



# Jax Air News

## TOUCHING BASE

### No Jax Air News published

The Jax Air News will not be published on July 3 due to the Fourth of July holiday. The next issue will resume July 10. Due to the holiday, all articles must be turned in by July 3 for this issue. The classified ads deadline remains the same, Mondays by noon.

### Navy Tri-Base Job Fair slated

From FFSC Mayport

NS Mayport, Kings Bay Subbase and NAS Jacksonville, Fleet Family Support Centers (FFSC) will sponsor the Navy Tri-Base Job Fair from 9 a.m. to 2 p.m. on June 24 at the Morocco Shrine Auditorium on St. Johns Bluff Road.

Active duty, separating, retiring and retired service members, military spouses and family members are eligible to attend.

Separated service members up to 90 days after separation date, and all other veterans need to bring a copy of their DD-214. Attendees are encouraged to bring several copies of their resumes and dress appropriately.

More than 100 local, state and national companies will be collecting resumes, interviewing and testing for numerous jobs.

The New York Police Department will offer free testing for military members at 6 p.m. that evening. Anyone considering a job in law enforcement in the New York area can take this test. The results will be held until the military member leaves the service whether it's six months or five years. For more information on this test, call Alex Kitsakos at (917) 440-1258.

The fair and parking is free. For more information, call 270-6600, Ext. 139.



Members of the U.S. Marine Corps, Company B, 4th Assault Amphibian Battalion aboard NAS Jacksonville gather around U.S. Marine Corps Deputy Commandant (Plans, Policies, and Operations) Lt. Gen. Emil Bedard, (center front) during the second annual Jacksonville Regional Chamber of Commerce Military Appreciation Luncheon last Thursday.

## Chamber honors service members at luncheon

By Miriam S. Gallet  
Editor

Approximately 1,000 attendees packed the Adam's Mark Hotel in downtown Jacksonville last Thursday, to show their support for the men and women of the U.S. military during the second annual Military Appreciation Luncheon sponsored by the Jacksonville Regional Chamber of Commerce.

This annual luncheon expresses the community and Chamber's appreciation of the vital role and dedication that the members for our armed forces provide for our country and around the world.

Thirty-three military personnel of the year from military activities throughout the First Coast, representing the Army, Navy, Marine Corps, Coast Guard, and National Guard, were honored during the event, including 11 service members from NAS Jacksonville.

Representing NAS Jax were: IT1 Penelope Ashford, NCTS Jax; AMC (AW/SW) Rick Boswell, VS-31; DC1(SW) Sherril Jones, Transient Personnel Unit; AO2 Joshua Kinney, Jr., Weapons Department; AW1(AW/SW/NAC) Brantley Lowe, HS-11; DK1(SW) Jeff Routier, NMCRC Jax; AW1(AW) Carmelo Sanchez, FASO-TRAGRULANT Det Jax; TM1(AW/SW) Jose Santana, Jr., Weapons



U.S. Marine Corps Deputy Commandant (Plans, Policies, and Operations) Lt. Gen. Emil Bedard, delivers the keynote speech during the second annual Jacksonville Regional Chamber of Commerce Military Appreciation Luncheon June 12 at Adam's Mark Hotel in downtown Jacksonville.

Department; SSGT Luis Santos, NMCRC Jax, and AW1(AW) Daniel J. Wilson, COMHSWINGLANT.

U.S. Marine Corps Deputy

Commandant (Plans, Policies, and Operations) Lt. Gen. Emil Beard was the guest speaker for the event. The 36-year Marine Corps veteran praised service members, past and present, and commented on the courage and valor displayed by all branches of the military during the recent war on Iraq and the continued terrorist threat.

When asked how he felt about being the guest speaker Beard replied, "It is a wonderful feeling to be here today. This room is filled with excitement and electricity. It is about people caring about their military. What a tremendous way to honor every member, those who have served, and those that are here in uniform today."

Beard went on to praise and salute Jacksonville and the Regional Chamber of Commerce for their continued support of a military presence in the area and their respect for the men and women in uniform. "The military is respected in Jacksonville, and for that, I'm thankful," said Beard.

Beard also reminded everyone in attendance that colors changed with the seasons; however, the colors that never change are "the red, white and blue of our country."

See CHAMBER, Page 12

## VS-30 wins Isbell trophy

By Lt. j.g. Justin Drach  
VS-30 Public Affairs

The VS-30 "Diamondcutters" were recently named the U.S. Atlantic Fleet winners of the Capt. Arnold Jay Isbell Award for calendar year 2002. This annual award was established to recognize the best anti-submarine warfare squadron in each of the Atlantic and Pacific Fleets.

"It's always a great honor to get recognized for what you're doing in the fleet," said Lt. Cmdr. Frederick Facyson, a naval flight officer and squadron operation's officer.

"We have 250 men and women working hard to keep us ready at all times so we can have a great sortie completion rate which allows for mission accomplishment."

The trophy was named in honor of Isbell, who served with great distinction during World War II. He executed anti-submarine warfare (ASW) operations during World War II and was subsequently killed in action in March 1945.

Since 1998, when the S-3B Viking community changed its primary mission from ASW to surface warfare (SUW) operations, the award has been modified to include the top SUW S-3B squadron.

"Because there's been a shift in mission priorities away from ASW for the S-3B, the integration of the S-3B into the SUW mission arena has brought VS-30 to the tip of the spear in the air-wing. We led the community by being the first SLAM-ER and Maverick capable squadron," said Facyson.

VS-30 competed against five other squadrons to earn this trophy. Each year, squadrons from the Pacific Fleet and Atlantic Fleet are awarded the Isbell Award. One award is given to each Patrol Squadron, Sea Control Squadron, Helicopter Anti-Submarine Squadron and

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Photo by Miriam S. Gallet

CNRSE HRO's Chris O'Hagan donates blood during the recent blood drive held aboard the base. Attending to Reynolds is Phlebotomist Jessica Reynolds.

## Blood donors are quiet heroes

By Miriam S. Gallet  
Editor

"I try to do my part to help others," said Chris O'Hagan of CNRSE HRO during the blood drive held last Thursday aboard NAS Jax. O'Hagan explained that she had not donated in a long-time and felt like she needed to.

"Recently, my son was in a minor car accident and even though he was not hurt, it got me thinking that we never know when a loved one is going to need blood," she said.

The Florida-Georgia Blood Alliance Bloodmobile visits NAS Jacksonville frequently. According to Bill Schroeder,

See BLOOD DONORS, Page 12

## WEEKEND WEATHER

- FRIDAY 74/92  
ISOLATED THUNDER
- SATURDAY 75/88  
ISOLATED THUNDER
- SUNDAY 76/90  
ISOLATED THUNDER

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

## SECURITY SCOOP

# A few tips to have a safe vacation

By William Curnutte  
Crime Prevention Officer

Well, summer is here and school is out. For most people, summer time means vacation time. For police however, there are no summer vacations. Statistics show that crime rises as the temperature rises. Empty homes, increased tourism, and the high temperatures are just some of the reasons for this increase in crime.

If you are going out of town for your vacation, make sure your home looks as though you have never left. Keep shades and blinds in their normal positions. Stop mail and newspapers, or ask a neighbor to pick them up on a daily basis. Put timers on several lights so they turn on and off at appropriate times. Arrange to have the grass mowed while you're gone. Contact the police and have them conduct house checks while you're away. Ask a neighbor to park in your

driveway overnight. And don't forget to lock all doors and windows when you leave.

While you and your family are traveling, just remember that tourists make tempting targets for thieves. Do all you can to blend in with the crowd. Don't display expensive jewelry, cameras or large amounts of cash. Stick to well-lit, well-traveled streets at all times. Always lock your car when it's parked, even if the stop is only for a few minutes. Don't advertise that you're a tourist by leaving maps and guidebooks on the seat or dashboard.

Keep valuables out of sight, preferably locked in your trunk. Traveling safely with your family also means sticking together and keeping an eye on your children at all times. Make sure your children know where you're staying and what to do if they get lost or separated. By all means, make sure your children know not to accept rides or favors from strangers.

High temperatures can cause hot tempers. Heat aggravates people and they become mad easier. Waiting in long lines and mingling through a large crowd doesn't help the situation. Expect people to accidentally invade your personal space. Just don't lose your temper.

With more vehicles on the roadways, expect more traffic jams. Unfortunately, some drivers display anger commonly known as "road rage." Should you meet one of these drivers, don't provoke that driver by responding with an angry gesture or action. Your best action is to let them go ahead of you. Remember that you are on a vacation to enjoy yourself - not to engage in a fight.

On behalf of the NAS Jacksonville Security Department have a nice vacation, but also have a safe vacation! For more information dealing with summertime incidents contact base security at 542-1587.

# The many hats of a Navy Spouse

By Sarah Smiley  
Special Contributor

As a military spouse, I've filled many hats. I've been the family's plumber, accountant, handyman, and gardener. I've jumped dead car batteries and fixed broken lawnmowers. But as a single parent a majority of the time, the toughest role, by far, to fill for my boys is that of the "Daddy."

When my two-year old son was an infant, the job didn't seem that hard. He mostly needed me to be his "mother" at that time anyway. But now that he is getting older and wiser to the fact that as a woman I'm different from himself, more and more he needs me to fill the place of "Dad" when his real father is gone.

