

JAX AIR NEWS

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NAS Jacksonville, Fla.

June 28, 2001



(Photos by courtesy of MWR)

Testing your fear factor! — YN2 Andres Escobedo of Naval Air Reserve Jacksonville leaps from a plane in a tandem jump with a skydiving instructor from Skydive Williston. Seconds later he's soaring with the birds as he freefalls towards terra firma. Several NAS Jax Sailors took skydive jumps on June 16 as part of an event hosted by Morale Welfare and Recreation's Liberty Cove. Another skydiving event is planned for mid-August.

'No Bull'

FOUND: A 12 by 9 inch ceramic "BULL" with the inscription Naval Hospital Bull Ensign. Anyone knowing the whereabouts of its owner, Bull Ensign Tim Samuelson, should inform him the "Bull" is standing by for rescue in the Base CO's office.



Career Decision Fair offers help in the 'war for people'

Story and Photos by Jeff Hilton
Staff Writer

"We have to do better figuring out how to make people prosper in our Navy," CNO Adm. Vern Clark, Feb. 4, 2001, commenting on the Navy's 30 percent average attrition rate during the past 30 years.

A 42 percent attrition rate saw more than 18,000 Sailors leave the Navy at the end of their first terms last year.

When getting a Sailor to the fleet after boot camp and initial training costs \$42,000, replacing 18,000 Sailors gets expensive - more than \$750 million. The Navy's Fiscal Year 01 goal is to reduce attrition by 25 percent over FY 00.

NAS Jacksonville took steps to reduce that attrition rate "one Sailor at a time" by hosting a station-wide Career Decision Fair (CDF) June 18 - 22. The fair provided Sailors resources to make informed career decisions and gave

command leadership more tools for retaining good Sailors.

Much of the fair was targeted by groups for senior officer and enlisted as well as junior officer and enlisted.

Cmdr. Syd Abernethy, senior member of the Center for Career Development (CCD) team from Commander, Naval Personnel Command (CNPC), said, "Our desire is to bring retention tools to the table ... to reduce attrition and aid retention." Abernethy spent the week meeting with senior commanders while other team members met Sailors from many commands. Abernethy has commanded a squadron. The CCD Master Chiefs that traveled to NAS Jax have Command Master Chief (CMC) experience. They've all wrestled with keeping good Sailors and know how losing them can affect command readiness.

In addition to the CCD team, eight

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PN1(SW) Terry Crawford and PN2 Wan Kim confer with their detailee, PNCS (AW/SW) Sandra Southall about new duty stations and career progression.

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First Lt. tackles tough tasks

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Jax Air News online: www.nasjax.navy.mil

Meet a Sailor...Lt. Joshua Dembsky



Job Title: AEGD Resident, Branch Dental Clinic
Hometown: Freehold, N.J.
Hobbies: surfing the Internet, travel
Family Life: single
Career plans: Transferring to Naval Dental Center Mid-Atlantic, August 2001

Most Interesting Experience: being a paleontologist at the Smithsonian Institution

Words of Wisdom: "Life can only be looked at backwards. But it must be lived forward." - Soren Kiegegaard

Meet a Civilian... Julie Stofan



Job Title/Command: Navy -Marine Corps Relief Society (NMCRS) volunteer, Navy spouse and mother
Hometown: Sand Diego, Calif.
Past Duty Stations: Kingsville, Texas; Meridian, Miss.; Pensacola, Fla.; San Diego, Calif.
Family Life: My husband is Lt. Cmdr. John L. Stofan of Sea Control Squadron (VS) 32. We have two children: a 7-year-old son, Jake, and a 4-year-old daughter, Jordan.

Career Plans: To continue to do volunteer work with NMCRS until the kids are in school and then possibly go back to work in the mortgage industry.

Most Interesting Experience: Meeting President and Mrs. Reagan.

Words of Wisdom: "Make time for fun!"

'Let Freedom Ring'

In a recent message, Commander, Navy Region Southeast (CNRSE) joined the Chief of Naval Operations in encouraging commands to support the annual 'Let Freedom Ring' Commemoration.

"The Fourth of July is the most American of Holidays," said Rear Adm. Jan Gaudio, CNRSE, in a recent message to region commands. He continued, "On this day, we Americans celebrate our nation, our history, and our freedom. We spread our picnics across lawns and parks, we wave the flag, we march in parades, we fill the July skies with fireworks and we rejoice with family and friends in marking the birth of our country 226 years ago.

"The Chief of Naval Operations has called on all Navy commands to join the rest of the nation in the ringing of bells at the hour of 2 o'clock EDT the afternoon of July 4, in accordance with

Congressional Resolution 25."

"Annually, the Pennsylvania Society of the Sons of the American Revolution sponsors the 'Let Freedom Ring' Ceremony to commemorate the signing of the Declaration of Independence and requests Navy support in this endeavor. The celebration commences in Philadelphia at 2 p.m. and includes simultaneous ringing of bells at famous landmarks across the country. The Society requests that Navy shore stations and ships at sea and in port ring their bells 13 times at 2 p.m. EDT on July 4, 2001. Maximum participation by all U.S. Navy commands and activities is encouraged by the CNO.

"We share a tremendous heritage as citizens of the greatest nation and Navy in the world. To everyone in the Southeast Region family, I wish you a safe and happy holiday."

Commander, Naval Safety Center reminds you to be safe this July 4th

The Memorial Day holiday results were encouraging. There was one Navy and no Marine off-duty deaths, despite the forecast of four fatalities — three Navy and one Marine. We beat that prediction, but hold on, let's not stop there, there's room for improvement and we can do better.

This is a hectic time of year; children are out of school and long-planned vacations are in view. When you made those travel plans, did you consider the hazards and risks of driving long hours in heavy traffic? How about risks associated with boating, swimming and hiking? Think such activities aren't hazardous? Think again. Eight Sailors and Marines died during the last three Fourth of July weekends in off-duty traffic and recreational mishaps.

- A few rules to follow as you travel:
- Ensure your vehicle is "road ready." Perform a pre-trip inspection to identify any problems. Check the brakes, lights, spare tire, fluids, belts and windshield wipers.
 - Don't forget a tool kit for emergency repairs.
 - Travel during the day and get plenty of rest. Most fatal crashes occur between

- midnight and 6 a.m. Fatigue kills.
- Buckle up, wear your seat belt properly; check passengers and ensure child safety seats are properly installed.
- Drive defensively.
- Don't speed.
- Don't drive after drinking.
- Plan your route carefully, let someone know where going, when you plan to arrive, what route(s) you'll use and when you plan to return.

Water sports are particularly dangerous. Before diving make sure you know the water depth and what's beneath the surface. Hedge your bets: swim where lifeguards are present. When boating, don't let "dead in the water" describe you at the end of the day. Wear a personal flotation device. File a float plan before leaving the dock. As temperatures rise, the potential for heat-related injuries increase. Commands, ensure information for preventing, recognizing and treating heat-related injuries is readily available to all Sailors and Marines. Speaking of heat: leave fireworks to professionals.

The critical days of summer demand your utmost caution. Be a survivor.

It's free!

It's free! Give yourself the gift of a Navy CREDO Retreat. Personal growth retreats are offered Aug. 16-19 and Sept. 20-23. July 27 - 29, Marriage Enrichment Retreat. July 13-15, Teen Retreat. Sept. 14-18, Facilitators Training Retreat. For more information, or to register, call CREDO at 270-6958.

CREDO

JAX AIR NEWS

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Career Fair: 'War for people'

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detailers representing all rates as well as enlisted special programs came to the career fair.

More than 70 commanding and executive officers, CMCs and command career counselors, who represent much of a unit's retention expertise and approval authority, received a "Best Practices" brief on retention ideas that have been successful in the fleet and shared with the CCD. Master Chief Gary Loy, a CCD member, said the closer this cadre works together the more successful their unit's retention program is.

"The bottom line is a career counselor is a salesman."

Master Chief Gary Loy

Loy knows Sailors make decisions to stay or separate based on how well the Navy has sold itself. "The bottom line is a career counselor is a salesman," Loy said. During the CDF, a dozen counselors attended a three-day workshop on Professional Selling Skills to better equip them for "completing the sale" when talking retention with Sailors. He said the Navy has many products and programs Sailors want, like special training, advancement opportunities, transfers to specific commands or locations and a variety of education choices. "The counselor's job is to match products and program incentives to the needs and desires of the Sailor," said Loy.

Master Chief Bill Andersen thought Millington, Tenn. was landlocked. Yet he has spent just one week in his CCD office since reporting in March. Andersen has been traveling with CCD teams that comprise CNPC's brain trust on retention matters.

After back-to-back Command Master Chief tours at sea, the 27-year veteran knew he could help win the Navy's war for people and asked for duty at the CCD so he could, "take the message to Sailors." Andersen sees his mission as leading, empowering and providing Sailors ways to take charge of their careers. He said almost every Sailor can now view a career path based on their rating at the CCD web site: www.staynavy.navy.mil.

