



# Jax Air News

## TOUCHING BASE

### Baseball greets to visit station today

NAS Jacksonville will host the Summer 2003 AT&T Heroes to Heroes tour today. Several retired baseball legends are visiting numerous locations on base to meet the troops and sign memorabilia. Fans can bring their own memorabilia to sign or receive a free signing card as long as supplies last. The baseball legends visiting are: Hall of Famers Harmon Killebrew and Ferguson Jenkins, John Tudor, Jimmy Wynn, Manny Sanguillen and Paul Blair.

The following are the times and locations the players will be present:

- 9 a.m. – Hangar 1000
  - 10:30 a.m. – Sea Wall
  - 11:30 a.m. – Lunch at the Galley
  - 1:30 p.m. – VP-30 Command Master Chief's Office
  - 3 p.m. – Naval Hospital Jacksonville
  - 4 p.m. – Liberty Cove Recreation Center
- Anyone interested in meeting the players but cannot gain access to other locations is encouraged to stop by Liberty Cove. The Heroes to Heroes Tour is open to all military, their family members, retirees and civilian employees.
- For more information, call 542-3577.

### GSA Expo slated for Sept. 3

NAS Jax will host a Mini-GSA Expo on Sept. 3 from 8 a.m. to 4 p.m. at the River Cove Officer's Club. More than 70 vendors will be on hand, offering presentations, information and free giveaways. A free lunch will be provided at noon.

A special training session on GSA advantages, E-buy and the E-library will be offered at no cost from 1-3 p.m. This training provides Continuing Education Unit credits that can count towards your warrant refresher training. All participants will receive a training certificate. For more information, call (404) 331-3026 or email cindy.kirvin@gsa.gov.

### Exams coming up

The bi-annual Navy-wide advancement exams are coming up in September. The following are the dates:

- Sept. 4 – E6
- Sept. 11 – E5
- Sept. 18 – E4

The exams will be given in Hangar 1000. All candidates must report in the uniform of the day with military ID cards no later than 6:15 a.m. For more information, call 542-4233/4202.



Photos by JO2(SCW) Eric Clay  
Building Manager MS3 Lynn January and Bachelor Housing Training Lead MSCS(SW/AW) Deryx Duque examine ceiling tiles during the Zumwalt inspection.

## NAS Jax nominated for Zumwalt award

By JO2(SCW) Eric Clay  
Assistant Editor

NAS Jax's Combined Bachelor Housing recently received their first-ever nomination for the Adm. Elmo R. Zumwalt award. This award is not a competition between installations, but a way to recognize the high standards the installations maintain within the housing program.

Comparable to a hotel/motel accreditation, the award recognizes superior service and hospitality. It is awarded every two years.

Housing areas nominated for the Zumwalt award are judged individually on a five-star program. Five stars are the highest and three stars are the lowest. NAS Jax received four stars for the permanent-party bachelor housing and transient bachelor housing areas.

"This is the first time we've been nominated. I am very proud of the hard work that my staff did to make the bachelor housing more comfortable for our Sailors," commented MSCS Jammie McKnight, CBQ leading chief petty officer.

The nomination is a direct result of improvements over the past few years including new furniture, carpet, paint and bathroom modifications.

"We are thrilled the NAS Jackson-



MS3 Lynn January, manager of Building 844 and MSCS(SW/AW) Deryx Duque inspect the condition of a sofa bed during the Zumwalt inspections last week.

ville Combined Bachelor Housing organization was awarded this honor. Previously, we didn't have any accreditation, so being awarded the four-star rating is a huge step forward in providing excellent housing for our transient guests and permanent party military personnel. Our staff has worked tirelessly to create the positive changes that led to this accreditation and they deserve the credit. They are dedicated to making these facilities the best possible for our residents and have kept

See ZUMWALT, Page 12

## Celebrating diverse lands, cultures is focus of upcoming fair

By Staff

The third annual Multi-Cultural Awareness Fair is planned for Aug. 28 from 10 a.m. to 4 p.m. at Sea King Park 1 and 2.

This event features cultural heritage representations and art displays, diverse cultural entertainment – music, dancers, live bands and a classic car show. Numerous command-sponsored booths will showcase different cultural heritages.

Free samples of cultural food dishes prepared by the galley will be offered from 11 a.m. to 1 p.m.

The following is a schedule of events:

- 11 a.m. – 1 p.m. – Free Cultural

Food Samplings (courtesy of the NAS Jax Galley)

- 11 a.m. – Hispanic Singer Mayella Romo
- 11:30 a.m. – International Dancers
- Noon – Jazz Artist
- 1 p.m. – Navy Band Pride
- 2:15 p.m. – Sahara Silk Gypsy Dancers
- 2:45 p.m. – Asian Pacific Island Dancers

3 p.m. – D.J. Chuck  
A classic car show will be held until 1:30 p.m. when the judging begins, followed by an awards ceremony. Anyone can enter their vehicle in this event.

For more information, call SMC Fronzaglio at 542-3304 or Sylvia Kitt at 542-0649.

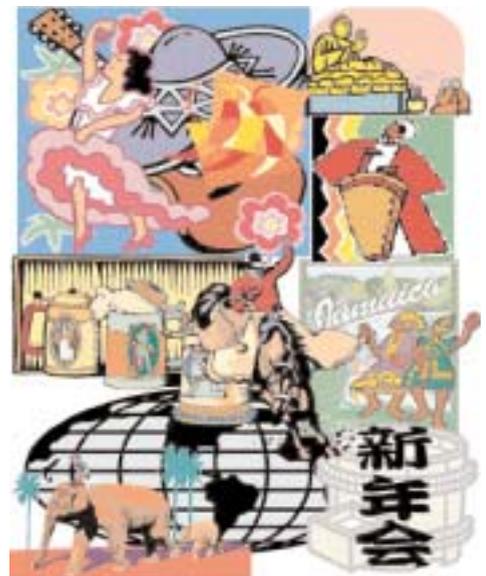


Photo by Miriam Gallet

NAS Jacksonville Air Operation's ABH2(AW/SW) Shareef Valentine walks his 3-year-old son, Shareef Jr., to the school bus in base housing early Monday morning. Shareef Jr. attends Venetia Elementary School.

## School safety: An open letter to parents

From the Base Safety Office

Dear Parents:

School starts shortly for some and has started for others and you'll be sending your child(ren) off into the care of others. You are probably a bit nervous, especially if you have children going to school for the first time. You may have asked yourself how you can ensure your child's safety. One way is to apply some simple rules:

### Before Leaving Home

- Teach your child his/her phone number, address, and other important information on how to contact you in an emergency.
- Teach your child to never leave or get into a car with a stranger under any circumstance. Teach them to report any such instances immediately.
- If someone else is to pick up your child, use a

See SCHOOL, Page 12

## CHAPLAIN'S CORNER

### A person's attitude can make a difference

By **Chaplain Mylon Pope**  
Base Chapel

As chaplains, we have the opportunity to see people in lots of different circumstances. On one hand, we see people who are rejoicing because of the baptism of their child, on the other, we see heart-broken people weeping because of the death of a loved one.

As I have worked with Sailors and Marines through the years, one thing has never ceased to leave an impression on me, and that is how much a person's attitude can make a difference in how they deal with any situation.

A negative attitude can poison the most wonderful event, and a positive attitude can help someone make the best of a tragic one.

We all know people who are just negative. To them, the clouds are always out, a storm is just around the corner, and tragedy is inevitable.

If they are not sick today, they will be tomorrow, and their car probably will have a flat tire when they go out to go home. They are going to get stuck in traffic, their boss will be mad at them, and they are sure someone they work with is talking about them behind their back....and it is only 0800 in the morning.

We all know that person, don't we? They never seem to be happy, and if they smiled, it would probably hurt

their face. It is always difficult to be around a person like that for a long period of time because their bad attitude begins to rub off on you.

You start finding yourself looking at the bad things around you, and you begin to complain about things you hadn't thought of before. Things you hadn't even noticed before.

On the other hand, we also know people who make any situation better. They have something positive to say, or they don't say anything at all. They seek to be constructive rather than destructive, and they make a difference no matter where they go. They are a pleasure to be around.

The funny thing about it is most people who are really negative don't realize it. They think they are just being realistic, or trying to help by pointing out things that are important. They probably don't mean to be so negative, it's just that they have been doing it so long; it has become an unconscious part of their personality.

A good way to find out the truth about whether you are a negative or positive person is to ask your spouse...they always know, and they have probably told you, but you just dismissed it because they usually don't know what they are talking about anyway....(if you have that answer, you are probably a negative person.)

You can also ask a close friend who you trust...someone who will tell you the truth, just don't ask a negative person because no matter how positive you are, to them everyone in the world is negative, and you are just one of the bunch.

Why is it important for us to talk about our attitude? Because it makes a huge difference in our mission accomplishment.

We can't work together successfully if half the shop is "mug umps", (people whose mugs droop down to their wumps). The mission requires enough energy without having to overcome a person who brings everyone else down, so my advice to you is simple.

If you are basically a negative person, the only way you can overcome it is by intentionally making a lifestyle change.

Don't let yourself say the first thing that comes to your mind when a situation confronts you, stop and think about what you are going to say for a minute, and then amaze your friends by saying something positive and helpful.

It is amazing how much a small group of positive people can accomplish. It is equally sad how devastating just one negative person can be.

