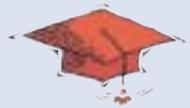




# Jax Air News

## TOUCHING BASE



### Seminar to provide educational options

Are you planning to separate or re-enlist? Whatever decisions you make, education will play a major role in your career success. The Navy College Office is offering a seminar today from 1-2 p.m. for retired, retiring, or reenlisting military personnel to help you review your education options. The seminar is being held in classroom 1, on the second floor of Building 110. Everyone is welcomed. For more information, call 542-2477.

### Battle of Midway 5K race slated

The Battle of Midway 5K race will be held June 4 at 11:30 a.m. at NAS Jacksonville.

Starting the race and assisting in the presentation of awards will be James Cunningham Jr., a Battle of Midway veteran and retired Navy chief. Recipient of the Purple Heart and five Battle Stars, he was serving aboard the USS Hammann when it was sunk at Midway. The race will begin south of the BOQ on Patrol Road, following a course down the road and back.

Registration forms are available at the base gym. The first 100 to register will receive a free Battle of Midway 5K Run commemorative T-shirt.

The race is open to all military and civilian personnel; there is no entry fee. Participants from the outside community may compete only if they have a valid ID card and Department of Defense vehicle decal, or are escorted at all times by a sponsor with a valid ID card and Department of Defense vehicle decal.

Late registration will take place up until race time. Awards will be presented to top three male and female finishers. A Battle of Midway race team trophy will be awarded to the winning team. Five-person teams are required for competition; the best four scores count. The winning team will keep the trophy for a year. It will go up for challenge at next year's race.

For more information, contact Barbara Millhollan at 542-3518.

# NAS Jax comes under attack

## Emergency response teams conduct WMD drill

By JO2(SCW) Eric Clay  
Staff Writer

NAS Jacksonville's emergency medical, fire, and security first response personnel were called into action last Wednesday, when a 911 call was placed to the emergency dispatcher, reporting an explosion had occurred at the NAS Jax Navy Exchange.

Numerous victims were reported to be walking around coughing and wheezing simulating a weapons of mass destruction (WMD) attack.

The base fire department reacted to the situation within three minutes from the time of the call. Upon arrival, firefighters jumped into action applying all of their response skills. They quickly accessed the situation and realized a chemical agent had been disbursed.

A crew of firefighters prepared themselves to enter the area of the explosion wearing class "A" chemical protective suits. Prior to suiting



SK2 Stanley Clark and TM2(SW) Switzon Blair are hosed down as part of the decontamination procedure during the drill. Photo by JO2(SCW) Eric Clay

See WMD, Page 5

# Sentell relieves Lockhart at NavHosp Jax

From NavHosp Jax  
Public Affairs

Capt. John Sentell will take command of Naval Hospital Jacksonville on June 6 as Capt. Ralph Lockhart relinquishes command and retires. The change of command ceremony will take place at the Bachelor Officers Quarters Pavilion on Mustin Road aboard NAS Jacksonville, commencing at 10 a.m.

Guest speaker at Naval Hospital Jacksonville's 37th Change of Command will be Vice Adm. Michael Cowan, Surgeon General of the Navy and Chief, Bureau of Medicine and Sur-



Capt. John Sentell



Capt. Ralph Lockhart

gery. Sentell has served as the hospital's executive officer since July of 2002. Born in San Benito, Texas and reared in Baton Rouge, La., he completed his Bachelor's Degree in Zoology at

Louisiana State University. Sentell was commissioned into the U.S. Naval Reserves through the Health Promotions Scholarship Program prior to being admitted to Tulane University School of Medicine in New Orleans, where he received his medical degree in 1982. He completed his internship and residency training in psychiatry at Naval Hospital San Diego. He was board certified by the American College of Psychiatry and Neurology in June 1989.

Sentell served as Mental Health department head at Naval Hospital Guantanamo Bay, Cuba; Naval Hospital Charleston, S.C.; and Naval Hospital Guam. During Operations Desert Shield/Storm, he served aboard USS Nassau (LHA-4) as the Navy's first forward-deployed psychiatrist on a naval combat vessel. He also achieved Surface Warfare Medical Officer qualification aboard the Nassau. Following a tour at the Bureau of Naval Personnel, he was selected as the first Medical Corps officer to attend Army-Baylor University's Master's Program in Healthcare Administration. Graduating with hon-

See HOSPITAL, Page 12

## Security members stay proficient



Members of the NAS Jax Security Department clean their 9 mm and 12-gauge shotguns after practicing on the range May 15.

Photo by Kaylee LaRocque

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## WEEKEND WEATHER

- FRIDAY 65/88**  
MOSTLY CLOUDY
- SATURDAY 68/90**  
PARTLY CLOUDY
- SUNDAY 72/91**  
PARTLY CLOUDY

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

# VETERANS: NEWS YOU CAN USE

## VA offers a wealth of programs/benefits

From the Veteran's Administration

The Department of Veterans Affairs (VA) will provide expeditious processing of claims for disability compensation for any service member injured or disabled as a result of operations in Iraq. Injuries do not necessarily have to be combat-related, but can involve support operations as well.

Any service member returning from Iraqi contingency operations (active-duty, Selected Reserve, and National Guard) who believes that they may have a valid claim for disability should contact your installation's VA office as soon as possible.

To reach the VA office nearest you, contact:

At NAS Jacksonville: Byron Hodges - 573-6312

At Mayport: Linda Blossom - 270-6600, Ext. 150.

At Kings Bay: Sandra Charles - (912) 673-4506

In addition, all mobility officers are

encouraged to contact the VA at one of the above numbers to schedule opportunities for VA to meet with returning service members (either in mass or individually) to address their concerns and relevant issues.

### Benefits Delivery at Discharge (BDD) Program

The BDD program allows the VA to process claims for disability while the service member is still on active-duty.

As much as possible, the VA makes every effort to provide a mandatory physical exam, adjudicate claims and notify the member of the results prior to separation. Service members wishing to participate should be within 180 to 60 days of discharge or retirement.

We highly recommend that service members avoid the "last-minute crunch" by contacting the VA as soon as possible (within the 180 days) after receiving a definite separation/retirement date. Opportunities for physical and specialty exams are limited.

### VA committed to helping victims of sexual trauma

Service members, male and female, who have suffered personal assault or sexual trauma while on active military duty, including service at one of the military academies, may be eligible to receive VA disability compensation, counseling and other benefits from the VA.

Personal assaults, rape, domestic battering and/or stalking can leave lingering physical, emotional and/or psychological scars on victims long after the incident.

The VA has specially trained professionals to coordinate care and counseling for these victims. These health care professionals are sensitive to the physical and psychological effects of sexual trauma or personal assault and are committed to helping victims regain their health and self-esteem so they can enjoy the quality of life they deserve.

For more information, contact your nearest VA office.



## Meet A Sailor...

AN(AW) ROBIN RACY

**Job title/command:**  
NAS Jax Security Department

**Hometown:** Kirbyville, Texas

**Family Life:** Engaged to be married.

**Past Duty Stations:** USS John F. Kennedy

**Career Plans:** To attend medical school and become a doctor.

**Most Interesting Experience:** Going on a six-month deployment.

**Words of Wisdom:** Stay Navy.



## Meet A Civilian...

TIMOTHY MOORE

**Job title/command:**  
PWC Jacksonville

**Hometown:** Jacksonville resident since 1975.

**Family Life:** Married for 30 years to wife, Michelle, two children, Tim and Becky.

**Past Duty Stations:** MCAS New River, N.C.

**Career Plans:** To be out the gate in 2008.

**Most Interesting Experience:** Going through Marine Corps Boot Camp.

**Words of Wisdom:** Trust in God, believe in your family and be true to the United States of America. Semper Fi!

## Leaders attend training course



Debbie Tucker, executive director, National Training Center on Domestic and Sexual Violence addresses regional leadership at the River Cove Officers' Club during the Executive Leadership Training on Domestic Violence May 20. The training was sponsored by the Community Support Program of Navy Region Southeast.

Photo by JO2 Mike Jones

## HEY, MONEYMAN!

### Hey, MoneyMan!

I am married and have one child. Almost every week someone calls and tries to sell us life insurance.

The last guy told me that, even though I was in the Navy, my wife and children did not have adequate coverage. Do you think that the Family SGLI is enough coverage for us?

### MoneyMan Sez:

Yes I do! You are fortunate that Family SGLI is available to you and your family. Life insurance is there to replace the income of someone who dies. Normally, the amount of SGLI and Family SGLI is adequate.

The cost for your spouse is low and, of course, your children are covered for free. If you think you need more insurance, I recommend you buy "term" insurance and invest the difference between the cost of "whole life" and "term."

Consider investing in a long-term solidly rated mutual fund. In doing this, you will have a lot more coverage for much less money.



And if you live for a long time, your return should be a lot higher with the mutual fund than with the insurance policy.

### Hey, MoneyMan!

This year I got back a \$2,400 income tax refund. Some nut told me that it was bad to get money back.

Why? I enjoy using the money to buy stuff and pay off bills. Besides I don't like paying taxes at the end of the year.

### MoneyMan Sez:

I have a great plan. Here it is - \$2,400 a year is \$200 a month. Give me the \$200 bucks and I will pay you \$20 in interest at the end of the year. That doesn't sound too good does it?

But, you are giving Uncle Sam an interest-free loan and you have to fill out forms and wait patiently to get your own money back... and Uncle Sam won't even give you the \$20 bucks!

Uncle Sam wins, you lose. Adjust your withholdings so you don't pay any in or get any back. Use the money you save to pay monthly bills or, better yet, invest the \$200 in a Roth IRA.

**More questions? Call Hey, Money Man! at 778-0353.**

## Attention hunters

The Florida Fish and Wildlife Commission is offering a hunter education course July 12, 19 and 26 from 1-7 p.m. at Hangar 1000 at NAS Jax. The course is free and includes the required orientation from the NAS Jax game warden to hunt on federal lands. Pre-registration is required by calling (352) 625-2804.

## Need a ride? Club 2000 can help

From MWR

NAS Jacksonville has a program called Club 2000. Anyone who is impaired and in a bar, club, lounge, or private residence within St. Johns, Baker, Nassau, Clay or Duval counties can call the NAS Jacksonville OOD office at 542-2338. You will be provided a taxi ride, paid for by the station, to your home within the same five counties.

Anyone (including civilians) in an on-base facility can have the club bartender assist in contacting the OOD.

Club 2000 cards with this phone number can be obtained from MWR in Building 584.



