



# Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

## TOUCHING BASE

### Newspaper deadlines change

Due to the Thanksgiving holiday, all submissions for the Dec. 5 edition must be turned in by 4 p.m. today. The Jax Air News office will be closed Nov. 28 and 29.

### Branch Medical Clinic closed

The Branch Medical Clinic will be closed tomorrow for the Thanksgiving holiday. Anyone needing medical care should use the Naval Hospital Jacksonville Emergency Room.

### Seminar coming up

A Florida Family Law Information Seminar will be held Dec. 19, Jan. 23, Feb. 20 and March 25 from 9 a.m. to noon at the NAS Jacksonville Fleet and Family Support Center Classroom. The seminar will cover marriage issues, divorce, child support and military retirement. The class is open to all active duty, retirees and family members. Seats are limited. Call 542-2766, Ext. 127 to sign up. Child care is not available for this seminar.

### USO offers NoHoHo Program to Sailors

The USO is sponsoring their annual NoHoHo Holiday Program, offering hotel rooms to active duty members living in the barracks or on ships for only \$10 per night. The offer is good for up to four people in a room. If you are unable to go home for the holidays, would like to have family or friends visit you, or just want to get out of the barracks during the holiday season, make reservations by calling 778-2821. The rooms are available Dec. 20-26.

## 911 phones installed on Perimeter Road

By JO2(SCW) Eric Clay  
Staff Writer

Recently, two 911 direct phones were installed along Perimeter Road for the safety of Sailors and others who use this road for physical fitness.

These phones can only be used for emergency calls. When the receiver is picked up, the phone automatically contacts the Fire Station One dispatcher. The reaction time between using the new 911 phones and a cell phone can be a matter of minutes, which may mean the difference between life and death.

"When using the 911 phones, the fire department can be on the scene within three minutes, when someone's using a cell phone, the call is routed through the city of Jacksonville's dispatch system causing reaction delays," said NAS Jacksonville Fire Chief, Paul Stewart.

Before the phones were installed, a test was conducted to see how long it would take someone to reach a means of contacting emergency services in the area. When the evaluation was concluded, it was discovered that it would take measurable time to reach a phone

during an emergency. Immediate action was taken to solve the dilemma. MWR submitted a work request and NAVCOMTELSTA installed and sponsored the project.

"The project cost approximately \$4,300, but it was well worth it. I don't believe money should ever be an issue when dealing with safety," said Lt. Mich Moriguchi, director of N2 Telecommunications (BCO) and N5 Technology Integration (Plans).

Barbara Millhollan, NAS Jax Fitness Source's fitness director, added, "Now there are 911 phones located at the beginning of the PRT course and a mile and a half into the course. These phones can easily be identified by the orange paint surrounding them."

Within the next year, additional phones will be installed covering the length of the road.

Many runners say they feel secluded while exercising on Perimeter Road away from the main population of the base. "I think the phones are a great idea. I have often wondered what would happen if someone collapsed in the summer heat or sustained some other injury while running on Perimeter Road and there was no one around to help them. I feel a lot safer now that the phones have



Photo JO2(SCW) Eric Clay

Lt. Fred Stell from the Disease Vector Ecology and Control Center runs past the new emergency phone located on Perimeter Road. Two phones were recently installed with a direct line to the base fire station.

been installed," said Lt. Chris Sacco, of VS-32 who runs three to four times a week.

According to Naval Safety Center statistics, the Navy losses involving jogging, running and physical fitness from 1988 through December 2001 include five fatalities and 201 injuries resulting in lost workdays.

The spring and summer heat conditions in Jacksonville can pose a health risk, if precautions are not taken. The 911 phones are emergency devices only. Do not substitute proper precautions for fitness training.

Each person performing physical fitness exercises should have a medical check-up prior to beginning any exercise regimen. Start slowly and gradually build up to a sustained level of performance.

Anyone exercising should warm-up and stretch for 15 minutes before and after.

Make sure you drink plenty of cool water, wear light color/ reflective clothing and follow the fitness program that best fits your workout. Never consume alcohol before exercising. Do not wear headphones or any other listening devices while running, they may prevent you from hearing oncoming traffic. It is also a violation of NAS Jacksonville's policies as stated in NASJAXINST 5100.81.

Remember, the phones are available for emergencies only. The next time you are out on Perimeter Road, take a look around so you know the locations of the phones. You never know when you may need to use them.

## Sailors, family members try 'Great American Smoke-Out'

By Miriam S. Gallet  
Editor



Photo by Miriam S. Gallet

SK3 Marla Mouton (left) and SK2 Christie Marshall of Mobile Inshore Undersea Warfare Unit 207 at NAS Jacksonville are hypnotized by Capt. Richard Hrezo, Navy nurse anesthetist and certified hypnotherapist. The hypnosis workshop was held last week in support of Great American Smoke-Out.

According to the American Cancer Society (ACS), more than 40 million people have made the decision to quit smoking and have succeeded.

Last Thursday, the Naval Hospital Jacksonville Wellness Center in collaboration with the Navy Environmental Health Center (NEHC), Navy Personnel Command (NPC) and Navy Exchange (NEX) hosted the Great American

Smoke-Out Day to assist local Sailors quit the nicotine addiction.

More than 35 Sailors, retirees, family members and DoD civilians participated in the event, which included a one-hour hypnosis session and a smoking cessation booth set up at the NEX Food Court.

Manning the booth, was Wellness Center Health Educator and Tobacco Cessation Program Coordinator Danny Woodard, who spent several hours answering questions.

The smoke-out display

offered a variety of information on the risks of tobacco use and how to quit the nicotine habit. The display also offered those wishing to stop smoking, a NEX Quitter's Survival Pack consisting of chewing gum, patches and literature.

"The Great American Smoke-Out offers an opportunity to kick tobacco for the day, and hopefully, for good," said Dr. Mark Long, a psychologist and tobacco cessation program manager at NEHC. "Stopping the

See SMOKE-OUT Page 8

## Nestle donates to NAS Jax Food Locker



Photo by Lorrie White

The Nestle Company donated \$1,000 to the NAS Food Locker at a small ceremony held at the NAS Jacksonville Commissary last week. Nestle official Mark Ezell presented the check to CMDCM(AW/SW) Chuck Lawson, NAS Jacksonville command master chief. (From Left) NAS Jacksonville Commissary Director Larry Bentley, Lawson, Ezell, NAS Food Locker Program Manager ENC(SW) Jeff Wilke and IT2(SW) Robert Brown, NAS Food Locker assistant program manager.

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## WEEKEND WEATHER

	<b>FRIDAY 41/59</b> INCREASING CLOUDS
	<b>SATURDAY 38/55</b> MOSTLY CLOUDY
	<b>SUNDAY 42/57</b> PARTLY CLOUDY

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

# Holiday season means increased fire safety

From the Base Fire Department

The holiday season is now here. Christmas trees, decorative lights and materials, candles, individuals smoking at parties all increase the likelihood of a fire in your home. To help everyone enjoy a safe holiday season, the following fire safety tips are provided:

**Christmas trees**

\* When buying a fresh-cut tree, make sure it's fresh. When the trunk of a tree is bounced on the ground, a shower of needles means the tree is too dry and a greater fire risk.

\* Cut the trunk at an angle at least one to two inches above the end to help the tree absorb water. Place the tree in a non-tip stand filled with water, away from exit and sources of heat. Check and maintain the water level on a daily basis.

\* When buying an artificial tree, make sure it is labeled or otherwise identified or certified by the manufacturer as being "flame retardant" or "flame resistant."

**Holiday lights and decorations**

\* Use only UL or other safety-tested lights. Check markings on light sets for indoor or outdoor use and dis-

play accordingly.

\* Check light sets, new and old, for broken or cracked sockets, frayed or bare wires, and loose connections. Replace worn and broken light sets.

\* Don't overload extension cords. Check and follow manufacturers recommendations for multiple light connections. Do not connect more than three standard size sets of lights per single extension cord.

\* Don't use electrical decorations or lights on metal Christmas trees.

\* Turn off all lights on trees and other decorations before you retire for the evening or leave your home.

\* Use only flame-retardant or non-combustible decorations.

**Candles**

\* Keep candles away from Christmas trees, combustible decorations, displays, curtains or drapes.

\* Always use candle holders that are sturdy, won't tip over easily, and made of a non-combustible material.

\* Never leave burning candles unattended or within the reach of small children. Always extinguish candles before you leave the house or retire for the evening.

\* Ensure matches and lighters are kept out of the reach of children.

**Portable Electric Heaters**

\* Use only portable electric heaters that carry the label of an independent testing laboratory (UL or FM).

\* Ensure portable electric heater is equipped with an automatic shutoff feature tip over switch (unit turns off if knocked over).

\* Keep portable electric heaters at least three feet away from any combustible material.

**General Fire Safety**

\* Don't burn gift-wrappings or trees in the fireplace. Flames can get out of control and spread embers around the room.

\* Equip your home with a portable UL listed ABC (all purpose) rated fire extinguisher.

\* Provide people who smoke with large, deep, non-tip ashtrays.

\* Empty ashtrays often, wetting their contents before dumping them.

\* After a party, check cushions, around furniture and on the floor for smoldering cigarette or cigar butts.

\* Test your smoke detector at least monthly.

\* Have a fire escape plan. Dial "911" in case of an emergency.

Enjoy the holidays, but be safe and alert so you can celebrate next year.

## Christmas decorations and tree inspections required for offices

From the Base Fire Department

The NAS Jacksonville Fire Prevention Bureau would like to remind everyone that when Christmas decorations and trees are set up

in office spaces, work centers, barracks, and places of public assembly at NAS Jacksonville, a fire safety inspection by the base fire department is required.

