



# JaxAir News

A CHINFO AWARD-WINNING NEWSPAPER

## TOUCHING BASE

### MLK Jr. breakfast planned

The 17th annual Dr. Martin Luther King Jr. Birthday Breakfast will be held tomorrow at 8 a.m. at the Blount Island Command Clam Shell. This year's theme is "Remember! Celebrate! Act! A Day On, Not A Day Off!" The guest speaker for the event will be Jacksonville Sheriff Nat Glover. Entertainment will be provided by the First Coast High School Choir and Sgt. Isaac Lawrence. For ticket information, call 696-5139.



### Driver improvement course offered

From the Base Safety Office

The NAS Jax Safety Office is offering an eight hour AAA Driver Improvement Course on Jan. 29 from 7:30 a.m. to 4 p.m. in Building 1, Room 128. This class is required for anyone receiving a moving violation while on base driving a private vehicle and anyone receiving a moving violation on or off the base while driving a government vehicle. The class is limited to 20 students and will be offered each month. This course does not meet the requirements of a State of Florida mandated driver improvement course and will not remove points off your record for any ticket received off the base. To sign up, call 542-3082.

### NavHosp Jax Hosts Medical Town Hall Meeting

Naval Hospital Jacksonville will host a Medical Town Hall Meeting at 2 p.m. on Jan. 22 in their second floor conference room at NAS Jacksonville. The Town Hall Meeting is an opportunity for hospital staff to update patients on military health care and to receive comments and suggestions. Topics to be discussed include the Naval Hospital's new satellite pharmacy planned to be located in the Commissary Parking lot in 2003 and the hospital's Managed Care Program. For more information, contact the hospital's Customer Satisfaction Office at 542-9175.

## CNRSE Staff Sailors of the Year named

By Miriam S. Gallet  
Editor

Two, Commander, Navy Region Southeast (CNRSE) staff Sailors, one from the Legal office and one from the Public Affairs Office (PAO), were recently recognized as head and shoulders above their shipmates, taking junior and senior Sailor of the Year (SOY) awards.

LN1 Susan Noell was named Senior Staff Sailor of the Year and JO2(SW) Clifton "Cliff" Williams was named Junior Staff Sailor of the Year.

Noell, a Mt. Vernon, Ohio native is known for being a top performer and well-rounded Sailor who constantly displays an impressive level of expert knowledge and unsurpassed performance. Her SOY nomination package listed her many accomplishments in and out of her work environment and described her as an outstanding manager. This 11-year Navy veter-



Photo by PHAN Charles King  
Commander, Navy Region Southeast (CNRSE) Rear Adm. Annette E. Brown presents LN1 Susan Noell a plaque in recognition of Noell's selection as CNRSE Staff Senior Sailor of the Year.

an graduated from Mt. Vernon High School in 1986. In 1990, she received a bachelor's degree in business administration from Bluffton College in Bluffton, Ohio. She joined

the Navy in October of 1991 in order to further her education and to travel. "I always wanted to travel and also further my education. I also wanted to be a nurse, and the Navy has



Photo by PHAN Charles King  
Commander, Navy Region Southeast (CNRSE) Rear Adm. Annette E. Brown presents JO2(SW) Cliff Williams the Navy/Marine Corps Achievement Medal in recognition of his selection as CNRSE Staff Junior Sailor of the Year.

afforded me these opportunities," commented Noell. Upon completion of recruit training in Orlando, Fla. and a nine-month Navy "A" School in Ft. Belvoir, Va., Noell began

her Navy career as a Lithographer's Mate (LI) aboard USS Acadia (AD-42) in October of 1992. While assigned to the Acadia,

See CNRSE, Page 7

## Navy most ready it has ever been

### CNO charts Navy's course for 2003

By JOC Walter Ham IV  
Chief of Naval Operations  
Public Affairs

Chief of Naval Operations Adm. Vern Clark praises Sailors for the Navy's tremendous successes in 2002 and announces a broad range of initiatives to ensure the Navy stays ready to fight and win in the 21st century, in the new CNO Guidance, released this weekend.

In CNO Guidance 2003, which is available at www.navy.mil/cno, the CNO says the Navy will focus on winning the war on terrorism; protecting the nation and our forces; and achieving the Navy's Sea Power 21 vision.

"It will require hard choices and determined leadership at all levels," said Clark. "We must challenge every assumption and search for new and better ways to accomplish our tasks. We must refine requirements, conduct innovative operations, and optimally allocate resources to achieve efficiencies and recapitalize the fleet."

The CNO says the Navy achieved tremendous success in 2002, both in the war on terrorism and in the Navy's Top Five priorities (manpower, current readiness, future readiness, quality of service and alignment).

"Our men and women operating in the air, on and under the sea, and on the ground are at the leading edge of the global war on terrorism," said Clark. "Forward deployed, combat ready naval forces, sustained by naval and civilian shipmates around the world, are proving every day the unique value of sovereign, independent

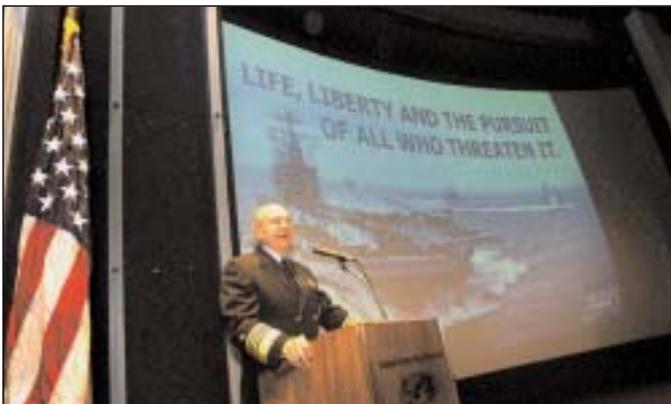


Photo by PHC Johnny Bivera  
Adm. Vern Clark, Chief of Naval Operations (CNO) speaks to recipients of this year's Recruiter of the Year awards in the auditorium of the Navy Memorial.

forces projecting power from the sea."

The Navy is currently the most ready it has ever been during its history, Clark adds. Since Sept. 11, 2001, eight carrier battle groups, six amphibious ready groups, and nearly 100,000 Sailors and Marines deployed around the world in support of the global war on terrorism.

The CNO says he is pleased with the progress the Navy has made in manpower and current readiness since the CNO Guidance for 2002 was published.

"In last year's guidance, I challenged each of you to make our great Navy even better by enhancing mission accomplishment, deepening the growth and development of our people, and developing innovative operational concepts and capabilities and you delivered," said Clark.

"We are enjoying now the best manning I have witnessed in my career...our investment in personnel readiness was merely the foundation. Your efforts were the reason for our operational success. You encouraged our people to excel and focused them on

mission accomplishment." "We have the most ready force in our history. Over the past year, our investment in training, spare parts, ordnance, and fuel accounts enabled our fleet to be ready earlier, deploy at a higher state of readiness, and build a more responsive surge capability. These investments were vital to sustaining the war on terrorism and assuring friends and allies with our global response."

Clark adds that our ongoing success in manpower and current readiness allows the Navy to focus on implementing Sea Power 21. This vision provides the framework for accelerating operational concepts and technologies to improve warfighting effectiveness and enhance homeland security; shaping and educating our force to operate tomorrow's fleet; sustaining readiness; and harvesting efficiencies to invest in the Navy of the future.

