



# Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

## TOUCHING BASE

### Commissary wins award

The Naval Air Station Jacksonville Commissary recently won first place in the third annual Defense Commissary Agency (DeCA) Produce Marketing Contest, Large Store category. According to the DeCA press release, there were 106 entries this year. The winning stores were selected based on originality and exceptional marketing skills.

### Boating class offered

Learn the rules of the waterways and enjoy a safe boating experience by taking the Florida Safe Boating Course "How to Boat Smart. Classes will be held today and tomorrow at the Navy Jax Yacht Club from 4:30-8:30 p.m. Participants must attend both classes to meet course requirements. The class is free and open to everyone. Sign up at the Mulberry Cove Marina or call 542-3260.

### Classes offered

The Navy College Learning Center (NCLC) offers free ASVAB/ACT/SAT prep classes to help increase test scores. The following are the upcoming classes:  
Feb. 3-13  
Feb. 17-27  
March 3-13  
March 17-27  
Classes run from 9 a.m. to 4 p.m. for two weeks. Seating is limited and reserved on a "first-come" basis. To sign up, call 542-3676 or email Aslclta@inetmail.att.net.

# Santana takes regional honors

## NAS Jax Sailor of the Year wins CNRSE competition

By Kaylee LaRocque  
Staff Writer

Every year, since 1972, a candidate serving ashore has been selected as the Atlantic Fleet Shore Sailor of the Year. This year, TM1(SW/AW) Jose Santana from NAS Jacksonville, is one step closer in achieving this goal. Commander, Navy Region Southeast (CNRSE), recently named Santana as its Sailor of the Year during a ceremony held last Friday at the NAS Jacksonville River Cove Officer's Club. He competed against 16 other Sailors from other CNRSE commands, unanimously winning the prestigious title.

"The preparation for this competition was completely different than the last one. It was much harder and involved much more research. I spent a lot of time preparing for this. Even my 11-year-old son, Xavier got involved in this. He jumped on the bandwagon and said that even though he didn't know what the board would ask me, whatever information he could find that may help, he would. It really helped," said Santana,



Commander, Navy Region Southeast (CNRSE) Rear Adm. Annette E. Brown presents the Lone Sailor Statue to TM1(SW/AW) Jose Santana in recognition of his selection as CNRSE Sailor of the Year during a ceremony Jan. 24.

proudly. "The notch has been raised. The responsibilities and duties that this entails will probably be a bit overwhelming, but I am prepared and plan to execute the mission,

which is to continue to lead as a first class petty officer and disseminate any information I obtain during this process to the junior personnel," he added  
A native of Paterson, N.J.,

Santana joined the Navy in 1984 after graduating from John F. Kennedy High School. After completing boot camp at Recruit

Photo by PH2 Regina Wiss

See CNRSE SOY, Page 8

# NAS Jax activities win awards

## Commands recognized for outstanding community service

By Vice Adm. Alfred Harms Jr.  
Chief of Naval Education and Training

Each year the Navy recognizes various shore, sea, and overseas commands for outstanding community service projects by presenting awards in five flagship sponsored categories: Personal Excellence Partnership; Health, Safety and Fitness; Project Good Neighbor; Campaign Drug Free; and Environmental Stewardship.

It is with great pleasure that I announce the 2002 Health, Safety and Fitness Community Service

Flagship Award winning commands:

- a. Small Overseas Winner: Explosive Ordnance Disposal Mobile Unit Five, Guam.
- b. Medium Overseas Winner: Naval Computer and Telecommunications Station, Guam.
- c. Large Overseas Winner: U.S. Naval Base, Guantanamo Bay, Cuba. Honorable Mentions: U.S. Naval Hospital, Guam and U.S. Naval Air Station, Keflavik, Iceland.
- d. Medium Sea Winner: USS Maryland (SSBN 738).
- e. Small Shore Winner: Naval

- Diving and Salvage Training Center, Panama City, Fla.
- Honorable Mentions:** Fleet Area Control and Surveillance Facility, Pearl Harbor, Hawaii and **Commander, Helicopter Anti-Submarine Wing, Jacksonville, Fla.**
- f. Medium Shore Winner: Surface Warfare Officers School Command, Newport, R.I. Honorable Mentions: Aircraft Intermediate Maintenance Detachment, Norfolk, Va. and Naval Construction Training Center, Gulfport, Miss.
- g. **Large Shore Winner:**

**Naval Air Station, Jacksonville, Fla.** Honorable Mentions: Shore Intermediate Maintenance Activity, Norfolk, Va. and Naval Submarine School, Groton, Conn.

All award winners will receive commemorative plaques and the honorable mentions will receive certificates from the flag sponsor in recognition of their exceptional accomplishment.

Congratulations to all who participated in these noteworthy efforts. My sincere appreciation for your personal commitment and continued support of our Navy's community service program.

# Traffic pattern change at Hangar 1000

From the Base Safety Office

Many of you have noticed the Do Not Enter signs located at the parking lot entrance of Hangar 1000 next to the Fuel Farm. Vehicles are no longer allowed access through this entrance due to the potential safety hazards.

Several months ago there was a head-on collision at this entrance. The Base Safety Office conducted a traffic study of the area to determine the cause, and found that it was literally conducive to "an accident waiting to happen."

Each morning during the study, numerous near misses of head-on collisions were observed.

Personnel leaving the lot via this exit, were placed in a position of extreme risk as entering drivers accelerated from 35 mph from Yorktown Avenue to more than 40 mph as they entered the lot. The posted speed limit in the parking lot is 10 mph.

All parking lots at NAS Jacksonville are restricted to 10 mph. The reason, 49 percent of all of accidents on base occur in parking lots, with 97 percent occurring in good



Photo by JO2(SCW) Eric Clay

New "Do Not Enter" signs were recently installed at the parking lot for Hangar 1000 near the Fuel Farm. Several head-on collisions at the site prompted this change.

weather conditions.

The restricted entry into this parking lot was not an arbitrary decision. After a review of options, the Base Safety Office contacted the Military Traffic Management Command, providing them with photos and the findings of the traffic study. They reached the same

conclusion - prohibit incoming access to the parking lot.

There were two choices - to close the entrance completely or restrict it to outbound traffic only. These choices were presented to all commanders in Hangar 1000. They agreed unanimously to prohibit incoming traffic.

Unfortunately, many people have been ignoring the new Do Not Enter signs because it's a more convenient entrance. This places everyone at risk of a head-on collision.

Please cooperate in this matter and obey the signs - it could mean the difference between life and death.

## INSIDE

Classified .....	11
Community Calendar	10
Jax Sports .....	10
Jax Tales .....	9
Meet a Civilian .....	2
Meet a Sailor .....	2

## WEEKEND WEATHER

	<b>FRIDAY 50/68</b> MOSTLY CLOUDY
	<b>SATURDAY 45/63</b> PARTLY CLOUDY
	<b>SUNDAY 40/60</b> SUNNY

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

## SAFETY TALK

### Your rights and responsibilities. Do you know them?

From the Base Safety Office

Under the Occupational Safety and Health (OSH) Act of 1970, employers have a general duty to provide work and a workplace free from recognized hazards.

The Department of Defense Safety and Occupational Health Protection Program poster (DD-2270) that describes rights and responsibilities under the OSH Act must be displayed in a prominent place.

The OSH Act also gave employees many new rights and responsibilities including:

- Review copies of appropriate standards, rules, regulations, and requirements that the employer should have available at the workplace. You may do this at the Station Safety Office located in Building 1.

- Request information from the employer on safety and health hazards in the workplace, precautions that may be taken, and procedures to be followed if the employee is involved in an accident or is exposed to toxic substances.

- To know what hazardous chemicals are located in the spaces you work in. This list of chemicals can be found in each area and is called an "AUL," or Authorized Use List.

You are also required to receive training on the hazards and precautions required for safe use of each hazardous material before you use it the first

time. We occasionally perform non-routine tasks with hazardous materials and you must be trained on the hazards of the material before you use it, even if you are only going to use once.

- Have access to relevant employee exposure and medical records. Your medical records are located in the Medical Clinic, Building 964. You or your designated representatives have the right to see your medical records upon request.

If you are exposed to a chemical and the exposure levels are above the limit set by the standard, you must be told what will be done to reduce the exposure.

- Request the safety office conduct an inspection if you believe hazardous conditions or violations of standards exist in the workplace.

- Under 29 CFR 1960.27(a), the workers' representative has a right to accompany a NAVOSH inspector during an inspection.

The representative must be chosen by the union (if there is one) or by the employees. However, this right can be denied if such participation interferes with a fair and orderly inspection.

- Respond to questions from the safety inspector, particularly if there is no authorized employee representative accompanying the safety inspector on the inspection "walkaround."
- Observe any monitor-

ing or measuring of hazardous materials and see the resulting records.

- Have an authorized representative, or themselves, review the Log and Summary of Occupational Injuries at a reasonable time and in a reasonable manner.

- Submit a written request to the National Institute for Occupational Safety and Health (NIOSH) for information on whether any substance in the workplace has potentially toxic effects in the concentration being used, and have their names withheld from the employer, if so requested.

- Be notified by the Navy if the Navy applies for a variance from an OSHA standard, and testify at a variance hearing, and appeal the final decision.

- File an Unsafe and Unhealthy Working Condition Report with the base safety office and have your name withheld from their command, upon request

- Be advised of safety actions regarding a complaint and request an informal review of any decision not to inspect or to issue a citation.

- You can decline to perform an assigned task because of a reasonable belief that, under the circumstances the task poses an imminent risk of death or serious bodily harm until it can be evaluated by a safety and health professional. Military members do not have this right under all conditions.
- File a discrimination

complaint using existing grievance procedures if punished for exercising the above rights.

Each employee shall comply with the standards, rules, regulations, and orders issued by the Navy. An employee should do the following:

- Read the Department of Defense Safety and Occupational Health Protection Program poster (DD2272).

- Comply with all applicable safety standards.

- Use all safety equipment, personal protective equipment, and devices reasonably necessary to protect you.

- Report hazardous conditions to the supervisor.

- Report any job-related injury or illness to your supervisor, and seek treatment promptly.

Civilian employees - if you are injured on the job and wish to have your personal physician treat you, you must check out with the Occupational Health Clinic before you leave the station for treatment.

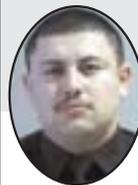
This is for a couple of reasons: the first and most important is to ensure that you are really capable of safely driving to your physician's office, and the other reason is to document the injury.

