

JAX AIR NEWS

Vol. 59 • No. 9

NAS Jacksonville, Fla.

March 8, 2001



Photo By Jeff Hilton

Prep work -- VS-30's AMS1(AW) Don England, prepares the S-3B Viking on display at Heritage Park to wear his squadron's logo. The "Diamondcutters" won the coveted Commander Naval Air Force, U.S. Atlantic Fleet Battle Efficiency 'E' for 2000. See story on page 3.

Bush recommends budget to strengthen, transform military

WASHINGTON, Feb. 28, 2001 — President Bush has recommended a defense budget of \$310.5 billion for fiscal 2002.

Bush spoke before a Joint Session of Congress Feb. 27. Overall, the fiscal 2002 budget request is a "reasonable" 4 percent over the fiscal 2001 budget. The fiscal 2001 DoD budget is \$296.3 billion.

The budget request concentrates on personnel. It includes an extra \$1.4 billion for a boost to military pay and another \$400 million to build or refurbish military housing.

"The budget I propose to you also supports the people who keep our country strong and free, the men and women who serve in the United States military," he said. "I am requesting \$5.7 billion in

increased military pay and benefits and health care and housing. Our men and women in uniform give America their best, and we owe them our support."

Bush said the U.S. military will change. In documents released by the Office of Management and Budget, Bush called for changes in the Cold War strategy that continues to dominate the American military. The threat of a massive nuclear attack from the Soviet Union has been replaced by threats from rogue states bent on acquiring weapons of mass destruction and terrorism.

"We'll promote the peace," Bush said. "And we need a strong military to

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Nancy Reagan christens carrier named for former president

WASHINGTON — It only took one swing for former first lady Nancy Reagan to break the traditional bottle of champagne across the bow of the Navy's newest aircraft carrier, named for her husband.

President George W. Bush assisted in the christening of the USS Ronald Reagan in Newport News, Va., March 4 in freezing temperatures and steady rain.

"I wish he were here," Reagan said of her husband afterward, "but in a way I think he is." Former President Ronald Reagan is suffering from Alzheimer's disease and rarely appears in public.

The christening coincided with the Reagans' 49th wedding anniversary. "We thank the Navy for giving us such a wonderful present," said the former first lady, calling the ship "such a little

thing." Nancy Reagan is perhaps best remembered for introducing the "Just Say 'No'" campaign against drug use while her husband was president.

Bush took the opportunity to "rededicate American policy to Ronald Reagan's vision of optimism, modesty and resolve."

"We must have a military that is second to none, and that includes a Navy that is second to none. Today's world is different from the world in Reagan's era," Bush said. "Our present dangers ... come from rogue nations, from terrorism, from missiles that threaten our forces, our friends, our allies and our homeland," he said. "Our times call for new thinking, but the values Ronald Reagan brought to America's conduct in the world will not change."

The USS Ronald Reagan will be the Navy's ninth Nimitz-class carrier. One more is to come on line after the Reagan.

"Its crew will ... reflect the bonds of trust and respect between Americans and their military," Defense Secretary Donald Rumsfeld said of the 6,000 sailors who will eventually call the 1,096-foot ship home. The carrier will also house a fleet of 80 aircraft when it is delivered to the Navy in early 2003.

Bush noted the new ship has one less level to the island on its main deck than those of its predecessors. "That empty space will be filled with cables that will tie the ship into a vast network that connects information and weapons in new ways," he said. "This will revolutionize the Navy's ability to project American power over land and sea."

Other changes include a redesigned bow for improved flight operations and more living areas for women than on previous carriers, Newport News Shipbuilding officials said.

Virginia Sen. John Warner told Reagan her personal strength and courage will be given to the ship to protect its crew.



Photo by Sgt. Ramona Joyce

Former first lady Nancy Reagan swings a champagne bottle at the bow of the USS Ronald Reagan, the Navy's newest carrier, named for her husband. President George W. Bush and Newport News Shipbuilding Chairman William P. Fricks accompany her.

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Jax Air News now online at www.nasjax.navy.mil

Meet a Sailor... Steven J. Tuesburg



Job title/ command: Equipment operator first class/ CBU 410

Hometown: Manitowoc, Wisc.

Past Duty Stations: Amphibious Construction Battalion, CBU 401, NMCB 4, NAS Sigonella (Public Works), and CBU 410

Family life: Single parent to son, Nathan, 14.

Career plans: To stay in the Navy, as long as I can.

Most interesting experience: The first night after the embassy attack in Beirut, Lebanon.

Words of Wisdom: "The grass is always greener on the other side, yet the grass still needs to be cut."

Meet a Civilian... Rachel Brunetto



Job title: Navy Exchange Barber at the officer's barracks.

Hometown: Marlborough Conn.

Past duty Stations: This is my first one.

Family: My husband Matt and I have two dogs.

Career Plans: To own my own salon.

Most interesting experience: Working with the military.

Words of wisdom: "Never pass up a good situation."

Bush: President addresses Congress

Continued from page 1

keep the peace."

The military must change if it is to remain relevant and able to defend the country and American interests. "Our defense vision will drive our budget, not the other way around," Bush said.

He said the budget request makes a "down payment" on the research and development necessary to transform the military. In the OMB document, Bush calls for an increase in military research and development of \$20 billion between fiscal 2002 and 2006. In fiscal 2002 that increase would be \$2.6 billion.

Bush also wants to allocate 20 percent of research and development funds to especially promising programs that will give U.S. forces weapons systems that are "generations ahead" of any rival.

What programs these may be and what other changes will come to the defense budget must wait until Defense Secretary Donald H. Rumsfeld finishes his top-down review of the department. However that review goes, however, it is clear that the military needs new rounds of base closures, the OMB document says.

Bush told Congress the United States must "develop and deploy effective missile defense." He has called development of such a system "the most pressing national security challenge." The budget request calls for a missile defense system to "protect our deployed forces abroad, all 50 states and our friends and allies overseas."

The proposed budget is now the subject of debate in Congress. Its details will change as representatives and senators hold hearings on the various aspects of the request.

Chapel announces Lenten - schedule for Catholic and Protestant Services

St. Edwards Chapel (Catholic) On Mustin Road

- Fridays of Lent (Days of Abstinence)
- March 9
 - March 16
 - March 23
 - March 30
 - April 6
 - April 13

Stations of the Cross

- March 11, Sunday, at 11 a.m., Pre-K/1st/2nd Graders
- March 18, Sunday, at 11 a.m., 3rd/4th graders
- March 25, Sunday, at 11 a.m., 5th/6th graders
- April 1, Sunday, at 11 a.m.,

7th/8th graders

- April 5, Thursday, at 7 p.m., Lenten Communal Penance Service Confessions

All Saints' Chapel (Episcopal/Protestant) On Birmingham Road

- Thursdays of Lent
Lenten Meditations in Chapel at 7 p.m.
- March 8
 - March 15
 - March 22
 - March 29
 - April 5
 - April 12

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JAX AIR NEWS

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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:

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AirLant Battle 'E' awarded to 'Team Diamond'

By Lt. Jason Munos
VS-30 PAO

The "Diamondcutters" of Sea Control Squadron (VS) 30 were awarded the prestigious ComNavAirLant Battle "E" for the year 2000 on Feb. 21.

The Battle "E" award is based on overall battle efficiency but more specifically, excellence in operational success, combat readiness and mission accomplishment. VS-30's Commanding Officer, Cmdr. Jim Wagner cited "teamwork" and professionalism as the cornerstone of the successful year the "Diamondcutters" enjoyed.

Several factors led to "Team Diamond's" selection for the Battle "E." First and foremost is VS-30's true team attitude and dedication to goal accomplishment. Since the 1998 deployment, the "Diamondcutters" have re-dedicated themselves to improving efficiency, capability, and what Command Master Chief AFCM(AW/NAC) Tom Welden calls a dramatically improved "Esprit de Corps."

In 2000, VS-30 flew 1,970 hours and 1,302 arrest-



ed landings upholding a 97% sortie completion rate. The incredible "Team Diamond" maintenance department was the foundation that enabled the squadron to achieve this true mark of operational and material readiness. VS-30 continued to stand at the forefront of tactical innovation, by re-introducing limited USW operations and successfully launching a Harpoon missile in the Jax MOA during the Inter-Deployment Training Cycle (IDTC). VS-30 was the first Viking squadron tasked with the full

integration of the new Carrier Aircraft Inertial Navigation System (CAINS) II navigational system into the fleet environment including summer in the Arabian Gulf and winter in the Mediterranean. The CAINS II upgrade was met with great anticipation and VS-30 paved the way with successful fleet implementation and operational success.

In June of 2000, VS-30 embarked on their six-month deployment. Highlights of the cruise include participation in Operation Southern Watch and Operation Joint Forge/Joint Guardian. The NATO exercise Destined Glory allowed VS-30 to gain proficiency in combined operations with a multitude of countries. VS-30 flew 157 hours in only eight days in support of Destined Glory.

The "Diamondcutters" were proud to achieve their 21st year safety milestone of 75,000 mishap-free flight hours in 2000. With an incredibly successful IDTC and what has been termed the "perfect" cruise, the "Diamondcutters" of VS-30 are proud to represent the Viking community in accepting the U.S. Atlantic Fleet's 2000 Battle "E."

NAS Jax observes Women's history in March

Throughout the ages, women have contributed many great things to society and the world. March is Women's History Month. Beginning this week and running through the end of the month, the NAS Jax Multi-Cultural Committee will be running a series of articles highlighting the accomplishments of women throughout history. The committee's emphasis on women's history will culminate with a

celebration breakfast/seminar on March 22 at the NAS Galley. Three accomplished women aboard NAS Jacksonville, Cmdr. Mary Crawford, Cmdr. Wanda Richards of Naval Hospital Jacksonville and Sheila Blackley, will be featured at the event. Base personnel are invited to join this celebration of women's history.

Here are a few fun facts pulled from the history files. Did you know...

- Elda Anderson helped to develop the atomic bomb?
- Joan Ganz Anderson created Sesame Street?
- Eunice Kennedy Shriver founded the Special Olympics?
- Nettie Stevens discovered that the X and Y chromosomes determine gender?
- Mary Anderson invented windshield wipers?

- Jennifer Lopez was the first artist to have both the number one movie and the number one video simultaneously?
- Lucy Stoner was the first recorded married woman to keep her maiden name?

These are just a few examples of the different ways women have helped to shape our world. Stay tuned next week to learn even more.

Civil Service job applications made easier with Resumix

Many employees have discovered that applying for promotion or a different job is now easier under the Resumix process. Applicants can now apply for any occupational series serviced by the Human Resources Service Center, Southeast (HRSC-SE), at any time simply by submitting resume through the new on-line resume builder. Employees can build their resume and submit it electronically right from the HROJax website.

To view all the available occupational series serviced within HRSC-SE visit the HROJax web page at www.hrojax.navy.mil. HROJax has established the following Resumix tips from lessons learned:

- List only recent, relevant training. Resumix identifies training courses as skills. Resumix identifies the first 199 skills or skill items in a resume. It is possible to list so many training courses that the 199 skills will be identified

before items such as education, professional certifications, and licenses, etc. could be reached in the resume.

- Electronic resumes need to be sent within the body of the e-mail message itself. Do not send your resume as an attachment. Any e-mail received containing a resume as an attachment will not be opened and processed. Applicants will be notified should this occur. The e-mail address used to submit an electronic resume is wantajob@se.hroc.navy.mil. Applicants using Resume Builder or submitting through e-mail will receive an AutoReply message that the resume has been received. Applicants submitting hard copy resumes will receive a written notice that the resume was received.

- Applicants will be notified if their resume cannot be processed to the applicant pool. Incomplete data sheets or lack of appointment eligibility are the most common reasons resumes are not processed into the pool.

- Once your resume has been added to the applicant pool, you may self-nominate for other announced series by using the Application Express button located at the bottom of the appropriate job announcement on our web page. Alternatives to using the Application Express button include sending the self-nomination information to Wantajob@se.hroc.navy.mil or mailing a hard copy of the self-nomination information to 9110 Leonard Kimble Road, Stennis Space Center, MS, 39522.

- When you submit a new resume, even if it is a duplicate of the one already submitted, the new resume will cause all additional series self-nominations and Additional Data Sheet information you had on file to be inactive. If you submit a new resume, you will need to self-nominate again for the other series.

