



JAX Air NEWS

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE



Blood Drive slated

A Blood Drive to benefit the Florida-Georgia Blood Alliance will be held Tuesday from 8 a.m. to 1 p.m. outside the main entrance of Naval Hospital Jacksonville. Everyone is encouraged to donate if they can.

Head to the fair

Multi-Cultural Awareness Fair
Aug. 29, 10 a.m. - 4 p.m.
Sea King Park 1 and 2

Cultural heritage representations and art displays, diverse cultural entertainment - music, dancers, live bands and Caribbean Stilt Walkers, Classic car show.



Free samples of cultural food dishes from 11 a.m. to 1 p.m. For a schedule of events see page 3. For more information, call SMC Fronzaglio at 542-3304 or Sylvia Kitt at 542-0842.

Your votes count

Register to vote at the base galley on Sept. 4 from 10:30 a.m. to 12:30 p.m. All active duty, family members, retirees and DoD civilians who are local residents of Clay and Duval Counties are encouraged to register.

For those active duty military members living away from their legal residence, absentee forms are also available.

Armed Forces Voter's week will be celebrated Sept. 2-6. For more information contact ACCS(AW) Diana Burns, at 542-2516/2838.

WEEKEND WEATHER

FRIDAY 7/19/02
SCATTERED THUNDERSTORMS

SATURDAY 7/20/02
SCATTERED THUNDERSTORMS

SUNDAY 7/21/02
SCATTERED THUNDERSTORMS

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

SECNAV visits Jacksonville

England says thanks to leaders

By JO2 Mike Jones
Assistant Editor

Secretary of the Navy Gordon England arrived in Jacksonville last week to speak at the Navy League of the United States First Coast Centennial Luncheon on Friday.

With Gov. Jeb Bush and Rep. Ander Crenshaw, he also helped welcome home the USS John F. Kennedy Battle Group as it arrived in Mayport last Saturday.

Speaking at the luncheon, England thanked community leaders for their continued support of the U.S. Navy. "The Navy needs to be in areas where our people are respected and admired, where we have the great support of the community," he said.

England remarked how impressed he was with the Navy League's global presence. "I tell people it's like the British Empire: The sun never sets on the Navy League."

He also explained the Navy's current and future role in the War on Terrorism.

"This is going to be a long war," he explained. England said, "This is a nation that's going to have to have patience, determination and resolve" in order to achieve success.

England referred to the war as the newest "ism" to threaten freedom. "When the Korean War started, I was 12 years old," he said. "We had just defeated the first 'ism' - fascism."

"When we went into Korea, we did not know that it was the beginning of a war that would not end until 1989. That was the second



Secretary of the Navy Gordon England discusses the future of the Navy during the Navy League of the United States First Coast Centennial Luncheon held last Friday.

'ism'. That was the first time nations of a free world came together to preserve liberty and freedom against communism."

He described a recent visit to Pearl Harbor where he observed the USS Arizona and the USS Missouri - the start and end of America's involvement in World War II.

He then asked the audience to try to imagine the start and finish of the War on Terrorism.

"Visualize the World Trade Center - the beginning of the War on Terrorism," he said. "Now what's your visual on the end of the War

on Terrorism? It's probably not going to be somebody sitting down at the peace table because we're not at war with a nation. We're not at war with an organized entity. We're at war with a terrorist group."

To defeat this newest "ism," England stressed "We're going to have to kill, capture or break their will. It's going to be hard to break their spirits because they're fanatics. They believe they are right and that we are the evil in the world."

England stated that success is assured America due to several key factors.

"We will prevail. First of all we will prevail because we do have this magnificent leadership. Second because we have vastly superior technology, he said."

However, he said the biggest reason for victory exists because of the men and women of the nation, especially those serving in uniform. "We will prevail because for 226 years the strength of our nation has been our people," he said.

Following the luncheon, England made himself available for photos and questions. He departed Jacksonville following the return of the USS John F. Kennedy Battle Group.

Facilities team aids battle group's return

By Ensign Lauren Jacobson
PWC Assistant Production Officer

On Saturday, the USS John F. Kennedy Battle Group returned to Naval Station Mayport and Navy Facilities Team Southeast, in cooperation with Johnson Controls-Hill (JC-H), was ready to aid the ships with everything from steam to dumpsters.

The Resident Officer in Charge of Construction (ROICC) office in Mayport has been working for five months to upgrade the Charlie-2 wharf utilities. This contract included upgrades to the sanitary sewer, potable water, steam and oily waste systems along with the construction of an electrical substation. Brian Price, the engineer for the upgrades stated, "In



PWC Jax Transportation Department and Johnson Controls-Hill provide crane support for the arrival of the USS Kennedy Battle Group at the Mayport Naval Station.

order to complete the nearly six million dollar project, 2,200 feet of electrical conduit was installed under the basin floor to provide

additional power needed for a CVN-Class carrier. Horizontal Directional Drilling was used from the Charlie pier to the Foxtrot pier to

perform this installation. The entire job was accident free and one month ahead of schedule!" The final paving and finishing touches were made just in time for the Kennedy's return.

Lt. Joseph Huggins, Public Works Center operations officer at Mayport said, "The Public Works Center Jacksonville, Public Works Office Mayport, and JC-H team are here to ensure we give the battle group the best utilities services possible and take care of anything they may need. We're here to support the fleet."

In addition to steam and dumpsters, the team provided water to the ships and sewage hookups and disposal.

The Public Works Center Transportation Department

also aided the return of the battle group. So far they have provided two extra shuttle buses with contract drivers to support the off-site parking, trucking service for local deliveries for the detachments, extra sweeping of the piers, 16 vehicles (which is double their usual support), and crane services. In addition, they provided a dispatcher for unexpected transportation requests and an on-site representative for the arrival.

"The Navy Facilities Team Southeast tries very hard each day to emulate the slogan at the front gate of Naval Station Mayport in providing the 'Finest Service to the Finest Fleet," stated Charles Jones, the on-site PWC Transportation Specialist.

VR-58 to present two new C-40s

From VR-58

The VR-58 "Sunseekers," a reserve transport squadron based at NAS Jacksonville, will officially present two new aircraft and recognize their namesake cities at a ceremony aboard the base at 7 p.m. on Saturday.

The two C-40 aircraft are named "The City of Jacksonville" and "The City of St. Augustine." Jerry Holland, Jacksonville City Council President



A special guest of the ceremony will be Congressman Ander Crenshaw. The C-40A "Clipper," a modified

version of the 737, will replace the Naval Reserve's aging fleet of C9B Skytrains. The C-40 flies higher, faster, farther and with a greater load than the C-9. With its modern engines and systems requiring far less maintenance than the aircraft they replace, the "Clipper" will significantly improve mission readiness.

The C-40 is certified to operate in an all-passenger (121 passengers), all-cargo or a combination configura-

tion. The C-40 is certified to operate in an all-passenger (121 passengers), all-cargo or a combination configura-

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FROM THE DOC

Fighting the 'cooties' aka lice

By Lt. Chris Alfonso
VP-30 Flight Surgeon

When deciding which topic to address in this week's article, I asked my wife if she had any suggestions. My wife, who was a teacher before turning into a professional mother, immediately suggested, "Cooties!"

The word "cootie" typically refers to a body louse, and is derived from the Malaysian word kutu. Since many of us are parents, and the school year is upon us once again, what better subject than cooties (aka, lice)?

Lice are very tiny insects that rely on feeding off the blood of their host to survive.

There are many species, but only two of them rely on human hosts. One of those species (Pediculus humanus) has two varieties — the head louse, and the body louse.

Lice live essentially wherever people live, and they will die if away from a human body for too long. Lice do not recognize whether their human host is rich or poor, and so anyone can find themselves a victim.

Children are the most common victims of head lice. The head louse mostly prefers living on the scalp of its host.

These lice are more often found on girls than boys, probably because girls have longer hair. Head lice are

difficult to find without the help of a magnifying glass, but it is easier to find clusters of their eggs, otherwise known as "nits."

Nits can be mistaken for dandruff, but cannot be brushed out of the victim's hair, because the eggs are glued to individual hair strands.

The bite of the head louse leaves only a very small red spot on the scalp, but the itching can become excruciating. Scratching at these bite wounds complicates the matter, by possibly leading to a secondary skin infection.

Body lice differ from head lice in that the body louse prefers to live on the clothing of its host.

It will live in the seams of the clothing, especially at areas where the clothing constantly touches the victim's skin. These areas include the waistline, the shoulders, neckline, and armpits.

The louse itself and its eggs are hardly ever found on the victim's body. Its bite leaves a small red mark, that often has a dark red dot in the center, and the wound can be just as itchy as the wound from a head louse.

In fact, body lice bites are often easily identified by the surrounding scratch marks caused by the itching.

The treatment of lice infestation focuses on eliminating all lice and nits. Furthermore, lice reinfestation must be prevented.

Several over-the-counter medicines are available to treat both types of lice. Fine-tooth combs to remove nits from hair can be found at most pharmacies also.

Your doctor may be able to prescribe lindane shampoo (also known as Kwell) to treat head lice.

It's more effective than most over-the-counter treatments, but it costs more, and is not entirely without side effects.

In fact, lindane is so strong that it should be used two times at most, with 7-10 days between both uses. Lindane must be used with extra caution on infants and young children.

Regardless of which medicine is used, close contacts to the victim should be treated at the same time to completely eradicate any infestation.

It is also recommended that a fine-tooth comb be used to remove scalp nits after each hair rinsing.

Body lice may be treated with the same medications, but since they are usually not found on the victim's skin, they are better treated by sterilization of clothing, bedding, and personal articles.

This is achieved by dry-cleaning, or even just by setting the washer and dryer to a hot setting, when laundering these items. These measures also help to eliminate head lice.

Use this information and you won't be left scratching your head!



Meet A Sailor...

AT2(AW) JAMES MAYTON

Job title/command:
Instructor, NAMTra Jax

Hometown: Williston, Fla.

Family Life: Wife, Tanya, dog, Willie and a cat, Chris

Past Duty Stations: HS-7

Career Plans: Keep on climbing.

Most Interesting Experience: Visiting Florence, Italy.

Words of Wisdom: Do your best, people will remember you.



Meet A Civilian...

HARRY DAVENPORT

Job title/command:
Supervisor Environmental Engineer, CNRSE

Hometown: Tri-Cities, Tenn.

