



Jax Air News

TOUCHING BASE



Food tastes better smoke-free

On Tuesday, all Naval Air Station dining facilities will again join forces with many local restaurants to participate in Duval County's Fourth Annual Smoke-Free Dining Day.

In addition to patrons enjoying the full flavor and aroma of their food, all the base restaurants hope to increase awareness of the health effects from environmental tobacco smoke. Environmental tobacco smoke is the third leading cause of preventable death, behind active smoking and alcohol.

According to the American Cancer Society, preliminary evidence suggests that waiters and waitresses have about a 50 percent to 90 percent increased risk of lung cancer that is most likely attributable to restaurant tobacco smoke exposure. Thus, tobacco smoke exposure at work makes restaurant workers one and a half to two times as likely to die from lung cancer as they would otherwise. Please show your support by dining at any of your favorite NAS eating establishments on Tuesday and enjoy the clean and fresh atmosphere it provides.

Environmental charter signed

Northeast Florida compliance team signs historic document

By Bill Dougherty
CNRSE Public Affairs Office

The Navy and environmental regulators in Northeast Florida gathered for a historic signing ceremony last Friday, at NAS Jacksonville, to sign a charter that formally establishes an environmental compliance partnering team.

The mission of the team is to ensure that "the regulatory community and the Navy will maintain an active environmental excellence partnership that identifies and implements solutions to protect public health and improve the environment while respecting the Navy's and regulatory agencies' requirement to accomplish their missions."

The Northeast Florida Environmental Compliance Team will be involved in not only hazardous waste requirements, but a variety of environmental compliance issues including pollution prevention, storm water, water quality, tanks, spill prevention and air quality.

Members of the partnering team will come from the following regulatory agencies, bases and activities:

- Florida Department of Environmental Protection
- St. Johns River Water Management District
- City of Jacksonville Regulatory and Environmental Services Department
- Commander, Navy Region Southeast



NAS Jacksonville Commanding Officer Capt. Mark Boensel (left) and Ernest Frey, Department of Environmental Protection director of district management, sign the Northeast Florida Compliance Partnering Team charter during a signing ceremony at NAS Jax last Friday.

- Naval Air Station Jacksonville
- Naval Station Mayport
- Naval Air Depot Jacksonville Supervisor of Shipbuilding Conversion and Repair Jacksonville
- Navy Public Works Center Jacksonville
- Engineering Field Activity Southeast

Each team member must make a commitment to the partnering process which includes:

- Developing common trust between all team members
- Resolving conflict in a positive manner
- Using the consensus decision-making process
- Demonstrating leadership in maintaining environmental compliance
- Cultivating mutual understanding of organizations issues and constraints
- Thinking out-of-the-box
- Seeking to understand regulatory requirements
- Keeping team members informed of changing environmental regulations, policies and mission objectives
- Seeking to understand Navy mission requirements

The team will meet on a monthly basis following their newly signed charter, focusing on the environmental compliance issues that affect Navy bases in Northeast Florida

Volunteer coordinator honored

By Kaylee LaRocque
Assistant Editor

She's dedicated her life to helping others in the Jacksonville community because she truly cares about humanity and making this world a better place for anyone she can reach out to. She asks for nothing in return except maybe a smile or a simple thank-you, giving from her heart because that's who she is.

Although she claims there is nothing special about her and the work she does, Volunteer Jacksonville, Inc. seems to think differently. They recently selected Dianne Parker, Education and Training/Volunteer Program coordinator for the NAS Jacksonville Fleet and Family Support Center (FFSC) as winner of Volunteer Jacksonville's 2001 Good Neighbor - Heart of Gold Award. Parker was presented the award at Volunteer Jacksonville's Celebration of Service 2002 Awards Ceremony held at The Florida Theatre last Thursday night.

"I'm really honored to have been chosen for this award. There isn't anything special about me, or what I do. I just want to complete this journey that we call life feeling that I have done what I can to help humanity and to help my fellow man. Giving to others and to my community is something I learned through my family early in life. Helping others has always been a treasured value in my family and it's one that I hold dear to my heart," ex-claimed Parker.

As one of six children raised near the old projects of Durkeville in Jacksonville, Parker recalls how she and her siblings often helped friends in need.

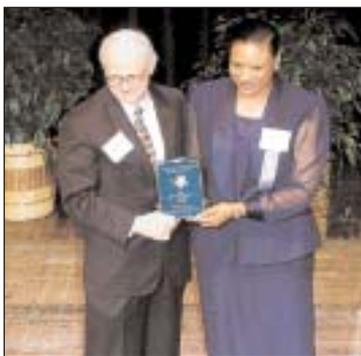


Photo by HM2(SM) Scott Morgan

Dianne Parker of the NAS Jax FFSC graciously accepts the Volunteer Jacksonville Heart of Gold 2002 Good Neighbor Award from Marc Hatcher of State Farm Insurance during the Volunteer Jacksonville, Inc. Awards Ceremony last Thursday night.

"It was not uncommon for my sister and I to pool our allowances to help others. I remember one occasion when we saved our money to buy shoes for one of our friends because she had holes in hers and was always being teased by the other kids," said Parker.

As she grew up, Parker joined several organizations that were involved with community service such as her much-loved Alpha Kappa Alpha Sorority, Inc.; a volunteer group of more than 150,000 college-trained women who serve in communities in the United States and around the world.

She also credits her desire to help others on several influential

role models.

"My mother was one of the first African-American teachers to teach in an integrated school in Duval County. Another person who really helped me develop this spirit of community service was my mentor the late Mary Singleton. She was my government teacher at Edward Waters College and the mother of my friend Carol.

She was also one of the first African-American female city councilwomen in Jacksonville. While in her

class, Ms. Singleton would take several of us to council meetings with her. I learned from her that in order to make a difference, you have to get involved," Parker added.

After graduating from Edward Waters College, Parker moved to Tallahassee to earn her master's degree in counseling education from Florida A&M University. While there, she was offered a job as Assistant Professor and Director of the Cooperative Education Department at Florida State University helping students to obtain work experience in their field of study and find jobs. She placed so many people with the

Internal Revenue Service that they offered her a position in Jacksonville as their district recruitment program coordinator.

Three years later, Parker came to work for the Navy in the Civilian Personnel Office as a personnel staffing specialist. In 1988, she transferred to the FFSC.

"In 1992, the Navy launched the Navy Community Service Program (NCSP). I was asked to take this on as a collateral duty. I accepted immediately because Jacksonville is home for me. Being able to bring resources in terms of volunteer help to my community just makes me swell with pride," she said.

The first year the program started, Navy volunteers donated 50,000 hours of their time to helping out the community. Last year, thanks to Parker's hard work, more than 11,696 employees here contributed nearly 368,880 hours in community service to the local area. On May 1, 2001 NAS Jacksonville's NCSP was recognized on the floor of the U.S. House of Representatives by Congressman Ander Creshaw for the community service support it provides to Jacksonville and its surrounding communities.

"I get calls from organizations everyday looking for volunteers. My job is to coordinate the Navy volunteers with the needs out there. We do this through the Base Volunteer Service Council, which meets monthly. I let command volunteer coordinators know the opportunities out there and they go back to their commands and recruit volunteers for particular projects," explained Parker.

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WEEKEND WEATHER

	FRIDAY 63/83 PARTLY CLOUDY
	SATURDAY 63/86 PARTLY CLOUDY
	SUNDAY 65/85 PARTLY CLOUDY

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

SAFETY TALK

Using cell phones while driving is risky

From the Base Safety Office

Operating a motor vehicle requires the driver's constant attention and anything that distracts the operator increases the risk of a mishap.

Reaching for a map or coffee cup, or adjusting the radio, anything that causes us to take our eyes off the road, may cause us to have a mishap - because it reduces the time we have to see and avoid hazards.

The same problem occurs with use of cell phones. Cell phones are popular due to their small size and convenience. In fact, more than 110 million people use wireless phones in the United States.

A recent National Highway Traffic Safety Administration (NHTSA) survey found that 54 percent of motor vehicle drivers in the United States usually have a wireless phone in their vehicle.

More than 85 percent of cell phone owners use their phones, at least occasionally, while driving. Reaching for the phone to make or receive a call, dialing numbers, etc., takes your eyes off the road.

This distraction might only last a second, but, at only 35 miles an hour, in one second you've lost more than 50 feet of stopping distance. Just being involved in a telephone conversation can slow your reaction time, too.

Studies show talking on a cell phone can slow your reaction time about the same as three drinks. Talking on the cell phone competes for the driver's attention and, when engrossed in conversation, people are four times more likely to have an accident.

These are also the reasons most cell phones come with a warning against driver operation from a moving vehicle.

Federal and State policymakers have been weighing the benefits of wireless phone use in vehicles against the growing evidence of their poten-



tial to increase driver distraction and the risks to safety.

The recent ban of hand-held wireless phones while

driving in New York State and pending legislation in at least 27 other states has received significant publicity in 2001. In addition, 23 countries now restrict or prohibit wireless phones in motor vehicles.

Fortunately, there are some actions that drivers can take to minimize risks:

- * First and foremost, don't answer the phone while operating a moving vehicle.

- * Get voice mail or email for your phone, so you can find out who called - after you've stopped at a safe place. Think of your cell phone as a pager with a built-in phone.

- * Let a passenger make or answer calls. They can also take notes more safely than the driver.

- * Know what's legal on your base and in your area; avoid a citation. DoD and GSA tell Federal Agencies that drivers must use caution when operating these devices, and whenever possible, use these devices only when the vehicle is safely stopped.

Although most calls are not of an emergency nature, there may be some instances that warrant drivers using cell phones. Policies permitting drivers to use cell phones need to assure that the need warrants the risks involved.

