



Jax Air News

TOUCHING BASE

Baseball greets to visit station

By Jennifer Eveges
MWR Marketing Director

On Aug. 21, NAS Jacksonville will host the Summer 2003 AT&T Heroes to Heroes tour. This event features several retired baseball legends who will visit numerous locations on base to meet the troops and sign memorabilia. Fans can bring their own memorabilia to sign or receive a free signing card as long as supplies last. The baseball legends who will visit here are: Hall of Famers Harmon Killebrew and Ferguson Jenkins, along with John Tudor, Jimmy Wynn, Manny Sanguillen and Paul Blair.

The following are the times and locations, the players will be present:
9 a.m. - Hangar 1000
10:30 a.m. - Sea Wall
11:30 a.m. - Lunch at the Galley
1:30 p.m. - VP-30 Command Master Chief's Office
3 p.m. - Naval Hospital Jacksonville
4 p.m. - Liberty Cove Recreation Center
Anyone interested in meeting the players and cannot gain access to other locations is encouraged to stop by Liberty Cove. The Heroes to Heroes Tour is open to all military, their family members, retirees and civilian employees.
For more information, call 542-3577.

Catholic Mass being offered

Catholic Mass will be held Aug. 15 at 11:30 a.m. in the St. Edward Catholic Chapel to celebrate the Assumption of the Blessed Virgin, a Holy Day of Obligation. For more information, call 542-3440.

Head to the fair

The third annual Multi-Cultural Awareness Fair is planned for Aug. 28 from 10 a.m. to 4 p.m. at Sea King Park 1 and 2. This event features cultural heritage representations and art displays, diverse cultural entertainment - music, dancers, live bands and a classic car show. Numerous commands-sponsored booths will showcase different cultural heritages.

Free samples of cultural food dishes prepared by the galley will be offered from 11 a.m. to 1 p.m.

Volunteers are needed to help with this event. For more information, call Sylvia Kitt at 542-0649 or SMC Fronzaglio at 542-3304.

VP-30 to get new captain

By Lt. Keith Radonis
VP-30 PAO

Capt. Richard Heimerle will relieve Capt. Brian Prindle as commanding officer of VP-30 in a ceremony to be held tomorrow at 10 a.m. in Hangar 30 aboard NAS Jacksonville.

Heimerle graduated from Albany University and received a degree in Business Education/Accounting. After coaching college football for two years, he reported to Aviation Officer Candidate School and was commissioned in March 1981. He was designated a naval flight officer (NFO) in December 1983.

Operationally, Heimerle served in VP-5 conducting Cold War deployments to Sigonella, Sicily, Italy and Bermuda. He served as flag secretary to Carrier Group Five/CTF-70 homeported in Yokosuka, Japan. During Operation Desert Storm he was a battle watch captain for the Arabian Gulf Battle Force, comprised of four aircraft carriers and 60 coalition warships. As a department head with VP-23, he deployed to Sigonella in support of Operation Deny Flight and Sharp Guard and served as CTG operations officer. He was the first executive officer of special projects for VP-2 and subsequently commanding officer.

His shore assignments include the Bureau of Naval Personnel as assistant carrier placement officer.



Capt. Richard Heimerle

At VP-30 as an NFO instructor and leader of the Tactical Training Team, he was named VP-30 NFO of the Year for 1989. At OPNAV he served as the assistant P-3 requirements officer. After receiving a master's degree from the National War College, he reported to the Joint Staff serving as Chief of the Israel/Africa Political Military Affairs Branch in J-5. He was named Action Officer of the Year in 2000 for his work on the United Nations crisis in Sierra Leone.

Prior to reporting to VP-30 to assume duties as commanding officer, Heimerle served as the chief of staff to Commander, Maritime, Surveillance and Reconnaissance



Capt. Brian Prindle

Force, Europe, during Operation Iraqi Freedom.

Prindle assumed duties as commanding officer of VP-30 in August 2001. During Prindle's tenure, VP-30 surpassed an impressive safety milestone of 388,000 hours and 39 years of mishap free aircraft operations. The squadron having increased its number of fully qualified maintenance technicians by 135 percent, directly influenced an increase of ready to fly aircraft by 58 percent. Additionally, maintenance efforts to eliminate three long-term no-fly aircraft averaging 745 non-flying days each, were milestones that contributed to the elimination a 145 training event

backlog. In 2001, VP-30 was awarded the Commander-in-Chief Atlantic Fleet Golden Anchor Award for retention excellence. VP-30 also completed more than 4,500 pilot flight events, more than 4,000 pilot simulator events, more than 850 NFO events and more than 2,000 NFO simulator events producing the most productive year in squadron history with Prindle at the helm.

Prindle's unparalleled tactical vision led to deploying Maritime Patrol and Reconnaissance (MPR) forward area support teams, which contributed significantly to MPR aircrew success in Operation Enduring Freedom and Operation Iraqi Freedom. His next assignment will be in the Pentagon in Washington, D.C.

VP-30, the "Pro's Nest," is the U.S. Navy's MPR Fleet Replacement Squadron. VP-30's mission is to provide P-3 specific training for pilots, NFOs, and enlisted aircrew prior to their reporting to the fleet. More than 750 staff personnel directly or indirectly train more than 700 officer and enlisted personnel annually, utilizing 30 P-3 aircraft of various models. Foreign military personnel from Thailand, Germany, Netherlands, Norway, Japan and the Republic of Korea have all received specific aircrew and maintenance training on P-3 operations and systems.



Photo by Loren Barnes

Naval Hospital Jacksonville Physician Cmdr. Loring Perry (left) and Josh O'Brien (right) of the NAS Jacksonville Golf Course Pro Shop revisit the scene of a July 30 lightning strike with AT2(AW) Thomas Harden. Perry and O'Brien came to Harden's aid after he was struck. The tree in the foreground took the hit and conducted the lightning through its roots to Harden.

Lightning from severe storm injures Sailor

By Kaylee LaRocque
Staff Writer

It's pretty much a common occurrence that every afternoon, the clouds will begin to roll in and the thunder, lightning and rain will pass through our area.

Normally, it'll pass through fairly quickly, but on July 30, a slow-moving weather system lingered over NAS Jacksonville. This storm produced numerous lightning strikes, 22 of which hit and damaged the airfield. Nearby, at the base golf course, a Sailor was scrambling to cover up his golf clubs when he was indirectly hit and slightly injured.

"We were golfing and heard the horn blow

indicating a storm was coming in. We saw the lightning and rain coming so we were hurrying to cover up our clubs and get inside. I was standing near the cart when a bolt of lightning struck a nearby tree. Somehow, the bolt traveled down the tree and hit my foot, exiting my shoulder. Everyone ran and I limped inside to the golf director's office. I didn't know what to do and was a little scared," explained AT2(AW) Thomas Harden, who is a member of the Auxiliary Security Force.

Just then, Ear, Nose and Throat (ENT) Surgeon Cmdr. Loring Perry from Naval Hospital Jax who happened to be golfing also,

See LIGHTNING, Page 11

DLA director visits NAS Jax

Director of the Defense Logistics Agency Vice Adm. Keith Lippert takes time to answer questions from MSC(SW/AW) Allen Johnson, MS1 Ronald Ponto and MS1(SW) Michael Robischeau during his visit to the NAS Jacksonville Galley last Thursday. The Defense Logistics Agency (DLA) provides worldwide logistics support for the missions of the Military Departments and the Unified Combatant Commands under conditions of peace and war. It also provides logistics support to other DoD Components and certain Federal agencies, foreign governments, international organizations, and others as authorized. The DLA continues helping their customers maintain readiness at reduced cost and sustain current and future deployed operations.



Photo by JO2(SCW) Eric Clay

VETERANS: NEWS YOU CAN USE

Refinancing your existing VA home loans

From the Department of Veteran's Affairs

During times of falling interest rates, service-members and veterans often receive flyers in the mail from various lenders trying to convince the buyer to refinance existing VA Home Loans in order to lower monthly mortgage payments. Some lenders even use telemarketers to call your homes.

Never agree to do a refinance under those circumstances until you have contacted at least two other lenders for competitive quotes. An important question you should ask is: How many years before you break even?

The new loan will cost you money. Often, you will pay little or no money out of pocket. But the cost will be added to the new VA loan.

The difference between your current loan amount and the new loan amount is very important. Divide that difference (plus any money paid

out of pocket) by your monthly savings to find out when you break even.

For example, let's say you now have a \$100K VA loan. Let's say the new loan will save you \$100 a month. But the new loan will cost \$5,000.

Using the formula, it will take you 50 months to break even.

Once you know how many months before you break even, then project how much longer after that point you expect to stay in the house. The longer you expect to own the house, the stronger the reason to refinance.

If it takes you more than three or four years to break even, you may wish to reconsider.

As a reminder, there are two ways to obtain your Certificate of Eligibility (COE).

Under the traditional method, you can download the application (VA Form 26-1880) from our website, www.va.gov, or contact the VA office nearest you. Send the application, along with a statement of service

(active-duty) or DD 214 to the VA Eligibility Center, P.O. Box 20729, Winston-Salem, NC 27120 (888-244-6711). You should have your certificate in about 10 - 21 days.

However, the fastest way to get your COE is through your lender. Certain VA approved lenders can directly access the ACE (Automated Certificate of Eligibility) system and provide eligible veterans a COE on the spot.

If your lender does not have a VA ID number, they can call the regional office at (800) 827-1000, Ext. 7500, for assistance in getting access to the ACE system.

In addition, seeking a lender that is VA LAPP approved can save you considerable time in processing the loan.

For more information on these and other VA benefits, visit the NAS Jax Veterans Affairs office in Building 590, Room 115 or call 573-6312.