Let's all do our best to make our environment the very best it can be. It will pay big dividends in the long run.

## ON THE HOMEFRONT

### Waiting is an endless affair when you have kids

By **Sarah Smiley**  
Special Contributor

My children are generally well behaved (emphasis on generally). I am sometimes amazed at the places I can take them without any bad behavior.

However, I have found that there are two distinct places in which a temper tantrum is a guaranteed fact. And those two places are the commissary and the pharmacy at the Naval Hospital.

I'm not sure how my oldest son can distinguish between our local civilian grocery store and the commissary on base, but as soon as we are in its doors, bad behavior is just around the corner.

I assume it is the same way I feel in a fabric store. Either I have a mental block to anything in reference to sewing, or there is something in the dye of the threads, but after 10 minutes standing between aisles of flannel and paisleys and cottons, I begin to feel beads of sweat popping up on my forehead.

The collar of my shirt begins to feel tight, and I

have an uncontrollable urge to yell, "I've got to get out of here!"

Does my son feel the same way in the commissary and the pharmacy? I am beginning to think so.

If you fill your prescriptions at the base pharmacy, you've probably seen me. My son is the one who is usually throwing himself on the ground and screaming as if someone is cutting off his leg.

It amazes me that when he was an infant I was so concerned about germs and illnesses; these days, however, as long as he is not licking the hospital floor, I'm OK with it.)

This display of parenting humiliation is immediate as soon as we round the corner and my son sees the familiar waiting area and hears the intercom calling, "Now serving B560 at window number 4."

I am a Navy Brat myself, however, so I feel my son's pain. Growing up, I was dragged to the commissary and base clinic with my Mom, and I can imagine I was probably just as ill behaved.

But it's interesting that these Navy necessities

begin to grow on you through the years.

I actually feel a little distressed now when I see that a civilian hospital waiting room doesn't have a Fall Out Shelter sign anywhere in sight. "But where would all these people go if there was a nuclear disaster?" I wonder.

And when I go to the civilian grocery store, I find I have trouble deciding which checkout counter to go to without someone to tell me "number 17 is open now."

After awhile, military surroundings become your comfort zone. Some of my best childhood memories were spent within the bounds of military bases in Virginia Beach, Va.

One of my first childhood memories, in fact, took place at the dispensary at NAS Oceana. Me and 20 other children were standing in line for kindergarten pre-registration shots. We stood single file, waiting for our turn to go inside the "immunization clinic."

One by one, I watched each child go in with a smile on their face and come out in tears. We were all bound to the same fate:

a shot in the glute, in the same room, with the same nurse.

There was such camaraderie. I knew I was part of a bigger whole. I remember the knowing nod each child gave me as they came out of the room (the same "secret handshake" mothers with strollers give to each other at the mall).

Do civilian children get shots in this same manner? Who else but a military child would tell their mother (as my son does) as they drive up to the guard gate, "Get out your ID, Mom.?"

There is something very special about growing up in the military. Someday I know my sons will have fond memories of the torture they caused me in the waiting area of the pharmacy and at the checkout line of the commissary.

It is these little events that make a military upbringing so unique. When my boys are older, they will appreciate the special childhood they had as a military dependent.

And when my boys are older, I will be glad I don't have to take them to the commissary or pharmacy anymore.



### Meet A Sailor...

SH3 HOLLY ANN JACKMAN

**Job title/command:**  
NAS Jax Supply

**Hometown:** Evart, Mich.

**Family Life:** Married and expecting our first child in February.

**Past Duty Stations:** USS Gettysburg

**Career Plans:** Plan to reenlist and take college courses while on shore duty.

**Most Interesting Experience:** A six-month deployment to the Mediterranean Sea.

**Words of Wisdom:** Remember things could always be worse.



### Meet A Civilian...

THOMAS TAT

**Job title/command:**  
Education Technician, Navy  
College Office

**Hometown:** Jacksonville

**Family Life:** Divorced, one daughter.

**Past Duty Stations:** NAS Cecil Field

**Career Plans:** To retire in a few years.

**Most Interesting Experience:** When I was run over by a freight train working at the railroad.

**Words of Wisdom:** Stay out of the way of trains.

## Power outages planned

From ROICC

A project to upgrade the base wide electrical system (circuits 26 & 27) is now complete. To test this new system, a series of power outages is necessary to ensure it is working properly. If your building is not on the list this outage will not affect you. The following are scheduled outages and building numbers:

Sunday, 7 a.m. - 7 p.m. - Buildings 109, 110, 114, 115, 116, 168, 200, 1002.

Aug. 30, 7 a.m. - 7 p.m. - Buildings 115, 116, 168, 200, 1002.

Sept. 6, 7 a.m. - 7 p.m. - Buildings 116, 1002.

For more information, call 778-4098.

## Deadlines change for holiday

Due to the Labor Day holiday, our deadlines will change. All articles and photos must be turned in to the Jax Air News by 4 p.m. next Thursday. All classified ads must be submitted by noon on Friday, Aug. 29. For more information, call 542-5588.

## HEY, MONEYMAN!

### Hey, MoneyMan:

I am confused! Last year my chief told me I should talk to one of these military financial planners about investing for the future.

The man he hooked us up with was a Navy retiree and he sold my wife and me some insurance and started us in a 15-year investment plan.

This week another guy gave us a brief at indoc and told us that these plans are a rip-off. What is the real story?

### MoneyMan Sez:

Normally people who invest money every month are better off financially than those who don't. Your chief's advice about investing for the future is right on.

However, "hooking you up" with a planner is not good and, of course, not all investment plans are equal.

An article in the September 2003 issue of Kiplinger's magazine pointed out several problems with these military "contractual" plans.

The first problem is the enormous front-end load. The article noted that some of them, such as First Command, charge 50 per-

cent - yes, 50 percent of the first year's sales.

That means if you contribute \$300 per month, their fee is \$150 per month for the entire first year!

The second problem is you may be locked in to a specific fund, regardless of that fund's performance.

The third problem is that many of the representatives are former service personnel with limited money management experience.

The last problem is that these funds fail to out perform many funds that charge no load. Let's see...50 percent front-end load or no load?

Kiplinger offers a better approach. Just set up an automatic purchase program via bank draft. Most of the major no-load fund companies allow you to do this and many will even lower the minimum initial investment and waive their "load" if you agree to such a plan.

This method is simpler, much less expensive and does not handcuff you to a particular fund. When offered any investment plan, check it out with someone who has nothing

to gain or lose if you invest. After all, it is your financial future at stake.

**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.

## Jax Air News

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Deadline for all routine copy is close of business the Friday before publication. Deadline for Classified submission is noon Monday. Questions or comments can be directed to the editor. The Jax Air News can be reached at (904) 542-8053 or by fax at (904) 542-1534 or write the Jax Air News, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

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# Taking precautions from mosquito-borne illnesses

By JO2(SCW) Eric Clay  
Assistant Editor

With all the recent rainfall in our area lately, mosquitoes are in abundance and many may carry the West Nile Virus and other mosquito illnesses.

The first case of the West Nile virus in the United States was reported in New

York City in 1999. According to the Center for Disease Control and Prevention (CDC) there have been 4,100 people infected and 284 deaths in the United States.

The virus is carried by female mosquitoes that draw blood from infected birds. They then transmit the virus to humans, animals and other birds.

NAS Jacksonville continues to eliminate the possibility of the West Nile Virus by using four different types of mosquito traps. These traps are the New Jersey light trap, CO2 trap, Reiter-Cummings Gravid trap and a magnetic trap.

A couple weeks ago, the NAS Jacksonville's Naval Hospital Preventive Medicine Department was approved to use a new type of mosquito trap called Adulicide. It is a capsule that is thrown into still water and grassy areas that flood during rainfall. The capsule dissolves, leaving an invisible film, which incapacitates the respiratory system of mosquito larva.

"Mosquito larvae live underwater and this new type of trap dissolves and spreads a three-inch thick invisible film along the top of the water that keeps the larvae from breathing," said Preventive Medicine Technician HM1 Jeff Walker.

The new process is currently being used at Turtle Pond, the base golf course's pond and all water traps on the course and in any standing water found on the base. "The dead mosquito larvae are collected and brought to Preventive Medicine to be tested for various types of diseases," commented Walker.

Tests are also sent to the U.S. Army Center for Health Promotion and Preventive Medicine in Fort Meade, Md. for testing.

Once tested, they send spreadsheets back to Preventive Medicine with the results.

The technicians here can also conduct their own tests, using vector testing. "Sending the captured mosquitoes out for testing can take weeks. By doing our own testing it only takes about 60 seconds," Walker added.

When asked how store bought products work for home owners in repelling mosquitoes Walker replied, "They are not 100 percent foolproof, but they will help repel some of the mosquitoes."

The CDC reports that the chance of any one person becoming ill from a mosquito bite remains low. Most people who are infected with the virus will not develop any symptoms at all. The risk of severe illness and death is highest among people over 50 years old and young children.

When dealing with West Nile virus, prevention is your best bet. Eliminating mosquito bites reduces your risk of getting this disease, along with others that mosquitoes can carry according to the CDC.

To reduce the risk of mosquitoes, clean up places where you work and play by dumping any standing water in the area. This helps eliminate mosquito breeding.

