



Jax Air News

TOUCHING BASE

Marrow donor drive today

Naval Air Maintenance Training Unit Jacksonville (NAMTRAU Jax) and VP-30 are joining forces today and tomorrow to sponsor a Bone Marrow Donor Registration drive.

The drive will be held today from 10 a.m. to 2 p.m., at NAMTRAU Jax's main teaching facility, Building 848, and tomorrow from 8 a.m. to noon at the base theater.

The registration process is relatively painless and very similar to blood donation except, less blood is taken.

For more information on bone marrow donations, go to www.dodmarrow.com/home.htm.

Scheduled power outages set

From ROIC

A project to upgrade the base-wide electrical system (circuits 26 & 27) is now complete. To test this new system, a series of power outages is necessary to ensure it is working properly. If your building is not on the list this outage will not affect you. The following are scheduled outages and building numbers:



- Sunday, 7 a.m. – 7 p.m.
 - Buildings 109, 110, 114, 115, 116, 168, 200, 1002.
 - Sept. 6, 7 a.m. – 7 p.m.
 - Buildings 115, 116, 168, 200, 1002.
 - Sept. 13, 7 a.m. – 7 p.m.
 - Buildings 168, 1002.
- For more information, call 778-4098

GSA Expo coming Sept. 3

NAS Jax will host a Mini-GSA Expo on Sept. 3 from 8 a.m. to 4 p.m. at the River Cove Officer's Club. More than 70 vendors will be on hand, offering presentations, information and free giveaways. A free lunch will be provided at noon.

A special training session on GSA advantages, E-buy and the E-library will be offered at no cost from 1-3 p.m. This training provides Continuing Education Unit credits that can count towards your warrant refresher training. All participants will receive a training certificate. For more information, call (404) 331-3026 or email cindy.kirvin@gsa.gov.

Future CNI visits NAS Jax

By JO2(SCW) Eric Clay
Assistant Editor

Last Friday, Rear Adm. Christopher Weaver paid a visit to NAS Jacksonville and took some time out of his busy schedule to explain the role of Commander, Navy Installations (CNI), his new job title beginning Oct. 1.

CNI is intended to bring together the 16 installation management regions of the Navy including 98 installations around the world into one central resource policy and business-guiding structure. "CNI will bring the various region together and connect them directly to the Chief of Naval Operations (CNO) and to better identify

those installation as truly our Navy's combat power," explained Weaver.

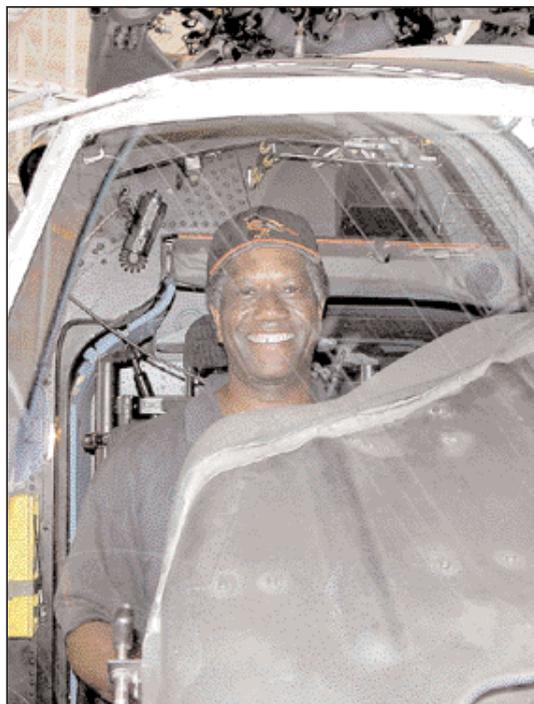
Since 1997, the Navy has addressed improved shore installation effectiveness by regionalizing and reducing the number of installation claimants. Starting Oct. 1, the number of installation claimants will be reduced to just one,

See CNI, Page 11

Rear Adm. Christopher Weaver, (center) who will assume the position of head of Commander, Navy Installations (CNI) on Oct. 1, visited with Capt. Mark Boensel, NAS Jacksonville commanding officer, and Rear Adm. Annette E. Brown, commander, Navy Region Southeast, during his visit here last Friday.



Photo by JO2(SCW) Eric Clay



Former Baltimore Oriole Paul Blair sits in the cockpit of a SH-60F while visiting HS-7.

Photo by JO2(SCW) Eric Clay

Baseball legends hit homerun with Sailors

By JO2(SCW) Eric Clay
Assistant Editor

Last Thursday, the Morale Welfare and Recreation (MWR) Department along with AT&T, organized the "Heroes to Heroes" visit of six retired baseball legends to NAS Jacksonville.

These baseball legends included Hall of Fame members Harmon Killebrew and Ferguson Jenkins and retired players Paul Blair, Manny Sanquillen, John Tudor and Jimmy Wynn.

"I think it is an honor to sign autographs for the military because they are serving their country and I am proud of them," explained Jenkins.

The group visited numerous locations around the base, boosting the morale of the service members. After enjoying breakfast with NAS Jacksonville Commanding Officer Capt. Mark Boensel and NAS Jacksonville Executive Officer Capt. Charles King and several others at Mulligan's 19th Hole Restaurant, the baseball legends visited VS-30, Naval Hospital Jacksonville, HS-7 and VP-30.

"It was an honor to meet these retired ballplayers that did such

great things playing baseball," commented King. "I really enjoyed this experience and I'm glad that these men honored us."

While at Hangar 1000 (VS-30), Sailors enjoyed meeting with the legends and having them sign baseball memorabilia. "I'm very excited they are here, it was really cool to see their World Series rings and to have the opportunity to talk to heroes of the past," said Lt.j.g. Pat Johnson, VS-30.

The players also visited with Sailors at HS-7 where they posed in front of one of the helicopters the unit operates.

"It was a real thrill to meet and spend a few moments with the heroes of my youth. I'm one of the few in my command that actually had the pleasure of seeing these gentlemen play in an era when baseball was indeed America's game. These men were our role models, they played long before multi-million dollar contracts and high dollar commercial endorsements, they played for the love of the game. The many Saturday afternoons of entertainment they provided will be remem-

See HEROES, Page 11

CNO stops by for briefing

Chief of Naval Operations Adm. Vern Clark (left) greets Commander, Navy Region Southeast (CNRSE) Rear Adm. Annette E. Brown and NAS Jacksonville Commanding Officer Capt. Mark Boensel after arriving at NAS Jacksonville for a CNRSE Echelon II brief.



Photo by JO2(SCW) Eric Clay

CAREER COUNSELOR RECAP

Preparing now is the key to advance later

By QMCM (SW/AW) Kathy Cochran
Commander, Navy Region Southeast

I recently had the privilege of sitting the FY-04 Chief Petty Officers Selection Board and must say there isn't a better selection process. From the initial in-brief, up until the call out with the Chief of Naval Personnel, the process is flawless.

Having had the opportunity to sit the board, I would like to share the following enhancers to those striding for the chief petty officers rank. First of all, it is very important each and every candidate spend time on their

evaluation. Remember, it is your evaluation going before the board.

Ensure your evaluation comments are directed to the board with strong supervisory, managerial and leadership bullets. Always provide comments relating to what was specifically accomplished and the impact or results it had on your command.

Sustained superior performance, leading petty officer at sea, and deck plate sailorization is vital when competing for promotion to chief petty officer. Take the initiative and volunteer for command level collateral duties (fitness coordinator, financial advisor etc...) This is another means

for breaking yourself out of the pack.

It is essential that you take the tough assignments which hold more weight than in-rate shore duty assignment or general duty. By tough assignments I mean recruiting duty, recruit division commander and instructor.

Last but not least, maintain the proper sea/shore rotations and obtain warfare, master training specialist, afloat training specialist, recruiter-in-charge and watch qualifications when the opportunity presents itself. Failing to do so will decrease your chances of being promoted to chief petty officer.

Resurfacing project to affect NAS Jax traffic

From the Florida
Department of
Transportation

A resurfacing project for U.S. 17 (Park Avenue in Clay County and Roosevelt Boulevard in Duval County) should begin the evening of Sept. 2. The start date is contingent on a utilities project that must be completed before the resurface work can begin. The current resurfacing

under the overpass at Highway 17 and Interstate 295 is part of the current ramp expansion project which should be completed by the end of September. The resurfacing project and ramp project are two separate projects.

The resurfacing project will include milling and resurfacing the roadway, constructing handicapped access ramps at various locations, reconstructing driveways, making

drainage repairs and replacing and upgrading existing traffic signals.

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

- Single northbound lane, closings will be allowed from 10 a.m. to 5:30 a.m.
- Two northbound lanes may be closed from 8 p.m.

to 5 a.m.

