



# Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

## TOUCHING BASE



### Jax Air News Holiday Schedule

This is the last issue of the *Jax Air News* for 2003. The next edition will be published Jan. 8, 2004. Due to the holidays, the office will have limited staff available. Articles and ads will be accepted during this time for the January issue. For more information during the holiday season, call 542-1533.



### Jingle Bell Jog 5K Run/Walk

Runners and walkers put your best to the test and join us for our annual Jingle Bell Jog fun run today at 11:30 a.m. The first 100 to register will receive a free T-shirt. Holiday hams and turkeys will be raffled off. For more information and to register, call 542-3518.



### Holiday event planned

NAS Jax Morale, Welfare and Recreation Department is hosting the Tropical Freeze event Saturday from noon to 4 p.m. at the Mulberry Cove Marina. Enjoy a snow sled run, free cookies and sodas. Call 542-3577 for more information on these events.

### Gator Bowl tickets available

The USO has tickets to the 59th annual Toyota Gator Bowl, which will be held Jan. 1 at Alltel Stadium. Tickets are \$25 each while they last. For more information, call 542-3028.



Photo by JO2 Mike England

Representatives of the 2003 Combined Federal Campaign (CFC) at NAS Jax were recognized during a CFC celebration at the River Cove Officers' Club Monday. (From left, front row) Nancy Ricker, regional director, U.S. Dept. of Labor; Lt. j.g. Felicia Barbour, NAS Jax CFC chairperson; Capt. Charles Khan, NAS Jax Public Works Center commanding officer; Capt. John Sentell, Naval Hospital Jax commanding officer; Bob Bull, Naval Aviation Depot Jax, Cmdr. Jay Higgins, Commander, Navy Region Southeast loaned executive; Capt. Charles King, NAS Jax executive officer, Rear Adm. Annette E. Brown, commander Navy Region Southeast. (From left, back row) Gunnery Sgt. Robert Crumpton, Naval Hospital Jax loaned executive; SH1 Lamont Brown, Combined Bachelor's Quarters loaned executive; Chad Johnson, NAS Jax Public Works and Jim Borgmeier, Naval Aviation Depot Jax.

## Annual CFC drive comes to an end

By Staff

A grand celebration held Monday at the NAS Jacksonville River Cove Officers' Club officially ended the 2003 Northeast Florida/Southeast Georgia Combined Federal Campaign (CFC).

This year's campaign generated over \$2,315,576, which is 112 percentage of the goal for this area and \$200,000 more than last year total contributions.

"I think our program was an overwhelming success," said NAS Jax CFC Chairperson Lt. j.g. Felicia Barbour.

More than \$800,000 of these funds collected will be distributed to local charities.

**Final results of the NAS Jax CFC Drive are on Page 12.**

See CFC, Page 12

## NAS Jax announces 2004 Sailor of the Year

By JO2(SCW) Eric Clay  
Assistant Editor

NAS Jacksonville announced MS1(SW/AW) Anthony Williams as its 2004 Sailor of the Year last Friday at a luncheon held at the Zone.

"I am overjoyed and overwhelmed. I am in awe that I was chosen as the Sailor of the Year," said Williams.

The new Sailor of the Year title will definitely influence his Navy career, but Williams plans to continue doing things as he always has.

"I am not going to change the way that I do things because I believe the positive attitude that got me here will continue to work for me in the future," he commented.

As the NAS Jacksonville Sailor of the Year, Williams will com-

pete in the Commander, Navy Region Southeast Sailor of the Year competition in mid-January.

A native of Tarboro, N.C., Williams joined the Navy in 1991 after graduating from Tarboro High School.

He has been supported throughout his Navy career by his wife, Terry and his son, Joshua-Anthony.

"I want to thank my family for all of their love and support, without them none of this could be possible," he said.

After completing boot camp at Recruit Training Center, San Diego, and Basic Acoustic Level Analyses School in which he finished in the top 20 percentile of his class, Williams received orders to USS Ortolan (ASR-22). He then laterally converted to Mess Management Specialist (MS) and attended MS "A" School in San Diego.

In September 1993, he reported to Norfolk, Va., for duty on board USS Theodore Roosevelt (CVN-71). There he was assigned duties as watch captain and served with the ship's brig as part of the security force. His next tour was at NAS Cecil Field, where he was promoted to second class petty officer.

In July 1998, he transferred to Commander, Cruiser-Destroyer Group 12, deploying on board USS Enterprise (CVN 65) and acting as an ambassador of goodwill serving numerous distinguished visitors and government officials. While at sea, he earned both his surface warfare and aviation warfare specialist qualifications. He was also selected Junior Sailor of the Year.

Presently, Williams is assigned to NAS Jax as the Combined

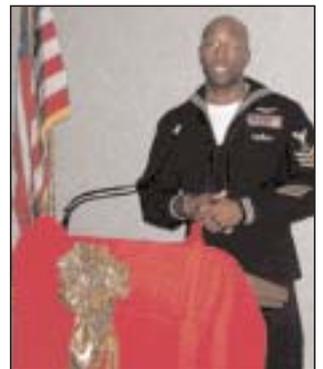


Photo by JO2(SCW) Eric Clay

MS1(AW/SW) Anthony Williams thanks all in attendance for their support during the Sailor of the Year luncheon last Friday afternoon. Williams was chosen as the 2004 NAS Jax Sailor of the Year.

See SOY, Page 12

## Ringin' for the holidays



AT2 Robert Readd of Aircraft Intermediate Maintenance Department (AIMD), passes the bell to his fellow bellringer, AT2(AW) Jerry Richmond, also of AIMD, as Debbie Tyrrell puts a donation into the Salvation Army kettle at the Orange Park Mall. Numerous commands from NAS Jacksonville have sent representatives to spend a few hours ringing the bell for this worthy cause.

Photo by Kaylee LaRocque

## FFSC NEWS

# It's a time of numerous holiday traditions

From the NAS Jax Fleet and Family Service Center

The holidays are a time of tradition. America and the Navy community have such a variety of people and with that come a variety of different customs and traditions.

Father Christmas became Santa Claus when he came to America. He now has two places he calls home. In Torrington, Ct. there is a Christmas village where Santa and his elves give out presents. In Wilmington, N.Y., Santa has a permanent home. The village has a blacksmith (for the reindeer), a chapel, and a post office. Thousands of people visit the village each year.

In the south, the custom has been to celebrate noisily with fireworks and the shooting of firearms. Early settlers sent greeting in this way to their distant neighbors.

In Alaska "going around with stars" is a tradition of the season. Boys and girls with lanterns on poles carry a large figure of a star, covered with bright colored paper, from door-to-door. They sing carols and are welcomed in to homes for refreshments.

In New Mexico luminaries, candles in bags filled with sand, are placed along the streets and on flat roof tops to light the way for the Christ Child.

Many decedents from Spanish countries do not exchange Christmas gifts until "Three Kings Day", Jan. 6. This tradition comes from the story of

three kings who followed a bright star in the sky and brought gifts for the baby Jesus. They, unfortunately, arrived a few days after his birth.

Some Polish Americans keep up their homeland customs. No meat is eaten on Christmas Eve during the day, but in the evening when the first star appears, the fast of Wigilia is over. Beetroot soup, various fish, cabbage, mushrooms and sweetmeats made from honey and poppy seeds are features of the meal.

Hungarian Americans place great emphasis on church services and carol-singing on Christmas Eve as a tradition. They gather around their tree on Christmas Eve and presents are handed out at the appearance of the first star of the evening.

Kwanzaa, an African-American holiday, was created in the United States in 1965 by Dr. Maulana Kareng. Americans of African ancestry remember their heritage, look back on their good fortune during the past year, and express their hopes for the year to come during this seven-day celebration.

Kwanzaa is the reinstitution of traditional Africa agricultural celebrations that recognize the importance of working together and harvesting the first fruits. Kwanzaa is a Ki Swahili word meaning "first and signifies first fruits. It is celebrated Dec. 26 - Jan. 1.

Hanukkah, the festival of lights, is a celebration of the victory of the Maccabees and the rededication of the Jerusalem Temple. It also com-

memorates the miracle of the oil that burned for eight days. The Menorah is an important part of this celebration.

It has nine candle holders. There are eight candles, one for each night of Hanukkah, and the ninth is called the Shamash, the servant light, which is lit first and used to kindle the other lights of the Menorah.

The holiday is mainly celebrated at home, where they exchange gifts decorate, entertain, eat special foods and light the Menorah. Hanukkah begins Dec. 14.

Many families have their own traditions as well. As Sailors and Navy families move around the world, traditions can give them a sense of security and belonging to a community of people who share the same customs.

Traditions are simply activities that are enjoyed repeatedly by individuals and families. These activities can help people feel closer to others and create a sense of the holiday season.

As you take time to reflect on your own family traditions and to understand and respect the traditions of others. The staff of the Fleet and Family Service Center wishes you a happy holiday season.

## ON THE HOMEFRONT

# Military families miss dear friends at New Year's

By Sarah Smiley  
Special Contributor

Most women cry instantly for a particular song: the theme music to DeBeers jewelry ads, for example, and songs like Anne Murray's "You Needed Me." For me, though, no other song can make me boo-hoo like the classic New Year's tune "Auld Lang Syne."

Honestly, I never really know what this song means, but hey, it sure sounds sad, doesn't it? It's interesting a festive holiday like New Year's claims such a depressing song for its theme, and when we hear "Should auld acquaintance be forgot," what are we really crying about anyway?

Last week, I did some research on the Internet about the meaning of this traditional misty-eyed tune, but with its roots stemming back to Scotland and another language, it was all, um, Scottish to me.

Basically, though, what I gathered is this: "Auld Lang Syne" translates to "times gone by," and the

song is about old friends who are parted by distance and time but are searching for one another until they finally meet again at the end ("We'll share a cup of kindness yet for auld lang syne.")

Even without understanding the words, most of us got the gist of this from years of hearing the somber chords. And probably that is why it became the quintessential New Year's tune, even without most of us being from Scotland, because everyone reminisces about the year and "times gone by" on December 31st.

For me, it's a ritual around this time of year to reflect on memories and events of the past twelve months.

I usually do this by writing a letter to my children or completing their yearly scrapbooks. Without a doubt, as I flip through photos and hum "Auld Lang Syne," the tears begin to flow.

2003 has been an especially emotional year to remember. First, it marked the first year of life for Owen, the newest member of the Smiley

gang. With delight, I marveled at all the milestones this entails (first bottle, first word, first whack on the head by big-brother Ford), and I was reminded of the simple pleasure and innocence of children (whom are totally unaware of things like war, Saddam Hussein, and everything else that kept mom's mind anxious and occupied).