If only I had girls, I often think, it might be a lot easier. I'd definitely know how to teach a girl to play dress-up, put on make-up, and

diaper a baby doll. I could paint her fingernails and let her play with all my barely-ever-worn high heels in the closet.

But fate handed me two boys...both of whom are "all boy"...and I'm learning to adjust to my new hats.

Suddenly, I'm quite knowledgeable in the world of Matchbox cars and metal airplanes. Without even realizing it, in two years I've become an expert at popping loose wheels back onto remote-control cars and gluing broken rotor blades on toy helicopters.

I've learned to throw baseballs and footballs, and (must I admit?) I've actually grown to enjoy finding the muddiest of mud puddles and stomping in them with my bare feet.

I've lost all queasiness when removing random earthworms and frogs and fireflies (invited in as guests by my son) from the floor of our living room. And, I might actually know

every name of the train cars in the popular "Thomas" train set.

But for all my skill and process at accommodating myself to all things boy, I have a deep sense of sadness when I realize it will never be enough. I am still the Mom who shrieks at ugly grass stains on their shorts and doesn't have the deep voice necessary to do an adequate "dinosaur roar" to my son's liking.

I still don't understand why making toy cars crash into one another provides endless hours of fun, and I'm clueless as to why my son must pick up heavy objects.... just to prove he can.

I may wear the "Daddy" hat now and then, and in a lot of aspects I've gotten quite good at it, but I'm aware that I'll never be able to take away the pain and emptiness my sons feel by their father's absences.

It is one of the hardest parts of the military.

Hundreds and hundreds of military children live a majority of their years missing their father or their mother.

But I've also noticed how quickly my son's face lights-up at the sight of his Dad, and how excited he is to see (for the hundredth time) the helicopter he flies.

I've witnessed how my son forgets the long six months without his Daddy when he's playing ball with him or spending the day at the park with him.

And I guess I've realized that even though I may wear the "hat" now and then, I can never take the place of Dad.

While my son hurts to be away from his Daddy, what his father does when he IS with him, more than makes up for any time apart...and is enough to fill him so my sometimes lousy attempt at being "Dad" isn't so disappointing during the times I must pick up the hat.

# NAS Jax NMCRS annual fund drive sets new record

By Capt. Mark S. Boensel  
NAS Jax Commanding Officer

The results are in from the 2003 Navy and Marine Corps Relief Society (NMCRS) Fund Drive. Sailors, Marines, and civilians made the drive this year the best ever.

We began the drive with an established station goal of \$192,964, based on \$22 per person attached to each command. Because of the support displayed by area commanding officers, the dedication of our Sailors and Marines in the trenches running the fund drive, and the generosity of our shipmates who contributed this year, we concluded the drive with goal-shattering contributions of \$260,565.

Our local Navy and Marine Corps



Relief Society office is already busy distributing these funds to hundreds of area military families and our quality of life and

improved as a direct result of your outstanding support.

To recognize your diligent efforts in support of this extremely worthwhile program an awards ceremony is scheduled June 23 at 11:30 a.m. at the NAS Jax River Cove Officer's Club.

Rear Adm. Annette E. Brown, commander, Navy Region Southeast will present award letters to activity coordinators and to those individuals who displayed exemplary effort throughout the drive.

Once again, my sincere thanks to all who made this annual NMCRS Fund Drive aboard NAS Jacksonville such a great success. Well done to all.

For further information about NMCRS, call 542-3515.

## HEY, MONEYMAN!

Hey, Money Man!

Four years ago, I joined the Navy just three days after high school graduation. I received a department store credit card with a \$3,000 limit.

I ran it up to the limit within two months. The first year I was in the Navy, I received three more department store cards plus a Visa and a Master Card.

My credit card debt reached \$12,000 and I was too embarrassed to ask for help. Finally, I went to Navy-Marine Corps Relief Society (NMCRS) and they gave me a lot of training, budget counseling and helped me work myself out of debt.

A lot of my friends also got caught in this trap. Why doesn't the Navy have mandatory training to help keep young Sailors out of financial trouble?

**MoneyMan Sez:** You are absolutely right! The Navy should have such

a program and now the Navy does!

Every new recruit is required to attend a basic financial planning course either just after boot camp or prior to attending "A" school.

This Personal Financial Management course covers topics such as military pay issues, credit management, car-buying strategies, insurance, planning for deployment, savings and investments, and planning for retirement.

Your command financial specialist should have the CD and the lesson plans. If your command does not have it, stop by the Fleet and Family Service Center or your NMCRS office and ask them about the course.

In the meantime, spread the word! This is a good program available to all Sailors and Marines.

**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.



### Meet A Sailor...

BU2 JEFFREY GOSS

**Job title/command:**  
NAS Jax MWR Recycling

**Hometown:** Lakeforest, Ill.

**Family Life:** Married

**Past Duty Stations:** NMCB-7, Naval Weapons Station, Charleston, S.C.

**Career Plans:** To make chief petty officer.

**Most Interesting Experience:** Deploying to Japan.

**Words of Wisdom:** Try to relax, you'll live longer.



### Meet A Civilian...

PETE BARTON

**Job title/command:**  
FISC

**Hometown:** Jacksonville

**Family Life:** Single with two daughters.

**Past Duty Stations:** NADEP and FISC Fuel Farm.

**Career Plans:** To try and make a higher pay-grade and retire in five years.

**Most Interesting Experience:** Riding my motorcycle through the 3:30 p.m. traffic.

**Words of Wisdom:** Do as I say and not as I do.

## Fleet Seminar Program offered

The Naval War College's (NWC) College of Distance Learning is again offering its Fleet Seminar Program in the Jacksonville area. This academic year (August 2003 - April 2004), the Joint Maritime Operations Course will be offered at NAS Jacksonville and the Strategy and Policy Course will be offered at NS Mayport.

This highly-acclaimed program closely parallels the course of study followed by students at the College of Naval Command in Newport R.I.

The three-hour classes are held one night a week for 34 weeks. Seminars are led by adjunct faculty members from the local area.

Students can earn a NWC diploma, JPME Phase I credit and up to 21 graduate credit hours. All books and materials are provided on a loan basis and there is no tuition charge.

Enrollment is open to all Navy, Marine Corps or Coast Guard member 03 and above, Army and Air Force 04 or above and Department of Defense GS-11 or above. All applicants must have a bachelor's degree.

Applications must be submitted by July 15. To obtain an application, go online to CDE.NWC.navy.mil. For more information, call Lt. Cmdr. Michael Varias at 542-2211 or Professor Dave Fay at 779-6077.



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# VS-30 'Diamondcutters' mentor recruits through 'Battle Stations'

By Lt. J.g. Justin Drach  
VS-30 PAO

As General Quarters unexpectedly sounded, young recruits and VS-30 "Diamondcutter" fleet Sailors dashed into action. The much-anticipated "Battle Stations" drill had begun.

At Recruit Training Command Great Lakes, Ill., active-duty Diamondcutters worked side-by-side with recruits of Division 186, the Diamondcutter Division, to complete the pinnacle event of Recruit Training on May 27.

"When I was in boot camp in 1990, we went through firefighting drills and the "Buttercup", a flooding drill

to simulate General Quarters," said HT2 Mark Smith of Union, S.C.

"Boot camp now consists of learning more about real world experiences that are applicable to actual situations Sailors could find themselves in after the USS Cole bombing on Oct. 12, 2000. Team work is essential in the Navy and without it you will lose people," he added.

At one point during "Battle Stations," Smith played the role of a Sailor overcome by smoke and was carried out of a smoke filled space by a team of four recruits.

During "Battle Stations," recruits must run from station to station achieving

critical tasks such as moving ammunition out of a flooding space into a dry one, and participating in a damage control party to put out a simulated fire.

Smith, VS-30's leading petty officer of First Lieutenant Division, felt that his experience in interacting with the recruits is going to help him relate more to the new VS-30 Sailors that he comes into contact with.

In January 2003, AA April Gooderham, a native of Tucson, Ariz., found herself participating in "Battle Stations" and nearing the end of Recruit Training.

"I wanted to quit but I pushed myself by counting down the hours and setting



Photos courtesy of VS-30

From left, VS-30 Commanding Officer Cmdr. Mike Ginter, VS-30 Executive Officer Cmdr. Ryman Shoaf, Vice Chief of Naval Operations Adm. William Fallon and Division 186 Commander CTO1 Andrea Rogers display Division 186's company flags.



Recruits from Division 186 fall into formation after completing a "Battle Stations" evolution.

short goals and achieving them. I was here for a reason and finishing "Battle Stations" made me extremely proud of myself," said Gooderham.

"It took me two years to work up the courage to join the Navy, it was scary to me. But when I received my Navy ball cap, it was the best feeling because I knew I had accomplished something extraordinary," she continued.

As Gooderham participated in "Battle Stations" for the second time, this time as a fleet Sailor, she gained a renewed sense of motivation.

Gooderham assisted the recruits in donning their OBA, acted as a smoke inhalation victim, and ran around station-to-station with the recruits throughout the night.

