



Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE



Thanksgiving Service at the Chapel

The NAS Jacksonville Chapel invites everyone to an Interfaith Thanksgiving Service Nov. 23 at 6:30 p.m. at the All Saints Chapel. A free turkey buffet will be offered following the service. For more information, call 542-3440.

Holiday card contest under way

All commands, squadrons and departments are encouraged to be a part of this year's "Beat the Holiday with MWR" program by entering a holiday Christmas card. All cards must be designed on sheets of plywood provided by NAS Jacksonville Morale Welfare and Recreation Department (MWR). Contestants are responsible for their own decorating and supplies. Commands are allowed to submit one entry, which will be judged by MWR. The winners will be announced at the Christmas Tree Lighting on Dec. 5.

Plywood is currently available at the NAS Jax Fitness Center for pick-up. All cards must be turned in by Dec. 1 for judging. For more information, call 542-3518.

Uniform change

The shift to winter uniforms of the day for all commands within the Commander, Navy Region Southeast area of responsibility is Dec. 1. The uniform of the day will be:

Officer/CPO - Service dress blue with winter blue/service khakis as alternate.

E6 and below - Service dress blue with winter blue as alternate.

Toys for Tots Campaign ongoing

The Toys for Tots Campaign sponsored by the United States Marine Corps Reserve is currently under way. The primary goal of Toys for Tots is to deliver, through a new shiny toy at Christmas, a message of hope to needy youngsters to help motivate them to grow up to be responsible, productive, patriotic citizens.

Anyone who would like to donate a new toy can drop it off at the USO, located at the NAS Jax Main Gate. For more information, call 542-3028.



Photos by JO2(SCW) Eric Clay

ITI(SW) Marcus Murray receives a box of donated food items last Friday from Army Sgt. Leonard Hastick and Sarah Jackson.

Helping those in need over the holiday season

By JO2 (SCW) Eric Clay
Staff Writer

At NAS Jacksonville, there is a Food Locker that supports service members and their families in their time of need. Especially during the holiday season, some families could use a little help getting a nutritious meal.

Donations are received from various means, such as fellow service members and the commissary. Donations can be non-perishable foods like canned goods or a cash contribution. They also accept items like diapers that can help out young families.

The Food Locker is asking for holiday meal items so that the families can have a traditional meal on Thanksgiving and Christmas. Assistant Food Locker Program Manager IT2(SW) Robert Brown said.



ITI(SW) Marcus Murray puts a food basket together for a military family at the NAS Jacksonville Food Locker.

vides holiday meal baskets for the commissary are also ed to families in need so th

See FOOD LOCKER, Page 3

Military families get great start at NavHosp Jax

By IC2 (SW) Melissa Ljongquist
Naval Hospital Jacksonville Public Affairs

While the military officially celebrates Military Family Appreciation Month in November, Naval Hospital Jacksonville celebrates families all year long. In fact, the hospital introduces hundreds of new parents to the joys and challenges of childbirth and maintaining healthy families every year.

The hospital's obstetrics/gynecology staff and perinatal educators make sure they and their babies are off to a healthy and educated start.

There are a number of programs for helping to make a new addition to the family more comfortable and safe provided by Alisa Davis Perinatal Nurse Educator, RN, IB, CLC and Fran Smith, Obstetrical Case Manager in the Family Practice Department.

First there is the "New Parent Class" for families having their first child. This class provides all the information they need to know



Photo by HOSPITAL, Page 3

An expectant mom and her family get a first glimpse of their new family member through a sonogram at Naval Hospital Jacksonville.

in the course of their pregnancy such as fetal development and things that they should avoid that could harm the baby. They also

learn things that could help them and the baby such as getting plenty of exercise and eating a balanced diet and how much weight

gain is appropriate. The what community and

See HOSPITAL, Page 3

Teamwork pays off

On Nov. 12, NAS Jacksonville Air Operations Department recognized AC1(AW/SW) Anterio Mack, AC1(AW) Theodore Redleaf, AC2 David Tingler and AC2 Eric Jantz for their outstanding efforts in preventing a possible incident during President Bush's arrival. Mack and Jantz received Flag Letters of Commendation signed by Commander, Navy Region Southeast Rear Adm. Annette Brown. Redleaf and Tingler received Navy and Marine Corps Achievement Medals.



Photo by JO2(SCW) Eric Clay

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SECURITY SCOOP

Some tips to help keep you safe during the holidays

By William Curnutte
Crime Prevention Officer

The holidays will soon be here. 'Tis the season to be jolly, but it is also the season to be a victim of a crime. When it comes to crimes, the holidays rate the highest due to the vacations from school, increased shopping trips, traffic congestion, mall crowds, holiday parties, and empty homes. Here are some simple reminders to help you avoid being a victim. You may already know most of them so just think of this as a refresher course.

- If you plan to go out of town to visit friends or relatives, make sure your home looks like you have never left. Keep shades and blinds in their normal positions. Stop mail and newspapers, or ask a neighbor to pick them up every day. Put timers on several lights so they turn on and off at appropriate times. Arrange to have the grass mowed while you're gone. Ask a neighbor to park in your driveway overnight. Contact the police and have them conduct house checks while you're away. And don't forget to lock all doors and windows before you leave.

- While you and your family are traveling, stick to well-lit, well-traveled streets at all times. Always lock your doors and windows when you are driving. Also lock your car when it's parked, even if the stop is just for a few minutes. Keep valuables out of sight, preferably locked in your trunk. Traveling safely with your family also means sticking together and keeping an eye on your children at all times. By all means,

make sure your children know not to accept rides or favors from strangers.

- Since there will be more drivers on the road, expect more traffic jams. Unfortunately, not all the drivers drive as well as you do. As a result, some drivers will have "road rage." Should you meet one, don't provoke that driver by responding with angry words or an obscene sign language. Your best action is to let that driver go ahead of you. Drive defensively and be aware that there are more drunk drivers during the holidays.

- Alcohol-related traffic fatalities and injuries are the highest at this time. If you're going to drink, don't drive! Have a designated driver or take a cab. Don't say you can't afford a cab. Military members can call the OOD at 542-2338 and get a free ride home from a local bar. Civilians will still have to pay; but it's cheaper getting a cab than getting a DUI.

- Most violent encounters usually take place in the parking lot. So scan the parking lot over before you leave the car and when you leave the mall or store. Always park in a well-lit, well-populated area. Don't park right next to cars or vans occupied by people just hanging out. Do not fill your arms with piles of packages. Filling your arms with packages severely restricts your vision and hampers your movements which makes you extremely vulnerable. If necessary, make multiple trips.

- Put packages in your trunk, not on the car seats. Remember though that many trunks can be opened by a button within the car's interior. It may be inconvenient, but it is better

to put your items in your trunk and then drive away to another parking location on the other side of the mall before returning for additional shopping. This will prevent someone who has been watching you from breaking into your trunk.

- Carry only the cash and charge cards you will need to make your purchases. Never flash large sums of cash in public view. When using credit cards, make sure that only one credit slip is printed with your card. Tear up any carbons that may be used to complete the sales transaction. Try to make your most expensive purchases last. This will reduce your exposure to costly losses.

- Placing gifts under the tree in front of your picture window at home is an "advertisement" to thieves looking for expensive gifts. By closing the blinds or shades, you keep the thieves from doing their "window shopping." After all the gifts have been opened, placing the empty boxes at curbside for local trash pick-up tells thieves what valued items may be inside. This becomes more critical when going to friends or relatives' homes if most of these gifts still remain inside your empty house. Break the boxes down and deposit them in your trash, recycle bin or dumpster away from your home.

From all of us from Security, we wish you and yours a safe and happy holiday season. Enjoy the holidays, but please be alert and be safe!

If you have any questions about this article, please contact me at 542-1586.



Meet A Sailor

SN DONALD BENN

Job title/command
NAS Jax Quarterdeck

Hometown: Crockett, Texas

Family Life: Single

Past Duty Stations: Naval Submarine School, Groton, Ct., MTA School, NSB K Bay, Ga.

Career Plans: To attend Sam Houston University and get a degree in criminal justice and psychology.

Most Interesting Experience: Meeting friends at MTA School.

Words of Wisdom: Hoo-Yah Texas!



Meet A Civilian

MANDI GODWIN

Job title/command
Assistant Assistant, College

Hometown: Orange Park

Family Life: I have two children, Jakob and Eve, 2.

Past Duty Stations: SCNA Design S Jacksonville.

Career Plans: To have my own business

Most Interesting Experience: Dealing with my kids, job and school.

Words of Wisdom: Live each day to the fullest.

ON THE HOMEFRONT

Advice to new wives on decoding military jargon

By Sarah Smiley
Special Contributor

Sea bag...spouse club... duty... DITY... "det."

If this looks like Greek to you, you're not alone. Deciphering the strange and often confusing jargon of the military takes time and patience.

To make life easier, here's a brief crash-course lesson in military terminology.

