



THURSDAY, MARCH 6, 2008

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Jax Air News

VOL. 66 • NO. 9 • NAS JACKSONVILLE, FLA

NATO team trains at NAS Jax

By Kaylee LaRocque
Editor

The world's only integrated, multi-national flying unit, the NATO E-3A Component, arrived at NAS Jax last week with their Airborne Early Warning and Control System (AWACS) aircraft, in support of the USS George Washington Battle Group's Tailored Ship Training Assessment exercise.

Also participating in the exercise are the NAS Jax based squadrons, the HS-15 "Red Lions" and VS-22 "Checkmates."

The component is comprised of military members from 15 NATO nations, all working together to provide airborne surveillance, command, control and communication for NATO operations around the world. They are home-based in Geilenkirchen, Germany.

"Our mission is to support the carrier with their flying operations. With our AWACS, we can provide the carrier battle group with a big picture of air surveillance while they conduct their operations. In turn, we are also getting control training with the large fighter aircraft units on board the ship," said Lt. Col. Jim



Photos by Kaylee LaRocque
Capt. Berthold Wilhelm, an instructor flight allocator and 1st Lt. Juanjo Moreira, a flight controller, prepare for a mission aboard the E-3A Airborne Early Warning and Control System aircraft currently training at NAS Jax in support of the USS George Washington (CVN 73) Battle Group.

Schouman of the Dutch Air Force and mission commander.

"We are a multi-national force. We are part of NATO reaction forces so we can go anywhere at anytime on short notice. We work with many different countries' air forces and navies. We like to train with a big array of everything that's available," continued Schouman. "This month we are training on U.S. Navy procedures, next month we will do a red flag exercise conducting Air Force pro-



Senior Master Sgt. Dieter Schoel, a crew chief for the NATO E-3A Component, gives a thumbs-up sending the aircrew on it's way.

cedures. Every year, we create an exercise schedule with the different aspects of air warfare and are often invited to help out other elements with training missions."

Daily missions average about 10 hours in the air. "When we get in the air the flight deck takes us to a location where they start flying in small circles or in a race track formation, staying in a pattern," Schouman explained.

"At the same time, we turn the radar on and cover the area to see what's flying around us or sailing on the water. Then we use our radios or data links to transmit the information to the ship. We are in constant communication with the ship so they are aware of what's in their environment at all times."

The E-3A aircraft the component flies is a modified Boeing 707-320C, and has a crew of 17. "We can take up to 29 people on a flight and often have students and instructors on board," said Schouman.

For one American officer attached to the component, Air Force Capt. Mike Neitzel, a weapon's controller, this is the ideal job. "I really love my job. This is one of our ideal assignments - being stationed with NATO. We have a different crew composition of military members from various countries for every flight. We are very integrated. There are a lot of challenges because of the language barriers and the way we do business, but we get together and

talk about it and get the mission done," he said.

"Our job is basically to paint a picture of where the bad guys are. We can see everything within a 250-mile radius and can monitor the skies and provide time sensitive targeting. We also have the ability to look at surface tracks such as boats and through our assets can interrogate their mode of operation and codes to determine if they are a threat so we can get an asset there to stop them," Neitzel added.

In the past, the component used NS Roosevelt Roads, Puerto Rico as their homebase during this type of mission.

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Competitive sourcing fosters innovation

By Mark Zenthofer
Program Director, Navy
Competitive Sourcing

The Navy has embarked on a bold work-force-shaping strategy that embraces competition as a means to improve services and reduce cost. The plan calls for completing competitions that include more than 25,000 military and civilian billets within the next five years.

A diverse work force, including military, civilian and contractor components, performs Navy support functions. The Navy seeks to shape the work force so that each component maximizes its competencies. Many support functions, needed to keep the ships sailing and the planes flying, are commercial activities. They fall under Office of Management and Budget Circular A-76 requirements to "rely on the private sector for needed commercial services ... subject to the forces of competition."

The Navy's use of competition evolved into the current program from three major factors:



Photo by Kaylee LaRocque
Dennis Veloni, human resources advisor for Commander, Navy Installations Command (CNIC), gives an update on the status of the CNIC Competitive Sourcing program during a town hall brief Feb. 28 at the NAS Jax Transient Visitor's Quarters conference room. The brief was held to inform members of the Security and Fire Departments and Safety Office about the Competitive Sourcing process, which is a study to determine if the Navy should continue to fund emergency management dispatch, safety support services and non-guard security support services or contract them out to commercial activities.

significant conversion of military billets to civilian, formation of an installation command and the May 2003 revisions to A-76. The Navy depends on the same vitality that drives productivity in our economy to drive productivity in the Navy's internal economy.

The Defense Department encourages the military services to reduce the number of military personnel serving in positions not required to perform military functions. Reductions in personnel costs are needed to save money. Through the military to civilian conversion process,

the Navy strives to improve the "tooth to tail" ratio for military personnel by moving them into war-fighting positions and having civilians and contractors perform work that does not require military authority or expertise. Military positions that are not needed to provide relief from sea duty and are performing commercial activities are competed using streamlined A-76 procedures. If contracting is determined to be the lowest-cost means of performing these commercial activities, the work is quickly transitioned to the private sector.

Converting military work to civilian performance coincided with creation of a new command, Commander Navy Installations Command (CNIC), in 2003. For the first time, the Navy had a single command to manage installations. CNIC brought about a national focus to installation management. The Navy built a competitive sourcing plan focusing on support functions as unique business lines.

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IA luncheon set for April

From the FFSC

NAS Jacksonville and the Northeast Florida Navy League Chapters will host a special luncheon April 23 to honor the station's individual augmentees (IAs) who have deployed to combat the global war on terrorism.

The luncheon will be held at 11:30 a.m. at the NAS Jax Officers' Club for all NAS Jax Sailors who have deployed on an IA tour. Subsequent luncheon's will be held on a semi-annual basis and will honor those IA's who have returned in the previous six months. The uniform will be service khaki for E-7 and above and uniform of the day for E-6 and below. Civilian attire is business casual.

There is no cost for our IA's and their spouse. The cost for other military and civilian guests is \$10.

Base commands and departments are asked to provide a list of attendees to Michael Brazier of the Fleet and Family Support Center at michael.brazier@navy.mil by March 28. Please include rate/rank (warfare pin if applicable) and full name of IA's and their spouse for plaque and certificate information. Please also include names of any military and civilian guests attending.

For more information, call 542-2766 Ext. 142 or 144.

**TOUCHING
BASE**

Time changes Sunday

Don't forget to set your clocks forward one hour Sunday morning at 2 a.m., as we revert to Daylight Saving Time.



The NAS Jax Fire Prevention Division would also like to remind everyone to also change your smoke alarm batteries when you change your clocks.



Looking back in time . . .



The newly completed auditorium at NAS Jacksonville in 1942.

Photo by PH2 Don Sieburg, Jr.

ON THE HOMEFRONT

Child's determination at baseball is a lesson for us all

By Sarah Smiley
Special Contributor

Last year, my son, Ford, then 6, was, let's face it, the worst athlete on his tee-ball team. He was also the smallest, youngest and least experienced. Not surprisingly, the coaches often stuck him in the outfield. Sometimes they left him in the dugout for whole innings.

Ford, God love him, never lost heart. At times I was sure he'd want to quit. But then, to my surprise, he was ready for every practice and standing in the outfield for every game, that characteristic half-moon smile—the one he's had to grow into since it covered most of his face as a baby—shining out from the shadows of his baseball cap.

He always believed that the next game, the next practice, would be his big chance. Sometimes, that faith made me cry myself to sleep at night. If only he could play the infield just once, I prayed, it would make him so happy.

But Ford never got that chance. He displayed the generic at-least-you-participated trophy on the special shelf in his bedroom anyway.

"Next year," he told me, "when all the big kids have moved up a league, I'll be the oldest player and maybe I'll get to play first base."

"Yes, maybe," I said.

"Next year" came last week. On our way to the first practice of the season, I looked in my rearview mirror and saw Ford smiling to himself, staring confidently out the window. His baseball glove was in his lap. I knew he was daydreaming about playing the

infield. With the same faith that one knows the daffodils will bloom each spring, Ford believed that this day would be his big break.

In the parking lot, he jumped out of the car and ran across the dusty field, calling out "See ya, mom," over his shoulder. He was too excited to wait for me to unbuckle his brother and put the baby in the stroller.

My eyes grew wet when I noticed that his grey baseball pants, the ones that needed a belt and hung down to his ankles last year, now almost looked too tight and short as he ran to the field. Maybe this will be his big day after all, I thought.

I took my seat on the splintered stands and said a little prayer before the practice began. The sparkles in Ford's eyes nearly danced and he couldn't contain the smile on his face as the new coach introduced himself to the team. The coach split the children into two groups. One group went to practice in the infield. The other group went to the outfield. Ford was in the second group.

I could not stop myself from crying, and I hoped that the other mothers didn't see. While he fielded grounders and caught pop-fly's, Ford constantly glanced longingly at the kids in the infield. Perhaps, like me, he thought the coach would switch the groups halfway through practice. But we were both wrong. One hour passed and Ford was still in the outfield.

When he came to me on the stands after practice, Ford said, "I really thought I'd be in the infield this year."

"I know, Honey," was all I could say. What else was there? I was prepared for him to say that he wanted to quit.

"I'm going to go talk to the coach," Ford said.

Uh-oh.

He ran across the dirt, waited for the coach to finish picking up stray balls and baseball bats, and then said, "Coach, I've been practicing real hard all summer, and if you just give me one shot at the infield, I think I can do it."

