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THURSDAY, JULY 18, 2002
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Jax Air News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE

Healthy Food "five-a-day fruits and vegetables" Fair 2002

Brought to you by the NAS Jax commissary

Now thru July 31

As part of the Healthy Food Fair 2002, the NAS Jax commissary will host TV personality Dennis Stewart, better known as "Mr. Natural," on July 24 from 10:30 a.m. to 12:30 p.m.

Stewart is a culinarian, food sculptor, baker, and teacher. His cooking methods center around a healthy lifestyle. He has appeared on NBC, ABC, CBS, Fox and HGTV and is the creator and on-air personality of various cooking segments on morning and weekend shows. He was the recipient of the 1995 Florida Dietetic Association Media Award and the 1996 Jacksonville Dietetic Association Award.

Commissary patrons will have the opportunity to meet and see first hand how Stewart prepares various fresh fruits and vegetable dishes, and maximizes their nutritional value. All commissary patrons are invited to attend and participate in the cooking demonstration in the commissary lobby.

For more information, contact the NAS Jax commissary at 542-5311.

WEEKEND WEATHER

FRIDAY 76/94
SCATTERED THUNDERSHOWERS

SATURDAY 75/93
SCATTERED THUNDERSHOWERS

SUNDAY 75/93
SCATTERED THUNDERSHOWERS

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

The future of the Navy begins now

Momentum paves way to tomorrow

By Don Kennedy
Special Contributor

Anyone who has ever worked on a puzzle knows that finding and putting into place the pieces with the flat edge on one side will allow you to frame the big picture.

Over the past two years, the Navy has identified and placed the obvious pieces of its puzzle. Those obvious pieces with the flat edges – increasing retention, reducing attrition, increasing pay and benefits for personnel, improving current readiness, realistically funding training and operations, and a slew of other initiatives that have seen remarkable progress over the past two years – have been set in place.

Now, with skill and patience, the puzzle builder can move forward, placing the abstract-shaped pieces in a logical order to form the big picture.

The big picture, according to Chief of Naval Operations Adm. Vern Clark, revolves around the Navy of the future, and he presented his vision of what the big picture will look like June 12 when he unveiled "Sea Power 21" at the Navy War College in Newport, R.I. On July 12, he sat down with The Flagship to talk about that vision and how the successes of the past have allowed the Navy to look to the future.

U.S. Navy Photo by Photographer's Mate Chris Desmond

Adm. Vern Clark, Chief of Naval Operations visits with Sailors for an all-hands call.

Based on Sea Power 21, the Navy will accelerate, redefine and transition into a capabilities-based Navy, built on a "solidly joint bedrock." The vision revolves around three core concepts, "Sea Strike," projecting offense; "Sea Shield," projecting defense; and "Sea Basing," projecting sovereignty.

During a May speech at the U.S. Military Academy at West Point, N.Y., President George W. Bush talked about the requirement of the military to "take the fight to the enemy."

"Sea Strike is about taking the fight to the enemy. What we have learned in Afghanistan is the importance of persistent combat power and the ability to project that power at great ranges – to increase combat reach. That's what Sea Strike is all about," Clark said.

The concept involves developing better ways to project offensive power with Marines, special operations troops, carrier–based aircraft, guns, missiles, lethal and non-lethal weapons, seizing and holding the initiative. Clark predicts new developments in unmanned

See CNO, Page 8

Make your next PCS move easier

By Terresa White
FISC Jacksonville Public Affairs

Life just got a little easier for Sailors and their family members who normally schedule their household goods move at the Fleet and Industrial Supply Center (FISC) Jacksonville's Personal Property Office.

SMARTWebMove, a state-of-the-art Internet-based application allows Sailors to schedule their pack out online and access information on household goods entitlements from home, work, on board ship or anywhere that has access to the Internet.

According to Becky Moore, Jacksonville's Personal Property Office SMARTWEB coordinator, the new customer service initiative is quick and easy to use. SMARTWEB will save Sailors a lot of time, particularly during the summer months, which is the busiest moving season.

"This is a very good time for Sailors to try SMART WebMove because counseling appointments and moving dates fill up quickly during the summer. Using

See FISC, Page 4

Photo by Terresa White

PN2 Monica Scanderett uses the SMARTWebMove online program at the Personal Property Office to handle her PSC transfer.

Lt. Cmdr. James Warmowski

In Memoriam

On July 14, Naval Healthcare Support Office lost a shipmate as Lt. Cmdr. James Warmowski was tragically struck and killed by an automobile as he rode his bike near Green Cove Springs. He was 44.

Warmowski was a 20-year Navy veteran and a highly regarded member of the HSO team since December 2000. His parents, a sister, and many others who had the honor of being his friend survive him. All will miss him.

A memorial service will be held today at 8 a.m. at the Saint Edwards Catholic Chapel on base.

Jags fans: Tickets now on sale at I.T.T.

Photos by Kaylee LaRocque

CM2 Joshua Kelsey gets a poster autographed by Jaguars Cheerleaders Jamie Burnsed (left) and Mandy Markland. Jaguars tickets for all home games went on sale at the I.T.T. office on Monday. Ticket prices are $47.75. For more information, call the I.T.T. office at 542-3318.

MS2(SW) Terry Jackson purchases Jacksonville Jaguars vs. Washington Redskins tickets from Joyce Capling in the I.T.T. office .

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LEGAL BRIEFS

Explaining utility credit and how it works

From the Naval Legal Service Office

My husband and I always paid our phone, gas, and electric bills promptly. Then suddenly he was gone. When I tried to get utility service in my own name, each company wanted me to make deposits ranging from $25 to $100. Can they do this?

Women sometimes write the Federal Trade Commission with this type of question. Utility credit discrimination is illegal under the Equal Credit Opportunity Act (ECOA).

This Act contains specific rules that utility companies, department stores, and other creditors must follow when evaluating their customers' credit histories.

A utility account is generally a credit account. You get service now and pay for it later - and that is credit. Like any other creditor, a utility company keeps a record of your payment patterns. This record is your utility credit history.

Utility companies frequently require a new customer to make a deposit or to get a letter of guarantee from someone who will agree to pay the bill if the customer does not.

Under the law, requiring a deposit or letter of guarantee can be the same thing as denying credit, but not always.

When a deposit can be required

The utility company can generally require a deposit if you have a bad utility credit history, or if you are a new customer and all new customers are required to pay deposits.

However, in some situations, it is illegal to require deposits. For example, the utility company might ask you to pay a deposit if there is no record of your name on your husband's account. But if you tell the company you had previous service in your husband's name, the company must consider his credit history as yours.

Challenge a bad credit history

But there is another side of the coin. If your husband's credit history was bad, the company might ask you to pay a deposit or get a letter of guarantee.

The ECOA gives you the opportunity to prove that your husband's bad credit history did not reflect your unwillingness or inability to pay.

If you can convince the utility company that you were not responsible for the bad credit history, the company must lift its requirements. For example, if you can prove that you did not live with your husband when the account was overdue, the company must take that into consideration.

If you never saw the bills, or paid them as soon as you discovered they were overdue, that also must be considered.

If you cannot convince the company, you may have to pay a deposit or get a letter of guarantee. Or, you may be asked to pay your husband's old debts before your service is connected.

In the latter case, the company's right to take such action is governed by state law, not the ECOA. If this happens, contact your local consumer office for more information.

Get the reason in writing

Whenever you are denied credit, including utility credit, you have the right to know the specific reason. Therefore, if you are asked to pay a deposit, request the reason in writing before you pay.

If you cannot wait for the hookup, pay the deposit but write on your check, "Paid Under Protest." Enclose a statement saying why you think you should not have to pay a deposit.

If you pay without noting a protest, you may waive your right to know the specific reason why your credit was denied.

Usually your spouse's utility credit history can only be considered if your spouse is living with you or using your account. However, if you live in a community property state (Arizona, California, Idaho, Louisiana, Nevada, New Mexico, Texas, and Washington), the utility company can ask questions about your spouse even if you are no longer living together.

If you cannot resolve your dispute, you may want to get more detailed advice about your rights under the ECOA.

You also may wish to contact the Federal Trade Commission (FTC) about your complaint. Although the FTC cannot resolve your individual disputes, the staff may be able to provide some useful information.

In addition, information about your experience is important to the enforcement of the Act. Write: FTC, Division of Credit Practices, Washington, DC 20580.

Command master chiefs' conference concludes

By MMCM(SW) Buck Heffernan
Atlantic Fleet Master Chief

MMCM(SW) Buck Heffernan

Recently, with the help of the Atlantic Fleet's Force Master Chiefs, I had the pleasure of hosting more than 200 of the smartest, most dedicated people I know at the Atlantic Fleet Command Master Chiefs' Conference, held at Naval Amphibious Base, Little Creek, Va.

This was the first such conference I have hosted since taking over as the Fleet Master Chief, and I came away very impressed with the candor, ability, attitude and vast experience of the command chiefs, senior chiefs and master chiefs in attendance.

Our objective for the conference was simple ... a free flow of information. We didn't spend time on recreational activities, instead engaging in training on a variety of topics and attempting to address some of the issues facing our Navy today. To that end, we assembled a very distinguished group of speakers and panelists from throughout the Navy, our sister services and the civilian community to discuss issues ranging from fleet readiness and manning to family relations and uniform matters.

Good communication is never "one way," and this conference was no exception. I was not concerned only with getting information out, but spent much of my time in a listening mode, hearing the concerns from our senior enlisted leaders.

I have discovered over the years that command master chiefs (CMCs) tend to be very "territorial." Most CMCs have tremendous deckplate knowledge, and are intimately familiar with all of the issues within their commands, but I would like to see all of our CMCs involved with Navy-wide issues, and helping to meet some of the challenges we face today as a Navy.

