



Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE



Orange Park to hold Memorial Day ceremony

Fleet Reserve Association Branch 126 and Ladies Auxiliary FRA Unit 126 are holding a Memorial Day Service on Sunday at 2 p.m. at the Jacksonville Memory Gardens on Blanding Blvd. The guest speaker will be Lt. J. Hurley from VS-24. The public is invited to attend.



One Nation, one moment

The White House Commission on the National Moment of Remembrance, established by Congress, honors those who died for our country. The commission's purpose is to sustain the American Spirit through acts of remembrance.

The year-long activities include a special moment of remembrance on Memorial Day. On May 27 at 3 p.m. local time, Americans are invited to pause for one minute of silence as an act of national unity to remember those who died in service to our country.



City to hold Memorial Day Observance

The City of Jacksonville will hold a candlelight Memorial Day Observance at the Memorial Wall near the Veteran's Memorial Coliseum at 7 p.m. on Monday. The guest speaker will be Rear Adm. Jan Gaudio, commander, Navy Region Southeast. The event will also feature music by the Navy Band Southeast and the Jacksonville Pipes and Drums Corps. For more information call Dan Guthrie at 630-3680.

I.T.T. reopens in 'new' facility

Renovation complete; back to business

By Kaylee LaRocque
Staff Writer

After nine months of renovations, the Information, Ticket and Tours (I.T.T.) office is back in their old location next to the Navy Exchange.

If you haven't had a chance to stop in yet, you really need to check it out.

"We've done a complete floor to ceiling renovation here. Everything is new - from the walls, offices, countertops to an open ceiling. It's a specially designed concept created for all the I.T.T. offices in the Southeast Region," said Brett Tracey, Communities Activities director.

The idea to create regional design concepts was announced at a Morale, Welfare and Recreation (MWR) conference about two year



Photo by Kaylee LaRocque

Dani Waterman, a recreation aide cashier with I.T.T. sells some Wild Adventures tickets to retired Air Force member Lawrence Clark. I.T.T. has now reopened in its newly refurbished building.

ago. "I attended the conference and asked if NAS Jacksonville could be in the first phase because we were working in such prehistoric conditions. Naval Personnel Command

(Pers 65) decided to work on two offices in the same area at the same time, so Naval Station Mayport's I.T.T. office has also been renovated," explained Tracey, who

has worked with MWR for the past 10 years.

In the future, each of the I.T.T.

See I.T.T., Page 8

Education Fair offers distance learning to gain degrees

By JO3 Jackey Bratt
Staff Writer

How many times have you thought about furthering your education?

Not enough time in the day, tuition costs, and not knowing where to begin are excuses Sailors use when explaining their reasons for not bettering themselves.

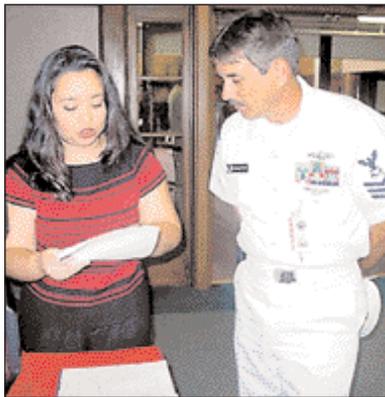
The Navy College Office, hosted an Education Fair on board NAS Jacksonville on May 14 at the Bachelor Officer Quarters (BOQ).

Seventeen institutions and their respective representatives were on hand to answer questions, give information about their schools, and explain distance learning choices available to Sailors.

"The Service Members Opportunity Colleges Program (SOCNAV) provides opportunities to take courses through distance learning so that Sailors anywhere will be able to pursue a degree from an accredited college," said Joyce Larson, a representative from SOCNAV.

Many college-degree programs are available that do not require you to be in a traditional classroom.

"You can earn a college degree, or complete a



Photos by JO3 Jackey Bratt

Troy State University representative Heather Pitell talks with DC1(SW/AW) Mark Corlette, attached to NAS Jacksonville's Addiction and Rehabilitation Center, about transferring college credits from his SMART transcript to Troy State University.

degree program you may have already started through independent study by correspondence, video-cassette courses, satellite/cable delivery, electronic mail, on-line Internet, and other distance learning methods," said Larson.

Although some degree majors aren't available at

certain institutions, SOC NAV's, approximately 110 participating institutions allow all degree fields to be covered.

For example, if a Sailor wants to get a bachelor's degree in nursing, but his local college does not have a nursing program, that Sailor can look at the SOC-

NAV college listings to see what institutions provide nursing-degree requirements.

Designed to meet the needs of Sailors, whether stationed in the United States or overseas, the institutions have a degree path to help make the most of your military education.

"You can take courses while at sea, where an Internet connection is available," said Reinhart Lerch, Florida State University representative.

"We also have academic advisors available for FSU students, so they can stay updated on the latest information," said Lerch.

Many Sailors saw the education fair as a one-stop shop to find their right college or university.

"I came to the fair to see what college best suits me," said DK2 Janet Franco, attached to Patrol Squadron (VP) 5.

"It's so much easier having the colleges all in one place versus having to track them down to see if they offer courses for my major," continued Franco.

YN2 Edith Limardo and YNSN Latresa Hicks, both attached to Patrol Squadron (VP) 16, came to the fair during their lunch hour.

"I came to support YNSN Hicks, and ended up walking out with a bunch of information for myself," said Limardo.

Hicks understands the importance of continued education.

"It's vital to better your education to compete in the job market after the military," said Hicks.

Through the Navy Tuition Assistance Program, federal, state, and institutional financial aid, and scholarships, college expenses should be covered.

"Sailors should take advantage of all the educational opportunities available to them," said Heather Pitell, Troy State representative.

For more information on available distance learning programs, contact the Navy College Office at 542-2477, or visit www.navycollege.navy.mil.

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Let the care begin!



Photo by JO2 Mike Jones

(From left) Naval Hospital Jacksonville Branch Medical Clinic's (BMC) HN Dawn Bauer, Branch Dental Clinic's DN Earl Harrison and DT3(SW) Alhaji Fonah, NAS Jacksonville Commanding Officer Capt. Mark Boensel, and BMC's HM2(AW) Damon Frazier officially reopen the newly renovated Branch Medical Clinic May 17 with a ribbon-cutting.

WEEKEND WEATHER

	FRIDAY 64/84 PARTLY CLOUDY
	SATURDAY 64/86 PARTLY CLOUDY
	SUNDAY 65/88 PARTLY CLOUDY

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

RED CROSS REVIEW

What to do when the power goes out

From the American Red Cross

Sudden power outages can occur at any time. It happened in Jacksonville on April 29. They are also a product of storms and hurricanes. Sudden power outages can be frustrating and troublesome, especially when they are prolonged.

Perishable foods should not be held above 40 degrees for more than two hours. If a power outage is two hours or less, you need not be concerned, but how do you save your food when the refrigerator is out for longer times? Being prepared can help. By planning ahead, you can save your perishables.

What do I need?

One or more coolers. Inexpensive Styrofoam coolers can do an excellent job as well.

Ice. Surrounding your food with ice in a cooler will ensure that it will stay cold.

Shelf-stable foods, such as canned goods and powdered or boxed milk. These can be eaten cold or heated on the grill.

A digital quick-response thermometer. A digital thermometer should be a necessity in your kitchen anyway. With these thermometers you can quickly check the internal temperatures of food for doneness and safety.

What to do...

Do not open the refrigerator or freezer

Tell your little ones not to open the door. An unopened refrigerator will keep food cold enough for a couple of hours at least. A freezer that is half full will hold for up to 24 hours and a

full freezer for 48 hours

If it looks like the power outage will be for more than two to four hours, pack refrigerated milk, dairy products, meats, fish, poultry, eggs, gravy, stuffing and left-overs into your cooler surrounded by ice.

If it looks like the power outage will be prolonged, prepare a cooler with ice for your freezer items.

Q's and A's

What if I go to bed and the power is still not on?

Before you go to bed, pack your perishables into your coolers if you haven't already done so and put in as much ice as you can. Also, when you go to bed, leave a bedroom light switched on. When the power goes back on, it will wake you, so you can check the condition of your food in the freezer. If freezer foods still have ice crystals, they can be refrozen.

What if the power goes out while I'm at work or out of the house and it has been more than a few hours before I get home?

Try to determine how long the power has been out. Check the internal temperature of the food in your refrigerator with a quick-response thermometer. A liquid such as milk or juice is easy to check. Spot check other items like steaks or left-overs also. If the internal temperature is above 40 degrees, it is best to throw it out. If the food in the freezer is not above 40 degrees and there are still ice crystals, you can refreeze.

What if the power goes out and comes back on while I am out?

If the freezer is fairly full and you know it was no longer than 24 hours,

the food should be OK. There will be loss of quality with refreezing, but the food will be safe. If the refrigerator was out for more than two to four hours, you are best to discard the perishables.

Don't forget your disaster supplies kit. Your kit should include enough supplies to meet your needs for at least three days. Store these supplies in a sturdy, easy to carry, water-resistant containers, such as backpacks or duffel bags. It is a good idea to keep a smaller kit in the trunk of your car. Your American Red Cross recommends a disaster supplies kit should include:

- A three-day supply of water (one gallon per person per day) and food that will not spoil
- One change of clothing and footwear per person
- One blanket or sleeping bag per person
- A first aid kit, including prescription medicines
- Emergency tools, including a battery-powered radio, flashlight and plenty of extra batteries
- An extra set of car keys
- Cash
- Special items for infant, elderly or disabled family members
- An extra pair of glasses
- By becoming aware of possible disasters and planning accordingly, your family is taking a giant step toward survival.

For additional information on disaster planning and preparedness, please contact the Northeast Florida Chapter of the American Red Cross at 358-8091.



Meet A Sailor ...

AW3(AW) MARK MORENO

Job title/command:
VP-62

Hometown: Queens, N.Y.

Family Life: Single

Past Duty Stations: NAS Willow Grove, Penn.

Career Plans: To earn a business degree and to become a pilot.

Most Interesting Experience: Joining the Navy and flying in the mighty P-3.

Words of Wisdom: It is easy to like an idea, but its easier for someone to discourage your idea.



Meet A Civilian...

CARL GAY

Job title/command:
Jet Engine Mechanic, NADep

Hometown: Plant City

Family Life: Engaged, one son.

Past Duty Stations: NAS Jax, NAS Cecil Field, NAS Whidbey Island

Career Plans: To complete college and to cross over to into the GS pay scale.

Most Interesting Experience: Giving my life to Christ.

Words of Wisdom: When others say no, God has the final answer.

Children needed for Sea Cadet Program

All children ages 11-18 are invited to join the Sea Cadet Program. These programs offers children the change to work alongside active duty members, learning core values, discipline and team work.

Adult volunteers are also needed to help with the program. For more information on the Sea Cadet Program, email M_J_Laymon@sarmed.navy.mil.

HEY MONEYMAN!

Hey, MoneyMan!
Last night my wife and I found a great flat screen TV on sale and the salesman said we would not have to pay anything until next year.

When I noticed the interest rate was going to be 21 percent starting in January, I told him that seemed high. He said my credit was not that good but that buying things on credit would help my credit rating. Will it?

MoneyMan Sez:

Probably not but it will help his pocketbook. Lenders worry about "bad debt" and debt ratios. Bad debt is buying stuff that depreciates in value, such as cars and furniture. Your debt ratio is your bad debt divided by your income.

Any ratio over 25 percent is in the "Danger zone." For example, if your total consumer debt is \$7,500 and your gross annual income is \$30,000, you have a ratio of 25 percent and have entered the "Danger zone."

Keep in mind, the salesman's job is to sell, not help you "fix" your credit rating.

Hey, MoneyMan!