Organization commanders are responsible for determining policy on when a government vehicle operator's use of a cell phone is appropriate, i.e.,

if involved in a mishap, can your driver show there was a mission need to have been talking on the phone? This determination should be reflected in organization operating policies.

If you absolutely must have cell phone conversations while operating a vehicle:

- * Consider a hands-free phone and learn to use the phone's memories or speed dial features for dialing numbers. The faster you dial numbers, the sooner you can get your eyes back on the road. Also, consider a hands-free phone if you drive a vehicle with a manual transmission. It saves having to take your hand off the steering wheel or trying to squeeze the phone between your head and shoulder when shifting gears.

- * Don't use your cell phone for social conversations while driving. Tell callers you are driving and will call them back.

- * Keep calls brief and stop conversation when driving conditions become hazardous.

Cell phones are very convenient and it may be tempting to make a personal call while driving across base to a meeting. But, if such private use causes the government to incur increased risk of injury compensation or damage costs, leave the phone off until the vehicle stops.

One additional issue of concern: consider the example you set for young drivers. As capable as our teenagers may be, they lack the experience of older drivers and may be unaware of the risks associated with cell phone use while driving. Teach your young drivers to use cell phones safely and set a good example yourself.

So, before you use a cellular phone while driving, remember - the local police, and even your insurance carrier, aren't likely to say anything. They will likely have a lot to say if you have a mishap while using your cell phone.



Meet A Sailor...

PHAN JENNIFER COOK

Job title/command:
Regional Visual Information Support Center, Southeast

Hometown: Austin, Texas

Past Duty Stations: Photographer's Mate "A" School, Ft. Meade, Md.

Family Life: Engaged

Career Plans: To become a photographer for National Geographic.

Most Interesting Experience: Having Adm. Gaudio singing Happy Birthday to me.

Words of Wisdom: Always do your best.



Meet A Civilian...

DAVID MATTESON

Job title/command:
Steel Metal Worker

Hometown: Troy, N.Y.

Family Life: Married with three children.

Career Plans: To retire again.

Most Interesting Experience: Serving 27 years in the Navy.

Words of Wisdom: Live life to the fullest.

VP-30 to host DEFY Summer Camp

From VP-30

A five-day residential DEFY Summer Camp is being hosted by VP-30 at Camp Blanding July 14-19.

DEFY is a two-phased prevention program for kid's ages 9-12. DEFY deters "at risk" behaviors by giving kids the tools they need to resist drugs, gangs and alcohol. It focuses on building self-image, interpersonal relations, goal setting, leadership, and team building skills. It is a challenging, fun-filled week in the summer (Phase I) followed by a year of mentoring (Phase II).

This camp is only for military and DoD children. Volunteers are also needed to help run the camp. All volunteers must be able to get no cost TAD orders for one week and attend mandatory staff training.

Applications for camp guests and staff members can be picked up and returned to the VP-30 Duty Office or via Internet at <http://www.hq.navy.mil/defy>. Email applications back to macdonaldtr@vp30.navy.mil or nayvccc@aol.com. All staff and youths will be notified if selected. The deadline for registration is May 10.

A mandatory meeting for parents will be held June 19th at 6 p.m. in the VP 30 auditorium.

The camp begins July 14 at 3 p.m. Youths should be dropped off at VP-30. Parents can pick up their children after the graduation ceremony and picnic on July 19 at Sea King Park.

For more information call AMC(AW) MacDonald at 542-3077 or NCC(SW/AW) Long at 542-3769.

HEY MONEYMAN!

Hey, MoneyMan!

I am a chief petty officer in a local squadron. A young Sailor just checked in and told me he had attended a financial management course right after boot camp. I have never heard of this course. Do you know anything about this and who is teaching this course?

Hey, MoneyMan Sez:

As you know, for years many of our young Sailors and Marines have been showing up in the fleet with no training in financial management. This has been a big problem! Starting last year, essentially all boot camp graduates must attend a Personal Financial Management course prior to "A" school or prior to going to the fleet.

This is a great course and it covers the basics of financial management and planning. The course was developed by a civilian contractor and covers topics such as the LES and how to read it, banking services, checkbook management, credit, car buying, spending plans, consumer awareness, insurance, investments, and ethical behavior. It is offered at Great Lakes, Ill. and some other Navy bases that have "A" schools. Talk with your CFS or call the FFSC financial education



at 542-2766 for more information.

Hey, MoneyMan!

Why is my car insurance so expensive? I have never had a wreck or filed a claim, but my insurance is more than almost anyone else I know. Where can I find good, inexpensive insurance?

MoneyMan Sez:

You got it! Car insurance is expensive, so don't own more cars than you need. According to Consumer Reports, there are a number of things

you can do to lower your rate. If you have a good driving record and a good credit score, ask your insurance company for a premium or "top-tier" rate on your insurance. Shop prices with other insurance companies.

Think about your deductible. What is your deductible? How much are you willing to pay out of your pocket before you will file a claim? These two numbers should match. For example if your deductible is \$250 but you would not file a claim with your insurance company for anything less than \$1,000 (because you know the rates will go up), you should raise your deductible.

A \$1,000 deductible could reduce your rate by as much as 40 percent. Is your car paid for? Do you need collision and comprehensive coverage? Bottom line: buy what you need, shop around for prices, and keep your driving record clean!

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

Jaguars owner to talk with NAS personnel

From CNRSE

The Jaguars will hold a "town meeting" on May 16 at 2 p.m. at the Station Theater aboard NAS Jax. Owner Wayne Weaver and members of his coaching staff will be on hand to discuss the upcoming season. The event is open to all hands.

They will discuss what to expect from this season's team, military ticket pricing and renovations to Altet Stadium. Afterward, they will entertain questions.

Activity commanding officers, executive officers, command master chiefs and other interested military members and civilians are invited to attend.



Sunday Services at the Base Chapel

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

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

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

CREDO

It's free! Give yourself the gift of a Navy CREDO Retreat. The next Marriage Enrichment Retreat is May 31 - June 2. The next Personal Growth Retreat is May 16-19. For more information, or to register, call CREDO at 270-6958.

Jax Air News

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FASO Sailor of the Year selected finalist in Atlantic Fleet competition

By Kaylee LaRocque
Assistant Editor

Words can hardly describe what AW1 (AW/NAC) Carmello Sanchez experienced recently as he was selected a finalist in the Commander, Atlantic Fleet Sailor of the Year competition.

"It was absolutely wonderful," Sanchez said, over and over again.

As this year's Fleet Aviation Specialized Ops Training Group Atlantic, Detachment Jacksonville Sailor of the Year, Sanchez went on to win then Fleet Aviation Specialized Ops Training Group Atlantic Sailor of the Year Award.

From there he headed to Norfolk, Va., to represent his command against Sailors from the entire East Coast in the Commander,

Atlantic Fleet competition.

"This has really been an awesome experience participating in these competitions. Just being able to meet all the influential people and getting to this level has been amazing. Meeting all the senior enlisted people during the competition in Norfolk was so inspirational. This is something I've never been exposed to, it was such a wonderful experience," said Sanchez enthusiastically.

As leading petty officer of the FASO Training Department for the past year and a half, Sanchez handles all quota requests for the school and administrative duties pertaining to the students taking classes here.

"I take the quotas, build classes for them, ensure the students have all the prop-

er documentation, correspond with their commands and enter them into the Navy's education computer system when they graduate," explained Sanchez.

When he's not doing all the administrative work, Sanchez spends his time teaching basic electronic warfare classes and the ULQ-16 and ISAR Imagery Radar Course.

He is also the command Urinalysis coordinator and the assistant PRT coordinator.

Sanchez, a native of Chicago, Ill., joined the Navy when he decided working in a law firm after graduating from high school was not what he wanted to do with his life.

"I wanted to do something different and the Navy seemed like a good option," said Sanchez.

After completing boot camp at Recruit Training Center, San Diego, Calif., Sanchez attended Aircrew Candidate School in Pensacola, and Aviation Anti-submarine Warfare Operator "A" School in Memphis, Tenn.

His first tour was with VP-45 based at NAS Jacksonville. His next tour kept him here as he transferred to shore duty with Commander Patrol Wing Eleven. From there he headed north to VP-11 in Brunswick, Maine. He was sent back to VP-45 when VP-11 decommissioned a year later.

"I really like the Jacksonville area and have pretty much been here for most of my naval career," stated Sanchez.

As far as his future in the Navy goes, Sanchez is looking forward to making chief petty officer and retiring in a couple years.

"I plan to retire from the Navy and go to work for a computer firm for about 10-

15 years. Then I would like to teach at the college level," explained Sanchez.

In his free time Sanchez spends much of his time in classrooms working on his college degree.

"I'm a full-time student at Columbia University right now. I will finally have earned my bachelor's degree in computer information systems in two weeks," he said happily. "I eventually hope to continue on and earn my master's degree."

When he's not working or going to school, Sanchez enjoys spending time with his wife, and two sons.

"I'm a Cub Scout Den Leader for my son's Cub Scout troop. That keeps me pretty busy," he said.

He also participates in 'Paint the Town' events and Special Olympics.

Of his recognition, Sanchez is very appreciative of all the support his command has given him.

"This has been such a positive experience. I

wouldn't be where I'm at and have won these competitions if it wasn't for all the support I received from the people I work with. The chiefs at FASO, especially Master Chief Sharrar have been wonderful. I can't give him enough praise for supporting and educating me along the way," he said.

"I would also like to thank all the junior enlisted who I've learned so much from. I'm really blessed to be in such a great command."