- Cooperate with the safety officer conducting an inspection if he or she inquires about safety and health conditions in the workplace.

- Exercise rights under the Act in a responsible manner.

## Meet A Sailor...

SKSA MIGUEL CORNIER



**Job title/command:**  
NAS Jacksonville Quarterdeck

**Hometown:** Bronx, N.Y.

**Family Life:** Wife, HN Ashley Adams

**Past Duty Stations:** Storekeeper "A" School, NAS Meridian, Miss.

**Career Plans:** To obtain my bachelor's degree in Business and Accounting.

**Most Interesting Experience:** Although I'm an E-2, I'm treated like a petty officer and learn things from all pay grades.

**Words of Wisdom:** Regret what you haven't done, rather than what you did.

## Meet A Civilian...

DONNA DAWE



**Job title/command:**  
Secretary, Naval Hospital Jacksonville

**Hometown:** Born in California, but married into the Navy at age 18 and have traveled ever since.

**Family Life:** Two daughters, a two-year-old St. Bernard mis and a seven-year-old Persian cat.

**Past Duty Stations:** Guantanamo Bay, Cuba, Pearl Harbor, Hawaii, Guam, Okinawa, Japan, Fallon, Nev., Port Huneme, Calif., Gulfport, Miss.

**Career Plans:** I really enjoy my job and do not plan on changing anything in the near future.

**Most Interesting Experience:** Hugging Shamu at Sea World in San Diego, Calif.

**Words of Wisdom:** If you don't enjoy what you have, how will you know you'll enjoy more?

## FROM THE DOC

### Heel pain can be from numerous causes

By Lt. Chris Alfonso  
VP-30 Flight Surgeon

The most common cause of heel pain in adults is a condition known as plantar fasciitis. It occurs when negative changes take place in the plantar fascia. The plantar fascia is a tendon at the bottom of the foot that attaches to the heel bone and runs to the ball of the foot. Plantar fasciitis occurs with inflammation of the tendon, and results in serious discomfort at the bottom of the foot between the heel and the ball of the foot. The pain is most often located on the foot sole at about one to two inches from the back edge of the heel.

Plantar fasciitis can result from several causes. These include wearing high heel shoes, or shoes with poor arch support. It is seen with people whose feet tend to flatten and roll inwards with walking, and also people with significant weight gain. It can also occur in runners who have increased the intensity or duration of their workout, and from running up hills or on hard surfaces.

When the foot doesn't have proper arch support, the plantar fascia has a tendency to shorten. Once shortened, pain can occur when it is stretched. This is why people with plantar fasci-

itis often notice heel pain in the morning when getting out of bed. At night, the plantar fascia may shorten while you are asleep, and when you stand barefoot on the floor in the morning, the tendon is stretched. The discomfort usually goes away with more walking. It may return after long enough periods of rest. Heel pain with walking first thing in the morning is a classic symptom.

To treat plantar fasciitis, give the heel plenty of rest. Sometimes it may need up to a week of rest. Using anti-inflammatory medicines, such as ibuprofen, will help decrease discomfort and inflammation. Applying ice to the tender region of the bottom of the foot for 10-15 minutes, several times a day, will help decrease symptoms as well.

One of the most important ways to treat this condition, is to wear properly-fitted shoes with good arch supports, and soles that are flexible. This is also an excellent way to prevent getting plantar fasciitis in the first place.

Well-padded athletic shoes with the top two eyelets laced firmly will help support your foot's ligaments. To better cushion your heel during walking or running, try putting heel cushion pads in your shoes.

If symptoms continue and do not

improve after two weeks, you should see your healthcare provider. Your doctor may be able to prescribe you an orthotic device for your affected foot, or may refer you to a specialist, such as podiatrist.

If symptoms are severe, or your doctor finds anything concerning during examination of your foot, they may order an x-ray for further evaluation. Sometimes, doctors will use corticosteroid injections to the heel, to treat discomfort if the symptoms remain unchanged after eight weeks of using the treatments discussed above.

Another treatment option, your doctor may try is a "night splint" fitted to your calf and foot to help keep your foot stretched while you sleep. Your doctor can also provide you with various stretching exercises to help treat and prevent plantar fasciitis, and if necessary, recommend physical therapy.

If you start treatment soon after symptoms start, the heel pain should go away within several weeks. However, if symptoms have been going on for a long time before treatment is started, it will take much longer. Plantar fasciitis sometimes takes months, or even up to a year, to go away with treatment.

Hopefully, you'll walk away with some helpful advice from this article.

### Who to notify when a credit card is stolen

Credit card theft is a huge burden and can cause major problems for victims. The following are numbers to call if cards are lost or stolen. These agencies should be contacted immediately.  
Equifax Credit Bureau: 800-525-6285  
Experian Credit Bureau: 888-397-3742  
TransUnion Credit Bureau: 800-680-7289  
SS Administration Fraud Line: 800-772-1213  
Federal Trade Administration - Identity Theft Line: 877-438-4338

## HEY MONEYMAN

Hey, MoneyMan:

I just found a great web site that says I don't have to pay taxes. It is called something like "untax yourself" and for \$49.95 they will teach me how to avoid paying taxes. Do you know anything about these guys?

MoneyMan Sez:

Yep, its tax time and lots of "great deals" come out from out of the woodwork. Lets see...you found out that you don't have to pay any federal income tax. That is a great deal! Or it might be a scam. In fact, it is one of the IRS's Dirty Dozen of popular scams. Other ones to look for are:

- \* No taxes being withheld from your wages.
- \* African-Americans get a special tax refund.
- \* I don't pay taxes, why should you?
- \* Pay the tax, then get the prize.
- \* Social Security tax scheme.
- \* I can get you a big refund ... for free!
- \* Share/borrow EITC dependents.
- \* IRS agent comes to your house to collect.
- \* Put your money in a trust and never pay taxes again.
- \* Improper home-based business tax scheme.
- \* Claim disabled access credit for pay phones.

Suspected tax fraud can be reported to the IRS at 1-800-829-0433. There are some great places you can go for help in filing your taxes. First of all, contact the IRS at www.irs.gov. Here many folks can file free either online or by phone. Most of your tax questions can be answered here and you can get a free software download to help you with preparing your taxes. You can also use the on-base VITA office for tax assistance.

More questions, call Hey MoneyMan at 778-0553.



## Sunday Services

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

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

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

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

11 a.m. - Protestant Worship

Children's Sunday Class - Protestant Sunday

School program is at 9:45-10:45 a.m., and

Catholic CCD is 10:45 a.m.-noon.

## Jax Air News

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

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

The Jax Air News is an authorized publication for members of the Military Services. Contents of the Jax Air News do not necessarily reflect the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, or The Florida Times-Union, of the products and services advertised. Everything advertised in the publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or refraction of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

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

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

## Jax Air News

Ellen S. Rykert, Military Publications Manager  
1 Riverside Avenue • Jacksonville, FL 32202  
904-359-4168  
Linda Edenfield, Advertising Sales Manager • 904-359-4336  
Beeper: 904-306-3853 or 888-980-3874 • FAX: 904-366-6230

# Chavez relieves Ensor as CPRW

By Staff

Capt. Carlos Chavez relieved Capt. Adreon Mark Ensor as commander, Patrol and Reconnaissance Wing (CPRW) 11 in a change of command ceremony held yesterday. Rear Adm. Richard Brooks, commander, Patrol and Reconnaissance Force Atlantic, was the guest speaker at the ceremony, held in the Jay Beasley Hangar.

As commodore, Chavez is responsible for 1,850 personnel from the Wing staff, VP-5, VP-16, VP-45, all based at NAS Jacksonville and VQ-2, which is permanently stationed in Rota, Spain.

Chavez graduated from the United States Naval Academy in 1981, and went on to flight training in Pensacola, Fla. where he was designated a naval flight officer (NFO).

From 1983 to 1986, he was assigned to VP-1, homeported in Barbers Point, Hawaii. With the "Screaming Eagles" of VP-1 he completed two deployments to Okinawa and Misawa, Japan. He served as the command security manager, NFO training officer and AW division officer.

Chavez next reported to VP-31 at Moffett Field, Calif. He served as the P-

3C (Update III) transition coordinator, NFO training officer and P-3B (MOD) AIRPAC NATOPS instructor/evaluator.

Following this tour he reported to USS Theodore Roosevelt (CVN 71) as assistant navigator. He qualified as officer of the deck (OOD) underway and completed a deployment to the Arabian Gulf where USS Theodore Roosevelt (CVN 71) joined coalition forces in support of Operations Desert Shield and Desert Storm.

In January 1992, Chavez reported to VP-47 for his department head tour and deployed to Misawa, Japan. In March 1992, he was assigned temporary duty to Commander, U.S. Naval Forces Central Command where he served as the air operations officer.

He returned to VP-47 in August 1992 and served as the training officer and operations officer. Subsequently, Chavez reported to the Naval Postgraduate School and upon completing his master's degree in Information Technology Management, he served as the systems management curricular officer.

In December 1997, Chavez reported to VP-40 as executive officer, assuming command in February 1999. While with the "Fighting Marlins" he com-



Capt. Carlos Chavez

pleted a Western Pacific deployment to Misawa, Japan.

In the spring of 2000, Chavez reported to USS Carl Vinson (CVN 70) as the ship's navigator. In October 2001, Carl Vinson was on station in the North Arabian Sea and had the distinction of launching the first air strikes into Afghanistan in support of Operation Enduring Freedom.

Chavez is married to the former Angela Montoya of San Antonio, Texas. They have two children, Mallory and Brannon.

During Ensor's tenure as commodore from August 2001 to January 2003, he led CPRW-11 squadrons through challenging Inter-Deployment Training



Capt. Mark Ensor

Cycles (IDTC) and supported deployed operations around the world.

Under his watch, CPRW-11 squadrons served in Operations Carib Shield, Caper Focus, and most recently, Enduring Freedom in the continuing war against terrorism. Under his leadership, CPRW-11 also supported three Joint Task Force Exercises (JTFEX's) and attendant carrier battle group work-ups.

Ensor worked aggressively with functional and type wing commanders to ensure availability of adequate IDTC resources, including aircraft, sonobuoys and weapons. His squadrons consistently met or exceeded readiness goals.

Ensor played a significant role in the introduction of the P-3C Aircraft Improvement Program (AIP) into the Southern Command Area of Responsibility (AOR), contributing to drug interdiction efforts.

His leadership was instrumental to the success of the EP-3E in Afghanistan and throughout the Central Command and European Command AORs.

