



Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE



No Jax Air News for July 4

Jax Air News will not be published on July 4 due to the holiday. The next issue will resume on July 11. All classified ads and stories received during the July 4th week will be published in the July 11 issue.



VA offers home loan certificate online

Service members and veterans can now obtain home-loan eligibility determinations in a matter of seconds using a new VA Internet application. ACE (Automated Certificate of Eligibility) allows lenders to input data about their potential active duty/veteran borrower and, in most cases, print out a certificate to submit with their guaranty package. This eliminates completing the VA Form 26-1880, Request for a Certificate of Eligibility.

At this time, access to ACE is limited to VA recognized lenders, or their recognized agent(s), with a valid VA assigned lender identification number.

If you want more information on how to obtain your Certificate of Eligibility immediately or would like to pick up a copy of the letter for your lender, contact the NAS Jax Veterans Affairs Office at 573-6312.

NADep Jax wins SecNav award

By Susan Brink
NADep Jax Public Affairs

Naval Air Depot (NADep) Jacksonville has been awarded the Secretary of the Navy (Sec Nav) FY01 Award for Achievement in Safety Ashore.

The Honorable Gordon England, SecNav, made the announcement on May 31. In this announcement England stated, "This award recognizes exceptional examples of safety and occupational health program improvements that are possible with senior leadership's commitment and example. Top-down emphasis on safety establishes a command culture that promotes operational excellence through effective risk management processes and hazard recognition/correction. The worth



Photo by Miriam S. Gallet

of proper training, and command emphasis on proactive and innovative safety programs and incentives, is unquestionable."

NADep Jax continues to ensure safety is a fundamental part of its everyday business. In FY01 the Depot reported that total mishaps were down 13 percent, lost workday mishaps were down 4 percent, days

lost to injuries were down 14 percent, back injuries were down 42 percent, and days lost due to back injuries alone were down 29 percent. The Depot's Occupational Safety and Health (OSH) Director, Chris Williamson stated, "Our substantial reductions in mishaps are clear indicators that the process of mishap reduction has

become ingrained in the corporate culture and occurs in concert with changes in workload and plant configuration. This is truly a hallmark of an effective and integrated OSH program. We work together on a daily basis but in different ways to realize the goal of a safe and healthful workplace."

The Depot runs several OSH programs concurrently to achieve the awarded outcomes. Not only do they run a superb mishap program, they received a successful Explosives Safety Inspection (ESI) in February 2001, an outstanding rating from an Ordnance Handling Safety Assist Team (OHSAT) visit in October 2000. The OSH program is further enhanced by its ergonomic program, which was recognized in 2000 winning the

CNO Individual Award for Achievement in Safety Ashore. Together these programs work to prevent injuries and further improve work efficiency throughout the Depot.

In addition to winning this award, the Depot recently won the 2001 Chief of Naval Operations (CNO) Aviation Safety Award proving that NADep Jax is truly dedicated to safety. This makes the third consecutive year for the Depot to win the CNO Aviation Safety Award and the first time to win the prestigious SecNav Award for Achievement in Safety Ashore.

Also receiving recognition in this year's competition was NAS Jacksonville which received Honorable Mention in the Large Non-Industrial Activity category.

Motorcycle safety instruction upgraded

By Kaylee LaRocque
Staff Writer

A newly updated and improved Basic Rider Motorcycle Safety Course was introduced at NAS Jax last week as 36 instructors from all over the country spent last Thursday and Friday learning the new curriculum. The revised Basic Rider Course was presented to new riders for the first time here in another class held this weekend.

The new curriculum was created by a team of experts from the Motorcycle Safety Foundation and was initially released in March 2001 at the International Motorcycle Safety Conference in Orlando. The updated version is now being introduced throughout the country.

"The old curriculum was released in 1986 and really needed to be updated. We set up a special team and did some focus group research to find out what needed to be changed and how we could improve the course. We gathered information from instructors, students, studied traffic safety materials, motor skills development principles and adult learning principles and tried to wrap all that into the new course," explained Ray Ochs, director of Training Systems, Motorcycle Safety Foundation.

Ochs came to NAS Jax to assist with the training activities when an overwhelming number of participants signed up for the updated course. Originally planned for only a small number of military motorcycle safety instructors, the word was quickly passed throughout the state that the new Basic Rider Course was being taught here.

A Naval Air Reserve Jacksonville Sailor, AM1 Carl Bennett coordi-



Photos by Kaylee LaRocque

Scott Randall, a motorcycle instructor from Florida Community College Jacksonville goes over a checklist with participants taking the newly updated Motorcycle Instructor Course.

nated the event, inviting local First Coast motorcycle schools, who are sponsored by Florida Rider Training Programs and many instructors from Florida naval bases. Several participants came from as far as Arizona to attend the two-day class.

"The feedback on the new curriculum has been extremely favorable. In fact, we only expected to have about 10 to 12 states converting over by the end of last year and we had 38 states that are beginning to make the change. This seems to be a softer program and has a sequential development to it. It's not as pressurized at the old



Ray Ochs, director of Training Systems at the Motorcycle Safety Foundation answers some questions during a motorcycle instructor course held here last week.

See MOTORCYCLE, Page 8

WEEKEND WEATHER



FRIDAY 74/87
PARTLY CLOUDY



SATURDAY 74-87
PARTLY CLOUDY



SUNDAY 75/88
THUNDERSTORMS

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



Photo by JO2 Mike Jones

Eight make third class

NAS Jacksonville's newest petty officers receive a round of applause from NAS Jacksonville Executive Officer, Cmdr. Charles King and guests during a frocking ceremony on base June 12. Eight Sailors were frocked to petty officer third class at the event.

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SECURITY SCOOP

Abandoned vehicles can be expensive

By William Curnutte
Crime Prevention Officer

Several parking lots on this base contain vehicles that have been basically abandoned by their owners. Most were left because they are obviously not in running condition.

The owners must have thought they could just walk away from their problems. What these owners don't realize is that this solution can be a very expensive one for them.

Once a vehicle is ticketed as an abandoned vehicle, the owner has 72 hours to remove it. If it is not removed within the allotted time, the vehicle can and will be towed by a commercial towing company to a commercial storage lot off base.

All towing and storage fees will be

eventually charged to the owner of the vehicle. The minimum towing charge is usually \$35 while some storage lots charge as much as \$75 a day to stow a vehicle.

What criteria does a police officer use to ticket a vehicle as abandoned? A vehicle is considered abandoned when it meets one of the following conditions:

- * A vehicle is in a state of disrepair for more than seven days.
- * A vehicle has an expired tag or base decal and no action has been taken by the owner to renew the tag or the decal.
- * A vehicle has no tag or no decal.
- * A vehicle has a decal that is missing numbers or the base activity strip.
- * A vehicle has several tickets on

its windshield.

* A complaint about a vehicle has been filed by a third party.

Just remember that there are other least expensive ways to get rid of your vehicle if you can't get it running.

Just walking away is ignoring the problem. And, in the long run, it is the most expensive way to go.

Remember also that only minor emergency repairs such as changing a flat or replacing a headlight is allowed on base.

Major repairs such as replacing a serpentine belt, doing a tune-up or even changing the oil are not allowed in the parking lots.

For more information on this matter, call me at 542-3223.



Photo by Miriam Gallet

Base welcomes new chaplain

NAS Jacksonville and the Base Chapel Catholic community welcome Cmdr. John Lyle, as the new command chaplain and Catholic priest. He was previously assigned to Marine Corps Base, Quantico, Va. Lyle is looking forward to meeting the parishioners and serving the Sailors and their families.

(Pictured left) Chaplain John Lyle attentively listens as RP3 John Woody explains the chapel's computer system.



Meet A Sailor ...

ET3 STEPHEN GORHAM

Job title/command:
NAVCOMSTELSTA

Hometown: Philadelphia, Penn.

Family Life: Married to Rebecca with our first baby on the way.

Past Duty Stations: NAS Great Lakes, Ill.

Career Plans: To attend law school and become CEO of Gorham Homebrewing Company.

Most Interesting Experience: Graduating from Southern Illinois University with a bachelor's degree in electronic systems technology.

Words of Wisdom: Education is the fuel running the engine of success.



Meet A Civilian...

CHRISTY POTTER

Job title/command:
Base Safety/OSH Office

Hometown: DeBary, Fla.

Family Life: Married to Rich who is retired Navy. We enjoy spending time with our nine grandchildren, golf, gardening, saltwater fishing and casinos.

Past Duty Stations: Active duty Navy for 13 years - NTC PSD Orlando, Naval & Marine Corps Reserve Center, Houston, Texas, NAS Jax and Naval Construction Regiment, Gulfport, Miss.

Career Plans: To earn a degree in business management and have a career that involves traveling.

Most Interesting Experience: Being in 106 degree weather and then in the snow an hour later.

Words of Wisdom: Being square is not so bad; you have a solid foundation so you don't end up rolling downhill.

HEY MONEYMAN

Hey, MoneyMan!

I read the Jax Air News every week and enjoy most of the articles. However, I have noticed that there are not many ads for financial assistance or loans in this paper but the Navy Times runs lots of ads in their financial section. Why don't they advertise more in this paper?

