



Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE



Bobby Bowden at National Prayer Luncheon

By Casey Clement
Naval Hospital Public Affairs

Florida State University (FSU) Football Coach Bobby Bowden will be this year's keynote speaker at the National Prayer Luncheon. The luncheon will take place on Feb. 20 at 11:30 a.m. at the NAS Jacksonville O'Club and is sponsored by the Naval Hospital Jacksonville.

According Naval Hospital Chaplain (Cmdr.) Rob Beede, Bowden is often described by his peers as an excellent leader and motivating speaker.

"Bowden's faith and highly productive principles have helped him build a football dynasty and tradition other schools dream of. He continues his 28th season at FSU this year while claiming the title of the most successful college football coach of all time. Bowden has also led the FSU Seminoles to two national championships," said Beede

Tickets are available at the Naval Hospital and the NAS Jax I.T.T. office for \$8. For more information, contact Lt. Jason Penfold at 542-7340 or Lt. j.g. Sarah Penfold at 542-9457.

Skin cancer screening

Branch Medical Clinic Jacksonville, in cooperation with the Naval Hospital Jax Dermatology Department, is sponsoring an active duty only skin cancer screening Jan. 22 from 1-3 p.m. Please call 542-3500 and follow the prompts to book an appointment. Make sure to identify that it is for the skin cancer screening. Call early, the appointments book up fast. For more information, contact Cmdr. Barbara Klus, at BAKlus@sar.med.navy.mil.



Alisha Merritt holds her two-year-old son, Babrion as he receives the flu vaccine administered by Immunizations Nurse Linda Hightower, LPH.

Flu shots available at Pediatric Immunization Clinic for 'high-risk' children

By Casey Clement
Naval Hospital Jacksonville Public Affairs

The peak of the flu season is quickly approaching and the Pediatric Immunization Clinic at the Naval Hospital Jacksonville continues to maintain a supply of flu shots and other immunizations. According to the American Academy of Pediatrics the peak of the flu season is projected to fall between the end of January and the beginning of February.

Although much of the supply of flu shots has run out at other area hospitals, the Pediatric Immunization Clinic at Naval Hospital Jacksonville continues to stock the flu vaccine. Pediatric Nurse Practitioner Lt. Cmdr. Kris Klimish said this season's strain of the flu is especially powerful. Klimish urges "high-risk children" such as those with asthma, chronic respiratory ill-

ness, and children younger than three to receive the flu vaccine. Children who receive the flu shot for the first time must have a follow-up visit and receive a second inoculation.

The Pediatric Clinic sees approximately 2,000 children per month. While the immunization clinic may average 25-30 patients a day, at the height of flu season that number can jump as high as 80.

Because the supply of immunizations may fluctuate, those who want to receive a flu shot are encouraged to first call the immunization clinic to ensure that the vaccine is in stock. No appointment is necessary to receive a flu shot, but calling ahead to know how long the wait is may help save time. During the peak of the flu season, patients can expect somewhat of a wait for a flu shot.

For more information on the Pediatric Immunization Clinic call 542-7440 or Central Appointments at 542-4677.



Photo by Kaylee LaRocque

Ingrid Robinson, a staff member at the NAS Jax Child Development Center, looks over some of the donated items given to her and her family after their home was destroyed by fire on Christmas Day.

Fire destroys her home, but not her spirit

By Kaylee LaRocque
Staff Writer

An employee of the NAS Jacksonville Child Development Center (CDC) lost her home and all her belongings when a fire engulfed her apartment in Orange Park on Christmas Day. Shortly after eating their Christmas dinner, Ingrid Robinson, her sister, Deborah and friend, Ronnie who live together along with Robinson's son, Marwan and daughter, Reya began to smell smoke.

"My children had just left and we kept smelling smoke. As we were looking around, our upstairs neighbor walked outside and saw flames coming from inside a heating unit that was outside near our apartment. He yelled at us to get out. As I was calling 9-1-1, our apartment exploded and all the windows blew out. It was an inferno. There were flames everywhere," explained Robinson, an operation's clerk at the CDC.

"All we could do was watch it burn. Everything happened so fast. After the fire department got there and put the fire out, we realized that every-

See DONATIONS, Page 9



Photo by JO2(SCW) Eric Clay

Special guests at Commissary

Clay County Special Olympians Alisa Jones, Christian Blocker and Jessica Callison hand out coupons to NAS Jax Commissary patrons Saturday. The Special Olympians will be in the commissary for the next two weekends to promote support of the upcoming Special Olympics in April. "We are here handing out coupon books that can be used through the month of January with a percentage helping Special Olympics," explained Marsha Otti Clay County Special Olympics coordinator. "The money we raise helps cut the costs of traveling, lodging, food and training for the competitions." "Athletes do not pay to compete in the competitions. All expenses are paid by the Special Olympics through donations and other resources." "We are happy to support the Special Olympics program and other local area charitable organizations," commented Larry Bentley, commissary director.

SECURITY SCOOP

Can the spam on your computer e-mail

By Bill Curnutte
Crime Prevention Officer

Are you tired of receiving lots of unsolicited e-mail messages that pitch some product or service? Unsolicited commercial email, also called spam, is annoying and time consuming to many consumers. Spam currently accounts for over half of all e-mail traffic. To make matters worse, most spam is fraudulent or deceptive in nature.

Typically, an e-mail spammer buys a list of e-mail addresses from a list broker, who compiles it by "harvesting" addresses from the Internet. If your e-mail address appears in a newsgroup posting, on a Web site, in a chat room, or in an online service's membership directory, it may find its way onto these lists. The spammer then uses special software that can send hundreds, thousands, even millions of e-mail messages to the addresses at the click of a mouse.

To combat this, President Bush recently signed into law the Controlling the Assault of Non-Solicited Pornography and Marketing Act of 2003 (CAN-SPAM Act). Under this law, consumers are provided with a choice not to receive any further unsolicited messages from a sender. Senders that do not honor a consumer's request are subject to civil penalties. It also requires that any sexually explicit spam have a label identifying it in the subject line so those consumers can filter out these messages. If they knowingly violate this requirement, spammers are subject to fines or imprisonment.

What can you do now to can the spam? Try not to display your e-mail address in public. Check the privacy

policy when you submit your address to a Web site. See if it allows the company to sell your address. Don't submit your address at all to Web sites that won't protect it. Read and understand the entire form before you transmit personal information through a Web site. Some websites allow you to opt out of receiving e-mail from their "partners," but you may have to uncheck a pre-selected box if you want to opt out.

Internet Service Providers (ISP)
Use an e-mail filter. Check your e-mail account to see if it provides a tool to filter out potential spam or a way to channel spam into a bulk e-mail folder. You might want to consider these options when you're choosing an ISP to use.

Report it to the Federal Trade Commission (FTC). Send a copy of unwanted or deceptive messages to uce@ftc.gov. The FTC pursue law enforcement actions against people who send deceptive spam e-mail.

Let the FTC know if a "remove me" request is not honored. If you want to complain about a removal link that doesn't work or not being able to unsubscribe from a list, you can fill out the FTC's online complaint form at www.ftc.gov. Whenever you complain about spam, it's important to include the full e-mail header. The information in the header makes it possible for consumer protection agencies to follow up on your complaint.

Send a copy of the spam to your ISP's abuse desk. Complain to the sender's ISP. Most ISPs want to cut off spammers who abuse their system.

Phishing is when a consumer receives an e-mail that appears to be from a well-known company. It says

you have a problem with your account or credit card and asks you to verify that personal information. This information could result in identity theft.

Bogus e-mails that try to trick customers into giving out personal information. "Spoofing," or "phishing," frauds attempt to make users believe that they are receiving e-mail from a specific, trusted source, or that they are securely connected to a trusted web site, when that is not the case.

In spoofing, the header of an e-mail appears to have originated from someone or somewhere other than the actual source. Spoofing is generally used as a means to convince individuals to provide personal or financial information that enables the perpetrators to commit credit card/bank fraud or other forms of identity theft. Spoofing also often involves trademark and other intellectual property violations.

"Link alteration" involves altering the return address in a web page sent to a consumer to make it go to the hacker's site rather than the legitimate site. If an individual unsuspectingly receives a spoofed e-mail requesting him/her to "click here to update" their account information, and then are redirected to a site that looks exactly like their ISP or a commercial site like Ebay, there is a good chance that the individual will follow through in submitting their personal and/or credit information.

Always report fraudulent or suspicious e-mail to your ISP. Reporting instances of spoof web sites will help get these bogus web sites shut down before they can do any more harm.

If you have any questions about this article, please contact me at 542-1586.



Meet A Sailor...

YN2(SS) ALAIN MAGHSADI

Job title/command:
NAS Jax Admin

Hometown: Los Angeles, Calif.

Family Life: Married to Jessica. We have a daughter, Neda.

Past Duty Stations: FBM OPTEST Support Squadron Two.

Career Plans: To earn my bachelor of science degree and apply for an officer's program.

Most Interesting Experience: Port call in Puerto Rico

Words of Wisdom: Just shut up and pay half.



Meet A Civilian...

FRED BYERS

Job title/command:
Management Analyst

Hometown: Wilson, Ark.

Family Life: Married

Past Duty Stations: NAS Cecil Field, NADEP Jax

Career Plans: To do all I can to support the Navy and its greatest base - NAS Jacksonville.

Most Interesting Experience: Discussing quality in the Navy with Dr. W. Edward Deming.

Words of Wisdom: If you always do what you have done, don't expect tomorrow to be different than today.

ON THE HOMEFRONT

Fatal system error proves no match for Navy wife

By Sarah Smiley
Special Contributor

A few days ago, my computer crashed. Out of nowhere, completely unprovoked, the system died.

OK, so it might have had something to do with me upgrading the operating system without reading the directions first, but nine times out of 10 my computer is smarter than me (after all, it knows how to spell things like hyperbole and insidious), so I thought it could handle an amateur attempt.

At 8 o'clock at night, after three hours of upgrading, my screen went totally black, except for three words that will strike fear in the hearts of computer users everywhere: "Fatal System Error."

I hit "Return." I hit "F1." I also tried pounding my fist on the desk, but nothing made the bad words go away. And then something even more frightening occurred: the usual comforting hum of my CPU stopped. No soft buzzing sound, no flickering orange light—just silence and a black screen.

I sat in disbelief, a hand covering my gasping mouth. Then I called every comput-

er expert I know and begged for the magic words to fix my screen.

My husband said, "Just leave it alone and we'll take the system to get slicked [computer lingo for erasing everything and starting over] tomorrow."

As writer who makes her living at a computer, this was like asking a Diet Coke junkie to give up caffeine.

In two years, I have jam-packed our computer with documents, files and pictures of the kids. Losing these things was unthinkable. For Heaven's sakes, I even have my personal settings saved for shopping at the Pottery Barn Web site!

"No," I told my husband, "I will not give up. I will not lose these files."

"Well, good luck," he said facetiously and went to bed.

For two hours, I stared at the black screen and plucked random keys unsuccessfully. Accepting the words "Fatal System Error" goes against everything in my stubborn nature, and I couldn't believe there wasn't some way to fix the system.

