



Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE



TRICARE provides Debt Collection Assistance

From Naval Hospital Jacksonville Public Affairs & TRICARE

The Department of Defense now offers a Debt Collection Assistance Officer (DCAO) program to help TRICARE beneficiaries resolve their TRICARE-related bills that have been turned over to a collection agency. Under this program, an assistance officer located at each military treatment facility (MTF) and TRICARE lead agent office, will be the single point of contact for TRICARE beneficiaries who need assistance with their overdue TRICARE accounts.

Once contacted by a TRICARE beneficiary, the DCAO will intercede with all agencies involved, including key military offices, providers, managed care contractors, and even debt collection agencies when appropriate, to help resolve collection issues arising from TRICARE claims.

If you have overdue TRICARE bills that have been sent to a collection agency, we urge you to contact the local TRICARE Service Center or the debt collection assistance officer at the MTF for assistance. For more information you may visit the TRICARE Web site, www.tricare.osd.mil/dcao. This site lists the DCAOs for each region and MTF.

For more TRICARE information beneficiaries may also visit the Health Benefits Office at Naval Hospital Jacksonville.

Pomp & circumstance

Advanced Weapons and Tactics Instructors graduate

By Lt. Cmdr. Erik Spitzer
Sea Control Weapons School

Twelve S-3B Viking Tactics instructors and 25 SH-60B/F-SH-60B HSL Seahawk Weapons and Tactics instructors graduated in a combined, joint community ceremony at the Sea Control Weapons School last Friday. Cmdr. James R. Shoaf, Sea Control Weapons School commanding officer, served as the guest speaker.

This ceremony marked the first time in the history of naval aviation that three maritime communities gathered together under one roof to celebrate the graduation of weapons and tactics instructors, the highest level of air combat training achievement available to naval aviators today.

This training corresponds and is analogous to the well-known "Top Gun" training for Navy fighter pilots conducted at the Naval Strike and Air Warfare Center in NAS Fallon, Nevada. All students underwent intense training during the seven-week course. The course consisted of operations in combat search and rescue, live missile exercises, live ordnance deliveries, small arms training, joint anti-submarine exercise, joint anti-surface operations, electronic warfare training, battlegroup and platform-specific academics, tactical simulation exercises, and instructor evaluation skills. Also, all three communities coordinated their exercises to enhance and maximize their opportunities for integrated training in combined war-fighting opera-



Photo by Lt. Robert Rosales

Cmdr. Ryman Shoaf addresses graduates, instructors and guests during the Sea Control Weapons School graduation ceremony on base June 7.

The Weapons and Tactics instructors developed a core group of individuals within the fleet to foster and expand the war-fighting capabilities of their respective communities.

Congratulations to the following graduates:
Viking Tactics Instructors

Cmdr. Wayne Harrison, Lt. Cmdr. Michael Davis, Lt. Cmdr. Norman Tobler, Lt. Cmdr. Thomas

Himstreet, Lt. John Tutwiler, Lt. Dale Waggoner, Lt. Steve Allum, Lt. Timothy Cunningham, Lt. Sean Polete, Lt. Brian Fitzsimmons, Lt. Dennis Lloyd, and Lt. Jason Manse.

Seahawk Weapons and Tactics Instructors:

Lt. Cmdr. Christopher Fitzgerald, Lt. Cmdr. Geoffrey Marshall, Lt. Christopher Malone, Lt. Todd Glasser, Lt. Greg Grady, Lt. Matthew Humphrey, Lt. Scott Knowles, Lt. Mark Leavitt, Lt. Greg Leland, Lt. Brandon Marsowies, Lt. Michael O'Hare, Lt. Ruben Ramos, Lt. Mark Yehl, AWCS Jon Caswell, AWC John Markiewicz, AWC Michael Rouse, AWC Paul White, AWC Bobby Wickes, AW1 Justin Moyer, AW1 Justin Tate, AW2 David Apple, AW2 William Beasley, AW2 Jason Blankinship, AW2 Jeremy Howsare, and AW2 William Rush.

Nine-year-old recognized for 9-1-1 savvy

By JO2(SCW) Eric Clay
Staff Writer

Heroes come in all shapes and sizes. This heroine just so happens to be a nine-year-old little girl named Morgan Melville. Morgan is the stepdaughter of MU2 Patrick Hill and daughter of Jeana Hill. Morgan also has three other siblings Amber (6), Grace (4) and Ryan (3).

On May 25, at 7:46 a.m., Morgan's mother unexpectedly passed out suffering from a medical condition.

Morgan realizing the seriousness of the situation, she remembered what she was taught to do in case of an emergency. She dialed 9-1-1.

Morgan's call was answered by the dispatcher, who carefully instructed her to find out everything that was wrong with her mother.

The dispatcher carefully told Morgan how to perform CPR. Morgan didn't have to complete the CPR steps because she realized that her mother's airway was open and she was breathing.

Morgan stayed on the phone until the NAS Jacksonville Fire Department arrived. Once the fire department was there, she explained to them what was wrong with her mother.

While the fire department examined Morgan's mother, she prepared the other children for school. MU2 Patrick Hill said, "I was very concerned when I heard about what had happened; I was very proud of Morgan for taking to the



Photo by JO2(SCW) Eric Clay

NAS Jacksonville's base Fire Chief, Paul Stewart awards Morgan Melville (9), step-daughter of MU2 Patrick Hill and daughter of Jeana Hill the Certificate of Bravery and a teddy bear replica of a firefighter.

responsibility to know what to do and taking care of the other children." On June 6, the NAS

Jacksonville's Fire Department awarded Morgan with the "Certificate of Bravery." They also gave her a teddy bear

dressed like a fireman. Assistant Fire Chief, Randy Hall said, "When Morgan called 9-1-1, she was very calm, she followed all the instructions and that made our job a lot easier."