MoneyMan Sez:

The Navy Times has worldwide distribution and through them, advertisers can reach lots of service families. Of course, selling advertisements is how the paper makes money. But don't forget that just because you read it in the paper doesn't mean the Navy endorses it or even that it is a good deal.

The financial ads you refer to offer slogans such as "We do not check credit," "automatic approval," "cash by phone," and "you can apply from the comfort of your home." What they do

not say is often as important as what they do say. None of them mention the rates they charge and we have learned that the rates can be 300 percent or higher. Not a minor consideration if you are thinking of borrowing money.

If you need money, go to your Navy-Marine Corps Relief Society or to your

credit union or bank. If they can not help, I bet they know someone who can.

Hey, MoneyMan!

I just moved into this area and my husband wants to attend a local college. I really can not afford for him to go to school on my salary. He agrees to

work part-time, but he feels that we will do better in the long run if he completes his college degree. Do you know about any loans or scholarships for spouses attending school?

MoneyMan Sez:

Yes, I do! Going to school is worth considering because a better education usually leads to better pay. There are a number of financial assistance sources available.

First of all, have him check with your Navy-Marine Corps Relief Society office and ask about the Adm. Traver's Scholarship which offers either a \$2,000 per year grant or a \$3,000 interest-free loan. The deadline for applying for this program for next year is March 1, 2003.

You should also contact the Navy College Office at 542-2477.

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

FFSC offers educational and support programs

The 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 during the month of June 2002:

- June 25, 8 a.m. - Noon - Divorce Adjustment Workshop
- June 27, 8-11 a.m. - Anger Control Workshop
- June 27, 1:30-3 p.m. - Volunteer Service Council
- June 27, 6:30-9 p.m. - Ombudsman Assembly

Cyclists wanted for interviews

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

Please call Miriam Gallet, editor at 542-5588.

CREDO

It's free! Give yourself the gift of a Navy CREDO Retreat. The next Personal Growth Retreat is July 1. The next Marriage Enrichment Retreat is July 28-29. For more information, or to register, call CREDO at 270-6958.



Sunday Services at the Base Chapel

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

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

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

Jax Air News

NAS Jacksonville Commanding Officer	Capt. Mark S. Boensel
Public Affairs Officer	Charles P. "Pat" Dooling
Deputy Public Affairs Officer	Miriam A. Lareau
U.S. Naval Air Station, Jacksonville Editorial Staff	
Editor	Miriam S. Gallet
Assistant Editor	JO2 Mike Jones
Staff Writer	JO2(SCW) Eric Clay
Staff Writer	JO2 Jackey Bratt
Civilian Staff	
Manager	Ellen S. Rykert
Staff Writer	Kaylee LaRocque
Design/Layout	George Atchley

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Ellen S. Rykert, Military Publications Manager
1 Riverside Avenue • Jacksonville, FL 32202
904-359-4168

Linda Edenfield, Advertising Sales Manager • 904-359-4336
Beeper: 904-306-3853 or 888-980-3874 • FAX: 904-366-6230

“Red Lions” complete training exercises

From HS-15

The “World Famous Red Lions” of HS-15 returned from a six and a half week combined Composite Training Unit Exercise (COMPTUEX) and Joint Task Force Exercise (JTFFEX) aboard USS George Washington (CVN 73) on May 6.

During this final phase of training and evaluation before deployment, the Battle Group and Carrier Air Wing 17 conducted operations in support of two mock wars, Strike Warfare, Maritime Interdiction Operations, Anti-Submarine Warfare, Anti Surface Warfare, and Combat Search and Rescue.

HS-15 set the pace during COMPTUEX and JTFFEX, operating around the clock in support of Battle Group missions. Flying more than 855 hours, HS-15 provided search and rescue support for fixed wing operations, protected the Carrier Inner Zone with two orange submarine kills, successfully completed eight Communication Satellite Advanced Research Configuration Status Accounting Reports (CSAR) and seven Helicopter Visit Boarding Search and Seizure (HVBS) missions, launched four torpedoes, conducted 10 Vieques Range sweeps, four Medevacs and more than 30 logistic runs.

HS-15 personnel met every demand during their condensed work-up cycle this year with great success and distinguished themselves with proficiency and professionalism.



Photo by JO2 R. David Valdez

A helicopter from HS-15 hovers over a U.S. Navy submarine during a recent training exercise while the squadron was deployed aboard USS George Washington (CVN 73).

College Fair promotes education benefits

By JO2 Jackey Bratt
Staff Writer

A quick, fast, lunch on the go took the back seat on Wednesday afternoon. The Navy College aboard NAS Jax held an education fair outside the Navy Exchange (NEX) from 11 a.m. until 2 p.m.

“This was an ideal area because of the heavy traffic here during the lunch hour,” commented Pete Baker, an advisor with the Navy College Office.

Baker and nine college representatives figured that as Sailors were on their way to lunch they would stop by to see what the colleges had to offer.

Their assumptions paid off. More than 350 Sailors and family members spent their time asking questions and getting information from the colleges and universities.

“I am interested in seeking a bachelor’s degree in elementary education,” said HM3Alicia Wechsler, attached to the Naval Hospital.

Wechsler and co-worker, HM3 Nshanuna Howard talked to representatives from Southern Illinois University. “I think it is very important to further my education so that I can secure a place in the job market,” said Howard, who is currently pursuing a degree in nursing.

Becoming marketable is at the forefront of today’s Navy according to ABHC(AW) William McClain, leading chief petty officer at the Air Terminal. “I tell my junior Sailors how it can be beneficial to each of them to further their education,” explain McClain.

He added, when going before a board you want to present yourself in the best possible manner. Having an associate’s or bachelor’s degree may be the deciding factor on your results or will place you ahead of



Photos by JO2 Jackey Bratt

YNSN(SW) Timothy Horak attached to Transient Personnel Unit (TPU) is advised about the Navy Apprenticeship Program.

other candidates.”

Navy Tuition Assistance (TA) is provided to all active duty personnel. This program pays 100 percent tuition for high school completion courses and up to 75 percent for college.

Although TA does not pay for books or registration fees, it can be used for both classroom and independent study/distance learning courses.

Some Sailors use their Sailor/Marine American Council on Education Registry Transcript (SMART) transcripts to aid them in deciding their future education goals.

This transcript displays the recommended college credits earned for your Navy training and experience.

Upon graduation from recruit training and Navy schools that are recommended for college credit, Sailors will automatically receive an updated summary. Also, partnerships are being made with colleges

that will offer college credit for on-the-job experience.

“I would like to get a degree based on the training I’ve received from the Navy,” said YNSN(SW) Timothy Horak, attached to Transient Personnel Unit (TPU).

Although a yeoman, Horak has been working hand-in-hand with the master-at-arms (MA) at TPU and hopes to convert to the MA rating soon.

The first step to committing yourself to continuous educational improvement may be difficult for Sailors who have been out of the loop in the academic arena, but it is vital to press on.

“Getting your bachelor’s degree will soon be like finishing high school,” said PC2 Keisha Craig, of the post office.

Craig, who will receive her bachelor’s degree next fall, remembers when having an associate’s degree was something to brag about. “Now days, you

have to have at least your bachelor’s degree to secure an prosperous position in



STG1(SW) Luis Rosa speaks with representatives from ITT Institute.

the work force,” she said.

The Navy has many programs and incentives for Sailors to further their education. It’s a matter of Sailors making education a priority in their lives.

For more information on the available programs, contact the Navy College Office at 542-2477, or visit

these helpful learning links on the world wide web; <http://www.navycollege.navy.mil/>, <http://www.gibill.va.gov/>, <http://www.finaid.org/>, <http://www.freeuniv.com/>, <http://www.getcollegecredit.com/materials.htm>, <http://www.edufind.org/>.



Secretary of State Colin Powell greets Cmdr. Will Fitzgerald, executive officer of VP-45, during his recent town hall meeting in Iceland. Photo courtesy of VP-45