But this year also marked a major change in our lives: a move from Jacksonville, (the first place to feel like "home" since 1999) to Pensacola.

As I flip through old photographs and see pictures of my friends from Jacksonville, I'm reminded of how many people military families meet, then leave, but keep in their hearts for the rest of their lives.

In particular, there is Sally, who quickly became one of my most trusted friends (and her daughter Ford's "one and only"), and Kristi (she and I shared so many chicken dinners during our husbands' first deployment, I thought we'd both begin to "bach"). Then there is Darcy -

the only friend I can send a terrible, close-up picture of my husband and she will "get it" and laugh. Darcy is the kind of friend whom no matter how much time elapses, we pick up right where we left off...and that's usually laughing.

But now I am separated from Sally, Kristi and Darcy by military orders and miles, and I have a new set of friends here in Pensacola who are just as dear to me.

In fact, I'll probably spend New Year's Eve with these new friends, and I will treasure what those relationships mean to me.

But when the clock strikes midnight and the chorus begins to sing, "Should auld acquaintance be forgot," you can be sure my heart will warm with the thought of Sally and Kristi and Darcy, and my hope for 2004 is that we'll meet again and "share a cup of kindness yet" . . . for auld lang syne.

You may send comments or a respond to Sarah at <http://sarahsmiley.homestead.com>.

## HEY, MONEYMAN!

### Hey, MoneyMan!

I just attended a command indoc and this guy from the credit union told us that it was bad to get a big income tax refund. I don't get it!

I always look forward to this money because that is how I pay some of my bills and save money for my summer leave. For about 10 years now I have not claimed any dependents and I get a refund of at least \$1,500. How can that be a bad deal?

### MoneyMan Sez:

It does sound confusing, doesn't it? Let's try this plan. You give me \$125 every month and at the end of the year I will give you a one percent return on your investment.

That means that at the end of the year you will earn about 15 bucks. What? You don't think this is a good deal? But what you are doing with your taxes is even worse.

By overpaying your taxes you are giving Uncle Sam an interest free loan and once you fill out all the forms, say "pretty please,"



and wait patiently, you get your own money back with no earned interest! What the credit union representative was telling you is to make your money work harder so you don't have to.

Keep in mind that the average person works approximately 40 years. If you keep overpaying your taxes every year, in 40 years your "refunds" will add up to around \$60,000.

However, if you invest \$125 per month for 40 years and average an 8 percent return, you will have almost \$420,000 in your account. Giving Uncle Sam an interest free loan year after year is a good deal for

him - but not for you!

More questions? Call

Hey, MoneyMan! at 778-0353.



## Sunday Services

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

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

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

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



## Meet A Sailor...

TM2(SW) WILLIAM CONYERS

Job title/command:  
NAS Jax Weapons

Hometown: Dillon, S.C.

Family Life: Married to Avis. We have a son named William Conyers Jr.

Past Duty Stations: USS Theodore Roosevelt (CVN 71), NAVIMFAC Pearl Harbor

Career Plans: To get some schooling and retire from the Navy.

Most Interesting Experience: Doing three cruises on an aircraft carrier.

Words of Wisdom: Anything can be accomplished if you set your mind to it.



## Meet A Civilian...

BILLIE BRYANT

Job title/command:  
Fire Inspector, NAS Jax  
Fire Department

Hometown: Jacksonville

Family Life: Married

Past Duty Stations: K.I. Sawyer AFB, Michigan; RAF Chicksand, England; Zweibrucken AFB, Germany; Howard AFB, Panama Canal Zone; Eglin AFB, Ft. Walton Beach, Fla.

Career Plans: To advance to retirement.

Most Interesting Experience: Visiting Tokyo, Japan.

Words of Wisdom: Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge him and he shall direct your path.

## Blood drive slated for next week at NEX parking lot

A blood drive is scheduled for Dec 23 from 8 a.m. to 1 p.m. at the Navy Exchange/Commissary parking lot.

The holidays are a particularly difficult time for blood collections. Holiday shopping and dinner plans seem to take precedence. Unfortunately, accidents still happen and during this time the community's needs for blood go up tremendously. The Florida-Georgia Blood Alliance supports all the area's hospitals as well as the military. Please donate and support the local community if you can.

## Jax Air News

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U.S. Naval Air Station, Jacksonville Editorial Staff  
Editor.....Miriam S. Gallet  
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Design/Layout.....George Atchley

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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) 542-8053 or by fax at (904) 542-1534 or write the Jax Air News, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

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Ellen S. Rykert, Military Publications Manager  
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## Naval Hospital Jax out of flu vaccines

By Loren Barnes  
Naval Hospital Jax Public Affairs

Naval Hospital Jacksonville has been administering the "influenza vaccine" since the first week in November.

Widespread media coverage raising concerns about the possible virulence of this year's influenza strain and a nationwide shortage of the vaccine itself has led to a surge in people requesting flu shots at hospitals across the country.

Naval Hospital Jacksonville has experienced a similar increase in demand and this has rapidly depleted the hospital's vaccine supply.

"We ordered enough to take care of as many shots as we did last year plus some extra," said Capt. Malcolm Horry, Naval Hospital Jacksonville director of Medical Services.

"The news on flu severity has frightened the public and created an unusual demand. This made us run low instead of having extra vaccine as we did last year," he explained.

As of Dec. 10, the hospital's vaccine supply was down to 400-500 doses and shots were being given at six to 10 per hour in the clinic.

Therefore, Horry said last Wednesday the hospital will most likely be out of vaccine by the end of the week and no more can be ordered due to the nationwide shortage.

Horry said the clinic follows national Centers for Disease Control and Prevention (CDC) and DoD guidelines that focus on "Force Protection" when making triage decisions for the vaccine.

First priority is given to active duty. Beyond that, beneficiaries are prioritized by medical indications that would put them at high risk should they contract influenza.

Horry stressed that we are early into the flu season and so far there is no concrete evidence as to how severe this flu season will be although there is some evidence this virus may be more virulent than those in years past.

Influenza is always a serious illness. In average years the flu results in 36,000 deaths stated Health and Human Services Secretary Tommy Thompson, in a news release released earlier by the CDC encouraging the public to be immunized.

Therefore, getting a flu shot is advisable, particularly in high-risk populations.

According to the Centers for Disease Control these include persons 50 years and older; residents of nursing homes and other long-term facilities that house persons of any age who have long-term illnesses; persons 6-months of age and older who have chronic heart or lung conditions, including asthma; persons six months of age and older who need regular medical care or had to be in a hospital because of metabolic disease (like diabetes), chronic kidney disease, or weakened immune system (including immune system problems caused by medicine or by infection with HIV/AIDS); Children and teenagers 6 months to 18 years who are on long-term aspirin therapy and therefore, could develop Reyes Syndrome after the flu; and women who will be more than three months pregnant during the flu season.

While Naval Hospital Jacksonville is running out of the influenza vaccine, TRICARE network beneficiaries interested in obtaining the vaccination should check with their primary care physicians as to the availability of the vaccine in their clinics.



Photo by Miriam S. Gallet

## Parker earns top award

Daughter of the American Revolution (DAR) Jean Ribault Chapter of Florida Regent Alice Stratton (right) presents the 2003 DAR Medal of Honor Award to Dianne E. Parker, Education and Training/Navy Community Service Program coordinator for the NAS Jacksonville Fleet and Family Support Center, during a ceremony held last Thursday at the Selva Marina Country Club in Atlantic Beach. Parker was presented the award for orchestrating significant volunteer events throughout the First Coast. Parker is also involved in numerous civic projects and organizations.

LOWE'S; 5c; 18"; Black Only;

# VS-24 'Scouts' pass the reins

By Lt. J.g. Jon Fay  
VS-24 PAO

On Tuesday, the reins of VS-24 changed hands as Cmdr. Thomas Fasanello relieved Cmdr. Brad Robinson. Capt. David Newland, commander, Carrier Air Wing (CVW) 8 was the guest speaker.

Fasanello assumes command as no stranger to the "Scouts," serving two tours as a junior officer and returning as executive officer. A native of East Meadow, N.Y., Fasanello earned a bachelor of science in physics and his commission as an ensign in the U.S. Navy graduating from the United States Naval Academy in May 1985.

Upon completion of Navy Flight Officer (NFO) training at NAS Pensacola and S-3A Fleet Replacement training at NAS North Island, Calif., Fasanello reported for his first tour with VS-24 in November 1987, later deploying aboard USS Theodore Roosevelt (CVN 71) during its maiden deployment.

In August 1990, Fasanello reported to the Naval Postgraduate School in Monterey, Calif., where he earned a master of science in physics and subspecialty in space systems engineer-



Cmdr. Thomas Fasanello



Cmdr. Brad Robinson

ing.

Fasanello again reported to VS-24 in April 1993, where he served as quality assurance officer and safety officer. During this tour, he deployed on board USS Theodore Roosevelt (CVN 71) to the Mediterranean Sea and Adriatic Sea in support of Operation Deny Flight and to the Arabian Gulf in support of Operation Southern Watch.

In September 1995, Fasanello reported to the VS-30 "Diamondcutters," where he served as operations officer, deploying on board USS Enterprise (CVN 65) in 1996 to the Adriatic Sea in support of Operation Decisive Endeavor and to the

Arabian Gulf in support of Operation Southern Watch.

From August 1997 to June 1998 Fasanello attended the Naval War College in Newport, R.I., earning a master of arts in national security affairs and strategic studies.

In July 1998, he reported to Commander-in-Chief, U.S. Pacific Command (USCINCPAC), Camp H.M. Smith, Hawaii, where he served as joint secretary and executive assistant to the chief of staff until May 2001.

While assigned to USCINCPAC, he was selected for operational command and slated to return to the Scouts as executive officer.

In June 2001, Fasanello reported to Commander, Sea Control Wing, U. S. Atlantic Fleet, where he served as a chief staff officer until February 2002.

Robinson assumed command of VS-24 on Sept. 13, 2002. Under Robinson's command the Scouts deployed with CVW-8 aboard USS Theodore Roosevelt (CVN 71), following an accelerated work-up cycle in support of Operation Iraqi Freedom.

Participating in high tempo combat operations, the Scouts maintained a 99 percentage sortie completion rate and transferred over 900,000 pounds of fuel to strike assets, directly contributing to the expenditure of over 500 tons of ordnance on Iraqi targets.

Upon return from deployment VS-24 and CVW-8 maintained operational readiness as the Atlantic Fleet Surge Strike Group for over seven months. Robinson next assignment will be as Operations Officer for USS John F. Kennedy (CV 67).

The incoming Executive Officer Cmdr. Dan Grieco, is reporting from the National Military Command Center in Washington, D.C. Grieco is also a former Scout as well.

