



# Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

## TOUCHING BASE

### Navy Tri-Base Fall Job Fair

The Fleet and Family Service Centers (FFSC) of NS Mayport, NAS Jax and NSB Kings Bay are sponsoring a Tri-Base Job Fair at the Morocco Shrine Center in Jacksonville.

This fair will provide service members and their families a chance to learn more about local and national employment opportunities. More than 100 companies have registered to attend this event. Employers at the job fair will be from the Jacksonville area business community and selected national firms. Business representatives will offer job information, accept resumes and conduct on-the-spot interviews. Bring several copies of your resume and come dressed for success.

The Fall 2003 Job Fair will be held at the Morocco Shrine Center, 3800 St. Johns Bluff Road South on Sept. 30 from 9 a.m. - 2 p.m. For more information and a list of employers, call NSB Kings Bay FFSC at (912) 573-4513 or DSN 573-4513.

### Hispanic luncheon planned

A Hispanic Heritage Month Luncheon will be held Oct. 2 from 11 a.m. to 1 p.m. at the River Cove Officer's Club. The guest speaker will be District Director U.S. Small Business Administration North Florida District Office Wilfredo Gonzalez. The event will also feature entertainment and Hispanic cuisine. The cost is \$10 per person. For more information, call Sylvia Kitt at 542-0649.

### FFSC outreach workshop

From NAS Jax FFSC

On Oct. 2, the NAS Jacksonville's Fleet Family Support Center (FFSC) in partnership with other Navy agencies will be sharing information with civilian organizations and professionals in the greater Jacksonville area who work in the field of domestic violence. The event will take place at the Cooperative Extension Building, 1010 N. McDuff Ave., Jacksonville, beginning at 8 a.m. Registration will take place from 7:30 - 8.

The workshop will include briefs on the Navy's response to domestic violence including Navy family support programs, victim, legal, and medical services, and alcohol treatment programs.

To register, call the NAS Jax FFSC at 542-2766 or send an email to otebow@nasjax.navy.mil.

# Annual CFC drive begins

By Kaylee LaRocque  
Staff Writer

The 2003 Combined Federal Campaign (CFC) is currently under way for NAS Jacksonville and all its tenant commands and departments. The campaign which officially kicked off Sept. 15, runs through Nov. 30.

It is held each year to help residents of Northeast Florida and Southeast Georgia, our nation and people in need around the world. Last year, 178 local agencies benefited from the drive, enabling them to provide critical services within our community.

Each agency that qualifies for CFC must meet strict eligibility standards. Those who donate to these agencies may direct their contribution to one or more of the eligible national or international charities or any of the local agencies within our community. The choice is up to the participant.

The goal set for NAS Jax this year is \$600,715. "The base policy is that all our keypersons make 100 percent contact with everyone within their command. We hope to have a quick and successful campaign and reach our goal," said Lt. j.g. Felicia Barbour, NAS Jax fund-drive coordinator.

Last year, NAS Jacksonville raised \$604,357 for CFC. "We hope to do even better than last year. CFC is about people helping peo-



Photo by Kaylee LaRocque

Commander, Navy Region Southeast (CNRSE), the Pace Setter command for this year's Combined Federal Campaign, reached 75 percent of its goal last Thursday after just one week of effort. To help promote the drive, a check for \$19,252 was presented to CFC Regional Director Steve Conrad (left front) by Capt. Charles King, NAS Jax executive officer, Galen Carver, CNRSE executive director and Cmdr. Jay Higgins, CNRSE loaned executive. Looking on are (from left back row) Diana Stukes, HRO keyworker, MS1(SW/AW) Anthony Williams, NAS Jax loaned executive, YN2(SW) DuWayne Williams, CNRSE keyworker and NCCM(SW) ShaReff Rashad, CNRSE command master chief. The CFC Drive will continue through Nov. 30.

See CFC, Page 12

# Navy College office to reduce services



Photo by JO2(SCW) Eric Clay

Windell Mabry, assistant director of the Navy College Office, discusses the importance of a college education with AM1(AW) Craig Cyr of VP-30 at the Navy College Office. The office will soon experience some major cutbacks, limiting many of its current services.

From the Navy College Office

Beginning Oct. 1, the Navy College Office (NCO) will lose two of its three counselors and will no longer have a test examiner to proctor exams 20 hours per week.

This critical staffing shortage has forced the NCO director to curtail many of the services previously afforded to active duty military, reservists, dependents and retirees.

The shortage of staff will adversely affect shore personnel as the Naval Education Training Center has mandated that the NCO's top priority be squadrons desiring the Navy College Program Afloat College Education (NCPACE) program. Customer service hours will

be reduced to Monday through Friday from 9 a.m. to 4 p.m. with future reductions as needed. Counseling appointments will be made for active-duty Navy/Marine personnel stationed at NAS Jacksonville by calling 542-2477. Due to the man-hours required to maintain the testing center and NCPACE, the number of counseling appointments will be severely limited.

The NCO DANTES testing will continue with limitations as follows: Testing will be for active-duty Navy/Marine personnel stationed at NAS Jacksonville only. There will be no more testing/proctoring for dependents and retirees. CLEP and DSST exams will be given on Wednesdays only at 9:30 a.m.

and 11:30 a.m. ACT and SAT exams will not be given each month. Instead, the SAT will be given at 9:30 a.m. on Oct. 2, Dec. 4 and Feb. 5.

The ACT will be given at 9:30 a.m. on Nov. 6, Jan. 8 and March 4. Personnel must sign up for the SAT/ACT exams by calling 542-2477.

The NCO will proctor the following exams: Emergency Medical Technician, Defense Language Proficiency Test, Air Force Institute for Advanced Distributed Learning, and any other distance-learn exams from colleges/universities. Personnel will need to have their respective education services officer order and administer those exams.



Photo by PH3 Elizabeth Williams

## New khakis

TM1(SW/AW) Jose Santana, Jr., a new chief petty officer, at NAS Jacksonville, renders a salute to his fellow chiefs during the pinning ceremony Sept. 16. Seventy-seven new chiefs from the area were pinned during the ceremony at the NAS Jax Theater.

# HRO News

## New system helps civilian employees

From HRO

Employee Benefits Information System (EBIS II) was launched Aug. 21. Its appearance and usability are outstanding. It is easier to navigate and has user-friendly buttons that provide one-click access to most functions and help is available for each page of the application. The web pages are now promptly updated with important late breaking benefit news. The "new" EBIS website can be found at: <http://www.civilianbenefits.hroc.navy.mil>.

Employees are taken to EBIS II once they authenticate themselves through the Department of Navy's Benefit Information Center. Employees only need to enter their

SSN and Personal Identification Number (PIN) just once after creating an EBIS password. This is where the user-friendly single entry "EBIS SSN and PIN" is the nice change.

Prior to this, a person had to re-enter their SSN and PIN for each application in EBIS (i.e., forms, TSP, life, health, retirement, etc). Now customers only have to enter their "EBIS SSN and PIN" once. EBIS II menu options include:

- My Benefits - Employees may obtain a comprehensive personal statement of their benefits.
- Calculators - A variety of calculators are available: Retirement annuity estimates, High three-average salary, TSP, TSP annuity, Severance

Pay and FEGLI.

- Transactions - At a glance, all on one page, employees can view their current benefit elections for life, health and TSP. Pending transactions can also be easily viewed.

- Forms - Allows access to the most commonly requested benefits forms. Forms are auto-populated and can be completed on-line, printed and submitted.

- My Profile - Provides ability to personalize your benefits statement by entering TSP account balance, Social Security and FERS covered earnings and Frozen sick leave.

- Information - A Library of benefits related information on an array of benefit topics.

## American Red Cross National Disaster Relief Fund is empty

From the American Red Cross

The American Red Cross has announced that due to a decrease in financial support and an increase in "silent" disasters, its National Disaster Relief Fund is empty.

The National Disaster Relief Fund allows the Red Cross to provide immediate emergency assistance to the victims of everything from multi-unit apartment fires to severe storms to damaging floodwaters.

Disasters strike communities across the nation about 186 times daily - the majority are called "silent" disasters, never making the news. After a disaster strikes, the Red Cross relies on the fund to mobilize volunteers and resources to help communi-

ties throughout the United States recover.

Due to the state of the National Disaster Relief Fund, Red Cross assistance to disaster victims for the foreseeable future will be focused on meeting immediate basic human needs, such as food, clothing, shelter, essential medication and mental health counseling.

"Since its inception in 1881, the American Red Cross has been guided by the vision of humanitarianism and fueled by financial donations from citizens and businesses," said President and CEO Marsha Evans. "While the mission continues, the fuel has run out."

Americans can make a donation to the Red Cross today by calling 1-800-HELP-NOW or by visiting [www.redcross.org](http://www.redcross.org).

According to a recent poll

conducted by the Red Cross, about 50 percent of Americans are not prepared for natural or man-made disasters and what's more, 58 percent have not taken the steps to make a disaster supply kit.

Hurricane Isabel could be one of the strongest hurricanes to hit land in many years, the results may be devastating, with millions of dollars of damage.

The current state of the economy makes it difficult for the public to support disaster victims to the extent they have in years past.

From July 1, 2002 to June 30, 2003, the organization spent \$114.3 million while taking in only \$39.5 million. The supply is just not keeping up with the demand.

Although many Americans contributed generous-

ly to the Red Cross two years ago in the days following Sept. 11, 2001, that money is exclusively designated for those victims. The Red Cross cannot borrow from this fund to help other victims of other disasters.

Even as we concentrate our efforts on shoring up our National Disaster Relief Fund, we must also include a plea for increased blood donations. Our national blood inventory is dangerously low. You can donate by calling 1-800-GIVE-LIF to make an appointment.

The future ability of the Red Cross to perform our full humanitarian mission of support to those in need is threatened and can only be sustained by generous monetary contributions and blood donations of concerned Americans.

## ON THE HOMEFRONT

### Wife's embarrassing comments humiliate husband

By Sarah Smiley  
Special Contributor

There's one thing smart Navy wives (and I'm not claiming to be one of them) learn quickly: In the presence of your husband's co-workers, it's never a good idea to reveal any embarrassing facts about his habits, his childhood, or his favorite reality TV show.

