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VOL. 72 • NO. 26 • NAS JACKSONVILLE, FLA



Photos by MC2 Amanda Cabasos

AWV2 Esteban Moreno of VP-8 and his wife, Yara, walk together to NAS Jacksonville Hangar 117, after he arrived home from a seven-month deployment.

VP-8 home again

Lt. j. g. Mark Baden
VP-8 Public Affairs Officer

The VP-8 "Fighting Tigers" recently returned home to eagerly awaiting families and friends at NAS Jacksonville after a seven-month, multi-site deployment to the 4th and 5th Fleet Areas of Responsibility (AOR).

Following their turnover with the VP-10 "Red Lancers," the final crew of Fighting Tigers arrived home July 8, completing the squadron's last flight in a P-3C Orion before the squadron transitions to the P-8A Poseidon.

"The Fighting Tiger Sailors, chiefs and officers performed brilliantly during a spectacular and highly successful seven-month deployment," said VP-8 Commanding Officer Cmdr. Derek Adametz.

"I am extremely proud of their constant and continued focus on the operational mission and the job at hand, especially in some challenging environmental conditions."

Throughout the deployment, squadron aircrew,



Jalen Shepherd, 13, holds his little brother Brantley, 1, while they patiently wait for the arrival of their father during the VP-8 home coming celebration on June 30.

maintenance and combat support personnel demonstrated operational excellence by achieving an exceptional 96 percent mission completion rate while fly-

See **VP-8**, Page 7



Photo by MCC Peter Lawlor

Secretary of the Navy Ray Mabus and Chief of Naval Operations (CNO) Adm. Jonathan Greenert applaud Adm. Michelle Howard on her promotion to the rank of admiral at the Women in Military Service for America Memorial. Howard is the first woman to be promoted to the rank of admiral in the history of the Navy and will assume the duties and responsibilities as the Vice Chief of Naval Operations from Adm. Mark Ferguson.

Navy promotes Howard to 4-star admiral

From Defense Media Activity

The United States Navy promoted Michelle Howard to the rank of four-star admiral July 1 during a ceremony at the Women in Military Service for America Memorial at Arlington National Cemetery.

Secretary of the Navy Ray Mabus presided over the ceremony and administered the oath of office.

Adm. Howard is the first female four-star in the 238-year history of the United States Navy.

"Michelle Howard's promotion to the rank of admiral is the result of a brilliant naval career, one I fully expect to continue when she assumes her new role as vice chief of naval operations, but also it is a historic first, an event to be celebrated as she becomes the first female to achieve this position," said Mabus.

"Her accomplishment is a direct example of a Navy

that now, more than ever, reflects the nation it serves - a nation where success is not borne of race, gender or religion, but of skill and ability."

"Michelle's many trailblazing accomplishments in her 32 years of naval service are evidence of both her fortitude and commitment to excellence and integrity," said Adm. Jonathan Greenert, Chief of Naval Operations (CNO).

"I look forward to many great things to come from the Navy's newest 4-star Admiral!"

Howard, the Deputy CNO for Operations, Plans, and Strategy, will relieve Adm. Mark Ferguson III as the 38th Vice Chief of Naval Operations (VCNO) later this afternoon.

Howard is a 1978 graduate of Gateway High School

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New mosquito virus threatens Florida residents: Combating chikungunya

By HM2 Kevin Justice
Navy Entomology Center of Excellence

It is summer in Jacksonville and that means it is time for some fun in the sun - accompanied by the increased risk of mosquito-borne illness. Perhaps mosquito-borne illness is not the first thing that comes to mind when we think of summer fun - but it is important to be aware of disease-transmitting mosquitoes - especially given the new threat of chikungunya virus to the United States.

The word chikungunya sounds a bit like a southern stew, however it represents something not nearly as comforting.

Chikungunya is transmitted by mosquitoes and the symptoms generally begin three to seven days after being bitten by an infected mosquito. Fever and joint pain are the most common symptoms, however one may also experience muscle pain, joint swelling headache or a rash.

Chikungunya means "contorted" referring to the arthritis-like pain associated with the disease that causes those affected to curl up in a twisted position. This illness rarely results in death and most patients will feel better in a week.

According to the Centers for Disease Control (CDC), a total of 130,941 cases of chikungunya have been reported this year from 17 countries with 4,486 confirmed cases. As of June 10, a total of 39 cases were reported in the United States, and none have been locally acquired.

"The high levels of annual travelers to the Americas has the potential for increasing the chance of a spread to the U.S.," said Lt. Mathew Yans, entomologist, Navy Entomology Center of Excellence (NECE) at NAS Jacksonville.

"So early detection of the virus and immediate implication of control efforts are going to be essential."

"Historically NECE has been tasked to be subject matter experts for surveillance and control of mosquito vectored disease, such as West Nile virus," said Capt. Eric Hoffman, officer in charge, NECE. "Since 1999, the Navy and DoD partners have conducted a multidisciplinary vector surveillance and response effort to protect force health and readiness."

"One of the best ways to avoid contracting the chikungunya virus is to avoid contact with mosquitoes as much as possible," said Lt. Hanayo Arimoto, a NECE entomologist. "As well as to keep up to date with the most recent travel information from the CDC or World Health Organization."

Applying 25-30 percent DEET or 20 percent picaradin (you can find both for sale online) on exposed skin and treating clothing with permethrin are two methods to prevent mosquito bites.

Moreover, be sure to wear long-sleeve light colored shirts and pants whenever outdoors or in places where mosquitoes may be present. Stay indoors at peak mosquito activity times such as dawn and dusk and be sure to check that screens on windows and doors are in good repair.

In order to keep mosquitoes away from your home, find and empty any containers containing water. It is especially important during the rainy season since many disease-carrying mosquitoes prefer to breed in small containers that hold water only temporarily.

More information can be found at the CDC website: <http://www.cdc.gov/chikungunya/>.

For questions concerning mosquitoes, ticks or other pests, contact NECE by emailing Fleetsupport-NECE@med.navy.mil.



Photo by Lt. Jen Wright

Lt. Cmdr. Jinaki Gourdine checks water samples for mosquito larvae at NAS Jacksonville. Monitoring mosquito populations is critical for disease such as chikungunya, West Nile virus and dengue fever.