The safety inspection ensures the safe placement of a Christmas tree,

use of decorations and lights, and that all safety precautions have been taken and are observed throughout the holidays.

The inspection includes a check of posted fire bills, fire extinguishers and the condition and amount of

light strings displayed.

After setting up a holiday display and before plugging in lights, call the Fire Prevention Bureau at 542-2783/3928 or Fire Headquarters at 542-2451, ext. 10 to request a fire safety inspection.

# FROM THE DOC

## Don't let the notorious strep throat get you down

By Lt. Chris Alfonzo  
VP-30 Flight Surgeon

We are coming up on that time of the year when strep throat infections will become more prominent. The term strep throat refers to an infection of the throat caused by streptococcal bacteria.

It is seen most often between November and April, but can occur at any time of the year. It is most often seen in children, adolescents, and young adults.

The infection is mostly spread person to person, and rarely by food contaminated with the bacteria.

When someone gets strep throat, they usually will have a red, sore throat, pain with swallowing, fevers, and chills. Symptoms also include fatigue, sore muscles/joints, headaches, and even nausea.

Other signs of a strep throat infection are tender lymph nodes in the neck, swollen tonsils, and white patches on the tonsils or back of the throat that may or may not have pus.

It is important to treat strep throat with antibiotics for several reasons. First, if left untreated the infection could develop an abscess in the throat which could lead to severe complications.

The second reason why antibiotics are needed, is that the streptococcal bacteria causing strep throat can also lead to inflammation of the kidneys, called acute glomerulonephritis, weeks

after the throat infection has gone away!

Most importantly, antibiotics prevent the possibility of rheumatic fever. Rheumatic fever can arise from the bacteria of a strep infection. A rare disease, it causes pain in the joints, along with a rash on the skin, and can damage the heart.

If you suspect that you, or your child, has strep throat, or if there are any problems with breathing or swallowing, excessive drooling, or any other symptoms that concern you, see your doctor immediately!

Your doctor will examine you, and may use a swab to take specimen samples from the back of your throat to test for streptococcal bacteria.

If your doctor uses the rapid strep test, the results will be back within minutes. If they use the specimen sample, the results may take 24 hours.

If your doctor suspects strep throat, they may prescribe an antibiotic.

Make sure your doctor is aware of any allergies you may have. If your symptoms go away while taking antibiotic pills, make sure you finish the entire course of antibiotics prescribed. This will help prevent the strep throat from recurring.

Once treated, symptoms can go away in one day. If your symptoms do not go away in five days, or are getting worse, follow up with your doctor. To help lessen the discomfort of the

sore throat, your doctor may prescribe acetaminophen or ibuprofen, and lozenges.

Some other helpful tips are: stay well-hydrated with plenty of clear, cold liquids, avoid eating solid foods, avoid excessive talking, do not smoke and avoid second-hand smoke, gargle with warm salt water, and get plenty of rest.

If eating solid foods is too uncomfortable, try soups, Jell-O, pudding, and Popsicles.

To avoid spreading the strep throat, avoid close contact with anyone until you have taken the antibiotic for at least 48 hours. Avoid handling or sharing food, and be sure to wash your hands before handling any food and after you cough, sneeze, or wipe your nose.

Strep throat is no fun, and can also cause some serious medical problems if left untreated. Treat it early and you will not be left with a broken-heart!

## Thanksgiving Day menu at the galley

The Thanksgiving meal will be served Nov. 28 from 1-4 p.m. at the base galley. The cost is \$5.25. Everyone is welcome. For more information, call MSC Jennifer Littles at 542-3854.

- Baked Spiral Ham
- Roast Turkey
- Baked Macaroni and Cheese
- Mashed Potatoes
- Rice Pilaf
- Cornbread Dressing
- Homestyle Giblet Gravy
- Southern Style Greens
- Sweet Corn
- Candied Sweet Potatoes
- Blackeyed Peas
- Turkey Noodle Soup
- Pecan Pie
- Sweet Potato Pie
- Apple Pie

### Free Thanksgiving dinner for single Sailors

Liberty will host Thanksgiving dinner with all the trimmings for all single Sailors from 3-6 p.m. next Thursday. For more information, call 542-3491.



## Sunday Services

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

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

**Sunday** 8:30 a.m. - Protestant

**Communion** 9:30 a.m. - Catholic Mass

11 a.m. - Protestant Worship

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

**POWER = Death**

December is National Drugged & Drunk Driving Awareness Month

DUI Safety Brief  
Dec. 5  
9:30-10:30 a.m.  
NAS Jax Base Theater  
Lt. Bill Leeper  
Florida Highway Patrol Guest Speaker

Contact the Wellness Center for further information:  
542-5292

### Meet A Sailor...

SKCS(SW) ABE EASON

**Job title/command:**  
Logistics Supervisor, REDCOM SE

**Hometown:** Bristol, Ga.

**Family Life:** Wife, Vickie, three teenage daughters, Jennifer, Samantha and Brittany.

**Past Duty Stations:** REDCOM 9, USS Antrim (FFG 20), USS Moinester (FF 1097), Surface Reserve Force, USS Charleston (LKA 113).

**Career Plans:** To retire after 22 years of naval service, stay in Green Cove Springs, Fla. and begin a new career.

**Most Interesting Experience:** Raising my daughters, they're everything to me.

**Words of Wisdom:** Seek ye first the kingdom of God and all other things will be added unto you.

### Meet A Civilian...

LINDA MEDLOCK TORRENT

**Job title/command:**  
Facilitator, Navy College Learning Center

**Hometown:** Jacksonville, Fla.

**Family Life:** Daughter, Lara and dachshund, Panzer.

**Past Duty Stations:** Navy College Learning Center, NAS Lemoore, Calif.

**Career Plans:** I plan to continue working as an educator.

**Most Interesting Experience:** Living in Aviano, Italy for nine years.

**Words of Wisdom:** He has achieved success who has lived well, laughed often and loved much. Elbert Hubbard.

## Letters to Santa to be published

The Jax Air News will publish selected Letters to Santa in the Dec. 19 issue. Based on the amount received, we will print as many letters as our space allows so Santa will have a better chance to see what the children from NAS Jax are hoping to receive in their Christmas stockings this year.

Letters can be mailed to the Jax Air News, Box 2, NAS Jacksonville, Fla., 32212-5000 or dropped off to the office, Room 219, Building 1 by Dec. 13. Email letters to: laroque@cnrse.navy.mil or fax to 542-1534.

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Deadline for all routine copy is close of business the Friday before publication. Deadline for Classified submission is noon Monday. Questions or comments can be directed to the editor. The Jax Air News can be reached at (904) 542-1533 or (904) 542-3531 or by fax at (904) 542-1534 or write the Jax Air News, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

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# HSO Sailor praises mid-career class

By JOC Bill Austin  
HSO Public Affairs Office

PC2 Robert Miller usually reports to work at the Naval Hospital Support Office (HSO) in a crisp uniform with a glass like shine to his boots.

Recently however, his attire changed to civilian clothes for a few days, a transition of sorts, and one he would contemplate for the next few days while attending the Career Options and Navy Skills Evaluation Program (CONSEP) held at the Fleet and Family Support Center (FFSC).

CONSEP is a four-day mid-career course specifically designed for Navy personnel with six to 12 years of service that are within 18-24 months from their EAOS.

Although the program has been implemented Navy-wide for just a year, the concept was formed in 1996.

That's when the Chief of Naval Personnel approved an initiative to incorporate elements of the Transition Assistance Program (TAP) into a workshop for mid-term Sailors.

Eventually, Total Military Lifecycle Career Development courses will be available for Sailors to take throughout their careers, according to sources at the Navy Personnel Command Transitional Assistance Department.

CONSEP offers a wide variety of training such as goal setting; methods to enhance financial stability, and an overall microscopic look at the pros and cons of staying in the service or



Photo by JOC Bill Austin  
HSO's Robert Miller (right) talks to shipmate HM2 Elmore Abney about the CONSEP class offered by the Fleet and Family Support Center.

stepping out.

Although the program is geared to highlight the advantages of staying in, it does offer classes to help you make a smooth transition back to the civilian ranks with instruction in resume writing, interview techniques and dressing for success.

Participants who successfully complete CONSEP are eligible for two college credits through the University of Colorado (Denver).

"This is great training for those who may be at the crossroads in their military careers and need to make a major decision to either stay or move on to the civilian sector," said Lee Garland, who manages the CONSEP program as well as the base Transition Assistance Management Program (TAMP).

"We want to make sure they have all the information they need to help make the right choice for them," he added.

When PC2 Miller returned from CONSEP, he was more than happy to talk about the wealth of knowledge he picked up. "I learned a lot regarding all the different aspects of my career," said Miller.

"They cover all kinds of great information like education benefits, financial matters, and personal development like making rate. Every topic that was discussed had an expert in that particular area that came in and taught you everything you needed to know," continued the Tampa, Fla. native.

Miller went on to say that although the class isn't mandatory, its a class he wished he had taken earlier in his career. "I don't think the average Sailor knows all the benefits the Navy has to offer. You won't find a class anywhere else that covers so much helpful information."

Contact your Command Career Counselor to schedule a CONSEP.

# Click It or Ticket Campaign continues through Dec. 1

From the Base Safety Office

Now through Dec. 1, law enforcement agencies will be running the Click It or Ticket program. This means that if you are not wearing your seatbelt you will receive a ticket. As you know, the Navy requires you to wear your seatbelt at all times for all occupants. The State of Florida also requires car seats or seatbelts for all children under the age of 18 and all persons sitting in the front seat.