## Sunday Services

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

**Saturday** 5 p.m. - Catholic Mass  
**Sunday** 8:30 a.m. - Holy Eucharist Episcopal  
9:30 a.m. - Catholic Mass  
11 a.m. - Protestant Worship  
6:30 p.m. - Contemporary Service  
"The Leading Edge," Hangar 749 at the Base Chapel Center.

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-12:15 p.m.

## Naval Hospital Jax offers support group

Naval Hospital Jacksonville Lactation Specialist Rachel Nieves is organizing a Breast Feeding Support Group starting in May. The group will be open to pregnant ladies, breastfeeding moms, and anyone interested in learning more about breastfeeding.

The one-hour group meetings will be held in the hospital's Internal Medicine

Conference Room. Moms are encouraged to bring their babies.

Part of the program involves weighing the infants. All meetings will be held from 9:30 - 10:30 a.m. Meeting dates are as follows:

June 4, 11 and 18

July 2, 9, 16 and 30

For more information, contact Rachel Nieves, 542-9671 or 7708.

**Navy-Marine Corps Relief Society**  
Make Us Your First Resource:  
Not Your Last Resort!  
542-3191

**Jax Air News**

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Public Affairs Officer .....Charles P. "Pat" Dooling  
Deputy Public Affairs Officer .....Miriam A. Lareau  
U.S. Naval Air Station, Jacksonville Editorial Staff  
Editor .....Miriam S. Gallet  
Assistant Editor .....JO1 Mike Jones  
Staff Writer .....JO2(SCW) Eric Clay

**Civilian Staff**  
Manager .....Ellen S. Rykert  
Staff Writer .....Kaylee LaRocque  
Design/Layout .....George Atchley

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Ellen S. Rykert, Military Publications Manager  
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Photo courtesy of NSAWC

HS-11 pilots conduct their final approach at NAS Fallon's Combat Town during their recent non-combatant evacuation exercise.

# HS-11 completes Fallon detachment

By Lt. Jg. Matt Wright  
HS-11 PAO

The "Dragonslayers" of HS-11 recently returned from a highly successful, month-long, air wing detachment to NAS Fallon, Nev.

The squadron joined the rest of Carrier Air Wing One (CVW-1) to perform Carrier Strike Group training operations in preparation for missions that they might encounter on their upcoming deployment.

The Dragonslayers trained extensively in a number of mission areas including combat search and rescue (CSAR), naval special warfare (NSW) and anti-surface warfare (ASW), while also completing Mountain Flying School, close air support and surface-to-air countertactics (SACT) training.

The squadron joined forces with two platoons from SEAL Team Ten for both NSW and CSAR events such as fast roping, sniper shooting, and non-

combatant evacuation operations.

HS-11 squadron members performed ASW missions such as M-60, M-240 and GAU-16 machine gun shoots, hellfire missile training, close air support evolutions and SACT training, where the air crews would fly the HH-60H Sea Hawk helicopters through a gauntlet of surface anti-aircraft weapons, while attempting evasion tactics to avoid and combat threats.

The month at NAS Fallon proved to be excellent training in many warfighting areas for the Dragonslayers.

"The mountainous, desert terrain was a big change from what we normally see in Florida. It provided many unique challenges, and we all definitely benefited from the detachment," commented Lt. Matt Williams, assistant operations officer.

# VPB-52 'Black Cats' hold reunion here, tour VP-30

By Lt. Jg. Harold Cully  
VP-30

On May 5, VP-30 hosted the VPB-52 "Black Cats," a squadron of WWII veterans during their annual reunion at NAS Jacksonville. The reunion consisted of a day each at VP-30, NS Mayport, and touring the Jacksonville area. Approximately 30 veterans and family members attended the reunion traveling from the far reaches of the country.

The Black Cats flew the PBY Catalina aircraft during WWII and are considered to be the fathers of the modern Maritime Patrol, and Reconnaissance (MPR)

Navy.

Re-designated VP-52 on July 1, 1941, formerly VP-32, the squadron was stationed in the Panama Canal Zone and other Caribbean bases where they patrolled against an attack on the canal and enemy U-boats from 1940 through the spring of 1943.

By the summer of 1943 the squadron had reassembled in Kaneohe Bay, Hawaii and began moving to Perth, Australia, where they operated from advanced bases north of Perth performing searches and convoy missions over the Indian Ocean.

From Nov. 23 to Dec. 31, 1943, VP-52 operated out of

a base in Namoai Bay, New Guinea, where they performed the Black Cat missions that they were most famous for.

In PBY's, painted pitch black, the Black Cats performed masthead bombing attacks in the dead of night on Japanese surface forces and shipping in the Bismarck Sea.

In this short period, two cruisers, two submarines, three destroyers, and 73,000 tons of enemy shipping were either sunk or damaged.

Some of the most notable achievements of VP-52 during this time period were earning two Navy Crosses, One Silver Star and receiving

a Presidential Unit Citation for outstanding service in the Bismarck Sea area.

Re-designated VPB-52 on Oct. 1, 1944, the squadron continued to operate in the South Pacific performing night anti-shipping, night scouting, and intense rescue missions in the open sea, often within range of enemy shore bases until it returned to NAS Kaneohe in December 1944.

As part of the reunion, Capt. Brian Prindle, VP-30's commanding officer, briefed the Black Cats on current MPR capabilities and operations.

The veterans were amazed at the technological

advancements of the P-3 aircraft. The Black Cats were also given a tour of the VP-30 Hangar and a P-3 AIP aircraft.

While touring the hangar, some Black Cats were able to recognize aircraft, people, and places from their past in the historic pictures

that adorn the walls of VP-30.

The veterans were quick to point out how much the Navy has changed since their time. They especially noted the technical training of enlisted members and the integration of females into Navy squadrons.

ARLINGTON SCHOOL OF MESSAGE; 2c; 2"; Black Only; PU 4/24 R009609

MARY'S ORIENTAL IMPORTS; 6c; 10.75"; Black Only; PU 5/21 R012663

# Buckle up for safety

By William Curnutte  
Crime Prevention Officer

Most people buckle up for safety. If you are one of them, then you get a big Bravo Zulu and can skip this article. If you are not one of them, then you might want to read this article if for no other reason than to keep from getting a ticket. Drivers who don't buckle up and, even worse, don't buckle up their children - beware and be warned!

This week through June 1, thousands of law enforcement agencies nationwide will be actively enforcing state seat belt laws during the "Click It or Ticket" campaign. To encourage seat belt usage on base, the NAS Jacksonville Security Department will also be participating in this noble operation to save lives.

This means you will be pulled over and given a ticket if you come through our gates not wearing your seat belt. This also means there will be seat belt checkpoints at various locations on base.

Again, you will be pulled over and given a ticket if you arrive at these checkpoints not wearing your seat belt. It's sad that the fear of getting a ticket is the only reason someone will wear a seat belt. But, if that is what it takes to get you to buckle up, then that is what we will do.

Seat belt enforcement is really not about writing tickets, but about saving lives. Contrary to popular belief, most police officers do not enjoy writing tickets, but they prefer this to giving first aid or CPR to crash victims.

And, no police officer enjoys informing the next of kin about a traffic death. There have been numerous incidents where a person or child survived a serious crash shortly after receiving a ticket for not wearing a seat belt or using a safety seat. Yet, people have all kinds of excuses for not using one. What is your excuse?

Is it that seat belts are uncomfortable? I've heard that smashing into the steering column, the dashboard or the windshield can be uncomfortable too.

Or is it that seat belts are too confining? I heard that being in a wheelchair for the rest of your life can be very confining. Or is it that seat belts will wrinkle your clothes? Think about living with disfiguring scars covering your body just because you wanted to keep your clothes neat.

Maybe the problem isn't with the seat belt itself. Maybe you believe that if you want to take the chance of killing yourself, it's your business. This is not true. When you are in a crash, it becomes everybody business - from the police officer, to the ambulance crew, to the emergency room personnel and eventually your friends and family.

According to the National Highway Traffic Safety Administration (NHTSA), 85 percent of all crash victims' medical costs are absorbed by society, not the individuals involved.

And the medical costs for those victims are 50 percent higher than for belted drivers involved in crashes. Finally, the NHTSA says unbelted drivers are less likely to maintain control of their vehicles during crashes, which means other drivers are more likely to be injured or killed.

Maybe you believe you are such a good driver that you don't need to use a seat belt. Statistics show that the average driver will get in an accident once every 10 years.

It is highly probable that every driver will have an accident at least once in his or her lifetime. Bad drivers, drunk drivers, and good drivers with either mechanical failures or medical conditions can hit even a good driver like you.



Photo by Miriam S. Gallet

GSM3 Kerry McGuinis of USS Theodore Roosevelt (CVN 71), secures his seatbelt upon entering his automobile after a recent trip to the NAS Jacksonville Navy Exchange.



Maybe you believe that seat belts kill more people than they save. The fact is seat belts basically tie you to your car so you slow down at the same rate as the car does.

Ejection from a car is one of the biggest killers in a crash. Your chances of being killed are almost 25 times greater if you're thrown from the car. Seat belts can keep you from being slammed into and out the windshield; from being thrown out to the pavement and to on-coming traffic; and from being crushed by your own car.

Maybe you believe a seat belt will trap you in a burning or submerged car. Less than one percent of all crashes have involved fire or submersion.

If you are involved in a crash without your seat belt, you are more likely to be stunned or knocked unconscious by striking the interior of the car. With seat belts, you're more likely to be unhurt, alert and capable of escaping quickly.

Maybe you believe a seat belt is not needed for short distances and at low speeds. Seventy-five percent of all crashes causing death occur within 25 miles from home. Eighty percent of all crashes occur at speeds less than 40 mph.

People not wearing seat belts have died in crashes at speeds as low as 14 mph. In a crash, your body weight is multiplied by the speed of the car. This means that a 30-pound child in a crash at 40 mph will strike an object with the force of a 1,200-pound object.

After saying all this, if you still don't want to use a seat belt, then I have to assume you are not concerned with your own safety.

I also have to assume you are not concerned with the safety of your passengers - namely your children. Most adults have enough sense to buckle themselves, but children do not. You can't expect your children to buckle up if you don't - or can you? Statistics show that 87 percent of children are buckled when the driver is buckled while 24 percent of children are buckled when the driver is not buckled.

More Americans between the ages of one and 34 died as a result of crashes than any other cause. Crashes account for more deaths per year than homicides, deaths from work-related accidents or aviation deaths.