Wear long-sleeve shirts, pants, and socks when outdoors. This limits the area that a mosquito can attack.



HM3 Noel Torres and HM2 Maria Herrera prepare a CO2 mosquito trap.

Mosquitoes are capable of biting through thin clothing so make sure you apply repellent to your clothing and skin. Do not use any products containing Permethrin on the skin or anything containing DEET to skin under clothing.

Another tip is to avoid going outside from dusk to dawn if possible. This is the

peak biting time for mosquitoes.

Your home should be mosquito proofed to limit nesting and mosquito activity. Install or repair screens that may have been damaged.

For more information about West Nile Virus, visit the CDC Web site at [www.cdc.gov](http://www.cdc.gov).

HM1 Patrick West of Preventive Medicine examines mosquito larvae in a stream on base.



Photos by HM1 Jeff Walker



Mosquito larvae is collected and examined inside a larvae light trap.

## Resurfacing project to affect NAS Jax traffic

From the Florida Department of Transportation

A resurfacing project for U.S. 17 (Park Avenue in Clay County and Roosevelt Boulevard in Duval County) should begin the evening of Sept. 2. The start date is contingent on a utilities project that must be completed before the resurfacing work can begin.

The current resurfacing under the overpass at Highway 17 and Interstate 295 is part of the current ramp expansion project which should be completed by the end of

September. The resurfacing project and ramp project are two separate projects.

The resurfacing project will include milling and resurfacing the roadway, constructing handicapped access ramps at various locations, reconstructing driveways, making drainage repairs and replacing and upgrading existing traffic signals.

In the area from north of I-295 and the NAS Jax Yorktown Gate, five median closings will occur between Collins Road and the NAS gate for traffic safety reasons. The following lane closings are expected:

- Single northbound lane, closings will be allowed from 10 a.m. to 5:30 a.m.

- Two northbound lanes may be closed from 8 p.m. to 5 a.m.

- Single southbound lane, closings will be allowed from 7 p.m. to 1:30 p.m.

- Two southbound lanes may be closed from 8 p.m. to 5 a.m.

Lanes will also be closed in the Clay County portion of the project during this time.

For more information, contact Mike Goldman at 360-5457.

## NAMTRAU and VP-30 to sponsor bone marrow drive

By IT1(SW) Allen Bard  
NAMTRAU Jax Assistant PAO

Naval Air Maintenance Training Unit Jacksonville (NAMTRAU Jax) and VP-30 are joining forces Aug. 28-29 to sponsor a Bone Marrow Donor Registration drive.

The drive begins Aug. 28 from 10 a.m. to 2 p.m., at NAMTRAU Jax's main teaching facility, Building 848, across the street from Hangar 1000.

VP-30 will sponsor the second day of the drive at the base theater Aug. 29 from 8 a.m. to noon to coincide with a safety stand down.

The registration process is relatively painless and very similar to a blood donation except less blood is taken. The potential for saving someone's life is great. So, why is it that you should take the time to do this?

Imagine that you are sitting in a life raft waiting to be rescued. From where you sit, you can see land

and people walking on the beach enjoying themselves and seemingly totally oblivious to your plight.

You cannot get there alone because it is just beyond your ability to get there without some help. Boats full of people pass you by with no room for one more person.

The one or two with enough room for you are going the wrong way and are unwilling to turn around. You have to wait for the right person in the right boat. And while waiting, your raft is slowly sinking.

This is the situation thousands of people worldwide who are already waiting for that perfect match between themselves and a bone marrow donor.

The odds of a match obviously get better when more people are added to the

ICHIBAN HEALTH CENTER; 1c; 1"; Black Only;

database of potential donors.

Our part is simple; we take a few minutes out of our day and give a small sample of blood that will be analyzed and categorized within the database. This sample will then be compared to those who need a marrow transplant for an initial match.

If an initial match is made, the potential donor is asked to give another sample for a more in depth comparison of compatibility. If all the required characteristics match, then the potential donor is asked to donate marrow.

Getting to this point is rare and is the exception rather than the norm for the donor. Most who are on the list are never called. The perfect match is tough to come by and, unfortunately, may never be found.

ADAMS MARK HOTEL; 2c; 5"; Black Only; PU R025928 8-14

## Win a dream house on a new TV show

House Of Dreams, a new television series for A&E, is seeking adults to take part in a unique experience. The show is looking for men and women, 25 years or older, who are willing and able to take up to eight weeks away from their regular lives to pitch in and build a new home — and possibly become its proud owner.

This is a reality show about something real. The show is looking for interesting people from all over the country with gripping stories who deserve a shot at the American Dream. The show is particularly interested in those who are presently or have recently served in the military. You need not have movie-star looks, but you should be healthy, articulate, interested in owning a home around Orlando and prepared to put a lot of sweat into this project.

If you are interested, please e-mail the show the following information:

- Name
- Street address, city, state, and zip code
- Telephone number including area code
- Age
- Occupation
- Hobbies or special interests
- A recent photo (jpeg format, no larger than 500KB).

Tell the show a little bit about yourself. Why do you want this house? Who would live in this house with you? What is your present living situation? Why do you deserve a chance at winning this house?

Where did you hear about House Of Dreams? All entries should be sent to [rgrader@granadausa.com](mailto:rgrader@granadausa.com).

No materials sent in response to this story will be returned and all such materials will become the property of the producer.

The show wants serious responses only.

H & R BLOCK; 2c; 5"; Black Only;

MILITARY MEDIA/PROCTOR & GAMBLE; 2c; 4"; Black Only;





# VS-24 trains future aviators



Naval Sea Cadet Tommy Toole and VS-24 Pilot Lt. Gregg Sanders walk around and inspect a S-3B aircraft as part of a routine check prior to a training flight.



Naval Sea Cadet Kevin Nash (left) signals the pilot of a VS-24 S-3B jet as AN Christopher Fiandt observes.



VS-24 Commanding Officer Cmdr. Brad Robinson receives a briefing from Cadet Timothy Toole (left) and Plane Captain AD3 Anthony Labbruzzo prior to take-off.



Naval Sea Cadet Tommy Toole watches AN Christopher Fiandt, a plane captain with VS-24 as he checks for leaks.

## Senior Sea Cadets receive national aviation training

By Miriam S. Gallet  
Editor

**D**aylight. The sky is blue and the sun is shining. Aboard NAS Jacksonville, Sailors are going about their business. However, inside Sea Control Wing's flight simulators it's nighttime, and 10 Naval Sea Cadet Corps members are practicing landing on carriers.

The excitement and drama of being at the controls of a S-3B jet, along with being able to land on an aircraft carrier in the middle of a vast ocean gave Naval Sea Cadet member Andrew Miller a rush. Miller, a junior at Vice Adm. James H. Flatley High School in Wisconsin, walked out of the simulator feeling a sense of accomplishment. His dream of someday becoming a naval aviator was reenergized.

"The feeling you get is a huge adrenaline rush. It's unlike anything I've ever experienced. You're excited. You're emotionally on hold for a second or two until you land and take a big breath and then you come back to reality. You realize you've done it - landed on a carrier without crashing," said an elated Miller. "I want to be a pilot and being in the simulator helped me to understand the instruments and the concept of flying."

The senior cadets, ages 14 to 17, recently completed their two-week, hands-on advanced naval aviation training at VS-24.

They came from all over the country to learn advanced aviation principles and have one more syllabus in their record book signed off.

"All cadets are issued a Naval Sea Cadet Record Book upon enlisting. They carry this book with them wherever they go until they leave the program," explained Lt. Cmdr. Don Brammer, Naval Sea Cadets training officer-in-charge (OIC). "My job as the OIC and training officer is to help the cadets further develop their military leadership skills and to motivate them to strive to excel."

During the two weeks, the Sea Cadets slept, worked, and ate alongside Sailors, giving them an understanding of day-to-day life aboard a naval air station. The advanced training included aviation physiology, tire thread safety, fueling, and aviation electronics and hydraulics.

"Presently, there are approximately 9,000 youngsters between the ages of 11 and 18 enrolled in the Navy League-sponsored League and Sea Cadets programs. These 10 cadets attending the advanced aviation training, were chosen based on their overall achievements and skills," said Lt. Donnie Kreutz, administrative and medical officer for the group. "The Navy and federal government also contribute to the program."

Lt. Kyle Horlacher, a S-3B pilot and VS-24 Naval Sea Cadet training coordinator, said, "From day one, the cadets had to learn aviation safety procedures. Each cadet trained alongside a Sailor and around these aircraft (S-3B), inside the hangar or out on the runway. It is a very dangerous environment. Therefore, we teach them safety precautions immediately upon arrival. We challenge them to anticipate and prevent danger."

VS-24 Plane Captain AD3 Anthony Labbruzzo spent numerous hours teaching the cadets how to become plane captains.

"It has been fun teaching them about the aircraft. When they are here, they do all the things we do. It is an incredible opportunity for them and for us, Labbruzzo said. "Being with the cadets gives us an opportunity to share our knowledge and practice our leadership skills."

Sea Cadet member Kevin Nash, who had just completed recovering an aircraft, said, "Recovering a plane is exciting. As soon as the plane lands I inspect the tires for heat damage, do a visual inspection of the frame and landing gear, and then signal my findings to the pilot. At that moment, the integrity of the aircraft depends on me."

