



# Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

## TOUCHING BASE

### Central Appointments expands hours

Naval Hospital Jacksonville's Central Appointment Line is now available between 6 a.m. and 8 p.m. Monday through Friday. On weekends and holidays, the hours of operation are 7 a.m. to 3:30 p.m. The line is closed Thanksgiving, Christmas and New Year's Day. The additional hour of morning service was added in order to better serve Naval Hospital Jacksonville's valued beneficiaries. The Central Appointment line number is (904) 542-4677.

### Transfer College Fair coming up

From the Navy College Office

Florida Community College at Jacksonville (FCCJ) is sponsoring a Transfer College Fair Nov. 6 from 1-6 p.m. at the Nathan H. Wilson Center for the Arts FCCJ South Campus, 11901 Beach Blvd.

The fair will connect students with representatives from the following colleges and universities: Embry Riddle Aeronautical University, Florida International University, Florida Gulf Coast University, University of Central Florida, Nova Southeastern University, University of South Florida, Florida Atlantic University, University of West Florida, Florida State University, Florida A&M University, New College of Florida, Jacksonville University, University of Florida, University of Phoenix, University of Florida and Stetson University.

For more information, call 646-2300.

### Grief Reconciliation Group

Naval Hospital Jacksonville is offering a seven-session Grief Reconciliation Group for persons who have recently lost a loved one. The hour-long, once-a-week sessions will begin meeting Nov. 3 at 3 p.m.

This group offers hope and help through seven steps toward healing. Topics include mourning, working through loneliness, pain, sadness, anger and guilt, along with group support.

It will be held in the Pastoral Care Department at the Hospital. There is no charge. To register or for more information call Chaplain Beede at 542-7531/2.



Photo by JO2 Mike England  
HazMat entry team members Firefighter James Rader and Capt. Robert Smith inspect the suspicious box inside the Navy Drug Screening Laboratory during a recent drill.

## NAS Jax holds WMD drill

By JO2 Mike England  
Staff Writer

NAS Jacksonville held a Weapons of Mass Destruction (WMD) drill at the Navy Drug Screening Laboratory Oct. 23. The drill gave base officials the opportunity to test the base's emergency response capabilities as well as train Sailors and civilian workers on how to respond to a WMD attack.

"These drills ensure that NAS Jax personnel know what to do in case the unthinkable happens. A WMD release could be disastrous for the airfield if we're not prepared," said NAS Jacksonville Executive Officer Capt. Charles King.

The drill began at 9:15 in the morning when two laboratory employees found a suspicious box with a brown powder inside. Linda Seward, physical science technician, opened the box while her co-worker Diane Thompson, also a physical science tech, observed.

See WMD, Page 12

## VS-30 sets USS Ronald Reagan milestones

By Lt. j.g. Justin Drach  
VS-30 PAO

Last month, members of VS-30 embarked on board the Navy's newest nuclear aircraft carrier USS Ronald Reagan (CVN-76) for the carrier's flight deck certification, and set new aviation records.

Lt. Cmdr. James Hoskins, VS-30 operations officer, became the first pilot to land an S-3B Viking aboard the aircraft carrier.

Hoskins who hails from Morrow, Ohio, initially flew the A-6 Intruder followed by a tour flying the FA-2 Sea Harrier in the British Royal Navy.

"When a squadron sets a milestone, that says something," said Hoskins. "When you actually get it yourself, it's a sweet feeling."

Squadron aircrews rekindled their familiarity with the flight deck as six pilots carrier qualified, while the Reagan's flight deck personnel were exposed to cyclic flight operations.

While performing airborne tanking and war-at-sea roles, squadron



Photo courtesy of VS-30  
Lt. Cmdr. James Hoskins, VS-30 operations officer, prepares to take the first Viking catapult from USS Ronald Reagan after recording the first Viking trap on board.

See VS-30, Page 12



## A show of power

The crowd watches in amazement as an AH-1W Cobra gunship and three CH-46 Sea Knight helicopters participate in a simulated amphibious assault by the U.S. Marine Corps during Saturday's Sea & Sky Spectacular at Jacksonville Beach. For more on the Jacksonville Sea & Sky Spectacular, see Page 8.

Photo by Kaylee LaRocque

# VETERAN'S: NEWS YOU CAN USE

## Updates to keep veterans current on benefits

As of Oct. 1, the full-time rate for the MGIB increased to \$985 per month. That's a total of \$35,460 over a 36-month period. For those who choose to make the additional \$600 contribution, the monthly rate increased to \$1,135 per month or \$40,860 over the same 36-month period. Active-duty service members can still elect to make the \$600 contribution by visiting your personnel support detachment.

For those with remaining entitlement under Chapter 30/34 (Vietnam Era GI Bill), the monthly rate (with no dependents) increased to \$1,173.00.

In addition, Chapter 1606 (Selected Reserve) benefits increased to a full-time rate of \$282.

### Hybrid Adjustable rate mortgages

As of Oct. 1, the Veterans Benefits Act of 2002 authorizes the Veteran's Administration (VA) to carry out a demonstration project to guarantee Hybrid Adjustable Rate Mortgages (Hybrid ARMs) during the Fiscal Years 2004 and 2005.

Hybrid ARMs will specify an initial rate of interest that is fixed for a period of at least three years. After that, the rate can be adjusted annually. Annual adjustments are limited to one percent and the maximum increase in the interest rate over the life of the loan is capped at five percent.

To find out more information on the nature and use of the Hybrid ARMs loan to include interest rate index, margins, and rate changes, you can call 1-800-827-1000.

### Records available online

The National Personnel Record Center (NPRC) has made it easier and faster for veterans and service members with Internet access to obtain copies of documents from their military files.

The new Web-based application was designed to provide better service on these requests by eliminating the records center's mailroom processing time. This service may be of particular interest to active-duty service members who have prior service and who are in need of prior service medical records to initiate disability claims

under the Benefits Delivery at Discharge program.

### Benefits Delivery at Discharge (BDD) Program

The BDD program allows the VA to process claims for disability while the service member is still on active-duty. More than 3,000 claims were processed for Florida and Southeast Georgia active-duty service members during the last fiscal year.

As much as possible, the VA makes every effort to provide a mandatory physical exam, adjudicate claims and notify the member of the results prior to separation. Service members wishing to participate should be within 180 to 60 days of discharge or retirement. We highly recommend that service members avoid the "last minute crunch" by contacting the VA as soon as possible (within the 180 days) after receiving a definite separation/retirement date. Opportunities for physical and specialty exams are limited.

For more information, contact the NAS Jax Veterans Affairs office at 573-6312.

# TSP Open Season ends Dec. 31

From HRO

The Thrift Savings Plan (TSP) open season began Oct. 15 and ends Dec. 31. During this open season, employees covered by FERS may elect to contribute up to 14 percent and employees covered by CSRS may elect to contribute up to 9 percent of the basic pay they earn each pay period.

You can elect to enroll, change, or terminate biweekly TSP payroll contributions by going to the Employee

Benefit Information System (EBIS) at the following address: <http://www.civilianbenefits.hroc.navy.mil/>.

- You may invest in any of the five TSP investment funds. To view or change the investment of future contributions to your TSP account, you must request a contribution allocation by going to the official TSP Web page at: <http://www.tsp.gov>.
- To view or change the investment of money currently in your account, you must request an interfund transfer by going to the official TSP Web

page at: <http://www.tsp.gov>.

- You may access your TSP Account Balance, Status of your TSP Withdrawal, and TSP loan Information by going to the official TSP Web page at: <http://www.tsp.gov>.

Participants who are age 50 and older may elect to contribute up to \$3,000 in 2004. For additional information on the major features of the TSP, go to <http://hr.cnrse.navy.mil/> and click on TSP.

## ON THE HOMEFRONT

### Military spouses should come with a warning label

By Sarah Smiley  
Special Contributor

My husband Dustin didn't come with instructions (except for my mother-in-law's insistence that he be fed often), nor did he come with a warning, but I think life would be easier if he had.

So if I could rewrite his marriage proposal to me, making it more fair and forewarning, this what I would have had him say:

"My dear Sarah — dear, sweet, perfect, wonderful Sarah — would you do the honor of being my wife and sharing your life with me?"

But wait, before you answer, let me tell you a little about the job.

First of all, I am a Navy pilot and I move often. We will have very little control over when or where we go, and sometimes we will be told we are moving one place, only to find out at the last minute we are going somewhere else. Are you good with flexibility? Can you pack and unpack quickly?

There will be times you have to handle our moves by yourself because I go out to sea for six months at a time. Now, judging by your reaction to this, I won't go into detail about the additional months I'll spend on detachments and assignments because I really want you to say 'yes' today.

Are you a sentimental person at all, Sarah? I'll probably miss a lot of Christmases, birthdays and anniversaries. But we can always celebrate when I get back, and I'll be sure to

call you from the boat on Valentine's Day. (Keep in mind, however, that calls from the ship are expensive, so we'll have to keep it short.) Oh, and don't count on me being there when you have our babies either.

How good are you with home repairs and handling crises? Since I will be gone 60 percent of our life, you will be responsible for fixing toilets, fertilizing the lawn, and dealing with hurricanes, tornadoes, and any other natural disaster that comes your way.

You will also be responsible for coming up with new and inventive ways to remove the smell of JP5 (jet fuel) from the clothes I bring home from the boat, and you will spend a lot of time washing and drying dingy flight suits as well.

How quick are you with the iron, and can you hem pants? There will be times I forget to tell you I need my uniform for certain events, and at the last minute I will depend on you to pick it up from the cleaners. Are you good at finding lost covers (military hats), belts, and uniform T-shirts?

Are you attached to your career plans at all? It may be hard for you to build a career as we move from place to place. And are you a worrier? My job is dangerous, and when I'm on deployment, you might not hear from me for long stretches at a time. Sometimes I may not be able to tell you where I am at all. You will need to handle these situations with grace and dignity and try to go on with your normal life without crying every time you see someone else's husband coming home daily for dinner.

Try not to dwell on the magnitude of my job or the commitment I have made to the country. I am at the mercy of my command, and though I will treasure you and our family above all things, at times it will seem like I am married to the Navy and that I spend more time on the boat than I do at home.

But you will get used to the feeling of being alone. Trust me.

Lastly let me say this: Through our time and travels with the Navy you will meet some of the best friends of your life, and you will see and do things you never thought possible. You will join the ranks of all other military spouses who are some of the strongest women in the world, and you will have the personal satisfaction that as my wife, you have made enormous sacrifices (with little reward or commendation), but you have helped me to serve our country and protect its freedom. For that, I (and others) will always be grateful.

So, if all of this sounds good to you, I'll need your answer soon; I have to report to duty in 10 minutes. Oh, and can you plan a quick wedding? We'll be moving next month.

And Sarah, "Don't say I didn't warn you."

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

## HEY, MONEYMAN!

### Hey, MoneyMan!

I am an E-3 and I need to buy a car. My buddy who is stationed in Norfolk just bought a car there and he told me about the MILES Program where the Navy helped him buy a car. Do we have this program here?