The coach smiled. "Sure, we'll give you a shot next practice," he said.

Ford ran back to me yelling, "Yes! He said he'd give me a chance, Mom!"

All weekend, Ford practiced in the front yard. He studied major league games on television. And when Monday night's practice finally arrived, there he was in my rearview mirror again, smiling out the window.

He ran out onto the baseball field and the coach put him on first base. I have never smiled so much. There was my child, standing in a cloud of red baseball dust, his hands on his knees, ready for whatever came his way. He caught some and missed others, but he was there, and I knew he would remember that moment for the rest of his life.

After practice, Ford told me, "I'm glad they gave me a chance, because without a chance, how can anybody ever know what someone can do?"

It occurred to me then that with his patience, his faith and determination, Ford will be able to do absolutely anything. And I hope he always has the chance.

Sarah Smiley can be reached for comments at www.sarahsmiley.com.

HEY MONEYMAN!

Hey MoneyMan!

Last year I was deployed for six months and I received some nice tax breaks and credits. Now I will get a rather large tax refund.

I have talked with my wife about what to do with this money and she thinks we should take a family vacation. I think we should pay off our debts and start a savings account for our daughter. What do you suggest?

MoneyMan Sez:

Maybe all the above. Your wife was at home with your daughter while you were away and she seems to want some family time with you. That is a good thing. After all, life shouldn't always be work, work, and more work.

On the other hand, you now have a unique opportunity to get ahead financially and you should seriously consider taking that step.

According to "The Dollar Stretcher," here are some suggestions on what you can do with your tax refunds. Arrange them in

the order that suits your particular circumstances.

- Pay off, or pay down, your credit card debt.
- Make any major home repair or car repairs you need done.
- Start a retirement fund. Roth IRA's and your Thrift Savings Plan are great places to start.
- Start a college fund for your kids.
- Make an extra payment on your mortgage.
- Start an emergency fund.
- Invest in education for you or your spouse.
- Take that family vacation you have always wanted but couldn't afford.
- Do nothing until the excitement of having extra cash wears down. Then analyze the situation and make a plan.

Of course there are many other ways to spend the refund, some of them smart and others not so smart. I recommend you discuss all options with your wife and come up with a plan you both can support.

And by the way, thanks for your service to our country!

More questions? Call Hey MoneyMan at 778-0353.

Women's History Month celebration set

The annual Women's History Month celebration will be held March 18 at 7:30 a.m. at the Flight Line Café. The observance will feature a breakfast followed by a short program. The guest speaker will be CMDCM(AW/SW) Evelyn Banks, command master chief for the U.S. Naval Academy.

The event is open to all hands and the cost is \$3.85. For more information, call YN1 Jenkins at 542-3314.

Tri-base job fair is next week

A Navy Tri-base Job Fair will be held March 12 from 9 a.m. to 2 p.m. at the Morocco Shrine Center, 3800 St. Johns Bluff Road South, Jacksonville. The event will be sponsored by the NAS Jax, NS Mayport and NSB Kings Bay, Ga. Fleet and Family Support Centers. It is open to all separating, retiring or retired military members and their families, separated service members up to 90 days after separation date and members involuntarily separated with transition assistance cards.

Those attending should take copies of resumes and be dressed for success. For more information, call 542-2766, Ext. 127.



SUNDAY SERVICES

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

- | | | |
|----------|-------------|----------------|
| Sunday - | 8:15 a.m. - | Holy Eucharist |
| | | Episcopal |
| | 9:30 a.m. - | Catholic Mass |
| | 11 a.m. - | Protestant |
| | | Worship |

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

JaxAirNews

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The deadline for classified submissions is noon Monday. Questions or comments can be directed to the editor. The Jax Air News can be reached at (904) 542-3531, fax (904) 542-1534, email jaxairnews@comcast.net or write the Jax Air News, Box 2, NAS Jacksonville, Fla., 32212-5000.

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

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MEET A SAILOR . . .

QM3 SHEREKA DABNEY



Job title/command:
NAS Jax Waterfront Brig

Hometown: New Orleans

Favorite duty station/Why? Norfolk, Va. It's the only other place I've been to.

Last book read: Chasing Destiny by Eric Jerome Dickey

Favorite pastime: Playing with my dog.

Most interesting experience: Joining the Navy.

Who are your heroes? My best friend, Melody.

MEET A CIVILIAN . . .

WILMA STANLEY



Job title/command:
MWR Child Development Center

Hometown: Jacksonville

Favorite duty station/Why? NAS Jacksonville because everyone is so friendly here.

Last book read: Any books by V.C. Andrews

Favorite pastime: Volunteering with the mentally and physically challenged in Clay County.

Most Interesting Experience: Attending state games for Special Olympics at Walt Disney World as a chaperone for my daughter.

Who are your heroes? My daughter - she doesn't let her disabilities hold her back.



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A leap of faith . . . a leap of hope . . . a leap of health!

A celebration of successes through gastric bypass surgery

By Loren Barnes
NH Jacksonville Public Affairs

Twelve patients who have experienced a new lease on life through Naval Hospital Jacksonville's Gastric Bypass Surgery Program celebrated their accomplishments last Thursday in the annual Gastric Bypass Support Group Fashion Show. This year the theme was "A leap of faith . . . A leap of hope . . . A leap of health! A celebration of successes."

Part of the hospital's General Surgery Department, the Gastric Bypass Surgery team is led by Director Cmdr. Craig Shepps, Assistant Director Capt. James Prescott Flint and Coordinator/Case Manager Noemi Massari, RNBSN.

Patients who enter the Gastric Bypass Surgery Program are usually people who have exhausted every other means of losing their weight and now face serious medical complications if their weight isn't brought under control. They've tried all the diets and attempted exercise programs but they couldn't shed the pounds. This could be because of genetic or medical issues or from psycho-social behaviors developed from early childhood. Regardless, they now faced life-threatening illness brought on or complicated by their obesity. Sometimes it is their last hope.

Imagine how you'd feel if your doctor sits you down, takes your hand and says if you don't lose weight you're going to die but you know you can't do so on your own. On top of all that you carry the emotional baggage of low self-esteem fostered by years of guilt laid on you by friends, family, even strangers on the street. You've learned to hate that size zero, coat-hanger model who can eat twice her weight in French fries and never gain an ounce. (Cheer up; she may have some serious psycho-social nutritional issues as well!). Suffering and despair may have become the norm for you. You feel you have the cards stacked against you and you could use a re-deal.

You're not alone in this fix. Studies have shown that 13 million Americans are considered morbidly obese. Flint said this number is expected to increase, and there is no end in sight. In fact, today, 283 million Americans, approximately two thirds of the adult population, suffer from weight-related health conditions.

For many of these people the standard cures of diet and exercise can't realistically be expected to fix the problem. It is common knowledge in the medical community, as well as in the public eye, that the far majority of diets and diet programs cannot sustain weight loss in any significant fashion. People may lose a significant amount of weight, and this is great, but the trick is to keep the weight off. Many patients, who are interested in our program, recount this history of significant weight loss, but gaining it all back. These are the people who might be good candidates for the hospital's bariatric surgery program otherwise known as gastric bypass surgery.

The annual Gastric Bypass Program Pageant is an opportunity for patients to share what the program has done for them. The road they've chosen hasn't been without risks and challenges. The commitment they've made is for life.

No one should consider this as their first option for losing weight. The hospital and the Wellness Center offer a number of programs that can help patients avoid such serious weight issues before they affect their overall well-being. These include nutritional and exercise programs. For information, call the Wellness Center at 542-5292.

More than 750 patients have been through the hospital's Gastric Bypass program since it was started in 1997. Its success has depended on the qualifications, experience and dedication of the surgical team as well as those who deliver pre and post-operative care.

Shepps is a general surgeon with experience in obesity surgery since 1979. He received his medical degree from Jefferson College in Philadelphia and completed a surgery residency at Naval Medical College, Portsmouth, Va. He has been the director of the program since 2004. Flint is also a highly skilled general surgeon, who earned his medical degree from the University of Florida's College of Medicine and graduated from the general surgical residency at St. Mary's Hospital in Connecticut, a Yale program affiliate. Since then, he has completed multiple advanced laparoscopic surgical programs and courses. He has a keen interest in laparoscopic surgery and all it offers.

Massari is a registered nurse and a member of the American Society for Metabolic & Bariatric surgery. She has worked with the program 12 years. She plays a vital role at this command and has developed a highly successful Gastric Bypass program. She has personally managed, directed and case managed over 500 patients in this program.

Massari also is in charge of coordinating the Gastric Bypass Program Support Group. She said, "This is an invaluable asset to the program in that it decreases patients visit to emergency rooms, clinics, the use of large amounts of medications, and helps patients become more active and thus more productive in society."

The program also benefits from the support of other areas of clinical specialty within the hospital and available through TRICARE network facilities.

Shepps said that this annual event is something that he really looks forward to because it gives the patients the opportunity to show off the success they have achieved from a significant lifestyle change.

"I enjoy all aspects of being a general surgeon, particularly with active duty members who are deployed; but bariatrics is by far the most rewarding. The patients are profoundly grateful, repeatedly thanking me for giving them their life back! It is tremendously rewarding to be able to care for diabetes and hypertension and help these patients



Photo by Loren Barnes

Gastric Bypass Program Director Cmdr. Craig Shepps welcomes families and guests to this year's Gastric Bypass Program Support Group Fashion Show.



