

JAX AIR NEWS

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NAS Jacksonville, Fla.

July 19, 2001

Talbert relieves Van Iderstine at TPU

By Debra Chenoweth-Bravo
TPU PAO

Cmdr. Cynthia J. Talbert will relieve Cmdr. Robert E. Van Iderstine, as Commanding Officer of Transient Personnel Unit (TPU) July 27 at 10 a.m. The Change of Command Ceremony will be held at the Bachelor Officer's Quarters Pavilion. Retired Navy Rear Adm. William W. Pickavance, Jr., former Director of Operations, United States Pacific Command will serve as the guest speaker.

Talbert is a native of Hartsville, S.C.. She has a Bachelor of Science Degree in Psychology from the University of Maryland and a Masters of Science Degree in Counseling and Human Development from Troy State University. Talbert enlisted in the Navy in 1972 and received her commission through the Limited Duty Officer Program after serving 13 years in the Navy and advancing to Senior Chief Personnelman.

Prior to her commissioning, assignments included: Defense Systems Man-

agement College, Keflavik, Iceland; Naval Support Activity, Fort Belvoir, Va.; Bureau of Naval Personnel, Washington, D.C.; HSL-37; Personnel Support Detachment, Barbers Point, Hawaii; Personnel Support Detachment Seattle and Commander in Chief, U.S. Naval Forces Europe. After commissioning, she served as the Administrative Officer on the USS Emory S. Land (AS39). Following completion of this tour, she was nominated and selected to serve as the Surface LDO/CWO Detailer. She then reported as Officer In Charge of Personnel Support Detachment, Pensacola, and later as the Director of Administration at the Navy Recruiting Orientation School. In May 1996, she served as the Administrative Officer onboard USS Nimitz (CV-68). She reported to Commander, Fleet Air Mediterranean as his Flag Secretary in November 1998.

Talbert reported as the Executive Officer, Personnel Support Activity, Europe in June 1999.



Cmdr. Robert E. Van Iderstine



Cmdr. Cynthia J. Talbert

Talbert's personnel awards include the Meritorious Service Medal (two awards), Navy Commendation Medal (four awards), Navy Commendation Medal (four awards), Navy Achievement Medal (two awards), Military Outstanding Volunteer Service Medal, Good Conduct Medal (three awards) and numerous campaign, service, and unit awards.

See TPU, page 4



Photo by JO2 Misti Skidmore

Navy tours packed with fun - A Lake Asbury Summer Camper shows excitement during a recent tour featuring hands-on survival gear demonstrations at the NAS Jacksonville Aircraft Intermediate Maintenance Department (AIMD) Paraloft. For more on what NAS Jacksonville's Tour Program offers see pages 16 and 17.

Navy-Marine Corps has \$6.45 billion regional impact

By Jeff Hilton,
Staff

Military spending in Northeast Florida and Southeastern Georgia reached \$6.45 billion in Fiscal Year 2000, an increase of \$350 million from FY 1999. The total, included in Commander, Navy Region Southeast's 2000 Regional Shareholders Report, showed the economic impact of Naval Air Station Jacksonville, Naval Station Mayport, Naval Submarine Base Kings Bay, Ga., and U.S. Marine Corps Blount Island Command.

The total is derived from a formula using payrolls plus funds spent on goods and services.

According to the report, the Navy-Marine

Corps population here constitutes about 20 percent of the area's 1.17 million residents. That population, which exceeded 224,000, includes the military and civilian workforce, their families as well as retirees and their families.

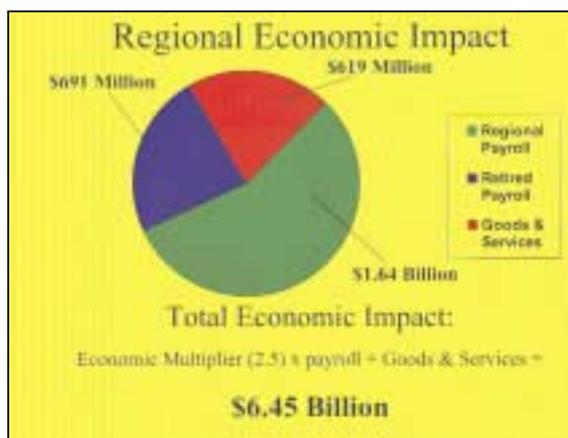
Other FY 2000 report data showed:

-More than 20,000 Sailors and Marines spent more than 680,000 hours in volunteer service to their communities.

-Tuition assistance payments reached nearly three million dollars.

-867 Sailors earned college degrees.

The full Fiscal Year 2000 report, as well as Fiscal Years 1996 through 1999, is available at www.comnavregse.navy.mil by clicking Regional Shareholders Report.



Keep NAS clean

It is home and workplace for nearly 25,000 Sailors, Marines and civilians

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NADep wins CNO's Aviation Safety Award

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Jax Air News online: www.nasjax.navy.mil

Meet a Sailor... Lt.j.g. Margaret Elaine Ware



Job title: Staff Nurse, ENT Clinic

Hometown: Dallas, Texas

Past Duty Stations: This is her first duty station.

Family Life: Single

Career Plans: To serve the Navy and also to become a mother and a wife.

Most Interesting Experience: Living in Paris, France while going to college.

Words of Wisdom: "Thank the Lord daily for your blessings."

Meet a Civilian... Mary Page



Job Title: Medical Clerk, Naval Hospital Jacksonville

Hometown: Pensacola, Fla.

Past Duty Stations: Pensacola, Fla.

Family Life: Married with three children and two grandchildren.

Career Plans: Currently Naval Reservist, planning on going active in the upcoming year.

Most Interesting Experience: "Talking to patients on a daily basis."

THE VETERANS' CORNER

Life after active duty

By Jennifer Carroll, Executive Director
Florida Department of Veterans' Affairs



Jennifer Carroll
FDVA Executive Director

"Greetings" from the Florida Department of Veterans' Affairs (FDVA), the other VA. Do you think because you're active duty now, you really don't need to know about veterans' issues? Wrong there are issues you need to be aware of before you get out! There are many things the FDVA can do for you once you become a veteran. The FDVA was established because Florida wanted to ensure its veterans got all the federal benefits they deserved. When you get out of the military maybe you'll just deal directly with the U.S. Department of Veterans Affairs (VA). Why do it by yourself? I was hoping you'd ask ...do you feel like taking on the second largest federal agency in the United States alone? You don't have to!

In 1986, Florida was concerned that its veterans were not receiving all the federal VA dollars they had earned and deserved. Florida needed a "VA watchdog" to ensure its veterans got their fair share. So, in 1987, voters approved the creation of a single state department whose sole purpose was that of being a veterans' advocate. This Department would work with Florida's veterans to ensure they received all the veterans' benefits to which they and their families might be entitled. And so it was that the FDVA was established.

The FDVA provides counseling to veterans and their families, helping them work with the VA more quickly and more successfully. We charge absolutely nothing for these counseling services, and no membership is required. Our main office is in St. Petersburg on the Bay Pines campus in the VA Regional Office building. We also have offices at each of the six VA Medical Centers and numerous VA Outpatient clinics throughout Florida.

I'd also like to tell you about another service of this department our State Veterans' Homes program. Not interested now? That's OK, you just need

to know they're available. Besides, maybe you know an elderly veteran who might need assistance with nursing home care. You should see these homes—they're absolutely gorgeous and state of the art facilities!

FDVA operates a 150-bed assisted living state veterans' domiciliary home in Lake City; a 120-bed state veterans' nursing home in Daytona Beach; a 120-bed veterans' nursing home, which opened in 1999 in Land O' Lakes and can accommodate 60 Alzheimer's residents; and our newest veterans' nursing home in Pembroke Pines. It accepted its first resident in June, 2001, and it also can accommodate 60 of its 120 residents, with Alzheimer's disease. Two more veterans' nursing homes are scheduled for Bay and Charlotte counties, with groundbreaking ceremonies to occur in late 2001 and opening slated for the spring of 2003.

If you have questions about service-connected benefits, medical care, GI-Bill information, VA home loans, State Veterans' Nursing Homes, or any veteran-related issue, call your local County Veteran Service Office, the FDVA at 1-800-827-1000, ext. 7400; or, visit our website at: www.floridavets.org for additional information.



It's free!

It's free! Give yourself the gift of a Navy CREDO Retreat. Personal growth retreats are offered Aug. 16-19 and Sept. 20-23. July 27 - 29, Marriage Enrichment Retreat. Sept. 14-18, Facilitators Training Retreat. For more information, or to register, call CREDO at 270-6958.