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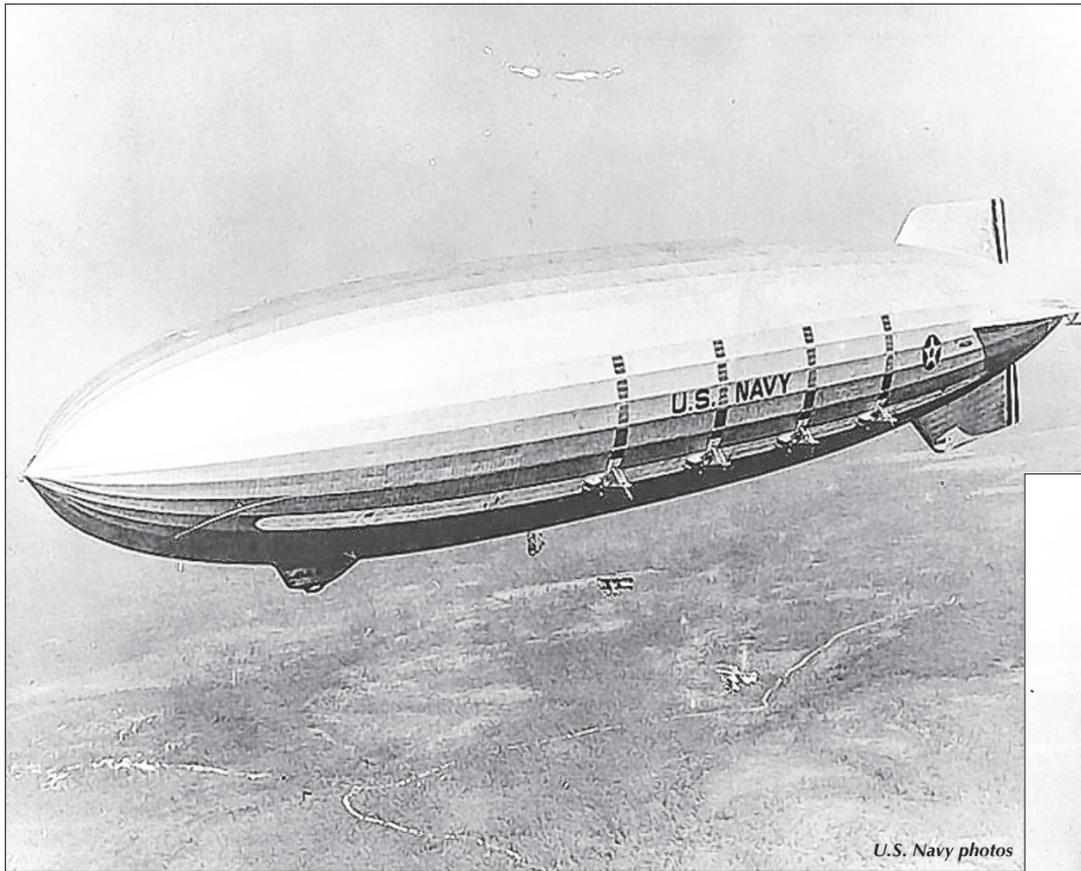
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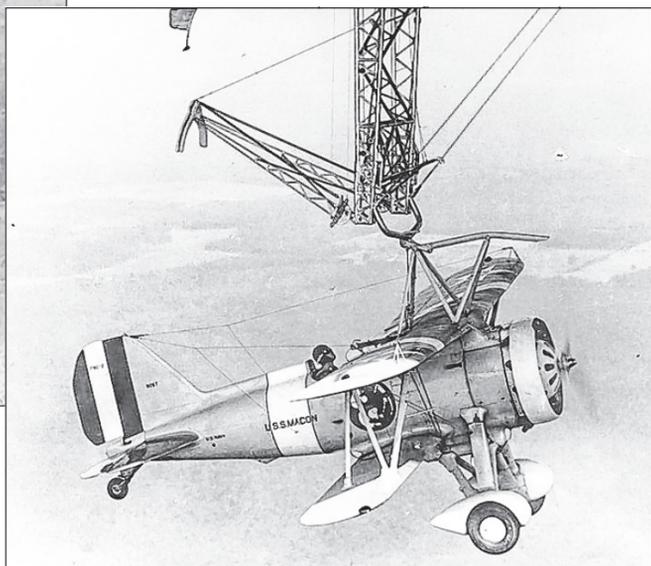
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U.S. Navy photos

(Left) Commissioned on June 23, 1933, the USS Macon (ZRS-5) was based at Lakehurst, N.J. In this photo, the airship conducts initial operations with her Curtiss F9C-2 Sparrowhawk fighter aircraft over New Jersey on July 7, 1933. The two planes visible below the airship, were piloted by Lt. Ward Harrigan and Lt. j.g. Frederick Kivette.

(Below) Hanging from a "trapeze" of USS Macon (ZRS-5) during flight operations in 1933 was the F9C-2 Sparrowhawk fighter of Lt. Ward Harrigan. In February 1935, while returning to Moffett Field from an operation over the Pacific Ocean, USS Macon encountered a violent storm that brought her down into the sea. Though all but two of her crew were rescued, the accident effectively ended the Navy's trouble-plagued program of rigid airship operations.



This Week in Navy History

From Staff

July 10

1934 - Heavy cruiser USS Houston (CA-30) takes Franklin Delano Roosevelt for the first visit of a U.S. president to South America.

1943 - Naval gunfire help Allied troops land on Sicily. It was first extensive use of LSTs (Landing Ship Tank) and smaller landing craft to deliver heavy equipment over the beach.

1945 - Fourteen carriers from 3rd Fleet carriers begin air strikes on Japanese Home Islands, until Aug. 15.

July 11

1798 - Reestablishment of Marine Corps under the Constitution.

1918 - Henry Ford launches

first of 100 Eagle boats.

1943 - Gunfire from U.S. cruisers and destroyers stop German and Italian tank attack against Army beachhead at Gela, Sicily.

July 12

1836 - Commissioning of Charles Haswell as first regularly appointed Engineer Officer.

1916 - North Carolina is first Navy ship to carry and operate aircraft.

1921 - Congress creates Bureau of Aeronautics to be in charge of all matter pertaining to naval aeronautics.

1951 - Ninth Naval District forces assist in flood relief work in Kansas City.

1953 - United Nations Fleet launches heavy air and sea

attack on Wonsan; Maj. John Bolt, becomes first jet ace in Marine Corps.

1988 - Secretary of Defense approves opening Navy's Underwater Construction Teams, fleet oilers, ammunition ships, and combat stores ships to women.

1990 - Cmdr. Rosemary Mariner becomes first woman to command an operational aviation squadron (VAQ-34).

July 13

1863 - USS Wyoming battled Japanese warlord's forces.

1939 - Appointment of Rear Adm. Richard Byrd as commanding officer of 1939-1941 Antarctic Expedition.

1943 - During Battle of Kolombangara in Solomon Islands, The Navy lost USS

Gwin (DD-433) while Japanese lost light cruiser Jintsu.

July 14

1813 - Lt. John Gamble, the first marine to command a ship in battle (prize vessel Greenwich in capture of British whaler Seringapatam)

1853 - Commodore Matthew Perry lands and holds first meeting with Japanese at Uraga, Japan.