## NCIS stresses prevention through partnership

From Staff

In support of the priority mission of the Naval Criminal Investigative Service (NCIS) to prevent terrorism, the NCIS Southeast Field Office has developed a program entitled "Prevention Through Partnership."

According to Ed Coyle, supervisory special agent, NCIS Southeast Field Office, the program was created to educate local law enforcement and the community at large on how to identify suspicious activity that may impact the U.S. Navy. Coordinated with local and state law enforcement agencies, the program provides 24/7 telephone numbers to report suspicious activities in order to facilitate an immediate response to potential threats.

Coyle explained that this program utilizes a business card format, as well as corresponding posters to answer the question, "What is considered to be a suspicious activity?"

The cards list specific activities — not the ethnicity of the person involved — that should be reported to local law enforcement, the NCIS or the Southeast Field Office Homeland Defense Tip Line at 542-0309.

The cards and posters are tailored to the priority locations within the Southeast Field Office, including the Naval

Submarine Base Kings Bay, Fleet Concentration Area Jacksonville/Mayport and Port Canaveral. The "Prevention Through Partnership" business cards and posters can also be adapted to special events, as they were for the recent "Sea & Sky Spectacular" at Jacksonville Beach.



Special agents assigned to the Southeast Field Office Homeland Defense and Special

Operations Squad disseminate the cards to persons in areas adjacent to the bases, businesses and commercial interests that are potential venues for terrorist activities (i.e. marinas, dive shops, small airports, port facilities), as well as local and base facilities (i.e. police stations, city and municipal buildings, commissaries, Navy Exchange, clinics and pharmacies, parks and areas adjacent to the priority facilities).

Through this wide dissemination and high visibility, it is the NCIS goal to educate the public on their efforts, concerns and responsibilities to prevent terrorism.

The program has garnered a number of accolades from local law enforcement counterparts as well as from military commands within the Southeast Field Office for this innovative, joint collaboration to identify and respond to potential threats to community safety.

## Baron relieves Ruce as 'Topcat One'

From VS-31

On Nov. 30, in a time-honored ceremony on board USS George Washington (CVN-73), Cmdr. Edward Baron relieved Cmdr. Kevin Ruce as the commanding officer of VS-31. Baron is the 48th commanding officer to hold the title of "Topcat One." The guest speaker for the ceremony was Capt. Kenneth Floyd, commander Carrier Air Wing (CSW) 7. The "Topcat's" new executive officer is Cmdr. Jeffrey Davila.

Baron, hails from Long Island, N.Y. He was commissioned through NROTC after graduating from Jacksonville University in April 1986. He completed his junior officer tour as a naval flight officer flying the A-6E Intruders of VA-35 at NAS Oceana, Va.

His next assignment included a tour at the United States Joint Forces Command, Cruise Missile Support Activity in Norfolk, Va., where he served as a planning officer. Following a transition to the S-3B Viking, he completed tours

with VS-30 and VS-24. Next, Baron reported to the United States Central Command, located on MacDill Air Force Base in Tampa, where he served as a J3 planning officer until April 2002. He reported as executive officer at VS-31 in August 2002.

Ruce reported to VS-31 as executive officer in July 2001, and assumed command in September 2002. His next assignment will be as operations officer on board USS George Washington (CVN-73).

The Topcats would like to welcome aboard Cmdr. Jeffrey Davila as our new executive officer. Davila recently completed his Joint Military Education at the Joint Forces Staff College in Norfolk, Va., and S-3B refresher training in VS-41 at NAS North Island in San Diego.

VS-31 is a carrier-based squadron that flies the S-3B Viking jet aircraft in a variety of patrol, strike support, and air refueling missions.

When not deployed aboard USS George Washington (CVN-73), the



Photo courtesy of VS-31

Cmdr. Edward Baron shakes hands with Cmdr. Kevin Ruce after relieving him as commanding officer of VS-31 on board USS George Washington (CVN-73) Nov. 30.

squadron's homeport is located at NAS Jacksonville.

The 53-year-old squadron first flew the Avenger, followed by the AF Guardian "Hunter Killer" aircraft.

In 1954, the squadron received the first Grumman S-2 Tracker and in 1977, it transitioned to the jet-powered Lockheed S-3A Viking.

VS-31 was the first squadron to deploy with the S-3B in 1990.

The squadron has been awarded the Battle Efficiency Award nine times since its inception and the Lockheed's "Golden Wrench" Award for Maintenance Excellence 10 times.

## NAS Jax Chapel holiday services

The NAS Jax Chapel is offering several religious services over the holiday season. The following is the schedule of events:

- Catholic**
- Dec. 21, 11 a.m. – Combined Christmas Cantata/Potluck (CCD cancelled)
- Dec. 24, 4 p.m. – Christmas Eve Mass
- Dec. 25, 9:30 a.m. – Christmas Day Mass

- Protestant**
- Dec. 21, 11 a.m. – Combined Christmas Cantata/Potluck
- Dec. 24, 7 p.m. – Candlelight Service

For more information, call 542-3440.



ROUND ROBIN & KIDDIE GO ROUND; 2c; 7.5"; Black Only;

ADMIRAL HOMES, L.L.C.; 2c; 7.5"; Black Only; PU 12/11 R037079

FEDERAL EMPLOYEES BENEFITS GROU; 2c; 7.5"; Black Only; PU 11/20 R028099



# FISC Jax visits Naval Supply Corps School

By MSCM(SW/AW) Cindy Mooney and MSCS(SW/AW) Tony Daning  
FISC

The Navy Food Management and Fleet Assist Teams assigned to Fleet Industrial Support Center (FISC) Jacksonville, recently conducted a training visit to the 4th Battalion graduating class of new Supply Corps officers from Dec. 2-4 to promote FISC's new motto of "one stop shopping" to the fleet.

The seven-member team headed up by MSCM(SW/AW) Cindy Mooney and SHCM(SW) Manny Trevino conducted a three-day seminar to better prepare the graduates for their new fleet assignments as food service officers and sales officers.

The team conducted training on FISC's role in supporting the war fighter and the importance of the Navy Food Management and S-3 Fleet Assist Teams to the fleet. Additional topics covered were Army veterinary support, naval sup-



Photos by Staff Sgt. Kevin Wofford

MSCS(SW/AW) Tony Daning (right) and MSC(SS) Robert Brimley demonstrate the famous "Chicken Presentation" to students.

ply dietician and nutrition services and food service equipment support.

Information was provided on the role of the naval supply corporate chef in the Adopt-a-Chef and Adopt-a-Ship programs and American Culinary Federation (ACF) Certification to support the Navy Knowledge Online Web site and the 5-Vector Module.

The visit wrapped up with a garnishing demonstration, the every popular Supply Corps tradition of the "Chicken Presentation" and a culinary food show to introduce new and improved food items to the graduating class.

Navy Food Management Teams and Fleet Assist Teams provide "training, not inspection" to the fleet.



MSC(SS) Robert Brimley demonstrates garnishing techniques to students from the Naval Supply Corps School.

The team's areas of responsibility include over 90 facilities in the Southeast Region. If you have any concerns about your com-

mand's customer service techniques or are preparing for an upcoming Supply Management Assist/Supply Management Inspection,

don't hesitate to contact your local FISC and schedule a supply training assist visit. Remember, preparation is the key to success.

## National Drunk and Drugged Driving Prevention Month

A Proclamation  
From the President  
of the United States of America

Last year, more than 17,000 people were killed and 258,000 more were injured in alcohol-related crashes. Such accidents cause unnecessary suffering, loss of life, and expense. During National Drunk and Drugged Driving Prevention Month, we continue our efforts to stop impaired driving and improve the safety of our roads during the holiday season and throughout the year.

We are enhancing both the education of our citizens about the dangers of driving while under the influence and our methods for keeping impaired drivers off the road. My Administration is helping in this fight by supporting the enforcement of traffic programs that teach Americans about the risks of impaired driving. Earlier this year, my Administration proposed to the Congress the Safe, Accountable, Flexible, and Efficient Transportation Equity Act of 2003 (SAFETEA), which would elevate safe transportation to a national priority and increase State resources for existing enforcement and education efforts. While Federal help and funding are important, State and local involvement is also critical. As part of the Department of Transportation's National Highway Traffic Safety Admini-



President George W. Bush's "You Drink & Drive. You Lose." national campaign, from Dec. 19, 2003, through Jan. 4, 2004, more than 10,000 law enforcement agencies will join forces with community, health, government, and business organizations to demonstrate that impaired driving is unacceptable and unlawful.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim December 2003 as National Drunk and Drugged Driving Prevention Month. I encourage all Americans to join the "You Drink & Drive. You Lose." national campaign to protect our citizens from impaired drivers.

IN WITNESS WHEREOF, I have hereunto set my hand this eighth day of December, in the year of our Lord two thousand three, and of the Independence of the United States of America the two hundred and twenty-eighth.

GEORGE W. BUSH

## Making a commitment to safety

By Bill Dougherty  
NAS PAO

In support of Defense Secretary Donald Rumsfeld's pledge to reduce mishaps by 50 percent over the next two years, Navy Secretary Gordon England, in an ALNAV (86/03), directed that all Navy commands develop a culture that includes three safety principles: Leadership Commitment, Leadership Courage and Leadership Integrity.

"It's incumbent on all levels of the chain of command and every Sailor and civilian employee to take personal involvement and accountability toward ensuring work and home environments are safe," said Ron Williamson, regional safety manager for Commander, Navy Region Southeast. "We have to continue to take responsibility for our people and ourselves as we work towards these mishap reduction goals."

Williamson added that an emphasis on simple procedures such as keeping work areas uncluttered, wearing appropriate personal protective equipment, or using proper lifting techniques, can all lead to identifiable mishap reductions and increased productivity.

"Everyone needs to play a role for the program to be successful," Williamson explained. "If you see an electrical receptacle that's broken, don't ignore it . . . report it! If you see someone doing something unsafe or not wearing the appropriate personal protective equipment, either tell them, your supervisor, or call Safety. Be proactive. You'll prevent injuries and save lives."

The regional safety manager said personal safety affects everyone. "You've probably seen or been involved in an accident. You know the irreparable harm a mishap can cause. It affects operational readiness, and at the worst, can cost lives. Accidents are preventable. It starts with personal involvement at every level, and there's no better time to make the commitment to safety than right now."

Editor's Note: This is the first in an upcoming series of articles. Share the information with your shipmates. Visit the Navy Safety Center Web site at [www.safetycenter.navy.mil](http://www.safetycenter.navy.mil) to learn more about the programs that can benefit you and your command.



Photo courtesy of Florida Community College Jacksonville

Florida Community College Jacksonville (FCCJ) Campus President Dr. Carol Spalding and Commander Navy Region Southeast (CNRSE) Emergency Response and Training Program Director Matt Bailey, formally sign an educational partnership between FCCJ and CNRSE Monday.