Secretary of State visits Iceland

By Lt.j.g. Sven Sharp
VP-45 PAO

Last month, VP-45 had the honor of hosting a "town hall" meeting with Secretary of State Colin Powell at NAS Keflavik, Iceland in their squadron hangar. This was an important event for the base, but it was especially important for VP-45 because it took place in the "Pelicans" hangar. Hosting the Secretary of State was a daunting task, but the squadron rose to the occasion in true Pelican fashion to make the event go off without a hitch. With the hangar and static display aircraft sparkling, it was an exciting wait for the guest speaker to arrive. Despite tight security, people started filling the hangar more than two hours prior to the speech. Soon all the chairs were filled, and it was standing room only for the more than 300 people in attendance. Then the announcement was made that the Secretary of State had arrived, and everyone stood to get a better view. Powell took the stage and gave a very moving speech focused on the importance of the military community, camaraderie and most importantly, the family. "I know what it's like to be in a military family. I know the

sacrifices that spouses make. My first child was born when I was in Vietnam. I didn't know he'd been born for a month and he was seven months old the first time I saw him. All my children were raised with a dad away for years at a time and when he was home he was away for weeks and months at a time. I know what family is all about and I know the sacrifices that your families have made," said Powell. Additionally he emphasized the importance of the United States military presence in Iceland, and he thanked the Icelandic people for their cooperation. "I hope you realize the important role you play in a place such as Iceland where we've had a defense relationship for over 50 years. This small and wonderful country has the oldest parliament on the face of the earth. It doesn't have an army and only a few members of the police carry arms, but it knows what defense is all about," he continued. After the 10-minute speech, Powell walked off the stage and into the audience. For more than 30 minutes, he walked through the crowd, shaking hands and meeting as many people as he could. After making his way through the entire audience, the Secretary of State was escorted out

to his plane, and he was off to another destination. Powell was in Iceland to attend a NATO Foreign Ministers Conference in the city of Reykjavik. Security for the conference was paramount, and VP-45 played a vital role. Days before the conference took place, the squadron began Operation Geysir Watch, which gave VP-45 the opportunity to showcase the Intelligence, Surveillance, and Reconnaissance (ISR) capabilities of P-3C AIP. The Pelicans flew nonstop reconnaissance missions off the coast of Iceland looking for suspicious ships that might pose a terrorist threat. The operation then transitioned over Reykjavik, monitoring the Secretary of State's movements, as well as all the possible routes to and from each location. Throughout his visit, the Pelicans were in the air watching everything. "Our job was to ensure that security personnel on the ground had the information they needed and a birds-eye view of conference locations so they could make rapid security decisions," said Cmdr. Will Fitzgerald, VP-45 executive officer. "Skipper Helmer and I are proud of the whole Pelican team for making this happen. It was an honor to be a part of the event."

VP-45 hosts British visitor while deployed

By Lt.j.g. Sven Sharp
VP-45 PAO

VP-45 had a special visitor last month when Adm. Sir Alan West arrived at NAS Keflavik, Iceland to attend a conference to discuss NATO issues with Rear Adm. John Waickwitz, commander, Iceland Defense Force. West is currently Commander-in-Chief East Atlantic, and Commander Allied Naval Forces North with the British Royal Navy. He is also the British incoming First Sea Lord, which is our Chief of the Navy equivalent. After the conference, West was given a tour of the base. During the tour,



AW2 Phillip Hutchens shows Adm. Sir Alan West, commander, Allied Naval Forces North with the British Royal Navy, the P-3C AIP Acoustic Stations. Photo courtesy of VP-45

Brooke Churgai, AW2 Phillip Hutchens, AW1 Mike Johnson, and AT2 Justin Hatchett were ready to discuss aircraft capabilities and answer any questions. After touring the static display, West toured VP-45's spaces to get a behind the scenes look at how the squadron operates. "It was a great opportunity to showcase our newest technology in maritime patrol for a top British naval officer," said Helmer. "These encounters further our understanding of each others capabilities and deepen our commitment to a close partnership during extraordinary times like these."

Public Affairs retires one of their own

By JO2(SCW) Eric Clay
Staff Writer



SH1(SW) Rick Foister

A retirement ceremony will be held tomorrow morning at 10 a.m. at the BOQ pavilion to honor SH1(SW) Rick Foister who will complete his naval career after 20 years of service. Rear Adm. Jan Gaudio, commander, Navy Region Southeast is the guest speaker. A reception is planned at the BOQ conference room following the ceremony. Foister began his Navy career in 1982, at Recruit Training Command (RTC), Orlando, where he was promoted to Seaman Apprentice. After attending Ship Serviceman's "A" School in Meridian, Miss., he reported to USS Meyerkord (FF-1058), homeported in San Diego, Calif. While onboard, he was advanced to third and second class petty officer.

From 1985 through 1989, he was assigned special duty at Naval Support Activity (Camp David) during President Ronald Reagan's administration. The next three years Foister found himself back on sea duty assigned to USS Doyle (FFG-39), homeported at Naval Station (NS) Mayport. From there he completed a shore tour aboard NS Mayport. In 1991, Foister was stationed on board USS Saratoga (CV-60), also at Mayport, where he completed two deployments to the Middle East and the Persian Gulf. Upon completion of the last deployment, he became part of the decommissioning crew. After the decommissioning of USS Saratoga in November 1994, Foister headed west to join Navy Recruiting District, Dallas, Texas. In December 1997, Foister went back to sea duty on board USS Boone (FFG-28), again at Mayport. During this tour, USS Boone was selected a finalist for the "Best Sales and Service Award" in 1998, and in 1999, was the recipient of this award. In July 1998, he was advanced to petty officer first class. His next tour in August 2000, brought him to NAS Jacksonville where he was assigned to the Public Affairs Office, Commander, Navy Region Southeast. Some of Foister's job responsibilities included managing the youth and special group tour program and escorting media. Foister and his wife, Rebecca have two sons, Scott and James, a daughter-in-law, Michelle and a grandson, Isaiah. They plan to remain in the Jacksonville area.

Seaman to Admiral Program Taking Applications for Fiscal Year 2003

PENSACOLA, Fla. (NNS) — The Seaman to Admiral 21 (STA-21) commissioning program is soliciting applications for fiscal year 2003. Deadline for applications is July 1, 2002. The initial selection board will meet during September 2002 and the names of selectees will be announced by Navy administrative message (NAVADMIN) in October 2002. The STA-21 program is the Navy's newest enlisted commissioning program that allows qualified Sailors to receive a college education and become commissioned officers in the following communities: Nuclear (NUC), Aviation (Pilot), Aviation (Naval Flight Officer), Surface Warfare (SWO), Special Operations (SPECOPS), Special Warfare (SPECWAR), Nurse Corps (NC), Supply Corps (SC), Special Duty Officer (Intelligence), and Civil Engineer Corps (CEC). STA-21 combines the Seaman To Admiral, Enlisted Commissioning Program (ECP), Aviation Enlisted Commissioning Program (AECP), Nuclear Enlisted Commissioning Program (NECP), Civil Engineer Corps Enlisted Commissioning Program (CECECP), Fleet Accession to Naval Reserve Officer Training Corps (NROTC) (includes Nurse Option), and Broadened Opportunity for Officer Selection and Training (BOOST) program applications, making it easier for Sailors to apply for various programs.

For the complete list of requirements and more information on STA-21, see NAVADMIN message 158/02, visit www.sta21.navy.mil, send e-mail to sta21@cnet.navy.mil, or call the Chief of Naval Education and Training (CNET) STA-21 office at (850) 452-9447/9451, DSN: 922-9447/9451, or toll-free: 1-800-NAV-ROTC.

VS-24 'Scouts' re-up three Sailors

By Lt.j.g. Chad Lukins
VS-24 PAO

VS-24 recently reenlisted three of their first class petty officers during individual ceremonies. AT1(AW) Donald Lemcool, AME1(AW) Carl Shilling and MS1(AW/SW) Callie Wolffis all decided to "Stay Navy" for another two to five years.

Lemcool reenlisted for three years covering the remainder of his tour at VS-24. Growing up in a military family, Lemcool had already seen much of the world when he joined the Navy. "I spent the fourth and fifth grades in Japan. It really opened my eyes to different cultures," he said.

He credits his wife, Randi, for helping him throughout his career. "The Navy is a great career if you have your family's support and a very strong spouse. No doubt it is an arduous way of life, but very rewarding to a serv-



Photos courtesy of VS-24
Lt. Jeffrey Coker re-enlists AT1(AW) Donald Lemcool as his wife, Randi watches.

ice member and their family if they look at it the right way," he explained.

Lemcool's advice to young Sailors is, "take advantage of Navy educational opportunities. Go to school and keep your options open."

Reenlisting for two years,



Cmdr. Ronald Robinson re-enlists MS1(AW/SW) Callie Wolffis.



Cmdr. Ronald Robinson re-enlists AME1(AW) Carl Shilling as his wife, Lori, and daughter, Brittany, look on.

without my wife, Lori and my daughter, Brittany. We are looking forward to our new future in Virginia," said Shilling.

Wolffis reenlisted for five years and has follow-on orders to Naval Station Mayport in November. She has 15 years in the Navy and plans to retire at the end of this

enlistment contract. "I think my most memorable moment in the Navy so far was when Skipper Luther capped me while on board USS Enterprise" she said. "The Navy is a wonderful experience. I advise all new Sailors to stick with it, it will be worth it in the end."

'Scouts' promote two chiefs

By Lt.j.g. Chad Lukins
VS-24 PAO

VS-24 recently gained two new senior chiefs when Commanding Officer Brian Luther promoted ATCS Robert Kelley and AOCs(AW) Christopher Lapierre during a ceremony at the squadron.

Kelley, a native of Martin's Ferry, Ohio, joined the Navy in February 1985. After completing boot camp in Orlando and "A" school in Memphis, Tenn., he reported to VAW-124. From there, Kelley transferred to NamtraGrudet Norfolk for instructor duty in July 1990, where he was promoted to first class petty officer. He then went back to VAW-124 for his second sea duty and advanced to chief in September 1996. Heading back to shore duty in December of 1996, Kelley was stationed at AIMD at NAS Key West, where he received a Bachelor of Arts in Business Administration from St. Leo University in January 2000.

Kelley reported to VS-24 in February 2000 where he has worked as the IMC Maintenance coordinator, Avionics Division chief and Night Check Flight Deck coordinator.

