

Jax Air News

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Photos courtesy of VR-62

On a warm night in the United Arab Emirates, AWF2 Chris Vargas awaits a specialized flatbed truck called a "K-loader" so he can finish unloading cargo from Nomad 313.

The power of one . . .

By AWFCS(AW/NAC/SCW) Michael Wendelin
VR-62 Public Affairs

That is, the power of one C-130T Hercules transport aircraft on detachment from NAS Jacksonville to the Middle East.

The "Nomads" of VR-62 ran continuous power plays with C-130T number 313. This one-aircraft detachment recently flew 74 missions that totaled 441.2 flight hours in three and a half months, while deployed to U.S. Naval Forces Central Command (NAVCENT). During the detachment, the aircraft transported 2,086,436 pounds of cargo and 677 passengers.

VR-62 Commanding Officer Cmdr. Alexander Ellermann said, "I love it when a plan comes together. Actually, the men and women of VR-62 came together

See **VR-62**, Page 8



The crew of Nomad 313 stands with their "Don't Tread on Me" flag prior to departure from an air base in the United Arab Emirates. (From left) AWF2 Chris Vargas, AWFCS Mike Wendelin, Lt. Cmdr. Peter Yao, AWF1 Tony Irish, AWF2 Zach Makowsky and Lt. Cmdr. Mark Momboquette.

'Swamp Foxes' and 'Dusty Dogs' mix it up in Bahamas

By Lt. j.g. Billy Lennon
HSM-74 Public Affairs

HSM-74 Detachment 3, consisting of three MH-60R Seahawk helicopters, 16 pilots and aircrewmen and 26 maintainers traveled to the U.S. Navy Atlantic Undersea Testing and Evaluation Center (AUTEC) on Andros Island, Bahamas to hone their tactical proficiency and enhance interoperability with the "Dusty Dogs" of HSC-7.

Under the leadership of Detachment 3 Officer in Charge, Lt. Cmdr. Matt Baker, the "Mad Foxes" flew more 70 hours, completing numerous Air Combat Training Continuum (ACTC) event grade cards as they took advantage of the unique surface warfare (SUW) and anti-submarine warfare (ASW) training opportunities available at AUTEC.

HSM-74 aircrews participated in SUW captive air training missile (CATM) events, dual-dipper ASW exercises and helicopter Visit Board Search and Seizure (HVBSS) sorties.

HSM-74 aircrews gained valuable experience operating the MH-60R Airborne Low Frequency Sonar (ALFS) and the Romeo's



Photo courtesy of HSC-7

An MH-60S Seahawk assigned to the HSC-7 "Dusty Dogs" approaches a vessel in rolling seas during a helicopter visit board search and seizure (HVBSS) exercise at Navy Atlantic Undersea Testing and Evaluation Center (AUTEC) in the Bahamas. During HVBSS training, HSM-74 (flying the MH-60R) and HSC-7 executed several mixed-section events resulting in valuable integrated tactical training.

enhanced acoustic processing system for tracking submerged targets.

During SUW and HVBSS training missions, HSM-74 and HSC-7 (flying the MH-60S) planned and executed several mixed-section events resulting in extremely valuable integrated tactical training.

The extraordinary week of interoperability training would not have been possible without the tireless work of the HSM-74 Detachment 3 maintainers, led by Maintenance Officer Lt. Chad Harvey and Leading Chief Petty Officer AMC Michael Colon, who enabled an impressive 100 percent sortie completion rate while sustaining 100 percent fully mission-capable aircraft.

HSM-74 and HSC-7 are two of

the eight squadrons that comprise Carrier Air Wing (CVW) 3. The air wing is preparing for deployment with the USS Harry S. Truman (CVN 75) Carrier Strike Group.

The MH-60R is capable of operating on frigates, destroyers, cruisers and aircraft carriers in its mission to provide: command control and communications; anti-submarine warfare (ASW); surface warfare (SUW); electronic warfare (EW) and search and rescue (SAR).

The MH-60S is designed in an air transport configuration that is easily modified with mission kits, for example, mine countermeasures systems and combat search and rescue kits.

The main cabin can accommodate up to 20 armed troops.



Photo by Kaylee LaRocque

Morris Bendit displays photographs of his parents at his home. His father, who was drafted by the Russian Army, was killed by Nazi bombers in 1941 shortly after he was born. Bendit, his mother and several other family members were deported to Transnistria, a death camp created by the Germans until they were liberated in 1944. Many of his family members did not survive.

Holocaust survivor to speak at NAS Jax

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

A National Days of Remembrance event will be held at the NAS Jax Flight Line Café April 18 at 11:30 a.m. The guest speaker will be Morris Bendit, a Holocaust survivor who was born in Chernovitz, Ukraine during World War II. All hands are invited to attend the event.

Bendit, 71, was two months old when his father was forced to enlist into the Russian Army to fight the German Nazi's who were systematically taking over European countries. While en route his father's train was attacked by German bombers. His father did not survive. Four months later, Romanian troops entered Chernovitz.

"In October 1941, my family and I were deported to a province created by the Germans in Ukraine called Transnistria to annihilate the Ukrainian and Romanian Jews. Romania had become allies with Germany," said Bendit.

"I was with my maternal grandparents, paternal grandmother, mother, four uncles and an aunt. We were put on cattle cars and taken to the 'killing fields.' Transnistria means 'beyond the river.' Many people were killed going over the river and those of us who did made it endured a horrible existence. There was no food, clothing and it was brutally cold. In the concentration camps it was a quick death, but here it was a slow death," Bendit continued.

"The Jews were put on marches from town to town as a way to kill people because they didn't want to waste bullets. My mother and grandmother carried me through the marches and my mother nursed me. At night they would search for shelter and food. One night my mother went to a farmer's field to look for some scraps being fed to the pigs and a German soldier caught her and hit her in the head with his rifle. He thought she was dead but she survived and had that bump on her head until she died."

Three years later, in 1944, the survivors in Transnistria were liberated by the Russian Army. By then, the only surviving members of Bendit's family were his mother, maternal grandmother and his aunt. Of the Jews who had been deported to Transnistria (a total of 145,000 to 150,000) approximately 90,000 perished there. Out of the 300,000 local Ukrainian Jews, 185,000 were murdered.

"I have no idea how we survived. Entire families were killed. We were lucky, maybe because we stuck together and helped each other," he stated softly. "I remember the day we were liberated and riding the train to go home to Chernovitz. Our neighbor had saved our house for us. My father had been a furniture maker and everything was still

See **HOLOCAUST**, Page 8

INSIDE

GOAT LOCKER
Celebrates "Year of the Chief"
Page 5

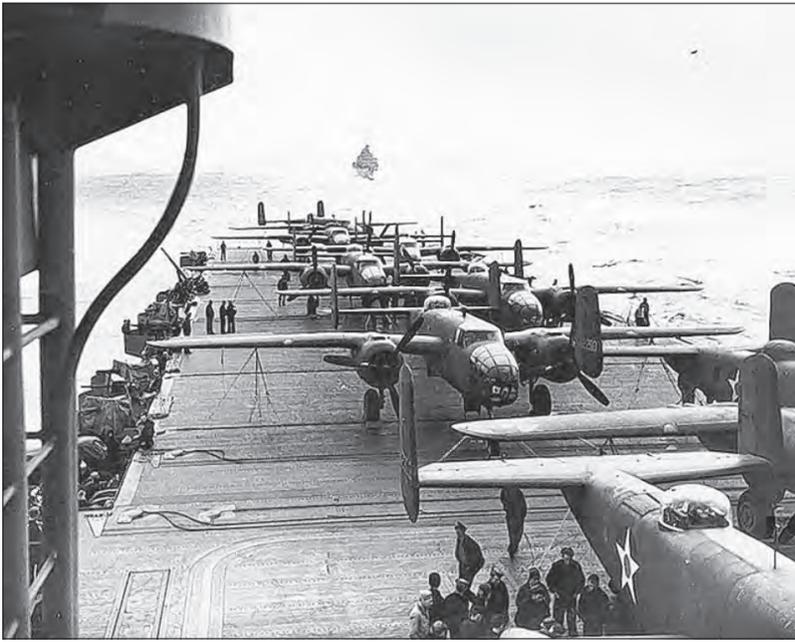


NAVY RUN
Hundreds Compete
Pages 6 & 7

LISTEN UP!
Sexual Assault Prevention
Page 10

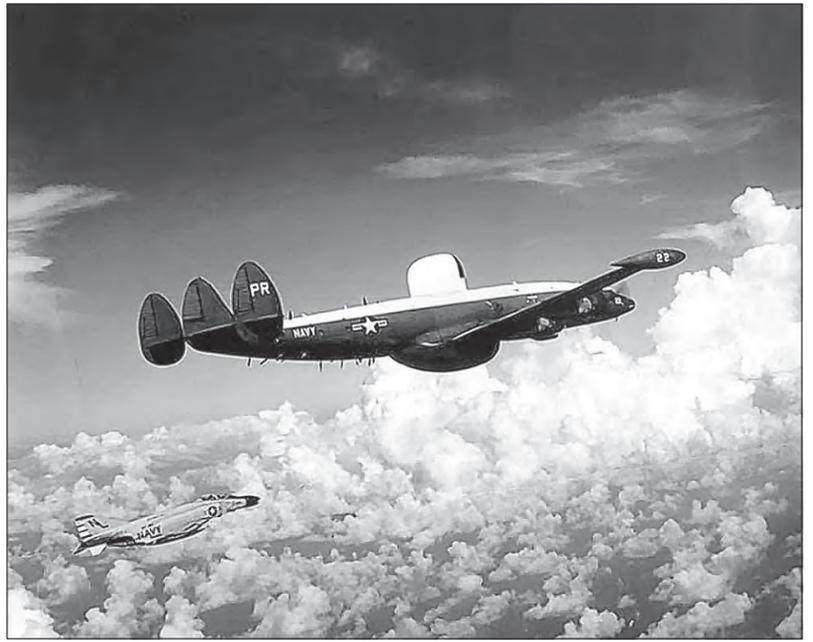


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U.S. Navy photos

Doolittle Raid on Japan, April 1942 – Sixteen USAAF B-25B Mitchell medium bombers are tied down on the flight deck of USS Hornet (CV-8), while the aircraft carrier was en route to the mission's launch point. View looks aft from Hornet's island. These aircraft were stripped of their defensive guns and given extra fuel tanks to extend their range. Each B-25 carried four 500-pound bombs on the mission. Navy launch officers, timed the start of each B-25's take off roll to ensure it reached the forward end of the flight deck as the ship pitched up in the heavy seas, thus giving extra lift at a critical time.



A U.S. Navy Lockheed EC-121M Warning Star of the fleet air reconnaissance squadron VQ-1 "World Watchers" is accompanied by an F-4B Phantom II of the VF-151 "Vigilantes." An EC-121M of VQ-1 was shot down by North Korean MiG-21s on April 14, 1969 -- killing all 31 crewmembers. VQ-1 had flown the route for two years, and the mission had been graded as being of "minimal risk." During the first three months of 1969 nearly 200 similar missions had been flown by both Navy and U.S. Air Force reconnaissance aircraft off North Korea's east coast without incident. The Nixon administration chose not to retaliate against North Korea for the loss, apart from staging a naval demonstration in the Sea of Japan. The U.S. military resumed the reconnaissance flights within a week.