Nash is a 16-year-old from Manhasset, N.Y.

The group of senior cadets was very optimistic about life and their future. The youngest member among the 10 Sea Cadets was eighth-grader Garret Lakie of Chicago. Lakie, a self-motivated young man with a vision, enthusiastically explained why he had joined the Sea Cadets and what he hopes to achieve in the future. "It (Sea Cadets) gives me an opportunity to explore career paths and determine what I want to become. Now I



AD3 Anthony Labbruzzo, (left) a VS-24 plane captain, explains to Cadets Andrew Miller and Tommy Toole, how to detect damage and evaluate tire integrity immediately after an aircraft has landed. As part of the training, the cadets also learned about the aircraft Auxiliary Power Unit and how to monitor the accumulator pressure.



# VS-24 trains future aviators



Photo by Lt. Kyle Horlacher  
Aviation Survival Training Center Instructor AWCS(AW/SW) Trent Cecrle, with the assistance of Naval Sea Cadet Cameron Samsel, demonstrates an airframe vest. The 10-member Advanced Naval Aviation Sea Cadets toured the NAS Jax Aviation Survival Training Center and learned about the training naval aviators receive.



The 10 Naval Sea Cadets undergoing a two-week Advanced Naval Aviation class at VS-24 proudly pose in front of a VS-24 after successful completion of the training.



Naval Sea Cadet Hugh Groover refuels one of VS-24's S-3B aircraft.



Photos by Miriam S. Gallet

Danny Powers, a flight simulator instructor with Cubic Worldwide Technical Services at the Sea Control Wing, explains the inside of the cockpit to Cadet Cameron Samsel during a training exercise. During the simulation, Samsel landed safely on board a carrier.

## CADETS: Class works with S-3B Viking squadron

From Page 6

know I would really like to go to college and become a naval aviator. I am hoping to attend the Naval Academy upon graduating from high school," he said.

"The VS-24 Sailors have been great," exclaimed 25-year Navy veteran Lt. Cmdr. Bruce Proud, executive officer for the group. "We're remarkably pleased with the warm welcome VS-24 Commanding Officer Cmdr. Brad Robinson and his Sailors have given us. From the skipper to the E-3 on the flight line, everyone at the

*"The feeling you get is a huge adrenaline rush. It's unlike anything I've ever experienced."*

**Sea Cadet Andrew Miller**  
Flatley High School, Wisconsin

squadron has supported us. This has been an exceptional two-week training cycle. Our cadets worked 8-hour shifts alongside active duty Sailors and were able to complete the training syllabus that was designed by Brammer and the Sea Control Wing training personnel."

The visit to VS-24 afforded the cadets an opportunity to learn advanced aviation procedures and have the experience to see how Sailors aboard a very busy squadron do their part in order to protect our freedom.

As they packed their seabags and prepared to go home, the cadets realized that their lives will never be the same. Plane Captain Trainee Tommy Toole of Augusta, Ga. said, "I am glad I am here. It has been an amazing two weeks. I have learned a lot. I am glad I joined because it has kept me off the streets and out of trouble."



Working alongside VS-24 Plane Captain AD3 Anthony Labruzzo, Cadet Ryan McNichols, 15, from Hortonville, Wis., checks electronic equipment inside a S-3B aircraft.

Photo by Lt. Kyle Horlacher

# Ombudsman – playing an important role in the lives of military families

By Kaylee LaRocque  
Staff Writer

Thirty-three years ago, Chief of Naval Operations Adm. Elmo Zumwalt established the Navy Family Ombudsman Program to provide a liaison between commanding officers (CO) and military family members.

He took this concept from a program used in the 19th century in Scandinavia when ombudsman positions were used to allow common citizens access to express their concerns to high government officials.

Throughout the years, ombudsmen have played vital roles in keeping military families informed about their service members command, especially during deployments. They are the one to turn to whenever a helping hand is needed, lending support, guidance and a reassuring smile when a loved one is at sea and things are a little stressful.

A command ombudsman is appointed by the CO. This volunteer position is usually filled by the spouse of an enlisted service member to act as a full member of the commanding officer's team. They serve as a communication link between the CO and family members and as information and referral specialists.

Coordinating this unique program is the Fleet and Family Support Center (FFSC). Ombudsman Program Coordinator. "The FFSC is responsible for overseeing the training of new ombudsmen. We also assist the base ombudsman chairman with the Ombudsman Assembly each month, coordinate advanced training and offer guidance and additional

resources to command ombudsmen," said Dianne Parker, who has been training ombudsmen at the NAS Jax FFSC since 1988.

The NAS Jax FFSC holds training for new ombudsmen bi-annually. "We have people from all over the world attending our training. Any base that does not have an FFSC, their commands can send ombudsmen to our training. Last week we held our summer training session and had ombudsman from out-of-state," added Parker.

Once the ombudsman is appointed by the CO, they are required to attend a 40-hour training session to teach them the basic skills needed for this job. "We teach them communication skills, what they are required to report if necessary, confidentiality requirements, how to establish a working relationship with the families and provide them with the information and referrals they may need," Parker continued. "We are also tasked with providing ongoing training which is done through our ombudsman assemblies. This training covers guidelines on how to deal with the media, suicide prevention, learning to be assertive, and how to handle emergencies. I can't stress enough how important it is for command ombudsmen to attend ombudsman assembly meetings. It's a great forum to gain knowledge which will allow them to better help the families in a time of need."

Currently, there are about 45 ombudsmen on base. These volunteers will remain in this role until there is a change of command. At that time, they are required to submit a letter of resignation. If they



Photo by Dianne Parker

Karen Rumpf (center) instructs participants in the Navy Family Ombudsman Basic Training held at the NAS Jacksonville Fleet and Family Support Center Aug. 11-15. (From left) Zoe Poe, HS-5; Krista Artis, VP-45; Denise Marotta, VP-30; Lisa Adams, HSL-48; Kimberly Farrell- USS John F. Kennedy; Sonya Worth, VP-45; Jennifer Hinson-Naval Recruiting District Kansas City; Rumpf; Paul Short, USS John F. Kennedy; Ellen Conway, HS-5; Christina Lara, USS Philippine Sea; Sabina Gonzalez, HSL-42; Karla Dubois, HS-5 and April Stabler, USS John F. Kennedy.

desire to continue in the role as ombudsman after the CO transfers, they must submit a letter of continuance to the incoming CO. Most are asked to stay on in the position. New candidates for the position are screened on such things as: how much time they can devote to the job, motivation, communication skills and experience.

Although they are not paid for their services, ombudsmen are reimbursed for any authorized expenses, such as mileage, childcare and office supplies. It may not sound like much, but the most significant value they gain is the satisfaction of helping other command family members. They also gain skills and experience that

will benefit them throughout their lives.

"I volunteered for this position because I get satisfaction out of helping other people. My husband, Chad joined the Navy when he was 18 and I became a Navy wife at 19. I didn't know what to do or who to turn to. I don't want others to ever feel that way," explained Tammy Barrett, ombudsman for NAS Jax. "It's hard to find someone to volunteer as an ombudsman. It's not an easy position and it takes a special kind of person for this job. We need quality dedicated people who want to help their command and its family members," Parker stated.

"I became an ombudsman because I know what it's

like to not know what to do or where to go when you need something. Being a military spouse is difficult, especially when you've never been around the military before. I really think I have a lot of offer to this program because my father was in the Navy and I'm married to a military member," said Jenne Smith, ombudsman for Commander, Navy Region Southeast for the past four years and an ombudsman trainer for the FFSC.

Another reason Smith volunteered for the job was the influence her mother, Karen Rumpf has had on her life. "My mom has been involved with the program for many, many years. She is no longer an ombudsman, but is also a trainer

for the FFSC. We are the only mother/daughter trainers in the Navy," she added. "I really don't know what I would do without Karen, Jenne and Tammy. They are wonderful. I'm so glad to have Karen's experience," remarked Parker.

To celebrate the 33rd anniversary of the Navy Family Ombudsman Program and to recognize the NAS Jacksonville and tenant command ombudsmen, a special luncheon will be held Sept. 24 at 11:30 a.m. at the River Cove Officer's Club. The guest speaker will be Rear. Adm. Annette E. Brown, commander, Navy Region Southeast. The cost is \$8.50 per person. To make reservations, call Parker at 542-2766, Ext. 130.

## Construction continues on satellite pharmacy

By Loren Barnes  
Naval Hospital Jacksonville  
Public Affairs

Naval Hospital Jacksonville's new satellite pharmacy is taking shape in the Navy Exchange (NEX) parking lot.

While the building is nearing completion, there have been delays that have set the opening date back to the first of 2004 vice September 2003 as was originally planned.

Pharmacy Department Head Cmdr. Robert Fuller said, "The shell of the building is nearly completed. Now we have to finish the interior, get the automation in place and hire and train the staff on the new process." Fuller said the delays are mainly due to funding issues that seem to have been worked out. "I

know we are all eager to have it open but it will be worth the wait once it does open," he said.

When the \$730,000, 4,200 square foot facility opens it will significantly improve service for Tricare and Naval Hospital Jacksonville patrons. The new facility will be a boon for all involved. It will increase foot traffic for the Navy Exchange, decrease foot traffic at the hospital, increase parking availability at the hospital and make pharmacy services more convenient for customers. The building will feature a drive-through pick-up window, an inside waiting area and 10 customer service windows. Fuller said the NEX Pharmacy will accommodate new civilian prescriptions as well as serving as the refill pick-up

site. Naval Hospital Jacksonville generated prescriptions will continue to be filled at the main pharmacy.

