



TOUCHING BASE

NAS Jax to host Navy Run, limited participation

By Rick Crews CNRSE Public Affairs

NAS Jacksonville will host the Navy 10K Run/5K Walk on April 6 at 8 a.m.

Due to heightened security measures, this year's participation is limited to those authorized to enter the base (valid ID card and Department of Defense vehicle decal).

Pre-registration will be held at the Holiday Inn, Route 17, in Orange Park on April 5, from 11 a.m. to 6 p.m.

The race is free to all active duty personnel. The cost to all others is \$15 prior to April 6. The cost for military and civilians who register the day of the race is \$20.

Late registration will take place in the Navy Exchange Parking lot the day of the race from 6:7-45 a.m. Packets may also be picked up on race day at the registration area.

The race starts at 8 a.m. with an awards ceremony following in the Navy Exchange Parking lot.

Following the 10K race, awards will be presented. There will be a show fair outside the Navy Exchange the morning of the race.

For information call 542-2900 or 542-3518.

ComNavAirLant nominates AIMD Jax for annual 'Phoenix' Award

By AIMD Public Affairs

Aircraft Intermediate Maintenance Detachment (AIMD) on board NAS Jacksonville was recently selected for the second consecutive year by Commander, Naval Air Force, U.S. Atlantic Force (ComNavAirLant) as their nominee for the prestigious Department of Defense Maintenance Organization of the Year or "Phoenix" Award.

The endorsement by (ComNavAirLant) recognizes the high level of

professionalism and team effort demonstrated by AIMD Sailors as well as the administrative and technical expertise of all assigned personnel.

AIMD Jax won the nomination to represent (ComNavAirLant) in "category two" based on organizational size criteria established by DoD. As they progress through the nomination process, AIMD hopes to become the Chief of Naval Operations (CNO) nom-

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AD3 Deldin Tadytin and AD2 Jose Coss work together on a T-34 engine at Power Plants. Photo by Kaylee LaRoque

2001 SE Region Shore Sailor of the Year selected

By JO3 Jackey Bratt Staff Writer

Seventeen 2001 Shore Sailor of the Year (SOY) candidates from various bases throughout the Southeast Region spent last week enjoying NAS Jacksonville and the local area with their families. From touring the St. John's River to shopping in downtown St. Augustine, the SOY candidates and their families took a week to relax and have fun.

The week's highpoint came on Friday, Feb. 22, when MS1(SW) William Caraballo of U.S. Naval Station, Roosevelt Roads, Puerto Rico, became the Southeast Region's Shore Sailor of the Year, as his name was announced at the Region's annual Sailor of the Year Banquet.



Caraballo was born in the Bronx, N.Y., on Jan. 19, 1960 and enlisted in the Navy on Oct. 3, 1988. He attended basic training at

Recruit Training Command (RTC) San Diego, Calif. His first sea duty assignment was onboard the USS Jouett (CG 29) where he

deployed to the Persian Gulf in support of Operation Desert Shield. During his tour, he was advanced to Petty Officer

Third Class with follow on orders to MS "A" School at Naval Training Command (NTC) San Diego, Calif.

Upon completion of "A" School, he was assigned to Fleet Anti-Submarine Warfare Training Center Pacific Fleet. During this tour, his efforts at the Bachelor Enlisted Quarters (BEQ) earned the station the Adm. Elmo Zumwalt award for excellence and he was selected as the Commander Naval Education and Training Command (CNET) Inkeeper of the Year and was awarded the Navy Commendation Medal for his outstanding achievements. He also advanced to Petty Officer Second Class during that tour of duty. In July of 1995, Caraballo

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ACC(AW) Sheila Valtafana gives the POW dedication before the luncheon begins. Standing to the right is Multicultural Awareness Committee President AO1(AW) Jwawn Short.

Black History Luncheon offers opportunity to learn

By JO3 Jackey Bratt Staff Writer

The theme for this year's annual Black History Luncheon was 'The African American Legacy: Contributions and Service in America's Defense'. The luncheon was hosted by the NAS Jacksonville Multicultural Awareness Committee last Thursday.

Held at the Zone aboard NAS Jacksonville, Sailors and civil service workers attended the two-hour event with guest speakers, the Honorable Pauline M. Drayton-Harris and Georgia State Senator Regina Thomas.

Drayton-Harris is a county court judge in Duval County who was appointed in June of 1988 by the late Governor Lawton Chiles. She ran for reelection in November of 2000, unopposed, and is currently serving a six-year term. Drayton-Harris graduated

with honors from the University of Florida College of Law in 1986 after transferring from Suffolk Law School in Boston, Mass. She also holds a Master Degree in Secondary Education from Tuskegee University. Harris's legal career began in the State Attorney's Office in 1985 and she later worked with the Florida Department of Law Enforcement. After seven years with the Department, she entered private practice, starting her own firm. She is an wife and mother who enjoys working with organizations that promote the value of human worth and dignity.

Thomas, a native of Savannah, Ga. graduated from A.E. Beach High School, attended the Community College of Baltimore in Maryland, and is currently a tax associate for H&R Block. Thomas was elected to state office in Georgia in a special election on Jan. 11, 2000. She

served in the Georgia House of Representatives from 1995 to 1998, where she focused on education, children's issues, and welfare reform. She served as the assistant majority whip in the House from 1997-1998.

Lieutenant Governor Mark Taylor appointed Thomas to serve as a member of the Education Appropriations, Reapportionment Committee, and as Secretary of the Veterans and Consumer Affairs, and Defense Science and Technology Committees. Thomas and her husband, Ervin J. Thomas Sr., a retired Savannah police Sergeant, have four children and have nine grandchildren.

Multicultural Committee President, AO1(AW) Jwawn Short welcomed the crowd to the luncheon. Commanding Officer NAS Jacksonville Capt. Mark S.

Commanding Officer NAS Jacksonville Capt. Mark S.

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WEEKEND WEATHER

Weather forecast for Friday 3/1/02 (Party Cloudy), Saturday 4/1/02 (Isolated Showers), Sunday 5/1/02 (Showers).

Sunday-day forecast available at Naval Atlantic Meteorology and Oceanography Facility Jacksonville. Web site: http://www.nimol.navy.mil

Key Money Man!



Hey, MoneyMan!

My recruiter told me that if I joined the Navy and went overseas, I would not have to pay back any of my debt. I have been in a squadron for one month and now my supervisor tells me this isn't true. We deploy overseas in a few weeks. Do I have to pay back my debt?

MoneyMan Sez:

You most likely will have to pay back your debt, but you may fall under the provisions of the Soldiers' and Sailors' Civil Relief Act, Title 50 of the U.S. Code, Section 526.

If so, your interest rate may be reduced to 6 percent on most of your loans. Be sure to check with your legal officer or the Navy Legal Service Office at 542-3484.

This act applies to those stationed in the states as well as those overseas. Check it out, it could save you money.

Hey, MoneyMan!

During this election I hear politicians talk about spending a trillion dollars

for this and a trillion dollar dollars for that. I don't need a trillion dollars; a hundred or two would be fine. How much money is one trillion dollars?

MoneyMan Sez: Lots and lots of dough! One million dollars is a lot of money to most of us. Now make 1,000 stacks of \$1,000,000 each and you have a billion. Now make 1 million stacks of \$1,000,000 each and you have a trillion.

Said another way, one trillion dollar-bills stacked atop one another would pile 69 miles high. It would take 31,688 years to count from one to one trillion. Spending \$1,369,863 each

day, every day since the birth of Christ would equal \$1,000,000,000,000. Mind boggling! Got change for a \$20?

Hey, MoneyMan!

Can you tell me about bounced check fees? My wife wrote a few checks that bounced and now it seems we cannot catch up. I have an out of town credit union and I can never talk with anyone about this.

MoneyMan Sez: Bounced check fees are real killers! When you write a check and it does not clear, both the credit union and the place that accepted the check will charge a fee.

Typically, they automatically send the check through twice, thus doubling your fees. Fees run \$25 or more.

As an example, let's say you write a \$10 check at the local Pizza Shop and it bounces. Your bank or credit union and the Pizza Shop will each charge you \$25 to \$30. Then they send the check through again. Total cost of the pizza - \$110 to \$130.

When your automatic pay deposit hits the credit union, these fees are subtracted from your deposit first. Be sure to talk with your credit union about "overdraft protection." This is much more affordable than bounced check fees.

Also, if customer service is a problem at your credit union, consider switching to a local one where you can talk with someone face-to-face. Most credit unions will do all they can to help their customers avoid financial problems.

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

Yearly fire inspections announced

From the *NAS Jax Chief Fire Inspector*

The annual military family housing fire safety inspection and briefing for residents in the Yellow Water Military Housing complex will be conducted by the NAS Jax Fire Prevention Bureau beginning March 4. They will continue throughout the month.

Inspections and briefings will be conducted between 9 a.m. and 3 p.m., Monday through Thursday. Fire inspectors will be in uniform and will conduct the inspection and briefing only in the presence of an adult.

If residents are not home when the inspectors call, a call-back form will be placed on the door requesting the resident contact the NAS Jax Fire Prevention Bureau at 542-2783 or 542-3928.

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

Women's History celebrated in March

From the *Chief of Naval Operation's Office*

March 2002 marks the 15th annual observance of Women's History Month. Since 1997, the president has issued an annual proclamation of Women's History Month. In last year's proclamation, President Bush stated, "Our nation boasts a rich history of woman whose heroic achievements speak to the sense of excellence, potential and patriotism shared by all Americans."

Women's history month is an opportunity to remember, honor, and celebrate the many contributions of women that helped to create this great nation. The theme for Women's History Month 2002 is "Women

Sustaining the American Spirit."

From the establishment of the Nurse Corps in 1808 to the war on terrorism, women of courage and vision continue to contribute to our great Navy. When asked about the role of women in the Navy and their role in the war on terrorism during an interview on C-Span's Washington Journal on Dec. 4, the Chief of Naval Operations stated: "I am so proud of the job that they are doing. Women in the Navy are a key part of our successful combat operation going on in the Indian Ocean today."

