

# JAX AIR NEWS

Vol. 59 • No. 30

NAS Jacksonville, Fla.

August 16, 2001

## American Legion recognizes Jax Sailor's 'Spirit of Service'

By JO2 (SCW) Eric T. Clay  
Staff Writer

The American Legion will present their "Sprit of Service" award to AM2 Anjail F. Weaver, a Naval Atlantic Meteorology and Oceanography Facility Jacksonville Sailor, during their national convention Aug. 27-30 in San Antonio, Texas. The award will be presented by American Legion National Commander Ray G. Smith.

This award is presented annually to an active duty member of the military that is an E-5 or below, who exhibits outstanding military professionalism and demonstrates high quality volunteer work in the community on their off-duty hours.

Over the past three years, Weaver contributed more than 1,200 volunteer hours to various causes. For instance, she helped raise \$10,000 for the Salvation Army Bell Ringer Project.

Her leadership, example and positive attitude as NLMOF's Volunteer Service Coordinator motivated her shipmates to contribute 7,680 hours of their time to 17 different activities.



AM2 Anjail F. Weaver

Weaver said, "I volunteer because I put myself in other people's situations. If it were myself, I would want someone to help me. I still feel that I haven't done enough to help other people." Weaver added, "Volunteering has made a difference in my life and if other people do it they will see a difference also."

Weaver volunteers two hours a week with the Jacksonville City Rescue Mis-

sion. She prepares and serves meals and pass out clothing, blankets, and hygiene products and lends emotional support. At Pinedale Elementary School, she mentors third and fourth graders in the "Say No to Drugs" campaign.

The Naval Air Station's Volunteer Council also benefits from Weaver's efforts. Weaver said, "I'm on the council because I feel you must lead by example and if I am at an event, more of the people I work with feel comfortable volunteering."

Weaver is a 2001 "Blueprint for Leadership" graduate. This program identifies, recruits, trains and places potential community leaders on nonprofit boards and other governing or advisory bodies in Jacksonville.

She has been the Regional Junior Sailor of the Quarter twice, and has almost completed her Bachelor Degree in Workforce Education and Development

from Southern Illinois University.

NLMOF Jacksonville Commanding Officer Cmdr. Scott Livezey said, "Due to Petty Officer Weaver's hard work NLMOF was awarded runner up for the NAS Jacksonville's annual Volunteer Award. Weaver has really gotten the command involved and encouraged us to give back to the community. She is very deserving." Weaver received the Navy Volunteer Service award while with NLMOF. Livezey said, "She earned it."

*"Volunteering has made a difference in my life and if other people do it they will see a difference also."*

Weaver's other volunteer activities include: Florida Coastal Clean-up, Paint the Town, Junior Achievement, Learning for Life, Wrap up a Miracle, Angel Tree, Children's Miracle Network, Jacksonville Air Show, Hubbard House, Klothes 4 Kids campaign, Beaches Park Project, Hosanna House, Wolfson High School, and Stand, Walk, and Jump for Kids.



Photo by JO2(SCW) Eric Clay

NC1(SW) David Thies and NCC (SW) Tammy R. Long display the Golden Anchor retention pennant before it is flown on VP-30's newly dedicated flagpole.

## VP-30 celebrates retention prowess

By ATC Werner F. Robles  
VP-30 PAO

A small ceremony was held Aug. 7 at the entrance to the VP-30 hangar dedicating the command's new flagpole. This dedication was in honor of VP-30's retention achievements over the past year, as well as other command awards.

Capt. Andy Andersen, VP-30's commanding officer, was visibly proud. "We wanted to show all who enter the quarterdeck the esprit-de-corps we enjoy at VP-30, the love we have for our country and pride in our recent achievements," Andersen said.

The flag pole and ceremony idea came from NCC (SW) Tammy Long,

who wanted to recognize the efforts of VP-30's Command Retention Team for winning the prestigious retention pennant four quarters in a row. A Navy First! VP-30 won the pennant for the fourth quarter of 2000, and the first, second and third quarters of 2001.

Command Master Chief Tom Welden said, "Upon check in, I noticed that the retention numbers at VP-30 were truly outstanding. So when Career Counselor Long approached me with the idea of a retention pennant and a command flagpole I was all in favor of it. A command this large warrants a command pole to honor the men and women that come

See VP-30, page 6

<b>Inside</b>	RV Park expansion completed	Welcome home 'War Eagles'
	Page 8	Pages 16 & 17
	Jax Air News online: <a href="http://www.nasjax.navy.mil">www.nasjax.navy.mil</a>	

<b>Weekend Weather</b>	Friday	Saturday	Sunday	Seven-day forecast available at Naval Atlantic Meteorology and Oceanography Facility Jacksonville's website: <a href="http://www.nlmof.navy.mil">http://www.nlmof.navy.mil</a>
				
	75/92	75/92	74/93	

## Meet a Sailor... PNSN James A. O'Brien



**Job Title:** Reservist Clerk  
**Hometown:** Middletown, N.Y.  
**Past Duty Stations:** Meridian, Miss.  
**Family Life:** Single.  
**Career Plans:** To become a SeaBee.  
**Most Interesting Experience:** Boot Camp.

**Words of Wisdom:** "Don't judge the Navy by your first command."

## Meet a Civilian... Paula Walling



**Job Title:** SATO Travel Consultant  
**Hometown:** Sums, Wash.  
**Past Duty Stations:** Guantanamo Bay, Cuba, Norfolk, Va.; Okinawa, Japan; Charleston, S.C.; Groton, Conn.  
**Family Life:** Married 21 years, two children.  
**Career Plans:** To retire in 10 years.

**Most Interesting Experience:** Living in Cuba.

**Words of Wisdom:** "When life gets tough, toughen your faith."

## CNO says modernization critical to Fleet's current, future readiness

FAIRFAX, Va. (NNS) — Chief of Naval Operations Adm. Vern Clark called on the Naval Sea Systems Command's Fleet Modernization Program (FMP) to "challenge all the assumptions" and continue to sharpen its focus on providing the fleet with the best operational and technical modifications available to meet the challenges of the 21st Century.

Clark talked about the importance of the program's modernization efforts during his recent address at their annual policy implementation conference.

The FMP is responsible for the planning, budgeting and accomplishment of ship improvements in response to changing operational requirements and the emergence of new threats.

The CNO recalled his own shipboard experiences as a main propulsion assistant, chief engineer and commanding officer.

He emphasized the lessons he's learned about the need for speed and agility in the ship modernization process "so that men and women who climb on them today and take them over the horizon have the very best capabilities that we know how to provide."

By keeping its focus on providing Sailors with the best technology available,

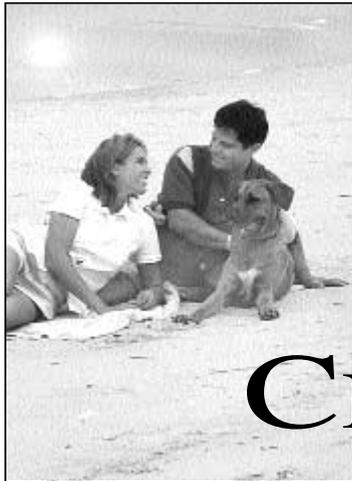
the CNO said the FMP is keeping the fleet prepared to project American sovereignty.

"The requirement for us to have combat credible forces able to reach the far corners of the earth has never been greater," the CNO said. "This morning, 33 percent of the Navy is on the point — one third going, one third coming and one third ready to go. We don't have any excess capacity anymore."

To keep the Navy ready for this challenging deployment cycle, Clark said it would take an ongoing assessment of the fleet's current needs and a continued focus on finding ways to maximize the "utility" of every platform in the nation's naval arsenal.

"If we don't have the courage to look one another in the eyes and say this isn't producing the product that the user believes ought to be produced, then we're not ever going to be able to get the right answer to this question: 'how can we produce a better product?'" the CNO said.

"Remember, the Navy starts with the fleet and the young men and women who need the products you're going to produce here today," Clark concluded.



## It's free!

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

# CREDO

## Chapel extends invitation to Sunday Services

You are invited to attend Protestant Services, Sunday Aug. 19, 11 a.m. at the Base Chapel. The message is titled: "Why does God let me have problems?" Officiating Chaplain is Lt. Cmdr. W. Hatman.



## JAX AIR NEWS

NAS Jacksonville Commanding Officer ..... Capt. Mark S. Boensel  
 Public Affairs Officer ..... Charles P. "Pat" Dooling  
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Deadline for all routine copy is close of business the Friday before publication. Deadline for Fleet Market submission is noon Monday. Questions

or comments can be directed to the editor. The *Jax Air News* can be reached at (904) 542-1533 or (904) 542-3531 or by fax at (904) 542-1534 or write the *Jax Air News*, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

The *Jax Air News* is published by Add Inc., a private firm in no way connected with the U.S. Navy under exclusive written contract with the U.S. Navy. It is published every Thursday by Add Inc., whose offices are at 1564 Kingsley Ave., Orange Park. Estimated readership over 32,000. Distribution by Publication Distribution Service, 904-PDS (737)-7320.

