



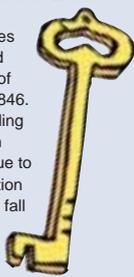
See Pages 19, 22 and 23

JaxAir News

TOUCHING BASE

BEQ Building 846 to open next week

The Bachelor Enlisted Quarters announces the grand opening of Building 846. The building has been closed due to construction since the fall of 2001. A ceremony will be held in the main courtyard of Building 846 at 10 a.m. on April 25 to celebrate the opening. Everyone is invited to attend. For more information, call 542-8191.



Bluegrass concert to be held April 29

Bluegrass music sensations Rhonda Vincent and The Rage are coming to NAS Jacksonville April 29 at noon for free concert in front of the base commissary. The band features Rhonda Vincent, mandolin and vocals; Hunter Berry, fiddle; Audie Blaylock, guitar and vocals; Mickey Harris, bass and vocals; and Kenny Ingram, banjo. Vincent, the International Bluegrass Music Association's reigning Female Vocalist of the Year and her band perform more than 200 concerts annually worldwide. Following the concert, the band will be on hand to sign autographs. Concertgoers also will receive free recipes and give-away items and may sign up for prize drawings.



Luncheon planned

A special luncheon in celebration of Asian/Pacific American Month will be held May 15 from 11 a.m. to 1 p.m. at the NAS Jax River Cove Officer's Club. The theme is "Salute to Liberty." The event will feature a guest speaker and musical entertainment. Tickets are \$10. For more information and to purchase tickets, contact Sylvia Kitt at 542-0842.

VS-30 sponsors new recruit division

By Lt.j.g. Justin Drach
VS-30 PAO

On April 16, the "Diamondcutter" Division sprung to life at Recruit Training Command (RTC) in Great Lakes, Ill., in which the squadron will take on a leadership role in seeing individual recruits through every stage of basic training. Approximately 90 recruits were commissioned as members of VS-30's newly established Division that day. The Diamondcutter guidon, made by PRAN Chris Hanover, was presented to



Members of VS-30 recently visited the "Diamondcutter" Division at RTC Great Lakes, Ill. The squadron is sponsoring and mentoring the new division with their daily activities as they complete boot camp. Photo courtesy of VS-30

the division for them to carry with pride. RTC setting presents a unique process as many recruit divisions come and go, and few have the opportunity of direct interaction with fleet units. "I am excited about having the opportunity to sponsor new Sailors," said

VS-30 Commanding Officer Cmdr. Mike Ginter, who was first introduced to the prospects of recruit division sponsorship while attending Command Leadership School at Newport, R.I. "I have been focused on the project since I met my first group of new "day-one"

Sailors. I saw the excitement, fear, anticipation, and dread in their eyes, followed by a meeting with a group of Sailors who were about to graduate. I really noticed how much they had changed in a short nine weeks. The maturity, focus, and esprit de corps that

takes place is nothing less than remarkable. Never having the experience of being an enlisted Sailor, it was quite an eye opener to witness this metamorphosis."

VS-30's command master

SEE VS-30, Page 10

Families reunite through teleconferencing

By Kaylee LaRocque
Staff Writer

After months and months of separation, the families of HS-3 and VS-24 recently had the chance to spend some time with their loved ones currently deployed onboard USS Theodore Roosevelt (CVN 71). Although they weren't able to actually hug one another physically, they could see and talk to each other thanks to some modern technology called video teleconferencing (VTC). The two squadrons, homeported here, are currently at sea in support of Operation Iraqi Freedom. The ship and squadrons had just returned home from a six-month deployment in December when

they were called back up for deployment. The VTC session was coordinated by the commands on the ship and the squadron's ombudsmen in an effort to boost morale and give the families a chance to visibly see and chat with one another. "I was asked by the command master chief of HS-3 to put this together. I put out an email to all our families here through our email tree, asking if anyone was interested. The response was great. After consulting with the Information Technology (IT) Department at Commander, Navy Region Southeast (CNRSE), I set up specific dates and times for the sessions," explained Amy, HS-3's ombudsman.



A'Sheka talks with her husband, Brandon, of HS-3 onboard USS Theodore Roosevelt (CVN 71), as their daughter, Treasure, looks around in awe during a recent Video Teleconferencing session. Photo by Kaylee LaRocque

See VTC, Page 10

Just another day of operations



An Aviation Boatswain's Mate signals to an EA-6B "Prowler" pilot assigned to the "Scouts" of VS-24 onboard USS Theodore Roosevelt (CVN 71) as he prepares to launch from the ship's flight deck. Roosevelt and her embarked Carrier Air Wing Eight (CVW-8) are deployed in support of Operation Iraqi Freedom. Photo by PH3 Matthew Bash

INSIDE

- Classified17
- Community Calendar 13
- Hey, MoneyMan!2
- Jax Sports14
- Jax Tales13
- Meet a Civilian2
- Meet a Sailor2
- MWR Notes13

WEEKEND WEATHER

- FRIDAY 63/83**
PM THUNDERSTORMS
- SATURDAY 66/86**
ISOLATED SHOWERS
- SUNDAY 62/78**
CLEAR

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

EO UPDATE

Holocaust Remembrance Day April 29

From the CNRSE Equal Opportunity Office

Holocaust Remembrance Day is a day that has been set aside for remembering the victims of the Holocaust and for reminding Americans of what can happen to civilized people when bigotry, hatred and indifference reign. The United States Holocaust Memorial Council, created by act of Congress in 1980, was mandated to lead the nation in civic commemorations and to encourage appropriate Remembrance observances throughout the country.

This year's Holocaust Remembrance Day is April 29. The theme for this year's event is "For Your Freedom and Ours."

Observances and remembrance



activities can occur during the week of remembrance that runs from the Sunday before through the Sunday after the actual date.

While there are obvious aspects to such a day, it is not a religious observance. The internationally recognized date comes from the Hebrew calendar and corresponds to the 27th day of Nisan on that calendar. This is the

date on which Israel commemorates the victims of the Holocaust. In Hebrew, Holocaust Remembrance Day is called Yom Hashoah.

The Holocaust is not merely a story of destruction and loss; it is a story of an apathetic world and a few rare individuals of extraordinary courage. It is a remarkable story of the human spirit and the life that flourished before the Holocaust, struggled during its darkest hours, and ultimately prevailed as survivors rebuilt their lives.

For further information, please contact: Days of Remembrance, United States Holocaust Memorial Museum, 100 Raoul Wallenberg Place, S. W., Washington, DC 20024 or visit the museum's web page at www.ushmm.org.

FROM THE DOC

Beware of those notorious dangerous plants

By Lt. Chris Alfonso
VP-30 Flight Surgeon

Most everyone knows about poison ivy and its partners in crime, poison oak and sumac. These three plants are notorious for causing lots of trouble when any unlucky individual comes into contact with them.

In fact, these plants are some of the most common causes of a group of skin problems called contact dermatitis. Although these plants can cause problems during any time of the year, cases of contact dermatitis from them are seen most often during the spring and summer months.

Contact dermatitis results from the body's allergic reaction that happens when skin comes in touch with the plants and the oils they secrete.

Poison ivy and oak both have a classic appearance with leaves that grow in groups of three on a stem, and both these plants can grow as a vine or bush.

Sumac usually has two rows of leaves opposite each other with one leaf at the end of the stem, and can grow as a bush or tree. All three of these plants have shiny leaves, covered with the oil that causes the allergic reaction.

The allergic reaction occurs after exposed skin touches the plants and their oils. However, there does not have to be direct contact with the plants to have a reaction.

The plants' oil can be spread by

contaminated objects, clothing, pets' fur, or from the ashes or smoke of these plants if they are burnt.

The first signs of a rash appear between 12 to 48 hours after exposure. The severity of the rash depends on the exposed skin area's thickness, and duration of contact with the plant and its oils.

The symptoms of a contact dermatitis caused by these plants can range from red blotchy rashes that may be flat or raised, intense itching, and blisters, to also having fevers, headaches, and malaise.

If the allergic reaction is very severe, you can have swelling of your throat and eyes, swelling all over the body, and possibly stomach cramping with nausea and vomiting.

The classical rash from poison ivy may appear at different skin areas at different times, because there can be a delayed reaction to exposure.

The rash cannot be spread by scratching, or from the fluid that may leak from any blisters. However, scratching the wounds must be avoided at all costs, because this may lead to a bacterial infection of the skin.

If you come into contact with these plants, make sure you first remove and clean any contaminated clothes or items, by washing them in detergent and hot water.

Remove any plant oil that may still be on your skin by washing all exposed areas with warm water and soap. If you develop any contact dermatitis, you can treat it by applying

calamine lotion or ointment to the affected areas, and taking lukewarm Aveeno ("oatmeal") baths. The calamine lotion will reduce the itchiness and help any blisters dry up.

You should see your healthcare provider if you develop the rash on any part of your face, or have more severe symptoms such as fever, headache, difficulty breathing, or if there are any other symptoms of concern.

Your doctor will examine you and may prescribe a corticosteroid medicine to be applied to the rash, or a steroid medicine that you take orally.

If your doctor sees any signs of a skin infection with the rash, she may prescribe you an antibiotic to treat the infection. Poison ivy typically goes away completely in two to three weeks.

You can avoid any problems with contact dermatitis caused by poison ivy, oak and sumac, by knowing what the plants look like and avoiding them altogether.

If you cannot avoid exposure to the plants, be sure to wear long-sleeved shirts and pants to reduce the area of exposed skin as much as possible.

Also, if you have a pet that has wandered through an area where these plants grow, be sure to bathe the pet to wash the plant oils off its fur.