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

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

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

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



Meet A Sailor...

MA3(SW) MATTHEW HASCH

Job title/command:
Patrolman, NAS Jax Security Department

Hometown: Columbus, Ind.

Family Life: Single

Past Duty Stations: USS LaSalle

Career Plans: To apply for a commissioning program.

Most Interesting Experience: Participating in a Black Sea tour.

Words of Wisdom: None



Meet A Civilian...

MAXINE LAWRENCE

Job title/command:
Health Benefits Advisor, TRI-CARE Customer Assistance Center

Hometown: Akron, Ohio

Family Life: Married to a retired Navy chief for 35 years. We have two children and five grandchildren.

Past Duty Stations: NS Mayport, NS Charleston, S.C., Patrick Air Force Base, Fla., Guantanamo Bay, Cuba.

Career Plans: To retire from civil service in three years and travel.

Most Interesting Experience: Spending six years in Cuba. You knew your neighbors and everyone helped one another.

Words of Wisdom: Put God first and enjoy your family.

ON THE HOMEFRONT

Danke schoen and goodbye to our military friends

By Sarah Smiley
Special Contributor

I hate goodbyes. And yet I say them so much, I've become quite good at it. It is one of the military's most puzzling paradoxes: As military families we hate leaving, but we move so often, we are the experts when it comes to saying goodbye.

Three years ago a group of us came like a herd from San Diego. Our husbands were instantly coined the "Rat Pack." They were the newest members of the squadron and the most likely culprits behind any obnoxious prank or joke.

Similarly, like a sorority, we wives were inseparable and the newbies shaking up the spouse club with our fresh enthusiasm and hopes for our time here in Jacksonville. It seemed the party would never end. No one gave thought to the day we would part ways and assume new orders.

But this year, one by one, the pack has disassembled and moved to various corners of the country. This week it is my husband's turn to leave, and

I'm finding it harder to say goodbye than I expected.

All week as I drive around the city and see familiar places, memories from the past three years have played through my mind like a movie. Sitting in the library I laugh remembering the time Sally and I brought the kids there to see Ronald McDonald and I (eight-months pregnant at the time) sat on a folding table and broke it.

I'm not sure if Sally laughed harder at the fact that the whole room turned to stare at me or that a man dressed as Ronald McDonald had to help me off the floor.

Standing on my driveway I think of the time Kristi backed into my neighbor's car. She and I carefully considered the best way for her to e-mail her husband (who was on deployment) and tell him the bad news. And then there's Darcy...but there are far too many Darcy stories to pick just one.

The party has finally come to an end, and it is hard for me to imagine a new place, new friends, and a differ-

ent "Rat Pack." But that's the Navy for you. Circumstances mix us together and bring us close like family, and then circumstances rip us apart again.

But if there is one thing I know about the military it is this: there is no such thing as goodbye. We may part ways for this tour and that tour, but somehow or another, military families wind up bumping into each other again and again.

In fact, just when my dad thought he had said goodbye to Phil (one of his buddies from his very first squadron in San Diego), I went and married Phil's son!

Some say the military is the world's largest fraternity, but I like to think of it as the world's largest family. And you never say goodbye to family.

So, until we meet again... "Though we go, on our separate ways, still the memory stays, for always, my heart says, Danke Schoen."

HEY, MONEYMAN!

Hey, MoneyMan:

My wife and I both work but we never have any money. It seems our paychecks just go into the account and right out again. She says I spend too much money on golf. I think she spends too much time at Target and the Navy Exchange. What can we do to save some money?

MoneyMan Sez:

Looks to me like you have already broken the code. You and your wife spend too much money. The trick to

financial success is to spend less than you make every month. Which of you spend too much money? Maybe both of you. The Navy-Marine Corps Relief Society offers a list of "money gobblers" which can eat away your cash without you even realizing it! Here are just a few of the more than 100 items on their list: bank charges, baby pictures, beauty parlor, bottled water, bounced checks, video games, pet food, music lessons, CD's, dining out, cigarettes, toys, sports, lottery

tickets, flea markets, and munchies. The solution? Control your spending. Go to your NMCRS office or your credit union and complete a spending plan. Then discuss with your wife ways you both can reduce your spending. Once you start saving money it can be as much or more fun than buying things you really don't need.

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

POW/MIA ceremony slated for Sept. 19

By Staff

Commander, Navy Region Southeast (CNRSE), in conjunction with the city of Jacksonville Veterans Service Division, will hold a POW/MIA recognition observance, 10 a.m. Sept. 19, in the All Saints Chapel, corner of Mustin Road and Birmingham Avenue aboard NAS Jacksonville. The program will honor all Americans who are former POWs, as well as those who are still unaccounted for and their families.

The keynote speaker is Carl "Ed" Creamer, a former Japanese POW. While a 3rd class ordnanceman during World War II, his PBV was shot down in the bearing sea. One of three survivors from the crew of nine, he was picked up by a Japanese cruiser and taken prisoner on June 3, 1942. He was moved through several Japanese POW camps until his liberation on Sept. 10, 1943. He went on to retire from the U.S. Navy as a chief petty officer.

The POW pledge of allegiance will be lead by Retired Navy Capt. Dale Raebel, also a former POW. Raebel, while assigned to VA-37 at NAS Cecil field was flying off the USS Saratoga, when his A-7 was shot down over North Vietnam. He was taken prisoner in August 1972.

Capt. Charles King, NAS Jacksonville executive officer, will accompany Raebel with the POW Pledge of Allegiance.

POW/MIA observances are held nationally and reaffirm a promise to fallen comrades, "You Are Not Forgotten." All hands, military and civilian, are invited to attend. The uniform for military is summer whites, appropriate attire for civilians.



Sunday Services

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

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

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

Jax Air News

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Local petty officer leads Navy in National Service Rifle Championship

By Kaylee LaRocque
Staff Writer

After two and half years of competing in various events and thousands of hours of practice, ET1(SW) Edward Willett achieved one of his goals recently when he became the top-scoring Navy competitor in the National Service Rifle Championship, during the National Rifle Matches, conducted by the National Rifle Association at Camp Perry, Ohio.

Willett, a member of the Navy Shooting Team, will receive a Secretary of the Navy Trophy Award for his accomplishment.

"Winning this is really neat. It's a lot of hard work and expensive, but it's something I really enjoy. I really have to praise the Marines and Army guys at the competition because they are such great shooters. And, they are always willing to help us Navy guys out," exclaimed Willett, who has been shooting since he was a young child.

Navy marksmen begin preparing for the nationals each spring. "The Navy Shooting Team is made up of 25 volunteers. First, we have the Atlantic and Pacific Fleet rifle and pistol matches. From there, we go on to the All-Navy and Inter-service matches and finally to the nationals," added Willett.

Willett, who works at Ground

Electronics at NAS Jacksonville, trains three to five days a week at a local shooting range. He also competes in civilian shooting matches throughout the state.

"I plan to compete in the Florida state championships this fall. Whenever I go out in a civilian match, I always wear my uniform because I enjoy doing community relations work also. Many of the people I meet have never even met someone in the service," he continued.

He also offers his service as a qualified range safety officer. "I became qualified as a range officer by completing a special school at MCAS Quantico when I was stationed in Virginia," Willett said.

When competing in military competitions, Willett uses a modified service rifle. The Service Rifle Championship requires shooters to fire at 200, 300, and 600 yards, so accuracy is crucial. He has purchased all of his own equipment. Unfortunately, the Navy Shooting Team is not funded, so most of the costs come out of his pocket. "Luckily, my command is extremely supportive. They gave me time off work to compete and they paid my travel expenses," he said.

Willett was born in Connecticut, but moved to Moultrie, Ga. when he was young. He joined the Navy in 1984 and has completed several sea

tours aboard ships and some unique shore tours including the Philippines, Australia and as a boot camp instructor. He plans to retire later this year. Then, he plans to find a job and continue shooting, but not on such a high competitive level.

"I am hoping to find someone who is interested in getting into this. I would like to train and coach someone who is dedicated enough to this sport to go on and compete at the national level. I'd love to be able to say 'yeah, I trained that person.' It's kind of an ongoing tradition that when you leave the team, you bring in someone to replace you. But it takes a lot of time and effort to do this," Willett stated enthusiastically.

"I really enjoy this sport and do it because I enjoy it so much. But I really think it's important for military members, especially those who stand guard duty to stay proficient in marksmanship. I would encourage all Navy personnel to go out on their own time and practice shooting. If you want to have a certain level of proficiency, you need to practice," he added.

Anyone interested in learning the sport can contact Willett at 542-3303 or visit the team's Web site at www.usnst.org.