"The recruits asked me a

lot of questions about the fleet even though I had just been in their shoes. They asked me how I liked the Navy, how to strike for a rate, and what fleet life was like. I was able to expose the recruits to the fact that there are numerous opportunities in the fleet to excel. Given the opportunity, I would definitely mentor recruits again," Gooderham stated.

Gooderham was chosen to participate in Division 186's "Battle Stations" because their division commanders were also hers when she was in recruit training.

"As the recruits sang Anchors Away while running through one of the tunnels during the casualty exercise, I was proud to be in the Navy, proud to be a Diamondcutter, and knew we were helping to make

top notch Sailors, young people who have bought into the organization we know as the United States Navy," said Smith. "Battle Stations" ended at 0800 and I could see the exhaustion in the recruits' faces and the motivation in their eyes."

"Team Diamond has set a Navy-wide precedent of a fleet squadron extending the covenant leadership within its command to a Sailor's very first day in the Navy and seeing them through recruit graduation and ultimately fleet integration," explained VS-30's Commanding Officer Cmdr. Michael Ginter. "The interest that we are taking in these young and impressionable Sailors gives them a sense of ownership and increases their motivation as they begin their Navy careers."

## Workshop for future teachers planned

On July 17, Ron Burton, program manager for the Florida Troops to Teachers (TTT) office will be conducting a workshop/ briefing on the Troops to Teacher's Program at the base theatre from 10 a.m. to noon.

The program sponsored by the Navy College Office, will cover provision of the TTT legislation, teaching as second career, Florida's recently modified Florida teacher certification require-

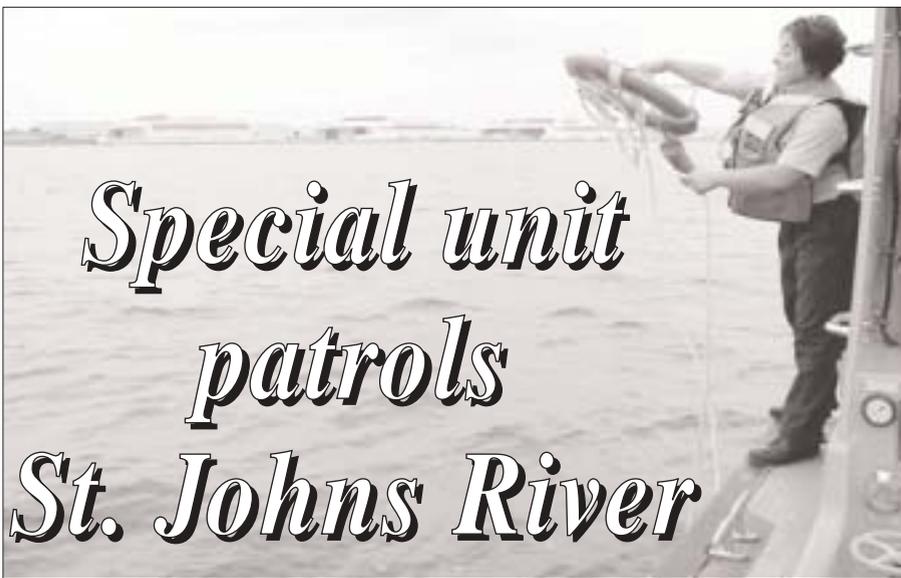
ments and other options of the program.

If you are approaching retirement from active duty or a Reserve component, or separating after more than six years of service and have a bachelor's degree, now is the time to consider teaching.

The workshop will include unofficial transcript reviews and assistance in determining your eligibility for teacher certification. If you have questions call the Navy College Office at 542-2475.

FIRST COAST ENERGY LLP; 3c; 12"; Black Only;

SOUTHSIDE GUN & PAWN OUT; 3c; 10.75"; Black Only;



EMFN Laura Lorenz demonstrates throwing a life preserver used for rescue missions. Photos by Ryan Adrick

By Ryan Adrick  
Staff Writer

Day and night the men and women of the NAS Jacksonville's Boat House patrol the shorelines of the St. Johns River.

The Boat House is a division of NAS Jacksonville Air Operations Department located on the seawall. It is the only department on the air station that works entirely aboard boats. This makes their jobs a unique and vital part of the base's operations.

From the Buckman Bridge a helicopter can be seen hovering steadily above the river, nearby a bright orange boat stands poised to assist a rescue diver that has jumped out of the helicopter from 30-feet into the water below. This boat is one of the Boat House's rescue and patrol boats.

BM2 Zabian Davis explains how important he believes this task is, "In my opinion helping in the safety of the surface and helicopter search and air rescue swimmers qualifications to prepare them for their jobs in the fleet is one of the most important duties that we perform here."

This is actually just one of the many duties that the Boat House crews perform.

Along with providing safety for search and air rescue swimmers, one of the more critical tasks they have been assigned, is to patrol the shorelines 24 hours a day in their gray patrol boats for security purposes. Standing a 24-hour watch also means that if need be, they are able to perform search and rescue missions, respond to oil spills, assist the Coast Guard, or even the City of Jacksonville's Fire Department.

Being prepared 24 hours a day also requires a lot of maintenance and upkeep on their equipment.

However, this does not seem to be a problem for them. All personnel at the



The St. Johns River is also patrolled by members of the NAS Jax Security Department who use various boats provided by the Boat House Division.



BM2 Zabian Davis pulls a boat closer to the dock to secure the mooring lines for a crew returning from a patrol on the St. Johns River.

Boat House participate in the routine and constant maintenance of engines, electrical systems, and cleaning.

"As a fireman, I'm constantly learning. I participate in a lot of on the job training, learning about engine maintenance and upkeep," said EMFN Laura Lorenz. "We have many experienced engineers here. With so much knowledge they have helped me learn a great deal," she added.

Others have more specialized duties. "Being a hazardous material petty officer, I am responsible for the proper handling and disposal of hazardous materials," stated SM2 Kerry Glenn.

There are also many

rewarding aspects to having such a distinctive job. Davis explains a facet that he finds most rewarding, "We do a lot of tours for local high school students around the community and hopefully this gives them an interesting look at the Navy." Davis explained about the facet he finds most rewarding in his day-to-day activities. Davis also values his role participating in ceremonies aboard NAS Jacksonville. "Because it is a Navy tradition to have a Boatswain's Mate

pipe someone ashore who is either retiring or having a change of command, we are usually a participant in many of these important events," he said.

According to Lorenz, the most rewarding aspect of her job is being able to help those who may be in distress and providing safety to the military and civilian community.

Glenn finds his interaction with his fellow Sailors extremely gratifying. "Working at the Boat House I am able to work



Keeping a watchful eye, EM2 Mario Ramirez patrols along the seawall scanning the river for safety and security threats.



Chief Engineer EN2 Kelvin White performs regular maintenance on one of the security patrol boats.

closely with other rates. I have learned a lot about diesel and outboard motors from the people I work with," he added.

Although the work can

sometimes be demanding and the weather conditions don't always cooperate, the staff at the Boat House are there day and night maintaining the watch.



Photo by JO2(SCW) Eric Clay

YN2(SW/AW) Lakevia Kennon provides customer service at the NAS Jax Administration Department. Kennon is working toward a long-time goal of earning a Bachelor of Science in Criminal Justice.

# Shore duty is great place for education

By JO1 Mike Jones  
Assistant Editor

Shore duty means many different things to many different Sailors – service back home, a break from those unforgettable AFN commercials, or time away from the fast-paced work environment of sea duty, to name a few.

For NAS Jacksonville Administration Department's YN2(SW/AW) Lakevia Kennon, shore duty means the opportunity to reach a major educational goal: Bachelor of Science in Criminal Justice.

A native of Ashburn, Ga., Kennon joined the Navy in 1999 amid the usual recruiting pitches, among them, money for college. "I

wasn't too familiar with the Navy College Program at the time," she mentioned.

For Kennon, duty aboard the USS Kitty Hawk (CV 63) and later USS John C. Stennis (CVN 74) further reinforced the notion that pursuing an off duty education would prove near impossible. "There wasn't enough time in the day, it seemed," she said. Then she transferred to NAS Jacksonville.

One of the first places Kennon explored when she arrived was the Navy College Office (NCO). "A coworker brought me over to meet the folks at NCO," she mentioned. "They were extremely helpful in answering all my questions. They also explained

the different alternatives for funding – Tuition Assistance and various scholarship programs, to name a few."

The online availability of her Sailor/Marine American Council on Education Registry Transcript (SMART) makes tracking her progress a breeze, she said. "The SMART transcript's easy to get to, and it's easy to see exactly where I'm at and which classes I still need to complete."

"My goal is to have my degree completed by the end of my tour here," she added. "My command's been very supportive in helping me to achieve this goal." Kennon hopes to one day receive a commission

and serve in the Legal field as a Judge Advocate General (JAG) officer.

Utilizing any spare moment during the workday, Kennon can be found preparing for the next exam or putting the finishing touches on the most recent assignment. And the extra time associated with a shore tour helps that goal of obtaining a degree to grow closer. "I would highly recommend to anyone wishing to get a degree that they take the time to research NCO and discover the many ways to obtain one," she added.

For more information, call the Navy College Office at 542-2477, or visit <https://www.navycollege.navy.mil>.