"The significant progress made over the past two years in manpower and current readiness makes it possible to place more emphasis on future readiness to transform our Navy for the challenges ahead. It

will take the combined energy and teamwork of our entire Navy and Marine Corps team to achieve our vision, capture efficiencies, and strengthen how we organize, train, equip and integrate to fight."

The Sea Enterprise process, a key element of Sea Power 21, will enable the Navy to harvest efficiencies and reinvest savings to recapitalize and deliver increased combat capability.

The CNO adds that the Navy will continue to invest in its "number one resource" - Sailors.

"Growth and development is our byline, and I expect every leader to be deeply involved in developing their shipmates. Active leadership is making it happen today and will do so in 2003," said Clark. "We will reward leaders who understand the challenges and through innovative and creative leadership, develop their people and accomplish the mission efficiently and effectively."

Clark also challenges every leader to enhance warfighting effectiveness at every level.

"Last year, I told you I

wanted every leader to be evaluated on two things, their commitment to the growth and development of their people, and above all, to mission accomplishment. This year, I want to elaborate on that guidance. I want each of you to understand that mission accomplishment means both warfighting effectiveness and resourcefulness."

"Our Navy is the finest it has ever been and getting better every day. I am counting on you to continue our superb record of accomplishment and shape the Navy of tomorrow. Working together, we will achieve the vision."

To read CNO Guidance 2003, Sea Power 21, or more information about CNO, go to www.navy.mil/cno.

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## WEEKEND WEATHER

- FRIDAY 41/54 SHOWERS
- SATURDAY 37/51 CLEAR
- SUNDAY 35/51 CLEAR

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

# SECURITY SCOOP

## Drive safely both on and off base

By William Curnutte  
Crime Prevention Officer

With all the heightened security, sometimes there might be a slight traffic jam at the gates during the early morning rush hours.

Here are two things you can do to help ease that situation: have your ID card ready to present to the police officer and ensure all passengers have their ID cards available also.

It can be very frustrating to have to wait while the people in the car in front of you are fumbling to get their ID cards out. And, of course, this only seems to happen when you are running late.

Some problems our police officers at the gates continue to encounter during rush hours are: drivers not

dimming their lights, drivers changing lanes abruptly and drivers going too fast. When entering a gate, please turn your lights off, change lanes only when it is safe to do so and slow down.

Also, remember to slow down when driving in the housing areas and near school bus stops. Children may run into the street without looking both ways.

The NAS Jax Security Department is still taking part in the Click It or Ticket It program. So, if you don't want a ticket, be sure to buckle up. About 10 percent of the base population is still not wearing their seat belts. While driving around today, notice other drivers and see how many are wearing their seat belts. I can guarantee you that you will see

at least one driver who is not buckled up.

At base indoctrination, I routinely ask attendees what they think is the number one cause of traffic accidents. Most think the answer is speeding. This is not correct. The number one cause of accidents is improper backing. Keep this in mind when you are leaving a parking space. If you see someone backing up, show some courtesy and let them pull out. Sometimes it is hard to see who is pulling into a parking lot when you are stuck between two large vehicles and you are trying to back out of a parking space.

Congratulations on surviving the holidays, but we have a whole new year to get through. Please be alert out there and drive safely.

# FROM THE DOC

## Tips for dealing with motion sickness

By Lt. Chris Alphonzo  
VP-30 Flight Surgeon

Have you ever felt queasy while reading a book on a long car trip?

Or have you ever felt the need to keep a "barf bag" close by while experiencing some turbulence during a flight?

Does the thought of that roller coaster that goes 90 mph, and has four loops, make your stomach turn? If so, then you probably know how unpleasant motion sickness can be.

Motion sickness is a fairly common phenomenon, and it varies how badly each person may, or may not, experience motion sickness. Some people rarely, if ever, get any motion sickness, while others may be so unfortunate as to get sick in a theater watching movie scenes.

Motion sickness is caused by overstimulation of the inner ear organs that help us maintain our equilibrium. People who get motion sickness may experience perspiration, yawning, salivation, nausea, vomiting, and an overall "blah" feeling. A person's breathing may quicken, causing them to hyperventilate, and they may also feel fatigued, and turn pale.

Most people feel better for a period of time after having a vomiting episode, but if they remain exposed to conditions that caused the motion

sickness, they may feel sick again. These conditions may come from riding on a boat or amusement park ride, or in a car, plane, or train, among other things. Also, bad ventilation, visual stimulation like a moving horizon, and certain emotions like fear, sometimes help bring motion sickness.

The best way to handle motion sickness is to prevent it from happening. If you know you are going to be exposed to a situation that may make you feel sick, you should try to arrange for yourself to be where the motion will be at its least. For example, if you get airsickness, you should try to get a seat over the airplane's wings.

If you suffer from seasickness, you should try to stay close to water level at the middle of the boat or ship. When riding in a car, try to sit in the front seat and look out the front window. Also avoid reading when riding in a car. Often times, keeping your vision at 45 degrees above the horizon will help reduce the possibility of getting sick. Staying well-ventilated helps prevent symptoms, and try not to eat too much food.

You can also try using certain medications to help prevent motion sickness symptoms. There are several different medicines that can be bought over-the-counter, such as dimenhydrinate and diphenhy-

dramine.

Most of these medications are taken one hour before departure, and last about six hours. Be sure to read the medication's label and follow its instructions carefully.

If you take other medicines or have any medical conditions, or the medicine is for someone young or elderly, you should visit your healthcare provider first to discuss any possible new medicine use.

As always, you should check with your doctor if you have any questions, or any symptoms of concern, before starting a new medicine. Your doctor may be able to prescribe you a medicine patch to prevent motion sickness. This patch releases a medicine called scopolamine, and is put on four hours before departure, and lasts up to three days. Scopolamine can cause certain side effects though, and the patches must be used very carefully.

Many people can adapt to the conditions that cause motion sickness, if they are exposed to them enough. Eventually, they are able to fly, ride, sail, or participate in other activities, without any symptoms. Hopefully, if you are the type that gets motion sickness, you will reach that point. In the meantime, the other methods of prevention should help keep your lunch where it belongs.

## Southern Illinois University accepting applications

From Navy College Office

Southern Illinois University (SIU) is accepting applications to the Bachelor of Science in Workforce Education and Development.

We offer continuous enrollment for all of our semesters. Classes start Jan. 18 for spring, May 17 for summer, and Sept. 6 for fall.

Southern Illinois University has been in the Jacksonville area since 1979. The program has more than 18,000 graduates nationwide.

Many local graduates have leading roles in the business and industry segments of Jacksonville, while oth-

ers have pursued studies for their masters and doctoral degrees in a wide variety of disciplines.

The SIU program is notable in its flexibility in program delivery and also builds upon military and work experience. Up to 44 semester hours of credit are awarded for work and military experience. This is a free award. There is no evaluation fee.

Transfer credit from other colleges, CLEP and DANTES are accepted for general education requirements. An associate's degree is not required to enter the program. There are no placement, ACT or SAT exams required to apply.

The SIU major coursework seg-

ment is delivered in a weekend format (every other weekend). A student that carries a full course load may earn a bachelor's degree in 12 months, with an approved associate in science degree and required work experience.

Half of the major coursework is independent study and classroom sessions are not required.

Military Tuition Assistance and VA educational benefits are accepted. Illinois residents can use the Illinois Veterans Grant to complete the program at little or no cost. Pell Grants and student loans are also available.

Call the SIU office at 542-5414 for more information.