### MoneyMan Sez:

I do know about the MILES Program and it is not a part of the Navy.

The Military Installment Loan and Education Services (MILES) program is a private company that targets junior enlisted personnel who may not be able to get a car loan from conventional sources.

Unfortunately, there are some serious drawbacks. First of all, the interest rate on the loan is 18.75 percent. In addition, they require their customers to purchase extended warranties, unless state law

prohibits such a requirement.

Although they try to limit the price charged for a car the customer, not the company, negotiates the sales price of the car and there are no guarantees.

I recommend that if you want to buy a car, check out your local credit unions and banks and if you do not qualify for a loan, wait until you do! Today credit union rates for good used cars can be as low as 6 to 7 percent and you are not required to spend extra money for an extended warranty.

Any loan for 18.75 percent should be avoided if at all possible!

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



## Sunday Services

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

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

**Sunday** - 8:30 a.m. - Holy Eucharist Episcopal

9:30 a.m. - Catholic Mass

11 a.m. - Protestant Worship

6:30 p.m. - Contemporary Service

"The Leading Edge," Hangar 749 at the Base Chapel Center.

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



## Meet A Sailor...

SN YOLANDA LAWS

**Job title/command:**  
NAS Jax Admin Yeoman

**Hometown:** Jacksonville

**Family Life:** I have a 2-year-old son.

**Past Duty Stations:** RTC Great Lakes, Ill., Presidio of Monterey, Calif.

**Career Plans:** I am currently working on my associate's degree. I am considering applying for an officer's program.

**Most Interesting Experience:** Attending boot camp. It was a big accomplishment for me. It has been my biggest challenge so far.

**Words of Wisdom:** Trust in God.



## Meet A Civilian...

ANTOINE IRVING

**Job title/command:**  
Military Contractor

**Hometown:** Baltimore, Md.

**Family Life:** Divorced.

**Past Duty Stations:** San Diego, Calif., Maryland, NAS Cecil Field.

**Career Plans:** To own my own fitness center.

**Most Interesting Experience:** The birth of my son and daughter.

**Words of Wisdom:** It is healthy to love life and to be at peace.

## NAS Jax hosting JA Job Shadow Day

On Nov. 13, commands/departments will have an opportunity to participate in NAS Jacksonville Junior Achievement (JA) Navy Job Shadow Day.

Job Shadow Day gives kids a chance to explore various careers beyond what their parents may do for a living. Job shadowing also provides an opportunity for students in at-risk situations to be exposed to various career options they otherwise might not have the chance to explore.

Students will be bused from their schools by JA to NAS Jax on Navy Job Shadow Day for pick up by commands. Once at commands, they will "shadow" assigned mentors through a half-day on the job. At noon both mentors and students will attend a pizza party in their honor sponsored on base by JA.

Commands/departments are being asked to sponsor at least one student. Mentors are needed at all levels and in as many job areas as possible. Contact Dianne Parker at 542-2766, Ext. 130, to volunteer.

## Jax Air News

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# 'Maulers,' Air Wing One deploy with Enterprise

By Lt. Tim Watkins  
VS-32 PAO

After a compressed and challenging work-up schedule, the "Maulers" of VS-32 have officially deployed with Carrier Air Wing (CVW) 1 as part of the USS Enterprise Carrier Strike Group (CSG).

Under normal circumstances, an air wing spends a great deal of time at sea prior to 10 months worth of training exercises and several at-sea periods. For CVW1, the training cycle was shortened considerably.

Since last January, the Maulers operated under the assumption that they could be ordered to deploy as early as June. With the heavy demands placed on our military by Operation Iraqi Freedom (OIF), it was not known when and where the firepower of another CSG would be needed. CVW-1 and Enterprise were told simply to be ready. So amidst rumors and uncertainty, the Maulers and CVW-1 carried out that order and forged ahead.

Originally scheduled for mid-summer, the CVW-1 Weapons Detachment at NAS Fallon, Nev. was moved forward to April. After Fallon, the squadrons of CVW-1 again operated together as an air wing in mid-June for Tailored Ship's Training Assessment I/II (TSTA).

The traditional three-week TSTA at-sea period was abbreviated to two weeks. With an unusually long carrier qualification period, the air wing enjoyed only four days of integrated operations during that time.

After TSTA I/ II, most carrier strike groups continue their work-up cycles with a six week Composite Training Unit Exercise (COMPTUEX), followed by a three week Joint Task Force Exercise (JTJFEX). It is after JTJFEX that most CSGs are deemed ready to deploy.

Unfortunately, the Enterprise CSG did not enjoy the luxury of a lengthy JTJFEX, and deployed immediately upon the completion of COMPTUEX.

The lack of a full IDTC does not mean that CVW-1 and the Enterprise CSG have not achieved the same level of readiness as other strike groups upon deployment. On the contrary, it is a tribute to the men and women of the air wing that they were able to successfully complete all required training evolutions in such a short time. In fact, upon completion of COMPTUEX, Commander, Carrier Group 4 assessed the Enterprise CSG as the best in recent memory in almost all evaluated areas.

Like anything else, a compressed IDTC has both advantages and disadvantages. On the personal side, the Maulers enjoyed more time at home than during a normal IDTC. Given more time to spend with their families and friends, the emotional roller coaster that comes with IDTC and deployment seemed far less dramatic than under normal circumstances.

"I was thrilled to be able to spend as much time with her as I did before we deployed. If we had a normal work-up schedule, we would have had several more weeks and months of separation on top of a full deployment, and that would have been even harder. We were so happy to have had as much time together as we did," said Lt. Russ Crawford, who's wife, Kacee is expecting their first child.

Given that three of the recently deployed carrier strike groups have had to endure deployments in excess of eight months, VS-32, CVW-1 and the Enterprise are eager to do their part. Despite the shortened training cycle, the Enterprise CSG is as lethal as ever. It is ready to carry out the orders of the commander-in-chief and protect American lives and interests worldwide.

VS-24  
Ordnance  
Officer  
Lt. j.g.  
Thomas  
Hinnant was  
recently  
recognized  
as the S-3  
Viking  
Junior  
Officer of  
the Year  
Award for  
2002.



Photo courtesy of VS-24

## VS-24 gunner recognized as Viking JO of the Year

By Lt. j.g. Jon Fay  
VS-24 PAO

Outstanding leadership earned VS-24 Ordnance Officer Lt. j.g. Thomas Hinnant the S-3 Viking Junior Officer of the Year Award for 2002 during the recently held 46th annual Tailhook Convention in Reno, Nev.

The award was presented by the Navy and Marine Corps Association.

Since arriving in December 2000, Hinnant has led the "Scouts" in two successful deployments.

During USS Enterprise's 2001 deployment, he played a vital role in managing the ordnance operations for VS-

24, and also for VF-14 as well. He was instrumental in the Scouts maintaining a 100 percent air refueling store availability and fully mission capable aircraft lineup for combat sorties in Operation Enduring Freedom.

His efforts assisted in the transfer of more than 1.5 million pounds of fuel to strike teams both over Afghanistan and the Indian Ocean.

Recently, aboard USS Theodore Roosevelt, Hinnant coordinated the ordnance requirements and load plan execution for seven air wing squadrons during Operation Iraqi Freedom.

Leading Air Wing Eight's Arm/De-Arm Team, he ensured the safe loading and unloading of more than 50 strike aircraft, directly contributing to the expenditure of over 500 tons of ordnance on Iraqi targets during high tempo combat operations.

Hinnant, a native of Honea-Path, S.C., is a qualified naval aircrewman and an enlisted air warfare specialist. He leaves the Scouts in December for assignment under COMPATRECON Force Wing in Norfolk, Va., as the AIRLANT/AIRPAC ordnance officer.

ARMED FORCES COMMUNICATIONS; 6c; 13"; Black Only;



Photo by Beverly Taylor-Mack

(From Left) Geoff Ulrich, Carolyn Couey, Jane Cicchinelli (Cherry Point), Winnie Waddell, Charlene Fowler, site manager, Russell Bratton, Twila Sexton, Cynthia Whitehead, and Linda Olkowski (Cherry Point). (Not pictured) Dave Youmans, Romanita Morgan, Scott Lee, J. Scott, Frank Delafuente, and George Valencia - our Legacy LAN contractor support team for Jacksonville and Texas.

# FISC Jax employees transfer to NAVSISA

By Charlene Fowler  
NAVSISA CSG Jacksonville Site Manager

FISC Jacksonville celebrated the standup of the new Navy Supply Information Systems Activity (NAVSISA) Customer Support Group Jacksonville, Code 9922 Oct. 17. A ribbon-cutting ceremony marked the accomplishment of the first phase of the Naval Supply Systems Command (NAV-SUP) transformation efforts for Information Technology.

As of Sept. 21, 15 employees transferred from under the leadership of Capt. Ed Naranjo, commanding officer, FISC Jacksonville to Capt. Thomas McIlravy,

commanding officer, NAVSISA. "Although you've transferred to another command, we expect things to be business as usual as far as the level of support we receive. We are still your customers," Naranjo said. The purpose of the transfer was to align all of the employees working in the information technology field under the NAVSUP claimancy into one organization.

During the ceremony, Naranjo reflected on NAVSISA's mission and vision statements which read, "Mission - To employ information technology for the design, development, integration, implementation and maintenance of information systems for Navy,

DoD, and other federal agencies, with specific emphasis on systems supporting naval supply, inventory and material management, financial processing, and maintenance operations. Vision - Our common goal: Quality products delivered on time and developed in full partnership with our customers."

Before cutting the ribbon to celebrate the commissioning of NAVSISA Customer Support Group Jacksonville, Naranjo thanked his former employees for their quality support and wished them even better times with their new commanding officer.

## Hard work pays off for new 'Scout' CPOs

By Lt. j.g. Jon Fay  
VS-24 PAO

SHC Sharon Franck and PRC Richard Miller reached an important career milestone when their anchors were pinned on during promotion ceremonies on Sept. 16 at the NAS Jacksonville Theater. The ceremony ended six weeks of initiation for the two Sailors, whose combined 31 years of experience in the Navy was instrumental for the Scouts recent success during Operation Iraqi Freedom.

Franck hails from DelNort, Colo. Following boot camp in August 1988, Franck attended "A" School in Meridian, Miss. In 1992, she reported to her first duty station, Depmeds NMC, serving in Operation Desert Storm followed by a Mediterranean cruise aboard USS Platte (AO-186).

From 1995-1997, she served with the Navy Exchange at Naval Base Norfolk, Va. and then reported aboard USS Moosebrugger (DD-980) at NS Mayport where she participated in two South America cruises and one Standing Naval Forces Atlantic cruise.

In December of 2000, Franck arrived at



Photo courtesy of VS-24

SHC Sharon Franck and PRC Richard Miller of VS-24 are all smiles after being promoted to chief petty officer.

VS-24, where in less than one year she received the Senior Sailor of the Year award for 2001.