The new facility will compliment improvements in the hospital's main building Outpatient Pharmacy. These include the addition of a prescription barcode system and state-of-the-art robotics in the dispensing areas that safeguard patient safety. In addition,

the pharmacy's list of available medications has been increased by more than 125 items. The pharmacy continues to offer great service at its 12 windows inside the main building and at the convenient drive-through refill pick-up building. And refill orders can now be placed either by phone by dialing 542-7410 or online at [navalhospitaljax.com](http://navalhospitaljax.com). Last month, the Naval Hospital Jacksonville phar-

macy served some 20,000 customers, filling more than 60,000 prescriptions.

As we all look forward to the opening of Satellite pharmacy and the added

convenience it brings Naval Hospital Jacksonville's outpatient pharmacy staff will continue to deliver the excellent service you have come to rely upon.



Photo by Loren Barnes

The new Naval Hospital Jacksonville Satellite Pharmacy under construction at the Navy Exchange is expected to open in early 2004.

## Shuttle volunteers needed

The Naval Hospital's visitor's parking lot shuttle cart service is operated by Red Cross volunteers. The Red Cross is taking applications for more volunteers to serve as drivers for the shuttle carts. The only requirements for shuttle cart drivers are that they be outgoing, eager to help and possess a current Florida driver's license.

Volunteers are also needed to work other areas in the hospital at reception desks greeting and providing information for hospital guests. For information and applications, call 542-7525.

# 'Dragonslayers' hard work recognized

From HS-11

The "Dragonslayers" of HS-11 recently recognized numerous squadron members during an awards ceremony at squadron quarters. The awardees were lauded for their exceptional performance which was critical to the command completing a rigorous Inter-Deployment Training Cycle.

During ceremony, Bobby Lewis, a NATEC civilian employee, was presented a letter of appreciation to for his efforts during HS-11's Aircraft Integrated Maintenance Program cycle that encompassed six aircraft receiving significant, depot-level repairs and upgrades. He was recognized for devoting numerous hours to assist in vibration analysis during functional check flights as well as training 10 squadron personnel.

Other awardees include:

- Navy and Marine Corps Commendation Medal*  
Lt. Cmdr. Lawrence Getz  
ADCS David Downs  
AMC Jeffery Farrar  
*Navy and Marine Corps Achievement Medal*  
ATC Michael Shantz

- AM1 Jeffery Baker  
AD2 Jamale Cross  
AE2 Derek Morris  
AM2 Kenneth Hassler, Jr.  
AM2 Joseph Bushnell  
*Good Conduct Medal*  
AD3 Brian Speight  
*Sikorsky Maintenanceman of the Quarter*  
AD2 Anthony Gambardella  
*Quality Serviceman of the Quarter*  
YN3 Denise McCray  
*Plane Captain of the Quarter*  
AN LaTory Adams  
*Enlisted Aviation Warfare Specialist Designations*  
DC1 Teresa McGee  
AT1 John Fritz  
DK1 Richard Clark  
AW1 Steven Ayers  
AW2 Jeremy Miller  
MS2 Joey Mazza  
SK2 Isabelo Balanza

Two aircrews received the Sikorsky Rescue Award for life-saving rescues of civilian mariners conducted while onboard USS Enterprise. Pilots Lts. Dean Linder, William Hargreaves, John Van Jaarsveld, and Lt. j.g. Matthew Wright and Aircrewmembers AW2 Beau Buford, AW2 Jeremy Miller, AW2 Lance Crego, and AW3 Charles Curry received recognition



Photo courtesy of HS-11

Cmdr. John Schoeneck, HS-11 commanding officer, presents a Letter of Appreciation to Bobby Lewis, a NATEC employee who has supported the HS-11 Maintenance Department.

for their efforts on the rescues and subsequent medical evacuations.

AT3 Amanda James and AMAA Matthew Castleberry were recognized for their volunteer work in the local community. AO2 Carl General was also recognized for his professional achievement at

HS-11. With an upcoming deployment, challenges and expectations for the Dragonslayers continue to increase. The hard work, motivation, and dedication to naval service from the Dragonslayers will continue to produce success in the future.

# VS-32 'Maulers' celebrate professional achievement

By Lt. Tim Watkins  
VS-32 PAO

The "Maulers" of VS-32 held quarters Aug. 6 to honor the outstanding performance and professional achievement of some of their finest.

For outstanding performance as Quality Assurance Division leading petty officer and Quality Assurance representative, AME1 (AW) Kay Sutliff was awarded her fourth Navy and Marine Corps Achievement Medal. Sutliff personally devised and implemented an aggressive plan to review and correct discrepancies

in more than 40 naval aviation maintenance plan programs in preparation for the Commander, Naval Air Force, Atlantic (COMNAVAIRLANT) Aviation Maintenance Management Team Inspection.

Also awarded a Navy and Marine Corps Achievement Medal was AM2(AW) Scott Maney. While attached to VP-30, Maney was a key contributor to the completion of 6,500 maintenance actions encompassing 23,229 maintenance hours on an aircraft that had not flown in over 900 days. His efforts and

experience were instrumental to the aircraft returning to fully mission capable status.

Cmdr. Evan Pirtitz, the squadron's commanding officer, took the opportunity to personally commend other individuals for outstanding performance.

AME3 Pauline Baxley was recognized for her efforts as a member of the Emergency Reclamation Team. She displayed superb leadership and initiative during an Emergency Reclamation and Salvage drill conducted in conjunction with the COMNAVAIRLANT Aviation Maintenance

Management Team Inspection. She was also presented her Enlisted Aviation Warfare Specialist wings.

Also commended were AO3 Kevin Christianson and AO3 Bryan Crockett. They assisted in the loading of 65 weapons and more than 80 hours of intense release and control systems training that resulted in zero discrepancies during the squadron's Conventional Weapons Technical Proficiency Inspection. Their professionalism set the standard not only for the Mauler Ordnance Shop, but also for the entire

squadron. AE2 Robert Reese was also awarded his first Good Conduct Award.

Finally, AD3 Donald Knopps and AM received his wings as an Enlisted Aviation Warfare Specialist.

The Maulers expect nothing less than the best from all hands. With an upcoming deployment, the demands placed on the squadron's personnel are ever increasing. But, as evidenced by the number of awards and accolades passed out in recent days, everyone is rising to the challenge.

# POW/MIA recognition service slated

From Staff

Navy Region Southeast, in conjunction with the City of Jacksonville's Veterans Service Division, will hold a POW/MIA Recognition Service aboard NAS Jacksonville on Sept. 19 at 10 a.m.

This year's service is at the All Saints Chapel, on the corner of Mustin Road and Birmingham Avenue. The program will honor all Americans who are former POWs, as well as those who are still unaccounted for and their families.

Scheduled as keynote speaker is Carl Creamer, a former Japanese POW. While a 3rd Class Ordnanceman during World War II, his PBY was



shot down in the Bering Sea. One of three survivors from the crew of nine, he was picked up by a Japanese cruiser. He went on to retire from the U.S. Navy as a chief petty officer.

During the unveiling of this year's National

POW/MIA Recognition Day Poster held recently in Arlington, Va., Deputy Assistant Secretary of Defense for POW/Missing Personnel Affairs Jerry Jennings said, "American warriors of yesterday and today have never failed to answer their nation's call. Through selfless sacrifice, they have brought to the entire world a concept most often associated with American ideals—freedom!"

POW/MIA observances are held nationally and reaffirm a promise to fallen comrades, "You Are Not Forgotten." Military and civilian employees are encouraged to attend.

The military attire is summer whites, appropriate attire for civilians.



# 'Case Lot Sale' savings at Commissary

By Bonnie Powell  
DeCA

After back-to-back years of tremendously successful world-wide events, commissary customers have come to look forward to DeCA's annual "Worldwide Case Lot Sale" and the increased savings that they can achieve.

"This event is becoming a commissary tradition and this year's event will be even better," said Bob Vitikacs, executive director for operations and product support at the Defense Commissary Agency. "Last year we sold nearly \$10 million in product and saved customers more than \$4 million dollars on their purchases." In the process, military consumers hauled away more than a million cases of product.

The third annual version of the Worldwide Case Lot Sale will feature a major difference from the previous two years:

Commissaries will have the flexibility to hold their sale anytime during the month of September rather than all on the same weekend.

The reason? "We found that having



the sale in every store on the same weekend put a strain on commissary resources and employees as well as spreading industry support too thinly," said Vitikacs, "particularly in areas where several commissaries are located close together and need to share support. This flexibility gives stores the opportunity to participate when they can offer customers the best selection, the best prices, and the best service."

Commissary shoppers should check their store Web page at the locations link at [www.commissaries.com](http://www.commissaries.com) for information on when their commissary is having its sale. Information on dates, days and times

should be available by mid-August.

The NAS Jacksonville Commissary Tent Sale is September 11, 12, 13, & 14 - Regular Store hours.

Case lot sales feature a variety of sought after items ranging from canned and paper goods, to meats and chilled items in some locations.