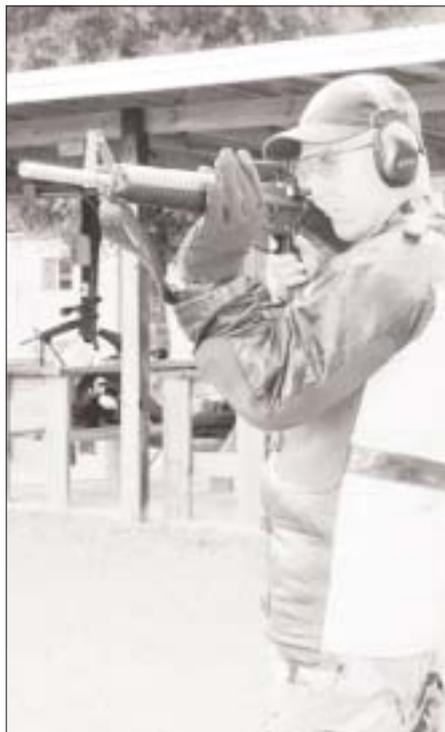


Photo by Kaylee LaRocque

ET1(SW) Edward Willett practices for competition shooting at the Gateway Rifle and Pistol Club. Willett has been competing in shooting events for the past two and half years.

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

ARMCO BUILDERS; 2c; 2"; Black Only;

ARMED FORCES COMMUNICATIONS; 3c; 10"; Black Only; 10% disc

Capt. Brian Prindle leads a formation of four P-3s during his last flight at VP-30.



Photos by PH3 Jennifer Rivera

VP-30 CO conducts his last flight

By Lt. Keith Radonis
VP-30 PAO

VP-30 Commanding Officer (CO), Capt. Brian Prindle, was greeted in an unusual manner following a flight on Aug. 13.

The flight was an impressive four-plane formation fly-by of NAS Jacksonville and his last flight as CO of VP-30. As

Prindle taxied back to Hangar 30, he was not expecting the rather "cool" reception awaiting him.

The Pro's Nest wardroom in conjunction with the NAS Jacksonville Fire Department thoroughly doused Prindle with fire hoses, keeping a venerable tradition alive. His wife, Kathy, and the rest of his family were there to greet a soaking wet Prindle.

This last flight was the culmination of an immensely successful tour for Prindle. He and his family head to Washington D.C. for his next assignment at the Pentagon.

Capt. Brian Prindle, VP-30 commanding officer gets a little wet after completing his last flight.



Casualty assistance calls officer training offered

Casualty Assistance Calls Officer (CACO) training will be held from 8 a.m.-3 p.m., Sept. 24 at the Naval Air Reserve Jacksonville, Building 966, Room 211.

This course is divided into four parts which includes an overview of the casualty assistance calls program as well as an explanation of the three major categories of responsibility of a CACO: the notification visit, the funeral arrangement visit and survivor

benefits visit.

All units are strongly encouraged to have as a minimum two qualified CACO personnel onboard.

It is suggested that one officer and one senior enlisted member from each command attends this training. Email birtleyb@cnrse.navy.mil for quotas.

You must provide attendee's rank/rate, complete name, SSN, command and work phone number.

Egenberger retires after 37 years of service

By Lt. Cmdr. Brian Gilk
VP-62 PAO

On Aug. 9, VP-62 alumni and guests said farewell to one of their finest during a retirement ceremony held at the Jay Beasley Hangar. As the "Broadarrow" officers manned the rails, Cmdr. Tom Egenberger was piped ashore after more than 37 years of dedicated service to our country, including more than 30 years of service with the Broadarrows.

Egenberger began his military career by enlisting in the Air Force in 1961. After tours with the 20th Tactical Fighter Wing at RAF Station Wethersfield and the 18th Fighter Interceptor Squadron, Grand Forks AFB as a maintainer, he was accepted into the USAF Flight Engineer Program at Sewart AFB. He then completed his time in the Air Force as a C-130 flight engineer assigned to the 838th Air Division (TAC), Forbes AFB, Topeka, Kan.

In 1973, he enlisted in the Naval Reserve and was assigned



Photos by PH2(NAC) Rich Kerner
Cmdr. Tom Egenberger of VP-62 gives his speech during his retirement ceremony Aug. 9 after 37 years of naval service.

to VP-62 as a maintenance petty officer, working his way through the ranks to chief petty officer. His exemplary leadership as a chief made him a perfect candidate for the LDO commissioning

program. He was commissioned an ensign in 1982. When Egenberger checked on board VP-62 in October 1973, the Broadarrows were flying the P-2 Neptune. During his 30 years with the Broadarrows, Egenberger's leadership drove the squadron's transition to the P-3B, P-3C Update III and most recently to the frontline Aircraft Improvement Program (AIP) version of the Orion.

As a Broadarrow, Egenberger served on overseas detachments sites to Brazil, Chile, Crete, Iceland, Japan, Norway, Panama, Peru, Puerto Rico, Sicily, Spain and the United Kingdom.

The overwhelming success of these detachments highlighted the advanced capability of the P-3C Update III/AIP and demonstrated the Naval Reserve's ability to effectively operate and maintain front-line equipment in the most challenging real-world environments.

Egenberger's enthusiastic and innovative management style placed VP-62 at the leading edge



Cmdr. Tom Egenberger of VP-62, his wife, Phyllis, and their daughter, Julie Shackford, are saluted by the members of VP-62 during his retirement ceremony Aug. 9.

of fleet Reserve interoperability through successful participation in more than 40 annual training detachments supporting fleet operational commitments, counter-narcotics operations, and multi-national training exercises.

His "people first" approach inspired VP-62 to surpass 24 years and 86,295 hours of mishap-free flying. During his tenure, the squadron earned five Noel Davis Battle "E" Trophies, two Joint Meritorious Unit Commendations, four AVCM Donald M. Neal "Golden Wrench" Awards, six Commander, Reserve Patrol Wing (CRPW) Retention

Excellence Awards, four consecutive CRPW Administrative Excellence Awards, one Mining Derby Award, and numerous other operational and administrative awards.

During the retirement ceremony, Cmdr. T.D. Smyers, VP-62's commanding officer, honored Egenberger one last time by presenting him with the Meritorious Service Medal in recognition of his superior leadership and organizational skill while serving three decades with the Broadarrows.

Egenberger resides in Atlanta, Ga. with his wife, Phyllis.

SBP annuitants must complete COE annually

From DFAS

If you're a Survivor Benefit Plan (SBP) annuitant, you should make a point to complete your Certificate of Eligibility (COE). SBP annuitants receive a tax statement and a COE annually.

The COE determines if the annuitant continues receiving an SBP check each month. The COE is automatically generated and sent to annuitants approximately 90 days prior to their birthday each year.

It's important that it be completed by the annuitant and returned via mail or fax before the annuitant's birthday to avoid any interruption in pay.

If a legal representative such as a

power of attorney has been added to an annuitant's account that individual should complete and sign the form, marking the legal representative portion as requested.

A marriage certificate is required when the "I married in the past year" box is marked to update the annuitant's account properly.

An annuitant should include his or her name and Social Security Number, the name and Social Security number of his or her deceased sponsor and the signature date.

Forms can be mailed to DFAS, U.S. Military Annuitant Pay, P.O. Box 7131, London, KY 40742-7131 or can be faxed to 1-800-982-8459.

Input needed to recognize outstanding people

From the USO

Clay County Chamber of Commerce, Inc. is again seeking to recognize their military person, spouse and reservist of the year and needs your help.

If you know of a resident of Clay County who is active duty, a spouse of an active duty person, or a reservist who is active in our community and deserves a pat on the back, let us know! We would like to honor them as part of the Chamber's 26th Annual Military Appreciation Luncheon on

Oct. 1.

Please contact the Clay County Chamber at 1734 Kingsley Avenue, 264-2651, Ext. 1 for a list of the criteria and a nomination form. Nomination forms are also available at Greater Jacksonville USO, on the Commander, Navy Region Southeast website www.cnrse.navy.mil under Command Info, and on the Clay County Chamber's website at www.claychamber.org. The deadline for nomination applications is Sept. 10.

Retiree seminar set to cover many issues

The Retired Activities Office (RAO) is offering a retiree seminar Sept. 13 from 9 a.m. to 2:30 p.m. at the NAS Jax River Cove Officer's Club.

Presentations will cover pay matters,

Survivor Benefit Plan, Tricare for Life, Long Term Care, Tricare pharmacy benefits, PSD benefits, hospital benefits and a spouse workshop. For more information, call 542-2766, Ext. 126.

Annual family housing fire safety review and briefing scheduled

From the NAS Jax Fire Department

The annual military family housing and mobile home park fire safety review and briefing for residents living on board NAS Jax will be offered by NAS Jax Fire Department personnel beginning Sept. 2 and continuing throughout the month.