"I'm fortunate to have worked with some great people during my career. I know my advancement is a direct result of the hard work, dedication and professionalism of the people that I've had the privilege of working with for the past two years. I'm so proud of them. I've never had a job that gave me more personal satisfaction. I come to work with a smile on my face every day, not many people can say that in the Persian Gulf in the middle of summer," said Kelley after his promotion.

Kelley and his wife Judy, have two children, Ryan and Ceridwen.

Lapierre, a native of Tampa, Fla., has two years of service remaining with the "Scouts." His past duty



Photos courtesy of VS-24
AOCs(AW) Christopher Lapierre gets pinned by Ensign Thomas Hinnant (left) and Cmdr. Brian Luther, commanding officer of VS-24.



ATCS(AW) Robert Kelley receives his new collar devices from co-workers ADCS Antoinette Euvrard and AMCS Willie Threatts.

stations include VA-86, NAS Jax Weapons Department, VS-32, VFA-106, VFA-15, MCBH Hawaii, and VS-24. He has seven cruises under his belt with more than four years floating at sea gathering

victories. His other hobbies include baseball and softball.

Lapierre's advice to aspiring Sailors is, "Come to work on time, just do your job and you'll shine. A little extra goes a long way."

VS-24 announces Senior Sailor of Quarter

By Lt.j.g. Chad Lukins
VS-24 PAO

AMI(AW) Christopher Leech was honored as VS-24's Senior Sailor of the Quarter at command quarters recently.

Leech is the Airframes leading petty officer and played a huge role in supervising the repair of three VS-31 aircraft and four VS-30 aircraft ensuring all jets were ready for deployment and Joint Task Force Exercise (JTTFEX).

His ability to accomplish his workload as well as, assist other commands in meeting their goals, make him an invaluable asset to the Viking community.

A native of Cortez, Colo., Leech joined the Navy 15 years ago to save money for college. "I ended up staying in because I enjoy the work and visiting places people only dream of seeing," he said.



Photo courtesy of VS-24
Cmdr. Brian Luther, commanding officer presents AM1(AW) Christopher Leech with his Senior Sailor of the Quarter certificate during a recent VS-24 quarters.

Leech also attributes his continued service to timely rate advancements and being at the right place at the right time. He has been a leading petty officer at the squadron since January and is currently awaiting the chief's exam.

Leech and his wife, Janet,

have two daughters, Amanda and Shelby. "They have been very supportive during my five cruises. The last one was the hardest. You would think it would get easier but it doesn't. E-mail availability now really helps," said Leech.

KID FIT



McGruff the Crime Dog checks out Venee Rhodes' photo at the fingerprinting station.



Kids learn about healthy living at "Kid Fit" fair

By Kaylee LaRocque
Staff Writer

It was two fun-filled days packed with lots of healthy information at the Youth Activities Center (YAC) last Thursday and Friday when MWR joined up with the Wellness Center to sponsor "Kid Fit," a health fair designed especially for children.

The second annual event was created last year in an effort to enlighten participants enrolled in YAC's Summer Camp about how to maintain a healthy lifestyle.

"We held this camp because we're hoping the kids will take the information we provide them home and use it in their daily lives. If we promote healthier behavior at a younger age, hopefully it will discourage bad behaviors before they begin," explained Lt. Nancy Johnson of the Wellness Center, who coordinated the event.

"The Wellness Center holds special health camps for the adults here twice a year and just started a special camp for our active duty members. We wanted to do something for the kids here. Since they are all out of school for the summer and in camp here, it provided the perfect opportu-

nity," she added.

On the first day, the children were broken up into groups and were rotated around to four different stations, each promoting safety and health awareness. A special presentation outside on fire safety by the base Fire Department instigated numerous questions regarding the daily routines of a 'real' fireman. After a short tour through the fire truck, the children were given several goodies as they headed for the next station.

Inside, hundreds of kids were learning about the hazards of tobacco in a presentation by members of the Duval County Public Health Department, how to properly wash their hands at the "Germ Light" presentation by the Wellness Center, another fire safety presentation with Sparky, the Fire Department's trusty mascot and the importance of cardiovascular exercise with the help of members from the Fitness Source.

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

"This fair is really fun. It helps us to learn to be safe and how to take care of ourselves. I've learned that cigarettes are

See KID FIT, Page 7



Pamela Jeralds of the Duval County Public Health Department gives a quiz on the hazards of tobacco use to a group of kids.

DT2 Don Jacobs and DT2 Sheila Velez of the Naval Hospital Dental Clinic teach kids the importance of brushing their teeth.



A group of kids check out some of the information and goodies they were given at the fair.



Sally Day from Security Department fingerprints Nicole Jacobson at the fair.

KID FIT



Firefighter Shawn Wardlaw passes out fire hats to the children after a quick tour of the fire truck.



Chuckles the Clown checks out some of the information the children have gathered at the different booths during the Kid Fit Fair at the Youth Activities Center.



Emergency Medical Technician (EMT) Frank Knott of the NAS Jax Fire Department gives a short presentation on how an EMT provides first aid to the children.

Photos by Kaylee LaRocque



Members from the Fitness Source spent several hours teaching the kids different kinds of cardiovascular exercises.

KID FIT: Fair offers plenty for base children

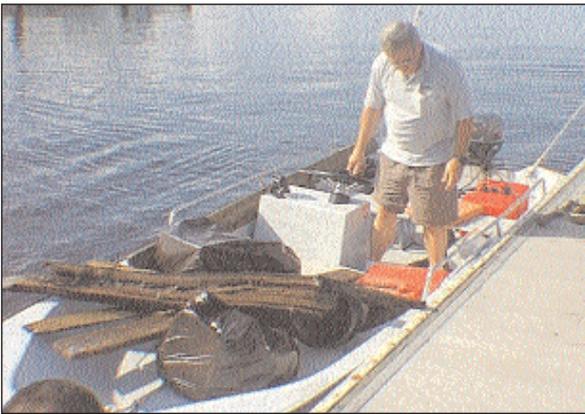
From Page 6
bad and to stay away from drugs," said seven-year-old Andrea Wilke.

That seemed to be the general consensus among the youngsters. "I really learned lots of good things here today. I've learned what to do in case of fire, how to wash my hands properly and all about exercising," added seven-year-old Erika Bryan.

The next day, the excitement continued as the children stopped at several new stations set up to promote dental hygiene, healthy eating habits

through basic nutrition and physical fitness. A special station was also set up by Base Security to provide fingerprinting and photographs. Helping out the process was McGruff the Crime Dog.

"This is really a wonderful event for our kids in camp. They really seem to love it. They get lots of good information and goodies to take home with them. We're planning on holding this fair every year during our summer camp because it's been so successful," said Erica Hickey, director of YAC.



Tim Curtin of the Environmental Division inspects the trash in his boat before he unloads.

Photos courtesy of First Lieutenant's Division

NAS Jax does their part in cleaning up shoreline

By JO2(SCW) Eric Clay
Staff Writer

Five commands from NAS Jacksonville joined together and volunteered to clean up the shoreline along the St. Johns River recently.

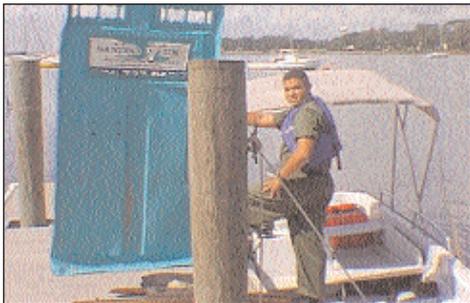
Eighty volunteers from the Environmental Division, Air Operations, Weapons, Construction Battalion Unit 410, First Lieutenant Division and the Boat House helped out.

"This is my second shoreline clean-up and the turnout was really good, much better than the last time," said AFCM(AW) Robert Santiago, who coordinated the event.

The volunteers worked throughout the morning along different areas of the shoreline, from the Buckman Bridge to the civilian housing near the flight line. They walked, drove trucks and canoes picking up litter until the shoreline was cleaned. "We had 20 canoes in the water with two people per canoe to help in the trash pick-up," explained Santiago.

The Boat House staff assisted by patrolling the river ensuring a safe shoreline clean-up.

The volunteer force recovered 2,466 pounds of debris



BU3 Daniel Roman pulls part of a portable toilet from his boat during the NAS Jax shoreline clean-up.

and trash. The trash came in all different shapes and sizes. They found old tires, wood and even an old portable toilet.

"I feel like it is my duty being stationed at NAS Jacksonville to help in cleaning up our shoreline and I really feel good helping. I suggest that anyone who was thinking about participating in the shoreline clean-up to do so, it's a lot of fun and extremely self-rewarding," said STGNS Oscar Chatman, who volunteered for the event.

To celebrate their efforts, the volunteers enjoyed a picnic after the clean-up.



NAS Jacksonville personnel prepare for a morning of cleaning up the shoreline.

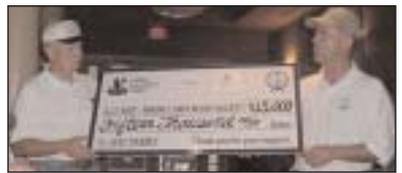


Photo courtesy of VP-30

Navy-Marine Corps Relief Society Director Dave Faraldo (left) accepting a check from Capt. Brian Prindle, VP-30 commanding officer after the tournament.

