



Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE

Re-enlist at Jaguars game

The Jacksonville Jaguars are hosting their third annual Sailors and Marines reenlistment ceremony during the Washington Redskins-Jaguars game on Nov. 10.

Personnel who want to participate in the reenlistment ceremony are asked to forward their full name and rank to their command career counselor no later than Oct. 18.

Command career counselors are asked to forward re-enlistee's full name, rank, designator and a contact phone number to NCCM Rashad at 542-3532 or email rashads@cnrse.navy.mil no later than Oct. 25. Uniform for participants will be service dress white, with slacks and flats for females.

Volunteer recognition luncheon slated

The annual Command Volunteer Recognition Luncheon will be held Oct. 24 at 11:30 a.m. at the River Cove Conference Center at NAS Jax. This year's theme is "Celebrate the American Spirit - Volunteer."

The guest speaker for the event will be Charles "Skip" Cramer, chief executive officer, Northeast Florida Chapter American Red Cross

All departments and commands that have active volunteer service programs will be honored at this activity. All command personnel, both military and civilian, are invited and encouraged to attend.

Tickets for the luncheon are \$8.50. For additional information or tickets, call 542-2766, Ext. 130.

PSD closed for training

PSD will be closed for training all day on Oct. 23. Normal business hours will resume on Oct. 24.

WEEKEND WEATHER

FRIDAY 5/7/6
SUNNY
SATURDAY 58/78
PARTLY CLOUDY
SUNDAY 61/80
VARIABLY CLOUDY

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

CNO ponders Navy's past, future

Chief of Naval Operations, Adm. Vern Clark, released the following message for the Navy's 227th birthday which was Oct. 13:

As we celebrate our 227th birthday, it is a good time to reflect on where the Navy is and where we are going. This is an incredible time to serve. Now more than ever, the Navy needs you and the nation needs the Navy.

First and foremost, we are at war. During the past year, all of us have either served in or supported the global war on terrorism. We are taking the fight to the enemy. That is what our Navy/Marine Corps team does best.

Eight carrier battle groups, five amphibious ready groups, numerous other ships, and thousands of SEALS, Seabees and Marines have seen combat in Operation Enduring Freedom. Yet, this war is not isolated to one country or one theater. The threat of terrorism is borderless.

You have carried out your global missions on, under, and above the seas, as well as ashore, without complaint. You have provided critical intelligence, uninterrupted deterrence and built support from allies through exercises and engagements. Your persistent projection of decisive combat capabilities has deterred terrorists around the world, while at home and at bases around the globe you have steadfastly provided the training and support required to keep our Navy at its peak.

We will never know what terrorist strikes have been averted because of our service, but we know we are winning this war and we know our fellow citizens support and appreciate us.

Second, we are serving at a time of record retention. We continue to



The USS Nimitz (CVN 68) steams alongside USS Princeton (CG 59) on Sept. 26 as the American Flag waves proudly in the wind. Princeton which is part of the Nimitz Battle Group is undergoing Tailored Ship's Training Availability (TSTA) operations Two and Three off the California coast, designed to help integrate the ship and embarked air wing while preparing for future deployments.

make great progress in personnel programs and training initiatives. From Task Force EXCEL and the Revolution in Training to Project SAIL and the Revolution in Personnel Distribution, we are seeing a tremendous cultural improvement in the way we grow and develop our people.

Third, we are experiencing record-setting readiness rates. With the fleet's initiative, the ships and squadrons are ready to take

the fight to the enemy. With the help of the Congress, the Navy has committed the right amount of resources to maintenance, spare parts and fuel to ensure we have the tools to fight and win.

The future is bright. Sea Power 21, the vision that will guide our Navy, gives us cause to be optimistic. The nation recognizes and is committed to the value of our Navy. And most importantly, we are the greatest Navy in the world

because of our people. Our future shines like a beacon of excellence for the world to follow.

America needs your service today like few other times in our history. Make no mistake, your service matters. Our Navy needs talented young Americans who want to serve their nation and make a difference. From the most junior to the most senior, we all have a role to play now and in the future. Your service is appreciated.

MWR facilities implements new program

By Kaylee LaRocque
Staff Writer

Identity theft and consumer fraud cases are fast becoming the most prevalent types of white-collar crimes in this country.

Everyone is at risk of becoming a victim, especially when personal information is so accessible these days. In an effort to reduce these types of crimes, the Morale, Welfare and Recreation Department (MWR) has implemented a new check-cashing card program.

"We previously required our patrons to include social security numbers on any checks written at our facilities. This put our mili-



Joyce Capling, recreation aide for I.T.T. guest YNC(SW/AM) Terry Farris of CNRSE his MWR check-cashing card after receiving his application. MWR began using check-cashing cards Oct. 1 to help prevent identity theft cases.

quartiers office came out with a policy stating that all MWR facilities must do

more to help protect our patrons. We still needed a way to track checks, so it was decided that we would issue check-cashing cards at all our facilities," explained Michael Elmore, MWR's financial technician at NAS Jacksonville.

The new program began here Oct. 1.

"We've had approximately 400 people sign up for the new check-cashing cards so far. Some of our facilities actually started issuing the cards in September but we were required to implement the program Oct. 1. The program seems to be working very well," said Elmore.

When a patron visits any of the MWR establishments

on base and chooses to pay for services by check, he or she is asked to fill out a card with some basic information. This includes: name, social security number, address and a phone number. Each card number has a specific number which is written on the top of the person's check.

"When someone fills out a check-cashing card, the manager of the establishment will bring the card over to me with their daily report. I enter the card's information into a database which is kept locked in my office. This way, if a check is returned for some reason, we have the information to

See MWR, Page 8



Photo by JO2 Mike Jones

Kids on parade

Children from the Youth Activities Center (YAC) march through base housing during a parade Oct. 11 to promote the center's "Lights On After School" program. "Lights On After School" is a program comprised of numerous extra-curricular activities sponsored by the YAC.

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FFSC News

Ombudsmen: Linking families and commands

By Diana Berardoccorri
Special Contributor

The Department of Defense has acknowledged for some time now that in order to preserve a strong military, the needs of military families must be supported. The equation is simple — healthy families equal mission readiness.

Over the years, military family support services have empowered families to meet the challenges of separations due to deployments, new assignments and other disruptions associated with the military lifestyle. Deployments in particular often increase family stress due to the uncertainty and the inability to communicate with the deployed member.

While all the services work hard to provide communication lifelines for those deployed members and their families, the Navy's Family Ombudsman Program embodies a long and successful tradition of maintaining the well-being and morale of sea service families when service members are away from home.

Many Navy families have been helped by the dedication of the spouses who serve as ombudsmen. They are a source of continuing strength to the families, and contribute to the readiness of the Navy by ensuring that sailors know their families have another resource to turn to for help when they are deployed.

In 1970, then-Chief of Naval Operations, the late Adm. Elmo Zumwalt, Jr., recognizing the issues and concerns unique to Navy families, established the Navy Family Ombudsman Program, which gave Navy spouses an opportunity to present complaints, viewpoints and suggestions directly to commanding officers. This volunteer program was designed to provide better communi-

cation between Navy families and Navy officials.

