

JAX AIR NEWS

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As Rear Adm. David Architzel (far left) and Capt. George Dom (far right) watch, Cmdr. Randy Wood (right) relieves Cmdr. James Gregorski as VS-31 Commanding Officer during a ceremony July 2.

Wood relieves Gregorski as VS-31 'Topcats' Skipper

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

Cmdr. Randy Wood assumed command of Sea Control Squadron (VS) 31 in a time-honored ceremony held aboard Naval Air Station Jacksonville July 2. Rear Adm. David Architzel, commander Naval Safety Center, was the guest speaker for the event. Wood relieved

Cmdr. James Gregorski, who will report to the USS John F. Kennedy (CV-67) as executive officer in September.

Rear Adm. Architzel, a former VS-30 "DiamondCutter" commanding officer, was Gregorski and Wood's commanding officer during their tour together while the squadron was still stationed at NAS Cecil Field, Fla.

See VS-31, page 3

VS-32 Sailors rescue two from drowning in St. Thomas

By JO1 Aaron Strickland
USS Theodore Roosevelt Public Affairs

A cool breeze was blowing over the pool at the Saffire Beach Hotel on St. Thomas June 9. The first afternoon of liberty was shaping up pretty well for Lt. Kirby Baker and Lt. Scott Bracher of Sea Control Squadron (VS) 32 as they sat down for a late lunch by the pool.

They didn't suspect they'd be saving two lives in a few moments.

The spell of a Caribbean afternoon was broken by the piercing scream of a



Lt. Kirby Baker and Lt. Scott Bracher mother crying for help.

"The mother was pretty hysterical," Baker said.

See Rescue, page 14

Lockhart relieves Vernoski as Naval Hospital Jacksonville commanding officer tomorrow

From NavHosp Jax Public Affairs

Capt. Ralph A. Lockhart will assume command of Naval Hospital Jacksonville during a change of command ceremony, tomorrow at 10 a.m. in the covered pavilion by the Officer's Club.

Commander Navy Region Southeast Rear Adm. Jan Gaudio will be the guest

speaker. Lockhart will relieve Capt. Barbara K. Vernoski, who has been the commanding officer since June 1999, in the hospital's 36th change of command.

Lockhart, a veteran of 40 years of naval service, is a native of Greer, S.C. He will lead a staff of more than 2,000 people at the hospital and seven branch medical clinics located in Florida and Georgia. The medical facilities under his command provide health care to more than 200,000 eligible people.

Lockhart enlisted in the Navy in 1961. He went to boot camp and Hospital Corps "A" School in San Diego, Calif. In 1972, he was commissioned an ensign in the Medical Service Corps. He previously served as officer in charge/executive officer of the medical treatment facility on board the hospital ship USNS Comfort (T-AH 20). Shortly after he reported to the ship, the Comfort activated and became a fully functional, 1,000-bed hospital ship with over 1,200 staff members. He completed an eight-month deployment aboard the Comfort

during Operation Desert Shield/Desert Storm.

Lockhart served as executive officer of Naval Hospital Pensacola in 1993 and then as commanding officer in 1995. His most recent tour was as Head, Medical Department Officer Distribution Branch at the Navy Personnel Command, Millington, Tenn.

Previous duty stations include Naval Hospital Charleston; USS Nathan Hale (SSBN-623); USS Woodrow Wilson (SSBN-624); Naval Hospital, Annapolis; Company Commander, A Company, First Marine

Expeditionary Brigade, Kaneohe, Hawaii; Logistics Command, Pearl Harbor Hawaii and Bureau of Naval Personnel, Washington, D.C.

Lockhart is a graduate of George Washington University with a BS in hospital administration, an MSM degree from Troy State University. He is also a graduate of the Naval War College.

Lockhart is married to the former Gloria Gene Brooks and has two sons, John and Steven and three grandchildren, Stephanie, Stuart and Jaclyn.

Vernoski, the first female commanding officer of Naval Hospital Jacksonville in its 60-year history, was commissioned in 1972. Under her leadership, the hospital was awarded the Department of Defense 2000 TRICARE Customer Satisfaction Award. Vernoski will depart to become the executive director of TRICARE Europe.



Capt. Ralph A. Lockhart



Capt. Barbara K. Vernoski

Inside

Future of the CPO Mess
Page 7

Motorcycle Rider Education
Page 16, 17 & 18

Jax Air News online: www.nasjax.navy.mil

Meet a Sailor... HM3 Jose Augusto Reyes



Job Title: Naval Hospital Customer Satisfaction Office, Customer Service Representative

Hometown: El Paso, Texas

Past Duty Station: 2nd Marine Division, 2nd Armored Reconnaissance

Family Life: Married to Monica Reyes

Career Plans: Complete my graphic design degree

Most Interesting Experience: Being sent to Kosovo with the Marines in 1999.

Words of Wisdom: "Be original."

Meet a Civilian... Mamie S. Bythewood



Job title: Store Worker/ Defense Commissary

Hometown: Jacksonville, Fla.

Past Duty Stations: None

Family Life: One brother, James Smith

Career Plans: Retire and enjoy life. Do some traveling and a lot of fishing.

Most Interesting Experience: My visit to the White House.

Words of Wisdom: "Be kind to everyone you meet."

The Heart of a Volunteer

By **Lisa Aszklar**
Navy-Marine Corps Relief Society

In the movie "Pearl Harbor," Army Air Corps Lieutenant Colonel Jimmy Doolittle, played by Alec Baldwin, is given command of a retaliatory airstrike against Tokyo in April, 1942. Standing aboard the USS Hornet, Colonel Doolittle surveys several of the pilots who have stepped forward to go on the dangerous mission. As he thoughtfully watches two of his pilots, he comments to another officer, "There's nothing stronger than the heart of a volunteer."

"There's nothing stronger than the heart of a volunteer." Never has a truer sentence been uttered! As history proved during that strike against Tokyo and has continued to prove during every conflict in which American Soldiers, Sailors, Airmen, and Marines have been involved, there is certainly no stronger force an enemy can face than the dedication of our Armed Forces. The determination to avenge a wrong, coupled with an unabashed belief in what is just and fair, has proven to be the hallmark of every man and woman who has ever served our country.

The importance of those individuals who choose to give of themselves to make a difference in the lives of their fellow citizens is not lost. The selflessness these individuals exhibit is truly commendable, and especially so when one considers that, by definition, a volunteer is not compensated in monetary terms for the time and effort expended on behalf of others. The heart of a volunteer recognizes an undeniable need to devote time and to give for only one purpose: to help better the situation of someone else. The fact that that "someone

else" is a total stranger makes the effort, which comes from deep within, all the more special.

Volunteers who sought to improve the lives of widows and orphans of U.S. Navy personnel founded Navy-Marine Corps Relief Society in 1904. Over the years, innumerable service members and their families have called upon the Society to help when emergencies occurred. This alone is remarkable, but it is astounding that NMCRS is staffed by more than 3,000 volunteers worldwide, with only a very small paid administrative staff.

Why? Why do so many men and women — civilians, active duty and retired military personnel, and spouses of military personnel - choose to spend their own time doing a variety of jobs with absolutely no monetary compensation? They choose to give of their time because of an unwavering belief that their efforts, in some small way, will make life just a little better for someone else. The volunteer seeks no thanks, and in many cases, those they've helped never know their name. But deep inside, the heart of the Navy-Marine Corps Relief Society volunteer is strengthened by the belief that they've made a difference to their fellow Sailor or Marine.

The Jacksonville Office of the Navy-Marine Corps Relief Society is always in need of dedicated and caring volunteers. Receptionists, who greet clients and process initial information, and caseworkers, who work more intimately with clients to determine specific needs, are critical to the success of the Society. Please consider devoting a few hours a week to help those in need. For more information, contact Nancy Stephenson, the Chairman of Volunteers, at 542-3515.

It's free!

It's free! Give yourself the gift of a Navy CREDO Retreat. Personal growth retreats are offered Aug. 16-19 and Sept. 20-23. July 27 - 29, Marriage Enrichment Retreat. July 13-15, Teen Retreat. Sept. 14-18, Facilitators Training Retreat. For more information, or to register, call CREDO at 270-6958.

CREDO

Birmingham Gate hours change

Effective July 7, the Birmingham Gate on board Naval Air Station Jacksonville will be permanently closed on Saturdays, Sundays and holidays. All vehicular traffic will enter and exit the station through the Yorktown Avenue Main Gate (with the Blue Angel aircraft in front). To facilitate smooth flow of traffic, personnel are asked to have I.D. cards ready to show to the gate guard before reaching the gate.

JAX AIR NEWS

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CNO, MCPON plot course for CPO Mess of 21st Century

DALLAS (NNS) — A new image of the Navy's chief petty officer (CPO) mess was born in Dallas when Chief of Naval Operations Adm. Vern Clark and Master Chief Petty Officer of the Navy MCPON(SS/SW/AW) Jim Herdt hosted the first worldwide CNO-MCPON Command Master Chief (CMC) Conference June 25 through June 26.

The 748 command master chiefs and chiefs of the boat met to discuss "Building the CPO and the CPO Mess of the 21st Century," and introduce a new way of thinking and defining the role of the chief petty officer community.

"We are sending a very clear message here today that this is the beginning of an investment in our CPO mess," said Herdt in his opening remarks. "Our goal is to build a mess that is more adaptive and agile. This is our chance to build the mess we want, a mess that you will continue to be proud to be a part of."

The purpose of the conference was giving the CPO mess the tools to be prepared for change and the tools to build a CPO mess that the Navy will remain vital and relevant well into the 21st Century.

The CNO emphasized his support of the CPO community.

"This is a very important day for us in the Navy," Clark said.

Recalling one of his earliest experiences with a CPO, Clark recalled his arrival to his first ship in 1968.

"I had been there for two weeks, assigned to the engineering department, when Master Chief Leedy walked up to me and put his arm around me and said 'Mr. Clark, I like you and I'm going to teach you how to be a good officer,'" the CNO said.

Clark's early experience with that master chief influenced not only his image of chiefs, but also his image of the command.

In the CNO's first command policy statement, written as a lieutenant in 1974, he wrote: "I am going to eradicate the idea that this command does not know how to use chiefs." This concept policy has remained with the CNO through today.

Clark told the master chiefs that he considers them senior leadership and tasked them to partner with their commanding officers.

He said he sees a Navy that provides more responsibility to the chief's mess and holds them more accountable for mission accomplishment. He also chal-

lenged the chief petty officer community to continue to grow, encouraging these leaders to read a book a month on leadership and management.

