



Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE

No Jax Air News next week

Jax Air News will not be published on July 4 due to the holiday.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

Public Notice

From NavHosp Jax Public Affairs

The Joint Commission on Accreditation of Healthcare Organizations will conduct an accreditation survey of Naval Hospital Jacksonville and Branch Medical Clinic NAS Jacksonville from July 16-19, 2002.

The purpose of the survey will be to evaluate the organization's compliance with nationally established Joint Commission standards. The survey results will be used to determine whether, and the conditions under which accreditation should be awarded the organization.

Joint Commission standards deal with organizational quality of care issues and the safety of the environment in which care is provided. Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with the Joint Commission's field representatives at the time of the survey. Information presented at the interview will be carefully evaluated for relevance to the accreditation process.

Requests for a public information interview must be made in writing and should be sent to the Joint Commission no later than five working days before the survey begins. The request must also indicate the nature of the information to be provided at the interview. Such requests should be addressed to: Office of Quality Monitoring Joint Commission on Accreditation of Healthcare Organizations One Renaissance Boulevard Oakbrook Terrace, IL 60181

The Joint Commission will acknowledge such requests in writing or by telephone and will inform the organization of the request for any interview. The organization will, in turn, notify the interviewees of the date, time, and place of the meeting. The Navy Inspector General will also conduct an assessment of Naval Hospital Jacksonville and its branch clinics, concurrent with the Joint Commission Survey, on July 16-19. Anyone interested in scheduling an appointment with the inspectors should call 542-9663.

Buying a vehicle? Are you sure it's such a great deal?

By Kaylee LaRocque
Staff Writer

It's black, it's shiny, it's fast and the sound system is awesome. Boy, isn't that car just the coolest thing you've ever seen? Imagine cruising around in that. It's only \$15,000 and the dealer says it's so easy to get financing – just sign the papers and take the car home.

Of course, being in the military makes things so much easier with a guaranteed paycheck coming in every couple of weeks. But is that car really so wonderful? Is it really worth that much money? And, is the dealer really helping you by financing it?

Many of our young Sailors seem to think so, at least during that impulsive moment when they find the car of their dreams and a fast-talking salesman makes them a "deal" they can't refuse.

Unfortunately, later on down the line, they soon discover that their really cool car is worth much less than they paid for it, the insurance rates are sky-high because it's considered a sports car and they can't afford the car payments because the interest rates are astronomical.

Sound familiar? According to Dave Faraldo, director of the Navy and Marine Corps Relief Society at NAS Jacksonville, this is quite a common scenario among young Sailors who are on their own for the first time and in the market for their first vehicle.

"We see so many cases like this. They go out and buy something way over their budget and later realize they can't afford to live with such enormous car and insurance payments. It's really sad, but there are many dealers out there that will take advantage of these Sailors," said Faraldo.

"Our latest case involves an E-4 who recently purchased a new truck for \$27,000 with his father's signature. It was financed through a major company for 12 percent. Unfortunately, this young Sailor couldn't afford the payments so the vehicle was voluntarily repossessed by the dealer," explained Faraldo.



Photo by JO2 Mike Jones

Sailors should thoroughly investigate prices and loan rates before committing to any major purchases.

Once a vehicle is driven off a lot, the retail value automatically drops. "At this time, this truck is only worth \$17,000 according to "blue book" value. When a vehicle is voluntarily repossessed, the dealer is given an allotted time in which they must sell the vehicle. Many take them to an auction where the vehicle will sell for even less. But guess what? The Sailor is still responsible to repay the full amount to the finance company. This means if this truck sells for \$14,000, this Sailor still owes

\$13,000 on a vehicle he is no longer driving," said Faraldo.

So what happens to the vehicle then? Well of course, it's resold for a much higher cost and the process begins all over again.

"The thing is that these dealers are not doing this accidentally; many are actually hoping they get repossessed," Faraldo added.

In another recent case, a young Sailor who is currently attending several schools at VP-30 was in the market for a nice, reliable vehicle. While shopping around, he met up

with a buddy from boot camp who suggested a certain used car lot because the salesman would get him a "great" deal.

As he looked around the lot, a 1997 S-10 Chevy truck caught his eye.

"I talked with the salespeople and they took me in to see what kind of deal they could give me. After running my information through the computer, they found a finance company that would finance me. I tried in the past to

See AUTO LOANS, Page 4

Commissary gets new ordering system

By Miriam S. Gallet
Editor

On June 17, the NAS Jacksonville commissary began transforming its product ordering system in an effort to ensure that what the customers want is available on the shelves each and every time they shop at the commissary.

The NAS Jax commissary staff, with the assistance of Defense Computer Agency (DeCA) Eastern Region Computer Assisted Ordering System Deployment Team Chief Wayne Webb, and a team of computer-assisted ordering experts from Virginia Beach, Va., have worked over the last several weeks in the installation of the new computer-assisted ordering system (CAO) and the elimination of the once indispensable hand-held bar code reader.

"Whenever customers walk into the commissary, they deserve to have the products they want on the shelves," said Randall Eller, the store director at NAS Jax commissary. CAO provides us with an incredible



Photo by Miriam S. Gallet

Betty Williams, a senior commissary produce stocker, ensures that there are plenty of red delicious apples and carrots for her customers. She takes pride in her fully stocked and appealing produce department.

amount of data never before available in one report. With a stroke of a key, I can tell what's on the shelves, what's selling, and what is due to arrive. The implementation of CAO immediately reduced \$82,000 in contract order writing, and will reduce the

loss to the government from excess ordering and handling, explained Eller. The commissary benefit has always been considered one of the military's top non-pay benefits. It contributes to family welfare and enhances the quality of life for Sailors. According to

DeCA officials, through CAO, the commissary will be able to continue to enhance quality of life by improving numerous services to better serve the patrons. These include improved customer satis-

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WEEKEND WEATHER

- FRIDAY 7/93**
ISOLATED THUNDERSHOWERS
- SATURDAY 7/94**
ISOLATED THUNDERSHOWERS
- SUNDAY 7/94**
ISOLATED THUNDERSHOWERS

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

HRO UPDATE

Federal employees are allowed reasonable accommodations for medical disabilities

From HRO

The Rehabilitation Act of 1973, as amended, protects qualified Federal civilian employees and applicants with disabilities from employment discrimination based on disability.

In 1992, certain employment standards of the Americans with Disabilities Act, were made applicable to the Federal Government through the Rehabilitation Act.

The amended law requires Federal employers to provide reasonable accommodations to qualified individuals with disabilities for known physical or mental limitations, unless to do so would cause undue hardship. The law also ensures equal access to federal programs, activities and facilities to people with disabilities.

The following facts provide information to supervisors and employees on reasonable accommodations in the workplace.

An individual with a disability is defined as one who: (1) has a physical or mental impairment that substantially limits one or more of the per-

son's major life activities; (2) has a record of such an impairment; or (3) is regarded as having such impairment.

Note: Major life activities include activities such as caring for oneself, seeing, hearing, walking, breathing, speaking, learning, sitting, standing, lifting, reaching and working.

A qualified individual with a disability must have the skills, experience, education and other requirements of the job the individual holds or desires, and can perform the essential functions of the position with or without reasonable accommodation.

Reasonable accommodations that can be requested include, but are not limited to, the following: (1) making existing facilities accessible; (2) restructuring the job; (3) utilizing part-time or modified work schedules; (4) adjusting or modifying tests, training materials, or policies; (5) providing qualified readers and interpreters; (6) acquiring or modifying equipment; and (7) reassigning an individual to a vacant position for which the employee must be qualified.

Employees or applicants with disabilities who need reasonable accommodation are responsible for making their needs known to the appropriate official. An individual can make either an oral or written request for accommodation.

Supervisors are responsible for properly responding to requests for accommodation from their employees.

The deciding official has the discretion to identify reasonable and appropriate alternatives.

All denials of reasonable accommodation requests must be made in writing, and the decision must specify the reason for the denial.

After denying a request, the individual must be informed that they have the right to file an Equal Employment Opportunity (EEO) complaint, has the right to pursue any applicable union grievance and informal alternative dispute resolution.

For more information on this subject, contact the Commander Navy Region Southeast EEO Division, Human Resources Office, Jacksonville at 542-2407.



Meet A Sailor...

HM2 ROBERT KARAM

Job title/command:
Branch Medical Clinic -
Optometry

Hometown: Pharr, Texas

Family Life: Divorced, father of one and taking care of my mother.

Past Duty Stations: U.S. Naval Academy

Career Plans: Short term - finishing my bachelor's degree. Long term - retirement.

Most Interesting Experience: Seeing the kids at the Academy grow up to be the officers of the future.

Words of Wisdom: It's not how you pick your nose, but it's where you put the booger - Gallagher.



Meet A Civilian...

YOLANDA MUNOZ

Job title/command:
Community Support Program
Asst. for CNRSE

Hometown: Casa Grande, Ariz.

Family Life: Single, keeping up with my family and friends.

Past Duty Stations: Retired from the Navy in 2000 as a yeoman first class petty officer.

Career Plans: Starting my civil service career path at GS-7.

Most Interesting Experience: All the day-to-day experiences of being stationed overseas in Europe to the Far East. I'll always remember the vegetable peddler in Sicily and riding the bullet train in Japan.

Words of Wisdom: Work like you don't need the money, love like you've never been hurt and dance like no one is watching.

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.

FFSC offers classes

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

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

Pre-registration is required. If special accommodations or handicapped access is required, please notify us upon registration. Contact 542-2766, x127 to register.