VP-30 raises funds with golf tournament

By Lt. David Long
VP-30 PAO

The VP-30 Pro's Nest sponsored a charity golf tournament recently to benefit the Navy-Marine Corps Relief Society (NMCRS).

The tournament raised more than \$15,000 for NMCRS, with official sponsors VyStar Credit Union and Level-3 Communications each contributing \$5,000. VP-30 had already raised more than \$28,000 for NMCRS by reaching 120 percent of the squadron's fund raising goal. The golf outing was held at the new Fleming Island Plantation Golf Course in Orange Park.

A special visit by Commander Patrol and Reconnaissance Forces Atlantic, Rear Adm. Dick Brooks and his staff coin-

cided with the tournament. They were welcome additions to the 142 other charity golfers.

Door prizes included a Callaway driver and a Wayne Weaver autographed Jaguars helmet. Unfortunately, none of the charity players were able to capitalize on three enticing hole in one prizes: \$10,000 in cash, a round trip ticket for two to Ireland, and a round trip ticket for two to the sandy beaches of South Carolina.

"Fleming Island Plantation Golf Course management and staff did an exceptional job hosting the tourney for the second year in a row," said event coordinator Lt. Todd Lacy.

Mother nature came calling with rain the last hour and a half, but she was unable to spoil the fun had by all.

MOTORCYCLE: New safety course unveiled

From page 1

course, the students are allowed to work at their own individual pace," said Ochs.

Although the information is still pretty much the same during the course, the teaching methods have greatly improved with the new curriculum. "With the old one, everyone had to learn at the same pace. That's difficult when you have a novice rider and an experienced rider going through the same class. This new version uses a student-centered learning approach. It allows the students to take personal responsibility and ownership in learning the mental and physical skills they need to ride a motorcycle. Each person is allowed to develop the skills needed to their capabilities," said Traffic Safety Specialist and Coordinator of the Navy's Motorcycle Safety Program William Cosby of the Naval Safety Center.

"We have just started introducing this curriculum to the Navy and Marine Corps at different sites throughout the world. We hope to have the military completely converted over within the next couple years," he added. "NAS Jax has always been a model base when it comes to the Motorcycle Safety Program. The instructors here run an extremely good, comprehensive program. The Naval Safety Center often cites the NAS Jax program as a template for the other bases."

The current activities at NAS Jax emphasize the emergence of partnerships between the Navy and local safety programs.

The State of Florida is also in the conversion process. "At this time we have three sites in Florida that are using the new course. We are currently working on getting all of our 250 instructors trained to teach the updated version. We hope to have the entire state using the new motorcycle safety course by next year. It is just so much more effective than the old one," said Louie Kyler, Management Review specialist and coordinator, Florida Rider Training Program Bureau of Driver Education and DUI Programs who attended the course with several other local state instructors.

The Motorcycle Safety Course is free and is mandatory for all military personnel who ride a motorcycle either on or off base. It is also available to family members, retirees and DoD personnel. The course is usually offered twice monthly. To sign up, call the Safety Office at 542-3082.

COMMUNITY CALENDAR

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

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

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

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

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

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

There will be a Tri-base Military Career Fair hosted by the Fleet and Family Support Centers of NAS Jacksonville, NS Mayport and Subase Kings Bay, Ga. this Tuesday from 9 a.m. - 2 p.m. at Morocco Shrine Auditorium located at 3800 St Johns Bluff Road. For more information contact the NS Mayport Fleet and Family Support Center at 270-6600.

The Jacksonville Chamber of Commerce is holding its Military Appreciation Luncheon to recognize outstanding military personnel from all the area councils and to honor the First Coast Military Representative of the Year on June 27 at the Prime Osborn Convention Center. The cost for active duty is \$20 and \$25 for civilians. For ticket information call Mary Hamelin at 366-6695.

Join the City of Jacksonville as they celebrate our great nation's birthday with the Freedom, Fanfare and Fireworks July 4th celebration on July 4. This star-spangled celebration will feature an entire day of family-friendly activities including the annual Independence Day Parade downtown at 9:30 a.m., "Red, White and Brr..." from 11 a.m. until 4 p.m. at the Veteran's Memorial Coliseum, a free concert starring country favorites Clint Black and Brad Paisley at Metropolitan Park (gates open at 4 p.m.) and Skyblast, the city's biggest and best July 4th fireworks at 9:45 p.m. For more information call the Special Events hotline at 630-3686 or visit their website at www.coj.net/events."

NAVHOSP JAX NEWS



Photo by HM2 John Veres

Capt. David Davis conducts an eye exam on a Noreen Barnett in Naval Hospital Jacksonville Ophthalmology. Naval Hospital Jacksonville ophthalmologists will soon offer Photo-refractive Keratectomy as a treatment option for qualified active duty patients, primarily those serving in warfighting roles.

Hospital to offer PRK Improving a Sailor's vision

By Loren Barnes
Naval Hospital Jacksonville Public Affairs

Any Sailor who, in the middle of ops, suddenly had to pocket his or her glasses because they turned opaque from fog and sea spray knows how limiting, even dangerous, those "windows to the world" can be under adverse weather conditions.

Such a Sailor might well envy shipmates with more perfect vision.

Naval Hospital Jacksonville Ophthalmology will soon offer a state-of-the-art, highly effective, life-altering procedure to qualified, command-authorized, active duty patients.

This remarkably effective procedure is Photorefractive Keratectomy (PRK), just one of three popular surgical procedures currently used to correct near-sightedness, according to Naval Hospital Jacksonville Ophthalmologist Capt. David Davis.

In the PRK procedure, an excimer laser delivers pulses of energy to remove a small disc shaped sliver of the central cornea. To accomplish this, the surface layer of the cornea must also be removed, but it grows back in place after a few days.

The other two procedures are Radial Keratotomy (RK), which was offered here prior to 1998, and Laser In-situ Keratomileusis (LASIK) eye surgery which Davis says should be offered to a limited number of patients here at a later date.

RK reshapes the cornea by creating linear incisions in the peripheral cornea with a surgical knife. These incisions relax the peripheral wall of the cornea, resulting in a secondary change which flattens the curvature of the central cornea.

LASIK is almost identical to PRK, in that the same small sliver of the central cornea is removed using the excimer laser. LASIK differs from PRK in what is done with the surface layer of the cornea. Instead of removing it, a special surgical blade is used to create a flap that can be lifted up to expose the part of the cornea that will be treated with the laser.

After the laser treatment has been performed, the flap is laid back down on the cornea, thereby eliminating the need for the surface layer to grow back in place.

This year, Naval Hospital Jacksonville is funded to do about 250 to 400 PRK procedures on 125 to 200 people. Davis said the equipment is now on order and facilities are being prepared. He estimates that by July five ophthalmologists here will be doing PRK.

Davis said offering PRK to our active duty servicemembers is a boon to warfighting readiness, one that will probably save lives.

He explained that there are very real dangers to having people in a combat situation wearing glasses or contact lenses. "Weapons aim, situational awareness and focus can be significantly impeded for people with glasses or contact lenses," he said.

"In the heat of battle, they may unexpectedly have to deal with fogged or dirt flecked glasses hindering their vision. Glasses can also be knocked or blown off a combatant's face. G-forces can send glasses flying in the cockpit and insertion troops can lose them during rappelling. Glasses are hard to get into gas masks, firefighting equipment and breathing apparatus. And contact lenses soak up chemical warfare agents

and hold them against your eye and are difficult to maintain in the field," Davis said. "Dirty contact lenses can lead to serious eye infections."

This is also a career issue for Navy personnel. "For instance, there's the aviator for whom the Navy has invested millions of dollars and thousands of hours of training.

He reaches 30, is about to take command of a squadron, and he finds he can't pass the flight physical because of near-sightedness," said Davis. "This procedure can be a career-saver for that aviator," he concluded.

It is also a plus for recruiting and retention in that offering this procedure expands the pool of people you can take into special programs like pilot training. In addition, people who might have been planning to get the procedure done might stay Navy if they see that they can get this, fairly costly procedure, accomplished as a Navy benefit.

Davis said availability will initially be limited to the Jacksonville area while they are gearing up and securing additional funding. But within a few months, the program will expand to a tri-service (Navy, Coast Guard and Marine) program serving the Florida/Georgia area.

All the outlying clinics under the Naval Hospital's cognizance will be able to screen personnel for the procedure. Availability here for the procedure should increase to 1,000 procedures next year and 2,000 procedures in 2005.

Candidates for the procedure must meet strict criteria and must be authorized by their commanding officer who, Davis said, should prioritize who gets the procedure according to their operational needs.

Because of the Navy's interest in the procedure as a way to enhance readi-

Summer's here! It's time for school physicals

By Lt. Christie Sierra & Rey Lopez, LPN
Naval Hospital Jacksonville Family Practice Clinic

Summer is in full swing, and within a few weeks the "Back-to-School" sales will begin showing up at the malls.

Duval County Public Schools and Clay County District Schools will begin session Aug. 7. St. John's County District School will begin session Aug. 9.