## Navy College Office offers workshops

### Tuition Assistance Workshop

Navy College Office will be conducting a Tuition Assistance Workshop today from 1 p.m. in Classroom #3 at the Navy College Office. First time users and people who have experienced difficulty using the TA process need to attend. For more information, call 542-2477.

### Retirement preparation workshop

Navy College Office will be conducting a Retirement Preparation Workshop June 26, at 1 p.m. in Classroom #3 at the Navy College Office. Any retirees, retiring military or previously military retired civil service personnel are invited. For more information, call 542-2477.

# Diversity program moves forward

From Chief of Naval Personnel  
Public Affairs

Leaders and experts from across the Navy met recently to craft a strategic diversity framework for the service, designed to increase awareness and demonstrate the link between diversity and combat readiness.

Over the course of three days, this Diversity Visioning Group established and defined the vision, mission and goals of this strategic framework and developed metrics by which the effectiveness of the plan could be measured. The group focused heavily on linking diversity to readiness.

Coming up with metrics to measure the impact of diversity on combat readiness was key to us," said Capt. Sydney Abernethy, special assistant

to the Chief of Naval Personnel for Minority Affairs. "I think we all realize that link exists, especially when you consider the tremendous influence people of all backgrounds bring to the Navy on a daily basis. We really wanted to find ways to show that link in a tangible fashion."

Though still in draft form, the framework sets down the proper conditions all leaders should seek to foster and maintain a work environment, where everyone's potential is fully realized, and where diversity is regarded as a real source of strength and operational necessity.

"Diversity in the Navy is about combat readiness and responding to any mission," noted Chief of Naval Personnel Vice Adm. Gerry Hoewing. "It's also about the healthy infusion of

new ideas and innovative approaches to problem solving that people of all backgrounds bring to the service. Being able to look at operational challenges from various perspectives and accepting a broad range of opinions and cultural differences, only serves to make us more agile."

The Diversity Visioning Group's goal was to start with this principle and apply specific strategies and metrics to formulating a business case.

Their work will be reviewed and finalized by Navy leadership and then presented to Chief of Naval Operations Adm. Vern Clark late this summer.

For more information go to [www.bol.navy.mil/divcalendar/default.asp](http://www.bol.navy.mil/divcalendar/default.asp).





Photo courtesy of VP-30

Sixty-two ensigns presently attached to VP-30 were promoted to lieutenant junior grade May 23.

## 62 ensigns promoted to lieutenant junior grade

By Lt. Keith Radonis

VP-30

On May 23, 62 ensigns at VP-30 were promoted to lieutenant junior grade. Capt. Brian Prindle, VP-30 commanding officer, administered the oath of office to these young men and women, who eagerly re-affirmed their allegiance to our Navy and the United States of America.

Reminiscent of their commissioning ceremony, these 62 ensigns stood side-by-side, brothers and sisters in arms, and re-dedicated themselves to the defense of our nation and the U.S. Constitution.

As the largest aviation command in the U.S. Navy, VP-30 was afforded the honor of one of the largest, if not the largest, command promotion of personnel from ensign to lieutenant junior grade. They are comprised of 17 ROTC graduates and 45 U.S. Naval Academy alumni.

Presently attached to the "Pro's Nest" of VP-30 as replacement naval aviators and naval flight officers, these officers will move on to assume the role of fleet pilots or navigators. Ultimately, they will make their mark in the fleet as the mission commanders, patrol plane commanders, electronic warfare aircraft commanders, tactical coordinators and senior evaluators of a P-3 Orion or EP-3 Aires

aircraft. As a result, they will bolster the Maritime Patrol and Reconnaissance community's role in protecting the freedom of all Americans, becoming an integral part of a fleet operational squadron at NAS Jax or one of the many other bases supporting P-3/EP-3 operations.

The following officers were promoted:

**Matthew D. Anderson**  
**Arthur E. Ball III**  
**David J. Bennett**  
**Darren N. Bess**  
**Robert R. Blackwell**  
**Keith A. Bleeker**  
**Anthony N. Bravo**  
**Johnathan E. Brown**  
**Ronnie C. Brown, Jr.**  
**Dwight A. Brungard**  
**Scott A. Campbell**  
**Ryan M. Casey**  
**Sean J. Collins**  
**Matthew N. Delgado**  
**David R. Drake II**  
**Darci M. Elli**  
**Michael G. Forshay**  
**Andreas A. Gerbert**  
**Matthew T. Griffin**  
**Raymond M. Guethler**  
**Andrew S. Guise**  
**Trent J. Hinton**  
**Patton D. Holiday**  
**Beau D. Hufstetler**  
**Paul R. Jakubowski**  
**Whitney C. Jeleniewski**

**Justin N. Kibbey**  
**Hamish P. Kirkland**  
**Scott M. Krushinski**  
**James R. Lacey**  
**Christopher L. Mabbutt**  
**Kristin L. Mabbutt**  
**Daniel B. Maltby**  
**Kenneth J. Maroon**  
**Andrew D. Mild**  
**Bret T. Miller**  
**Jeffrey G. Nanna**  
**Michael R. Neilson**  
**Bonnie R. Niggemann**  
**Brooke A. O'Brien**  
**Edward B. Oliver**  
**Ingrid R. Peterson**  
**Jacob M. Plitchta**  
**Samuel A. Porter**  
**William L. Pritchett**  
**Jeffrey W. Reed**  
**Jason W. Riley**  
**Stephen A. Ryan**  
**Benjamin M. Salomon**  
**Brady C. Scher**  
**Jeffrey M. Shannahan**  
**Christian J. Sloan**  
**Seth A. Stegmaier**  
**Jon R. Tasch**  
**Cecily E. Taylor**  
**Jared A. Tharp**  
**Scott T. Vane**  
**Johnathan J. Vanecko**  
**Andrew R. Walke**  
**John A. Walsh**  
**Stephen J. Weydert**  
**Brian D. William**



Photo courtesy of VP-30

ADC(AW) Bruce Boyle (right) shakes hands with Capt. Brian Prindle, commanding officer of VP-30, after his recent reenlistment in a P-3C Orion over the St. Johns River.

## VP-30 holds mile high reenlistment

By Chris Rush

VP-30 PAO

"I've always tried to do something unique every time I have reenlisted, and this time was no exception," said ADC(AW) Bruce Boyle, VP-30's day check troubleshooters chief, when asked why he wanted to reenlist from the flight engineer's seat in a P-3C Orion in flight.

On a beautiful, clear morning in Jacksonville, Capt. Brian Prindle, commanding officer of VP-30, administered the Oath of Office to one of his front-running Sailors from the pilot's seat of a P-3 as it

flew high above the St. Johns River. With a huge grin on his face, Boyle took the P-3 flight engineer's seat and raised his right hand once again dedicating himself to continued service in upholding the Constitution of the United States.

Boyle's past memorable reenlistments were on board a SH-3, a SH-60B and at the Navy Memorial in Washington, D.C.

This February will mark his 18th year of outstanding service in the Navy. He and his new wife, Anne Marie, will soon depart VP-30 to serve in Rota, Spain, with VQ-2.

# FFSC offers educational and support programs

The NAS Jacksonville Fleet and Family Support Center Life Skills Education and Support Program is the foremost preventive measure for the avoidance of personal and family problems.

All FFSC workshops and classes are free of charge and available to service members and their families, and civilian personnel aboard the base.

Pre-registration is required. If special accommodations or handicapped access is required, please notify us upon registration. Contact 542-2766, Ext. 127 to register.

The following workshops are available in June:

June 24, 9-10 a.m. - Sponsor Training

- Workshop June 24, 1-3 p.m. - Car Buying Strategies
- June 25, 9-11 a.m. - Marketing Yourself (for spouses)
- June 25, 9 a.m. - noon - How To Have A Healthy Relationship
- June 26, 8-11 a.m. - Anger Control Workshop
- June 26, 9 a.m. - noon - Florida Family Law Information Seminar
- June 26, 1-3 p.m. - Volunteer Service Council
- June 26, 3-5 p.m. - Mentor Training
- June 26, 6:30-8 p.m. - Military Spouse 101 Resource Fair
- June 27, 9-11 a.m. - Debt Management

## Learning protection measures



Photo by JO2(SCW) Eric Clay

Homicide Detective Richard 'RV' Nelson, of the Jacksonville Sheriff's Office, demonstrates proper kicking tactics during the Self-Defense Part II class given during the monthly Spouse 101 meeting last Tuesday night. The class sponsored by the Fleet and Family Support Center was so popular last month, another one was offered this month.

## HELPING HANDS

### Red Cross needs volunteers

The local chapter of the American Red Cross has numerous volunteer opportunities available. If you can help out, call Karen at 358-8091, Ext. 1815.

Instructors - currently needed to teach aquatics, CPR/first aid and babysitting programs. Evening/weekend availability.

The Disaster Action Team needs volunteers to provide immediate and essential assistance to families and individuals affected by disasters.

Shelter workers are needed to work in a shelter providing food and other essential care to families evacuated from their homes in times of disaster. Needed in all 10 counties in chapter's jurisdiction.

Medical support opportunities are available at Naval Hospital Jacksonville, NS Mayport Medical Clinic, and NSB Kings Bay, Ga. Opportunities are available in the pharmacy, dental, Family Practice, Medical Records, and the shuttle service for patients at NAS Jax.