I think it's important that we, as senior enlisted Navy leadership, ensure that we keep our people informed about the issues with which we are dealing, many of which affect them directly. To that end, I plan on holding "town meetings" in areas of fleet concentration in the near future.

Another goal I have is to see that all master chief petty officers are treated with the respect they deserve. Our sister services are very good at that, but sometimes we in the Navy fall a bit short of what we should be doing. I believe that all Sailors must be treated with dignity and respect, and that should start at the highest levels ... on the enlisted side, our master chiefs.

I think we have too many navies in our Navy, and I asked the Atlantic Fleet's enlisted leadership to take a round turn on this. We have the Surface Force, the Submarine Force, the Aviation Community, SEALS, Seabees, EOD ... all of these different communities, but we need to realize that we are all one Atlantic Fleet, and all one Navy, with common issues and concerns. We need more interaction at the CMC level to work through our differences, find common ground and speak with one voice to address the many challenges facing the Atlantic Fleet and the Navy.

The bottom line is that we need to get back to basics. We have a great Navy, but working together, we can make it even better. What we need to do as senior enlisted leadership is ensure we have daily face-to-face contact with our Sailors. We need to know their concerns and their problems so we can point them in the right direction to solve them.

I would like to thank everyone involved in making this conference the great success that it was.

Our next conference will be in early December, and I hope to have an even better turnout of CMCs, collateral duty command master chiefs and chiefs of the boat.

If you are a CMC, or collateral duty CMC, within the Atlantic Fleet area of responsibility, you are more than welcome to attend. If you are not on my e-mail distribution list, let me know so I can add you to it. Talking together, training together, learning together and solving problems together, we will make our great Navy even better.

HEY MONEYMAN!

Hey, MoneyMan!

I am a married E-4 and we have one son. My wife and I try to save money every month, but bills always come up and we never seem to have any money left over. I don't think it is possible to save money on my income. Got any ideas?

MoneyMan Sez:

You are right. There is normally not much money left over each payday for a married E-4 with one child.

However, just because saving is hard, does not mean it is impossible. And you will be surprised how "a little money here and a little money there" will add up over time.

Try a few of these "creative" strategies. They are from a handout given to those attending the NAS Jacksonville Command Financial Specialist course.

• When payday comes around, always pay your savings account first. Treat this just like a regular bill.

• Put any unexpected money into your savings, such as tax refunds, birthday checks or reenlistment bonuses.

• Give up one trip to a fast-food place every week. Eat a sack lunch or leftovers and put the money saved into your account.

• Scrimp one month out of the year. Look for as many ways as you can to save money during that month. Put the savings into your account – but don't spend it all the next month.

These ideas may sound silly, but you do not have to save a lot of money each month to make a big difference over time.

If you save and invest an average of just $25 per week, by the time you are ready to retire (age 60) you should have between $500,000 and $600,000 in your nest egg. Not a bad reward for giving up a few movies and Big Macs.

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

CREDO

It's free! Give yourself the gift of a Navy CREDO Retreat. The next Personal Growth Retreat is Aug. 15-18. The next Marriage Enrichment Retreat is July 26-28. For more information, or to register, call CREDO at 270-6958.

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. - Protestant **Communion**
	9:30 a.m. - Catholic Mass
	11 a.m. - Protestant Worship

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

Meet A Sailor...

DN AMY BROWN

Job title/command: Branch Dental Clinic

Hometown: Corpus Christi, Texas

Family Life: Happily married to Phillip, one son, Alec

Past Duty Stations: Norfolk, Va.

Career Plans: To finish my college degree.

Most Interesting Experience: Meeting my husband.

Words of Wisdom: Exercise is the key.

Meet A Civilian...

REBECCA ANN SMITH

Job title/command: Recreation Aide

Hometown: Jacksonville

Family Life: Two children, Tifanny, 13 and Chad, 11.

Past Duty Stations: Spain and Bermuda

Career Plans: To earm my bachelor's degree in physical education.

Most Interesting Experience: Knowing and believing that with faith, God has a plan for us all.

Words of Wisdom: Live life to the fullest by taking it one day at a time.

Chapel to host "Bug Safari"

The NAS Chapel is hosting Vacation Bible School July 22-26 from 9 a.m. until noon at the Religious Education Building. This year's theme is "Bug Safari."

All children ages 5-12 are invited to participate. To register, call 542-3051.

Got a consumer problem?

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

- Family Service Center - 542-2766
- Better Business Bureau - 721-2288
- State Attorney's Office Consumer Mediation - 630-2075
- City of Jacksonville/ Consumer Affairs Division - 630-3467
- Florida Department of Business & Professional Regulation - 850-487-1395
- Construction Industry investigative services - 727-5590

Jax Air News

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Photo courtesy of HS-3

Commodore James Pendley, commander, Helicopter Antisubmarine Wing, U.S. Atlantic Fleet presents the CNO safety award to Cmdr. Lee Schonenberg, commanding officer of HS-3.

HS-3 wins 2001 CNO Aviation Safety Award

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

The "Tridents" of HS-3 were recently presented with the Chief of Naval Operations Safety Award for 2001, for exemplary contributions to the Naval Aviation Safety Program.

This award recognizes the squadron's commitment to the highest standards of aviation safety, and highlights their economy of operations through safety.

"This award represents a total commitment to safety in everything we do, on the part of pilots, aircrew and maintainers," commented Cmdr. Lee Schonenberg, commanding officer.

In order to be considered for the CNO Annual Aviation Safety Award, commands must have aggressive aviation safety programs which contribute new ideas in mishap prevention for the general benefit of naval aviation.

NAVAIR Depot announces new program

By Susan Brink
NADEP Jax, Public Affairs Specialist

On June 4, Naval Air Depot Jacksonville, E-6 Industrial Production Team (IPT) Leader Alex Padilla announced the E-6 IPT employee of the quarter for this fiscal year's second quarter (January-March).

"We select an employee every quarter and recognize the person for his/her accomplishments in supporting the E-6 Program," said Padilla.

Chuck Smith, data management specialist, was recognized as the E-6 IPT Employee of the Quarter (EOQ) second quarter.

Smith made significant accomplishments, such as his ongoing contributions as the Multifunction Display System/Automatic Data Processing, Demand Assigned Multiple Access and Weight/Space Savings (MDS/ADWS) IPT Technical Publications Representative.

Acting in this capacity, Smith participated in the removal and replacement (R&R) Demo conducted at Boeing, Wichita, Kansas.

While participation in R&R is not a requirement of his duties, it enabled validation and verification of procedures that would not need to be repeated during the official validation/verification (VAL/VER).

Due to Smith's efforts, the identified problems were resolved while at Boeing, ultimately saving time and program funds.

Boeing cited his performance as instrumental in identifying and resolving several problems not previously known during this process.

Smith is considered a valuable asset to the E-6 IPT and the NavAir team and was commended for his efforts.

Columbia College registration begins Monday

From the Navy College Office

The next session for Columbia College classes is Aug.12 – Oct. 5. For more information call 778-9769. The following are classes available:

M/W 5-7:30 p.m.

CIS 240	Intro to Programming
MGMT 360	Organizational Theory
ACCT 280	Accounting I (Financial)
MGMT 368	Business Ethics
ENVS 115	Intro to Environ.Science
CJAD 350	Corrections and Penology

M/W 7:45 - 10:15 p.m.

CISS 493	Information Resource Mgmt.
ACCT 280	Accounting I (Financial)
MGMT 361	Human Resource Mgmt.
CJAD 351	Probation and Parole
FINC 397	Principles of Real Estate

T/TH 5 - 7:30 p.m.

CJAD 345	Ethics and Morality in Criminal Justice
CISS 280	Systems Analysis and Design I
PSYC 392	Adolescent Psychology
FINC 350	Business Finance
MGMT 330	Principles of Management
MUSI 325	Music/Art of Western World

T/TH 7:45 - 10:15 p.m.

CJAD 451	Mgmt. of CJ Agencies
MGMT 254	Business Communication
PSYC 495	Integrative Psychology
CISS 360	Computer Systems and Assembly Language
CJAD 301	Criminal Law
FINC 350	Business Finance

FRI 5 - 10:15 p.m.

CISS 345	COBOL
ACCT 382	Intermediate Accounting I

SAT 8:30 a.m. - 1:15 p.m.

PSYC 433	Introduction to Substance Abuse

WAVES celebrate 60 years this month

By JO2 Jackey Bratt
Staff Writer

On July 30, 1942, President Franklin D. Roosevelt changed the course of naval history when he signed Public Law 689 (Navy Women's Reserve Act), creating the Women's Reserve of the Navy.

By the time the war was over in 1945, approximately 84,000 Women Accepted for Volunteer Emergency Service (WAVES) were on duty.

This consisted of 8,000 officers and 76,000 enlisted. There were 11,000 Navy Nurse Corps officers, 11,000 Coast Guard, and 18,000 women Marines on duty with the Navy, for a total of 132,000 women serving in the military.

In 1956, legislation was enacted that proclaimed women as part of the regular United States Navy, making the WAVES a special and unique group of women.

They might not have stormed the beaches at Normandy, but as far back as World War II, and certainly since, fearless women have played a vital role in the military.

Photo courtesy of Carolina Clark

(L-R) Dorothy Fletcher (maiden name Carlson,) Margie Olszewski, and Carolina Clark (maiden name Carlson) sit at a restaurant in Washington D.C. in 1944. Members of the Women in Service (WAVES,) the Carlson sisters were Hospital Corpsman while Olszewski was a Yeoman.

The 37th annual Jacksonville WAVES reunion luncheon will be held on July 27 at the Hilltop Inn restaurant.

The luncheon reunites women whose ranks ran the gamut from enlisted personnel to rear admirals. It is also a salute to women in the military and includes the Navy Nurse Corps, Yeomanettes, and Marinettes of WWI and all women who have served since WWII as a member of the Navy, Marine Corps, Coast Guard, both active and reserve.