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

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

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

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

HEALTH TIPS

From the Wellness Center

The following are some special health tips offered by the Naval Hospital Jacksonville Wellness Center. This column will continue to appear in the Jax Air News on a weekly basis.

- You don't have to swim to develop swimmer's ear. Showering, frequently washing your hair and spending time in a warm, humid climate also can cause this common ear infection. See your doctor if you experience a blocked or itchy sensation in the ear or if your ear canal becomes swollen or painful.
- The key to weight control may be physical activity. Americans keep gaining weight and the "experts" seem to disagree about what exactly it is that's causing our collectively expanding waistlines. Diet is partially to blame for sure, but we need to look beyond this as well. Part of the problem may be our lack of physical activity. Not lack of exercise, but lack of doing things—like cleaning, climbing stairs, and mowing the lawn.

- Do you ever experience

cramps in your feet when you run or walk? Using the correct lacing technique on your shoes can help prevent athletic injuries.

For extra support, double

the laces over the mid-foot area if you have narrow feet. Don't cross your laces at the widest point of your shoes if you have wide forefeet.

Sept 8th
Monday Night
Kick-Off 2003
 Even the Score Against Nicotine -
 Attend the
 Wellness Center's Evening
 Tobacco Cessation Program
 Starting Monday September 8th,
 1800-1930,
 And Be Home in Time for
 ESPN Pre-game and the
 Big Game!
 For More Info:
 Call 542-5292

FFSC offers educational and support programs

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

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

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

The following workshops are available in August and September:

- Aug. 28, 1:30-3 p.m. Volunteer Service Council
- Aug. 28, 6:30-8 p.m. - Military Spouse 101 Resource Fair
- Aug. 28, 6:30-9 p.m. - Ombudsman Assembly
- Aug. 29, 9-11 a.m. - Career Exploration (for spouses)
- Sept. 3, 11 a.m. - 1:30 p.m. - Budget for Baby Workshop
- Sept. 8-11, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (Separation)
- Sept. 9, 8 a.m. - Noon - Smooth Move Workshop
- Sept. 9, 8 a.m. - 4 p.m. - Stress Management Workshop
- Sept. 10, 9 a.m. - Noon - Coping With Difficult People
- Sept. 11, 9-11 a.m. - Money Management

- Sept. 12, 9-11 a.m. - Self-Directed Search
- Sept. 16, 8 a.m. - 4 p.m. - Couples Communication Workshop

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

- Sept. 17, 6-8:30 p.m. - Budget for Baby Workshop

- Sept. 18, 9 a.m. - Noon - Florida Family Law Information Seminar

- Sept. 22-25, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (Retirement)

- Sept. 23, 8 a.m. - 3 p.m. - Parenting Skills Workshop

- Sept. 24, 9-11 a.m. - Debt Management

- Sept. 25, 8-11 a.m. - Anger Control Workshop

- Sept. 25, 1:30-3 p.m. - Volunteer Service Council

- Sept. 25, 3-5 p.m. - Mentor Training

- Sept. 25, 6-9 p.m. - Ombudsman Assembly

- Sept. 26, 9-11 a.m. - Marketing Yourself (for military spouses)

- Sept. 29 - Oct. 3, 8 a.m. - 4 p.m. - Command Financial Specialist Training

- Sept. 30, 8 a.m. - Noon - Divorce Adjustment Workshop

FISC Jacksonville hosts international military officers

By Beverly Taylor-Mack
FISC Jacksonville PAO

The Fleet and Industrial Supply Center (FISC) Jacksonville recently hosted a class of international military officers as part of the Navy Supply Corps School's International Officers Supply Course taught in Athens, Ga.

Seven junior naval officers left their home countries of Ecuador, Italy, Philippines, Poland, and South Korea, in pursuit of a lifetime educational and cultural experience in the United States.

What were the experiences and lifestyles the international officers experienced while visiting FISC? They were varied and fun, to say the least.

The international students arrived by charter bus from Athens, Ga., and were met by FISC Jacksonville's public affairs officer. After a brief introduction, the students headed to the Navy Lodge followed by a short shopping trip at the Navy Exchange prior to going to dinner out in town.

On their first official day, FISC Jacksonville Commanding Officer Capt. Ed Naranjo, welcomed the officers who also received a command brief by Executive Officer Cmdr. Jeff Pritchard. A group photo session, a windshield tour of NAS Jacksonville, a welcome luncheon, a Commander Navy Region Southeast brief and a tour of the Base Fitness Center followed the welcoming presentation.

While at FISC, the students hit the classroom and learned about the supply center's operations, followed by a tour of the NAS Jax Galley, where they learned about food service operations. They also toured FISC's Warehouse Building 111, the Fuel Farm JP5 facility, computer station, pump house, and



Photo by Brenda Ayala

(Bottom row from left) Cmdr. Jeff Pritchard FISC Jax executive officer, Ensign Francisco Granda (Ecuador), Lt. Lito Pega (Philippines), Lt. Cmdr. Sung Kyu Lee (South Korea), Lt. Cmdr. Gary Ermish (escort), Beverly Taylor-Mack, FISC Jax Public Affairs Officer. (Middle row from left) Lt. Cmdr. Nick Rapley (escort), Lt. Giovanni Alessi (Italy), Lt. j.g. Albin Soltykiewicz (Poland), Cmdr. Tim Jordan (escort), Lt. Irek Golabek (Poland). (Top row from left) Lt. Richard David (Philippines), Lt. Jimmy Wainwright (escort).

laboratory. A tour of Personal Property and SMARTWebMove concluded the day.

Familiarization trips to NADep and the Base Air Operations' ATC Tower, terminal, and Boat House were also incorporated into their schedule.

Like most visitors to the Jacksonville area, the group enjoyed a trip to historic St. Augustine that included a narrated trolley ride through the historic district, a visit to Heritage Museum, and a guided tour of the Old Jail.

The students also interacted with the local community and received a comprehensive briefing and tour of the Aviation Survival Training Center, and WJXT TV Channel 4's media center.

Prior to departing FISC and closing out their visit with a tour of USS John F.

Kennedy at Naval Station Mayport that included a stop at the Fleet Assist Team/Navy Food Management Team Building for refreshments and one last brief, each student received a certificate of completion.

FISC Jacksonville's international visitors enjoyed a week of comprehensive educational and cultural experiences. The students take back their home countries and to their countries' Navy new methodology and innovative ways of doing business.

The nine-week journey to the United States culminated with a formal graduation ceremony in Athens, Ga. Immediately after the ceremony, the students departed for their home countries.

FISC Jacksonville embraces the support of both the NAS Jacksonville and local communities in welcoming, educating, and entertaining classes of international military officers. We have three opportunities throughout the year to host military offi-



Photo by Beverly Taylor-Mack

Lt. Janet Lamb, Fuels and Supply Warehouse officer, explains fuel operations and Environmental Protection Agency requirements to the international military officers.

cers from diverse countries around the world. If your command or department would like to interact with the next class of international military officers by

providing a tour, brief, or other enrichment opportunity, please call the FISC Jacksonville Public Affairs Officer at 542-8787.

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Cardio-Kickboxing

This class combines the best cardiovascular workout with total body toning and conditioning to give you a fun interval workout. It is a non-contact workout incorporating sport specific techniques such as punch-kicks combinations, jump rope and calisthenics. Class is held Wednesdays from 5-6 p.m.

NAS Jax Fitness Center helps Sailors stay fit

By Miriam S. Gallet
Editor

Just before dawn, with sweat dripping from their bodies, Sailors work on their strength, cardiovascular endurance and flexibility during a Physical Readiness Test (PRT) Boot Camp class held Mondays and Wednesdays at the NAS Jacksonville MWR Fitness Center. This multi-faceted, 45-minute workout is one of 14 exercise classes that enable warfighter readiness through fitness at the center.

From PRT Boot Camp to Cycle Reebok to Cardio-Kickboxing and Yoga, the Fitness Center offers a wide selection of exercise classes, making it easy for Sailors and their families to stay or become fit. According to Fitness Center Director Barbara Millhollan, thousands of Sailors have benefited from the exercise class since at the Fitness Center opened its doors in the mid-90s.

"We exist to provide cutting-edge fitness opportunities for our Sailors and to educate them on how to make fitness work for them. Our enabling warfighter fitness motto allows us to offer a variety of quality classes geared toward the service member successfully completing the PRT and staying fit," explained Millhollan.