9-1-1 is the emergency phone number used on NAS Jacksonville. You can use 9-1-1 for the quickest, easiest way to contact the fire department, the police department or for an ambulance. 9-1-1 saves time because it is easy to remember, fast to dial and designed for a quick response. Seconds can make all the difference in an emergency.

There are some things children and adults need to know about calling 9-1-1. Children should be taught the use of 9-11 at an early age. They should know all the proper procedures, just as if they were an adult. A person should never hesitate to dial 9-1-1 in case of any emergencies. The system is multi-functional and rapidly dispatches the necessary help.

9-1-1 should never be called as a joke, or to ask for non-emergency information or just to see if it works. And call from a safe place, never from the house or building that is on fire.

When calling 9-1-1, tell the give the dispatcher the pertinent information: nature of emergency, name, address and telephone number. Do not hang up until they have all the needed information. Above all else, remain calm, speak clearly and slowly. This will ensure that you get the needed help quickly and efficiently.

WEEKEND WEATHER

- FRIDAY 75/93**
SCATTERED THUNDER
- SATURDAY 74/89**
MORNING SHOWERS
- SUNDAY 70/87**
FEW CLOUDS

Seven-day forecast available at Naval Atlantic Meteorology and Oceanography Facility Jacksonville's Web site: <https://www.nlmof.navy.mil>



Photo by JO2(SCW) Eric Clay

History docks!

The World War II Liberty Ship S.S. John W. Brown sits pier side in downtown Jacksonville. The Brown is one of three Liberty Ships still in operation in the U.S. For more on the Brown's visit see Page 6.

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StayNAVY site unveils new look and features

MILLINGTON, Tenn. (NNS) — The "StayNAVY" Web site boasts some fresh changes, and anyone who surfs into www.staynavy.navy.mil after June 3 will notice the makeover.

The most obvious change to the Web site is the overall aesthetic appearance, featuring new colors, a new layout, new icons and logos.

"We cleaned it up, made it easier to read, and easier to download," said Mark Oldfield, program manager for the StayNAVY Web site. "We wanted to make an eye-pleasing site that provides important information to Sailors in a timely manner."

Approximately 5,500 naval officers, enlisted service members, and Navy families view the Web site each day, and now each community has a personalized section of the Web site. These sections contain tools and information pertinent to each group, which will make site navigation easier than before. For example, the "Family" page contains information about family support services, relocation, housing and employment. The "Officer" page includes data on leadership and promotion, while the "Enlisted" page offers advancement advice and guidelines for commissioning programs. Site visitors can also use the new site map or search engine to find the page they need.

"We set it up so the information visitors are looking for is personalized to them," said Oldfield of the new layout and design.

In addition to informational pages, the Web site offers updated career management tools from the previous site and introduces a few new tools as well. Sailors can still access the popular pay and compensation calculator,



view and update their professional records online, and research new duty assignments just as they did before. The upgrade to the site provides updated and improved versions of those tools. The "Sailor Advocacy Squawkbox" is also found on the front page, which allows Sailors to communicate with their detailers.

The compilation of the tools on the StayNAVY site allows Sailors and their families the power to investigate career opportunities, provides open avenues of communications and delivers the answers necessary to make informed career decisions, according to Oldfield.

"We believe it is important to meet the needs of Navy people and their families," he added. "By doing this, it will make an impact on their lives and career choices."

Some of the new additions to the

StayNAVY page include a link to the newly christened "Customer Service Center," a "Sponsor Request" tool, and a "News Flash" link. Sailors can use the Customer Service Center link to e-mail their questions. The Sponsor Request tool helps Sailors contact their gaining commands to set up a sponsor. The News Flash link on the StayNAVY Web site connects Sailors to the latest breaking stories on current Navy issues.

"Retention is a complete family decision," said Oldfield. "We're trying to get information not only to Sailors, but their families as well."

To view the updated StayNAVY Web site, visit www.staynavy.navy.mil. For more news about the Center for Career Development, go to the CCD NewsStand page at www.news.navy.mil/local/ccd/.

Bearings program saves money and sailors

By Master Chief Buck Heffernan
Atlantic Fleet Master Chief

Attrition is costly, both in monetary and human terms.

The average cost to train a Sailor prior to the time that Sailor enters the fleet is \$29,673. Therefore, when we lose a Sailor prior to the end of the Sailor's initial enlistment, the Navy and the American taxpayer have lost a significant financial investment.

In addition to the financial cost, there is a significant human cost as well. A discharge under less than honorable conditions can follow a person throughout his or her life, damaging employment prospects and greatly reducing chances for success in the future. We certainly owe it to the American public, and our Sailors, to do everything we can to salvage "at-risk" Sailors, bring them back into the fold, and give them every possible opportunity to succeed.

In the short time I have been onboard as your Fleet Master Chief, I have been extremely impressed with a program started by my predecessor, Fleet Master Chief Tom Hefty. The Bearings program, specifically designed to re-instill Navy pride and core values into first term Sailors who have somehow lost their "bearings," is now up and running at every area of fleet concentration within the Atlantic Fleet area of responsibility.

The success of this program is truly



Fleet Master Chief Buck Heffernan

amazing. The first-term attrition rate within the Atlantic Fleet overall in FY 01 was 20.17 percent. For Sailors who had completed the Bearings program, however, that rate was only 5.7 percent. In other words, out of 540 at-risk Sailors who graduated from Bearings last year, only 31 have subsequently left the Navy prior to completing their obligation.