Miller, originally from Gladstone, Mo., enlisted the Navy in 1987 and attended Aircrew Survival Equipmentman Course A1, in Lakehurst, N.J. After tours with VP-40, Aircraft Operational Detachment at Barbers Point, Hawaii, VA-165, and VANOPDET at Whidbey Island, Wash., he reported to the Instructor Training Course at the Naval Air Technical Training Center (NATTC) in Pensacola, Fla.

In 1999, he was selected as the NATTC Junior Instructor of the Year, earned the master training specialist designation, and was the recipient of the 2000 Navy League's Adm. Ricketts Award for Inspirational Leadership.

According to Miller, "taking care of your people" is the most important ingredient for success in the squadron, so it was no surprise that in 2002, Miller was honored as the squadron's Senior Sailor of the Year for his leadership at VS-24.



Photo courtesy of VS-24

Lt. Rocco Mingione and CWO3 Archie Babilonia help keep the S-3 maintenance program on track at VS-24.

## 'Checkmates' on the move

By Lt. j.g. Jason Bennet  
VS-22 PAO

Just a few months after returning from Operation Iraqi Freedom, VS-22's "Checkmates" have again begun tactical training to sharpen their combat skills.

Following a flight deck certification aboard USS George Washington (CVN-73), the squadron supported the Enterprise Strike Group as Orange Air. Traditionally, squadrons detach to Puerto Rico to participate in this event. This year however, Carrier Air Wing (CVW) 3 operated from NAS Jacksonville as a simulated air threat for the Enterprise Strike Group. This exercise was conducted to ensure that the strike group is ready for deployment.

The operational commitment of Orange Air was challenging. Aircraft from VS-22 flew several four-hour missions each day for nearly one month, while maintainers worked hard to keep all systems operational and the jets flying. In conjunction with the squadron's Orange Air sortie commitment, the squadron moved to a new hangar.

VS-22 first moved to NAS Jacksonville from Cecil Field in 1997, and moved again in September from Hangar 1000 to Hangar 114. Amidst settling in, VS-22 continues to prepare for another flight deck certification, a weapons detachment to Nellie Air Force Base, and another Orange Air exercise. These training opportunities will all take place before the end of the year.

## Naval leaders of tomorrow visit naval leaders of today

By Lt. j.g. Jon Fay  
VS-24 PAO

Approximately 30 local Navy Junior Reserve Officer Training Corps (NJROTC) students from Terry Parker High School in Jacksonville crowded into Hangar 113 aboard NAS Jacksonville to learn about the capabilities of the S-3B Viking aircraft from VS-24 aircrew Oct. 14.

Students toured squadron aircraft, hangar spaces and sat down for a brief discussion with VS-24 Commanding Officer Cmdr. Brad Robinson. Robinson addressed the future leaders on the Scout's unique history and recent deployment in support of Operation Iraqi Freedom.

The cadets of Terry Parker NJROTC ranged from age 14-18. The program is designed to give insight into military life, teaching responsibility, respect, leadership, and self-discipline as well as the Navy Core Values of honor, courage, and commitment. The unit achieves these goals through academic, physical fitness, drill, and community outreach programs.

In 2000, the NJROTC unit was honored as the

Unit of Excellence in the Florida and Georgia region. Continuing this drive towards excellence, the unit has been recognized each year since 2000 with numerous commendations.

So far this year Terry Parker NJROTC has performed during half time for the Jacksonville Jaguars, presented colors for numerous sporting and civic events, and completed more than 2,000 hours of community service.

The Scouts returned in late May after being deployed with Carrier Air Wing (CVW) 8 aboard USS Theodore Roosevelt (CVN-71), following an accelerated work-up cycle in support of Operation Iraqi Freedom.

Flying in high tempo combat operations the Scouts transferred over 900,000 pounds of fuel to strike assets, directly contributing to the expenditure of over 500 tons of ordnance on Iraqi targets.

Currently, VS-24 and CVW-8 are maintaining operational readiness as the Atlantic Fleet Surge Strike Group.

## Free flights offered at NAS Jax Air Terminal

By Kaylee LaRocque  
Staff Writer

The NAS Jacksonville Air Terminal offers free flights to numerous locations to all active-duty members, their families on orders or on leave and retirees. With a little patience and a back-up plan just in case, you can fly virtually worldwide aboard an Air Mobility Command (AMC) flight.

The process works like this. The air terminal receives a schedule three days prior to a flight. Any military member, either active-duty or retired can call in to check the schedule and sign up for the flight in person or by faxing a Space Available "A" form. Check in time is two hours before the flight. If there is room on the plane, you get the seat.

There are several set flights that come in and out of NAS Jax. A scheduled flight originates in Norfolk, Va. every Tuesday and Friday, stopping here to pick up passengers headed for Puerto Rico. The flight comes back through every Wednesday and Saturday.

**NAS Jacksonville Air Terminal**  
Commercial - 542-3956/3825  
DSN - 942-3956/3825  
Fax - 542-3257  
DSN - 942-3257  
**NS Mayport Air Terminal**  
Commercial - 270-6023  
DSN 960-6023

If you're headed to Norfolk, showtime for the Tuesday flight is 2 p.m. and Saturday's showtime is 12:30 p.m.

Other flights also come through the terminal traveling to all parts of the world. Available seats are determined by the type of aircraft and the cargo they are transporting.

While it does sound like a great deal, there are some things you need to know when traveling Space A, especially the category requirements.

Active-duty military members and their families on orders and service members on emergency leave fly first, followed by active-duty, families and civilians on Environmental and Morale Leave (EML) and DoD teachers during the school year.

Category three is for active-duty members on regular leave, house-hunting orders and special liberty. The next category is for family members traveling without a sponsor on EML and teachers during summer break.

Category five is for those on no-cost TAD orders, family members with a visitor's pass and those traveling on regular leave without a sponsor. Retirees and reservists travel last.

There are also weight restrictions on what you can bring. Passengers are only authorized two pieces of baggage, weighing no more than 70 pounds. Uniforms are not required.

The most important thing to remember when traveling Space A is that it's only available if there is an open seat, so be prepared to be bumped and always have a back-up plan if you don't have the time to wait for the next flight.

## FFSC offers education and support programs

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

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

Pre-registration is required. If special accommodations or handicapped

access is required, please notify FFSC upon registration. For further information or to register, call 542-2766, Ext. 127.

The following workshops are available in November:  
Nov. 3, 1-5 p.m. - Assertive Communication Training (Part I)  
Nov. 3-6, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (separating)  
Nov. 4, 8 a.m. - 4 p.m. - Stress Management Workshop  
Nov. 5, 11 a.m. - 1:30 p.m.

- Budget For Baby Workshop  
Nov. 10, 1-5 p.m. - Assertive Communication Training (Part II)  
Nov. 12, 9 a.m. - noon - Coping With Difficult People  
Nov. 13, 9 a.m. - noon - Florida Family Law Information Seminar  
Nov. 17-20, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (retiring)  
Nov. 18, 8 a.m. - 4 p.m. - Couples Communication Workshop

Nov. 18, 2-4 p.m. - Market Yourself (for military spouses)  
Nov. 19, 9-11 a.m. - What About The Kids?  
Nov. 20, 1:30-3 p.m. - Volunteer Service Council  
Nov. 20, 6:30-8:30 p.m. - Ombudsman Assembly Meeting  
Nov. 24, noon - 4 p.m. - Divorce Adjustment Workshop  
Nov. 25, 8 a.m. - 4 p.m. - Stress Management Workshop



# BREAST CANCER FAIR

## Breast Cancer Awareness Fair sends message

### 'Self exams save lives'

By IC2(SW) Melissa Ljongquist  
Naval Hospital Jacksonville Public Affairs

Naval Hospital Jacksonville hosted a Breast Cancer Awareness Fair for active duty, military family members, retirees and DoD civilians Oct. 22. The fair was open to all hospital patrons and its mission was to educate and support all beneficiaries who are dealing with breast cancer.

The message the fair was trying to relate, with the help of the hospital's breast cancer support group "Ribbons and Roses," was that early detection is the best protection against the disease, and that it is still very important to do monthly breast cancer self exams.

"Breast cancer detected early means a bad year, not a bad life. The cure rate is over 95 percent if caught early enough," says Nikki Levinson-Lustgarten, RN, BSN, and Breast Care Case Manager for Naval Hospital Jacksonville.

If you have questions about breast cancer, you can contact Levinson-Lustgarten at 542-7857.

Photos by  
Loren Barnes



A hospital patron browses through brochures at the Breast Cancer Awareness Fair.



Nora Carpowicz; Nikki Levinson-Lustgarten, RN, BSN, Naval Hospital Jacksonville Breast Care Case Manager; Amy Scanlan and Edwina Crowell act as hosts at the Breast Cancer Awareness Fair.



"Ribbons & Roses" member Edwina Crowell stands ready to answer questions on Breast Cancer as a hospital patron looks through pamphlets at the Naval Hospital Jacksonville Breast Cancer Awareness Fair last Wednesday.

## Naval Hospital Jacksonville's 2003 Flu Shot Plan



From Naval Hospital Jax Public Affairs Office

Naval Hospital Jacksonville expects to start administering flu shots Nov. 1.

NAS active duty personnel should check with their command preventive medicine representative for specific dates and times.

TRICARE Prime Patients enrolled to Naval Hospital Jacksonville can receive flu shots from their primary care manager as follows:

**Family Practice**

Monday - Friday  
8:30-11:30 a.m.  
1-3 p.m.

**Pediatric Clinic**

Monday - Friday  
9-11 a.m.  
1-3 p.m.

**Internal Medicine/PCG**

Tuesday  
8-11 a.m.  
1-3 p.m.  
(Nov.-Dec. only)  
Friday  
8-11 a.m.  
1-3 p.m.

(IMC/Primary Care Group patients go to FPC starting in January 2004)

Non TRICARE Prime Patients (including Medicare-eligible retirees) can receive the flu shot as follows:

Family Practice: Clinic Monday - Thursday, 1 - 3 p.m.

Pediatric Clinic: Monday - Thursday, 3 - 4 p.m.

For updates, active-duty family members and retirees should call 542-4677 and press 1.



# Managing Stress, increasing intimacy



Naval Hospital Jacksonville Orthopedic Nurse Lt. Nancy Johnson, former Wellness Center division officer, teaches "Shop for Health" class during a trip to the commissary. Participants listen carefully as she explains how to use the calorie and fat counter converter.

## Sailors, family members learn about fitness, nutrition and stress during Wellness Camp

By Miriam S. Gallet  
Editor

We all long for a lean, healthy body. Some of us think that making a New Year's resolution would solve our problems. Others feel that making a commitment to wellness takes time, and it can be painful. However, 18 committed individuals decided to break all of the myths about staying healthy, and attended the recent Wellness Camp held aboard NAS Jax Oct. 16-17. Workshop topics ranged from healthy cooking to stress management and relaxation, and breast and prostate health.