Yet more than half of all the people who died from crashes might have lived if they had used seat belts. For 2001, that meant that at least 15,955 of the 31,910 individuals killed in crashes might still be here today if they had only used their seat belts.

If you don't want to buckle up for yourself, then buckle up for your loved ones. If that can't motivate you, then you leave us no choice, but to give you a ticket.

Remember, now through June 1, we will be giving tickets for not wearing a seat belt. Either click it or get a ticket. The choice is yours. I hope you will make the right choice.



NCC(AW) Edgardo Silva

## Silva retires after 24 years of naval service

By JO1 Mike Jones  
Assistant Editor

NCC(AW) Edgardo Silva will bid farewell to 24 years of active naval service when he retires during a ceremony aboard NAS Jacksonville tomorrow. He last served as the Wing career counselor for Commander, Helicopter Anti-Submarine Light Wing U.S. Atlantic (CHSLWL) at Naval Station Mayport.

A native of Ponce, Puerto Rico, Silva graduated in May 1979 from Dr. Pedro Albizu Campos High School in Levittown, Puerto Rico and enlisted in the Navy in September of that year. He attended Boot Camp in Orlando, Fla. followed by Aviation Fuels "A" School in Lakehurst, N.J.

In December 1979, he was assigned to the Fuels Department at Naval Station Roosevelt Roads, Puerto Rico. It was at this command that he was promoted to both petty officer third and petty officer second class.

In January of 1983 he was then transferred to Norfolk, Va. to USS Nassau (LHA-4) where he made a Mediterranean cruise and was part of a battle group that patrolled the shores of Lebanon. It was at this command that he was converted and promoted to Navy career counselor petty officer first class.

July 1986 brought him back to Puerto Rico on a tour as a canvasser recruiter. He became the "Recruiter in Charge" of the recruiting stations for the cities of Santurce and Bayamon. He also acted as the assistant zone supervisor. His success during this tour of recruiting duty was noticeable when his stations were awarded both Station of the Quarter for four straight quarters and Station of the Year awards. He also attained eight gold wreaths for his personal accomplishments.

In September of 1989, he returned to sea duty and chose to do so with the "Ghostriders" VF-142 (F-14A/B+) at NAS Oceana as the squadron's career counselor. This tour of duty got him to deploy on board both the USS Dwight D. Eisenhower (CVN-69) and USS George Washington (CVN-73). During this tour of duty he was deployed to the Persian Gulf and was also promoted to chief petty officer.

In October 1993 he arrived in Jacksonville to shore duty at Commander, Naval Aviation Activities Jacksonville (CNAAJ) NAS Jacksonville as the Career Information Program Manager (CIPM).

In January 1997, he was then sent to serve overseas at Commander Fleet Air Mediterranean (COMFAIRMED) Naples, Italy. During his tenure at COMFAIRMED as the Mediterranean career counselor, the commands under his guidance for retention programs won the Golden, Silver and Bronze Anchor Awards for two consecutive years. He also acted as the Commander, Naval Forces Europe (CNE) Career Information Program Assistant.

December 1999 brought him back to the city of Jacksonville to his final shore tour as the Wing career counselor for CHSLWL at Naval Station Mayport. It was at this assignment he assumed some other major duties such as Funeral Honors Support leading chief, Administrative leading chief and other various duties.

This was a very rewarding tour where he saw the five squadrons and two other commands receive the Commander, U.S. Atlantic Fleet Retention Excellence Awards for both fiscal years 01 and 02.

Silva is married to the former Ramonita Ferrer of Santurce, Puerto Rico, and has three children, Edgardo Eniel, Yaira, and Edgardo Lee. They currently reside in Orange Park.

# WMD: Drill helps emergency crews hone skills

From Page 1

up, vital signs were taken to ensure they are physically prepared to handle the increase in body temperature and the extra weight of the suits.

As the victims approached, the firefighters deployed a tactic called gross decontamination. This action is taken using the fire engine hoses to douse the victims with water to eliminate whatever agent may be on the victim and their clothing.

The victims were also administered atropine injections as chemicals were detected on their body and clothing as a safety precaution. Atropine treatments consist of two needles, one atropine to stop the progression of the chemical agent and another needle to keep the victim from going into shock. Only two atropine treatments should be administered prior to transporting a victim to a medical facility.

As the victims were hosed off, they were sent to a holding area and given armbands based on their levels of contamination. Red bands are issued for those victims not decontaminated, yellow is issued after the initial spray down and green is issued when a person is fully decontaminated.

After being hosed down by firefighting personnel, victims were sent through a decontamination unit where they stripped and scrubbed down to remove any residual contaminants. Assisting in this procedure were members of the USS John F. Kennedy (CV-67) damage control team. The team has been training with the NAS Jax Fire Department for the past few months working on their DoD hazardous material (HAZMAT) certification.

The exercise gave the team the opportunity to show off their newly developed skills.

"With each class, the students keep improving. Last Wednesday I was very impressed with their skills," said Fire Department Training Chief Fred Lanier.

While the fire department and medical person-



Photos by Kaylee LaRocque

Victim Minnie Byrd goes through the decontamination showers during the drill.



Cmdr. David Combest gives directions to the medical team on how to treat one of the victims in the Triage area during the drill.

nel were administering first response aid to the initial victims and decontaminating them, other medical personnel arrived on the scene and immediately began setting up a five-station triage unit. The victims were placed in one of the five triage stations depending upon the seriousness of their injuries. As the victims exited the decontamination unit, they were issued color-coded tags showing the extent of their injuries, allowing medical personnel to respond accordingly.

"We aggressively treated all patients, professionally and rapidly. Everyone was proficient in the roles that they were delegated, making it a winning effort for the team," explained HM2 Tobie Bennet.

A special unified command post was set up to oversee operations and provide communication and instructions to first response personnel. The team, lead by NAS Jax Executive Officer Capt. Charles King, was made up of various department representatives such as the



Photo by Ryan Adrick

HM3 Christine Hanley administers first aid to victim AW3 Mike Hoversten during the weapons of mass destruction drill last Wednesday.

Naval Hospital, NAS Jax Fire Department, base security and the public affairs office.

"One reason why this exercise went so well was because of the communication and team work between all the departments," added Assistant Fire Chief Randy Hall, who represented the fire department at the command post.

Fire fighters were recalled from their homes as the exercise carried on during the day. "We really treated this as a real-life situation and personnel would normally be recalled in this type of incident. I'm very proud of the efforts of the 29 fire department personnel and the rest of the emergency team members who participated in this

drill," added Lanier. The training exercise gave the fire department and the other response organizations a resource to develop their training skills outside the classroom.

"I think the exercise went really well, I gathered a lot of valuable experience during this exercise that I

See WMD, Page 6

# NAVRIIP leaders find success stories a year later

By Betsy Haley  
NAVAIR Public Affairs

Leaders of the Naval Aviation Readiness Integrated Improvement Program (NAVRIIP) recently returned to NAS Oceana, Va., to discover many success stories since their first visit one year ago and to review the barrier removal process for the F/A-18 type-model-series (T/M/S).

In particular, by resolving 163 barriers to readiness, the NAS Oceana Aircraft Intermediate Maintenance Detachment (AIMD) was able to average a 50 percent across-the-board increase in meeting aviation supply demand, while reducing flight-line cannibalization and improving shore-based readiness for the F/A-18 and F-14. The barriers identified during NAVRIIP's first visit were successfully resolved at the local level except one that was escalated to the NAVRIIP planning and programming organization, Cross Functional Team-3 (CFT-3).

"These numbers are a testament to the support that we received from senior leadership such as the Naval Aviation Integrated Improvement Team (NAVRIIT), Naval Aviation Inventory Control Point (NAVICP), Defense Logistics Agency (DLA) and the close working relationship of the local leadership team," said Cmdr. Jerry Zumbro, Oceana AIMD officer-in-charge.

"NAVRIIP has helped us to get all of the supplies we need, streamlined our processes and made it easier to get the parts we need when we need them," said AT2 Jeffery Carroll, AIMD technician. "The NAVRIIP process helps us to understand the complete cycle of repairs and parts within

the AIMD."

The NAVRIIT toured the NAS Oceana AIMD, and during the tour actually assisted in resolving a local barrier with a targeted forward-looking infrared looking radar (T-FLIR) shipping plate. Cmdr. Joyce Robinson, from the Naval Inventory Control Point (NAVICP), joined the walk-around tour, and was able to collect data on how the design of the T-FLIR shipping plate causes damage to the system in transit. She also found out how the current design of the plate does not allow for part number visibility.

Robinson is assisting the maintenance technicians in gaining approval to change the design of the plates, and the container design engineer and the NAVICP F/A-18 lead technician are currently working the issue.

"The facilitation to solve this local barrier came to fruition because fleet members, flag officers and other NAVRIIP team members were able to meet face-to-face to discuss what is causing problems within the detachment, and then agree on quick fixes for resolutions.

"Being on site to see and hold the shipping plate and component was invaluable," said Robinson. "The fleet technicians demonstrated removing the optical stabilizer's shipping plate, and drove home the consequence of not being able to read the stabilizer's part number through a view port.

"The shipping plate is heavy and requires some effort to twist it from the optical stabilizer; multiple removals of the plate induce excessive handling to the fragile component," Robinson said.

During the same time-frame last year when

NAVRIIP was first introduced to Oceana, the lean manufacturing process was also introduced to the AIMD. The lean process is the production of materials to meet maximum daily demand with a balanced flow process by identifying and eliminating non-value added activities.

"A primary reason for becoming lean is to take unnecessary work off the backs of Sailors and Marines who have always gone the extra mile to sustain our forces," said Rear Adm. Wally Massenbourg, assistant commander for Aviation Depots, Naval Air Systems Command (NAVAIR). "This is in addition to the obvious benefit of increased productivity."

For example, the bomb release unit-32 (BRU) test bench maintenance technicians began using the lean process in February 2002. Since the process was initiated, production has increased.

"Our backlog was over 250 BRU-32's needing break down, now since we began the lean process, we have cut it to eight," said Aviation Ordnance Officer Gary Mueller, AIMD Oceana. "We are producing 10 per day, compared to five-to-six before we began this process. We have also cut our total-cycle time from eight hours to six hours.

"Our fleet customers are telling us that this is the best product to come out of AIMD in years," Mueller said.

"With this situation, you have metrics which measure your progress," said Massenbourg. "The lean process combines maintenance and supply logistics that better support vertical alignment which drives readiness."