So enjoy the warm weather and have fun outdoors, but if you decide to turn over a new leaf, just make sure it won't give you a rash!

HEY MONEYMAN!

Hey MoneyMan!

I recently tried to buy a new car and they told me that I have a bad credit rating. I have never filed for bankruptcy and I don't think my husband and I have that much debt. How do I find out about my credit?

MoneyMan Sez:

Your credit rating is very important and can impact your life in many ways. Maintaining good credit should be one of your highest priorities.

According to retired Navy Capt. Chalker Brown, vice president of Vystar Credit Union at NAS Jacksonville, the best thing you can do is to always pay your bills on time.

Many things will impact your credit rating but miss-



it is even harder if you do not plan.

According to his book Smart Women Finish Rich, David Bach offers these six steps to help you get ahead:

- Know what you earn.
- Estimate what you spend each month.
- Track what you really spend.
- Start paying cash.
- Give yourself a "credit card haircut."
- Never spend more than \$100 on anything without taking 48 hours to think about it.

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

ing payments or being late with payments can lower your score quickly.

He also recommends that you get a copy of your credit report at least annually. You can get one from Equifax by calling 1-800-685-1111.

Hey MoneyMan!

My husband and I live from paycheck to paycheck.

It seems something comes up every month that takes away our savings. Do you have any ideas that can help us get ahead?

MoneyMan Sez:

It's not what you make, but what you keep that makes the difference. Getting ahead is hard, but

Parenting seminars planned

From FFSC

The Navy Region SE Fleet and Family Support Program, in partnership with MWR and the Duval and Clay County School Districts, is sponsoring parenting seminars for military parents, school officials, childcare providers and mental health professionals this month.

The guest speaker is renowned Family Psychologist John Rosemond, director of the Center for Affirmative Parenting in

North Carolina. Rosemond is author of nine best-selling books on parenting skills.

The seminars will take place on:

April 29 from 7 - 8:30 p.m. at Chimney Lakes Elementary School (focused for military parents).

April 30 from 9:30 - 11 a.m. at the Orange Park Holiday Inn (for school officials, childcare providers and mental health professionals).

For more information call 542-5380.

Navy-Marine Corps Relief Society

Make Us Your First Resource:
Not Your Last Resort!

542-3191



Sunday Services

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

- | | |
|-----------------|---|
| Saturday | 5 p.m. - Catholic Mass |
| Sunday | 8:30 a.m. - Holy Eucharist Episcopal |
| | 9:30 a.m. - Catholic Mass |
| | 11 a.m. - Protestant Worship |
| | 6:30 p.m. - Contemporary Service |
| | "The Leading Edge," Hangar 749 at the Base Chapel Center. |

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

Meet A Sailor...

MASN JERRY CARPENTER

Job title/command:
NAS Jax Security Department

Hometown: Jacksonville

Family Life: Married to Kelly, with three children, Kyle, Steven, and Ashlyn.

Past Duty Stations: USS Harry W. Hill, NTTC Lackland Air Force Base, Texas

Career Plans: To advance in the master-at-arms rating, continue school and become a naval officer.

Most Interesting Experience: Shipboard life aboard USS Harry W. Hill.

Words of Wisdom: Believe and receive, doubt and do without.

Meet A Civilian...

MELISSA RIVERA

Job title/command:
Item Manager,
NAS Supply Department

Hometown: Corpus Christi, Texas

Family Life: Married to James, with two children, Clarissa and Carlos.

Past Duty Stations: Fleet and Industrial Supply Center, NAS Jax

Career Plans: To gain more knowledge and experience within the NAS Jax Supply Department.

Most Interesting Experience: Moving from Texas to Florida.

Words of Wisdom: Put God first and live life to its fullest.

VP-30 to sponsor DEFY Camp

From VP-30

VP-30 is hosting a six-day Residential Summer Camp June 1-6 at the YMCA Camp McConnell as part of the Navy's Drug Education for Youth (DEFY) program. This two-phased prevention program is for children ages 9-12. The camp (Phase I) is for military or DoD children only. Phase II consists of a year of mentoring.

Volunteers are also needed as team leaders, camp corpsmen and mentors. Participants must have command approval and TAD orders.

Applications for children and volunteers can be picked up in the VP-30 Personnel Office and must be returned by April 30.

For more information, call Kristi Moom at 542-3144.

Jax Air News

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Sierra Club presents award



Photos by JO2(SCW) Eric Clay

(From left) Executive Director of the Jacksonville Preservation Project Mark Middlebrook, NAS Jacksonville Executive Officer, Capt. Charles King and Jacksonville Mayor John Delaney, display an achievement award presented by the Sierra Club following a ceremony at the Sea Turtle Inn April 14. The plaque was presented in appreciation for efforts in preserving undeveloped pristine land in the Jacksonville area. Currently, more than 42,000 acres, including Navy property have been preserved.



NAS Jacksonville Executive Officer Charles King talks about the joint environmental preservation project between the Navy and City of Jacksonville to members of the Sierra Club as Mayor John Delaney looks on at a recent meeting.

NAS Jax to hold command Volunteer Service Recognition Luncheon

From FFSC

NAS Jacksonville will observe National Volunteer Week April 30, with the annual Volunteer Service Recognition Luncheon at the NAS Jacksonville River Cove Conference Center at 11:30 a.m.

This event is held each year to honor departments/commands and their personnel for the volunteer service they give to support the Jacksonville communities.

Hugh Jones, former chairman and chief executive officer of Barnett Bank of Jacksonville will be the guest speaker. During his 23 years as a bank executive, Jones developed a unique corporate philosophy that encouraged bank employees to be responsible citizens. For his efforts, Jones was recognized as the "1012th Daily

Points of Light for the Nation" by President George Bush and was honored by the Caring Institute as one of the 10 most caring people in America.

This event is planned each year to raise awareness of the Navy Community Service Program. In 2002, NAS Jacksonville department and resident command personnel contributed more than 414, 549 hours of volunteer service to the local community.

All NAS Jax departments and resident command personnel (active duty military and civilian) are invited and encouraged to attend the luncheon.

Tickets for the luncheon are \$8.50 and can be purchased at the NAS Jax Fleet and Family Support Center, Bldg. 554. For more information, call Dianne Parker at 542-2766, Ext. 130.

NAMTRAU Jax seeks national accreditation

From NAMTRAU Jax

Naval Air Maintenance Training Unit (NAMTRAU), Naval Air Station Jacksonville, is currently seeking national accreditation through the Council on Occupational Education (COE). Accreditation is a status granted to an educational institution or program that has been found to meet or exceed stated criteria of educational quality established by the COE.

NAMTRAU, commanded by Cmdr. Leland Taylor, is taking the necessary steps toward meeting the CNO's future demands and challenges of Task Force EXCEL. Task Force EXCEL is considered the catalyst that will augment, enhance and strengthen the programs used to train our Sailors and Marines.

NAMTRAU specializes in technical training for U.S. Navy and Marine Corps personnel and allied officers and enlisted personnel to perform maintenance and troubleshooting on the S-3B, P-3C and SH-60 aircraft. They also provide train-



Photo by ATC Howard Chancy

Lt. Arthur Harvey (on left) works with ATC Jack Branston to complete NAMTRAU Jacksonville's National Accreditation requirements.

ing on airborne launched weapons and ground support equipment. NAMTRAU has been providing quality technical training to the Fleet for more than 40 years.

This national accreditation will ensure that NAMTRAU's formal technical training is on par with quality technical institutions throughout the civilian and military sectors. Lt. Arthur Harvey and ATC(AW) John Branston

are the accreditation liaisons for NAMTRAU. They can be contacted at 542-5350.

All comments or concerns related to NAMTRAU Jax being considered for accreditation should be submitted to:

Executive Director
Commission of the
Council on Occupational
Education
41 Perimeter Center
East, NE Suite 640
Atlanta, GA 30346

TIRE KINGDOM; 3c; 11"; Black Only;

BUFFALO'S FRANCHISE CONCEPTS IN; 3c; 10.75"; Black Only;

In peacetime or wartime, CACO is ready to assist

By Miriam S. Gallet
Editor

The job of a Navy Casualty Assistant Calls Officer (CACO) is never an easy task. Military families are never prepared to receive a visit from one of them.

However, with the utmost professionalism, concern and compassion, the officer assigned to this very difficult job ensures that the military next-of-kin is properly notified and well taken care of immediately following word that their loved one has been wounded, killed or reported missing in action.

As head of CACO Program and Funeral Honors Support (FHS) at Commander, Navy Region Southeast, Bill Birtley, a retired Navy Veteran, places tremendous emphasis on the importance of assisting the surviving relatives of service members. "Assisting the military families during a time of tremendous grief is my main concern," said Birtley. "Total responsiveness to the needs of the families is critical from the moment condolences are delivered"

The death of a service member is the worst thing that can happen to a military family and the CACOs along with the chaplains are very attentive in providing assistance to the surviving spouse, parents, children and other friends and relatives. "When they arrive at the door, they have all the facts in order and are ready to assist," stated Birtley.

According to Birtley, CACOs are trained and are very aware of the importance of getting the facts and relaying them to the family as quickly as possible. They must verify all information before making the notification and ensure that they do not provide unsubstantiated details. Misinformation can cause the family needless distress and could damage the Navy's credibility. "Imagine an officer telling the family that the service member did not suffer and a week later, when the police report is received, the family reads 'John Doe burned to death before the Fire Department arrived at the scene.' It can be disastrous for the family and for the Navy," explained Birtley.