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

July 2, 8 a.m. - 4 p.m. - Stress Management Workshop

July 8-11, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop

July 8-12, 8 a.m. - 4 p.m. - Command Financial Specialist Training

July 9, 8 a.m. - Noon - Smooth Move Workshop

July 10, 6-8 p.m. - Budget for Baby Workshop

July 11, 9-10 a.m. - Sponsor Training Workshop

July 16, 9-11 a.m. - What About the Kids?

July 16, 1-3 p.m. - The Basics of Budgeting

July 17, 9-11:30 a.m. - What a Difference a Dad Makes in the Life of a Child

July 18, 6:30-9 p.m. - Ombudsmen Assembly

July 19, 9-11 a.m. - Car Buying Strategies

July 22-25, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop

July 22, 9 a.m. - Noon - Florida Family Law Information Seminar

July 22, 9-11 a.m. - Money Management

July 22 & 29, 1-5 p.m. - Assertive Communication Training (two parts)

July 23, 8 a.m. - 4 p.m. - Stress Management Workshop

July 25, 8-11 a.m. - Anger Control Workshop

July 25, 9:30 a.m. - Noon - Child Support Information Workshop

July 25, 1:30-3 p.m. - Volunteer Service Council

St. Augustine's bishop sends his appreciation/blessings

From the Chapel

The bishop of the Roman Catholic Diocese of St. Augustine, Most Reverend Victor Galeone, sends his appreciation and blessings to the people aboard NAS Jacksonville in a recently released statement.

"I felt honored to be able to visit the Naval Air Station to administer the sacrament of Confirmation on May 29 to some of our Sailors and their family members from the Regional



Bishop Victor Galeone

Support Group Mayport, Naval Station Mayport and Naval Air Station Jackson-

ville. In these days of heightened security and repeated threats from terrorist groups, I feel an even greater debt of gratitude to all of our men and women in uniform, along with their families, for serving our country at great personal sacrifice. They are our unsung heroes and heroines," wrote Galeone.

Galeone visited NAS Jacksonville last month at the invitation of former NAS Jacksonville Command Chaplain, Monsignor Simon Peter Ignacio.

HEY MONEYMAN

Hey, MoneyMan!

I am an active duty E-4 with a wife and two children. We live payday to payday. I have two weeks pre-deployment leave but we cannot afford to go anyplace.

This will be my first deployment and I want to have fun with my family before I leave but I can't afford it on my pay. Do you have any suggestions?

MoneyMan Sez: It is important to spend time with your family before you leave on an extended deployment. And you are right!

Married E-4's do not have a lot of money left over after all the bills are paid. I recommend you stop by the newly reopened I.T.T. office located just outside the main entrance of the Navy Exchange.

They offer great deals on tickets to local attractions, one-day trips, group travel and numerous other things. They can also tell you about area attractions that are free or low cost.

Call them at 542-3318, stop by or visit their web site at www.nasjax.navy.mil. (Select MWR and then I.T.T.). You will be surprised at how much this area has to offer at little or no cost.

Hey, MoneyMan! I need a car. Should I buy a new car or a used one? It seems everyone I talk to has a different opinion.

MoneyMan Sez: Well, here comes another "opinion." Americans own cars. They are viewed as a necessity, not a luxury. More than 90 percent of the people in the rest of the



world cannot afford a new American car! Most Americans cannot afford a new American car either, but they try.

Decide how much you can afford to pay. Then check with your credit union or bank and see what they will finance.

Generally speaking, used cars are a better deal because you avoid the first

year depreciation. But the cost of the car is a combination of the purchase price, the operating expenses (including insurance), the maintenance costs and the price you get when you sell the car. Above all, do not buy a more expensive car than you can afford.

If your credit company will not finance your "dream car" and the bank won't finance it, chances are you can't afford it yet.

If you must have this particular car, save for a larger down payment and only finance what you can afford. While we all need transportation, expensive cars are a luxury, not a necessity.

More questions? Call Hey MoneyMan at 778-0355.



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 Personal Growth Retreat is Aug. 15-18. The next Marriage Enrichment Retreat is July 26-28. For more information, or to register, call CREDO at 270-6958.

Jax Air News

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Deadline for all routine copy is close of business Friday before publication. Deadline for Classified submission is noon Monday. Questions or comments can be directed to the editor. The Jax Air News can be reached at (904) 542-1533 or (904) 542-3531 or by fax at (904) 542-1534 or write the Jax Air News, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

The Jax Air News is published by the Florida Times-Union, a private firm in no way connected with the U. S. Navy under exclusive written agreement with the U. S. Naval Air Station, Jacksonville, Florida. It is published every Thursday by The Florida Times-Union, whose offices are at 1 Riverside Ave., Jacksonville, FL 32202. Estimated readership over 32,000. Distribution by The Florida Times-Union.

Advertisements are solicited by the publisher and inquiries regarding advertisements should be directed to:

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Atlantic Fleet Master Chief meets with NAS Jax Sailors

By JO2 Mike Jones
Assistant Editor

Sailors aboard NAS Jacksonville took the opportunity June 20 to express concerns and ask questions to Atlantic Fleet Master Chief MMCM (SW/AW) Buck Heffernan during an all-hands call at the base theater.

Heffernan stopped at NAS Jacksonville as part of an ongoing tour of bases within the Atlantic Fleet to hear first-hand the concerns of the service members stationed there. "I look at my job as a servant of the Sailors," he said. "I'm an advocate. How can I tell what the problems are if I'm not there to see them, if I'm not there to talk to the Sailors?"

Before answering questions, Heffernan explained some upcoming policy changes, including the new physical readiness test standards, and also new programs implemented in the Fleet, such as the Task Force for Excellence through Commitment to Education and Learning (EXCEL).

According to the programs website, www.excel.navy.mil, Task Force EXCEL is responsible for overseeing the implementa-

tion of the pilot programs that are designed enhance and strengthen the Navy's training and education structure. "It's a vision of the Chief of Naval Operations that's going to come to fruition," Heffernan explained. "It's a revolution in training."

He also stressed the need to recognize the importance of each Sailor's role in the War on Terrorism. "Everyone of us are trained to do a job. We have to realize how significant every single individual is to this war effort. Every single one of us count. If you sit behind a desk, cut the grass, stand guard ... whatever. Everything is vital to the team effort."

Heffernan remarked he appreciated the reception he received from the Sailors here. "I'm impressed with the way the Sailors look, and I'm impressed with the attitudes of most of the people I've run into here. The people were inquisitive, concerned - I'm happy with that."

Heffernan said some answers to questions he received here will appear in his columns which appear frequently in the Jax Air News. "I work for the Sailors. That's my job - I take it very seriously."

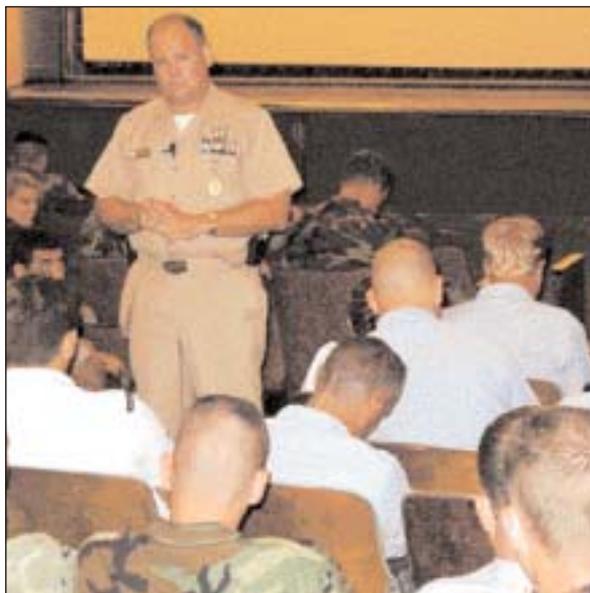


Photo by JO2 Mike Jones

Atlantic Fleet Master Chief MMCM(SW/AW) Buck Heffernan listens to a Sailor's question during an all hands call on base June 18.

KUDO KORNER

Congratulations to the following personnel who received awards at a Fleet Area Control and Surveillance ceremony on June 18:

Navy and Marine Corps Commendation Medal

Lt. Michael Dyer
ETC Frederick Lane
YN1 Bobby Pearson

Navy and Marine Corps Achievement Medal

Lt. Donald Sigley
ACC Kimberly Oehlich

FCC Todd Buhr
OSC Kelly Hoffmeyer
OS1 Derek Sadzinski
IT1 Kimberly Higgs
AC1 Theresa Wilson
SK1 Yvette Harrison
FC1 Bryan Corbat
AC1 Shannon Johnson
FC1 Jeffrey Sachinski
OS2 Jody Swathwood
AC2 Renee Rogers
AC3 Jamal Hampton

Good Conduct Medal
OSC Daniel Townsend Jr.

FC1 Bryan Corbat
OS1 Christopher Zeigler
AC3 Jamal Hampton

VS-32 frocks new petty officers

By Lt. Natalia Henriquez
VS-32 PAO

At a quarters ceremony at VS-32 on June 11, Cmdr. Evan Pirtz, commanding officer frocked squadron members who were selected for promotion.

The "Maulers" frocked one individual to Petty Officer 1st class - AKI Dylka Kennedy.

AME2(AW) Hugo Barrera, AM2(AW) Juan Manzano, AK2(AW) Tiffany Kelly, AE2 Joshua Dearstyne, AT2 David Gamble, AT2 Jason Wirschball, AD2 Bruce Kelton, and A02 Leah Robinson were promoted to Petty Officer 2nd class.