Based on these figures, Bearings saved the Navy well over two million dollars last year, and more important-

ly, salvaged the careers and lives of more than 500 shipmates who might otherwise have been lost. And all this with a budget of less than \$250 thousand a year!

In the next few months, we have classes scheduled in Brunswick, Gulfport, Ingleside, Little Creek, Keflavik, Oceana, Mayport and Norfolk. At the time of this writing, quotas are still available in all locations.

I encourage all LCPOs and LPOs to take a look at your Sailors.

Do you have a Sailor who is just not getting it? Do you have someone who has potential, but is constantly in trouble, for disciplinary issues, unauthorized absences, or disrespect to seniors?

If this is a junior, first term Sailor, perhaps he or she is a candidate for Bearings. Let's continue to use all of the tools in our toolbox to help our Sailors, and keep in mind that some Sailors need a bit more help than others. We owe it to the taxpaying public, our Sailors and ourselves to do whatever we can to help our at-risk Sailors before it is too late.

I salute the instructors of Bearings throughout the fleet for the great job they are doing, and encourage all of our leaders to use the Bearings program, when appropriate, to salvage Sailors who are heading in the wrong direction.



Meet A Sailor ...

FRANK LODATO III

Job title/command:
Electronics Technician
Second Class

Hometown: New Orleans, La.

Family Life: Married and expecting a son on June 20

Past Duty Stations: USS John F. Kennedy (CV-67)

Career Plans: Graduate school at Louisiana State University, open a micro-brewery in New Orleans.

Most Interesting Experience: Fleet Week 1998. New York City was by far the greatest port of call I've made. I felt patriotic.

Words of Wisdom: Utilize the resources that the Navy provides to you, be dependable and stay educated.



Meet A Civilian...

LANESE DIANE ROBINSON

Job title/command:
Perio Sugery Technician,
Branch Medical Clinic

Hometown: Jacksonville

Family Life: Married to a wonderful man, Gregory and we have two adult children and seven grandchildren.

Career Plans: To start a tailoring business.

Most Interesting Experience: The day I met Christ.

Words of Wisdom: Always count the cost of everything you sit out to do so that in the end you won't regret any of your life decisions because you will never come up short. You will have carefully planned your path.

NAS frocks 27 Sailors

Congratulations to the following NAS Jacksonville Sailors who were frocked to their present ranks during a ceremony on base June 6:

Petty Officer 1st Class

AC1 Theodore Redleaf
AO1 Darius Christian
BM1 Beatrice Vasquez
ET1 Robert Hane
MA1 Patrick Bridges
MS1 Lindsay Brown
MS1 Marion Calma
MS1 Adarilyn Ferguson
SK1 Christine Redmon
TM1 Fredrick Tucker

Petty Officer 2nd Class

ABH2 Isaiah Summersett Jr.
AC2 Nicholas Secaur
BM2 Darren Hutchison
BM2Lefevre Jordan
BM2 Samuel Osei
JO2 Jacey Bratt
MA2 Kevin Chase
MA2 Marlon Thomas
MS2 Michelle Gibbons
MS2 Nichole Mattingly
MS2 Christopher Myrick
SM2 Robert Blais
SM2 Kerry Glenn Jr.
SM2 Thomas Morgan
TM2 Ashley Hawk
TM2 Albertha Kearse
TM2 Zolena Simeon

Home providers needed

The Child Development Center is looking for home providers. If you are an on-base resident, you will only need to be Navy-certified to become a Home Provider.

If you are an off-base resident, you will have to be state-certified as well as Navy-certified. This program is for dependent female and males. For more information about this program, contact Cathy Yarbrough or Ingrid Robinson at 542-5434 / 5529 / 2472.

CREDO

It's free! Give yourself the gift of a Navy CREDO Retreat. The next Marriage Enrichment Retreat is July 26-28. The next Personal Growth Retreat is June 20-23. For more information, or to register, call CREDO at 270-6958.

Help keep
NAS Jax
litter free



Sunday Services at the Base Chapel

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

Saturday 5 p.m. - Catholic Mass
Sunday 8:30 a.m. - Protestant
Communion 9:30 a.m. - Catholic Mass
11 a.m. - Protestant Worship

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-noon.

Jax Air News

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Photo courtesy of HS-11

An HS-11 "Dragonslayers" helicopter flies past the Statue of Liberty during Fleet Week 2002 in New York City.

'Dragonslayers' take part in Fleet Week 2002

By Lt. J.g. Teresa Ferry
HS-11 PAO

Helicopter Squadron (HS) 11, embarked on USS Iwo Jima (LHD 7), recently returned from Fleet Week where New York City opened its harbors for 19 ships from the United States, Canada, and Denmark.

Over 6,000 Sailors participated in the week's festivities. HS-11 Sailors enjoyed some of the best hospitality ever imagined. NYC provided free public transportation for sailors in uniform and every tourist attraction provided head-of-line privileges.

The NYC chapter of the USO, serving Sailors since 1941, provided free or discounted tickets to NYC tourist attractions including hit Broadway shows. NYC hospitality was extended to over 60 "Dragonslayers," as they were welcomed and thanked for their military service. Many restaurants and pubs provided meals on the house for HS-11 personnel.

One of the highlights for HS-11 was visiting Ground Zero. The local fire department invited the squadron onto the roof of the station house for a closer view and explanation of where the original World Trade Center buildings once stood.

In turn, the Navy hosted New Yorkers to a myriad of events to give them a better appreciation of the way of life in the military. The highlight of the event was the Parade of Ships escorted by HS-11 armed helicopters protecting their transit up the Hudson River. The Flag Ship of the Week was the USS Iwo Jima (LHD 7) embarked by CCG-8 and home to HS-11.

All Sailors manned the rails as a show of respect, and rendered a salute as they passed Ground Zero.