Zumwalt's message authorized local spouses' organizations to select Navy spouses to act as the liaison between the command and families. Today, the commanding officer screens, selects and appoints spouses of the command's active duty or Reserve members who voluntarily serve as the official liaison between the command and its families.

While the role of the ombudsman has grown and developed over the past 32 years, one of the ombudsman's primary functions is that of communicator. Keeping family members informed regarding command policies, and ship schedule changes and the command informed about family needs and concerns are major parts of the job.

Ombudsmen play a critical role in helping naval commands fulfill their responsibilities for the welfare of its families. They are problem solvers who are available and ready to aid families when there is a crisis or an emergency. Serving as advocates, the ombudsmen use their knowledge of the chain of command to access the appropriate command level for intervention and requests when needed.

Their responsibilities include ensuring families are advised of services and support groups, and interacting with organizations such as Fleet and Family Support Centers, chaplain's office, medical treatment facilities, the Navy-Marine Relief Society, the American Red Cross and legal assistance offices to obtain assistance for Navy family members when necessary.

The commanding officer determines the ombudsman program's priorities, the roles and the relationships of those involved in it, and the level of support it receives. The program

belongs to the commanding officer of the command. He or she sets the direction of the program.

Because ombudsmen often become involved in families' personal matters, they are bound by a strict code of confidentiality. Their command officer sets the boundaries for what they can and cannot do.

Unlike the earlier days of the program, ombudsmen benefit from a program organizational structure that provides logistic support from their command, the Navy, and Fleet and Family Support Centers.

To prepare Command ombudsmen for the demands of the position, Ombudsman Program Coordinators located at approximately 55 Fleet and Family Support Centers worldwide — provide them with Navy Standardized Basic Ombudsman Training.

This program is a 40-hour workshop that teaches them how to implement the program in their command. Organizations such as Fleet and Family Support Centers and ombudsman assemblies also offer guidance and arrange additional training on specialized topics.

Sailors don't make career decisions sitting in the career counselor's office. They do it at the kitchen table with their spouses, children and even their parents. When the ombudsmen help family members have a successful tour, they create an atmosphere that is conducive to reenlisting, and retention impacts readiness.

Those who volunteer to become ombudsmen take on an enormous job. Setting aside time to serve unselfishly, they are the daily sign of the Navy's tradition of "Taking Care of its Own."

For information about the NAS Jax Ombudsman Program, call 542-2766, ext. 130.



Meet A Sailor...

AD1 EARL GRIFFEN

Job title/command:
NAS Jax AIMD

Hometown: Manchester, Tenn.

Family Life: My wife, three children and two dogs.

Past Duty Stations: HC-4, VP-30, VP-16, AIMD NS Mayport, HS-3, AIMD NAS Jax.

Career Plans: To retire from AIMD.

Most Interesting Experience: My career in the Navy and being promoted.

Words of Wisdom: Keep the faith toward the family, friends and the job.



Meet A Civilian...

RACHEL MARSHALL

Job title/command:
Recreation Aide, MWR Youth Activities Center

Hometown: Jacksonville

Family Life: Married with a 6-year-old daughter and 2-year-old son.

Career Plans: To continue working at the Youth Center and being a homemaker.

Most Interesting Experience: Giving birth to my two children.

Words of Wisdom: It takes a village to raise a child.

FROM THE DOC

Enduring food poisoning is not a pleasant experience

By Lt. Chris Alfonso
VP-30 Flight Surgeon

If you have never experienced food poisoning yourself, there is a very good chance that you know someone who has. It is a very unpleasant experience, and the symptoms from it can severely limit your ability to do any daily tasks.

Food poisoning is an illness that comes from eating contaminated food products. There are several ways in which food can be contaminated and they include, by viruses, parasites, bacteria, and certain toxins that some bacteria produce.

When food is contaminated by viruses that cause food poisoning symptoms, the virus usually comes from water that has been exposed to human bodily waste. The virus will infect water-borne food sources such as clams, and other shellfish.

Parasites can cause food poisoning in many ways, but the most common way is by pork contaminated by tiny roundworms. This type of food poisoning is also known as Trichinosis.

The most common cause of food poisoning though, is by bacteria. There are many types of bacteria that can contaminate food and lead to food poisoning

symptoms.

These include Salmonella, Clostridium, and Staphylococcus bacteria. Salmonella food poisoning is usually seen in foods that contain raw eggs, and undercooked poultry. Clostridium food poisoning is usually seen with contaminated foods that are stored in airtight packaging, as the Clostridium bacteria must have an oxygen-free environment to grow.

Food poisoning caused by this type of bacteria is also known as Botulism. The Staphylococcus bacteria is probably the most common cause of food poisoning, and actually causes the illness indirectly by an exotoxin that the bacteria produces. Bacteria usually needs warm, moist environments to thrive, and food that is not properly stored or prepared provides an excellent bacteria breeding ground.

Even properly prepared foods can cause food poisoning if they come in contact with surfaces that were exposed to uncooked foods.

Food-poisoning symptoms can start at any time after the victim has been exposed to the contaminated food, depending on the source of the contamination.

The victim may have symptoms anywhere from minutes to months after eating the food in question,

though for most cases, the symptoms start usually between 1-48 hours after exposure.

Symptoms include nausea, vomiting, abdominal cramping/pain, diarrhea, malaise, and fevers. Food poisoning is suspected as the cause of these symptoms when several individuals have similar symptoms after eating the same food.

If only you are affected, it is also suspected if there is any question to the quality of food, or how it was prepared, for any recent meals. Symptoms usually last one to five days.

Food poisoning can be treated by getting rest, drinking plenty of clear fluids (water, juices, etc.), and following a diet that will help the bowels heal.

You should avoid drinking any milk as it may prolong symptoms of diarrhea. You should also avoid any solid foods until symptoms start to go away.

It is important that you drink plenty of fluids to avoid dehydration (especially with children and senior citizens). Don't drink large amounts of fluid all at one time, but

rather try to drink small amounts often.

Once symptoms start to ease up, you should limit your diet to soft foods. Many doctors recommend using the BRAT diet (Bananas, Rice, Apple sauce, Toast) at least for a couple days before returning to your normal diet.

As always, contact your doctor if you have any significant symptoms, such as severe fevers, blood in your vomit or diarrhea.

Antibiotics are rarely used to treat food poisoning, but your doctor may prescribe other medicines to help alleviate symptoms.

Food poisoning can be avoided by properly storing and preparing foods, and by following the manufacturer's cooking instructions. Thoroughly clean any areas exposed to uncooked meats, and wash hands before and after food preparation.

Prevent spreading food poisoning by avoiding contact with others, washing hands after using the rest room, and by not handling food products.

Using these simple measures will hopefully help you avoid flushing your time down the toilet!

HEY MONEYMAN!

Hey, MoneyMan!