Several frockees now enjoy the privilege of wearing the Navy "crew". AK3(AW) Cristina Reichle, A03(AW) Shannon Caudell, A03 Kevin Christianson, AT3 Jonatan Hernandez, and AZ3 Aaron Scott were promoted to Petty Officer 3rd class.

In addition to the frockings, AT1(AW) Mark Abbett was awarded the Navy and Marine Corps Achievement Medal for his outstanding performance as Aviation Technician Leading Petty Officer.

Abbett had recently been recognized as the VS-32 2001 Sailor of the Year and Maintainer of the Year.

AO1(AW) Wilbert McCrary was awarded the Navy and Marine Corps Achievement Medal for the superior performance while assigned as the Aviation Ordnance Branch Leading Petty Officer from March 2001 to March 2002.

AEI(AW) Frank Ragin was recognized as the VS-32 Sailor of the Quarter. AM2(AW) Brian McKee was awarded VS-32 Mauler of the Quarter. VS-32 Junior Mauler of the Month was awarded to AM3(AW) Yusmani Bitorsosa for the month of April 2002, and AM3(AW) Brian Harper for the month of March 2002.

The Good Conduct Award was given to AK3(AW) James Daly.

YNSN Joseph Bishop received a Flag Letter of Commendation from Commander, Naval Air Force, U.S. Atlantic Fleet for his outstanding performance while assigned to VC-8 from March 2000 to March 2002.

FACSFAC changing watch in ceremony tomorrow

From FACSFAC Jax

Capt. Robert Kernan will take the helm of Fleet Area Control and Surveillance Facility (FACSFAC) Jacksonville following a change of command ceremony tomorrow aboard NAS Jacksonville.

Kernan will relieve Capt. William Evers, who will retire at this time.

Kernan was born at Travis Air Force Base, Calif. He graduated in 1974 from the United States Naval Academy and following a short assignment in VA-87, began flight training in Pensacola. Kernan was designated as a naval aviator at Training Squadron 28, Naval Air Station Corpus Christi, Texas in 1976.

Kernan began his career in patrol aviation with VP-30, learning to fly the P-3 Orion antisubmarine aircraft. His first operational tour was with VP-45 in Jacksonville. In December 1979, he reported to VT-31 Corpus Christi, Texas as a flight instructor in a T-44A

Pegasus multi-engine trainer. He also served as the safety officer until January 1982.

In February 1982, Kernan reported to USS Ranger (CV-61) in San Diego, Calif. as the nuclear safety officer. In March 1984, he reported for duty in VP-30, NAS Jacksonville, for his second tour flying the P-3 Orion.

From March 1986 until March 1988, Kernan was a department head with the "War Eagles" of VP-16. While in VP-16, he served as the assistant maintenance officer during a deployment to Sigonella, Italy and took the squadron through an "at-home" training cycle as the operations officer.

Kernan was then selected for a year of study at the Senior Service School at Air War College, Maxwell Air Force Base, Ala. While at the War College, he screened for aviation command. In July 1989, he was assigned to Training Air Wing Four, Naval Air Station Corpus Christi,



Capt. William Evers

Texas as the chief staff officer and instructed once again in the T-44A Pegasus. Following a brief assignment of VT-28 to become instructor-qualified in the T-34C Mentor, he reported as executive officer for VT-27 in November 1991. He assumed command of VT-27 on Dec. 11, 1992.

In March 1994, he was assigned as deputy director for the Protect/Defense Directorate, Joint Command and Control Warfare Center, Kelly Air Force Base, Texas.



Capt. Robert Kernan

Following the completion of his tour at Kelly AFB, Kernan took command of NAS Barbers Point, Hawaii on Sept. 6, 1996.

After taking NAS Barbers Point through the Base Realignment and Closure process, he oversaw its decommissioning in July 1999. He is coming to FACSFAC Jax from a tour as executive officer of the NATO Headquarters Consultation, Command and Control Staff, Brussels, Belgium.

Kernan and his wife

Carol, have five daughters, Bryanne, Josie, Sarah, Katie, and Grace.

Evers is retiring after completing 37 years of naval service. A native of North Carolina, he enlisted in the Navy in 1965 and was selected for the Naval Enlisted Scientific Education Program in 1969.

After Naval Academy Prep School, he attended North Carolina State University in Raleigh, N.C. Upon graduating in 1972 with a bachelor's degree in Metallurgy and Ceramic Engineering, he was commissioned an ensign in the U.S. Navy.

His previous tours include: VT-31, Corpus Christi, Texas; VP-11, Brunswick, Maine; Naval Post Graduate School, Monterey, Calif.; USS America CV 66, Norfolk, Va.; CTF-72, Kamisaya, Japan; VP-49; VP-45 and Patrol Wing Eleven, Jacksonville; Chief of Naval Operations, Washington, DC; Fifth ATAF, Vicenza, Italy; Commander Carrier Group Six, Mayport; CINCLANTFLT, Norfolk, Va. and finally FACSFAC, Jax.

He and his wife, Ann, have three daughters, Stephanie, Tracy, and Kelly and seven grandchildren. They plan to remain in the Orange Park area.

AUTO LOANS: Deal too good to be true?

From Page 1

get financed somewhere else, but with no credit, it just wasn't working out. They said they could finance me at 24.9 percent interest and all I had to do was sign the papers and the truck was mine for about \$10,000. So, I signed the contract and took the truck," said the Sailor.

When he went to class the next day and tried to get the command to approve his direct deposit paperwork, his chief seemed to think the payments were a bit excessive and refused to sign the paperwork.

"He sent me over to VyStar Credit Union to see about refinancing the vehicle at a lower interest rate," explained the Sailor.

After sitting down with the vice president of the NAS Jax Branch, Chalker Brown, the Sailor discovered his vehicle was worth several thousand dollars less than what he paid for it.

"We probably would have refinanced him at about 14 percent, but because the vehicle wasn't worth as much as they charged him, we couldn't. We can only finance up to the National Automobile Dealers Association (NADA) value on the vehicle. This really was an atrocious deal. I've seen dealers scam Sailors in many cities, but it's not as common in the Jacksonville area," said Brown.

"In the state of Florida, there is no cool-down period to buy a vehicle. When a customer agrees to dealer financing and signs on the dotted line and then drives the vehicle off they lot, they own that vehicle," Brown said.

"We're fortunate in this state that there is a 30 percent cap on the interest rates a dealer can charge. On an average in this area, a person with no credit history usually pays about 22 percent. Credit unions are capped by the federal government and the maximum amount we can charge is 18 percent. This Sailor is not

only had a high interest rate, but they added a couple thousand onto the price of the vehicle," Brown explained.

To help the Sailor, Brown contacted the State Attorney's Office here and put him in touch with Richard Mette, administrator of the State Attorney's Office and a consumer mediator.

"After talking with the Sailor, I immediately called the dealer and discussed the problems with this case. It was determined that there was some confusion with the terms of agreement. Fortunately, the dealer was nice enough to take the vehicle back without ruining the Sailor's credit," said Mette.

"The bottom line here is to be careful on purchasing vehicles. If you have a trade-in and owe more than it's worth, sell it outright before signing any documents. Weigh all the options, check out different dealerships and make sure you can live with the deal later down the road, before you sign a contract," he added.

"I definitely learned a lesson here. My advice to others is to shop around, know what you're buying; read the paperwork before you sign anything and go through your command for advice. My command has helped me out tremendously with this situation," said the Sailor, who plans to save his money and get a loan through the local credit union in about six months.

"Luckily in this case, it was a win-win situation. The lesson learned here is that when buying a vehicle, make sure you don't pay a nickel more than it's worth. Check the NADA guide and know what you're buying before you buy it," stated Brown emphatically.

Navy Facilities Team Southeast to get new commander

By Staff

A change of command and retirement ceremony is planned for tomorrow during which Capt. K. Charles Khan will relieve Capt. Stephen Duba when he retires as commanding officer of Navy Facilities Team Southeast.

The guest speaker will be Rear Adm. David Pruett, deputy director, Ashore Readiness Division, Chief of Naval Operations.

Khan was born in Aberdare, South Wales, United Kingdom. His family settled in King of Prussia, Penn. in 1970. He received a bachelor of science degree in Civil Engineering from Drexel University and a master of science degree in Civil Engineering from Lehigh University. After being commissioned an Ensign in March 1979, he was assigned to the Public Works Department, Naval Support Activity, Naples, Italy.

In February 1981, Khan transferred to Naval Mobile Construction Battalion Five serving as assistant officer-in-charge, and operations officer of the Sigonella detachment; officer-in-charge, Air Detachment; and officer-in-charge, Civic Action Team 0526 while deployed to Yap, Western Caroline Islands, Micronesia. Khan's next tour was with the Atlantic Division, Naval Facilities Engineering Command, serving as Accessions officer.

Following this assignment, he transferred to NAS Oceana, Va. where he served as an Assistant Resident Officer-in-Charge of Construction until June 1986. His next assignment was with Commander, Naval Construction Battalions, U.S. Atlantic Fleet where he was the Caribbean Programs officer.

