

How to Accelerate Auto Sales

By MC3 Ridge Leoni
5 Star Staff Writer

Fleet and Family Support Center (FFSC) of Oceana representatives are currently aboard Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) (IKE) helping Sailors prepare for their homecoming.

Sailors planning to buy a car after deployment can attend the Car Buying seminar offered by FFSC.

The seminar teaches Sailors about the possible risks of purchasing a car and what they should look for when buying a car. Seminar instructor Tony Hoffman said many Sailors seriously consider buying a car after a long deployment.

“As a prior-enlisted Sailor, I know how it is after a deployment, wanting to buy that car you always wanted,” said Hoffman. “When I was in the service, I was misled into buying a car while negotiating



with a car dealer. Since then, I have learned to know what is a good deal for a car and what is too good to be true.”

When buying a car, most people need to finance the cost. Protecting credit by paying all debts and regularly checking credit reports for possible frauds can better their chances of having a low interest rate for an auto loan.

“There are dealerships that will finance anyone, especially the military, but

those rates that come with that loan can be abnormally high,” said Hoffman. “It is better to get a loan from a bank or credit union that is not allowed to charge such an interest rate.”

Although there are legitimate dealerships, there are also dealerships whose purpose is to get as much money out of customers as possible. Hoffman said if Sailors remember certain steps taught in the seminar, the car buying experience

See CARS, page 4

Asleep at the Wheel

By April Phillips
Naval Safety Center Public Affairs

Last August, during the Critical Days of Summer, a third class petty officer left a bar in Jacksonville, Fla., and headed home. Bad decision. Everyone knows drinking and driving is an accident waiting to happen. However, what killed this Sailor was the fact that he was tired. Who isn't at two in the morning? He fell asleep for just a second – enough time for his Chevy Tahoe to drift off the side of the road, which immediately woke him up. However, he over-corrected and ended up rolling the SUV numerous times. He was pronounced dead on the scene.

Experts have realized that fatigue is a fatal factor in more and more traffic accidents as

people lead increasingly hectic lives and travel longer distances for work, school, and recreation. This problem can be exacerbated for Sailors and Marines who often work long hours and may attempt to pack in as much recreational activity as possible between deployments.

“Folks on leave or vacation want to maximize every minute,” said Dan Dray, a traffic safety specialist at the Naval Safety Center. “Too often they push the envelope and drive long distances after working all day.”

The National Highway Traffic Safety Administration (NHTSA) and the Virginia Tech Transportation Institute (VTTI) combined to study the problem of fatigued driving. Their study found that drowsiness is a significant problem that increases a driver's risk of a crash or near-crash by at least a factor of

four. However, they also noted that fatigue may be significantly under-reported, so the danger could be even greater.

Fatigue on the roadways doesn't only occur from a lack of sleep. The monotony of driving long distances can cause sleepiness even if you're well-rested. However, Dray said there are things you can do to stay alert. The most important thing is to take breaks during the trip.

“Stop every hour and a half to two hours,” he recommended. “Take a walk and stretch your muscle. Stay hydrated but avoid caffeine.”

Dray said caffeine is only good for a short burst of energy, and when it wears off, you might be even more fatigued than before.

It's important to fight fatigue proactively.

“If you feel fatigued while driving, it's probably already too late,” Dray said.

That means you should always start the

trip well rested. Try to leave work early so most of the drive can be completed during daylight hours. Learn to recognize the signs of fatigue which include:

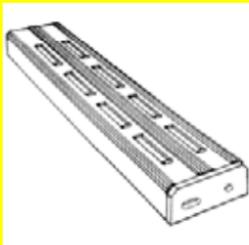
- Trouble keeping your eyes open and focused.
- Nodding, or difficulty keeping your head up.
- Daydreaming or wandering, disconnected thoughts.
- Yawning a lot or needing to rub your eyes.
- Drifting out of your lane or tailgating.
- Missing road signs or driving past your turn.
- Feeling irritable, restless and impatient.
- On an interstate, drifting off the road and hitting the rumble strips.

If you notice any of these symptoms, immediately look for a place to stop and get a room for the night before you become a danger to yourself and others on the road. Getting home late is frustrating; not getting there at all is a tragedy.

STAY in the Zone

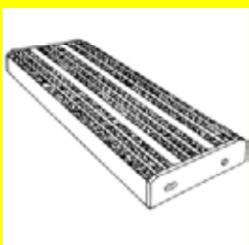
From the Desk of the 3MC.

Ladder maintenance is a must



If you have extruded aluminum treads with raised ribs running the width of the tread, providing satisfactory slip resistance in the direction of use (perpendicular to the raised ribs), you have type “F” treads.

Designed for use only on interior and exterior aluminum ladders in the fleet, these treads offer no sideways-slip resistance. They also wear quickly, generally at the leading edge, because of their aluminum construction. They have no business being on any ladder leading to your machinery space!



Mil-T-2463(SH). This tread was developed as a result of the sub-standard performance of the types “D,” “F” and “G” treads. It offers improved slip resistance, and it is highly wear resistant. The Mil-T-2463(SH) is made from an extruded aluminum base, with transverse dovetail grooves filled with aluminum-oxide grit and an inorganic binder. The tread's symmetrical design allows you to reverse it to expose the unworn, rear edge to obtain additional years of service.

Nose of step or leading edge can not be rounded or worn.





PROFILE



Aviation Boatswain's Mate (Handling)
ABZHAN Chris Lee

|| My job is to control the movement of aircraft in the hangar bay and maintain the upkeep and appearance of hangar bay 2. My favorite part of my job is the great people I work with. As a Sailor, I enjoy seeing new places and meeting new people. My job can get stressful, but after the work is done, it gives me a lot of pride. ||

Department/Division:
Air/V-3

Hometown:
Frankfurt, Ky.

Years in the Navy:
9 months

Goals:
Make yellow shirt
Get EAWS