Photo by Kaylee LaRocque

AW1(AW) Carmello Sanchez helps student AW2 Brandy Thornton with a question in the ULQ-16 Course at FASO.

USO director receives award



Photo by HM2 John Veres

Robert Coonan, executive director of the Greater Jacksonville USO happily accepts the Volunteer Jacksonville Heart of Gold 2002 Planned Acts of Kindness Award from Marti Lanahan of AmSouth Bank during the Volunteer Jacksonville, Inc. Awards Ceremony last Thursday Night.



Reservists from NMCB-14 DET 0614 train at the shooting range on Camp Blanding.

Photos by JOC Suzanne Speight

RedComSE prepares reservists for deployment

By JO3 Jackey Bratt
Staff Writer

Imagine coming home from a day at the office to receive a phone call instructing you to pack a couple bags of personal necessities and kiss your family goodbye. Welcome to the life of a Naval Reservist.

Naval Reserve Readiness Command Southeast (RedComSE) comprised of a staff of 57 military and 10 civilians, provides oversight to 17 reserve centers in North Carolina, South Carolina, Florida, are assigned to mobilize to active duty at a moment's notice. RedComSE's responsibility is to train these reservists to ensure that they are ready to mobilize to their gaining command when called.

The personnel management department is responsible for the supervision and management of manpower, pay, and personnel programs for the reserve activities within the Southeast region. Its basic function is to supervise Sailors assigned and monitor progress to ensure timely and efficient completion of assigned responsibilities relating to reservist policies.

The information systems department serves as a principal advisor in all matters related to acquisition development, implementation, operation, maintenance, training, and security of federal information processing systems. The department also directs system installation, operation, configuration, database, testing, maintenance, and training for RedComSE and other activities.

The operations and training department organizes, directs, and evaluates all functions related to regional operations and training, peacetime support, resource allocation of annual training, active duty training, inac-



Selective Reservists at Fleet Training Center Mayport train Sailors from all over the country in basic firefighting.

tive duty training, train the trainer, exportable, civilian augmented training, medical exportable, medical civilian augmented training, and continuing medical education. They schedule employment operations and training for more than 3,000 reservists assigned to 17 Naval reserve shore commands, two Naval reserve force ships, and 35 overseas personnel.

The financial management department is responsible for the administering, budgeting, and statistical control of all funds for 54 cost centers in the Region.

The health services department is responsible for health service programs of Human Immunodeficiency Virus (HIV) testing, physical exams, dental exams, immunizations, and physical qualifications.

Approximately 1,100 of the command's 7,000 reservists were called to active duty following the terrorist attacks Sept. 11.

Mobilization readiness, training,

and professional development are the three main objectives the command focuses on. Mobilization readiness looks at when a reservist is mobilized and makes sure the Sailor is medical/dentally qualified and has a dependent certificate on file.

"Those reservists are my hero's," said Rear Admiral Kenneth Belisle, commander, Naval Reserve Readiness Command Southeast.

Since Sept. 11, the utilization of reservists has gone up. Belisle explained how many Sailors working in civilian companies usually take pay cuts when augmented to active duty.

"A lot of people don't understand the process of mobilization," said Belisle.

"These reservists dropped everything, left their families, initially not knowing where they would be sent in a small period of time," said Belisle.

Belisle noted how RedComSE puts an emphasis of support to reserve families.

"In several locations, reserve center commanding officers will host conferences, with representatives from various services such as TRICARE and the Department of Labor, to explain to families what their benefits are."

RedComSE has had an abundance of volunteer ombudsmen as well, which has helped things run smoothly.

Belisle also spoke of the importance for Sailors to pass on the experiences they had while serving. "I cannot overstate the value of experience, but the experience the individual has is marginal if that individual doesn't pass that experience on to someone else," said Belisle. "It's critical in how we sustain professionalism and the focus of our force."

He subsequently worked as the international lawyer, then corporate counsel for Dow Chemical Company. Upon retirement from Dow he entered into private law practice in Florida, and now resides with his wife, Barbara, in Naples, Florida.

In addition to Roy's address, other plans include a historical program and displays, music by Navy Band Southeast, dining and dancing. Cocktails begin at 6:30 p.m., followed by dinner at 7:30 p.m.

Uniform will be:

04 and above - Dinner Dress White Jacket

03 and below - Dinner Dress White/Dinner Dress White Jacket Optional

Covers not required

Civilian - Black tie or business attire

To further commemorate the occasion, a commercial photographer will be on site to take 8x10 color portraits of couples, processed on site, for \$20 each.

This celebration marks the 60th anniversary of the Battle of Midway as well as the 100th anniversary of the Navy League. The evening will offer all attendees time to pause and reflect upon this important event in Naval history, as well as a unique chance to talk to some of the actual participants.

HELPING HANDS

Cancer Society's Relay for Life

The American Cancer Society's Clay County office needs volunteers to support their "Relay for Life" event, an 18-hour, overnight event celebrating cancer survivorship this weekend. Volunteers are needed to help with set-up from 1-5 p.m. tomorrow; team registration from 4:30 - 7 p.m. on Saturday; lunaria ceremony from 7-10 p.m. on Saturday; overnight volunteers on Saturday; and break down from 11 a.m. - 1 p.m. on Saturday. Duplicate events will be held on May 3-4 and May 17-18. Volunteers are needed for those dates as well. For more information or to sign up - call Terry Algire at 264-6039, Ext. 115 or email terry.algire@cancer.org.

Earth Day events

Volunteers are wanted to assist with children's crafts at this year's Earth Day Ecology Fair at the Jacksonville Landing on April 20. One, two-hour shifts are available from 10 a.m. to 4 p.m. Call Sherri Albertson at 542-5380 for info.

'Paint the Town'

Volunteers are needed now through May 11 to participate in this year's USO Shipmates with Heart 'Paint the Town' event. The location will be on the Northside of Jacksonville near Myrtle and 20th Steets. Exact directions will be provided and raindates will be announced if needed. If you are interested in helping out contact JoAnn Dilling at the 542-3028, or leave a message and phone number and she'll get back to you.

Help build a home

Another Habijax event is planned for April 30 through May 2. Volunteers are needed to do framing on four homes from 8 a.m. to 3 p.m. Lunch is on your own. The location is Cedar Hurst Estates, off of Cassat Avenue near Plymouth St. (Mull Street and Pangola Drive). For more information call Karen Pruitt at 798-4529, Ext. 240.

World of Nations Celebration

Join the City of Jacksonville April 26-28 from 8 a.m. to 9 p.m. in Metro Park to celebrate the World of Nations. Various volunteer opportunities are available. Call Sue Bibesi at 630-1020 for information.

Jacksonville Baptist Home for Children

If you have a group of at least five people who are interested in helping out at the Jacksonville Baptist Home for Children on Grove Elementary Blvd. (near the Atlantic Blvd. intersection, behind Love Grove Elementary School) - volunteers are needed to plant flowers; assist with raking lawns and bagging leaves, and for minor clean-up in the horse barn. Refreshments and tools will be provided. Shifts are available during the week from 9 a.m. - 2 p.m. (including free lunch) and Saturdays from 9 - 11:30 a.m. To sign up please contact Sherri Albertson at 542-5380 or Cindie Badger at 270-6600, Ext. 137.

MaliVai Washington Kids Foundation

Tennis Marathons

There will be separate Tennis Marathons on May 3 held on this day - one for adults and one for kids. Volunteers are needed to assist with all aspects of this event. Some volunteer duties include: setting up for the event the day before - hang signs on court; registration area and post directional signs throughout Ponte Vedra; during the event - register participants, count pledges received, distribute prizes, assist with court activities. Minimum age required is 18 for set-up volunteers and 14 for day of event volunteers. Four hour shifts are available. Contact Terri Florio or Terry Quarles at 359-5437.

Arthritis Foundation

'Team for a Cure' Walk

Join the Team for a Cure on May 3 - The Arthritis Foundation is looking for you. Opportunities to assist with the walk include the following categories: event committee, set-up/clean up committee, medical support, recruit food vendors and sponsors. Contact Julie Johnson or Diana Chase at 353-5770.

Jacksonville Humane Society

Pet Adopt-a-Thon

Join the Jacksonville Humane Society on May 3 in this huge effort to find good homes for their shelter animals. Volunteer opportunities involve assisting the adoption staff by holding and interacting with the animals up for adoption. Volunteers will also help prospective adopters in providing information regarding the animals. Opportunities are located at the shelter and the mobile units. Minimum age required is 16. Contact the Humane Society's Volunteer Coordinator at 725-8766 Ext. 206.

WJCT's Starry Night at the Met

WJCT would like volunteers to help out with security and ticket taking duties for their concerts on May 4 and 18 at Metro Park (across from Alltel Stadium in downtown Jacksonville). All volunteers are asked to arrive between 5 - 5:30 p.m. Security volunteers will work until 11 p.m. All volunteers are welcome to stay and enjoy the concert free of charge. If you are interested in signing up, call Bonnie Golden at 358-6383.

Ridgeview High School needs judges

Volunteers are needed to help judge the Ridgeview High School senior class projects May 7-9 from 2 - 4 p.m. Judges are needed for a variety of topics ranging from sports fitness, photography, science or aviation projects to literature and art projects. Volunteers are asked to arrive no later than 1 p.m. for a brief orientation. For more information or to sign up call Ms. Tucker at 272-3003, ext. 3089.