Herdt agreed, "The CPO mess needs to open its shutters and doors to new leadership and management ideas from outside of the military." Herdt announced that he plans to update the CPO required reading list to include leadership and management books.

In addition to the CNO and MCPON, guest speakers included retired Vice Adm. Lee Gunn, who heads the Executive Review of Naval Training, and Dr. David Cooperrider, author of the book "Appreciative Inquiry."

Gunn explained several recommendations for naval education that are currently under review. His proposed initiatives include a greater use of electronic means to deliver training to the Sailor.

He discussed proposals such as online electronic training jackets formulated before they report to boot camp that Sailors could use throughout their careers. Gunn also discussed the idea of a resource Web site called "Ask the

Chief" that could be used to help Sailors access the information they need to succeed.

While Gunn's presentation offered the command master chiefs an in-depth view of new ideas for changes to Navy education, Cooperrider's lecture provided them with a new way of looking at change.

Cooperrider's theory of appreciative inquiry is a way of looking at change by focusing on an organization's strengths rather than its weaknesses.

"If you go to the store you might see a tool of a particular brand," Herdt said. "But that brand has many tools, and there are many different brands."

The Navy's senior enlisted leadership along with the CNO conceived this conference, Herdt explained.

"This is more than a one-man show. The fleet, force and CNO-directed command master chiefs worked long and hard to develop the concepts delivered at this conference," Herdt said.

Presentations at the conference also included a set of terminal learning objectives based on the core competencies that the training of every newly selected CPO will be directed towards achieving prior to pinning on their anchors.

For more information, contact MCPON Public Affairs at DSN 225-5591 or (703) 695-5591.



VS-31: Wood takes command

Continued from page 1

Gregorski assumed command of the "Topcats" in April 2000 in Corfu, Greece and led the squadron while deployed to the Mediterranean Sea, Adriatic Sea, and Arabian Gulf. During this deployment the "Topcats" located and tracked eleven critical contacts of interest in the Mediterranean and Adriatic, and contributed to the identification and divert of nineteen illegal Iraqi oil-smuggling vessels during Maritime Interdiction Operations in the Arabian Gulf. Gregorski has over 3,800 flight

hours and 679 carrier arrested landings.

Wood received his commission from the U.S. Naval Academy, graduating with a B.S. in Applied Science in 1983. He then attended the University of Missouri-Rolla, graduating with a M.S. in Engineering Management. He was designated a NFO in October 1985.

Following S-3A Fleet Replacement Navy Flight Officer (NFO) training at VS-41 in San Diego, Wood reported to the VS-30 "DiamondCutters." He was extended at VS-30 to assist the

squadron transition to the S-3B aircraft.

He served as First Lieutenant, Schedules Officer, Quality Assurance Officer, NATOPS NFO Instructor, and Safety Officer. In 1989, he was named Carrier Air Wing 17's NFO of the Year, and nominated for the Commander, Naval Air Forces, U.S. Atlantic Fleet's NFO of the Year.

Wood has served as VS-31's executive officer since April 2000 in his second "Topcat" tour. He was previously administrative officer and maintenance officer from March 1995 to January 1997, deploying to the Mediterranean Sea and Arabian Gulf aboard USS

George Washington (CVN 73).

In the interim, Wood was Chief Staff Officer for Commander Sea Control Wing, Pacific Fleet. He was the Joint Contact Team Program's Group Chief responsible for peacetime engagement activities with the defense establishments and militaries of Belarus, Czech Republic, Hungary, Poland, Ukraine, Moldova, and Georgia while assigned to U.S. European Command J-5 Directorate in Stuttgart, Germany. Prior to this assignment, he also attended the Armed Forces Staff College in Norfolk, Va.

Wood has over 2,800 flight hours and 565 carrier-arrested landings.

WAVE Reunion slated for July 28 at NAS Jacksonville

By Betty Stubbs

The 35th Annual Women Accepted for Voluntary Service (WAVE) Reunion is scheduled for July 28 at The Zone on board NAS Jacksonville.

United in service during their military tours, these proud military women have maintained their bonds over the years by reuniting each year for their annual reunion.

The group remembers and salutes women who have served their country in varied roles and eras. These include Women of the Nurse Corps (since 1908); Yeomanettes (WWI era, 1917-1919);

WAVES (1942-1972); Women In the Navy or WINS, (1972-present); Marinettes (WWI, 1918-1919); SPARS (WWII, 1942-45); U.S. Coast Guard Reserve or USCGR (1949-present) and Women Marines (1943-present).

(Editor's Note: SPARS were women serving in the Coast Guard during WWII - SPARS stood for the Coast Guard motto, "Semper Paratus - Always Ready.")

Carolina Clark, coordinator for this year's event, emphasizes that all women who have served, or presently serving in the U.S. Navy, Coast Guard or Marine Corps are welcome and encouraged to attend

the luncheon. Clark served in the WAVES from 1944 to 1951 as a hospital corpsman.

The celebration of women in the military will start with a happy hour (cash bar) at 11 a.m. at The Zone. Lunch will be served at noon, at a cost of \$13.

Guest speaker will be retired Navy Lt. Cmdr. Jennifer Carroll. Carroll is now Executive Director for Veteran's Affairs for the State of Florida.

Reservations must be made by July 25. For reservations and other information call Clark at 771-4173. Checks in the amount of \$13 for each guest may be mailed to Gayle Plant, P.O. Box 463, Keystone Heights, Fla. 32656.

Mentoring: For the child and you

By **JO2 (SCW) Eric T. Clay**
and Kelly Shor

Kesler Mentoring Connection

Do you remember as a child, a person you really looked up to? It might have been an aunt or an uncle, a family friend or neighbor. Whomever it was, this person forever impacted your life and helped you become the person you are today.

Mentoring not only improves the life of a young person but also impacts the adults involved. "Basically, I am a more understanding person, more open-minded and have increased my public speaking ability," said DK2 Victoria M. Estella of Naval Hospital Jacksonville.

Mentoring a child is as easy as being a friend. Mentors provide guidance and support to help young people reach their fullest potential. Whether it's a trip to the zoo or a conversation, there are hundreds of activities that help build rewarding relationships. Mentoring involves a one-to-one relationship between a caring adult and a youth from the community. A mentor can volunteer one hour a week doing a variety of activities like playing games, making crafts, talking through problems, helping in school, etc.

A shortage of adult volunteers is the biggest challenge facing mentoring programs. Young people still need caring adults in their lives, but in today's complex society these relationships are harder to create and maintain. This led to the formation of the Kesler Mentoring Connection (KMC), a non-profit mentoring resource center. KMC addresses this need through community-wide recruitment. The Connection trains and refers adult volunteer mentors to various Jacksonville schools. Currently there are more than 2,000 mentoring relationships in Northeast Florida. This fall, there will be more than 1,700 youth on the waiting lists for mentors. Many of these young people are from schools very near to NAS Jacksonville. Schools that need adult

mentors include Ramona Blvd. Elementary, Normandy Village Elementary, Bayview Elementary, Gregory Drive Elementary, Hyde Grove Elementary and Pinedale Elementary.

"I was looking for volunteer work and KMC opened a door to a lot of options," said Estella. A growing trend for NAS Jacksonville commands is to adopt area schools. Estrella rallied her command to get involved and her command has since adopted San Jose Elementary School for the 2001-2002 school year.

Any responsible adult over the age of 18 is eligible to be a mentor regardless of race, age, ethnic background, financial status or occupation. The screening process includes a criminal background check and a free, comprehensive, three-hour mentor training session provided by KMC. These sessions provide an overview of the various mentoring opportunities. Volunteers decide which program is best suited for them.

Impact study results show that young people with mentors are less likely to begin using drugs, less likely to begin using alcohol, less likely to skip school, more likely to get along with their peers and families and more likely to improve school grades. Mentoring has continually been proven to be the most effective way to help young people make the most of their futures.

"As a mentor, I offer friendship and guidance (to the youngster) and talk about his daily activities," said Lt. Kevin Mcgee, instructor pilot with Patrol Squadron (VP) 30.

Mcgee's advice for any new mentor is "Each child is different and has different needs, so keep an open mind and see where you can make an impact."

Groups and businesses can also become involved in the mentoring program.

If you are interested in "Discovering the Power of Two," contact Lucretia D. Simmons at the Kesler Mentoring Connection 224-2400 or e-mail lucretia@mentoringconnection.org.

CompTUEx prepares Roosevelt, CVW-1 for combat performance

By **JOI Aaron Strickland**

USS Theodore Roosevelt Public Affairs

An F/A-18 launches from Catapult 2 aboard USS Theodore Roosevelt in mid-afternoon. What appears to be routine launch is in fact dress rehearsal for combat.

Each Carrier Battle Group performs a similar rehearsal, called Composite Training Unit Exercise (CompTUEx), before departing for a six-month deployment. TR is no different. The F/A-18 launch was just part of CompTUEx.

Rear Adm. Mark Fitzgerald, Commander TR Battle Group, leads a force of 11 ships, including TR (and the 72 aircraft aboard from Carrier Air Wing One), two cruisers, two submarines, a five-ship destroyer squadron and an oiler. More than 11,000 Sailors, Coast Guardsmen and civilians afloat and ashore are part of the exercise, conducted in the vicinity of the US Virgin Islands. Fitzgerald sees similarities with this exercise and team sports except for one aspect.

"The only difference is that we can't afford to lose," he said. "Even though individual tasks may seem small, each person must do (his or her) share."

The length of the exercise is intended to build team spirit, too.

"You can't get this kind of training a

week at a time," Fitzgerald said. "After a month together, there is bonding and synergy. Going out a week at a time, the first three days underway would be spent re-learning. We do this to get us to the right level of training and (to be) ready to go."

Over the last several months, each ship and aircraft in the battle group has trained in its specialty. CompTUEx brings ships together to project force as a battle group, according to Fitzgerald. "Much of what we practice matches up to our missions on cruise," he said, "including precision bombing and maritime interceptions."

The scenario for CompTUEx is that two fictitious countries, Vandal Land and Dove Land, are disputing possession of Vieques and control of the Virgin Passage. The U.S. supports Dove Land, which controls half of the island as well as territories included in St. Thomas and some other nearby islands as well as simulated land territories actually in the ocean. Vandal Land, which includes Puerto Rico and simulated territory in the ocean, is an aggressive country controlling part of the island and set on taking over the rest. Over the next two weeks, the TR Battle Group conducts many exercises and shows of force to come to the aid of Dove

Land, stabilizing the region and showing its support.

Vandal Land forces have already begun using A-4's and Lear Jets to practice electronic warfare on the TR Battle Group. Next week, according to Fitzgerald, Carrier Air Group 17 will send aircraft to be Vandal Land aggressors during an air defense exercise.