I recently attended a Command Indoc and the guy from the credit union told us we should consider investing in a Roth IRA. I asked my buddy about them and he said you had to have at least \$2,000 to start one. Why would they recommend this to an E-4? I don't have \$2,000.

MoneyMan Sez:

A lot of folks are confused about Roth IRAs. There is no minimum earnings requirement to open a Roth IRA and many financial institutions have very low minimum deposits of around \$50 to \$100. According to a recent article in the Wall Street

Journal, Roth IRAs are great for those eligible. Who would not be eligible? Those with no income at all and those whose adjusted gross income exceeds \$110,000.

These IRAs also give you the flexibility of withdrawing money for college expenses and up to \$10,000 for a first-time home purchase. To find out more about Roth IRAs ask a financial expert. You can (and should) join the 42 million American households who already have them.

More questions? Call Hey MoneyMan at 778-0353.



Sunday Services

You are invited to the following Base Chapel

Worship Services this Saturday and Sunday:

Saturday 5 p.m. - Catholic Mass

Sunday 8:30 a.m. - Protestant

Communion 9:30 a.m. - Catholic Mass

11 a.m. - Protestant Worship

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

Jax Air News honored

From Staff



Four newspapers in the Defense Community Agency's Eastern Region have been selected to receive Outstanding Corporate Communications Program Support Awards 2002.

Jax Air News took first place honors in this competition, representing Navy publications. One newspa-

per from each of four military services achieved this honor for support during fiscal 2002 in Eastern Region, which covers 16 commissaries in 16 states in the eastern United States plus the District of Columbia, Iceland and Puerto Rico.

Jax Air News

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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) 542-1533 or (904) 542-3531 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.

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Cmdr. Pat Buckley, VP-5 commanding officer, (left) discusses the daily operations of VP-5 with the "Leaders at Sea."

'Leaders at Sea' visit the Fleet

By Lt.j.g. Brett Staples
VP-5 PACO

The "Mad Foxes" of VP-5, along with Patrol and Reconnaissance Wing Eleven, hosted the Jacksonville area "Leaders at Sea" recently.

The "Leaders at Sea," a group developed by the Navy League, consist of influential business leaders from the Jacksonville area who are interested in the operations of the P-3 Navy.

Nine of these leaders who have committed to the program visited NAS Jacksonville for a more personal introduction into the world of maritime operations.

The group consisted of Navy League escorts Louis DiGuisto III, and Matt

Tuohy, a retired Navy captain and director of the Aviation Program, Jacksonville University.

Joining them were Joe Key, vice president and general manager of Auto Nation; Doug Milne, chairman of The Milne Company; Hickory Fant, chairman of First Guarantee Corporation; Hank Haynes, president of Haynes, Peters & Bond, Inc.; John Krol, videographer for Whitehawk, Inc.; Percy Rosenbloom III, president of SGI, Inc. and Bill Scheu, senior partner at Rogers, Towers Law Firm.

The visit began with a brief from Commodore Mark Ensor, commander, Patrol and Reconnaissance Wing Eleven.

The "Leaders at Sea"

then met with Cmdr. Pat Buckley, VP-5 commanding officer, who took them on an orientation flight aboard a P-3 aircraft that was equipped with the latest Anti-Surface Warfare Improvement Program (AIP) technology.

The flight, which toured Northeastern Florida, had aircrew members on hand to provide information and answer questions about the aircraft and the mission of the Maritime Patrol and Reconnaissance Force.

The flight proved to be an enjoyable and enlightening experience for everyone involved.

After a brief question and answer period, the guests joined members of VP-5 for a luncheon in Hangar 1000.

'Dragonslayers,' 'Leap Frogs' wow crowd at Jaguars game

By Lt.j.g. Teresa Ferry
HS-11 PACO

HS-11 teamed up with the Navy SEAL "Leap Frogs," parachute demonstration squad, and provided the featured entertainment during the halftime show of the Philadelphia Eagles-Jacksonville Jaguars game on Oct. 6. To the delight of fans, the Leap Frogs jumped from a "Dragonslayer" HH-60H helicopter into a sold-out Alltel Stadium.

On game day, just prior to halftime, the helicopter orbited over the stadium with the Leap Frogs onboard. Upon completion

of the second quarter, the aircraft, crewed by Lt. Cmdr. Larry Patrick, Lt. Brian Sanderson, AW2 Tony Frisch, and AW3 Nolan Yates, flew over the field at 6,000 feet. As Frisch passed the signal and the six Leap Frogs jumped.

The crowd roared as the Leap Frogs entered the sky and demonstrated various two-man formations while wearing Jacksonville Jaguars jerseys.

One jumper descended with a POW/MIA flag. The final jumper carried the American flag which brought a patriotic roar from the crowd.

The Jaguars beat the Eagles 28-25.



A Leap Frog lands on the field at Alltel Stadium during the Philadelphia Eagles-Jacksonville Jaguars halftime show on Oct. 6.

HELPING HANDS

Jacksonville Humane Society

Support the Jacksonville Humane Society today through Sunday at the Southern Women's Show. From Oct. 17-20 help educate the public about responsible pet ownership and the services the Humane Society provides by monitoring the event table. Minimum age is 18. To sign-up, call Chris Whitney at 725-8766, ext. 206.

Alzheimer's Association Memory Walk

Volunteers are needed Saturday for this walk through San Marco Village. Duties include assisting elderly participants and running errands beforehand. The event is from 10-11:30 a.m. Minimum age is 18 or 16 with a parent. Sign up by contacting Courtney Kraft at 398-5193.

Downtown Ecumenical Service Council (DESC) Dinsmore Catfish Tourney

Help out with this annual fishing event Saturday. DESC is looking for assistance from 1-4 p.m.; 4-7 p.m.; and 7-10 p.m. Volunteers will help with set-up, parking, registration, weighing fish, cooking and serving barbeque, and clean-up.

The tournament will be held on a pond at the Davey Big Tree Nursery in Dinsmore. The exact location is secret until the week of the event. The rain date, if needed, will be Nov. 2. For more information or to sign-up, call 358-7955.

Jacksonville Zoo Spooktacular

The Jacksonville Zoo is looking for volunteers from Oct. 24-31 to help out with their annual Zoo Spooktacular celebration. Volunteers are needed for a variety of costumed activities and set operation from 5-10:30 p.m. each night (costumes provided). They also need help with their Pumpkin Carving events on Oct. 23 from 4:30-7 p.m. and Oct. 27 from 1-5 p.m. All volunteers must attend a one-time orientation session prior to the event. For information, call 757-4463, ext. 176.

Make a Difference Day - Oct. 26

This year's project, headed by Volunteer Jacksonville, will be to partner with First Coast News on Operation Suitcase 2002. Each year suitcases and toiletries are collected for children in need. This year, volunteers will be collecting backpacks, duffle bags and toiletries for children in the Jacksonville's foster care program. This will be a community-wide event held from 7:30 a.m. to 2 p.m. To volunteer, call Debbie Snyder at 398-7777.