Throughout this century there have been numerous women who have embodied the Navy's core values of Honor, Courage and

Commitment.

Navy women serve in almost every facet at every echelon, from yeoman to fighter pilots and across all ranks from seaman to vice admiral.

Today there are nearly 70,000 women in the active Navy and Naval Reserve. Women comprise more than 14 percent of the active force and nearly 20 percent of the reserve force.

All Navy activities are encouraged to sponsor local programs and exhibits, and solicit individual participation in appropriate observances of Women's History Month.

Participation in local community programs by civilian and military personnel is highly recommended.

Chapel to hold Easter services

The following is the NAS Jacksonville Chapel's Easter service schedule:

Catholic

March 23, 5 p.m. - Passion Palm Sunday, Blessing of Palms, Procession
 March 24, 9:15 a.m. - Mass
 March 27, 9 a.m. - Departure for St. Augustine Cathedral, St. Augustine, Fla.
 11 a.m. - Blessing of holy oils for the Catechumens, for the sick and Holy Christm, renewal of the ordained priest's commitment to priestly service.
 March 28, 7 p.m. - Evening Mass of the Lord's Supper, washing of feet.
 8 p.m. to midnight - Transfer of the Holy Eucharist to the upper room chapel followed by a prayer vigil until midnight.
 Sign up for Holy Hour of Prayer individually or as a family.
 March 29, 7 p.m. - Celebration of the

Lord's Passion, Veneration of the Cross, Holy Communion.

March 30, 8 p.m. - Blessing of the new fire, lighting of the Paschal Candle, Easter proclamation, liturgy of the word, blessing of water, renewal of Baptismal vows, celebration of Baptism reception in the church, confirmation, liturgy of the Eucharist.

March 31, 9:30 a.m. - Renewal of Baptismal vows, Mass of the Resurrection of our Lord.

Protestant

March 24, 8:30 and 11 a.m. - Palm Sunday Services
 March 29, 7 p.m. - Last Seven Words
 March 31, 6:05 a.m. - Easter Sunrise
 7 a.m. - Breakfast
 8:30 and 11 a.m. - Easter Worship Services



Income tax note from DFAS

DFAS North Charleston, the Naval Legal Service Office Southeast (NLSO SE) Claims Department paying agent, mailed Miscellaneous Forms 1099 (9999) to active and personal paid household goods damage claims during 2001. However, compensation for damages to personal property paid under the Military Personnel and Civilian Employees Claims Act (PCA) is not taxable income.

DFAS is aware of this matter and is going to correct its reports to the IRS. However, if you cannot wait for DFAS to notify you that this matter was corrected prior to filing your tax return, do not include the PCA payments as income.

If you have already filed your taxes and declared the PCA payment as income, you may file an amended return upon receipt of DFAS corrected 1099 forms. NLSO SE recommends you retain all records concerning this matter.



Sunday Services at the Base Chapel

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

Saturday 5 p.m. - Catholic Mass
Sunday 8:30 a.m. - Protestant
Communion 9:30 a.m. - Catholic Mass
 11 a.m. - Protestant Worship

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

Meet A Sailor...

ET3 CHARLES SCHMELZER

Job title/command:
Air Operations

Hometown:Jacksonville, Fla.

Past Duty Stations: NAS Pensacola

Family Life: Wife, Valerie who is currently deployed on board USS John F. Kennedy.

Career Plans: To obtain a degree in electronics.

Most Interesting Experience: Going to Spring Break in Daytona Beach last year.

Words of Wisdom: Cherish what you have now, because you never know when it will be gone.

Meet A Civilian...

MIKE WADEL

Job title/command:
Station Water Program Manager, Facilities Division

Hometown: Panama City, Fla.

Past Duty Stations: ROICC Jax

Family Life: Wife, Linda

Career Plans: Become President of the United States.

Most Interesting Experience: My trip to Jamaica.

Words of Wisdom: Don't waste any golden opportunities.

CREDO

It's free! Give yourself the gift of a Navy CREDO Retreat. The next Marriage Enrichment Retreat is April 5-7. For more information, or to register, call CREDO at 270-6958.

Jax Air News

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NASA's 'Guppy' lands at NAS Jacksonville

By Susan Brink
NADep Public Affairs

The National Aeronautics and Space Administration's (NASA) "Super Guppy" delivered an F-14 aircraft to Naval Air Depot Jacksonville, Fla. (NADep Jax) for repairs on Feb. 7.

There was a thick mist and fog in the air that afternoon. The Guppy plied through the low-lying clouds and suddenly the fog and mist disappeared, clearing the runway for this monstrous aircraft to land. As it taxied down the runway to its final destination for unloading, it appeared as if a large fish was slowly approaching us.

Over the years, there have been many challenges in the transporting of oversized cargo. The physical limitations caused by railroad tunnels, narrow roads, low bridges and power lines made shipment of such cargo virtually impossible. In 1962, the California-based Aero Spacelines introduced the Guppy. This was the start of an economical and fast way to transport outside cargo.

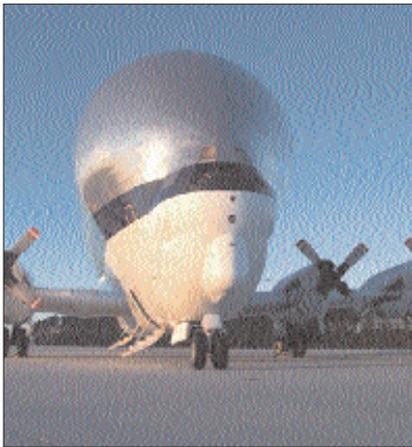
In 1965, the Guppy went to work for NASA transporting delicate key components and equipment for America's manned and unmanned space programs. Today it is a highly successful public aircraft, proven to solve the most complex problems with transporting outside cargo.

Loading cargo into the Guppy is simple and efficient. Cargo that is transported requires no special crating or packaging. The aircraft's hinged nose opens 100 degrees permitting frontal cargo loading. There is a control lock and disconnect system at the fuselage break that allows the nose to

be opened and closed without disrupting the flight or engine control rigging. Guppy Pallets can then be electronically rolled on to the cargo floor, lifted by hydraulics and secured on to the three 24-foot cargo pallets for flight. Loading and unloading of the F-14 that was delivered to NADep Jax was accomplished in about 40 to 60 minutes.

"This truly is a unique way of transporting large cargo. According to Richard Barrett, Loadmaster/Cargo Mission Manager, it had been more than 14 years since the Guppy delivered an F-14 aircraft to the Depot. The aircraft received damage during a rough storm at sea while aboard the USS John C. Stennis (CVN 74). After being disassembled at NADep North Island, Calif., the aircraft was airlifted to Jacksonville for repair.

"The Guppy is operated by NASA as a public aircraft, where they say, "Outside is Guppy Size," and "Bigger is Better."



Photos courtesy NADep Jacksonville
NASA's "Super Guppy" lands at NAS Jacksonville. The 'Guppy' was flown here to undergo repairs at NADep.



The "Super Guppy" (below) as seen from the side at NAS Jacksonville.

Double discipline at the naval brigs

By JO3 Jackey Pratt
Staff Writer

When one decided to join the Navy, the other followed.

When one had a baby, the other found out she was pregnant! You are not seeing double, you are seeing two individuals. Twenty-five-year-old fraternal twins SM2 Robyn Carr and SM2 Demika Wilson both enforce discipline and teach determination at naval brigs. Carr is permanently attached to Naval Station Norfolk, but was temporarily assigned to the Naval Air Station Jacksonville brig to compare the two. She was also able to work side-by-side with her sister.

Growing up, the women were very competitive and strived to be individuals versus the image of twins looking, acting, and sounding alike. Childhood was tough for them due to people labeling the two as one.

"People often assume that because we look alike, we act alike," said Carr, "our personalities are different."

"We had to be taken out of the same kindergarten class because we were so competitive against one another," said Wilson. They also played the notorious "twins switch-a-roo" joke on teachers as they would attend the opposite sister's classes on Halloween throughout high school.

Daughters of World War II veteran Clyde, the two thought of their father as they decided their future careers. Although their



Photo by JO3 Jackey Pratt

Twins SM2 Robyn Carr and SM2 Demika Wilson are temporarily working side by side at the NAS Brig. The twins have followed similar career paths throughout their time in the Navy.

mother, Norma was hesitant about the two joining the military, she did not stop the women from getting on that bus to basic training in 1994.

"We didn't want our parents to struggle to put us through college, so we decided to join the Navy," said Carr. "They worked hard to guarantee that we had the name brand clothing and weekly hair appointments growing up,

said Wilson. "We wanted to provide for our futures without having to rely on them financially." Both have taken advantage of

the education opportunities the Navy has to offer and are pursuing a bachelor's degree in criminal justice.

Having discipline and respect for authority is nothing new to them. They were raised with high morals and respect for self.

"We were taught respect and self worth from the very beginning," spoke Wilson. "Boot camp was nothing compared to our household," added Carr.

The twins have followed the same career path. It seems that every time Wilson would be stationed somewhere: her sister

would be stationed there just as she was about to go on to the next duty station.

"I think I have the advantage because Demika will tell me about a certain duty station prior to me getting stationed there," said Carr. She added, "I went to the local club in Spain and I was greeted by people who thought I was Demika!" That happens everywhere they go though. For example if they were to both get fuel at a gas station, when they'd go to pay, the cashier would say, "you just paid didn't you?"

Both women aspire to become wardens at a federal penitentiary. Working at brigs has certainly helped in their training for that goal. They often see misguided Sailors on their way out of the Navy. At Correctional Care Unit, (CCU), NAS Jax Wilson sees Sailors who have been given a second chance. "I tell these Sailors not to ever let anyone hold this much control over their life again," said Wilson. "At a correctional facility you have lost your freedom. You are strip searched, have to ask permission to use the head, and are treated like a recruit again," she explained.