Since commissaries sell groceries at cost, profits are not the motivation for case lot sales, added Vitikacs. "The promise of increased sales convinces manufacturers to sell products at much lower prices than customers will find anywhere and that translates into significantly higher savings than our average of 30 percent or more."

## Sailors start bidding for assignments

From Armed Forces News Service

The Navy's newly launched Assignment Incentive Pay (AIP) program offers a monetary incentive for certain duty assignments overseas.

Under the pilot program, Sailors being detailed to assignments in Misawa, Japan; Naples, Italy; and Sigonella, Sicily, Italy, may be eligible for up to \$450 per month by bidding for AIP through the Super Job Advertising and Selection System (JASS).

Nearly 170 AIP bids for eligible billets

have been received, resulting in 40 accepted applications. To apply, log on to Super JASS at about the nine-month window before your scheduled permanent change of station. To be eligible, Sailors must: be U.S. Navy or U.S. Naval Reserve active-duty Sailors; be fully-qualified (proper rating, pay grade, and NEC) for the job requested; be in a sea/shore rotation rating; apply for the job via JASS; and be eligible for assignment in a "for duty" status. For more information, see NavAdmin 161/03 at [www.bupers.navy.mil](http://www.bupers.navy.mil).

## Household goods military move advisory

Telemarketing companies have been targeting owners of for sale or recently sold homes.

They are offering free surveys to estimate the cost of moving household goods by local moving companies. Some military members are led to believe that services rendered by these companies will count as a military move.

Though it may seem like a good deal, these companies may not be authorized

government movers.

Be advised that the only way to set up a military move is through the Personal Property Office.

You may direct questions concerning household goods moves to a Personal Property Office at:

NAS Jacksonville - 542-1000, Ext 105  
NS Mayport - 270-5699, Ext 124  
NSB Kings Bay, Ga. - (912) 573-8815

And the world-wide winner is . . .



Photo By Miriam S. Gallet

Linda Morris (center), a military spouse and the winner of the Navy-wide Celine Dion New Fragrance Contest happily accepts a \$3,000 check from Jennifer Brown (left) and Bill Hoag of S&K Sales Company and NAS Jacksonville Navy Exchange (NEX) General Manager Marsha Brooks. "I have an 18-year-old daughter headed for college next week and the money comes in handy," Morris said. NEX Manager Marsha Brooks added, "It is exciting to have the NEX world-wide winner be from our store," said Brooks.

## Free tickets to deployed Sailors, families

By CMDMCM Mike VanMiddlesworth  
HS Wing Command Master Chief

The "Sailors Aweigh" program is getting prepared for the upcoming Jaguars season. The program gives free tickets, transportation, and a free T-shirt to the families of deployed Sailors and deployable Sailors with priority given to deployed Sailors' families first.

Your children can go with or without you, as chaperones will be provided, or you can go with them and be a chaperone if you like. 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 expedited to their seating area.

The "Sailors Aweigh" T-shirts are provided and must be worn throughout the game by all. After the game, the bus will take them 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 the 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 you want all of your squadron families to go on a particular day, we may be able to arrange it depending on availability and lead-time. But hurry, because it's first come first served, and we only have 40 tickets available per game.

The schedule of "Sailors Aweigh" games:

- Sept. 14 - Buffalo
- Oct. 5 - San Diego
- Oct. 12 - Miami
- Oct. 26 - Tennessee
- Nov. 9 - Indianapolis
- Dec. 7 - Houston
- Dec. 21 - New Orleans

You can apply for any of the games listed, by email to me at [vanmiddlesworthmh@chswl.navy.mil](mailto:vanmiddlesworthmh@chswl.navy.mil), or by phone at 542-5273.

## Input needed to recognize outstanding people

From the USO

Clay County Chamber of Commerce, Inc. is again seeking to recognize their military person, spouse and reservist of the year and needs your help.

If you know of a resident of Clay County who is active duty, a spouse of an active duty person, or a

reservist who is active in our community and deserves a pat on the back, let us know! We would like to honor them as part of the Chamber's 26th Annual Military Appreciation Luncheon on Oct. 1.

Please contact the Clay County Chamber at 1734 Kingsley Avenue, 264-2651, Ext.1 for a list of the criteria and a nomination form.

Nomination forms are also available at Greater Jacksonville USO, on the Commander, Navy Region Southeast website [www.cnrs.navy.mil](http://www.cnrs.navy.mil) under Command Info, and on the Clay County Chamber's website at [www.claychamber.org](http://www.claychamber.org).

The deadline for nomination applications is Sept. 10.

## Who to notify when a credit card is stolen

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

# STOP!

## WELLNESS CENTER

### TOBACCO CESSATION EVENING PROGRAM

#### STARTS MONDAY SEPTEMBER 8<sup>TH</sup>

LUNGES AT WORK  
NO SMOKING

### 6:00 - 7:30 PM

### CALL 543-5302, EXT. 18

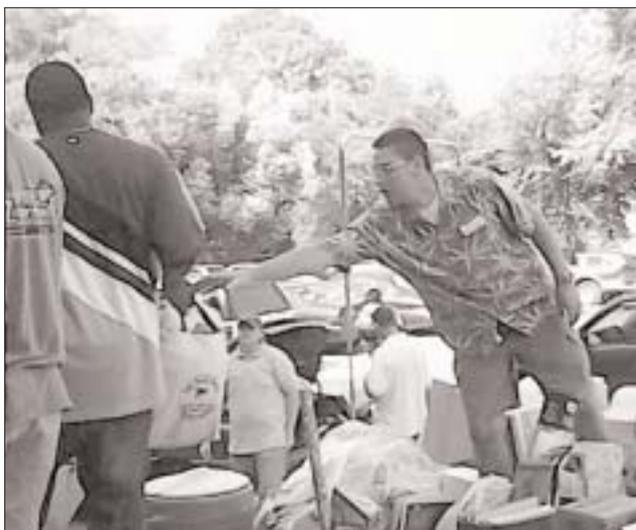
LUNGES AT WORK  
NO SMOKING

## VS-22 Sailors helping out teachers



Photos by AD1(AW/SW) Lendell Yarn

NC1(AW/SW) Aaron Jackson of VS-22 helps a teacher move some supplies at the Teacher's Depot on July 28. Members of VS-22 spend many hours lending a helping hand as hundreds of school teachers arrived to stock up on supplies.



PR1(AW) Matthew Hughes helps a teacher fill his bag at the Teacher's Depot.



AD3 Johnnie Cobbs of VS-22 helps a teacher with his supplies.

## Out in town, need a ride? Club 2000 can help

From MWR

NAS Jacksonville has a program called Club 2000. Anyone who is impaired and in a bar, club, lounge, or private residence within St. Johns, Baker, Nassau, Clay or Duval counties can call the NAS Jacksonville OOD office

at 542-2338. You will be provided a taxi ride, paid for by the station, to your home within the same five counties.

Anyone (including civilians) in an on-base facility can have the club bartender assist in contacting the OOD.

Club 2000 cards with this phone number can be obtained from MWR in Building 584.

## HELPING HANDS

### Help needed for gala

The MaliVai Washington Kids Foundation is having their annual gala dinner on Sept. 8. Help is needed to set up the auction room and place settings and promotional material, sell raffle tickets and pass out gifts. For more information, call Kerry Soltis at 301-3786.

### Golf and tennis event

The MaliVai Washington Kids Foundation Golf and Tennis Pro-Am is Sept. 9. Help is needed for course monitoring, score collection and with the awards ceremony. Call Kerry Soltis at 301-3786.

### International Coastal Cleanup

Be a part of this international effort to cleanup our community's shores and riverbanks on Sept. 20. Call Sue Bisesi at 630-1020 or email volunteer@coj.net for more details.

### 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.

## FFSC offers educational and support programs

The NAS Jacksonville Fleet and Family Support Center 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 us upon registration. Contact 542-2766, Ext. 127 to register.

The following workshops are available in August:

Aug. 21, 9 a.m. - noon - Florida Family Law Information Seminar

Aug. 25-28, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (retirement)

Aug. 26, 9-11 a.m. - Debt Management

Aug. 26 & Sept. 2, 1-5 p.m. - Assertive Communication Training

Aug. 27, 9-11 a.m. - CheckBook Management

Aug. 28, 9:30 a.m. - noon - Child Support Information Workshop

Aug. 28, 1:30-3 p.m. - Volunteer Service Council

Aug. 28, 6:30-8 p.m. - Military Spouse 101 Resource Fair

Aug. 28, 6:30-9 p.m. - Ombudsman Assembly

Aug. 29, 9-11 a.m. - Career Exploration (for spouses)

## SBP often gives wrong impression

From the Retired Activities Office

The employees of the Retired Activities Office (RAO) have recently heard of many inconsistent and incorrect impressions concerning the Survivor Benefit Plan (SBP) within the military population.

We would like to invite any service member contemplating retirement to stop by our office located in the Fleet and Family Service Center, Building 554 so we may better explain this plan and present a short program outlining

the approximate cost of this plan. Spouses are also welcome, since a joint decision to participate in this plan is required.

One important option that is not widely known is that, enrolled members have a one-year period starting on the second anniversary their retired pay to withdraw from the SBP. Spousal concurrence is also required at that time.

The RAO is open Monday through Friday from 9 a.m. to 3 p.m. For more information, call 542-2766, Ext. 126.