My roommate has found a great way to beat credit cards. He charges on one card and then transfers the



That's how they make money. If they are making money, who is losing? Think about it!

Hey, MoneyMan!

A petty officer in my shop had lots of debt and she was behind on her bills so she filed for bankruptcy three months ago.

Now she has lots of money. She also says filing for bankruptcy was a "piece of cake," and now it is easy to get credit. I have lots of debt, too. Should I file for bankruptcy?

MoneyMan Sez:

Filing for bankruptcy is a serious matter and something that should be evaluated very carefully.

For personal bankruptcy, you can file either Chapter 7 or Chapter 13. Either way, it will stay on your credit report for 10 years and obtaining affordable credit will become more difficult for you in the future.

Before you file, be sure to explore other options by talking with your NCMCRS office, your bank or credit union debt management department, FFSOC budget counselor, Consumer Credit Counseling Services (CCCS) or your CFS.

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

balance to another card to pay it off. It seems he is always able to buy stuff and stay ahead of the credit card bills. Is there something he's missing?

MoneyMan Sez:

You bet! Credit cards allow you to buy things now and pay later. If the balance is paid in full every month, then fine.

If you carry a balance, do it with the card with the lowest interest rate. By simply "transferring" the balance from one card to another, you are only delaying the pain.

All of this debt will catch up with you and must be paid off eventually. Banks love it when you carry a balance and pay only the minimum monthly payment.

Memorial Day weekend: Buckle up, don't drink and drive

From the Safety Office

Memorial Day is the beginning of the travel season in America when many of us take to the road for vacations or weekend trips.

Whether your Memorial Day trip is across the country or just across town, remember that all passengers must be buckled up.

The National Safety Council (NSC) estimates that 26,400 people will suffer non-fatal disabling injuries over the holiday in crashes.

Buckling up can substantially reduce the severity of injuries in non-fatal crashes.

Driving safely and taking the proper precautions can mean the difference between having a fun trip and becoming a statistic: the NSC also predicts that 498 Americans will die in motor-vehicle crashes, during this weekend.

"The Council issues this estimate each year to save lives," said NSC President Alan McMillan.

"I'm pleased to report that seat belt use in the United States has increased from 58 percent to 73 percent over the last six years.

However, we still have a long way to go to reach the 90 percent level of other industrialized nations. An estimated 374 people will not die this holiday week-

end because they will be wearing their seat belts. An additional 131 lives could be saved over the holiday weekend if everyone wore safety belts," he added.

And be sure to buckle up your children. More than 11,000 law enforcement agencies are issuing tickets this week as part of Operation ABC Mobilization: America Buckles up Children - the largest-ever nationwide crackdown on drunk drivers and those who don't buckle up and don't buckle up kids.

From now through May 27, officers coast-to-coast will blanket roadways with checkpoints and stepped-up patrols, sharply intensifying enforcement of drunk driving, seat belt and child restraint laws.

It's the law in all 50 states and the District of Columbia that children must be restrained; however, six out of ten children who die in crashes are unbuckled.

This nationwide mobilization will place special emphasis on protecting teens and young adults.

New data show more than half of all teens who die in crashes are completely unrestrained.

According to new data from National Highway Traffic Safety Administration's (NHTSA) Fatal Analysis Reporting System,

4,216 teens, ages 16-19, died and thousands more were injured in traffic crashes in 2000.

Fatality rates for teens are twice that of older drivers and the risk of crashes for teens is four times that of older drivers.

Finally, don't let drinking and driving turn a holiday celebration into a tragedy.

Even moderate consumption of wine or beer impairs your ability to make proper decisions on the road.

This year's Memorial Day weekend officially begins at 6 p.m. tomorrow and ends at 11:59 p.m. on Monday.

For additional information, visit the Council's web-site <http://www.nsc.org>.



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.

CREDO

It's free! Give yourself the gift of a Navy CREDO Retreat. The next Marriage Enrichment Retreat is May 31 - June 2. The next Personal Growth Retreat is June 20-23. For more information, or to register, call CREDO at 270-6958.



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'World Famous Maulers' get new commander

By Lt. Natalia Henriquez
VS-32 PAO

In a Change of Command Ceremony held May 9, Cmdr. Evan Pirtz became the commanding officer of Sea Control Squadron (VS) 32 as he relieved Cmdr. Ronald Carlson.

Pirtz was born in Yokosuka, Japan. After graduating high school in 1981 from the American School of London, England, he attended California Polytechnic University Pomona, Calif., graduating in 1985 with a Bachelor of Science degree in civil engineering.

He was commissioned through the Aviation Officer Candidate program and designated an ensign in November 1985.

Completing flight training at NAS Pensacola, Fla., he was designated a Naval Flight Officer (NFO) in March 1987.

After Fleet Replacement Training in the S-3A aircraft at VS-41, he reported to VS-37 in January 1988 at NAS North Island, Calif. Pirtz served as the communications officer, first lieutenant, and assistant operations officer, making two deployments to the Indian Ocean aboard USS Constellation (CV 64) and



Cmdr. Evan Pirtz

USS Independence (CV 62) in support of Operation Desert Shield.

In February 1991, he was assigned to VS-41 at NAS North Island, as a Fleet Replacement Squadron instructor.

While there, he completed the S-3B transition syllabus at NAS Cecil Field, and served as the Tactical Development and Evaluation officer, Standardization officer, and NFO NATOPS Model manager.

In June 1993, Pirtz reported to the USS Tripoli (LPH 10) and served as the ship's navigator. He completed one deployment to the Indian Ocean and Arabian Gulf in support of Operation Support Hope and Vigilant Warrior.



Cmdr. Ronald Carlson

In October 1995, he reported to the Bureau of Naval Personnel in Washington, DC serving as the VS Junior Officer detailer.

Upon completion of S-3B refresher training at VS-41, Pirtz reported to VS-38 in March 1998 for his department head tour.

Serving as administrative officer, maintenance officer, and operations officer he deployed to the Indian Ocean and Arabian Gulf aboard USS Constellation (CV 64). During this deployment he participated in Operation Southern Watch.

Upon completion of his department head tour, Pirtz reported to VS-41 as the executive officer in February 2000.

While assigned to VS-41, he was selected for operational command. He reported to the "World Famous Maulers" in September 2001, as executive officer, joining the squadron on deployment for Operation Enduring Freedom.

He has accumulated more than 2,700 flight hours and 750 carrier arrestments.

Carlson's next tour of duty will take him to Patuxent River, Md. where he will serve as the S-3B representative at the Air 4.0 Engineering Naval Air Systems Command.

Carlson leaves VS-32 with 4,125 total flight hours and 801 arrestments.

During his tour as commanding officer of VS-32, the "Maulers" have attained many accomplishments.

In April 2001, they received the Golden Wrench Award for their maintenance readiness during the NAS, Fallon, Nev. detachment.

During August 2001, VS-32 participated in a torpedo exercise at the AUTC Range in the Bahamas, which earned them the Isbell Trophy, an Anti-Submarine Warfare award.

The squadron has earned the CINCLANTFLT Retention Excellence Award for

the 2000 and 2001 Fiscal years.

While deployed, the crew of VS-32 performed 30 reenlistments, totaling \$471,000 and 132 years of service, easily surpassing the required numbers for the first quarter of the 2002 Fiscal year.

Most recently, VS-32 had the privilege and honor of participating in Operation Enduring Freedom.

The aircrew flew almost 4,000 hours, logged almost 2,000 carrier arrestments, and passed 5.3 million pounds of fuel to strike aircraft, enabling them to arrive mission-ready over Afghanistan.

The perseverance of the maintenance troops contributed to the success of the operation with a 99.4 percent mission completion rate.

Cmdr. Harold Fink, a native of Westerly, R.I., became the new executive officer of VS-32.

He reports to the Maulers after a tour of duty in Key West, Fla. at Joint Interagency Task Force East where he served as the command duty officer and senior watch officer for counter drug operations.

Burn ban in effect

From the USDA Forest Service

The prevailing and extreme drought conditions has prompted the USDA Forest Service to ban all campfires in the Apalachicola, Osceola and Ocala National Forests.

Fires placed directly on the ground for cooking are considered the same as campfires and are specifically prohibited.

Devices that are commercially designed for outdoor cooking are not included in this ban. They include propane cook stoves and above-the-ground pedestal grills.

This ban is effective from May 13 through Aug. 31. The ban also includes any internal or external combustion engines, such as ATVs and motorcycles, without a spark-arresting device properly installed and maintained.

Individuals who violate the ban may be fined \$5,000 and/or be imprisoned for six months. Organizations may be required to pay \$10,000.

PSA to hold change of command ceremony tomorrow morning

By Chris Imbach
Personnel Support Activity

Tomorrow at 10 a.m. in a lakeside ceremony behind the Naval Air Station Jacksonville Chapel, Cmdr. Woodie Chewning will relieve Cmdr. Bill Pappas as the 13th commanding officer of Personnel Support Activity (PSA) Jacksonville.

The guest speaker for the change of command ceremony is Rear Adm. (select) Donna Crisp, deputy chief of staff for Shore Installation Management of Commander-in-Chief, U. S. Pacific Fleet.

PSA Jacksonville is an Echelon III shore activity under the control of Commander-in-Chief U.S. Atlantic Fleet. PSA Jacksonville's mission is to provide quality customer service and expertise in financial, pay, personnel, and passenger transportation to more than half a million customers in the Southeastern United States, Puerto Rico and Guantanamo Bay, Cuba.

Pappas, a frontrunner in eBusiness technology, spearheaded the implementation of several successful initiatives including deployment of Common Access Card (CAC) technology, the Navy Standard Integrated Personnel System (NSIPS), the Defense Military Pay Office (DMO), the Travel



Cmdr. Woodie Chewning

Processing Center concept, and an extraordinary interactive electronic administrative office embedded in his highly acclaimed command web page at www.psjax.navy.mil.

Pappas' genuine care and concern for the quality of life of his personnel significantly reduced attrition and increased retention among the highest in the Atlantic Fleet, living up to his motto: "Priority One: Taking Care of Our People."

Chewning entered the Navy in April 1969 and in 1982 he was appointed an Ensign in the Limited Duty Officer (LDO) program.

Chewning's most recent assignments include administrative department head on board USS John F. Kennedy (CV 67) from July 1989 to October 1991, including service during Desert Shield and Desert Storm; Personnel, Quality Assurance and Field



Cmdr. Bill Pappas

Operations officer, Personnel Support Activity Jacksonville from September 1991 to March 1995; commanding officer, Transient Personnel Unit, Great Lakes, Ill. from May 1995 to September 1997; and with Commander, Operational Test and Evaluation Force in Norfolk, Va. as flag secretary and staff executive officer. He also served as staff commanding officer there for 10 months.

No stranger to the Pay and Personnel Administration Support System (PASS), Chewning's prior assignment was the Navy PASS Program manager and division director, Field Support Division at Navy Personnel Command in Millington, Tenn.

Pappas' next duty station is Pers-33 Navy Personnel Command in Millington as division director, Field Support Division (PASS Program office).



Members from CPRW-11's presented a ceremonial check to Dave Faraldo, director of the Navy-Marine Corps Relief Society last Friday. From left, Lt. Adam Robinson, Lt. Jim Rowbottom, Cmdr. Paul Frost, Cmdr. Pat Buckley, Capt. Mark Ensor, CMDCM Jim Davis, CMDCM Jim Day, Dave Faraldo, CMDCM Jerry Williams, Lt. Joe Sterling, Lt. Cmdr. Tim Jordan, CMDCM Gary Hartley, and Cmdr. Bill Radomski.