The following are some seat belt statistics:

- Most people who die in car crashes were not wearing seat belts. In 2001, 60 percent of the vehicle occupants who were killed were unrestrained.

- Seat belts significantly reduce fatalities. Seat belts reduce fatalities by up to 45 percent in passenger cars and 60 percent in light trucks.

- Buckling up on short trips is critical. Fifty-two percent of reported crashes occur within five miles of home, and 77 percent occur within 15 miles of home. Crashes are more than twice as likely to take place one mile from home as 20 miles from home, and only 1 percent of reported crashes take place 50 miles from home.

- Seat belts prevent you from being thrown from a vehicle. In fatal crashes, 75 percent of all car occupants who were totally ejected were killed. Only 1 percent of the occupants reported to have been using a seat belt were ejected, compared with 22 percent of unrestrained occupants.

- Every increase in seat belt use translates to lives saved and injuries prevented. The National Highway Transportation Safety Board estimates that every one percentage-point increase represents 2.8 million more Americans buckling up, 265 additional lives saved, and 4,600 serious injuries prevented.

So Click It or Ticket!

# USO to sponsor 45th annual Pal Day Dec. 7

The 45th annual USO Pal Day is scheduled for Dec. 7 in St. Augustine. The event features free admittance to most tourist attractions, free parking at the Visitors Center, sightseeing trains and Old Town trolley tours for all active military personnel in uniform and their family members.

Immediate families of deployed personnel are also admitted free with military I.D. card.

The annual St. Augustine Christmas Parade begins at 10 a.m.

A complimentary lunch will be served from 11 a.m. to 3 p.m. at Elks Lodge #829 next to the St. Augustine Amphitheater.

For more information, call the USO at 542-3028.

# Thanksgiving message from the President

From the Navy News Service

**The President of the United States, George W. Bush, released the following message in celebration of Thanksgiving:**

I am honored to have this opportunity to thank the brave men and women of America's armed forces for your service to our nation. This Thanksgiving, there's much to reflect upon and even more to be grateful for.

More than a year ago, our nation was attacked, and thanks to all of you, today we find a liberated Afghanistan, and we find that the terrorists are on the run.

But more work in the war against terror remains.

We will root out all the terrorists who threaten America and our allies. We will not be secure as a nation until all these threats are eliminated. And no matter how long it takes, we will fight the enemies of freedom, and we will win.

This Thanksgiving, we have so much to be thankful for.

We are thankful for the goodness and generosity of our citizens. We are thank-

ful for the freedom of America's democracy. And we are so very thankful to you, the men and women who wear our uniform.

And thanks to our military, the people of Afghanistan live in freedom and have hope for a better life.

Thanks to you, freedom is replacing fear throughout the world. And thanks to you, we are bringing justice to those who would harm America.

Each and every one of you is dedicated to serving something greater than yourself. You put the protection and safety of others above your own. You are guided by a code, and you fight to bring a promise of freedom to others. I'm honored to be your commander in chief.

Happy Thanksgiving to you all. May God bless you and your families. And may God continue to bless America.

# NAS Jax recognized for excellence

By Justin Ward  
Special Contributor

Integrated Maintenance Concept (IMC) implementation teams at NAS Jacksonville were recently recognized by the Assistant Secretary of the Navy for Research, Development, and Acquisition with a special recognition appreciation award for their efforts in implementing the IMC for S-3B aircraft.

IMC, a redesigned method of accomplishing depot-level aircraft maintenance, seeks to permanently replace its less able, one-phased cousin, Standard Depot Level Maintenance (SDLM), which, because of defense budget decreases and operating and support cost increases, was selectively phased out beginning in 1999.

Hailed by those who have implemented it as a way to increase aircraft availability, the IMC process as implemented at NAS Jax also proved to be a way to save time and money by categorizing repairs and increasing the amount of check-ups an aircraft must go through. The results speak for themselves: an 18 percent increase in aircraft availability; a 47 percent reduction in scheduled maintenance tasks, most notably during at-sea periods; an increase of 35 percent in production throughput and squadron-level maintenance expertise; and almost a 50 percent reduction in overall depot-level scheduled maintenance costs from past SDLM-based levels.

This unique version of IMC first began in March 1999 with two test articles performed by a combination of VS Squadron workers and Lockheed Martin contractors. This contractor integration, the first of its kind, was put in place to capitalize on commercial practices and to adhere to a request from former Commander of Naval Air Systems Command (NAVAIR) Vice Adm. John A. Lockhard.

The follow-on prototype contract, awarded to Lockheed Martin and its teamed partner LSI (Logistics Support International) in February 2000, successfully completed eighteen S-3B aircraft ahead of schedule and on target with the budget. In April

2001, NAVAIR officially awarded Lockheed Martin the Prime Vendor Support (PVS) contract.

Since then, Lockheed has been working side-by-side with the squadron at NAS Jacksonville, providing the Fleet with Material Management, In-Service Engineering, and Integrated Logistics Support. By eliminating a lot of requirements for the squadron, Lockheed has helped to centralize IMC's focus and distill the IMC process.

Success with the S-3B has surprised even the most optimistic of Navy officials, leading them to consider permanently replacing SDLM in the lifecycle management of other Navy aircraft.

In FY02, the maintenance teams successfully completed 51 phases, said Dan Higgins, NAVAIR's S-3 IMC/PVS Program Support Analyst at Naval Air Station Patuxent River, Md. Compared to the average of 13 SDLMs witnessed in the most successful years of SDLM, this number is about a 25 percent increase in production throughput, making for four more reworked airframes. "Truly a great success," said Higgins.

Higgins praised IMC as "something that should have happened long ago," adding that the depot might be completely hamstrung if they were still doing SDLM because of the associated costs and added turnaround time.

The spawned success of contractor and government integration has earned Jax the applause of top NAVAIR officials.

Donald McErlean, deputy assistant commander for Logistics at NAVAIR Headquarters said the S-3B maintenance teams have been "making the IMC concept work and producing significant positive results for the Fleet. Their development of a true partnership with contractor personnel is indicative of the innovative and open thinking in finding the best solution to maintaining readiness."

Rear Adm. Wally Massenburg, NAVAIR assistant commander for logistics at Patuxent River, Md., speaking about the S-3B IMC process said as far as he's concerned, "both coasts have done an excellent job of

implementing the IMC concept and they've both done it in a unique way. I'd gladly extol the virtues of S-3B IMC at length... suffice it to say, this is the way we should do business."

At any one time, between 22 to 33 Navy squadron personnel and 34 to 42 contractor artisans are actively working together, building parts, assuring quality, providing administrative support, assessing, analyzing, examining, or repairing an average of two to six aircraft. Their partnership, arranged by a contract and tempered by synergy, would prove to be a successful one.

Save the first prototype and a constraint that was outside the teams' control, the S-3Bs at Jax have gone through phase I of IMC in an average of 44.3 days, surpassing the projected average turn-around-time of 48 days as stated in the IMC Implementation Plan. This three-and-a-half-day margin is rendered even more remarkable when accounting for the two trips outside of the depot for stripping and painting.

"The establishment of the IMC/PVS team has significantly cut costs and made the aircraft more available," said Higgins. "What else could we want?"

The times for phases II and III have also fared better than the estimated goal when outside constraints are taken out of the equation. Even if the aircraft had to go in for a full three-phase repair, like one Force Warfare S-3B aircraft used in Afghanistan during Operation Project Enduring Freedom, the time would still be a fraction of the 200-400 days it would take under SDLM.

By exercising platinum standards to enable success in the battle space, the IMC process has transformed the way aircraft are maintained. It has modernized technologies to provide optimum solutions for the networked fighting forces and leveraged knowledge, expertise, and experience to more efficiently complete a harrowing process. Many agree IMC could and should permanently replace SDLM in the lifecycle management of all Navy aircraft, but for the foreseeable future, the verdict is still out.



Photo by AW1(AW) Howard Dove

CV-TSC crewees and family members are all smiles following the promotion ceremony. (From left) AK1(AW) Lamonte Strauther and wife, Catunya, ET1(SW/AW) Jason Lonsdale, brother of ET1(SW/AW) Jon Lonsdale, Lonsdale and wife, Martha, ET1(SW) Tyrone Matthews and wife, Melissa, and daughter, Tianna.

## CV-TSC Ashore Sailors volunteer 5,900 hours to local community

By AK1(AW) Lamonte Strauther  
CV-TSC Ashore  
Public Affairs Officer

The small staff of 24 dedicated professionals assigned to the Carrier Tactical Support Center Ashore (CV-TSC), was awarded a Certificate of Appreciation for outstanding community service by Capt. Mark Boensel, NAS Jacksonville commanding officer, at a ceremony last week for achieving 5,900 hours of volunteer service during 2001.

When the computation was done, each Sailor had volunteered 240 hours.

AW1(AW) Charles Harcus and FC1 Brian Dodd, stood above all others when it came to volunteering their time throughout 2001 and were individually recognized with a Military Outstanding Volunteer Service Medal.

CV-TSC takes great pride in supporting the local Jacksonville community in addition to its assigned missions in sup-

port of CV-TSCs Afloat, the S-3B Viking and SH-60F Seahawk communities. CV-TSC Sailors' contribution benefited the local community through the NAS Jacksonville Navy Community Service Program.

Immediately following the presentation, CV-TSC Ashore Officer-In-Charge Cmdr. David Ruth conducted a frocking ceremony in which ET1(SW) Jon Lonsdale, ET1(SW) Tyrone Matthews and AK1(AW) Lamonte Strauther were promoted to their present ranks.

