



Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE



Toys for Tots under way

The Toys for Tots Campaign sponsored by the United States Marine Corps Reserve is currently underway. The primary goal of Toys for Tots is to deliver, through a new shiny toy at Christmas, a message of hope to needy youngsters to help motivate them to grow up to be responsible, productive, patriotic citizens and community leaders.

Anyone who would like to donate a new toy can drop it off at the USO, located at the NAS Jax Main Gate. For more information, call 542-3028.

Holiday card contest underway

All commands, squadrons and departments are encouraged to be a part of this year's "Beat the Holiday with MWR" program by entering a holiday Christmas card. All cards must be designed on sheets of plywood provided by NAS Jacksonville Morale Welfare and Recreation Department (MWR). Contestants are responsible for their own decorating and supplies. Commands are allowed to submit one entry, which will be judged by MWR. The winners will be announced at the Christmas Tree Lighting on Dec. 5.

Plywood is currently available at the NAS Jax Fitness Center for pick-up. All cards must be turned in by Dec. 1 for judging.

For more information, call 542-3518.

Christmas Tree Lighting and Concert

Everyone is welcome to attend this year's annual Christmas Tree Lighting and Concert Dec. 5 at Patriot's Grove. Santa will arrive at 5 p.m. Free pictures with Santa, goodie bags and refreshment will be available. There'll be clowns on hand for face painting and balloons. Performances will be given by the NAS Jax Navy Band, Orange Park Junior High School Band and Choir.



Overhauling civil service



Photo by JO2 Mike England

Sheila Blackley, a NAS Jax Human Resources assistant, helps EN1 Mark Samsel apply for a civil service job. Samsel, who will retire Dec. 31, may have an easier time finding a job under the new civil service structure.

Major changes in store for the civil service

By JO2 Mike England
Staff Writer

NAS Jacksonville's General Schedule (GS) civilian workforce will see a major overhaul to the civil service system beginning in fiscal year (FY) 2004.

The National Security Personnel System (NSPS) established in the FY-2004 Defense Authorization bill will provide the Department of Defense (DoD) with agility in hiring and promoting a more responsive workforce. DoD will also have the authority to tie pay to performance (rather than longevity) and to establish a new system for appraising performance, according to the U.S. House of Representatives website at www.house.gov.

"The changes to the civil service made in this bill will simplify the personnel process and make hiring new employees much easier," said NAS Jacksonville Business Manager, Tim Shepard.

The NSPS also provides personnel managers with the flexibility to classify positions, administer pay and allowances, and flexibility in determining a dispute resolution process for negotiating with employee representatives.

"The passage of this bill allows the DoD to shed the shackles of its 50-year-old civil service structure," said Virginia Congressman Tom Davis, the House Government Reform Chairman on his Web site.

See CIVIL SERVICE, Page 11

Pay and benefit increase coming in '04



Photo by JO2 Mike England

Albert Jenkins, a military pay technician at Personnel Support Detachment Jax, explains the upcoming military pay changes to DN Mohamed Ishag.

By JO2 Mike England
Staff Writer

NAS Jacksonville's Sailors can expect significant increases in pay and benefits in 2004.

The President's signing of the \$401.3 billion Defense Authorization bill Monday cleared the way for the Department of Defense (DoD) to increase active duty servicemember benefits such as base pay, basic allowance for housing (BAH), and family separation allowance.

Active duty servicemembers will see an average increase of 4.15 percent to their base pay and a reduction in the average amount of out-of-pocket housing expenses they pay from the current 7.5 percent to 3.5 percent.

The bill will also increase the family separation allowance for service members with dependents from \$100 per month to \$250 per month and special pay for those subject

to hostile fire and imminent danger will rise from \$150 per month to \$225 per month. The DoD will also extend other special pay and bonuses for active duty personnel through Dec. 31, 2004.

"It's a great improvement, even though the gap between military and civilian pay is still visible. It's good to know that the subject of quality of life is in the spotlight and headed in the right direction," said YN2(SS) Alain Maghsadi, an admin clerk for the NAS Jax Administrative Office.

In addition, the bill contains a provision addressing concurrent receipt for military retirees. Currently, disabled veterans' retirement benefits are offset by the amount of disability coverage that they are eligible for. This bill provides full concurrent receipt of benefits for the most severely disabled veterans.

The increases in pay and benefits will take effect Jan. 1.

Artist displays talent

Navy Artist DM3 Dominique Johnson, of the Regional Visual Information Support Center, follows the small sample on the left to create the Commander, Navy Region Southeast (CNRSE) logo in the lobby of the newly-established CNRSE quarterdeck.

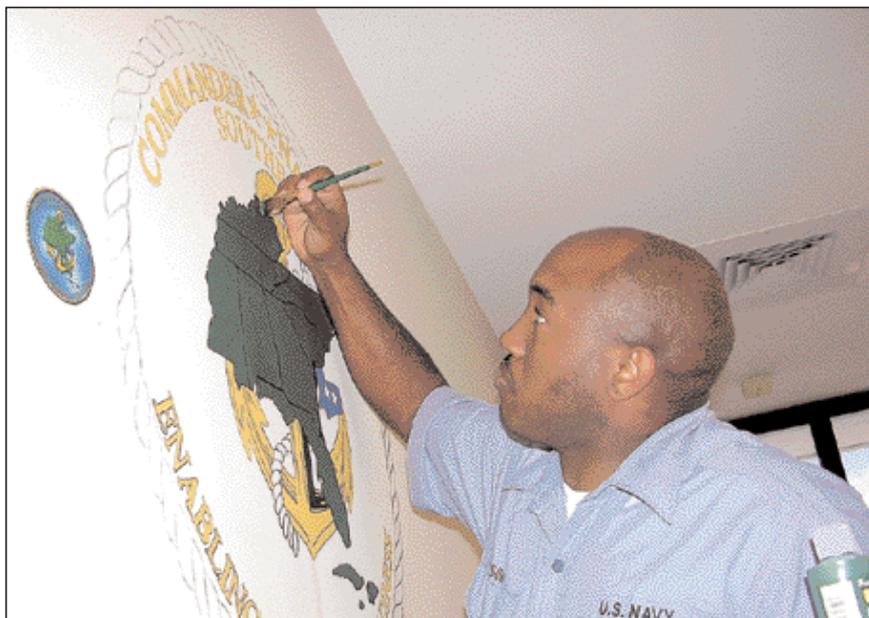


Photo by Miriam S. Gallet

CHAPEL'S CORNER

Take the time to be thankful

By *Chaplain (Lt.) Mylon Pope*
NAS Jax Chapel

Thanksgiving. The word immediately conjures images that are well entrenched in our society. We think of a turkey dinner with family, football games on television, parades, and the beginning of the Christmas shopping season.

Unfortunately, it is easy sometimes to get so busy we lose sight of why we do all these things. We get caught up in the season, and forget about actually taking a moment and giving thanks for all the blessings in our lives. Let me encourage you to take a

moment during this season to sit down and make a list of all the things you have to be thankful for. Every day is a gift from God, and we should appreciate every breath we take.

Last Monday morning, I picked up the phone to call a friend. We had talked the week before and were going to meet later that day to talk about a couple of things.

When I called his office, an employee told me he was sorry to inform me that my friend had passed away the day before. It was completely unexpected; after all he was only 53 years old.

I found myself asking, "Why do

these things happen?" It just doesn't seem fair, but what it also did was remind me not to take things for granted.

Don't get so busy during this Thanksgiving season that you forget to take time to be thankful. Let the people around you know how much they mean to you. Give your family and friends a hug.

Take a moment out of your time, and help someone who is less fortunate than you, and give Thanks to the Almighty for the blessings you enjoy every day. Isn't that what we are supposed to do during Thanksgiving?

ON THE HOMEFRONT

Younger sibling's motto: If you can't keep up, squeal

By *Sarah Smiley*
Special Contributor

This week, my youngest son, Owen, will turn 1-year old. This comes as a shock to me for two reasons: It seems like just last Tuesday that Owen was born, and his older brother Ford still is not potty trained. But nevertheless, the calendar confirms that it is time to have a party and let Owen dive into his own first-birthday cake.

