

JAX AIR NEWS

Vol. 59 • No. 4

NAS Jacksonville, Fla.

February 1, 2001

Military members learn to identify potential problems with HARRT

By **JO2 Mike Jones**
Assistant Editor

When U.S. forces mobilized for Operation Desert Storm in 1991, the home-front reacted with a strong wave of patriotism. Whitney Houston stopped the show with her rendition of the "Star Spangled Banner" at the World Series and Lee Greenwood's "God Bless the U.S.A." was on practically every radio station in the country.

However, once the excitement was over, many returning service members found difficulties in adjusting to life back home. The psychological impact felt by many military members after Desert Storm led to the development of the Human Assistance Rapid Response Team Program (HARRT).

"After the Persian Gulf war, we found there were tremendous numbers of complaints ranging anywhere from people losing their families, practices - a significant amount of people who weren't ready to be mobilized," said Lt. Col. Bart P. Billings, special projects officer, U.S.

Army Reserve 332d Medical Brigade. "We initiated the program right after the Persian Gulf conflict to identify problem areas that would prevent people from serving and functioning at their highest level when they're activated," he said.

"We went into several units and we did demonstration interviews and developed a technique - what questions to ask. We took that material and started interviewing people - presented it at several conferences."

After Billings presented the program at the Pentagon, military planners decided to incorporate HARRP into the Department of Defense-mandated combat stress and preventive training. Billings visited the Armed Forces Reserve Center located just outside NAS Jacksonville Jan. 26 to conduct a four-day HARRT training course. "This is the first training anywhere in the military," Billings said. "We are training 16 personnel to go out and be able to train other people." During the course, each student was required to conduct 15 HARRT interviews. "These students will be able to train others and then

those students train others ... hopefully, it'll snowball."

By utilizing a questioning technique, HARRT members will be able to identify potential problems that can affect service members' abilities. "We're identifying things that might stress them before they go anywhere," Billings said.

HARRT interviews can be conducted on any military member, regardless of their status, he added. "It's not just a program you do before mobilization," he said. "It's a yearly program. Everyone will be able to see where they're at and if there's any issues they need to work on. It's not just for



Lt. Col. Bart P. Billings, special projects officer, U.S. Army Reserve 332d Medical Brigade, describes the basics of the Human Assistance Rapid Response Program to students during a training course Jan. 26.

reservists. This also applies to active duty service members as well."

"It's an assistance program," Billings said. "We're coming in to help people - help them to be happier and more focused when they get activated."



Welcome Home! — Patrol Squadron (VP) 45's ATC(AW) Jeff Hayes is welcomed back to Naval Air Station Jacksonville Jan. 30 by sons Joel (left), 12, and Chris, 11. Aircrew from VP-45 began returning from a six-month deployment to Sigonella, Sicily Jan. 26. The main Squadron Airlift is scheduled for Feb. 6 arriving at the air terminal on base. See next week's paper for full coverage.

African-American/Black History Month Luncheon to feature Jennifer Carroll

By **AMCS Raymond J. Penn**

Naval Air Station Jacksonville's Multi-Cultural Awareness Committee and the Human Resources Office will be hosting the station's Annual African-American/Black History Month Luncheon on Thursday, Feb. 22 at the Sea Cove Officers' Club from 10:30 a.m. to 1 p.m. This year's guest speaker is one of the Naval Station's very own, U.S. Navy retired Lt. Cmdr. Jennifer Carroll.

Hands of Time — "Creating and Defining the African-American Community: Family, Church, Politics, and Culture" is the theme for the 2001 African-American/Black History Month. Naval Air Station Jacksonville will be holding its Annual African-American/Black History Month Luncheon on Feb. 22 at the Station Sea Cove Officer's Club.

Carroll enlisted in the U.S. Navy and attended Boot Camp in 1979. In 1983, she was selected to participate in the Enlisted Commissioning Program. In 1985, after completing 16 weeks of Officer Candidate School in New Port, R.I., she was commissioned an Ensign. Her highly successful military career includes tours here on Naval Air Station Jacksonville in the Aviation Intermediate Maintenance Department, Base Administration, and with the Commander, Naval Region Southeast Staff as the Admiral's Aide.

See Luncheon, page 25

INSIDE

NE Florida CFC raises \$2 million
Page 4

Local citizens participate in 'GW Tiger Cruise'
Pages 16 & 17

Meet a Sailor... MM3(SW) Quincy D. Williams



Job title/command: Correctional Custody Unit Supervisor, NAS Jacksonville

Hometown: Mobile, Ala.

Past Duty Stations: USS Enterprise (CVN-65)

Hobbies: Play games and astronomy

Family Life: Wife, Teea; Tahjiir Moss; 6; Quincy Jr, 4; and Demona, 3.

Career Plans: To apply for the Enlisted College Program to become a U.S. Navy officer.

Most interesting experience: Joining the Navy.

Words of Wisdom: "Always try to better yourself in whatever you do in life."

Meet a Civilian... Dominic Broadus



Job title/command: Environmental Engineer, Commander, Navy Region Southeast

Hometown: Mobile, Ala.

Past duty stations: NADEP Jacksonville; Navy Manpower Engineering Center, Jacksonville; NAS Cecil Field; Commander, Navy Region Southeast

Hobbies: Sports, running, basketball, racquetball, and weight lifting. Traveling, spending time with my kids, and Mardi Gras.

Family Life: Wife, Annette and daughter, Alauna Claire, 15, son Dominic II, 14

Career Plans: Under development!

Most interesting experience: "There have been quite a few, but I would have to say my time at Cecil was the most memorable."

Words of Wisdom: Trust in yourself.

CNO encourages observance of African American History Month

From the Chief of Naval Operations

February 2001 marks the 75th annual observance of African American History Month. Its purpose is to educate Americans about African American history and contributions that African Americans have made to our nation. This year's national theme selected by the Association for the Study of African American life and History (ASALH), is "Creating and defining the African-American community: family, church, politics, and culture." As a Navy we take pride in celebrating our diversity. From seaman to admiral, we must continue to do our part to ensure our nation thrives with the contributions of all individuals. Today more than 70,000 African American men and women serve in the Navy (active duty, reserve, and civilian).

The accomplishments of prominent African Americans have been documented throughout naval history. These heroes include Vice Admiral Samuel L. Gravely, the first African American Navy flag officer; Petty Officer Dorie Miller, who was decorated with the Navy Cross for his heroism on the USS Virginia during WW II and retired Master Chief Carl Brashear, whose struggle to become a Navy master diver is recounted in the motion picture "Men of Honor."

Today, several leaders continue to be integral members of our Navy team: Vice Admiral Edward Moore, Jr., ComNavSurfPac and the most senior African American flag officer serving on active duty in the Navy; Commander Bruce Grooms, recipient of the 2000 National Society of Black Engineer's Golden Torch Award for Lifetime Achievement in Government as well as the recipient of 1999 Vice Admiral Stockdale Award; Lieutenant Commander Jesse Kingg, recipient of the 2001 Black Engineer of the Year Award For Professional Achievement in Government; Force Master Chief (AW) Keith Goosby, Force Master Chief, ComNavAirPac; Senior Chief (SS) Reginald Jerome Brown, winner



Adm. Vern Clark
Chief of Naval Operations

of the Dennis Sultzer Memorial Leadership Award; and Petty Officer Steven Mays, proudly representing the United States and Navy in the 2000 Summer Olympics.

The achievements of these, as well as countless other individuals, help maintain Navy's high standard of excellence.

All commands are encouraged to conduct programs, sponsor exhibits, publish items of interest in command bulletins, and solicit individual participation in appropriate observances of African American History Month. Participation in local community programs by civilian and military personnel is also highly encouraged. An informational kit on African American History Month can be obtained from ASALH, 7961 Eastern Avenue (Suite 301), Silver Spring, MD 20910, (301) 587-5900.

For questions or additional information, see the minority affairs website at www.bupers.navy.mil/mentor or contact Lt. Willie Harbert at (703) 695-2824/DSN 225 or email: p00j3@bupers.navy.mil. Commands are encouraged to inform the POC of activities in your area.



It's free!

It's free! Give yourself the gift of a Navy CREDO Retreat. Personal growth retreats are offered Feb. 24 through 27. A Marriage Enrichment Retreat is set Feb. 9 through 11. For more information, or to register, call CREDO at 270-6958.

CREDO

JAX AIR NEWS

NAS Jacksonville Commanding Officer Capt. S.A. Turcotte
Public Affairs Officer Charles P. "Pat" Dooling
Deputy Public Affairs Officer Miriam A. Lareau
Editor Loren Barnes
Asst. Editor J02 Mike Jones
Staff Writer J03 Jackey Bratt
Design/Layout James Hodges

The *Jax Air News* is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense, the U.S. Navy and do not imply endorsement thereof. The editorial content and any supplement is prepared, edited and provided by the public affairs office of NAS Jacksonville.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Navy, NAS Jacksonville or Add Inc., of the products and services advertised.

Everything advertised in the *Jax Air News* shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Deadline for all routine copy is close of business the Friday before publication. Deadline for Fleet Market submission is noon Monday. Questions or comments can be directed to the editor. The *Jax Air News* can be

reached at (904) 542-1533 or (904) 542-3531 or by fax at (904) 542-1534 or write the *Jax Air News*, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

The *Jax Air News* is published by Add Inc., a private firm in no way connected with the U.S. Navy under exclusive written contract with the U.S. Navy. It is published every Thursday by Add Inc., whose offices are at 1564 Kingsley Ave., Orange Park. Estimated readership over 32,000. Distribution by Publication Distribution Service, 904-PDS (737)-7320.

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

Add Inc.
Vincent Grassia, Publisher
1564 Kingsley Ave. • Orange Park, FL 32073
904-264-3200 • Fax 904-269-6958

BLACK HISTORY MONTH PROFILE

Ensign Jesse L. Brown awarded Distinguished Flying Cross

Ensign Jesse Leroy Brown, U.S. Naval Reserve was the first black aviator in the U.S. Navy and the first black Naval Officer to lose his life in combat during the Korean War.

Brown was born on 13 Oct. 13, 1926 in Hattiesburg, Miss.; He was educated in the Hattiesburg public schools system. He excelled as both an athlete and a student, graduating second in his high school class. Scholarships afforded him the opportunity of a college education...provided he was also willing to work full time. He enrolled in Ohio State University. He enlisted in the U.S. Naval Reserve on July 8, 1946. His enlistment terminated on 14 April, 14, 1947 and he accepted an appointment as a midshipman in the U.S. Navy the following day. He attended the Navy's pre-flight school in Ottumwa, Iowa,



followed by flight training at Pensacola and Jacksonville, Fla.

Midshipman Brown joined Fighter Squadron 32 onboard USS Wright

(CVL-49) on Jan. 4, 1949 and was commissioned an Ensign on April 15 of that year. Ensign Brown's squadron later embarked on USS Leyte (CV-32) and joined Fast Carrier Task Force 77 in support of the United Nations Forces in Korea in October 1950.

As a pilot of Fighter Squadron 32, Ensign Brown became a section leader and received the Air Medal for daring attacks against the enemy at Wonsan, Chongjin, Songjin, and Sinanju. Leading his section in the face of hostile anti-aircraft fire, he courageously pressed home attacks that inflicted heavy losses on the enemy and provided effective support for friendly ground troops. On Dec. 4, 1950, while aggressively providing close air support to the Marines fighting near Chosin Reservoir, his plane was struck by enemy fire and crashed. His

squadron mate, Capt. (then Lieutenant, junior grade) Thomas J. Hudner, crash-landed his plane alongside the wreckage of Brown's aircraft in a heroic rescue attempt and was subsequently awarded the Medal of Honor. Despite Captain Hudner's efforts, Ensign Brown perished in the wreckage of his plane. He was posthumously awarded the Distinguished Flying Cross for his exceptional courage, airmanship, and devotion to duty in the face of great danger.

Ensign Brown gallantly gave his life for his nation in a manner, which reflected the highest credit upon himself and the United States, Naval Service. On March 18, 1972, the Navy christened a new member to its fleet: USS Jesse L. Brown (DE-1089); it was the first time in our Nation's history that a Naval vessel was named for a Black American.

How well do you know African-American/Black History facts?

Put your knowledge of African-American/Black History to the test. Enter this year's trivia contest and test your knowledge! All entries must be received no later than Tuesday, Feb. 20 and should be placed in the marked box at the main entrance to the Navy Exchange. Only one entry per person will be accepted. Prizes will be awarded to the top three entrants having the most correct answers during the African-American/Black History Month Luncheon on Thursday, Feb. 22. In the event of a tie, a drawing will be held to determine the winners. Multi-Cultural Awareness Committee members and their families are not eligible to compete. Answer will be printed in the Feb. 22 edition of "Jax Air News." For more information, contact AMCS Raymond J. Penn(542-3451/52) or TM1 — Orlando Smith (542-3011/12).

1. Name the former Naval Air Station Jacksonville Naval Officer that was the Republican Candidate for the 3rd Congressional District of North Florida?

2. What year did John Lee become the U.S. Navy's first black commissioned officer?

3. The Republican Party organized to oppose slavery in what year?

4. Who was the first black admitted to the U.S. Naval Academy? What year?

5. What sorority was founded on the campus of Howard University in 1913?

6. When was the Congressional Black Caucus organized? (year and date)

7. Who was the first African-American

can nominated for an academy award for best actress of the year?

8. Name the first African-American to graduate from Westpoint in the 20th century.

9. Name the first African-American Naval Master Diver?

10. Who was the first Black Aviator in the U.S. Navy and the First Black Naval Officer to lose his life in combat? During what War?

11. For what city did David Dinkins become the first African-American Mayor? What year?

12. Who is the all-time winningest coach in the NBA history?

13. Who was sworn in as the first African-American Congressman of Ohio?

14. In 1971 Samuel L. Gravelly Jr. was the first black to do what in the U.S. Navy?

15. Name the first African-American to serve as Secretary of State for the United States?

16. Name the African-American poet who, on March 26, 1953 was subpoenaed to testify before the McCarthy Committee on his radical past?

17. Which amendment allowed Thomas Peterson to become the first black to vote in the U.S. after its ratification?

18. Name the first black woman to win the Pulitzer Prize and for what work?

19. What was the name of the poem that Maya Angelou recited at former president Clinton inauguration?

20. Who was the black female anti-slavery activist that was allowed to meet with President Abraham Lincoln on October 29, 1864 just for moral support?

21. Name the Arctic explorer, whose long-term partnership with Robert E. Peary allowed them to discover the North Pole in 1909?

22. Name the African-American who established "Negro History Week" which is now called Black History Month in the United States?

23. Who did President G.W. Bush recently appoint to serve as the next chairman of the Federal Communications Commission?

24. Name the creator African-American comic strips Boondocks?

25. On March 13, 1984 this former member of the Harlem Globetrotter became the first African-American Mayor of what city?



Come to Hangar 1000 today for lunch!

Today, Thursday, Feb. 1, you can have your lunch and desert for a very reasonable price. The NAS Multi-Cultural Awareness Committee is hosting a Cookout/ Bake Sale to raise money for the African American/ Black History Month Luncheon scheduled for Thursday, Feb. 22. For \$3 you are provided two hotdogs, a side item, and a can of soda. For \$3.25 you can get one hotdog and one hamburger, side item and soda. For \$3.50 you will receive two hamburgers, a side item and soda.

The bake sale will include all kinds of sweets ranging from 25 cents to \$1. That gives you enough change to buy your boss a snack to tame his/ her mid-day hunger pains!

Military and Civilian Personnel onboard Naval Air Station Jacksonville and tenant commands have organized a Multi-Cultural Awareness Committee that you can be involved in. The committee is open to all military and civilians. The organization is the focal point for organizing all ethnic and gender observances. All military and civilians are welcome to join this committee. The next scheduled meeting is Monday, Feb. 5 at 10 a.m. in the Hangar 1000 (AIMD) Training Room 1.

Let your voice be heard!

For more information contact AMCS Raymond Penn at 542-3451.

Combined Federal Campaign reaches '2 million in 2000' goal

By Marie Mosley
*Public Affairs Staff and
CFC Regional Coordinator*

The 2000 Combined Federal Campaign in Northeast Florida and Southeast Georgia surpassed its goal raising \$2,000,011, which included \$1,378,456

in pledges from area Navy and Marine Corps commands.