Lt. Cmdr. Tina Key, Naval Hospital Jacksonville Wellness Center department head, explained that the semi-annual camps are held in the spring and fall and are open to anyone who has access to the base. "The camp is open to all active duty members, family members, DoD civilians, and retirees. Our goal is to provide participants with lots of health and fitness related information in order for them to make healthy lifestyle choices when they return to their every day lives," she said.



AO1 Troy Riehm of AIMD, participates in a Power Flex class at the NAS Jax Fitness Center during day two of the Wellness Camp.

Mary Brown, a military spouse, was one of the participants who found the information and knowledge she acquired during the two-day camp worthwhile. "I was diagnosed with borderline diabetes and wanted to learn how to prevent it through proper nutrition, weight loss and by becoming more flexible," said Brown. "Attending the camp gave me an insight on how to improve my health."

The Wellness Camp began with participants completing a Health Fitness Assessment (HFA) questionnaire and a series of basic HFA tests including blood pressure, grip strength, flexibility, aerobic capacity, and body composition measurements. A presentation on general wellness by Wellness Center Certified Health Promotion Specialist and Certified Addition Counselor Manager Danny Woodard followed.

Woodard's talk consisted of the physical, emotional, and spiritual concept of well-being, the five stages of behavioral change, and the effects that legal and illegal drugs have on the body. "Last year alone, 430,000 people died from tobacco related illnesses," said Woodard.

Participants also learned about the benefits of eating for health from Cheryl Masters, Wellness Center registered dietician. During her workshop, Masters discussed the various food groups and the impact that each group has on the body.

"The message that I hope each participant takes back today is that they can take charge of their health, and make improvements through a variety of ways. Changing your eating habits and fitness routine it's not an overnight thing. However, it is achievable and we are here to assist you each step of the way," said Masters.

"I went through a Wellness Camp some years ago," said retired Navy Capt. Vathrice Hartwell, a former chief of nursing at Naval Hospital Pensacola. "I am here accompanying my husband, Shal, and I am enjoying myself. I have learned new ways of meal preparation from Cheryl Masters and ways to exercise that are key to our health. We are both happy to be here," added Hartwell.

Day one of the camp concluded with a lively and insightful stress management presentation by Fleet and Family Support Service Licensed Mental Health Counselor and Certified Bio-feedback Therapist Patti Tebow, and a yoga-based stretch class taught by Eva Pittsinger of the NAS Jax MWR Fitness Center.

Tebow, during her interactive presentation, covered the many ways stress harms the body, including the correlation between stress and sexuality. She said, "Stress affects all aspects of 'self' - mind, body and emotions. Many hormones are stimulated, often time with a negative impact to our health, as result of stress. Unresolved conflict, when dealt with it properly, releases stress, but if the conflict goes unresolved, it will ultimately affect your health and your sexual, intimate life. Frigidity and premature ejaculation are often a result of too much stress. Stress management can prepare you to more efficiently deal with your life," she added.

During the yoga-based stretch class, Pittsinger taught participants the principle of good posture and how to stretch without injuring the body, in order to achieve maxi-



Wellness Camp participants learn how to properly stretch using yoga postures during a Stretch and Tone class at the NAS Jax Fitness Center.

Photos by Miriam S. Gallet



Naval Hospital Jacksonville Wellness Center Registered Dietician Cheryl Masters explains to the participants the importance of eating a balanced meal during the Eating Healthy Workshop.

imum flexibility. Anticipation best described the beginning of day two of the camp, when participants received the results of their individualized HFA.

Lt. Nancy Johnson, Naval Hospital Jacksonville Orthopedic Clinic case manager and staff nurse and former Wellness Center division director, facilitated the interpretation of the HFA report. "Each participant's report includes a personalized nutrition and fitness plan," explained Johnson, who had been invited back to assist with the camp.

"I like helping people reach their full potential. I used to be the Wellness Center Health Fitness Assessment Coordinator and when they invited me back to assist with the fall camp I immediately said 'yes,'" said an enthusiastic Johnson.

Following the interpretation of the HFA, participants had the opportunity to learn first hand how to properly use gym equipment. They received one-on-one professional guidance on a variety of equipments from certified staff.

"The fitness portion of the camp was outstanding," said AO1(AW) Troy Riehm of AIMD. "I have Type II diabetes and they have taught me proper nutrition and how to properly exercise with my condition. I am glad to be here and recommend the camp to my shipmates. Everyone can benefit from a program like this one. I now know how to sit-down and truly enjoy a well-balanced meal. Chef Gordon tempted our palate with delicious low-fat, low-sugar gourmet dishes," exclaimed Riehm.

As day two of the camp progressed, participant headed for a tour of the NAS Jax Commissary, where they learned how to "shop for health."

Johnson and Masters guided the participants through the aisles and taught them how to read food labels, make healthy food choices, and select low-fat, low-sugar foods as eating alternatives. "It does not take long to prepare a balanced, nutritional meal," said Masters while holding a large portabella mushroom in the palm of her hand. "This mushroom, when mixed with very lean meat, becomes a meat extender and it is incredibly nutritional," she added.

During the tour, participants received a pocket-size calorie and fat counter converter and a recipe book.

The day ended with a presentation by Naval Hospital Jacksonville Staff Psychologist Lt. Cmdr. Heidi Kraft, PhD., on "Change, Why is it so Hard," and a Power Flex class at the Fitness Center.



NAS Jax Fitness Center Power Flex Instructor Eva Pittsinger (in red) teaches Wellness Camp participants a variety of light-weight exercises.

Kraft's presentation raised everyone's awareness of the correlation between human feelings and comfort foods and why it is so hard to break old eating habits.

She brilliantly explained the theory of classical conditioning stimulus and illustrated how Pavlov's Dog theory of conditional response vs. unconditional response affects the human psychic.

During the Power Flex resistance training set to music class, Pittsinger guided the participants step-by-step, while she explained the principles of proper lifting and bending. During the one-hour class, participants learned new techniques of weight lifting without pressure or intimidation.

According to Masters, wellness is an active process of becoming aware of and making choices toward a more successful existence. "Decreasing the chance of developing a chronic illness through weight management, proper nutrition and fitness is the goal of the NAS Jax Wellness Center." "The Wellness Center staff is here to help you take charge of your health and provide the tools by which you can achieve optimal health and wellness through education and health screenings," said Masters.

We have all heard that the road to good health begins with self-responsibility. The Wellness Center staff invites you to take charge of your health today by participating in a health screening at the center. The confidential, free baseline screening will provide you with information on your total cholesterol, glucose and blood pressure and a report of your current health status, including your actual physiological age, not your calendar age. Educational materials will also be provided along with follow-up referral, if needed.

"The Wellness Center is here to help prevent illness. But we also assist our clients in managing present illness through proper nutrition and exercise," explained Masters.

In addition to the semi-annual Wellness Camp, the Wellness Center provides patient education, disease prevention, and early intervention services for active-duty members, retired personnel, reservists, and DOD civilians; family members are also welcomed.

"I'm happy and excited about what this facility does for the base and the retired community," said Key.

The staff of six professionals provides counseling services on fitness, cholesterol, tobacco cessation, and weight control. They also provide assistance in asthma, blood pressure, cholesterol, diabetes, and stress management.

To find out more about Wellness Center programs, call 542-5292.



The U.S. Navy's Flight Demonstration Squadron, The Blue Angels perform a daring maneuver during the air show.

Photos by PHAN(NAC) Doug Harvey

# Sea & Sky Spectacular thrills First Coast

By JO1 Christopher E. Tucker  
Special

More than 400,000 Jacksonville residents packed Jacksonville Beach Oct. 24-26 to witness the 2003 Jacksonville Sea & Sky Spectacular, co-sponsored by Naval Station Mayport, the city of Jacksonville and the Beaches. While the public was able to witness spectacular displays of both civilian and military aircraft and a Navy and Marine Corps amphibious assault, the show was actually a culmination of months of planning by military and civilian agencies.

"I can't express just how proud of the work our folks put into this year's sea and air show," said Naval Station Mayport Commanding Officer, Capt. Matthew Schellhorn. "Our people put so much into making sure this show was a success and it paid off. I think we gave Jacksonville and area residents a good display of what the military does for a living. I also think we sparked a few people to look at the military as a rewarding and exciting career choice."

Even before the air show officially began, Naval Station Mayport and the City of Jacksonville were doing all they could to promote the event. NASCAR legend Richard Petty visited local Sailors and their families and got a chance to ride with the Blue Angels. Syndicated radio talk show host Neal Boortz broadcasted his show from the cockpit of USS The Sullivans (DDG 68) and got a chance to fly in one of HSL-48's SH-60B Seahawk helicopters.

"I can't tell you what a great time I had at Naval Station Mayport and at Jacksonville Beach over the past few days for the Jacksonville Sea and Sky Spectacular," Boortz said in a thank you letter posted on his web site.

The air show portion of the event included "fly-bys" by Navy, Marine Corps, Air Force, and Coast Guard aircraft, as well as civilian aerobatic performers. What made this show most unique was an amphibious assault demonstration.

Launched from USS Bataan (LHD 5) and coordinated by the II Marine Expeditionary Force, AAVs (Amphibious Assault Vehicles) and LCACs (Landing Crafts Air Cushion) unloaded Marines on Jacksonville Beach as AV-8B Harriers, F/A-18 Hornets, AH-1W Cobra Gunships and CH-46E Sea Knights provided simulated air support. USS Klakring (FFG 42) also provided simulated shore fire support from off shore. As the Marines "hit the beach" from their AAVs, the crowd erupted in cheers and applause.

"The amphibious assault blew me away," said Jacksonville resident Jason McAllister. "It was like something you see on television. I had no idea the Navy and Marines did this kind of stuff. It was extremely impressive."

The Sea and Sky Spectacular's grand finale was a 45-minute performance by the Navy's premier flight demonstration squadron, The Blue Angels.

"This is the first time I've been here and the show exceeded all my expectations," said Coast Guard Capt. David L. Lersch, Commanding Officer of USCG



The Blue Angels turn toward the ocean and the waiting crowd, flying in their signature diamond formation.

Photo by George Atchley/special



The Blue Angels soar through the skies as the highlight of the Jacksonville Sea & Sky Spectacular at Jax Beach.



Photo by Kaylee LaRocque

VS-30 Executive Officer Cmdr. Ryman Shoaf, Lt. Tyler Gleason and Lt. Stacey Lehmann talks to some visitors about their squadron during the Jacksonville Sea and Sky Spectacular on Saturday.

Marine Safety Office Jacksonville.

In a welcome letter to attendees, Jacksonville Mayor John Peyton said the Sea and Sky Spectacular was one of his favorite events that the city helps coordinate.

"It gives us all an opportunity to share our pride in our nation and recognize the contributions of our military men and women. These individuals work hard every day to preserve the blessings of freedom for us all, and we're grateful for their service and sacrifice on behalf of all Americans."



Hundreds of visitors board the ACU-7 Landing Craft Air Cushion after a demonstration at Jacksonville Beach.