Ruth also presented Harcus and AW2(AW/SW) Joshua Turnage with the CV-TSC Ashore Senior and Junior Sailors of the Quarter awards respectively for their superior efforts supporting Fleet Helicopter Anti-Submarine Warfare Training and Carrier Tactical Support Centers Afloat.

## Turkeys donated to Food Locker



Photo by Lorrie White

Last week at the NAS Jacksonville Commissary, CMDCM(AW/SW) Chuck Lawson, NAS Jacksonville command master chief, accepted 30 checks for \$15 each to purchase ButterBall turkeys from James Newson of the ButterBall Company. The turkeys will be donated to the NAS Jax Food Locker. (From Left) NAS Jacksonville Commissary Director Larry Bentley, Lawson, Newson, NAS Food Locker Program Manager ENC(SW) Jeff Wilke and IT2(SW) Robert Brown, NAS Food Locker assistant program manager.

## Food/money donations needed

Help provide nutritious meals to a military family. The NAS Jax Food Locker is in need of non-perishable food items to help families in need during the upcoming holidays.

The Food Locker is located behind Building 590 and is open from 8 a.m. to 4 p.m. For more information, call 542-3918.

Looking for back issues  
of Jax Air News?  
Check out our  
archives online.

[www.nasjax.com/jax-air-news/home.htm](http://www.nasjax.com/jax-air-news/home.htm)

## Navy announces holiday season mailing dates

The Naval Supply Systems Command (NavSup), 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 2002 Christmas cards and packages to and from military

addresses overseas. NAVSUP recommends that holiday mail and packages be taken to the nearest U.S. Post Office or APO/FPO military post office by the following dates.

For military mail addressed to APO and FPO

addresses:  
Parcel post - now; space available - today; parcel airlift - Dec. 4; air letters, air cards and priority mail - Dec. 11.

For military mail from

APO and FPO addresses:  
space available - now; parcel airlift - Dec. 4; priority mail, first-class air letters and air cards - Dec. 11; express mail - Dec. 18.

Happy Holidays!

# Broadened horizons

## Senior Girl Scout Troop 46 visits Naval Hospital Jacksonville

By Christina Veres  
Naval Hospital Jacksonville Public Affairs

Instead of sleeping in on a day off from school, an industrious group of Senior Girl Scouts recently decided to spend the day at the Naval Hospital.

The reason for this astounding event?

To see old and new technology and the women who utilize them.

The quest began about four weeks ago when one of the girls planned out their bi-monthly meeting. Kathleen Veres, a sophomore at Orange Park High School decided that the badge the troop would work on for their next meeting would be "Women Through Time." One of the requirements for this badge was that the girls explore women's roles and opportunities in the U.S. military service.

To help accomplish this, Kathleen asked one of the nurses at Naval Hospital Jacksonville to come and talk to the group. Navy Nurse Lt. j.g. Dana Lawrence stepped up to the task. As Breast Cancer Awareness Month was also around the corner, Kathleen asked Lawrence to speak with the girls on breast cancer and self-exams. The discussion was such a hit with the girls of the troop that they decided to arrange a tour of the Naval Hospital and visit Lawrence in her workplace during the trip.

So on a crisp October morning, the senior Girl Scout Troop 46 arrived at the naval hospital. The first stop was at the Family Practice Clinic to visit Lawrence. The girls gave her a certificate of appreciation and a memento for her wall.

"It was fun teaching them. They had me in stitches! They were eager to learn," said Lawrence.

To fulfill the rest of the requirements for their badge, the girls headed off to the Transcription section of the Clinical Support Department. Staff member Jan Blanco met them there to discuss how transcription has changed over the years.

Elisa Zygadlo, a freshman at Orange Park High School, was very intrigued with this occupation. "How much can someone make with this job?" she asked.

Blanco told her, "About \$11 an hour."

"Wow!!" Zygadlo exclaimed.



HM1 Sharon Green shows the girls the mammography machine and explains how it is used.

Next on the tour was the Medical Library where they were met by Betty Stillye. She explained to the girls the use of "Index Medicus," the old way of looking up journals. The new way is through "MedLine" which is part of the National Library of Medicine in Bethesda, Md.

Stillye demonstrated the use of MedLine as she researched an article on duct tape and warts. Mariah Zygadlo, a junior at Orange Park High School, wanted to know if Stillye read all of the articles she researched for the doctors.

Stillye replied, "Only if I have to!"

A quick stop at the Mother Infant Unit and a talk with Navy Nurse Lt. Cmdr. Nancy Dull was next. Dull talked about the new thermometer, pulse and respiratory (TPR) machines and how quick they make taking a person's vital signs. She also talked about the new breast pump machines that are a significant improvement over older models.

Radiology offered a wealth of interesting technology. HM1 Sharon Green took the girls

through this department. The girls were able to see nuclear medicine scan films, witness a CT scan being performed, and numerous types of x-rays. Green showed them an x-ray with an osteoblast forming.

Upon seeing this, Kathleen exclaimed, "That's what's happening to my foot!" She had broken her foot in the spring and the healing process was fascinating to her.

Green was able to tie in their breast cancer lecture to their tour when they went into the Mammography Room. There, the girls were able to see the machine that takes the x-rays and to see that it really isn't as bad as they imagined it to be. Elisa said "I thought that it was a bar, not a plastic plate," referring to the part of the x-ray machine that assists in flattening the breast. The next stop in the department was the Ultrasound Room. Here they were able to see a prenatal ultrasound performed. As each part of the fetus was revealed to them, ooohs and aaahhs filled the room.

After a quick stop in the hospital galley for lunch, the girls' final



(Above) Betty Stillye (2nd from left) explains how the Medical Library works and how staff can access the different books and magazines.

(Below) HM1 Sharon Green (2nd from right) and HM1 Samuel Castro show a couple Girl Scouts the results of a bone scan and explain what it is used for.



destination was the Pharmacy Department. HM1 Gwen Vanderpool was the designated tour guide for this portion. She began the tour outside the pharmacy and explained the number system and how the Pharmacy is able to move hundreds of patients through a day in a timely fashion.

Inside the Pharmacy, the girls were shown the different ways of counting medications. The big highlight was the "Med Refill Robot." Vanderpool cued the refill program via the computer and demonstrated the different steps needed to get this big monster moving. The girls were intrigued as to how quickly these medications were filled. Cmdr. Mark Broucher, Pharmacy department

head, welcomed the girls and let them know he was glad to see them. He also explained that being a pharmacist has a lot of potential for women.

After a brief discussion of women's roles in the military, the girls were ready to call it a day. The girls were really excited over their visit to the Naval Hospital. Elisa said she especially liked the transcription section and the job opportunities, while Mariah enjoyed the pharmacy and the robot. Kathleen enjoyed Radiology. "It was cool!" she said.

If your organization would like more information on the hospital tour program contact Naval Hospital Jacksonville Public Affairs at 542-7820.

# EFMP ensures detailers consider special needs

From Naval Hospital Jacksonville Public Affairs

The Exceptional Family Member Program (EFMP) is a mandatory enrollment program per OPNAVINST 1754.2A. The program documents long-term medical (including physical and emotional) and/or special education needs of Exceptional Family Members. This program ensures consideration of these needs in the detailing process.

The EFM Program ensures optimum use of Permanent Change of Station (PCS) money by taking into account the Navy's needs, the service member's career needs, and the special needs of the family member.

Sponsor's responsibility: Identify and enroll all family members with chronic medical, psychological, or educational problems requiring special services.

Review completed applications. (DD 2792)

Update forms every three years or as your family status changes. (Category 6 must be updated within one year.)

Disenroll when divorced, EFM is deceased, medical or educational needs no longer exist, or the family member no longer resides with the sponsor.

Maintain a copy of the EFMP application.

The EFM program is open to any active duty family member who meets the following criteria:

Enrolled in DEERS

Has a chronic medical, psychological or educational problem requiring special services

Resides with the sponsor (There are exceptions, including geographical bachelors and family members receiving inpatient care or living in an educational setting.)

Every military treatment facility (MTF) appoints an EFM Coordinator to facilitate the enrollment process. They provide enrollment forms, offer help in the preparation of the forms, review completed forms for accuracy, and forward the

enrollment package to the Central Screening Committee (CSC) for you.

If you are not located near an MTF, forms are available at several locations: Fleet and Family Support Centers (FFSC), Personnel Support Offices,

Navy Liaison Offices, or from the Navy Personnel Command EFM Program

Manager (PERS-662F) in Millington, Tenn. Both

See NEEDS Page 9



# FAMILY CENTERED



So proud he could bust! New dad, Lt. j.g. Eric Comette bonds with his daughter, Hailey.

## Naval Hospital Jax implements new obstetrical initiatives

By Loren Barnes  
Naval Hospital Jacksonville Public Affairs

**A** revolution is underway in how health care is delivered at Naval Hospital Jacksonville and throughout the Navy Medical community.

The philosophy at the heart of this revolution is family centered health care. In implementing this philosophy, Navy health care providers envision a Navy medical system that involves a partnership with patients and their families. A partnership, through which patients take responsibility for their health and Navy healthcare providers facilitate their ability to do so.

One area in which this revolution is realizing dramatic changes is in how Naval Hospital Jacksonville takes care of expectant families. The following are just some of the ongoing initiatives taking place at Naval Hospital Jacksonville reflecting this new emphasis on family centered healthcare.

Naval Hospital Jacksonville has applied and received a Certificate of Intent for the "Baby Friendly" designation. This initiative will promote and support breastfeeding by giving new mothers the information, confidence and skills to be successful.