## Scrubbing for donations

(Above) Chief selectees from NAS Jacksonville and local tenant commands spent several hours last Wednesday washing vehicles and serving hotdogs to raise money as part of their promotion process. The selectees plan to hold many other fundraising events around the base.

(Right) The chief selectees (right) serve up some hotdogs as they try to raise money for their activities. The selectees will be pumping gas and washing windshields at the base gas station tomorrow from 3-4:30 p.m.



Photos by JO2(SCW) Eric Clay

# SCHOOL: Helpful tips as children return to school

From Page 1

secret code that you have prearranged between your child and the adult.

- Teach your child who the police are and how they can help them.

- Teach your child the route to and from home and school.

- Observe what your child is wearing.

- Have your child fingerprinted and keep photos current.

- Print your child's name on clothes, jackets, lunch boxes, etc.

- Make sure your child knows that if he/she is lost you will be looking for them for as long as it takes.

### School Bus Rules

- Practice all rules with younger children.

- Leave home early; never wait until just before the bus is scheduled to arrive.

- Use care in crossing

roads and ensure that you travel facing traffic.

- Wait at the bus stop in a safe place and not in the road or street.

- Never horseplay or run and jump while waiting for the bus. Set the example.

- Once the bus arrives, wait until it comes to a complete stop and is ready for boarding.

- Board in a single-file, orderly fashion, never pushing or shoving.

- Be courteous.

- Take a seat and stay in the seat the entire trip unless told to move by the driver. Avoid standing.

- Hold book bags on laps.

- Do not shout, horseplay, scuffle, or act discourteous on the bus at any time.

- Keep hands and arms inside the bus. Do not throw any item from the bus.

- Once the bus arrives at its destination, exit in an orderly and courteous manner.

- Be alert for any traffic.

### Driving or Riding

- Ensure that you obey all traffic laws and that your child is properly restrained in the vehicle.

- Never rush - if you are late, you are late. Getting there safely is much more important than getting there on time.

- Remember to be alert for other children especially at bus stops and at the school itself.

- Review laws and rules with older children that drive and remember that they are a greater risk when they ride together with friends.

### Walking

- Practice the path to and from school with your child.

- Walk with your child.

- Ensure your child

dresses appropriately for the season or the situation.

Biking

- Practice the path to and from school with your child.

- Always wear an approved helmet - no matter how short the trip!

- Bike with your child

whenever possible.

- Ensure your child dresses appropriately for the season or the situation.

- Ensure that your child knows and obeys traffic rules and laws.

### What to Wear

- Ensure your child dresses appropriately for

the season or the situation.

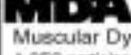
- Remove drawstrings from jackets and sweat-shirts - they get caught on everything and are really not necessary.

Never take safety lightly.

Your child is a precious gift that demands your best efforts in protection.

## Opening the door to hope

The Muscular Dystrophy Association's support services help Americans live with over 40 neuromuscular diseases. And our cutting-edge research offers hope for a future without these disabling disorders. Call our lifeline. It's toll-free.



**MDA**  
Muscular Dystrophy Association  
A CFC participant

(800) 572-1717  
[www.mdausa.org](http://www.mdausa.org)  
Provided as a public service.



## ZUMWALT: Four-star status earns NAS Jax its first award nomination

From Page 1

their focus on that goal throughout this year. I have no doubt that we'll receive five-star accreditation and the Zumwalt award next year," added NAS Jax Deputy Supply Officer Terri Brooks.

As a part of the Zumwalt award process, inspectors from Naval Facilities Engineering Command Bachelor Housing Program Management Office visit each installation and inspect the housing ensuring all the Navy's requirements are met and quality of life issues properly addressed.

"I check everything including, making sure there is the right amount of coffee

and the remote control for the TV is in the right location," said Bachelor Housing Training Lead, MSCS(SW/AW) Derxes Duque. "It may seem funny that the remote control has to be in a certain place, but when a service member is traveling they don't have time to search all over the room for it."

Because the NAS Jax Combined Bachelor Housing was nominated this year, it will automatically be nominated again next year. "I'm looking forward to next year's inspection because the hits we took this year are things we had already made plans to change. We were just waiting on the funds to complete the projects," stated McKnight.

# Sept 8th

## Monday Night Kick-Off 2003

Even the Score Against Nicotine - Attend the Wellness Center's Evening Tobacco Cessation Program Starting Monday September 8th, 1800-1930, And Be Home in Time for ESPN Pre-game and the Big Game!



**For More Info:**  
Call 542-5292

# MWR NOTES

## Escape the ordinary 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.

Jaguars tickets for all games are now on sale at I.T.T. Tickets are \$47.90 for lower level seats. You can also sign up to ride the I.T.T. shuttle to all the home games. If you sign up for all the games the price is \$6 per game. A ride to a single game is \$8.

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

Sept. 13 - Discover the beauty of Cumberland Island on this guided tour to the island. A wonderful day for only \$29.

Sept. 20 - A day in Tallahassee. See Mission San Luis, the Capitol Building and Museum of History for only \$15.25, children 12 & under are \$13.25.

Oct. 15-19 - A fall colors extended getaway to the mountains. This trip includes Warm Springs, Ga. to see the former President Franklin D. Roosevelt's Little White House and Callaway Gardens. We're also going to the Bavarian village of Helen, Ga. for Oktoberfest, Asheville, N.C. to the Billmore Estates and Chimney Rock Park. The cost is \$405 per person based on double occupancy for four nights, breakfasts and two dinners. The deadline to sign up is Sept. 12, and space is limited.

Tickets for "Night of Joy" at Disney on sale at I.T.T. for \$35.45 / one-night admission and \$56.60 / two-night admission. Call I.T.T. at 542-3318 for more information.

## NAS Jax Golf Club happenings

A golf and lunch special is being offered for \$19 weekdays after noon and weekends and holidays after 3 p.m. This special ends Aug. 31.

Players are entitled to 18-holes, cart, green fees and one lunch menu item.

The NAS Jax Golf Club & Mulligan's is now offering Ladies Day every Thursday through Sept. 30. Ladies can play all day at the golf course for \$10. The Mulligan's Ladies Social Hour runs from 4-7 p.m.

On Aug. 28, the Blue Course will reopen for play with a 10 a.m. shotgun start tournament. The \$30 entry fee includes golf, range balls, boxed lunch and prize fund. The entry deadline is Aug. 27. Call 542-3249 for more info.

## Bingo Palace

The Bingo renovation project is underway. The Bingo Hall, located in The Zone, will be closed for business now through late August for major renovations. All other activities housed in The Zone are unaffected and open for business. This includes the Budweiser Brew House, CPO Club, Yesterday's Café, and The Zone Delivery Service.

## Outdoor pool changes hours

The August open recreation outdoor pool hours are 11 a.m. to 6 p.m. Tuesday, Thursday, Friday, Saturday and Sunday. The outdoor pool is closed for open recreation Monday and Wednesday.

## The Heritage Cottages

MWR's new Heritage Cottages are now open for only \$60 a night. These cottages make for a great vacation home away from home. They are fully furnished with plenty of space. Make your reservation now by calling 542-3138/3139.

## Veterinary Treatment Facility

Due to vendor price increases, the Veterinary Treatment Facility (VTF) has been forced to increase prices. We still have the lowest prices around.

The NAS Jax VTF is located in Building 8 at the corner of Ranger Street and Enterprise Avenue. The clinic is open Monday through Friday from 8 a.m. - 4 p.m. It is closed on legal holidays. Pets are seen by appointment only.

New clinic services have been added to accommodate our patrons. The VTF will have an evening clinic on the first Tuesday of every month from 5-7 p.m. There is also a walk-in clinic on the second Saturday of each month from 8 a.m. to noon. This clinic will be for vaccinations only. For more information and to make appointments, call 542-3786.

## Mulberry Cove Marina news

Are fuel prices emptying your wallet? Take advantage of free gas this summer when you rent a 40-hp pontoon boat, whaler, bass boat, 10-hp stump knocker, or Yamaha jet skis.

The NAS Jax Yacht Club offers sailing classes. Now that the weather is warm, and the breezes are strong would be a great time to learn this

renowned boating activity. After you've completed your class, the marina has sailboats for rent.

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

The Ready Room Officers' Club bar is open for social hours every Friday from 4-7 p.m. The Ready Room is available for command functions and special events all other days.

The T-Bar, located behind Building 844 is now open to all hands every Thursday from 4-7 p.m. and every second and third Saturday from 4-7 p.m. The T-Bar is available for command functions and special events all other days.

## 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. Join us for our Wednesday Karaoke and Dance Party. The fun starts at 7 p.m. at the Budweiser Brew house with DJ Marc "E" Marc. Catch a great line up of fun events for the month of August at the Liberty Rec Center. Stop by and meet the staff, see what's going on around the area and the station.

## NAS Freedom Lanes offers great deals

This summer enjoy some bowling fun. Each weekday through August, patrons can enjoy three games of bowling (including shoes) or two games, shoes and a hotdog and small drink for only \$6 from 11 a.m. to 4 p.m.

Active duty Sailors take advantage of free bowling on Wednesdays from open to close.

Men's, women's, and co-ed bowling leagues are now forming. League action is set to begin early September. Call 542-3493 for more information. A Wednesday night competitive trio league with 540 average cap per team is looking to form. A meeting will be held Aug. 20 at 6:30 p.m. for those interested. Call 542-3493 for more information.