In September 1987, Khan transferred to the Naval Medical Command, Pacific Region, Hawaii, where he was the head of Facilities Management. Following this assignment, he reported to the Civil Engineer Corps Detail Office, Bureau of Naval Personnel, Washington, DC. In July 1993, Khan was assigned to Engineering Field Activity, Chesapeake Contracts Office at the Marine Corps Combat Development Center, Quantico, Va., where he served as the Deputy Resident Officer-in-Charge of Construction. During this tour, he deployed to Rwanda, Africa in 1994 as the force engineer for Joint Task Force Support Hope.



Capt. Stephen Duba

In June 1995, he joined Navy Public Works Center, Washington, DC, where he served as the Workload and Information Management officer, and Production officer until May 1997. He then reported to the Naval Construction Training Center, Port Hueneme, Calif., as the commanding officer from July 1997 through May 1999. Khan reported to the Pacific Division Naval Facilities Engineering Command, Pearl Harbor, Hawaii in June 1999 where he served as the assistant commander for Operations.

Khan is a qualified Seabee Combat Warfare Officer and a member of the Acquisition Professional Community. He is a registered professional engineer and a member of the Society of American Military Engineers.

He and his wife, Victoria have two daughters, Amanda and Amy.

Duba reported as commanding officer of the Navy Public Works Center (PWC) Jacksonville and regional engineer for Commander, Navy Region Southeast in July 2000. He assumed duty as the first commanding officer of Engineering Field Activity (EFA) Southeast in May 2001. A native of St. Louis, Mo., he graduated from the U.S. Naval Academy in 1975.

Duba holds masters degrees in Ocean Engineering and Business Administration and is a graduate of the Executive Management Program at the University of Michigan. He is a registered professional engineer and is a member of the Acquisition Professional Community, and is a Fellow in the Society of American Military Engineers and a member of the American Society of Mechanical Engineers. Duba is qualified as both



Capt. K. Charles Khan

a Seabee Combat Warfare officer and a Deep Sea Diving officer.

As commanding officer of PWC Jacksonville and EFA Southeast, Duba led a 450-person staff and 700-person contract workforce providing facility engineering, construction, public works, transportation, utilities and environmental services to federal agencies in Northeast Florida, Georgia and South Carolina. As regional engineer, he directed facility planning, acquisition, maintenance, repair and environmental compliance programs at naval bases in eight southeastern states and the Caribbean.

Prior to his arrival here, Duba served as Facilities and Environmental director and Facilities Contracting officer at Submarine Base Kings Bay, Ga.. During his tenure, Kings Bay was selected as the top installation in the Atlantic Fleet and recognized by the Secretary of the Navy as having the Navy's best overall environmental program.

His other tours include: Naval Facilities Engineering Service Center, Commander, Naval Facilities Engineering Command, Naval Surface Warfare Center, Space and Naval Warfare Systems Command Anti-Submarine Warfare Programs Directorate, Underwater Construction Team Two in Port Hueneme, Calif., Navy Experimental Diving Unit, Panama City, Fla., Naval Construction Force, Naval Civil Engineering Laboratory and USS Escape (ARS-6)

Duba and his wife, Marcella have four children, Steve Jr., Tim, Marty and Katie.

Got a consumer problem?

The following are phone numbers of contacts who can help with consumer problems:

Family Service Center - 542-2766
 Better Business Bureau - 721-2288
 State Attorney's Office Consumer Mediation - 630-2075
 City of Jacksonville/Consumer Affairs Division - 630-3467
 Florida Department of Business & Professional Regulation
 Construction Industry investigative services - 727-5590

HS-7 gets ready for deployment

By Lt. j.g. Kristopher Robinson
HS-7 PACO

If you have been down to the sea wall in the last couple of months, you have probably noticed that there haven't been many "Dusty Dogs" around.

That's because HS-7 has begun preparations for its deployment later this year. Getting a squadron ready to deploy with as many diverse primary missions as an HS squadron has is no easy task; and it is not done alone.

In March of this year, HS-7 began the Helicopter Advanced Readiness Program (HARP). Coordinated with elements from Commander, Helicopter Anti-submarine Wing, Atlantic (COMH-SWINGLANT), HARP uses instructors from the Weapons Training Unit to instruct and evaluate squadron tactics and training.

HARP began with training flights in the local area to gain pilots and aircrew the initial qualifications they needed in order to continue their training and proficiency.

The key to this training was a detachment of the squadron took in late April to the Navy's Atlantic Underwater Test and Evaluation Center (AUTEUC), located on Andros Island, The Bahamas.

The goal of the eight-day mission to AUTEUC was to concentrate on two of the HS community's most important missions: Anti-Submarine Warfare (ASW) and Heliborne Visit Board Search and Seizure (HVBSS).

During the trip to AUTEUC, HS-7 operated in conjunction with an Explosive Ordnance Disposal (EOD) detachment from Naval Station Mayport. The EOD personnel are an integral part of HVBSS missions and were invaluable in the training process.

The purpose of the HVBSS mission is to assist the Navy in enforcement of international sanctions regarding restrictions on international commerce and the interception of personnel attempting to escape capture. A squad either of Navy SEAL or EOD team members is delivered by helicopter to a target vessel. HVBSS missions are designed to take control of a ship considered to be a Contact of Interest (COI). The ability to interdict or 'take down' shipping during enforcement of a naval blockade requires precise



Members of an Explosive Ordnance Disposal (EOD) detachment from Naval Station Mayport prepare to fast-rope from a HS-7 helicopter.

Photos courtesy of HS-7

planning and execution, and the training conducted at AUTEUC is key to maintaining pilot and aircrew proficiency in such a difficult and demanding environment.

Operating at night on Night Vision Goggles (NVGs) pilots come in low and fast over the water and rapidly maneuver their aircraft into very tight quarters over the contact vessel. Hovering just above the ship's deck, often with rotor blades just feet from the superstructure, the boarding party fast-ropes down in seconds, and the helicopter moves into position to provide covering fire support from both HS aircrew and SEAL snipers located in the helicopter. Before a hostile crew has a chance to react, the boarding phase is over, and the search and seizure can begin.

According to Lt. Cmdr. Ed Iocco, HS-7's Operations officer, the reason for conducting this training out on Andros Island is clear, "AUTEUC provides us with an outstanding opportunity to practice in 'real-world' conditions, with assets we otherwise would not have available to us; to carry out what is a very difficult job. Without the facilities available to us on these detachments, our training could not be nearly as effective."

But stalking non-compliant ships in the night was not the only training on the schedule for the Dusty Dogs during their time away from home. In addition to HVBSS, HS-7 got a lot of practice in one of its other primary missions - ASW. In the years since the end of the Cold War, there has been a significant decline in the amount of time, energy, and resources devoted to ASW training. But, as Cmdr. Kevin Kenney, commanding officer stated, "ASW is one of

the most important things we do as a platform. The HS community is the only airborne ASW asset organic to the defense of the aircraft carrier. While the overall size of the threat of hostile submarines may have diminished, the capabilities and significance of that threat has only grown. The past decade has seen the proliferation of submarine technology to a whole host of nations whose interests and intentions run counter to those of the United States. For that reason, it is imperative that we as a squadron and a community maintain a very high degree of proficiency in the area of ASW."

Located just offshore of Andros Island, beneath the scenic Atlantic waters, is an underwater range that allows the type of training necessary to maintain that high degree of readiness. While in AUTEUC, HS-7 dropped a total of seven Mk-46 torpedoes over several days in simulated attacks on the target "sled" (an underwater remotely controlled vehicle designed to mimic the acoustic characteristics and maneuverability of a submarine). As well, the Dusty's completed more than 20 more simulated attacks, as they trained under different scenarios designed to test the knowledge and ability of the aircrew as a team. But the Dusty Dog team, undaunted by the challenges, excelled, and came away from the training more proficient, and more capable than ever.

The Dusty Dogs returned to NAS Jacksonville on May 1, but were not home for long. Shortly after returning from the Bahamas, another detachment left for the exciting wilderness environment of Camp Merrill, Ga. While there, HS-7 practiced one of

A HS-7 helicopter conducts training as part of the Helicopter Advanced Readiness Program (HARP) which helps pilots and aircrew gain the initial qualifications they need in order to continue their training and proficiency.



the most important missions they can be called upon to do in a hostile environment - Combat Search and Rescue (CSAR). The CSAR mission is a highly challenging and difficult one to master, and requires continuous training and hard work to accomplish. The job of a CSAR crew is to fly overland into a hostile environment to rescue downed friendly aircrew before they can be captured. Often this mission includes the insertion and extraction of Special Operations Forces (SOFs) such as Navy SEALs. As the only organic CSAR capability for the carrier battle group, HS squadrons must constantly train to maintain their edge. While in Georgia, the Dusty Dogs trained with units from the United States Marine Corps in order to more closely simulate the real world joint operations they may be called upon to complete.

Again, HS-7's return in late May was really just a port call back in Jacksonville, for on June 3, the squadron was off again, this time aboard USS Harry S. Truman (CVN-75).

Accompanying them were all the other squadrons that make up the Carrier Airwing Three team. CVW-3 embarked on Truman as part of the Tailored Ship's Training Afloat (TSTA) I and II evolution. HS-7 and CVW-3 were embarked for two weeks, during which the airwing regained currency for flying around the carrier as well as practiced various missions for each platform. For HS-7, this meant flying plane guard for launch and recovery cycles, GUNEXes where Dusty helos practiced their role of force protection, Sea Surveillance and Control, and even a Hellfire missile shoot at the former USS Wainright (this as part of a larger, combined airwing SINKEX).