New taxi cab regulations implemented on base

By Lt. Chuck Clanahan
NAS Jacksonville Director of Security

As of last week, all taxi services, including limousines, shuttle buses, and transportation services will be granted access aboard the naval station based on consistent criteria.

When a taxi cab driver arrives to pick up a fare, the drivers must report to the Commercial Gate's Pass & ID office with the name, rank/rate, telephone number, and specific pickup point for the fare and apply for a pass during the hours of 5 a.m. and 5 p.m., Monday through Friday.

When the Commercial Gate is closed, the cab drivers will apply for a pass at the Main Gate Pass & I.D. office.

All local companies have been notified of this requirement. The vendor's dispatchers are aware of our policy and will ensure that they collect the required information from the fairs. Taxis drivers requesting entry without the required information will be refused access.

When arriving with a fare, the gate sentry will verify the fare's installation access authorization identification. This identification will serve as a "one-trip" vehicle pass. The vehicle

will be directed into the inspection station prior to entering the base.

All taxis will be inspected upon entry to the station and all passes are one-trip passes. Gate sentries will review issue time on all passes. All passes issued more than 10 minutes prior, will be confiscated and the driver directed to Pass & ID for assistance.

Taxis do not have access to the base unless they are dropping-off or picking-up a fare. Taxis are not allowed to cruise for, park and/or solicit customers outside the Navy Exchange, commissary, air terminal, or barracks.

ON THE HOMEFRONT

Putting off til tomorrow robs us of today

By Sarah Smiley
Special Contributor

Yesterday my friend asked me, "When will you be satisfied? At what point will it be enough? What weight? Which house? What dress size? What job?"

I was stunned. I had always thought myself to be someone who lives in the moment, but put to me this way, I realized at times I do suffer from a case of "I'll do this when I get that."

I'll go interview for that job as soon as I lose 10 more pounds. I'll go back and get my masters as soon as my children need me less. I'll start running again when the weather gets better.

Sound familiar? As military families I think we are especially prone to this type of thinking. Because we live in a constant state of limbo it is easy to fall into the trap of putting things off til tomorrow.

The problem with this waiting is that it robs us of the joy and potential we have right now, and it blinds us to the successes we have already made.

When I was a teenager I

hated the way I looked. (Having two older brothers who teased me relentlessly didn't help in the way of improving my self-esteem.) I begged my mom for a nose job because my brothers had always told me I inherited the "Thompson Nose," which is a distinct nose passed down on my mother's side.

Seeing pictures of myself was torture; all I could see was how much I hated my nose. My mom, however, insisted I wait until I was 18 to make the decision about surgery for myself.

I was surprised when I finally became "of age" that I no longer worried about my nose. When I was 20, I looked back at my old high school pictures and didn't even notice my face. I just kept thinking, "Wow, I was in fabulous shape back then! I wish I still looked like that!" When I was 16 it never occurred to me to quit focusing on my nose and realize that I was at a healthy weight, young, and vibrant.

I never got the surgery.

More recently I took up photography. It's something I've always wanted to learn but had pushed it into the

pile of "things that will have to wait until _____." I thought I needed more money or time.

When I quit worrying about when to start doing photography, however, I realized I've been learning all along! While I was procrastinating photography classes I was teaching myself through books and the Internet. All my waiting kept me from seeing that I was, in fact, already a photographer.

On a more daily basis, I've come to realize how much I take my children and their youth for granted. Sometimes I get teary when I think about my oldest son starting kindergarten or when I see that he is growing up and no longer needs a stuffed animal to sleep.

I'm very aware that someday my children will grow up, leave home and start families of their own, so my desire is to savor every moment I have with them now. And yet, I cringe to think about how often I get short-tempered or irritated when they are slowing me down at the grocery store or making a mess.

Yesterday my friend's

question sparked in me the opportunity to reevaluate my life and priorities. I may never lose the last 10 pounds of pregnancy weight, so if I put off that job interview, I may be waiting a very long time. There is no guarantee of tomorrow, so I'd better start living right now.

This morning I took my boys to the post office. They were loud and rambunctious and I felt myself getting irritated. Walking back to the car it started to rain. I grabbed my son's hand and started to run.

"No momma," he said, "let's walk in it."

I looked at him standing there with the biggest grin on his face, so blissfully young and happy to be standing in the soaking rain and soggy socks and shoes. I realized this was one of those moments I would never forget.

We walked to the car singing "Rain Drops Keep Falling on My Head," and watched as other people ran past us with their umbrellas.

Today I walked in the rain with my boys, and, finally, that was enough.



Meet A Sailor...

MA3 LAMONT RAMSON

Job title/command:
Base Security

Hometown: Miami

Family Life: Single with two children.

Past Duty Stations: NS Mayport, USS Simpson

Career Plans: To pursue a bachelor's degree in business administration.

Most Interesting Experience: Making a port call in Rio De Janeiro, Brazil and experiencing the different cultures.

Words of Wisdom: Work harder for what you want.



Meet A Civilian...

RANDY HALL

Job title/command:
Assistant Fire Chief, NAS Jax

Hometown: Nanville, Va.

Family Life: Married to Vicki. We have three children and three grandchildren.

Past Duty Stations: Charleston Naval Base, North Auxiliary Air Field, S.C.

Career Plans: To become a fire chief and to lead a department as great as NAS Jax.

Most Interesting Experience: Delivering a baby girl on Pier Zulu at Charleston Naval Base.

Words of Wisdom: Keep your faith, trust your people and support our warfighters; for they defend our freedoms.

Multi-Cultural Awareness Fair schedule of events

The annual Multi-Cultural Awareness Fair is planned for Aug. 28 from 10 a.m. to 4 p.m. at Sea King Parks 1 and 2. The following is a schedule of events:

- 11 a.m. - 1 p.m. - Free Cultural Food Samplings (courtesy of the NAS Jax Galley)
- 11 a.m. - Hispanic Singer Mayella Romo
- 11:30 a.m. - International Dancers
- Noon - Jazz Artist
- 1 p.m. - Navy Band Pride
- 2:15 p.m. - Sahara Silk Gypsy Dancers
- 2:45 p.m. - Asian Pacific Island Dancers
- 3 p.m. - D.J. Chuck

A classic car show will be held until 1:30 p.m. when the judging begins. Numerous cultural booths sponsored by various commands here will showcase different heritages.

HEY, MONEYMAN!

Hey, MoneyMan!
I was reading the Jax Air News and found this flyer which showed some great buys through a company called the "Military Club."

I have never heard about this club, but they have lots of good stuff at really low prices. Why don't they put the word out about this company? I bet it's because it is cheaper than shopping at the Navy Exchange.

MoneyMan Sez:

The flyer you saw must be different than the one I got in my Jax Air News. Yep, on the surface it looks like a great deal, but be sure to check out the fine print. It is always the fine print that gets you.

For example, they show a white washer and dryer for the cash price of \$899.20. Even that price seems high when you can purchase them at several places in town for less than \$600.

But, if you can't pay cash (and most folks can't) the

price is "only" \$44.92 per month for 36 months, or a whopping \$1,617.12. Then you pay an additional \$149 for shipping. Be sure to add the \$99 membership fee. All together you would pay more than \$1,865 for a washer and dryer.

Need a new TV? The "cash" price for a 56-inch HDTV is only \$2,863! Just take that out of your checking account.

Oh, don't have the cash? No problem, because you only have to pay \$138.70 per month for 36 months...great deal at \$4,993. Don't forget to add the \$249 shipping fee and, of course, the 99 bucks to join the club. Great deal? I don't think so! Shop around. Check out the prices elsewhere. You should always be able to beat these bargains!

More questions? Call Hey, MoneyMan! at 778-0353.



Sunday Services

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

- Saturday - 5 p.m. - Catholic Mass
- Sunday - 8:30 a.m. - Holy Eucharist Episcopal
- 9:30 a.m. - Catholic Mass
- 11 a.m. - Protestant Worship
- 6:30 p.m. - Contemporary Service
- "The Leading Edge," Hangar 749 at the Base Chapel Center.

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

Jax Air News

NAS Jacksonville Commanding OfficerCapt. Mark S. Boensel
Public Affairs OfficerCharles P. "Pat" Dooling
Deputy Public Affairs OfficerMiriam A. Lareau
U.S. Naval Air Station, Jacksonville Editorial Staff

EditorMiriam S. Gallet
Assistant EditorJO2(SCW) Eric Clay

Civilian Staff

ManagerEllen S. Rykert
Staff WriterKaylee LaRocque
Design/LayoutGeorge Atchley

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Ellen S. Rykert, Military Publications Manager
1 Riverside Avenue • Jacksonville, FL 32202
904-359-4168
Linda Edenfield, Advertising Sales Manager • 904-359-4336
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A crew from the HS-11 "Dragonslayers" shoots a Hellfire missile during a recent exercise at MCAS Cherry Point, N.C.

Photo by AW2 Timothy Lemmerman

'Dragonslayers' complete TSTA, missile exercise

By Lt. J.g. Matthew Wright
HS-11 PAO

The "Dragonslayers" of HS-11 recently joined forces with Carrier Air Wing (CVW) 1 on board USS Enterprise (CVN 65), completing Tailored Ships Training Availability (TSTA), an important milestone in preparation for their upcoming deployment.

During TSTA, CW-1 squadrons earned night and day carrier qualifications, working with the Enterprise crew for the first time. The Dragonslayers detachment of more than 100 personnel completed numerous training requirements, giving many squadron members their first taste of life aboard an aircraft carrier.

The squadron achieved a 100 percent

sortie completion rate, performing plane guard duties and completing two rescues and two medical evacuations of civilian mariners.

Upon returning from the two-week detachment, the squadron went right back to work, sending a detachment to Marine Corps Air Station Cherry Point, N.C. for a highly successful AGM-114 Hellfire missile exercise.