He advanced several far-reaching tactical initiatives in Extended Echo Ranging, Specific Emitter Identification, and Standoff Land Attack Missile-Expanded Response, as well as in the improvement of the P-3 community's ASW proficiency and readiness.

Under Ensor's charge, CPRW-11 squadrons have earned various awards, including the Golden Wrench, Retention Excellence, the Battle Efficiency "E", the Isbell Trophy, Safety "S" and the Association of Old Crows awards.

In recognition for his outstanding tour as CPRW-11, Ensor was presented the Legion of Merit award during the ceremony.

He will report to the Joint Staff, Strategic Plans & Policy Directive (J-5), in Washington, D.C. for his next tour.

## Informational brief slated for spouses

From FFSC

On March 27, NAS Jacksonville Fleet and Family Support Center and Morale, Welfare and Recreation Department will team up to co-sponsor Military Spouse 101.

This program is designed to make spouses who are new to the military or the local Jacksonville area better aware of Navy and community support programs and services.

The program will include a mini overview of available military services and get acquainted reception to meet the base commanding officer and other support personnel.

The event will kick-off at 6:30 p.m. at the NAS Jacksonville River Cove Conference Center.

This program will be presented every three months during 2003. Childcare will be available and registration is required.

For additional information and registration, call 542-2766, Ext. 130.

## Free tax center to open

By JO1 Mike Jones  
Assistant Editor

Throw out those No. 2 pencils and put away the calculators. The NAS Jacksonville free tax center is open for business.

The center, located in Building 590 at the corner of Keily Street and Enterprise Avenue (behind the post office), will operate Mondays through Fridays from 9 a.m. to 5 p.m.

"Walk-ins will be accepted for those filing 1040 E-Z forms," said LN1 Kimberly Wicker, tax center supervisor. "However, those filing more complicated returns should schedule an appointment."

The free tax center is staffed by approximately 11 volunteers, Wicker explained. "It's military helping military," she emphasized.

Those eligible to use the center include active duty military personnel and their spouses, retirees and spouses and recalled reservists or reservists drilling for 30 days or more. To ensure the filing process goes smoothly, Wicker stressed the need for customers to come prepared. "People need to bring all W-2s, and other relevant paperwork," she said. "They need to bring their children's Social Security Cards, or a copy of last year's tax returns which contain the correct information."

Since Monday, Personnel Support Activity Detachment (PSD) Jacksonville began distributing W-2s to command

pass liaison representatives (PLRs), said Deputy Disbursing Officer Linda Chapman. "Command PLRs will be responsible for distributing the W-2s to each service member," she said.

Chapman stressed that PLRs need to return any misfiled W-2s to PSD as soon as possible to make sure the forms get to the right personnel. "Distribution should be complete by January 31," she added.

If a service member loses his or her W-2, PSD will have to place a request to DFAS to issue another one. "We won't begin to accept requests for lost W-2s until Feb. 3. Also, we don't reissue W-2s here," Chapman explained. "DFAS reissues them, and service members should expect to wait at least 10 days for the request to process through."

Since last week, W-2s have also been available to service members through the DFAS MyPay website: <https://mypay.dfas.mil>. Through the website, active-duty and reserve service members can view and print their current

SCISSORS & CLIPS; 2c; 2"; Black Only;



Photo by JO1 Mike Jones

ARMED FORCES COMMUNICATIONS; 3c; 10"; Black Only; PU 11/28 R99665

For registered service members, W-2s are available for download and can be printed from the MyPay website: <https://mypay.dfas.mil>.

PRG PARKING OKLAHOMA; 3c; 4.5"; Black Only;

# Building may be closed, but Fitness Center activities still going strong

By Kaylee LaRocque  
Staff Writer

With every new year, many people make their new year's resolutions to lose the added pounds they may have gained over the holidays. Although the Fitness Center closed in November for much needed renovation, the center is up and running at the base gym.

"Many people are not aware that we are still open and have relocated pieces of our equipment and staff members over to the gym. The building is a little bit older, but we've made some great changes here," said Barbara Millhollan, fitness director.

Some of these improvements include a completely renovated aerobics room, new lockers in the changing rooms and a new Pro Shop. "We created a brand new aerobics room upstairs just outside the women's locker room. We've painted the walls, put in carpet, mirrors, a ballet bar and a new stereo system including microphones for the instructors. It is really beautiful," explained Millhollan.

The Pro Shop was also upgraded and now features new carpet, countertops and shelving. Equipment from the Fitness Center was relocated throughout the gym. "We converted half the basketball court into a fitness room complete with bicycles, stair steppers, cross trainers, Gravitron, Nautilus and Cybex machines. We've also relocated our treadmills and recently installed a brand new blood pressure machine so our customers can stay on top of their health," Millhollan added.

"The Fitness Center personnel really did a great job bringing all the equipment over here for us to use. The only thing I really miss, are the resistance machines. Other than that, everything is great," said Bud Horn, who works out on base three days a week.

According to Millhollan, the resistance machines were not brought over because there were no electrical outlets available on the basketball courts.

Various aerobics classes are held throughout the day depending on what type of workout customers are looking for. "Our Power Flex classes seem to be quite popular. This class consists of weightlifting exercises in an aerobic type setting, set to music and fully instructed. This seems to be the way the physical



Lisa Morio of the Fitness Center, hands customer, Crystal Mitchell some racquetball gear at the main desk of the gym.



Isaac Jones gets his daily workout on the Nautilus and Cybex equipment at the gym. Most of the equipment from the Fitness Center was transferred to the gym while the center is being renovated.



Patrons utilize the treadmills relocated from the Fitness Center to one of the base gym's racquetball courts.

fitness industry has gone. We used to think people needed to do more aerobics and kill themselves running to lose weight," said Millhollan. "Now we know that the stronger the muscles are, the more calories you'll burn. Weightlifting is a vital part of any exercise program. The idea is to cross-train. If you lift weights, do aerobics and maintain a healthy diet,

you'll definitely see the difference."

Beginning next week, a new lunch-time Express Yoga class will begin each Tuesday and Thursday beginning at noon. The class lasts approximately 45 minutes.

The Fitness Center has also brought back their massage therapist on Mondays and Tuesdays. These massages are offered



Norman Clarke tests his blood pressure with the health screening machine located in the gym.

Photos by Kaylee LaRocque



Lisa Morio of the Fitness Center helps a customer in the newly-upgraded Pro Shop at the gym.

for 30 minutes or one hour at a huge discount for base personnel.

Although it's been a bit challenging to maintain the same level of services to their customers, Millhollan stresses that customer service is their top priority. "We have a great working relationship with the gym staff. We are one team. Everyone has helped out and we are making the best of this situation. When we closed down the Fitness Center, our MWR director pulled everyone together to discuss unity and how we're going to make this work. He explained that there is no room for error and that our main focus is to keep our customers and staff members happy. It's been an extremely positive situation," she continued.

Currently, construction is still ongoing at the Fitness Center. "It looks absolutely beautiful. We are really going to have an outstanding facility. We're adding new heat and air units, removing them from the center of the weight room, a new sprinkler system, a control desk for instructors to better assist customers, expanded the aerobics room and more showers in the women's locker room. Eventually, plan to expand the center another 3,000 square feet," said Millhollan, enthusiastically.

Until the Fitness Center reopens, Millhollan encourages everyone to stop by the gym check out what they have to offer. The gym is open Monday through Friday from 5 a.m. to 10 p.m. and Saturday and



Members participate in the "Getting Started Toning" exercise class led by Eva Pittsinger in the newly-renovated aerobics room at the gym.

Sunday from 8 a.m. to 6 p.m. Holiday hours vary and will be posted at the counter. For more information or to make a massage appointment, call 542-3239.

## 'War Eagles' come home after successful detachment

By Lt. Ian Hawley  
VP-16

The VP-16 "War Eagles" recently completed a successful six-month deployment to the Mediterranean. The squadron was based at NAS Sigonella, Sicily, NSA Souda Bay, Crete, and NS Rota, Spain.

After arriving in Sigonella and Souda Bay on Aug. 1, the War Eagles spread their wings and assumed the watch over the Mediterranean.

Squadron members quickly set their mark of excellence, flying missions in support of operations in Kosovo and Bosnia-Herzegovina. They were instrumental in providing support to ground troops, stopping the spread of crime and smuggling and locating war criminals. Regional commanders from both regions flew with the squadron and learned first-hand the support VP-16 was providing, thereby improving operational communication.

From Souda Bay and Sigonella, the VP-16 members also flew missions in support of Operation Enduring Freedom. Many hours were flown all over the Mediterranean tracking shipping and sus-

pected smuggling operations. The War Eagles were directly involved in the interception of ships providing support to terrorist organizations including Al Qaeda. These missions were so important that a permanent detachment was left in Souda Bay, Crete, to provide greater Eastern Mediterranean coverage and protect and support U.S. ships entering or exiting the Suez Canal.

Another mission of great importance, was the escort of U.S. ships transiting through the Strait of Gibraltar. Initially flown from NAS Sigonella, these missions provided armed support for U.S. shipping. Recently, these missions were shifted to NS Rota, Spain, giving the War Eagles greater flexibility and the ability to provide greater support at a moments notice.

On top of all this activity, VP-16 also participated in joint exercises all across Europe, flying from England, Norway, Germany, Spain, Iceland, Italy, Greece, and Turkey.

Even with the busy operational schedule, the War Eagles got involved the community and supported a local orphanage, hosting a holiday party and making repairs to the facility.



Photo by Kaylee LaRocque/Staff

JoAnn Dilling (left), program coordinator for the Greater Jacksonville Area USO sells some Jaguars tickets to AT3 Cinthya Endicott of the Air Terminal. Dilling recently resigned from the USO due to a serious illness.

## USO employee retires after years of service

By Kaylee LaRocque  
Staff Writer

She's been a familiar face within the NAS Jacksonville and former NAS Cecil Field communities for more than 13 years. She's put her heart and soul into her work, serving the Sailors, Marines, family members and members of the community. For those of you who know Jo Ann Dilling of the NAS Jacksonville USO, you know a small woman with incredible strength, lots of spunk, a never-ending smile and someone who will bend over backwards to help those in need.

Unfortunately, Dilling recently submitted her resignation due to some serious health issues and her doctor's recommendation.

"I will miss everyone so much. I love each and every Sailor and Marine. Working all these years at the USO have been some of the best years of my life. I've worked under three different directors and miss them all, but I especially miss my co-worker, Charlene. We've had lots of good times and sometimes some difficult times. We struggled through it all, played together and prayed together. I really love her," said Dilling.