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# Congratulations to the Chief Petty Officer Selects

## CHSWL

AW1(AW/NAC) Bruce R. Kane, III

## HS-5

AW1(AW/NAC) Rhett R. Boudreaux  
AM1(AW) Christopher J. Fenner  
AD1(AW) Antonio Maria Manlulu  
Frias  
AO1(AW) Mark D. Stites

## HS-11

AE1(AW) Lisa S. Burns  
AM1(AW) Russell J. Merchlewitz

## HS-7

AT1(AW) William B. Belus  
AM1(AW) Melvin Carter Jr.  
AE1(AW/SW) Walter T. Smart  
AZ1(AW) Donna A. Souza  
AW1(AW/NAC) Paul M. White III

## AIMD

AM1(AW) Nestor A.C. Bautista  
AD1(AW) Jose O. Curbelo  
AZ1(AW) Leonard B. Gage  
AD1(AW) Eddie L. Knight  
AD1(AW) Michael D. Owens  
AS1(AW) Ramoncito R. Santos  
AD1(AW) Warren Smith  
AD1(AW) Phil J. Stafford  
AD1(AW) Jeffrey W. Zucconi

## SCWL

AZ1(AW) Michael E. James

## CV-TSC

AW1 Roberto Ramos  
SCWSLANT  
PR1 Robert W. Baker

## VS-22

AM1 Clifton A. Buford  
AO1 Walter M. Harris  
HT1 John E. Lawrence  
AME1 Patricia D. Mills  
AT1 Pablo D. Vasquez

## VS-30

AT1(AW) Jack W. Carlsen  
AE1(AW/SW) Anthony B. Franklin  
AD1(AW) Paul E. Giacchetto

## VS-31

AK1 Bradley S. Hurst  
AD1 Mark E. Jones  
AO1 Terry A. Thiem

## VS-32

PR1 Theresa A. Baskin  
AM1 Larry R. Little  
PN1 Michael A.  
Wampler

## PSA Jax

PN1(AW) Freddy Padgett

## NAMTRA

AT1(AW) Sheila Fletcher  
AT1 Robert T. Griffin  
AO1(AW) Lavoski T. Munford  
AE1(AW) John C. Otwell  
AT1(AW/NAC) Russell S. Rogers  
AS1 Kenneth L. Smith  
AT1(AW) Barry L. Wheeler  
AS1(AW) Diana L. Wunder

## VPU-2

AO1(AW) Sheryl L. Alualu

## VP-45

AT1(AW) Robert T. Giffin  
AW1(AW/NAC) Brian L. Alber  
AZ1(AW) Stephanie M. Glass  
AE1(AW) Frederick J. Sharron  
PH1(AW) Glenn E. Sircy  
AT1(AW) Duncan A. Smith

## WING 11

OS1(SW) Myron L. Murphy  
AW1(AW/NAC) James Michael Carroll III

IT1(AW) Craig Antonio Cobb  
ET1(SW) Dale Thomas Long

## VP-16

AO1(AW) James L. Berarducci  
AW1(AW/NAC) Mark D. Fish  
AT1(AW/NAC) Paul D. Pleasant  
AW1(AW/NAC) Bryan E. Reed  
AZ1(AW) Teresa H. Whitehouse  
AT1(AW) Michael R. Worley

## Dental

DT1(SW) Curtis Washington

## VP-30

AD1 Freddie Brown  
AT1 Travis Burnett  
AD1 John Ervin  
AT1 Oscar Flynn  
AW1 Thomas Gilliam  
YN1 Janet Glover  
AT1 Joseph Hurley  
AM1 Lyle Jackson  
AW1 Jon Kempton  
AW1 Daniel Keplinger  
AT1 Todd Kuhlman  
AM1 John Laine

AW1 Jeffrey Leonhard  
AD1 Nathan Logan  
AE1 Kenneth Mathis  
AT1 Mooney  
AT1 Patrick Nolan  
AW1 Edward Nolan  
AW1 James Ormanoski  
AW1 Edward W. Rainey  
AT1 Richard Sims  
AT1 Charles Singer  
AM1 Charles Swenor  
AD1 Christopher Wire

## NCTS

IT1 Roslyn Harrell

## CNRSE

YN1(AW) Debra Brock

## NAS JAX

AM1 Rick Boswell  
NC1 Steve Jacobs  
AK1 Jeff Kirby  
ET1 Thomas Buckton  
TM1 Victor Hunt  
AO1 James Hunter  
AK1 Oberon Oca  
GM1 Feroz Aziz  
ET1 Bruce Rodriguez  
ET1 Christopher Hazucha

## NAVHOSP

HM1(FMF) Jean A. Lafontant  
HM1(FMF) Suzanne M. Ivey  
HM1(FMF) Nancy K. Glaser  
MA1(SW) Curtis Kalla  
HM1(FMF) Joseph J. Peterson  
HM1 Steven M. Irpino

## NAVAIR

AO1(AW/NAC) Brian R. Flinn

## FACSFAC

ACC(AW) Timothy Dwight Altman  
ETC(SW/AW) Frederick Conway Lane

## FASO

AD1(AW/MTS) Richard D. Bucek  
AW1(AW,NAC,MTS) Edward Ginder  
AW1 (AW, SW, NAC, MTS) Eric A. Johnson

## NDC SE

DT1 Collette S. Thornton

## TSO

LN1 Mark Blask

## CBU-410

CM1 Lance E. Peterson

## USCG

AMT Robert A. Hughes



## 'DEFY' Program Coordinators grateful for support

Patrol Squadron (VP) 30 Naval Base Jacksonville Florida completed an eight-day non-residential camp at NAS Jacksonville Reserve Center on July 18. A total of 50 children and 25 counselors/staff attended the camp.

The camp was spearheaded by VP-30 Command Career Counselor NCC(SW) Tammy Long, along with VP-30 staff YN3 Nicole Mannon, Fleet Area Control and Surveillance Facility (FACSFAC) volunteers OS1(SW) Jeffrey Johnson, and BU2 Maurice Burnett CBU 410.

"Through hard work and dedication we watched our youth develop personnel skills and leadership qualities in order to prepare for life struggles and the importance of drug awareness,"

Long said. The curriculum, coupled with the motivation and professionalism of the staff members and base-wide help, provided the necessary tools needed to teach the youth valuable goal-setting skills, the importance of avoiding conflicts and how to handle peer pressure when it comes to drug prevention."

Johnson added "When the first day begin we had 50 youth from different backgrounds and in just eight days we had a team proud of their accomplishments and ready to make an impact as leaders in their community and school."

Long offered her thanks to all the personnel at the Navy and Marine Corps Reserve Center and their Commanding Officer Capt. Greg Kaufman, Executive

Officer Cmdr. Jim Fassa, PXO Lt. Cmdr. Anthony-Bradley and CMDMC Donald Justus for their support and being the headquarters for the camp.

She also is grateful to Cmdr. David Taylor, VP 30's executive officer and CMDMC Tom Welden for hosting and supporting the camp staff from start to finish. And she thanks her DEFY staffers OS1 Jay Johnson, YN3 Nicole Mannon, BU2 Maurice Burnette, YN3 Joann Anderson, OS2 Sharrod Jones, HM2 Maria Herrera, HM Antron Thomas, HM3 Pamela Penn, YN2 Geraldine Bowden, ADAN Joshua Spencer, YN1 Jeannine Wardrick, YNSA Sabrina Hart, AK2 Anthony Qualls, AG2 Yvette Garcia, STG1 Tony Goulet, HM3 Patrice Hernandez, HM2 Jesse Booth, PH2 Toiete Jackson, MS Rondia Hinote,

Kala Rodgers, MS Mary Kirk, Aaron Kaufman, HM2 Jay Jackson and HM2 Essence Jones.

Others great DEFY program supporters included: CMDMC Chuck Lawson, PWC staff Wayne Maiden, Steve Hall and Cheryl Miller, Capt. Wilbert Gregory and his Fire Department staff, the base Galley, VP 30 Maintenance Control and Material Control personnel, MWR and the Bowling Alley staff including John Bushic, John Duncan, Julie Caudill, Judy Fash, Brenda Colvin and Tiffany Saunders and Officer Moore of the JSO, Police Community Affairs D.A.R.E.

For Phase II info please all OS1(SW) JJ Johnson at 542-2553 or NCC(SW) Tammy Long at 542-3769.

## ITEMPO now recorded on the LES

WASHINGTON (NWS) — Sailors, both active-duty and Reservists, can now monitor their own individual personnel tempo (ITEMPO) by consulting their leave and earnings statements (LES).

Located in the remarks section of the LES, the ITEMPO "counter" includes the date the Navy sends the ITEMPO file to the Defense Finance and Accounting Service (DFAS). It also includes the number of high-tempo deployment days accrued since Oct. 1, or since entering military service.

The counter reflects a Sailor's deployment days in a 730-day rolling calendar, beginning Oct. 1, or the accession date, whichever is later.

Vice Adm. Norb R. Ryan Jr., Chief of Naval Personnel, views this change as another opportunity to empower Sailors.

"While tracking Sailor deployment days remains a leadership responsibility, the counter in the LES remarks will encourage personal involvement in, and awareness of, the ITEMPO tracking process," said Ryan. "But what's just as important is effective data entry and program maintenance that will necessitate continued command diligence."