"This office handled 150 active duty death cases and 4,000 active duty and retirees' funerals last year. We were also involved in providing casualty assistance for Sept. 11 fatalities in the week that followed the Pentagon attack," explained Birtley.

Birtley, with the assistance of three other staff



Photo by Miriam S. Gallet

(From left) Bill Birtley, head, Casualty Assistant Calls Officer (CACO) Program and Funeral Honors Support (FHS) for Commander, Navy Region Southeast (CNRSE) discusses CACO training plans with Jim Mallone and Peter Waldon, assistants FSH and CNRSE CACO trainers.

members, trains approximately 1,000 CACOs a year at all major Navy installations through out the Southeast. The officer can either be senior enlisted or naval officer, but they must undergo the mandatory eight-hour course in preparation for the emotion-arousing assignment.

During the eight-hour training course, participants receive instruction on wounded, killed or missing in action notifications, as well as how to assist the family in dealing with the grief process. One major point that is instilled during the training is the need to use difficult words such as "dead" and "deceased" when notifying the family. They also become well versed on funeral honors and what type of entitlements the next-of-kin receives.

The casualty assistance calls team, comprise of a CACO and a chaplain, is prepared to deliver the sad news and eliminate the confusion that occurs during this difficult time. Upon delivering the Navy's condolences, they determine if emergency financial assistance is necessary.

Additionally, they provide the families with information of mortuary affairs including burial benefits, burial elections, funeral arrangements, military funeral honors, and obtaining copies of death certificates and autopsy reports.

The team is also responsible for explaining survivor benefits including completing and submitting claims for such things as death gratuity, unpaid compensation and allowances, housing allowances, Survivor Benefit Plan, dependent's ID Card, Servicemen's Group Life Insurance and children and widow(er) benefits. Basically, they help the family make decisions about what needs to be done with the remains and with all of the entitlements.

"Every casualty assistance call is unique but has

one thing is common, the officer making the call is accompanied by a chaplain," noted Birtley.

"The team will make the call between 6 a.m. and midnight. The team stays with the primary and secondary next-of-kin until an adult family member, neighbor or close friend can assist with the grieving process," added Birtley. "If we have relatives residing in different time zones, we try to synchronize the visits, and however, this is not always feasible. Primary next-of-kin can be a surviving spouse or, if the service member is single, parents; secondary next-of-kin are normally a service member's parents, if he or she is married."

"The Navy is most concerned with protecting the privacy of the families. Personal information, such as name, rank and hometown will not be released to the public until the next-of-kin has been notified," stated Birtley. "We are extremely attentive and maintain our sensitivity to the family at all times."

Families are also made aware of the services available to them at the Fleet and Family Service Centers, Navy relief, American Red Cross, Navy Legal Service, Department of Veterans Affairs and the Social Security Administration. The casualty assistance officer makes and drives the family member to these appointments. The CACO assignment with each family can last anywhere from one week to six months.

When asked what advice he would give to newly assigned CACOs Birtley said, "I encourage all of them to be sincere, compassionate, caring and stick to the facts as you know them."

From Key West to west of the Mississippi, north to Kentucky and across the Carolinas including Puerto Rico and Cuba, CACOs are on duty 24 hours-a-day, seven days a week.

For further information about the CACO Program, call 542-1536 or 542-4106.

Just another day at sea

A member of the flight crew assigned to the "Tridents" of HS-3 (right) inspects an SH-60F Seahawk before flight aboard USS Theodore Roosevelt (CVN 71). Roosevelt and her embarked Carrier Air Wing Eight (CVW-8) are conducting combat missions in support of Operation Iraqi Freedom.



Photo by PHAN Todd Flint

AD3 David Rowell (below) prepares to put another coat of paint over the fuselage number on a helicopter assigned to the "Dusty Dogs" of HS-7 aboard USS Harry S. Truman (CVN 75). Truman and Carrier Air Wing Three (CVW-3) are currently on a six-month deployment in support of Operation Iraqi Freedom.



Photo by PH3 Danny Ewing Jr.

SCWS trains new intelligence officers

By Lt.j.g. Melissa Dimock
Sea Control Weapons School

Sea Control Weapons School (SCWS) has unveiled a new transitional training program for newly assigned intelligence officers (AIs) en route to S-3B Viking squadrons.

The program, called Viking Intelligence Officer or VIO course, is designed to provide S-3B specific training to incoming AIs who have traditionally reported to S-3B fleet squadrons directly from the basic course at the Navy and Marine Corps Intelligence Training Center, with little S-3B specific training.

The Bureau of Naval Personnel (BUPERS) has begun to include the 21-day training on all permanent change of stations (PCS) orders for AIs en route to NAS Jacksonville S-3 squadrons. The first student is expected to arrive at SCWS in June 2003. Once the proof of concept has been validated, we hope to expand the program to include enlisted intelligence specialists (ISs) and AIs with orders to both NAS Jacksonville and NAS North Island Viking squadrons.

The program, administered by SCWS's Intelligence Department, is

three weeks of intense training designed provide AIs with the knowledge they need to become an integral member of the Viking team.

VIO curriculum is composed of classroom lectures, individual student briefings, and hands-on exposure to the S-3B aircraft. Students will learn squadron intelligence requirements and where to find appropriate source material to assist in mission planning and to support the squadron throughout the Inter-Deployment Training Cycle (IDTC) and deployment.

To foster a better understanding of the S-3B aircraft capabilities, missions and performance, students will observe S-3B simulator events and those students with appropriate NATOPS qualifications will have an opportunity to fly in the S-3B aircraft.

The VIO program is another example of SCWS responding to the needs of the Fleet by correcting deficiencies identified by squadron commanders. TDY en route is an excellent opportunity to better prepare intelligence officers and enlisted intelligence specialists for their impending roles as vital members of the Viking team.

For information about the program, call 542-5409 or email dimockma@scws.navy.mil.

Operation Salute Anheuser-Busch gives troops, families free admission to parks

Anheuser-Busch will give free single day admission to its SeaWorld, Busch Gardens and Sesame Place parks to active duty military, active reservists, U.S. Coast Guard, National Guardsmen and as many as four of their direct dependents, beginning May 23 through Nov. 11, 2003.

The offer also has been extended to all coalition forces serving with United States troops in Operation Iraqi Freedom.

"The men and women in our armed forces have made tremendous sacrifices, risking their lives and being separated from their families during the war," said August Busch III, chairman of Anheuser-Busch Companies, Inc., which operates nine United States theme parks. "We wanted to express our deep gratitude for their service, and this gives those who serve and their families some needed relaxation and enjoyment."

"It is our privilege to offer our parks to the men and women of our armed forces and their families," said Patrick Stokes, president and chief executive officer, Anheuser-Busch Cos., Inc. "It is a small gesture of thanks for the hardships endured every day by our soldiers and those closest to them."

"Operation Salute" will give free admission at Busch Gardens Tampa Bay; Busch Gardens Williamsburg; SeaWorld Orlando; SeaWorld San Diego; SeaWorld San Antonio; and Sesame Place in Langhorne, Pa.

"Operation Salute is exactly what we mean at the USO when we talk about the incredible power of 'Thank You,'" said Edward A. "Ned" Powell, president and chief executive officer of the United Service Organizations (USO). "It is an extraordinary example of a company's recognition of the sacrifices our military makes on behalf of all Americans."

Anheuser-Busch has supported the U.S. armed services for nearly 150 years. In 1921, Adolphus Busch's widow, Lilly, opened the Busch family garden to the public, donating admission fees to disabled veterans.

Anheuser-Busch has previously honored U.S. armed forces with free admission to its theme parks. Nearly 1 million service members and their families visited free during Yellow Ribbon Summer following the first Gulf War and during the Anheuser-Busch Salute to America's Heroes, a post-9/11 tribute that included all branches of the U.S. military.

Take action to reduce your cancer risk

By **Aveline Allen**
Bureau of Medicine and Surgery

April is Cancer Control Month and what better time to educate yourself and your family on how to prevent what can be a fatal disease.

Controlling cancer is a realistic goal for those who suffer with it in this day and age because of recent enhancements made in the cancer research field.

The American Cancer Society (ACS) gives practical, helpful advice on things you can do to possibly prevent cancer from developing.

Smoking and drinking alcohol may contribute to cancer development, so their use should be avoided. Cigarettes, cigars, pipes and smokeless tobacco can cause cancer and should not be used.

"Lung cancer is the leading cause of cancer death in both men and women," said Lt. Cmdr. (Dr.) Vincent Herrin, oncologist at National Naval Medical Center, Bethesda, Md.

"Smoking is known to cause about 80 percent of these deaths, so stopping smoking is probably the most important thing that can be done for cancer control and prevention."

Skin cancer is another controllable cancer. Prevention measures include using sunscreen, staying in the shade when possible, and wearing protective clothing such as a hat and shirt when in the sun.

"Skin cancer, also known as melanoma, rates have skyrocketed in the last few decades, and is more related to pattern of sun exposure than to overall sun



exposure," said Herrin. "For example, an office worker who is mostly indoors but has several severe sunburns after a few years of beach vacations is likely at higher risk than a farmer who has frequent sun exposure but no burns. So, take precautions when in the sun."

The ACS recommends that eating some foods, such as certain fresh fruits and vegetables and whole grains such as pasta and bread, may prevent the onset of cancer. Cutting down on high fat foods may also cut the risk of developing cancer.

Dietary factors and lack of exercise have been linked to about one-third of all cancer-related deaths in adults, according to medical research.

Not only are foods and exercise important elements in battling this disease, but also breast self-examinations - for men and women. Breast cancer can be detected and treated early by doing monthly at home breast self-examinations.