The final pledge tally was announced by Navy Region Southeast Commander Rear Adm. Jan Gaudio at the United Way Victory Celebration last week at ALLTel Stadium. The event, which featured a performance by Navy Band



Jacksonville Jaguars Mascot, Jaxson de Ville conducts Navy Band Jacksonville during the United Way and Combined Federal Campaign Victory Celebration at ALLTel Stadium last week.



Sherry Burns, WJXT general manager and United Way chairperson, encourages Rear Adm. Jan Gaudio to don his campaign jersey prior to announcing the CFC final tally.

Jacksonville, marked the end of the local 2000 United Way and Combined Federal Campaigns which run simultaneously. Together, the Northeast Florida and Southeast Georgia United Way and Combined Federal Campaigns raised \$18,294,316 which will benefit local, national, and international charitable organizations.

In announcing the CFC total, Gaudio praised the dedication and commitment of Navy and civilian employees at local commands who make such a difference in the community through their contributions. He gave

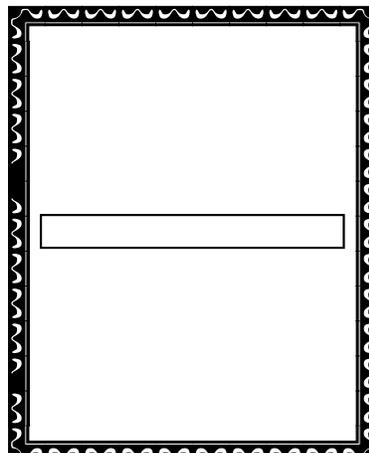
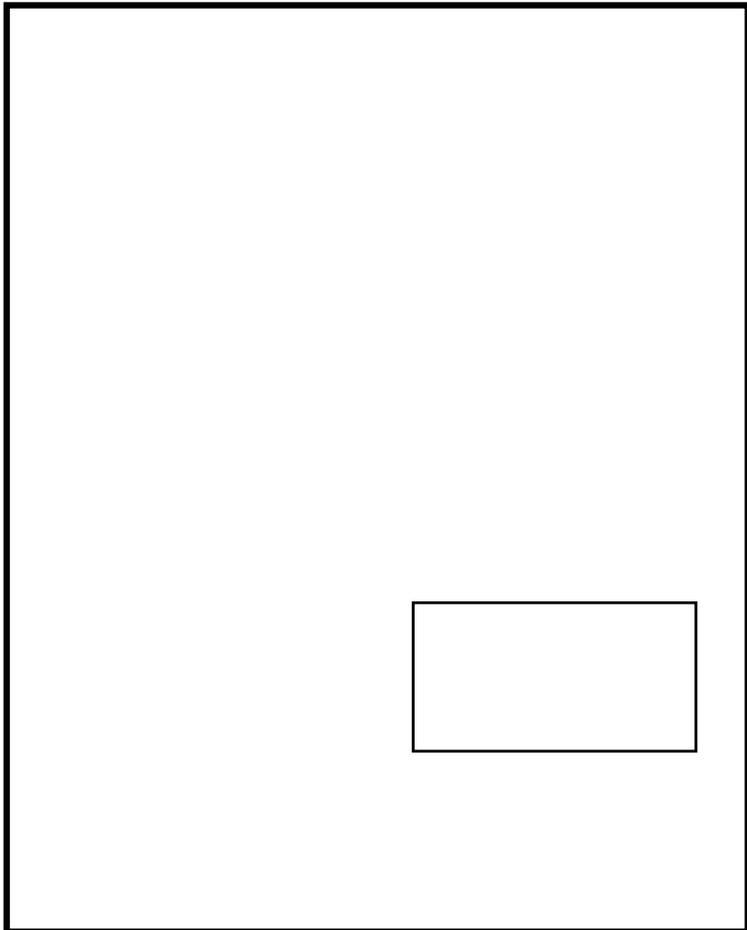


Students from around Jacksonville hold up signs which announce the United Way and Combined Federal Campaign total for 2000.

special thanks to commands which made a significant effort to improve their level of participation over previous campaigns. Of those noted, USS John F. Kennedy (CV 67) stationed at Naval Station Mayport also received The "Above and Beyond" Award for volunteer leadership, personal commitment and overall campaign results.

The campaigns' victory celebration was part of a larger celebration at ALLTel stadium commemorating Jacksonville's being named host of Super Bowl 2005. The event also recognized the city and community ties which led to this accomplishment and to the record-breaking 2000 United Way and Combined Federal Campaigns.

This year's Navy-Marine Corps total reflects an increase of 8.2 percent over the 1999 campaign with NAS Jacksonville raising \$564,712, NavSta Mayport pledging \$492,178, and NSB Kings Bay giving \$321,566.



'Dusty Dogs' win Helicopter Antisubmarine Wing Atlantic Maintenance Award for 2000

By Lt.j.g. Dom Pastorin
HS-7 PAO

Capt. Mark Adrick, Commodore, Helicopter Antisubmarine Wing Atlantic (ComHSWingLant), announced on Jan. 19 the HS-7 Dusty Dogs as winners of the 2000 HSWingLant Maintenance Trophy, donated by the Sikorsky Aircraft Division of United Technologies Corporation.

The "Dusty Dogs," are currently deployed onboard the USS Harry S. Truman (CVN-75) as an integral component of Carrier Air Wing Three.

HS-7 performed admirably during the competitive period of July 1 to Dec. 31, 2000 most specifically during the Aircraft Material Condition Inspection (AMCI), in which the "Dusty Dogs" were praised for their superior performance by having the fewest discrepancies of any HS squadron ever. Other vital areas in which the "Dusty Dogs" excelled include maintenance management, corrosion prevention, safety, material control, tool control, and IMRL management.

"No one carried out the Naval Aviation Maintenance Program (NAMP) better than the 'Dusty Dogs,'" said Adrick. "Your superb maintenance affords your aircrew an

extra margin of safety, reliability, and confidence in their aircraft to carry out all assigned missions."

Cmdr. Andrew T. Macyko, commanding officer of the HS-7 "Dusty Dogs," attributed the award to the fabu-

lous daily teamwork displayed by the Maintenance Department, under the stellar leadership of Lt. Cmdr. Bob Irwin and AFCM (AW) Mike Sgaglione, as well as the indefatigable work ethic of all the "Dusty Dogs."



The HS-7 "Dusty Dogs" maintainers recently netted the 2000 Helicopter Wing Atlantic Maintenance Award. Left to right seated are Maintenance personnel ADCS Richard Morrisette and AK1 Patricia Gagnon and standing left to right are AZ2 Maurice Brown, AZ1 Donna Souza, LT Bruce McGee, and AFCM (AW) Mike Sgaglione.

Criss named Naval Hospital Jacksonville Sailor of the Year

From Naval Hospital
Jacksonville Public Affairs

HM1 (SW) Mark H. Criss, an Independent Duty Corpsman stationed at Branch Medical Clinic Albany, Ga., was recently named Naval Hospital Jacksonville's Sailor of the Year (SOY).

The selection process is tough and top-notch Sailors from the hospital and its seven supporting Branch Medical Clinics strive to be chosen as the years best. Criss was selected from an outstanding group from as far north as Athens, Ga., and as far south as Key West, Fla.,

Criss' nomination includes many accomplishments and awards, describing his dedication and commitment as an outstanding leader, manager and motivator. The New York native joined the Navy Jan. 3, 1981 after rising college costs forced him to rethink his career goals. Leaving his pre-med studies behind, Criss pursued his medical dreams as a Hospital Corpsman in the United States Navy.

"I saw enlisting in the Navy as an opportunity and stepping stone to achieve

my goals of working in the medical field," said Criss. "My decision led me to embark on my Naval career that has been

great, and ultimately being nominated and selected as Naval Hospital Jacksonville's Sailor of the Year. I'm very honored to be selected, especially for such a large command. I had to compete against some exceptional Sailors who were very sharp."

According to HMCS Stuart Bapties, senior enlisted advisor at Branch Medical Clinic Albany, the qualities that he saw in Criss made him the perfect candidate.

"Criss came to the command running hard and has been doing so ever since," said Bapties. When he first arrived at the clinic, I immediately noticed his initiative and his desire to be a part of the team. He

was an immediate asset and became part of our solution to different areas in the clinic. He volunteers for just about every difficult tasking that comes up and he has done extremely well completing each job."

As an Independent Duty Corpsman (IDC) and the clinic's leading petty officer, Criss works hard to provide quality medical care for an active duty population of more than 700.

"Criss is a natural at using his expert medical knowledge and skills to evaluate patients," Bapties added.

In addition to Criss' high work ethic, he is considered a key contributor to the clinic's outstanding reputation for customer service and mission accomplishment.

"I believe that dedication, motivation and perseverance is the key to being a good employee and a great Sailor, said Criss. "My philosophy on being successful is to maintain a high level of integrity, professionalism, pride, devotion and commitment. You must be committed to doing the best job and if possible, surpassing even those standards."



Naval Hospital Jacksonville's Commanding Officer Capt. Barb Vernoski congratulates HM1 (SW) Mark H. Criss on his selection as Sailor of the Year. Criss is an Independent Duty Corpsman at Branch Medical Clinic Albany, Ga.

Rowe selected HS-5 Sailor of the Year



Photo by Lt. Rick Dietric

AO1 (AW/NAC) Richard James Rowe (standing) directs a torpedo upload during HS-5's recent three-day detachment to AUTEK in the Bahamas where the squadron successfully launched 12 torpedoes.

By Lt. Derrick Kingsley
AVARM Division Officer

While there was close competition among the candidates for Sailor of the Year at Helicopter Antisubmarine Squadron (HS) 5, one Sailor stood out above the rest. On Dec. 29 AO1 (AW/NAC) Richard James Rowe was selected as the "Nightdippers's" Sailor of the Year for 2000.

Rowe joined the "Nightdipper" team in December 1996 and served as the Ordnance Workcenter LPO, Avionics and Armament Division LPO, and currently serves as the Quality Assurance Division LPO. His wide array of collateral duties have included: Senior Section Leader, EAWS Coordinator, President of the First Class Association, Small Arms Instructor, and Divisional Career Counselor.

HS-5's Avionics/Armament Division Officer, Lt. Derrick Kingsley describes Rowe as, "A man whose talents have no limit. Petty Officer Rowe possesses immense professional knowledge and offers vast experience to our squadron that is truly invaluable. His dedication to the Navy, his job, and the Sailors he serves is beyond compare."

A native of Rutherford, N.C., Rowe enlisted in the Navy on Oct. 9, 1986. Following recruit training at Great Lakes, Ill., he attended Aviation Aircrew Candidate School in Pensacola, Fla. Upon graduation, he reported to Patrol Squadron (VP) 30 at NAS Jacksonville where he finished at the top of his class

in P-3 Ordnance, Photo Systems, and Ordnance Crewmember Training. Rowe then completed two successful operational deployments with VP-49.

In December 1990 Petty Officer Rowe joined Tactical Electronic Warfare Squadron (VAQ) 33, and moved to NAS Key West, Fla. There, he served as Line Division Leading Petty Officer (LPO), Hazardous Waste Disposal Site Manager, and Ordnance Workcenter Supervisor. He also represented the squadron on the Phase II modification of the EP-3J at Chrysler Technology Airborne Systems. During his tour at VAQ-33, Rowe earned certification as an Ordnance Quality Assurance/Safety Observer (QASO) and Collateral Duty Inspector (CDI) for the EP-3A/B/J and EA-6A aircraft, and concurrently earned his Enlisted Aviation Warfare Specialist (EAWS) Wings.

In December 1993, Rowe reported to Air Development Squadron (VX) 1 Patuxent River, Md. where he qualified on the P-3C and S-3A aircraft, and earned designation as a Full Systems Quality Assurance Representative for the H-60 helicopter. Additionally, Rowe completed the Department of Labor's Apprentice Program for Armorer.

Rowe is due to transfer to Naval Air Maintenance Training Unit at NAS North Island, Calif. in June 2001 and will be sorely missed as an invaluable member of the "Nightdipper" Team.

Rowe is married to the former Carol Angel Mock of Atmore, Alab. and has two children, Kayla Carol and Cody Alan. Congratulations on a job well done!

HM1 Dean Selected as DVECC Sailor of the Year

By Staff

HM1 Julia Dean serves as a Preventive Medicine Technician and was selected as Navy Disease Vector Ecology and Control Center (DVECC) Sailor of the Year for 2000. Petty Officer Dean reported onboard DVECC in November of 1999 and is presently the Leading Petty Officer of the Operations Department. Her selection for Sailor of the Year was in recognition of sustained exemplary performance and the crucial support she provided during a number of DVECC mission-critical evolutions including an international malaria control project in Sao Tome, Africa conducted in collaboration with U. S. Joint Forces Command. HM1 Dean will go on to compete for the honor of Sailor of the Year for the Navy Environmental Health Center, Norfolk, Va., DVECC's parent command.



HM1 Julia Dean

AW1 Paul M. White selected Carrier Air Wing Three SOY

By Lt.j.g. Dom Pastorin
HS-7 PAO

In a luncheon ceremony held onboard the USS Harry S. Truman (CVN 75) on Jan. 13, Commander, Carrier Air Wing Three Capt. Joseph F. Kilkenny announced Helicopter Antisubmarine Squadron (HS) 7's AW1(AW/NAC) Paul M. White's selection as Carrier Air Wing Three's Sailor of the Year. White's stellar operational and administrative performance earned his well-deserved selection from seven other Carrier Air Wing Three squadrons' Sailor of the Year candidates.

White, a Palatka, Fla. native, entered the Navy in April 1983 and remained close to his roots serving at NAS Jacksonville, Fla. with HS-15, HS-3, HS-1 and currently with the "Dusty Dogs" of HS-7. White has also served with Commander, Sea Based Antisubmarine Warfare (ASW) Wing Atlantic, and has been stationed onboard a variety of aircraft carriers including the USS Forrestal (CV-59), USS Independence (CV-62), USS Theodore Roosevelt (CVN-71), USS Enterprise (CVN-65), and is cur-



AW1(AW/NAC) Paul M. White

rently onboard the USS Harry S Truman. During his career, White has deployed for operations in Grenada and Operations Desert Shield, Desert Storm, Deny Flight, Maritime Guard, Provide Promise, Desert Fox, Deliberate Force, and currently Southern Watch.

White has been a pillar of leadership

since reporting to HS-7 in April 1998. He began his Dusty Dogs tour as the First Lieutenant Division Leading Petty Officer. He subsequently served in both the Training and Operations Departments influencing his peers and subordinates with his stalwart leadership and impressing his superiors with his outstanding managerial skills.

Currently, as the Operations Leading Petty Officer, White has supervised the preparation of the squadron Flight Schedules and Logs and Records entries while relentlessly pushing for professional development in the arenas of Anti-Submarine Warfare (ASW), Search and Rescue (SAR), Combat Search and Rescue (CSAR), as well as the advancement and retention of his peers and subordinates in the Naval Service. White's leadership and mentoring skills were directly responsible for a 71 percent advancement rate and 72 percent retention rate in his division. He was also responsible for ensuring the "Dusty Dogs" under his cognizance were fully qualified in all mission areas before embarking on

their six-month deployment.

AW1 White's influence in the squadron surpassed the operational level. After attaining Microsoft Certification in Exchange Server 5.5 Design and Implementation, Exchange Concepts and Administration, Supporting Windows NT Core Technologies, and Administering Windows NT, White was selected as the Command Local Area Network (LAN) Administrator. As a LAN Administrator, White improved the morale and welfare of the entire command by ensuring complete connectivity with the Internet and e-mail and seamlessly coordinated the integration of HS-7's LAN with the LAN administrators from the Harry S. Truman.

The "Dusty Dogs" of HS-7 and Carrier Air Wing Three are extremely proud and feel privileged to have such an outstanding representative for Sailor of the Year. White feels it is an honor and privilege to be selected as Carrier Air Wing Three's Sailor of the Year.

White and his three sons Jonathon, Stephen and Phillip currently reside in Satsuma, Fla.

'Dusty Dogs' honor their rising stars and departing comrades

By Lt.j.g. Dom Pastorin
HS-7 PAO

The "Dusty Dogs" of Helicopter Antisubmarine Squadron (HS) 7, currently embarked onboard the USS Harry S. Truman (CVN-75) for their JTG 01-1 Deployment Cycle, took time from their busy schedules to recognize some of their best and brightest, as well as honor some shipmates who will soon be leaving. A Quarters ceremony was held Jan. 19 in the forecabin of the Truman to acknowledge the accomplishments of these individuals.