## CNRSE joins in partnership with FCCJ

By JO2 Mike England  
Staff Writer

Commander Navy Region Southeast (CNRSE) and Florida Community College Jacksonville (FCCJ), signed an agreement recently that will provide CNRSE Sailors with greater educational opportunities.

The agreement will award earned credit to Sailors who complete environmental management courses offered by the CNRSE Port Operations Oil and Hazardous Substance Spill Response Training Cell (OHS).

Sailors can apply these credits at FCCJ's Institute of Occupational Safety and Health College. The Institute developed an Environmental Science Associates degree with tracks in the following fields: Assessment/Safety Compliance, Environmental Science Technology, HAZMAT Technology, and Watershed Management.

"This agreement benefits both the Navy and the Sailors who take the courses," said the Director, Emergency Response and Training Programs, Matt Bailey.

"The Navy will save valuable tuition assistance dollars and Sailors will save time by not having to repeat the courses in college," Bailey added.

The OHS taught courses train port operations Sailors to respond to major hazardous waste spills as well as familiarizes them with strict federal, state, and local Occupation Safety and Health Administration (OSHA) and Environmental Protection Agency (EPA) laws, rules, and regulations. Some of these courses include: the OSHA eight-hour Site Supervisor and Manager Course, the OSHA eight-hour On Scene Incident Commander Course, the OSHA 24-Hour Hazardous Waste Operation and Emergency Response, and the 40-Hour Hazardous Waste Operation and Emergency Response.

"All of these courses were evaluated by a faculty subject matter expert to ensure that they met FCCJ stan-

dards," said the Executive Director of Military Education and Corporate College, Dr. Bruce Brunson.

"Alton Scott, the program facilitator at the Occupational Health and Safety College, spent a lot of time analyzing every aspect of the courses," Brunson added.

Bailey was quick to praise Rear Adm. Annette E. Brown, CNRSE and Capt. Matthew Schellhorn, who serves as both Commanding Officer of Naval Station Mayport and Port Operations Manager for CNRSE, for their input and support. "Their support made all the difference," Bailey said.

Bailey also said that none of this would have been possible without the help of Amy Lee, an OHS instructor or BMC(SW) Pedro Nales of Port Operations.

Visit FCCJ's Web site at [www.fccj.org](http://www.fccj.org) for more information on how they can help you achieve your academic goals.

## Holiday visit via computer

Cara Coomer talks via teleconference to her husband, PR3 Ryan Coomer of VS-32 last Saturday evening. The squadron is currently deployed on board USS Enterprise (CVN 65). "I think it is great that I had the opportunity to see and speak to my husband during the holidays," said Coomer. Volunteers SK1(AW) Lamonte Strauther and ITI(SW) Curtis Rutledge of Carrier Tactical Support Center of Shore assisted family members to communicate with their loved ones. "I feel it is a privilege to be able to connect families using our resources during the holidays," added Strauther. Each family member was able to talk to the service members of VS-32 for 10 minutes.



Photo by JO2(SCW) Eric Clay

## Mulberry Cove receives 'Clean Marina' designation

By JO2 Mike England  
Staff Writer

Florida's Department of Environmental Protection (DEP), together with the state Clean Boating Partnership, joined the Navy in designating NAS Jacksonville's Mulberry Cove Marina as a "Clean Marina" during a ceremony held Monday. Mulberry Cove is the state's 75th Clean Marina and Northeast Florida's first military facility to receive designation.

Clean Marina is a voluntary program established by the DEP to recognize marinas that successfully address environmental management issues such as sensitive habitat, waste management, storm water control and spill prevention, and emergency preparedness. Staff training and boater education are also important components of the program. Less than one percent of all Florida marinas have been designated as Clean Marinas.

DEP's Northeast District Director Mario Taylor presented NAS Jax Executive Officer Capt. Charles King, with a plaque and a flag to commemorate the marina's achievement.

"What's remarkable about this award is that there's a large industrial complex near by and the marina still passed the DEP's inspection with flying colors," said King.

"It is an honor to be recognized as a Clean Marina," said NAS Jax Commanding Officer, Capt. Mark Boensel. "It is a great visible tribute to the hard work and dedication of our environmental and recreation departments. It is also a superb illustration of the type of positive results that come from partnering with DEP and all the other organizations that, like us, are committed to being good stew-



Photo By JO2 Mike England

NAS Jax Executive Officer, Capt. Charles King accepts Mulberry Cove's "Clean Marina" designation from DEP Northeast District Director Mario Taylor.

ards of the environment."

Assistant Hazardous Waste Manager AMC (AW) Billie Brownfield and his environmental tiger team of Henry Anner, Frank Sigona, Christine Bauer, Tony Mackey, Jim Taylor, Angela Glass, Andy Long, and the base 1st Lieutenant Division worked closely with Mulberry Cove Marina Manager Phil Collins and staff members Darrell Fowler, Gary McGinnis and Mike Nyman to ensure the marina met the DEP's high standards.

"This is another fine example of Florida's strong partnership with the U.S. military," said DEP Northeast District Director Mario Taylor. "It is only fitting that Mulberry Cove

receives this honor. Collaboration with NAS Jacksonville has consistently led to better environmental protection using common sense solutions to prevent pollution."

Military installations around the state are collaborating with DEP to achieve ecological protection and environmental compliance, while at the same time meeting with all national security requirements.

Other designated marinas include Patrick Air Force Base's Manatee Cove Marina and the Boca Chica Marina at NAS Key West, which was the first federal facility in the state to achieve designation.

Call 542-3260 for more information on Mulberry Cove Marina.

# JOLLY HOLIDAY!



Santa and Mrs. Claus ride in on their sleigh guided by Bieni Boyce of Unique Entertainment, Inc.



A group of anxious children wait as Santa and Mrs. Claus arrive on a sleigh (hayride) pulled by Amos and Joe.



Bieni Boyce of Unique Entertainment, Inc. carefully guides Amos and Joe as the children at the Yellow Water Youth Center enjoy a hayride.

## Fun-filled event brings excitement to Yellow Water Youth Center

By Kaylee LaRocque  
Staff Writer

Excitement filled the air as anxious children and their families stood outside under the streetlights in front of the NAS Jacksonville Morale Welfare and Recreation (MWR) Department Yellow Water Youth Center for this year's Jolly Holiday Christmas Party.

Suddenly, out of nowhere came the sounds of jingle bells as two large reindeers (horses) slowly made their way down the road pulling a sleigh (hayride) with a jolly old man with a long, white beard, dressed in a red suit and his wife on board.

As Mr. And Mrs. Claus disembarked they were surrounded by happy children, who had been waiting for the opportunity to talk personally with Santa, letting him know what they wanted for Christmas.

Throughout the night, Santa listened to hundreds of requests and posed enthusiastically for pictures with some thrilled (and some not so thrilled) children. Free pictures were provided courtesy of the MWR Yellow Water Youth Center.

"I came here just to visit with Santa and tell him what I would like for Christmas. I'd really like a new bike. I couldn't go to the NAS Jax Christmas tree lighting so we came here instead," said 8-year-old Jazzmine Fuentes.

"This is really a fantastic event for the families out here. It's the first time we've been to this and we're having a great time. I was designated to stand in the line to see Santa while our four kids run around and have fun," said Staff Sgt. Marc Myers of the 125th Fighter Wing, who temporarily lives at the Yellow Water Housing Area after being called to active duty from the reserves.



Adele Lanoue paints a Christmas tree on 4-year-old Clayton Reiland's face at the annual Jolly Holiday event at the Yellow Water Youth Center last Friday night.

# JOLLY HOLIDAYS!



Mrs. Claus has a little chat with 15-month-old Trevor Keppers after his visit with Santa.

Photos by  
Kaylee  
LaRocque

The families were also treated to free cookies and drinks

See HAPPY, Page 9

## HAPPY FACES: Santa & Mrs. Claus pay visit to Yellow Water

From Page 8

and the children enjoyed having their faces painted and the free hayrides courtesy of Unique Entertainment, Inc.

"We're holding our annual Jolly Holiday event tonight for all the children who live in the Yellow Water Housing Area. Many of them couldn't make it to the base for the event there last Friday night, so we hold our own. Santa and Mrs. Claus stopped by to visit on their sleigh and we have lots of activities for the kids. I'd really like to thank all our staff members for helping out and Unique Entertainment, Inc. for providing hayrides for the children," remarked Liz Atherton, director of the Yellow Water Youth Center.

A special drawing gave the children a chance to win some special prizes. If they chose a lollipop with a red dot, they were given a special toy, although each child received some sort of gift.

After two hours of fun and the last hayride, the excited children and their weary parents headed home.



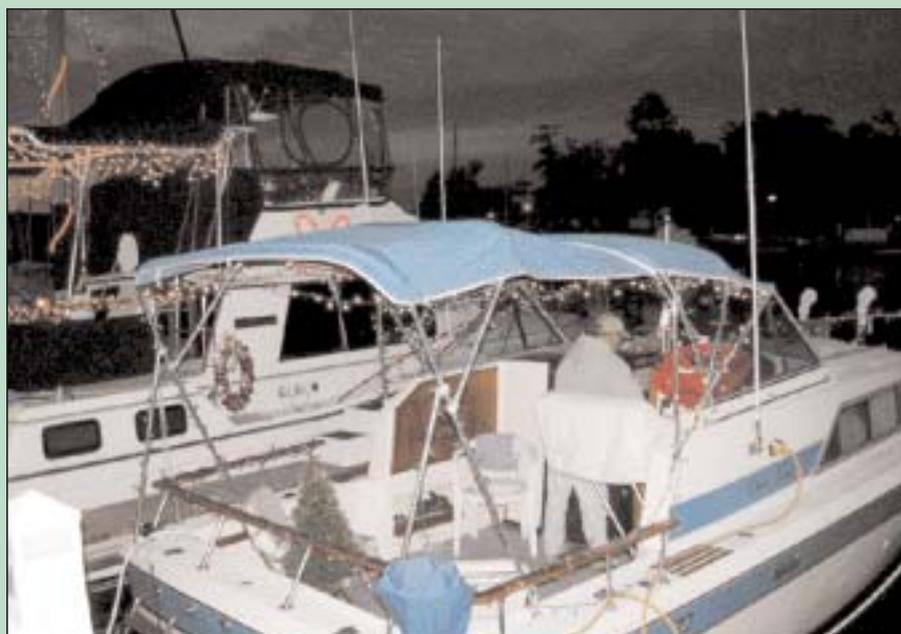
Santa and Mrs. Claus spend a few moments talking with 2-year-old David Drake III at the Jolly Holiday event.



