



JaxAir News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE



Your votes count

Register to vote at the Navy Exchange on Aug. 6 from 10 a.m. to 2 p.m. and at the base galley on Sept. 4 from 10:30 a.m. to 12:30 p.m. All active duty, family members, retirees and DoD civilians who are local residents of Clay and Duval Counties are encouraged to register. For those active duty military members living away from their legal residence, absentee forms are also available. Armed Forces Voter's week will be celebrated Sept. 2-6. Come out and exercise your right to vote. For more information contact ACCS(AW) Diana Burns, NAS Jacksonville Voting Assistance officer at 542-2516/2838.



WAVES celebrate 60 years in July

The 37th annual Jacksonville WAVES reunion luncheon will be held on Saturday at the Hilltop Inn restaurant. The luncheon reunites women whose ranks ran the gamut from enlisted personnel to rear admirals. It is also a salute to women in the military and includes the Navy Nurse Corps, Yeomanettes, and Marinettes of WWI and all women who have served since WWII as a member of the Navy, Marine Corps, Coast Guard, both active and reserve. Current active and reserve duty are encouraged to wear their uniforms to the event. The keynote speaker will be Chet Smith, Chief of Veteran's Division, Duval County. The cost is \$20 per person. Social hour begins at 11 a.m. and door prizes will be announced following lunch. For more information and to reserve tickets contact Carolina Clark at 771-4173.

Advancement revision New HYT policy unveiled

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) — The Navy has revised its High Year Tenure (HYT) policy for two paygrades to levels that ensure continued healthy promotion opportunity for rising career-minded Sailors. The HYT limit for E-4 has been lowered from 12 to 10 years, while the HYT limit for E-6 was lowered from 22 to 20 years. HYT limits for E-5 (20 yrs), E-7 (24 yrs), E-8 (26 yrs), and E-9 (30 yrs) remain unchanged. Revising HYT limits for E4 and E6 Sailors is estimated to impact approximately 800 first class petty officers and 200 third class petty officers per year. "Several years ago we were faced with stalled advancement opportunities and needed to give Sailors more time to advance. Our strategy paid off for 794 Sailors with greater than 19 years of service who were promoted to chief



petty officer during the past two advancement cycles," said Chief of Naval Personnel Vice Adm. Norb Ryan Jr. "Our growth in the Top Six, combined with healthy

flow for our up and coming career-minded Sailors." No Sailor affected by the new HYT limits will be required to separate or transfer to the Fleet Reserve (FLTRES) prior to Sept. 30, 2003; affected E4s and E6s may extend up to that date. The revision will be carefully phased-in to minimize the impact on Sailors affected by this initiative. For example: • E4s who reach the old 12-year HYT limit prior to Sept. 30, 2003 must separate when they achieve 12 years of total active duty naval service. • E4s who reach the new 10-year HYT limit by Sept. 30, 2003 must separate by Sept. 30, 2003. • E6s who reach the old 22-year HYT limit prior to Sept. 30, 2003 must transfer to the FLTRES when they achieve 22 years of total active duty naval service. • E6s who reach the new 20-year HYT limit by Sept. 30, 2003 must transfer to the FLTRES by Sept. 30, 2003.

All previously approved HYT waivers for E4s and E6s will be honored. Affected personnel are authorized to compete for advancement in fiscal year 2003; E6s may take the January 2003 CPO exam and E4s may take the September 2002 and March 2003 advancement exams. Master Chief Petty Officer of the Navy (SS/AW) Terry Scott explained the reasoning behind this decision, saying, "I know there is a perception among our career Sailors in the Fleet that advancement opportunities may be dropping off for those with 10 to 14 years of service. "However, Sailors in this critical period of their service need to know there is a strong chance to move up into more senior leadership roles. Adjusting High Year Tenure limits will help preserve opportunity," Scott said. "We must be able to continue to offer steady upward mobility and advancement opportunity to all Sailors." Sailors impacted by the reduced HYT limits and under orders or with an upcoming projected rotation date should contact their rating detailer. Sailors in critical paygrades, undermanned ratings, or holding specific Navy enlisted Classification Codes (NECs) should submit HYT waiver requests through their chain of command.

Kids help commissary kick off Healthy Food Fair 2002!



Photos by Miriam S. Gallet

Base youths from the Child Development Center (CDC) Module B (above) assist CMDM(AW/SW) Chuck Lawson, NAS Jacksonville command master chief, in the ribbon cutting of the NAS Jax commissary Healthy Food "five-a-day, fresh fruits and vegetables" Fair 2002. Joining them are representatives from the commissary and CDC.

Dennis Claxton (left), store administrator and proud creator of the "Watermelon Patch" display ensures the melons stay fresh and in stock.

See story on Page 5



New Florida traffic law implemented July 1

From the Safety Office

The State of Florida has a new law referenced as the "Move Over" law. A review of wrecks involving emergency vehicles that were hit by passing vehicles has caused a change. Rubberneckers have run into numerous emergency vehicles while passing them on Florida's roadways. In an effort to stop this Florida implemented a law July 1 that requires motorists to do one of the following when passing an emergency

vehicle stopped on the side of the road/highway. 1. On in-terstate highways, or other highways with two or more lanes traveling in the direction of the emergency vehicle, and except when otherwise directed by a law enforcement officer, drivers approaching a law enforcement or other authorized emergency vehicle parked on a roadway with their emergency lights activated, will be required to vacate the lane closest to the emergency vehicle, as soon as it is safe to do so. 2. When approaching a law enforcement or other authorized emergency vehicle parked on a two-lane roadway with their emergency lights activated, and except when otherwise directed by a law enforcement officer, drivers will be required to slow to a speed that is 20 miles per hour less than the posted speed limit when the posted speed limit is 25 miles per hour or greater; or travel at 5 miles per hour when the posted speed is 20 miles per hour or less. A violation of this act will be a moving violation punishable with a \$60 fine and three points.

See HYT, Page 6

WEEKEND WEATHER

FRIDAY 7/4/93
PARTLY CLOUDY
SATURDAY 7/5/93
SCATTERED THUNDERSHOWERS
SUNDAY 7/6/93
SCATTERED THUNDERSHOWERS

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

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PSD PASSDOWN

September exams just around the corner

From Personnel Support Detachment 19.

It's about that time again to hit the books! The September 2002 Navy-wide advancement exams is just right around the corner.

Please take note of the following advancement exams information.

Candidates for advancement must meet advancement requirements no later than Aug. 1. Please check with your Pass Liaison Representative (PLR) or your command career counselor for any assistance.

The E4/E5/E6 advancement examination are scheduled for Sept. 5, 12, and 19. Candidates for E6 will take exam on Sept. 5, E5 candidates on Sept. 12, and E4 candidates on Sept.

The place of examination will be promulgated by respective commands or by Personnel Support Detachment for commands being served by PSD.

The verification of worksheet will be handled through command Pass Liaison Representative (PLR). Please contact your command PLR for dates and time of exam worksheet verification.

The Performance Evaluation Mark (PMA) will be computed using evaluation in present pay grade (including those prepared while serving in frocked status). The evaluation used to compute PMA must be inclusive of the following period:

Exam pay grade E4 - All pay grade E3 evaluation from Jan. 1, 2002

through Aug. 31, 2002.

Exam pay grade E5 - All pay grade E4 evaluation from June 1, 2002 through Aug. 31, 2002.

Exam pay grade E6 - All pay grade E5 evaluation from Sept. 1, 1999 through Aug. 31, 2002.

Commanding officers/officer-in-charge are authorized to waive up to one year of the required time-in-rate for members in pay grades E5 for the E6 exam, who received a promotion recommendation of "Early Promote" on their recent periodic evaluation.

Guidelines for the waiver are outlined in the Chief of Naval Operations 282350Z JUN 2002.

NavAdmin 193/02 is the policy guidance for the September 2002 Navy-wide advancement exams.

HRO Southeast announces changes to Resumix

From HRO

The Human Resources Service Center Southeast has revised and expanded the list of geographic locations you can choose from when applying for vacancies we service.

The revised list adds some new locations and separates others that were formerly grouped together. If you are currently registered for Jacksonville; Pensacola; Corpus Christi, Texas; or Norfolk, Va., you must update your preference selection. These areas have been changed to allow more specific selections:

A. Mayport (previously included in Jacksonville)

B. Milton and Panama City, Fla. (Previously included in Pensacola, Fla.)

C. Kingsville and Ingleside, Texas (previously included in Corpus Christi, Texas)

D. Chesapeake, Newport News, and Virginia Beach, Va. (Previously included in Norfolk, Va.)

Please make any changes by Aug. 31. The Human Resources Service Center Southeast is currently making referrals based on both the old and the new geographic listings but beginning Sept. 1, referrals will be based only on the new geographic preference listing.

If your current geographic preferences include Jacksonville; Pensacola; Corpus Christi, Texas; or Norfolk, Va., or if you want

to update any other geographic preference locations, you may do so by one of the following methods.

1. Resubmit your resume through the Navy Online Resume Builder. This is the best and fastest way to get your resume into the applicant pool. Simply click on the "Take me to the resume builder" button at the bottom of the announcement you wish to apply for (SE0801, SE4749, etc.).

To view southeast job announcements go to http://www.resume.hroc.navy.mil/vacancy/vac_list.cfm?REGION=SOUTHEAST

The Resume Builder will format and submit your resume to us and you will receive immediate confirmation of the transmission.

Your resume and Additional Data Sheet (ADS) information will automatically flow into the Resumix database. In addition, if you provide the Resume Builder with a valid e-mail address, a courtesy copy of your resume will be e-mailed to you.

When you access your saved resume in the resume builder, the geographic preference fields on your additional data sheet will be blank if you have not updated your geographic preferences on a new ADS.

Your previously submitted geographic preferences are still valid, but they will

not appear due to the revised ADS format.

You should submit a new resume if you need to update your address, phone numbers, work history or education in addition to selecting new geographic preferences.

2. Submit your resume and ADS via e-mail. Because this method requires manual processing, it will take longer for your resume to be available in the candidate pool. To use this method, type "Resume - <your first and last name> - and the <Announcement Number>" on the subject line of your e-mail.

Send your resume as the e-mail message, not as an attachment. E-mail attachments cannot be accepted. Include your responses to the ADS at the end of your resume text. Send it to: Wantajob@se.hroc.navy.mil

The ADS is available at http://www.donhr.navy.mil/obs/ads_se.pdf.

3. Submit your resume and ADS via mail. Because this method requires scanning and manual processing, it will take longer for your resume to be available in the candidate pool.