Now, I wish I could explain here how I finally removed the error message, restored the computer and

successfully installed the new operating system, but I really don't know how I did it. By 3 a.m., however, the computer was not only working, it was working faster and better.

The next morning my husband asked, "Do you have plans to be the first woman president?"

"Not really," I answered. "Why?"

"Well," he said, "by the looks of our computer this morning, it seems when you set your mind on something, you make it happen no matter what. So if you're thinking of being President, I want time to prepare."

This was, of course, a priceless I-told-you-so moment.

Funny thing is though I wasn't always so persistent and determined. Being a military wife has toughened me and challenged me to do things I might never have done for myself otherwise.

For instance, when my husband and I were first married, the sight of a roach in our apartment could make me pack my bags and threaten to move. My worst fear was being confronted with one of the creepy-crawlers when my husband was not around to smash it.

Two deployments later though I handled it quite well when I found a snake in our garage and the dead mouse he was intending to eat. Sure I screamed hysterically and ran for the hills, but my reaction was considerably more calm than it would have been a few years before. As my husband told a friend later, "I'm just lucky she didn't want to sell the house this time."

There's no such thing as a helpless military wife. We deal with uncountable circumstances by ourselves, most of which might make other people break down and cry. But when your spouse is on deployment, there's no time to "freeze" with fear or wait for someone to come take care of you. You just do it yourself and move on.

My run-in with the computer and my husband's reaction the next morning reminds me of a magnet I have on our refrigerator that reads, "You can't scare me—I have kids."

I think I want a new magnet that says, "'You can't scare me—I'm a Navy wife!'"

Sarah Smiley may be reached for comments at www.sarahsmiley.com

HEY, MONEYMAN!

Hey, MoneyMan!

I should get a \$2,100 income tax refund and I was wondering what I should do with this money. Someone told me that I should pay off all my bills, but someone else said I should invest it. Any ideas?

MoneyMan Sez:

On the surface, getting a big tax refund seems like a good deal, but usually, the bigger the refund, the bigger the mistake.

Why did you get so much money back? If you are like most of us it is because you paid too much in and effectively gave an interest-free loan to Uncle Sam.

The first thing you should do is adjust your tax withholdings so you can have the money available to you each month instead of waiting to the end of the year to collect a part of your pay.

Then, you should pay off all unsecured loans you

have. With the extra income each month, you will not need to run up credit cards next year. Then you should save some amount each month.

Say you are 25 years old and you get a \$1,200 refund each year for 20 years. Your refunds would total \$24,000. Instead, you could invest the \$100 monthly overpayment and, with a 10 percent return, you would accumulate around \$75,000 over that same period of time.

Put the money in a Roth IRA, and the growth is tax-free. I recommend you go over to PSD and change your W-4 so that you cover your taxes, but reduce your refund. Pay off your bills and invest the rest.

More questions? Call Hey, MoneyMan! at 778-0353.



Sunday Services

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

- Saturday** - 5 p.m. - Catholic Mass
- Sunday** - 8:30 a.m. - Holy Eucharist Episcopal
- 9:30 a.m. - Catholic Mass
- 11 a.m. - Protestant Worship
- 6:30 p.m. - Contemporary Service

"The Leading Edge," Hangar 749 at the Base Chapel Center.

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-12:15 p.m.

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

The Jax Air News is an authorized publication for members of the Military Services. Contents of the Jax Air News do not necessarily reflect the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, or The Florida Times-Union, of the products and services advertised. Everything advertised in the publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or refraction of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

Deadline for all routine copy is close of business the Friday before publication. Deadline for Classified submission is noon Monday. Questions or comments can be directed to the editor. The Jax Air News can be reached at (904) 542-8053 or by fax at (904) 542-1534 or write the Jax Air News, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

The Jax Air News is published by The Florida Times-Union, a private firm in no way connected with the U. S. Navy under exclusive written agreement with the U. S. Naval Air Station, Jacksonville, Florida. It is published every Thursday by The Florida Times-Union, whose offices are at 1 Riverside Ave., Jacksonville, FL 32202. Estimated readership over 32,000. Distribution by The Florida Times-Union.

Advertisements are solicited by the publisher and inquiries regarding advertisements should be directed to:

Jax Air News
Ellen S. Rykert, Military Publications Manager
1 Riverside Avenue • Jacksonville, FL 32202
904-359-4168
Linda Edenfield, Advertising Sales Manager • 904-359-4336

Traffic alert for NAS Jax commuters

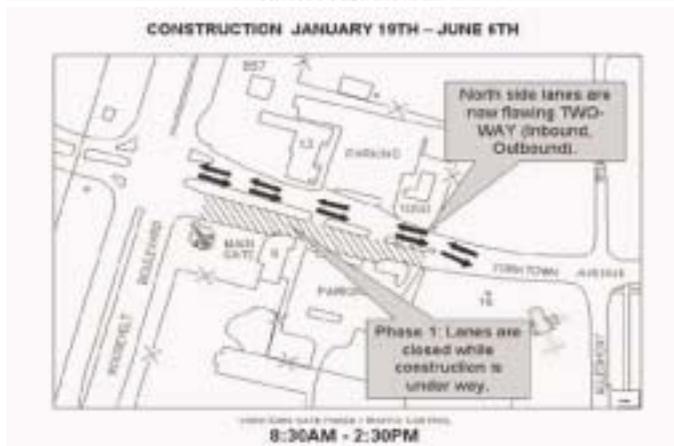
The Yorktown Gate (Main Gate) at Naval Air Station Jacksonville will be under construction Monday through June 6, 2004. In an effort to reduce traffic congestion traffic pattern change notices will be posted along U.S. Highway 17 on both the north and southbound lanes near NAS Jax. Travelers and visitors to NAS Jax are encouraged to use caution and adhere to traffic pattern changes during this construction period.

Traffic pattern changes at the Yorktown Gate will occur as follows between Jan. 19 and June 6:

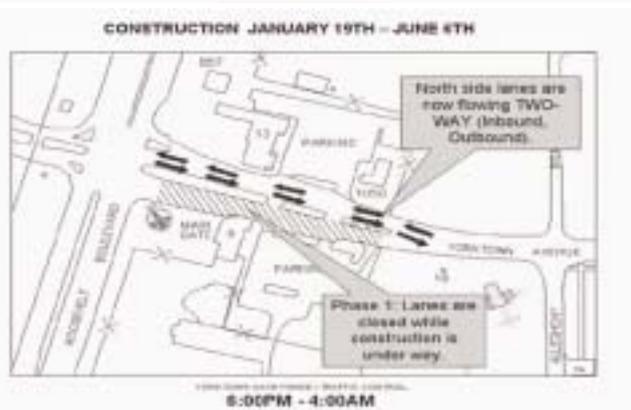
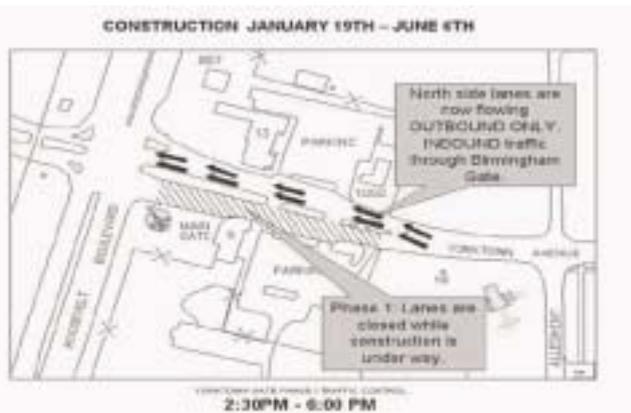
During the weekday morning rush hours (4 a.m. through 8:30 a.m.) traffic will be reduced to two inbound lanes and out-

bound traffic will be detoured to the Commercial Gate. During weekday mid-day hours (8:30 a.m. through 2:30 p.m.) the traffic will be reduced to two-way traffic, one lane in and one lane out. During the weekday afternoon rush hours (2:30 p.m. through 6:00 p.m.) traffic will be reduced to two lanes outbound with the inbound traffic being detoured to the Birmingham Gate (except for access to Building 9 and 13). Traffic during weekday evenings and nights (6 p.m. and 4 a.m.) and weekends and federal holidays will be two-way, one lane in and one lane out.

For further information, call Sue Brink at 542-5031, Ext. 2130.



ARMED FORCES COMMUNICATIONS; 3c; 10"; Black Only;



HOLIDAY: Commemorating a special man

From Page 2

opportunity to make America a better nation."

These characteristics of readiness and determination are exhibited each day throughout the Navy's nearly 400,000-member active duty force and in the actions of the thousands of Sailors in the Naval Reserve.

In the words of FORCM Karen O'Connor, comnavsurfpac Force Master Chief,

"Dr. Martin Luther King's lessons transcend color - they taught us to value each other's differences and to accept each other for who we are as individuals. Our Navy is the strongest in the world because our teamwork is based on this same foundation."

From Jan. 19-23, everyone is strongly encouraged to commemorate the Dr. Martin Luther King, Jr.,

holiday consistent with current mission and resources. Maximum participation by all civilian and military personnel should be promoted through programs, exhibits, and published items of interest in command bulletins. Participation in local community observance is also welcome.

For more information on Dr. King go to www.theking-center.com.

JU SCHOOL OF ORTHODONTICS; 3c; 10.75"; Black Only;

Seabees lend hand with fire station project

By JO2(SCW) Eric Clay
Assistant Editor

A crew of Seabees from Construction Battalion Unit (CBU) 410 is currently assisting with the Out-Line Field (OLF) White House's new fire station construction project.

The important role and contribution the Seabees are making consists of clearing and hauling 20 truckloads of reusable fill dirt and trees, which was excavated from the project to build footers and a foundation for the new fire station.

The Bees are using the fill to refurbish roadways essential to the operation of the airfield and helicopter pads located in the wooded areas surrounding the airfield.

"Last year we had an incident where we had to tow one of the helicopters from its pad and the roadways made it harder for us to manage the operation. Now that the Seabees are fixing the roadway, it will be much easier to do it if it ever becomes necessary," said Will Henry, base forester for NAS Jacksonville, NS Mayport and OLF White House.

This project is considered an officer-in-charge (OIC) discretionary project and is part of the ongoing self-help projects at NAS Jax. "An OIC discretionary project is a construction project



EO2(SCW) Clifford Martin clears material from the fire station project at OLF White House.

Photos by JO2(SCW) Eric Clay

authorized by the OIC of the CBU in which manpower is less than 100 days and of very little or no cost to the unit," explained SW1(SCW) Joseph Hall, CBU-410's assistant operation's chief.

The crew has been working for almost a month and a half and is nearing the 50 percent completion stage of the project. "The crew is working very hard to keep above pace, while making safety their first priority," said Crew Leader EO2(SCW) Christopher Brooks. "I'm proud of the job they are doing and in the way they are



EO2(SCW) Christopher Brooks offloads material that will be used to repair the roadways at OLF White House in the future.

representing the Seabees." OIC discretionary projects help the Seabees keep their individual



EO3 Mike Buda repairs one of the helicopter pad access roads during the OIC discretionary project.

construction rate skills honed and save the Navy thousands of dollars that can be utilized elsewhere. "Because of CBU-410 involvement on this project, we're saving the Navy approximately \$100,000," explained Hall.