As we near Owen's big day, it seems that more and more he is showing us who he really is (besides a dirty diaper factory and a Goldfish cracker vacuum). And the more I get to know my little Owen, the more I am seeing myself in him and realizing that some kids really don't fall far from the apple tree.

I should point out here that my oldest son, Ford, is very unlike his dear old mother. (Well, except for his exceptional brilliance, which, of course, he got from me.) Ford is the kind of person who wakes up cheering, "Yeah! It's morn-

ing!" and who walks into a room saying, "It's me. I'm here. I'm Ford, like the car."

Owen and me? Well, besides not being named after any famous car companies, we are also a little more hesitant in a crowd, a little less intrusive, and we definitely are not morning people.

Around 6 o'clock at night, just as Ford is winding down and running out of energy (alongside his dad, asleep on the couch with the television remote in his hand), Owen and I are gearing up and usually suffering from a serious case of giggles.

I really feel for Owen when I have to put him in his crib at 8 p.m., knowing that he is a "night owl" like myself and would really prefer to stay up to watch "Conan O'Brien" or "The O'Reilly Factor."

Owen and I also share the same level of sensitivity. We are the kind of people who are bothered by itchy fabric, cheap sheets, and annoying paper cuts. Ford, on the other hand, once had a double ear infec-

tion and no one knew it because he never cried.

(Although, to be fair to myself, all three times that I have broken bones I recuperated without the assistance of pain medicine, so I'm not as frail as I sometimes think, and Owen will be pretty tough too. Whether or not he'll be "Ford tough," we'll have to see.)

But Owen and I seem to share a kindred spirit and a likeness that goes beyond our unruly hair and big ears, or the fact that we are both Navy brats. Maybe it has to do with us both having older brothers and being the "baby" to another sibling.

Growing up, my motto was: if I can't keep up, I'll just be loud! I could squeal better than a roped pig, and as an adult I'm often told I talk "too loud." (The volume of my voice is surpassed only by that of my husband's, but I'm convinced he talks that way just to annoy me.)

However, judging by Owen's frequent demonstrations of lung capacity when his brother snatches

a toy away from him or knocks him down when he is learning to stand, I think he is following in my footsteps.

It isn't so bad to walk in my shoes though, Owen. Just ask your uncles; they'll probably tell you that your mother got everything she cried for . . . I mean, wanted . . . and that mom and dad's rules didn't apply to her by the time she was old enough to break any of them.

Some of that may be true. But if Uncle Van and Will try to tell you that as a younger sibling you can get away with anything simply by crying, telling on your older brothers, or threatening to leave because "no one in this house loves me anyway," I advise you not to listen. Don't forget that you are a lot more like me than you will ever want to admit, sweet Owen, and I know every trick in the book.

You may send comments or a respond to Sarah at <http://sarah.smiley.homestead.com>.

Navy Exchange announces upcoming holiday hours

Main Exchange and Convenience Store

Nov. 28 from 6 a.m. to 9 p.m.
Nov. 29 from 6 a.m. to 9 p.m.
Nov. 30 and Dec. 21 from 9 a.m. to 7 p.m.
Monday to Saturday, Dec. 1-23 from 8 a.m. to 9 p.m.
Dec. 24 (Christmas Eve) from 8 a.m. to 7 p.m.
Dec. 25 (Christmas Day) Closed
Regular hours resume 26 December.
Dec. 31 (New Year's Eve) from 8 a.m. to 7 p.m.
Jan. 1 (New Year's Day) from 10 a.m. to 7 p.m.

Auto and Garden Shop hours
Starting Nov. 25 are hours are extended to 7 p.m. Monday to Saturday for live Christmas tree sales. Christmas Eve, New Year's Eve and New Year's Day hours are the same as the Main Exchange.

All other Navy Exchange facilities are following regular operating hours during the holidays.

Letters to Santa to be published

The Jax Air News will publish selected Letters to Santa in the Dec. 18 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 202A, Building 1 by Dec. 12. Letters can also be emailed to laroquek@cnrse.navy.mil or faxed to 542-1534.

HEY, MONEYMAN!

Hey, MoneyMan!

I attended a financial briefing last week and one of the presenters said we should always have an emergency fund.

I barely make enough money to pay bills and I don't know where I can cut back. What are you supposed to do if you don't have enough money to cover everything?

MoneyMan Sez:

Well, even if you don't save for emergencies, they are likely to happen anyway. First of all, take a look at your bills and make sure they are for "needs" and not "wants." It is fine to buy things just for fun, but we all must be prepared for emergencies.

Sound financial planning requires you to "expect the unexpected." According to the Motley Fool, our unemployment rate is high at 6.2 percent. That means if you are planning to leave the military, you will join 9 million other people looking for

work. It may take a while to find the right job.

Also, a 30-year-old has a 52 percent chance of experiencing a disability prior to reaching age 65. You should anticipate car repairs. For every 15,000 miles driven, the average American spends more than \$7,000 in car-related expenses. Replacing the roof on your house could cost \$8,000 or more.

While you cannot anticipate every expense you may incur, saving a little each month and being ready when the "emergency" happens is a good idea.

Of course, if you are in the military, a dependent, or a retiree, you can always go to your Navy-Marine Corps Relief Society for emergency assistance. If you don't have the funds needed, they normally can and will help you.

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...

ABH3 SHAMAR BENOIT

Job title/command:
Air Operations Department

Hometown: Los Angeles

Family Life: Single

Past Duty Stations: USS Carl Vinson, VC-8

Career Plans: To pursue a degree in architecture.

Most Interesting Experience: Coming to NAS Jacksonville.

Words of Wisdom: Some people see things as they are and say why? I dream things that never were and say why not?



Meet A Civilian...

SANDRA SNYDER

Job title/command:
Recreation Aide, NAS Jax Gym

Hometown: Toledo, Ohio

Family Life: I have a 21-year-old daughter.

Past Duty Stations: Navy Exchange, Memphis, Tenn.

Career Plans: To open my own massage business.

Most Interesting Experience: Hiking in the mountains in Boulder, Colo.

Words of Wisdom: Live every day as it was your last and leave the past in the past.

NAS Jax Chapel holiday religious services

The NAS Jax Chapel is offering several religious services over the holiday season. The following is the schedule of events:

Catholic

Dec. 10, 6:30 p.m. - Advent Reconciliation (Confessions)
Dec. 21, 11 a.m. - Combined Christmas Cantata/Potluck (CCD cancelled)
Dec. 24, 4 p.m. - Christmas Eve Mass
Dec. 25, 9:30 a.m. - Christmas Day Mass

Protestant

Dec. 14, noon - Greening of the Chapel/Light Lunch
Dec. 21, 11 a.m. - Combined Christmas Cantata/Potluck
Dec. 24, 7 p.m. - Candlelight Service
For more information, call 542-3440.

Jax Air News

NAS Jacksonville Commanding Officer Capt. Mark S. Boensel
Public Affairs Officer Charles P. "Pat" Dooling
Deputy Public Affairs Officer Miriam A. Lareau
U.S. Naval Air Station, Jacksonville Editorial Staff
Editor Miriam S. Gallet
Assistant Editor JO2(SCW) Eric Clay
Staff Writer JO2 Mike England
Civilian Staff

Manager Ellen S. Rykert
Staff Writer Kaylee LaRocque
Design/Layout George Atchley

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

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

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

Jax Air News

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1789 newspaper reveals Washington as the Father of Thanksgiving

By Margaret Kuhn,
George Washington's Mount Vernon
Estate & Gardens

Americans don't know it and children aren't taught it, but George Washington is responsible for our Thanksgiving holiday. It was our first president who led the charge to make this day of thanks a truly national event - not the Pilgrims and not Abraham Lincoln.

On Oct. 3, 1789, George Washington issued his Thanksgiving Proclamation, designating for "the People of the United States a day of public thanksgiving" to be held on "Thursday the 26th day of November, 1789," marking the first national celebration of a holiday that has become commonplace in today's households.

While subsequent presidents failed to maintain this tradition, it was Washington's original Proclamation that guided Abraham Lincoln's 1863 Thanksgiving Proclamation.