Ryan will continue to review and

assess current policies on distribution, career progression, and other personnel-related matters to gauge the potential ramifications of ITEMPO.

"My goal is to further assist Navy leadership in achieving the best possible balance between the Navy's global commitments and the time Sailors must be away from their homes and families," said Ryan. "Continued support in implementing this complex and far reaching program is greatly appreciated."

Commands are required to establish procedures that periodically review each Sailor's deployment history and ensure that all known ITEMPO events are entered into the Navy personnel database accurately and promptly.

All personnel are encouraged to become familiar with what does, and does not, constitute an ITEMPO deployment event. Sailors are encouraged to bring questions regarding their ITEMPO counters on the LES to their chain of command or the command's designated ITEMPO coordinator.

For more information on ITEMPO, see NavAdmin 191/01 or go to the ITEMPO link at located at <http://www.bupers.navy.mil>.

## CNET offers brief on United Services National Apprenticeship Program

### From the Navy College Office

Peggy Johnson, N2, Commander Naval Education and Training Command (CNET) will be conducting a briefing and question and answer session at the Naval Air Maintenance Training (NAMTra) Building in the "Blue Room" Auditorium from 9-11 a.m. on Aug. 23. This brief is for all interested Navy, Coast Guard and Marine Corps personnel - Navy Command Master Chiefs, Command

Career Counselors, and Educational Services Officers who are involved with programs related to Navy Training or Certification of Navy rating skills are particularly encouraged to attend. The brief will cover the United Services National Apprenticeship Program, its policies, and enrollment and completion procedures.

The USNAP is an interagency program of the Coast Guard, Navy, Marine Corps and the U.S. Department of Labor.

# Two new active-duty restricted line communities established

WASHINGTON (NNS) — In keeping with the Navy's goal of a competitive, streamlined service, the Secretary of the Navy has approved the establishment of two new active-duty officer restricted line communities.

Information professional (IP) and human resources (HR) will become new career options for active-duty officers beginning Oct. 1.

In response to growing demands for specialized skills in information technology, the IP community, designated 160X, will provide expertise in information, command and control, and space systems. Skills will be focused on the planning, acquisition, operation, maintenance and security of computer systems that support Navy operational and business processes.

The HR community, designated 120X, will plan, program and execute life-cycle management of the Navy's most important resource — people. These functions encompass the combined elements of manpower, personnel, training and recruiting.

"Our goal is to provide all officers the opportunity for challenging, rewarding and competitive careers," said Vice

Adm. Norb R. Ryan Jr., Chief of Naval Personnel. "This is an important step forward for the future of the Navy officer corps."

Billets for the new communities will initially derive from the fleet support officer (FSO) communities: 1100, 1000 and 1050 billet bases.

Members of the FSO community who possess the specific skill sets and leadership experience required for the new communities may request to be selected for the communities during a special transition board that convenes in September.

Lateral transfers from other designators will begin when a board convenes in November. Although initial entry into both communities will be by way of a lateral transfer, the Navy will evaluate the need for direct accessions into both communities at a later date.

For more information, go to the FSO community Web page at <http://www.persnet.navy.mil/fleet-sup/note.asp> or contact

Capt. Moira F. Wurzel, FSO community manager, at (703) 697-8761 or e-mail [tomailto:n131g@bupers.navy.mil](mailto:tomailto:n131g@bupers.navy.mil).

# KUDO KORNER

The following individuals of Naval Hospital Jacksonville recently received awards:

**Defense Meritorious**

**Service Medal**

Cmdr. David Miller

**Navy and Marine Corps**

**Commendation Medal**

Lt. Cmdr. James Hough

Lt. Sharon Mawby

Lt.j.g. Doug Whippey

HM1 Suzanne Ivey

**Navy and Marine Corps**

**Achievement Medal**

Lt. Cmdr. Nancy Dull

Lt. Cmdr. Barbara Ebert

HM3 Lorelie Flinn

HM3 Aundrea Holloway

SK3 Tahra Baker

Fleet Area Control and Surveillance Facility Jacksonville presented awards to the following people Aug. 7:

**Navy and Marine Corps Achievement Medal**

OSCS(SW) Robert Kennedy

AC2(AW) David Harris

OS2(SW) Jeffrey Smith

AC2 Craig Sipe

**CNAL Letter of Commendation**

ET1(SW) John Gorham

AC3 Jason Hackney

**ComFairMed Letter of Commendation**

OS2 Debra Green

Good Conduct Award

ET3 Wilmar Jimenez-Morales

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Check out our archives online.

[www.naajax.navy.mil/JAX\\_AIR\\_NEWS/home.htm](http://www.naajax.navy.mil/JAX_AIR_NEWS/home.htm)



## VP-30: Retention achievements

*Continued from page 1*

through VP-30." "Being the largest squadron in the Navy with the best retention in the Navy we needed to have something that states that loud and clear," said Cmdr. David Taylor, VP-30 executive officer. "This is the first thing people see when they come through the door. It's a beautiful testament to the hard work our men and women do day in and day out and to their commitment to the squadron and the Navy."

The ceremony included members of the First Lieutenant division as well as members of the Command Retention Team. The First Lieutenant crew tasked with digging the hole, mixing and pouring the concrete and raising the pole included: AEC (AW) John Williams, AD2 Carl Taylor, AT3 Justin

Bogar, AWAN Jason Vincent, AWAN Jennifer Arcia, ATAN Mary Shupe, AWAN Bill Anderson.

Members of VP-30's lauded Command Retention Team are: AE1 Ralph Moore, AM1 Steven Sell, AW1 Scott Ehlers, AW1 Thomas Gilliam, AE1 David Conwell, YN2 John Dandy, AW1 Michael Hadus, MS2 George Parker, AM1 Keith Raynor, AZ2 Derek Shivers, AZ1 Linda Doktor, AD1 Rodney Thayer, AK2 Joed Smith, AD1 John Ervin, AM1 Lyle Jackson, AE2 Jason Mifsud, PR1 Louis Tavares, AME1 Scott Lewis, AT1 Ricardo Baez, AEC Burton Lambert, AO1 Gregory Walker, ABH2 Carrie Attardo, YN1 Brian Kerns, YN3 Chalantay Williams, AW1 Scott Marcus, AT1 Randall Scott, AT1 Oscar Flynn, AW1 Jeff Eakle, AW1 Charles Wilson, IT1 Troy Philpot and ABE1 Andre Williams.



With the national ensign flying proudly overhead, VP-30's NCC (SW) Tammy Long and CMCMD Tom Welden prepare to hoist awards pennants to the yardarm. Observing are Capt. Andy Andersen, VP-30 commanding officer, members of the Command Retention Team and First Lieutenant Sailors.



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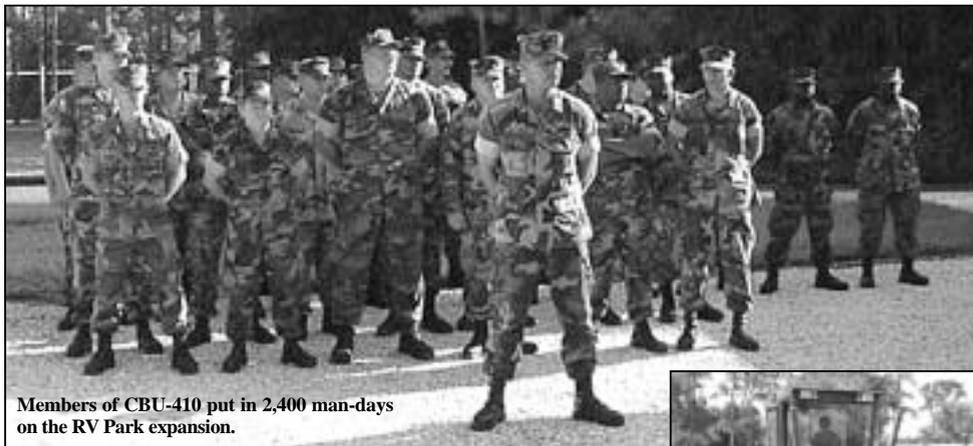
[www.fasolant.navy.mil](http://www.fasolant.navy.mil)

# RV Park expansion completed, offers improved space, amenities

By Glenn Mebane

MWR Marketing

NAS Jacksonville's Morale, Welfare and Recreation Department held a ribbon cutting ceremony last Friday to celebrate the completion of the RV Park expansion project. The project provides many additional campsites for NAS Jacksonville.



Members of CBU-410 put in 2,400 man-days on the RV Park expansion.



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

The old park had only eight full hook-up sites, the expansion provides an additional 21. There are picnic tables and concrete platforms on the new full hook-up sites. The expansion also provided four more partial sites and several more primitive sites. A new bathhouse was constructed with modern amenities. There is also a new keyless entry laun-

dry room with washers and dryers. There is no charge for the RV Park patrons to use the washers or dryers. Public telephones have also been added.