CREDO

JAX AIR NEWS

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The following programs are offered at your Fleet and Family Support Center Jacksonville for the third Quarter, July-Sept. 2001. Pre-Registration is required for these Life Skill Education Programs. Call 542-2766, 127.

Anger Control Workshop

Learn alternatives to anger and what to do when you get angry.

July 26, 8-11 a.m.
Aug. 30, 8-11 a.m.
Sept. 27, 8-11 a.m.

Assertive Communication Training

Gain valuable communications skills that are honest, direct, appropriate and meaningful. Acquire assertiveness techniques applicable to business, family, social and personal relationships.

Aug. 13, 1-5 p.m. Part I
Aug. 20, 1-5 p.m. Part II

Career Success - Dealing With Work

This presentation is designed to increase awareness of internal value conflicts when two personal issues are tested. Participants will explore various methods of making healthy choices and effectively resolving these conflicts. (Available upon request.)

Coping With Difficult People

This workshop focuses on interpersonal skills, communication skills and coping with conflict in personal and work relationships.

Sept. 13, 9 a.m.-noon

Divorce Adjustment Workshop

This workshop addresses such issues as the emotional impact of divorce on couples and children, coping skills and communication techniques, which can help reduce the effects of divorce.

July 31, noon - 4 p.m.
Aug. 28, 8 a.m. - noon
Sept. 25, noon - 4 p.m.

Emotional Eating

This workshop aids adults who are experiencing difficulties as a result of using emotional eating as a coping mechanism for handling stress. (Available upon request.)

How To Have A Healthy Relationship

Learn how to take control of your life

by letting go of dependency on others. This workshop helps you explore your own inner self. Aug. 22, 9 a.m. - noon

Self Esteem

Participants explore how the relationship that we have with ourselves affects our interaction with others. Includes techniques to increase self-awareness and improve self-esteem. (Available upon request.)

Stress Management Workshop

Learn how to manage and control tension and stress through relaxation techniques and lead a happier, healthier and more productive life.

July 24, 8 a.m. - 4 p.m.
Aug. 7, 8 a.m. - 4 p.m.
Aug. 21, 8 a.m. - 4 p.m.
Sept. 4, 8 a.m. - 4 p.m.
Sept. 18, 8 a.m. - 4 p.m.

Time Management

Identify major time wasters and effective timesaving techniques that can help you be more productive.

Sept. 11, 9:30 a.m. - noon

Deployment Support Programs

(To register call 542-2766, 127)

Return and Reunion

This workshop is for active duty service members and their dependents. It helps them understand and be prepared for the changes and adjustments of deployment. (Available upon request)

Mom and Dad Support Group

July 25, 3-4 p.m. Call 542-2766, ext. 158

Single Sailor Pre-deployment

This program focuses on the emotional and financial aspects of deployment as they apply specifically to the single Sailor or Marine. Participants explore the phases of deployment; emotions experienced, and learn strategies for coping. (Available upon request)

Single Parent Pre-deployment

This program addresses the unique concerns of the custodial single parent preparing for deployment. Issues include childcare, legal issues, communication, etc. (Available upon request.)

Couples Pre-deployment

This program focuses on the emotional and financial aspects of deployment. Emphasis is on the phases of deployment, emotional adjustment, and helpful coping strategies. The financial component focuses on budgeting, practical preparation, and resources. (Available upon request.)

Parenting Programs

(To register call 542-2766, 127)

Active Parenting Skills Class

This class increases parental awareness of normal child development (emotional and physical) and enhances parenting skills for parents of children age 2-12 years. The workshop is appropriate for single parents as and couples. This is a six-week program. Classes are 2 hours, Thursdays.

Sept. 19 - Oct. 24, 10 a.m. - noon

Active Parenting Skills

One-Day Seminar

This class presents highlights of the longer regular parenting skills class. It provides a broad useful overview of child development, and methods to increase effective parenting skills in a fast-paced one-day training.

July 25, 8 a.m. - 4 p.m.

Children and Adolescent-Teen Programs

(To register call 542-2766, 127)

Anger Management For Children and Adolescent-Teen

These workshops are designed to provide children 6-11 and 12-18 with the skills they need to be able to deal more effectively with anger and to resolve everyday conflicts using negotiation skills. (Available upon request)

About Stepfamilies

This workshop helps children (stepchildren) understand the numerous changes taking place in their family. Issues such as getting along with step-siblings, advantages of being in a stepfamily and common feelings are addressed. The format is discussion/lecture and allow participating children an opportunity to express their feelings, positive or negative, in a safe, accepting environment. (Available upon request.)

Building Self Esteem in Children

This workshop encourages parents to examine present communication patterns with their children. It consists of an overview of self esteem and focuses on skill building for parents. Participants practice reinforcement of positive qualities in children and form a plan for home. (Available upon request)

Family Advocacy Prevention

(To register call 542-2766, 154)

What About The Kids?

This workshop focuses on helping parents understand the effects of domestic violence on children as encompassing behavioral, emotional and social development. The purpose is to instill hope that things can change.

July 24, 9-11 a.m.
Aug. 21, 9-11 a.m.
Sept. 18, 9-11 a.m.

Child Abuse

This workshop is designed to help participants become more aware of the nature and scope of child abuse and neglect and its impact on military families and the Navy. (Available upon request)

Good Touch, Bad Touch

This comprehensive child abuse prevention curriculum is designed for preschool and kindergarten through six grade. This program works as a tool to teach children the skills they need to play a significant role in the prevention or interruption of child abuse or sexual abuse in their own lives. (Available upon request)

New Parent Support Programs

(To register call 542-2766, 158)

Mom and Dad Support Group

This support group provides a forum for parents to discuss the challenges of managing job and family. The goals of the group are: To encourage and promote self-empowerment. To exchange information on resources. To promote a sense of personal responsibility for one's self and family. The group is designed to discuss parenting issues. July 25, 3-4 p.m.

Child Support Information Workshop

This workshop provides information on how, when, and where to apply for child support. Representatives from Navy legal and state agencies will be present to answer questions. This is an excellent workshop for command personnel seeking support for their children.

July 19, 9:30 a.m. - noon

What A Difference A Dad Makes In The Life Of A Child

This workshop provides education and information to help you be the best father you can be. (For men only) July 11, 9-11:30 a.m.

Transition Assistance Programs

(To register call 542-2766, 151)

Transition Assistance Workshop

This four-day pre-separation workshop is designed to assist separating Navy personnel with their transition into the civilian workforce.

July 9-12, 7:30 a.m. - 4 p.m.

Aug. 6-9, 7:30 a.m. - 4 p.m.

Sept. 10-13, 7:30 a.m. - 4 p.m.

Transition Assistance Workshop

TPU: Talbert takes charge **NADep Jax wins third CNO award for FY 2000**

Continued from page 1

Van Iderstine is a native of San Francisco, Calif. He has a Bachelor's Degree of Arts in Sociology from the University of San Diego and a Masters of Arts Degree in Counseling from National University. Van Iderstine entered the Navy in 1968 and received his commission in 1981 through the Limited Duty Officers Program.

Prior to his commissioning, assignments included: Training Squadron NINE; USS Henderson (DD-785); USS Proteus (AS-19); Naval Amphibious Base, Coronado, Calif.; USS Ranger (CV-61). After commissioning he reported to the Naval Construction Training Center, Gulfport, Mississippi as Administration Officer and Legal Officer. His next assignment was to the USS Puget Sound (AD-38), as Personnel Officer and later, as the Administrative Department Head. In 1986 he reported to Personnel Support Activity Detachment, London, United Kingdom, as Officer in Charge. That tour was followed by assignment as Flag Secretary to Commander, Naval Air Systems Command, Washington D.C. He next reported to USS Kitty Hawk (CV-63) where he served as Administrative Department Head. While assigned to the

"Hawk", he made a Western Pacific deployment in which Kitty Hawk provided a military presence off the Korean Peninsula during the United States/North Korean nuclear proliferation negotiations. In July 1995, he assumed duties as Officer in Charge of the Personnel Support Activity Detachment, Naval Air Station, Meridian, Miss. He was next assigned as Executive Officer, Personnel Support Activity, Europe. In July 1999, Van Iderstine reported to his present assignment as Commanding Officer, Transient Personnel Unit, NAS Jacksonville, Fla.