When Dilling first began working at

the USO, it was located in a small, unknown office, hidden from public view. They were later moved to a much larger building located at the NAS Jacksonville Main Gate. "Moving up to the front of the base was so wonderful. We have really made a lot of progress over the years," she said.

Dilling's job consisted of giving welcome aboard presentations to all incoming personnel, pre-deployment briefs, publicity for the USO, providing customer service, selling tickets to events, attractions and Jaguars games and handling all monthly, quarterly and annual reports. She also coordinated numerous volunteer programs including the Habitat for Humanity, Shipmates with Heart and the annual Paint the Town programs, acting as a liaison between the Navy and community agencies.

"These are some really great programs and have grown substantially since I began coordinating the military to help out back in 1995. There are so many people out there that need the services the military members provide," said Dilling.

Currently, Dilling spends her time attending church services, reading and doing light chores. Anyone wishing to contact her, may do so by calling me at 542-3531 or Charlene at 778-2821.



Photo by JO2(SCW) Eric Clay

The NAS Jacksonville Fire Department is warning patrons that static electricity could possibly cause a fire while pumping gas in vehicles.

## Prevent fires from static electricity at fuel pump

From the Base Fire Department

Vehicle fires during refueling at the gas pump in some cases have been caused by static electricity. Static electricity generally occurs when the air is cold and dry. The best way to avoid static electricity is to remain outside, next to your vehicle when refueling. Static electricity can build up when an individual leaves or gets back into the vehicle.

It only takes a few minutes to refuel your vehicle and remaining outside the vehicle would greatly reduce the chance of a static electricity build-up that could be discharged when removing the nozzle from the gas tank.

People who have the need to get back inside their vehicle should make sure when exiting, to close and touch a metal surface with a bare hand thereby discharging any static electricity build up prior to

returning to the pump or touching the gasoline nozzle.

Here are some additional safety tips when refueling your vehicle:

- Always turn off the vehicle engine.
- Never smoke, light matches or use lighters.
- Do not use a cell phone.
- Do not over fill your vehicle gas tank.
- Never jam open the refueling latch on the dispenser nozzle.
- Do not breath gasoline vapors for an extended period of time.
- Should a fire occur, do not remove the nozzle from the vehicle, leave the area and call for help.

To help minimize a fire at the gas pump, please observe the safety information provided.

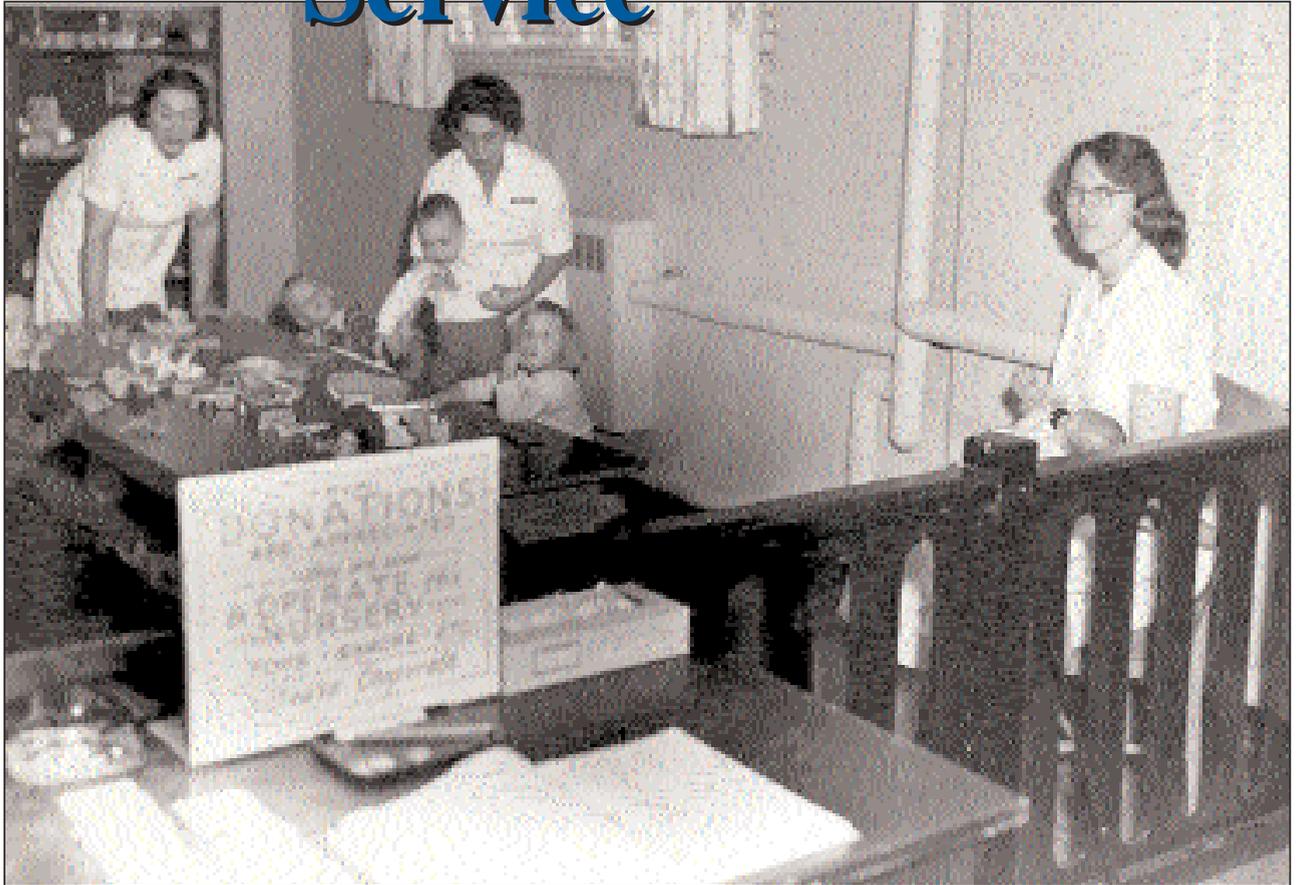
For further information, call the NAS Fire Prevention desk at 542-2783.



# Unending Service



Navy Wives Clubs of America



Members of the Navy Wives Clubs of America Jacksonville No. 86 volunteer to operate club's nursery aboard NAS Jax in February 1947. The nursery was open six days-a-week and charged 20 cents per child and 25 cents for two or more children. The original nursery was located on the lot presently occupied by the U.S. Post Office Building.

Official U.S. Navy photos

## United under a common goal

By Miriam S. Gallet  
Editor

Service members' spouses throughout military history have played many important roles influencing the readiness of the United States Armed Forces.

The Navy Wives Clubs of America (NWCA) Jacksonville No. 86 exemplifies the role of a military spouse and what can be accomplished when united under a common goal. Chartered May 14, 1947, NWCA Jacksonville No. 86 has been promoting goodwill among its members and serving the local military and civilian community for more than 55 years.

The purpose of the club is to promote a friendly, sympathetic relationship among the spouses of the enlisted members and to extend relief and assistance to needy members and other families of military personnel. Additionally, the club provides financial assistance to numerous charitable organizations.

Capt. Mark S. Boensel, NAS Jacksonville commanding officer said the club's history is admirable. "They have a wealth of experience. They are pioneers who started many wonderful projects, including the first Navy-wide Child Care Center at NAS Jacksonville. They are always there when we need them. A few months ago they volunteered to man the Air and Sea Spectacular volunteer feeding station," he said.

Before organizing under the NWCA national umbrella, club members met and held socials in their homes. In September 1947, Commanding Officer Capt. H.S. Duckworth, approved the use of the Community Center Building in Dewey Park as a part-time clubhouse. However, it was not until 1963, when Capt. James Compton, NAS commanding officer at the time, designated Building 716 as the new home of NWCA Jacksonville No. 86, that the club had a permanent home. In appreciation for his generosity, club members renamed the building, "Compton Hall," where they remained until the early 1980's, when the building was demolished.

Club members continued to meet at various locations including the Hobby Shop. Finally, in 1989 the NWCA Jacksonville No. 86 moved to its present-day location in Building 612 at the Base Theater Complex.

NWCA No. 86 was making its mark long before joining the parent organization. One of their most impressive undertakings was the opening of a nursery in order to assist military wives. With only 81 cents, 18 volunteers and a can do spirit, the club set out to accomplish the impossible - provide

affordable childcare to all military families stationed at NAS Jacksonville. Donations from local merchants and base organizations helped the club get started. On Feb. 1, 1947, the first incarnation of the present-day Navy's Child Development Centers was opened aboard the base.

The demand for what began as a 26-hour a week nursery operation was so great that just four months after opening its doors, the operating hours were extended. The base nursery became a 17-hour-a-day, six-day-a-week operation. The hourly rate was 20 cents for one child and 25 cents for two or more children. In the mid-50's, a second nursery was opened at Naval Hospital Jacksonville. This nursery handled 800 military children a week.

On August 1947, the club started a weekly Bingo game in an effort to keep this much-needed nursery open. Profits from the game were a big source of income for the club until 1976, when the game was discontinued.

In September 1948, NWCA Jacksonville No. 86 opened a thrift store, the "Not New Shop" as another service to local military families and a source of income for the club. Within an hour of its grand opening, the shop's stock was depleted. The club had struck gold once again. After several moves, the Not New Shop found a permanent home in Building 612 and, it is the club's main source of income today.

Another successful undertaking and source of income for the club was the publication of the very popular Navy Wives Club Cookbook in 1987.

According to Barbara Howard, outgoing president, the club's mission has been meeting the needs of the military families. "Over the years, we have been active in all activities that have been vital to the military family at the local and national level," she said. "The concerns and needs of the military family has been the reason for our existence."

Presently, the club has 54 members and contributes to 32 local organizations, including the NAS Jax Food Locker, Youth Activities Center and USO, American Red Cross, Pine Castle, Inc. and the Hubbard and Quigley Houses.

The NWCA Scholarship Foundation awards 47 scholarships annually to children of enlisted personnel of a Navy, Marine Corps or Coast Guard enlisted person and also sponsors an annual \$5,000 scholarship to a spouse, and \$1,000 scholarship to an NWCA member.

Moreover, the club raises money to train seeing eye dogs, an expensive endeavor.

"NWCA Jacksonville No. 86 has a diverse membership that includes spouses

See NWCA, Page 7

On May 21, 1969, the Navy Wives Clubs of America Jacksonville No. 86 won the Florida Times-Union "Eve" Award for Best Volunteer Project. The club won the award for its work of screening 899 local kindergartners for amblyopia or "lazy eye" disease. Club members (from left) Eleanor Hamby, Rita Brown, Barbara Howard and Sharon Havens admire the Golden Apple trophy.