The Naval Hospital Jacksonville Family Practice Clinic encourages parents to schedule school and sports physicals for their children before the start of school. Scheduling early will help parents avoid the annual end of summer scheduling crunch.

During a child's Family Practice Clinic school physical appointment, immunizations can be updated, labs drawn, and sports physicals can be documented, all with the ease of a single phone call and visit.

All enrolled families at the Naval Hospital Jacksonville Family Practice



Clinic, Pediatric Clinic and Branch Medical Clinic Mayport can call Central Appointments at 542-4677 to have their children scheduled for a Primary Care Manager appointment. Additional week-end appointments will be available Aug. 10 and 11.

Note: To enter Elementary School, children must have completed the three shot Hepatitis B immunization series and either a Varicella vaccine or had a documented case of chicken pox.

Pharmacy keeps getting better!



Photo by Loren Barnes

HM2 Jeremy Meyer and Lt. Jody Dreyer serve Naval Hospital Jacksonville Pharmacy customer Carol Slagle. A resident of Port Orange, Fla., Slagle said "service is great" at the hospital pharmacy. The pharmacy not only provides great service but the number of medications available to patients through the pharmacy has recently expanded. Many medications have recently been added to the pharmacy's formulary list. Want to know if your medication is now available? Find out online at navalhospitaljax.com or by calling 542-7405.

ness, priority will be given to people in warfighting roles.

To get forms and information for the procedure and eligibility, active duty personnel should access the Navy Surgeon General's website at http://navymedicinemed.navy.mil/PRK/refractive_surgery_information.htm.

The completed forms should be taken to their commanding officer for authorization before contacting the clinic for screening and referral.

Fill out the form from the website, get your commanding officer's authorization and then fax the paperwork to the clinic at 542-7687.

Davis noted that farsighted patients are not currently accepted as candidates and naval aviators currently must receive the treatment under a special protocol at Naval Medical Center Portsmouth, Va. or Naval Medical Center San

Diego, Calif. These hospitals have been offering the procedure for several years.

If commanding officers want a command brief on the program, Davis said that can be arranged.

The procedure, while relatively safe, does involve some pain. During the healing period, patients should expect three or four days of discomfort, but most patients say the improvement in vision was well worth the temporary suffering Davis said. Anesthetics are administered to lessen the pain.

What are the results? "Ninety five percent of the patient's vision improves to 20/40 or better," Davis said, "and 75 percent are 20/20 or better after PRK."

He continued, "Adverse affects are very few. No one has ever had to be put out of the Navy for side effects. And generally one procedure is all that is needed. The re-treatment rate is about 2 percent. Usually the first shot does it." He

noted that the thickness of your glasses before the procedure and the candidates age are factors in the results the patient experiences. "The worse your glasses are the more likely you will have to have more treatments," Davis said.

PRK patients normally will have three or four appointments ahead of the procedure and after the surgery they will get four days of convalescent leave to recover followed by seven or eight follow-ups appointments.

"It will be very rewarding to offer this treatment and see the difference it makes in people's lives," said Davis. He recalled one patient at another hospital telling him excitedly, "I looked up in the morning and I could see the clock!" Davis smiled and commented, "Being there when these people come in and witnessing the improvement is gratifying. It's great to fix something and know that it is fixed!"

Wellness Center health promotions 'Gold Star' excellent

By Loren Barnes
Naval Hospital Jacksonville Public Affairs

Naval Hospital Jacksonville was recently recognized by the Commanding Officer, Navy Environmental Health Center, as a "Gold Star" recipient of the 2002 Navy and Marine Corps Command Excellence in Health Promotion Award.

Established in 1995, the award recognizes Navy and Marine Corps commands that have implemented successful population-based, health promotions programs. Thirty four commands received the award Navy-wide. Award categories were comprised of 26 Gold Star, five Silver Eagle and three Bronze Anchor awards.

Naval Hospital Jacksonville was recognized primarily for the efforts of the Hospital Wellness Center, working in concert with numerous Hospital and NAS Jacksonville departments to raise the level of health awareness in Jacksonville's DoD community.

Wellness Center Department Head Cmdr. Kathy Natoli said achieving this recognition has been a goal for the Wellness Center since she took charge in 2000. The Center's efforts were focused on achieving the objectives outlined in "Healthy People 2010," a national health plan published by the Department of Health and Human Services. The vision of Healthy People 2010 challenges clinicians to put prevention into their practices and requires communities and businesses to support health-promoting policies in schools, worksites and

other settings. Its vision addresses a broad range of health concerns as varied as smoking and childhood obesity.

Natoli said, "This recognition was the culmination of efforts by a lot of people in our community." Support has come from activities ranging from the base fire and security departments, which participated in health events for children to the Alcohol Rehabilitation Center (ARC), which has collaboratively involved the Center in its programs. She said the Center continues to expand its outreach and staffers are always willing to do presentations on health topics for activities in the Jacksonville area.

The commander cited a dynamic partnership with the base Morale, Welfare and Recreation (MWR) Department as pivotal in the Center's success. MWR helped with marketing and planning special events ranging from a Kid's Day Camp attended by 200 children at the Youth Activity Center last year to Wellness Camps in the Spring and Fall and more recently, station participation in the Navy-wide "Crews Into Shape" fitness contest. She added that the Center's close working relationship with the Fitness Source, located right next door, has been a huge plus in promoting healthy exercise programs for the base population.

All facets of the center's impact on base health were scrutinized as criteria for the award, from the Center's tobacco cessation program to its weight management program and health fitness assessments. Commanders were judged



Photo by Loren Barnes

PR2 Bryan Wagner undergoes the treadmill portion of a Health Fitness Assessment performed by HM3 Marc Leathers at the Wellness Center.

on how well they targeted the needs of respective DoD community's and geared their programs to meet them.

Natoli explained, "This award is about population health - and showing that we're reaching out to the community and the work-sites, trying to make a difference. At the beginning of 2001 we did a Health Interest Survey, asking active duty, retirees and civil service employee about their needs or wants. We then geared our programs to what we found."

Natoli said, "Center programs reflect the CDC philosophy that 'Physical Activity is everywhere you go.' It's about making yourself more active in your daily life and making the

right choices, striking a balance. For instance, in the area of weight control we want them coming out of here making decisions they can live with. Not restricting themselves for two months, losing 10 pounds then going back to old habits in which they stop exercising and eating right, only to gain the pounds back. The thing about fitness and eating right is that it's all about health. It's not about being that runway model, but about health!"

For further information on any of the "Gold Star" quality programs offered by Naval Hospital Jacksonville Wellness Center or for help setting your own fitness goals and reaching them call 542-5296.



Photo by SH1(SW) Rick Faister

Lending a hand

Members of Commander, Navy Region Southeast spend their lunch time preparing meals for the guests at the Jacksonville Ronald McDonald House. (From right to left) Penny Noel, YN1(AW) Sal Ortiz, NC1(AW) Stephanie Smith, LN1 Jondell Ritchie, MS1(SW) Pam Jennings and LN1 Susan Noel.

Lots of volunteer opportunities are available in the Jacksonville area. Below are some agencies looking for help.

HELPING HANDS

Volunteers needed to help kids ride horses

Hearts, Hands and Hooves has opened a new location on the Northside and they are in need of volunteers. Watch children's faces light up while you help them learn to ride a horse. Various evening and weekend shifts are available. Call Kim Fowler at 778-9697 for details.

Celebrate the Fourth

Volunteers are needed to help with the City of Jacksonville's annual Fourth of July parade. Help with staging, driving floats, and dress in costumes. Call 630-1020 for details.

Assist with Kingfish Tournament

Help is needed for the annual Bellsouth Greater Jacksonville Kingfish Tournament July 8-13. Assist with answering calls, set-up, selling merchandise, weighing fish and much more. For more information call Peggy Collins at 743-5578.

Beaches triathlons slated

Triathlon volunteers are needed to help with The Beaches Fine Arts Series (BFAS) 16th Annual Fundraiser Triathlons on July 13. BFAS provides performing and visual art and music free to the public in addition to educational outreach programs in area schools. Volunteers will direct traffic to assure the safety of the participants and assist with set-up, registration, water/food distribution, race timing, tear down and much more. For more information call Karen Prewitt at 270-2074.

Summer camps

Camp 1 Am Special and Camp Promise are residential summer camps for children with disabilities. Volunteers are needed as activities assistants. Camps run different weeks now through Aug. 2. Call Patrick Kennedy at 356-0810 for information.

Camp counselor positions are available at Community Connections. Summer day camps begin now through Aug. 2. Call Jo Johnson at 727-6460.

The Webb Center offers a back-to-school day camp July 15-26. It assists children and young adults with disabilities in arts and crafts, first aid/CPR instruction, computer classes, cooking and child care classes. Call Jennifer Hatcher at 398-3029.

Teacher Supply Depot 'Back to School Opening'

The Duval County Teacher Supply Depot needs 10-20 volunteers to help out on July 25 from 9 a.m. to 1 p.m. for the Depot's "Back to School Opening." Volunteers should report by 8:30 a.m. and stay as long as they are able.