In addition, planes will be attacking simulated and real targets afloat and ashore. Ships will be shooting at towed targets, and smaller boats in the group will be testing 5-in. guns on a 20-foot target boat.

Friday, ships from the TR Battle Group participated in a missile exercise. Five ships fired 14 missiles and sank five oil drums. Small boats have attacked other ships in the Battle Group, and submarines have attempted to attack. So far, so good, according to Fitzgerald.

"We are doing very well. We're on our fifth day (and we have flown) over 100 missions a day," he said. "Communica-

tions and links are working very well. The missile shoots and anti-submarine warfare are part of a good job to date."

Force protection doesn't just include the current exercise. It also included our liberty time, according to Fitzgerald.

"(Since) we'll be in unique ports while on deployment, we have to be prepared to (change our defensive posture) at any time," Fitzgerald said. "That could include additional sentries at the pier, using Rigid Hull Inflatable Boats, RHIBs, (to help protect TR). The best way to protect our forces on liberty is not to show vulnerabilities. We practiced that at St. Thomas. We want to show them that it's too hard to attack us."

So far, it's been a lot of hard work for the TR Battle Group, according to Fitzgerald, but worth it.

"There is no wasted training during CompTUEx," Fitzgerald said. "We are working 18 hours every day to polish the fine edge of the spear."



An F/A-18 Hornet launches from the USS Theodore Roosevelt during Composite Training Unit Exercises off the Island of Vieques.

Jacksonville business leaders take to the skies

By **Lou DiGiusto**
Navy League

As they drive their daily commute into the office and on their way home, Jacksonville's business leaders see them in the skies over Jacksonville each and every day - Navy aircraft flying training and operational missions. It's like clockwork, an everyday occurrence. Kind of like Jacksonville's skyline - part of the setting, something that most civilians probably don't stop and think much about.

For seven business leaders who recently participated in the "Leaders at Sea" Program, watching a Navy P-3 Orion in the skies overhead will never quite be the same. They had the unique opportunity to see "up close and personal" what goes on in those P-3's that are in our skies. They flew as observers aboard a Patrol Squadron (VP) 45 Orion from Commander Patrol and Reconnaissance Wing (CPRW) 11 for a two-hour orientation mission over the Atlantic.

This flight was part of the Navy's effort to inform and educate community leaders about the mission, capabilities, professionalism and dedication of the men and women who serve.

In partnership with the Jacksonville Navy League, Commander, Navy Region Southeast (CNRSE) Rear Adm. Jan Gaudio

initiated the "Leaders at Sea" Program to give community leaders the opportunity to learn what the Navy is doing by observing fleet operations. This program supports the mission of the Navy League of the United States, which is to inform and educate the public about the need to support and maintain a strong Navy/Marine/Coast Guard and Merchant Marine team.

Bill Badger, Vice President and Gen-

eral Manager of Cash Building Materials Company, was one of the Navy League participants. "Having watched P-3's everyday, I had no idea about the capabilities of that aircraft," he said. "The degree of professionalism and expertise displayed by the crew was phenomenal."

Their day began with changing into flight gear at CPRW-11 and then a brief on the Maritime Patrol Mission by CPRW-11 Commodore Capt. Jim Cardosi followed by the mission brief from VP-45 Executive Officer Cmdr. Brian Helmer.

After a physical check from the VP-45 flight surgeon, the Navy League "crew" departed for the flight line and the on-board crew brief.

During the two-hour mission over the Atlantic, the Navy League observers watched the VP-45 crew demonstrate the multi-mission capabilities of the AIP P-3: simulated Maritime Patrol mission ops; target acquisition and launch of a Maverick missile on a surface target, undersea warfare target acquisition dropping sonobouys and torpedo launch, Reconnaissance and Sea Control procedures (at 200 feet over the surface) on a surface contact (RIG) and a "River Run" from Mayport back to NAS Jax.

Tommy Grimes, District-Governor Elect for Rotary International, said, "The flight gave me a perspective about the role of the Navy based at NAS Jacksonville, and specifically, the maritime patrol mission that I never had before. I came away with a sense that the P-3 aircraft and its crews are needed now more than ever around the world to provide the vigilance that will maintain the peace."

Following the flight, VP-45 Skipper Capt. Hugh Cook debriefed the Navy League guests and introduced them to other members of the squadron.



VP-45 mission crewmembers Cmdr. Brian Helmer, Lt. Cmdr. Trey Wheeler, Lt.j.g. Dean Sears, Lt. D. Jockal, AW2 Jeremy Auler, AT3 William Ballard, AW1 Sidney Smith and AE1 William Gettings with Navy League observers Lou DiGiusto, past president Navy League; Capt. Robert Kidd, USNR (Ret), past president Navy League; Tommy Grimes, District governor elect of Rotary International and CEO Grimes Logistics; Murray Beard, senior vice president, Citrus Bank; Jim Overton, past president of the Jacksonville City Council; Bill Badger, vice president/general manager of Cash Building Material Co. and John Howard, general agent Mass Mutual following the flight.

Louis J. DiGiusto, III serves as the Navy League Chairman for this program. He said, "The 'Leaders at Sea' Program is a very effective way to inform and educate community leaders about the vital job the men and women who serve on the Navy/MarineCorps/Coast Guard team perform everyday. It gives these leaders a unique opportunity to see the job that's being done each day."

Jim Overton, Past President of the Jacksonville City Council said the experience gave him new insight. "In my capacity as a Councilman, I've lobbied Navy issues in Washington, D.C." he said.

"As a nearby resident, I've gained a to-

tally new perspective by actually going flying in one of the improved P-3's. The cutting edge technology crammed into that airplane was very impressive, but not as impressive as the sharp and informative crew."

"This experience really gives local leaders the chance to have dialogue with Commanders who have the big picture and the crew conducting the actual mission," said Capt. Bob Kidd, USNR (Ret) and Navy League escort for this flight.

Bravo Zulu to CPRW-11 and VP-45 from the Navy League for the insight and understanding gained from this experience. We will pass the word.

'War Eagles' fly North

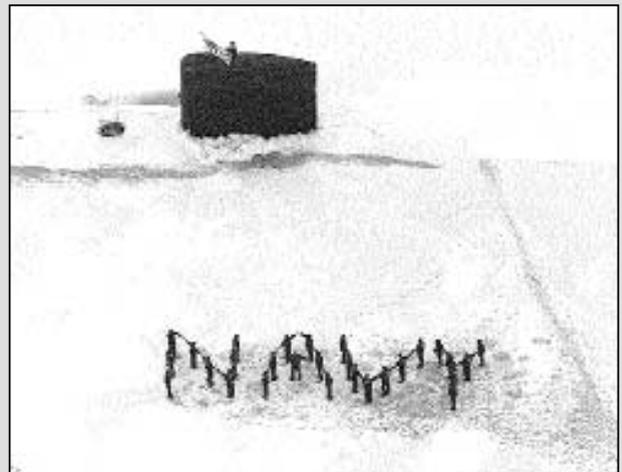
By **Lt.j.g. Matt Greenawalt**
VP-16 PAO

In a recent flight out of Thule, Greenland, Combat Aircrew Nine of Patrol Squadron (VP) 16 had the opportunity to work with a submarine at a unique place — The North Pole. Tasked to rendezvous with the USS Scranton, an Improved Los Angeles Class Submarine, the "War Eagles" of VP-16 had the chance to fly up to the North Pole and take some aerial photographs and conduct a mail, magazine and memorabilia drop to the submarine crew.

The Scranton had already broken through the ice as the P-3C AIP Aircraft arrived on-station, marking on top of the USS Scranton at the North

Pole. AW2 Aaron Butler took photos from a digital camera as Lt. Carlton Freeman snapped images from a video camera controlled by AW2 Wesley Lassiter. The aircrew made multiple passes as the submarine crew got into many different formations, spelling out VP-16, SSN 756, and NAVY!

Lt. Curtis Holiway, Patrol Plane Commander for the flight, commented on how it was strange being so far away from anyone with whom to communicate, but the mission was definitely a once in a lifetime opportunity to be "On top of the world!" Once again, both the USS Scranton and CAC-9 from VP-16 proved that both platforms can operate anywhere in the world, when called upon.



After breaking through the ice at the North Pole, USS Scranton crewmembers spell out "Navy" for the VP-16 P-3 aircraft flying overhead.

HS-7 honors star performers

By Lt. Dom Pastorin

HS-7 PAO

The "Dusty Dogs" of Helicopter Antisubmarine Squadron (HS) 7 held Quarters on June 29 at Hangar 123 to frock their final group of new petty officer third classes. This group of new E-4's recently completed their Petty Officer Indoctrination Class upon completion of their post deployment POM leave. As a whole, the "Dusty Dogs" performed admirably on the March 2001 Advancement Exam. HS-7 had 32 out of 61 candidates selected for advancement, equating to an amazing 53 percent promotion rate. The Navy-wide average was 31 percent selected for advancement.

The Quarters also gave the "Dusty Dogs" a chance to acknowledge other individuals. A Letter of Commendation, four Navy Good Conduct Medals and a Navy and Marine Corps Achievement Medal were awarded as well as recognizing the Junior Sailor of the Quarter. Cmdr. Kevin M. Kenney, executive officer of HS-7, presented the awards.

The new Petty Officers Third Class are as follows:

DK3 Jeffery Attila
HM3 Ranald J. Conlin
AT3 Kevin A. Fleming
YN3 David S. Guy
AD3 Brock D. Johnson
AD3 David L. Rowell
AO3 Kenneth L. Barnes

The following were presented with specific individual awards:

Navy and Marine Corps

Achievement Medal

Lt. Eric S. Young

Navy Good Conduct Medal

AO3 Kenneth L. Barnes
AM3 Robert E. Anderson
AO2 Bradley J. Henlen
AK3 Albert J. Holdrum

Junior Sailor of the Quarter

YN2 Sonya L. Davis

'Scouts' rule with NATO in the North Sea

By Lt. Jake Abrams
VS-24 PAO

The "Scouts" of Sea Control Squadron (VS) 24 are on their way to Lisbon, Portugal for a well-deserved port call after spending approximately three weeks at sea north of Scotland. The "Scouts," deployed on board USS Enterprise with Carrier Air Wing Eight, recently participated in a multinational NATO exercise called Joint Maritime Course 012(JMC). The exercise involved more than 30 warships and included naval and air forces mainly from the UK but also many invited NATO nations. The intent of JMC was to conduct joint collective training in a multi-threat maritime environment for all involved allied units. JMC closely resembled American work-up exercises such as the Composite Training Unit Exercise (ComPTUEX) and Joint Task Force Exercise (JTFEx) that are designed to develop and evaluate battle



A valley in the Scottish Highlands seen from a fast-moving "Scout" S-3B Viking.

groups' war fighting abilities prior to overseas deployment.

