



Jax Air News

TOUCHING BASE



PSD reissues W-2s

By JO2(SW) Shae Blasko

Naval Air Station Jacksonville Personnel Support Detachment (PSD) is reissuing some W-2 tax forms for Sailors here.

A program error at the Defense Finance Accounting Service (DFAS) Cleveland, Ohio computer system in February delayed some Sailors from receiving their W-2s on time or receiving a reissue of the form.

The first printing of the W-2s by DFAS took place March 4. "The majority of Sailors should have received their W-2s by March 12," said PSD Deputy Disbursing Officer Lynda Chapman.

"There have been approximately 680 requests made from Sailors here at NAS Jax for new W-2s," Chapman noted.

DFAS handles all of the Navy's pay issues for both officer and enlisted personnel.

Other reasons why Sailors might need new W-2s are that they've lost the form, or they've recently transferred to their new command before receiving their form. "The majority of Sailors should receive their W-2s to their mailing address, but if the address is wrong, or they were at an FPO address, the form will be here at PSD," said Chapman.

Sailors requesting replacement W-2s should email Chapman at chapmanl@psajax.navy.mil.

Once you have received your W-2 tax form, you can have your taxes filed for free on base.

The tax center, located in Bldg. 610, offers filing services Mondays through Fridays, from 9 a.m. to 5 p.m.

Customers need to bring their 2001 W-2 forms, 1099 forms, copies of Social Security cards and military ID cards to have their taxes done.

For more information about W-2 tax form reissue, call PSD at 542-4218. For information on filing taxes, call the base tax center at 542-8088 or 8084.

Renovated NEX, commissary set to reopen tomorrow

By JO2(SCW) Eric Clay
Staff Writer

The NAS Jacksonville Navy Exchange and commissary grand reopening ceremony will take place tomorrow at 8 a.m. The event marks the conclusion of the complex's extensive renovations.

Renovations included increased floor space, new fixtures and lighting in the entire store. The ribbon cutting will begin at 8:30 in the courtyard between the two stores.

"Our special thanks goes to our customers who stuck with us through all the merchandise moves and construction process," said John Wood, NEX assistant general manager.

The celebration will begin with a performance by Navy Band Southeast. Capt. Mark Boensel, NAS Jacksonville commanding officer will open the ceremony with welcoming remarks.

Guest speakers for the event include Elliot Zucker, NEXCOM chief operations officer and Mel Fox, from Defense Commissary Agency Eastern Region.

Among the special guests will be 14 characters from different commercial ads ranging from a "Keebler Elf" to the "Pillsbury Dough Boy." There will also be a live concert performed by country music star Rhonda Vincent.

"Visit with the 'Kool Aid Man' and many other fun characters as they stroll around the commissary, mall and exchange; register for a chance to win prizes and giveaways, including TVs and VCRs; enjoy refreshments, a free concert and much more," said Bonnie Powell, marking strategy promo-



The Navy Exchange and Commissary will officially reopen tomorrow morning after their recent renovation.

and manager. The exchange and commissary will be giving away 1,000 prizes to lucky shoppers and visitors. These prizes range from bicycles to handheld video games.

The stores are also offering many discounts and savings on most of their products.

"We would like to invite all patrons to come and see the new facilities and join in on the fun and savings; most of all we would like to thank our loyal customers who have been with us through the remodeling process," said Wood.

There to help those in need

By Kaylee LaRocque
Staff Writer

Every day thousands of young military families find themselves in some sort of financial crunch, struggling to find a way to survive only to find themselves getting more and more behind. Fortunately, there is help out there. All it takes is a stop into the local Navy-Marine Corps Relief Society (NMCRS).

If they can help and the circumstances fall under the society's criteria, you'll be given an interest-free loan or grant immediately or be advised on how you can help yourself.

And, of course, it's completely confidential. "Many of the younger Sailors don't



Dana Moore, layette chairman at Navy-Marine Corps Relief Society puts together a Baby Seabag.

realize we have strict confidentiality rules. So they head out to one of these

predatory lenders and the first thing that happens if they miss a payment is a call to their command and constant harassment. We see these letters every day," said retired Capt. Dave Faraldo, director, Navy-Marine Corps Relief Society.

The society began in 1904 at the Naval Academy when a group there realized there were no benefits to help widows and orphans whose loved ones were killed in combat. The first year the volunteers raised \$9,000, and all but \$230 was given away.

Later, during World War II, Eleanor Roosevelt spearheaded a one-time campaign asking corporate America to contribute. The support was so tremendous;



Photos by Kaylee LaRocque

Amanda Leech, a caseworker at Navy-Marine Corps Relief Society helps a client with budgeting issues before determining if the society can provide a loan or grant.

they collected 10 million, which was put into a reserve fund.

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Jacksonville pays tribute to 9/11 victims



Photo by JO2(SCW) Eric Clay

NAS Jacksonville Commanding Officer Capt. Mark Boensel lights a candle Monday night during a memorial service in remembrance of the Sept. 11 terrorist attacks. Nearly 100 people turned out for the event at the Jacksonville Landing. The memorial service featured representatives from community service organizations and a performance by Navy Band Southeast.

WEEKEND WEATHER

	FRIDAY 5/79 PARTLY CLOUDY
	SATURDAY 62/82 PARTLY CLOUDY
	SUNDAY 64/80 PARTLY CLOUDY

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

VETERANS: NEWS YOU CAN USE

Don't leave the service empty-handed

By Byron Hodges
Veterans Service Representative

In the Dec. 13, 2001 edition of the *Jax Air News*, we published an article addressing survivor benefits provided as a result of the death of active-duty service members.

Our intent was to provide an immediate follow-up addressing benefits payable upon the death of veterans. However, proposed changes were pending, and subsequently approved by President Bush, resulting in increased survivor benefits for your dependents.

The purpose of survivor benefits is to provide "some" measure of relief for survivors who may otherwise be financially challenged due to loss of income.

However, under the best of circumstances, the compensation would, in most cases, be considered woefully inadequate for providing permanent and total relief from financial obligations.

With this in mind, you, the member must make a decision to supplement VA and military survivor benefits through voluntary participation in such programs as the Survivor Benefit Plan, SGLI, VGLI and other private benefit programs.

As opposed to active service members, benefits for veterans are less specific and depends almost entirely on the status of the veteran at the time of death.

What the VA provides:

Dependency and Indemnity Compensation (DIC) is a tax-free monthly annuity paid to the surviving spouse and children of deceased active-duty and veterans who die of service related injuries or illnesses.

Spouses receive a monthly annuity of \$935 with an additional \$234 for each child under the age of 18. In some cases, parents may be eligible for DIC, with income limitations.

Service members who are enrolled in SGLI coverage at the time of separation has one year from the date of separation to convert their coverage to Veteran's Group Life Insurance (VGLI), if they choose to do so. Coverage can be purchased in an amount equal to SGLI in effect at the time of separation.

Burial allowances are payable only if the veteran is eligible for disability compensation at the time of death. The amount ranges from \$600 to \$2,000, depending on the cause of death.

Additional costs for transportation of remains may be paid if the veteran dies enroute to or while admitted to a VA medical facility.

The Dependents and Survivors Educational Assistance Program provides up to 45 months of educational assistance at the rate of \$670 per month for a surviving spouse and children between the ages of 18-26.

In addition, CHAMPSA provides cost share medical benefits for sur-

vivors if the veteran is permanently and totally disabled or dies a service-connected death.

Among the non-monetary benefits provided by the VA are burial in national cemeteries, headstone, flag, and Presidential Memorial Certificates.

What the Service Organization provides:

Prior to retiring, service members must make a decision to accept or decline participation in the Survivors Benefit Plan.

Participation in this plan ensures that your spouse or children will receive between 35 percent and 55 percent of your retired pay.

Any unpaid pay and allowances owed to the retiree at the time of death will be paid to whomever the member has so designated.

Survivors of retirees maintain entitlement to I.D. cards with commissary and BX privileges, and health benefits.

As before, let me also encourage you to contact the Social Security Administration for possible benefits available through their agency.

If you have questions on these or other VA related benefits, contact the NAS Jax Veterans Affairs office at 573-6312.



Meet A Sailor...

PN3 JENNIFER NUTTING

Job title/command:
Transfers Clerk, PSD

Hometown: Kennebunk, Maine

Past Duty Stations: None

Family Life: Single

Career Plans: To finish my enlistment and complete a degree in business management.

Most Interesting Experience: Meeting PN3 Shelly James of VS-24.

Words of Wisdom: Always look forward and never back.



Meet A Civilian...

CHARLES BOGGS

Job title/command:
Transportation Specialist and Passport Agent, PSD

Hometown: Commerce, Texas

Past Duty Stations: FASODET Jax, USS T.C. Hart, USS Waddell

Career Plans: Working on my master's degree in business.

Words of Wisdom: Remember the golden rule, throw it away. Use the platinum rule.

HEY MONEY MAN!



Hey, MoneyMan!

Last week, a second class petty officer checked into our shop and he told me that he did not have to put down a deposit or pay anything to move into his apartment. He also said they didn't do a credit check. How did he do this? It cost me almost \$1000 to get settled in to my apartment.

MoneyMan Sez:

Your shipmate probably took advantage of NAS Jacksonville's Rental Partnership Program.

The Family Housing Office manages this program and it offers a 5 percent discount on your rent and no security deposit. They help you find the right apartment for you at a price you can afford. Stop

by their office in Building 960 or give them a call at 542-2996.

Hey, MoneyMan!

Is there anyone on base who keeps a list of places to go for car repairs? My car needs a new transmission and I have called several places but they all seem

expensive. The Auto Shop at NAS says they don't work on transmissions.