Photo by PH2 Leigh Francisco

CPRW-11 commands exceed fund-raising goals

By Lt. James Rankin
CPRW-11

As you may know, the Navy-Marine Corps Relief Society (NMCRS) recently drew its annual fund raising drive to a close. What you may not know is the NMCRS draws its sole financial support from this annual drive and a direct mail campaign of the retired community. These funds are used entirely for support of the Navy-Marine Corps family. When we make contributions to this fund, we are helping our fellow Sailors and Marines.

At a ceremony held at Hangar 1000, onboard NAS Jacksonville, Patrol and Reconnaissance Wing Eleven (CPRW-11) concluded its 2002 fund-raising campaign. In attendance

were retired Capt. Dave Faraldo, director of the Navy and Marine Corps Relief Society; Capt. Mark Ensor, Commodore, Patrol and Reconnaissance Wing Eleven; Cmdr. Paul Frost, commanding officer, VP-5; Cmdr. Bill Radomski, commanding officer, VP-16; Master Chief Hartley, VP-45 Det. Office; and the campaign representatives of CPRW-11, VP-5 and VP-16.

During the ceremony, Ensor presented Faraldo with a check in the amount of \$52,891. This check symbolized the dedication of the command chairpersons and the generosity of the men and women of the Wing staff, VP-5, VP-16, VP-45, and VQ-2.

ETI (SW/AW) Ernest Wilkins led the charge at CPRW-11. His initiative and motivation helped raise \$4,071. Lt. Adam Robinson and ATC Dave

Moore headed up the effort at VP-5 raising \$12,008. VP-16, led by the efforts of Lt. Joe Sterling, raised \$10,203. At VP-45, Lt. Rob Fannon and Lt.j.g. Damien Sanders raised \$10,896. VQ-2 raised \$12,079. CPRW-11 and all of its associated commands exceeded their goals in fund-raising. All the money will go to the Navy and Marine Corps Relief Society, to provide our fellow Sailors and Marines aid in the form of financial education, scholarships, loans and grants.

Faraldo accepted the check and offered a few words to those in attendance. He complimented the various chairpersons on their dedication and effort. He also gave his thanks to the members of all the commands who graciously gave of themselves to help others.

HS-3 supports ops while on detachment

By Lt. Aaron Anthonson
HS-3 PAO

The "Tridents" of HS-3 will be returning from Naval Station Roosevelt Roads, Puerto Rico on Saturday following a week-long detachment in support of Prospective Commanding Officer (PCO) operations.

HS-3 flew 12 sorties over a five-day period. The squadron provided four SH-60F Seahawk helicopters, and along with Undersea Warfare (USW) support from USS Gettysburg (CG-74) and USS McFaul (DDG-74), they effectively acquired, tracked, and prosecuted USS Jacksonville (SSN-699) and USS Hartford (SSN-768), both Los Angeles class nuclear submarines. The Tridents also launched two MK-46 and two MK-50 exercise

torpedoes (EXTORPS) during the exercise.

"This is not only an exercise for prospective submarine commanding officers, but also a great opportunity for us to refine our USW skills against real, evading nuclear submarines," said Cmdr. Lee Schonenberg, commanding officer.

PCO ops are the "practical test" by which the submarine community screens officers for command. The operations on the Vieques range consisted of a series of "miniwars" where perspective CO's are given a wartime scenario to execute. Each "miniwar" lasts about six hours, during which time submarines participating are prosecuted by various USW surface and air assets. HS-3 provided the primary USW air assets for these exercises.



AM1(AW) William Mosely of Patrol Squadron (VP) 45 (center right) and his wife, Jenny happily pose with CMD/CMC Robert Carroll, command master chief of the Navy Inspector General's office (left) and Master Chief Petty Officer of the Navy Terry Scott during the 2001 GEICO Military Service Award's Ceremony.

VP-45 Sailor recognized for traffic safety efforts

By Kaylee LaRocque
Staff Writer

AM1(AW) William Mosely of Patrol Squadron (VP) 45, was recently selected as the Navy recipient of the 2001 GEICO Military Service Award for his work in traffic safety and accident prevention.

to other NAS Jax commands and local elementary, middle and high schools.

In his off-duty time, Mosely works as a reserve Florida Highway Patrol Officer. Since he joined the force five years ago, he has amassed more than 5,000 hours protecting the safety of millions of Florida highway travelers.

Mosely was selected for the award by representatives of the military and GEICO after being nominated by his squadron. He was recently presented the award and a check for \$2,500 during a week of special events in Washington, DC. "This is really a big honor to be chosen for this award. Going to Washington and meeting the leaders of our military and government was a wonderful experience. But, I think the best part of the trip was getting to place a wreath on the Tomb of the Unknown Soldier. It was probably one of the most emotional things I've ever done," said Mosely.

"I joined the Florida Highway Patrol because I thought it would be interesting. So, one day I just called and asked if they needed people. They said they did, so I filled out the application and went through the background checks and attended the academy, which is located in Jacksonville," explained Mosely.

He also admits his father, retired Master Chief Dennis Mosely, the former command master chief of Commander Patrol Wing 11 has played a huge role in his life. "I'm pretty much following in my dad's footsteps. He is now working in the Reserves in the Jacksonville Sheriff's Office. I'll probably go there next when I retire from the Navy in about five years," said Mosely, enthusiastically.

When he's not working at the squadron, giving lectures or out on the highway, Mosely spends time with his wife, Jenny and their three children, Adam, Andrew and Hayley.

He then decided to change rates, attending Aviation Structural Mechanic "A" School in Millington, Tenn. From there, Mosely headed back to Jacksonville to Patrol Squadron (VP) 16. Not traveling far, his next tour landed him with VP-30 and then to VP-45 where he has worked as a maintenance controller for the past two years.

"I would really like to thank my wife, Jenny and my family for always being there. If it wasn't for them, I wouldn't be able to do what I do, which is what earned me this award. I'd also like to thank my chain of command at the squadron for nominating me and for being so supportive and allowing me the time to go out and teach people about traffic safety," he said. "And, I can never thank my dad enough for being a such a great role model."

Mosely has dedicated his award to his cousin, Pulaski County Sheriff Sam Catron of Somerset, Ky. who was slain on April 13 by a political opponent.

HS-3 achieves flawless CWTPI inspection

By Lt.j.g. Aaron Anthonson
HS-3 PAO

The HS-3 "Tridents" recently completed their annual Conventional Weapons Training Proficiency Inspection (CWTPI) in fine form, attaining the highest possible overall grade of "excellent" on this demanding inspection. This is the culmination of several months of hard work, training, and preparation for the men and women who participated in the inspection, and the squadron's maintenance department as a whole.



A CWTPPI inspector evaluates HS-3's Load Team.

Due to the relatively small size of HS squadrons, weapons load teams are comprised not only of aviation ordnancemen, but also of many cross-rate team members, including aviation electronics technicians, aviation electrician's mates, aviation machinist's mates and aviation structural mechanics.

Seahawk helicopters. CWTPI evaluations are truly a team effort in the maintenance department, and all of the shops in the squadron contributed greatly to the success of this year's inspection.

Annual Load Team Refresher Course, plus the efforts and time spent training both load teams was our equation for success," commented AO1 David Butts, the load team supervisor.

commanding officer, added, "Our success at this year's CWTPI can be directly attributed to our Sailors' dedication to what we do. It is their hard work and motivation that has made this year's inspection run flawlessly."

HS-3 planning 50th anniversary celebration

By Lt. James Vega
HS-3 PAO

The "Tridents" of Helicopter Anti-Submarine Squadron (HS) Three will be holding their 50th Anniversary celebration during the first week of June.

Among the festivities planned for the week will be a family picnic day, various static displays, squadron tours, a motorcycle rally, and a

Jacksonville Suns baseball game.

HS-3 was established on June 18, 1952 at the Naval Air Facility, Elizabeth City, N.C. The Tridents commenced operations flying the Piaseki UH-25B helicopter and later transitioned to the Sikorsky H-19 and SH-34 Helicopters.

squadron currently flies SH-60F and HH-60H Seahawk helicopters.

Their last major deployment was aboard the USS Enterprise (CVN-65), where they were among the first on station in the Persian Gulf following the tragedy of Sept. 11.

For more information on upcoming events for the Tridents' 50th anniversary, contact me at 542-4620 or visit our web site at <http://members.tripod.com/~helantisubronthree>.



Keep Our Base Clean! Recycle This Newspaper!

'Pelicans' reach the halfway point

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

It seems like only yesterday the "Pelicans" of VP-45 said goodbye to family and friends in February as the squadron left for a six-month deployment to Roosevelt Roads, Puerto Rico and Keflavik, Iceland.

Now it is May, and the squadron has made it "over the hump."

It is not an easy task operating a squadron in two different locations at the same time, but VP-45 has proven its adaptability once again. In Puerto Rico, the hangar traditionally used by VP squadrons on deployment was shut down for major renovations. The Pelicans were left with three small buildings and no hangar.

In unprecedented fashion, the squadron moved all its assets across the airfield while maintaining a 100 percent mission completion rate in the process. The massive move took less than a week, and the Pelicans never missed a beat.

The Pelicans next started tackling some quality of life issues for squadron personnel in Roosevelt. This included acquiring new barracks for the Sailors. Faced with



One of VP-45's P-3 aircraft on the Keflavik flightline.

Photo courtesy of VP-45

the daunting task of having to move themselves along with all the furniture across the base, the squadron turned to in true "Pelican Pride" fashion. This mammoth effort was accomplished in one week-end. Although hard work, moving to the new barracks

provides a quality of life increase for all VP-45 Sailors.

In Keflavik, the Pelicans were not faced with such an undertaking, but the severe winter weather in Iceland presented its own unique challenges for the squadron. With high winds

and heavy snow, operations were limited and transportation to and from the hangar was impossible at times. Squadron members pressed hard to meet exercise and operational commitments despite the extreme conditions. The Pelicans continue to show

the flag in the North Atlantic and European Theater. VP-45 launched crews to Andoya, Norway; Kinloss, Scotland; Mildenhall, England; Ramstein, Germany; and Lajes, Azores. The Pelicans participated in several NATO exercises out of Iceland, and one crew had the unique opportunity to assist in a SAR mission off the southern coast of Iceland. The crew, working with an Icelandic Coast Guard cutter and helicopter, was able to assist in the rescue of three fishermen from the near freezing water.

In Puerto Rico, VP-45 continues to be a key player in the war on drugs. With crews operating out of Roosevelt Roads and El Salvador, the squadron is constantly hunting for drug smugglers in the Caribbean and Eastern Pacific. In the first three months of deployment, the Pelicans, working along with the Coast Guard, were directly involved in busting numerous drug-smuggling vessels. These busts have resulted in arrests and the confiscation of several tons of cocaine and marijuana, with street values in the billions.

Additionally, the Pelicans

participated in the annual UNITAS exercise. This is a multi-national military exercise that takes place every year with the United States and several Central and South American nations. This was a very successful exercise that brought us closer together with our South American colleagues and allowed us to increase our interoperability.

The squadron also held a change of command ceremony in April, welcoming in VP-45's new skipper, Cmdr. Brian Helmer, while saying a heartfelt farewell to Cmdr. Hugh Cook. The Pelicans also welcomed the squadron's new executive officer, Cmdr. Will Fitzgerald.

The first three months of deployment have been challenging for VP-45, but the Pelicans met those challenges head-on and succeeded. Whether it is the big moves in Puerto Rico and drug busting or the harsh climate of Iceland and the numerous exercises, the Pelicans have excelled across the board. Now with three months under our belt, the expectations for the home stretch are justifiably high. See you in three months.