The crew of Lts. Matt Williams and Teresa Ferry scored a direct hit on their target, an armored vehicle. The Hellfire missile is a laser-guided, air-to-ground missile, which is the weapon of choice against small surface threats. H-60 helicopters are currently the only carrier battle group asset to employ this capability.

POW/MIA recognition service planned

From Staff

Navy Region Southeast, in conjunction with the City of Jacksonville's Veterans Service Division, will hold a POW/MIA Recognition Service aboard NAS Jacksonville on Sept. 19 at 10 a.m.

This year's service is at the All Saints Chapel, on the corner of Mustin Road and Birmingham Avenue. The program will honor all Americans who are former POWs, as well as those who are still unaccounted for and their families.

Scheduled as keynote speaker is Carl Creamer, a former Japanese POW. While a 3rd Class Ordnanceman during World War II, his PBV was shot down in the Bering Sea. One of three survivors from the crew of nine, he was picked up by a Japanese cruiser. He went on to retire from the U.S.



Navy as a chief petty officer.

During the unveiling of this year's National POW/MIA Recognition Day Poster held recently in Arlington, Va., Deputy Assistant Secretary of Defense for POW/Missing Personnel Affairs Jerry Jennings said, "American warriors of yesterday and today have never failed to answer their nation's call. Through selfless sacrifice, they have brought to the entire world a concept

most often associated with American ideals - freedom!

POW/MIA observances are held nationally and reaffirm a promise to fallen comrades, "You Are Not Forgotten." Military and civilian employees are encouraged to attend.

The military attire is summer whites, appropriate attire for civilians.

KENZIE INVESTMENTS; 3c; 10"; Black Only;

PWC Jax's Joneikis named 2003 Navy Transportation Fleet Manager of the Year

By Sue Brink
Public Affairs Officer, Facilities Team Southeast

On Aug. 5, Commander, Navy Region Southeast Rear Adm. Annette Brown presented Navy Public Works Center Jacksonville (PWC Jax) Transportation Director John Joneikis with the 2003 Navy Transportation Fleet Manager of the Year in the Large Fleet category.

As the regional transportation expert for the Commander, Navy Region Southeast, Joneikis manages various elements of the transportation program in an effort to standardize programs within the Southeast Region.

Joneikis is responsible for a workforce of 246 government and contracted personnel, an annual budget of more than \$21 million and the operations and maintenance of 2,658 civil engineering support equipment valued at \$400 million across Navy Region Southeast.

He serves as the contracting officer's technical representative for two contracts valued at \$10 million annually for maintenance and operation of the two fleet concentration areas and manages the in-house maintenance and operation program at Naval Weapons Station Charleston.

Joneikis has led many accomplishments over the past year. In support of Operation Iraqi Freedom, he provided basin and rail operations support that included more than 25 percent of the equipment and 80 percent of the munitions used in the war against Iraq.

He also developed a plan and contract specification in one week for the transportation of more than 1,000 contractor and 300



Photo courtesy of Public Work Center Jacksonville

From left, John Joneikis, Public Works Center Jacksonville Transportation director, has been selected as the 2003 Navy Fleet Manager of the Year. Joneikis was recognized for his accomplishments by Rear Adm. Annette Brown, commander, Navy Region Southeast, Capt. Charlie Khan, commanding officer of PWC Jacksonville and Galen Carver, Region executive director.

government employees involved in the overhaul of various ships at Naval Station Mayport.

On short notice, Joneikis prepared 26 pieces of support equipment (buses, vans, sedans, etc.) and staged them at Blount Island Command for further shipment to Guantanamo Bay, Cuba in direct support of Operation Enduring Freedom.

Other accomplishments included partnering with a local gas company to develop a natural gas infrastructure for use with compressed natural gas (CNG) vehicles that serves as a model for other Navy installations.

In addition, Joneikis served as a team member

on the CNO's Transportation IPT establishing the benchmark for all of the other functional teams within the Navy by providing a consistent and accurate method in providing the essential justification to Congress for Transportation resource requirements funding.

He is a full member with the Association of Fleet Administrators where he has interfaced with other members in performing Benchmarking comparisons with other fleets for the Navy.

His efforts have been truly outstanding and it is with great pride that the Navy recognizes him as the 2003 Fleet Manager of the Year.



FACTORY SECOND BEDDING; 3c; 10.75"; Black Only;

CPO selectees announced

The following are the new chief petty officer selectees aboard NAS Jacksonville:

AT1 David Schmidt, VP-5
 AD1 Frank Froeber, VS-30
 AM1 Shawn Horigan, VP-30
 AE1 Timothy Cantrell, NAMTra
 AT1 Joseph Stock, HS-3
 ET1 Sharon Lenagar, CV-TSC
 AC1 Blain Meisterhans, NAS Jax
 ET1 Steven Williams, SERCC
 AM1 Mark Wilkins, VS-31
 AM1 Ivan Speakman, VP-30
 AE1 Tony Hines, NAMTra
 AZ1 David Blackburn, HS-3
 AD1 Robert Yanko, VS-22
 AO1 Richard Holmes, NAS Jax
 AD1 Daron Williams, VP-16
 IT1 Jamal Quinn, Wing-11
 AT1 Drew Chapman, VP-30
 AT1 Terry Hall, NAMTra
 AM1 Barry Brooks, HS-3
 AT1 Melinda Isyk, VS-22
 BM1 Freddie Hawkins, NAS Jax
 AD1 Henry Thibodeau, VP-30
 IT1 Russell, Hunter, NAMTra
 HM1 Patrick West, Naval Hospital Jax
 OS1 Kevin Miller, CNRSE
 TM1 Jose Santana Jr., NAS Jax
 OS1 Thomas Green, FACSFAF
 YN1 Gerri Sosa, NDC Southeast
 SH1 Sharon Franck, VS-24
 ET1 William Humphrey, SERCC
 ET1 Lee Grose, Naval Hospital Jax
 AT1 Gary Ehrenfeld, AIMD
 PN1 Angela Thacker, VS-30
 SK1 Joel Therlonge,

NADEP
 AT1 Albertine Bryan, NAMTra
 AD1 Kregg Gose, VP-30
 AME1 Kay Sutliff, VS-32
 AE1 Daniel Attardo, HS-11
 IT1 Patrick Everson, VP-5
 SH1 Emmauel Delacruz, NAS Jax
 AE1 James Loper, VP-30
 AS1 Christopher Viano, NAMTra
 HM1 Christopher Barber, Naval Hospital Jax
 MA1 Kevin Milner, CNRSE
 AW1 Carmelo Sanchez, FASO
 DK1 Mauro Vejano, PSD
 SK1 Darlene Nowlin, VP-5
 AT1 Lowell Cornatzer, VP-30
 PN1 Patricia Joubert, HS-15
 PN1 David Fuller, VP-16
 AM1 Kevin Bright, HS-Wing
 AW1 Mark Noonan, FASO
 AM1 Billie Brownfield, NAS Jax
 SK1 Jason Boulay, VP-10
 AD1 Gregorig Pena, VP-30
 AS1 Nathaniel Miller Jr., NAMTra
 AD1 Rory Malotte, HS-3
 AM1 Joseph Szafranski, VS-22
 AT1 Joel Saikin, VP-5
 AW1 Cory Brown, HS-7
 AE1 Kevin Housley, VP-30
 AS1 Larry DeLong, NAMTra
 HM1 Kevin Dean, Naval Hospital Jax
 AW1 Charles Marcus, CV-TSC
 AW1 Bantle Lowe, HS-11
 AD1 Thomas Waterman, VP-16
 AW1 Curt Olson, VP-16
 GM1 Timothy Bierbach, HS-Wing
 SK1 Shelly Wells, NAS Jax
 AW1 Mark Oliver, VP-30
 AM1 Billy Waters, HS-15

Chief has memorable reenlistment

By ATC(AW/NAC)
 Howard Chancy
 NAMTRAU Jax PAO

The U.S. Navy is a branch of military service that demands uniformity in appearance, performance and living standards, and as a result Sailors get creative in their desire to stand out and be recognized in other areas.

One area that has been left open to the individual's imagination is the reenlistment ceremony. This is an opportunity to express thanks, recognize special people who have influenced their lives and exercise some creative thinking.

There have been many reenlistments in strange and unique places. In many cases, it is not where the ceremony takes place, but who gives the oath to the service member.

These tend to be of a more personal nature and involve someone that the reenlisting person respects and recognizes in a positive way.

That was the case with AEC Pedro TorresSantiago from Naval Air Maintenance Training Unit Jacksonville who was recently reenlisted by Javier Lopez, catcher of the Atlanta Braves.

TorresSantiago, a native of Ponce, Puerto Rico grew up playing baseball. Many years ago, when Lopez was only 10-years-old, the two met when TorresSantiago was on leave.

They discovered they were both from the same hometown and attended



Photo courtesy of NAMTRAU

Atlanta Braves Catcher Javier Lopez (right) administers the oath of enlistment to AEC Pedro TorresSantiago.

the same school, Academia Cristo Rey.

An effort to do something unique for his reenlistment, TorresSantiago asked Lopez to reenlist him before a home game on July 30.

TorresSantiago and several of this shipmates and friends drove to Atlanta's Turner Field where the reenlistment ceremony took place. The ceremony was kept short and simple.

The group went on to watch the game between the Houston Astros and the Atlanta Braves. Lopez arranged for the group to have special seating just

behind homeplate as his personal guests.

Unfortunately, the Braves lost that game 7-3, but it was still a great time for all involved.

TorresSantiago recently transferred to VP-16.





Navy Seabees



BU1(SCW) Shawn Cody places the interior ceiling on top of the Stearman bi-plane exhibit which is currently being constructed at Patriot's Grove.