This Week in Naval History

From Staff

April 12

1861 - Civil War begins when Confederates fire on Fort Sumter, S.C.

1911 - Lt. Theodore Ellyson qualifies as first naval aviator.

1962 - U.S. Navy demonstrates new landing craft with retractable hydrofoils, LCVP(H).

1975 - Operation Eagle Pull evacuation from Cambodia.

1981 - First launch of re-useable Space Shuttle Columbia (STS-1) with all-Navy crew. Retired Capt. John Young commanded and Lt. Cmdr. Robert Crippen was the pilot. Mission duration was two days, six hours and 20 minutes. Sixteen of the shuttle's heat-shielding silicon tiles were lost and 148 damaged during reentry.

1993 - Aircraft from USS Theodore Roosevelt (CVN 71) and NATO forces begin enforcing the no-fly zone over Bosnia in Operation Deny Flight.

April 13

1847 - Naval forces begin five-day battle to capture several towns in Mexico.

1861 - Fort Sumter surrenders to Confederate forces.

1960 - Navy navigation satellite, Transit, placed into orbit from Cape Canaveral, Fla. and demonstrates ability to launch another satellite.

April 14

1898 - Commissioning of USS Solace, the first post-Civil War hospital ship.

1969 - Over the Sea of Japan, North Korean aircraft shoots down a Navy EC-121 reconnaissance aircraft assigned to VQ-1.

1988 - USS Samuel B. Roberts (FFG 58) strikes Iranian mine off Qatar.

1989 - First Navy ship arrives to assist in Exxon Valdez oil spill cleanup.

April 15

1885 - Naval forces land at Panama to protect American interests during revolution.

1912 - Scout cruisers USS Chester

(CL-1) and USS Salem (CL-3) sail from Massachusetts to assist RMS Titanic survivors.

1918 - First Marine Aviation Force formed at Marine Flying Field, Miami, Fla.

1961 - Launch of first nuclear-powered frigate, USS Bainbridge (DDG 96), at Quincy, Mass.

1962 - USS Princeton (LPH-5) delivers first Marine Corps helicopters to Vietnam. This was first Marine advisory unit to arrive in South Vietnam.

1986 - Navy aircraft from USS America (CV-66) and USS Coral Sea (CV-43) attack Libya in conjunction with USAF aircraft after Libya was linked to the terrorist bombing of a West Berlin discotheque that killed one American and injured 78 people.

April 16

1863 - Union gunboats pass Confederate batteries at Vicksburg.

1924 - Navy supports relief operations during Mississippi Valley floods, lasting until June 16.

1947 - Act of Congress gives Navy

Nurse Corps members commissioned rank.

April 17

1778 - The 18-gun Continental Navy sloop-of-war Ranger, with Capt. John Paul Jones in command, captures a British brig and sends the prize to France.

April 18

1848 - U.S. Navy expedition to explore the Dead Sea and the River Jordan, commanded by Lt. William Lynch, reaches the Dead Sea.

1906 - Navy assists in relief operations during San Francisco earthquake and fire.

1942 - USS Hornet CV-8) launches 16 of Lt. Col. James Doolittle's B-25 Army Air Force bombers in the first attack on mainland Japan in World War II.

1988 - Navy destroys two Iranian surveillance platforms, sinks one frigate and one patrol ship, and severely damages a second frigate in retaliation for attack on guided-missile frigate USS Samuel B. Roberts (FFG 58).

Dinner with teachers is enlightening

By Sarah Smiley

Special Contributor

Ever since debuting "Dinner with the Smileys" in January, I've been providing obscure, teasing hints about upcoming guests for followers on Facebook.

Some of the more popular clues have been:

One of our upcoming guests wears gold.

An April guest shared a stage with C3PO (and, no, it's not R2D2).

In June we will have dinner with a 37-foot-tall monster and his friends.

Soon we will eat with savages and wild animals.

One of our upcoming guests is not human.

One of our upcoming guests designed logos for Comedy Central and Nickelodeon.

Readers get excited when they figure out the answers to these clues. Readers also get excited when they know what those answers mean:

"The Smileys are going to have dinner with _____."

But the truth is, some of the most anticipated dinners don't work well in a riddle. That's because some of the most anticipated dinners are the ones that will be shared with someone who isn't a celebrity: Namely, the boys' teachers.

In January, for instance, I could have used this hint, "One of our upcoming guests can convince Lindell to put on his snow boots by himself." But it wouldn't have been super exciting — yet the night Lindell's preschool teacher came to dinner, you'd have thought we were hosting the president. He was positively out of his mind with anticipation.

Our older boys, who don't jump up and down on the couch, as Lindell did, or

slap their cheeks because their so excited, are nonetheless visibly happy about their own teacher's turn at "Dinner with the Smileys." And when you think about it, why shouldn't they be? Once kids are school-age, they spend a greater percentage of their week with their teacher than they do at home.

I remember knowing every sweater my second-grade teacher owned. I knew the smell of her perfume. And sitting in her classroom was like a second home. I was lucky, however, because my second-grade teacher, Mrs. Katabian, was also my mom's friend. We went to the beach together and my brothers were friends with her sons. Many years later, Mrs. Katabian came to my wedding and my first book signing.

Today, this sort of relationship seems unacceptable, and even discouraged, between a teacher and a student's family. Indeed, the relationship stops just short of a 10-minute parent-teacher conference twice a year and perhaps phone messages delivered through the school secretary. The culture surrounding families and teachers has changed so much, when friends heard that I was inviting the boys' teachers, nearly all of them said, "You can do that?"

I wasn't sure, but as it turned out, the dinners we have with teachers are extraordinarily dynamic and enriching. Here is someone who knows a whole other side to my child that I never see. Here is someone who has special insight into his development. And here is someone who probably shares many of my frustrations — like this boy's constant

throat-clearing and that boy's pencil-tapping habit.

In many ways, the teacher and I are a team. We are both invested in the best interest of my child. How could I not invite such an influential person in my son's life to dinner?

The teachers have much to gain from their dinner, as well. They get a better sense of their student's home life and influences from siblings and parents. They can finally meet the dog their student writes about all the time. They can place the child in the context of his world.

Perhaps my viewpoint will cause some educators to bang their head against a wall. "Now everyone is going to invite us to dinner," they'll say. Or, to be more precise, they'll think, "Uh-oh, if I get a Smiley boy next year, it looks like I'll have to do dinner."

The teacher-student-family relationship isn't for everyone. Not every teacher wants, or has the time, to visit with families. But it seems to me that developing a relationship beyond the twice yearly, 10-minute conferences could be beneficial on both sides.

My boys will never forget having their teachers over for dinner. The experience has been so fulfilling, a reader and friend decided to invite her son's kindergarten teacher to dinner this week. She will post about her experience at <http://www.Facebook.com/DinnerWithTheSmileys>.

This month, reach out to someone influential in your child's life — a teacher, a coach, a babysitter — and invite them to dinner. Then tell us about it on the Dinner with the Smileys page.

From The Homefront

Hey, MoneyChic!

Hey, MoneyChic!

I'm getting killed at the gas station these days. How can I can reduce the amount of money I pour into my fuel tank?

MoneyChic says: It doesn't look as though gas prices will be going down anytime soon. With many people taking to the road for vacations in the next couple of months, here are some tips to help your bucks go further. The first thing that savingsaccounts.com suggests is to change the way you drive. By planning your errands and other appointments into one trip, you can drive less and save money.

Also avoid roads with lots of traffic lights, as well as drive the speed limit. It also helps to use cruise control as much as possible — because the less you use the gas and brake pedals, the better.

One thing that is simple to do is research on which local gas stations are selling the lowest-priced gas.

Another idea is to find alternative transportation. If you are going somewhere close — ride your bike rather than driving your car. Another idea is to work from home as much as possible. Many employers are allowing their employees to telecommute these days, so find out if your job allows you to do this. Finally, if you are driving further than your spouse—and your car is less efficient — you should consider switching vehicles. That's my two cents' worth.



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VP-30 aircrewmembers graduate, many promoted

By Lt. Michael Garcia
VP-30 Public Affairs

On March 29, VP-30 Executive Officer Cmdr. Tony Parton recognized graduates of the P-3C CAT I (initial training syllabus) Acoustic and Non-Acoustic Operator Class 1201, Flight Engineer Class 1107, and In-flight Technician Class 1106.

All graduating Sailors were advanced at the ceremony to their listed rank by Parton. These naval aircrewmembers will now report to their assigned operational squadrons to begin their initial sea tours.

Class 1201 - CAT I Acoustic Operator

- AWO2 Brook Wade
- AWO3 Cory Johnson
- AWO3 Derek Neukam
- AWO3 Jake Appel
- AWO3 John Dohoney
- AWO3 Jordan Szymanowski
- AWO3 Marlonjamie Aquino
- AWO3 Soloman Morse

Class 1201 - CAT I Non-acoustic Operator

- AWO2(NAC/AW) Timothy Moradi
- AWO2 Samuel Bingham
- AWO3 Conner Pendergrass
- AWO3 Forrest Herring
- AWO3 Elise Laub
- AWO3 Jeffrey Brown
- AWO3 Tiara Glover

Class 1107 - CAT I Flight Engineer

- AWF2(AW) Daniel Cornejo
- AWF2(AW) Terry Lamb
- AWF3 Joshua Garrou
- AWF3 Anita Goldbaum
- AWF3 Kori Henschen
- AWF3 Adam Platt
- AWF3 Shantel Reyes
- AWF3 Joshua Steffey

Class 1106 - CAT I In-flight Technician

- AWV3 Alexander Acree
- AWV3 Daniel Vanhooser
- AWV3 Dominic Marr
- AWV3 Sean Cureton
- AWV3 Stephen Lounsbury
- AWV3 Tremayne Holland



Photo courtesy of VP-30

VP-30 Honor Graduates were: AWO2 Brook Wade, AWO3 Elise Laub, AWF3 Alexander Acree and AWF3 Shantel Reyes.

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Photos by MC2 Sait Cebe

Chief of Naval Operations Adm. Jonathan Greenert, U.S. Congressman Ander Crenshaw and NS Mayport Public Works Officer Cmdr. Miguel Dieguez review future plans for supporting the fleet at NS Mayport.

CNO Adm. Jonathan Greenert and Congressman Ander Crenshaw held a press conference after their luncheon with the Jacksonville Area Ship Repair Association on April 3. At the luncheon, Greenert discussed ships homeported at NS Mayport, as well as other defense issues of interest to citizens of Northeast Florida.



CNO visits Naval Station Mayport

By MC2(SW) Salt Cebe
Navy Public Affairs Support
Element East Detachment
Southeast

Chief of Naval Operations (CNO) Adm. Jonathan Greenert joined U.S. Congressman Ander Crenshaw at Naval Station Mayport April 3 to view current military construction projects and meet with local and state representatives.

Greenert and Crenshaw also attended a lunch meeting with the Jacksonville Area Ship Repair Association to discuss defense issues and the future of the Navy.

"Mayport is a hub and a strategic area for the Navy. It's a southern command that is very important to us. Look how fast you can get out to sea from here," said Greenert. "Jacksonville

is the center of excellence for maritime patrol."

Crenshaw explained that there are plans in the works to increase naval fortitude in and around the city of Jacksonville.

