



Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE

Change of command slated

Rear Adm. Annette Brown will relieve Rear Adm. Jan Gaudio as Commander, Navy Region Southeast in a change of command ceremony on Tuesday at 10 a.m. in Hangar 117. The guest speaker for the event will be Vice Adm. Albert Konetzn, Jr., deputy and chief of staff, U.S. Atlantic Fleet.

Dress attire for military will be summer whites or service equivalent and civilian informal for all other guests.

Volunteer recognition luncheon slated

The annual Command Volunteer Recognition Luncheon will be held today at 11:30 a.m. at the River Cove Conference Center at NAS Jax. This year's theme is "Celebrate the American Spirit - Volunteer."

The guest speaker for the event will be Charles "Skip" Cramer, chief executive officer, Northeast Florida Chapter American Red Cross

All departments and commands that have active volunteer service programs will be honored at this activity. All command personnel, both military and civilian are invited and encouraged to attend.

Tickets for the luncheon are \$8.50.

All Saint's Day

A Holy Day of Obligation for the Roman Catholic Church will be celebrated with Mass on Nov. 1 at 11:30 a.m. in St. Edward's Chapel. On this day, the church also honors the lives of all deceased who share their lives with God.

WEEKEND WEATHER

FRIDAY 57/76
SUNNY

SATURDAY 58/78

PARTLY CLOUDY

SUNDAY 61/80

VARIABLY CLOUDY

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

Military assets on stage

By staff

Next week, the skies above NAS Jacksonville and the waters of the St. Johns River will come alive with dynamic demonstrations of the U.S. military's prowess.

NAS Jacksonville, NS Mayport, and the city of Jacksonville are co-hosting the Fourth Annual Jacksonville Sea & Sky Spectacular, Oct. 31 through Nov. 3.

Four full days of events and excitement are planned, culminating in the NAS Jacksonville Air Show next Saturday and Sunday, featuring the famed U.S. Navy Flight Demonstration Squadron, The Blue Angels.

Festivities will begin during opening ceremonies at the Jacksonville Landing, Thursday at noon.

The Air Show is scheduled for Saturday and Sunday at NAS Jacksonville. Gates open at 9 a.m.

In 1946, the Secretary of the Navy and the Chief of Naval Operations directed the establishment of a Navy flight exhibition team in an effort to demonstrate to the public, the precision fighter maneuvers conducted by Navy aircraft. That year, the first air show featuring the Navy Flight Exhibition Team in Jacksonville took place at Craig Air Field. The team's name was later changed to the Blue Angels. The air show was moved and rotated each year between NAS Jacksonville and NAS Cecil Field until 1998 shortly before the Cecil Field closure.

In conjunction with the air show, the Jacksonville Sea & Sky Spectacular was created four years ago.

This year's air show will feature some familiar names from last year, as well as new performers and performances.

Events taking place in downtown Jacksonville during the week include:

The guided missile frigate USS Halyburton (FFG 40), the coastal mine hunter USS Pelican (MHC 53), and the coastal patrol craft USS Thunderbolt (PC 12) along with U.S. Coast Guard ships. U.S. Customs and local law enforcement will also be docked at or near the Landing. Military displays will line the streets around The Landing.

Daily features include helicopter search and rescue demonstrations, SEAL team hot-boe extractions, Landing Craft Air Cushion (LCAC) demonstrations, as well as military



The Blue Angels Flight Demonstration Team will showcase the annual Air Show scheduled for Nov. 2-3 at NAS Jacksonville. The event is free to the public and gates open at 9 a.m. both days. Other festivities include, the Sea and Sky Spectacular at The Jacksonville Landing beginning Oct. 31. For more information, see the official Air Show program, inserted in this week's Jax Air News.



USS Halyburton (FFG 40) will be the guest ship at The Jacksonville Landing Oct. 31 through Nov. 3 for the annual Sea and Sky Spectacular. The ship will host tours for school groups only and will not be open for public touring due to security restrictions.

aircraft fly-bys. Some of the highlights of the Air Show include: a U.S. Marine Corps Air/Ground Task Force who will "seize the airfield" during a combat power demonstration. The 30-minute program will include F/A-18 Hornets, AV-8 Harriers, AH-1 Cobras, and 140 Marines who will arrive by land and air. Explosive

pyrotechnics will add to the realism of the assault. The demonstration will take place around noon.

It has been several air shows since Sean Tucker performed at NAS Jacksonville. He returns this year with Team Oracle. Since the mid-1970s, Tucker has flown more than 700 performances at more than 300 air shows in front of 60 million fans. During his performance, Tucker incurs more G-forces on his body than most fighter pilots, as he flies through plus-10 and minus-7.5 G's.

For complete schedule information and security measures, see the official Air Show program, inserted in this Jax Air News issue. For more information about the Jacksonville International Air & Sea Spectacular, or the NAS Jacksonville International Air Show, visit our Web sites: www.nasjaxairshow.com or www.nasjax.navy.mil (click on "Multimedia" then on "Sea & Sky Spectacular").

Fire Department earns top award



Fire Inspectors Capt. Doug Thomas, Capt. Billie Bryant, Chief Fire Inspector Charles McCoy, Capt. Rick Vandersteern and Capt. Jim Hemple proudly display their Life Safety Achievement Award for 2001. The award was recently presented to the NAS Jacksonville Fire Department by the Residential Safety Institute (RFSI). For nine years, this award has recognized local fire prevention activities that contribute to reducing the number of lives lost in residential fires. The NAS Jax fire Department recorded zero fire deaths in structures during the year.

Time changes this Sunday

Don't forget to change your clocks back one hour Sunday morning at 2 a.m. as we revert back to Daylight Saving Time.

The idea of Daylight Saving Time was originally thought of by Benjamin Franklin, who wanted to take advantage of the additional daylight time in the summer when so many people were sleeping.

Today, nearly 70 countries around the world observe Daylight Saving Time.

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FROM THE DOC

Ankle sprains take a bit of maintenance

By Lt. Chris Alfonso
VP-30 Flight Surgeon

Ankle sprains are a very common injury, and if not treated properly can lead to long-term problems. About 25,000 people suffer an ankle sprain injury every day. About 40 of those individuals will go on to have chronic symptoms!

Examples of such chronic symptoms include ankle instability, ongoing ankle pain, and more. These symptoms can largely be avoided by properly treating the injury.

Essentially, an ankle sprain occurs when one or more ligaments that support the ankle is overstretched, or even torn.

The ligaments on the outside of the ankle are usually the ones injured in a sprain, but others may be injured as well. This is because most ankle sprains occur when the foot twists in, or under, the lower leg.

When a person experiences a bad ankle sprain, they may feel, or even hear, a "pop." That person may then experience pain, swelling, and bruising over the ankle ligaments that were injured.