Their next step in the military will be to become Recruit Division Commanders (RDC) at Great Lakes, Ill.

"We want to be part of the foundation of Sailors, we want to get their military life off to a respectable start," said Wilson.

NADep Jax's VISION Awards credit employee ingenuity

By Susan Brink
NADep Jax, Public Affairs

Carl Gay, an Aircraft Engine Repairer at Naval Aircraft Depot (NADep Jax), was recently recognized through the Depot's Valuable Ideas Save Investments Of NADep (VISION) Program. Gay noticed that the cable assembly for the F110-GE-400 engine had chaffed in six out of 12 engines issued in 2001, thus failing quality inspections and came up with a solution for the problem.

The cable clamp configurations were causing contact between the throttle cable and the electrical cable bracket, thus chaffing occurred penetrating the outer casing and into the

internal slide mechanism.

To alleviate the chaffing condition, Gay suggested that the throttle control cable bracket be repositioned to prevent chaffing damage. This minor, but significant, modification will minimize future damage, thus reducing the need to repair or replace the throttle control cable. As a result of this idea, a rapid action change has been sent throughout the Fleet to correct the problem of the chaffing condition on the throttle cable.

Capt. Karl Yeakee, commanding officer, NADep Jax presented Gay with the VISION award and applauded his efforts to improve quality, productivity and economy at NADep Jax.

CNRSE SOY: Caraballo from NS Roosevelt Roads selected

From Page 1

reported to the USS Duluth (LPD) home ported in San Diego, Calif. He made two deployments to the Persian Gulf in support of Operations Southern Watch and Desert Fox. While onboard the USS Duluth he was selected as Amphibious Commander Group Three Sailor of the Quarter, USS Duluth Sailor of the Quarter, USS Duluth Sailor of the Year, and became Surface Warfare qualified. Caraballo's performance earned him meritorious advancement to Petty Officer First Class.

Caraballo is currently assigned to U.S. Naval Station, Roosevelt Roads as Officer in Charge of Camp Garcia on the island of Vieques. He is responsible for facilities and logistics management of Camp Garcia, the operational hub that enables vital training on the Eastern Test Range for deploying naval forces. During his tour he was selected as Sailor of the Quarter for the third quar-

ter of 2000 and selected as Sailor of the Year for 2001.

Caraballo is a sterling example of a First Class Petty Officer who consistently displays model military bearing and personal conduct, both on and off duty," said Capt. John R. Warnecke, Commanding Officer, Naval Station Roosevelt Roads. "He has always demonstrated a strong sense of leadership and exceptional management acumen," he concluded.

Caraballo and his wife Gail have three children, William, Samantha, and Nicole.

He is authorized to wear the Navy Commendation Medal, Navy and Marine Corps Achievement Medal (four), Meritorious Unit Commendation, Battle "E", Good Conduct Medal (three), Armed Forces Expeditionary Medal (two), National Defense Medal, Sea Service Ribbon (three), Kuwait Liberation Medal, Pistol Sharpshooter, Rifle Sharpshooter, and the Enlisted Surface Warfare Breast Insignia.

AIMD: Nominee for annual Phoenix Award

From Page 1

nee to DoD. AIMD Jacksonville technicians provide quality workmanship, extend mean time between failure (MTBF) for components inducted for repair and aggressively pursue cost avoidance in every endeavor. Increasing efficiency and production governs the daily activity at NAS Jax AIMD.

According to ComNavAirLant officials, mission accomplishments, along with the department's quality of life programs were the deciding factors that gave AIMD the edge over other claimant competitors for the award.

The ComNavAirLant endorsement further demonstrates that AIMD Jacksonville is among the finest maintenance units in the United States Navy today. With this nomination AIMD Jacksonville also demonstrate its standing among the outstanding maintenance units in the Department of Defense.



Photos by Kaylee LaRocque

AM2(AW) Riley Goodman (right) works on an Arbor Press to remove the races off a P-3 rim in the Tire Shop.



AD2(AW) Dominick Wallace works on a T-56 engine at Power Plants.



AT3 Matthew Kwader (above) conducts a diagnostic test on a circuit card in the Consolidated Automated Support System Shop.

AT2(AW) William Rivera solders a valve starter in the Micro-mini Shop at AIMD.



AM1(AW) Michael Salinas instructs AMAN Anthony Carlino on how to cut sheet metal in the Airframes Shop.

'Ready to Fight, Ready to Win'

SecNav, CNO & CMC address House Armed Services Committee

WASHINGTON (NNS) — Investments in manpower and current readiness have and will continue to pay big dividends, the leaders of the Navy and Marine Corps team told the House Armed Services Committee Feb. 13, during the Fiscal Year 2003 Defense Authorization Budget Request Hearing.

"The Chief of Naval Operations, the Commandant and I all agree that we must continue to keep faith with our people by providing them the pay and benefits they so richly deserve, and must also ensure that our forces remain trained and ready to carry out missions in the war on terrorism," said Secretary of the Navy Gordon England.

"To this end, we have prioritized spending on critical readiness elements such as adequate flying hours and steaming days, spare parts, preventive maintenance and replenishing our inadequate stockpiles of precision munitions," England said.

"We've added more than \$3 billion to our operations and maintenance account and an additional \$1 billion to buy munitions. On the personnel side of the equation, we increased the military personnel account by about \$4 billion."

England told the committee he believes that the Navy and Marine Corps have made the "right choices" on the 2003 budget.

"We can never afford to break faith with our people on adequate pay and bene-

fits, and it makes no sense to shortchange current readiness and munitions at a time when the nation is at war," the SecNav said.

The new budget funds five new ships and two Trident submarine conversions.

While many of the committee members offered support for more ships to be funded in the budget, Chief of Naval Operations Adm. Vern Clark stressed the need to spend the dollars available this year on current readiness during the war on terrorism.

"Our decision to make current readiness a top priority is paying off at sea and over Afghanistan," the CNO said.

"With your support, we have made significant progress in increasing the readiness of the fleet. Increased funding for spare parts and maintenance and training has, in fact, resulted in better readiness and improved performance and absolutely higher morale," he added.

"While continuing the positive trends in priorities one and two — that's manpower and current readiness — our Navy must now sharpen its focus on force structure in the years ahead. This is part of what I call future readiness," Clark said.

"This budget supports investment to recapitalize part of our fleet, but there is more that we need to do to ensure tomorrow's Navy remains the finest in world."

The CNO told the com-



Photo by PHC Dolores Parlato

Secretary of the Navy, The Honorable Gordon R. England, (center), accompanied by Commandant of the Marine Corps Gen. James J. Jones, (right), and Chief of Naval Operations Adm. Vern Clark, (left), testify before the House Armed Services Committee on the proposed fiscal year 2003 budget. This year's proposed U.S. Navy budget is the largest in two decades.

mittee about the Navy's successful manpower efforts over the last year.

"I have talked to this committee about our battle for people, and this year I am happy to report that we are winning that battle," Clark said.

"Not only has our Navy met its recruiting goals for the past three years, but you will be happy to know that retention is reaching record levels, the best I have seen in my 32 years of service to date, and attrition is decreasing."

The leaders emphasized the critical role the Navy-Marine Corps team is playing in the war on terrorism. Marine Corps Commandant Gen. James Jones said the strength and reach of the Navy-Marine Corps team has been the solution to the "access challenge" in Afghanistan.

"We draw our strength

from our partnership with the United States Navy," Jones said.

"Operation Enduring Freedom dramatically highlighted the fact that we're no longer just an amphibious force in the classic World War II sense, but we're truly an expeditionary force that can project combined arms up to and beyond 600 miles inland in a landlocked country and sustain it," he continued.

England stressed that the Navy and Marine Corps were ready on Sept. 11 and remain ready to support the war on terrorism around the world.

"I don't believe in my adult life I have seen a time in which the combat capabilities and mobility of the Navy-Marine Corps team have been more important to our joint warfighting effort," said England.

"In my view, not since World War II has the inherent mobility of combat power at sea been so critical to our ability to take the fight to the enemy and sustain that effort over time."

The CNO praised the American people and Congress for their support and applauded Sailors for their service.

"Your Navy's performance in the present war — in the immediate aftermath of the September 11 attacks and in the ongoing campaign — is simply outstanding, and it is no accident," Clark said.

"It is the result of strong support and sustained investment from the American people and from the Congress. It is the result of great equipment. It is the result of technology. But more than anything

else, it is the result of the hard work and the dedication of the highly trained Sailors of the United States Navy. I'll tell you, I'm mighty proud to be their CNO."

"I do believe that this war is demonstrating very clearly, in a most powerful manner, why we have a Navy: to carry the sovereignty of the United States of America to the far corners of the earth, with credible combat power ... ready to respond, ready to fight, ready to win," Clark stated.

I believe that our Navy is as an integral part of the joint team, but first and foremost, the Navy-Marine Corps team," the CNO said. "It is truly inspiring to know that our nation is united in fighting freedom's fight. We are going to win this war."

NavResRedCom Southeast awarded outstanding command

From Naval Reserve Readiness Command Southeast

Naval Reserve Readiness Command Southeast (RedCom) received the Rear Adm. F. Neale Smith Award on Feb. 15 for achieving the highest caliber of mission effectiveness among nine RedCom regions.

The award, named after a former Naval Surface Reserve Force commander, recognizes outstanding efforts in peacetime support, personnel program management, training and medical and dental readiness.

"When I came on board Sept. 22, I was looking forward to working with the best RedCom. Now I'm not the only one who knows it's the best," said Rear Adm. Kenneth Belisle, commander, RedCom Southeast Readiness Command.

Belisle said he was proud of the team effort by the 70-plus staff. RedCom Southeast located at NAS Jacksonville will be recognized on April 6 at the Omni Jacksonville Hotel in a ceremony sponsored by the Naval Reserve Association.