The awards presented ranged from those recently earning the Navy Good Conduct Medal, to several who earned Enlisted Aviation Warfare Specialist designation. In addition Sailors were awarded Letters of Commendation from Rear Adm. James D. McArthur, commander, Carrier Group Two, for superior performance during the Aircraft Material Condition Inspection (AMCI).

The "Dusty Dogs" also bid farewell to Lt. Cmdr. Michael Tluchowski and AE1 Curtis Brown.

Tluchowski most recently served as the "Dusty Dogs'" Operations Officer

and was directly responsible for the squadron achieving high readiness levels before departing on deployment. Tluchowski will be attending the Naval War College in Newport, R.I.

Brown served in the "Dusty Dogs" Maintenance Department providing outstanding technical knowledge and superior leadership. His efforts significantly helped the squadron win the 2000 Helicopter Antisubmarine Warfare Wing Atlantic (HSWingLant) Maintenance Trophy. Brown is leaving the "Dusty Dogs" and reporting to Pensacola, Fla. for Officer Candidate School and eventually, as Ensign Brown, to NAS Keflavik, Iceland. The following awards were presented:

Navy Commendation Medal

Lt. Cmdr. Michael A. Tluchowski



Cmdr. Andrew T. Macycko, HS-7 commanding officer presents the Navy and Marine Corps Achievement Medal to AE1 Curtis Brown.

Navy and Marine Corps Achievement Medal

AE1 Curtis Brown

AZ2 Maurice D. Brown

Navy Good Conduct Medal

AMS3 Kevin L. Deen

AE3 Jeremy R. King

AMS3 Aderso A. Mateo

AMS3 Robert J. Meyer

AD2 Elias Reyes

Enlisted Aviation Warfare Specialist

AZ2 Jeremy Baker

AT3 Julie A. Castine

DK2 Randy A. Jules

AD1 Jerry M. Karon

Letter Of Commendation

AT1 (AW) William B. Belus

AE1 (AW) James B. Ciani

HN Randall J. Conlin

AW2 (AW/NAC) Anthony C. Dejiacom

PRI (AW) Arthur L. Eck

AK1 (AW) Patricia J. Gagnon

AMS1 (AW) Amy J. Leach

AMS3 Daniel L. Mikolasko

AO1 (AW) Eric M. Newcom

AD1 (AW) Dion B. Pepper

AD1 (AW) Alan J. Sencenbaugh

AT2 (AW) Darrick Tolentino

AK1 (AW) Shelley A. Wells

Sailor of the Year

AW1 (AW/NAC) Paul M. White

Junior Officer of the Quarter

Lt.j.g. Michael C. Sypniewski

Sailor of the Quarter

AD1 Jeffrey S. Asher

Junior Sailor of the Quarter

PN3 Wendy M. Barquero

Sailor of the Month (November)

ADAN Blake D. Bundy

Sailor of the Month (December)

PR3 Tyler D. Spencer

Plane Captain of the Month (November)

AMS3 Paul E. Barsness

Hey, Money Man!



sor. Most of these "credit repair" places are in business to make money and they will only make matters worse for you. Usually they charge high fees for their services and they do little that you could not do yourself. Often they use unscrupulous or even illegal strategies. They may advise you to change the spelling of your name or to change your social security number. They may even advise you to borrow money at a high interest rate in order to "fix" your bad credit. That is like telling someone to get drunk in order to solve a drinking problem. My advice is for you to make an appointment with your CFS, your credit union, NMCRS office or the local Consumer Credit Counseling Service (CCCS).

Hey, MoneyMan!

My wife and I are expecting our first child in July and we are very excited. The Navy Hospital has provided some great information and we think we are ready for our new addition. However, we were told that a new baby could be very expensive. Where can we get information on how much our new baby will cost?

MoneyMan Sez:

Congratulations! Being a parent will be one of the most challenging but most important things you will do in your life. I recommend you immediately sign up for the Navy/Marine Corps Relief Society (NMCRS) Budget-for-Baby class by calling 542-3515. This class is offered twice a month, both daytime and evening. It runs 2 1/2 hours and provides a wealth of information on the cost of a new baby. You will receive a very nice layette worth about \$100 for attending. There are a lot of things you can do to control expenses, but you should anticipate that your new little one will increase your spending by \$350 to \$500 per month!

More questions? Call Hey Money-man! at 778-0353.

Hey, MoneyMan!

My wife and I just moved into the area and she wants to attend a local college. I am an E-5 and we do not have a lot of money. Do you know about any loans or scholarships for spouses attending school?

MoneyMan Sez:

You bet! Going to school is worth considering because a better education usually leads to better pay. There are a number of financial assistance sources available. She should first check with the Navy/Marine Corps Relief Society (NMCRS) office at 542-3515. If she is going to school full-time, she may qualify for the Admiral Travers Scholarship which offers either a \$2,000 per year grant or a \$3,000 per year interest-free loan. The deadline for applying for this program is March 1. You should also contact the Navy College Office. Bob Wooten at 542-2477 can provide information on a variety of sources that offer financial assistance. Best of luck to your wife as she pursues her career goals.

Hey, MoneyMan:

My credit is in shambles, largely due to "self-inflicted wounds." I have a hard time getting credit and most of my credit cards have high interest rates. I was recently turned down for a car loan. My shop supervisor gave me the name of a credit repair shop that fixed his credit and helped him get a car loan. Do you know anything about these credit repair places?

MoneyMan Sez:

If you want sound advice, go to a sound advi-



WHAT IS THE SAT?

And other commonly asked questions about this standardized test

By **Maryanne Scales**

Navy College Learning Center (NCLC)

Here at NCLC NAS Jacksonville, we seem to continually have a few of our students studying for the SAT. Many of these students require an SAT score as part of the acceptance process for a commissioning program. The recommended score for BOOST is 1000. Other students have need to make the minimum score for the college of their choice either for the NROTC program or because they are getting out of the Navy (so far these cutoff scores have ranged from 900 - 1100).

Our typical SAT prep student comes to us knowing only that he or she can take the SAT at Navy College Office and that we advertise SAT preparation. Our "typical" student has no idea of the range and depth of material covered by the SAT and so consequently does not realize the length of time required to conduct an adequate review of the topics covered by the SAT.

Following is a list of frequently asked questions and their answers.

What is the SAT and why do colleges use it?

The SAT (Scholastic Aptitude Test) is developed by the SAT Committee of the College Board. The College Board is an association of schools and colleges that was founded in 1900 to help students make the transition to higher education. SAT Committee members are usually high school and college educators who review and finalize questions for the SAT. The actual administration and distribution of the SAT is done by the Educational Testing Service. *

The SAT helps to predict college freshman grades so that admission officers can make better-informed predictions of academic success.

How long is the test and what kind of questions does it ask?

There are six types of questions that fall into two general categories:

Verbal: Sentence Completions, Analogies, Critical Reading

Math: Five-Choice*, Quantitative Comparisons, Grid-ins**

*Multiple choice with five choices

**Student-produced responses (bubble in the answer)

The SAT is three hours long and has seven sub-sections; there are short breaks between each section.

Three Verbal Sections (30 min., 30 min., 15 min.)

Three Math Sections (30 min., 30 min., 15 min.)

One more verbal or math section (30 min.). This is used to develop new tests and is not scored.

When do I get the results?

Test results are usually given to students six to eight weeks after the

test is administered. Students should talk to Navy College Office to confirm this information and determine if other results-reporting arrangements are available.

How is the SAT scored?

SAT scores are reported in two ways. The math and verbal sections are scored on a range of 200 - 800 and are used to create a combined score, range = 400 - 1600. Colleges and commissioning programs may establish cutoffs for each section as well as a combined cutoff. For example, "ABC University" may require a combined score of 1000 and minimum scores of 400 within each section. A math score of 650 and a verbal score of 350 would not cut the mustard for ABC University acceptance.

What is a good score on the SAT?

A "good" score depends on the program or college requiring the SAT score. "ABC University" may have a cutoff of 900, but if one looks at the statistics of last year's freshman class (which are usually available in college catalogs), it's quite possible that the entire freshman class had an SAT score of no less than 950 and that the average was 1000. It is important for a student to determine what score will be competitive to increase the chances of acceptance.

Can I take the SAT more than once?

Yes - People's scores usually go up slightly when they take the test a second time.

Can I use a calculator on the SAT?

Yes - non-scientific, non-programmable.

What is the SAT II?

The SAT II is a series of subject-specific tests covering English, mathematics, history, sciences, and foreign languages. Colleges may or may not require some of these test scores for admission. In general, when someone refers to the "SAT" they are referring to the SAT I. To refer to the SAT II, one would say "SAT II Writing" or "SAT II Biology," etc.

How do I register for the SAT?

There are many options - contact the Navy College Office for more details.

When can I take the SAT?

Navy College Office offers the SAT on the first Thursday of each month at 9:30 a.m. Call the Navy College Office for more details.

How much does the SAT cost?

Active duty military may take the SAT once every 12 months at no cost; personnel who require additional SAT test scores for work purposes may take the SAT more than once every 12 months (example: a BOOST student needs a higher score and tested 6 months ago - the student tests again at no charge). Non-active-duty personnel pay \$23.50 per test; VISA, MasterCard & American Express accepted only.

See SAT, page 23

Underground pipe repairs close busy thoroughfares

By **Loren Barnes**
Editor

Have you been wondering why the intersection of Saratoga Avenue and Mustin Road in front of the NAS Jax Galley is cordoned off? Fred Burns, Head of the Water Utilities Division at the Navy Public Works Center Jacksonville, says that it is because of a major break in a 10-inch water main that occurred the afternoon of Dec. 19. At this time, Burns estimates that the streets could be closed until around mid-February.

Burns said that when PWC Jax first tackled the problem they expected to have the main repaired and the street reopened by Jan. 1 but digging up the water main to make repairs uncovered extensive problems in storm water collection system in the area. The rupture in the water main, a hole about the size of a basketball, flooded the ground around the break and caused rippling and a six-inch pavement drop in the street above. It also necessitated issuance of a precautionary boil water order and briefly closed the Galley the evening the break took place. Water services to the Galley, the Bachelor Enlisted Quarters and other adjacent buildings affected by the break were rapidly restored to normal later that evening but determining how to repair the storm water collection system have kept the roads closed longer than planned.

The cause of the water main break is unknown but repairs are stopped because of a 3 foot by 5 foot concrete storm water culvert was constructed on top of the water main. When work crews uncovered the culvert, they discovered that parts of the storm water system in the affected area were in good shape while other parts needed to be replaced. This will involve pulling out the 1942 storm water culverts, redesigning the entire storm water system at the intersection, and installing new lines as well

as repairing the street and curbs above. Fortunately, Burns said, the old water mains, cast iron pipes lined with concrete, are in remarkably good shape, considering they were originally installed in 1941.

As most homeowners can tell you, few repair jobs ever turn out to be as simple or as cheap as originally thought. One thing seems to lead to another. But fixing all the problems correctly and

completely now can save worse problems in the future. This particular repair job went from a simple pipe repair that should have been done in a couple weeks to a more extensive and proactive fix. Burns says that by getting the storm sewers repaired now while they are already dug up should save headaches and expenses for the next 50 - 100 years.

Working closely with NAS Jax Facilities Department, PWC Jax is oversee-

ing the repairs being performed by civilian contractors. Johnson Controls-Hill, the base maintenance contractor, along with their team of subcontractor is responsible for making repairs. One of JC-Hill subcontractors, JEA, restored water service the night of the break and Jensen Civil Construction will repair the storm water collection system, make final repairs to the water main, and repave the site.



Commander Navy Region Southeast announces Pinecastle Range public meetings through Feb. 12

Naval Air Station Jacksonville, in cooperation with the U.S. Forest Service, will host meetings to receive public comments regarding the Draft Environmental Impact Statement (DEIS) for the continued use of the Pinecastle Range located in the Ocala National Forest.

The DEIS is the draft version of a Navy-contracted study to review the potential impacts of continued operations at the Pinecastle Range. The

public is invited to attend and provide comments at any of the three scheduled meetings. Each meeting will begin at 5 p.m. with an "open house" featuring exhibit areas describing the process and results of the DEIS, followed by public hearings from 6-8 p.m., at which time oral comments will be taken. People who desire to make oral comments must complete speaker registration cards when they arrive at a respective meeting. Each

"open house" will resume at 8 p.m.

The public meetings are part of the public comment period that will conclude on Feb. 20. Two meetings were held at Ocala Civic Auditorium, 836 NE Sanchez Ocala, Fla. on Jan. 29, Eustis National Guard Armory, 605 South Bay Street, Eustis, Fla. on Jan. 30. Another meeting will be held at Umatilla Community Center, 1 South Central Avenue, Umatilla, Fla. on Feb.

12. All times are 5-9 p.m.

Written comments regarding the DEIS must be submitted by this date and can be sent by email to: molzandj@efdsouth.navfac.navy.mil, or faxed to (843) 820-7472 or mailed to Commander, Southern Division, Naval Facilities Engineering Command, Attn: Mr. Darrell Molzan, Code 064DM, PO Box 190010, North Charleston, SC, 29419-9010.

New 'Scout' aircraft employs cutting edge technology

By Lt.j.g. Jacob Abrams

U.S. Naval strike warfare relies heavily upon the effective use of precision-guided, air-delivered munitions in all environmental conditions. The evolution of the Global Positioning System has yielded accurate and reliable weapons like the Joint Direct Attack Munition (JDAM) and Joint Stand-Off Weapon (JSOW), which are unaffected by adverse weather conditions and allow aircrew to deliver their payloads at safer distances and altitudes. These weapons, however, are only as accurate as their assigned attack coordinates. The development of platforms that can precisely target enemies on land and pass these

target coordinates to airborne strike aircraft in a timely manner is of great interest to the Navy.

The "Scouts" of Sea Control Squadron (VS) 24 received a prototype S-3B on Jan. 3 that is the culmination of this interest. The S-3B Surface Surveillance Upgrade (SSU) represents years of collaboration between the Sea Control community and the defense industry to provide carrier battle groups an organic, all weather, real-time targeting asset. To a casual observer, it appears identical to every other S-3B Viking in service, but a look inside reveals cutting edge technology at the heart of Time Critical Strike. The new SSU incorporates Synthetic Aperture

Radar (SAR), capable of producing detailed images of land objectives at great distances. Additionally, it has an information systems suite that enables instantaneous information access to warfare commanders, imagery analysts, and strike aircrew. Because the S-3B is carrier-based, the SSU alleviates the complexity and time delay of a battle group having to task a national imagery asset to gain targeting information.

The SSU aircraft comes directly from its first deployment with the USS Abraham Lincoln Battle Group and the "Blue Wolves" of VS-35. It was flown from the deck of the Lincoln on a journey halfway around the world to NAS Jacksonville by members of VS-

24 and VS-35. VS-24 aircrew have been participating in intense ground training in preparation for flying the SSU in combat operations and are anxious to employ its capabilities. After undergoing some refits and minor maintenance, the jet will become an important asset during Carrier Air Wing Eight's combined Competitive Training Exercise (COMPTUEX) and Joint Task Force Exercise (JTFEX) aboard USS Enterprise. The SSU will also be deploying with VS-24 to the Mediterranean Sea and the Arabian Gulf later this year. VS-24 is prepared to pioneer the new frontiers of maritime power projection and continues to prove that "Scouts" Rule!



'Mauler' shop in the spotlight

By Lt. Shannon Corkill

VS-32 PAO

The AME/PR shop of Sea Control Squadron (VS) 32 was in the spotlight for December as their unwavering dedication and professionalism to detail paid off during the unfortunate but safe ejection of all four crewmembers on Dec. 6, 2000. The AME/PR Shop deserves a well done for their vital part in ensuring the safety of all squadron aircrew.

Below standing left to right are AME shop members: PRAA Joseph McCarthy, AME3 Noel Fusilero, AME1 Jeffrey Markley, AME3 Jeffrey Snodgrass, AMEC Alexander Macaluso, AME2 Thomas Madera, AME2 Seth Karnes, AMEAN Bruce Hatfield, AME2 Shannon Kollmar, PR1 Theresa Baskin, AME2 Douglas Johnson, AMEAN Hugo Barrera and AME2 Louis Jackson. Not shown is AMEC Hugo Verez.