Neimar Williams (right) of the Yellow Water Youth Center, hands out registration cards to be filled out for a drawing to win some toy gifts.



Julie Aranda of the Yellow Water Youth Center, passes out cookies to some children visiting for the Jolly Holiday event.



## Lighting up the water

The winner of the Mulberry Cove Marina Boat Lighting Contest held last Friday evening was Rick Madison and his boat, "Tranquil Daze." For his efforts, he received a special prize package and a plaque. After the judging, the participants celebrated the holiday season by enjoying food and beverages.

By JO2(SCW) Eric Clay

# NAS Jax Seabees help keep Annapolis renovation job on track



By JO2 William Lovelady  
Construction Battalion Unit 403

When Construction Battalion Unit (CBU) 403 at Naval Station Annapolis, Md. needed additional work force to keep a renovation project on schedule, 32 Reservists from NAS Jacksonville answered the call. They brought not only hard work but also years of construction experience.

Between Oct. 5, and Dec. 2, Seabees from Naval Mobile Construction Battalion (NMCB) 14 assisted with the demolition and refurbishing of the interior of NS Annapolis' 7,000 square-foot Child Development Center (CDC). They installed more than 14,000 feet of floor and ceiling tile, 2,200 feet of electrical wire, a fire suppression system and dozens of other electrical and mechanical items. The Reservists also provided troubleshooting on various systems already in place.

BU2 Robert Dodd of NMCB-14, who worked on the project said, "The Reservists were given lead positions and the junior active [duty] guys looked to us for our experience. We were able to speed up the job with the knowledge

and civilian skills we brought." Dodd, who is a civilian building inspector and a former Army sergeant who did construction work while serving in the Special Forces, served on voluntary active duty for 20 of the last 24 months. He said he enjoys serving in the Navy more than his civilian job.

UT1 Larry Dickie, from the St. Petersburg, Fla. detachment of NMCB-14, worked on the plumbing at the CDC. Dickie, a civilian plumber for 18 years, said the Reservists brought expertise to the job. "I showed the active [duty] guys new techniques for soldering and pipe layout," said Dickie.

Because of their combined civilian and military training and experience, these Reservists were able to quickly provide support to the fleet; ready and fully integrated. In a letter to the operations officer at NMCB-14, BUC Brian Paukert, the operations chief for CBU-403, said, "My guys love the things your troops have done for them; from teaching them new construction techniques to just getting a heck of a lot of work in place. It's been great having them here and we hate to see them go."

Photo Courtesy of NMCB-14  
UT1 Larry Dickie solders a pipe joint after initial system testing at the Naval Station Annapolis Child Development Center. Thirty-two Reservists from NMCB-14 assisted with the CDC renovation from Oct. 5 through Dec. 2.

## Brunswick youth visit with VS-24 'Scouts'

By Lt. j.g. Jon Fay  
VS-24 PAO

On Dec. 10, the "Scouts" of VS-24 hosted over 20 students from Brunswick High School Navy Junior Reserve Officer Training Corps (NJROTC) in Brunswick, Ga. The cadets received a comprehensive tour from the Scouts, followed by an orientation from the base tower and boathouse.

At VS-24, the cadets toured squadron aircraft, hangar spaces, and sat down discussions of the S-3B Viking with Scout aircrew. Aircrew shared the Scout's unique history and recent deployment experiences during Operation Iraqi Freedom with the future leaders.

The purpose of the NJROTC program is to instill in high school students the values of citizenship, personal responsibility, and a sense of personal accomplishment. This is achieved through a well-rounded program of academics, military duties including color guard and drill team, athletics, sailing, marksmanship, and orienteering, as well as school and community service.

This NJROTC Unit from Georgia is one of the top units in NJROTC Area Twelve, encompassing the Georgia and Northeast Florida area.



Photo courtesy of VS-24  
Lt. j.g. Nathan Strang of VS-24, briefs the young leaders from Brunswick High NJROTC on the capabilities of the S-3B Viking during their tour here Dec. 10.

The unit has been recognized as the "Distinguished Unit" for the past four years. The drill team and color guard have performed at numerous sporting, parade, and civic events. The cadets' average over 1,700 hours of community service annually for such programs as the YWCA, Salvation Army, and the Keep Brunswick Golden Isles Beautiful Program.

## FFSC offers education and support programs

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

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

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

The following workshops are available in January:

- Management Jan. 6, 2-4 p.m. - Career Exploration (for spouses)
- Jan. 7, 11 a.m. - 1:30 p.m. - Budget for Baby Workshop
- Jan. 8, 8 a.m. - noon - Smooth Move Workshop
- Jan. 8, 9-11 a.m. - What About The Kids?
- Jan. 9, 9 a.m. - noon - Home Buying
- Jan. 12-15, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (separating)
- Jan. 13, 1-4 p.m. - Money Management
- Jan. 20, 2-4 p.m. - Written Marketing Tools (for spouses)
- Jan. 21, 6-8:30 p.m. - Budget for Baby Workshop
- Jan. 22, 9 a.m. - noon - Florida Family Law Information Seminar
- Jan. 22, 6:30-8:30 p.m. -

- Ombudsman Assembly Meeting
- Jan. 26-29, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (retiring)
- Jan. 27, 8 a.m. - noon -

- Divorce Adjustment Workshop
- Jan. 27, 8 a.m. - 4 p.m. - Stress Management Workshop
- Jan. 29, 8-11 a.m. - Anger Control Workshop

## KUDO KORNER

The following personnel received awards during a ceremony at the Fleet Area Control and Surveillance Facility, Jacksonville Dec. 4:

- Volunteer Service Medal**  
AC1 Shannon Johnson
- Navy and Marine Corps Commendation Medal**  
IT1 Kimberly Higgs

- Navy and Marine Corps Achievement Medal**  
AC2 Nicholas Thomas
- Flag Letter of Commendation**  
AC2 Michael Esplana

# Holiday food safety: An eating guide for the party animal

By Herb Greene  
DeCA

Of all the wonderful things you plan to do during the holidays, I'll bet that being seriously ill with food poisoning is definitely not one of them. Yet, this holiday season, an awful lot of folks will have their holidays ruined because they failed to take some common-sense precautions with their eating and drinking at parties and get-togethers.

As you have guessed by now, this is a food safety story, but it is not about how to cook a turkey or how long to keep tofu leftovers. It is about how to protect yourself from food-borne illness as you hit the party circuit.

Here are some food safety tips to keep you, the party animal, rocking:

- Wash your hands. The first and best thing you can do to protect yourself is to just wash your hands. No, you are not a dirty person, but you will come into contact with objects that less sanitary folks than you have touched.

Most communicable illnesses invade your body by way of your hands. You either touch an ill person or touch something they have handled and then transfer those harmful bacteria into your body when your fingers touch your mouth or nose. It's all down hill from there as the harmful bacteria that have been transferred to your body have a field day challenging your immune system. But what if food is being served



Photo by Miriam S. Gallet

NAS Jacksonville Commissary Meat Cutter Brenda Charles wraps trays of meat that will be sold in the commissary. "Food safety is our priority here," said Charles. "Our meat cutting and wrapping equipment is torn down and disinfected nightly."

where you can't wash your hands?

One possible solution might be to use a hand sanitizing lotion or antibacterial wipe to clean your hands. It's that easy.

- Eat early. During the average four hours of a holiday party, bacteria can go from a few lonely souls to virtually gazillions. "If your host has placed all the party food out on the table at the beginning and it just sits there at room temperature, be sure to eat early," says Chris Wicker, a health and sanitation specialist with the Defense Commissary Agency.

"The longer food sits out unrefrigerated, the less safe it is to eat."

- Avoid people with inconsiderate eating habits. The "double dipper" is the worst of this lot. This is the person who takes a chip,

piece of celery, cauliflower, carrot, or other similar item and scoops it into the dip, takes a bite, and then returns the half-eaten, germ-contaminated portion back into the bowl for a second dip.

The entire bowl of dip now becomes a potential illness waiting to happen. And what if the double dipper has a cold or bad cough? Another shining example of "inconsiderate people" would be the person who drops the serving spoon onto the floor and then quickly replaces the spoon back into the serving dish when no one is looking.

If you know of such people, protect yourself by not following behind them in the food line!

- Watch for dangerous grilling techniques and improper food handling.

Before you eat any meat your host is grilling on the barbecue, observe how the meat is handled. Do not eat cooked meat that has been grilled and then placed back on the same platter, dish or container used to hold raw meat. If you do, you open yourself up to the risk of salmonella, listeria, Norwalk virus, staphylococcus, clostridium perfringens, campylobacter jejuni, or worse - E. coli 0157:H7 bacteria. If this happens and if you have a high-mileage immune system, this could be your last holiday party season. Also, watch how any of your food is handled.

"Check to determine if food handlers are wearing disposable plastic or rubber gloves," says Jack Moye, a food safety and quality assurance specialist with the Defense Commissary Agency. "Gloves are recommended to prevent contamination of your food by the bacteria present on the food handlers' hands, not to keep their hands clean."

- Avoid food and beverages made with raw eggs like nonpasteurized eggnog.

They are breeding grounds for bacteria. Politely decline to eat any wild game caught and cooked by your host. There is a lot that can go wrong by eating the trophies of the mighty hunter, but we won't go there in this story.

- Know who your turkey wrangler is. First, there is no way you are going to get through the holiday party season without being offered turkey. Americans love this bird, but understandably, the feeling is not mutual.

During the holidays, we will consume nearly 70 million turkeys and during the year, each of us will eat nearly 18 pounds of this delicious bird. The problem with turkey meat is the same problem common to all poultry: It can go bad quickly if it is not properly refrigerated.

- If you leave the turkey at room temperature on the dinner or buffet table longer than two hours, there is a chance the small numbers of bacteria will grow into millions," said Eleanor Schlenker of Virginia Cooperative

Extension at Virginia Tech. "If you want the leftovers to be safe when you serve them the next day, you need to get them into the refrigerator within two hours."

Common sense rules! You can't go wrong applying common sense to your party eating.

If the food looks old and discolored, don't eat it. If you arrive late to the party, just smile, talk and consume only items you know to be safe, like prepackaged individual servings of candy and drinks that you either see made or open yourself. Even then, check the expiration dates on the packages just to be sure.

Also, watch for the host that holds a glass with bare hands and scoops it into the ice chest. That ice has most likely been contaminated. Even worse would be the person who takes the glass he or she has drunk from and uses it to scoop up ice.

Finally, for the holiday party season, choose conservative and safe over bold and stupid by declining to eat what a CSI forensics team cannot identify.

## Special memorial celebration planned

If you are grieving over the death of a loved one, come find healing for today and hope for tomorrow by attending "A Celebration In Memory Of . . ." tomorrow night at 7 p.m. at the Naval Hospital Jacksonville Chapel.