Service members volunteer to renovate the new home of the Navy Wives Clubs of America Jacksonville No. 86. In 1963, after many years of holding meetings at various locations throughout the base, the club was given a permanent home in Building 716. The club members renamed the building "Compton Hall" in honor of the generosity of former NAS Commanding Officer, Capt. James Compton, who valued the role that Navy wives play during a Sailor's career.

On May 2, 1963, after having donated hundreds of hours of community work, the members of the Navy Wives Clubs of America Jacksonville No. 86 held a "Crazy Hats" luncheon. Each lady was required to make or adorn a hat, displaying their talents in the art of millinery.



# Unending Service



Navy Wives Clubs of America

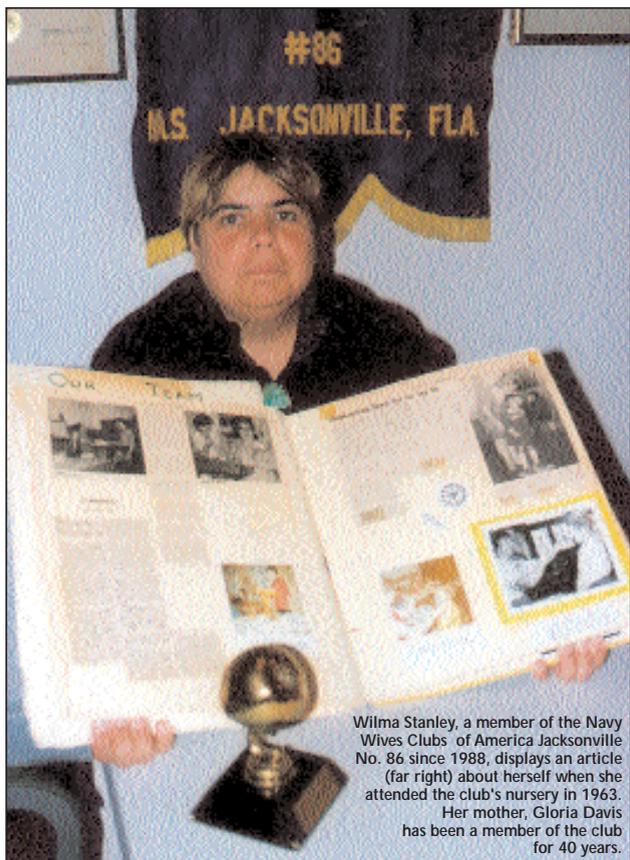


Navy Wives Clubs of America Jacksonville No. 86 members (from left) Barbara Howard, immediate past president and corresponding secretary, Pearl Aran, president, and Nancy Burr, treasurer, proudly display their club's history.



MS2 Anita Leon, a first-time shopper at the Not New Shop, a thrift shop operated by the Navy Wives Clubs of America Jacksonville No. 86, looks through the wide selection of utility pants available at drastically reduced prices.

Photos by Miriam S. Gallet



Wilma Stanley, a member of the Navy Wives Clubs of America Jacksonville No. 86 since 1988, displays an article (far right) about herself when she attended the club's nursery in 1963. Her mother, Gloria Davis has been a member of the club for 40 years.



Photo by JO2(SCV) Eric Clay

The newly-inducted members of the Navy Wives Clubs of America Jacksonville No. 86 Board of Directors pose for the camera during their annual Induction Dinner held Jan. 18 at the NAS Jax River Cove Officer's Club. (From left) Pearl Aran, president, Diana Buckton, vice-president, Barbara Howard, past president and corresponding secretary, Robin VanFossen, recording secretary, Nancy Burr, treasurer, Amy Johnson, parliamentarian and Bobbie Magnussen, chaplain.

## NWCA: Jax chapter at work since 1947

From Page 6

of active duty members, retirees and civilians. Civilian members are known as associate members who share the same goals and work just as hard in support of the military family," explained newly-inducted Club President Pearl Aran. "Membership in NWCA offers the young spouses an outstanding opportunity to meet others who have the same interests and to find support within the military community. Our club has the diversity to support enlisted spouses from all corners of the world. Club members become your extended family, especially during deployments."

In 1984, Navy wives worldwide-achieved two very significant milestones. President Ronald Reagan established Military Spouse Appreciation Day on May 11, in

order to recognized the many sacrifices and challenges faced by military spouses and in October, NWCA reached a long awaited goal when it was granted Federal Charter. Their charter is outlined in BuPers Instruction 5760.1.

NWCA Jacksonville No. 86 record of accomplishments over its 55-year history is a tale of selfless volunteerism and compassion for those less fortunate. Their contributions have touched thousands of lives and have made our community richer.

For those interested, NWCA Jacksonville No. 86 meetings take place on the first Wednesday of each month in Building 612 at 7:30 p.m. For further information, call Pearl at 777-8032.



ASCS Carlton Nicholson of NAMTra Unit, shops for bargains at the Navy Wives Clubs of America Jacksonville No. 86 Not New Shop located in Building 612 at the Base Theater complex.

# Prescription co-pay reimbursement possible

By Robert Actkinson  
TRICARE Advocate, Naval Hospital Jacksonville

Many retirees and their family members that have other health insurance don't realize they may be able to get reimbursement of co-payments they paid at civilian TRICARE Network Pharmacies.

It's really simple to get this reimbursement from TRICARE. By law, you must use your other health insurance first before TRICARE will pay on any claims. Many beneficiaries believe that they can pick and choose which insurance they can use first, but this is just setting yourself up for claim problems later on when TRICARE recoups monies paid on claims that should have been paid by your primary insurance.

TRICARE will always pay last when you have other health insurance, except when the insurance is Medicaid or a TRICARE supplemental insurance.

To get your co-payments back from TRICARE, you must first use a TRICARE Prime Network Pharmacy. Just a few of these network pharmacies are Eckerds, Walgreen's, Wal-Mart, and K-Mart. To find a complete list of TRICARE Network Pharmacies, you can call the Beneficiary

Services Line for which TRICARE Region you are located in or go to web site [www.tricare.osd.mil](http://www.tricare.osd.mil) and choose Provider Directory.

Now the good part. To get your refund on your co-payments, you will first need the pharmacy receipt showing the name of medication, amount of medication, cost of the medication, and co-payment for the medication. Make a copy of the receipt and mail the copy of the receipt with the original copy of a DD Form 2642 claim form to the claims address for the TRICARE region that you reside in. You can obtain this information by calling the Beneficiary Services Line for your region or go to web site [www.tricare.osd.mil](http://www.tricare.osd.mil) and choose "Claims." Then pick claim form, or you may visit your local TRICARE Service Center or see a Health Benefits Advisor at any Military Treatment Facility. It normally takes three to four weeks to receive a refund.

When you receive your check along with the TRICARE Explanation of Benefits (EOB), check the billed amount on the EOB. It should have the cost of the medication and not the co-payment of the medication. If the co-payment is entered under the cost, chances are the claim was processed incorrectly. In this case, the TRICARE

Claims Contractor has processed the claim incorrectly and has taken the normal TRICARE co-payment out of your other health insurance co-payment. In this case you would need to call the 800-telephone number listed at the bottom of the explanation of benefits and have the claims adjuster reprocess the claim for a full refund. This full refund only applies if you are using a TRICARE Network Pharmacy. If you use a Non-Network Pharmacy, you can still file for reimbursement; however, you will still have to meet your deductibles and pay your cost shares before TRICARE will reimburse any monies.

If you haven't been filing with TRICARE to get your co-payments refunded, you can file back one year to date to be reimbursed. Go to the pharmacy where you got your prescriptions filled and have the pharmacist print-out one year back all the prescriptions you've had filled. Most of these pharmacies will do printouts with only your co-payments on them. Have the Pharmacist write-in a cost column and write-in next to each prescription the cost of the prescription.

Once the pharmacist has done this have them sign the bottom of the print-out. Remember the claims processor needs both cost and co-payment to reimburse your full co-payment.

## NAS Jax hits record lows



Photo by JO2(SCW) Eric Clay

Last Friday, NAS Jacksonville reached record low temperatures of 19 degrees with a wind chill factor of minus 3. The cold Arctic front lasted throughout the weekend. It was an unfamiliar sight as ice formed around water pipes near the base marina and on standing water around the base.

## CNRSE SOY: Local wins

From Page 1

Training Center, Great Lakes, Ill. and Torpedoman's Mate "A" School in Orlando, Santana reported aboard USS Virginia (CGN 38) where he was advanced to third class petty officer. In 1986, he transferred to USS Coral Sea (CV 43) where he was able to use his linguistic skills when the ship visited numerous countries. Santana is fluent in Spanish, French and Italian and continues to learn Arabic and Hebrew.

In 1988, Santana reported aboard USS Bowen (FF 1079) where he qualified as an Enlisted Surface Warfare Specialist (ESWS) and was advanced to second class petty officer. His next tour was at the Intermediate Maintenance Facility, Naval Weapons Station (NWS), Yorktown, Va. where he managed the base ceremonial color guard and was selected as the NWS Yorktown 1993 Sailor of the Year.

After leaving Virginia, Santana checked aboard USS Essex (LHD 2) where he requalified as an ESWS and qualified as an Enlisted Aviation Warfare Specialist. This tour was followed by a tour aboard USS Simon Lake (AS 33) in La Maddalena, Sardinia, Italy.

In May 1999, Santana cross-decked to USS Emory S. Land (AS 39). Seven months later, he attended MK 46 Test Equipment School at the Trident Training Facility in Keyport, Wash., where he also earned an associate degree from Vincennes University.

In February 2001, Santana transferred to NAS Jacksonville. As LPO of the

Weapons Department, Santana is responsible for all ammunition component transactions. This includes the daily tracking, inventory and ordering of all components.

His second full-time job is to manage 60 members of the station's Honor Support Team and Color Guard. This entails mustering personnel, training new members, uniform maintenance, scheduling events and handling all logistics to ensure members reach their commitments on time. He also has four teams working on a weekly rotation for the funeral detail or color guard, coordinating members of the team through their departments.

Santana was chosen by a selection board comprised of regional command master chiefs who reviewed submission packages and interviewed each candidate last week. Candidates also enjoyed a little rest and relaxation, participating in numerous activities including a yacht tour by retired Rear Adm. Joe Coleman, extreme bowling and trips to the Orange Park Kennel Club and St. Augustine.