Photo courtesy of Capt. James Flint

General Surgeon and Gastric Bypass Program Assistant Director Capt. James Flint (left) performs gastric bypass surgery on a patient at a previous duty assignment. Flint said that he enjoys being able to help patients be around to watch their children grow up. "When we can guarantee that we can make that happen, the joy is palpable," he said.



Photo courtesy of Naval Hospital Jax

Celebrating some amazing Gastric Bypass Program successes at this year's Naval Hospital Jax Gastric Bypass Support Group Pageant were from left to right, back row, Gastric Bypass Program Director Dr. Craig Shepps, Donald Grasmick, Jennifer Decker, Assistant Program Director Capt. James Flint, Annabelle Frailey, Nicole Ribet, Crystal Wade, Veronica Mowl, Tony Sahioun, Kenneth Robinson, Linda Herman and Lorna Mack. Front row, Donna Smith, Noemi Massari, Naval Hospital Jax Commanding Officer Capt. Raquel Bono and Carol Slagle.

become happier and more productive members of society." He will soon be changing duty stations but he will leave the leadership of this program in the capable hands of Flint.

Flint joined the team in August of 2007, when he arrived from Naples, Italy, but assisted in the bariatric program from 2002 to 2005 when he was stationed here before. In this kind of work, and especially in a hospital where individualized compassionate care is a hallmark, patients can't be just another 15 minute appointment. They receive individualized care which fully involves the patient, their families and all of Naval Hospital Jacksonville's provider assets.

Flint said he has enjoyed the special bonds that he has

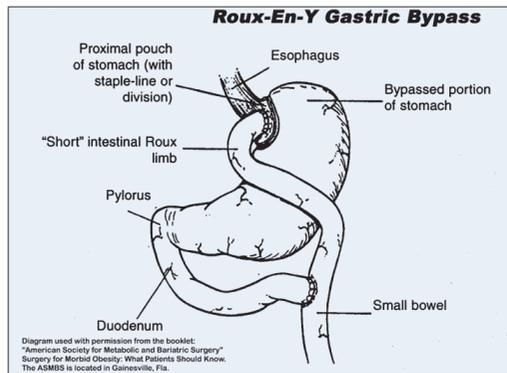


Diagram used with permission from the booklet: "American Society for Metabolic and Bariatric Surgery" Surgery for Morbid Obesity: What Patients Should Know. The ASMBS is located in Gainesville, Fla.

with his patients as they face the physical and emotional demands of the surgical experience.

He said, "People come from all walks of life, with a variety of experiences, but they are all here for the same thing, to lose weight and to improve their health. I love being able to describe the benefits of the surgery and sustained weight loss, not only for their health and well-being, but just as important, being able to share their long-term health with their families. I cannot count the number of times patients have told me that how they want to be around when their children grow up. It breaks my heart to hear that, but, I know it's true. When we can guarantee that we can make that happen, the joy is palpable!"

As a group the 12 patients in the show have lost hundreds of pounds since their surgery and they've discarded lots of old clothes. Many hold onto an item or two just to remind them of how far they've come. They exhibited some of these along with their "before photos" at the pageant. They also shared some incredible and courageous stories.

Linda Herman came up against a brick wall in 2004 which forced her to make the decision to enter the gastric



(Far left) Patient Kenneth Robinson and his wife, Nancy, who works in the Naval Hospital's Family Medicine Department, at the fashion show. Robinson who once weighed 368 pounds is down to 202 pounds. His clothing size has gone from a 58 waist to size 38. Inactive before the surgery, he now walks three miles daily and rides a bike.

(Left) Kenneth Robinson prior to his surgery at 368 pounds.

Photo courtesy of Naval Hospital Jax

Photo by Marsha Childs

(Right) Lorna Mack weighed 250 pounds before gastric bypass surgery. She suffered from high blood pressure, allergies, congestive heart failure, sleep apnea and is a breast cancer survivor. She was only moderately active and wore size 22-24. Today, she wears a size 8/10 and walks five times a week, swims, participates in charity walks and will walk in the Gate River Run Saturday.

(Far right) Capt. James Flint congratulates gastric bypass patient Lorna Mack on her health accomplishments and thanks her for her work with support group activities.



Photo courtesy of Naval Hospital Jax



Photo by Loren Barnes

GASTRIC: Giving patients a new lease on life

From Page 4

bypass program. She had been suffering continually worsening knee pain and she had several other medical conditions which precluded her from knee surgery. On top of those she said most knee replacements aren't designed to support someone weighing 333 pounds. When her doctor suggested she use a motorized scooter, she knew that just wasn't going to work for her. She felt that if she did that she would never be active again. She had her surgery in February of 2005 and she now weighs 281 pounds.

She is no longer taking medication for hypertension, gastric reflux or using her inhaler daily. Herman's philosophy is that of a survivor. "You keep putting one foot in front of the other and you get through it," she said. "My life is entirely different. There will be good days and bad days until I get my knee replaced."

The hospital's support group is a key element of these patients' recovery process. Lorena Mack is a sponsor for new patients entering the Gastric Bypass Program. She had her surgery in April 2004 and weighed 250 pounds. Today, that's down to 132 pounds, a 118 pound reduction. The 52-year-old no longer needs blood pressure or heart medications.

Lorena said that as a sponsor, "I give them a reality check from the patient's point of view rather than of the surgeon. There are often questions they will ask another patient that they won't ask a professional."

Most men think of a fashion show as "a woman thing." But 54-year-old Ken Robinson, is proud to show off his new look. But what he's really happy about is what the gastric bypass program has done for his health.

He said, "The greatest benefit is just being here today. The biggest benefit is medical." Robinson no longer takes any medication and he can shop in a regular store and buy normal clothes. Another benefit is not using an extender seatbelt when traveling by plane he said. Robinson's wife, Nancy is a nurse in the Naval Hospital Jacksonville Family Medicine Department. She remains a source of encouragement for him and the other patients in the program. Ken had abdominoplasty in August 2007 to remove his excess skin after repeated infections.

As all these patients can attest, Gastric Bypass Surgery patients soon learn that achieving that "new you" involves more than just the physical results of the surgery. It involves a complete lifestyle change.

Flint stresses that not everyone can become a candidate for the program, but that anyone who is morbidly obese and interested in bariatric surgery, should speak to his or her primary care provider about the program. We have strict criteria for entering the program, but

there are many people who are perfect candidates, but are never referred.

"Until the mainstream media and the mainstream medical community jump on board the bariatric surgical express, patients are to have to do their own investigating, and ask that they be considered for the program, as long as they meet the criteria. Sometimes, you can't just sit back and let things happen. Just like in our program, sometimes, you have to work for your health," said Flint.



Photo courtesy of Naval Hospital Jax

Linda Herman poses in her pre-surgery clothing, size 26-32. In early 2005, Herman suffered from high blood pressure, asthma, allergies, high blood sugar and increasing pain in her back, knees and legs. She had limited mobility, needed support to walk and an orthopedist recommended she use a motorized scooter.



Photo by Loren Barnes

Three years after surgery, Linda Herman has been able to postpone knee replacements although doctors have discovered some heart damage from her being overweight. But now she's enjoying life one day at a time and she feels better doing it. She still has allergies, is getting steroid injections for knee pain but is now using an indoor bike. Her weight is down to 177 pounds and she's gone from a size 26-32 to 16-18.

What to do when diagnosed with a sickness or disease

By Chaplain
(Lt. Cmdr.) Bruce Hill
Special Contributor

CHAPLAIN'S CORNER



Chaplain
(Lt. Cmdr.) Bruce Hill

A few years ago, I was diagnosed with Leukemia, a blood cancer that can affect your immune system. Receiving the news from my doctors was shocking.

My mind began to run wild. How could this be? I have been in good physical shape all my life. What could have caused this? How will it affect me?

Will I die from this? Would I have to take chemotherapy or should I take it? Will I be able to work? If not, how long will I be out of work? Have I sinned to cause this sickness?

Is God angry with me? Is God trying to teach me something? What is his purpose for letting this disease attack my body?

My first reaction was not spiritual, but carnal. Then I finally realized that God is in charge of my life. I shouldn't be afraid because God has allowed this to happen to me. I am his child and he is my Father.

After pondering over all the negative thoughts, two scriptures came to mind.

Acts 20:38: God gave Jesus of Nazareth the Holy Spirit and

power. He went around doing good and healing all who were troubled by the devil because God was with Him.

I John 3:8: The person who keeps on sinning belongs to the devil. The devil has sinned from the beginning. But the Son of God came to destroy the works of the devil.

These scriptures and others served as a positive reinforcement for me throughout the period of sickness. God made it clear to me that this sickness was not unto death but I would have a greater testimony of him.

God began to speak to me about what to do to overcome this sickness. There are many people who are dealing with cancer and other illnesses in uniform. I want to share with you what I did for God to heal me.

1. Immediately bring your sickness up before God, even though he is already aware of it.

2. Don't discuss your sickness with everybody, only those who believe that God can heal.

3. Never complain or ask "why?" in the negative. God knows what he is doing.

4. Be very positive about your sickness. There is healing in a positive attitude.

5. Listen to the Holy Spirit. If you don't feel sick, don't claim it.

6. Discuss your views and the doctor's assessment together, leading them to faith in God.

7. It is healthy for the patient and the doctor to be in agreement. You must never forget who does the healing.

8. Accept what is going on in your body.

9. Understand what is sick, your body or your spirit or both. Sickness can attack your body but not your spirit. You are not your body. You are your spirit.