# Combined Federal Campaign progress report

The following is the current progress report:

Station	Goal	Contributions	% of Goal
NAS Jax - Overall	\$600,715	\$141,546	23.6
345TH Combat Support Hospital	\$1,127	\$0	0
Admin	\$5,665	\$0	0
AIMD	\$18,000	\$20,457	113.7
Air Ops	\$10,761	\$0	0
Aviation Support Depot	\$3,180	\$0	0
Aviation Survival Training Center	\$1,490	\$0	0
CV-TSC	\$1,254	\$118	38.8
CBU-14	\$304	\$0	0
Chapel	\$953	\$0	0
COMHSWINGLANT	\$8,315	\$0	0
Command Judge Advocate	\$421	\$0	0
Commissary	\$944	\$0	0
COMNAVREG SE	\$25,610	\$27,859	108.8
COMPATRECWING 11	\$9,977	\$3,534	35.4
COMSEACONWINGLANT	\$3,361	\$2,945	87.6
CBU 410	\$1,879	\$0	0
Defense Courier Service	\$554	\$0	0
Defense Distribution Depot	\$9,599	\$0	0
DRMO	\$1,727	\$0	0
Dental	\$4,220	\$0	0
DISA DECC Detachment	\$5,751	\$0	0
DVECC	\$2,009	\$0	0
Document Automation & Production	\$1,349	\$0	0
Drug Screening Lab	\$4,777	\$0	0
Facilities & Environmental	\$1,974	\$1,302	66
FFSC	\$2,363	\$2,483	105.1
FASOTRAGRULANT	\$3,830	\$6,653	173.7
Fire Department	\$3,415	\$0	0
FISC	\$13,605	\$0	0
FACSFAC	\$6,390	\$6,214	97.2
HSO	\$6,636	\$1,998	30.1
HS-3	\$12,592	\$0	0
HS-5	\$11,971	\$0	0
HS-7	\$12,005	\$0	0
HS-11	\$10,857	\$0	0
HS-15	\$11,863	\$0	0
HS-75	\$3,509	\$0	0
I & I Staff USMC Company	\$482	\$0	0
Military Entrance Proc. Station	\$1,194	\$0	0
Mobile Inshore Underwater Warfare	\$480	\$0	0
MWR	\$8,853	\$4,882	55.1
NAMTra	\$6,940	\$0	0
NAS Jax Anonymous Accounts	None	\$0	0
NATEC	\$1,041	\$0	0
NAVAIR 1.0 Program Mgmt.	\$3,551	\$3,198.50	90.1
NAVAIR 2.0 Contracts Group	\$534	\$0	0
NAVAIR 3.0 Logistics Group	\$16,148	\$7,021	43.5
NAVAIR 4.0 R & E Group	\$22,575	\$5,835	25.8
NAVAIR 6.0 I O Group	\$137,068	\$14,125.50	10.3
NAVAIR 7.0 C O Group	\$18,002	\$4,601.50	25.6
NAVAIR 8.0 Shore Mgmt. Group	\$2,109	\$0	0
NAVAIR 10.0 Comptroller Group	\$3,139	\$0	0
NAVAIR 11.0 Counsel Group	\$874	\$0	0
Naval & Marine Corps Reserve	\$1,857	\$0	0
Naval Air Reserve	\$3,685	\$1,666	45.2
Naval Brig	\$1,587	\$355	22.4
Naval Computer & Telecom	\$8,797	\$0	0
NCIS	\$1,174	\$0	0
Naval Hospital	\$71,800	\$0	0
NLSO	\$3,040	\$0	0
Naval Reserve Readiness Cmd. SE	\$3,539	\$0	0
NAVLANT MET OC DET	\$2,780	\$0	0
Navy College Office	\$475	\$0	0
Navy Exchange	\$4,485	\$0	0
Personnel Support Detachment	\$4,916	\$0	0
Public Works Center	\$12,904	\$3,559	27.6
ROICC	\$7,963	\$0	0
Safety Office	\$642	\$0	0
Sea Control Weapons School	\$1,771	\$0	0
Security	\$3,000	\$0	0
Southeast Regional Cal. Center	\$2,466	\$0	0
SPAWAR	\$5,142	\$4,429	86.1
Supply	\$7,858	\$6,233	79.3
TPU	\$3,243	\$2,056	63.4
U.S. Customs Service - Aviation	\$1,089	\$0	0
U.S. Customs Surv-Branch East	\$10,934	\$3,456.00	31.6
VP-5	\$25,275	\$1,558.00	6.2
VP-16	\$24,625	\$0	0
VP-30	\$76,230	\$0	0
VP-45	\$	\$0	0
VP-62	\$ 8,082	\$0	0
VR-58	\$ 6,941	\$0	0
VS-22	\$13,082	\$0	0
VS-24	\$13,290	\$0	0
VS-30	\$13,331	\$0	0
VS-31	\$13,037	\$1,024	7.9
VS-32	\$12,967	\$0	0
Weapons	\$3,675	\$0	0

From CNRSE

The Combined Federal Campaign (CFC) effort to date is over one-third of the way to our goal! As of Oct. 20, contributions from NAS Jacksonville, NAVSTA Mayport and Subase Kings Bay, Ga. have resulted in \$504,042 raised - achieving 36 percent of the Region's goal of \$1,398,687.

The tremendous amount of energy going into CFC this year is clearly evident. In receipts overall, we are more than \$250,000 ahead of last year's pace on this date. Leadership giving has produced 70 vice 40 double eagles and three of five divi-

sions are passed 40 percent of their goal.

We have about five weeks to go until Thanksgiving. Some commands are kicking off next week. Others have kicked off but have not reported in. All units can still make their goals in the remaining time - the pacesetters proved it!

Proactive interaction between command leadership and loaned executives is essential. Tap the resources and enthusiasm available and you're sure to get positive results quickly.

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

## Teaching kids to 'just say no'



Photo by JO2 Andrea Kane  
McGruff the Crime Dog (JO2 Cliff Williams of CNRSE), talks to the students at Westside Elementary School about the importance of "saying no to drugs" during a drug free pep rally.

## Essay contest open to students

From the FRA

The Fleet Reserve Association is asking all students in grades seven through 12 to enter its annual Americanism essay contest. The contest is open to students in public, private, parochial and home schools.

This year's essay theme is "What patriotism means to me." Local winners will receive a \$50 savings bond and those

entries will be sent to compete at the regional and national levels. The Grand National award is \$15,000.

The deadline for entries is Dec. 1. Entry forms are available by calling F.J. Petersen at 771-2936. Entries should be mailed to: FRA Americanism Essay Contest, Fleet Reserve Association Branch 126, 7673 Blanding Boulevard, Jacksonville, FL 32244-5111.


 please visit [www.jdrf.org](http://www.jdrf.org)  
 or call 1.800.533.CURE  
 A CFC Participant  
 Provided at a public service  
**Juvenile Diabetes Research Foundation International**



Photo by Kaylee LaRocque

The NAS Jax Navy Lodge features 102 units with air conditioning and private baths. Family accommodations are also available.

# Navy Lodge offers all the amenities of home

## From the Navy Lodge

Looking for a unique place to stay with all the accommodations of home? Why not try a Navy Lodge? With rooms always below per diem rates, they are up to 40 percent less than comparable civilian hotels.

There are 41 Navy Lodges located around the world. Most Navy Lodges have business class rooms, which offer amenities including queen-sized beds, a sofa, desk with computer hookup and task lighting.

Free local calls, coffee and newspapers, as well as convenient on base parking. All Navy Lodge rooms are air-conditioned, have cable TV with HBO, a video cassette player, direct-dial telephone service and a kitchenette complete with microwave, refrigerator and utensils.

You'll also find housekeeping service, vending machines, video rental service and guest laundry facilities. Rooms

are also handicapped accessible and designated non-smoking.

"Navy Lodges have some of the best guest services in the hospitality world," said Donato Nosce, NAS Jax Navy Lodge manager. "Try us and let me know how we did."

To receive a Navy Lodge directory or to make a reservation, call 1-800-NAVY-INN, 24 hours a day, seven days a week. Once you make a reservation, you cannot be bumped from your room. Reservations and room assignments are accepted on an as-received basis without regard to rank, rate, or time of reservation.

You can also make reservations through the Navy Lodge Web site at [www.navy-lodge.com](http://www.navy-lodge.com), which gives a listing of each Navy Lodge location complete with directions. For more information on the NAS Jax Navy Lodge, call 772-6000.

## Lupus: You may not know it, but I do firsthand

By IC2(SW) Melissa Ljongquist  
Naval Hospital Jacksonville Public Affairs

October is Lupus Awareness Month, and having been recently diagnosed with it I have been asked many questions including mainly, "What the heck is Lupus?"

I've been doing some research with the help of my doctor and an altogether overly enthusiastic family and here is what I've found out.

There are several types of Lupus, the most common being Systemic Lupus Erythematosus (SLE). SLE is a chronic, inflammatory, autoimmune disease. Its symptoms range from unexplained fever, swollen joints, and skin rashes to severe organ damage of the kidneys, lungs, or central nervous system. Basically the body's immune system is creating antibodies to

attack healthy cells and tissues.

The second type of Lupus is Discoid Lupus, which is a skin disorder that causes a red raised rash on the face, scalp or elsewhere. Persons with Discoid Lupus have a small chance of developing SLE.

Another type is drug-induced Lupus, which is caused by specific medicines and goes away when the medicine is stopped. A very rare form that affects babies of women with SLE is called Neonatal Lupus.

At birth babies have symptoms such as rash, liver abnormalities or low blood counts. These problems completely disappear within a few months, however some babies can have a serious heart defect.

All Lupus pregnancies are considered high risk, 20 to 25 percent end in miscarriage, and 25 percent of babies are born prematurely but with no defects

according to a 2000 study. Most mothers with SLE have normal healthy babies.

Lupus is different in every patient. It is characterized by periods of illness (flares) and periods of wellness (remissions).

The symptoms also vary in their severity. Many people with Lupus live long and normal lives. The disease is not contagious although a virus or infectious agent can trigger the disease in susceptible individuals.

"Although symptoms of Lupus are similar to other connective tissue disorder (i.e. rheumatoid arthritis, etc.), be familiar with a few of the clinical symptoms. The clinical symptoms vary but may include hair loss, weight loss, fatigue, skin rashes, weakness and/ or joint pain and swelling. Seek medical attention for an evaluation if you suffer from any or most of these symptoms," advises Lt.

Cmdr. Genola Childs M.D., who works in Internal Medicine at Naval Hospital Jacksonville.

What causes SLE is still unknown. Scientists think it is a combination of genetic environmental and possibly hormonal factors working together. According to the Lupus Foundation of America young women are nine times more likely to get Lupus than men.

It is also three times more common in African American women, and they are at the highest risk for Lupus. Scientists say that genetics play an important role but no specific Lupus gene has been identified. Instead it appears that several genes are involved.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) and the National Institute of Health (NIH) have discovered a genetic "signature" present in some patients with SLE

## Showing support



Photo by JO2 Mike England

NAS Jax Commanding Officer Capt. Mark S. Boensel, presents Navy College Staff Member Linda Shayne with a letter of appreciation Oct. 24 for enabling hundreds of students to increase their ASVAB scores, pass the GED, SAT, and ACT tests. Shayne and fellow staff member MaryAnne Scales also increased the number of computers in the Navy College Learning Center from eight to 12.