During this SINKEX, the crew of Dusty 616 was called upon to perform an actual search and rescue. Shortly after carrying out their part in the exercise, a British Lynx helicopter with three crewmembers on board crashed at sea. Immediately, the crew of 616 - Lt. Cmdr. Michael Michel, Lt. James Watson, AW2 T.J. Odell, and AW2 Patrick Frizzelle - put their

original mission of a missile shoot on hold and rigged for rescue. Upon arriving at the scene of the crash, 616 found an SH-60B Seahawk from HSL-44 in the process of rescuing the down helo's aircrewman.

Dusty 616 then took over the search, spending another eight hours on scene searching the scene; after which they continued with their original mission. Unfortunately, no other survivors were located. But the quick flexing of the crew showed just how adaptable the Dusty Dogs are for whatever mission they may be called upon to do.

HS-7 returned home to NAS Jacksonville on June 18 for a brief respite in their hectic schedule. While onboard Truman, the squadron accumulated more than 225 hours of flight time, an impressive number in just two weeks. The squadron is now in Fallon, Nev., integrating their skills. The preparations will continue for deployment later this year, and the Dusty's will be ready for whatever they may be called upon to do.

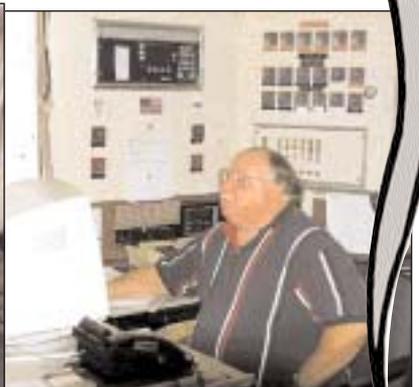
A Day With



JAX 1 from Fire, Crash and Rescue extinguish a practice fire at the burn hole.



Firefighter J.M. Fuqua displays the different types of hoses used on Engine One at the NAS Jacksonville Fire Department.



Mitch Sunday, NAS Jacksonville Fire Department dispatcher, mans the phones for 911 calls. When a call comes in, Sunday gives instructions to the caller and sends rescue personnel to the scene.

The many jobs of a firefighter

By JO2(SCW) Eric Clay
Staff Writer

It's 7 a.m. and just another day at the NAS Jacksonville Fire Department. As the 29 personnel assigned to four different stations around the base prepare for their daily crew change, they conduct an examination of the trucks and inventory the equipment on the response vehicles.

Members of the fire department are assigned to their firehouses for 24-hour shifts. This is where work, eat and sleep.

Fighting fires is only one of the many jobs that a firefighter may have in a day. All of the jobs that they perform are equally as important to the proper operation of a firehouse.

Another part of the firefighter's daily routine is to inspect at least one building a day for fire hazards such as faulty alarms, functioning sprinkler systems and fireboxes. Each building has at least one firebox that sends a tone to the firehouse alerting the dispatcher to what fire alarm was pulled.

A computer at the dispatch station counts the tones from the boxes and prints the time of the alarm, the date and the location. "Each building on base is visited at least once every two years," said Fire Capt. D.L. Lanier.

During the day, dispatcher Mitch Sunday is assigned to the 911 station. He is responsible for all incoming calls and reading the firebox printouts. He also monitors a computer that displays what fire station to dispatch. The fire stations have a goal of five minutes to physically respond to each call.

Once a call has been evaluated, a crew dispatched and the incident has

been taken care of, a survey is given to the customer. This survey asks if the engine crew did all that could be done during the call. The fire department asks that these surveys be taken seriously, because this will help in future customer care.

Besides fighting fires, the crews also have many other responsibilities. During the day, they answer response calls for medical attention. In these cases, the fire department may be able to respond quicker than the ambulance crews. They also respond to gas leaks and hazardous material spills.

They may do in-class training and practice firefighting at the Burn Hole located on the north side of the airstrip. They may also have specialized training that may require a contractor or outside organization. This usually takes place in the second part of their workday, calls permitting.

The members of Engine Two's firehouse also inspect housing and the weapons trucks entering NAS Jax.

The Crash, Fire and Rescue station has the same routine as the other firehouses but they deal with the hangars and flight operations.

The firefighters also entertain and educate children at different functions through the use of a puppet show. This puppet show teaches the children the proper measures to take in case of fire and how to call 911.

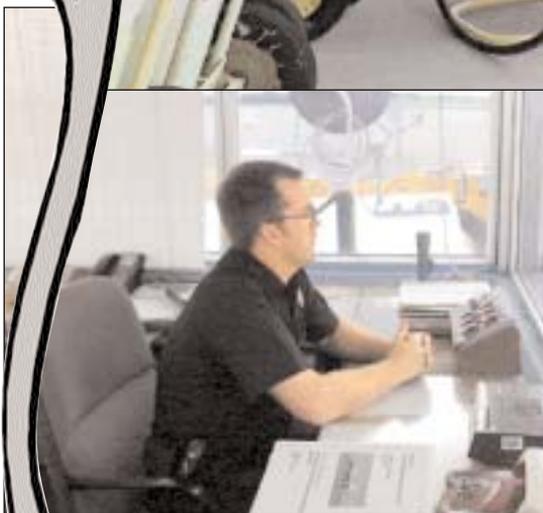
At 4 p.m. each day, the firefighters start a stand-by period, when they may relax in their bunkroom, watch television or eat their evening meal.

The firefighters share a bunkroom with a member of the opposite crew. The bunkrooms have been totally remodeled through a self-help project.

Fire/Rescue



Firefighter Michael Brewer puts an extinguisher on the ready line after it has been weighed and inspected.



Firefighter Tracey Tomes watches over the airfield for emergency situations.



Lt. B.R. Sweat points to Building One on the map and explains that when calling the Fire Department, people need to be precise about their location.

Photos by
JO2(SCW) Eric Clay

FIRE: A day with the best department in the Navy

From Page 6

Firefighters are responsible for their own meals and are not permitted to leave the firehouse. They have a fully operational kitchen that they may use.

"A lot of the guys get together and share in the preparation of the meals or we call out and have something delivered," said Firefighter Frank Knott.

But many get to eat on the run. "At least one or two meals will be interrupted by emergency calls, due

to the fact that we usually run six to eight calls a day," Lanier added.

The firehouse also serves as a safe baby depot. This is where firefighters will make sure that the proper care is given to abandoned and unwanted babies.

Many of the fire department personnel are prior military. For example, Firefighter J. M. Fuqua is a former boatswain's mate served in the Navy for 10 years before joining the NAS Jacksonville Fire Department.

"This is a good base and I have really enjoyed being a part of the Fire Department for the past four years,"

said Fuqua.

The fire department is also responsible for supporting the Jacksonville Fire Department along U.S. Route 17 in vehicular accidents and fires. The fire department has been called out to eight fires so far this year.

For all its hard work and dedication, the NAS Jacksonville Fire Department was recently named the Navy's Fire Department of the Year.

The Fire Department is proud to provide protection and ensures the safety of the military members, their families and the civilians aboard NAS Jacksonville.



Engine Two firefighters investigate a natural gas leak in housing.



HS-5 creates logo as tribute to tragedy

By Lt.j.g. Robert McGregor
HS-5

The events of Sept. 11, shocked and stunned our entire nation. It had a deep and profound effect on Americans and the world, sending us through a wide range of emotions including horror, sadness, fear, and rage.

Our nation mourned and vowed to avenge the innocent victims who lost their lives that fateful day. Those events served as the catalyst for Operation Enduring Freedom, America's military response to stop those responsible for the terrorist attacks.

The squadrons of Carrier Air Wing Seven (CVW-7) are currently deployed to the Arabian Sea, aboard USS John F. Kennedy (CV-67), where they are actively participating in the War on Terrorism. Each squadron in the air wing has developed their own logo or "nose art" to put on their aircraft as a tribute and commemorative remembrance to the tragedy of 9/11. The logo developed by the "Nightdippers" of HS-



Photo courtesy of HS-5

AM2(AW) Ryan Klier and AM3 Cory Ruppert of HS-5 work on a new logo that was created by the squadron members after the Sept. 11 terrorist attacks. Each of the squadron's helicopters now portrays the new logo.

5 truly stands out among them all.

As inspiration for their logo, the Nightdippers wanted a symbol that represents courage, pride, and quality. In short, they wanted a symbol that personifies America itself. The choice was a simple one - Harley-Davidson. The Harley-Davidson image has always been recognized world wide as a symbol of America's

free spirit, its determination, and its successes.

That is why HS-5 decided to use it as the basis for their insignia.

Owners of Harley-Davidson motorcycles are often seen as unique individuals with an extreme passion for their machines. They are sometimes viewed as rebellious and a little unorthodox. They are a group of

people who do things in their own way and are commonly labeled as "A gang" because they are different, share a bond, and usually stand out when they are together.

The same can often be said about the lone helicopter squadron in an Air Wing full of fixed wing aircraft. Like Harley owners, helicopter squadron personnel also have a passion for their machines and tend to do things their own way. They fly a different kind of aircraft, with a different mission, which is vital to the overall success of the air wing and the battle group.

The first to launch and the last to land, the "Federally Subsidized Helicopter Gang" of HS-5 continues to perform their invaluable role as the carrier's primary search and rescue, anti-terrorism/force protection, combat search and rescue, and naval special warfare support platform. They are always ready to put their lives on the line at a moment's notice to save a shipmate - and they have.