The lean process was also introduced to the engine



Photo by Eddie Riley  
Rear Adm. Mark Harnitchek, commanding officer, Naval Aviation Inventory Control Point (center), discusses the NAVRIIP process with F-14 test bench technicians, ATAN Jesus Suarez (right) and AT3 Sean Beauregard at AIMD Oceana.

maintenance technicians for F/A-18 and F-14 aircraft in an attempt to reduce the number of bare firewalls. The repair backlog was reduced from 208 engines needing repairs to 30, while also reducing the number of aircraft with engines out for repairs from 68 down to 37. The total turnaround time for F-404 engines went from 78 days to 20 days.

"The lean process helps us to continue our work flow and eliminate waste with engine kits," said ADC(AW) David Benton of AIMD Oceana. "We also have improved quality of work, including our working conditions. Our airmen up to our first class petty officers now understand their jobs and what they are supposed to repair every day."

Benton reiterated that the lean process helps to determine mistakes in the break down process, and move forward with resolving issues to increase the total time an engine is working while on an aircraft.

"NAVRIIP offers standardization and cycles of learning. When we go to this type of T/M/S construct, it is time for officers to transport best of breed, best of practices onto to others," said Massenbourg.

Eventually, the lean process, along with other manufacturing theories that will be introduced by NAVRIIP, will be institutionalized across other AIMDs.

During the recent F/A-18 T/M/S evaluation last month, the local Oceana NAVRIIP leadership team (including the Strike Fighter Wing commodore, Fighter Wing commodore, supply officer, AIMD officer, Strike Fighter Wing maintenance officer and the Fighter Wing maintenance officer), identified barriers for the following systems: the APG-65/73 radar (including the radar transmitter, radar set, receiver and antenna), T-FLIR and F-404 engine.

"With NAVRIIP you have to use your trouble-shooting skills to determine what barriers are preventing system readiness," said ATAN Jesus Suarez, AIMD Oceana. "NAVRIIP helped us analyze many systems for the F/A-18."

Due to NAVRIIP's recent shift in focus from site specific to TMS specific barrier identification, all sites that support the F/A-18 will form a barrier removal team (BRT) and will work together on removing each barrier.

NAS Lemoore, Marine Corp Air Station Miramar,

Calif. and NAS Oceana will establish BRTs to focus on the top three barriers. After each barrier is resolved, others BRTs will be established.

After evaluating the F-404 engine, barriers include establishing pre-removal screening of engines, common performance metrics and building specifications across all sites, while also tasking a single asset manager for workload balancing.

The APG-65/73 radar system requires a method to identify best practices and then exporting the practices across naval aviation.

The T-FLIR system requires improvements to work center manning (FLIR training), availability of supply equipment and wing benefits.

Recently, the Support Equipment Division (SED) identified a new barrier concerning manpower within the A/S32A-42 tow tractor work center. The local Oceana leadership team was not able to resolve the barrier locally, and it has since been escalated to the resources organization to address skilled manpower shortages and poor reliability issues to better expedite logistical support and reliability.

In June, the NAVRIIP will next address barriers

## WMD: Training exercise helps preparedness

From Page 5

wouldn't have been able to achieve in a regular classroom environment," commented Firefighter Buddy Brooks.

The drill, featured simulated explosives, and the simulated release of gas, allowing first response personnel to work with real "casualties" and is part of the Navy Chemical-Biological Enhanced Force Protection Base First Responder Program.

"Out of all the military installations we have evaluated recently, NAS Jacksonville stands out as being the best so far. All of the evaluators were very impressed with the team work displayed during the

drill," said Chemical-Biological Systems Division Scientist Susan Reel, who evaluated the drill.

The mission of the program is to enhance each installation's capability to respond to a weapons of mass destruction event, through training, planning, exercises, and procurement of equipment.

The drill was highly realistic pertaining to the victim's reactions. "Normally during a disaster or a big incident, the victims will leave the scene. They tend to wander and even go home. Many times they will just show up at the emergency rooms. Sometimes, the emergency room personnel are not even aware

of a disaster until the victims start coming in because they get there on their own," remarked Ted Cetaruk, a local physician and Navy consultant on chemical and biological weapons, who evaluated the drill.

The program based out of the Naval Surface Warfare Center Dahlgren Division, Dahlgren, Va. trains and equips naval installations.

They also provide individualized chemical, biological and radiological preparedness and readiness for each facility; protective suits,

detectors, decontamination systems, and associated equipment to first responders

(security, hazmat, fire, medical) at Navy shore facilities both inside and outside the continental United States.

HM3 Christine Hanley gets some information from victim TM2(SW) Switson Blair as Medical Controller/Evaluator Ted Cetaruk monitors the situation during the drill.



Photo by Kaylee LaRocque

# May is National Stroke Awareness Month

**Knowing risk factors, symptoms can save your life**

By Loren Barnes  
NavHosp Jax Public Affairs

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

Stroke takes one life every 53 seconds. With May designated as National Stroke Awareness Month, Lt. Cmdr. Jack Tsao, Neurology department head at Naval Hospital Jacksonville, shared some specifics about this killer.

These include how to recognize risk factors and symptoms, how to reduce those risks and what to do if you think you or someone else might be having a stroke.

According to the American Heart Association (AHA), stroke is a cardiovascular disease that affects the blood vessels that supply blood to the brain. A stroke occurs when the brain doesn't get needed oxygen and nutrients.

Deprived of oxygen, nerve cells in the affected area of the brain can't work and die within minutes. And when nerve cells can't work, the part of the body they control can't work either. The devastating effects of stroke are often permanent because dead brain cells are not replaced.

Tsao explained that there are two types of stroke. The first and more deadly is the hemorrhagic, or bleeding, stroke.

This can be the result of high blood pressure or the bursting of an aneurysm



Photo by Loren Barnes

Lt. Cmdr. Jack Tsao, Neurology department head, checks a patient's blood pressure.

(an unusual swelling in a blood vessel) in the brain. The second and more common type is acute strokes caused by blockage or clotting of a blood vessel in the brain.

According to the American Heart Association (AHA), about 80 percent of strokes are of this type.

The primary symptoms of stroke include:

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

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

The clot-dissolving drug tissue Plasminogen Activator (tPA) is used to treat acute strokes. This treat-

ment is most effective within the first three hours following a stroke, making rapid treatment extremely important.

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

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

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

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

A person who's had one or more TIAs is 9.5 times more likely to have a stroke within three months than someone of the same age and sex who has not.

TIAs are extremely important indications that a major stroke could be imminent, half of which occur within the next two days. Anyone who experi-

ences a TIA should not delay. They should get medical attention immediately.

Tsao said there are several risk factors for stroke that people should be aware of. The main cause is uncontrolled high blood pressure.

For every 10 points your blood pressure is higher than normal, the risk for stroke increases by 10 percent.

Other risk factors include heart disease, particularly a condition known as atrial fibrillation (rapid, uncoordinated beating of the heart's upper chambers), diabetes, carotid artery disease (fatty plaque buildup in the arteries in your neck which provide blood to the brain), smoking and high cholesterol.

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

Ways to lessen these risks include seeing your doctor and having your blood pressure checked regularly. If you are over age 50, take aspirin every day.

Do not substitute Tylenol or Motrin. These are pain relievers but do nothing to reduce the chances of heart attack or stroke. Aspirin actually thins the blood reducing the chances of a blood clot forming. Tylenol and Motrin do not.

"If you have high blood pressure," Tsao said, "I cannot emphasize strongly enough that you should

keep taking your blood pressure medication and be monitored regularly by a physician." He also said that regular exercise also helps prevent both stroke and heart attacks.

Once someone has had a stroke they should see a neurologist frequently. They generally will be placed on blood thinners ranging from aspirin, Plavix, or Aggrenox to coumadin (Warfarin).

The bulk of a patient's recovery from a stroke usually occurs in the first three months but continues to some degree for one to three years afterward.

More information on strokes is available by calling the American Heart Association at 1-800-AHA-USA1 (1-800-242-8721) or on their website, [www.americanheart.org](http://www.americanheart.org).

# Welcome Home, VS-22, HS-7 & AIMD SeaOpDet



### Newlyweds reunite!

Lt. j.g. Thomas Taylor embraces his new spouse, Rebecca. Taylor deployed immediately after getting married and is looking forward to a honeymoon.

The "Checkmates" of VS-22, return home following their successful participation in Operation Iraqi Freedom May 22.



VS-22's AM3 Jonathan Nash meets his daughter, Shyanne, age four months, for the first time during the squadron's homecoming May 23.

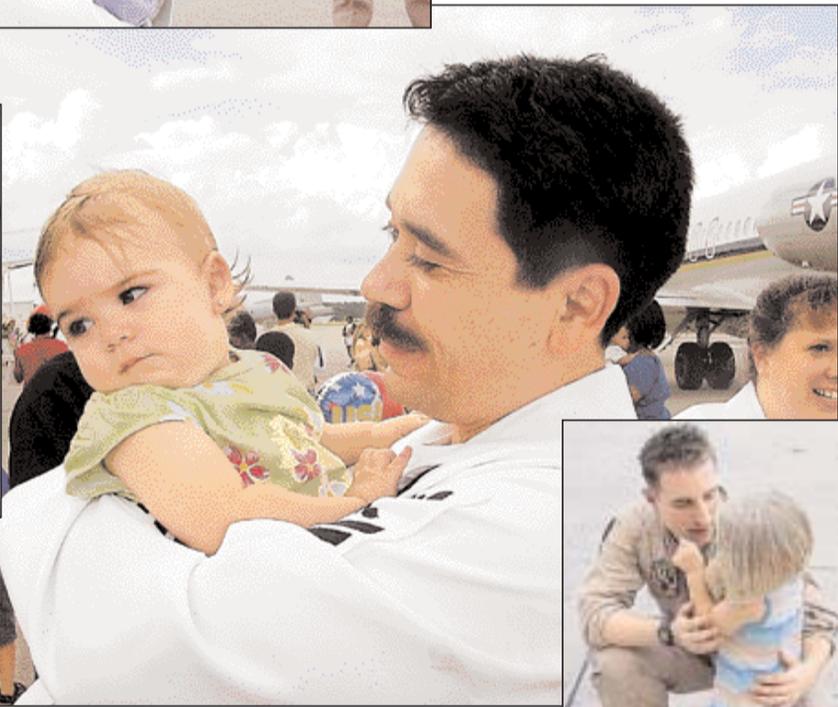


VS-22's AE1(AW) Frederick Armstead is met by his fiancée, Kimberly Dale during the squadron's homecoming May 23.