Mental Health Counselors are needed to provide assistance to victims of disaster. Opportunities are also available to provide support to military family members and to host family support group meetings.

Nurses are needed to assist during disasters, perform blood pressure screenings, and represent the Red Cross at health fairs.

### Beach Clean Up

Assist the City of Jacksonville in a July 4th aftermath clean-up. Pick up trash along the oceanfront and waterways. Call 630-1020 to volunteer.

### Beaches Fine Arts Series Triathlon

The Beaches Fine Arts Series, Inc. provides performing and visual arts free to the public in addition to educational outreach programs in area schools that reinforce the value of art and music to the students.

Triathlon volunteers direct traffic to assure the safety of the competitors or assist with set up, registration, water/food distribution, race timing, takedown and more.

Minimum age is 13. The next triathlon is July 12. Call Allison Jones at 543-9829 or 270-2074 for details.

### BellSouth Greater Jacksonville Kingfish Tournament

This tournament will be held July 14-19 at Sisters Creek Park, 8205 Heckscher Drive. Volunteers are needed to assist with answering calls, site set-up, selling merchandise and beverages, weighing fish, checking out boats, and delivering ice and supplies to tents.

For more information, call Sandy Lancaster 350-3230 or 291-7651.

### Toast to the Animals

#### Wine Tasting

Come out July 25 to benefit the animals at the Jacksonville

Humane Society. Help is needed with the silent auction and registration. Call Chris Whitney at 725-8766, Ext. 206.

## Speak up for a child

From the Guardian Ad Litem Program

All children deserve a safe, permanent home with loving people to care for them. Each year in the U.S., millions of children are abused, neglected or abandoned by their families.

More than 500,000 of these children are removed from their homes and placed in foster care. They eventually end up in court where many of these children are victimized a second time, lost in an overburdened child welfare system. Sometimes a child can remain in foster care for months, even years.

Volunteer Guardians Ad Litem (GALs are known as CASA volunteers in some states) are trained to speak up for the best inter-

est of abused and neglected children in the courts.

They are appointed by a judge to review records, research information and talk to everyone involved in a child's case. They make recommendations as to what is best for the child and monitor the case, making sure the child remains safe until a permanent resolution is reached. No special experience is required. Help a child find their way.

Currently, there are more than 42,000 GAL/CASA volunteers in 710 programs across the country.

As a volunteer you can make a difference in a child's life. For more information, call the Guardian Ad Litem Volunteer Coordinator, Tiffany Davis at 630-1200/2768.



# Kid Fit Fair 2003



The first group of runners comprised five- to seven-year-olds take a moment for a group shot shortly before the MWR and Nike-sponsored Kids Run held last Thursday.

## MWR sponsors Kids Run

### Kids learn how to stay healthy at fair

By Kaylee LaRocque  
Staff Writer

It was another two days packed with fun and excitement for the kids enrolled in this year's Summer Camp at the Youth Activities Center (YAC) as they participated in the annual "Kid Fit" Fair.

The event, sponsored by MWR and the Wellness Center, featured numerous educational and fun experiences to teach the children how to live healthier last Thursday and Friday. This is the third year YAC Summer Campers have participated in this event.

The fair began on Thursday morning as the excited children boarded the MWR bus and headed for the NAS Jacksonville track where they participated in the America's Armed Forces Kids Run sponsored by MWR and Nike. As they arrived at the track, each child was given a T-shirt with a number pinned on their backs. As they lined up at the starting point, they were told if they make it all the way around, they would get a surprise.

As they neared the finish line, a nice, cool spray of water covered the track thanks to the cooperation of the NAS Jax Fire Department who brought in Fire Engine No. 2 to assist with the event. Three different groups participated in the run starting with the smaller children ages five through seven and concluding with the older kids ages 10 through 13.

"We were told to make this event fun, and these kids are definitely having a blast out here. It's hot and this is a great way to cool them off and let them play while learning about fitness. This run is unique because it's being held on all the military installations around the world. Nike sponsored this event and provided us with everything we needed to have a successful event," said Fitness Center Director Barbara Millhollan, who organized the event.

After the run and "wet-down", the children hydrated themselves with water and munched on bananas provided by MWR.

The next morning, the kids were split into several groups as they headed to the YAC gymnasium where they rotated around several stations set up to teach



Getting wet was all part of the fun during the Kids Run.



Candi Heck-Schisler of the Fitness Center hands out bananas to the children after the run.



Pluggie the Fire Hydrant teaches a group of children about fire safety during the "Kid Fit" Fair at the Youth Activities Center gym last Friday.

them about health and fitness.

"We're holding this fair for these children starting at a young age so we can get them in a mindset of being fit, being safe and to not develop any bad habits as early as possible. It's really a lot of fun and the kids are very enthusiastic," explained Lt. Cmdr. Tina Key, Wellness Center department head.

As they made their way around the gym, the children learned about such things as fire safety from Pluggie the Fire Hydrant and the base firefighters, nutrition and the hazards of tobacco from members of the Wellness Center, proper dental care and how to brush correctly from members of the Naval Hospital Jax Dental Clinic and the "bad" drugs



Cheryl Masters of the Wellness Center pins a number on the back of Reyshaune Mullenix's shirt before the run.

from Crime Prevention Officer William Curnutte of the Security Department.

"I learned not to do drugs because it's bad. I also learned how to brush my teeth the right way and what to do in case of a fire. It has been a really fun day," added eight-year-old Charles Gilles.

Also on hand to help corral the kids and keep them entertained was Chuckles the Clown.

"This fair is really fun because we're learning a lot of stuff like not to eat a lot of sugar because

it's not good for you and what to do if a fire happens," said eight-year-old Kathryn Routier.

After the children went through each station and gathered as much information and goodies as they could carry, they headed outside to tour a fire truck. Some even got to run the siren.

"This is really a wonderful event for our kids each year. They learn how to stay healthy and get a lot of good information to take home with them. We'll definitely have another fair next year," said Erica Hickey, YAC director.



# Kid Fit Fair 2003



A group of 10- to 13-year-olds attending Summer Camp 2003 at the Youth Activities Center participate in the Kids Run last Thursday.



DT2 Willie Collins (left) and DT2 Don Jacobs of Naval Hospital Jacksonville's Dental Clinic teach the children how to properly brush their teeth.



Firefighter Michael Brewer lends a helping hand to seven-year-old Quabeon Finch as he climbs down from the fire truck after a quick tour.



Chuckles the Clown singles out six-year-old Kayla Clark to wish her a Happy Birthday during the fair.

Photos by  
Kaylee  
LaRocque



A group of children learn about the "bad" drugs and what they can do to the body from Crime Prevention Officer William Curnutte of Base Security.



The NAS Jax Fire Department helped cool things off as the kids ran around the track.

## Family Medicine residents to graduate

By Carole Honsinger

NH Jacksonville Family Medicine Residency Program

Naval Hospital Jacksonville will hold a graduation ceremony on June 30 for 25 Navy physicians who have successfully completed residency training in the specialty of Family Medicine.

The graduation ceremony will be held at the Base Chapel, NAS Jacksonville at 10 a.m. Capt. Warren Jones, MC, USN (retired), chairman of the Board of Directors of the American Academy of Family Physicians will be the guest speaker.

Twelve physicians will receive residency certificates from the American Academy of Family Physicians and the Bureau of Medicine and Surgery for completing the 36-month residency-training program. Thirteen physicians will receive certificates of internship in Family Medicine from the Bureau of Medicine and Surgery for completing their first year of the program. These Medical Corps Navy Officers will be providing care to active duty personnel and their family members in locations such as, Okinawa, Roosevelt Roads, Yokosuka, Guam, Twenty-Nine Palms, Beaufort, and other locations throughout the Navy healthcare system.

Naval Hospital Jacksonville has a long tradition in the training of primary care physicians. In 1963, the hospital was one of the first in the country to offer a General Practice Residency Training Program. The hospital offered a unique blend of individual teaching and direct patient care for those residents in general practice. In 1969, with the emergence of the Family Medicine movement, the General Practice Program was completely reorganized in philosophy and curriculum. Out of this reorganization came a Family Medicine Residency Program, which was one of the first approved in the country. During that time, this program had 24 Family Medicine Residents and has since grown to 39 resident positions.

The three-year accredited program is the only residency at Naval Hospital Jacksonville. Educational experience includes rotations in Internal Medicine, Emergency Medicine, Pediatrics, OB/GYN, Surgery, Orthopedics, Dermatology, Urology, Family Medicine, Ophthalmology, ENT, Geriatrics, Cardiology, Medical Intensive Care, Neonatal Intensive Care, Psychiatry, Neurology, Community Medicine, Radiology, and a variety of sub-specialty

electives. Successful completion of the residency is required for a physician to sit for American Board of Family Practice certification.

First year residents may be selected to continue straight through with residency or may receive orders to the fleet as general medical officers. Some choose a course of instruction leading to flight surgeon or undersea medicine designation. Following operational assignments of two or more years, many return to residency to complete the second and third years of the residency program. The physicians expand their knowledge base and learn to care for more complicated medical conditions as they progress through training. Family Medicine is capable of managing the majority of most patients' medical problems from infancy through adulthood.