With classes being offered Mondays through Saturdays and more than 10 certified instructors teaching service members proper form and keeping things lively, patrons at the fitness center can expect an exuberant workout every time they participate in a class. "All of our instructors are hand picked. I try to fit the class with the instructor's personality and ability," said Millhollan. "Our instructors make each class fun while motivating and educating our Sailors and other patrons. Our goal is for every Sailor on this base to make fitness part



Ab-Attack with Stability Ball

An excellent class to strengthen and tone the "core" of your body. Designed for beginners, intermediate and advanced to concentrate on abdominal work, trunk strength, lower back and oblique. Classes are held Mondays, Tuesdays and Thursdays from 4-4:15 p.m.



ShipShape

This six-week class is designed to provide active-duty personnel with basic nutrition, behavior modification, stress management, and exercise techniques to lower and maintain an acceptable body weight and body fat percentage that is within Navy standards. Classes are held at the Wellness Center in partnership with the Fitness Center. For information or to sign up, call 542-5292.



Ultimate Cardio Step

A combination of step and hi/low aerobics. The bench portion provides high-energy cardio fun. The class is held Mondays from 11:15 a.m. to noon.

See FITNESS, Page 9



Step 101 - Beginners

This class teaches you the basic terminology and step pattern of stepping. A beginners class to help you transition to a more advance class. Class is held every Wednesday from 4-5 p.m.



Power Flex

Many people are intimidated by weight training equipment, believing they will develop bulky bodies. This class is designed specifically for those individuals. Power Flex is resistance training set to dynamic music performed in a group setting. Special emphasis is placed on maximizing all of the major muscle groups giving a "total body workout in 45 minutes. Classes are held Wednesdays and Fridays from 11:15 a.m. to noon, Thursdays at 5 p.m. and Sundays at 9:15 a.m.



Fitness Director and Instructor Barbara Millhollan ensures Claudia Toro keeps the proper form during a recent Power Flex class.

Enabling Warfighter Fitness



Cycle Reebok

A revolutionary new workout for all fitness levels, consisting of 30 to 40 minutes of the most effective cardio fitness you can experience. Classes are held Tuesdays and Thursdays 11:15 a.m. to noon and Wednesdays at 4:15 p.m.



PRT Boot Camp Training

This class combines strength, endurance and cardiovascular training intended to prepare participants for the Physical Readiness Test. Classes are held Mondays and Wednesdays from 6:45-7:30 a.m.



Discovery Yoga

A mind and body experience that strives a balance between challenges and ease, while meeting the needs of the beginner and experienced yoga student. Modifications are available for those wanting increased stretch, relaxation, stamina or strength. Classes are held every Tuesday and Thursday from noon to 12:45 p.m.



Step - Tone

An easy-to-follow step class designed to accommodate all fitness levels, followed by muscle conditioning. This class emphasizes proper body mechanics and will give you a strong foundation based on weight-lifting techniques. Classes are held Mondays, Wednesdays and Thursdays from 6-7 p.m.

FITNESS: Center offers many ways to attain and maintain good health

From Page 8

of their daily routine. A different routine, new music, or a new step, our patrons are constantly challenged and motivated."

The full-service fitness facility is conveniently located on Enterprise Avenue between Giles and Jason Streets, and it's within walking distance from anywhere on base. The newly renovated locker rooms, Health Pro-Shop with items such as energy bars and drinks, weightlifting accessories and apparel and a state-of-the-art blood pressure station, makes the base fitness center comparable with those found outside the gate. And unlike commercial fitness centers or gyms, the base center does not charge a membership fee.

The fitness center is free to all military members, their families, and DoD civilians.

"We don't make a profit here, our profits come from having healthy and fit Sailors. I want the place to be at 100 percent capacity every day. I want the fitness center to continue being the service member's fitness facility of choice," said Milhollan enthusiastically.

In addition to the group exercise classes, the center also has a new free-weight room and a cardio theater featuring nine TV sets. The cardio theater allows patrons to bring in their own headphones, plug them into any equipment and listen to their favorite show while working out.

The Fitness Center has a trained, competent staff ready to assist you. Stop by today and discuss your fitness options with a trained professional.

The center is open from 5 a.m. to 9 p.m. Monday through Friday and 9 a.m. to 3 p.m. Saturday and Sunday. For further information, call 542-3518.

Photos by Miriam S. Gallet



Ultimate Cardio Challenge

Hi/Lo Aerobics it's back! This class consists of high and low impact moves. The class is designed to offer a great cardio challenge. Participants learn floor combinations to upbeat music. This is a high intensity workout without the bench/step. The class is held Tuesdays at 5 p.m.



Interval Class

A challenging class that offers a variety of exercise options, including step, kickboxing, weight lifting, Hi/Lo aerobics, stretching and toning. This class is designed to keep you moving. Class is held Fridays at 4:15 p.m. and Saturdays at 9:15 a.m.



Getting Started/Toning Class

A workout designed to help beginners get started in a low-impact aerobic program. The class is fully instructed with emphasis on safety and body alignment. It is great for toning thighs, buttocks and abdominal areas. Classes are held Mondays, Wednesdays and Fridays from 9-10 a.m.



Just Step

An intermediate class with basic moves and combinations. This class starts out with a warm-up and ends in a full-body cool down. Classes are held Mondays, Tuesdays and Thursdays from 5-6 p.m.



Photos by Kaylee LaRocque

A group of Sailors work on courses at the Navy College Learning Center. Due to the high demand of computer usage, the center recently increased their inventory to 12 computers to better serve their patrons.

NCLC helps students prepare

By Kaylee LaRocque
Staff Writer

With the new Perform to Serve initiative now in place, many Navy members are finding themselves having to retake their ASVAB tests to be considered for a job that is not already overmanned. This test consists of several different areas including math and reading comprehension.

To prepare, many commands are instructing their Sailors to participate in programs through the Navy College Learning Center (NCLC) to better their test scores.

"Our primary purpose here is to assist with ASVAB preparation and basic academic skills preparation. We also offer classes to prepare for SAT and ACT testing, GED preparation and college assistance," stated Maryanne Scales, facilitator at NCLC.

To better serve their customers, the NCLC recently added four more computers to the center, bringing the total to 12. "We started as a self-paced computer-based pilot program here in 1994 with 12 computers. But, because we didn't quite have the usage required by the contract, we were cut to eight computers. In January of this year, our numbers increased considerably so we needed to increase our workcenters. I think with the Perform to Serve initiative, people are much more aware of how important it is to get rated and to do this, they have to have higher ASVAB scores," added Scales.

In the past, students were allowed to walk in, but because the center is so busy, they are now required to schedule their time. "We still take walk-ins once in awhile, but there are seldom machines open so we encourage everyone to make an appointment," said Linda Torrent, another facilitator who handles all the marketing for the NCLC. "Another new policy is that we are now requiring TAD order from the commands.



AE2 Tiffany Joyner of VP-16 works on a course to help her increase her ASVAB scores at the Navy College Learning Center.

"We have also fine-tuned our program. Everyone is required to complete the math program first and then they can go on and do the other programs. We also do assessments on the students if the commands request them, to determine where the students stand on their academic abilities and college goals," continued Scales.

Currently, there are 29 NCLCs worldwide so if a Navy member transfers, chances are pretty good, their new command will have a center so they can continue their studies. "We also get people from other bases. Commands are sending their people here because the word is getting out that our program is successful," Torrent stated.

The NCLC located in Building 110 and is open Monday through Thursday from 9 a.m. to 6 p.m. and Saturday from 9 a.m. to 1 p.m. They are closed on Fridays. ASVAB classes are offered in both half-day and full-day increments. For more information, call the NCLC at 542-3676.

Win dream house on new TV show

House Of Dreams, a new TV series for A&E, is seeking adults to take part in a unique experience. The show is looking for men and women, 25 years or older, who are willing and able to take up to eight weeks away from their regular lives to pitch in and build a new home — and possibly become its proud owner.

This is a reality show about something real.

The show is looking for interesting people from all over the country with gripping stories who deserve a shot at the American Dream. The show is particularly interested in those who are presently or have recently served in the military. You need not have movie-star looks, but you should be healthy, articulate, interested in owning a home around Orlando and prepared to put a lot of sweat into this project.

If you are interested, please email the following

information:
Name

Street address, city, state, and zip code

Telephone number including area code

Age

Occupation

Hobbies or special interests

A recent photo (jpeg format, no larger than 500KB).

Tell us a little bit about yourself. Why do you want this house? Who would live in this house with you? What is your present living situation? Why do you deserve a chance at winning this house?

Where did you hear about House Of Dreams?

All entries should be sent to rgrader@granadausa.com.

No materials sent will be returned and all such materials will become the property of the producer.

Serious responses only, please.

CNI: New program will reduce cost of infrastructure

From Page 1

when the newly established CNI begins operating in Washington, D.C.