Van Iderstine is qualified as a Surface Warfare Officer.

His awards include the Meritorious Service Medal, Navy Commendation Medal, Navy Achievement Medal, Meritorious Unit Commendation Ribbon, Navy "E" Ribbon, Good Conduct Medal, Navy Expeditionary Medal, National Defense Service Medal, Armed Forces Expeditionary Medal, Vietnam Service Medal, Armed Forces Service Medal, Sea Service Ribbon, Overseas Service Ribbon, NATO Medal, and the Navy Pistol Ribbon with Sharpshooter Device.

He is married to the former Jerry Nell Lovorn of Meridian, Mississippi and has one son, Eric.

By Kelly Hinchey
NADep Jax Public Affairs Specialist

The Chief of Naval Operations (CNO) selected Naval Air Depot Jacksonville (NADep Jax) as the winner of the Fiscal Year 2000 CNO Aviation Safety Award recently. This is the second consecutive year the Jacksonville Depot has won this award, which recognizes commands for their outstanding efforts in Naval Aviation safety.

NADep Jax closed the year 2000 with zero flight related or aviation ground mishaps for Class A, B, or C flight, bringing their record to 33 years and over 25,500 hours of class A/B mishap free flying.

This is the third consecutive award the Chief of Naval Operations (CNO) has honored NADep Jacksonville with for the year 2000.

In April, NADep Jax won the CNO Occupational Safety and Health Award, which recognizes activities for the quality of their safety program and record of achievement in mishap reduction. The Depot's ergonomic program is the focal point in this arena. Since NADep began their program, the number of

mishaps has dropped steadily each year. In fact, ergonomic solutions have cut the total number of cases to half of what they were just four years ago and reduced the associated costs (lost time, medical costs, etc.) per claim. Lost time is down and medical costs, once averaging \$5,000 per claim, are now under \$1,000.

Less than one month later in May, CNO again selected the Jacksonville Depot as the winner of the Environmental Award in the Industrial Installations category. This was the second time the Depot won this award that recognizes ships, installations, and individuals or teams for their exceptional environmental stewardship. One of the facility's major accomplishments relates to the reduction or elimination of hazardous chemicals. Through the incorporation of a plastic media blast process vice the traditional chemical stripping process, the facility produced significant reductions in the use of methylene chloride and eliminated the use of butyrate solvent, which substantially reduces hazardous air pollutant emissions.



Continued from page 3

This four-day pre-separation workshop is designed to assist retiring Navy personnel with their transition into the civilian workforce.

July 23 - 26, 7:30 a.m. - 4 p.m.
 Aug. 20 - 23, 7:30 a.m. - 4 p.m.

Relocation Assistance Programs
 (To register call 542-2766, 151)

Smooth Move Workshops

Learn how to apply for a travel allowance, plan a relocation budget and get helpful tips on personal property shipping and storage.

Aug. 9, 8 a.m. - noon
 Sept. 11, 8 a.m. - noon



Sponsor Training Workshop

This training stresses the importance of sponsorship and teaches sponsors how to assist incoming personnel to ease relocation difficulties and reduce the apprehension normally associated with a PCS move.

Aug. 23, 9-10:30 a.m.
 Sept. 26, 9-10:30 a.m.

Financial Education Programs

(To register call 542-2766, 151)

Command Financial Specialist Training

This 40-hour course is designed to teach senior personnel how to do finan-

cial counseling and education. July 30 - Aug., 8 a.m. - 4 p.m.

Sept. 10 - 14, 8 a.m. - 4 p.m.

Personal Financial Planning Series

This series of personal financial and consumer workshops is designed to offer individuals both general and specific information regarding personal financial planning. Most workshops include a hands on section that allows participants to apply newly learned information directly to their personal situation and goals. Workshops include:

Car Buying Strategies: In this workshop participants learn how to price shop, negotiate the best deal, save on financing and how to drive away with the car they want at a price they can afford. Price shopping for insurance, determining monthly payments, and leasing vs. buying is also addressed. Participants will learn how to go on-line to check out car prices, and other information on the vehicles of their choice.

Sept. 25, 9-11 a.m.

Developing Your Spending Plan:

This workshop introduces participants to budgeting by using the Deliberate Spending Process. It can help participants to develop a personal spending plan that will assist them in achieving financial freedom.

Aug. 22, 2-4 p.m.

Spouse Employment Assistance Career Development Resource Programs

(To register call 542-2766, 151)

Federal Employment Workshop

This workshop will show you how and where to get information on federal job opportunities, dual compensation information for military retirees, veterans preference, special programs and how to fill out a federal job application.

Aug. 14, 2-4 p.m.

Self Directed Search

This workshop is designed to provide participants with a greater insight into their vocational aptitude, occupational skills and interests. It is open to military spouses, active duty service members and DoD civilian employees.

Sept. 12, 2-4 p.m.

Sailors win with “Early Promote”

WASHINGTON (NNS) — Top-performing Sailors continue to compete for advancement to E-6 and E-7 at an accelerated rate through a change to the enlisted advancement system. Last fall, the Chief of Naval Personnel approved a change to the enlisted advancement system that authorizes commanding officers to waive up to one year of the required time-in-rate (TIR) for Sailors in pay grades E-5 and E-6 to compete for advancement.

The TIR waiver is specifically targeted to Sailors performing at a superior level who have received an “early promote” recommendation on their most recent periodic evaluation.

The initiative was approved in August 2000 just in time for the September advancement exam, but giving Sailors little time to study. However, that factor did not slow down the top performers. About 14 percent of those eligible for the early advancement test were promoted.

During the recent March 2001 exam (cycle 171), the advancement opportunity for all E-5's going up for E-6 was 17.6 percent. The advancement opportunity for the same population of early-promote personnel who had the TIR waiver was 17.8 percent.

“What a powerful example that performance is being recognized,” said Vice Adm. Norb Ryan, Chief of Naval Personnel. “So far, it’s a win-win situation for our people and our leadership.” The issue of providing incentives for top-performing Sailors to advance more quickly was broached during visits to the fleet where he continues to solicit ideas and suggestions from commanding officers, command master chiefs and Sailors.

Using the evaluation as a marker of performance, Sailors qualifying as early promote have already been identified as top performers. The program gives commanding officers another avenue for rewarding superior work performance.

For more information on the TIR waiver, see NAVADMIN 221/00 on the BUPERS Web site at <http://www.bupers.navy.mil>.

City holding Veterans Stand Down

The City of Jacksonville will be hosting its annual Veterans Stand Down at the Greater Jacksonville Agricultural Center and Fairgrounds on Saturday, Aug. 4 from 9 a.m. to 3 p.m.

The stand down is open to all veterans and their families requiring emergency or immediate assistance, especially those veterans who are either homeless or at risk of becoming homeless. The goal of the stand down is to provide a one-stop resource outlet designed to help the veteran return to a more independent state of living. Representatives will be on hand to provide services that will include help in obtaining entitlements through the Veterans Administration; medical and dental examinations, eye and hearing tests, information on shelter and housing availability, employment opportunities and listings, debt management and legal assistance. There will be representatives on hand to discuss and provide up to date information on programs available within the local area. A continental breakfast and lunch will be served. Haircuts, showers, and donated clothing will also be available.

The City of Jacksonville and the Veterans Service Division wish to thank the following for partnering to bring this Veteran Stand Down to Duval County: Jacksonville City Council, AT&T Media Services, PG&E Generating, Navy Federal Credit Union, Miller Electric, Mac Papers, W.W. Gay, Inc., Arlington Toyota, Hardage-Giddens Funeral Homes and Cemeteries, Bank of America, Publix Supermarkets Inc., Veterans of Foreign Wars Post 7909, U. S. Department of Veterans Affairs and Florida Department of Veterans Affairs.

Held annually, the Duval County Veterans' Stand Down derives its name from the military's use of the word in which units would set aside time away from their normal daily duties and provide a forum for training for assigned personnel to include safety issues as well as fixing critical problems.

For more information on how you can help, please contact the City of Jacksonville's Veterans Service Division at 630-7282 or at Suite 175, 117 West Duval Street (1st Floor of City Hall).

'Making a Difference'

Capt. Andy Andersen, VP-30 commanding officer, will be giving his "Making a Difference" motivational speech July 23 at 1 p.m. in the VP-30 Assembly Hall. All hands are invited to attend. This is the final time he will be giving this presentation before he retires.