Current active and reserve duty are encouraged to wear their uniforms to the event.

The keynote speaker will be Chet Smith, chief of Veteran's Division, Duval County.

The cost is $20 per person. Social hour begins at 11 a.m. and door prizes will be announced following lunch.

For more information and to reserve tickets, contact Carolina Clark at 771-4173.

Photo courtesy of HS-3

Commodore James Pendley, commander, Helicopter Antisubmarine Wing, U.S. Atlantic Fleet presents the 2001 Retention Excellence Award to NC1 Marie Malacara, command career counselor of HS-3.

HS-3 wins Retention Excellence Award

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

For excellence in retention during fiscal year 2001, the "Tridents" of HS-3 were recently presented the Commander in Chief, U.S. Atlantic Fleet Retention Excellence Award.

This award, formerly called the "Golden Anchor," is given to commands for consistently exceeding quarterly retention goals, particularly with regard to first-term Sailors. It also represents a significant contribution on the part of the HS-3 to fleet readiness, by retaining knowledgeable Sailors that are a great asset to the helicopter squadron community.

Cmdr. Lee Schonenberg, commanding officer of HS-3, expressed great pleasure at the "Tridents" latest recognition, and pointed to the award as one that highlighted the squadron's camaraderie. "I'm really pleased with our retention award," he said, "I think it reflects the sense of family that our entire squadron feels. We really do try to maintain a close-knit atmosphere at HS-3."

The "Tridents" maintained a retention rate well over 60 percent throughout fiscal year 2001, including a second quarter retention rate of 72.7 percent.

FASOTraGruLant OIC retires

From FASOTraGruLant

Fleet Aviation Specialized Operational Training Group, Atlantic Fleet, (FASOTra GruLant) Detachment Jacksonville Officer-in-Charge, Cmdr. Mary Crawford retired after 28 years of honorable naval service in a ceremony last Friday.

Crawford started her career when she received her Naval Flight Officer wings in 1981 following flight training and was commissioned after earning her Navy Enlisted Science (Mathematics) degree from the University of Washington. Her six years of enlisted service as an Ocean Systems Technician included assignments at Naval Facilities Bermuda and Brawdy, Wales, United Kingdom.

Assigned to the Antarctic Development Squadron (VXE-6) for her first officer assignment, Crawford made three 6-month deployments to Antarctica, logging more than 1,450 LC-130 flight hours as a Polar Transport Air navigator.

Her next assignment was at the Naval Postgraduate School where she earned a masters of science degree in Operations Analysis.

From there, Crawford received orders to VP-30, where as an instructor navigator, she logged more than 650 P-3 flight hours.

Her next tour was on board USS Lexington (AVT-16) until the ship's decommissioning in 1982. Her next four and a half years were spent in Washington, DC where she served as an operations analyst in the Nuclear Affairs and Arms Control Division (OP-65). Following OPNAV's reorganization, Crawford then completed a full tour as a policy analyst in the Office Plans and Policy Directorate (PERS 2) at the Bureau of Naval Personnel (BuPers).

Upon completion of her BuPers tour, Crawford was assigned to USS Nimitz (CVN-68) as the safety officer. In her two years aboard Nimitz, she participated in a 6-month ships' restricted availability, inter-deployment training cycle and six month deployment to the Persian Gulf in support of Operation Southern Watch.

In June 1998, Crawford became Officer-in-Charge of (FASOTraGruLant). With sites at NAS Jacksonville and Naval Station Mayport, the 60 civilian and military staff members under her guidance provide more than 54 courses in Antisubmarine Operator, P-3 Ordnance, Aviation Maintenance Management, Organizational Effectiveness, and Computer Software training to more than 3,900 fleet personnel annually throughout the Southeast Region.

Crawford and her husband, John, a retired Navy commander, enjoy traveling and outdoor activities.

Photo courtesy of FASOTraGruLant

AOCM(AW) Michael Sharrar presents Cmdr. Mary Crawford, former officer-in-charge of Fleet Aviation Specialized Operational Training Group, Atlantic Fleet, Detachment Jacksonville, with her shadow box during her retirement ceremony last Friday.

Enroll now for SIU

By Navy College Office

Southern Illinois University is accepting applications to the Bachelor of Science in Workforce Education and Development for the classes beginning Aug. 24.

Southern Illinois University has been in Jacksonville since 1979 and has conferred the Bachelor of Science degree in Workforce Education and Development to a host of students during those years. Graduates play leading roles in the business and industry segments of Jacksonville, while others have pursued studies for their masters and doctoral degrees.

The SIU program is notable in its flexibility in program delivery and also builds upon the military and work experience. Transfer credit from other colleges, CLEP and DANTES are accepted for general education requirements. The SIU segment encompasses one calendar year of study in a weekend format (every other weekend).

Each student that carries a full-time course load may earn a bachelor's degree in one calendar year if he or she has an approved associate in science degree, and required work experience. An associate's degree is not required.

Active duty military will have FY03 tuition assistance starting Oct. 1. However, the program enrollment period ends for fall on Aug. 23. Montgomery GI Bill benefits are also accepted. Illinois residents can use the Illinois Veterans Grant to complete the program at no cost, other than required textbook costs.

For more information, call the SIU office in the Navy College Office at 542-4549.

FISC: SMARTWebMove makes it easy

From Page 1

the online program is very simple and customers can complete the application without leaving the comfort of their home."

Here's how the system works:

Customers access SMART WebMove online at www.smartwebmove.navy.mil and fill out an on-line questionnaire that will be used to produce a report of the entitlements available to them. The system then allows the customer to complete the necessary forms, choose pack and move dates and submit the forms to the Personal Property Office via the Internet. The menus are simple to understand and a customer can complete the process in about one hour.

In the past, customers would visit the Personal Property Office, schedule an appointment for household goods counseling and complete a move application a process which on average would take several hours of the customer's time.

According to those who have used SMARTWeb Move, the simplicity and convenience of the program is very impressive.

"Using the online program is very convenient and eliminates all of the paperwork that's normally included with PCSing," said PN2 Monica Scanderett.

"Information explaining SMARTWebMove was included in my transfer packet, so I decided to try it at home. It was very easy – in fact, since it was my first time using the system, I decided to stop by the Personal Property Office to make sure I completed the online forms correctly. On my next transfer, I'll do the entire application from home," Scandrett explained.

Once the application is completed, a confirmation is sent via e-mail and the customer's shipment is assigned to a booking clerk for completion of the carrier routing and scheduling process. Any questions or concerns from the customer or the Personal Property Office are answered via e-mail.

Sailors can access SMARTWebMove online at www.smartwebmove.navy.mil 24 hours a day, seven days a week, from anywhere that has Internet access. A computer is also available by calling the Personal Property Office, located in Building 110, Monday through Friday, from 8 a.m., to 4 p.m.

For more information, please contact Jacksonville Personal Property Office SMARTWebMove Coordinator, Becky Moore at 542-1000 Ext. 127, or Betty Johnson, Ext. 128.

A day at the skateboard park

By JOC Bill Austin
Healthcare Support Office PAO

Finding a Navy link at a Tony Hawk skateboard show would prove to be a difficult yet rewarding challenge.

If you have no earthly idea who Tony Hawk is, the answer can be quickly found if you ask any kid. He is the Michael Jordan of the skateboard world pure and simple. Fans are not quite sure if he is more gymnast, acrobat or magician when he hits the air on any given ramp or incline.

Turning pro at age 14, the 34-year-old Carlsbad, Calif. native has placed first or second at nearly every event in his career.

In 2001 he received the first ever ESPN Action Sports Achievement Award for his unparalleled achievements in skateboarding. His award winning video games, clothing, skateboard line and commercial endorsements have kept his name and talents in the lime light with fans around the world.

On June 27, Jacksonville's Kona Skate Park hosted Tony Hawk's Gigantic Skate Park Tour. Kona is tucked away on a side road littered with single and doublewide trailers along the way. The park is one of the oldest, 23 years old, and one of the first in the country.

Inside the gates a kind of kind of Willy Wonka atmosphere awaits the skateboard enthusiast. Ramps, verts, (that's skate lingo for vertical incline) and concrete paths you can roll through on four tiny wheels are everywhere.

Inside the main building, you can buy boards, T-shirts, skate shoes, all the necessary equipment you need to both look cool and hit the concrete trail. The snack bar is always filled with kids lining up for a Coke or a bottle of sports drink. The smell of sweat and general funk is ever present inside. Skate boarders heaven.

One of the main reasons the Tony Hawk Gigantic Skate Park Tour came to Kona this year was the newly constructed vertramp. "It is an eight foot wide thirteen foot tall vertramp two feet of vertical and eleven foot transitions," said Kona owner Martin Ramos with lightning speed. "This is a high end competition ramp and one of the most advanced ramps in the world," he added.

Waiting in line for Hawk and his fellow star skaters to arrive, young fans were talking up a storm about their various skate heroes that would soon arrive. Some were practicing "kick flips" on the dirt. "A kick flip is where you sort of olley," said Eric Moule casually. When asked to elaborate he said, "You stand on the board, jump up, and you kick the board down and it does a flip and you land back on it," he added.

A shaggy headed Will Lawhorne, who was prepared for the nearly two-hour wait for the gates to open, struck up a conversation with another teen in front of him. "I saw Tony Hawk when he came here two years ago," he blurted. "

It was a huge crowd then too. Tony Hawk signed tons of autographs. I was surprised he signed how many he did. He signed my shirt," he added with pride.

Once the gates opened, nearly 3,000 people poured in, the lucky ones made it to grandstand seating adjacent to the street course, which was the first event. Vendors manned several booths that were scattered throughout the compound, filled with items that would satisfy the needs of the fans. "Hawk" t-shirts to hot smoked turkey legs were up for grabs.