"I think it's important to recognize the Navy just built a hangar for the P-8A Poseidon maritime patrol aircraft at NAS Jacksonville. It's the largest hangar the Navy has ever constructed," said Crenshaw. "That hangar is where all the P-8As on the East Coast are going to be headquartered. It's a sophisticated aircraft. So clearly, I think Northeast Florida is quickly becoming a center of excellence, not only for naval aircraft, but for the Navy in general."

Greenert spoke of the Navy's expansion plans in areas other than

Jacksonville. Greenert also expressed the importance of certain overseas locations and the benefits that they would offer to our global defense capabilities.

"We want to move four destroyers (DDG) to Rota, Spain. That will give us four DDGs in the Mediterranean for ballistic-missile defense," said Greenert. "Rota, Sigonella (Italy), Naples (Italy), Souda Bay (Greece), the Suez Canal (Egypt), Djibouti and Bahrain all have big parts in the Navy's future."

Greenert expressed his thanks to the people of Jacksonville.

"I want to thank Jacksonville for taking care of our Sailors and families. This is a great place to be stationed," said Greenert.



Photo by MC3 Antonio Turretto Ramos

Firefighters from the Navy Region Mid-Atlantic Fire & Emergency Services and City of Virginia Beach respond to the April 6 crash of an F/A-18D Hornet, assigned to VFA-106. Initial reports indicate the jet crashed just after takeoff at an apartment complex in Virginia Beach. Both air crew safely ejected from the aircraft and were treated at a local hospital.

USFF releases statement on F/A-18 crash in Virginia Beach

From Commander, Naval Air Force Atlantic Public Affairs

An F/A-18D Hornet assigned to VFA-106 crashed in Virginia Beach, Va. April 6.

Initial reports indicate that at approximately 12:05 p.m., the jet crashed just after takeoff at a location just off of the base.

Both aircrew safely ejected from the aircraft. The Navy is coordinating with local authorities.

Adm. John C. Harvey, Jr., commander, U.S. Fleet Forces released the following statement:

"My thoughts and prayers are with our citizens and families who have been impacted by the tragic crash today in Virginia Beach by an aircraft from NAS Oceana.

"I deeply regret that some in our community have lost their homes, and I, like many, pray for the well-being of all.

"I must also offer my deepest gratitude to the citizens of Virginia Beach and the Mayfair Mews Apartments, as well as Virginia Beach's first responders, for their immediate and heroic response to take care of our aircrew

after they ejected, and all responders at the scene of the mishap.

"I have spoken with Mayor Sessoms, and all the resources of the Navy in Hampton Roads are being made available to the City of Virginia Beach as we all deal with the impacts and recovery from this terrible mishap.

"We will continue to work directly with the City of Virginia Beach and continue to provide all possible assistance. We will conduct a complete investigation into the cause of this mishap and share all information we have as soon as we are able to do so," said Harvey.

VFA-106 is based at Naval Air Station Oceana, and serves as the East Coast Fleet Replacement Squadron. Their mission is to train Navy and Marine Corps F/A-18 replacement pilots and weapon systems officers to support fleet commitments.



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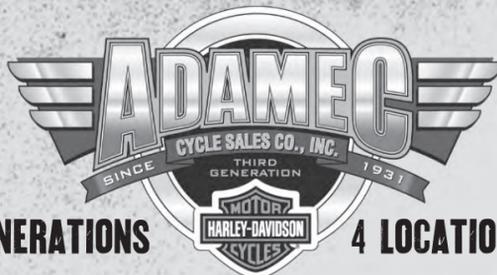
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'Year of the Chief' kicks off

By MCC Terrina Weatherspoon
Office of the Master Chief
Petty Officer of the Navy

The United States Navy Memorial hosted the official kick-off of the 'Year of the Chief' and the 119th birthday celebration of the chief petty officer during a ceremony April 2.

For the first time in history, the Navy Memorial is casting a spotlight on the history, heritage and contributions of chief petty officers.

The guest speaker for the event was Chief of Naval Operations (CNO) Adm. Jonathan Greenert. Remarks were also given by Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick West and former MCPON James Herdt. Former MCPON Duane Bushey was also in attendance.



Photo by MC2 Thomas Rosprim

Chief of Naval Operations (CNO) Adm. Jonathan Greenert, Master Chief Petty Officer of the Navy (MCPON) Rick West, and President and Chief Executive Officer of the U.S. Navy Memorial Foundation retired Vice Adm. John Totushek cut the ribbon April 2 to officially open the 'Year of the Chief' exhibit at the U.S. Navy Memorial, as former MCPON James Herdt looks on. Year of the Chief is a year long celebration of past and present chief petty officers hosted by the U.S. Navy Memorial Foundation.

"The chief is the center of gravity," said Greenert. "There is not a seaman, petty officer or officer out there who cannot turn and say, 'I had a chief petty officer take care of me

and get me where I am today.'" The ceremony was attended by chiefs from across the nation who came not only to be a part of the official kick-off, but also to see the Memorial transformed into a Chiefs' Mess, resplendent with history and memorabilia spanning 119 years.

"We are becoming a part of history today," said West. "I see retired veterans in our midst and I am proud to carry on down a path they've laid for us so long ago. I couldn't be more pleased to be spending this day with representatives from so many commands. To stand in front of a sea of fouled anchors as your MCPON, and know that we are as much making history as we are a part of it . . . I am truly humbled."

After the ceremony, guests were invited into the Memorial for the cake cutting. Visitors

were then encouraged to tour the Memorial, which has been decorated to reflect historic uniforms, anchors and other iconic symbols from the colorful heritage of CPOs.

"Happy birthday chief petty officers, you've earned it," said Greenert. "Absorb the moment, have a great year, remember your legacy and what got you here."

West added his expectations and appreciation for chiefs serving today. "You are bold and accountable, executing the Navy's mission around the globe, and developing our next generation of Sailors," West said.

"Thank you, shipmates - including those who have gone before us and those who are no longer with us - you have served your country well and will continue to do so as long as we sail the seven seas."

Fleet Area Control and Surveillance Facility Jax celebrates 35th anniversary

By ET1(SW) Patrick Horgan
FACSFACJAX PAO

Fleet Area Control and Surveillance Facility Jacksonville (FACSFACJAX) celebrated its 35th anniversary April 1. Upon establishment of FACSFACJAX, the mission assumed was initially assigned to Commander, Fleet Air Jacksonville (COMFAIRJAX) until June 30, 1973.

On July 1, 1973, upon disestablishment of COMFAIRJAX, four members of COMFAIRJAX staff were transferred to NAS Jacksonville for administrative support and co-located with the Navy Ground Control Intercept Site (NGCI) to continue the mission as the Jacksonville Operating Area Coordination Center (JOACC). This was the first small step toward combining the individual functions associated with scheduling and control of the Jacksonville fleet operat-

ing areas.

Since 1973, the mission performed by JOACC steadily increased in scope and complexity. In July 1974, the Chief of Naval Operations (CNO) verified the operational requirement for the establishment of a Fleet Area Control and Surveillance Facility at NAS Jacksonville and the JOACC and NGCI site were scheduled for expansion into an interim FACSFAC. To fulfill this ever-increasing need for coordinating military and civilian use of the Jacksonville fleet areas, the CNO directed in August 1976 that FACSFACJAX be established as a separate command effective April 1, 1977.

Today FACSFACJAX is responsible for the scheduling and control of offshore fleet operating areas, military special use airspace, land target and electronic warfare missions. FACSFACJAX is also the military coordinator with the



Photo courtesy of FACSFACJAX

Sailors of Fleet Area Control and Surveillance Facility Jacksonville join their Commanding Officer Cmdr. Todd Abrahamson (center) to celebrate 35 years of support to the fleet.

Federal Aviation Agency and other cognizant agencies for the liaison required by fleet users for operations in the FACSFACJAX area of responsibility to assure safe and optimum use.

FACSFACJAX has been designated by the Commander, U.S. Fleet Forces to be the southeast area coordinator and scheduler for Department of Defense/Navy offshore air and surface areas, and overland for special use airspace and military training routes. Operationally, FACSFACJAX has three

components, "Sealord," which provides air traffic control services, "Bristol," which provides surface unit tracking and air intercept control services, and Schedules, which provides scheduling services for special use airspace or targets in the Pinacastle Range Complex. FACSFACJAX has responsibility for the operating areas and warning areas from Charleston, S.C. to Daytona Beach, Fla. and is a subordinate command of Commander, Naval Air Force, U.S. Atlantic Fleet.

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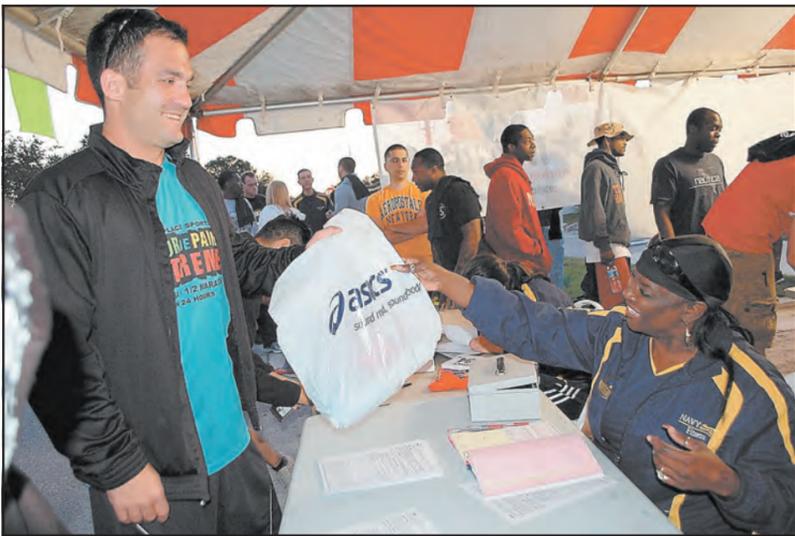
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More than 350 participants heard the starting gun for the 7th Captain Chuck Cornett 10K Run and 5K Walk on April 7 at NAS Jacksonville.



AM3 Ralph MacDonald of HSL-48 gets his run package from Morale, Welfare and Recreation (MWR) volunteer Blondell Sisco before the run.



Capt. Greg Smith of Navy Region Southeast Reserve Component Command stretches at a TRX station before the run.



Participants of all ages and body shapes enjoyed cool and sunny weather April 7 at the Captain Chuck Cornett 10K Run and 5K Walk at NAS Jacksonville.

"Go faster, Mom!"
Some of the youngest participants enjoyed the view from their strollers.



Lt. Janine Curcio of VP-30 and her dog, Cayuse came out to participate in the 5K walk.

Annual Navy Run attracts hundreds of athletes

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

More than 400 service members, retirees, civilians and family members turned out for the seventh annual Capt. Chuck Cornett 10K Run and 5K Walk April 7 at NAS Jacksonville. In addition to the 10-kilometer competitive run and five-kilometer walk, there was a runners' shoe and apparel fair in the Navy Exchange parking lot.

Once the runners received their packages with their numbers and timing chips, they stretched and mingled with friends and family as Navy Band Southeast played patriotic music near the starting line.

After observing morning colors, NAS Jax Commanding Officer Capt. Bob Sanders welcomed the runners and then joined them to await the starting gun.