## KUDO KORNER

Congratulations to Lt. Ron Martin of VP-45 for completing the VP-45 Patrol Plane Commander (PPC) syllabus Oct. 8.



who develop such life threatening complications as blood disorders, central nervous system damage, and kidney failure.

"Identifying Lupus patients at particular risk for severe disease before these complications arise has enormous implications for the early diagnosis and treatment of this potentially devastating disease," said NIAMS Director Stephen I. Katz, M.D., Ph.D.

Although there is no cure for Lupus, there are many treatment options. Since the disease presents itself differently in every patient,

the doctor will come up with a treatment plan specifically designed for the patient's age, sex, health, symptoms and lifestyle.

The treatment plan will have several goals: to prevent flares, treat them when they do occur, and to minimize organ damage and complications.

My prognosis is uncertain but my family and I are optimistic. Intense research is underway and scientists funded by the NIH are continuing to make great strides in understanding the disease, which may ultimately lead to a cure.

# Halloween safety tips

From the Food and Drug Administration

Children shouldn't snack while they're out trick-or-treating, before parents have a chance to inspect the goodies. To help prevent children from munching, give them a snack or light meal before they go—don't send them out on an empty stomach.

- Tell children not to accept—and, especially, not to eat—anything that isn't commercially wrapped.

- When children bring their treats home, discard any homemade candy or baked goods.

- Parents of young children should also remove any choking hazards such as gum, peanuts, hard candies or small toys.

- Wash all fresh fruit thoroughly, inspect it for holes, including small punctures, and cut it open before allowing children to eat it.

- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.

- If juice or cider is served to children at Halloween parties, make sure it is pasteurized or otherwise treated to destroy harmful bacteria. Juice or cider that has not been treated will say so on the label.

Painting your face can be a big part of the fun on Halloween and lots of other special occasions. Most of the time people do this without a problem, but not always. Here are some pointers to help keep your fun from leaving you with a rash, swollen eyelids, or other grief:

- Decorating your face with face paint or other makeup lets you see better than you can if you're wearing a mask. A mask can make it hard to see where you're going and watch out for cars. But make sure your painted-on designs don't cause problems of their own.

- Follow all directions carefully.

- Don't decorate your face with things that aren't intended for your skin.

- Like soap, some things are okay on your skin, but not in your eyes. Some face paint or other makeup may say on the label that it is not for use near the eyes. Believe this, even if the label has a picture of people wearing it near their eyes. Be careful to keep makeup from getting into your eyes. Even products intended for use near your eyes can sometimes irritate your skin if you use too much. Take it easy!

- If you're decorating your skin with something you've never used before, you might try a dab of it on your arm for a couple of days to check for an allergic reaction before you put it on your face. This is an especially smart thing to do if you tend to have allergies.

A big part of Halloween makeup is color. But this is your skin we're talking about. Think about what you're putting on it. You might not want to put the same coloring on your skin that a car company uses in its paint.

Luckily, you don't have to. The law says that color additives have to be approved by FDA for use in cosmetics, and that includes the just-for-fun kind that people use on Halloween. It also includes theatrical makeup.

Plus, FDA has to decide how they may be used, based on safety information. A color that's okay on your tough fingernails or your hair may not be okay on your skin. Colors that are okay for most of your skin may not be okay near your eyes.

How do you know which ones are okay to use, and where? Do some detective work



and check two places:

- The list of ingredients on the label. Look for the names of the colors.

- Check the Summary of Color Additives on FDA's Web site. There's a section especially on colors for cosmetics.

If there's a color in your makeup that isn't on this list, the company that made it is not obeying the law. Don't use it. Even if it's on the list, check to see if it has FDA's okay for use near the eyes. If it doesn't, keep it away from your eyes.

There are two kinds of "glow" effects you might get from Halloween-type makeup. There are "fluorescent" and "luminescent" colors. Here's the difference: Fluorescent colors: These are the make-you-blink colors sometimes called "neon" or "day-glow." There are seven fluorescent colors approved for cosmetics, and like other colors, there are limits on how they may be used. None of them are allowed for use near the eyes.

(Check the Summary of Color Additives again.) These are their names: D&C Orange No. 5, No. 10, and No. 11; and D&C Red No. 21, No. 22, No. 27 and No. 28.

Luminescent colors: These colors glow in the dark. In August 2000, FDA approved luminescent zinc sulfide for limited cosmetic use. It's the only luminescent color approved for cosmetic use, and it's not for every day and not for near your eyes. You can recognize it by its whitish-yellowish-greenish glow.

Don't go to bed with your makeup on. Wearing it too long might irritate your skin, and bits of makeup can flake off or smear and get into your eyes, not to mention mess up your pillow and annoy your parents.

How you take the stuff off is as important as how you put it on. Remove it the way the label says. If it says to remove it with cold cream, use cold cream. If it says to remove it with soap and water, use soap and water. If it says to remove it with eye makeup remover, use eye makeup remover. You get the picture. The same goes for removing glue, like the stuff that holds on fake beards.

And remember, the skin around your eyes is delicate. Remove makeup gently.

What if you followed all these steps and still had a bad reaction? Your parents may want to call a doctor, and they can call FDA, too. We like to keep track of reactions to cosmetics so we know if there are problem products on the market. People can report a bad reaction to face paint, novelty makeup, or any other cosmetic product to: Your nearest FDA district office. Their phone numbers are on FDA's Web site and in the Blue Pages of the phone book under United States Government/Health and Human Services or the FDA's Office of Cosmetics and Colors. People can call 1-202-418-3412 or send a report in writing to: Office of Cosmetics and Colors, HFS-106, Center for Food Safety and Applied Nutrition, Food and Drug Administration, 5100 Paint Branch Parkway, College Park, MD 20740-3835.

## HELPING HANDS

### HabiJax opportunities

HabiJax is always looking for volunteers for various construction projects. For more information, call Bonnie Golden at 798-4529, Ext. 253. The HabiJax Home Store also needs help coordinating donated materials and furniture. Call 722-0737.

### Volunteers needed

Volunteers are needed to help children in our local community by donating a few hours per month to supervise visits between children and the parents that they have been separated from due to divorce, negligence, or abuse. If you would like more information on helping, please call Anita Sullivan, volunteer coordinator at Family Nurturing Center of Florida, at 389-4244 or e-mail at anita@fnclorida.org.

### Step on Shore

Help the Autism Association on Nov. 8 from 9 a.m. to noon to raise autism awareness. Assist with a walk and family fun festival. Help out with registration, hand out information, help with lunch, beach patrol and clean up. For more information, call Woodie Ryan at 399-4490.

### Pet Expo

Help out with the Pet Expo at the Jacksonville Fairgrounds Nov. 8. Volunteers are needed to

assist at the agility course, to monitor contests and help with booths. This is a family event. Call Chris Whitney at 725-8766, Ext. 206.

### Veterans Day Parade

The City of Jacksonville is looking for volunteers to assist with staging and de-staging parade participants and act as parade marshals on Nov. 11. Call the Volunteer Services Office at 630-1020 for information.

### NCCJ Jacksonville's

### Walk As One

This 3.5-mile walk will be held Nov. 15 to support development and expansion of NCCJ's Youth and Community Leadership programs. Call Darlene Fratellow at 306-6225 for details.

### Volunteer opportunity

### for chefs and cooks

We are looking for 15-20 volunteers with cooking and catering skills to help prepare an elegant meal for the Holiday in The Hamptons Gala charity event sponsored by the Monique Burr Foundation for Children, Inc. on Dec. 13. This is a great opportunity for Navy chefs and cooks to show off their skills. Contact Jimmie Mc Knight at 542-8191, Ext. 8195 for information and to sign up.

## Gomez look-alike



Photo courtesy of Channel 4

CMDCM(AW/SW) Chuck Lawson, NAS Jax command master chief, competed in and won the recent Addams Family Look-alike Contest, sponsored by Channel 4 during the morning show. Lawson entered the contest as part of a bet and won the event.

## Home providers needed

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

If you are an off-base resident, you will

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



Photo courtesy of VS-30

Lt. Jason Crain cuts a cake to celebrate 1,000 trips aboard USS Ronald Reagan (CVN-76).

## VS-30: Squadron sets milestones aboard USS Ronald Reagan

From Page 1

aviators led Carrier Air Wing (CVW) 17 through various evolutions of flight operations. On Oct. 4, during the final night recovery, Lt. Jason Crain set another important milestone aboard USS Ronald Reagan and for VS-30. Crain, originally from Star City, Ark., was recognized for recording the carrier's 1,000th arrested landing utilizing the ship's prototype arrestment system. The prototype arresting gear uti-

lizes only three wires instead of the four that aircrews are used to. Continuing the VS-30 tradition of setting milestones and excellence in the Viking community and in naval aviation, Crain wrapped up flight operations ensuring that the squadron had a 100 percent boarding rate during their seven-day at-sea period. Crain was recognized by Capt. James Symonds, USS Ronald Reagan commanding officer, during a cake-cutting ceremony in the arresting gear spaces following flight operations.



Photos by JO2 Mike England

Linda Seward, a physical science technician for the Navy Drug Screening Lab, gets hosed off by Firefighter Tracey Canik before being taken away by ambulance.

## Free bass boat rental for one year

From the Mulberry Cove Marina

**W**in a free bass boat rental for one year! Win daily fishing tackle and outdoor recreation gear giveaways!

For the month of October, Mulberry Cove Marina will visit various locations on NAS Jacksonville to thank everyone for their support this year. On display will be the brand new Tracker Pro Team 175 bass boat generously donated by the NAS Jacksonville Commissary, Southeast Atlantic Beverages, and Cadbury Beverages/7Up.

Mulberry Cove Marina will hold daily drawings for valuable prizes ranging from fishing tackle to outdoor recreation gear. The marina will also take entries for the grand prize, one-year worth of free rental of the Tracker bass boat, a \$2,340 value!

Anyone who works on NAS Jacksonville can enter the daily drawings to win fishing tackle and outdoor recreation gear. Only active duty military are eligible for the grand prize drawing.

Mulberry Cove Marina will be at the following locations to award prizes and show off the new Tracker Pro Team 175 boat:

Oct. 31, 11 a.m. - 1 p.m. - I.T.T., Commissary Parking Lot

Nov. 5, 11 a.m. - 12:30 p.m. - Mulberry Cove Marina, Ranger Road

The grand prize drawing will be held Nov. 5 at 12:30 p.m. at the marina.

Please contact Mulberry Cove Marina, located at the end of Ranger Road, for more information at 542-3260.



Photo by Phil Collins

ADC Somprasong Boriboun of CHSWL, won the third daily drawing held in front of NAS Galley Oct. 22. Boriboun won an Abu Garcia Workhorse rod and an Abumatic closed face reel, and is automatically entered into the grand prize contest for one-year free rental of the new Bass Tracker 175. The grand prize will be awarded Nov. 5.