"For men, yearly digital rectal exams and a PSA (prostate screening antigens), a blood test,

can help detect prostate cancer in the early stages," said Herrin. "This should usually begin around age 50, though younger for African-Americans."

"Cancer is the second leading cause of death in the United States, so prevention and early detection should be a priority for all of us," said Herrin.

Studies show that if found in the early stages, control and treatment are usually more successful for certain types of cancer.

"We truly don't know how much screening helps in reducing cancer death rates," said Herrin.

"This is controversial. It is clear, though, that certain behavior modifications like the ones mentioned above can be key in preventing occurrence of cancer." For more information, see the ACA web site at www.cancer.org.

Improved Pap Smear tests enhance earlier diagnosis of pre-cancerous cervical cells

By **Loren Barnes**
Naval Hospital Jacksonville Public Affairs

The American Cancer Society (ACS) and the Centers for Disease Control and Prevention (CDC) identify cervical cancer as a potentially deadly but largely preventable killer of American women. According to ACS statistics some 13,000 new cases of invasive cervical cancer are diagnosed and 4,600 deaths occur in the United States annually from this disease.

Experts agree that one of the most important things women can do to reduce their risk of cervical cancer is to receive regular screening with a Papanicolaou (Pap) test.

According to Cmdr. David Larson, Naval Hospital Jacksonville director Ancillary Services, the hospital and its branch clinics have implemented a new state-of-the-art Pap Smear testing procedure which more accurately identifies cervical cancer precursor lesions while they are still quite treatable. This procedure, a liquid based cytology (cell study) for Pap Smears, is an enhancement to the conventional Pap Smear, which has been around for 50 years and has significantly reduced the incidence of cervical cancer in this country by over 70 percent. Of the estimated 50 million smears performed annually in the U.S., most are normal.

Larson explained, "Cervical cancer

goes through a series of precursor lesions before becoming cancer. These precursor lesions are easily treated, preventing cervical cancer from occurring. Current guidelines recommend that all women over the age of 18, or younger, if sexually active, have an annual Pap Smear. This is important since in the majority of cases where cervical cancer does occur a Pap Smear has not been performed in the last five to 10 years. This new technology improves the ability of the Pap Smear to detect these precursor lesions.

OB/GYN Department Head Lt. Cmdr. Stephen Davis said that patients will probably not notice a significant difference in the collection process. Still, the newer technology enhances the clinician's ability to find abnormal cells while at the same time reducing the number of Pap smears that have to be repeated due to technical problems. For one thing he said suspending the cells in a fluid medium prolongs the viability of the samples and actually enables more cells to be studied as compared to the traditional method. In addition, the new technology allows for testing for more than just abnormal cells. For instance, they can now test, with the same samples, for the presence of Human Papilloma Virus as well as other sexually transmitted diseases.

Being able to test for Papilloma

virus with the same samples as those drawn to find abnormal cells is a great benefit Larson explained. "In the past when atypical cells were identified, further visits by the patient were needed to rule out a lesion. Now when atypical cells are identified, the remaining material can be tested for the presence of the Human Papilloma Virus, which has been identified as the cause of cervical cancer. If this testing is negative, no additional visits will be necessary, saving the patients time and relieving anxiety," he said. He noted however that some abnormal cells may warrant further evaluation regardless of negative HPV testing.

Currently, the CDC recommends routine screening for cervical cancer for all women who are or have been sexually active and who have not had a hysterectomy. Cervical cancer rates are higher among older women; however, cervical intraepithelial neoplasia (or CIN), the precursor lesion to cervical cancer, most often occurs among young women. Screening women using the Pap test is an important strategy that can prevent cervical cancer from developing most of the time.

All of Naval Hospital Jacksonville's clinics, and in fact medical treatment facilities DoD-wide are bringing on line this new testing technology.

Battle of Midway Memorial Dinner coming up

From **CNRSE Public Affairs**

Tickets are now on sale for this year's Battle of Midway Commemoration Dinner, which will be held June 6 at the Radisson Riverwalk Hotel on Jacksonville's Southbank. The guest speaker will be James H. Cunningham, Jr., a Battle of Midway veteran and retired Navy chief. A recipient of the Purple Heart and five Battle Stars, he was serving aboard USS Hammann when it was sunk at Midway. He was one of only 85 out of a crew of 250 to survive.

Cost of tickets for the dinner are: E-6 and below = \$20; E-7 - O4 = \$30; O5 and above = \$40; civilians and retirees = \$40. Checks should be made payable to Midway Memorial Account.

Tickets may be purchased from the

following: NAS Jacksonville - Command Master Chief Office, IT1 Guy Stelzenmuller at (904) 542-4545/2934; Naval Station Mayport, AECs(AW) Elizabeth Speer, 270-6101 and ITC(SW/AW) Victor Martin, 270-7354 ext 116; and Naval Submarine Base Kings Bay, MSC Eric Johnson, at (912) 673-2064.

Uniform: O-4 and above - dinner dress white jacket; O-3 and below - dinner dress white/dinner dress white jacket optional. Civilian is black tie or business attire.

Cocktails begin at 6:30 p.m., dinner is at 7:30.

The evening promises to be fun and patriotic. Also in attendance will be other survivors of the Battle of Midway. This is an excellent opportunity for young Sailors to connect with a significant part of their naval histo-

ry. Included will be a superb meal, music by Navy Band Southeast and an historical program highlighting the contributions of all military services in this magnificent victory.

This year's event marks the 61st anniversary of the Battle of Midway as well as the 100th anniversary of flight. All naval personnel: active duty, retired, enlisted, officer and civilians are invited to attend the midway memorial dinner.

All personnel should take time to reflect upon this important event in our naval history and on our proud heritage.

Additional information can be found at the Commander, Navy Region Southeast web site, <http://www.cnrse.navy.mil/>, by clicking on the blue "special events" button at the top of the home page.

HELPING HANDS

Help sort clothes

"Dignity U Wear" receives free donations of new clothing, toys and much more from area stores. It in turn supplies local shelters and support agencies with brand new clothing and other items for clients and work with the Duval County School District to help less fortunate children obtain needed clothing.

Volunteers are needed to help with sorting and sizing clothes and filling agencies orders anytime between 9 a.m. - 4 p.m., Monday - Friday and from 9 a.m. - 2 p.m. on Saturdays.

The "Dignity U Wear" warehouse is located on the corner of Myrtle and Adams streets in downtown Jacksonville. For more information, call 636-9455.

American Cancer Society's Relay for Life

The American Cancer Society needs volunteers Saturday to support their "Relay for Life" events. Volunteers are needed to help with set-up, team registration, lunaria ceremony and event break down on April 26 at the Twin Lakes Academy Middle School. For more information or to sign up, call 398-0537.

11th Annual World of Nations Celebration

Take an exciting trip around the globe at the 11th Annual World of Nations Celebration in Metro Park today through Sunday.

Celebrate the rich cultural traditions and unique heritage of people from around the world. Various volunteer opportunities and shifts are available to support the weekend events. Opportunities include handing out information to stamping passports and exhibit monitors. Minimum age required is 16. Volunteers under 16 may volunteer with parental supervision. Contact the City of Jacksonville Office of Volunteer Services at 630-1020. If you would like to volunteer at the African Village, contact Martha Davis at 249-3582.

March of Dimes First Coast Walk America

Head out and support the March of Dimes in saving babies Saturday by assisting with walker registration, decorating, route set-up/clean-up, food service, accounting and more. Volunteer hours are from 8 a.m. - 1 p.m. You also can put together a team of your friends and/or co-workers and come out and walk. Minimum age required is 16. For more information contact Erin Pont at 398-2821.

Habitat for Humanity of Jacksonville (HabiJax)

HabiJax is taking advantage of the beautiful spring weather. Volunteers are needed every Tuesday through Friday. They will be closed, however, on April 18 for Good Friday. Participants meet at 7:45 a.m. at the HabiJax Warehouse at 2404 Hubbard Street (off Main Street). Lunch and transportation are the responsibility of the volunteer. Activities will vary. If anyone would like to schedule a date, call Natalie Sears at 798-4529, Ext. 253.

Naval Hospital Red Cross seeks shuttle volunteers

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

The Red Cross is currently taking applications for additional volunteers to serve as drivers for the shuttle carts. The only requirements for shuttle cart drivers are that the person 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.



Environmental Division 'digs' gopher tortoises

By JO2(SCW) Eric Clay
Staff Writer

Last Tuesday, members of the NAS Jacksonville Environmental Division patrolled the Weapons Depot in search of gopher tortoises.

They are not federally listed as endangered or threatened but the state of Florida considers them to be a species of special concern. Since the tortoise is considered by the State of Florida to be a species of special concern, the Environmental Division needs permits in order to remove and relocate them.

These tortoises tend to burrow into the weapons bunkers.

The habitat of the gopher tortoise tends to be sandy ridge and sand dune areas where the water table never comes near the surface. The excavation of burrows is its main activity.

The burrows, which are dug with their hind legs, can be up to three-meters deep and 12-meters long. These burrows provide the

tortoises a place to sleep and hibernate. A place where they are protected from enemies (snakes and carnivorous mammals) and harsh weather conditions.

They spend their nights in the burrows and emerge daily in warm weather, usually in the morning before the heat is too great, to forage for food.

The gopher tortoise has a vital community role and is known as a keystone species because of the wide use of their burrows by other animals (such as burrowing owls, raccoons, opossums, gopher frogs, snakes, etc.).