### Meet A Sailor...

AEAN AMANDA OVERSTREET



**Job title/command:**  
NAS Jacksonville TPU

**Hometown:** Philadelphia, Miss.

**Family Life:** Married, with our first child on the way.

**Past Duty Stations:** NATTC Pensacola

**Career Plans:** To retire from the Navy and finish my masters in school counseling.

**Most Interesting Experience:** When I was a senior in high school, I was selected to have dinner with Colin Powell.

**Words of Wisdom:** Don't sweat the small things, take each day one day at a time.

### Meet A Civilian...

Linda Siron



**Job title/command:**  
Medical Clerk, Internal Medicine Clinic, NavHosp Jax

**Hometown:** Clarksburg, W. Va.

**Family Life:** Married for 35 years to husband, Bob. Two children, Lisa and Bobby and two grandchildren, Alex and Katie.

**Past Duty Stations:** Glynco, Ga., Point Mugu, Calif., Willow Grove, Penn., Patuxent River, Md., and Andrews Air Force Base, Md.

**Career Plans:** To retire early and spend time with my family and friends. We also plan to travel.

**Most Interesting Experience:** Witnessing the births of my grandchildren.

**Words of Wisdom:** Do unto others as you desire them to do unto you.



### Sunday Services

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

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

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

## McIntosh earns commission



Photo by JO1 Mike Jones

Ensign Catina McIntosh of NAS Security receives her collar devices from her husband, OSC(SW/AW) Laconia McIntosh during her commissioning ceremony at the River Cove Officer's Club on Jan. 2. After serving nine years in the enlisted community and achieving the rank of MAC, McIntosh was selected for commission through the Limited Duty Officer Program. She will next report to Navy Support Facility, Diego Garcia where she will serve as security officer.

## HEY MONEYMAN!

**Hey, MoneyMan!**

I really don't know much about managing money and I keep getting all this free advice from my buddies. It is all very confusing! Do you have any recommendations? Are there any books about finances that beginners can understand?

**MoneyMan Sez:**

Looks like you are trying to get off to a good start in 2003. Way to go! There are a lot of great books out there, which can help financial newcomers ... and the old-timers for that matter! Here are a few you may want to check out:

*The Saavy Sailor* by Ralph Nelson. Go to [www.saavy.onweb.com](http://www.saavy.onweb.com). It is an entertaining story of "Seaman Jake Besaw" as he wanders through military life making all the financial mistakes one might expect of a young man on his own for the first time.

*Investing For Dummies and Personal Finance for Dummies* by Eric Tyson. Written with a humorous touch, these books are easy reading and great reference material.

*The Millionaire Next Door* by Thomas Stanley and William Danko. Want to know who the millionaires are in America? Most are folks who understand this lesson; you will never get rich if you spend more than you make.

*Beating the Street and One Up on Wall Street* by Peter Lynch. Peter Lynch managed the most successful mutual fund of all times. Fortunately, he shares much of his knowledge in his two books.

*The Motley Fool Investment Guide* by David and Tom Gardner. This is a sassy, no-holds-barred approach to show investors how they can win the investment game.

Hope you find what you need in this list of titles. Of course, there are many other excellent books available, but not enough room in this column to discuss them all. Pick and choose and then give me a call to share what you have learned!

**More questions? Call Hey MoneyMan at 778-0353.**

## Jax Air News

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Photos by Marsha Childs

Naval Hospital Jacksonville Cmdr. (Dr.) Miguel Cubano, greets guests in front of the Naval Hospital Jacksonville exhibit at the Duval County Medical Society Dinner Meeting.

## Naval Hospital exhibit showcases Navy medicine to Duval colleagues

By Marsha Childs  
Naval Hospital Jacksonville  
Marketing Division

The Duval County Medical Society (DCMS) Annual Dinner Meeting was held at the Adams' Mark Hotel on Jan. 6 commemorating the Society's 150th anniversary.

Founded in 1853, the DCMS is a voluntary professional association of over 1,500 physicians that, among other endeavors, provides support to health related charitable organizations.

Naval Hospital Jacksonville participated in the DCMS Exhibitor's Show that preceded the dinner to showcase the Fleet Hospital, Navy Family Practice Residency Program, and ongoing community involvement in volunteer programs like We Care.



HM1 Stacy Williams of Naval Hospital Jacksonville's Marketing Division mans the Naval Hospital's exhibit at the Duval County Medical Society Dinner Meeting.

The DCMS initiated the We Care Jacksonville Program to coordinate a network of free healthcare clinics that provide quality healthcare to homeless and medically underserved people of Duval County.

Naval Hospital Jacksonville

Commanding Officer, Capt. Ralph Lockhart and Executive Officer, Capt. John Sentell and other staff members were present to answer questions about current world events and possible military medical involvement.

## NAVAIR employees' suggestions recognized

By Frank Taormina  
NAVAIR Depot Jacksonville  
Public Affairs Specialist

On Dec. 10, Capt. Karl Yeakel, commanding officer, Naval Air (NAVAIR) Depot Jacksonville awarded employees through the Valuable Ideas Save Investments Of NADEP (VISION) Program.

Earl Bryant, Jr., aircraft electrician, and Clarence Ennis, aircraft electrical worker, earned official recognition for creating a tool used to facilitate the installation of the Permanent Magnet Generator stator. The tool is primarily constructed of excess material and works like a handle, fitting over the drive spline of the generator's armature. This simple and inexpensive tool allows for quicker and safer installation, thus reducing turn-around-time by nearly 10 percent, and minimizes the potential for physical injury.

Bruce Menne was recognized for developing a software program designed to assist quality assurance specialists in day-to-day event management. This new program was developed using Microsoft Excel and allows quality assurance personnel to coordi-



Photo courtesy of NAVAIR

From left: Bruce Menne, Clarence Ennis, and Earl Bryant Jr., were presented VISION awards by Capt. Karl Yeakel, NAVAIR Depot Jacksonville commanding officer.

ronald Olson earned recognition for recommending an alternative solution to the repair or replacement of the camera for the

bore sight optical alignment set for the F/A-18 and AV-8 aircraft. Olson suggested the Depot manufacture/assemble new cameras using off-the-shelf components supplied by two vendors. This idea significantly reduces overall costs and turn-around-time.

## Pension loans target retirees

By Kaylee LaRocque  
Staff Writer

It sounds too good to be true. The salesman is offering you a loan even though you know your credit report has a few blemishes.

He is willing to hand over \$20,000 the minute you sign the contract. You dream of all the wonderful things this money will buy for you and your family. All you have to do is give up your military pension for the next five years. Sound like a deal? Maybe to some it seems like it, but is it really worth it?

"A lot of people don't know much about pension loans. This is a fairly new business venture. Pension loans are available for anyone who draws a retirement pension - military, policemen, firemen, etc. These loans are pretty easy to obtain, just apply for a certain amount of money and repay the loan each month using the pension as collateral," explained Dave Faraldo, director of the NAS Jacksonville Navy and Marine Corps Relief Society (NMCRS).

"On the surface it seems like a great deal for the consumer, but after paying for insurance to cover the loan, initial fees and interest rates, it's really only a great deal for the lender. These loans are quite similar to pay day, cash advance and title loans," Faraldo continued.

Because Jacksonville has such a huge population of military retirees, these are the people these companies are targeting. "We just had a case concerning pension loans. A couple came into our office and explained that they borrowed \$15,000 to help with rent and utilities because they had fallen behind. Apparently, they were having problems getting a loan from other sources. The salesman explained what a great deal it was and how the money is worth more right now that if you draw your pension over the next five to 15 years," said Faraldo.