10. Start a chain of prayers directed toward the sickness with those you believe in.

11. Accept the fact that God has allowed your sickness. He has a purpose and plan for allowing it to attack your body:

- To manifest His power over the sickness.
- To strengthen your testimony.
- To take you to another level of faith in him.
- To test your faith and loyalty to him.
- To transform some area of your life.
- To slow you down to hear his voice.
- To reveal sin in your life.
- To bring you closer to him.

12. Believe that God can heal your sickness or give you grace to live with it.

13. Ask God if this sickness is life or death?

14. Feed your spirit, body, mind, and soul with God's word on healing scriptures. God doesn't want you sick. He wants to heal you.

15. Claim God's promises in his word for your healing.

16. Don't listen to the devil or negative people. Don't even hold conversations with them. They will hinder your healing and weaken your faith.

17. Speak what the doctor say is wrong with your body and claim what God has promised to do for you. Do not be in denial. Sickness can attack your body, but not your soul.

18. Believe that God can heal spiritually (divine healing) and physically (doctors/medicine).

19. Seek God for his healing plan for your illness.

20. Understand who is healing you even when the doctor suggests a healing plan.

21. Eat plenty of food before chemotherapy or radiation. You may not want to eat or may not have a taste for food but eat it anyway. Let the cancer eat the food and not your body.

Death is an appointment that we can not cancel. We will die and leave this world.

However, we don't have to die before time. Live your life to the fullness in Jesus Christ.

And remember, those who believe in Christ as their personal Lord and Savior will never die.

It is alright to die, but don't rush death because of fear when you receive a diagnoses of a serious or terminal disease. The Bible teaches that all sickness is not unto death.

When dieting isn't enough

By Marsha Childs
NHJ Marketing

That extra 100 pounds you've been carrying around is contributing to your worsening health problems. The excess weight is causing your blood pressure to soar and your arthritis to flare-up. You have tried all the latest diets, but nothing seems to work. Attempts to exercise make your knees ache and your lungs hurt. If this sounds like you, there may be another method for shedding that unwanted weight—surgery.

Naval Hospital Jacksonville offers bariatric surgery, also called gastric bypass surgery. According to the American Association for Metabolic and Bariatric Surgery, this procedure creates a stapled or divided small gastric pouch leaving the remainder of the stomach in place. A long section of small bowel is attached to the stomach to divert the bile and pancreatic juice to produce decreased absorption. The pouch restricts the amount of food patients can eat, but still ensure they feel satisfied after eating.

There are several types of bariatric surgeries. The one used at Naval Hospital Jacksonville described above is the laparoscopic Roux-en-Y Gastric Bypass, which has fewer risks, but there are risks. The major risks are: anastomotic leak with severe infection, pulmonary embolism and deep venous thrombosis, and risks associated with general anesthesia. More common and lesser risks and side effects are frequent vomiting, abdominal bloating, lifelong vitamin supplements, intestinal irritation, ulcers, and a condition known as dumping syndrome.

Candidates for this procedure must be 100 pounds over the ideal weight for their height and bone structure, according to the most current Metropolitan Life Table, and have an underlying medical condition such as Type 2 Diabetes, high blood pressure, sleep apnea or severe joint pain. An associated health problem is not required if the patient is 200 percent over the ideal weight.

The hospital's Gastric Bypass Program (GBP) is open to all retirees and their eligible family members and active duty family members ages 26 to 55. They must be enrolled at the military treatment facility (MTF) and referred by their primary care provider to be considered for the program. Active duty members are not eligible for

this procedure.

To be considered for the GBP, the patient must have a body mass index (BMI) greater than 40 percent for height, age, and sex for the last five or more years. Some patients with a BMI of 35 will be considered at the Military Treatment Facility if they have severe health problems, such as high blood pressure, diabetes, etc. The BMI is the relationship between weight and height used to assess a patient's health risk. The patient must have attempted weight loss using other measures like dieting and exercise. He must also be willing to follow a focused plan for a minimum of five months. The pathway includes exercise, mental health and nutritional evaluations, support group meeting attendance and a medical clearance for surgery.

Careful screening of each patient is essential to ensure a successful outcome. Once the patient undergoes surgery, the GBP surgeon and health care team continue medi-

cal management for 18 months, and, in many cases, patients continue to come back to clinic to "show off" their progress.

Why does the naval hospital offer this particular surgery? The obvious rewards include better control of existing medical conditions: diabetes, hypertension and sleep apnea, relief from arthritic pain in weight-bearing joints, and reduced risk of heart problems. Not so obvious are the personal benefits of improved self-image, better social acceptance and increased productivity. Additionally, when the active duty family member is being well cared for, it is one less worry for the service member.

Bariatric surgery is a TRICARE benefit available to all eligible military patients who meet the criteria. For more information about the program, contact your physician, the GBP Coordinator Noemi Massari at 542-7524 or visit TRICARE.osd.mil, key word TRICARE Policy Manual/ Bariatric Surgery to see if this surgery is right for you.

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VS-32 change of command tomorrow

By Lt. Jacob Wilson
VS-32 PAO

Cmdr. Doug Carpenter will relieve Cmdr. Doug Walker as VS-32 commanding officer in a change of command ceremony tomorrow in Hangar 117 at NAS Jacksonville.

Carpenter, a native of Virginia Beach, Va. graduated from the U.S. Naval Academy in 1991 earning a Bachelor of Science Degree in Aerospace Engineering. Carpenter was designated a naval flight officer in 1993 and completed fleet replacement training in the A-6E Intruder at VA-42.

He participated in numerous deployments in support of Operation Southern Watch with the "Blue Blasters" of VA-34 on board USS George Washington and then, following the sundown of the Intruder community, with the "Topcats" of VS-31 on board USS John C. Stennis. Carpenter completed his department head tour with VS-22 serving as training and operations officer. He then became the S-3 Flight Hour Program manager and completed a Masters of Business Administration while managing a 3.5 billion dollar operating budget as part of Commander, Naval Air Forces, Atlantic. Carpenter has served as executive officer of VS-32 since February 2007.

Since reporting to VS-32 in November 2005, Walker has deployed twice with VS-32 in support of Operations Iraqi Freedom and Enduring Freedom. He and the "Maulers" spent more than 15 months underway on board USS Enterprise during his tour of duty. During this time, the Maulers flew more than 60 combat non-traditional intelligence, surveillance and reconnaissance sorties over Iraq, logged 7,535 flight hours and more than 2,400 arrested landings on board the Big "E".

As commanding officer, he led VS-32 to several distinguished accomplishments. The Maulers were the first Viking squadron to certify the venerable S-3B as a precision targeting platform. They developed new tactics with the recently installed LANTIRN targeting system, tested those tactics at the Naval Strike Warfare Center in Fallon, Nev. and received approval to deliver laser guided munitions and designate for GPS guided munitions in the close air support environment.

Walker's squadron also enjoyed the highest retention rate of any squadron in the



Cmdr. Doug Carpenter



Cmdr. Doug Walker

Navy for fiscal year 2007. Commander, Fleet Forces Command placed the Maulers on the retention honor roll in all four quarters of fiscal year 2007. No other squadron accomplished this in 2007. Additionally, the Maulers promoted Sailors 150 percent above the Navy average, including advancing four first class petty officers to chief petty officer.

Walker will next report to the operations staff of U.S. Strategic Command in Nebraska.

Training as a team



Photo by Kaylee LaRocque

DCCS(SW/AW) Darryl Melton gives a short brief after Exercise Operation Dolphin, a simulated tabletop disaster drill Feb. 27 at the Emergency Operations Center. The drill began with a simulated explosion that killed five people and injured more than 20 other victims. Shortly after the explosion, a group of individuals broke into the NAS Jax Waterfront Brig to free a prisoner. "This disaster drill went really well. Everyone worked together as a team today. Always remember, the top three concerns of any emergency are life safety, stabilization of the incident and protection of the property and environment," Melton said to the participants after the drill.

Commissaries unaffected by latest national beef recall

From Staff

Commissaries do not have any of the Hallmark/Westland Meat Packing Company products involved in a voluntary recall announced Feb. 17 by the U.S. Department of Agriculture.

The recall of 143 million pounds of beef from the Southern California slaughterhouse affects beef products sent to wholesale distributors in bulk packages that are not available for direct purchase by consumers. They were produced on various dates from Feb. 1,

2006 to Feb. 2, 2008, USDA said.

For more information on this recall, go to http://www.fsis.usda.gov/Fsis_Recalls/index.asp. Commissary patrons can also get more

information on this and other recalls by going to the DeCA Web site at <http://www.commissaries.com>, visit the "Food Safety" section and access links to various consumer safety sites.

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EVERY SUNDAY AT 9:30AM Church School New Member Orientation	FREE FAMILY COUNSELING AND PRE-MARITAL COUNSELING
EVERY WEDNESDAY AT 7:00PM Adult and Youth Bible Study/ Mid-Week Service	Travel time from the base 5 minutes The van will pick up from the base Call for a ride 904-278-7037
EVERY SECOND SUNDAY Children's Church Men's Ministry/Sons of Allen	

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Navy Band Southeast presents 'Concerts in the Park'

From Navy Band Southeast

Navy Band Southeast proudly presents their Spring "Concerts in the Park" concert series. Please join the band at Patriot's Grove for a Boston Pops style concert series. The event is free. Bring a blanket or lawn chairs along with a picnic dinner or snacks and enjoy the a night of entertainment.