Because they are a keystone species, the protection of the gopher tortoise is crucial for the whole ecosystem in which it lives. In some states the gopher tortoise is being protected by state agencies that are enforcing conservation laws and controlling illegal harvests.

"Gopher tortoises have been found at NAS Jax before. Before April 15th's search, a few tortoises were

relocated a few years ago to the Whitehouse Outlying Field area where there is an established population of tortoises. Approximately 100 burrows have been found so far and we expect to find more in the future," explained Jared Bond, NAS Jax Environmental Division assistant resource manager.

"There isn't a problem with them being on base until they put one of our commands in a security violation," added Bond.

A few years ago a group of tortoises were found burrowing into the weapons bunkers. Current Navy regulations maintain that all weapons bunkers must be surrounded with two feet of earth material.

To relocate a tortoise, the NAS Jax Environmental Division contacts an environmental consulting firm that obtains the proper permits for the relocation process. "We work with Dial Cordy, an environmental consulting company that has their regional office in Jacksonville. I contact



Photo by JO2(SCW) Eric Clay

Assistant Natural Resource Manager Jared Bond (left) and Wildlife Biologist Mark Howell examine a gopher tortoise before transporting it to the Black Point Nature Center.

their wildlife biologist and we go out and check the burrows," explained Bond.

Dial Cordy decides if the burrow is considered active, inactive, or abandoned. Once they have surveyed all the burrows the wildlife biologist contacts the Florida Fish and Wildlife Commission and obtains permits for the removal and relocation of the tortoise. Once the permit is obtained, the Environmental Division can retrieve the tortoise.

According to the Florida law, tortoises cannot be relocated to a new site or a site that has an established population of tortoises unless they have been tested with negative results for a respiratory disease.

"The gopher tortoise is very susceptible to respiratory disease and it can be

spread to other tortoises very easily," said Bond.

All of the tortoises that were relocated a few years back tested negative and were relocated to Whitehouse.

During Tuesday's search a tortoise was found, retrieved and tested last week for the respiratory disease. Results will be available in about a week. If the results are found to be negative, the tortoise

will be relocated to Whitehouse.

The NAS Jax Environmental Division currently works hard to insure that the gopher tortoise population is healthy and well-maintained.

For more information about the gopher tortoise or other environmental programs aboard NAS Jax, contact Jared Bond at 542-2717 Ext. 113.



Photo by Jared Bond

Local area veterinarians administer a respiratory test to the tortoise found April 15.



Earth Day 2003



Cub Scout Leader John Nolen with Pack 5 collects some free giveaways at the Commander, Navy Region Southeast's booth.



Navy Environmental Leadership Program Manager Diane Lancaster helps 2-year-old Dane LaRocque blow some environmentally safe bubbles during the Earth Day Celebration.



Navy Environmental Leadership Program Manager Joseph Campisano talks with Serena Thane about the environment and what she can do to help protect it during the annual Earth Day Celebration last Saturday at The Jacksonville Landing.

By Kaylee LaRocque
Staff Writer

Each year in April, numerous events are held to celebrate Earth Day in an effort educate and bring awareness to our habitat. It's a chance to teach young and old alike the environmental responsibilities of taking care of our planet and its natural resources.

On Saturday, thousands of people explored The Jacksonville Landing visiting numerous booths and exhibits set up to celebrate the 33rd anniversary of Earth Day. While the children anxiously collected free goodies and participated in arts and crafts, adults stopped to chat with educators and gathered information.

The entertainment stage stayed busy throughout the day with dance performances, several local bands and an awards ceremony. Children's activities included craft projects with recycled and reused materials and a special children's stage featuring guests from Critter Encounters and the Jacksonville Zoo.

Several commands and departments from NAS Jacksonville and NS Mayport participated in the event. Representatives from Commander, Navy Region Southeast (CNRSE), NAS Jax's Environmental Division and the Navy Environmental Leadership Program (NELP) at Mayport spent the day handing out brochures, posters and an assortment of other giveaways as they explained some of the programs the Navy has created to help the environment.

"We are here today to share all the good things we do at NAS Jax from an environmental stance because we are part of this community. We've been participating in this event for many, many years now because we want people to know about the Navy's environmental stewardship," said Kevin Gartland, Environmental director.

As Navy environmental representatives passed out posters, plastic bird whistles, koozies, rubber balls, wooden airplanes, pens and many other items, they stressed the importance the Navy puts on environmental issues.

"We're here to show the citizens who support the Navy, the great job we are doing in protecting the natural environ-

ment and to educate them on what we do," added Bob Nelson, Environmental public affairs officer, CNRSE.

NELP representatives handed out coloring books and environmentally-safe bubbles. Visitors to the booth also had the opportunity to learn more about NELP initiatives and new technologies being introduced at NS Mayport.

The first Earth Day celebration began in 1970 as part of a nationwide grassroots demonstration. The following year, United Nations Gen. U. Thant rang the United Nation's Peace Bell on March 21, 1971. This started the annual celebration of Earth Day at the United Nations. Each year, this bell is rung at the moment spring begins, signifying the world's commitment to protecting and caring for our planet.

The United States recognizes Earth Day on April 22, however many of the events celebrating this day are held throughout the week. At NAS Jax, events began April 15 as members of the Environmental Division spent much of the day relocating a gopher tortoise from the Whitehouse Outlying Field. The tortoise is currently residing at the Black Point Nature Center and will be released back into the wild.

Another event held last Thursday brought out numerous volunteers to participate in a base shoreline clean up. Nearly 6,000-pounds of trash was removed from the five miles of shoreline area bordering the base. "One hundred and six people showed up Thursday morning and worked to mid-afternoon cleaning up the NAS Jax shoreline," said Kori Morrow NAS Jax Environmental Division assistant resource manager. "Even though we collected a lot of trash and debris, the job is still not finished. Everyone needs to do their part to keep our shorelines clean each and everyday."

The NAS Jax Environmental Division would like to thank the NAS Jax executive officer, Air Operations, Security, the Boat House, First Lieutenant Division, Mulberry Cove Marina and MWR for participating in this event.

Over the years, Earth Day events have become much more professionally-organized. It's a special time to reflect on our surroundings and what each and every one of us can do to protect our environment for the generations to come.



Bob Nelson, Environmental public affairs officer for Commander, Navy Region Southeast explains some the Navy's ongoing environmental issues to Angela and Zachary Vigil during the Earth Day Celebration.

Earth Day 2003



Photos by
Kaylee LaRocque

NAS Environmental Division Assistant Natural Resource Manager Kori Morrow talks with 12-year-old Katie Carter and her grandfather, Frank Durden about some of the projects NAS Jacksonville is working on to protect the environment.



(From left) Mia, Harley and Mary Eliss check out some free items at the Commander, Navy Region Southeast's booth promoting Navy environmental issues.

Don Palmer and Stefanie Barrett, representatives from the U.S. Fish and Wildlife Service, talk about some of the endangered wildlife in the area and illegal items to visitors at The Jacksonville Landing.



AFCM Robert Santiago and Henry Anner of the NAS Jax Environmental Division salvage petroleum booms during the base shoreline clean up last Thursday.

Photo by JO2(SCW) Eric Clay



NAS Jacksonville Environmental Division's AM1 Billie Brownfield walks along the base shoreline collecting trash and debris that washed up from the St. Johns River.

Photo by JO2(SCW) Eric Clay



Six-year-old Rebecca Crosby creates some sea life art at one of the booths set up for the annual Earth Day Celebration.

Local builders offer assistance to families of deployed military

From the Northeast Florida Builders Association

Although the war is winding down, our troops will still be overseas for some time and need to know their dependents back home requiring housing repair and maintenance assistance have a place to turn.

Builders Care, a non-profit program of the Northeast Florida Builders Association (NEFBA), wants to help families of activated National Guard and Reserve units get help. Builders Care has launched a military assistance program for families of those members currently activated and

nefba

Northeast Florida Builders Association

deployed overseas for Operation Iraqi Freedom

"Some people don't know where to call when they have a housing-related problem," said Ken Kuester, Builders Care chairman. "That's what we want to offer."

Selections will be made on a case-by-case basis according to need, explained Kuester.

"The support given to the deployed

Guardsmen and Reservists has been overwhelming," Chief Warrant Officer Bobbi Hall, statewide family readiness coordinator for the Florida National Guard, said. "Programs, like the one by the Northeast Florida Builders Association, are good examples of that support."

"Our industry stands behind our troops 100 percent," said Kuester. "They are fighting for our country overseas and they shouldn't worry about needing assistance at home. This program is one way we can show our support and appreciation."

For more information, call Builders Care Volunteer Shirley Lother at 727-6030.



Photo by Kaylee LaRocque

Heather and a family friend talk to her husband, David, an aviation maintenance administration with HS-3 onboard USS Theodore Roosevelt (CVN 71) through video teleconferencing.

VTC: Teleconferencing helps families reach out and touch

From Page 1

"We were also asked to include some families of Sailors attached to the ship who lived in the local area, so we've included them in our sessions."

Video teleconferencing is a fairly simple process, but does take some planning and coordination. "It's pretty easy to hook up with the ship. We just have to coordinate everything through their IT people. It's basically just a lot of communication through emails. On the designated time and day, the ship dials in to our computer and we establish a hook-up. I'm here to ensure everything goes smoothly and things aren't said that shouldn't be," said Jenny Smith, VTC coordinator for CNRSE.

As the families arrived, they were seated in front of a camera and a large screen. On the screen is a jumbo size image of their loved one and a smaller one

of the family. Although there is a slight voice delay, it's the closest thing to actually talking to someone face to face.