Some of the most popular events were the daily tours of the ships. New Yorkers were able to see various ship spaces, see displays of weapons used by the USMC and tour static displays of the squadron's H-60 helicopters. Many civilians toured HS-11 spaces and were able to ask questions, learn about the missions and gear used, and sit in the pilot seat or in the cabin.

Special visitors to the static displays included the Master Chief Petty Officer of the Navy Terry Scott and the military advisors to the United Nations.

Overall, Fleet Week was a great recruiting opportunity and a great success where the patriotic citizens of NYC got a taste of military life and Sailors were able to enjoy the hospitality and entertainment of New York City.

'Checkmates' ace maintenance inspection

By Lt. Matthew W. Smith
VS-22 PAO

Aircraft reliability lies at the core of mission effectiveness for all squadrons, so it's no surprise that the "Checkmates" of Sea Control Squadron (VS) Twenty-Two are excited by the results of their latest Aviation Maintenance Management Team Inspection (AMMT). The AMMT gave the Checkmates high marks from the deckplates up.

The inspection team from Commander Navy Air Atlantic (COMNAVAIRLANT) arrived May 21 and spent the next two days reviewing maintenance records for tools, aircraft and equipment; maintainer professional knowledge, training records, procedural knowledge and compliance, personal protective equipment and a host of other critical maintenance areas for compliance with Naval Aviation Maintenance Program directives.

After reviewing records and inspecting gear and randomly quizzing personnel, the team concluded that, of 41 maintenance programs, 28 were well managed and discrepancy-free and the rest were on-line with only minor discrepancies. No "Checkmate" maintenance program received major discrepancies, areas of concern or was classified as off-line, a feat not accomplished in years, according to COMNAVAIRLANT inspectors.

"Checkmates" excelled on an individual level as well.



Photo by Lt. Matthew W. Smith

AN Hannah Sandquist receives an Aviation Maintenance Management Team coin in recognition of her superior performance as a plane captain and Line Division Training Petty Officer from one of the Commander Naval Air Forces, Atlantic Aviation Maintenance Management Team inspectors.

The AMMT inspection team recognized AN Hannah Sandquist, for her exceptional professional knowledge and outstanding performance as Training Petty Officer for Line Division and as a plane captain. The team found Sandquist's professional knowledge in maintenance areas such as fuel surveillance and support equipment to be outstanding. As Training Petty Officer, Sandquist maintained thirty-eight discrepancy-free training records, an exceptional accomplishment for an airman. The team was so impressed with her performance as a junior sailor that they awarded her an AMMT Outstanding Performance coin in recognition of her superior work.

As VS-22 gears up for pre-deployment exercises, the maintenance department strives to maintain error free programs while meeting a full flight schedule. The overwhelmingly positive results from the inspection demonstrate the "Checkmate" Maintenance team is fully prepared to meet all challenges, whether in workups or in support of the War on Terrorism.

CV-TSC Ashore keeps families in touch

By AK2(AW) Lamonte D. Strauther
CV-TSC Ashore Public Affairs Officer

Carrier Tactical Support Center (CV-TSC) Ashore recently held two Video Teleconferences for the family members of Air Antisubmarine (VS) Squadron Thirty-One and Helicopter Antisubmarine (HS) Squadron Five personnel currently deployed onboard the USS John F. Kennedy.

CV-TSC Ashore provided this opportunity to the military and their families as a morale booster and made a difficult time more bearable for spouses, children and the deployed military family members.



Photo by FC1 Brian E. Dodd

ET3 Francisca Smith is all smiles after communicating with her deployed husband via a Carrier Tactical Support Center video teleconference.

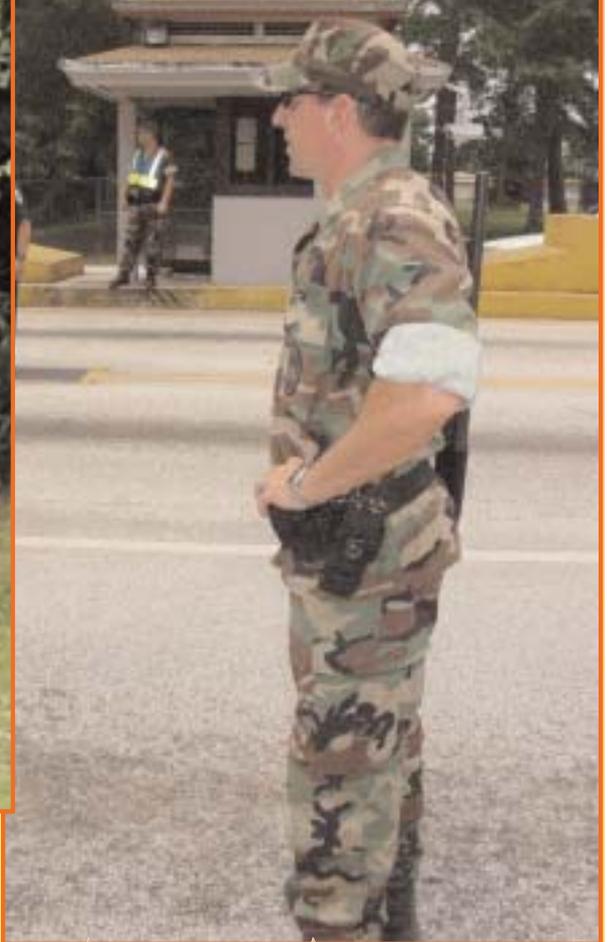


BEATING THE HEAT

NO PARKING



Ocilee Carter (above) from S.D. Ash Landscaping mows the lawn outside the Naval Hospital. Carter says "it's all part of the job" when it comes to working in the heat.