Each of the nominees were chosen for distinguishing themselves by sustaining superior performance and working tirelessly to ensure that all aspects of their assigned duties were accomplished in an outstanding manner. Their diligent pursuit of excellence and exceptional ability set high standards for themselves and their shipmates.

"I would like to especially thank all the other NAS Jax Departmental Sailors of the Year - AC1(AW/SW)

See SOY, Page 9

## Commissary offers scholarships to military children

By Bonnie Powell  
DeCA

Valentine's Day is fast approaching and the Scholarships for Military Children program has a really "sweet" deal for military children going to college this fall. Applications for \$1,500 scholarships are due in at the nearest commissary by Feb. 21, just after Valentine's Day. At least one scholarship will be awarded at every commissary location with qualified applicants.

"We've made it even easier to apply this year," said program liaison Edna Hoogewind of the Defense Commissary Agency. "Everything a potential applicant needs to know is in the Frequently Asked Questions section of our scholarship page at <http://www.commissaries.com>. The application can be downloaded and filled out by hand, or filled out on the computer and saved as a file. Copies of the application are also available at commissaries worldwide."

The scholarship essay topic is "How has being the child of a military service member influenced your educational goals?" In past years the essay has been a key factor, along with activities and community involvement, in deciding among the many outstanding applicants.

"Remember, the deadline for returning applications by hand or mail to a commissary is Feb. 21," said Hoogewind. "Applications must be in the store by close of business on that day, and if you are not hand-delivering your application, it's a good idea to

use a delivery method that supplies a return receipt. Commissaries will bundle up the applications and send them to Scholarship Managers as soon as the deadline passes," said Hoogewind. "Scholarship Managers will only acknowledge final receipt of the applications if students include a self-addressed and stamped post card with their applications."

Hoogewind also advises students to check all their materials carefully for simple things - like making sure the application is signed or that they are using the 2003 application, not one from previous years.

The scholarship program is open to unmarried children under the age of 21 (23 if enrolled in school) of active duty personnel, Reserve, Guard and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System (DEERS) database.

Applicants should ensure that they, as well as their sponsor, are currently enrolled in the DEERS database and that they have a current ID card. All applicants must be citizens of the United States.

The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2003. Students at community or junior colleges must be enrolled in a program of studies designed to transfer directly into a four-year program. Additional instructions can be found on the application.

Fisher House Foundation, a nonprofit organization best known for building

comfort homes near military medical facilities, administers the Scholarships for Military Children program. Fisher House Foundation uses the services of Scholarship Managers, a professional firm that has handled more than 400 programs, to screen applicants and award scholarships. Neither Fisher House nor DeCA are involved in the decision process.

The Scholarships for Military Children program has awarded 920 scholarships and nearly \$1.5 million since the first awards were given in 2001. Scholarships are funded through the voluntary donations of the various manufacturers, brokers and suppliers that sell products in commissaries.

The Defense Commissary Agency operates nearly 280 commissaries worldwide, providing groceries to military personnel, retirees and their families. Authorized commissary patrons purchase items at cost plus a 5-percent surcharge, which covers costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices - savings worth more than \$2,400 annually for a family of four.

A core military family support element and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country

## KUDO KORNER

The following personnel were recognized during an awards ceremony at Fleet Area Control and Surveillance Facility:

**Good Conduct Medal**  
OS2(SW) James Cameron  
**Letter of Commendation**  
AC2 Jamal Hampton  
AC3 Jillian Jameson

The following awards were recently presented during ceremonies held at NAVAIR Depot:

**Navy and Marine Corps Achievement Medal**  
Lt. Joseph Berrios  
AM1 Michael Harris  
**Armed Forces Reserve Medal**

Capt. Steve Clarke  
Capt. Kirk Johansen  
Cmdr. Joseph Bartley  
Lt. Paul Casey  
ETC Fujioka  
SKC Maureen Jerome  
SK1 Joel Therlonge

SK1 Douglas Barth  
IT1 Carolyn Hodges  
SK2 Louis Phillips  
SK2 Latessa Roby  
SK2 Oscar Vargas  
YN2 Onre Houston  
SK2 Charlene D'Andrade  
SK2 Marvin Polk  
SK3 Wilberto Flores  
**Naval Reserve Meritorious Service Medal**  
SK2 Louis Phillips

# SECNAV sends farewell message

By the Honorable Gordon R. England  
Secretary of the Navy

In leaving this wonderful institution, I am reminded that we in the naval service are heirs to 227 years of history in which Sailors and Marines live and perpetuate our most cherished treasure - patriotic duty to America. To all the men and women in this great service - military and civilian alike - you personify a tireless American spirit that finds hope on every new horizon.

Your service to America's purpose and security is as vital as ever. Today, we face an unprecedented array of difficult and dangerous challenges around the world. Following our strong president, Americans everywhere are rising to this historic

moment using diplomatic, financial, humanitarian and, when necessary, our military might to protect and advance human dignity and freedom.

Everyday when I walk into my office, three paintings constantly remind me of the life of consequence that you have chosen.

On one wall is a rendition of USS Constitution - Old Ironsides - engaged in the U.S. Navy's first major victory at sea in the War of 1812. When I look up from my desk, I see Fleet Adm. Chester Nimitz standing on the deck of USS Missouri (BB 63) as if he is carefully watching the decisions made in this office. Finally, behind my desk is a painting depicting brave Marines and Navy corpsman raising the American flag at Iwo Jima.

Coincidentally, my office

faces the Iwo Jima memorial. Felix De Weldon, the memorial's renowned sculptor, best captured our nation's challenges and the Americans who rise to meet them when he said, "Fortunately for this great nation of ours, we have been blessed through heritage and tradition by a limited number of great men, thus far adequate in numbers to our nation's needs in time of great stress."

His words still ring true today for those who wear the cloth of the nation and the two strong leaders of this department, Chief of Naval Operations Adm. Vern Clark and Commandant of the Marine Corps Gen. Mike Hagee. With them in your vanguard, Adm. Clark and Gen. Hagee are shining champions who deal hope



Photo by PHC(AW) Johnny Bivera

Secretary of the Navy (SECNAV) Gordon R. England gives his remarks during his farewell ceremony last week held at the Washington Navy Yard. "After all is said and done, when I take my leave, I will miss you," said the SECNAV as a final message to all Sailors and Marines. England is leaving his position to become the deputy of the newly-formed Department of Homeland Security.

for all of us. This team tradition is the lasting legacy of Adm. Clark and Gen. Jim Jones, Gen. Hagee's predecessor.

From Old Ironsides to Operation Enduring Freedom, brave Americans never

rest in defending our ideals, principles and values. For that noble duty, I thank you. As your spirit is tireless, my gratitude is timeless.

I will worry about you when you face danger, and I will salute you when you

prevail. I will marvel at your achievements, and I will gain strength from your example.

God bless you and your families. God bless the Department of the Navy and God bless America.

## VP-62 hosts Commander, Naval Air Force Reserve

By PH2(NAC) Rich Kerner  
VP-62

The "Broad Arrows" of VP-62 were recently honored by a week-end visit from Commander, Naval Air Force Reserve Rear Adm. Dan Koppel, and Naval Air Reserve Master Chief CMDCM Kevin Champagne.

With a goal of getting out and interacting with Reserve aviation commands worldwide, visiting the tenant commands of NAS Jacksonville was the admiral's first opportunity to do so.

Personnel of VP-62 and HS-75 attended an all-hands admiral's call in the VP-30 auditorium, where Koppel outlined his mission to "support the CINC's with fully combat ready aircrews and aircraft throughout the full range of operations from Fleet support to full mobilization in time of war. During the presentation he further expanded upon his vision and described in details his priorities of



Photo by PH2(NAC) Rich Kerner

AT1(AW/NAC) Mike Murray explains onboard emergency equipment and procedures to Rear Adm. Dan Koppel (center), Commander, Naval Air Force Reserve, and his assistant as crewmembers prepare to take Koppel on an orientation flight aboard a newly retrofitted AIP P3-C Orion.

"manpower, current readiness, compatible equipment, force shaping, Fleet support".

Koppel and Champagne spent their second day touring the VP-62 hangar, where they visited each squadron workspace, shook hands, and interacted with personnel and witnessed

first hand the Broad Arrow's pride, professionalism, and enthusiasm. The day was capped off with Cmdr. Brian Quigley, VP-62 commanding officer, hosting Koppel and Champagne on a three-hour orientation flight on one of the newly delivered AIP P3-C Orion aircraft.

## SOY: Local sailor wins for Region

From Page 8

Dwayne Glass, AM1(AW) Dawn Bryce, ET1(SW) William Humphrey, ET1(SW) John Tedrick, LN1(SW) Patrick Brown, MA1 Virgil Carver and SH1(SW) Emmanuel Delacruz. After becoming NAS Jax Sailor of the Year, I was responsible for the Blue Jacket Sailor of the Quarter and Year boards. They were all extremely instrumental in establishing the boards and assisting throughout the process. I would also like to thank IT1 Guy Stelzenmuller of the NAS Jax Command Master Chief's office for all his assistance," concluded Santana.