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of Jax Air News?**

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www.nasjax.navy.mil/JAX_AIR_NEWS/home.htm



NAVY NEWS

Ecstasy: A real killer

WASHINGTON (NNS) — Ecstasy will not only kill your Navy career, but it can also kill you.

For this reason, the Navy has targeted the drug ecstasy, also known as MDMA, as a hazard to readiness and force protection.

Protecting Sailors and Marines is a major component of force protection and to succeed it requires a team effort. Preparedness and individual personal performance are essential.

Drug use dulls the “combat edge” that military personnel need to be able to respond effectively in an operationally intense environment. Therefore, the Navy has “zero tolerance” for illicit drugs.

Individuals found guilty of illegal drug use face an other than honorable discharge in addition to reduction in grade and loss of pay.

An adverse military discharge results in a loss of Veterans Affairs educational benefits, including the Montgomery GI Bill. A drug conviction can also result in a loss of other federal college fund benefits. Sharing of drugs is distribution that most likely will end in serious jail time and a bad conduct discharge.

Sailors and Marines who use ecstasy are under the impression that it is a “safe” drug. This is far from the truth.

For those who chose to ignore the warning, ecstasy, also known as “adam,” “XTC,” “hug,” “beans” and “love drug,” has resulted in hospitalization and even death. Medical risks associated with ecstasy use include:

- A sharp increase in body temperature that can result in dehydration, muscle breakdown, and kidney and cardiovascular system failure;

- Psychological difficulties, including confusion, depression, sleep problems, drug craving, severe anxiety and paranoia that can sometimes last weeks after taking ecstasy;

- Physical symptoms such as muscle tension, involuntary teeth clenching, nausea, blurred vision, rapid eye movement, faintness and chills or sweating;

- Increases in heart rate and blood pressure, a special risk for people with undiagnosed circulatory or heart disease.

Adverse drug reactions are frequently associated with ecstasy use. Ecstasy is often “cut” with other drugs, or drug substitutes are sold as ecstasy. The danger is a “Russian roulette” for a reaction to these drug mixtures, especially individuals who are already taking other prescribed or over-the-counter medications.

What can Sailors and Marines do to combat illegal drug use? Become knowledgeable about and familiar with the signs of drug use.

Command leadership is key. Everyone from the commanding officers to the leading petty officers are tasked to

ensure all members of their staff are educated to the impact of drug use on unit readiness and force protection.

There are two training packages available at the Navy Personnel Command (NavPersCoc) Pers-6 Web site, <http://navdweb.spawar.navy.mil>. One is Work Center Supervisor Training and the other for Ecstasy Awareness Training. A randomization drug testing software program is also available at <http://navdweb.spawar.navy.mil>.

An effective command drug-testing program also improves force protection. The best deterrent to drug use is to raise the perceived risk of detection through frequent random testing.

Once the risk of detection is heightened, the willingness to use drugs drops significantly. Studies have shown that implementing an effective program of drug testing and drug education reduces the level of drug use.

For additional information, contact your command drug and alcohol program advisor or go to <http://navdweb.spawar.navy.mil>. NavPersCom (Pers-603) can be reached at DSN 882-4240 or (901) 874-4240, or e-mail at <mailto:P603C@persnet.navy.mil>.

NMCI preps against cyber attacks

WASHINGTON (NNS) — Information, as a weapon in the wrong hands, could have a devastating effect on the nation’s security.

For this reason, the Navy Marine Corps Intranet (NMCI) is stepping ahead with elaborate security measures to ensure that hackers cannot compromise internal computer systems.

Last year, the Department of Defense (DoD) detected more than 23,000 “events” or possible incursions on DoD unclassified computer networks compared to 225 detected incidents in 1994.

The increased success of detecting hackers is due to better government intrusion detection systems in the wake of hacker attacks, according to Scott Henderson, the NCMI information assurance division chief with Space and Naval Warfare Systems Command in San Diego.

Henderson said that information superiority is a key goal as DoD moves into the 21st century. Safeguarding that information, he added, is crucial to mission success.

“One of our critical capabilities will be how we are able to defend our information and our information systems from an adversary’s attack,” Henderson said at a recent NMCI news conference. “The Navy-Marine Corps Intranet will be one of the primary vehicles within the Department of the Navy to actually achieve that mission.”

The \$6 billion NMCI network is DoD’s largest information technology contract ever, according to the Pentagon.

Continued on page 9

Continued from page 8

The system is slated for completion in 2003 and will consolidate 200 separate Navy and Marine Corps computer systems involving some 400,000 desktop machines. Army and Air Force computer systems will be interoperable with NMCI.

While the NMCI consolidation is expected to save the Navy about \$2 billion over the life of the initial five-year contract, Henderson said the system would be useless if hackers can compromise it at will.

He pointed out that the threat to DoD information systems has increased in recent years.

For example, successful intrusions, or attacks, on Navy computer systems increased from 89 in 2000 to 125 so far this year, according to the Navy documents.

The number and types of detected computer viruses have also grown each year, Henderson noted, a reflection of computer hackers' increased skills and organization.

To guard against possible intrusions, Henderson said NMCI will feature security operations cells located within each of the system's six network operation centers (NOC) at Quantico and Norfolk, Va.; Jacksonville, Fla.; Oahu, Hawaii; San Diego; and Puget Sound, Wash.

The Norfolk NOC began operations

July 9, according to NMCI officials. Technicians at each NOC, using standardized security policies and procedures, will oversee network firewalls, virus and content scanning, encryption management, remote access servers and other safeguards.

Henderson added that security initiatives will also include incident detection and response capabilities.

Henderson remarked that the NMCI system features five principal information assurance or security properties:

- Availability - Authorized users can properly access online information systems;
- Integrity - Safeguard information or communications from modification by

unauthorized users;

- Authentication - A degree of certainty or assurance that information/communications are provided by authorized sources;

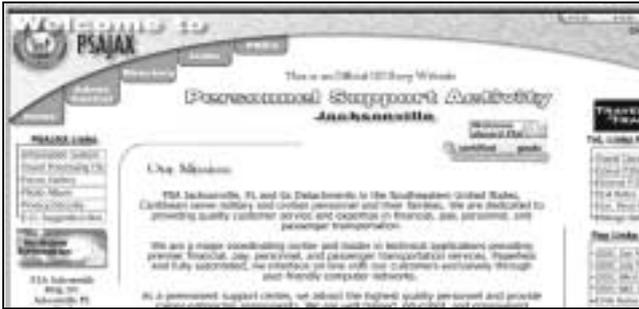
- Confidentiality - Only authorized individuals have access to sensitive information;

- Non-repudiation - There is some proof of sending and receiving information/communications for tracking/documentation purposes.

"We have implemented protection mechanisms to provide each of these five services," Henderson said of NMCI security initiatives.



By Mike Jones - mikejones43@hotmail.com



PSAJax goes cyber

By JO2 Mike Jones
Assistant Editor

I've been in a little over four years. How much should I be making by now? How much will my Basic Allowance for Housing (BAH) add up to? I need to put in a travel claim. Where can I get the form? The answers to these, and many other questions are available at the Personnel Support Activity (PSA) Jacksonville website: <http://www.psa-jax.navy.mil>.

The site also has links to many Personnel Support Detachments within the Southeast region. In addition, the site is home to the PSA's monthly newsletter, "PSA Jacksonville Pass Update," which

is available for download. The newsletter features messages from PSA's Commanding Officer, Executive Officer and Command Master Chief, as well as other articles pertaining to Navy pay and benefits. Many other forms are also available on the site's Admin Central page.

With the interactive photo album located on the left menu of the main page, you can view PSA's surrounding detachments.

If you have any specific questions, the site contains a detailed phone listing to PSA's detachments and offices. An interactive comment form is also available for instant input and feedback to PSA's services. For more information, visit the PSA website: <http://www.psa.jax.navy.mil>.

VOLUNTEER OPS

City Rescue Mission

Klothes 4 Kids 2001 - July 10-31 and Aug 1-6

The City Rescue Mission is looking for volunteers to assist with their Klothes 4 Kids 2001 campaign. A variety of volunteer opportunities exist to assist with collection of clothing donations and sorting of items. Volunteers are needed now to help collect clothing donations from area Wal-Marts (Beaches and Merrill Rd.) and Albertson's Food Stores (Beach, University and Merrill Rd.), Mondays through Saturdays, anytime from 9am - 5pm, through Aug. 6. All pick-ups will be made with volunteer's POVs. Individuals and groups of volunteers are also needed to help sort clothing donations anytime from 9am - 5pm on Saturdays, July 21 and Aug. 4 and 11. The Klothes 4 Kids campaign contact is Lori Hudson at (904) 955-0256, email at lmh115@bellsouth.net.