MoneyMan Sez:

If you need car repairs, the first place you should check is your Navy Relief office. They will help you shop around for the best deals, ask for a military discount from the repair shop,

and help you determine if you can afford to have the car fixed.

The Jacksonville office keeps on file a list of comments submitted by other Sailors and Marines who have had their autos repaired. You can look at these comments to get a feel about different auto repair shops.

The NMCRS office will also give you a Consumer Protection Packet, which tells you how to recognize car repair fraud. Great service provided for free, and I would recommend you stop by or give them a call at 542-3515 for any car repair questions.

More questions? Call Hey MoneyMan! At 778-0353.

Special Olympics volunteers needed Saturday

The 2002 Area Five Special Olympics will be held at NAS Jacksonville Saturday. Volunteers are needed to help with more than 600 Special Olympic athletes who are expected to participate in the games.

About 800 volunteers are needed to be "Buddy" or "Event" volunteers.

Buddy volunteers pair up with their Special Olympics athlete and remain with him or her throughout the day. Buddy Volunteers are asked to arrive no later than 9 a.m. to accompany their athlete to the



Opening Ceremony at 10 a.m.
Event volunteers are asked to report by 8:30 a.m. They will help coordinate

the athletic events or work in the Olympic Village, where other activities are available for the Special Olympic athletes who are in between events.

Volunteers may sign up at the following email addresses (make sure you include your name, address, telephone number and e-mail address):

Buddy Volunteers - oparker@nasjax.navy.mil (Dianne Parker, 542-2766 ext. 130)

Event Volunteers - dbonser@nasjax.navy.mil (Bill Bonser, 542-2930.)

There is also a need for

old trophies. Anyone who would like to donate old trophies for recycling may drop them off at the NAS Jacksonville Station Gym on Gillis Street, Bldg. 614 (542-3239).

Due to heightened security aboard the base, athletes arriving on buses will be cleared in advance to enter the base.

Vehicles without a DoD decal will park at the Reserve Center near the Birmingham Gate and ride a shuttle to the site. Those volunteers should arrive 15 to 20 minutes early.

HELPING HANDS

St. John's River Clean-up activities

Navy volunteers are needed to help with the Duval and Clay County clean-ups on Saturday beginning at 8 a.m. A celebration for the Duval clean-up will be held at Metro Park. A celebration will also be held in Clay County at the Clay County Agricultural Center (fairgrounds) at noon. For more information on these events call Sue Jantz in Duval County at 630-1704 and Tania Jolley in Clay County at 269-6374.

Florida-Georgia Blood Alliance needs help

Make a difference by volunteering your gift of time at one of our seven donor centers located throughout Jacksonville. Positions include greeting donors, assisting in the blood drawing areas, tele-recruiting previous donors, clerical and more. Hours are flexible and training is provided. Call Lisa Morris at 353-8263, ext. 333 for details.

Sports assistants wanted

Volunteers are needed weekly beginning March 25 to help with Rallyball games for children from grades 3-6. Duties include: recording attendance, encouraging team members and assisting with team rotations. Minimum age is 14. For more information call Lindsay Bower at 359-5437.

Landscapers needed

The Jacksonville Baptist Home for Children needs volunteers to help plant flowers, rake lawns and help with minor clean-up of their horse barn. Shifts are available during the week from 9 a.m. to 2 p.m. and Saturdays from 9-11:30 a.m. Refreshments and tools are provided. Call Sherri Albertson at 542-5380 to sign up.



Sunday Services at the Base Chapel

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

Saturday 5 p.m. - Catholic Mass
Sunday 8:30 a.m. - Protestant Communion
9:30 a.m. - Catholic Mass
11 a.m. - Protestant Worship

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

CREDO

It's free! Give yourself the gift of a Navy CREDO Retreat. The next Marriage Enrichment Retreat is April 5-7. The next Personal Growth Retreat is April 18-21. For more information, or to register, call CREDO at 270-6958.

Jax Air News

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VP-45 assists in rescue operation

Story courtesy of VP-45

On Feb. 23, a P-3C from VP-45 deployed to Keflavik, Iceland, was conducting a local area pilot proficiency flight. At approximately 1:30 p.m., the aircrew was asked by Keflavik Approach Control if they could assist in a Search and Rescue effort in the bitter cold waters off Vestmannaeyjar Island, a small island south of Iceland.

The crew immediately stopped their crew training and headed to the island. En route they were asked to contact the Icelandic Coast Guard Cutter CG-23. Upon checking in with CG-23, the VP-45 crew was given the approximate position of a sinking fishing vessel.

Lt. Cmdr. Chuck Rayl, Plane commander, directed his crew to prepare life rafts to be positioned by the main cabin door and for launching. AE1 Brian Bashant, a flight engineer, and AW2 Phillip Hutchens, an acoustic operator, made these preparations and rigged a safety harness in the event it became necessary to launch the life raft.

When they arrived at the location given, there was no fishing vessel in sight. All the crewmembers including Lt. j.g.'s Gil Gay and Gary White, both pilots, and AD1 Diana Fiordiliso, flight engineer, maintained a vigilant watch for survivors that may have had to abandon their ship.

The crew quickly located a life raft in the water, as did Icelandic Coast Guard helicopter CG-25. Altitude separation was coordinated between the two aircraft and CG-25 went down to determine if any survivors were in the life raft.

Meanwhile, the VP-45 aircrew contin-

ued to circle area, relaying positions of large debris were survivors might be located.

When CG-25 discovered that no survivors were in the raft, the search proceeded to the debris field where CG-25 immediately located two survivors clinging to wreckage.

The survivors informed the aircrewmen aboard the helicopter that two other fishermen were still in the water without anti-exposure suits, life preservers or signaling devices.

After another 10 minutes another person was found. The third man pulled from the icy waters was suffering from an advanced case of hypothermia and urgently needed medical attention. CG-25 informed CG-23 that they had to proceed to the nearest hospital immediately. CG-23 directed the VP-45 aircrew to continue the search from the air until relieved.

After two and a half hours of searching, VP-45 was relieved by Air Force Rescue 212 HH-60 helicopter that continued the search until nightfall.

Sadly, the fourth man was never recovered and the third man pulled from the sea died at the hospital.

"It's truly unfortunate that we couldn't locate all the fishermen in time to prevent any loss of life," said Rayl.

"But I was very impressed with the Icelandic Coast Guard. Their response was fast and very well coordinated. However, with water temperatures in the 40's, you only have minutes before an unprotected person loses consciousness."

Looking for a civilian job? Here's help

From the Retired Officers Association

Director of the Officer Placement Service for the Retired Officers Association "Buzz" Buse, an expert on transitioning from military to civilian employment, will be at the Station Theater on Monday at 9 a.m. to talk to officers, senior noncommissioned officers, and spouses on "Marketing Yourself for a Second Career."

In his free 2 1/2-hour presentation, Buse introduces the audience to the realities of the competition in the civilian job market; the perceptions civilian employers have of military personnel; a plan for the job search; tips for strengthening the resume; networking plans; preparing for

and conducting a successful interview and salary negotiations and benefit packages.

The lecture is presented annually at more than 100 U.S. military bases worldwide. It is up-to-date, hard hitting, and sharply focused. It has a reputation as a "must attend" for those two to three years or less from separation or retirement.

Military members and their spouses, are invited to attend the free lecture. While there, they may ask questions and will also receive a free copy of the publication, Marketing Yourself for a Second Career.

Those with questions may contact Lee Garland at 542-2766 ext. 146.

Base delivery policy revised

Because of current security measures in effect at NAS Jacksonville, telephone-ordered personal merchant deliveries such as pizza, flowers, etc. to base employees or housing residents

must be made at the Security Department parking lot.

The parking lot is located on the right just before the base's main gate.

Pickup of telephone orders must be coordinated

between the merchant and requestor.

Base employees or housing residents who have questions or require additional information regarding this policy can call the Base Security Office.

San Juan Avenue closing for repairs

The Florida Department of Transportation has released an advisory alerting motorists that the railroad crossing

at State Road 128/San Juan Ave. off Roosevelt Blvd. in the Ortega area will be closed for repairs March 25-29.

Motorists who routinely use this thoroughfare should plan alternate routes during this time.



The "Topcats" prepare for action in Operation Enduring Freedom.

Photos courtesy VS-31

VS-31 'Topcats' stand ready for duty onboard Kennedy

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

A few months ago Sea Control Squadron (VS) 31 found itself operating on two aircraft carriers in order to defend New York City and Washington, DC.

The "Topcats" now find themselves on board USS John F. Kennedy, but this time they are on a scheduled six-month deployment. Three weeks ago, the VS-31, along with their Air Wing, deployed with the USS John F. Kennedy Battle Group for its first wartime deployment since the Gulf War.

Since Sept. 11, the air wing has undergone extensive and rigorous training in preparation for any type of operation that may arise in the upcoming months.

Although, this training has only served to sharpen the spear that is the John F. Kennedy Battle Group, many "Topcats" are eager to get into the fight and show what they are made of.

"At times it was frustrating training for war when our friends were across the world actually fighting, but now we will relieve those guys and pick up where they left off," explained Laddin Gillespie, a squadron avionics technician.

USS John F. Kennedy along with VS-31 will relieve VS-32 which is operating from the deck of USS Theodore Roosevelt.

The "Topcats" plan to continue the Sea Control mission, which includes using onboard sensors such as radar and infrared moni-

tors to search and track suspect vessels that may attempt to smuggle terrorists and weapons between various countries in addition to combat tanking to support overland strikes into Afghanistan for Operation Enduring Freedom.