Diane Thompson, a physical science technician for the Navy Drug Screening Lab, goes through the decontamination shower.



Firefighter Keith Goosley treats Diane Thompson (wearing white) and Linda Seward (wearing blue), simulated victims, during last Thursday's WMD drill.

## WMD: Weapons drill instructive and improves readiness

From Page 1

"I carefully opened the box and when I saw the powder I immediately notified my supervisor, Jerry McFarlin," Seward said.

"As soon as Linda told me what happened I evacuated everyone from the building, made sure it was secure, and called 9-1-1," said McFarlin, the laboratory manager.

Firefighters, police, and the HazMat team responded quickly as the laboratory employees fled the building.

Firefighters and Emergency Medical Technician's (EMTs) treated Seward and Thompson, while NAS Jax Fire Chief Paul Stewart briefed everyone on what was happening and why. EMTs treated the two victims assuming they had been exposed to a biological agent such as anthrax.

According to the Centers for Disease Control Website, anthrax is a serious disease caused by *Bacillus anthracis*, a bacterium that forms spores. A

bacterium is a very small organism made up of one cell. Many bacteria can cause disease. A spore is a cell that is dormant (asleep) but may come to life with the right conditions.

"Biological agents need to incubate for several hours or days before they can take effect. Chemical agents cause a more immediate effect," King said.

After their initial treatment, the two victims were then hosed off and then had to pass through a decontamination shower to ensure there were no more contaminants on their bodies. Seward, the one who actually opened the box, was then taken to the hospital in an ambulance. Overall, base officials felt the drill went well.

"I think the drill was successful with what we were trying to accomplish. There are a few things we could improve upon, but overall the drill went very well," said Base Fire Chief, Paul Stewart.



# Haunted Woods: A scary situation

By JO2(SCW) Eric Clay  
Assistant Editor

As 2,310 visitors could be heard screaming in fright this past weekend from the Haunted Woods aboard NAS Jacksonville, fog filled the darkened sky and frightful zombies could be seen lunging in and out of the shadows.

Claudia Toro, Youth Activities Center (YAC) director said, "We had a great turn out this year, with a lot of comments about how the event improves from year to year."

Members from the center dressed in scary costumes, walked through the crowd who were waiting in line to enter the Haunted Woods. This gave the visitors a sneak peak scare of what they were going to experience within.

The YAC staff members acted as guides along the path of the Haunted Woods. It began at the entrance where a ghoulish man chased visitors with a chainsaw. As the visitors entered deep into the woods, they were greeted by member from Naval Hospital Jacksonville Health Support Office (HSO) who portrayed scenes from the video game turned movie Resident Evil.

A narrator told the story of how the Umbrella Corporation accidentally



Photo by JO2(SCW) Eric Clay

A Haunted Woods volunteer displays some gore to scare hundreds of visitors to the yearly event sponsored by the Youth Activities Center.

unleashed a deadly virus in their lab causing the employees bodily injuries, transforming them into zombie-like creatures. The HSO members dressed in costumes complete with bruises, cuts and hanging body parts. They begged the viewers for help as they made their way through the woods.

Others dressed as zombies with painted white faces and wore clothing that was tattered and torn giving an appearance of an accident. They also moaned and screamed for help as the visitors made their way through.

Participants from Commander, Helicopter Antisubmarine Wing, U.S. Atlantic Fleet (COMHSWINGLANT) built a spooky combat mess tent that included items like eyeballs and other body parts. They also gave each visitor a glass of punch that resembled blood.

Members from AIMD 400 Division scared oncoming visitors as they traveled from scene to scene of the Haunted Woods. They also had a coffin placed along the path that a vampire jumped out from scaring visitors.

Each command was judged on their participation in the event. Placing first was HSO, who won \$500 of MWR funding, followed by COMHSWINGLANT, who earned \$300 of MWR funding. AIMD 400 Division earned \$200 for their participation.

The YAC teenagers who volunteered for two nights as guides for the Haunted Woods were rewarded by receiving a trip to Orlando.

"The commands did a great job this year and we raised a lot of money for the Youth Activity Center," added Toro.



Photo by JO2 Mike England

Tyler Hart, 11, rolls a strike at NAS Jax Freedom Lanes last Friday. Tyler's father, Sgt. 1st Class Dominic Morales, is an observer controller at Camp Blanding.

## November is Military Family Appreciation month

By JO2 Mike England  
Staff Writer

"Military Families Appreciation Month," celebrated in November, recognizes military families for their outstanding service, selflessness and commitment to our active-duty forces.

"For Sailors to be successful in their careers and meet their mission, it's incredibly important for them to have a family support system in place to deal with frequent moves and family separations," explained Dr. Gwen Taylor, head of the Child Development Section for Navy Morale, Welfare and Recreation (MWR).

"During Military Families Appreciation Month, we pay special tribute to the many contributions that military families

make to their own communities and mission readiness," said Taylor.

NAS Jacksonville's MWR has many exciting activities planned throughout the month. NAS Jax Freedom Lanes will offer \$1.75 per game bowling and \$1.65 shoe rental every Tuesday night. The Outdoor Recreation Center is offering a 10 percent discount on all camping gear throughout the month of November.

The Youth Activities Center (YAC) will sponsor a military family appreciation carnival at the YAC building Nov. 15 from 10 a.m. to 2 p.m.

The base movie theater will show movies for free at various times throughout the month. Check the movie listings for more details.

Call the MWR office at 542-3111 for more information.

## MWR NOTES

### Mulligan's happenings

Mulligan's is hosting its annual Halloween Party tomorrow night from 5-11 p.m. Enjoy complimentary food and drink specials. There will be a costume contest, games, prizes and a lot more. For more details call 542-2936.

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

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

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

The following are upcoming I.T.T. trips:  
Nov. 1 - Mule Day: Head to Calvary, Ga. for Mule Day. The cost is only \$17.50.

Nov. 29 - Orlando Shopping. Don't miss the after the Thanksgiving sales at the Millenia Mall and Premium outlet malls in Orlando for only \$15.

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

### Fitness Source offers two new programs

Pregnancy Yoga is held every Tuesday from 11-11:50 a.m. The session lasts six weeks.

Walk to Run is a nine-week program and meets every Tuesday and Thursday from 11:30 a.m. to 12:15 p.m. The program is designed for beginner and novice runners. Participants must sign up to participate in this program. For more information, call 542-3518.

### Bingo Palace

Get your favorite daubers, come and pick your lucky seat and let the games begin. The night Bingo schedule is Sunday, Monday, Tuesday and Thursday. Cards go on sale at 5:30 p.m. and warm-ups start at 6:30 p.m. Doors open for lunchtime Bingo at 10 a.m. and games start at 11:30 a.m.

### Swimming activities

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

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

The Adult Fitness Swim Club is a coached program for novice to advanced swimmers wishing to improve their PRT time, swimming skills, and technique. The

emphasis is on stroke mechanics. Interval training is introduced. Workouts are designed to improve technique and to develop both speed and endurance. Workouts are scheduled on Tuesdays and Thursdays from 4:30-5:30 p.m. at the indoor pool. The sessions are free for active duty and reservist personnel. Retired military, DoD and dependents will be charged \$20 for eight workout sessions.

### Veterinary Treatment Facility holds October clinics

A Saturday clinic will be held Nov. 15 from 8 a.m. - noon. This is a walk-in vaccination clinic, no appointment is necessary.

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

For more information and to make appointments, call 542-3786.

### Bowling specials

NAS Freedom Lanes is offering a Tuesday Bowling Special in November. Enjoy games for \$1.75 and shoe rental for only \$1.65. For a better deal you can bowl three games, plus shoe rental for just \$6.90 per person.

### Mulberry Cove Marina news

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

Abu Garcia Ambassador Torno bait casting reel, \$107.

Abu Garcia Eon 3600 bait casting reel, \$82.

Abu Garcia Eon 5600 bait casting reel, \$82.

Berkley Power Bait, buy one get one free.

The marina has added new rental items to its outdoor recreation gear including:

Turkey fryers and seafood cookers, 2004 Eureka four and six-man tents, headlamps,

Escape Jazz paddleboats and Hobie pedal driven kayaks.

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

### Auto Skills Center

Visit the Auto Skills Center for your professional or hobby car care needs. The center offers an array of services for the novice or professional auto enthusiast.

There is an ASE qualified mechanic on hand to assist with questions and tips on servicing your vehicle. The center is open Monday, Thursday and Friday from noon to

8 p.m., Saturday and Sunday from 9 a.m. to 5 p.m. and all holidays from 9 a.m. to 3 p.m. except Thanksgiving, Christmas and New Year's Day.

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

### O'Club happenings

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

### Liberty happenings

Join us each Wednesday for a karaoke and dance party. The fun starts at 7 p.m. at the Budweiser Brew house with DJ Marc "E" Marc.

### Youth Activities Center happenings

Take advantage of the fun events at the Youth Activities Center. Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities.

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

### Recycling Center reminder

The Recycling Center welcomes everyone to drop off recyclables at the designated drop off area along Birmingham Avenue. The most common drop off items are corrugated cardboard, plastic (i.e., milk jugs, water bottles, plastic soda bottles, etc.), aluminum cans, and glass bottles. As a reminder though, the recycling center does not accept motor oil, anti-freeze or other automotive fluids. If you have any of these fluids, they are accepted at the MWR Auto Skills Center during normal hours of operation.

### 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. - Halloween 2 (R)  
Saturday, 7 p.m. - Bruce Almighty (PG13)

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).



# SPORTS & STANDINGS

## Navy Southeast Regional Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided as well as transportation, entry fees, and lodging costs. Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top 10 regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

**Southeast Regional qualifying times:**

5K -	Men 19:00	
	Women 24:00	
10K -	Men 34:00	
	Women 46:00	
Marathon -	Men 3 Hrs. 30 Min.	
	Women 4 Hrs.	
Triathlon -	Men 2 Hrs. 30 Min.	
	Women 3 Hrs.	
Triathlon time based on 1.5k swim, 10k run, 40k bike		

For more information about any of the sports articles, call 542-2930/3239.

## 7-on-7 Flag Football Final Standings

As of Oct. 23

Team	Wins	Losses
VR-58	8	1
Security & Weps	6	1
AIMD	7	2
VP-16	3	6
VS-30	3	6
VS-24	1	5
Dental	1	8

VP-16 Red	8	3
Air Ops	8	4
HITRON 10	5	8
VS-24	4	4
VP-62	4	5
AIMD SE	3	8
VP-16 White	3	9
SERCC	2	8
VS-22	2	10
TPU	1	12

## Open Softball Standings

As of Oct. 23

Team	Wins	Losses
VP-30	9	0
NAMTRAU	9	1
VS-30	8	1
VP-5	9	2

As of Oct. 23

Team	Wins	Losses
Beanie Boys	11	2
F.O.B.'S	10	3
NAMTRAU	7	6
VP-16	6	6
Onsite Aviation	2	11
Jax Chiefs	2	10

# COMMUNITY CALENDAR

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

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

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

The **Navy Jacksonville Yacht Club** general membership meetings are held at 7:30 p.m. on the first Wednesday of every month at the clubhouse (Building 1956) adjacent to the Mulberry Cove Marina. The Navy Jax Yacht Club is a mem-

bers only club open to all active duty, reserve and retired military, and active DoD personnel. For more information, call 778-0805 or email commodore@njyc.org.