Unfortunately slip-ups such as these usually result in even more unfortunate nicknames (or "call signs" for you pilots), with the worst consequence of all being that the guilty wife's name will always be attached to the story (told over and over and over again) about how her husband earned his dreadful nickname.

I once knew a wife who sent her deployed husband a package addressed to "Honey Bear." He was of course instantly nicknamed, and the new call sign was applied to his flight suit.

Another wife sent pictures of the couple's cats with "We miss you Daddy" printed at the top. Her husband may have called the kitties "Pokey" and "Tinkerbell" and loved on them like children in the privacy of his own home, but I'm sure the public broadcast of his feline fancies was a bit unexpected and embarrassing.

I also knew a girl who sent her husband's squadron a picture of him from fifth grade in which he is sporting buckteeth and a devastating brown flannel shirt.

Oh, wait . . . that was me. (See, I told you I'm not one of those smart Navy wives yet.)

It's hard for us women to understand why telling "the guys" that your husband tapes every episode of "Survivor" (or worse, "Jag") can be so humiliating. But maybe the embarrassment is equivalent to what I would feel if my husband told everyone what I look

like at 7 a.m. or that I sat on a table when I was eight-months pregnant and broke it.

But we can't really be blamed for our unintentional slip-ups. Sometimes we don't even see the potential humor of a secret we are about to disclose.

My husband is often told he looks like Tom Cruise. At a Navy dinner party, however, I told the group that I think he looks more like Dustin Hoffman. How was I to know that "Rain Man" and "Tootsie" would be the new names tossed around in consideration for his call sign?

But what about "The Graduate"? I pleaded to my husband. "I meant that you look like Dustin Hoffman in 'The Graduate.'"

"Sarah," he explained, "you don't understand. Why would they call me 'The Graduate' when 'Tootsie' is so humiliating?"

This need to exploit your

buddies until their faces turn red must be a "guy thing." I couldn't imagine my friends saying to me, "Wow, you got so big when you were pregnant, you snapped that table right in half!" Or, "Without your makeup, Sarah, you look a lot like Marge Simpson."

And maybe this contributes to our naivety when it comes to exposing our husbands' quirks and embarrassing favorites. It makes no sense to us that friends would manipulate such things into turn-your-face-red humor.

So when I say that my husband sings like a howling dog or that his mommy kept his childhood bunk beds until he was 28 years old, I really mean no harm and am oblivious to the consequences it may cause him at work with his buddies. After all, he's my little "Dusty-Wusty"; why would I want to embarrass him? Oops . . . sorry, honey!

## HEY, MONEYMAN!

**Hey, MoneyMan!**

My wife just got a debit card and we already have several credit cards. She told me that she likes the debit card better, but I like to use credit cards. Which one is better?

**MoneyMan Sez:**

Actually, if out of control spending is the problem, it is often better to pay for items with checks or cash when you can. That way it is easy to track and control your spending.

A credit card is bad because it allows you to spend money you do not really have. A debit card is bad because it has few, if any, of the protections offered by credit card companies.

A debit card looks like a credit card, but it acts like a checkbook. When you use your debit card the amount is immediately withdrawn from your checking account.

Normally, if your credit card were stolen your maximum liability would be no more than 50 bucks. If your debit card is stolen your checking account could be emptied.

I believe that the very best way to make purchases is to use a credit card and pay the balance off in full every month, particularly if you have a free card that pays "purchase points."

Using a credit card wisely allows you to float your purchases for 30 days, improve your credit history, and get "free" air miles or discount prices. Of course, this only works if you do not carry a balance. Most credit card issuers are betting you will not have the discipline to do this. Prove them wrong!

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



## Sunday Services

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

**Saturday - 5 p.m. - Catholic Mass**

**Sunday - 8:30 a.m. - Holy Eucharist Episcopal**

9:30 a.m. - Catholic Mass

11 a.m. - Protestant Worship

6:30 p.m. - Contemporary Service

"The Leading Edge," Hangar 749 at the Base Chapel Center.

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



## Meet A Sailor...

SH2 CAROLYN HESTER

**Job title/command:**

Reservist/Sales Administrator

**Hometown:** Memphis, Tenn.

**Family Life:** Married to a retired Navy chief. We have two children and three grandchildren.

**Past Duty Stations:** Moreno Valley, Riverside, Calif.

**Career Plans:** To pursue a master's degree in Business Management Resource.

**Most Interesting Experience:** Moving from coast to coast for 20-plus years and watching my children grow up in a diverse society.

**Words of Wisdom:** Keep it simple. Be assertive and positive.



## Meet A Civilian...

KAREN JOHNSON

**Job title/command:**

Admin. Assistant, DDJF

**Hometown:** St. Louis, Mo.

**Family Life:** Single mom with a 5-year-old daughter.

**Past Duty Stations:** Guantanamo Bay, Cuba, Annapolis, Md., San Diego, Calif.

**Career Plans:** I'm seeking a degree in education.

**Most Interesting Experience:** Military life. I'm an E5 Navy Reservist.

**Words of Wisdom:** God is good all the time!

## Boats parked illegally on base may be towed

All boats or recreational vehicles (RV) parked illegally in various parking lots at NAS Jax will be towed if not moved.

Residents living in base housing or the BOQ/BEQ can park their boats or RVs in the lot near the Autorama sales lot for free provided they stop in the base housing office and show proof of ownership, registration and obtain a special decal. All vehicles not authorized to park there will also be towed. For more information, call the Housing Office at 542-2996.

The Mulberry Cove Marina currently has a waiting list for boat storage for those members living off base. The storage fee is \$40 per month or \$400 a year. For more information and to get your name on the waiting list, call 542-3260.

## Jax Air News

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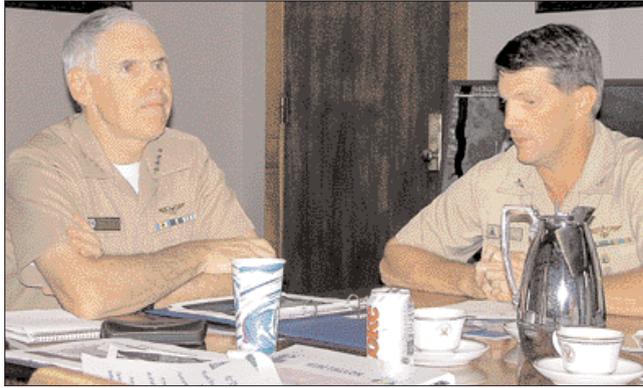
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## Admiral stops in for briefings



Adm. William Fallon, prospective commander, U.S. Atlantic Fleet (left) is given a NAS Jacksonville command brief by Capt. Charles King, NAS Jacksonville executive officer during his visit here last Thursday. The admiral also visited Commander, Navy Region Southeast and NSB Kings Bay, Ga.

Photo by Kaylee LaRocque

## VyStar announces changes to ATM services

From VyStar

VyStar Credit Union recently announced an increase in the ATM surcharge fee charged to non-VyStar members from \$1.50 per transaction to \$2 per transaction beginning on Oct. 1.

This surcharge increase does not affect VyStar members accessing their VyStar accounts, as the credit union continues to make every effort to provide quality financial serv-

ices to its members without charging fees.

The surcharge fee income received from non-VyStar members using VyStar ATMs helps recover the cost of providing free ATM service for all VyStar members and will also enable further expansion of VyStar's ATM network in northeast Florida. VyStar currently provides 11 ATMs out of its 93 ATMs located in Northeast Florida on the base at NAS Jax.

As part of this change

(also effective on Oct. 1), the two VyStar ATMs (located in Hangar 30 and in BEQ 822) which currently assess no surcharge, will begin assessing a surcharge to non-VyStar members.

To encourage non-VyStar members to join the credit union and thus avoid having to pay sucharges at VyStar ATMs, all membership fees have been waived for all active duty military and civil servants who work at NAS Jacksonville.

## Former Cecil Fielders to hold get-together

All former NAS Cecil Field military and civilian employees are invited to a Cecil Field Reunion Oct. 18 at 6 p.m. at the Steak and Ale Restaurant on Blanding

Boulevard. The dress is "southern comfort".

Next year's reunion will be discussed at this event. To RSVP, please email [sanchezan@askjax.navy.mil](mailto:sanchezan@askjax.navy.mil).

## John Lennon Tour Bus to visit here today

From the USO

Want a chance to see a recording studio or have the chance to cut a record and a music video? The John Lennon Tour Bus will be here Sept. 25-26 in the parking lot of the Liberty Cove Recreation Center.

On day one, free tours will offered on the bus to anyone on base. The next day, eight active duty personnel who have been picked ahead of time, will have the chance to record a song and film a music video.

If you would like to have a chance for this opportunity, stop by the USO with some sheet music with lyrics.

The John Lennon Songwriting Contest Educational Tour Bus is a non-profit, mobile recording studio outfitted with traditional musical instruments as well as current technological advances. Since 1998, the bus has provided free hands-on programs to hundreds of high schools, colleges, boys and girls clubs, music festivals, concerts, conventions and community organizations.

Working together with some of the biggest names in music, the Lennon Bus encourages students to play music, write songs, engineer recording sessions and produce music video projects using the latest audio, video, and live sound equipment.

The interior is divided into two separate recording environments. The front studio offers the chance to participate in the creation of multi-media projects. Audio and video components are demonstrated, with visitors assisting in the recording and editing of original material. The back studio is a more traditional set-up for bands and the remote recording of con-

certs and special events. It features a full range of instruments including guitars, basses, keyboards, and drums. Also on board is a P.A. system enabling performances outside of the bus.

Each year, the organization sponsors the John Lennon Songwriting Contest, an international songwriting contest that began in 1997. The contest is open to amateur and professional songwriters who submit entries in any one of 12 musical categories.

Your song may be entered in any of the following categories: rock, country, jazz, pop, world, rhythm & blues, hip-hop, gospel/inspirational, Latin, electronic, folk and children's. Entries will be judged based upon originality, melody, composition, and lyrics (when applicable). Instrumental compositions are encouraged. Both performance

and production value will not be considered during the adjudication process.