"The couple signed a contract to borrow \$15,000. They also agreed to pay \$600 in insurance costs in case something happened to the husband and he would no longer receive his pension. They also had to pay fees and the first two monthly payments. They walked out the door with \$12,500. But the worst part was, they agreed to pay \$900 a month for the next 36 months to repay the loan. That comes out to more than \$32,000 which is more than 100 percent of what they borrowed," Faraldo exclaimed.

The couple finally realized that maybe it wasn't such a great deal after all and stopped in to see if NMCRS could help them. After sitting down with them, Faraldo referred the couple to a lawyer with Florida Legal Services to see what could be done about the contract. He also

informed them, NMCRS could have helped them in their time of need had they come there first.

"We can help with emergency situations such as rent and utilities. It's really sad because we could have helped this couple in the beginning. People who sign these contracts often feel there is no other option. They are desperate. We can help. We don't give out money for things like Christmas presents or wide-screen TVs but we can help in emergencies," added Faraldo.

"These types of loans are dangerous loans. There are few papers to sign and they usually don't disclose their interest rates. In this particular case, the couple had already paid back the money borrowed and just wanted out of the contract. We determined that it was a shady transaction and we think the company has closed its doors now," said Lynn Drysdale, a staff attorney with Florida Legal Services who helped the couple.

Pension loans are available on the Internet and are often found being advertised in military publications. "These companies are considered legitimate businesses. But, just because they advertise in military publications does not mean the services endorse these types of businesses. They are not supported by the Navy in any way," stated Faraldo.

In an effort to curb the availability of pension loans in the State of Florida, the Northeast Florida Consumer Council has recently made pension loans one of their top priorities. "We are working to try to regulate this industry. We are setting up a group to go to Tallahassee to meet with legislators and the state attorney general to talk about several issues including pension loans. We are also trying to get the word out to retirees, that although these loans are not illegal, they are quite stringent," Faraldo said.

Legislators have been taking a closer look at these types of loans. A bill introduced by Sen. Bill Nelson, D-Fla. was passed by the Senate last September banning the purchase of Department of Veterans Affairs' disability and pension benefits. The House of Representatives has also passed a version of this bill but some of the differences between the two are still being resolved before it makes it into final legislation.

"Everyone needs to be aware when borrowing money. You need to be concerned with the total cost of the loan because there is always some cost involved. I believe pension loans are one of the highest cost loans. People need to shop around. And, if you do end up with a contract, have someone else look at it before you sign on the dotted line," Faraldo advised.

## NAVAIR/Navy Region Southwest to co-host event

From NAVAIR

The Naval Air Systems Command's (NAVAIR) fifth annual Fleet Environmental Information Exchange (EIE) is planned for April 15-17. The event will be held in at the Naval Amphibious Base in San Diego, Calif.

Fleet representatives from Navy and Marine Corps hazardous material, supply, support equipment, ordnance and corrosion

control programs are invited to attend the Exchange to discuss environmental aviation-related issues with NAVAIR environmental and acquisition experts.

The agenda will be Fleet-driven. NAVAIR is currently soliciting topics for the 2003 agenda, and encourages Fleet personnel to present their own perspectives and/or solutions to today's environmental challenges.

The 2003 EIE agenda includes briefings from the

Civil Engineering Corps Officers School (CECOS) on their classroom and web-based training services. CECOS representatives will also provide a presentation on the Navy's Bird Aircraft Strike Hazard program. In addition to Fleet needs, other topics on the agenda include general series manuals and technical publication updates.

For more information, contact Herman Varmall at (301) 757-2155 or Lynn Cahoon at (252) 464-8141.

Photos  
by  
JO1  
Mike  
Jones



NAS Supply's Jose Lozada prepares to move one of the many crates in the department's warehouse.

## NAS Supply: Enabling non-deployed aviation readiness

By JO1 Mike Jones  
Assistant Editor

It's hard to imagine NAS Jacksonville without the steady sounds of propeller engines and jet intakes. One only needs to occasionally glance skyward to understand the importance this base plays in the Navy's ever-increasing role of national defense.

The installation is home to the P-3C Orion long-

range anti-submarine reconnaissance and maritime patrol aircraft, the SH-60F Seahawk anti-submarine warfare helicopters and S-3B Viking sea control planes.

The role these aircraft fill in national defense is easily apparent, however, what keeps the aircraft maintained and ready to fly is less apparent but no less impressive. To say NAS Supply Department is vital

to maintaining non-deployed aviation readiness would be an understatement.

Working with Aircraft Intermediate Maintenance Detachment (AIMD), Aviation Support Detachment (ASD) and several other entities, NAS Supply provides the consumable materials required to support the aviation components here operational and ready for train-

ing.

Consumable parts range from everything such as nuts and bolts to tires, explained Stephen Silver, NAS Supply control division officer. "Working hand-in-hand with ASD, our job was to get the parts they need, get them in stock so when the customer orders the part, they didn't have to go off station to get it," Silver said.

Currently, NAS Supply manages 22,000 types of parts, and issues approximately 13,000 each month. "The part would be readily available here on station, thereby reducing time to get the needed components ready and reinstalled on an aircraft," Silver noted.

This new system (to the shore installation community) of Relational Supply (R-Supply) came online here last March and has since been implemented at numerous naval air stations across the country.

In addition to the system's improvement, this supply system is the same used aboard aircraft carriers and aviation-capable

amphibious ships across the fleet, Silver explained. "As the Sailors come from sea duty and to a shore activity, such as a naval air station, they're already familiar with R-Supply," he said.

In addition, several technological upgrades have been implemented into the system. Rows upon rows of carousels fill one of the department's warehouses. Each carousel stands roughly eight feet tall and stretches nearly half the length of the warehouse.

Multitudes of shelves and containers containing every imaginable nut and bolt fill each carousel. With the press of a button, any one of the shelves can be shifted forward delivering any item to within arm's length, drastically reducing the time it takes to fill orders.

Also, a new barcode system, the Integrated Barcode System (IBS), ensures a more efficient and effective inventory system for the numerous items in stock.

Detailed information on every item in stock is main-

tained in a computer database and is instantly retrievable by scanning a barcode affixed to each item. "This has saved countless hours in labor," remarked SK1(SW) Barry Bennet, NAS Supply Inventory Control leading petty officer.

"I think R-Supply's revolutionized the way our customers receive support," said Lt. Mark Ward, ASD officer in charge. "Our job here is to keep the pilots and squadrons qualified and ready to go and this new system helps to achieve that."

For Silver, the most rewarding aspect of the system is the people involved with making it all work. "These folks have internal support that's remarkable," he said. "We have outstanding teamwork."

"In the times we live in now, I don't think there's any mission more important than making sure our Sailors out there defending the country have what they need when they need it and are able to perform that mission," Silver said.



Aviation Support Detachment's SK2(AW) Adriana Escobedo tracks a part number for one of the many supply stock items.



Top: NAS Supply Inventory Control's SK2 Undrea Jones (left) and SK1(SW) Barry Bennett scan an item's label using the Integrated Barcode System  
Right: Aviation Support Detachment's AK2(AW) Fredy Galo, Rotatable Pool supervisor, compares a part's serial number to a specification sheet.



Project Manager Dave Dee operates one of the many inventory carousels.



# Future scientists get helping hand from NAS Jax Sailors

By JO2(SCW) Eric Clay  
Staff Writer

Several Navy volunteers supported students last Wednesday at the Ridgeview High School Annual Science Fair by judging 68 science fair exhibits and sharing some of their knowledge and experiences.