Mail your completed resume, ADS, and any additional documents required in the vacancy announcement to Human Resources Service Center Southeast, Attn: Wantajob, 9110 Leonard Kimble Road, Stennis Space Center, MS 39522-0002. You may

obtain a copy of the job kit with instructions at http://www.resume.hroc.navy.mil/pdf/jobkit_se.pdf.

If you submit by email or hard copy, rather than through Navy's Resume Builder your resume must be processed manually. We can normally process hard copy and email inputs within two business days of receipt but the time can be longer, depending on the number we have to manually.

Note: any time you submit a resume, you must reselect any additional series using the application express button at the bottom of each series announcement.

If you do not reselect additional series, you will be considered only under the series for which you submitted your most recent resume.

4. Submit your geographic preference changes via e-mail to wantajob@se.hroc.navy.mil.

Include your full name, social security number and list all geographic preferences for which you wish to be considered. Changes that do not include full name and social security number will not be processed.

To see a list of positions by location and other helpful information, visit the Human Resources Service Center Southeast website at <http://www.donhr.navy.mil/HRSC/southeast/local-news.htm>.



Meet A Sailor...

PH3 DIVINA PACKER

Job title/command:
CNRSE Visual Center

Hometown: Atlanta, Ga.

Family Life: Married to AC2(SW) Camron Packer, son, Jamel, 2 and daughter, Alexis, 5-months.

Past Duty Stations: Rota, Spain, VP-16, USS John F. Kennedy

Career Plans: To retire in 20 years and continue to work in the photography field.

Most Interesting Experience: Working on board USS JFK and taking photos on the flight deck.

Words of Wisdom: Enjoy life today, because tomorrow is never promised.



Meet A Civilian...

MAUCHETE COLE

Job title/command:
Education Advisor, Navy College Office

Hometown: Columbus, Miss.

Family Life: Husband, Quami and one daughter, India.

Past Duty Stations: Sigonella, Italy, Ingleside, Texas and Norfolk, Va.

Career Plans: To pursue my master's degree in education.

Most Interesting Experience: Being active duty in the Navy.

Words of Wisdom: Perhaps most valuable result of all education is the ability to make yourself do the thing you have to do, when it ought to be done, whether you like it or not.

HEY MONEYMAN

Hey, MoneyMan!

I am married and have been in the Navy for 10 years. I have always had problems making ends meet and now that we have two children, it is even harder.

Neither my wife nor I had very much when we were growing up and now she wants to spend all our money on the kids. Do you have any suggestions?

MoneyMan Sez:

It is natural for parents to want children to have things they couldn't have in their younger years.

But spending money you do not have to provide short-term happiness is usually a bad idea. Perhaps one of the best things you could do for your children is to teach them about money.

In his book Allowances: Dollars and Sense, financial planner Paul Lermite talks about the dangers you as a parent face if you don't teach your kids healthy habits and attitudes about money. Some of the dangers are:

Financial dependency. They could develop poor money skills, get into debt and remain financially

dependent on you. Motivation enough for me.

Destructive values. They could equate self-worth with money and believe that their happiness depends on having all the latest gadgets and toys.

Debt. They could become victims of paralyzing credit card debt and not know how to get out of it.

Family conflict. Families are often torn apart by financial disputes. Try to avoid tension and arguments over money, especially while the kids are present.

Lermite recommends you discuss money issues with your children on an ongoing basis. You should start early, when they are 5

to 6 years old.

He suggests that you give your children some control

Money Man Art

and let them do things, such as make deposits and withdrawals themselves.

Let them make mistakes even if you think they are spending their money on the wrong things. They will learn from their mistakes early in life.

Be sure to set limits and provide structure. Teaching your children about money will benefit them for a lifetime - and you may pick up a few tips yourself along the way.

More questions? Call Hey MoneyMan at 778-0833.



Sunday Services

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

Saturday 5 p.m. - Catholic Mass

Sunday 8:30 a.m. - Protestant Communion

9:30 a.m. - Catholic Mass

11 a.m. - Protestant Worship

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

CREDO

It's free! Give yourself the gift of a Navy CREDO Retreat. The next Personal Growth Retreat is Aug. 15-18. The next Marriage Enrichment Retreat is July 26-28. For more information, or to register, call CREDO at 270-6958.

Got a consumer problem?

The following are phone numbers of contacts who can help with consumer problems:

- Family Service Center - 542-2766
- Better Business Bureau - 721-2288
- State Attorney's Office Consumer Mediation - 630-2075
- City of Jacksonville/ Consumer Affairs Division - 630-3467
- Florida Department of Business & Professional Regulation - 1-850-487-1395
- Construction Industry investigative services - 727-5590

Jax Air News

NAS Jacksonville Commanding OfficerCapt. Mark S. Boensel
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 U.S. Naval Air Station, Jacksonville Editorial Staff

EditorGeorge Atchley
 Assistant EditorJO2 Mike Jones
 Staff WriterJO2SCW Eric Clay
 Staff WriterJO2 Jackey Bratt
 Civilian Staff

ManagerEllen S. Rykert
 Staff WriterKaylee LaRoque
 Design/LayoutGeorge Atchley

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Ellen S. Rykert, Military Publications Manager
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Cousins takes helm of Meteorology and Oceanography Facility next week

From NLMOF

Cmdr. John Cousins will relieve Cmdr. Mendal "Scott" Livezey as commanding officer, Naval Atlantic Meteorology and Oceanography Facility, Jacksonville during a change of command ceremony on Aug. 1 at 1 p.m. at the VP-30 auditorium.

Cousins comes to Jacksonville from Commander, Seventh Fleet, Yokosuka, Japan, where he served as deputy operations officer, senior watch officer and Fleet meteorologist.

Major Fleet operations included Operation Enduring Freedom, UER-Philippines and the United Nations Transition - East Timor.

After receiving his Naval commission in 1983, Cousins' first assignment was aboard USS Fife (DD-991) as anti-submarine warfare officer, fire control officer and first lieutenant.

He then reported to USS Schofield (FFG 3) as the navigator and qualified as tactical action officer, deploying to the western Pacific and Indian Oceans as the ship's operations officer.

Subsequently, Cousins attended Naval Postgraduate School from 1989-1991, where he received a Masters of Science in Meteorology and Oceanography. During this period he changed his officer designation from Unrestricted Surface Line to Special Duty Officer-Oceanographer.

In 1991, he reported to USS Essex (LHD 2) as the ship's oceanographer and served as the officer-in-charge of the Pre-commissioning Detachment and later as the ship's Meteorology and Oceanography officer.

From October 1993 to May 1995, he was staff liaison at the Naval Pacific

Meteorology and Oceanography Facility, San Diego and served additional duties as Commander, Naval Air Forces Pacific Fleet and Commander, Naval Surface Forces U.S. Pacific Fleet.

In July 1995, he reported to Commander, Cruiser Destroyer Group Three as staff oceanographer for the USS Carl Vinson Battle Group. He was flag tactical action officer during a deployment to the Western Pacific and Arabian Gulf.

The Vinson Battle Group participated in Operations Desert Strike, Vigilant Sentinel, and Southern Watch.

Following that tour, he was the executive officer, Naval Pacific Meteorology and Oceanography Center, San Diego from May 1997 through April 2000.

During this tour he oversaw the command's transition from an echelon IV aviation forecast facility to an

echelon III center responsible for full-spectrum environmental support in the Eastern Pacific and Western United States.

In May 2000, Cousins became Seventh Fleet METOC officer.

Cousins and his wife, Lee Anne, have a daughter, Alexandra, and a son, Andrew.

Livezey assumed command of the Navy's largest operational weather forecasting facility in August 2000.

He reported from Commander, Second Fleet, Norfolk, Va. where he served as Fleet meteorologist, director of Operations Support and executive assistant.

With headquarters at NAS Jax, Livezey's command stretched from Iceland and Maine to Roosevelt Roads and included nine aviation support sites, two submarine support components and



Cmdr. John Cousins



Cmdr. Scott Livezey

nine Mobile Environmental teams based at Naval Station Mayport.

The facility's accomplishments include support to Operation Noble Eagle and Commander Joint Task Force 160 in Guantanamo Bay, Cuba, global deployment of mobile teams around the world, and most notably, in support of Operation Enduring Freedom.

As the Southeast Region's weather office, the facility reengineered the emergency management process, preserving operations and maintenance

schedules and saving millions of dollars through two hurricane seasons.

Additionally, the facility won awards for volunteer service and the Bronze Hammer Award for self-help improvements made to the mobile teams' operating building.

Livezey will report as a Federal Executive Fellow at the Brookings Institution in Washington, DC.

He and his wife, Patty, have two daughters, Margaret and Sarah. They will reside in northern Virginia.

Sailor enters Navy with a little extra salt during boot camp

By JO2 Mike Jones

Assistant Editor

When DKSX Xylene Abalos left Recruit Training Center (RTC), Great Lakes, Ill. earlier this year, she carried with her the standard Navy-issued gear: seabag, brand new uniforms and plenty of military indoctrination.

However, unlike many other recruits fresh into naval service, Abalos left boot camp with years of practical military experience from the perspective of the enlisted ranks.

Almost from day one, Abalos and the other recruits of Division 087 received guidance and mentoring about the Fleet from Navy Region Southeast senior enlisted leaders.

As part of a division sponsorship program, two or more senior enlisted leaders from Navy Region Southeast trained, studied and helped to motivate the recruits of Division 087 every day at RTC until the division's pass-in-review ceremony Feb. 8.

"The whole time they were with us, they kept telling us to ask questions," Abalos said. "They wanted us to understand what the Fleet would really be like once we came out of boot camp."

Entering RTC a shy and reserved recruit, Abalos was initially apprehensive in the presence of so many senior enlisted leaders. Those feelings soon turned into motivation, she explained. "They definitely

led by example. The fact that they ate with us at the galley - sat at our table with us made a huge impact on our division's motivation."

That increased motivation came in handy when the division took on the final task of recruit training: Battle Stations. "It was really cold the night we had Battle Stations," Abalos remarked. "Because of the snow and freezing temperatures, some of the other divisions postponed the event. We went ahead and completed it. We felt we should do it."

By the time her division completed training, Abalos felt the personal mentoring offered by the Southeast Region senior enlisted enabled the Sailors of

Division 087 to enter the Fleet better prepared and full of personal pride.

"Those who sponsored us were good leaders," she said. "They showed us that we could excel."

After attending Disbursing A-School in Meridian, Miss., Abalos was eager to assume her duties as customer service representative at Personnel

Support Detachment, Jacksonville.

Within days of reporting, she began to see some familiar faces on base. "I started to see all these chiefs and master chiefs from boot camp," she said. "I was definitely surprised."

In fact, one of her division sponsors, ITC(SW/AW) Tony Jackson, also serves at PSD Jax.

Serving with her division sponsors on a daily basis helps Abalos to maintain her personal standards of service.