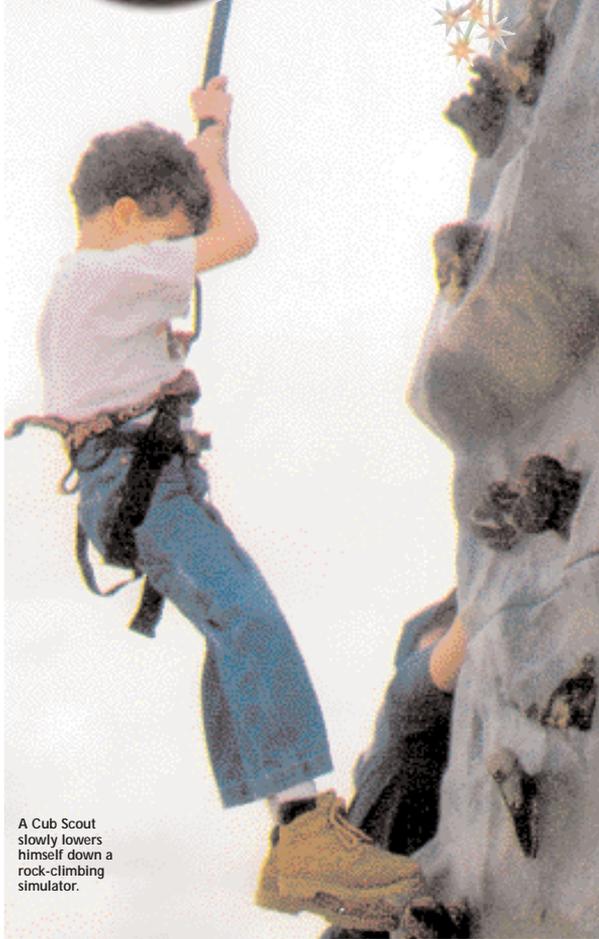
Photo courtesy by JO2 (SCW) Eric Clay

New barracks open

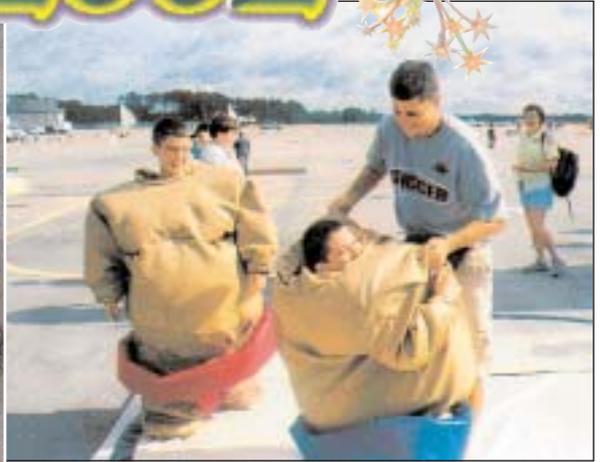
Rear Adm. Richard Brooks, commander, Patrol and Reconnaissance Force, Atlantic and Capt. Brian Prindle, commanding officer of VP-30 cut the ribbon to celebrate the opening of the newly renovated Barracks 6B.



Scout Blast 2002



A Cub Scout slowly lowers himself down a rock-climbing simulator.



Scouts from various local troops also enjoyed the chance to show off their Sumo skills.



Numerous troops from around Jacksonville turned out for the annual event.

Annual event brings out crowds despite the rain

By JO2(SCW) Eric Clay
Staff Writer

This past weekend marked the 22nd annual Scout Blast. This event is the biggest event of the year for local Boy Scouts.

Thousands of Scouts took part in this huge event. Along with family members and friends, approximately 15,000-20,000 people showed up at the Cecil Commerce Center to participate in the activities.

On Friday night, the Scouts arrived by buses, minivans and cars all eagerly awaiting the weekend's activities. The evening rain didn't stop the scouts from setting up their enormous tent cities. As the Boy Scout motto states, "Be prepared," most were equipped with all the necessities for the weather.

The weekend's activities ranged from exploring different types of transportation like windsailing, climbing a rock wall to an entertaining puppet show for all ages. It was a day for the Scouts to meet and make friends with other Scouts, learn some new things and have lots and lots of fun.

The Scouts also had the chance join in on some friendly competition against each other with

such activities as pinewood derbies and sumo wrestling.

On Saturday morning, the crowds gathered as the Scouts held a parade to celebrate this year's event. Participants in the parade included clowns, horses, the Jacksonville police and fire departments. Also participating in the parade were local units from the Navy and Marine Corps.

At the conclusion of the parade, Rear Adm. Jan Gaudio opened the festivities events by saying, "I feel Scouting is a great experience. I know if you look around many of our military in uniform today once wore the uniform of the Scouts."

During the day, the Boy Scouts earned merit badges if they wouldn't normally have had the opportunity to receive.

Booths were set up so that each troop or pack could display their knowledge of Scouting and experiences.

The Jacksonville Tomcats also had a football simulator on hand so the Scouts could tackle, and run through an inflated football player.

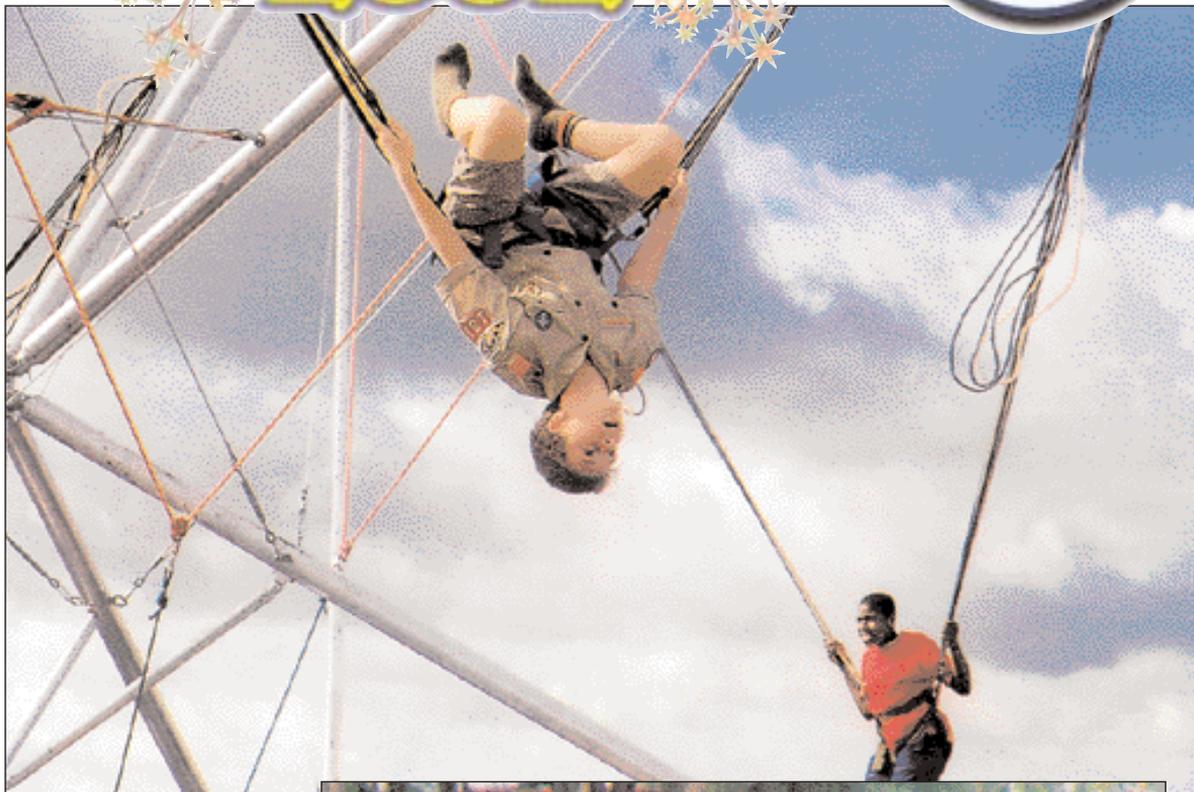
Overall, despite the overcast skies and occasional showers, Scout Blast 2002 turned out to be a highly successful event.

More photos, Page 7



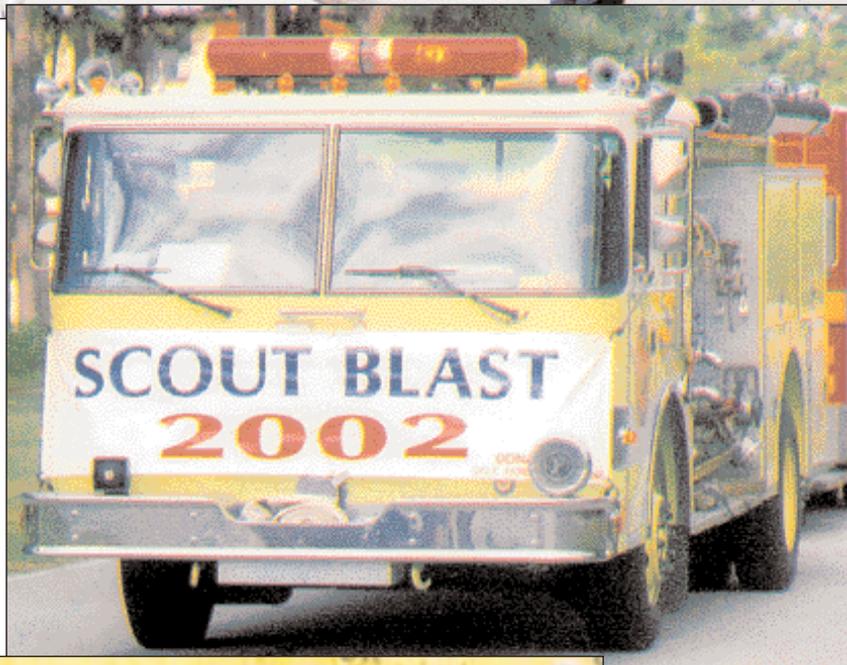
Members of the Boy Scouts prepare to wind sail across the Cecil Field runway.

Scout Blast 2002



A Scout enjoys an interesting view from one of the many attractions featured at this year's Scout Blast.

Photos by
JO2 (SCW)
Eric Clay



The Jacksonville Fire Department leads the parade at Scout Blast 2002.



NavAir was on hand to allow the Scouts the opportunity to check out a jet cockpit.

Unity and freedom defined at luncheon

By JO3 Jackey Bratt
Staff Writer

The NAS Jacksonville Multicultural Committee along with Naval Air Depot Jacksonville (NADEP) hosted a luncheon in celebration of National Asian Pacific American Heritage Month on May 16 at The Zone.

Pastor Mike Lacanilao of First Phillipino Baptist Church of Jacksonville gave the invocation before a crowd of approximately 200.

Ben Anos played his guitar as the patrons ate their Asian cuisine. The afternoon was filled with excitement as the dancing group, "Asian Pacific Islander Dancers" performed as well. Headed by Amanda and Melissa Anos, the performances showcased a variety of dance combinations.

Lt. Cmdr. Jack Tsao was the guest speaker at the luncheon. Tsao was born in St. Louis, Mo. and grew up in Pittsburgh, Penn. His parents were born in China and came to the United States from Taiwan in the 1960's for

graduate study. Tsao's first language was Chinese, and he learned to speak English in Oxford, England.

Tsao studied biochemistry at Harvard College. He obtained a master's degree in bio-chemistry from Cambridge University in England and then began medical studies at Harvard Medical School. During the second year of medical school, he was awarded a Howard Hughes Pre-doctoral Fellowship which allowed him to study at Oxford University, England. After nearly five years in England, he returned to the U.S. and to John Hopkins Medical Center for a post-doctoral fellowship, continuing his research.

Upon completing his medical degree in Boston, he went to the University of California-San Francisco for a four-year neurology residency. Naval Hospital Jacksonville is his first duty station.