In cases of severe sprains, the person may not be able to walk or put weight on the ankle.

If you experience an ankle sprain and have any nerve problems (such as loss of feeling), you should contact your doctor and be seen as soon as possible. You should also see your doctor if you are unable to put any weight on the ankle, or if there is any significant tenderness when you touch any part of the injured ankle.

Very rarely, ankle sprains may be severe enough that ankle ligaments can become completely torn, and surgery may be required to help the ankle heal and regain its original level of functioning.

There are several phases in treating a sprained ankle. The first phase consists of R.I.C.E. therapy. Rest, Ice, Compression, Elevation. The injured ankle should be rested, which means no strenuous activities, only putting weight on it as tolerated, and using crutches if needed.

Ice also must be applied to the injury for about 20 minutes, three times a day for about two days or until the pain goes away. This will help control swelling and pain.

Elastic bandage wraps, ankle braces, or air-stirrups, help compress the swelling, support the ankle, and protect it from further

injury. If the sprain is severe, you may need to wear a boot cast for about three weeks.

Keeping the injured ankle elevated (preferably above heart level) will also help decrease the swelling. An anti-inflammatory medication, such as ibuprofen, will decrease any discomfort and help the ankle heal.

About 48 hours after the ankle sprain occurs, contrast baths should be used to help control swelling. To do contrast baths, fill one bucket with water that is as cold as can be tolerated, and fill another bucket with water that is warm as tolerated (about 104 degrees usually).

Soak the ankle in the cold water bucket first for 30 seconds, then quickly place the ankle into the warm water bucket for 30 seconds. Continue to alternate between buckets, soaking in each bucket for 30 seconds each time, for a total of five minutes.

Be sure that the first and last ankle soaks are in the cold water bucket. Contrast baths should be done at least twice a day, but three times a day is ideal.

The second phase of treatment begins when you can put weight on the injured ankle without any problems. During this

phase, you should use an ankle brace, stirrup, or elastic bandage wrap to support your ankle as you gradually increase your level of exercising and stretching. This phase continues until you feel your ankle is about 80 percent healed.

The third phase then starts, which focuses on helping the ankle regain its prior level of balance, agility and endurance. You can work on balance by carefully standing only on the sprained ankle with your eyes closed.

To help with endurance and agility, try running in figures-of-eight that get smaller each time. You should carefully try doing more and more of these exercises without wearing any ankle support.

Treating an ankle sprain with these three phases can take anywhere from two weeks for simple sprains, and up to two months for severe injuries.

As always, if you have any symptoms you are concerned about, or if your symptoms do not improve within four to six weeks, make sure you see your doctor.

Play hard but play smart, and you will hopefully avoid having a "flat-tire" ruin your fun.



Meet A Sailor...

YNSA CHARLES HARMON

Job title/command:
Awards Processor,
NavHosp Jacksonville

Hometown: Butler, Ga.

Family Life: Single

Past Duty Stations: RTC Great Lakes, Ill., NAS Meridian, Miss. for "A" School.

Career Plans: To start my own business (Club 3000) and become my own boss.

Most Interesting Experience: Going to Fleet Hospital Training in San Diego and getting my first car.

Words of Wisdom: Practice make better, not perfect.



Meet A Civilian...

LAVONNE WYATT

Job title/command:
Word Processor, DAPS

Hometown: Seattle, Wash.

Family Life: Happily married.

Past Duty Stations: Guam, Beaufort, S.C., Guantanamo Bay, Cuba.

Career Plans: To finish my degree in exercise physiology, culinary arts and dietician.

Most Interesting Experience: Being overseas and interacting with people of different cultures.

Words of Wisdom: You are the pilot of your plane and conductor of your train. You and only you, are in charge of your future.

HRO UPDATE

Changes added to Navy civilian application process

From HRO

The Department of the Navy (DoN) will soon begin implementing a number of enhancements designed to improve the current civilian applicant process. Suggestions and comments from applicants, employees, unions, and managers are reflected in the updated recruitment process.

Job announcements will have a new look that will be easier to read allowing candidates to quickly locate important information.

The new system will prompt the applicant to use their resume to apply for a new job if the applicant has a current resume on file. Applicants

will be able to search by geographic location and can also register to be notified whenever a specific vacancy is open.

The method for applying for a DoN position will continue to be through the DoN Resume Builder. The Resume Builder has been set up in sections so it will be easier to update information in a specific section.

Applicants who apply through Resume Builder will continue get an instant on-line notice each time they submit their resume. Resume Builder applicants will also receive an e-mail notice that the resume has been received by the HRSC with a copy of the resume submitted. This e-

mail notification will eliminate the need for a hardcopy notice that the resume was received by the HRSC.

Applicants will also be able to access their resume through the worldwide web via a password-protected account that reflects the recent activity of their resume for specific job vacancies.

Candidates will be able to view all of the jobs that they have applied to and see a current list of their electronic notices that include referrals, non-referrals, selection decisions, and resume expiration date. A list of current vacancies can be found by going to the CNRSE HRO web site at: www.hrojax.navy.mil.

Mentor training scheduled

From FFSC

Mentor training will be held Nov. 13 from 1-3 p.m. at the NAS Jacksonville Base Chapel Religious Educational Center, Building 749.

Mentoring can be as simple as being a friend. Just think about how many adults helped you to become the person you are today. Many children today don't have role models that most of us had growing up.

Through NAS Jax Navy Community Service Program new partnership with the Kesler Mentoring Connection, all command volunteers who are interested in working with youth can attend a workshop that prepares them for the experience of mentoring so that they can become a successful and meaningful mentor to a child.

To learn more about this training or to register, call the Fleet and Family Support Center at 542-2766, Ext. 130.

The Williams Group, Inc.
104 S.W. 27th Street
The Williams Group, Inc. 104 S.W. 27th Street
Tallahassee, Florida 32309
Telephone: 904-291-4333, Fax: 917-4333

Services:

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- Cultural Resources
- Historic Preservation
- Archaeology
- Paleontology
- Geology
- Hydrology
- Water Resources
- Air Quality
- Noise
- Traffic
- Safety
- Security
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- Defense
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- Veterans Services
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- Green Services
- Eco-Friendly Services
- Socially Responsible Services
- Ethical Services
- Fair Trade Services
- Organic Services
- Natural Services
- Local Services
- Regional Services
- National Services
- International Services
- Global Services
- Cross-Cultural Services
- Diversity Services
- Inclusion Services
- Accessibility Services
- Universal Design Services
- Sustainable Services
- Green Services
- Eco-Friendly Services
- Socially Responsible Services
- Ethical Services
- Fair Trade Services
- Organic Services
- Natural Services
- Local Services
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- Sustainable Services
- Green Services
- Eco-Friendly Services
- Socially Responsible Services
- Ethical Services
- Fair Trade Services
- Organic Services
- Natural Services
- Local Services
- Regional Services

Harrison takes helm of Sea Control Weapons School

By Lt. Kenneth Hughes
Sea Control Weapons
School PAO

Cmdr. Wayne Harrison relieved Cmdr. James Shoaf, assuming command of Sea Control Weapons School, during the command's first change of command ceremony held Oct. 17.