- Resumix identifies best-qualified candidates based on key skills identi-

fied by the manager. It is possible to be basically qualified for a position and not possess any of the key skills required to be best qualified. Basic qualifications are reviewed only after identification of applicants matching the key skills for the specific position being filled.

- Information on representative types of duties for a particular series can be found on OPM's web page at www.opm.gov under the Classification section. Information on the qualifications required for a certain job series can be found on OPM's web page at www.opm.gov under the Qualifications section.

- If you forgot your Resume Builder password send an e-mail message to RESUMIXQUESTIONS@se.hroc.navy.mil requesting that your account be reset. Be sure to include your name as it appears on your resume and your social security number.

Antiterrorism and force protection training required by all commands

All Commander in Chief, U.S. Atlantic Fleet (CinCLantFlt) units must hold antiterrorism and force protection training before March 16. Tenant command Anti-terrorism Training Officers must complete all requirements of the CinCLantFlt tasking message. Tenant command physical security plans will be integrated with the NAS Jacksonville physical security plan. NAS Jacksonville Physical Security Officer Neil Manley, 542-2668, will answer security plan questions.



Disposition of Personal Effects:
 Capt. Mark G. Hoelscher (USAF), 68FS/DOFC is authorized to make disposition of the personal effects of Capt. Justin B. Sanders (USAF), 33FTS. Any person or persons having claims for or against the estate of the deceased should contact the above named Summary Court Officer at DSN 460-3175 or Comm (229) 257-3175.

MARCH WEATHER FACTS

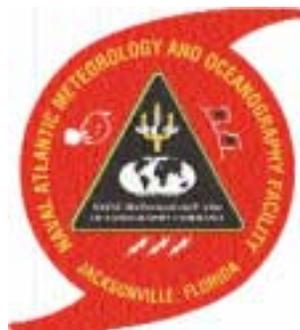
The Naval Atlantic Meteorology and Oceanography Facility at NAS Jacksonville provides the following weather facts for March:

- Record low temperature in March is 23F - 1980.
- The average temperatures and precipitation for March are:
 Maximum Temperature = 74F
 Minimum Temperature = 53F
 Rainfall = 3.70 inches

2001 Fire Season Forecast

- Rainfall for the last 5 months totals 5.40 inches, or 8.10 inches below normal - a 62 percent deficit.
- A December through January freeze increased fire risk due to its "Drying Effect."

- The latest Climatic Prediction Center outlook predicts drought-like conditions will persist through May 2001.



Seabees, Engineers celebrate anniversary

Seabees and the Civil Engineer Corps from North Florida and South Georgia will celebrate their anniversaries at the 2001 Seabee Ball Saturday, March 24 at Ramona Pavilion, 7166 Ramona Blvd. Jacksonville.

Rear Adm. Michael Johnson, CEC, Commander, Naval Facilities Engineering Command will speak.

A color and honor guard will perform. Seabees of the Year as well as the areas youngest and oldest Seabees will be recognized.

Festivities begin with cocktails at 6 p.m., dinner at 7 p.m. followed by dancing until 1 a.m.

Dinner will feature Chicken Marsala and Hunter Style Top Round of Beef.

Dinner Dress Blue is the recommended uniform. Civilian attire is semi-formal.

Individual tickets prices:

E1-E4:	\$10
WO2-O1:	\$20
O6 and above:	\$35
E5-E6:	\$15
O2-O3:	\$25
Civilians	\$25
E7-E9:	\$20
O4-O5:	\$30
Retirees	\$25

For tickets and information contact:

NAS Jacksonville
 EO1(SCW) VanHorn, 904-542-3385
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 SW1(SCW) Crews, 904-270-5225
 NavSuBase Kings Bay
 EA1(SCW) Stephens, 912-673-3618

Edwards named Aviation Aerospace Medical Technician of the Year

By JO2 Mike Jones

Assistant Editor

When HM1(AW) Gordon Edwards, leading petty officer, Branch Medical Clinic Naval Air Station Jacksonville, isn't working at the clinic, he usually makes it to Patrol Squadron (VP) 5 quarters. Recently, during one of his squadron's quarters, Edwards was named Navywide Aviation Aerospace Medical Technician of the Year.

"My skipper announced it at squadron quarters. I missed it because I was working over here. People started coming over to congratulate me, and at first I wasn't sure what they were talking about. I thought they might've been kidding." He was please to find out they weren't and that he had beat out nearly 500 other applicants for the title.

"He was selected because of his superlative outstanding superior performance. He's by far the most competent aviation medical technician I've ever seen," said HMC Philip Humphrey, leading chief petty officer, Aviation Medicine Department, Branch Medical Clinic NAS Jacksonville. "He takes pride in everything he does. He's the quintessential Sailor as far as I'm concerned."

Serving as a Hospital Corpsman wasn't the original plan when Edwards joined the Navy under the Delayed Entry Program in 1980. "I originally wanted to join the Navy as a Seabee, but I was told there was a two-year wait," Edwards said. "I noticed the rating symbol for Hospital Corpsman and thought, 'That looks interesting. I'll join that rate.'"

After graduating Boot Camp in Great Lakes, Ill., Edwards attended Hospital Corpsman A-School in San Diego. "I thought serving in this rate was going to be neat," Edwards said. "My whole time in the Navy's been great."

One aspect Edwards felt placed him above the competition was his involvement with local colleges in assisting ROTC students who will eventually enter naval service as medical officers. "For a



HM1(AW) Gordon Edwards was recently selected as Navywide Aviation Medical Technician of the Year.

lot of them, this clinic is the first glimpse into the military medical field," Edwards said. "Not just me, but the whole staff here helps to try and meet the needs of local ROTC students who are training to become military medical officers."

Edwards also tries to instill a strong sense of pride into the Sailors he serves with.

"He competed against approximately 500 personnel. "I try to teach them what I know. I try to train them to work me out of my job, while the chief's showing me how to eventually take over his job," he said.

Earning this title won't deter Edwards from continuing his duties, he said. "I'm very proud of this achievement, but I want to continue doing the job that earned me that recognition. I want to continue to take care of my people."

Edwards said Sailors should never pass up the opportunity to compete in these types of programs. "Always put together a package. Keep going - the worst thing someone can say to you is 'No.'" His next goal is to make the rank of chief on the next advancement cycle.

Edwards will officially receive the Aviation Aerospace Medical Technician of the Year award at the Aeromedical Problem Summary Course Conference in San Diego in May.

NAMTraU Sailor of the Year's career marked by leadership, resourcefulness

By **ATC Alton Wilks**

AS2 Anthony L. Schawang a native of Falls City, Neb. Was recently named Naval Air Maintenance Training Unit Jacksonville's Sailor of the Year. Schawang has served in the U.S. Navy since 1989, enlisting out of Council Bluffs, Iowa, after graduating from Falls City High School.

Schawang has been a leader throughout his Navy career. He graduated at the top of his "A" School class in Millington, Tenn., prior to taking orders to the USS Dwight D. Eisenhower (CVN-69) and setting out on his first six-month deployment in February 1990. During that cruise, he served in Operation Desert Shield. After his ship made an 18-month turn-around, Schawang and the rest of the Eisenhower's crew found themselves again in the Persian Gulf supporting Operation Desert Storm. During that tour, Schawang advanced to third and second class petty officer in less than four years, was selected as the USS Dwight D. Eisenhower Blue Jacket of the Quarter and



AS2 Anthony L. Schawang

was Junior Sailor of the Quarter for AIMD. He was Collateral Duty Inspector for five different work centers and was recipient of a Navy and Marine Corps Achievement Medal for his duties as a Flight Deck Troubleshooter.

Reporting to NAMTraGruDet Jax in May 1993, Schawang was assigned to MTU 3032 as an Aviation Support

Equipment "C" School Instructor. Over his three-and-a-half-year tour, Schawang conducted 4,800 hours of instruction to more than 320 Navy, Marine Corp, and civilian students, attaining a 100 percent graduation rate and a final GPA of 94.8 percent with zero attrition, did three formal course reviews, and executed one new course development. Highlights of this tour include selection as Junior Instructor of the Quarter, Pistol Marksmanship Medal, and another Navy and Marine Corps Achievement Medal.

Leaving NAMTraGruDet Jax, AS2 Schawang reported to the USS Enterprise (CVN-65) in December 1996. He was initially assigned to AIMD 910 as work center supervisor, but shortly after his arrival, he was advanced to First Class Petty officer and moved to Flight Deck Troubleshooter Leading Petty Officer, and then ultimately into the Support Equipment Production Leading Petty Officer position. Schawang then embarked on another six-month deployment to the Persian Gulf where the USS Enterprise was the driving force behind Operation Dessert Fox.

Schawang was able to keep a 100 percent availability rate and a 98.5 percent RFI rate through the entire deployment. Highlights of the tour include designation as an Aviation Warfare Specialist, two Navy and Marine Corp Achievement Medals, Flag Letter of Commendation, Senior Sailor of the Month and Sailor of the Quarter for AIMD, and CDI inspector for five work centers.

Schawang reported to NAMTraU Jax in November 1999, where he was hand-picked to be Instructional Systems Development Leading Petty Officer. Highlights of this tour include the streamlining of Curriculum Development procedures; designation as Master Training Specialist and achieving Instructor qualification within six months of reporting, designation as the NAVOSH Officer for all of NAMTraU Jax, selection as NAMTraU Jax Senior Sailor of the Quarter and finally Senior Sailor of the Year.

Petty Officer Schawang is married to the former Nicole Maureen DeAntonis. They reside with their children, Taylor, and Jacquelyn, in Middleburg, Fla.

VS-31 XO's birthday opportunity for 'Topcat' fun

By **Lt. j.g. Josh Keever**
VS-31 PAO

Cmdr. Randy Wood, Sea Control Squadron (VS) 31's executive officer, celebrated his 40th birthday Feb. 12 onboard the USS John F Kennedy, CV-67, while conducting support missions for CEC testing and evaluation.

The Kennedy, on her way to the Puerto Rican Operations Area, has been conducting Flight Deck certifications as well as Carrier Qualifications for Air Wing Seven pilots. The VS-31 "Topcats" flew two jets onboard the morning of Feb. 9 and will be embarked through Feb. 19.

Wood was greeted in the "Topcat" Ready Room by a birthday cake and punch provided by the JFK wardroom. All "Topcats" were present to congratulate Wood on such a milestone.

In addition, significant events throughout history occurring on Feb. 12 were read to the ready room. Such events include the birth of U.S. President Abraham Lincoln, the birth of baseball great Joe Garagiola and the release of American POWs from Vietnam.

Later that evening the "Topcat" Sailors greeted Wood with a cere-

monial "binding to the Stokes litter." The "Topcat" XO was bound with ordnance tape, blind-folded, and carried to Air Operations where he stood duties as night Viking Rep.

When asked for his reflections on the day's past events, the XO responded, "Yeah, I could have taken Chief Parmley (AOC Thomas E. Parmley), but I didn't want to strain my back and hurt my golf game."

When asked how it felt to be "over the hump," Wood replied, "I'm not quite there yet, I intend to live to be 110!"

Wood will take the helm from current "Topcat" Commanding Officer Cmdr. James Gregorski in July. The "Topcats" extend their congratulations to Wood and best wishes for another 70 years.



Wood stands his Air Operations watch under the watchful eye of Deputy Commander Carrier Air Group Seven (DCAG) Capt. Bill Gortney.



Cmdr. Randy Wood cuts into his birthday cake.

NAMTraU Jax celebrates African-American History

By ATC Alton Wilks

Naval Air Maintenance Training Unit (NAMTRAU) Jacksonville was the site of a well-received presentation in observance of African-American/Black History Month on Feb. 26.

In keeping with the Navy's observance of African-American/Black History Month, NAMTraU Commanding Officer Cmdr. Hal Harbeson, executive officer and staff of NAMTraU gathered in the "Blue Room" to listen to keynote speaker Lt. Cmdr. Troy Johnson.

Themes of the celebration ranged

from the ever-changing face of the Navy to changes in American society and contributions made by African-Americans. The presentation featured renditions of excerpts from several of Dr. Martin Luther King Jr.'s landmark speeches.

The audience was moved to a standing ovation at the conclusion of Johnson's eloquent speech. The participants and guests were then treated to a feast of African-American cuisine to round out the celebration.