The establishment of CNI will affect the Navy because CNI will unify business processes and take the best of what the Navy has learned in the past five years. "Since 1998 installation claims and consolidation reports, allowed us to learn that we need a central business process to support the "warfighter" and reduce the cost of our infrastructure," stated Weaver.

Weaver added that the

Southeast Region will be impacted because this process will allow warfighters to focus on being warfighters. "What I mean is mission commanders can now be focused on their missions, while the non-mission issues such as security and flightline operations, will be handled regionally," Weaver said. "This should also affect the Southeast Region the same way that it will affect the rest of the Navy, where the installation will be controlled by a central committee. This should save money that can be put back into the region."

"In my role as the CNI, I will make sure that the more than five billion dollars in resources the Navy receives will be put to good use. I can only do that by having great partnerships like the one I have with Rear Adm. Annette Brown of the Southeast Region," Weaver concluded.

Weaver graduated from the U.S. Naval Academy in 1971. He holds a Bachelor of Science degree from the Naval Academy and a Masters of Public Administration degree from George Washington University. He is also a distinguished gradu-

ate of the Industrial College of the Armed Forces.

Weaver was designated a surface warfare officer in 1973. His sea tours include duty aboard USS Marvin Shields (DE 1066), USS Capodanno (FF 1093), USS Boulder (LST 1190) and USS Samuel Elliott Morrison (FG 13). He has also commanded USS Exultant (MSO 441) and USS Spruance (DD 963).

Ashore, Weaver has served as an assignment officer in the Bureau of Naval Personnel, as head of the Seamanship and Navigation Department at the

U.S. Naval Academy, as head of the Surface Warfare Branch of the Surface Warfare Division and as head of the Mine Warfare Branch of the Expeditionary Warfare Division. Weaver commanded Naval Station Norfolk, Va., before assuming his assignment as executive officer to the Director for Logistics, The Joint Staff. He was selected for flag rank in February 1997. Weaver also served as the 83rd commandant of Naval District Washington, the oldest continuously-operated Navy installation in the nation.

HEROES: Baseball legends tour base, sign autographs

From Page 1



Photo by JO2(SCW) Eric Clay

(From left) Baseball Legends Jimmy Wynn, Harmon Killebrew, Paul Blair, John Tudor, Ferguson Jenkins and Manny Sanquillen pose in front of one of HS-7's helicopters.

bered for years to come," said AFMJohn Jones, of HS-7. "These players are a testament of the Navy's core values of Honor, Courage, Commitment. Many thanks for a day of fond memories that will always bring a smile."

Sailors came from all over Florida to meet with the baseball legends. MM1 Michael Wheeler traveled from Brandon, Fla., just to get his heroes autographs. "A friend of mine works at NADEP and sent me the flier a few weeks ago," explained Wheeler. "I drove four hours from Brandon where I am a recruiter. I have been collecting autographs for 12 years and have more than 25,000 autographs from baseball players."

"It was a wonderful opportunity being here. The other former baseball players and I find

it a privilege to be recognized by the military personnel," former Baltimore Oriole Player Blair said as a reflection on the day's visit. "The military really does great things at NAS Jacksonville and I'm glad I

was invited to see them perform their daily duties."

At the conclusion of the visit, MWR Marketing Director Jennifer Evesges said, "The visit was a great experience for everyone involved. The Sailors were

able to meet baseball legends and the legends were able to thank the Sailors for what they do. The players were sincerely interested in the different aircraft and personnel aboard NAS Jax."

The baseball legends sign autographs and baseball memorabilia for the service members at the galley.



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Unique events raise money



Chief selectees (above) from NAS Jax and tenant commands showed their culinary smarts during a chili cooking contest held at the NEX Food Court last Friday.

Photos by Miriam S. Gallet



Chief selectees from NAS Jax and tenant commands chose a six-week-old goat as their official mascot. From now, until their initiation day in mid-September, each team has the responsibility of caring for Chief Hogan. Once the initiation process is over, Chief Hogan will retire and move to VP-30 where he is guaranteed a life of luxury.



Photo by JO2(SCW) Eric Clay

AT1(AW) Lowell Cornatzer, a chief selectee with VP-30 washes a windshield during one of their recent fundraisers on base.

Home providers needed both on and off base

The Child Development Center is looking for home providers. If you are an on-base resident, you will only need to be Navy-certified to become a Home Provider.

If you are an off-base resident, you will have to be state-certified as well as Navy-certified. This program is for dependent female and males. For more information about this program, contact Cathy Yarbrough or Ingrid Robinson at 542-5434 / 5529 / 2472.



USO offers Jags tickets

From the USO

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

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

For more information, call 778-2821.

MWR NOTES

Steam room is closed

The steam room in the men's locker room at the base gym is closed for extensive repair work.

A completion date has not yet been identified. Please accept our apologies for any inconvenience this closure may cause.

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

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

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

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

Sept. 13 - Discover the beauty of Cumberland Island on this guided tour to the island. A wonderful day for only \$29.

Sept. 20 - A day in Tallahassee. See Mission San Luis, the Capitol Building and Museum of History for only \$15.25, children 12 & under are \$13.25.

Oct. 15-19 - A fall colors extended getaway to the mountains. This trip includes Warm Springs, Ga. to see the former President Franklin D. Roosevelt's Little White House and Callaway Gardens. We're also going to the Bavarian village of Helen, Ga. for Oktoberfest, Asheville, N.C. to the Biltmore Estates and Chimney Rock Park. The cost is \$405 per person based on double occupancy for four nights, breakfasts and two dinners. The deadline to sign up is Sept. 12, and space is limited.

Tickets for "Night of Joy" at Disney on sale at I.T.T. for \$35.45 / one-night admission and \$56.60 / two-night admission. Call I.T.T. at 542-3318 for more information.

NAS Jax Golf Club happenings

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

Players are entitled to 18-holes, cart, green fees and one

lunch menu item.

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

Mulligan's happenings

Mulligan's 19th Hole will host a football pep rally party Sept. 5 beginning at 4 p.m. There will be a live rock & roll band and complimentary appetizers. Take a party challenge by entering the Field Goal Kicking Contest, or the Best Dressed Fan Contest.

Bingo Palace

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

The Zone

The Zone will be closed Saturday through Monday for the Labor Day holiday.

Outdoor pool changes hours

The open recreation outdoor pool hours are 11 a.m. to 6 p.m. Tuesday, Thursday, Friday, Saturday and Sunday. The outdoor pool is closed for open recreation Monday and Wednesday.

The Heritage Cottages

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

Veterinary Treatment Facility

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

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

New clinic services have been added to accommodate

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

Mulberry Cove Marina news

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

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

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

Auto Skills Center

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

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

O Club happenings

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

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

functions and special events all other days.

Liberty happenings

The Liberty Cove Recreation Center is the place to go, if you want to know ... where all the fun and excitement is found. Join us for our Wednesday Karaoke and Dance Party. The fun starts at 7 p.m. at the Budweiser Brew house with DJ Marc "E" Marc. Catch a great line up of fun events for the month of August at the Liberty Rec Center. Stop by and meet the staff, see what's going on around the area and the station.

NAS Freedom Lanes offers great deals

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

Active duty Sailors take advantage of free bowling on Wednesdays from open to close.

Men's, women's, and co-ed bowling leagues are now forming. League action is set to begin early September. Call 542-3493 for more information. A Wednesday night competitive trio league with 540 average cap per team is looking to form. A meeting will be held Aug. 20 at 6:30 p.m. for those interested. Call 542-3493 for more information.

Youth Activities Center happenings

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

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

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

Free movies offered

Enjoy free movies at the base theater each Friday evening starting at 7 p.m. and every other Saturday at 5 p.m. and 7

p.m. Bring your own popcorn, soda and snacks. Sit back and enjoy some of Hollywood's premier blockbuster hits. There are no alcoholic beverages allowed in the theater and persons under 17 are not permitted without adult supervision.

Tomorrow, - Confidence (R) Saturday, 5 p.m. - Daddy Day

Care (PG)

Saturday, 7 p.m. - It Runs In The Family (PG-13)

Visit MWR online at www.nasjax.navy.mil and look for the tab marked MWR this is your tab to unlimited fun. For questions or comments e-mail us at mwrnktg@nasjax.navy.mil.

Another big catch



Photo courtesy of Mulberry Cove Marina

ATAN James Troxel of VS-30, caught this spot tail while fishing on the St. Johns River. He used a finger mullet for bait and said the spot tail slammed onto the hook on the first cast. Mulberry Cove Marina, located on NAS Jax, sells a full line of fishing tackle to equip you with everything you need to catch your own spot tail. Look for regular half-price specials on rods and reels and try out our new Gulp bait.