"This is really exciting, especially for the kids. I wanted them to be able to see their daddy because he's been gone so long. They're thrilled because they'll be talking to him on TV. We have two daughters and a six-month-old baby boy. He hasn't seen him since he was two-months-old," stated Heather, who's husband Troy is attached to HS-3.

Although this was an extremely exciting and happy event, there were also lots of tears. "This is the first time we've seen him since he deployed with the ship. It was really great seeing him. My daughter was delighted to see her daddy. But, it was so very hard to say goodbye," said A'Sheka, tearfully, after talking to her husband, Brandon of HS-3.

FFSC educational and support programs

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

All FFSC workshops and classes are free 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 in April and May:

April 28 - May 2, 8 a.m. - 4 p.m. - Command Financial Specialist Training

April 29, 8 a.m. - 4 p.m. - Stress Management Workshop

April 29, 9-11 a.m. - Written Marketing Tools (spouses)

April 30, 9:30 a.m. - noon - Time Management

May 1, 1-4 p.m. - Assertive Communication Training Part 1

May 5-8, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (separation)

May 6, 9-11 a.m. - What About The Kids?

May 6, 10 a.m. - noon - Home Buying

May 7, 11 a.m. - 1:30 p.m. - Budget for Baby Workshop

May 8, 8 a.m. - noon - Divorce Adjustment Workshop

May 8, 10 a.m. - noon - Money Management

May 8, 1-5 p.m. - Assertive Communication Training Part II

May 13, 8 a.m. - 4 p.m. - Couples Communication Workshop

May 13, 9-11 a.m. - Career Exploration for Spouses

May 14, 10 a.m. - noon - Credit Management

May 19-22, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (retirement)

May 20, 8 a.m. - 4 p.m. - Stress Management Workshop

May 21, 9-11 a.m. - Federal Employment for Spouses

May 22, 8-11 a.m. - Anger Control Workshop

May 29, 9 a.m. - noon - Florida Family Law Information Seminar

May 29, 1-3 p.m. - Volunteer Service Council

More service members eligible for tax relief, danger pay

By Sgt. 1st Class Doug Sample, USA
American Forces Press Service

Tax relief and special pay for service members involved in Operation Iraqi Freedom have expanded.

An April 11 Department of Defense memo certified that Iraqi Freedom personnel stationed in Turkey and Israel and deployed to Mediterranean waters east of 30 degrees east longitude are now eligible for combat zone tax relief.

Also, service members deployed in the same Mediterranean water area now qualify for imminent danger pay.

Effective date for the added combat zone tax relief in Turkey and Israel is retroactive to Jan. 1, 2003.

Water-deployed eastern Mediterranean personnel started their tax relief status on April 11, the same date they became eligible for imminent danger pay.

These rules determine entitlement to imminent danger pay:

- Service members who serve on official duty in one of the designated areas for any part of a month are entitled to imminent danger pay for the entire month.

- Personnel on duty flying over airspace specifically included in a danger pay area are eligible even if they don't land there. On the other hand, if the airspace isn't designated for the pay, service members aren't eligible for it unless they land in the area.

- Service members who perform duty on a vessel in operations in an area designated for that pay are eligible.

An added bonus: The emergency supplemental bill that President Bush signed on April 16 raised imminent danger pay to \$225 per month, a \$75 increase retroactive to Oct. 1, 2002.

For tax relief, enlisted members and warrant officers serving in a combat zone for any part of a month exclude all gross income received for military

service that month. Amounts excluded from gross income are not subject to federal income tax.

For commissioned officers, the monthly exclusion is capped at the highest enlisted pay, plus any hostile fire or imminent danger pay received. That means that through September 2002, the most an officer could earn tax free each month was \$5,532.90 (\$5,382.90, the highest monthly enlisted pay, plus \$150 hostile fire or imminent danger pay).

Then with the start of the increased imminent danger pay Oct. 1, the combat zone tax relief limit was raised to \$5607.90 per month for the rest of calendar year 2002. For January through September, which covers the rest of fiscal 2003 supplemental, this limit goes to \$5957.70. A previous executive order has covered combat zone designations for countries such as Iraq, Kuwait, Saudi Arabia, Oman, Bahrain, Qatar and the United Arab Emirates.

VS-30: New recruit squadron

From Page 1

chief trained recruits in the early 1980s and always gets a smile and a little glint in his eye every time the subject of recruit training comes up. "It was one of the most memorable events in my life," said MRCM Mitchell Lounsbury. "This was the hardest and most enjoyable position I have held in my 24 years of service. Without a doubt this is the foundation of leadership. These young Sailors will emulate your every actions. You are the one providing their first taste of the Navy. I get excited when I get the chance to interact with the future of the Navy. Perhaps one day some of these Sailors from the Diamondcutter Division will be assigned to this squadron."

VS-30 will be mentoring the Diamondcutter Division through their entire process of becoming a Sailor in the United States Navy. Ginter would ultimately like to see at least one of these recruits be assigned to VS-30. The idea that a Sailor could start life

in the Navy as part of a fleet squadron sponsored unit and end up actually assigned to that squadron staggers the imagination.

VS-30 is sending many of their Sailors to RTC at various stages of the Diamondcutter Division's training to interact with the recruits and provide them with a realistic outlook. The VS-30 officer's, chief's mess and first class petty officer's messes donated the T-shirts the recruits will exercise in. Other squadron members will also travel to Great Lakes to participate in the recruit's physical readiness test and to observe "battle stations," a 24-hour exercise at the end of recruit training.

"We are committed to the development of the future of the Navy," said Ginter. "Our legacy as a squadron was built as the training command for new aviators in the Navy. Since we recently celebrated our 50th anniversary as a squadron, I find it fitting and proper that our heritage should continue."



Battle of Midway 5K race set

From Staff

Fresh air, exercise and the opportunity to meet a real-life World War II hero are on tap for participants of the Battle of Midway 5K race to be held at 11:30 a.m. at NAS Jacksonville on June 4.

Starting the race and assisting in the presentation of awards will be James H. Cunningham, Jr., a Battle of Midway veteran and retired Navy chief. Recipient of the Purple Heart and five Battle Stars, he was serving aboard the USS Hammann when it was sunk at Midway. Cunningham, was one of only 85 out of a crew of 250 to

survive. He will be available before and after the race to share his experiences.

The race will begin south of the BOQ on Patrol Road, following a course down that road and back.

Registration forms are available at the Base Gym (Building 614) located on NAS Jacksonville. The first 100 to register will receive a free Battle of Midway 5K Run commemorative T-shirt.

The race is open to all military and civilian personnel; there is no entry fee. Participants from the outside community may compete only if they have a valid ID card and Department of Defense vehicle decal, or are escorted at all times

by a sponsor with a valid ID card and Department of Defense vehicle decal.

Late registration will take place up until race time. The race starts at 11:30 a.m. with an awards ceremony following. Awards will be presented to top three male and female finishers.

A Battle of Midway race team trophy will be awarded to the winning team. Five-person teams are required for competition; the best four scores count.

The winning team will keep the trophy for a year. It will go up for challenge at next year's race.

For more information, call Barbara Millhollan at 542-3518.

Navy College Learning Center classes

From NCLC

The Navy College Learning Center (NCLC) offers free ASVAB/ACT/SAT prep classes to help increase test scores. The following are the upcoming 2003 spring classes at the NCLC:

April 28 - May 8

May 12 - 22

May 27 - June 5

Classes run from 9 a.m. to 4 p.m. for two weeks

with a half hour lunch.

These classes are offered to help increase scores in math, English and reading.

They also improve career growth through improved test-taking skills.

Completion of the course meets the requirements for retaking the ASVAB.

Seating is limited and reserved on a "first-come" basis. To sign up, call 542-3676 or email Aslcta@inet-mail.att.net.

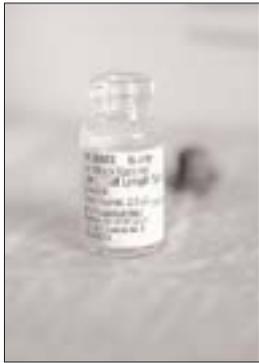
Pentagon revises smallpox vaccination policy

From the American Forces Press Service

The Department of Defense is taking a watchful approach to its smallpox vaccination program after the Centers for Disease Control and Prevention (CDC) in Atlanta reported investigating whether a sequence of cardiac deaths was associated with the vaccine.

The government has suggested that anyone with certain heart-related risk factors not take the vaccine. It continues to examine several suspected cases, including that of a 55-year-old National Guardsman who died of a heart attack five days after receiving the smallpox vaccine.

Following the CDC's recommendation, Col. John Grabenstein, deputy director for military vaccines for the Army's surgeon general, said the Defense Department is revising its policy



U.S. Navy photo
A vial of the smallpox vaccine.

for some 500,000 military personnel whom it plans to vaccinate against smallpox.

The military has medically

screened vaccine recipients since the program's beginning, Grabenstein said. He noted DoD would now take an even closer look at risk factors such as tobacco use, high blood pressure, high cholesterol, diabetes and family history of heart disease before giving the vaccine.

"People with three or more of those conditions would be exempted," he said. Grabenstein cautioned anyone, vaccinated or not, to seek healthcare if they experience chest pain or shortness of breath with exertion.

Military personnel currently receiving the smallpox vaccine are those deployed or deploying to the Central Command area of operation; those who would go into a smallpox outbreak area to help control the disease; and healthcare workers at DoD hospitals and clinics who would treat smallpox patients.

Grabenstein said there is no

plan to vaccinate everyone in the military at this time. "It's a pretty focused and targeted program," he noted.