"Training with them in boot camp helped me to set a high standard for myself," Abalos explained. "They taught us to keep advancing and to do what we can to improve. I want to excel."



Photo by JO2 Mike Jones

Personnel Support Detachment Jacksonville's DKSX Xylene Abalos learns various functions of the command's computer system from ITC(SW/AW) Tony Jackson. Jackson was one of several Jacksonville senior-enlisted leaders to sponsor and attend Abalos's recruit training earlier this year.



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'Diamondcutters' do 'The Ditch'

By Chris Drago
VS-30 PAO

With their first port call to Souda Bay, Crete long in the past and a return journey home still in their future, the "Diamondcutters" of VS-30 recently transited the Suez Canal aboard the USS George Washington, on their way to supporting Operation Enduring Freedom.

"The Ditch," as the canal is uniquely known, is a right of passage between the Mediterranean and the Red Seas, that cuts the transit time to the Arabian Gulf almost in half and allows maritime vessels to bypass the extremely long journey around the southern most tip of Africa. The 92-mile long canal, which took roughly 11 years to build, and cost an estimated \$40 million dollars, averages a depth of 64

feet and is 741 feet wide at the surface. Transiting "the ditch" was a unique experience for the Sailors and aircrew aboard the USS George Washington Battle Group. The entire group enjoyed short breaks and walked the flight deck, while viewing the countries of Egypt, Saudi Arabia, and Jordan.

Next on the squadron's list will be sailing across the Red Sea and eventually trading places with their brethren onboard USS John F. Kennedy, and the deployment of a new weapons system: the Slam er and Lazer Maverick.

The "Diamondcutters" remain well prepared and are ready for the challenges of tomorrow. Squadron members send their love and best wishes to their family and friends and look forward to coming home.



An S-3B "Viking" from VS-30 prepares to make an arrested landing on the flight deck of USS George Washington (CVN 73) during carrier qualifications in the Atlantic Ocean. VS-30 is the first S-3B squadron to travel with the Slam er weapons system.

Photo by PH2(AW) Kristoffer White

VS-32 aircrew recognized for Operation Enduring Freedom

By Lt. Natalia Henriquez
VS-32 PAO

Several "Maulers" started their Fourth of July weekend on a proud note by receiving awards during quarters on July 3.

VS-32 aircrew were rewarded for their diligence during their deployment in support of Operation Enduring Freedom aboard USS Theodore Roosevelt, September 2001 to March 2002. While on deployment, the "Maulers" flew 4,000 hours, logged 2,000 carrier arrestments,

and passed 5.3 million pounds of fuel to other Carrier Air Wing One aircrafts, all while maintaining a 99.4 percent sortie completion rate. In addition to these impressive squadron numbers, the Airwing One and USS Theodore Roosevelt team spent 159 consecutive days at sea without a port visit, achieving a new record.

The Navy and Marine Corps Commendation Medal was awarded to Cmdr. Evan Pirtitz, Lt. Cmdrs. Seth Hudgins, Mark Gonzales, Zigmund Leszczynski, Patrick Nash, Lts. Scott Bracher,

John Pitta, Thomas Cronley, Boyd Decker, Tara Tosta, Rick Bents, Timothy Cunningham, Joshua Hipsher, and Kirby Baker.

The Navy and Marine Corp Achievement Medal was awarded to Lts. Brian Morgan, Christopher Stillion, Shannon Corkill, John Bushkell, Christopher Coats, Michael Turner, Jesse Schmidtman, Wallace Berg, Natalia Henriquez, Peter Yao, Paul Fenech, Kent Smith, Lt.j.g.s. Timothy Reinhardt, Korina Saltz, and Timothy Gantz.

Cmdr. Evan Pirtitz, commanding officer, also awarded the Navy

and Marine Corps Achievement Medal to AE2 Alexander Haugabook. Haugabook has been an invaluable asset to the "Mauler" team since January 2000. As the Electrician/Instrument (AE) Branch Day Shift supervisor, his intense training program increased work center APU qualifications from 70 to 100 percent. His exemplary leadership directly contributed to the 100 percent in-shop advancement rate. The "Maulers" now say "farewell" to Haugabook, who is transferring to Naval Air Station, Pensacola to pass on his

knowledge as an AE instructor.

The "Maulers" also wish farewell to AD3 Dario Bugallo. Bugallo was awarded a Commanding Officer's Letter of Commendation for his outstanding professionalism in the performance of his duties as Power Plants technician since February 1998. Bugallo will be an asset to VP-30, his next command assignment.

AT2 Mark Pittman received his second Good Conduct award, while AT3 Justin Cupples and ADAN Julio Castroherndon received their first awards.

NAVAIR Depot Jax exceeds Navy Relief Fund Drive goal

By Daphne Burke
NAVAIR Depot Jax

PR1 Robert Colgan, aircrew survival equipmentman leading petty officer, recently received a Flag Letter of Commendation signed by Commander Navy Region Southeast, Rear Adm. Jan Gaudio, for his role as chairman of the Depot's latest Navy-Marine Corps Relief Society (NMRCS) Fund Drive.

Every year, the goal for the NMRCS Fund Drive is 100 percent contact. This year the goal was again 100 percent contact along with the target dollar amount set at \$650.

The military compliment at Naval Air Depot Jacksonville (NAVAIR Depot Jax) is just a few dozen, but the final count for fund drive donations demonstrat-

ed that even though the military population may lack in numbers, they exude generosity. The final count yielded a total of \$2,358 in donations, and 349 percent of the original goal.

The idea behind the fund drive is "Sailors helping Sailors." According to the NMRCS web site, more than 3,000 trained volunteers, both ashore and aboard ships, accomplish the major portion of the Society's work. They are supported by a small cadre of employees. The Society, founded in 1904, enjoys an active partnership with the Navy and Marine Corps and benefits extensively from the active involvement of the command structure at the bases where the Society maintains a presence. The commanders themselves, as well the senior enlisted leadership, chaplains, and family service center person-

nel, play an important role in the success of the Society's day-to-day business operation.

Volunteers are the heart and soul of NMRCS. As stated in Colgan's commendation, "His inspirational leadership and total involvement were instrumental in achieving 349 percent of the command's goal. Petty Officer Colgan's exceptional professional ability, personal initiative, and loyal devotion to duty reflected great credit upon himself and were in keeping with the highest traditions of the United States Naval Service."

Colgan's exceptional work on the fund drive will benefit Sailors and Marines around the world and it is a notable demonstration of the power of individual generosity and compassion for others.



PR1 Robert Colgan was recently recognized for his hard work and dedication for running NADeps' Navy-Marine Corps Relief Society Fund Drive.

Photo by Amy Cheshire

NADEP Jax 'Prowler' team completes first IMC prototype

By Daphne Burke
NADEP Public Affairs

The Naval Air Depot Jacksonville (NavAir Depot Jax) "Prowler" team recently completed its first prototype Integrated Maintenance Concept (IMC) Planned Maintenance Interval-1 (PMI-1) for an EA-6B.

The IMC is a Chief of Naval Operations (CNO) endorsed, NavAir directed initiative that calls for selected aircraft programs to transition to fixed operational service periods using Reliability-Centered Maintenance analysis as a sustained maintenance planning base.

According to Dave Mobley, the EA-6B assis-

tant product manager, the primary goal of this initiative is to integrate all the aircraft organizational, intermediate, and Depot-level maintenance events, and in doing so significantly reduce aircraft out-of-service time. In addition, it is expected that this initiative will also reduce long-term maintenance costs and improve the material condition of the EA-6B aircraft.

The Depot portion of IMC can be broken into four PMI events (PMI-1, PMI-2, etc.). The PMI events are scheduled on a two-year cycle with PMI-1 being a Depot event and events two through four being field events, the end result being an eight-year cycle. At each

PMI event, Depot representatives perform event specific inspections of the aircraft and determine what maintenance or repairs are required. David Buffin, EA-6B examination and evaluation (E&E) planning and estimating (P&E) supervisor explained, "By examining and repairing aircraft in PMI levels, we can maintain the material condition of the aircraft through the eight-year cycle instead of waiting until it gets back to a Depot facility to repair problems that may have worsened over the cycle."

Mobley explained that this is a potential improvement to the old way of doing business under the SDLM/Aircraft Service Period Adjustment (ASPA)

concept. Under the SDLM/ASPA concept, the aircraft would complete SDLM and not be inspected by a Depot for three years. The ASPA inspection consists of the Depot sending a team of planners and examiners out to inspect an aircraft. They identify necessary repairs and determine, based on the physical condition of the aircraft, whether or not its service period can be extended another 12 months. Typically, the service period would be extended three to five times. This means that an aircraft could be in service for seven or eight years without receiving any significant Depot-level maintenance. "Also, the IMC mandates the corrections of

discrepancies found as a result of the inspection, whereas under the SDLM/ASPA concept, there was no requirement for squadrons to fix, or have fixed, any discrepancies found as a result of the inspection unless they were classified as flight critical," Buffin added.

"With the IMC, we still go

inspect the planes, but instead of looking to see if it can stay in service for another 12 months, we inspect it to find out what repairs need to be done right then and there to keep the aircraft in an optimal state of operational readiness" said Mobley.

With the current war on
See **PROTOTYPE**, Page 6

Fruity food group highlighted at 'Food Fair 2002'

By Miriam Gallet
Editor

Last week the NAS Jacksonville Commissary officially kicked-off "Healthy Food Fair 2002" with a ribbon cutting ceremony.

NAS Jax Command Master Chief CMDCM (SW/AW) Chuck Lawson, commissary and Child Development Center (CDC) staff and youths from CDC Module B, joined Store Director Randy Eller for the ceremony. The fair ends on July 31. As part of the fair, the commissary hosted TV personality Dennis Stewart, better known as "Mr. Natural," yesterday. Commissary patrons were delighted by the opportunity to meet and learn from the expert culinarian.

"In recent years, the Navy has placed tremendous emphasis on having fit and healthy Sailors, and we, at the NAS Jax Commissary, are doing our part by offering a wide variety of fresh fruits and vegetables and ensuring that they are available each time a Sailor walks through our doors," said Eller.

"Summer is here and the Produce Department is full of fresh fruits and crisp vegetables, making easier



Photo by Miriam S. Gallet

Child Development Center Educational Technicians Isla McQuade and Lynette Gaviola escort their Module B youngsters through the produce section aisles, as they learn the names of fruits and vegetables.

for the Sailors and their families to get their "five-a-day," added Eller.

Store Office Manager and Events Coordinator, Lorrie White, explained that base youths attending CDC have been invited to tour the Produce Department every day through July 31 as part of the fair. The tours teach children at an early age the benefits of eating fresh fruits and vegetables. "In addition to touring the produce section, every child will receive an activity bag. The bag contains an apple, a box of raisins, an activity book, a fresh fruits and vegetables refrigerator magnet and a pencil," added White.