COMMUNITY CALENDAR

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

The **Navy Wives Club's DID No. 300** meetings are held the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. For more information, call 387-4332 or 272-9489.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information, call 276-9415.

MOMS Club of Northeast Florida meets the second and fourth Thursday of every month from 10 a.m. to noon. The meeting is free and open to all at-home mothers and children who live in the zip code areas of 32206, 32218 and 32226. MOMS Club is a support group for moms wanting a variety of activities for you and your children. The chapter offers monthly meetings, newsletters, activity calendars, playgroups, field trips and service projects. For meeting location or more information, contact Debbie at 751-0671 (debbiejkg@yahoo.com) or Kathi at 751-3400 (katzj28@aol.com).

The **Marine Corps League, Jacksonville Detachment** holds their monthly meeting the first Thursday of the month at 7:30 p.m. at the Marine Corps Recruiting Station at 3728 Phillips Highway, Suite 229. For more information call John Leisman at 779-7375.

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

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

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

The "Memphis Muster" for VP-1 years 1969

thru 1974 will be held Sept. 12-14 in Memphis, Tenn. For more information, contact Don Grove at dongrove@directway.com.

Mike Taylor at ldeploy@worldnet.att.com or Jack Bachhofer at (904) 264-5890 or email bachhoferj@aol.com.

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

Rear Adm. and Mrs. D.C. Curtis will host the **Jacksonville Chapter's Annual NNOA Membership Kickoff** and its President Capt. Kenneth Nixon Sept. 13 at 6 p.m. at their residence, 541 Ozbourne Ave. Naval Station Mayport. The guest speaker will be Rear Adm. Annette Brown, commander, Navy Region Southeast Jacksonville. The dress code is informal. NNOA serves to actively support America's sea services in recruitment, retention and career development of all officers, and to support fleet operational readiness by providing professional development and mentoring for minority officers. Membership is composed of active duty, reserve, and retired officers of the sea services and encompasses all ranks.

All interested personnel are invited to attend. For more information, contact Lt. Cmdr. Herlena Washington at 696-5005, WashingtonHO@bic.usmc.mil or Lt. Drew Andrews at 270-6457, andrewsjd@hsl46.navy.mil.

The **Jacksonville Genealogical Society** meeting will be held Sept. 20 at the Webb-Wesconnett Library, 6887 103rd Street at 1:30 p.m. For additional information please contact Mary Chauncey at 781-3900.

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

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

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

VP-8 is holding a reunion Nov. 5-9 in Pensacola, Fla. For more information, call 733-5489 or email bbperry2@att.net.

Hunters course offered in September

There will be a Florida Fish and Wildlife Conservation Commission Hunter Safety class held aboard NAS Jax in Building 610 Sept. 16, 18, 23, 26 from 5:30 - 8:30 p.m. This class is required to gain access to nearly 6,000 acres of prime North Florida wildlife habitat.

The class is free of charge and meets hunter safety requirements for all 50 states and the entire North American continent. It will include the required orientation from the base game warden to purchase your base hunting permit. To register, please contact ADC Starkey at 542-3451.

JAX TALES

By MIKE JONES

WWW.RICKYSTOUR.COM



ESPLING JEWELERS; 3c; 3"; Black Only; PU 8/23 Z000597

BUSINESS OFFICE-GERI KOTZ; 3c; 13.5"; Black Only;

Catch-up contributions allowed for Thrift Savings Plan

By Vice Adm. G. Hoewing
Chief of Naval Personnel

Thrift Savings Plan (TSP) participants age 50 and over are now eligible to make a new type of tax-deferred contribution to the TSP. These "catch-up" contributions are in addition to regular TSP contributions.

You are eligible if you are a federal employee or a member of the uniformed services who will be age 50 or older this calendar year, and you are already contributing the maximum amount of regular TSP contributions.

The maximum amount of regular contributions for 2003 is 8-percent of basic pay for members of the uniformed services, or an amount that will result in reaching the IRS elective deferral limit (\$12,000 for 2003) by the end of the year.

In 2003, eligible participants may invest up to \$2,000 in catch-up contributions. The amount will increase to \$3,000 for 2004, \$4,000 for 2005, and \$5,000 for 2006. Subsequent years will be indexed to inflation. You can submit your election to make catch-up contributions immediately.

You don't have to wait for a TSP open season. Elections will be effective the first pay period after defense finance and accounting service receives your request. Your catch-up contribution will be taken as a payroll deduction from your basic pay each pay period.

Contributions will be invested in the TSP funds according to your most recent contribution allocation. You will be able to change, stop, or restart your catch-up contributions at any time.

Your contributions will automatically stop when you reach the maximum dollar limit allowed for catch-up contributions for

the year.

You must make a new election each calendar year if you want catch-up contributions to continue. Your agency does not match catch-up contributions.

To begin contributions, complete form TSP-U-1-C, catch-up contribution election, and submit it to your local personnel support detachment (PSD), ship's personnel office, or reserve center. You can obtain a copy of the form from the

TSP Web site, www.tsp.gov. election capability using "MYPAY" account is not available at this time.

Special note for reserve personnel: the amount elected on the TSP-U-1-C form for a reservist in a drill status will be a daily amount vice a monthly amount. During a typical drill weekend, this would include taking the amount elected and multiplying by four to get the amount to be deducted for the weekend.

LIFETIME ENCLOSURES; 2c; 3"; Black Only;

ADAMS MARK HOTEL; 2c; 5"; Black Only; PU R025928 8-14

ICHIBAN HEALTH CENTER; 1c; 1"; Black Only;

Free Jaguars tickets offered to families of deployed military

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

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

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

"Sailor Aweigh" participants will be picked up by a Navy bus at the NAS Jax Commissary parking lot. The bus will depart the parking lot two hours

before game time. Once at Alltel Stadium, participants will be taken to their seats.

The "Sailors Aweigh" T-shirts are provided and must be worn throughout the game. After the game, the bus will return to the base.

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

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

day. Your status will be confirmed prior to being placed on the actual "going to game" list.

The ages are from 6-17, if you want all of your squadron families to go on a particular day, we may be able to arrange it depending on availability and lead-time. We only have 40 tickets available per game and they are first come, first served.

The schedule of "Sailors Aweigh" games:

Sept. 14 - Buffalo
Oct. 5 - San Diego
Oct. 12 - Miami
Oct. 26 - Tennessee
Nov. 9 - Indianapolis
Dec. 7 - Houston
Dec. 21 - New Orleans

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

MP TOTAL CARE C/O ANR; 3c; 5"; Black Only;

Annie Oakley; 6c; 10.75"; Black Only; -

In Gear

A weekly look at the automotive market

Pocket rocket

Neon SRT-4 offers turbocharged fun for small price

By Dan Scanlan
Times-Union staff writer

The folks at Chrysler had the right idea in the 1960s, when they replaced Slant Six engines under the hoods of Dodge Darts and Plymouth Belvederes with big V-8's and came up with the first round of MOPAR madness.

The result were fairly cheap, basic sedans and coupes with what it needed for some people – horsepower, bucket seats and four-on-the-floor.

In the 1980s, when performance seemed a domain best left to zippy European hatchbacks, MOPAR enlisted Carroll Shelby to turbocharge the little four-bangers in Dodge Omnis and made the GLH (Goes Like Hell) compact. The same formula was used in 1991, when the Dodge Spirit got a turbocharged 225-horsepower four.

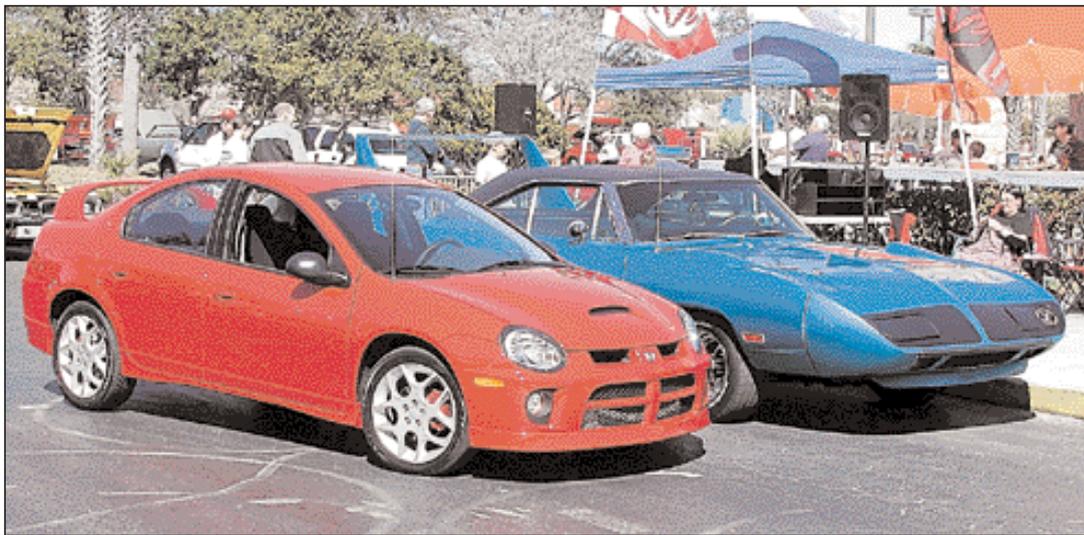
Now Chrysler Performance Vehicle Operations has done it again. Inspired by the import street racing scene that sees 20-somethings transforming regular Integras, Civics and Sentras into sports cars, it is a tuner car designed and pulled together by tuners. The humble Dodge Neon compact is transformed into the SRT-4 with a turbocharged 215-hp four-cylinder engine from the PT Cruiser GT, five-speed manual transmission and a big tail spoiler.