Even with the public concern over the safety of vaccine, he said the recent deaths seem to be in proportion with usual rates of death.

"The evidence that we have so far shows that these are not linked in a cause and effect way," Grabenstein explained. "The deaths seem to be just the natural level of heart attacks that occur among unvaccinated people. But the investigation is not finished, and to be on the safe side, this extra precaution is being taken."

More than 350,000 service members have been vaccinated, with "the expected number of post-vaccination symptoms and few serious reactions," he said.

"Lots of people had itching at the vaccination site and swollen

lymph nodes under the arms, which are fairly common," Grabenstein said. "In terms of serious reactions we've had few, in fact fewer than we would have expected looking at the historical figures. We're pleased with the success of the program."

On Dec. 13, 2002, President Bush announced a nationwide smallpox vaccination plan out of concern that bioterrorists could use the germ that causes the smallpox disease as an agent to attack the United States. Although smallpox was eradicated in 1980, the germ was kept in two laboratories in the United States and the former Soviet Union for study. Whether the germ is in other locations is unknown.

For related news, visit the Navy Medicine Navy NewsStand page at www.news.navy.mil/local/med-news.

Workshop planned for Navy spouses

VP-30 and the Center for Career Development invites all enlisted personnel spouses to attend the Navy Career Information Workshop April 24 at 6:30 p.m. at the River Cove Conference Center.

Get information first-hand from the Navy Personnel Command regarding:

- Navy pay, benefits, civilian job com-

parisons.

Talk directly to Navy enlisted detailers regarding:

- Detailing processes, career opportunities.

MWR will provide childcare. Seating is limited. Contact your spouse's command or NCC Moody at VP-30 for more information at 542-3769.

Using a power of attorney

There are many occasions during the course of a military career that a power of attorney might be necessary. Do your homework before granting one to somebody.

Typically, servicemembers will need a power of attorney when deploying or going overseas and leaving their loved ones behind to handle the affairs of the household.

There are two basic types of power of attorney, special and general. A general power of attorney gives the person who holds it the same power to conduct business in your name.

Servicemembers can grant a special power of attorney, which spells out

the specific ways it can be used. The more specific a power of attorney is the better type. This prevents people from using it for purposes other than those the servicemember intended.

Don't give a general power of attorney to someone you don't trust wholeheartedly. Base legal assistance attorneys can help servicemembers determine which type of power of attorney will best meet their needs.

Servicemembers commonly need to issue powers of attorney when they change assignments. Spouses often need legal authorization to conduct necessary business. Servicemembers may

also need to provide a power of attorney to the person caring for their dependent children during a deployment or exercise.

Caregivers may need a power of attorney to enroll children in school or other activities.

Caregivers would particularly need a power of attorney to authorize medical treatment if a child needs it.

Medical powers of attorney are used if a person becomes incapacitated and someone else needs to make medical decisions.

Military servicemembers and their families can have powers of attorney drawn up and notarized at most base legal assistance offices.

STA-21: Key to the Wardroom

By PH3 Lindsay Minturn

Are you a Sailor who thinks you have what it takes to become a commissioned officer in the U.S. Navy? If so, check out the Seaman to Admiral (STA-21) program.

STA-21 was established in 2001 to streamline the application process for enlisted Sailors interested in pursuing a commission. It combines eight of 14 existing commissioning programs and expands benefits for Sailors, allowing them to remain on active duty and receive full pay and other benefits while enrolled in the program.

"I believe the STA-21 commissioning program can be a stepping stone for enlisted personnel to strive for, because it can take you to the next level of outstanding leadership and a better monetary situation for families," said PN1(SW) Andre Johnson. "After graduating from a STA-21 commissioning program from a respected university, the candidate will be commissioned an ensign in the U.S. Naval Reserve."

"The STA-21 commissioning program is looking for highly motivated personnel who want to boost academic and leadership skills," added Johnson, originally from Stuart, Fla.

FC2(SW/AW) David Chun was selected this year for a commission through STA-21.

"I am very excited about commissioned service. When I first came to my first command, I doubted my decision to enter the Navy. But as I was gradually given more responsibilities, the Navy grew more and more interesting," he said.



"The Navy is an organization that does a lot of good in the world. After coming back from Operation Enduring Freedom, there was no doubt in my mind I wanted a more tangible role in this

organization. I am very excited," said the Honolulu, Hawaii, native. "Hopefully, I will be promoted with the next exam cycle. STA-21 selectees are still eligible for [enlisted] advancement until they receive a commission."

PH3 Adam Gomez wants to apply for the program this year. "It will be a good opportunity to get my bachelor's degree. And it offers a lot of good options to become a pilot or get into special warfare and to see more interesting duty stations throughout the world," Gomez said.

Applications for the 2004 STA-21 selection board will be accepted now until July 1. For more information on the program, visit www.sta-21.navy.mil. You can also call DSN 922-9422 or 9447 or toll-free at 1-800-452-4967 and select No. 4 to reach the STA-21 offices.

Contact your local educational services office, or ESO, for more information including specific dates when the application and package process will take place.

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Seventeen-month-old Marinda Stites checks out some goodies in her Easter egg basket.



(From left) Sarah Tyree Francis, Carley Tobler and Nick Tobler pose with the Easter Bunny at the annual MWR sponsored Easter Egg Hunt last Friday night.



Eighteen-month-old Ian Duncan happily picks up Easter eggs during the NAS Jax Easter Egg Hunt last Friday night.

Photos by Kaylee LaRocque



Two-year-old Dane LaRocque and his grandmother, Heidi Eger gather some eggs during the annual Easter Egg Hunt.

Liberty Cove takes on rapids



Photo courtesy of NAS Jax MWR

Six Sailors participated in a recent Liberty Program excursion, rafting the Chattooga River in Long Creek, S.C. The weekend was spent camping at the Oconee State Park and rafting the Class Three rapids including the nationally famous, Bull Sluice rapid. (From Top, left to right) An unidentified rafting guide, Nic Kellet, Liberty Assistant Manager Hoku Bradley, an unidentified guide, and Harold Cox battle the rapids.



MWR NOTES

Aquatics Department taking reservations

The Aquatics Department staff members are now taking reservations for private parties at the outdoor pool.

The Aquatics staff is eager to help you get you fit. Join them for an aqua aerobics class, Monday - Thursday from 11 a.m. to noon, on Monday, Wednesday, and Friday from 4:30-5:30 p.m., and again from 5:30-6 p.m. There is still time to enroll in May swimming classes. Registration is open for all levels. Please contact the Aquatics Department at 542-2930.

The outdoor pool will open for the summer season weekends only beginning May 3 from 11 a.m. - 6 p.m. There will be a Memorial Day Season Kickoff Party May 26 at 11 a.m.

The Heritage Cottages

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

Veterinary Treatment Facility

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

The NAS Jax Veterinary Treatment Facility is located in Building 8 at the corner of Ranger Street and Enterprise Avenue. The clinic is open Monday through Friday from 8 a.m. - 4 p.m. It is closed on legal holidays. Pets are seen by appointment only. Appointments may be made in person or by calling 542-3786.

The clinic is limited to services permitted by regulations. These include vaccinations, heartworm testing, fecal testing and minor treatment of the eyes, ears, and skin on an outpatient basis. Heartworm and flea prevention products are available for purchase at the clinic during regular business hours.

Mulberry Cove Marina news

Learn the rules of the waterways and enjoy a

safe boating experience. Take the Florida Safe Boating Course. "How to Boat Smart." The class is free and open to all hands.

Visit to the Mulberry Cove Marina and get your free spring stock-up coupon book. The books are stocked with more than \$175 in savings on the biggest brand names in fishing. The coupons offer great savings and will not be around long. This offer expires April 30. The marina offers free kayak and canoe rentals for active duty Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have some fun too. For more information, call 542-3260.

Auto Skills Center

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

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

NAS Freedom Lanes offers great deals

The NAS Freedom Lanes is a state-of-the-art bowling facility, with 24 lanes, a game room with pool tables and arcade gaming machines. The Gutterball Grill snack bar provides delicious food and beverage service. The facility has a fully supplied Pro Shop staffed by members of the Professional Bowling Association.

The center is open seven days a week. The center offers Cosmic Xtreme bowling on Saturday afternoon from 4-6 p.m. and again from 8 p.m.-midnights. The NAS Freedom Lane is open to all active duty, authorized civilians, retirees and their family members.

Active-duty free bowling: Wednesdays from open to close.

Rent a lane special Tuesdays starting at 5 p.m. The cost is \$12 per lane per hour or \$32 per lane for three-hour rental. Shoe rental is \$1.65 per pair.

Extreme Bowling - Saturday nights. The cost is \$15 per person. Check in begins at 7 p.m. and bowling starts at 8 p.m.

Call the center for event schedules at 542-3493.

April is Month of the Military Child

Help celebrate our youths during this year's Month Of the Military Child celebration. The staff of the NAS Jax Youth Activities Center is putting together an exciting event with carnival rides, pool games, prizes and just plain old fun Saturday from noon to 4 p.m. at the outdoor pool. This event is free for all.

Youth classes

Dance classes and Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities. If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water)

Free movies offered

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

Tomorrow, 7 p.m. - Die Another Day (PG-13)

Saturday, 5 p.m. - Maid in Manhattan (PG-13)

Saturday, 7 p.m. - Star Trek - Nemesis (PG-13)

Escape the ordinary on an I.T.T. trip

Have some fun with I.T.T. - take a trip or treat yourself to a show! Stop by our office located adjacent to the NEX, and sign up for a great trip.

Our trips are open to all hands, so bring a friend! For more information call the office at 542-3318.