Wing Eleven names VP-45's Wunder as Sailor of the Year

By Lt.j.g. Chris Artis

VP-45 PAO

The mighty "Pelicans" of Patrol Squadron (VP) 45 have enjoyed a long history of unprecedented success in a wide array of operational theatres since their inception. The pivotal key to this success has been willingness on the part of each of its members to go above and beyond what is expected.

With a mindset of teamwork, esprit de corps, and can do attitude, every member of the "Pelican" team continually displays exceptional performance in every profession. However, even a championship team has their most valuable player. AS1(AW) Diana Wunder is VP-45's. On Nov. 19, 2000, AS1(AW) Wunder was selected as VP-45's Senior Sailor of the Year. Then, on Jan. 10, 2001, after an arduous three-day evaluation process, Capt. J. J. Cardosi, Commander Patrol and Reconnaissance Wing (ComPatReconWing) Eleven, announced Wunder as Patrol Wing Eleven's Sailor of the Year at Sea.

Wunder is a native of Baltimore Md. She graduated from Our Lady of Mount Carmel High School in May 1983 and enlisted in the United States Navy on Aug. 12, 1984. Upon completion of recruit training from RTC Orlando, Fla., Wunder reported to Air Traffic



AS1(AW) Diana Wunder

Her unwearrying dedication to duty earned her AIMD's Senior Sailor of the Year selection.

After leaving Jacksonville in May 1991, Wunder reported for Company Commander duty at RTC Orlando, Fla. During this assignment, she earned an Instructor Navy Enlisted Classification (NEC) and qualified as a Master Training Specialist. In 1993, she was pro-

moted to First Class Petty Officer. Later that same year, Wunder was recognized once more for her exemplary performance and was selected as Chief of Naval Education and Training Company Commander of the Year.

In August 1995, Wunder reported aboard the USS John F. Kennedy (CV-67) and served as the Night Shift and Production Control Supervisor. One year later, she transferred to NAMTraGruDet Jacksonville Fla.

In June 1998 Wunder joined the VP-45 "Pelican" team. While on board, she served as the Line Division LPO, Command Services LPO (where she managed five separate command programs), completed deployments to Keflavik, Iceland and Sigonella, Italy, earned her Enlisted Aviation Warfare Specialist (EAWS) designation, and qualified as CDI for two work centers. Her unprecedented work ethic and dedication to duty earned her the title of VP-45 Senior Sailor of the Year in November 2000.

As Senior Sailor of the Year for her squadron, Wunder was given the opportunity to compete against VP-5's, VP-16's Fleet Reconnaissance Squadron (VQ) 2's and MOCC Sailor of the Year selectees. ComPatReconWing Eleven put together a special panel to review each candidate's nomination package

and individual service record. The panel was charged with evaluating each member's past awards, work performance reviews, military and civilian educational achievements, community service involvement, and warfare designations. This meticulous review was followed by a series of personal interviews in which each candidate was evaluated on their response to a host of questions relating to Navy Core Values, Naval History, Naval Policies, and Navy World Affairs.

When the panel concluded, VP-45's own AS1(AW) Diana Wunder was bestowed the honor of ComPatReconWing Eleven's Sailor of the Year at Sea.

Wunder embodies every attribute that Cmdr. D. J. Sinnett, commanding officer of VP-45, charges each member of his "Pelican" team. She is a role model for every Sailor in our great fleet to look up to. She represents the finest that Navy leadership has to offer. Her never-ending superior performance has contributed appreciably to the reputation VP-45 has of being a trendsetter. The mighty "Pelicans" are very proud of their ComPatReconWing Eleven Sailor of the Year. They salute her endeavors while on board VP-45 and wish her the best as she competes for the title of ComPatReconForLant Sailor of the Year in Norfolk, Va. "Pelican" *Pride!*

Branch Clinic's Senior Medical Officer retires with 24 years

By staff

Capt. Rosalia F. Dy, senior medical officer at the Branch Medical Clinic at NAS Jacksonville, will retire Feb. 1, 11:30 a.m., in a ceremony held at the Clinic, Building 964. She retires with 24 years of exceptional naval service. Dy, a native of Caloocan, Philippines, received her commission in the United States Navy Medical Corps as a lieutenant on Feb. 23, 1977 at Glenview Naval Air Station, Ill.

Before entering the service, she attended Far Eastern University, Manila, Philippines and received her medical degree in 1969. She pursued her post graduate residency training at Nicanor Reyes Memorial Hospital and Chinese General Hospital in Manila from 1969 to 1974. Dy com-

pleted her residency training in Chicago, Ill. in 1977 in Internal Medicine.

After entering the Navy, Dy received orders for a three-year tour at Orlando, Fla. as the Department head of Female Active Duty Sick Call, Recruit Training Center. She also served as an interim internist at the Naval Regional Medical Center for one year. She was also the acting chief of Occupational Medicine for a time.

She received her license from State Board of Medical Examiners, State of Florida on March 5, 1979.

Dy's overseas tours include Naval Station Medical Clinic, San Miguel, Philippines as the senior medical officer for two years.

Other tours included serving as the Head of Military Medicine, BMC

Pearl Harbor, Hawaii from June 1987 to July 1990; Director, BMC Orlando, Fla., August 1990 to May 1995; Officer in Charge BMC Orlando, June 1995 to March 1999. At BMC Orlando she coordinated both the opening and closing of the clinic long after the Naval Hospital was closed due to BRAC closure.

Dy has been recognized often in her career with awards. Her honors include the Meritorious Service Medal (2), the Navy Commendation Medal, the National Defense Medal and the Navy and Marine Corps Overseas Service Ribbon.

Capt. Dy and her husband, Rodolfo, also a physician, have three sons; Michael Ronald, Rodolfo, Jr., and Roderick. They plan to retire in Orlando, Fla.



Capt. Rosalia F. Dy

NAVY NEWS

Marines relieve Osprey commander, allege falsification

WASHINGTON (NNS) — Marine officials have relieved the commander of the MV-22 Osprey squadron in New River Marine Corps Air Station, N.C., following allegations he ordered personnel to falsify records.

Marine Lt. Col. Odin F. Leberman "was relieved, I think it's fair to say, because the wing commander had lost confidence in his ability to lead, as had the (Marine Expeditionary Force) commander," said Lt. Gen. Fred McCorkle, deputy commandant for Marine Aviation. McCorkle spoke at the Pentagon Jan. 19.

Navy officials received an anonymous letter and a tape alleging that Leberman — then-commander of Marine Medium Tilt-Rotor Squadron 204 — had ordered subordinates to falsify maintenance records.

The experimental tilt-rotor aircraft is already under investigation by an independent commission. The commission will review the entire MV-22 program. The Marine Corps requested a delay in the decision to move the Osprey to full-rate production.

The investigation follows a crash in December that killed the 4-man crew. On April 8, 2000, an Osprey crashed in Arizona killing 19 Marines. The aircraft has been grounded since the second crash.

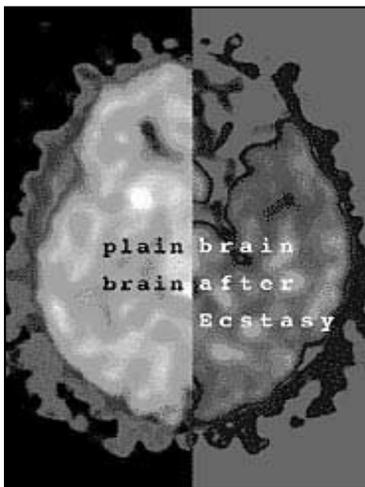
Marine officials said, based on all the information they have, there is no connection between the two accidents and the allegations of falsified maintenance records. "In fact, the anonymous letter ... specifically states that this was not what caused the previous two mishaps," McCorkle said.

The Marine Corps Inspector General Brig. Gen. Timothy F. Ghormley led the

team that arrived at the squadron. They sequestered all maintenance records and are conducting an investigation. The eight-member team consists of five Marines, including Ghormley and two maintenance experts, one Naval Criminal Investigative Service agent, and two other civilian investigators. They arrived at MCAS New River Jan. 18.

Headquarters Marine Corps spokesmen said the investigation continues. "General Ghormley and his team have broad authority to take the investigation wherever they need to go. No deadline has been set to determine what happened and why."

Current plans call for the Marine Corps to purchase 360 MV-22Bs, the Air Force to buy 50 CV-22A special operations aircraft and the Navy to purchase 48 HV-22Bs. The Air Force has two test Ospreys at Edwards Air Force Base, Calif. The aircraft are covered by the Marine Corps grounding order. The Air Force plans to start training crews for the aircraft in September 2003, with initial



operating capability at Hurlburt Field, Fla., set for February 2005.

There are a total of 12 Osprey aircraft. The Marine Corps has eight, two test aircraft are at Naval Air Station Patuxent River, Md., and the Air Force has the rest.

McCorkle also discussed the December accident. He said the cause of the crash appears to be that the aircraft experienced first a hydraulic failure and then software problems. He said the craft was in 100 percent fixed-wing mode when it crashed. The information came from the crash-survivable unit — the black box — aboard the aircraft.

Warning and a cause for concern: Ecstasy

MILLINGTON, Tenn. (NNS) — There is an alarming increase in ecstasy abuse in America and a slight increase in the Navy. Ecstasy is an illegal drug that is harmful and detectable by Navy drug screening labs. It is an amphetamine-based drug with hallucinogenic properties.

One of the best ways to combat illicit drug use by Sailors is to stay informed and keep them informed. All commands are encouraged to provide additional training on this subject at the earliest opportunity.

A web site has been established to provide awareness training on Ecstasy. The web site is available at <http://navdweb.spawar.navy.mil/>. From this site, click on the "Ecstasy Awareness Training" icon for additional information. Additional links are provided at the site.

Navy Supply Enlisted Roadshow 2001 schedule set

WASHINGTON (NNS) — The Enlisted Plans Division of Naval Supply Systems Command (NavSup) is on the road again as it begins its annual Roadshow around the globe to "supply" invaluable career information to enlisted supply rating personnel in the Fleet.

NavSup Supply Enlisted community

technical advisors will present topics including advancement, retention, career planning, officer programs and retirement to attendees.

Senior Chief Storekeeper(SW) Anthony Johnson and SKCS(SW) Jeffrey S. Campeau, technical advisors to dual-hatted Cmdr. Joe Spruill, NavSup's enlisted plans division director and supply enlisted community manager for the Chief of Naval Personnel, are excited to be a part of the Supply Enlisted Roadshow.

"We strongly encourage everyone to help get the word out to all Sailors and provide them with the opportunity to attend the Roadshow when it's in their local area," said Johnson.

"We also want to encourage all supply officers to attend because the information presented will be invaluable as they provide daily career guidance to their Sailors," added Campeau.

The 2001 Navy Supply Enlisted Roadshow travels to the following locations:

- January 16-26, Europe, to include London, Sigonella, LaMaddalena, Naples, Rota and Keflavik;
- February 22 - March 8, Western Pacific (WestPac), to include Pearl Harbor, Guam, Japan, Bahrain, Diego Garcia and Singapore;
- April 3-13, the Gulf Coast, to Corpus Christi, Ingleside, New Orleans, Gulfport, Pascagoula and Pensacola;
- May 1-4, Southeast Region, to Jacksonville, Mayport and Kings Bay;
- June 1-6, Southwest Region, including San Diego, Port Hueneme and LeMoore;
- July 16-20, Northeast Region, to Earle, Groton, Newport, Brunswick and Bath;
- August 13-17, Pacific Northwest, to Bangor, Bremerton, Whidbey Island and Everett; and
- September 10-13, Mid-Atlantic Region, to Oceana, Little Creek, Norfolk and Yorktown.

Local Fleet and Industrial Supply Centers and regional commanders will pro-

Jax Tales

By Mike Jones - mikejones43@hotmail.com



vide specific times and locations for the presentations.

If there are any questions concerning these presentations, please contact SKCS(SW) Anthony Johnson, SUPOP33, at (703)695-3932/DSN 225-3932 or e-mail <mailto:n132d15d@bupers.navy.mil>; or SKCS(SW) Jeffrey S. Campeau, SUP OP33, at (703)695-3933/DSN 225-3933 or e-mail at <mailto:n132d15b@bupers.navy.mil>.

Navy provides disaster relief in El Salvador

EL SALVADOR (NNS) — Sailors at the U.S. Navy's Forward Operating Location (FOL) in Comalapa, El Salvador, worked to provide greatly needed support after the devastating earthquake which struck this Central American country on January 13.

The FOL, a launching point for P-3C Orion Maritime Patrol Aircraft conducting counter-drug operations in the Eastern Pacific Ocean and Caribbean Sea, is located at the El Salvador International Airport.

Sailors reacted quickly, and along with local airport officials, coordinated the arrival of disaster relief flights and distribution of essential supplies. The Navy provided fuel to the El Salvador Air Force Operations Center to keep the power generators running until commercial power was restored days later. Sailors provided additional support by inspecting fire-fighting abilities and the airport's fuel supply and delivery network.

Navy handheld radios were loaned to air traffic controllers in the airport control tower to safely coordinate the relief flights arriving from various reaches of the globe. Radios were also provided to the El Salvador Air Force Operations Center to use in their rescue efforts. El Salvador Immigration authorities are using one of the FOL buildings to process the incoming relief personnel and volunteers, while workspace and supplies are also being offered to arriving relief coordinators and aircrews.

Additionally, the Atlantic Fleet Weapons Training Facility/Tactical Support Center based at Naval Station Roosevelt Roads, Puerto Rico, and Patrol Squadrons (VP) 10 and 64, based in Brunswick, Maine, and Willow Grove, Pa., respectively, and currently forward deployed to Puerto Rico, sponsored a relief drive donating clothes, food and

other essential supplies. The relief drive also collected thousands of dollars in cash from various organizations and activities at the Naval Station, spearheaded by the Base Chapel.

The readiness and quick reaction demonstrated by the Sailors at the Forward Operating Location in El Salvador demonstrate how professional the Navy's forward-deployed Sailors are and their commitment to communities worldwide. Forward Operating Locations are at the forefront of counter-drug operations with U.S. Navy detachments operating from Comalapa; Manta, Ecuador, and in Aruba and Curacao, Netherlands Antilles.

FOLs have an exclusive mission of aerial detection, monitoring and tracking aircraft or vessels suspected of participating in illicit drug trafficking. Decisions to interdict are the sole responsibility of the appropriate law enforcement authorities. Commander, U.S. Naval Forces Southern Command (COMUSNAVSO), headquartered at Naval Station Roosevelt Roads, Puerto Rico, is the operational commander for these aircraft. Forces under the command of COMUSNAVSO have seized 15 metric tons of narcotics on the high seas this past year.

Coming soon to an ocean near you!

WASHINGTON (NNS) — To a Sailor out in the fleet who needs a fast answer to a problem, or for a Sailor who has a good idea for solving a problem and wants to let his shipmates know about it, "Hints from Heloise" isn't where it's at. So, this week the Chief of Naval Research is piloting "Tech Solutions" — a new web site that any Sailor or Marine can use to post a problem, or to offer a solution or a good idea.

How does it work?

Suppose a Sailor notices that the light housings aboard his ship are collecting water. Using Tech Solutions, he posts the problem. His Fleet Science Advisor (available on the web site) studies the problem and suggests that the traditional lights be replaced with a fiber optic lighting system.

Another Sailor might need a copy of his Navy Dive Log, but doesn't know where to find it. The Distance Support Anchor Desk, at <http://www.anchordesk.navy.mil>, is able to research and notify the Sailor where to write to formally request this document.

Yet another Sailor might notice that during underway replenishment, winch drums are wearing out after only minimal use. Posted on Tech Solutions and then studied, it is found that by coating the wear surfaces of the drums with Titanium Carbide, the life of these winch drums now last for years.

To provide best responses to each posting, the Navy's science advisors will be used, and to the extent that solutions exist, they will be communicated back through the web site.

Naval Air Forces Atlantic Fleet, Naval Surface Forces Atlantic Fleet, Submarine Force U.S. Atlantic Fleet, Navy's 6th Fleet and Marine Forces Atlantic will participate in the Tech Solutions pilot program, which will run through the end of April. For two months following, the program will be reviewed to analyze the process and implement any changes that will improve it prior to formal introduction to the fleet and Marine Corps in July 2000.