1882 - Sailors and Marines from four U.S. ships land to help restore order at Alexandria, Egypt.

1945 - U.S. warships bombard Kamaishi, Japan; first naval gunfire bombardment of Japanese Home Islands.

1950 - U.S. Marines sail from San Diego for Korean Conflict.

1952 - Laying the keel of USS

Forrestal, the first 59,900-ton aircraft carrier.

July 15

1942 - First photographic interpretation unit set up in the Pacific.

1958 - In response to request by President of Lebanon, 6th Fleet lands 1,800 Marines at Beirut to support Lebanese government against Communist rebels.

July 16

1862 - Congress creates rank of Rear Admiral. David G. Farragut is named the first Rear Admiral.

1915 - First Navy vessels, battleships Ohio, Missouri, and Wisconsin, transit Panama Canal.

1945 - First atomic bomb test at Alamogordo, N.M.

Readers' burning questions

By Sarah Smiley
Special Contributor

From The Homefront

I often get messages and letters from readers asking a variety of questions.

Unfortunately, I can't always respond to them, as the family tends to want dinner, but I do read everything, and today I'll provide some answers.

Is Smiley your real name or a pseudonym?

Smiley would be a great pseudonym, but it is my real, married name. I first met my husband, Dustin, when I was a baby, but during the 10 years that our families lived in separate states, Dustin's last name was pretty much all that I remembered about him. (That and his braces.) When we started dating, friends said, "His last name is Smiley? Well, you have to marry him." And so I did (although not just for the name.)

My three sons are just beginning to understand the power of their last name. At a baseball game recently, a cute girl asked Owen, "Your last name is really Smiley?" Owen looked a little embarrassed as he said, "yes." Soon enough, however, he will learn to use this force for good with the ladies: Name's Smiley, Owen Smiley.

But the name "Smiley" is kind of ironic when I'm writing about depression or I'm making a complaint at a store.

Me: "I'm really disappointed in this service. In fact, I'm very, very angry."

Them, flatly: "I'll take your name and tell the manager."

Me, sheepishly: "My name is Sarah...Smiley."

Them: [giggles]

Smiley also raises red flags when we make dinner reservations. "Sure, Smiley party of five" — or when I make a dentist appointment — "My name is Sarah Smiley and I think I have a cross-bite."

What do your kids think about you writing about them for the past 14 years?

I began writing this column when Ford was a baby, so the kids know nothing else. The first newspaper to publish me was in Florida; the second, the *Times*

Record in Brunswick, Maine. Those readers have literally watched Ford grow up in 800 words weekly. Ford is used to people saying things like, "Oh, I remember when your dad took you to the wrong Chik-fil-A for your fifth birthday party," or "I was so sad when you aged out of Little League."

As Ford has gotten older, however, I've become more careful about the stories I choose to tell about him. I recognize some things are private and off-limits to the public when you're a kid going through the awkward teenage years. Gone are the days that I can tell you about his Superman pajamas.

But for the most part, Ford, who is an excellent writer and reads a book a week, understands the art of storytelling, and often he will say, after reading my draft, "That's kind of embarrassing for me, but the story is flat without it, so you have to include it."

And Lindell, well, he loves being in the column. In fact, he's angry if he's not. He's proud that I told you about his invisible robot friend, Bob, and that he wants to marry a girl named Buckachewey.

Some day, I hope all my boys appreciate that my column is essentially a written record of their childhoods. Although "some day" is still a long way away for Owen. (See next question)

You must like your oldest and youngest sons (Ford and Lindell) better than your middle child (Owen) because you write about them more.

Many years ago, I wrote an unfortunate column about my boys' affinity for frozen waffles and what a personal crisis it was when there was a national shortage of Eggo's. (Note: readers' criticism of that column was that I serve my boys frozen waffles — but let it be known that I toasted them first.)

Owen took the brunt of the infamous waffle column, and after some teasing from friends, he stormed through the door and said, "Never write about me again!" And so I didn't. If you don't know much about Owen, there's a reason for it. While Ford and Lindell

argue about who got more playing time in my 800 words, Owen sighs with relief each time he's absent from them.

Until recently.

In my first draft of last week's column, in which I wrote a letter to my future daughters-in-law, I was intentionally vague about Owen. I only gave him two sentences that were general enough that they could have been about anyone. But when Owen heard Ford reading the draft aloud (Ford is my first editor), he said, "Could you write a little more about me? You always poke fun of Ford and Lindell, but not me."

Apparently, that wasn't "fair."

Which leads to my final question for you, my readers. Can a mother ever win?

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The Naval Air Station Jacksonville Civilian SAPR Victim Advocate 24/7 Duty phone is (904) 910-9075.

The Naval Air Station Jacksonville Sexual Assault Response Coordinator (SARC) Duty phone is (904)548-7789.

The Naval Station Mayport Sexual Assault Response Coordinator (SARC) Duty phone is (904)548-8392.

Civilian Community Sexual Assault Services may be obtained by calling (904) 721-RAPE or 721-7273.

Commands are encouraged to post their Unit SAPR Victim Advocates name and after hours Duty phone number visible in the commands to be accessible to sexual assault victims.

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

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Ballance visits 'Fighting Tigers' in El Salvador

By Lt. j.g. Mark Baden
VP-8 Public Affairs Officer

Rear Adm. George Ballance, commander of U.S. Naval Forces Southern Command/U.S. 4th Fleet, visited CTG 47.1, which included VP-8 personnel at Cooperative Security Location (CSL) Comalapa, El Salvador on July 1.

For his visit, VP-8 "Fighting Tigers" aircrew and maintenance personnel created a P-3C Orion aircraft static display.

Six Sailors were on hand to show Ballance around the aircraft and explain the capabilities of the maritime patrol and reconnaissance platform.

"The crew was excited for the opportunity to demonstrate the tools we bring to the fight against illicit trafficking and narco-terrorism," said Lt. Michael Marschall, a mission commander with VP-8.

"We explained how our plat-



Rear Adm. George Ballance, commander of U.S. Naval Forces Southern Command/U.S. 4th Fleet, checks out the P-3C Orion cockpit array on July 1 during his visit to CSL Comalapa, El Salvador.

form is utilized in this area of operations to aid in Counter Trans-national Organized Crime missions."

Ballance is currently the Commander of U.S. Naval Forces Southern Command/U.S. 4th Fleet, headquartered at

Naval Station Mayport.

As a Surface Warfare Officer, he previously served as vice commander, U.S. Naval Forces Europe, U.S. Naval Forces Africa, and U.S. 6th Fleet director, Maritime Partnership Program.



(From left) Rear Adm. George Ballance talks with VP-8 OIC Lt. Cmdr. Bernie Dennison and VP-8 Mission Commander Lt. Michael Marschall about the capabilities of a P-3C Orion maritime patrol and reconnaissance aircraft.