Your loved one might be a grandparent,

spouse, sibling, child, miscarried baby or friend. There will be music to comfort, words to encourage, and a candle lighting ceremony to honor their memory. Families and children are welcome.

For more information please call 542-7531/2.

**New Year's Eve Bash 2003**  
**River Cove Officers' Club**  
**December 31, 8pm - 2am**

Open to E7 and above, active & retired,  
 GS-7 and above & guests.  
 Guest must be 21 years or older.




\$75 / couple or \$40 / person  
 heavy hors d'oeuvres, champagne toast,  
 party favors, DJ & breakfast included  
 Dress for the occasion will be casual

Tickets on sale through December 20, 2003  
 Tuesday - Friday 9am-4pm at the Officers' Club  
 Call 542-3041 for more information

# CFC: Annual drive reaches completion

From Page 1

"This is the largest amount of money ever collected in this campaign area and the fourth consecutive year over \$2 million. This is also the first year in the last three that we have achieved the goal," exclaimed Rear Adm. Annette E. Brown, commander, Navy Region Southeast.

"We may not wear the same uniform, but we share a common goal. We came together more than ever this year," said Nancy Ricker, regional director, U.S. Department of Labor.

All five divisions in the area achieved their goals, including the three local Navy bases – NAS Jacksonville, NS Mayport and NSB Kings Bay, Ga. At NAS Jax, 139 commands surpassed their goal, which is 21 more than last year.



Photo By JO2 Mike England

Commander, Navy Region Southeast Rear Adm. Annette E. Brown and Combined Federal Campaign(CFC) Regional Director Steve Conrad address the crowd at the CFC awards ceremony.



Photos by JO2(SCW) Eric Clay

NAS Jacksonville Commanding Officer Capt. Mark S. Boensel, congratulates MS1(SW/AW) Anthony Williams after announcing him as the recipient of the 2004 NAS Jax Sailor of the Year award.

## SOY: CBQ complex manager receives Sailor of year award

From Page 1

Bachelor Quarters Complex manager.

In his off-duty time, Williams has supported the community and the Navy by volunteering for Jacksonville Habijax and Special Olympics. He is also a member of the NAS Jax Multi-Cultural Committee.

Williams was also selected as a NAS Jax Combined Federal Campaign (CFC) Loaned Executive where he worked with more than 120 tenant activities and was directly responsible for the command exceeding their goal. This year, he helped to

raise more than \$600,000 for the CFC.

In the future, Williams plans to pursue his goal of being commissioned officer. "I am two classes away from earning my bachelor's degree in work force education from Southern Illinois University and then I will submit my officer's package," he commented.

William's advice for junior Sailors is to work hard and stay dedicated to the Navy. "I have a goal to be the best that I can be and I work hard to achieve that goal everyday," he concluded.

## CFC DRIVE FINAL FIGURES

Command	Goal	Contributions	Goal	Command	Goal	Contributions	Goal
NAS Jax Overall	\$600,715	\$625,833	104	NAVAIR 6.0	\$138,318	138,302	100
345th Combat				NAVAIR 7.0	\$16,752	\$20,849	124.5
Support Hospital Jax	\$1,127	\$1,224	108.6	NAVAIR 8.0	\$2,109	\$4,532	214.9
Admin	\$5,665	\$5,120	90.4	NAVAIR 10.0	\$3,139	\$3,088	98.4
AIMD	\$18,000	\$21,923	121.8	NAVAIR 11.0	\$874	\$2,184	249.9
Air Operations	\$10,761	\$5,656	52.6	Naval & Marine			
Aviation Support Depot	\$3,180	\$1,845	58	Corps Reserve	\$1,857	\$1,419	76.4
Aviation Survival				Naval Air Reserve	\$3,685	\$2,440	66.2
Training Center	\$1,490	\$636	42.7	Naval Brig	\$1,587	\$1,075	67.7
Carrier Tactical				Naval Computer			
Support Center	\$1,254	\$1,044	83.3	& Telecommunications	\$8,797	\$4,955	56.3
CBU-14	\$304	\$118	38.8	Naval Criminal			
COMHSWINGLANT	\$8,315	\$2,680	32.2	Investigative Service	\$1,174	\$0	0
Command Judge Advocate	\$421	\$935	222.1	Naval Hospital	\$71,800	\$43,262	60.3
Commissary	\$944	\$0	0	Naval Legal Service Office	\$3,040	\$664	21.8
COMNAVREG SE	\$25,610	\$31,228	121.9	Naval Reserve			
COMPATRECWIN 11	\$9,977	\$8,871	88.9	Readiness Command SE	\$3,539	\$10,987	310.5
COMSEACONWINGLANT	\$3,361	\$2,945	87.6	NAVLANT MET OC Det	\$2,780	\$3,591	129.2
CBU-410	\$1,879	\$1,090	58	Navy College Office	\$475	\$0	0
Defense Courier				Navy Exchange	\$4,485	\$136	3
Service Station	\$554	\$382	69	Personnel Support			
Defense Distribution Depot	\$9,599	\$741	7.7	Detachment	\$4,916	\$3,928	79.9
Defense Reutilization				Public Works Center	\$12,904	\$14,552	112.8
& Marketing	\$1,727	\$622	36	ROICC	\$7,963	\$3,340	41.9
Dental Center	\$4,220	\$1,649	39.1	Safety	\$642	\$3	.5
DISA DECC Det.	\$5,751	\$4,914	85.4	Sea Control Weapons School	\$1,771	\$884	49.9
Disease Vector				Security Department	\$3,000	\$3,115	103.8
Ecology & Control	\$2,009	\$4,638	230.9	Southeast Regional			
Document Automation				Cal Center	\$2,466	\$4,935	200.1
& Production	\$1,349	\$712	52.8	SPAWAR	\$5,142	\$8,316	161.7
Drug Screening Lab	\$4,777	\$3,750	78.5	Supply	\$7,858	\$8,031	102.2
Facilities & Environmental	\$1,974	\$1,846	93.5	Transient Personnel Unit	\$3,243	\$2,355	72.6
Fleet & Family Support Center	\$2,363	\$2,639	111.7	U.S. Customs – Aviation	\$1,089	\$390	35.8
FASOTRAGRULANT Det	\$3,830	\$6,653	173.7	U.S. Customs – Surveillance	\$10,934	\$6,874	62.9
Fire Department	\$3,415	\$2,456	71.9	VP-5	\$15,000	\$9,878	65.9
FISC Jax	\$13,605	\$7,457	54.8	VP-16	\$15,000	\$11,617	77.4
FACSFAC Jax	\$6,390	\$6,398	100.1	VP-30	\$30,000	\$32,117	107.1
Healthcare Support Office	\$6,636	\$6,419	96.7	VP-62	\$8,082	\$1,744	21.6
HS-3	\$12,592	\$5,311	42.2	VR-58	\$6,941	\$2,830	40.8
HS-5	\$11,971	\$1,546	12.9	VS-22	\$13,082	\$4,306	32.9
HS-7	\$12,005	\$5,370	44.7	VS-24	\$13,290	\$10,267	77.3
HS-11	\$10,857	\$8,975	82.7	VS-30	\$13,331	\$1,632	12.2
HS-15	\$11,863	\$7,352	62	VS-31	\$13,037	\$2,899	22.2
HS-75	\$3,509	\$2,091	59.6	VS-32	\$12,967	\$7,845	60.5
I&I Staff USMC Company B	\$482	\$0	0	Weapons	\$3,675	\$2,726	74.2
Military Entrance							
Processing Station	\$1,194	\$1,218	102				
Mobile Inshore							
Underwater Warfare	\$480	\$390	81.3				
Morale, Welfare & Recreation	\$8,853	\$9,373	105.9				
NAMTRAU	\$6,940	\$6,980	100.6				
NATEC	\$1,041	\$881	84.6				
NAVAIR 1.0	\$3,551	\$7,763	218.6				
NAVAIR 2.0	\$534	\$0	0				
NAVAIR 3.0	\$16,148	\$14,964	92.7				
NAVAIR 4.0	\$22,575	\$31,022	137.4				

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# Time to stick with healthy resolutions for 2004

From Naval Hospital Jacksonville Public Affairs and Humana Military Healthcare Services

With every New Year, we make resolutions to eat healthier foods; to begin an exercise program or to shed some unwanted weight. Every year many of these resolutions are broken before spring arrives. With each broken resolution, health risks increase.

In the United States, approximately 300,000 deaths a year are associated with overweight and obesity. While there has been dramatic progress in the treatment of conditions such as heart disease and cancer, the statistics for some of the major underlying causes, including excessive weight and obesity, have steadily moved in the wrong direction.

In 1999, approximately 61 percent of adults were overweight or obese and 13 percent of children were overweight. (The percentage of overweight children is nearly



twice as high today as it was in 1980.) These numbers reflect a serious problem with serious risks. If you are overweight or obese, your risks for heart disease, stroke, diabetes, and cancer increase significantly.

So what do you do now? The first thing to do is evaluate your weight. To determine your Body Mass Index (BMI) you may want

to refer to the online brochure, Nutrition and Your Health: Dietary Guidelines for Americans, a joint publication of the Departments of Health and Human Services and Agriculture which can be found at [www.health.gov/dietaryguidelines/dga2000/document/aim.htm](http://www.health.gov/dietaryguidelines/dga2000/document/aim.htm). BMI evaluates your weight in relation to your height to determine if you are at a healthy weight, overweight, or obese. After you have identified your BMI, set realistic goals for yourself to get to or stay at your healthy weight.

Start eating healthier foods and choose sensible portion sizes. Eat a lot of vegetables, fruits, and grains with little added fat or sugar. Most fruits and vegetables are naturally low in fat, rich in many nutrients, and are very filling. Before you buy something, check the product label for the nutrition facts. Look for the Percentage Daily Value column to see if the food is high or low in

nutrients and how many calories and fat grams it contains. It is important to check the serving size on the label as well.

Another important step in reaching your healthy weight is increasing your physical activity. You should aim to get at least 30 minutes of physical activity a day most days of the week, preferably daily. Some examples of physical activities are: walking, jogging, or bicycling, washing and waxing a car, raking leaves, washing windows or floors, playing actively with children, playing basketball, volleyball, golf, or dancing, gardening or mowing the lawn and swimming or water aerobics.

Regular physical activity not only helps you obtain your goal of a healthy weight, but also helps you control blood pressure, reduce feelings of depression and anxiety, and lowers the risk factors for cardiovascular disease, colon cancer, and type 2 diabetes.

So with that in mind, let's make 2004 the year we stick with those

resolutions to get in shape - and stay in shape.

