



Jax Air News

TOUCHING BASE

Civilian Captain's Call held today

NAS Jax all-hands civilian Captain's Call will be held today at 10 a.m. at the base theatre for all civilian employees and military members who supervise civilian employees assigned to NAS Jax UICs. For more information, contact Fred Byers at 542-3342.

Attention hunters

The Florida Fish and Wildlife Commission is offering a hunter education course Saturday from 1-7 p.m. at Hangar 1000 at NAS Jax. The course is free and includes the required orientation from the NAS Jax game warden to hunt on federal lands. Pre-registration is required by calling (352) 625-2804.

Worksheets available to sign

All candidates taking the advancement exams in September must go to PSD to sign their worksheets now through Aug. 15. For more information, call PSD at 542-4233.

Medical Service Corps anniversary celebration

Tickets are on sale now for the annual Medical Service Corps (MSC) Anniversary Celebration to be held on Aug. 2 at the NAS Jacksonville Officer's Club. All current and former MSC officers and guests are invited to attend.

The guest speaker will be Capt. Richard Fletcher, most recently of NAVPERS.

Cost of tickets are \$30 for O1, O3 - \$30 and \$35 for O4 and above. Tickets may be purchased from Lt. j.g Spears - 542-9212.

The uniform will be dinner dress white jacket for O4 and above and dinner dress white or dinner dress white jacket for O3 and below. Civilian is black tie or formal business attire.

Cocktails begin at 6 p.m. with dinner at 7 p.m. The menu will include a choice of roast prime rib or Chicken Marsala.

Music and dancing will follow.

Beck takes over NADep Jax

NAVAIR Depot Jacksonville welcomes new commanding officer

By Patricia Davis
NAVAIR Depot Jacksonville, Public Affairs Office

Capt. David Beck became NAVAIR Depot Jacksonville's 34th commanding officer during a ceremony held July 18 in Hangar 117.

After recognizing his family and distinguished guests, Beck spoke about milestones attained during the depot's history and that change is again imminent for the depot.

Beck said, "I am confident every time workload or current events changed there was a certain level of discomfort and uncertainty about the future. People likely said, 'Everything is fine now, why change?' But change is inevitable."

"Improvement through change is here again," he said. "Everything we do revolves around supporting the fleet by getting aircraft, jet engines and components ready for training and operations. To be a successful depot, we will continue to find more creative methods, ranging from taking better care of our facilities general condition to our airspeed initiatives in process improvement, which will ensure successful production to the fleet's needs and anticipated schedule," Beck said.

Beck also said, "We will take better care of the people — those who make this organization go and those who use the aircraft, engines and components we produce. With that mind set we will always be prepared to



Photo is by Victor Pitts

Capt. David Beck, the depot's new commanding officer reads his orders during the ceremony.

respond quickly to the fleet's needs."

Beck was born and raised in Aspen, Colo. He joined the Navy in 1978 after earning his Bachelor's Degree in Aviation Management from Metropolitan State College, Denver. He reported to Aviation Officer Candidate School in Pensacola in January 1979, and was commissioned on April 17, 1979.

In June 1988 Beck reported to the Naval Postgraduate School, Monterey Calif., for graduate-level education in Logistics Engineering. He graduated with a Master of Science degree in December 1989.

Beck has served as the depot's executive officer for the past 18 months.

Use extra caution when driving government vehicles

By Kaylee LaRocque
Staff Writer

In fiscal year 2002, 55 government vehicles from NAS Jacksonville were involved in accidents both on and off base, causing \$38,058 in damages. So far this year, there have been 39 mishaps with government vehicles and that number will surely continue to rise.

Before you get behind the wheel of a government vehicle there are a few things you need to know. First of all, you must know how to operate that vehicle especially if it is a five-ton truck with air brakes, a forklift, bus, van or

even an automobile. Next, you need to obtain a government driver's license, which depending on what type of vehicle you plan to operate requires a written and usually a driving test.

"Everyone who operates a government vehicle off base must have a state driver's license. If a person doesn't have a state license and needs to drive a government vehicle for duty purposes, I can issue them a government driver's license for on base only after they pass a driving test," explained LeRoy Price, a license examiner at NAS Jax Public



Photo by JO2(SCW) Eric Clay

LeRoy Price, license examiner for NAS Jax gives a written bus driving test to MS1(SW) Venson Flournoy of the NAS Jax Brig, which will allow him to drive a government vehicle.

See VEHICLES, Page 8



FC3(SW/AW) Sean Walsh of FACSFAC, gets an autographed poster from Roar cheerleaders Theresa Edwards and April Cooper (right). The cheerleaders were visiting NAS Jax last week during the I.T.T. ticket sales promotion for Jacksonville Jaguars home games. Tickets are now on sale at the I.T.T. office for all of the Jaguars home games. Tickets are \$47.90 for lower-level seats. I.T.T. also offers shuttles to all the home games for \$6 per game and \$8 for a single game. For more information, call 542-3318.



Football tickets available

Joyce Capling, a customer service representative at the MWR Information, Tickets and Tours (I.T.T.) office at NAS Jax, sells some Jacksonville Jaguars vs. Miami Dolphins tickets to AK1(AW) Douglas Gabel of AIMD.

Photos by Kaylee LaRocque

Resurfacing project to affect NAS Jax traffic

From the Florida Department of Transportation

A resurfacing project for U.S. 17 (Park Avenue in Clay County and Roosevelt Boulevard in Duval County) is expected to begin sometime between Aug. 1 and Labor Day.

The start date is contingent on a utilities project that must be completed before the resurface work can begin.

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

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

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

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

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

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

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

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

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WEEKEND WEATHER



FRIDAY 7/97
ISOLATED



SATURDAY 7/97
PARTLY CLOUDY



SUNDAY 7/97
PARTLY CLOUDY

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

PSD PASSDOWN

Important changes regarding military pay

From PSD

Thrift Savings Plan

Additional Thrift Savings Plan (TSP) contributions for member's age 50 or older are available to any military service member as of Dec. 31, 2003.

Please go to the TSP Web address of WWW.TSP.GOV. The election period began July 1 and the first deduction will start Aug. 15. 15

Insurance rates reduced

The Department of Veteran's

Affairs (VA) announced a premium rate reduction took effect July 1 for the Service member's Group Life Insurance and Family Service member's Group Life Insurance (FSGLI) programs.

Forms required before retiring

All members retiring or transferring to the Fleet Reserve must file a DD Form 2656 (Data for Payment of Retired Personnel) at PSD 45 days prior to their separation date.

This form is sent to the Defense Finance and Accounting Service

(DFAS) in Cleveland and will establish your retired/retainer pay account based on the data provided.

Decrease in one time federal tax withholding rate

The one time federal tax-withholding rate applies to one time taxable payments such as bonuses, lump sum leave, and severance pay.

All one time taxable payments that were posted to the members account on June 23 and there after will be taxed at 25 percent.

ON THE HOMEFRONT

Is home really where the heart is?

By Sarah Smiley
Special Contributor

"Home is where the heart is," right? I don't know; I've never really fallen for that.

I'm someone who becomes profoundly (and somewhat freakishly) attached to houses. And not just attached to the people or belongings in them. (Well, OK, so I am attached to my favorite Pottery Barn throw rug, but...) I feel deeply connected to the actual floors and walls of my houses.

And I've only had two homes. Growing up I was a military mystery: a Navy Brat whose father managed to spend two-thirds of his career in the Norfolk, Virginia area, so I lived in the same house for twenty-two years and went to the same public school system grades K-12.

When my parents finally sold my childhood home, I went through a little regression. It was kind of scary. I cried to the new owners and told them about the stain on the kitchen wall that was from a water balloon fight between my older brother and me. I closed the garage door, listened to the familiar shutter throughout the house, and told the owners pathetically, "I will never forget that sound."

My best friend had to drag me out of the house and away from the new owners.

Eventually I got over it and moved on. But I still

have a little (OK, a big) place in my heart for that house, despite its new belongings and people inside it.

Right now I'm in the process of selling my second home, the first one my husband and I bought, and the only home my children know so far. A prospective buyer mentioned she might like to rip up the hardwood floors and replace them tile. I had to be restrained. Our hardwood floors are my pride and joy. They were hand-selected by me and for three years they have proudly echoed the tunes coming from the fifty-year-old Baby Grand piano (passed down from my grandmother) sitting in my living room. When the buyer mentioned pulling up the wood floor it was like she was ripping out my heart and tearing apart my home one excruciating piece at a time.

By the advice of our realtor, I decided not to be present for any more showings.

At times I can be the same about my cars. For eight years I owned an old Ford Bronco II, which I began to personify and think of as a child. One time it broke down and left me stranded in the middle of a desolate highway. Despite this, I got teary-eyed when I saw it sitting all alone in the dark outside the auto repair shop.

"Are we just going to leave it there all alone?" I asked my husband.

"For Heaven's sake, Sarah," he said, "It's a car! It doesn't have feelings!"

When we sold my Bronco, I had to turn my head and hide my face as it was driven away. We traded it in for a brand new car, and after we had already turned over the keys, the salesman told us my baby...I mean, my car...was going to be torn apart and sold for scraps.

Not only had I given away my Bronco, I had sent it to its death!

"The Bronco is going on to do bigger things," my husband said. "Just think of all the old cars he will help. Think of him as an automobile organ donor."

That helped a little. Now every time I see an old restored car, I like to think my Bronco's engine is puttering away inside of it.

Come to think of it, I am this way with all inanimate objects I have cared for and loved - trees I've planted, blankets I've knitted, grass I've rescued from cinch bugs.

Is this beginning to sound a little freaky? Perhaps I am stuck in some type of childhood developmental process. Maybe I never progressed from believing my dolls and teddy bears had feelings and might feel left out if I took one of them to bed and not the other.

But now, as I go through the painful process of saying goodbye to another home, I'm beginning to believe that home is not "where the heart is". Rather, home is all the places and things you pour your heart into.

It is common knowledge that the people in our lives change us forever in ways

we will never know. I believe some material things in our lives do the same.

My childhood home and all the memories from it are a big part of who I am today. My Bronco II was symbolic of my youth and being carefree, and I will never forget it. The home I am selling now is the place that marked the beginning of our family.

The homes and cars I have loved will always be a part of me because of the things they represent. And I like to believe I will always be a part of them as well.

The tree I planted in the backyard of my childhood home will (hopefully) continue to stand there from new owner to new owner, for years to come. There is a car out there somewhere, powered by my Bronco's engine, and is carrying a young girl home from college for Spring Break or to meet her friends at a movie. Someday a couple will move into this home and begin their own family, just as we did three years ago.