More than just a contest, the John Lennon Songwriting Contest offers songwriters one of the most valuable commodities in the music industry - opportunity. Beyond the substantial cash prizes, some winners will receive EMI Publishing Contracts, Yamaha project studio equipment, and 1,000 CDs in full color with premium four-panel Digipaks courtesy of Discmakers.

One entry will be named "Song of the Year" and that winner will receive an additional \$20,000 in cash courtesy of Maxell. Overall, 120 winners will split more than \$225,000 in cash and prizes. For more info check out the Web site at [www.jlsc.com](http://www.jlsc.com).

The John Lennon Songwriting Contest Educational Tour Bus

The Anniversary of the 1993

### HISPANIC HERITAGE MONTH

Hispanic Heritage Month Observance 2003

Music & Lots of Fun

From 10:00 AM to 1:00 PM

Guest Speaker: **WILBERTO J. COME-LIZ**  
 (Singer/Songwriter)  
 U.S. Navy Band Director  
 (Multi-Instrumentalist)

Friday, 25 Sept 2003 10:00-1:00  
 Naval Hospital, Main Entrance

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# NavHosp Jax launches 'Under My Wing' mentoring program

By Lt. Cmdr. Frank Stubbs III  
Naval Hospital Jacksonville

Amid much fanfare and excitement, Naval Hospital Jacksonville launched its new "Under My Wing" Mentoring and Sailor SMARTS Sailors Motivated About Responsibility Towards Self-development (SMARTS) Life-Long Learning programs Sept. 2.

Approximately 100 hospital staff members attended the Quarterdeck ceremony. Naval Hospital Jacksonville Commanding Officer Capt. John Sentell served as keynote speaker for the event.

The "Under My Wing" and Sailor SMARTS programs are the product of four months of extensive work performed by a dedicated group of Naval Hospital Jacksonville staff members. "Under My Wing" and Sailor SMARTS are designed to change the way mentoring and learning takes place at Naval Hospital. These programs were created as part of the Commanding Officer's vision to Take Care of Our Folks. Quality care at Naval Hospital Jacksonville essentially involves "Service to the Fleet and Their Families, Readiness and Service to the Staff." The "Under My Wing" and Sailor SMARTS programs fulfill the third component of the hospital's service-oriented tenet. "It's our way of taking care of our Sailors and civilian staff members," commented Lt. Sarah Goldman, a member of the program's Leadership Group.

Sailor SMARTS is the life-long learning curriculum of the Naval Hospital's new program. Five primary learning pillars serve as the foundation for SMARTS: Education and



Naval Hospital Jacksonville Commanding Officer Capt. Mark Sentell officially kicks off the "SMARTS" and "Under My Wing" programs the day after Labor Day in a ceremony aboard the Hospital Quarterdeck as HMC Nancy Glaser, Terry Murray, Lt. Cmdr. Frank Stubbs, Joe Broome look on.

Photo by HM2 Michael Morgan



Naval Hospital Jacksonville staff members sign up for the "SMARTS" and "Under My Wing" programs following its kick-off Sept. 2.

Photo by HM2 John Veres

Lifelong Learning, Spiritual Awareness, Community and Cultural Development, Career Development and Financial Security and Planning.

"Through Sailor SMARTS, our Sailors and civil service employees will be provided

opportunities to acquire knowledge and information on areas vital to their success in the Navy and essential to their success and enjoyment as human beings," commented Sentell during his keynote address. "We will invite speakers,

experts in their fields, to teach us how to live more fulfilling and satisfying lives. We may not be able to get Dr. Phil to speak with us, but we'll find someone equally talented and articulate," said Sentell. "Our speakers will discuss topics as diverse and far-reaching as proven methods designed to increase personal wealth and strategies for the first-time homebuyer to increasing one's spirituality and relationship with God and ways to earn an accredited college degree via distance learning. We are exploring all possibilities and ways to maximize human potential," he said.

By bringing speakers and thinkers directly to the hospital campus, Sentell and his "Under My Wing" and Sailor SMARTS Leadership Group plan to create a true learning environment at

Naval Hospital Jacksonville.

"Everything we do here revolves around increasing the level of care we provide our patients. If our Sailors and civil service staff members achieve a greater level of personal satisfaction in their lives, this will necessarily translate into a higher level of care and service being provided to our patients and beneficiaries," elaborated Sentell.

Through the "Under My Wing" Mentoring program, a complement to Sailor SMARTS, every Sailor and civilian staff member so desiring will be provided a Mentor or teacher.

"Learning from those who have achieved what you hope to achieve one day is the essence of effective mentoring and serves as the cornerstone of our "Under My Wing" program," stated HMC Nancy Glaser, command career counselor at Naval Hospital Jacksonville and subject matter leader for Career Development SMARTS.

"For example, we have many corpsmen here who want to be doctors, nurses, independent duty corpsmen and physician's assistants. Without an experienced mentor to guide them, several of these corpsmen will end up spinning their wheels and will waste time and resources trying to figure out what steps to take to accomplish their goals. "Under My Wing" can help," encouraged Glaser.

During Launch Day ceremonies, 20 Sailors signed up to be protégés in the "Under My Wing" Mentoring program.

"With our new protégé applicants, that brings our current number of protégés to 65. We geared up for Launch Day weeks in advance and successfully

recruited over 40 protégés and one hundred mentors before the program was officially launched," stated Lt. Cmdr. Ethan Josiah, head of Command Education and Training and subject matter leader for Education and Lifelong Learning SMARTS. "By gearing up for Launch Day, we set ourselves up for success."

One of the newest protégés in the "Under My Wing" program is HM Kristilyn Dowell, a member of the hospital's Patient Administration Department.

"I'm not sure what career field suits me the best, but I'm thinking that counseling or social work may be the answer," believes Dowell. "I'm really excited about getting a mentor and hope that my mentor will help me identify my strengths and provide me with encouragement to finish my college degree."

Naval Hospital Jacksonville will be expanding the reach and breadth of its "Under My Wing" and Sailor SMARTS programs soon. All six of its branch medical clinics (Athens, Albany, Atlanta, and Kings Bay, Ga; and Mayport and Jacksonville) will have identical programs within the next several months. "This is an institutional effort," adds Sentell. "We will indeed establish a true mentoring and learning culture here at Naval Hospital Jacksonville."

For more information on how "Under My Wing" and Sailor SMARTS can benefit your organization, please contact Lt. Cmdr. Frank Stubbs, co-founder of "Under My Wing" and Sailor SMARTS at 542-9444, Lt. Sarah Goldman at 542-7503, or Lt. Cmdr. Ethan Josiah, at 542-7464.

## New policy on health records at NavHosp Jax

By Lt. Cmdr. Frank H. Stubbs III  
Naval Hospital Jacksonville

Medical records issued by a military medical treatment facility (MTF), which includes Naval Hospital Jacksonville, are the property of the Department of Defense (DoD).

A few years ago, the DoD Inspector General (IG) found that patient medical records in many MTFs could not be located. When medical records are not readily available, this has the potential of negatively affecting patient care and makes the validation of a hospital's workload data extremely difficult.

Patient records are often lost or misplaced when a service member and his/her family transfer from one duty station to another. In the past, service members were allowed to hand carry their medical records during a permanent change of station (PCS) move.

The service member would bring a copy of his PCS orders to the outpatient records desk at Naval Hospital Jacksonville and would then sign for his individual medical record

and the medical records of his family members.

A recent DoD Office of Health Affairs memorandum directs all military medical treatment facilities to undertake immediate actions to restore custody of all medical records to that MTF's medical records office.

The Assistant Secretary of Defense for Health Affairs, Dr. William Winkler, Jr., has directed all military medical treatment facilities to work towards maintaining at least a 95 percent availability of all outpatient records, with the goal being 100 percent availability.

Effective immediately, service members will no longer be allowed to hand carry their medical records between duty stations. The servicing medical treatment facility will send the medical record to the service member's next duty station by way of registered mail.

The Navy's Bureau of Medicine and Surgery is taking strong measures to insure that our "closed medical record system" remains intact and that a patient's medical record

will always be available when needed. A closed medical record system means that a medical treatment facility always maintains custody and control of a patient's medical record.

Insuring the availability of a patient's medical record will serve to increase patient safety, access to care, and eliminate repeat testing and procedures.

While this new policy may be inconvenient for some, patients may continue to request a copy

of their individual medical records before a PCS move. "Having a copy of one's medical record before a PCS move is smart business," states Emma Suber, supervisor of Outpatient Records at Naval Hospital Jacksonville. "We encourage patients to keep

abreast of their health status and maintaining a copy of your health record makes good sense."

If you are interested in obtaining a copy of your outpatient medical record, please stop by the Outpatient Records Desk at your servicing medical treatment facility and request a copy in writing.

Please bring a valid military ID with you. For service member sponsors wishing to obtain a copy of a family member's health record, written consent from the family member is necessary if the family member is eighteen years of age or older. This includes a spouse.

Please allow at least 10 business days for your request to be processed.

### Navy Ball

Oct. 11, 2003

Hangar #117

(Located by Air Operations)

6:30p.m.

#### Military Dress

Dinner Dress White E7 & Above

Service Dress White E6 & below

#### Civilian Dress

Coat and Tie/ Evening Dress

(Black tie optional)

Tickets On Sale at Base CMC's or

Wing CMC's Office

E1-E6 & Guest: \$15/ person

E7-E9 & Guest: \$30/ person

01 and Above & Guest: \$30/ person

Civilians, Retirees & Guest: \$30/ person

For more information, contact

542-2934.





# In Remembrance



Rear Adm. Annette E. Brown, commander, Navy Region Southeast, offers some remarks during the ceremony.