Family Life: Married to wife, Anne. Two daughters, Biba and Melissa, two dogs, Dixie and Penney and one rabbit, Emilely.

Past Duty Stations: NS Mayport, Atlantic Division NavFacEngCom, NETC Newport, R.I.

Career Plans: Continue to ensure that the Navy is an environmental leader.

Most Interesting Experience: I viewed the total eclipse of the sun in Montana.

Words of Wisdom: If we weren't all crazy, we would go insane.

VETERANS: NEWS YOU CAN USE

Keeping current on veteran's initiatives

From the Department of Veterans Affairs

Veterans Health Administration's (VHA) Health Initiative

During the course of our military careers, we learn to work through aches and pain, often taking the initiative to treat ourselves with over-the-counter drugs and home remedies.

After all, nobody wants to be known as the "sick bay commando." And while this is admirable, the continual and persistent presence of pain and illnesses can sometimes be a sign of serious and/or chronic conditions.

Unfortunately, former service members are often surprised and frustrated when the Department of Veteran Affairs (DVA) does not award a level of disability commensurate with what he or she feels that they deserve.

Most often, this leads to resentment, feelings that their service to country is not appreciated or that the DVA is not sympathetic to their conditions.

Nothing could be further from the

truth. The truth of the matter is, however, that the DVA is required to rate claims based on the sufficiency of available documentation. Documentation means everything.

With this in mind, the Veterans Health Administration (VHA) has established a web site at <http://www.va.gov/VHI/>.

This Veterans Health Initiative (VHI) is a comprehensive program to recognize the connection between certain health effects and military service. Ideally this will allow military medical history to be better documented, and prepare health care providers to better serve their veteran patients.

SGLI and VGLI Accelerated Benefit
What is Accelerated Benefit? An accelerated benefit is a payment made to terminally ill persons insured under SGLI and VGLI.

This benefit allows the "insured member" to receive up to 50 percent of the face value of his or her insurance coverage prior to death. To qualify, the member must have a valid written medical prognosis of nine

months or less to live from a physician.

This benefit is also available to insured family members under the SGLI family coverage.

To apply for accelerated benefits, you can obtain an application form entitled "Claim for Accelerated Benefits" by calling the Office of Service member's Group Life Insurance toll-free at 1-800-219-1473.

Or you can download the form and get more information from the Internet at www.insurance.va.gov.

Update on Disability/Retired Pay Offset

For the millions of interested service members and veterans anxiously awaiting the approval of a proposal to eliminate the disability/retired pay offset, to the best of our knowledge at the St. Petersburg Regional Office, the measure has not been approved in any format.

If you have questions on these or any VA benefits, please call the NAS Jacksonville VA office at 573-6312 or visit Bldg 590, Room 110.

HEY MONEYMAN

Hey, MoneyMan!

I am an E-5 in the Navy and I am interested in learning about financial management. My chief told me that I am too junior to attend the Command Financial Specialist class but we had an E-5 in my last command that was a CFS. What are the rules?

MoneyMan Sez:

It is great that you are interested in learning about financial management. In a recent survey, leaders indicated that the number one service member issue they deal with most often is financial management.

According to the new CFS Training Manual (NavPers 15608D) the qualifications for a CFS are as follows:

- Minimum paygrade of E-6 for enlisted and W2/01 for officers
- Highly motivated and financially stable
- Have at least one year remaining in the command
- Participate in continuing education.

I recommend you speak with your chief and the CMC to see if they will ask for a waiver for your paygrade. If not, stay motivated and financially stable. I think being "highly motivated and financially stable" are the key elements for success as a CFS.

Hey, MoneyMan!

An insurance salesman stopped by my house yesterday and told us all about the need to provide life

insurance for my wife and two children. Now my wife is worried because we don't have any insurance on her or the kids.

I can't afford to pay the big premiums and they also include money for investments. Do I need to buy insurance for my family members?

MoneyMan Sez:

Insurance requirements vary from person to person, but it is unlikely you "need" insurance for your spouse or children. In fact, unless you opted-out, you already have an adequate amount of coverage for your wife and children.

As of Nov. 1, 2001 you have Family SGLI coverage of \$100,000 for your spouse and \$10,000 for each of your children.

The cost of this insurance is only \$9 per month if your spouse is 34 years old or younger. All dependent children are automatically covered on your SGLI at no additional cost.

Also, you do not need to buy insurance to "invest" for your children. Find out about Roth IRA's and the

Thrift Savings Plan. Before you buy anything or sign



up for an "investment plan," check it out with someone you trust.

Investing for the future is important, but some plans are better than others and the cost to invest varies greatly. Like everything else, it pays to shop around.

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. - Protestant
- Communion** 9:30 a.m. - Catholic Mass
- 11 a.m. - Protestant Worship

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

Navy, city to host POW/MIA recognition service

Commander, Navy Region Southeast, in conjunction with the City of Jacksonville's Veterans Service Division, will hold a POW/MIA Recognition Service at 9:30 a.m. Sept. 19, at the Veterans Memorial Wall at the Jacksonville Coliseum.

The keynote speaker will be retired Navy Capt. Dale Raebel, a former NAS Cecil Field pilot. He was shot down over North Vietnam and taken prisoner in August 1972. At the time, a

Lieutenant Commander, he was assigned to VA-37 flying from the USS Saratoga.

The observance will honor all Americans who are former prisoners of war, service members and civilians still unaccounted for and their families. The observance reaffirms a promise to fallen comrades: "You are not forgotten!"

The public and military personnel of all branches are invited to attend.



NAS Jacksonville Commanding Officer Capt. Mark S. Boensel
 Public Affairs Officer Charles P. "Pat" Dooling
 Deputy Public Affairs Officer Miriam A. Larreau
 U.S. Naval Air Station, Jacksonville Editorial Staff
 Editor Miriam S. Gallett
 Assistant Editor JO2 Mike Jones
 Staff Writer JO2(SCW) Eric Clay
 Staff Writer JO2 Jackey Bratt
 Cullinan Staff
 Manager Ellen S. Rykert
 Staff Writer Kaylee LaRoque
 Design/Layout George Atchley

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Fallon munchies turn to gold for 'Checkmates'

By Lt. Matthew Smith
VS-22 PAO

With daily high temperatures well above 105F and a field elevation of 4,000 feet, the "easy workday" was a rare thing for Carrier Airwing Three, detached to NAS Fallon, Nev.

AMC Sue Crawford and a small group of enterprising "Checkmates" of VS-22 found a way to make the extreme conditions of the high desert manageable for the squadron.

On her own initiative, Crawford planned an Auxiliary Resale Outlet (geedunk) for VS-22's detachment to NAS Fallon.

Each day, Crawford loaded the duty van with sodas, chips, and a daily varying mix of meat bound for the "Checkmate" grill.

Delicacies such as the Deuce-Deuce burger, bratwurst and grilled chicken breast sandwiches became local favorites in Hangar 1, home to four of

CVW-3's eight squadrons. Faced with the choice of walking through the sweltering heat to the galley or stepping to the end of the hangar for lunch, many Sailors preferred the latter.

According to Crawford, daily sales averaged well over \$400.

The long hours grilling under the desert sun did more than satisfy the hunger of hardworking Sailors.

As CMDCM Cameron Bracewell said, "the people working the geedunk knew every day that they made a tangible contribution to the quality of life of their squadron mates."

Their industry and initiative funded a desperately needed bit of recreation for the squadron in the form of an all-hands bowling party.

On July 21, VS-22 took over the NAS Fallon Bowling Center. More than 100 "Checkmates" enjoyed dozens of pizzas, hundreds of Buffalo Wings and



Photo courtesy of VS-22

AMC Sue Crawford gets ready to open the Geedunk booth for VS-22 squadron members while on detachment to NAS Fallon, Nev.

unlimited soda over the course of the four hours of bowling.

Most of VS-22 agrees with Lt. Brian McIntosh, who said "it was a great time for everybody. The food was great and the bowling was a lot of fun. It was a nice break here,

something we all needed."

Airwing detachments to NAS Fallon may not involve liberty in Cannes, France or scuba diving in Egypt, but thanks to a few enterprising "Checkmates," VS-22 was able to make some quality liberty for itself.

Multi-Cultural Awareness Fair schedule of events

The annual Multicultural Awareness Fair will be held next Thursday from 10 a.m. to 4 p.m. at Sea King Parks I and II. The following is a schedule of events:
10 a.m. - Navy Band "Pride"
10:30 a.m. - Israeli Dancers
11 a.m. - Asian Pacific Island Dancers
11 a.m. - 1 p.m. - Free samples of cultural food prepared by the Galley
11:30 a.m. - Society for Creative Anachronism
Noon - Spanish Dancers
12:30 p.m. - Mock

Medieval Battle
1 p.m. - Spanish (Caribbean) Dancers
1:30 p.m. - Jazz Ensemble
2 p.m. - Mocko Jumbies (Caribbean Stilt Walkers)
2:30 p.m. - Navy Band "Pride"
3 p.m. - Jazz Ensemble
3:30 p.m. - D.J. Chuck
 A classic car show will continue throughout the day and numerous command-sponsored booths will showcase cultural heritage.

For more information call SMC Fronzaglio at 542-3304 or Sylvia Kitt at 542-0842.

Eval changes to hit Fleet

Revisions to Navy fitness reports and evaluations take effect Aug. 31, beginning with commanders in August, and followed closely by chief and senior chief petty officers, and chief warrant officers (W-2) in September.

Changes include: removal of the requirement to substantiate 5.0 grades in the comments section; addition of a mandatory comment on the reports of leaders, from leading petty officers to commanding officers and revision of the "Equal Opportunity" trait to read

"Command or Organizational Climate/Equal Opportunity".

There is also an addition of a "summary group average block" showing the member's standing with others graded by the same senior; and revision of the "Military Bearing" trait to reflect guidance from the latest physical fitness instruction.

A forthcoming NavAdmin will update the procedures for downloading the NavFit software needed to print the new forms. See NavAdmin 213/02 at www.bupers.navy.mil.



*DON'T MISS AN ISSUE!
PICK US UP
EVERY WEEK!*

VP-5 bristles with pride



Photo courtesy of VP-5

Cmdr. Pat Buckley, (left) commanding officer of VP-5, presents Senior Chief Dean Harris with an award from the Housing Partnership of Jacksonville. The award recognizes the squadron for their exceptional support of the "Paint the Town" community revitalization project.