The event was a success and was made possible by the following NAMTraU Jacksonville staff mem-

bers: Lt. Pete J. Dalve, AEC Alfred M. Sawyer, AT2 James A. Kelly, AT1(AW) Sheila Fletcher, AT2 Demetris Harris, AZ1 Kirk Beringer and YNSN Soyla Gobert. Johnson is

a native of Leavenworth, Kan. and now serves as a Weapons/Tactics Department Head with Light Antisubmarine Helicopter Squadron (HSL) 46 at NavSta Mayport, Fla.



Navy personnel discuss diversity in the armed forces before dining on delicious African-American cuisine



Lt. Cmdr. Troy Johnson recites a famous speech Dr. Martin Luther King, Jr. delivered during the civil rights era.

FASOTraGruLant takes time to honor Black American contributions

By JO3 Jackey Bratt
Staff writer

Wednesday, Feb. 28, marked the last day of the “official” celebration of African American History Month. As I reflect on all the luncheons and celebrations that went on, I question if people really understand why there were events in February to celebrate African American History.

Sure, we all can look around and see that our co-workers may have a different hue in their pigmentation, but do we know how much richness is held in their cultural backgrounds and do we appreciate the diversity that we could incorporate into our daily lives?

At Fleet Aviation Specialized Operations Atlantic’s second annual cultural diversified African American Luncheon on Feb. 28, Dr. Brenda Simmons, dean of students, FCCJ North Campus, explained to an audience of approximately 60 Sailors and civilians the importance of appreciating and understanding diversity.

“Celebrating different cultures is vital

to the growth and development of understanding one another,” commented Simmons.

When you talk about celebrating diversity everyday, one must link it to human dignity and human worth, and respect for one another. That is a way of life. How we treat our fellow human beings can determine what kind of person we are. Many focus on the differences of others as a negative when in reality it is a way of expanding our minds.

“The problems and challenges we face as war fighters are so complex and diverse that without the contributions that all of us make, we are never going to be able to solve those problems,” said Cmdr. Mary Crawford, Officer in Charge, FASO.

Crawford added, “Having people from different ethnicities, backgrounds, and cultures makes it possible to defend the United States of America.”

Diversity challenges us to move beyond our work-site structures to engage, understand and respect differences and similarities among people and cultures.



(Top) Distinguished Navy personnel focus on Simmons’s ideal ways of living.



(Right) Wade Brasewell fills his plate at the FASO celebration.



Guests listen to Dr. Brenda Simmons’s message of celebrating and learning to embrace diversity.



Cmdr. Mary Crawford (left) and guest speaker Dr. Brenda Simmons (center) choose dessert as they move through the line at the FASO luncheon.

Volunteers, trophies needed for NAS Jax Special Olympics

By Rick Crews

NAS Jacksonville Public Affairs

Here's a chance to make a difference in the life of someone very special.

NAS Jacksonville is in need of volunteers to help with approximately 800 Special Olympic athletes who are expected to participate in the Area Five Special Olympic Spring Games at the air station on Saturday, March 31. The Special Olympics athletes, from children to adults, will compete in a variety of events including running, throwing and the long jump.

About 900 volunteers are needed to be "Buddy" or "Event" volunteers.

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

Event volunteers are asked to report by 8:30 a.m. They will help coordinate the athletic events or work in the Olympic Village, where other

activities are available for the Special Olympic athletes who are in between events.

Volunteers may sign up at the following email addresses (make sure you include your name, address, telephone number and e-mail address):

Buddy Volunteers
battlear@nasjax.navy.mil (MMCS Battle, 542-3082)

Event Volunteers
dbonser@nasjax.navy.mil (Bill Bonser, 542-2930/3239)

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

All volunteers will receive complimentary beverages, lunch and recognition certificates. Volunteers will also receive a complimentary event t-shirt on a first-come, first-served basis.

The overall coordinator is Lt. Ricardo Byrdson, gbyrdson@nasjax.navy.mil, 542-2566.

Local Navy Nurse becomes a Naval Flight Officer

In a ceremony last week at Naval Hospital Jacksonville, Emergency Department Nurse Lt. j.g. Marie Campbell turned in her oak leaf for a line star.

Campbell was the only officer worldwide selected for redesignation as a Naval Flight Officer.

"I am very excited about entering the operational side of the Navy," shared Campbell. "I have enjoyed working the support side and I believe that the experience that I have received from working as an emergency room nurse will make me an even better Naval Flight Officer. Nursing has taught me to routinely

make important decisions under less than desirable circumstances."

Campbell, a St. Augustine, Fla. native, expressed that her love for the Navy and airplanes influenced her decision to cross over into the flight community.

"I love the Navy and I hope others view my career change as an incentive for them to pursue their dreams."

Campbell added that as a midshipman a ride in an F-18 stirred a love and passion for the flight community. The future goal for this "career Sailor" is to command a squadron and to become the first female air wing commander.



Lt.j.g. Marie Campbell (right) reviews a patient's chart with Lt. Stacy Hill, a staff nurse in the Emergency Department.

Navy midwives provide another option for OB care

JO2 Lea Vonda Battle

Naval Hospital Jacksonville Public Affairs

Naval Hospital Jacksonville Certified Nurse Midwives are a key part of the hospital's Obstetric (OB) team, providing expecting mothers with trained care and a "personal touch."

The origin of the midwife is unknown, yet, in times past the help of supportive others has been a necessity for women giving birth. At some point in history, experienced women were identified and designated as the "wise one" who should be in attendance to assist during child bearing.

Today, Navy Medicine has Certified Nurse Midwives who are not only wise but professionally trained to give support and assistance during pregnancy and delivery.

Naval Hospital Jacksonville's Certified Nurse Midwives, Lt. Cmdr. Mary Allen, Lt. Cmdr. Alice Cagnina and Lt. Tani Corey, provide top notch, professional obstetric and gynecological care that includes the personal, compassion-

ate care that is synonymous with the midwife profession.

According to the American College of Nurse Midwives, Midwifery education includes a complete knowledge of the female reproductive system. Training also includes how to diagnose and treat patients. In order to be credentialed as a Certified Nurse Midwife, a person must complete a nursing program and continue with graduate studies specifically in the field of Midwifery. After school, a graduate Nurse Midwife must pass a national exam.

"The hospital's midwives are trained professionals who offer expert care, education, counseling and support to women during pregnancy, childbearing and post-partum," said Cagnina. "We work with each woman and her family to identify their unique physical, social and emotional needs."

Cagnina added Midwives spend considerable time educating and counseling mothers and families during pregnancy on everything

from preparing the families for birth to general newborn care.

"We have a great group of people here at the hospital and clinic," expressed Cagnina. "We work as a team with all of our health care colleagues to ensure that our patients receive the best possible care and that's what makes being a part of Navy Medicine so great."

"Having a midwife to walk me through the entire process of care and child birth was one of the best decisions I made during my pregnancy with my son," said RP2 Crystal Payne, a patient in the hospital. "My midwife was so helpful. She was very comforting about the changes that I was experiencing and very thorough in her explaining everything to me."



Photo by JO2 LeaVonda Battle

Naval Hospital Jacksonville's Certified Nurse Midwife Lt. Cmdr. Alice Cagnina assures Naval Aviation Depot's Lt. Kristin Bourdon and husband, Patrol Squadron (VP) 30's Lt. Tim Bourdon, that all is well with their pregnancy during a visit to the hospital's OB/GYN clinic.

Hey, Money Man!



Hey, MoneyMan!

My supervisor told me that I should get rid of my credit cards and use "debit cards." I have four credit cards and an ATM card for cash. What are the advantages of debit cards over credit cards?

MoneyMan Sez

Both credit cards and debit cards have their advantages and disadvantages. Credit cards allow you to "purchase now and pay later." Debit cards are essentially the same as checks in that the money is deducted immediately when you use the card. Debit cards are better in controlling your spending because they do not allow you to spend money you do not already have in your account. But they carry a higher risk. If someone gets your debit card and PIN, they can clean out your account. Credit cards cap your liability if you lose your card at

\$50.00. The biggest problem with credit cards is purchasing items and then carrying a balance. It is easy to get over your head in debt by the misuse of credit cards. Do you pay your balance in full, every month? If so, you are ahead using credit cards. If not, you may want to try using debit cards to help you monitor and control your spending.

Hey, MoneyMan!

I am a 20 year old E-3, I just checked into NAS and went through Base Indoctrination. Some guy came and talked to us about saving for retirement. I can barely pay my regular bills and I really don't have any money left over. Besides, I intend to stay in the Navy and I will get a retirement check for life. Shouldn't these lectures about retirement be given to those retiring? I don't have time for that stuff right now.

MoneyMan Sez

Did you listen to the lecture or sleep through it? Try this little test. Go talk to 20 Chief Petty Officers and see if you can find one who will say he or she started planning for retirement too soon. Most, if not all, of them will say they started too late. Although your military retirement is a good plan, it is not designed to "stand alone" in maintaining your lifestyle at the time you retire. It should be augmented. The sooner you start saving and investing, the better. For example, if you invest just \$50 per payday and get a 10 percent average return, you will have around \$240,000 in savings when you have 30 years in service. That means you will have an extra \$2,000 per month to augment your retirement. Waiting 10 years to get started means you will have to wait 10 years for the investment return. The best time to start your investment plan was when you were born. The next best time is now!

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

Free tax help available on base

Free tax assistance in preparing and filing your taxes, including electronic tax filing, is available aboard NAS Jacksonville.

The VITA center at NAS Jacksonville is located in Building 610 across from Yesterday's CafÉ and Vital Signs. The VITA Center will provide FREE tax preparation and filing services until April 16. The hours of operation for walk-ins are 9 a.m.-5 p.m. Appointments are scheduled from 9 a.m. - 11a.m. and 1 p.m. - 4 p.m., Monday through Friday.

Military in uniform have head of the line privileges from 11 a.m. until 1 p.m. daily. Command assist visits may be scheduled by contacting LNC (SW/AW) Jerald Sauls or LN1 (SW) Kimberly D. Martin at 542-2565, ext. 3003 or 3410.

For more information call LN1 Kimberly D. Martin at 542-2565, ext. 3410. Remember there is no need to spend money to have your taxes prepared and electronically filed when these services are offered to you for free and your local naval installation.

NAS Jax 'Paints The Town' in 2001



By JO2 Eric Clay
Staff writer

When it comes to bettering the Jacksonville community there's no one more involved than the Sailors, Marines and civilians based at NAS Jax. One program through which Navy volunteers have bettered the community year after year is the annual Paint The Town event which the USO with Navy volunteers supports through its "Shipmates With Heart" Program.

Each year, the Jacksonville Housing Partnership works with selected neighborhood associations to bring about extensive home repairs and neighborhood renewal. The Partnership sponsors the annual Paint the Town rehabilitation program that works with select homeowners to realize much needed maintenance upgrades for their residence. Most of the homeowners benefiting from Paint The Town are disabled or elderly and live on fixed incomes. The "Shipmates With Heart" program provides thousands of hours of Navy volunteer labor for this worthwhile event. Paint the Town averages repairs on about 40 homes per year.

Despite its name, Paint the Town isn't only about painting, they also perform plumbing tasks, carpentry, insulation, electrical and other maintenance needs. In April of last year, during the Paint the Town 2000 event, 50 organizations contributed more than 8,000 hours of volunteer work. The volunteer work consisted mainly of painting and landscaping.

Other participating organizations include the Jacksonville Jaguars, FCCJ/FACC, and WTLV-Channel 12, and Home Depot. Last year, local businesses donated funds amounting to \$75,430. Contributors included Publix, State Farm, Prudential, First Union National Bank, Anheuser-Busch, and other community businesses. Paint the Town offers a tax deductible donation program.

Recently, several groups from NAS Jax have been actively volunteering for the pro-

gram. The day I visited, Thursday, Feb. 22, the operation a group was there from Fleet Air Control and Surveillance Facility (FACSFac Jax). Lt. Mike Dyer and ETC David W. Tipps led the team of volunteers on their weekly efforts. Ed Suttan, a rehabilitation specialist affiliated with the Partnership, was on hand to direct the workers with his expert skills. The team from FACSFac volunteers once a week, usually on Thursday.