"What a beautiful day for a run this morning. I want to welcome you to the Capt. Chuck Cornett Run, formerly known as the Navy Run. We have a record turnout today and I want to wish you the best of luck and thank you all for being here today," said Sanders.

With a shotgun start, the runners headed down Child Street with a base security vehicle leading the way.

"This is such a wonderful event and great for our community to come together and promote physical fitness," said NAS Jax Athletic Director Tanya Henigman, who coordinated the run.

"Of course, we couldn't pull this off without the help of our volunteers and sponsors. It's a team effort to organize this event. We have about 30 volunteers



NAS Jax Sports Coordinator Bill Bonser gives a group of volunteers some last minute instructions before the run begins.

out here helping out to ensure everything runs smoothly. I'm actually going to start working on next year's run this week when I do our after action report because that helps us improve the event each year."

The first runner to cross the 5K finish line was Calvin Kramps with a time of 28:36, followed by Justin Cowell coming in at 28:42 and Trevor Morris at 29:35.

The overall winner and first man to cross the 10K finish line was Lt. j.g. Kyle Hooker of VP-30 at 36:04, followed by Aaron Long with a time of 37:28 and Theo Lundy at 38:41.

The first woman to cross the 10K line was Lisa Adams with a time of 42:10. Susan Miller placed second in the women overall with a time of 45:30 and Colleen Bierbach came in third with a time of 47:10.

Other winners in their age categories were:

- Master Men and Women (Overall)**
- Joe Rivera, 38:56
- Ann Krause, 49:16
- Men and Women 3-10**
- Max Licht, 1:00
- Grace Adams, 1:04
- Men and Women 11-14**



MWR provided plenty of refreshments for runners, both before and after the race.

- Gabriel Moran, 39:03
- Lindsey Averitt, 1:05
- Men and Women 15-19**
- Gary Diaz, 46:11
- Rachel Dimonda, 54:18
- Men and Women 20-24**
- Andrew Smith, 38:57
- Angela Grove, 48:05
- Men and Women 25-29**
- Alexei Pukrischkin, 38:46
- Deniz Bayakan, 51:23
- Men and Women 30-34**
- Justin Weakley, 46:50
- Lindsey McCulley, 48:08
- Men and Women 35-39**
- Rodriguez Williams, 42:27
- Leslie Kindling, 47:59
- Men and Women 40-44**

- Mark Edelson, 40:57
- Andrea Petrovanie, 51:18
- Men and Women 45-49**
- Juan Echegaray, 45:10
- Mayumi Pierce, 51:32
- Men and Women 50-54**
- George Thompson, 44:25
- Joanne Harris, 52:02
- Men and Women 55-59**
- Paul Geiger, 43:35
- Kim Crist, 52:28
- Men and Women 60-64**
- Gene Bridges, 47:37
- Barbara Scott, 1:20
- Men and Women 65-69**
- Frank Frazier, 48:55
- Gail Rucker, 1:19
- Men 70-74**
- Matt Ross, 1:00
- Men 75 & Up**
- Pat Gallagher, 1:26

"This is a great run - the course is well marked and the event is well organized. I really enjoyed participating in today's run," said Lt. Kyle Hooker of VP-30 and member of the All-Navy Triathlon member.

Originally called the Navy Run, the event was renamed after the 2004 death of Cornett, a former NAS Jax executive officer and avid runner. Cornett participated in 96 marathons, including the Boston and Marine Corps marathons. A co-founder of the Florida Striders running club in 1978, he retired from the U.S. Navy as a captain in 1980 after 30 years of service.

"I hope everyone will come out to participate in this run again next year. It just keeps getting bigger and better every year and we continue to make upgrades to ensure everyone enjoys this event," said Henigman.



Hundreds of runners take off from the starting line on Child Street for the 7th annual Captain Chuck Cornett 10K Run and 5K Walk on April 7.



ET1(SW/IDW) Justin Weakland of MTOC-3 ties his timing chip onto his shoe before heading to the starting line.

PHOTOS BY KAYLEE LAROCQUE, CLARK PIERCE AND SHANNON LEONARD



Members of Navy Band Southeast play some patriotic music before and after the annual run.



MWR Fitness Director Tanya Henigman, NAS Jax Sports Coordinator Bill Bonser and MWR Marketing Director Shannon Leonard discuss pre-race activities on a cool and clear morning that was perfect for running.



Calvin Kramps, 14, was the first to cross the finish line in the 5K with a time of 28:36.



Lt. j.g. Kyle Hooker of VP-30 was the first to cross the finish line for the 10K with a time of 36:04.



Lisa Adams was the first female across the 10K finish line with a time of 42:10.



NAS Jax Commanding Officer Capt. Bob Sanders (left) presents Lt. j.g. Kyle Hooker of VP-30 with the first place overall male plaque for the 10K run. He was also the overall winner of the event with a time of 36:04.



NAS Jax Commanding Officer Capt. Bob Sanders presents Lisa Adams with her plaque and a command coin for being the first female to cross the finish line during the 10K Run on Saturday.

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2012 Players honors military with free tickets and events

From the USO

The Players will continue its policy of providing free or affordable access to the tournament for men and women of the Armed Services. There are two military ticket policies:

- All active duty, retired, and Reserve military personnel along with their dependents receive complimentary admission to the tournament all day, every day. Free tickets are available online via a link to TicketMaster from The Players Web site (PGATOUR.COM/THEPLAYERS); these are print-at-home tickets and military personnel and their dependents will be asked to present the paper ticket and valid military ID at the gate for free admission.

- The Players is proud to partner with Veterans Advantage to distribute discounted tickets to military veterans and their families. Available to those carrying the Veterans Advantage VetRewards Card, discounted tickets can be purchased online through a special link, and then redeemed at the admissions gate with proof of a valid Veterans Advantage VetRewards Card. Visit PGATOUR.COM/THEPLAYERS (click on 2012 Tickets) for more information.

On site parking is free (for all fans) Monday-Wednesday, but parking passes must be purchased in advance for Thursday through Sunday.

Once again in 2012, The Players will offer hospitality to active, Reserve and retired military and dependents at the Birdies for the Brave Patriots' Outpost, located on the hill between No. 16 and No. 18 fairways.

The Birdies for the Brave Patriots' Outpost, provides complimentary food, beverages and interactive activities and is open Wednesday-Sunday.

Military ID is required for admittance.

USO Centers do not have tickets or sell parking passes, which are available online.

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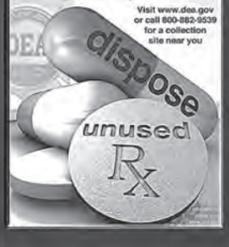
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VR-62: Nomad 313 up to task

From Page 1

and produced fantastic outcomes to support Commander Combined Task Force (CTF) 53 and its customers. I am especially proud of our maintainers and aircrews for making this plan happen."

Operating out of Naval Support Activity Bahrain, Nomad 313 fulfilled the short-notice, high-priority cargo and people requirements of CTF-53. The Nomads also provided lifts in support of USS Abraham Lincoln (CVN 72) and USS John C. Stennis (CVN 74) carrier strike groups. The lone VR-62 Hercules also supported Operations Eager Lion, Eastern Maverick, New Dawn, Vigilant Mariner and Enduring Freedom.

During the detachment, Nomads flew into 26 unique airfields in and around NAVCENT, while maintaining a 97 percent mission completion rate. The Nomads were an integral part of keeping the essential supply

lines operating to numerous Navy and Marine Corps outposts in the NAVCENT area of responsibility.

Following a three-month break in attached theater operations at NAS Jacksonville, the Nomads will detach to Atsugi, Japan in July. They will support Pacific Command with short-notice, high-priority air logistics throughout the Pacific theater. VR-62 is a Navy Reserve squadron that operates four of the Navy's 19 C-130T Hercules aircraft from its home base at NAS Jacksonville,

NAVCENT is responsible for an area of approximately 2.5 million square miles, including the Arabian Gulf, Red Sea, Gulf of Oman, parts of the Indian Ocean and 20 countries. The U.S. 5th Fleet's mission is to conduct maritime security operations, defeat violent extremism and strengthen partner nations' maritime capabilities in order to promote security and stability in the U.S. Central Command area of responsibility.

HOLOCAUST: Survivor to speak

From Page 1

there -- but we wanted to leave and go to Palestine (now Israel)."

A year later, the family took what they could and moved to Romania in hopes of going to Israel. Four years later in 1949, they were given permission to immigrate to the new State of Israel. Bendit soon joined the Israeli navy at the age of 17 for a 30-month tour. By then, his mother had remarried and moved to Montreal, Canada where Bendit's great uncle had relocated before the war. After completing his military service, Bendit moved to Canada finding a job in a machine shop.

"I wanted to better myself so I went to Long Island, N.Y. and opened my own precision metal fabrication business. In 1969, I met my wife, Hanna, also an immigrant from Israel and we had three daughters," said Bendit.

After closing his business in 1980, the family moved to Nashville and then to Jacksonville where Bendit started an

antique repair and restoration business. Today, Bendit spends time with his family, including five grandchildren, and repairing furniture on the side. He also talks about his past to those who are interested in listening.

"I think it's important to tell my families' story because I realize how fast future generations forget what happened in World War II. Soon there won't be anyone left to talk about what happened and people need to know," he stated.

"Unfortunately, the only items I have from that time are a couple of photos of my parents when they were married that my great uncle saved and a newspaper picture of when my father, his cousin and a friend tried to ride their bicycles from the Ukraine to Palestine in 1932. There weren't allowed to continue from Turkey, but a Romanian newspaper ran a photo and my uncle in Canada gave it to me. It's all I have left from the father I never had the chance to know."

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Sailors learn how to 'beat the blame game'

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

NAS Jax Sailors and civilians attended a training session to promote awareness about sexual assault prevention April 3 at the NAS Jax Officers' Club. The event was kicked off by NAS Jax Executive Officer Capt. Roy Undersander.

"Thank you all for being here today. This program was previously called Sexual Assault Victim Intervention and has been renamed Sexual Assault Prevention and Response. This change was made to focus your thinking on preventing sexual assault," said Undersander.

"Last year, the NAS Jax commanding officer was at a conference and heard our guest speaker conducting a presentation. He enlisted our Fleet and Family Support Center staff to contact the organization so we could provide you this informational presentation with the hopes that if we educate people on sexual assault issues, this issue will be eliminated in our society," he continued.

Undersander then introduced guest speaker Dr. Gail Stern, co-owner and director of consulting, education and



Photo by Kaylee LaRocque
Dr. Gail Stern, Ph.D., of Catharsis Productions gives her "Beat the Blame Game" presentation to Sailors and civilians at the NAS Jax Officers' Club on April 3 as part of Sexual Assault Awareness Month.

training for Catharsis Productions based in Chicago.

"I'm here today to talk about how each of us can play a role in ending sexual violence and supporting victims of rape. My presentation discusses about how we challenge victim blaming attitudes - where so often we talk about

The NAS Jax FFSC has counselors available 24 hours a day, seven days a week for sexual assault victims by calling the rape hotline at (904) 721-7273.

creating culture change and making it a culture that supports victims of rape, but no one ever breaks down the nitty-gritty on how you do that," said Stern.

"And, the fact is that the only way we are going to reduce sexual violence is if we all take an active role in challenging the beliefs that provide cover for people who perpetrate," continued Stern.