'We build, we fight' not just a motto

By JO2(SCW) Eric Clay
Assistant Editor

For Navy Seabees, the motto tells the story: "We build, we fight." Construction Battalion (CBU) 410 aboard NAS Jacksonville lives out their motto everyday.

With four construction projects currently in the works, fleet hospital training, weapons training and their many collateral duties these men and women support the Navy with pride.

"All of the 36 members of the CBU have important roles that are vital to get the job done," said EOC(SCW) Rocky Leischer, operational chief. "The CBU is like a well-oiled machine. Though both indirect or direct labor, without the support of each other, the projects couldn't be completed and the machine would break down."

A Seabee project crew consists of a project supervisor, a crew leader, a safety petty officer and direct labor personnel. The project supervisor is responsible for ensuring all material for a project is on the site and to make sure the project crew is communicating with the Seabee compound. A crew leader is responsible for all work conducted at the project site and ensures that project plans are being followed correctly. The safety petty officer is on the project site to monitor safety procedures which is the first priority of the crew. This person gives a safety lecture each day regarding the work that will take place. Another responsibility of the safety petty officer is to fill out safety mishap forms. And, last but not least, the direct labor personnel conduct the work they've learned for their specific rates and help other crew members when needed.

The CBU currently has four projects ongoing. They include: the Stearman bi-plane display building at Patriot's Grove, a solar lighting project along Perimeter Road, Branch Medical Clinic's (BMC) rear access ramp and a weapons bunker.

The Stearman bi-plane display building will hold a 1940's era bi-plane that was once used for training. "The Stearman was the aircraft of choice by the Navy in 1940 for pilot training," commented Ron Williamson, base historian.

The bi-plane is constructed of a material called ceconite and the Florida climate could deteriorate the material over time. The building in which the plane will be displayed is climate controlled so the Stearman won't be damaged by weather conditions. The glass walls of the building will be almost an inch thick and the inside of the building will be kept at a constant temperature.

The Stearman bi-plane project is being led by Crew Leader BU1(SCW) Shawn Cody and is expected to be completed by Sept. 30. "The project crew and I have been very motivated to complete this project knowing that we are helping



EO2(SCW) Cliff Martin installs a solar powered street light along Perimeter Road.

preserve a piece of history," said Cody "We can't wait until it's finished so the Stearman bi-plane can be enjoyed by all who visit here."

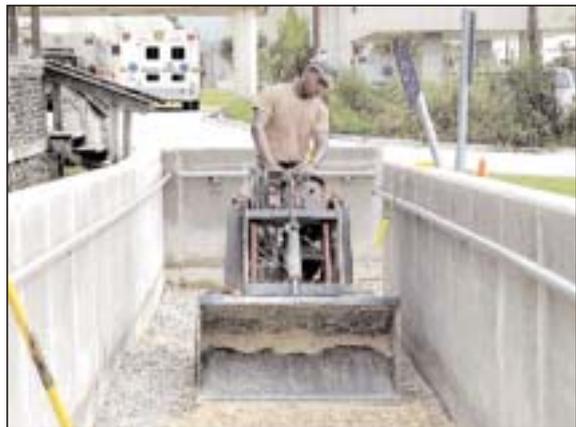
The Seabees are also working on a lighting problem along Perimeter Road. Many runners choose to exercise during cooler hours in the summer months and this usually means before the sun rises when it is dark outside. This poses a safety problem. In an effort to fix this problem, the Seabees have installed solar lighting along the road so that runners can see in the dark hours.

Each light pole has solar panels that store the sun's energy during the day and uses this energy to light the road at night. Crew Leader BU2 Kristi Thrift leads the crew of hard working Seabees completing this project. "The crew and I have really been working hard and putting in extra hours, knowing that the people who exercise here will feel safer when this job is completed," said Thrift.

Sometimes projects come up unexpectedly. A project at the Branch Medical Clinic to install a rear access ramp is one of those situations. "Due to a problem with the original contractor, the Seabees was tasked with taking over and completing the project," commented Leischer.

This project is considered an officer-in-charge (OIC) discretionary project, which means the OIC decides to go ahead and complete the project as long as the work takes less than 100 days. The Seabees were tasked with starting the project over from the beginning, which was to replace the stairwell and handicapped ramp in the rear of the BMC.

To do this, the crew had to dig down five feet to find earth material capable of supporting the concrete needed to build the ramp and stairwell. The material the Seabees were digging out was damaged by rainwater. To solve this problem,



BU3 Larry Hayes uses a skid shovel to fill and back drag material for the Branch Medical Clinic's new handicap ramp.



BU3 Nick Kotos drills pilot holes that will be filled by industrial bolts securing concrete forms.



BU2(SCW) Kristi Thrift (left) oversees several Seabees from CBU 410 as they assemble a solar light fixture before mounting it on Perimeter Road.

Navy Seabees



CBU 410 Project Supervisor BU1(SCW) Shawn Cody (left) looks over a construction project that will house a historic Stearman biplane at Patriot's Grove.

SEABEES: Behind the scenes to help keep CBU functional

From Page 6

they installed a French drain to direct rainwater away from work area.

"We came very close to hitting the water table, but we found useable earth material to start the project," commented Leischer.

The Seabees found that doing this project was a very good resource for training and gathering experience. "I have a young crew that is working at an experience level above what is expected of them. I am very proud of their work performance," said SW2 Trevor Merritt, crew leader for the project.

The Seabees also constructed a weapons bunker aboard NAS Jax. "This isn't the usual project for a Seabee, because it consisted of overhead concrete pouring and most Seabees don't have experience in this type of work," added Leischer.

The project crew had to take extra safety precautions during this project because overhead concrete pouring can be very dangerous. The Seabees as only Seabees can, took the challenge and completed this project without any safety incidents before

the scheduled completion date.

Like watching a movie, all a viewer sees is the actors. They don't get to see all the behind the scenes personnel that it takes to make the movie. At CBU-410, these personnel are the indirect laborers. They play key roles by maintaining the central tool room, supply department, handling equipment management, and operational planning. Without them the CBU couldn't function.

The CBU has two task objectives in supporting the base. One is project support and the other is fleet hospital support which is the main reason this CBU is here.

Many hours of training are spent ensuring the unit's skills are at the highest level possible. In March and October, the CBU sends members to Camp Pendleton, Calif. for fleet hospital training. They are currently preparing for an operational readiness exercise in October. These training sessions are where the CBU shines, showing their knowledge and skills. This training consists of setting up a 100-bed fleet hospital and estab-

lishing a public works division. This division provides emergency and routine maintenance for electrical, mechanical systems as well as a fire fighting team and auxiliary security force.

CBU-410 conducts regular training for fleet hospital missions and each Seabee has his or her own specific jobs and responsibilities. For example, a builder is responsible for controlling and maintaining all builder shop equipment. They are also required to plan and estimate all small projects to support the fleet hospital and to learn basic fire fighting skills.

"It takes a lot of team work from all the rates to ensure that a fleet hospital is properly built and running efficiently. As a builder, it is my job to erect the temper tents as fast and safely as possible," said Cody.

Like the builders, the steelworkers are also responsible for their shops and provide construction planning and estimations for small fleet hospital projects.

The construction electricians, (CE) are responsible for the upkeep and maintenance on the generator systems for the base

camp and the hospital. They also assist with assembling and disassembling the tentage. Performing basic fire fighting procedures is also a requirement of the CE's.

The layout for the fleet hospital is performed by engineering aids using blueprints and standard layout equipment such as dumpy levels, Philadelphia rods and measuring tapes.

The construction mechanics, are assigned to the motor pool where one mechanic is assigned per six pieces of civil engineering support equipment (CESE). They also perform regular maintenance such as oil changes, tune-ups and change worn parts. The mechanics also have the responsibility of fixing any of CESE that breaks down.

Equipment operators (EO) set up a special motor pool. They assist the other rates with transportation. A major task for them is operating cargo-handling equipment during the assembling and disassembling of the fleet hospital such as 4,000 pound forklifts and 15-ton cargo trucks. EOs are also designated as emergency vehicle operators.

Utilitiesmen are responsible for

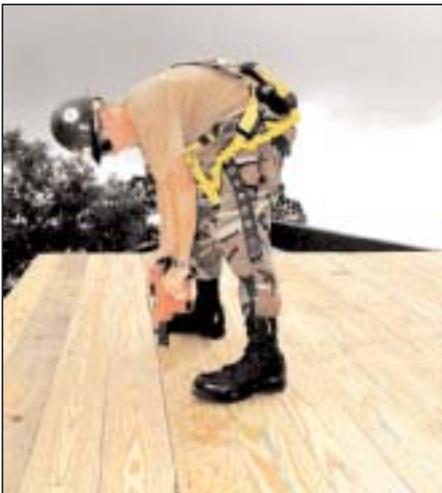
the set up of the base camp heads, mobile utility medical, field laundry and the camp galley. They also set up and maintain the water distribution system and operate sewage trucks, water tankers and hazardous material trucks when an EO is not available.

The Seabees who are assigned to the CBU must also keep their weapons skills at the highest level which means training yearly, qualifying on numerous weapons such as the AT-4 rocket launcher, M-16A2E3 automatic machine gun, the 50-caliber armor assault weapon, the Mark-19 grenade launcher and the 60-millimeter machine gun.

The training is designed to increase the unit's mobilization readiness in basic military combat skills. Many times, the Seabees work alongside Marine Expeditionary Units and other combat units, and need to be as proficient in defensive combat as they are with their construction skills.

Since 1941, Seabees have been proving that diligence and training pays off. Their "Can Do" spirit continues to remain strong today.

Photos by J02(SCW) Eric Clay



EO3 Eric Dennis uses a 22-caliber Hilti nail gun to secure tongue-and-groove ceiling planks to the roof of the future home of a historic Stearman biplane at Patriot's Grove.