The FACSFac team consisted of ET2 John A. Gorham, ET2 Dave Flores, FC2 Marris Gill, ET3 Bradley G. Effner, ET3 Theresa M. Ledoux, AC3 Scott Brady, and AACA Brian Leach. Sgt. Raoul Hosein, a Marine from Blount Island was also participating that day.

Their job for the day was to prepare three homes to be painted located. The homes were located on the westside of Jacksonville. Preparing the homes consisted of stripping old paint, caulking, and painting window frames.

This enthusiastic team worked constantly, only taking breaks for drinks. Ed Suttan told me, "I have tell the team to take breaks because they are working so hard." He also said, "a civilian contractor asked me where I found my workers." Apparently, the contractor wanted to hire people that worked as hard as the team.

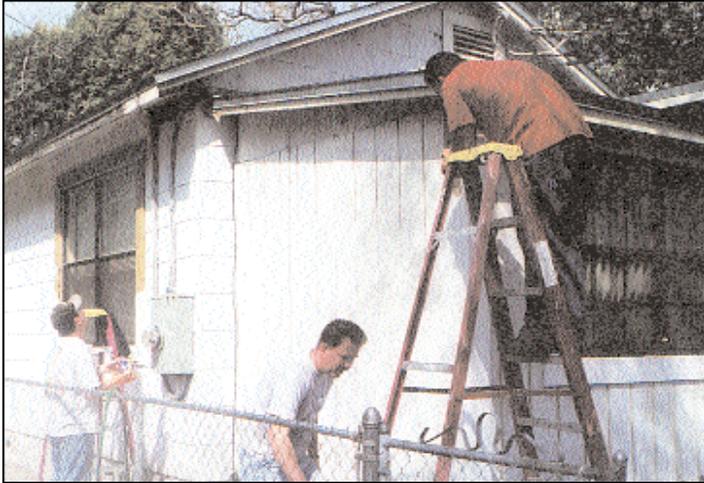
The team was in high spirits throughout the day. They said they felt good that they could help people that needed them. AC3 Scott Brady said he enjoyed the day so much, that he would be there again. ACAA Brian Leach was asked why he had volunteered and he responded by saying, "I just like to help people."

ET3 Theresa M. Ledoux said, "I'm sure that if anyone else were to come out and volunteer they would enjoy the experience as much as I am."

Military commands can get involved by calling JoAnn Dilling at the USO office (542-3106).



Ed Suttan, Lt. Mike Dyer, FC2 Marris Gill, ET3 Theresa M. Ledoux, ETC David W. Tipps, ET2 Davy Flores, ET3 Bradley G. Effner, the homeowner, ET2 John A. Gorham, USO's JoAnn Dilling, ACAA Brian Leach, Sgt. Raoul Hosein and AC3 Scott Brady.



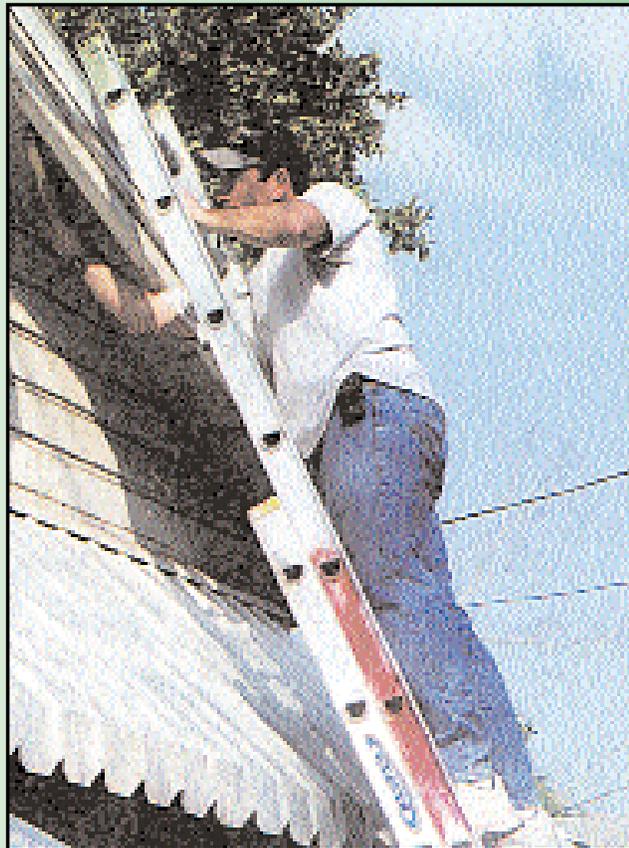
ETC David Tipps, Lt. Mike Dyer, Sgt. Raoul Hosein and FC2 Marris Gill enthusiastically add their brush skills to the Paint The Town project.



FC2 Marris Gill, ETC David W. Tipps, ET3 Theresa M. Ledoux and Sgt. Raoul Hosein prepare the home for painting.



EY2 John A. Gorham is paints some corner molding.



Lt. Mike Dyer is scrapes paint off the soffet of the home

Jaguars seek volunteers for 5K Draft Day Dash April 21

The Jacksonville Jaguars Special Events Coordinator is seeking 60 -70 volunteers to help with its first Jaguars 5k Draft Day Dash.

The Jaguars need help with registration, beginning at noon on April 21. Volunteer help is also needed with the start line, the course, two water stops, and the finish line.

Each volunteer will receive an event t-shirt, and lunch. Before, during and after the run there will be a Draft Day Fan Fest, with live coverage of the NFL draft and festivities concluding an hour after the end of the run.

Navy volunteerism will be rewarded with some free registrations into the run, as well as a Navy team for the Centipede run, which consists of 13 runners bound together, running the race in a team competition.

Some volunteers will need to be at AllTel Stadium by 11 a.m. for the registration, reporting to the Jaguars statue across from the Jacksonville Coliseum, where they will receive their t-shirts and responsibilities.

Other volunteers should report staggered in shifts around 3 and 4 p.m. The race begins at 5 p.m. and will be over by 6:30 p.m.

With Draft Day festivities ending around 8 p.m. Past volunteers with the Jaguars have been added to their game-day volunteer list.

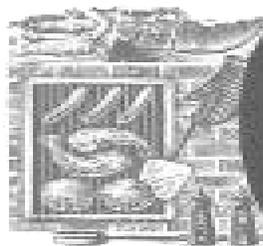
That consists of working with pre-game entertainment areas and a free ticket to a game.



Webster adds Procurement, Acquisitions Management M.A. Program

Webster University's, Department of Graduate Programs of the School of Business and Technology, is please to announce the addition of the M.A. in Procurement and Acquisitions Management program to its degree offerings. Classes will begin this spring. Anyone interested in this program should call 779-7124 for further information.

Webster University is a private, liberal arts institution accredited by the North Central Association of Schools and Colleges. Its main campus is located in St Louis, Mo. with extension campuses worldwide. It has one of the largest graduate business degree programs in the United States. It has two campuses in Jacksonville one at NAS Jacksonville on the second floor of Building 110, off Yorktown Ave., and one off Philips Highway at 6104 Gazebo Park Place South.



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

Grilled ham slices
Hash brown potatoes
Waffles
Assorted omelets
Oven fried bacon
Grits

Lunch

Lemon baked fish
Rice pilaf
Chicken gravy
Broccoli
Baked chicken
Mashed potatoes
Lima beans
Corn chowder

Dinner

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

Friday

Breakfast

Oven fried bacon
Hash brown potatoes
Oatmeal

Assorted omelets
Corned beef hash
French toast

Grilled bacon slices
Assorted omelets

Brunch



Lunch

Mexican pork chop
Spanish rice
Asparagus
Tomato noodle soup
Herbed baked fish
Scalloped potatoes
Mixed vegetables

Dinner

Salisbury steak
Home fried potatoes
Peas and carrots
Beef rice soup
Baked stuffed fish
Lyonnais rice
Summer squash
Brown gravy

Saturday

Breakfast

Grilled minute steaks
Cottage fried potatoes
Grilled pancakes

Grilled ham and cheese
Boston baked beans
Vegetable supreme soup
French fried potatoes
Mixed vegetables
Grilled bacon slices

Dinner

Herbed baked chicken
Chicken gravy
Okra and tomato gumbo
Minestrone soup
Jaegerschnitzel
Whipped potatoes
Steamed cauliflower
Egg noodles

Sunday

Breakfast

Corned beef hash
Hash brown potatoes
Waffles
Assorted omelets
Oven fried bacon

Grits

Brunch

Oven fried bacon
Cheesy bacon burger
Steamed corn
Glazed carrots
Cream of chicken soup
French fries
Assorted omelets

Dinner

Beef sauerbraten
Beef gravy
Green peas
Cream of chicken soup
Baking powder biscuits
Turkey pot pie
Rissolle potatoes
Stewed tomatoes
Steamed egg noodles

Monday

Breakfast

Minced beef w/toast
Hash brown potatoes
Grits
Grilled bacon
Assorted omelets

Lunch

Beef suriyaki
Filipino rice
Peas and carrots
Cranberry sauce
Brown gravy
Southern fried catfish
O'Brien potatoes
Cream style corn
Shrimp gumbo soup

Dinner

Grilled pork chops
Buttered noodles
Succotash
Vegetable soup
Braised beef cubes
Lyonnais potatoes
Brussel sprouts
Brown gravy

Tuesday

Breakfast

Creamed chipped beef w/toast
Strawberry pancakes
Assorted omelets
Hash brown potatoes
Oatmeal

Lunch

Chicken tetrazzini
Steamed rice
Steamed broccoli
Brown gravy
Iced yellow cake
Meatloaf
Oven browned potatoes
Steamed cauliflower
New England clam chowder

Dinner

Sweet and sour pork
Mashed potatoes
Cabbage wedges
Chicken noodle soup
Oven roast beef
Chow mein noodles
Seasoned corn
Brown gravy
Steamed rice

Wednesday

Breakfast

Grilled sausage links
Cottage fried potatoes
Grits
Grilled bacon slices
French toast
Assorted omelets

Lunch

Hungarian goulash
Stir fry vegetables
Steamed egg noodles
Mulligatawny soup
Garlic fish
Steamed carrots
Oven-glo potatoes

Dinner

Chicken adobo
Steamed rice
Cauliflower combo
Pepper pot soup
Tempura fish fillets
Parsley potatoes
Club spinach



VOLUNTEERS OPPORTUNITIES

Duval County School Teacher's Supply Depot - 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 anyone is interested, please leave a message for Christine Buckley, Depot Coordinator., at 390-2960 to arrange for an available volunteer time slot.

Habitat for Humanity of Jacksonville - Through 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 more info contact Diane Quick at HabiJax, 632-0949, ext. 240.

St. Jude's Children's Hospital Radiothon - March 8 & 9

St. Jude's Hospital, in coordination with WQIK, is holding a radiothon at the Orange Park Mall on March 8 and 9 from 5:30 a.m. to 7 p.m. each day to raise funds for the hospital. They are looking for groups of Navy volunteers to come in and help answer phones. Volunteers are promised to be well fed for their time and the cause speaks for itself. Contact Faye Kober at 886-9650 or via email at ladyinred32259@aol.com to sign up for a

shift.

Learning for Life March 12-16, 27-30 and April 2-30

The Learning for Life staff is looking for volunteers to help with instruction on fishing, team building activities, nature hikes and outdoor cooking, among others. Learning for Life is a character education program for children and participants will be 5th graders from various area schools. Volunteer hours are 9 a.m. to 2 p.m. each day at Camp Echocotee (Boy Scout Camp) off of Doctors Lake Drive. All volunteers will receive a complimentary lunch and T-shirt. For more information on the program go to <http://www.learning-for-life.org/>. To sign up contact MMCS Battle, NAS Jax Safety, at 542-3082, DSN 942.

City of Jacksonville Bob Hayes Invitational Track Meet Parade - March 16

Join the City of Jacksonville in their celebration of the annual Bob Hayes Invitational Track Meet by volunteering as a Parade Marshal. Volunteer Parade Marshals will help parade marchers line up in correct order and to begin their place in the parade on time. Volunteers are also needed at the parade's end to hand out box lunches and to guide visitors back to the Landing. Youth are welcome. Minimum age requirement is 16 years. For complete information call Sue Bisesi or Robin Cenizal at 630-1020.