Andersen recommends Sailors use the Argus Career Milestone Tracking System link also at www.staynavy.navy.mil. Argus identifies key elements affecting retention. Its results are shared with commanders who can consider policy changes based on the feedback. Completing the survey is required when

Sailors reach milestones like advancement, reenlistments and transfers. Andersen suggests Sailors use Argus even between milestones if they want to comment on promotion or advancement, career assignments, command climate, time spent away from home and job recognition among a host of categories Argus collects data on.

PN1(SW) Terry Crawford visited his detailer during the fair. Crawford, a 17-year Sailor with the 'Red Lions' of HS-15, had 18-month orders to Guantanamo Bay, Cuba. He wasn't happy. Crawford wanted orders to San Diego and was hoping to convince PNCS(AW/SW) Sandra Southall he should be going to the west coast. His meeting with Southall didn't change his orders. He's still going to GTMO. He did come away some insight on the assignment process as well as Southall's commitment to transfer him right away if he makes Chief. Southall showed Crawford his service record on her laptop and offered suggestions on how he could improve his career prospects while in GTMO.

NCC (AW/SW) Horace Leverette, NAS Retention Center leading chief, said detailers met with more than 260 Sailors during the week. Leverette was one of 235 chiefs who attended a CPO retention brief. He also went to a senior enlisted

informative, "It offered a jump start in what it's going to take to make chief," he said. Healy was glad to learn the selection process is conducted with far more anonymity than he was aware of.



AD1(SW) John Healy attended a CPO selection board presentation.

Jack Young spoke about career decisions with hundreds of Sailors during the week. A retired Navy captain, Young works for Ruehlin Associates which provides career planning and management for personnel in all services. Young's presentations were also targeted by paygrade, open to spouses and offered a balanced perspective on Navy and private sector careers, in an "apples to ap-

"Manpower is, and will remain, our Navy's biggest challenge. We are at war for people and we are fighting this war on three fronts - recruiting the right people, raising retention and attacking attrition. To win, we need the involvement of every leader at every level, from admirals to third class petty officers and seamen - everyone who has Sailors working for them. All of you directly affect our success on this issue, through your own personal actions and through your chain of command."

- from the CNO's "Top Five" Priority list

session for paygrades E-6 to E-9. Following an extended question and answer period, he concluded career matters, quality of life and retention issues still need to be emphasized at the workcenter, division and department level. "A lot of people didn't have any idea of what the Navy offers," said Leverette.

Another session covered the CPO selection board process. About 50 Sailors attended the presentation by PERS-85's Enlisted Advancement staff. AD1(AW) John Healy, with NAS Jax AIMD, will take his first chief's exam next January. The Pottstown, Pa., native found the brief

format. Topics he covered included:

- Reasons for staying Navy or separating
- Working in the private sector
- Fleet downsizing
- Concepts of work
- How age affects private sector hiring
- Compensation comparisons
- Pros and cons of Navy and private sector careers

At a presentation for junior officers, Young said his perspective and experiences were not those of his audience but his information was relevant on several levels. Regarding careers choices, Young said, "You think of one thing

when you're single, another when you're married and another when you have children."

He covered many topics Sailors ponder when making the "stay or go" decision. Among them, comments from Sailors who had separated and had not found greener grass on the outside.

Young discussed the amount of career counseling they had received from their skippers and XOs. When he asked the 40 junior officers present only three or four indicated they had. Young was not surprised. Nor was Abernethy, who said CCD teams are focusing on junior officer counseling during senior officer and enlisted workshops. Young said junior officer counseling is also being taught at CO and XO schools in Newport, R.I.

To improve retention "one Sailor at a time", CDC looks at helping commands make "saves" - retaining a Sailor who had decided to separate but was "saved" and committed to stay Navy through extra effort from the command or other resources. Andersen said the fair produced eight enlisted "saves"

Lt. Trevor Dorroh may be an example of a junior officer "save".

"Prior to this brief, I was dead set on getting out," said Dorroh, a pilot with VP-5's 'Mad Foxes' after attending Young's junior officer workshop. "It gave me an opportunity to look at the pros and cons," Dorroh said. While the brief showed many parallels between military and private sector careers, Dorroh was less than impressed with private sector career prospects. "I definitely see the private sector as a dead end," he said, "as a Navy JO (junior officer) in aviation, there is plenty of job security." With four years remaining on his post flight school obligation, Dorroh would have preferred a brief more focused to young aviators on the merits and pitfalls of flying in commercial aviation.

That presentation may not be too far away according to Abernethy. He said this portion of the workshop will be modified to focus on the unique aspects of the Aviation, Surface and Submarine officer communities.

Abernethy and Andersen said their trip reports are routed directly to Deputy Chief of Naval Personnel Rear Adm. Gerald Hoewing, then to Vice Adm. Norb Ryan, chief of Naval Personnel. The abbreviated chop chain allows Ryan to quickly implement improvements based on "Best Practices" CCD teams find during fleet visits Abernethy said.

NAS Jacksonville CMC Chuck Lawson concluded the fair was a success and liked how the CCD team and detailers encouraged Sailors to think ahead about their careers.

Are we forgetting our pride while in uniform?

By JO3 Jackey Bratt

Staff writer

When we got on the bus to depart from basic training, did we leave behind the ideas of what a squared-away Sailor looks like and how Sailors with proper military bearing conduct themselves? Whether basic training was 20 years ago, or two months ago, the basic idea of how to conduct yourself in and out of uniform and how to wear your uniform has never changed.

Aboard NAS Jacksonville, many Sailors have lost sight of the squared-away Sailor. What is a tip-top, squared-away Sailor? Look at yourself in uniform. Are your boots shined? Is your uniform pressed tightly with military creases that could cut a slice of bread? Is your haircut within Navy regulations? For females, is the length of those press-on nails within the Navy regulations and is the polish color in accordance with your skin tone? Is your fad hairstyle within Navy regulations? Uniform regulations tell us what we can do. Sailor's should not try and read between lines to have regulations fit their opinions.

How well do you know your rate? Do you seek to know more? How well do you know United States naval history? Do you seek knowledge? When you see an Armed Forces officer, do you shy away, or even ignore them, or do you present them with a crisp salute? It is important for the squared-away Sailor to display the highest standards of appearance and knowledge at all times.

He or she is not a problem identifier, but rather a solution maker. He or she is proactive, listens and understands the concerns of his/her shipmates.

Supervisors play an important role in setting the standard for uniform wear. Junior Sailors look for your guidance. If they see you slacking, they will think that the uniform has less meaning and will in turn, slack as well. If the Junior Sailor sees their leading petty officer (LPO) show a lack of respect to the chain of command, they will follow. Don't set a bad example.

Good order and discipline help maintain the outstanding views the civilian population has of the Armed Forces. The civilian also sees one in uniform as the representative of their respective branch and it is important for the individual Sailor to keep that in mind. Knowing definitions of our core values is one thing, living their true meaning is quite another. A strong value system ensures that one is wearing the uniform and conducting themselves in the most prestigious manner possible.

Every member of the USN team should read the Navy policy book and use it as a catalyst for improvement. You should discuss the policies up and down your chain of command. Keep it handy and refer to it as your power of guidance at your workplace, afloat and ashore. We are a proud fighting force and should display that pride in how we carry ourselves. To find out more information on uniform regulations contact the Navy Uniform Board at: DSN: 224-5076.

KUDO KORNER

The following individuals at Naval Hospital Jacksonville recently were honored for outstanding service with awards:

**Navy and Marine Corps
Commendation Medal**

Cmdr. John Rezen
Lt. Tynah West
HMCM James OBrien

**Navy and Marine Corps
Achievement Medal**

Lt. Cmdr. Jeffrey Quinlan
Lt. Cmdr. Joseph Shaughnessy
Lt. Cmdr. Jason Vanbennekorn

Letter of Commendation
MS Kris Galbreth

HS-7 frocks new E-4s, E-5s

By Lt. Dom Pastorin
HS-7 PAO

The "Dusty Dogs" of Helicopter Anti-submarine Squadron (HS) 7 recently held two Quarters ceremonies at Hangar 123 to frock new petty officer selects. The first Quarters, held June 8, was for new petty officer second class selects. The second Quarters, held June 15, was for new petty officer third class selects. Only a portion of the petty officer third class selects were frocked due to HS-7's post-deployment POM leave periods. The frockings are from the March 2001 Advancement Exam Cycle. Cmdr. Andy Macyko, "Dusty Dogs" commanding officer, performed the ceremonies. The following people were frocked:

New Petty Officers Second Class
PN2 Wendy M. Barquero
AE2 Anthony H. Boyett

AM2 Kevin L. Deen
AT2 Kevin A. Fallowfield
IT2 Unique L. Green
AW2 Joshua M. Hearn
AO2 Bradley J. Henlen
AW2 Tracey W. Hoff
AE2 Ewin C. McKay
AM2 Daniel L. Mikolasko
AM2 Robert J. Meyer
AW2 Sean A. Navin
AM2 John A. Rezaie
AW2 Steven J. Rich
MS2 Wanda L. Smylie
AZ2 Zachary A. Vice

New Third Class Petty Officers
YN3 Tiwana V. Amos
YN3 Jennifer E. Armendariz
AM3 Bryon S. Cochran
AT3 Jaikeria B. Goodin
AE3 Derek I. Sienkiwicz
AE3 Samuel I. Williams
AE3 John M. Wright

CV-TSC Dets two, frocks two

By FC1(SW) Anthony Glossenger
CV-TSC Ashore PAO

The CV-TSC Ashore Mobile Training Team (MTT), after a quick cross-country flight from NAS Jacksonville, Fla., landed in San Diego, Calif. June 3. There, AW1(AW) Roberto Ramos and AW2(AW) Anthony Pethel checked in aboard USS John C. Stennis (CVN-74) home ported at NAS North Island.