Working on this project enabled

junior Seabees to use heavy earth working and hauling equipment that is not routinely utilized.

"This gave our Bees an opportunity to sharpen their skills. It was a positive venue for the Seabee's to support the base," concluded Hall.

CPRW-11 recognizes Sailors of Year

By Lt. J.g. Jay Vignola
CPRW-11 PAO

Congratulations to the 2004 CPRW-11 Sea and Shore Sailor of the Year finalists.

The impressive professional and personal achievements of AW1(AW/NAC) Michael Silvis (CPRW-11 SEAOPDET), IS1(AW) Stephanie Moldovan (CPRW-11 Staff), AE1(AW) Van Wynn (VP-5), AE1(AW) Darrell Wojnar (VP-16), AW1(AW/NAC) Michael Johnson (VP-45) and PR1(AW) James White (VQ-2), made this year's selection extremely difficult.

The selection for this year's award was difficult as each finalist had a proven track record with a solid reputation. "All six of these Sailors are outstanding at what they do. They represent the best the Navy has to offer and it was difficult to choose award win-

ners from among them," remarked CMDCM(AW/ SW) James Davis. "When you're around a group of top-notch Sailors like these, you can't help but think that the Navy's future is in good hands."

Despite parity among the award finalists, two Sailors were chosen as Sailor of the Year. AE1(AW) Van Wynn from VP-5 was selected as the CPRW-11 Sea Sailor of the Year and IS1(AW) Stephanie Moldovan from CPRW-11 was chosen as the CPRW-11 Shore Sailor of the Year. The announcement was made by CPRW-11's Commodore Capt. Carlos Chavez.

"I'm really happy and honored to be selected for the award. You never expect an award for working hard at your job, but it's nice to be recognized," stated Moldovan. Wynn echoed Moldovan's sentiments. "It is

quite an honor to receive this award and to be chosen to represent both VP-5 and CPRW-11. Working at VP-5 has been a rewarding experience for me. I work my hardest every day to help the men and women there, but I never expected to receive an award for my efforts," he said.

Moldovan and Wynn will now compete for the Patrol and Reconnaissance Atlantic Sailor of the Year.

The Sailor of the Year Award program was first implemented in 1972 to recognize outstanding personal achievement among enlisted petty officers. The award is now given annually to the sea and shore command Sailors who best exemplify the Navy core values of honor, courage and commitment, while demonstrating a hard work ethic and superior knowledge in their respective career field.



Photo courtesy of CPRW-11

CPRW-11 Commodore Capt Carlos Chavez (center) recognizes Sailor of the Year finalists. (From left to right) AE1(AW) Van Wynn (VP-5); AE1(AW) Darrell Wojnar (VP-16); AW1(AW/NAC) Michael Johnson (VP-45); PR1(AW) James White (VQ-2); AW1(AW/NAC) Michael Silvis (CPRW-11 SEAOPDET) and IS1(AW) Stephanie Moldovan (CPRW-11 staff).

HS-5 promotes Sailors

By Lt J.g. Michael Margolius
HS-5 PAO

Cmdr. Robert Conway, commanding officer of HS-5 was able to utilize the full authority of his position Dec. 17, when he meritoriously promoted AM2 Flennoy Bellinger to first class petty officer and AT3 Nathan Boyd to second class petty officer through the Command Advancement Program.

This program is designed to provide commanding officers with a means to recognize and advance a limited number of excep-

tional Sailors each year.

Bellinger is from San Antonio, Texas and joined the Navy in February of 1990. He has served in several squadrons and locations during his career; including: VA-46, VFA 132, MAWD E1 Centro, Ariz., HSL-40, VA-128F, VP-5, NASC Pensacola, Fla., VP-45, VFA-106 and HS-5.

Boyd hails from Jacksonville and enlisted in the Navy in 1998. After a tour with HS-10, he transferred to HS-5 where he is also qualified as a brig escort.

Both individuals were brought up to HS-5's Ready



Photo courtesy of HS-5

AT2 Nathan Boyd (front, second from left) and AM1 Flennoy Bellinger are congratulated by members of HS-5 after being capped by Cmdr. Robert Conway (right), HS-5's commanding officer while on board USS George Washington.

Room onboard USS George Washington, unaware of what was about to occur. The two were brought forward in front of many squadron members and informed of their promotions.



Animal Adoption Fair slated

First Coast No More Homeless Pets is hosting an Animal Adoption Fair Jan. 17 at the Orange Park PetSmart store at 6000 Lake Grey Boulevard from 9 a.m. to 3 p.m.

Over 100 dogs and cats will be available to adopt. All animals are spayed or neutered. Adoption fees will vary by group.

For more information, call 779-4661 or email dfields@ccjax.com or landollse@aol.com.

Support to the fleet . . . ready and fully integrated

By Vice Adm. John Cotton
Commander, Naval Reserve Force

After months of emphasis, every "ship-mate," full time support (FTS) and drilling reservists (DRILRES) alike, has seen these words and had a chance to reflect on their meaning.

"Support to the fleet" - VFA-201's recent deployment with USS Theodore Roosevelt (CVN 71), continued global security efforts by naval coastal warfare units, and special operations support by HCS-4 and HCS-5, who both possess one of a kind capabilities that exist primarily in the Naval Reserve, and USS Stephen W. Groves' (FFG-29) counter-narcotics achievements, are just a few examples of the significant contributions Naval Reserve units are making towards the global war on terrorism.

More than 22,000 Naval Reservists have been mobilized since 9/11, and more have been notified of upcoming recalls to active duty. Daily, our talented reservists and their supported commands innovate ways to apply our annual training (AT), active duty for training (ADT) and flex drill man days to maximize support of fleet requirements, maintain a high state of "readiness," and continue to demonstrate the value of the Naval Reserve...capability and commitment, anytime, anywhere, 24/7/365.

"Fully integrated" - The Navy must take ownership of its Reserve force. Our military's current force structure was designed to combat a Cold War era enemy that no longer exists. Today's enemies are smaller, more difficult to identify, and aggressively apply asymmetric tactics.

To win the global war on terrorism, we need to rapidly transform and become a more flexible service with surge capability. We also need to recapitalize our fleet to take advantage of new technologies that will enable us to defeat our nation's enemies overseas, so we do not have to fight them at home.

We can only accomplish this by utilizing all of the resources at our disposal in the most efficient and effective manner, which is best accomplished as one fully integrated force.

To that end, Commander, Naval Reserve Force and Commander, Fleet Forces Command has engaged in an aggressive plan to rapidly integrate active and Reserve forces. Adm. William Fallon, commander, Fleet Forces Command shares his perspective on the progress we have made and what the future may hold for the Navy's total force.

Q. You've said in the



Adm. William Fallon

past that one of your top five priorities for Fleet Forces Command (FFC) is to "bring the Reserve and active components of our Navy together as a fully integrated fighting force." Can you provide us some background on why this issue is so important?

A. There are currently more than 87,000 Naval Reservists. These selected reservists (SELRES) constitute roughly 20 percent of our Navy's total force. Speaking strictly from the standpoint of efficient use of resources, it's obvious we must optimize how we use this portion of the force to meet the Navy's war fighting requirements.

I'm convinced current Reserve force organizational alignment, force structure and integration with the active force is not what it should be. In my last job as vice chief of naval operations I, along with the assistant secretary of the Navy, manpower and Reserve affairs, commissioned a study to propose methods for transforming the Naval Reserve to achieve full integration with the active force.

This study made some excellent recommendations and the CNO has passed several key initiatives to FFC for implementation.

Q. What is the role of FFC in this effort?

A. FFC was assigned executive agency for five specific initiatives:

- Validation of Naval Reserve requirements
- Identification of the Naval Reserve role in supporting Sea Power 21
- Identification of Naval Reserve requirements for readiness and training
- Responsibility for training and readiness of the Reserves
- Assessment of Reserve readiness

In order to tackle these initiatives, I have established a new branch within the FFC N8, Force Integration, headed by a flag officer. The Force Integration branch is actively engaged

in a comprehensive zero-based review of capabilities that can be fulfilled by the Reserve component.

This is the first step in achieving a more effective and efficient total force.

Q. Can you tell us a little bit about this zero-based review? What is the breadth? Who is participating? Is there a timeline? What are the goals?

A. The zero-based review is examining the entire Navy and includes inputs from all Navy Echelon II commands and all FFC Echelon III commands. These inputs include evaluations of existing Naval Reserve Force structure as well as non-existing capabilities that would fill a gap in vital mission requirements.

All inputs are being reviewed and validated by FFC. Following review and validation, FFC will forward a recommendation to the office of the Chief of Naval Operations (OPNAV) for approval. Upon approval, we will begin the programming and manpower actions necessary to restructure the Reserve force.

Q. When you say the entire Navy, do you mean that in this review FFC will conduct validations on capability requirements for commands such as Bureau of Medicine and Surgery, Bureau of Naval Personnel (BuPers), Military Sealift Command and others who do not fall under FFC?

A. CNO has appointed FFC as executive agent and Navy-wide coordinating authority for this review. FFC is receiving inputs from all Echelon II activities, some of which have extensive Reserve components.

We're asking these commands to take a close look at capabilities they provide to the Navy and recommend the optimal role for the Naval Reserve in helping deliver those capabilities.

This is something that hasn't been done for some

time, and I suspect in some cases we will discover Reserve units that do not provide adequate return on investment. In those cases, we will recommend the units be eliminated.

In contrast, there are sure to be areas where additional Reserve capability would be the most efficient way to provide a required capability. In those cases, we might recommend forming additional units and aligning them in a manner that makes them more visible and readily available to the active unit they support.

Q. Is this task being spearheaded by the active component or the Reserve component?

A. This is a task for the active component. For many years now there has been an inclination among the active component to disregard reserve issues or to pass them off to the Reserve component for action.

This has been a primary factor in the current lack of integration between the active and Reserve force. In order to achieve a fully integrated fighting force, it is vital that the active component take ownership of the Naval Reserve.

That said, there is plenty of room for Reserve component support to this effort. Their subject matter expertise and in-depth knowledge of existing reserve policies and procedures will be crucial to this effort.

Q. Do you have a vision of what the Reserve Force will look like after this zero-based review?

A. Our goal is to let the Navy's war fighting requirements drive the size and shape of the Reserve component. We specifically avoided providing a force structure vision to avoid inhibiting out-of-the-box thinking.

My desire is to create requirements-based Reserve force sized and shaped to the needs of the joint war fighter. Clearly, the Reserve force will grow in some areas and shrink in others with the end result being a more operationally responsive and mission oriented Reserve force fully integrated with the active component.

Q. As we proceed toward the fully integrated force will there remain a role for the Echelon II and III Reserve staffs?

A. As part of the redesign of the Naval Reserve initiative, we created an addi-

tional duty (ADDU) relationship between Commander, Naval Reserve Force/Commander, Naval Reserve Forces Command and Commander, U. S. Fleet Forces Command. This relationship emphasizes the vital role our Reserve component plays to supporting the fleet and the support of these commands during the integration effort will be essential.