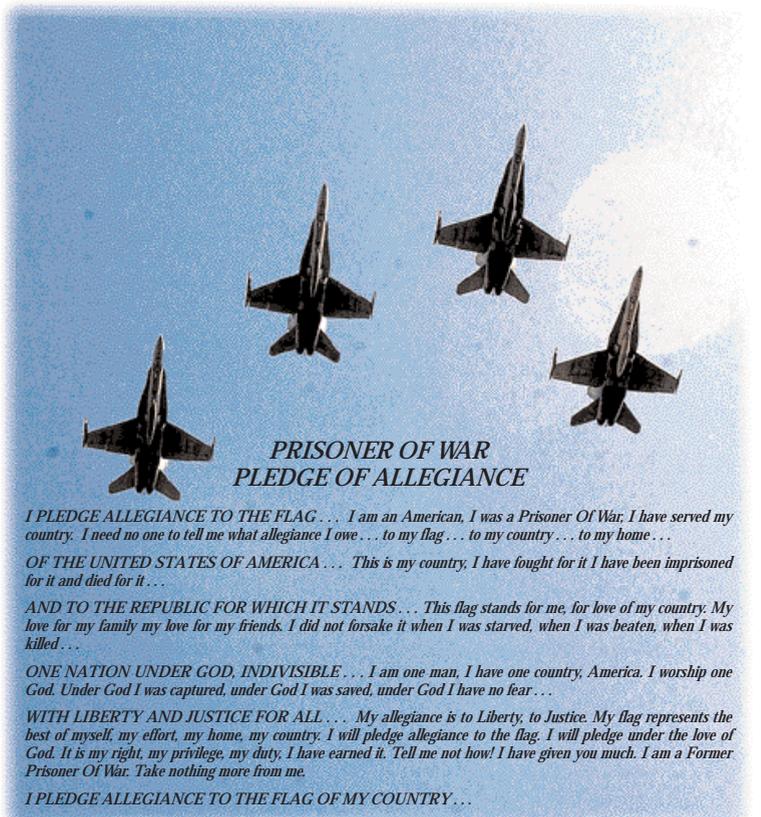


Photo by PH3 Jennifer Rivera  
Four F/A-18 Hornets from VFA-37 at NAS Oceana, Va. conduct a flyover following the ceremony.



Retired Navy Capt. Dale Raebel, a former POW, leads the POW/MIA Pledge of Allegiance for the crowd who attended the ceremony.



A group of former POWs from the local area gather together at the annual POW/MIA Recognition Ceremony at the NAS Jax All Saint's Chapel last Friday morning.

## Base observes POW/MIA Day

By Miriam S. Gallet  
Editor

Last Friday, a clear blue morning gave way to what proved to be a very solemn and moving observance. Over a hundred veterans, service members, DOD civilians, retirees, contractors, family and friends gathered at NAS Jacksonville All Saint's Chapel to pay tribute and recall the deeds of U.S. service members who have been prisoners of war and those still listed as missing in action (POW/MIA).

From the moment former POW retired Navy Capt. Dale Raebel and NAS Jax Executive Officer Capt. Charles King, recited the POW/MIA Pledge of Allegiance, to its conclusion with the thundering of engines from four F/A-18 Hornets flying over the chapel, the message of bravery and courage reverberated throughout the chapel.

Speaker after speaker spoke of the sacrifices that our POWs and those listed as MIA have made in defense of freedom and in the protection of the liberties that our nation represents.

"The American POW stories are moving accounts of personal sacrifice and patriotism," said Chief of Military Affairs, Jacksonville Economic Development Commission J. Daniel McCarthy during his remarks.

Retired Navy Chief Ordnanceman Carl "Ed" Creamer, a former POW, who endured several years of captivity in Japanese hands was the guest speaker. The Japanese captured him on June 7, 1943, after his



Members of the East Central Florida POW/MIA Chapter solemnly remember their experiences and fellow unit members.

Photo by PH3 Jennifer Rivera

See POW/MIA, Page 7



# In Remembrance



Members of the NAS Jax Honor Support Team present a 21-gun salute following the POW/ MIA Recognition Ceremony last Friday.

Photos by  
Miriam S. Gallet

## POW/MIA: A service of remembrance

From Page 6

Consolidated PBX Catalina was shot down in the Bering Sea, off the coast of Alaska. "I spent over three years in various camps," said Creamer, who at the time was a petty officer third class. "However, the Japanese treated us decent. We were even allowed to paint 'PW' on the roofs of our camp in order to avoid being bombed by Allied Forces that did not know we were there."

After the liberation, Creamer, along with thousands of other American POWs, flew to Oakland, Calif., where he reported to Naval Hospital Seattle. Declining a discharge after his POW ordeal, Creamer chose to continue his Navy career and transferred to NAS Seattle. He retired in 1960, with the rank of chief petty officer.

Many former POWs have shown conspicuous gallantry and resolute fearlessness against the



Photo by PH3 Jennifer Rivera

Former POW and retired Chief Petty Officer Carl "Ed" Creamer, shows the audience the bottom of a sea bag depicting themes from WWII. The seabag once contained supplies for the American POWs while imprisoned in Japan.

enemy. Among them and present at the ceremony was former Army TSgt. Don Webster who became a POW when his plane was shot

down over the waters off the coast of Normandy on May 29, 1943. "I was swimming for hours before being captured by the German Navy and taken to Stalag 78, a Nazi POW camp near Munich," said Webster.

"After several months in this overcrowded camp, which had no facilities and very little food, I escaped, but was later re-captured and thrown into solitary confinement. It was an awful ordeal. The box they put me in was small and had no toilet or running water," Webster explained.

"I was later moved to Stalag 17B, a German camp in Austria. While there, I planned another escape. While on a march on April 28, 1945, I escaped and found a farm to hide in. I went from being a prisoner to milking cows," he said.

"On May 8, 1945, I went back to the camp to see if I could help others escape and to my surprise found that the allied forces had liberated Europe," exclaimed Webster. The ceremony concluded with a

21-gun salute and a flyover by four F/A-18 Hornets from VFA-37 at NAS Oceana, Va.

The first national observance held to honor America's POW/MIA took place on July 18, 1979 at the National Cathedral, Washington, D.C. as a result of a congressional resolution.

The yearly resolutions continued until 1995, when the president signed a proclamation designating the third Friday of September as National POW/MIA Recognition Day.

History books show that out of all POW/MIA misfortunes endured by the United States, the single largest took place during the Civil War, where tallies totaled 409,608.

Today there are 3,350 military members missing from WWI, 78,773 from WWII, 8,100 from the Korean War, over 1,880 from the Vietnam Conflict, and Navy Capt. Scott Speicher from the Persian War. Sixty-five of those still unaccounted for are Floridians.



Hundreds of military members, their families, civilian employees and members of the local community turned out to pay their respect to American former POWs and MIAs.



Photo by Everett Snow

Cmdr. Tracy Keenan's new bars are pinned on by her father, Raymond Keenan, and her daughter, Brianna Keenan, as Capt. Ed Naranjo, FISC Jacksonville, commanding officer, (left) and Cmdr. Jeff Pritchard, FISC Jacksonville executive officer, look on.

## FISC Jacksonville fuels officer promoted early

By Beverly Taylor-Mack  
FISC Jacksonville PAO

Cmdr. Tracy Keenan, FISC Jacksonville's Facilities and Fuel Operations director for the past year, had the honor of being promoted in a ceremony held on Sept. 2.

Capt. Ed Naranjo, commanding officer of FISC Jacksonville, officiated as Keenan's family and FISC Jax team members witnessed the event. Keenan's promotion ceremony was particularly special, not only because she was promoted early, but because members of her family were able to attend. Her daughter, Brianna Keenan, and father, Raymond Keenan from Grand Junction, Colo., were on hand to pin on Keenan's new rank. Of all her promotions, this was the first time family members were present since her commissioning ceremony. "It was really nice to have my family there," she said.

Keenan entered the Navy through the Navy ROTC program at the University of Arizona in Tucson where she graduated in May 1989. From there, she went to Navy Supply Corps School in Athens, Ga. Keenan reported to her first ship, USS Simon Lake (AS-33), in March 1990 where she spent two years as the disbursing officer. The next tour of duty took Keenan to FISC Pearl Harbor, Hawaii where she completed a Petroleum, Oil and Lubricants Internship Program and served as the purchasing director.

Following her tour at FISC Pearl Harbor, Keenan served as supply officer onboard the USS Willamette (AO-180) and made two WESTPAC deployments.

In July 1997, Keenan went on to the Navy Postgraduate School in Monterey, Calif., where she earned a Masters Degree in Operational Logistics. Upon attaining her degree, she transferred to the Naval Air Systems Command in Patuxent River, Md., where she served as the lead budget/financial manager from 1999-2002. She was assigned to her current position at FISC Jacksonville in August 2002.

Keenan, who has no regrets about her decision to pursue a career in fuel operations and management, says, "That fuel internship has paid off. Career-wise, my choice of fuels officer instead of food services officer has worked out well for me."

With 14 years of service under her belt, Keenan looks forward to completing 20 years. Her goal is to look for jobs that will keep her competitive in order to make captain. She has two more years left on her current assignment as the FISC Jacksonville fuels officer. When asked what it's like working at FISC Jacksonville, Keenan replied, "FISC Jacksonville is a great place to be with your family. It's definitely a very good support unit, and I couldn't ask for a better place to be stationed."

# Barlow retires from HS-7

From HS-7

AO1(AW) Christopher Barlow will retire following 20 years of naval service in a ceremony Oct. 3 at 10 a.m. at HS-7's Hangar 123. Cmdr. Doug Cuthbert, commanding officer of HS-7 will be the guest speaker.

Barlow, a native of Wichita, Kan., graduated from Bishop Carroll High School in 1983. Four months before graduation, he enlisted in the Navy's delayed entry program and in November 1983, he was shipped to Recruit Training in San Diego, Calif.

In January 1984, he reported to Naval Air Technical Training Center (NATTC) at NAS Pensacola, Fla. for Naval Aircrew Candidate School and Rescue Swimmer School. In April 1984, he reported to NATTC Millington, Tenn. for Aviation Antisubmarine Operator "A" school.

Upon graduation in August 1984, Barlow checked in to HS-1 at NAS Jacksonville for training in the SH-3 helicopter and to attend Survival, Evasion, Resistance and Escape school. In March 1985, seeking a new challenge, he cross-rated to aviation ordnanceman. Shortly thereafter, he went to sea on board USS John F. Kennedy, completing two cruises and two yard periods.

During this time, it was decided that he return to the rescue swimmer side of the house, and he was sent to NAS Jacksonville Search and Rescue Swimmer School to be a boat swimmer.