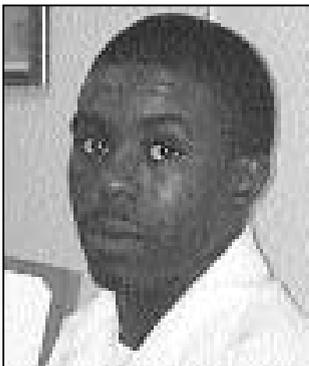
The team's mission was to administer refresher training on the AN/SSQ-34A(V)3/4 systems encompassing the Fast-Time Analysis System (FTAS), Ship's Tactical Data System (STDS), Multi-purpose Reproducer Set (MRS) and the Tactical Console (TAC-3) systems. They successfully completed 63 hours of refresher training with USW Module personnel onboard the USS John C. Stennis, while underway for carrier qualifications.

The training administered by the

MTT enables Undersea Warfare (USW) Module personnel to maintain proficiency in the use of systems utilized for the preparation of pre/post mission briefing of both sea control and helicopter squadrons (VS/HS) during their underway exercises.

Meanwhile, back in Jacksonville, CV-TSC Ashore conducted a frocking ceremony for the advancement of FC1 Brian Dodd and IT2 Franklin Ferguson June 15. Attending the ceremony were CV-TSC personnel, Dodd's wife, Jessica, and Commander, Sea Control Wing Atlantic Capt. Steven Luce, who frocked these deserving Sailors to their new ranks. Luce emphasized the increased responsibility which Dodd and Ferguson were accepting.

The personnel of CV-TSC Ashore congratulates them and all Navy personnel who were selected for advancement.



IT2 Franklin Ferguson



FC1 Brian Dodd

'Red Lions' provide aerial excitement over Fort Myers

By Lt.j.g. Singo S. Sprauve
HS-15 PAO

The "Red Lions" of Helicopter Anti-submarine Squadron (HS) 15 had a unique opportunity to participate in the Fort Myers Offshore Boat Race in Ft. Myers on the weekend of May 18.

The squadron provided an SH-60F with a full crew, including a flight surgeon and three maintenance personnel, to provide Search and Rescue services for the event. The crew included Lt. Greg Roberts, Lt. David Lambert, Lt.j.g. Singo Sprauve, AM1 Jerry Cooper, AW2 Bruce Tallon, AW2 Mark Rozecki, AD3 Tyler Dexter and AD3 Joseph Blalock. The crew's professional talents were not called upon as the race was relatively incident-free with the exception of one boat over-

turning. A nearby boat recovered the driver in that incident. As a result, the "Red Lions" were able to concentrate on both enjoying themselves and showing off their equipment.

The schedule included roles in numerous public relations events. On Thursday, the crew participated in kick-off ceremonies by riding in several boats during the inaugural parade. On Friday, the aircraft was set as a static display co-located with the race boats at which the crew was present to answer questions about the aircraft and mission. In between races on Saturday and Sunday, the "Red Lions" performed a fly-by, displaying the American flag over the length of the racecourse. The pilots also served as judges for several contests conducted throughout the weekend.



A Red Lions' SH-60F helicopter shows the colors over the Fort Myers Offshore Boat Race.

Florida Family Law seminar

Discuss marriage, divorce, child support, division of military retirement with experts.

Classes coming July 9 and Aug 6, Bldg. 9 a.m. to noon
Seating is limited. Call 542-2766, ext. 127 to sign up.

Child care is not available

Sponsored by:

**Naval Air Station Jacksonville
Fleet and Family Support Center
Naval Legal Service Office**

NAS Jax First Lieutenant Division takes pride in their accomplishments

By AT3 Lawrence Brown

They're picking up the trash along the roads. They're digging trenches. They're maintaining the overall appearance of the base. Who are these people we see on these projects every day? Many assume that these Sailors are on legal hold, restricted, brig prisoners or personnel performing extra military instruction (EMI). This holds true on many military bases, but not this one. The fact is that they are none of the above. They are prior service members returning to active duty and are temporarily assigned to the First Lieutenant Division while awaiting orders to their permanent duty stations.

On occasion these Sailors are burdened with harsh comments from people dri-



AOAN Aaron Kelley cuts hangers supports from the overhead steam pipes adjacent to the RV Park as they are removed.



First Lieutenant crewman CE1 Carlos Johnson installs electricity at the station sket range.



MS2 Allen Ardoin and ABEC William Hicks weed the planting areas around the new RV park's welcome sign.

ving by, or throwing trash at their feet as they clean up the base. LI2 Jorge Morales, Naval Enlisted Transient (Navet) assigned to the First Lieutenant Division says, "Where is our welcome aboard? It's hard to think that I came back into the Navy and I'm picking up trash, but I know we all have to do Temporary Assigned Duty (TAD) in our careers, often between assignments to fill the gaps." ABHCS Steven Oppelt, First Lieutenant Division Officer agrees that assignment to his division isn't glamorous but the work is important. "Sometimes, we all have to do jobs we may not like to do. Unfortunately, First Lieutenant is tasked with trash pickup, but no matter what these Sailors are tasked with, they take great pride in the work they do."

The Navets of the First Lieutenant Division have participated in numerous projects in and around NAS Jacksonville. Many of these projects are assigned on a volunteer basis. Some of these projects include The Tournament of Players Golf Championship, The Summer Special Olympic 2001 Games, and Scout Blast 2001. These projects



Handrail and other improvements on the CO's pier were realized through First Lt. Division labor.

ization, and the Veterans Memorial. The ongoing projects include street clean-up, base beautification, painting crosswalks, and shoreline clean up. "With the base utilizing the Navets at First Lieutenant, many other projects are able to be completed," says ABEC (AW) William Hicks, the division's leading chief petty officer. These projects include the construction of the officer's decks and the pavilion, landscaping around the pool, and the sprinklers around the pool and the brig.

The staff at First Lieutenant sees to it that the efforts of the Navets do not go unnoticed. Often the reward is a Letter of Appreciation or a Letter of Commendation. Sometimes it's a little time off or a Division picnic. The committed Sailors of the First Lieutenant Division ask for only one thing. They seek recognition of the important work they do from beyond their immediate command and ask that the rest of the base take more pride in themselves and their station by showing due respect for the crews that work so hard for the benefit of all by not littering.

alone totaled more than 6,000 man-hours. Recently the Navets have been assigned such duties as bus drivers for ITT, the Youth Center Summer Camp, and Project Graduation for graduation ceremonies. They also assist in ceremonies for the civilian community. Some ceremonies they've supported with manpower include ceremonies for POW/MIAs, Immigration and Natural-

Advisory panel proposes sweeping personnel changes

WASHINGTON (NNS) — The American public holds the military in high regard, but “the propensity to serve is very low,” a high-level Pentagon adviser said June 13.

Retired Adm. David Jeremiah, a former vice chairman of the Joint Chiefs of Staff, told reporters that the military needs a personnel system designed for “changing demographics” and better pay for mid-grade enlisted members to deal with the issue. Jeremiah led a far-reaching review of quality of life and morale issues at the request of Defense Secretary Donald Rumsfeld. He briefly went over the panel’s more than 60 recommendations during the Pentagon briefing.

Jeremiah said the military has a personnel system with “no real structure, no strategy that deals with human resources in the (Defense) Department across the board, not just military but civilians and contractors as well.”

“What you have is a system that is basically 50 years old and has been ‘band-aided’ over the years to accommodate different stresses and strains on it,” Jeremiah said. The current up-or-out system “works OK, ... but doesn’t necessarily recognize the individual needs of the services,” Jeremiah continued.