The Tony Hawk bus arrived on scene. One by one the "skate heroes" rolled out as they were announced over speakers that were cranked to ridiculous. The crowd went wild as the saying goes, and the show was on.

Most of the skaters wore helmets and other protective gear, a sight rarely seen in neighborhoods throughout "Anytown, USA."

"My son don't wear any of that and their friends don't either," said Nicole Wells, who drove to the event with her son from Brunswick, Ga. "He's had a bruise on his hip but that's about it," she added.

Big air is a term often over-used in sporting events, but here it fits nicely. When Tony Hawk hit a ramp or effortlessly glided down a nearly vertical incline, he seemed to defy not only gravity, but also all common sense. "That move was crazy," screamed one frenzied fan, another could only stand with mouth agape and a look in his eyes of total amazement. This was better than watermelon sugar.

The dilemma was still to find a Navy link somewhere in this huge crowd. Many were asked if they had any affiliation with the Navy.

Some would say things like, "my grandpa was in," or "my dad was in the army." There were plenty of signs of patriotism however. American flags blazed in front of t-shirts, a ball cap that read "God bless the USA" and an American eagle tattoo on the forearm of a teenage girl with a huge pointed Mohawk.

The Navy link was ultimately found through a contest. Before the gates were opened, a Snapple representative was passing out contest forms to enter a chance to win a signed Tony Hawk skateboard.

About a half hour after the show started they held the drawing for the enormous crowd waiting to hear their own name. When they announced the winner, you could hear the rush of "oh mans" all over the place.

The lucky kid who won the prized board was the now nearly six-footer I saw come into this world, my son Doug.

Photos by JOC Bill Austin

A pro skater does a "Five-O" grind during the street course demonstration.

Navy family member Doug Austin shows off the autographed Tony Hawk skateboard he won at the event.

Hospital ER reconstruction complete

By Loren Barnes
Naval Hospital Jacksonville Public Affairs

Naval Hospital Jacksonville's Emergency Medical Department recently completed a $2.5 million military reconstruction project bringing a whole new level of care to Naval Hospital ER patients.

The reconstruction plans were developed jointly by the emergency department staff, Hospital Chief Engineer Larry Forbes, and Medical Architect Ted Bennett. It melded the requirements for adequate clinical space for an average 40,000 annual patient volume seen in ER as well as a portion of the 30,000 patient volume traditionally seen in the old Primary Care Clinic.

In addition to the facility's improvement, there has also been a remarkable turnaround in the patient services provided in the department.

In response to patient demand for improved Emergency Room service, the command "blue suited" the ER back in October of 1995, putting Navy corpsman, nurses and residency trained emergency physicians in charge. Naval Hospital Jacksonville ER services were previously outsourced to a civilian contractor. The turnover to Navy medicine professionals was a remarkable success. More than 250,000 ER visits have been handled in ER since. Patient complaints have been reduced more than 75 percent and patient surveys currently show a 97 percent satisfaction rate. Service is so improved the Navy "blue suiters" recently applied for the DoD Team Excellence Award citing more than 75 process improvements to enhance patient care.

Photo by HM3 Christina Helms

Aquil Randall with his mother Sheila receives treatment in one of the new Emergency Room treatment areas at Naval Hospital Jacksonville. He is comforted by volunteer Lilly Craig while Ensign Mike Jernigan charts his progress.

As the Navy physicians, nurses and corpsman assumed patient care responsibilities, they used a quality improvement team approach to improve service. Emphasis was placed on decreasing prolonged ER stays, enhancing the physical appearance of the clinical spaces, improving professionalism of staff, acquiring adequate support staff, promoting quality of care through a systems approach, and improving patient education and expectations.

Changes included fine tuning of nurse staffing levels and consolidation of military sick calls. Special protocols were established with specialty clinics to arrange follow-up labs and specified appointment times for high-risk patients before they leave the ER. Closed-circuit TV monitors were placed in patient waiting areas and entrance areas to help identify people requiring immediate assistance and to enhance security and staff safety. New medical equipment was ordered such as cardiac, respiratory, and blood pressure monitors and portable pulse oximetry units. The ER's triage officers were empowered to order x-rays on subsets of patients, cutting patient waiting times and improving patient flow. Lab and x-ray quality assurance systems were implemented to identify and contact patients with positive, delayed lab results. Also conscious sedation is employed more frequently in the department to control pain while specialists set fractures. This helps the staff avoid unnecessary use of operating rooms and promotes outpatient management. Comprehensive risk management reviews of all emergency treatment records are now performed on a uniform, next morning basis. Patients with high-risk symptoms or conditions are contacted by phone.

In February of 2000, the facility reconstruction began. At the same time, ER's patient volume increased 15 percent. The team, through all this, provided quality care to patients navigating in only a fraction of their original spaces. This was accomplished with the assistance of specialty staff members who expedited the movement of admitted patients to inpatient areas. Under the direction of Forbes, construction crews minimized noise as well as patient and staff inconvenience. This involved designing, constructing and constantly moving temporary patient corridors during the construction phase.

The final product is a completely new ER that can handle 50,000-60,000 patients a year. The new ER has four intensive care beds; four trauma beds; three walled gynecology rooms (one with an $80,000 ultrasound unit); two walled pediatric rooms; an ear, nose and throat room; four walled physician exam/office rooms; a new staff break room; and a new conference room. The exterior of the ER has a large protected area for incoming ambulances which doubles as a triage area for disaster scenarios. The waiting room is split with the ER waiting area in the front portion and the waiting area for the appointment based Prime Acute Care Clinic in the back. Television, electronic information signs, vending machines and reading material are provided for patients.

While there are still times when the patient entry rate greatly exceeds the capacity of the ER, and delays sometimes occur, Naval Hospital Jacksonville's waiting times are significantly less than those in local community ERs. The staff is committed to continued improvement and welcomes suggestions.

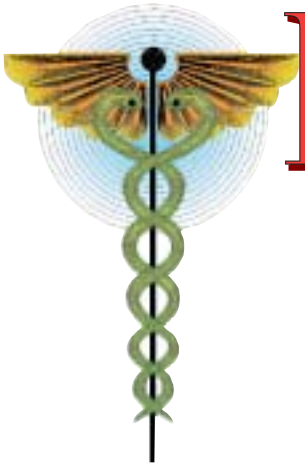
The staff and new facility provide excellent emergency services and set the gold standard for same-day access for Prime enrollee patients.

FFSC offers educational and support programs

The Fleet and Family Support Center Life Skills Education and Support Program is the foremost preventive measure for the avoidance of personal and family problems.
All FFSC workshops and classes are free of charge and available to service members and their families, and civilian personnel aboard the base.
Pre–registration is required. If special accommodations or handicapped access is required, please notify us upon registration. Contact 542-2766, x127 to register.

The following workshops are available during the month of July 2002:
July 19, 9-11 a.m. – Car Buying Strategies
July 22-25, 7:30 a.m. – 4 p.m. – Transition Assistance Workshop
July 22, 9 a.m. – Noon – Florida Family Law Information Seminar
July 22, 9-11 a.m. – Money Management
July 22 & 29, 1-5 p.m. – Assertive Communication Training (two parts)
July 23, 8 a.m. – 4 p.m. – Stress Management Workshop
July 25, 8-11 a.m. - Anger Control Workshop
July 25, 9:30 a.m. – Noon – Child Support Information Workshop
July 25, 1:30-3 p.m. – Volunteer Service Council
July 30, Noon – 4 p.m. – Divorce Adjustment Workshop (Bring Lunch Bag)
July 30, 11 a.m. – 1 p.m. – Budget for Baby Workshop
July 31, 1-3 p.m. – Savings and Investing

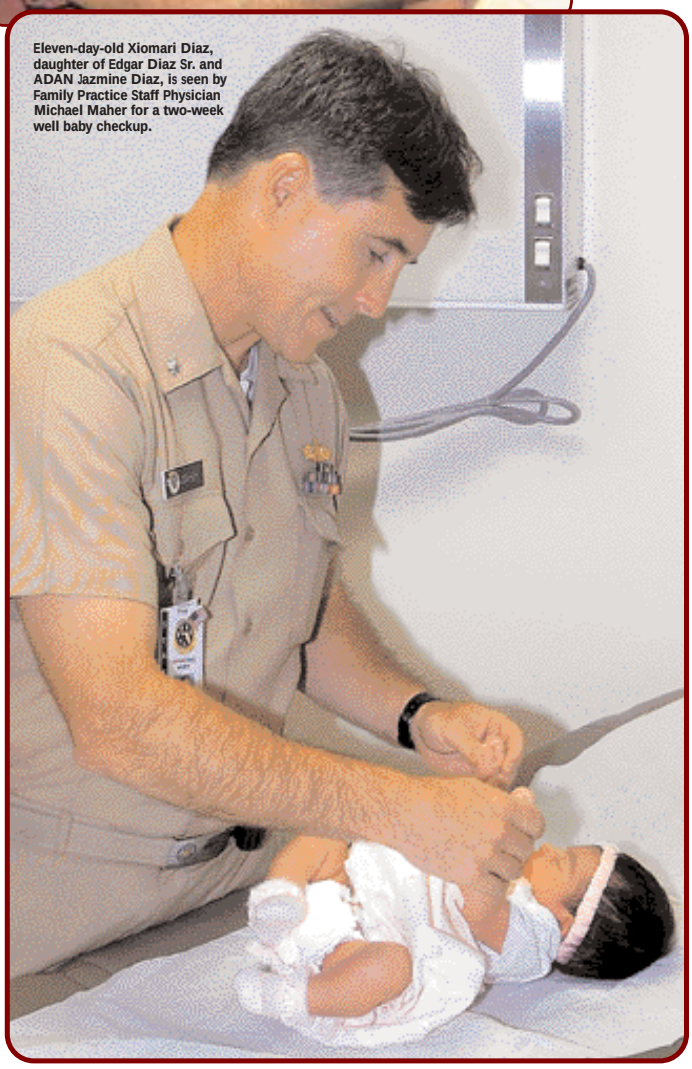
Family Practice



Photos by HM2 John Veres

Lt. Cmdr. Kris Thibodeau performs an eye exam on Navy spouse Denis Vasquez. Thibodeau serves as a Chief Resident in the Family Practice Residency Program.