The Depot is located at the former John Gorrie Middle School at 2525 College Street. Lunch will be provided. For more information contact Chris Buckley at 381-7480.

FROM 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.	Chili conquistador Mashed potatoes Brussel sprouts Bean/bacon soup Tomato soup Baked chicken Chicken gravy Steamed egg noodles	Breakfast Biscuits and sausage gravy Home fried potatoes Banana pancakes Assorted omelets Minute steaks Grits	Egg foo young Chinese egg rolls Strawberry glazed pies
Meal costs Breakfast \$1.60 Brunch/Lunch \$3.25 Dinner \$3.25	Saturday Breakfast Creamed beef Home fried potatoes Waffles Grilled ham slices Farina Assorted omelets	Lunch Yankee pot roast Tossed green rice Steamed broccoli French onion soup Tempura fish fillets Whipped potatoes Glazed carrots	Dinner Teriyaki steak Steamed rice Southern style greens Baked tuna and noodles Baked potatoes Steamed squash Knickerbocker soup
Thursday Breakfast Minced beef w/toast Home fried potatoes French toast puffs Grilled minute steak Grits Omelets	Brunch Creamed beef Farina Spaghetti noodles Beef rice soup Waffles Spaghetti w/meat sauce	Dinner Chicken tetrazzini Steamed rice Cauliflower Parmesan Grilled pork chops Mashed sweet potatoes Peas w/mushrooms Tomato vegetable soup	Wednesday Breakfast Grilled bacon Cottage fried potatoes French toast Creamed beef w/toast Farina
Lunch Roast corned beef Baked macaroni and cheese Steamed carrots Stuffed flounder Steamed cabbage Cream of broccoli soup Summer squash	Dinner Syrian beef stew Paprika potatoes Vegetable combo Corn chowder Roast pork Summer squash Steamed egg noodles	Tuesday Breakfast Minced beef Apple cinnamon oatmeal Grilled bacon Grilled hash browns Waffles Assorted omelets	Lunch Beef pot pie Buttered noodles Vegetable stir fry Mushroom soup Oven fried chicken Oven browned potatoes Steamed wax beans
Dinner Beef cordon bleu Rice pilaf Peas w/celery Beef gravy Herbed chicken Oven brown potatoes Multigrain soup	Sunday Breakfast Oven fried bacon Cottage fried potatoes Boiled eggs French toast Minced beef w/toast Assorted omelets	Lunch Beef sukiyaki Green beans Chinese fried rice Chicken egg drop soup Vegetable stir fry Chicken adobo Steamed rice	Dinner Swedish meatballs Candied yams Steamed corn Creole soup BBQ ribs Mashed potatoes Southern style greens
Friday Breakfast Bacon & Sausage links Hash brown potatoes Boiled eggs Apple fritters Rolled oats Assorted omelets	Brunch Minced beef w/toast Assorted omelets Onion rings Chicken rice soup Brown gravy French toast Hamburgers		
Lunch Steak ranchero Potatoes au gratin Steamed green beans Clam chowder Southern fried fish Steamed rice Calico corn	Dinner Liver w/onions Steamed rice Beef vegetable soup Baked chicken Lyonnaise potatoes Steamed cauliflower		
Dinner	Monday		

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

Spend July 4th with the Jacksonville Suns

The Jacksonville Suns baseball club is holding a "Honor the Navy Family Day" on July 4th, when the Suns play the Orlando Rays at Wolfson Park at 6 p.m.

All active duty service members and their families will be able to purchase half-price tickets for the game and the Suns will

hold a special pre-game ceremony to honor the men and women who serve and protect our country. Everyone will receive a small American flag.

Naval Station Mayport's Commanding Officer, Capt. Matt Schellhorn, will throw out the first pitch. For more information, call 358-2846.

On The Go With USO

Wild Waters, the waterpark next to Silver Springs, is offering free admission to active duty members and 50 percent off to their families and friends on this weekend. Drop by USO to pick-up the flyer needed for admission.

The Temptations are coming to Metropolitan Park on Sunday night. USO has discounted tickets for the show. Tickets are \$27.50 and lawn seating is \$20.

For more information call, USO Jax at 778-2821 or USO Mayport at 246-3481.

Military a most deserving audience for comedy tour

From MWR

Four headliner comedians recently spent two weeks entertaining the fleet as part of the Comics on Duty World Tour.

More than 850 active duty personnel enjoyed the free shows at bases in Tokyo, Yokosuka, Atsugi, Sasebo, and Okinawa, Japan and Seoul and Pusan in the Republic of Korea. The Comics on Duty World Tour was part of an entertainment initiative produced by Navy's Morale, Welfare and Recreation (MWR) Division.

"Navy and other military folk overseas are starved for stateside entertainment," said CMDM(CSS) Gale Bond, MWR Division's command master chief and tour manager for the comedy tour. "We took them a piece of home and the Sailors loved it! The comedians were all

headliners too; it wasn't your typical local comedy club line-up with varied levels of talent. All four of these fellows were equally top-billed, talented, and professional, with their hearts in the right place. I saw all eight shows and was highly entertained in each one."

Comics on Duty World Tour is produced by Rich Davis of Davis Entertainment Group out of Michigan. "This was the first time in the Pacific region for our tour," said Davis. "It is exciting to travel with this caliber of talent, they play off each other and get along splendidly. Chris Alpine, Richie Byrne, Kevin Jordan, and Gary Lazer each have 10-15 years experience and can play to any audience. The shows we did on this trip were rated PG-13 and were diverse in material based on location and audience."

"The comedians we take on the military tours such as this one sponsored by MWR are doing the shows for the right reason. Many have experienced the emotion that's involved with the military and can meld well with the audience. We view the military as a most deserving audience," said Davis. "A show with this level of talent would cost \$25-\$30 per person in Las Vegas. MWR and Comics on Duty World Tour are in it for the emotion not for the bucks."

Navy MWR, in support of "Operation Enduring Freedom," provides top-quality entertainment for Sailors and their families. For more information on entertainment or other MWR programs, visit the Navy MWR web site at www.mwr.navy.mil.

Jax Air News FREE OFF-BASE PICK-UP

- ABC Liquors5541 Roosevelt Boulevard
- American Legion5443 San Juan Avenue
- Bono's Bar-B-Que1179 Park Avenue
- Bonus Dollar7628 103rd Street
- Cecil Pines Adult Community6008 Lake Cove Avenue
- Chamber of Commerce .1734 Kingsley Avenue
- Chevron Gas Station206 Park Avenue
- Comfort Inn341 Park Avenue
- Eckerd Drugs1952 Park Avenue
- Family Dollar4603 Blanding Boulevard
- Fiddler's Green Golf CourseCecil Field
- Fleet Reserve5391 Collins Road
- Food Lion1670 Wells Road
- Food Lion6260 103rd Street
- Food Lion7900 103rd Street
- Krystal208 Blanding Boulevard
- Murray's Tavern4527 120th Street
- Orange Park LibraryKingsley Avenue
- Post Office1335 Kingsley Avenue
- Rae's DinerCecil Field
- Safeco6407 103rd Street
- Sam's St. Johns Seafood1464 Park Avenue
- Star Food756 Park Avenue
- VFW187 Arora Boulevard
- VyStar182 Blanding Boulevard
- VyStar4420 Wabash Avenue
- VyStar4441 Wesconnett Boulevard
- VyStar7254 103rd Street
- VyStarCecil Field
- Wesconnett Library103rd St./Harlow
- Winn Dixie5647 Roosevelt Boulevard
- Woody's Bar-B-Que7445 103rd Street
- Woody's BBQ4291 Roosevelt Boulevard
- Yellow Water HousingCecil Field

MWR NOTES

Head to Daytona for the races

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

Sing your heart out

The NAS Jax Karaoke Contest is in full swing on Wednesday nights at the Budweiser Brew House. Each week a winner will be announced and on July 20 the winners from the previous weeks will compete in a sing-off. The contest is free to enter and open to all base personnel 18 and over. Call 542-5009 for more details.

The Boxrockers live in concert

Check out the Boxrockers tomorrow night, July 12 and 26 from 6-11 p.m. in The Zone parking lot. The show is free with lots of free food and beverage specials. The concert is open to all base personnel. Call 542-3521 for information.

Freedom Lanes hosting luau

The bowling alley is hosting a luau June 29 from 5-8 p.m. The event will feature bowling, food, prizes and music. The cost is \$15 per person, \$25 per couple or \$80 per lane (up to eight people). Call 542-3493.

Treat yourself through I.T.T.

You deserve a vacation, stop by I.T.T. and sign up for one of the many trips on the calendar. For more information stop in our office located adjacent to the Navy Exchange in Bldg. 953-A, or give us a call at 542-3318. Trips are open to all base personnel and their guests.

The following are upcoming events:

June 28 - Holy Land Experience: Visit a living biblical museum in Orlando. The cost is \$29.60 for adults and \$25.60 for children under 12.

July 5 - Silver Springs and Wild Waters: Go to two theme parks for the price of one. This day of fun costs \$32.75 for adults and \$28.75 for children.

July 6 - Pepsi 400: Get your tickets for the Pepsi 400 or the Busch Series race at I.T.T. for \$46.10. Take the whole family to the Busch Series race because children under 11 will be admitted free with each paid adult admission. Catch a ride to the Pepsi 400 on the I.T.T. shuttle for \$8 per person round trip.