MILPHOG and MILGRAPH entries encouraged by DoD

WASHINGTON (NNS) — The Department of Defense has announced the rules for the annual Military Photographer of the Year (MILPHOG) competition and the first-ever Military Graphic Artist of the Year (MILGRAPH) contest.

The MILPHOG competition awards excellence in nine still media categories and seven motion media categories, to include Military Videographer of the Year. The still media contest includes a "picture story" category, "news" category, "feature" category and "sports" category, among others. Winner of the "portfolio" category is considered Military Photographer of the Year.

Entries must arrive at the Defense Information School (DINFOS) no later than Feb. 15. Material entered for the competition must have been produced between Oct. 1, 1999, and Dec. 31, 2000. Judging will take place at DINFOS March 14-15. Instructions are available on the web at <http://www.dinfos.osd.mil>.

The new MILGRAPH competition will have eight categories, to include: Illustration, Fine Art, Web Design, Animation, Publications, Presentation, Electronic Imagery and Artist of the Year. Entries must have been produced between Jan. 1 and Dec. 31, 2000. All entries must be received by DINFOS no later than March 16.

Military family programs can earn cash in Newman Contest

ROCKVILLE, Md. (NNS) — Department of Defense-authorized private organizations that support military families have until April 30 to compete for grants of up to \$10,000 in the second annual Newman's Own Award contest.

Fisher House Foundation, the Newman's Own Co., and the Military Times Media Group co-sponsor the search for groups whose mission is to improve the quality of life in military communities. Volunteer organizations compete for a share of \$45,000 in grants. The submission judged most outstanding receives a \$10,000 grant.

"We believe that no investment pays a higher rate of return than investing in the quality of life of our service men and women and their families," said Fisher House Chairman Arnold Fisher at the contest kickoff.

To be eligible, organizations submitting plans must be a Section 501(c)(3) not-for-profit, or a private organization as defined in DoD Instruction 1000.15. Applications and procedures are available at <http://www.militarycity.com/> award or by calling (888) 294-8560. All applications must be received by April 30.

The sponsors awarded \$30,000 in grants last year to five organizations. The \$10,000 winner in 2000 was the Naval Services FamilyLine COMPASS program. FamilyLine is a private organization approved by the Chief of Naval Operations. COMPASS is a free 12-hour spouse-to-spouse Navy lifestyle mentoring program.

The nonprofit Fisher House Foundation operates 27 comfort homes near major military and Veterans Affairs medical centers across the country. It serves more than 6,000 families annually, providing them with a "home away from home" while loved ones receive medical treatment. Four more houses will be built in 2001, to include the first overseas Fisher House, at the Regional Medical Center in Landstuhl, Germany.

Newman's Own is the food company started by World War II veteran and actor Paul Newman. His company donates all its profits to charities, and since 1982 distributed \$100 million to more than 2,000 charities. Fisher House has been a grant recipient since 1997.

Military Times Media Group operates the Army Times, Navy Times, Air Force Times, Marine Corps Times, and MilitaryCity.com.

'Is this a piece of meat stuck in my teeth?'

By Lt. Michael T. McClure DMD

As soon as people find out I'm a dentist, the questions start coming from all directions. "Does this look like a cavity?" "How much do braces cost?" "Is this a piece of meat stuck in my teeth?" "Can I give you a million dollars?" Well nobody has asked me the last question yet (unfortunately) but all the other questions started me thinking about the difficulty people have finding the information they need to make good choices about dental care. As the Preventative Dental Officer at Branch Dental Clinic Jacksonville I felt that now was a good time to do something to get helpful information out. February is Child Dental Health Month so what better time to pass along some of the answers to the many questions people have asked me pertaining to their children's dental health.

QWhen should I take my child for their first dental visit?

AFifty percent of two-year-old children have one or more decayed teeth. In view of this, it is recommended that you take your child for their first dental visit before their second birthday, or at least before all 20 of their teeth have erupted. The earlier you begin, the better chance your dentist has to prevent problems. If a child younger than two has a cavity or their teeth are injured in accident, they should, of course, be taken to the dentist for examination and whatever treatment is necessary.

QHow do I find a dentist?

AAsk your friends and neighbors or a physician. Especially ask people you think demand the same high level of health care that you do. Seek a dentist who will teach you how to prevent dental disease. Telephone your local dental society. Ask for the names of several dentists near you.

Ask your local health department. Telephone a nearby hospital or check with a local dental school. Look in the Yellow Pages of your phone book. Check for a family dentist or pedodontist, a dentist who specializes in treating children.

QHow should I prepare my child for their first visit to the dentist?

ATry to make dental visit an important adventure for your child. Tell them that this is a friendly doctor who will help them keep their teeth and mouth healthy. Talk about the visit in a positive, matter-of-fact way as you would any new experience. It is important to prevent fear. Avoid statements that imply the visit may be unpleasant, such as, "It won't hurt much." If you have anxiety about dental visits, try not to let your child know. A good first trip will help mold your child's feelings for many years.

QWhat will the dentist do during my child's first visit?

AYour dentist will examine your child's teeth and gums. They will check to see if the teeth and jaws are normal. X-ray pictures may be needed to find otherwise hidden dental problems.

QShould I stay with my child while the dentist is examining him?

AMany dentists prefer not. Usually, children are fine when they see the dentist alone. Your dentist and his staff have had experience with children. They will try to make the experience interesting and pleasant.

This is the first segment of a four part series of questions and answers celebrating Child's Dental Health Month. If you have any questions or comments about this article contact Lt. McClure at 542-3441 ext. 142.

'Korea Comes to You Winter Event 2001' at Edward H. White High School Feb. 7

Korean War veterans, families and next of kin of KIA/MIA/POW's are invited to a two-hour presentation of Korea Comes to You Winter Event 2001. This is a presentation by the Korean American Cultural Foundation of Seoul, Korea and is co-sponsored by the Military Order of the Purple Heart and the Korean War Veterans Association.

The presentation is scheduled at 5:30 p.m. on Feb. 7 in the Edward H.

White High School Auditorium. The auditorium doors will open at 4:30 p.m. You are encouraged to arrive early to visit the artisan displays and informative panels depicting scenes of Korea at war and Korea as the prosperous nation it is today.

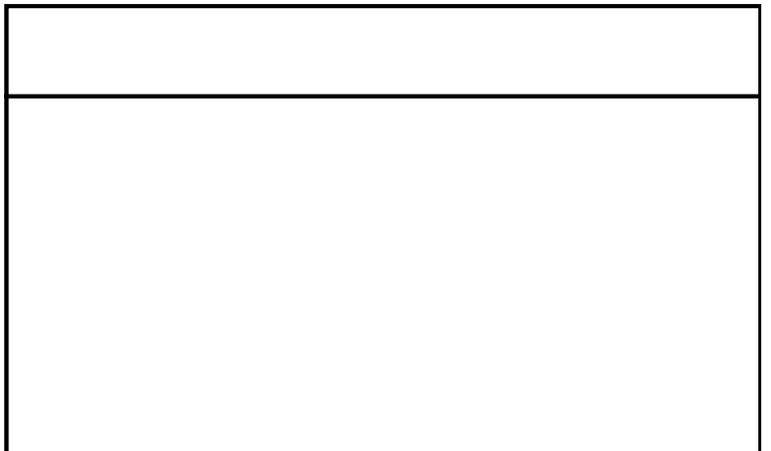
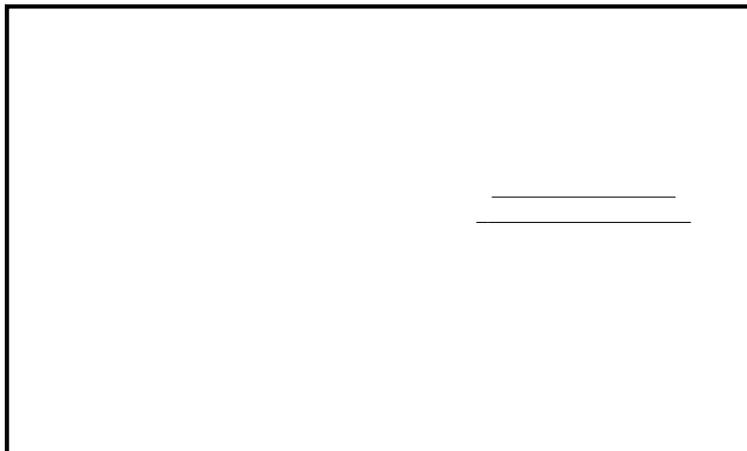
There is no admission charge for this cultural extravaganza featuring song, dance, music and demonstrations of Korean swordsmanship, displays of arts and crafts and examples of Korean cuisine. The

performance and the presentation of the specially minted bronze Freedom Medallions are gifts from the grateful people of the Republic of Korea to the veterans who delivered their country from communist aggression. The performers are students from several universities throughout South Korea, chosen for their expertise, or professionals who donate their time and talent to say "Thank you" through this unique and exciting presentation. This per-

formance is open to the public.

Veterans who served in Korea between June 25, 1950 and July 27, 1953 are eligible to receive the medallion. Each eligible veteran is asked to provide a copy of DD Form 214 or other official documentation showing service in the Korean Theater during the period to be admitted to reserved seating for the presentation of the medallion.

Formal invitations have been mailed to kin of KIA/MIA/POWs.





Navy installs Career Information Kiosks at NAS Jacksonville NEX

JACKSONVILLE — Navy Personnel Command's Center for Career Development (CCD) in Millington, Tenn., is installing career information kiosk outside the Navy Exchange at NAS Jax at 11 a.m. on Tuesday January 30, 2001. The first Kiosk was placed at the Norfolk Navy Exchange last month, and a second one was installed at NAS Pensacola two weeks ago. Both are receiving outstanding positive feedback from local Sailors and families.

The kiosks will provide Sailors and their families information on the value of their pay and compensation, as well as information on numerous other benefits, such as: TRICARE, housing, MWR, local educational opportunities, local facilities and essential points of contact.

Kiosk features include the following:

- A Compensation Calculator, which will compare a Sailor's pay and compensation to the civilian sector. It also provides explanations of pays and benefits, as well as retirement calculations.
- REDUX vs. High-3 retirement comparison, so that members can determine which retirement option is in their best interest.
- Quality of Life information, including:
 - MWR
 - Local Housing
 - Local Family Services

- Local TRICARE information
- Local Navy College information
- Local Community Information
- Portal Navy Exchange Web Site

The kiosk will also have an internet connection to allow it to be routinely updated and remotely maintained. Additionally, it will allow the user to access information over the Internet, through designated military links.

The kiosk is sponsored by the Center for Career Development (CCD). CCD was established at the Navy Personnel Command in Millington, Tenn., to help the Navy strike a more equitable balance between recruiting and retention. While retention is and always will be a command responsibility, the CCD has been established to provide the Fleet all the tools necessary to keep the Navy's high-quality Sailors in uniform.

Establishment of the CCD is part of the Navy's continuing efforts to improve Sailors' quality of service - that is, a balanced combination of quality of life and quality of work. To that end, one of the Center's main objectives is to foster a professional climate in which retention is a culture rather than a single event conducted when a Sailor reaches a career decision crossroads.

For more information about the kiosk or CCD, contact the CCD public affairs office at (901) 874-2200.

On the Go with the USO

The Oak Ridge Boys will perform in concert Feb. 3 at Silver Springs. Concerts are included in the ticket price of \$22 for adults and \$17 for children. Tickets are available at the USO office, and the concert begins at noon. Come and enjoy all the attractions at

Silver Springs. Also coming in February will be Willie Nelson, Feb. 10; Legends of the Opry, Feb. 17; Fabulous 50s Festival, Feb. 18; and the Bluegrass Festival Feb. 24. For more information, call JoAnn or Charlene at the USO at 778-2821.

Tiger Cruise 2001: *'It's been grrreat!'*

Jax citizens amongst those awed by USS George Washington crew



Tiger Maria Gustafson fires a .50 caliber machine gun during a live firing demonstration.

U.S. Navy photo by PH3 Nathaniel Bryant

By JO1 Luis M. Luque

USS George Washington (CVN 73) Public Affairs

USS George Washington (CVN 73) hosted nearly 500 family members and friends of Sailors assigned to the ship, Carrier Air Wing Seventeen and Cruiser Destroyer Group Two. Many, if not the majority of the Tigers had never been aboard an aircraft carrier while at sea - even some of the veterans. Most were impressed both by the ship and by the experience. Sailors enjoyed the cruise just as much.

"It's great that we could bring family members along to celebrate with us," said V-3 Division's AN Danny Brownfield, whose own family members were on business travel and were unable to join him. "It was still nice to see other shipmates with their families."

"It's like going on a camping trip with your folks," said AD3 David Fuglaar, an aviation machinist mate assigned to AIMD. Fuglaar's mother Deeann came all the way from New Orleans just for the occasion.

"This is my third Tiger cruise," said George Johnson, a Tiger sponsored by VS-30's AMS2 Roderick Carnes. "I have three other nephews in the Navy, but

it's my first time aboard a carrier at sea. It's been a hoot. I thought it would be a lot more complicated coming aboard, but it went smoothly. There are a lot of us out here."

MM2 Keith Satorius hosted his father, Jerry; grandfather, Robert; and great uncle, James, aboard - Navy veterans all. Both James and Robert had served during World War II, Robert as a fire control seaman first class and James, as an aviation ordnance mechanic assigned to Air Group Fifteen. Satorius's father served as an engineman during the Vietnam War. Still, it is the younger Satorius, assigned to Reactor Mechanical Division, with only two years of Naval service under his belt, who is the only one of the clan to have been assigned aboard a carrier. The entire group is enjoying their time together, even though Robert, who survived the world's largest conflict, has already been wounded while descending a ladder. "I'm getting too old for this," he quipped as he pointed to the top of his head, showing a bruise. "I tried to walk through an overhead."

Nine-year-old Miranda Stephens, a third grader at Jacksonville's Thomas Jefferson Elementary school

and daughter of G-3's AO1(AW) Chadwick Stephens, wasn't sure what to like about her first visit to any ship. "I've been on a ferry before, but never on a ship like this," she said. The elder Stephens took Miranda to Vulture's Row where she watched the waves roll by. "It looks funny," was all she managed.

"This is the first Tiger cruise I've taken advantage of," AO1 Stephens said. "I just wanted to bring her out here so she could see what I do - what we do." And what did Miranda find most interesting on her first day aboard ship: "the stairs."

Bill Schleier, who works as a department manager for Williamson Printing in Dallas, also sailed aboard GW during the Family Day cruise. The father of Combat Systems Department's FC3 Justin Schleier said he was looking forward to seeing flight operations. "I want to take as many of the tours as I can."

Joe Donegan, father to GW's Executive Officer Cmdr. Kevin Donegan and who served for a year aboard APD Frankovich during World War II as a machinist mate second class, also was impressed. "I just wish more Americans would take the time to experience it."



U.S. Navy photo by PH3 (AW) J. Scott Campbell

Tigers Nick Feran, and his brother, Josh Feran, observe the flight deck operations from the bubble, where catapult officers launch aircraft during flight operations.

Tiger Ivory Stewart videotapes a demonstration of flight operations from the signal bridge.



The USS George Washington (CV 73)



U.S. Navy photo by PHAN Janice Kreisher



Naval Hospital Jacksonville Pharmacy announces changes to refill procedures

From Naval Hospital Jacksonville Public Affairs

Naval Hospital Jacksonville patients who use the call-in refill system will find it easier to get their refills by calling two days before pick up.

In the past, patients could call in their refills one day in advance. For instance a patient could call in a refill at 10 or 11 p.m. and the Pharmacy would fill the order and have it available at the refill building by 8 a.m. The system works fine most of the time but the pharmacy staff was aware that some patients were inconvenienced by arriving at the Refill Building and being told their medication was out of stock.

The hospital pharmacy fills a daily average of more than 3,000 prescriptions and with such a large volume, pharmaceutical suppliers make daily deliveries. What is out of stock today will probably be in stock tomorrow.

The automated Call-In Refill system will instruct callers that their medication will be available two-working days later and will give a specific day to pick up

the medication. This change should drastically reduce patients having to make additional trips to the hospital because of out of stock medications.