Let's start with "sea bag." Ask your spouse and he will probably tell you this is a standard-issued bag used by military personnel to transport clothes and uniforms. And he would be correct... kind of.

For the sake of clarity, I like to describe the sea bag as a deployment "time capsule" your husband brings home and dumps on the living room floor. Open the bag and you will find undershirts that are smelly, wrinkled and gray (even though you could swear they were fresh and white when he packed them six months ago), and an assortment of gifts — knickknacks and tacky clothing in all the wrong sizes — lovingly handpicked for you in a foreign port. (I've heard legends about women open-

ing the sea bag and finding lavish jewelry, but so far this is just a myth to me.)

Now let's tackle "DITY." DITY is an acronym for a "do-it-yourself" move, which technically means you pack and move your belongings by yourself, without the aid of a moving company.

You will recognize the DITY move when your husband asks, "Honey, can you spend the next two weeks sorting through all our belongings and begging the grocery store for boxes while I cleverly and conveniently disappear to finish up my important check-out procedure on base?"

Which brings us to the word "duty." On the surface, it seems that duty is straightforward and simple: a position of watch filled at regulated intervals by military personnel. And this is what your spouse will want you to believe. After all, he believes it!

Soon you will learn, however, that "duty" is actually an unavoidable work commitment that pops up "unexpectedly" on weekends, anniversaries, holidays, and your son's first day of school. How these "scheduled duty shifts" always sneak up and surprise my husband, I do not

know.

The title "CO" is an especially important acronym to learn. This stands for commanding officer, and he/she is your husband's boss — the head-honcho. In front of the CO it is advisable not to call your spouse "pooky" or "bear," or to mention that he threw-up on his first T-34 flight.

Another common abbreviation used in the military is det (a.k.a.: detachment). This, your husband will tell you, is a scheduled, brief period of time in which his unit/squadron leaves the homebase for training.

Don't be fooled.

Look for the meaning of "det" under its more common name — "impossible unpredictability." When your husband claims to have a det in one week that will last "only five days," be prepared that he will probably actually leave tomorrow and be gone for two weeks. Never trust the det schedule, and be leery of anyone who claims to "know" the det schedule.

And finally, there is the spouse club. Your husband might refer to this group as the official military "rumor mill". The spouse club, however, is an essential refuge from loneliness when

your husband is deployed.

The spouse club also is an excellent source of information (such as why the squadron really calls your husband "Dancing Bear").

[Warning: Anything you reveal at a spouse club meeting may be used against you. Use discretion!]

As you can see, husbands and wives have been arguing for years over the meaning of most of these words. For the most part, his definition and your perception will eventually vary greatly.

There is one exception, however, and that is the term "orders". Husbands and wives unanimously agree about the cut-and-dry nature of this word. "Orders," unfortunately, means exactly what you think it means: Your spouse is being ordered to do something. It will often be used in sentences like: "Yes, honey, I thought we'd be moving to Virginia too, but now I'm being ordered to Japan".

Good luck, stay flexible, and don't believe everything you hear... especially about the det schedule.

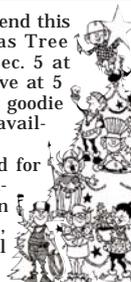
You may send comments or a response to Sarah at <http://sarahsmiley.homestead.com>.

Christmas Tree Lighting and concert coming

From MWR

Everyone is welcome to attend this year's annual Christmas Tree Lighting and Concert Dec. 5 at Patriot's Grove. Santa will arrive at 5 p.m. Free pictures with Santa, goodie bags and refreshment will be available.

There will be clowns on hand for face painting and to pass out balloons. Performances will be given by the NAS Jax Navy Band, Orange Park Junior High School Band and Choir.



Jax Air News

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Deadline for all routine copy is close of business the Friday before publication. Deadline for Classified submission is noon. 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) 542-1533. The Jax Air News, Box 2, NAS Jacksonville, Fla., 32212-5000. Releases should be sent to this address.

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HEY, MONEYMAN!

Hey, MoneyMan!

My wife and I travel a lot and we have noticed that many hotels are now using room keys that look like credit cards.

I usually just leave the keys in the room when I check out, but I heard recently that you should always turn them in or throw them away. It has something to do with private information being stored on the keys. Do you know anything about this?

MoneyMan Sez:

Identify theft: Where there is a will, there is a way! Always try to keep private information private and be careful if you think someone else may be in a position to have access to your personal data.

A detective from the Pasadena California Police Department recently discovered that a lot of personal information is embedded in these "credit card" keys. He found that your name,

home address, credit card number and expiration date, check-in and check-out dates, and other information is included on the memory strip of these keys.

These cards are normally not erased until an employee issues the card to another guest. Of course, this is not really a problem unless a hotel employee decides to scan the card and use the information to go shopping at your expense.

How could he do that? Online is one way! He has your name, address, credit card number, and expiration date.

My recommendation is to never leave the cards in the room and do not turn them in at the front desk. Destroy them. You will not be charged for them and it's better to be safe than sorry.

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.

Native American luncheon held

Donna Holoka, vice president of the First American Culture and Preservation Association (left), talks to Com-mander, Navy Region Southeast Chief of Staff Capt. Lawrence Cotton (right) and NAS Jacksonville Command Equal Opportunity Advisor SMC Tim Fronzaglio about her homemade Native American crafts. Holoka was the guest speaker at the NAS Jax MCAC and NAVAIR EEOAC first Native American Luncheon Nov.13.



Photo by JO2(SCW) Eric Clay

Rendering honors to our national flag

By CMDMC(SW/AW) Chuck Lawson
Command Master Chief

Out of the travails of our nation's birth, in the midst of a bitter war for independence, our National Emblem emerged on June 14, 1777, a beautiful flag combining the blue of vigilance, perseverance, and justice with the white of purity, and the red of hardiness and valor. It is an unmistakable symbol of freedom that has lifted the hearts of Americans down through the years, our national Ensign!

I would like to cover the proper procedures for all hands, military and civilian, to follow during morning and evening colors. The following is an excerpt from Navy Regulations Chapter 12, Flags Pennants, Honors, Ceremonies and Customs, Section 2, Honors to National Anthems and National Ensign, Article 1206, paragraph 1-10:

"During the ceremony of hoisting or lowering the flag or when the flag is passing in a parade or in review, all persons present except those in uniform should face the flag and stand at attention with the right hand over the heart. Those present in uniform should render the military salute. When not in uniform, men should remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart.

During colors, vehicles within sight or hearing of the ceremony shall be stopped. Persons riding in the vehicles shall remain seated at attention. Vehicles will remain stopped until "Carry On" is sounded."

Our Flag and National Anthem are living symbols of the men and women who have served and sacrificed in the service of our great country. Let's remember them every time we proudly and reverently stop for morning or evening colors!

RICHMOND AMERICAN HOMES; 6c; 10.75"; Black Only;

Pal Day coming up in December

From the USO

The St. Augustine USO Council is sponsoring the 46th annual USO Pal Day in St. Augustine on Dec. 6. The event is free to all active-duty military in uniform and their family members. Immediate family members of deployed military will also be admitted free to attractions upon presentation of their military I.D. card.

The following attractions are free for the event: Alligator Farm; Authentic Old Jail; Castillo de San Marco; Florida Heritage Museum; Fort Matanzas; Fountain of Youth; Government House Museum; Lighthouse and Museum;

Marineland of Florida; Mission of Nombre de Dios; Museum of World War II; American Historical Society; Florida Museum of Natural History; Oldest Scenic Drive; Old St. Augustine; Potter's Wax Works; Ripley's Believe It or Not; Spanish Military Museum; Spanish Quarter; Stone Chocolates.

Parking is free at the St. Augustine Visitor Center. There will also be sightseeing train, Town Trolley tour, complimentary lunch provided from 11 a.m. to 1 p.m. at the Elks Club, 829, across the street from the Lions on A1A South. For more information, call 542-3028.

Sign up now for next SAT test

The next SAT testing is Dec. 4 at 9:30 a.m. for the test at the Navy College Office. Registration fee is \$28.50. Payment must be made by money order, cashier's check; no cash. Military members free. For more information, call 2477.

TOYOTA GATOR BOWL; 2c; 3"; Black Only;

Facing the holidays

Some tips on how to enjoy them, not just survive

From Humana Military Healthcare Services and Naval Hospital Jacksonville Public Affairs

The holidays from Thanksgiving to New Year's are billed as a time for family, celebration, warmth and love. However, many people experience them as times of high stress and deep disappointment or depression.

Military families face special challenges since they are often separated from family or have a family member on deployment. The tips listed below can help you maintain a healthy perspective throughout the holiday season.

If you are stationed too far away to be with family, or if your spouse is deployed through the holidays, focus on positive ways to be in touch for the holidays. Focus on the strength of what is there, not the hurt of what is missing.

Set some realistic goals for your preparation. You don't have to cook every favorite food or use every decoration you own. If others expect certain things for the holidays, invite them to help in the preparation.

Establish a realistic budget and save for your Christmas purchases. Resist the temptation to run up credit card bills you will not be able to pay off in a reasonable time.