As we progress down the road toward full integration, I would expect the need for large Reserve infrastructure administration will decrease. Ideally, we will shift Reserve manpower functions to BuPers and the training and readiness requirements will fall upon the active commands that own the Reservists.

Q. The current Naval Reserve Force consists of 64 percent augmentation units and 36 percent commissioned units. Do you foresee a change in this mix?

A. It's hard to say if there will be a shift in the ratio, but within each group there will be some changes. Within the Reserve commissioned units we will see some Reserve aviation squadrons shifting from commissioned squadrons to augment units attached to an active duty squadron.

In the Naval Coastal Warfare (NCW) community, we are planning to shift some Reserve capability over to the active component to rectify an active/Reserve mix discrepancy that has placed a great deal of stress on our Reserve NCW units in recent years.

Within our augment units, I expect to see increased emphasis on the relationship between the Reserve augment unit and the active unit it supports.

The days when active duty commanding officers never see or communicate with Reserve units attached to their command must become something of the past. Communication is essential to a truly integrated fighting force.

Q. During Operations Noble Eagle, Enduring Freedom and Iraqi Freedom we mobilized more than 20,000 Reservists with a peak number of over 12,000 mobilized. What lessons from this ongoing event can be applied to the redesign of the Naval Reserve initiative?

A. Our Naval Reservists

performed, and continue to perform, exceptionally well in the global war on terrorism. As a matter of fact, we're in the process of identifying some logistics Naval Reserve units to relieve some overstressed Army Reservists as part of Operation Iraqi Freedom II.

During the recent mobilizations we identified a need to be able to accurately and quickly assess Reserve component operational readiness.

This ability, coupled with active component ownership of training for their Reserve assets, will allow us to integrate our Reserve component into the total force as rapidly and effectively as possible.

We intend to develop reporting metrics that will show us exactly where and to what degree our Reserve component is contributing to the global war on terrorism everyday.

We have learned mobilization numbers alone don't show us the full picture. There are literally thousands of Reservists engaged in operational support to the fleet who are not mobilized, yet still critical to our total force effort.

Q. Do you have any closing comments?

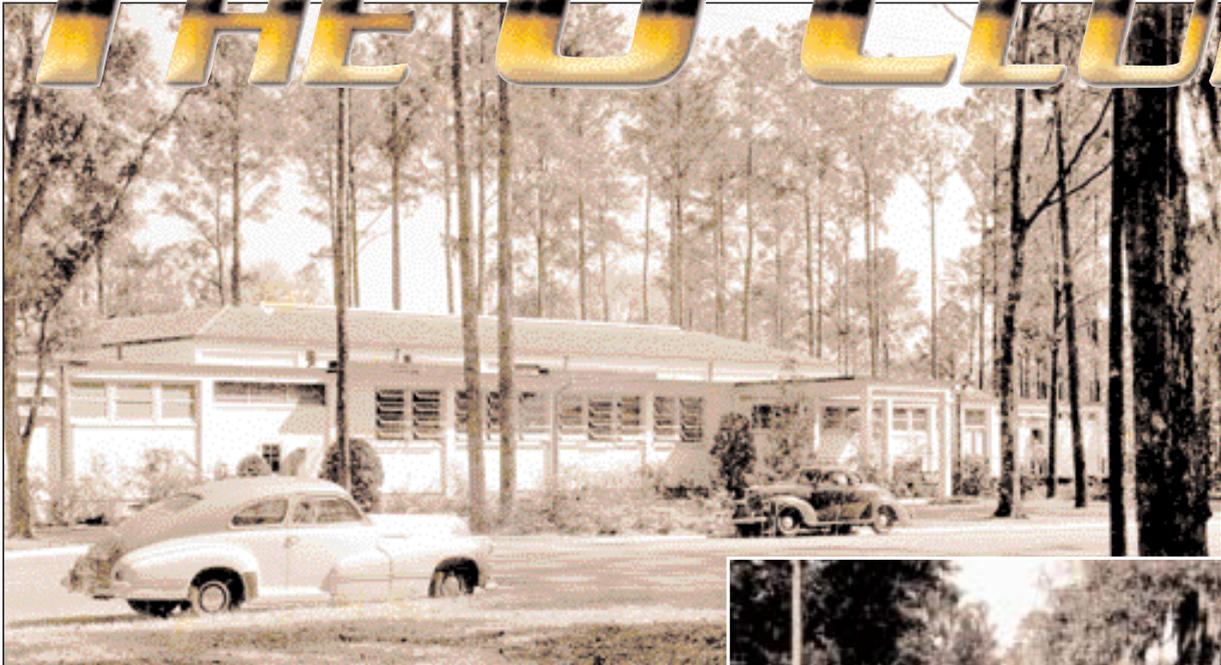
A. I want to strongly emphasize the importance of active component ownership of the Reserve component. We must remember that the Reserves, which represent 20 percent of our war fighting force, are absolutely vital to our Navy's ability to fight and win wars now and in the future.

As such, the active component has a huge interest in ensuring the Reserve component is manned, trained and ready to respond to national contingencies and must be held accountable for Reserve readiness.

This is a major shift from the days when we relegated the manning and training of Reservists to Reserve centers with little to no active command oversight or involvement. The result was a Reserve component that, in many areas, was neither aligned nor ready to contribute to the war fighting effort.

We must change that and it is incumbent upon all of us, active and Reserve, to embrace these changes and help make "total force" more than just a catchy phrase.

THE O'CLUB



A 1941 front view of the NAS Jacksonville Commissioned Officers' Club.



Official Navy Photos

The old brick road behind the NAS Jax O'Club served as a beautiful walkway for club patrons to take a stroll by the river in the 1950's.

NAS Jax banquet and conference facility is ready to serve you

By Miriam S. Gallet
Editor

If you're looking for a picturesque historic place to hold that very special event, look no further than the NAS Jacksonville Commissioned Officers' Club Conference Center. With beautiful waterfront views from just about any table, this premier facility is a lovely place to have a command function or celebrate a special event.



Lavenne Spriggs, cook foreman, prepares the dinner vegetables dishes.

The facility, commonly referred to as the O'Club, is nestled right on the banks of the St. Johns River, surrounded by century-old oaks, towering cypress trees and an unforgettable view of the river, providing the backdrop for any occasion. Lauded by the military and retiree community, the O'Club is open to all-hands and offers some of the finest facilities and services in the area, including exceptional catering and special event coordination for command events, birthdays and receptions.

The facility, managed by the NAS Jax Morale, Welfare and Recreation (MWR) Department, is staffed with one flexible conference and catering manager, one assistant food and beverage manager, two cooks, two preparation cooks, two bartenders, two dishwashers and 10 wait staff.

The O'Club was built in 1941 and has remained in the same location and building. Throughout its history, it has acted as the community hub, hosting numerous military functions, social events and community activities. "Sailors are quite proud, as well as protective, of the integral role the club has played in shaping the military community on base," said Lyn Brightwell, O'Club conference and catering manager.

The property itself has gone through many incarnations since 1941 including last year's \$800,000 renovation, which transformed this historical site into a full-service, state-of-the-art facility with the installation of new carpeting, draperies, climate-controlled rooms, electrical and plumbing.

Brightwell had a dream of transforming the property into a modern banquet facility. With the support of MWR Director John Bushick, the renovation was completed last summer and the facility finally achieved the grand vision Brightwell dreamed about.

According to Bushick, the renovations were done so NAS Jax could have a place to hold conferences and conventions, a dignified meeting place for the military. "Our club has supported naval aviation throughout the years. It was time to renovate while preserving the history of the building," Bushick said.

"New lighting fixtures, nice window treatments and table linens make it a very cozy place for functions such as squadron reunions, command functions including training and special conferences, weddings, anniversaries,



Making a napkin look like a flower is the specialty of O'Club Waitress Leanne Needham. Today, she will turn 400 napkins into flowers.



Tiffany Roach, server, ensures all of the condiments are on the table prior to the arrival of guests.



Weddings bells are ringing at the NAS Jax O'Club. Kathy Fillio, server, tastefully sets the tables for a wedding.

THE O'CLUB



O'Club Dishwasher Erlinda Olars, places the water glasses through a heavy-duty dishwasher in preparation for a 300 person sit-down dinner.



Laura Taylor, bartender at the NAS Jax O'Club, prepares the hors d'oeuvres for a change of command and retirement reception in the main bar.



Cook Ricardo Angeles, seasons the prime rib prior to baking. The prime rib will be the main course of a retirement reception.

Photos by
Miriam S.
Gallet

BANQUET: Facility can accommodate meetings for 10 to 500 people

From Page 6

reunions and holiday parties. Our guests are not only treated to fine dining, but can dance the night away on our spacious dance floor," said Brightwell.

According to Brightwell, the facility has a variety of banquet packages to choose from. The conference and dining areas are designed for comfort and convenience with rooms adjoining. With an emphasis on pleasing the patrons, the O'Club offers new meeting facilities that will hold from 10 to 500 people. The 1,500-square foot main dining room (300 seat capacity) is an ideal site for large meetings, social functions, receptions, parties and special events.

"We work with you every step of the way, from initial pre-planning to final execution of detailed requirements. My goal is to satisfy the customer while keeping prices lower than most facilities out in town. I must meet the cost of goods and labor plus 5 percent," stated Brightwell.

Other rooms include the Manatee (100 seat capacity), St. Johns Room (100 seat capacity) and the "T" bar, which is open to all-hands on Thursdays and Fridays for Social Hour.

"Every guest that walks through our doors has a multitude of needs that must be delicately tended to. The social events must be artfully designed and our eager-to-please staff is anxious to attend to the most minute detail or request. Rest assured, they'll carry it off with the proper blend of care and concern," Brightwell remarked. "We cater to individual commands, families, groups, or couples looking for a beautiful place to get married and have a wedding reception."

"I had the pleasure of attending the NAS Jax Christmas Party at the O'Club last month. It was very tastefully done and well orchestrated. The food and drinks were excellent," said Cmdr. Lee Singleton, NAS Jax supply officer. "It was one of the nicest Christmas parties I've ever attend-



Artful food presentation enhances any banquet hall and at the O'Club, Server Danielle Duval skillfully prepares a buffet table.

ed. With the number of people we had in attendance, it was a logistic challenge and Lyn and her staff did it without missing step."

Whether it's a cold drink after work at the "T" Bar on Thursday or Friday between 4-9 p.m., or the monthly Reef and Beef dinner on the first Friday of every month, the O'Club staff promise a truly comfortable and memorable experience. This banquet and catering facility is the choice for service members and retirees above all other Jacksonville facilities.

Expert catering staff and custom wedding packages await those looking for a memorable setting at an affordable price. "We want our patrons to have a good time at our facility. Therefore, when they come to inquire about the facility and what it has to offer, I take the time to fully explain their options," said, Pam Mercer, O'Club administrative assistant. "Whether it's our main dining room, the Manatee or St. Johns rooms, spacious dining areas and lavish menu at affordable prices, make our facility affordable to our young Sailors,

senior officers and retirees.