Here's how the system works: The Call-In Refill number can be called 24-hours a day, seven days a week at (904) 542-7410 or toll free at 800-NAV-PHARM (628-7427). You will be answered by an automated voice requesting that you select a location for refill pick up (the system handles calls from branch clinics also). The system will not allow you to place an order if a pick-up site is not chosen. After your selection, additional information is available on how to use the service. Please listen carefully to all options and have the following information ready when you call:

- The last four digits of your sponsor's social security number
- The seven digit prescription number (located in the top left corner of your prescription label)

If you have more than one medication that needs to be refilled, follow the directions given and continue to the end of

your order. Your medications will be ready for pickup 48 hours later. Medications that are not picked up within 10 days will be returned to stock and will have to be reordered.

Prescriptions can be picked up from the Drive-Through Refill Building adjacent to the Outpatient Clinic parking lot on Adams Street. Hours of operation are Monday through Friday 8 a.m. to 6 p.m., Saturday 8 a.m. to 3 p.m., closed on Sundays and holidays. All prescriptions called in on Friday, Saturday, Sunday or a Holiday will be ready for pick up two normal work days later.

According to Hospital Pharmacy Department Head, Cmdr. Brian Kerr, patients who require a refill should not wait until they're out of medication to reorder. "Refills can be called in after 75 percent of a prescription is used. For instance, on a 90-day supply, a refill can be called in with 22 days of medication left," Kerr explained.

"If the Automated Refill System will not accept an order it may be because of the way the original prescription was written or the system might not be able

to calculate the refill frequency of things like creams. Should this happen call the pharmacy."

Another convenient, inexpensive way to get maintenance or ongoing prescription refills is by using the Department of Defense National Mail Order Pharmacy (NMOP) Program. NMOP allows patients to obtain their refill medications through the mail. Prescriptions are delivered to your home with free shipping and handling. For information call toll free, 800-903-4680.



Refills may be picked up 48 hours after ordering, at the Drive-Through Refill Building.

*Treat your
Valentine
to a night out...*

The Third Annual Valentine's Vow Renewal Dinner and Dance is planned for Friday, Feb. 16 beginning at 6 p.m. at the All Saints' Chapel. Vow Renewal, continued at the O' club for dinner and dancing. Singles are also invited to attend. Dinner will cost \$25 per couple and \$12.50 each. The specialty buffet will be prepared consisting of the following delicious menu, reef and beef, steamed shrimp, baked fish, seafood casserole, roast beef, boneless/skinless chicken breast, garden veggie, rice or potatoes, rolls and garden salad with house dressing, tea, and coffee.

If you are interested in attending register at the Chapel by dropping off your check for the correct amount made payable to the Officer's Club. Registration will close at 9 a.m., Feb. 12. Treat yourself and your spouse, or boy/girlfriend to a romantic evening. Dress is semi-formal (civilian). Please call the Chapel at 542-3051 for more information.

Leisure Times February 2001

Your Morale, Welfare and Recreation Guide

Liberty Events

Thursday, Feb. 1 - 8-Ball Tournament
The cost is \$5 to enter. Winner receives \$40 and 2nd place receives \$20.

Sign-up begins at 6pm and the tournament begins at 7pm.

Friday, Feb. 2 - Last Call for Sign-ups!
Feb. 2 is the last day to sign-up for the Mardi Gras Trip!

Tuesday, Feb. 6 - Ice-Skating/Rollerblading Trip

This event, a free Ice-Skating/Rollerblading trip to SkateWorld, is for active duty only. The van leaves Liberty Cove Recreation Center at 7 p.m. and returns at 10 p.m. Remember to bring your own skates and pads if you have them. Sign-up the day of the event.

Wednesday, Feb. 14 - Valentine's Day
Stop by the Recreation Center and send a virtual card to your loved one. While you are there, don't forget to pick up your own Valentine's Day care package from Liberty Cove Recreation Center.

Friday, Feb. 16 - Mardi Gras!
A fee of \$66 buys you round trip transportation and lodging to Mardi Gras in New Orleans, La. We will be staying at the Navy Lodge in Gulfport, Miss. (about an hour outside of New Orleans). The price is for two Sailors per room. If there are more Sailors that want to go, then we will be able to lower the price and put four in a room. This way we will be able to sell out the trip. The Sailors are responsible for providing money for their own food and entertainment. We will return from the trip, Monday, Feb. 19.

Wednesday, Feb. 21 - Movie Trip
The movie trip is for active duty only. The van leaves for AMC Orange Park at 6:45 p.m. See a movie for free. Sign-up day of the trip.

Saturday, Feb. 24 - Islands of Adventure Trip

A fee of \$35 covers round-trip transportation and park entrance for the Islands of Adventure Trip. The van leaves Liberty Cove Recreation Center at 7 a.m. and returns back here around 10 p.m. The park is open from 9 a.m. to 7 p.m. Sign-up by noon on Friday, Feb. 2. A minimum of five participants are needed to go, a maximum of 14 will be allowed.

All Liberty Tournaments take place in Liberty Cove Recreation Center located on the corner of Jason Street and Yorktown Avenue. Tournaments are open to active duty only and trips are open to active duty and their guests 18 and over. Pay for all trips at Liberty Cove. For more information call 542-3491/1335.

Yellow Water Youth Center

Bingo & Ice Cream Social - Friday, Feb. 2 from 6 - 8 p.m. and is only \$3 per person, open to ages K-17.

Valentine Party - Friday, Feb. 9 from 6-8 p.m. The cost is \$1 per person, open to ages K-17.

Chuck E. Cheese Trip - Friday, Feb. 16 from 6-9 p.m. The cost is \$8 per person and the trip is open to ages K-17.

Movie Night - Friday, Feb. 23 from 6-8 p.m. This free event is open to youth ages K-17.

Open Recreation - on Tuesdays and Thursdays from 6:15-8 p.m. This free event is open to ages K-17. Pre-registration is required. The Center has a multi-purpose room, snack bar, TV room and games room.

Teen Night - is held every Monday from 6-8 p.m. and is open to ages 13-17. Enjoy computers with Internet access, Nintendo 64 and SonyPlaystations. Pre-registration is required.

Sporting News

Intramural Soccer Meeting - Feb. 2 at 11:30 a.m. in The Zone Conference Room (Bldg. #798 on the corner of Jason St. and Saratoga Ave, previously Jumpin' Jax). This league is open to NAS Jax active duty.

Softball Meetings - Feb. 15 at The Zone

11:30 a.m. - Greybeard League (open to active duty ages 33 and up)

12 p.m. - Intramurals (open to NAS Jax active duty)

12:30 p.m. - Women's League (open to active duty, dependents over 18, retirees and NAS Jax civilian employees)

4 p.m. - at Mulligan's 19th Hole - Open League (authorized gym patrons over 18)

Intramural Volleyball Meeting - March 9 at 11:30 a.m.

South Atlantic Regional Sports Basketball (SARS) will be held March 9-11 with the Men's competition at Mayport and the Women's at NAS Jax.

Intramural Skeet Meeting - March 16 at 11:30 a.m.

Racquetball Tournament - March 19-23 - The Tournament is open to all authorized gym patrons over 18.

Captain's Cup Singles Tennis Tournament - March 25 - Open to NAS Jax active duty.

For more information on Sporting News call 542-3239/2930.

Make a splash with Aquatics

Lifeguard Training Class - Feb. 6-22; Tuesdays and Thursdays from 5 - 8:30 p.m. and Saturdays 9 a.m. - 4 p.m. The

cost for this certification course is \$80 per person.

Advanced Swim Training/Master's Team for active duty to improve their PRT rating on Tuesdays and Thursdays from 4:30 - 5:30 p.m. The cost is \$15 per month for active duty and \$20 per month for DoD.

For more information on Aquatics at NAS Jacksonville 542-3239/2930.

Fitness News

The Wellness Center and MWR will host a PRT Boot Camp Class - starting Feb. 5 on Mondays and Wednesdays from 6:45 a.m. - 7:30 a.m. at the Base Gym. This class will emphasize PRT exercises and will be an organized group work-out. For more information call the Fitness Source at 542-3518.

Mulligan's 19th Hole

Fat Tuesday - Tuesday, Feb. 27 come dressed in costume and you might be crowned the King or Queen of Mardi Gras Mulligan's style. Enjoy food and beverage specials starting at 4 p.m.

World Famous St. Patrick's Day Party - Friday, March 16, start lunch off with Corn Beef and Cabbage and the Irish Sing-a-longs as Mulligan's celebrates St. Patrick's Day. The St. Patrick's Day Party starts at 4 p.m. and Karaoke kicks off at 6 p.m. The festivities continue until 11 p.m. Enjoy beverage specials and free munchies.

Call 542-2936 for information.

Golf Course

Course Record Invitational - Feb. 23. Call 542-3249 for Golf Course information.

Budweiser Brewhouse

(located in The Zone)

Feb. 1 - Shrimp Night: purchase one order of shrimp for regular price and get the second order one half off.

Feb. 2 - Groundhog Day Social Hour from 4-6 p.m., enjoy beverage specials and free munchies.

Feb. 7 - Family Night: Buy one large pizza and get the second of equal or lesser value free.

Feb. 8 - Hockey Night: All drinks served with ice.

Feb. 9 - Mardi Gras Party with JB the DJ from 8 p.m.-midnight.

Feb. 14 - Valentines Special: bring a date and they eat for half price.

Feb. 16 - Social Hour from 4-6 p.m., enjoy beverage specials and munchies.

Feb. 23 - Happy Birthday Tootsie Roll! Enjoy beverage specials and JB the DJ will be cranking out the tunes from 8

p.m. - midnight.

Feb. 28 - Family Night Before Pay Day: kids eat for half price.

Every Tuesday is Beverage night, stop by and check out the special of the night!

Every Saturday is Sports Day enjoy beverage specials and free hot dogs while you watch your favorite sports on one of the many TV's.

PGA Tour Schedule

Feb. 1-4: AT&T pebble Beach National Pro-Am

Feb. 8-11: Buick Invitational

Feb. 14-18: Bob Hope Chrysler Classic

Feb. 22-25: Nissan Open

NCAA Basketball

Feb. 3 at 3 p.m. - Depaul at Cincinnati and UCLA at Stanford

Feb. 10 at 3:30 p.m. - St. John's at Miami and UCLA at DePaul

Feb. 11 at 3:30 p.m. - NC State at Duke and Missouri at Iowa State

Feb. 17 at 1 p.m. - Temple at Umass and Texas at Oklahoma State

Feb. 17 at 3 p.m. - Standord at California

Feb. 24 at 3:30 p.m. - Oklahoma at Maryland and Miami at Uconn

Feb. 25 at 3:30 p.m. - Kansas at Nebraska and St. John's at Villanova

NBA Basketball

Feb. 1 at 8 p.m. - Philadelphia at New York

Feb. 4 at 1 p.m. - New York at Miami

Feb. 4 at 3:30 p.m. - Sacramento at LA Lakers

Feb. 6 at 8 p.m. - Indiana at Miami

Feb. 7 at 8 p.m. - Sacramento at Minnesota

NASCAR Winston Cup

Feb. 11 - X-Daytona International Speedway

Feb. 18 - Daytona International Speedway

Feb. 25 - North Carolina Speedway

CPO Club

The Chief Petty Officer's Club is open to all E-7, authorized users and their guests. Enjoy Social Hours every Wednesday and Friday from 4 - 6 p.m. with free munchies and beverage specials. There is live music every Friday night:

Feb. 2: Ray Lackey

Feb. 9: Sonya

Feb. 16: Don Lloyd

Feb. 23: Reggie

Call 542-3461.

Bambino's Delivery

Buy one large pizza on Wednesdays

Continued on page 21

Continued from page 20

after 2 p.m. and get the second one half price (limit of two per customer). Bambino's delivers free anywhere on base and their menu consists of a variety of items including pizzas, subs, calzones, salads, hot wings, hamburgers and more. Bambino's delivers Monday through Friday, 10:30 a.m. - 8:30 p.m., Saturdays from 11:30 a.m. - 6:30 p.m. and Sundays from 11:30 a.m. - 8:30 p.m. Call 542-3900.

Bingo

Bingo is housed in The Zone and is held during lunchtime Monday through Friday. Evening Bingo is held every Sunday, Monday, Tuesday and Thursday with doors opening at 4 p.m. During night bingo on Mondays in February get bingo on lucky ball and win an additional \$100.

Planet Bingo has made its way to NAS Jacksonville. Planet Bingo features thirteen Shots at \$15,000 every Bingo night. With five jackpots available every game, the chance to win over \$15,000 every game for free. Why would you play Bingo anywhere but at NAS Jacksonville? Good Question. Call 542-2209.

Yesterday's Caf 

Yesterday's Caf  features the following specials:

Mondays: Chicken Tenders with fries and a drink - \$4

Tuesdays: Spicy Chicken Sandwich with fries and a drink - \$4

Wednesdays: Country Fried Steak Sandwich, soup, chips and a drink - \$4.

Thursdays: Tuna Sandwich with chips and a drink - \$3.

Fridays: Fried Fish Sandwich, soup, chips and drink - \$4.

Call 542-3522.

NAS Lanes

NAS Lanes has it all and if you want to go Xtreme head over on Fridays from midnight - 2 a.m., Saturdays from 7 p.m. - 2 a.m. and Sundays from 1-4 p.m.

Free bowling is offered active duty on Tuesdays from 11 a.m. - 1 p.m.

Call 542-3493.

Free Movies

Movies are shown in the Base Theater located on Jason Street on Fridays at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m. Bring your own snacks, no alcohol and no unattended children under 18. Come one, come all.

Feb. 2, 7 p.m. - Titanic

Stars Leonardo DiCaprio & Kate Winslet. Decades before a scientist is thwarted in his efforts to unlock the secrets of the sunken ocean liner Titanic a rich girl and poor boy find their budding 1912 romance scuttled when their massive boat strikes an ice berg and plummets to the ocean floor. PG13

Feb. 9, 7 p.m. - Jurassic Park

Stars Sam Neill and Laura Dern.

Genetic engineers extract dinosaur DNA from the blood found in Jurassic Age insects preserved in the amber & use it to bring the giant reptiles back from extinction. But when they try to cash in on success they find that their creations have other things in mind. PG13

Feb. 10, 5 p.m. - Star Wars: Episode One

Feb 10, 7 p.m. - Deep Blue Sea

Stars Thomas Jane and Saffron Burrows. Searching for a cure for Alzheimer's disease a group of scientists discover that if they genetically engineer sharks with the larger brains they can harvest more of the serum they are testing. There's just one problem, they now have smarter, more aggressive man-eating animals. Rated R.

Feb 16, 7 p.m. - Rules of Engagement

Stars Tommy Lee Jones and Samuel L. Jackson. A Marine colonel whose career aspirations were dashed when he was wounded in Vietnam, finds himself 30 years later defending the man who saved his life. The man who has now been accused of inciting an incident that left many demonstrators dead after a botched rescue attempt. Rated R.

Feb. 23, 7 p.m. - Blade

Stars Wesley Snipes and Stephen Dorff. A human vampire hybrid whose mother was bitten while he was in the womb, is now part human, part vampire. With most of their powers and few of their disadvantages he fights a cadre of bloodsuckers bent on world domination. Rated R.

Feb 24, 5 p.m. - Dr. Doolittle

Stars Eddie Murphy and Kristen Wilson. Dr. Doolittle is a physician who resents his practice being bought out by a conglomerate. All the stress and pressure re-awakens the doc's gift for talking to the animals that has been dormant since childhood and he gets a new lease on life by helping all God's creatures big and small but it may cost him his job and family. Rated PG13.

Feb 24, 7 p.m. - The Blair Witch Project

Stars Heather Donahue & Michael Williams. Three film students set out into the Black Hills Forest to make a documentary on the legendary "Blair Witch." Armed with a 16mm camera, a HI 8 video-cam and dat recorder, every word and step is recorded as they wander, cold, lost and hunted, never to be seen again until the films they made are found by a search party a year later. Rated PG13.

Upcoming Events

NAS Lanes hosts JWBA Annual Tournament - March 10-11 and 17-18.