Stay in touch with good friends during this time. Share with each other what you are doing and other things on your mind. Talking is an excellent way to relieve stress.



Sometimes it's not possible to celebrate the holidays the way you'd like because the climate is different, or certain foods are not available where you are stationed. It's important to be creative with your celebration. Take advantage of the opportunities or the unique characteristics of the place you live.

Let the kids be part of the preparation. Depending on their age, they might help by putting stamps on card envelopes, or holding their finger on a bow while you wrap a gift. Let them create some gift wrap. Paper, glue, crayons and glitter offer interesting possibilities.

If you feel that the stress of the holiday season is becoming overwhelming, don't be afraid to ask for help from family and friends. If, as a TRICARE beneficiary, you would like to contact a mental health professional in your area, please call Choice Behavioral Health Partnership at (800) 700-8646, or visit their informative Web Site, www.choicebehavioral.com.

Locally, help is available for hospital beneficiaries through primary care provider referral in Naval Hospital Jacksonville's Mental Health Department. Immediate assistance is available through The Community Counseling Center, 542-3473, Ext. 160 and the Fleet and Family Support Center, 542-2766. In the civilian sector counseling is available by calling "First Call For Help," 632-0000.

Carbon monoxide can be a stealthy killer

From the Base Fire Department

The home heating season is here; time to remind ourselves of the dangers associated with home heating by means of fuel burning equipment.

Each year, people die from carbon monoxide poisoning associated with home fuel burning heating.

Carbon monoxide is a colorless, odorless gas produced when fuel is incompletely burned.

Symptoms of carbon monoxide poisoning are similar to flu-like illnesses including dizziness, fatigue, headaches, nausea, and irregular breathing.

Exposure to high levels of carbon monoxide can result in death.

Measures, which help to ensure your safety, include:

- Have an inspection of all fuel burning appliances, including furnaces, stoves, fireplaces and portable heaters to help detect deadly carbon monoxide (CO) leaks.
- Furnaces, stoves, fireplaces and portable heaters burn fuels, typically gas, both natural and liquefied petroleum,

kerosene, oil, coal and wood.

- Ensure your inspection includes checking chimneys, flues, and vents for leakage and blockage.
- Check to make sure all vents to furnaces, water heaters, boilers and other fuel burning appliances are not loose or disconnected.
- Never block ventilation air openings, an adequate air supply is needed to ensure proper airflow and combustion.
- Never use fuel burning portable heaters in non-ventilated enclosed areas.
- Provide your home with an early warning detection system. Install a carbon monoxide detector.
- Homes with fuel appliances should have at least one carbon monoxide detector outside sleeping areas.
- Keep your vehicle exhaust system in good repair.
- Always operate your vehicle only in ventilated areas, never in a closed garage.
- Remember, you cannot see, taste or smell carbon monoxide gas. It can kill you before you know it's there.

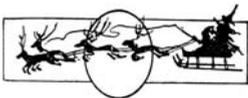
Just a few weeks left to send in Letters to Santa

Jax Air News will publish selected Letters to Santa in the Dec. 18 issue.

Based on the amount received, we will print as many letters as our space allows so Santa will have a better chance to see what the children from NAS Jax are hoping to receive in their Christmas stockings this year.

Letters can be mailed to Jax Air News, Box 2, NAS Jacksonville, Fla., 32212-5000 or dropped off to the office, Room 202A, Building

1 by Dec. 12. Letters can also be e-mailed to larocquek@cnrse.navy.mil or faxed to (904) 542-1534.



Children help those in need



Photos by RP1 Nicholas

Members of the NAS Jax Sunday School class present Assistant Food Locker Manager IT2(SW) Robert Brown (left front) with several food baskets and a cash donation at the Chapel last Sunday.



A group of Sunday Schoolers from the NAS Jax Chapel proudly display the food items they collected for the NAS Jax Food Locker.

Members of the NAS Jax Chapel Sunday School class spent last Sunday morning putting together food baskets that were donated to the NAS Jax Food Locker. The group collected more than \$80 and food items for the cause.





Photo by Beverly Taylor-Mack

Commanding Officer Capt. Ed Naranjo presents Cmdr. Ken Cuyler a Navy and Marine Corps Commendation Medal (Gold Star in Lieu of Fourth Award) at FISC Jacksonville's Ceremonial Quarterdeck.

CEC admiral presents medal to FISC Jax officer

By Beverly Taylor-Mack
FISC Jacksonville PAO

For meritorious service while serving as Deputy Logistics Officer for I Marine Expeditionary Force Engineer Group (I MEG) during Operations Enduring and Iraqi Freedom, Kuwait and Iraq, from March 11 to May 8, 2003.

Cmdr. Cuyler displayed steadfast leadership in providing flawless logistics support for three regimental task forces of over 4,500 Seabees, Soldiers, and Marines." These words were read from the citation on a Navy and Marine Corps Commendation Award recently presented to Cmdr. Kenneth Cuyler.

On Nov. 6, Cuyler stood proudly in the presence of his superiors and peers to receive the honors bestowed upon him by Civil Engineer Corps (CEC) Rear Adm. Charles Kubic, commander of I Marine Expeditionary Force Engineer Group.

Before pinning the award on Cuyler, Capt. Ed Naranjo, commanding officer of FISC Jacksonville said, "The fact that this award is from the CEC community is truly noteworthy in and of itself. Providing logistics support to forces engaged in the war effort is what this is all about."

Cuyler was assigned to

FISC Jacksonville as the NADEP support director when he volunteered to go to Kuwait and Iraq to perform a myriad of critical and complex duties. He continuously monitored and expedited the logistics pipeline and ensured the critical delivery of food, water, ammunition, and medical support to I MEG forces. Moreover, he directed the distribution of position location global receiver batteries and adapters to the task forces, which greatly enhanced the visibility and connectivity between the I MEG Commander and his geographically dispersed forces.

Cuyler also coordinated the proper return of large pieces of seized Iraqi construction equipment that resulted in substantial savings to the U.S. Government and foster good will with the Iraqi people.

When asked what gives this award greater significance over previous ones, Cuyler replied introspectively, "Well, I volunteered to go. I arrived before the war started, and it was my chance to support the effort. I went from behind the scenes to out there supporting the front line."

Cuyler received a gold star in lieu of fourth award. "It's nice to be recognized. I'm just very proud to be able to help," said the honoree.

Sailors promoted



Photo by PH3 Jennifer Rivera

NAS Jax Commanding Officer, Capt. Mark S. Boensel frocked 34 new first, second and third petty officers Nov. 12 at Patriot's Grove. "I'm looking forward to picking up a lot of new responsibilities," said MA2(SW) Christopher Drummonds, a new frockee.

Navy Lodge has space during the holidays

From the NAS Jax Navy Lodge

Have more guests coming for the holidays than you have rooms to put them? Don't worry, that extra room is just a phone call away at the NAS Jax Navy Lodge. The Navy Lodge has rooms available for all your guests. Make a reservation for them today and when you bring them over, just show a military ID card at check-in and they will have all the comforts of home.

"Navy Lodges offer military families and their friends an inexpensive, convenient place to stay for a couple days or a couple weeks," said Mike Bockelman, director of the Navy Lodge Program. "When you check into a room at the Navy Lodge, you will feel right at home. Our associates are dedicated to providing quality service to every guest. Best of all, there are no extra person charges when staying at a Navy Lodge."

The features you have come to depend on are at every Navy Lodge worldwide,



including free coffee, local and 800 phone calls and newspaper, cable TV and HBO, kitchens with microwaves, hair dryers, Laundromat and video rental.

"We offer all the amenities of home," said Donato Nosce, NAS Jax Navy Lodge manager. "Your guests will find all the comforts just as if they were staying with you in your own home."

To receive a Navy Lodge directory or to make a reservation, call 1-800-NAVY-INN, 24-hours a day, seven days a week. Once you make a reservation, you cannot be bumped from your room. Reservation and room assignments are accepted on an as-received basis without regard to rank. Or go to our Website at www.navy-lodge.com and make a reservation today.

Navy Exchange announces holiday hours

Main Exchange and Convenience

Nov. 28 from 9 p.m. to 9 p.m.

Nov. 29 from 9 p.m. to 9 p.m.

Nov. 30 and Dec. 1 from 8 a.m. to 7 p.m.

Monday to Saturday 1 to Dec. 23 from 9 p.m. to 9 p.m.

Dec. 24 (Christmas) from 8 a.m. to 7 p.m.

Dec. 25 (Christmas) Closed

Regular hours December: Dec. 31 (New Year's Eve) from 8 a.m. to 7 p.m.

Jan. 1 (New Year's Day) from 10 a.m. to 7 p.m.

Auto and Garden Shop

Starting Nov. 23, hours are extended to 9 p.m. Monday through Friday for live

Christmas tree sales. Christmas Eve, New Year's Eve and New Year's Day hours are the same as the Main Exchange.