And I will go on carrying these memories and the ways they have changed from new house to new house.

I guess, no matter whether home is where the heart is, where your children are, or where your favorite wall is painted khaki, you can take the girl out of the home, but you can never take the home out of the girl. And thank goodness for that!



Meet A Sailor...

MASN ALLAN GARCIA

Job title/command:
NAS Jax Security Department

Hometown: Houston, Texas

Family Life: Married

Past Duty Stations: USS Estocin

Career Plans: To become a naval officer.

Most Interesting Experience: A crew swap on USS Samuel Elliot Morrison to USS Estocin.

Words of Wisdom: Don't let anything get in your way. Always have a positive attitude.



Meet A Civilian...

RICK VANDERSTEEEN

Job title/command:
Fire Protection Inspector,
NAS Jax Fire Department

Hometown: Jacksonville

Family Life: Single parent with a 21-year-old son in the Air National Guard.

Past Duty Stations: NAS Jax, Yokota Air Base, Moody AFB, Ga., NAS Cecil Field, Guantanamo Bay, Cuba.

Career Plans: I would like to continue in the fire service.

Most Interesting Experience: Climbing Mt. Fuji and riding in the backseat of an Air Force F-4 Phantom.

Words of Wisdom: To thine own self be true.

Flags needed for command wall at Fitness Center

The MWR Fitness Center would like to invite all NAS Jacksonville commands to take ownership in the "new" center by donating a two- by three-foot flag with command logos to

the hang on their command wall. A special hanging ceremony will be held once the center receives these flags. For more information, call Barbara Millhollan at 542-3518.

HEY, MONEYMAN!

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 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.

Sounds easy doesn't it. Give it a try!

Hey, MoneyMan!

Is there anyone on base who keeps a list of places to go for car repairs? My car needs a new transmission and I have called several

places but they all seem expensive. Someone at the auto shop on the base told me they don't work on transmissions.

MoneyMan Sez:

If you need car repairs, the first place you should check is your Navy/Marine Corps Relief Society (NMCRS) office. They will help you shop around for the best deals, ask for a military discount from the repair shop, and help you determine if you can afford to have the car fixed.

The Society's Jacksonville office keeps on file a list of comments submitted by other Sailors and Marines who have had their autos repaired. You can look at these comments to get a feel about different auto repair shops.

The NMCRS office will also give you a consumer protection packet, which tells you how to recognize car repair fraud.

Great service provided for free, and I would recommend you stop by or give them a call at 542-3515 for any car repair questions.

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



Sunday Services

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

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

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

Jax Air News

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

The Jax Air News is published by The Florida Times-Union, a private firm in no way connected with the U. S. Navy under exclusive written agreement with the U. S. Naval Air Station, Jacksonville, Florida. It is published every Thursday by The Florida Times-Union, whose offices are at 1 Riverside Ave., Jacksonville, FL 32202. Estimated readership over 32,000. Distribution by The Florida Times-Union.

Advertisements are solicited by the publisher and inquiries regarding advertisements should be directed to:

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Maulers' success continues while on detachment

By Lt. Tim Watkins
VS-32 PAO

The "Maulers" of VS-32 spent the better part of April and May operating out of NAS Fallon, Nev., as part an Air Wing (CVW) 1 detachment.

It was the first time since an Orange Air Detachment in Puerto Rico last September that the Maulers had the opportunity to work with the rest of CVW-1 in a tactical environment. After a demanding month, only one word can aptly describe the detachment as a whole: success.

Fallon detachments are all about teamwork, working hard, and playing harder, and no one knows that better than the Maulers. Arriving in late April, VS-32 and CVW1 hit the ground running with a demanding flight schedule consisting of both unit level training and complex air wing events.

Aside from the traditional tanking and electronic support missions, the Maulers enjoyed the opportunity to contribute to the TARBOX Team executing close air support, integrated SLAM-ER strikes, and Laser/IR Maverick missile training.

During the last week of the detachment, the Maulers and the VFA-82 "Marauders" achieved several firsts for naval aviation while conducting the successful and historic launch of a Standoff Land Attack Missile Expanded Response (SLAM-ER) against an un-briefed Target of Opportunity (TOO) at the Naval Air War Center Weapons Division Sea Test Range.

The aircrew received targeting information post-launch while en route to the range. Target coordinates and imagery were sent via an AWW-13 Data Link Pod using the Tactical Dissemination Module (TDM).

The information and imagery provided via the data link were the only tar-



AMCS Jeff Nanney is pinned to the rank of senior chief petty officer with the anchors once worn by his father, retired AFM Max Nanney.

geting information used for the strike.

After being launched from a F/A-18C Hornet piloted by Lt. j.g. Adam Turner, the SLAM-ER was controlled to impact by Lt. j.g. Tim Gantz in an S-3B piloted by Lt. Scott Berg.

With a direct hit, the strike reinforced SLAM-ER's reputation as the Navy's most accurate precision strike weapon and established the Fleet standard for Time Sensitive Strikes.

Perhaps the biggest gains made while at Fallon were intangible. Operating with several new aircrews, the Fallon detachment gave the "new guys" a chance to see first hand how an air wing operates and provided their first opportunity to work with other Navy assets in a fast paced, mission-oriented environment.

All of their newly acquired knowledge and aviation skills were put to the test for the first time since joining the fleet.

Regardless of experience level, the entire squadron is now better prepared to contribute to the air wing's mission during the rest of the work-up cycle and upcoming deployment.

Such tremendous success would be impossible with-

out the support of our maintenance department. While in Fallon, the Mauler Maintenance Department put forth an incredible effort ensuring the aircraft were available to meet the demands of a challenging flight schedule.

Working day and night, the maintenance crews remained focused on mission accomplishment and ensured the aircraft were kept in top operating order. Due largely to their efforts, the squadron was able to complete more than 160 sorties, 950 flight hours, and successfully deliver more than 20,000 pounds of ordnance.

With continuing work-ups and an upcoming deployment, the challenges and expectations will only increase.

By continuing to set the standard for combat readiness, the Maulers bring top-notch leadership, preparation, and motivation to the tip of the spear.

The Maulers also recently held an awards ceremony recognizing the following personnel:

Promoted

Lt. j.g. Don Bolden
AMCS Jeff Nanney

Froked

AM1 John Heupel

AM1 Brian McKee
SK1 Stepan Peterson
AO1 Terrence Ploe
AM1 Richard Simmons.
AE2 Juan Gomez
AZ2 Perla Gonzales
AZ2 Aaron Scott
AT2 Frank Shorey.
YN3 Joseph Bishop
AD3 Matthew Bourski
AZ3 Julio Castro
AD3 Edsel Callaway
PR3 Ryan Coomer
AE3 Andrew Carpenter
AM3 Adam Deitz
AD3 Eric Hopfesperger
AD3 Guillermo Lopez
SK3 Cieaira Noaks
AM3 Christopher Strom
AM3 Samuel Walters
AT3 Jessie Hay

Navy and Marine Corps Commendation Medal

ATCS Allen Leckband

Navy and Marine Corps Achievement Medal

AE1 Lance Woods
AE1 Gregory Overton

Good Conduct Medals

AME3 Pauline Baxley
AE3 Juan Gomez
AO3 Shannon Caudell
ADAN Guillermo Lopez
ADAN John Rilling
ATAN David Ward

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

In Memoriam

A memorial service was held for NAS Jacksonville Security Manager Ruby Howard on Monday at the Jacksonville Memory Gardens Funeral Home. Howard of Orange Park, passed away last Friday at her home of heart complications.

A native of Harlin County, Ky., Howard served in the Naval Civil Service for more than 30 years.

She is survived by her husband, Bill Howard; mother, Estine Brook; brother, Marshall Brock; sister, Evelyn Collins; son, Shaun Jourdan (Ada); grandson, Ethan Jourdan and cat, Josie; stepchildren, Craig and Step-



Ruby Howard

nie Howard, Brad and Misty Howard; stepgrandchildren, Shelby, Savannah and Taylor Howard, Tricia and Patrick Boyd and Katelyn Boyd.

CRSC applications now available online

From the Armed Forces News Service

For an online application for the new Combat-Related Special Compensation program, visit <https://www.dmdc.osd.mil/crsc/> and follow the instructions.

Those eligible for CRSC are military retirees with 20 years of service for retired pay computation and who either have been awarded VA disability compensation because of combat injuries for which they have been awarded the Purple Heart or who are

rated at least 60 percent disabled because of armed conflict, hazardous duty, training exercises, or mishaps involving military equipment.

Payments will be backdated to June 1 for those who are approved, according to DoD officials. Compensation will equal the amount of VA disability compensation for combat-related disabilities, but will be reduced for those retirees whose retired pay exceeds what they would have received for length of service.





Mrs. Birgitta teaches the children different stories during her Bible study sessions.

Photos by Ryan Adrick

Children dive into vacation Bible school

By Ryan Adrick
Staff Writer

Vacation Bible School (VBS) at the Base Chapel last week was a fun-filled week for the 101 children registered for the annual event.

This year's theme was, "Super, Cool, Undersea, Bible, Adventure" (SCUBA). Many different pictures of fish and other underwater sea creatures lined the hallways and were the subject of many of their activities throughout the day.

The children ages averaging from five to 12-years old, participated in arts and crafts projects, musical activities, and classroom lessons.

"This is the only thing we do of a religious nature for the children of base housing, who attend the Catholic and Protestant Chapels," explained Grace Heffner, director of the VBS for the past five years. "We also provide transportation for the children of housing," Heffner explained.

Each day's activities started with all of the children participating in fun songs and a puppet show. The puppet shows showcasing "Chadder" the puppet were used as learning tools to help the children better understand the lessons.

"Before each puppet show the children chanted Chadder's name. The children were really into learning about the Bible through the use of the puppet show," expressed Lt. Kirk Crocco, chaplain and puppeteer. "The puppet shows have been the biggest hit for the VBS for the last four years."

The different age groups were then split up and either worked on arts and craft projects such as making bookmarks and key chains, worked on Bible lessons, or went to music class.

At music class they learned how to sing songs and use sign language.

"Teaching sign language to the children during VBS, offered them a way to speak to deaf children about their faith and gave them an introduction to another language," explained Connie Rose Seelye, sign language and musical instructor.

A nutritious lunch was



Connie Rose Seelye directs the VBS music class. The children are taught songs, along with sign language for their weekend performance in the chapel.