Prior to cutting the ribbon at the newly expanded facility, NAS Jacksonville Commanding Officer Capt. Mark S. Boensel addressed a large crowd of Sailors and MWR employees. He acknowledged the many people who worked on the project, yet gave special credit to the Sailors of Construction Battalion Unit (CBU) 410 for their dedication and hard work. Cutting the ribbon with Boensel were Cmdr. Robert Fedder, Facilities Officer, Lt. Cmdr. Charles Mendoza Resident Officer-In-Charge of Construction (ROICC), Lt.j.g. Ben Puig and Lt.j.g. Aylin Duyal of ROICC, SWC (SCW) Jim Robbins, CBU-410 construction supervisor, and Bob Ahearn, RV Park manager.

As with all projects of this magnitude, there was a lot of labor involved. Robbins estimated that 2,400 man-days went into the project from start to finish. The project was completely executed by the Seabees of CBU-410.

"The completion of this project has been long awaited," said Bob Ahearn. "I'm excited about the outcome. With



NAS Jacksonville Commanding Officer Capt. Mark S. Boensel cuts a ribbon officially opening the newly expanded Station RV Park. Boensel is assisted by Cmdr. Robert Fedder, station facilities officer, Lt. Cmdr. Charles Mendoza and Lt.j.g. Aylin Duyal of ROICC, SWC (SCW) Jim Robbins, CBU-410 RV Park construction supervisor, and Bob Ahearn, RV Park manager.



The new bathhouse at the RV Park features free showers, washing machines and dryers.



EO1 Bobby Sinbeck grades the roadway at the RV Park Expansion.

the newly upgraded amenities, the RV Park provides another avenue for Sailors and their families to enjoy NAS Jax and Florida."

The RV Park is located on Birmingham Avenue. Rentals can be acquired through MWR Auto Skills and Crafted building at the corner of Birmingham Avenue and Jason Street. The office is open Thursday through Monday 7:30 a.m. to 8 p.m. and on Saturday and Sunday from 9 a.m. to 5 p.m. For additional information call 542-3227.



The RV Park expansion includes 21 new campsites as well as four more partial sites and several additional primitive sites.

# MWR NOTES

Check out what's happening with MWR at [www.nasjax.navy.mil](http://www.nasjax.navy.mil). Click the MWR link.

## Bowling Alley

Starting Aug. 18 the new Bowling Center Hours are:  
 Monday and Tuesday: 4-10 p.m.  
 Wednesday and Thursday: 11 a.m.-10 p.m.  
 Friday and Saturday: 11-2 a.m.  
 Sunday: 1-10 p.m.  
 Free bowling for active duty is moving to Wednesdays from 11 a.m.-1 p.m.  
 Call 542-3493.



## Flying Club

Aim High with the Jax Navy Flying Club. Call 778-8712 for more information.

## The Budweiser Brew House

Make the Budweiser Brew House your football headquarters this season! Enjoy 25 cent wings on Monday and Thursday 4 p.m.-10:30 p.m. and from open until 10:30 p.m. on Saturday and Sunday ask your server about our Touchdown Platter for \$5. Beverage specials also available during games! Active Duty win Jaguar tickets to home games during our featured games! Call 542-5009.

## Mulberry Cove Marina

Jet ski rentals are just \$25 and hour at Mulberry Cove Marina on non-payday weekends, Aug. 25-26. Call 542-3260.

## ITT

ITT Trips are open to all base personnel. Children 17 and under must be accompanied by an adult. Call 542-3318

Catch the following great trips this month:

Aug. 18: Shop 'til you drop while antique shopping at Mt. Dora. We're are

also going to Renninger's Antique Fair. Cost is \$11 per person.

Aug. 19: Reel in the Big One for only \$59.50 adults, \$54.50 for seniors and children under 14 are \$49.50. The cost includes all your fishing needs and transportation.

Aug. 25: Cumberland Island Adventure. Explore the historical sites, see the wildlife or spend the day on the beach. Adults are \$24, seniors are \$21 and children under 18 are \$19.

Liberty Trips are open to active duty and guests 18 and over, Liberty tournaments are open to active duty only!

Aug. 16: Spades Tournament at Liberty Cove Recreation Center at 6:30 p.m. with free pizza at 6 p.m. First place receives \$30.

Aug. 18: Skydiving Trip for \$130 per person. The van leaves Liberty Cove at 7 a.m.

Aug. 21: Iceskating or Rollerblading trip. This event is free for active duty and the van leaves at 6:30 p.m.

## CPO Lounge

The CPO Lounge would like to congratulate all new CPO selectees and we look forward to serving you in the near future. We have social hours on Wednesdays and Fridays and live entertainment every Friday. For more information call us at 542-3461.



## MWR offers cruises without duty

Visit [www.mwrleisuretravel.com](http://www.mwrleisuretravel.com) or call toll free 1-866-909-9091 to learn about great MWR vacations offered by cruise lines to dozens of fabulous ports. We offer great packages at great prices.

## Bingo

Dog Days of Summer Bingo - Aug. 25. The doors open at 10 a.m. The event features the daytime program times two! Cost is only \$1 per card. Call 542-2209.

## Dog Days of Summer Special

Yesterday's Cafe, Brew House, Bingo and CPO Lounge (during all operating hours)

Two hot dogs, chips and a soda for only \$2. Call 542-3521.

# NAVY NEWS

## DoD targets ecstasy abuse

WASHINGTON (NNS) — Ecstasy is the fastest-growing abused drug in the United States. The Department of Defense (DoD) is taking steps to ensure that it does not endanger service members.

Ecstasy, a drug with no known medical use, is also known by the street names "X," "XTC," "clarity," "essence," "adam," "lover's speed" and "hug drug."

Its abuse has exploded among young people, especially those between 18 and 21. In 1997, federal authorities seized 49,000 ecstasy pills. Two years later, the number of pills seized increased to more than 900,000.

DoD officials said 1,070 cases of ecstasy abuse in Fiscal Year 2000 accounted for 5.6 percent of all "positives" in the DoD urinalysis program. This puts ecstasy behind marijuana, cocaine and methamphetamine as the most abused drugs in the military.

"This is a problem in the civilian world," said Deborah Rosenblum, principal director for counter-narcotics with DoD.

"Anything that is as popular, where there are misconceptions about it in the civilian world, we certainly take note of it from a recruiting and readiness perspective."

Abuses in FY 2001 have slowed, according to DoD officials. Rosenblum said contributing factors are education efforts by the services and a growing awareness in the military ranks that the urine test can detect ecstasy use.

DoD plans changes in test protocols, such as weekend testing, for example. The services will also work together to see what messages resonate with service members and what tactics seem to work, according to Rosenblum.

Ecstasy is dangerous, according to the findings of a primate study, announced at a mid-July research conference in Bethesda, Md. When monkeys were given the human equivalent of four daily doses of ecstasy, they showed brain damage and behavioral changes two weeks and 18 months after the "binge."

The effects noted are consistent with those observed in humans, such as memory loss and acute depression, among others.

Overall, the DoD anti-drug efforts have been successful.

In 1980, surveys showed 28 percent of service members said they had abused an illegal drug in the last month. The 1998 survey stipulates that number at 2.7 percent.

For more information on ecstasy from the Drug Enforcement Administration

(DEA), go to <http://www.usdoj.gov/dea/concern/mdma/mdmaindex.htm>.

More information, including awareness training, is available online from the Navy Alcohol and Drug Abuse Prevention Program, at <http://navdweb.spawar.navy.mil>.

## CNO approves new IT command

WASHINGTON (NNS) — Chief of Naval Operations Adm. Vern Clark has approved the creation of the Naval Network Operations Command (NNOC) here to oversee the Navy's major information technology programs.

The command, a result of the merger of the Naval Computer and Telecommunications Command (NavComTelCom) and Task Force Navy Marine Corps Intranet (TF NMCI), will be based at the existing headquarters located at the Naval District Washington complex in Northwest. Capt. Charles G. Cooper, commander of NavComTelCom, will initially take the reins of the new command.

NNOC will operate the "Information Technology for the 21st Century" (IT-21), a program designed to upgrade network systems aboard ships. The new command will also oversee the Navy's computer network attack and defense work through IT-21 and the NMCI procurement with Electronic Data Systems Corporation.

The creation of this command will allow the Navy to support the command and control of deployed forces through a network of global information technology systems and services. The merger means that a single organization will be responsible for operation and management of the Navy's voice, video and data networks.

For more information on NNOC, go to <http://www.ctfnmci.navy.mil>.

## CNP authorizes shore berthing for single, shipboard

WASHINGTON (NNS) — Beginning Oct.

1, a petty officer third class assigned to a ship, and who has four or more years in the Navy, will be authorized berthing ashore.

Vice Adm. Norb R. Ryan Jr., Chief of Naval Personnel, recently authorized shore berthing for all shipboard petty officers third class who meet the requirements. The Sailors must have their commanding officer's permission.

Sailors with less than four years of service and no dependents are not entitled to receive either bachelor allowance for housing (BAH) or overseas housing allowance (OHA).

The commanding officers of each shore-based facility are being directed to determine whether the Sailors will be berthed in bachelor's quarters or draw a housing allowance.

Senior personnel, who are BQ residents, will not be involuntarily displaced to provide berthing for single petty officers third class.

The change in policy was sparked by ET3 Travis Caddell, a crewmember aboard USS Ponce (LPD 15) in Norfolk, Va. He recently questioned the previous policy in an e-mail to Ryan.