Crew Leader SW2 Trevor Merritt (right) guides EO2 Christopher Brookes through the Branch Medical Clinic construction site.



The Seabees finish up installation of solar light panels on Perimeter Road.

HS-75 'Emerald Knights' complete AUTEC training

By Lt. Cmdr. Michael Fox
HS-75 PAO

Normally a trip to the Bahamas is considered a fun get-away from the doldrums of work and a chance to relax on a beach, but for the "Emerald Knights" of HS-75, it's just another opportunity to excel.

Atlantic Underwater Testing and Evaluation Center (AUTEC), located on Andros Island, is the primary East Coast location for squadrons to put their

anti-submarine mission training skills to use, and hone sub-hunting tactics.

The Emerald Knights, flying the mighty SH-60F Seahawk, visited AUTEC from July 31 to Aug. 3. Typically the squadron sends two detachments to AUTEC per year and drops nearly 20 torpedoes.

As a reserve squadron, these AUTEC detachments enable HS-75 air crews and maintenance personnel to prepare for their primary mission in case of wartime mobilization.



Cmdr. Mike Branco, commanding officer of the Emerald Knights stated, "The range offers unique opportunities for aircrews to really use the anti-submarine warfare gear and drop weapons. Our simulator instructors are experts, and we try to maximize our time in the simulator learning from them, but in the end crews learn an awful lot when they're cut loose on the range."

"Last month we worked with subs off the coast, and now we're at AUTEC. The chance to fight against either a real sub or just a target at AUTEC is the most realistic weapons training that I've had," remarked AW2 Sam Wood, AO2 Nancy Jordan, a

Selected Reserve maintainer who works with aircraft weapons and ordnance, said "The local ordnance guy told me he's never seen a detachment drop 12 torpedoes in one day without any glitches. We do it every time we come down here, and it's always a great opportunity for me to actually perform the functions of my rate, which is more limited back at home guard," she said.

Previous detachments and this exercise have increased HS-75's training readiness and is a precursor for their upcoming Norwegian Exercise, Odin One, in the cold waters off the North Sea in August.

HS-75 is comprised of fleet-experienced Sailors, along with pilots and air crewmen that average 2,700 flight hours. HS-75 always has billets open for motivated Sailors and air crew who make the decision to leave active duty.



Photo courtesy of HS-75

Aircrew from HS-75 conduct anti-submarine warfare training at the Atlantic Underwater Testing and Evaluation Center.

'Harnessing a daydream'

Using hypnosis for behavior change

By Melisa Ram
Naval Hospital Jax Public Affairs

"I try to help patients create a meaningful internal experience that they can use to help themselves change," said Capt. Glenn Goldberg, Naval Hospital Jacksonville deputy director of Behavior Health and Wellness, in describing his approach to clinical hypnosis.

The Naval Hospital Jacksonville's psychologist will be conducting hypnosis sessions for weight loss and quitting tobacco on Aug. 25 and 27 at the Naval Hospital Jacksonville Wellness Center.

Hypnosis is a technique that can help a person experience freedom from existing problems. Individuals undergoing hypnosis learn how to attain what is known as a "trance state." While in a trance they discover how to shift their focus from the world around them to an internal experience used to address problems, including behavior change.

According to Goldberg, we all experience trance

states when we daydream. "It's similar to driving down I-95 and not realizing that you have passed five exits because you've been daydreaming," said Goldberg.

While in a hypnotic trance, techniques such as imagery and suggestion can be used to influence change. In that sense, hypnosis may be considered "harnessing a daydream," he said.

The outcome of a hypnosis treatment depends on a variety of factors, including how receptive the person is to hypnosis. In addition, although most people can gain some benefit from even one session there are about 8 percent to 10 percent of people who can easily be hypnotized, and this will influence outcome.

And he said, "The techniques are very safe. It is generally accepted that you cannot make people do what they don't want to do. In fact, one goal of hypnosis is to increase control."

Goldberg's class starts with a relaxation technique. This, along with other techniques is used to

help participants get into a light trance. In an individual session the technique may be different, more focused, and much more tailored for that person, resulting in a deeper trance.

Once the group participants are in a trance, he has them focus on an image. This should be a place that makes the participants feel more relaxed and confident. These two steps, relaxation and imagery, will allow the participants to move from the external into the internal psyche," he explained.

He then has them address their problems. "I want them to experience the opportunity to make a choice of doing something different. I want them to know what it feels like not having a cigarette or how it feels to eat healthy food. One of the main goals is to help them experience their behavior change as something positive rather than as a deprivation," said Goldberg.

Hypnosis has generally been an accepted form of treatment within the pro-

fessional community for many years, although its popularity and the types of techniques used has changed over time.

Hypnosis is used by virtually all specialties within mental health, and many others within medicine, dentistry and even sports.

Some applications in addition to behavior change are pain management, anxiety reduction and even performance enhancement, to name but a few.

Goldberg suggests that participants be registered in the Wellness Center's tobacco cessation classes or the "Ship-Shape" program, a five-week comprehensive weight management course, while attending the hypnosis sessions.

To sign up for any of these and other health programs call the Center at 542-5293.

The Center is located in Building 876 aboard NAS Jacksonville. Please note that registration is required to attend the hypnosis session.

Working together



Photo by JO2(SCW) Eric Clay

ETSN Robert Kirk, of the First Lieutenant's Division, looks on as AN Gerald Robinson of the Correctional Custody Unit uses a saw to cut through metal studs during a joint unit demolition project between First Lieutenant's Division and the Correctional Custody Unit last Friday. The units are working together to create spaces and complete self-help projects aboard NAS Jacksonville utilizing the resources the base already has in place.

Input needed to recognize outstanding people

From the USO

Clay County Chamber of Commerce, Inc. is again seeking to recognize their military person, spouse and reservist of the year and needs your help.

If you know of a resident of Clay County who is active duty, a spouse of an active duty person, or a reservist who is active in our community and deserves a pat on the back, let us know!

We would like to honor them as part of the Chamber's 26th Annual

Military Appreciation Luncheon on Oct. 1.

Please contact the Clay County Chamber at 1734 Kingsley Avenue, 264-2651, Ext.1 for a list of the criteria and a nomination form.

Nomination forms are also available at Greater Jacksonville USO, on the Commander, Navy Region Southeast website www.cnrs.navy.mil under Command Info, and on the Clay County Chamber's website at www.claychamber.org.

The deadline for nomination applications is Sept. 10.

GSA Expo coming Sept. 3

NAS Jax will host a Mini-GSA Expo on Sept. 3 from 8 a.m. to 4 p.m. at the River Cove Officer's Club. More than 70 vendors will be on hand, offering presentations, information and free giveaways.

A special training session on GSA advantages, E-buy and the E-library will be offered at no cost from 1-3 p.m. This training provides Continuing Education Unit credits that can count towards your warrant refresher training.

For more information, call (404) 331-3026 or email cindy.kirvin@gsa.gov.

O'Hara retires after 23 years of service

By Lt. j.g. Matthew Wright
HS-11 PAO

HS-11 bid farewell to ADCS(AW) Collin O'Hara who retired after 23 years of service in a ceremony held at the NAS Jacksonville River Cove Officer's Club last Friday. Cmdr. John Schoeneck, HS-11's commanding officer, was the guest speaker.

O'Hara, originally from Jamaica moved with his family to New York City in March 1980 and joined the Navy in June of that year. After graduating from recruit training, he reported to Naval Air Technical Training Center Memphis, Tenn. for Aviation Machinist Mate "A" school.

In January 1981, he was ordered to NAS Cubi Point, Republic of the Philippines, where he worked in the Aircraft Intermediate Maintenance Department as a TF-34 turbofan engine mechanic, later qualifying as a collateral duty inspector (CDI). While serving in the Philippines, he was advanced four times, culminating in his advancement to petty officer second class.

In November 1984, he reported to VS-41, NAS North Island, Calif., for training on the S-3B aircraft before reporting to the VS-28 "Gamblers" at NAS Cecil Field. During his tour with VS-28, he qualified as a CDI, and completed two Mediterranean deployments on board USS Forrestal (CV 59), including one in which the Forrestal spent 108 consecutive days at sea enforcing



Photo by PH3 Jennifer Rivera

ADCS(AW) Collin O'Hara of HS-11 salutes his sideboys during his retirement ceremony last Friday. O'Hara retired after 23 years of naval service.

U.S. maritime policy in the North Arabian Sea.

In November 1988, he reported to NAS Pensacola, where he was assigned to Air Operations as the air terminal supervisor and departmental career counselor. While there, he was among a few top Sailors chosen to represent NAS Pensacola at a ceremony at the Pentagon in May 1989 recog-

nizing the installation as the best in the Department of Defense. He was also recognized as Supervisor of the Month in December 1989 and earned his enlisted aviation warfare designation in November of 1990.

In June 1992 he joined the "Knighthawks" of VFA-136, serving as the Power Plants work center supervisor, supporting 11 F/A-

18C aircraft and later as the quality assurance leading petty officer. In June 1994, he deployed on board USS George Washington (CVN 73) for its maiden deployment to the Mediterranean Sea and Persian Gulf. During this historic deployment, Washington served as the flagship for ceremonies commemorating the 50th anniversary of the allied invasion

of Normandy, France ("D-Day") on June 6, 1944 during World War II. In September 1995, O'Hara was promoted chief petty officer.

In January 1996, he transferred to the "Grandmasters" of HSL-46 aboard Naval Station Mayport. He served as quality assurance supervisor and maintenance control supervisor, responsible for providing direct support to the squadron's 10 sea-going helicopter detachments on various Atlantic Fleet ships. During his tour, HSL-46 earned the Battle "E" and O'Hara was advanced to senior chief petty officer.