"We are united today as Americans, our ancestors came here on a journey for freedom," spoke Tsao. Tsao spoke of injustices of the past.

From 1850 to World War II, Asians immigrating to the United States were largely subject to the labor needs of a rapidly industrializing nation and to the struggle between labor and industry. In the late 19th century, Asian immigrants came to the United States to support the growing agricultural and railway industries. Chinese workers constructed the western half of the first transcontinental railroad deemed critical to linking the emerging U.S. markets and providing a gateway to the Pacific. In the late 19th and early 20th century, the Chinese were followed by the Japanese and the Filipinos and, in smaller numbers, by Koreans and Asian Indians.

As the numbers of Asian immigrants increased and they made the transition to small businesses or to tenant farming, tensions mounted and public opinion turned against them. It was in this period that the worst racist laws were enacted to place restrictions on land ownership, citizenship, occupations and most importantly, immigration.

"There was the Chinese Exclusion Act of 1882," said Tsao. "Chinese were specifically excluded by federal law from immigrating to the United States. This resulted in many Chinese families facing separation for decades until Dec. 17, 1943 when Congress passed the Chinese Exclusion Repeal Act. In 1907, anti-Asian sentiment led to the Gentlemen's Agreement limiting Japanese immigration.

The Immigration Act of 1924 further restricted immigration by banning immigration of persons ineligible for citizenship.

Eighteen years later on Feb. 19, 1942, President Franklin D. Roosevelt signed Executive Order 9066, which led to the incarceration of more than 120,000 Japanese-Americans during World War II. Shortly thereafter, all American citizens of Japanese descent were prohibited from living, working or traveling on the West Coast of the United States with no evidence to support the massive denial of constitutional rights and liberties. It was not until 1965 with the passage of the

Immigration and Naturalization Act that Congress eliminated the final vestiges of these unfair immigration laws

Vietnamese, Chinese, Filipinos, Indian, Pakistani, Korean, Japanese, Cambodian, Laotian, Indonesian, Thai, Burmese, Malaysian, Taiwanese, Sri Lankans, Bangladeshi, and a variety of Pacific Islanders from the Polynesia, Micronesia and Melanesia make up the title, "Asian/Pacific Islander."

Tsao spoke also on the importance of continuing traditional practices of Asian and Pacific Islanders.

"It is vital to continue speaking the native tongue, because not only will it remain sacred, it can help with job possibilities as well. Think about how beneficial it is to know two languages in our society," he added.

Over the last two centuries, Asian-Americans and Pacific Islanders have contributed immeasurably to the richness of our society and it's important for the recognition to not be allotted a month, but everyday.

NAS Jax prepares for Jags' 2002 season!



(From left) Jacksonville Jaguars Cheerleaders Samantha Schueler, Kathleen McCahill and Mandy Markland autograph a poster for First Lt. Division's OSSR Joseph Richmond during a Jaguars presentation on base May 16.



Photos by JO2 Mike James

Jacksonville Jaguars Assistant Coach Steve Szabo (left) poses with NCTS' IT1 Mark Peterka. Peterka won a ticket to a pre-season game in a drawing following the Jaguar presentation on base.



Paul Vance, Jacksonville Jaguars Football Operations senior vice president, describes ticket price changes and stadium renovations during a visit to NAS Jacksonville.

I.T.T.: New facility full of friendly features

From Page 1

offices in the region will be renovated to match the color schemes of NAS Jax and NS Mayport.

The total cost of the building renovations here came to approximately \$250,000. The work was contracted to BKM of Jacksonville. Also part of the team helping to oversee the construction project was Susan Heuler, contracting officer, Lt.(Sel.) Gerald Wilson, project manager, Bill Cruce and Jim Steely, construction representatives with ROICC.

Some of the other new highlights in the building include a new sound system and several televisions which will feature promotions of area attractions, specially designed countertops embedded with computers, new lights, kiosks and a marquee outside. "Since we no longer have SATO to help with travel plans and to sell plane tickets, we've set up several computers with Internet access so our customers can do online travel," said Tracey.

With state-of-the-art computers embedded into the countertops, a lot less paperwork is generated.

"We wanted to get away from all the paperwork and all the clutter. Everything is neatly tucked away. It's a very clean and crisp look," Tracey added.

I.T.T. is currently comprised of four staff members who are extremely knowledgeable about the attractions in this area.

"Our job is to sell tickets at the best prices possible and provide information to all military members, their families, retirees, reservists and DoD civilians. We have tons of tickets for pretty much everything in the area including all the Orlando attractions and the parks in Southern Georgia," explained Tracey.

Along with attractions, I.T.T. can help arrange hotel reservations and recently started booking cruises. Another new service is group travel. "We offer bus tours, day and night trips, outdoor adventures and special shuttles to the theme parks and area special events. We have several extended trips coming up going to Atlanta, Biloxi, New Orleans and a trip north to see the fall colors," said Pam Tierney, who runs the program.

"I started this program in Rota, Spain when I worked there and it was highly successful. I'm hoping as more people learn about what we have to offer, the program will really take off," she added.

The I.T.T. office is open Monday through Friday from 9 a.m. to 5 p.m. and Saturdays and holidays from 9 a.m. to 2 p.m. For more information on tickets and tours call 542-3318.

Taking care of the Navy's own

By Sarah Smiley
Special Contributor

For some, "The Navy Takes Care Of Its Own" is a motto. For Rebecca Schriver it is a calling and a gift.

Since March 2000, Schriver has served as an ombudsman for Helicopter Antisubmarine Squadron (HS) Three based at NAS Jacksonville. The ombudsman program began in 1970 as a way for commanding officers (COs) to protect the morale and welfare of the families in their command. Serving on a strictly volunteer basis, ombudsmen are appointed by the CO and serve as a point-of-contact between families and Sailors when the squadron is out to sea.

With more than 100 families in a squadron, their task is not a small one. Serving sometimes as a "counselor," sometimes as a "mother," but mostly as a listening ear, Schriver has helped "her families" (as she affectionately refers to them) through the serious—death, abuse, alcohol, financial and marital problems, to the not-so-serious—helping new families set up their telephones, find the base, or set up bank accounts. "Sometimes all they need is someone to listen," said Schriver.

But mostly she serves as a resource, a phone number for families to call when they don't know where else to go. "I don't think you should ever leave someone without a resource because then I don't think you're doing your job," she added.

When Schriver doesn't know the answer for a family, she finds someone who does. And many times, she turns to her main point-of-contact, the squadron's command master chief (CMC) for help. The ombudsman and CMC work in close contact, serving as a link between Sailors and families while the squadron is away.

"As the command master chief, I can tell you that a good ombudsman makes my job much easier. With Rebecca, I never had to worry about any family issues back home. She has the talent to handle just about any situation that could come up," said CMDCM Dave McFee of HS-3.

One way Schriver has kept families and Sailors connected is through a regular e-mail newsletter. Beginning with only eight recipient email addresses, which soon grew to 60, and is now 168 since the Sept. 11 attack, Schriver sent out a message to families and friends of deployed



Rebecca Schriver is HS-3's command ombudsman.

HS-3 Sailors to keep them abreast of the ship's situation.

"All those mothers and wives said they just couldn't wait to turn on their computer because they knew that was the link to their Sailor, which is what I think an ombudsman really is—a link to your Sailor," explained Schriver.

But the connection isn't only one-way. Schriver also helps to keep Sailors aboard the ship abreast of situations back home. She worked hard to boost the morale of the Sailors by organizing projects in which families could send packages, candy, Christmas and birthday presents to their loved ones aboard the ship.

Going above and beyond her required duties, Rebecca has helped to make many families feel more a part of the "Navy family," explained McFee. "During our recent deployment Rebecca went far beyond the norm in taking care of our families."

She has enriched the lives of many, but has found her own life enhanced as well. "I know that I've helped people and made a lot of good friends along the way—lasting friendships," Schriver stated.

And if all this isn't enough, she also works a full-time job as a paralegal and administrator for a local legal firm, serves as president of her daughter's school's Parents' Association, is a Clerk of the Vestry at church, and serves as a volunteer at countless local events and programs, including the Special Olympics.

How does she find the time to do all this plus make more than 100 Navy families part of her family? For Schriver, it's simple. "A volunteer doesn't necessarily have the time. A volunteer has the heart. You find the time," she concluded.

Starks retiring from Navy tomorrow

By Staff

AKC(AW) Arleen Starks, of Naval Air Maintenance Group, Jacksonville will retire after 21 years of service in a retirement ceremony tomorrow at 9 a.m. at Building 848.

A native of Charleston, S.C., Starks graduated from high school in May 1980 and enlisted in the Navy in January 1981 under the Navy's Delayed Entry Program (DEP). "I had several months to change my mind while in the DEP, and thought about doing it on several occasions," said Starks. "In the end I knew I had made the right choice."

After attending boot camp in Orlando, she attended Airman Apprenticeship Training also in Orlando.

Not sure of what rating she wanted to pursue, Starks was given orders to Helicopter Anti Submarine Light Squadron (HSL) 33, NAS North Island, Calif. After completing a 180-day TAD period, she was assigned to the material control work center. In September 1983, Starks was advanced to and was honorably discharged in 1985. "I was frustrated after not finding a job that I felt I was qualified for, so I came back in the Navy after serving 15 months in the Naval Reserve. At the time it didn't seem like a smart choice, but I am glad I came back," she explained.

After receiving orders to Carrier Airborne Early Warning Squadron (VAW) 110, NAS Miramar, Calif., she was advanced to AK2 in June 1988 and received her first Navy and Marine Corps Achievement Medal for outstanding performance as the command's financial management petty officer and Individual Material Readiness List manager.

She was also nominated as VAW-110's 1990 Military



AKC(AW) Arleen Starks

Woman of Achievement for the San Diego County Women's Council of the Navy League.

In May 1993, Starks reported to Helicopter Squadron (HS) 10, NAS North Island as the material control work center's leading petty officer where she was advanced to AK1. She was selected as HS-10's Senior Sailor of the Month for September 1993 and received her Enlisted Aviation Warfare Specialist in October 1993.

Starks received her first Navy Commendation Medal upon transfer to Patrol Squadron (VP) 16 in December 1994. She made three deployments with VP-16 and was selected to the chief petty officer ranks in August 1996.

Upon completion of instructor training in Norfolk, Va., she transferred to Fleet Aviation Specialized Operational Training Group Det Jax

(FASO) in December 1998. "Being assigned to an instructor billet is always a profound moment during your naval career. This gave me an opportunity to give back to the young Sailors all I had learned over the years," she said.

While assigned to FASO, Starks received her Bachelor of Science degree from Southern Illinois University in Workforce Education and Development. "Earning my degree was one of the proudest moments of my life. This was a goal I set early in my career and I was determined to make it happen before retirement," she said happily.

Starks reported to NAM-TRAU in June 2001. "My words of wisdom to young Sailors in 2002, is to stay focused on your goals and dreams. There are so many opportunities today that weren't even available when I enlisted. Every opportunity you have, take a class that will lead to college credits. Last but not least, if you have to do something to advance or if there are classes you need to take 'just do it'. Don't put off tomorrow what you can do today," she added.

Starks is married to LNI(SW/AW) Darrell Starks, who is presently stationed aboard the USS John F. Kennedy CV-67. They reside in Orange Park with their three sons, Brian, Dominique and DeVante.



If it's litter, pick it up!
If it's trash, throw it out!

NAVHOSP JAX NEWS

'Time equals brain'

Knowing the facts can help you prevent, survive a stroke

By Loren Barnes
Naval Hospital Jacksonville Public Affairs

Stroke is the third-leading cause of death in the United States, after heart disease and cancer. It is the leading cause of disability, either short term or long term. Each year approximately 750,000 in the United States suffer a stroke, 450,000 of these being first-time strokes, with an annual cost of \$30-40 billion. Stroke takes one life every 53 seconds.