Regardless of the type of deployment, peacetime or in war, the six months away from family is stressful. "Saying goodbye to everyone is awful, it's probably the hardest part of a deployment," added Chief Roger McGee, who works on the flight deck, preparing Topcat jets for missions.

Squadron members are taking a unique approach to counter this stress and loneliness of being away from loved ones.



VS-31 Vikings fly in formation.

"Before leaving on deployment we put an emphasis on squadron personnel taking college and self-betterment classes over the course of the deployment," explained Lt. Eric Schreiber, the "Topcats" personnel officer.

With a strong endorsement from the commanding officer, the squadron will be able to take undergraduate and graduate level courses in the Navy College Program for Afloat Education (NCPACE). In addition to gaining valuable work experience, these programs will keep squadron members busy and well rounded during this demanding deployment.

One thing is for sure; this deployment will be one to remember for the "Topcats" of VS-31. YN3 Christopher Passons knows that one day when he has grandkids, he will "look back with pride and tell them about this cruise."

In this new war against terrorism the "Topcats" are proud to lend a hand to protect and defend America.

HS-11 sets at-sea endurance record

By IT2 Johnny R. Cole

ABOARD USS THEODORE ROOSEVELT AT SEA — Sept. 19, 2001 marks the day Helicopter Antisubmarine Squadron (HS) 11 got underway onboard the USS Theodore Roosevelt (CVN 71), with the hopes of a nation propelling the morale of the crew. The determination, commitment and dedication of 5,500 Sailors and Marines drove the ship to the tip of the spear.

Sailors and Marines aboard, who are supporting Operation Enduring Freedom, are still driven by these hopes even after Theodore Roosevelt has been at sea longer than any other U.S. Naval ship since World War II. The previous record was 152 days set by USS Dwight D. Eisenhower (CVN 69) set in 1980 during the Iran hostage crisis.

"We are more than happy to be doing what we were set out to do, for the sake of the nation, our Navy and to take part in the war on Terrorism," said. Cmdr. Brent Canady, commanding officer of HS-11.

While the record is certainly a tribute to the endurance of a nuclear-powered ship, it is more a tribute to the iron will of the men and women who stand the watches. At HS-11, the "Dragonslayers" have continued their unwavering dedication to duty while going so long without touching land.

"Once you get into the mind set that you are fac-

ing a long at-sea period without any ports, you get into a normal routine rather quickly. Consecutive days at sea and port visits are not the first thing on your mind each day," commented CWO2 David Pizzi, Material Control officer.

"As a 24-year Navy Veteran, what has really caught my eye during this record setting consecutive at-sea period is the high morale that you see within our squadron and throughout the ship, especially in the younger folks. When you take a step back and digest what this crew, our nation, and the world has gone through these past five and half months, it is truly amazing what human power will endure. For all of our individualism, both positive and negative, there is still something to be said for the human spirit. In time of threat and tragedy, as most recently displayed on September 11th, we will stand together in unison to support and defend our nation's freedom and moral

fiber against terrorism. That spirit has been underscored during this very historical and record-breaking deployment," Pizzi added.

Some Sailors cope with the long time at sea by simply adjusting.

"It was an experience that I will never forget. I'm proud that we broke a record. It's something I can tell my grandkids about. I was proud how everyone worked as a team with hardly any complaints because we all knew why we had to do this... as a common goal," said AM1(AW) Hughey Burke, one of the squadron's aircraft mechanics.

"I think we were all willing to do what was necessary to fight this war on

terrorism," said Lt.jg. Matthew Polzin, one of the pilots currently assigned to HS-11.

The overriding motivational factor is the overwhelming sense of purpose to this deployment. "I wouldn't trade it for anything in the world, and I thank the Navy for allowing me the opportunity to support my country in our great nation's time of need. If asked to do it again, I'd gladly volunteer a thou-

sand times over," said PNI James Reed, a Personnelman who works in the squadron's administrative department.

Being at sea 153 days seemed to go quickly because of the off-duty activities available to the crew. Morale, Welfare, and Recreation, (MWR) made certain that many of the items that had been rented on previous underway periods would be purchased, including sumo suits, big boxing gloves, new karaoke music, additional TV/VCR combination units, and the Mega TV. The Mega TV has been popular with the crew for enhancing live events as well as showcasing first-run movies direct from the studios.

In addition to MWR events like Karaoke Night, the New Year's Eve and Mardi Gras parties, the ship has had numerous Ice Cream Socials, Steel Beach Picnics and Sports Days to offer a break from the many grueling days of

flight operations.

Even more remarkable than the morale building off-duty activities has been the remarkable connection to home while the ship is half a world away.

"It amazes me that we could come out here, put in the hours that we have with very few problems. Everyone has remained very up beat. We have all come a long way from where we were when we started this," said AD1(AW) Timothy E. Jaztrzemski.

E-mail is roundly applauded by the crew as a large morale booster in addition to the traditional methods of communicating with home. The combination of both shipboard and homeland support transformed the people of HS-11 into record-setting Sailors.

"It's a record that may never be broken," said AMC(AW) John M. Moody.

For the "Dragonslayers" of HS-11, this deployment is definitely something that will never be forgotten.



HS-11 'Dragonslayers' prepare to come home

By IT2(AW) Jerod Keevican

ABOARD USS THEODORE ROOSEVELT AT SEA — If someone were to look at the day-to-day operations of the "World Famous" Dragonslayers of Helicopter Antisubmarine Squadron (HS) 11 onboard USS Theodore Roosevelt (CVN 71), they would see a squadron hard at work maintaining aircraft, flying, and going about their daily business. A normal sight onboard an aircraft carrier. There is something else though — an undeniable undercurrent of excitement.

If you were to ask any "Dragonslayer" what they are looking forward to, the answer would almost always be, "Getting home."

During this deployment, the "Dragonslayers," homeported at Naval Air Station Jacksonville, have had the opportunity to achieve a number of firsts and set a record or two along the way. HS-11, along with HS-6, were the first HS squadrons to participate in a joint East and West Coast Battle Group operation by standing Combat Search and Rescue alerts while forward-deployed to Pakistan in support of Operation Enduring Freedom.

The "Dragonslayers" also participated in a unique crew exchange program with HS-6 and HS-8, both assigned to west coast carriers. They additionally exchanged pilots with the French carrier FS Charles De Gaulle and con-

ducted training exercises with the British carrier HMS Illustrious.

While deployed onboard the USS Theodore Roosevelt, they set the new longest consecutive days at sea record for a carrier of 158 days, surpassing the one previously set by the USS Dwight D. Eisenhower (CVN 69) in 1980. Currently, the thing that is on everyone's minds is getting home to loved ones, but at the same time each and every "Dragonslayer" remains ever vigilant and focused on the mission at hand.

Soon though, the "Dragonslayers" will pack up their gear and seabags, load them onto trucks for transport back to Jacksonville. Followed by four SH-60F and two HH-60H helicopters taking off from the Theodore Roosevelt's flight deck, and starting their southbound trek to the hangar the "Dragonslayers" call home.

Also, the USS Theodore Roosevelt will pull into its berth in Norfolk, Va., where the remaining "Dragonslayers" will be transferred to waiting planes for their journey home. Once there, HS-11 will take some much deserved time off to be with their families.

Until then, the "Dragonslayers" will proudly continue to maintain helicopters and fly missions in support of Operation Enduring Freedom, doing their part in the war against terrorism.

Jax Air News

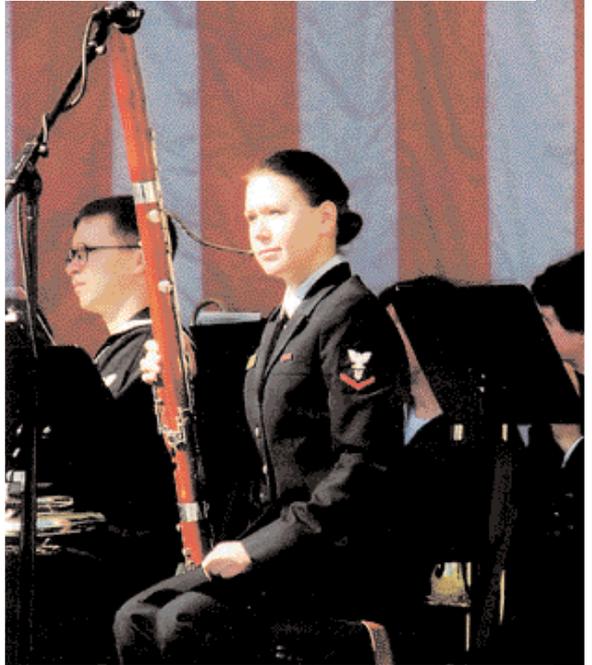
Do Your Part - Recycle This Newspaper!

NAVY BAND SOUTHEAST



MUCM Richard Holdsworth recently conducted his last performance with Navy Band Southeast at Jacksonville Beach.

MU3 Julia Walton rests between musical selections at a Jacksonville Beach performance. Walton has been playing the bassoon with the band for the past four years.



Great music for great occasions

By JO2(SCW) Eric Clay
Staff Writer

Whether it is the traditional sounds of a military marching band, the swing of jazz, or the contemporary music of today, Navy Band Southeast has a performing group for you. Each group inspires patriotism and displays pride in the United States naval services.

MU1 Frank Rinne illustrated the impact the band has on its audiences describing a performance in South America.

"Outside of Valparaiso, Chile, there were about 5,000 people there, we had a smoking show band playing American rock and roll, the whole town turned out for the concert, we were treated like rock stars while they screamed and hollered, they really appreciated it and so did we," Rinne recalled. "To them we were America.