March 14, 7:30 p.m. - Navy Band Southeast Jazz Ensemble at NAS Jax Patriot's Grove

March 28, 7 p.m. - Pride at NS Mayport Sea Otter Pavilion

March 29, TBD - Jazz Ensemble at NSB Kings

Bay, Ga. Under the Pines Park
April 11, 7:30 p.m. - Pride at NAS Jax Patriot's Grove

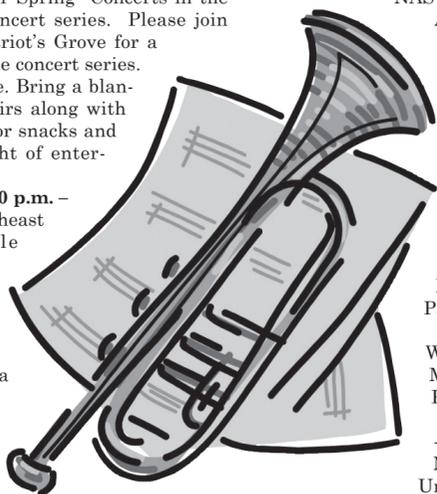
April 18, TBD - Pride at NSB Kings Bay, Ga. Under the Pines Park

April 25, 7 p.m. - Jazz Ensemble at NS Mayport Sea Otter Pavilion

May 9, 7:30 p.m. - Navy Band Southeast Wind Ensemble at NAS Jax Patriot's Grove

May 16, 7 p.m. - Wind Ensemble at NS Mayport Sea Otter Pavilion

May 30, TBD - Wind Ensemble at NSB Kings Bay, Ga. Under the Pines Park.



Great American Spit Out

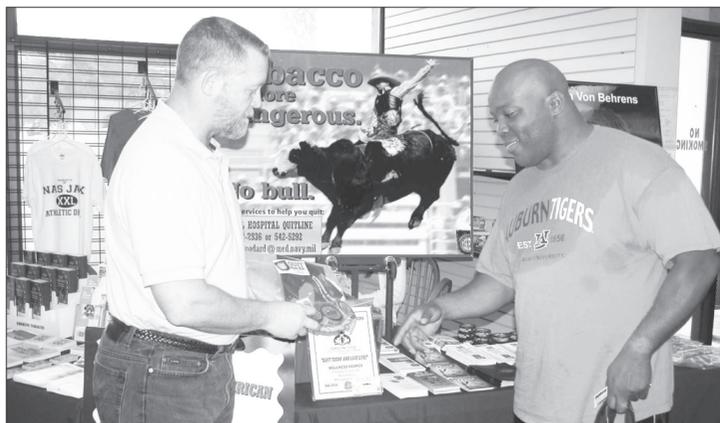


Photo by Kaylee LaRocque

Tobacco Cessation Program Manager Danny Woodard (left) explains some of the products he hands out to help people quit chewing tobacco to GMC(SW) Charles Taylor of the NS Jax Weapons Department Feb. 21 at the Fitness Source. Woodard had the booth set up for the Great American Spit Out Day.



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Thomas Flyer photo courtesy of the National Automobile Museum, The Harrah Collection, Reno, Nevada
Parnelli Jones' Trans-Am Mustang photo by Peter Luongo

CNRSE to host community service conference

From CNRSE

Commander, Navy Region Southeast will host the 2008 Navy Community Service Program (NCSP) Conference March 11-12 at the NAS Jacksonville Officers' Club to update and provide training to command volunteer coordinators on the program.

The conference is also open to command school partnership coordinators and other community service coordinators on a space available basis. Funding is not available

for travel.

The seminar will provide training on how to implement a command NCSP, highlighting for Navy commands CNRSE best practices, accomplishments, and lessons learned in executing the program.

A special workshop has also been planned on how to put together an award winning NCSP package.

"We feel this conference will be of great benefit to command volunteer coordinators in successfully managing their Command Navy Community Service and Outreach

Program," said Navy Community Service Program Manager Dianne Parker.

Dr. Judith Smith, director of Volunteer Jacksonville and a retired naval officer, will address the conference on the importance of Navy community service and outreach.

The event will include various workshops with topics like volunteer program risk management, volunteer recruiting, screening and other key components that are vital to developing an effective command volunteer program.

The second day will include a community service project in the Jacksonville area.

All commands and activities in the CNRSE area of area of responsibility are encouraged to send designated command volunteer coordinators and/or alternate to represent their command.

Seating is limited and can be confirmed by contacting the CNRSE NCSP manager via email at: dianne.parker@navy.mil. For general information, please call 542-5380.

Tax center open for business, offering free assistance

From Staff

The NAS Jacksonville Tax Center offers a free tax service through the Voluntary Income Tax Assistance program to military members, retirees and their families. The center is open Monday, Wednesday and Friday from 8:30 a.m. to 4 p.m. and Tuesday and Thursday from 9 a.m. to 5 p.m.

The tax center has a full-time receptionist to greet customers and set up appointments and 21 full-time and part-time volunteers who have been specially trained by the Internal Revenue Service to handle most tax situations. There is also a special area set up to children to watch movies while their parents are having their taxes prepared. It is the only free tax preparation service on base.

Volunteers will e-file almost all returns, ensuring fast refunds.

Those eligible for the free tax preparation include:

- All active duty service members and their dependents
- All retirees and their dependents
- Reservists on active duty for more than 30 days
- Reservists within 30 days of demobilization
- Reservists involved in pre-mobilization

Before making an appointment, customers should have:

- All 2007 W-2's and 1099's
- Copies of social security cards for taxpayers and dependents
- Taxpayer(s) military ID cards
- Bank account numbers and routing numbers
- Any other tax records including copies of 2006 tax

returns if available

• **If you do not bring either a copy of your social security card or a previous year's tax return, we will not be able to prepare your return. You must also have this documentation for all dependents.

Couples wishing to file joint returns should come to the tax center together. If a spouse is unavailable, the spouse preparing the return will need to bring a power of attorney that specifically covers tax filing purposes or an IRS Power of Attorney Form 2848 (available at www.irs.gov)

If you have a complex return, please call ahead and make an appointment.

For more information or to make an appointment, call 542-8039.



Play ball!

Members of the NAS Jax Honor Support Team present the colors as Navy Band Southeast performs the national anthem at the opening ceremonies of the Navy Ortega Lakeshore Little League season. Hundreds of players, coaches, family members and friends turned out for the 49th annual opening ceremonies Saturday morning.

Photos by Kaylee LaRocque

NAS Jax Commanding Officer Capt. Jack Scorby Jr. throws out the first pitch to officially kick off the Navy-Ortega-Lakeshore Little League Baseball and Girls Softball League season Saturday at NAS Jax. The season runs through June.



Reminder . . .

From Staff

To receive the federal rebate check as part of the Economic Stimulus Bill this year, you are required to file federal taxes by April 15.

Even if you normally do not file taxes due to Social Security income or VA disability, you must file a 2007 tax form to receive this rebate.

People who owe no income tax, but earned at least \$3,000 in income from Social Security and veterans disability will receive rebate checks of \$300 for individuals and \$600 for couples.

For more information, go to www.irs.gov.

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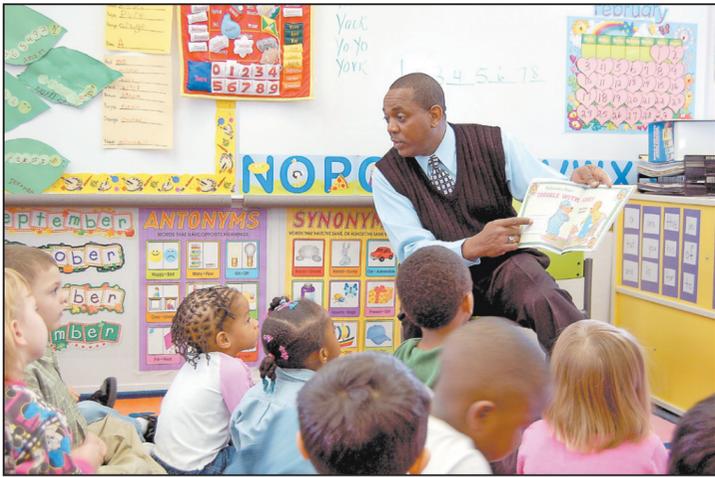
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Learning to save



Photos by Kaylee LaRocque

A group of preschoolers from the NAS Jax Child Development Center Mod B listen attentively at Fleet and Family Support Center Financial Counselor Rufus Bundrige reads *The Berenstain Bears, Trouble with Money* to the children. The children were all given a piece of candy and told to do what they like with it as Bundrige read the book. He then asked how many children had saved their candy, pretending it was a dollar bill to put in a piggy bank. Although all the children had eaten their candy, they each received a small piggy bank and a lesson in saving their money. The event was held to recognize Military Saves Week.



NAS Jax Fleet and Family Support Center Financial Counselor Rufus Bundrige passes out some piggy banks as part of a special presentation at the Child Development Center Feb. 27 to recognize Military Saves Week.

Guidance for individual augmentee sponsorship

From FISC

For anyone who is a sponsor of an individual augmentee (IA) the following guidelines must be followed:

- Contact your IA at least once a month.
- Contact their families at least once a month.
- When members are due to return, do something special for them. The Morale, Welfare and Recreation Department, USO and Fleet and Family Support Center have free items for members returning home from IA deployments.

Take some pictures and write a short article and submit it to the Jax Air News (jaxairnews@comcast.net) and monthly Fleet Industrial Supply Center Focus so they can feature the accomplishments of IAs.

• Keep the IA coordinator, Cmdr. Steve Romero informed of updated information of IA members and their families at least once a month.

Remember IA duty continues every day and they need support. For more information, call 542-1000, Ext. 6166 or email herman.romero@navy.mil.