Service members and their families consider this O'Club their own. They've earned that right. Brightwell is a big proponent of getting everyone on base more involved in the club. It prompted her to host a weekly after work all-hands mixer in the "T" Bar on Thursdays and Fridays. "The mixers on Thursday night give Sailors the opportunity to unwind and the ability to meet other Sailors with similar interests," said YNC(SW/AW) Michael Enzenbacher, NAS Jax Administrative Department leading chief petty officer.

Like any other premier banquet facility, the O'Club also offers off-site catering. Patrons can place carryout orders for a variety of food trays or hors d'oeuvres platters. If the function is on base, the catering staff will deliver the order to the workplace.

Whether planning a command function or a private party, the O'Club is ready to assist you.

"I would like to personally invite squadrons, service members and retirees to book their



Kathy Fillio, server at the NAS Jax O'Club, accepts a wedding cake from a local vendor for a wedding that will take place later that afternoon in the St. Johns Room.

next event at our wonderful waterfront facility," concluded Brightwell.

Lyn Brightwell may be contacted at 542-3041 or dbrightw@nas-jax.navy.mil.



Shawn Clavin, a cook at the NAS Jax O'Club prepares 150 salads dishes for a wedding reception.

NavHosp Jax honors 2003 Sailors of Year

By Loren Barnes

Naval Hospital Jacksonville Public Affairs

Naval Hospital Jacksonville recognized its Sailors of the Year for 2003 in December.

Honored as Naval Hospital Jacksonville Senior Sailor of the Year was HM1(SW/AW) Bobby Pilgrim of Branch Medical Clinic (BMC) Albany, Ga., located aboard Marine Corps Logistics Base Albany.

Named Naval Hospital Jacksonville Junior Sailor of the Year was HM2 Travis Baisden, of BMC Atlanta. As Senior Sailor of the Year, Pilgrim is a nominee for Commander, Navy Region Southeast Sailor of the Year.

Pilgrim was cited for his superior performance as leading petty officer and administration officer at BMC Albany.

Pilgrim attributed his selection to the support he has received from his co-workers and the leadership at the BMC. "I can't do anything without the people I work with," he said. "They are the people who made me what I am. He said he was very surprised to be selected. "I really did not think I'd win but to be recognized in that fashion was a tremendous honor. The guidance I've received from senior enlisted has helped me grow so much as a leader and a Sailor and the leadership I've had at this command has been some of the best I've found during my career."

Pilgrim's co-workers and superiors return that admiration, describing him as an exceptional leader. His advancement training sessions were responsible for a 67 percent advancement rate. His strong commitment to retention resulted in a 99 percent retention of Sailors during the year. He enhanced training evolutions by



HM2 Travis Baisden



HM1(SW/AW) Bobby Pilgrim

rewriting over 75 percent of the education and training standard operating procedure (SOP) for the clinic.

As the command fitness leader he orchestrated a program that resulted in 100 percent of the BMC's personnel passing the 2003 Physical Readiness Test. He also personally mentors three junior personnel, one of which was recently accepted into the nursing program at a local college, a second is now submitting a commissioning package.

He has been a driving force in the First and Second Class Association, recently selected as the Association's vice-president. He has demonstrated administrative expertise, updating the clinic's training programs, handling temporary assigned duty (TAD) requests and dealing with Medical Expense and Reporting System (MEPRS) issues. He helped coordinate the deployment of six clinic personnel to Operation Iraqi Freedom and he has been a critical player in the

clinic staff's transition to BMC Albany's new \$6 million facility.

Off duty, Pilgrim has volunteered with local middle schools, mentoring and tutoring 30 students. He also worked with the Toys for Tots program and Victims Rights of Dougherty County. He helped organize and recruit 12 volunteers to participate in Habitat for Humanity, and the Adopt A Highway Program.

He is currently continuing his education at Darton College. Pilgrim and his wife, Julie, have three children; Kaitlyn, 11, Bryan, 10 and Emily, 7.

Baisden, an Atlanta native, serves as the leading petty officer, Patient Administration Division at BMC Atlanta. He is a subject matter expert in patient administrative/managed care issues, considered the "go-to" person at the BMC for issues regarding supplemental health referrals and is the on site expert for medical boards or limited duty inquiries.

Of his selection as Junior Sailor

of the Year Baisden said, "I am truly honored and proud to be selected as the Junior Sailor of the Year for Naval Hospital Jacksonville. I was surprised when I heard my name called because the competition was so fierce. It really was a great bunch of shipmates I went up against and I knew we all had a good shot at winning. I was pleased with the outcome and I am glad I have the opportunity to represent not only Naval Hospital Jacksonville and myself but also BMC Atlanta."

Baisden handles a \$2 million per annum budget under the Supplemental Health Care Program. Under his guidance there has been a significant improvement in efficiency/optimization of services and complete elimination of re-work.

Baisden serves as a patient advocate for a patient catchment population of more than 236,000. During 2003, he absorbed the critical functions for 75 geographically disrupted chronic acutely ill active duty members following the abrupt departure of the case manager nurse. His direct actions resulted in the rapid processing of death imminent medical boards and the direction of 50 multi-service patients to military treatment facilities resulting in a cost savings of more than \$200,000.

After hours, he is actively involved in his church, family and community. He is a bone marrow registree, who was found to match a critically ill patient and subsequently traveled globally to be the patient's bone marrow donor at significant personal discomfort. He headed the clinic's Navy Relief Fund Drive ensuring 100 percent contact. And he supports the endeavors of his wife

Stacy who is studying to be an elementary teacher. In that role, he has served as a mentor at an elementary school. His mentoring skills have also proven invaluable at the clinic itself where he has served as a mentor to newly assigned troops, orienting them to the clinic and the United States Navy.

Baisden holds a Bachelors of Science degree in Health Care Management from Southern Illinois University and continues to pursue professional and military training.

Pilgrim and Baisden competed against some exemplary Sailors from Naval Hospital Jacksonville's Core Command and the hospital's seven Branch Medical Clinics located throughout Florida and Georgia.

Naval Hospital Jacksonville Senior Sailor of the Year nominees included all the BMC Sailors of the Year: Pilgrim, HM1(SW) Toni Sheats of BMC Athens, Ga.; HM1(FMF) Sylvester Ivey of BMC Jacksonville; HM1 Eddie Finch of BMC Key West, Fla.; HM1(SS) Edward Miller of BMC Kings Bay, Ga. and HM1(FMF) Timothy Owens of BMC Mayport, as well as HM1 Sonja Figueroa, Naval Hospital Jacksonville (Core Command) Senior Sailor of the Year.

Naval Hospital Jacksonville Junior Sailor of the Year nominees included: Baisden, HM2 Felisa Jackson of BMC Albany, Ga.; HM2 Carra Gilmore of BMC Athens, Ga.; HM2 Fealofani Peau of BMC Jacksonville; HM3 Philip Park of BMC Key West, Fla.; HM2 Tina Close of BMC Kings Bay, Ga.; HM3 Octavia Gonzalez of BMC Mayport, as well as HM2 Fabia Williams, Naval Hospital Jacksonville (Core Command) Junior Sailor of the Year.

Force Health Protection exhibit attracts local colleagues

By Marsha Childs

Naval Hospital Jacksonville Marketing

Naval Hospital Jacksonville participated at the 2004 Duval County Medical Society (DCMS) Annual Meeting and Exhibitors Show on Jan. 5 at the Adam's Mark Hotel in downtown Jacksonville. This is the third year the Naval Hospital has participated at the event to showcase naval medicine.

Cmdr. Miguel Cubano, head of General Surgery, NASA astronaut candidate and Puerto Rico's Physician of the Year for 2003 was present to discuss the Navy Surgeon General's mission



Photos courtesy Naval Hospital Jacksonville

Among those attending this year's meeting were (left to right) Dr. John Lovejoy, Cmdr. Miguel Cubano of Naval Hospital Jacksonville and retired Navy Rear Adm. Paul Kaufman.

of Force Health Protection.

Cubano also answered questions about the hospital's increased operational support to the global war on terrorism, which has

lead to recent staff deployments, heightened staff training and increased restorative care for active duty personnel returning from the war theater.

DCMS members and Naval Hospital staff have had a long-standing relationship. Military personnel are integrated at all levels of the DCMS and partner on many charitable endeavors.

Naval Hospital medical personnel are actively involved in the We Care Jacksonville program to provide free health care to the homeless and medically underserved people of Duval County.

Additionally, the DCMS is committed to augmenting hospital staff if the mobile medical unit, Fleet Hospital, is deployed.

HS-5 Sailor advanced unexpectedly

By Lt. J.g. Michael Margolius

HS-5 PAO

On Dec. 17, MS1 John Earnest received one of the greatest shocks of his life. While on COMPTUEX with HS-5 aboard USS George Washington, Capt. Kenneth Floyd, commander, Carrier Air Wing (CAG) 7 honored him with a promotion through the Command Advancement Program (CAP).

Each of the squadrons that make up CAG-7 had the opportunity to submit candidates for this honor.

Out of an impressive list of nominees, Earnest was selected and advanced to first class petty officer.

In a move that surprised the entire squadron, Floyd appeared in Ready Room Two aboard the ship and asked that Earnest be brought before him.

Upon reporting, Floyd looked at Earnest straight in the eyes, presented him with a CAG-7 command coin, and thanked him for his hard work. Floyd then smiled and broke the news that he was meritoriously advancing Earnest to first class petty officer.

Earnest, who joined the

Navy in 1998, hails from Mountain View, Calif. He reported to HS-5 in April 2001 and was immediately assigned to the NAS Jacksonville Bachelor Officer's Quarters under Temporary Additional Duty.

His previous assignments include NAS Cecil Field, NAS North Island, Calif., and Naval Station Pearl Harbor, Hawaii.

A CAP promotion, unlike frocking, takes effect immediately. Yearly, each command is allowed a limited number of CAPs.

HELPING HANDS

Volunteers needed

Volunteers are needed to help children in our local community by donating a few hours per month to supervise visits between children and the parents that they have been separated from due to divorce, negligence, or abuse. For more information, call Anita Sullivan, at the Family Nurturing Center

of Florida, at 389-4244 or e-mail at anita@fnclorida.org.

HabiJax opportunities

HabiJax is always looking for volunteers for various construction projects. For more information, call Bonnie Golden at 798-4529, Ext. 253. The HabiJax Home Store also needs help coordinating donated materials and furniture. Call 722-0737.

The doctor is in: Q&As about walking and weight loss

From Humana Military Healthcare Services and Naval Hospital Jacksonville Public Affairs

Often during the winter months our normal activity is reduced and creeping weight gain sets in. Add a few calories during the increased time in front of the television and a five to ten pound weight gain over the winter is not unusual.

How can you use walking to avoid gaining weight this winter? How can walking help you remove that extra five to ten pound winter weight gain and what are some aids to continuing exercise during the winter to avoid the excess pounds?

Humana Military Health-care Services Medical Directors Drs. Louis Hochheiser and Allan March answer some common questions about walking and weight loss.

Q. How can walking help me prevent a winter weight gain?

A. When you get going on a regular walking program you will enjoy these benefits:

Walking 10 minutes burns 50 to 100 calories. The faster you walk, the greater the number of calories burned.