Duval and Clay County 6th Annual St. John's River Celebration - March 17

The St. Johns River Celebration will be held on Saturday, March 17 in Clay

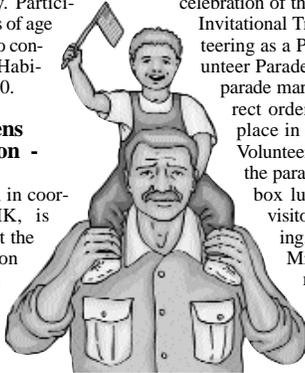
and Duval counties. Volunteers will be collecting litter at a variety of pre-selected sites scattered over the two counties. There will be site captains at each site to check in volunteers. Duval County volunteers will gather at noon at Metropolitan Park for a celebration where they will receive T-shirts, refreshments and enjoy some live entertainment. Clay County volunteers will gather at the Clay County Fairgrounds. This is a great opportunity to help clean up our river and to participate in the largest one-day, waterway cleanup in Florida. This is a family-friendly project - children are encouraged to volunteer with parental supervision. Minimum age of unsupervised teens is 18 years. For more information or to sign up for the Duval county event contact Sue Bisesi or Robin Cenizal at 630-1020. Clay County volunteers - call Tania Jolley at 284-6374 or 269-6374.

Wolfson Children's Hospital 15th Annual Kids' Day - March 17 & 18

Help Wolfson Children's Hospital celebrate kids health and safety on March 17 and 18 at WJCT Spring Fest at Alltel Stadium. Volunteers are needed to provide manned static display exhibits of Navy equipment for 911 Emergency Street and other areas of the event and to assist with the Bike Rodeo in which children will pick out a bike and learn about biking safety. Other volunteer opportunities will include face painting; assisting kids with arts and crafts; chaparroning at area featuring sand pile, kid's toys, and bubbles; and assisting with the wheelchair obstacle course. For questions concerning Navy static displays call Jane Moilanen at 202-1114. All other volunteer inquiries should be directed to Misty Jensen at 202-2919.

Jacksonville's Children's Commission Teddy Bear Picnic - April 3

The Jacksonville Children's Commission is looking for volunteers to support their Teddy Bear picnic scheduled for Tuesday, April 3, from 8:30 a.m. to noon at Metropolitan Park (across from Alltel Stadium). The picnic is for the benefit of Jacksonville area pre-schoolers who attend the event free of charge. Volunteers are needed to assist with outdoor children's activities and to distribute pre-made bagged snacks. All volunteers will receive a T-shirt and lunch. For more information or to sign up call Lissette Maldonado at 630-7251.



NAVY NEWS

TPU career counselors help win the 'War for People'

NORFOLK, Va. (NNS) — Transient Personnel Unit (TPU) Norfolk recently earned the Atlantic Fleet Retention Excellence Award by convincing record numbers of separating Sailors to "Stay Navy." How did the largest TPU facility in the Navy achieve this incredible "change of heart?"

According to Cmdr. Jeanne McDonnell, TPU Norfolk's commanding officer, it's a direct result of the superb efforts of her career counselor staff.

"In addition to keeping my staff retention above 75 percent, my career counselors reenlisted nearly 20 Sailors in the last six months who have come to TPU from other commands to separate," said McDonnell.

The command career counselor team provided separating Sailors with a comparison of the benefits of staying on active duty and what they can expect if they decide to leave the service. The career counselors also used Navy veterans who have recently returned to active duty to share their real-life experiences in the civilian sector with separating Sailors.

"In most of these cases, the information we provide is based on current job market information we get from the web," explained Chief Navy Counselor (SW) Matthew E. Ambrose. "Overall, we are very successful with TPU Sailors because most of them really don't want to get out in the first place."

Ambrose said a major factor in the TPU's ability to retain eligible Sailors is the quality and quantity of information available from the career counselor's offices. Technology has made it possible for a member to ask virtually any career-related question and get the right answer the first time without having to wait more than five minutes.

Navy Personnel Command's Center for Career Development (CCD) in Millington, Tenn., is planning to incorporate this best practices success story into its training program at future CCD career decision fairs.

CCD recognizes that the most important element of best practices is command involvement, and encourages other commands to be proactively involved in enhancing career development programs for their Sailors.

USS Cowpens aids in earthquake relief

MUMBAI, India (NNS) — USS Cowpens (CG 63) provided humanitarian relief supplies to Indian earthquake victims on Feb. 15 while simultaneously participating in the International Fleet Review "Bridges of Friendship" in Mumbai, India. The guided missile cruiser was

designated to represent the United States at the mega-event, which included more than 60 ships from around the world.

It was during the transit from Yokosuka, Japan to Mumbai that the tragic earthquake struck the northern Kandla/Bhuj area.

Cowpens made a scheduled stop in Singapore and took on more than \$80,000 worth of disaster relief supplies for the victims in India. The entire crew pitched in and stored numerous sleeping bags, tents, blankets, water bottles and many other essential items for delivery. In addition to these supplies, Cowpens was assisted by the Project Handclasp organization and received four additional pallets of various hygiene and medical supplies.

After arriving in Mumbai, the Cowpens crew received a warm welcome from the Indian government and coordinated an offload of the disaster relief supplies with the CARE organization in India. Sailors spent hours offloading the materials in small boats that were to be used as liberty vessels, but instead were diverted temporarily to transfer the relief supplies ashore.

A working party accompanied the material to a private wharf in Mumbai Harbor where Indian customs, police and CARE representatives had trucks waiting to load the material. Cowpens crewmembers joined local Mumbai workers and loaded the relief supplies, and the trucks then departed on their twelve-hour journey to the earthquake site.

Suprabha Agarwal, the state representative for the CARE organization, was overjoyed to receive the material and said that victims in Kandla will make good use of the relief supplies.

More information about USS Cowpens and other ships of the 7th Fleet can be found at <http://www.c7f.navy.mil>.

Navy increases enlistment incentives

MILLINGTON, Tenn. (NNS) — The Navy is offering a new round of signing bonuses worth up to \$20,000 and educational incentives worth up to \$50,000, available to recruits who sign up after Feb. 1 and leave for recruit training by May 31. This bonus is an increase over previous cash amounts. It is also now available to a larger number of occupational job specialties with bonus increases between \$1,000 and \$6,000.

Those who qualify can receive \$3,000 to \$14,000 in bonuses, paid upon successful completion of required training. To be eligible for the bonus, applicants must qualify for the job and have a high school diploma or GED (general equivalency diploma).

All Sailors with high school diplomas or GEDs (earned by the end of their first enlistment) qualify for the Montgomery

GI. Bill (MGIB). High school diploma graduates who earn a qualifying score on the Armed Services Vocational Aptitude Battery (ASVAB) could more than double the MGIB benefit by choosing an eligible rating and the Navy College Fund (NCF) Option. Qualified applicants choosing an enlistment term of four years or more can receive \$30,000; \$40,000; or \$50,000 in conjunction with the MGIB, towards their future education. Some skills also offer a combination of signing bonus and NCF.

For those who have already started college and are looking to pay back federally funded student loans, qualified applicants entering eligible skill areas can receive up to \$10,000 to pay back the principal on loans.

The Navy values educated, motivated young people and is offering additional cash enlistment bonuses for college credit. When combined with the new bonuses, total cash incentives can reach up to \$20,000. Specific amounts offered to eligible applicants for education credits are as follows:

- Associate's degree — \$4,000;
- Bachelor's degree — \$8,000;
- 1 year/1000 hours vocational technical education — \$2,000;
- 2 years/2000 hours of vocational technical education — \$4,000;
- 24-47 semester hours (or equivalent) of college — \$2,000;
- 48-71 semester hours (or equivalent) of college — \$3,000;
- 72-95 semester hours (or equivalent) of college — \$5,000;
- 96+ semester hours (or equivalent) of college — \$6,000.

For more information about Navy opportunities, contact a Navy Recruiter at (888) 633-9674 or via e-mail at <mailto:bonus@cnrc.navy.mil>.

Senior enlisted leaders mentor recruit divisions

GREAT LAKES, Ill. (NNS) — Two recruit divisions currently in training at Recruit Training Command (RTC) Great Lakes are being linked to the fleet through an innovative process that has master chief petty officers mentoring recruits throughout basic training.

The Navy Personnel Command and Commander, Naval Surface Force, Atlantic (ComNavSurfLant) have adopted Divisions 113 and 114, respectively.

"Sponsoring a division gives the opportunity for field groups to interface with recruits and serves as a great motivational tool," said Force Master Chief (SW/AW) Bill Slingerland of ComNavSurfLant. "It also gives us a great opportunity to put our money where our mouth is in terms of mentorship."

Slingerland believes the program augments the training received in boot camp and gives the fleet an opportunity to offer feedback and guidance to recruit division commanders (RDCs) and recruits.

"I think the fleet master chiefs need to see the 'Sailorization' process and

understand what the needs of these young people are. It will help them to manage these new Sailors when they get to the fleet," Slingerland said.

Under the sponsorship program, master chief petty officers from the sponsoring command are aboard for key events during the division's training cycle, including commissioning of the division, physical training, Captain's Cup Olympics, barracks and personnel inspections, battle stations and pass in review.

Additionally, the master chiefs and RDCs communicate via e-mail at least once a week.

"I think it is a really beneficial program because we have the opportunity to learn from the experiences the master chiefs have had in the fleet," said Boatswain's Mate 1st Class (SW) Willie Robinson, recruit division commander for Division 114. "It really adds to the motivation when the master chiefs sit with the recruits at meals and have open conversations with them."

Chief Yeoman (SW) Beverly Caires has pushed a number of recruit divisions. She says the biggest difference in the sponsored division is that recruits are more familiar with Navy rank structure and less intimidated to talk to leaders outside the division.

"A lot of Sailors join the Navy to go to college or learn a trade, now I'm hearing these recruits early on in the training process saying, 'I can do all that and be a master chief petty officer.' They are setting their goal to emulate the master chiefs they have met," Caires said.

Caires says the interaction with senior leadership also helps familiarize the recruits with their ultimate job in the fleet.

"They really understand what they are working toward," Caires explained. She believes the process is giving the fleet a better understanding of the product that Recruit Training is sending them and gives them a chance for feedback on the training process.

For Command Master Chief (SW) Steve Ketchum of Regional Support Group, Norfolk, the experience has been eye opening.

"There is a lot of grumbling out in the fleet that boot camp isn't what it was 25 years ago; it's not, it is far superior to what I experienced," Ketchum said. "The basics are still here but the manner in which they are taught is far superior."

Ketchum said that is one of the messages the master chiefs are sharing along the waterfront.

Slingerland says he hopes fleet Sailors will benefit from the mentorship program by gaining understanding of the current training at boot camp and providing feedback to the RTC chain of command. He also hopes it will encourage more fleet Sailors to consider assignment to Great Lakes as a recruit division commander. "Being an RDC is one of the most challenging and rewarding assignments in the Navy," Slingerland said.

Sailors going to the fleet and on making the Navy of the future better.”

The two divisions are scheduled to graduate March 16.

More information about recruit training can be found at <http://www.ntcgl.navy.mil>.

USS Curtis Wilbur supports U.N. operations in East Timor

DILI, East Timor (NNS) — USS Curtis Wilbur (DDG 54), an Arleigh Burke-class guided missile destroyer, arrived off the coast of Dili Feb. 22, continuing U.S. humanitarian support of East Timor’s transition to independence.

Curtis Wilbur Sailors operated under the command of U.S. Support Group East Timor (USGET), an American military command subordinate to the U.S. Pacific Command in Hawaii. USGET personnel handled the coordination and logistical support for Curtis Wilbur’s visit as with the preceding U.S. vessels that have visited Dili since February 2000.

Members of the crew spent their three-day visit performing a variety of community service projects including rehabilitating Tuana Laran Elementary School by painting and performing repairs to the electrical and plumbing systems, and distributing supplies and donated items to the St. Peters School for distribution throughout the country. Crewmembers also hosted the Boy and Girl Scouts as well as members of the Timor Lorosae Police Service on board for a special tour of the destroyer.

This visit was part of the ongoing commitment of the United States to support the U.N. objectives and those of the nation’s regional friends and allies. The U.S. is deeply committed to the development of East Timor’s independence and the ongoing humanitarian relief efforts.

USGET and the rotational ship visits will continue to focus on opportunities to improve the basic health and social conditions and to foster the development of greater self-reliance for the East Timorese.