Proving that the concerns of Sailors are the concerns of leadership, Ryan listened and recommended that BAH or OHA be authorized for shipboard Sailors without dependents.

"I received an e-mail from Petty Officer Caddell, who told me that he'd seen the NavAdmins come out each month, and said we were working on the right things, but felt more could be done," Ryan said. "Sometimes these questions result in changes in policy, or at least a second look at the way we do business."

As a result of that e-mail, the Secretary of the Navy and Chief of Naval Operations gave the green light to accelerate the pursuit of legislation to authorize berthing ashore for petty officers third class who meet the requirements.

Caddell noted that thousands of petty officers third class are single Sailors. He said that after a deployment, he watched friends go home, while he stayed on the ship. For 365 days a year, the ship was his home and work site.

Continued from page 10

"I'm paying to live ashore, so I'll have a good attitude when I come to work every day," Caddell said in his correspondence to Ryan.

"Ashore berthing for these hard-working men and women is a long overdue opportunity to improve the quality of life for our petty officers third class," Ryan added.

For additional information, go to <http://www.psafe.navy.mil> and click on BAH or OAH. To access the CNP message, go to <http://www.bupers.navy.mil/navadmin/nav01/nav01184.txt>.

**MA Force to grow in FY04**

WASHINGTON (NNS) — For the first

time, the September Navy-wide examination will feature a petty officer third class exam for the master-at-arms (MA) rating.

The MA force is expected to grow from the current level of 1,850 to approximately 4,862 by fiscal year 2004. That expansion will increase the MA force by more than 263 percent.

"The expansion plan in the near future for the MA rating is unprecedented in the last 10 years and is an excellent opportunity for conversion candidates," according to Lt. Cmdr. Myles Brooks, enlisted community manager for legal and law enforcement. "The Navy is looking for Sailors who are interested in joining the ranks of the master-at-arms force during this period of expansion. In addition to par-

ticipating in an exciting role in anti-terrorism protection and law enforcement, the MA rating offers excellent opportunity for career progression and advancement."

The growing threat of terrorism is one good reason to expand the master-at-arms force. In addition to the security protection they can provide, MAs also conduct entry and access control, support crisis-response teams, conduct physical security and vulnerability assessments, and will be assigned to flight-line, pier, harbor and special-security missions.

Sailors who possess the law enforcement specialist designator (SNEC 9545) — including master-at-arms seaman, seaman, airman, or fireman — are eligible to participate in the Navy-wide MA3 advancement exam.

In December 2000, manpower and personnel and the anti-terrorism/force protection and information assurance divisions began the initiative of moving the Navy Security Force into the 21st Century concept. That concept envisioned the need for a more streamlined rating accomplished through conversions from existing ratings, and for the first time, recruiting directly into the MA rating.

Contact your local command career counselor for details on conversion to the MA rating. For more information and guidance on NavAdmin 185/01 contact the legal/law enforcement enlisted community manager at DSN 224-0805 or (703) 614-0805, or e-mail <mailto:N132D14@bupers.navy.mil>.



By Mike Jones - [mikejones43@hotmail.com](mailto:mikejones43@hotmail.com)

# Smith to retire after 45 years

**By Carol L. Welden**  
*Navy Public Works Center*

The Navy Public Works Center's (PWC's) Tommy Smith will retire Aug. 31 after 45 years of government service. Smith, a popular figure at the Center is known for his "Can Do" spirit. His bright, friendly nature will be missed.

In 1996, Smith was instrumental in the stand up of the Navy PWC Crane Maintenance and Certification Program where he served as the Quality Assurance Crane Inspector.

Smith joined the Navy in 1957 and served on various destroyers and patrol gunboats as an Engineman. His duty stations included Guam, Great Lakes, Morocco, two consecutive tours in Vietnam running patrol boats, and NS Mayport.

His love of competitive sports lead to his playing on three All Navy; teams, baseball, football and softball

After retiring in 1978, Smith began a civil service career as a heavy equipment mechanic with the Army Corps of Engineers and later with the NAS Jacksonville Public Works Department

In 1988, he transferred to Guantanamo Bay, Cuba and applied his skills as an Automotive Mechanic.

Smith returned to NAS Jacksonville Public Works Department in 1991 and initially served

as a Heavy Equipment Inspector in Transportation.

Smith is a life member of Veteran of Foreign War Post 7909. He and his wife, Evelyn, will retire and tour North America in their new motor home.



**Tommy Smith**



## Hey, MoneyMan!

I got this letter in the mail, which told me I should call 1-888-5-OPT OUT in order to keep my personal information from being sold to anyone who wanted it. I called the number and they started asking me a lot of questions such as my name, social security number and birth date. Seems like this is a lot of information to be giving out. Do you know anything about this?

### MoneyMan Sez:

You are right to be suspicious. When you give out your name, birth date and social security number you are possibly setting yourself for identify theft. However, recent federal legislation, called the Financial Services Modernization Act, permits lending companies to sell personal information unless the individual notifies them not to do it. Seems backwards to me. I would like it better if you were required to "give" permission not required to "take away" as-

sumed permission. Each of the financial institutions you use may have sent you an "opt out" memo. If you did not return them, simply call their 800 number and tell them you wish to exercise this option. The 1-888-5-OPT OUT (1-800-576-8688) phone number checks out fine. It can be used to get off mailing lists for pre-approved credit offers. One call is shared with all three credit bureaus. Why should you be concerned about identify theft? In short, it could destroy your credit and create havoc in your life.

### Hey, MoneyMan!

A lieutenant in our squadron keeps telling our shop to "save and invest" and not worry too much about the stock market. I don't know dink about investing but a lot of people lost a lot of money last year. Do you have any good advice?

### MoneyMan Sez:

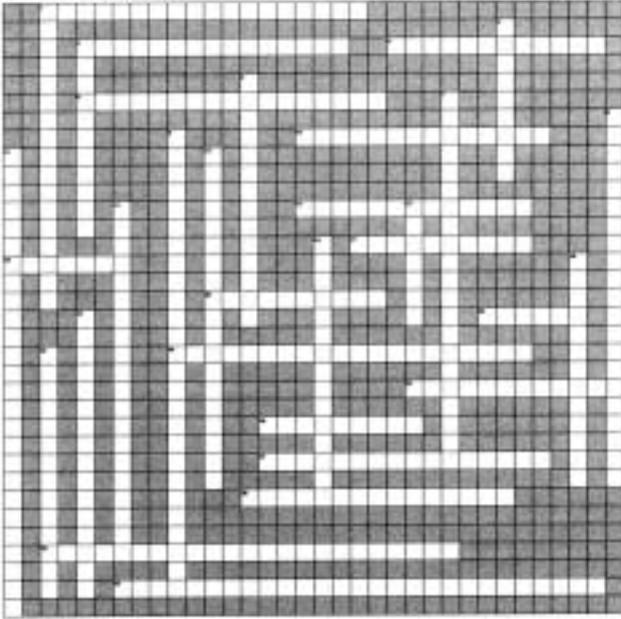
The easy answer is obvious. "Always listen to your lieutenant." I honestly do like his (or her) optimism and I think the advise is sound. If you invest every month you should be way ahead of your buddies who do not. If you are a "financial guru" you may be able to time the market and buy when the prices hit the bottom. However, most investors who pull out during the market slumps and wait for prices to start up before getting back in, have a tough time matching the markets long-term performance. They spend a lot of time hoping the prices will go up and they tend to "buy high and sell low." "Hoping" for success is not a good investment strategy.

# CLAY'S PUZZLES



## Navy rates

By JO2(SCW) Eric T. Clay email - erictclay@hotmail.com



# CLUES

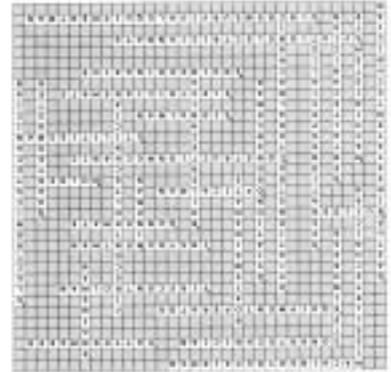
### Across

- 1. RC
- 3. ST
- 4. RR
- 6. RS
- 10. RC
- 14. SH
- 17. SH
- 18. RC
- 20. SH
- 22. RL
- 24. SH
- 25. ST
- 26. SH
- 27. SH
- 28. SH
- 29. RC
- 30. RL

### Down

- 1. HT
- 2. SH
- 3. SH
- 5. SH
- 7. ST
- 8. ST
- 9. SH
- 11. SH
- 13. SH
- 15. SH
- 16. SH
- 19. SH
- 21. SH
- 23. SH

# ANSWERS



Creating a New Century of Savings **U.S. SAVINGS BONDS**

**For complete information about U.S. Savings Bonds, visit our Web site at [www.savingsbonds.gov](http://www.savingsbonds.gov).**

A public service of this newspaper 

Free Admission: One Night Only!



# Computer Career Exploration Night

at UNF Continuing Education

Join Us: August 28, 2001 5:30 pm - 7:00 pm

In the next few years, according to the Bureau of Labor Statistics, the job opportunities for computer engineers and computer support specialists will double! Learn how you can take advantage of this amazing computer growth opportunity!