Superintendent of the U. S. Naval Academy, Vice Adm. Richard Naughton, was the guest speaker.

Harrison, a naval aviator with more than 2,800 flight hours, will lead the Weapons School as they implement and develop "Air Combat OnLine", a one million dollar interactive software contract that will enhance and standardize advance tactical training among all Viking squadrons from Atsugi, Japan to Jacksonville.

In addition to expanding standardized training, Harrison hopes to improve integration of maritime assets through coordination and training opportunities.

Harrison was born and raised in Billerica, Mass. He graduated from Florida Institute of Technology in 1985 with a Bachelor of Science Degree in Business Administration. He entered naval service upon graduation in June 1985 and was designated a Naval Flight Officer in May 1988.

Upon completion of Basic Flight Training in Pensacola, Harrison reported to VS-41 for advanced training in the S-3A Viking aircraft.

In June 1989, he reported to the VS-28 "Gamblers" at NAS Cecil Field. While attached to VS-28, Harrison completed two Mediterranean deployments aboard USS Forrestal (CV 59), including seven months in support of Operation Provide Comfort.

Following a tour as a Fleet Replacement Squadron instructor with VS-27,



Cmdr. Wayne Harrison

Harrison joined Carrier Air Wing One as the Anti-Surface and Anti-Submarine Warfare officer.

While assigned to Carrier Air Wing One, Harrison made a Mediterranean and Arabian Gulf deployment aboard USS America (CV 66), where he received an Air Medal while flying 31 combat missions in support of Operation Decisive Edge.

In October 1997, Harrison reported to the "Diamond Cutters" of VS-30 in Jacksonville where he made two Mediterranean and Arabian Gulf deployments aboard USS Enterprise (CVN 65) and USS Eisenhower (CVN 69) serving as Training and Maintenance officer.

In November 1998, Harrison reported to US Naval War College, Newport, R.I., where he graduated in November 1999 with a Masters of Arts Degree in Strategic Studies and National Security Affairs.

In December 1999, Harrison reported to United States Central Command, MacDill AFB, Tampa, for duty as a Policy Action officer, Plans and Policy Directorate. His duties included developing command positions on all National security and policy documents.



Cmdr. James Shoaf

Harrison has logged more than 2,800 flight hours and 600 arrested landings on 10 different carriers.

Under Shoaf's leadership, the Weapons School was designated a command on Sept. 13, 2001. This expanded the responsibility of the command to include administering graduate level tactical training to all Viking squadrons in Jacksonville, San Diego, Calif. and Atsugi, Japan.

During his tour, the Viking Tactics Instructor (VTI) course was created and the first 38 VTIs were assigned for the Viking community.

Shoaf worked closely with the other Maritime Weapons Tactics Units in the Jacksonville and Mayport area that culminated in a combined Weapons Tactics Instructor course consisting of HS, HSL and VS units. This was the first time the training had been combined among the maritime platforms.

He also increased the number of aircraft assets, successfully requisitioning a second T-34C aircraft for the Weapons School to be used in training events.

Shoaf will report to VS-30 as executive officer in March 2003.



Photo courtesy of HS-5

AW2 Jason Bishop explains the role the H-60 helicopter plays in current Naval Aviation to members of VF-173.

HS-5 hosts VF-173 'Jesters' reunion

By Lt. j.g. Ryan Smits
HS-5 PAO

Former members of the famed "Jesters" of VF-173 gathered from across the United States for a reunion in Jacksonville during the weekend of Oct. 12-13. The Jesters were disestablished here at NAS Jacksonville in 1959.

VF-173 was commissioned on Aug. 11, 1948 with a primary mission to provide experienced Fleet pilots trained for combat in the latest fighter techniques and doctrines. In 1983, a few from the mid-west decided that they ought to get together. The squadron has gotten together every year since then, but this is their first time coming back to NAS Jacksonville.

The HS-5 "Nightdippers" provided a static display of the SH-60F along with a tour of the squadron spaces. HS-5 pilot, Lt. David Walker and Aircrewman AW2 Jason

Bishop provided the Jesters with some insight into the current missions of naval helicopter squadrons and the many roles that the HS community specifically plays.

The Jesters were fascinated by the intricate avionics packages, advances in technology both offensively and defensively, and the use of computer technology in current naval aviation.

The squadron operated at NAS Jacksonville from March 1950 to January 1959. The Jesters were based in Hangar 115 and were the first fighter squadron to get and fly the FJ-3 Fury jet.

The members of VF-173 were glad to see the highest traditions of naval aviation carried on over the past 50 years and were extremely grateful for the job our young men and women are doing in the current fight against terrorism.

While age may be slowing them down, their pride in the country and the Naval service has never been greater.

New pins for Capt. King



Photo by JO2 Mike Jones

NAS Jacksonville Executive Officer Capt. Charles King receives his new collar devices from NAS Jacksonville Commanding Officer Capt. Mark Boensel and King's wife, Kris, during a frocking ceremony on base Oct. 21.





ORDNANCE DIVISION



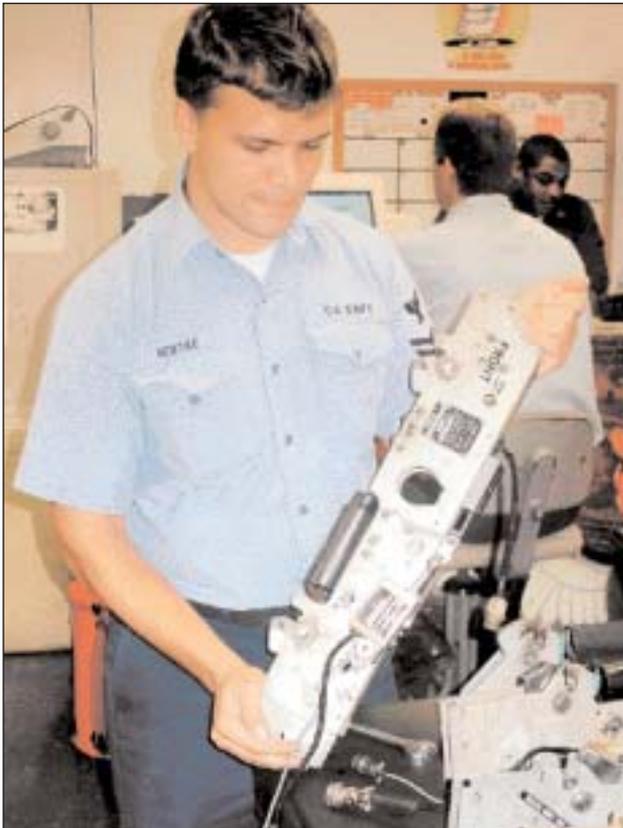
AOW Jeremy Peyton troubleshoots an LAU-7.