For more information about USS Curtis Wilbur, visit the web site at <http://www.curtis-wilbur.navy.mil>.

CinCPacFlt Retention Team visits NTCGL, Supports Reverse Sponsorship Initiative

GREAT LAKES, Ill. (NNS) — Members of the Commander in Chief, Pacific Fleet (CinCPacFlt) Retention Team have been visiting Naval Training Center, Great Lakes, to get a first-hand view of training at boot camp and in “A” schools and to support the Reverse Sponsorship Initiative, developed by senior leadership at Service School Command, Great Lakes.

The Reverse Sponsorship Program links Sailors in “A” school with their gaining command by having Sailors initiate an e-mail message to their gaining command’s command master chief upon receiving their orders.

“Our particular focus is on the first-term Sailor,” said Master Chief Navy Counselor[NCCM](SW/SW) Jean Palmero, CinCPacFlt career counselor. “We know they leave the Navy when their expectations are not met.”

The Retention Team members say Sailors often cite command climate over pay and other benefits as a reason for leaving the service.

“The sponsorship program is critical. We know they are pumped up after leaving boot camp and “A” school, but when they arrive at their first command, how they are received has a lot to do with how they feel about the Navy long-term,” Palmero said. “We need to treat them right from the beginning.”

Under the Reverse Sponsorship Initiative, which Service School commanding officer Capt. Douglas A. Block attributes to his chiefs, the emphasis is on making sure the junior Sailor feels a part of the command team from the time he receives his orders.

“I remember what it was like to report to my first ship as a young enlisted Sailor and it wasn’t a good experience,” Block said. “You get to a major airport and you have to find your way to the base and then to the ship, where no one is expecting you and you don’t know what to expect.”

As part of the reverse sponsorship program, Sailors e-mail their gaining

commands as part of a homework assignment after receiving their orders. Staff members at Service School Command update the latest fleet information to help students better prepare for their next duty station using fleet web pages.

The command has established an initial e-mail letter which students are required to send that includes their name, graduation date, projected arrival date, leave address and phone number, family members, and a reply e-mail address. The e-mail is sent to the gaining command’s command master chief.

The gaining command is asked to respond with welcome aboard and sponsorship information and to answer Sailors’ questions about reporting to duty.

“First impressions are lasting,” said NCCM(SW/AW) Max Vallejos, Naval Surface Force Pacific career counselor. “We are excited about this initiative and expanding it Navywide. It is important that these Sailors feel a part of the Navy family throughout their career.”

The program, which began in the summer of 2000, has increased from 300 e-mails per month to more than 7,000 e-mails in December, but leaders are still looking for greater improvements.

“Our biggest obstacle is technology,” said NCCM(SW/AW) Ray Blanton, Naval Air Force Pacific career counselor. “We need to improve technology so that Navy command e-mail systems interface and to make the process easier to use.”

As part of their visit to Great Lakes, the retention team met with information systems personnel at IT “A” School and from the Career Development Center to talk about integrating technology to make the Reverse Sponsorship Program more user friendly.

“Our job is to travel around the fleet to listen to Sailors and find out what we can do to improve retention,” said Lt. Danielle Ryan, CINCPACFLT Retention Team manager.

“Sometimes we lose Sailors when they depart the gates of Naval Training Center, Great Lakes,” said Blanton. “They are pumped up and feel apart of

a team, then they check on board their next command and they don’t feel that. We lose them right then.”

Comfort at last: Kitty Hawk Sailors to sleep better

USS KITTY HAWK, At Sea (NNS) — The entire crew aboard USS Kitty Hawk (CV 63) will soon be resting easier.

Thanks to a Navy-wide quality-of-life initiative, over 5,000 new innerspring mattresses will cradle the crew to sleep each night. The older, thinner mattresses the crew has been using for years have literally been “a pain in the neck” for some Hawk Sailors. But the new innerspring mattresses, designed to better support a Sailor in their resting hours, are a change for the better.

“The old mattresses were hard to sleep on,” said Fireman (FN) Josh Craddock of Edon, N.C. “They were so thin that it sometimes felt better to sleep on a sheet of metal than a rack. But these new mattresses are great. I haven’t slept so well in a while.”

“They are so much more conformable than the old ones,” said Yeoman Seaman Jose Galvez, a native of Marieno Valley, Calif. “They were so old and thin that whatever back support they did have was long gone — it was just time to get rid of them. I’m glad that we have the new ones on board now. When we go underway, they will make a big difference in the way I sleep.”

The innerspring design is the reason behind the Sailors’ happiness.

“The design of the new mattresses, with an innerspring coil, is recognized by industry to provide maximum comfort and proper support,” said Lt. Cmdr. Gretchen Merryman, Hawk’s maintenance officer.

The innerspring mattresses also last longer and therefore cost less in the long term than the older, foam-based mattresses.

“The new ones have a life span of about seven years ... about two to four years longer,” Merryman said.

Jax-Tales By Mike Jones - mikejones43@hotmail.com



Leisure Times

Your Morale, Welfare and Recreation Guide

Liberty Events: 542-3491/1335

The Liberty Program targets the E1-E5 that lives on base. All trips are open to active duty and guests and tournaments are for active duty only. Liberty can be found on the corner of Yorktown and Jason Street in the Liberty Cove Recreation Center. Inside Liberty Cove active duty and guests 18 and over may surf one of the 18 internet access computers for free, checkout a computer game or game for Sony Playstation, Nintendo 64 or Sega Dreamcast. Two 8-foot pool tables are available for play along with darts, pin-pong, foosball and new this month, Air Hockey! If you just want to kick back in a comfortable recliner and watch a movie or TV, we have that too! For those wanting to get outdoors, enjoy the basketball court. For more information on Liberty or if you have any ideas call Jaimie, the Liberty coordinator. Call 542-3491/1335.

Tuesday, March 13: Free Ice-skating/Rollerblading Trip
The van leaves the Liberty Cove Recreation Center at 7 p.m.

Coming over the Memorial Day Weekend: A trip to Key West is planned, look for details to come or give Jaimie a call at 542-3491 or e-mail her at dbuddock@nasjax.navy.mil

Free Movies

Movies are shown in the Base Theater located on Jason Street every Friday at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m.

March 9 at 7 p.m. - *Alien*

March 10 at 5 p.m. - *Mortal Kombat*

March 10 at 7 p.m. - *Enter the Dragon*

March 16 at 7 p.m. - *Replacement Killers*

March 23 at 7 p.m. - *Mask of Zorro*

March 24 at 5 p.m. - *Small Soldiers*

March 24 at 7 p.m. - *Erin Brockovich*

March 30 at 7 p.m. - *Deuce Bigalow*

Scuba Diving

The NAS Jax Skin and Scuba club is looking to start a Scuba course in April. If you are interested call JJ at 291-1575 or e-mail aquaspaceventure@aol.com.

Mulligan's 19th Hole

Mulligan's has daily lunch special and hosts social hours with beverage special and free munchies every Wednesday and Friday. If you like to sing do not miss Mulligan's Karaoke every Friday night. If you are looking for a place to get together outside, Mulligan's has a deck and gazebo available for private and group functions.

Mulligan's St. Patrick's Day Party is on Friday, March 16. Enjoy an Irish

Sing-along from 4 to 6 p.m. and Karaoke from 6 to 11p.m. Throughout the night, enjoy food and beverage specials, free munchies, fun and more. Fun starts at 4pm! For lunch that day we will be cooking up some corn beef and cabbage! Call Mulligan's at 542-2936.

Youth and Teen Activities

Registration for Summer Camp at NAS Jax Youth Center and Yellow Water Youth Center will take place on Saturday, April 28 from 10 a.m. to 1 p.m. Make sure to have all your paperwork complete before registration starts. Call us for more information.

Teen Events are held from 6:15 to 8:15 p.m., unless otherwise noted.

Mondays:

March 12 - Origami

March 19 - The Ultimate Journey

March 26 - Taboo

Tuesdays and Thursdays - Open

Recreation

Wednesdays:

March 14 - Mall Scavenger Hunt-Teens participating will have a list of things to accomplish while at the Orange Park Mall!

March 21 - Who's Line Is It Anyway? A comedic game based on Comedy Central's TV show.

March 28 - Pool Tournament

Laser Storm - Friday March 23. Payment due by March 16!

Teens are needed to help sell refreshments for Scout Blast!

Youth activities:

Open Recreation is every Tuesday and Thursday from 6:15 to 8:15pm.

Gym Open: Mon, Wed from 6:15 p.m. to 8:15 p.m. and on Saturdays from 12 to 3 p.m.

Teen Center Open: Monday and Wednesday from 6:15 to 8:15 p.m. and Saturdays from 12 to 3 p.m.

Friday Night Activities : Open to ages kindergarten and up and takes place from 6:15 to 8:15 p.m., unless otherwise noted.

March 9 - Games and Prizes - \$1

March 16 - Leprechaun Surprise - \$2

March 23 - Movie Night - Free

March 30 - Pizza and Fun - \$3

Call 778-9772 for youth and teen activity information.

Yellow Water Youth Center

Leprechaun Fun: Friday, March 9, from 6 to 8 p.m. This event is open to children kindergarten to age 9 for only \$2 per person and includes games and snacks.

Teen Lock-In: Friday, March 15, from 7 a.m. to 7 p.m. This event is open to ages 13 to 17 and is an all-nighter

that includes food, fun and a trip for only \$15 per person.

Talent Show: Friday, March 23 from 6 to 8 p.m. This event is open to ages kindergarten to 17. Call to sign up for this event that will showcase all your talents. This event is free.

Movie Night: Friday, March 30, from 6 to 8 p.m. for ages kindergarten to 17. This event is free.

Open Recreation is every Tuesday and Thursday from 6:15 to 8 p.m. Open Recreation is free for ages kindergarten to 17. The Youth Center has a multi-purpose room, snack bar, TV Room and a game room. Pre-registration is required.

Teen Night is every Monday from 6 to 8 p.m. It is open to children ages 13 to 17 to Participants may enjoy the teen room, which has internet access computers, Nintendo 64, Playstation and more!

The Zone Complex

Spring Marathon Bingo - Saturday, March 10. The doors open at noon and tickets are on sale now.

The cost is \$225-advance packs, \$230-at the door and \$200 for extra packs. The cost includes a Reef and Beef Buffet, one card for every game, bingo dauber and coffee and tea throughout! Call 542-2209

Bingo is played daily at lunchtime Monday through Friday and Sunday, Monday, Tuesday and Thursday evenings where the doors open at 4 p.m. Call 542-2209 for Bingo news and information.

The Budweiser Brewhouse is a smoke-free dining facility that has video games and tons of TV hooked into Direct TV to watch all the sports running! We offer a variety of specials throughout the week, stop by and check us out!

Tuesdays: Enjoy two for one specials listed in the Brewhouse

Friday, March 9 - Live entertainment from 8 p.m. to midnight with specials.

March 15 - March Madness starts, we will be showing all rounds and games throughout this exciting basketball competition.

Saturday, March 17 - Happy St. Patrick's Day, stop by and enjoy green beverages and subs.

March 21-Family Night Dinner Special

Yesterday's Café is located in The Zone on the corner of Jason St. and Saratoga Avenue is open for lunch

Monday-Friday from 11a.m. to 2 p.m.

Mondays - chicken tenders, fries and drink - \$4

Tuesdays: spicy chicken sandwich, fries and drink - \$4

Wednesdays: country fried steak sandwich, soup, chips and drink - \$4

Thursdays - turkey sub with chips and drink-\$3

Fridays - fried fish sandwich, soup, chips and drink - \$4

Call 542-3522.

Looking for a place to hold a function, meeting or event? The Zone has two catering rooms available. Call 542-3521 for details.

NAS Lanes

Wednesday Special! Fifty cents per game from 11a.m. to 1p.m.

Active Duty bowls for free on Tuesdays from 11a.m. to 1 p.m.

X-Treme bowling is Fridays from midnight to 2 a.m., Saturdays from 7 p.m. to 2 a.m. and Sundays from 1 p.m. to 4 p.m. There is a lunch special at the Gutterball Grill every Monday through Friday from 10:30 a.m. to 2 p.m. for only \$4.95. Call 542-3493.

CLEP/DSST FAQs

Navy College Office,
NAS Jacksonville

Who is eligible to take CLEP/DSST exams? Anyone can take the exams, although priority seating is for active duty. Take the exam(s) that you are best prepared for and be sure the exams are approved by the institution awarding your degree. If you are uncertain, make an appointment with a Navy College Counselor.