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VP-45 raises flag for school

By Lt.j.g. Bruce Jennings
VP-45 PAO

In a recent display of their committed service to the local community, the "Pelicans" of VP-45 renewed their partnership with the students of Cedar Hills Elementary School in a flag raising ceremony Sept. 23. The event marked the fifth consecutive year VP-45 has been a partner in education with Cedar Hills.

Several Pelican volunteers were on hand to interact with the students and participate in a variety of activities comprising the event.

The day started with a flag raising ceremony led by the Cedar Hills 5th grade Honor Guard. Students, faculty, and the VP-45 volunteers sang our National Anthem and recited the Pledge of Allegiance.

Kerwyn Neal, Cedar Hills principal,

welcomed VP-45 and introduced VP-45 Executive Officer Cmdr. Will Fitzgerald, who made a few opening remarks. "This is an important and exciting day for both the students and our volunteers," explained Fitzgerald. "The hands-on interaction between the kids and some outstanding role models from our squadron members makes it a unique and impressionable learning experience for the children."

Fitzgerald expressed his gratitude for the special welcome put on by the staff and students of Cedar Hills. He closed by reiterating the squadron's enthusiasm at being able to work with the kids throughout the school year.

Following the opening ceremony, the students, faculty, and VP-45 volunteers moved into the assembly hall where VP-45 Intelligence Officer Lt.j.g. Alan Weinraub gave a slideshow presenting an overview of

squadron life on deployment. He also discussed the geography of the North Atlantic and Caribbean and emphasized the meaning of teamwork and dedication to goals.

Over the course of the next hour, the volunteers interacted with their young audiences by sharing stories and answering questions. The children were captivated as the Pelican volunteers brought to life the many adventures they lived out during the squadron's deployment.

VP-45 once made a promise to forge a strong relationship with the children of Cedar Hills Elementary School. Five years later, the mighty Pelicans have continued their endeavor to remain a committed partner in education with their little friends. Future events with the school include a Junior Achievement Day, family reading night, a static display, and an essay contest.



Photo by Glen Williams

HM2 Nancy Williams prepares to take her dad, Herb Lemke for a spin in a Cessna-150 at Jacksonville's Craig Field.

HCO Corpsman learns to fly

By JOC Bill Austin
HCO PAO

HM2 Nancy Williams of Naval Healthcare Support Office (HCO), didn't make a big splash about to remain a committed partner in education with their little friends. Future events with the school include a Junior Achievement Day, family reading night, a static display, and an essay contest.

"It was a challenge, but an accomplishment that can be experienced by anyone who has the desire," she said with a serious look in her brown eyes.

Currently, Williams is pursuing a degree from Embry-Riddle Aeronautical University in Bachelor of Science in Management of Technical Operations with a minor in Aviation Safety. She said that she might also pursue advanced training for a commercial license with an instrument rating after she completes her degree.

"What lies ahead for this "go getter" unfortunately doesn't involve the Navy as she has made the decision to move on to another chapter. She does offer some sage advice to those who are just beginning their Naval careers. "The Navy is, and should be a great learning experience for everyone. I call it a great opportunity that has taught me to make the best of each and every situation I'm faced with."

"This is something I've always wanted to do," said Williams. "Every since I was little, I've had a fascination with airplanes and flying. When I was around 8 or 9, my father took me to see an air show where the Thunderbirds were performing. I guess that was when I realized that I really wanted to fly one day," continued the Grand Rapids, Mich. native.

Keeping a full plate between work and school, Williams achieved her goal to fly in just six months.

Navy lawyer gets kicks out on field

By JO2 Mike Jones
Assistant Editor

On most days, you can find NAS Jacksonville Command Judge Advocate Lt. Drew Massucco at his desk, behind a stack of files and papers. However, it's the soccer field where he gets his kicks.

When he's not in court sharpening his legal skills, or reviewing the next case file, Massucco keeps busy perfecting his soccer talent with his feet.

In fact, he left NAS Jacksonville last week to pursue a minor ambition: playing on the All-Navy Soccer Team. Tryouts are currently taking place in San Diego until Nov. 2 where Navy members from all ranks, grades and backgrounds have come together with a shared passion for the sport.

Once the team is selected, it will compete against top-notch players from the other services in the Armed Forces Soccer Tournament in Dover, Del. Nov. 2 - 10.

"I've been playing soccer all my life," he said. "I've contemplated playing for the All-Navy Team for quite some time."

When work schedules wouldn't permit him from attending tryouts last year, he still submitted application packages for four Sailors in his command. "Three out of the four ended up making the team," he remarked.

Of 34 players selected to tryout for the All-Navy Team, only 22 will go on to compete. To make the team, Massucco said candidates must demonstrate they have the essential talent,



Photo by JO2 Jackey Bratt

NAS Jacksonville Command Judge Advocate Lt. Drew Massucco performs his variation of a throw-in during tournament action on base.

but also prove themselves invaluable for the positions they're competing for. "I think I have what it takes to make the team. I'm a little older than some of the guys out there, but then again, I've played a lot longer," he said.

One move Massucco's mastered that he thinks will guarantee him a spot on the team, is a variation of a throw-in. In soccer, when the ball is kicked out-of-bounds, possession of the ball switches to the other team which is then allowed to throw the ball back into play from outside the boundary lines. However, the player throwing the ball must have both feet planted on the ground when the throw takes place.

In his variation, Massucco takes a running start, does a full front flip (landing on both feet), and executes the throw. The

added momentum from the flip allows him to gain extra distance with the throw, and also catch the

other team off guard. "It's a great weapon if you can do it right," he said. "It gives you an opportunity to score from up to 40 yards from the goal."

Fulfilling this dream would not have been possible without tremendous command support, Massucco stressed. "I'm extremely appreciative of my command's support," he said. "All the folks at MWR were very supportive in helping me to achieve this goal."

This is kind of my last hurrah. I'm getting out of the Navy after this tour, and this is the last chance I'll have to go up for the team."

With the right command climate, Massucco said Sailors can achieve just about anything they set their minds, or in this case, feet, to. "Never say never," he said.

Tri-base military job fair slated

The Fleet and Family Support Centers of NSB Kings Bay, NS Mayport and NAS Jax are sponsoring a Military Job Fair at the Morocco Shrine Auditorium on Oct. 29 from 9 a.m. to 2 p.m. The fair brings employers together to help service members and their families learn about employment opportunities.

Employers offer job information, accept applications and conduct interviews. Employers come from the Jacksonville area business community and selected national firms. The Fall 2002 Job Fair is expected to draw approximately 150 to 200 employers.

All military personnel including retiree's and their family members are encouraged to attend. The fair is free to attend. Bring plenty of resumes and dress for success. For more information, contact the Kings Bay Fleet and Family Support Center at (912) 673-4513.

It can happen to you

Breast Cancer: Early detection saves lives

By HM1 Rachel Stewart
Naval Hospital Jacksonville
Radiology

How would you feel if your mother, grandmother, wife, sister, aunt, or even you were diagnosed with breast cancer?