VS-32 members learn about the past at WAVES reunion

From VS-32 PAO

Several VS-32 "Maulers" attended the WAVES 60th Anniversary Reunion luncheon recently at the Hilltop Restaurant in Orange Park.

WAVES (Women Accepted for Volunteer Emergency Service) were accepted into the military in July of 1942, after Franklin D. Roosevelt signed into law the Navy Women's Reserve Act. The WAVES served until the end of World War II, by which time there were approximately 8,000 officers and 76,000 enlisted females in the military forces.

Lt. Natalia Henriquez, PRC Theresa Baskin, and AK2 Julia DeLeon were the only active duty military members at the luncheon, representing officers and enlisted from VS-32.

"They were really pleased that we showed up and encouraged us to bring more active duty females to the next luncheon. I was surprised we were the only active duty there," commented Baskin.

Of the approximately 70 people in attendance, all branches of the military were represented. Many of the rates, both past and present, were also represented. Personnelman, Yeoman, Court Reporter, Pharmacist's Mate, Hospital Corpsman, Aviation Metalsmith, Intelligence Officer, and Naval Flight Officer were a few. Some of the women brought their husbands, many of whom had also served in the Armed Forces.

Nominations needed for annual military appreciation program

From CNRSE

Nominations are now being taken for the 25th annual Clay County Military Appreciation Program. This program recognizes outstanding personnel who promote the county's goals and objectives within the civilian community.

Nominations are being taken for Military Person of the Year, Military Spouse of the Year, and Reservist of the Year. All nominees must be residents of Clay County.

Selection criteria and nomination forms can be found at www.cnrse.navy.mil (click on command info,

then click on Clay County Military Appreciation Nominations 2002). Additional copies may be obtained by calling CNOCM(AW/NAC) Phil Mauffray at 542-2403 or from the Clay County Chamber of Commerce at 264-2651.

The deadline for submission of nominations is Sept. 11 at 5 p.m. Nominations can be dropped off at the NAS Jacksonville USO office, emailed to Kathy@claychamber.org, faxed to 264-0070 or mailed to: Clay County Chamber, 1734 Kingsley Ave., Orange Park, FL 32073. You can also drop off nominations at

the Chamber of Commerce Monday through Friday from 8:30 a.m. to 5 p.m.

Finalists from each category will be honored at a luncheon hosted by the Clay County Chamber of Commerce at the Riverdance Music Hall at 797 Blanding Blvd. on Oct. 2.

All nominees and military representatives of the commands to which the nominee belongs are invited to attend. The uniform requirement for all Navy personnel is summer whites or the equivalent for other services.

For more information, call 264-2651.

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 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 contacting the OOD.

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

NAMTRAU's 'Summer Celebration' a big hit

By ATC(AW) Howard Chancy
NAMTRAU PAO

NAMTRAU Jax recently held a "Summer Celebration" with a command picnic at Kingsley Lake. NAMTRAU's MWR representatives outdid themselves this year and organized a picnic for the staff, students and their families. Many turned out with families and friends in tow for probably the best Monday they have had all year.

Preparations for this event had been in work for nearly an entire year. The MWR committee meticulously planned, organized, and raised the money to make it all possible. The essential foods of a summer cookout were available - burgers and hotdogs plus some special menu items thanks to ATC Mark Dietrich and AEC Pete Torres. These two have developed a reputation cooking delicious deep fried turkeys. They even went one step further this day by roasting a pig for the picnic.

NAMTRAU did not need an excuse to celebrate but was given one when it was learned that nine of its first class petty officers had been selected to wear the coveted "Fouled Anchor" of a chief petty officer. Naturally, the CPO Selects were especially grateful, and eagerly helped out at

the command picnic. A few of the CPO select, MWR staff and others from NAMTRAU spent the night at Camp Blanding setting up, cooking, and a little fishing. NAMTRAU would specifically like to recognize the following personnel:

MWR

ATC Mark Dietrich
AT1 Alex Hester
AT1 Brantley Altman
AM1 Eric Howe
AT1 John Lawson
AT1 Jolene Hanson
AT2 Dominique Joyner
AD1 Eric Fleming
AZZ Dino Penso
AO1 Mark Boyd
AO2 Michele Meldrum
AM1 Robert Lee
Staff Sgt. Kevin Pisaneschi

CPO Selects

AMC(SEL) Raymond Hagar
ADC(SEL) Clyde Lagrone
ATC(SEL) Brian O'Shea
ADC(SEL) Lyndon Robinson
ASC(SEL) James Sabin
ASC(SEL) Tony Schawang
ATC(SEL) Rich Turpin
ATC(SEL) Chad Wilson
AMC(SEL) Ray Wisecarver



The Wellness Camp

Oct. 24 & 25

sponsored by
The Wellness Center & MWR Fitness Source

Bldg 867
Enterprise Avenue
NAS Jacksonville

To register: Call 542-5292, Ext. 10

Date	Schedule
Oct. 24	
7:45-8:30 am	Registration
8:30 am	Health/Fitness Analysis (HFA)
10:15-11:30 am	Intro to Wellness/Steps of Change
11:30 am - Noon	Step by Health: Cholesterol Tour
Noon - 1 pm	Lunch (on your own)
1-2 pm	Stress Management/Relaxation
2:15-3 pm	Powerflex Fitness Center
Oct. 25	
8:30 am	HFA Reevaluation to Open Equipment
10-11 am	Step America/Stretch Fitness Center
11 am - 12:30 pm	Lunch (on your own)
12:30-2:30 pm	Healthy Cooking/Demonstration
2:30-4:45 pm	Outdoors/Conditioning

What should I wear?

Day One: Wear your bathing suit under your clothes (for body fit test) and a good set of walking shoes.

Day Two: Wear your clothes and walking/running shoes.

**Bring a towel for after your workout.*

Get fit at the Wellness Center

Health Fitness Assessment
Cholesterol Reduction
Blood Pressure Reduction
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Naval Hospital Jacksonville is now delivering babies to deployed new fathers via e-mail.

NavHosp JAX NEWS

Duval County Medical Society, Naval Hospital longtime allies

By Lt. Cmdr. Jeffrey Quinlan, M.D.
Naval Hospital Jacksonville

Naval Hospital Jacksonville recently had the opportunity to demonstrate to Navy leadership the close working relationship the hospital enjoys with peer organizations in the Jacksonville area.

During recent surveys and inspections by the Joint Commission for the Accreditation of Healthcare Organizations, Navy Medicine's Inspector General, and Medical Occupational Safety and Health teams, U.S. Army Reservist Col. Thomas Peters, president of the Duval County Medical Society (DCMS) met with Rear Adm. Steven Hart, Navy Medicine Inspector General, and Commander Miguel Cubano, President of the Medical Staff for Naval Hospital Jacksonville. The purpose of this visit was to highlight the success that the DCMS and the Naval Hospital have had in joint endeavors for the Inspector General.

Peters first described the history and successes of the DCMS. Founded in 1853, DCMS currently has a large membership, which includes 65 percent of local physicians. Because of this high level of participation, DCMS is the second largest county medical society with 1,600 active members. DCMS has an open door policy for physicians stationed at the Naval Hospital. In keeping with the DCMS's policy of having board delegates representing each area of the county, the president of the medical staff for the Naval Hospital traditionally sits as a member of the board. In addition, the Naval Hospital was recently offered a permanent position on the editorial board of Jacksonville Medicine.

DCMS and the Naval Hospital have enjoyed a mutually beneficial relationship since World War II when the Duval County Medical Society/Naval Hospital Jacksonville Banquet was initiated. Since that time, members of the medical society and hospital medical staff have enjoyed an annual dinner with a primary purpose of strengthening the relationship between the two organizations. They have also had the opportunity to hear national speakers present a variety of topics. Last year the banquet was held at the Zone on Naval Air Station Jacksonville, and participants enjoyed a motivational presentation by Cmdr. Paul Galanti, a Vietnam War prisoner of war. This year, the banquet is planned for Oct. 29. The guest speaker will be Capt. Angus Rupert, M.D., Ph.D.

The bond between the two organizations is naturally strong because the

number of prior military and military reserves physicians in the Jacksonville area. This is further augmented by local physicians who actively participate in the education of the residents of the Naval Hospital Jacksonville Family Medicine Residency Program. In addition, members of the Naval Hospital's medical staff participate with civilian physicians in area Advanced Trauma Life Support and Advanced Life Support in Obstetrics courses.

Also highlighted for the Inspector General, was the important role that local physicians take in the care of Navy beneficiaries. Within the Naval Hospital's catchment area there are approximately 149,000 beneficiaries. The Naval Hospital provides primary care and services for approximately 50 percent of these individuals. Of the remaining 50 percent, 25 percent do not receive regular care and 25 percent are cared for by civilian providers. In addition, local cardiologists and gastroenterologists provide medical care at the Naval Hospital through resource sharing agreements.

Hart was most impressed with the collaborative plan for homeland security that exists between the county and the Naval Hospital. Lt. Cmdr. Jayde Kurland, Lt. Cmdr. Kenneth More, and Lt. Chris Weaver, members of the Naval Hospital medical staff, participate as active members of the DCMS Disaster Preparedness team. This spring, the DCMS sponsored both Lt. Cmdr. Shane Kline and More's participation in the preeminent medical management of Nuclear-Biological-Chemical Warfare course at Fort Dietrich and Aberdeen Proving Grounds in support of this joint effort to provide a coordinated response to any NBC threat. Fort Dietrich is one of only two Level 4 treatment facilities and labs. Aberdeen Proving Grounds are the Department of Defense center for chemical warfare. Members were elected from all three military services and selected civilian agencies.

Hart reemphasized his pleasure with and support for the ongoing collaboration between the Duval County Medical Society and Naval Hospital Jacksonville. He stated that it is his belief that the county and the hospital have a benchmark program, which he would like to see exported to other areas of the country with a large Navy presence. In addition, Hart, who previously served as the director of the Navy's program investigating genetic manipulation of vaccinations, provided his support of the annual banquet by offering to send a speaker for next year's dinner.