In fact, Lincoln issued his proclamation on the same day, Oct. 3, and marked the same Thanksgiving Day, Thursday, Nov. 26, as Washington, setting Thanksgiving as the last Thursday of November after our first president's example.

The proclamation was printed in newspapers, including the Oct. 9, 1789 issue of the Pennsylvania Packet and Daily Advertiser.

George Washington first mentioned the possibility of a national Thanksgiving Day in a confidential letter to James Madison in August 1789 (just months after taking office), asking for his advice on approaching the Senate for their opinion on "a day of thanks-

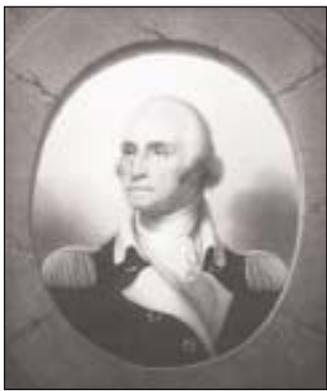


Photo courtesy of the Mount Vernon Ladies' Association

giving."

By the end of September 1789, a resolution had been introduced to the House of Representatives requesting that "a joint committee of both Houses be directed to wait upon the President of the United States, to request that he would recommend to the people of the United States a day of public thanksgiving."

The committee put the resolution before the president and George Washington issued the first national Thanksgiving Proclamation within days.

Washington knew the value of a thanksgiving day long before becoming our first president. During the Revolutionary War, he would order special thanksgiving services for his

troops after successful battles, as well as publicly endorse efforts by the Continental Congress to proclaim days of thanks, usually in recognition of military victories and alliances.

The concept of thanksgiving was not new to the citizens of the

new United States. Colonists even before the Pilgrims often established Thank Days to mark certain occasions.

These one-time events could occur at any time of the year and were usually more solemn than the Thanksgiving we observe today, emphasizing prayer and spiritual reflection.

Thanksgiving was not made a legal holiday until 1941 when Congress named the fourth Thursday in November as our national day of thanks in answer to public outcry over President Roosevelt's attempt to prolong the Christmas shopping season by moving Thanksgiving from the traditional last Thursday to the third Thursday of November.

ALL SPORTS COLLECTIBLES; 2c; 2"; Black Only;

NAS Jax Galley Thanksgiving Day menu

The Thanksgiving Day meal will be served Nov. 27 from 2-5 p.m. at the base galley. The cost is \$5.25. Everyone is welcome. The following is the menu:

Herb Roast Turkey
Fresh Baked Ham
Cornbread Dressing
Giblet Gravy
Fresh Mashed Potatoes
Candied Yam
Raisin Sauce
Classic Green Beans
Seasoned Corn
Cranberry Sauce
Shrimp Cocktail
Turkey Noodle Soup
Egg Nog
Salad Bar
Ambrosia Salad
Pumpkin Pie
Sweet Potato Pie
Apple Pie
German Chocolate Cake

PEARL OF THE ORIENT; 3c; 4.5"; Black Only; *Kill order-11/04 la

FARAH & FARAH, P.A.; 3c; 10.75"; Other Color; PU R035372 10-30 20% disc

JU SCHOOL OF ORTHODONTICS; 3c; 10.75"; Black Only;

'Red Lions' shake down the Reagan

By Lt. J.g. Jonathon Rauhen
HS-15 Legal/Public Affairs Officer

The "Red Lions" of HS-15 recently returned from a three-week shakedown cruise aboard the Navy's newest aircraft carrier, USS Ronald Reagan (CVN-76). The Red Lions, along with the entire Carrier Air Wing (CVW) 17 team, gave the Navy's newest carrier its first taste of air wing operations. This was a major step for the carrier as she prepares to move to her future homeport in San Diego, and join the Pacific Fleet.

The detachment began quickly, as the presence of Hurricane Isabel caused the carrier to depart Naval Station Norfolk three days earlier than originally planned in order to avoid the Norfolk-bound hurricane. Anticipating the need for potential humanitarian assistance, the Red Lions quickly prepared five

helicopters and sent the entire squadron to Norfolk with just twenty-four hours notice. The squadron pulled out of Norfolk Harbor with the ship on Sept. 16, providing multiple force protection and search and rescue assets to the newly commissioned carrier.

As the ship headed east to avoid the storm, the Red Lions worked hard, training both squadron and ship personnel. Maintenance personnel completed special inspections on one aircraft, while the pilots and aircrew members enjoyed use of the free carrier deck space and regained their shipboard currency. After spending a week at sea dodging the storm and 24 hours off the coast of North Carolina on alert for search and rescue, the ship pulled back into Norfolk so the ship's company could tend to the damage Hurricane Isabel had

imparted on the Norfolk community. Unsure whether or not the scheduled shakedown cruise would occur, the Red Lions left their helicopters aboard the carrier returned to Jacksonville on Sept. 20.

After a short port call in Jacksonville, HS-15 once again returned to Norfolk to continue the shakedown cruise. On Sept. 26, USS Ronald Reagan left the pier at Naval Station Norfolk with the Red Lions and the rest of CVW-17 aboard. With the weather now cooperating, and damage in Norfolk not as devastating as originally predicted, the ship's crew was excited to work with the entire air wing for the first time. Flight deck operations began immediately and CVW-17 achieved high boarding rates and renewed their carrier landing currency. The Red Lions worked hand in hand with the rest of the

air wing, providing helicopters for plane guard, anti-submarine warfare and anti-ship missile defense operations.

As the detachment continued, the men and women of HS-15 showed their flexibility by participating in a wide variety of operations. With the shakedown in full swing, the Red Lions were called on numerous times to man alert aircraft for man overboard drills and were more than up to the task. When called on, Red Lions Lt. Cmdr. Timothy Leake, Lt. Mason Allen, AW2 Waylon Wolfe, and AW2 Jesse Lobins launched a medical evacuation helicopter to Portsmouth Naval Hospital in order to evacuate a critically injured member of the ship's crew.

Capt. James Symonds, USS Ronald Reagan commanding officer, showed his appreciation of the squadron's hard work by logging some much needed hovering

practice as he flew a plane guard mission with the Red Lions. As the shakedown cruise drew to a close, the Red Lions once again showed their flexibility, participating in a air wing combat search and rescue mission while the squadron's Commanding Officer Cmdr. Dave Swain, watched overhead in the backseat of an F-14 Tomcat.

Three weeks at sea and a variety of missions and taskings later, the Red Lions are once again back in Jacksonville. The return from USS Ronald Reagan is just in time for onset of their Helicopter Advanced Readiness Program and the beginning of their Inter-Deployment Readiness Cycle. As the time away from home and the hours of training and maintenance increase, the Red Lions will continue to work hard and remain flexible.

Stopping by for a visit



Photo by PH3 Jamar Perry

Capt. David Newland, Commander, Carrier Air Wing Eight, talks with SK3 Melissa Thomas of VS-24, during a site visit to the squadron and HS-3 at NAS Jacksonville last Wednesday. Both squadrons returned in June from Operation Iraqi Freedom aboard USS Theodore Roosevelt (CVN 71).

Pal Day coming up in December

From the USO

The St. Augustine USO Council is sponsoring the 46th annual USO Pal Day in St. Augustine, Fla. Dec. 6. The event is free to all active duty military in uniform and their family members. Immediate family members of deployed military will also be admitted free to attractions upon presentation of their military I.D. card.

The following attractions are free for the event: Alligator Farm; Authentic Old Jail; Castillo de San Marco; Florida Heritage Museum; Fort Matanzas; Fountain of Youth; Government House Museum; Lighthouse and Museum; Marineland of

Florida; Mission of Nombre de Dios; Museum of Weapons and American History; Old Florida Museum; Oldest House; Oldest Schoolhouse; Old St. Augustine Village; Potter's Wax Museum; Ripley's Believe It or Not; Spanish Military Hospital; Spanish Quarters; Whetstone Chocolates.

Parking is free at the St. Augustine Visitor's Center. There will also be free sightseeing trains and Old Town Trolley tours. A complimentary lunch will be provided from 11 a.m. to 2 p.m. at the Elks Lodge #829, across the Bridge of Lions on A1A South.

For more information, call 542-3028.