Not everyone takes time to think about this silent killer, especially since we know it will never happen to us.

Wrong! American Cancer Society statistics indicate breast cancer continues to be the second leading cause of cancer death among women. In the United States an estimated 39,600 women and 400 men are anticipated to die from breast cancer in 2002. An estimated 203,500 new cases of breast cancer are expected to occur this year.

Although medical researchers have learned much about breast cancer, they still do not know exactly what causes it or how to prevent it. Women with no apparent risk factors may develop breast cancer while other women with many risk factors may not. Significant risk factors include age, a family history of breast cancer in mother or sisters, being the first child born after age 30, obesity, and having never had children.

The main tools available in detecting breast cancer include three protective exams - breast self-exams, clinical breast exams, and mammography.

Women, ages 20 and over, should examine their breast every month. A doctor should check any breast lump or thickening in the breast that does not go away or seems to change.

Most lumps are not can-



HM2 Laurie Paulo conducts a mammogram on Judy Hennech at the Naval Hospital Jacksonville's Radiology Department.

Photos by HM3 Jessica Peau



HM2 Laurie Paulo examines a set of mammogram X-rays.

cerous and may be from other causes, still, the possibility of malignancy must always be considered. Other signs of breast cancer include persistent swelling or skin irritation or retraction or bleeding from the nipple. Breast pain is common for fibrocystic conditions but is rarely associated with breast cancer. A woman's significant-other can also help in detection by voicing what they see and feel, bringing attention to something otherwise overlooked.

During regular health checkups, health care providers should perform a clinical breast examination. The patient and health care provider should then discuss what the provider feels during the exam as well as any changes found since the last exam.

"A picture is worth a thousand words." We have all heard that phrase before but how often do we hear that a picture could save a life? Mammography, a low-dose, breast x-ray, is the single most powerful

tool to detect breast cancer early. Women 40 and over should have an annual mammogram.

Naval Hospital Jacksonville's mammography department was recently inspected by the Food and Drug Administration and received an "All items in compliance" rating, the highest level of compliance granted by the inspector.

The department has been commended for the continual effort and attention the department has devoted to developing exceptional operating systems. This certification assures women that mammograms are done by trained medical personnel in well-equipped facilities and that the resulting images will be of the best possible quality.

October is National Breast Cancer Awareness Month. For more informa-

tion on cancer awareness go to <http://www.nbcam.org>.

For information on cancer detection and treatments ask your health care

provider.

Mammography is covered by TRICARE. For information call (888) 363-5433. visit the Health Benefits

Center at Naval Hospital Jacksonville or the TRICARE Service Center, 1210 Kingsley Ave. in Orange Park.

Fi FIRE PREVENTION WEEK CELEBRATION



Photos by JO2(SCW) Eric Clay

Pluggie, the robotic fire hydrant, introduces himself to Makailah Foreman at the Navy Exchange during Fire Prevention Week.



Puppets Ernie and Bert teach the children of Yellow Water Family Housing the importance of fire safety.

Teaming up for fire safe-

By JO2(SCW) Eric Clay
Staff Writer

Throughout last week, NAS Jacksonville firefighters could be seen spreading the message of fire safety at family housing areas and at various commands around the base. Firefighters offered puppet shows, held fire drills and visited different commands and departments in an effort to increase awareness about fire prevention and safety.

Fires can be deadly. Each year, thousands of lives are lost and property is damaged due to fires. And, according to the base fire department, most people still aren't prepared to prevent or respond to fires. Learning some fire prevention facts will help put you on the same team as the fire department. It may also save you or your families lives or prevent your home from being destroyed in a fire.

Last week's events began with a visit to the Navy Exchange Food Court where several members of the fire department passed out pamphlets on fire safety to NEX patrons. They also answered questions about fire prevention.

"We specifically mentioned the importance of having a working smoke detector and how important it is to check them weekly and change the batteries twice a year," said Fire Inspector Rick Vandersteen.

"People should never borrow a smoke detector battery from other appliances and if cooking causes the detector to react, don't remove the battery, just fan the smoke away. Smoke detectors should be replaced every seven to 10 years, he said."

Also on hand, was the fire department's newest addition, Pluggie, a remote-controlled fire hydrant. Pluggie is capable of talking, spraying water, playing cassettes and rolling and blinking his eyes.

"He's a wonderful asset to teach children and adults fire safety in a comical way. Everyone really seemed to enjoy Pluggie," said Vandersteen.

Special fire prevention puppet shows were also held last week at the Child Development Center, base Youth Activities Center and at the Yellow Water Housing Area. The puppet shows helped explain fire safety in a way that children can understand and hopefully would pass on to other members of their families. The firefighters use Sesame Street like characters to demonstrate the "Stop, drop and

roll" procedure which is used if someone catches fire.

The process work like this: first, stop and calm down. Then, cover your face, drop to the ground and roll around to try and smother the fire.

"Running when on fire could cause even more damage because it allows the fire to grow," explained Vandersteen.

Firefighter Tracey Tomes wore his full firefighting gear to each event to show the children what he and the other firefighters wear during a fire. Tomes explained to the children that if they should see someone dressed like him during a fire and they are still in their house, to call out to the person for help.

Children were also taught that no matter how curious about fire, they should never play with matches or lighters.

"I have been putting on this puppet show for 11 years now and I love entertaining and teaching the children," said Firefighter Lt. Billy Brown. "If I can teach just one child something about fire safety during a performance, then it makes the whole thing worth it. Tonight, I taught a little girl to cover her face if she ever catches on fire."

The children were also greeted by Sparky, the firedog and Pluggie at these events.

On Wednesday, firefighters, along with Sparky and Pluggie, visited patients and staff members at Naval Hospital Jacksonville in another effort to inform people about fire safety. As Sparky handed out plastic fire hats, pencils and stickers to children, Pluggie entertained the crowds who gathered around him.

During the week, firefighters staged unannounced fire drills at different buildings around the base. After each drill, a member of the fire department explained what would have happened in a true fire. During the "real thing," everyone should calmly leave their buildings, closing doors behind them. They should meet in a designated area, checking to make sure everyone is accounted for. At NAS Jax, a fire warden is designated for each building and fire bills are posted showing the safest routes out of the building.

"Overall, the week went great and I think we reached a lot of people at all the places we went," said Vandersteen. "We taught people of all ages that fires don't discriminate, everyone needs to know what to do in case of fire and how to prevent a fire from happening."



Cookie Monster and Grover illustrate how firefighters dress during a fire.

Fire Inspector Douglas Thomas from the NAS Jacksonville Fire Department provides fire safety tips to employees in Building 1 during a recent fire drill.



FiFi FIRE PREVENTION WEEK CELEBRATION



Regi and Ethan May meet Sparky the Fire Dog at the NEX last Monday during Fire Prevention Week.



Firefighter Tracey Tomes teaches a group of children not to be afraid of a firefighter dressed in full firefighting gear.