All other Navy Exchange facilities are following the regular operating hours during the holidays.



JOB SHADOW DAY

Area high school students, teachers learn about the Navy

By Miriam S. Gallet
Editor

More than 100 area high school students converged on NAS Jacksonville last Thursday for the first Junior Achievement Job Shadow Day. The program is always seeking the best and brightest students. Job Shadow Day gave area high school students an opportunity to explore future career options with the Navy.

For some, it was their first time at NAS Jacksonville. For others, it was a way to familiarize themselves with the career that they hope to someday pursue.

"During the last several years, we have had small versions of this event," said Lt. James English, Director of the Jacksonville Fleet and Family Support Community Service Director Dianne Parker. "Today, we have over 100 high school students partnering with Sailors and civilian employees. It's an exciting day."

Students and teachers from Ed White High School, Robert E. Lee High Schools and from Randolph Academy of Technology had the opportunity to see firsthand how the Navy

Sailors and civilian employees from 21 different departments and departments at the base gave them an inspiring reception.

As part of the day, students and teachers visited various departments throughout the base, including VP-3, Intermediate Maintenance Department (AIMD), Naval Disease Vector Ecology and Control Center (DVECC), Naval Operations Department, Public Works and Naval Air Station Jacksonville.

Additionally, students experienced firsthand how it feels to sit in a P-3 cockpit on an aircraft carrier during a visit to the flight simulator.

"It has been an incredible learning experience," said 15-year-old Ashlee Servantez, a freshman at Ed White High School, after her cockpit experience inside a P-3 aircraft. "I didn't think I was going to have so much fun," she added.

Servantez, along with three other Ed White High School students spent the day with VP-16 Pilot Lt. j.g. A.J. McCoy. McCoy has been a Navy pilot for two years and said he opened their eyes to the many career opportunities available in the Navy and in the public sector. "I encouraged each student to pursue education and become a productive member of society."

Four teachers from Ed White High School received a red carpet treatment upon arriving at DVECC for their tour. HM1(FM) Jimmie Womack, a preventive medicine technician and instructor, and Lt. James English explained the multiple opportunities that DVECC offers daily. While at DVECC, Biology Teacher Jeff Pittman, Librarian Irma Dowless, English Teacher Valerie Fees, and Penny Studstill, guidance counselor, had the opportunity to observe an array of insects through a microscope including the notorious Anopheles mosquito, which carries the Malaria virus.

Junior Achievement Florida Shadow Director Miriam Gallet commented that since the start of the program, NAS Jacksonville has given school students in Jacksonville numerous aviation career opportunities. "Today was absolutely fulfilling," she exclaimed.

"The enthusiasm of the volunteers who made the students' day was great. The students and teachers had an unforgettable experience."

"The Junior Achievement Program is about career preparation, relevant learning and preparing students for work while still in school," said Lovett. "I am more than ready to see what has been



Lt. James English of the Disease Vector Ecology and Control Center (DVECC) (right) explains how the notorious Anopheles mosquito, which carries the Malaria virus infects humans to four teachers from Ed White High School. (From left) HM1(FM) Jimmie Womack, a preventive medicine technician and instructor; Irma Dowless, librarian; Valerie Fees, English teacher; Jeff Pittman, biology teacher (looking through the microscope); and Penny Studstill guidance counselor.



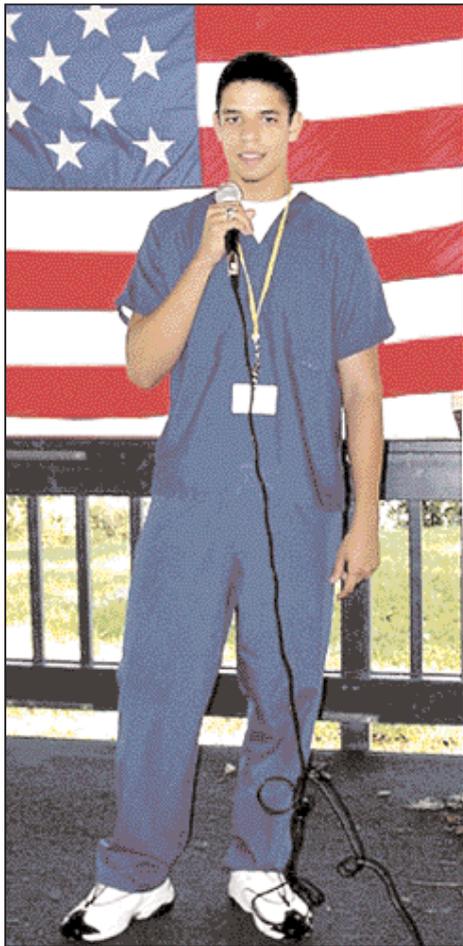
Ashlee Servantez and William Maxwell of Ed White High School experience what is like to sit in a P-3 cockpit during their day at VP-16.

James Ogletree, 15, a freshman at Ed White High School, learns how to land on a carrier in the Weapons Sea Control School flight simulator. Ogletree plans to attend the Naval Academy and become a Marine.



YN2 Shanique Howard of Naval Computer and Telecommunications Station Jax teaches Welena Qazizada, 16, a senior at Robert E. Lee High School, how annual leave is documented.

JOB SHADOW DAY



Gabriel Diaz, a 16-year-old freshman at A. Philip Randolph Academy of Technology, shares his experiences with other students at the end of the day.



VP-16 Pilot Lt. j.g. A.J. MaKoy watches as students from Ed White High School learn how the instruments inside a P-3

SHADOW: Local high schoolers learn Navy jobs firsthand

From Page 6

plished here today. All of our goals were met. I thank Diane (Parker) and the Navy. What they have done is something for others to emulate."

Students also received information about educational opportunities and programs available to active duty personnel, which could perhaps assist them in attaining their dreams.

The day ended on a high note. A cool breeze coming from the St. Johns River kept the mosquitoes away as boxes of pizza and soft drinks were off-loaded at the Bachelor's Officers Quarters pavilion in preparation for a pizza party to be enjoyed by student, teachers and volunteers. During the party, students

and teachers expressed admiration and appreciation for the way the Sailors, and civilian employees treated them.

"I was impressed with how the aircraft mechanics fix the planes and paint them," said Danielle Davis, an elated 15-year-old freshman from Ed White High School.

With a big smile on his face, 16-year-old Gabriel Diaz, a senior at A. Philip Randolph Academy of Technology, went to the podium, grabbed the microphone, and said, "It was great being at the Naval Hospital. We got to go inside the Intensive Care Unit, listened to a patient's heartbeat and lungs, learned how to read an EKG; then, they took us to the baby area. They were all whining

and crying, but I still want to nurse."

"Today, 106 students have perspective of what the Navy is. They saw firsthand what opportunities are available to the Navy. Our Sailors also benefited the opportunity to display their ship skills in a different set of these kids are out of the and we just wanted to expose some of the things they can make decisions based on the goals," said Parker.

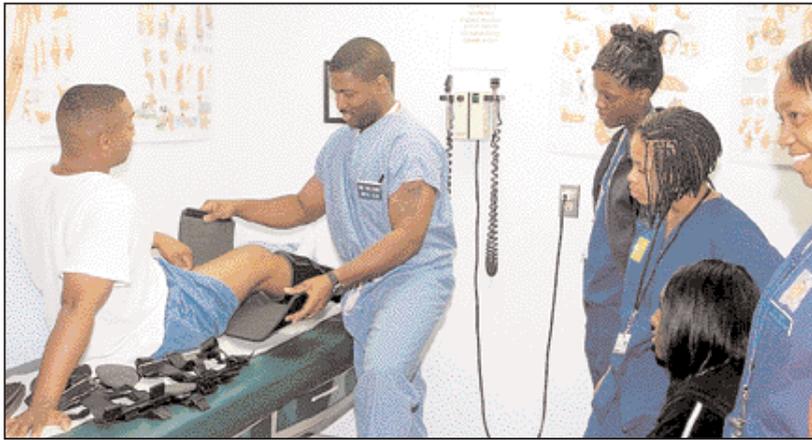
"This program is supported by CNO's Navy Service Excellence Partnership Program," concluded Parker.



Junior Achievement of Florida First Coast Job Shadow Director Mollie Lovett (center) explains the purpose of Job Shadow Day to students and teachers. (From left) NAS Jax Fleet and Family Support Center Program Manager Dianne Parker, Lovett, and Valerie Fees, an English teacher at Ed White High School.



Huen Lee, a sophomore at Robert E. Lee High School and a recent immigrant from Vietnam, proudly displays the mementos received from her VP-62 Job Shadow Day escorts. From left, YN2 Steve Crossland, IT3 Rooya Khan, IT1 Angelena Bell-Holified and AE1(AW) Aaron Dregory.



Orthopedics Technician HM2 Andray Williams applies a splint to the leg of IT1 Lonnie Harrison as Job Shadow students Robin Clark, Vonsha Griffin, Gerrisha Muller and Avais Grover look on.