AOW2(AW) Darrell Dees repairs a 314 Alpha BRU. The BRU bomb rack is carried on S-3 aircraft.



From left, AOW2 Jeremy Peyton, AOW2(AW) Dave Reid, AOW2(AW) Christopher Burton test and repair BRU-14 bomb racks.



AOW2(AW) Scott Hedtke inspects a BRU-14 bomb rack.

Ordnance Sailors ensure quality provided to Fleet

By JO2 Jackey Bratt
Staff Writer

NAS Jacksonville's Aviation Intermediate Maintenance Detachment's (AIMD) Ordnance Division provides receipt, issue, storage, loading, transshipment, and inventory control functions in a safe, efficient and cost-effective environment for our squadrons on base.

Providing secure storage of small arms for tenant commands and processing tons of ammunition and explosives to and from the Fleet is a vital role that this division carries out daily.

"We support 19 different naval activities, tearing down, repairing, and distributing back to the squadrons in the Southeast Region, as well as, Puerto Rico and Brunswick, Maine," said AOC(AW/SW) Frank Valles, AIMD Ordnance Division's leading chief petty officer.

Aviation Ordnance (AO) personnel perform a variety of duties and tasks such as inspecting ammunition, testing aircraft weapons systems, performing preventive maintenance and repairs, loading and fusing ammunition and arming/de-arming aircraft.

"Our people are highly motivated

and take a lot of pride in their work," said Valles. "They bring a lot of credit to everyone on this base and make the job enjoyable."

Although the shop supports many different commands, the shop itself is very small. The number of personnel is even smaller.

"We muster 15 Sailors, but a few are in ship's company and some are TAD to different places, leaving us with only seven or eight Sailors to work here," said AOW2(AW) Michael James. James himself was sent here TAD over several years ago, and remains with the division.

James and AOW2(AW) Dave Reid schedule appointments for squadrons to drop off their equipment, assign work loads, check out tools, and process information about the equipment being worked onto an Equipment History Record Card.

Utmost concentration is vital to working in the ordnance environment. Maintaining strong working relationships alleviates the stress associated with such intricate work. "Our office is usually filled with laughter," remarked James.

See AIMD, Page 5



ORDNANCE DIVISION



AO2(AW) Darrell Dees (left) logs in information on a repaired BRU-14 provided by AO3 Brent Thompson, attached to HS-5.



AO2(AW) Tanisha Boyd paints a LAU-7. There is a painting station located on the side of the building.



AO2(AW) Christopher Burton prepares some equipment for a 308-day maintenance inspection.



AO2 Michael James (left) and AO2(AW) Dave Reid look over equipment history record cards to troubleshoot errors.

AIMD: Ensuring quality to the fleet

From Page 4

"We have a common goal which is to give our customer the most sound and ready piece of aircraft armament equipment available," said James. "In order for us to continue providing the best service, we must work together to ensure it is done."

"It's rewarding to work here," said Reid. "I've been in the Navy eight years, and working at this command allows me time to attend college." Reid is finishing classes to attain a Bachelor's Degree in Electronic Information Technology, specializing in hard wire electronics.

Sailors here not only spend their work day tearing down and rebuilding ordnance equipment, they also participate in activities around the base.

AO2 Scott Hedtke keeps busy outside the office as a member of the Honor Support Team (HST).

"When I'm not in the office or on duty, I am usually with HST," he said.

AO2 Tanisha Boyd is also attending classes to achieve a bachelor's degree.

"I am here, enjoying the command, and working to ensure my future is gratifying," she added.

Teamwork is alive in the ordnance work center. It is what keeps the division afloat.

Photos by
JO2 Jackey Bratt



CWO3 Sean Mahany, AIMD's 700 and 800 division officer, inspects a BRU-14.



AO2(AW) Dave Reid combines wires of a BRU-14 bomb rack at his work center.

Bentley takes helm of commissary

By Miriam S. Gallet
Editor

NAS Jacksonville Commissary has a new director. Larry Bentley, a former DeCA zone manager for the state of Florida, arrived at the base commissary last month.

He transferred from Zone 4, where he oversaw 11 commissaries from Key West to Pensacola. Bentley took over the post from Randy Eller, who was promoted and transferred to Virginia.

From the moment I walked into Bentley's office and began the interview, I realized that I was interviewing a forward thinker, a manager with a vision and a will to succeed.

"Today, the NAS Jax Commissary is better than ever," said Bentley. "I plan to take it to the next level from where Randy Eller left it. I am looking for 'raving fans.'"

Bentley, a native of Columbus, Ga. and a proven performer with a wealth of commissary management experience, began his grocery-store career at the age of 15, as a bag boy, burning boxes behind a grocery store.

"Back then, we did not have environmental regulations and grocery stores were allowed to burn their cardboard boxes," said Bentley.

In the 1970s, after graduating from high school, Bentley joined the Navy, where he served a four-year tour as an aircrew survival equipmentman (PR). During his tour, he also



Photo by Miriam S. Gallet

NAS Jacksonville Commissary Director Larry Bentley comments on the availability of high-quality plants at the commissary.

worked part-time at a Pantry Pride, a now defunct national grocery chain. Upon his discharge from the Navy, he accepted a full-time position with Pantry Pride and embarked in a grocery business career.

By 1980, Bentley was promoted, and assigned to a large Pantry Pride store in Tallahassee, where he managed three area stores. In early 1985, Pantry Pride Company filed for bankruptcy, forcing Bentley to make a career move. In April of that year, he joined the Federal Civil Service, where he began his career in the military grocery system as a member of the Army Commissary System, Troops Support Agency in Fort Lee, Va.

Since then, Bentley has had various management assignments. He has been a commissary store manager, and region director and he spent several years in Europe. In the latter part of 1990, he was selected to be

a member of the distinguished transition team that implemented the Defense Commissary Agency System (DeCA) throughout all four branches of the military.

In October of 1991, after the commissary services were consolidated under DeCA, Bentley became the Chief of Logistics for Southern Region, Maxwell Air Force Base.

Three years later, he accepted a position as DeCA Zone 4 manager, where he remained until last month, when he happily accepted his current position at the NAS Jacksonville Commissary. Bentley and his family call Jacksonville home and are delighted with his new assignment.

"I know what a commissary needs in order to be successful in providing great customer service and the greatest of savings to its customers - team work," said Bentley. "From the jan-

itorial to the office staff, every one must have one priority in mind, serving our customers."