All Puppies Are Special, But Some Are Destined For Greatness

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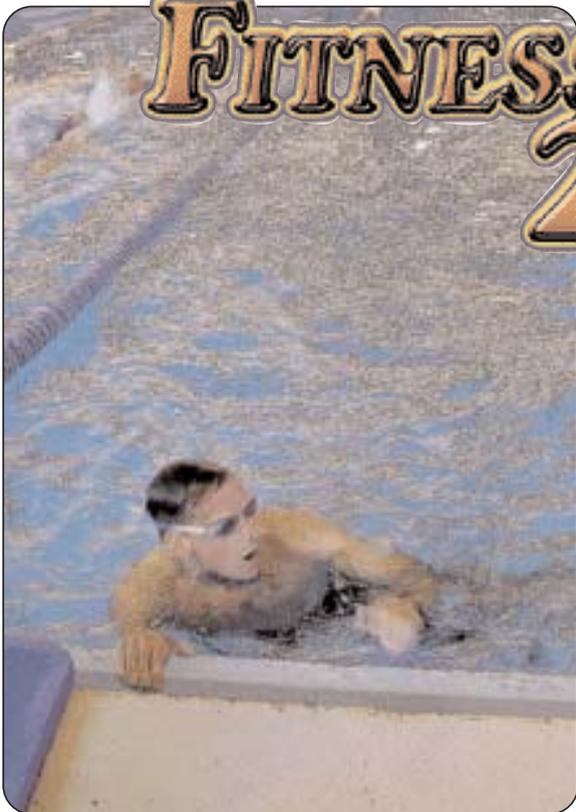
Hospital United Gift System (HUGS) and Professional Care are working a Collaborative Partnership to help you get the most out of your health care. We'll help you understand your health care options and help you choose the best one for you. We'll also help you understand your health care options and help you choose the best one for you. We'll also help you understand your health care options and help you choose the best one for you.

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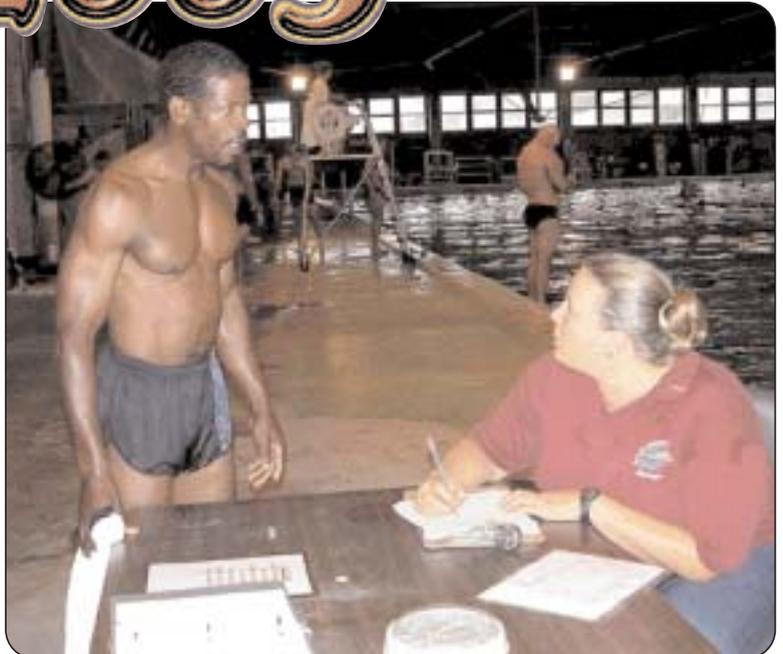
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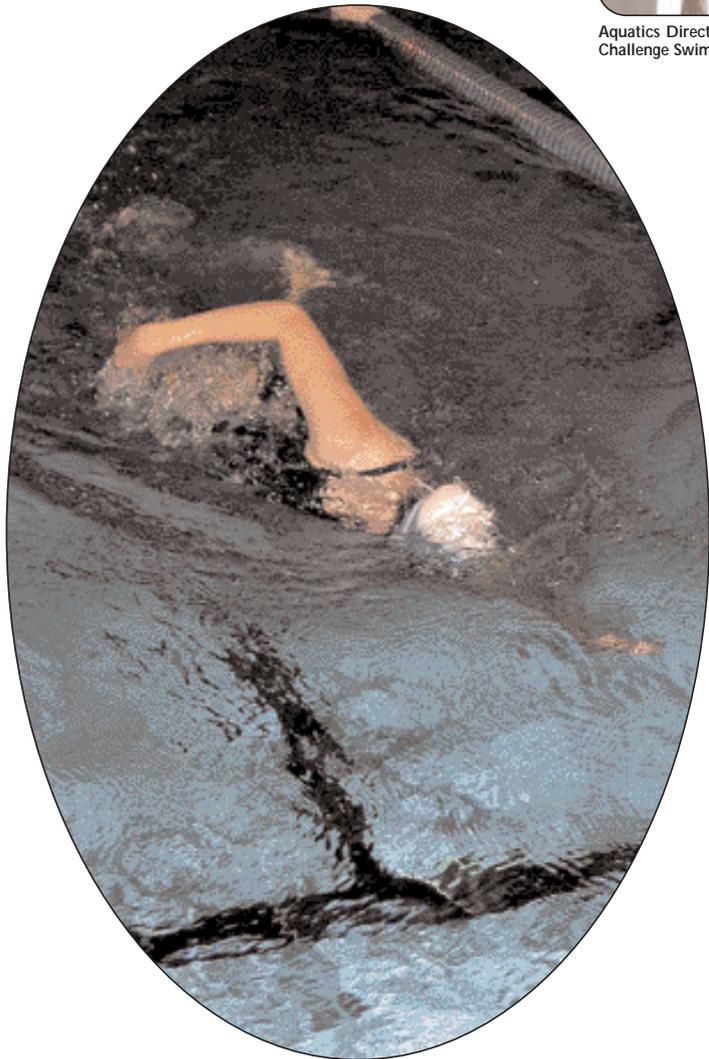
FITNESS CHALLENGE 2003



Capt. Bob Kernan of FACSFAC Jax catches his breath after placing second in the swim with a time of 5:34.



Aquatics Director Julie Caudill signs up John Baty of Public Works Center Jax for the quarter-mile Fitness Challenge Swim at the base indoor pool last Wednesday.



Shirlee Brauer of Commander, Navy Region Southeast, placed first in the women's category of the Fitness Challenge Swim last Wednesday with a time of 10:07.

Two-day biathlon celebrates Great American Smokeout

By Kaylee LaRocque
Staff Writer

Staff members from Naval Hospital Jacksonville Wellness Center and the NAS Jacksonville Fitness Center teamed up together last Wednesday and Thursday to hold the first Fitness Challenge here in recognition of the annual Great American Smokeout.

The event, which consisted of a quarter-mile swim and the annual 5K Turkey Trot brought out participants from numerous commands around the base.

"This is the first time we've ever held a two-day biathlon here. We teamed up with the Naval Hospital Jax Wellness Center to recognize the Great American Smokeout and combine a couple of events. We wanted to see how the aquatics end would hold up and if people were interested. We had a pretty good turnout. I'm planning to have another event like this in spring," said Fitness Center Director Barbara Millhollan.

Nineteen people signed up for the swim at the indoor pool. While some raced the clock and the other members of their heats, others just swam for the fun of it. "For me, this was a really good workout and a way to check my time and attain some goals. I plan to partici-

pate in the run tomorrow, but I wish we could have had the biathlon all in one day. I'm glad they held this event, it's really a lot of fun," remarked Shirlee Brauer of Commander, Navy Region Southeast who was the only female participant in the swim.

At the end of all five heats, the winners were: Lt. Cmdr. Lee Boyer of VP-30 with a time of 5:24, followed by Capt. Bob Kernan of FACSFAC Jax at 5:34 and Lt. Cmdr. Jeff Bennett of VR-58 coming in third at 6:08.

On day two of the Fitness Challenge, 116 runners headed to Perimeter Road to participate in the annual 5K Turkey Trot. This event, which is held each year just before the Thanksgiving holiday also allows participants the chance to win free Butterball turkeys in a drawing held after the run. This year, the NAS Jacksonville Commissary also provided four \$25 gift certificates.