**Morning Wellness Workout Camp**  
for Active Duty

- February 12, 13, or 14
- 0800-1200 daily
- Wellness Center
- Each day is the same activity - so pick a day!
- Wear fitness attire!!
- 542-5292 for more information

Together we can make a difference.  
www.volunteersofamerica.org  
1.800.422.6800

# FROM THE GALLEY

## 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: \$3.25  
 Dinner: \$3.25

## Thursday

**Breakfast**  
 Grilled ham slices  
 Hash brown potatoes  
 Waffles  
 Assorted omelets  
 Oven fried bacon  
 Grits  
**Lunch**  
 Lemon baked fish  
 Rice pilaf  
 Chicken gravy  
 Broccoli  
 Baked chicken  
 Mashed potatoes  
 Lima beans  
 Corn chowder

## Dinner

Oven roast beef  
 Parsley potatoes  
 Green beans creole  
 Chicken rice soup  
 Scalloped ham/noodles  
 Steamed rice  
 Steamed corn

## Friday

**Breakfast**  
 Oven fried bacon  
 Hash brown potatoes  
 Oatmeal  
 Assorted omelets  
 Corned beef hash  
 French toast  
**Lunch**  
 Mexican pork chop  
 Spanish rice  
 Asparagus  
 Tomato noodle soup  
 Herbed baked fish  
 Scalloped potatoes  
 Mixed vegetables  
**Dinner**  
 Salisbury steak  
 Home fried potatoes  
 Peas and carrots  
 Beef rice soup  
 Lyonnaise rice  
 Summer squash  
 Brown gravy

## Saturday

**Breakfast**  
 Grilled minute steaks  
 Cottage fried potatoes  
 Grilled pancakes  
 Grilled bacon slices  
 Omelets  
**Brunch**  
 Grilled ham and cheese  
 Boston baked beans  
 Vegetable supreme soup  
 French fried potatoes  
 Mixed vegetables  
 Grilled bacon slices  
**Dinner**  
 Herbed baked chicken  
 Okra and tomato gumbo  
 Minestrone soup  
 Jaegerschnitzel  
 Whipped potatoes  
 Steamed cauliflower  
 Egg noodles

## Sunday

**Breakfast**  
 Corned beef hash  
 Hash brown potatoes  
 Waffles  
 Assorted omelets  
 Oven fried bacon  
 Grits  
**Brunch**  
 Oven fried bacon

Cheesy bacon burger  
 Steamed corn  
 Glazed carrots  
 Cream of chicken soup  
 French fries  
 Assorted omelets  
**Dinner**  
 Beef sauerbraten  
 Beef gravy  
 Green peas  
 Cream of chicken soup  
 Baking powder biscuits  
 Turkey pot pie  
 Rissole potatoes  
 Stewed tomatoes  
 Steamed egg noodles

## Monday

**Breakfast**  
 Minced beef w/toast  
 Hash brown potatoes  
 Grits  
 Grilled bacon  
 Assorted omelets  
**Lunch**  
 Beef suriyaki  
 Filipino rice  
 Peas and carrots  
 Cranberry sauce  
 Brown gravy  
 Southern fried catfish  
 O'Brien potatoes  
 Cream style corn  
 Shrimp gumbo soup

## Dinner

Grilled pork chops  
 Buttered noodles  
 Succotash  
 Vegetable soup  
 Braised beef cubes  
 Lyonnaise potatoes  
 Brussel sprouts  
**Tuesday**  
**Breakfast**  
 Creamed chipped beef w/toast  
 Strawberry pancakes  
 Assorted omelets  
 Hash brown potatoes  
 Oatmeal  
**Lunch**  
 Chicken tetrazzini  
 Steamed rice  
 Steamed broccoli  
 Iced yellow cake  
 Meatloaf  
 Oven browned potatoes  
 Steamed cauliflower  
 Oven roast beef  
 New England clam chowder  
**Dinner**  
 Sweet and sour pork  
 Mashed potatoes  
 Cabbage wedges  
 Chicken noodle soup  
 Oven roast beef  
 Chow mein noodles  
 Seasoned corn

## Steamed rice

**Wednesday**  
**Breakfast**  
 Grilled sausage links  
 Cottage fried potatoes  
 Grits  
 Grilled bacon slices  
 French toast  
 Assorted omelets  
**Lunch**  
 Hungarian goulash  
 Stir fry vegetables  
 Steamed egg noodles  
 Mulligatawny soup  
 Garlic fish  
 Steamed carrots  
 Oven-glo potatoes  
**Dinner**  
 Chicken adobo  
 Steamed rice  
 Cauliflower combo  
 Pepper pot soup  
 Tempura fish fillets  
 Parsley potatoes  
 Club spinach

*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.*

# HELPING HANDS

## Volunteer to help with the Science Fair

The Clay County Kiwanis Regional Science and Engineering Fair is Feb. 9-10 at the Orange Park Mall. Volunteers are needed to assist with a wide variety of duties, including judging. Complimentary breakfast and lunch will be provided for all judges. Set-up and breakdown volunteers will be provided refreshments, as well. For more information or to register, contact Lillian Bell at 264-0209 or 571-7930 or via email at lafbell@aol.com.

## Science Fair volunteers needed

Northeast Florida Kiwanis Regional Science and Engineering Fair is Feb. 24-27.

The Kiwanis Club is looking for volunteers to assist with a wide variety of duties, including judging, for their 48th Annual Regional Science and Engineering Fair at the Jacksonville Fairgrounds.

Science projects will cover behavioral and social sciences, bio-chemistry; botany; chemistry; computer science; earth and space sciences; engineering; environmental sciences; mathematics; medicine and health; microbiology; physics and zoology.

Dozens of volunteers are needed to help out on the following dates and times with everything from fair set-up and registration to judging entries and breakdown duties.

For more information or to register go to [www.kiwanisscience-](http://www.kiwanisscience-)

[fair.org/index2.htm](http://fair.org/index2.htm) and click on the "Volunteers" or "Judges" link or call ATCS Futch at 270-6624/7725.

## Putnam Regional Science and Engineering Fair

Communities-In-Schools of Putnam County is looking for volunteers to be judges in any of the above 13 project areas, plus gerontology, on Feb. 5 from 8 a.m. to 2:30 p.m. at the Palatka Mall. For more information or to sign up, call at 328-8875.

## Urban Tree Rangers wanted

Join Greenscape of Jacksonville on Feb. 8, from 8 a.m. to noon in beautifying Jacksonville. Urban Tree Rangers return to the urban forest created by Greenscape at the foot of the Mathews Bridge near Alltel Stadium. Minimum age requirement is 16. Contact Bonnie Hilton or Anna Dooley 398-5757 for more information.

## Scottish Highlands Games

Come celebrate and experience the Scottish culture and traditions. Volunteers are wanted to assist with this event in many ways:

Feb. 21 - Volunteers are wanted in four-hour blocks or all day between 8 a.m. to 5 p.m. to help set-up for the event. Please bring

gloves and wear a hat. Help is needed to set up tables, tents, chairs and booth areas. Full day workers receive free admission to the games on Saturday.

Feb. 22 - Volunteers are wanted to sell event day programs from 8 a.m. to 5:30 p.m., whole day or half-day blocks for large groups. Successful volunteer groups will receive donation to their organization depending on total sales.

Feb. 23 - Help is needed to break down starting at 9 a.m. Volunteers are wanted in four-hour block scheduling.

The minimum age required is 15. Water and PowerAde will be furnished for all volunteers.

Contact Janet Gervin at 646-0199 Ext. 1772 or [bgervin@bell-south.net](mailto:bgervin@bell-south.net) for more information.

## Red Cross seeks shuttle volunteers

Red Cross volunteers operate the Naval Hospital's visitor's parking lot shuttle cart service. The service will soon expand to include a second shuttle cart and will also begin operating both mornings and afternoons.

The Red Cross is currently taking applications for additional volunteers to serve as drivers for the shuttle carts. The only requirements for shuttle cart drivers are that the person be outgoing, eager to help and possess a current Florida driver's license.

Volunteers are also needed to work other areas in the hospital such as at reception desks greeting and providing information for hospital guests. For information and applications for any of the Naval Hospital Red Cross volunteer opportunities call 542-7525.

# JAX TALES

By MIKE JONES

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



**Opening the door to hope**

The Muscular Dystrophy Association's support services help Americans live with over 40 neuromuscular diseases. And our cutting edge research offers hope for a future without these disabling disorders. Call our Helpline. It's toll-free.

**MDA**  
 Muscular Dystrophy Association  
 A 501(c)(3) nonprofit

(800) 572-1717  
[www.mdausa.org](http://www.mdausa.org)  
 Printed as a public service

## MWR NOTES

### NAS Freedom Lanes offers great deals

Bowl for only \$2 per game before 5 p.m. and only \$2.50 per game after 5 p.m. weekdays.

Rent-A-Lane specials are offered Tuesday's starting at 5 p.m. for \$12 per lane, per hour or \$32 for three hours. Shoe rental is \$1.65. Wednesdays are Active Duty Appreciation Day – all active duty may bowl up to two free games.

Enjoy Xtreme Cosmic Bowling every Saturday from 4-6 p.m. for \$24.95 per lane with four shoe rentals and Sunday from 8 p.m. to midnight for \$10 per person.

Reservations are accepted for the 4 p.m. and 8 p.m. start. Any lanes reserved must be paid 30 minutes prior to the start or lane will be turned over to the waiting list. You may call ahead and pay with credit card.

Call the center for the event schedule at 542-3493

### What's happening for kids?

Dance classes and Tae Kwon Do classes are available at the 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).

### Let Delivery Zone bring the meals to you

Can't get away from the office? Live on base? Having an office party? Call the Delivery Zone and let us bring the food to you. We deliver free anywhere on base and have a wide variety of pizzas, subs, salads, sandwiches, wings, appetizers and more on our menu. To place an order call 542-3900.

### 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, 7 p.m. - Barbershop (PG13)

Saturday, 5 p.m. - My Big Fat Greek Wedding (PG)

Saturday, 7 p.m. - Serving Sara (PG13)

Feb. 7, 7 p.m. - Blue Crush (PG 13)

### January Liberty events

We're starting a T-shirt design contest. Come by the Liberty Recreation Center to get more details.

Tomorrow – Final day for T-shirt Logo Contest. The winner will be announced at the February Indoc Barbeque and receives a prize package worth \$100.

For more information, call 542-3491.

Saturday - 3-Man Paintball Tournament. Test your skill and agility during three-minute games as each team earns points throughout the day. The team with the highest points for the day wins prizes.

Feb. 4 - Ice skating and roller blading. This trip is free to active duty. The van leaves at 7 p.m.,

returning at 9 p.m. Sign-up begins at 3 p.m. the day of the event.

Feb. 5 - Ping-Pong Tournament. Food will be provided at 6 p.m. and the tournament will start at 7 p.m. The winner will receive a \$25 gift certificate to the Navy Exchange.

Feb. 6 - Jacksonville Dolphins vs. Mercer. This trip is free for active duty only. The Liberty van leaves at 6 p.m. Sign-ups begin at 3 p.m. the day of the event.

Feb. 8 - Jax Barracuda's vs. Orlando. This trip is free for active duty. The van leaves at 6:30 p.m. Sign-up begins at 3 p.m. the day of the event.

### Brew house specials

The Brew House has Karaoke every Wednesday evening from 7-10 p.m. through February. Put your voice to the test. See if you can rate as the best vocalist of NAS Jax. Bring your buddies to help root you on to victory.

### Treat yourself through I.T.T.

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

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

Feb. 1 – Mt. Dora Art and War Trip - Shop till you drop. Then step back in time for a visit to the Civil War camp. Relive history to see America's beginnings, followed by the largest Civil War re-enactment in Florida. The cost is \$17.75 per person.

Feb. 15 – River Ship Romance Tour - Treat your sweet heart to a three-hour luncheon cruise in Sanford, Fla. Enjoy lunch, then dance to live music, or just relax and watch the river flow by. We will also have some time for antique shopping in the City of Sanford. The cost is \$45.75 per person.