'Crews into Shape' during Wellness Contest

By Cmdr. Katherine Natoli Wellness Center

March is National Nutrition Month and the Navy Environmental Health Center, NAS Jax Wellness Center and MWR Fitness Source are sponsoring a wellness challenge "Crews into Shape."

This is a four-week chal-

lenge with teams consisting of four to 10 members. Points are earned for exercising, maintaining or achieving a weight goal, eating five or more fruits and vegetables a day, and drinking water daily.

The top three teams at NAS Jax will get awards, the top four teams in the

Navy and Marine Corps will also get awards. The challenge runs March 4-31.

Teams may consist of active duty, reservists, retirees, family members or civilian employees of the Navy/Marine Corps.

Contact HMC(FMF) Lafontant at 542-5292/3/6.

Luncheon: Judge Drayton-Harris gives keynote address

From Page 1

Boensel gave opening remarks to the crowd.

"We are here today to honor those who make a difference in defending our country," said Boensel. He then took the time to recognize and pay tribute to a few of the many African-Americans on base who he has the opportunity to work with on a daily basis.

"I am proud to be at NAS Jacksonville because I am fortunate enough to interact daily with great Americans," he concluded.

The singing duo, "Twin Towers" and a husband and wife jazz ensemble performed a few songs for the audience. A soul food buffet was served as the winners of the Black History Trivia Contest were announced.

The Honorable Judge Pauline Drayton-Harris took charge as she stepped onto the podium to address the audience. She spoke about her earlier days as a lawyer.

"People would assume I was a secretary before finding out that I was the Regional Legal Advisor for the Florida Department of Law Enforcement," she recalled.

She went on to explain the 1955 custom of using the bussing system for Blacks. They would pay the 11 cent fee at the front of the bus, get off, and re-enter at the bus side door. Rosa Parks, then a 42-year-old seamstress, refused to give up her seat, defying a Montgomery, Ala. law that required Blacks to ride in the back of the city's buses. When Parks refused to give up her front seat in the first row of the black section, she was arrested, and the leaders of the Black community began their planned protest against the city's segregation laws. In November 1956, the U.S. Supreme Court ruling that segregation on public buses was unconstitutional ended the boycott, which had gained national attention.

"Rosa Parks was a woman of determination, and she knew the consequences for not giving up her seat would be severe," spoke Harris. "It takes all of us to say that racism will not be tolerated, and to stand up to intolerance."

She honored the African-Americans whose contributions to our society and way of life have never been recognized. She spoke about how stereotypes should not be tolerated by the offending group.

"I will never use the 'N' word or look at it as endearing because it was not meant to be an endearing term," she said.

"Ideally we should only be representing ourselves, but unfortunately we represent our race," said Harris.

"We lose sight that we are

all a part of one race and that is the human race. Although the segregation signs have been brought down, we still have a problem. If there is intolerance in your mind, the signs are still invisibly posted."

Harris gave suggestions to Sailors about solving the intolerance problem.

"Members of the armed forces in positions of authority, look at your Sailors individually, do not group them together and assume," she concluded.

Thomas educated the audience with some military history about the Buffalo Soldiers, the Tuskegee Airmen, Black Sailors of WWI, and the continuing contributions of African American service members today. Although African Americans have participated in every major U.S. war.

She explained that the battle for integration and for recognition of accomplishments of Black Soldiers and Sailors has been a slow process. It wasn't until after World War II that the U.S. armed forces became integrated under a 1948 executive order by President Harry S. Truman.

Thomas spoke about the importance of recognizing all human efforts for striving for racial equality.

"As African Americans, we did not get to where we are today alone, if it weren't for the White civil rights workers and the people in power, we would not be where we are now," she said.

She openly drew on the fact that we as a nation are not equally unbiased, but reaffirmed how we have made significant strides and are continuing endless efforts to tear down the racism walls that divide us.

She advised Sailors on how to handle unaccredited and destructive attitudes in life. "When people do not know what buttons to push, you are winning half the battle, never let them see you sweat!" she said. She then thanked the Sailors for the lifestyles they chose.

"I know military life isn't getting any easier and you all sacrifice your families for God and Country and I thank you," she ended.

As we take this month to recognize contributions from African Americans to America, we should remember advice from the strongest African-Americans who lived before us.

"We should emphasize not Negro History, but the Negro in history. What we need is not a history of selected races or nations, but the history of the world, void of national bias, race hate, and religious prejudice." Carter Woodson (1875-1950) on founding Negro History Week, 1926.



The official party, (from left): Judge Pauline Drayton-Harris, Senator Regina Thomas, Capt. Mark Boensel, commanding officer NAS Jacksonville, Rear Adm. Jan Gaudio, commander, Navy Region Southeast, and AO1(AW) Jwawn Short, Multicultural Awareness Committee president all believe in striving for equality throughout the human race.

Photo by JO3 Jackie Bratt



Sailors attend workshops at the Career Decision Fair aboard NAS Jacksonville.

Photo by JO3 Jackey Bratt

Career Fair expands options for Sailors

By JO3 Jackey Bratt
Staff Writer

NAS Jacksonville hosted a Career Decision Fair last Feb. 19-21.

Having a good concentration and variety of different rates, Jacksonville was the choice to host the fair. The primary purpose of the event, which was held at various locations on station, was to ensure that Sailors and their families have all the information they need to make a major career decision.

Events at the career decision fair provided information to area Sailors and families to facilitate informed career decisions. They saw a fair and balanced comparison of current Navy and private-sector compensation, benefits and quality-of-life opportunities.

The secondary purpose was to train commands to further encourage Sailors to make informed decisions when it comes to their futures.

Assigning all personnel in accordance with Navy directives and policies to meet both the needs of the Navy while striving to satisfy the professional and

personal goals of the individual in a most responsive, courteous and service-oriented manner is the mission of Navy detailers.

In the past, a detailer was thought of in a cold way through the eyes of many Sailors. Today, your detailer is just a 'click' away by email or a telephone call away. The detailers of today are trained to think of the Sailor and their families. However, it is also the Sailor's responsibility to think of their families when making decisions.

"A lot of people aren't aware of their benefits concerning their career," said AM1(AW) Michael Garrett, attached to Naval Personnel Command, Millington Tenn. Garrett was one of the seven detailers that Sailors could speak to at the fair. Garrett spoke about the importance of Sailors knowing what is available as far as billets and job opportunities in the fleet.

"Being informed is the key to success," he said, "it gives you the ability to make sound decisions."

The fair offered education for every Sailor. It gave a thorough description of the detailing process and Job

Application Selection System (JASS) operations. JASS is a system designed to involve Sailors in the detailing process.

There was also an enlisted selection board brief for E5s-E8s. There were senior enlisted, (E6 and above) career information workshops as well as junior enlisted (E5 and below) workshops. Officer detailers from the surface warfare, submarine and aviation

communities offered community-specific briefings and one-on-one detailer interface.

"This event is great. It aided me in information about my future career choices," said YN2(AW) Felicia Foyd, attached to Personnel Support Detachment (PSD).

The detailers at the fair answered questions that many Sailors had, for example how to go about

getting orders.

"We've asked all the career counselors to start talking to their Sailors approximately a year before their Expiration of Active Obligated Service (EAOS). This is so that when they are about nine months prior to actually leaving their current duty station and are talking with their detailer, they will be somewhat educated on the possibilities avail-

able for their next duty station," said Garrett.

They also spoke about Guard 2000. The new program allows prescribed sea tour waivers for first term Sailors and allows detailers greater latitude in assigning Sailors to lower priority requisitions.

The fair was a chance for Sailors to take control over their careers and finally put a face to their detailer's name!

Looking for a civilian job? Here's help

From the Retired Officers Association

Director of the Officer Placement Service for the Retired Officers Association, "Buzz" Buse, an expert on transitioning from military to civilian employment, will be at the Station Theater on March 18 at 9 a.m. to talk to officers, senior non-commissioned officers, and spouses on "Marketing Yourself for a Second Career."

In his free two and a half hour presentation, Buse introduces the audience to the realities of the competition in the civilian job market; the perceptions civilian employers have of military personnel; plan for the job search; tips for strengthening the resume; networking

plans; preparing for and conducting a successful interview and salary negotiations and benefit packages.

The lecture is presented annually at more than 100 U.S. military bases worldwide. It is up-to-date, hard hitting, and sharply focused. It has a reputation as a "must attend" for those two to three years or less from separation or retirement.

Military members and their spouses, are invited to attend the free lecture. While there, they may ask questions and will also receive a free copy of the publication, Marketing Yourself for a Second Career.

Those with questions may contact Lee Garland at 542-2766 ext. 146.

Army 345th Combat Support Hospital to train in Guatemala

By 1LT Jeff Burnsed

U.S. Army Reserve, 345th Combat Support Hospital

The 345th Combat Support Hospital is currently participating in a Medical Readiness Training Exercise (Medrete) in Guatemala. The exercise began Feb. 16 and runs through March 2.

About 40 soldiers are involved in the event, which is based in Zacapa. From there, the soldiers are traveling and working from three sites in the region.

The main focus of this mission, according to Unit Commander Col. William Myers, is "to train soldiers in delivery of care to large numbers of people with limited assets, and to provide medical assistance to the citizens of Guatemala. Preventative medicine classes, medical exams, dispensing of medication, dental exams, dental treatment and ophthalmological treatment is being given."

"The mission is expected to enhance international relations between the two countries. It provides an opportunity to better the public image of the U.S. Armed Forces and enhance American and Guatemalan sol-



Soldiers of the U.S. Army Reserve 345th Combat Support Hospital are currently training in Guatemala.

dier readiness. It demonstrates American compassion to needy individuals.

American soldiers are involved in a situation of learning, while simultaneously meeting critical needs of others. This follows President George W. Bush's leadership regarding American military contributions to others.