Jeremiah believes that more flexible retirement systems, including allowing certain career fields to get some retirement benefits before 20 years and not forcing others out at 30 years, might be smart ways to do business.

“We need to know what kinds of skills and experience we’re going to need for our transformed force. We may not want a 60-year-old infantryman, but I’d be happy to have a 60-year-old information warrior,” Jeremiah said. “He or she probably has 15 or 20 years of experience in the business, knows how to do it, knows all the tricks of the trade.” “There are different needs out there,” Jeremiah said. “The one-size-fits-all doesn’t work any more.”

Jeremiah called a flexible retirement system “the most fundamental” recommendation to come out of his panel’s review. The QOL study is just one of what have come to be called “the Rumsfeld Reviews.” It was begun to stimulate the secretary’s thinking on the

myriad issues relating to quality of life and morale.

Higher education levels in the enlisted force have made the pay gap for mid-level enlisted grades larger than the gap for other grades, Jeremiah said. He noted that nearly 80 percent of enlisted members have “some college” by the time they’ve been in the service 10 years. “We find now many enlisted people with more than one bachelor’s degree or master’s degrees,” Jeremiah said. “So it’s a different force than the high school graduates — if we were lucky and ahead of the sheriff — that we got 50 years ago.”

Jeremiah said the gap is a result of the Department of Defense paying these ranks on the assumption they are high-school grads only, not individuals with some college or with college degrees. He recommended that President Bush’s recent pledge of \$1.4 billion more in military pay raises be targeted to mid-grade enlisted service members.

Excess bases make upkeep nearly impossible. The solution: fewer bases and a commitment to maintain the ones we keep, according to Jeremiah. He believes that old workspaces in disrepair hurt morale and make people in the military wonder what the country thinks of them.

The study also recognized the face of the military is changing. Jeremiah said some estimates see the military being much more heavily Hispanic in coming years and that DoD should work to recruit these individuals now so there can be more Hispanic leaders in future years.

High operations tempo and the increased use of Guard and Reserve forces were also noted as quality of life problem areas. “This is a world in which we’re not at war and we’re not at peace,” Jeremiah said. “The peace that we’re in is the absence of major war, but it isn’t peace as we know it, and it demands an enormous amount of activity on the part of the military members in the force.”

“Housing is one area where DoD can make significant improvements in a relatively short amount of time and the department should do just that,” Jeremiah stressed. “The military needs better housing sooner.”

“One-size-fits-all doesn’t work any more.”

- Retired Adm. David Jeremiah, Pentagon Advisor



NAS Jacksonville Commanding Officer Capt. Mark S. Boensel presents a \$1,500 Scholarship for Military Children check to Hiram Rodriguez as his father Hiram Rodriguez and Store Director Randell Eller look on.

NAS Jacksonville's Commissary awards scholarship to military family member

By JO2(SCW) Eric T. Clay
Staff writer

The NAS Jacksonville Commissary awarded Navy family member and scholar Hiram Rodriguez with a \$1,500 scholarship from The Scholarship for Military Children program on June 22.

The check was presented in a ceremony at the NAS Jax Commissary. Rodriguez is the son of Hiram and Wilma Rodriguez, U.S. Army retired, of Jacksonville. He graduated from Andrew Jackson High School with 3.5 grade point average.

Rodriguez will be attending Florida Community College, Jacksonville, majoring in pre-med.

NAS Jacksonville Commanding Officer Capt. Mark S. Boensel said, "It's a great program and a super opportunity for the Commissary and the Navy community to pay back the work ethics of our Navy family members."

The Scholarship for Military Children program was initiated last fall to be awarded to graduating high school seniors or college-enrolled students.

At least \$1,500 was awarded for the first year in each commissary. There was more than 5,000 applications turned in for the scholarship program. Donations for

the program amounted to more than \$500,000.

The scholarships are awarded to qualified family members of the U.S. Military to include active duty, retirees and reserve forces, attending four-year colleges or universities. Community involvement, participation in leadership activities and a 3.0 grade point average are required to qualify for the program.

Also each applicant must write an essay on "What Being a Military Dependent Means to Me." Air Force Major Gen. Robert J. Courter, Defense Commissary Agency director, said, "The caliber of recipients was exceptional with the average GPA exceeding 3.5. This ranks near the top of all the scholarship programs designed by our scholarship managers. I am impressed with the quality of students. It is a testimony to the educational values of our military families."

The Fisher House Foundation administers the Scholarship for Military Children program. Fisher House is known for building and donating to military comfort homes near medical facilities.

Businesses that work with the commissary system donated funds to the program via a fund established for contests and promotions.

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A public service of this newspaper 

Plante retires after 32 years with NAS Jax Public Works

By Jack Banning
Director of FMED

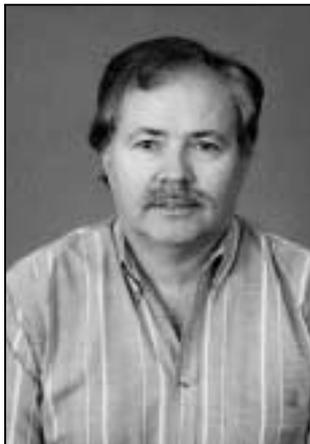
Civil Service employee, Clifford Plante retires after 32 years of service aboard NAS Jax on Aug. 3.

After a tour of duty with the U.S. Navy, Plante began work at NAS Jacksonville in November 1969. He began his Civil Service career with Public Works Department as a Construction Electrician and in 1979 was promoted to Industrial Engineering Technician.

In 1980, he was again promoted to Electrical Progressman working for the Maintenance Division of the Public Works Department.

In 1983, Plante was promoted to Electrical Planner and Estimator working for the Maintenance Control Division of the Public Works Department. Plante remained in that position until June of 1992 when he was transferred from the Public Works Department to the newly formed Facilities and Environmental Department where he worked as a Facility Manager.

In July of 2000, after receiving a certification in energy management, Plante was promoted to his present position of



Clifford Plante

Facilities Energy Manager working for Public Works Operations.

A luncheon will be held in his honor Aug. 1, 11:30 a.m. at Damon's in the Holiday Inn on Highway 17 in Orange Park.

Those interested in attending, should contact Jack Banning at 542-5427 ext. 137.

'Diamondcutter's' Tyler retires

By Lt. Jason Munos
VS-30 PAO

After more than 21 years of exemplary service in the United States Navy, Sea Control Squadron (VS) 30's ADCS (AW) Kenneth L. Tyler retired June 15, at the Fleet Reserve Center.

Tyler enlisted in the Navy on the Aug. 2, 1978. After completing FRAMP training with Fighter Squadron (VF) 171 in Oceana, Va., he was sent to his first command, the "Sluggers" of VF-103 in March 1979. During his time with VF-103, Tyler worked on the F-4 Phantom II and deployed with Carrier Air Wing (CVW) 3 aboard the USS Saratoga (CVA-60). He then left Oceana in March 1982 to join the "Blackbirds" of Attack Squadron (VA) 45. After working on the A-4 Skyhawk and T-39 Sabreliners in Key West, Fla. for three years, he decided to leave the Navy in 1985. In 1986, Tyler rejoined the Navy and served as ship's company aboard the USS Dwight D. Eisenhower

(CVN-69) for three years.

In 1990, Tyler moved to Jacksonville, Fla. and worked on the S-3 (TF-34) engines for the first time. His work was so outstanding that the VS Wing requested his presence for a follow-up tour with the VS-32 "Maulers" in 1993. Tyler subsequently served as Maintenance Control Chief Petty Officer for Fleet Air Reconnaissance Squadron (VQ) 6 starting in April of 1997. Due to his hard work and dedication, Tyler proudly made Senior Chief in 1998. VQ-6 was disestablished in September of 1999 and Tyler transferred to the "Diamondcutters" of VS-30. After two years of outstanding work and dedication, he has made his mark with "Team Diamond." Tyler's direction with the VS-30 Maintenance Department culminated with the AirLant 2000 Battle Efficiency Award. Tyler will be missed by VS-30 and the United States Navy.

Tyler and his wife, Pamela, have four children: Betty, Kenneth, Christopher and Leigh.

Hey, Money Man!



Hey, MoneyMan!

I tried to get a loan and couldn't because of my bad credit. Since I didn't want to go to one of those payday loan places, I went to a "credit repair" firm I saw advertised in the newspaper who claim they can fix my credit and get me a loan. So far I have given them a lot of money and my credit is still bad.

Can they "fix" my credit or are they just another rip-off?

MoneyMan Sez:

No they can't, but they can charge you big bucks for trying.

If you have legitimate glitches on your credit report they can not legally make them go away. If they are not legitimate, you can make them go away without the help and expense of a "debt or credit repair shop."

First of all, request a copy of your credit report by calling 1-800-685-1111, 1-888-397-3742 or 1-888-888-4213. If you don't know how to read your report, stop by your credit union, bank or NMCRS and someone will be happy to help you.