References: • [www.surgeongeneral.gov/topics/obesity/calltoaction/CALLtoAction.pdf](http://www.surgeongeneral.gov/topics/obesity/calltoaction/CALLtoAction.pdf)

• [www.health.gov/dietaryguidelines/dga2000/document/aim.htm](http://www.health.gov/dietaryguidelines/dga2000/document/aim.htm)

• [www.health.gov/dietaryguidelines/dga2000/document/builid.htm](http://www.health.gov/dietaryguidelines/dga2000/document/builid.htm)

The Naval Hospital Jacksonville Wellness Center also offers Nutritional Counseling, Weight Management (Ship Shape) classes as well as Personalized Health Fitness Assessments as well as cholesterol and blood pressure education programs. Working with the MWR Fitness Source and Base Gym's personalized trainers they can help you maintain your health during the holidays but throughout the year. For information call 542-5292.

## Naval Hospital Jacksonville patients go online for routine appointments

By Marsha Childs  
Naval Hospital Jacksonville Marketing

TRICAREOnline.com (TOL), a new military Web site, allows beneficiaries greater access to healthcare services and health-related information.

Naval Hospital Jacksonville and Branch Medical Clinic TRICARE Prime and Plus enrollees now have access to 24-hour healthcare. TOL is a web-based single entry point designed to give TRICARE patients greater access and convenience. Patients who are enrolled in TRICARE Prime or TRICARE Plus, who are assigned to a military treatment facility, and who have been assigned a primary care manager (PCM) have the added convenience of scheduling routine and follow-up visits with their primary care manager (PCM) online in a secure environment.

Regardless of TRICARE enrollment status, all military beneficiaries may use the new site to create their own Personal



Photo courtesy of Naval Hospital Jax Public Affairs

Naval Hospital Jacksonville and Branch Medical Clinic TRICARE Prime and Plus enrollees now have access to 24-hour healthcare via TRICAREOnline.com.

Health Journal for storing their medical history and prescriptions. The site also provides interactive access to 18 million pages of health and wellness information. Read about symptoms, health conditions, medications, treatment choices, and more. There is also a site for kids to learn with fun, educational tools. All military beneficiaries now have immediate access to one of the most comprehensive health care sites ever developed. From any laptop or personal computer, log on [www.tricareonline.com](http://www.tricareonline.com) to learn more about the site.

## Commodore visits Seabees



Photo by JO2(SCW) Eric Clay

Capt. Mark Handley, commodore, 20th Regiment, explains future changes within the Seabee community to members of CBU-410 at NAS Jacksonville. One of the biggest changes will be an increase in deployment pay depending on the deployment site.

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[www.amc.org](http://www.amc.org)  
AFC public page  
1800-321-1557

## Pro wrestlers visit NAS Jax



Photos by JO2 Eric Clay

(Above) AW2(AW) Chris Watson of VP-5, gets an autographed picture from Rhyno (left) and A-Train from World Wrestling Entertainment, during a promotional visit in front of the NAS Jax Navy Exchange on Tuesday. Hundreds of fans turned out to meet the wrestlers. (Right) Lt. James Roach of VP-30, gives a short informational brief on the capabilities of one of the squadron's P-3 aircraft to pro-wrestlers A-Train (left) and Rhyno during their visit to the base on Tuesday.



## New way to get SMART credit

It is now possible for active duty Sailors, veterans and retirees to have their courses that were taken while on active duty but not funded by Tuition Assistance or NCPACE placed on their SMART transcript. There are two ways this process will work:

- The Sailor brings an official transcript or course grade report to your Navy College Office (NCO). The NCO staff certifies it to be a true copy and faxes it to the Navy College Center (NCC) at DSN 922-1281. The fax cover sheet must indicate the information is from your office. The cover sheet also must indicate the purpose of the fax by stating "Other Funded Courses" and must include student contact information such as either the student's phone number or the student's e-mail address. The NCC staff will input into the database the following information: the institution, course, credits and grade. All this information will show on the Sailor's SMART.

- The Sailor obtains an official transcript or course grade report, has it certified or notarized, and mails it to the Navy College Center, NETPDTC N2A5, 6490 Saufley Field Road, Pensacola, FL 32509-5204.



Photo courtesy of MWR

## Rudolph is found!

The lost Rudolph the Rednosed Reindeer has been found at last, rescued from on top of the CBU-410 Seabee Dec. 10. Rescuers included: AW3 Nick Hoffman (top) of HS-7, (left to right) AW3 Lorenzo Vasquez of HS-7, AE3 Rachel Vasquez of TPU Jax, EN3 James Mullen from NSB Kings Bay, Ga. and Frank Butterfield (Geico representative). The rescuers earned \$250 (courtesy of Geico) for their MWR fund. The event lasted 13 days and clues were given each day at the Liberty Cove Recreation Center.

Happy Holidays  
from all of us at

**Jax Air News**

## HELPING HANDS

### HabiJax opportunities

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

### Volunteers needed

Volunteers are needed to help children in our local community by donating a few hours per month to supervise visits between children and the parents that they have been separated from due to divorce, negligence, or abuse. If you would like more information on helping, please call Anita Sullivan, volunteer coordinator at Family Nurturing Center of Florida, at 389-4244 or e-mail at [anita@fnclorida.org](mailto:anita@fnclorida.org).

# MWR NOTES

## Court closures

The basketball and racquetball courts at the base gym will be closed for repair through Dec. 28.

## Budweiser Brew House events

Every Wednesday is Wacky Wednesday starting at 7 p.m. Enjoy Karaoke and a DJ party with wacky specials. Call 542-3521 for more info.

## Escape on an I.T.T. trip

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

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

Jan. 11 - Sterling Casino Cruise. Set sail for five hours of gambling on the biggest casino ship in Florida. Transportation and cruise is only \$12.50!

Jan. 17 - Scottish Games. Transportation, and entrance to the games is \$24.75 before Jan. 8 and \$27.75 after.

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

Gator Bowl tickets are now on sale for \$25. While your in the office sign up for the shuttle to the game for \$8 per person.

## Decorating for the holidays



Photo courtesy of MWR

ASAA Russ Kimbrough of NAMTRAU (left) and AD2 June Zafiro of VP-30, decorate the NAS Jax Morale, Welfare and Recreation Department Liberty Cove Recreation Center Christmas tree Dec. 10. Sailors showed off their artistic talent by designing their own Christmas tree ornaments. Several Sailors chose to pose in front of the tree for pictures to mail with Christmas cards.

All Jacksonville Barracuda's hockey games. Tickets are \$10 or \$12.

The new Entertainment books are in for \$20. Get yours now and use your coupons for over one year.

## Swimming activities

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

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

The Adult Fitness Swim Club is a coached program for novice to advanced swimmers wishing to improve their PRT time, swimming skills, and technique. The emphasis is on stroke mechanics. Interval training is introduced. Workouts are designed to improve technique and to develop both speed and endurance. Workouts are scheduled on Tuesdays and Thursdays from 4:30-5:30 p.m. at the indoor pool. The sessions are free for active duty and reservist personnel. Retired military, DoD and dependents will be charged \$20 for eight workout sessions.

## Mulberry Cove Marina news

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

## Bingo Palace

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

## O'Club happenings

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

## Liberty happenings

The Liberty Cove Recreation Center is the place to go, if you want to know ... where all the fun and excitement is found. Catch a great line up of fun events for the month of December at the Liberty

Rec Center. Stop by and meet the staff. Pick up a calendar of events and see what's going on around the area and the station. Call 542-1335 for more details.

## Youth Activities Center happenings

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

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

## Auto Skills Center

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

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

## Free movies offered

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

Friday, 7 p.m. - Alex and Emma (PG13)

Saturday, 5 p.m. - Uptown Girls (PG13)

Saturday, 7 p.m. - 8 Crazy Nights (PG13)

Dec. 26, 7 p.m. - Second Hand Lions (PG)

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

## USO offers NoHoHo program to Sailors

The USO is sponsoring their annual NoHoHo Holiday program, offering nice hotels rooms to active-duty service members living in the barracks or on ships for only \$10 per night. The offer is good for up to four people in a room.

If you are unable to go home for the holidays, would like to have your family or friends visit you, or just want to get out of the barracks during this special time of year, make reservation now by calling 778-2821. The rooms available Dec. 18-28.

GRACE EPISCOPAL CHURCH; 2c; 3"; Black Only;



HOBBY WORLD; 2c; 4.5"; Black Only; PU 11/28 R032293

RUDOLPH'S CHRISTMAS TREE FARM; 2c; 2"; Black Only;

BADER RUTTER & ASSOC.; 6c; 8"; Black Only;

# SPORTS & STANDINGS

# JAX TALES By MIKE JONES WWW.RICKYSTOUR.COM

## Golf league starting

Anyone interested in participating in an upcoming 9-hole intramural golf league should stop by the base gym to pick up forms for rosters. For more information, call Craig at 542-2930/3239.

## Flag Football League coming up

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

## Navy Southeast Regional Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided as well as transportation, entry fees, and lodging costs. Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top 10 regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact you're the NS Mayport athletic director at 270-5451.

Southeast Regional qualifying times:

5K -	Men 19:00	Women 24:00
10K -	Men 34:00	Women 46:00
Marathon -	Men 3 Hrs. 30 Min.	Women 4 Hrs.
Triathlon -	Men 2 Hrs. 30 Min.	Women 3 Hrs.

Triathlon time based on 1.5k swim, 10k run, 40k bike.

## Intramural Basketball Standings

Team	As of Dec. 11	
	Wins	Losses
BMC/NAR	7	0
MWR	5	1
VP-30	5	1
VS-22	5	3
AIMD	3	2
VS-30	3	3
Scouts	3	4
Mad Foxes	2	4
FACSFAC Jax	2	4
Air Ops	2	4
Eagles	1	6
NCTS	0	6

## Greybeard Standings

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

## NADEP Basketball Standings

Team	As of Dec. 12	
	Wins	Losses
Prowlers	8	2
Hornets	8	2
Engine World	5	4
P-3 Hurricanes	4	5
Shockers	5	4
TC'S Sonic Boom	2	7
Bad Boys	1	9



# COMMUNITY CALENDAR

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

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

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

The **Navy Jacksonville Yacht Club** general membership meetings are held at 7:30 p.m. on the first Wednesday of every month at the clubhouse (Building 1956) adjacent to the Mulberry Cove Marina. The Navy Jax

Yacht Club is a members only club open to all active duty, reserve and retired military, and active DoD personnel. For more information, call 778-0805 or email [commodore@njyc.org](mailto:commodore@njyc.org).