LPN Reynaldo Lopez administers a round of immunizations to 11-year-old David Ryals during the youngster's school physical in Family Practice.



Eleven-day-old Xiomari Diaz, daughter of Edgar Diaz Sr. and ADAN Jazmine Diaz, is seen by Family Practice Staff Physician Michael Maher for a two-week well baby checkup.

Caring for people

By Loren Barnes
Naval Hospital Jacksonville Public Affairs

What makes the care delivered by Naval Hospital Jacksonville's Family Practice special?

Capt. Robert Raspa, Family Practice Department head said it's the exceptional training, knowledge and experience found in the department and the high level of accountability to which Naval Hospital Jacksonville holds its physicians. Raspa said the clinicians in the Naval Hospital's Family Practice Clinic put caring for the patient ahead of anything else. "They aren't doing things for money. They're doing things for the patient," he stated.

The Family Practice Clinic at Naval Hospital Jacksonville consists of 12 staff physicians who oversee a dynamic residency program with 36 residents delivering direct patient care. The physicians and residents are backed up by a staff of eight nurses, nine hospital corpsman and 11 support staff.

Twelve new interns enter the Family Practice Residency Program each year. During their first year, the interns handle a caseload of 100 patients. Upon completion of their first year, they receive Certificates of Internship in Family Medicine from the Bureau of Medicine and Surgery. Some either are sent to the fleet to serve as doctors or continue on here as Family Practice residents. The second year the residents' caseload grows to 300 and by the third year they're seeing 400 patients. As they complete their third year, they graduate with Residency Certificates from the Bureau and emerge certified Family Practice Specialists ready to serve as Medical Corps Naval Officers at locations.

"First, we have a big practice with a big group of patients to work with," Raspa explained. "The clinic sees about 300 patients per day. That patient pool includes women who are contemplating pregnancy; pregnant women to whom we provide maternity care; lots of children; adolescents; adults including our Marine and Sailor warriors; and retirees, about 10 percent of whom are geriatric age, 65 years of age and older."

"What makes this program so good is that we get a wide breadth of exposure to all areas of medicine," said second-year resident Lt. Cmdr. Gerald Blake. "The patients are so varied we always see something new." Underlining this point, as Blake said this he and attending physician Lt. Cmdr. Anthony Viera had just finished administering a stress test on a patient who came to the clinic complaining of chest pains.

Earlier that same morning he had treated a male patient with erectile problems and a retired patient with symptoms of rheumatoid arthritis. Blake was looking forward to being the senior resident on the obstetrics ward that evening.

"We are also incredibly strong academically," Raspa said. The Naval Hospital Jacksonville Family Practice residency program has been ranked as one of the top 10 residencies in the country in producing scientific papers. All the staff physicians are board certified in family practice and many have been published in prestigious medical journals, many have made scientific presentations before national forums and many serve on policy-making boards at the Navy's Bureau of Medicine.

Viera, who as a staff member serves as Associate Team Leader for residency program, noted that the staff is currently providing a 12-article series to "American Family Physician," a premiere medical journal in the Family Practice community. Many members of the staff have also completed training in a Faculty Development Fellowship which provides specialized training for teachers and researchers, he noted.

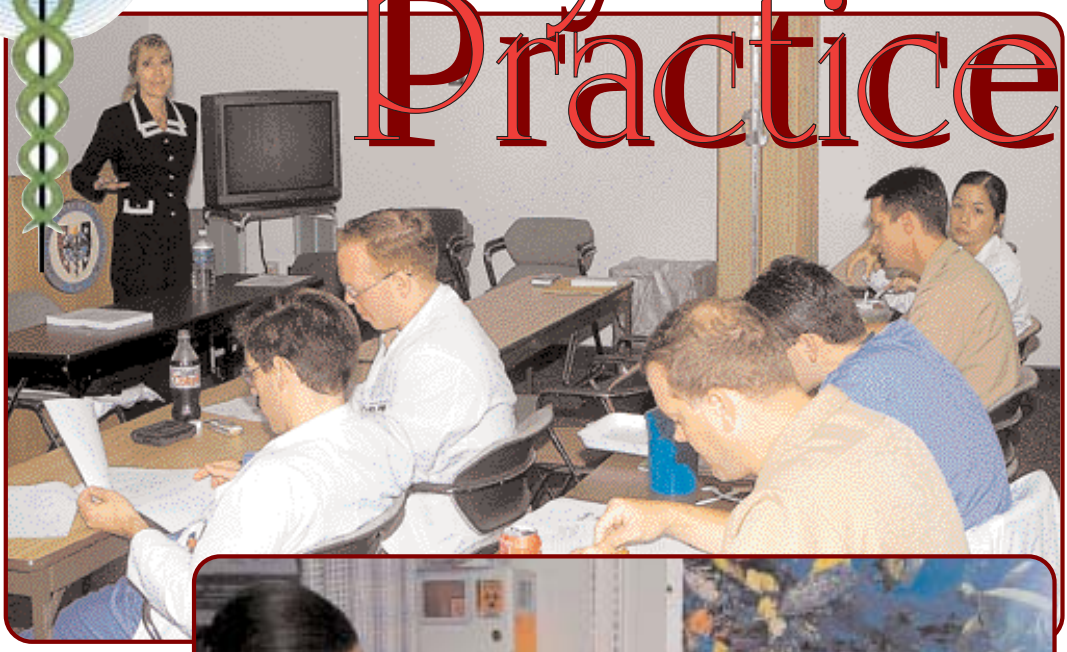
The Residency Program is very challenging for the residents. In their first year, interns must complete a process improvement research project. They select a research topic, become experts on it, then apply this expertise to improving patient care or methodology within the clinic. The second year, they learn about evidence-based medicine, pouring through vast amounts of medical literature. They boil that information down to what is best for the patients.

"This ability to keep up with the latest medical knowledge and to determine how it can best be applied to their patient's care will serve them well throughout their lifetime as a doctor," Raspa explained. "The object is to stay current, and we give them the tools to do that."

Like residency programs everywhere, the doctors put in demanding hours, on some rotations up to 80 hours per week, said third-year resident Lt. Cmdr. Kris Thibodeau. As a Chief Resident, Thibodeau serves as a mentor for less senior residents in the program. He said, that the staff doctors, have

See FAMILY CLINIC, Page 7

Family Practice



Family Practice Residents meet for a noon lunch conference in behavioral science presented by Psychologist Heidi Pomm.

FAMILY CLINIC: Caring for people

From Page 6

"broken the mold" in the residency program here, in that they make a point to keep the residents' hours manageable.

"Finally, we make sure the residents have what we call the 'full competencies'," Raspa explained. "They know how to talk to people. They know how to respect people. They know how to look at their practice and how to make it better. They know how to gain scientific literature and do the best thing for their patients. And they know how to deal with the big medical system in general.

"The bottom line," Raspa said, "is that they are trained in our clinic to deal with what we call the 'bio-psycho-social-spiritual model' of medicine." He explained that this means "knowing that there is more involved with people than just what pill to give them. We know that you have to consider people as real people and know what makes them tick if you want to improve their health. We think of Family Practice as a concept of taking care of patients within context - within the family structure, or whatever the patient's social supports are."

Another important factor in the family practice philosophy is continuity. Raspa said it is important for the physician and the patient to develop the kind of rapport and understanding that is conducive to good health care. In order to do this it is important that the same physician see the patient long term for all their clinical needs.

Family practice physicians receive comprehensive training in many areas. "We don't send your skin to dermatology, unless we have to, or your eyes to opthamology, unless we have to. Your eyes are still connected to your body, connected to your family. Your skin is still connected to your body, connected to your family," Raspa explained. "The need to develop expertise in many specialties is why residents in training here are rotated through many other clinics in the hospital. While this training prepares them for most maladies a patient may come to the clinic with, the Family Practice physician must know when they have should refer the patient to other specialties. "That's an important part of their training," Raspa said.

Maternity care is an area where continuity and family centered care clearly makes a difference to patients. Raspa explained that when patients are going through a high-risk situation or one that is seen as a very important time in their lives, such as pregnancy, they want to have a connection with their doctor. They want someone with whom they have developed a trusting relationship through time, experience and familiarity. Patients in these situations also want someone who listens both to them and to their family members. As the people most familiar and involved in the patient's day-to-day life, family members are invaluable to the patient/doctor communication process and in delivering care.

An expectant mother who is a patient at Family Practice knows that the doctor who has seen her through nine or 12 visits during her pregnancy will be the same doctor who will be with her during labor and delivery.

Expectant mother Carolyn Dunham confirmed the positive relationship that is developed between patient and doctor in the clinic. "The nice thing about Family Practice is that I see the same doctor every time, and that same doctor will be delivering my child," she said. A mother of three, this is the second pregnancy she has received care for at Family Practice. She is currently being seen by Resident Lt. Pearl Christie. Her baby is due Sept. 3 and Christie is set to perform the delivery.

Family Practice at Naval Hospital Jacksonville is continually striving to improve both patient care and its residency program. The technology used in the clinic is getting better and better. For instance, the staff physicians now chart the residents' training on palm pilots. Another new tool they soon will be implementing to better train residents, said Viera, is videotaping the residents and staff doctors with their patients. This videotaping, done only with the signed consent of patients and under strict guidelines, will be implemented starting in August.

It is intended, Dr. Viera explained, not so much to monitor the doctors' medical skills, as to serve as a learning aid for improving their interpersonal skills with patients. Viera said that teaching interns and residents to be able to communicate in a caring, compassionate and comprehensive manner is an important part of what the staff instruction is all about.