Lt. Cmdr. Tani Corey, a certified nurse midwife who has been working with a group at the hospital striving to attain this designation, explained that this designation takes 2-3 years. "It is only given after implementing 10 steps that will protect and promote breastfeeding throughout all areas of the hospital that care for mothers and their babies," she said.

In explaining the importance of this



Lynnette Comette breastfeeds her newborn daughter Hailey. Lynnette is the wife of Lt. j.g. Eric Comette.

effort, Corey quoted from the Baby-Friendly Initiative guidelines, "Breastfeeding is the single most powerful and well documented preventive modality available to health

care providers to reduce the risk of the common causes of infant morbidity.

See NAV HOSP JAX, Page 7



(From left) Pediatrician Lt. Cmdr. Julie Kellogg, Nurse Midwife Lt. Cmdr. Toni Corey and Obstetrics Nurse Alisa Davis exhibit Naval Hospital Jacksonville's Certificate of Intent for the "Baby Friendly" designation on the hospital quarterdeck.



Developing a one-on-one relationship with your doctor is an important aspect of the family centered care delivered at Naval Hospital Jacksonville. Here, Women's Health Nurse Practitioner Lt. Melissa Mathurin, NC measures the Fundal Height to check the growth of the unborn child of Amy Taylor. Amy's husband is AE2 Michael Taylor of VP- 5.



Tender, loving care is a what you can expect from all staff members at Naval Hospital Jacksonville. Here, newborn La'Orien Keenon is given a bath by HA Brenton Smith. La'Orien is the son of ATAN Nancy Keenon and Lashanna Keenon.

# BABY FRIENDLY



Big sister, Kalista reaches out to greet the newest member of the family, newborn Dylan, from the arms of her grandmother Brenda Smith. The proud parents of this beautiful baby girl are Melissa (holding Dylan) and AM2(AW) David Smith (not shown).



In addition to offering a full range of obstetrical and gynecological services Naval Hospital Jacksonville's OB/GYN Clinic offers a variety of educational classes for expectant families. Here, Aleshia Stargell, Jessica Goodwin, Thelissa Purkham, April Muro, Caroline Montero, Tanya Morris, and Tonja Vaughn take the third Trimester Class given by Alisa Davis.

Photos by  
HM2 Michael Morgan  
and  
HM2 John Veres

One innovation that has proven very popular at Naval Hospital Jacksonville is the E-mail Baby Photo program. Through this program, a Naval Hospital Jacksonville photographer will take a photo of your newborn and e-mail it to friends and family to announce the delivery of your newborn. Pictured in the example at the top of the page is Danielle Rae who was born to Grisel and Daniel Pyatt on Nov. 15.

Immunizations are an important part of ensuring the continued health of your baby. Here, Linda Hightower gives Caden Leckelt his four-month immunizations (DTAP, IPV, Peds Vac Hib, and Pevnar). Cadet's parents are Kelly and AE1 D. Kent Lockett who is stationed with VP-30.



## NAVHOSP JAX: New 'baby friendly' designation and initiatives in place

From Page 6

Significantly lower rates of diarrhea, otitis media (ear infections), juvenile diabetes, ulcerative colitis, lymphomas, and Sudden Infant Death Syndrome occur among breastfed infants and children in the United States."

Corey pointed out that Naval Hospital Jacksonville is the only hospital in the Northeast Florida region and the only Naval Hospital in the world with an active Certificate of Intent. She said, "This certificate identifies us as a leader in establishing the highest standard for the protection, promotion, and support of breastfeeding. It will also be meaningful to our beneficiaries as they look to us to be leaders in the healthcare community."

Another example of family centered care was realized as Naval Hospital Jacksonville's Obstetrics and Family Practice Clinics united their obstetrical services to provide continuity of care for expectant families. New pregnant patients are now assigned to a specific healthcare provider designated at the first obstetrics visit. In most cases (allowing for the special demands of our military environment) this provider follows them for the remainder of their pregnancy.

Realizing that building a solid partnership between the patient and their healthcare provider depends on communication, the clinics initiated an expectant mother hotline (542-BABY) to provide answers to pregnancy-related questions, appointments and class information. This hotline provides timely access to healthcare professionals specifically trained in obstetrics, an invaluable service for pregnant women.

All these initiatives compliment Naval Hospital Jacksonville's recently redesigned perinatal education program that offers prenatal classes for expecting parents during their pregnancy. From morning sickness to labor pains and delivery, these classes cover it all. Classes are offered both at the hospital and at the USO at NS Mayport.

Future plans include renovations to the hospital's eighth floor for a new, state-of-the-art Mother-Baby Unit, where each patient will have a private room with bathroom for their postpartum stay. This renovation should be completed by next summer.

These are just a few of the exciting initiatives at Naval Hospital Jacksonville designed to ensure that Naval Hospital Jacksonville care continues to be "Simply The Best."

### Classes for Expectant Moms

The OB/GYN and Family Practice Clinics offer the following classes at Naval Hospital Jacksonville:

New OB: Dec. 2 - 8:30-11 a.m.  
Orientation: 8:30-11 a.m.

2nd Trimester: Dec. 9 - 8:30-11 a.m.

3rd Trimester: Dec. 2, 9 - 1-4 p.m.

Breastfeeding: Dec. 18 - 6-9 p.m.

Baby Boot Camp I - Dec. 16, 8 a.m. - noon. (Hospital Second Deck Conference Room.)

Baby Boot Camp II - Dec. 17; 9 a.m. - noon (This class meets in the OB Conference Room, first floor at the Naval Hospital)

Prepared Child Birth Class - Once a month on Saturday, dates vary. Call Alisa Davis, RN, 542-7428.

Attendance is by appointment only. Register by calling 542-BABY.



Pediatric Nurse Practitioner Lt. Cmdr. Tammy Wind, NC, performs a well-baby check-up on four-month-old Bryce Harlow. Bryce's parents are Misty and AA3 Brett Harlow of VP-16.

## SMOKE-OUT: Annual event gets base staff and family participation

From Page 1

use of tobacco products is the single best thing that Sailors, Marines and their families can do to improve their health."

Since its creation in 1977, the ACS "Great American Smoke-Out" has exposed people to factual and very graphic facts of what nicotine addiction can do their bodies and challenged them kick the habit. Additionally, it has enabled the society to become more aware of the dangers associated with second hand smoke.

Those who attended the Wellness Center-sponsored hypnosis workshop facilitated by Capt. Richard Hrezo, a Navy nurse anesthetist and certified hypnotherapist, were treated to an hour of group hypnosis consisting of a deep, trance-like guided relaxation. "Hypnosis is a very normal phenomenon," he said.

According to Hrezo, the biggest demand for hypnosis today is to kick the smoking habit and for weight management. "In the hospital, I use hypnosis for pain management," commented Hrezo. This popular hypnosis workshop is offered monthly at the Wellness Center.

Mary Miller, a NADEP employee and workshop participant said, "I want to quit smoking. I have been smoking for five years and have not been able to stop. I think the hypnosis session was very good. Hypnosis is something new to me and I wanted to try it."

Another participant was SK3 Marta Mouton, who is presently assigned to Mobile Inshore Undersea Warfare Unit 207. "My supervisor encouraged me to attend. I have been smoking for eight years and would like to quit," said Mouton. "I thought the session was really neat. I immediately felt relaxed and went into a very deep trance. I recommend this workshop to anyone who wants to quit smoking."

In the new Secretary of the Navy Instruction



Photo by Miriam S. Gallet

A02 Jason Keller of VP-45 (right) listens attentively to Danny Woodard, Naval Hospital Jacksonville Wellness Center health educator and Tobacco Cessation Program manager, as he explains the benefits of enrolling in the center's Tobacco Cessation Program at the Great American Smoke-Out display outside the NEX last Thursday.

5100.13C, the Department of the Navy policy is to "reduce tobacco use and protect personnel from involuntary exposure to environmental tobacco smoke to the greatest extent possible. Where conflicts arise between the rights of nonsmokers and the rights of smokers, the rights of nonsmokers to a smoke-free airspace shall prevail."

The Wellness Center offers tobacco cessation and awareness classes and counseling throughout the year. Sailors, retirees and family members can seek assistance to help kick the habit anytime. "We understand that kicking nicotine addiction can be very difficult," said Woodard. "However, we at the center, understand that smoking is a serious issue that can cause not only lung cancer, but also mouth, voice box and breast cancer and heart disease. We are committed to providing maximum support and education to those wishing to quit."

Presently, there are 60 people enrolled in the Wellness Center tobacco

cessation program, with approximately 15 people joining every month. "Fear is the number one reason that prevents smokers from quitting," explained Woodard.

"People smoke because of stress, depression, and anxiety. When they stop, they must learn to deal with these emotions and all of the sudden they experience tremendous amounts of fear. If they don't have the proper guidance and support, they will immediately go back to the cigarette. It only takes 15 seconds for the addicted person to feel "good" after taking a puff. Everything they do is centered around their nicotine addiction, many smokers do not accept that nicotine is a drug. However, once they have given the tools to deal with their fears, they will be successful in kicking the habit," he added.

The ACS recently reported that cigarettes kill 4 million people a year. Don't become a statistic, visit the Wellness Center today and learn how to kick the habit. For further information, call the Wellness Center at 542-5292.