In January 2000, O'Hara began his final tour with HS-11. He joined the squadron during a deployment on board USS John F. Kennedy (CV 67) in the Persian Gulf. O'Hara also deployed with HS-11 on board USS Theodore Roosevelt (CVN 71) as that vessel spent 159 consecutive days-at-sea conducting air strikes against Afghanistan in support of Operation Enduring Freedom.

HS-11 earned the Battle "E" for 2001 and in 2002, O'Hara was recognized for his efforts with the Commanding Officer's Leadership Award.

In the summer of 2003, O'Hara completed his Bachelor of Science in Aviation Management from Southern Illinois University, Carbondale.

Joining O'Hara at his retirement ceremony were his wife, Laverne, their two daughters Traci and Amber, his parents, and numerous other relatives and friends. The O'Hara family plans to reside in the Jacksonville area.

Don't let heat injuries ruin your workout, PRT

By Miriam S. Gallet
Editor

The heat and humidity pelting the Sailors during a recent Physical Readiness Test (PRT) aboard NAS Jax, pushed their physical endurance to new limits. Most endured the test; others succumbed to the heat.

It was a vivid reminder of what can happen when one works out in the exceedingly scorching Florida sun, where the two summer demons, heat and humidity are a constant.

Heat-related illnesses occur when high temperatures and humidity become trapped in the body. As with other illnesses, prevention is the best medicine. In order to avoid heat-related illnesses such as heat cramps, heat exhaustion, and heat stroke it requires paying close attention to your fluid intake and being able to recognize the signs associated with heat stress.

"Drinking plenty of fluids, exercising during the cooler part of the day and taking time to acclimatize prior to starting a strenuous exercise program is essential to prevent heat injuries," explained Naval Hospital Jacksonville Emergency Room (ER) Clinical Nurse Specialist Lt. Cmdr. Jeffrey Johnson.

According to Johnson, some of the most common types of heat injuries seen in the ER are usually related to exertion due to exer-



Photo by Miriam S. Gallet

Family Practice Physician Cmdr. Dwayne Clark, a fitness enthusiast, runs three miles, three times a week.

cise and dehydration. NAS Jacksonville MWR Fitness Center Director Barbara Millhollan constantly reminds her patrons to pay attention to their hydration and to the color of the heat index flag posted outside the gym. "Never exercise outdoors if the flag is black," exclaimed Millhollan.

The Naval Atlantic Meteorological and Oceano-

graphic Facility's Wet Bulb Globe Temperature (WBGT) readings determine the color of the heat index flag. "Every morning we call the weather office and they give us the WBGT readings. Based on those readings we post the appropriate heat index flag," said Cathy Tatum, lead recreational aid at the gym.

Four different colored flags are used to warn fit-

ness enthusiast of the present heat index. The black flag is flown when the WBGT has reached a dangerous level and people should curtail all extraneous activities. A red flag calls for extreme caution; yellow represents caution and a green flag means that all is safe. These flags are only an indicator

of the heat and humidity index on any given day. Proper precautions are still required when exercising outdoors.

"The sensation of a good sweat sometimes keeps people going when in fact, they should stop. Heat related injuries are very dangerous. I encourage Sailors to prepare for their

PRT or for any other fitness activity by drinking plenty of water and hydrating in advance. Don't wait until you are thirsty; it may be too late. Chances are that by the time you start to feel thirsty, your body is well on its way to becoming dehydrated," she added.

See HEAT, Page 12

LIGHTNING: Recent storm damages air field, injures Sailor

From Page 1

came rushing in to offer his help. "We took my shoe off and saw that the muscles were constricting and my foot was discolored. Dr. Perry said we needed to get to the hospital and drove me there. I spent five hours there, being monitored and spent the night in ICU," continued Harden.

"When I first saw Mr. Harden, I noticed that his shoe was smoking and smelled like burnt rubber. After taking his shoe off, his foot appeared to turn completely white. His heart rate and respirations were normal. I immediately took him to the ER for an evaluation. We did some X-rays and blood work to check for muscle injury phenomena to the kidneys and decided to keep him for 24 hours to monitor any electro-mechanical disturbances that can sometimes occur from lightning strikes, such as heart attacks," said Perry.

Perry spent several hours checking on Harden that day, even though he had pulled in some general surgeons to help out. "Later on, his foot became discolored and we were concerned about vascular injury, but it went away indicating only some of his vascular was injured. He also had blisters on the right side of his chest that we think was the exit site," Perry explained.

"I think that because he had an umbrella over his right shoulder, it probably helped prevent some conduction from lingering in his body. He's lucky. There have been many cases of death from indirect hits," he added.

While in ICU, Harden was given large amounts of IV fluids to help his kidneys filter the breakdown products of muscle injury that can occur with lightning strikes. "We did numerous tests while he was in the hospital including EKGs, blood tests, an eye exam and hearing tests. They all turned out fine, but he is still under my care. He has some memory loss, which is common with lightning strike victims so I'm having him evaluated by a neurologist. He is also limping so I'll have an orthopedic surgeon look at his leg," added Department Head of Endoscopy Suite and Fleet Liaison Medical Officer Capt. G. Michael Perez, who is currently treating Harden.

Right now, Harden is recovering on convalescent leave. "I'm doing okay, I'm just pretty sore. I'd really like to thank Dr. Perry for all his help. He knew what to do and was great. I also think that if Josh O'Brien of the Pro Shop hadn't seen the storm coming in and put the call out to warn everyone, more people probably would have been hurt. It was a fierce storm that just came out of nowhere," he said.

In the future, Harden says he plans to get back on the golf course, but the first time he hears thunder, he'll definitely take it more seriously and get inside immediately.

"We have an early warning system. The tower calls us whenever lightning is within five miles of the station. We use a PA system and make an announcement to get everyone to come in and we also send someone out in a truck to check the course. The light-



Photos by Kaylee LaRocque

Bill Meyer, Air Field Facilities manager explains how a piece of copper wire was vaporized into a pile of sand from a lightning strike on the air field. The strike was so intense it fused the sand into a rock leaving copper residual inside.

ning around here is really dangerous, especially around all the trees near the pro shop. It's just not a safe place so we try to get everyone in quickly. I've actually felt the effects of lightning on the deck here, it's pretty scary," added Tim Hooks, director of the NAS Jax Golf Club.

At the air field, it's usually normal to have a couple of lightning strikes during every storm. "But on that day, we had 22 hits out here. We spent many hours that evening repairing the holes because our main objective is to maintain the runways and air field. We don't want an aircraft to hit any holes or be damaged by foreign object debris," explained Bill Meyer, Air Field Facilities manager.

Meyer, who has worked here since 1982, has seen some pretty bizarre occurrences from lightning strikes. "After one storm, we drove out and there was a hole big enough to drive a small pickup truck in. I've also seen lightning strike the blue lights near Hangar 30 and the bolt went all the

way through the system down to the river where it exploded the lights at the other end," he stated. "When lightning hits the pavement, it either splinters causing many small holes, or hits directly, creating a volcano effect, opening up the concrete. We check the air field after every storm and make repairs."

Not only does lightning affect the pavement, but it often hits the navigational aids. "We've spent millions repairing the electrical navigational aids here. Now we have new systems with lightning counter poise diversions, which means the lightning is supposed to hit somewhere else, but that doesn't always happen," he continued.

When a storm approaches, Meyer and his team heads indoors. "I am just amazed to see people out there dragging tie-downs across the air field or adjusting voltage on power carts during a lightning storm. They need to get inside," he said.

When a storm approaches, the Naval Atlantic



Steve Turco, forecaster and command duty officer at Naval Atlantic Meteorology and Oceanography Facility at NAS Jacksonville monitors an approaching storm. Turco issues thunderstorm warnings to base commands depending on the severity of the storm.

Meteorological and Oceanographic Facility here puts out warnings on the impending weather conditions. "We monitor individual cells by weather satellite and radar. We also have a lightning prediction system which displays lightning (cloud to ground) strikes throughout the country so we can track the storms. When we see lightning 25 miles and approaching the base, we issue a Thunderstorm Condition 2 warning. As it gets within 10 miles, we issue a Thunderstorm Condition 1 warning.

Unfortunately, sometimes these storms just pop up out of nowhere," explained AG1 Antonio Sanchez, assistant

aviation forecaster.

When the facility issues a warning, they notify numerous departments on base, who in turn have their own notification process. "During the summer months in Florida, thunderstorms are a common occurrence. As the moisture content builds and heat index rises, especially in the afternoon, the chances and intensity of thunderstorms increase," Sanchez continued.

When a thunderstorm condition is issued, many operations around the base are immediately halted. "The first thing we do is notify the fuel farm to secure all fueling operations because lightning can set off an explosion if it hits

around fuel. We also notify the golf course, boat house and several other departments. We don't close the air field, but the weather dictates what kinds of approaches the aircraft can do. We have set weather minimums for the types of approaches for the different types of aircraft here," said Operations Duty Officer Steven Morris.

Although the odds of you being struck by lightning are one in 3,000 according to the National Weather Service, it is also the second largest storm killer in the United States. You never know, you just might be that one unlucky person who is in the wrong place at the wrong time.

Sailor volunteers go back to school

By **Melisa Ram**
Naval Hospital Jacksonville Public Affairs

Naval Hospital Jacksonville participated in a volunteer clean up program at Sadie T. Tillis Elementary School Aug. 1. Fifty-five participants from the hospital and several other NAS Jacksonville commands helped prepare the lawn for the school year.

Principal LaVerne Hamilton said, "We are very happy that they are here. This is the first year that the military came and worked in such a large capacity here. In the past we've had some activities with NAS Jacksonville. For instance, we had the Color Guard come out after 9/11 for a flag raising ceremony."