Photos by Miriam S. Gallet & JO1 Mike Jones



VS-22's AMC(AW) Clifton Buford hugs his wife, Chela, during the squadron's homecoming May 23.



VS-22's AME1(AW) Robert Rewinkel holds daughter Sydney during the squadron's homecoming May 23.



Family members and friends rush to greet returning pilots and crew members of VS-22 May 22 at NAS Jax.



Lt. Jon McEllroy is reunited with daughter, Grace, after a five-month deployment in support of Operations Enduring Freedom and Iraqi Freedom.

## 'Checkmates' return from Operation Iraqi Freedom

By JO3 Sarah Ullmann  
Naval Reserve Mobile Public Affairs Team  
Det 208 Jacksonville

After five months of deployment and more than 3,800 hours of flight time, the "Checkmates" of VS-22 returned home last week.

The 33 officers and 203 enlisted members of VS-22 served as part of USS Harry S. Truman (CVN 75) battle group and have been deployed to the northeastern Mediterranean Sea in support of Operations Enduring Freedom and Iraqi Freedom since December 2002. During the

deployment, VS-22 personnel completed more than 1,339 sorties.

VS-22 operated eight S-3B Viking aircraft to provide sea control, strike support and aerial refueling to Carrier Air Wing (CVW) 3 and the Truman Battle Group. The S-3B Viking is an all-weather, carrier-based jet aircraft that provides protection against hostile surface combatants. It is extremely versatile in that it also functions as the Carrier Battle Groups' primary overhead/mission tanker.

"We passed 1.9 million pounds of fuel to strike aircraft allowing

them to make the unusually long trip through Turkey and into Northern Iraq," said Cmdr. Michael Prospero, commanding officer of VS-22.

During the deployment, VS-22 advanced 26 Sailors, re-enlisted 29 squadron members and qualified 42 members as Enlisted Aviation Warfare Specialists.

The Checkmates appreciate the outpouring support that they received from friends, family and the local community during their deployment.

"We were inundated with care packages from schools, Girl Scout groups, family and friends," said

Lt. j.g. Robert Null, public affairs officer.

Squadron personnel received messages of support from numerous groups and organizations including Ruckel Middle School, Edge Elementary School, Bluewater Elementary School, Plew Elementary School and Girl Scout Group 343. The messages from home helped Sailors maintain high morale. Additionally, the squadron's wives club was active and extremely supportive during the deployment.

"Many of our wives were able to come visit us while we were in Koper, Slovenia," said Null.

For VS-22 family members, the long wait ended May 21 and 23 with the squadron's homecoming to NAS Jacksonville.

Ryan Bushnell and his wife, Judy, flew in from San Francisco to greet their daughter, Lt. Jillene Bushnell, a pilot with VS-22.

"Jillene did a wonderful job and is coming home to a wonderful country," said Ryan. "We are very proud of her."

"It's awesome to be home," said VS-22 Pilot Lt. Jon McEllroy. "I'm going to go home, take a long shower, and have dinner with my wife and daughter."

# Welcome Home, VS-22, HS-7 & AIMD SeaOpDet



Pilots from HS-7 taxi in after very long six-month deployment.

## HS-7 'Dusty Dogs' return from Iraq, Adriatic Sea



Photo by PH3 Danny Ewing Jr.

AD3 Blake Bundy assigned to the "Dusty Dogs" of HS-7 installs an intake on an SH-60 Seahawk helicopter, on the flight deck aboard USS Harry S. Truman (CVN 75) as the squadron prepares to fly off the ship for their homecoming.

By Lt. J.g. Todd Cannan  
HS-7 PAO

On May 23, the "Dusty Dogs" of HS-7 returned to Jacksonville, following another successful six-month deployment aboard USS Harry S Truman (CVN-75).

As an integral part of Carrier Air Wing (CVW) 3, the HS-7 team participated in Operations Northern Watch and Iraqi Freedom (OIF).

HS-7 flew operations in support of OIF, including surface warfare, combat search and rescue (CSAR) alert, logistics, and as always, helicopter search and rescue for the Truman's air campaign. When a civilian-operated SA-330 Puma helicopter crashed

into the cold waters of the Mediterranean, pilots and aircrew from HS-7 and HS-3 quickly responded, and both aviators were successfully rescued.

On the Mediterranean and Adriatic Seas, the Dusty Dogs conducted low-level terrain flight training in Albania and Crete, practiced insertion/extraction techniques with Navy Seals and Explosive Ordnance Disposal personnel, and became

the first Navy squadron to successfully launch AGM-114 Hellfire missiles at the Glamoc firing range in Bosnia. The squadron was tasked and poised to deploy into Turkey near the Iraqi border to conduct CSAR alerts. However, the geo-political climate at the time prevented this from becoming a reality.

The Dusty Dogs worked hard and also enjoyed liberty ports in Marseille, France, Souda Bay, Crete, Koper, Slovenia, and Portsmouth, England while deployed.

By the time the Truman Strike Group's commitment to

OIF ended April 18, HS-7 had accumulated just under 600 combat support flight hours and reached a significant safety milestone of 15,000 mishap-free flight hours.

These feats were only possible because of the combined efforts of the entire squadron. From the maintenance and flight deck personnel to pilots and aircrew, squadron administrative personnel and Sailors who worked hard to ensure everyone had a clean, comfortable living environment and hot meals, all contributed to the squadron's success.



AW2 Amber Andraschko greets her husband, AW2 Richard Andraschko, after his return home.



A helicopter from HS-7 flies the American flag and the helo flag while doing plane guard for operations with USS Harry S. Truman (CVN 75).



Photo by PH3(AW/SWINAC) Chris Stoltz

Kathleen Ouellette and her children, Zeke, Madison, Brittany, Alexa, and Chloe, crowd around their father, Lt. Cmdr. John Ouellette, after his arrival with HS-7.

AM3 Josh Blackwell kisses his wife, Natalie, as he returned home from a six-month deployment.



Photos by Ryan Adrick

# New mothers, new babies to get new rooms

By STG1(SW) Luis Rosa  
NavHosp Jax Public Affairs

Naval Hospital Jacksonville has undergone many renovations over the last year, all designed to improve service and care for patients. The latest, which started in February and is set for completion in September, will provide new mothers and their babies private, state-of-the-art postpartum rooms.

"The 16 new postpartum rooms, located on the eighth floor, are designed to allow mothers to be with their babies without interruption and to afford our families the privacy they need during recovery," said Maternal Infant Unit (MIU) Department Head Lt. Cmdr. Nancy Dull.

"Basically, a woman comes in, has her baby on the labor and delivery ward and then finishes her recovery with her baby in a private room," she explained. "Of course, there will still be a nursery for babies who need a little bit of extra assistance," Dull added.

The new postpartum rooms will be a significant improvement from the current situation. Because of limited space and the age of the 1960s-era hospital facility, new mothers have, until now, been assigned to double occupancy rooms on the sixth floor Maternal Infant Unit. They also had to walk down a hallway to use a shower.

"This situation limited both privacy and space for the patients," said Dull. "The new rooms will have separate showers and new furniture along with a nursery on the same floor."

Reflecting the commitment of Navy Surgeon General Vice Adm. Michael Cowan to state-of-the-art labor, delivery and postpartum care for Navy family members, the Navy Bureau of Medicine expedited approval for this



Photos by Loren Barnes

Charlie Cumby, Bill Cruce and Gary Lavaron of BKM Architects look over blueprints for 16 new postpartum rooms being constructed on Naval Hospital Jacksonville, eighth floor. The rooms will bring a new level of comfort and privacy to new mothers giving birth at the hospital.



Marc Ferranti measures electrical conduit being installed in the new rooms.



Devon Starling finishes drywall as construction continues on the postpartum rooms.

\$3 million project well ahead of a much larger Naval Hospital Jacksonville military construction project set to begin in 2005.

The rooms will occupy spaces formerly held by the hospital's Training Department, which is now located, along with several other administrative offices, in the newly refurbished Building 2004, behind the hospital. The design/build

project is being done by BKM Architects, a local Jacksonville firm.

"This is a much-needed development that will allow women the opportunity to enjoy a comfortable environment during birth recovery," said Facilities Manager Larry Forbes, who is providing hospital oversight on the project.

He said the new rooms, once completed, should be a

great incentive for women who deliver at Naval Hospital Jacksonville. "These rooms will enable the hospital to provide our delivering mothers an equivalent level of comfort and quality care as civilian sector hospitals," he said.

Dull agreed that the enhanced comfort and aesthetics of the new rooms will be an added plus for many expectant families.

She said customer satisfaction surveys have indicated that mothers delivering at Naval Hospital Jacksonville already find the physician and nursing care here comparable or better than civilian sector hospitals.

She noted that Naval Hospital Jacksonville actually has a higher nurse per patient ratio than that of most civilian sector hospitals, allowing for more per-

sonalized care. She also noted that the enhanced privacy that comes with these rooms should make it easier for the hospital to encourage breastfeeding by new moms, a practice the hospital fully supports.

Construction of state-of-the-art postpartum rooms for our new moms and their babies is just one more way Naval Hospital Jacksonville is putting family first.

## Fair and equitable treatment of all hands, by all hands, at all times

From CNRSE EOA

The leadership at CNRSE and NAS Jacksonville want military and civilian employees to remain aware of the Navy's Equal Opportunity Hotline and the Navy's Sexual Harassment Advice Line.

Resolution of conflict at the lowest level is strongly encouraged using the Informal Resolution System (IRS) through your command managed equal opportunity officer (CMEO) or HRO equal employment officer (EEO).

Information on military equal opportunity or sexual harassment issues may also be addressed by calling the NAS Jacksonville Equal Opportunity Advisor

(EOA), SMC Tim Fronzaglio at 542-3304 or CNRSE EOA, QMCM Kathy Cochran at 542-3321.

For civilian employee issues call HRO's Deputy EEO, Junarion Hubbard at 542-2280/81.

The Navy's Sexual Harassment Advice Line

provides another means of communication for those who may have questions, concerns or complaints concerning sexual harassment or equal opportunity.

Call toll-free at 1-800-253-0931 or DSN 882-2507.



# NAS Jax receives 3 scholarships

From Defense Commissary Agency

The Scholarships for Military Children program is again scoring a 4.0. Five hundred and twenty military children have earned \$1,500 scholarships worldwide to help them "combat" the higher cost of education in the fall of 2003.

"I'm delighted to announce that the number of scholarships going to outstanding students in 2002 exceeds last year's total by 30 percent," says Defense Commissary Agency (DeCA) Director, Air Force Major General Robert J. Courter Jr. "We couldn't be happier with the positive response to the program, the growth of the program, and the caliber of both the applicants and recipients."