Photo by HM2 John Veres



Aviation Supply Detachment Storekeepers and students from Robert E. Lee High School share pose for the camera at the end of NAS Jacksonville first Job Shadow Day.



Photo by Miriam Gall

Kevin Garrison demonstrates a computer tomography (CT) scan to students Misty Weatherford, Traci and Sara Dagra Radiology.

Naval presence in Jacksonville Veteran's Day parade



Commander, Navy Region Southeast, Rear Adm. Annette E. Brown greets spectators at the Veterans Day Parade. Several military members from NAS Jax participated in the annual event.

Photos by JO2 Mike England



Jacksonville Mayor John Peyton waves to the crowd during the Veterans Day

Syllabus completed



Lt. Michael Mills celebrates after successfully completing the VP-45 Patrol Plane Commander (PPC) syllabus Oct. 8. As a qualified PPC, he now assumes a more critical role within the VP-45 warfighting team. On Oct. 12, Lt. Brian Bradford completed his syllabus requirements also.

Photo courtesy of VP-45



Navy Band Southeast plays for spectators at the Veterans Day Parade in downtown Jacksonville.

Hospital United Grief Support (HUGS) and Pastoral Care are hosting "A Celebration In Memory Of ..." on Friday evening, Dec. 19, 7 p.m. in the hospital chapel. All beneficiaries, staff and family members experiencing loss are invited to attend.

This program is an evening set aside to honor and remember our friends and loved ones who have died over this last year. There will be sharing of music, words of encouragement and a moment of silent remembrance as we light candles in honor of these loved ones. If you have lost someone and wish to remember them in a special way, join us. If you would like to share in providing encouragement and hope to those who have lost a loved one, join us also. Let us, as a community and as a family, come together to share, remember and honor them. The time again is Friday evening Dec. 19, at 7 p.m., in the hospital chapel.

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VP-5 commissions officer



Photo courtesy of VP-5

AW2 Joshua Turnage salutes Ensign Heriberto Cruz for the first time after Cruz was commissioned during a ceremony at VP-5 Oct. 30.

DANTES tests canceled

From the Navy College Office

A reminder to all military personnel who are planning to take CLEP testing at the Navy College Office. DANTES will withdraw the following tests as of Nov. 30: College Mathematics, English Composition, Natural Science, History of the United States I & II, Principles of Accounting, Spanish I & II

We expect to be online with our new computer based testing (CBT) in April

2004. At that time these tests will become available only in the new (CBT) format. NAS Jax Navy College Office, as well as the rest of the Navy, are undergoing many changes in staffing and funding. We ask the public we serve to be patient with us as we adjust to these new challenges. We deeply regret any reduction in services made necessary by these changes.

If you have any questions or concerns, please call 542-2477.

FFSC offers educational 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 November and December:

Nov. 24, noon - 4 p.m. - Divorce Adjustment Workshop

Nov. 25, 8 a.m. - 4 p.m. - Stress Management Workshop

Dec. 1-4, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop

Dec. 2, 8 a.m. - noon - Smooth Move Workshop

Dec. 4, 8 a.m. - 3 p.m. - Parenting Skills Seminar and Workshop

Dec. 8-11, 8 a.m. - 4 p.m. - Career Options and Navy Skills Evaluation Program

Dec. 9, 9-10 a.m. - Sponsor Training Workshop

Dec. 9, 9-11 a.m. - Money Management

Dec. 10, 9 a.m. - noon - How To Have A Healthy Relationship

Dec. 11, 9 a.m. - noon - Florida Family Law Information Seminar

Dec. 11, 6:30-8:30 p.m. - Ombudsman Assembly Meeting

Dec. 16, 8 a.m. - 4 p.m. - Stress Management Workshop

Dec. 16, 2-4 p.m. - Career Exploration (for spouses)

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.

Light Parade

The City of Jacksonville is looking for volunteers to help with this event Nov. 29 to assist with set-up and decorations. Call 630-1020 to help out.

Salvation Army Elves wanted

Help ensure everyone has a happy holiday. Help set-up, prepare, distribute and/or cleanup at the Toy Shop Distribution Center Dec. 1-13. Call Christi at 366-9230 for details.

Full court tournament

The MaliVai Washington Kids Foundation will hold a full court tournament event Dec. 6. Assist with matches for our advanced players. Activities include: registering participants, encouraging team members, assist with team rotation, coaching and scoring. Call Kerry Soltis at 301-3786, Ext. 304 for information.

Volunteer opportunity for chefs and cooks

We are looking for 15-20 volunteers with cooking and catering skills to help prepare an elegant meal for the Holiday in The Hamptons Gala charity event sponsored by the Monique Burr Foundation for Children, Inc. on Dec. 13. This is a great opportunity for Navy chefs and cooks to show off their skills. Contact Jimmie Mc Knight at 542-8191, Ext. 8195 for information and to sign up.

FISC holds chili cookoff for CFC



Photo by Beverly Taylor-Mack

FISC Jacksonville Personal Property and Household Goods Office employees (left to right) Teresa Bell, Debby McAdory, and Pam Bernath are ready to serve up chili after a Chili Cook-off that raised money for the Combined Federal Campaign. Ten contestants entered the cook-off, and Dee Willson's Texas White Lightning Chili won first place.

NELP celebrates 10 years service to Navy

By Mark Faircloth
NELP Public Affairs Manager

Ten years ago, the Navy needed an organization to look at all elements of shore station environmental management including cleanup, compliance, pollution prevention and stewardship of cultural and natural resources. As a result of this need, the Secretary of Navy approved the establishment of the Navy Environmental Leadership Program (NELP) on Oct. 28, 1993.

NELP was formed by the Chief of Naval Operations (CNO) Environmental Quality Management Board (EQMB) to focus on finding new and better ways to conduct day-to-day management of environmental programs. With this in mind, CNO wanted East Coast and West Coast major fleet installations with broad-based environmental programs to establish two NELP programs. Meeting the required CNO criteria, NAVSTA Mayport and NAS North Island, San Diego, Calif. were designated as the east and west coast NELP activities, respectively. Reorganization in 1994 changed NAS North Island to Commander, Navy Region Southwest.

From the directive mandated by CNO, NELP's vision has been to evaluate new and innovative technologies and focused management strategies; ensure implementation of those technologies and management strategies that demonstrate environmental and financial benefits; and promote environmental training, awareness, and communication.

"The accomplishments of NELP over the last 10 years demonstrates the strength of its leadership and teamwork. NELP displays environmental stewardship through its vision and successes as a test bed for new innovative technologies," said Lt. Cmdr. Joseph Campisano, NELP Mayport officer.

CNO directed NELP to structure and manage individual programs at each fleet installation. NELP Mayport established an organizational structure that supported its mission to support warfighter readiness through the identification, demonstration and communication of innovative ways to perform daily operations, minimizing the impacts on our environment and promoting environmental stewardship.

The organization structure of NELP Mayport includes an Executive Steering Committee (ESC), focus group, NELP manager and NELP officer. The ESC is comprised of the NAVSTA Mayport commanding officer and the commanding officers of the Naval Surface Group Two, Public Works Center Jacksonville, Southeast Regional Maintenance Center Jacksonville, Fleet Industrial Supply Center Jacksonville, Naval Surface Group Two, Carrier Group Six, Cruiser Destroyer Group 12, Afloat Training Group Training Group Mayport, Supervisor of Shipbuilding Conversion and Repair Jacksonville, Helicopter Anti-Submarine Squadron Light Wing Atlantic, Destroyer Squadron 24, Destroyer Squadron 14, Aviation Intermediate Maintenance Detachment Mayport, and Shore Intermediate Maintenance Activity Mayport.

The ESC also includes a representative from Navy Region Southeast and the Florida Department of Environmental Protection. The ESC chartered a focus

group that includes members of select commands. The charter of the focus group is to expand the application of innovative technologies and focused management initiatives.

Another important element of CNO's mandate for NELP was for it to establish strategic partnerships with other naval commands, regulators and local communities to foster and maintain attitudes of openness and cooperation.

The forming of strategic partnerships was to also provide resources in finding new and innovative technologies that have broad Navy-wide application to speed up compliance, cleanup and reduce costs.

"With the cooperation of strategic partners, we have been able to install innovative and useful technologies

to help Sailors do their jobs better, faster and cheaper, while reducing the use of hazardous materials," said Diane Lancaster, NELP Mayport manager.

"By working together, we have also been able to increase resources and eliminate duplication of effort."

Through its accomplishments over the last 10 years, NELP has charted a course for future successes that support the directive set forth by CNO in 1993. With continued joint efforts of the Naval Environmental Program stations, supportive management teams, strategic partners, and fleet volunteers, NELP will continue to identify innovative technologies that will improve the life of Navy commands, communities, and the Fleet.

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Navy Community Service Program
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Your command/department can make a difference!