'Milky Way' Station opens at Air Ops

By HM3 Jessica Peau
NavHosp Jacksonville Public Affairs

As Naval Hospital Jacksonville observed National Breastfeeding Week, Aug. 1-7, the hospital's Lactation Clinic opened their sixth "Milky Way" Station aboard NAS Jacksonville Aug. 6. The opening of the new station in the Ground Electronics Maintenance Division of NAS Jacksonville's Air Operations Department will offer breastfeeding mothers a private, comfortable, well-equipped place for lactation pumping.

The station's opening was the culmination of a team effort by Lactation Specialist Rachel Nieves, Perinatal Nurse Educator Alisa Davis and ET3 Anganett Johnson of Air Operations. Cutting the ribbon and officially opening the station was Naval Hospital Jacksonville Deputy Director, Family Care Services Capt. Jose Vincens.

Other Milky Way Stations are already available at the Naval Hospital Jacksonville Lactation Clinic (Room 6001), in the hospital's Pediatrics Clinic, as well as at Hangar 1000, VP-30, and at the Mayport Naval Station Wellness Center.

The hospital's Lactation Clinic offers several services to active duty members and dependents. Nieves makes daily visits to the inpatient clinics to provide assistance to breastfeeding mothers. She also handles



Photo by HM2 John Veres

Capt. Jose Vincens (right) and ET3 Anganett Johnson cut the ribbon to officially open the new "Milky Way" station at NAS Jacksonville's Air Operations Department.

telephone consults from and allergic diseases. Breastfeeding classes are conducted at Naval Hospital Jacksonville once a month. The classes are also offered every third Tuesday of the month at the Mayport Naval Station Branch Medical Clinic. Nieves instructs Naval Hospital Jacksonville ward staff on how to manage breastfeeding situations properly. She also takes provider referrals from Shands Medical Center or Baptist Hospital for eligible mothers.

According to La Leche League, several studies demonstrate the benefits of breastfeeding. Breastfeeding is thought to improve bonding between mother and baby, to enhance the infant's mental and psychological development, and lowers the risk for respiratory infections

and allergic diseases. Benefits to the mother include less postpartum menstrual bleeding, less risk for hip fractures after menopause due to re-mineralization of bone density and reduced chances for ovarian and breast cancer.

Johnson, who is 27 weeks pregnant and expects to use the new station herself, said, "I'm very happy that we have a private place to pump. Mothers, like myself, that have to return to work within six to eight weeks of giving birth can continue to breastfeed our babies and work at the same time." Nieves provides breastfeeding kits to mothers when available or users of the station may bring their own. For more information on breastfeeding or for class scheduling call Naval Hospital Jacksonville OB/GYN at 542-7419 or Central Appointments at 542-4677.

School physicals covered by TRICARE

From NavHosp Jacksonville Public Affairs

Under the 2001 National Defense Authorization Act, TRICARE will cover physical examinations required for school enrollment.

The new benefit applies to all TRICARE-eligible beneficiaries ages 5 through 11. It does not cover sports physicals. The effective date for the benefit was Oct. 30, 2000.

TRICARE advised beneficiaries to save all receipts and related paperwork for TRICARE reimbursement of school physicals received since Oct. 30, 2000. To file a claim for this reimbursement, they should attach the receipt and paperwork to a claim form and send it to their regional managed care

support contractor.

TRICARE regards school physicals as preventive services. TRICARE Prime enrollees will not have co-payments or need referrals or authorizations from their primary care managers unless they go to a non-network provider. TRICARE Standard and Extra beneficiaries do not have to get referrals, but they will have to pay applicable cost shares and deductibles for the school physicals.

Beneficiaries may download claim forms from the TRICARE Web site at www.tricare.osd.mil, or may contact a local TRICARE Service Center. Information can also be obtained from the Naval Hospital Jacksonville Health Benefits Office.



Catch the latest news
around the fleet.

<http://www.news.navy.mil/local/nasjax>



Photo courtesy of HS-5

A HS-5 helo lands at NAS Jax after a six-month deployment on board USS John F. Kennedy.



Photo by Ryan Adrick



An HS-5 helicopter flies overhead carrying the American flag during the squadron's homecoming.

AW2(AW) John Fretze of HS-5 greets his wife, Rose, and newborn daughter, Pricilla. Pricilla was born while Fretze was deployed.



Photo courtesy of HS-5

AEC Mike Frazier (above, right) gives his wife, Nancy, and daughter, Mikayla, a gift upon his return from deployment Aug. 15.



Photos by JO2 Jackey Bratt and JO2(SCW) Eric Clay

Robert and Jessie Daniel await the arrival of their son, AW2 David Daniel at the HS-5 homecoming Aug. 15.

HS-5 'Nightdippers' return home

From HS-5 PAO

The United States of America welcomes home the latest NAS Jacksonville Helicopter Anti-Submarine Squadron (HS) to return from deployment in support of Operation Enduring Freedom.

HS-5 returned home on Aug. 17 from the North Arabian Sea where they had been deployed with Carrier Air Wing SEVEN (CVW-7) aboard the USS John F. Kennedy (CV-67) since February.

HS-5 is the only helicopter squadron in CVW-7. The "Nightdipper" squadron consists of four SH-60F Anti-Submarine configured and two HH-60H Combat / Strike Warfare configured helicopters. Additionally, it has 172 Sailors which include pilots and aircrewmembers, maintenance technicians, and administrative support personnel. Some

of the squadron's primary missions are anti-submarine warfare (ASW), naval special warfare Support (NSW), anti-surface warfare (ASU), basic Search and Rescue (SAR), Combat SAR (CSAR), vertical replenishment (VERTREP), and emergency medical evacuation (MEDEVAC). The squadron's executive officer is Cmdr. William Gilligan, and is commanded by Cmdr. Steven R. Schreiber.

The "Nightdippers" War Cruise began on Feb. 7, 2002 when they departed Mayport, Fla. with the battle group. After a few days off the Virginia coast conducting a mini-exercise and refreshing the Air Wing's carrier qualifications, the JFK crossed the Straits of Gibraltar and stopping in Crete for a quick port visit.

After a four-day port visit, things became operational for

the JFK and the Air Wing. Upon pulling out of Crete and proceeding for the Suez Canal, HS-5 spotted an individual in the water. After an attempted rescue by Helicopter 612, they discovered that the individual was already dead. HS-5 recovered the body and ensured it was transported back to Crete. Further investigation revealed that the individual was a grandmother who had been missing for about a week. While the ending remained tragic, a Greek family was able to bring closer and pay last respects to a loved one due to the efforts of the United States Navy.

Tragedy hit closer to home for the JFK the very next day. On March 2, the "Nightdippers" were called to duty to help another in need. Unfortunately, an F-14 Tomcat from the air wing plunged into the

Mediterranean Sea following a failed catapult launch from the JFK. "Nightdipper" 615, HS-5's airborne SAR asset, immediately responded to the situation by flying at maximum speed to the crash site. Within seven minutes they were on scene and quickly jumped their rescue swimmer into the water over the pilot of the F-14.

On board the JFK, the 30-minute alert crew quickly responded to an emergency call by manning up their helicopter, "Nightdipper" 610. The crew had the helicopter spinning and off deck in minutes. A just minute later, "Nightdipper" 610 was over the pilot. The rescue swimmer quickly reached the pilot, hooked him to the helicopter's rescue hoist, before bringing him into the aircraft. "Nightdipper" 610 returned to the JFK with the pilot and were back on deck with

a successful rescue. Meanwhile, "Nightdipper" 615 faced a much different and difficult situation. Their rescue swimmer found the F-14 pilot amidst a large area of debris with injuries. Upon entering the water and reaching the pilot, the swimmer immediately began performing first aid while the rescue litter was being assembled inside the helicopter.

Four days later on March 4, 2002, the battle group was on station in the Arabian Sea and assumed the watch off the coast of Pakistan in support of Operation Enduring Freedom. While on station HS-5 flew over 1,000 sorties and 2,500 hours with a 99.8 percent sortie completion rate. This sortie completion rate was also the highest in the entire air wing. These flights included numerous day and



VS-31 flies in formation as they return to NAS Jax.

'Topcats' home from combat deployment

By Lt. j.g. Ricardo Alston
VS-31 PAO

After six and a half months on deployment to the North Arabian Sea, the "Topcats" of VS-31 returned home last week.

The squadron, which flies the S-3B Viking, completed a highly successful deployment on board the USS John F. Kennedy (CV-67) as part of Carrier Air Wing Seven. After one of the most challenging and successful deployments in squadron history, the men and women of VS-31 are overjoyed to be home at NAS Jacksonville.

Lead by Commanding Officer Cmdr. Randy Wood, the squadron flew combat support flights in support of Operation Enduring Freedom. The "Topcats" contribution to the overall war effort on deployment was significant, taking part in a variety of missions, including sea control, electronic surveillance and organic tanking.

While on board JFK, the squadron flew 1586 sorties and accumulated more than 4,000 flight hours, a 40 percent increase over its previous deployment. "Topcats" aircrews logged more than 1,733 traps and achieved a sortie completion rate of 99 percent, meeting every challenge presented to them and exceeding all pre-deployment expectations and goals.

The squadron's accomplishments is mostly due to the tremendous effort of the VS-31 Maintenance Department. "Topcats" maintenance crews worked day and night ensuring jets were fully mission-capable and available to take the fight to the enemy. The maintenance department did a phenomenal job in keeping the aging S-3B airframe in a combat ready condition. Their labor was essential to the success the squadron enjoyed while executing their missions in support of Operation Enduring Freedom.

Not only did the "Topcats" do it successfully, they did it safely. The squadron has completed 32 years of Class "A" mishap-free flight operations while on deployment. At VS-31, safety is not just a collection of rules and regulations; it is a way of life and a guiding principle governing all operations.

The "Topcats" achievements while on deployment do not stop at just good airmanship, maintenance, and safety. The squadron also had an increased level of personal and professional development. The squadron had 26 promotions while on deployment. 26 "Topcats" earned their Enlisted Air Warfare Specialist qualification and 15 received their Enlisted Surface Warfare Specialist qualification. During the last squadron awards quarters, Wood presented 12 Air Medals, two Navy Commendation Medals, 16 Navy and Marine Corps Achievement Medals, and 23 Flag Letters of Commendation to the men and women of VS-31.