Ongoing opportunities

- Help facilitate pet adoptions. Engage in the rewarding activity of assisting people in finding the right pets and animals finding the right homes.

Duties include: helping with pre-adoption paperwork, escorting prospective adopters through the facility, customer service, assembling adoption bags, etc. Contact: The Jacksonville Humane Society, Chris Whitney at 419-1336.

- Do you want to change a child's life? Assist children who have developmental and physical disabilities in becoming more independent. This opportunity is within an after school enrichment program. Contact: The Webb Center, Jennifer Hatlher at 398-3029.

- For the past 20 years, LSS Second Harvest Food Bank has served as our community's dependable, cost-effective source for local non-profit agencies serving hungry children, seniors, ill and the needy. Help them by sorting donated food and restocking their shelves. This agency can accommodate large groups. Contact: Joy Spaulding at 353-3663.

Summer Opportunities for Youth

There are many summer opportunities for youth. Youth should call Volunteer Jacksonville at 398-7777.

One hundred percent tuition available for MGIB eligibles

From the NAS Jax Navy College Office

If you are eligible to receive Montgomery GI Bill (MGIB, Chapter 30 Benefits), are a veteran or have been on active duty for two years, you now have the option to use Tuition Assistance Top-up or TATU to pay the 25 percent tuition not covered by the Navy Tuition Assistance for course (s) starting after Oct. 30, 2001.

The eligibility for TATU is fairly simple. You must receive Tuition Assistance from the Military for the course or courses for which you are claiming TATU. Entitlement will be charged the same way as with other cost of instruction payments, i.e., one month of entitlement will be deducted for each amount paid that equals one month of full time payment for school attendance. For example, if a person's full time monthly payment for school attendance would normally be \$650, then that person would use up one month of entitlement for each \$650 paid under TATU.

Increase your MGIB benefits

Also, effective May 1, 2001, active duty members whose original federal education benefit is MGIB may make an additional contribution, up to \$600, to receive an increased monthly benefit of \$150. For example, if you contribute the entire \$600, your MGIB account will be credited with \$5,400 for a total of \$28,800. That breaks down to a monthly entitlement of \$800 for 36 months versus \$650 for 36 months without the \$600 contribution. Overall, the MGIB individual is getting a \$9 to \$1 return on their investment. You **MUST** elect this option while on active duty. Note: personnel enrolled in MGIB by reason of involuntary separation, conversion from VEAP, conversion from Vietnam-Era GI Bill, or enrollment during the open period Dec. 1, 1988 through June 30, 1989 are not eligible for this option.

The Navy College Office will assist students with their application for TATU and answer any questions/concerns. Visit the NCO in Building 110 or call 542-2475/2477.



Photo By Jeff Hilton, Staff

Car wash raises money for Multi-cultural fair
 SK2(SW) Stanley Murray of CBU-410 washes a car during a lunchtime barbecue and car wash held July 16. Proceeds will fund a Multi-cultural fair Aug. 30 in Sea King Park.

Graduate school offers degree geared toward DoD management

Now students can earn a Business Degree valued for practical results by the DoD and corporate sectors. The National Graduate School offers fully accredited and VA approved Master's Degrees valued for practical results by the DoD and corporate sectors. The National Graduate School offers a Master's Degree in Quality Systems Management at diverse DoD installations. Graduate students can now earn their Master's Degree full-time in 12 months on Saturdays, weekends or evenings.

Some of the DoD installations through which The National Graduate School has offered this degree or are now presently offering classes are:

- Ft. Rucker, Ala.
- Ft. Benning, Ga.
- Ft. Dix & Maguire AFB, N.J.
- Ft. Sam Houston, Texas
- Camp Mabry, Texas

• Ft. Myer, Va.

Students who have graduated with our degree have returned through process improvements to their installation up to \$3.5 million dollars in savings in one year.

The MS program is comprised of 12 courses, 36 credits completed sequentially one per month. The thesis is replaced by practical process improvements at DoD units or School-designated corporate employers.

The National Graduate School offers a 50 percent DoD scholarship, and 30 percent scholarship for government contractors, part-time National Guard, Reservists and Retired Military.

For more information or to set up an appointment call Joan Thurston at (800) 838-2580 or e-mail jthurston@nationalgradschool.org. Also, please check our web site at www.nationalgradschool.org.

Embry Riddle Aeronautical University

Fall Term Schedule - Aug. 6 - Oct. 6

MA 106	Basic Algebra & Trig.	Wed.	5-9:45 p.m.	Bldg. 537
PSY 220	Intro to Psychology	Mon.	5-9:45 p.m.	Bldg. 537

Undergraduate classes

AMT 240	Gen. Aeronautics & Appl.	Fri.	5-9:45 p.m.	Bldg. 110
AMT 260	Aircraft Elec.Syst. Theory	Sat./Mon.	8 a.m.-12:45 p.m.	Bldg. 110
BA 308	Public Admin.	Wed.	5 p.m.-9:45 p.m.	Bldg. 110
BA 314	Human Resource Manag.	Mon.	5-9:45 p.m.	Bldg. 110
CS 109	Intro to Computers & Appl.	Tue.	5-9:45 p.m.	Bldg. 110
EC 210	Microeconomics	Thur.	5-9:45 p.m.	Bldg. 848
SF 345	Safety Program Manag.	Tue.	5-9:45 p.m.	Bldg. 537

Graduate classes

BA 645	Airport Ops. & Manag.	Mon.	5-9:45 p.m.	FL Real Estate - Wells Road
MAS 602**	The Air Trans. Syst.	Tue.	5-9:45 p.m.	Bldg. 848
MAS 606**	Aviat./Aerospace Comm.	Thur.	5-9:45 p.m.	Bldg. 110
MAS 690	Grad. Research Project	TBA		

Tuition rates: Undergraduate: \$145 per credit hour; Graduate: \$245 per credit hour. For more information visit the AREU office at the Jacksonville Navy College Center, Bldg. 110 or call 779-0246.

EARU Modified AMT Program informational meetings set for July

Embry-Riddle Aeronautical University will offer the Aviation Maintenance Technology classes at NAS Jacksonville beginning with the August term. Students who complete all six classes will earn a Certificate in Aviation Maintenance Technology. In addition, students who take the six AMT classes may be eligible to have Embry-Riddle pay for the three exams and the oral & practical examination required to receive their FAA A&P license.

The Modified AMT Program Infor-

mational meetings are scheduled for July 20 at 10 a.m., noon, and 5 p.m. in Bldg. 110 on the 2nd floor. (Registration forms will be available at all three meetings.)

A&P Part 65 Information Meeting: "What is the FAA looking for- and how do I get my authorization to test?" - This meeting is set for Aug. 15, 9 a.m. and noon, Bldg. 110, 2nd floor.

For more information, please contact the Jacksonville Center at 779-0246 or stop by Embry-Riddle Aeronautical University's Jacksonville Center office located in Building 110, 2nd floor (Navy College).

THAT'S ENTERTAINMENT!

Enjoy a good sea story? Listed below are upcoming national broadcasts dealing with Navy subject matter. Times are EDT unless noted.

• July 20, 9 p.m., History Channel; Terror From Above: The Battleships

• July 21, 10 p.m., History Channel; USS Intrepid

• July 24, 9 p.m., A&E; Investigative Reports: Cold Cases "The Missing and the Dead" NCIS Cold Case Investigation

Hey, Money Man!



Hey, MoneyMan!

I noticed some Navy Relief ads in the paper advertising zero percent interest rates. Are all their loans at no interest? I also noticed that the Chief Petty Officers of the Navy Band paid for the ad. What's up with that?

MoneyMan Sez:

All loans from the Navy-Marine Corps Relief Society, including education loans, are interest free! Sometimes, when the client can not afford to pay back a loan, the assistance is granted. You may have noticed several ads in the paper from other places, such as The Military Financial Network, Inc., or Florida Catalog Sales, who also give (in small print) their interest rates. Unfortunately, these rates are usually very high. The Chief Petty Officers around NAS Jax have decided to combat these lenders with ads about NMCRS because they feel that the Society is generally the best place to go for assistance. Recently, Jax Navy Federal Credit Union offered to buy ads in support of the Society, so you will soon see ads with their name as co-sponsors. I believe you are fortunate to be attached to a base where the CPO's and the local credit union are willing to pay money to run ads to make sure our Sailors and Marines get the straight story.