The fair featured a wide array of exhibits covering 12 science-related categories. Sandy Petry, a ninth-grade student participated in the earth science category. Her exhibit was awarded first place this year, in the category. Petry's experiment examined the pH levels in Clay County's water, discovering that if high levels of acid was found, how it could be hazardous to the fish habitat.

"I placed first in my category last year and I thought it would be pretty fun to participate again. Science is one of the future choices that I'm thinking about as a career," said Petry.

Not only did Navy personnel participate as judges, but they also offered encouragement and ideas. "The concepts are really good and I have been offering my knowledge to those students who have done projects in the medical field. I am really honored to be invited to the science fair and to participate as a judge," said HM1 Eric Geter of Naval Hospital Jacksonville.

Some of the concepts the students came up with could help in everyday situations. Leland Lanning, a tenth grader, whose exhibit was awarded third place in the chemistry category, tested time periods in which infant clothing could catch fire and burn using different types of laundry products.

"Most infant clothing is supposed to be flame resistant so I decided to test different ways of cleaning clothing. I used plain water, powder and liquid detergents and different softeners to complete my experiment. To my surprise, a lot of the clothing caught fire rather quickly, Oxy-Clean being the slowest to burn," said Lanning.

The judges were happily intrigued by the knowledge the students possessed and the hard work they put into their displays and experiments.

"I can remember doing this myself at their age and how hard it was just to come up with an idea. These students are displaying complete reports, documented results and display boards that are really good quality. I was looking at the engineering exhibits and they were really put together well, with great ideas," said Cmdr. Pete Lynch, of CNRSE who volunteered for the event.

The school was grateful the Navy judges were allowed time off to participate in this year's science fair. The fair allowed students to meet mentors who actually work in the fields they are interested in learning about.

"The majority of the judges were Navy members and enough volunteered so I could assign each judge seven or less exhibits giving them more time with each student to really understand each experiment," said Mary Turner, a teacher at Ridgeview High School and science fair coordinator. "In the past we didn't have enough judges and those who volunteered felt rushed. I think the knowledge the Navy Sailors passed on to the students was invaluable, the students had the chance to interact with well-represented knowledgeable professionals."

The winners from the Ridgeview Science Fair will go on to compete at the county level, displaying their exhibits at the Orange Park Mall on Feb. 10.

The science fair is just another example of how the Navy helps and interacts with the community, allowing Navy personnel a chance to get involved outside the fence line.

HM1 Eric Geter, of Naval Hospital Jacksonville and the 2002 Ridgewood High School Science Fair First Place Winner, Sandy Petry, discuss the pH level of the waters in Clay County. Petry explains how higher pH levels affect the habitat of aquatic life.



AG3 Stephanie Northcutt (left) and AG3 Melinda Fontenette of Navy Atlantic Meteorology and Oceanography Facility Jacksonville judge a science fair display on the use of different types of detergents.



Lt. Cmdr John Craddock of Naval Hospital Jacksonville discusses plant life with a student at Ridgeview High School's Science Fair on Jan. 8.



PH1(AW/NAC) Greg Curry of the Regional Visual Information Support Center and HMC(FMF) Floyd Kirk of the Disease Vector Ecology and Control Center at NAS Jacksonville evaluate the science fair projects.



Richard Cerge, a science fair participant, uses battery power and two lead pencils to apply electric current to split water, demonstrating the atomic makeup of different types of water.



Students from the physically-impaired class enjoy the recent science fair at Ridgeview Highschool.

Photos by JO2(SCW) Eric Clay

# Base contractor gets new tool to help environment

From Public Works Center, Jacksonville

Johnson Controls-HILL, the Navy Southeast Region Base Operating Support (RBOS) Jacksonville Area Contractor, recently obtained certification from British Standards Institution, Inc. (BSI) for the ISO 14000 Environmental Management System (EMS).

Through the plan, do, check, act process of the EMS, Johnson Controls-HILL ISO Steering Committee, comprised of top management personnel from the project and Dave Kiebler, environmental department head, Public Works Center, Jacksonville, reviewed more than 200 work activities and evaluated each activity for their impacts to the environment and their associated risk.

As a result, they determined those activities that posed the greatest risk on the environment and developed objectives and tar-

gets to minimize or remove these risks.

The Johnson Controls-HILL ISO 14000 journey started Oct. 1, 2000 and has been a remarkable undertaking by the Johnson Controls-HILL management team and labor force.

The improvements in the operations of the Utility Plants have been exceptional due to the implementation of their environmental policy. The Utility Plants led the project in the management of their documents per ISO 14000 and were highly commended for their records management by the auditor, BSI. They have developed numerous operating procedures to reduce the risk of environmental impacts and implemented a detailed calibration program to insure timely calibration and tracking of process control meters/equipment.

Because of the Johnson Controls-HILL environmental policy, which requires a commitment to continuous improvement and pol-

lution prevention, various pollution prevention processes have been implemented. Specific examples include:

Operational Control Procedures for the Utility Plants. More than 100 standard operating procedures.

Mayport Used Oil Tank. Relocation of the Transportation Mayport Used Oil Tank to an oil water separator deck drain, which was previously in vicinity of a high-risk area of contamination to the stormwater system.

Transportation Car Wash Operation. Installed a mixer valve/flow proportion device to control the injection of alkaline car wash soap.

Spill Prevention and Containment. Spill kits deployed to all shops.

Transportation Crane Washing. Devised a method to direct runoff from crane washing operations to the sanitary sewer rather than the stormwater systems.

HVAC Coil Cleaning. Devel-

oped standard operating procedures for HVAC coil cleaning to remove any impact to the environment from runoff.

AUL (authorized user list): Developed an AUL system to minimize and control hazardous material purchases.

Used Oil, Batteries, and Tires. Developed used oil, batteries, and tires procedures for cradle to grave tracking to insure we maximize recycling.

Recycling. Rags, paper, cardboard, aluminum cans, fluorescent bulbs, mercury containing devices, electrical cables, etc.

Training. Increased awareness throughout the project with our recurring environmental awareness and ISO 14000 training programs.

CHT Contamination (Mayport). Developed procedures for proper management and disposal of CHT contaminants, typically petroleum products.

Pre-Project Inspection Program. Developed a process to

inspect projects prior to start and award for environmental concerns and impacts.

Oil Water Separator Cleaning and Disposal. Developed procedures to insure the proper management and disposal of oil water separator contents.

Performance Metrics. Recycling of oil, tires, batteries; spill response; environmental compliance inspections of subcontractors, utility treatment plant control parameters.

The journey to ISO 14000 has been rewarding for the Johnson Control-HILL RBOS Team. The general employee environmental awareness and involvement has made significant improvements. This involvement will continue as they take on new challenges, make process improvements in protection of the environment, and prevent pollution while providing essential base operating services in support of the Navy mission at NAS Jacksonville and Naval Station Mayport.

## HSO bids farewell to staff member

By JOC Bill Austin  
HSO PAO

On Jan. 10, Naval Health Care Support Office (HSO) personnel said goodbye to George Zavakos after more than 34 years of faithful government service during a luncheon attended by fellow shipmates and long time friends.

Zavakos, who steps down as the department head of information technology, has been affiliated with Navy medicine since the early 1980's.

If you don't happen to know him he's easy to spot, a dapper dresser, sharp in appearance and mind. The deal is, he has experienced so many changes in his world of computers that its quite interesting to sit down and hear him talk about how archaic they were not too many years ago.