Olivia O'Mally and her sister, Emily, work on their arts and craft project together.



Children from NAS Jacksonville's Vacation Bible School sit down to have lunch and talk with each other about the day's events.

also served daily, providing the children energy for learning.

VBS would not have been possible without the help of the volunteers. "Volunteers give freely of their time and energy," said Heffner. This

year, 46 volunteers helped throughout the week.

Volunteers included teenagers and adults. "This year was also the first year that we have had a volunteer corpsman. We are so blessed to have HMC

Nicholas Sebring on our staff," added Heffner.

For those who are interested in volunteering or would like information for next year's VBS, contact the Base Chapel at 542-3440.

SCWS holds VIO graduation

Lt. J.g. Melissa Dimock
From SCWS

Sea Control Weapons School aboard NAS Jax recently graduated its first student from a newly implemented Viking Intelligence Officer (VIO) program.

The three-week VIO program is designed to provide S-3B specific transitional training to incoming intelligence officers who have traditionally been detailed to a fleet squadron with no community specific training.

The VIO program consists of classroom lectures, briefings, and hands-on exposure to the S-3B aircraft, including its missions and weapons systems. During the program students become familiar with Viking intelligence requirements, source material access, and how to become

an integral member of the mission planning team.

Lt. Stacy Lehmann completed the program while en route from HSL-41 in San Diego, Calif. to the NAS Jax-based "Diamondcutters" of VS-30.

"Coming from a different platform, the VIO course was a great introduction to the capabilities and mission of the aircraft," said Lehmann. She explained that all intelligence officers should have the opportunity to learn platform specifics before checking into their new command.

The course is currently offered to intelligence officers with PCS orders to VS squadrons at NAS Jacksonville. However, there is a proposal to expand the VIO course to include intelligence officers en route to San Diego based Viking squadrons.

Army-Navy game trip drawing for Purple Heart recipients

By Gerry Gilmore
American Forces Press Service

Purple Heart recipients from previous conflicts get a chance to attend the 2003 Army-Navy football game— for free.

A number of military veterans who've earned the medal — awarded to service members for wounds sustained in wartime action — will be selected by the Veterans of Foreign War to attend the classic in Philadelphia over the Dec. 5-7, 2003, weekend, according to a VFW press release.

The VFW will provide drawing winners with:

- Free transportation to Philadelphia.
- Two nights' hotel ac-

commodations.

- \$100 expense money.
- Two breakfasts.
- One ticket to the game, including transportation.

Veterans selected for the trip are required to provide official documentation showing award of the Purple Heart.

The VFW's national headquarters in Kansas City, Mo., must receive contest entries by Sept. 5.

Winners will be notified by mail or e-mail by Sept. 30.

Purple Heart recipients can enter the drawing for the Army-Navy game trip at <http://www.vfw.org/football/entryformvnmemorial.htm> or call 816-968-1125.

Household goods moving advisory

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

They are offering free surveys to estimate the cost of moving household goods by local moving companies. Some military members are led to believe that services rendered by these companies will count as a military move. Though it may seem like a good deal, these companies may not be authorized government movers. Be advised that the only way to set up a military move is through the Personal Property Office.

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

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

Advancement chances to chief remains steady

From Chief of Naval Personnel Public Affairs

The Navy will soon select as many as 4,323 Sailors to join the chief petty officer (CPO) ranks and assume the responsibilities that come with the wearing of anchors.

The selection board convened July 8 in Millington, Tenn., and will review the records of 17,877 highly qualified Sailors by the time it concludes Aug. 8. The new chiefs will make up nearly 18 percent of the CPO community.

"We're thrilled to be able to tell our Sailors their hard work and dedication is going to pay off," said Chief of Naval Personnel Vice Adm. Gerry Hoewing. "We need senior enlisted leadership - and the opportunity to get there - as we continue shaping the force for sustained combat readiness. The chief quotas we see this year are good news for the Navy and good news for our Sailors."

Advancement opportunity to chief remains high, with almost one in four eligible 1st class petty officers soon to be selected for CPO for fiscal year 2004. While this is 2.5 percentage points lower than last year's opportunity, the overall opportunity compares favorably with the levels of

the mid-1990s.

Some ratings show increased opportunity for advancement to CPO for this year's selection board. The boatswain's mate community will make as many as 177 new chiefs, increasing opportunity by more than 14 percentage points. Navy journalists will make up to 21 new JOCs, up by almost 12 percentage points from fiscal year 2003.

While opportunity in some ratings has gone up, some have seen it go down. Promotion to chief aviation ordnanceman decreased by slightly more than nine percentage points for a 21.59 percent chance and 98 quotas. There could be as many as 34 new chief electrician's mates for a 10.24 percent opportunity, which is slightly lower than last year.

Retention rates have an impact on how many quotas are available each year. Overall retention for Sailors with 10-14 years of service is nearly 90 percent, and for those with 15-20 years, it is nearly 100 percent.

"As we continue to grow the size of our top six pay grades, promotion opportunity for the next rank will go to the hard-charging Sailors looking for that next challenge that accompanies those anchors," added Hoewing.

Putting learning resources at the fingertips of Sailors

By JO1 J.D. Walter
Naval Personnel Dev. Command Public Affairs

Writing a paper or need information for college, work, or pleasure? Need more material than you can find through Internet searches, or can't get to the local library? Try visiting Navy Knowledge Online and tapping into the Gale Expanded Academic ASAP, and Student Resource Center - College Edition.

Brought to NKO by the Naval General Library Program, the Gale resources are the result of a partnership between the library program and The Gale Group. The partnership

provides Sailors access to full text resources including more than 40,000 primary source documents and one of the most comprehensive collections of magazines and journals in virtually all subject areas. A member of the Thomson Corporation, Gale is a world leader in eResearch and educational publishing for libraries, schools, and businesses.

Also being featured on NKO, courtesy of the Naval General Library Program, is Peterson's, another Thomson Corporation, is dedicated to connecting individuals, educational institutions, and corporations through their numerous online products. Featured on NKO are sample CLEP

and SAT tests and CLEP study guides. Other materials available include data on college and universities, distance learning programs, financial aid, test preparation, and career exploration materials.

The Naval General Library Program in this partnership with NKO is continuing its transformation into a brick and click organization providing research services to Sailors Afloat and Ashore that began in 1995 with Library Multimedia Resource Centers installed onboard ships and submarines.

To explore these sites, visit <https://www.nko.navy.mil> and click on My Education.

41 for Freedom Poker Run at Subbase Kings Bay

By JO2 Jennifer Spinner
Kings Bay Periscope

The Armed Forces Motorcycle Club of Kingsland, Ga. is gearing up for its fifth annual "Forty-one for Freedom" poker run and is counting on the community's support to help make it a success.

"Last year we raised more than \$1,500 for the Kings Bay Navy/Marine Corps Relief Society (NMCRS)," said MT1(SS) Jeffrey Lake, club member and one of the event organizers. "We want to beat that number this year and we need a lot of support from the community to make that happen."

Last year's poker run drew more than 80 riders and additional support from people who drove along the route in cars. The event, which is scheduled for Aug. 16, is a fun way to play a favorite card game – poker – while raising money for the NMCRS. Riders purchase their hand or hands at the starting line and then pick up cards at stops along the route. As in past years, the run begins at the Bancroft Memorial exhibit at the Franklin Gate.

"Registration begins at 10 a.m. the day of the race and continues until we leave the gate at noon," Lake said. "Riders just need

to show up, ready to go"

Each poker hand costs \$5 and there is no limit to the number of hands each rider can play. The route runs to Brunswick, with riders making several stops along the way to get cards for their poker hand.

Riders will finish at the Armed Forces Motorcycle Club located on Highway 17 in Kingsland for door prizes, a 50/50 drawing and a cookout, as well as a live band.

"We want to make this an entire weekend event," said Lake. "We already have one band, Mudbone Blues Band, scheduled to play Saturday night after the run and we're working on getting another one. Camping is also available for those who want to stay on site for the night and we will have a special breakfast Sunday morning."

This year, as in years past, all money raised through the poker run goes to the NMCRS.

"Everyone who participates is going to have a lot of fun," Lake added. "Best of all, the money we raise goes to a great cause; helping our fellow Sailors and Marines."

For more information on the ride, contact the Armed Forces Motorcycle Club at (912) 510-8494.

Family gets helping hand



Photo by Dave Faraldo

A check for \$1,600 was recently presented to the Vaughn family to assist with their new triplets by members of Our Redeemer Lutheran Church. The money was part of a joint effort between the Guardian Lutheran Church in Mandarin, Lutheran Women's Missionary League and Thrivent Financial for Lutherans. (From left) Elder John Burke, Mary Ann Burke, Rose Salmon, Stacy Vaughn, PR3 Gary Vaughn, Linda Peters and Pastor Bill Reister.

KUDO KORNER

The following personnel received awards at a ceremony at the Fleet Area Control and Surveillance Facility, Jacksonville on July 10:

Meritorious Service Medal

Cmdr. David Tuttle

Navy and Marine Corps Achievement

AC1(AW) Quincy Sinette
Good Conduct Medal
AC1 Shane Edwards
OS2 Jarvis Brevard
OS2 Tangela Calmes
AC3 Michael Klein

Naval Hospital Jacksonville
is now delivering babies to
deployed new fathers via e-mail.



FFSC offers educational and support programs

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

All FFSC workshops and classes are free and available to service members and their families, and civilian personnel aboard the base.

Pre-registration is required. If special accommodations or handicapped access is required, please notify us upon registration. Contact 542-2766, Ext. 127 to register.

The following workshops are available in July and August:

July 24, 6:30-9 p.m. – Ombudsman Assembly

July 29, 9 a.m. – 4 p.m. – Stress Management Workshop

July 31, 8 a.m. – noon – Divorce Adjustment Workshop

July 31, 1:30-3 p.m. – Volunteer Service Council

Aug. 1, 9-11 a.m. – Marketing Yourself (for military spouses)

Aug. 4-8, 8 a.m. – 4 p.m. – Command Financial Specialist Training

Aug. 5, 9-11 a.m. – What about the Kids?