The operations area for JMC covered most of Northern Scotland and a vast stretch of the North Sea surrounding the UK. The climate of this area

provided a stark contrast to the "Scouts'" previous operations in the far more temperate Mediterranean Sea. The Enterprise found herself in severely inclement weather with heavy seas, a pitching flight deck, visibility

down to a quarter mile, and sea surface temperatures in the low fifties necessitating special anti-exposure suits for aircrew on all flights. All this made for difficult and hectic flying, but the "Scouts" managed to operate as a perfect sea control machine, unhampered by potentially adverse circumstances. Against all adversity, VS-24 flew more than 75 sorties, logging 161 hours and 116 traps in support of CVW-8 and JMC mission tasking. The "Scouts" excelled in all mission areas, flying low-level routes through the Scottish Highlands and practicing electronic emitter detection, classification, and localization skills on specialized ranges. They led and participated in numerous war-at-sea missions with both air wing and NATO forces and provided the only organic airborne refueling platform for the battle group.

See Scouts, page 11

NAVY NEWS

Super Hornets ready to soar

NAS LEMOORE, Calif. (NNS) — The first F/A-18E Super Hornet squadron, Strike Fighter Squadron (VFA) 115 at Naval Air Station Lemoore, Calif., was recently declared “safe for flight certification.”

This certification followed a series of inspections and review of programs designed to satisfy Navy requirements for the aircraft.

The squadron, nicknamed the “Eagles,” is set to train independently in preparation for its first deployment of Super Hornets with the USS Abraham Lincoln (CVN 72) Battle Group and Carrier Air Wing (CVW) 14 next summer.

Prior to certification, VFA-115 trained jointly with VFA-122, the Super Hornet fleet replacement squadron at NAS Lemoore, to prepare pilots and maintenance crews for the arrival of the Navy’s new Super Hornet aircraft.

As new jets were received by the Navy, individual training was conducted on an “asset available” basis. Now, with an inventory of six aircraft, a full compliment of pilots and a complete administrative structure, the squadron is capable of operating autonomously.

During a recent Super Hornet acceptance flight, Lt. Cmdr. Greg Harris and Lt. Cmdr. Matt Tysler flew a qualifying mission to demonstrate the capabilities of the aircraft.

“The first flight was the culmination of hard work by the Eagles, VFA-122, the fleet introduction team and the entire Super Hornet industry team,” said Harris. “It was a real thrill to be able to fly

the first fleet Super Hornet flight, and we are looking forward to many more.”

Harris added, “This is a great milestone for VFA-115 and the Super Hornet team and we should all be proud to be taking the next step.”

The Super Hornet is a multi-mission aircraft that can be employed as a fighter, a bomber or a tanker.

The new jet has a tactical mission spectrum that spans from long range, sea-based air dominance to deep-strike interdiction.

The Super Hornet is designed to greatly exceed the capabilities of current naval aviation assets and is expected to replace the F-14 Tomcat in future program years.

The new jet is designed to carry every tactical air-to-air and air-to-ground weapon in the Navy’s inventory, and is equipped with an enhanced radar system, as well as advanced on-board sensor fusion capability.

The Super Hornet is the Navy’s premier strike-fighter aircraft and is designed to lead naval aviation in the 21st Century.

USS Iwo Jima commissioned

PENSACOLA, Fla. (NNS) — The Navy’s newest amphibious assault ship, USS Iwo Jima (LPH 7), officially joined the fleet following a June 30 commissioning at NAS Pensacola, Fla. The ceremony honored veterans of the World War II battle for which the ship is named, while demonstrating the 21st Century Navy’s ability to project power ashore.

“This ship is the right ship at the right

time in the right place,” said Gen. Michael J. Williams, assistant commandant of the Marine Corps. “She’s going to sail with a main battery of almost 2,000 Marines. Their presence in friendly waters will reassure our allies. And in unfriendly waters they can ensure that the United States has the means to meet its goals anywhere in the world.”

Williams was the keynote speaker at a ceremony witnessed by more than 10,000 people. The crowd included friends and family of the crew, local residents and several hundred veterans of the World War II battle of Iwo Jima. Rain showers and lightning had no effect, as nearly all the audience stayed to tour the ship after it officially joined the fleet.

The ship’s crew of 989 men and women manned the rails at the command from sponsor Zandra M. Krulak, wife of former Marine commandant Gen. Charles Krulak. Whistles blew, alarms sounded and Marine Corps helicopters flew by, accompanied by fireworks.

Iwo Jima is the seventh of the Waspclass amphibious assault ships. Second only to aircraft carriers in size, LHDs carry, command and support a Marine Expeditionary Unit of 2,000 Marines.

“Iwo Jima is by far the most advanced big-deck amphibian in existence,” said Capt. John T. Nawrocki, the ship’s commanding officer.

At 40,500 tons, the new Iwo Jima is larger than the aircraft carriers that supported the World War II battle. It has a large flight deck for helicopters, AV-8B Harrier jump jets and the new MV-22 Osprey tilt-rotor transport aircraft. The ship also has a large floodable well deck to carry and deploy three air-cushion landing craft (LCACs).

The ship’s Command, Control, Communications, Computers and Intelligence (C4I) system equip it to serve as the flag-

ship of an amphibious readiness group. It also features a 600-bed hospital aboard, complete with surgical facilities.

While the ship represents the state of the art in “brown-water” warfare, current plans call for it to be the last Navy ship built with a conventional steam propulsion plant. In the future, only nuclear-powered ships will use boilers and steam turbines to drive their propellers. Other new ships will use gas turbines or diesel engines.

Iwo Jima is the second U.S. Navy amphibious warfare ship to be named after the Pacific island battle, in which more than 6,000 U.S. Marines and an estimated 20,000 Japanese soldiers died. The first Iwo Jima (LPH 2) was the lead ship in a class of helicopter carriers built in the 1960s. It was decommissioned in 1993.

TR Sailors lend a hand

USS Theodore Roosevelt At Sea — The USS Theodore Roosevelt (CVN 71) participated in a community relations project to refurbish a local school on Monday, while enjoying a port visit in St. Thomas.

“The Saint Peter and Paul Catholic School was in dire need of help since being hit by Hurricane Marilyn in 1995” said Brother Larry Lavallee, the Saint Peter and Paul Catholic School principal.

Coordinating through the ship’s Command Religious and Ministries Department (CRMD), TR Sailors took on the task of repainting several of the school’s classrooms.

“When it was determined that we would be coming to St. Thomas, we immediately began to look for ways to reach out to the local community,” said Chief Religious Programs Specialist (SW/AW) Harold Boyd. “With the help of the Navy League, we were able to arrange this.”

Once the Navy League was able to find a project for the ship, it was up to the TR’s CRMD to get volunteers.

“I knew getting volunteers to help out would be no problem,” said Religious Programs Specialist 2nd Class (SW/AW) Larry E. Pieper. “However, the response we ended up getting was overwhelming!”

The sign-up list for the COMREL project was full in a matter of hours.

“I was very pleased with the turnout we had for the project, we more than exceeded the number of volunteers needed for this project,” said Pieper.

For some of the TR Sailors the COMREL provided an opportunity to express their gratitude for the gifts they have in their lives. “It’s all about giving back to the community,” said Navy Airman Adam Ball. “Helping others makes me grateful for the things I have in my life.”

The TR Sailors used 38 gallons of paint on 15 classrooms. The school got a fresh coat of paint and the Sailors walked away knowing they had helped.

Scouts: VS-24 trains with NATO

Continued from page 9

Working in concert with the new civilian contracted Boeing 707 "Omega" tanker, "Scouts" delivered more than 247,000 pounds of jet fuel and prevented a number of low-state aircraft from having to divert to land-based fields. Additionally, VS-24's Surface Surveillance Upgrade (SSU) aircraft flew eight dedicated Strike/CSAR sorties, pioneering new territory for the S-3B Viking. SSU provided real-time, all-weather strike targeting and hit assessment,

combat search and rescue support, and outstanding maritime attack capability throughout the exercise, while other assets were often hindered by bad weather. The officers and enlisted personnel of VS-24 are certainly taxed after a demanding exercise and look forward to recuperating and reveling in a historic maritime capital such as Lisbon.

Had there been any doubt prior to their arrival, North Hebrides and the Scottish Highlands are now keenly aware of the fact that "Scouts Rule!"

Bike Rodeo planned

The NAS Jacksonville Police Bike Unit and the Crime Prevention Office are sponsoring a Bike Rodeo. The bike rodeo will be held Wednesday, July 18 at the Yellow Water Youth Center. The rodeo takes place from 9 a.m.-1 p.m. Children will see a helmet safety video; have their bikes checked for safety; participate in a bike riding safety and skill course and have the chance to register their bikes with Crime Prevention personnel.

Jax Tales

By Mike Jones - mikejones43@hotmail.com



HISTORY OF THE WORLD- PART XXIV 'Scouts' enjoy liberty in European ports

By Lt. Jake Abrams
VS-24 PAO

The "Scouts" of VS-24 are well into their deployment with Carrier Air Wing (CVW) 8 on board USS Enterprise and are acting as ambassadors of peace and love throughout Europe. Operationally, the "Scouts" are pioneering new frontiers with the only Surface Surveillance Upgrade (SSU) S-3 in existence, while daily perfecting the more conventional aspects of sea control. Outside of this realm, VS-24 has had the opportunity to visit four beautiful and historic European ports of call in a two-month period. In the interests of spreading good will and fostering economic prosperity in friendly nations, the "Scout" wardroom and its liberty exploits have been the stuff of legends in areas of already rich history.

Like the pirates of the Balearic Islands during the seventeenth and eighteenth centuries, the "Scouts" made their presence known in Palma de Mallorca, Spain. The scenic island town accustomed to foreign incursions welcomed them with kindness and scant attire. Their impact was instant and astounding as they left scores of awe-struck locals and admiring British tourists in their wake. With Palma conquered and her inhabitants thoroughly enamoured by their conduct, VS-24 and her officers were again bound for the sea and days of flight operations.

Next, the "Scouts" descended on South France like invading hordes of Saracens with a port call in Cannes. Many stormed up and down the French Riviera, while some adventurers made their way to Paris for a figurative storming of the Bastille. The inhabitants of Cannes suddenly found themselves forgetting all about their local film festival and instead hoping to establish an annual "Scout" festival. "Scout" endurance during late-night escapades had much to do with this. Likewise, the usually stoic Parisians

were quickly won over by their charms. All thoroughly enjoyed their time in France while expanding their cultural horizons. The French populace bade adieu to VS-24 with the words "Vive les 'Scouts'" forever etched in their memories.