Completing the three-year Family Medicine Training Program is a significant professional milestone for these physicians, but the real winners are the Navy and Marine Corps families who will receive their health care from a naval family physician.

The following are graduating residents:

**Lt. Teresa M. Allen, MC, USNR**

**Lt. Cmdr. Gerard F. Blake, MC, USNR**

**Lt. Cmdr. Cliff A. Blumenberg, MC, USNR**

**Lt. Jacqueline M. Fignar, MC, USNR**

**Lt. Sharmane M. Gray, MC, USNR**

**Lt. Cmdr. Patrick N. Grover, MC, USNR**

**Lt. C. Scott Kammer, MC, USNR**

**Lt. Cmdr. Laurence J. Kuhn, MC, USNR**

**Lt. Cmdr. Brett V. Sortor, MC, USNR**

**Lt. Brian J. Stuart, MC, USNR**

**Lt. Cmdr. Kristopher P. Thibodeau, MC, USN**

**Lt. Cmdr. John R. Walters, MC, USNR**

**Lt. Larissa S. Buccolo, MC, USNR**

**Lt. Jing-Jing M. Cardona, MC, USNR**

**Lt. Jeffrey J. Copeland, MC, USNR**

**Lt. Hamma A. Diallo, MC, USNR**

**Lt. Joshua D. Hottenstein, MC, USNR**

**Lt. Sarah K. Jorgensen, MC, USNR**

**Lt. Denny J. Pacheco, MC, USNR**

**Lt. Sharon L. Reinertsen, MC, USNR**

**Lt. Vanessa L. Walters, MC, USNR**

**Lt. Dirk A. Warren, MC, USNR**

**Lt. David A. Weis, MC, USNR**

**Lt. Eugene K. Wilson, III, MC, USN**

**Lt. William J. Yavelak, MC, USNR**

## Naval Hospital Jacksonville welcomes one more bundle of joy into the world

By Loren Barnes

Naval Hospital Jacksonville

Public Affairs

Five generations of one family were present at Naval Hospital Jacksonville in the wee hours of the morning June 11 as Sarah Elizabeth Shelley entered the world. The 8 lbs., 7 ounce, girl was born at 3:17 p.m. to Heather Shelley through a Caesarean procedure.

Gathered to welcome Sarah Elizabeth were her great-great grandmother Mary Elizabeth Hartman, of Cooper City, Fla., her great grandparents Gilbert and Nancy Curry also of Cooper City, her grandparents Mark and Debbie Carr of Newnan, Ga. and Heather's husband, OS2 Adam Shelley, who serves aboard the USS Doyle (FFG-39) homeported at Naval Station Mayport.

Heather's family members said they all had to be here for her because they love her so much. Heather's great, great grandmother said that as soon as they heard that her water had broke they were all on the road to Jacksonville.

Adam was especially happy to be here for his wife because he's set to deploy with the Doyle to



Photo by HM2 John Veres

Lots of love! Heather Shelley and her newborn, Sarah Elizabeth, are surrounded by her great-great grandmother, Mary Elizabeth Hartman, great grandparents, Gilbert and Nancy Curry, her grandmother, Debbie Carr and husband, OS2 Adam Shelley. Not shown, but present for the event, was her grandfather, Mark Carr.

the Mediterranean Sea in early July. He said being separated from his wife and their baby girl, their first child, will be emotional for him but they plan to send pictures via e-mail so he won't miss too much.

Heather said everyone at Naval Hospital Jacksonville has been great throughout her pregnancy, labor and delivery, despite the fact that there were complications that necessitated a Caesarean delivery. Both mother and baby are doing well.

Heather said she chose to

come to Naval Hospital Jacksonville from Mayport so she could be seen in Family Practice and have her doctor, Lt. Michael Watson, provide continuous care. "I love my doctor," she said. "He's wonderful. He takes a lot of time with us and has been with me all the way through. He's going to continue to be my doctor and the babies," she said. Heather also said, "All the nurses, the anesthesiologist, everyone, has been very considerate. I don't know of anyone here who hasn't really been nice."

## Red Cross urgently needs shuttle volunteers

From NavHosp Jax Public Affairs

**H**ave you been looking for a way to support our Sailors and their families? Doing something that really makes a difference? Well, here's your opportunity!

The Naval Hospital's visitor's parking lot shuttle cart service is operated by Red Cross volunteers. The service now operates two shuttle carts, running both mornings and afternoons. The Red Cross is in urgent need of more volunteers to serve as drivers for the shuttle carts. The only requirements for shuttle cart drivers are that they be outgoing, eager to help and possess a current Florida driver's license.

Naval Hospital Jacksonville Red Cross Community Volunteer Services has also identified nearly 100 positions, from clerical and hospitality work to clinical positions, in the hospital that need Red Cross volunteers to fill them. These positions are located in virtually every hospital department. Volunteers should be able to work at least four hours per week (single shift) and be friendly and caring.

One such volunteer is Larry Mahar, a Naval Hospital Jacksonville Red Cross volunteer since January 2003.

Mahar, who assists hospital patrons with the Red Cross parking lot shuttle



Photos by STG1 Luis Rosa

The Red Cross is in dire need of more Red Cross Shuttle Cart drivers such as Volunteer Fred Cabales shown here pulling a shift driving the cart.

service, said he finds the work here very rewarding. "The atmosphere here is overwhelming," he said. "And I get to meet new people every Tuesday when I volunteer my time running

the shuttle."

A retired Navy radioman chief petty officer with 20 years of active service, Mahar also retired after 27 years with the Postal Service before becoming a Red Cross volunteer.

Mahar resides in Orange Park with his wife Maureen.

"My wife is a fully retired nurse and she is happy for me to volunteer my services here at the hospital," Larry said. They have been married for eight years and enjoy their retirement in Florida.

To become a volunteer just like Mahar contact Red Cross Co-Chairperson Helen Donahoe at 542-7525.



Red Cross Volunteer Larry Mahar helps with clerical work in the Pastoral Care Department.

# SARS: What is it and how to protect yourself

By HM1(FMF) Yvonne Williams  
Preventive Medicine Technician,  
Branch Medical Clinic Jacksonville

**I**f you've been watching the news or reading the papers, you have heard of Severe Acute Respiratory Syndrome (SARS).

SARS is a respiratory illness that has been plaguing Asia with thousands infected and has entered North America and Europe with fewer reported cases. As of June 6, the World Health Organization reported 1,122 cases in China, 338 in Taiwan, 114 in Hong Kong, one in Russia, 10 in Singapore, one in France, one in Germany, 68 in Canada and 33 in the U.S.

With summer rapidly approaching and families planning vacations, it is important to understand what SARS is and what you can do to protect yourself and family members.

The symptoms of SARS are typically flu-like. Usually there is a fever greater than 100.4 F accompanied with headache, body aches, and mild respiratory problems. SARS patients may have trouble breathing and may develop a dry cough after two to seven days.

SARS appears to be spread by close person-to-person contact and through contact with material contaminated with infectious

respiratory secretions. Most new SARS cases involved persons living with or caring for a person with the illness.

Most SARS cases in the United States and Canada involved people returning to these countries after traveling to areas where SARS is prevalent as well as caretakers, family members, or healthcare workers.

In the military community, SARS could pose a significant readiness risk. The Centers for Disease Control and Prevention (CDC) has advised that all non-essential travel to regions where SARS is prevalent be postponed until further notice. These regions include travel to mainland China, Hong Kong, Taiwan, and Singapore. If you must travel to these areas, it is extremely important to

wash your hands frequently and avoid close contact with large crowds of people to minimize the risk of infection.

If you or people you come in close contact with have recently returned from these areas and develop symptoms, visit your health-care provider immediately. Inform them of your travel to aid them in a diagnosis.

The CDC and the World Health Organization have developed infection control recommendations for family members caring for SARS patients in the household, for healthcare workers, and for management of exposures to SARS in health-care and other institutional settings. Visit [www.cdc.gov/ncidod/sars](http://www.cdc.gov/ncidod/sars) or call (888) 246-2675 for more information.

**Navy-Marine Corps Relief Society**

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542-3191

# CHAMBER: All military branches recognized at luncheon



Photo by Miriam S. Gallet

From left, DK1(SW/AW) Jeffrey Routier of NMCRC Jacksonville, U.S. Marine Corps Deputy Commandant (Plans, Policies, and Operations) Lt. Gen. Emil Bedard, and AW1(AW) Carmelo Sanchez of FASO proudly pose for the camera during the second annual Jacksonville Regional Chamber of Commerce Military Appreciation Luncheon June 12.

From Page 1

Recognition of service members by the Chamber began in 1997, when the Jacksonville Regional Chamber of Commerce recognized local service members at a quarterly reception. Last year, marked the first year that the Chamber hosted the annual Military Appreciation Luncheon, at which a Military Person of the Year was announced.

However, according to Phil Green, chair Area Councils, Jacksonville Regional Chamber of Commerce, this year's event was held to show appreciation for all branches of the military in the Jacksonville area. "Our nation has been involved in Operation Iraqi Freedom for the past several months and the men and women of the First Coast military community have been an integral part of that effort," explained Green. "The Area Councils feel that rather than honor a select

few from our community at this year's Military Appreciation Luncheon, that all our military representatives deserve recognition for their commitment to our country."