Aug. 6, 11 a.m. – 1:30 p.m. – Budget for Baby Workshop

Aug. 11-14, 7:30 a.m. – 4 p.m. – Transition Assistance Workshop (separation)

Aug. 11-15, 6-10 p.m. – Basic Ombudsman Training

Aug. 12, 8 a.m. – noon – Smooth Move Workshop

Aug. 13, 9 a.m. – noon – How to have a healthy relationship

Aug. 14, 9-11 a.m. – Money Management

Aug. 15, 9-11 a.m. – Written Marketing Tools (for spouses)

Aug. 19, 8 a.m. – 4 p.m. – Stress Management Workshop

Aug. 19, 9-10 a.m. – Sponsor Training Workshop

Aug. 20, 8-11 a.m. – Anger Control Workshop

Aug. 20, 9-11:30 a.m. – What a Difference a Dad Makes

Aug. 20, 6-8 p.m. – Budget for Baby Workshop

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

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

Aug. 26, 9-11 a.m. – Debt Management

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

Aug. 27, 9-11 a.m. – Checkbook Management

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

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

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

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

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



FOOD MANAGEMENT, PRODUCTION AND SERVICES FOOD PREPARATION I



NAS Jacksonville Galley Leading Petty Officer MSC(AW/SW) Allen Johnson (left), proudly stands with the members of the graduating class during the graduation ceremony held at Galley last week.



MS3 Jason Miller, under the watchful eyes of Chef Deborah Gordon, gently stirs the ground beef yakizoba that will be served to the troops at lunch time.



Mess specialists at the NAS Jacksonville Galley listen to Florida Community College Jacksonville Chef Instructor Deborah Gordon as she explains the many ways of menu and recipe preparation.



Following the graduation ceremony, special guests enjoyed a five-course gourmet meal prepared by members of the graduating class.

Move aside, Emeril Lagasse

Mess specialists on a roll at Galleon Galley

By Miriam S. Gallet
Editor

Splendid! Delicious! These were the words expressed by guests during a recent five-course lunch prepared by the Food Management, Production and Services Food Preparation I graduating class at the NAS Jacksonville Galleon Galley.

Class members, with the guidance of Florida Community College Jacksonville (FCCJ) Chef Instructor Deborah Gordon, whipped up the five-course meal consisting of Cornish hen with sesame Hoisin glaze, roast garlic potatoes, green beans with red onions, sautéed summer squash medley, spinach salad with balsamic vinaigrette and melon and mango salad with ginger.

The meal was faultless. "You are going to be master chefs by the time you are done here," exclaimed Capt. Mark S. Boensel, NAS Jacksonville commanding officer, after savoring the meal.

Established in April of this year, the Culinary Arts program at the NAS Jax Galley is a direct result of the galley management capitalizing on Task Force Excel initiatives, by entering into an educational partnership with FCCJ.

The competency-based program consists of a total of 1,050 hours, of

both lab and lecture instruction. The program is broken down into seven courses that include Food Preparation, Culinary Techniques, Introduction to Hospitality Management and Restaurant Management. Each course runs in 10-week cycle, and was put in place in order to provide the Navy mess management specialists (MS) the necessary training in order to earn an Associate's Degree in Culinary Arts as part of the Homeport Training Program.

FCCJ's Culinary Arts program is among the finest available today and those enrolled in the program will earn 19 credits toward an associate's degree.

According to NAS Jax Food Services Division Officer Lt. Mike Winn, the MSs will receive a comprehensive, challenging hands-on education in classic and modern culinary arts. They will learn theoretical concepts along with practical and creative applications while interacting with Gordon and their peers at their worksite.

"Presently, we have 35 mess specialists enrolled in the Food Management, Production and Services program," he said. "Our mess specialists are the best. They learn fast and I am confident that each one of them will complete the certificate program."

The MSs participating in the program are also learning how to spice up dishes with an array of fresh herbs that would make the most discriminating gourmet enthusiast salivate. They also learned how to use electric saws, ice picks, tongs and chisels in order to create beautiful ice carvings for special events.

Gordon, a graduate of FCCJ Culinary Arts program, emphasizes the need for Sailors to learn and stay abreast with the latest in food preparation and management.

"Taste, food presentation, innovation, variation and the correct terminology are very important in today's market," explained Gordon. "This is a wonderful experience and a challenge for the mess specialist at the galley. I will also be teaching them about the different cuts of meats, knife skills, thickening agents and French terminology."

When asked why French terminology Gordon replied: "Throughout the world, French is considered the language of the kitchen. Therefore, it is important that they become familiar with it."

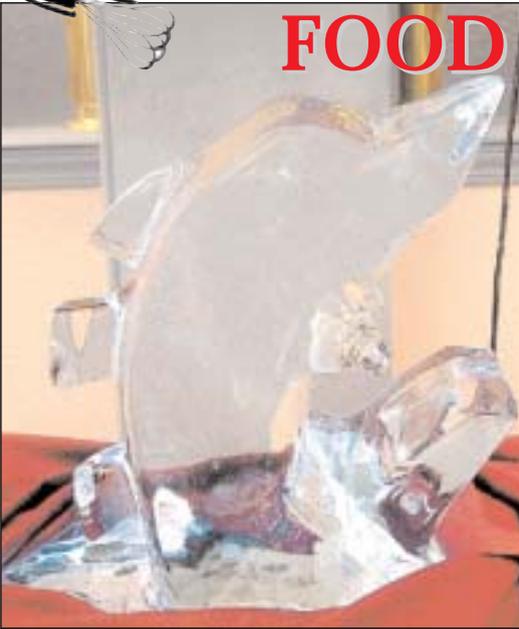
Gordon further explained that learning about food terminology, aromatic herbs, and how to cut and pre-



MS3 Daniel Christyia reviews the Menus and Recipes chapter of his book.



FOOD MANAGEMENT, PRODUCTION AND SERVICES FOOD PREPARATION I



A bottle-nose dolphin carved by the graduating class adorns the NAS Jacksonville Galley.



Chef Instructor Deborah Gordon of Florida Community College Jacksonville explains ice sculpting techniques to members of the NAS Jacksonville Galley Food Management, Production and Services class.



PHOTOS BY MIRIAM S. GALLET

Florida Community College Jacksonville Chef Instructor Deborah Gordon guides MS3 Ramon Rosas as he chisels away at a tooth carved out of ice for the NAS Jacksonville Naval Dental Center Change of Command Ceremony.



Florida Community College Jacksonville Chef Instructor Deborah Gordon explains the correct way of handling an electrical saw to MS2(AW) Estela Cummings during a recent ice sculpting class held at the NAS Jax Galley

CULINARY CLASS: *'You are going to be master chefs by the time you are done here'*

From Page 6

pare meats and vegetables so they retain the flavor and nutritional value is especially important to the MSs because they're cooking several hundreds of meals a day.

Gordon, a native of Jacksonville, learned how to cook at an early age by following her mother around the kitchen.

"I always liked being in the kitchen when my mother was cooking. The aroma of fresh herbs, pumpkin pie and beef stew enticed me. I knew early on that I would become a trained chef," she explained.

MSC(SW/AW) Allan Johnson, Galley's leading chief petty officer, enthusiastically explained the program.

"This is an excellent opportunity for not only our mess specialists at NAS Jax, but also for the Navy as well. When our Sailors complete this program, they will have earned valuable experience and college credits, two things of tremendous importance in today's Navy and in the private sector," he said.

According to MS2(AW) Estela Cummings the program has given her a new perspective.

"It is very good because it allows me to learn from a professional chef and earn college credits while I am at work," she said. "Chef Gordon is teaching us new techniques and innovative ways. The flavor of our dishes has improved 100 percent."

Cummings, a seven-year Navy veteran, hopes to become a professional chef and open her own restaurant.

"I thank the Navy for allowing me to be in the program. Even though I have only completed one course, I can say that it has enhanced my culinary knowledge and helped me become a better and more efficient mess specialist," she added.

Navy MSs have traditionally served as

cooks, bakers, and dining area and living quarters managers. They filled a very important role in the Navy because it is commonly accepted that the galley or mess deck aboard any military installation or ship can enhance a Sailor's morale. Now, the emphasis is in getting the mess specialists to become certified culinarians.

"This program meets all the American Culinary Federation (ACF) educational requirements for certified culinarian, and will result in industry certification when combined with additional on-the-job training," explained Johnson.

The FCCJ industry-based training is a way for the MSs to be trained and recognized by the culinary industry," Johnson noted.

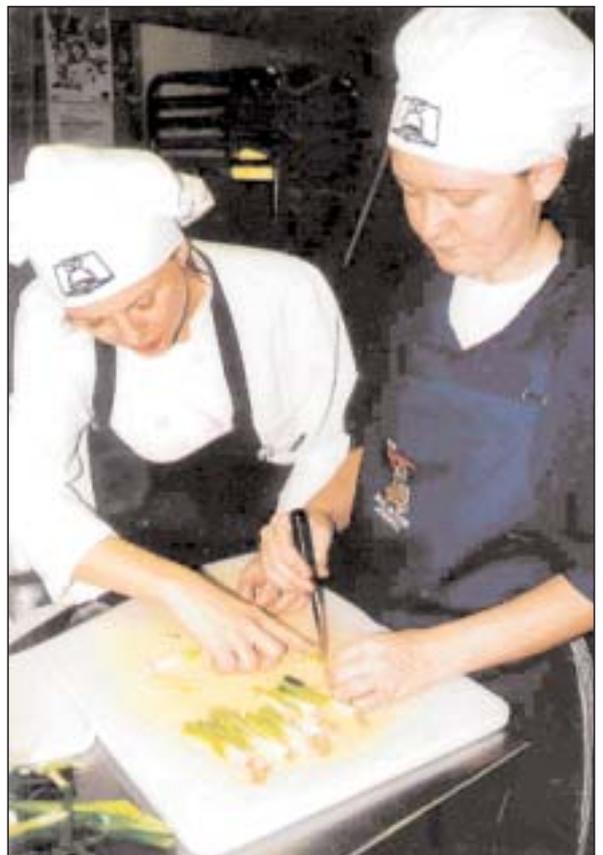
"The opportunity of earning college credits toward a degree at no coast is sure to positively enhance their future," he said.

"Chef Gordon has taught us how valuable food presentation really is. She has also made the eating experience at the NAS Jax Galley a little more palatable and the Sailors are enjoying it," commented MSSA Samuel Ortiz while preparing lunch boxes.

Another happy and motivated student is MS2 Damion Hart. "She showed me a quick and easy way to make a garnish with a green onion," he said.

It is evident that learning and working side-by-side with a professional chef like Gordon, has given the mess specialists assigned to NAS Jax Galley newfound professionalism and eagerness to learn.

Although in infancy, the partnership between NAS Jax Galley and FCCJ is already a success. Those enrolled in the program can look forward to earning the same professional credentials as their civilian counterparts.