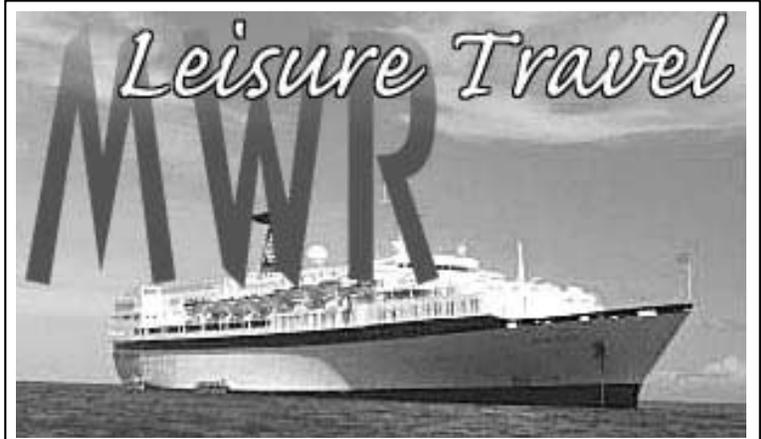
23rd Annual Navy Run - Saturday, April 7 at 8 a.m.

19th Annual Bass Tournament - Saturday, April 17. Call the Mulberry Cove Marina for details at 542-3260.

Pepsi 400 Tickets will go on sale late in May at the ITT Office.

Special Olympics - March 31.

Visit MWR online at www.nasjax.navy.mil/mwr.



The Morale Welfare and Recreation Department's Leisure Travel Office is a great place to find the best prices on some of the most exciting travel destinations in the world. Listed below are just a few of the hot travel bargains now available. For rates, schedules and booking information visit www.mwr-leisuretravel.com. For more information, call MWR Information, Ticket and Tours at 542 - 3318.

03/10/01, 03/17/01, 03/24/01, 03/31/01
 Norwegian Cruise Line - \$400 Onboard Credit Free This February on the Sky From \$1149. Available: 02/25/01

Carnival Cruise Line - A week of "Sublime Sensations" from \$699. Available: 03/04/01

Carnival Cruise Line - Just south of the border... from \$449. Available: 02/12/01

Alaska

Carnival Cruise Line - The wonders of the last frontier from \$899. Available: 08/29/01

Norwegian Cruise Line - Sail to Alaska (Glacier Bay) from Seattle - Bonus 2 Category Upgrade! From \$999. Available: 05/06/01, 05/13/01, 06/03/01, 06/17/01, 07/01/01, 07/15/01, 07/29/01, 08/12/01, 09/02/01, 09/09/01

Holland America Line - Alaska Flat Rates - MS Statendam From \$799. Available: 05/06/01, 05/13/01

Central America

Caravan Tours - Belize Tropical Adventure—8 Days—Caravan Tours From \$1495. Available: 02/23/01, 03/08/01

Costa Rica

Caravan Tours - Costa Rica Natural Paradise, 10 Days, Caravan Tours from \$1795. Available: 02/04/01, 02/09/01, 02/11/01, 02/16/01, 02/18/01, 02/23/01, 02/25/01, 03/02/01, 03/04/01, 03/09/01, 03/16/01, 03/23/01, 03/30/01, 04/06/01, 04/13/01, 04/20/01, 04/27/01, 05/04/01, 05/18/01, 06/15/01, 07/20/01, 07/27/01, 08/03/01, 09/07/01

Canada

Carnival Cruise Line - Exclusively for Seniors! From \$449. Available: 06/02/01, 06/11/01

Europe

Celebrity Cruise Line - 14 night Europe Promotion from \$1399. Available: 05/19/01

Caribbean Eastern

Holland America Line - 2001 Caribbean Flat Rate - 8-day MS Westerdam From \$799. Available: 02/09/01, 02/17/01, 03/02/01

India

Silversea Cruises - Specially priced India Splendors Land Program until 3/15/01 from \$6475. Available: 05/06/01, 05/17/01

Caribbean Southern

Royal Caribbean - Southern Caribbean on Grandeur of the Seas From \$599. Available: 02/03/01

Jamaica

Sandals and Beaches Resorts - Sandals Dunn's River Starting at \$188. Available: 02/18/01, 03/31/01

Holland America Line — 2001 Caribbean Flat Rate - MS Zaandam (Wayfarer) from \$1449. Available: 02/25/01, 03/17/01

Mediterranean

Royal Caribbean - Cruise Only Special From \$599. Available: 02/03/01

Orient Lines - 2 for 1 Barbados to Rome From \$4516. Available: 04/11/01

Celebrity Cruise Line - Balcony Cabin Special From \$1349. Available: 03/03/01

Silversea Cruises - Save 10% on select Med voyages aboard Silver Shadow From \$4675. Available: 04/26/01, 05/06/01, 05/18/01, 06/08/01

Caribbean Western

Norwegian Cruise Line - Let The Wind Take You Away! Hot March Deals from \$799. Available: 03/03/01,

Silversea Cruises - Specially priced Business Class Air Upgrades for the Med this summer! From \$8275. Available: 06/01/01, 06/14/01

Central Michigan University courses offers new concentration in leadership

Since 1974, Central Michigan University (CMU) has been offering accredited graduate programs to military members and working adult professionals at military installations throughout the country. Currently at NAS Jacksonville, CMU offers a 12 course, 36 credit hour Master of Science in Administration degree with concentrations in General Administration, Health Services Administration, and Public Administration. In the near future, we will be adding a concentration in Leadership. This new concentration develops your skills in areas critical to effective

command of any management situation. Areas focused on include group dynamics, organizational change, conflict management, negotiation, cultural diversity and communication. You can also earn a graduate certificate in Leadership to update your skills or develop new ones.

We teach our courses on weekends at NAS Jacksonville, in a Saturday/Sunday format for three alternating weekends and run our courses year-round; so, a student can typically complete the program in 18 to 24 months. Tuition is reasonable for an accredited graduate

program at \$231.00; and, of course, military members can use Tuition Assistance and VA benefits if they are eligible. We also provide students, at no extra charge, an off-campus library service so comprehensive and responsive that students literally do not have to set foot in a library again.

We are located in the Navy College Office (second floor in the FISC building on Yorktown Avenue). Please stop by between 8 a.m. and 2 p.m., Monday through Friday, or call at 542-5477 for more information.

SAT: Questions answered

Continued from page 8

How can I prepare for the SAT?

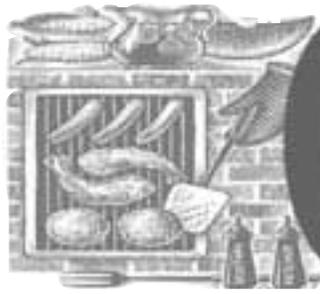
Navy College Learning Center has an excellent program to prepare for the SAT - the FASTRACK program. The curriculum covers grammar, reading comprehension, and mathematics. A side bonus of the program is that it helps with test-taking skills.

The FASTRACK program generally takes about 50 hours to complete, and it is successful. When the Navy tracked the effect of completing FASTRACK on taking the SAT, scores went up an average of 200 points. That is significant.

Where can I go for more information?

Try the official website of the College Board at <http://collegeboard.org>.

Call Navy College Office: 542-2577 or Navy College Learning Center: 542-3676.



What's Cookin'?



AT THE GALLEY

Meal hours

Monday through Friday

Breakfast 6 to 7:30 a.m.
Lunch 11 a.m. to 1 p.m.
Dinner 4:30 to 6 p.m.

Saturday, Sunday and holidays

Breakfast 6:30 to 8:30 a.m.
Brunch 10:30 a.m. to 12:30 p.m.
Dinner 4 to 5:30 p.m.

Meal costs

Breakfast \$1.60
Brunch/Lunch \$3.20
Dinner \$3.20

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

Thursday

Breakfast
Corned beef hash
Home fried potatoes
Boiled eggs
Grits
Grilled ham slices
Waffles
Omelets and eggs to order

Lunch - Fiesta Special

Mexican chicken
Mixed vegetables
O'Brien potatoes
Beef tacos
Beef fajitas
Refried beans
Mexican rice
Beef noodle soup
Blueberry crisp

Dinner

Swiss steak w/brown gravy
Rice pilaf
Whole kernel corn
Fresh pork ham
Egg noodles
Green peas w/mushrooms
Tomato rice soup

Friday

Breakfast
Minced beef w/toast
Hashed brown potatoes
Oatmeal
Boiled eggs
Grilled sausage links
Pancakes
Omelets and eggs to order

Lunch

Parmesan fish
Lyonnais potatoes
Steamed asparagus

Corn chowder
Ginger pot roast
Steamed rice
Lima beans
Peanut butter cookies

Dinner

Salisbury steak
Rice pilaf
Green beans
Chicken chow mein
Scalloped potatoes
Stewed tomatoes
Chicken noodle soup

Saturday

Breakfast
Baked sausage links
Hashed brown potatoes
French toast
Omelets and eggs to order
Corned beef hash
Grits
Boiled eggs

Brunch

Baked sausage links
French fries
Mixed vegetables
Chili macaroni
Coleslaw
Old fashioned soup
Eggs to order

Dinner

Barbecue beef cubes
Steamed noodles
Steamed carrots
Chicken mushroom soup
Grilled ham steaks
Parsley boiled potatoes
Southern style green beans
Pineapple sauce
Coleslaw

Sunday

Breakfast
Oven fried bacon
Cottage fried potatoes
Pancakes
Eggs and omelets to order
Grilled ham slices
Oatmeal

Brunch

Eggs to order
French fried onion rings
Mulligatawny soup
Steak and Cheese Subs
Steamed broccoli



Dinner

Roast Pork Loin
Duchess potatoes
Green peas
Baked chicken w/rice
Buttered egg noodles
Savory summer squash
Beef noodle soup

Monday

Breakfast
McMuffin sandwiches
Hash brown potatoes
Grits
Omelets and eggs to order
Creamed beef w/biscuits
French toast puffs
Boiled eggs

Lunch

Baked tuna and noodles
Franconia potatoes
Harvard beets
Vegetable soup
Salisbury steak
Tossed green rice
Glazed carrots
Brown gravy

Dinner

Liver w/onions
Rice pilaf
Steamed succotash
Zesty bean soup
Creole chicken
Baked potatoes
Steamed broccoli
Brown gravy

Tuesday

Breakfast
Cottage fried potatoes
Texas hash
Rolled oats
Grilled bacon
Boiled eggs
Pancakes
Eggs and omelets to order

Lunch

Braised pork chops
Buttered noodles
Green beans Parisienne
Mushroom gravy
Swedish meatballs
Steamed rice
Corn O'Brien
Beef barley soup

Dinner

Oven fried fish
Lyonnais rice
Vegetable supreme soup
Macaroni/cheese
Cantonese ribs
Steamed carrots
Herbed broccoli

Wednesday

Home fried potatoes
Farina
Boiled eggs
Eggs and omelets to order
Grilled ham slices
Blueberry pancakes
Grilled bacon

Lunch

Stuffed fish fillets
Steamed broccoli
Minestrone soup
Spaghetti noodles
Spaghetti w/meat sauce
Club spinach
Garlic bread
Orange rice

Dinner

Szechwan chicken
Pork fried rice
Vegetable stir fry
Brown gravy
Stuffed peppers
Simmered egg noodles
Beef tomato soup
Southern fried okra



Jax Navy opens new branch at Eagle Harbor

Jax Navy Federal Credit Union is celebrating the opening of its new Eagle Harbor Branch, Jan. 29 through Feb. 3. The week long event will include fun, food and a prize drawing for Jax Navy members and the community.

A ribbon cutting ceremony was held Jan. 29 kicking off the festivities which are open to the community.

The 7,500 square foot facility has four drive-thru lanes, two drive-up ATMs, one walk-up ATM, one lobby ATM, ten teller stations, eight member service offices, two Internet banking terminals and 648 safe deposit boxes. Jax Navy's Eagle Harbor Branch is located just north of the intersection of Highway 17 and State Road 220, across from Eagle Harbor in Orange Park, Fla.

"We are fortunate to serve a large portion of the population in the Orange Park area and want to improve convenience for our existing members and potential members. The Orange Park Eagle Harbor area is growing, and we are prepared to grow with it," stated Terry R. West, president and chief executive officer.

Selected for the project was architectural firm Reynolds, Smith and Hills, Inc. and contractor Dana B. Kenyon Construction Company.

With assets over \$1.7 billion, Jax Navy is the largest financial institution headquartered in Northeast Florida. Jax Navy serves over 255,000 members worldwide, including 544 professional, fraternal, military groups and companies in the greater Jacksonville area.

Luncheon: Carroll to speak

Continued from page 1

Recently, Carroll was the Republican Candidate for the 3rd Congressional District of North Florida.

Also at the Luncheon, there will be a poetry reading by Bridgette "Soul Flower" Hogan; a talented singer, actress, writer and poet. Musical entertainment will be provided by the Raines High School Gospel Choir, and solo's by PN1 Dana Short (Helicopter Antisubmarine Squadron (HS) 3) and PN2 Mable Jones (Personnel Support Detachment (PSD) Jax), plus the announcement of the Trivia Contest Winners (a contest being run in Jax Air News, see page —) and a wonderful display of African-American Art.

This year's luncheon is the one not to be missed; it promises to be enjoyable with an enlightening and powerful message. Tickets are now on sale for \$10. For ticket information contact AMCS Raymond J. Penn at 542-3451, Delvory Hall at 542-2802, or TM1 Orlando Smith (542-3012). The deadline for purchasing tickets is Tuesday, Feb. 20.

Technology Fair designed to help Sailors' lives advance

By JO3 Jackey Bratt
Staff writer

National small businesses were at the Naval Air Station Officer's Club on Friday, Jan. 26, to show demonstrations and

displays of what their companies had to offer to NAS Sailors and their commands. The companies included at the show were, Badencorp, Boise Cascade Office Products, Central Audio Visual, Compaq Computer Corporation,

Comptrac, Corporate Express, Document Automation and Production Services, Elumens, Executrain, Executive Software, Magabyte Internation Corpo-

ration, Nextel Communications, Sony Electronics, and Whitaker-Brothers

Continued on page 27



Boise Cascade Office Products was of major interest for many Sailors.



Joseph Mancuso Jr. representative of Elumens shows off the exciting features his company's Visiondome has to offer clients.

Business Machines, Inc.

Each business had a mission and goal they were executing in their presentations to the audience of interested Sailors.

“The Visiondome is a hemispherical system that allows the consumer to communicate better, work smarter, and gain a competitive edge,” said Elumens system engineer, Joseph Mancuso Jr.

Elumens Corporation invents products for seeing digital media-3-D graphics, video, CAD, real-time applications, and animation.

Nextel Government Account Executive, Holly Davis explained how Nextel’s products are affordable, low maintenance, and easy to use for business applications anywhere in the world. Nextel prides itself on customer satisfaction as well.

Laurie Pinover, training consultant for ExecuTrain, informed Sailors and civilians about her companies’ many products for sale.

The technology fair was designed to inform the fleet of the advancement in electronics that can be applied to workstations through out all military installations.



Laurie Pineover describes Exutrain’s distinct vision on customer service to a potential client.



Holly Davis of Nextel speaks on the different services available.

COMMUNITY CALENDAR

The City of Jacksonville invites Jacksonville multi-cultural groups and organizations to participate in the 9th Annual World of Nations Celebration, April 26, 27 and 28 at Metropolitan Park. The yearly festival celebrates the cultural contributions of Jacksonville's many different diverse groups through entertainment, educational displays and demonstrations, arts and crafts, cuisine and more. Each "country's" pavilion is organized by one of Jacksonville's multicultural clubs or organizations. Over 40 different countries are represented at the World of Nations Celebration. If your club or organization is interested in participating or hosting a pavilion, please contact the Office of Special Events at 630-3690 or events@coj.net. An organizational meeting will be held today in the Renaissance Room at City Hall at St. James, 117 West Duval Street. There is a registration fee, and all participating groups must have non-profit status (501 (c) (3)).

The First Coast Black Nurses Association will meet Feb. 12, 6 p.m., at the St. Vincent's Medical Center, Seton Hall - Room 156 A&B, located at 1800 Barrs Street. Point of contact is Lisa Martin 308-3200 or Dorothy Banks, 542-7748.