Hey, MoneyMan!

I recently went out to purchase a car and the salesman told me that, since the car I wanted was popular, I would have to pay the full sticker price. This was a used SUV and my supervisor said I should not pay more than the "blue book" retail price. How do I buy the car I want without getting ripped-off?

MoneyMan Sez:

Car salesmen are in the business of selling cars at a profit. The more profit they make, the better (for them). Usually, the sticker price is the company's "in my wildest dream" price. The best way not to get ripped-off is to do your homework. Find out how much car you can afford and, if possible, have pre-approved credit from your credit union or bank. Know the "blue book" average retail price before you shop. The "blue book" price can be found in several places including your credit union, NMCRS, or a number of on-line sources. Check on the maintenance histories through third-party

sources, such as www.carfax.com. Compare prices from several companies and several different vehicles. Carry all this stuff with you when you shop! Last week one of our "friends" purchased a very popular used SUV with a sticker price of \$18,920. Know how much SHE paid after doing her homework? \$16,350.

Was it worth the effort?
Youbetcha!

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

Editors Note: *The Fleet and Family Support Center offers, along with many other financial guidance programs, offers a workshop called "Car Buying Strategies." In this workshop participants learn how to price shop, negotiate the best deal, save on financing and how to drive away with the car they want at a price they can afford. Price shopping for insurance, determining monthly payments, and leasing vs. buying is also addressed. Participants will learn how to go on-line to check out car prices, and other information on the vehicles of their choice.*

The next workshop is slated for Sept. 25, 9-11 a.m. Call 542-2766, 151 for information.



photos by JO2 Eric T. Clay and JO2 Misti Skidmore

PR2 (AW) Matthew Hughes shows children life rafts and other survival gear used by Navy aircrew during a tour visit to the AIMD Paraloft.

Tours offer children close up of Navy life

By JO2 Eric T. Clay
Staff Writer

Every year, many groups visit NAS Jacksonville to see Navy life as it happens.

NAS Jacksonville's Public Affairs Office (PAO) sponsors a wide range of tours during the workweek for children of all ages from many different organizations. There are three major naval bases in the Jacksonville area, and the PAO can set up tours for all three. All three bases have many exciting tour experiences to offer. The tours are designed to give the public a look at the Navy in action.

Visitors will see work centers and Sailors perform normal workday tasks. Also special activities are planned during the visits, including hands-on opportunities and in-depth presentations.

Maj. Barry Marquit, Andrew Jackson High School Air Force JROTC instructor said, "The tours have a positive effect on the children. Many of them may now consider the Navy as a career choice. The tours give the children the chance to see the Navy at work." Many

of the children only had a vague idea of the duties of the Navy, now they can see them in action," added Marquit. "I plan on bringing more students on our next tour because I believe the experience benefits them greatly," concluded Marquit.

"The tours have a positive effect on the children.

Many of them may now consider the Navy as a career choice. The tours give the children the chance to see the Navy at work."

Maj. Barry Marquit

With three distinct naval communities represented in Northeast Florida and Southern Georgia; air, surface and

submariner forces; there is much for tour groups to experience.

NAS Jacksonville is the home of the P-3C Orion maritime patrol aircraft squadrons, the SH-60 Seahawk antisubmarine warfare helicopter squadrons, and the S-3 Viking anti-submarine warfare sea control jet aircraft squadrons.

Tours of NAS Jacksonville also include P-3 simulators, the Naval Hospital, Security and the Firehouse.

Naval Station Mayport, located 35 miles from NAS Jacksonville, features SH-60B helicopter squadrons and is homeport to a number of cruisers, destroyers, frigates and the aircraft carrier USS John F. Kennedy.

On the Kennedy, tourists will see the flight deck, the hangar deck and many other sections.

The tour of Mayport also visits the Wet Trainer and the, Intermediate Maintenance Control Center.

Naval Submarine Base Kings Bay, located 40 miles north of NAS Jacksonville, supports the Navy's submarine launched ballistic missile program and is the only base in the Navy capable of

providing logistics for the Trident II (D-5) missile.

Kings Bay is home to Submarine Squadron Twenty, and its Trident submarines, part of the Atlantic Submarine Force. A visit to port services is also on the itinerary and features a boat ride.

PAO personnel are more than happy to coordinate your tour to these area bases. The office asks that you include, in writing, the following to ensure the success of your visit: date of arrival, how you will arrive at the base, date of departure, fax number, email address, base or bases you wish to visit, transportation needs, names of drivers and a copy of their licenses, number of people who will be on the tour and notification of special personal whom may need assistance.

Meals are available in the Base Galley. Breakfast is \$2.65, lunch is \$1.30, dinner is \$2.65.

Galley hours are 6-7:30 a.m. for breakfast, 11 a.m.-1 p.m. for lunch and 4-6 p.m. for dinner.

For more information regarding tours, call SH1 Rick Foister at (904) 542-1532/4032.



Children of the CNRSE staff set out for a ride on the St. Johns River as part of the Boat House segment of their tour.



Children with Lake Asbury Summer Camp watch a parachute being repacked.



Members of the Andrew Jackson High School JROTC visit the NAS Jacksonville air traffic control tower.



A visit with one of several P-3 Orion squadrons can be a highlight of a visit to NAS Jacksonville.



CM1(SCW) Tom Briney describes a day in the life of a SeaBee to children visiting NAS Jacksonville from Lake Asbury Summer Camp.

WAVE reunion set for July 28 at NAS Jax

By Betty Stubbs

The 35th Annual Women Accepted for Voluntary Service (WAVE) Reunion will be July 28 at The Zone on NAS Jacksonville.

United in service during their military tours, these military women have maintained their bonds by reuniting for their annual reunion. The group salutes women who have served their country. These include Women of the Nurse Corps (since 1908); Yeomanettes (WWI era, 1917-1919); WAVES (1942-1972); Women In the Navy or WINS, (1972-present); Marinettes (WWI, 1918-1919); SPARS (WWII, 1942-45); U.S. Coast Guard Reserve or USCGR (1949-present) and Women Marines (1943-present).

Editor's Note: SPARS Coast Guard women during WWII - SPARS stood for the Coast Guard motto, "Semper Paratus - Always Ready."

Carolina Clark, coordinator for this

year's event, said all women who have served, or who are presently serving in the U.S. Navy, Coast Guard or Marine Corps are encouraged to attend the luncheon and join in the salute to women in the military.

Clark served in the WAVES from 1944 to 1951 as a Hospital Corpsman. Her career took her to Bethesda, Md., St. Albans, N.Y. and Great Lakes, Ill.

The celebration of women in the military will start with a happy hour (cash bar) at 11 a.m. at The Zone. Lunch will be served at noon. Tickets are \$13.

Retired Navy Lt. Cmdr. Jennifer Carroll, Florida's Executive Director for Veteran's Affairs, will speak.

Reservations must be made by July 25.

For reservations and other information call Clark at 771-4173.

Checks in the amount of \$13 for each guest may be mailed to Gayle Plant, P.O. Box 463, Keystone Heights, Fla. 32656.

COMMUNITY CALENDAR

The Navy Wives Club of America, NWCA Jax #86, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information call 772-0242 or President Barbara Howard at 471-1444.

Branch 126 of the Fleet Reserve Association, Branch will hold its regular monthly meeting tonight at 8 p.m. at the Branch Home, 7673 Blanding Blvd. All active duty and/or retired enlisted personnel of the Navy, Marine Corps, and Coast Guard and enlisted Reserve personnel are invited to join and attend meetings. Call 771-29436.

The Polish-American Club of Northeast Florida will sponsor an

evening of dancing and listening enjoyment with the Ron Luznar Orchestra, July 28, 7 to 11 p.m. at 5850 Collins Road (off Blanding Blvd.) in Jacksonville. Admission is \$8.50 per person (non-members); \$7.50 (members) for adults, children admitted free. Food and drinks available. Call 772-7836.

VP-11, NAS Brunswick, Maine, will host its Reunion Sept. 7-9. Contact Capt. E.M. Brittingham for information. His mailing address is 45 Malvern Ave., Apt. 1, Richmond, Va. 23221, phone number is (804) 342-8070.