Deborah Gordon, chef instructor at Florida Community College Jacksonville teaches MSSN Crystal Arnold how to slice the green onions that will be used to garnish the Japanese lunch that members of the Food Management, Production and Service Training program are preparing.

VEHICLES: Incidents running high with government vehicles

From Page 1

Works Transportation Department. "Military members are allowed to operate a government vehicle under two tons with their state driver's licenses, but anything over that requires an OF-346 Government Light Vehicle License. Civilians must have both a state and government driver's license to operate any government vehicle, no matter what the tonnage or size are."

Anyone driving an emergency government vehicle is required to complete the Emergency Vehicle Operator Course before a license can be issued.

"To operate any vehicle over two tons a written general knowledge test is required as well as a driving test because they have air brakes. We also require a special test for buses and 15-passenger vans. These vans have been deemed unsafe by the Occupational Health and Safety Administration (OSHA) and are being phased out by the Navy. Until that happens, I've added extra questions specifically geared towards driving them," added Price, who has been doing this job since 1980.

To ensure drivers are prepared for both the written and driving test, Price offers classes to help people understand what they are required to know. "I want to make sure everyone is safe before I put them out there on the road. I want people to know how to operate these vehicles before they come here for their test. My best advice is to be prepared, read and know the study guide I hand out. Most of the people I test, get an average of 92 or higher because I make sure they understand everything about operating that vehicle," he said emphatically.

Last year, Price issued 1,100 new and renewed government driver's licenses at NAS Jax. "Many times I will come in a 4 a.m. to give classes and tests to the night check people. Right now I'm working on getting several of the squadrons that just returned up-to-date on their licenses," Price continued.

A government driver's license is good for four years, unless your state driver's license expires before then. A forklift license is good for three years. Military members are not allowed to drive here on a government driver's license that was issued on a ship or overseas, however a license issued here is good in any state, Puerto Rico and Cuba.

Price requests anyone needing to take a test, make an appointment by calling 542-3997. "I will take walk-ins on renewals, but I'm pretty busy holding classes and testing people, so it's best



QM3 Jennifer Stone, driving a government vehicle assigned to the NAS Jax Quarterdeck, prepares to back out of a parking spot.

The next Driver Improvement Program is being offered by the NAS Jax Safety Office Aug. 21 at 7:30 a.m. in Room 128, Building 1. All attendees must be on time. To sign up, call 542-3082.

that people make appointments," he said.

After obtaining a license there are a few other things to consider. "Before anyone drives a government vehicle, they are required to inspect the vehicle. There is a checklist in every vehicle. They should inspect such things as lights, brakes, tires, wipers, etc. The second thing and most important thing they should do is buckle up. Seatbelts are required by law both on and off the base," explained NAS Jax Safety Specialist Phil Hoelzel.

All drivers should drive defensively and do their best to avoid accidents whenever they can. "Fifty percent of mishaps happen on single lane roads. Drivers should always watch where they are driving and concentrate. They should never talk on a cell phone while driving - if you have to use the phone, pull over," he added.

Anytime a government vehicle



QM3 Jennifer Stone carefully inspects the windshield wipers before driving a government vehicle. All government vehicles are required to have a checklist for drivers to inspect such things as lights, wipers and tires prior to starting the engine.

is involved in an accident on base, a police officer from the NAS Jax Security Department will write out an accident report. "If the person driving the vehicle is at fault, they will receive a ticket for whatever they did wrong - careless driving, turning wrong or backing into something. The minimum amount of points given for a moving violation is three points. If they cause an accident, another four points are added to that.

Anyone who is given 12 points within a 12-month period automatically has their base driving privileges suspended for one year," explained Traffic Hearing Officer and NAS Jax Security Department Leading Chief Petty Officer MAC(SW) Jim Webb.

When a person receives six points on base, they are required to attend the eight-hour Driver Improvement Program (DIP). This program is offered by the

NAS Jax Safety Office each month and is sponsored by the American Automobile Association. Anyone who receives a ticket either on base can attend this free course. Attending this course will not eliminate points given for tickets off base.

Once the person completes this course, if they've had an accident on base, the four points will be removed from their record.

If someone wishes to contest a ticket, they can attend a traffic hearing. "We hold hearings every Wednesday morning from 9 to 11 a.m. We will review their package and listen to statements. There are times when there are extenuating circumstances and the accident was unavoidable so we'll drop the points. But most of the time, when someone is issued a ticket, they are at fault and it is upheld. They then have 10 days after the hearing to appeal the case to the base commanding officer," stated Webb.

After an accident, the vehicle is towed to the NAS Jax Transportation Department where it will be repaired. In some cases the vehicle will be sent off base for repairs, but most of the time the work is done here.

While the vehicle is being repaired, an investigation is conducted by the Naval Legal Service Office. Normally, the driver is not responsible for the damages, however, they can be held liable if it's determined they were negligent or impaired while driving.

If an accident occurs off base in a government vehicle, the driver can be issued a ticket by local jurisdiction. All reports involving military members attached to the base or drivers in government vehicles are turned over to the Security Department. If an accident occurs off base, the driver is still required to take the DIP.

According to Webb, most of the accidents when driving a government vehicle, occur when backing up or turning too sharply. "This is especially true when driving a big vehicle. Drivers should try to use ground guides or go forward whenever possible. If you can't see where you are going, get out and look what's behind you. Just use some common sense," he said.

The bottom line is this, whenever driving a government vehicle or personal vehicle either on or off base, be alert. Pay attention to what you are doing, it just might save yours or someone else's life.

NEX Moving Center simplifies PCS move

Kristine M. Sturkie
NEX Public Affairs Specialist

The Navy Exchange Service Com-mand (NEXCOM) now offers a free residential connection service to military personnel, in conjunction with the Naval Supply System Com-mand's (NAVSUP) SmartWebMove program.

These services allow users to arrange their household goods moves and order utilities and other home-related services online with one-stop shopping convenience.

"The NEX Moving Center provides a valuable tool to make military moves easier," said Rear Adm. William J. Maguire, NEXCOM commander and NAVSUP assistant chief of staff for Navy Family Support. "With this service, NEXCOM, shows an overall Navy commitment to improving the quality of life for our families during the stress of moving by simplifying the process as much as we can."

With the NEX Moving Center, users can select and purchase utilities, select billing and payment methods and disconnect utilities and other services. There is also a referral feature to a variety of other useful services such as self-storage facilities, local movers and alarm monitoring. A key ben-

efit of the NEX Moving Center is that it allows customers to compare pricing and plan offerings from multiple services providers.

At SmartWebMove, service members and their families can plan and arrange household goods moves on-line. Eligible users fill out a questionnaire, and receive a report of entitlements available to them. The system also allows members to receive pre-move counseling, arrange their move, choose pack out and move dates and submit the forms to their Personal Property Office via the Internet.

Customers can access the NEX Moving Center through the Navy Exchange Web site at www.navy-nex.com/moving or at NAVSUP's SmartWebMove site at www.smartwebmove.navy.mil. The NEX Moving Center service is currently available to personnel moving to the San Diego, Calif. and Norfolk, Va., areas and will gradually be expanded to other Navy bases.

In addition to the connection service and referrals, the NEX Moving Center will also post links to other Navy-related websites such as Tricare and Defense Finance & Accounting Service (DFAS).

NEXCOM's mission is to provide authorized customers quality goods

and services at a savings and to support quality of life programs for active duty military, retirees, reservists, and their families. NEXCOM is responsible for the technical and oversight for 109 Navy Exchanges worldwide, 42 Navy Lodges, 187 Ships Stores, and the Uniform Program Management Office. These four independently functioning programs of the Navy Exchange System generated \$1.9 billion in sales in 2002 and gave \$56.9 million to morale, welfare and recreation (MWR) programs. Since 1946, nearly \$2.2 billion has been given to MWR to enhance Sailor quality of life.

NAVSUP's primary mission is to provide U.S. Naval forces with quality supplies and services. With headquarters in Mechanicsburg, Pa., and employing a worldwide workforce of more than 24,000 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation, and security assistance. In addition, NAVSUP is responsible for quality of life issues for our Naval forces, including food service, postal services, Navy Exchanges, and movement of household goods.

DeCA offers savings online

From the Defense
Commissary Agency

Now: Internet Coupons Via the Commissary at <http://www.commissaries.com>. "Commissary customers will find a one-stop cyber information center that is there to help them save money," said Rick Brink, Web content editor for the Defense Commissary Agency (DeCA).

Although DeCA may not be able to offer Internet coupons itself, customers can find links to commercial sites that offer downloadable coupons through the commissary web site,

said Brink. The number of coupons redeemed online or downloaded and used at "brick and mortar stores" has increased dramatically over the last three years, with grocery coupons among the most popular.

For example, a link to CoolSavings, one of the largest providers of coupons on the Internet, is brand new on DeCA's links page. Customers also can find commissary locations, hours, and news about store events, he added. In addition, they can access the shopping pages before they plan their commissary trips to find out what's on sale.



Mentoring and life-long learning comes to Naval Hospital Jacksonville

From Naval Hospital Jacksonville Public Affairs

Two new and far-reaching programs will be launched at Naval Hospital Jacksonville following Labor Day 2003.

The Sailor SMARTS and "Under My Wing" Mentoring programs are two initiatives that the hospital's new Commanding Officer Capt. John Sentell believes will create a "mentoring culture" within the hospital and provide staff members, especially first-term Sailors, with the resources, skills and knowledge needed to succeed both in the Navy and in life.

Brought to Naval Hospital Jacksonville by Lt. Cmdr. Frank Stubbs, head of the Patient Administration Department, and Lt. Sarah Goldman, head of the Occupational Therapy Division, the Sailor SMARTS Motivated About Responsibility Toward Self-Development (SMARTS) Learning and "Under My Wing" Mentoring projects are complementary programs that were originally developed in 2001 onboard the USS Essex (LHD-2), a multi-purpose amphibious warship for-

ward-deployed in Sasebo, Japan.

Stubbs served onboard the Essex prior to his arrival at Naval Hospital Jacksonville and created the "Under My Wing" mentoring program while assigned to that platform. Goldman helped champion a new mentoring program similar to "Under My Wing" during her previous tour at U.S. Naval Hospital, Yokosuka, Japan.

The Sailor SMARTS learning concept is the brainchild of retired Navy Chaplain Lt. Cmdr. David Mitchell and active duty Navy Chaplain Lt. Alan Travers, both previously assigned to the Essex. "Sailor SMARTS worked so well onboard Essex, I thought we could match its success here at Naval Hospital Jacksonville," stated Stubbs.