Additionally, the youngsters will participate in a poster contest. Children will draw a poster of their visit to the commissary. Posters will be displayed throughout the produce section and a team of impartial judges will judge them. Winners will be announced in mid-August and they will receive numerous toys, gift cards to Wal-Mart and Game Boys.

"The whole idea of the CDC youth tours is to make the youngsters aware of the variety of fruits and vegetables available and what they look like. Children love color and our Produce Department is a colorful

place to walk into," said Pete Petrousek, Produce Department manager, who is better known by his customers as "Produce Pete."

According to Petrousek, consumers are increasingly aware that eating a balanced diet, consisting mainly of fresh fruits and vegetables, contributes to good health and perhaps even to longevity.

"We offer a wide variety of produce in our commissary, endive to Boston lettuce to leaf lettuce to Romaine, not to mention the tropical and citrus fruits and the traditional ones such as apples, oranges and pears. When our patrons are looking for freshness and variety, they can count on us, each and every time," added Petrousek.

According to numerous medical researches, fruits are considered nature's perfect foods and have many wonderful qualities and are low in fat and high in fiber, a very healthy combination and alternative to our commonly high-fat, low fiber diet. Additionally, when we feel the need for something sweet, they are a good substitute for those high calorie sugar treats or chocolate bars. Many fruits are juicy, with water content similar to the human body

and they are well stocked in nutrients and important anti-oxidants like Vitamins A, B and C, and rich in such minerals as calcium, copper and magnesium.

Eating the right quantity of vegetables daily is another big topic these days. The commissary has an impressive selection of all types of fresh, crisp vegetables. From the often "disliked" by many vitamin and mineral loaded broccoli, to the elegant asparagus, and worldly eggplant. They can all be found in the commissary produce aisles.

Petrousek explained that the commissary sells a wide variety of dark leafy greens that are especially high in

chlorophyll as well as a variety of yellow and red vegetables such as squash, peppers and carrots. These vegetables are all high in beta-carotene, which has been linked to maintain healthy eyesight.

Fresh vegetables have a life force. In fact, the Latin word for vegetables means to "enliven or animate." No wonder we feel energized and perky after having a full serving of vegetables.

When buying fresh fruits and vegetables, "Produce Pete," reminds consumers to make sure they choose the best available by following these simple tips. When choosing vegetables, you

See **FOOD FAIR**, Page 7



Photo courtesy Shands Jacksonville Medical Center

All elements of the Shands trauma team (surgeons, emergency physician, nurses, ancillary support – lab, radiology, blood bank) converge on the injured patient to provide prompt life-saving treatment. Training in this sort of environment is invaluable as Naval Hospital Jacksonville emergency nurses prepare for Emergency Department (ED) or wartime scenarios.

Civilian trauma training helps ER nurses

By Lt. Cmdr. Christopher Schmidt and Lt. Jeffery Johnson

Often the words are echoed that a nurse is a nurse is a nurse. This is true in many aspects of basic nursing care.

When stepping into a busy Emergency Department (ED) or wartime scenario, however, providing nursing care for the trauma patient can be difficult and challenging for even the most experienced clinician.

With recent terrorist activities both in the United States and overseas, Navy Nurse Corps Officers are being called upon to serve more frequently in operational or wartime settings. Operation Enduring Freedom has already given several Navy emergency nurses the opportunity to deploy as members of Shock Trauma Platoons (STPs) tasked to care for critically injured patients.

The question is - are Navy Nurses prepared for this? In recent years the Navy "blue suited" several EDs in CONUS, (replacing civilian contracted medical and nursing staff with military physicians and nurses). This initiative has proven successful in increasing a large number of ED nurses' skills and proficiencies in caring for the medical patient.

Unfortunately, the amount of trauma volume seen in military medical facilities is extremely limited. As a result, unless gaining the experience in an overseas military ED or "moonlighting" in a civilian trauma center, the practical experience to prepare nurses in trauma care from war, natural disaster or terrorist activity remains limited.

That's a problem for which Naval Hospital Jacksonville's Emergency Department has found a remedy. The solution they've found is to partner Navy nurses work with civilian trauma centers in a program very similar to the residency program partnerships that have historically existed between Navy and civilian hospitals for ED physician training. ED physicians, as part of residency training, have long

been completing trauma-training rotations in conjunction with civilian trauma centers to gain hands-on experience. Navy ED nurses need that same hands-on experience to gain proficiency in both the care of patients with multi-system trauma and multi-system trauma undergoing cardio-pulmonary arrest.

This approach was recently addressed by Director of the Nurse Corps Rear Adm. Nancy Lesscavage as she testified before the Senate Appropriations Committee. Defense Subcommittee. Defense Subcommittee. She stated that partnership between military training facilities (MTFs) and civilian trauma facilities is one avenue to assist in bolstering operational readiness regarding trauma care.

Naval Hospital Jacksonville's ED used lessons learned from an earlier partnering initiative between Naval Hospital Bremerton (NHB) and Harborview Medical Center (HMC) Trauma Center, Seattle Washington, when they designed their partnering program.

The Naval Hospital re-established a Memorandum of Understanding (MOU) with Shands Jacksonville Medical Center in October 2001 through which the Navy Nurses can work and train in Shands Level 1 trauma center. Shands Jacksonville is a 760-bed academic medical center and is the only state-approved Level I adult and pediatric trauma center in Northeast Florida and Southeast Georgia. The Shands ED is a 72-bed department. More than 108,000 patients are seen annually; 4,200 critically injured patients are treated in Shands' trauma center each year, 10-15 percent of them being pediatrics. The trauma center is affiliated with the University of Florida School of Medicine and supports residency programs in emergency medicine as well as a host of surgical specialties.

Tawana Brown, RN, the ED Nurse Educator at Shands coordinates assigned Navy nurses to preceptors that facilitate a positive learning experience.

Objectives for the nurses include didactic as well as hands-on training. Prior to going to Shands, Navy ED nurses are given a packet of current literature pertaining to trauma nursing. Articles include mechanisms of injury, physiological response to trauma, ballistics, most recent trends in diagnosing traumatic injuries (P.A.S.T. exam/abdominal ultrasound), and team dynamics pertaining to trauma care. Quizzes are derived from the material to ensure understanding and to evaluate effectiveness of learning from the research articles.

Navy nurses complete an 80-hour, two-week rotation in which they are paired with a seasoned preceptor (instructor) to guide them through the experience. Twelve-hour shifts are conducted both in the Medical/Resuscitation ICU of the ED as well as the trauma bay. Schedules are arranged to ensure the nurse is present during peak patient times to maximize encounters. In addition, an eight-hour shift is built into the rotation for the member to conduct a review of a clinical case of interest and to prepare a formal in-service for presentation to the NHJax ED staff.

Naval Hospital Jacksonville ED administration has taken care to ensure that all staff members are given the opportunity to experience this training opportunity while also ensuring Emergency Room staffing coverage remains consistent.

To date, five nurses have rotated through the program and participants are already reporting that their exposure to trauma related opportunities has greatly exceeded those provided at Naval Hospital Jacksonville. The partnering program has already demonstrated success in enhancing nurses' speed, flexibility and skill mastery in the management of the multiple trauma victim similar

to those injuries seen with casualty incidents. Experiences have included near amputations, intracranial hemorrhage, burn injuries, open fractures and penetrating trauma both from gunshot wounds as well as foreign bodies (spear gun).

Nurses who have completed this training are excited about their experience.

One nurse, after completing his rotation, commented that he had administered more vasoactive medications and participated in more traumatic resuscitations in one day than he had since coming to the ER one year ago.

According to Ens. Patricia Gill, "This was an extremely valuable experience. I learned exactly how the nurse is integrated and functions as a dynamic member of the trauma team," she said.

Capt. Gary Lammert, Naval Hospital Jacksonville's Emergency Department head, is also excited about the results. "We have seen our nurses come back from the rotation more confident in their role as an ER nurse. Once anxious to care for a critically ill patient, they appear much more eager to jump in and take on that challenge," Lammert stated.

This program has been strongly endorsed by the Naval Hospital Jacksonville chain of command. It provides the opportunity for quality training and enhances operational readiness at no cost, saving significant TAD funds that would have been allocated for travel and training.

Capt. Hector Quiles, Naval Hospital Jacksonville Director of Nursing Services, and a former ED nurse at Naval Hospital Jacksonville is committed to ensuring the program continues. Quiles said, "This is an opportunity to expose nurses to realistic trauma experiences without having to see it for the first time in an operational setting."

HELPING HANDS

Volunteers needed to help kids ride horses

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

Help out Hospice

Community Hospice of Northeast Florida is looking for volunteers to provide support to patients and families in north Jacksonville. The next training session is Aug. 10 at St. Elizabeth's Episcopal Church. Call 596-6280 for information and to register.

March of Dimes Family Fun Day

The Jacksonville Beach Town Center merchants have teamed up with the March of Dimes to host a family fun day at Neptune Beach on Saturday. Volunteers are needed to supervise activity booths. Call Robin Sullivan at 398-2821.

Bicycles needed

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

HYT: Navy advancement policy given a facelift

From Page 1

The approval process takes into consideration several factors including: end strength, community manning (advancement opportunity and rate readiness), specialty training, scope and billet priority, and quality of life considerations.

"While the waiver process remains an option, another aspect of this policy revision is ensuring fairness by tightening up on all HYT waiver approvals," said Ryan. "We need to preserve future promotion opportunity by enforcing this policy across all paygrades."

Waivers are reviewed by Navy Personnel Command detailers and enlisted community managers (ECM) for all Sailors. Additionally, the MCPON and head ECM review all cases involving chief petty officers.

"Our leadership has asked us to prepare for the long run as we fight the war on terrorism," Ryan said. "Adjusting High Year Tenure gates ensure our operational forces are manned to fight and win and the Sailors involved in the fight have a solid opportunity to advance."

For more information on the revised High Year Tenure Policy refer to NavAdmin 208/02 at www.persnet.navy.mil/navadmin/nav02/nav02208.txt, and see your command career counselor.

For more Naval Personnel Command news, visit their NewsStand page at www.news.navy.mil/local/cnp.

Team completes prototype

From Page 4

terrorism in full swing, maintaining operational readiness has never been more important, and ensuring future readiness is equally important as the war effort is likely to continue for some time. The IMC falls directly in-line with the CNO's top five priorities, number two being current readiness and number three being future readiness. Through the IMC initiative the Depot can achieve its mission. With the successful completion of the first PMI 1 event at NAVAIR Depot Jax and multiple PMI 2's, 3's and 4's in the field, the "Prowler" team has demonstrated their commitment to doing all they can to contribute to the continuing success of the Depot and the Fleet.