The HS-5 logo was a collaboration of AM2(AW) Ryan Klier and

AM3 Cory Ruppert. Klier took a magazine photo of the Harley Davidson logo and used his computer to develop a rough copy of the HS-5 design. He then worked with Ruppert to come up with the final design. Ruppert used his airbrush painting expertise, a skill he developed prior to joining the Navy painting surfboards. He did this to make the stencil for the final design, which he then transferred to the Nightdipper helicopters.

Klier and Ruppert have received many compliments and accolades for the design. They enjoy the recognition and notoriety that comes with "A job well done." For all the Nightdippers, the logo is a testament to both the tragedy and heroes of September 11. It is displayed with pride on the helicopters and along the passageways of USS John F. Kennedy (CV-67). To the thousands of men and women of the John F. Kennedy Battle Group, it is a commemoration to those innocent victims of 9/11 and symbolizes what we are fighting for.

Hospital, Navy mark Hospital Corps 104th anniversary

WASHINGTON (NNS) — On June 17, more than 20,000 active duty and more than 5,000 Reserve hospital corpsmen celebrated 104 years of dedicated service.

Aboard Naval Air Station Jacksonville, the occasion was kicked off with a "dining out" and Birthday Ball on June 14. On June 17, the Navy Nurse Corps of Naval Hospital Jacksonville helped to commemorate the event by serving breakfast to the 700 corpsmen stationed at the hospital. After breakfast Master Chief Edwin Pogue assisted HA Kelly

Mack in cutting the Naval Hospital's Corps-man birthday cake.

For over a century, the Hospital Corps has played a large roll to ensure Sailors, Marines and their families receive the best quality healthcare whether they are at home, stationed overseas or deployed.

Navy hospital corpsmen's roots date back to the 19th century. Navy Surgeon General James Tryon was the first to suggest the idea of establishing an "organized hospital corps," which he defined as "a professional, well-trained group of individuals to provide

medical care for the Navy." After years of lobbying on Tryon's part, in 1898, Congress approved a bill establishing the Navy's long-needed corps.

Since then, hospital corpsmen have repeatedly distinguished themselves on the battlefield with the Marines and SEALs, aboard surface ships and submarines, at military healthcare facilities worldwide, deployed with Sea-bees, with diving and aviation units, and aiding victims of natural and man-made disasters. They continue to serve around the globe in widely diverse roles.

"Whether our patients be wounded Marines in the battlefield, deckplate Sailors, or retired shipmates in the direct care system, you can count on hospital corpsmen to provide the most professional and personal care possible," said Navy Medicine Force Master Chief Jacqueline DiRosa, chief of the Navy's Hospital Corps.

She emphasized how hospital corpsmen are often initiators, researchers, developers and implementers of Force Health Protection (FHP) programs that impact and enhance the lives of their patients.

The skills and talents of hospital corpsmen have been put to the test in the wake of Sept. 11. "There has been a significant shift in our focus since Sept. 11, toward combat casualty care, sustainment and enhancement training," said DiRosa. "We have placed added emphasis on basic medical skills, chemical biological warfare training and patient treatment for all medical department enlisted personnel."

Whenever or wherever, the Navy's hospital corpsmen are steaming to assist.

COMMISSARY: Computerized ordering now online

From Page 1

factory by raising commissary in-stock rates to 99 percent or better, ensuring that the products patrons want are always available, reduce warehouse inventories and drastically reduce operating costs.

In a recent press release, DeCA Director Air Force

Maj. Gen. Robert Courter Jr., said that the initiative is designed to help DeCA keep pace with today's supermarket standard of predicting product movement.

Before CAO, commissary employees kept the shelves full and the warehouse stock by constantly walking between the sales floor and

warehouse to visually determine what products were selling or were available in the warehouse. And with more than 17,000 items in stock, it was a Herculean task, requiring many man-hours. The cash registers will now become the new inventory control point feeding data directly to the new ordering system, and automatically reordering items. Once a product is scanned and sold, the inventory is automatically updated via CAO, providing management with instant statistical data such as what's available, what's selling, at what quantities and at what price, and automatically reorder items as needed based on how those products sell and when they are delivered.

According to Webb, by changing the way the commissary orders its merchandise, product availability will increase by skipping the warehouse, and focus will be placed on "truck to shelves" ordering approach. This will help improve the commissary's ability to deliver what the customers want and continue to improve the quality of life for all of its customers.

What it all boils down to is that as computer-assist-

ed ordering becomes an integral part of store operations, customers will see the difference on the shelves, giving them a reason to shop at the commissary each and every time. "High-demand items such as water, Clorox, baby diapers, and paper products will be available and visible at all times during shopping hours," said Max Dimaya, grocery manager.

The NAS Jax commissary provides high quality groceries to its patrons. The produce, meat, bakery, grocery and deli departments are fully stocked with brand name items and a variety of gourmet products for the adventurous chef.

According to commissary sources, 60,000 authorized commissary patrons visit the commissary monthly and purchase items at cost plus a 5 percent surcharge, which goes into building new commissaries and modernizing existing ones. Military personnel, retirees and their families can expect to save an average of more than 30 percent on their purchases compared to commercial prices. For a family of four, it represents more than \$2,400 in savings annually.



Retired Navy Chaplain Charles Dorr, an avid gardener, frequently participates in African violet shows in Florida, examines the African violets available at the commissary.



Photo by Miriam S. Gallet

Riza Garrett, a commissary management intern (foreground), and Chery Ludington, Computer-Assisted Ordering (CAO) specialist complete the grocery department inventory for inclusion into the new computer assisted ordering system.

NavHosp Jax News

Chiropractic clinic focuses on spinal health

By Loren Barnes
NavHosp Jacksonville Public Affairs

Do you have nagging pain that just won't go away? Maybe a good chiropractor is the answer! Naval Hospital Jacksonville has two of them on staff. Doctors of Chiropractic Donald Baldwin and Marc Alden offer top-notch chiropractic care to active-duty military.

Baldwin and Alden are augmented with excellent customer service, administrative and clinical support from Clinic Leading Petty Officer (LPO) HM2 Eileen Tulino and Chiropractic Assistants Tonia Eure and John McKinnon.

The clinic is Navy-recognized for delivering the human touch with its professional care. In 2000, the Chiropractic Clinic was the first Naval Hospital Jacksonville clinic to receive the Navy's Customer Service Award.

Chiropractors advocate natural methods of healing, using a drugless, non-surgical, non-invasive approach. Doctors of Chiropractic focus on spinal health and wellness as the keys to overall health and wellbeing. Chiropractic doctors primarily treat for spinal dysfunction (spinal misalignment or subluxation) and neuromuscular complaints using a procedure known as vertebral adjustment, or more generally, spinal manipulation.

The chiropractor adjusts the alignment of the spine (or other joint) through skillfully applying pressure, often but not always, done manually. Other therapy modalities used include ice, moist



Chiropractor Marc Alden performs a vertebral adjustment on a patient.

heat, electrical stimulation and ultrasound, to deal with healing of the soft tissue. The result is reduced pain and inflammation, and restored function to the injured area.

Naval Hospital Jacksonville has offered chiropractic care since 1995. Initially, established as a demonstration program, the program became a permanent service here in 1999. Naval Hospital Jacksonville is one of 13 sites in the military to offer chiropractic care, one of five such programs in the Navy.

The Chiropractic Clinic has been well received at Naval Hospital Jacksonville. Baldwin said the clinic sees 40 to 50 patients per week. He said the sort of repetitive mechanical stress injuries that chiropractors handle best are common to service members due to the kind of work they do on a daily basis. The



Photos by Loren Barnes

The Naval Hospital Jacksonville Chiropractic Clinic staff: Chiropractor Marc Alden, Chiropractic Assistants Tonia Eure and John McKinnon, HM2 Eileen Tulino and Chiropractor Donald Baldwin.

clinic sees patients with all sorts of back and joint pain as well as chronic headaches resulting from varied neuromuscular injuries.

Causes of these injuries are many, ranging from sports or physical training mishaps to auto accidents or simply discomfort associated with sleeping or other activity conducted in an ergonomically incorrect position.

Baldwin said it is not uncommon for patients to come to the clinic in a wheelchair or barely able to walk because of their pain and after treatment to walk out with the pain vastly improved.

What should you expect when you visit a chiropractor?

Your visit will be much the same as when you visit any other physician. The chiropractor will

get a case history of your problem and a family history. He or she will do a physical examination, plus a spinal musculoskeletal examination as required.

X-rays may be ordered to rule out disease processes of the bones and surrounding tissues and to evaluate the structural and biomechanical status of your spine. And blood and urine samples may be taken for testing. Once this evaluation stage is completed the chiropractor will fully explain your condition, the cause of the condition and will recommend a treatment plan. Following the treatment, your progress will be carefully monitored and the treatment plan modified to meet your changing condition.

The chiropractor's work isn't

just a short term fix. They also educate the patient on how to modify their behavior and lifestyle in ways that will prevent further injury and eliminate undue stress on the spine and other body joints.

The chiropractors will write consults to other physicians if they uncover problems that are better handled in another clinical setting.

The Clinic is operated on a "self referral" basis although consults from other physicians are accepted. If you are an active duty military member experiencing pain that you feel might be relieved by chiropractic care, call 542-7310/31 to schedule an appointment.

NavHosp Jax to graduate Family Medicine residents

By Carole Honsinger
NavHosp Jacksonville

Naval Hospital Jacksonville will hold a graduation ceremony tomorrow for 26 Navy physicians who have successfully completed residency training in the specialty of Family Medicine.

The graduation ceremony will be held at the Base Chapel, NAS Jacksonville at 10 a.m. Capt. William Kiser, commanding officer, Naval Hospital, Guam will be the guest speaker.