Sailor SMARTS is the life-long learning curriculum of Naval Hospital Jacksonville's two-prong initiative. Five primary learning components or "pillars" serve as the foundation of this program: career development, community and cultural enrichment, spiritual growth, financial security and planning, and education and life-long learning. "Development in

each one of the five pillars is important, and will certainly increase the chances of being successful both in the Navy and in life," said Goldman.

The entire Naval Hospital staff will be invited to participate in Sailor SMARTS programs. Through Sailor SMARTS, hospital staff members will be invited to acquire knowledge and increase their acumen in areas vital to success.

Guest speakers will conduct learning seminars on the hospital campus and will include topics such as financial planning, career networking, increasing spiritual awareness and understanding, and earning a college degree or professional certification through distance learning.

Sailor SMARTS learning seminars will be videotaped, summarized in PowerPoint format, and will be made available on the intranet for staff members unable to attend live presentations.

With the "Under My Wing" mentoring program, Sentell plans to provide every Sailor and civilian staff member so desiring with a mentor. "Mentoring is not new to the Navy or to the Medical

Department," said Sentell.

"Most of us who have been in the Navy for more than five to 10 years have had someone who has provided us with career guidance or help in making an important assignment decision — that person was a mentor," he said.

"The Under My Wing mentoring program and Sailor SMARTS will enable us to create a mentoring culture within the hospital.

It is our opportunity to develop our staff members, especially our first-term enlisted Sailors and first assignment junior officers, into mature, accomplished, goal-oriented and focused professionals. I'd like for each one of these individuals to have the opportunity to be a protégé and benefit from the experience and knowledge of a mentor," Sentell stated.

Navy-wide, the mentoring concept is one of Chief of Naval Operations Adm. Vern Clark's leadership goals for 2003. Under the CNO's vision, every service member will be assigned a mentor. Naval Hospital Jacksonville will be leading the way with the launch of Sailor SMARTS and "Under My Wing." The official Launch Day for Sailor SMARTS

and "Under My Wing" is the day after Labor Day, Sept. 2.

From now until Launch Day, Stubbs and Goldman will be hard at work recruiting mentors, protégés, and energetic and accomplished individuals to head each of the Sailor SMARTS learning pillars and other important functions within the SMARTS program.

Naval Hospital Jacksonville Chaplain Cmdr. Rob Beede and Lt. Cmdr. Ethan Josiah, two Naval Hospital officers with a wealth of experience in life-long learning and mentoring, have volunteered to be part of the inaugural group of Sailor SMARTS and Under My Wing leaders. "These two programs are awesome in concept and I think it's just what we need here at Naval Hospital," said Josiah. "I'm excited to be part of it."

Anyone interested in learning more about Sailor SMARTS or "Under My Wing" should contact Stubbs at 542-9444 or Goldman at 542-7503.

Shades of Green at Disney World now to reopen in March 2004

From the American Forces Press Service

The refurbished Armed Forces Recreation Center Shades of Green on Walt Disney World Resort won't open till March 1, 2004, instead of the originally planned Dec. 15, 2003, date.

Unexpected construction delays caused officials to move the date back 76 days, according to Peter Isaacs, chief operating officer at the U.S. Army Community and Family Support Center. The Army serves as the executive agent, operating AFRCs for DoD.

"When we were on schedule, we began accepting guest reservations in December of last year," said Isaacs. "We sincerely regret the inconvenience this causes our customers and want to give them as much advance notice as possible. We are in the process of notifying those who have reservations and offering them other

options."

Shades of Green General Manager Jim McCrindle personally signed more than 2,200 letters to guests already booked at Shades of Green, informing them of the delay. "We're genuinely sorry for the delay, but it was unavoidable," he said.

Guests who already hold reservations are offered three options:

- * Keep the same vacation dates for 2004 at the same room rates guaranteed in 2003.

- * Keep their vacation dates for 2003 at a comparable Disney Resort at the same room rates plus the applicable state tax of 11 percent.

- * Cancel the existing reservation and receive a full refund.

The renovation and expansion project that began in April 2002 was driven by high demand that kept the original 288 rooms at or near 100 percent occupancy. The hotel is financially self-sufficient, and no taxpayer dol-

lars are used in the operations or for the new construction.

When it reopens, there will be 586 new or renovated rooms, 500 new covered parking spaces and 7,500 square feet for special events.

The current room rates of \$66 for E-1 through E-5 will only go up \$4 to \$70. Other rates are computed on a sliding scale based on rank.

The Armed Forces Recreation Center is open to DoD ID-card holders in all branches of military service: active duty and reserve components, DoD civilians, both military and civilian DoD retirees, and their families.

"The information about our new opening date and reservations is on our web site," said McCrindle, adding, "The best way to make a reservation is to use the Web site as the phones tend to be overloaded."

For more information, access www.shadesofgreen.org or call toll free 1-888-593-2242.

Naval Hospital Jacksonville chaplains provide support in resolving grief

Naval Hospital Jacksonville will offer a Grief Reconciliation Group for persons who have recently lost a loved one.

A seven-session course will begin in August. The day and time will be determined by the group participants. This group is designed to assist with emotional and spiritual healing. If you have lost a loved one and would like to participate or need more information, please call Chaplain Beede at 542-7531.

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For information on Naval Hospital Jacksonville services, call the Customer Satisfaction Office, (904) 542-9175 or visit navalhospitaljax.com



Congress examines FERS retirement and unused sick leave

By Kathleen Filipczyk
cyberFEDS® Washington Bureau

Civil servants hired after 1984 and working under the Federal Employees Retirement System may get to apply unused sick leave toward their retirement, according to Tammy Flanagan, senior benefits director of the Rockville, Md.-based National Institute of Transition Planning Inc.

"The issue is being examined by Congress and the Office of Personnel Management," Flanagan told the Retirement Planning for Senior Executives and Managers seminar sponsored by FDR Conferences.

Congress and the OPM might extend the same

benefit to employees under the FERS as those under the Civil Service Retirement System currently enjoy.

Such a change, if approved, would affect how human resources practitioners calculate retirement benefits for FERS employees. The change would cut back the "use or lose" theory and permit employees to rack up more retirement savings.

Works well for CSRS. Applying unused sick leave toward retirement has worked well for CSRS employees.

For example, when a senior manager has a year of unused sick leave and applies it to his/her retirement, he/she could expect an additional two percent per annum or approxi-

mately \$200 per month more.

Since FERS employees are not granted the same benefit, "they often use sick leave days more than CSRS employees," said Flanagan. FERS employees also tend to "store sick days up and then rush to use them before they retire."

For example, a FERS employee with a year of unused sick leave might choose to take six months off before officially retiring, perhaps to get elective surgery or to take care of an ailing relative.

While some FERS groups are treated differently, Congress and the OPM will look to extend the practice government wide. Some Department of Veterans' Affairs nurses

under the FERS plan are currently eligible to count unused sick leave toward retirement.

The Federal Aviation Administration has also been granted partial application of unused sick leave for this purpose.

In the long run, allowing all FERS employees to apply unused sick leave "will cost the government less money," said Flanagan.

An aide with the House Civil Service and Agency Reorganization Subcommittee said that while no legislation has been introduced as yet, the issue is being given attention and will be brought soon to the full House Government Reform Committee. Calls to the OPM were not returned.



Ready To Serve

Fleet Hospital exercise hones skills of med staff

By Melisa Ram
Naval Hospital Jax

"The plan is to rehabilitate people as soon as possible and get them back to the front," said Emergency Room Nurse Lt. Cmdr. Christopher Schmidt. He along with Emergency Room Nurse Lt. Cmdr. Diane M. Gilliland, headed the casualty-receiving unit for a recent Fleet Hospital training exercise in Camp Pendleton, Calif. June 21-28.

About 930 personnel are assigned to the Fleet Hospital platform and of those 264 participated in this exercise. The training was held at a secured area just outside of San Diego. Personnel from Naval Hospital Charleston, S.C., and NMC Portsmouth, Va. also participated in the exercise.

Fleet Hospital personnel are trained and prepared to deploy worldwide with little or no notice. Assignment to such a platform is in addition to full-time staff duties at their respective hospitals reflecting Navy Medicine's dual mission of providing care to our Navy/Marine Corps family while maintaining deployment readiness.

"The training provided in these exercises familiarizes our people with what's involved in mobilizing and manning a Level 3, structured medical facility in support of U.S. Navy, Marine Corps, Army and Air Force personnel in a potential war zone," Schmidt explained.

Commanding the Naval Hospital Jacksonville Fleet Hospital is Naval Hospital Jacksonville Executive Officer Capt. Bill Kinney. He said of the training, "this is a great opportunity to become better prepared for the field environment, gain additional familiarization with the equipment and have a chance to team build prior to an actual deployment. In the coming year, our fleet hospital will be designated a tier-one facility which means we're one of the first fleet hospitals that would receive a deployment order. This training is designed to hone our operational thinking and skills. The week-long training went exceedingly well by every measure. I'm very proud to be associated with such a fine group of professionals. We're ready to meet the challenges of deployment when that call comes."

While Naval Hospital Jacksonville's Fleet Hospital was not called up for Operation Iraqi Freedom, Fleet Hospitals from other Medical Treatment Facilities were. These included Fleet Hospitals Bremerton, Wash., Pensacola, Fla. and Portsmouth, Va. Naval Hospital Jacksonville did, however, deploy some 200 personnel with the Second Force Service Support Group and Casualty Receiving and Treatment Ship Team 8. Naval Hospital Jacksonville's Fleet Hospital stood ready to serve when called upon.

"There are many facets to the Fleet Hospital. Basically it's like a little city," said Schmidt. There were many servicemen and servicewomen that attended the training. There were general surgeons, family practice doctors, oral surgeons and even dentists.