"The community was really enthusiastic about the scholarship program," said NAS Jacksonville Store Director Mr. Larry Bentley. The NAS Jacksonville scholarship recipients are Latasha Anderson of Orange Park, daughter of retired Army Sergeant Donnie Anderson and Didi Anderson; Evelyn Lane of Jacksonville, daughter of Navy retiree Adrian Lane and Cathy Lane; and Christopher Beatty of Lake City, son of retired E6 Jeffrey Beatty and Kumyo Beatty.

Latasha is a student at University of Central Florida majoring in Nursing and Evelyn is a junior, pursuing an elementary education degree also at the University of Central. Christopher is a criminology and law student at Florida State.



The students will receive certificates in honor of their selection as Defense Commissary Agency/Fisher House Foundation scholars during a ceremony for the event. A representative of the local scholarship sponsor, Brach's Confections, Inc. is planning to attend the scholarship award ceremony.

The Scholarships for Military Children program made its debut in 2001, awarding 400 scholarships to graduating high school or college-enrolled students in four-year degree programs. The scholarships are open to qualified sons and daughters of U.S. military members to include active duty, retirees, and Guard and Reserve. Minimum requirements are a 3.0 grade-point average, leadership activities, and a written essay. The subject of this year's essay was how the applicant's community activities have enriched his or her community.

The Fisher House Foundation administers the Scholarships for Military Children program. Manu-

facturers that do business with the commissary system fund the scholarships with donations that would ordinarily be used for various other contests and promotions. Fisher House accepts the donations and contracts with Scholarship Managers to screen the student applications and choose recipients based on merit. Fisher House and DeCA are not directly involved in selecting recipients.

"This year the grade point averages of the winners are in the 3.8 range," says Bernard Coté of Scholarship Managers. "But what's particularly impressive to me is the level of extracurricular and community volunteerism military children display. It reflects a level of maturity not seen in applicants from other scholarship programs."

"Military children are often more mature," agrees Courter. "They have to adapt to constant relocation and new environments. During times of crisis, such as we face now, they may also have to deal with a parent being deployed for long periods. If we can play a part in reducing a military family's financial stress, not only through commissary savings of more than 30 percent, but by defraying some of the costs of financing higher education," says Courter. "Then that serves to make the commissary benefit even more essential to our military families."

## FFSC offers educational and support programs

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

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

Pre-registration is required. If special accommodations or handicapped access is required, please notify us upon registration. Contact 542-2766, Ext. 127 to register.

The following workshops are available in June:

- June 2-5, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (separating)
- June 3, 9-11 a.m. - What About The Kids?
- June 3, 1-3 p.m. - Money Management
- June 5, 8 a.m. - noon - Smooth Move Workshop
- June 9-13, 8 a.m. - 4 p.m. - Command Financial Specialist Training
- June 10, 8 a.m. - 4 p.m. - Stress

- Management Workshop
- June 10, 9-11 a.m. - Self-Directed Search
- June 11, 9 a.m. - noon - Coping With Difficult People
- June 12, 8 a.m. - noon - Divorce Adjustment Workshop
- June 16-19, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (retiring)
- June 24, 9-10 a.m. - Sponsor Training Workshop
- June 24, 1-3 p.m. - Car Buying Strategies
- June 25, 9-11 a.m. - Marketing Yourself (for spouses)
- June 25, 9 a.m. - noon - How To Have A Healthy Relationship
- June 26, 8-11 a.m. - Anger Control Workshop
- June 26, 9 a.m. - noon - Florida Family Law Information Seminar
- June 26, 1-3 p.m. - Volunteer Service Council
- June 26, 3-5 p.m. - Mentor Training
- June 26, 6:30-8 p.m. - Military Spouse 101 Resource Fair
- June 27, 9-11 a.m. - Debt Management

## STROKE: Blood pressure monitoring is key factor in stroke prevention

From Page 7

There are three key steps in getting your blood pressure under control.

The first step is having it checked. Your primary care physician is of course your first choice for monitoring your blood pressure and if necessary prescribing a treatment plan for keeping it under control.

There are also a couple of great locations aboard NAS Jax where you can walk right in and have your blood pressure checked. It's quick, painless, and free. NAS Jacksonville Fire Stations and the Naval Hospital Jacksonville Wellness Center welcome walk-ins during normal working hours for a blood pressure check.

The second step is learning to understand your blood pressure reading and how it affects your health. The top number of a blood pressure reading is called the systolic blood pressure this is a reading of the force placed on the arteries when the

heart beats. The bottom number, or diastolic pressure, is the force being placed on the arteries when the heart is relaxed. Usually when a person's blood pressure rises the heart is working harder.

The third is managing risk factors associated with high blood pressure. Even though high blood pressure can be a genetic problem that can't be changed there are several controllable risk factors. Obesity, smoking, lack of exercise and/or fruits and vegetables, or a diet high in salt and sodium are all very controllable risk factors. "Just losing ten pounds can make a difference in a person's blood pressure," said Cmdr. Katherine Natoli, Wellness Center department head.

The Wellness Center offers a high blood pressure class for anyone interested in gaining a more in-depth understanding about blood pressure. For information, call 542-5292.

# Battle of Midway Memorial Dinner set

From CNRSE Public Affairs

Tickets are still on sale for this year's Battle of Midway Commemoration Dinner, which will be held June 6 at the Radisson Riverwalk Hotel on Jacksonville's Southbank.

The guest speaker will be James Cunningham Jr., a Battle of Midway veteran and retired Navy chief. A recipient of the Purple Heart and five Battle Stars, he was serving aboard USS Hammann when it was sunk at Midway. He was one of only 85 out of a crew of 250 to survive.

Cost of tickets for the dinner are: E-6 and below, \$20; E-7 - O4, \$30; O5 and above, \$40; civilians and retirees, \$40. Checks should be made payable to Midway Memorial Account.

Tickets may be purchased from the following: NAS Jacksonville - Command Master Chief Office, IT1 Guy Stelzenmuller at (904) 542-4545/2934; Naval Station Mayport, AECS(AW) Elizabeth Speer, 270-6101 and ITC(SW/AW) Victor Martin, 270-7354 ext 116; and Naval Submarine Base Kings Bay, MSC Eric Johnson, at (912) 673-2064.

Uniform: O-4 and above - dinner dress

white jacket; O-3 and below - dinner dress white/dinner dress white jacket optional. Civilian is black tie or business attire.

Cocktails begin at 6:30 p.m., dinner is at 7:30.

The evening promises to be fun and patriotic. Also in attendance will be other survivors of the Battle of Midway. This is an excellent opportunity for young Sailors to connect with a significant part of their naval history. Included will be a superb meal, music by Navy Band Southeast and an historical program highlighting the contributions of all military services in this magnificent victory.

This year's event marks the 61st anniversary of the Battle of Midway as well as the 100th anniversary of flight. All naval personnel: active duty, retired, enlisted, officer and civilians are invited to attend the midway memorial dinner.

All personnel should take time to reflect upon this important event in our naval history and on our proud heritage.

Additional information can be found at the Commander, Navy Region Southeast web site, <http://www.cnrse.navy.mil/>, by clicking on the blue "special events" button at the top of the home page.

# HOSPITAL: Sentell takes charge after Lockhart retires

From Page 1

ors, he obtained a residency position in the Office of Legislative Affairs, Bureau of Medicine and Surgery.

He went on to serve in the Office of the Secretary of Defense (Health Affairs) where he became TRICARE Medical director for Mental Health and Program director for Patient Advocacy and Medical Ethics. Next, he served as a special assistant to the Assistant Chief of Readiness. He served as the executive officer of Naval Hospital Okinawa between 1999 and 2000 and was the deputy chief of the Medical Corps prior to reporting to Naval Hospital Jacksonville in July 2002.

Sentell has been honored with several awards including the Legion of Merit Medal, Defense Meritorious Service Medal, Meritorious Service Medal (two awards) and various other service and unit awards.

He and his wife, Jeanmarie, have one son, Travis, and two daughters, Heather and Brianna.

Lockhart retires with 42 years of naval service. He began his career as an enlisted independent duty corpsman and a submariner. He rose through the ranks to become a chief petty officer and later was commissioned a Medical Service Corps officer. His many duty assignments ranged from service aboard two submarines, USS Nathan Hale (SSBN-623) and USS Woodrow Wilson (SSBN-624), during his

enlisted years, to service as executive officer of the hospital ship USNS Comfort (T-AH 20) during Operations Desert Shield/Storm. He also commanded Naval Hospital Pensacola, Fla. He assumed command of Naval Hospital Jacksonville in July 2001.

Under Lockhart's leadership, Naval Hospital Jacksonville has continually put "Fleet and Family First" delivering on its dual mission of Fleet readiness and providing top-notch care to active duty, our Navy families and veterans ashore. This was demonstrated when the hospital deployed nearly 200 medical personnel to Operation Iraqi Freedom while increasing services for our beneficiaries back home.

The hospital also launched many facility and program upgrades both at the Naval Hospital and at its seven Branch Medical Clinics located throughout Georgia and Florida. In addition, the hospital has built upon its partnerships with area hospitals and the Duval County Medical Society.

Under his stewardship, the hospital realized its vision of "family centered health-care," caring for those entrusted to our care as we support and care for each other, a partnership between patient and provider that reaches for the best possible outcome.

Lockhart leaves Naval Hospital Jacksonville on course and in good hands. All of Naval Hospital Jacksonville bids the Captain and his wife Gloria, "Fair Winds and Following Seas."

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AMC PARTICIPANT

## Making some waves!



Photo by Phil Collins

Liberty Cove Assistant Manager Hoku Bradley, takes advantage of Mulberry Cove Marina's low prices on jet ski rentals. Authorized patrons holding a Florida Boating Safety Card who pass the on-water test, can rent a Yamaha jet ski for one hour and receive one free tank of gas. For more information, contact the Mulberry Cove Marina at 542-3260.



Photo from Mulberry Cove Marina

## A day's catch

Ryan Stokely knows the secret fishing spots on the St. John's River. He recently caught this yellow mouth trout while fishing with his friend, Capt. Greg Kirchberg who owns the fishing vessel, "Sorry Charlie," moored at the Mulberry Cove Marina.

## Sailors answer the MWR 'Star Service' call

From MWR

Is MWR customer service where it should be? According to Navy Morale, Welfare, and Recreation's (MWR) top Sailor, Capt. Kevin McNamara, "We've made great progress in the pursuit of this goal, and we're dedicated to continuing to raise the bar to the highest elevation possible. One of our top MWR goals is to exceed customer expectations in regard to service."