"When I first started to work in the computer field things were much different than they are now," said the Dayton, Ohio native with a smile. On this day, he sat in his office that was filled with paperwork stacked willy-nilly, and computer boxes of yet to be issued gadgetry.

"My first computer was an IBM 1401 with 16K of memory and no hard disk drive," said Zavakos from beyond the rubble. "It utilized 80 column punched cards and 28-inch magnetic tapes. The 'mainframe' computer was an IBM 7080, which had 160K of memory and 20 magnetic tape drives, no disks. It took up a room a little bit bigger than the conference room here at HSO," he added with a smile.

Zavakos leaned further in his chair in an effort to further elaborate how archaic computer technology was not too many years ago. "Let me put it into perspective," he offered with a serious look inside his glasses.

"Laptop computers of today can have over 1GIG of memory and disk drives that can hold over 40GIG of data. Back then, we had jobs that required reading 30,000 to 40,000 punched cards and several days to complete processing and printing."

He went on to describe using his arms to aid a mental picture of the ridiculously large print outs those computers generated. "The print outs were huge, taking hundreds of boxes of paper. In 1976 when I came to NAS Jacksonville they had three mainframe computers that took up a space



Photo by JOC Bill Austin

HSO's Officer-in-Charge, Capt. Larry Walters congratulates George Zavakos and his fiancée, Jan Loftin during Zavakos' recent retirement ceremony.

equal to the entire first floor of HSO. The most powerful one had 1Gig of memory and 30Gig of disk storage. The real surprise was when I came to Navy Medicine in 1983 and they still had an IBM 1401 computer. I hadn't seen one in more than seven years. The switch to desktop computers started around 1985 and we had three Radio Shack TRS80 computers, with 10MG hard drives. We have certainly come a long way since then," he finished, shaking his head.

Zavakos went through a string of various trades before landing in computers, trades he would probably tell you added character to his life, a trait he proudly displays on a daily basis.

He drove a cement truck, managed a service station, sold tea products and managed a body shop for starters. In 1966, he closed his car lot and found himself working on a roof in blistering heat at a sheet metal construction site. "It was on that metal roof 220 feet up over three open hearth furnaces in the middle of the summer, that I decided there had to be a better way to make a living. I started attending the Electronic Computer Programming Institute in the evenings, but switched to full time after an automobile accident that made it impossible to work."

Eventually his computer training landed him a job in civil service, a fact that his shipmates at HSO are thankful for. Zavakos will retire at his current level of GS-13.

It was easy to drum up colleagues from the past to testify on his behalf. All had plenty of kind words filled

with sincerity.

"George Zavakos was my mentor during the 1980's and as a new supervisor; I tried to learn all I could from him," said long-time friend, Gladys Moore, who serves as the Naval Hospital's Assistant Department Head of IRMD.

"He was respected by all for his knowledge and people skills and that's what I wanted to learn. One of the first things George taught me was that if you expect perfection from your staff, you need to get out of supervision. If you never make a mistake, you never learn a thing. I've always remembered that 'Georgeism'." said Moore.

"I remember one time I was frustrated with all the 'paper' on my desk. You can tell he mentored me well — my desk looks like his!! But he made me feel good, because he said it may look unorganized but he knew I could find anything I needed on it! George and I have gone through many years of births, marriages, deaths and all the emotions friends share. He is my friend and that means the most to me," added Moore.

After his opening remarks, HSO's Officer-In-Charge, Capt. Larry Walters presented Zavakos with the Civilian Superior Performance Award signed by the Surgeon General of the Navy, Vice Adm. Michael Cowan. "You will always be a part of Navy medicine and HSO Jacksonville," said Walters, after presenting the award.

When asked what he will do next, Zavakos was quick to reply saying, "enjoy life."

## Active-duty members must report civilian medical care

From NavHosp Jax Public Affairs

If you should become ill with an acute or urgent medical condition (one that requires care within 72 hours from the first onset) while traveling on leave or TAD away from your permanent duty station, your care must be reported by one of the following:

Active duty assigned to a deployable unit — You should use a Military Treatment Facility, if available. However, if one is not available, contact the Military Medical Support Office (MMSO) at 1-800-876-1131, 24-hours-a-day, seven-days-a-week. If possible, contact your medical department as well.

Active duty assigned to shore facilities — You should use a Military Treatment Facility, if available. However, if one is not available, contact Naval Hospital Jacksonville 24-

Hour Nurse Call Line at 542-4677 or toll-free at 1-800-529-4677.

Emergency medical care (the sudden and unexpected onset of a medical condition or the acute worsening of a chronic condition that is threatening to life, limb or sight which requires immediate medical treatment or requires treatment to relieve suffering from painful symptoms) does not need prior approval; however, notify those listed above within 24 hours of receipt of care or admission.

For emergent or approved care, have the civilian provider file the claim to: TRICARE Regions 3-4, Active Duty Claims, P.O. Box 7031, Camden, S.C. 29020-7031. The phone number is 1-800-403-3950.

Failure to report any acute civilian medical care could result in your being financially responsible for any medical bills.

## Long Term Care open-season applications still being taken

From HRO

Although the open season for the Federal Long Term Care Insurance Program ended on Dec. 31, 2002, if you already have an open season application or you requested one prior to Dec. 31, 2002, you can still submit it, as long as it is received by Long Term Care Partners by Jan. 31, 2003.

Use the mailing address found on the application, or call 1-800-582-3337 (TTY: 1-800-843-3557) to ask for an address to use the overnight mail. Long Term Care Partners is no longer fulfilling requests for open season applications.

Application requests received after Dec. 31, 2002, including downloading an application from [www.ltcfeds.com](http://www.ltcfeds.com), are being fulfilled with the regular, non-open season application materials.

You do not have to have your open season application approved or your billing options completed by any particular date in order to take advantage of the open season rules. The key is the date that Long Term Care Partners receives your application, not the date it is approved. As long as Long Term Care Partners receives the application by Jan. 31, 2003, they will process it using open season rules.

## KUDO KORNER

Navy and Marine Corps Achievement Medal  
Lt. Richard Paquette, NAVAIR Depot

# CNRSE: Two chosen as top Sailors

From Page 1

Noell completed two Western Pacific deployments, realizing her dreams of visiting exotic lands.

In October 1994, Noell reported to Legalman (LN) "A" School in Newport, R.I. Immediately following graduation in January 1995, she reported to the Navy Legal Service Office (NLSO) at the Navy Education and Training Center, Newport. In 1997, she reported to NLSO, Guam, where she served as assistant to the Legal Counsel.

Noell, who reported to CNRSE in November 1999, is presently the Legal Department Environmental paralegal and assistant to the environmental counsel, a position she eagerly volunteered to fill. Immediately, she tackled a backlog of work by creating a regional environmental contact directory, consolidating Vieques and many other legal files, and establishing an environmental law library. She also designed a National Environmental Policy Act (NEPA) storage filing system for more than 1,000 documents, providing storage and retrieval of all current and future documents.

Additionally, Noell tackled several difficult and time consuming paralegal projects including organizing and creating a database for more than 300 Pinecastle Range documents. She also created a compilation for all Coastal Zone Management Act statutes and regulations for the eight Southeastern states in the Southeast Region, and organizing and developing a case management system for more than 200 documents for a high visibility Clean Air Act lawsuit.

This outstanding Sailor also volunteered her personal time for numerous community organizations while going to school at night and completing work assignments and collateral duties ahead of schedule.