The NAS Jacksonville Commissary serves approximately 62,000 paying customers per month and has monthly sales in excess of \$3.8 million and Bentley's goal is to break the \$4 million mark.

"I am a true believer and strong supporter of the one team concept," said Bentley. "That is what I would like my employees to know about me. Together, as one team, we can work and fulfill our mission of supporting our fighting forces and their families. These men and women are defending our freedom and protecting us from harms way and we need to provide them with the best quality foods and services every time they walk through our doors."

Bentley wants the commissary's 110 federal employees and numerous contractors to know that he will go out of his way to foster a team spirit in fulfillment of the mission. "I am a caring and devoted manager," Bentley said. "I want to facilitate and remove all obstacles so the employees can achieve success and be promoted. I believe in training and in promoting from within, so one day, they can take over the various managerial positions available at our commissary or within DeCA."

Moreover, he wants the commissary patrons to know that he has an open-door policy at all times.

To reach Bentley or for information about the commissary, call 542-5311.

VP-5 recognizes achiever



Photo courtesy of VP-5

VP-5's Commanding Officer, Cmdr. Pat Buckley, congratulates VP-5's newest Patrol Plane Commander, Lt. Jerome Johnson.

KUDO KORNER

Navy and Marine Corps Commendation Medal
Lt. Cmdr. Christopher Schmidt, NavHosp Jax
Lt. Denise Milton, NavHosp Jax

Navy and Marine Corps Achievement Medal
Lt. Paul Letender, NavHosp Jax
Lt. J.g. Martin Summerville, NavHosp Jax
ET1 Lee Grose, NavHosp Jax
HM2 Jason Shew, NavHosp Jax
ET1 Nam Nguyen, FACSFC

Meritorious Civilian Service Award
Cathy Chapman, NavHosp Jax

Good Conduct Medal
AC1 Marzetta Watson, FACSFC
AC2 Quincy Sinette, FACSFC
ET2 William Sawyer, FACSFC
ET2 Theresa Ledoux, FACSFC
AC2 Brian Dickey, FACSFC

Club 2000 offers free rides

In 1997 NAS Jacksonville began Club 2000 to give Sailors a safe and legal option to drinking and driving. The idea was, "Better a free taxi ride home, than a 'free' ride to jail or the morgue."

If you are out having a good time and drinking, you

become a hazard to both yourself and others if you drive. With Club 2000 you have an alternative. Just call the Station OOD at 542-2338, and they will send a taxi to take you home for free. Your request is not passed to your command.

Vet clinic open for Saturday walk-ins

The South Atlantic District Veterinary Command NAS Jacksonville Branch will be open Oct. 26 and Nov. 23 from 8 a.m. to noon. The clinic will be giving shots and conducting heartworm

tests for pets and will accept walk-ins only. No appointments.

The Saturday vet service is slated to take place once a month. For more information, call 542-3786.

'Nightdippers' and 'Leap Frogs' make halftime memorable

By Lt. J.g. Ryan Smits
HS-5 PAO

On Oct. 5, the HS-5 "Nightdippers" had the privilege of working with some members from the Navy's elite "Leap Frog" team.

The Leap Frogs were the highlight and main attraction of Jacksonville's Episcopal High School's Homecoming halftime show. The pilots, Lt. Cmdr. Sean Mordhorst and Lt. Derrick Kingsley along with Aircrewmembers AW2 Michael Black and AW2 Marcus Barber met the Leap Frogs at the HS-5 hangar to brief the flight.

The entire evolution depended upon a timely phone call from one of the Leap Frog ground units strategically located at the high school. Upon receiving the signal that the second quarter was beginning, the Nightdipper crew and the Leap Frogs launched from NAS Jacksonville. After reaching 6,000 feet in the beautiful and sunny skies of Jacksonville, the Navy

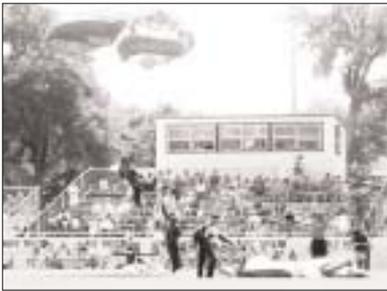


Photo courtesy of HS-5

A Navy "Leap Frog" lands on Episcopal High's 50-yard line.

Leap Frogs jumped into action.

Mordhorst marveled at the sight of Sailors jumping out of the helicopter. The Nightdippers very rarely find themselves flying above 150 feet, so it was pretty unusual to be this high let alone have five Leap Frogs jump from their helicopter. After the flight, Kingsley commented, "It was exhilarating, to say the least, to have the opportu-

nity to work with such professionals."

The complete U.S. Navy Parachute Team is a 15-man team comprised entirely of U.S. Navy SEALs. Each member comes to the team for a three-year tour from one of

the two Naval Special Warfare Groups located on the east and west coasts. On completion of their tour, they return to operational SEAL Teams.

The parachute team began in 1969 when Navy SEALs and Frogmen volunteered to perform at weekend air shows. The team was officially commissioned as the U.S. Navy Parachute Team Leap Frogs in 1974 by the Chief of Naval Operations and assigned the mission of demonstrating Navy excellence throughout the United States. The Leap Frogs support Navy-recruiting efforts and promote the Naval Special Warfare community to the American public.

The halftime entertainment left the crowd with smiles on their faces. The Episcopal High football team won the game, 28-14.

NAMTRAU commissions two

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

Naval Air Maintenance Training Unit (NAMTRAU) Jacksonville recently had the pleasure of seeing two of its enlisted personnel commissioned.

On Sept. 27, AMC(AW) Luis Nunez III and AE1(AW) Todd Dupree were commissioned to the ranks of CWO2 and Ensign, respectively. For those who know these individuals, it was easy to see that the move toward the officer ranks was a natural next step. Making the cut for any commissioning program in the Navy is a tough hurdle to clear and indicates the intense dedication by those who make it.

Nunez, a native of Rio Piedras, Puerto Rico, enlisted in the U.S. Navy in December 1987. His career has taken him to the Arabian Gulf, Mediterranean, and Caribbean theaters of operations. His past commands have included HSL-44, NS Mayport, followed by HSL-40 also at Mayport. He then returned to



Photos courtesy of NAMTRAU
Ensign Todd Dupree acknowledges his family, friends and mentors for their support.

HSL-44 for a second tour in February 1996. It was during this tour, after just over 10 years of top-notch performance, that he was selected for chief petty officer.

In January 2000, Nunez reported to NAMTRAU for an instructor tour on the H-60 aircraft. While stationed here, Nunez

applied and was selected by the Chief Warrant Officer Board. His superior career performance and history of taking on the tough assignments propelled him to selection.