Leading the mission is 2LT. Steven McKnight who is being afforded unusual authority for a junior officer as he commands the activity. "The position is usually occupied by a

captain. But, McKnight has shown enthusiasm, and demonstrated Army values... He has been given this position of authority to progress his military leadership training," noted Myers. The 345th family sees this as an "extremely important and vital endeavor, a tremendous opportunity to serve others while contributing valuable training for our own soldiers. It can be described as a true 'God and Country mission,' and one that will be conducted with professionalism, courage, class and dedication.



Photos courtesy of the U.S. Army Reserve 345th CSH

345th Combat Support Hospital personnel train to administer emergency medical treatment in a "chemical warfare" scenario.



\$\$ Dollars from the dumpster \$\$



AR Ronald King (above) dumps some cardboard onto the baller conveyor to be compressed and baled.



AN Hans Gervais (right) sorts tons of recyclable paper by its color.



OSSN Adrian Durr (below) sorts through aluminum cans, pulling a plastic bottle from the pile.



CNO honors NAS Jax recycling program



By JO2(SW) Shae Blasko
Staff writer

The Chief of Naval Operations (CNO) recently announced the winners of the 2001 CNO Environmental Awards. NAS Jacksonville won the Recycling, Non-Industrial Installation Award. The awards will be presented by the CNO at an awards ceremony slated for April 30 at the Navy Memorial in Washington, D.C.

NAS Jacksonville was one of four Southeast Region and Caribbean commands to capture a CNO Environmental Award out of 21 Environmental Awards announced Navy-wide.

NavSta Guantanamo Bay, Cuba took the Natural Resources Conservation, Team Award while NavSta Mayport, Fla. and SuBase Kings Bay, Ga. won the Environmental Quality, Non-Industrial Installation Award. These bases will advance to the Secretary of the Navy (SecNav) Environmental Awards competition, with the potential to advance to the Secretary of Defense Environmental Awards competition. NAS Jacksonville will not compete at that level as there is no further competition in the recycling category.

Commander, Navy Region Southeast Rear Adm. Jan Gaudio congratulated the Southeast Region win-

ners and commended all who competed.

"Competing for the CNO Environmental Award reflects the long-term commitment to environmental compliance and stewardship that exemplifies the professionalism we possess in Navy Region Southeast. All of our environmental teams are of the highest quality," he stated by message.

Capt. Mark S. Boensel, NAS Jacksonville commanding officer, offered his congratulations to the Station's Environmental/Recycling team stating, "Not only are these



\$\$ Dollars from the dumpster \$\$



AT3 James Dillinger (right), assistant leading petty officer of the Recycling Center, stacks one of the many 300-pound cardboard bails that will be recycled in the future.



OS2 Tony Molano (above) dumps glass into the glass shredder.

Photos by
JO2(SW) Shae Blasko

AD3 Sean Gloyd (right) sorts through the many crates of colored plastic that will eventually be compressed by the plastic bailer.



Recycling: A team effort that includes you

You can help keep NAS Jacksonville's Recycling Program on the Navy's "A" list by pitching in to recycle and properly sorting recyclables to streamline the work at the Recycling Center.

Materials accepted

- **Cans:** All aluminum or metal food and beverage cans. (Examples: tuna, coffee, vegetable and pet food cans.)
- **Paper:** All newspaper, inserts and typing/computer paper.
- **Glass:** All clear, green and brown glass food and beverage containers. (Examples: mayo, ketchup, wine, beer, soda and ketchup.)
- **Plastic:** Plastic beverage containers - all plastic containers are not recyclable in the current market. We can take milk, water and two-liter bottles only.
- **Cardboard:** All cardboard and brown grocery bags. (Large cardboard boxes can be picked up by calling the recycling center at 542-3113.)

Materials not accepted

- **Cans:** No paint, aerosol or auto product cans.
- **Paper:** No carbon paper.
- **Glass:** No windows, auto, mirrors, light bulbs or ceramics.
- **Plastic:** No bags, wrappers, toys, Styrofoam, bleach bottles, detergent or non-beverage containers.

How to prepare recyclables

- **Cans:** Throw away lids and labels, rinse thoroughly.
- **Glass:** Throw away lids and neck rings, rinse thoroughly.
- **Plastic:** Rinse thoroughly and crush.
- **Paper:** Bundle newspapers and other recyclable paper in brown grocery bags and place in recycling bin.

RECYCLING: NAS Jax wins CNO award

From Page 10

hard working folks doing great things for the environment, they are also contributing to the ability to beautify the air station with the money we receive from selling our recycled material. It's a real 'win-win' situation. I'm very proud of them."

The people whose hard work earned this prestigious recognition are justifiably proud.

"It's a great sign of accomplishment to receive this award," said MMC(SW) Bruce Taylor LCPO of the NAS Jacksonville Recycling Center, a division of the base Morale, Welfare and Recreation Department. "It shows how hard we work here at the Recycling Center."

"This is a great honor to be recognized for what we do every day," added AT3 James Dillinger, assistant leading petty officer. "The majority of Sailors who work here

are mainly Navy veterans (NAVets) returning to active duty. They are assigned to the Transient Personnel Unit (TPU) and work at Recycling until they receive orders to their next duty station," he explained.

Facts and figures demonstrate just how hard NAS Jacksonville's Environmental and Recycling teams have worked.

In total, the center recycled 7.5 million pounds of materials in 2001, generating \$150,000 in non-appropriated funds and saving more than \$750,000 in appropriated funds from landfill cost avoidance. One hundred percent of the dollars realized through recycling goes to base quality of life programs managed by the Morale Welfare and Recreation Department.

The dollars add up, can by can and newspaper by newspaper. The center recycled more than 1,600 tons of cardboard and processed

more than 7.5 million pounds of materials (scrap metal, glass, cardboard and newspaper) last year.

The center doubled the amount of paper processed through its shredded paper recycling program which is a cooperative effort with local businesses. The center bags, sells and delivers shredded paper to local pet shops. It has increased the value of this product from approximately \$60 per ton to more than \$800 per ton. This program alone generates more than \$1,000 per month in profits.

The center also recycled more than 1,200 pieces of barracks furniture that had been deemed unsuitable for resale by the Defense Reutilization and Marketing Office (DRMO) last year.

The NAS Jacksonville Recycling Center is open from 7 a.m. to 3 p.m. Monday through Friday except holidays. For recycling information call 542-3113.

NAVY NEWS

USS John F. Kennedy changes Skipper

ABOARD USS JOHN F. KENNEDY (CV 67) - Capt. Ronald Henderson, Jr., assumed command of USS John F. Kennedy (CV 67) Feb. 12, during an all-hands ceremony held on the flight deck.

A Strafford, Pa. native, Henderson is the 28th Commanding Officer of Kennedy. He recently completed a tour as commanding officer of USS Juneau (LPD 10), an amphibious transport ship forward deployed to Sasebo, Japan.

During his career, Henderson participated in Operations: Desert Shield, Southern Watch and Allied Force; and has completed deployments with: USS Midway (CV 41), USS Enterprise (CVN 65), USS Constellation (CV 64), USS Independence (CV 62), and USS Nimitz (CVN 68). Henderson was commanding officer of Strike Fighter Squadron 146. While assigned to VFA-146, the "Blue Diamonds" were recognized with the Estocin Award as the best F/A-18 squadron in the U.S. Navy.

Kennedy is currently participating in the final phase of a joint task force exercise (JTFFEX) off the Eastern Coast of the United States. JTFFEX is the final training milestone for the carrier and its battle group to achieve certification for overseas deployment in support of Operation Enduring Freedom.

Henderson relieved Capt. Turk Green who will return to an assignment as Chief of Staff, at Naval Air Forces Atlantic. Rear Adm. Steven Tomaszek, the battle group commander, presided over the ceremony.

TR wins Battle 'E' Award for 2001

USS Theodore Roosevelt (CVN 71) is the winner of the 2001 Battle Efficiency (Battle 'E') Award.

Commander, Naval Air Force Atlantic (AirLant) sent the good news to the crew of "The Big Stick" Saturday as it supported Operation Enduring Freedom in the North Arabian Sea.

The Battle 'E' recognizes Theodore Roosevelt as the best carrier in the Atlantic fleet during 2001. The ship's crew won efficiency awards in all 11 categories, the first time in recent memory that a carrier has done that.

According to Capt. Rich O'Hanlon, commanding officer of Theodore Roosevelt, the crew earned the Battle 'E' by hard work and determination over the



Capt. Ronald Henderson, Jr.

past year.

"Throughout the year, the performance of the ship is measured by all of the events that are completed on board, from running drills to issuing gear," O'Hanlon said. "Whether it's our flight hours or how well we do on Operational Risk Management, everything we do is graded and recorded and kept by AirLant. So, the fact that our crew was recognized, and stood out among some stiff competition among the other East Coast carriers, is truly tremendous."

"This is proof that the folks back home know how hard we've worked, and that they feel we're doing a great job out here," agreed O'Hanlon. "I could not be prouder to be a part of this crew, on this ship, at this time."

Further demonstrating the efficiency of the Roosevelt and Carrier Air Wing (CVW) One came when the carrier performed its 10,000th arrested landing ("trap") Wednesday while supporting Operation Enduring Freedom.

The landing, made by Rear Adm. Mark Fitzgerald, commander, Theodore Roosevelt Battle Group, came at the end of a scheduled mission.

Fitzgerald said that he wanted to be the 10,000th trap, "to make people aware that we had gotten (it). Everybody on this ship had a hand in making those 10,000 traps."

The milestone has been achieved in the past, but not in five months, according to Fitzgerald. In other deployments, it took as many as nine or ten months to achieve it.

"(The 10,000th trap) was done in wartime, it was done operationally, in a short period of time and it was done safely, which



Rear Adm. Mark Fitzgerald, Commander Carrier Group Eight (CCG 8), flying in an F/A-18 Hornet jet fighter of VFA-82 "Marauders" makes an arresting gear landing on USS Theodore Roosevelt (CVN 71) Feb. 20.

impressed me the most," Fitzgerald said, adding that there are still hundreds of arrested landings to go this deployment.