In October 1987, he reported to VS-30 at NAS Cecil Field, where he was part of a six-man team loading bombs and missiles onto S-3 aircraft. Barlow was instrumental



AO1(AW) Christopher Barlow

in helping the squadron accomplish its first successful Harpoon missile launch during his one cruise there.

In July 1989, he reported to VFA-106, also located at Cecil Field, where he supervised Sailors and Marines loading bombs and bullets onto aircraft. In September 1991, he reported to VFA-82 at Cecil Field and completed three cruises, including USS America's final cruise. In May 1996, he reported to NAVAIRWARCENACDIV, NAS Patuxent River, Md., where he learned about a wide variety of air platforms which included F-18, F-14, A-6, S-3, P-3, H-60, UH-1, and AH-1 aircraft. In July 1999, he reported back to VFA-106, which was now located at NAS Oceana, Va., following the closing of NAS Cecil Field.

In August 2001, Barlow reported to HS-7 at NAS Jacksonville, where he completed his distinguished Navy career as a "Dusty Dog," working in the Quality Assurance Division.

Barlow, his wife, Nancy and their children, David, Cameron, Calvin, Michael and Steven will reside in Orange Park.

He's got a cold nose, a warm heart, and eyes for two.

Ever more than 50 years the Guide Dog Foundation for the Blind has been providing guide dogs free of charge to blind people seeking increased mobility, independence, and the companionship a guide dog provides.

771 E. Junco  
Farmville, VA 22430  
1-800-248-4257  
www.guidedog.org

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## KUDO KORNER

The following members of VP-5 were recently recognized for their accomplishments:

### Navy and Marine Corps

#### Achievement

- Lt. April McBride
- AT1 Darryl Kothmann
- AW2 Paul Andruzzi
- AW2 Sean Boring
- AT2 Jeffrey Dahlgren

- PH2 Susan Cornell
- AD2 Jeremy Harwell
- AE2 Luther Klinefelter
- DK2 Nadege Saint Festin

#### Good Conduct Award

- AE2 William McDaniel (2ND)

#### Enlisted Aviation

- Warfare Specialist
- AZ2 Sherron Gamble

# How are we doing?

'ICE' empowers OB patients to provide feedback on care

By Melisa Ram  
Naval Hospital Jacksonville Public Affairs

Obstetrics patients at Naval Hospital Jacksonville now have a way to instantly input opinions about the prenatal care they receive.

Lt. Cmdr. Jeffrey Quinlan, Family Practice Residency Program director explained, "The new Interactive Customer Evaluation (ICE) system will allow patients to inform us on how we are doing."

"This system was brought online because Naval Hospital Jacksonville wants to provide excellent customer service," Quinlan said. "To achieve that goal we must first know what, in the patient's view, we are doing right and what we need to

improve on."

For the patients' convenience, the surveys can be accessed either from home or at kiosk stations in Naval Hospital Jacksonville's Family Practice, Obstetrics and Pediatrics Clinics. A kiosk is also available at the Branch Medical Clinic Mayport's Obstetrics Clinic.

The survey consists of 15 questions. The patient rates specific performance factors from excellent to awful. The survey specifically caters to customer service and overall satisfaction. There is also a comment section on the survey. The information provided by patients is confidential and will only be used for the improvement of the hospital.

"It provides an available tool for evaluation of our care by patients," said Nurse Educator Alisa Davis. Samples of the topics covered by the questions include the appointment making process, parking, education/support for breastfeeding, etc."

The ICE system began as a joint project sponsored by the Office of the Secretary of Defense, the Quality Management Office,



Photo by Loren Barnes

Ivonne Brennick, with her daughter, Anna Marie, uses the ICE system kiosk in Family Practice to complete a survey reflecting her experience during her six-week well baby check-up.

Headquarters United States European Command, and the Army 6th Area Support Group (ASG). The sixth ASG was the initial ICE system developer and host of the prototype system, ICE 1."

Naval Jacksonville Hospital is one of many naval hospitals that implemented this program.

"The machines were installed about seven months ago," said Davis. "The Surgeon General wanted to make sure that prena-

tal patients are getting superb medical service, so they issued these machines so that they can get an immediate response from the patients. This will allow us to quickly evaluate problem areas and make necessary changes to improve patient care."

Once a survey has been sent into the database, a board at each naval hospital evaluates it. "Once a month the board meets to go over the surveys," said Quinlan. The

board consists of staff from the OB Clinic and Family Practice. "So far we have not gotten a lot of feedback because the system is new. We have put flyers out around the hospital to inform patients about the survey and we're exploring additional ways to get the word out about the ICE system."

The ICE survey can be accessed at: [http://ice.disa.mil/index.cfm?fa=card&site\\_id=145&service\\_provider\\_id=11830](http://ice.disa.mil/index.cfm?fa=card&site_id=145&service_provider_id=11830).

## Working moms can breast-feed, too

By Melisa Ram  
Naval Hospital Jacksonville Public Affairs

"In this hospital, most mothers decide when they come in that they want to breastfeed. Because of lack of knowledge and lack of support, some of them change to bottles," said International Board Certified Lactation Consultant Nurse Rachel Nieves of Naval Hospital Jacksonville. Nieves hopes to reverse that trend.

One of the toughest challenges for mothers who are breast-feeding is returning to work and finding a comfortable place to express milk for their babies using an efficient breast pump. Fortunately, more and more employers are realizing that this is a problem for mothers.

"The American Academy of Pediatrics highly recommends that babies be breastfed for at least one year," said Nieves. It is beneficial to employers if they provide a place for moms to pump during their work schedule. Some insurance companies pay for lactation consultation services.

Many workplaces at Naval Station Jacksonville are climbing aboard in support of this program. For instance, Naval Hospital Jacksonville provides two "Milky-Way" stations for mothers who would like a comfortable place for feeding or pumping their breasts during working hours. While primarily used by staff it is open to other hospital patrons as well. Other NAS Jacksonville "Milky Way" station locations include VP-30, Hangar 1000, Navy Band Southeast, and Air Operations Department Ground Electronics Division.

If you are a mom who works off-base,

there are numerous businesses that also provide lactation rooms allowing frequent pumping breaks and, in some cases, allow mothers to bring their babies to work.

"I encourage mothers to let their bosses know that they are going to breast-feed before they have their babies," added Nieves. In 1998, nearly 59 percent of new mothers were working or looking for work, compared to 51 percent in 1998 and 31 percent according to a 1976 Census Bureau Report; the first year the Bureau tracked such numbers.

The nurses teaching the breast-feeding class and support group discuss issues such as: keeping a good milk supply, what types of breast pumps are best to use while working, and what legal rights you have when it comes to breast-feeding. Breast-feeding class is offered every month at Naval Hospital Jacksonville. The support group is offered every Wednesday at 9:30 a.m. Pregnant and breast-feeding women are invited to attend.

Breast-feeding and working takes a lot of hard work but I am here to help those women who make this decision, said Nieves. It is very important that the mother plan with her employer before returning to work her pump breaks. She should also purchase a good breast pump. It is also important to have a place for storing her pumped breast milk. Her day-care provider should have some knowledge on how to thaw and handle breast milk.

If you have any questions regarding breast-feeding, please contact Nieves at 542-9671 or Nurse Davis at 542-7428.

## KUDO KORNER

Congratulations to the following Naval Hospital Jacksonville civilian staff members who marked significant length of service milestones:

### 30 Years

Mary Weatherly  
Linda Rose  
Cecil Ingram

### 20 Years

Judith Pettigrew  
Shirley Griggs  
Terry Nutz  
Debbie Dunkle  
Dulce Trimor

## Home fire safety briefings continue

The annual military family housing and mobile home park fire safety review and briefing for residents living on board NAS Jax will be offered by NAS Jax Fire Department personnel throughout the month.

If a resident is not at home when fire department representatives stop by, a call back slip will be left on the door. Residents can call 542-2783/3928 or 542-2451, Ext.10 to have a fire safety review and briefing scheduled.

Fire department personnel will be in uniform and conduct the review and briefing only in the presence of an adult.

The intent of the annual home fire safety review and briefing is to help ensure maximum safety of all housing residents through normal good housekeeping practices and to inform residents of actions to be taken should a fire or other emergency occur in the home.

Home smoke and carbon monoxide detectors will also be tested to ensure proper operation.



Photo by AM1 Todd Chimino

AMECS John Berridge displays a reduction gearbox that he discovered irregularities in during a class project during a Statistics class he took at Embry-Riddle Aeronautical University at NAS Jax.

## Sailors prove college statistics essential

By Kelly George

Associate Professor, Embry Riddle Aeronautical University, Extended Campus and Distance Learning

At Embry-Riddle Aeronautical University, what we do — and do best — is teach the science, practice, and business of the world of aviation and aerospace.

Our mission at Embry-Riddle, in essence, is to provide the ideal environment for that journey, helping you to learn the "life process" of education.

Since 1970, Embry-Riddle has provided educational opportunities for civilian and military professionals in aviation and aerospace who are unable to attend classes at one of the University's residential campuses. To meet the varied needs of adult working students, Embry-Riddle established the Extended Campus (EC), with courses delivered through the College of Career Education. It was through the EC, that I experienced one of my most rewarding moments as a professor.

It was one of those classes undergraduates leave until the bitter-end of their college career — Statistics, or as my students quickly corrected me the first night of class — "Sadistics." Many were quick to inform me that this was the last class needed for their degree, in hopes some guilt may seep in and I would let them have open notes for the tests or I would give them the "gouge".

One of my mantras I repeat semester after semester is to "show me the story!" What do all these numbers that they calculated so diligently and correctly mean? They can plug in all the data in the correct sequence in their calculators or computers, but if they cannot explain the importance of the outcome, the exercise is worthless.

Now back to the paper assignment listed in the syllabus. The intention of the paper and its associated presentations was to be a short analysis using the basic statistical theory learned during the course, then applied to a subject that interested the student. For my requirements, it was not acceptable to just regurgitate someone else's statistics. I wanted the student to indicate that he/she has a clear understanding and its application or operation in the 'outside world'. I wanted the student to opt for an interesting subject relating to his or her work. The student had to 1) provide background information regarding the data, 2) identify his premise for the project, 3) identify the population and sample selected, and 4) identify the variables studied. The student then had to perform statistical (descriptive and inferential) analyses on the data, and finally, develop and present any logical conclusions from the exercise.