The volunteers said they were happy to help the school out.

"I love volunteer work ... it's a good thing to do," said AEC3 James Simonetti, who works at VP-16.

"The Naval Hospital had the most volunteers in the clean-up with 22 volunteers, although it was a station-wide effort.



HM3 Adriana Ramey exchanges operating room instruments for lawn tools as she volunteers for a school clean-up project.

The NAS Jacksonville First Lieutenant's Division did a great job of supplying water and most of the equipment," said AEC(AW) Fernando Violenusellis.

There were many commands that participated including HS-3, 11 and 15, the NAS Jax Galley, VS-22, NAS Facilities and Environmental Department,



Teamwork gets the job done as demonstrated by HM1 Romulo Lim and HM3 Isabelo Victorio. Photos by Melisa Ram

Naval Dental Center Southeast, Commander, Navy Region Southeast, the NAS Aircraft Intermediate Maintenance Department, Base Security, NAS Jacksonville Supply, VP-16, the Bachelor Enlisted Quarters, and CBU-410.

The clean-up project was an important event for the elementary school. "Our school is small therefore we don't get funding for regular lawn care. All we could supply was the work and garbage bags. The military personal had to bring their own gardening equipment," said Hamilton.

"I like to volunteer, said Naval Hospital Jacksonville's HM1 Romulo Lim. "I volunteer three to four times a year, however this is my first time cleaning a school," he said with a smile.

This will not be the last volunteer effort at the school by NAS Jacksonville Sailors. Hamilton and the volunteer committee have discussed ways that the base can service the school.

There are plans to have a group of Sailors from the base mentor the students in science and environmental science.

"We also talked with them about creating a fitness plan because we only have two days of physical education a school year," said Hamilton.

Hamilton said this is great for everyone involved. "Number one, it lets the community know that we're working as a team. Number two, it's going to be great for NAS personnel to come in uniforms and serve as mentors for children. To let them see what responsible adults look like and what they do," said Hamilton.

HEAT: Hydration key to avoiding heatstress

From Page 10

Millhollan also recommends wearing minimal, loose-fitting clothes to allow for heat dissipation and air to circulate throughout the body. Dressing in light-colored clothes, which helps to reflect the sun's rays, is also recommended.

Since approximately one-third of the body heat is lost through the head, experts also recommend not wearing a hat. Rather, wear a mesh cap or visor to keep the sun from your face.

This allows heat to flow freely from your head. Millhollan suggests choosing a shady route for your workout. "Aboard the base there are lots of trees. Select a route where there is as much shade as possible, like the Patriot's Grove area," said Millhollan.

Whether running on the beach or participating in a PRT, recognizing the symptoms of a heat-related illness can mean the difference between making a fast recovery or having permanent damaging effects including death.

Heat cramps produce muscle spasms, which usu-



Photos by Miriam S. Gallet

After having completed a two-hour work out, military spouses Madeline O'Farrow (left) and Ingelise Tihler, pause outside the NAS Jax Fitness Center to drink some water. Tihler, a native of Denmark, finds the humidity hard to handle. She said, "In Denmark a 75-degree summer with very low humidity was considered a great summer. It took some time for me to get used to this hot weather, but I am managing it by staying hydrated."

ally affect the arms, legs or stomach. Heat exhaustion is considered more serious than heat cramps and it occurs when the body is overworked, but hasn't completely shut down.

This happens when you are dehydrated and when you haven't consumed enough fluids to replace what you are sweating away.

The symptoms of heat

exhaustion include headache, dizziness, nausea, fatigue, heavy sweating, cool moist skin, weak and rapid pulse, and loss of coordination and impaired judgement.

Heat stroke, the most serious form of heat-related illnesses is a life threatening illness with a high death rate.

The early symptoms of heat stroke include a high

body temperature, absence of sweating most of the time, red or flushed dry skin, rapid pulse, difficulty breathing, constricted pupils and any or all of the symptoms for exhaustion, but more severe. Advance symptoms may include seizure or convulsions.

Remember to acclimatize prior to exposure to heat;



NAS Jax Gym Recreational Aide Karen Gray, enthusiastically raises the heat stress flag outside the gym. The flag serves as heat level warning for athletes.

start slowly and build up. Drink lots of liquids including electrolyte drinks that

are good for replacing both water and minerals lost through sweating.

Kudo Korner

The following personnel were recognized during a Fleet Area Control and Surveillance Facility, Jacksonville awards ceremony on Aug. 7:

- Navy and Marine Corps Commendation Medal**
AC1 Scott Jones
- Good Conduct Medal**
OS3 Rosa Hernandez

Retiree seminar coming up

The Retired Activities Office (RAO) is offering a retiree seminar Sept. 13 from 9 a.m. to 2:30 p.m. at the NAS Jax River Cove Officer's Club.

Presentations will cover pay matters, Survivor Benefit Plan, Tricare for Life, Long Term Care, Tricare pharmacy benefits, PSD benefits, hospital benefits and a spouse workshop.

For more information, call 542-2766, Ext. 126.

MWR NOTES

Escape the ordinary on an I.T.T. trip

Have some fun with I.T.T. - take a trip or treat yourself to a show! Stop by our office located adjacent to the NEX, and sign up for a great trip. Our trips are open to all hands, so bring a friend! For more information call the office at 542-3318.

Jaguars tickets for all games are now on sale at I.T.T. Tickets are \$47.90 for lower level seats. You can also sign up to ride the I.T.T. shuttle to all the home games. If you sign up for all the games the price is \$6 per game. A ride to a single game is \$8.

The following are upcoming I.T.T. trips:

Aug. 24 - Sterling Casino Cruise. Set sail for five hours of gambling on the largest casino ship in Florida. A full day of fun for only \$12.50. We leave at 7 a.m. and return by 7:30 p.m. No one under 21 is allowed. You must sign up by Aug. 18.

Aug. 30 - Cedar Key. Discover the natural beauty of Cedar Key on a guided boat tour of the islands. Visit the Cedar Key State Museum, and learn all about the local history. Transportation, boat tour, and museum are all included for only \$26.75 for adults or \$19 for children 11 and under.

Oct. 15-19 - A fall colors extended getaway to the mountains. This trip includes Warm Springs, Ga. to see the former President Franklin D. Roosevelt's Little White House and Callaway Gardens. We're also going to the Bavarian village of Helen, Ga. for Oktoberfest, Asheville, N.C. to the Biltmore Estates and Chimney Rock Park. The cost is \$405 per person based on double occupancy for four nights, breakfasts and two dinners. The deadline to sign up is Sept. 12, and space is limited.

Tickets for "Night of Joy" at Disney on sale at I.T.T. for \$35.45 / one- night admission

and \$56.60 / two-night admission. Call I.T.T. at 542-3318 for more information.

NAS Jax Golf Club happenings

A golf and lunch special is being offered for \$19 weekdays after noon and weekends and holidays after 3 p.m. This special ends Aug. 31.

Players are entitled to 18-holes, cart, green fees and one lunch menu item.

The NAS Jax Golf Club & Mulligan's is now offering Ladies Day every Thursday through Sept. 30. Ladies can play all day at the golf course for \$10. The Mulligan's Ladies Social Hour runs from 4-7 p.m.

On Aug. 28, the Blue Course will reopen for play with a 10 a.m. shotgun start tournament. The \$30 entry fee includes golf, range balls, boxed lunch and prize fund. The entry deadline is Aug. 27. Call 542-3249 for more info.

Bingo Palace

The Bingo renovation project is underway. The Bingo Hall, located in The Zone, will be closed for business now through late August for major renovations. All other activities housed in The Zone are unaffected and open for business. This includes the Budweiser Brew House, CPO Club, Yesterday's Café, and The Zone Delivery Service.

Outdoor pool changes hours

August open recreation outdoor pool hours are 11 a.m. to 6 p.m. Tuesday, Thursday, Friday, Saturday and Sunday. The outdoor pool is closed for open recreation Monday and Wednesday. Swim lessons will continue through Aug. 15 as scheduled.

The Heritage Cottages

MWR's new Heritage Cottages are now open for only \$60 a night. These cottages make for a great vacation home away from home. They are fully furnished with plenty of space.

Make your reservation now by calling 542-3138/3139.

Veterinary Treatment Facility

Due to vendor price increases, the Veterinary Treatment Facility (VTF) has been forced to increase prices. We still have the lowest prices around.

The NAS Jax VTF is located in Building 8 at the corner of Ranger Street and Enterprise Avenue. The clinic is open Monday through Friday from 8 a.m. - 4 p.m. It is closed on legal holidays. Pets are seen by appointment only.

New clinic services have been added to accommodate our patrons. The VTF will have an evening clinic on the first Tuesday of every month from 5-7 p.m. There is also a walk-in clinic on the second Saturday of each month from 8 a.m. to noon. This clinic will be for vaccinations only. For more information and to make appointments, call 542-3786.

Mulberry Cove Marina news

Are fuel prices emptying your wallet? Take advantage of free gas this summer when you rent a 40-hp pontoon boat, whaler, bass boat, 10-hp stump knocker, or Yamaha jet skis.

The NAS Jax Yacht Club offers sailing classes. Now that the weather is warm, and the breezes are strong would be a great time to learn this renowned boating activity. After you've completed your class, the marina has sailboats for rent.

The marina offers free kayak and canoe rentals for active duty Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have some fun too. For more information on marina events, call 542-3260.

Auto Skills Center

Visit the Auto Skills Center for your professional or hobby car care needs. The center offers an array of services for the

novice or professional auto enthusiast. There is an ASE qualified mechanic on hand to assist with questions and tips on servicing your vehicle. The center is open Monday, Thursday and Friday from noon to 8 p.m., Saturday and Sunday from 9 a.m. to 5 p.m. and all holidays from 9 a.m. to 3 p.m. except Thanksgiving, Christmas and New Year's Day.