Realities of long term care insurance

Ready for a reality check?

From HRO

Check out these common misperceptions on long term care insurance:

It's too expensive - Actually, long term care insurance is far more affordable than you might think. And the younger you are when you apply, the lower your premium. For example, if you purchased coverage at age 40, your biweekly premium for a plan that covers your care at home or

in a facility and keeps pace with inflation would be \$30.05.

It's only for older people - not true. You don't have to be in your retirement years to experience a disabling illness or injury. In fact, 40 percent of the people who need long term care are working-age adults.**

I'm already covered - not true. Unless you already have long term care insurance, you're really not covered. Medical and disability income insurance are

not designed to pay for long term care. Further, while Medicare covers some care in nursing homes and at home, it does so for a limited time, subject to restrictions. And Medicaid, the government program to help those in financial need, won't kick in until virtually all your assets — and your spouse's assets — have been consumed.

I can always buy it later - not true. You may have an accident or develop a serious health condi-



tion that disqualifies you for the insurance. And since premiums are based on your age when you apply, if you purchase now, you'll pay a lower premium than if you wait, no matter what your age.

Keep in mind, the younger you are when you buy, the lower your premiums will be.

Bi-weekly premium for the Federal Long Term Care

Insurance Program, based on a Comprehensive Plan with a \$150 daily benefit amount (DBA), 3-year benefit period, 90-day waiting period, with automatic compound inflation option.

** Long Term Care Insurance — Baby Boom or Bust?, Conning & Co, 1999, page 13.

Don't be misled. Base your decision to apply for the Federal Long Term Care Insurance Program on the facts!

Be smart! Call 1-800-LTC-FEDS (1-800-582-3337) (TDD: 1-800-843-3557) or visit www.LTCFEDS.com for a free Open Season Information Kit and application.



Photo by Miriam S. Gallet

Children and Educational Technicians Isla McQuade and Laynette Gaviola from the Child Development Center Module B and CMDCA(AW/SW) Chuck Lawson, NAS Jax command master chief, join Pete "Produce Pete" Petrousek, Produce Department manager, as he tickles the imagination of his young audience with his humor and encouragement on the benefits of eating fresh fruits and vegetables every day.

Commissary hosts Food Fair 2002

From Page 5

should ensure they are crisp. Avoid those that are limp and wilting, discolored or damaged. Leaf vegetables such as lettuces, parsley and cilantro need careful inspection. Don't choose anything that shows any sign of damage or decay. Spots and blemishes are

the first sign that a fruit or vegetable is past its peak.

Remember, the most nutritious way to eat fresh fruits and vegetables is raw. However, light steaming of vegetables or even baking them, softens them without depleting many of their nutrients.

Another nutritional way of enjoying fresh fruits and

vegetables is by juicing them. More and more athletes and health conscientious consumers are turning to juicing as a way of getting their "five-a-day."

With more than 100 items to choose from, the produce section is the place to shop for fresh fruits and crisp vegetables year-round.

Thrift Savings Plan getting upgraded

From HRO

At long last, it appears the new Thrift Savings Plan (TSP) record keeping system will be completed on Sept. 16. Some of the



changes that will occur as a result of the new system are:

- (1) Instead of transactions being processed on a monthly basis, they will be processed daily.
- (2) Account balances and transactions will be processed and shown in shares and share prices, as well as dollar amounts.
- (3) TSP open season

dates will be Oct. 15 - Dec. 31 and April 15 - June 30, instead of Nov. 15 - Jan. 31 and May 15 - July 31.

(4) Beginning in January 2003, the TSP will issue quarterly statements for the periods ending March 31, June 30, Sept. 30, and Dec. 31, instead of just twice a year.

The new system will also offer a greater number of withdrawal options, and provide on-line service via the Internet for loans and withdrawals.

To review the other changes to the TSP that will become effective on Sept. 16th, click on <http://www.tsp.gov/forms/tsplf11.pdf>.

During the transition period to the new system, from Aug. 31 - Sept. 15, you should be aware of the following deadlines for certain transactions.

* If you want to receive a loan or withdrawal in early September, your completed paperwork must be received by the TSP no later than Aug. 23.

Otherwise, your loan or

withdrawal request will be suspended during the transition period and paid after Sept. 15.

* If you want to request a Personal Identification Number (PIN) or make a contribution allocation before the conversion, you need to do so before Aug. 31.

* No electronic requests will be accepted between Aug. 31 and Sept. 15. Paper requests made during that time will be held for processing on Sept. 16.

Also, you will not be able to request an interfund transfer electronically from Aug. 16 through Sept. 15.

During that time, however, you can submit a paper request, which will be held for processing on Sept. 16. (Interfund transfers submitted during that time would have become effective on Sept. 30 under the old system, but under the new system, they will become effective as soon as possible.)

* Finally, all Web and ThriftLine features will be available on Sept. 16.



KUDO KORNER

The following personnel from Fleet Area Control and Surveillance Facility received awards during a ceremony on July 8:

Navy and Marine Corps Commendation Medal
ETC David Tipps

Navy and Marine Corps Achievement Medal
AC2 Joshua Nelson
ET2 Richard Fetrow
OS2 Torrance Taylor
AC2 Scott Brady

Good Conduct Medal
AC2 Scott Brady

I found buried treasure in my basement.

More than 40 years ago your aunt gave you Series E Savings Bonds. And you forgot about them—until now. You were cleaning out the basement when you found a treasure ... those old Series E Savings Bonds. Even though they no longer earning interest, they could still be worth more than 5 times their face value. So why not redeem those old bonds at your local financial institution?

Creating a New Culture of Savings

U.S. SAVINGS BONDS

Do you have old Savings Bonds? Check out the Savings Bond Calculator at www.savingsbonds.gov to discover their value. 1-800-4US BOND

A public service of this newspaper

Back in the learning mode



Photo courtesy of NCLC

Tawanna Green, NCLC facilitator, answers a question from VS-24's AESN Tony Broyles.

Brushing up the old or picking up some new skills

By JO2 Mike Jones
Assistant Editor

It's been a few years since I attended school. So, the thought of tackling something like College Algebra is like trying to decipher ancient Sanskrit.
The Navy College Learning Center serves to help Sailors, like me, readjust to learning mode.
"We can help you knock off

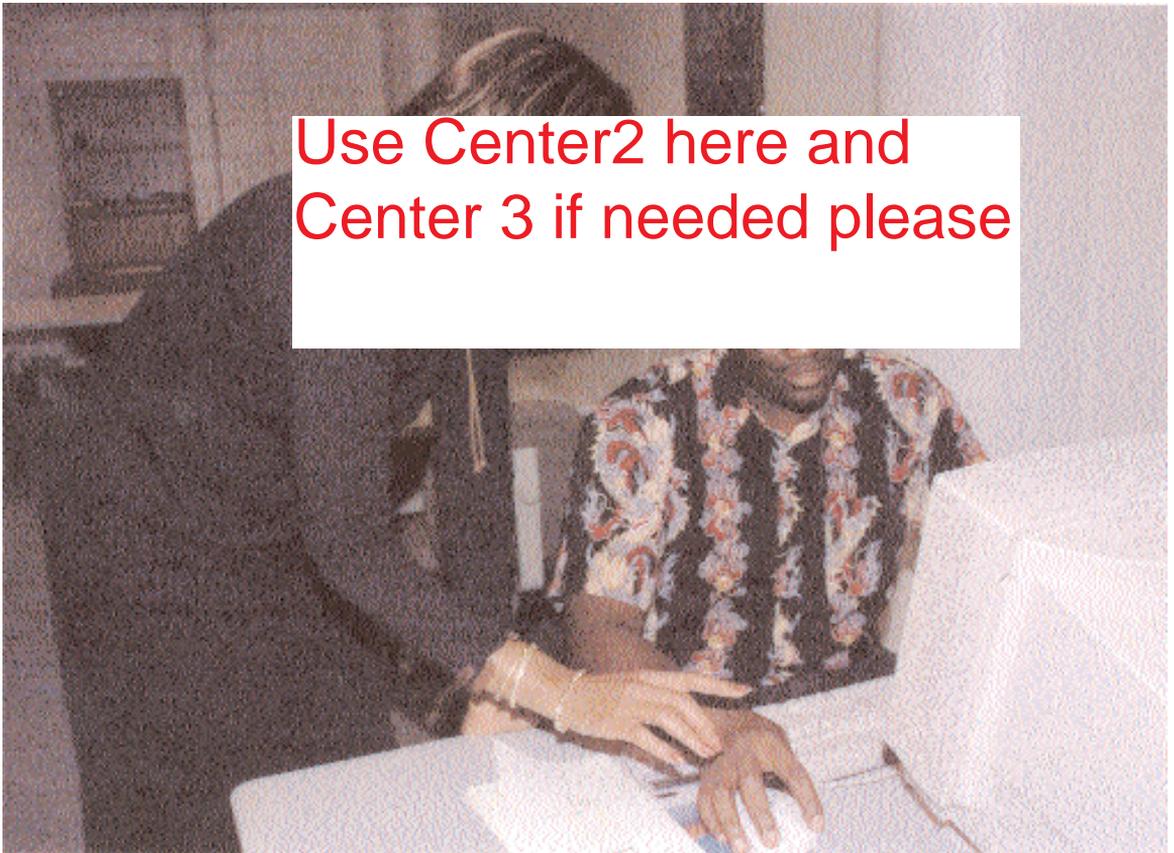
some rust from your own skills, or develop new skills so you can go into your college career with a firm foundation," said Tawanna Green, Navy College Learning Center facilitator.
Located in Building 110, the center offers numerous courses covering many different topics, Green explained. "There are various programs you can study," she said. "We take you from Language

Arts to as far as Calculus."
Unlike a traditional classroom environment, the center allows students to take the courses at a more comfortable pace, Green said. "It's a self-paced program - all computer-based," she said. "When you're in a classroom setting, if you miss a class, you miss that lesson. With this program, it stops when you leave and resumes where you left off when

you return."
Green stressed the need for prospective students serious about improving their education to make time to complete the courses and stick to a schedule. "We suggest that you spend at least two hours each week here."
Currently, the center is open Mondays through Thursdays from 9 a.m. to 6 p.m. and Fridays from 9 a.m. to 1 p.m. "Starting in

the fall, we'll review and possibly open on the weekends," Green noted.
The center originally opened in 1994 as the first test pilot site for the Navy. "The Navy decided to try a new technology based approach to education so they opened our center on a trial basis. It was so successful, they decided to implement it throughout the

See BRUSHING UP, Page 9



Use Center2 here and Center 3 if needed please

Tawanna Green, NCLC facilitator, guides HS-7's MS3 Shawn Allison through one of the center's programs.