**Exciting Computer Training Opportunities:**

- Certified Internet Webmaster
- Microsoft Certified Systems Engineer
- A+ Computer Technician Certification

**Get All Of Your Questions Answered:**

- What are the salaries?
- What are the career opportunities?
- Which career is right for you?
- What VA and financing assistance is available?

**Free Admission:**  
UNF University Center off Kaman Rd.

**RSVP:** Reserve your place for this free event by calling (904) 620-4242 or e-mail your reservation at [unfce@unf.edu](mailto:unfce@unf.edu)

Light refreshments will be served.



UNFCE classes offered in partnership with Tech, a Microsoft Certified Technical Education Center.

Nominees sought

## Clay Chamber to honor military members, spouses

**From the Clay County Chamber of Commerce**

Clay County 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 24th Annual Military Apprecia-

tion Luncheon at noon, Sept. 26.

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

Nomination forms can also be picked up at the Greater Jax USO Office at NAS Jacksonville and Orange Park Comfort Inn. Deadline for nomination applications is Sept. 5.

Tickets for the luncheon are available at the Chamber for \$25. Call 264-2651 for sponsorships and additional information.

## Keep NAS clean

It is home and workplace for nearly 25,000 Sailors, Marines and civilians

# 'War Eagles' soar home triumphant



A "War Eagles" P-3 taxis up to the VP-16 hangar returning from deployment.

By Lt.j.g. Matt Greenawalt  
VP-16 Public Affairs Officer

It is Feb. 19 at 5 a.m. in the morning in Iceland. AD2 Jeffery Hurd and AT1 Richard Pack open the four-foot wide sliding door, step out of the hangar and into a horizontal ice storm with 35-mph winds blaring across their faces, eyes only half open, each with a toolbox in hand. They have an aircraft to fix, a job to be done.

And that's not the half of it.

It is July 8 at three in the afternoon in Puerto Rico. AT1 Neil Spoentgen and AE1 Dale Miller walk back across the flight line to go get a replacement part to try and finish a six-hour preflight.

The atmosphere melts as the air seems to bend and contort under the unscrupulous heat. They sweat, but continue. They have a plane to fix, and then a ten-hour flight to be flown.

Keflavik. Puerto Rico. Two operational areas patrolled by one squadron: Patrol Squadron (VP)16. From as far north as the North Pole itself and as far south as Peru, from the Caribbean to the Norwegian Sea the 'War Eagles' manned their post for six months.

More than 1,400 flight hours were flown, 16 different submarines tracked. They participated in joint exercises in Norway, Germany, England, and the Azores. With the Aircraft Improvement Program (AIP) P-3 asset they provided real-time intelligence in Exercise Northern Viking, giving a live video feed of the land battles and up-to-the-minute data on

the opposing forces.

Once again, that's not the half of it.

While the 'War Eagles' in Keflavik accomplished all the above, the Puerto Rico crews flew nearly 4,000 hours of counter-narcotic operations against various air and surface targets in maritime and overland sorties. Detachments to Manta, Ecuador and El Salvador also included another 480 hours of Counter Narcotic missions along the Eastern Pacific. The crews supported exercises with the USS Harry S. Truman Battlegroup, as well as a joint training out of Peru. There was never a question that on a daily basis a 'War Eagle' P-3 would be patrolling its sector and doing its part for the war on drugs.

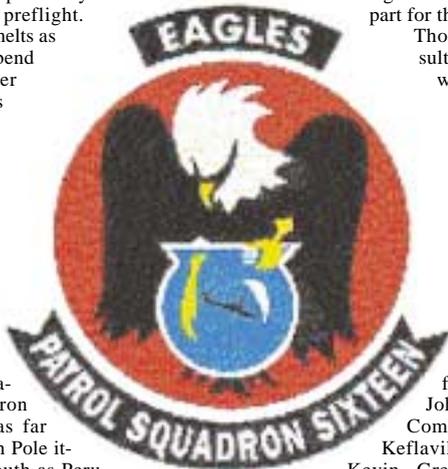
Those are just the results. The Sailors are what made it happen. Most of the 'War Eagles' will remain nameless-just Sailors doing their jobs.

Yet, with success comes deserving awards. Navy and Marine Corps Commendation Medals from Rear Adm. John W. Waickwicz, Commander Fleet Air Keflavik, and Rear Adm.

Kevin Green, U.S. Naval Forces Southern Command, to AECs Anthony Fiorelli, ATCS Patrick Wright, ADCS Jose Ruiz, ATCS Ralph Futch and AWCS Donald Church. Navy Achievement Medals to Lt. Tony Harris, AT1 Robert Chancy, AO1 James Beraducci, AE1 Micheal Mastin, AD1 Calvin Miller, NC1 Laneisha Fleming... just to name a few. What shall not be ignored is the fantastic job by all the Maintenance personnel working with a split chain of command and five



Cmdr. John Dzinowicz, Commanding Officer of Patrol Squadron (VP) 16 is greeted by his son, Nicholas, after returning from deployment.



different P-3C variants.

What will not be ignored is the on-station performance by the Acoustic and Non-Acoustic operators. When you have people like AW2 Zac O'Brien, AW2 Justin Gilbert and AW3 Bradd Littleton finding more submarines in the Joint Winter Exercise alone than all other forces combined in the last two years of the exercise, then you know that you have a group of outstanding enlisted operators.

And now, VP-16 returns home. Commanding Officer Cmdr. John Dzinowicz reunites his squadron from the split-site deployment with his return on Aug. 9. A year of training and six months of deployment execution led to a remarkable record of success. The 'War Eagles' tracked and provided intelligence on aircraft, speedboats, surface combatants, troop movements, nuclear and diesel submarines, land targets, and even a SEAL team. They served as communications platforms, radar detectors, photographers, acoustic intelligence recorders, and transmitters of live-video imagery of an exercise combat zone.

After a leave period, the training cycle begins again in preparation for their next deployment to Sigonella, Italy.

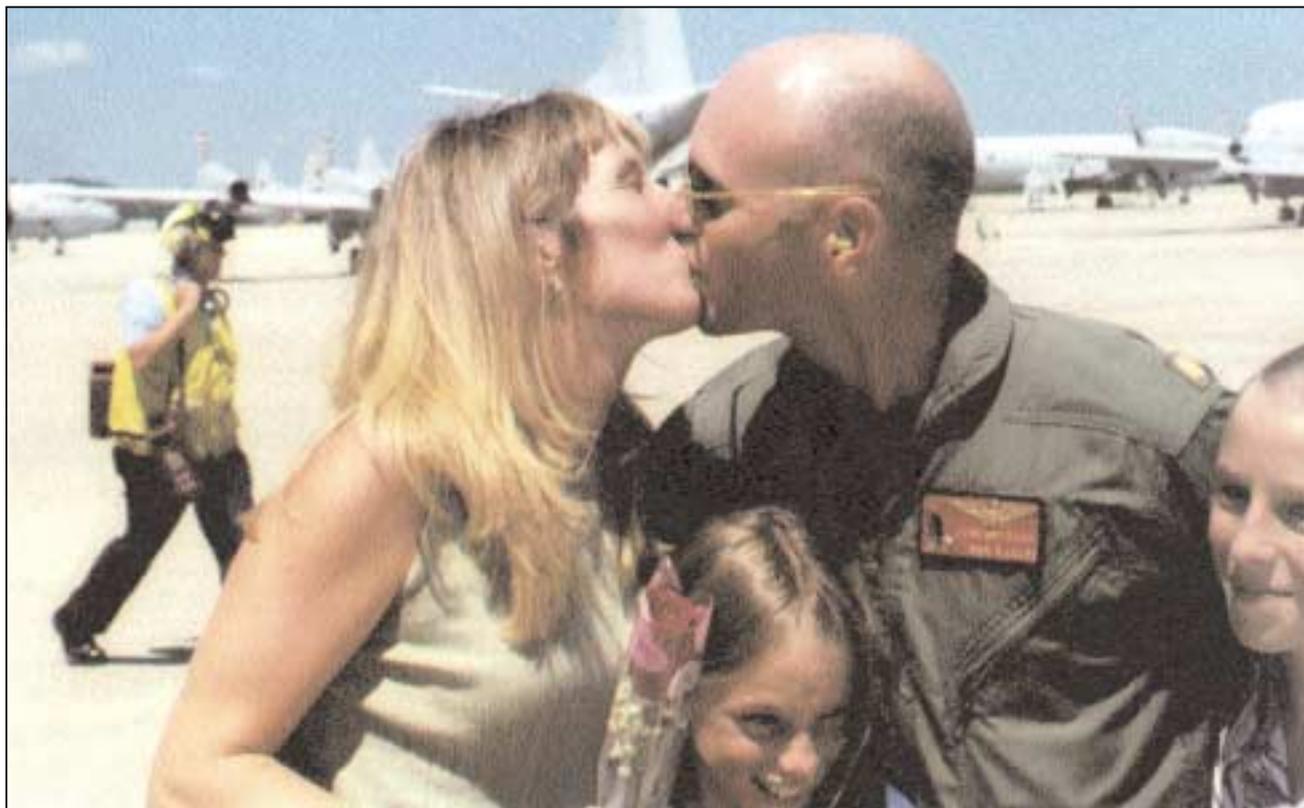


AVCM Mark Mavity receives a hug from his wife, Debbi as he leaves his plane.