Any of these places can offer free advice on how to repair your credit and prevent future glitches.

Good credit is important. If you don't have it, get it through legitimate and proven sources.

More Questions? Call Hey Money-Man! at 778-0353.

NAVY NEWS

'Early Promote' is a win for Sailors

WASHINGTON (NWS) — Top-performing Sailors continue to compete for advancement to E-6 and E-7 at an accelerated rate through a change to the enlisted advancement system.

Last fall, the Chief of Naval Personnel approved a change to the enlisted advancement system that authorizes commanding officers to waive up to one year of the required time-in-rate (TIR) for Sailors in pay grades E-5 and E-6 to compete for advancement. The TIR waiver is specifically targeted to Sailors performing at a superior level who have received an "early promote" recommendation on their most recent periodic evaluation. The initiative was

approved in August 2000 just in time for the September advancement exam, but giving Sailors little time to study.

However, that factor did not slow down the top performers. About 14 percent of those eligible for the early advancement test were promoted. During the recent March 2001 exam (cycle 171), the advancement opportunity for all E-5's going up for E-6 was 17.6 percent. The advancement opportunity for the same population of early-promote personnel who had the TIR waiver was 17.8 percent.

"What a powerful example that performance is being recognized," said Vice Adm. Norb Ryan, Chief of Naval Personnel. "So far, it's a win-win situation for our people and our leadership." The issue of providing incentives for top-per-

forming Sailors to advance more quickly was broached during visits to the fleet where he continues to solicit ideas and suggestions from commanding officers, command master chiefs and Sailors.

Using the evaluation as a marker of performance, Sailors qualifying as early promote have already been identified as top performers. The program gives commanding officers another avenue for rewarding superior work performance. For more information on the TIR waiver, see NavAdmin 221/00 on the BuPers Web site at <http://www.bupers.navy.mil>.

President Bush visits Pentagon, highlights disabilities initiative

WASHINGTON (NWS) — President George W. Bush highlighted his "New Freedom Initiative" during a June 19 visit to the Department of Defense (DoD) Computer/Electronic Accommodations Program Technology Evaluation Center (CAPTEC) at the Pentagon.

During the visit, Bush announced that

Section 508 of the Rehabilitation Act will become effective June 25. The act requires that all federal agencies ensure their electronic and information technology is accessible for people with disabilities.

"Full implementation of Section 508 is a key element of an agenda I announced a year ago, and began implementing in February," the president said. "It is called the New Freedom Initiative, and its goal is to prepare — is to help — Americans with disabilities realize their potential and to achieve their dreams."

The Computer/Electronic Accommodations Program (CAP) provides assistive technology and other accommodations that allow employees to maximize their abilities in the workplace. These include devices and software that allow hearing-impaired people to communicate with co-workers by computer, screen reading technology for the visually impaired and voice recognition software for people

Continued on page 14

Jax Tales

By Mike Jones - mikejones43@hotmail.com



with impaired dexterity.

"The Internet brings a world of information into a computer screen, which has enriched the lives of many with disabilities. Yet, technology creates challenges of its own," Bush said. "Researchers here at the Department of Defense and at other agencies throughout the federal govern-

ment and in the private sector are developing solutions to these problems."

The CAP, established in 1990 to improve accessibility in the federal workplace, ensures that people with disabilities have equal access to information and opportunities in the federal government. In addition to the DoD

civilian workforce, CAP serves 38 other government agencies and an estimated 20,000 disabled persons at no costs to CAP users.

The president received a demonstration in the CAPTEC from users of technology specially designed to meet their needs. Following the tour, he addressed

DoD personnel in the Pentagon auditorium. Noting that Internet access for Americans with disabilities is half that of people without disabilities, Bush said these technologies will "help countless individuals in the public and private sectors become fully integrated into the workplace."

"I am committed to bringing that technology to users as quickly as possible, and to ensuring that government Web sites become compatible with this evolving technology," Bush added.

For more information on CAP, go to <http://www.tricare.osd.mil/cap>.

Naval Institute Enlisted Essay Contest Deadline Sept. 1

ANNAPOLIS, Md. (NWS) -- Attention all enlisted personnel: it's time to write for the Naval Institute Enlisted Essay Contest. Cash prizes of \$1,500, \$1,000 and \$500 will be awarded to the authors of the three best essays on any subject relevant to military service. The contest is open to active-duty, Reserve and retired personnel of any service, branch or country.

Winning essays will be published in the Naval Institute's flagship journal, *Proceedings*, in February 2002. All enlisted personnel are encouraged to submit essays by September 1, 2001. The U.S. Naval Institute is an independent forum for the sea services.

Through its monthly *Proceedings* magazine; bimonthly *Naval History* magazine; more than 800 professional and historical books and its acclaimed national symposia, the Naval Institute is a leading international resource for ideas and information about our nation's armed forces. The Naval Institute's 65,000 members include active duty, Reserve and retired professionals from the Navy, Marine Corps and Coast Guard, and others interested in sea service issues and the nation's maritime heritage.

For a complete set of contest guidelines, please go to www.navalinstitute.org, call (410) 295-1058 or e-mail cschwenk@usni.org.

CinCLantFlt detailer visits to Jacksonville set for August

Commander In Chief, U.S. Atlantic Fleet is again sponsoring Class "A" School detailer trips to fleet concentrated areas within the CinCLantFlt claimancy. The purpose is to discuss "A" School opportunities with GenDet personnel and offer assignments to school. GenDets with 12 months or more onboard are eligible to apply for any "A" School that they meet eligibility requirements to attend. The Detailers are scheduled to be at the Retention Center, NAS Jacksonville, Aug. 6, 8 a.m. - 4 p.m. POC: 542-1544. They will be at NavSta Mayport, Waterfront Support Unit, Aug. 7, POC: 270-5151.

NAVHOSPJAX NEWS

Naval Hospital Jacksonville graduates 25 Family Practice Residents Friday

Story By Carol Honsinger
Naval Hospital Jacksonville

Naval Hospital Jacksonville will hold a graduation ceremony tomorrow for 25 Navy physicians who have successfully completed residency training in the specialty of Family Practice. The graduation ceremony will be held at the River View Officer's Club, NAS Jacksonville at 10 a.m. Cmdr. Jean C. Montgomery, Medical Corps, United States Navy Retired will be the Guest Speaker.

Twelve physicians will receive Residency Certificates from the American Academy of Family Physicians and the Bureau of Medicine and Surgery for completing the 36-month residency-training program. Thirteen physicians will receive Certificates of Internship in Family Practice from the Bureau of Medicine and Surgery for completing their first year of the program. These Medical Corps Navy Officers will be providing care to active duty personnel and their family members in locations such as, Guam, Sigonella, Naples, Pearl Harbor, Atsugi, Sasebo, and other locations 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 first in the country to offer a General Practice Residency Training Program. The hospital offered a unique blend of individual teaching and direct patient care for those residents in general practice. In 1969, with

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

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

First year residents may be selected to continue straight through with residency or may receive orders to the fleet as General Medical Officers. Some choose a course of instruction leading to Flight Surgeon or Undersea Medicine Designation. Following operational assignments of two or more years, many return to residency to complete the second and third years. The physicians expand their knowledge base and learn to care for more complicated medical conditions as they

progress through training. Family Physicians are capable of managing the majority of most patients' medical problems from infancy through adulthood.

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

Graduating Residents

Lt. Cmdr. Paul J. De Mieri,
Naval Hospital, Sigonella, Italy
Lt. Teresa J. Foster,
BMC Pascagoula, Miss.
Lt. Earl A. Frantz,
BMC Dahlgren, Va.
Lt. Stefan M. Groetsch,
Naval Hospital Guam, MI
Lt. Stephen D. Hoag,
Naval Hospital Guam, MI
Lt. Cmdr. Kimberly A. Jordan,
Naval Hospital, Naples, Italy
Lt. James W. Keck,
Naval Hospital Guam, MI
Lt. Christina A. McAdams,
Naval Medical Clinic, Pearl Harbor,
Hawaii
Lt. Michelle R. Mendez,
2d Fleet Surgical Support Group,
Mayport
Cmdr. Steven W. Moll, Naval Med-

ical Center, Portsmouth, Va.