As part of its commitment to "Star Service" excellence Navy MWR is proactively reaching out to its customers through face-to-face interviews and phone calls to determine if programs and services are meeting Sailors' needs and expectations.

"We interview customers as they are about to depart one of our facilities," said Amy Cimino, MWR service excellence coordinator for Navy Region Southeast. "This way the experience is fresh in their minds," she added.

"We ask our customers to fill out a card that gives us permission to call them at home," said Mike Penn, Naval Support Activity Mid-South MWR golf professional.

"During the interview, a Navy MWR professional asks permission to call the customer back in a few weeks to see if they are satisfied with improvements that may have been made. Customers are also asked for additional feedback," he said.

"I completed a School-Age Care survey recently. It was a simple form and I really feel like I contributed to the overall program by participating," said HMI Brian Blount of Branch Medical Clinic, NSA Mid-South. "My daughter has enjoyed the activities at the Youth Center for over a year now and we want her to have the best experience possible. I think I helped by giving feedback to the facility manager," he added.

The "Star Service" methodologies of reaching customers and receiving feedback are taking place at Navy MWR programs in Navy Region Southeast, Navy Region Southwest, Naval Station Great Lakes and Naval Support Activity Mid-South.

Local Navy MWR professionals have the lead on "Star Service" and can give you information on how to participate. When you have an opportunity to participate and improve the customer experience, MWR hopes you will answer the call.

# Free tickets to theme parks offered

From USO

To honor America's service men and women, Walt Disney World Parks are offering active members of the U.S. military including members of the Coast Guard and activated members of the National Guard or Reserves, a complimentary five-day Disney's Armed Forces Salute Ticket, valid for admission to Disney's theme parks and water parks through Dec. 19, 2003.

Active service members may also purchase five-day Disney's Armed Forces Salute Companion Tickets for \$99 each (plus tax) for up to five family members or friends.

The tickets are valid for all Walt Disney World parks and places with the freedom to visit multiple parks on the same day. The parks and places include: Magic Kingdom Park, Epcot, Disney MGM Studios, Disney's Animal Kingdom, DisneyQuest Indoor Interactive Theme Park, Disney's Blizzard Beach Water Park, Disney's Typhoon Lagoon Water Park, Downtown Disney Pleasure Island, Disney's Wide World of Sports Complex.

To acquire tickets, active-duty members must present their military ID cards at any Walt Disney World theme park ticket window. National Guard or Reserve members must show the active duty orders.

The companion tickets may also be purchased at the ticket windows by showing the active duty members Disney Armed Forces Salute Ticket or providing dependent ID cards. Families do not need to have a service member accompanying them to purchase these tickets. Tickets may only be used by the person(s) they are purchased for.

For more information, call (407) 939-7424 or log on to [www.disneyworld.com/military](http://www.disneyworld.com/military).

Anheuser-Busch is offering free single-day admission to its SeaWorld, Busch Gardens and Sesame Place parks to active-duty military, active reservists, U.S. Coast Guard, National Guardsmen and as many as four of their direct dependents, beginning tomorrow through Nov. 11, 2003. The offer also has been extended to all coalition forces serving with United States troops in Operation Iraqi Freedom.

Silver Springs and Wild Waters Water Park are offering free daily admission to both attractions to all active duty U.S. military personal and reservists now through Dec. 31, 2003 and a 50 percent discount on daily admission to their family members (limit of six) during the same period.

Proper I.D. is required. Silver Springs and Wild Waters are located east of Ocala on S.R. 40, Exit 352 east off Interstate-75 or Exit 268 west off I-95.

For more information, call Silver Springs/Wild Waters at (352) 236-2121 or visit the Web site at [www.silversprings.com](http://www.silversprings.com) or [www.wildwaterspark.com](http://www.wildwaterspark.com).

Wet N' Wild will launch Operation Get Wet on June 1 offering all active duty military members, reservists and National Guard members free admission to their park.

With proper identification, up to four accompanying family members will receive 50 percent off the regularly priced ticket.

For more information, call 1-800-992-WILD or check out their Web site at [www.wetnildorlando.com](http://www.wetnildorlando.com). This offer is good until Dec. 31, 2003.

# MWR NOTES

## Flying Club holding open house

The Jax Navy Flying Club is hosting a homecoming/open house at Cecil Commerce Center on June 21 from 11 a.m. – 5 p.m. at Pavilion 174 at the entrance to the Cecil Commerce Center. All naval personnel are welcome to come out. There will be food, games, and airplane rides. For more information, call 742-9290.

## Father's Day lunch

An all-hands Father's Day Luncheon is being offered June 15 from 1-4 p.m. at the River Cove Officer's Club main dining room. The meal will be a reef and beef buffet. The cost is \$17 for adults and \$8.50 per child. Reservations required, walk-ins will not be accepted. Call 542-3041.

## NAS Jax Golf Club happenings

A golf and lunch special is being offered for \$19 weekdays after noon and weekends and holidays after 3 p.m. This special ends Aug. 31.

Players are entitled to 18-holes, cart, green fees and one lunch menu item. For more details stop in the Pro Shop or call 542-3249.

## Aquatics Department taking reservations

The indoor pool is closed for repair/maintenance until June 1. All swimmers can use the outdoor pool for early morning adult lap swim from 6-8 a.m. only.

The Aquatics Department staff members are now taking reservations for private parties at the outdoor pool.

The Aquatics staff is eager to help you get you fit. Join them for an aqua aerobics class, Monday - Thursday from 11 a.m. to noon, or Monday,

Wednesday, and Friday from 4:30-5:30 p.m. and again from 5:30-6 p.m. There is still time to enroll in May swimming classes. Registration is open for all levels. Please contact the Aquatics Department at 542-2930.

The outdoor pool is now open for the summer season week-ends only from 11 a.m. – 6 p.m. There will be a Memorial Day Season Kickoff Party May 26 at 11 a.m.

## The Heritage Cottages

MWR's new Heritage Cottages are now open for only \$60 a night. These cottages make for a great vacation home away from home. They are fully-furnished with plenty of space. Make your reservation now by calling 542-3138/3139.

## Veterinary Treatment Facility

Due to vendor price increases, the Veterinary Treatment Facility has been forced to increase prices. We still have the lowest prices around.

The NAS Jax Veterinary Treatment Facility is located in Building 8 at the corner of Ranger Street and Enterprise Avenue. The clinic is open Monday through Friday from 8 a.m. – 4 p.m. It is closed on legal holidays. Pets are seen by appointment only. Appointments may be made in person or by calling 542-3786.

The clinic is limited to services permitted by regulations. These include vaccinations, heartworm testing, fecal testing and minor treatment of the eyes, ears, and skin on an out-patient basis. Heartworm and flea prevention products are available for purchase at the clinic during regular business hours.

## Liberty offers adventures

If adventures and challenges are your cup of tea, then join the crew at Liberty Cove Recreation Center for some real excitement this month.

On June 1, the crew gets underway for a deep-sea fishing trip aboard the "Sea Love" in St. Augustine. The cost for the trip is \$35 for active duty and \$40 for guest. On June 4, let the crew take you golfing at the NAS Jax Golf Club. Play nine holes of golf and get some free instruction too. On June 7, the crew is going on a kayaking and canoeing down the St. Mary's River. The cost is \$7. The van leaves Liberty at 7:15 a.m. For more information, call 542-3491.

## Mulberry Cove Marina news

Are fuel prices emptying your wallet? Take advantage of free gas this summer when you rent a 40-hp pontoon boat, whaler, bass boat, 10-hp stump knocker, or Yamaha jet skis.

The NAS Jax Yacht Club offers sailing classes. Now that the weather is warm, and the breezes are strong would be a great time to learn this renowned boating activity. After you've completed your class, the marina has sailboats for rent.

The marina offers free kayak and canoe rentals for active duty Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have some fun too. For more information on marina events, call 542-3260.

## Auto Skills Center

Visit the Auto Skills Center for your professional or hobby car care needs. The center offers an array of services for the novice or professional auto enthusiast. There is an ASE qualified mechanic on hand to assist with questions and tips

on servicing your vehicle. The center is open Monday, Thursday and Friday from noon to 8 p.m., Saturday and Sunday from 9 a.m. to 5 p.m. and all holidays from 9 a.m. to 3 p.m. except Thanksgiving, Christmas and New Year's Day.

The Auto Skills Center offers a shop orientation class on the third Thursday and Friday of each month. Reservations are required for the orientation. Call 542-3227 for information.

## NAS Freedom Lanes offers great deals

The NAS Freedom Lanes is a state-of-the-art bowling facility, with 24 lanes, a game room with pool tables and arcade gaming machines. The Gutterball Grill snack bar provides delicious food and beverage service. The facility has a fully supplied Pro Shop staffed by members of the Professional Bowling Association.

The center is open seven days a week. The center offers Cosmic Xtreme bowling on Saturday afternoon from 4-6 p.m. and again from 8 p.m.-midnights. The NAS Freedom Lane is open to all active duty, authorized civilians, retirees and their family members.

Active-duty free bowling: Wednesdays from open to close.

Rent a lane special Tuesdays starting at 5 p.m. The cost is \$12 per lane per hour or \$32 per lane for three-hour rental. Shoe rental is \$1.65 per pair.

Extreme Bowling - Saturday nights. The cost is \$15 per per-

son. Check in begins at 7 p.m. and bowling starts at 8 p.m.

Call the center for event schedules at 542-3493.

## Youth classes

Dance classes and Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities. If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water)

## Free movies offered

Enjoy free movies at the base theater each Friday evening starting at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m. Bring your own popcorn, soda and snacks. Sit back and enjoy some of Hollywood's premier blockbuster hits. There are no alcoholic beverages allowed in the theater and persons under 17 are not permitted without adult supervision.

Tomorrow, 7 p.m. - The Recruit

June 7, 7 p.m. - Catch Me If You Can (PG13)

June 8, 5 p.m. - Just Married (PG13)

June 8, 7 p.m. - NARC (R)

## Escape the ordinary on an I.T.T. trip

Have some fun with I.T.T. - take a trip or treat yourself to a show! Stop by our office located adjacent to the NEX, and sign up for a great trip. Our trips are open to all hands, so bring a friend! For more information, call the office at 542-3318.

Here are some of the upcoming events I.T.T. has tickets for: Suns Baseball tickets - gen-

eral admission is \$4.