Area businesses each sponsored an honoree and they were presented with a gift.

Over the years, the Jacksonville business community has fostered a strong, healthy relationship with the local military, and words of praise for the men and women in uniform echoed through out the duration of the event.

"The Jacksonville Regional Chamber of Commerce is exceptionally pleased to express our appreciation to all of the military about the economical and social impact that they make here, in Jacksonville," said Green enthusiastically. "This is an excellent opportunity for our businesses and community to come out and show their appreciation for the military."

TM1(AW/SW) Jose Santana, NAS Jacksonville, Commander, Navy Region Southeast and Commander, Atlantic Forces Direct Report Sailor of the Year remarked, "I am glad that all military service members of the year, from every branch of service, were recognized. It shows how much our local businesses, city and county officials care about us. This luncheon is a genuine expression of support from the community to the military."

A special moment for all attendees was when Beard led the Pledge of Allegiance. It reminded them of the liberties and peace they have enjoyed throughout the history of this young nation because of the many sacrifices that service members have made since 1776.

The guests were also treated to a video presentation, which captured the essence of each branch of service, including footage from the recent war in Iraq.

## BLOOD DONORS: Giving the gift of life

From Page 1

the Alliance's Military Donor Resources consultant, Sailors and DoD civilians are considered "generous donors."

Schroeder further explained that the Florida-Georgia Blood Alliance is the only agency in the area that supplies both the military and local community blood requirements. According to Schroeder the next blood drive aboard NAS Jax will be on June 24 at NAMTRA and at Branch Medical Clinic from 8 a.m. to 3 p.m.

Additionally, the Blood Alliance will be conducting a special Fourth of July Blood Drive and would to invite military and DoD civilian employees to participate in this community-wide event at any of their donor centers on July 2, 3 and 5. All donors who participate will receive a T-shirt for supporting the community blood supply.

### Who can donate

According to the Florida-Georgia Blood Alliance, anyone who is in good health, is at least 18 years old (persons 17 years old may donate with a parental consent form signed by a legal guardian), and weighs at least 110 pounds may donate blood every 56 days.

On May 31, 2002, the Food and Drug Administration (FDA) issued strict guidelines for blood donation in response to the potential risk of human blood being tainted with mad cow disease.

Overall, blood banks nationwide will not accept donors who have:

- Spent three or more months in the U.K. from 1980 - 1996
- Spent a total of five years or more in Europe since 1980
- Received a blood transfusion in the U.K. between 1980 - present.

Furthermore, any current or former U.S. military personnel, DoD civilian employees and their dependents, who have lived for six months or more at U.S. military bases in the U.K., Germany, Belgium, Northern Europe, and the Netherlands from 1980 - 1990 or elsewhere in Europe including Spain, Greece, Turkey, Italy and Portugal, from 1980 - 1996 will not be allowed to donate.

The FDA estimates five percent of blood donors nationwide could be deferred due to these new restrictions. The FDA regulates all blood centers and establishes the eligibility guidelines. For

See BLOOD DONORS, Page 13

## VS-30: Isbell Trophy awarded

From Page 1

Helicopter Anti-Submarine Squadron, Light from each coast with each squadron's type commander submitting nominees. The Chief of Naval Operations then makes the final judgment for the recipients of the trophy.

VS-30 earned this award by continuously exceeding both tactical and professional goals while conducting work-ups and a successful Arabian Gulf/Mediterranean cruise. During 2002, the squadron flew more than 4,800 mishap-free flight hours. Of the more than 3,800 hours flown while embarked on USS George Washington (CVN 73), more than 300 were flown in combat. While deployed in support of Operations Enduring Freedom and Southern

Watch, VS-30 made history in the Viking community by being the first squadron to deploy with the Maverick Plus System. The Maverick Plus System modification introduced Laser Maverick, IR Maverick, and SLAM-ER weapons systems to the Viking community.

When word came of the

award, VS-30's commanding officer let his squadron know how proud he was of them. "Through your hard work and dedication, Team Diamond was awarded this very prestigious award," said Cmdr. Mike Ginter. "Diamondcutters, I'm honored to accept the Isbell Trophy for you."

## Mulberry Cove Marina sponsors trivia contest

From MWR

The NAS Jax MWR Mulberry Cove Marina is sponsoring their first Extraneous Trivia Contest.

This contest is open to active duty members only. Answer the questions listed below and turn them in to Mulberry Cove Marina located on Ranger Road. The entries with the most number of correct answers will advance to the drawing. The drawing for the grand prize and second place prize will be held on National Ice Cream Sandwich Day, Aug. 2 at 11:37 a.m. at the marina. Ice cream sandwiches will be half-price at that day, while quantities last. You, or a designated representative,

must be present at the drawing to win.

The grand prize package includes a Mitchell 298 Alu spinning reel, two spools of Berkley Ironsilk 14-pound test line, six packs of Berkley Artificial Bait, a Nomad golf putter, and 12 Callaway CBU golf balls. The total prize value is \$250.

The second-place prize package includes a Fenwick Seahawk spinning rod, two spools of Berkley Ironsilk 14-pound test line, a bottle of Berkley Power Bait saltwater attractant, a free one-day 15-foot Boston Whaler rental (Florida Boater Safety Card required), and a Page & Tuttle golf shirt. The total prize value is \$175.

The following is the quiz:

What color is the shank of the large anchor in front of the flagpole at MWR Mulberry Cove Marina? \_\_\_\_\_

What date was NAS Jacksonville officially commissioned? \_\_\_\_\_

How many computers does Liberty Cove have in the Single Sailor area? \_\_\_\_\_

Prior to the commissioning of NAS Jacksonville, a commander was the first pilot to land on the unfinished runway at NAS Jacksonville. What model and type of aircraft did he fly? \_\_\_\_\_

What are the names of the two pigs located on top of the drink coolers in the MWR Mulberry Cove Marina store? \_\_\_\_\_ & \_\_\_\_\_

How many putters are hanging on the wall at Mulligan's? \_\_\_\_\_

In the Jax Air News, how wide is the title "MWR Notes," rounded to the nearest inch? \_\_\_\_\_

What famous golfer pictured in the MWR Golf Pro Shop is the only individual to win the grand slam of professional golf? \_\_\_\_\_

Isaac Newton's Third Law of Motion is one of the most important laws governing aircraft flight. In 12 words or less, what is this law? \_\_\_\_\_

How many red and white stars are on the Jax Air News front page banner? \_\_\_\_\_

NAME: \_\_\_\_\_

RANK: \_\_\_\_\_

## Another big catch

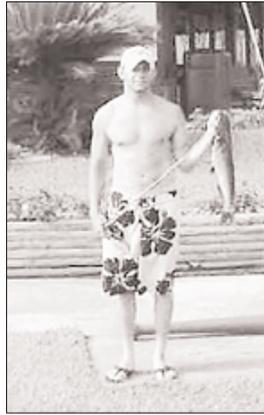


Photo by Steve Holland

AM3 Nick Kellett of VP-5 shows off a fish he caught June 10 while cruising on the St Johns River in a Creekrunner boat rented from the Mulberry Cove Marina. Kellett used an Abu Garcia Cardinal combo pole to make his catch.

## Flying Club holding open house

The Jax Navy Flying Club is hosting a homecoming/open house at Cecil Commerce Center Saturday from 11 a.m. – 5 p.m. at Pavilion 174 at the entrance to the Cecil Commerce Center. All naval personnel are welcome to come out. There will be food, games, and airplane rides. For more information, call 786-9293 or 786-4128.

## BLOOD DONORS: Giving the gift of life

From Page 12

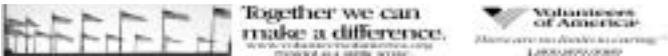
more information on these guidelines please refer to "Blood Frequently Asked Questions (FAQs)" on the FDA's Web site.

Additionally, some health conditions or medications may temporarily or permanently prevent persons from donating blood.

According to Cathy Riley, team leader, Florida-Georgia Blood Alliance Blood-

mobile No. 4, daily demands for blood supply continues to be a daily challenge in our area. Presently, the Blood Alliance is in critical need of O- and is low on O+, A-, B+, and B-.

If you would like to donate or have any questions about eligibility, locations and hours, call the Florida-Georgia Blood Alliance at 353-8263 or visit them on the Web at [www.fgba.org](http://www.fgba.org).



# 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.

Here are some of the upcoming events I.T.T. has tickets for:

Suns Baseball tickets – general admission is \$4.

Disney Florida resident four-day play pass - \$107.45. Good until Sept. 30.

The following are upcoming trips:

Saturday - Shop till you drop. Shop at the Millenia and the Premium Outlet Mall in Orlando for \$14.

June 28 - Spirits of St. Augustine. Sail on a 72' schooner and hear ghostly tales for \$36.

July 9 - Rivership Romance. Treat your sweetie to a three-hour luncheon cruise up the St. Johns River. Transportation, cruise, lunch and gratuities are included for \$45.75.

## 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. For more details stop in the Pro Shop or call 542-3249.

## Aquatics Department taking reservations

The Outdoor Pool is now open for the summer season. The hours are 11 a.m. – 6 p.m. daily.