Back in the learning mode



Put photo called center4 here please

Several computers at the Navy College Learning Center feature self-paced learning programs covering a variety of topics.



BRUSHING UP: Learning Center helps develop skills

From Page 8

Navy," explained MaryAnne Scales, another facilitator at the center.

Although the center's courses don't translate into direct college credit, they have helped numerous Sailors reach better scores on college placement exams, tests and even military exams, Green explained. "You're prepared to go over and take CLEP exams, which are

free to active duty service members, for instant college credit. You're also ready to take a placement exam for any of the other colleges," she said. "We had one student come in and double his Armed Forces Vocational Aptitude Battery (ASVAB) Exam score thereby opening a lot of new doors as far as career opportunities."

Observing, first-hand, the success rate of the students who attend the learning center makes the job worthwhile.

Green pointed out. "They're always coming back and saying, 'This course really helped me,'" she beamed. "I see the confidence in them as they walk out the door. When they come in and say the course helped them to pass their class, it's really gratifying - the best part of my job."

"Coming to the center really helped me prepare for college. It helped me understand what to expect of a college class. When I came here, I was work-

ing on my math placement test skills and came about two to three times a week. It was extremely beneficial, unfortunately after Sept. 11th, I was placed into a security position and haven't been able to attend college. I do plan to in the near future," said HM3 Pamela Penn of Naval Hospital Jacksonville.

For more information, call the Navy College Learning Center at 542-3676.



VS-24 makes education a top priority

By Kaylee LaRocque
Staff Writer

Most people concur that earning a college degree is the key to their success in today's business world. Unfortunately, not everyone has the income to attend college after completing high school so they look for other alternatives.

With the military services offering the Montgomery G.I. Bill and a wide range of other educational benefits, many young adults are enlisting to take advantage of these benefits.

The Navy offers numerous routes to help Sailors attain their educational goals. The problem is that many are unaware of what is available to them. At NAS Jacksonville, one local squadron has implemented a new program to ensure all their Sailors are informed about the educational benefits available here as part of their check-in process.

"VS-24 started this program about a year ago because our Skipper, Cmdr. Brian Luther wanted to ensure that each and every Sailor in our command who wanted to further their education, was given the opportunity to do so. He wanted education to be one of the top priorities of the command," said VS-24's Educational Services Officer (ESO) Lt. Shane McDonald.

The new program requires that each new Sailor checking in, meets with the ESO where they will fill out a questionnaire to determine what their educational goals are. Anyone interested in pursuing a college degree is then sent to the Navy College Office to meet one-on-one with an educational counselor.

After a degree plan is created based on their intended goals and what credits they've already earned, they are walked through the college enrollment process and informed of different means available to earn college credits. McDonald works hand-in-hand with the Navy College Office to steer his squadron members in the right direction to obtain their individual goals.

While most commands consider the ESO a collateral duty position, McDonald works full-time in the job, helping his VS-24 shipmates with both their military career goals and off-duty education. This



Photo by Kaylee LaRocque

Lt. Shane McDonald, Education Services Officer at VS-24 counsels AN Sergio Sanchez on his career path in the Navy and educational opportunities.

includes one-on-one counseling sessions, tracking their progress to ensure military requirements are completed for rating tests, putting together officer packages, assisting the Sailors at the Navy College Learning Center to better their ASVAB, college entrance and CLEP test scores and helping with college degree plans.

"When I first took over this job about a year ago, we were deployed and I really didn't know much about the Navy's educational programs. My first task was to ensure that everyone who was taking the Navy-wide advancement exams had all their requirements in. When we came home, the first place I went to was the Navy College Office to gather information about off-duty education," explained McDonald.

McDonald met with Pete Baker, a Navy College Office education specialist, who helped initiate VS-24's new education program. "We sat down and came up with a list to determine how many people in the command knew what services their ESO could provide, how to counsel them and determine how it should be tracked

and find out who wanted to pursue degree plans," said Baker. "Allowing Sailors to aggressively pursue their education helps retention for the Navy and really boosts morale. We consider VS-24 as the model command here for education. Lt. McDonald has done an excellent job as an ESO."

For his accomplishments of initiating and maintaining VS-24's education program, McDonald was recently awarded a Navy and Marine Corps Achievement Medal from Capt. Mark Boensel, commanding officer of NAS Jacksonville.

"I enjoy my job immensely. I've gotten to know the Sailors in our command and am just thrilled to see their eyes light up when I tell them about all the educational programs that are available to them. Many don't realize all the benefits they are entitled to such as Tuition Assistance, CLEP tests and that their military experience counts as college credits," added McDonald, who earned a degree in aerospace engineering from the U.S. Naval Academy.

"Lt. McDonald is really helping me out.

I'm currently preparing to retake my ASVAB tests to get rated in the Navy and working on my citizenship. In the future, I plan to work on my college degree. I'm the first person in my family to be in the military and really want to set a good example for my young nephews," said AN Sergio Sanchez, a native of Nicaragua who recently transferred to VS-24.

The squadron currently has 68 Sailors working to complete their degree plans. "Our squadron is deploying next year so right now we're trying to get as many people as possible their associate degrees. When we go to sea, our Sailors will continue their courses using Program for Afloat College Education courses and independent studies," said McDonald.

"VS-24 is doing a wonderful job. I have never seen a command be so supportive of an off-duty education program because they are usually more concerned about the mission of the command. This helps the Sailors do something for themselves. I wish all the commands on base had such a pro-active program," said Baker.

How to treat a sunburn

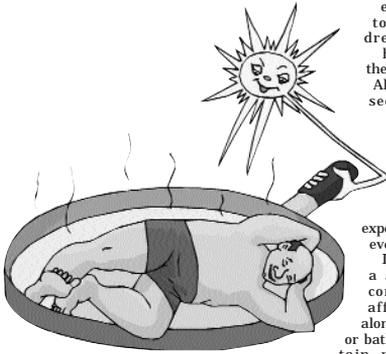
By Lt. Chris Alfonso
VP-30 Flight Surgeon

It's that time of the year when everyone seems to spend more time outside soaking up the sun's rays. Unfortunately, too much of a good thing can be a bad thing.

Summertime and sunburns go hand-in-hand, but while sunburns can be painful, they are preventable. The best way to treat a sunburn is to not get one.

Sunburns are a very common photosensitive reaction caused by too much exposure to the sun's ultra-violet rays (UVR), especially ultraviolet-B rays. Sunburns are characterized by skin areas with redness, tenderness, itching, occasional swelling, and in severe cases, blister formation. Pain at the affected skin areas can be very significant and is usually experienced anywhere between 6 to 48 hours after exposure to UVR. The skin layers affected by the sunburn will often peel off later as well. Aside from the immediate problems that sunburns can cause, there are many long-term effects as well. These include possible skin cancers, irreversible skin damage, premature skin aging, and more.

The first step in preventing a sunburn is to avoid significant sun exposure, especially during those peak hours that UVR reach the earth's surface (and our skin!) These peak hours are from 9 a.m. to 3 p.m., with the highest exposure time being between 10 a.m. and 3 p.m. Your exposure to UVR is also increased



when your skin is kept moist, such as in swimming or even by a humid environment like Jacksonville's. For my fellow fishermen out there, UVR exposure can be increased by those UV rays reflected off water surfaces, and choppy water reflects more UV rays than smooth seas.

The next step in avoiding a sunburn is to protect your skin. This can be done by wearing protective clothing, including wide-brimmed hats, and by using sunscreen agents. The strength of a sunscreen is denoted by its sun protection factor (SPF). The higher the SPF, the better. Most doctors will recommend using a sunscreen with an SPF of at least 15. For my fellow parents out there, it is

especially important to protect your children from the sun's harmful rays using these measures.

Although you may not see any of the long-term effects of a sunburn on your children, it is estimated that most people get more than 50 percent of their lifetime UVR exposure before they are even 20 years old.

If you do end up with a sunburn, use cool compresses to the affected skin areas, along with cool showers or baths. Lotions that contain menthol can help relieve some of the discomfort. Avoid any gels or lotions that contain benzocaine, as the benzocaine may further irritate the skin and can delay healing. Some individuals may require acetaminophen or ibuprofen to provide further pain relief. Some sunburns may be very severe and have a blister. Do not pop the blister because this can lead to possible infection. If you get a sunburn, and experience a fever, dizziness, problems with your vision, or have significant fluid-filled blisters, be sure to contact your doctor.

Remember, that little innocent sunburn now, may leave you feeling guilty later.

FFSC offers educational and support programs

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

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

Pre-registration is required. If special accommodations or handicapped access is required, please notify us upon registration. Contact 542-2766, x127 to register.

The following workshops are available during the months of July and August:

- July 30, Noon - 4 p.m. - Divorce Adjustment Workshop (Bring Lunch Bag)
- July 30, 11 a.m. - 1 p.m. - Budget for Baby Workshop
- July 31, 1-3 p.m. - Savings and Investing
- Aug. 5-8, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (Separation)
- Aug. 6, 9-11 a.m. - What About The Kids?
- Aug. 6, 1-3 p.m. - Debt Management
- Aug. 8, 8 a.m. - noon - Smooth Move Workshop
- Aug. 12-16, 8 a.m. - 4 p.m. - Command Financial Specialist Training
- Aug. 12-16, 6-10 p.m. - Basic Ombudsman Training
- Aug. 13, 8 a.m. - 4 p.m. - Stress Management Workshop
- Aug. 14, 9 a.m. - noon - How to Have a Healthy Relationship
- Aug. 14, 6-8 p.m. - Budget for Baby Workshop
- Aug. 19, 9 a.m. - noon - Florida Family Law Information Seminar
- Aug. 19-22, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (Retirement)
- Aug. 20, 11 a.m. - 1 p.m. - Budget for Baby Workshop
- Aug. 20, 1-3 p.m. - Checking Account
- Aug. 21, 8 a.m. - noon - Divorce Adjustment Workshop
- Aug. 22, 6:30-9:30 p.m. - Ombudsman Assembly
- Aug. 28, 9 a.m. - noon - Coping with Difficult People
- Aug. 29, 8-11 a.m. - Anger Control Workshop
- Aug. 29, 1:30-3 p.m. - Volunteer Service Council

USO offers Jaguars tickets to active duty

From USO

USO is pleased to announce that the Jacksonville Jaguars 2002 season is just around the corner. The USO will have tickets for each home game, including the two preseason games, for our active duty service men and women in the greater Jacksonville area. The Jaguars organization recognizes the sacrifices and dedicated hard work of our military personnel in keeping America free. They want to continue their support and show their appreciation.