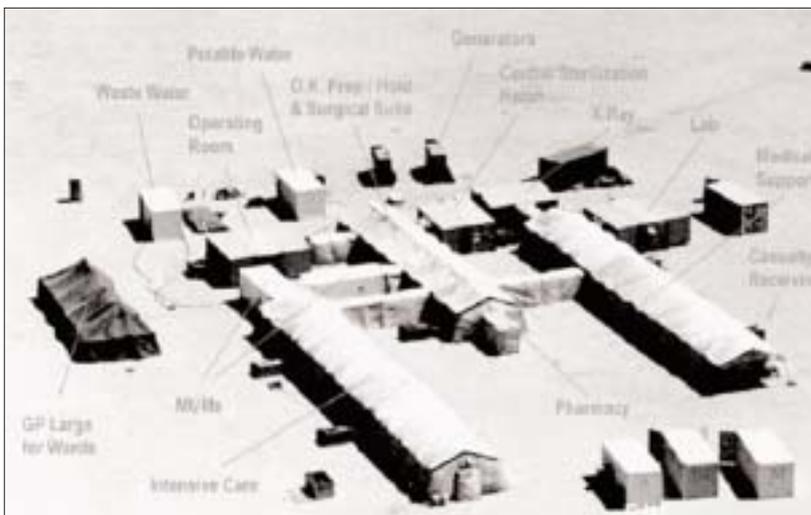
"We have the ability to provide myriad services to the patient, that allows for a person with an extreme knowledge base to get their hands on a patient and surgically repair whatever may be injured," said Schmidt. Besides medical staff, a large support group also attended the Fleet training; including engineers, laundry staff, galley staff, and security.

Typically, once it's announced that Fleet Training will take



Everyone pitches in to carry canvas for the Fleet Hospital tents.

Photos courtesy of Naval Hospital Jax Public Affairs



A typical Fleet Hospital layout

place, the Fleet Hospital, which is stored in huge cartons ready for deployment, is caravanned to the destination where the training is taking place.

Naval Hospital Jacksonville's Fleet Hospital is geared to field a 116-bed facility and takes about 90 cartons to ship. Larger Fleet Hospitals may take up to 500 cartons to get their gear in place. Once the gear reaches its destination, the command will send out an advance party to report to the training center to set up the berthing area and lay the foundation for the hospital.

Next, the main group will report to the training area. The first day everyone continues to erect the hospital and make sure the hospital has the supplies that are needed. "Basically learning to do what the Seabee's do," said Schmidt.

The second stage is to see how you are going to utilize the structure Schmidt said. The main emphasis is to determine how to maintain patient flow.

This period includes a series of lectures on weapons of mass destruction (WMD), instruction on building the hospital and general information on the hospital's function. Presentations also cover lessons learned from previous training exercises and actual operations, such as Iraqi Freedom.

Later in the week, the participants go through scenarios that test them on patient maintenance during an air raid or possible WMD alerts. They are also graded on bunker drills.

As part of the security training for the exercise, participants stand guard duty, man gates and deter "terrorists" from entering the grounds, said MAC (SW/AW) Richard Salter, security officer for the Fleet Hospital training.

"If we go to any part of the world you are going to have vehi-



Nurses and Hospital Corpsmen transport a "patient" (a mannequin) from the casualty receiving area during the MedEvac exercise.



The casualty receiving unit conducts a medical evacuation (MedEvac) exercise.

cles coming into the hospital. The vehicles have to be searched for bombs and any kind of contraband. Also the patients that come in have to be searched," said Salter.

Probably the experience that will stick with the participants in this exercise the longest is the

Confidence Chamber (gas chamber) training.

"I thought it was good training because I actually got to see how the mask works," Salter said. "When we went into the gas chamber we had our masks on. Of course, when you take your mask off your eyes begin to water, and



Fleet Hospital personnel recover from gas during a confidence chamber exercise.



Fleet Hospital personnel exit the confidence chamber.

your nose begins to burn. You can actually see how the mask is supposed to help," said Salter.

The last day is set aside for debriefing and breaking the facility down so participants can see how the Fleet Hospital gets packed up and gets ships out.

Fleet training is orchestrated and tested by the Fleet Hospital Operations and Training Center (FHOTC), based at Camp Pendleton. They are a team of 50 servicemen and servicewomen that specialize in evaluating each particular area of the hospital. For example, a Seabee representative evaluates the Seabee unit and a supply representative grades the supply unit.

"Navy Nurse Lt. Raul Carrillo Jr., Training Officer with the Naval Operational Medicine Institute Detachment commented on FH Jacksonville's performance in the exercise. "FH Jacksonville had a great collection of senior officers and enlisted personnel," he said. "As a group, they worked hard and long, demonstrating stamina and good leadership. By their commitment to the Command, they set an example for all to follow, exhibiting high morale and teamwork. They should do well on any deployment and the upcoming Operational Readiness Evaluation (ORE) in October 2003."

Navy MBA Program seeks applicants by Aug. 15

From the Armed Forces News Service

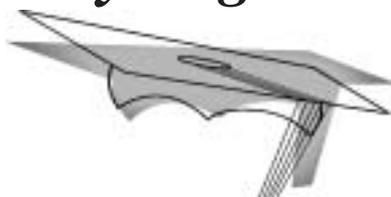
The Naval Postgraduate School of Business and Public Policy will be offering 25 Navy officers the opportunity for an executive master of business administration (EMBA) through distance learning. The degree will give students knowledge and skills in financial management, acquisition,

program management, policymaking and change management.

Applicants must be a senior lieutenant or above, with division officer experience, an undergraduate degree from an accredited four-year college or university, an academic profile of 2.45 (2.6 or greater GPA), and very strong potential for promotion. Officers in the unrestricted line community are encour-

aged to apply. Deadline for applications is Aug. 15.

Contact the Naval Postgraduate School office at Naval Station San Diego, (619) 556-3289; Vice Adm. Paul McCarthy at (619) 556-3279 or pfmc-cart@nps.navy.mil; Becky Jones at (831) 656-2755; or visit the Web site at www.emba.nps.navy.mil.



Mulberry Cove Marina sponsors trivia contest

From MWR

The NAS Jax MWR Mulberry Cove Marina is sponsoring their first Extraneous Trivia Contest.

This contest is open to active duty members only. Answer the questions listed below and turn them in to Mulberry Cove Marina located on Ranger Road. The entries with the most number of correct answers will advance to the drawing. The drawing for the grand prize and second place prize will be held on National Ice Cream Sandwich Day, Aug. 2 at 11:37 a.m. at the marina. Ice cream sandwiches will be half-price at that day, while quantities last. You, or a designated representative, must

be present at the drawing to win.

The grand prize package includes a Mitchell 298 Alu spinning reel, two spools of Berkley Ironsilk 14-pound test line, six packs of Berkley Artificial Bait, a Nomad golf putter, and 12 Callaway CBU golf balls. The total prize value is \$250.

The second place prize package includes a Fenwick Seahawk spinning rod, two spools of Berkley Ironsilk 14 pound test line, a bottle of Berkley Power Bait saltwater attractant, a free one-day 15' Boston whaler rental (Florida Boater Safety Card required), and a Page & Tuttle golf shirt. The total prize value is \$175.

The following is the quiz:

What color is the shank of the large anchor in front of the flagpole at MWR Mulberry Cove Marina? _____

What date was NAS Jacksonville officially commissioned? _____

How many computers does Liberty Cove have in the Single Sailor area? _____

Prior to the commissioning of NAS Jacksonville, a commander was the first pilot to land on the unfinished runway at NAS Jacksonville. What model and type of aircraft did he fly? _____

What are the names of the two pigs located on top of the drink coolers in the MWR Mulberry Cove Marina store? _____ & _____

How many putters are hanging on the wall at Mulligan's? _____

In the Jax Air News, how wide is the title "MWR Notes," rounded to the nearest inch? _____

What famous golfer pictured in the MWR Golf Pro Shop is the only individual to win the grand slam of professional golf? _____

Isaac Newton's Third Law of Motion is one of the most important laws governing aircraft flight. In 12 words or less, what is this law? _____

How many red and white stars are on the Jax Air News front page banner? _____

NAME: _____

RANK: _____

Webster University offers master's degrees

From the Navy College Office

The next semester at Webster University starts Aug. 9. Several master's programs are available including:

- Computer Resources and Information
- Management, Human Resources Development, Human Resources Management
- Management, Procurement and Acquisitions Management, or

Telecommunications

- Management or the Masters of Business Administration
- No Graduate Record Exam (GRE), Graduate Management Admission Test (GMAT) or entrance exams are required.

Call Linda Schindler or Jennifer Todd at 779- 7124 or visit the website www.webster.edu/jack for more information.



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Beachside Community Center, Building 245

Library, Building 460

NSB Kings Bay, Ga.

Liberty Center, Building 1039

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MWR NOTES

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

Have some fun with I.T.T. - take a trip or treat yourself to a show! Stop by our office located adjacent to the NEX, and sign up for a great trip. Our trips are open to all hands, so bring a friend! For more information call the office at 542-3318.

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

The inaugural season of Carnival's Miracle sets sail from Jacksonville beginning in March 2004. Special group costs include round trip bus transportation from NAS Jacksonville to the port, cruise fare and all port fees and taxes. Seats are booking quickly, so sign up today.

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

Saturday - Jekyll Island Historic Tour or Summer Waves. Take the historic tour which includes a guided trolley tour for \$21.50 or spend the day at Summer Waves. Transportation and Summer Waves admission is \$23.50 for adults and \$19.50 for children under 48-inches.

Aug. 9 - St Simons Island. Enjoy a guided trolley tour, see the lighthouse and museum, and go shopping. The cost is \$33.50 for adults and \$23 for children under 11.

NAS Jax Golf Club happenings

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

Players are entitled to 18-holes, cart, green fees and one lunch menu item. For more details stop in the Pro Shop or call 542- 3249.

Bingo Palace

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

Aquatics Department taking reservations

The outdoor pool is now open for the summer season. The hours are 11 a.m. - 6 p.m. daily.

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, or 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.

An adult fitness swim program is offered for novice to advanced swimmers wishing to improve their PRT time, swimming skills, and technique. The emphasis is on stroke mechanics. Interval training is introduced. Workouts are designed to improve technique and to develop both speed and endurance. Workouts are scheduled on Monday, Wednesday, and Friday from 4:30-5:30 p.m. until Sept. 1. A new workout schedule will begin in September.

Scuba class to begin in August

Information and schedules for the next Scuba class are available at the base gym and outdoor pool. The session is scheduled to run Aug. 5 - Sept. 7. Classroom instruction will be held Tuesday and Thursday from 6:30 - 9:30 p.m. at Orange Park High School. Pool training will be held Saturday and Sunday 8 a.m. to noon at the NAS Jax indoor pool. Please contact Julie Caudill for more information at 542-3239.

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

For the month of June, purchase a rod and reel or rod/reel combo and receive two free packs of artificial bait, your choice of colors.

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

The NAS Jax Yacht Club offers sailing classes. Now that the weather is warm, and the breezes are strong would be a great time to learn this renowned boating activity. After you've completed your class, the marina has sailboats for rent.