The band has an average of 44 members all of whom have graduated from the Armed Forces School of Music. The band is led by Lt. Anthony Miller and MUCM Richard Holdsworth. Navy Band Southeast was established in July 1995 after moving from here from Orlando. They are a component of the Navy Band, Washington D.C. They perform throughout the Southeast region, traveling throughout Florida and the southern states.

"I feel lucky to be able to play music for a living. It's a lot more work than people looking in from the outside may realize. I mean it's about constant growth to be a professional musician," said MUC Daniel Flanagan.

"As Maslow's hierarchy chart goes, the need for self-actualization on your instrument never really happens, it's a lifetime project, to get better and better, and you try the best you can to realize your potential," he added.

Navy Band Southeast has a wide variety of smaller groups within itself: the Ceremonial Band, the Concert Band, the Marching Band, the Big Band (jazz), Pride (top-40), River Ramblers (Dixieland) and the Brass Quintet.

The Ceremonial Band performs at official functions and special events throughout the Jacksonville area that promote positive relations between the Navy and the community.

Their versatility allows them to play a wide arrangement of musical styles in many different settings.

From the stirring sounds of John Philip Sousa to the familiar refrain of popular Broadway show tunes, the Ceremonial Band is sure to provide just the right touch

to any patriotic program. The Ceremonial Band is led by MUC Charles Williams.

"As a bassoon player, my opportunities are limited as to where I can actually work and live and do what I do," explained MU3 Julia Walton, a member of the band for the past four years.

"I have job security in the military, something my civilian counterparts don't enjoy. Many symphony orchestras throughout the country operate in the red, being in the Navy I don't have to worry about an unstable economy," Walton added.

The Big Band performs the many different styles of jazz that have evolved throughout the years. They have enter-

See BAND, Page 7



Former President Jimmy Carter thanks the Navy Band Southeast for their performance in his hometown of White Plains, Ga.

NAVY BAND SOUTHEAST



The 'Big Band' plays at Jacksonville University as part of a joint performance with students.

MU2 Scott Verville performs guitar solo with "Pride".

Research and photos courtesy of MU3 Julia Walton and Navy Band Southeast



The Brass Quintet plays for the Christmas tree-lighting ceremony last December.

MU1 Todd Smeltzer and MU3 Ondrea Dardan perform the piccolo solo to Sousa's "Stars and Stripes."



BAND: From Jazz to Pop with Latin, 'Big Band' and Dixieland thrown in for flavor

From Page 6

tained literally thousands of audiences in the southeastern states, Puerto Rico and Cuba. From the sounds of Glenn Miller to sizzling jazz and Latin beats this group has been a crowd pleaser at major events throughout the southeast.

Pride is Navy Band Southeast's top 40/rock band. Whether playing today's top 40, country sounds, or even a touch of clas-

sic rock, this band presents a vibrant and unique sound.

The "River Ramblers" is a seven-member group that performs standard Dixieland and Jazz selections. Due to their outstanding performances, they have become one of the most requested musical units. They delight audiences with their fun-loving approach to music.

The Brass Quintet provides a special touch to any occasion. Their music encom-

passes styles from traditional brass quintet literature to the popular music of today. They provide music suitable for clinics, receptions, military ceremonies, public concerts and schools including a unique educational program specifically designed for elementary children.

Whatever your taste in music or your needs for a band, Navy Band Southeast will always hit the right note.

All military bands are restricted in cer-

tain areas of performance. There are certain guidelines that they have to follow like no filming or recording for resale, all of their performances must be free of charge and open to the public, they can't support fund-raising events and they aren't allowed to play in support of political causes.

For more information on the Navy Southeast or to request them to perform, they can be contacted at navyband@cnrse.navy.mil.



Navy Band Southeast's "Pride" is one of the five bands available for performances throughout the Southeast Region.

NMCRS: A helping hand when needed

From Page 1

Today, the society operates by the interest earned on the fund. All monies used to help military members and their families come from a special fund drive held each year. This year's drive begins March 18 and targets military, family members and retirees. "We contribute \$4 for every \$1 that is donated. Each year, the society takes in about 9 million and provides more than \$40 million nationally," explained Faraldo.

On a local level, last year NAS Jacksonville raised \$250,000 or 140 percent of their goal. In turn, the Jacksonville office provided more than \$1.3 million to help the Sailors, family members and retirees in this area. This money was loaned and granted for such things as basic living expenses, car repairs, emergency travel and some medical/dental bills.

Although the office here primarily assists Navy and Marine Corps personnel, on occasion they will help the other branches of service and then bill that branch appropriately once authorization is granted.

The staff here consists of seven paid employees including the director, budget counselor, trainer/counselor, office manager, office assistant and two visiting nurses. There are also a slew of volunteers who donate their time to help out. All childcare expenses and mileage are covered by the society.

"We usually have 30-40 volunteers who are trained as receptionist, data processors and financial counselors. They are required to complete a training program and some on-the-job training. Once trained, our caseworkers can approve up to \$4,000 to help a client without getting prior approval. This empowers them to make decisions, which is why we attract quality volunteers," Faraldo stated enthusiastically. "Unfortunately, they don't stay long. They are either transferred, find a new job or have children. That's why we have a continuous training program."

Along with the financial assistance, the society offers budget counseling, a visiting nurse program, scholarship funds and provides junior seabags, or layettes to new parents

after they compete a budgeting for baby class.

"Last year, the society gave our more than 8,000 of these layettes. Each is valued at about \$100 and included a handmade garment and blanket made by volunteers," said Faraldo.

Financial assistance is offered to help Sailors better manage their expenses in an effort to keep them from falling into the same situation again.

The visiting nurse program is available to new parents and elderly patients who need a little extra help. "We are given a list of all the new mom's and send them a card asking if they need us to check in on them when they return home. We will go into the home and show them how feed the baby especially breastfeeding, help with cord care and the every day care, give advice on younger siblings and offer tons of literature. We'll do this about two weeks or until they feel they can make it on their own," said Sandra Jackson, who along with her counterpart Arlette Meysenburg, visit about 150 homes each month.

The two also spend a great deal of time helping the elderly. "We see elderly people who are somehow disabled by picking up medications, directing them on how to use them, conduct vital signs, check for safety issues and keep their families informed on the condition of their loved ones," added Jackson, who has been working for the society for the past 15 years.

While they cover a great distance in this area, another visiting nurse was recently hired to take the Mayport area.

So, the next time you need a little help, remember NMCRS is just around the corner near the Fleet and Family Support Center in Building 876. All you have to do is ask. And, don't forget the money you donate during the fund drive is there to help you and your shipmates. For more information or to make an appointment call 542-3515.

The Navy-Marine Corps Relief Society Fund Drive Kickoff is March 18 at 11:30 a.m. in the VP-30 auditorium. Rear Adm. Jan Gaudio will be the guest speaker. Everyone is welcome to attend.



A group of students practice hose handling at the General Shipboard Firefighting course in February.

Firefighting course

FTC Unit provides critical training

By Lt. Caroline Tetschner
Naval Reserve Readiness Command
Southeast PAO

When asked about his Naval Reserve duty as a firefighting instructor, MMC Steven Doyle says with a quick smile, "It still gets really hot."

Last year, Doyle and six Reserve instructors from Jacksonville's Fleet Training Center (FTC) unit taught 300 Sailors the "General Shipboard Firefighting" course. The course trains active and Reserve Navy personnel of most every rank, the basics of firefighting. The program based at

An instructor explains the importance of proper safety techniques to a group of students at the General Shipboard Firefighting course.



Photo courtesy Naval Reserve Readiness Command SE

Naval Station Mayport, includes hands-on training with fireteams conducting port extinguisher drills, boat firefighting and basic fire chemistry. The pro-

gram's "wild hose" demonstration shows students how to control a free-running firehose.

Naval Reservists who participate in the program

receive 10 points on their Individual Training Plan (ITP), and fulfill the necessary firefighting training for shipboard duty.

Jax Air News

Don't Let The News Fly By You!

COMMUNITY CALENDAR

The Navy Wives Club of America, NWCA Jax No. 86, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m.-1 p.m. Call 772-0242 or President Barbara Howard at 471-1444.

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

Submarine Sailors - If you have qualified on a United States Navy submarine in the past or present you are invited to join the newly inclusive established organization, called "First Coast Sub Vets". If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. For more information call Ron Robertson at 241-6222 or email rjrjax@mediaone.net.

Girl Scout Troop 333 meets every Wednesday from 7-8:30 p.m. at NAS Jacksonville Chapel Annex. All girls grade 4-6 are invited. Adults are also needed. If interested contact Lynne Sebring at 317-2363 or come to the meetings.

St. Joseph's New Directions is a year-round support group for the divorced and separated. Meetings are held the second and fourth Wednesday of every month. The meetings start at 6:45 p.m. and are held at the Lili Angels room at St. Joseph's main church on Loretto Road. Call 268-1591.

Christian Fellowship Night will be held behind the Chapel in Bldg. 749 from 6:30 - 9 p.m. every Tuesday night. Contemporary music, refreshments and bible study featuring a video study of Philip Yancey's "The Jesus I never knew" will be apart of the activities. For more information call 542-3051.

The annual **St. Johns River Celebration** is Saturday from 10 a.m. to 5 p.m. at Metro Park. The celebration highlights the St. Johns River, with entertainment, a river clean-up, education, children's activities, free riverboat cruises, free tours of Theodore Tugboat, on-water sailing and kayak demonstrations and more. For more information call 630-3886.

Fleet Reserve Association, Branch 126 is holding a St. Patrick's Day Dinner and Dance Saturday from 4:45-9 p.m. at the branch home. The cost is \$8. For more information call 771-2936.

The Retired Officers' Association of Northeast Florida is having their monthly dinner/business meeting at NAS Jacksonville at The Zone on March 20 at 7 p.m. Reservations are required by calling 269-2942.