Increasing your steps by 1,500 a day is approximately equivalent to walking ten minutes.

Walking not only burns calories to reduce body fat, but also boosts the efficiency of your body in burning fat during your walk and for the rest of the day.

Walking also helps reduce stress and improve your overall mood, which in turn makes you less likely to



overeat. **Q.** What is a reasonable walking program?

A. Experts say that walking four times a week for 30 to 40 minutes is ideal.

Walking at a steady comfortable pace for a longer period burns more fat than walking fast for a shorter period.

Aerobic capacity

(and therefore fat burning) can be increased by using a varied walk - one minute at your normal pace, a second a little faster, third yet faster, and the fourth as fast as you can. Repeat the sequence four times and add four-minute increments as you become comfortable.

Vary your routine - one day steady, another with variation.

Vary your route so that it stays interesting.

Q. What if it is too cold outside and I don't have a treadmill?

A. Don't give up, read the hints below:

- Consider walking at the mall.
- Wear good sneakers and leave your credit cards at home.)

- All the walking you do in a day counts. Consider purchasing a

pedometer.

The basic ones measure either steps or distance. The more sophisticated ones measure both. Measure your normal steps in a day for a couple of days, then increase in increments of 2,000. The pedometer is a helper that immediately encourages you with numbers as you take more steps. Record your progress.

- Don't look for the closest parking space - those steps count.

- Walk up and down stairs at work instead of taking the elevator. Go out of your way to take the long way around when you are walking somewhere.

Don't do this alone; get a couple of friends or your spouse to do it with you. Have a little contest to see who takes the most steps each week.

- Avoid fat laden snacks. When you eat a meal fill a quarter of your plate with protein, a quarter with vegetables, and half with salad. This is the easiest and most effective diet you can follow.

Programs to help you keep in shape through the winter months and all year long are available at Naval Hospital Jacksonville's Wellness Center. These include a "Health Fitness Assessment" and the "Ship Shape Program" (a five-week weight management program). The Fitness Source, located in the same building as the Wellness Center, also offers personal trainers and walking/run programs. For information call the Wellness Center at 542-5293 or the Fitness Source at 542-3518.

Tri-base area kicks off VITA program this month

By JO2 Mike England
Staff Writer

The tax centers will kick off their Volunteer Income Tax Assistance (VITA) program Jan. 26 at Building 590, NAS Jacksonville, Fleet Training Center, Mayport and Navy Legal Service Branch Office (NLSO), Kings Bay, Ga.

The program will provide free federal income tax preparation assistance to active duty military personnel and eligible family members, as well as reservists on active duty for more than 30 days. Last year, NLSO had numerous experienced preparers who assisted with preparation of state taxes. This service is not guaranteed at all centers, as levels of expertise vary. This program is designed to assist with federal income taxes.

Due to manpower and other constraints, retirees will not be seen in the NAS Jax, Mayport, or Kings Bay tax centers until Feb. 17. This will allow the centers to handle the huge surge of active duty personnel who file yearly. Further limitations on retiree services may be forthcoming depending on the manning and numbers of active duty, family, and mobilized reservists. Every effort will be made to assist retirees during this tax season, but hours may be limited.

VITA personnel will assist only in filing personal income taxes. Small business tax preparations will not be available.

If you file your taxes using the following forms, you will be assisted by the tax center: Form 1040EZ, Form 1040A with Sch 1, 2, 3, and EIC, Form 1040 with Sch A, B, C-EZ, D, EIC, R & SE, Form 1040-V, Form 1040 ES, Form 2441 (Child and Dependent Care Credit), Form 8812 (Additional Child Tax Credit), Form 8863 (Education Credits).

If you need detailed assistance with forms other than those listed above, VITA personnel will not be

See VITA, Page 10

DONATIONS: Fire loss sparks outpouring of gifts from many

From Page 1

thing was gone. Our neighbor upstairs had some smoke damage, I'm not sure how much he lost, but we lost everything. Luckily, we weren't sleeping and all got out alive. God was definitely looking over us," she continued, gratefully.

That night the American Red Cross assisted the family with hotel accommodations and food. The next day, the family returned to the complex and was offered an unfurnished two-bedroom apartment to stay in temporarily. "We had no place to go. We had a three-bedroom apartment, but there weren't any available so we took what we had to. I have since found a three-bedroom house to rent nearby and plan to move in by the end of the month," said Robinson.

Although the CDC was closed the day after Christmas, Robinson called Deidre Logan, CDC program supervisor to inform

her of what had happened and that she wouldn't be able to come in to work the following Monday.

"When she called me to let me know what had happened, I was completely shocked. I came in and let our director know what was going on and we put a letter together letting all the parents know. Everyone was really shocked and started doing whatever they could to help her. We all started collecting items of things we thought she would need. We are very close and help one another in times of need," said Logan.

The CDC staff immediately sprang into action, collecting items and informing everyone of the tragedy. The donations came in abundance. Everyone began donating whatever they could to help out Robinson and her family.

"My angels have been watching over me. When I came in a couple days later, there were piles of bags, boxes and cards all over

the place of things that were donated. Everything from furnishings, appliances, clothes, linens, shoes to money and food. God has been good to us," Robinson exclaimed, appreciatively.

Someone also notified the NAS Jax Food Locker staff members about the situation. "On New Year's Day the members who run the base food locker went shopping and gave us food so we could have a nice dinner. I came by the base and picked it up. I just cried and said 'thank you.' That was so nice of them," she continued.

Although the family had no rental insurance and the apartment complex is not offering compensation, Robinson is optimistic and smiles broadly when talking about her future. "I'm really looking forward to moving and starting over. When you hear things in the news like this, you really can't relate to it or the people involved because you don't know them. Now I know what a

tragedy is like firsthand, and can really relate to others who have lost everything. I don't know why this happened, but it happened for a reason. We have our lives. I have my children and family. Material items can always be replaced, but lives can't be," she added, tearfully.

It's hard to imagine, losing everything you own and having to start completely over. But with the overwhelming support and donations from the NAS Jax community, Robinson is getting her life back in order.

"We expected the parents would respond because they are really good about things like this, but we never thought it would escalate to this level. Everyone has been extremely generous and really wants to help," said Kathy Gleason, another operation's clerk at the CDC.

"Right now, I'm not really sure what all we need because we've gotten quite a lot of things and haven't

moved into our new home yet. Several people have told me that they have furniture for us and will keep it until we move. Every day I come to work, there is more and more stuff. Everyone has been so very generous and I'd really like to thank them from the bottom of my heart. I am truly blessed," said Robinson.

"And, although I really appreciate the donations, I

just wish people wouldn't leave things anonymously because I want to thank each and every person who has helped us," she added. "We will be okay. I just ask that everyone keep me in their prayers."

The staff of the CDC is still collecting items to help out Robinson and her family. If you would like to donate, please drop items off at the center or call 542-5434.

Navy OneSource bridges gap for Sailors and families

By **JOSN Amie Hunt**
NPC Strategic Communications

With Sailors and their families stretched out all over the world, it can be difficult getting access to the traditional base or station support services.

To help bridge the gap, in cooperation with the Fleet and Family Support Centers (FFSC), a new resource has recently been contracted. It's called Navy OneSource, an information and referral system, linking Sailors and their family members to both military and community resources. Together they're working to support operational, personal and family readiness.

Navy OneSource offers practical solutions, information, advice and support via telephone, email, or the web. With Navy OneSource working

in conjunction with NPC's 1-866-U-ASK-NPC call center, Sailors will receive the widest spectrum of service to meet their needs.

While 1-866-U-ASK-NPC will remain the authoritative source for professional and career counseling and referral, Navy OneSource will bridge the gap for family resources. There are a wide variety of resources available on topics such as parenting and childcare issues, education services, financial information and counseling, legal, elder care, health and wellness, crisis support, and relocation.

It is designed to help Sailors better manage competing time demands, such as purchasing a vehicle, locating a plumber, or locating a youth program seven days a week, 24 hours a day, 365 days a year. Navy OneSource is available to active duty and reserve

Sailors and their family members.

Navy OneSource is accessible by telephone or the web. For web access go to www.navyonesource.com. The user ID is: Navy; and the password: Sailor.

By phone: 1) the toll free CONUS number is 1-800-540-4123; 2) the OCONUS universal free number is 1-800-540-412-33; 3) OCONUS Collect Call number is 1-484-530-5914; 4) the special needs line for TTY/TDD is 1-800-346-9188; or 5) the Spanish and other foreign language line is 1-888-732-9020.

Initial levels of web and call-in support/referral will begin in January 2004 and a full roll out of service will occur as the database is populated with base-specific information throughout the year. Check with your commands FFSC for more information on Navy OneSource services.

A special donation



Photo by Kaylee LaRoque

Jim Reid, office assistant at the NAS Jax Navy-Marine Corps Relief Society (NMCRS) accepts a hand-made crocheted blanket from 11-year-old Megan Smith of Girl Scout Junior Troop 323, Manette Service Unit of Orange Park, as her mom, Elaine Smith looks on. Megan made the blanket to earn a Girl Scouts community service badge and pin. The blanket will be donated to an expecting military family during a Budget for Baby Workshop sponsored by NMCRS.

Maximizing options for CLEP

By **Darlene Goodwin**
Naval Education and Training
Command Public Affairs

Responding to a decision by the developer of the College Level Exam Program (CLEP) exams to phase out paper-based tests, the voluntary education staffs at the Naval Education and Training Command (NETC) and the Naval Education and Training Professional Development and Technology Center (NETPDT) are working to maximize options for Sailors seeking college credits through testing.

The College Board, the national testing agency who owns the CLEP exams, has started transitioning from paper-based to electronic computer-based tests (eCBTs) in their national test centers. However, software and computer infrastructure issues preclude the Department of Defense (DoD) from immediately transitioning to the eCBT CLEP tests.

Although the phase-out of current paper-based tests will be complete by March 2004, College Board has agreed to develop and maintain 14 of the most requested CLEP test titles in paper

form specifically for use by military members.

According to Lt. Cmdr. Steven Stopler, director, Navy Voluntary Education, the new DoD-only paper exams are scheduled to be released in April 2004.

"During the transition when Sailors will be unable to take a number of the paper-based CLEP tests at military test centers, it is important they know there are other opportunities through which they can pursue college credit by examination," said Stopler. "The Defense Activity for Non-Traditional Education Support (DANTES) Subject Standardized Test and Excelsior College Exam continue to be good options for credit by exam.

"Additionally," Stopler continued, "35 CLEP eCBTs are currently available to Sailors if they wish to take their test at a national test center located on many college and university campuses. Just because CLEP tests are not available through the military for this short period does not mean Sailors have to stop their pursuit of a college education."

It is important to note that if Sailors take the com-

puter-based CLEP tests at a national test center, they must pay a registration fee (generally about \$20) that will not be covered by DANTES. There is no registration fee for tests taken at military test centers. Additionally, whether taking a test at a national test center or a military test center, there is an exam fee (generally about \$50).