See your command volunteer coordinator for details or call:

Dianne Parker, NAS Jax Community Service Program Manager
542-2766, Ext. 130

oparker@nasjax.navy.mil

Note: Kettle shifts are two hours.
Full day command/department blocks are available.
Starting date is Nov. 21

Location: AMC Theatre Orange Park Mall

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Requirements for the FY-05 CPO Selection Board

From Commander, Navy Personnel Command

The FY-05 advancement exam for chief petty officer (CPO) USN and USNR (active) and USNR (TAR) will be administered Jan. 15, 2004.

The USN/USNR (active) Selection Board will convene June 28, 2004 and the USNR(TAR)/USNR(Canvasser Recruiter) Selection Board will convene May 17, 2004.

Candidates must meet basic eligibility requirements by Dec. 1. Personnel who have not attended the petty officer first class Leadership Training Course or have not received a flag waiver according to NavAdmin 201-99 are ineligible for advancement.

The following are other required criteria:

- All candidates must maintain commanding officer's recommendation for advancement.
- Members who submit requests for transfer to the Fleet Reserve at or beyond their high year tenure will be eligible for consideration for advancement.
- Warfare qualification requirements are contained in NavAdmin 219/97.
- Performance mark averages (PMA). Compute PMA as outlined in BupersInst 1430.16E paragraph Q-4. Computation period for active-duty is Jan. 1, 2001 through Dec. 31, 2003. Use only E6 evaluations for computa-

tions.

- Time in rate (TIR). Eligibility shall be computed from BupersInst 1430.16E, paragraph 216. TIR waivers for early promote candidates must be in accordance with BupersInst 1430.16E, paragraph 216G. Commanding officers must identify personnel authorized early promote waivers and candidates participating for Limited Duty Officer purposes only to supporting Personnel Support Detachments in time to permit ordering of exams. The Internet ordering cut-off date is Dec. 26.

- Candidates must be selection board eligible to have their record reviewed by the CPO Selection Board.

- Candidates approved for conversion must inform P811A1 to ensure their record is reviewed by the correct CPO selection panel.

Candidates may communicate with the selection board president. Enclose correspondence in a plain manila folder; label the top left edge of the folder with the following information: last name, first name, middle initial, rate.

Active-duty correspondence must be postmarked no later than May 14, 2004, and addressed to: President FY-05 E7 Selection Board (Active), Navy Personnel Command (NPC) Customer Service Center, PERS-00R, Building 768, 5720 Integrity Drive, Millington, TN 38055-0000.

TAR/Canvasser-Recruiter correspondence must be postmarked no

later than April 12, 2004, and be addressed to President FY-05 E7 Selection Board (Reserve), Navy Personnel Command (NPC) Customer Service Center, PERS-00R, Building 768, 5720 Integrity Drive, Millington, TN 38055-0000.

Correspondence to the president of the selection board may only be submitted by the candidate. Before submitting correspondence, you should verify your Enlisted Summary Record and Performance Summary Record online at <https://www.bol.navy.mil> for missing information.

You can also now order your service record online at <https://www.bupersaccess.navy.mil> and receive it in a CD format.

After your review if you have no missing information there is no need to submit any correspondence to the board. If you do find that there is missing information in your record, send only the missing documentation to the board.

Communication of specific achievement (awards, qualifications, etc.) after April 12, 2004 for USNR/TAR and May 7, 2004 for USN/USNR (active) may be forwarded by commanding officers via message to COMNAVPERSCOM PERS 811 (active) or PERS-812 (Reserve). It must be received before the board convenes.

A list of E7 eligible will be posted on the BuPers Web page.

For more information, contact your command career counselor.

Free tickets offered to deployed Sailors and their families

By CMDM Mike VanMiddlesworth
HS Wing Command Master Chief

The "Sailors Aweigh" program gives free tickets for upcoming Jaguars games to families of deployed and deployable Sailors and includes transportation and a free T-shirt.

Children can go with or their parents, as chaperones will be provided, or parents themselves can chaperone. Each chaperone will keep an eye on three to five children, so there will be plenty of supervision.

"Sailor Aweigh" participants will be picked up by a Navy bus at the NAS Jax Commissary parking lot. The bus will depart the parking lot two hours before game time. Once at Alltel Stadium, participants will be escorted to their seating area.

"Sailors Aweigh" T-shirts are provided and must be



worn throughout the game by all. After the game, the bus will take participants back to the base for pickup.

Prior to departure to the game, each "Sailor Aweigh" participant recites a pledge to "abstain from using drugs, alcohol, or tobacco". The seats are part of the honor rows and are in a great environment for the "Sailors Aweigh" participants.

Deployed Sailors' families will have priority, but if

your Sailor is on sea duty, you may be put on a waiting list that will be eligible to fill the balance of the seats that are not filled by the "on deployment" Sailors' families by Wednesday of

the week before game day. Your status will be confirmed prior to being placed on the actual "going to game" list.

The ages are from 6-17, if all squadron families to go on a particular day, arrangements may be made depending on availability and lead-time. Hurry, because it's first come first serve, and we only have 40 tickets available per game.

The schedule of "Sailors

Aweigh" games:

Dec. 7 - Houston

Dec. 21 - New Orleans

You can apply for any of the games listed, by e-mail to me at vanmiddlesworthmh@chswl.navy.mil, or by phone at 542-5273.

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Employment assistance for military family members

The Department of the Navy and Adecco have formed a partnership to create "Career Accelerator". Adecco, the world's largest staffing services company, and the Fleet and Family Support Center (FFSC) at NAS Jacksonville are now in partnership to help military spouses build their careers.

Through this service, Adecco recruiters

provide military spouses with career counseling, training and job placement at no cost to either the military or the spouse. An Adecco representative will be available at the FFSC Wednesdays from 1 p.m. to 4 p.m.

For more information, call Pat McDonald at 542-2766, Ext. 148.

HOSPITAL: NavHosp Jax does its part for family appreciation

From Page 1

resources are available. New parents also discuss the schedule of visits and tests, like ultrasounds, used to monitor the baby's health until the baby is born.

There is also a class called "Baby Boot Camp," which is focused on newborn care and safety. Issues discussed in these classes include such things as umbilical cord care and whether or not to have a baby circumcised.

This class also provides information on injury prevention and car seat safety. The car seat safety class is taught by Duval County. Women who are on WIC, the government provided special supplemental nutrition program for Women, Infants and Children, get a voucher to get a car seat for only \$20. They also do an infant cardio-vascular resuscitation (CPR) demon-

stration.

There is another class for first-time moms that is like a typical Lamas class where parents learn the anatomy and physiology of labor and when to go to the hospital.

They also talk about relaxation, massage and aromatherapy during labor. They take care of the pre-admission paper work and give a tour of the labor and delivery wards. There is a condensed version for parents who have had babies before in which they do the pre-admission paperwork and the tour.

The hospital lactation consultant teaches a "Breast Feeding Class" once a month.

"Mothers learn the ABCs of breast feeding from delivery of the baby to returning to work and continuing to nurse your child through the first and second year of life," says Davis.

The Navy and Marine Corps Relief Society offers a "Budgeting For Baby Course," twice a month. It looks at the financial aspect of bringing a baby into your life and participants learn how to look at their budget with a critical eye and what changes to expect with the new arrival. Upon completion of that class they get a voucher to get a baby sea bag, which contains baby supplies valued at \$90.

If you have any questions or would like to take one of these or other parenting classes call 542-BABY.

Pregnancy Classes

To give expectant mothers the best possible support the OB/GYN and Family Practice Clinics offer the following classes:
New Parent Orientation
 Every Friday, 8:30 - 11 a.m.

Experienced Parent Orientation

Every Monday at 1:15

p.m.

3rd Trimester

Nov. 17, Dec. 1 & 15 from 6 to 8:30 p.m.

Attendance is by appointment only. Patients may register for the above classes by calling Central Appointments at 542-HOSP.

Prepared Child Birth

Dec. 13 from 9 a.m. - 5 p.m. Attendance is by appointment only. Register by call-

ing the OB/GYN Clinic, 542-7412/7421. Classes are held in the hospital's second floor conference room.

E-mail Baby Program

The E-mail Baby Program enables deployed service members and distant family members to receive digital photos of newborn infants via the World Wide Web, usually

within an hour when the baby's taken. To have a photo e-mailed mail a list of up mail addresses to baby@sar.med.na

A medical photo technician visits mother's room every at Naval Jacksonville to service.

FOOD LOCKER: Helping those in need for the holidays

From Page 1

can purchase perishable food items such as turkeys. The Food Locker has an account with the commissary. All funds donated go directly into this account.

To receive a basket during the holiday season, families must be selected by their command and screened. A list is then sent to the Food Locker where workers make up special baskets. Baskets are available year-round to families screened by the Navy and Marine Corps Relief Society.

The Food Locker has received donations from individuals as well as commands and community groups.

"We at the Food Locker would like to thank all of you who have donated and ask that donations keep coming in. We need to support our service members and the holidays are a great opportunity," concluded Brown.

The Food Locker is located behind Building 590 and is open from 8 a.m. - 3 p.m. For more information contact the NAS Jax Food Locker at 542-3006.