As the runners lined up at the starting line, Wellness Center Health Educator and Tobacco Cessation Program Coordinator Danny Woodard gave them a short briefing about the dangers of smoking.

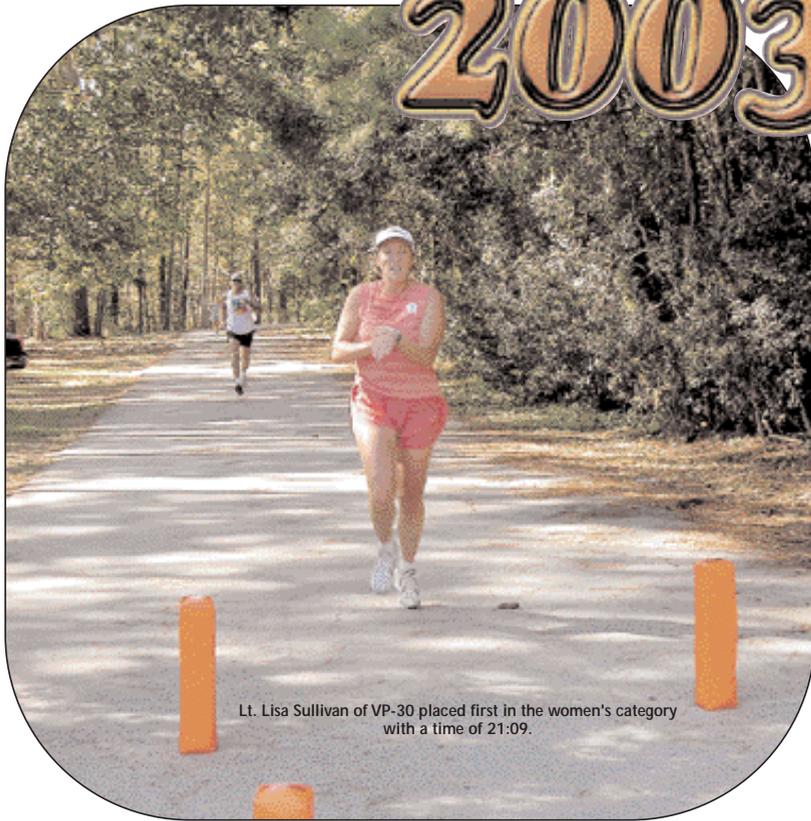
"We are holding this two-day event to bring awareness to smoking cessation in the United States. Smoking is the num-

See CHALLENGE, Page 7

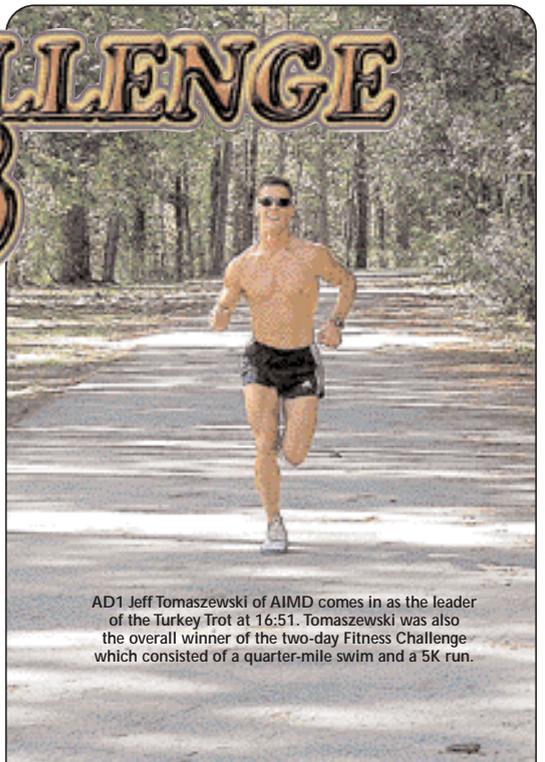


The first heat of the Fitness Challenge Swim hit the water with a splash. Nineteen people participated in the event.

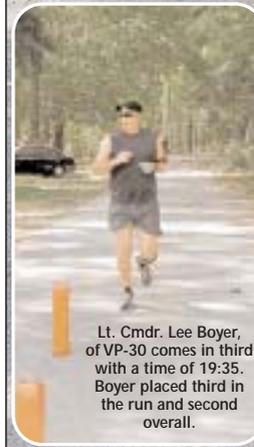
FITNESS CHALLENGE 2003



Lt. Lisa Sullivan of VP-30 placed first in the women's category with a time of 21:09.



AD1 Jeff Tomaszewski of AIMD comes in as the leader of the Turkey Trot at 16:51. Tomaszewski was also the overall winner of the two-day Fitness Challenge which consisted of a quarter-mile swim and a 5K run.



Lt. Cmdr. Lee Boyer, of VP-30 comes in third with a time of 19:35. Boyer placed third in the run and second overall.



Lt. Cmdr. Randy Sprinkle, of Commander, Reserve Patrol Wing, comes across the finish line with a time of 18:51. Sprinkle took second in the Turkey Trot and placed third overall in the two-day event.

CHALLENGE: First year event brings out best in physical fitness

From Page 6

ber one preventable cause of premature death here. You can't have fitness and a healthier lifestyle if you are a smoker," he stated.

With that said, the runners were signaled to go. About 16 minutes later, the first runner crossed the finish line. Placing first in the men's category was AD1 Jeff Tomaszewski of AIMD coming in at 16:51. Taking second was Lt. Cmdr. Randy Sprinkle of Commander Reserve Patrol Wing at 18:51, followed by

Lt. Cmdr. Lee Boyer of VP-30 at 19:35.

In the women's category, Lt. Lisa Sullivan of VP-30 crossed the finish line first with a time of 21:09. PN2(SW) Luz Davis of PSD Jax took second at 21:27, followed by AW2 Dawn Dillon of VP-62 at 21:34.

The scored from the swim and run were combined to recognize the overall winners of the two-day event. Placing first overall was AD1 Jeff Tomaszewski with a combined time of 23:25. Coming in second was Lt. Cmdr. Lee Boyer at 24:59 and taking

third overall was Lt. Cmdr. Randy Sprinkle with a time of 26:28.

Each winner was presented with a medal after the event.

The Great American Smokeout is held each year on Nov. 20 to encourage smokers to quit smoking for a day and hopefully, for good. It's a day to make smokers and non-smokers more aware of the health risks involved with smoking cigarettes and using other tobacco products.

The Wellness Center offers tobacco cessation and awareness classes and counseling through-

out the year. Sailors, retirees and their family members can use the Wellness Center's programs for free. "We understand that kicking nicotine addiction can be very difficult. We are committed to providing maximum support and education to those wishing to quit," added Woodard.

While people smoke for a variety of reasons, the facts remain the same. Smoking not only causes serious illnesses, but also in many cases, death. If you would like some help in kicking the habit, call the Wellness Center today at 542-5292.

The annual Jingle Bell Run will be held Dec. 18 at 11:30 a.m., starting near the watchtower on Perimeter Road. For more information, call 542-3239.



NAS Jax Fitness Center Director Barbara Millhollan gives a Turkey Trot participant a turkey after his number was picked as NAS Jax Commanding Officer, Capt. Mark Boensel (left) announces the winners and Naval Hospital Jax Wellness Center Health Educator and Tobacco Cessation Program Coordinator Danny Woodard, picks the numbers.



A group of Marines from NAMTRAU ran the 5K in formation.



AD1 Jeff Tomaszewski of AIMD accepts a turkey and gift certificate from Fitness Center Director Barbara Millhollan as NAS Jax Commanding Officer Capt. Mark Boensel announces his overall time of 23:25 for the two-day event.

Photos by
Kaylee LaRocque



And they're off! Participants in the 2003 Turkey Trot hit the pavement at the starting line.

CFC Drive coming to an end

From CNRSE

The Combined Federal Campaign is near the finish line and looking strong! As of Nov. 17, contributions from NAS Jacksonville, NavSta Mayport and

Subase Kings Bay, Ga., have resulted in \$1,137,756 raised — achieving 81.3 percent of the Region's goal of \$1,398,687.