Cecil Field Health Assessment released for public review, comment
ATLANTA — The Agency for Toxic Substances and Disease Registry (ATSDR), a public health agency of the U.S. Department of Health and Human Services, announced today the avail-

ability of the public comment version of its health assessment for the Naval Air Station - Cecil Field, in Jacksonville, Florida.

The health assessment will be available for public review and comment on or about July 10 at the following repositories: Westbrook Branch Library, 2809 Commonwealth Ave., Jacksonville, FL 32254, telephone: 384-7424; Main Library, 122 N. Ocean Street, Jacksonville, FL, telephone: 630-2665; and Former Cecil Field Naval Air Station Repository, Cecil Commerce Center, Building 907, 13357 Lake Newman Street, Jacksonville, FL 32252. The public comment period for the health assessment will run from July 19, 2001 through Aug. 30, 2001. Please send written comments to Chief, Program Evaluation, Records and Information Services Branch, ATSDR, 1600 Clifton Road, NE, Mailstop E-56, Atlanta, GA 30333. For information call 1-888-42-ATSDR (1-888-422-8737 or (404) 562-1782.



Wild Adventures saluting military

Wild Adventures Theme Park, located off I-75, exit 13, Valdosta, Ga., presents Military Appreciation Weekend Sept. 7-9. Get two days admission for \$19.95 per person with military ID. Passport 2001 is also available for \$26.95. Call 229-559-1330 or visit www.wildadventures.net on the web for information.

Packing your student off to college? TRICARE health coverage goes too!

By NavHosp Jax Public Affairs

When it is time for your child to go to college, you face many decisions as a family. Continued health care coverage may be one of them.

Your TRICARE-eligible dependent can continue to be covered until age 23 as long as he/she is attending school full-time; but, you will want to look at which TRICARE option will work best for him/her.

If you have been using TRICARE Prime for your family, this may or may not be the best choice for your college-bound son or daughter, depending on his/her health care needs and location. A health benefits advisor at Naval Hospital Jacksonville, or a TRICARE Service Center (TSC) representative can help you determine your best option. To reach a TSC, call the toll-free telephone number at 1-800-444-5445.

If your student's college or university is located in an area where TRICARE Prime is offered, he/she can continue TRICARE Prime coverage.

Your TRICARE Prime benefit is portable and enrollment can be transferred from one location to another. To transfer your child's enrollment, or to change his/her enrollment information in TRICARE Prime, you must complete and sign an enrollment application or change request form and send it to the managed care support contractor in the new region.

It is not necessary to have all family members enrolled in the same region. Your student may transfer his/her enrollment to a different region if he/she is attending college there. If your retiree family enrollment fees are current, you do not pay any additional fees when your child transfers his/her enrollment to another location.

If you are active duty, your student can transfer the enrollment as often as necessary.

If you are not active duty, your TRICARE Prime-enrolled student is allowed two transfers per year between TRICARE regions, if the second transfer is back to the region of original enrollment.

Your child has continuous TRICARE Prime coverage while traveling from one region to another where TRICARE Prime is available. We recommend he/she stay enrolled in your home region until he/she arrives in the new location. The transfer is effective the date the transfer request is received in the new region.

If you are active duty, your student's enrollment in TRICARE Prime will be automatically renewed at the end of the one-year enrollment period unless you decline the renewal offer. Eligible re-

tirees must pay their enrollment fees for coverage to continue uninterrupted.

If you must dis-enroll your student from TRICARE Prime because of a move, he/she is not locked out of TRICARE enrollment. Dis-enrollment should be done immediately to avoid paying higher costs under TRICARE Prime's point-of-service (POS) option. POS is the care you receive if you don't have authorization from your primary care manager. Under POS, you pay an annual \$300 deductible for one person for inpatient or outpatient care before cost-sharing begins. After the deductible is satisfied, TRICARE contractors will pay only 50 percent of the allowable charges for covered care under TRICARE Prime, instead of the 75-80 percent they would pay under TRICARE Standard.

You may want to consider a TRICARE supplement or student health insurance if your student's school offers it. TRICARE will be second payer on medical bills that are not fully covered.

While the basic TRICARE benefit is the same throughout the country and the world, there may be some differences in business practices (i.e., authorization, referral rules) used by the managed care support contractor in your student's new region. A health benefits advisor at the local military treatment facility where the student becomes enrolled, or the local TSC can help your student with any questions that might arise. Be sure your student understands the rules in the new TRICARE region pertaining to pre-authorization for care. Failure to abide by these rules, which can vary from region to region, could result in POS charges.

For more information about transferring enrollment, please visit the TRICARE Web site at: www.tricare.osd.mil, visit the local TSC at 1210 Kingsley Ave., Suite 1 or contact a Naval Hospital Jacksonville Health Benefits Advisor by calling 542-9164.

Before your student goes to college, you may call ahead to the managed care support contractor in the new region to request TRICARE information:

Northeast Region (part of Northern Va., Md., small part of Eastern W.Va., Pa., Del., N.J., Conn., Mass., N.Y., Vt., N.H., Maine, R.I., D.C.) - 1-888-999-5195; Mid-Atlantic Region (N.C., Central and Southern Va.) - 1-800-931-9501; Southeast and Gulf South Regions (S.C., Ga., Fla., Ala., Miss., Tenn., Southeast La.) - 1-800-444-5445; Heartland Region (Mich, Wisc., Ill., Ind., Ohio, Ky., W.Va., except a small Eastern part; St. Louis area of Mo.) - 1-800-941-4501; Southwest Region (Okla., Ark., La., except South-

east La., Texas, except the El Paso area) - 1-800-406-2832; Central Region (N.M., Ariz., Nev., El Paso area of Texas, Colo., Minn., Utah, Wyo., Mont., N.D., S.D., Neb., Kan., Iowa, Mo., Idaho, except six northern counties in the Northwest Region) - 1-888-874-9378; Southern California and

Golden Gate Regions (Calif.), Hawaii and Alaska Regions - 1-800-242-6788; Northwest Region (Wash., Ore., six counties in Northern Idaho) - 1-800-404-0110; Latin America, Canada, Pacific and Puerto Rico regions - 1-888-777-8343, and Europe, 1-888-777-8343.

TRICARE: Enhancements

Continued from page 20

unit commanders, first sergeants and local installation support services who have direct contact with these families to refer non-enrolled family members, who are not identified during in-processing, to the TRICARE service center for assistance," according to Bailey.

Family members who elect TRICARE Prime will complete an enrollment application. The application will document the family member's enrollment information and preferences related to selection of a primary care manager (PCM). Once enrolled, the family member's enrollment is portable and can be transferred an unlimited number of times between TRICARE regions as the family relocates. Enrollment in TRICARE Prime for individuals other than those on active duty is voluntary. Family mem-

bers retain the right to decide which of the three options — TRICARE Prime, Extra or Standard — best meet their health care needs, and may terminate their enrollment in TRICARE Prime at any time. To disenroll, the sponsor or the family member must notify their regional managed care support contractor.

"We continually seek ways to make the TRICARE benefit even better and more convenient for our beneficiaries. Enrolling our junior enlisted family members in TRICARE Prime will guarantee them priority access," said Carrato.

Additional information on TRICARE Prime enrollment is available on the Military Health System/TRICARE Web site at www.tricare.osd.mil, by contacting The TSC at 1-800-444-5445 or a Naval Hospital Jacksonville Health Benefit's Advisor at 542-9164.

MWR NOTES

Bambino's

Bambino's is your headquarters for food delivery on base and is running a Wednesday buy one pizza get the second one for half price special after 2 p.m. Delivery ends at 8:30 p.m. However, pick-up of our delicious pizza and subs is available from 8:30-10 p.m. in the Brew House. Call 542-3900 for free on-base delivery.

Outdoor Pool

Make a splash this season and hold your party of function at the Outdoor Pool Complex. Reservations are first come, first serve. Call 542-3239/2930 and ask for Aquatics today to get your desired date. The cost, which includes certified lifeguards, is \$75 for the first 2 hours and \$25 for additional hours.

ITT Trips: 542-3318

Check out the RTV at NAS Jax on Wednesdays! The RTV is a mobile ITT office, stop by the purchase tickets or obtain information. Hospital: 9-10 a.m., Patrol Squadron (VP) 30: 10-11 a.m., Base Galley: 11 a.m.-12:30 p.m., Hanger 1000: 1-2:30 p.m., NADep: 2:30-4 p.m.