Ensign Todd Dupree enlisted in the Navy under the Delayed Entry Program in 1988. His active duty stint began in December 1988, when he reported to RTC, Great Lakes, Ill. Upon completion of his technical training for aviation electrician's mate and aircraft maintenance training, he was assigned to HC-2. While assigned to HC-2, a pattern of motivated and tireless performance began to take shape. This strong work ethic has driven Dupree's career and resulted in recognition by each command he has been assigned to.

His other tours include HS-15, Aircraft Intermediate Maintenance Detachment (AIMD), NAS Jacksonville, and HS-15 again. During these tours, his war chest continued to fill with awards and recognition for superior performance. His application for Limited Duty Officer was submitted dur-



ADCS Gary Owens (left) renders the first salute to CWO2 Luis Nunez III while Cmdr. Steven Blaisdell looks on.

ing his second tour at HS-15.

Service in the Armed Forces is often gauged by length of time served, awards, assignments and rank achieved. At face value, these are all separate means of recognition with an individual's name assigned to each. Nunez and Dupree both recognized and acknowledged past affiliations with memorable leaders and peo-

ple that were positive influences in their lives.

They attribute their successes to advice and guidance that often came at key periods in their careers, and the values instilled by their parents while growing up. Their families were at the top of the list in the acknowledgments for support and motivation during their recent ceremony.

Sailor switches from blues to khakis through hard work, devotion

By JO2 Jackey Bratt
Staff Writer

When it comes to taking full advantage of every career opportunity, Robert Frost's famous words from "The Road Less Traveled" easily reflect the career path followed by newly commissioned Ensign Kimberly Martin.

She sought and filled difficult and challenging billets; ashore, at sea, and overseas. Through this Sailor's eyes, the needs of the Navy are her top priority. She quickly climbed the ranks from E-1 to E-6 and now O-1, while earning an impressive 112 credits towards a Bachelor of Science degree in Criminal Justice Administration at Columbia College. Her education has been completed entirely off-duty, using Navy College Programs and Tuition Assistance, as well as Montgomery G.I. Bill benefits.

A native of Pennsylvania, Martin entered the Navy as an airman recruit on May 20, 1992. She graduated with honors from RTC Orlando with a meritorious promotion to airman apprentice and was sent to VFA-106 at NAS Cecil Field for her first duty station. While there, she served as a F/A-18 plane captain and training petty officer for more than 80 personnel. Upon advancing from airman to YN3, she transferred to Naval Aviation Maintenance Training Group Detachment, Cecil Field.

"I made a deal with Kim that I'd send her to Legalman 'A' School only if she became the top graduate in her class because I knew she could do it," said retired Navy Capt. Pete Baker, former NAS Cecil Field commanding officer. "Kim showed determination and drive to excel in the legalman rate and far beyond."

Martin did not disappoint

her former commanding officer. Following her split-shore tour, Martin attended Legalman Conversion School where she graduated as the top-honor graduate in both the legalman and court reporting courses. She was also the recipient of the Colclough Award and the Judge Advocate General's Award for Excellence upon graduation from school.

Martin's first assignment as a legalman took her aboard the USS John F. Kennedy (CVN 67) homeported at NS Mayport. In addition to her extensive legalman duties, she served as a ship's company instructor for indoctrination, indebtedness, military justice, Master-at-Arms accession training, and personal qualification standards in both fire fighting and damage control.

She became the second

female onboard to qualify as an on-scene leader in one of the ship's 10 damage control/general quarters repair lockers, entrusted with the direct leadership responsibility of helping to ensure the survival of the ship and the safety of her shipmates in emergency situations. By the end of her three-year tour, she had completed a six-month Mediterranean deployment and left the Kennedy as a newly promoted LN2, ESWS qualified, and the CV-67 Legalman of the Year.

Following her tour on the Kennedy, Martin transferred to Navy Legal Service Southeast (NLSO SE) Detachment, NS Mayport, where she eagerly took on the responsibilities as the Volunteer Income Tax Assistance (VITA) Center leading petty officer (LPO). After completing this assignment, she

reported to NLSO SE NAS Jacksonville, as SE Regional Defense Department LPO. There, she was advanced to petty officer first class and was subsequently assigned as the NS Mayport VITA Center coordinator.

Martin began the new Millennium with orders as SE Regional LPO of the Claims Department and First Lt. Division, where her responsibilities significantly grew in both size and scope.

By the close of 2001, she received orders to U.S. Trial Service Office, Europe and Southwest Asia, branch office Bahrain, for a one-year, unaccompanied tour as a Trial Services Paralegal. She recently returned to NAS Jacksonville for her

commissioning ceremony on Sept. 12.

Retired Navy Capt. William Sweeney, former NLSO commanding officer administered the oath of commission to Martin who was surrounded by her husband, Cliff, parents, in-laws, and friends.

"There are very few Sailors picked for the Limited Duty Officer Law Program, so this shows what an asset she is to our Navy," commented Sweeney.

"She is one of the most dedicated and hard-working Sailors I've had the pleasure to work with."

Baker, who was the master of ceremonies and keynote speaker, said, "Ensign Kim Martin raised the bar for herself and is making sure she is achiev-

ing the goals she's set. I've had the pleasure of witnessing her rise through the ranks. She was my legalman and I take honor and pride in how her persistence has paid off immensely."

Martin gave both her father and father-in-law, who is a former master chief, a silver dollar in appreciation for their support. Her father-in-law was the first person to salute the new ensign as well.

"This day is so special for me, and I encourage all Sailors throughout the Fleet to continue their education," said Martin. "With all the programs, grants, and financial assistance, there is no reason not to get your education."

Haunted Woods provides night of fun for families

By JO2 Jackey Bratt
Staff Writer

More than 1,800 family members attended the 13th annual Haunted Woods event last Friday and Saturday sponsored by the Morale, Welfare and Recreation Department. The event stirred up a witches brew of young, giggling, ghosts and goblins. Excitement filled the air as Navy families parked their vehicles in VP-30's parking lot and walked into the woods at the end of Yorktown Avenue and Child Street.



Photo by JO2 Jackey Bratt

A goblin waits for kids in the Haunted Woods.

The children viewed scary scenes and displays presented by the NAS Weapons Department, Healthcare Support Office, Vet Clinic, and the Weapons Training Department.

The commands created displays in effort to win money for their recreation funds.

Taking home first place and \$500 was the Weapons Training Department. The team had created a scene that involved a nurse performing "surgery" on a patient in the midst of war outside the tent. Placing second was the Vet Clinic. They picked up \$300. Their tent involved a person dressed as a tree. As patrons passed by the tree would "come to life." Third place winners were the Healthcare Support Office. They won \$200 for their command recreation fund. Honorable mention went to the Weapons Department.