Thirteen physicians will receive Residency Certificates from the American Academy of Family Physicians and the Bureau of Medicine and Surgery for completing the 36-month residency-training program.

Thirteen physicians will receive Certificates of Internship in Family Medicine from the Bureau of Medicine and Surgery for completing their first year of the program. These Medical Corps Navy officers will be providing care to active duty personnel and their family members throughout the Navy.

Naval Hospital Jacksonville has a long tradition in the training of primary care physicians. In 1963, the hospital was one of the firsts in the country to offer

a General Practice Residency Training Program. The hospital offered a unique blend of individual teaching and direct patient care for those residents in general practice.

In 1969, with the emergence of the Family Medicine movement, the General Practice Program was completely reorganized in philosophy and curriculum. Out of this reorganization came a Family Medicine Residency Program, which was one of the first approved in the country. During that time, this program had 24 Family Medicine Residents and has since grown to 39 resident positions.

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

tion.

First year residents may be selected to continue straight through with residency or may receive orders to the fleet as General Medical officers. Some choose a course of instruction leading to Flight Surgeon or Undersea Medicine Designation.

Following operational assignments of two or more years, many return to residency to complete the second and third years of the residency program. The physicians expand their knowledge base and learn to care for more complicated medical conditions as they progress through training. Family Medicine is capable of managing the majority of most patients' medical problems from infancy through adulthood.

HSO duo help secure win of adventure race

By JOC Bill Austin
Healthcare Support Office

Two athletes from Naval Hospital Support Office recently answered their own personal call to adventure and entered a two-day action packed race filled with both physical and mental challenges. Their efforts during the arduous event paid off with a first place team win.

Lt. Cmdr. James Warmowski and Lt. j.g. Angela Webster of HSO's Facilities Department joined two other teammates from Jacksonville to participate in the Southeast Outdoors Interoceanic Outdoor Adventure Challenge hosted by Naval Station Mayport June 8-9.

The race, which is primarily an active duty event, tests the strength of participating teams in several areas such as running, swimming, kayaking and mountain biking. Seven teams from around the region entered the competition; two teams were from NAS Jacksonville.

The relatively new phenomenon of adventure racing is designed to challenge the abilities of all athletes from beginners to the weekend warriors, to the elite, and professional level multi-sport athletes. There are usually three or more types of sports within one race and other challenges sometimes presented as "special tests



Photo by JOC Bill Austin

Lt. Cmdr. James Warmowski and Lt. Angela Webster of the Healthcare Support Office (above) recently competed in the Southeast Outdoors Interoceanic Outdoor Adventure Challenge hosted by Naval Station Mayport June 8-9.

or "mystery events" are peppered within the race. All team members must start and finish together.

"I've never done anything like this before but I've always wanted to," said Webster with a smile. The fit, 18-year Navy veteran and mother of three said that prior to entering the weekend race, she had never been in a kayak or ridden a mountain bike before. Her lack of experience however, didn't hamper her performance at all according to teammate

Warmowski. "She did a fantastic job and held her own extremely well," he said.

Warmowski is no stranger to athletics in his own right. He has entered numerous running events and can be seen several times a week running around base with the speed and stamina of a 16-year old track star. He said that the key to placing in an adventure type race is training. "The unique thing about the adventure



Photo courtesy of Aviation Survival Training Center

Lt. j.g. Christopher Cooper (left) and Lt. James "Russ" Linderman from the Aviation Survival Training Center also competed in the race.

challenge is the necessity to work as a team and to always think about the other people when not only racing, but preparing for events. Our success came from all of us working as a team."

For those who may want to enter a race but feel that they lack the physical prowess to compete, Webster was quick to offer

sage advice. "Challenge yourself. You are capable of so much more than you think."

For winning their race the HSO duo is "locked on" for their next adventure. Their team will receive an all expense paid trip to compete in West Virginia's "Wilderness Challenge Adventure Race" on Oct. 3.

Cycling to and from work – are you ready to ride?

By Miriam S. Gallet
Editor

Perhaps, many of us have forgotten the sudden excitement that we experienced as little children when we rode our first bicycle without the training wheels.

The sense of freedom and independence it gave us away from mom and dad was sufficient to keep us riding all day. Back then, we were fit and invincible. Our sense of adventure and unstoppable energy could have generated enough power to light the entire city of Jacksonville.

Somehow, somewhere, along the way, we out grew those 12-inch bikes and forgot the thrill of having the wind caress our faces and the exhilaration of catching the ice cream truck. I, for one, miss those days. Forty some years later I realized that I was 20 plus pounds over weight. Diets never appealed to me, and the notion of being in the confinement of a gym, three times a week was not an option I was willing to explore. I started thinking about my old bicycle and before I knew it, I had become a statistic. Like millions of other Americans, I was once again on the saddle of a bicycle. And to my surprise, I was enjoying it.

More and more Americans are going back to bicycling, specifically cycling to and from work. Cycling affords us time to ourselves and is a common sense approach to staying fit and avoiding long traffic delays. It is an efficient way



Photo by Miriam S. Gallet

NADEP Jax P-3 Product Officer, Lt. Cmdr. Dennis Sacha enters NAS Jax via the main gate on his daily bicycling commute to and from work. Sacha, who rides his bike to work rain or shine, hot or cold weather, averages more than 100 miles a week on his specialized Allez road bike.

of burning body fat rather than sitting in a car. Riding a bicycle is fun, flexible, economical and clean.

According to Scientific America, the bicycle is the most efficient way of moving through space. Not only will it help us to reduce stress, bicycling is considered one of the best ways to improve cardiovascular fitness, and is much less stressful on the knees and feet than jogging.

Whether you already cycle to work or want to cycle to work, there are several steps you must take prior to hitting the road. Remember, it is always advisable to consult a

physician prior to undertaking a new physical fitness activity or workout, such as cycling. Begin by asking yourself this very basic question. Is your bike set up to ride legally on roads and on base? Legally? Yes, legally.

Does your bike have at least one effective brake, preferably a rear brake? A bell to warn pedestrians or other cyclist when you are overtaking and passing them? And do you have a helmet, correctly fitted and with working fasteners? Do the tires have the proper pressure? For night riding, you are also required to have a front light, a flash-

ing or steady white light that can be seen for at least 500 feet to the front and a lamp and a rear reflector that can be seen for at least 600 feet to the rear? Aboard NAS Jax, a cyclist is also required to wear a reflective vest.

Now that you have checked your bicycle, you must know your road rules. As a bicycle rider you are "driving" a legal vehicle. Under Chapter 316, Section 316.2065, Title XXIII of the Florida Statute, a cyclist has the same rights and responsibilities as any other driver on the road.

Here are some key rules to follow based on the

Florida bicycle regulations:

- Use bike lanes where provided or ride as close as possible to the right-hand curb or edge of the roadway.
 - Obey all traffic lights.
 - Keep at least one hand on the handlebars at all times. Always give hand signals to indicate what you are about to do.
 - Do not double anyone, unless your bike is properly set to carry a second person e.g. child seat.
 - Never ride more than two abreast except on paths or parts of roadways set aside for the exclusive use of bicycles.
 - Unless prohibited by a sign, you can ride on footpaths, but must keep left and give way to pedestrians.
 - Once back on the road, remember to watch out for cars and always signal before moving between road and footpath.
- "Automobile drivers will not watch out for you, so watch out for them," said long time bicycle commuter Lt. Cmdr. Dennis Sacha of NADEP. You can overtake other vehicles on the left unless they are signaling

and turning left. You can ride on the shoulder of the road or in the traffic lane. And, you can tow a child in a properly designed bicycle trailer if you are 16 and the child is under 10, and you both wear helmets.

Another frequent bicycle commuter is PR2 Bryan Wagner, also of NADEP. Wagner, who cycles for physical fitness and for peaceful moments by himself, logs 38-mile rides, three times a week.

If you are going to ride on base, you are encouraged to begin with a visit to the Security Office, located in Bldg. 875, on Allegheny Road. Your bike and helmet will be inspected and a serialized bicycle decal, similar to a vehicle decal, will be issued. All streets on base are open to cyclists with the exception of Birmingham Avenue.

For additional information, call Sgt. John Hardy or Sgt. William Curnutte, Security Detachment at 543-3223 or visit the official Florida bicycle regulations web site at www.leg.state.fl.us/statutes.

MWR NOTES

Head to Daytona for the races

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

Sing your heart out

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

Knock your socks off

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

CPO Club

Settle back at your club and enjoy some great deals and fun. Members of the Monday Mug club can enjoy refills for \$1. Tuesdays and Thursdays enjoy Happy Hour with free munchies and beverage specials from 4-8 p.m. Wednesdays are spouse's night. Bring your spouse to the club and they enjoy beverage specials. Dance to your favorite tunes, bring your own CD!

The Boxrockers live in concert

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

Freedom Lanes hosting luau

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

Bowling at Freedom Lanes

Wednesdays are free for active duty from 11 a.m. - 3 p.m. and the \$5 "all you can bowl" special lasts from 4-7 p.m.

Special Events:

July 6: Xtreme Cash (regular lights) \$15 per team

July 13: Scotch Doubles 9 pin no tap \$20 per team

Every Sunday is \$5 "All you can bowl" from 1:30-3 p.m. with possible bonus time. Specials will not be sold after 2 p.m. so show up early.

Treat yourself through I.T.T.