Seventh Annual

'Stand for Children' Walk

The Seventh Annual Stand for Children Walk is May 18th. Volunteers are needed to help with set-up, operation, and participation as walkers in this annual event, co-sponsored by the Child Watch Partnership of Jacksonville and Monique Burr Foundation for Children, held to increase awareness for child advocacy. Festivities begin at 8 a.m. at Treaty Oak (Jesse Ball Dupont Park) and end at the Jacksonville Landing. Activities at the Landing will include face painting, train rides, courtyard dancing, health clinics, educational interaction booths, giveaways, finger painting, balloon art, temporary tattoos, food, and more. Minimum age requirement is 13 years. To sign up contact Barbara Florio at 642-0210 or Dianne Parker at 542-2766, Ext. 130.

Battle of Midway dinner set for May 31

By CNRSE Public Affairs

Tickets are now on sale for this year's Battle of Midway commemoration dinner, which will be held May 31, at the Radisson Riverwalk Hotel on Jacksonville's southbank.

Tickets may be purchased from the following installation locations: NAS Jacksonville, Office of the Command Master Chief, ITI Guy Stelzenmuller at (904) 542-4545/2934; Naval Station Mayport, ITC (SW/AW) Victor Martin, 270-7354 extension 116; and Naval Submarine Base Kings Bay, Lt. Suzette Maffett at (912) 673-2617.

Ticket costs for active duty personnel are as follows: E-6 and below, \$20; E-7 to O-4, \$30; and O5 and above, including civilians and retirees, \$40. Battle of Midway veterans and their spouses pay \$20 each.

The Battle of Midway, which took place June 4 through 7, 1942, has been called the most important sea battle of the 20th century. It has been described by military leaders and historians as the turning point of World War II in the Pacific. The defeat of the much larger Japanese fleet at Midway by a numerically smaller U.S. force was a blow from which the Japanese Navy never recovered.

The purpose of the Midway celebration is to ensure that these acts of courage and spirit are not forgotten, and offer all hands the unique oppor-

tunity to meet and talk with true heroes of this historic battle.

The guest speaker will be Lt. Cmdr. William Roy, whose still and motion picture photography from the USS Yorktown captured scenes from the Battle of Coral Sea including the sinking of USS Lexington, and the sinking of USS Hammann during the Battle of Midway.

When forced to abandon the severely damaged USS Yorktown at Midway, Roy carried three canisters of the historic film under his life jacket. While in the water he helped in rescue efforts and tended to wounded.

Roy began his military career with the Florida National Guard at Camp Foster, the site of what is now NAS Jacksonville. He joined the Navy in 1939, reporting to the USS Yorktown in 1941 after completing the Navy School of Photography. He later returned to NAS Jacksonville, receiving a direct commission as a lieutenant in 1953. He retired in 1981.

Following military service, Roy furthered his education, receiving both a law degree and MBA. He continued to serve his country by playing a key role with the Martin Company at their Test Division, Cape Canaveral, for Missiles and Rocket testing, as well as similar work for the Air Force. He was then heavily involved in both NASA's Gemini Project for the launch of two astronauts into space, and the Apollo Moon project.

New HACS lead flight to Norfolk

By Lt. J.g. Aaron Anthonson
HS-3 PAO

Congratulations are in order to Lts. Dustin Smiley and Jack McKechnie from Helicopter Antisubmarine Squadron (HS) Three.

The two pilots recently completed qualifications for their designation as Helicopter Aircraft Commander (HAC) with a successful check flight and became the "Tridents" newest aircraft commanders. On March 19, the two pilots flew together on their first HAC flight while leading a flight of four aircraft from NAS Jacksonville to USS Harry S. Truman (CVN-75) in Norfolk, Va.

The three SH-60F aircraft and one HH-60H aircraft departed NAS

Jacksonville in the morning with Smiley and McKechnie flying in the lead position. The formation transited along the coast from Jacksonville to Cherry Point, N.C., stopping to refuel at MCAS Cherry Point, then proceeded to NAS Norfolk for a second refueling stop before flying aboard the USS

Truman at the pier with a bow-to-stern approach. Smiley and McKechnie conducted prior flight planning, and conducted a thorough route brief for all four aircraft.

The Tridents were on board USS Truman for a 10-day detachment in support of fixed wing carrier landing qualifications.



Photo By Lt. J.g. Aaron Anthonson

Lt. Dustin Smiley (left) and Lt. Jack McKechnie give a thumbs-up after qualifying as Helicopter Aircraft Commanders.

FFSC offers educational and support programs

The Fleet and Family Support Center Life Skills Education and Support Program is the foremost prevention measure for the avoidance of personal and family problems.

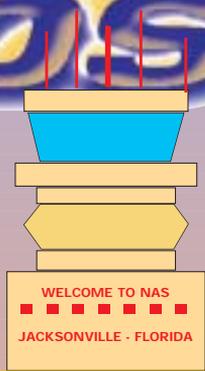
All FFSC workshops and classes are free of charge and available to service members, family members and civilian personnel aboard the base. Pre-registration is required. If special accommodations or handicapped access is required, please notify us upon registration. Contact 542-2766, x127 to register.

The following workshops are available during the month of April 2002:

- April 22-25, 7:30 a.m. - 4 p.m.** - Transition Assistance Workshop (retirement)
- April 23, 8 a.m. - 4 p.m.** - Couples Communication Workshop
- April 24, 9 a.m. - noon** - How to Have a Healthy Relationship
- April 25, 8-11 a.m.** - Anger Control Workshop
- April 25, 9:30 a.m. - noon** - Child Support Information Workshop
- April 25, 6:30-9 p.m.** - Ombudsman Assembly
- April 25, 1:30-3 p.m.** - Volunteer Service Council
- April 30, 8 a.m. - 4 p.m.** - Stress Management Workshop



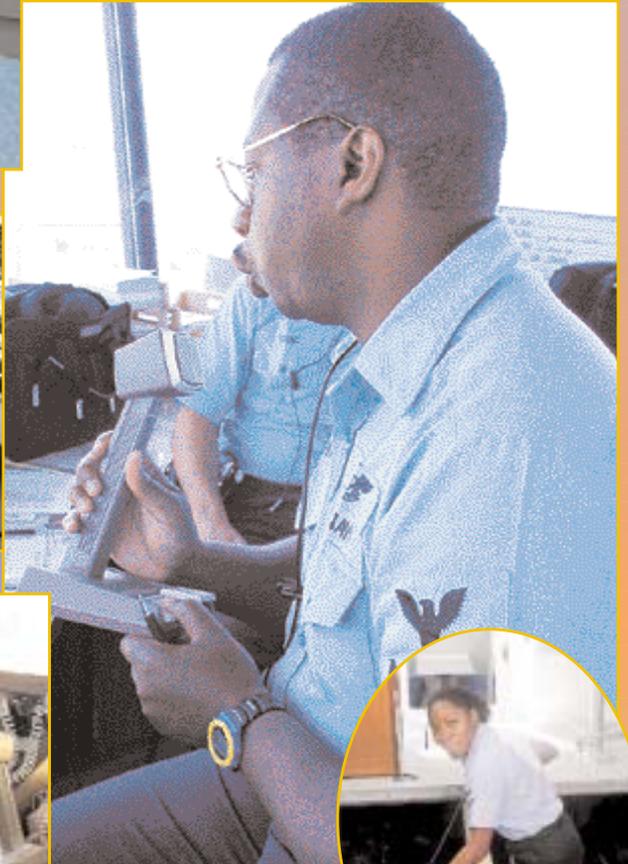
Air Ops



ET3 Sarah Durbin assesses a troubleshoot call while fixing a radar screen.



EN2 Julio Bonilla of the Boathouse calls in his location during a security run.



AC1(AW) Albert Knighten (above) communicates with the air-control room from the tower.



AC1(AW) Sue Clapp supervises and corresponds with all ground crews from the air traffic control tower.

EM3 Keelta Mills (right), checks to make sure everything is running properly before patrolling the high waters around NAS Jacksonville.

No two days same at Air Ops

By JO3 Jackey Bratt
Staff Writer

Operations is one of the largest, most diverse and complex departments at NAS Jacksonville. As the name implies, Operations Department, consisting of eight divisions, supports air operations at NAS Jacksonville by operating and maintaining two airfields, providing Search and Rescue (SAR), supporting SAR training on the St. John's River, ferrying passengers in the station's two C-12 aircraft and essentially providing full passenger terminal and cargo handling services, as well as, aircraft servicing duties.

When you think about a military airfield, the image of Sailors in the air traffic control tower of the airfield probably comes to mind. However, the air traffic control system and Operations Department are much more complex than that.

"Customer service and safety are the two most important aspects of Operations Department," said Cmdr. Robert Stewart, NAS Jacksonville's operation's officer. Stewart, who joined the department in February, honed in on the importance of those two issues. "Sharp, competent and professional Sailors and civilians with an eye for safety and customer service result in satisfied customers and make the entire organization run smoothly. We do our best to always provide para-

mount customer service to our clients," said Stewart.

"Safety is always so important because the nature of the jobs in operations always present an unusually high level of risk. From directing a plane onto the runway, to re-fueling an aircraft, to performing a Search and Rescue evolution, there are many unexpected dangers that can arise - instantly. Operations' personnel have to be constantly vigilant for safety issues. It is a vital part of their job and customer service," he added.

The task of ensuring safe operations of military aircraft falls on air traffic controllers (AC's). They must coordinate the movement of thousands of aircraft, keep them at safe distances from each other, direct them during take-off and landing, and direct them in and around bad weather. They ensure that traffic flows smoothly with minimal delays.

"This job is so complex because although we may be landing a plane day after day, no situation is exactly the same, there are a lot of variables that change constantly," commented AC1(AW/SW) Dion McDaniel, facility watch supervisor.