Intense pride and patriotism is felt by the "Topcats" for their accomplishments during deployment and everyone is glad to be home with their families and friends. The attribute their success to the sacrifices and selfless devotion of their loved ones back home that allowed them to concentrate on the War on Terrorism and the missions assigned to VS-31 during Operation Enduring Freedom.



Family members and friends expressed their love and pride for members of VS-31 by hanging a homemade banner in Hanger 1000.

Photos by
JO2(SCW)
Eric Clay



Lt. Shane Collins greets his daughter, Riley, and his wife at VS-31's homecoming Aug. 14.



Family and friends anxiously await their loved ones return home from a six-month deployment.

Chapman one of TRICARE's best advisors



Photo by Loren Barnes

Health Benefits Advisor Cathleen Chapman assists a TRICARE customer at Naval Hospital Jacksonville.

By Loren Barnes
Naval Hospital Jacksonville Public Affairs

Excellent, knowledgeable service to TRICARE customers is the hallmark at Naval Hospital Jacksonville and its network of branch medical clinics thanks largely to the work of Health Benefits Advisors such as Cathleen Chapman.

Chapman was recently nominated for TRICARE Health Services Region 3 Health Benefits Advisor of the Year for 2002.

In nominating Chapman for this honor, Naval Hospital Jacksonville Commanding Officer Capt. Ralph Lockhart, described Chapman as "a superlative Health Benefits Advisor." Citing

her "superior technical knowledge and unwavering command support," Lockhart said, "she has been a mainstay during the start-up of the TRICARE Program at Naval Hospital Jacksonville and instrumental in keeping us on course during the tumultuous changes during the past several years."

Lockhart said that for many of the 140,000 patients served in the Jacksonville area Chapman is "truly their personal Health Benefits Advisor." He noted that due to her highly respected expertise on referral and claim issues, providers will seek her out personally, sometimes waiting with patients in the "queue," because she has never failed to meet their complex and diverse

needs. Chapman often is called upon to provide TRICARE-related briefings throughout the Jacksonville area at all levels. She has authored many TRICARE-related articles, publications and professional journals and is often called to preview TRICARE literature before it is sent for printing in order to ensure accuracy. Serving approximately 2,100 walk-in patients and 5,000 phone inquiries annually, she has never received a negative customer complaint.

Also nominated by Naval Hospital Jacksonville were Mary Ann Moorefield and Terry Nutz of Branch Medical Clinic Mayport and Amador Rodriguez, Jr. of Branch Medical Clinic, Atlanta.

CPO and petty officer courses available online

By Chief of Naval Education and Training
Public Affairs

This fall, Navy commands worldwide will be teaching indoctrination classes for its newest petty officers and chief petty officers.

These courses are a critical part of a Sailor's professional development and teach topics in military history, leadership, and communication.

Petty officer indoctrination courses offer a number of topics for new leaders. In addition to basic leadership, new petty officers will discuss values, discipline, and Navy standards. The

course was developed to educate Sailors in a variety of leadership-related subjects that will help build a foundation for future self-development.

Chief petty officer (CPO) selects will also be going through indoctrination courses. In addition to the nine topics all ready included in the CPO indoctrination course, two others have been added. The supplemental lessons focus on career management, and manpower and personnel distribution.

"The purpose of the new topics is to give our CPO selects and CPOs the tools they need to do their jobs even

more successfully than they all ready do," said Force Master Chief Greg Pratt, at the Chief of Naval Education and Training (CNET) headquarters in Pensacola, Fla. "The CPO curriculum remains the same with the exception of the addition of these two courses."

The most recent versions of the petty officer and CPO indoctrination courses are currently being distributed to all naval commands on compact disc (CD). Additionally, the CPO and petty officer indoctrination courses can be found online at the CNET Web site, www.cnet.navy.mil, by selecting "professional development" for the menu.

HELPING HANDS

HabiJax opportunities

Assist on various homebuilding sites during this month with HabiJax's community projects. Landscaping, painting, roofing, and framing are some of the ways in which you can help build homes. Volunteers are also needed at the framing plant and new, non-profit HomeStore, located at the HabiJax headquarters on the Northside of Jacksonville. Minimum age requirement for volunteers is 16. For more information or to sign up call Natalie Sears at 798-4529, Ext. 253.

American Heart Walk coming up

The American Heart Association is asking for volunteers to help out with the American Heart Walk on Sept. 14 at the Friendship Fountain & Park located downtown next to River City Brewing Company. There are two shifts available, 6-10 a.m. and 8 a.m. - noon for duties such as park decorating, event set-up and tear down, handing out food and water, etc. All volunteers will receive a T-shirt. If interested, please call 739-0197.

Volunteers needed to help kids ride horses

Hearts, Hands and Hooves has opened a new location on the Northside and they are in need of volunteers. Watch children's faces light up while you help them learn to ride a horse. Various evening and weekend shifts are available. Call Kim Fowler at 778-9697 for details.

School needs mentors

West Riverside Elementary (Commander, Navy Region Southeast's adopted school) is looking for volunteers to participate in its Positive Adult Leaders for Students (P.A.L.S.) program for the 2002-2003 school year.

The PALS program pairs children who have academic, social, and/or emotional needs, together with adults who are willing to offer support, encouragement, and a positive outlook on life.

No special skills or qualifications are needed. It just takes someone who can commit an hour, once-a-week, to assist with class work, read stories, play games or just chat.

The PALS orientation will be held sometime during the first or second week of September.

For more information, call LN1 Susan Noell at 542-0313 or Sherri Albertson at 542-5380.

Bicycles needed

The Jacksonville Corvette Club is collecting bicycles for J.P. Hall Christmas Party in December which helps needy children. For more information call Cmdr. Rustie Hibbard at 542-8793.

NavHosp Red Cross seeks shuttle volunteers

The Naval Hospital's visitor's parking lot shuttle cart service is operated by Red Cross volunteers. The service will soon expand to include a second shuttle cart and will also begin operating both mornings and afternoons.

The Red Cross is currently 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 such as at reception desks greeting and providing information for hospital guests. For information and applications for any of the Naval Hospital Red Cross volunteer opportunities call 542-7525.

Skin Cancer Screening for active-duty only

Naval Hospital Jacksonville Dermatology in cooperation with Branch Medical Clinic Jacksonville will be holding a skin cancer screening for all active duty personnel at the NAS Jacksonville Branch Medical Clinic.

Sept. 18, 1 p.m. - 4 p.m. (By appointment only)

To schedule an appointment, call 542-3500, Option 1. Appointment availability is limited so be sure to call early and ask for **skin cancer screening**.



Photo by PH1(AW) Darryl Herring

VR-58's new C-40 Clipper made its first landing at NAS Jax in April.

VR-58: New C-40's names to honor area cities

From Page 1

tion that will accommodate up to three cargo pallets and 70 passengers on the main deck.

According to Boeing, a commercial version operates in two configurations, an all-passenger or an all-cargo version that can carry up to eight pallets.

VR-58 was established at NAS Jacksonville in November 1977, receiving their first C-9 aircraft in April 1978. The Reserve Force squadron provides seven-day-a-week, around the clock worldwide logistics to support Navy and Marine active and reserve forces.

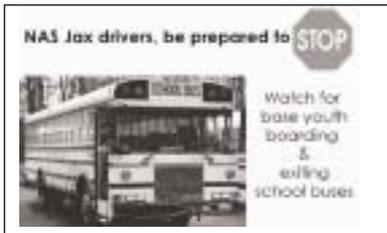
The more than 270 officers and

enlisted men and women of VR-58 are proud of winning numerous operational, training, administrative and safety awards over the years. They have flown more than 117,000 mishap-free hours during their 25-year history of operation and can provide a quick logistic response to any worldwide crisis.

Who do you notify about a stolen credit card?

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 - 877-438-4338



Stop-Loss policy terminated

From the Chief Naval Personnel Public Affairs Office

The Navy has released all Sailors currently remaining on stop-loss, a policy that kept Sailors with certain specialties past their retirement or separation date to support the nation's war on terrorism.

Stop-loss is being terminated because Fleet input indicates commands are properly manned to respond to current and projected operational requirements. Although terminating stop-loss releases all Sailors previously held past their separation or retirement date, the Secretary of the Navy will continue to review the need to use stop-loss as the current national emergency continues.

"We carefully examined our stop-loss policy, relying heavily on Fleet input," said Chief of Naval Personnel

Vice Adm. Norb Ryan Jr. "Navy leadership is engaged for the long haul and we want to maintain a normal flow of Sailors leaving the Navy after they served their commitment."

Stop-loss was imposed Oct. 10, 2001 and originally applied to 9,352 Sailors and officers in various specialties. After being revised in March 2002, the number of personnel in the necessary skill mix was cut by 57 percent to 4,036. Only 301 Sailors were actually affected by stop-loss after the March update.

"This is good news for the Navy," said Ryan, "because removing stop-loss now restores options for Sailors and will ensure a healthy flow of people into and out of the service, which helps advancement opportunity."

"My most heartfelt thanks and appreciation for the unselfish service of those Sailors who have contributed to the war on terrorism and may be

leaving the Navy following this change in policy."

Ryan continued, saying "We wanted to get the information about stop-loss out as quickly as possible so Sailors impacted by the change have ample time to consider their option to Stay Navy, separate, or retire under the terms of their contract. This will give people the time necessary to adequately plan and transition."

Sailors will be released from stop-loss no later than Dec. 31.

Affected personnel desiring to separate or retire must submit requests to Navy Personnel Command via their chain of command to allow sufficient time to address detailing and placement decisions that were made during the period of stop-loss. Every opportunity will be made to accommodate personal desires.

For additional information, refer to NavAdmin 239/02.

HS-5: 'Nightdippers' back in Jax after deployment

From Page 6

night, land and sea, coalition missions with Canadian, Italian, French, and United Kingdom Forces. Also, they conducted various Special Forces operations and exercises with U.S. and Coalition Special Forces overland and sea.

In addition to supporting Operation Enduring Freedom, HS-5 completed two emergency medical evacuations. One mission was in support of a U.S. Sailor on another ship. The other MEDEVAC involved saving the life of a Canadian Sailor by flying him to an out-laying base in Oman. Not only was the base nearly a hundred miles away, but the mission was in the middle of the night with bad weather to an awaiting C-130 transport. The HS-5 helicopter then had to return to the carrier that was well over 100 miles away and steaming further away every minute. Just at the point where the mission commander was contemplating returning to land before exhausting his fuel, he picked up the ship's navigational aide and they established good radio communications.