When she isn't at her office, Noell can be found volunteering her time at the numerous organizations she so lovingly supports, or attending classes at the Florida Community College Kent Campus, where she maintains a 4.0 class standing.

Noell is an Awana Group Leader and choir member at the Westside Baptist Church, a West Riverside Elementary School Positive Adult Leaders for Students (PAL) mentor, a volunteer at the Jacksonville Ronald McDonald House, a buddy for a Special Olympian, and nursery volunteer at the Naval Hospital Jax.

"I recommended Petty Officer Noell as the command Senior Sailor of the Year because she is the consummate Sailor, both in and out of the office," said Cmdr. Susan Stewart, CNRSE Environmental Legal counsel. "During the work day, she is dynamic, organized, a team player, and always seeks greater responsibility. While off-duty, she volunteers numerous

amounts of time to a variety of community organizations while also attending school to obtain her second bachelor's degree in nursing. It is no surprise to me that she was recently picked up for the Medical Enlisted Commissioning Program since she already displays the qualities of a fine junior officer."

According to Noell, her strong faith in God and her spirituality and having a very loving, supportive mother is the reason for her success. "God is ever present in my life," said Noel. "I am truly blessed, by having such supportive mother. She has always been there to give me that extra push when I wanted to give up."

Noell was also recently selected for the Navy Medical Enlisted Commissioning Program. She is hoping to report to John Hopkins University in Baltimore, Md. this fall, where she will pursue a degree in nursing. Upon completion of the 36-month curriculum, she will be commissioned an ensign. Noell hopes to someday become a pediatric nurse.

When she gets the opportunity, Noell likes to spend time with friends and going to the movies. When asked what advised she had for junior Sailors she commented, "In the service, your reputation always precedes you, so strive to do your best, show pride in all of your accomplishments and contributions to the Navy, and maintain a positive attitude. Be persistent when it comes to your career goals and never listen to people who try to hold you back."

Williams, a native of Chicago, Ill. upon learning of his selection as the CNRSE Junior Staff Sailor of the Year said, "I was kind of shock. The competition is so tight and this year's nominees were awesome. It feels kind of surreal for me." He competed against three other nominees.

A six-year Navy veteran and past CNRSE Junior Sailor of the Quarter, Williams was inspired to join the Navy by his mother, who is a retired Navy commander and a former JAG officer, his father, a retired Marine Corps infantry major and his three oldest brothers who are presently on active duty. Williams had no doubts that the Navy would become his career.

Upon graduating from boot camp in June 1996, Williams attended Journalist (JO) "A" and "C" Schools in Ft. Meade, Md. In June 1997, he reported on board USS Peleliu (LHA-5) homeported in San Diego, Calif., where he served as the ship's journalist and assistant public affairs officer (PAO). The ship was forward deployed to the Western Pacific assisting with civil unrest on the island-nation of East Timor.

William had the opportunity to visit the island of Bali in 1997 and said, "Bali was a great place to visit. White, sandy beaches, peaceful people, great

surfing. The local people were very nice and I also met people from Australia and New Zealand. It was great fun."

Following a four-year tour with Peleliu, Williams transferred to CNRSE as assistant to the public affairs officer. He is responsible for coordinating and conducting all regional tours. In 2002, Williams conducted 80 tours for more than 2,500 guests. He worked closely with base security and host commands, particularly following the events of Sept. 11, to reinstate and improve upon an exemplary, robust regional tour program.

As the primary local tour guide, he is the most visible part of the program that supports Navy recruiting goals and provides annual orientation to Junior Reserve Officer Training Corps cadets, local schools, and community organizations.

"He is an outstanding representative of CNRSE and the Navy," said JOC Jon Annis, PAO leading petty officer. "Petty Officer Williams has received numerous letters of praise and very positive comments from our visitors. He is a self-starter with superb initiative and teamwork. On his initiative, he often works late to see tours to successful completion. He is always prepared, always adaptable, and always professional."

As assistant to the PAO, Williams covers many assignments, including the scanning, clipping and assembling all regional and local newspaper articles and video newscasts of interest to be sent directly to the Chief of Information, Commander, Atlantic Fleet and other upper-echelon commands each day.

During his free time, Williams is a mentor and routinely volunteers to assist troubled students in the PAL program at West Riverside Elementary School, the command adopted school. Additionally, Williams attends Florida Community College where he is earning college credits towards a bachelor's degree in communications. Additionally, he is actively involved in Captain's Cup events at NAS Jax.

In the future, Williams plans to continue his naval career and apply to Officer Candidate School upon completion of his college degree. "My immediate goal is to take the first class exam in March and to continue to be an asset to my command and set an example to my shipmates. I now have a greater responsibility to properly and proudly represent the Navy. I have a much bigger commitment," said Williams.

As the Staff Sailors of the Year for CNRSE, Noell and Williams will be considered for Junior and Senior Sailors of the Year, Commander Navy Region Southeast, and, if selected, Atlantic Fleet Shore Sailor of the Year competitions.

## Navy Region Southeast hosts engineering conference

By Bob Nelson  
CNRSE Environmental PAO

The 2002 Navy Region Southeast Regional Engineers Conference was held Dec. 17-20 at Naval Construction Battalion Center (NCBC) Gulfport, Miss.

Sponsored by Commander, Navy Region Southeast (CNRSE), more than 150 military and civilian environmental, facilities, and housing professionals from installations throughout the Southeast and mid-Atlantic, gathered to hear presentations, exchange information and ideas, and interact with one another.

According to Capt. K.C. Khan, CNRSE regional engineer and program manager for Facilities and Environment, the conference provided a forum for professionals to raise issues, share success stories, and discuss lessons learned on all aspects of facilities, environment, and housing. "The plenary sessions during the first two days offered conference attendees an opportunity to learn more about what is happening in each of the individual disciplines and how, in one way or another, they can support each other," said

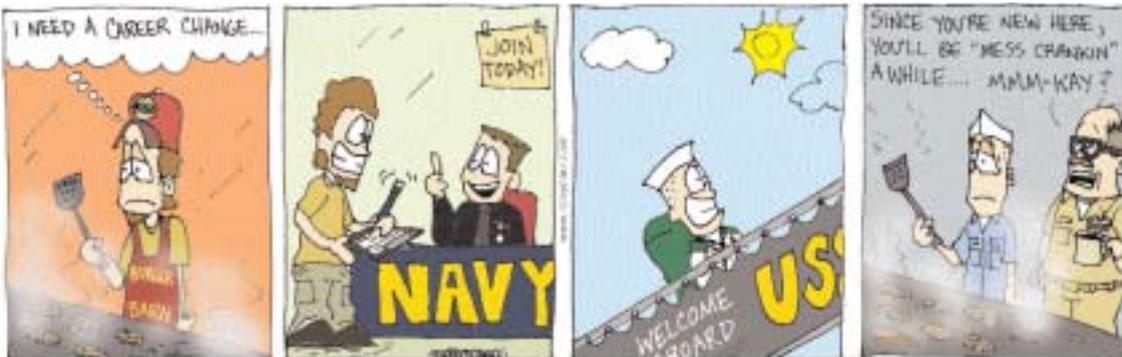
Khan. Attendees learned of new business practices being reviewed by Navy leadership, such as utilities privatization at individual installations and the new Navy Training Resource Strategy (TRS) being developed to support the Department of Defense of Joint Forces Command long range integration plan for combat training.

Dean Reynolds, CNRSE housing program manager, provided a lesson-learned summary for the recent regional family housing consolidation that impacted 25 installations in the Southeast United States, the Bahamas, South America and the Caribbean.