"I break down where victim blaming comes from, what the arguments are, and how we respond to those arguments. This gets people to indirectly and directly challenge their own beliefs and learn how to challenge the beliefs of others."

Stern used humor to get her message across, challenging the audience with topics and questions about 'stuff we don't want to talk about' such as how women and men are perceived if they are raped and how society often blames the victim.

She also had the audience volunteer

the ways men and women protect themselves from being raped. Many of the men in the audience were surprised to learn of some of the precautions women take on a daily basis. "Most men don't think about all this, but for women, the fear of being raped is part of every day reality," said Stern.

She also told the audience that 85 percent of people who are raped are attacked by someone they know and trust.

"Rapists make choices to hurt people and they need to be held responsible for the crime. In our society, the way we treat rape victims often makes them afraid to disclose the crime. Rape is not wrong because it's a crime, it's a crime because it's wrong," Stern stressed.

As Stern concluded her presentation many in the crowd were a bit stunned of what they had just learned.

"It was one of the most eye-opening presentations I've ever attended. I never really realized the way men and women think about these issues. Our society really does think bad of people in a lot of different ways. It really made me think about how we treat one another as a whole," said YN1(SS) James Forbus of NAS Jax.



Photo by Kaylee LaRocque

Proclamations signed

NAS Jax Commanding Officer Capt. Bob Sanders signs proclamations designating April as Sexual Assault Awareness Month and Child Abuse Prevention Month during a tenant command meeting at the NAS Jax Officers' Club on April 4 as tenant command department heads look on.



Photo by Clark Pierce

NGIS salutes excellence

(From left) NAS Jax Navy Gateway Inns & Suites (NGIS) Manager John Houdek stands proudly April 5 with his "On the Spot!" award finalists Executive Housekeeper Patricia Czarnecki and Front Desk Associate Sid Hattangadi. (Not pictured was Front Desk Manager Blossom Robinson.)

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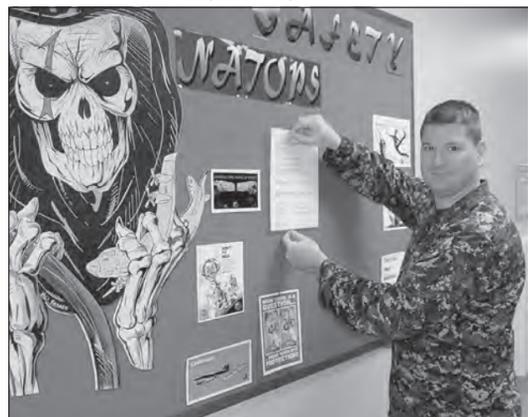
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VP-10 announces Sailors of the Quarter

By MC1 Alfredo Rosado
VP-10 Public Affairs

The VP-10 "Red Lancers" recently announced their Senior, Junior and Blue Jacket Sailors of the First Quarter.

• AWF1 Brent Duvall was selected as VP-10 Senior Sailor of the Quarter. A native of Barlow, Ohio, Duvall has been in the Navy for 16 years and at VP-10 since



Senior Sailor of the Quarter AWF1 Brent Duvall posts the annual "All Hands Reporting System" at the VP-10 Safety Department.



Red Lancers Blue Jacket of the Quarter, AE3 Wesley Holmes Link, inspects and inventories safety protection equipment in VP-10 Work Center 220.

April 2011. He is the safety department Leading Petty Officer (LPO) who manages the training, standardization and evaluation of 144 aviators and aircrew.

"I am honored to be chosen as Senior Sailor of the Quarter among all the highly professional first class petty officers here at VP-10," Duvall said.

Safety/NATOPS Department Leading Chief Petty Officer (LCPO) AWFC Jesse Olmstead said "I am proud of Duvall's accomplishments, he was consistently sought by junior officers in the upgrading process to Patrol Plane Pilot and Patrol Plane Commander for his

aircraft knowledge and experience."

Duvall's off time is spent volunteering as assistant scout leader and Eagle Scout advisor for Pack/Troop 425 in Middleburg, Fla.

• AZ2 Michael James Jr. Harrison was named VP-10 Junior Sailor of the Quarter. A native of Colorado Springs, Colo., Harrison has eight years in the Navy and has been at VP-10 since February 2010, working

See **VP-10**, Page 17

New graduate school opportunity for cyber Sailors

From Chief of Naval Personnel Public Affairs

Sailors in the information systems technician (IT) and cryptologic technician networks (CTN) ratings now have the opportunity to apply for enrollment in a cyber master's degree program at Naval Postgraduate School, according to NAVADMIN 117/12, released April 5.

IT and CTN Sailors selected for the 12-month, Navy funded program will be assigned as full time students at NPS starting in September 2012. Upon completion, Sailors will receive a Master of Science degree in Cyber Systems and Operations: Security and Technology.

"Cyber security is an area of critical importance to our Navy and our nation," said Chief of Naval Personnel Vice Adm. Scott Van Buskirk. "Cyber expertise is essential in assuring the Navy's warfighting superiority across the full spectrum of operations. With this program, we are preparing our Sailors to bring these ever-important capabilities to the Fleet."

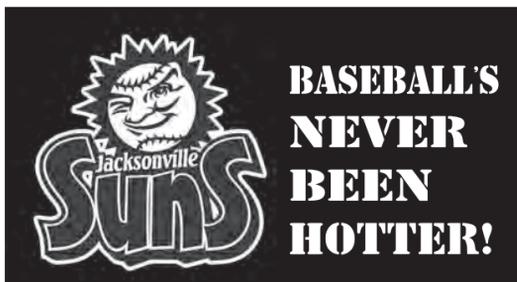
The Navy will select up to five active duty and full-time support Sailors to enroll in the program. Applicants must be an E-6 or above, possess a bachelor of science degree in a relevant technical field, hold or be eligible for a TS/SCI security clear-

ance, and be eligible for CONUS/shore assignment between April and December 2012.

NAVADMIN 117/12 outlines full eligibility criteria. Additionally, Sailors selected for the program will incur a five-year active service obligation upon enrollment. After completion of their degree, Sailors will be assigned based on the needs of the Navy, with priority given to the National Security Agency, U.S. Fleet Cyber Command/10th Fleet, Navy Information Operations Command, and Navy Cyber Defense Operations Command.

Sailors interested in applying for this degree program should forward a written request via their commanding officer by May 15. Additionally, Sailors must be conditionally accepted by NPS in order to be eligible. Detailed application instructions are contained in the NAVADMIN.

Naval Postgraduate School education opportunities support the personal and professional growth of Sailors making them invaluable assets to the Navy. It's an important part of the 21st Century Sailor and Marine initiative that consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Department of the Navy.



TODAY @ 7:35

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**FRIDAY, APRIL 13 @ 7:05
FAMILY FAITH NIGHT**

**POSTGAME CONCERT
JENNY SIMMONS
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POSTGAME FIREWORKS!

SAT. APRIL 14 @ 6:05



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Parents as healthy food role models

By Anna Shober
NH Jacksonville Wellness Center

April is a celebration of the military child and the U.S. Department of Agriculture's new nutritional guideline, "Choose My Plate," includes support for parents as the most important influence on their children. Although peers and media are also factors, parents can start their kids eating a variety of healthy, nutrient-rich foods when they're young and set up life-long healthy eating habits.

Choose My Plate offers 10 tips for parents.

Step one: Lead by example. Eat vegetables, fruit and whole grains. Instead of grabbing a junky snack food, grab something healthy. Kids brought up this way are likely to have less of a sweet tooth when they grow up.

Step two: Grocery shop together. This is your time to teach kids about food and nutrition. Discuss where vegetables, fruits, grains, dairy and protein foods come from. Give them healthy options from which to choose.

Step three: Get creative in the kitchen. Cut food into fun shapes with cookie cutters. Name a food for the child who helps make it — serve "Angela's Salad" or "Antonio's Sweet Potatoes." Encourage kids to invent new snacks. This can be anything from homemade pizza, cookie cutter-shaped sandwiches, homemade trail mix (dry whole-grain, low-sugar cereal and dried fruit), to ants on a log (celery, peanut butter and raisins).

Step four: Offer the same foods to everyone — instead of being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same food.

Step five: Reward with attention, not food. Show love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. Rewarding with sweets lets kids think sweets are better than other foods. When meals aren't eaten, kids don't

need junk food as a replacement.

Step six: Focus on each other at the table. Talk about fun and happy things at meal time. Turn off the television. Take phone calls later. Make eating a stress-free time.

Step seven: Listen to your child. When he or she is hungry, offer a small healthy snack, even if it's not a scheduled time to eat. Ask, "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

Step eight: Allow no more than two hours a day of screen time—on television, computers, game systems and smart phones. Get up and move during commercials or take breaks to get some physical activity.

Step nine: Involve kids in the planning of physical activity for the whole family. Walk, run and play with the kids — instead of sitting on the sidelines. Set an example by being physically active and using safety gear like bike helmets.

Step ten: Be a good food role model. Try new foods yourself. Offer one new food at a time. Serve something the kids like along with the new food. Offer new foods at the beginning of a meal, when everyone is hungry. Try not to lecture and don't force kids to eat.

Finally, here's a fun and healthy rec-

MONTH OF THE MILITARY CHILD CARNIVAL
April 21
11 a.m. - 2 p.m.
FREE ADMISSION!
FREE games, activities and prizes!
Alleghany Softball Field



Call 778-9772 for more information



Photo by HN Jason James

AN Petria Jackson teaches her 8-month-old son, Aiden, healthy food habits at the same time she introduces new words and colors, while at Naval Hospital Jacksonville's Pediatric Clinic.

ipe for "Arctic Oranges" that's great for play dates. The ingredients are simple: four oranges, four cups orange juice and four cherries. Cut the tops off the oranges in a zigzag pattern. Hollow out the insides, remove the seeds and combine in a blender with the juice. Set the rinds in a muffin tin and fill with

the mixture. Drop a cherry inside each orange. Freeze for two to three hours. Soften the treats for five minutes and serve.

For more good food ideas, go online to www.choosemyplate.gov or call the Naval Hospital Jacksonville Wellness Center at 542-5292.

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NAS Jax hosts MPRF Reunion/Symposium

By Lt. Michael Garcia
VP-30 PAO

The fourth Maritime Patrol and Reconnaissance Force (MPRF) Reunion and Symposium took place March 26-30 at NAS Jacksonville, hosted by Patrol Squadron (VP) 30 and Commander, Patrol and Reconnaissance Wing (CPRW) 11.

More than 500 active duty, reserve and retired maritime patrol personnel from around the world gathered to share ideas and experiences, as well as to catch up with former squadron mates. All Navy MPRF commands were represented, along with Maritime Patrol Forces from Canada, the United Kingdom and Australia. Admiral John Harvey Jr., commander, U.S. Fleet Forces Command was the symposium guest speaker.

This year's reunion focused on recognizing the community's historical contributions while looking forward to its bright future. The event was unique in that it also marked the much anticipated "roll-out" of the first operational P-8A Poseidon aircraft - which is set to replace the venerable P-3C Orion. VP-30 Commanding Officer and master of ceremonies for the Fleet Introduction, Capt. Mark Stevens, captured the importance of this historic event, "In the same year that our Maritime Patrol and Reconnaissance Force is celebrating 50 years of service for the P-3 Orion - we're also celebrating the Fleet Introduction of P-8 Poseidon."