Another "routing" mission for HS-5 saving lives and being ready 24 hours a day to respond to any and all missions.

While on this particular war cruise, the "Nightdippers" and other squadrons of CVW-7 added a unique new logo to their aircraft as a tribute to the tragedy of 9/11. During the rest of the deployment, HS-5 participated in and was an integral part of over 28 replenishments at sea. During these extremely arduous but necessary evolutions, HS-5 transported over 3,157,000 pounds of external cargo, 13,200 lbs. of internal cargo, and over 860 passengers. Most of these were scheduled, but the majority were not.

During No-Fly days when the rest of the Air Wing was conducting maintenance or resting, the "Nightdippers" would find themselves busier than during regular FLY-

DAYS! First aircraft off the deck last aircraft to land, standing SAR alerts 24 hours a day, seven days a week, with no such thing as a no-fly day - to say that the "Nightdippers" were busy is an understatement.

While that kind of pace would make some squadrons wilt with exhaustion, HS-5 thrived and exceeded all expectations. The "Nightdippers" were able to log some professional accomplishments as well. Specifically, they promoted 18 enlisted members and five officers during the deployment.

Also, seven pilots surpassed the 1,000 flight-hour mark. These pilots logged a majority of their time flying in HS-5. For these individuals, HS-5 is their first squadron since graduation from flight school. For all these pilots, it was their second deployment and they made up the backbone of the squad-ron's flying force.

When these pilots were not preparing for a vital flight mission in support of Operation Enduring Freedom, they were hard at work in their respective offices putting in extra hours to ensure that the squadron and their people were operating smoothly and safely. HS-5 was also able to award 22 Enlisted Aviation Warfare qualifications and Enlisted Surface Warfare qualifications to hard working and motivated Sailors in the squadron.

Along with professional qualifications, there were a couple of port visits towards the end of deployment that help to alleviate the stress of five months of near non-interrupted work. These two great liberty ports were Marmaris, Turkey and Tarragona, Spain.

It has been an arduous and demanding deployment for the entire Battle Group. Now after a safe and successful cruise, HS-5 will take a few weeks off and enjoy some well-deserved leave. God bless those that supported HS-5 during deployment and our families. Welcome home HS-5.

Advancement exam help available

By JO2 Jackey Bratt Staff Writer

Many Sailors come to an agreement that studying for the advancement exam pays off. Advancing in rank not only provides extra money, but it also allows leadership ability to be recognized.

Candidates for E6 will take the exam on Sept. 5, E5 candidates on Sept. 12, and E4 candidates on Sept. 19. The exams will be given in Hangar 1000 and all candidates should report by 6:30 a.m. with their military I.D. card in the uniform of the day. The time allowed to take the test is three hours.

Understanding the advancement process, computing final multiples and counting pass but not advance points (PNA) could possibly get confusing each time a Sailor sits down to take an advancement exam. The Naval Education and Training Professional Development and Technology Center (NETPDTC) at Sauley Field, Pensacola, offers a product to help clarify the process. Sailors accessing the NETPDTC home page on the Internet will find a

wealth of knowledge about their rating within the covers of their advancement handbooks. In addition to breaking down a rating's occupational standards into understandable terms, the handbooks also inform Sailors how to prepare for their advancement exams, enhance their rating knowledge and focus on relative study material. Each handbook also contains an appendix that lists the references used to develop advancement exams, and instructions on how to obtain the reference material.

The handbooks work best when used in conjunction with an exam cycle's Bibliography for Advancement (BIB), which is published on the NETPDTC Web Site six months prior to each Navy-wide exam. Aside from covering all testable rating subject matter, the two products fully ensure that Sailors are being pointed in the right direction to prepare themselves for advancement.

Navy Leadership Continuum is a career-long continuum of Navy leader development, from recruitment to retirement.

When a member advances from E-3 (and below) to E-4 they will attend mandatory Petty Officer Indoctrination training where they study basic leadership knowledge together with discussions of values, discipline, and standards. Sailors will be able to use this information to build their own leadership style. Each Sailor's development as a petty officer will be the direct result of the effort that is put forth.

Attendance of the appropriate Leadership Training Course is mandatory for all hands at specific career milestones. Sailors need to attend the courses upon advancement to E-5, E-6, and E-7. Successful completion is required before advancement to the next pay grade. Four major themes make up the foundation of all the courses: values, responsibility, authority, and accountability of leadership; unity of command, Navy and services and risk management/continuous improvement.

For more information on advancement exams contact your command career counselor or visit www.cnet.navy.mil.

FFSC offers educational and support programs

The 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 of charge 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 during the months of August and September:

Aug. 28, 9 a.m. - noon - Coping with Difficult People

Aug. 29, 8-11 a.m. - Anger Control Workshop

Aug. 29, 1:30-3 p.m. - Volunteer Service Council

Sept. 4 - Oct. 9, 8 a.m. - 4 p.m. - Parenting Skills Workshop

Sept. 5 - 8 a.m. - noon - Smooth Move Workshop

Sept. 9-12, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop

Sept. 9, 1-3 p.m. - Car Buying Strategies

Sept. 10, 8 a.m. - 4 p.m. - Stress Management Workshop

Sept. 10, 11 a.m. - 1 p.m. - Budget for Baby Workshop

Sept. 12, 9:30 a.m. - noon - Time Management

Sept. 16, 9 a.m. - noon - Florida Family Law Information Seminar

Sept. 16 & 23, 1-5 p.m. - Assertive Communication Training

Sept. 17, 8 a.m. - 4 p.m. - Couples Communication Workshop

Sept. 17, 9-11 a.m. - What about the Kids?

Sept. 18, 6-8 p.m. - Budget for Baby Workshop

Sept. 23-26, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop

Sept. 24, 9-10 a.m. - Sponsor Training Workshop

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

Sept. 26, 8-11 a.m. - Anger Control Workshop

Sept. 26, 1:30-3 p.m. - Volunteer Service Council

Sept. 26, 6:30-9 p.m. - Ombudsman Assembly

Sept. 27, 9-11:30 a.m. - Home Buying

Sept. 30 - Oct. 4, 8 a.m. - 4 p.m. - Command Financial Specialist Training



THIS IS NOT THE FLOOR PLAN OF A HOUSE. IT'S A TREASURE MAP.



Jax Air News

DON'T MISS AN ISSUE!
PICK US UP WEEKLY!

FROM THE GALLEY

Meal hours	Saturday	Chicken noodle soup
Monday through Friday	Breakfast	Marinara sauce
Breakfast: 6 to 7:30 a.m.	Grilled bacon	Dinner
Lunch: 11 a.m. to 1 p.m.	Grilled hash browns	Chicken fried steak
Dinner: 4:30 to 6 p.m.	Farina	Brown gravy
Saturday, Sunday	Sausage patties	Whipped potatoes
and holidays	Waffles	Spinach
Breakfast: 6:30 to 8:30 a.m.	Omelets	Roast turkey
Brunch:	Brunch	Steamed rice
10:30 a.m. to 12:30 p.m.	Chicken fillet sandwich	Steamed carrots
Dinner: 4 to 5:30 p.m.	Sausage patties	Chicken noodle soup
Meal costs	Waffles	Tuesday
Breakfast: \$1.60	Beef noodle soup	Breakfast
Brunch/Lunch: \$3.25	Baked beans	Creamed beef w/biscuits
Dinner: \$3.25	Peas w/celery	Home fried potatoes
Thursday	Farina	French toast
Breakfast	French fried potatoes	Grilled sausage links
Minced beef w/toast	Dinner	Farina
Seasoned diced potatoes	Meatloaf	Omelets
Grits	Cauliflower Polonaise	Lunch
Grilled bacon slices	Mulligatawny soup	Baked fresh ham
French toast	Southern fried fish	Rice pilaf
Omelets	Parsley buttered potatoes	Peas and carrots
Lunch	Tomato gumbo	Tomato rice soup
Roast turkey	Sunday	Cajun meatloaf
Mashed potatoes	Breakfast	Macaroni and cheese
Candied sweet potatoes	Grilled ham	Sweet potatoes
Hot cornbread	Hash browns	Mulligatawny soup
Baked ham	Omelets	Dinner
Cornbread dressing	Oven fried bacon	El rancho stew
Collard greens w/ham hocks	French toast puffs	Franconia potatoes
Tomato rice soup	Grits	Callico corn
Dinner	Brunch	Lemon baked fish
Syrian beef stew	Hamburgers	Steamed egg noodles
Steamed broccoli	Oven fried bacon	Steamed peas
Split pea soup	Grits	Tomato rice soup
Fried fish portions	Corn chowder	Wednesday
Steamed egg noodles	Deep fried onion rings	Breakfast
Steamed rice	French toast puffs	Oven fried bacon
Glazed carrots	Assorted omelets	Cottage fried potatoes
Friday	Corn on the cob	Corned beef hash
Breakfast	Dinner	Farina
Oven fried bacon	Beef stew	Assorted omelets
Lyonnaise potatoes	Boiled noodles	Waffles
Rollad oats	Club spinach	Lunch
Corned beef hash	Chicken rice soup	Fried/baked chicken
Apple fritters	Fried chicken	Baked macaroni and cheese
Omelets	Steamed rice	Corn on the cob
Lunch	Steamed carrots	Jalapeno cornbread
Herbed baked fish	Biscuits	Chili macaroni
Rice pilaf	Monday	Hopping john
Quick onion soup	Breakfast	Southern style greens
Brussel sprouts	Oven fried bacon	Chicken gumbo soup
Chili macaroni	Hash brown potatoes	Dinner
Scalloped potatoes	Pancakes	Pork chop suey
Succotash	Grilled ham slices	Noodles Jefferson
Clam chowder	Omeatmeal	Parsley potatoes
Dinner	Assorted omelets	Herbed green beans
Yankee pot roast w/ gravy	Lunch	Chilled apple sauce
Rissolo potatoes	Veal Parmesan	Ginger pot roast
Steamed cabbage	Steamed noodles	Glazed carrots
Corn on the cob	Steamed broccoli	Beef rice soup
Honey glazed Cornish hens	Tomato vegetable soup	Steamed rice
Whipped potatoes	Spaghetti w/meat sauce	
Manhattan clam chowder	Rice w/parmesan cheese	
	Simmered corn	

Chicken noodle soup
Marinara sauce

Dinner
Chicken fried steak
Brown gravy
Whipped potatoes
Spinach
Roast turkey
Steamed rice
Steamed carrots
Chicken noodle soup

Tuesday
Breakfast
Creamed beef w/biscuits
Home fried potatoes
French toast
Grilled sausage links
Farina
Omelets

Lunch
Baked fresh ham
Rice pilaf
Peas and carrots
Tomato rice soup
Cajun meatloaf
Macaroni and cheese
Sweet potatoes

Mulligatawny soup
Dinner
El rancho stew
Franconia potatoes
Callico corn
Lemon baked fish
Steamed egg noodles
Steamed peas
Tomato rice soup

Wednesday
Breakfast
Oven fried bacon
Cottage fried potatoes
Corned beef hash
Farina
Assorted omelets
Waffles

Lunch
Fried/baked chicken
Baked macaroni and cheese
Corn on the cob
Jalapeno cornbread
Chili macaroni
Hopping john
Southern style greens
Chicken gumbo soup

Dinner
Pork chop suey
Noodles Jefferson
Parsley potatoes
Herbed green beans
Chilled apple sauce
Ginger pot roast
Glazed carrots
Beef rice soup
Steamed rice

Note: The food service officer is authorized to make changes to the general mess menu to provide substitutions for food items not in stock or to permit timely use of perishable stocks.