AWO2 Scott Cavanaugh remarked on the aircraft tour, "Rear Adm. Ballance seemed very interested in our array of sensors and how we employ them to accomplish our mission."

The Fighting Tigers of VP-8 are deployed to the 4th and

5th fleet areas of responsibility, assisting in Counter Trans-national Organized Crime missions, as well as providing humanitarian assistance.

The squadron is currently returning from deployment to its home base of NAS Jacksonville.

USS Vandegrift scores back-to-back busts in Central America

By MC3 Cory Booth
U.S. Southern Command & U.S. 4th Fleet Public Affairs

The guided-missile frigate USS Vandegrift (FFG 48) and a U.S. Coast Guard Law Enforcement Detachment (LEDET), intercepted approximately two tons of cocaine being smuggled aboard two fishing vessels June 25 while on routine patrol in the Pacific, off the coast of Central America.

The Coast Guard LEDET on board directed the Vandegrift's Visit, Board, Search and Seizure (VBSS) team in boarding the first fishing vessel, finding approximately 1,000 individually wrapped packages of cocaine hidden within the hull of the ship.

"The seamless integration of Vandegrift's crew, air detachment, and Coast Guard LEDET was simply amazing," said Cmdr. Luis Alva, commanding officer of Vandegrift.

"I am humbled and honored to serve with such an exceptional team."

Following the first recovery operation, Vandegrift launched an SH-60B Seahawk helicopter, piloted by aircrew of HSL-49 Detachment 3, in search of additional smugglers in the area.

Within 24 hours Vandegrift was underway to another interception and under the guide of the Coast Guard LEDET, stopped another smuggling vessel. Hidden within

the hull, the VBSS team discovered 35 large burlap sacks containing substances that tested positive for cocaine.

"After making our first drug seizure of the deployment, our team was able to quickly reset and make a second seizure the very next day," said Lt. Cmdr. Daryl Robin, executive officer of Vandegrift.

"Back to back busts are rare occurrences, but our team was up for the challenge and performed flawlessly."

Operation Martillo, a joint operation involving the U.S., European and Western Hemisphere partner-nations, targets illicit trafficking routes in the waters off Central America. U.S. Southern Command leads the U.S. military involvement in the Joint Operation Task Force.

Overall Coordination of counter-drug patrols and surveillance in the Eastern Pacific is done by a joint agency task force headquartered in Key West.

U.S. maritime law enforcement and the interdiction phase of operations in the region occurs under the tactical control of the 11th Coast Guard District headquartered in Alameda, California.

The first fishing vessel, which was taking on water with no functioning bilge pumps, was declared unseaworthy and was safely sunk.

Being seaworthy, the second vessel was towed to Costa Rican waters and turned over to the possession of the Costa Rican Coast Guard.

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The Hilltop Staff would like to salute all Military personnel



Ensign Larissa Hoehn, a registered nurse at Naval Hospital (NH) Jacksonville's Maternal Infant Unit, explains the post-birth procedures of a newborn baby to Matthew Alderman. Alderman, along with nine other Darnell-Cookman School of the Medical Arts students participated in the hospital's Science, Service, Medicine and Mentoring (S2M2) program June 16-20. S2M2 is a week-long immersion program, at NH Jacksonville, that allows students to receive real-world experiences in patient care areas – from the operating room and emergency department to pharmacy and physical and occupational therapy.



HM3 Shawn Lucas, a Naval Hospital (NH) Jacksonville staff education and training instructor, demonstrates the proper procedure for applying a tourniquet on the arm of Darnell-Cookman School of the Medical Arts student Kyle Campbell during the hospital's annual Science, Service, Medicine and Mentoring program.



Students from Darnell-Cookman School of the Medical Arts observe Naval Hospital (NH) Jacksonville Family Medicine physician Vanessa McNair conduct a skin biopsy on a patient during the hospital's week-long Science, Service, Medicine and Mentoring (S2M2) program. S2M2 is an intense five-day outreach program where students participate in panel discussions, hands-on medical applications, workshops and job shadowing with NH Jacksonville clinicians (physicians, surgeons, nurses, physician assistants, pharmacists and psychologists).



HN Marnae Behlo, of Naval Hospital (NH) Jacksonville's Maternal Infant Unit, explains the process of drawing blood from a newborn to Darnell-Cookman School of the Medical Arts students (left to right) Ting Wang, Zi Lin and Borica Chhem on June 19.

Naval Hospital Jacksonville mentors local high school students

By Yan Kennon
NH Jacksonville Public Affairs Senior Writer

Students from Darnell-Cookman School of the Medical Arts participated in Naval Hospital (NH) Jacksonville's annual Science, Service, Medicine and Mentoring (S2M2) program June 16-20 at the hospital.

The 10 selected students engaged in workshops and job shadowing with NH Jacksonville clinicians (physicians, surgeons, nurses and physician assistants), rotating through various hospital areas and receiving real-world experiences in patient care — from anesthesiology and surgery to cardiology and the Maternal Infant Unit.

"Being a part of Navy medicine can be one of the most rewarding things one can ever achieve in their



lifetime," said Capt. Gayle Shaffer, NH Jacksonville commanding officer. "This program gives us the opportunity to spark student interest in the career path of medicine and nurture that next generation of health care professionals." S2M2 is an intense five-day outreach program where students participate in panel discussions and hands-on medical applications with NH Jacksonville clinicians (physicians, surgeons, nurses, physician assistants, pharmacists and psychologists).

The hospital's simulation laboratory allowed the students the opportunity to practice basic medical procedures such as administering intravenous therapy and checking vital signs.

"This week has been amazing," said Elizabeth Mauch, a Darnell-Cookman sophomore. "We were able to witness a simulated birth, and I was even allowed to swaddle a baby. This experience has helped me decide what field of medicine I want to pursue." Mauch plans to pursue a career as a pediatrician or forensic anthropologist.

The goal of NH Jacksonville's S2M2 program is to encourage, nurture, and enhance high school students' commitment to science and medicine in a welcoming and intellectually stimulating environment.

The S2M2 partnership with Darnell-Cookman complements the school's focus on equipping high-performing students with the skills and experiences to pursue advanced medical degrees.