After some flawless flying, the "Scouts" arrived in the ancient city of Naples. A city familiar with the presence of the Navy, VS-24 found themselves instantly enjoying this part of Italy. While there, the VS-24 historic reenactment club journeyed to Rome to walk in the footsteps of centuries of Caesars. Roman locals were treated to remarkable displays of gladiatorial combat (all in the interest of education) while "Scouts" marveled at sites like the Coliseum and the Vatican. This most recent sacking of Rome will not be forgotten. "Scout" warriors once again made their way back to the sea, this time proclaiming "Veni vidi vici."

The "Scouts" and CVW-8 then made a rapid transit back through the Strait of Gibraltar and into the North Atlantic with a stop in Portsmouth, England. This was the scene of a squadron hail and farewell, which the English now refer to as the modern Viking invasion. Like their Norse and Norman ancestors, the "Scouts" took southern England by storm. Unlike previous invasions, this one was welcomed wholeheartedly by a population infatuated with the charisma and bold action of the conquerors. The "Scouts" danced well into the night, while potential competitors yielded to their stamina. Many later made their ways to London for further cultural exploration, while others remained in Portsmouth for more heroic acts. The squadron found itself wishing to stay, but the ocean and the call of duty beckoned again. VS-24 is now on its way north to participate in a large NATO exercise and is looking forward to once again proving that "*Scouts*" rule.

'TOPCAT IN THE SPOTLIGHT'

AZ2 Gerald Minotto

AZ2 Gerald Minotto was born in Ft. Lauderdale, Fla. on June 19, 1976 and later moved to Douglassville, Pa., where he grew up. His late mother, Patricia, was an American Quarterhorse Association record holder and a certified diamondologist. His father, Tony, is a retired auto parts dealer and currently resides in St. Gabriel's Lodge, Pa. Minotto graduated from high school in 1994 and spent several years looking for some direction and adventure. His search led him to the U.S. Navy and he marched off to boot camp in November 1997.

After graduation from Recruit Training Center, Minotto went on to AZ "A" school in Meridian, Miss. In "A" School he was awarded the Accelerated Advancement Program (AAP) and added a fifth year to his contract. In April 1998, Minotto found the adventure he was looking for and checked in with Naval Air Pacific Repair Activity Detachment (NAPRA) Okinawa, Japan. In September 1998, while with NAPRA he was advanced to Petty Officer Third Class. While stationed with NAPRA, Minotto enjoyed traveling around Asia, especially to the Japanese mainland. Minotto left Okinawa in April 2000 and found his way to the USS Dwight D. Eisenhower (CV-69) where he met the Sea Control Squadron (VS) 31 "Topcats," already deployed.

Since checking in with the "Topcats," Minotto has worked in Maintenance Control as the head work-order clerk and has demonstrated outstanding leadership with the squadron. Minotto was awarded "Topcat" of the month for March 2001 and went on to win "Topcat" of the Quarter for the First Quarter 2001.

Minotto took over the Central Technical Publication Library in May 2001 and was recently advanced to Petty Officer Second Class in June 2001.

Minotto enjoys playing in pool tournaments, collecting artifacts from the countries he visits and spending time with his relatives in Boca Raton and Light House Point, Fla. Minotto also loves to go boating with his Uncle and friends in Ft. Lauderdale. Minotto plans on continuing his education and would like to obtain his Masters in Business Administration. The "Topcats" congratulate Minotto as this week's "Topcat in the Spotlight."



KUDO

KORNER

The following individuals with Naval Hospital Jacksonville were recently recognized for outstanding service:

**Navy and Marine Corps
Commendation Medal**
HMC(FMF) Danny Green
DK1(SW) Stacey Grover
HM2 Fredrick Matheu

**Navy and Marine Corps
Achievement Medal**
HM3 Michael Valley

One hundred percent tuition available for MGIB eligibles

From the NAS Jax Navy College Office

If you are eligible to receive Montgomery GI Bill (MGIB, Chapter 30 Benefits), are a veteran or have been on active duty for two years, you now have the option to use Tuition Assistance Top-up or TATU to pay the 25 percent tuition not covered by the Navy Tuition Assistance for course (s) starting after Oct. 30, 2001.

The eligibility for TATU is fairly simple. You must receive Tuition Assistance from the Military for the course or courses for which you are claiming TATU. Entitlement will be charged the same way as with other cost of instruction payments, i.e., one month of entitlement will be deducted for each amount paid that equals one month of full time payment for school attendance. For example, if a person's full time monthly payment for school attendance would normally be \$650, then that person would use up one month of entitlement for each \$650 paid under TATU.

Increase your MGIB benefits

Also, effective May 1, 2001, active duty members whose original federal education benefit is MGIB may make an additional contribution, up to \$600, to receive an increased monthly benefit of \$150. For example, if you contribute the entire \$600, your MGIB account will be credited with \$5,400 for a total of \$28,800. That breaks down to a monthly entitlement of \$800 for 36 months versus \$650 for 36 months without the \$600 contribution. Overall, the MGIB individual is getting a \$9 to \$1 return on their investment. You **MUST** elect this option while on active duty. Note: personnel enrolled in MGIB by reason of involuntary separation, conversion from VEAP, conversion from Vietnam-Era GI Bill, or enrollment during the open period Dec. 1, 1988 through June 30, 1989 are not eligible for this option.

The Navy College Office will assist students with their application for TATU and answer any questions/concerns. Visit the NCO in Building 110 or call 542-2475/2477.

Webster University enrolling students now for Fall classes

Ready for a Master's Degree? Enroll today at Webster University. Webster University provides real knowledge for real-world success. Fall registration is open and classes start Aug. 11. Offered is a Master of Arts and Masters of Business Administration. MA/ MBA with area of emphasis: Computer Resources & Information MNGT, Human Resources Development, Human Resources Management, Management, and Telecommunications MNGT. Contact Jennifer Todd, Campus Representative, Building 110, 2nd floor, call 779-7124.

Rescue: VS-32 Sailors save two

Continued from page 1

"We were having lunch by the pool and saw a lady dragging her kid out of the pool," Bracher said. "We got up and walked over, and saw someone pulling another kid from the bottom of the pool."

Neither Baker nor Bracher could tell what was happening at first. Two brothers, age five and six had drowned in the hotel pool and were being dragged out of the water.

The duo moved through the gathering crowd and saw the two boys spread out, and no one seemed to know what to do.

"It took us a moment to get over there to help," said Baker, who hails from Marion, S.C. "I thought it was one kid, but it turned out to be two."

Bracher told someone to call for help, and their CPR training took over.

"He had no pulse, but I felt his heart beating," Baker said.

The two realized that getting water out of their lungs by turning them over might prevent the need to perform rescue breathing. "Once the water worked out, he was breathing and crying and I knew he'd be OK," Baker said.

What surprised Baker the most was the fact that they were the only people stepping forward. "Lots of people were interested, but no one wanted to help or they just didn't know what to do."

Both are very matter of fact about the rescue, but one fact remains. The two kids were not breathing when they began to help, and it took medical help in an ambulance nearly 45 minutes to show up. "I'm obviously proud of them," their Commanding Officer Cmdr. Ron Carlson said. "These are a couple of great people." Bracher just shrugs it off as something that they should have done. "I was just seeing if I could help."

COMMUNITY CALENDAR

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

The regular meeting of the Ladies Auxiliary of the Fleet Reserve Association will be held July 12 at 10 a.m. at the Fleet Reserve Hall, 7673 Blanding Blvd. All members of the unit are encouraged to attend. Refreshments will be served. For more information, call 771-2936.

Ladies Auxiliary VFW Post 1988 will have its next monthly meeting July 12 at 7 p.m. July 13 from 6 to 8 p.m., the post will be serving a choice of fried chicken breast or shepard's pie. Proceeds from the dinner will be donated to support the National Home. Breakfast is also served every Sunday from 9 a.m. - noon. The post is located on Highway 17 in Green Cove Springs. For more information, call 284-0775.

The Jacksonville Shell Club is holding its 35th Annual Shell Show Festival

July 14 and 15. The event will take place at Brampton Inn, 1201 N. 1st Street, Jacksonville Beach, Fla. The show will include displays of worldwide seashells and fossils. Shell art and shell craft will also be available for viewing and purchase. Suggested donation is \$3. Children under 12 free.

The American Society of Military Comptrollers Greater Jacksonville/Kings Bay Chapter will hold its next monthly training meeting July 18 from 11:30 a.m. at NAS Jax's Budweiser Brewhouse. The topic of the meeting will be Human Resources Regionalization Update. For reservations, call Genia Ziparo at 542-4002.

The Jacksonville Chapter of the Armed Forces Communications and Electronics Association (AFCEA) will hold a luncheon meeting (pizza and soft drinks provided) July 18 from 11:30 a.m. to 1 p.m. Attendance is open to anyone interested in topics concerning telecommunications and related issues. The meeting is at the NCTS (Building 27) command conference room. Reserve your spot by July 16 by calling Bob Cone at 542-4250.



Photo by JO2(SCW) Eric T. Clay

Residents complete AEGD

Capt. Randall Webb (far left) and Capt. Kimon Rumanes (far right) preside over Advanced Education in Dentistry's newest graduates: Lt. William Harper, Lt. Joshua Dembsky, Lt. Eric Schoenebeck and Lt. Michael McClure (not pictured) during a ceremony at Naval Dental Center Southeast recently. The program serves as a residency for dental school graduates to gain advanced training and experience during their first year of naval service.

Getting bike fans ready for the road

Story and Photos By Jeff Hilton
Staff Writer

Most motorcycle owners would agree - it is better for you to ride your bike than for your bike to ride you. That means keeping the rubber, not the rider, on the road.

Sailors and civilians wanting the privilege to ride motorcycles on base must complete a Motorcycle Safety Foundation (MSF) rider safety course before obtaining a decal for their two-wheeler.

"We teach the four basic skills of riding a motorcycle," said lead instructor AMS1 Carl Bennett, "straight-line riding, stopping, shifting and turning." Bennett and eight other Sailors are volunteer instructors take turns teaching the course. Each has completed the Motorcycle Instructor Course required by the Chief of Naval Operations.