Ticket distribution will be controlled at the two USO centers, at the NAS Jacksonville main gate and at the USO center on Mayport Road. Each ticket is \$6, with a maximum of two tickets per single active duty member and four for married active duty (spouse/children). Tickets will go on sale two Mondays prior to each scheduled home game.

The wearing of the uniform is not required however, all active duty and family members attending will be required to show appropriate active duty ID at the USO gate. The wearing of command

ball caps are authorized and encouraged. Tickets for the first preseason game Aug. 16, against the Tampa Bay Buccaneers will go on sale Aug. 5. Overall coordination for the Jaguars tickets is Bob Coonan, USO executive director, at 778-2821/542-3028 and Wayne Lester at Mayport, 246-3481.

Please put Jaguar art here

More than 30 years ago, your aunt gave you some Series E Savings Bonds. And you forgot about them - until now. You were cleaning out the basement when you found a treasure - those old Series E Savings Bonds. Even though they're no longer earning interest, they could still be worth more than \$1 million! It's time to check their value. So why not redeem those old bonds and give your kids a head start?

Check out the Savings Bond Calculator at www.savingsbonds.gov to discover their value. 1-800-4US BOND

A LETTER FROM USO

Dear folks:

This is a special request from your USO. If you or anyone you know has any old scarfs, hats, kerchiefs, or wigs that you would like to donate to cancer patients, we are a collection point for these items.

The items will be cleaned, washed and ironed and distributed to the oncology offices in Jacksonville and the American Cancer Society.

There are a lot of women on chemotherapy (guaranteed to lose their hair) who cannot afford to purchase these items. The items will be provided free to these women.

The USO is located across the street from the Pass and Decal Office at the main gate.

For more information, please call 542-3028.

Sincerely,
JoAnn Dilling
USO Program Coordinator

Navy seeks Junior ROTC instructors

Planning on retiring from the Navy soon? Are you interested in teaching? The Navy Junior Reserve Officers Training Corps (NJROTC) Program might be for you.

The current NJROTC program encompasses approximately 64,000 cadets, more than 1,000 instructors, and is made up of units in 43 states, the District of Columbia, Italy, Japan and Guam. The program includes a Naval Science curriculum with subjects like naval history, oceanography, navigation, naval operations and leadership.

Instructors in this program are retired Navy, Marine Corps and Coast Guard officers and senior enlisted (E-6 to E-9) who have served a minimum of 20 years active duty or have retired under the Temporary Early Retirement Authority (TERA) and have been out of the service no more than six years. Instructors are hired as high school teachers, wear their uniforms, maintain current weight requirements and receive a salary at least equal to the difference between their retired pay and the active-duty pay and allowances.

More information on this program can be found at www.cnet.navy.mil. Type NJROTC in the search window or by calling (850) 452-4947, ext. 334.

MWR NOTES

The Boxrockers live in concert

Check out the Boxrockers tomorrow night from 6 - 11p.m. in The Zone parking lot. The show is free with lots of free food and beverage specials. The concert is open to all base personnel. Call 542-3521 for information.

Cruise in November

Active duty; enter to win a cruise for you and up to four family members! Visit www.mwr.navy.mil for details.



Knock your socks off

Cardio kickboxing classes are held Fridays at 5:30 p.m. at the Fitness Source. Call 542-3518 to sign up.

Check out the new menu at The Zone

Tired of the same old thing for lunch? The Zone has come to your rescue with their new menu. New items include daily homemade soups, salad bar, Reuben sandwich and chicken fajita pizza to name just a few. Come and try something new for lunch or dinner. For more information, call 542-3521 or 542-2209.

Bingo events

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

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

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

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

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

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

Back to school kid's Bingo

"Mark" down July 20 for this year's back to school kid's Bingo. The cost is only \$10 per child and includes dauber, ten games of bingo and lunch. Doors open at 11 a.m. The prizes will consist of back to school items, tickets to local attractions and more

CPO Club

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



Free movies in the base theatre

Friday, 7 p.m. - High Crimes (PG-13)
 Aug. 2, 7 p.m. - Monster's Ball (R)
 Aug. 3, 5 p.m. - Clockstoppers (R)
 Aug. 3, 7 p.m. - Panic Room (R)

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

Treat yourself through I.T.T.

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

cent to the Navy Exchange in Bldg. 953-A. Trips are open to all base personnel and their guests.

The following are upcoming events:

Aug. 30 - Sept. 2 - Hot-Lanta: Getaway for Labor Day! Three nights hotel, and entrance fees to all the best attractions including Stone Mountain Park, is only \$211.85 per person, based on double occupancy.

Marina has rentals available

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



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

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

For more information, call 542-3260.

Youth Activities Center offers events

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

Flying Club is still going strong

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



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

Check out the RV Park

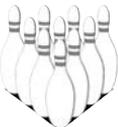
Visit NAS Jax RV Park. Reservations are taken 60 days in advance with a 14-day minimum stay. Call 542-3227.

Free Basic Auto Repair Classes

Classes will be held Aug. 15-16 at 6 p.m. Call 542-3227 to register

Bowling at Freedom Lanes

Wednesdays are free for active duty from 11 a.m. - 3 p.m. and the \$5 "all you can bowl" special lasts from 4-7 p.m. Special Events: Saturday: Scotch Doubles 9 pin no tap \$20 per team



Every Sunday is \$5 "All you can bowl" from 1:30-3 p.m. with possible bonus time. Specials will not be sold after 2 p.m. so show up early.

Ladies golf clinic

Hey Ladies! We've got a great thing going on just for you at the NAS Jax Golf Club. On Fridays at 4:30 p.m. for only \$10/week you can improve your present golf skills or learn new ones from our professional staff. You can also use the time to get together with friends to and socialize. Call 542-3249 for details.

Yellow Water activities

Tonight - Water Field Games
 Saturdays: Dance Class- 10 - 11 a.m.

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.

FROM THE GALLEY

Meal hours	Monday through Friday	Saturday, Sunday and holidays	Brunch
Monday through Friday	Breakfast: 6 to 7:30 a.m. Lunch: 11 a.m. to 1 p.m. Dinner: 4:30 to 6 p.m.	Breakfast: 6:30 to 8:30 a.m. Brunch: 10:30 a.m. to 12:30 p.m. Dinner: 4 to 5:30 p.m.	Minced beef w/toast Assorted omelets Chicken rings Chicken rice soup Brown gravy French toast Hamburgers
Meal Costs	Breakfast: \$1.60 Brunch/Lunch: \$3.25 Dinner: \$3.25		Liver w/onions Steamed rice Beef vegetable soup Baked chicken Lyonnaise potatoes Steamed cauliflower
Thursday Breakfast	Minced beef w/toast Baked macaroni and cheese French toast puffs Grilled minute steak Grits Omelets	Biscuits and sausage gravy Home fried potatoes Banana pancakes Assorted omelets Minute steaks Grits	Monday Breakfast
Lunch	Roast corned beef Baked macaroni and cheese Steamed carrots Stuffed flounder Steamed cabbage Cream of broccoli soup Summer squash	Yankee pot roast Tossed green rice Steamed broccoli French onion soup Tempura fish fillets Whipped potatoes Glazed carrots	Lunch
Dinner	Beef cordon bleu Rice pilaf Pasta w/salicy Beef gravy Herbed chicken Oven brown potatoes Multigrain soup	Chicken tetrazzini Steamed rice Cauliflower Parmesan Grilled pork chops Mashed sweet potatoes Peas w/mushrooms Tomato vegetable soup	Dinner
Friday Breakfast	Bacon & Sausage links Hash brown potatoes Boiled eggs Apple fillers Rolled oats Assorted omelets	Minced beef Apple cinnamon oatmeal Grilled bacon Grilled hash browns Waffles Assorted omelets	Tuesday Breakfast
Lunch	Steak ranchero Potatoes au gratin Steamed green beans Clam chowder Southern fried fish Steamed rice Calico corn	Beef sukiyaki Green beans Chinese fried rice Chicken egg drop soup Vegetable stir fry Chicken adobo Steamed rice Egg foo young Chinese egg rolls Strawberry glazed pies	Lunch
Dinner	Chili conquistador Mashed potatoes Braised sprouts Bean/bacon soup Tomato soup Baked chicken Chicken gravy Steamed egg noodles	Teriyaki steak Steamed rice Southern style greens Baked tuna and noodles Baked potatoes Steamed squash Knickerbocker soup	Dinner
Saturday Breakfast	Creamed beef Home fried potatoes Waffles Fanna Assorted omelets	Grilled bacon Cottage fried potatoes French toast Creamed beef w/toast Fanna	Wednesday Breakfast
Brunch	Creamed beef Fanna Spaghetti noodles Beef rice soup Waffles Spaghetti w/meat sauce	Beef pot pie Buttered noodles Vegetable stir fry Mushroom soup Oven fried chicken Oven browned potatoes Steamed wax beans	Lunch
Dinner	Syrian beef stew Paprika potatoes Vegetable combo Corn chowder Roast pork Summer squash Steamed egg noodles	Swedish meatballs Candied yams Steamed corn Creole soup BBQ ribs Mashed potatoes Southern style greens	Dinner
Sunday Breakfast	Oven fried bacon Cottage fried potatoes Boiled eggs French toast Minced beef w/toast Assorted omelets		

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

School-Age Care Program registration has started

From the Youth Activities Center

The School-Age Care Program registration is ongoing and there are currently 30 open vacancies. The program is available for children in kindergarten through 13 years old. Activities include indoor and outdoor recreational activities, arts and crafts, nature, multi-cultural activities, Boys and Girls Club programs, Nintendo 64 and computers.

Children must be completely registered. Registration includes completed copies of registration form, parental release, a copy of the child's current shot record, a copy of the sponsor's identification card, voluntary wage deduction form, notarized power of attorney, and a dependent care certificate. Fees are based on total gross annual household

income as regulated by the Department of Defense. Patrons must provide the most recent LES and paycheck stub to determine fees.

If your child is currently enrolled in the Youth Activities Summer Camp program, then all you need to provide is a newly signed parent's agreement form.

Transportation is provided by the school district. During the 2001-2002 school year, Venetia, Southside Estates, John E. Ford, RV Daniels, Chimney Lakes, John Stockton, Ortega and Lakeshore Middle sent buses to the center to pick up children. Transportation to the schools must be arranged by the parent with the school.

Youth Activities will follow the Duval County traditional school calendar.

All Navy Women's softball team prepares for tourney

By JO2 Jackey Bratt
Staff Writer

They came from all over the world, Europe, Asia, Hawaii, and continental United States with one goal in mind; to survive the cuts and become a member of the famed All-Navy Women's softball team.