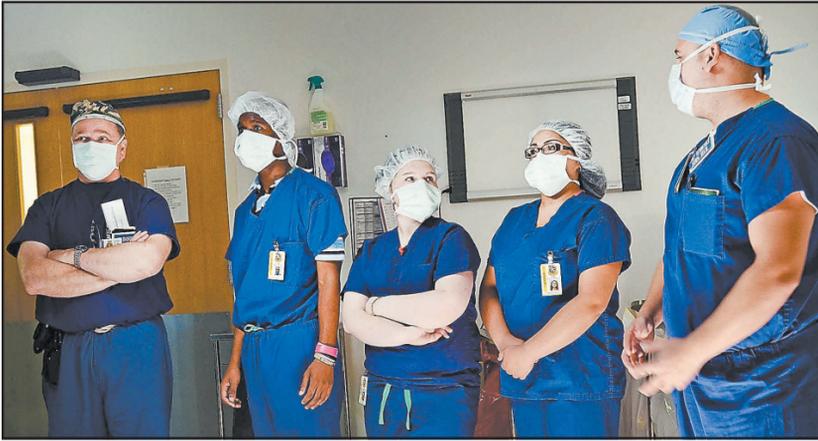
Developed in 2004 by the Uniformed Services University of the Health Sciences, and launched in 2010 by NH Jacksonville, S2M2 is aimed at cultivating the next generation of physicians and scientists. It includes two activities each academic year: a kick-off event at the beginning of the academic year at Darnell-Cookman and the weeklong immersion program at NH Jacksonville.

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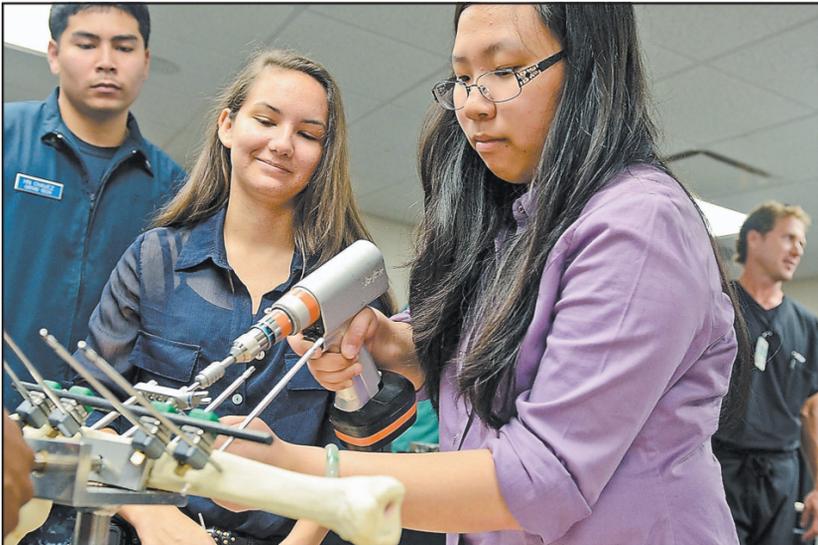
Darnell-Cookman School of the Medical Arts students and Naval Hospital (NH) Jacksonville staff wrap up the week-long Science, Service, Medicine and Mentoring (S2M2) immersion program June 20 with a special lunch (courtesy of NH Jacksonville's Commanding Officer Gayle Shaffer). During the program, the students participated in workshops and job shadowing with NH Jacksonville clinicians (physicians, surgeons, nurses and physician assistants), rotating through various hospital areas receiving real-world experiences in patient care.



Three Darnell-Cookman School of the Medical Arts students (center) and Naval Hospital (NH) Jacksonville staff members observe an in-progress surgery at the hospital during its annual Science, Service, Medicine and Mentoring (S2M2) program on June 18.



During a mock exercise, HM2 Simon Stewart, a Naval Hospital Jacksonville (NH) staff education and training instructor, simulates checking a patient's pulse after applying a tourniquet during the hospital's annual Science, Service, Medicine and Mentoring (S2M2) program. During the week-long S2M2 program, students from Darnell-Cookman School of the Medical Arts received real-world experience in patient care areas – from the operating room to family medicine.



Darnell-Cookman School of the Medical Arts students Ting Wang (right) and Ciera Jarrett (left) participate in an interactive orthopedic workshop during Naval Hospital (NH) Jacksonville's Science, Service, Medicine and Mentoring (S2M2) program. NH Jacksonville's partnership with Darnell-Cookman complements the school's focus on equipping high-performing students with the skills and experiences to pursue advanced medical degrees.



Zi Lin (right), a student from Darnell-Cookman School of the Medical Arts, attends to fellow student Rashay Jenkins Jr. during a mock combat casualty care exercise as part of Naval Hospital Jacksonville's annual Science, Service, Medicine and Mentoring (S2M2) program. As part of the week-long program, ten selected Darnell-Cookman students attended basic medical skills classes and witnessed first-hand the combat casualty training used by Navy corpsmen deployed on battlefield front lines.

Photos by Jacob Sippel



Borica Chhem (right) of Darnell-Cookman School of the Medical Arts pays close attention during a mock combat casualty care course as part of Naval Hospital Jacksonville's annual Science, Service, Medicine and Mentoring program.



Darnell-Cookman School of the Medical Arts student Natalia Rodriguez identifies a simulated patient risk during a patient safety workshop at Naval Hospital Jacksonville during its week-long annual Science, Service, Medicine and Mentoring (S2M2) program. The workshop was designed to test the students' ability to recognize potential patient safety issues. S2M2's goal is to encourage, nurture and enhance high school students' commitment to science and medicine in a welcoming and intellectually stimulating environment.



HM2 Simon Stewart, a Naval Hospital Jacksonville (NH) staff education and training instructor, briefs Darnell-Cookman School of the Medical Arts students on combat casualty care while the school's Principal Carol Daniels (left) and Dean or Students Trevor Clayton (right) look on June 20.



Darnell-Cookman School of the Medical Arts students (left to right) Ciera Jarrett, Matthew Alderman and Gabriel Claverie observe HM2 Merrian Calzado, a cardiovascular technician at Naval Hospital Jacksonville, conduct an echocardiogram on a patient.

SECNAV announces Safety Excellence Award winners

VR-58 and Blount Island Command among selectees

From Office of the Deputy Assistant Secretary of the Navy for Safety Public Affairs

Secretary of the Navy (SECNAV) Ray Mabus announced his Safety Excellence Award recipients for 2014, continuing the tradition of former SECNAV, Gordon England, who established the Award in 2002.

These awards were created to showcase Navy and Marine Corps commands that exemplify exceptional and sustained safety excellence. The 2014 Safety Excellence Awards recognize the Navy and Marine Corps commands and programs that have gone above and beyond normal duties to ensure the safety of Sailors, Marines, civilians, and resources.

The Secretary of the Navy's Safety Excellence Awards winners for 2014 are:

For the **Industrial Awards category**, which includes shipyards, shore intermediate maintenance activities, regional maintenance centers, ordnance stations, public works centers, depots, and logistics bases:

- For a working population of less than 1,000: Marine Corps Support Facility Blount Island, Blount Island Command, Fla.
- For a working population of 3,001 or greater: Norfolk Naval Shipyard, Va.