The Aquatics Department staff members are now taking reservations for private parties at the outdoor pool.

The Aquatics staff is eager to help you get you fit. Join them for an aqua aerobics class, Monday - Thursday from 11 a.m. to noon, or Monday, Wednesday, and Friday from 4:30-5:30 p.m. and again from 5:30-6 p.m. There is still time to enroll in May swimming classes. Registration is open for all levels. Please contact the Aquatics Department at 542-2930.

## 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 has been forced to increase prices. We still have the lowest prices around.

The NAS Jax Veterinary Treatment Facility 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. Appointments may be made in person or by calling 542-3786.

The clinic is limited to services permitted by regulations. These include vaccinations, heartworm testing, fecal testing and minor treatment of the eyes, ears, and skin on an outpatient basis. Heartworm and flea prevention products are available for purchase at the clinic during regular business hours.

## Mulberry Cove Marina news

For the month of June, purchase a rod and reel or rod/reel combo and receive two free packs of artificial bait, your choice of colors.

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 ski.

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.

## Liberty happenings

If adventures and challenges are your cup of tea, then join the crew at Liberty Cove Recreation Center for some real excitement this month. Shipmates get on board for a great week of fun with your Liberty staff.

Liberty Cove is selling Luau tickets at reduced price for single Sailors.

June 23 - 3-on-3 Basketball Tournament at 6 p.m.

June 25 - Karaoke and socializing at the Budweiser Brew House.

June 26 - Bowling at NAS Freedom Lanes. Free for active duty. We will have free food at 6 p.m. and bowling starts at 7 p.m.

For more information on our events, call 542-3491/1335.

## NAS Freedom Lanes offers great deals

NAS Jax Freedom Lanes is hosting an intramural bowling league meeting on today at 11:30 a.m. for all interested active duty personnel.

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.

The Freedom Lanes fourth annual Luau is June 28 from 6-11p.m. Bring your friends, family and shipmates to this "Island in the Sun" themed event. The event is open to all hands. There will be bowling, shoe rental; all you can eat buffet, DJ, prizes and beverage specials. The cost is \$20 for adults 13 and up, \$15 for children 5-12, \$5 for children 3-4, and children 2 and under are free. A special buy of five adult tickets get an additional ticket for free.

Call the center for event schedules at 542-3493.

## Youth classes

Dance classes and Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities. Take advantage of the fun events at the youth center. Monday evenings in June are indoor soccer from 6:15 - 8:15p.m. There are plenty of Friday events in June to keep the kids happy.

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. - Phone Booth (R)

Saturday, 5 p.m. - Shanghai Knights (PG13)

Saturday, 7 p.m. - Chicago (PG13)

June 27, 7 p.m. - Head of State (R)

## Orlando theme parks salute the military

Operation Salute offers admission for active duty military, active reservists, National Guardsmen and up to four direct dependents. Valid for one complimentary visit to each of the following parks:

SeaWorld - Orlando, Fla., San Diego, Calif. and San Antonio, Texas

Busch Garden - Tampa Bay, Fla. and Williamsburg, Va.

Seasame Place, Langhorne, Penn.

This offer is valid now – Nov. 11. Operating hours vary by park. Please pick up an application at the I.T.T. office.

Visit MWR online at [www.nasjax.navy.mil](http://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](mailto:mwrmtg@nasjax.navy.mil).



Photo by Kaylee LaRocque

## Hey, race fans!

BU1(SCW) Wesley Anderson of CBU-410, talks with Ollie Dean and Scott Peterson, representatives from the Daytona National Speedway about pit passes for the upcoming Pepsi 400 on July 5. The representatives were here June 10 offering special deals for military members and their families. Although all I.T.T. tickets to the race are sold out, sign-ups are currently being taken for the Pepsi 400 Shuttle. The bus departs at 3 p.m. on July 5 from the NEX parking lot. The cost is \$8. For more information, call 542-3318.

# COMMUNITY CALENDAR

ARMED FORCES COMMUNICATIONS; 3c; 10.5"; Black Only; 5% discount

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. MOMS Club is a support group for moms wanting a variety of activities for you and your children. The chapter offers monthly meetings, newsletters, activity calendars, playgroups, field trips and service projects. For meeting location or more information, contact Debbie at 751-0671 (debbiejkg@yahoo.com) or Kathi at 751-3400 (ktdj28@aol.com).

**Submarine Sailors** - If you have qualified on a United States Navy submarine in the past or present you are invited to join "First Coast Sub Vets." If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. Meetings are held the second Saturday of each month at the American Legion Post 316 on Atlantic Blvd. For more information email rjjax@attbi.com or call 241-6222.

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.

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

**Christian Fellowship Night** will be held behind the Chapel in Bldg. 749 from 6:30 - 9 p.m. every Tuesday night. For more information call 542-3051.

**Association of Aviation Ordnancemen's** meeting is held the third Thursday of each month at the Fleet Reserve Center on Collins Road. For more information, call AOC Chris Johnson at 542-2168 or AOCs Erick Parnley at 542-8589.

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. NNOA is a non-secretariat, not-for-profit organization sanctioned by the Secretaries of Defense and Transportation to assist sea services in recruiting and training minority officers, increasing awareness of sea services opportunities in minority communities, and projecting a positive Navy, Marine Corps, and Coast Guard image. Interested personnel can contact Lt. Hertena Washington at 696-5005 or email WashingtonHO@matcombic.usmc.mil.

**Fleet Reserve Association, Branch 126** is holding their monthly meeting tonight at 8 p.m. at the Branch Home, 7673 Blanding Boulevard. All active duty, reserves and retirees of the Navy, Marine Corps and Coast Guard are invited to attend. For more information, call 771-2936.

The **Jacksonville Genealogical Society** will meet Saturday at 1:30 p.m. at the Webb-Wesconnett Library, 6887 103rd Street. For more information, call Mary Chauncey at 781-9300.

The **Jacksonville Shell Club** is holding their 37th annual Shell Show Fair June 28-29 from 9 a.m. to 5 p.m. at the Days Inn Ocean Front at 1031 S. First Street. For more information, call 887-1738 or go to [www.jaxshells.org](http://www.jaxshells.org).

The **VFA-131 20th Anniversary Reunion** will be held July 11-12 in Virginia Beach, Va. For more information contact Lt. James Yeats, VFA-131, Unit 60145, FPO AE 09504-6229 or email yeatsja@vfa131.navy.mil.

The **U.S. Naval Academy Alumni Association** is hosting a luncheon meeting July 16 at noon at the River City Brewing Company. The guest speaker will be Chet Gladchuk, athletic director of the U.S. Naval Academy. The cost is \$22 per person.

The **U.S. Coast Guard Auxiliary (Flotilla 14-8)** is sponsoring a one-day Boating Safely program July 26 from 7:30 a.m. to 5 p.m. at Mandarin High School. The cost is \$20 per person. For more information, call Bob Strong at 721-1346.

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.

The **VP-4 Association** is holding a reunion Oct. 6-9 at the Flamingo Hotel in Las Vegas, Nev. For more information and to register, email VP4assoc@adelphia.net.

**USS Iwo Jima (LPH2/LHD 7)** will hold their annual reunion Oct. 16-19 in Norfolk, Va. For more information, call Robert McAnnally at (866) 237-3137 or email yujack@megalink.net.

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.

SOUTH BEACH REGIONAL MALL; 6c; 10.75"; Black Only;

# JAX SPORTS NEWS

## 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. Experience is not required. If interested, contact Al Vandercar at 282-0809.

## 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 Web site at [www.nasjax-navy.mil](http://www.nasjax-navy.mil).**

## Out in town, need a ride? Club 2000 can help

From MWR

NAS Jacksonville has a program called Club 2000. Anyone who is impaired and in a bar, club, lounge, or private residence within St. Johns, Baker, Nassau, Clay or Duval counties can call the NAS Jacksonville OOD office at 542-2338. You

will be provided a taxi ride, paid for by the station, to your home within the same five counties.

Anyone (including civilians) in an on-base facility can have the club bartender assist in contacting the OOD.

Club 2000 cards with this phone number can be obtained from MWR in Building 584.

## JAX TALES

By Mike Jones



www.fckystour.com

## STANDINGS

### Final Intramural Softball Standings

HS-5	6	10
VP-62	5	11
HITRON 10	5	11
HS-15	3	11
SERCC	2	15

Team	Wins	Losses
VR-58	14	3
Air Ops	13	3
AIMD Bombers	10	3
NAMTra	12	5
VP-30	11	6
VP-16 Red	8	6
VS-31	10	7
VP-45	10	7
VS-30 Red	8	8
VP-16 White	8	9
VS-30 Black	7	9
HS-75	4	9

### Final Open Softball Standings

Team	Wins	Losses
VP-16	14	4
CB'S	14	6
Beanie Boys	11	9
NAMTra	10	9
Beef O'Brady's	8	10
Onsite Aviation	1	19

THE DENTIST PL/MARKET PL; 3c; 4.75"; Black Only;



FLETCHER'S MEDICAL SUPPLIES; 3c; 10.75"; Black Only; PU 5/2 R016216

DUVAL HONDA; 3c; 10.75"; Other Color;