"It's a lot of fun and

scary," said 9-year-old, Anthony St. Claire. St. Claire and his sister stood in line for 20 minutes getting excited for the adventure. "I'm not that scared, I just remember it's make believe," he said.

Walking through the shrouded passage into the scenes gave some children a jolt of excitement as they were surprised by participants dressed as trees.

The Haunted Woods event was "spooktacular" because it provided a safe and secure alternative for children and their families to celebrate Halloween. Refreshments, including sodas and hotdogs were also available.

It was a time for families to test one another's courage, as the children would often dare one another to walk through alone.

"This is a great opportunity for my children to enjoy the Halloween festivities with their friends,"

commented Michelle Tyson. Tyson brought her daughter's neighborhood friend along for the event.

The staff at the Youth Activities Center who put the Haunted Woods 2002 together, said that the contest was an excellent opportunity for many commands to join together, have some fun, and make some extra cash along the way.

"The turn out is amazing," said Erica Hickey, Youth Activities Center director. "It's great to see the commands get involved."

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. For more information call the Thrift Shop at 772-0242 or President Barbara Howard at 471-1444.

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

Submarine Sailors - If you have qualified on a United States Navy submarine in the past or present you are invited to join "First Coast Sub Vets." If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. Meetings are held the second Saturday of each month at the American Legion Post 316 on Atlantic Blvd. For more information email rjjax@attbi.com or 241-8222.

The Marine Corps League, Jacksonville Detachment holds their monthly meeting the first Thursday of the month at 7 p.m. at the VFW Post 7909 on Blanding Blvd. For more information call John Leisman at 779-7375.

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

St. Joseph's New Directions is a year-round

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

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

The Jacksonville Semper Fidelis Society is holding a Marine Corps Birthday Ball Nov. 8 beginning at 6:30 p.m. at the San Jose Country Club. Retired Brig. Gen. Thomas Draude will be the guest speaker. The cost is \$45 per person/\$90 per couple. For more information call Sharon Leahy at 545-0635 or log on to www.jaxsemperfidelis.org.

The Jacksonville Barracudas will honor military personnel during their Nov. 9 game against the Macon Trax. The game begins at 7:30 a.m. at the Veteran's Memorial Coliseum. Discount tickets are available at I.T.T. for \$2 for military members. For more information, call 367-1423.

The Jacksonville Semper Fidelis Society will hold their next monthly meeting on Nov. 20 at 11:30 a.m. at the Piccadilly Cafeteria near Regency Mall. For more information, call Sharon Leahy at 545-0635.

VS-30/VS-801 will hold their 50th Anniversary Celebration March 12-15 (in conjunction with Viking Week East) in Jacksonville. Contact: Lt. D.B. Waidelich at 542-8546 or email waidelichb@vs30.navy.mil. Anyone searching for memorabilia and history should contact Cmdr. Ruth at ruthda@csowl.navy.mil.

Halloween Safety Tips for Kids and Adults

With witches, goblins, and super-heroes descending on neighborhoods across America, here are some safety tips to help prepare your children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun.

- Walk, slither, and sneak on sidewalks, not in the street.
- Look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
- Cross the street only at corners.
- Don't hide or cross the street between parked cars.
- Wear light-colored or reflective-type clothing so you are more visible. (And remember to put reflective tape on bikes, skateboards, and brooms, too!)
- Plan your route and share it with your family. If possible, have an adult go with you.
- Carry a flashlight to light your way.
- Keep away from open fires and candles. (Costumes can be extremely flammable.)
- Visit homes that have the porch light on.
- Accept your treats at the door and never go into a stranger's house.
- Use face paint rather than masks or things that will cover your eyes.
- Be cautious of animals and strangers.
- Have a grown-up inspect your treats before eating. And don't eat candy if the package is already opened.

MWR NOTES

Air Show 5K run/Golf tournament

MWR is hosting a 5K fun run and golf tournament to celebrate the annual Air Show. The 5K run will be Oct. 30 at 11 a.m. starting on Perimeter Road just past the housing area. The first 100 runners to register will receive a commemorative T-shirt.

The golf tournament is Oct. 30. There will be a shotgun start. The cost is \$50 per player and includes lunch, golf shirt, green and cart fees, prizes and range balls. Sign up at the Pro-Shop or call 542-3249.

Auto Skills Center

October is National Car Care Month and is a good time to give your automobile some over due TLC. The Auto Skill Center will help by offering a free 36-point vehicle safety inspection. The National Automotive Council sponsors this inspection. Patrons will receive a copy of the inspection and can discuss any problem areas with a certified ASE mechanic. Check with the Auto Skills Center for hours and Schedule an appointment for this worthwhile service.

Bingo happenings

There's money to be won and people to be met at the Bingo Hall. Come check out our hot specials this week:

Mondays pay out \$50 on part A and special games.

Tuesdays offer VIP drawings. You have the chance to win \$69 for a computer plus \$25 each time you yell Bingo.

Wednesdays are double lucky with double lucky ball - payout is \$300.

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

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

Treat yourself through I.T.T.

You deserve a vacation, stop by I.T.T. and sign up for one of the many trips on the calendar.

I.T.T. has Jaguar tickets on sale for every home game, only \$28 a ticket and anyone on base can purchase them with no limitations. I.T.T. also runs a shuttle to the home games and you can sign up for any game when you purchase your tickets. We are looking for a few good volunteer drivers to drive the MWR shuttle to Jaguar games and other sponsored trips. If you currently hold a CDL license and would like to drive, please contact Pam Tierney at 542-8464 or e-mail dtierney@nasjax.navy.mil.

The Vietnam wall replica travels to Jacksonville

The Vietnam Wall Experience will travel to Jacksonville Nov. 8-10 at Riverside Memorial Park. The experience is a faux-granite likeness of the original Vietnam Veterans Memorial, the most visited National Park Service site, located in Washington, D.C.

The replica includes the names of more than 58,000 Americans who died or are missing in Vietnam inscribed on the black mirror-like surface. Admission is free.

An opening ceremony is scheduled on Nov. 8 at 10:30 a.m. The opening ceremony will include a musical prelude by the Navy Band South-east, a motorcycle procession, performances by area schoolchildren and a 21-gun salute.

Vietnam Prisoner of War Capt. Wilson "Denver" Key will deliver the keynote speech. Key was captured off the coast of Hanoi on Nov. 17, 1967, and held prisoner for five and a half years before his release on March 14, 1973.

Hardage Giddens Funeral Homes & Cemeteries is sponsoring the event, which includes a Pledge of Allegiance and an Essay Contest for local school children.

"The Vietnam Wall Experience brings the Wall to many people who wouldn't have the chance to experience it otherwise," said Jonathan Glover, Hardage Giddens representative.