Navy introduces new 'Knighthawk' helicopter

CORONADO, Calif. - The Navy introduced the newest aircraft to hit the Fleet, the MH-60S Knighthawk earlier this month.

Surrounded by hundreds of Sailors and numerous models of the SH-60 Helicopter at the ceremony at NAS North Island, the Chief of Naval Operations, Adm. Vern Clark, joined naval aviators and industry executives to formally introduce the Navy's newest helicopter into the fleet.

The "Packrats" of Helicopter Combat Support Squadron Three (HC 3) stationed at NAS North Island in Coronado, Calif. are the first squadron to fly the Navy's newest helicopter.

"This helicopter will make our force more lethal and combat capable," said CNO.

The Knighthawk will replace the CH-46D Sea Knight's mission of carrier battle group logistical support, including inter-battle group replenishments of bombs and supplies as well as personnel transport.

As two CH-46's and three MH-

60's flew in formation over the ceremony, participants and spectators witnessed history in the making. The Knighthawk's introduction to the fleet is truly a milestone in naval aviation.

The first Knighthawk arrived at North Island on Dec. 19, 2000. Pilots at HCS-3 began training flights in the new aircraft in October 2001.

The Knighthawk will soon arrive at its first operational fleet squadron, Helicopter Combat Support Squadron Five (HC-5) in Guam.

"The MH-60S is the first building block in a 20-year plan to recapitalize our helicopter force," Capt. Greg Hoffman, Officer in Charge of the MH-60R/S Fleet Introduction Team, said. "HC-3 aircrews and maintainers are spearheading this transition." Helicopter support squadrons will be the first to receive the new helicopter.

The MH-60S is more than just a replacement for the aging CH-46, it is the helicopter of the Navy's future, designed with growth in mind, a characteristic which will allow it to adapt and evolve as its mission capabilities are fine-tuned to suit the Navy's needs.

Throughout the next decade, leaders in naval aviation anticipate that the Knighthawk will not only replace most exist-

ing Navy helicopters, but will be instrumental in the development of entirely new helicopter missions.

"In the helo master plan, we're going from seven airframes down to two as the Romeo and Sierra get outfitted with new systems and become more multi-mission capable," explained Hoffman.

From a distance, the new airframe looks similar to the SH-60 B and F that crews are accustomed to seeing in the fleet. Notable visual differences between these versions and the MH-60 include a tail wheel which sits further aft, permitting more aggressive landings in confined zones over land, and engine exhaust venting which effectively reduces the aircraft's heat signature.

The cabin is redesigned to make it cargo and passenger compatible and opposing main cabin sliding doors enable rapid troop entry and disembarkation.

Other highlights include a new glass cockpit display, which integrates the latest advancements in avionics and ergonomics, using a combined GPS and inertial system for navigation. The digital instrument array is configured to enhance the pilot's scan and many switches and bezels remain undesignated, permitting enormous future growth potential.

Strike up the band

MUCM Richard Holdsworth conducts the Navy band Southeast Wind Ensemble at the Jacksonville Beach Pavilion last Sunday. This was Holdsworth last concert. He is retiring July 1 after 30 years of naval service.



Photo by JO2[SCW] Eric Clay



FROM THE GALLEY

Lunch

Herbed baked fish
Rice pilaf
Quick onion soup
Brussel sprouts
Chili macaroni
Scalloped potatoes
Succotash
Clam chowder

Dinner

Yankee pot roast w/ gravy
Rissolle potatoes
Steamed cabbage
Corn on the cob
Honey glazed Cornish hens
Whipped potatoes
Manhattan clam chowder

Saturday

Breakfast

Grilled bacon
Grilled hash browns
Farina
Sausage patties
Waffles
Omelets

Brunch

Chicken fillet sandwich
Sausage patties
Waffles
Beef noodle soup
Baked beans
Peas w/celery
Farina
French fried potatoes

Dinner

Meatloaf
Fried rice
Cauliflower Polonaise
Mulligatawny soup
Southern fried fish
Parsley buttered potatoes
Tomato gumbo

Sunday

Breakfast

Grilled ham
Hash browns
Omelets
Oven fried bacon
French toast puffs
Grits

Brunch

Hamburgers
Oven fried bacon
Grits
Corn chowder
Deep fried onion rings
French toast puffs
Assorted omelets
Corn on the cob

Dinner

Beef stew
Boiled noodles
Club spinach
Chicken rice soup
Fried chicken
Steamed rice
Steamed carrots
Biscuits

Monday

Breakfast

Oven fried bacon
Hash brown potatoes
Pancakes
Grilled ham slices
Oatmeal
Assorted omelets

Lunch

Veal Parmesan
Steamed noodles
Steamed broccoli
Tomato vegetable soup
Spaghetti w/meat sauce
Rice w/parmesan cheese
Simmered corn
Chicken noodle soup
Marinara sauce

Dinner

Chicken fried steak
Brown gravy
Whipped potatoes
Spinach
Roast turkey
Steamed rice
Steamed carrots
Chicken noodle soup

Tuesday

Breakfast

Creamed beef w/biscuits
Home fried potatoes
French toast
Grilled sausage links
Farina
Omelets

Lunch

Baked fresh ham
Rice pilaf
Peas and carrots
Tomato rice soup
Cajun meatloaf
Macaroni and cheese
Sweet potatoes
Mulligatawny soup

Dinner

El rancho stew
Franconia potatoes
Calico corn
Lemon baked fish
Steamed egg noodles
Steamed peas
Tomato rice soup

Wednesday

Breakfast

Oven fried bacon
Cottage fried potatoes
Corned beef hash
Farina
Assorted omelets
Waffles

Lunch

Fried/baked chicken
Baked macaroni and cheese
Corn on the cob
Jalapeno cornbread
Chili macaroni
Hopping john
Southern style greens
Chicken gumbo soup

Dinner

Pork chop suety
Noodles Jefferson
Parsley potatoes
Herbed green beans
Chilled apple sauce
Ginger pot roast
Glazed carrots
Beef rice soup
Steamed rice

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

Meal hours

Monday through Friday
Breakfast: 6 to 7:30 a.m.
Lunch: 11 a.m. to 1 p.m.
Dinner: 4:30 to 6 p.m.
Saturday, Sunday and holidays
Breakfast: 6:30 to 8:30 a.m.
Brunch: 10:30 a.m. to 12:30 p.m.
Dinner: 4 to 5:30 p.m.

Meal costs

Breakfast: \$1.60
Brunch/Lunch: \$3.35
Dinner: \$3.25

Thursday

Breakfast

Minced beef w/toast
Seasoned diced potatoes
Grits
Grilled bacon slices
French toast
Omelets

Lunch

Roast turkey
Mashed potatoes
Candied sweet potatoes
Hot cornbread
Baked ham
Cornbread dressing
Collard greens w/ham hocks
Tomato rice soup

Dinner

Syrian beef stew
Steamed broccoli
Spilt pea soup
Fried fish portions
Steamed egg noodles
Steamed rice
Glazed carrots

Friday

Breakfast

Oven fried bacon
Lyonnaise potatoes
Rolled oats
Corned beef hash
Apple fritters

JAX TALES

By Mike Jones - mikejones43@hotmail.com

www.rickystour.com



Special Olympics at NAS Jax, volunteers needed

The 2002 Area Five Special Olympics will be held at NAS Jacksonville March 16. Volunteers are needed to help with more than 600 Special Olympic athletes who are expected to participate in the games.

The Special Olympics athletes, from children to adults, will compete in a variety of events including running, throwing and the long jump.

About 800 volunteers are needed to be "Buddy" or "Event" volunteers.

Buddy volunteers pair up with their Special Olympics athlete and remain with him or her throughout the day. Buddy Volunteers are asked to arrive no later than 9 a.m., to accompany their athlete to the Opening Ceremony at 10 a.m.

Event volunteers are asked to



report by 8:30 a.m. They will help coordinate the athletic events or work in the Olympic Village, where other activities are available for the Special Olympic athletes who are in between events.

Volunteers may sign up at the following email addresses (make sure you include your name, address, tele-

phone number and e-mail address):
Buddy Volunteers - oparker@nas-jax.navy.mil (Dianne Parker, 542-2766 ext. 130)

Event Volunteers - dbonser@nas-jax.navy.mil (Bill Bonser, 542-2930.)

There is also a need for old trophies. Anyone who would like to donate old trophies for recycling may drop them off at the NAS Jacksonville Station Gym on Gillis Street, Bldg. 614 (542-3239). Each athlete will receive a trophy!

Due to heightened security aboard the base, athletes arriving on buses will be cleared in advance to enter the base. Vehicles without a DoD decal will park at the Reserve Center near the Birmingham Gate and ride a shuttle to the site.

HELPING HANDS

Teacher's Supply Depot needs volunteers

The Duval County Teacher's Supply Depot needs 8-10 volunteers to help out with the Depot's School Supply Give-Away on March 14 from 2:45-6 p.m. The Depot is located at 2525 College Street in Avondale. For more information call Chris Buckley at 381-7480.

St. John's River Clean-up activities

Navy volunteers are needed to help with the Duval and Clay County clean-ups on March 16 beginning at 8 a.m. A celebration for the Duval clean-up will be held at noon at Metro Park. A celebration will also be held in Clay County at the Clay County Agricultural Center (fairgrounds) at noon. For more information on these events call Sue Jantz in Duval County at 630-1704 and Tania Jolley in Clay County at 269-6374.

Florida-Georgia Blood Alliance needs help

Make a difference by volunteering your gift of time at one of our seven donor centers located throughout Jacksonville. Positions include greeting donors, assisting in the blood drawing areas, tele-recruiting previous donors, clerical and more. Hours are flexible and training is provided. Call Lisa Morris at 353-8263, ext. 333 for details.