For the **Non-Industrial Awards category**, which includes stations, bases, training facilities, research and development laboratories, and Navy medicine facilities:

- For a working population of less than 1,000: Naval Support Activity Monterey, Calif.
- For a working population of 1,001 to 3,000: Marine Corps Logistics Base Barstow, Calif.
- For a working population of 3,001 or greater: Marine Corps Installations-East Marine Corps Base, Camp Lejeune, N.C.

For the **Fleet Operational and Fleet Support Award category**, which includes deployable units located ashore not eligible for ship or aviation safety awards:

- Marine Corps Engineer School, Camp Lejeune, N.C.

For the **Afloat Awards category**, which includes commissioned afloat Navy units and civil service manned ships:

- For Large Deck: USS Boxer (LHD 4)
- For Surface Combatant: USS Mobile Bay (CG 53)
- For Amphibious: USS San Antonio (LPD 17)
- For Submarine: USS Texas (SSN 775)
- For Auxiliary: USS Emory S. Land (AS 39)

For the **Aviation Awards category**, which includes active duty and reserve units operating under aircraft controlling custodians:

- For Navy Active Duty: Helicopter Anti-Submarine Squadron Light (HSL) 49
- For Marine Corps Active Duty: Marine Aerial Refueler Transport Squadron 252 (VMGR-252)
- For Navy Reserve: Fleet Logistics Support Squadron (VR) 58
- For Marine Corps Reserve: Marine Fighter Attack Squadron 112 (VMFA-112)
- For Training: Training Squadron (VT) 21

For the **Safety Integration in Acquisition Award category**, which recognizes teams or offices that have an acquisition mission and have made a significant impact by integrating safety into their programs, projects, or systems:

- System Safety Engineering Division Team, Dahlgren Division, Naval Surface Warfare Center, Va.

For the **Emerging Center of Excellence Award category**, which recognizes exceptional promise for future safety excellence leadership:

- Mishap Investigation Training and Support Implementation Team, Marine Corps Systems Command, Va.

The award winners receive a plaque, citation and the SECNAV Safety Excellence flag, as well as the honor of flying the Safety Excellence flag for one year.

Commands with units showing exceptional commitment to safety should nominate these units for the 2015 Secretary of the Navy's Safety Excellence Awards. An ALNAV announcing the application process will be released in 2015.



Photo courtesy of Wilma Stanley

Navy Wives Clubs of America Jax No. 86 supported Special Olympians in medal quest

The Super Bowlers of Clay County were part of Team Florida competing at the 2014 Special Olympics USA National Games in New Jersey June 14-21. They received silver medals and have the honor of being the second-best bowling team in the nation. Team Florida came home with 69 medals from various sports. From left, Athlete Nicole Stanley, Unified Partner Derek Freitag, Athlete Mike Woods and Unified Partner Katarina Zeigler. If anyone would like to volunteer as a unified partner or athlete, contact your local Special Olympics county office or visit www.specialolympicsflorida.org.

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VP-8

From Page 1



Family and friends of VP-8 Sailors await the arrival of their loved ones on June 30 at Hangar 117.



(From right) Sydney, 11, Liam, 3, Jalen, 11, and Brantley, 1, anxiously await the arrival of their father.



Photo by MCC Peter Lawlor

Secretary of the Navy Ray Mabus (left) and Wayne Cowles, husband of Adm. Michelle Howard, put four-star shoulder boards on Howard's service white uniform during her July 1 promotion ceremony at the Women in Military Service for America Memorial. Howard is the first woman to be promoted to the rank of admiral in the history of the Navy and will assume the duties and responsibilities as the 38th Vice Chief of Naval Operations from Adm. Mark Ferguson.

HOWARD

From Page 1

in Aurora, Colo. She graduated from the United States Naval Academy in 1982 and from the Army's Command and General Staff College in 1998, with a Masters in Military Arts and Sciences.

Howard's initial sea tours were aboard USS Hunley (AS 31) and USS Lexington (AVT 16). While serving on board Lexington, she received the secretary of the Navy/Navy League Captain Winifred Collins award in May 1987. This award is given to one woman officer a year for outstanding leadership. She reported to USS Mount Hood (AE 29) as chief engineer in 1990 and served in Operations Desert Shield and Desert Storm. She assumed duties as first lieutenant on board the USS Flint (AE 32) in July 1992. In January 1996, she became the executive officer of USS Tortuga (LSD 46) and deployed to the Adriatic in support of Operation Joint Endeavor, a peacekeeping effort in the former Republic of Yugoslavia. Sixty days after returning from the Mediterranean deployment, Tortuga departed on a West African training cruise, where the ship's Sailors, with embarked Marines and U.S. Coast Guard detachment, operated with the naval services of seven African nations.

She took command of USS Rushmore (LSD 47) on March 12, 1999, becoming the first African American woman to command a ship in the U.S. Navy. Howard was the commander of Amphibious Squadron Seven from May 2004 to September 2005. Deploying with Expeditionary Strike Group (ESG) 5, operations included tsunami relief efforts in Indonesia and maritime security operations in the North Arabian Gulf. She commanded Expeditionary Strike Group Two from April 2009 to July 2010. In 2009, she deployed to CENTCOM theater, where she commanded Task Force 151, Multi-national Counter-piracy effort, and Task Force 51, Expeditionary Forces. In 2010, she was the Maritime Task Force commander for BALTOPS, under 6th Fleet.

She was the 2011 USO Military Woman of the Year, and the 2013 NAACP Chairman's Image Award recipient.



Photos by MC2 Amanda Cabasos

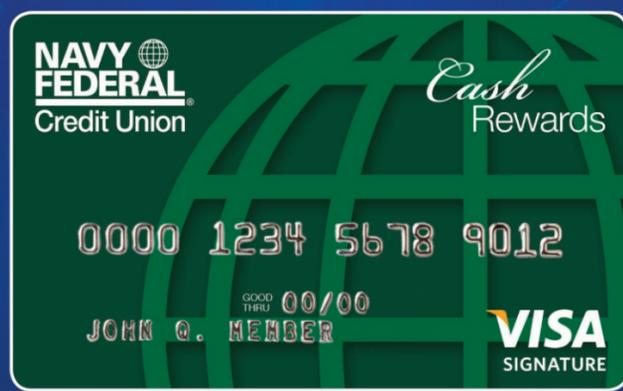
AE2 John Chaves of VP-8 is greeted by his wife, Brigit, after arriving home from a seven-month deployment.

Their charitable efforts supported local orphanages and homeless shelters in El Salvador and nurseries in Bahrain.

"I am excited to see each and every Fighting Tiger reunite with their families and friends after this long yet very successful deployment," said VP-8 Executive Officer Cmdr. Andrew Barlow.

VP-8 will commemorate a successful deployment and the departure of flight engineers and in-flight technicians with a Tiger Tribute Day on July 17.