Disney Florida resident four-day play pass - \$107.45. Good until Sept. 30.

The following are upcoming trips:

June 7 - Savannah trip. Enjoy a beautiful day that includes transportation, a guided trolley tour of the city and plenty of free time for \$27.75.

June 21 - Shop till you drop. Shop at the Millenia and the Premium Outlet Mall in Orlando for \$14.

June 28 - Spirits of St. Augustine. Sail on a 72' schooner and hear ghostly tales for \$36.

## Orlando theme parks salute the military

To show their appreciation for active-duty military, there are special deals available at Disney, Universal, Sea World and Busch Gardens. For more information, contact the parks at:

Sea World: [www.seaworld.com](http://www.seaworld.com)

Busch Gardens: [www.buschgardens.com](http://www.buschgardens.com)

Disney: [www.disneyworld.com/military](http://www.disneyworld.com/military) or call (407) 939-7424

Universal: [www.universalorlando.com](http://www.universalorlando.com) or call (800) 232-7827

**Visit MWR online at [www.nasjax.navy.mil](http://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 [mwrmtgt@nasjax.navy.mil](mailto:mwrmtgt@nasjax.navy.mil).**



## NAS Jax offers Military Spouse 101 Resource Fair

From FFSC

Would you like to learn more about life as a military family member, what all of those military acronyms mean, or find out more about the local area and military support services and benefits? You can learn the basics by attending the NAS Jacksonville Military Spouse 101 Resource Fair June 26 at 6:30 p.m. at the River Cove Officer's Club.

This program is designed to help spouses increase their awareness of military and community support services. There are no long

speeches or presentations, just booths with knowledgeable professionals with valuable information.

All military spouses can benefit from this activity. This program is also for spouses who are new to the military or local area. Free childcare and refreshments will be provided. Registration is required.

The event is open to spouses of services members in all branches of the armed services, reservists and spouses of retired military personnel.

For additional information and registration, call 542-2766, Ext. 130.

## HELPING HANDS

### Red Cross needs volunteers

The local chapter of the American Red Cross has numerous volunteer opportunities available. If you can help out, call Karen at 358-8091, Ext. 1815.

Instructors - currently needed to teach aquatics, CPR/first aid and babysitting programs. Evening/weekend availability.

Office Administrative Support - strong organizational skills, computer knowledge, and exceptional customer service skills are needed to support Red Cross health and safety classes, services and related products.

The Disaster Action Team needs volunteers to provide immediate and essential assistance to families and individuals affected by disasters.

Shelter workers are needed to work in a shelter providing food and other essential care to families evacuated from their homes in times of disaster. Needed in all 10 counties in chapter's jurisdiction.

Coordinators are needed to recruit and build teams to conduct disaster assessments throughout chapter's jurisdiction.

Medical support opportunities are available at Naval Hospital

Jacksonville, NS Mayport Medical Clinic, and NSB Kings Bay, Ga. Opportunities are available in the pharmacy, dental, Family Practice, Medical Records, and the shuttle service for patients at NAS Jax.

Mental Health Counselors are needed to provide assistance to victims of disaster. Opportunities are also available to provide support to military family members and to host family support group meetings.

Nurses are needed to assist during disasters, perform blood pressure screenings, and represent the Red Cross at health fairs.

A coordinator is needed to develop and implement a recognition program for volunteers.

Coordinators are also needed to develop and implement a recruitment program for each of chapter's 10 counties.

### Fur Ball Gala

Join the Jacksonville Humane Society on June 7 by volunteering as a pet butler, monitor the silent auction, register guests or assist in the pet lounge during a black-tie affair.

Shifts are available from 5 p.m. to midnight. You must be 18. Call Chris Whitney at 725-8766, Ext. 206 to sign up.

## COMMUNITY CALENDAR

**The Navy Wives Clubs of America, NWCA Jax No. 86** meets the first Wednesday of each 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 Pearl Aran at 777-8032.

**The Navy Wives Club's DID No. 300** meetings are held the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. For more information call 387-4332 or 272-9489.

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

**MOMS Club of Northeast Florida** meets the second and fourth Thursday of every month from 10 a.m. to noon. The meeting is free and open to all at-home mothers and children who live in the zip code areas of 32206, 32218 and 32226. MOMS Club is a support group for moms wanting a variety of activities for you and your children. The chapter offers monthly meetings, newsletters, activity calendars, playgroups, field trips and service projects. For meeting location or more information, contact Debbie at 751-0671 (debbiejkg@yahoo.com) or Kathi at 751-3400 (kaldj28@aol.com).

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

**The Marine Corps League, Jacksonville Detachment** holds their monthly meeting the first Thursday of the month at 7:30 p.m. at the Marine Corps Recruiting Station at 3728 Phillips Highway, Suite 229. For more information call John Leisman at 779-7375.

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

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

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

**Association of Aviation Ordnance-men's** meeting is held the third Thursday of each month at the Fleet Reserve Center on Collins Road. For more information, call AOC Chris Johnson at 542-2168 or AOCs Erick Pamley at 542-8589.

**The National Naval Officers Association (NNOA)** holds its monthly meeting on the third Thursday each month at 5:30 p.m. at the Jacksonville Urban League, 903 West Union Street. NNOA is a non-secretariat, not-for-profit organization sanctioned by the Secretaries of Defense and Transportation to assist sea services in recruiting and training minority officers, increasing awareness of sea services opportunities in minority communities, and projecting a positive Navy, Marine Corps, and Coast Guard image. Interested personnel are encouraged to attend or contact Lt. Herlena Washington at 696-5005 or email WashingtonHO@matcombic.usmc.mil.

**The VFA-131 20th Anniversary Reunion** will be held July 11-12 in Virginia Beach, Va. For more information contact Lt. James Yeats, VFA-131, Unit 60145, FPO AE 09504-6229 or email yeatsja@vfa131.navy.mil.

**The U.S. Coast Guard Auxiliary (Flotilla 14-8)** is sponsoring a one-day Boating Safely program June 14 and July 26 from 7:30 a.m. to 5 p.m. at Mandarin High School. The cost is \$20 per person. For more information, call Bob Strong at 721-1346.

**The Retired Activities Office (RAO)** is offering a retiree seminar Sept. 13 from 9 a.m. to 2:30 p.m. at the NAS Jax River Cove Officer's Club. Presentations will cover pay matters, Survivor Benefit Plan, Tricare for Life, Long Term Care, Tricare pharmacy benefits, PSD benefits, hospital benefits and a spouse workshop. For more information, call 542-2766, Ext. 126.

**The VP-4 Association** is holding a reunion Oct. 6-9 at the Flamingo Hotel in Las Vegas, Nev. For more information and to register, email VP4assoc@adelphia.net.

**USS Iwo Jima (LPH2/LHD 7)** will hold their annual reunion Oct. 16-19 in Norfolk, Va. For more information, call Robert McAnnally at (866) 237-3137 or email yujack@megalink.net.

**The annual VP-24 Reunion** is scheduled for Oct. 24-26 at NAS Jacksonville. For more information, write Don Hall, 2003 Jax Reunion Host, 4421 Commons Dr. East, #413, Destin, Fla. 32541 or email djhdestin@cox.net.

# JAX SPORTS NEWS & STANDINGS

## Sports officials and scorekeepers needed

The North Florida Military Officials Association is 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.

## Navy Southeast Regional Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided as well as transportation, entry fees, and lodging costs. Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top 10 regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

## Southeast Regional qualifying times

|             |                    |              |
|-------------|--------------------|--------------|
| 5K -        | Men 19:00          | Women 24:00  |
| 10K -       | Men 34:00          | Women 46:00  |
| Marathon -  | Men 3 Hrs. 30 Min. | Women 4 Hrs. |
| Triathlon - | Men 2 Hrs. 30 Min. | Women 3 Hrs. |

Triathlon time based on 1.5K swim, 10K run, 40K bike

For more information about any of the sports articles, call 542-2930/3239. Visit the MWR website at [www.nasjax.navy.mil](http://www.nasjax.navy.mil)

### Greybeard Final Softball Standings

| Team            | Wins | Losses |
|-----------------|------|--------|
| CPRW-11         | 11   | 3      |
| NAMTra          | 7    | 5      |
| AIMD            | 6    | 6      |
| VP-30           | 5    | 9      |
| VP-45 (Dropped) | 0    | 6      |

### Intramural Softball Standings

| Team         | Wins | Losses |
|--------------|------|--------|
| Air Ops      | 11   | 1      |
| VR-58        | 9    | 3      |
| AIMD Bombers | 7    | 3      |
| NAMTra       | 7    | 4      |
| VP-30        | 8    | 5      |

## Intramural Softball (contd.)

|             |   |    |
|-------------|---|----|
| VS-31       | 7 | 5  |
| VS-30 Red   | 6 | 5  |
| VP-16 Red   | 6 | 5  |
| VP-45       | 8 | 6  |
| VS-30 Black | 5 | 6  |
| VP-16 White | 5 | 7  |
| VP-62       | 4 | 7  |
| HS-5        | 4 | 7  |
| HS-75       | 3 | 7  |
| HITRON 10   | 4 | 8  |
| AIMD 900    | 4 | 9  |
| SERCC       | 2 | 10 |
| HS-15       | 1 | 8  |

## Open Softball Standings (contd.)

|                 |   |    |
|-----------------|---|----|
| NAMTra          | 6 | 8  |
| Onsite Aviation | 1 | 14 |

## Intramural Final Soccer Standings

| Team     | Wins | Losses | Ties | Points |
|----------|------|--------|------|--------|
| VP-30    | 9    | 0      | 1    | 19     |
| NavHosp6 | 2    | 1      | 13   |        |
| VS-31    | 6    | 3      | 0    | 12     |
| ASTC/    |      |        |      |        |
| CNRSE 4  | 6    | 0      | 8    |        |
| VP-45 2  | 7    | 0      | 4    |        |

## 2003 Women's

### Final Softball Standings

| Team         | Wins | Losses |
|--------------|------|--------|
| VP-16        | 10   | 1      |
| VP-45        | 9    | 3      |
| Lady Cougars | 5    | 5      |
| MWR          | 3    | 9      |
| NavHosp      | 1    | 10     |

## Open Softball Standings as of May 23

| Team           | Wins | Losses |
|----------------|------|--------|
| CB'S           | 11   | 4      |
| VP-16          | 10   | 3      |
| Beanie Boys    | 9    | 6      |
| Beef O'Brady's | 6    | 7      |

## JAX TALES By MIKE JONES

RICKYSTOUR@YAHOO.COM