"Continuous, comprehensive, compassionate care is a guiding tenant at the Naval Hospital Jacksonville Family Practice Clinic," Raspa said. It's a lifelong promise to patients of all ages, and one upon which the clinic's dedicated and highly trained caregivers deliver.

Carolyn Dunham, wife of Lt. Bradley Dunham, gets a first look at her baby as Family Practice Resident Lt. Pearl Christie performs an ultrasound procedure.

Attending staff physician Lt. Cmdr. Anthony Viera and second year resident Lt. Cmdr. Gerard Blake discuss the results of patient Dezmon Mason's stress test.

Cmdr. Dona Willoughby (Nurse Practitioner) does an ear exam as part of patient Paula Brady's annual physical exam.

CNO talks about the future of the Navy

From Page 1

aircraft, miniaturized munitions and sensors to guide munitions.

The idea for Sea Shield is for the Navy to extend homeland security to the fullest extent possible. This will include intelligence, surveillance and reconnaissance assets; maritime patrol aircraft; and a mix of manned and unmanned systems operating on, above and below the sea.

"Just two years ago we were thinking only about our own defense," Clark said. "Anti-air, anti-sub, anti-surface. Sea Shield is about achieving access. It is about projecting that defense as far as we can over the combined and joint force." Sea Shield is much broader than simply defending Navy ships.

"Sea Shield will also be about sea-based missile defense," Clark said. "I haven't said much about this since I've been CNO, but I believe this nation cannot make it without us having this capability. And so, it's time for me to start talking about it."

Two tests of the sea-based missile defense system, the second just last month, have shown incredible success in sea-based missile defense. The sea-based platform for the missile defense system has surpassed expectations, and quieted those who contend missile defense won't work.

The third leg, Sea Basing, focuses on using the sea as a maneuvering space for joint combat and control, fire support and logistics. This concept includes aircraft carriers, logistics ships and the Navy's program to develop a future maritime pre-positioning force. Sea Basing is all about taking the sovereignty of the United States to the far reaches of the earth.

That, in a nutshell, is the big picture.

Framed by puzzle pieces like Task Force EXCEL (Excellence through Commitment to Education and Learning), which promises to revolutionize training and education for sailors, efforts to deliver a communications network that allows those in the fight to coordinate in real time, and a robust increase in funding new weapons systems, ships and aircraft, the Navy now has an idea of where it wants to go in the future.

But, the puzzle still needs to be pieced together to reach that end, which presents many challenges.

Not the least of which is funding. How does a Navy that has had to compete for every additional cent over the past two years pay for such an ambitious plan?

"We have to get in the practice of divesting in things that we can get somebody else to do," said Clark during a July 12 interview. "Streamlining – and then, using the cost savings to pay for what is really needed.

"I said two years ago that we had to have $12 billion a year to build new ships," Clark said. "Last year we had $8 billion, the year before that we had a little less than $7 billion. This budget we're bringing up next year is going to have $12 billion in it."

So, where does the additional money come from?

"One thing," Clark said, "is that we're overprogrammed. We've got programs that are dragging along. We're putting money in them every year, and they aren't going to deliver — I'm finished with this. It's time to get rid of programs that are on life-support. I don't want to put money in these programs when we have so many other investment challenges today.

"We've got to, in a very disciplined way, set aside investment streams and say we are investing that much in shipbuilding, and this much every year in buying new airplanes.

"What we've found out in the past two years is that we've got airplanes (EA-6Bs) that cost $15,000 an hour to fly because they are so old. We have got to get these old airplanes out of the inventory."

Clark doesn't shy away from the challenges ahead. When he took over as CNO, he went to Washington with a "top five" list of priorities.

The first priority, manpower, has seen dramatic improvement in the past two years. Retention has skyrocketed from about 39 percent of first term sailors to the current mark of more than 65 percent, while attrition numbers declined sharply by 14 percent over that same period.

His second priority, current readiness, has improved in part due to realistic requirements and realistic budgeting for those requirements, an additional $4 billion to the Navy's readiness accounts.

Photo by PHC(AW) Jon Hockersmith

Chief of Naval Operations Adm. Vern Clark outlines the Navy's new operational construct, Sea Power 21, at the 52nd Annual Current Strategy Forum at the Naval War College.

At the root of all these improvements, Clark insists, is the principle of "Covenant Leadership."

"It all springs out of the covenant," he explained, "the promises that we make to people and people make to us. It's leaders committing themselves to the growth and development of people, giving people the tools they need. It's about leaders committing to giving young people the chance to make a difference and, ultimately, a chance to lead."

With regard to current readiness, Clark pointed out "we could not be performing like we are in Operation Enduring Freedom had we not increased the readiness accounts by $4.2 billion in the past two years. Since Sept. 11, battle group deployment dates have been moved up. Under the old scheme, those ships wouldn't have had the people to deploy. Now, every battle group is manned six months out from deployment."

According to Clark, forgetting about manpower and readiness to concentrate on future readiness would be a mistake.

"I am not going to move off current readiness, and say 'OK, that's done, now I'm going over here.' The principles that we've operated by are sticking. We are going to take care of the Navy that the taxpayers of this country paid for. That's current readiness."

"We're are going to keep the heat on priority one and priority two, because if those things slip, it will affect our ability to give the president of the United States options.

"That's what we are about. The president said 'we are going to keep this enemy on the run' (in the global war on terrorism). We're going to take the fight to the enemy. You can't do that without a Navy. By not knowing where we are going to show up next, you keep the enemy on the run."

And so the focus is shifting to the future. Last year, Clark told The Flagship that in order to keep step with demands of current readiness in years past, future readiness had to take a hit. No more. The future begins now.

Framed by an increase in quality of service and current readiness issues, Clark said the Navy will now move forward. The road ahead, he insisted, will not be easy.

"We make no proclamations that all of our problems are solved, that there are no challenges left," Clark said, "I can promise you there are plenty left. That's part of the covenant. We promise there are going to be some hard days. There are going to be some days that are really difficult.

"But, because those sailors on the deckplate have got pride, and because they're about service, they're going to rise to the challenge. Their leaders are making sure they feel ownership for their work, making sure they're as self-sufficient as they can be. That's what the covenant is all about."

As an example of the covenant, 108 naval officers, including 64 aviators, pulled their resignations, and 27 others (including 10 aviators) pulled their retirement papers since Sept. 11. Nearly 150 senior enlisted personnel pulled transfers to the Fleet Reserve.

"Our people really do understand the call to service," Clark said proudly.

"They respond when life has purpose and meaning in it, and there is real purpose and meaning in what is going on in their lives right now. Along with that incredible sense of purpose, is an understanding that includes sacrifice.

"These numbers tell me, that, as an institution, we're doing better keeping our part of the promise. Leaders are understanding what the responsibility is toward our people who serve."

Part of that promise of leaders is providing an atmosphere of growth for individuals who serve under them.

That is part of the idea of Task Force EXCEL, which was launched last year to bring about a revolution in training and education. Clark promises major improvements in that program this year, not only to make it more accessible for sailors to get an education, but because the future of the Navy demands it.

"Sea Power 21 will not work without Task Force EXCEL," Clark said. The ideas and innovation he expects to be a byproduct of increased learning will fuel the Navy of the future.

"We've got hundreds of folks with ideas, so here's my thinking on this: Let's do a quick analysis of those ideas and pick out the ones that we think make sense. Then, let's go try them. Sure, we could study them for three or four years and whittle those hundred ideas down to three or four, and then we'll get three or four things done that we're absolutely certain will work. I just don't believe in doing it that way. That absolutely shuts down the idea factory that's coming out of our people."

Innovative experiments in the coming year, such as the "Sea Swap" program which rotates crews onto a ship serving overseas instead of driving the ship to and from home ports in the United States, will seek to help the Navy find new, more efficient ways to operate.

"We spend in the Pacific, not as big a percentage in the Atlantic, a third of the deployment in transit," Clark explained. "If we can figure out how to extract more on the point combat capability for the United States, that's a good thing." "We're challenging whether we got things right," Clark said. "We're challenging whether we can produce a better product for the citizens of the United States of America.

"But, make no bones about it, we're doing this to learn. I have no idea if Sea Swap is going to work or not. We're going to learn from this experience. And from what we learn, we're going to apply the lessons to make our Navy better."

Making the Navy better is what Adm. Vern Clark is all about.

And, there is a secret to his success.

"One of the most important things for leaders is to get on a vector and not be bouncing all over the place," Clark advised. "Circumstances change day in and day out, but, if you've got a set of principles you believe in, you are headed fair."

And, as the puzzle that is the future of the Navy continues to come into focus, no one should mistake the importance of keeping their eye on the ball.

"We must prepare for the future." Clark said. "The price of not doing so is far too great."

Embry-Riddle offers fall classes

Embry-Riddle Aeronautical University is offering the following classes at NAS Jacksonville during the Fall Term which runs Aug. 5 – Oct. 5. For more information, call 779-0246.

NAS Jacksonville undergraduate classes

General Aeronautic & Application – Tuesdays, 5-9:45 p.m. at NamTra

Aircraft Electrical Systems Theory – Wednesdays, 5-9:45 p.m. at NamTra

Aviation Law –Tuesdays, 5-9:45 p.m. at Safety, Bldg. 537

Financial Accounting – Mondays, 5-9:45 p.m. at Bldg. 110, Comp. Lab

Social Responsibilities & Ethics in Mgmt. – Wednesdays, 5-9:45 p.m. at Bldg. 110, Comp. Lab

Trends & Current Problems in Air Transportation – Tuesdays, 5-9:45 p.m. at Fla. Real Estate, Wells Rd.