**MOMS Club of Northeast Florida** meets the second and fourth Thursday of every month from 10 a.m. to noon. The meeting is free and open to all at-home mothers and children who live in the zip code areas of 32206, 32218 and 32226. MOMS Club is a support group for moms wanting a variety of activities for you and your children. The chapter offers monthly meetings, newsletters, activity calendars, playgroups, field trips and service projects. For meeting location or more information, contact Debbie at 751-0671 (debbiejkg@yahoo.com) or Kathi at 751-3400 (katdj28@aol.com).

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

The **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 AOC Erick Parmley at 542-

8589. The **Westside Jacksonville Chapter 1984, National Association of Retired Federal Employees** extends an open invitation to all currently employed and retired federal employees to our regular meeting held at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. For more information, call R. Carroll at 786-7083.

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

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

The **Cecil Pines Adult Living Community** is holding an open house and antique car show Nov. 8 from 10 a.m. to 2 p.m. at the Cecil Commerce Center. Admission is free. For more information, call Barbara at 771-8839.

# JAX TALES BY MIKE JONES WWW.RICKYSTOUR.COM



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## Out in town, need a ride? Club 2000 can help

**N**AS Jacksonville has a program called Club 2000. Anyone who is impaired and in a bar, club, lounge, or private residence within St. Johns, Baker, Nassau, Clay or Duval counties can call the NAS Jacksonville OOD office at 542-2338. You will be provided a taxi ride, paid for by the station, to your home within the same five counties.

# In Gear

A weekly look at the automotive market

## Sporty family sedan

### 2004 Pontiac Grand Prix offers sophisticated shape, solid platform

By Dan Scanlan  
Special

Don't look for the ribbed cladding – it isn't there any more.

Neither are all the wings and things common with some of the more outrageous Pontiacs of years past.

Instead, Pontiac has come up with a tighter, cleaner, roomier version of its popular mid-size bread-and-butter Grand Prix for 2004. And it brought a few to Central Florida two days before the 2003 Daytona 500 (won by a Chevy with a Pontiac in 14th), since the pace car as well as the NASCAR Winston Cup Pontiacs were based on the 2004 design.

The Grand Prix name has been around since 1962, as one of the company's famed Wide Track cars, based on the Catalina platform. It was available with a 389-cubic-inch, 303-horsepower V-8, 389-cu.in., 230-hp V-8 or a 318-hp V-8. By 1963, the design was smoothed out, with more of a flowing look epitomized by the GTO that soon followed. It became a big, powerful, luxurious coupe by the time Pontiac celebrated its 50th anniversary in 1976. Then Pontiac shifted to V-6 engines and front-wheel-drive by the 1980s, and its current shape was established by the early 1990s, with some body-side cladding and the option of a supercharged version.

Side by side, you know the '03 and '04 Grand Prix are related. But here are the big differences.

First, the '04's grille grows in height, but tucks closer to the nose's center-line, flanked by larger slash headlights that climb into the sharper-edged fenders, while a sharper front bumper hosts larger inset fog lights and a deeper lower air intake done in gray. More dramatic design lines edge off the grille and form the power dome on the hood, while the windshield seems more steeply raked. And there is a more defined Coke-bottle shape to the side profile, the curvaceous side panels extending up into pronounced rear fender shoulders and adding to the car's more pronounced wedge-shaped profile. Pronounced rear fender shoulders culminate in larger, corner-mounted taillights whose curves translate into the sheet metal, while a standard spoiler rests between the fenders and reduces drag.

No more lower-body cladding – the new Grand Prix gets a sharp lower valance between the front and rear wheel wells to visually lower the car, while the protective side molding is now integrated into a molded channel in the door sheet metal. The roof line ends about 5 inches rearward for a more radical fastback look, coming to rest on a shorter, higher rear deck. All 2004 Grand Prix's get bigger wheels this time, with 15-inchers growing to 16-inch Grand Prix on the GT, and the GTP and GTP Comp edition receiving 10-spoke alloy wheels wearing BF Goodrich Comp T/A P225/55R17-inch rubber, with red disc brake calipers visible behind the front wheels. Quad exhaust tips complete the sporty image.

"The market for this size car as a coupe has diminished over the years, and people have found they can get a lot of sportiness in a sedan," said Roger Sears, Pontiac product manager. "This is a good example. The styling is very coupe-like. It just happens to have four doors. The other reason is we are bringing on the GTO as our mid-size coupe. You can see the car has a bit more aggression than the past model with more of a wedge look. The side line rises."

The interior is also recognizably Pontiac, but toned down and made more upscale in appearance. The dash is still driver-oriented, with a neater organic look.

A large but sporty three-spoke steering wheel gets alloy spokes with integrated stereo controls, while the cruise control is taken off the awkward GM stalk and put on a Toyota/Honda-like mini-stalk on the right side of the wheel. It works like a charm.

The hooded gauge package gets larger pewter metal-rimmed 140-mph speedometer, 7,000-rpm tach and combo gas and temperature gauge, with a lower Head's-Up Display offering speed, compass, time, radio/CD/tape functions, warning messages and a shift-indicator light. Taking a lesson from corporate partner Saab, a stealth mode that extinguishes all other instrument-cluster lights at night is available so drivers can navigate solely by the HUD at the base of the windshield. Still, polarized sunglasses dimmed it, although we liked the multi-function knob on the center console to adjust the display.

Another change is the addition of a



The 2004 Pontiac Grand Prix is tighter, cleaner and has more room.

Dan Scanlan/special

### BEHIND THE WHEEL



Dan Scanlan/special

Heavily bolstered front seats and a steering wheel with integrated stereo and cruise controls make some of the changes in the redesigned Grand Prix.

reconfigurable Driver Information Center display high on the center console, able to display warning messages from fuel mileage and elapsed time to oil life. The driver also can personalize settings like when the doors lock and how long the interior lights stay on when the doors are locked. An optional version offers compass, outside air temperature, fuel economy, engine hours and more. Under that, a great-sounding Monsoon AM-FM-CD player with big buttons and knobs, and more big controls for the climate control, which has seven infinitely adjustable air vents up front.

The redesigned front seats are very comfortable and supportive, with big bolsters and six-way power seat bottom/power lumbar/manual rake adjustments on the driver's seat of the GTP we tested. Satin metal accents the base of the gearshift, while a higher-quality plastic and cloth can be seen elsewhere in the interior. Twin cup holders sit behind the gearshift near the padded center armrest with decent storage underneath.

The good news is a redesign of the back seats, now accessible via rear doors that swing open almost 90 degrees for easier access and have windows that fully retract. The seat backs split and fold almost flat for outstanding extra cargo capacity. The bad news is that the resulting rear-seat bottoms are very low, flat and uncomfortable, leaving adult knees pointing skyward and no real room under the carpeted front seat bottoms for feet. Still, with wide doors, a trunk opening almost 10 inches wider, a 6-inch-lower lift-over height and a front passenger seat that folds almost flat, and you can carry a

9-foot ladder or kayak with the trunk closed.

For power, the base GT gets a 3800 Series III V-6 with 200 hp. We tested the GTP/GTP Comp, with a supercharged V-6 offering 260 hp and 280 foot-pounds of torque, up 20 hp thanks to an improved supercharger and electronic throttle control.

"What that means for the driver is it happens right now," said Sears, an avid motorcycle racer himself. "You don't have to wait for it to rev. Hit the gas and go, which is the way we think Americans drive cars. We are not on the autobahn – we are cut and thrust."

Standard transmission is a four-speed automatic, standard in the GTP we tested, while the GTP Comp we drove had TAPshift (Touch Activated Power), which allows the driver to up- and down-shift via rubber-padded alloy paddle shifts on the steering wheel's upper spokes. We managed a 0-60-mph time of 7 seconds with a slight supercharger whine and gently snarling exhaust note in the GTP and Comp editions, and no torque steer. The TAPshift system worked smoothly, shifting up and down quickly as needed, almost seamless in downshifts and staying in gear to redline if you want.

As for handling, the underpinning architecture is carryover, but adds a single-piece body side ring structure and magnesium cross-car instrument panel support beam to improve body stiffness.

In the GTP, the ride is a bit softer than you'd think, with controlled suspension movements on bumpy roads and a bit of float over railroad crossings and bridges. But get into the GTP Comp, with its V-

### 2004 PONTIAC GRAND PRIX GTP-COMP Specifications:

Vehicle type	.....5-passenger, mid-size domestic sports sedan
Base price	.....\$27,255 (As driven – n/a)
Engine type	.....Supercharged Series III OHV, 12-valve V-6
Displacement	.....3.8-liter
Horsepower (net)	.....260 hp at 5,200 rpm
Torque (lb-ft)	.....280 at 3,600 rpm
Transmission	.....4-speed automatic
Wheelbase	.....110.5 in.
Overall length	.....198.2 in.
Overall width	.....71.6 in.
Height	.....55.9 in.
Front headroom	.....38.8 in.
Front legroom	.....42.2 in.
Rear headroom	.....36.2 in.
Rear legroom	.....36.2 in.
Cargo capacity	.....16 cubic feet/57 w/all seats folded
Towing capacity	.....up to 1,000 lbs.
Curb weight	.....3,583 pounds
Fuel capacity	.....17 gallons
Mileage rating	.....18 mpg city/28 mpg highway
Last Word	.....A tight, quiet, responsive American family sedan

rated rubber, lighter alloy wheels, different strut tuning, springs, sway bar size and bushing rates, and the suspension is nicely tied down; firm yet not harsh, perfect for the family that wants a really sporty, yet larger four-door.

"It's got the StabiliTrak Sport Vehicle Dynamic Control System tuned for enthusiasts, because the intervention is later and very progressive," said Sears as we drove.

That resulted in decent handling in the GTP on the arrow straight roads we tested it on. But the best feel was from the GTP Comp, tackling flat Florida turns with minimal lean, solid suspension control and no understeer thanks to the sticky rubber.

Base price for the GT model starts at \$22,395. The more powerful Grand Prix GTP starts at \$25,860, while the GTP with Competition Group uplevel suspension package runs an additional \$1,395.

Bottom line – for a car that goes up against the Nissan Maxima, Dodge Intrepid, Nissan Altima, Honda Accord, the new Grand Prix, at least in its most potent GTP form, is a sporty family sedan with a more sophisticated shape and more solid platform. The added roominess inside and the ability to haul up to a 9-foot-long surfboard inside is a plus, hurt a bit by the flat rear seat that was redesigned to accommodate it. But in the GTP Comp version, which will account for only 10 percent of sales, we did find some wide track excitement.

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