In this particular class, one team of students really "showed me the story" and truly demonstrated the life process of education. While I set the groundwork and taught them the tools, these two students set off on a learning experience that ultimately showed them the important value of education.

AMECS John Berridge of CPRW-11 and AECs Charles Lovely of HS-15, were two of my more verbose but enjoyable students at the Jacksonville Center. They were representative of a large percentage of EC students. Both were military students, juggling comprehensive work schedules while completing their degree through the ERAU's EC Center. They choose their project based on a trend Berridge had perceived in the P-3 Orion airplane that he maintained. Both men alleged an unusual spike in the Reduction Gearbox (RGB) changes/failures during the later half of 2001. They suspected a high early failure rate of RGBs, resulting in the removal of those with less than 1,000 hours of operation installed on the wing. This component's normal service life was approximately 5,000 hours according to the manufacturer, Rolls Royce. Just prior to this RGB failure spike noted by Berridge, the Fleet Support Team (FST) had experienced a 30 percent decrease in RGB removals from 1999 to 2001. The students set out to see if they could statistically prove or disprove Berridge's theory that a statistically significant spike in RGB failures had indeed occurred.

They presented a clear and detailed presentation on the last day of class, hitting all the assigned markers. Their hypothesis that a maintenance irregularity existed was statistically correct, with 52 percent of the previous year's RGB failures had occurring with less than 1,000 hours operation. Furthermore, 48 percent of these premature failures occurred within the first 100 hours operation following installation. Berridge and Lovely also shared with me that Berridge was presenting these important conclusions to his chain of command the following day. I gave them some additional

feedback along with their well-deserved A's and wished Berridge luck on the following day.

A few months later, I saw Berridge again and asked him how the briefing to the Chain of command was received. His reply to me hit me right where it counts. He replied, "I finally learned something I could use and there is a use for Statistics in life!" As an instructor, I had met that critical goal — at least with a few of my students that semester.

Once Berridge indicated the findings of his project, the FST and Rolls-Royce engineers, adopted an in-depth reliability centered maintenance (RCM) analysis on the Reduction Gearboxes. Further investigations by the FST and Rolls-Royce engineers concluded that contaminated oil was the leading cause for the unusually high RGB early failure rate. The investigation team determined that the RGB could not be cleaned properly under the prevailing "inspection-and-repair-as-necessary" policy. My student's initial findings, as well as the teamwork of the FST and Rolls-Royce engineers, changed the maintenance plan for the RGB from IRAN to a complete tear down during rework, thus eliminating the RGB failures due to contaminated oil.

In 2002, Berridge, a P-3 Flight Engineer by trade, was selected as a member of the U.S. Navy's T-56 Power and Propulsion Team, which solves logistical problems peculiar to the maintenance or operation of these specific engine systems. Inclusion on the T-56 Power and Propulsion Team was a unique position for Berridge; even though he is not an engine mechanic, he continuously proven able to grasp the details needed to make a significant contribution. The T-56 Power and Propulsion Team has solved crucial problems since its inception and continues it's important work to this day.

He graduated in August of 2003 with a Bachelors of Science in Professional Aeronautics Magna Cum Laude. He is currently preparing for sea duty again.

Lovely graduated in March of 2002.

## TRICARE: Back-to-school basics for your college student

By TRICARE Management Activity

If your college bound child is moving from your home TRICARE region, be sure to put TRICARE coverage or enrollment changes on your to-do list. Most full-time college students are TRICARE eligible until their 23rd birthday. What TRICARE option is best in this situation?

TRICARE Prime, a popular choice among military families, may or may not be the best choice for your college student. A beneficiary counseling and assistance coordinator (BCAC) at your local military treatment facility (MTF), or a TRICARE service center (TSC) representative can help you decide what may be best.

If the student's college or university is located in an area where TRICARE Prime is offered, then TRICARE Prime coverage can be continued. Split enrollment gives parents the opportunity to have the student enrolled in one region while the rest of the family lives in a different region.

To transfer or change a student's TRICARE Prime enrollment, the sponsor must complete an enrollment applica-

tion or a change request form and send it to the regional managed care support contractor in the student's new location. The transfer from one region to another is effective the date the transfer request is received by the contractor in the new region.

You also have the option of purchasing a TRICARE supplement (secondary to TRICARE) or student health insurance (primary to TRICARE) if your student's school offers it.

For more information about split enrollment, transferring enrollment, other TRICARE options and regional contact information, please visit the Web site: [www.tricare.osd.mil](http://www.tricare.osd.mil), or contact your health benefits adviser in your local TRICARE region.

For more information on student eligibility requirements, contact DEERS at 1-800-538-9552, your local military ID card issuing office, or visit <http://www.tricare.osd.mil/deers/default.cfm>. You may also contact the Naval Hospital Jacksonville Health Benefits Office for information.

## Former POWs wanted by VA

From American Forces Press Service

The Department of Veterans Affairs wants former prisoners of war who are not using VA

benefits to contact the department to find out if they may be eligible for disability compensation and other services.

More than 23,000 former prisoners of war already receive compensation from VA. This year, the department mailed information about benefits to another 4,700 known ex-POWs not on its rolls. However, VA estimates it does not have an address for as many as 11,000 more former POWs.

VA is asking former POWs not receiving benefits who did not receive a VA letter recently to call the department at 1-800-827-1000.

Secretary of Veterans Affairs Anthony J. Principi said VA has expanded policies to cover increasing numbers of former POWs as new illnesses have been found related to captivity. The administration currently is pressing to get even more compensation and medical care benefits for former POWs.

"These veterans sacrificed for their country in time of war, and it's the nation's turn to serve them, to help them determine if they are entitled to compensation, health care or other service," Principi said.

According to the VA, 90 percent of former POWs are veterans of World War II, and their service predates the use of Social Security numbers as a military "service number."

That, coupled with the decades that have elapsed since their service, makes it difficult for the department to track down those who have not opened a file with VA in recent years, VA officials said.

The most recent expansion of VA benefits for former POWs was a July regulation that added cirrhosis of the liver to the list of diseases to which entitlement to disability

compensation is presumed in former POWs. Similar policies making it easier for former POWs to obtain compensation have been enacted for POWs detained for 30 days or more who develop specific illnesses.

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## FFSC offers educational and support programs

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

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

Pre-registration is required. If special accommodations or handicapped access is required, please notify FFSC upon registration. For further information or to register, call 542-2766, Ext. 127.

The following workshops are available in September and October:

Sept. 26, 9-11 a.m. - Marketing Yourself (for military spouses)  
 Sept. 29 - Oct. 3, 8 a.m. - 4 p.m. - Command Financial Specialist Training  
 Sept. 30, 8 a.m. - Noon - Divorce Adjustment Workshop  
 Oct. 1, 11 a.m. - 1:30 p.m. - Budget for Baby Workshop  
 Oct. 6-9, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (Separating)  
 Oct. 6 - Dec. 29, 2:30-4 p.m. - Alternatives to Violence Group (14 weeks)  
 Oct. 7, 8 a.m. - 4 p.m. - Stress Management Workshop  
 Oct. 7, 8 a.m. - Noon - Smooth Move

Workshop  
 Oct. 8, 9-11 a.m. - What About The Kids?  
 Oct. 15, 6-8:30 p.m. - Budget for Baby Workshop  
 Oct. 16, 9 a.m. - Noon - Florida Family Law Information Seminar  
 Oct. 16, 9-11:30 a.m. - What A Difference A Dad Makes In The Life Of A Child  
 Oct. 20-23, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (Retiring)  
 Oct. 21, 9-10 a.m. - Sponsor Training Workshop  
 Oct. 21, 9-11 a.m. - Checkbook Management  
 Oct. 21, 1-3 p.m. - Credit Management  
 Oct. 23, 9:30 a.m. - Noon - Time Management  
 Oct. 23, 9:30 a.m. - Noon - Child Support Information Workshop  
 Oct. 23, 6:30-8:30 p.m. - Ombudsman Assembly Meeting  
 Oct. 27, 8 a.m. - 4 p.m. - Command Financial Specialist Training  
 Oct. 28, 8 a.m. - Noon - Divorce Adjustment Workshop  
 Oct. 28, 2-4 p.m. - Federal Employment (For Spouses)  
 Oct. 30, 8-11 a.m. - Anger Control Workshop  
 Oct. 30, 1:30-3 p.m. - Volunteer Service Council

### October Airframe & Powerplant Prep Course available at night

Reference #:	Course	Days	Dates	Times
187577	A & P Test Prep	MTWRF	Oct. 6-30	5-10 p.m. (MTWR) 5-9 p.m. (F)

#### Course fees

Total course fee including exams: \$1,266.16

- Study Materials & books are furnished with the course.
- Materials & books are included in the fee.
- Written, Oral and Practical test fees also included in the course fee.
- All courses held at Cecil Field Building 8, Room A-0131.
- Oral & Practical Exams will be scheduled individually post successful completion of written exams.
- You should possess *FAA Form 8610-2* authorizing you to take the FAA exams.
- If you do not have 8610-2's:
  - bring your *DD Form 214*, Military Training Jacket, or other evidence of experience to the Aviation Center.
  - Come Sept. 30th between 9-11 a.m. to meet with the FAA to obtain the authorization.
- New FCCJ students need to fill out an application and pay a \$15 fee.
- To register, call Michael Collins at 997-2813. For additional program information, please call Rich Rozanski at 997-2821.

## Wellness Center Weekly Health Tip

By LCDR Tina Key

Women over age 30 who smoke and take oral contraceptives have a stroke risk 22 times higher than average. More U.S. women die from strokes every year than from

breast cancer. Women account for 43 percent of strokes in the United States every year. The NAS Jacksonville Hospital Wellness Center is now offering a Women and Smoking seminar. For information, call 542-5292.