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NAS Jax holds successful Nashville Star casting call

By MWR staff

The NAS Jax Morale, Welfare and Recreation Department hosted a Nashville Star All-Military Casting Call Feb. 27 at The Zone complex. Twenty-six Sailors and family members participated in the event for the chance to appear on the national television show, Nashville Star.

Judges included Eden Kendall from the Gator Country Radio morning show, Michele Chase from the Gator Country Radio mid-day show and Disc Jockey Joe Buck from Maverick's, country bar located at The Jacksonville Landing.

The participants had three minutes to impress the judges by singing acapella or with an acoustic instrument. The participants were then scored based on singing ability, performance and star factor.

Participants had to sing a pre-approved song from a list provided by Nashville Star. The group was narrowed down to the top 10 and then to the top three with two alternates.

The top three winners from NAS



(From left) Nashville Star guest judges Michele Chase from Gator Country mid-day show, Joe Buck from Maverick's at The Jacksonville Landing's newest country club hot spot and Eden Kendall from Gator Country morning show deliberate on choosing the top 10 contestants during the Nashville Star Casting Call at The Zone.



MU2 Mallory McKendry from Navy Band Southeast auditions during the All Military Casting Call at The Zone on Feb. 27. She is one of the top three contestants selected from NAS Jacksonville to audition at Commander, Navy Installations Command and possibly the Nashville Star television show competition.



From left, Royal Kelly, a Navy spouse, was selected as an alternate, MU2 Mallory McKendry of Navy Band Southeast was picked as one of the top three, AMAN Jessica Freber of Consolidated Maintenance Organization 11 made the top three, HN Mandy Johnson of Navy Medicine Support Command was chosen as an alternate and Jessica Doran, a Navy spouse, will also head to the Commander, Navy Installations Command competition as one of the top three contestants.

Jacksonville are: MU2 Mallory McKendry of Navy Band Southeast, AMAN Jessica Freber of Consolidated Maintenance Organization 11, and Jessica Doran, a Navy spouse. The alternates are HN Mandy

Johnson of Navy Medicine Support Command and Royal Kelly, a Navy spouse.

NAS Jacksonville will be submitting a professional audition session from each of the top three to Commander, Navy Installation Command (CNIC).

CNIC will then select 10 contestants from all military bases that held local

casting calls to go on to the next round in Norfolk, Va. April 11-12. The winner's audition package from the All-Military Casting Call will be submitted by the Navy for consideration for the Nashville Star Television Show.

A special thank you goes to Renda Broadcasting Gator Country 99.9 and all who participated and supported the Nashville Star All-Military Casting Call.

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Training helps aircrew deal with emergencies

By Kaylee LaRocque
Editor

Training pilots and aircrews to deal with life-threatening emergencies is the primary mission of the staff at the Aviation Survival Training Center (ASTC) at NAS Jacksonville.

ASTC offers numerous courses to train aircrews on the physiological hazards associated with flying. Some of these include: hypoxia, hyperventilation, sensory physiology, stress, human performance, spatial disorientation, G-Forces, aviation life support systems, emergency egress and basic first aid.

New and refresher students go through a variety of courses based on what type of aircraft they fly. "We cover all types of aircraft - helos, jets, props and they get training on every kind of scenario. Depending on what type of aircraft you fly, the training is tailored to that specific classification," said ASTC Director Lt. Cmdr. Sue Jay. "If you fly jets or props, you'll get parachute training and ejection seat training. If it's helos, you'll go through the underwater egress (dunker) scenarios."

Classes last two or three days and include a series of classroom lectures, dynamic training such as parachute descent procedures, ejection seat, decompression chamber and water survival training.

For 18 pilots and aircrew participating in the low pressure chamber exercises Feb. 13, they not only became qualified, but also became local celebrities as the training was portrayed on First Coast News by news anchor Joy Purdy, who interviewed staff members and students.

As the students entered the chamber, they were given oxygen masks and seated on both sides of the chamber as several instructors helped them try on their gear. Once the thumbs-up was given the chamber was sealed, oxygen masks were removed and they began a simulated ascent to 20,000 feet.

"They are required to go through this training to help them recognize signs and symptoms of hypoxia and learn how to treat them. By using this chamber, we can do it safely on the deck so if anyone passes out, we can treat them," said Jay. "We want them to get hypoxic so they can see what it feels like and they know what to



Photos by Kaylee LaRocque
HM2 Lori White, an inside observer in the decompression chamber, checks the fitting of student's oxygen mask before the testing begins.

and can recognize it in others. We've had people pass out, get nauseous, euphoric and belligerent. It affects everyone in different ways."

"They can only remain off oxygen for a short time before the symptoms of hypoxia set in. The longest they are allowed to remain off oxygen at 20,000 feet is 18 minutes. It would push the limits to where it's safe after that amount of time," stated HM2 Michael Armbruster, an instructor at ASTC.

"We level the chamber off at 20,000 feet at which time they are required to recognize their hypoxia symptoms themselves and treat themselves accordingly. We have them do a writing demonstration as a diversion tactic to keep them occupied so they don't concentrate on their symptoms

See CHAMBER, Page 13

First Coast News Anchor Joy Purdy interviews Ensign Emile Hawkins (right) and AW3(NAC) Jonathan Norrod, both of VP-30, about their experience in the decompression chamber at the Aviation Survival Training Center.

The students give a thumbs up signaling they are ready for the decompression testing to begin.



Aviation Survival Training Center Jax Director Lt. Cmdr. Sue Jay checks for signs of hypoxia as a group of students ascend to 20,000 feet in the decompression chamber.



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CHAMBER: Aviators suffer same effects as SCUBA divers

From Page 12

then we give them simple tasks to do such as touch their fingers to their noses and play pattycake. You can see the coordination gets more difficult as hypoxia sets in."

As they continued to ascend, one by one the students put on their oxygen masks. "We've had people pass out, rupture their ear drums, lose their fillings and damage their sinuses."

Any type of oxygen emergency at a high altitude could become potentially fatal if that aviator is not able to recognize the symptoms," said Armbruster. "It happened with golfer Payne Stewart many years ago. They think they had a decompression problem and the signs weren't recognized and they all perished. Today, our students are in a chamber and we have staff to help them if they need it, but when they are actually flying, that won't be the case. It's a real eye opening experience."

As the students stepped out of the chamber after the training exercise, most seemed a little worn out.

"It was tiring but not past my normal physical actions during the day like lifting weights. My arms got a little tired," stated Ensign Emile Hawkins, a student pilot at VP-30 who was the last to don his oxygen mask.

"As we ascended in altitude, you could feel the different pressure and watch the balloon inside start expanding. As we started ascending, you could actually see where the humidity was evaporating and there was a mist like on a foggy lake coming up," recalled AW3(NAC) Jonathan Norrod, a radar operator at VP-30.

"As we got up to altitude and started doing different skills, I was trying to look at the eye chart. I think I did alright, but when we started doing the hand movements, it was a little difficult remembering what the sequences were that they were calling out. A lot of my job is memorization so I was trying really hard to do everything right," he continued.

"Of course, with the pressure changing in the chamber you are watching for how the changes affect you. When you are in the P-3 you aren't sitting there watching for these things you are doing your job. But you have to know what signs to look for. The first thing I noticed were that my fingertips were turning blue. I also had a slight headache and had a slight twitch in my hands. Towards the end it also got harder to hear what the instructors were saying. By going through this training, it helps you look for those signs. If I was on the aircraft and I saw that my fingertips were turning blue, I would immediately put on my oxygen mask."

The low-pressure chamber consists of three separate chambers made of three-quarter-inch steel with thick glass windows.

"It will actually stand pressures up to 100,000 feet although we don't take students up that high. The majority of our flight students go to 20,000 to 25,000 feet and every so often, 35,000 feet. Any higher than that and you would need a pressure suit because your blood could actually start to boil because of the nitrogen in the body. Aviators can suffer from decompression sickness just like SCUBA divers," added Armbruster.

By knowing what to do in case of depres-



Ensign Thomas Sculthorpe of VP-30 and other student pilots test their thinking and writing skills while being ascended to 20,000 feet without oxygen in the decompression chamber at Aviation Survival Training Center Jax Feb. 13.



PR2(PJ) Edwin Antrim passes out oxygen masks to a student pilot to use during the decompression testing.

surization to prevent hypoxia while flying is crucial for all aircrews.

"It's extremely important to go through this training in case the cabin pressure inside the aircraft changes and we have to use oxygen. You can never put a price tag on training; good training is great training. I've never had a situation happen where I've needed to use my training and hopefully I won't, but I'm prepared just in case," said Hawkins.



Ensign Jamie Blatter (left) of VP-30 and Lt. Darren Randolph of VP-8 play a game of Pattycake in the decompression chamber at 20,000 feet, in a test to help the pilots recognize signs of hypoxia.

Learning to manage money



Photo by Kaylee LaRocque

Andy Anderson, a benefits briefer with the Navy Mutual Aid Association, gives a motivational lecture during a financial seminar at the base theatre Feb. 29 as part of Military Saves Week. Anderson discussed a variety of financial topics including retirement benefits, social security, Thrift Savings Plan and the benefits of staying in the military.

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March 14-15

Travel Fair
March 15
NEX Courtyard
10 a.m. - 2 p.m.

Liza Minnelli
March 16, 7 p.m.



File photo

Military Resort Rentals Sales Representative Leslie Jarrard (left) gives some information about the resort to Jamie Wyche during last year's Information, Tickets and Tours (I.T.T.) Travel Fair. This year's fair will be held March 15 from 10 a.m. to 2 p.m. in front of the I.T.T. Office and Navy Exchange. The annual event gives military and Department of Defense personnel a chance to learn about attractions, travel, lodging and vacation opportunities available for a discounted rate through the I.T.T. office. Call 542-3318 for more information.