AE2 Matthew Krueger, attached to NAS base security prepares to search a school bus at the Yorktown gate. Krueger and his co-workers rotate every hour to stand guard at other gates on the base.

FLORIDA SUN CAN BE HAZARDOUS

By JO2 Jackey Bratt
Staff Writer

A beautiful, sunny day at NAS Jacksonville can bring with it loads of fun and excitement or life threatening illness.

Most often, heat-related illnesses are preventable conditions. However, if left untreated, they can have significant consequences, including death. Heat cramps, heat exhaustion and heat stroke can lead to an irreversible coma and even death.

According to the NAS Jacksonville Wellness Center staff, heatstroke is a serious health problem caused by a failure of the body's ability to regulate temperature during hot spells and/or high humidity.

Sweat consists primarily of water and some electrolytes, specifically sodium and chloride ions. As long as the body continues to sweat and the sweat is able to evaporate, people can continue to cool themselves efficiently. However, if the sweating mechanism begins to fail or the sweat cannot evaporate, then the cooling mechanism will fail.

"When you consider that 70% of the body is made up of water, including the muscles, you want to keep the internal organs and the muscles well lubricated so they function at their best. Don't forget the thirst mechanism of the body is always late so if your thirsty your probably already dehydrated so

drink till your urine is light yellow to clear" said Lt. Nancy Johnson, Wellness Center division officer.

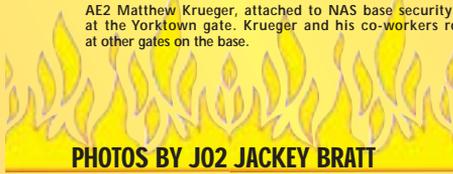
"On hot, very humid days, our cooling mechanism is extremely inefficient, and it becomes relatively easy to overheat because the sweat cannot evaporate. The evaporation of sweat from skin accounts for 90% of our cooling ability. Additionally, our ability to sweat diminishes as we become dehydrated. Once our cooling mechanism fails, core temperature rises rapidly. Death can occur in as little as 30 minutes" explained Johnson.

When the core temperature rises, the brain, which can only function in a very narrow temperature range, begins to fail. In an effort to cool the blood and lower the core temperature, the brain will dilate all the blood vessels in the skin. As a result, the skin becomes red and hot, but may still be wet.

As the brain overheats, the individual may become disoriented, combative, argumentative, and may hallucinate wildly.

"The fact that our job is performed outside in smoldering heat makes us more dependant on hydration than most Sailors here at NAS Jax, said AE2 Matthew Krueger, Base Security. Krueger, along with his co-workers suggest a modification in their uniforms.

"We are wearing at least three layers of dark clothing in this heat



PHOTOS BY JO2 JACKEY BRATT



STGSN Oscar Chatman from First Lt. Division doesn't think about the heat too much as he cleans the parking lot.



BEATING THE HEAT



HOT: TAKE CARE TO AVOID HEAT STROKE DURING HOT MONTHS

From Page 4

so it'd be nice to relax our cammy jackets and wear a light colored shirt instead," said Krueger.

Heat stroke, like all heat-related illnesses, is preventable. The same prevention methods that work for dehydration and exhaustion will work for heat stroke. The guiding principle is to stay well hydrated. Do not rely on your thirst mechanism to tell you when and how much you need to drink. If perspiration is excessive, fluid intake should be increased. Under conditions of exertion, it is probably impossible to drink too much water. The NAS Naval Hospital recommends drinking at least eight to ten glasses of water daily to maintain adequate hydration.

"A few things to keep in mind is that the body is made up mostly of water, and fluid helps lubricate and cool the muscles and organs of the body. Our thirst mechanism is always late when it comes to maintaining a healthy fluid balance so be sure to drink your water to help you perform at your best," said Johnson. Remember that living in Florida you sweat just being outside, and if you are running outdoors you can lose up to a cup of water for every mile. "A good tip to follow is try to drink 2-8 oz. glasses of water before you exercise and 1/2 cup every fifteen minutes while you exercise to avoid dehydration. If calories are a concern for you avoid the sports drinks unless your exercising greater than 90 minutes and avoid caffeinated drinks or sodas

which can cause you to lose fluids," said Johnson.

Heat cramps are the least severe of the heat-related illnesses. This heat disorder is often the first signal that the body is having difficulty with increased temperature.

Individuals exposed to excessive heat should think of heat cramps as a warning sign to a potential heat-related emergency.

Heat exhaustion can develop rapidly into heat stroke. Heat stroke can be life threatening and because the percentage of victims dying from heat stroke is very high, immediate medical attention is critical when problems first begin. Heat stroke, like heat exhaustion, is also a result of prolonged exposure to hot temperatures, restricted fluid intake, or failure of temperature regulation mechanisms of the body. However, the severity of impact on the body is much greater with heat stroke. Because heat cramps, heat exhaustion, and heat stroke have a cascade effect on each other, the prevention of the onset of all heat disorders is similar.

"Avoid strenuous exercise when it is very hot. Individuals exposed to extreme heat conditions should drink plenty of fluids. Wearing light and loose-fitting clothing in hot weather is important, regardless of the activity," said Johnson.

Eating lightly salted foods can help replace salts lost through perspiration. Ventilation in any working areas in warm weather should be adequate. This can be achieved as simply as opening a window or using an electric fan. Proper ventilation will promote adequate sweat evaporation to cool the skin. Sunblocks and sunscreens with a protection factor of 30 (SPF 30) can be very helpful when one is exposed to extreme direct sunlight. Watching how much activity you're participating in during hot days is also important. Don't overdo it. Heat stroke can set in in less than an hour."