The movement of aircraft through the airspace area is much like players moving through a "zone" defense that a basketball or football team might use. As an aircraft travels through a

Photos by JO3 Jackey Bratt

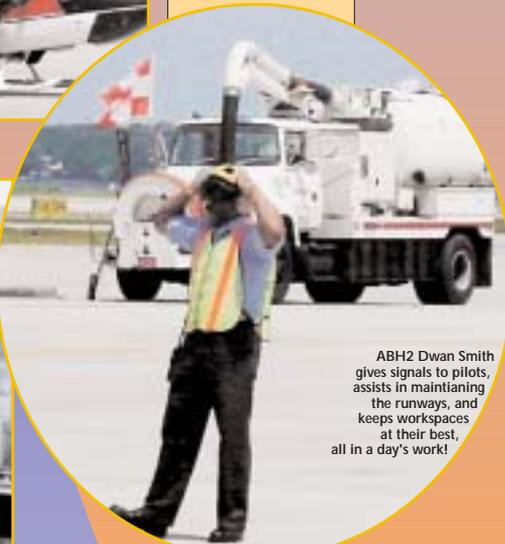


AC1(AW/SW) Wess Glass discusses the ideal approach of an aircraft with co-workers.

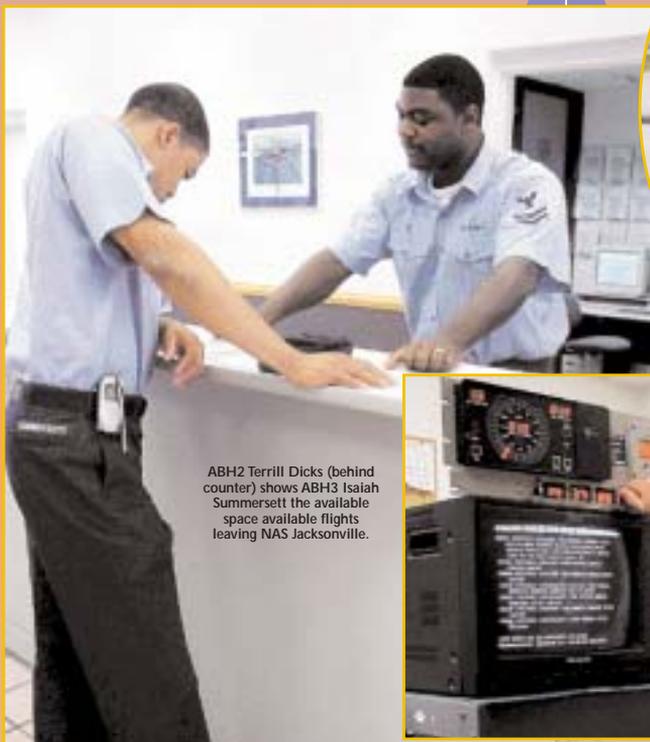
Air Ops



ABH2 Dwan Smith assists student pilots from NAS Pensacola with the movement of their test aircraft. He then directs them as they take off back to Pensacola.



ABH2 Dwan Smith gives signals to pilots, assists in maintaining the runways, and keeps workspaces at their best, all in a day's work!



ABH2 Terrill Dicks (behind counter) shows ABH3 Isaiah Summersett the available space available flights leaving NAS Jacksonville.



ET2 Robert Hane, meteorological technician, gathers important information on the upcoming weather conditions. Being 'in the know' about weather conditions is vital to air operations.



ET2 (SW) Jeffrey Feightner, (right) listens as ET2 Kevin Brown speaks on the different capabilities of the machines at air operations.

AIR OPS: Complex and never the same

From Page 6

given airspace area, it is monitored by the one or more air traffic controllers responsible for that area. The controllers monitor the plane and give instructions to the pilot.

"We have an outstanding working relationship with the pilots," said AC1 Steve Cyrus, crew leader and facility watch supervisor.

A crew of Sailors rotate every two hours from different positions in the radar room and air traffic control tower to ensure alertness and for safety reasons.

The Transient Line (T-Line) provides all the line servicing functions required to support transient aircraft. Parking, launching, fueling, servicing liquid oxygen systems (LOX) is all provided by the personnel assigned to the T-Line.

The Air Terminal performs much like a commercial airline company. While the T-Line provides service to aircraft, the Air Terminal provides services to the passengers - performing duties such as ticketing, baggage handling, passenger screening and cargo processing.

The Airfield Facilities Manager (AFM) provides critical support to the department by maintaining the airfield facilities. Their job is to ensure the airfield pavement, lighting systems and hangar facilities are maintained to exact standards.

Often overlooked because they are not in high visibility jobs like other divisions in Operations, the administrative side of the house is responsible for the administrative functions of the department. They are extremely important to the overall success of the department by providing support to all divisions and working as a

liaison with the Personnel Support Detachment.

The Flight Support Division is in charge of the station's two C-12 aircraft. They are tasked with ferrying passengers and cargo to various locations.

The Ground Electronics Division has the responsibility of performing preventive and corrective maintenance on all of the command's air traffic control equipment, including radar, communication, navigation and weather equipment.

"The equipment we work with is checked for accuracy and efficiency every few weeks by the Federal Aviation Administration," said ET2 Kevin Brown, a radar technician who specializes in the Airport Surveillance Radar.

Though not in aviation ratings, Sailors from the NAS Jax Boathouse are also a vital part of Operations. They contribute countless hours patrolling the waters around NAS Jax and aiding in SAR training and oil spills. "We always hope and pray that we'll never need their services but we know that if the need arises they will be first on the scene," said ACCM(AW/SW) James Green, leading chief petty officer.

"The Sailors and civilians in Operations are a great team. They work well together to support the command mission and to provide outstanding customer service - safely!" stated Green, enthusiastically.

"We strive for excellence in every aspect of our daily performance. My Sailors come to work everyday doing their jobs right and looking for ways to do them better. These Sailors prove everyday how reliable, professional and competent a United States Sailor can be. They have great work ethic. I'm proud to serve with them."

NavHosp JAX NEWS



Photo courtesy of Naval Hospital Jacksonville

The Customer Service Representatives of Naval Hospital Jacksonville are ready to handle any concerns, suggestions or comments you may have. Call the Customer Satisfaction Office at 542-9175.

NavHosp Jax invites feedback

By Marsha Childs
NavHosp Jacksonville Marketing Department

Have you ever wanted to recognize someone who has provided outstanding customer service at Naval Hospital Jacksonville, but didn't know how? Have you ever wanted to submit a suggestion, but didn't know where? Have you ever had a question you wanted answered, but didn't know who to ask? If you answered "yes" to any of these questions, then you don't know about our Customer Service Representative (CSR) Program at Naval Hospital Jacksonville.

The hospital's Customer Satisfaction Office manages a network of specially trained Customer Service Representatives (CSRs) who are located in each hospital department. The CSRs serve as patient advocates who address comments, concerns or suggestions within the clinic or department. The photos and names of the

CSRs are prominently displayed in all clinical areas. A patient may also call the Customer Satisfaction Office at (904) 542-9175 for assistance or for the name and telephone number of the CSR in a specific area.

Additionally, the Naval Hospital Commanding Officer Capt. Ralph Lockhart, has a Care Line, 542-CARE, and there are patient comment sheets in the primary care clinics with comment boxes strategically located in the outpatient hallway for your convenience. You may also E-mail Customer Service at nhjaxcustomerservice@sar.med.navy.mil.

It is not surprising that the vast majority of the comments we receive recognize our outstanding Naval Hospital and Branch Medical Clinic staffs for their professional, friendly, and caring manner. Nevertheless, your input is needed so that we may continually improve our service to you, our valued customer.

Long-term care insurance available for Federal employees

WASHINGTON, April 3, 2002 — A period of early enrollment into the new Federal Long-Term Care Insurance Program is now open. Federal personnel managers estimate as many as 20 million people are eligible to use this new benefit.

The federal Office of Personnel Management has contracted with John Hancock and MetLife insurance companies to provide this additional benefit for all federal employees, including military, and (military) retirees.

The insurance program is designed to cover expenses associated with long-term care in a nursing home or in the beneficiary's home. Federal employees will be able to purchase the insurance for themselves, spouses, children and parents. Federal retirees are entitled to enroll only themselves and their spouses, according to information on the program's Internet home page at <http://www.opm.gov/insure/ltc>.

The early enrollment period began March 25 and runs until May 15. An initial six-month-long open enrollment season begins July 1. Officials stressed the early enrollment period is designed to accommodate people who are familiar with long-term care insurance and know what coverage they wish to purchase.

Those who still have questions should wait until the open season. An information campaign under way now will help educate people about the benefit by the open enrollment period, officials said.

Applicants may be required to answer health-related questions, provide medical records or be interviewed personally to be eligible for the insurance.

During early enrollment, pre-packaged

policies can be purchased for three- or five-year periods, with daily benefits of \$100 or \$150. Individuals wishing greater flexibility can buy policies with daily benefits from \$50 to \$300. Additional plan options, including an unlimited benefit, will be available during the regular open enrollment, according to an OPM news release.

For individuals between ages 18 and 30, premiums are \$8.40 per month for a policy that offers daily benefit of \$100 over three years and after a 90-day waiting period; the same policy with inflation protection starts at \$32 a month. After age 30, premiums will vary based on age, amount and length of coverage, the waiting period before benefits kick in and other factors, the release said.

Long-term care is not medical care but rather is designed to help people with chronic conditions to perform daily life functions, such as getting out of bed, dressing, eating and going to the bathroom. Care can be received at home or in a hospital, nursing home, assisted living facility, adult day care center or hospice.

Experts caution that since long-term care is not medical care, it isn't covered by many medical insurance plans, including Medicare and TRICARE.