## Navy College Learning Center offers prep classes

From the Navy College Learning Center

Free ASVAB/ACT/SAT Prep Classes are being offered at the Navy College Learning Center (NCLC). The classes will help increase ASVAB scores and improve career growth through improved test-taking skills. The next class is scheduled for Dec. 2-13 Monday through Thursday from 10 a.m. to

4:30 p.m. and Fridays from 9 a.m. to 1 p.m. Seating is limited and reserved on a

first-come basis. The NCLC is located in Building 110. To sign up, call 542-3676.

## NavAir Depot Jax military recognized

By Susan Brink

NavAir Depot Jacksonville Public Affairs Specialist

On Oct. 16, Commanding Officer, Capt. Karl Yeakel, Naval Air Depot Jacksonville (NavAir Depot Jax), recognized several active-duty members.

Letters of Appreciation (LOA) were presented to Cmdr. Ron Bethmann, Cmdr. Timothy Matthews, Cmdr. Christopher Rice, Lt. Cmdr. Dennis Sacha, Lt. Cmdr. JoAnn Walker, Lt. Cmdr. Darren Sweet, Lt. Mike Kilmurray, AMC Randy Coates, AOC Brian Flinn, and AMC Jerry Freeze for their professionalism and attention to detail while serving as tour guides and as a great source of information for the visitors from the First Coast Manufacturers Association.

LOAs were also presented to AFCM John Bandor, AK3 Wilburto Flores, and SK2 Latessa Roby for their contributions to the First Coast Manufacturers Association tour and brief.

SK2 Andrew Storms and AK2 Malcolm Jeffcoat received LOAs for providing employees transportation to the 2002 Combined Federal Campaign Kick-off held at the VP-30 Auditorium.

LOAs were presented to Cmdr. Christopher Rice and Lt. Cmdr. JoAnn Walker for their professionalism and attention to detail as a team member supporting Project Golden Wing's (PGW) Information Exchange. This event gave Depot employees the opportunity to see how the new alignment and logo fit into each work area. The PGW Team was on hand to answer questions while the NavAir One video was presented on a big screen television showing everyone how all nine NavAir sites roll up into one NavAir Team.

Certificates of Appreciation from Rear Adm. Stephen Heilman, assistant commander for Aviation Depots, were presented to IT1 Carolyn Hodges, AK1 Douglas Barth, SK2 Latessa Roby, and SK2 Andrew Storms for their dedication and support in providing courier service to NAS Pensacola. These Sailors delivered J52 oil samples to the Joint Oil Analysis Program lab throughout the week and weekends for engineers to obtain test lab results in a timely manner. Their efforts were key for the Depot to complete production during the month

of August, setting unprecedented records from previous months averages.

The Armed Forces Reserve Medal was presented to SK1 Robert Orton, ETC David Fujioka, SK1 Eugene Reader, and IT1 Carolyn Hodges for performing 10 years of honorable service within a period of 12 consecutive years in the Naval Reserve.

A Military Outstanding Volunteer Service Medal was presented to SK1 Robert Orton for outstanding public services performed with Boy Scouts of America Troop 289 in Aurora, Colo. From Sept. 15, 1994 to May 1, 2002.

The Navy and Marine Corps Achievement Medal was presented to Lt. Cmdr. Terry Hart for professional achievement as the special projects officer from July to August 2002. Hart meticulously planned and coordinated three high profile events that brought positive recognition and improved morale to NAVAir Depot Jacksonville.

The Navy and Marine Corps Commendation Medal was presented to Lt. Cmdr. Donald Simmons for meritorious service while serving as assistant program manager for Systems Engineering, Joint Direct Attack Munitions and In Service Weapons, Conventional Strike Weapons Program Office, Strike Weapons and Unmanned Aviation, Patuxent River, Md. From May 1999 to May 2002. Simmons' outstanding leadership was directly responsible for the successful development, testing, and operational deployment of the Joint Direct Attack Munitions MK-84/BLU-109 and MK-93 variants well ahead of schedule.

AFCM John Bandor presented a "Paint the Town" plaque to Capt. Karl Yeakel which reads, The USO/Housing Partnership of Jacksonville recognizes Naval Air Depot Jacksonville for their appreciation and support of Paint the Town during Rehab Week, May 4-11, 2002.

Farewell was bid to YN1 Larry Brown along with the presentation of the Navy and Marine Corps Commendation Medal. Brown provided meritorious service as the Command Military Services, Command Career Counselor, Sponsor coordinator, and Fleet Training coordinator from January 2001 to November 2002.



# MWR NOTES

## Treat yourself through I.T.T.

You deserve a vacation, stop by I.T.T. and sign up for one of the many trips on the calendar.

I.T.T. has Jaguar tickets on sale for every home game, only \$28 a ticket and anyone on base can purchase them with no limitations. I.T.T. also runs a shuttle to the home games and you can sign up for any game when you purchase your tickets.

For more information, call 542-3318 or stop in our office located adjacent to the Navy Exchange. Trips are open to all base personnel and guests.

Dec. 14 - Savannah History & Shopping Trip - The trip includes a trolley tour covering the historic sites, followed by free time to have lunch, explore the city and do a little holiday shopping. Transportation and the tour is \$27.75.

## NAS Jax Golf Club

Take advantage of a free 18-hole round of golf on your birthday in December. Also this month, bring three guests at the normal rate and your golf is free. Tee time is required. This is not valid on Nov. 29. For golf info, call the Pro Shop at 542-3249.

## Why cook?

Enjoy your Thanksgiving holiday and let Mulligan's do all the cooking. Mulligan's is selling the following meal deals: 12 - 14-lb. Turkey dinner complete \$37.95. 12 - 14-lb. Turkey only \$19.

Whole chicken dinner \$11.95. Dinners include 2-lbs-mashed potatoes, 2-lbs green beans, 1-lb. gravy, 1-lb. cranberry sauce and 2-lbs stuffing. Call 542-2936 to place your order.

## Bowling at Freedom Lanes

Sailors, family members, retirees and guest can enjoy a variety of bowling fun at the Freedom Lanes. Patrons can pick just about any day in the week for some bowling challenges. Active duty members can enjoy the \$5 "All You Can Bowl" on Tuesdays from 4-9 p.m. Then bowl for free on Wednesdays from 11 a.m. - 3 p.m.

In November Super Sunday's have been extended to \$7 "All You Can Bowl" from 3:45 - 5:45 p.m. Shoe rental is \$1.65

On Nov. 28, NAS Freedom Lanes will be open from 5-10 p.m. and Nov. 29 through Dec. 1 all games are only \$1.99 all day.

## Youth Center Holiday Camp

Holiday Camp runs Dec. 23-Jan. 3 and is open for age's kindergarten-13. There will be arts and crafts, bowling, indoor and outdoor activities and field trips once a week. Don't miss out on the fun. The cost is determined by household income.

Registration forms are now available at the NAS Youth Activities Center. Call 778-9772.

## Mulligan's wreath decorating contest

Drop your command wreaths off by Dec. 1 and the judging will be complete by Dec. 15. This year's theme is "Around the World" and great prizes will be awarded. Call 542-2936 for details.

## Help us find Frosty

Frosty got lost on base and we need help finding him. Beginning Friday, come to Liberty Cove Recreation Center each day to get a clue to help find Frosty. The winner will receive a \$250 gift certificate to the NEX. This event is open to active duty only. For more information call 542-3491.

## Letters from Santa

MWR called the North Pole to ask Santa if he would write a letter to the military children at NAS Jacksonville and Yellow Water. Parents please call Santa's Helpers at 778-9772 to register your names. Call between Dec. 2-20 and Santa's Elves will ensure your child receives their letters by Christmas.

## Christmas Tree Lighting

The annual Christmas Tree Lighting will be held Dec. 6 at 5 p.m. at Patriot's Grove. Enjoy free pictures with Santa. The lighting is at 5:45 and the winners of the Christmas Card Contest will be announced.

## Tropical Freeze coming

Join MWR for their annual Holiday Tropical Freeze on Dec. 21 from noon to 5 p.m. at the

marina. Enjoy a snow sled run and free hot dogs and drinks. The event is open to all base personnel. For more info call 778-9772.

## Decorating Contest

The Holiday Door Decorating Contest for all Yellow Water and NAS Housing residents runs from Dec. 1-15. Judging will be Dec. 16-17. Winners receive turkey dinners. Call 778-9772 to register.

## Mulberry Cove Marina offers deals

The Marina is hosting a "Light Up Your Boat" contest on Dec. 7. The judging will begin at 5:30 p.m. This event is open to all slip, mooring and dry storage patrons of the marina and the Navy Jax Yacht Club. The winning boat will receive a prize.

Kayak Rescue Class - learn basic kayaking, plus advanced strokes and braces, how to perform the wet exit, paddle float and T-rescues, emergency procedures, navigation, rules of the road, tides and currents and weather fundamentals. The class lasts 4-5 hours and costs \$25 per student. Graduates earn one 1/2-day free kayak rental from the marina.

For more information, call 542-3260.

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).

## Helping Hands

### HabiJax needs helpers

HabiJax is looking for help this month and in December to get homes ready so families can move in prior to the holidays. Tasks will vary from framing work and vinyl siding installation to painting and landscaping.

Workdays are available Tuesday through Friday from 8 a.m. to 3 p.m. Volunteers are asked to bring hammers, work gloves, bag lunch and water bottles.

Groups will meet at the HabiJax warehouse at 2404 Hubbard Street at 7:45 a.m.

If you are interested, call Natalie Sears at 798-4529 Ext. 253.

### Salvation Army Bell Ringer Project

Volunteers are needed now to Dec. 24 for the NAS Jacksonville Annual Salvation Army Bell Ringer Project at the Orange Park Mall.

Everyone is welcome to participate in this event. Call Dianne at 542-2766, Ext. 130 to sign up.