Volunteers needed for Senior Fish-a-Thon

Senior citizens 60 years of age and older compete for awards during this unique Fish-a-Thon on March 15. Volunteers are needed to assist with set-up, serving refreshments and assisting participants fishing. Volunteers will receive a free lunch. Minimum age is 16. For more information call the City of Jacksonville Volunteer Services Office at 630-1020.

Sports assistants wanted

Volunteers are needed weekly beginning March 25 to help with Rallyball games for children from grades 3-6. Duties include: recording attendance, encouraging team members and assisting with team rotations. Minimum age is 14. For more information call Lindsay Bower at 359-5437.

FCCJ announces NAS Jax spring class schedule

Class schedule beginning March 11 - April 30, 2002
Classes begin at 5 p.m.

Course#	Course Title	Day
CGS 1080	Intro to Computers	MW
ENC 1101	English Comp I	MW
GLY 1010	Physical Geology	MW
HUM 2021	Humanities: Forum	MW
MAT 0024	Elementary Algebra	MW
MAT 1033	Intermediate Algebra	MW
SOP 1002	Human Relations	MW
AMH 2020	U.S. History II	T/TH
CGS 1570	Microcomputer App. Software	T/TH

DEP 2004	Human Growth and Development	T/TH
GLY 1010L	Physical Geology Lab	TH
ENC 1102	English Comp II	T/TH
EUN 1001	Western Civ: 1589 - Present	T/TH
MAN 2300	Human Resource Mgmt	T/TH
CGS 1570	Microcomputer Application Software	MW
DEP 2004	Human Growth and Development	MW
MAT 1033	Intermediate Algebra	MW
ENC 1102	English Comp II	T/TH
HUM 2211	Humanities: Foundations	T/TH

If you have any questions please call 771-3979.

Navywide advancement exams upcoming

The following is the upcoming Navywide advancement exam schedule:

E4 - March 5, 6:30 a.m. - Hangar 1000

E5 - March 12, 6:30 a.m. - Hangar 1000

E4 - March 19, 6:30 a.m. - Hangar 1000

All participants must be in the uniform of the day and must bring their I.D. cards.

The Navy advancement examinations now have 200 questions - some of which are based on occupational standards, and others on professional military knowledge (PMK). The occupational/PMK ratios are

100/100 for E7, 115/85 for E6, 135/65 for E5, and 150/50 for E4. The occupational questions are presented first, with the PMK questions following. The PMK questions are identical for all candidates, across ratings, within pay grades. In other respects, guidance for 200 item exams are the same as for the 150 item examinations; only the exam length changes. The bibs continue to be exam specific. The time of administration continues to be three hours.

Navy Legal wants info on A&B Marketing

The Naval Legal Service Office (NLSO) is seeking individuals who have purchased a water softening system from A&B Marketing or RAINSOFT, Inc., or whom have been subject to a lawsuit filed by the above companies in the last four years.

Please contact Lt. Bradley Wellborn at the Naval Legal Service Office, Mayport at 270-5445 or email him at wellbornb@jag.navy.mil for an important advisory as to your rights.

THE GO WITH USO

The USO has tickets for the following upcoming events:

Monster Truck Show - March 2. Pa party starts at 4:15 p.m., gates open at 5:30 p.m. and the main event begins at 7:30 p.m.

USO ticket prices are \$16 for club seats and \$14 for general admission. All tickets include a free "Pa Pass" to the party, a \$5 value. Orders will be taken through the Feb. 27.

Harlem Globetrotters - March 6. A pre-game Chalk Talk begins at 5:30 p.m. and the game begins at 7 p.m. USO tickets are \$15 and \$18. Box seats are \$27. Orders will be taken through Feb. 29.

Dragon Tales Live "Missing Music Mystery"

March 7 at 7 p.m. All seats \$12.00

March 8 at 10:30 a.m. (matinee) and 7 p.m.

March 9 at 1 p.m. and 4:30 p.m.

March 10 at 1 p.m. and 4:30 p.m.

Ticket prices are: \$12 for the March 7 show, \$15 and \$11 for all other shows except the children's matinee when tickets are \$9.

Orders will be taken through March 1.

All tickets ordered through USO will be picked up at the Will Call window.

MWR NOTES

It's Blarney time again

As the luck of the Irish would have it, Mulligan's 19th Hole will be throwing its annual St. Patrick's Day Bash on March 15. This blow out is open to all hands and happy hour kicks off at 4 p.m. Enjoy beverage specials, munchies and Karaoke.

Mulligan's offers happy hour every Wednesday and Friday from 4-6p.m. and serves up daily lunch specials Monday-Friday. Call 542-2936 for lunch specials.

Travel fair and MWR expo coming up

Enjoy thousands of dollars in weekend giveaways, tickets and more at the annual Travel Fair on March 16 from 10 a.m. - 2 p.m. in the Navy Exchange/Commissary parking lot. There will be fun for the entire family, so don't miss out on this free chance to win awesome prizes. It only happens once a year. Call 542-3318 for information.

The hunt is on

Youth Activities is holding their second annual Night Easter Egg Hunt on March 22 at McCaffrey Softball Complex. It's free and open to all children base wide. If you live in Yellow Water Housing, they will be hunting for eggs at Yellow Water Youth/Family Activities on March 23 from 9-10 a.m. For more information about Youth Activities call 778-9772.

Yellow Water Yard Sale

Need cash? Start digging through those drawers and

closets and take part in the Yellow Water Yard Sale on March 16. Details can be obtained by calling 777-8247.

'Gear Up' for springtime camping

Mulberry Cove Marina is offering two items of camping gear free when you rent a 3 or 4-person tent during the month of March. It is also a great time to learn to sail.

Classes are taught at Mulberry Cove Marina and include textbooks, materials, use of sailboats, required training equipment and fees for instructors and certification.

March 8-10 - Basic Sailing Keelboat - cost \$55 per person
 March 9 - April 7 and April 23 through May 21 - Basic Centerboard-Cost \$80 per person

Classes are open to Active Duty, Family Members, Reservists, Retirees, DoD and NAF employees (must be 18 or older).

For more information on sailing or other water activities call 542-3260.

Bowling on base

Xtreme Bowling on Saturdays from 4-6 p.m. starting March 2. The cost is \$21.95 per lane and includes up to six pairs of shoes or \$6 per person, includes shoe rental. Color pins will be in each lane and if you get a strike when the color pin is in the head position you win a free game.

Enjoy music of party favorites and Top 40 music while you bowl in a non-smoking atmosphere. Call 542-3493 for info.

I.T.T. offers trips

I.T.T. is on the go again with trips open to all base personnel and their guests.

March 16 - St. Patrick's Day in Savannah
 March 23 - Renaissance Festival
 March 27 - Baseball at Disney
 March 29 - University's March Gras
 April 5-6 - Charleston
 For details call 542-3318.

Budweiser Brew House

Budweiser Brew House is located on the corner of Jason Street and Saratoga Avenue. Happy hour is Wednesday and Friday from 4-6p.m. and Mondays from 4-6 p.m. and 9-10 p.m. Enjoy free munchies and discounts on beverages. The Zone serves lunch and dinner seven days a week and offers a dining atmosphere. Daily lunch specials are served Monday-Friday. Call 542-5009 for info.

MWR is at your fingertips click on the MWR Tab located on NAS Jacksonville's homepage at www.nasjax.navy.mil if you have comments or questions e-mail us at mwrmtg@nasjax.navy.mil.

COMMUNITY CALENDAR

The Navy Wives Club of America, NWCA Jax No. 86, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m.-1 p.m. Call 772-0242 or President Barbara Howard at 471-1444.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting, the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information call 278-9415.

Submarine Sailors - If you have qualified on a United States Navy submarine in the past or present

you are invited to join the newly inclusive established organization, called "First Coast Sub Vets". If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. For more information call Ron Robertson at 241-6222 or email rjjax@medsone.net.

Girl Scout Troop 333 meets every Wednesday from 7:48-8:30 p.m. at NAS Jacksonville Chapel Annex. All girls grade 4-6 are invited Adults are also needed. If interested contact Lynne Sebring at 317-2363 or come to the meetings.

St. Joseph's New Directions is a year-round support group for the divorced and separated. Meetings are held the second and fourth Wednesday of every month. The meetings start at 6:45 p.m. and are held at the LI'

Angels room at St. Joseph's main church on Loretto Road. Call 268-1591.

A Black History Month Luncheon is today at the Mayport Naval Base Sea Breeze Club at 11:30 a.m. Guest Speakers are Brig. Gen. Cornell Wilson, Jr., commanding officer, Fourth Force Service Support Group and Judge Pauline Drayton-Harris, Fourth Judicial Circuit. Tickets are \$10. For more information call HM2 Short at 696-5017/6153.

The U.S. Lacrosse Board Orlando is seeking candidates for referees and umpires for boy's high school Lacrosse in the Jacksonville, St. Augustine, and Flagler-Palm Coast areas. For more information contact Joe Stewart at (407) 208-1320.

TRICARE Fiscal Year catastrophic cap reduced for retirees, their family members, survivors

From TRICARE Management Activity

The TRICARE fiscal year "catastrophic cap" has been reduced from \$7,500 to \$3,000 for uniformed service retirees, their family members and survivors. The cap is the maximum amount of out-of-pocket costs these beneficiaries are required to pay for medical care during a fiscal year (Oct. 1 - Sept. 30).

For active duty family members, the catastrophic cap remains \$1,000 per fiscal year.

The catastrophic cap reduction is retroactive to

Oct. 1, 2000. Retirees, their family members and survivors who have paid more than \$3,000 out-of-pocket for TRICARE-covered services are eligible for reimbursement. The managed care support contractors (MCSCs) will search their files and identify beneficiaries due refunds.

Beneficiaries who have saved their receipts and choose to initiate a request for reimbursement may do so by contacting their regional claims processor for guidance on where to submit their receipts and claims.

It is not necessary for

beneficiaries to resubmit claims already paid by TRICARE to qualify for reimbursement of the amount paid over the catastrophic cap.