If you feel yourself getting warm or lightheaded, it's best to take a time out and rest in the shade.

Dario Jimenez of Hernandez Enterprizes paints a base house. Although the overhead of the garage provides cover, it does nothing for lowering the humidity.



Atke Juilli and Julio Iltanacio of Hernandez Enterprizes drill and pound building 2004's structure during the hottest point of the day!



BU2 John Schwartz and CE2 Jose Peguero install utilities at one of the RV sites.

Historical Liberty Ship docks downtown

By JO2(SCW) Eric Clay
Staff Writer

Tuesday, June 3, the S.S. John W. Brown, a World War II Liberty Ship cruised into downtown Jacksonville from Brunswick, Georgia. The liberty ship's visit served to honor the men and women of the St Johns River Shipbuilding Company whose skills and hard work to build Liberty Ships greatly contributed to America's success in World War II. The Brown is docked in Baltimore, Maryland on the Clinton St. pier.

The Brown was built at the Bethlehem Fairfield shipyards in a record time of 41 days. Not only did Baltimore residents work at this shipyard but workers from the surrounding states did as well. As with many of the wartime factories a large number of the workers employed were women. The Brown also memorializes their efforts as well.

While docked at the Adams Mark Hotel, the ship's crew conducted tours for the public and a special

cruise, June 8, called the "Voyage Into History." The crew was on hand to explain the history and the current events that the ship is involved with.

The Brown, named after a Canadian labor worker, is one of 2,700 identical Liberty Ships built under the auspices of the United States Maritime Commission during World War II. Of the many Liberty Ships that were built and used in the war, only three are still operational.

In addition to the Brown, the Jeremiah O'Brien in San Francisco and the Lane Victory in San Pedro continue to provide cruises to the public.

Dan Hellings, ship's crewman said, "Due to the efforts of the volunteers, we have been able to keep the ship in excellent running condition."

Forty-five civilian merchant seamen manned the Brown and 41 Naval seamen manned her guns, entirely in defensive situations.

They were known as the Naval Armed Guard. The gunners of the Brown shot



Photo by JO2(SCW) Eric Clay

Visitors enjoy their day as they tour the historic Liberty Ship SS John W Brown.

down at least one enemy plane at the battle of France in August 1944.

These ships formed the backbone of America's wartime sealift capacity, carrying two-thirds of all the cargo that departed the US as well as hundreds of thousands of troops needed to win the War.

This ship can carry almost 9,000 tons of cargo, about the same as 300 railroad boxcars. Liberty Ships during the war carried troops as well as cargo. Up to 500 fully equipped soldiers could be carried aboard the ship.

After the war the Brown was loaned by the government to the City of New York, where she became a floating nautical high school - the only one in the U. S. The ship graduated thousands of students between years of 1946 and 1982.

The Brown now serves as a memorial museum ship honoring those that have served aboard her and the other liberty ships.

For more information on the Liberty ships or the SS John W. Brown, call (410) 661-1550 or visit www.liberty-ship.com.

Naval Hospital, Naval Healthcare Support Office host Health Fair

By JOC Bill Austin
Naval Healthcare Support Office
Public Affairs

Healthcare information was hand-delivered by Naval Hospital Jacksonville and the Naval Healthcare Support Office staff to the NAS Jacksonville Navy community through a Health Fair on May 31.

Naval Hospital Jacksonville personnel rallied together for the annual event and set up 28 display booths just outside the Navy Exchange Food Court. The following Monday the Health Fair moved to the Naval Hospital to dispense information to hospital patients and visitors.

"This is the fifth annual Health Fair sponsored by Naval Hospital Jacksonville," said Marsha Childs, who coordinated the event and serves as the hospital's marketing director. "We



Photos courtesy of Healthcare Support Office

Lt. Nancy Johnson and Lisa Goldstein (right) remind visitors of the dangers of smoking at the Smoking Cessation Booth.

invite staff members from the hospital to come out and showcase their services. The Health Fair provides health care information and some screening such as blood sugar and blood pressure," she added.

Childs estimated that about 850 people stopped by the Health Fair for information.

Healthy information

could be seen and handled everywhere. Several booths featured eye-catching models such as a big model ear at the ear nose and throat display, a spine at the chiropractor table, or the albino corn snake that slithered in a glass container brought there by Sailors from the Preventive Medicine department.

"This kind of event



Ronald Jackson gets a first-hand look at an albino corn snake while HM3 Noel Torrez of Preventative Medicine holds the reptile.

reminds us of our responsibility for patient education and reminds us to promote wellness and prevention and health in general," said Naval Hospital Commanding Officer Capt. Ralph Lockhart. "We are moving to keep people out of the hospital and keep them healthy," he added.

Buerster to retire from Navy tomorrow

By AK2(AW) L. Strauther
CV-TSC Ashore PAO

AWC(AW) James Buerster of Carrier Tactical Support Center Ashore, Jacksonville will be retiring after 22 years of service in a ceremony tomorrow at 10 a.m. in the Main Event Conference Room at The Zone.

A native of Buffalo, N.Y., Bester reported to Carrier Tactical Support Center Ashore, Jacksonville, in September 1999 and assumed the duties as the Administration and ADP Department Head, Command Security



AWC(AW) James Buerster

Manager, Mobile Training Team Leader and is currently the Senior Enlisted Advisor.

Bester remarked, "In 22 plus years of Naval service, the best advice I could pass

along to both junior and senior personnel is "Never doubt the possibilities." "It has been a pleasure for these many years to serve in the Navy, and with the men and women who make

it the world's finest military force."

Buerster, wife Sheila and daughters, Ashley and Jessica and are making plans to move to Columbus, Ohio.