Photo by HM2 John Veres

Fire Capt. Mick Rooney gives 22-month-old Alex Shaul a toy firefighter helmet at Naval Hospital Jacksonville during Fire Prevention Week.



Photo by HM2 John Veres

4-year-old Hunter Odon meets Pluggie and Sparky during Fire Prevention Week at Naval Hospital Jacksonville.



Photo by HM2 John Veres

Capt. Mick Rooney of the NAS Jax fire department explains to the Rouse family. From left: Derrick Rouse II, 13 mos., HM2 Derrick Rouse, Cora Rouse, 2, and Cathy Rouse.



NAS Jacksonville Firefighter Lt. Billy Brown teaches the children how to stop, drop and roll during a fire safety presentation at Yellow Water Family Housing.



Monday is Military Night at the Jacksonville Fair

Oct. 21 is Military Appreciation Night at the Jacksonville Fair. Gates are open from 5-11 p.m. Bring three Coke cans with you and the price is \$15 for unlimited rides per person.

Schedule of Events

5:30 p.m. - Dreams Come True

Hospitality Tent

6/8/9:30 p.m. - Puppetone Rockers

Stage Show

6:30/8:30 p.m. - Kachunga and

the Alligator Show

6:45/9 p.m. - Brad Bodary, the human

mannequin

Coliseum/Lobby of Exhibit Hall A

7-11 p.m. - Frighthouse (\$1 off admission with a

non-winning Florida Lottery ticket)

7 p.m. - Angie Kay

Outdoor Stage

7 p.m. - Open Limousine Show

Arena

7 p.m. - General Baking Competition

Coliseum

8 p.m. - Gary Allan

Coliseum

9 p.m. - Have Nots

PSG Outdoor Stage

9:30 p.m. - Laser Light Show

Outdoor Stage

While at the fair, don't miss the all new 2003 Toyotas, Visit the Krispy Kreme Mobile Store, Make a Scarecrow, Petting Zoo, Florida Crops Exhibit, Heritage of Baseball in Jacksonville and Write a Letter to Santa at Santa's Talking Mailbox.

Be a winner at the fair - register to win:

- A 2003 Harley Davidson 883 Sportster, compliments Coca-Cola and Adamec Regency Harley Davidson. Register in Exhibit Hall A.

- A weekend getaway for two at the Trade Winds Island Grand Resort in St. Petersburg for four days and three nights (includes complimentary breakfast), compliments of WB17. Register at the Florida Lottery booth.

Make a donation to "Dreams Come True" for a chance to win a Log Cabin Playhouse, courtesy of BK Cypress Homes at the Lake - in Exhibit Hall A at the Children's Quilt Exhibit.

Children who witness domestic violence are at risk

By Christine Barr
Family Advocacy Program

The childhood years are when many of life's lessons are learned. It is our parents as our primary teachers who are responsible for teaching us how to communicate with others, solve problems, and resolve conflict. Most of this is important information is learned through observations of verbal and non-verbal forms of communication and through its application in everyday experience.

However, it is the non-verbal communication that is the primary teacher. Statistics have shown that children who witness domestic violence in the home are at greater risk of becoming abusive or victims of violence. This out come should not be surprising.

If a child through his or her experiences, has come to view physical fighting, pushing and shoving seen at home as normal behavior. Many times this abusive behavior may include name-calling and degrading of one if not both of the parents.

There is comfort in what is known and that holds true for children.

Children who have witnessed or heard domestic violence in the home are flooded with a multitude of feelings. These feelings include anger, resentment, guilt, hatred and sadness among many other emotions. Some children have given testimonials of a desire to want to kill the abusing parent. Others have expressed anger at the parent who was abused for "allowing the abuse to happen".

Other children who grow up in abusive homes end up being diagnosed with various disorders, such as PTSD (Post Traumatic Stress Disorder). The children who witness domestic violence not only fear that one of their parents might end up dead, but they too could be killed. Domestic violence is not only a crime against the abused. It is a crime against children who grow up already being stripped of their innocence. It is time for society to come together to stop domestic violence for all of its victims.

Domestic violence can be addressed in many phases. The following phases have been outline in the book enti-

itled "Spouse Abuse: Assessing and Treating Battered Women, Batters, and Their Children". Phase I is the crisis intervention. This phase includes assessing for the existence of violence and the danger to the victim.

During Phase I, safety planning and a lethality assessment are completed and education is provided. During Phase II the focus is on short-term counseling, which includes: empowerment issues, grief and loss issues, and the development of independent living skill. The last phase known as Phase III is focused on long-term counseling and includes healing the past, developing trust, and healing unresolved issues.

There are agencies available to provide intervention, education, and assistance to anyone who desires it. These agencies in the community include: Hubbard House, Quigley House, and INVEST. The agencies specifically designed for the military include: the Family Advocacy Program located at the NAS Jax Fleet and Family Support Center and the Community Counseling Center located at the Naval Hospital.

FCCJ fall class schedule

The following is FCCJ's fall schedule which runs Oct. 28 - Dec. 20

Class	Night	Building	Rm	Instructor
CCJ 1020 Intro to Criminal Justice	M/W	4	116	Bridges
CGS 1570 Microcomputer Applications	M/W	110	Lab	Morrissey
DEP 2004 Human Growth and Dev	M/W	966	254	Dizor
ENC 1102 English Comp II	M/W	966	211	Ledbetter
FIN 2100 Personal Finance	M/W	TBA		Brunson
GLY 1001 Earth & Space Science	M/W	4	117	Nelson
MAT 0024 Elementary Algebra	M/W	966	251	Shively
MAT 1033 Intermediate Algebra	M/W	966	253	Watkins
AMH 2020 US History II	T/TH	966	251	Bolin
BUL 2131 Business Law I	T/TH	966	253	Jefferson
CGS 1060 Intro to Computers	T/TH	110	Lab	Barrett
ENC 1101 English Comp I	T/TH	966	211	Chambliss
GEB 1011 Intro to Business	T/TH	966	261	Howle
HUM 2211 Humanities: Foundations	T/TH	4	117	TBA
SPC 2600 Speech Communications	T/TH	966	54	Yarberry

Day classes are in session from 8-10:50 a.m.

DEP 2004 Human Growth & Dev	M/W	110	Dizor
Enc 1102 English Comp I	T/TH	110	TBA
HUM 2211 Humanities: Foundations	T/TH	110	TBA

Placement tests for reading, English and math are given Monday through Friday. Please come to the FCCJ office by 9:30 the morning you wish to take your test. You do not need to schedule an appointment to take a test. Come by the office if you have any questions or call 771-3979 for assistance. Payment for classes must be turned in to the office on base by Oct. 18 to be posted. All payments made after Oct.18 must be made at any FCCJ business office. If you register for a class any time after Oct. 18 you must pay for the class the same day you register. Complete TA papers early to avoid delays.

MWR: New program implemented

From Page 1

contact the person," Elmore stated.