Introduction to Computer Applications – Thursdays, 5-9:45 p.m. at Bldg. 110, Comp. Lab

College Algebra – Wednesdays, 5-9:45 p.m. at Safety, Bldg. 537

Aircraft Crash Survival Analysis & Design – Thursdays, 5-9:45 p.m. at Safety, Bldg. 537

Graduate classes

Aerospace Simulation Systems - Tuesdays, 5-9:45 p.m. at Bldg. 110, Comp. Lab

Rotocraft Operations – Thursdays, 5-9:45 p.m. at NamTra

Airport Operations Safety – Mondays, 5-9:45 p.m. at Craig Airport

Graduate Research Project – TBA

HELPING HANDS

Volunteers needed to help kids ride horses

Hearts, Hands and Hooves has opened a new location on the Northside and they are in need of volunteers. Watch children's faces light up while you help them learn to ride a horse. Various evening and weekend shifts are available. Call Kim Fowler at 778-9697 for details.

Help out Hospice

Community Hospice of Northeast Florida is looking for volunteers to provide support to patients and families in north Jacksonville. The next training session is Aug. 10 at St. Elizabeth's Episcopal Church. Call 596-6280 for information and to register.

Jacksonville Humane Society benefit

It's a "Toast to the Animals Wine Tasting" benefit tomorrow. Help with registration and a silent auction. The minimum age is 21. Call Chris Whitney at 725-8766 Ext. 206 for details.

Summer Camps

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

Camp counselor positions are available at Community Connections. Summer day camps are running now through Aug. 2. Call Jo Johnson at 727-6460.

Teacher Supply Depot 'Back to School Opening'

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

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

March of Dimes Family Fun Day

The Jacksonville Beach Town Center merchants have teamed up with the March of Dimes to host a family fun day at Neptune Beach on July 27. Volunteers are needed to supervise activity booths. Call Robin Sullivan at 398-2821.

Bicycles needed

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

MWR Notes

Sing your heart out

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

The Boxrockers live in concert

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

Cruise in November

Active duty: enter to win a cruise for you and up to four family members! Visit www.mwr.navy.mil for details.

Knock your socks off

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

Check out the new menu at The Zone

Tired of the same old thing for lunch? The Zone has come to your rescue with their new menu. New items include daily homemade soups, salad bar, Reuben sandwich and chicken fajita pizza to name just a few. Come and try something new for lunch or dinner. For more information, call 542-3521 or 542-2209.

Bingo events

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

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

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

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

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

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

Back to school kid's Bingo

"Mark" down July 20 for this year's back to school kid's Bingo. The cost is only $10 per child and includes dauber, ten games of bingo and lunch. Doors open at 11 a.m. The prizes will consist of back to school items, tickets to local attractions and more.

CPO Club

Settle back at your club and enjoy some great deals and fun. Members of the Monday Mug club can enjoy refills for $1. Tuesdays and Thursdays enjoy Happy Hour with free munchies and beverage specials from 4 – 8 p.m.

Free movies in the base theatre

Friday, 7 p.m. - The Others (PG-13)
Friday, 7 p.m. - I Am Sam (PG-13)
July 20, 5 p.m. - The Princess Bride (PG)
July 20, 7 p.m. - Dinner Rush (R)
July 26, 7 p.m. - High Crimes (PG-13)

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

Treat yourself through I.T.T.

You deserve a vacation, stop by I.T.T. and sign up for one of the many trips on the calendar. For more information, stop in our office located adjacent to the Navy Exchange in Bldg. 953-A, or give us a call at 542-3318. Trips are open to all base personnel and their guests.

The following are upcoming events:

Saturday - See Tallahassee: If you have never visited the capital, then this is the time to go. Learn about local history and take a trip to Mission San Luis for only $12.25.

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

Marina has rentals available

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

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

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

For more information, call 542-3260.

Dive into aquatics

Swimming Lessons

The next session is July 22 - Aug. 2.

Lessons are offered in mornings and evenings.

Adult lessons: 7:15 – 8 a.m., active duty enrollment is free. Kids lessons 5-8 p.m. depending on level. Call 542-2930 for class times and descriptions.

Youth Activities Center offers events

NAS Jacksonville Youth Activities offers a variety of events for your children to get involved with this summer. Call us at 778-9772 for more information on these events.

Flying Club is still going strong

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

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

Check out the RV Park

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

Free basic auto repair classes

Classes will be held today and tomorrow at 6 p.m. Call 542-3227 to register

Bowling at Freedom Lanes

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

Special Events:

Saturday: Xtreme Cash (regular lights) $15 per team

July 27: Scotch Doubles 9 pin no tap $20 per team

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

Ladies golf clinic

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

Yellow Water activities

Friday night events:

July 12- Movie night: free

July 19, 5:30 p.m. - Roller Skating Trip $7

July 25- Water Field Games

Saturdays:

Dance Class- 10 – 11 a.m.

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

From The Galley

Meal hours

Monday through Friday
Breakfast: 6 to 7:30 a.m.
Lunch: 11 a.m. to 1 p.m.
Dinner: 4:30 to 6 p.m.
Saturday, Sunday and holidays
Breakfast: 6:30 to 8:30 a.m.
Brunch: 10:30 a.m. to 12:30 p.m.
Dinner: 4 to 5:30 p.m.

Meal costs

Breakfast: $1.60
Brunch/Lunch: $3.25
Dinner: $3.25

Thursday

Breakfast
Minced beef w/toast
Seasoned diced potatoes
Grits
Grilled bacon slices
French toast
Omelets

Lunch
Roast turkey
Mashed potatoes
Candied sweet potatoes
Hot cornbread
Baked ham
Cornbread dressing
Collard greens w/ham hocks
Tomato rice soup

Dinner
Syrian beef stew
Steamed broccoli
Split pea soup
Fried fish portions
Steamed egg noodles
Steamed rice
Glazed carrots

Friday

Breakfast
Oven fried bacon
Lyonnaise potatoes
Rolled oats
Corned beef hash
Apple fritters
Omelets

Lunch
Herbed baked fish
Rice pilaf
Quick onion soup
Brussel sprouts
Chili macaroni
Scalloped potatoes
Succotash
Clam chowder

Dinner
Yankee pot roast w/ gravy
Rissole potatoes
Steamed cabbage
Corn on the cob
Honey glazed Cornish hens
Whipped potatoes
Manhattan clam chowder

Saturday

Breakfast
Grilled bacon
Grilled hash browns
Farina
Sausage patties
Waffles
Omelets

Brunch
Chicken fillet sandwich
Sausage patties
Waffles
Beef noodle soup
Baked beans
Peas w/celery
Farina
French fried potatoes

Dinner
Meatloaf
Fried rice
Cauliflower Polonaise
Mulligatawny soup
Southern fried fish
Parsley buttered potatoes
Tomato gumbo

Sunday

Breakfast
Grilled ham
Hash browns
Omelets
Oven fried bacon
French toast puffs
Grits

Brunch
Hamburgers
Oven fried bacon
Grits
Corn chowder
Deep fried onion rings
French toast puffs
Assorted omelets
Corn on the cob

Dinner
Beef stew
Boiled noodles
Club spinach
Chicken rice soup
Fried chicken
Steamed rice
Steamed carrots
Biscuits

Monday

Breakfast
Oven fried bacon
Hash brown potatoes
Pancakes
Grilled ham slices
Oatmeal
Assorted omelets

Lunch
Veal Parmesan
Steamed noodles
Steamed broccoli
Tomato vegetable soup
Spaghetti w/meat sauce
Rice w/parmesan cheese
Simmered corn
Chicken noodle soup
Marinara sauce

Dinner
Chicken fried steak
Brown gravy
Whipped potatoes
Spinach
Roast turkey
Steamed rice
Steamed carrots
Chicken noodle soup

Tuesday

Breakfast
Creamed beef w/biscuits
Home fried potatoes
French toast
Grilled sausage links
Farina
Omelets

Lunch
Baked fresh ham
Rice pilaf
Peas and carrots
Tomato rice soup
Cajun meatloaf
Macaroni and cheese
Sweet potatoes
Mulligatawny soup

Dinner
El rancho stew
Franconia potatoes
Calico corn
Lemon baked fish
Steamed egg noodles
Steamed peas
Tomato rice soup

Wednesday

Breakfast
Oven fried bacon
Cottage fried potatoes
Corned beef hash
Farina
Assorted omelets
Waffles

Lunch
Fried/baked chicken
Baked macaroni and cheese
Corn on the cob
Jalapeno cornbread
Chili macaroni
Hopping john
Southern style greens
Chicken gumbo soup

Dinner
Pork chop suey
Noodles Jefferson
Parsley potatoes
Herbed green beans
Chilled apple sauce
Ginger pot roast
Glazed carrots
Beef rice soup
Steamed rice

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

SCUBA center opening at Mayport

From MWR

Southeast Dive Adventures will host its grand opening July 19 at 11 a.m. at the new facility on Moala Street aboard Naval Station Mayport. You're invited to the grand opening of this new MWR facility. The event will feature free food, door prizes, vendor displays and more. Check out the low prices on scuba classes.

Discover scuba classes

Not sure if you're ready to take the open water diver course? Try SCUBA out for only $20. This class introduces potential divers to breathing underwater. It's open to adults and children ages 12 and up.

Begin using SCUBA equipment and experience a shallow dive in the base swimming pool under supervision. Classes are one night only from 4-6 p.m. The class includes all necessary equipment. This month classes are offered July 18, 22, or 29. August class dates will be announced soon.

Open water SCUBA certification classes

Get your PADI open water certification in just one weekend. The cost is only $235 which includes certification, dive books, dive log book, dive tables, professional instruction, two days admission to the springs for your open water dives, two nights lodging, use of all necessary scuba equipment, and round trip transportation from Mayport.

Classes leave on Friday and participants come back certified on Sunday. Class dates are July 19-21 or July 26-28. More August dates will be announced soon. For more information, call 270-5541.