The marina offers free kayak and canoe rentals for active duty Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have some fun too. For more information on marina events, call 542-3260.

Auto Skills Center

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

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

O Club happenings

Beginning Aug. 1 at the River Cove Officer's Club a monthly all hands reef and beef dinner buffet will be offered starting at 6:30 p.m. The cost for the buffet is \$17 per person. Reservations are encouraged. Please call 542-3041.

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

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

Liberty happenings

If adventures and challenges are your cup of tea, then join the crew at Liberty Cove Recreation Center for some real excitement this month. Shipmates get on board for a great week of fun with your Liberty staff.

Today - Join us for a kayak race at the marina at 4:30 p.m.

July 28, 5 p.m. - Three-on-three basketball challenge

NAS Freedom Lanes offers great deals

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

Active duty Sailors take advantage of free bowling on Wednesdays from open to close. Call the center for event schedules at 542-3493.

Youth Activities Center happenings

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

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)

School Age Care

The before & after school program begins Aug. 7. Sign-ups are now being accepted for the upcoming school year for the Youth Activities School Age Care Program. Before school care begins 6:15 a.m. and after school care ends at 6 p.m. School starts on Aug.7 for Duval County Schools. Limited space is available. For more information, call 778-9772.

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. - Anger Management

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.



Photos by JO2(SCW) Eric Clay

Block party held

(Above) Krome Zoomey, a local rock band recently appeared at the James Street Block Party on July 16 in front of the Budweiser Brewhouse aboard NAS Jacksonville.

DJ Marc E. Marc joined in the fun at last week's block party as the master of ceremonies. He also played Top 40 dance hits.



JAX TALES

By MIKE JONES

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Watch out 'American Juniors'



Photo by JO2(SCW) Eric Clay

A group of young performers sing the popular song "Barbie Girl" at the NAS Jacksonville Youth Activity Center's Talent Show last Friday at the base theatre.

Beat the Nicotine demon!

By Danny Woodard
Tobacco Program Manager,
NAS Jax Wellness Center



We all know that smoking is not good for us and that the addictive chemical in cigarettes is nicotine so in order to quit we need help in beating the "nicotine demon." Here are a few recommendations:

- Designated smoking areas located outside of government buildings should be located sufficiently far enough away from the building entrances so they do not evade on the entry, and exit, of all active duty and civilian employees.

- All smokers, who are trying to quit smoking, and former smokers, should at all costs avoid any environment that will trigger a relapse. Continued smoking is an addiction to nicotine - one of the most powerful addictions in the world. Nicotine is reported to be 10 times more addictive than heroin. Smokers relapse due to this addiction. There are 4,000 toxic chemicals in tobacco smoke.

All smokers in our tobacco cessation program learn about avoiding triggers in their quest for abstinence. A trigger is something that will remind them of smoking and psychologically cause a relapse. Walking through a smoky area and smelling the smoke and seeing the behavior of smokers - whether inside or outside - can be a "trigger" for relapse for someone who is either struggling to quit smoking or someone who has recently quit smoking. The command should do everything in its power to help beat this powerful

addiction by giving the smoker who is trying to quit and the non-smoker a clean environment, both physically and psychologically, inside and outside.

- It is the goal of the Navy to be smoke-free due to the effects that cigarette smoking has on Sailors' health, which greatly effects overall combat readiness. It is the goal of the NAS Jax Wellness Center and its Tobacco Cessation program to do everything in our power to help the Navy accomplish this mission and thus the overall mission of the Navy.

More than 430,000 Americans die every year from smoking! Smoking is the number one killer of African-Americans, the number one cause of cancer in women and the number one preventable death in the United States.

Environmental Tobacco Smoke, commonly referred to as "second hand smoke," kills more than 53,000 Americans every year. We need to do everything that we can to help reduce this totally preventable health hazard. Current smokers, who do not want to quit, will not understand the importance of avoiding triggers and will probably not understand, or accept, the importance of avoiding "smoke pit" areas - even if the smoking areas are outside.

One great example is the NAS Jax Naval Hospital, where the commanding officer has located the smoking pit area sufficiently far enough away - adjacent to the parking lots - so not to affect the majority of personnel who do not smoke or who are trying to quit smoking.

I am also a former smoker that quit "Cold Turkey" 21 years ago. To this day cigarette smoke still makes me sick - even if I smell it outside. I hope that addicted smokers will use common courtesy with their fellow Sailors and participate in Tobacco Cessation Program at the Wellness Center.

The bottom line is "smoke pit" areas should be moved as far as logistically possible away from the entry points into your buildings. People who are already struggling with this addiction should have all the help they can get.

"Kick Butts" smoking cessation program is every month at 8 a.m. on Mondays and 1 p.m. on Tuesdays. Appointments are not required for the Monday and Tuesday sessions. We service all active duty, family members and retirees. Follow up patient counseling is on Wednesdays and Thursdays. The Wellness Center provides Nicotine Replacement if you participate in the cessation program. The program also provides education and training on smoking cessation to all commands, work centers, military or civilian, that desire it.

If you require any additional information, call 542-5292, Ext. 18.

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 (kaidj28@aol.com).

The Marine Corps League, Jacksonville Detachment holds their monthly meeting the first Thursday of the month at 7:30 p.m. at the Marine Corps Recruiting Station at 3728 Phillips

Highway, Suite 229. For more information call John Leisman at 779-7375.

Christian Fellowship Night will be held behind the Chapel in Bldg. 749 from 6:30 - 9 p.m. every Tuesday night. For more information call 542-3051.

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

The Retired Activities Office (RAO) is offering a retiree seminar Sept. 13 from 9 a.m. to 2:30 p.m. at the NAS Jax River Cove Officer's Club. Presentations will cover pay matters, Survivor Benefit Plan, Tricare for Life, Long Term Care, Tricare pharmacy benefits, PSD benefits, hospital benefits and a spouse workshop. For more information, call 542-2766, Ext. 126.

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

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

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

HELPING HANDS

Toast to the Animals Wine Tasting

Come out tomorrow to benefit the animals at the Jacksonville Humane Society. Help is needed with the silent auction and registration. Call Chris Whitney at 725-8766, Ext. 206.

Teacher's Supply Depot needs help

The Duval County School's Teacher's Supply Depot is holding a back-to-school giveaway Monday from 9 a.m. to 1 p.m. Forty Navy volunteers are needed to help with this event. Tasking includes sorting items, loading cars and restocking shelves. For more information, call 542-2766, Ext. 130.

Clean-up project slated

A clean-up project is planned at Sadie T. Tillis Elementary School Aug. 1 from 8 a.m. to noon. The school has been adopted by the NAS Jax Volunteer Service Council as the base Personal Excellence Partner for the 2003-2004 school year. All commands and departments are asked to support this endeavor and other volunteer

projects sponsored throughout the year. Lawn equipment, edgers, clippers and lawn mowers are needed. To sign up, call AEC Violenus-Ellis at 542-3526, Ext. 441.

Help with pet portraits

Volunteers are needed to assist during this fundraiser Aug. 8-11 as owners have their pictures taken with their pets. Volunteers are wanted to greet customers, set up appointments and collect money. For more information, call Chris Whitney at the Jacksonville Humane Society at 725-8766, Ext. 206.

Camp Healing Powers

This camp is a bereavement camp for children ages 10-16 and will be held Aug. 15-17. Volunteers are needed as camp leaders, assistants, greeters, and to assist with registration. Training will be held this Saturday from 10 a.m. to 12:30 p.m. The minimum age is 21. To sign up, call Mary DaCorta at 268-5200, Ext. 6304.

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with
CAPT Glenn Goldberg

August 25, 2003
At 12:00 pm
The Wellness Center
(Bldg 867)

Open to ALL HANDS!!!
Registration is
Required!

Call the Wellness Center at 542-5293




Up to bat! Tryouts held here

AOAN Jessica Kilian sends one into the outfield during the All-Navy Women's Softball tryouts held last Thursday aboard NAS Jacksonville. Kilian will be representing VP-45 and the base at the All-Navy Softball Camp in Washington D.C. next month.

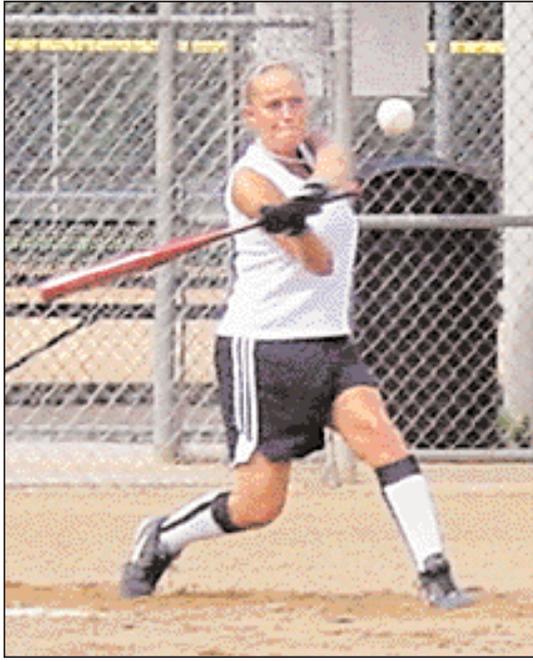


Photo by JO2(SCW) Eric Clay

SPORTS STANDINGS

Sand Volleyball Standings

As of July 17

Team	Wins	Losses
ASTC	10	1
VR-58	8	2
VS-31	6	5
NMCR	5	5
PSD Sand Dogs	3	8

Wing 11 "B"	1	3	0
VS-22 "A"	1	4	0
NAMTra	0	4	0
NADEP	0	4	0

Intramural Golf Freedom League Standings

Team	Wins	Losses	Ties
AIMD Albatross	5	0	0
AIMD Khaki	3	1	0
Wing 11 "A"	3	1	0
NAMTra 1011	3	2	0
ASTC	2	2	0
VP-16	2	2	0
SERCC	2	3	0
Naval Hosp	2	3	0
Navy Band	1	2	0
VS-22 Checkmate B	1	4	0
GEMD	0	4	0

Intramural Golf Liberty League Standings

Team	Wins	Losses	Ties
FACSFAC	4	1	0
REDCOM	4	1	0
VR-58	4	1	0
VP-62	4	1	0
CSCWL	3	1	0
FASO	3	2	0
AIMD SE	2	3	0

FARAH & FARAH, P.A.; 3c; 10.75"; Other Color; *Disc to color per LEdenfield - 7/7