The regular monthly meeting of **Fleet Reserve Association, Branch 126** is March 21 at 7:30 p.m. at the branch home. An awards ceremony will be held for local students who won the Americanism Essay Contest. Call 771-2936 for information.

Grand Opening and Ribbon Cutting for The Fouled Anchor CPO Club is March 22 at 2 p.m. The Club is located in The Zone Complex in Bldg. 798 on the corner of Jason Street and Saratoga Avenue.

The third annual **Florida Renaissance Festival**, brings to life the sights, sounds, tastes and beauty of the 16th Century at the Spirit of Suwannee Music Park, Live Oak, Fla., March 23 through April 7. The event features knights in full armor, jousting and fighting; artisans selling their wares, food fit for royalty, a merchant's marketplace and a "Kid's Kingdom." For information and admission prices contact the Florida Renaissance festival Office at 800-3-RENFEEST or visit www.ren-fest.com.

The 18th annual **Blessing of the Fleet** is March 24 from noon until 5 p.m. along the Northbank downtown riverfront. The event will feature the blessing of the vessels on the St. Johns River, free entertainment and arts and crafts. For more information on how to participate with your boat call Gordy Millar at 268-3419.

The U.S. Air Force will host the **47th Annual Joint Electronic Warfare Conference** at Lackland Air Force Base, San Antonio, Texas on May 6-9. An EW Intelligence session will be held on May 6. The conference is for U.S. Government personnel only. This conference is unique in that it is the only Electronic Warfare (EW) conference where the barriers to complete communication are removed by limiting attendance to active duty military and civilian representatives of U.S. Government agencies with a need-to-know. For more information visit <https://jewc.mugu.navy.mil> on the web.

Supply Corps Enlisted Roadshow travels south

The Supply Corps Enlisted Roadshow will travel to Florida, Georgia, and Tennessee in late March, to present Sailors in enlisted supply ratings with critical career information.

The Roadshow, featuring the Naval Supply Systems Command (NAVSUP) Command Master Chief and technical advisors from the enlisted community management branch, will be in Jacksonville, Tuesday; Kings Bay, Wednesday; and Millington, Thursday.

Topics will include advancement, retention, career planning, special

programs and retirement options. The enlisted plans division of NAVSUP travels worldwide to dispense invaluable career information to enlisted Sailors in supply ratings.

For more information on the Jacksonville visit, contact SKCM(SW) Naomi Allen at 542-1211. In Kings Bay, Ga., contact SKCM(SS) David Johnson 912-730-2816.

Additional information is also available at <http://notes.navsups.navy.mil/pao/pao.nsf/FCF>. Select "NAVSUP OP Enlisted Roadshow CY-2002 Schedule."

Yellow Water housing complex fire inspection set for March

From the NAS Jax Chief Fire Inspector

The annual military family housing fire safety inspection and briefing for residents living in the Yellow Water Military Housing complex is now being conducted by the NAS Jax Fire Prevention Bureau throughout March.

Inspections and briefings are conducted between 9 a.m. and 3 p.m., Monday through Thursday. Fire inspectors will be in a NAS Jax Fire Department uniform and will conduct the inspection and briefing only in the presence of an adult.

In the event the resident is not at home when the

inspectors call, a call-back form will be placed on the door requesting the resident contact the NAS Jax Fire Prevention Bureau at 542-2783 or 542-3928 to schedule a home fire safety inspection and briefing.

The intent of the home fire safety inspection and briefing is to ensure maximum safety of all housing residents through normal good housekeeping practices and to inform residents of actions to be taken should a fire or other emergency occur in the home. Also, at this time, home smoke and carbon monoxide detectors will be tested to ensure proper operation.

JAX TALES

By Mike Jones - mikejones43@hotmail.com



Security to issue littering citations

By JO2 Mike Jones
Editor

Litterbugs beware. Anyone willing to toss that wrapper out the window, leave that empty six-pack in the grass or flick that cigarette butt onto the sidewalk can expect to pick something up – a citation.

"If a person is too lazy to go over to the dumpster and throw their garbage away, and someone else sees them litter, they could receive two points against their driving record," said Lt. Drew Massucco, NAS Jacksonville command judge advocate. "We're going to have the law enforcement people on base be able to issue tickets – just like the traffic citations," said Massucco.

The person will be required to appear in traffic court, and if found guilty, will have two points assessed against their driving privileges on base, Massucco added. Twelve points means a person loses their driving privileges on base for a year.

Those without a license, such as underage dependents, will also face penalties if caught littering on base, Massucco warned. "We're looking into other forms of punishment, such as community service," he said. "The consequences won't be any easier just because you don't have a car."

Other administrative actions under consideration include suspension of certain base privileges, Massucco said.



This isn't a new policy, Massucco stressed. "It's new enforcement of existing state laws."

For example, according to Florida Statute 403.413 (Florida Litter Law), punishment for illegal dumping can mean a \$5,000 fine and/or serving up to five years in jail. "If it's a major dumping violation on base, we can get the Jacksonville authorities involved," Massucco said.

Something as small as a cigarette butt constitutes litter, Massucco said. "At every smoking area, there is a place to throw the cigarette butts," he said. "It may seem easier to stamp out

a cigarette on the ground and leave it there, but it needs to be disposed of properly."

"If you see a shipmate toss a cigarette on the ground, you should approach that person and ask them to pick it up," he said.

Helping to ensure the base remains clean and litter-free is everyone's responsibility, Massucco said. "It's not designed for punishment, it's designed as a way of keeping the base clean and providing remedies for those who don't keep the base clean."

For more information, call NAS Legal at 542-2941.2.



Photo courtesy Naval Dental Center Southeast
Naval Dental Center Southeast
Civilian of the Year Joyce Gilliam

Gilliam named Naval Dental Center Southeast Civilian of the Year

By Loren Barnes
Editor

Joyce Gilliam, of Branch Dental Clinic, Mayport, was recently selected as the 2001 Naval Dental Center Southeast Civilian of the Year.

Gilliam, a dental assistant at the Mayport Clinic, assists primarily in the specialties of prosthodontics and endodontics. She was cited by Director, Branch Dental Clinic Mayport Cmdr. Bart Knox, for helping streamline patient care. Knox lauded her skills in exposing and processing more than 200 radiographs, often working with difficult angulated shots. He also praised her work making alginate impressions on more than 250 patients. Her expertise greatly enhanced the clinic's efficiency he said. In fact, Knox cited Gilliam with "greatly contributing to her doctor's 55 percent increase in production, delivery of more than 2,000 dental procedures and more than \$211,000 in revenue during the year."

She also volunteered to track Basic Life Support (BLS) certification dates for all 70 Mayport staff members resulting in a 100 percent certification status for the clinic. She personally liaised with the Medical Department to coordinate 10 BLS classes.

Further examples of

Gilliam's initiative included her placement of reminder calls to patients prior to appointments. This resulted in a 60 percent reduction in her doctor's patient failure rate.

Gilliam is known as compassionate, courteous and cheerful. During the year, she was cited by more than 30 patients for her extraordinary "chairside manner."

Gilliam said of her selection, "I am absolutely excited considering that I love my job and that all the people I work with and the patients here are just super." She added, "I'm grateful that we are all good team players here. That helps tremendously."

Describing Gilliam as "a true team player," Capt. Kimon Rumanes, commanding officer, Naval Dental Center Southeast said of her in his citation,

"Her outstanding contributions as a chairside assistant were instrumental in Mayport's ability to provide the highest quality dental care to its beneficiaries and achieve and maintain 95 percent operational dental readiness."

Gilliam, a native of Greensboro, Fla., has worked with Naval Dental Center Southeast at Mayport for two years. She and her husband, Gary, have reared five children, Mark, Miesha, Nikki, Mike and Ryan. The Gilliam's reside in Jacksonville.

NAVREGSE hosts Sailor of the Year board

By JO3 Kimberly Stephens
NSRR Public Affairs

"The 2001 Navy Region Southeast Sailor of the Year (SOY) goes to MS1 (SW) William Caraballo from Naval Station Roosevelt Roads, Puerto Rico," announced Rear Adm. Jan Gaudin, commander, Navy Region Southeast (NAVREGSE).

"It was like a dream and reality didn't set in until I got back," said Bill Caraballo, officer in charge, Camp Garcia, Vieques, Puerto Rico.

The weeklong event was held Feb. 18 to 22 in Jacksonville, Fla. Seventeen command Sailors of the Year, their families and nine command master chiefs from the region met in Jacksonville to compete for the Navy Region Southeast Sailor of the Year award.

The week was filled with events such as golfing, a 50's theme dinner and a St. John's river cruise. "The purpose was for the Sailor's and families to get to know one another," said Naval Station Roosevelt Roads (NSRR) Command Master Chief (SS) Joseph Steadley, "as well as to celebrate their hard work and accomplishments."

The first day, the Sailors were given the responsibility of planning their own banquet from the table settings to the schedule of events including the color guard and ceremonies. "They put a bunch of Sailors together that didn't know each other and have never worked together, and we were able to set up the whole banquet in four days," said Caraballo. "Maybe something like this wouldn't have happened in the civilian world, but in the Navy, it does happen. We will take care of it and get the job done!"

In the beginning, the competition was like any other test or Navy board – it was tense. "Sailors were sizing each other up," said Steadley. However as the week progressed the sense of competition sort of went away, and they weren't looking at each other as competition, but as shipmates who had a common bond. They realized they each represented the very best of all the Sailors at their various commands, explained Steadley.

Each of the 17 Sailors were each interviewed and assessed on personal appearance, ability to communicate, poise, thinking under pressure and were asked Navy related questions. "That gave us an insight on where they were as far as their maturity level and knowledge of the

Navy in general," said Steadley.