The reunion kicked off with the Commander's Conference



Retired Navy Capt. Jim Carman, MOAA director of career transition services, presents VP-30 Executive Officer Tony Parton with the 2012 MPRF Lifetime Leadership Award.



After the P-8A roll-out ceremony on March 28, Commander Patrol and Reconnaissance Group Rear Adm. Michael Hewitt and Jacksonville Mayor Alvin Brown answered questions from the media.

that was followed by a variety of briefs, discussions, round tables and panels geared towards exchanging community experiences, current operations and ideas. Wednesday's P-8A roll-out and the ribbon-cutting for the P-8A Integrated Training Center were highlights of the week. These events drew national media attention and the guest list included Under Secretary of the Navy Robert Work, Vice Chief of Naval Operations Adm. Mark Ferguson, Jacksonville Mayor Alvin Brown and Boeing President and CEO of Defense, Space and Security Dennis Muilenburg.

Throughout the week, outside of the briefs and meetings, participants were able to enjoy gatherings that included the Maritime Patrol Association (MPA) Heritage Dinner, MPA Golf Tournament and the Military Officers Association of

America (MOAA) Luncheon. A popular event for many was the Flight Suit Social that capped the week of festivities at the NAS Jacksonville Officers' Club. Old squadron mates had the opportunity to reflect on their MPA heritage, mingle with old friends and swap sea stories in a relaxed atmosphere.

Another highlight of the week was the MPA Technology Expo in the VP-30 Hangar, where visitors explored exhibits hosted by Boeing, ASEC, WYLE, MOAA, Carley, Lockheed-Martin, and the local MTOC 7 team. Also on display was a full-scale BAMS Demonstration model, a P-8A flight simulator and the Boeing P-8A trailer that included a fully functional tactical crew simulator.

In their remarks on the symposium's final day, both Adm. Harvey and Commander, Patrol and Reconnaissance Group Rear Adm. Michael Hewitt



Commander, Patrol and Reconnaissance Group Rear Adm. Michael Hewitt congratulates the top team in the 2012 Anti-submarine Warfare (ASW) Fleet Challenge. The championship belt was awarded at the MPA Flight Suit Social on March 30 to Combat Aircrew 1 of VP-4, stationed at Marine Corps Base Hawaii at Kaneohe Bay.



The MPA Technology Expo on March 30 included a model of the Navy's Broad Area Maritime Surveillance (BAMS) Unmanned Aircraft System (UAS) program. It's missions may include maritime surveillance, battle damage assessment, port surveillance, communication relay and support of maritime interdiction, surface warfare, battlespace management, and targeting for maritime and littoral strike missions.

spoke to the community's history and future. They praised the personnel who fly and fight these aircraft, and remarked about the responsibilities placed on the shoulders of these Sailors to carry MPRF heritage into the future.

Fittingly, the MOAA recognized one such leader, VP-30 Executive Officer Cmdr. Tony Parton, with the 2012 MPRF Lifetime Leadership Award - for his career-long advancement of the community - and all of those with whom he's worked during his distinguished career.

Additional recognition for excellence was given to the Combat Aircrews (CAC) who

participated in the 2012 Anti-submarine Warfare (ASW) Fleet Challenge. The Fleet Challenge is an opportunity for the top CACs from each squadron to demonstrate their ASW prowess. Hewitt announced this year's champion, CAC 1 of VP-4 from MCBH Kaneohe Bay, Hawaii.

Participants at the 2012 MPRF Reunion and Symposium returned to their commands to share with the rest of the community the information they gathered and to pass on the messages from the Maritime Patrol and Reconnaissance Community leadership.



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Proper repair, disposal of the American flag

From the Army Casualty Assistance Office

Repairing: As long as the flag is serviceable, it is acceptable to repair minor damages. While it is permitted to do repairs yourself, taking your flag to a seamstress may be a safer option. It's important that the repairs are not noticeable, and that the dimensions of the flag aren't altered. Flags with large tears or excessive fraying should be retired. To avoid damage to your flag, bring it inside in bad weather, and make sure your flagpole or staff is in good condition. Rust can corrode your flag. If you are putting a flag into storage, make sure it is dry and the bag or container locks out moisture. Mold and mildew can grow on damp fabric.

Washing: If your American flag is beginning to look dirty or dingy, washing it may save it from an early retirement. The Flag Code does not prohibit washing flags. In fact washing your flag on a regular basis can prolong its life. Most outdoor flags can be hand-washed with a mild laundry detergent. If you're not sure if your flag can be washed, or of the proper washing procedure, take it to the dry cleaners. Many offer free flag-cleaning services, especially in the month of July. Despite the common myth, flags that touch the ground do not need to be destroyed.

If your flag does touch the ground, and it gets dirty, simply wash it. Allowing a flag to touch the ground is disrespectful to the flag, but of course accidents do happen. Just try to prevent it from happening again. As long as the flag is serviceable, it is acceptable to repair minor damages. While it is permitted to do repairs yourself, taking your flag to a seamstress may be a safer option. It's important that the repairs are not



U.S. Navy photo

noticeable, and that the dimensions of the flag aren't altered. Flags with large tears or excessive fraying should be retired. To avoid damage to your flag, bring it inside in bad weather, and make sure your flagpole or staff is in good condition. Rust can corrode your flag. If you are putting a flag into storage, make sure it is dry and the bag or container locks out moisture. Mold and mildew can grow on damp fabric.

Disposal: According to the Flag Code, any American flag that is worn, damaged or tattered beyond repair should be retired in a respectful and dignified manner. The preferred method is burning. This may shock some, since it is a well-known fact that burning the flag is illegal. This, however, is an exception to the rule. You can burn the flag yourself, making sure it is done in a discreet and professional manner, or many organizations like the American Legion, the Boy Scouts Council and the Girl Scouts Council

will perform a flag retirement ceremony and burn your flag for you. In this case, burning signifies purification and rebirth. Although burning is the preferred method, it is also acceptable to seal your old flag in a box or bag and bury it. The most important factor is showing respect to the flag during its disposal.

NAS Jacksonville 2012 Shoreline Clean-Up

Thursday, May 3, 2012
Meet at the Marina at 8:30 a.m.

Lunch at 11:30 a.m.

R.S.V.P. by April 19 to 542-2798 or e-mail: angela.glass@navy.mil



MWR Marina to provide boats, life vests, food and drinks after clean up and a prize for "The Most Unusual Piece of Trash"

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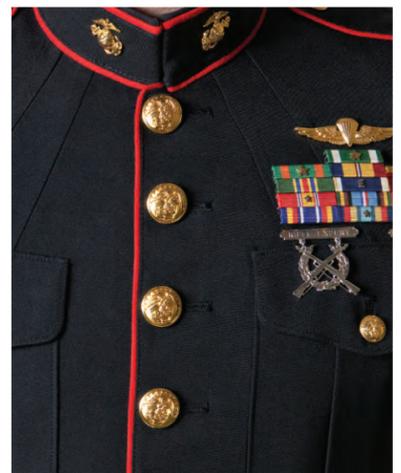
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Free Mall & Movie Trip

Orange Park Mall & AMC Theater

April 13 at 6 p.m.

Wayans Brothers @ Comedy Zone

April 14 at 7 p.m. - \$20

Dave & Buster's

April 19 at 6 p.m.

Free \$10 game card, 20% off food & bev-
erage and unlimited simulator play.

NAS Jax Golf Club

Golf course info: 542-3249

Mulligan's info: 542-2936

Military Appreciation Days

\$18 per person, includes cart & green
fees

April 24 for active duty

April 12 & 26 for retirees & DoD person-
nel

Ladies Golf Clinics

Wednesday at 6:30 p.m.

\$10 per person

Pre-registration required, sign-up in the
pro shop

Senior Military Invitational

April 30 & May 1

9 a.m. shotgun start

\$65 per person

Mulberry Cove Marina

Call 542-3260.

Free Kayak & Canoe Rental
Every Thursday for active duty

30th Bass Tournament

April 14 at first light

\$60 per two-person team

Sign-up at the marina

Shoreline Clean-up

May 4 at 8:30 a.m.

Free lunch!

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navy.mil to sign-up

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Single & Dual Active Duty - Now

through April 13

Other Active Duty - April 16 - 20

DoD Civilians - April 23 - 27

Registration Packets available for pick
up at the Youth Center.

Flying Club

Call 777-8549 /6035

Ground School

April 16 - May 23

June 4 - July 16

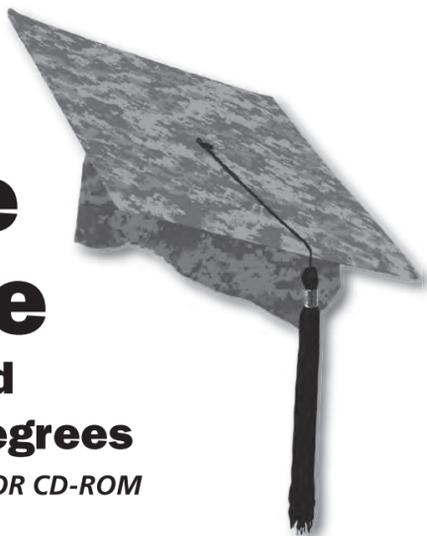
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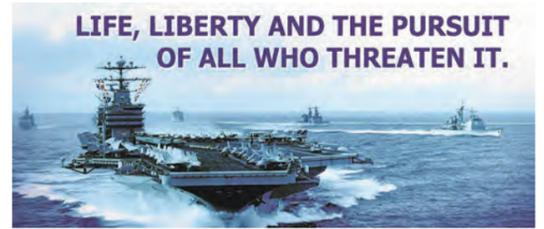




Photo by Lt.jg Danae Moore

Reading session

Shannon Klein of the NAS Jax Fleet and Family Support Center reads an Easter story to a group of children at the NAS Jax Child Development Center on April 4. The event was held as part of the Child Abuse Prevention Month activities going on at NAS Jax during April.



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NAS Jax Sports

Men's and Women's Open Singles Tennis Tourney – April 30, 5 p.m.

Open to NAS Jax active duty, selective reservists, dependents over 18, retirees and DoD men and women. Separate men's and women's division. The matches play at the Guy Ballou Tennis Complex starting at 5 p.m. Call NAS Jax Athletics to sign up by April 27.

Captain's Cup Summer Intramural Golf League meeting – May 15

Open to all NAS Jax active duty, command DoD, contractors and selective reservists. Meet at 11:30 a.m. at the NAS Jax Golf Course to discuss rules and obtain required paperwork. Commands whose athletic officer or designated representative attends the meeting receive five Captain's Cup points.

Captain's Cup Indoor Volleyball League meeting – May 22

Open to all NAS Jax active duty, command DoD, contractors and selective reservists. Meet at 11:30 a.m. at the base gym. Commands whose athletic officer or designated representative attend the meeting receive five Captain's Cup points. The games will play at lunchtime.

For more information, call Bill Bonser at 542-2930/3239 or e-mail bill.bonser@navy.mil.