For full details, including premiums, packages, benefits, rules and how to enroll, visit the OPM Long-Term Care Insurance Web site at <http://www.opm.gov/insure/ltc/> or the LTC Partners web site at <http://www.ltcfeds.com/> or call the LTC toll-free number at 1-800-582-3337 or TDD 1-800-843-3557.

Knowing facts on colorectal cancer can save your life

From NavHosp Jacksonville Public Affairs

Colorectal cancer (cancer of the colon or rectum) is second only to lung cancer in causing cancer-related deaths in the U.S. An estimated 148,300 new cases and 56,600 deaths from colorectal cancer are expected in 2002.

More than one-third of colorectal cancer deaths could be avoided if people over 50 had regular screening tests.

Most colorectal cancers begin as polyps. (Polyps are growths on the inner wall of the colon or rectum.)

People who have polyps or colorectal cancer do not always have symptoms, especially at first. Someone could have polyps or colorectal cancer and not know it. Screening tests are so important because they can find colorectal cancer early, when treatment works best. When colorectal cancer is detected in the earliest stage of the disease (Stage 1), the survival rate is 96 percent.

Colorectal cancer is one of the most preventable cancers. Screening tests can help prevent colorectal cancer by finding pre-cancerous polyps so they can be removed before they turn into cancer.

Risk increases as we age. The risk of developing colorectal cancer increases with age. In fact, most cases (92 percent) occur in people 50 and older.

Both men and women are at risk. Some people think that women are not at risk for colorectal cancer. However, both sexes may develop this cancer.

Medicare helps pay for colorectal cancer screening tests. People with Medicare Part B coverage who are age 50 or older are eligible for colorectal cancer screenings. However, in the case of colonoscopy, there is no age limit. Several different screening tests can be used to test for polyps or colorectal cancer. Each can be used alone. Sometimes they are used in combination with each other. The following screening tests are covered by Medicare:

- Fecal Occult Blood Test (FOBT) or Stool Test - Covered once per year. You pay no coinsurance and no Part B deductible. A test you do at home using a test kit you get from your health care provider. You put stool samples on test cards, then return the cards to the doctor or a lab. This test checks for occult (hidden) blood in the stool.
- Flexible Sigmoidoscopy (Flex Sig) -

Covered once every four years. You pay 20 percent of the Medicare approved amount after the yearly Part B deductible. A test in which the doctor puts a short, thin, flexible, lighted tube into your rectum. The doctor checks for polyps or cancer in the rectum and lower third of the colon. Sometimes a flexible sigmoidoscopy is used in combination with a Fecal Occult Blood Test (FOBT).

- Colonoscopy High Risk Individuals - If you are at high risk for colorectal cancer, Medicare covers a colonoscopy or a barium enema every two years. You pay 20 percent of the Medicare approved amount after the yearly Part B deductible. (Your risk for colorectal cancer may be higher than average if you or a close relative had colorectal polyps or cancer, or if you have inflammatory bowel disease.)
- Average Risk Individuals - If you are at average risk (i.e., not at high risk) for colorectal cancer, Medicare will cover a colonoscopy every 10 years. You pay 20 percent of the Medicare approved amount after the yearly Part B deductible. However, if you are at average risk and have had a covered flexible sigmoidoscopy, you must wait 4 years to be eligible for Medicare coverage of a colonoscopy. This test is similar to a flexible sigmoidoscopy, except the doctor uses a longer, thin, flexible, lighted tube to check for polyps or cancer in the rectum and the entire colon. During the test, the doctor can find and remove most polyps and some cancers.
- Double Contrast Barium Enema - This test can substitute for a flexible sigmoidoscopy or for a colonoscopy. You pay 20 percent of the Medicare approved amount after the yearly Part B deductible. A test in which you are given an enema with a liquid called barium. The doctor takes x-rays of your colon. The barium allows the doctor to see the outline of your colon, to check for polyps or other abnormalities.

The Urology Clinic at Naval Hospital Jacksonville is conducting an Early Detection for Prostate Cancer Screening Clinic on April 24. Please call the Urology Clinic for your appointment at 542-7489. Do not wait. Prostate cancer is a health issue that should be on everyone's radar screen!

— PINK RIBBON QUILT —

‘Don’t let your mother be just a memory’

In honor of Mother's Day, please join us at the Wellness Center on May 9, from 11 a.m. to 1 p.m. to honor and memorialize those affected by breast cancer. There will be a demonstration/instruction on how to make a square for the "Pink Ribbon Quilt" to be displayed at Naval Hospital Jacksonville.

A fat quarter each of white and pink 100 percent cotton material is necessary. Bring a brown bag lunch if you like. The event is sponsored by the Naval Hospital Jacksonville Wellness Center and Surgery Clinic and is limited to 30 seats. To sign up or for more information call Nikki Levinson-Lustgarten at 542-7857.

Facts for those who live with Asthma

From the Community Asthma Partnership

Asthma is a chronic inflammation of the lung airways that causes coughing, chest tightness, wheezing or shortness of breath.

An estimated 17 million Americans have asthma; 4.8 million are under 18.

The prevalence of asthma is increasing, rising 60 percent since 1979 among all ages, races and gender groups.

Asthma mortality has increased to 5,000 deaths per year.

Mortality is especially high among African-Americans, with a death rate at least four times greater than for Caucasians.

Asthma results in 470,000 hospitalizations and 100 million days of restricted activity annually.

Asthma is the most common chronic illness in childhood, accounting for 10 million missed school days each year.

Direct medical expenditures associated with asthma,

including hospital care, physicians' services and medications, are estimated at \$7.4 billion annually.

Indirect medical expenditures, including lost work days for adults suffering from asthma or caring for children with asthma and lost future earnings from premature deaths associated with asthma, total \$5.3 billion annually.

Triggers that can initiate an asthma attack include allergens such as pollen, dust, animal dander, drugs and food additives, as well as viral respiratory infections and physical exertion.

Asthma is often hereditary.

Weather conditions such as extremely dry, wet or windy weather, can worsen an asthma condition.

Effective asthma treatment includes monitoring the disease with a peak flow meter, identifying and avoiding allergen triggers, using drug therapies including bronchodilators and anti-inflammatory agents, and developing an emergency plan for severe attacks.

There are two types of asthma medications: long-term control and quick-relief medications. Long-term control medications are preventive, taken daily to achieve and maintain control or asthma symptoms. Quick-relief medications are used to treat asthma attacks. They relieve symptoms rapidly and are taken on an as-needed basis.

One of the most effective medications for controlling asthma is inhaled corticosteroids, which are anti-inflammatory medications. Taken early and as directed, these well-tolerated safe medications can improve asthma control, normalize lung function, and possibly prevent irreversible injury to lung airways.

Immunotherapy or allergy vaccinations should be considered if asthma is triggered by exposure to unavoidable allergens, if symptoms occur year-round or during a majority of the year, or if it is difficult to control symptoms with medication.

Naval Hospital Jacksonville is now delivering babies to deployed new fathers via e-mail.

Your News!
Here's
Where You
Get It
Weekly!

Jax Air News

VOLUNTEER: NAS Jax coordinator recognized

From Page 1

Of course, it would be impossible to participate in every volunteer project going on throughout the city, so the council sets goals each year on what they can and can't do.

"We try to do several big projects each year such as Special Olympics, Paint the Town, the Salvation Army Bell Ringing Project, Habijax and Stand for Children Day, which is an educational event for children on May 18 at The Jacksonville Landing," Parker said.

"Another goal of the council is to use community service to help motivate and foster a foundation for self-development, leadership, pride and achievement in our young people," Parker said. "To help them adopt healthy values and to understand and appreciate Navy's core values."

Much of Parker's free time is also spent volunteering in some capacity.

"Community service has been good for my soul. It has given me the strength to overcome some really big challenges in my life including a head-on car accident that injured both of my legs and left me in a wheelchair for six months, breast cancer, and the death of my father and husband. It has been the compass that helped me put all these challenges in perspective," she explained. "How can I feel sorry for myself when people don't survive accidents or breast cancer. These were just stepping stones for me."

When she's not at work, Parker spends her time working with children and senior citizens. One program in Jacksonville ties the two together through an organization that matches up senior citizens with at risk and special need children and youths to act as mentors.

"About nine years ago, NAS Jacksonville was asked to sponsor an inner-generational activity on base. We held a picnic and offered tours. Several high level military and civilian employees, were also invited to talk with youth about goal setting and how they triumphed over personal challenges in their lives to become successful. After the day was over, I was asked to become a member of the advisory council and that's how I got involved with the Foster Grandparents Program (FGP). I spend some of my off time going out to schools and youth organizations to make sure FGP assignments are working out," she said.

Another project she and the FGP Advisory Council are currently putting together is a cookbook to raise money to send grandparents to training to help them better work with special needs chil-

dren. Parker served as chairman of the FGP Advisory Council from 1996 to 2001. She currently holds the position of vice-chairman and chair of the fundraising committee.

Parker is also very much involved with the Children's Crisis Center, Inc. (CCC), an organization whose mission is to prevent all forms of child abuse through education, intervention, treatment, support and advocacy, ensuring that every child has the opportunity to grow in a nurturing home and community. Parker currently serves as president of CCC's board of directors.

Through her work with CCC, she met and became friends with Monique Burr who was also on the board of directors. Five years ago, Burr was killed in a car accident. In her honor, the CCC board of directors, and Burr's husband Ed, a local developer and president of LandMar Group, LLC, created the Monique Burr Foundation for Children, Inc., (MBF), which awards grants to organizations that help children.

Over the past four years, MBF has raised and awarded more than \$750,000 dollars in grants to local new and existing child abuse prevention programs. Some of these programs include the Good Touch/Bad Touch Program which is approved by the Duval County School System and Moniques' Kids which helps at-risk, inner city children who need positive guidance and direction. Parker presently serves as vice-president of the MBF Foundation.