### Golf tournament and gala

The Monique Burr Foundation for Children, Inc. will host their annual gala on Dec. 14 and golf tournament Dec. 16. Twenty volunteers are needed for each event. Volunteers for the gala will greet guests and help with parking. Volunteers for the golf tournament will serve as observers, refreshment station workers and runners.

Call Dianne at 542-2766, Ext. 130 to sign up.

## NEEDS - EFM

### Program explained

From Page 5  
medical and educational portions must be completed for school-aged children. The medical forms should be completed by the treating physician(s). An official at your child's school must complete addendum B, Special Education. Return the completed forms to the MTF. The Coordinator will review and sign the forms and forward them to a Central Screening Committee. In areas with no MTF or EFM Coordinator, you should mail the EFM application forms (with other required documentation attached) to one of the CSCs. Review the forms before signing, you are responsible for their completeness and accuracy.

The enrollment form, DD Form 2792 Exceptional Family Member Medical and Educational Summary, is available on the Internet at

<http://web1.whs.osd.mil/forms/DD2792.pdf>.

The EFMP Coordinator for Naval Hospital Jacksonville is HM2 Crystal Bell and can be reached at 542-7348.

## Education workshop offered through Navy College office

The Navy College Office is hosting an Education Workshop on Dec. 11 from 8 a.m. until noon in the Naval Air Maintenance Training Unit, Building 848. Topics will focus on ways active duty service members can maximize their educational benefits while on shore and sea duty.

Topics that will be presented include: utilizing the Montgomery GI Bill during in-service and out-service, the Navy's new

tuition assistance policy, credit-by-examination (CLEP, DSST, and Excelsior Examinations), Navy College Program for Afloat College Education (NCPACE), Navy College Program Distant Learning Partnership (NCPDLP), and the Navy College Learning Center. NAS Jacksonville and local tenant command master Chiefs, career counselors, ESOs, and NCPACE representatives are invited to attend.

## Club 2000 - The better, safer second option to drinking and driving

In 1997 NAS Jacksonville began a program titled Club 2000. Its purpose was to give Sailors a safe and legal option to drinking and driving. Our idea was, "Better a free taxi ride home, than a 'free' ride to jail or the morgue."

If you are out having a good time and part of your activity includes alcohol, you become a hazard to both yourself and others if you drive home. With Club 2000 you have a good second option to driving home. All you have to do is call the Station OOD at 542-2338, and they will send you a taxi to take you home for free. Your request for a ride is not passed to your command. Only you, the taxi driver, and the OOD know you used the service.

But what happens if you do drive? What do you think the risk is if you only have a "couple" of drinks.

Your chances of ever getting home aren't very good when you drink and drive. Even a "couple" of drinks can change your reaction time, impair your judgment, and get you killed or seriously injured.

So if you're out having a good time and it's time to call the OOD. Do you think you'll remember the number? If you go to Building 590, you can pick up a business card reminder with the number on it.

Club 2000 is a free service to all active duty personnel working on NAS Jacksonville.

## FFSC offers educational and support programs

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

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

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

The following workshops are available during December:

Dec. 3-6, 7:30 a.m.-4 p.m. - Transition Assistance Program (separation).

Dec. 3, 9 a.m.-noon -

Coping With Difficult People.

Dec. 3, 1-2 p.m. - Thrift Savings Plan for Military.

Dec. 9-13, 8 a.m.-4 p.m. - Command Financial Specialist Training.

Dec. 10, 8 a.m.-4 p.m. - Stress Management.

Dec. 11, 2-4 p.m. - Marketing Yourself (for spouses).

Dec. 12, 8-11 a.m. - Anger Control

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

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

Dec. 17, 9-11 a.m. - What About The Kids?

Dec. 18, 9-11 a.m. - Debt Management.

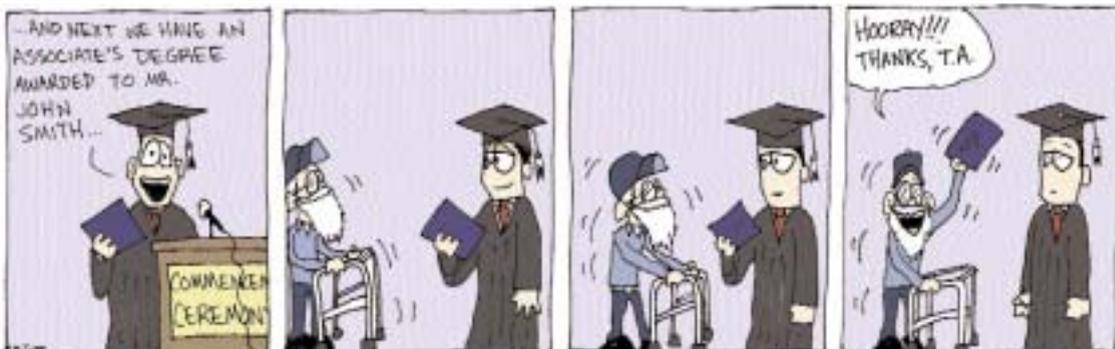
Dec. 19, 8 a.m.-noon - Divorce Adjustment Workshop.

Dec. 19, 6:30-9 p.m. - Ombudsman Assembly.

## JAX TALES BY MIKE JONES

[WWW.RICKYSTOUR.COM](http://WWW.RICKYSTOUR.COM)

[RICKYSTOUR@YAHOO.COM](mailto:RICKYSTOUR@YAHOO.COM)





And they're off . . . runners participate in the annual Turkey Trot 5K run last Wednesday.

## Turkey Trot brings out runners

By Kaylee LaRocque  
Staff Writer

It was the perfect day for the annual Turkey Trot last Wednesday as 107 runners turned out to participate in the 5K run held on base, along Perimeter Road.

This event is sponsored each year by MWR and is followed by a raffle to win 15 Butterball turkeys.

Placing first in the Men's Military Category was Frank Reynolds coming in at 17:02. Taking second was Justin Ward at 18:30, followed by Greg Searson at 19:55.

In the Women's Military Category,

Heather Coats placed first with a time of 20:58. Coming in second was Dawn Dillon at 22:27, followed by Argen Webster at 23:31.

Taking first in the Men's Open Category was Karl Gutekunst with a time of 20:33. Taking second was Mark Seidel at 21:15, followed by John Funk at 21:59.

In the Women's Open Category, Jackie Phillips came in first at 25:47. She was followed by Jessica Vergerano with a time of 27:59 and Candice Heck-Schisler at 29:24.

The next run coming up is the annual Jingle Bell Run on Dec. 11 at 11:30 a.m. For more information, call 542-3239.



(Above) Marine Corps students and instructors from NAMTra run in formation during the Turkey Trot. (Right) Heather Coats of CHSWL place first in the Military Women's Category. (Far right) Capt. Frank Reynolds placed first in the Military Men's Category with a time of 17:01.



Photos by  
Kaylee LaRocque

## COMMUNITY CALENDAR

**The Navy Wives Club of America, NWCA Jax No. 86**, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m.

The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information call the Thrift Shop at 772-0242 or President Barbara Howard at 471-1444.

**The Navy Wives Club's DID No. 300** will be held the second Thursday of each month. Our new meeting place is the Oak Crest United Methodist Church, Education Bldg. 5900 Ricker Road, starting at 7 p.m. For more information contact 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 Marine Corps League, Jacksonville Detachment** holds their monthly meeting the first Thursday of the month at 7 p.m. at the VFW Post 7909 on Blanding Blvd. For more information call John Leisman at 779-7375.

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

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

**Christian Fellowship Night** will be held behind the Chapel in Bldg. 749 from 6:30 - 9 p.m.

every Tuesday night. For more information call 542-3051.

**Association of Aviation Ordnancemen's** meetings are 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 AOCs Erick Parmley at 542-8589.

The 18th annual **Jacksonville Light Parade** will be held Saturday at 7 p.m. on the riverfront. See the St. Johns River transform into a dazzling array of lights, sound and holiday spirit as boaters illuminate their vessels from bow to stern to compete in the area's largest lighted boat parade. For more information about registering, contact the Office of Special Events at 630-3690.

**Fleet Reserve Association Branch 126** is holding their annual Americanism Essay Contest for all students grades 7-12. This year's theme is "What was the Impact of the Louisiana Purchase?"

The deadline for entries is Dec. 1. Entries can be mailed to FRA Americanism Essay Contest, FRA Branch 126, 7673 Blanding Blvd., Jacksonville, FL 32244. For more information, call 771-2936.

**The annual Advent Procession of Carols**, performed by the nationally-recognized St. John's Cathedral Choir, will be held on Dec. 1 at 5 p.m. For more information, contact John or Ashley at 356-5507.

**MOMS Club of Jacksonville** will meet Dec. 5 from 10:30 a.m. to noon. Members and guests are asked to bring a potluck dish to share and an unwrapped toy for Toys for Tots, the chapter's holiday service project.

The meeting includes a social with games and activities for children up to preschool age. For security and confidentiality reasons, the meeting location is not being published.

The meeting is free and open to all mothers and children. RSVP is required. For information, contact Kellie at 993-0549 or email ks775@cs.com.

## Navywide personnel survey seeks your opinions

From Navy Personnel Research, Studies and Technology Public Affairs

Have you ever wished for a conversation with senior leadership to let them know what you think about work life in the Navy? The 2002 Navy wide Personnel Survey (NPS) is your opportunity to do just that.

Starting in November, the Chief of Naval Personnel will be conducting the 2002 NPS. The survey is one of the most trusted sources of information used by senior leadership to gain insight into Navy work life.