AT1(AW) Chad Ritchie has been riding 23 years. He's taken this course four times during his career. "When I joined, they said you had to have this course to ride on base." A MSF instructor for three years, Ritchie often shares teaching duties with Bennett. "The best part is watching people improve from a shaky novice and become more skilled," he said. The veteran rider used to bring his wife along as a passenger on his Harley-Davidson. Now he rides beside her. LN1 Jondell Ritchie has been riding her own Harley for nine months.

Bennett refers to, "riding with the shiny side up," in his classes; keeping the chrome and plastic components as well as helmeted riders off the pavement.

Most classes will have a mix of veteran and novice riders along with some returning to cycling after four-wheeling for a long time.

William Rymer started riding 25 years ago. He gave up two-wheeling for many years until climbing gasoline price forced him to reconsider the economy of a motorcycle. There's a big difference between getting 20 miles per gallon in a car and 45 - 50 mpg on a bike. Like others, he was taking the course to get a base decal and meet Florida requirements for motorcyclists. Rymer, who works on NaDep Jacksonville's P-3 Orion line said, "I like the freedom. You're not restricted." He's had a Harley-Davidson Sportster for two months and hoped to get, "new techniques and ideas," from the course while, "honing my skills."

HM3(SW) Todd Lee, with Navy Hospital Jacksonville, got his first bike 20 years ago. "I enjoy cruising ... not going fast but enjoying the scenery and the open road feel," he said.

PR3 Chris Breaux seconded Lee's enjoyment of the open road. A recent arrival to VS-31, Breaux found the first day of field training was helping him become, "more proficient with my turns." He recently learned a valuable cycling lesson first hand. "Don't wipe a dead bug off your helmet visor. It only smears it around."

The course is taught, "rain or shine," Bennett said, "The only time we stop is for lightning." During a recent field class, students kept riding during a 30-minute shower. The rain briefly displaced the afternoon heat, until the sun returned leaving the class in an outdoor sauna. That's when they remember motorcycles don't have air conditioning.

Students eligible to take the course on base will find it a bargain, bargain as in free. Taking the course at Florida Community College Jacksonville or elsewhere will run \$150 to \$200 said Bennett. He should know, he teaches the same course at FCCJ.

A motorcycle, safety gear and a temporary base pass are needed by each student. The course, usually held twice a month in the NAS Safety Office, accepts 12 students per class. Bike handling skills are practiced on a range two blocks from the classroom during the three-day course.

Legal and common sense matters like driving while impaired are also discussed. Students learned the costs of a first time Driving Under the Influence citation (DUI) in Florida extend far beyond the ticket and can be thousands of dollars.

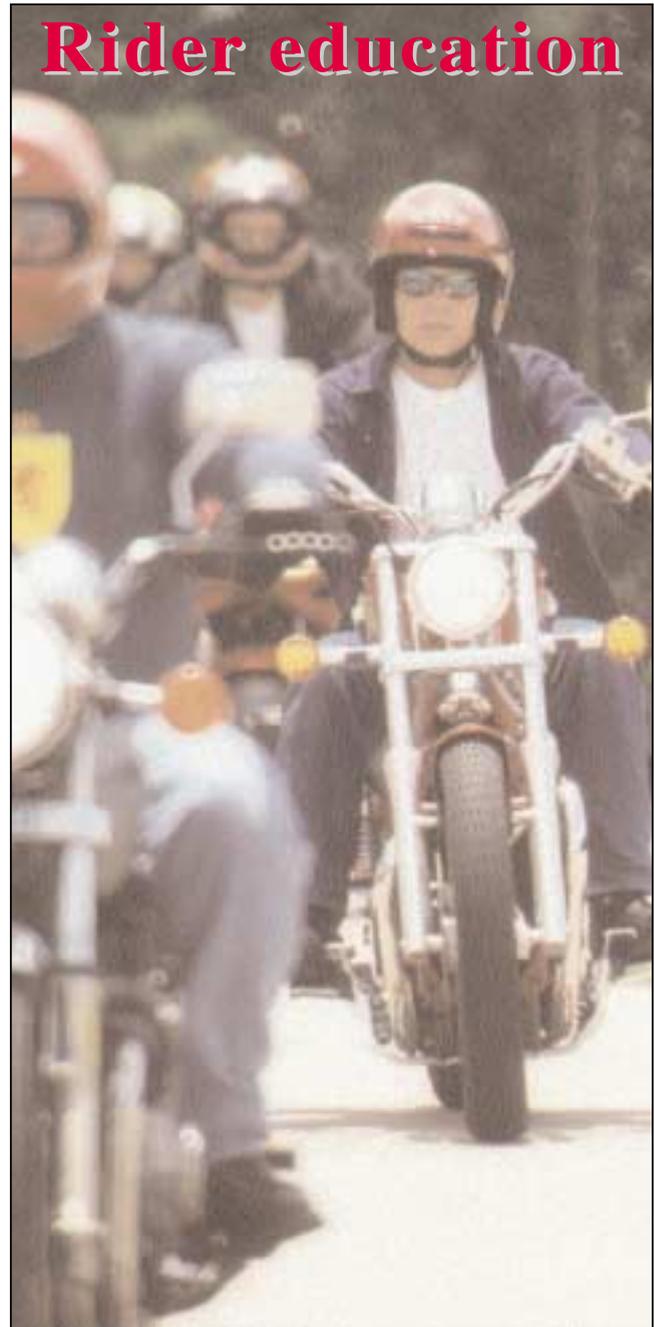
"A friend of mine got one (DUI) a few months ago," said student Jim Hynes, "He's into it for eight grand and he's still not done."

Bennett reminded his class the extended costs of DUI would almost always include a court appearance, lawyer fees, loss or suspension of driving privileges, mandatory substance abuse prevention and driver education classes and increased insurance premiums or being dropped by an insurance company.

A DUI may also lead to jail time, performing community service, job loss plus finding new ways to commute and shop.

Bennett shared the statistics of two-wheeling with his class. "The most common fatal motorcyclist error is running off the road," he said. This accounted for 47 percent of single vehicle accidents. Bennett said half of these involved riders who were impaired. Citing MSF literature, he says 90 percent of motorcycling is mental and why impaired riders experience life-changing accidents far more often than those who ride sober.

"The most common multi-vehicle acci-



Matthew O'Gorman, right, keeps interval with his classmates.

dent is when a car turns left in front of a motorcycle," he said.

The National Highway Traffic Safety Administration (NHTSA) tracks motorcycle accidents. The good news - motorcycle deaths have dropped from 4,500 in 1988 to 2,216 in 1998. The bad - 2,472 motorcycle riders or passengers died in 1999 and 2,688 in 2000. All the more reason to apply lessons from the course to riding anywhere and any time.

For Bennett who has taught more than 1,000 students, one reward is hearing seasoned riders in his class say what they learned over just a few days has already made them better riders.

While completing the course gets students on track to obtain a base decal, keeping the shiny side will always be the primary goal for every rider.

See related stories on page 18.



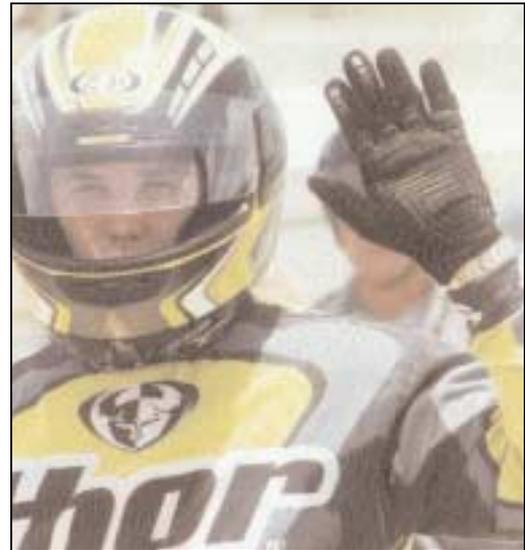
Students, Jason Young and James Purser were among 10 attending the most recent course which is offered 20 times a year aboard NAS Jacksonville.



William Rymer watches Bennett demonstrate the next drill.



Instructor Chad Ritchie monitors students maneuvering on wet pavement.



Chris Breaux signals he's ready to ride. Gloves, long sleeves and a helmet are required when riding on base.



Carl Bennett has been riding motorcycles 28 years and an MSF instructor three years.



With his arm extended, Anthony Paxton learns to trust his peripheral vision, vital to rider safety.

News for motorcyclists

Instruction keeps focus on rider safety

The following are excerpts from the recently updated OpNav Instruction covering motorcycle operation (5100.12G).

1. Headlights must be on at all times
2. Have a rearview mirror mounted on each side of the handlebars or the left and right side of the fairing
3. Mandatory Personal Protective Equipment:
 - a. Wear a properly fastened DOT approved helmet
 - b. Wear eye protection; full face visor or goggles that meet the following description (A pair of large, usually tinted spectacles with shielding side pieces worn as

protection against wind, dust, or glare.) A windshield, fairing and/or eyeglasses alone are not proper eye protection.

- c. Long-sleeved shirt or jacket, long-legged trousers and full-fingered gloves or mittens designed for motorcycle use.
- d. Sturdy footwear is mandatory. Leather boots or over the ankle shoes are strongly encouraged.
- e. A brightly colored outer upper garment during the day and a reflective upper garment during the night. The outer upper garment shall be clearly visible and not covered. Military uniforms do not meet these criteria.

Decals must be permanently attached

OpNavInst. 5100.12G requires base decals be attached to permanent bike components. Owners who have decals mounted on removable plates or compo-

nents like quick-release windscreens must attach them to the right front fork or other components that can't be quickly removed.



Decals on any plates are not legal.



Decals are allowed on permanent fairings.



Decals on the right front fork are acceptable.

Motorcycle safety instructors needed

The volunteers teaching the Motorcycle Safety Foundation course at NAS Jacksonville need experienced riders interested in teaching. Instructor, AMSI Carl Bennett, says the job is rewarding and challenging. Bennett is always looking for riders who want to complete the Instruction Preparation course then teach.

General requirements for those want-

ing to become instructors:

- To have operated and owned a motorcycle for at least two years
- Be paygrade E-5 or above
- Have two years left on station
- Have a command endorsement
- No major driving infractions

Call Bennett at 542-3320 x114 or Dave Colburn, NAS Safety Office, 542-3332.

Those who can, teach



Photo by PH2(AW) Regina Wiss

NAS motorcycle safety instructors are: AMI (NAC) Carl Bennett, NAR Jacksonville; AMI (NAC/AW) Mike Fiordiliso and AT1 (NAC/AW) Travis Burnett, VP-30; AT1 (AW) Chad Ritchie and ATC (NAC/AW) David Epps, NAMTRADETGRU; PHC (SCW) Dan Durrant, Visual Information Support Center; GSE1 Jerry Mitchell and AC1 (AW/SW) Dion McDaniels, NAS Jacksonville; AT1 (NAC/AW) Tim McKinley, FASO.