At this time, MWR is currently issuing the cards on a temporary 90-day basis. "Our marketing department will be printing out permanent check-cashing cards and mailing them to our customers. They will be laminated, have no expiration date and can be used at the other area bases as well," added Elmore. In the future, Elmore

says, MWR facilities will probably install new computer systems allowing personal information to be directly inputted at the cash registers.

"Unfortunately, we just don't have this capability quite yet. It's in the near future. So in the meantime, the check-cashing cards are a temporary fix so we don't put our military and family members at risk for identity fraud. This is much better than our past proce-

MWR NOTES

Air Show 5K run/Golf tourney

MWR is hosting a 5K fun run and golf tournament to celebrate the annual Air Show. The 5K run will be Oct. 30 at 11 a.m. starting on Perimeter Road just past the housing area. The first 100 runners to register will receive a commemorative T-shirt.

The golf tournament is Oct. 30. There will be a shotgun start. The cost is \$50 per player and includes lunch, golf shirt, green and cart fees, prizes and range balls. Sign up at the Pro-Shop or call 542-3249.

Bingo happenings

There's money to be won and people to be met at the Bingo Hall. Come check out our hot specials this week:

Mondays pay out \$50 on part A and special games.

Tuesdays offer VIP drawings. You have the chance to win \$69 for a computer plus \$25 each time you yell Bingo.

Wednesdays are double lucky with double lucky ball - payout is \$300.

Thursdays change up Bingo to bogo with buy one get one free and special games.

Fridays are for fun and \$50 payouts part A also featuring the one and only \$1,500 game.

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.

I.T.T. has Jaguar tickets on sale for every home game, only \$28 a ticket and anyone on base can purchase them with no limitations. I.T.T. also runs a shuttle to the home games and you can sign up for any game when you purchase your tickets.

We are looking for a few good volunteer drivers to drive the MWR shuttle to Jaguar games and other sponsored trips. If you currently hold a CDL license and would like to drive, please contact Pam Tierney at 542-8464 or e-mail tierney@nasjax.navy.mil.



For more information stop in our office located adjacent to the Navy Exchange in Bldg. 953-A. Trips are open to all base personnel and their guests. Call 542-3318 for more ticket information.

The following are upcoming events:

Capitol Fun - Experience Tallahassee with I.T.T. on Saturday. See Mission San Luis, the Capitol and the History Museum - all this and more for \$12.25.

Mt. Dora Craft Fair - Shop till you drop on Oct. 26 for antiques collectibles and of course crafts. The cost is \$11.25.

City lights and Cypress nights - Getaway for the weekend and see Fantasy of Flight, Cypress Gardens, Bok Tower Gardens, Pinewood Estate and have dinner on the

Southern Breeze Paddleboat Hotel - entrance fees and all meals included for \$165.50 per person, based on double occupancy.

Liberty Cove happenings

The Liberty Cove Recreation Center has planned some great times for the single Sailors. The following are upcoming events:

Tournaments
Free food at 6 p.m., play begins at 7 p.m. Tournaments are free to enter and winners

receive a \$25 gift certificate to the NEX.

Oct 18 - Ping Pong
Oct 25 - 9-ball tournament
Oct 28 - Free throw contest
Oct 31 - Pumpkin Carving Contest

Special events
Oct. 23 - Oktoberfest Theme Indoo B-B-Q 5:30-8 p.m.

Oct. 29 - Bowling Extravaganza - All bowlers must be at Freedom Lanes by 6:30 p.m. Sign up starting Oct. 21.

Oct. 31 - Free Halloween treats for all Liberty patrons

Ladies golf clinic

Ladies, come out and socialize Fridays at 4:30 p.m. at the NAS Jax Golf Club for only \$10/week.

Bowling at Freedom Lanes

Sailors, family members, retiree's and guest can enjoy a variety of bowling fun at the Freedom Lanes. Patrons can pick just about any day in the week for some bowling challenges. Active duty members can enjoy the \$5 "All You Can Bowl" on Tuesdays from 4-9 p.m. Then bowl for free on Wednesdays from 11 a.m. - 3 p.m. There is "Super Sunday" \$5 all you can bowl from 1:30-3:30 p.m. Freedom Lanes has "Xtreme Bowling Saturdays" from 4 p.m. for just \$5 per person for two games and shoe

rental and again at 10 p.m. for \$9 a person for three games and shoe rental.

Free movies at the base theatre

To read a description of these movies visit MWR online. Please do not leave children under 18 unaccompanied and no alcohol please.

Tomorrow, 7 p.m. - Divine secrets of the Ya Ya Sisterhood (PG-13)

Oct. 25, 7 p.m. - Murder by Numbers (R)

Oct. 26, 5 p.m. - Beetlejuice (PG)

Oct. 26, 7 p.m. - Bad Company (PG-13)

Auto Skills Center

October is National Car Care Month and is a good time to give your automobile some over due TLC. The Auto Skill Center will help by offering a free 36-point vehicle safety inspection. The National Automotive Council sponsors this inspection. Patrons will receive a copy of the inspection and can discuss any problem areas with a certified ASE mechanic. Check with the Auto Skills Center for hours and Schedule an appointment for this worthwhile service.

Mulberry Cove Marina offers deals

Our October specials are as follows:

Camper combo days - Rent a tent of any size, and get one additional item of camp gear absolutely free.

Cooker craziness - Rent a cooker for one day, and get the second day for free.

Sail Away Sundays - Rent a flying scot for two hours and pay for just one hour.

For more information, call 542-3260.

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.

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.

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

Submarine Sailors - If you have qualified on a United States Navy submarine in the past or present you are invited to join "First Coast Sub Vets." If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. Meetings are held the second Saturday of each month at the American Legion Post 316 on Atlantic Blvd. For more information contact the Base Commander at rjjax@attbi.com or 241-8222.

The Marine Corps League, Jacksonville Detachment holds their monthly meeting the first Thursday of the month at 7 p.m. at the VFW Post 7909 on Blanding Blvd. 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.

The Jacksonville Semper Fidelis Society is holding a Marine Corps Birthday Ball Nov. 8 beginning at 6:30 p.m. at the San Jose Country Club. Retired Brig. Gen. Thomas Draude will be the guest speaker. The cost is \$45 per person/\$90 per couple. For more information call Sharon Leahy at 545-0635 or log on to www.jaxsemperfidels.org.

VS-30/V5-801 will hold their 50th Anniversary Celebration, March 12-15 (in conjunction with Viking Week East) in Jacksonville. Contact: Lt. D.B. Waidelich at 542-8546 or email waidelichdb@vs30.navy.mil. Anyone searching for memorabilia and history should contact Cmdr. Ruth at ruthda@csowl.navy.mil.

USO Comedy Tour to premiere on Comedy Central Oct. 23

The USO and Comedy Central produced a series of comedy specials taped earlier this year before a live audience of service members stationed in New Jersey, Cuba and California. "The USO Comedy Tour Presented by AT&T Wireless" premieres Oct. 23, at 8 p.m. EST.