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

**MOMS Club of Northeast Florida** meets the second and fourth Thursday of every month from 10 a.m. to noon. The meeting is free and open to all at-home mothers and children who live in the zip code areas of 32206, 32218 and 32226. MOMS Club is a support group for moms wanting a variety of activities for you and your children. The chapter offers monthly meetings, newsletters, activity calendars, playgroups, field trips and service projects. For meeting location or more information, contact Debbie at 751-0671 ([debbiejkg@yahoo.com](mailto:debbiejkg@yahoo.com)) or Kathi at 751-3400 ([katidj28@aol.com](mailto:katidj28@aol.com)).

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

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

The **National Naval Officers Association (NNOA)** holds its monthly meeting on the third Thursday each month at 5:30 p.m. at the Jacksonville Urban League, 903 West Union Street. Interested personnel are encouraged to attend or contact Lt. Herlena Washington at 696-5005 or email [WashingtonHO@matcombc.usmc.mil](mailto:WashingtonHO@matcombc.usmc.mil).

The **Blacks in Government Kings Bay, Ga. Chapter**, is hosting a New Year's Eve party Dec. 31 from 10 p.m. to 2 a.m. at the Ramada Inn in Kingsland, Ga. The cost is \$15 and funds benefit the chapter's scholarship fund. For more information, call Mr. Wilson at (904) 545-8154 or Mr. Brooks at (912) 729-1081.

# Annual Florida Shrine Bowl helps children in need

The 15th Annual Florida Shrine Bowl Football Game is the premier all-star high school football classic in North Florida and it's being played at Orange Park High School tomorrow. Pre-game starts at 7 p.m. and kick-off is at 7:30 p.m. Net proceeds from this game will help support the

network of 22 Shriners Hospitals for Children, all of which provide world class medical care to crippled and burned children.

It is anticipated that North Florida's best high school all-star football game will attract more than 3,000 spectators to see

some of the finest collegiate players in North Florida, including future NFL stars.

The game's powerful cause, Shriners Hospitals, is a network of 22 hospitals that provide expert medical care at no cost to children with orthopedic problems, as well as spinal cord and

burn injuries. Over the past 15 years, the Shrine Bowl game has been responsible for raising more than \$210,000 for Shriners Hospitals, ensuring that children continue to get this medical care at no cost.

For more information, call 642-5200, Ext. 12.

FARAH & FARAH, P.A.; 3c; 10.75"; Other Color; PU 11/20 R027892

ARMED FORCES COMMUNICATIONS; 3c; 10.5"; Other Color; PU R031061 11-13

# In Gear

A weekly look at the automotive market

## Sweetheart from the '60s Eleanor Mustang enjoys Extreme Makeover

By Dan Scanlan  
Special

I had a short date with Eleanor recently, but my wife knew all about it. You see, Eleanor is a sassy steel hussy with a V-8 heart built into a near-copy of the Mustang fastback one actor Nicholas Cage used in the recent movie remake of *Gone in Sixty Seconds*. And even more interesting is the fact that Eleanor is actually a slightly updated return to a very special Mustang whose roots go back to the mid-1960s and famed racer Carroll Shelby.

Shelby had joined forces with Ford back then to create the awesome AC Cobra sports cars, with their lightweight British AC Ace two-seat roadster body and progressively more powerful Ford V-8 engines. He also began modifying 1967/68 Ford Mustangs into G.T. 500s. So while our deep metallic gray test car looks just like the one featured in the movie, it is also officially a modern continuation of the G.T. 500, sold by Sanderson Sales & Marketing, the authorized distributor for Shelby Cobra and Series 1 sports cars. And only 475 like her will be built, 75 supercharged aluminum 427-powered Super Snakes.

How did Sanderson and Shelby decide to do a "new" G.T. 500?

Sanderson met up with Doug Hasty, who already had built an Eleanor copy with the help of Cinema Vehicle Services, which built the 12 movie cars. Hasty's car got lots of reaction on the street and "walked away with 'People's Choice' and 'Best of Show' every show she has been in," Sanderson said. So they decided it was ripe for production, got Carroll Shelby's blessings and built this one.

"What we decided to do is just like what Carroll did in the 1960s. The only difference is he used new Ford Mustangs, while we are using donor '67 and '68s. We do a full restoration on the car, taking them all the way down with sodium wash to uncover any rust or bondo," Steve Sanderson said. "Then we use the latest technology, which we can't use on existing G.T. 350s and G.T. 500s because it takes away from the originality. This gives us an excuse to build one with modern technology, but with the classic '67 G.T. 500 look and add the body parts of the *Gone in Sixty Seconds* car."

The original 1967-1968 G.T. 500 was a stock Mustang fastback rebuilt at Shelby's Texas factory with a jutting nose, aggressive wide-open grille and big hood scoops atop the fiberglass hood that hid a 428-cubic-inch V-8, with side scoops to cool the interior and rear brakes. About 4,100 were built with 355-horsepower thanks to dual, four-barrel Holley carburetors and a 0-60-mph time of a hair over 7 seconds. Racing G.T. 350R versions were built without front bumpers, so there was room for more air intakes.

Fast forward to 2000, when a dozen souped-up Mustangs were built for the remake of *Gone in Sixty Seconds*, some for speed, others with picture-perfect bodies for close-ups. The first Shelby G.T. 500E duplicates that shape.



The roots of the Ford G.T. 500E Eleanor Mustang go back to the mid-1960s and famed racer and car designer Carroll Shelby.



The pristine engine bay of the Ford Mustang G.T. 500E comes complete with shock-brace struts and Shelby engine parts.



Most of the classic mid-1960s' Mustang remains in the G.T. 500E, including flat seats, skinny steering wheel and meaty gearshift.

The hood gets the angular bulge to clear the high-intake manifolds underneath, while the billet bar grille sits above a G.T. 350R-style lower air intake, for a very aggressive face with PIAA high beam lights and fog lamps.

"The movie cars had riveted-on flares. We wanted to mold everything in for a cleaner look," Sanderson said.

Subtle lip spoilers melt into flared fenders. Extended lower side sills flow off the front flares and under the doors to end in faired-in side exhausts, while the trademark Mustang side scoop is molded in ahead of the rear wheel flares. The roof is stock, while the side vents funnel cool air into the car via vents. The car is accented with Shelby emblems, a functional Cobra-style gas cap and — shades of the '60s — sequential taillights borrowed from a period Mercury Cougar and a fastback that ends in a smoothly molded-in rear spoiler, body-color stock rear bumper and subtle black stripes.

The interior is a trip back in time, with authentic mid-1960s' black vinyl dual-cowled dash top with a 15-inch wood-rim and alloy spoke steering wheel neatly framing a flat metal dash with Phantom II AutoMeter 160-mph speedometer, 10,000-rpm tach and auxiliary gauges. Simple bucket seats are garnished with Shelby's signature, as is the metal glove box door on this model. Billet aluminum frames the a/c controls and makes up the pedals, while all switches are original style backed by modern equipment, and a 1.5-inch, four-

point roll bar assembly protects the noggin. For tunes, there is an Eclipse CD stereo, plus a functional fold-down rear seat. And for fun, a 120-shot nitrous-oxide injection system switch sits behind the angled gearshift.

We drove G.T. 500E No. 001, the first of 400 G.T. 500E's Sanderson will sell, now owned by Richard Kirby, who bought it for \$194,400 at a recent auction. Regular customers were able to order a base G.T. 500E model with new Carroll Shelby-tuned 325-hp, 302-V-8, Tremec T5 transmission, new a/c and five-spoke Shelby alloy wheels shod in Dunlop SP Sport P245/40ZR17-inch Z-rated tires. To keep things cool, a new Griffin radiator, OEM power steering, nickel-plated JBA headers connected to two-and-a-half-inch FlowMaster mufflers and an aluminum side pipe exhaust system.

"We put frame supports to make it more rigid, which the Mustang wasn't at the time. We also do the same thing Carroll did and numbering all the parts and a Shelby number to the car," he said. "We wanted to make sure we had all of the benefits of modern technology with a carbureted engine, but we wanted it more functional with all-new wire harnesses, and did three months of engineering for the a/c, heating coils and a nice plumbing job."

Our "Performance" prototype gets a 408-cubic-inch Shelby Performance V-8 with 475 hp connected to a Tremec T56 six-speed manual transmission with balanced aluminum driveshaft. It starts at \$120,000. Bump the price to \$150,000, and you get

what Sanderson calls the "big bully brother of Eleanor — a 'Super Snake' with Carroll Shelby Performance 427-cubic-inch V-8 with Vortech Supercharger for 750 hp.

So how about a high-speed spin?

We fired the vintage-style rumbling beast, clicked the lap belt and set out into cloudy weather with the hand-cranked windows down for a breeze.

Cruising down Florida A1A in Yulee and Fernandina, the car got lots of looks, while some folks dared to try to race us (we didn't in 20 miles on the new engine.) People seemed to get out of our way when they saw the aggressive beast come up behind them.

At idle, the engine has a lumpy and menacing sound to it, while the Tremec gearbox has a direct shift and solid action accompanied by a heavy clutch when you launch, although first, third and fifth gear are a reach when the seat is set for a 6-footer like me. No surprise that the classic bucket seats are flat, the power rack and pinion steering has a bit of 1960s-style play to it, and the suspension is a bit bouncy, but better tied down than an original 1967 might be.

The view out front is dominated by the huge hood bulge, the rear view good except for a slightly rippled rear window. The side exhaust always let you know there is a feisty Ford V-8 working under there, all too happy to cruise at 60 mph in sixth gear. In fact, running the engine in the upper revs created that pure V-8 sound modern cars seem to lack —

pure Cobra-style music. Still, we found we leisurely could apply the power in any gear and surge forward, the engine temperature never climbing even at idle and the 0-60-mph estimate about 4.5 seconds according to Sanderson.

"We wanted more of a driver's car," Sanderson said.

The car's stiff structure was appreciated on some of the winding roads, allowing us to track around some of the curves around Fernandina Beach's airport. Toss it into a tight turn and the car hangs in well with a bit of vintage body lean, more forgiving as long as you don't toss in too much power. The steering offers a bit more feel than you'd think, and accurately points the gray beast where you need. The fresh disc brakes had decent pedal feel and stopping power, but no ABS or traction control, and had the glazed feel of new discs. The only problem — the fuel and oil gauge fogged up, probably due to heat soak from the big engine.

Shelby American operates a plant at the Las Vegas Motor Speedway to build continuation Cobra 427 S./C and Cobra 289 FIA roadsters as well as the Series 1.

*Dan Scanlan test-drives new vehicles on Northeast Florida's roads, averaging about 200 miles of combined highway and city traffic during a weeklong test. The test vehicles are provided by the manufacturer according to their schedule, and represent a broad spectrum of sizes and prices. The prices listed are manufacturer's suggested retail prices.*