COMMUNITY CALENDAR

The Navy Wives Club of America, NWCA Jax No. 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. Call 772-0242 or President Barbara Howard at 471-1444.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting, the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information call 276-9415.

Submarine Sailors - If you have qualified on a United States Navy submarine in the past or present you are invited to join "First Coast Sub Vets". If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. Meetings are held the second Saturday of each month at the American Legion Post 316 on Atlantic Blvd. For more information

contact the Base Commander at rjjax@attbi.com or 241-6222.

Girl Scout Troop 333 meets every Wednesday from 7-8:30 p.m. at NAS Jacksonville Chapel Annex. All girls grade 4-6 are invited. Adults are also needed. If interested contact Lynne Sebring at 317-2363 or come to the meetings.

St. Joseph's New Directions is a year-round support group for the divorced and separated. Meetings are held the second and fourth Wednesday of every month. The meetings start at 6:45 p.m. and are held in the Convent at St. Joseph's main church on Loretto Road. Call 268-1591.

Christian Fellowship Night will be held behind the Chapel in Bldg. 749 from 6:30 - 9 p.m. every Tuesday night. Contemporary music, refreshments and bible study featuring a video study of Philip Yancey's "The Jesus I never knew" will be apart of the activities. For more information call 542-3051.

The next **Jacksonville Semper Fidelis Society** monthly meeting is scheduled for June 19 at 11:30 a.m. at the Piccadilly

Cafeteria near Regency Mall. For more information call Sharon at 545-0635.

A reunion for **RVAH-12 "Heavy 12"** is slated for July 26-28 in Pensacola, Fla. RSVP by June 26 by calling (904) 287-2107 or email rwags57@hotmail.com.

A reunion for **VP-11** is scheduled for Sept 6-8 at NAS Brunswick, Maine. For more information contact retired Capt. E. Brittingham at captemb@eros.com or call (804) 342-8070.

The **2002 Memorial Reunion of USS Canberra (CA-70 and CAG-2)** is scheduled for Sept. 19-22 in Falls Church, Va. For more information, email memcrew@aol.com or call Paul McManuels at (717) 737-2516.

JAXTALES

www.rickystour.com

MIKE JONES



Veterans Benefits Guides available on the Internet

The Department of Veterans Affairs (VA) has made its comprehensive benefits guide available for free on the Internet.

Federal Benefits for Veterans and Dependents at <http://www.va.gov/pub-aff/fedben/Fedben.pdf> is a 118-page handbook describing benefits provided by the VA and an overview of programs and services for veterans provided by other federal agencies.

This handbook includes a listing of toll-free numbers, World Wide Web information resources, and VA facilities.

For more information about Veterans Affairs, visit <http://www.va.gov/>.

MWR NOTES

Rev it up and Head to Daytona for the Races

Get your tickets for the July 5 Busch Series, or the July 6 Pepsi 400 for \$46.10. Take the whole family to the Busch Race because children under 11 are admitted free with each adult ticket. Catch a ride to The Pepsi 400 for \$8 per person round trip.

NAS Jax Karaoke Contest Is In Full Swing on Wednesday Nights at the Budweiser Brew House.

Each week a winner will be announced and on July 20 the winners from the previous weeks will compete in a SING-OFF! Be the first NAS Jax Karaoke Winner! Contest is FREE to enter and open to all base personnel 18 and over! 542-5009

The Boxrockers Live in Concert in the Zone Parking Lot

June 21, July 12 and 26 from 6p.m.-11p.m. FREE show with FREE food and beverage specials in the Brew House Parking Lot at The Zone (corner of Jason St. & Saratoga Ave). Concert is open to all base personnel! 542-3521

Freedom Lanes LUAU

Saturday, June 29 from 5p.m.-8p.m. Bowling, Food, Prizes & Music for \$15 per per-

son \$25 per couple or \$80 per lane (up to 8 people) 542-3493

Get Out And About This Summer With ITT

Trips are Open to ALL Base Personnel and Their Guests
Busch Gardens in Tampa, Florida. Bring your pillow and leave the driving to us on Friday, June 14. Ticket and transportation is \$56.50 for adults, and \$49.25 for children.
Surprise Dad with a trip for Fathers Day, Sunday June 16th to Wild Adventures in Valdosta. Ticket and transportation is \$34.25 per person.

Labor Day In Atlanta

See the best Atlanta has to offer on a 4-day trip August 30 to September 2. Transportation, hotel, breakfast, tour and entrance to all the best sites for \$211.85 per person based on double occupancy.

Junior Golf Camps

July 11-August 8 for a cost of \$50 per student. Open to ages 6-17 and the lessons are at NAS Jax Driving Range. Come let your club pros show you how much fun learning the game of golf can be! 542-3249

Check out The Zone located on the corner of Jason Street and Saratoga Ave. 542-3521

The Zone Lunch Specials and Buffet Items
Specials include Ice Tea or

Soda

June 17-Meatloaf Special on the buffet: Soup & Salad

June 18-Spicy Chicken Sandwich Special on the buffet: Taco Bar

June 19-Gyro Special on the buffet: BBQ Chicken

June 20-Chicken Parmesan Special on the Buffet: BBQ Ribs

June 24-Spaghetti Special on the buffet: Chili & Rice

June 25-Chicken Salad Sub Special on the buffet: Sloppy Joes

June 26-French Beef Dip Special on the buffet: BBQ Chicken

June 27-Pork Chops Special on the buffet: Sweet & Sour Chicken

June 28-Tuna Sub Special on the buffet: Beef Stroganoff

June 21-Fish & Chips on the buffet: Swedish Meatballs

Bingo!

Money to be won and people to be met at the Bingo Hall. Come check out our HOT specials this week:

-Mondays pay out a whopping * \$50 * on part A and special games!