The final day of the conference was dedicated to individual break out sessions where attendees exchanged technical information and networked with other facilities, environmental and housing professionals.

"This year's conference was very successful. Feedback from critiques suggested that we should continue to hold them annually, so we will continue to look at ways to improve future conferences and make them even more productive and beneficial," said Khan.

## JAX TALES BY MIKE JONES

[WWW.RICKYSTOUR.COM](http://WWW.RICKYSTOUR.COM)


# JAX SPORTS NEWS

## Sports officials and scorekeepers needed

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

## Flag football league forming

A 4-on-4 flag football league will begin the week of Jan. 21. The league is open to all NAS Jax active duty personnel and is a Captain's Cup event. To sign up, call the gym.

## Racquetball tourney slated

A Men's and Women's Racquetball Tournament will be held Jan. 27-31 at 5 p.m. at the gym. The tournament is free and open to NAS Jax active duty men. This is a Captain's Cup event and a qualifier for the South Atlantic Regional Sports Racquetball Tournament held in February. There are two men's divisions: open (ages 34 and under), and seniors (ages 35 and up). Sign up at the gym by Jan. 21.

## Intramural soccer meeting planned

This league is open to all NAS Jax active duty commands and personnel. An organizational meeting will be held Feb. 5 at 11:30 a.m. in the Building 590 conference room to discuss rules and to receive the required paperwork to join the league. The season begins in March and games will be played in the evening. Command athletic officer's or their designated representatives and all interested personnel should attend the meeting.

## Greybeard softball league begins in March

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

## Intramural softball starting

The Intramural league is open to all NAS Jax active duty commands and personnel. An organization meeting will be held Feb. 19 in the Building 590 conference room at noon to discuss rules and to get the required paperwork to join the league. The season begins in

March and games will be played on Tuesdays and Thursdays at 5:30 p.m. and 6:45 p.m.

## Women's softball meeting slated

The women's league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. This meeting will be held Feb. 19 in the Building 590 conference room at 12:30 p.m. to discuss rules and to get the required paperwork to join the league. The season begins in March. Command athletic officer's or their designated representatives and all interested personnel should attend the meeting.

## Open softball to begin

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

## Navy Southeast Regional Running and Triathlon Team

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

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

### Qualifying times

5K	Men 19:00	Women 24:00
10K	Men 34:00	Women 46:00
Marathon	Men 3H 30M	Women 4H
Triathlon	Men 2H 30M	Women 3H

Triathlon time based on 1.5K swim, 10K run, 40K bike

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

# COMMUNITY CALENDAR

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

**The Navy Wives Club's DID No. 300** will be held the second Thursday of each month. Our new meeting place is the Oak Crest United Methodist Church, Education Bldg. 5900 Ricker Road, starting at 7 p.m. For more information contact 387-4332 or 272-9489.

**Clay County Chapter 1414, National Association of Retired Federal Employ-ees, (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 Marine Corps League, Jacksonville Detachment** holds their monthly meeting the first Thursday of the month at 7:30 p.m. at the Marine Corps Recruiting Station at 3728 Phillips Highway, Suite 229. For more information call John Leisman at 779-7375.

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

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

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

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

The regular monthly meeting of **Branch 126, Fleet Reserve Association** will be held tonight at 8 p.m. All active duty or retired enlisted personnel of the Navy, Marine Corps, and Coast Guard and enlisted reserve personnel are invited to join and attend the meetings. For more information, call 771-2936.

**The Jacksonville Genealogical Society** will hold their next

meeting will be held Saturday at 1:30 p.m. at the Webb-Wesconnett Library, 103rd Street. The guest speaker will be Gloria Staats of Creative Memories. There is no charge and the public is invited. For more information, contact Mary Chaucey at 781-9300.

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

# MWR NOTES

## Mulligan's Bowl Bash slated

Complimentary munchies and special beverage pricing while you watch football on the big screen TV.

Jan. 26 - Super Bowl Golf Tournament, 9 a.m. shotgun start, \$50 entry fee. A special program will be held on Saturday night.

Jan. 26 - Mulligans Big Screen TV Super Bowl Party, 6 p.m. offering free food.

## NAS Freedom Lanes deals

Bowl for only \$2 per game before 5 p.m. and only \$2.50 per game after 5 p.m. weekdays.

Rent-A-Lane specials are offered Tuesdays starting at 5 p.m. for \$12 per lane, per hour or \$32 for three hours. Shoe rental is \$1.65. Wednesdays are Active Duty Appreciation Day - all active duty may bowl up to two free games.

Enjoy Xtreme Cosmic Bowling every Saturday from 4-6 p.m. for \$24.95 per lane with four shoe rentals and Sunday from 8 p.m. to midnight for \$10 per person.

Reservations are accepted for the 4 p.m. and 8 p.m. start. Any lanes reserved must be paid 30 minutes prior to the start or lane will be turned over to the waiting list. You may call ahead and pay with credit card.

Call the center for the event schedule at 542-3493

## January Liberty events

Tonight - Dinner and Movie Trip. Enjoy free food at 6 p.m. Sign up begins at 3 p.m. the day of activity. The Liberty van leaves at 6:30 p.m.

Saturday - Spend an entire day with Liberty in Orlando at Disney Quest. Enjoy five floors of Arcade games including virtual reality, create your own roller coaster and the first arcade games that were created. The cost is \$20 for active duty and \$29.70 for guests.

Jan. 20 - Ringling Bros. and Barnum & Bailey Circus.

Jan. 22 - Lunch time Indoc - Enjoy free bar-

beque at 11 a.m. and a 90-second Shoot Out Tournament. The winner receives \$25 Navy Exchange gift certificate.

Jan. 23 - Jacksonville University Dolphins vs. Campbell at 7 p.m. The van leaves at 5:30 p.m.

Jan. 26 - Super Bowl Party 5-8 p.m. Enjoy free food and prizes and a squares tournament. For more information, call 542-3491.

## Treat yourself through I.T.T.

You deserve a vacation, stop by I.T.T. and sign up for one of the many trips on the calendar.

For more information, call 542-3318 or stop in our office located adjacent to the Navy Exchange. Trips are open to all base personnel and their guests.

Saturday - We're heading to the 26th Annual Scottish Games in Winter Park, Fla. Experience bagpipes, Highland dance competitions, the caber toss, all while munching on a meat pie. The cost is \$27.75 for adults and \$21.75 for children.

Sunday - Sterling Casino Cruise. Set sail for five hours of gambling on the largest cruise ship in Florida. Includes Las Vegas style entertainment and a deli buffet. Guests must be 21. The cost is \$12.50.

## Valentine's vacation packages

Enter to win an Armed Forces Vacation Club vacation and up to \$1000 travel reimbursement. Just come by I.T.T. and fill out an official Valentine's Vacation entry form. The entry must be received by Feb. 13. The drawing will be on Feb. 14. The winner has one full year to set up his or her own vacation. Check out the great deals at the vacation club at [www.afvclub.com](http://www.afvclub.com)

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

## Who to notify when a credit card is stolen

Credit card theft is a huge burden and can cause major problems for victims. The following are numbers to call if cards are lost or stolen. These agencies should be contacted immediately.

Equifax Credit Bureau: 800-525-6285  
Experian Credit Bureau: 888-397-3742  
TransUnion Credit Bureau: 800-680-7289  
SS Administration Fraud Line: 800-772-1213

Federal Trade Administration - Identity Theft Line: 877-438-4338