Small Vehicle team Program Manager Marques McCammon, 35-year-old Powertrain Engineer Marc Musial and 36-year-old Mechanic Dave Chyz began working on a high-performance Neon in 1999. The result – the most powerful production car available in the United States for less than \$20,000.

"We kind of consider the SRT-4 as our FUBU car. If you are familiar with the urban designer, FUBU, it stands for For Us, By Us," said McCammon, 27. "This is our interpretation of what you would do with a Neon to create a high-performance vehicle."

It certainly is more aggressive than even the sportiest Neon made until now, the R/T.

First, engineers gave the simple Neon some Viper's fangs up front with a real air intake at the leading edge of the hood. A more aggressive nose cap has twin nostril air intakes above a huge Dodge cross-hair design plastic mesh intake with a huge cast-aluminum intercooler for the turbocharger visible inside. Twin fog lights add to the aggressive look of the almost low front fascia, while a special side sill gives the SRT-4 a lower look accented by Michelin Pilot Sport P205/50ZR 17-inch radials that fill the wheel wells, sitting on 10-spoke alloy wheels that showcase larger disc brakes underneath. And in case you didn't think the Neon looked enough like a street racer, there is a basket handle-type spoiler that engineers said improves vehicle handling by generating downforce, while polished stainless



Dan Scanlan/special

The 2003 Dodge Neon SRT-4 sits next to another winged MOPAR car, a Plymouth Super Bird, at a local MOPAR show.



Dan Scanlan/special

Modifications of the Neon SRT-4 include well-bolstered Viper bucket seats, some alloy trim, an auxiliary turbo boost gauge and a five-speed manual transmission.

2003 DODGE NEON SRT-4 Specifications:

Vehicle type	4-door, 5-passenger compact sports sedan
Base price	\$19,480 (As driven – \$19,995)
Engine type	SOHC, 16-valve in-line turbocharged 4-cylinder
Displacement	2.4-liter
Horsepower (net)	215 hp at 5,400 rpm
Torque (lb-ft)	245 from 2,000 - 4,800 rpm
Transmission	5-speed manual
Wheelbase	105 in.
Overall length	175.7 in.
Overall width	67.4 in.
Height	56.5 in.
Front headroom	38.4 in.
Front legroom	42.2 in.
Rear headroom	36.7 in.
Rear legroom	34.8 in.
Cargo capacity	13.1 cubic feet
Curb weight	2,970 pounds
Fuel capacity	12.5 gallons
Mileage rating	22 mpg city/30 mpg highway
Last Word	Cheap, good-handling power, with all of the aftermarket mods for you. I love it for the price.

dual exhaust tips under the rear bumper fascia add snarling attitude.

Parked at the Eighth Annual MOPAR Cruise Inn Feb. 23 in Jacksonville Beach, the SRT-4 soon had folks crawling in, under and around it, many with comments like "This is bad – real bad" and "Look at that intercooler!" Matt Wells, who owns a subtle white 1991 Dodge Spirit R/T with 225-hp, DOHC intercooled 2.2-liter four-cylinder and Getrag five-speed manual, said the two are very similar in execution – an econo car-turned-sports car so powerful it can still smoke the tires into second gear.

"I am glad Chrysler is back to its old self, with cheap, fast performance-oriented cars that guys like me can appreciate," he said.

Inside, the basic gray-on-gray hard plastic dash installed in all Neons gets some sporting upgrades on the SRT-4, especially where you sit.

The driver and front seat passenger drop into comfortable, very supportive and highly sculpted Viper-style racing buckets with textured cloth on the seat inserts contrasting nicely with vinyl trim on the aggressive thigh, torso and shoulder bolsters. Carbon fiber-textured leather wraps the top of the three-spoke steering wheel, while padded leather wraps the rest. It tilt

adjusts, offering a good view of the silver-faced, buff-alloy rimmed 160-mph PVO speedometer, 8,000-rpm (6,000-rpm redline) tachometer, gas and temperature gauges and a digital odometer/trip meter under a sweeping cowl. Where the hood meshes with the dash center, Dodge neatly installed a AutoMeter Pro-Comp turbo boost/vacuum gauge, while cast aluminum accelerator, clutch and brake pedals add to the look and feel.

Satin metal trim also encircles the center dash-mounted control panel, with a standard AM-FM-CD stereo that offered good sound, but probably will be deep-sixed for an aftermarket MP3 player and big amp. The a/c system was simply designed and easy to use underneath, while three cup holders sit forward of the five-speed manual, capped with a cool buff-alloy shifter ball. A high, padded center console armrest has ample storage underneath. But the door handle is a long reach from the bucket seats once you sit down, and we had to laugh at budgetary measures that saw front power windows, but cranks for the rear windows.

The back seats are covered in the same black vinyl and cloth as the front buckets, and offer adequate room for two adults. The rear seatback splits and folds for more cargo

capacity. The trunk is big enough, although the opening is a bit narrow, and make sure the rear wing doesn't smack you in the face when you open it. From the driver's seat, the rear wing slashes a red stripe through rearward vision, but you get somewhat used to it.

You know there is something with a bit more gusto under the hood when you fire the 2.4-liter engine and hear the staccato sputter at idle out the twin pipes, which are connected to catalytic converters and resonators, but no mufflers.

The 150-hp Neon R/T was good for a 0-60 mph time of about 9 seconds. Install a 215-hp, turbocharged version of the same engine has 245 foot-pounds of torque, and the front tires don't stand a chance. Controlled through a high-capacity clutch and heavy-duty, five-speed manual NVG T850 transaxle, we had to play the gas and clutch to get a launch low on wheelspin and high on traction when the turbo boost came in smooth and strong. Done right, our 2,500-mile-old, 2,970-pounds SRT-4 managed 0-60-mph runs of 5.8 seconds with decent shifts, the 2.5-inch polished stainless tipped pipes snarling a song behind us, with a marvelous crackling overrun sound when we backed off. The SRT-4's competition doesn't come close. The Nissan SE-R's 175-hp got to 60

mph in 7 seconds. The Ford Focus SVT, with 170 hp, did it in 6.8 seconds. The Subaru WRX's 227-hp turbocharged four did it in 6.5 seconds.

On the road, the ride is stiff but surprisingly compliant, aided by tuned strut and spring assemblies, sway bars and updated knuckles that offer a very driver-friendly feel for a sports car, but never pounded us over potholes or bumps. The car easily goes where pointed, very flat in turns, feeling balanced and precise in turns.

The four-wheel disc brakes with larger diameter rotors and bigger calipers are standard, and offer very good, straight stopping power with little fade after hard use.

The Neon SRT-4 has a base price of \$19,480, with standard turbocharged engine, five-speed manual, ABS-equipped four-wheel disc brakes, a/c, six-speaker AM-FM-CD stereo, keyless entry, auto-door locks, wing and 17-inch rubber and wheels. With no options and a destination charge, the manufacturer's suggested retail price was \$19,995, although we heard some dealers in the state are jacking that up.

Bottom line – the stuff that needs to be better for power and handling – engine, gearbox, air vents, suspension and tires – have been correctly attended to in the SRT-4. The stuff that makes it better to look at and drive – bucket seats, turbo boost gauge, ground effects and wing – are also there. But stuff that didn't need to be changed to keep this powerhouse cheap, like the hard plastic dash, aren't touched. The result is a hard-charging, very capable pocket rocket that looks and sounds the part, yet doesn't cost an arm and a leg. Anything else that does better is going to cost more.

Dan Scanlan test-drives new vehicles on Northeast Florida's roads, averaging about 200 miles of combined highway and city traffic during a weeklong test. The test vehicles are provided by the manufacturer according to their schedule, and represent a broad spectrum of sizes and prices. The prices listed are manufacturer's suggested retail prices.