I Liked the Navy

Author Unknown

I like the Navy. I like standing on the bridge wing at sunrise, with salt spray in my face, and clean ocean winds whipping in from the four quarters of the globe - the ship beneath me feeling like a living thing as her engines drive her through the sea.

I like the sounds of the Navy - the piercing trill of the boatswain's pipe, the syncopated clangor of the ship's bell on the quarterdeck, the harsh squawk of the 1MC and the strong language and laughter of Sailors at work.

I like the vessels of the Navy - nervous darting destroyers, plodding Fleet auxiliaries, sleek submarines and steady solid carriers. I like the proud sonorous names of Navy capital ships: Midway, Lexington, Saratoga, Coral Sea - memorials of great battles won. I like the lean angular names of Navy "tin-cans": Barney, Dahlgren, Mullinix, McCloy - mementos of heroes who went before us.

I like the tempo of a Navy band blaring through the topside speakers, as we pull away from the oiler, after refueling at sea. I like liberty call and the spicy scent of a foreign port. I even like all-hands-working parties as my ship fills herself with the multitude of supplies, both mundane and exotic, which she needs to cut her ties to the land and carry out her mission, anywhere on the globe, where there is water to float her.

I like sailors, men from all parts of the land, farms of the Midwest, small towns of New England, from the cities, the mountains and the prairies, from all walks of life. I trust and depend on them as they trust and depend on me - for professional competence, for comradeship, for courage. In a word, they are "shipmates."

I like the surge of adventure in my heart when the word is passed "Now station the special sea and anchor detail - all hands to quarters for leaving port." I like the infectious thrill of sighting home again, with the waving hands of welcome from family and friends waiting pier side. The work is hard and dangerous, the going rough at times, the parting from loved ones painful, but the companionship of robust Navy laughter, the "all for one and one for all" philosophy of the sea is ever present.

I like the serenity of the sea after a day of hard ship's work, as flying fish flit across the wave tops and sunset gives way to night. I like the feel of the Navy in darkness - the masthead lights, the red and green navigation lights and the stern light, the pulsating phosphorescence of the radar repeaters - they cut through the dusk and join with the mirror of stars overhead.

And I like drifting off to sleep lulled by the myriad noises large and small, that tell me my ship is alive and well, and that my shipmates on watch will keep me safe. I like the quiet mid-watches with the aroma of strong coffee - the lifeblood of the Navy - permeating everywhere. And I like the hectic watches when the exacting minut of haze-gray shapes racing at flank speed, keeps all hands on a razor edge of alertness.

I like the sudden electricity of "General quarters, general quarters, all hands man your battle stations!" followed by the hurried clamor of running feet on ladders, and the resounding thump of watertight doors, as the ship transforms herself in a few brief seconds, from a peaceful work place to a weapon of war - ready for anything. And I like the sight of space-age equipment manned by youngsters clad in dungarees, and the sound-powered phones that their grandfathers would still recognize. I like the traditions of the Navy, and the men and women who made them.

I like the proud names of Navy heroes: Halsey, Nimitz, Perry, Farragut, John Paul Jones. A Sailor can find much in the Navy: Comrades-in-arms, pride in self and country, mastery of the seaman's trade. An adolescent can find adulthood.

In years to come, when sailors are home from the sea, they will still remember with fondness and respect - the ocean in all its moods - the impossible shimmering mirror calm and the storm-tossed green water surging over the bow. And then there will come again, a faint whiff of stack gas, a faint echo of engine and rudder orders, a vision of the bright bunting of signal flags snapping at the yardarm, a refrain of hearty laughter in the wardroom, and the chief's quarters and mess decks.

One ashore for good, they will grow wistful about their Navy days, when the seas belonged to them and the new port of call was ever over the horizon. Remembering this, they will stand taller and say, "I was a Sailor. I was part of the Navy & the Navy will always be part of me!"

NAS Jax to host military retiree seminar

NAS Jacksonville is hosting the 31st Annual Military Retiree Seminar Sept. 28, at the VP-30 Auditorium from 9 a.m. until 3:30 p.m. All retired military members and their families in the Northeast Florida area are invited.

Topics to be covered include legislative updates, long-term care, TRICARE, and military pay. Booths will be set up to answer questions.

The keynote speaker is Bob Hurley, Relocation/Retired Affairs Program manager at Submarine Base Kings Bay. Hurley is also Chairman of the Submarine Vets Veterans Affairs Committee, and a member of the Secretary of the Navy's Retiree Council.

The NAS Jacksonville Retired Activities Office (RAO), a component of the Fleet and Family Services Center aboard the station,

is coordinating the seminar.

RAOs were established in 1981. They serve as a link between the retiree and the military community and other government and private agencies. The RAO is staffed by retired volunteers trained to assist other retirees, their families and survivors.

The RAOs clients are retirees from all branches of the uniformed services, both regular and reserves, their spouses, former spouses, children or designated representatives and guardians. All may seek help.

Military members still on active duty who need assistance, especially with a Survivor Benefit Plan (SBP), can also call their local RAO. The RAO aboard NAS Jacksonville can be reached by calling 542-2766 Ext. 126 or 124, or e-mail at: rao-jax@nasjax.navy.mil.

Navy Exchanges introducing new cut-rate brand

From the Armed Forces News

The Navy Exchange Service Command (NEX) has announced that customers who shop at Navy, Marine Corps, Army and Air Force and Coast Guard exchanges will soon find a new private label brand on their store shelves.

NEX and American Mercantile products are taking on a new look and name called Exchange Select. Exchange Select will include health and beauty care items, baby

products, vitamins and supplements, toiletries and deodorants.

Surveys of similar name brand items have shown that exchange private label products offer a 20 to 50 percent savings to customers, say NEX officials. The products should hit the shelves of Navy Exchanges in the United States this summer and reach overseas exchanges a few weeks later. During this time NEX brand and American Mercantile products will be phased out as special clearance items.

MWR NOTES

Golf Club offers events

The golf course has a variety of events to entice the novice or beginning golfers. Come out and see what they offer.

Ladies clinic, Fridays 5:30-6:30 p.m.

Customer Appreciation Day, enjoy coffee and doughnuts in the morning first Saturday of the month.

Big demo day is coming in mid-September stayed tuned for more details.

Men's Association Tourney, second Sunday of every month.

Budweiser Brew House showing games

Football fans, get ready. The NFL Sunday ticket is coming to The Zone. Beginning Sept. 8 and running to Dec. 29, catch up to 14 games each Sunday or 215 games this season. Don't miss the thrills and spills of your favorite teams. Call 542-3521.

Bingo events

Come check out the hot specials at the Bingo Hall this week:

Mondays pay out is \$50 on part A and special games.

Tuesdays offer VIP drawings. You have the chance to win \$69 for computer, plus \$25 each time you yell Bingo.

Wednesdays are double lucky with double lucky balls, payout is \$300.

Thursdays change up Bingo to Bogo with buy one get one free and special games.

Fridays are for fun and \$50 payouts part A also featuring the one and only \$1,500 game.

CPO Club

Settle back at your club and enjoy some great deals and fun. Members of the Monday Mug club can enjoy refills for \$1. Tuesdays and Thursdays enjoy Happy Hour with free munchies and beverage specials from 4 - 8 p.m. Wednesdays are Spouse's night. Bring your spouse to the club and they enjoy beverage specials. Dance to your favorite tunes, bring your own CD's.

Bowling at Freedom Lanes

Looking to get out of the heat? NAS Freedom Lanes has something for everyone. Check out free bowling for active duty on Wednesdays from 11 a.m. - 3 p.m., or the Summer Bowling Blast (open to all) which runs Monday-Friday from open - 3 p.m., \$5 will get you two games of bowling, shoe rental, a small drink and a hot dog.

Every Tuesday is \$5 "All you can bowl" from 4 - 9 p.m.

Xtreme Bowling Saturdays - 4 p.m. \$5/Person for two games & shoe rental

10 p.m. \$9 person for three games and shoe rental

Saturday night fun tournaments:

Saturday - Scotch Doubles \$20/Team
Super Sundays "All you can bowl 1:30 - 3:30 p.m. shoe rental 50 cent

Special will not be sold after 2 p.m.

League Kick Off Day is Saturday. There will be drawings, prizes, clinics and league information. There will be 99 cent games all day and 99 cent shoe rental all day.

On Sept. 11 the center will offer free bowling for active duty, retirees, fire fighters, and their immediate family members.

Free movies in the base theatre

Tomorrow, 7 p.m. - The Sweetest Thing (R)
Aug. 30, 7 p.m. - We Were Soldiers (R)
Aug. 31, 5 p.m. - Dragonfly (PG)
Aug. 31, 7 p.m. - John Q (PG-13) 16 at 7pm:
Big Fat Liar (PG-13)

To read a description of these movies visit MWR online. Please do not leave children under 18 unaccompanied. No alcohol is permitted in theatre.

Treat yourself through I.T.T.