We're essentially down to the final week. Donations can be received after Thanksgiving but the goal is to have the

drive wrapped up before the holiday. Keep the press on, we're almost home!

For more information or questions about the CFC at NAS Jax, call Lt. j.g. Felicia Barbour at 542-8191.

The following is the current progress report:

Station	Goal	Contributions	% of Goal	Station	Goal	Contributions	% of Goal
NAS Jax - Overall	\$600,715	\$452,009	75.2	NAVAIR 1.0 Program Mgmt.	\$3,551	\$5,790.50	163.1
345TH Combat Support Hospital	\$1,127	\$1,224	108.6	NAVAIR 2.0 Contracts Group	\$534	\$0	0
Admin	\$5,665	\$5,120	90.4	NAVAIR 2.0 Logistics Group	\$16,148	\$13,902	86.1
AIMD	\$21,923		121.8	NAVAIR 4.0 R & E Group	\$22,575	\$19,191	85
Air Ops	\$10,761	\$5,110	47.5	NAVAIR 6.0 I O Group	\$137,068	\$87,884	63.5
Aviation Support Depot	\$3,180	\$1,845	58	NAVAIR 7.0 C O Group	\$18,002	\$14,894	82.9
Aviation Survival Training Center	\$1,490	\$636	42.7	NAVAIR 8.0 Shore Mgmt. Group	\$2,109	\$3,222	152.8
CV-TSC	\$1,254	\$1,044	83.3	NAVAIR 10.0 Comptroller Group	\$3,139	\$2,828	90.1
CBU-14	\$304	\$118	38.8	NAVAIR 11.0 Counsel Group	\$874	\$2,184	249.9
COMHWSWINGLANT	\$8,315	\$0	0	Naval & Marine Corps Reserve	\$1,857	\$1,419	76.4
Command Judge Advocate	\$421	\$935	222.1	Naval Air Reserve	\$3,685	\$2,440	66.2
Commissary	\$944	\$0	0	Naval Brig	\$1,587	\$1,075	67.7
COMNAVREG SE	\$25,610	\$30,096	117.5	Naval Computer & Telecom	\$8,797	\$3,438	39.1
117.5 COMPATREC WING 11	\$9,977	\$8,771	87.9	NCIS	\$1,174	\$0	0
COMSEACONWINGLANT	\$3,361	\$2,945	87.6	Naval Hospital	\$71,800	\$33,503	46.7
CBU 410	\$1,879	\$1,090	58	NLSO	\$3,040	\$664	21.8
Defense Courier Service	\$554	\$382	69	Naval Reserve Readiness Cmd. SE	\$3,539	\$5,610	158.5
Defense Distribution Depot	\$9,599	\$741	7.7	NAVLANT MET OC DET	\$2,780	\$2,701	97.2
DRMO	\$1,727	\$622	36	Navy College Office	\$475	\$0	0
Dental	\$4,220	\$1,649	39.1	Navy Exchange	\$4,485	\$136.25	3
DISA DECC Detachment	\$5,751	\$3,926	68.3	Personnel Support Detachment	\$4,916	\$2,374	48.3
DVECC	\$2,009	\$3,888	193.5	Public Works Center	\$12,904	\$10,358	80.3
Document Automation & Production	\$1,349	\$0	0	ROICC	\$7,963	\$3,340	41.9
Drug Screening Lab	\$4,777	\$3,750	78.5	Safety Office	\$642	\$3	.5
Facilities & Environmental	\$1,974	\$1,806	91.5	Sea Control Weapons School	\$1,771	\$884	49.9
FFSC	\$2,363	\$2,639	111.7	Security	\$3,000	\$1,704	56.8
FASOTRAGRULANT	\$3,830	\$6,653	173.7	Southeast Regional Cal. Center	\$2,466	\$4,899	198.7
Fire Department	\$3,415	\$2,456	71.9	SPAWAR	\$5,142	\$6,899	134.2
FISC	\$13,805	\$1,098	8.1	Supply	\$7,858	\$7,849	99.9
FACSFAC	\$6,390	\$6,214	97.2	TPU	\$3,243	\$2,355	72.6
HSO	\$6,636	\$3,053	46	U.S. Customs Service - Aviation	\$1,089	\$0	0
HS-3	\$12,592	\$5,311	42.2	U.S. Customs Surv-Branch East	\$10,934	\$3,456	31.6
HS-5	\$11,971	\$1,546	12.9	VP-5	\$25,275	\$7,172	28.4
HS-7	\$12,005	\$5,370	44.7	VP-16	\$24,625	\$10,192	67.9
HS-11	\$10,857	\$8,975	82.7	VP-30	\$76,230	\$23,427	30.7
HS-15	\$11,863	\$0	0	VP-62	\$ 8,082	\$0	0
HS-75	\$3,509	\$600	17.1	VR-58	\$ 6,941	\$2,400	34.6
I & I Staff USMC Company	\$482	\$0	0	VS-22	\$13,082	\$3,246	24.8
Military Entrance Proc. Station	\$1,194	\$1,218	102	VS-24	\$13,290	\$0	0
Mobile Inshore Underwater Warfare	\$480	\$390	81.3	VS-30	\$13,331	\$1,632	12.2
MWR	\$8,853	\$7,209	81.4	VS-31	\$13,037	\$1,337	10.3
NAMTRAU	\$6,940	\$3,973	57.2	VS-32	\$12,967	\$0	0
NAS Jax Anonymous Accounts	None	\$0	0	Weapons	\$3,675	\$2,391	65.1
NATEC	\$1,041	\$881	84.6				

Seeking higher education



Photo by JO2(SCW) Eric Clay

ATAN McLean Cromer of AIMD, talks with Joseph Martin, marketing manager with Nova Southeastern University, about the various degrees the school offers and about owning his own business someday during an education fair at Hangar 1000 Nov. 18. The event was sponsored by the Navy College Office.

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Naval Medicine delivers at sea level or at 10,000 feet

By Loren Barnes
Naval Hospital Jacksonville
Public Affairs

When one thinks of Naval Medicine, most people envision medical personnel treating Sailors and Marines aboard ship or in a naval hospital, not on a mountaintop at 10,000 feet above sea level.

But in today's joint operations environment Navy combat medicine must be prepared to put muddy boots on the ground anywhere, anytime.

Two Naval Hospital Jacksonville medical personnel, Emergency Room Nurse Lt. Jason Penfold and HM3 Brandon Moore of Branch Medical Clinic Jacksonville recently went through "Mountain Medicine" training, a demanding course that prepares participants to rescue, treat and evacuate patients in hostile mountainous environments.

The Mountain Medicine Course, run by the Navy Operational Medical Institute (NOMI), is a two-week crash course usually completed by Marine divisions over four weeks Penfold said. Conducting the training was a crack team of Marine and Navy mountain leaders, many of whom had just returned from Afghanistan where they trained Marine mountain divisions to trek that country's rugged mountain landscape and to survive off the land as they took the fight to Al Qaida and the Taliban.

Penfold said this training is invaluable because "the majority of wars have been and will be fought in mountainous environments. We need to be able to go in to rescue patients, to get them out safely and to evacuate them," he said.

NOMI offers six warm weather versions of the class in the summer and six cold weather classes in the winter. Penfold and Moore completed the warm weather course with a 13-member class. Their fellow trainees included several reservists, two of whom were from New York City. One was a firefighter and the other a paramedic. There were four doctors in the group, including one with an Emergency Room background and four flight surgeons. And there were three corpsmen, two of whom were with a Fleet Marine Force (FMF) supporting a Marine battalion.

The training took place in California's Sierra Nevada Mountains in the Bridgeport, Calif. area about an hour and half from Lake Tahoe.

The first day at the base camp, the group went through orientation including an overview of the course and safety instruction. They also completed a



Photos courtesy of Lt. Jason Penfold

Students Lt. John Kim of Naval Hospital Great Lakes, Ill. and Lt. Jason Penfold of Naval Hospital Jacksonville breathe easy as the final casualty exercise draws to a close.

four-mile run as they became acclimated to the 7,600 feet altitude. The next day they took a hike to 10,000 ft. carrying a light pack to further test their endurance and get them used to the mountainous air.