Photos by  
JO2(SW) Shae Blasko



The last VP-16 crew returning home is greeted as they reach the flightline.



Lt. Cmdr John Metzgar receives a greeting kiss from his wife, Denise, and hugs from his son, Cameron, and daughter, Chelsea.

# NAVHOSP JAX NEWS



Marsha Childs, TRICARE Customer Advocate Program coordinator

## TRICARE'S best heroes

### From NavHospJax Public Affairs

Naval Hospital Jacksonville's TRICARE Customer Advocate Program Coordinator, Marsha Childs, was recently recognized by the TRICARE Management Activity as a TRICARE Hero.

Childs was selected as a TRICARE Hero for her exceptional work that has enhanced TRICARE's success through the use of best practice, initiative and innovation.

Childs uses her training and experience to ensure Jacksonville's military men and women and their families receive the highest quality care, and the best in TRICARE customer service.

Since the beginning of the Navy TRICARE Advocate Program in 1997, she has worked tirelessly for the thousands of people eligible for military health care in the Jacksonville area.

Her location in the NEX/Commissary Complex has proved convenient to TRICARE patients, who combine a trip to the grocery store with a trip to see Childs for assistance with TRICARE questions. She goes "above and beyond" her duties to assist patients,

which was best demonstrated when she went to the home of a family of newborn quadruplets to assist them with their TRICARE claim.

Childs represents the hospital on the NAS Jacksonville Quality of Life Board, serves as a link between the hospital and its 70 tenant commands, and briefs the NAS Jacksonville Ombudsman on hospital updates.

She volunteered to chair the Naval Hospital-sponsored Service Excellence Awareness (SEA) Week health fairs for the past three years, and she is the TRICARE point of contact for annual Secretary of the Navy Retiree Seminars and quarterly Medical Town Hall meetings in the Jacksonville area.

A former Navy corpsman, a military wife, mother and now, retiree wife, she has the unique life experiences to see all issues from the customer's viewpoint. She uses her expertise and experience daily to ensure beneficiaries and their families receive high quality care, and the ultimate in TRICARE customer service.

To view the Heroes of TRICARE online, visit TRICARE's Web site at [www.tricare.osd.mil](http://www.tricare.osd.mil).

## Baycol withdrawn from military pharmacy shelves

### From NavHospJax Public Affairs

Naval Hospital Jacksonville and other military pharmacies are no longer issuing Baycol, a cholesterol-lowering medication also known as cerivastatin.

This step was taken because its manufacturer voluntarily withdrew it from the U.S. market.

Military beneficiaries who are currently taking Baycol should consult with their physicians about switching to another medication to control their cholesterol levels.

Those taking Baycol who experience muscle pain or also take the drug gemfibrozil should immediately discontinue the Baycol and consult with their physicians.

Gemfibrozil, another cholesterol-lowering medicine, is also sold under the name Lopid.

Bayer Pharmaceutical Division, Baycol's manufacturer, withdrew the drug Aug. 8 because of reports of sometimes-fatal rhabdomyolysis, a severe adverse reaction that breaks

down muscle cells. The withdrawal was made in the interest of patient safety because of the risk of Baycol used in combination with gemfibrozil.

Rhabdomyolysis is a rare muscular problem that usually occurs early in drug therapy. In addition to muscular weakness and pain, symptoms associated with the condition include tenderness, fever, dark urine, nausea and vomiting.

Zocor, another drug that can be safely substituted for Baycol is available at Naval Hospital Jacksonville's pharmacy.

Baycol will no longer be available from any pharmacy and all patients need to have their prescriptions changed to an alternative drug.

Patients should contact their physician at the earliest convenience to discuss other treatment options and to determine which alternative drug is best for them.

Additional information on the Baycol withdrawal can be found on the

Food and Drug Administration Web site, <http://www.fda.gov>.

## All Hands, Command Fitness Leaders Jumpstart your fitness regimen

Prepare to be motivated about Fitness and Nutrition with Anthony Trupiano. This presentation will be the best 45 minutes you spend. It won't be about motivational fluff, but instead solid techniques and exercise.



**Where:** The NAS Base Auditorium on Jason St.

**When:** Aug. 27, 10 a.m.

**Questions:** Contact Lt. Johnson at 542-5292 ext. 13 or @ [n\\_j\\_johnson@sar.med.navy.mil](mailto:n_j_johnson@sar.med.navy.mil)

*Sponsored by the NavHosp Jax Wellness Center*

*- Committed to Wellness at the Deck Plates.*

# What's Cookin'?

## AT THE GALLEY

### Meal hours

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

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

### Meal costs

**Breakfast** \$1.50  
**Brunch/Lunch** \$3  
**Dinner** \$3

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

### Thursday

*Breakfast*  
 Sausage Patties  
 Home Fried Potatoes  
 Blueberry Pancakes  
 Assorted omelets  
 Corned beef hash  
 Grits  
 Boiled eggs

*Lunch*  
 Creole macaroni  
 Buttered noodles  
 Turkey gravy  
 Steamed carrot rings  
 Corn bread  
 Taco salad  
 Turkey a la king  
 Fresh mashed potatoes  
 Steamed cauliflower

Beef barley soup  
*Dinner - Mexican/Spanish Fiesta*  
 Beef & burritos  
 Mexican rice  
 Stewed tomatoes  
 Spanish soup  
 Soft & hard tacos  
 Mexican corn  
 O'Brien potatoes

### Friday

*Breakfast*  
 Sausage links  
 Omelets and eggs to order  
 Boiled eggs  
 Grilled ham slices  
 Fried hash browns  
 Oatmeal  
 Waffles

*Lunch*  
 Spicy baked fish  
 Steamed rice  
 Tomato gravy  
 Steamed broccoli  
 German style coleslaw  
 Chicken fried steak  
 Risssole potatoes  
 Succotash  
 New England clam chowder

*Dinner*  
 Braised beef w/noodles  
 Baked potato  
 Simmered squash  
 Pepper pot soup  
 Rock Cornish hens  
 Rice pilaf  
 Peas and carrots

### Saturday

*Breakfast*  
 Grilled bacon

Cottage fried potatoes  
 French toast puffs  
 Omelets and eggs to order  
 Minced beef  
 w/toast  
 Farina  
 Boiled eggs

### Brunch

Baked chicken sandwich  
 Mixed vegetables  
 Beef rice soup  
 Cottage fried potatoes  
 French toast puffs  
 Onion rings  
 French fried potatoes  
 Grilled bacon  
 Farina  
 Eggs to order

### Dinner

Spaghetti  
 w/meat sauce  
 Steamed carrots  
 Doubly good chicken soup  
 Veal Parmesan  
 O'Brien potatoes  
 Steamed green beans  
 Spaghetti noodles

### Sunday

*Breakfast*  
 Grilled bacon  
 Home fried potatoes  
 Apple fritters  
 Omelets and eggs to order  
 Grits

### Brunch

Chili dogs  
 Corn on the cob  
 Cream of mushroom soup  
 Home fried potatoes  
 Apple fritters

French fried potatoes  
 Baked beans  
 Minute steaks  
 Grits  
 Eggs to order

### Dinner

Barbecue chicken  
 Herbed green beans  
 Rice pilaf  
 Onion gravy  
 Beef balls Stroganoff  
 Cauliflower Parmesan  
 Oven browned potatoes  
 Chicken corn chowder

### Monday

*Breakfast*  
 Corned beef hash  
 Cottage fried potatoes  
 Pancakes  
 Omelets and eggs to order  
 Oven fried bacon  
 Grits  
 Boiled eggs

### Lunch

Beef lasagna  
 Lyonnaise rice  
 Calico corn  
 Beef noodle soup  
 Lemon baked fish  
 Buttered noodles  
 Peas w/onions  
 Marinara sauce

### Dinner

Salmon cakes  
 Oven-glo potatoes  
 Mixed vegetables  
 Chili conquistador  
 Club spinach  
 Garlic bread  
 New England  
 fish chowder

### Tuesday

*Breakfast*  
 Oven fried bacon  
 Hash brown potatoes  
 Boiled eggs  
 Creamed beef  
 w/toast  
 Oatmeal  
 Omelets and eggs to order

### Lunch

Beef stew  
 Steamed egg noodles  
 Brown gravy  
 Corn on the cob  
 Oven fried chicken  
 Steamed rice  
 Club spinach  
 Chicken gumbo soup

### Dinner

Pepper steak  
 Steamed rice  
 Steamed broccoli  
 Cream of potato soup  
 Baked fish portions  
 Cottage fried potatoes  
 Lima beans

### Wednesday

*Breakfast*  
 Oven baked sausage links  
 Hash brown potatoes  
 Blueberry pancakes  
 Omelets and eggs  
 to order  
 Glazed doughnuts  
 Minced beef  
 w/toast  
 Farina  
 Boiled eggs

### Lunch

Roast turkey  
 Mashed potatoes  
 Collard greens  
 w/ham hocks  
 Beef vegetable soup  
 Corn bread dressing  
 Swedish meatballs  
 Turkey gravy  
 Cream corn  
 Steamed rice  
 Brown gravy

### Dinner

Grilled hamburger steak  
 Potatoes au gratin  
 Succotash  
 Brown gravy  
 Pork chop suey  
 Fried rice  
 Steamed cabbage  
 Old fashioned bean soup  
 Waldorf salad

## COMMUNITY CALENDAR

**The Retired Officers' Association of Northeast Florida** will hold their monthly Dinner/Business Meeting aboard NAS Jacksonville Aug. 15 at "The Zone" All Hands Club (NW corner of Saratoga Avenue and Jason Street). Dinner begins at 7 p.m. Active and retired officers of the uniformed services, spouses and their guests are invited. Guest speaker will be Rear Adm. Jan C. Gaudio, commander, Navy Region Southeast. Advanced reservations are required 48 hours prior to the meeting to the reservations chairman. Call 269-2942.