Standings As of April 6

Teams	Wins	Losses	Ties
VP-10	9	0	
FRCS	7	1	

Teams	Wins	Losses	Ties
VP-30	7	1	
NCTS	7	2	
PSD	7	2	
CNATTU Blue	6	2	
FRCS	4	2	
NAVFAC National	5	3	
VPU-1	5	4	
RCC/NOSC	4	4	
CPRW-11	3	4	
VR-62	3	5	
CNATTU Gold	2	5	1
SERCC A	3	6	
VP-62	3	6	
AIR OPS	2	6	
CBMU202	1	6	
SERCC B	1	6	1

Intramural Soccer

Team	Wins	Losses
HSL-42	1	0
NAVFAC	1	0
USCG	1	0
VP-30 E's	1	0
VP-30 O's	1	0
VP-45	1	0
VR-58	1	0
WTU	1	0
BMC Jax	0	1
FACSFAC	0	1
FRCS	0	1
HSM-74	0	1
NAVHOSP	0	1
NCTS	0	1
VP-5	0	1
VR-62	0	1

Intramural Spring Softball

Teams	Wins	Losses
VR-58	3	0
VP-5	2	0
CBMU202	3	1
HSM-70	3	1

VP-45	3	1
VPU-1	2	1
NMC s	3	2
Air Ops	2	2
CNRSE	2	2
FRCS 900	2	2
FRCS Possums	2	2
Naval Hospital	1	1
NCTS	1	1
Dirty 30	1	2
DLA	1	2
FRCS	1	2
HSL-42	1	2
MSRON-10	1	2
NBHC	0	4
Security	0	4

Greybeard Spring Softball

Teams	Wins	Losses
VPU-1	1	0
VP-30	0	0
NCTS	0	0
CNATTU	0	1

NAS Jacksonville Golf Club Hot Shot

Hole in One

Tom Mulroe	
Blue No. 7	
154 Yards	
8 Iron	

VP-10: SOQs named

From Page 11

in the Red Lancers Maintenance Department.

"I feel that I am representing VP-10 and showing others that through hard work you will get recognized," Harrison said.

Maintenance Administration LPO AZI Kelly Bradley said, "I think that Harrison is very deserving of this award. He is an outstanding worker, hard charger and great at his job."

• AE3 Wesley Holmes Link was selected as VP-10 Blue Jacket of the Quarter. A native of Butler, Indiana, Link has been in the Navy for four years and at VP-10 since May 2009, where he works in the Red Lancers maintenance department.

"It's nice to be recognized for my hard work and achievements. I feel really good about it and thank my shipmates for their support," Link said.

Work Center 220 LPO AE1 Amanda Overstreet said, "He is strides above any other petty officer in the work center, constantly asking what else he can do to be better. I wish I had more motivated sailors like him; he is truly a rarity."

Link is currently involved with volunteer work at Clay County's Special Olympics taking place at Ridgeview High School.

The primary mission of VP-10 is maritime patrol and anti-submarine warfare (ASW). The squadron's crews are trained to search, localize, track and ultimately attack hostile diesel or nuclear powered submarines. The Red Lancers' numerous collateral missions include: anti-surface warfare (ASUW), precision strike targeting, surface search and interdiction, strike group support, mine warfare, high resolution intelligence photography, search and rescue, counter-narcotics, and logistics support.

Experience Navy Medicine first-hand for your summer

Junior Red Cross volunteers must apply by May 1

By Jeanne Casey
Acting Deputy Public Affairs Officer,
Naval Hospital Jacksonville

The American Red Cross at Naval Hospital (NH) Jacksonville is currently recruiting for this summer's Junior Red Cross volunteers.

This offers an excellent opportunity for students interested in health careers to train with highly skilled Navy Medicine professionals — physicians, nurses, pharmacists, therapists and technicians — as well as contribute to creating a posi-

tive experience for NH Jacksonville patients.

The program is open

to a limited number of high school students age 16 to 18 who have base access. Volunteers work four to 20 hours per week in locations throughout the hospital, and receive CPR training.

Applications can be picked up at NH Jacksonville's American Red Cross office (Room 1404, next to Physical Therapy & Occupational Therapy) and must be sub-



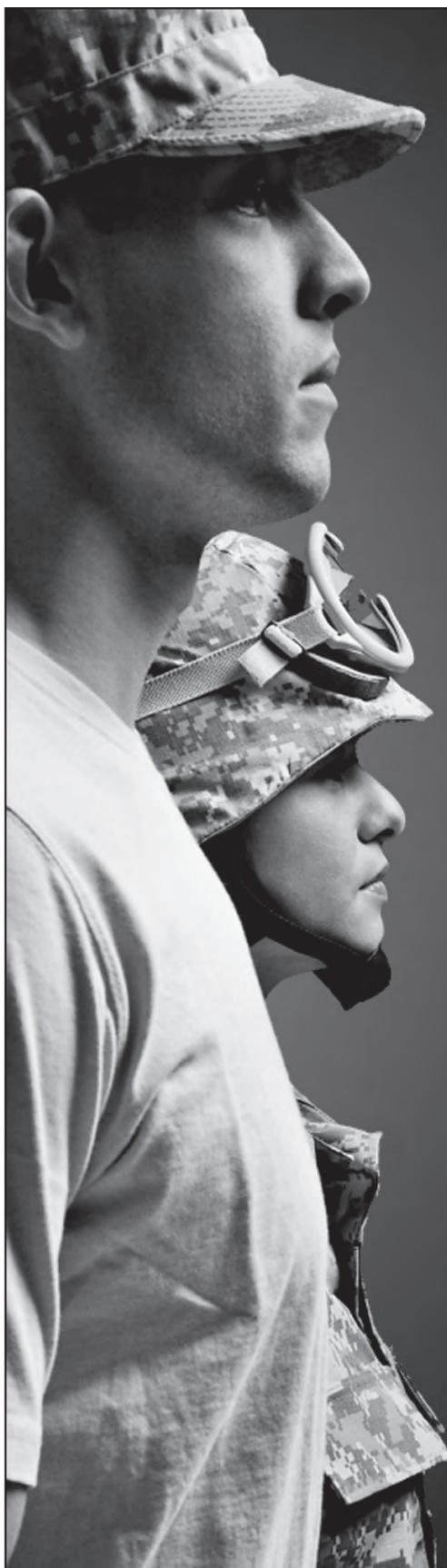
American Red Cross

Northeast Florida Chapter

mitted by May 1.

Selectees are required to attend the June 9 kick-off event from 10 a.m. to 12:30 p.m., that includes an interview, in the hospital's central tower second deck conference room.

For more about this opportunity, call Junior Red Cross Volunteer Chairman Terry Miles at 542-7525 or e-mail terry.miles2@med.navy.mil.



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Regent	MLS 587801 / 4 BR / 2 BA / 2097 SqFt* / Lot 159.....	\$179,990*

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Synthetic drug testing operating guide available

From Navy Personnel Command Public Affairs

Navy Alcohol and Drug Abuse Prevention (NADAP) office posted the new Synthetic Drug Testing Operating Guide on the NADAP website, officials said April 5.

The Navy's zero-tolerance policy towards drug use is a key contributor to the readiness area of the 21st Century Sailor and Marine. This initiative, which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Department of the Navy.

"The operating guide provides commands easy access to the procedures of synthetic drug testing," said Dorice Favorite, director, NADAP. "It is important that the samples are collected, documented and processed correctly. The operating guide will help units do that."

Navy announced it would begin testing for synthetic drugs in NAVADMIN 082/12, released March 12. According to the NAVADMIN, this testing is separate and distinct from the urinalysis program directed by OPNAVINST 5350.4D. Commanders may take appropriate actions related to health, safety and security based on a positive result.

During fiscal year 2012, the Navy will invest \$1.73 million to test for synthetic chemical compounds and expects to increase that amount to \$2.9 million in fiscal year 2013. Synthetic chemical compound drug use impacts a Sailor's career, their family life and overall well-being while also impacting Fleet readiness.

"If a Sailor makes the wrong choice and uses these types of drugs, they need to know there will be consequences," emphasized Favorite.

"Navy has zero tolerance for drug use, including the use of designer and synthetic chemical compounds, such as Spice," said Favorite.

"Our efforts are twofold: we will continue to educate Sailors on the dangers of drug use including new and designer drugs and at the same time identify those who use or possess the substances and hold them accountable."



Photo courtesy of ALS Association

NAS Jax team walks for ALS

Members of the NAS Jax Second Class Association and Junior Sailor Committee participated in the Walk to Defeat ALS on March 31. Their team supported Anne Johnson, a local journalist fighting ALS. Better known as Lou Gehrig's Disease, ALS is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. (From left) Retired Capt. Karl Yeakel, AT2(AW) O'Neil Smile, YNSN Andrew Rodriguez, PS3 Markus Sewell, Johnson, YNSN Joshua Hinton, PS2(SW) Robert Chaney II, PS3 Lydia Godfrey and Lizzie Danner. Not pictured was AT2 Sarah Howard.

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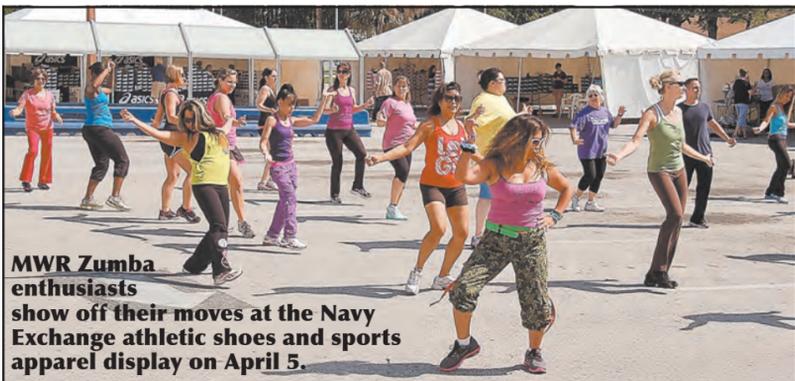
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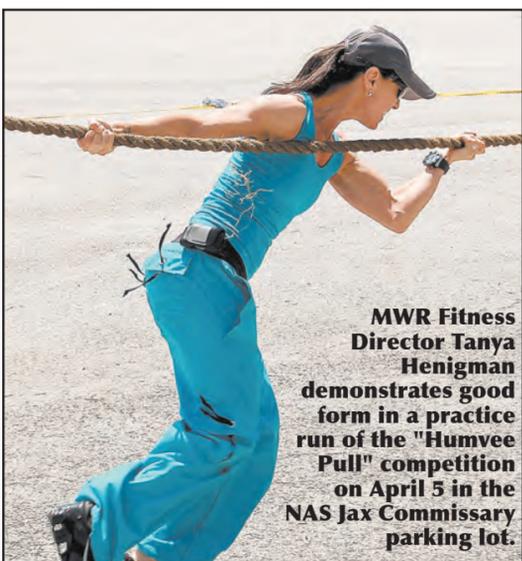


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Pre-Navy Run fitness events



MWR Zumba enthusiasts show off their moves at the Navy Exchange athletic shoes and sports apparel display on April 5.



MWR Fitness Director Tanya Henigman demonstrates good form in a practice run of the "Humvee Pull" competition on April 5 in the NAS Jax Commissary parking lot.