Adults need immunizations, too

By Brian Badura
 Bureau of Medicine and Surgery

Schools throughout the country require children to be fully immunized in order to curb widespread illness. But kids aren't the only ones who need to have their immunizations current - they are just as important for adults.

Many adults may not be aware of the importance of immunizations. Truth is, they provide a safe, cost-effective and efficient means of preventing illness and even death from many infectious diseases. Seniors are more vulnerable to illness, compounding the need for routine immunizations.

"Most people tend to think that once you're out of your childhood years, you're done with immunizations, which just isn't true," said Capt. Mark Wallace, Medical Corps, specialty leader for infectious diseases.

While childhood immunizations do offer protection for life, others require boosters at regular intervals.

Tetanus and diphtheria boosters are required every 10 years throughout adult life. Adults who have diabetes or certain heart, lung, kidney or liver disorders, as well as all adults aged 65 or older, need to be immunized against pneumococcal disease.

Adults born after 1956 should have immunizations

against measles, mumps and rubella. Hepatitis B vaccine should be given to certain high-risk groups and hepatitis A is recommended for travelers to certain countries where the rate is high.

Those who have not had chickenpox or have not been immunized against it should receive the varicella vaccine. Annual influenza (flu)

vaccinations are a good idea for all adults, especially those over 50 years of age.

If you need more information on your needs for immunizations, talk to your health care provider. It's always a good idea to keep a record of all immunizations for future reference. Stay current with your immunizations and stay healthy.

JAX TALES By MIKE JONES WWW.RICKYSTOU



Make this a stress free holiday dinner
Mulligan's Turkey or Chicken Dinner

Complete dinner includes 12 lb turkey, 2lbs mashed potatoes, 2lbs green beans, 1lb gravy, 1lb cranberry sauce, 2lbs stuffing - ON

Turkey only - \$19.00 Complete Chicken Dinner - ON

3 days notice required for all orders
Pick-up day & time scheduled when order is placed
Thanksgiving Day pick-up between 11:30am - 2:00pm
Call 542-2936 to place your order!

MWR NOTES

Golf Club happenings

The Golf Club will be hosting a Turkey Trot Killer Scramble Nov. 23 at 1 p.m. The entry fee is \$35 per player. Handicap computer ABCD will draw the teams. Every team member puts at birdies. Entry forms available in the Golf Club Pro Shop.

Enjoy a Christmas shopping weekend at the Pro Shop Dec. 6-7. Get some great deals and free gift wrapping. Call 542-3249 for more information.

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:
Nov. 29 - Orlando Shopping. Don't miss the after the Thanksgiving sales at the Millenia Mall and Premium outlet malls in Orlando for only \$15.

Dec. 6 - Savannah Trip. The day includes a historical trolley ride, a walking tour with your I.T.T. escort, and free time for a little holiday shopping. The cost is \$29.

Dec. 14 - Okefenokee Swamp - No is the time to see the migratory birds. This trip includes transportation and a guided boat tour for \$21.

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

Vince Gill and Amy Grant's Christmas concert on Dec. 1. Great floor seats for \$76.50, or upper level for \$37.50.

Matchbox 20 in concert on Dec. 3. Get your tickets for \$43.50.

Nutcracker Community and National Ballet Dec. 12-14. Great lower level seats towards the front for \$37.50, or lower level towards the back for \$29.

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.

Mulligan's holiday take-out

Make this Thanksgiving a stress free holiday with a Mulligan's turkey or chicken dinner to go. Dinners include 12-lb. turkey, 2-lb. mashed potatoes, 2-lbs. green beans, 1-lb. gravy, 1-lb. cranberry sauce, 2-lbs. stuffing for only \$38.95. Turkey only is \$19. A complete chicken dinner is only \$12.50. A three-day notice is required for all orders. Pick-up day and time scheduled when order is placed. Thanksgiving Day pick-up is between 11:30 a.m.-2 p.m. Call 542-2936 to place your order.

New lockers

The Fitness Source now has lockers available for \$4 per month. Check at the front desk for more information.

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.

Bowling specials

NAS Freedom Lanes is offering a Tuesday Bowling Special in November. Enjoy games for \$1.75 and shoe rental for only \$1.65. For a better deal you can bowl three games, plus shoe rental for just \$6.90 per person.

Mulberry Cove Marina news

The Mulberry Cove Marina has many specials just in time for the upcoming holidays!

Abu Garcia Ambassador Torno bait casting reel, \$107.

Abu Garcia Eon 3600 bait casting reel, \$82.

Abu Garcia Eon 5600 bait casting reel, \$82.

Berkley Power Bait, buy one get one free. The marina has added new rental items to its outdoor recreation gear including:

Turkey fryers and seafood cookers, 2004 Eureka four and six-man tents, headlamps, Escape Jazz paddleboats and Hobie pedal driven kayaks.

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.

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.

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 November at the Liberty Rec Center such as ice skating, flight instruction, movie trips, Comedy Zone, Savannah Ghost Tour, and much more. 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 events

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).

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.

Tomorrow, 7 p.m. - S.W.A.T. (PG-13)

Saturday, 5 p.m. - Pirates of the Caribbean (PG-13)

Saturday, 7 p.m. - Bad Boys 2 (R)

Visit MWR online at www.nasjax.navy.mil and look for the tab marked MWR this is your tab to unlimited fun. For questions or comments e-mail us at mwrmtkg@nasjax.navy.mil.

SPORTS & STANDINGS

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.

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 your base athletic director.

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

For more information about any of the sports articles, call 542-2930/3239.

Final Open Softball Standings

Team	Wins	Losses
F.O.B.'S	14	3
Beanie Boys	11	5
VP-16	9	7
NAMTRAU	8	9
Jax Chiefs	4	12
Onsite Aviation	3	13

Final Intramural Softball Standings

Team	Wins	Losses
VP-30	13	0
VS-30	12	1
NAMTRAU	11	2
VP-5	12	3
VP-16 Red	11	4
Air Ops	10	6
VS-24	6	7
VP-62	6	9
HITRON 10	5	9
SERCC	3	10
VP-16 White	3	10
VS-22	3	12
TPU	1	13
AIMD SE	3	13

REPUBLIC TRUST & MORTGAGE; 2c; 4"; Black Only; P/U 10/30 R027742

SUN CRUZ CASINO,LLC/D.I.P.; 2c; 7"; Black Only;

NAS FREEDOM LANE
BOWLING CENTER

OPEN THANKSGIVING
5-10PM

\$1.75 / GAME

542-3493 FOR MORE INFO



COMMUNITY CALENDAR

The Navy Wives Clubs of America, NWCA Jax N is the first Wednesday of each month. Meetings are held at 612 on Jason Street at NAS Jacksonville at 7:30 p.m. Shop is open Tuesdays and Thursdays and every other from 9 a.m. - 1 p.m. For more information, call the Treasurer at 772-0242 or Pearl Aran at 777-8032.

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

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

The Navy Jacksonville Yacht Club general 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 for all active duty, reserve and retired military, and active federal employees. For more information, call 778-0805 or [commodore@njyc.org](mailto: commodore@njyc.org).

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

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

The National Naval Officers Association (NNOA) has a monthly meeting on the third Thursday each month at the Jacksonville Urban League, 903 West Union Street. All active duty personnel are encouraged to attend or contact the Jacksonville Chapter at 696-5005 or email Washington@matcobic.usmc.mil.

The Fleet Reserve Association, Branch 126 will have a monthly meeting tonight at 8 p.m. at the Branch Headquarters, 1000 Blanding Boulevard. All enlisted active duty, retirees and family members of the Navy, Marine Corps and Coast Guard are invited. For more information, call 771-2936.

First Coast No More Homeless Pets is sponsoring an Adoption Fair Saturday from 9 a.m. to 3 p.m. at the Boulevard PetSmart. More than 100 dogs and cats will be available for adoption. To view them, visit www.petfinder.com. For more information, call 596-7350.

LIFETIME ENCLOSURES; 2c; 3"; Black Only; P/U R026873

FEDERAL EMPLOYEES BENEFITS GROUP; 2c; 7.5"; Black Only;

Youth Activities Center holds carnival for families

Photos by Kaylee LaRocque



Matthew Taylor, 12, tests his skills on the virtual surfing machine during a family carnival sponsored by the Youth Activities Center (YAC) Saturday.



Trike races were a big hit at the carnival.



Ingrid Sheldon helps her son, 2-year-old O'Brien, get some good bounces in the fun house for smaller children.



Left: A youngster enjoys the slide in the fun house. The carnival brought out about 100 people who enjoyed the beautiful weather and the opportunity to spend some quality family time together. "We wanted to do something for the families here in celebration of Military Family Appreciation Month. It was a great way to get families out for some fun," said YAC Director Claudia Toro.