Here are some of the upcoming events I.T.T. has tickets for:

Suns Baseball tickets - general admission is \$4.

Disney Florida resident 4-day play pass - \$107.45. Good until Sept. 30.

The following are upcoming trips:

Saturday - Okefenokee by Moonlight. Enjoy a special evening tour that includes a two and a half hour guided boat tour and a Low Country Shrimp Boil dinner for \$51.75. The deadline to sign up is April 22.

May 3 - Shrimp Festival at Amelia Island. Then we'll head to a candlelight viewing of Fort Clinch. The cost is \$13.75.

May 8-11 - Experience Atlanta. This trip includes transportation, three nights for the hotel and entrance to all the best attractions. The cost is \$225 per person, based on double occupancy. You must sign up before April 18.

May 18 - Kennedy Space Center. Ticket and transportation for adults is \$38.50 and children (3-11) are \$29.50.

May 24 - Florida Folk Festival. Enjoy entertainment on six different stages featuring Florida's finest music, dance and storytelling. Sign up before May 9 and pay \$28.50 for adults and \$16.50 for children under 15.

Liberty happenings

May 7 - Barracks Adventure Bash 2003. Join the Liberty staff as we sponsor this year's Barracks Bash with some wild and zany "Fear Factor" challenges. This event will be held from 3:30-8 .pm. in the courtyard of the Bachelor Quarters Building 822. For more details call 542-3491.

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

The Navy Wives Clubs of America, NWCA Jax No. 86

meets the first Wednesday of each month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information, call the Thrift Shop at 772-0242 or Pearl Aran at 777-8032.

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

call 387-4332 or 272-9489.

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

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

MOMS Club is a support group for moms wanting a variety of activities for you and your children. The chapter offers monthly meetings, newsletters, activity calendars, playgroups, field trips and service projects. For meeting location or more information, contact Debbie at 751-0671 (debbiejkg@yahoo.com) or Kathi at 751-3400 (katdj28@aol.com).

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 associ-

ate 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 frjjax@attbi.com or 241-6222.

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

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 Loretto 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. For more information call 542-3051.

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

The National Naval Officers Association (NNOA) holds its monthly meeting on the third Thursday each month at 5:30 p.m. at the Jacksonville Urban League, 903 West Union Street. NNOA is a non-secre-

tariat, not-for-profit organization sanctioned by the Secretaries of Defense and Transportation to assist sea services in recruiting and training minority officers, increasing awareness of sea services opportunities in minority communities, and projecting a positive Navy, Marine Corps, and Coast Guard image. Interested personnel are encouraged to attend or contact Lt. Herlena Washington at 696-5005 or email WashingtonHO@matcobic.usmc.mil.

The U.S. Coast Guard Auxiliary (Flotilla 14-8) is sponsoring three one-day Boating Safely programs on April 26 and July 26 from 7:30 a.m. to 5 p.m. at Mandarin High School. The cost is \$20 per person. For more information, call Bob Strong at 721-1346.

The National Naval Officer's Association is holding their annual Dr. Samuel P. Massie Scholarship luncheon May 3 from 11:30 a.m. to 2 p.m. at the Ramada Inn in Mandarin. The guest speaker will be Rear Adm. D. Curtis, commander, Naval Surface Group Two. For tickets, contact Lt. LT Sean Judge at 542-7841.

JAX TALES BY MIKE JONES

RICKYSTOUR@YAHOO.COM



JAX SPORTS NEWS

Sports officials and scorekeepers needed

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

Men and Women's

Tennis Tourney slated

This tournament will be held April 28 at 5 p.m. It is free and open to all NAS Jax active duty, retired, dependents over 18, and DoD men and women. The matches will be played at the Birmingham Tennis Courts. Call the NAS Jax Gymnasium to sign up by April 25.

Navy Southeast Regional Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will show-

case elite active duty men and women in regional races. Uniforms are provided as well as transportation, entry fees, and lodging costs. Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top 10 regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Southeast Regional qualifying times:

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

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

For more information about any of the sports articles, call Bill Bonser, sports coordinator or Mike Gorman, athletic director at 542-2930/3239 or e-mail us at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil. Visit the MWR website at www.nasjax.navy.mil

How to prevent sports injuries

By Diana Settles
Navy Environmental Health Center

The following are some tips on how to prevent being injured while bicycling:

Personal Fitness:

Prior to cycling, participate in a gradual conditioning program with emphasis on stretching and strengthening exercises. A continued maintenance program throughout the season is beneficial.

Remember to warm-up and stretch at least 5 - 10 minutes before cycling.

Contact a local MWR Trainer for additional information on cycling conditioning. Many MWR Facilities provide safety/injury prevention information regarding preparation, conditioning, and training proper cycling techniques.

Equipment:

The biggest preventable risk factor for bicycle head injury is failure to wear a bicycle helmet. Studies show that helmets were found to be 85 percent protective against head injury and 88 percent protective against brain injury.

Proper fit of the bicycle is essential to maximize rider performance and to prevent overuse injuries. At the knee joint, allow approximately a 15-degree angle on full extension. When cycling, the knee should not be placed in full extension or hyperextension.

Bicycle safety equipment such as lights and reflectors, should be required on all bicycles used for training, recreation, and transportation.

An "emergency" safety bag is recommended to carry a cell phone or money for a pay phone, insurance card, personal ID card, an emergency contact card, animal protection devices (such as pepper-spray).

Other beneficial cycling equipment includes wear of brightly colored clothing / safety vest, padded gloves on handlebars, and well-fitted and padded bicycle pants.

Training/Technique:

Be aware of primary risk factors for bicycle injury, and practice safe training techniques to assist in preventing injury occurrence: excessive speed, motor

vehicle traffic, fatigue, poor road conditions.

Heavily loaded bicycles may decrease the ability of the cyclist to respond quickly to the avoidance of potholes, broken pavement, rider fatigue, and excessive speed on downhill portions.

Increased risk taking behavior (such as high speeds on downhills) may contribute to injury.

Be cautious at road intersections; know and use bicycle signage for turns.

Use all senses, especially hearing and seeing, etc. Avoid the use of head radios, and ensure vision is not impaired.

Environment:

Population based injury rates are the highest during periods when the largest numbers of cyclists are riding; months with good weather, daylight hours, and weekends. Fatal collisions occur most commonly in urban areas.

Roads with speed limits of 55 mph or greater produce a higher injury/fatality rate. Weather related injuries can be prevented by the use of appropriate clothing for cold, wet, or hot weather.

Racing officials and cyclists should be aware of environmental factors (physical terrain and traffic controls) when selecting cycling courses. Cycle during daylight hours.

Proper hydration and nutrition during activity is recommended to prevent fatigue and heat illness.

The following are some tips to avoid injuries while running:

Personal Fitness:

Before running, participate in a gradual conditioning program with emphasis on balancing out the strength of musculature (correct muscle imbalance). A program consisting of muscular fitness, gradual aerobic conditioning and

stretching pre/post running is beneficial.

To reduce risk of stress fractures, a slow and progressive training program that gradually increases strength and endurance of the back and lower extremities is recommended.

Remember to warm-up and stretch at least 5 - 10 minutes before running.

Equipment:

Proper fitting running shoes are important; replace shoes every six months. Orthotics may be beneficial for runners with excessive pronation.

Training/Technique:

Correct training errors. Training should be gradually increased. For beginning runners, alternate day running is recommended. The runner should be able to talk without being short of breath.

Monitor both the intensity and the duration of work-outs. Excessive distances, hill running, and speed work may cause common overuse injuries such as iliotibial band friction syndrome and shin splints.

A general guideline is to increase running mileage by 10 percent per week. Monitor the number of days of high intensity workouts and the increase in the training programs. Alternate high effort days with low intensity days of running.

Note: The body responds to excessive stress placed upon it. Even if an experienced runner attempts to increase mileage in a short time, injury may result.

Discontinue training hard if tired. Prevent running through pain. If it takes more than 48 hours to recover, the workouts may be too long or intense.

If racing, don't try to make up for lost miles.

Don't increase mileage more than 10 percent a year

SPORTS STANDINGS

Greybeard Softball Standings as of April 18

Team	Wins	Losses
CPRW-11	4	1
AIMD	4	1
NAMTra	3	2
VP-30	1	4
VP-45	0	4

Intramural Soccer Standings as of April 18

Team	Wins	Losses	Ties	Points
VP-30	3	0	1	7
NavHosp	3	0	1	7
VS-31	2	2	0	4
VP-45	2	2	0	4
ASTC/CNRSE	1	3	0	2

Intramural Softball Final Standings

Team	Wins	Losses
Air Ops	5	0
VS-31	3	0
AIMD Bombers	3	0
NAMTra	3	1
VP-30 Red	3	1
AIMD 900	3	1
HS-75	3	2
VP-45	3	2
VP-30	3	2
VR-58	2	2
VS-30 Black	2	3
VP-16 Red	2	3
HS-5	1	2
VP-62	1	3
VP-16 White	1	3
HS-15	0	3
HITRON 10	0	4
SERCC	0	5

Women's Softball Standings as of April 18

Team	Wins	Losses
VP-45	4	0
VP-16	3	0
Lady Cougars	2	2
NavHosp	1	3
MWR	0	5

Cycling classes offered at base gym

Spin the wheels at the base gym in one of the Reebok Cycling classes being offered. The classes are suitable for all fitness levels. The following classes are being offered:

Tues. & Thurs.

5:30 a.m. - 6 a.m.

11:15 a.m. - noon

Wed.

4:15 p.m.

For more information, call Barbara Millhollan at 542-3518.