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Officials visit NAS Jax



VP-45 Executive Officer Cmdr. John Weidner (second from right), briefs Commander, Naval Facilities Engineering Command (NAVFAC) Atlantic, Rear Adm. Louis Cariello (left); Principal Deputy Assistant Secretary of the Navy (Energy, Installations and Environment) Roger Natsuhara (second from left); NAS Jax Commanding Officer Capt. Roy Undersander (center) and NAVFAC Atlantic Business Director Frank Strike inside P-8A Poseidon Hangar 511.

Commissaries partner with food banks

By Cherie Huntington,
DeCA Public Affairs Specialist

The Defense Commissary Agency has established a formal process covering diversion of unsellable but edible food to local food banks.

The program now involves 109 stateside commissaries that will divert qualifying food to 76 food banks approved by the Department of Defense, but both numbers will continue to rise.

“During fiscal year 2013, DeCA donated 638,582 pounds,” said Randy Eller, deputy director of DeCA’s logistics division.

“Already in fiscal 2014, we have donated more than 1 million pounds, so our donations this year could approach 1.5 million pounds,” he continued. “This may sound like a lot, and the food banks are certainly grateful, but edible, unsellable product amounts to less than 1 percent of what we sell worldwide. We strive for as little loss as possible to remain efficient and effective.”

Following the government shutdown in 2013, DeCA and government officials recognized the need for a formal program for diverting unsellable but wholesome food.

Once stateside commissaries returned to normal operations after the Oct. 2-6 shutdown, DeCA received a one-time exception from the Under Secretary of Defense Personnel and Readiness to authorize local food banks to receive food donations.

With that exception, DeCA turned over approximately \$250,339 in grocery, meat and produce merchandise to 72 food banks throughout the United States, preventing entry into the waste stream. Turning that one-time project into an ongoing program involved nearly six months of work. DeCA headquarters staff contacted all U.S. commissaries and established procedures to gain approval for participating food banks.

This system differs from the annual Feds Feed Families campaign that runs June through August. Under Feds Feed Families, commissaries serve as collection points for their installations, and all donations come from DeCA customers.



Photos by Earl Bittner

VP-30 Commanding Officer Capt. Curt Phillips (right), briefs Principal Deputy Assistant Secretary of the Navy (Energy, Installations and Environment) Roger Natsuhara (seated in cockpit) and Commander Naval Facilities Engineering Command (NAVFAC) Atlantic, Rear Adm. Louis Cariello (left) inside a P-8A Poseidon simulator at NAS Jacksonville on June 26.



Ronnie’s Wings: Ready when you are

Ronnie Munsey knows the restaurant business. He’s been in it for 27 years. And, Ronnie Munsey knows wings. He prepares and sells wings at three locations: Green Cove Springs, Orange Park and his newest location at Cecil Commerce Center.

“We’ve got the best wings in the state,” Munsey said. “I put the best quality I can on the table, beginning with wings and including everything on the menu. And, we are happy to serve the folks who live and work around Cecil. We’re a short ride, and we’ve got food ready when you get here.”

Munsey has been in the Cecil Commerce Center location at 13715 Lake Newman St. for only four months, and he’s eager to serve military personnel and civilians in the area.

To accommodate shorter lunch periods, Munsey has introduced a hot-lunch buffet.

“We understand the need to get in and get out quickly,” he said. “By having the fresh-cooked hot lunch already on the buffet table, customers can fill their plates and start eating within minutes of entering the restaurant.”

The all-you-can-eat buffet offers wings on Monday, a taco bar on Tuesday, baked spaghetti on Wednesday, pork chops on Thursday and fish on Friday. Iced tea is included with the price for the buffet.

Even though diners may need to eat quickly, they do so



Ronnie’s Wings Cecil Commerce Center location offers “the best wings in the state,” a hot-lunch buffet, inviting surroundings and a scenic golf course view. Convenience and fresh food ready to serve are added benefits.

Enjoy Ronnie’s Wings at these three locations:

Ronnie’s at Fiddler’s Green/Cecil Commerce Center*

13715 Lake Newman
778-5272

Ronnie’s in Orange Park
2141 Loch Rane Blvd.
272-0064

Ronnie’s in Green Cove Springs
232 Walnut St.
284-4728

with a great view of the back nine at Fiddler’s Green Golf Course. The atmosphere inside is relaxed, friendly and enjoyable, and the view through the expanse of windows is the well-kept greens of the golf course.

For diners with a little more time, the menu offers wings every day in your choice of mild, medium, hot, krypton and honey barbecue. Sandwiches, items from the grill, salads, appetizers and sides round out the menu. Beverage selections include soft drinks, fresh iced tea and a full bar, wine and beer.

Munsey puts a high premium on quality.

“You keep customers coming back by making sure the food is the highest quality possible,” he said. “People may want to eat quickly, but they don’t necessarily want ‘fast’ food. Our goal is to serve food quickly without sacrificing our high standards of quality.”

Ronnie’s Wings is open 10 a.m. to 2 p.m. daily. Military discounts are offered, and gift certificates are available. Phone your order in advance or for take-out at 778-5272.

“You won’t find a better deal anywhere than all-you-can-eat wings on Mondays,” Munsey said. “Simply the best wings at the best price – it doesn’t get any better than that.”

*Hot-lunch buffet available only at Cecil Commerce Center location.

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Photo by MC2 Amanda Cabasos

Top Sailors recognized for achievements

NAS Jax Commanding Officer Capt. Roy Undersander (far left) and NAS Jax Command Master Chief CMDCM(AW/SW) Teri McIntyre (far right) stand with Sailors who were recognized for their outstanding work and received various awards at an all hands call held on July 2. Recognized Sailors were, CSCS Wendell Heyward - Navy/Marine Corps Achievement Medal and Military Outstanding Service Medal, CS1 Marnika Ash - Navy/Marine Corps Achievement Medal, AM1 Sean Nelson - Navy/Marine Corps Achievement Medal, AO1 Kendric Stockdale - Navy/Marine Corps Achievement Medal and Letter of Appreciation, MA2 Jesse Gallo - Navy/Marine Corps Achievement Medal, ABH2 Vincent Kubat - Navy/Marine Corps Achievement Medal, MM2 Mario Miniel - Navy/Marine Corps Achievement Medal, BM2 Brandon Sanderson - Navy/Marine Corps Achievement Medal, ET3 Drake Delcambre - Navy/Marine Corps Achievement Medal, IC3 Christy Rabell - Navy/Marine Corps Achievement Medal, CS3 Michael Grimmage - Frocking to CS2.