MWR NOTES

Liberty Events: 542-3491/1335

Comedy Zone Trip (free) - July 17 - The van leaves Liberty Cove at 7:30 pm. Sign-up is the day of the event and space is limited.

90 Second Shoot Out - July 19. Play begins at 11:30am. Free to enter and winner receives \$30.

Parasailing Trip-Saturday, July 21. Ride 1,400 feet up in the air for only \$50. Sign up by July 16.

For suggestions on trips or events that you would like to see at Liberty, please email the Liberty Coordinator at dbudock@nasjax.navy.mil.

Free Movies

Free movies are shown in the Base Theater located on Jason Street every Friday at 7 p.m. and every other Saturday at 5 and 7 p.m. Movies are open to all. Bring your own snacks, no alcohol please and please do not leave children under 18 unattended.

July 13, 7 p.m.: *Life* (R)

July 20, 7 p.m.: *Sling Blade* (R)

July 21, 5 p.m.: *Iron Giant* (PG)

July 21, 7 p.m.: *General's Daughter* (R)

Mulberry Cove Marina: 542-3260

As the weather is getting warmer, the water is looking better and better. Come check out what the Mulberry Cove Marina has to offer you for water fun. And don't forget, before you can rent any of the boats, jet skis, or other water craft, you need to complete a Boater Safety Course. The course is free. Call for more information.

- Free canoe and kayak rentals every Thursday for active duty (on-base only).
- \$25/hour jet-ski rentals on July 21, 22
- Going camping? We have all your needs, stop by and we'll get you packing

T-Bar: 542-0392

Located in the BOH Complex right on the banks of the St. John's. Enjoy your favorite beverage and check out the best view on base from the famous T-Bar 2 Story Deck!

Available for catered functions and parties! 542-3521 to schedule your event today.

Monday - Friday, 4 -11 p.m.

Saturday - Sunday, 6 -11 p.m.

Yesterday's CafÉ is a step back in time to the 50s era with tunes on the jukebox and handmade milkshakes. The CafÉ is located in The Zone on the corner of Jason Street and Saratoga Avenue and is open from 11 a.m.-2 p.m.

July's specials are:

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

Tuesday - spicy chicken sandwich, fries and drink, \$4

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

Thursday - jumbo dog, fries and drink, \$3

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

Budweiser Brew House: 542-5009

The Brew House is a full family dining facility located in The Zone on the corner of Jason Street and Saratoga Avenue. Lunch specials every Wednesday. Social Hour: Mon, Tues, Wed, and Fri from 4 p.m.-6 p.m. Every week enjoy Thirsty Thursday from 4 - 6 p.m.

Bambino's Call 542-3900 for free on-base delivery.

Bambino's is your headquarters for food delivery on base. Delivery ends at 8:30 p.m. However, pick-up of our delicious pizza and subs is available from 8:30-10 p.m. in the Brew House.

CPO Lounge: 542-3461

Enjoy social hour every Wednesday and Friday with free munchies and beverage specials. On Fridays enjoy live entertainment.

July13 - Don Lloyd

July20 - Jim Craft

MWR caters to you!

If you are having a function, MWR is there for you. We can provide party rooms for any occasion, or bring the set-up to you! Call 542-2209 to schedule an appointment or for a brochure!

Kege to go!

Get domestic or import kegs from The Zone. Call 542-3521 to place your order.

Youth and Teen Events and Activities

NAS Jax Teen Calendar of Events
Open Recreation: Tuesday and Thursday from 6:15-8:15 p.m.

Monday Activities: 6:15-8:15 p.m.

July16 - Movie Night - free

NAS Jacksonville Youth Activities: 778-9772

School Age Program
(Before and After School)

Registration starts July 16 for both NAS and Yellow Water Youth Centers.

The program follows the Duval County School System. Call for school listings and costs. The program is open

to children starting kindergarten - fifth grade.

Call 778-9772 or 777-8247

Open Recreation every Tuesday and Thursday from 6:15-8:15 p.m.

Gym Open: Monday and Wednesday from 6:15-8:15 p.m. and Saturday 12-3 p.m.

Friday Night Activities: 6:15-8:15 p.m. *Open to K-17

July 13 - Movie Night - free

July20 - Ice Cream Social - \$3

Open to ages K-up from 6:15-8:15 p.m. unless otherwise noted. Membership cards must be presented for all activities. Children must be pre-registered for all Friday night activities and fees are due the prior Wednesday.

Yellow Water Activities: 777-8247

Teen Night-Mondays 6-8 p.m.

Open Recreation - Tuesdays and Thursdays 6:15-8 p.m.

Friday Night Activities 6:15-8:15 p.m.

July13 - A Mid-Summer's Night Party - \$2

July20 - Sand-Lot Softball Game - free
Girl Scouts-Meetings are held each Wednesday in the Youth Center at 6 p.m. For more information, contact the Troop Leaders: Brownie Troop #492 Ashley Daniel at 317-6649 and Junior Troop #44 Tammy Jones at 771-6479.

Dance Classes - Ballet and tap is taught every Saturday, 10-11a.m. Dance classes are open to ages 3 and up and the monthly fee is \$25 per student and \$20 per each additional student in the same household. Interested in Tae Kwon Doe? Call either center!

Gladiator Competition

July 13 at the Fitness Source

11a.m.-1p.m.

4 -8 p.m.

Bench/Leg Press

Sit-Ups

Dips

Two Mile Treadmill Run

For more information, call 542-3518.

Visit the MWR website at www.nasjax.navy.mil/mwr.



AT THE GALLEY

Meal hours

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

Saturday, Sunday and holidays
Breakfast 6:30 to 8:30 a.m.
Brunch 10:30 a.m. to 12:30 p.m.
Dinner 4 to 5:30 p.m.

Meal costs

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

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

Thursday

Breakfast
 Minced beef w/toast
 Home fried potatoes
 French toast puffs
 Grilled minute steak
 Grits
 Assorted omelets

Lunch

Roast corned beef
 Baked macaroni and cheese
 Hot mustard sauce
 Steamed carrots
 Stuffed flounder

Steamed cabbage
 Cream of broccoli soup
 Summer squash
 Banana pudding

Dinner

Beef cordon bleu
 Rice pilaf
 Peas w/celery
 Beef gravy
 Herbed chicken
 Oven brown potatoes
 Summer squash
 Chicken gravy
 Mulligatawny soup

Friday

Breakfast
 Oven fried bacon
 Hash brown potatoes
 Boiled eggs
 Apple fritters
 Grilled sausage links
 Rolled oats
 Assorted omelets

Lunch

Steak ranchero
 Potatoes au gratin
 Steamed green beans
 Manhattan clam chowder
 Southern fried fish
 Steamed rice
 Calico corn
 Brown gravy

Dinner

Chili conquistador
 Mashed potatoes
 Steamed brussel sprouts
 Bean/bacon soup

Tomato soup
 Baked chicken
 Chicken gravy
 Steamed carrots
 Steamed egg noodles

Saturday

Breakfast
 Creamed beef
 Home fried potatoes
 Waffles
 Grilled ham slices
 Farina
 Assorted omelets

Brunch

Creamed beef
 Farina
 Spaghetti noodles
 Beef rice soup
 Waffles
 Spaghetti w/meat sauce
 Peas and carrots

Dinner

Syrian beef stew
 Paprika potatoes
 Vegetable combo
 Corn chowder
 Roast pork
 Summer squash
 Mushroom gravy
 Steamed egg noodles

Sunday

Breakfast
 Oven fried bacon
 Cottage fried potatoes
 Boiled eggs
 French toast
 Minced beef w/toast
 Cream of Wheat
 Assorted omelets

Brunch

Minced beef w/toast
 Assorted omelets
 Onion rings
 Chicken rice soup
 Brown gravy

French toast
 Hamburgers
 Mixed vegetables

Dinner

Liver w/onions
 Steamed rice
 Beets in orange-lemon sauce
 Beef vegetable soup
 Baked chicken
 Lyonnaise potatoes
 Steamed cauliflower

Monday

Breakfast
 Biscuits and sausage gravy
 Home fried potatoes
 Banana pancakes
 Assorted omelets
 Minute steaks
 Grits

Lunch

Yankee pot roast
 Tossed green rice
 Steamed broccoli
 French onion soup
 Tempura fish fillets
 Whipped potatoes
 Glazed carrots
 Natural gravy

Dinner

Chicken tetrazzini
 Steamed rice
 Cauliflower Parmesan
 Brown gravy
 Grilled pork chops
 Mashed sweet potatoes
 Peas w/mushrooms
 Tomato vegetable soup

Tuesday

Breakfast
 Minced beef
 Apple cinnamon oatmeal
 Grilled bacon
 Grilled hash browns
 Waffles
 Assorted omelets

Lunch

Beef sukiyaki
 Green beans w/mushrooms
 Chinese fried rice
 Chicken egg drop soup
 Vegetable stir fry
 Chicken adobo
 Steamed rice
 Egg foo young
 Chinese egg rolls
 Strawberry glazed pies

Dinner

Teriyaki steak
 Steamed rice
 Southern style greens
 Baked tuna and noodles
 Baked potatoes
 Brown gravy
 Steamed squash
 Knickerbocker soup

Wednesday

Breakfast
 Grilled bacon
 Cottage fried potatoes
 French toast
 Creamed beef w/toast
 Farina

Lunch

Beef pot pie
 Buttered noodles
 Vegetable stir fry
 Cream of mushroom soup
 Oven fried chicken
 Oven browned potatoes
 Steamed wax beans
 Toasted Parmesan bread

Dinner

Swedish meatballs
 Candied yams
 Steamed corn
 Creole soup
 BBQ ribs
 Mashed potatoes
 Southern style greens

Watch out for deadly food during Summer cookouts

PORTSMOUTH, Va. (NWS) — Summertime is the season for outdoor activities, especially cookouts. It's an important time for friends and family to get together and enjoy the warm weather. But before you fire up the grill, there are some important facts you should know.

According to the Centers for Disease Control and Prevention (CDC), an estimated 76 million cases of foodborne disease occur each year in the United States. The majority of these cases are mild with symptoms that last only for a day or two.

Some cases are more serious. CDC estimates that there are 325,000 hospitalizations and 5,000 deaths related to foodborne diseases each year.

Leaving food out for extended periods of time can result bacteria growth on certain foods that eventually develops into chemical compounds called toxins. These toxins cause staphylococcus, the most commonly reported food-related ailment.