The Auto Skills Center offers a shop orientation class on the third Thursday and Friday of each month. Reservations are required for the orientation. Call 542-3227 for information.

O Club happenings

The Ready Room Officers' Club bar is open for social hours every Friday from 4-7 p.m. The Ready Room is available for command functions and special events all other days.

The T-bar, located behind Building 844 is now open to all hands every Thursday from 4-7 p.m. and every second and third Saturday from 4-7 p.m. The T-Bar is available for command functions and special events all other days.

Liberty happenings

The Liberty Cove Recreation Center is the place to go, if you want to know ... where all the fun and excitement is found. Join us for our Wednesday Karaoke and Dance Party. The fun starts at 7 p.m. at the Budweiser Brew house with DJ Marc "E" Marc.

A paintball trip is planned for Saturday and on Aug. 19, we're headed to the Comedy Zone.

NAS Freedom Lanes offers great deals

This summer enjoy some bowling fun. Each weekday this month through August, patrons can enjoy three games of bowling (including shoes) or two games, shoes and a hotdog and small drink for only \$6 from 11 a.m. to 4 p.m.

Active duty Sailors take advantage of free bowling on

Wednesdays from open to close.

Men's, women's, and co-ed bowling leagues are now forming. League action is set to begin early September. Call 542-3493 for more information. A Wednesday night competitive trio league with 540 average cap per team is looking to form. A meeting will be held Aug. 20 at 6:30 p.m. for those interested. Call 542-3493 for more information.

Youth Activities Center happenings

Take advantage of the fun events at the Youth Activities Center. Monday evenings we have indoor soccer from 6:15-8:15 p.m.

Dance classes and Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities.

If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water)

Free movies offered

Enjoy free movies at the base theater each Friday evening starting at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m. Bring your own popcorn, soda and snacks. Sit back and enjoy some of Hollywood's premier blockbuster hits. There are no alcoholic beverages allowed in the theater and persons under 17 are not permitted without adult supervision.

Tomorrow, 7 p.m. - A Man Apart (R)

Saturday, 5 p.m. - Lizzie McGuire Movie (PG)

Saturday, 7 p.m. - Down With Love (PG-13)

Aug. 22, 7 p.m. - Bullet Proof Monk (PG-13)

Visit 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.

Marina trivia contest winners announced

From the Mulberry Cove Marina

On Aug. 2, contestants of the first MWR/NAS Jacksonville Extraneous Trivia Contest gathered at Mulberry Cove Marina for the official drawing.

Of the 78 sailors who entered, six people scored at least 80 percent or higher and qualified to win one of two prize packages.

Ensign Adam Schantz won the \$250 grand prize package including a fishing reel, tackle, and golfing equipment. The second prizewinner was DKSN Tamara Boyles, who won the \$175 prize package and couldn't wait to start fishing. The following are the official answers to the trivia questions:

1. The shank of the marina anchor is blue.
2. NAS Jacksonville was officially commissioned on Oct. 15, 1940.
3. Liberty Cove has 18 computers.
4. Cmdr. Jimmy Grant landed an N3N-3 bi-plane on the unfinished NAS Jax runway.
5. The marina pigs are named Otis and Rufus Thibodeaux.
6. There are two putters hanging on the wall at Mulligan's.
7. The MWR Notes title in the Jax Air News measures two inches across.
8. Bobby Jones is the only individual to win the Grand Slam of golf.
9. The Third Law of Motion states that for every action there is an opposite and equal reaction.
10. There are six red and white stars in the Jax Air News banner.



USO offers Jag tickets to military members

From the USO

The USO has tickets for each of the Jacksonville Jaguar's home games including the pre-season games for active duty military members and one guest.

Ticket distribution is being handled by the USO. Each ticket will be \$6 with a maximum of two tickets per single active duty member and four for married active duty (spouse/children). Tickets will go on

sale two Monday's prior to each scheduled home game.

Uniforms are not required at the game, however all active duty members and their families will be required to show appropriate I.D. at the USO Gate at Alltel Stadium.

The wearing of command ball caps are authorized and encouraged.

For more information, call the USO at 542-3048.

COMMUNITY CALENDAR

The **Navy Wives Clubs of America, NWCA Jax No. 86** meets the first Wednesday of each 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 the Thrift Shop at 772-0242 or Pearl Aran at 777-8032.

The **Navy Wives Club's DID No. 300** meetings are held the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. For more information, call 387-4332 or 272-9489.

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.

MOMS Club of Northeast Florida meets the second and fourth Thursday of every month from 10 a.m. to noon. The meeting is free and open to all at-home mothers and children who live in the zip code areas of 32206, 32218 and 32226. For meeting location or more information, contact Debbie at 751-0671 (debbiejkg@yahoo.com) or Kathi at 751-3400 (katdj28@aol.com).

The **Marine Corps League, Jacksonville Detachment** holds their monthly meeting the first Thursday of the month at 7:30 p.m. at the Marine Corps

Recruiting Station at 3728 Phillips Highway, Suite 229. For more information call John Leisman at 779-7375.

Christian Fellowship Night is held behind the Chapel in Building 749 from 6:30 - 9 p.m. every Tuesday night. For more information, call 542-3051.

The **National Naval Officers Association (NNOA)** holds its monthly meeting on the third Thursday each month at 5:30 p.m. at the Jacksonville Urban League, 903 West Union Street. Interested personnel are encouraged to attend or contact Lt. Herlena Washington at 696-5005 or email WashingtonHO@matcobic.usmc.mil.

The **Westside Jacksonville Chapter 1984, National Association of Retired Federal Employees** extends an open invitation to all currently employed and retired federal employees to our regular meeting held at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. For more information, call R. Carroll at 786-7083.

The **Jacksonville Genealogical Society** will hold their monthly meeting Saturday at the Webb-Wescott Library, 6887 103rd Street at 1:30 p.m. For additional information, contact Mary Chauncey at 781-9300.

The **Military Officers Association of America (MOAA)** will hold their monthly dinner meeting Aug. 20 at 6 p.m. at the NAS Jax River Cove Officer's Club. All active or retired commissioned officers from the nation's seven military

services are welcome to join with our Jacksonville Chapter of MOAA. For reservations or more information, contact Steve Kerlin at 262-0209 at least three days before the meeting.

The regular monthly meeting of **Branch 126, Fleet Reserve Association** will be held next Thursday at the Branch Home, 7673 Blanding Blvd. at 8 p.m. All active duty and/or retired enlisted personnel of the Navy, Marine Corps, and Coast Guard and enlisted Reserve personnel are invited to attend.

The **"Memphis Muster" for VP-1** years 1969 thru 1974 will be held Sept. 12-14 in Memphis, Tenn. For more information, contact Don Grove at dongrove@direcway.com, Mike Taylor at ldeplay@worldnet.att.com or Jack Bachhofer at (904) 264-5890 or email bachhoferj@aol.com.

The **VP/VPB-23 Veterans Association** will hold its ninth reunion in Jacksonville Oct. 15-19. For more information, email dklotz23@aol.com.

VF-22 Korean War veterans will return to Jacksonville/Orange Park for a 50th anniversary reunion at the Holiday Inn Orange Park on Oct 21-22. For more information, contact Jack Bailey at 757-340-5922 or email charlies-son@msn.com.

The annual **VP-24 Reunion** is scheduled for Oct. 24-26 at NAS Jacksonville. For more information, write Don Hall, 2003 Jax Reunion Host, 4421 Commons Dr. East, #413, Destin, Fla. 32541 or email djhdestin@cox.net.

SPORTS & STANDINGS

Fall softball meeting

There will be a meeting for Open League Softball today at 4 p.m. at Mulligans. This meeting is only open to active duty, dependents over 18, retirees, and base civilian employees.

Navy Southeast Regional Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races.

Uniforms are provided as well as transportation, entry fees, and lodging costs. Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be

one of top 10 regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Southeast Regional qualifying times:

5K -	Men 19:00
	Women 24:00
10K -	Men 34:00
	Women 46:00
Marathon -	Men 3 Hrs. 30 Min.
	Women 4 Hrs.
Triathlon -	Men 2 Hrs. 30 Min.
	Women 3 Hrs.
Triathlon time based on 1.5k swim, 10k run, 40k bike	

For more information about any of the sports articles, call 542-2930/3239. Visit the MWR website at www.nasjax.navy.mil

Intramural Golf Liberty League Standings

Team	Wins	Losses	Ties
FASFAC	5	1	0
REDCOM	5	1	0
VP-62	5	1	0
CSCWL	4	1	0
VR-58	4	2	0
FASO	3	3	0
AIMD SE	2	3	0
Wing 11 "B"	2	3	0
VS-22 "A"	1	5	0
NAMTra	0	5	0
NADEP	0	5	0

Intramural Golf Freedom League Standings

Team	Wins	Losses	Ties
AIMD Albatross	6	0	0
AIMD Khaki	4	1	0
Wing 11 "A"	4	1	0
ASTC	3	2	0
NAMTra 1011	3	3	0
SERCC	3	3	0
VP-16	2	3	0
Naval Hospital	2	4	0
Navy Band	1	3	0
VS-22 Checkmates B	1	5	0
GEMD	0	4	0

CREDO Southeast offers women's retreat this weekend

We encourage you to attend the women's retreat coming up Aug. 15-17 at Epworth, St. Simon's Island, Ga.

Our speaker is exceptional in women's ministries. The topic will be on the "Margins of Life"; those things that women can experience, and write in the "margins" of their lives. For more information, call 270-6958.

JAX TALES

By MIKE JONES

WWW.RICKYSTOUR.COM



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In Gear

A weekly look at the automotive market