Lt. Cmdr. Jim T. Tran,
BMC Atsugi, Japan
Lt. Lee P. Weise,
BMC Atsugi, Japan

Graduating Interns

Lt. Clifford A. Blumenberg, Family Practice Residency, NH Jacksonville
Lt. Diana C. Fu, Naval Aerospace Med Inst, Pensacola, Fla.
Lt. Angela L. Godejohn,
BMC Sasebo, Japan
Lt. Jamie C. Goodman, Naval Aerospace Med Inst, Pensacola, Fla.
Lt. Nathan C. Johnson, Naval Hospital, Twentynine Palms, Calif.
Lt. Jacqueline R. Jones,
Naval Hospital, Yokosuka, Japan
Lt. Corey J. Lyon,
BMC Mayport
Lt. Jill C. Mahoney, Regional Surgical Support Group, Mayport
Lt. Prentice M. McCullough, Naval Aerospace Med Inst, Pensacola, Fla.
Lt. Sean F. McGrath,
Naval Undersea Med Inst, Groton, Conn.
Lt. Brian J. Stuart,
Family Practice Residency, NH Jax
Lt. Kristopher P. Thibodeau,
Family Practice Residency, NH Jax
Lt. John R. Walters,
Family Practice Residency, NH Jax

Independence Day 2001

Northeast Florida ready to party



Beginning July 3, the City of Jacksonville kicks off *Freedom, Fanfare and Fireworks*, a two-day celebration to honor America. Below is a list of events scheduled to take place in and around Jacksonville next week:

July 3 - Independence Day Parade begins at 5 p.m. in Downtown Jacksonville. The parade will feature horses, bands, balloons, floats, fire trucks, military units and more. The parade route begins at Pearl and Water Streets and ends at the Sports Complex.

Free concert at Metropolitan Park - Gates open at 5 p.m. and music begins at 6 p.m. Featuring Rock n' Roll Hall of Famer Chuck Berry with special guests Liquid Pleasure and River City Brass Band. Opening Ceremonies begin at 5:45 p.m. with a performance of our National Anthem by Miss Jacksonville Alju' Jackson and the Presentation of Colors by the Jacksonville Fire and Rescue Honor Guard. Enjoy the Skyblast Fireworks Preview show immediately following the concert.



July 4 - Free concert Starring country music sensation Wynonna at Metropolitan Park. Gates open at 4:30 p.m. and the concert begins at 5:45 p.m. The concert features special guests Blackhawk and Roxanne. Opening Ceremonies

begin at 5:30 p.m. with a performance of our National Anthem by the Metropolitan Barber Shop Chorus and the Presentation of Colors by the Jacksonville Sheriff's Office Honor Guard. Don't miss the Skyblast 2001 Fireworks Spectacular at 9:45 p.m.

For more information call the City of Jacksonville Office of Special Events at 630-3690.

Jacksonville Beach

The City of Jacksonville Beach proudly hosts the July 4 celebration "*Liberty Fest 2001.*" Jacksonville

Beach's July 4 celebration is ranked #2 in the list of Top Festivals in Northeast Florida by the Jacksonville Business Journal. Help celebrate America's Birthday. The city's festival area will be the spot for entertainment, food, music,





children's activities, rock climbing and skydivers. The Greater Jacksonville Disc and Dog Team will hold clinics and demos on the beach throughout the day. Try scuba, kayaking, wind surfing in above ground pools with the supervision of professionals in a safe environment, at Splash. Bring your swim suit and try these activities. Plus, catch the outrigger canoeing races on the beach. All this at "Liberty Fest 2001."

Activities begin at noon with music from local bands. The Build a Better Burger Cookoff will start at 1 p.m. The official festivities start at 5:30 p.m. with the Massing of the Colors to pay tribute to all of the men and women throughout our nation's history who have sacrificed to make it possible for us to celebrate Independence Day. Color Guards will include units from the branches of the Armed Forces, Veterans Groups, Scottish Highland Guards, and the community will post the colors while Navy Band Southeast's Ceremonial Band plays the National Anthem. Skydivers will bring in the flag. Two P51 Mustangs will do a flyby and salute. Special honors will be paid to the WWII

veterans and families. Special guests include representatives of various theaters of the war including Pearl Harbor, Omaha Beach, Midway, the China/India/Burma theater. At 6:30 p.m. Navy Band Southeast's show band will perform a variety of music from marches to Big Band sounds. Pride, the Navy's Top 40 rock band will take over at 8 p.m. and entertain until the fireworks (conditions and weather permitting) begin at 9:30. After the fireworks, Pride will complete the evening with lots of good ol' rock n' roll! On July 4, portions of First Street will be closed to vehicular traffic from Beach Boulevard to 2nd Avenue North from noon until after the fireworks. Bring the entire family and spend the day at Jax Beach. Be sure to come and help celebrate America's birthday the old fashioned way at "Liberty Fest 2001."

Clay County

The Clay County *American Pie* July 4 Celebration takes place Wednesday from noon to 9 p.m. at Moosehaven, Highway 17 along the river. The celebration is sponsored by the Clay County Chamber of Commerce, the town of Orange Park



and the Board of County Commissioners. The event features arts and crafts, free games, pie judging contest and entertainment with a grand finale fireworks show at 9 p.m. Come for an evening of family fun and bring your lawn chairs or blankets. The Middleburg July 4 parade begins at 2 p.m. at Kevin Oliver's Plaza and ends at Middleburg Village Shopping Center. Everyone is welcome to attend.

World Golf Village

Independence Day festivities start early June 30 at 3 p.m. at World Golf

Village as it holds its *Red, White & BOOM* music festival featuring recording artists Yankee Grey along with local talent Mike Shackelford Band, Diggin in Dreamland and Pili Pili. Patriotic Fireworks Spectacular closes the festive evening. Parking is \$10 per car after 2 p.m. Special aerial surprises appear throughout the afternoon. Moon walks, face painting and clowns provide fun for the entire family. Following the fireworks, the World Golf Village IMAX Theater features a special showing of "Rolling Stones at the Max." For information visit www.wgv.com.



MWR NOTES

ITT Trips: 542-3318

Walt Disney World Military Sales Team - July 27 - Stop by the ITT Office from 10 a.m. - 2 p.m. to win free door prizes and ask the experts on hand all your Walt Disney World questions. Don't miss this great opportunity.

SeaWorld Orlando will host Sounds of Freedom, a spectacular Fourth of July celebration from June 30 - July 4. The day will be filled with incredible food and festivities and the evening will culminate with an amazing fireworks show synchronized to the sounds of the Orlando Philharmonic Orchestra, shows at 9 p.m. and 10:25 p.m. Admission to SeaWorld's Sounds of Freedom is included in your SeaWorld Orlando admission.

4th of July Splash - Spend the day at Summer Waves Water Park on Jekyll Island. Spiral down the Tornado Slide or float in the Slow Motion Ocean. Transportation and ticket is only \$18.50 and children 48" and under are \$16.50.

La Cruise Casino - Cruise into the sunset on Friday, July 6. Enjoy dinner before we set sail for a night of cool ocean breezes and hot casino action. Cost includes dinner, boarding fee, and transportation for \$23.25.

Pepsi 400 Shuttle - July 7-Rev up your engines for the Pepsi 400 Daytona Speed-

way Race. Save yourself the headache of traffic and parking; ride with us. Cost is \$8. Space is limited, sign up today.

Tomcat Express - Cheer on the Tomcats Arena Football Team on July 13 and 20. Ticket and shuttle bus is only \$10 per game, or \$4 for shuttle only.

Daytona Flea Market - July 14 - Visit the biggest flea market around. Shop at more than 1,000 vendors with diverse items ranging from antiques to housewares. Eat at any of the 14 snack bars or relax at one of the air-conditioned restaurants. Cost is only \$10 per person.

Reel in the Big One - July 15 - Don't let this one get away. Spend the day on a deep sea fishing charter. The boat will take you 20-30 miles out. Cost for a full day excursion is \$55.

Historic Savannah!

Experience one of the most beautiful cities in the south on Saturday July 21. Included in your price will be a trolley tour of the historic district, after which you will have plenty of time on your own to have lunch, sight see, or just to shop, for only \$23.75.

Ichnetucknee Tube Trip

Float down the river with ITT on July 25. Your price will also include a picnic lunch. \$19.50 for adults, and \$18.50 for children 60" and under.

Continued on page 21

JAX SPORTS

Flag football meeting July 13

There will be an Intramural flag football meeting July 13 at 11:30 in the Zone Main Event II. This is Captains Cup competition and it is open to active duty only.

Mustang Golf Tournament

The First Coast Navy Mustang Association is hosting a Golf Tournament July 20 at the Naval Station Mayport Golf Course. All Mustangs are invited (officers who received

their commissions through an in-service procurement program and wear the Navy Good Conduct Medal). Your invited guests are welcomed and we strongly encourage you to consider prospective Mustangs as invited guests.

The format will be Four Person; Best Ball; Captains Choice with a Shotgun Start at 0800. Your level of play (or non-play) is of no significance - come on out and enjoy the camaraderie and swap some sea stories.

The cost is \$40 each; that includes Green Fees; Prizes and Lunch with Beverages.

Put together your own foursome or make your reservation and we will build the foursomes. Reservations must be made by 5 July and payment must be received by July 9 July.