## NNOA membership drive



Photos courtesy of NNOA

The Jacksonville Chapter of the National Naval Officers Association (NNOA) held its annual membership kick-off and drive for 2003-2004 Sept. 13. From left are: Capt. Kenneth Nixon, Chapter president, Rear Adm. Annette E. Brown, commander, Navy Region Southeast who was the guest speaker, Mrs. Towanda Curtis and Rear Adm. D.C. Curtis, commander, Naval Surface Group Two, who hosted the event. During the event, several junior officers took advantage of the opportunity to meet others officers within the community. NNOA serves to actively support America's sea services in recruitment, retention and career development of all officers. Interested personnel should contact Lt. Cmdr. Herlena Washington at 696-5005 or washingtonho@bic.usmc.mil.

Rear Admiral Annette E. Brown, commander, Navy Region Southeast, was recently the guest speaker at the National Naval Officer's Association (NNOA) annual membership drive and kickoff. Staying true to her words that the NNOA represents a tremendous amount of diversity that greatly benefits the Navy, Brown signed up and became an active member of the thriving Jacksonville Chapter and encouraged others to do the same.



Photo by Lt. Drew Andrews

National Naval Officers Association (NNOA) Jacksonville Chapter President for 2002-2003, Lt. Cmdr. Pia Woodley, and NNOA Chapter President for 2003-2004, Capt. Ken Nixon, display the NNOA Medium Chapter of the Year Award during the NNOA annual conference held in San Diego, Calif.



# Free tickets to deployed Sailors and their families

By **CMDCM Mike VanMiddlesworth**  
HS Wing Command Master Chief



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

Your children can go with or without you, as chaperones will be provided, or you can go with them and be a chaperone if you like. Each chaperone will keep an

eye on three to five children, so there will be plenty of supervision.

"Sailor Aweigh" participants

will be picked up by a Navy bus at the NAS Jax Commissary parking lot. The bus will depart the parking lot two hours before game time. Once at Alltel Stadium, participants will be expedited to their seating area.

The "Sailors Aweigh" T-shirts are provided and must be worn throughout the game by all. After the game, the bus will take them back to the base for pickup.

Prior to departure to the game, each "Sailor Aweigh" participant recites a pledge to "abstain from using drugs, alcohol, or tobacco". The seats are part of the honor

rows and are in a great environment for the "Sailors Aweigh" participants.

Deployed Sailors' families will have priority, but if your Sailor is on sea duty, you may be put on a waiting list that will be eligible to fill the balance of the seats that are not filled by the "on deployment" Sailors' families by Wednesday of the week before the game day. Your status will be confirmed prior to being placed on the actual "going to game" list.

The ages are from 6-17, if you want all of your squadron families to go on a particular day, we

may be able to arrange it depending on availability and lead-time. But hurry, because it's first come first served, and we only have 40 tickets available per game.

The schedule of "Sailors Aweigh" games:

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

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

## NAVSUP announces 2003 holiday season mailing dates

From **Naval Supply Systems Command Public Affairs**

The Naval Supply Systems Command's Postal Policy Division, in cooperation with the U.S. Postal Service and military postal officials from all of the services, notes that it's not too early to mail 2003 Christmas cards, letters, and packages to and from military addresses overseas.

In fact, everyone is encouraged to beat the last minute rush, and bring holiday mail and packages to the nearest U.S. Post Office or APO/FPO military post office by

the suggested dates listed below.

For military mail addressed to APO and FPO addresses, the mailing dates are:

- Parcel post — Nov. 13
- Space available — Nov. 28
- Parcel airlift — Dec. 4

Priority mail, first class cards and letters — Dec. 11

For military mail from APO and FPO addresses, the mailing dates are:

- Space available — Nov. 20
- Parcel airlift — Dec. 4

Priority mail, first class cards and letters — Dec. 11

## CFC: Annual fund-raiser back in full swing for 2003

From Page 1

ple. We need to raise awareness of all the positive things CFC organizations do to help our families, friends and community and we need to ensure that every Sailor, Marine and civilian member within our region is given the opportunity to help others in need," said Cmdr. Jay Higgins, CFC loaned executive and overall coordinator for Commander, Navy Region Southeast in the tri-base area.

The year's theme is, "United We Stand, United We Give." The CFC was established by the federal government in 1961. Under the authority of the U.S. Office of Personnel Management, more than 366 regional CFC programs are operated throughout the United States and on overseas military bases. The CFC of Northeast Florida/Southeast Georgia is comprised of 19 counties with nearly 47,150 federal employees and military members.

Each year, commands and departments will appoint a keyperson who is responsible for their individual unit's

drive. They are responsible for contacting each member within the unit to inform them of the CFC and how their donation can help. There are several different ways individuals can donate. They can donate a cash contribution up front or pledge a specific amount which is withheld regularly from their pay beginning in January continuing through next December.

Many commands also hold special fundraising events to benefit the CFC drive. This year, raffle tickets are being sold with prize including a Caribbean cruise for two, a weekend at Sawgrass Marriott, and several gift certificates.

Command involvement and leadership are essential ingredients to making this a successful campaign. Let's make this year's campaign even more successful than last year's by ensuring everyone has the opportunity to give.

For more information on this year's CFC drive, contact Lt. j.g. Barbour or MS1(SW/AW) Anthony Williams at 542-8191.

## USO offers Jacksonville Jaguars tickets

From the USO

Tickets go on sale at the USO for all home Jacksonville Jaguars games two Mondays prior to each home game for active duty members. The cost of \$6 each.

A single active-duty person may purchase two tickets taking a guest, and a married active-duty person may purchase up to four tickets taking spouse and two children.

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

**Naval Hospital Jacksonville**  
*Fleet and Family First*

## Your Doctor Is In!

**C**oncerned about the availability of healthcare? Not to worry! Naval Hospital Jacksonville and TRICARE are here for you. From Family Practice to Surgery, OB/GYN to the Emergency Room, our staff continues to deliver the best family centered healthcare available.

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

## Your opinion is needed

### Survey to gauge perceptions of commissaries

From DeCA

Service members can let their opinions be heard about commissaries, and qualify for the chance to win one of 250 commissary gift certificates valued at \$50 each. A commissary industry committee is spearheading a first-ever online survey aimed at finding out more

about the commissary shopping habits and perception of savings of active duty

military service members.

The survey can be taken online at <http://catsurvey.shortsurveys.com>, and will be available through September. Any authorized commissary shopper is welcome to take the survey, but the Consumer Awareness Team is specifically gathering information on the shopping habits of active service members, particularly E1-E6 and junior officers.

## Got a consumer problem? Here's who to call

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

- NAS Jax 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

## HELPING HANDS

### HabiJax opportunities

HabiJax is always looking for volunteers for various construction projects. For more information, call Bonnie Golden at 798-4529, Ext. 253. The HabiJax Home Store also needs help coordinating donated materials and furniture. Call 722-0737.

### Tree planting opportunity

Head out with Greenscape of Jacksonville this Saturday to help plant trees, shrubs and ground cover at the Ortega Bridge. Call 398-5757 for details.

### Senior Games

The City of Jacksonville is recruiting volunteers to support games that encourage and celebrate fitness for seniors during an event Oct. 1 from 1-5 p.m. Call 630-1020 for information.

### Run for Their Lives 5K

The 5th annual Run for Their Lives 5K Beaches Run/Walk is Oct. 4. Monitor water stations for pets and people, help at registration and event tables. Call Chris Whitney at 725-8766, Ext. 206.

### Volunteer opportunity for chefs and cooks

We are looking for 15-20 volunteers with cooking and catering skills to help prepare an elegant meal for the Holiday in The Hamptons Gala charity event sponsored by the Monique Burr Foundation for Children, Inc. on Dec.13. This is a great opportunity for Navy chefs and cooks to show off their skills. Contact Jimmie Mc Knight at 542-8191, Ext. 8195 for information and to sign up.

Visit us at [www.wish.org](http://www.wish.org) or call 800-722-WISH and share the power of a wish.

Make-A-Wish Foundation® is a CFC participant, provided as to public service.

# MMR NOTES

## Steam room closed

The steam room in the men's locker room at the base gym is closed for extensive repair work. A completion date has not yet been identified.

## Mulligan's happenings

Put on your best knickers or lederhosen and join the crowd on Oct. 3 from 5-10 p.m. for some fun and a taste of Bavaria. There will be complimentary food, beverage specials, games and prizes.

Mulligan's is hosting a weekly karaoke contest running now through Oct. 17 with a karaoke sing-off Oct. 24. Judges will be on hand to vote on vocal ability, stage presence, and audience applause. There will be lots of prizes and give-aways. Sign-ups will be from 5-7 p.m. tomorrow only. Call 542-2936 for more details.

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

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

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

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

Oct. 25 - Mt. Dora's Annual Craft Fair. Shop until you drop for the best selection of antiques and wonderful crafts. A great day for \$14.

Nov. 12-16 - Touring the Coast. This is a fantastic five-day adventure to Biloxi, Miss., New Orleans, La. and Pensacola. Included in this trip is transportation, tour escort, four-night in hotels, all breakfasts, two dinners, a night on the town in New Orleans, a guided city tour, and museum entrance. Deadline to sign up is Oct. 10 and space is limited. The cost is \$337 per person, based on double occupancy.

The I.T.T. office also has tickets for the Little River Band in concert Oct. 24 at the Florida Theatre. Pick up great lower level seats for \$26 or upper level for \$22.

Don't miss Universal's Halloween Horror Nights, for the biggest and scariest Halloween party. Get your ticket for non-peak nights for \$30.50.

## Bingo Palace

Get your favorite daubers, come and pick your lucky seat and let the games begin. The night Bingo schedule is Sunday, Monday, Tuesday and Thursday. Cards go on sale at 5:30 p.m. and warm-ups start at 6:30 p.m. Doors open for lunchtime Bingo at 10 a.m. and games start at 11:30 a.m.

## NAS Jax Golf Club happenings

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

## Outdoor pool hours

The outdoor pool is open Saturday and Sunday from 11 a.m. - 6 p.m. through the month of September.