Parker's own family consists of her husband Walden, a son, Bishop and three stepchildren.

"All my children are grown-up now. My son Bishop will receive his Doctorate of Pharmacy degree this month. By volunteering with these organizations, I get to be around children. I love kids. I don't care what color they are, I just love them, and would like to see in my lifetime a world where every child has a chance to grow up in an environment where they are loved and valued," she said happily.

In the future, Parker says she plans to continue what she is doing because she loves her job here.

"I really admire and respect what Navy FFSC programs can do to help Sailors and families adjust and cope with the military lifestyle. And, as for the Navy Community Service Program, I would like to thank each and every one of the Sailors and civilians who have helped out people in need. I encourage them to keep doing what they are doing. They are truly my heroes," she exclaimed.



Photo by JO2 Mike Jones

NADep opens CAC trailer

Mireya Lee (right) explains Privacy Act information to Steve Faulk, Naval Aviation Depot (NADep) electronics engineer at the Common Access Card mobile issuance trailer on Monday. A trailer was set up in the NADep parking lot Monday to assist personnel receiving new cards.



HM3 Dohn Jones prepares blood tubes for testing.

Photos by HM3 Christina Helms

Naval Hospital Medical Lab *'Quality care through quality testing'*

By HM3 Christina Helms
NavHosp Jacksonville Public Affairs

National Medical Laboratory Week (NMLW), April 14-20, is a time to honor the more than 280,000 medical laboratory professionals across the nation who perform and interpret laboratory tests that save lives and keep people healthy.

Pathologists and laboratory technologists and technicians at Naval Hospital Jacksonville are among the many unsung heroes of medical healthcare. Currently the Naval Hospital employs 45 military and civilian laboratory professionals.

This year's theme for NMLW is "Laboratory Professionals: Quality Care Through Quality Testing."

Using state-of-the-art technology and instrumentation, laboratory professionals help to prevent disease by detecting unknown health problems and by aiding in the diagnosis and treatment of existing conditions by providing accurate, timely test results.

"Many times a test, like the Prostate Specific Antigen (PSA) test for prostate problems or the Pap smear for cervical cancer, will discover a condition before symptoms occur," Lt. Cmdr. Cynthia Wilkerson continued. "Early detection and diagnosis means early and usually less complicated treatments, shortened hospital stays, and the patient's speedy return to a productive lifestyle."

Results of laboratory tests often identify the presence of disease in its earliest stages, when the possibilities of a cure are greatest and when treatment is least costly.

There are about 2,000 different types of tests available in medical laboratories. A host of these, including urinalysis, thyroid functions, throat cultures, and a variety of blood tests, are among the most useful and least-expensive diagnostic procedures performed - very important today, when health costs are a major economic concern.

When properly performed and interpreted by pathologists and certified medical laboratory personnel, test results also can rule out a condition, thus avoiding costly, unnecessary treatment, or monitor a treatment to ensure it is working and working well.



Cmdr. Keath Wade performs laboratory tests to assist in diagnosing patients.



HM3 Josh Humphreys peers through a microscope during a routine laboratory test.



Amanda Taylor has her sugar levels tested by HM2 Daniel Manning to ensure she has a fit pregnancy.



HM1 Wyeth Daniel runs a urine sample through a diagnostic machine.



HM3 Jeremi Ferlin draws blood from SH1 Vincene Leatherwood.

Many tests are routine, done in almost every laboratory. Others are highly sophisticated, requiring expensive instruments, computers and complicated techniques, so only a few laboratories offer them. In laboratories all across the country, almost 10 billion tests are performed on body fluids, tissues and cells each year. New technolo-

gies, such as DNA-based tests for cancer and genetic diseases, are constantly being introduced.

The goals are to determine who is at risk of

developing diseases, to detect conditions as early as possible, to make better decisions regarding treatment, and to help patients have healthy tomorrows.

Next time you're at the Naval Hospital and need some lab test done, don't forget to say thanks to the technicians for all their hard work.



Tournament participants tally and weigh the day's catch.



Ron Heath and Walter Boren proudly display the awards they won for reeling in the biggest bass during the 20th Annual Bass Tournament.



Photos courtesy of MWR

A large-mouth bass is weighed in. All of the fish were released after being weighed.

Fishermen strive to catch biggest bass

By Kaylee LaRocque
Assistant Editor

At the crack of dawn last Saturday, 106 anglers headed to the Mulberry Cove Marina to participate in the 20th Annual Bass Tournament. The event was open to all active duty members, retirees, DoD, NAF employees and contractors with access to the base. Teams consisted of two members per boat.

The top seven teams received awards for their efforts. Placing first were Ron Heath and Walter Boren who caught a 22-pound, 11-ounce bass. They were awarded a check for \$860 and plaques. Taking second place was Loren Murwin and Todd Mowery who reeled in a 15-pound, 14-ounce fish and winning third was Tom and Mike Anderson who brought in a 15-pound, 3-ounce fish.

Other winners included J.T. Barnard and Jerry Shawyer in fourth place, Harold Wilhelm and Richard Bates in fifth, Bill Abberton and Mike Fine taking sixth, and Gerald Gay and John Petti,s who placed seventh.

The Big Bass Pot, which was worth \$510, was won by Bill Abberton and Mike Fine. "I wasn't sight fishing when I caught the big fish. It was a great way to start the day

and the tournament," said Abberton.

All participants received a free tournament hat, sponsor bag with promotional items, tickets for door prizes and free food and beverages at the weigh-in.

All of the fish were released after the event. Next year's tournament will be held the first or second week of April. For more information call the marina at 542-3260.

Golf tournament planned

A Commander, Navy Region Southeast and Friends Golf Tournament is scheduled for May 30 at 1 p.m. at the Eagle Harbor Golf Club.

The event is a 4-person scramble. The cost is \$55 per person and includes green and cart fees, beverages, prizes and a BBQ buffet in the club after the tournament.

The deadline to sign up is May 17. For more information call 542-2326.

Let's talk about fog

From the NAS Jax Safety Office

Often you can't avoid traveling during foggy conditions so, if you must drive in the fog, here are a few basic tips you should follow:

- Allow more time for your journey. Trying to get to work in the time you usually do, just won't work so it's better to take your time and be a little late than DOA.



- Check and clean your windshield, windows and lights before driving. Use your windshield wipers and defrosters at all times.

- See and be seen. As a general rule drivers should use low beams only.

- If you drive into a patch of fog, slow down gradually so the car behind you has time to slow down also.

- If possible, find an off-street parking space for your car and never leave it on the "wrong" side of the road.

- To heighten your awareness in your murky surroundings, open your window part way and turn off the radio.

- Maintain a safe following distance from the car in front of you. Leave yourself plenty of room for stopping. You should always be able to stop within your range of vision.

- Slow down and keep to safe speed. Don't be tempted to keep up with the vehicle in front of you, as it can give a false sense of security. Don't speed up to get away from a vehicle which is too close behind you, and always resist the urge to overtake as you may find visibility ahead much worse than you actually think.

- Stay patient. Do not pass.

- Don't hunch forward over your steering wheel. You'll see better in your normal driving position.

- Use the right side of the road for guidance.

- If the fog gets too dense, pull off the road, leave your headlights on, start the flashers, turn on your interior lights, and sound your horn occasionally.

- Turning at an intersection in fog needs particular care. Open your windows so that you can hear oncoming vehicles. Use your turn signals well beforehand and while waiting to turn, keep your foot on the brake pedal so that your stoplights are on as an extra warning.

- If your vehicle breaks down, get it off the road if you can't do this, make sure you turn the hazard warning lights on.

- Remember that fog can drift rapidly and is often patchy. People often think that fog is clearing and suddenly find themselves back in thick fog.

A few tips on cooking outdoors safely

From the NAS Jax Fire Prevention Bureau

The outdoor cooking season is in full force. Cooking with LP gas or charcoal grills can be enjoyed throughout the spring and summer seasons. To help ensure your cookouts are safe, here a few safety tips from the NAS Jax Fire Prevention Bureau:

- When using a gas grill, check your propane tank for dents or other damage.
- Check your cylinder fittings and connections to make sure they are tight.
- Never light your grill if you smell a strong odor of gas.
- After use, always turn off the LP gas tank valve.
- Never use your gas or charcoal grill indoors, or on an enclosed porch or patio.

- Never store propane tanks indoors or in an enclosed area.
- When using a charcoal grill, always use charcoal lighter fluid, never under any circumstances, use gasoline or kerosene.
- Never re-apply lighter fluid onto hot briquettes or a smoldering fire.
- Keep your grill a safe distance from houses and overhangs.
- Wear clothing that won't flop against coals or other hot surfaces of the grill.
- Keep children a safe distance away from the cooking area.
- Never leave outdoor cooking unattended.

City of Jacksonville sponsors Children's Day Walk/Fair

The Seventh Annual Stand For Children's Day Walk and Community Fair is May 18.

What you can expect:

Navy personnel, family members and friends will gather as a group at Jessie Ball Dupont Park, 1123 Prudential Drive at 8 a.m. They will be led in a leisure walk by Navy leaders across the Main Street Bridge to the Jacksonville Landing for a rally on behalf of children and other scheduled activities. Other agencies, organizations and community groups will also participate in this event. Wear your command cap and t-shirt.

Events: Carnival games and prize give-aways, mini-train rides, summer camp and childcare information booths, child seat belt workshop, live entertainment, educational interaction booths, face painting, balloon art and more. All activities are open to the public.