Not only were the SOY's faced with going before a board of nine command master chiefs, but they also were evaluated on a package submission. The package contained evaluations for the past three years, collateral duties, off and on duty education, community involvement, primary mission and overall contribution to their command and the Navy. "It is basically all the same things we tell first classes they should strive for to make chief petty officer," said Steadley. "We look at selecting the SOY that is best prepared to assume the position of chief petty officer because that is the ultimate prize at the final level of competition – Navy Shore Sailor of the Year."

Steadley went on to explain that winning was not the goal. "It didn't matter who won or lost because they were already winners and that was what was important."

However, there did have to be one and that one just happened to be Caraballo. "I am very happy that he won because he definitely is a hard worker," said Steadley. "We chose him to represent the naval station because he is the Sailor that best represents who we are, our performance standards and what our expectations are here at NSRR," said Steadley. "SOY isn't something Sailors should strive for. It is just a by-product of sustained superior performance. SOY is not an accomplishment. It is an acknowledgement for doing a good job."

One of the questions Caraballo was asked was 'Why do you think you should be named SOY?' "It is because of what I do. What we've accomplished at Camp Garcia, Vieques, Puerto Rico. Camp Garcia is the 'tip of the spear' and without us – we don't train," he said. "At times during exercises, I have more than 400 people at the camp. We feed them, we berth them and we make sure everything is good for them. Basically, this is how we enable our war fighters to go out and train to fight our wars."

When Caraballo arrived back to NSRR, he didn't know what was going on. "I and my family were singly called to the front of the plane to go through customs. With everything that is going on in the world, I thought I was in trouble. My wife asked what did we do. I said I don't know! We went through customs and it was then that I saw all the balloons," said Caraballo. "That is when it really hit me and reality set in, 'I was Sailor of the Year for Navy Region Southeast.'"

Wicker gets NLSOSE Sailor of the Year honors

By NLSOSE Public Affairs

In high school at Vallejo, Calif., Kimberly Wicker's personal motto was, "Make the world a better place, put a smile on your face." As a Legalman at Naval Legal Service Office Southeast (NLSOSE), she does exactly that every day.

In recognition of her impressive accomplishments and inspirational personal attitude, NLSOSE recently selected LN1 Wicker as its Sailor of the Year for 2001.

NLSOSE, headquartered at NAS Jacksonville, is the third largest office in the JAG Corps and the busiest overall.

Since arriving at NLSOSE in August 2000, Wicker has filled demanding jobs in all three departments: Claims, Defense, and Legal Assistance. Her skills as a professional paralegal and administrator enabled her to shine in all areas. In each position she demonstrated outstanding customer service and leadership.

Even though a stream of active duty servicemembers, Navy family members and retirees file into the Legal Assistance office on a daily basis with myriad legal issues, Wicker treats each person as if their case is the most important thing she has encountered all year.

After the events of Sept. 11 accelerated the JFK Battle Group's deployment schedule, Wicker led the way in organizing numerous shipboard and command visits to ensure that every Sailor put to sea with his or her legal affairs in order.

"She is a caring and compassionate leader who never hesitates to take time to counsel and encourage a Shipmate. She sets the benchmark for superior performance and mission contribution," said Cmdr. Orlando Ruiz-Roque, commanding officer of NLSOSE.

Wicker credits her father, Larry Foster, for the success she has enjoyed. "He is a great example of what hard



Photo courtesy NLSOSE

NLSOSE Sailor of the Year LN1 Kimberly Wicker

work and dedication can achieve," she said. Foster spent six years as a Fire Controlman on board aircraft carriers in the 1960s.

Her grandfather, now deceased, was a Pearl Harbor survivor and retired from the Air Force as a master sergeant.

Like many other Sailors, Wicker arrived at her post by a winding route.

Following high school, she taught preschool for seven years and attended community college part-time.

Seeking a challenge and finding it difficult to sustain herself in Southern California on the salary she received, Wicker surveyed the military. The advancement opportunities of the Navy impressed her. The desert real estate favored by the Air Force did not. She decided to follow in her father's tracks, and reported to Basic Training in Great Lakes, Ill., in 1995 at the age of 26.

After graduating second in her Yeoman "A" School, Wicker reported to Afloat Training Group Western Pacific in Yokuska, Japan, where her efforts were recognized with a Navy Achievement Medal. In 1998, she joined Patrol Squadron (VP) 46 in Whidbey Island and

deployed to Misawa, Diego Garcia, Bahrain, and Masirah.

In early 2000, then-YN2 Wicker made the demanding cut to be cross-rated as a Legalman. She completed Legalman "A" school with honors in Newport, R.I. prior to her arrival at NLSOSE. Her most recent accomplishment was her early selection as first class petty officer under the Navy's time-in-grade waiver policy.

Wicker's ultimate goal is to be commissioned as a limited duty officer in the JAG Corps. She believes that being an officer will enable her to make the greatest impact on the Fleet. To help get there, Wicker hopes that her next tour of duty will be at a demanding overseas assignment such as Commander-In-Chief, United States Naval Forces, EuropeNav.

Wicker balances her time at work with her one-year old daughter, Sabrina Rachele Foster. The proud mother hopes that her new motto will rub off on Sabrina: "If you believe in yourself, and work hard, you can achieve anything!"

NAVY NEWS

TR wraps up its part in Operation Enduring Freedom

By JO3 William Price, Jr.

USS Theodore Roosevelt (CVN 71) is on its way home. Since Sept. 19, the world has had its focus on "America's Big Stick." On that day, TR pulled out for a scheduled six-month deployment, which everyone on board knew would be anything but routine. Now it is time for TR to say, "we had it, you got it."

Last Wednesday, TR turned over with USS John F. Kennedy (CV 67) in the Red Sea. TR off loaded ammunition, various supplies and other aircraft maintenance equipment to JFK.

"Seeing the JFK is a signal that (our contribution to Operation Enduring Freedom) is over," said Commanding Officer Capt. Rich O'Hanlon. "We did what we had to do, and now it's time to be with our families."

O'Hanlon said this deployment "epitomizes the mission of the Navy," that of providing combat-ready Naval forces capable of winning wars, deterring aggression and maintaining freedom of the seas.

TR was the first aircraft carrier to deploy after the Sept. 11 attacks on New York and Washington, D.C., and began air strikes on Afghanistan and the Taliban within hours of reporting on station in the Arabian Sea Oct. 17. In four months, Carrier Air Wing One (CVW1)

and the TR team flew more than 10,000 sorties and dropped 1.7 million pounds of ammunition. CVW 1 has also logged more than 30,000 flight hours.

"For the first two months, we were asked to fly at night and put the crew on a reversed schedule," said O'Hanlon. "During that time, we freed millions of Afghans from a repressed regimen, toppled the Al-Qaida and Taliban government, and made America a little bit safer. This was all due to the direct efforts of our crew and airwing."

TR then switched back to a day schedule during which it served as the emergency call for friendly forces on the ground in Afghanistan.

In the process, TR spent 150 consecutive days at sea, a new post-World War II record.

Through Wednesday, TR has pumped 38.5 million gallons of JP-5 fuel, and has served more than 2.3 million meals.

"The thing that I am most proud of is this crew has met every challenge, every single challenge, with class, great style, and a smile," said O'Hanlon, speaking like a proud parent.

TR was also recognized with two awards during this deployment. The Battle "E" was awarded to TR for its recognition of its battle efficiency, and the Ney Award came TR's way for best galley aloft in the Atlantic Fleet.

Chapel to hold Easter services

The following is the Base Chapel's Easter service schedule:

Catholic

March 23, 5 p.m. - Passion Palm Sunday, Blessing of Palms, Procession

March 24, 9:15 a.m. - Mass

March 27, 9 a.m. - Departure for St. Augustine Cathedral, St. Augustine
11 a.m. - Blessing of holy oils for the Catechumens, for the sick and Holy Chrism, renewal of the ordained priest's commitment to priestly service.

March 28, 7 p.m. - Evening Mass of the Lord's Supper, washing of feet.
8 p.m. to midnight - Transfer of the Holy Eucharist to the upper room chapel followed by a prayer vigil until midnight. Sign up for Holy Hour of Prayer individually or as a family.

March 29, 7 p.m. - Celebration of the Lord's Passion, Veneration of the Cross, Holy Communion.

March 30, 8 p.m. - Blessing of the new fire, lighting of the Paschal Candle, Easter proclamation, liturgy of the word, blessing of water, renewal of Baptismal vows, celebration of Baptism reception in the church, confirmation, liturgy of the Eucharist.

March 31, 9:30 a.m. - Renewal of Baptismal vows, Mass of the Resurrection of our Lord.

Protestant

March 24, 8:30 and 11 a.m. - Palm Sunday Services

March 29, 7 p.m. - Last Seven Words

March 31, 6:05 a.m. - Easter Sunrise

7 a.m. - Breakfast

8:30 and 11 a.m. - Easter Worship Services

MWR NOTES

Information, Tickets and Tours offers trips

You deserve a vacation, stop by I.T.T. and sign up for one of the many trips on the calendar. For more information stop in our office located across from the Post Office or give us a call at 542-3318. Trips are open to all base personnel and their guests.

Southern charm Charleston style

Spend the weekend, April 5-7, exploring the charm of Charleston, S.C. Visit the Old City Market, take a boat ride to Fort Sumter, and saunter through Magnolia Plantation and more. The cost is \$133.75 per person based on double occupancy. The deadline to sign up is March 22.

Set sail Thanksgiving weekend 2002 - Now's the time to get a great deal on a weekend cruise over Thanksgiving Weekend. Set sail to the Bahamas on a three-day cruise Nov. 28. Call for more details.