Points of Contact:

Jerry Blocker Phone: (904) 771-1475 (W) (904) 262-9618 (H)

Navy Southeast Regional Running and Triathlon Team seeks members

Are you a competition runner? Would you like to represent the

U.S. Navy in 5k, 10k, marathons, and/or triathlons? The U.S. Navy will showcase elite active duty men and women in regional races. Uniforms will be provided as well as transportation, entry fees, and lodging costs.

Interested runners must compete in a sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) race and your time must be one of the top ten regional qualifying times.

If you have run in a sanctioned race and your time meets the regional qualifying time, contact your base athletic director.

VP-45 crowned Greybeard Softball League champions

When the Greybeard softball league concluded, VP-45 had a tight hold on the competition with an 11-2 record. As a result of winning the regular season championship, VP-45 earned a bye in the first round of the playoffs.

The playoffs consisted of seven teams using a double elimination format. After a first round bye, VP-45 faced VP-30 in the second round of the playoffs and easily disposed of VP-30 with a score of 25-15. This victory advanced VP-45 to the semi-finals where they squared off with a tough CPRW-11 squad. CPRW-11 made it's way into the semis by defeating CHSWL and AIMD in the quarterfinals. After a few tough-fought innings VP-45 proved to be too much for CPRW-11 and kept the ball rolling by winning 23-8. The only thing left for VP-45 was to wait and see who would face them in the finals.

The rest of the tournament played out with NAMTra scratching and clawing their way to the finals. NAMTra, who had a less than spectacular 5-8 regular season mark, had an even tougher route getting to the championship. NAMTra was defeated in the first round by VP-30 and were forced to fight their way through the loser's bracket. Namtra had the last laugh against VP-30 by beating them the very next contest in the loser's bracket 23-11. Their next victim was AIMD, which they beat 18-5. They next faced off with CPRW-11 and won a tightly contested battle 9-7. With this victory, NAMTra earned a berth in the finals to play a hungry VP-45 team. After a great game NAMTra was defeated 9-3 and VP-45 was ceremoniously declared Greybeard champions for 2001.

STANDINGS

Intramural Softball League

1. AIMD	20-3
2. NAVAIRES	16-3
3. VP-30	20-5
4. HS-15	13-6
5. Weapons	16-9
6. VR-58	15-9
7. VP-45	15-9
8. VS-31	12-10
9. NCTS	11-11
10. FASO/CPRW-11	11-12
11. CHSWL	8-16
12. HS-5	6-16
13. HS-75	6-18
14. VP-30 Students	5-20
15. VS-30	4-20
16. NLMOF	1-10

Sand Volleyball

1. VR-58	2-0
2. SERCC (2)	1-0

3. VS-31	1-0
4. CSCWL	1-1
5. NAVAIRES	1-1
6. SERCC (1)	1-1
7. CPRW-11	0-1
8. SERCC (3)	0-1
9. VP-45	0-1
10. ASTC	0-2
11. HS-11	0-0
12. VS-32 Es	0-0
13. VS-32 Os	0-0

Summer Basketball League

1. VS-22	4-0
2. FACSFAC/ATC	3-1
3. VP-30	3-1
4. VS-30	3-1
5. TPU	2-1
6. CPRW-11	2-2
7. HS-7	2-2
8. VP-5	2-2
9. VP-45	2-2
10. HS-15A	1-3
11. HS-75	0-2
12. HS-15B	0-4



AT THE GALLEY

Meal hours

Monday through Friday
Breakfast 6 to 7:30 a.m.
Lunch 11 a.m. to 1 p.m.
Dinner 4:30 to 6 p.m.

Saturday, Sunday and holidays

Breakfast 6:30 to 8:30 a.m.
Brunch 10:30 a.m. to 12:30 p.m.
Dinner 4 to 5:30 p.m.

Meal costs

Breakfast \$1.50
Brunch/Lunch \$.3
Dinner \$.3

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

Thursday

Breakfast
 Corned beef hash
 Home fried potatoes
 Boiled eggs
 Grits
 Grilled ham slices
 Waffles
 Omelets and eggs to order

Lunch - Fiesta Special

Mexican chicken
 Mixed vegetables
 O'Brien potatoes

Beef tacos
 Beef fajitas
 Refried beans
 Mexican rice
 Beef noodle soup
 Blueberry crisp

Dinner

Swiss steak
 w/brown gravy
 Rice pilaf
 Whole kernel corn
 Fresh pork ham
 Egg noodles
 Green peas w/mushrooms
 Tomato rice soup

Friday

Breakfast
 Minced beef w/toast
 Hashed brown potatoes
 Oatmeal
 Boiled eggs
 Grilled sausage links
 Pancakes
 Omelets and eggs to order

Lunch

Parmesan fish
 Lyonnaise potatoes
 Steamed asparagus
 Corn chowder
 Ginger pot roast
 Steamed rice
 Lima beans
 Peanut butter cookies

Dinner

Salisbury steak
 Rice pilaf

Green beans
 Chicken chow mein
 Scalloped potatoes
 Stewed tomatoes
 Chicken noodle soup

Saturday

Breakfast
 Baked sausage links
 Hashed brown potatoes
 French toast
 Omelets and eggs to order
 Corned beef hash
 Grits
 Boiled eggs

Brunch

Baked sausage links
 French fries
 Mixed vegetables
 Chili macaroni
 Coleslaw
 Old fashioned soup
 Eggs to order

Dinner

Barbecue beef cubes
 Steamed noodles
 Steamed carrots
 Chicken mushroom soup
 Grilled ham steaks
 Parsley boiled potatoes
 Southern style green beans
 Pineapple sauce
 Coleslaw

Sunday

Breakfast
 Oven fried bacon
 Cottage fried potatoes
 Pancakes
 Eggs and omelets to order
 Grilled ham slices
 Oatmeal

Brunch

Eggs to order
 French fried onion rings
 Mulligatawny soup
 Steak and Cheese Subs

Steamed broccoli

Dinner

Roast Pork Loin
 Duchess potatoes
 Green peas
 Baked chicken w/rice
 Buttered egg noodles
 Savory summer squash
 Beef noodle soup

Monday

Breakfast
 McMuffin sandwiches
 Hash brown potatoes
 Grits
 Omelets and eggs to order
 Creamed beef w/biscuits
 French toast puffs
 Boiled eggs

Lunch

Baked tuna
 and noodles
 Franconia potatoes
 Harvard beets
 Vegetable soup
 Salisbury steak
 Tossed green rice
 Glazed carrots
 Brown gravy

Dinner

Liver w/onions
 Rice pilaf
 Steamed succotash
 Zesty bean soup
 Creole chicken
 Baked potatoes
 Steamed broccoli
 Brown gravy

Tuesday

Breakfast
 Cottage fried potatoes
 Texas hash
 Rolled oats
 Grilled bacon
 Boiled eggs
 Pancakes

Eggs and omelets to order

Lunch

Braised pork chops
 Buttered noodles
 Green beans Parisienne
 Mushroom gravy
 Swedish meatballs
 Steamed rice
 Corn O'Brien
 Beef barley soup

Dinner

Oven fried fish
 Lyonnaise rice
 Vegetable supreme soup
 Macaroni/cheese
 Cantonese ribs
 Steamed carrots
 Herbed broccoli

Wednesday

Breakfast
 Home fried potatoes
 Farina
 Boiled eggs
 Eggs and omelets to order
 Grilled ham slices
 Blueberry pancakes
 Grilled bacon

Lunch

Stuffed fish fillets
 Steamed broccoli
 Minestrone soup
 Spaghetti noodles
 Spaghetti w/meat sauce
 Club spinach
 Garlic bread
 Orange rice

Dinner

Szechwan chicken
 Pork fried rice
 Vegetable stir fry
 Brown gravy
 Stuffed peppers
 Simmered egg noodles
 Beef tomato soup
 Southern fried okra

MWR Notes:

Continued from page 19

Mud-bogging

July 27, is the day for 4-Wheeling fun at Jax Raceway. A whole night entertainment and transportation is only \$8.75 for adults and \$4.75 for children under 11.

Wet n Wild

Slide into the water at Wet n Wild with ITT on July 28, for a day of family fun. Your price includes ticket and transportation: adults \$29.50 and children (3-9) \$25.25.

Overnight Escape!

Get away for the weekend with ITT for some antique shopping and garden tours. Your trip will include transportation, a tour of Hollis Gardens, dinner on the Southern Breeze dinner boat, one night lodging, deluxe continental breakfast, and a ticket

to Cypress Gardens all for only \$97 per person (based on double occupancy). Deadline to sign up for this trip is July 18. Check in the office for more details.

NAS Lanes: 542-3493

Price Strike Down - All games are only 99 cents from open until 2 p.m.
 League Registration Day - July 28 - All games are 99 cents 11a.m. - 6 p.m.