ARMCO BUILDERS; 2c; 2"; Black Only;

FARAH & FARAH, P.A.; 3c; 10.75"; Other Color; PU R035372 10-30 20% disc

Who to notify when a credit card is stolen

LOVE'S WIGS; 2c; 5"; Black Only;

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

- Equifax Credit Bureau: 800-525-6285
- Experian Credit Bureau: 888-397-3742
- TransUnion Credit Bureau: 800-680-7289
- SS Administration Fraud Line: 800-772-1213
- Federal Trade Administration - Identity Theft Line: 877-438-4338



TERESA D FOSTER ENTERPRISES/DBA; 3c; 5"; Black Only; PU R031904 11-14 20% disc

In Gear

A weekly look at the automotive market

Graceful

Luxurious Bentley Azure shows off Final Edition

By Dan Scanlan
Special

The build plate on the driver's door panel of the 2003 Bentley Azure Mulliner Final Edition convertible says it all — "Manufactured by Rolls-Royce Motor Cars at Crewe, Cheshire, England," one of last 40 of the "world's only full four-seater luxury four-seater."

The result is the most expensive, most powerful touring machine to offer pace with grace in Monte Carlo, Miami and Beverly Hills. It also signals the end of an era, the last Bentley designed and built by Bentley when it was purely British.

You see, this legendary crafter of gentlemen's sports tourers is now owned by Volkswagen, while Rolls-Royce is under BMW's wing. VW has decidedly sharpened the classic sporting image of its new English child with the upcoming 2004 Bentley Continental GT coupe. But for now, our Final Edition is literally that.

"We will discontinue the production of the Azure this year," said Bentley U.S. spokesman John Crawford. "The two-door that is coming next year will ultimately spawn a convertible, and this one runs out of legislation life at the end of this year anyway when it comes to crash testing and emissions."

So graced by the presence of a vehicle Bentley's own press materials says is "Capable of cruising effortlessly at speeds of up to 150 mph, with barely a ripple on a glass of champagne," we set out without the bubbly and speed. And along the way, we found North Floridians would stop, stare and smile at the luxury yacht. One local high school student tapped the boot and said "It's my car." At our son's school, the kids knew it was something very special, while a mother with a poodle-like puppy called it "beautiful and gorgeous."

Local Brit and WEJZ-FM DJ Arthur Crofton delighted in a Sunday afternoon cruise, the fulfillment of a childhood dream and "absolutely marvelous."

"The Rolls-Royce was the quintessential upper-class car. The Bentley was the upper-class sports car. The chauffeur may have driven the Rolls, but you drove your own Bentley," Crofton said. "It is clearly a heavy car, but it seems remarkably nimble when you drove, and it had a good turning radius — a nice big car."

The car company was founded by Walter Owen Bentley in the 1920s, with a desire to "make a fast car, a good car: the best in its class." They set numerous records, and won the grueling 24 Hours of Le Mans in 1924, 1927, 1928, 1929, and 1930. Rolls-Royce bought them in 1931, but Bentley still produced luxury performance motor cars like the 1980 Bentley Mulsanne saloon, the 1982 Bentley Mulsanne Turbo and the 1985 Bentley Turbo R, which could carry four adults at 150 mph. In July 1998, Bentley became part of Volkswagen. Since then, its sleek EXP Speed 8 won this year's Le Mans endurance race.

Our test car is the drop-top version of the Bentley Continental R coupe, with a classic 6.75-liter engine with turbocharger and intercooler.

"The Mulliner has the 420-horsepower engine and the identical suspension of the Continental R, but the ride is more refined in the Azure,"



The winged Bentley badge denotes the sporting nature of the marque.

The 2003 Bentley Azure Mulliner Final Edition stands out in front of the Lightner Museum in historic St. Augustine.

BEHIND THE WHEEL

The Azure has diamond-tufted leather and deep-polished wood interior with all the attention drawn to the big red starter button.

2003 BENTLEY AZURE CONVERTIBLE



Specifications:

Vehicle type	Limited-edition luxury performance convertible	Overall width	81.1 in.
Price	\$379,990 (as driven - \$387,947)	Height	57.1 in.
Engine type	Aluminum 16-valve, twin turbocharged, intercooled V-8	Front headroom	37.4 in.
Displacement	6.75-liter	Front legroom	41.4 in.
Horsepower (net)	420 hp at 4,000 rpm	Rear headroom	35.4 in.
Torque (lb-ft)	645 at 2,100 rpm	Rear legroom	32.4 in.
Transmission	4-speed GM automatic	Boot capacity	6.8 cubic feet
Wheelbase	120.5 in.	Curb weight	5,750 pounds
Overall length	210.8 in.	Fuel capacity	26.4 gallons
		Mileage rating	12 mpg city/20 mpg highway
		Last word	What a way to drive, and feel like you're

Crawford said. "The integrity of the original design and structure was designed as a convertible. It was never a compromised car, and it actually was made much stiffer with a roof on it."

Crawford said the Azure is aimed at people who have a net worth of between \$14 million and \$20 million and have six to eight cars in their garage in high-roller markets in Florida, California, Monte Carlo and the Riviera, bought by men, while "a high percentage of the Azure drivers are women."

The Azure is imposing at 17.5 feet, with its classically long bonnet behind the traditional rounded radiator shell with winged Bentley emblem. The metal mesh-like grille is chromed, as are mesh air intakes under quad headlights. The front fenders get mesh vents to exhaust the turbocharger's heat, while both front and rear wings are flared to accommodate a wider front track and 18-inch chrome alloy wheels wearing massive Pirelli PZero P255/50ZR18 tires, with body-colored brake calipers visible between the spokes.

We loved the view of the bulging bonnet from the driver's seat. The big taillights and two huge, twin tailpipes capped off the regal back end. The semi-fast-back top fit the overall design when up. The Silver Tempest paint job was superbly done, but the radiator shell sat a touch higher than the bonnet, while the

boot-lid fit was off around the taillights. It is handbuilt, y'know.

The doors are massive, and allow entrance to a true four-seat configuration with hand-stitched two-tone tan leather on the seats, doors, center console and dash, while thick varnished walnut caps almost every other surface. The four-spoke steering wheel is close to the driver, the leg and head room just adequate for me and passenger in massive padded leather sports buckets, superbly comfortable with eight-way power adjustments and memory-setting switches at the rear of the center console, although the controls looked clunky in black plastic.

Wood frames the 170-mph speedometer and 5,000-rpm tach straight ahead, trimmed in chrome. The squared-off central pod has more wood hosting gas, turbo boost, temperature, clock, outside temperature, voltage and oil pressure gauges, and surrounding the commanding red starter button. What isn't wood or leather is chromed steel, like the huge air vents with push-pull controls, which blasted out copious amounts of icy air on the 100-degree days we used the car.

Among this wood and leather sits an anachronistic, yet superb-sounding and powerful Alpine AM-FM-XM Satellite radio receiver with remote, and six-disc CD/MP3 changer under the center armrest with a cellular telephone. One jarring note to the warm drawing room atmosphere

were the black plastic fog light, traction control, trunk release and oil level buttons. They looked like a parts-bin refugees from a Vauxhall. The XM radio antenna looked like a black pimple on the boot. But we had alloy gas and brake pedals.

The fully lined power top drops under a sleek hard tonneau in 24 seconds with one button, and the wind was manageable for the front-seat passengers, but windy in back. Top secured with a vault-like clunk, it was quiet bar some wind noise.

The Azure fit four adults during a lunch run, the front seats motoring up automatically when tilted forward. Head room in back was a bit tight for tall folks. There are no (heaven-forbid) cup holders, while the trunk is tiny at 6.8 cubic feet because of the power top.

Our 4,500-mile-old Bentley Azure was a confidence-inspiring luxury cruiser, thanks to its blue-printed 420-hp aluminium V-8 with twin Garrett AirResearch turbochargers, four-speed automatic GM gearbox and traction control. The Continental R420 coupe we tested three years ago breached 60 mph in 6 seconds. Our heavier convertible did it in 6.4 seconds with decisive shifts and a gentle baritone snarl from the exhausts. But it cost about \$30 to fill its tanks.

Independent suspension with automatic ride control help this muscular coupe perform like

something far lighter.

As for problems, we mentioned above except the power top stuck to closing, and the keyless sometimes failed to lock the car. The alarm went off a few times, and front brake squeaked.

The Bentley's base \$379,990, including everything mentioned above except trunk-mounted umbrella, embroidered head emblems (\$511), polished gas cap with emblem (\$35), rear-view mirror which the leather interior (\$35), \$4,500 gas guzzler tax, and manufacturer's suggested retail was \$387,957.

For that price, you could get a Porsche Boxster S's, 2003 50th Anniversary Corvette, or this last of the gentleman's Bentley is a rare find in the past, with size, exclusivity fit for a king as a capable chassis with of the exclusive, hand-atop it. There are sleek handling roadsters out there none have room for four

Dan Scanlan test-drives a Bentley Azure on Northeast Florida, averaging about 200 miles on combined highway and city traffic over a weeklong test. The test was provided by the manufacturer to their schedule, and broad spectrum of sizes. The prices listed are manufacturer's suggested retail prices.