**U.S. SubVets Kings Bay Base/WWII Trident Chapter** meets the first two months of each quarter, on the third Wednesday evening at 6 p.m., at the St. Marys Submarine Museum, 102 St. Marys Street West, St. Marys, Ga. 31558-4945. Attendance at meetings is open to anyone who served on and "qualified in submarines." The third month of each quarter, on the third Saturday, the chapter holds a social/dinner meeting at a place to be determined. Call (912) 882-ASUB, e-mail: subvets\_kingsbay@bigfoot.com, or check out our website at: <http://kbtridentsubvets.hypermart.net/>.

**The 3rd Annual Beach Extreme Adventure Race** will be held on Aug. 25 at 7:30 a.m. with the start and finish at Hanna Park. This challenging team race combines mountain biking, off-road running, hiking, open water paddling orienteering, climbing and ropes challenges, a brief team-swim and various mystery events. A military team division with its own set of awards as well as a discounted entry fee for two and three person teams are available. Deadline for discounted registration is July 29. Military teams must register through MWR Mayport in order to receive the discount. Applications are available at the base gym. Applications should be turned in to the MWR Marketing Di-

rector in Building 414, second deck. Call 270-6012 ext. 111 for information. To volunteer to assist at this event call John Pretzel at 221-8992 or 285-1552.

**Start an AMVETS Chapter** — Veterans of Clay, Duval, Bradford, Nassau and St. Johns Counties are invited and encouraged to start an AMVETS Post in your community. Unite with fellow veterans socially and to service other veterans. It takes only 10 members to get started. All veterans including active duty members may join. AMVETS District XV Commander, Bill White will assist you in every way until you are on your own. Call 352-473-2369 for information.

# JAX SPORTS

## **Sports officials and scorekeepers needed**

The North Florida Military Officials Association is looking for individuals to officiate soccer, softball, football, and volleyball at NAS Jax. Scorekeepers are also needed for basketball and softball leagues. Experience is not required. If you are interested in officiating or scorekeeping, contact Al Vandercar at 282-0809.

## **Intramural flag football league forming**

The Intramural Flag Football League is open to all NAS Jax active duty personnel. Games will be played in the evenings and teams will be comprised of seven players on the field. Commands wanting to join the league need to pick up the required paperwork at the base gymnasium. The preseason is scheduled to begin the week of Aug. 13.

## **Intramural fall volleyball league forming**

The Intramural Fall Volleyball League is open to all NAS Jax active duty personnel. Games will be played on Mondays, Wednesdays, and Fridays at 11:15 a.m. and noon. The season is scheduled to begin Aug. 27. All interested personnel should stop by the base gymnasium to get the required paperwork to join the league.

## **Men's varsity softball tryouts Aug. 14-17**

Tryouts for the Men's Varsity Softball Team are open to all NAS Jax active duty men and will be conducted by Kevin Barrow, Men's Varsity Softball Team Coach, at the McCaffrey Softball Complex from 5-7 p.m. The team represents NAS Jax in military and community tournaments throughout the southeast region. Call NAS Jax Athletic Department for more information and to sign up.

## **Intramural fall softball meeting Aug. 23**

The Intramural Fall Softball League is open to all NAS Jax active duty commands and personnel. The meeting will be held in the Quarterdeck Conference Room (Building 590) at noon. The season is scheduled to begin Sept. 11 and games will be played on Tuesdays and Thursdays at 5:30 p.m. and 6:45 p.m. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

## **Greybeard fall softball meeting Aug. 23**

The Greybeard league is open to all NAS Jax active duty commands and personnel ages 33 and above. The meeting will be held in the Quarterdeck Confer-

ence Room (Building 590) at 11:30 a.m. The season is scheduled to begin Sept. 18 and games will be played on Tuesdays and Thursdays at 11:30 a.m. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

## **Women's fall softball meeting Aug. 23**

The Women's Fall Softball League is open to all NAS Jax active duty, military family members over 18, retirees, and DoD civilians. The meeting will be held in the Quarterdeck Conference Room (Building 590) at 11:30 a.m. The season is scheduled to begin Sept. 11 and games will be played on Tuesdays and Thursdays at 8 p.m. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

## **Open fall softball meeting Aug. 23**

The Open Fall Softball League is open to all NAS Jax active duty, military family members over 18, retirees, and DoD civilians. The meeting will be held at Mulligans at 4 p.m. The season is scheduled to begin Sept. 11 and games will be played on Tuesdays and Thursdays at 4:15 p.m. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

## **Women's varsity softball coach wanted**

The NAS Jax Athletic Department is looking for an experienced military or civilian individual who would like to coach the women's varsity flag football team. This team represents NAS Jax in military and community tournaments in the southeast region and plays in a Jacksonville league. Interested personnel should contact the NAS Jax Athletic Department.

## **Men's varsity flag football coach wanted**

The NAS Jax Athletic Department is looking for an experienced military or civilian individual who would like to coach the men's varsity flag football team. This team represents NAS Jax in military and community tournaments in the southeast region. Interested personnel should contact the NAS Jax Athletic Department.

## **Water polo players wanted**

The NAS Jax Athletic and Aquatic Department are looking for active duty personnel who would like to play water polo. This is a new program and all interested personnel should contact the NAS Jax Athletic Department to sign up.

# Title on the line

**Story and Photos by Jeff Hilton**

*Staff writer*

Three on three sand volleyball title play begins today at 11:15 a.m. The public is invited to the courts near the NAS Jacksonville Marina on Ranger Street.

The Sunseekers of VR-58 won their playoff match Aug. 14 and will enjoy a first-round bye.

CSCWL and ASTC will play first. The winner will take on VR-58 for the league title at noon. If CSCWL or ASTC beats VR-58, a third and deciding best-of-three match will follow.

Since mid-June athletes have converged on the sand courts twice a week. Matches were held, often during mid-day heat and blinding sun, as teams fought for Captain's Cup points and a title shot.

Fans have seen teams block, dig, set and spike with authority through the season and early playoffs.

ASTC, CSCWL, CPRW-11, HS-11, SERCC (Teams 1 & 2), VP-45, VR-58, VS-31 and VS-32 (Os & Es) all had teams in the running.

Operational commitments are keeping VP-45 from the playoffs while HS-11 and VS-32 deployed recently and won't compete.



Corey Welander keeps VR-58 in the game.



Top: CSCWL's Brent Lapp, left, and Scott Loudenbeck keep ASTC's David Hockman and Russ Linderman on defense.

Left: Keeping focused on the ball is key to a good game.

Below: Gene Jackson, left, has been officiating volleyball for 36 years.



# STANDINGS

## Intramural Golf

<u>Teams</u>	<u>Wins</u>	<u>Losses</u>
CPRW-11	6	0
VR-58	4	1
AIMD A	4	2
FACSFac I	4	2
NAVHOSP	4	2
SERCC 1	3	2
VP-45 A	3	2
NAMTra Blue	3	2
FASO	2	2
HS-15	2	2
HS-75	2	4
NCTS	1	4
VS-30	1	4
VP-45 O'S	0	4
CV-TSC	0	5

## Intramural Golf

<u>Teams</u>	<u>Wins</u>	<u>Losses</u>
VP-30	5	0
Navy Band	5	1
NAVAIRES	4	1
AIMD B	4	1
GEMD	4	1
VP-45 B	4	2
2NDBN351	3	2
BMC	3	2
Blount Island	2	2
SERCC 2	2	4
CSCWL	1	4
NAMTra Gold	1	5
FACSFAC II	0	3
NAMTra Chiefs	0	5
HCSO	0	5



## Sand Volleyball Final Standings

<u>Teams</u>	<u>Wins</u>	<u>Losses</u>
CSCWL	9	1
HS-11	5	1
VS-31	5	1
VR-58	9	2
ASTC	4	5
CPRW-11	4	5
SERCC (2)	4	5
SERCC (1)	3	6
VS-32 E'S	2	5

For MWR sports information call Sports Coordinator Bill Bonser or Athletic Director Mike Gorman at 542-2930/3239.

Send e-mail to:  
 dbonser@nasjax.navy.mil or  
 dgorman@nasjax.navy.mil

Visit: [www.nasjax.navy.mil/mwr](http://www.nasjax.navy.mil/mwr)