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Funk Fest
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\$27 per person

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Jacksonville Fairgrounds

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MOVIES

Movies are shown at the base theater and open to all hands. For details call 542-

Tomorrow, 7 p.m. - Lions For Lambs (R)
Saturday, 5 p.m. - Martian Child (PG)
Saturday, 7 p.m. - Michael Clayton (R)
March 14, 7 p.m. - Why Did I Get Married (PG-13)
March 15, 5 p.m. - Bee Movie (PG)
March 15, 7 p.m. - In the Valley of Elah (R)
March 21, 7 p.m. - The Kingdom (R)
March 22, 5 p.m. - Sydney White (PG-13)
March 22, 7 p.m. - Elizabeth The Golden Age (PG-13)
March 28, 7 p.m. - Beowulf (PG-13)
March 29, 5 p.m. - American Gangster Part 1 (R)
March 29, 7 p.m. - American Gangster Part 2 (R)

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Navy Exchanges, customers go green to help the environment

By Kristine Sturki
NEXCOM PAO

Navy Exchange (NEX) customers will be able to do their part to help the environment by purchasing a multi-use reusable shopping bag at NEXs worldwide.

Green Bags will be available in stores in the continental United States late

February and in March for overseas NEXs.

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The bags' sturdy straps carry a lot of weight with-

out tearing, and have a flat bottom to help prevent tip-overs. Best of all, they are moisture resistant and can be recycled when no longer usable.

"The NEX is always looking for ways to help the environment and make the shopping experience a pleasant one for our customers" said Mike Mongin, NEXCOM Operations Program manager.

"The NEX reusable Green Bags reduce the need for plastic or paper bags at checkout and make the

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From FFSC

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

All FFSC workshops and classes are free to service members and their families as well as Department of Defense civilian personnel aboard the base.

Pre-registration is required. If special accom-

modations or handicapped access is required, please notify FFSC upon registration.

The following workshops are available in March:
March 10, 9-11 a.m. - What About the Kids Workshop
March 11, 9 a.m. to noon - Stress Management Workshop
March 11, 1:30-4 p.m. - Smooth Move Workshop
March 12, 9-11 a.m. - Budgeting for Christmas
March 17, 1:30-3:30 a.m. - Parenting Class
March 24-27, 7:30 a.m. to 4 p.m. - Transition Assistance Workshop (retiring)

March 24, 1:30-3:30 a.m. - Parenting Class
March 31, 1:30-3:30 a.m. - Parenting Class

For more information or to register, call 542-2766, Ext. 127.

Volunteers needed for run

Volunteers are needed for this year's Gate River Run on Saturday. There are numerous opportunities available.

For more information, email firstplacesports@mind-spring.com or call 731-1900.

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VYSTAR CREDIT UNION	182 BLANDING BLVD.	OP	SPRINT	3075 HWY 17/MAHAMA	GCS
JIFFY LUBE	1441 DUNN AVE	JAX	SPRINT	6935 HWY 17/HIBERNIA	GCS
JIFFY LUBE	821 BLANDING BLVD	JAX	STAR FOOD	756 PARK AVE.	OP
JIFFY LUBE	7313 LEM TURNER RD	JAX	VFW	187 ARORA BLVD.	OP
JIFFY LUBE	132 BLANDING BLVD	OP	WESCONNETT LIBRARY	103RD ST. / HARLOW	JAX
JIFFY LUBE	1548 PARK AVE	OP	WINN DIXIE	5647 ROOSEVELT BLVD.	JAX
JIFFY LUBE	634 BLANDING BLVD	OP	WOODY'S BBQ	4291 ROOSEVELT BLVD.	JAX
JIFFY LUBE	1585-B ISLAND LANE	OP	YELLOW WATER HOUSING	CECIL FIELD	JAX

Updated: FEBRUARY 1, 2007

PICK UP YOUR JAX AIR NEWS AT ANY OF THESE LOCATIONS



Photos by Kaylee LaRocque

A NATO Airborne Early Warning and Control Force E-3A aircraft takes off from NAS Jacksonville for a training mission to NAS Key West, Fla. Feb. 26. The E-3A Component is the world's only integrated, multi-national flying unit.

NATO: Group trains at NAS Jax

From Page 1

"We've been supporting U.S. carrier air groups since the mid-90s. Since Roosevelt Roads has closed, we decided to conduct our operations from NAS Jacksonville. There is a big airfield here, the operational area provides us with sufficient space and we have great support from the base," said Schouman.



Lt. Col. Jim Schouman of the NATO E-3A Component and a member of the Dutch Air Force, gives an interview to local media about the component's mission while at NAS Jacksonville.

"We would like to thank everyone at NAS Jacksonville for hosting us. When people find out we're

a NATO group, they always make us feel very welcome. NAS Jacksonville is an ideal place to work out of."

Input needed for VPK program

From MWR

The Voluntary Pre-K (VPK) program is designed to prepare 4-year-old children for kindergarten and helps build the foundations for their educational success at no cost to the parent. If your child will be four years of age on or before Sept. 1, they may participate in the VPK program.

The NAS Jax Youth Activities Center would like to hear from those families who would be interested in enrolling their child in a VPK-only program during the regular school year. Classes would be Monday through Friday from 8:30-11:30 a.m.

Please call the Youth Activities Center at 778-9772 or e-mail megan.elliott@navy.mil and let them know if you are interested in this program.

ASE tests offered

From the Navy College Office

The Navy College Office is offering free Dantes testing for master auto technician (ASE certification) for active duty service members May 8, 13 and 15.

To register, pick up a registration form from the Navy College Office in Building 110 and return to Rhonda Newton before March 14. For more information, call 542-2477 or email Rhonda.newton.ctr@navy.mil.

A-76: Program is built to maximize competition

From Page 1

Other commands also embraced the concept of managing business lines with a national or regional focus. This strategy is evident in the competitive sourcing plans for Fleet Forces Command, Naval Facilities Engineering Command and Naval Supply Systems Command. By focusing on business lines, the Navy is able to establish national standards of service, which translate well into performance-based competitive sourcing solicitations. Defining the work is one of the most difficult aspects of the competitive sourcing process because the focus is often more on what the work force does rather than the desired results.

Finally, the 2003 revision to Circular A-76 contributed to the Navy's choice of competitive sourcing as a means to improve services and reduce cost. The circular was revised so that the same Federal Acquisition Regulations that ensure the government is buying at competitive prices are used to make competitive sourcing decisions.

The Navy's program is built to maximize competition. The Navy structured the program to ensure public- and private-sector bidders are competing on equivalent terms. To do this, it established one contracting office to do all A-76 procurements. The contracting officers are A-76 experts in addition to being talented contracting

professionals.

This contracting office leads the commands in defining which functions are appropriate for competition and evaluating the private sector's potential for bidding on competitions. The Navy also committed substantial resources to provide agency tender officials (ATO), who represent federal employees who compete for work in teams known as most efficient organizations.

The revised circular requires strict firewalls between the officials managing procurement requirements and the officials supporting the ATO. It is difficult to dedicate resources to both sides of the firewall, but the result is a competitive environment that sparks innovation with the expectation of improving productivity.

Competitive sourcing is often perceived as a means to export government civilian jobs. The Navy's approach to competitive sourcing does not share this view.

The Navy is a large, complex enterprise that is challenged to manage effectively and efficiently. The innovation inherent in competition is needed to ensure commercial activities are motivated toward continuous improvement. The purpose of competition is not to export jobs but to import innovation.

Editor's note: This article was originally printed for FederalTimes.com on May 21, 2007.

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ADVERTISEMENT AUCTION DIRECT USA'S INNOVATIVE DIRECT-TO-PUBLIC PRICING FOR USED CAR SALES IN THE JACKSONVILLE AREA.

• Nationwide expansion underway with third location now open in Jacksonville, Florida

Jacksonville FL- Just a little more than three years after opening the first Auction Direct USA location in Victor NY, it's owner have seen the business's new and unique car buying experience catch on big with buyers of used cars, trucks, minivans, and SUVs in the Jacksonville market. The third location recently launched in Jacksonville with a grand opening event that has attracted hundreds of customers in the first few weeks.

"A lot of people use the phrase 'a new way to buy a used car' but with our business this is really the truth", says founder and president John Iannone. "There is no one that we know of doing what we do and making such significant savings available to the general public" adds general manager Tom Grimm. Grimm is a twenty five year veteran of the Florida automotive industry.

Auction Direct USA buyers start at dozens of wholesale dealer auctions around the country where they hand pick only the best vehicles at substantial discounts. Then after an Auction Direct USA certified inspection and clean CarFax report, Auction Direct sells their cars for just \$399 over the auction reserve price. The used vehicle superstore for the Jacksonville area is a 37,000 square foot building located at 6400 Blanding Boulevard just north of I 295.

Said Iannone; "As word spreads about how much money people can save with us, our business keeps growing and growing. We offer the best of both worlds so to speak, with our 'lowest in market' pricing policy and then a no risk 3 day/500 mile money back guarantee if you are not satisfied with your purchase". Iannone and the other partners in Auction Direct USA promised to revolutionize the used car business in Jacksonville and across the US. Additional locations in the southeast are scheduled to open in late 2008 and early 2009. They have established a buying group consisting of two dozen large national auction houses. Only the best vehicles

are selected to be sold daily at Auction Direct USA. Consumers can view, test drive and even purchase the various vehicles at the Jacksonville location before they are auctioned. "We have a great facility where the public can come and see the cars and test drive them, but for some, buying online is the fastest and most cost effective way", says Iannone. "We offer both methods and have really developed the online side of the business". "These are all top shelf, prime vehicles available through our facility" adds Grimm.