Penfold recalled the drastic changes of temperature as the altitude increased. "It was pretty chilly, once you got to 10,000 feet just the difference between the last 100 feet the temperature dropped 40 degrees," he said.

Then the real training began. Training which Penfold, who is also a qualified diving medicine technician, said ranked right up there with the training he received in the confidence portion of dive school. "This really prepares you for battlefield medicine," he said.

As the serious training began, the trainees shouldered 50 lb. packs that contained all the gear they'd need for survival. This included sleeping gear, sleeping bags, canteens, flashlights, fleece covers, gloves, parkas etc. The class split into three teams and divided their rescue gear, which included four medical bags, ropes for rappelling and other gear and headed into the field.

The training was physi-

cally and professionally challenging, Penfold said, explaining that they started out with basic bouldering, climbing big rocks while attached to safety lines, and progressed to full-fledged rappelling, with and without loads on their backs.

The instructors put them through mass casualty scenarios in which they had to set up battle aid stations to triage and treat incoming patients. They also learned how to package them in makeshift litters and safely carry them out of the mountains.

"Taking them out of the mountains was actually the most challenging part," Penfold said. "You had a 175-180 lbs. patient and actually had to carry him, two people in front, two people in back. You'd get maybe 200 yards climbing down a mountain and stumbling over rocks and you'd be very tired. It was tough, very physically demanding," he said. "The hard part was going up steep inclines or declines, because you'd have to actually tie a rope to a stretcher and use rope devices that allow you to use a human mule team to pull people up."

Penfold said they also did some swift water rescue in

which they learned different techniques for rescuing patients that are floating down or stuck in a river. And they learned how to forge rivers carrying a patient by themselves. "The water was very cold, I think it was about 45 degrees and we didn't have wet suits," Penfold recalled.

Throughout the exercises, the instructors set up ambush scenarios in which one member of the team would be hit by enemy fire and the rest would have to get to the victim in a hostile environment and treat them.

The final two days of the training was the casualty exercise from hell. "It was non-stop, all day and all night, receiving casualties, evacuating casualties," Penfold recounted. "During those two days we definitely marched four to six miles with the patient. Oh man, it was tough! People's nerves were on edge, we were frustrated, exhausted, tired. You didn't sleep much at night because you had watch. If you slept three or



Hog-tied and ready for the spit? Not exactly. An instructor prepares a student for transport using an alternate evacuation method.

four hours you did good. Penfold recalled how suffering from lack of sleep, hunger and frustration some people became a little headstrong and didn't want to take the advice of others. "I think that is the reality of a real war, especially in a war such as the Iraq war," Penfold said.

Still, he said when it was all over the feeling was exhilaration. "It was like we finally did it," he said. And lasting friendships were developed in the

team. As they prepared to leave they all agreed to sign up for the winter course, one that if anything is more challenging. It involves everything from emersion in icy water in frigid weather to execute a rescue to building igloos for shelter.

Penfold said he came out of the training more certain of his capabilities. "I think it builds your confidence to know you can survive, and that you can effectively treat emergency casualties in a wartime situation," he said. "Though it seems overwhelming to think of carrying a soldier three or four miles to get him to a helicopter for evacuation you can actually do it. It presses you beyond most people's physical limits but with everyone doing it and with the camaraderie of everyone pushing together you can get the job done. It teaches you that you can be confident and know that you can survive at altitude in a mountainous environment, as well as keep your patient alive."

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 November and December:

Nov. 24, noon - 4 p.m. - Divorce Adjustment Workshop

Nov. 25, 8 a.m. - 4 p.m. - Stress Management Workshop
 Dec. 1-4, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop
 Dec. 2, 8 a.m. - noon - Smooth Move Workshop
 Dec. 4, 8 a.m. - 3 p.m. - Parenting Skills Seminar and Workshop

Dec. 8-11, 8 a.m. - 4 p.m. - Career Options and Navy Skills Evaluation Program
 Dec. 9, 9 - 10 a.m. - Sponsor Training Workshop
 Dec. 9, 9 - 11 a.m. - Money Management
 Dec. 10, 9 a.m. - noon - How To Have A Healthy Relationship
 Dec. 11, 9 a.m. - noon -

Florida Family Law Information Seminar
 Dec. 11, 6:30 - 8:30 p.m. - Ombudsman Assembly Meeting
 Dec. 16, 8 a.m. - 4 p.m. - Stress Management Workshop
 Dec. 16, 2 - 4 p.m. - Career Exploration (for spouses)

JAX TALES BY MIKE JONES WWW.RICKYSTOUR.COM



CIVIL SERVICE: Sweeping changes coming soon

From Page 1

Secretary of Defense Donald Rumsfeld, a key player in the civil service's restructuring, thinks the changes will improve the DoD's readiness. "The purpose of this overhaul is to create a flexible, agile, and effective civilian human resource system that will improve readiness by tying performance to mission, reward excellent performance, and increase organizational effectiveness," said Rumsfeld during his June 3 speech at the National Press Club.

According to a Department of the Navy NSPS briefing, some of the challenges DoD officials will face in the implementation of the new system include the elimination of guaranteed pay raises, specific and defensible performance evaluations, communicating and documenting performance goals, and providing professional feedback to employees on performance.

"This is a major shift in the mind set of the civil service from entitlement to performance," said Shepard.

Many of the provisions in the new personnel system were designed to give the DoD flexibility in adjusting to its ever-changing labor needs. The DoD can now hire up to 2,500 experts

DoD-wide for up to five years, rehire annuitants with no offset to retired pay, and hire people on the spot. Employees can also be reassigned within pay bands without competition and be ranked based on their performance appraisal.

The DoD will also make drastic changes to the civil service pay system. Gone are the days of pay raises based on longevity and annual cost-of-living increases.

Under the new system, employees will receive raises based solely on their supervisor's appraisal. However, the DoD will maintain the same level of funding for pay pools for FY-2004-2008 as would otherwise have been allocated had the new system not been established.

The new system, which is based on existing statutory merit system principles, will give employees the option of receiving their pay raises through an increase in basic pay, a one-time cash payment, or both.

GS personnel will also see a change in the pay band system. The current 15 grade, 10 step system will be replaced by a system that divides workers into three career groups and four levels.

Professional and administrative

management personnel will be in career group one, engineering, scientific, and medical support staff will be assigned to career group two, and business and administrative support personnel will represent career group three.

The DoD will form a committee to implement these sweeping changes early next year.

"This legislation is almost as important for what it does not change as for what it does change. Although there will be significant differences in how GS pay is determined and how reductions-in-force are processed, it will not impact the civil service foundation of Merit Systems Principles and Prohibited Practices. Additional items that are not changed by the legislation include employee benefits (life insurance, health insurance, thrift savings plan, retirement, unemployment compensation, workers compensation), employee development, incentive awards, hours of work and leave, equal employment opportunity, and discipline," said Navy Region Southeast Human Resources Program Manager, Kay Marti.

The president signed the FY-2004 Defense Authorization bill Monday.

MWR NOTES

Golf Club events

Enjoy a Christmas shopping weekend at the Pro Shop Dec. 6-7. Get some great deals and free gift wrapping. Call 542-3249 for more information.

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.

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

Dec. 6 - Savannah Trip. The day includes a historical trolley ride, a walking tour with your I.T.T. escort, and free time for a little holiday shopping. The cost is \$29.

Dec. 14 - Okefenokee Swamp - No is the time to see the migratory birds. This trip includes transportation and a guided boat tour for \$21.

I.T.T. also has tickets for these upcoming events:

Vince Gill and Amy Grant's Christmas concert on Dec. 1. Great floor seats for \$76.50, or upper level for \$37.50.

Matchbox 20 in concert on Dec. 3. Get your tickets for \$43.50.

Nutcracker Community and National Ballet Dec. 12-14. Great lower level seats towards the front for \$37.50, or lower level towards the back for \$29.

All Jacksonville Barracuda's hockey games. Tickets are \$10 or \$12.

The new Entertainment books are in for \$20. Get yours now and use your coupons for over one year.