For retirees, their family members and survivors enrolled in TRICARE Prime, there is an enrollment year cap. The enrollment year cap begins on the anniversary date of enrollment in TRICARE Prime, and applies to all enrollees. Catastrophic caps, both fiscal year and enrollment year combined, will not exceed \$3,000 in a given 12-month period for retirees, their family mem-

bers and survivors, and \$1,000 for family members of active duty members.

Once the catastrophic cap and enrollment year cap (combined) are met by TRICARE Prime enrollees, TRICARE will pay up to the TRICARE allowable amount for all covered services (excluding point-of-service charges which do not count toward the catastrophic cap).

For beneficiaries who are not enrolled in TRICARE Prime, TRICARE will pay up to the TRICARE allowable amount for all covered services for the remainder of the fiscal year after the

fiscal year cap is met.

Retirees, family members, and survivors remain responsible for the cost of all services and treatments received which are not TRICARE covered benefits.

For more information contact the TRICARE service center or military treatment facility for assistance. Information is also available on the web site at www.tricare.osd.mil, or by calling 1-888-363-5433.

Military discount offered for 'Aire Traffic' benefit concert

From Commander, Navy Region Southeast Public Affairs

Military discount tickets will be available at the door of the Florida Theater when the Jacksonville-based band Aire Traffic performs its "Flight For The Cure" during the 7th Annual Thomas-Roudebusch Memorial Concert at 7:30 p.m. March 9.

Tickets, which are 430 this year, will go for \$20 for everyone with military ID cards (includes active duty, reserves, retirees, and family members). Half the purchase price is considered a tax-deductible contribution.

Aire Traffic offers a unique blend of original jazz, rock and contemporary music. Its members are professional musicians who are air traffic controllers. In 1996, they were impassioned to combine their love for aviation and music to benefit cancer research. Using aviation as an inspiration in writing, producing and performing their music, a large portion of their first CD - "In Control" - was donated to Dana-Farber Cancer Institute in memory of their friend and fellow air traffic controller, Dwight T. Thomas, who lost is life to cancer.

Throughout the past six years, Aire Traffic has donated their time and talent by performing to sellout crowds and raised tens of thousands of dollars for the Dana-Farber Cancer Institute. The group believes that everyone should have an opportunity to help find a cure for cancer.

Proceeds from this concert will go to the Dana-Farber Cancer Institute.

For more information on the concert or about Aire Traffic, visit the group's web site at www.airtraff.com.

Another way to get your 'kicks'



James Mazzuchelli, Taekwon Do training instructor demonstrates proper kicks, punches and blocks for youths at the Youth Activity Center. Classes are offered every Tuesday and Thursday for ages 5 and up. For more information call 778-9772. *Photo by JO2 Mike Jones*

JU Baseball to hold 'Military Day'

From JU Athletics Marketing

Jacksonville University Baseball takes on Mercer in a double-header conference match-up on April 6 at 1 p.m. at Alexander Brest Field on the JU Campus.

The day is designated as "Military Day," in which all military personnel can show their I.D. to receive free admission for the whole family. Prizes will be given away throughout the day.

Coach Terry Alexander has the team in high gear for a spectacular 2002 season. The Dolphins have been selected in the pre-season to win the Atlantic Sun Conference this year.

The JU Campus is located at the intersection of Merrill Road and University Blvd. To get to the baseball field, follow the entrance road down the hills to the large parking lot.

Standings

As of Feb 22

Intramural Basketball League

Team	Wins	Losses
VP-30	15	3
VP-45	10	3
BMC	14	5
AJMD	12	5
VS-30	10	5
TPU	12	6
HS-3	9	8
VP-16	8	10
VS-24	6	11
HS-7	2	11
Blount Island	3	13

Greybeard Basketball (Final Standings)

NAMTra	9	1
VS-30	5	3
SERCC	6	4
2BN351	4	5
CPRW-11	4	6
FACSFac	0	8

4-on-4 Flag Football (Final Standings)

NLSO	8	0
VP-30	5	2
VS-24	4	3
CNRSE	4	4
HS-75	3	3
ASTC	3	4
HS-3	1	6

JAX SPORTS

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 Hours
Triathlon	Men 2 Hours 30 Min.	Women 3 Hours

Triathlon time based on 1.5k swim, 10k run, 40k bike

Men's varsity basketball tryouts tomorrow

Men's Varsity Basketball tryouts are slated for tomorrow, 5-7 p.m. at the base gym. The tryouts are for active duty only.

The team will be gearing up to compete in the South Atlantic Regional Sports Basketball Tournament at NAS Jax, March 22-24. For further information, contact Coach Chief Hicks at 542-3400.

Women's basketball and softball players needed

The athletic department is forming a basketball team to play in the South Atlantic Regional Sports Basketball Tournament at Mayport March 15-17.

Eligible players include active duty, military dependents over 18, retirees, and civilian employees assigned to NAS Jax. We are also looking for ladies to play in the women's softball league starting March 18.

Sports officials and scorekeepers needed

The North Florida Military Officials Association is looking for individuals to officiate soccer, softball, football, and volleyball at NAS Jax.

Scorekeepers are also needed

ed for basketball and softball. Experience is not required. Call Al Vandercar at 262-0809.

Sports teams organizing

Intramural Soccer League - Season begins March 4. If your command does not have a team, you can sign up to play for another team. Open to all active duty commands and personnel.

Intramural Softball League - Rosters due March 8, season begins March 18. Open to all active duty commands and personnel.

Greybeard Softball League - Games will be played on Tuesdays and Thursdays, 11:30 a.m. Rosters due by March 8, season begins March 18.

Women's Softball League - Open to all NAS Jax active duty, dependents over 18,

retirees, and DoD civilians. Rosters due by March 8, season begins March 18.

Open Softball League - Open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. Rosters due March 8. Season begins March 18.

Intramural Volleyball Meeting - March 6 in the MWR Conference Room (Bldg. 590) at 11:30 a.m. Games will be played on Mondays, Wednesdays and Fridays at 11:15 a.m. and noon. Season begins April 1.

Men's varsity softball coach wanted

NAS Jax Athletic Department looking for experienced military or civilian individual who would like to coach Men's Varsity Softball Team. Team represents NAS Jax in military and commu-

nity tournaments in southeast region. Interested personnel should contact NAS Jax Athletic Department.

Navy Southeast Regional Running and Triathlon Team

Competitive runners are wanted to represent U.S. Navy in 5k, 10k, marathons, and/or triathlons? U.S. Navy will showcase elite active duty men and

women in regional races. Uniforms will be provided as well as transportation, entry fees, and lodging costs.

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

Visit the MWR website at

MWR holding contest to win beach and ski trips

From MWR Marketing

Navy Morale, Welfare & Recreation (MWR) has developed the Sand and Slopes Contest in a continuing effort to show our appreciation to Navy Sailors and their families by providing special events for special people through the "Saluting Sailors & Their Families" program.

Ever wanted to run MWR for a day? How would you do it? What programs would you offer? How would you make a difference in fellow shipmates' lives? Here's your chance! Enter your MWR program ideas to be one of the lucky 10 winners to receive a combination trip for you and one guest, age 18 or older, to the Whistler Ski Resort, British Columbia, Canada and the Atlantis Resort, Nassau, Bahamas from April 11 to 21.

How to enter:

Submit your MWR program suggestions in a 350 to 500-word essay entitled "If I Ran MWR For A Day"



Programs must be practical, legal, fiscally responsible, and most importantly fun!

The contest opens runs now through March 18. All submissions must be received electronically by March 18 at 9 a.m. (CST). Winners will be announced March 25 at noon (CST), via the MWR website. Please forward any questions to the Sand & Slopes POC at p650d@persnet.navy.mil.

Basic contestant eligibility criteria

Entrants must be active duty members of the Armed Forces or their immediate family members; members of the Individual Ready Reserve (IRR) and Selected Reserve (SELRES), or their

immediate family members; or active duty members of the other Uniformed Services or their family members, serving, stationed, or residing at a Navy installation, station, unit, or ship.

Winning entrants must be 18 years of age on or before April 11, and possess a valid active duty identification card or a valid dependent identification card, verified through DEERS, as applicable.

Winners of previous Saluting Sailors & Their Families contests are ineligible to win the Sand and Slopes Contest. Please visit www.mwr.navy.mil and select "Saluting Sailors and Their Families" to access an Official Entry Form, review Official Contest Rules, and obtain more information.

THE PLAYERS Championship, Liberty Mutual Legends of Golf offer free admission to military

From PGA Tour Headquarters

THE PLAYERS Championship (TPC) and Liberty Mutual Legends of Golf have announced that complimentary admission to both tournaments will be offered to area active duty and retired military and reservists recalled to active duty. While each tournament will have different policies for free admission, both will require official military identification cards at the gate.

TPC will be held March 8-24 at Sawgrass in Ponte Vedra, and will offer free admission during the three practice day rounds, March 18-20. Only active duty and retired military and reservists re-called to active duty will be admitted free with a military I.D. card. Additional family members and guests may purchase half-price (\$15) admission tickets at the gate.

"We want to recognize the unselfish efforts of our military personnel and invite them to share a few days with the PGA Tour and our players in an informal setting," said Brian Goin, TPC executive director. "The

practice rounds will afford them and their families a chance to see the tour's best players up close and personal."

The 25th Anniversary Liberty Mutual Legends of Golf will be held April 1-7 on the King and Bear Golf Course at the World Golf Village in St. Augustine.

Area active duty and retired military, as well as reservists recalled to active duty will receive complimentary daily admission for themselves and one guest when presenting

their military I.D. cards at the gate; additional guests must pay the applicable daily admission rate.

On a first come, first served basis, and while supplies last, each service person admitted free will receive a voucher at the gate for a complimentary golf hat featuring the words "United We Stand" and the Liberty Legends of Golf logo. The voucher may be redeemed at the PGA Tour Stop only during the week of the tournament.