He eats five meals a

day from a select menu of eggs, oatmeal, rice, chicken, protein shakes, pasta and fish. His workout schedule consists of legs on Monday, shoulders and arms on Tuesday, back on Wednesday, chest on Thursday, and calves on Friday. Each workout ends with abdominal exercises. This might sound like a rigorous program, but Washington only spends one hour a day in the gym.

Washington is currently preparing for his next event coming up on Oct. 6 in Portsmouth, Va. He hopes to compete next to his twin brother, AS2 Darrel Washington, currently stationed aboard USS Dwight D. Eisenhower (CVN-69). Darrel and Carroll started training at the same time but this will be Darrel's first competition.

Washington is willing to help anyone with motivation to improve their fitness. He is studying to become a certified personal trainer and plans to have a workout program in place for the squadron's next deployment. His goal is to get the participants into a regular routine that they will stick to once the squadron returns from deployment. As Washington says, "Fitness and physique development is not just changing your diet and exercise program... it's changing your lifestyle forever."



AS1 Carroll Washington

JAXSPORTS

Call Sports Coordinator Bill Bonser or Athletic Director Mike Gorman at 542-2930/3293 for MWR sports information.

Send e-mail to:
dbonser@nasjax.navy.mil or
dgorman@nasjax.navy.mil
Visit: www.nasjax.navy.mil/mwr.

Sports officials and scorekeepers needed

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

Intramural Fall Softball League forming

The Intramural Fall Softball League is open to all NAS Jax active duty commands and personnel. Play begins Sept. 18 with games on Tuesdays and Thursdays at 5:30 p.m. and 6:45 p.m. Sign up at the base gym.

Greybeard Fall Softball League forming

The Greybeard League is open to all NAS Jax active duty commands and personnel ages 33 and above. Play begins Sept. 18 with games on Tuesdays and Thursdays at 11:30 a.m. Sign up at the base gym.

Women's Fall Softball League forming

Women's league open to all NAS Jax active duty, dependents over 18, retirees, and DOD civilians. The season begins Sept. 18 with games on Tuesdays and Thursdays at 8 p.m. Sign up at the base gym.

Open Fall Softball League forming

The Open League is open to all NAS Jax active duty, military family members over 18, retirees, and DoD civilians. The season begins Sept. 18 with games on Tuesdays and Thursdays at 4:15 p.m. Sign up at the base gym.

Women's varsity softball coach wanted

The NAS Jax Athletic Department is looking for an experienced military or civilian individual who would like to coach a women's varsity softball team. The team represents NAS Jax in military and community tournaments in the Southeast region and plays in the Jacksonville League.

Contact the NAS Jacksonville Athletic Department.

Men's varsity basketball coach wanted

The NAS Jax Athletic Department is looking for experienced military or civilian individual who would like to coach the Men's Varsity Basketball Team. The team represents NAS Jax in military and community tournaments in the Southeast Region. Contact the Base Gym.

Men's varsity flag football coach wanted

The NAS Jax Athletic Department is looking for an experienced military or civilian individual who would like to coach men's varsity flag football team. The team represents NAS Jax in military and community tournaments in the Southeast region. Contact the NAS Jax Athletic Department.

Water polo players wanted

The NAS Jax Athletics and Aquatics Department is looking for active duty personnel who would like to play water polo. This is a new program. Contact NAS Jax Athletic Department to sign up.

Open Racquetball Tournament Sept. 17-21

The Open Racquetball Tournament is free and open to all authorized gym patrons over 18. There is a recreational and competitive division for men and women. All matches are played in the evenings starting at 5 p.m. Sign up at the gym by Sept. 10.

Captain's Cup Tennis Tournament is Sept. 24

The Captain's Cup Tennis Tournament is scheduled for Sept 24 at 4 p.m. It is free and open to all NAS Jax active duty men and women. There are separate men's and women's divisions. Matches will be played at the Birmingham Tennis Courts. Individuals playing in the tournament will earn Captain's Cup points for their command. Sign up at the gym by Sept. 17.



All Navy Wrestling Tryouts Oct. 12

Rob Hermann, All Navy Wrestling Coach, will be conducting tryouts at NAS Jax Gym Oct. 12 from 5-7 p.m. Tryouts are open to all active duty Navy personnel. Wrestling equipment and attire are not necessary and weigh-ins are not conducted for tryouts. Weight classes are 119, 127, 138, 152, 167, 187, 213, 286. Sign up at base gym

STANDINGS

Intramural Flag Football League

<u>Team</u>	<u>W</u>	<u>L</u>
VP-30	4	0
NLSO	3	0
Weapons	3	0
AIMD	2	0
VP-45	3	1
FACSFac	3	1
VR-58	2	1
VP-16	2	2
VS-31	2	3
ASTC	1	2
HS-75	0	2
Power Plants	0	2
CHSWL	0	3
VS-30	0	4
NAMTra	0	4

Intramural Golf Freedom League

<u>Teams</u>	<u>W</u>	<u>L</u>	<u>T</u>
CPRW-11	8	1	0
FACSFac I	7	2	0
NavHosp	6	2	1
VR-58	6	2	0
SERCC 1	5	2	1
VP-45 A	5	2	0
AIMD A	5	3	0
NAMTra Blue	5	3	0
HS-15	2	4	0
FASO	2	5	0
HS-75	2	6	0
VS-30	2	6	0
NCTS	1	7	0
VP-45 O'S	0	7	0
CV-TSC	0	8	0

Intramural Golf Liberty League

<u>Teams</u>	<u>W</u>	<u>L</u>	<u>T</u>
VP-30	6	1	0
Navy Band	7	2	0
AIMD B	6	2	0
NAVAIRES	6	2	0
GEMD	6	2	0
2NDBN351	6	2	0
Blount Island	5	2	0
VP-45 B	5	3	0
BMC	4	3	1
SERCC 2	3	5	1
CSCWL	3	5	0
NAMTra Gold	2	6	0
FACSFAC II	0	6	1
NAMTra Chiefs	0	8	1
HCSO	0	8	0

Seeking Sailors to reenlist at Alltel

The Jacksonville Jaguars are hosting a reenlistment for 105 Sailors and Marines in Alltel Stadium during their Nov. 11 game against Cincinnati. Reenlistees will receive two game day tickets and refreshments. Those wishing to participate should contact their career counselors by tomorrow.