Mulligan's holiday take-out

Make this Thanksgiving a stress free holiday with a Mulligan's turkey or chicken dinner to go. Dinners include 12-lb. turkey, 2-lb. mashed potatoes, 2-lbs. green beans, 1-lb. gravy, 1-lb. cranberry sauce, 2-lbs. stuffing for only \$38.95. Turkey only is \$19. A complete chicken dinner is only \$12.50. A three-day notice is required for all orders. Pick-up day and time scheduled when order is placed. Thanksgiving Day pick-up is between 11:30 a.m.-2 p.m. Call 542-2936 to place your order.

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.

New lockers

The Fitness Source now has lockers available for \$4 per month. Check at the front desk for more information.

Swimming activities

The indoor pool is available for family recreation and lap swimming Monday through Friday evenings from 4:30- 8 p.m. and Saturdays and Sundays from noon - 4 p.m.

Parents can work out with the Aqua Aerobics class from 5 - 6 p.m. on Monday, Wednesday, and Friday while the kids play.

The Adult Fitness Swim Club 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.

Mulberry Cove Marina news

The Mulberry Cove Marina has many specials just in time for the upcoming holidays!

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.

Liberty happenings

The Liberty Cove Recreation Center is the place to go, if you want to know ... where all the fun and excitement is found. Catch a great line up of fun events for the month of December at the Liberty Rec Center. Stop by and meet the staff. Pick up a calendar of events and see what's going on around the area and the station. Call 542-1335 for more details.

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

An all hands Reef & Beef Buffet Dinner is held the first Friday of each month from 6:30-9 p.m. at the O'Club. The buffet is only \$17 per person. Reservations are encouraged by calling 542-3041.

Youth Activities Center happenings

Take advantage of the fun events at the Youth Activities Center. 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.

Friday, 7 p.m. - Sea Biscuit (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.

Pastoral Care Brown bag luncheon planned

The Naval Hospital Pastoral Care Department is presenting "Christians and the Military" Dec. 4 and 11 at noon in the second deck con-

ference room at Naval Hospital Jacksonville. Participants should bring their brown bag lunch. For more information, call 542-7531/2.

Sign up now for next SAT test

From the Navy College Office

The next SAT testing is Dec. 4 at 9:30 a.m. Sign up for the test at the Navy College Office. Retakes cost \$28.50. Payment must be made by money order or cashier's check; no cash. Military members first test is free.

NAS Jax spouses happy with MWR programs

By JO2 Mike England
Staff Writer

More than 80 percent of respondents to a Navy-wide Morale, Welfare, and Recreation (MWR) Spouses Survey indicated that Navy MWR programs improved their quality of life.

The survey completed a three-year cycle that began with the 2000 MWR Customer Satisfaction Survey and the 2001 Navy MWR Leader-ship Survey.

About 70 percent of spouses indicated that they are satisfied with Navy MWR facilities and services, and nearly one-third of them reported that MWR programs and services increased the desire of their Sailors to stay Navy.

In addition, 90 percent of those surveyed said they would continue to use MWR programs, and 80 percent said they would recommend MWR facilities and services to others.

The following MWR programs were rated by 70 percent or more of the respondents as being most important: Information, Tickets and Travel (85 percent); Fitness Centers (83 percent); Out-door Recreation

Areas (75 percent); On Base Free Mo-vies (73 percent); Recreation Swimming Pools (72 percent); Youth Recreation Programs (72 percent); and Special Events (70 percent).

"Every MWR employee goes through a two-day customer service training course when they're hired and is required to attend regular refresher training," said NAS Jax MWR Marketing Director Jennifer Eveges.

"We also go out of our way to respond to every customer comment and use that feedback in our decision making," added Eveges.

Most of the NAS Jacksonville spouses that participated in the survey said that they were very happy with the base's MWR program.

"NAS Jax's MWR program is family friendly and very well run. You get spoiled having all the free facilities, discounted tickets, and recreation programs around all the time. MWR played a big part in our decision to live near the base after my husband's retirement," said Navy Spouse Bea Schofield, wife of ATCS (Ret) Billy Schofield.

Surveys were mailed in

December 2002 to 11,000 randomly selected Navy spouses. The response rate was 27.3 percent.

Respondents included about equal numbers of spouses of officer and enlisted personnel; 75 percent were currently living off base and 25 percent on base; 91 percent were attached to CONUS [continental United States] commands and 8 percent to OCONUS [outside continental United States] commands; 58 percent were female and 42 percent were male.

"The 2002 Navy MWR Spouse Survey was designed to assess spouses' perceptions of MWR program importance, use, quality and satisfaction, and to obtain their views about MWR contributions to key military outcomes, such as retention and personal readiness," according to Capt. Kevin McNamara, director, Navy MWR Division (PERS-65).

"The re-sults will be used to help shape future Navy MWR programs and services," he added.

Overall, Navy spouse satisfaction with MWR was about the same as reported

by Sailors in 2000 and about 10 percentage points lower than Navy leaders surveyed in 2001.

The survey was commissioned by PERS-65 and conducted by the Navy Personnel Research, Studies and Technology Department, Navy Personnel Command.

Full results of the 2002 Navy MWR Spouse Survey are available on the Navy MWR Web site at www.mwr.navy.mil.



Touching Lives Every Day

Volunteers of America works to make a difference for children, families, veterans, the elderly, youth at risk, the homeless, and people with disabilities. Nearly 1.7 million people in communities across America were touched by the helping hands of Volunteers of America last year.

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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.

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.

The Blacks in Government Kings Bay, Ga. Chapter, is hosting a New Year's Eve party Dec. 31 from 10 p.m. to 2 a.m. at the Ramada Inn in Kingsland, Ga. The cost is \$15 and funds benefit the chapter's scholarship fund. For more information, call Mr. Wilson at (904) 545-8154 or Mr. Brooks at (912) 729-1081.

Intramural Flag Football Championship held

By Craig Dolan
Sports Coordinator

The Weapons/Security (WEPS/SEC) Flag Football Team won the NAS Jax Intramural Flag Football Championship Nov. 19 in a dramatic end to the flag football season. The number one seed VR-58 faced off against number two seed WEPS/SEC in the championship game.

WEPS/SEC scored first giving them the early lead, yet it would not last long. After going for the point after touchdown (P.A.T.) and missing, VR-58 marched down field to tie the score up.

After a VR-58 successful P.A.T. the score was now seven to six. The touchdowns went back and forth throughout the first half, with VR-58 going into half time up 1 point.

VR-58 began where they left off in the second half, scoring once again. The games momentum went back and forth, yet VR-58 would not give up their one-point lead. WEPS/SEC



Members of the Weapons/Security Flag Football Team show their excitement after their championship win over VR-58 last Wednesday.

Photo by Craig Dolan

went back up on top with an interception return for a touchdown.

Late in the game it looked to be over for VR-58 after starting their next drive on their own five-yard line, yet a roughing the passer penalty gave them new life.

On the very next play VR-58 Quarterback AT1

Mark Mitchum hit a player crossing the field for a touchdown. With the score now tied, both teams would head to overtime.

In overtime, WEPS/SEC elected to receive the ball first. They would not disappoint. They scored on a passing play to give them the lead, yet missed their P.A.T.

Now it was VR-58's chance to try and score. After a couple of plays, VR-58 threw an interception in the end zone that clinched a 30 to 24 victory for WEPS/SEC.

The game provided all of the excitement and entertainment expected of a championship game.

SPORTS

KEN CHANCEY SUZUKI OF JAX; 5c; 15"; Other Color; No active contract Pat Coon 11/20/03

Golf league starting

Anyone interested in participating in an upcoming 9-hole intramural golf league should stop by the base gym to pick up forms for rosters. For more information, call Craig at 542-2930/3239.

Navy Southeast

Regional Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided as well as transportation, entry fees, and lodging costs. Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) 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 sports, call 542-2930/3239.

NCLC announces holiday hours

The Navy College Learning Center is changing their hours for the month of December. They are:

Monday to Thursday - 8 a.m. to 6 p.m.
Fridays - Closed
Saturdays - 8 a.m. to 2:30 p.m.
Closed on:
Dec. 24, 25, 26, 27 and 31.

JUMP FOR JOY; 1c; 4";
Black Only;

In Gear

A weekly look at the automotive market