Bubblemaker

Hey kids, the Bubblemaker program introduces SCUBA and allows kids ages 8 to 12 to experience the underwater world. Under close supervision, kids swim around underwater using scuba equipment in the base swimming pool, just playing and learning about SCUBA diving.

Pre-registration is required. The cost is $10 per child for one 90-minute pool session and includes use of all necessary scuba equipment. Class dates are Aug. 5 or 6.

For more information on any of the classes offered, call 270-5541.

There's talent among us

By JO2 Jackey Bratt
Staff Writer

Doing the "Cha-Cha Slide" dance, students from group "A" and group "G" steal the show.

Jameshia Strickland sings her heart out to the song, "How Come You Don't Call Me" by Alicia Keys.

Photos by JO2 Jackey Bratt

Watch out, Brittany Spears, the kids from the NAS Youth Activities Center may not have the billion dollar music videos, but they definitely have the talent!

The base theatre hosted the Youth Activities Center Talent Show Fri., July 12. Students from the center sang, danced, played basketball, threw Frisbees, and jumped rope their way to over an hour and a half of fun and entertainment.

"This was a great way for the kids to get out and express themselves as well as showcase their talents, " said Erica Hickey, Youth Activities Center director.

The theatre was full of excitement as children and their parents looked on.

Eight-year-old Jameshia Strickland sang a song called, "How come you don't call me anymore," by singer Alicia Keys. Strickland was not nervous as she took center stage and belted out the high pitched vocals.

"I really love to sing and it was fun having a chance to do it," said Strickland. Most of the children performed in groups of two or three to calm themselves from any nervous jitters.

"I wanted to break dance with my buddy so everyone wouldn't look at me," commented Jordan Hazel. Hazel alongside partner Jai Broughton danced and jumped on stage to the beats of rapper, 'Lil Bow Wow.

Sisters, Desirea and Jasmine Fuentes performed a song called, "Foolish" by rhythm and blues hit-maker, Ashanti.

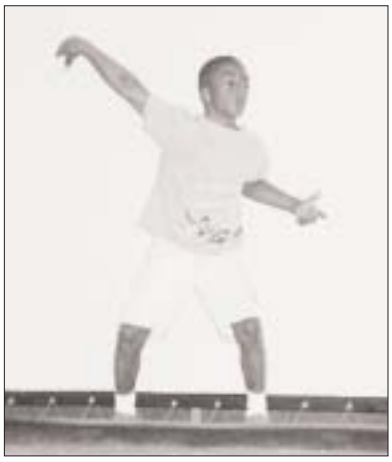
There was a Hawaii theme as well in the show as students Elizabeth Shaffer, Hannah Seagle, Alex Alcantara, Jasmine Martin, Tara Steffonich, Courtney White, Jennifer Campbell, and Caitlyn Cruise performed a hula dance called, "Hukilau."

Basketball dreams were on the minds of Darian Baker, Ryan Booker, Jolen Briggs, Torian Carpenter, Garrett Dietcrich, Charles Giles, Eric Shamberger, Matthew Torres, and Tyler Wood as they bounced and performed stunts with a basketball guided by music. They had the crowd roused as they worked the ball, dribbling in and around their legs and spinning it with the tips of their fingers.

Trevor Boyd and Jon Beilecki rap to the hit song, "Roll Out" by rapper, Ludacris.

Students, Brittany Cottulli, Kaley Dean, Petronia Hall, Kaila Smolens, and Andrea Wilke jumped rope and hula-hooped to the tunes of Brittany Spears' song, "Lucky."

Shakespeare may have been the inspiration for Taylor Wiley, Justin Hazel, Marlan Sawyer, and Ryan Shaffer as they performed a drama piece called, "Doctor's Skit." The skit was hilarious and had the crowd laughing as the members pretended to have a sort of coughing stomach flu, and sneezing spell.



Quabeon Finch performs the latest break dancing moves at the talent show.

Ashely Maynor captivated the audience as she sang the ballad, "I turn to you" by song diva, Christina Aguilera. Ashley sang with confidence and pride and smiled into the audience as she hit the last note perfectly.

Rap-impersonators, Jon Bielecki, Trevor Boyd, and Alan Booker hit the stage singing, "Roll out" by rapper Ludacris. The boys had the audience laughing as they tried their best to keep up with the fast rapper's lyrics.

Teens from group "K" danced to "Bounce to the Beat" by 'Lil Bow Wow. Group members, Jessica Bagley, Danay Myers, and Morgan Dixon stayed on beat and performed top notch choreography to the song.

Six-year old Reese Danner showed the audience how to throw a frisbee to the theme song of the movie, "Men in Black." Danner was happy to show off his talent in front of the crowd.

Desirea and Jasmine Fuentes sing the hit song, "Foolish" by songstress, Ashanti.

"It's fun," he said with a grin.

All the students and staff enjoyed a morning of laughter, clapping, and dancing at the base theatre.

"It's all about the kids having a good time during these summer months," said Hickey.

As the beginning of a new school year slowly comes closer and summer vacation draws near an end, the children of the Youth Activities Center will make the most of every free moment they have!

School-Age Care Program registration has started

From the Youth Activities Center

The School-Age Care Program registration is currently ongoing. The program is available for children in kindergarten through 13 years old. Activities include indoor and outdoor recreational activities, arts and crafts, nature, multi-cultural activities, Boys and Girls Club programs, Nintendo 64 and computers.

Children must be completely registered. Registration includes completed copies of registration form, parental release, a copy of the child's current shot record, a copy of the sponsor's identification card, voluntary wage deduction form, notarized power of attorney, and a dependent care certificate.

Fees are based on total gross annual household income as regulated by the Department of Defense. Patrons must provide the most recent LES and paycheck stub to determine fees.

If your child is currently enrolled in the Youth Activities Summer Camp program, then all you need to provide is a newly signed parent's agreement form.

Transportation is provided by the school district. During the 2001-2002 school year, Venetia, Southside Estates, John E. Ford, RV Daniels, Chimney Lakes, John Stockton, Ortega and Lakeshore Middle sent buses to the center to pick up children. Transportation to the schools must be arranged by the parent with the school.

Youth Activities will follow the Duval County traditional school calendar.

JAX SPORTS

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.

Women's Armed Forces softball championship slated

The NAS Jax Athletic Department will be hosting the Women's Armed Forces Championship at the McCaffrey Softball Complex Aug. 7-9. The opening ceremony will be on Aug. 7 at 9 a.m. and the first game will follow at 10 a.m. Games will be played Wednesday through Friday with two games in the morning starting at 8 a.m. and two games in the afternoon starting at 1p.m. Come check out the best of the best Armed Forces Women's Softball Teams and cheer your Navy team on to victory.

Intramural flag football meeting planned

This meeting will be held July 10 at 11:30 a.m. in the MWR Conference Room on the second floor of Building 590. The league will begin in August with rosters being due by July 26. The league is for NAS Jax active duty only.

Volleyball meeting scheduled

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

All Navy wrestling tryouts coming up

The All-Navy wrestling tryouts will be conducted by Rob Hermann, All Navy Wrestling Coach, at the NAS Jax gymnasium from 5-7 p.m. on Oct. 25. Weigh-ins will not be conducted and wrestling equipment is not required to tryout. Weight classes are 119; 127; 138; 152; 167; 187; 213; and 286. Call NAS Jax Athletics to sign up.

Navy Southeast Regional Running and Triathalon Team

Represent the U.S. 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) race and your time must be one of top ten regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Qualifying Times

5k	**Men 19:00**	**Women 24:00**
10k	**Men 34:00**	**Women 46:00**
Marathon	**Men 3 Hours 30 Min.**	**Women 4 Hours**
Triathalon	**Men 2 Hours 30 Min.**	**Women 3 Hours**

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

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

JAX TALES

MIKEJONES43@HOTMAIL.COM

BY MIKE JONES

COMMUNITY CALENDAR

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

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting, the second Tuesday of each month at 1 p.m. at the Orange Park Library. There will be no meetings in July and August. Meetings will resume in September. For more information, call 276-9415.

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

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

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

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

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

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

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

A reunion for members of USS Sperry (AS-12) who served on the ship from 1942 - 1982 is planned for Oct. 10-12 in Galveston, Texas. For more information, contact Armold Ross at (281) 534-2459 or email aross14573@aol.com.

USS Dwight D. Eisenhower (CVN-69) crewmembers are hosting a 25th anniversary celebration Oct. 14-18 in Norfolk, Va. For more information, visit the website at http://www02.clf.navy.mil/eisenhower or e-mail ike25@eisenhower.navy.mil.

Jax Air News
Your Source For News On Base!

SPORTS STANDINGS

Intramural Golf Liberty League Standings As of July 11

Teams	Wins	Losses	Ties
VP-30	5	0	0
AIMD	4	0	1
VR-58	4	1	0
BICMD	2	1	1
ASTC	3	2	0
FACSFAC Jax #1	3	2	0
CPRW-11 (A)	2	3	0
VP-16	2	3	0
HS-75	2	3	0
Naval Hospital	1	3	0
VP-62	0	4	0
NAMTra 1011	0	5	0

Intramural Golf Freedom League Standings As of July 11

Teams	Wins	Losses	Ties
GEMD	4	0	0
Navy Band	4	1	0
VP-5	3	1	0
AIMD (B)	3	1	0
NAMTra B	3	2	0
NAVARes	2	2	0
Wing 11	1	2	1
FACSFAC 2	2	3	0
FASO	1	4	0
VS-24	1	4	0
NHSO	0	4	1

2002 Summer Basketball Standings As of July 12

Team	Wins	Losses
TPU	6	0
AIMD	5	0
VP-30	3	1
VS-24	3	1
NAMTRA	2	2
VR-58	2	3
VS-32	2	3
SERCC	3	3
VP-5	2	4
NCTS	1	5
HS-7	0	6

In Gear

A weekly look at the automotive market