This infection is the result of tainted meat and related products, poultry and egg products and dairy products.

People usually get infected by consuming foods that have not been cooked at 140 degrees Fahrenheit or higher. Food should be refrigerated at 45 F or lower to prevent bacteria from developing.

Before you eat that rare steak hot off the grill, remember that beef tapeworms

are transmitted by beef that has not been cooked long enough to kill the larvae. Always cook beef until it is well done; never serve it rare.

Keeping a clean food prep area is also important in eliminating dangerous bacteria. Bacteria can also spread throughout the kitchen and get onto cutting boards, utensils, sponges and counter tops. Wiping clean any food traces immediately after preparation will greatly reduce the chances of food contamination from bacteria.

Make sure you keep your cutting boards, dishes and other cooking utensils clean. They should be washed with hot, soapy water after preparing each food item.

Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine.

You should also wash your hands with hot, soapy water before handling food and after using the restroom, changing diapers and handling pets.

Use common sense when handling food. This is key to making sure that the food you consume is safe. By practicing good housekeeping, you will enjoy food that will leave you feeling full, not ill.

For more information about how to prevent foodborne illnesses, go to the Web site of the Centers for Disease Control at http://wonder.cdc.gov/wonder/prevguid/tp_00360.shtml.

NAVHOSPJAX NEWS

Fleet Liaison makes medical care accessible for deployable units

By **JO2 LeaVonda Battle**

Naval Hospital Jacksonville

Naval Hospital Jacksonville recognizes the unique medical needs of Sailors assigned to squadrons or aboard ships and submarines in Jacksonville, Mayport and Kings Bay.

The hospital department that helps coordinate medical care for Sailors assigned to deployable units is the Fleet Liaison Department. The department head is a Chief Hospital Corpsman with a surgeon as the physician advisor. HMC Emma J. Chatfield is the hospital's Fleet Liaison.

According to Chatfield, the program has been very successful and she is grateful for the opportunity to assist in getting needed medical care to the fleet.

"Waiting for a routine appointment may work for Sailors on shore duty, but can cause problems for those who are about to deploy or conduct operations away from their home base," said Chatfield. "A Sailor or Marine going on deployment next week shouldn't be

scheduled for an appointment two weeks from now.

"In an area like Jacksonville, with three major bases and more than 136,000 people eligible for health care, there has to be automated systems and lots of people involved in scheduling appointments. We recognize that despite good systems and good people we needed to have a small group of troubleshooters if you will, to make sure the medical departments in the deployable commands had someone to contact when the big system was not meeting their needs.

"We try to eliminate the challenges that can occur if a command's Medical Department is not familiar with the hospital's system," said Chatfield."

Chatfield and her staff understand both the fleet requirements and the hospital's system. An operational unit's corpsman or physician can call Fleet Liaison with their needs and Chief Chatfield and her staff do the legwork. Fleet Liaison is essentially the go-between that can save time and effort for both the doc providing fleet support and the Sailors that need care.

Some of the duties performed by Fleet Liaison staff includes scheduling appointments, helping Sailors on limited duty or medical hold and informing the fleet of any clinical changes such as new hours and newly implemented medical programs.

In addition to her duties inside the hospital, Chatfield also supplies medical information to Mayport's Regional Support Group, a shore based facility that provides medical, technical and administrative information to ships in Mayport.

For more information on the Fleet Liaison Program, call HMC Emma J. Chatfield at 542-7557.

Health Fair '01

Naval Hospital Jacksonville is hosting Health Fair '01, Tuesday, July 17 from 10 a.m. to 2 p.m. in the hospital outpatient wing to showcase patient services.

Information will also be available on the new TRICARE For Life and the TRICARE Senior Pharmacy Programs for patients who are 65 and older. The Wellness Center will offer complimentary blood pressure checks and the laboratory will provide free blood sugar screening. Don't miss this opportunity to meet the hospital staff and learn more about the wide variety of services available.

Kid's Day - July 18

Looking for something to do with the kids? Naval Hospital Jacksonville is hosting Kid's Day on Wednesday, July 18 from 10 a.m. to 2 p.m., in the hospital's outpatient wing. The whole family will have fun while learning about summer safety. Visit "Creepy Critters Corner" to see live snakes and bugs.

Children may visit the Care Bear Clinic to diagnose and treat sick teddy bears. Activities include face painting, a balloon artist as well as a few fun surprise visitors throughout the day. So come on out and learn how to keep your children safe and have fun at the same time!

JAX SPORTS

Intramural Flag Football meeting July 13

The league is open to all NAS Jax active duty personnel. The meeting will be held in the Main Event II in "The Zone" at 11:30am. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

Navy Southeast Regional Running and Triathlon Team

Are you a competition runner? Would you like to represent the U.S. Navy in 5k, 10k, marathons, and/or triathlons? The u.s. navy will showcase elite active duty men and women in regional races. Uniforms will be provided as well as transportation, entry fees, and lodging costs.

Interested runners must compete in a sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) race and your time must be one of the top ten regional qualifying times. If you have run in a sanctioned race and your time meets the regional qualifying time, contact your base athletic director.

Intramural Fall Volleyball meeting July 27

The league is open to all NAS Jax active duty personnel. The meeting will be held in the Main Event II in "The Zone" at 11:30am. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

Southeast Regional Qualifying Times

5K	Men 19:00
	Women 24:00
10K	Men 34:00
	Women 46:00
Marathon	Men 3 hours, 30 min.
	Women 4 hours
Triathlon	Men 2 hours, 30 min.
	Women 3 hours

Triathlon time based on 1.5k swim, 10k run, 40k bike

PRT Boot Camp Class

Monday and Wednesday at the Base Gym, 6:30-7:30 a.m. Program focuses on PRT exercises.

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



Rusty Mee of Backwater launches a homeowner during the first game of the 2001 open Softball League Championship.

Beef O Bradys captures 2001 Open Softball Championship

When the Open Softball League regular season finished, Backwater won the league with a 16-2 record earning the number one seed in the playoffs. There was a minor upset in the opening round as the Geico Chiefs handed the number two seeded, Beef O Bradys, a 23-15 defeat. The win gave the Chiefs a shot at Backwater to get a chance at making it to the finals. Backwater was not eager to give up their shot at the title and came out on top with a 16-10 victory. Meanwhile, in the loser's bracket, Beef O Brady's cleaned house and were ready to get another shot at the Chiefs. In a close game, Beef O Bradys got revenge on the Chiefs with a 20-18 win. The win set up the finals between the number one and two seeds.

This was the first meeting between Backwater and Beef O Bradys in the playoffs. During the regular season, Backwater had defeated Beef O Bradys two games to one. Beef O Bradys had their

work cut out for them since they had to beat Backwater twice to win the championship. Backwater got off to a great start with Perry Gardner hitting a three run homer in the first inning and Rusty Mee hitting a three run homer in the second inning. It looked like Backwater was cruising to win the championship as they had a 12-4 lead at the end of the third inning.

The game quickly changed in the top of the fourth inning when Backwater came unraveled as they gave up two walks and had two errors in the outfield that allowed several runs to score. In addition to the errors, Beef O Brady's Scott Ohehir hit a two-run homer to ignite an 11-run rally to take a 15-12 lead. Backwater was rattled and Beef O Bradys made another statement as they shut out Backwater in the bottom of the 4th. Heading into the bottom of the 7th, Beef O Bradys held onto an 18-14 lead. Backwater scored three runs in the bottom of the 7th and were trailing by one run with two outs and a runner on third base. All that was needed was a base hit to tie the game. The pressure was on Rusty Mee to drive home the tying run, but he hit the ball back to the pitcher who threw to first for the third out. Beef O Bradys won the game by the score of 18-17 to force a second and final game for the championship.

In the second game it was Beef O Bradys who got off to a flying start by knocking the cover off the ball. Billy Wofford and Dale Lewis hit three run homers in the 1st inning for Beef O Bradys to cap off an 11 run inning. Beef O Bradys had a commanding 14-3 lead at the end of the 2nd inning. Backwater finally got started in the top of the 3rd by scoring 10 runs. Pat Nolan hit a three run homer, Mark Revac hit a two run homer, and Scott McKee added a solo shot to get Backwater back in the game only trailing by 14-13. Beef O Bradys responded in the bottom of the 3rd scoring eight runs highlighted by Chris Tiedemann's grand slam to take a commanding 22-13 lead. Beef O Bradys never looked back as they went on to win the game 26-18 and claim the 2001 Open Softball Championship.

Navy picks three for softball camp

Three Sailors from Northeast Florida have been invited to the Navy women's softball camp.

IT3 Rachel Brothers, USS O'Bannon; HM2 Teresa Hinkle, Branch Medical Clinic Mayport and

SK2 Anita Williamson, USS J.F. Kennedy; were tabbed by the Director of Navy Sports to attend camp at NSA Mid-South, Tenn. July 28 - Aug. 19. The three were chosen based on their performance during a mini-camp held at NAS Jacksonville June 16.

They will compete for one of 16 slots on the Navy team playing for the Armed Services Championship at Fort Indiantown Gap, Pa. Aug. 20 - 24.

The best players from each service team will be tabbed for the Armed Forces team that plays for the Amateur Softball Association title Aug. 30 - Sept. in Shreveport, La.

YN1(AW)Tony Saldivar will coach the women's team which placed third in the 2000 Armed Services Championship.

At press time the men's team had not announced their selections.

STANDINGS

Intramural Golf Freedom League Standings

As of June 29

<u>Teams</u>	<u>Wins</u>	<u>Losses</u>	<u>Ties</u>
AIMD A	2	0	0
CPRW-11	2	0	0
VP-45 A	2	0	0
SERCC 1	1	0	0
NCTS	1	0	0
FASO	1	1	0
VR-58	1	1	0
VS-30	1	1	0
NavHosp	1	1	0
NAMTRA Blue	1	1	0
FACSFAC I	1	1	0
VP-45 O'S	0	1	0
HS-15	0	2	0
HS-75	0	2	0
CV-TSC	0	2	0

Intramural Golf Liberty League Standings

As of June 29

<u>Teams</u>	<u>Wins</u>	<u>Losses</u>	<u>Ties</u>
NAVAIRES	2	0	0
VP-30	2	0	0
Navy Band	2	0	0
BMC	1	0	0
GEMD	1	0	0
NAMTRA Gold	1	1	0
SERCC 2	1	1	0
CSCWL	1	1	0
AIMD B	1	1	0
VP-45 B	1	1	0
FACSFAC II	0	1	1
NAMTRA Chiefs	0	1	1
2NDBN351	0	2	0
BLOUNT IS.	0	2	0
HCSO	0	2	0