Liberty Events: 542-3491/1335

For suggestions on trips or events you would like to see at Liberty, please email the Liberty Coordinator at dbud-dock@nasjax.navy.mil.

Ball Tournament - July 2 -8 sign up begins at 6 p.m. play starts at 7 p.m.

Independence Day BBQ at Liberty Cove Rec Center - July 4 - Hot dogs and burgers from 11:30 a.m.-3 p.m., 90-Second Shoot Out at 1 p.m. and a watermelon seed spitting contest at 3 p.m.

First place winners will receive prizes.

White Water Rafting Trip - July 6 - July 8 - Leaving Liberty Cove Rec Center at 10 a.m. and returning on Sunday. The cost of \$90 includes transportation and food Friday night, Saturday lunch and dinner.

Lunch at the movies - July 10 - Van leaves Liberty Cove at 1:30 p.m. Go see a movie or do some summer shopping. Sign up the day of at 11 a.m.

Ping Pong Tourney - July 12 - Sign up begins at 6 p.m. with free subs. Play starts at 7 p.m. Winner receives \$30.

Free Movies

Free movies are shown in the Base Theater located on Jason Street every Friday at 7 p.m. and every other Saturday at 5 and 7 p.m. Movies are open to all. Bring your own snacks, no alcohol please and please do not leave children under 18 unattended.

July 6, 7 p.m. - *Chill Factor* (R)
 July 7, 5 p.m. - *My Dog Skip* (PG)
 July 7, 7 p.m. - *Men of Honor* (R)
 July 13, 7 p.m. - *Life* (R)
 July 20, 7 p.m. - *Sling Blade* (R)

Mulberry Cove Marina: 542-3260

As the weather is getting warmer, the water is looking better and better. Summer Specials include the Camper's Combo - 4-man tent, lantern, stove, and two sleeping cots or pads only \$10. June 30 and July 1, 4, 7, 8, 21, 22-Jet ski special \$25/hour. And don't forget, before you can rent any of the boats, jet skis, or other watercraft, you need to complete a Boater Safety Course that's free to take. Call for more information.

Visit the MWR website at www.nasjax.navy.mil by clicking on the MWR link.

2000 Quality Water Report Naval Air Station Jacksonville

The Navy Public Works Center Jacksonville (PWC JAX), Water Utilities Division, Code 630, Building 103, NAS Jacksonville, Florida, is your water utility service provider. We're very pleased to provide you with this year's Annual Quality Water Report. It is our way of keeping you informed about the excellent water and services that we have delivered to you over the past year. Our goal is and always has been, to provide to you a safe and dependable supply of drinking water. We ensure this high standard by tapping into a water source of four deep wells which draw from the Floridan Aquifer. I'm pleased to report that our drinking water meets federal and state requirements.

For further information or questions concerning this report or PWC JAX Water Utility Division that serves you, it is requested: Navy on-base housing residents first contact their Station Housing Office and activity employees should first contact their safety or environmental offices. All questions will be answered through your activity or directly with the customer. In addition, Navy personnel who live in private residences can also contact PWC JAX for general questions on water quality or to understand the information provided in other utility CCRs. To contact your water utility, please contact Fred Burns, PWC JAX Water Utilities Director at (904) 542-3991, extension 630. We want our valued customers to be informed about their water utility. If you want to learn more, please make that call.

PWC JAX routinely monitors for contaminants in your drinking water according to Federal and State laws. This table shows the results of our monitoring for the period Jan. 1 to Dec. 31, 2000. The state allows us to monitor for some contaminants less than once per year because the concentrations of these contaminants do not change frequently. Some of our data, though representative, are more than one year old. As water travels over the land or underground it can pick up substances or contaminants such as microbes, inorganic and organic chemicals, and radioactive substances. All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some contaminants. It's important to remember that the presence of these contaminants does not necessarily pose a health risk.

In the table accompanying this notice you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:

Non-Detects (ND) - laboratory analysis indicates that the constituent is not present.

Parts per million (ppm) or Milligrams per liter (mg/l) - one part per

million corresponds to one minute in two years or a single penny in \$10,000.

Parts per billion (ppb) or Micrograms per liter - one part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.

Picocuries per liter (pCi/L) - picocuries per liter is a measure of the radioactivity in water.

Action Level - the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Maximum Contaminant Level - The "Maximum Allowed" (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal - The "Goal"(MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

of animals or from human activity.

Contaminants that may be present in source water include:

(A) Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

(B) Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

(C) Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses.

(D) Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems.

water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline at 1-800-426-4791.

To understand the possible health effects described for many regulated constituents, a person would have to drink 2 liters of water every day at the MCL level for a lifetime to have a one-in-a-million chance of having the described health effect.

In our continuing efforts to maintain a safe and dependable water supply it may be necessary to make improvements in your water system. The costs of these improvements may be reflected in the rate structure. Rate adjustments may be necessary in order to address these improvements.

Thank you for allowing us to continue providing your family with clean, quality water this year. In order to maintain a safe and dependable water supply we sometimes need to make improvements that will benefit all of our customers. These improvements are sometimes reflected as rate structure adjustments. Thank you for understanding.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

Once again, for further information or questions concerning this report or PWC JAX Water Utility Division that serves you, it is requested: Navy on-base housing residents first contact their Station Housing Office and activity employees should first contact their safety or environmental offices. In addition, Navy personnel who live in private residences can also contact PWC JAX for general questions on water quality or to understand the information provided in other utility CCRs. To contact your water utility, please call Fred Burns, PWC JAX Water Utilities Director at (904) 542-3991, extension 630. If you want to learn more, please make that call.

"We at Navy Public Works Center Jacksonville work around the clock to provide top quality water to every tap," said Fred Burns, Water/Wastewater Utilities Director. We ask that all our customers help us protect our water sources, which are the heart of our community, our way of life and our children's future.

TEST RESULTS TABLE - NAS JACKSONVILLE							
Radioactive Contaminants							
Contaminant and Unit of Measurement	Units of sampling (See Note 1)	MCL, Maximum Contaminant Level	Level Detected	Range of Results	MCLG	MCL	Likely Source of Contamination
Radon (pCi/L)	9-1100	11	2.7	1.9-2.7	0	15	Byproduct of natural deposits
Microbiological Contaminants							
Total Coliforms	100	11	100	100-1000	0	None	Presence of coliform bacteria from activities such as runoff or seepage
Total Trihalomethanes (TTHM)	100	11	100	100-1000	0	None	Byproduct of drinking water chlorination
Inorganic Contaminants							
Contaminant and Unit of Measurement	Units of sampling (See Note 1)	MCL, Maximum Contaminant Level	Level Detected	Range of Results	MCLG	MCL	Likely Source of Contamination
Fluoride (ppm)	9-1100	11	8.2	4.1-5	4	4	Byproduct of natural deposits, water additive which promotes strong teeth, leaching from fertilizer and aluminum sources
Iron (ppm)	9-1100	11	0.8	0.1-0.8	100	100	Soil metal minerals, leaching and iron
Note: The only state Level-Detected value for TTHM is the highest of the five guidelines which would trigger a violation from all long-term tests. The maximum reported average was calculated from the first, second, third, and fourth quarters of 2000.							
Total Trihalomethanes (TTHM)							
Contaminant and Unit of Measurement	Units of sampling (See Note 1)	MCL, Maximum Contaminant Level	Level Detected	Range of Results	MCLG	MCL	Likely Source of Contamination
TTHM (ppm)	400-2400	11	11.0	18-37	30	100	Byproduct of drinking water chlorination
Volatile Organic Compounds (VOC)							
1,1,1-Trichloroethane (ppm)	9-1100	11	0.73	0.0-0.73	30	70	
Lead and Copper (Tap Water)							
Contaminant and Unit of Measurement	Units of sampling (See Note 1)	All Values	95th Percentile Result	No. of sites exceeding the MCL	MCLG	All Values	Likely Source of Contamination
Copper (ppm)	700	11	0.07	0 of 65 sites	1.3	1.3	Corrosion of leached piping systems, erosion of natural deposits, leaching from water pipes and fixtures
Lead (ppm)	700	11	2.2	2 of 65 sites	0	11	Corrosion of leached piping systems, erosion of natural deposits
Group II Unregulated Organic Contaminants							
Contaminant and Unit of Measurement	Units of sampling (See Note 1)	Average Result	Range of Results or Max. Detection	Likely Source of Contamination			
Dibromochloromethane (ppm)	9-1100	2.0	10-11	Byproduct of drinking water chlorination			
Dibromodichloromethane (ppm)	9-1100	1.83	3-13	Byproduct of drinking water chlorination			
Trichloroethylene (ppm)	9-1100	0.83	10-13	Byproduct of drinking water chlorination			

As you can see by the table, our system had no violations. We're proud that your drinking water meets or exceeds all Federal and State requirements.

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence

(E) Radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. FDA regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

All drinking water, including bottled