With May designated as National Stroke Awareness Month, Lt. Cmdr. Jack Tsao, Neurology department head at Naval Hospital Jacksonville, shared some specifics about this killer. These include how to recognize risk factors and symptoms, how to reduce those risks and what to do if you think you or someone else might be having a stroke.

According to the American Heart Association (AHA), stroke is a cardiovascular disease that affects the blood vessels that supply blood to the brain. A stroke occurs when the brain doesn't get needed oxygen and nutrients. Deprived of oxygen, nerve cells in the affected area of the brain can't work and die within minutes. And when nerve cells can't work, the part of the body they control can't work either. The devastating effects of stroke are often permanent because dead brain cells are not replaced.

Tsao explained that there are two types of stroke. The first and more deadly is the hemorrhagic, or bleeding, stroke. This can be the result of high blood pressure or the bursting of an aneurysm (an unusual swelling in a blood vessel) in the brain.

The second and more common type is acute strokes caused by blockage or clotting of a blood vessel in the brain. According to the American Heart Association (AHA), about 80 percent of strokes are of this type.

The primary symptoms of stroke include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If you experience these symptoms, call 911 and get to an emergency room immediately. Tsao, said that neurologists use the phrase "time equals brain," meaning that the longer one delays medical treatment the more severe the results of the stroke, leading to greater disability or even death.

The clot-dissolving drug tissue Plasminogen Activator (tPA) is used to treat acute strokes. This treatment is most effective within the first three hours following a stroke, making rapid treatment extremely important.



Photo by Loren Barnes

BMC Shanon Dickerson of Inshore Boat Unit (IBU) 28, Naval Submarine Base Kings Bay, Ga., gets her blood pressure read by Dr. Jack Tsao in Naval Hospital Jacksonville's Neurology Department.

Thanks to the hard work of Doctors Laura Reilly and Gary Lammert, Naval Hospital Jacksonville's Emergency Department will soon have the capability to administer tPA, Tsao said.

He noted that studies by Dr. Thomas Brott of the Mayo Clinic, indicate that tPA treatment within the first 90 minutes after a stroke equates to a three-fold likelihood of recovery, treatment within 180 minutes, increases your odds one and one-half times.

Other treatments for stroke include carotid endarterectomy, a surgery used to remove plaque, a fatty buildup, in the neck artery, and cerebral angioplasty, which involves the placement of stents, balloons or coils in constricted blood vessels to open them up.

About 10 percent of strokes are preceded by a transient ischemic attack (TIA) or mini-stroke. According to the AHA, of those who have had one or several TIAs, about 36 percent will later have a stroke.

A person who's had one or more TIAs is 9.5 times more likely to have a stroke within three months than someone of the same age and sex who has not. TIAs are extremely important indications that a major stroke could be imminent, half of which occur within the next two days. Anyone who experiences a TIA should not delay. They should get medical attention immediately.

Tsao said there are several risk factors for stroke that people should be aware of. The main cause is uncontrolled high blood pressure. For every 10 points your blood pressure is higher than normal, the risk for stroke increases by 10 percent.

Other risk factors include heart disease, particularly a condition known as atrial fibrillation (rapid, uncoordinated beating of the heart's upper chambers), diabetes, carotid artery disease (fatty plaque buildup in the

arteries in your neck which provide blood to the brain), smoking and high cholesterol.

Family history, prior stroke history and excessive alcohol or drug use are also significant factors that increase the odds of stroke. Risk factors for stroke are much the same as for heart disease.

Ways to lessen these risks include seeing your doctor and having your blood pressure checked regularly. If you are over age 50, take aspirin every day. Do not substitute Tylenol or Motrin. These are pain relievers but do nothing to reduce the chances of heart attack or stroke. Aspirin actually thins the blood reducing the chances of a blood clot forming. Tylenol and Motrin do not. "If you have high blood pressure," Tsao said, "I cannot emphasize strongly enough that you should keep taking your blood pressure medication and be monitored regularly by a physician." He also said that regular exercise also helps prevent both stroke and heart attacks.

Once someone has had a stroke they should see a neurologist frequently. They generally will be placed on blood thinners ranging from aspirin, Plavix, or Aggrenox to coumadin (Warfarin). The bulk of a patient's recovery from a stroke usually occurs in the first three months but continues to some degree for one to three years afterward.

For those who would like more information on strokes Naval Hospital Jacksonville's Neurology Department will provide stroke screenings and information at Naval Hospital Jacksonville's annual Health Fair planned for May 31, 9:30 a.m. to 1:30 p.m. in the NEX Courtyard. Information can also be found by calling the American Heart Association at 1-800-AHA-USA1 (1-800-242-8721) or on their website, www.americanheart.org.



Photo by HM3 Christina Helms

Sharon Gladden (right) instructs Remedios Cuyuan on benefits of healthy eating.

Gladden recognized for nursing, diabetes education

By HM3 Christina Helms

Sharon Gladden, a 13-year employee of Naval Hospital Jacksonville, was recently recognized for her work with patient and family member health education.

Florida Nurses Association - District Two, Northeast Florida Chapter- bestowed upon Gladden the honor of Nurse Educator of the Year. The Jacksonville Diabetes Educator Association has also nominated her for National Diabetes Educator of the Year. Both citations stem from Gladden's devotion in the field of diabetes education.

Gladden is currently the Health Education coordinator for the Naval Hospital and its tenant commands. While holding the title of certified diabetes educator for the American Diabetes Association she has overseen the development of diabetes education programs at both the Naval Hospital and its outlying

clinics and assisted area hospitals in obtaining their own diabetes education certification. She has also been instrumental in the development of a website geared towards the education of Naval Hospital staff members in the field of health education.

Gladden is currently serving as an active member of the National Faculty for Diabetes Education and Northeast Florida's Diabetes Committee. She held the office of president for two terms with the Jacksonville Association for Diabetes Education (JADE).

Currently, Gladden is developing a new weight-loss program using the drug Orlistat. The program involves a month-long education process for patients accompanied by a six-month regimen of the drug Orlistat. The Naval Hospital's branch clinics are now working with Gladden on the development of similar programs at their own facilities.

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Naval Hospital to host mental health symposium

By Loren Barnes

Naval Hospital Jacksonville Public Affairs

Naval Hospital Jacksonville's Mental Health Department hosted its Fifth Annual Mental Health Update May 10 in observance of Mental Health Day.

The program took place at the hospital's Addictions Rehabilitation Training Building and was open to mental health therapists and counselors. The participants were largely from Jacksonville DoD facilities which deal with mental health counseling but also included professionals from throughout the larger Jacksonville mental health community.

This year, the Update featured Rick Glantz of Rhea Jacobson Management, conducting a symposium on "Understanding Craving, Managing the Physiology and Psychology of Compulsive Behaviors." Glantz is a nationally known trainer and counselor, and the author of "Managing Cravings: A Counselor Guide." His innovative craving management techniques are being practiced by mental health care professionals and implemented in agencies throughout the country.

Deputy Director, Behavioral Health and Wellness at Naval Hospital Jacksonville Capt. Glenn Goldberg said this was the first year the coordinators for the Update had elected to bring in an outside speaker to conduct a symposium. He added that the event was quite successful with very positive feedback from the 67 professionals

attending.

Goldberg said the participants went away with "very practical tools for helping people with a wide range of compulsive behaviors and addictions." He noted that the program offered a "real world practical model" for therapists to use when dealing with such issues. "The program provided clear guidance, with step-by-step procedures, all based on solid research and theory," he said. He added, "The topic of compulsive behavior and addictions relates to issues therapists deal with on a daily basis. These include such things as substance abuse, eating disorders, tobacco cessation, sexual addictions, compulsive spending and gambling."

The event was organized by Elena Arimbuyutan, RN, Day Treatment coordinator for the Mental Health Department and Management Assistant Liz Foster. They attributed the success of the event to a team effort. Foster said contributions ranged from backing from hospital senior leadership, to coordination by the Mental Health Department's Corps staff, to logistical support from the Galley and hospital and base Security.

Goldberg pointed out that the event provided valuable education at a savings. Had the department opted for internal workshops on this subject the cost per individual would have been about \$79 per person he said. With 67 people attending that would have amounted to more than \$5,000 total. With the entire symposium costing \$2,000 there was a considerable savings.

NNOA awards scholarships

From NNOA

The Jacksonville Chapter of the National Naval Officers' Association (NNOA) in conjunction with First Command awarded scholarships totaling \$5,000 to five students from local high schools during their annual scholarship banquet on May 3 at the Orange Park Holiday Inn.

The awards were present-

ed by Ken Amaro of WTLV-12 and Lt. Cmdr. Pia Woodley, president of the local chapter. The 2002 recipients are: Margaret Gregory of Stanton College Preparatory School, Arlene Blake of Paxon School for Advanced Studies, David Masline of William H. Raines High School, Jeffrey Milton of Edward H. White High School and Kevin Manalo of Orange Park High School.

Free college degree program for military members

FEDScholarships.org recently announced that every member of the military can now obtain a college education in the information technology or engineering technology fields from a fully accredited college free of charge, thanks to a new program from Grantham College of Engineering, a leading distance education institution of higher learning.

This is an amazing program. It's designed to help members of our military receive their college degrees - for free. Grantham College has even granted FCSF some full scholarships for the children of the military community," said John Whitney, executive director of the Federal Children's Scholarship Fund (FCSF).

Grantham College, which celebrated its 50th anniversary last year, is offering an unlimited number of scholarships to all of the nation's Soldiers, Sailors, Airmen and mem-

bers of the other uniformed services.

"Grantham has long planned to do something to show our gratitude for the service of military men and women and had received approval in August of this year for the military scholarship program. Grantham College is especially proud to be able to announce the scholarship now, at a time when our uniformed men and women are putting their lives on the line to protect the rest of us," explained Edouard Quatrevaux, president of Grantham College.

Quatrevaux explained that the amount of the scholarship - which includes not only tuition but also all books and software - is calculated to make Grantham College completely free of cost to military personnel.

Members of the military are eligible to take college courses at a reduced rate through a partial tuition assistance program of the Department of Defense. Normally,

individual service members have the burden of paying 25 percent of the tuition plus the cost of textbooks and software. The newly announced scholarship program from Grantham College covers those expenses the military student normally would have to pay, so the cost of attending Grantham College is zero, or "free" to the service member.

"The purpose of these scholarships - besides helping military students surmount barriers to higher education," said Quatrevaux, "is to express our gratitude, and Grantham College is proud to provide this program as part of our mission to make an accredited college degree available to every qualified student."

For more information on Grantham's Military Scholarship Program and to download an application just go to <http://www.grantham.edu/fed.htm> or call (800) 955-2527.

Pharmacy offers great service, savings

From Naval Hospital Jacksonville Public Affairs

HM2 Jeremy Meyer and Lt. Jody Dreyer serve pharmacy customer Carol Slagle in Naval Hospital Jacksonville's Pharmacy.

Slagle travels from Port Orange, Fla. to use the pharmacy and she remarked "service is great."

When Slagle and other pharmacy patrons have prescriptions filled at the Naval Hospital Pharmacy they not only receive great service from the pharmacy's professional staff but they also save the taxpayer money.

A fact that is probably unknown to most beneficiaries is that the acquisition cost of medications dispensed at the Naval Hospital are significantly less than medications dispensed at

TRICARE retail pharmacies out in town. On average, the acquisition cost of a prescription filled in a TRICARE retail pharmacy out in town is \$40 while the average acquisition cost of a prescription filled at Naval Hospital Jacksonville is \$7.