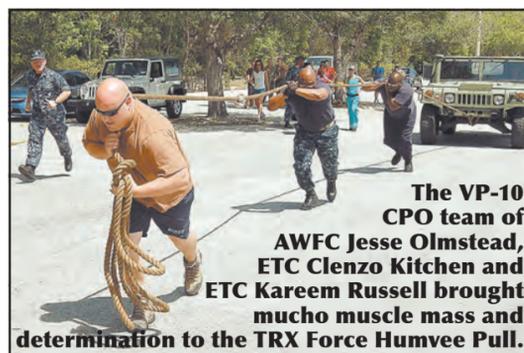
Photos by Clark Pierce



(From left) Mike Taylor discusses military fitness and TRX suspension training with AEAN Amanda Watkins and her husband, Michael, April 5 at the Navy Exchange fitness expo.



Event winners CM2 Jeffrey Gugala, BU2 Christopher Cavanaugh and EO2 Jared Michalski of CBMU-202 Det. Jax made fast work of the TRX Force Humvee Pull April 5 at the NAS Jax Commissary parking lot.



The VP-10 CPO team of AWFC Jesse Olmstead, ETC Clenzo Kitchen and ETC Kareem Russell brought mucho muscle mass and determination to the TRX Force Humvee Pull.



Winners in the TRX Force Humvee Pull Coed Division were NAS Jax MWR Marketing Director Shannon Leonard, Navy spouse Alicia Garrigan and AWF2 Kenneth Connelly of VP-10.



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COMMUNITY CALENDAR

Aviation Boatwains Mate Association Spring Picnic, April 14, 11 a.m. to 4 p.m. at NAS Jax Fishermen's Cove Picnic Area near Birmingham Ave. Meat and drinks provided, bring a covered dish. Call 542-3176 for more info.

Florida Advisory Council for Military Education annual conference April 25-27 at Casa Monica Hotel in St. Augustine. Education Service Officers may attend for personal development. Contact: www.fla-acme.org.

Tree Hill Nature Center Annual Joseph Strasser Butterfly Festival, April 28 10 a.m. - 4 p.m., 7152 Lone Star Road, Jacksonville, 724-4646.

March of Dimes Annual Babies Walk May 5 at 9 a.m. in downtown Jacksonville. Call 239-5825 or go to www.marchforbabies.org.

USS Iwo Jima Shipmates Reunion June 6-10 at the Crowne Plaza Hotel in McLean, Va. For more info, call (757) 723-0317.

Military Officers Association of America N.E. Florida Chapter meets the third Wednesday of each month, for lunch or dinner, usually at the NAS Officers' club. Open to active duty and retirees of all branches of service. Contact Cmdr. George Allen at 264-0903 or georgewallen@bellsouth.net

National Naval Officers Association meets the fourth Thursday of each month at 5 p.m. at the Urban League, 903 W. Union Street. Contact Lt. Cmdr. Paul Nix at 422-8480 or email Paul24navy@aol.com.

Disabled American Veterans Chapter 38 meets the second Tuesday of each month at 7 p.m. at 470 Madeira Dr., Orange Park. Service officers available Monday thru Friday 9 a.m. - 2 p.m. to help with VA claims, call 269-2945 for an appointment. Bingo every Thursday from 6:30-9:30 p.m. and Saturday from 10 a.m. - 3 p.m. The public is welcome.

Navy Wives Clubs of America Jax No. 86 meets the first Wednesday of each month at 7 p.m. in Building 857 (at NAS Jax main gate behind Navy-Marine Corps Relief Society). Not So New Shop open Tuesday and Thursday (9 a.m. to 1 p.m.). Call 542-1582 for info.

Navy Wives Clubs of America DID No. 300 meets the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. Call 387-4332 or 272-9489.

Fleet Reserve Association Branch 290 monthly meeting is the first Thursday at 8 p.m., 390 Mayport Rd., Atlantic Beach. Call 246-6855.

COMPASS Spouse-to-Spouse Military Mentoring Program by Naval Services Family Line. Help others help themselves. Call Melanie at 904-200-7751 or email: COMPASSmayport@NSFamilyLine.org

Association of Aviation Ordnancemen meets the third Thursday of each month at 7 p.m. at the Fleet Reserve Center on Collins Road. For information, call AOC John Newman at 683-5407 or visit www.aao9.com.

Retired Activities Office (RAO) at NAS Jax Fleet and Family Support Center (FFSC) needs volunteers to assist military retirees and dependents. Work three hours a day, one day per week. Call 542-2766 ext. 126 from 10 a.m. to 2 p.m. weekdays to volunteer.

Navy Jacksonville Yacht Club meets the first Wednesday of every month at 7:30 p.m. at the clubhouse (Building 1956) adjacent to Mulberry Cove Marina. Open to active duty, reserve and retired military, plus, active or retired DoD civilians. Call 778-0805 or email commodore@njyc.org.

Orange Park Lions Club meets the second and fourth Monday at 7 p.m. at 423 McIntosh Avenue, Orange Park, Fla. For more information, call 298-1967.

National Active and Retired Federal Employees Westside Jacksonville Chapter 1984 meets at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. Call 786-7083.

National Active and Retired Federal Employees Clay County Chapter 1414 meets at 12:30 p.m. on the second Tuesday of each month at the Orange Park Library, 2054 Plainfield Avenue. Call 276-9415.

Veterans Treatment Court now available in Duval County

Public Defender provides critical help to veterans

By Matt Bisbee
Public Information Officer

After the Veterans Administration (VA) denied his claim seven years ago and failed to get him a primary care appointment more than one year ago, Duval County defendant - known in court as "Mr. Alvin" - is now on the fast track to receive the long-awaited treatment options he was promised by the Navy back in the early 1970s.

Though he only served a short time during the Vietnam Era, Alvin has earned the distinction of being Duval County's first-ever Veterans Treatment Court (VTC) defendant. On March 2 in a 5th floor courtroom of the Duval County Courthouse, Magistrate John Sampson called to order the inaugural Veterans Treatment Court Track of Adult Drug Court. Present with Alvin was his attorney, Assistant Public Defender Richard Gordon, his Veteran Mentor John Holzbaur (A retired Navy Lt. Cmdr. and Director of Veterans Affairs for Office of the Public Defender) and Veterans

Justice Outreach Coordinator Charlotte Matthews from the VA. In short order, Sampson welcomed all parties, indicated his support of this new court function and released Alvin to Matthews who connected the veteran with the long-awaited benefits he was entitled from the VA. The proceeding took 15 minutes.

The Duval County VTC began to take shape in March of 2011, when Public Defender Matt Shirk called for such a system - noting the tremendously low recidivism rate being realized in the few other VTCs operating around the country.

Following that announcement, Shirk dedicated staff to coordinating the function and invited veteran mentors to sign up with the VTC.

"Because the VTC is brand new to Duval County, there is no way to predict how successful it will be," said Public Defender Matt Shirk. "Here are the facts - we identified more than 500 admitted veterans in the local criminal justice system in the last six months of 2011. This defines a significant need."

He explained that other jurisdictions (approximately 80 around the country) that operate a VTC

are reporting a recidivism rate as low as a zero, while all others proudly say that very few participants re-offend.

He added that VA benefits will eventually cover the cost of those adjudicated in VTC and take that burden off local taxpayers.

Shirk continued, "American servicemen and women are coming home from overseas conflicts in large numbers and that affects military communities like Jacksonville.

The transition back to civilian life can be difficult for some, especially those who knowingly or unknowingly suffer from service-related injuries like Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI)."

"As we have seen in the past and in other jurisdictions, this can lead some into legal troubles. It is only fair to those who put their lives on the line for America that we extend them this common courtesy of assistance when they need it most."

Alvin noted that he couldn't recall a time that he had "gotten this much attention." The VA's Matthews secured his long-awaited, primary care appointment and will resubmit his service disability claim after that takes place.



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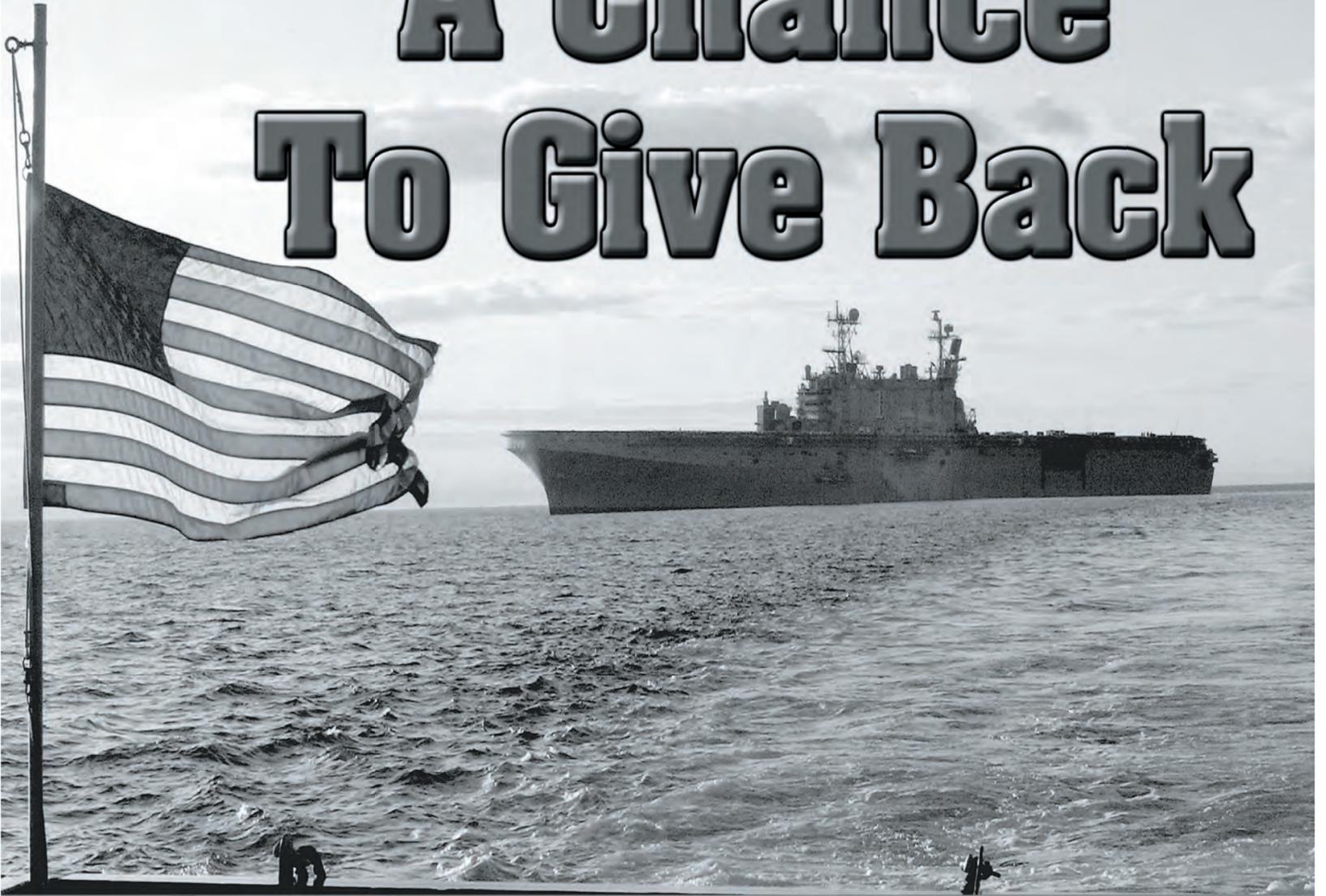
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