## Youth Activities Center happenings

Take advantage of the fun events at the Youth Activities Center. Monday evenings we have indoor soccer from 6:15-8:15 p.m.

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. - Bullet Proof Monk (PG-13)  
 Aug. 29, 7 p.m. - Confidence (R)  
 Aug. 30, 5 p.m. - Daddy Day Care (PG)  
 Aug. 30, 7 p.m. - It Runs In The Family (PG-13)

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

# Preventive health assessments keep Sailors ready for duty

By JO1(SW/AW) AnTuan Guerry  
 National Naval Medical Center Public Affairs



With the potential threat of terrorist attacks all over the world, Sailors could be deployed at any point in time for support. When the call to duty comes, a Sailor must be ready to deploy at a moment's notice and sometimes as soon as 48 hours or less. Consequently, maintaining up-to-date personal files, and medical and dental records are a must.

With the implementation of the Preventive Health Assessment (PHA) at National Naval Medical Center (NNMC), the necessary steps are now being taken to ensure that medical records are up-to-speed when the call for deployment is made.

According to Nurse Cmdr. Agnes Bradley-Wright, PHA coordinator at NNMC, it is a system of checks and balances that greatly enhances the possibility that all Sailors will be fit for immediate deployment and their medical records will be up to date.

"PHA ensures that there won't be any last-minute scrambling trying to get service members prepared and ready for deployment. With PHA, the records will already be up to date," Bradley-Wright said.

The PHA, which was implemented this month, according to Bradley-Wright, is now an annual requirement for active-duty Navy personnel.

The assessment must be completed in conjunction with the Sailor's annual birth month medical record review and physical activity risk factor questionnaire.

"We're focusing on prevention," stated Bradley-Wright. "We want to identify those people at-risk up front, instead of waiting on symptoms and then intervening."

"The old policy did not call for Sailors to show up for their records to be checked. But, now, (they) must physically go to Family Health Center to get their records checked. This is part one of a two-part process," Bradley-Wright explains.

An annual PHA can be broken down into a few simple steps, according to Bradley-Wright:

- The Sailor physically goes to Military Family Health Care Center to have corpsmen review their medical health record for any discrepancies (expired and required shots or treatments).
- The Sailor gets discrepancies anno-

tated and placed in the computer system. At this point, appointments must be made to get discrepancies completed.

- The Sailor receives a checklist detailing the next step.

After discrepancies are completed, the Sailor will set up an appointment for assessment and interview in Health Promotions (Part II of PHA).

- Upon completion of face-to-face interview, the Sailor will be checked off as completing mandatory PHA.

Bradley-Wright says that a major reason that PHA is being implemented is because Sailors were not following up and getting their discrepancies completed.

In the past, when chart reviews were being done, members were not being aggressive in getting their discrepancies fixed. This process (PHA) is a face-to-face interview where the member has to sit down, so we can close the loop and make sure everything is completed," she adds.

Bradley-Wright says that an immediate concern is the availability of medical records. She strongly urges the return of all medical records for those service members who have not done so. It's important because otherwise, she says, the system won't work.

Another goal of PHA is to identify as early as possible, anyone who is at risk for heart disease, sexually transmitted diseases and high blood pressure.

"The face-to-face interview allows us to talk to the person one-on-one to find any potential problems," Bradley-Wright explains. "We have a list of questions we ask that help to determine any potential health problems."

Potential questions include a history of high blood pressure; any cases of diabetes in the immediate family; and if the cholesterol level has been checked in past five years.

Down the road, Bradley-Wright says that NNMC is trying to tie PHA in with R-1 Status, meaning that, if a person wants to go on leave, they won't be able to go if their medical record is not updated.

"That's how serious the Navy is about PHA," she states. "(We) Have to make sure that everybody is ready to go to war."

NAS Jax drivers, be prepared to STOP



Watch for base youth boarding & exiting school buses

# JAX SPORTS NEWS

## 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 3H 30M	Women 4H
Triathlon	Men 2H 30M	Women 3H
Triathlon time based on 1.5k swim, 10k run, 40k bike		

For more information about any of the sports articles, call 542-2930/3239. Visit the MWR website at [www.nasjax.navy.mil](http://www.nasjax.navy.mil)

# SPORTS STANDINGS

## Intramural Golf Freedom League Standings

Team	Wins	Losses	Ties
AIMD Albatross	8	0	0
ASTC	5	2	0
Wing 11 "A"	5	2	0
SERCC	4	3	0
AIMD Khaki	4	3	0
NAMTra 1011	3	4	0
VP-16	3	4	0
Naval Hospital	3	5	0
Navy Band	1	5	0
GEMD	1	5	0

## Intramural Golf Liberty League Standings

Team	Wins	Losses	Ties
CSCWL	6	1	0
REDCOM	6	1	0
VP-62	6	2	0
VR-58	6	2	0

## Intramural Golf Liberty League (contd.)

Team	Wins	Losses	Ties
FASFAC	5	3	0
FASO	4	4	0
AIMD SE	3	4	0
Wing 11 "B"	3	4	0
VS-22 "A"	2	5	0
NAMTra	0	7	0
NADEP	0	7	0



# JAX TALES

By MIKE JONES

[WWW.RICKYSTOUR.COM](http://WWW.RICKYSTOUR.COM)



# COMMUNITY CALENDAR

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

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

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

**MOMS Club of Northeast Florida** meets the second and fourth Thursday of every month from 10 a.m. to noon. The meeting is free and open to all at-home mothers and children who live in the zip code areas of 32206, 32218 and 32226. MOMS Club is a support group for moms wanting a variety of activities for you and your children.

The chapter offers monthly meetings, newsletters, activity calendars, playgroups, field trips and service projects. For meeting location or more information, contact Debbie at 751-0671 ([debbiekjg@yahoo.com](mailto:debbiekjg@yahoo.com)) or Kathi at 751-3400 ([katj28@aol.com](mailto:katj28@aol.com)).

**The Marine Corps League, Jacksonville Detachment** holds their monthly meeting the first Thursday of the month at 7:30 p.m. at the Marine Corps Recruiting Station at 3728 Phillips Highway, Suite 229. For more information call John Leisman at 779-7375.

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

**Association of Aviation Ordnancemen's** meeting is held the third Thursday of each month at the Fleet Reserve Center on Collins Road. For more information, call AOC Chris Johnson at 542-2168 or AOCS Erick Parmley at 542-8589.

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

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

4101 College Street. For more information, call R. Carroll at 786-7083.

**The regular monthly meeting of Branch 126, Fleet Reserve Association** will be held tonight at the Branch Home, 7673 Blanding Blvd. at 8 p.m. All active duty and/or retired enlisted personnel of the Navy, Marine Corps, and Coast Guard and enlisted Reserve personnel are invited to join Branch 126 and attend the meeting.

Rear Adm. and Mrs. D.C. Curtis will host the Jacksonville Chapter's Annual Membership Kickoff and its President Capt. Kenneth Nixon Sept. 13 at 6 p.m. at their residence, 541 Ozbourne Ave. Naval Station Mayport. The guest speaker will be Rear Adm. Annette Brown, commander, Navy Region Southeast Jacksonville. The dress code is informal.

NNOA serves to actively support America's sea services in recruitment, retention and career development of all officers, and to support fleet operational readiness by providing professional development and mentoring for minority officers.

Membership is composed of active duty, reserve, and retired officers of the sea services and encompasses all ranks. All interested personnel are invited to attend.

For more information, contact Lt. Cmdr. Herlena Washington at 696-5005, [WashingtonHO@bic.usmc.mil](mailto:WashingtonHO@bic.usmc.mil) or Lt. Drew Andrews at 270-6457, [andrewsd@hsl46.navy.mil](mailto:andrewsd@hsl46.navy.mil).

**The "Memphis Muster" for VP-1 years 1969 thru 1974** will be held Sept. 12-14 in Memphis, Tenn. For more information, contact Don Grove at [dongrove@direcway.com](mailto:dongrove@direcway.com), Mike Taylor at [ldeploy@worldnet.att.com](mailto:ldeploy@worldnet.att.com) or Jack Bachhofer at (904) 264-5890 or email [bachhoferj@aol.com](mailto:bachhoferj@aol.com).

**The VP/VPB-23 Veterans Association** will hold its ninth reunion in Jacksonville Oct. 15-19. For more information, email [dklotz23@aol.com](mailto:dklotz23@aol.com).

**VF-22 Korean War veterans** will return to Jacksonville/Orange Park for a 50th anniversary reunion at the Holiday Inn Orange Park on Oct 21-22. For more information, contact is Jack Bailey at 757-340-5922 or email [charlieson@msn.com](mailto:charlieson@msn.com).

**The annual VP-24 Reunion** is scheduled for Oct. 24-26 at NAS Jacksonville. For more information, write Don Hall, 2003 Jax Reunion Host, 4421 Commons Dr. East, #413, Destin, Fla. 32541 or email [djhdestin@cox.net](mailto:djhdestin@cox.net).

**VP-8 is holding a reunion** Nov. 5-9 in Pensacola, Fla. For more information, call 733-5489 or email [bbperry2@att.net](mailto:bbperry2@att.net).

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# In Gear

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A weekly look at the automotive market

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