When taking a CLEP test at a military test center, DANTES pays the exam fee, and beginning in late January or early February 2004, DANTES anticipates funding the eCBT CLEP exam fee for Sailors taking exams at a national test center. However, an exact date has not yet been established for DANTES to pay the exam fee, and Sailors should check the DANTES Web site (www.dantes.doded.mil) for the exact start date of funding for the exam fee.

As soon as the new paper-based tests are in place, the Navy will work closely with DANTES and the College Board to begin implementing CLEP eCBT exams at Navy College offices around the world. Stopler said they are targeting the end of

2005 to begin administering the CLEP tests electronically at military test centers.

For additional information, contact your nearest Navy College office, or visit the Navy College Program website at <https://www.navycollege.navy.mil>. You may also reach the Navy College Center by telephone, toll-free, at 1-877-253-7122 or DSN 922-1828.

FFSC offers educational and support programs

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

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

Pre-registration is required. If special accommodations or handicapped access is required, please notify FFSC upon registration. For further information or to register, call 542-2766, Ext. 127.

The following workshops are available in January:

- Jan. 20, 2-4 p.m. - Written Marketing Tools (for spouses)
- Jan. 21, 6-8:30 p.m. - Budget for Baby Workshop
- Jan. 22, 9 a.m. - noon - Florida Family Law Information Seminar
- Jan. 22, 6:30-8:30 p.m. - Ombudsman Assembly Meeting
- Jan. 26-29, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (retiring)
- Jan. 27, 8 a.m. - noon - Divorce Adjustment Workshop
- Jan. 27, 8 a.m. - 4 p.m. - Stress Management Workshop
- Jan. 29, 8-11 a.m. - Anger Control Workshop

VITA: Program begins soon for active duty

From Page 9

able to assist you. They are not trained to prepare complicated returns, and cannot legally perform services above their level of expertise.

Since its inception in 1994, the Electronic Tax Filing (ELF)/VITA program has assisted Sailors with over half a million federal and state tax returns, and has saved Sailors millions of dollars in commercial tax preparation fees. During the past three years, ELF/VITA has consistently reached over one third of the active duty population.

The ELF/VITA Program puts money in Sailors pockets in three major ways.

There are no preparation fees. Commercial tax preparers charge over \$100 for the average electronically filed return. ELF/VITA files the same returns at no cost to Sailors and their families.

Refunds are prepared faster. Paper returns take eight or more weeks in the continental United States, even longer if overseas or deployed. With ELF, refunds are deposited directly into a Sailor's bank account within two weeks of transmission, even from overseas or afloat commands.

There is no need for refund anticipation loans. The quick refunds available through ELF reduce the need for refund anticipation loans (short-term loans with added charges and high interest rates).

Saving Sailors time and trouble increases readiness. Traditional paper returns have an error rate of 15 percent; filing by computer has a less than one percent error rate. ELF/VITA allows Sailors to file their

tax returns and move on.

The IRS has set a goal of having 80 percent of all taxpayers electronically file federal tax returns by the year 2007. The Navy's ELF Program gives Sailors an edge in the electronic age, and will become even more important as the IRS moves to an all-electronic format.

To get maximum benefit from the tax centers, you can help us help you and save yourself time and return trips. Be sure to bring the following when you go to the tax center: Social Security Cards for spouses and children (including newborns), Powers of Attorney for deployed or spouses who cannot personally come to the tax center, documentation of itemized deductions (mortgage, house property tax, and the like), 1099 Dividend (interest over \$10.00 must be claimed) unemployment benefits, child care expenses, address, EIN/SSN, amount paid.

For your refunds, bring a blank check with routing number, bank account numbers, and financial institution name. Bring last year's taxes information if possible, as it is of great assistance as well. Absolutely no incomplete tax forms will leave the office for signatures elsewhere, and spouses must be present to sign the form, unless members have a Power of Attorney.

This year, W-2s will be available off "My Pay." Please bring your W-2, as the tax preparers will not have access to this information.

The Navy's goal for this upcoming tax season is to prepare 200,000 returns. Contact the Navy Legal Services Office at 542-2565, Ext. 3006 for more information.

MWR NOTES

Golf Course events

Every Tuesday is free green fee day. All active duty members can play 18 holes for a card fee of \$10.

Matches Play Tournaments begins today. Call 542-3249 for details.

Escape the ordinary on an I.T.T. trip

Have some fun with I.T.T. - take a trip or treat yourself to a show! Stop by our office located adjacent to the NEX, and sign up for a great trip. Our trips are open to all hands, so bring a friend! For more information call the office at 542-3318.

The following are upcoming I.T.T. trips:

Saturday - Scottish Games. Transportation, and entrance to the games is \$27.75.

Feb. 7 - Mount Dora. Visit their art festival and a Civil War re-enactment for \$20.50.

Feb. 29 - Strawberry Plant Festival. Spend the day eating strawberry shortcake and see some shows including the band Lonestar. The cost is just \$25.

I.T.T. also has tickets for these upcoming events:

Jacksonville Barracuda's hockey game tickets are \$10 or \$12.

We also have Stars on Ice tickets for the Feb. 10 show. Cost is \$21.

Liberty happenings

The Liberty Cove Recreation Center is hosting an upcoming 3-on-3 basketball tournament. Call 542-3491 for more details.

Bingo Palace

Get your favorite daubers, come and pick your lucky seat and let the games begin. The night Bingo schedule is Sunday, Monday, Tuesday and Thursday. Cards go on sale at 5:30 p.m. and warm-ups start at 6:30 p.m. Doors open for lunchtime Bingo at 10 a.m. and games start at 11:30 a.m.

Swimming activities

The indoor pool is available for family recreation and lap swimming Monday through Friday evenings from 4:30- 8 p.m. and Saturdays and Sundays from noon - 4 p.m.

Parents can work out with the Aqua Aerobics class from 5 - 6 p.m. on Monday, Wednesday, and Friday while the kids play.

The Adult Fitness Swim Club is a coached program for novice to advanced swimmers wishing to improve their PRT time, swimming skills, and technique. The emphasis is on stroke mechanics. Interval training is introduced. Workouts are designed to improve technique and to develop both speed and endurance. Workouts are scheduled on Tuesdays and Thursdays from 4:30-5:30 p.m. at the indoor pool. The sessions are free for active duty and reservist personnel.

Retired military, DoD and dependents will be charged \$20 for eight workout sessions.

Mulberry Cove Marina news

The marina offers free kayak and canoe rentals for active duty Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have some fun too. For more information on marina events, call 542-3260.

Auto Skills Center

Visit the Auto Skills Center for your professional or hobby car care needs. The center offers an array of services for the novice or professional auto enthusiast. There is an ASE qualified mechanic on hand to assist with questions and tips on servicing your vehicle. The center is open Monday, Thursday and Friday from noon to 8 p.m., Saturday and Sunday from 9 a.m. to 5 p.m. and all holidays from 9 a.m. to 3 p.m. except Thanksgiving, Christmas and New Year's Day.

The Auto Skills Center offers a shop orientation class on the third Thursday and Friday of each month. Reservations are required for the orientation. Call 542-3227 for information.

O'Club happenings

An all hands Reef & Beef Buffet Dinner is held the first Friday of each month from 6:30-9 p.m. at the O'Club. The buffet is only \$17 per person. Reservations are encouraged by calling 542-3041.

Youth Activities

Center happenings

Take advantage of the fun events at the Youth Activities Center. Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities.

If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water).

Free movies offered

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

Friday, 7 p.m. - Jeepers Creepers 2 (R)

Saturday, 5 p.m. - American Graffiti (PG)

Saturday, 7 p.m. - Grind (PG-13)

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 mwrnktg@nasjax.navy.mil.



MWR offices move

Karen Thompson unpacks her office materials during the MWR Department move to Building 1 last Friday. All MWR Department administrative offices including accounting, personnel and marketing are now located on the first floor of Building 1.

Photos by JO2 Mike England



Steve Carter (left) and Rusty Mee of MWR Maintenance move a desk during MWR Department's move into Building 1 last Friday.

JAX TALES

By Mike Jones

RICKEYSTOUR@YAHOO.COM

Making a World of Difference...

The Muscular Dystrophy Association's cutting-edge research offers hope for a future without disabling muscle disorders.

MDA
Muscular Dystrophy Association®
(800) 572-1717 • www.mdausa.org
© 2003 MDA • Founded as a Public Service

National Naval Officer's Association spreads holiday cheer

By Lt. James Andrews
NNOA PAO

In a Salvation Army sponsored event over the holiday season, the Jacksonville Chapter of the National Naval Officer's Association (NNOA) members took on the role as Santa's helpers by donating funds and time to help stuff stockings for deserving children.

NNOA members went shopping for the toys and games they later used as stocking stuffers.

Association members also volunteered to work as Santa's helpers for Brookview Elementary School in Jacksonville last month. The school's library doubled as a store for 10

days as NNOA members assisted students as they selected gifts for family and friends.

In another generous gesture, NNOA donated \$500 worth of clothes and shoes to the City Rescue Mission New Life Inn in Jacksonville. The many patrons who visit the organization daily will use the items. Clothes and shoes are always in demand, and even more so during the winter months.

NNOA is a non-secretariat, not for profit organization, sanctioned by the Secretaries of Defense and Transportation to assist sea services in recruiting and training minority officers, increasing awareness of sea

services opportunities in minority communities, and projecting a positive, Navy, Marine Corps and Coast Guard image.

The local chapter meets on the fourth Thursday of each month at 5:30 p.m. at

the Jacksonville Urban League at 903 West Union Street.

Interested personnel may contact Lt. Cmdr. Herlena Washington at herlena.washington@sar.med.navy.mil or www.nnoa.org.

Mercy Ships
helping people in need

Where there is need,
Mercy Ships responds...

1 (800) MERCYSHIPS
www.mercyships.org

a CFC participant • provided as a public service

SPORTS & STANDINGS

Tennis lessons now available

Tennis lessons are now being offered on base for individuals or formed groups. Lessons are offered Fridays from 8 a.m. – noon and 3-7 p.m. and Saturdays/Sundays from 8 a.m. – noon. For more information on prices and to schedule a lesson, call 542-2910/3239.

Golf league starting

The gym staff is hosting a 9-hole golf meeting Jan. 21 at 11:30 a.m. in Building 590. For more information, call the gym at 542-3239.

Flag Football League coming

The 4-on-4 Flag Football League begins Jan. 26. All rosters are due by Jan. 22. Entry forms are available at the base gym. For more information, call Craig at 542-2930/3239.

Navy Southeast Regional Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will show-

case elite active duty men and women in regional races. Uniforms are provided as well as transportation, entry fees, and lodging costs. Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top 10 regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact you're the NS Mayport athletic director at 270-5451.