How much does it cost to take the exams? They are free for active duty and reservists. All others will bring a certified or cashiers check made out to "DANTES Program" (\$27 for DSST) and "CLEP" (\$46 for CLEP exams). No personal checks, cash or credit cards are accepted.

When are the exams offered?

CLEP/DSST exams are offered year round at NAS Jacksonville with the exception of English Composition with Essay which is offered once in October, January, April and June. NAS Jacksonville administers CLEP and DSST's Monday through Wednesday at 9:30 and 11:30 a.m. and Thursday at 1200. All bases set their testing schedules.

Where is the test center? The NAS Jax test center is located in the Navy College Office, Building 110, second deck.

How can I register for a CLEP or DSST exam? Check with your local Navy College Office. At NAS Jax you may walk in five minutes prior to the

testing time with the exception of CLEP General English Composition with essay - You must register one month prior to the test date.

How many CLEP /DSST exams may I take? You may take as many as you need for your degree; however, many colleges specify the maximum number of credits that can be awarded through testing. Check with your college's policy. The school or your NCO counselor will tell you which courses you may test out of.

How do I receive my scores? It takes an average of four weeks. Results will be sent directly to the institution you indicated on your answer sheet and to the Navy College Office that administered the exams. The scores will also be reflected on your SMART.

Does my test score affect my grade point average? Generally, you are granted the credits as "P" for pass with no impact on your GPA.

Can test credits be transferred? Generally, yes. Check with the policy of the institution to which you wish to transfer.

How can I get more info on the CLEP and DSST exams? Several ways. You can visit, call, or fax the NCO nearest you. If you don't know the location of the nearest NCO, visit the web site www.navycollege.navy.mil or call toll free 1-877-253-7122. You may download outlines of tests on www.chauncey.com.

For more information, visit the Navy College Office in Building 110 or phone 542-2477/75.

Confessions of a confirmed CLEPtomaniac

It began innocently enough. Me, the certified Couch Potato and as yet unregistered member of the Procrastinators Club, was coerced by a friend to "just try one." I really didn't expect to pass the test. There had been so many distractions in my high school days and that was almost a decade ago. After surviving a few college courses, however, I figured "What the heck...I'll give it a shot."

My first challenge was the CLEP Social Science/History exam. After a distressing 90 minutes, I left the testing room thinking I'd wasted precious television time for naught. There was no way I'd pass that test.

Several weeks later I received notice that I'd received six college credits. Now, what kept running through my mind was, "Six credits...that would've been four nights a week three hours a night for at least six weeks!" In comparison, it had been rather painless and hassle free.

I was hooked!

My nightmare of studying, testing, and getting ahead in life began. A college degree suddenly seemed quite attainable. I could not stop myself. Every Navy College testing center knew my face. They knew I was addicted and yet, they willingly supplied more information, advice on how and what to study, and even ordered more tests for me to take. Every waking moment was devoted to planning, studying and testing. It hadn't been easy...It's taken an awful lot out of me. At one point, I got cocky; thinking I could take the tests without much studying, but I failed miserably. It was obvious I needed to know more...more...more.

As I read, I learned about such diverse subjects as anthropology, microeconomics, abnormal psychology, and

human growth and development. It was no longer just the credits; although I must say it was the fastest year's worth of college I could ever hope for. It was the material I was reading...fascinating stuff from some of the world's greatest thinkers. Worst of all, I began to find television didn't have the hold on me it once did.

Last week as I readied myself for yet another test, I glanced around the room and suddenly realized the faces were familiar. These same people had been testing with me all along. All were obviously tired, yet somehow excited. They nervously chatted among themselves about this test or that book and I realized at that moment that they must be afflicted with the same disease as me.

I sought help.

I decided to seek help and counseling. I visited many experts on this type of problem and they all had the same answer. This disease is incurable. The best way to alleviate the pain and pressure associated with such a disease is to obtain a degree, which I did. While my decadent, selfish life of studying and testing will never be over; at least I'm on the road to recovery.

To avoid falling victim to this disease which will touch every area of your life, avoid making an appointment with a Navy College Education Specialist or Technician. They will tell you how quickly you can earn a degree using the free CLEP, DSST, RCEP testing programs coupled with college credit for military rating and experience. Over 100 multiple choice exams are stocked and administered every Monday, Tuesday and Wednesday at 9:30 and 11:30 a.m. and Thursday at noon in Bldg. 110. It is possible to earn 30 semester hours (one year of college credit) by taking five CLEP tests that are 90 minutes

each. They'll explain professional recognition through national certification exams like Electronics Technicians Association, Automotive Service Excellence, and American Council on Exercise, EMT to mention a few.

Whatever you do, avoid calling 542-2477/75 to talk with a specialist about furthering your education. If you do, you too may find yourself making appointments to take tests and life will never be the same.

Navy College pairs universities to Navy ratings

The Navy College Program (NCP) has developed new partnerships with colleges and universities to offer rating-related degrees via distance learning to Sailors everywhere.

These new education partnerships provide associates and bachelors degree programs related to each rating, and make maximum use of military professional training and experience to fulfill degree requirements. The goal of the Navy College Rating Partner Schools is to support both the Sailor's mobile lifestyle and educational goals with rate-related degree programs. Courses are offered in a variety of formats, such as CD-ROM, videotape, paper, or over the Internet. Contact the Navy College Office at 542-2477/75 or the Navy College Center (www.navycollege.navy.mil) about degree programs available from your partnership schools.

City University

(four year) JO, PH

Dallas County Community College

(two year) YN

Embry-Riddle Aeronautical

University

(four & two year) ABE, ABF, ABH, AC, AD, AE, AG, AME, AMH, AMS, AO, AS, AT, AW, PR

Empire State College

(four year) ABF, ABH, AK, AMH, AMS, DC, DK, HT, MS, SH, SK
(two year) AK, CTR, CTT, DK, ET, FC, GM, IS, MN, MS, OS, RM(IT), SH, SK, TM

Florida Community College, Jacksonville

(two year) All Navy rates, FT, JO, NC

Florida State University

(four year) All Navy rates, FT

Fort Hayes State University

(four year) AZ, BM, CTA, CTM, CTO, CTR, CTT, ET, EW, FC, GM, IC, MA, MN, NC, PC, PN, QM, RM(IT), RP, SM, TM, YN

George Washington University

(four & two year) HM(IDC)

Old Dominion University

(four year) ABE, AE, AT, CTM, CTR, CTT, DT, EM, EM(NUC), EN, ET, ET(NUC), FC, FT, GM, GSE, GSM, HM, MM, MM(NUC), MR, MT, STG, STS

Pikes Peak Community College

(two year) MA

Rogers State University

(two year) AT, EM, ET(NUC), EW, FC, MM(NUC), STG

Thomas Edison State College

(four & two year) AC, AG, CTI, EM(NUC), MM(NUC), MU

(two year) AD, AE, BU, CE, CM, CTM, DT, EM, ET, ET(NUC), EW, FT, GM, GSE, IC, MT, PH, RP

Troy State University

(four & two year) AK, CTA, DK, SK

University of Maryland,

Univ. College

(four & two year) BM, CTO, DM, FT, IS, LN, OS, QM, RM(IT), SM, YM

Vincennes University

(two year) AZ, ET, IC, LI, MA, PC, PN, STG, STS, YN

Mission essential equipment: Keeping your body fully-mission-capable

As you walk to your sleek Naval aircraft, across the vast expanse that is the NAS Jacksonville's flight line, you begin to prepare mentally for the task at hand. The "Mission," and all its associated complexities begin to organize in your mind. Whether you are the pilot preparing for the flight, the maintenance technician checking every detail, or the crewman preparing for another long day of dedication, the routine is the same. You are a trained professional and your task is to ensure that all systems of your aircraft functions at the peak of efficiency, everything essential to your plane, crew, and mission is covered. All aspect of the maintenance checklist is completed and every inspection done to ensure "Safety of Flight."

To do less could result in disaster. To allow your plane to fly without proper planning, advance preparation, low fuel state, bad tires, marginal engine performance or unfinished paperwork is an option that is unacceptable to any Naval Aviation professional. Why, then, do we so easily ignore one of the most vital parts of our "Mission"?

If you don't think you overlook an es-

sential part of your mission think again.

The most important part of any mission, is our own individual health. While we would not think of taking our naval aircraft skyward without a proper fuel load, we think nothing of our own balanced diet, our proper fuel load before a flight. As long as breakfast is black and hot, with or without cream and sugar we usually accept that as our proper fuel load. We would hardly fly in an aircraft with marginal engine performance but think nothing of our own engine clogged by high cholesterol or suffering from lack of proper rest.

Stress factors, smoking, life changes, nutrition and general health issues usually fail to get the same level of professional scrutiny we so eagerly give to these gray and white flying machines. But despair not aviation professionals! Now there is a way to give quality time to the "mission essential" health we so urgently need to consider in all of our mission profiles. I'm talking about a program available to everyone at the NAS Jacksonville Branch Medical Clinic.

The program is called PPIP, short for "Put Prevention Into Practice", and a

relatively new approach to health care. Together, with the use of a health risk assessment surveys an a new check-in procedure at the BMC, at risk situations can be identified and proactive measures taken to ensure our personal engines do not fail before our mission is complete.

With a full time PPIP Registered Nurse assigned we can easily schedule preventative health care presentations for your command training needs, in your spaces and commensurate with your schedules and operations. Preventative topic available can include:

- Smoking/tobacco use and cessation
- Fitness/weight management
- Nutrition
- Stress management
- Hypertension and high blood pressure control
- Cholesterol control
- Cancer prevention
- Stages of Change
- Healthy lifestyles
- Safe sex/prevention
- Prevention of unplanned pregnancies
- Back safety
- Men's health

• Women's health

You are not alone in your efforts to look after your most important assets, your people. Presentations can be scheduled by calling our PPIP Nurse Educator, Charlene Rees RN, at the Branch Medical Clinic at 542-3500 ext. 8704.



MARCH IS NUTRITION MONTH

The vegetable of the month is cabbage

From the NAS Jacksonville
Wellness Center

Cabbage, one of the most ancient of vegetables, continues to be a dietary staple and an inexpensive food. It is easy to grow, tolerates the cold, and keeps well. Cabbage is rich in vitamin C (an antioxidant) and fiber, and it is also a member of the cruciferous vegetable family. People who frequently eat cabbage and other cruciferous vegetables may help reduce their risk of certain cancers such as colon and rectal cancer.

How to Select: Look for solid, heavy heads of cabbage. Avoid cabbage that has discolored veins or worm damage. Do not buy precut cabbage, the leaves may have already lost their vitamin C. Look for stems that are healthy looking, closely trimmed, and are not dry or split.

Storage: Keep cabbage cold. This helps it retain its vitamin C content.

Place the whole head of cabbage in a plastic bag and store in the refrigerator. Once the head has been cut, place the remainder in plastic bags and place in the refrigerator. Try to use the remaining cabbage in the next day or two.

Preparation: Do not wash cabbage until you are ready to use it. Avoid slicing or shredding cabbage in advance. This will cause it to lose some of its vitamin C content. If you must prepare it an hour or more in advance before cooking, place it in a plastic bag, seal tightly, and refrigerate.



COMMUNITY CALENDAR

The Navy Wives Club of America, NWCA Jax #86, meets the first Wednesday of every month at 7:30 p.m. Meetings are held in Building 612 on Jason Street, NAS Jax. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. until 1 p.m. For more information, call 772-0242 or President Barbara Howard at 471-1444.

A blood screening test is being offered by Clay County Chamber of Commerce volunteers along with Consolidated Laboratory Services, Orange Park Medical Center, Venco Hospital North Florida and that will provide analysis for more than 30 medical factors. The screenings are offered at a 90 percent savings with the Blood Screening running \$25 and the PSA (prostate cancer - men only) for \$15. The panel tests will be for Diabetes, anemia, liver disease, blood disorders, cardiac risk profile (cholesterol, etc.) electrolyte disturbance, gout, calcium abnormality, thyroid function abnormality and prostate cancer. Registration will be held at participating work places (during March) and the Clay Chamber of Commerce (March 23). All testing will be performed at local health care facilities. Person and confidential results will be mailed directly to participants to take to their personal physician. Call the Chamber at 264-2651.