The first in the 10-part series of one-hour stand-up specials consists of eight original episodes and two "best of" specials. The shows were performed at McGuire Air Force Base, New Jersey; Naval Station Guantanamo Bay, Cuba; and the Marine Corps Air Station Miramar, San Diego. Each show featured five different stand-up comedians, who performed free shows, signed autographs and mingled with troops.

JAX TALES BY MIKE JONES

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Making history here and...

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Call us at 1-800-217-3700 or visit our Web site at www.girlsandboystown.org

A CFC participant • Provided as a public service

Local team participates in Wilderness Challenge

By Lt. j.g. Angela Webster
H50

We have returned from our Wilderness Challenge in West Virginia. Overall, we ranked 14 out of 48 teams, putting us in the upper third of the competition.

Unofficially, we ranked third out of 17 Navy teams. I say unofficially because, due to severe dehydration, I was unable to do the white-water rafting, so technically our team was disqualified but we could still compete.

The first event was a 10K through a fairly even trail, with 1-mile total through an empty tunnel. I have run 4, 6, and 8-mile distances before, usually in eight minutes or more a mile. Our team pushed a sub 7-minute mile for the first half of the run, but I couldn't stay hydrated.

Near the end of the race, I was hallucinating a bit. At the finish line, I needed medical assistance. The EMTs started an IV and pushed three bags of fluids through me. My husband, Phil was at my feet, talking to me, getting me to control my breathing. I couldn't remember my teammate's name (Adolph Herrera), though I recognized his face. I couldn't remember who my fourth teammate was until they described him to me.

Then remembered I was



Photo courtesy of H50

Lt. j.g. Chris Cooper, HM1 Adolph Herrera, Lt. j.g. Angela Webster and Lt. Russ Linderman

in the Navy and where I worked, but I couldn't immediately remember my co-workers names. What a terribly uncomfortable feeling! My body was numb and for awhile, I had no control of my arms and legs and my face was numb. Once they got the fluids into me, I felt better, though I was a bit uncoordinated when walking. I didn't think I should chance it on the rafting so I called it off for the day. Much needed rest, water and a little food and I was ready for Day 2.

The next day, we competed in a 10-mile mountain bike and 2-mile kayak race, with a one hour of rest before the 14-mile hike up the valley gorge and into town. Even with my little episode the day before, we still came in the 10th

fastest team out of the 48 on the hike.

Chalk it up to experience and a lesson learned - keep drinking water even when you think you've had enough. Race like you train, and train to race. Overall, it was a wonderful time, a great race, and we met a lot of neat people. The race officials loved our memorial patch, and many people asked us about it so we told them Jim Warmowski story.

I'm glad to be back home with my family, getting back into work, and searching the website for the next race.



JAX SPORTS NEWS

Singles fall tennis tourney slated

A Men's and Women's Tennis Tournament is scheduled for Oct. 28 at 5 p.m. The event is free and open to all NAS Jax authorized men and women. Matches will be played at the Birmingham tennis courts. Call NAS Jax Athletics to sign up by Oct. 25.

2003 Captain's Cup sports meeting planned

The NAS Jax Athletic Department will be holding a meeting to discuss the 2003 Captain's Cup Sports Program on Oct. 23. We are looking for input to increase participation and to add new sports to the program. All commands should send their athletic officer or designated representative. The meeting will be held in the MWR conference room of Building 590 at 11:30 a.m.

Intramural basketball league forming

This league is open to all NAS Jax active duty commands and personnel. Rosters are due by Oct. 25 with the season beginning Nov. 4. All interested personnel should stop by the NAS Jax gym to get the required paperwork to join the league.

All-Navy wrestling tryouts coming up

These tryouts will be conducted by Rob Hermann, All-Navy wrestling coach, at the NAS Jax Gym on Oct. 25 from 5-7 p.m. Weigh-ins will not be conducted and wrestling equipment is not required to tryout. Weight classes are 119; 127; 138; 152; 167; 187; 213; and 286. Call NAS Jax Athletics to sign up.

Greybeard basketball meeting scheduled

The Greybeard league is open to all NAS Jax active duty commands and personnel ages 32 and above. A meeting will be held Nov. 6 in the MWR Conference Room of Building 590 at 11:30

a.m. The season scheduled to begin Nov. 26 with games played Tuesdays and Thursdays at 11 a.m. and noon. Interested personnel should attend the meeting to discuss rules and to get the required paperwork to join league.

Turkey shoot racquetball tourney

This tournament will run Nov. 18-22 and is free and open to all NAS Jax authorized gym patrons over 18. There will be recreational and competitive divisions for men and an open division for women. Matches start at 5 p.m. All winners receive turkeys. Sign up by Nov. 13.

Navy Southeast Regional Running and Triathlon Team

Are you a runner and would you like to 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 along with 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 a 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 3H30M Women 4H
 Triathlon Men 2H30M 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 or dgorman@nasjax.navy.mil.



Golf Tournament

Sponsored by
 Naval Hospital Jacksonville
 Oct. 31
 8 a.m. Shotgun Start

Registration Includes: 18 Holes
 Golf Cart
 Lunch
 Prizes
 Registration Fee: \$45/ per person

Proceeds are in support of
 the Combined Federal Campaign

For more information contact:
 HMC Steven Iripino 542-7503/7745
 HMC Nick Sebring 542-7060
 PCC Edgardo Rodriguez 542-7318

* Entry fee due Oct. 25.

ON THE GO WITH USO

Upcoming special events:

Saturday - Lynrd Skynrd Memorial Tribute and Final Tour at Metro Park. Gates open at noon. Eleven bands will perform with former members of Lynard Skynard appearing. USO tickets are \$27.

Now through Oct. 27 - Greater Jacksonville Fair, Military Night is Oct. 21. All active duty, retirees, and their card carrying dependents will be admitted free from 5-11 p.m. USO has

discounted tickets, adults - \$4, children 6-12, \$2 and ride coupons for \$15. Wrist bands are \$13. We also have brochures with all the information regarding entertainment for each evening, plus student discount passes for Oct. 19 and 26.

Now through Sunday - Southern Women's Show: decorating, dressing, careers, entertaining. USO has discount tickets at \$5.50 for adults and \$4 for children.

SPORTS STANDINGS

Greybeard Softball Standings as of Oct. 11

Team	Wins	Losses
NAMTRA	6	1
VS-32	4	2
AIMD	4	3
VP-30	4	3
VP-45	2	5
CPRW-11	0	6

Intramural Softball Standings (contd.)

HS-5	3	6
NavHosp	0	8

Intramural Flag Football Standings as of Oct. 11

Team	Wins	Losses
VR-58	10	0
Security/Weps	9	2
VP-30	9	2
VS-31	7	2
Galley	7	4
VP-45	7	4
NLSO/TSO	5	4
CNRSE/ASTC	5	6
VS-32	2	6
NavHosp	2	8
VP-5	1	4
AIMD 600	1	9

Intramural Softball Standings as of Oct. 11

Team	Wins	Losses
VP-5	10	0
VP-45	6	2
AIMD	4	4
NAMTra	4	4
VP-30	4	4
SERCC	3	4
Air Ops	3	6