For example, the acquisition cost for a 90-day supply of Aciphex, a popular medication used for stomach discomfort, filled in a TRICARE retail pharmacy is \$298.

The same cost for a 90-day supply of Aciphex filled at Naval Hospital Jacksonville is \$20! As you well know, the increased cost of having these prescriptions filled out in town is ultimately passed along to the taxpayers. Regardless of medication, the best value for our taxpayers is to have our TRICARE beneficiaries

have their prescriptions filled at the Naval Hospital pharmacy.

With that in mind, Naval Hospital staff has worked hard analyzing numerous medications to make certain that the most cost effective medications are available at the Naval Hospital Jacksonville for our beneficiaries.

Over the past four months, 51 cost effective medications have been made available to our beneficiaries.

Our goal is to continue to make additional medications available to our beneficiaries to ensure that their clinical needs are met.

To find out if your medication is available at the Naval Hospital, we encourage you to check the internet website at navalhospitaljax.com or call the pharmacy at 542-7405.

FFSC offers educational and support programs

The Fleet and Family Support Center Life Skills Education and Support Program is the foremost prevention measure for the avoidance of personal and family problems. All FFSC workshops and classes are free of charge and available to service members, family members 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, x127 to register.

The following workshops are available during the month of May 2002:

- May 23, 6:30 - 9 p.m. - Ombudsman Assembly
- May 28, 9:30 a.m. - noon - Family Management
- May 29, 8 a.m. - noon - Divorce Adjustment Workshop
- May 30, 1:30 - 3 p.m. - Volunteer Service Council



*It's Your Base Too!
Help Keep NAS Jax Clean!*

Retired chief gives back to the community



Photo by JO2(SCW) Eric Clay
Retired AMHC Pedro Ramirez prepares a meal in his restaurant. Ramirez donates much of his time and services helping the military and his local community.

By JO2(SCW) Eric Clay
Staff Writer

After serving 22 years with the Navy, retired AMHC (AW/SW) Pedro Ramirez continues to serve military members and the local community.

Ramirez owns two local restaurants in Orange Park where he has employed numerous retired military members. He has also contributed to many of the NAS Jacksonville's functions by providing food and beverages for many retirement and farewell ceremonies on base.

Every Wednesday, Ramirez holds a special military night at one of his restaurants to honor local mili-

tary personnel. Each week, he welcomes his military friends, giving them discounts on food and beverages. "I like to give the military members a family type atmosphere, where they can relax and have a chance to get off base," said Ramirez.

Ramirez is also highly involved in numerous community projects. He donates much of his time and materials to several charities in the Orange Park and Jacksonville areas. He and other local establishments have helped raise more than \$45,000 to benefit the Lighthouse Learning Center.

"I will always be there to help the military and my community," said Ramirez.

HELPING HANDS

Jacksonville Baptist Home for Children

If you have a group of at least five people who are interested in helping out at the Jacksonville Baptist Home for Children on University Blvd. (near the Atlantic Blvd. intersection, behind Love Grove Elementary School) - volunteers are needed to plant flowers; assist with raking lawns and bagging leaves, and for minor clean-up in the horse barn. Refreshments and tools will be provided. Shifts are available during the week from 9 a.m. - 2 p.m. (including free lunch) and Saturdays from 9 - 11:30 a.m. To sign up please contact Sherri Albertson at 542-5380 or Cindie Badger at 270-6600, Ext. 137.

Lights, camera, kids!

The 20th anniversary of the Children's Miracle Network celebration broadcast is June 1-2 at WJXT. Help with event set-up and take down, registration, pledge verification, data input and food display. The minimum age is 14. Call Lauren O'Shields at 202-2900 for details.

Summer camps

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

Become a youth summer camp assistant. Help with daily activities, games and meals at the Bridge of Northeast Florida. The fun starts June 10 and runs for six weeks. Call Georgette Litzie at 354-7799.

Camp counselor positions are available at Community Connections. Summer day camps begin May 28, ending Aug. 2. Call Jo Johnson at 727-6460.

The Webb Center offers both a summer day camp from June 3-28 and a back-to-school day camp July 15-26. Assist 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.

JAX TALES

By Mike Jones - mikejones43@hotmail.com



FROM THE GALLEY

<p>Meal hours Monday through Friday Breakfast: 6 to 7:30 a.m. Lunch: 11 a.m. to 1 p.m. Dinner: 4:30 to 6 p.m. Saturday, Sunday and holidays Breakfast: 6:30 to 8:30 a.m. Brunch: 10:30 a.m. to 12:30 p.m. Dinner: 4 to 5:30 p.m. Meal costs Breakfast: \$1.60 Brunch/Lunch: \$3.25 Dinner: \$3.25 Thursday Breakfast Sausage Patties Home Fried Potatoes Blueberry Pancakes Assorted omelets Corned beef hash Boiled eggs Lunch Creole macaroni Buttered noodles Turkey gravy Steamed carrot rings Corn bread Taco salad Turkey a la king Fresh mashed potatoes Steamed cauliflower Beef barley soup Dinner - Mexican/Spanish Fiesta Beef & burritos Mexican rice Stewed tomatoes Spanish soup Soft & hard tacos Mexican corn</p>	<p>O'Brien potatoes Friday Breakfast Sausage links Omelets and eggs to order Boiled eggs Grilled ham slices Fried hash browns Oatmeal Waffles Lunch Spicy baked fish Steamed rice Tomato gravy Steamed broccoli German style coleslaw Chicken fried steak Rissolo potatoes Succotash Clam chowder Dinner Braised beef w/noodles Baked potato Simmered squash Pepper pot soup Rock Cornish hens Rice pilaf Peas and carrots Saturday Breakfast Grilled bacon Cottage fried potatoes French toast puffs Omelets and eggs to order Minced beef w/toast Farina Boiled eggs Brunch Baked chicken sandwich Mixed vegetables Beef rice soup Cottage fried potatoes</p>	<p>French toast puffs Onion rings French fried potatoes Grilled bacon Farina Eggs to order Dinner Spaghetti w/meat sauce Steamed carrots Doubly good chicken soup Veal Parmesan O'Brien potatoes Steamed green beans Spaghetti noodles Sunday Breakfast Grilled bacon Home fried potatoes Apple fritters Omelets and eggs to order Grits Brunch Chili dogs Corn on the cob Cream of mushroom soup Home fried potatoes Apple fritters French fried potatoes Baked beans Minute steaks Grits Eggs to order Dinner Barbecue chicken Herbed green beans Rice pilaf Onion gravy Beef balls Stroganoff Cauliflower Parmesan</p>	<p>Oven browned potatoes Chicken corn chowder Monday Breakfast Corned beef hash Cottage fried potatoes Pancakes Omelets and eggs to order Oven fried bacon Grits Boiled eggs Lunch Beef lasagna Lyonnaise rice Calico corn Beef noodle soup Lemon baked fish Buttered noodles Peas w/onions Marinara sauce Dinner Salmon cakes Oven-glo potatoes Mixed vegetables Chili conquistador Club spinach Garlic bread New England fish chowder Tuesday Breakfast Oven fried bacon Hash brown potatoes Boiled eggs Creamed beef w/toast Oatmeal Omelets and eggs to order Lunch Beef stew Steamed egg noodles</p>	<p>Brown gravy Corn on the cob Oven fried chicken Steamed rice Club spinach Chicken gumbo soup Dinner Pepper steak Steamed rice Steamed broccoli Cream of potato soup Baked fish portions Cottage fried potatoes Lima beans Wednesday Breakfast Oven baked sausage links Hash brown potatoes Blueberry pancakes Omelets and eggs to order Glazed doughnuts Minced beef w/toast Farina Boiled eggs Lunch Roast turkey</p>	<p>Mashed potatoes Collard greens w/ham hocks Beef vegetable soup Corn bread dressing Swedish meatballs Turkey gravy Cream corn Steamed rice Brown gravy Dinner Grilled hamburger steak Potatoes au gratin Succotash Brown gravy Pork chop suey Fried rice Steamed cabbage Old fashioned bean soup Waldorf salad <i>Note: The food service officer is authorized to make changes to the general mess menu to provide substitutions for food items not in stock or to permit timely use of perishable stocks.</i></p>
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MWR NOTES

Karaoke contest at the Budweiser Brew House

Be crowned the king or queen of NAS Jacksonville Karaoke by competing in the Brew House Karaoke contest. The contest starts June 5. Come on out and compete or just have fun singing every Wednesday in June from 6 - 10 p.m. Open to all base personnel. All are welcome to come and watch the fun. Call 542-5009 for information.

Live band playing outside

All base personnel are invited to see the "Boxrockers" live in the parking lot outside the Brew House on June 7 and June 21 from 6 - 11p.m.

Memorial Day blow out beach pool party

Spend Memorial Day with MWR at the outdoor pool enjoy a Shag Style with live music provided by Sun Jammer Band. This party is open to all base personnel and tons of fun is planned from 11 a.m. - 6 p.m.

Junior golf camps offered

If you have children between the ages of 6 and 17 now is time to get them swinging. Junior Golf Camp has two sessions this year. Session 1 runs June 6 - July 4 and Session 2 runs July 11 - Aug. 8. Each session is \$50 per session and lessons are held at the NAS Jacksonville Golf Club Driving Range. Stop by the Pro-Shop and register today by calling 542-3249.

I.T.T. offers trips

I.T.T. trips are open to all base personnel and their guests, you cannot beat these great deals and we do all the driving.

Fort Clinch - See a WWII re-enactment Sunday. Visit the fort, spend some time in Fernandina and tour the Budweiser Brewery. The

Saluting Sailors & Their Families

Navy Morale, Welfare & Recreation (MWR) has developed contests in a continuing effort to show our appreciation to Navy Sailors and their families by providing Special Events for Special People through the "Saluting Sailors & Their Families" program. Look for contests and information at the MWR website: www.mwr.navy.mil.

Fouled Anchor happenings

- Mug Day Mondays** - Members of the Mug Club enjoy refills for \$1.
- Tuesdays and Thursdays enjoy Happy Hour** with free munchies and beverage specials from 4 - 8 p.m.
- Wednesdays are Spouse Night.** Bring your spouse to the club and they enjoy beverage specials. Dance to your favorite tunes, bring your own CDs.
- Thursdays during Happy Hour** take part in the CPOA Social.
- Beat the summer heat on Fridays.**
- May 31** - Dinner and Dancing. Cocktails at 6 p.m., dinner at 7 p.m. and dancing to DJ hits at 8 p.m. Reservations are required for dinner (limited amount), call 542-3461 to make your reservation.
- June 7** - Wing eating contest
- June 14** - Father's Day dinner
- June 19** - Bring your boss to lunch at the club. Receive a free drink when you bring your boss.
- June 21** - Summer kick off surprise
- June 22** - Burn your own burgers and dog

cost only \$11.25 per person.

Micanopy And Knapaha Gardens - Shop and stop to smell the roses on June 1. See Knapaha Botanical Gardens in Gainesville then spend the afternoon antique shopping in the sleepy little village of Micanopy on \$12.70.

Labor Day In Atlanta - See the best Atlanta has to offer on a four-day adventure Aug. 30 to Sept. 2. Transportation, hotel, breakfast, tour and entrance to all the best sites for \$211.85 per person, based on double occupancy. Sign up by Aug. 9.

Fall Colors - Don't just dream of seeing the colors change-see them on a trip to the Mountains Oct. 10-14. Visit Warm Springs and Callaway Gardens; Oktoberfest in Helen Ga; Billmore Estates and Chimney Rock Park in

Asheville - all this and more for \$328.75 per person based on double occupancy.