You deserve a vacation, stop by I.T.T. and sign up for one of the many trips on the calendar. I.T.T. has Jaguar tickets on sale for every home game, only \$47.75 a ticket and anyone on base can purchase them with no limitations. I.T.T. also runs a shuttle to the home games and you can sign up for any game when you purchase your tickets. Call 542-3318 for more ticket information. For more information stop in our office located adjacent to the Navy Exchange in Bldg. 953-A. Trips are open to all base personnel and their guests.

The following are upcoming events:

Saturday - Rivership Romance - You don't have to be a romantic to enjoy a relaxing lunch sailing up the St. Johns River. Included in the price is lunch, music and a narrated talk about the St. Johns River, then free time to antique shop in Sanford, all for \$44.75.
Aug. 30 - Sept. 2 - Hot-Lanta - Getaway for

Labor Day! Three nights hotel, and entrance fees to all the best attractions including Stone Mountain Park, is only \$211.85 per person, based on double occupancy.

Busch Gardens - Leave the driving to I.T.T. on Sept. 14 and play all day, then sleep all the way home from Tampa. Tickets and transportation are \$58.25 for adults, and \$50.95 for children (3-9).

Okefenokee Swamp - Experience the ecological wonder of the Okefenokee on Sept. 21. Transportation and boat tour of the swamp is only \$19.25 for adults and children for \$15.25.

Marina has rentals available

Jet ski special: Now through Labor Day, the active duty rental rate is only \$25 per hour. We provide all the training you need at no cost.

Canoe and kayak rentals: The marina offers free canoe and kayak rentals to active duty military on Thursdays (on base use only).

During the months of July and August, the marina is offering 20 percent off boat rentals for active duty members Mondays through Thursdays. The marina also has a full line of camping and boating equipment for rent.

Learn to sail

The Mulberry Cove Marina is offering a Basic Sailing Centerboard class. This class runs Sept. 7 - 29 each Saturday from 9 a.m. - 3 p.m. and Sundays from 1 - 4 p.m. The cost is \$80. This fee includes all books, equipment, and instruction needed to get you sailing. Sign up by Aug. 24. For more information, call 542-3260.

Dive into aquatics this summer

Swimming lessons are available. Adult lessons are 7:15 - 8 a.m., active duty enrollment is free. Kids lessons are from 5 - 8 p.m. depending on level. Call 542-2930 for class times and descriptions.

Aqua aerobics classes are Monday-Thursday from 11a.m.- noon for shallow, 12:15 p.m. - 1 p.m. for deep, Monday, Wednesday, and Friday from 4:30 - 5:20 p.m. for shallow, and 5:30 - 6:20 p.m. for deep.

Southeast Dive Adventures

Your full service MWR dive Shop in Navy Region Southeast is aboard Naval Station Mayport in Bldg 371 on Moale Street. Call 270-5541 for details. The shop offers:

Open water certification classes, Bubble Maker for kids 8-12, Discover Scuba Program.

Youth Activities Center offers events

NAS Jacksonville Youth Activities offers a variety of events for your children to get involved with this summer. Call us at 778-9772 for more information on these events.

Yellow Water Activities

Monday - Teen nights 6-8 p.m.
Tuesday - Open Recreation 3-6 p.m. and 8 p.m.

Wednesday - Open Recreation 3-6 p.m. and 8 p.m.

Thursday - Open Recreation 3-6 p.m. and 8 p.m.

Friday night events:

Tomorrow - Movie night: free
Aug. 30 - Crazy relays \$1

Saturday - Dance Class- 10-11 a.m.
Sept. 7 - Bike Rodeo -10 a.m. - noon

NAS Jacksonville's Flying Club

still going strong

The Jax Navy Flying Club is located on Herlong Road. The club offers great deals if you want to learn to fly. The club offers a FAA approved pilot school that offers a variety of programs from private pilot to airline transport pilot.

For more information about joining the club or upgrading your current license, call 786-4128 or 786-9293. Memberships are transferable to any DoD flying club in the world.

Check out the RV Park

Visit NAS Jax RV Park. Reservations are taken 60 days in advance with a 14-day minimum stay. Call 542-3227.

Auto Preventive Maintenance Class 101, September 19 & 20

The class meets each third Thursday & Friday of the month from 6 p.m.-8 p.m. Patrons are required to attend both days to obtain the "Preventive Maintenance Skills 101 certificate. Class instruction will cover the types of oils for vehicles, checking fluid levels, drive belt adjustments, brake wear, replacing brake pads and brake shoes, tire replacement and tire rotation.

Call 542-3227 to register. The class is not mandatory to use the Auto Skills Center.

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

COMMUNITY CALENDAR

A preschool opportunity for four-year-olds is available at Venetia Elementary School. The school offers a pre-kindergarten program that is available to many families in the area. New rules from the children's commission have affected the approval of children so all parents should apply or reapply as soon as possible. When applying be sure to bring your child's birth certificate, social security card, proof of address and an a copy of the latest LES. For more information, call 772-0989.

The Navy Wives Club of America, NWCA Jax No. 86, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information call the Thrift Shop at 772-0242 or President Barbara Howard at 471-1444.

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

Submarine Sailors - If you have qualified on a United States Navy submarine in the past or present you are invited to join "First Coast Sub Vets." If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. Meetings are held the second Saturday of each month at the American Legion Post 316 on Atlantic Blvd. For more information contact the Base Commander at rjfax@attbi.com or 241-6222.

The Marine Corps League, Jacksonville Detachment holds their monthly meeting the first Thursday of the month at 7 p.m. at the VFW Post 7909 on Blanding Blvd. For more information call

John Leisman at 779-7375.

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

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

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

A reunion for VP-11 is scheduled for Sept. 6-8 at NAS Brunswick, Maine. For more information contact retired Capt. E. Bittingham at captemb@eros.com or call (804) 342-8070.

The 2002 Memorial Reunion of USS Canberra (CA-70 and CAG-2) is scheduled for Sept. 19-22 in Falls Church, Va. For more information, email memcrew@aol.com or call Paul McManuels at (717) 737-2516.

A reunion for members of USS Sperry (AS-12) who served on the ship from 1942 - 1982 is planned for Oct. 10-12 in Galveston, Texas. For more information contact Arnold Ross at (281) 534-2459 or email aross14573@aol.com.

USS Dwight D. Eisenhower (CVN-69) crewmembers are hosting a 25th anniversary celebration Oct. 14-18 in Norfolk, Va. For more information visit the website at <http://www02.cfl.navy.mil/eisenhower> or email ike25@eisenhower.navy.mil.

ON THE GO WITH USO

College and pro football tickets available

USO has discount tickets for the Bethune-Cookman vs. Savannah State University game on Aug. 31 at 7 p.m. at Alltel Stadium. Tickets are \$13 and Club Seats are \$26. There will be tailgate party at Metropolitan Park from 4 - 6:30 p.m. and the pre-game show begins at 6:30 p.m.

For more information, call the USO at 778-2821.

USO offers Jaguars tickets to active duty members

The USO has tickets for each home game, including the preseason games for active duty service men and women in the greater Jacksonville area.

Tickets are available at the NAS Jax and NS Mayport USO Centers. Each ticket is \$6, with a maximum of two tickets per single active duty member

and four for married active duty (spouse/children).

Tickets will go on sale two Mondays prior to each scheduled home game.

The wearing of the uniform is not required however, all active duty and fami-

ly members attending will be required to show appropriate active duty ID at the USO gate. The wearing of command ball caps is encouraged.

For more information, call the USO at 778-2821.

JAX SPORTS NEWS

All Navy wrestling tryouts coming up

The All-Navy wrestling tryouts will be conducted by Rob Hermann, All Navy Wrestling Coach, at the NAS Jax gym from 5-7 p.m. on Oct. 25. Weigh-ins will not be conducted and wrestling equipment is not required to tryout. Weight classes are 119; 127; 138; 152;

167; 187; 213; and 286. Call NAS Jax Athletics to sign up. **Softball season set to begin**

The Greybeard league is open to all NAS Jax active duty commands and personnel ages 32 and above. The season begins Sept. 17 and games will be played on Tuesdays and Thursdays at 11:30 a.m.

The intramural softball league is open to all NAS Jax active duty commands and personnel. The season begins Sept. 16.

The women's league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. The season begins Sept. 16.

The open league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. The season

begins Sept. 17 and games will be played on Tuesdays and Thursdays at 4:15 p.m. All interested personnel should attend these meetings to discuss rules and to get the required paperwork to join the leagues.

Captain Cup racquetball tourney planned

The tournament will be Sept. 16-20. It is free and open NAS Jax active duty only. Matches will be played nightly at the NAS Jax gym beginning at 5 p.m.

Sign up by Sept. 11.

Captain Cup tennis tournament slated

These tournaments will be held Sept. 30 at 5 p.m. They are free and open to all NAS Jax active duty men and women. The matches will be played at the Birmingham tennis courts. Individuals playing in the tournament will earn Captain's Cup points for their respective command. Call the NAS Jax gym to sign up by Sept. 27.

Intramural fall volleyball league

beginning

The league is for NAS Jax active duty only. The season begins Aug. 26. Games will be played Mondays, Wednesdays, and Fridays at 11:15 a.m. and noon. Stop by the NAS Jax Gymnasium to pick up the rules and entry forms.

For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2330/3239 or e-mail us at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil.

SPORTS STANDINGS

Intramural Golf Freedom League Standings As of Aug. 16

Teams	Wins	Losses	Ties
GEMD	8	0	0
AIMD (B)	7	2	0
VP-5	7	2	0
NAVAIRES	5	2	0
Navy Band	6	3	0
NAMTRA B	5	4	0
VS-24	3	7	0
Wing 11	2	6	1
FASO	2	7	0
FACSFAC 2	2	7	0
NHSO	0	8	1

Intramural Golf Liberty League Standings As of Aug. 16

Teams	Wins	Losses	Ties
VP-30	10	0	0
FACSFAC Jax #1	8	2	0
BICMD	6	2	1
AIMD	6	3	1
VR-58	6	4	0
ASTC	6	4	0
CPRW-11 (A)	5	5	0
VP-16	4	6	0
VP-62	2	6	0
HS-75	2	8	0
Naval Hospital	1	8	0
NAMTRA 1011	0	9	0

JAX TALES By MIKE JONES RICKYSTOUR@YAHOO.COM