-Tuesdays offer VIP drawings. You have the chance to win \$69 for computer PLUS \$25 each time you yell BINGO!

-Wednesdays are double lucky with double lucky balls * payout is \$300 *

-Thursdays change up bingo with buy one get one free and special games.

- Fridays are for fun and \$50 payouts part A also featuring the one and only* \$1500* game

Free Movies

In The Base Theatre

Saturday June 8 at 5p.m.: Monsters Inc. (G)

Saturday June 8 at 7p.m.: Collateral Damage (R)

Friday June 14 at 7p.m.: The Mothman Prophecies (PG-13)

To read a description of these movies visit MWR on-line. Please do not leave children under 18 unaccompanied. No alcohol is permitted in theatre. **isit MWR online at www.nasjax.navy.mil and look for the tab marked MWR this is your tab to unlimited fun. For questions or comments e-mail us at mwrmtg@nasjax.navy.mil.**

JAX SPORTS

Sports Officials and Scorekeepers Needed

North Florida Military Officials Association looking for individuals to officiate soccer, softball, football, and volleyball at NAS Jax. Experience not required. If interested, contact Al Vandercar 282-0809.

Intramural Summer

Basketball League Forming

The Intramural Summer Basketball League for active duty only will start Monday. Games will be played in the evenings starting at 5pm. Stop by the NAS Jax Gymnasium to pick up the rules and entry forms or if you would like to join a team.

Open Singles Competitive Racquetball Tournament

JUNE 17-21

The tournament is free and open to NAS Jax active duty men and NAS Jax authorized (dependents over 18, retirees, and DOD/NAF civilian employees) patrons. All matches will be played in the evening starting at 5pm. Call the NAS Jax Gymnasium to sign up.

Intramural Flag Football Meeting July 10

The league is for NAS Jax active duty only. The meeting will be held at 11:30am in the MWR Conference Room on the second floor of building 590. The league will begin in August with rosters being due by July 26th.

VP-30 wins Greybeard Softball Championship

By Bill Bonser
Sports Coordinator

When the Greybeard Softball League regular season concluded, VP-30 had won the league with a 7-4 record and Namtra finished second with an 8-5 record.

VP-30 and Namtra each earned byes in the first round of the playoffs for finishing first and second in the regular season.

The playoffs consisted of a double elimination tournament with six teams vying for the Greybeard Championship. There were no surprises in the first round as CPRW-11 defeated NMCRC 20-0 and AIMD defeated FASO 21-1. In the second round, VP-30 defeated CPRW-11 14-7 and AIMD surprised the #2 seed Namtra with a 22-7 rout. Namtra bounced back in their next game with a 17-5 victory over NMCRC. CPRW-11 defeated FASO 14-6 to set up their first meeting with Namtra. CPRW-11 was up for the challenge as they knocked the #2 seed Namtra out of the tournament with an 18-11 win.

In the winner's bracket final, VP-30 held their ground and advanced to the championship with a 16-10 victory over AIMD. AIMD was sent to the loser's bracket to face red-hot CPRW-11 coming off their upset win over Namtra. The game turned out to be the best game of the playoffs. The game was tied at six at the end of the second inning. Neither team could score in the next three innings. CPRW-11 ended the scoring drought in the top of the 6th coming up with four runs.

AIMD responded in bottom of the 6th with three runs. CPRW-11 did not score any runs in the top of the 7th and held on to a 10-9 lead going into the bottom of the 7th. AIMD could not score any runs and CPRW-11 escaped with a 10-9 victory to set up the base championship with VP-30.

The Greybeard base championship was ready to get underway after both teams lineups were introduced via the public address system. Both teams got off to a slow start as neither team could score any runs in the first two innings. VP-30 drew first blood in the bottom of the 3rd inning with four consecutive base hits to ignite a six run rally. CPRW-11 finally broke their scoring drought when Dereck Scrapchansky and Shannon Lawson hit back to back solo homeruns. CPRW-11 scored five runs in the top of the 5th highlighted by a three run homerun by Shannon Lawson to take a 7-6 lead. CPRW-11's defense kept VP-30 in check and outscored VP-30 8-4 in the last two innings to win the game 15-10 to set up a second and final game against VP-30 for the championship.

The second and final game was played immediately after the first game between the two teams. CPRW-11 walked VP-30's lead off batter and later walked another batter to

load the bases in the first inning that helped VP-30 get off to an early two run lead. CPRW-11 responded in the bottom of the first when Shannon Lawson hit a two run homer to tie the game. Once again, in the second inning, CPRW-11 walked the lead off batter and the catcher for CPRW-11 could not get out of the way of a potential foul ball. These key plays led to two more runs for VP-30 to give them a 4-2 lead. VP-30's strategy of switching Frank Rivera with Carl Champagne at pitcher in between games proved to be a major contributing factor to keeping CPRW-11's big sticks grounded. Only one run was scored by CPRW-11 in the third through the 5th inning as VP-30 held on to a 4-3 lead going into the 6th inning. VP-30's Mike Panter hit a shot off the fence, but only managed to get a single because he waited to see if the ball was going to go over the fence or be caught. Panter's shot off the fence ignited a four run rally as VP-30 took an 8-3 lead going into the bottom of the 7th. CPRW-11 could not muster any runs in the bottom of the 7th and VP-30 won the 2002 Greybeard softball Championship.



Photo by Bill Bonser
CPRW-11's John Berridge slides safely into third base ahead of VP-30's Mark Ridge's tag.

Cyclists wanted for interviews

Do you ride your bike to and from work? If so, Jax Air News wants to hear from you.

Please call Miriam Gallet, editor at 542-5588.