Feb. 16 – Silver Spurs Rodeo and Osceola Country Fair – The cost is \$32.50 for adults and \$26.50 for children (3-11). Transportation and all entrance fees are included.

### Valentine's vacation packages

Enter to win an Armed Forces Vacation Club vacation and up to \$1000 travel reimbursement. Just come by I.T.T. and fill out an official Valentine's Vacation entry form. The entry must be received by Feb. 13. The drawing will be on Feb. 14. The winner has one full year to set up his or her own vacation. Check out the great deals at the vacation club at [www.afvclub.com](http://www.afvclub.com).

### Sleuth's Mystery Dinner Show

The MWR Information, Ticketing and Travel office and the River Cove Catering Center will be hosting the popular Orlando based Sleuth's Mystery Dinner Show on March 28. Watch for clues while on the edge of your seats as you try to solve an exciting who-dunnit. Price per person is \$30.

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

## COMMUNITY CALENDAR

**The Navy Wives Club 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 Barbara Howard at 471-1444.

**The Navy Wives Club's DID No. 300** meetings are held the second Thursday of each month at 7 p.m. Our new meeting place is 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.

**Submarine Sailors** - If you have qualified on a United States Navy submarine in the past or present you are invited to join "First Coast Sub Vets." If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. Meetings are held the second Saturday of each month at the American Legion Post 316 on Atlantic Blvd. For more information contact the Base Commander at [trjjax@atbi.com](mailto:trjjax@atbi.com) or 241-6222.

**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.

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

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

**Christian Fellowship Night** will be held behind the Chapel in Bldg. 749 from 6:30 – 9 p.m. every Tuesday night. For more information call 542-3051.

**Association of Aviation Ordnancemen's** 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 Parnley at 542-8589.

There will be a **Hunters Education Safety Class** held in AIMD spaces on Feb. 3, 5, 10, and 12 from 5-8 p.m. The field portion of the class will be conducted

on Feb. 15 from 8 p.m. – noon at the Gateway Rifle and Pistol club. You must attend all classes to earn your card. This class will include the orientation for hunting onboard NAS properties. The class is totally free of charge and is recognized throughout North America. Contact AT1 Gallassero in AIMD PC 542-3526 ext 291 or [gallassero@aimdjax.navy.mil](mailto:gallassero@aimdjax.navy.mil) to register. This class is open to military family members as well.

**The First Coast Black Nurses Association** will hold their monthly meeting Feb. 11 at 6 p.m. at Shands Jacksonville Hospital in the Blue Room on the first floor. For more information, call Janice Moore at 244-7950.

**The Non-Commissioned Officers Association** is sponsoring a job fair on Feb. 11 at the Jacksonville Marriott. For more information, call 1-800-662-2620.

**VS-30/VS-801** will hold their 50th Anniversary Celebration March 12-15, 2003 (in conjunction with Viking Week East) in Jacksonville. Contact: Lt. D.B. Waidelich at 542-8546 or email [waidelichdb@vs30.navy.mil](mailto:waidelichdb@vs30.navy.mil). Anyone searching for memorabilia and history should contact Cmdr. Ruth at [ruthda@scowl.navy.mil](mailto:ruthda@scowl.navy.mil).

**The 60th Anniversary Jolly Roger Reunion (1943-2003)** will be held May 15-17, 2003 at NAS Oceania, Va. For more information, e-mail [reunion@vf103.navy.mil](mailto:reunion@vf103.navy.mil) or call (757) 433-5833.

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](mailto:djhdestin@cox.net).

**February 2003**

**Aerobic And Strength Training Exercise Classes**



**AEROBIC**

February 6

0830-0940



**STRENGTH TRAINING**

February 11

1400-1515

**ACTIVE WEAR ATTIRE FOR BOTH CLASSES**

Classes Start At The Wellness Center

**Call 542-5292**

## American Heart Month coming up

By Cheryl Masters, RD, MS

Dietitian/Health Promotion Specialist

Wellness Center, NHJ

February is National American Heart Month. Most Americans already know that eating too much fat can raise cholesterol and lead to cardiovascular disease, but do they know that good fats in the diet can improve their health?

### Tips on fats:

- Make sure the fat you add to your food is monounsaturated. Monounsaturated fats can lower your bad cholesterol. Monounsaturated fats are those oils such as olive and canola. Other sources are nuts and nut oils.

- Avoid hydrogenated fats in your diet: hydrogenated fats, probably the worst kind of fats you can eat, are polyunsaturated oils that are artificially saturated to make them more stable. Many processed baked goods, for instance rely on them to extend shelf life. High intake of trans fats, by-products of hydrogenation, can raise your

bad cholesterol and lower your good cholesterol: HDLs.

- Read ingredient lists on food labels: the fats to look for are liquid (not "hydrogenated") oils, preferably canola, olive or "high-oleic" safflower oil. Ingredients are listed in order of descending weight, so the sooner an ingredient appears on the list, the more of that ingredient the product contains.

- Include sources of omega-3 fatty acids in your diet. Although fatty fish (salmon, tuna, herring, mackerel, and sardines) are more concentrated sources, omega-3's are also found in flaxseed, flaxseed oil, canola oil, walnuts and leafy green vegetables. Omega-3's make the blood less sticky and less likely to build up on the sides of the artery wall. Also if your triglyceride levels are high, omega-3's can lower those as well.

To learn more about cholesterol and nutrition, call the Wellness Center at 542-5292.

# JAX SPORTS NEWS

## Sports officials, scorekeepers needed

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

## Intramural soccer meeting planned

This league is open to all NAS Jax active duty commands and personnel. An organizational meeting will be held Feb. 5 at 11:30 a.m. in the Building 590 conference room to discuss rules and to receive the required paperwork to join league.

The season begins in March and games will be played in the evening. Command athletic officer's or their designated representatives and all interested personnel should attend the meeting.

## Greybeard softball league to begin

The Greybeard league is open to all NAS Jax active duty commands and personnel ages 32 and above. A meeting will be held Feb. 19 in the Building 590 conference room at 11:30 a.m. to discuss rules and to get the required paperwork to join the league.

The season begins in March and games will be played on Tuesdays and Thursdays at 11:30 a.m. All interested personnel should attend the meeting.

## Intramural softball starting

The intramural league is open to all NAS Jax active duty commands and personnel. An organization meeting will be held Feb.

19 in the Building 590 conference room at noon to discuss rules and to get the required paperwork to join the league. The season begins in March and games will be played on Tuesdays and Thursdays at 5:30 p.m. and 6:45 p.m.

## Women's softball meeting slated

The women's league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. This meeting will be held Feb. 19 in the Building 590 conference room at 12:30 p.m. to discuss rules and to get the required paperwork to join the league. The season begins in March. Command athletic officer's or their designated representatives and all interested personnel should attend the meeting.

## Open softball to begin

This league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. A meeting will be held Feb. 20 at Mulligans at 4 p.m. The season begins in March and games will be played on Tuesdays and Thursdays at 4:30 p.m. All interested personnel should attend the meeting.

## Men's and Women's Open

### Racquetball Tournaments slated

A Men's and Women's Open Racquetball Tournament will be held Feb. 24-27 starting at 5 p.m. at the gym.

The tournament is free and open to all NAS Jax authorized patrons (active duty, dependents over 18, retirees, and DoD/NAF

civilian employees). Sign up at the NAS Jax Gym by Feb. 18.

## Navy Southeast Regional

### Running and Triathlon Team

Attention competition runners - represent the Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided, as well as, transportation, entry fees, and lodging costs.

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

#### Qualifying times

5K	Men 19:00	Women 24:00
10K	Men 34:00	Women 46:00
Marathon	Men 3H 30M	Women 4H
Triathlon	Men 2H 30M	Women 3H
Triathlon time based on 1.5K swim, 10K run, 40K bike		

*For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239 or e-mail us at [dbonser@nasjax.navy.mil](mailto:dbonser@nasjax.navy.mil) or [dorman@nasjax.navy.mil](mailto:dorman@nasjax.navy.mil).*

# SPORTS STANDINGS

### Intramural Basketball Standings as of Jan. 24

Team	Wins	Losses
VP-30	11	0
Supply	9	1
VP-45	7	3
AIMD	5	3
NavHosp	5	4
TPU	5	5
VP-45 O'S	4	2
VS-30	3	0

### Intramural Basketball Standings (contd.)

BDC	3	0
VP-5	3	6
FACSFAC	2	6
VS-31	2	8
HS-15 Blue	1	1
ATC Ops	1	8
HS-15 Yellow	0	1

### Greybeard Basketball Standings as of Jan. 24

Team	Wins	Losses
NCTS	3	0
NAMTra	1	0
VS-31	2	2
AIMD	2	2
NavHosp	2	2
FACSFAC	1	1
VS-30	0	1

### 4-on-4 Flag Football Standings as of Jan. 24

Team	Wins	Losses
VP-30	2	0
VS-31	2	0
HS-5	2	0
NLSO	1	1
CNRSE	1	1
CEC Wardroom	0	2
NAMTra	0	2
AIMD	0	2

## Wellness Center Active Duty Camp Feb. 12-14 8 a.m. to noon

### Scheduled Activities

**8-8:15 a.m.** - Introductions/ participants sign-in. Wellness Staff will start preparing fruit smoothies and juicing.

**8:15-8:45 a.m.** - Responsible Lifestyles Presentation.

**8:45-9 a.m.** - Break/fruit smoothies will be passed out to participants.

**9-9:30 a.m.** - Lt. Nancy Johnson - Summaries of Aerobic and Strength Training Principles.

**9:30-10 a.m.** - Cheryl Masters - Nutrition Presentation/Juicing presentation.

**10:15-11:15 a.m.** - Participants will walk to the Base Gym for a workout class with the MWR staff.

**11:30 a.m. - noon** - Participants will workout on the Nautilus Equipment located at the Base Gym basketball court. MWR and Wellness staff will assist participants with strength training.

**We've Built a Better Mousetrap...**

...and the world is finding a path to our door. We're not surprised. People have discovered that the new U.S. government, like portal [www.FirstGov.gov](http://www.FirstGov.gov) is online, and they can catch all the answers they're looking for from the U.S., state and local governments.

Just point and click your way to [www.FirstGov.gov](http://www.FirstGov.gov) and instantly search more than 27 million U.S. government web pages. Whether you want to find a job, track your Social Security benefits, buy a home, or receive a certificate at a national park - you can find the answers that you need - your first click.

**FIRSTGOV**  
The First Step to U.S. Government