February is American Heart Month. In conjunction with Healthy

Heart Month, the Wellness Center will be conducting blood pressure checks at the NEX and the Commissary between 10 a.m. and 2 p.m. on the following dates:

- Today, Feb. 1
- Wednesday, Feb. 7
- Wednesday, Feb. 14
- Wednesday, Feb. 21
- Tuesday, Feb. 27

You're invited to join the Chapter FL1-X motor cycle club at their regular Friday night get together at the Dairy Queen on Kingsley Ave. in Orange Park at 7 p.m. The club is made up of active duty and retired military members who share a love of bike riding making new friends. Don't be shy, come and have some fun. If you have questions, call JoAnn Dilling at 778-2821 or 291-3354.

The Patrol Squadron (VP) 4 "Skinny Dragons," based in Kaneohe, Hawaii, are having a reunion for all its former members on May 17 through 20 at Pensacola, Fla. For information on the reunion write to: Steve Andruszkewicz, 13115 Le Par #35, Chino Hills, CA 91709. To reach him by phone call (909) 591-2329, email address: steveaz@bigfoot.com. The reunion hotline number is (405) 321-0287 and the website is www.vp4association.com.

The Florida Georgia Blood Alliance is seeking volunteers. Have you ever wanted to make a difference? You can by volunteering the gift of time at one of our donor center locations throughout Jacksonville. All positions are open. These include greeting donors, assisting in drawing areas and the laboratory, contacting eligible donors, clerical assistance and more. Hours are flexible and training is gladly provided. For more information contact Diane Strickland, 353-8263, ext. 333.

The ninth annual Florida Forum benefiting the Wolfson Children's Hospital is upon us. Send for your Valentine Florida Forum tickets, there are only two speakers left: Tom Clancy the Author & Originator of the "Techno-Thriller" on Feb. 15 and Tom Brokaw on March 31. All will be held at the historic Florida Theatre at 7 p.m. Limited tickets are available. Call the Women's Board at 202-2886.

Olympics arrive in Jacksonville. The City of Jacksonville Department of Parks, Recreation and Entertainment urges you to cheer for your favorite athletes at the 2001 Duval County Special Olympics Spring Games scheduled for Saturday, Feb. 3, at The Bolles School, 7400 San Jose Boulevard. Events run from 8 a.m. to 2 p.m. Volunteers can

register at 7:30 a.m., and opening ceremonies begin at 9:30 a.m. At 11 a.m., featured entertainers "Strum Daddy's Generation Squared" will perform. Volunteers are needed to assist as an Athlete Buddy, Event Assistants and Medical Support. Lunch and t-shirts are provided to all volunteers. To work with our special athletes, please call 630-3598.

The Alzheimer's Association Golf Tournament set for March 9. The Alzheimer's Association and American Express Financial Advisors present the Friedman and Reuschle Benefit Golf Tournament on Friday, March 9, at 11 a.m. Windsor Park Golf Club. This 4-man scramble is limited to 144 players at a cost of \$100 per player (individuals are welcome). Early bird foursomes (by Feb. 23) are \$350. Registration information is available by calling 398-5193.

U.S. Rep. Ander Crenshaw recently opened his district office in Jacksonville. The local headquarters is at 1061 Riverside Ave., Suite 100, Jacksonville, FL 32204, phone (904) 598-0481. In Washington, Crenshaw and his staff are based at 510 Cannon House Office Building, Washington, DC 20515. They can be reached at 202-225-2501.

U.S. Air Force Reserve Band 'Strikes a Chord' with local community

By Staff Sgt. Bill Granger

The Band of the U.S. Air Force Reserve Concert Band will be performing a free concert at the Moran Theatre in the Times-Union Center for the Performing Arts on Friday, Feb. 23 at 7:30 p.m. The 43-piece concert band is the largest and most versatile unit of the Band of the United States Air Force Reserve, with a varied repertoire that ranges from classical overtures through Sousa marches to Broadway show tunes, popular music, movie themes and patriotic favorites.

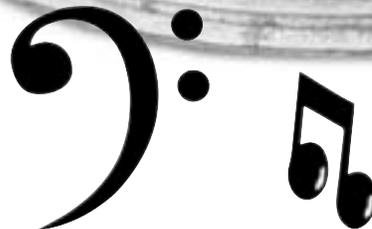
The concert band has performed at various locations throughout the United States and the world. The band has toured Russia twice in the last five years, making historic appearances in Moscow (1992) and St. Petersburg (1995). With the Southeastern United States as its primary touring area, the concert band frequently performs for packed houses in Florida, Tennessee, Mississippi, Alabama and Georgia.

The band has performed with such renowned guest artists as Bob Hope, Dinah Shore, B.J. Thomas, The Letter-

men, Gary Morris, Lari White, Mila Mason, Crystal Gayle, Jonathan Pierce, Christ Church Choir, and Faith Hill. The band has performed under the direction of prominent band composers and conductors such as Dr. Alfred Reed, Paul Bierley, and Robert W. Smith. The concert band was also presented with the prestigious Colonel George S. Howard Award from the Sousa Foundation for outstanding military concert bands in 1994 and 1996.

The concert band is also very active in recording projects. Since 1996, they have recorded a very special Christmas radio broadcast that was aired worldwide on the Armed Services Network and other AM and FM stations throughout the United States. Later in 1998, they recorded a definitive Henry Fillmore recording with the guidance of one of Fillmore's musical peers, Mr. William Miller.

This event is sponsored by the City of Jacksonville Office of Special Events. All members of the band are professional Air Force musicians working in support of Air Force and Air Force Reserve recruiting and community relations objectives.



The United States Air Force Reserve Concert Band will be performing at the Times-Union Center for the Performing Arts Feb. 23.

FEBRUARY VOLUNTEER OPPORTUNITIES

American Cancer Society 'Making Strides Against Cancer' Walk-a-Thon - Feb. 3

The American Cancer Society is looking for volunteers to help out with set-up and tear-down activities, as well as handing out



refreshments along the route. If you're interested call Ms. Therese Yanochik at 398-0537 to sign up.

Greenscape of Jacksonville Urban Tree Rangers - Feb. 10

Join Greenscape of Jacksonville in beautifying Jacksonville. Urban Tree Rangers will be pruning trees near the Acosta Bridge that were planted several years ago by former Urban Tree Rangers. For more information contact Bonnie Hilton or Ms. Anna Dooley at 389-5757.

Duval County School Teacher's Supply Depot Feb. 15 and March 15

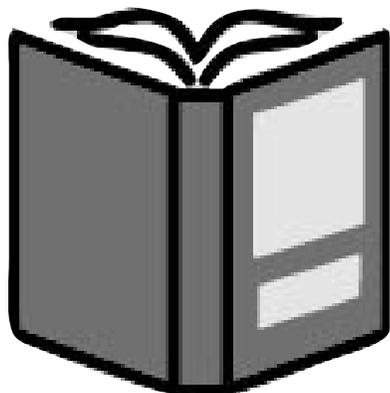
Volunteers are needed to help organize and restock school materials. This is a great way to show support

of community schools. The Depot's new location is in the John Gorrie Middle School on College Street in the Riverside area of downtown Jacksonville. Directions will be provided. If interested please leave a message for Christine Buckley, Depot Coordinator, at 390-2960 to arrange for an available volunteer time slot.

The Alliance for World Class Education 'Much Ado About Books' - Feb. 17

The Alliance for World Class Education is looking for Navy volunteers to participate in the second annual 'Much Ado About Books' event at the Prime Osborn Convention Center to benefit the Jacksonville Public Library Foundation. Volunteers will be needed during one or two hour shifts from 9 a.m. to 5 p.m. to assist with various functions

of the event including



to children.

For complete information,

or to sign up for a shift, contact Leslie Kirkwood at 246-7075.

JaxPride Week 2001 Feb. 24 - March 3

Jacksonville Baptist Home for Children - Feb. 28 and March 3. The JaxPride Coalition is looking for volunteers to help out with a number of projects at the Jacksonville Baptist Home for Children on University Blvd. (near the Atlantic Blvd. intersection, behind Love Grove Elementary School). Two groups of volunteers are needed to paint split rail fencing; mow pasture land and assist with raking lawns and trimming shrubbery. Lunch, refreshments, mowing equipment, paint and tools will be provided. Shifts are available on Wednesdays., Feb. 28 from 8 a.m. to 3 p.m. and Saturday, March 3 from 8 a.m. to 5 p.m. To sign up please contact (insert the base volunteer coordinator name and phone numbers here — NAS Jacksonville, Dianne Parker, 542-2766, ext. 30 or Senior Chief Battle, 542-3082. NavSta Mayport, Cindie Badger, 270-6600, ext. 137.

Habitat for Humanity of Jacksonville Throughout February and March

HabiJax, the local affiliate for Habitat for Humanity, recently completed their goal to build 200 homes in 2000 and has now started working on homes for 2001. Volunteers are needed to help with framing, roofing and installing vinyl siding on homes every Wednesday, Friday and Saturday during the next few months. No skill is necessary. Participants must be 16 years of age or older. For

information call Diane Quick, HabiJax at 632-0949, ext. 240.

On-Going Opportunities

Ronald McDonald House Family Room volunteers - Families away from home due to a child in the hospital need a place they can call home and feel comforted. Chat with visiting families in the hospital waiting room and make sure the room is stocked with furnished snacks, drinks, games and videos. For more information contact Ms. Lisa McCarthy or Ms. Manya Stone at 798-2950.

Love to Help Kids? - Become a Recreational Assistant with a non-profit agency serving children and their families. Volunteers are needed to assist in supervising and coaching recreational activities and sporting events. Help provide a safe and orderly environment for recreational activities. To sign up contact Jo McIntel or Diane St. Laurent at Community Connections, 727-6460.

Help sort food at the Second Harvest Food Bank. - For the past 20 years, the LSS Second Harvest Food Bank has served as our community's dependable, cost-effective source for local non-profit agencies serving hungry children, seniors, ill and the needy. Help them by sorting donated food and restocking their shelves. Contact Joy Spaulding at 353-3663.

Outdoor gardening and carpentry work. - Tree Hill, Jacksonville's Nature Center, is looking for volunteers to assist with maintaining the gardens and nature trails; mulching; and minor carpentry repairs. If you can help out call Lucille Cortese at 724-4646 or Mr. Mark Mummaw at 724-9132.

Sailors encouraged to participate in Groundhog Job Shadow Day events

Groundhog Job Shadow Day offers an excellent opportunity for commands to assist in the education and enrichment of our youth by being positive role models and adult mentors in our communities. Commander Navy Region Southeast (CNRSE) urges all commands to conduct Groundhog Job shadow events on Feb. 2 with partner schools as an adjunct to the "Personal Excellence Partnership." The goal of this year's program is to provide one million of our nation's youth with job

shadow experiences.

The "Personal Excellence Partnership" (PEP) flagship of the Naval Community Service Program (NCSP,) sponsored by NavPers, is aimed at teenage students in the world of work. Sailors are encouraged to mentor our youth and to provide them volunteer service opportunities, such as tutoring, mentoring, providing technical expertise, and serving as role models to develop youth to their fullest potential in the

areas of education, healthy lifestyles, and civic responsibility. Goals include improving scholastic achievement, social and life skills, and providing vocational guidance.

Command sponsored projects for Groundhog Job Shadow Day support the PEP Flagship of the NCSP. In addition, personnel may apply these community service hours toward the military outstanding volunteer service medal (MOVSM.) See your command NCSP coordinator or Command Mas-

ter Chief for more information on the NCSP or the MOVSM.

Following Groundhog Job Shadow Day, commands are to report their participation to the CNRSE Community Services Program Office by fax to 542-0422 DSN: 942 or by email to akenss@cnrse.navy.mil. Include the following information: number and grade level of students hosted and the name, phone number, and email address of the command coordinator for the event.

JAX SPORTS

Sports officials and Scorekeepers needed

The North Florida Military Officials Association is looking for individuals to officiate soccer, softball, football, and volleyball at NAS Jax. Scorekeepers are also needed for basketball and softball leagues. Experience is not required. If you are interested in officiating and scorekeeping contact George Phillips at 387-2047.

Women's Basketball League forming

NAS Jax Athletics would like to form a women's basketball league to begin in March. If you are a female

active duty, military dependent over 18, or DoD civilian then you are eligible to participate. Teams and individual players are needed. Call the NAS Jax Gymnasium for more information.

Men's, women's varsity basketball and softball coaches needed

The NAS Jax Athletic Department is looking for experienced individuals who would be interested in coaching varsity basketball and softball teams. The varsity teams are comprised of the top NAS Jax active duty athletes and represent NAS Jax in community, regional, and national level tournaments. Military and civilian personnel are eligible to

coach the varsity teams. Interested personnel should contact Bill Bonser.

Intramural Soccer meeting set for Feb. 2

The Intramural Soccer League is open to all NAS Jax active duty personnel and is a Captain's Cup event. The meeting will be held at the conference room in "The Zone" at 11:30 a.m. All interested personnel should attend the meeting to discuss the rules and to get the required paperwork to join the league.

Softball meetings scheduled for Feb. 15

The Intramural League is open to all NAS Jax active duty personnel and is a Captain's Cup event. The Greybeard League is open to all NAS Jax active duty personnel 33 years of age and

older and is a Captain's Cup event. The Women's League is open to active duty, dependents over 18, retirees, DoD and NAF civilian employees. The meetings will be held at the conference room in "The Zone" at 11:30 a.m. - Intramural; 12 noon - Greybeard; and Women - 12:30 p.m. The Open League is open to active duty, dependents over 18, retirees, DoD and NAF civilian employees. The meeting will be held at 4 p.m. at Mulligans. All interested personnel should attend the meeting to discuss the rules and to get the required paperwork to join the league.

For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239 or e-mail us at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil. Visit the MWR website at www.nasjax.navy.mil/mwr.

NAS Jacksonville to host Navy Run April 7

The Naval Air Station Jacksonville will host their 23rd annual Navy 10K Run/5K Walk Saturday, April 7, at 8 a.m.

Registration forms are available at the Fitness Source (Building 867) and the Base Gym (Building 614), both located on NAS Jacksonville. Pre-registration be held at the Holiday Inn, Route 17, in Orange Park on Friday, April 6, from 11:30 a.m. to 6:30 p.m.

The race is free to all active duty

personnel. The cost to all others is \$15 prior to April 7. The cost for non-military members registering the day of the race is \$20.

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

The race course will start on Child St. in front of the Navy Exchange Convenience Store, and

finish on Enterprise Avenue at the Child Street intersection.

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

Following the 10K race, awards will be presented for the top three male and female finishers, top Masters and Grand Masters, plus three males and females in each age group. The top male and female in the Wheelchairs Category will also receive awards.

Following the 5K walk, the top 10 male and female finishers will receive awards (no age group); as will the top three military teams (maximum five members per team).

There will be a shoe fair outside the Navy Exchange the morning of the race.

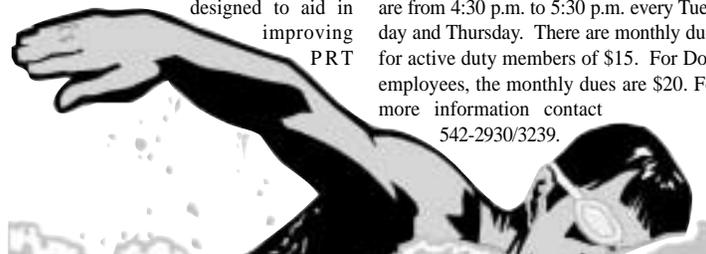
The Navy 10K race is part of the Jacksonville Grand Prix circuit. For additional information call 542-2930 or 542-3518.

Master's swim team needs you

Do you think you need help with improving your swimming times? The NAS base gym will be the home of the Master's Swim team. The Master's Swim Team was designed to aid in improving

swim times by introducing the swimmer to different stroke techniques that shave off seconds in the water. The coached program will begin Tuesday, Jan. 16. The meeting times are from 4:30 p.m. to 5:30 p.m. every Tuesday and Thursday. There are monthly dues for active duty members of \$15. For DoD employees, the monthly dues are \$20. For more information contact 542-2930/3239.

PRT



Standings

Intramural Basketball League

Team	Wins	Losses
AIMD	9	0
TPU 7	2	
VP-30 O'S	7	2
Air Ops	6	3
Supply	5	4
VP-30 E's	4	5
VP-16	3	6
VP-5 3	6	
HS-75	1	8
HS-5 0	8	

Greybeard Basketball League

Team	Wins	Losses
NAMTra	2	0
2BN351	2	0
CPRW-11	1	0
FACSFACS	1	1
VS-30	0	1
NCTS	0	2