The Wall has traveled to 150 cities and more than 500,000 people have paid tribute to the replica.

For more information, call 355-5641.

For more information stop in our office located adjacent to the Navy Exchange in Bldg. 953-A. Trips are open to all base personnel and their guests. Call 542-3318 for more ticket information.

The following are upcoming events:

Mt. Dora Craft Fair - Shop till you drop on Oct. 26 for antiques collectibles and of course crafts. The cost is \$11.25.

City lights and Cypress nights - Getaway for the weekend and see Fantasy of Flight, Cypress Gardens, Bok Tower Gardens, Pinewood Estate and have dinner on the

Southern Breeze Paddleboat. Hotel, entrance fees and all meals included for \$165.50 per person, based on double occupancy.

Liberty Cove happenings

The Liberty Cove Recreation Center has planned some great times for the single Sailors. The following are upcoming events:

Tournaments

Free food at 6 p.m., play begins at 7 p.m. Tournaments are free to enter and winners receive a \$25 gift certificate to the NEX.

Oct 25 - 9-ball tournament

Oct 28 - Free throw contest

Oct 31 - Pumpkin Carving Contest

Special events

Oct. 29 - Bowling Extravaganza - All bowlers must be at Freedom Lanes by 6:30 p.m. Sign up starting Oct. 21.

Oct. 31 - Free Halloween treats for all Liberty patrons

Ladies golf club

Ladies, come out and socialize Fridays at 4:30 p.m. at the NAS Jax Golf Club for only \$10/week.

Bowling at Freedom Lanes

Sailors, family members, retiree's and guest can enjoy a variety of bowling fun at the Freedom Lanes. Patrons can pick just about any day in the week for some bowling challenges. Active duty members can enjoy the \$5 "All You Can Bowl" on Tuesdays from 4-9 p.m. Then bowl for free on Wednesdays from 11 a.m. - 3 p.m. There is "Super Sunday" \$5 all you can bowl from 1:30-3:30 p.m. Freedom Lanes has "Xtreme Bowling Saturdays from 4 p.m. for just \$5 per person for two games and shoe rental and again at 10 p.m. for \$9 a person for three games and shoe rental.

Free movies at the base theatre

To read a description of these movies visit MWR online. Please

do not leave children under 18 unaccompanied and no alcohol please.

Tomorrow, 7 p.m. - Divine secrets of the Ya Ya Sisterhood (PG-13)

Friday, 7 p.m. - Murder by Numbers (R)

Saturday, 5 p.m. - Beetlejuice (PG)

Saturday, 7 p.m. - Bad Company (PG-13)

Mulberry Cove Marina offers deals

Our October specials are as follows:

Camper combo days - Rent a tent of any size, and get one additional item of camp gear absolutely free.

Cooker craziness - Rent a cooker for one day, and get the second day for free.

Sail Away Sundays - Rent a flying scot for two hours and pay for just one hour.

For more information, call 542-3260.

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 mwrmtkg@nasjax.navy.mil.

JAX SPORTS NEWS

Singles fall tennis tourney slated

A Men's and Women's Tennis Tournament is scheduled for Oct. 28 at 5 p.m. The event is free and open to all NAS Jax authorized men and women. Matches will be played at the Birmingham tennis courts.

Greybeard basketball meeting scheduled

The Greybeard league is open to all NAS Jax active duty commands and personnel ages 32 and above. A meeting will be held Nov. 6 in the MWR Conference Room of Building 590 at 11:30 a.m. The season scheduled to begin Nov. 26 with games played Tuesdays and Thursdays at 11 a.m. and noon. Interested personnel should attend the meeting to discuss rules and to get the required paperwork to join league.

Racquetball clinic coming up

The NAS Jax Athletic Department will hold a racquetball clinic conducted by Oscar Corseaut at the NAS Jax Gymnasium on Nov. 7 from 6-7 p.m. The clinic is free and open to all authorized gym patrons.

Turkey shoot racquetball tourney

This tournament will run Nov. 18-22 and is free and open to all NAS Jax authorized gym patrons over 18. There will be recreational and competitive divisions for men and an open division for women.

Matches start at 5 p.m. All winners receive turkeys. Sign up by Nov. 13.

Navy Southeast Regional Running and Triathlon Team

Are you a runner and would you like to represent the Navy in 5K, 10K, marathons, and/or triathlons? The Navy will showcase elite active duty men and women in regional races. Uniforms are provided along with transportation, entry fees, and lodging costs.

Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top ten regional qualifying times. If you have run in a sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Qualifying times:

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

For more information about any of the sports articles, call Bill Bouser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239 or e-mail us at dbouser@nasjax.navy.mil or dgorman@nasjax.navy.mil.

Golf Tournament

Sponsored by Naval Hospital Jacksonville
Oct. 31
8 a.m. Shotgun Start

Registration Fee: \$45/ per person
Registration Includes: 18 Holes
Golf Cart
Lunch
Prizes

Proceeds are in support of
the Combined Federal Campaign

For more information contact:
HMC Steven Iripino 542-7503/7745
HMC Nick Sebring 542-7060
PCC Edgardo Rodriguez 542-7318

* Entry fee due Oct. 25.

SPORTS STANDINGS

Greybeard Softball Standings as of Oct. 18

Team	Wins	Losses
VS-32	6	2
AIMD	6	3
NAMTRA	6	3
VP-30	5	4
VP-45	2	5
CPRW-11	0	8

Intramural Softball Standings as of Oct. 18

Team	Wins	Losses
VP-5	12	0
VP-45	7	4
NAMTra	6	4
AIMD	6	5
SERCC	5	4
Air Ops	5	6
VP-30	4	7
HS-5	4	8

JAX TALES BY MIKE JONES

RICKEYSTOUR@YAHOO.COM



Free tickets to deployed Sailors' families

The "Sailors Aweigh" program is preparing for the upcoming Jaguars season. The program gives free tickets, transportation, and a free T-shirt to the families of deployed Sailors.

Since chaperones will be provided, children ages seven to 17 can attend unaccompanied.

Each chaperone will be assigned three to five children, which will provide for ample supervision. The children will be picked up by a Navy bus and taken down to Alltel Stadium and expedited to a pre-assigned seating area.

Prior to departure, each "Sailor Aweigh" participant is required to recite a pledge to "abstain from using drugs, alcohol, or tobacco." The program can also accommodate military activities wishing to send a group to a game. But hurry, because it's first come first serve, and there are only 50 tickets available per game. "Sailors Aweigh" tickets

are available for the following games:
Oct. 27 - Texans
Nov. 10 - Redskins * reduced number of tickets available
Dec. 8 - Browns
Dec. 22 - Titans
For information or to apply for any of the games listed, send an email to: vanmiddlesworthmb@chswl.navy.mil, or call 542-5273.