You deserve a vacation, stop by I.T.T. and sign up for one of the many trips on the calendar. For more information stop in our office located adjacent to the Navy

Exchange in Bldg. 953-A, or give us a call at 542-3318. Trips are open to all base personnel and their guests.

The following are upcoming events:

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

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

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

July 7 - Jekyll Island - Spend the day on the island. Play at Waves Water Park, go on a historical tour, or do both.

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

Junior Golf Camp offered

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

Bingo events

Come check out the hot specials at the Bingo Hall this week:

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

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

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

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

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

Dive into aquatics this summer

Swimming lessons

Session 3 starts July 9 and ends July 19. Active duty enrollment is free.

Lessons are offered in mornings and evenings. Adult lessons are from 7:15 - 8 a.m., children's lessons are 5-8 p.m. depending on level. Call 542-2930 for class times and descriptions.

Aqua aerobics classes are Monday-

Thursday 11 a.m.-Noon for shallow, 12:15-1 p.m. for deep. Monday, Wednesday, and Friday 4:30-5:20 p.m. for shallow, 5:30-6:20 p.m. for deep aerobics.

Free movies in the base theatre

Tomorrow, 7 p.m. Orange County (PG 13)
July 5, 7 p.m. Mortal Kombat (PG 13)
July 6, 5 p.m. - Snow Dogs (PG)
July 6, 7 p.m. - The Time Machine (PG 13)

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

Marina has rentals available

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

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

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

For more information, call 542-3260.

Free basic auto repair classes

The next class is July 18-19 at 6 p.m. Call 542-3227 to register.

Ladies golf clinic

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

Flying Club still going strong

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

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

Check out the RV Park

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

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



Photo courtesy of FFSC

MSC(SW) Jennifer Littles of the NAS Jax Galley, left, and Dianne Parker, Education and Training/Volunteer Program coordinator from the NAS Jax Fleet and Family Support Center help out WJCT with their annual auction on June 9. Numerous volunteer opportunities are available around the Jacksonville area.

HELPING HANDS

Celebrate the Fourth

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

Assist with the Kingfish Tournament

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

Beaches Triathlon slated

Triathlon volunteers are needed to help with the Beaches Fine Arts Series (BFAS) 18th Annual Fundraiser Triathlon on July 13. BFAS provides performing and visual art and music free to the public in addition to educational outreach programs in area schools.

Volunteers will direct traffic to assure the safety of the participants and assist with set-up, registration, water/food distribution, race timing, tear down and much more. For more information, call Karen Prewitt at 270-2074.

Teacher Supply Depot 'Back to School Opening'

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

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

Bicycles needed

The Jacksonville Corvette Club is collecting bicycles for J.P. Hall Christmas Party in December which helps needy children. For more information, call Cmdr. Rustie Hibbard at 542-8793.

MWR announces 'Holiday on the High Seas' contest

From MWR

Put down your pencil and get ready to win. Seven active duty personnel will take up to four of their family members on a trip-of-a-lifetime departing Nov. 24 from the Port of Miami and returning Dec. 1.

Winners will set sail on Royal Caribbean's Voyager of the Seas and tour the Western Caribbean. Stops at four different ports: Hispaniola, Jamaica, Grand Cayman and Cozumel and sea travel for two days will provide these families the most unique Thanksgiving holiday of their lives.

There is no quiz involved

and no creativity is needed. Just enter a win. One entry is allowed per eligible family member. Just log on to www.mwr.navy.mil and click on Saluting Sailors and Their Families.

Winners will be chosen from a random drawing after the entries are separated into seven different geographical regions. One winner will be chosen from each geographical region.

The contest begins online, via e-mail and U.S. Postal Service on

July 8. All entries must be received by 5 p.m. Central Standard Time on Sept. 16. Early and late entries will not be accepted.

Winners will be announced on Sept. 23.



COMMUNITY CALENDAR

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

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

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

Join the city of Jacksonville as they celebrate our great nation's birthday with the **Freedom, Fanfare and Fireworks** July 4th celebration on July 4. The celebration will feature family-friendly activities including the annual Independence Day Parade downtown at 9:30 a.m., "Red, White and Br..." from 11a.m. until 4 p.m. at the Veteran's Memorial Coliseum, a free concert starring Clint Black and Brad Paisley at Metropolitan Park (gates open at 4 p.m.) and fireworks at 9:45 p.m. For more information, call 630-3686.

JAX SPORTS

Officials, scorekeepers needed

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

Women's softball camp coming up

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

Women's Armed Forces Softball finals set

The NAS Jax Athletic Department will be hosting the Women's Armed Forces Championship at the McCaffrey Softball Complex Aug. 7-9.

The opening ceremony will be on Aug. 7 at 9 a.m. and the first game will follow at 10 a.m.

Games will be played Wednesday through Friday with two games in the morning starting at 8 a.m. and two games in the afternoon starting at 1 p.m.

Come check out the best of the best Armed Forces Women's Softball Teams and cheer your Navy team on to victory.

Intramural flag football meeting planned

This meeting will be held July 10 at 11:30 a.m. in the MWR Conference Room on the second floor of Building 590.

The league will begin in August with rosters being due by July 26. The league is for NAS Jax active duty only.

Volleyball meeting scheduled

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

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

Bukkets team softball champs

From MWR

When the Open Softball League regular season finished, the New Look C.B.'s won the league with a 13-3 record earning the number one seed in the playoffs. The first round of the playoffs, the First Command Chiefs (No. 4 seed) played the VP-30 Students (No. 3 seed) and VP-16 (No. 3 seed) played the Hanger Bangers (No. 6 seed).

The New Look C.B.'s (No. 1 seed) and the Bukkets (No. 2 seed) both had byes the first round. VP-30 students beat the First Command Chiefs and faced New Look C.B.'s in the second round.

New Look C.B.'s barely beat VP-30 Students with a 13-12 win. VP-16 defeated the Hanger Bangers 23-8. VP-16 advanced to play against the Bukkets.

This was a minor upset as VP-16 handed the No. 2-

seeded, Bukkets, a 22-8 defeat.

The win gave VP-16 a shot at New Look C.B.'s to get a chance at making it to the finals. VP-16 was not eager to give up their shot at the title and came out on top with a 28-23 victory.

Meanwhile, in the losers bracket, Bukket's cleaned house against First Command Chiefs, the Hanger Bangers, and New Look C.B.'s and were ready to get another shot at VP-16.

Bukkets had their work cut out for them since they had to beat VP-16 twice to win the championship. Bukkets got off to a great start with five runs in the first inning and Nino Serrano hitting a two run homer in the third.

Shannon Lawson for VP-16 had a two-run homer in the first, giving VP-16 their only two runs in the inning.

The Bukkets had four home runs and gave them a

15-3 lead at the end of the third. VP-16 scored five runs in the fifth with three homeruns.

Bukkets won the game 20-13 to force a second and final game for the championship.

The second game turned out to be totally different. VP-16 came out seeking revenge. Shannon Lawson had an amazing catch off the fence in the first. Nino Serrano hit a three-run homer in the second for the Bukkets.

Bukkets were ahead 6-2 at the end of the third. However VP-16 switched gears and turned the game around in the fourth.

VP-16 finally got started in the top of the fourth by scoring 10 runs and taking the lead 12-6. However, Bukkets responded in the sixth, scoring eight runs.

Bukkets went on to win 14-12 and claim the 2002 Open Softball Championship.

SPORTS STANDINGS

Intramural Golf Freedom League

Standings As of June 20

Teams	Wins	Losses	Ties
AIMD (B)	2	0	0
Navy Band	2	0	0
VP-5	1	0	0
NAVARES	1	0	0
GEMD	1	0	0
FACSFAC	2	1	1
NAMTRA B	1	1	0
WING 11	0	1	1
NHSO	0	1	1
FASO	0	2	0
VS-24	0	2	0

Intramural Golf Standings (contd.)

AIMD 1	0	1
CPRW-11 (A)	1	0
BICMD	0	0
FACSFAC #1	1	1
HS-75	1	1
VR-58	1	1
VP-16	1	1
VP-62	0	1
NavHosp	0	1
NAMTRA 1011	0	2

Basketball Standings (contd.)

VR-58	1	0
NCTS	1	1
NAMTRA	0	1
SERCC	0	1
HS-7	0	2
VP-5	0	2

Sand Volleyball Summer 2002

Standings As of June 21

Teams	Wins	Losses
VP-30	6	0
VR-58	4	2
AIMD	4	2
ASTC	3	3
VS-24	2	4
PSD Jax	2	4
Wing 32	2	4
VS-32	1	5

2002 Summer Basketball Standings

As of June 22

Team	Wins	Losses
AIMD	2	0
VP-30	1	0
TPU	1	0
VS-32	1	0
VS-24	1	0

Intramural Golf Liberty League

Standings As of June 21

Teams	Wins	Losses	Ties
VP-30	2	0	0
ASTC	2	0	0



Jax Tales
By Mike Jones
mikejones43@hotmail.com
www.jaxtales.com

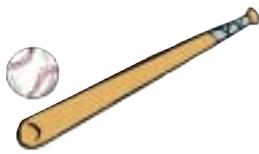


Spend July 4th with the Jacksonville Suns

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

All active duty service members and their families will be able to purchase half-price tickets for the game and the Suns will hold a special pre-game ceremony to honor the men and women who serve and protect our country. Everyone will receive a small American flag.

Naval Station Mayport's Commanding



Officer, Capt. Matt Schellhorn, will throw out the first pitch. For more information, call 358-2846.