Travel Vendor Fair and MWR Expo open to all - Saturday from 10 a.m. - 2 p.m. in the Navy

Exchange/Commissary Parking Lot (where the Recycling Receptacles are located). Thousands of dollars in giveaways and prizes. There is no charge and a variety of entertainment will be provided for children. Enjoy music, snow cones and the Zoo will be on-site with their animal show.

St. Patrick's Day in Savannah - Don't press your luck and wait another day to sign up for the I.T.T. shuttle to Savannah on Saturday to be part of the St. Patrick's festivities. We've even included a reserved seat for you for the annual parade all for \$23 per person.

Easter egg hunt planned

Hop on over to McCaffrey Softball Fields on March 22 for the second annual Night Easter Egg Hunt. More than 10,000 eggs will be hidden and the age groups will be broken down: 3-5, 6-8, 9-12 and 13 and up (one parent may accompany). Twenty special eggs will provide a treasure for the lucky finder! For more information call Youth Activities at 778-9772.



Yellow Water Activities

For more information on these or any activities at Yellow Water call 777-8247. If you have ideas we would love to hear them.

Multi-family yard sale - Yellow Water Navy Family Housing, Saturday, from 8-11 a.m. You must show military or NAS Jax base I.D. to enter the gate. A list of participating locations may be picked up from the mini-mart just inside the gate. Any questions or to register your sale of goods, please contact Yellow Water Youth Activities at 777-8247.

Annual Easter egg hunt - March 23. Five age-specific hunts will begin at 9 a.m. Don't be late as the bunny has lots of places to visit and prize eggs to award. This event is free to all military family members.

Baseball clinic - On the ballfields at Yellow Water Youth Center after the egg hunt on March 23 from 10:30 a.m. - 2 p.m. Participants will learn batting, fielding, throwing, and catching skills. This event is free to all military family members from age 4 through 12 and lunch will be provided. Please



register your child before 6 p.m. on March 20.

It's the 'Luck of the Irish' at Mulligan's

Mark the day for the Luck of the Irish to make an appearance at Mulligan's 19th tomorrow for the biggest annual St. Patty's party this side of the St. John's. The party will offer food and beverage specials. If you can't make it to the bash, join us for lunch. Our special will be corn beef and cabbage.



Birthday party packages available

The Bowling Center is a great place to celebrate birthdays or any occasion. We have a variety of birthday packages to choose from, let us do the work and save you time and money. Call 542-3493 for additional information.

Visit MWR online at www.nasjax.navy.mil and look for the tab marked MWR this is your tab to unlimited fun. For questions or comments e-mail us at mwrmtkg@nasjax.navy.mil.



Photo by Kaylee LaRocque

Wayne Currey, a representative from Weed Systems Equipment, Inc. (right) explains the proper use of applying ground chemicals to Tommy Enzinger of NAS Jax's MWR Ground Maintenance Department, Rick Alix, of Weed Systems and Rita Hammerstad of NS Mayport during the MWR Grounds Maintenance Clinic last Wednesday.

MWR hosts grounds maintenance class

By Kaylee LaRocque
Staff Writer

Seven grounds maintenance workers from area commands spent last Wednesday and Thursday here honing their skills by participating in a MWR Grounds Maintenance Clinic. This was the first time MWR has sponsored this type of clinic which featured three ven-

dors from local companies demonstrating their products and equipment.

"We decided to offer this clinic to help our grounds maintenance staff and other area commands learn new techniques and skills to make their jobs more efficient. The vendors were invited to demonstrate the different types of equipment and chemicals that are used to maintain ath-

letic fields including softball, baseball, soccer, football fields and golf courses," said Mike Gorman, NAS Jacksonville's athletic director.

The two-day course covered the use of spraying and applying chemicals, the various steps of installing and maintaining irrigation systems and how to use different types of lawn maintenance equipment.

JU Baseball to hold 'Military Day'

From JU Athletics Marketing

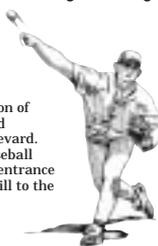
Jacksonville University Baseball takes on Mercer in a double-header conference match-up on April 6 at 1 p.m. at Alexander Brest Field on the JU Campus.

The day is designated as "Military Day," in which all military personnel can show their ID to receive free admission for the whole family. Prizes will be given away throughout the day.

Coach Terry Alexander has the team in high gear for a spectacular 2002 season. The Dolphins have made it to the NCAA Tournament twice in the past three years, and have been selected in the preseason to

win the Atlantic Sun Conference this year.

The JU campus is located at the intersection of Merrill Road and University Boulevard. To get to the baseball field, follow the entrance road down the hill to the large parking lot.



On The Go With USO

For the past eight years, Jacksonville's Navy community has joined with the corporate community through the Jacksonville Housing Partnership and USO's Shipmates with Heart Program on a project that provides renovation, repair and painting to the homes of senior citizens.

The homes are located in a community designated by Mayor John Delaney as intensive

care neighborhoods. This year's "Paint the Town" project, is scheduled for May 4-11.

Prior to those dates, it is necessary to complete repairs and renovations to the homes so the painting can be completed.

The Jacksonville Housing Partnership has requested the Navy's support again this year in preparing these homes for the "Paint the Town" phase of this worthy

endeavor. Navy volunteers, through USO's Shipmates with Heart, have demonstrated reliability in completing these preparations properly.

Navy volunteers are needed now through May 11. Commands are encouraged to participate in this project. Call JoAnn Dilling at 778-2821 to be matched with a project.

Free t-shirts, lunch and all tools are provided.

Volunteers needed for PLAYERS Championship

From Commander, Navy Region Southeast

Volunteers are being solicited for all committees of THE PLAYERS Championship (TPC) which is scheduled for March 18-24. All Navy volunteers must be on leave or liberty. Non-paying volunteers are assigned to specific committees, while paying volunteers are eligible to serve on any tournament committee with a vacancy.

Additionally, signing up this year places you on the committee priority placement list for subsequent years. The distinction between non-paying and paying volunteers is as follows:

Non-paying volunteers are normally assigned to committees in the facilities division, such as course ecology, general parking, and course prep/construction. A ball cap and TPC t-shirt will be provided at no charge. In addition, any volunteer who completes 32 hours of service is eligible to play the stadium or valley course for cart fees only. Volunteer party tickets are not available to non-paying volunteers. Also non-paying volunteers are not eligible to participate in the Volunteer Play Day Tournament.

Regular paying volunteers will be required to purchase a uniform consist-

ing of a volunteer shirt (\$34), windbreaker (\$49) and the volunteer badge (\$30), which is also a pass to the tournament for the entire week. Paying volunteers may choose their committees from committees that have not already been filled by previously registered volunteers. Additionally, paying volunteers are entitled to a free round of golf at TPC, as well as, a volunteer party March 16 at the University of North Florida.

To sign up and serve as either a paying or non-paying volunteer at this year's tournament, contact YN1 Scholz at 542-2336. Be prepared to identify which category you wish to volunteer for and provide your full name, home phone number, work phone number and email address. Additional information will be required of paying volunteers, specifically related to ordering uniform sizes and arranging for payment of the uniform.

Committee assignment is accomplished on a first come/first serve basis. Take advantage of this unique opportunity to give back to the community that serves as our home, as well as the chance to see firsthand some of the world's best golfers playing on one of the most picturesque and challenging courses in America.

THE PLAYERS Championship, Liberty Mutual Legends of Golf offer free admission to military

From PGA Tour Headquarters

THE PLAYERS Championship (TPC) and Liberty Mutual Legends of Golf have announced that complimentary admission to both tournaments will be offered to area active duty and retired military and reservists recalled to active duty. While each tournament will have different policies for free admission, both will require official military identification cards at the gate.

TPC will be held March 18-24 at Sawgrass in Ponte Vedra, and will offer free admission during the three practice day rounds, March 18-20. Only active duty and retired military and reservists recalled to active duty will be admitted free with a military I.D. card. Additional family members and guests may purchase half-price (\$15) admission tickets at the gate.

"We want to recognize the unselfish efforts of our military personnel and invite them to share a few days with the PGA Tour and our players in an informal

setting," said Brian Goin, TPC executive director. "The practice rounds will afford them and their families a chance to see the tour's best players up close and personal."

The 25th Anniversary Liberty Mutual Legends of Golf will be held April 1-7 on the King and Bear Golf Course at the World Golf Village in St. Augustine.

Area active duty and retired military, as well as reservists recalled to active duty will receive complimentary daily admission for themselves and one guest when presenting their military I.D. cards at the gate; additional guests must pay the applicable daily admission rate.

On a first come, first served basis, and while supplies last, each service person admitted free will receive a voucher at the gate for a complimentary golf hat featuring the words "United We Stand" and the Liberty Legends of Golf logo. The voucher may be redeemed at the PGA Tour Stop only during the week of the tournament.

The Wellness Camp

We all long for a lean, healthy body and lifestyle. Some of us think that the devotion to wellness takes a lot of time and pain.

The Wellness Camp is devoted to breaking some of those myths and replacing them with facts supported by research. This program offers practical guidance on nutrition, exercise, and injury prevention.

We do not stop there! This program also looks at the effects of stress on health and teaches you methods to minimize stress reactions through the use of relaxation techniques.

Snacks, handouts, lunches, a water bottle, and a tee shirt will be provided to each participant.

April 17 - 19

sponsored by The Wellness Center and MWR Fitness Source
Building 867
Enterprise Avenue
NAS Jacksonville
(904) 542-5292, ext. 10

Jax Air News

Keep In Touch With
What's Going On!