All commands and departments, spouse clubs and other Navy organizations that participate as a group in the walk will receive a certificate of recognition. Navy commands have been invited to set up static displays or provide demonstrations at The Landing for children on this day. Interested



commands should call 542-2766, Ext. 130 for information.

How to get involved: To sign up for the walk, e-mail oparker@nasjax.navy.mil. For additional information, call your base Navy Community Service Program Coordinator at 542-2766, Ext. 130.

History of Stand For Children: Stand For Children was formed by the Children's Defense Fund to organize a mass demonstration for children on June 1, 1996, at the Lincoln Memorial in Washington, D.C. Organized in just over five months and endorsed by more than 4,000 local, state, and national organizations, the first Stand For Children Day drew more than 300,000 people, making it the biggest gathering for children in American history.

healthy, educated and safe.

Mission: Stand For Children's mission is to build a voice strong enough to give all children the opportunity to grow up healthy, educated, and safe. Stand For Children is a national, nonpartisan membership organization.

Our members take action nationally on a range of children's issues.

Our teams put on local Stand For Children Day activities to raise awareness about children's needs and take action on state and national issues.

Our chapters organize locally to improve the quality of child care, increase after-school programs and teen activities, make schools better, increase children's access to health services and education, and address other community concerns.

Our community supporters, both nonprofit organizations and businesses, support Stand For Children with their contributions and their commitment to children and families in their workplace and in their community.

That historic day was Stand For Children's founding. Moved by the flood of calls expressing interest in local action following Stand For Children Day, rally organizers Jonah Edelman and Eliza Leighton began on June 2, 1996 to transform Stand For Children into an ongoing nationwide grassroots voice for children's health, education, and safety.

Stand For Children is America's only nationwide grassroots voice for children. It is a nonpartisan organization committed to building a voice strong enough to give all children an opportunity to grow up

MWR NOTES

Triple play vendor day planned

If you are in the market for new golf clubs or want to see the latest on the market head to NAS Jacksonville Golf Club tomorrow from 10 a.m. – 2 p.m. There will be representatives from Cobra, Callaway and Titleist demonstrating and displaying the latest in golf merchandise. For more information call 542-3249.

Try-out for the largest active-duty golf tournament

If you are active duty and interested in playing in the Southeast Military Golf Tournament May 6-9 at NAS Jacksonville tryouts are April 19-20. Call the Pro-Shop for details at 542-3249.

Summer Camp registration

Registration for Adventure Summer 2002 will take place this Saturday from 10 a.m. - 1 p.m. at Youth Activities. Swing by today and pick up your paperwork packet and have it completed when you show up for registration. Call 778-9772 for information.

Month of the Military Child celebration

Enjoy free rides, fun and much more on April 27 from 10 a.m. to 2 p.m. in the NEX parking lot. Call Youth Activities for more information at 778-9772.

Fun in the sun

Stop by the Mulberry Cove Marina and rent some watercraft. It's only \$25 an hour for jet ski rentals for active duty. We provide all the training required for no additional cost. Gear up for springtime camping and get two items of camping gear free when you rent a 3 or 4-person tent.

Sign up now for sailing classes

Sailing classes are being offered at Mulberry Cove Marina. The cost for Basic Sailing Centerboard is only \$80/person. Designed for the beginner, classes are held Saturdays and Sundays: Class #3 June 1-23, Class #5 Sept. 7-29 or take them on Tuesdays and Thursdays from 4:30 - 7:30 p.m. Class #2 April 23-May 21, Class #4 May 28-June 25. Call the Marina for info at 542-3260.

Relax and enjoy getting away

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

- Saturday - Okelenekee Swamp Tour
- April 20 - Tallahassee Day Trip
- April 21 - Kennedy Space Center
- April 27 - Disney World Shuttle
- May 4 - Savannah Smiles

May 12 - Mothers Day The Island Way
 June 5-9 - Cruising The Coast. You won't want to miss out on this great trip to the Gulf Coast. Stops include; Biloxi, New Orleans, and Pensacola.

Oct. 10-14 - Fall Colors. Tour FDR's Little White House in Warm Springs, spend the afternoon in Callaway Gardens, party at Oktoberfest in Helen, Ga., explore Biltmore Estates and see the colors of fall.

The Fouled Anchor CPO Club now open

Calling all E-7s, E-8s and E-9s, if you have not been by to check out your club, you are missing out. The entire club has been renovated and is smoke free. Smoking is still authorized on the new deck which has its own serving window. Dance and kick back on Fridays with entertainment or just stop by and eat lunch with us. Call 542-3461 for more information.

Cinco de Mayo parties

A variety of fiestas will be held to celebrate Cinco de Mayo, get in the partying mood and come on out!

- May 2 – Drop in to the T-Bar at 4 p.m. for the taco bar and specials.
- May 3 – Head to Mulligan's 19th Hole to enjoy the fun that kicks off at 4 p.m.
- May 3 – Stop by the Budweiser Brew House at 4 p.m. to enjoy a taco bar and beverage specials.

Food that comes to you

Can't get out of the office? Live on base? All great reasons to utilize Call the Delivery Zone to meet those hunger needs. The Delivery Zone delivers anywhere on base and has a wide variety menu that includes Bambino's pizza, subs and sandwiches, salads, wings, burgers and more. Delivery is available seven days a week from 11 a.m. - 8:30 p.m. Call 542-3900.

Take to the sky

Have you ever wanted to learn to fly? Are you a flight instructor and want to teach? The Flying Club is now located on Herlong Road and has something for everyone with an aviation flair. For more information call 786-4128.

Free movies offered

Movies are shown in the Base Theater on Jason Street every Friday and every other Saturday. Please bring your own snacks (no alcohol) and do not leave children under 18 unaccompanied.
 Friday, 7 p.m. - Behind Enemy Lines (PG13)
 April 26, 7 p.m. - Corky Romano (PG13)

April 27, 5 p.m. - The Musketeer (PG13)
 April 27, 7 p.m. - K-Pax (PG13)

NAS Jacksonville RV Park

Located on the corner of Birmingham Avenue and Mustin Road. The park features 28 full hook up sites, nine partial and seven primitive. Reservations are taken 60 days in advance. For more information or to make a reservation, call 542-3227.

Catch the Tomcat action

Arena football action is back in season. The I.T.T. office has Jacksonville Tomcats tickets on sale now for all home games; ticket prices are \$10.50 and \$15.50.

2002 Schedule

- April 26 vs. Charleston
- May 24 vs. Florida
- May 31 vs. Columbus
- June 14 vs. Macon
- June 21 vs. Pensacola
- July 5 vs. Tallahassee
- July 13 vs. Mobile

Ladies tee it up

Calling all ladies out to the golf course on Fridays at 4:30 p.m. to socialize while learning or improving golf skills. The cost is only \$10 per session and includes wine and cheese after the lesson. Call 542-3249 for more information or just show up on Fridays.

Get Xtreme on Saturdays

NAS Freedom Lanes is running a Saturday Xtreme Bowling Package from 4 – 6 p.m. Glow in the dark sound and light show brightens up anyone's bowling experience. The cost is only \$6/person (includes shoes) or pay \$21.95 per lane (includes six pairs of shoes).

This is a great place to spend time with friends and family in a non-smoking environment.

Learn to dive

It is never too late to learn to scuba dive. The April/May class starts on April 23 and finishes May 25. The cost is only \$118 and includes textbook, workbook, video and audio educational tapes, dive tables, decals, and certification card. To hold your spot in the class a \$50 deposit is due by April 22. Call JJ or Vera Thomas at 291-1575 or e-mail aquaspaceventure@aol.com.

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 mwrmtg@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. Call 772-0242 or President Barbara Howard at 471-1444.

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

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

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

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

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

Fleet Reserve Association Branch 126 is holding their monthly meeting tonight at 8 p.m. at the Branch Home on Blanding Blvd. For more info call 771-2936.

The Autism Association of Northeast Florida is sponsoring a Harley Davidson Autism Ride on Saturday in support of National Autism Awareness Month in April. Nearly 1,000 riders are expected to ride across the city representing the more than 1,000 people in the Jacksonville area who have some form of Autism. Registration is from 9-11:30 a.m. at the Venus Swimwear store on Marco Beach Drive. The ride begins at noon. For more information call 215-1931.

The World of Nations Celebration is slated for April 26, 27 and 28 at Metropolitan Park. Join us as we celebrate the rich cultural traditions and unique heritage of people from around the world of nations. Experience cuisine, artistry and customs from lands near and far. Saturday night features fireworks. Call 630-3690 for information.

The American College of Allergy, Asthma and Immunology (ACAAI) is conducting free screenings on May 4 from 11 a.m. to 3 p.m. at Gateway Mall. The screenings are being conducted to help adults and children with breathing problems find out if they have asthma. Symptoms of potential asthma include chronic coughing, wheezing and shortness of breath. For more information call Charlene Marsh at 743-5157.

The next **Jacksonville Semper Fidelis Society** luncheon is scheduled for May 15 at 11:30 at the Picadelly Cafeteria near Regency Mall. For more information, call Sharon Leahy at 545-0635 or go to the society web site at www.jaxsemperfidelis.org.

McGruff and friends talk to the kids!



Photos by JO2 Mike Jones

Base youth "hound" McGruff the Crime Dog (above) during his visit to the Youth Activities Center April 11. McGruff and Bill Curnutte, NAS Jacksonville Security Detachment crime prevention officer, visited the center to teach the youth about the Drug Abuse Resistance Education (D.A.R.E.) program. April 11 marked National D.A.R.E. Day.



Bill Curnutte (right), NAS Jacksonville Security Detachment crime prevention officer, explains the dangers of drugs to Giovanni Penn, 11, during a visit to the Youth Activities Center April 11.