Walt Disney World Military Sales Team - July 27 Stop by the ITT Office from 10 a.m. - 2 p.m. to win free door prizes and ask the experts on hand all your Walt Disney World questions. Don't miss this great opportunity.

See Historical Savannah - July 21, the first stop will be the visitor's center where a guided tour explains the historic sights and buildings to start. Then you will have the rest of the day to ex-

plore the city, eat and shop. Cost is \$23.75.

Ichnetucknee Springs Tubing Trip - July 25 Float down the crystal clear Ichnetucknee River. Be part of nature while reviewing native wildlife as well as the natural flora and fauna of Florida. Trip includes a 3-hour float, transportation,



ITT is set to visit historic Savannah Saturday. Call 542-3318 to sign up today.

and a picnic lunch. \$19.50/adults and \$18.50/children 60" and under.

Wet N' Wild - July 28 Head to Orlando for plenty of rides, slides, and attractions for the whole family including the new raging body coaster-The Storm. Trip includes tickets and transportation. Adults \$29.50 Children 3-9 \$25.25

ITT is now open at Yellow Water Youth Center. Come by the Center and purchase your discounted tickets to one of the many choices. We have the same tickets as the NAS Jax office or we can get it within 24 hours. ITT is open Monday-Friday from noon - 6 p.m.

NAS Lanes: 542-3493

Price Strike Down - Now through Aug. 10 - All games only 99 cents from opening until 2 p.m.

League Registration Day - July 28-

All games \$99 11a.m-6 p.m.

Free Bowling - 11 a.m.-1 p.m. Active duty only.

Free movies are shown in the Base

Theater located on Jason Street every Friday at 7 p.m. and every other Saturday at 5 and 7 p.m. Movies are open to all. Bring your own snacks, no alcohol please and please do not leave children under 18 unattended.

July 20, 7 p.m. - *Sling Blade* (R)

July 21, 5 p.m. - *Iron Giant* rated (PG)

July 21, 7 p.m. - *General's Daughter* (R)

July 27, 7 p.m. - *Double Take* (PG-13)

Mulberry Cove Marina: 542-3260

As the weather is getting warmer, the water is looking better and better. Summer Specials include the jet ski special July 21, and 22- \$25/hour. And don't forget, before you can rent any of the boats, jet skis, or other watercraft, you need to complete a free Boater Safety Course. Call for information.

Yesterday's CafÉ is a step back in time to the 50s era with tunes on the jukebox and handmade milkshakes. The CafÉ is located in The Zone on the corner of Jason Street and Saratoga Avenue and is open from 11 a.m.-2 p.m. Check out our Thursday Special of the Month.

Budweiser Brew House: 542-5009

The Brew House is a full family dining facility located in The Zone on the corner of Jason Street and Saratoga Avenue. The Brew House has two-for-one specials every Tuesday, come on in and see the line up. Enjoy live entertainment starting at 8 p.m. on Fridays.

Looking for a place to hold a function, meeting or event? The Zone has two catering rooms available, call 542-3521 for details.

Youth Activities

School Age Care Program (before and after school) registration begins July 16 for both NAS and Yellow Water Youth Centers. The program follows the Duval County School System.

Call for school listings and costs. Available for kindergarten through fifth grade. Call 778-9772 or 777-8247.

Check out what's happening with MWR at www.nasjax.navy.mil and click on MWR.

Learn to sail at Mulberry Cove Marina

Mulberry Cove Marina can have you manning the sails in no time. Basic Sailing and Centerboard classes are offered for just \$65.

The next classes are scheduled for Tuesdays and Thursdays, 4-7:30 p.m., Sept. 11 - Oct. 9. Classes will also be offered Aug. 4-19, 9 a.m. to 3 p.m. on Saturdays and 1-4 p.m. on Sundays. All

classes include textbook and materials, use of sailboats, required training equipment, instructor and certification fees.

To sign up or for more information call the Mulberry Cove Marina at 542-3260.

JAX SPORTS

Sports officials and scorekeepers needed

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

Intramural Flag Football League forming

The league is open to all NAS Jax active duty personnel. Games will be played in the evenings and teams will be comprised of seven players on the field. Commands wanting to join the league need to pick up the required paperwork at the base gymnasium. Rosters are due by July 27 and the preseason is scheduled to begin the week of Aug. 13.

Intramural Fall Volleyball meeting July 27

The league is open to all NAS Jax active duty personnel. The meeting will be held in the Main Event II in "The Zone" at 11:30 a.m. All inter-

ested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

Men's Varsity Softball Tryouts Aug. 14-17

Tryouts are open to all NAS Jax active duty men and will be conducted by Kevin Barrow, Men's Varsity Softball Team Coach, at the McCaffrey Softball Complex from 5-7 p.m. The team represents NAS Jax in military and community tournaments throughout the southeast region. Call NAS Jax Athletic Department for more information and to sign up.

Intramural Fall Softball Meeting Aug. 23

The Intramural league is open to all NAS Jax active duty commands and personnel. The meeting will be held in the Main Event II in "The Zone" at noon. The season is scheduled to begin Sept. 11 and games will be played on Tuesdays and Thursdays at 5:30 p.m. and 6:45 p.m. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

Greybeard Fall Softball Meeting Aug. 23

The Greybeard league is open to all NAS Jax active duty commands and personnel ages 33 and above. The meeting will be held in the Main Event II in "The Zone" at 11:30 a.m. The season is scheduled to begin Sept. 18 and games will be played on Tuesdays and Thursdays at 11:30 a.m. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

Women's Fall Softball meeting Aug. 23

The Women's league is open to all NAS Jax active duty, military family members over 18, retirees, and DoD civilians. The meeting will be held in the Main Event II in "The Zone" at 11:30 a.m. The season is scheduled to begin Sept. 11 and games will be played on Tuesdays and Thursdays at 8 p.m. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

Navy Southeast Regional Running and Triathlon Team

Are you a competition runner? Would you like to represent the U.S. Navy in 5k, 10k, marathons, and/or triathlons? The U.S. Navy will showcase elite active duty men and women

in regional races. Uniforms will be provided as well as transportation, entry fees, and lodging costs.

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

Team Qualifying Times

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

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

For information about any sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239.

E-mail us at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil. Visit the MWR website at www.nasjax.navy.mil/mwr.

'Gladiators' shine at the Fitness Source

By Kevin Herrholtz
NAS Jacksonville MWR

Twenty-five of the strongest and toughest individuals flocked to the Fitness Source on July 13 to see who could truly call themselves a "Gladiator." The "Gladiator" competition con-

sisted of max effort performances on the bench press, leg press, dips, sit-ups, push-ups and a two-mile treadmill run. After six long hours of blood, sweat and tears four powerful people were crowned "Gladiator" champions. The over 40 champ was William Falls with a total score of 54 points. The 185 lbs.

and over winner was Steve Dressler with 57 points. The 180 lbs. and under champ was Redmond Manansala with 57 points. And the women's winner was Iris Pabon who was uncontested. A special thanks goes out to all the competitors who made this years competition the best yet.

Mustangs holding golf tournament tomorrow at Mayport

The First Coast Navy Mustang Association is hosting a Golf Tournament tomorrow at the Naval Station Mayport Golf Course.

All Mustangs are invited (officers who received their commissions through an in-service procurement program and wear the Navy Good Conduct Medal). Your invited guests

are welcome. We strongly encourage you to consider prospective Mustangs as invited guests.

The format will be Four Person; Best Ball; Captains Choice with a Shotgun Start at 8 a.m.

Your level of play (or non-play) is of no significance.

Come on out and enjoy the cama-

radierie and swap some sea stories.

The cost is \$40 each; that includes Green Fees; Prizes and Lunch with Beverages.

Put together your own foursome or make your reservation and we will build the foursomes.

Reservations must be made through Jerry Blocker at: (904) 771-1475 (W) (904) 262-9618 (H).

STANDINGS

Summer Basketball

Team	Wins	Losses
VP-30	8	1
TPU	7	1
VS-22	7	2
VS-30	6	2
FACSFac/ATC	6	3
VP-45	4	4
HS-7	4	5
VP-5	3	5
AIMD I	2	1
HS-75	2	5
HS-15A	1	7
HS-15B	1	8

Sand Volleyball

Teams	Wins	Losses
CSCWL	6	0
VS-31	4	1
VR-58	5	2
CPRW-11	3	2
SERCC (1)	2	4
VS-32 Es	1	0
SERCC (2)	1	4
ASTC	1	5
HS-11	0	1
VS-32 Os	0	0