JAX SPORTS

Women's basketball and softball players needed

The athletic department is forming a basketball team to play in the South Atlantic Regional Sports Basketball Tournament at Mayport March 15-17. Eligible players include active duty, military dependents over 18, retirees, and civilian employees assigned to NAS Jax. We are also looking for ladies to play in the women's softball league starting March 18.

NAS Jax hosting regional basketball tournament

Varsity basketball teams from the South Atlantic Region will be competing at the NAS Jax Gymnasium March 22-24. Come check out the basketball action.

Men's tennis tournament slated

A men's competitive and recreational singles tennis tournament will be held March 25 for all NAS Jax active duty men. The tournament will be played at the Birmingham Tennis Courts at 5 p.m. Individuals playing in the tournament will earn Captain's Cup points for their respective command. Call the NAS Jax gymnasium to sign up by March 22.

Women's tennis tournament coming up

A women's open singles tennis tournament is scheduled for March 25. The event is open to active duty, dependents over 18,

retirees, and DoD/NAF civilian women. The tournament will be played at the Birmingham Tennis Courts at 5 p.m. Active Duty women playing in the tournament will earn Captain's Cup points for their respective command. Call the NAS Jax gymnasium to sign up by March 22.

Sports teams organizing

Intramural Softball League – Season begins March 18. Open to all active duty commands and personnel.

Greybeard Softball League – Games will be played on Tuesdays and Thursdays, 11:30 a.m. Season begins March 18.

Women's Softball League – Open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. Season begins March 18.

Open Softball League – Open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. Season begins March 18.

Intramural Volleyball – Games will be played on Mondays, Wednesdays and Fridays at 11:15 a.m. and noon. Season begins April 1.

Men's varsity softball coach wanted

NAS Jax Athletic Department looking for experienced military or civilian individual who would like to coach Men's Varsity Softball Team. Team represents NAS Jax in military and community tournaments in southeast region. Interested personnel should contact NAS Jax Athletic Department.

Navy Southeast Regional Running and Triathlon Team

Competitive runners are wanted to represent U.S. Navy in 5K, 10K, marathons, and/or triathlons? U.S. Navy will showcase elite active duty men and women in regional races. Uniforms will be provided as well as transportation, entry fees, and lodging costs.

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

Southeast Regional Qualifying Times

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

Visit the MWR website at www.nasjax.navy.mil/mwr. For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239 or e-mail us at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil. Visit the MWR website at www.nasjax.navy.mil/mwr.

Are you ready for the PFA? Here it comes!

By J/O3 Jackey Bratt
Staff Writer

As Sailors prepare to take on the challenge of the Physical Fitness Assessment (PFA), they should keep in mind, enlisted Sailors with three or more PFA failures in a 4 year period will carry forward their two most recent failures. If a Sailor who carries forward two failures does not pass their next PFA, they will be separated at the end of their end of active obligated service (EAOS) and lose eligibility for advancement. Three consecutive PRT tests must be successfully passed to

avoid separation. Members will be allowed to request extensions in six months increments to attempt successful completion of consecutive PFAs.

The new standards for the assessment test are to strive to optimize personal fitness and readiness for all Sailors, exceed the minimums, and achieve continuous improvements.

The sit and reach test is designed to test your flexibility. A successful sit-and-reach displays the ability of a joint to move through a full range of motion.

Push-ups display the ability to sustain muscle contractions over a period

of time without undue muscular fatigue.

The 1.5-mile run/500 yard swim test is designed to show the ability of the heart and lungs to deliver oxygen to working muscles.

Maintaining motivation to undergo a fitness lifestyle overhaul while managing job, family, and other concerns can be overwhelming, but it is necessary for some Sailors. The ShipShape Program is the Bureau of Medicine and Surgery (BUMED)-approved weight management program, coordinated by the Health Promotion Department at the local Navy Medical Treatment

Facilities. The program was developed to increase accessibility of a weight management program for active duty Sailors and Marines needing assistance in maintaining Physical Readiness.

The program goal is to boost the number of active duty who are living a healthy lifestyle and maintaining a healthy body composition. ShipShape is designed to provide active-duty personnel with basic information regarding nutrition, stress management, exercise and behavior modification techniques to lower and maintain an acceptable body weight and body fat percentage that is

within Navy standards. Attendance is open to all personnel, especially anyone who exceeds, or is in danger of exceeding, body composition assessment

standards. For more information on the ShipShape program at NAS Jacksonville contact the Navy Wellness Center at: 542-5296.

NAS Jacksonville will host Navy Run, limited participation

By Rick Crews
CNRSE Public Affairs

NAS Jacksonville will host the Navy 10K Run/5K Walk on April 6 at 8 a.m.

Due to heightened security measures, this year's participation is limited to those authorized to enter the base (valid ID card and Department of Defense vehicle decal). Others can participate only with an authorized sponsor who will arrive with them and stay with them during the event.

Pre-registration will be held at the Holiday Inn, Route 17, in Orange

Park on April 5, from 11 a.m. to 6 p.m.

The race is free to all active duty personnel. The cost to all others is \$15 prior to April 6. The cost for military and civilians who register the day of the race is \$20.

Late registration will take place in the Navy Exchange Parking lot the day of the race from 6 a.m. to 7:45 a.m. Packets may also be picked up on race day at the registration area.

The race starts at 8 a.m. with an awards ceremony following in the Navy Exchange Parking lot.

Following the 10K race, awards will

be presented for the top three male and female finishers, top Masters and Grand Masters, plus three males and females in each age group. The top male and female in the Wheelchair Category will also receive awards.

Following the 5K walk, the top 10 male and female finishers will receive awards (no age group); as will the top three military teams (maximum five members per team).

There will be a shoe fair outside the Navy Exchange the morning of the race.

For information, call 542-2930 or 542-3518.

FROM THE GALLEY

<p>Meal hours Monday through Friday Breakfast: 6 to 7:30 a.m. Lunch: 11 a.m. to 1 p.m. Dinner: 4:30 to 6 p.m. Saturday, Sunday and holidays Breakfast: 6:30 to 8:30 a.m. Brunch: 10:30 a.m. to 12:30 p.m. Dinner: 4 to 5:30 p.m. Meal costs Breakfast: \$1.60 Brunch/Lunch: \$3.25 Dinner: \$3.25</p> <p>Thursday Breakfast Sausage Patties Home Fried Potatoes Blueberry Pancakes Assorted omelets Corned beef hash Boiled eggs Lunch Creole macaroni Buttered noodles Turkey gravy Steamed carrot rings Corn bread Taco salad Turkey a la king Fresh mashed potatoes Steamed cauliflower Beef barley soup Dinner - Mexican/ Spanish Fiesta Beef & burritos Mexican rice Stewed tomatoes Spanish soup Soft & hard tacos Mexican corn O'Brien potatoes</p> <p>Friday Breakfast Sausage links Omelets and eggs to order Boiled eggs Grilled ham slices Fried hash browns Oatmeal Waffles Lunch Spicy baked fish Steamed rice Tomato gravy</p>	<p>Steamed broccoli German style coleslaw Chicken fried steak Rissolo potatoes Succotash Clam chowder Dinner Braised beef w/noodles Baked potato Simmered squash Pepper pot soup Rock Cornish hens Rice pilaf Peas and carrots</p> <p>Saturday Breakfast Grilled bacon Cottage fried potatoes French toast puffs Omelets and eggs to order Minced beef w/toast Farina Boiled eggs Brunch Baked chicken sandwich Mixed vegetables Beef rice soup Cottage fried potatoes French toast puffs Onion rings French fried potatoes Grilled bacon Farina Eggs to order Dinner Spaghetti w/meat sauce Steamed carrots Doubly good chicken soup Veal Parmesan O'Brien potatoes Steamed green beans Spaghetti noodles</p> <p>Sunday Breakfast Grilled bacon Home fried potatoes Apple fritters Omelets and eggs to order Grits Brunch Chili dogs Corn on the cob Cream of mushroom soup</p>	<p>Home fried potatoes Apple fritters French fried potatoes Baked beans Minute steaks Grits Eggs to order Dinner Barbecue chicken Herbed green beans Rice pilaf Onion gravy Beef balls Stroganoff Cauliflower Parmesan Oven browned potatoes Chicken corn chowder</p> <p>Monday Breakfast Corned beef hash Cottage fried potatoes Pancakes Omelets and eggs to order Oven fried bacon Grits Boiled eggs Lunch Beef lasagna Lyonnaise rice Calico corn Beef noodle soup Lemon baked fish Buttered noodles Peas w/onions Marinara sauce Dinner Salmon cakes Oven-glo potatoes Mixed vegetables Chili conquistador Club spinach Garlic bread New England fish chowder</p>	<p>Brown gravy Corn on the cob Oven fried chicken Steamed rice Club spinach Chicken gumbo soup Dinner Pepper steak Steamed rice Steamed broccoli Cream of potato soup Baked fish portions Cottage fried potatoes Lima beans</p> <p>Wednesday Breakfast Oven baked sausage links Hash brown potatoes Blueberry pancakes Omelets and eggs to order Glazed doughnuts Minced beef w/toast Farina Boiled eggs Lunch Roast turkey Mashed potatoes Collard greens w/ham hocks Beef vegetable soup Corn bread dressing Swedish meatballs Turkey gravy Cream corn Steamed rice Brown gravy Dinner Grilled hamburger steak Potatoes au gratin Succotash Brown gravy Pork chop suey Fried rice Steamed cabbage Old fashioned bean soup Waldorf salad</p> <p><i>Note: The food service officer is authorized to make changes to the general mess menu to provide substitutions for food items not in stock or to permit timely use of perishable stocks.</i></p>
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