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 Hrs.
Triathlon -	Men 2 Hrs. 30 Min.
	Women 3 Hrs.
Triathlon time based on 1.5k swim, 10k run, 40k bike	

NADEP Basketball Standings

As of Jan. 9		
Team	Wins	Losses
Prowlers	10	1
Hornets	9	2
Shockers	6	5
Engine World	5	6
P-3 Hurricanes	5	6
TC'S Sonic Boom	4	7
Bad Boys	0	12

Intramural Basketball Standings

As of Jan. 9		
Team	Wins	Losses
BMC/NAR	7	0
MWR	5	1

VP-30	5	1
VS-22	5	3
AIMD	3	2
VS-30	3	3
Scouts	3	4
Mad Foxes	2	4
FACSFAC Jax	2	4
Air Ops	2	4
Eagles	1	6
NCTS	0	6

Greybeard Standings

As of Jan. 9		
Team	Wins	Losses
AIMD	1	0
NAMTRAU	1	0
CPRW-11	1	0
NCTS	0	1
VP-16	0	1
AIMD	0	1

COMMUNITY CALENDAR

The **Navy Wives Clubs of America, NWCA Jax No. 86** meets the first Wednesday of each month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information, call the Thrift Shop at 772-0242 or Pearl Aran at 777-8032.

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

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

The **Navy Jacksonville Yacht Club** general membership meetings are held at 7:30 p.m. on the first Wednesday of every month at the clubhouse (Building 1956) adjacent to the Mulberry Cove Marina. The Navy Jax Yacht Club is a members only club open to all active duty, reserve and retired military, and active DoD personnel. For more information, call 778-

0805 or email commodore@njyc.org.

The **First Coast Black Nurses Association** holds a monthly meeting the second Tuesday of each month at Shands Jacksonville Hospital. For more information, call 542-7748.

MOMS Club of Northeast Florida meets the second and fourth Thursday of every month from 10 a.m. to noon. The meeting is free and open to all at-home mothers and children who live in the zip code areas of 32206, 32218 and 32226. MOMS Club is a support group for moms wanting a variety of activities for you and your children. The chapter offers monthly meetings, newsletters, activity calendars, playgroups, field trips and service projects. For meeting location or more information, contact Debbie at 751-0671 (debbiejkg@yahoo.com) or Kathi at 751-3400 (katdj28@aol.com).

Christian Fellowship Night is held behind the Chapel in Building 749 from 6:30 – 9 p.m. every Tuesday night. For more information, call 542-3051.

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

The **Westside Jacksonville Chapter 1984, National Association of Retired Federal Employees** extends an open invitation to all currently employed and retired federal employees to our regular meeting held at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. For more information, call R. Carroll at 786-7083.

The **National Naval Officers Association (NNOA)** holds its monthly meeting on the fourth Thursday each month at 5:30 p.m. at the Jacksonville Urban League, 903 West Union Street. Interested personnel are encouraged to attend or contact Lt. Cmdr. Herlena Washington at 542-7715 ext. 102 or email Herlena.Washington@sar.med.navy.mil.

The **Jacksonville Genealogical Society** will hold their monthly meeting Saturday at 1:30 p.m. at the Webb-Wescosnett Library at 6887 103rd Street. For more information, call Mary Chaucey at 781-9300.

The **Military Officers' Association America** will hold their monthly meeting Jan. 21 at 6 p.m. at the NAS Jax Officer's Club. Before the meeting the association will hold the installation of the 2004 Chapter officers and directors. For reservations, call Steve Kerlin at 262-0209.

MOAA to install new president

From MOAA

Retired Air Force Lt. Col. William Keaster will be inducted as the new president of the Jacksonville Chapter #18 Military Officer's Association of America (MOAA) Jan. 21 at the NAS Jax Officers' Club.

Keaster, a native of Wilmar, Ark., attended the Aeronautical University of Chicago completing a degree in aeronautical engineering. He entered military service in 1941 with the Army Air Corps. He graduated from AAF Flying School, Columbus AFB, Miss. in 1942 and was designated a military pilot.

His war service began with the 5th Air Force which was operating in the Southwest Pacific. He was assigned to the 317th Troop Carrier Group with whom he flew 163 combat missions. He later commanded the 78 TCS, 435th TCW squadron, and several other squadrons. He retired as commander of the 916th Troop Carrier Group in 1966 at Carswell AFB, Fort Worth Texas.

After his 1966 military retirement, Keaster joined Braniff International Airways and served as captain of their 737 aircraft for 16 years.

TIRE KINGDOM; 3c; 11"; Black Only;

Little League Baseball registration ongoing

Drop those video game controllers and get off the couch! Registration for Little League Baseball and girls' softball is underway for the spring season at the Navy Ortega Lakeshore League (NOL) on base.

Play is open to all boys and girls ages 5 to 16. Come and join the best Little League in the region with newly sodded fields, batting cages, pitching machines, lights for night time play and a concession stand with cold Chilly Willies.

Registration at the fields on Allegheny St. (first right turn when coming in the Yorktown gate) will be held Jan. 24 and Jan. 31 from 10 a.m. - 2 p.m.

You may also register Jan. 17 and 24 from 10 a.m. - 2 p.m. at the Westside Christian Family Chapel in the Riverside Village Shopping Center on Shirley Ave, just north of San Juan Ave. between Blanding and Hamilton.

Call 778-0311 or 384-6915 for more information.

FARAH & FARAH, P.A.; 3c; 10.75"; Other Color; P/U 12/18 R028121
*Change ord/sz - dd 1/2

In Gear

A weekly look at the automotive market

Added attractions

Newest amenities in 2004 vehicles will spoil passengers

By Ann Job
Associated Press

Ah, we are becoming a spoiled bunch inside our cars and trucks.

The newest features appearing on 2004 vehicles show a trend toward easier-to-use phones, better sound systems, more comfort items, larger, let-in-the-sky roofs and new wheels.

For example, several Chrysler, Dodge and Jeep vehicles in 2004 offer UConnect, a hands-free voice-activated communications system that includes Bluetooth technology.

Bluetooth is a short-range wireless technology. A driver only needs to bring his or her Bluetooth-enabled phone into the vehicle, and it will be recognized by the car's UConnect, allowing pre-programmed phone numbers to be dialed via voice commands during travel, and phone conversations to be held via a microphone and speakers in the vehicle — all hands-free.

The cell phone itself can be placed anywhere in the vehicle during this time, even the glove box or trunk, and phone conversations can continue, uninterrupted, via the driver's cell phone, after a vehicle is parked and the driver departs.

Consumers can use their current cell phone carrier and telephone number, and UConnect can be programmed to recognize up to five phones.

Suggested retail installation price is \$275, if done at the factory, and \$299, if done at a dealership, according to officials at DaimlerChrysler's Chrysler Group.

There is no ongoing UConnect subscription fee, but consumers must pay their monthly cell phone bills.

UConnect is available on such varied vehicles as the 2004 Dodge Ram pickup truck and Chrysler PT Cruiser.

While the Chrysler Group is the first North American-based automaker to bring Bluetooth into the car, it's not expected to be the last.

Bluetooth officials predict the technology will be in 20 percent of all vehicles by 2007.

Audio systems continue to get better in the newest vehicles.

For 2004, several General Motors Corp. brands are adding MP3-playing capability to their sound systems. MP3, which is short for MPEG-1 Layer 3, is an audio compression format common on the Internet.

For 2004, Saturn offers new audio systems which can play CDs as well as the MP3 format in its Saturn Ion small car and Vue sport-utility vehicle.

At Pontiac, MP3-playing audio systems are available on the 2004 Sunfire, Aztek, Montana and Grand Am.

Prices for the upgrade to the MP3-playing audio systems are \$220 in the 2004 Ion coupe and \$225 in the Montana minivan.

The new model year continues the proliferation of satellite radio, too. Offered by XM or Sirius, these radios provide about 100 stations



Rear-seat entertainment systems, first outfitted mainly in vans, now are featured in cars. This one is in the 2004 Chevrolet Malibu Maxx.

with specialized content — many of them commercial-free — plus improved reception and a range that allows a driver to listen to one station in all 48 contiguous states.

For 2004, GM expands its XM radio offerings to more vehicles, including the Chevrolet Venture, where the feature is priced at \$325, and the Pontiac Vibe, where it's priced at \$325 on top of a requisite

\$850 option package. There's also an ongoing subscription charge for XM satellite radio.

It's interesting to see that fewer new vehicles offer the choice of a cassette player, which is fast becoming an old music format. For example, the 2003 Venture had a cassette player as a factory option; the 2004 Venture doesn't.

BMW makes Sirius satellite radio

available as an option on its 7-Series in 2004. This year, Sirius also became available at Chrysler, Dodge and Jeep dealerships as a Mopar aftermarket accessory for a variety of vehicles, including the Jeep Liberty and Dodge Neon.

Suggested retail price for installation is a minimum \$299. There's also an ongoing subscription of \$12.95 a month.

And with the debut of the 2004 Chrysler Pacifica and 300M, Sirius radio is a new factory option at the Chrysler Group. Factory installation pricing starts at \$295.

The increasing sophistication of heating and cooling systems inside vehicles is another, er, hot trend.

For example, the 2004 Cadillac DeVille offers heated and cooled seats as well as a heated steering wheel for the first time.

And the 2004 Honda Accord Coupe and Accord sedan with V-6 get an updated climate-control system that adds a global positioning satellite feature so the system can gauge the direction and heat of the sun and adjust its workings accordingly.

Chevy is even making sure its 2004 Malibu is nice and warm — or thankfully cool — for drivers before they get inside or even approach the car.

The new Malibu becomes the first auto in its class with a remote starting system offered as a factory option. Priced at \$150, it lets a driver remotely start the ignition of the new Malibu and idle the car so the heater or air conditioner can begin to work well in advance of anyone climbing inside. The starter can activate the car from 200 feet away.

Entertainment systems continue to be offered on more vehicles this model year — and the newest models to add this feature aren't family-hauling minivans. They're cars and pickup trucks.

Example: The 2004 Chevy Malibu Maxx car seats only five but offers an optional DVD-based, rear-seat entertainment center. The display screen pulls up from the back of the console between the two front seats. Suggested retail price is \$995.

The 2004 Nissan Titan pickup truck can be had with a DVD-based, rear-seat entertainment system, called the mobile theater. It includes a 350-watt, ten-speaker Rockford Fosgate-powered stereo. Pricing wasn't announced.

This certainly seems to be the year for new roof treatments.

Nissan's 2004 Quest has an optional Skyview roof that lets more than just the front-seat riders enjoy a view of the sky overhead.

Cadillac's new SRX crossover has a power UltraView Plus roof that's the biggest sunroof in the segment. There's 5 feet of open-air space above front and second-row riders, and third-row riders get a vented rear glass panel for 7 square feet of sky view in the vehicle. UltraView roofs for the SRX have a starting price of \$1,800.

Wheels are updated at a number of automakers for 2004 to make a bolder styling statement, and it doesn't seem to matter if the vehicle is a new car, truck or SUV.

For example, in 2004, the Chevy TrailBlazer gets new 17-inch aluminum wheels, that Chevy calls bright aluminum, as an option. They are priced at \$150 and require a \$140 upgrade for new tires, too.

All 2004 Mercedes-Benz C-Class sport coupes and sedans come standard with 17-inch, alloy wheels fitted with performance tires.



Dan Scanlan/special

Beige-grained birch wood and aluminum trim the cockpit and the satellite-navigation system of the Audi A8L.



Dan Scanlan/special

A bit of Lexus has crept into the 2004 Toyota Sienna XLE interior with a DVD video system, fake wood trim and leather seats.