Aug. 30 - Sept. 2 - Hot-Lanta: Getaway for Labor Day! Three nights hotel, and entrance fees to all the best attractions including Stone Mountain Park, is only \$211.85 per person, based on double occupancy.

Junior Golf Camp offered

Enroll your kids in Junior Golf Camp July 11 through Aug. 8 for \$50 per student. The camp is open to ages 6-17 and the lessons are at NAS Jax Driving Range. Call 542-3249 for more information.

Check out The Zone for lunch542-3521

The following are upcoming lunch specials:
 Today - Chicken parmesan special on the buffet and BBQ ribs
 Tomorrow - Swedish meatballs on the buffet and Fish and chips
 June 24 - Spaghetti special on the buffet and chili & rice
 June 25 - Chicken salad sub special on the buffet and Sloppy Joes
 June 26 - French beef dip special on the buffet and BBQ chicken
 June 27 - Pork chops special on the buffet and Sweet & Sour chicken
 June 28 - Tuna sub special on the buffet and Beef Stroganoff
 All specials include ice tea or soda.

Knock your socks off

Cardio kickboxing classes are Fridays at 5:30 p.m. Call 542-3518 to sign up.

Bingo events

Come check out the hot specials at the Bingo Hall this week! Mondays pay out is \$50 on part A and special games. Tuesdays offer VIP drawings. You have the chance to win \$69 for computer, plus \$25 each time you yell Bingo.

Wednesdays are double lucky with double lucky balls, payout is \$300.

Thursdays change up Bingo to Bogo with buy one get one free and special games.

Fridays are for fun and \$50 payouts part A also featuring the one and only \$1,500 game.

Free movies in the base theatre

Friday, 7 p.m. - A Beautiful Mind (PG 13)

Saturday, 5 p.m. - The Majestic (PG)

Saturday, 7 p.m. - Rollerball (PG 13)

June 28, 7 p.m. - Orange County (PG 13)

To read a description of these movies visit MWR online. Please do not leave children under 18 unaccompanied. No alcohol is permitted in theatre

Marina has rentals available

Jet ski special: This month through Labor Day, the active duty rental rate is only \$25 per hour. We provide all the training you need at no cost.

Canoe and kayak rentals: The marina offers free canoe and kayak rentals to active duty military on Thursdays (on base use only).

During the months of July and August, the marina is offering 20 percent off boat rentals for active duty members Mondays through Thursdays. The marina also has a full line of camping and boating equipment for rent.

For more information, call 542-3260.

Liberty program offers trips

Ready for some baseball? Come join your pals at Liberty and go on a trip to the Jacksonville Suns game. Sign up at Liberty Cove.

Hook some fun with deep sea fishing Saturday, see Liberty for details.

On June 25 Liberty will host dinner and a movie for active duty members.

Ladies golf clinic

Hey Ladies! We've got a great thing going on just for you at the NAS Jax Golf Club. On Fridays at 4:30 p.m for only \$10/week you can improve your present golf skills or learn new ones from our professional staff. You can also use the time to get together with friends and socialize. Call 542-3249 for details.

NAS Jacksonville's Flying Club is still going strong

The Jax Navy Flying Club is located on Herlong Road. The club offers great deals if you want to learn to fly. The club offers a FAA approved pilot school that offers a variety of programs from private pilot to airline transport pilot.

For more information about joining the club or upgrading your current license, call 786-4128 or 786-9293. Memberships are transferable to any DoD flying club in the world.

Check out the RV Park

Visit NAS Jax RV Park. Reservations are taken 60 days in advance with a 14-day minimum stay. Call 542-3227.

Visit MWR online at www.nasjax.navy.mil and look for the tab marked MWR. This is your tab to unlimited fun. For questions or comments e-mail us at mwrmtg@nasjax.navy.mil.

JAX TALES
 By MIKE JONES
mikejones43@hotmail.com
 on
www.rickystour.com



JAX SPORTS

VP-16 crowned softball champs

By Bill Bonsor
Sport Coordinator

As the intramural softball regular season came to an end, AIMD stood alone on top of the standings with a record of 14-2 to win the league.

VP-16 Red took second place with a record of 14-4. AIMD and VP-16 Red were the top two seeds out of 16 teams going into the playoffs. The playoffs were double elimination with 30 games being played.

In the opening round of the playoffs, there was only one surprise when VS-24 defeated the VP-30 Students 18-5. Air Ops (#6) shocked VP-5 (#3) in the second round in an 8-7 nail biter. AIMD defeated VR-58 in a close game 19-18 and VP-16 Red defeated Air Ops 14-6 to advance to the winner's bracket final. In their first meeting of the playoffs, the top two seeds proved to be a great matchup. VP-16 Red took an early 5-2 lead and held on to a 10-8 lead going into the 7th inning. VP-16 Red put the pressure on AIMD by scoring five runs in the top of the 7th to take a 15-8 lead. AIMD put together a rally in the bottom of the 7th, but could only match VP-16 Red scoring five runs to come up two



Photo by Bill Bonsor

VP-16's Third Baseman J.T. Watson prepares to receive the throw to tag AIMD's Scott Ohehir.

runs short with the final score 15-13 in favor of VP-16 Red.

AIMD had to play an extra game in order to get a shot at VP-16 Red again. AIMD would have to face Air Ops who made it to the finals in the loser's bracket by defeating WFN 16-12 and VR-58 14-11. This was the first meeting between the two teams in the playoffs. AIMD came determined to get another shot at VP-16 Red as they cruised to a 13-1 victory over Air Ops.

Air Ops took home third place.

AIMD was geared up and ready for their rematch against VP-16 Red coming off their impressive 13-1 victory over Air Ops. Because AIMD had just played a game, they might have had a slight advantage of being warmed up. However, the advantage was quickly erased as a storm moved in to cause a 35-minute rain delay. It appeared that the wait did have an affect on

AIMD as they came out cold in the first two innings by not scoring any runs.

Meanwhile, VP-16 was not having any affects from the rain delay as they scored five runs on three homeruns in the bottom of the 1st. VP-16's J.T. Watson and Ken Duncan hit two run homers and Pete Amendolare added a solo shot. AIMD finally got their sticks sizzling in the third inning as they pounded out six runs to

tie the score at six. VP-16 responded with two runs in the bottom of the 3rd to take an 8-6 lead. The momentum appeared to be shifting as AIMD stayed hot in the top of the 4th scoring four more runs to take the lead for the first time 10-8 and VP-16 did not score any runs in the bottom of the 4th.

AIMD could not capitalize on the momentum shift in the top of the 5th as they were blanked by VP-16. VP-16 took the lead back in the bottom of the 5th scoring three runs highlighted by Watson's second two run homer to go up 11-10. VP-16's Ken Duncan turned an unassisted double play to help blank AIMD again in the top of the 6th.

VP-16 extended their lead in the bottom of the 6th scoring four runs when Chuck Isenberg hit a two run double and Duncan drove in two runs with a bases loaded single. AIMD was not ready to roll over as Don Lewis drove in two runs and Troy Clark hit a two run shot to make the score 15-14. AIMD was unable to get another run to tie the game and VP-16 Red held on to win the 2002 Intramural Spring Softball Title 15-14.

Sports officials and scorekeepers needed

The North Florida Military Officials Association 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.

Women's Softball Camp coming up

The NAS Jax Athletic Department will be hosting the All-Navy Women's Softball Training Camp July 12 through Aug. 4 at the McCaffrey Softball Complex.

Women's Armed Forces Softball Championship set

The NAS Jax Athletic Department will be hosting the Women's Armed Forces Championship at the McCaffrey Softball Complex Aug. 7-9. The opening ceremony will be on Aug. 7 at 9 a.m. and the first game will follow at 10 a.m. Games will be played Wednesday through Friday with two games in the morning starting at 8 a.m. and two games in the afternoon starting at 1p.m. Come check out the best of the best Armed Forces Women's Softball Teams and cheer your Navy team on to victory.

Intramural flag football meeting planned

This meeting will be held July 10 at 11:30 a.m. in the MWR Conference Room on the second floor of Building 590. The league will begin in August with rosters being due by July 26. The league is for NAS Jax active duty only.

Volleyball meeting set

This meeting will be held July 24 at 11:30 a.m. in the MWR Conference Room on the second floor of Building 590. The league will begin in September with rosters being due by Aug. 9. The league is for NAS Jax active duty only.

Navy Southeast Regional Running and Triathlon Team

Represent the U.S. 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) race and your time must be one of top ten regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Qualifying Times

5K
Men 19:00 Women 24:00
10K
Men 34:00 Women 46:00
Marathon
Men 3H 30 M Women 4H
Triathlon
Men 2H 30 M Women 3H
Triathlon time based on 1.5K swim, 10K run, 40K bike

For more information about any of the sports articles, call Bill Bonsor, Sports Coordinator or Mike Gorman, Athletic Director at 542-2938/3239 or e-mail us at dbonsor@nasjax.navy.mil or dgorman@nasjax.navy.mil. Visit the MWR website at www.nasjax.navy.mil