More than 25 Sailors stationed around the world were flown to Jacksonville on July 12 to attend a three week All-Navy Softball Training Camp held at NAS Jacksonville. The try-outs end with a final team roster tomorrow. The final team will compete in the Armed Forces Championship held aboard NAS Jacksonville Aug. 5-9.

Approximately five Sailors have been told to pack up and go home. They do not have what it takes to be a member of the team. And the cuts will keep coming.

"We have women out here who will be packing it up soon because we only have 15 spots on the roster," said Head Coach, STGCM(SW/SS) Jim Butters, attached to Naval Station Mayport. Butters, alongside Assistant Coach Lt. Denise Woodfin are very watchful of the women to see if they have the desire, determination and skill to be a member of the exclusive team. The All-Navy Women's Softball Team Training Camp is run like any professional sports' team training camp, practicing at the dawn of a new day and again in the scorching mid-day sun.

These women are practicing in intense heat and still have to show off their best playing abilities because this is still a competition for a spot.

"Every year they have to go out and compete for a spot on the team," said Butters. "Just because you may have been a member last year, or the year before, does not guarantee a spot



The team takes a lap after practice. The heat is very intense but the players stay hydrated and are used to playing in adverse weather conditions. Photos by JO2 Jackey Bratt

for the upcoming season."

Being a member of the elite All-Navy Women's Softball Team is a rewarding honor according to MA3 Sarah Calvert, stationed in Naples, Italy. Calvert is one of the top selections flown in for the three weeks of gruel and intense training.

"It's hot, but we have to get the job done in order to be prepared for the Armed Forces Tournament," said Calvert.

"I've been playing softball since I was 11-years -old," said, AE3 April Lewis, attached to VS-32, NAS Jacksonville. Having been in the Navy a little over two years, this is the first time this 20-year-old has competed at this level.

"It's not as intimidating as I figured it would be because all the girls are here to help each other get better," said Lewis.

Lewis feels very fortunate that she is still practicing with the team despite a few rough days on the field.

"Coach Butters has been helping me out a lot, he sees that I can progress and that's helping my morale, he's seeing more in me than I am sometimes," explained Lewis.

It's Lewis' training dur-

ing the off season that has her standing among the elite athletes. She plays basketball, runs, and lifts weights during her downtime. Hard-charged and ready to play, Lewis hopes her skills as a softball player pay off by competing in the Armed Forces tournament.

Repetition is key to making a solid team.

"Coach has us doing the same drills over and over so plays will run smoothly at a moment's notice," explained Lewis. Serving as both a Sailor and an athlete, Lewis' pride to be in the Navy can be seen from afar.

"I am so proud to be in the Navy and I hope others show respect for us as we prepare for the tournament," said Lewis.

Standing behind the batting cage is HM2 Paulina Dixon. Dixon, attached to the operating room, Naval Hospital Jacksonville tried out for the team, but the competition proved to be too tough. However, her leadership skills enabled her to remain with the team as their trainer. Dixon's love for the game came at 10-year-old when she played in little league.

"I started playing in little league, from there I played in high school, and now I play on the NAS Jax team, as well as a city team," said Dixon.

Although she is not up to bat or standing at the mound, she is contributing to the team by making sure they are medically sound and ready to play. According to Dixon, being in the best physical condition is extremely important when playing in such heat.

"It is vital for the women to stay hydrated, stay stretched, and take Motrin for pain," explained Dixon. Dixon is often seen on the sidelines, massaging an aching muscle of one of the players as well as pumping the team up with motivation to get through the long practices.

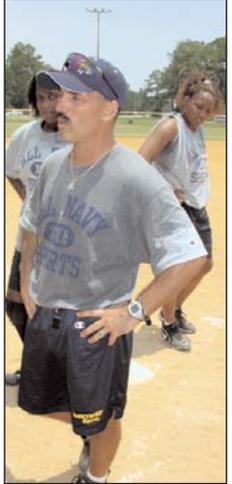
Identifying this experience as an opportunity of a lifetime, Dixon, who has been in the Navy six years, remains positive about the

outcome of this year's try-outs.

"I will keep getting stronger and try-out again next year," said Dixon. Dixon's options go well beyond the playing field. "I plan on making the Navy a career and am looking into furthering my education and applying for the Medical Enlisted Commissioning Program" said Dixon.

For more information on the tournament, contact the base gym at 542-3239.

STGCM (SW/SS) Jim Butters, head coach of the All-Navy Women's Softball Team talks to the Sailors after practice. Butters is impressed with the quality of softball players at the camp.



JAX SPORTS

Sports officials and scorekeepers needed

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

Intramural flag football meeting planned

This meeting will be held July 10 at 11:30 a.m. in the MWR Conference Room on the second floor of Building 590. The league will begin in August with rosters being due by July 26. The league is for NAS Jax active duty only.

Volleyball meeting scheduled

This meeting will be held July 24 at 11:30 a.m. in the MWR Conference Room on the second floor of Building 590. The league will begin in September with rosters being due by Aug. 9. The league is for NAS Jax active duty only.

All Navy wrestling tryouts coming up

The All-Navy wrestling tryouts will be conducted by Rob Hermann, All Navy Wrestling Coach, at the NAS Jax gymnasium from 5-7 p.m. on Oct. 25. Weigh-ins will not be conducted and wrestling equipment is not required to tryout. Weight classes are 119; 127; 138; 152; 167; 187; 213; and 286. Call NAS Jax Athletics to sign up.

Navy Southeast Regional Running and Triathlon Team

Represent the U.S. Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided as well as, transportation, entry fees, and lodging costs.

Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) race and your time must be one of top ten regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Qualifying Times

5k	Men 19:00	Women 24:00
10k	Men 34:00	Women 46:00
Marathon	Men 3 Hours 30 Min.	Women 4 Hours
Triathlon	Men 2 Hours 30 Min.	Women 3 Hours
Triathlon time based on 1.5k swim, 10k run, 40k bike		

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



Catch the latest news around the fleet.

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

NAS Jax to host women's softball championships

From the Gym

NAS Jax will be hosting the Women's Softball Armed Forces Championships Aug. 5-9.

The opening ceremony is scheduled for Aug. 7 at 9 a.m. with the first game beginning at 10 a.m. between the Navy and Air Force. There will be six games per day Wednesday Aug. 7-9.

The following is a schedule of games:

Aug. 7		
10 a.m.	Game #1	Team A vs Team B Field 2
11:30 a.m.	Game #2	Team C vs Team D Field 4
1 p.m.	Game #3	Team A vs Team D Field 2
2:30 p.m.	Game #4	Team B vs Team C Field 4
6 p.m.	Game #5	Team B vs Team D Field 2
7:30 p.m.	Game #6	Team A vs Team C Field 4
Aug. 8		
8 a.m.	Game #7	Team D vs Team C Field 2

9:30 a.m.	Game #8	Team B vs. Team A	Field 4
11 a.m.	Game #9	Team C vs. Team B	Field 2
12:30 p.m.	Game #10	Team D vs. Team A	Field 4
6 p.m.	Game #11	Team C vs. Team A	Field 4
7:30 p.m.	Game #12	Team D vs. Team B	Field 4
Aug. 9			
8 a.m.	Game #13	Team A vs. Team B*	Field 2
9:30 a.m.	Game #14	Team C vs. Team D*	Field 4
11 a.m.	Game #15	Team B vs. Team C*	Field 2
12:30 p.m.	Game #16	Team A vs. Team D*	Field 4
6 p.m.	Game #17	Team B vs. Team D*	Field 2
7:30 p.m.	Game #18	Team A vs. Team C*	Field 4

2002 Draw for Armed Forces Championships
 A=USAF B=USN C=USA D=USMC
 *Home team determined by coin toss
 Saturday and Sunday will be used for make-up games in case of inclement weather.

SPORTS STANDINGS

Intramural Golf Liberty League Standings as of July 19

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

NAVARES	3	2	0
NAMTra B	3	3	0
FACSFAC 2	2	4	0
VS-24	2	4	0
Wing 11	1	3	1
FASO	1	4	0
NHSO	0	5	1

Intramural Golf Freedom League Standings as of July 19

Teams	Wins	Losses	Ties
GEMD	5	0	0
VP-5	4	1	0
AIMD (B)	4	1	0
Navy Band	4	2	0

2002 Summer Basketball Standings as of July 19

Team	Wins	Losses
TPU	7	0
AIMD	6	1
VP-30	5	1
VS-24	5	1
VR-58	3	3
VS-32	3	4
SERCC	3	4
VP-5	3	5
NAMTRA	2	4
NCTS	1	7
HS-7	0	7

COMMUNITY CALENDAR

The Navy Wives Club of America, NWCA Jax #86, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information call the Thrift Shop at 772-0242 or President Barbara Howard at 471-1444.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular

monthly meeting, the second Tuesday of each month at 1 p.m. at the Orange Park Library. There will be meetings in July and August. Meetings will resume in September. For more information call 276-9415.

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

more information contact the Base Commander at rjjax@attbi.com or 241-6222.

The Marine Corps League, Jacksonville Detachment holds their monthly meeting the first Thursday of the month at 7 p.m. at the VFW Post 7909 on Blanding Blvd. For more information call John Leisman at 779-7375.

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

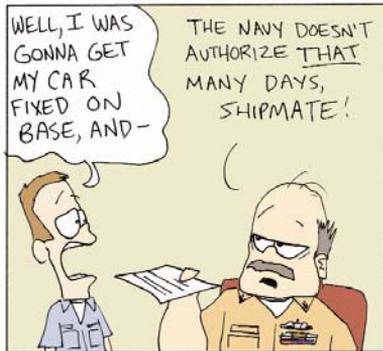
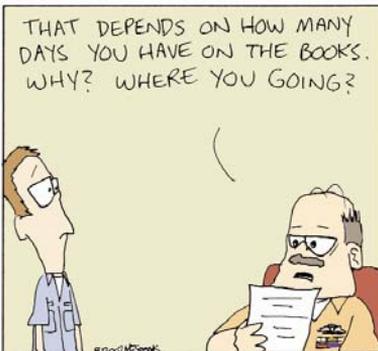
Christian Fellowship Night will be held behind the Chapel in Bldg. 749 from 6:30 - 9 p.m. every Tuesday night. Contemporary music, refreshments and bible study featuring a video study of Philip Yancey's "The Jesus I never knew" will be apart of the activities. For more information call 542-3051.

Jacksonville Semper Fidelis Society will hold their monthly luncheon on Aug. 21 at 11:30 a.m. at Piccadilly Cafeteria near Regency Mall. For more information, call Sharon Leahy at 545-0635 or check out the website at www.jaxsemperfidelis.org.

JAX TALES

MIKEJONES43@HOTMAIL.COM

BY MIKE JONES



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In Gear

A weekly look at the automotive market