One Flew over the Cuckoo's Nest, is open at Theatre Jacksonville, 2032 San Marco Blvd. Show dates are

March 8, 9, 10, 15, 16, 17, 23, 24 at 8 p.m. Sunday Matinees, March 11 and 18 at 2:30 p.m. Tickets run \$20. Some discounts are available for advance purchase by seniors, students and military. Reservations are suggested. Call the Theatre Box Office at 396-4425.

Vintage Car Show — The annual Amelia Island Concours d'Elegance returns to the grounds of the Ritz-Carlton Sunday, March 11 from 9 a.m. to 5 p.m. Classics include a 1886 Mercedes Benz and a 1990 Gunnar Porsche 966 as well as horseless carriages, a stem-powered Stanley and cars once owned by singer Ricky Nelson and actress Barbara Hutton. Tickets are \$25 for adults, \$10 for children ages 12 to 18 and free for children under 12. For more information, call 636-0027 or visit www.ameliaconcours.org.

The next Armed Forces Communications and Electronics Association meeting is scheduled for March 15 at the Officer's Club at 11:30 a.m. to 1 p.m. Free lunch is included, and a representative from AT&T will be speaking about new wireless technologies. RSVP required. For more information, call 542-6001.

The Cecil Field Gym is hosting open volleyball — The Jacksonville Department of Parks, Recreation and Entertainment will hold open volleyball at the Cecil Field Gym, 13531 Lake Newman St., Sundays from 2 to 4 p.m.

through April 8. Interested adults, families and youths are invited to this no-cost activity. If participation warrants, a league may be formed. Call the gym, 904-778-5497, for information.

Monthly Ombudsman Assembly meetings are held the fourth Thursday of each month at NAS Jax. For information call Diane Parker at 542-2766, ext. 30.

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.

Putnam County Shrine Club will host an eventful weekend featuring the Azalea Festival, March 9 to 11. The festivities begin March 9 from 6 to 8 p.m. with a spaghetti dinner at the Shrine Club located at 112 Yelvington Rd. Cost is \$5 and the public is welcome. There will be a dance to follow, at no charge. On March 10, 7 to 9 a.m. there will be a Vietnam Veterans Club breakfast at the former Shrine Club building (next door), cost \$3. The public is welcome. The Azalea Festival Parade begins at 10 a.m. on Main Street at the School Board Building and will proceed to the Riverfront and turn around

on laurel before returning the School Board Building. After the parade there will be a Bar-B-Que at the Shrine Club from 11 a.m. until 4 p.m. Cost is \$6.

The Fleet Reserve Association Branch 126 is having a dinner and dance on March 10 to celebrate St. Patrick's Day. A traditional corned beef dinner is scheduled for 4:30 to 6 p.m., with dancing starting at thereafter. Music is provided by the Al Alan Band until 9 p.m. Donations of \$8 in advance include a raffle ticket. Call Vera at 291-1575 for advance tickets.

Branch 126 will have its Annual Presentation of awards for winners of the Americanism Essay Contest, on March 15 at 7:30 p.m. Awards include Savings Bonds for first place and certificates for second and third place. Following the presentation the regular monthly meeting will be held. All active duty, retired enlisted personnel of the Navy, Marine Corps, and Coast Guard; and enlisted Reserve personnel are invited to join the Branch.

The USMMA Alumni, Jax Chapter quarterly meeting is March 10. The club's Gate River Run Celebration Dinner will be held at Johnny Leverock's Seafood Restaurant, Southside Blvd. next to Tinseltown. The Guest Speaker for the meeting is Pet Rackett '61 from the Academy Alumni Office (after his run). Cocktails are at 6 p.m., dinner at 7 p.m. (cash bar). Guests get a choice of menu for \$19.75, tax and tip on the house. Alumni may bring a friend. Call Scott at 641-4128 in advance.

Marina's 19th Annual Bass Tournament casts off April 14

By **Marty Wagner**
Mulberry Cove Marina Staff

The NAS Jacksonville Bass tournament will be held April 14 at NAS Jacksonville. This annual fishing event which is open to the public offers a great opportunity to fish with your buddy.

This year marks the 19th year for the tournament presented by Mulberry Cove Marina aboard the Naval Station.

The prize pay out is extremely generous this year with nearly 80 percent of registration fees being paid out, and the total pay out exceeding \$6,000 (based on a field of 110 boats).

A Big Bass Pot will be featured for the largest fish caught in the tournament. A team format is used with two anglers per boat. Registration is just \$60 per boat until April 1 when it will increase to \$75 per boat. For just \$10 more, you can enter the Big Bass Pot which pays out 100 percent.

Additionally, registration order will determine the order in which fishermen may depart to fish the morning of the tournament, so it is to your advantage to get your registration in as soon as possible for both economic and strategic reasons. The tournament is catch and release, so boats used must have an operating live well to protect the health of the fish until they are released following weigh-in.

After a good day of fishing, lunch will be provided, as well as door prizes, and of course the winners will be determined. You may fish in any waters accessible by boat to the marina which is located here at NAS Jacksonville on the St John's river one mile north of the Buckman Bridge.

Don't miss this opportunity to have fun and test your angling skills. Stop by the Marina located at the corner of

Ranger Street and Bluff Avenue to get your entry forms today!



A Bass fisherman bags his catch during last year's Bass Tournament.

North Florida Archers Inc. hits the target

By JO2 Eric Clay
Staff writer

The North Florida Archers Inc has been a well-kept secret to Navy members, maybe too well kept.

The North Florida Archers are located across Highway 17 from NAS Jacksonville. They meet at the Jay Barrs Archery Range in Westside Park, between the picnic area and the mountain bike trails. The Navy originally founded the archery range for active, retired, and civilians working on the military base explained Bill Jones, chairman of the board with the North Florida Archers.

The archery club has about 300 members, 30 are active duty or retired military. The club even boasts two world-champion female archers among its membership Jones said.

Becoming a member is simple. Just pick up an application. They can be found on are on the front gate of the range. Fees for joining the club are \$50 per member or \$60 per family. Club meetings are every first Wednesday of the month at 7 p.m. Once fees are paid, the combination to the lock will be given to the new member. The range's hours of operation are from sunrise to dusk. Classes are also available upon request.

The archery club hosts many civic organizations. Some of the organizations hosted by the North Florida Archers include the Boy Scouts, the Girl Scouts, and 4H groups. The club also supports the Firemen Olympics and the Special Olympics.

The archery range consists of a 100-

yard target field, with a covered shooting line that is handicapped equipped. They also have a walking trail with 3D targets that are used in tournaments. The range has stands set up for hunting simulation.

The archery range is self-funded through their tournaments and membership fees. Working parties, made up of members of the club, take care of the upkeep and ground maintenance. The Navy has also donated time and material to better the range.

Fleming Island resident retired Navy Chief Petty Officer Charles Nelson is a 10-year member of the board for the archery range. His last Navy duty station was NAS Jax from 1972-1975. He can be found at the archery range on a regular basis enjoying his retirement. Nelson said, "the North Florida Archers is where I like to spend my daytime hours."

Capt. Rafael Roure, head of orthopedics at the Naval Hospital, is also an enthusiastic member. Roure said, "This archery range is the best in the region." Roure has been a member of the archery range for about one year.

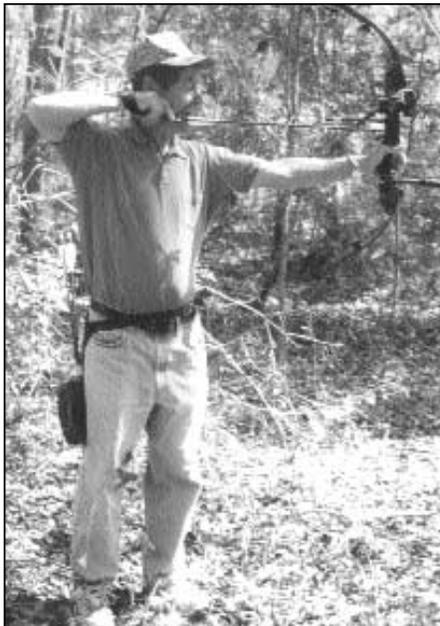
For more information or to become a member of the archery club contact Bill Jones at 904-949-BOWS.



Jay Barrs range is located across Highway 17 from NAS Jax in Westside Park.



North Florida Archers Chairman of the Board Bill Jones and Club Member Charles Nelson stand proud with their shots placed in the mark.



JAX SPORTS

Captain's Cup Singles Tennis Tournament offers chance to earn your command points

The Captain's Cup Singles Tennis Tournament will be March 26 at 4 p.m. at the Birmingham Tennis Courts. The tournament is open to NAS Jax Active Duty only. Participants compete in Men's and Women's Divisions to earn Captain's Cup points for your command. The event is free. Trophies and Captain's Cup points will be awarded for first, second and third place in Men's and Women's Divisions. Participants must sign up by March 21. For more information, call NAS Jax Athletics at 542-2930/3239.

Men's and Women's Racquetball Tournament planned for June

The Men's and Women's Racquetball Tournament runs June 19 to 23. The tournament is held at 5 p.m. at NAS Jacksonville Gym. It is open to all authorized gym patrons. Family members must be over 18. First, second and third place individual awards will be handed out. Participants must sign up by March 14. For more information, call NAS Jax athletics at 542-2930/3239 or visit the MWR webpage at: www.nasjax.navy.mil/mwr.

Sports officials, 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 or scorekeeping, contact Al Vandercar at 282-0809.

Women's Basketball League forming

The NAS Jax Athletics would like to form a Women's Basketball League to begin in March. If you are a female active duty, military family member 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, Women's 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.

Men's, Women's Varsity Basketball, Women's Softball Players wanted

The NAS Jax Athletic Department is looking for experienced basketball and softball players to represent NAS Jax in the local community and in regional military tournaments. Active Duty only are eligible for the men's varsity teams and active duty, military family members over 18, retirees, and civilian employees assigned to NAS Jax are eligible for the women's teams. If you are interested in being a member of the NAS Jax varsity sports program, con-



tact the NAS Jax Athletics Department.

Ultimate Frisbee League forming

The NAS Jax Athletic Department is forming a new Ultimate Frisbee league. The league is open to NAS Jax active duty only. Personnel interested in joining the league should contact the gym.

Softball Leagues forming

The Intramural League is open to all NAS Jax active duty personnel and is a Captain's Cup event. Games are played on Mondays and Wednesdays, or Tuesdays and Thursdays at 5:30 p.m. and 6:45 p.m. 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. Games are played on Tuesdays and Thursdays at 11:30 a.m.

The Women's League is open to active duty, military family members over 18, retirees, DoD and NAF civilian employees. The Open League is open to active duty, military family members over 18, retirees, DoD and NAF civilian employees. Games are played Tuesdays and Thursdays at 4:15 p.m. If you are eligible for any of the leagues and would like to join, call the gym for more information.

Intramural Volleyball meeting March 9

The Intramural Volleyball League is open to all NAS Jax active duty person-

nel 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.

Intramural Skeet meeting March 16

The Intramural Skeet 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.

Sports Event volunteers needed For Special Olympics March 31

The NAS Jax Athletic Department needs volunteers to assist with running the sports events. Volunteers must be at least 13 years of age. Sports volunteers will need to report to the Safety Building on Saturday, March 31 at 8:30 a.m. If you would like to volunteer, call the base gym to sign up.

March Madness Intramural Basketball Playoffs underway

Twelve teams began playoffs last Monday and four games are scheduled tonight at 4:45 p.m., 6 p.m., 7:15 p.m., and 8:30 p.m. The playoffs will finish next week with the championship game scheduled for Thursday, March 15 at 5 p.m. Come check out the March Madness at the NAS Jax Gymnasium!

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.

STANDINGS

Intramural Basketball League

Team	Wins	Losses
VP-30 0's	19	2
AIMD	19	2
Supply	14	6
TPU	13	8
Air Ops	12	9
VP-5	8	13
NavHosp	7	4
VS-30	6	6
HS-75	4	12
HS-15	3	11
Blount Island	2	9

Greybeard Basketball League

Team	Wins	Losses
NAMTra	7	2
NCTS	6	3
VS-30	5	4
2BN351	5	4
CPRW-11	2	7
FACSFacs	2	7