## Adult Fitness Swim Club

This is a coached program for novice to advanced swimmers wishing to improve their PRT time, swimming skills, and technique. The emphasis is on stroke mechanics. Interval training is introduced. Workouts are designed to improve technique and to develop both speed and endurance. Workouts are scheduled on Tuesdays and Thursdays from 4:30-5:30 p.m. at the indoor pool. The sessions are free for active duty and reservist personnel. Retired military, DoD and dependents will be charged \$20 for eight workout sessions.

## Bowling leagues forming

Join two of the newest fun bowling leagues going - the Disney Magic Bowling Club or the NFL Fall Football League. Both leagues start in October and include three games of bowling each week, shoe rental and two bonus passes each week. Leagues are 20 weeks at \$12 per person. Come on out and join today. Call 542-3493 or come by Freedom lanes for more details.

## The Heritage Cottages

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

## Veterinary Treatment Facility

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

The NAS Jax VTF is located

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

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

## Mulberry Cove Marina news

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

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

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

## Auto Skills Center

Visit the Auto Skills Center for your professional or hobby car care needs. The center offers an array of services for the novice or professional auto enthusiast. There is an ASE

qualified mechanic on hand to assist with questions and tips on servicing your vehicle. The center is open Monday, Thursday and Friday from noon to 8 p.m., Saturday and Sunday from 9 a.m. to 5 p.m., and all holidays from 9 a.m. to 3 p.m. except Thanksgiving, Christmas and New Year's Day.

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

## O'Club happenings

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

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

## Liberty happenings

Join us each Wednesday for a karaoke and dance party. The fun starts at 7 p.m. at the Budweiser Brew house with DJ Marc "E" Marc.

## 14th annual Haunted Woods Challenge

Commands, squadrons and departments are encouraged to be a part of this year's Halloween program and are eligible to win money for their

MWR funds. Your ideas can enhance this program. For more information call 778-9772

## Youth Activities

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

Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities.

If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water)

## Free movies offered

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

Sept. 26, 7 p.m. - Wrong Turn (R)

Sept. 27, 5 p.m. - Raiders of the Lost Ark (PG)

Sept. 27, 7 p.m. - Charlie's Angel Full Throttle (PG-13)

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

LIFETIME ENCLOSURES; 2c; 3"; Black Only; PU 9/11 R025656

# Fitness Center offers new Walk-to-Run program

The NAS Jax Fitness Center is offering a nine-week Walk-to-Run Program beginning Oct. 7 every Tuesday and Thursday at 11:30 a.m.

This new program will be held every Tuesday and Thursday at 11:30 a.m. weather permitting. The workout will last about 30-45 minutes and is open to all

beginner and novice runners.

The goal for this program is to participate in the Biathlon Turkey Trot on Nov. 20 and Jingle Bell Jog on Dec. 18. All participants must sign up for the program by calling 542-3518 and must have clearance from a doctor if you have medical problems.



KG Special Events; 3c; 10.75"; Black Only; -

## USO has fair tickets

From the USO

The USO now has tickets on sale for this year's Jacksonville Fair at the downtown fairgrounds. The fair runs Oct. 15-26. Tickets are \$4 for adults and \$2 for children ages 6-12. A 20-ride coupon book is \$15. Ride-a-Thon wristbands are \$13. Coupons and tickets are good for any day the fair runs.

The fair is open Monday-Thursday from 5 - 11 p.m., Friday and Saturday from noon to 11 p.m., Sunday, Oct. 19 from noon to 10 p.m. and Sunday, Oct. 26 from 9 a.m. to 10 p.m. The fair is also open for Midnight Magic on Fridays at midnight.

For more information, contact the USO at 542-3028 or check out the Web site at [www.jacksonvillefair.com/home.html](http://www.jacksonvillefair.com/home.html)

please visit [www.jdrf.org](http://www.jdrf.org) or call 1.800.533.CURE

A CDC Participant Provided as a public service

ARLINGTON SCHOOL OF MASSAGE; 2c; 2"; Black Only;

RITZY RESALE; 2c; 2"; Black Only;

THOMAS TIERNEY INVESTMENTS; 3c; 5"; Black Only; PU 9/13 Z69378

# SPORT & STANDINGS

## Tennis tourney coming up

A Captain's Cup Singles Tennis Tournament will be held Sept. 29 for active duty members only. Sign up at the front desk of the base gym. Call 542-2930/3239 for details.

## Basketball coming up

An intramural basketball meeting will be held Oct. 8 at 11:30 a.m. in the MWR Conference Room (Building 590) for active duty members only. For more information, call Craig at 542-3239.

## Wrestling screenings

Screenings for the All-Navy Wrestling Team will be held Oct. 24 from 6-8 p.m. at the base gym. Call 542-2930/3239 for more information.

## Navy Southeast Regional Running and Triathlon Team

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

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

### Southeast Regional qualifying times:

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

For more information about any of the sports articles, call 542-2930/3239.

## Intramural Golf Final Liberty League Standings

Team	Wins	Losses
VR-58	8	2
VP-62	8	2
REDCOM	8	2
CSCWL	7	3
FASFAC	6	4
FASO	5	5
AIMD SE	5	5
Wing 11 "B"	3	6
VS-22 "A"	2	7
NADEP	1	8
NAMTra	0	10

## Intramural Golf Freedom League Standings

Team	Wins	Losses
AIMD Albatross	10	0
ASTC	8	2
AIMD Khaki	7	3
Wing 11 "A"	6	4
SERCC	5	5
VP-16	5	5
Naval Hospital	5	5
NAMTra 1011	3	7
GEMD	2	7
Navy Band	1	8

## Intramural Softball Standings

Team	As of Sept. 16	
	Wins	Losses
VS-30	3	0
VP-30	3	0
VP-16 Red	3	0
NAMTRAU	2	0
VP-62	1	0
Air Ops	2	1
AIMD SE	2	1
SERCC	1	2
VP-5	1	2
VP-16 White	0	3
TJU	0	3
HITRON 10	0	3
VS-22	0	3

## Open Softball Standings

Team	As of Sept. 16	
	Wins	Losses
F.O.B.'S	3	0
NAMTRAU	2	1
Beanie Boys	2	1
VP-16	1	1
Jax Chiefs	0	2
Onsite Aviation	0	3

# Press conference kicks off Willie E. Gary Football Classic

Alvin Brown, president and CEO of the Willie Gary Football Classic, was on hand Wednesday in Jacksonville for a press conference at ALLTEL Stadium to kick-off the second annual Willie E. Gary Football Classic. The Classic began in 2002 in an effort to aid in the revival of the football programs of two of our nation's oldest historically black colleges - Edward Waters College and Shaw University.

Mayor John Peyton has pledged his support as co-chairman of the classic. This year's event features a corporate luncheon, scholarship banquet, Step show, battle of the bands, Dream Big Dreams College Day and a pre-game ceremony

at ALLTEL Stadium hosted by Bishop T.D. Jakes and featuring an appearance by President Bill Clinton. The game will take place Saturday at 5 p.m. at ALLTEL Stadium.

"We're so excited about this year's event," Gary said. "We've hired a full-time staff in Jacksonville, which is being led by Alvin Brown. They have been working hard to assemble a program that will put us among the elite when it comes to college football classics."

Tickets for this year's event are \$25 for club seats and \$15 for general admission. Students can purchase tickets for \$10. Tickets are on sale at Ticketmaster, or online at www.ticketmaster.com.

Sponsors for the Willie Gary Football Classic include Office Depot, the Jacksonville Regional Chamber of Commerce, the City of Jacksonville, Thompson Hospitality, Pepsico Foundation, St. Joseph Missionary Baptist Church, Wachovia Corporation, the law offices of Gary, Williams, Parenti, Finney, Lewis, McManus, Watson & Sperando P.L., the Gary Foundation, and MBC Sports, the nation's No. 1 provider of live black college sports, which will again televise this year's game to a nationwide audience of more than 34 million homes.

For information, call 359-0995 or go to: www.williegaryfootballclassic.com.

MANDATORY REVENUE ADS-BO; 3c; 7"; Other Color;

# COMMUNITY CALENDAR

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

The Navy Wives Club's DID No. 300 meetings are held the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. For more information, call 387-4332 or 272-9489. Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information, call 276-9415.

The Navy Jacksonville Yacht Club general membership meetings are held at 7:30 p.m. on the first Wednesday of every month at the clubhouse (Building 1956) adjacent to the Mulberry Cove Marina. The Navy Jax Yacht Club is a members only club open to all active duty, reserve and retired military, and active DoD personnel. For more information, call 778-0805 or email commodore@njyc.org.

MOMS Club of Northeast Florida meets the second and fourth Thursday of every month from 10 a.m. to noon. The meet-

ing is free and open to all at-home mothers and children who live in the zip code areas of 32206, 32218 and 32226. MOMS Club is a support group for moms wanting a variety of activities for you and your children. The chapter offers monthly meetings, newsletters, activity calendars, playgroups, field trips and service projects. For meeting location or more information, contact Debbie at 751-0671 (debbiejkg@yahoo.com) or Kathi at 751-3400 (katdj28@aol.com).

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

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

The Westside Jacksonville Chapter 1984, National Association of Retired Federal Employees extends an open invitation to all currently employed and retired federal employees to our regular meeting held at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. For more information, call R. Carroll at 786-7083.

The National Naval Officers Association (NNOA) holds its monthly meeting on the third Thursday each month at 5:30 p.m. at the Jacksonville Urban

League, 903 West Union Street. Interested personnel are encouraged to attend or contact Lt. Herlena Washington at 696-5005 or email WashingtonHO@matcobic.usmc.mil.

The regular monthly meeting of Branch 126, Fleet Reserve Association will be held tonight at the Branch Home, 7673 Blanding Blvd. at 8 p.m. All active duty and retired enlisted personnel of the Navy, Marine Corps and Coast Guard and enlisted reserve personnel are invited to join Branch 126 and attend meetings. For more information call 771-2936.

The Marine Corps League, Jacksonville Detachment will hold their monthly meeting Oct. 2 at 7 p.m. at the Golden Corral Restaurant on San Jose Boulevard in Mandarin. For more information call John Leisman at 779-7375.

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

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

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

## JAX TALES By Mike Jones WWW.RICKYSTOUR.COM



ARMED FORCES COMMUNICATIONS; 3c; 10.5"; Other Color;