"They are on a first come first serve basis and consumers can purchase them before we make them available to be auctioned. We are committed to pricing that is typically \$2,000 to \$5,000 LESS than traditional retailers". In addition Auction Direct USA allows consumers to trade in their existing vehicles toward their auction purchases. Auction Direct USA also has a full array of financing options and extended warranties available to all consumers. "The time has come to break with traditional car buying routines" says Iannone. "We give the public access to wholesale auction buying methods. Just in the same way that the deep discount retailers have revolutionized the way consumers can purchase its day to day essential products, we do the same with vehicle purchases".

Auction Direct USA has a large selection of quality pre-owned vehicles available including up to 2008 models. Grimm points to an example of a 2008 Chevrolet Impala LT, "MSRP of this vehicle is \$23,100 and you can buy it now for just \$16,186, a savings of \$7,000". The entire inventory of vehicles can be searched at its website, auctiondirect.com. Consumers wishing to learn more about Auction Direct USA can go the website AUCTIONDIRECTUSA.COM or call **1-800-399-1925**. Auction Direct USA Used Vehicle Superstore 6400 Blanding Boulevard Jacksonville, Florida 32244.

The Weekly Crossword By Alan P. Olschwang Huntington Beach, CA

ACROSS

1 Choir voice
5 Gripes
10 Some G.I.s
14 Expensive
15 Borden bovine
16 French kings
17 Highway subdivision
18 Bite playfully
19 God of love
20 Start of a quip
23 Youth org.
24 British medical syst.
25 Online loan sources
28 Bando of baseball
29 Part 2 of quip
31 Aid a criminal
34 Morales of "Bad Boys"
36 Steps over a fence
37 Actor O'Shea
38 Part 3 of quip
40 Picture on a PC
41 January in Oaxaca
43 Division word
44 Mountain in Thessaly
45 Part 4 of quip
47 Sister
49 Long looker
50 Artist's rep.
51 Bovine reply
54 End of quip
58 Panache
60 Bakery byproduct
61 Like the Kalahari
62 Molecule maker
63 Actress Dey
64 False god
65 Lairs
66 Correct
67 Diminutive

DOWN

1 Off-the-cuff remark
2 Toronto team, tersely
3 Singer Tucker
4 Two-tone treat
5 "Jaws" writer
6 Walt Disney's middle name
7 "SportsCenter" stn.
8 Decree
9 Fixed charge
10 Sensible step
11 Argumentation
12 AFL-
13 Draft org.
21 Actress Merkel
22 Siloed weapons
26 Metric weights, briefly
27 Extended arias
28 Pantries and tool sheds
29 Ridicule
30 Sword part
31 Prayer closers
32 Intelligence test pioneer
33 Height
35 Peau de __ (dull satin fabric)
39 One way to write
42 Pitcher Hershiser
46 Type of monkey?
48 Shoshone
50 Universal soul
51 __ Gras
52 Leek cousin
53 Peculiarly
55 Jack-in-the-pulpit
56 Apothecary measure
57 Trap enticement
58 Wicked
59 Suggestion from AAA

By Alan P. Olschwang 3/06/08

Last Week's Answers

G	L	A	C	E	S	T	O	P	C	R	E	E
R	I	G	O	R	A	O	N	E	O	H	M	S
A	R	I	N	G	O	N	T	H	E	C	O	B
D	A	N	G	I	D	E	A	L	K	N	E	E
		A	T	L	S	N	E	E	R	E	R	S
A	M	A	H	E	W	D	R	N	O			
F	I	N	G	E	R	I	S	S	T	A	P	L
A	S	N	E	R	T	O	T	I	C	I	E	R
R	O	A	M	E	R	W	O	R	T	H	T	W
		S	T	A	R	E	E	L	A	D	S	
B	U	T	T	O	N	E	D	L	E	M		
O	L	I	O	S	N	I	P	E	A	G	E	S
O	N	A	N	O	N	T	H	E	P	H	O	N
R	A	R	E	M	E	T	E	G	A	B	O	N
S	R	A	S	S	T	O	W	A	L	I	S	T

348025 2/28/08

Employment Marketplace

Northeast Florida JOBS Southeast Georgia

- Job Fairs
- Resume Service
- Accounting/Bookkeeping
- Advertising/Media
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- Automotive Sales/Service
- Aviation
- Civil Service/Government/Public Administration
- Computer Hardware/Software
- Programming
- Construction
- Customer Service
- Dental
- Domestic Services/Caregiving
- Delivery Driver
- Education/Teaching/Training
- Engineering
- Entertainment/Executive/Management
- Finance/Investment
- General Employment
- Hotel/Hospitality/Tourism
- Industrial Trades
- Insurance
- Landscaping/Grounds Maintenance
- Law Enforcement/Security/Safety
- Legal
- Maintenance/Janitorial Services
- Management/Professional
- Manufacturing
- Marketing
- Mechanics
- Medical/Health Care
- Marine/Trade
- Nurses/Nurses Aides
- Office/Clerical/Administration
- Part-Time
- Personal Services/Beauty
- Real Estate/Property Management
- Recreation/Sports/Fitness
- Restaurant/Bar/Club/Food/Beverages
- Retail
- Sales
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- Work at Home
- Positions Wanted

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Immediate opening in St. Augustine, FL for a radar, electronics, FLIR technician with intermediate level skills to diagnose, disassemble, repair or replace vessel systems. Excellent wages and benefits. DWFP-EEOC Fax Resume to 904-827-9886 or apply online at Marinejobs@globalmaritek.com

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Mayport - March 8 @ 8am till 7. 13762 Glass Crystal Ct. Childrens clothing, toys, books, and other misc items.

Northside - Community yard sale @ Highlands Baptist Church, 2159 Broward Rd. 9am-4pm. Free space-bring own table and merch or just come to shop.

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MATTRESS FULL SIZE NEW Must Sell Call Carter 484-6177 \$140

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Business Opportunities Distributors/Franchises Fictitious Names Financial Services Money to Lend/Borrow Mortgages Bought/Sold

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TV - RCA 55" \$400. Carpet - New, blue w/white stripes, \$225. Satellite Radio - Sirius, new. \$50. 278-6251

Volvo 240 nose cover 1980 thru 1985 Black Leather Color Vinyl. Easy Installation new in Box \$ 20 call 268-2482

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ORGAN - Wurflizer, percussion, good condition, barely used. \$3,000 obo. call 904-764-3800 after 3p.

Piano must sell 1911 Vose Full size upright Bronze sound box walnut excellent condition \$600 OBO 282-6466

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Washer and Dryer Color beige. Both for \$300. Call Roy 264-6814

Washer & Dryer one year old Dryer 3 Sold as a Set \$300 OBO 215-3671

Washer & Dryer one year old Dryer 3 Sold as a Set \$300 OBO 215-3671

Washer Dryer Set - Heavy Duty Extra, large capacity, works great. \$225 for set. Call 904-755-8108

W/D - Good condition - \$250 call 372-4815 or 334-3437

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Garage Sale

ARLINGTON Sat. 8-11? 13762 Glass Crystal Ct. Kids cllhs, toys, books, h. h.

FLEMING ISLAND Hickory Knolls Est. Community Yard Sale across from Garber Auto Mall Sat. 8am-3pm

Mayport - March 8 @ 8am till 7. 13762 Glass Crystal Ct. Childrens clothing, toys, books, and other misc items.

Northside - Community yard sale @ Highlands Baptist Church, 2159 Broward Rd. 9am-4pm. Free space-bring own table and merch or just come to shop.

Westside Christ Church Jacksonville CHARITY Thrift Store Across for Westside Library Sat. 8am-11?

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HOT TUB - Like new, vita spa, seats 6, \$3500. www.BuyMyHotTub.info or call 904-553-6433

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MATTRESS A Queen Set. Brand New in plastic \$150 904-674-0405

MATTRESS FULL SIZE NEW Must Sell Call Carter 484-6177 \$140

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Antique Brick Pavers approx 100 years old ideal for patios various markings \$1.00 each 268-8656

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TV - RCA 55" \$400. Carpet - New, blue w/white stripes, \$225. Satellite Radio - Sirius, new. \$50. 278-6251

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*(a) Plus tax, tag, title and associated fees. Plus \$549.70 fee which represents cost and profit to the seller/dealer for items such as inspecting, cleaning and adjusting vehicles and preparing documents related to the sale. Prior sales excluded. Specific vehicles are subject to availability and may have to be ordered. **As low as 1.9% on all qualified vehicles only

*Images for illustrative purposes only

Sport



†2006 Mazda RX-8 Coupe -

Priced at **\$19,395**



†2004 Mercedes-Benz CLK 500-

Priced at **\$34,495**



†2007 Mercedes-Benz CLS 550 Coupe -

Priced at **\$57,995**

SUV



†2005 Honda Element EX -

Priced at **\$17,895**



†2006 Audi A3 2.0T -

Priced at **\$21,895**



†2006 Mercedes-Benz R 350 -

Priced at **\$37,995**

† For vehicles listed all payments based on 20% down of retail value, extended term financing with approved tier 1 credit. Plus applicable tax, tag, title and \$549.70 dealer fee which represents cost and profit to the seller/dealer for items such as inspecting, cleaning and adjusting vehicles and preparing documents related to the sale.

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