Super Saturday Bingo

Grab the daubers and get ready to win some cash on June 1 in The Zone. All paper packages are \$75 and paper and computer packages are \$150. Door sales start at 11 a.m. Call 542-5007 for details.

Fun in the sun

Stop by the Mulberry Cove Marina and rent some watercraft. It's only \$25 an hour for jet-ski rentals from June - August for active duty. We provide all the training required for not additional cost.

The Marina offers free canoe and kayak rentals to active duty Sailors on Thursdays (on base only use).

Gear up for springtime camping and get two items of camping gear free when you rent a 3 or 4-person tent. For more information call 542-3260.

The Zone Daily Lunch Specials

Looking for a change in your lunchtime routine? How about checking out the daily lunch specials offered in The Zone. All lunch specials come with your choice of ice tea or soda. Choose to eat in Yesterday's Café, The Brew House, or play Bingo or if you are in the E7-E9 paygrades have lunch in the CPO Club.

Ladies tee it up

Calling all ladies out to the golf course on Fridays at 4:30 p.m. to socialize while learning or improving golf skills. The cost is only \$10 per session and includes wine and cheese after the lesson. Call 542-3249 for more information or just show up on Fridays.

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 mwrnktg@nasjax.navy.mil

CPO Club
Dinner & Dance

Friday, May 31, 2002

\$30 Per Couple
Wine: No Hunt Social
Type: Cocktail

Menu: Roast & Beef (3 Dishes), Flambéed by DJ
Main, Cook, Served, Clean, Best Price, Best
Gambino, Bone Beef, Garden Vegetables, Rolls, Tea/coffee

542-3461
To Make Reservations

NAVY NEWS

NS Mayport holds Stark memorial service

MAYPORT (NNS) — Every year, Naval Station Mayport pauses to honor and remember the 37 Sailors who lost their lives aboard USS Stark (FFG 31) on May 17, 1987.

The ship was on patrol in the Persian Gulf when it was struck by two Exocet missiles launched by an Iraqi aircraft. The ensuing fire caused damage control teams to battle fire and flooding for almost two days. Their efforts ultimately saved the ship.

Approximately 100 families, friends, former Stark crew members and Sailors gathered at Naval Station Mayport's Memorial Park on May 17 to pay their respects to their fallen shipmates.

Guest speakers at the event included Vice Adm. Patricia A. Tracey, director, Navy Staff; and Capt. Matthew E. Schellhorn, Naval Station Mayport's commanding officer and officer in charge of HSL-32, Detachment 3, embarked aboard Stark at the time of the attack.

In his remarks, Schellhorn said, "I'm honored to be the guest speaker at this year's memorial service although I do so with a heavy heart. While we gather here every year in this beautiful setting to honor our shipmates who lost their lives on board Stark on 17 May 1987, I am filled with pride, with Americanism, when I say that these men were more than just shipmates — they were my shipmates."

Stark was decommissioned in 1999, leaving no active crew to sustain the memorial. Since then, the Naval Order of the United States, North Florida Commandery, in cooperation with Naval Station Mayport, has sponsored the memorial service.

For more information on Naval Station Mayport, go to <http://www.nsmayport.navy.mil>.

FY02 Selective Re-enlistment Bonus Program Update

WASHINGTON (NNS) — With Sailors choosing to "Stay Navy" at record levels, Navy leadership has taken a hard look at Selective Reenlistment

Bonuses (SRBs). SRB requests have been prioritized to provide bonuses to Sailors at a critical point in their careers and those who are forward-deployed serving in combat zones.

SRBs have contributed to the outstanding retention rate. For those with less than six years of service, Zone A, the retention rate is at 65.8 percent, nearly nine percentage points above the Navy's goal. Retention rates for all zones are well above Navy goals.

The Navy values the service of every Sailor who decides to stay Navy. The reenlistment numbers have been truly impressive, reflecting a sense of mission and leadership involvement throughout the fleet," said Chief of Naval Personnel Vice Adm. Norb Ryan Jr.

With more than 15,000 Sailors receiving SRBs, this year's \$186 million budget for SRBs has been expended at a higher rate than expected, making it necessary to adjust how SRBs are awarded.

Helping Navy leadership shape manning in critical skill areas, SRBs are a financial incentive for these Sailors to reenlist.

After the SRB program revised rates in March, approximately 4,800 Sailors applied for SRBs during the transition period in April and early May, making this one of the largest SRB months ever.

"The SRB take-rate has been super. To ensure we have enough money to sustain the program through the remainder of the fiscal year, we've had to take the step of prioritizing who receives SRBs through September," said Ryan.

Priority consideration for remaining SRB requests will be given in the following order:

- Sailors who will pass through SRB zone of eligibility before the end of FY02.
- Sailors who are under orders to obligate service and orders must be executed in FY02.
- Sailors whose end of active obligated service (EAOS) is in FY02 with no extension time remaining on contract (reached 48-month maximum extension time).
- Sailors with requests to

reenlist and are departing a tax-free zone in FY02.

- Sailors with an inoperative extension with an EAOS in FY02.
- All other Sailors requesting SRB reenlistment.

Those whose FY02 reenlistment requests cannot be supported based on these priorities will automatically be given an extension and a reenlistment date in the first 45 days of FY03.

The intent is to approve eligible SRB reenlistment requests for September 2002 or the first 45 days of FY03 at an amount not less than Sailors would have received if they had reenlisted at EAOS in FY02.

For more information on SRB prioritization, see NAVADMIN 141/02 and your command career counselor. For current SRB award levels, see NAVADMIN 097/02. Both messages are available on the Web at <http://www.bupers.navy.mil>.

Actor David Keith "Trains" at the Cradle of Naval Aviation

PENSACOLA (NNS) — Actor David Keith recently spent two days aboard Naval Air Station (NAS) Pensacola. You may recognize him from his movies, including "An Officer and a Gentleman," "The Lords of Discipline," "Major League II," "U-571," "Men of Honor" and "Behind Enemy Lines."

The Knoxville, Tenn., native was vacationing in Gulf Shores, Ala., with his family and scheduled the two days at NAS Pensacola to get qualified in aircrew water survival. No, he isn't training for a new film. He recently finished filming "Daredevil" for Fox and a pilot titled "In the Echo" for Dreamworks.

"Behind Enemy Lines" was filmed aboard USS Carl Vinson (CVN 70) about 18 months ago. He was back aboard Vinson on the day after Thanksgiving 2001 to screen the movie on the flight deck.

"I liked it so much and I liked talking to everybody so much and felt like I helped boost the morale, so I didn't want to leave," Keith said. "I asked the Navy if I could stay for a week and go to some other

vessels."

Keith stayed for a total of eight days, visiting several ships and troops in Bahrain.

On May 1, Keith was awarded a letter of appreciation from Secretary of the Navy Gordon England aboard USS Nimitz (CVN 68) in San Diego.

The letter thanked Keith for consistently depicting the Navy and Marine Corps' core values through his movie characters and in his daily life, as well as his work with the service members in the Arabian Sea.

In part, the letter read, "Your dedication to our

men and women in uniform has been demonstrated in your many visits to the fleet including USS Theodore Roosevelt (CVN 71) and USS Carl Vinson last fall in Bahrain and today aboard USS Nimitz. Your willingness to take time from your family and friends to visit our service members and their families is testament to the respect and devotion that you afford the dedicated patriots who wear the cloth of our nation."

Keith responded with an offer to return to visit Navy units in the region should additional hostilities occur.

Keith said the Navy liked the idea and that maybe he could get a hop on an F/A-18. After finding out Keith didn't have his survival qualifications, he was asked if he could come back to San Diego soon. Keith said he wasn't sure, but he was on his way to Mobile, Ala., and asked if he could do the training in Pensacola. One week later (on his 48th birthday), Keith began his survival training.

After finishing his training, Keith said, "I'm very proud to have been through this kind of thing side-by-side with some of these kids."

COMMUNITY CALENDAR

The Navy Wives Club of America, NWCA Jax No. 86, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m.-1 p.m. Call 772-0242 or President Barbara Howard at 471-1444.

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

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

rated. 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 part of the activities. For more information call 542-3051.

The Spring Music Festival will be held Saturday at Metro Park. This year's artists include Bonnie Raitt, The Neville Brothers and The Bacon Brothers. Gates open at 3 p.m. The event is free. No food or beverages will be allowed in the park. For more information call 630-3629.

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

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

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

ON THE GO WITH USO

The USO has free tickets to the NASCAR Busch Grand National Series on July 5.

The race begins at 8 p.m. Tickets will be available beginning June 21, however, the USO will begin taking names on June 10.

Either come by our office at the NAS Jacksonville front gate or call us at 542-3028. Active duty may have as many as they desire (within reason). Military retirees are allotted two tickets.

Home providers needed

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

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

JAX SPORTS



Photos by Bill Bonser



First place winner, Jeff Scarrit of HS-75, displays his trophy after the matches.

Rose Aenstentt (left), second place, stands beside Jackie Sanchez, first-place winner after the women's open.

Captain's Cup turns into marathon

By Bill Bonser
Sports Coordinator

On April 29, the NAS Jax Athletics Department held a men's Captain's Cup and women's Open Tennis Tournament. Nine men and three women competed in the double-elimination tournament, which turned into an all night marathon. The lights shutting off while the matches were playing didn't help speed up the process.

Jeff Scarrit, of Helicopter Squadron (HS) 75, made it to the finals virtually untouched. Scarrit defeated Mark Blask of TSO in the battle for first place. Scarrit picked up first-place points for HS-75. Blask then competed against James

Mershon of TPU for second and third places.

Mershon defeated Blask, placing him second and Blask ended in third.

The women's competition was just as lengthy. Jackie Sanchez, Lynn Powell, and Rose Aenstentt, battled in back to back matches. Sanchez of Patrol Squadron (VP-30) defeated Aenstentt and Powell. Powell placed third, losing to Aenstentt. Because of the double elimination format, Aenstentt and Sanchez played two more matches for first place. A tired Sanchez was victorious in the final match, putting her in first place and Aenstentt in second.

Congratulations to all those who competed.

Intramural golf league forming

The league is open to all NAS Jax active duty personnel. Matches will be played on Wednesdays at 12:30 p.m. The season is scheduled to begin June 12. Team rosters should be turned in no later than May 31.

Racquetball tournament slated

A Women's Captain's Cup Racquetball Tournament is scheduled for May 28-31 at 5 p.m. The tournament is free and open to NAS Jax active duty women. This is a Captain's Cup event with participants earning Captain Cup points for their command. Trophies will be awarded in each division. Sign up at the gym.

All-Navy women's softball tryouts

The All-Navy Women's Softball Team tryouts will be held at the McCaffrey Softball Complex,

June 8 from 8 a.m. to noon. Tryouts are open to active duty females only. Call the base gym to sign up.

Navy Southeast Regional Running and Triathlon Team

Competitive runners are wanted to represent U.S. Navy in 5K, 10K, marathons, and/or triathlons? U.S. Navy will showcase elite active duty men and women in regional races. Uniforms will be 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.

STANDINGS

Intramural Softball Standings as of May 20.

Team	Wins	Losses
VP-5	11	2
AIMD	11	2
VP-16 Red	13	3
WFN	8	2
Air Ops/NLMOF	11	4
VP-30 Staff	9	4
VP-30 Students	9	4
VR-58	8	5
NAMTra	5	7
VS-24	4	6

Intramural Softball Standings (contd.)

HITRON-10	5	9
VP-62	3	8
VP-16 White	2	7
HS-3	2	12
HS-75	1	5
NavHosp	1	11

Women's Softball Final Standings.

Team	Wins	Losses
Lady Jax	7	2
Bad Girls	7	2
VP-16	0	9

Jax Air News

Don't Miss An Issue!!!