The NPS has been administered every other year since 1990, going through many changes along the way. The purpose of the survey is to assess issues related to the quality of work life, career development, satisfaction with Navy life and career decisions.

Past surveys have been very helpful in highlighting both strengths and

weaknesses of the Navy. In the last NPS (2000), Sailors indicated a number of concerns relating to work life.

As a result, the survey findings were used to support a number of initiatives including:

- The largest pay increase in the past 10 years (FY 2001/2002)
- Implementation of a plan to raise the basic allowance for housing (BAH) to 100 percent coverage by FY05
- A renewed focus on increasing funds needed for parts and supplies
- Expansion of career sea pay to include officers with less than three years of sea duty and junior enlisted paygrades (E-1 to E-3)
- Efforts to overhaul the current Navy advancement system
- Widespread changes in detailing to focus on your career needs and desires
- A significant increase in the amount and quality of information

provided to Sailors, career counselors, supervisors and families on career development in the Navy.

To reduce impact on the fleet, the survey will use computer-based methods to select a random sample of officers and enlisted Sailors to ensure representation of the Navy.

Participation in this survey is voluntary; however, it is strongly encouraged so a valid and reliable portrait of the Navy can be obtained.

This year, participants will have a choice of how to complete the survey. Those selected to participate in the 2002 NPS will be able to complete the survey either in a paper booklet form or on the Internet. Participants will be mailed a paper survey and instructions on how to complete either version of the survey within the next few weeks.

For related news, visit the Chief of Naval Personnel Navy NewsStand page at [www.news.navy.mil/local/cnp](http://www.news.navy.mil/local/cnp).

# VS-31 defeats AIMD in championship game

By Bill Bonser  
Sports Coordinator

The Intramural Flag Football season began in August with a two-week preseason to allow the teams to kick the dirt off their shoes and familiarize themselves with the flag football rules before starting the regular season.

When it was all said and done, VR-58 dominated the regular season by going undefeated 10-0 to win the league and to earn the top seed for the playoffs. SEC/WEPS and VP-30 finished the season with a 10-2 record and VS-31 finished fourth with a 7-3 record.

The format for the playoffs was double elimination with 10 teams and VR-58 and SEC/WEPS earning the number one and two seeds. In the opening round of the playoffs, VS-31 squeaked by the Galley, 14-6 to set up a meeting with top seeded VR-58. VR-58 and VS-31 played to an exciting 20-20 tie at the end of regulation. In the first overtime period, VS-31 was unable to score and VR-58 had the ball with 3rd and goal from the 15-yard line when the game was suspended due to darkness.

The game was continued five days later and VR-58 was unable to put the ball in the end zone forcing another overtime period. VS-31 won the coin toss and elected to give VR-58 the first chance to score. VR-58 did score a touchdown, but did not convert the extra point. The pressure was on VS-31 to score or lose the game. VS-31 responded with a touchdown and converted the extra point to knock the top seed out of the winner's bracket and to advance to the winner's bracket final.

The biggest surprise of the tournament was AIMD who finished the season with a 2-9 record. In the first round of the playoffs, AIMD defeated VP-45, 24-19 and then proceeded to knock the number two seed SEC/WEPS into the loser's bracket with an 18-7 victory. AIMD kept on rolling as they defeated VP-30, 20-12 to advance



Photos by Bill Bonser

VS-31 players proudly display their trophies after proving they can compete with the large shore commands.

to the winner's bracket final against VS-31. AIMD's run came to a screeching halt as VS-31 scored an impressive 29 points and their stingy defense held AIMD to 6 points sending them to the finals to play for the base championship. AIMD's loss sent them to the loser's bracket to face the winner of VR-58 and CNRSE/ASTC.

Another big surprise was the number 8 seed CNRSE/ASTC who opened the playoffs with an impressive 62-6 victory over NavHosp and also held their ground against VR-58 losing only 18-9. CNRSE/ASTC fought their way through the loser's bracket defeating VP-45, 14-6 and VP-30, 33-13 to set up a rematch with VR-58. CNRSE/ASTC shocked the top seed VR-58, 26-7 to knock them out of the playoffs and to set up an opportunity for them to make it to the base championship. The loser's bracket final was a great matchup as CNRSE/ASTC and AIMD fought back and forth down to the wire with AIMD pulling out a 27-26 victory to set up a rematch with VS-31 for the championship.

The championship was set with VS-31 needing one win to capture the base championship. AIMD had to defeat VS-31 twice to win

the championship and odds were not in their favor since VS-31 had previously defeated AIMD 29-6. The game started out very slow as both teams played to a 6-6 halftime score. At the start of the second half, VS-31 quarterback, Terry Wise engineered a 65-yard drive and scored on a 3-yard run.

The extra point try failed, but VS-31 had taken a 12-6 lead. VS-31 held AIMD on their next set of downs and were gaining momentum. On their next possession, VS-31 elected to go for a fourth and 5 from their own 15-yard line. The pass fell incomplete and AIMD took over on VS-31's 15-yard line. The fourth down gamble in VS-31's territory proved to be very costly as AIMD's Delwin Dickerson capitalized by throwing a 15-yard TD pass to Javaughn Griffin to tie the score at 12. They could not convert the extra point to take the lead.

VS-31 came right back with a 65-yard TD strike to Stiev Smith. The extra point attempt failed again, but VS-31 took the lead back 18-12. VS-31 took a 24-12 lead late in the game when Wise connected with Earl Young on a 13 yard touchdown pass. It appeared that VS-31 was on their way to victory, but AIMD was not ready to give up. AIMD's

Dickerson engineered two late touchdown drives with pinpoint passes and he also ran for a one yard score to tie the game at 24. AIMD's Dickerson converted the extra point by throwing to Justin Lemons and that was the deciding factor as AIMD won the game 25-24 to force a second and final game for the championship.

In the opening possessions of the final game for the base championship, both teams went five plays and out. On VS-31's next possession, AIMD's Pierre Ford picked off Wise on VS-31's 9-yard line and AIMD struck first on the very next play when Dickerson connected with Ford for a 9-yard TD pass. VS-31 was driving on the next possession, but their drive stalled as they turned the ball over on downs on AIMD's 18-yard line. AIMD marched down the field and scored on the 12th play of the drive when Charles Bollmeyer caught a touchdown pass from Dickerson that was tipped by VS-31's Brett McDaniel.

AIMD was unable to convert the extra point, but took a 12-0 halftime lead. VS-31 started the second half with the ball and on their fourth play, AIMD's Lemons intercepted Wise. It appeared that VS-31 could not get anything to go their way, but VS-31 received new light when Wise made up for his previous mistake by intercepting AIMD's Dickerson. Wise got VS-31 on the board

with a TD run of his own to capitalize on the turnover. VS-31 could not convert the extra point, but they were back in the game trailing 12-6.

On the very next possession, Dickerson was heavily pressured and was forced to throw the ball early as Wise intercepted Dickerson again and ran it in for a touchdown to tie the score at 12. The momentum had shifted and VS-31 had Dickerson rattled as he threw his third consecutive interception to VS-31's Smith. VS-31 capitalized again on the turnover when Wise connected on a 15-yard strike to Young and then converted the extra point to Flozelle Gay to take a 19-12 lead.

AIMD had the ball at the two-minute warning with one more chance to tie or win the game. AIMD's Dickerson scrambled to get open as he completed two passes.

With 29 seconds remaining in the game, Dickerson hit Lemons for a 12-yard touchdown pass. The extra point attempt was vital as AIMD elected to go for one point to tie the game. Dickerson scrambled to find an open receiver and when he threw the ball, VS-31's Gay knocked the ball down to preserve a 19-18 lead. Gay's play proved to be the game winner as VS-31 ran out the clock to win the 2002 Intramural Flag Football Championship.



VS-31's Chris Benjamin makes a great catch for a touchdown.

## JAX SPORTS NEWS

### Sports officials and scorekeepers needed

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

### Flag football meeting set

A 4-on-4 flag football meeting will be held Dec. 4 at the MWR conference room in Building 590 at 11:30 a.m. The league is open to all NAS Jax active duty personnel and is a Captain's Cup event. The season begins the week of Jan. 21. Games will be played in evenings under lights. All interested personnel should attend the meeting to discuss rules and receive registration forms.

### 3-on-3 holiday basketball tourney set

This tournament is scheduled for Dec. 9 at 5 p.m. at the base gym. It is open to all NAS Jax active duty personnel. This is a Captain's Cup event and commands will receive Captain's Cup entry points for their command for participating. Call the base gym to sign up by Dec. 6.

### Navy Southeast Regional Running and Triathlon Team

Are you a runner and would you like to represent the Navy in 5K, 10K, marathons, and/or triathlons? The Navy will showcase elite active duty men and women in regional races. Uniforms are provided along with 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 ten regional qualifying times. If you have run in a sanctioned race and your time meets regional qualifying time, contact your base athletic director.

#### Qualifying times:

5K	Men - 19:00	Women 24:00
10K	Men - 34:00	Women 46:00
Marathon	Men - 3H30M	Women 4H
Triathlon	Men - 2H30M	Women 3H

Triathlon time based on 1.5K swim, 10K run, 40K bike.

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

## SPORTS STANDINGS

Intramural Basketball Standings as of Nov. 22			FACSFAC	
Team	Wins	Losses	AIMD	
VP-30	3	0	Supply	1 1
Blount Island	3	1	ATC Ops	1 3
NavHosp	3	1	VP-5	1 3
VP-45	3	1	VS-31	1 3
TPU	2	1	VP-45 O'S	0 1
			VS-32	0 3