Red Lancer of the Week

By Lt. j.g. Brendan McGoey
VP-10 PAO

AT1 Jeffrey Dahlgren is this week's recipient of the "Red Lancer of the Week" award for VP-10. During a rigorous week of flying numerous anti-submarine warfare (ASW) events in the squadron, Dahlgren set the tone for his work center with his diligent workmanship and ability to lead from the front. Two of the primary ASW aircraft were having computer and avionics issues that could have prevented the squadron from attaining much needed qualifications for deployment. Through his astute knowledge of the systems along with his thorough communication between both the aircraft and maintenance control, Dahlgren brought the systems back online so that the mission events could be completed as scheduled with great success.



AT1 Jeffrey Dahlgren

His positive and resilient attitude coupled with his "by the book" approach proved to be contagious within his work center as he continues to set the example.





Feds Feed Families Campaign
NAS JACKSONVILLE

This summer, NAS Jacksonville will be participating in the USDA's Feds Feed Families campaign. Since the campaign began in 2009, Federal workers have donated and collected 24.1 million pounds of food and other non-perishable items to support families across America.

We are asking all commands this year to set their own goals again and beat their previous best! We know that Federal employees will answer the call to help their neighbors and we are relying on you to help us collect more food than ever!

TO DONATE, please bring your non-perishable food items at NAS JAX Chapel. Some of the most wanted items are canned meats, canned vegetables, healthy snacks, grains, cereals, juices, and peanut butter. The campaign starts now and ends on August 31, 2014.

Thank you for your generosity!!!

For more information please contact NAS JAX Chapel
at 542-3051 or 542-3052

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Chairman describes U.S. interests in Iraq

By Jim Garamone
Defense Media Activity

The United States has sent troops back to Iraq because it is in America's interest for the country to remain stable and to counter Sunni militants from the Islamic State of Iraq and the Levant, the chairman of the Joint Chiefs of Staff said July 3.

Army Gen. Martin Dempsey told a Pentagon news conference that Iraq's leaders must form an inclusive government that respects the rights of all groups.

Iraq can and should be a U.S. partner in countering terrorism, Dempsey said. The Islamic State of Iraq and the Levant, which has captured large sections of the country's north and west over the past few weeks, is a regional threat, Dempsey said, but could become a transnational and global threat in the future. They have "made some pretty significant and rapid advances."

Yet "they're stretched right now," the chairman said, "stretched to control what they have gained and stretched across their logistics lines of communication."

There are currently nearly 800 American service members in Iraq, with some protecting the American



DoD photo by MCI Daniel Hinton
Secretary of Defense Chuck Hagel and Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey brief the press on July 3 at the Pentagon concerning the security situation in Baghdad, Iraq.

embassy and other facilities. Other U.S. troops are assessing the situation on the ground and have now opened a second joint operations center in Erbil in northern Iraq after establishing one in Baghdad last month. President Barack Obama ordered up to 300 U.S. special forces to the country last month to provide advice on how best to assist the Iraqi military in their fight against

Sunni militants.

Meanwhile, Iraqi security forces have stiffened resistance in face of the militants' gains.

"I don't have the assessment teams' exact language, but some initial insights are that the ISF is stiffening, that they're capable of defending Baghdad," Dempsey said.

Iraqi forces would be challenged

however, if they went on the offensive against the militants, he added.

Dempsey emphasized the ability of Iraq's military to defend the country depends on political leaders in Baghdad uniting to form a government of national unity.

In addition, what role the United States will play in Iraq going forward, he said, depends on the conclusions of the U.S. military assessment teams, as well as Iraq's political progress.

Currently, U.S. advisors in Iraq are not involved in combat operations, Dempsey said, but he did not rule that out.

"If the assessment comes back and reveals that it would be beneficial to this effort and to our national security interests to put the advisors in a different role, I will first consult with the secretary, we will consult with the president," he said.

"We'll provide that option and we will move ahead."

Even so, he said U.S. involvement in Iraq does not amount to "mission creep." Choosing to characterize it instead as "mission match."

"We will match the resources we apply with the authorities and responsibilities that go with them based on the mission we undertake, and that is to be determined," the chairman said.

NAVFAC employee honored

Commanding Officer Naval Facilities Engineering Command (NAVFAC) Southeast Capt. Christopher Kiwus presents NAVFAC Southeast Community Manager and Personnel Resources Program Manager Dr. Diana Shider with the Navy and Marine Corps Meritorious Civilian Service Award June 16. Shider was recognized for her exceptional leadership, enthusiasm and extraordinary work ethic from December 2007 through April 2013 serving as a key leader and innovator for personnel issues during the NAVFAC Southeast official standup. The Navy Meritorious Civilian Service Award is the third-highest civilian employee honor in the Department of the Navy for service and highly beneficial contributions to the Department.



Photo by Matt Simons



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CNRSE Sailors help at local Ronald McDonald House

By MC2 (SW/AW/EXW)
Stacy Laseter
Navy Region Southeast Public Affairs

Sailors assigned to Commander, Navy Region Southeast (CNRSE) volunteered their time to assist the staff at the Ronald McDonald House in Jacksonville, on June 27.

Throughout the project Sailors reorganized a play area, cleaned common areas, and deep-cleaned several bedrooms in the three-floor facility.

The Ronald McDonald House Charities have been in operation since 1974 and help provide lodging and support services for critically ill, chronically ill and seriously injured children and their families.

"This is a 30-room facility with only one full-time house-keeper and one full-time maintenance man, so the community and the volunteer groups really keep us going," said Josh Harling, the Ronald McDonald House Charities of Jacksonville facility maintenance coordinator.

"Any little bit helps us here." The volunteer event was a



Photo by MC2 Stacy Laseter

IT1 Paul Voight assists YN1 Serge Kabanda with placing dirty linens in a garbage bag during a Commander, Navy Region Southeast volunteer effort at the Ronald McDonald House in Jacksonville.

great opportunity for CNRSE Sailors to give back to the local community, according to YN1 Gary Sutton.

"Our community relations

are just as important as our world-wide assignments," Sutton said.

The house asks guests to donate \$10 per night, but no

family is turned away if they cannot afford it. With the house's location about a block away from Wolfson Children's Hospital and Nemours

Children's Clinic, it is easy to receive treatment and return to the house without having to stay in a hospital.

The average stay for a family is around six to eight weeks, according to Harling, although some families may stay longer depending on their needs and the duration of their children's treatment.

"We have volunteers who come here and cook dinner every night," said Harling.

"Families don't have to worry about going to the grocery store and they can connect while all dining together."

The Ronald McDonald House Charities of Jacksonville has been open since 1988, and has served more than 32,000 families, providing lodging, reduced travel expenses and an ability to connect with other families who may be going through similar situations.

The first house opened in Philadelphia and was funded by McDonald's restaurant proceeds donated by local owners. Today, there are 336 houses in 58 countries worldwide which serve nearly nine million families every year.

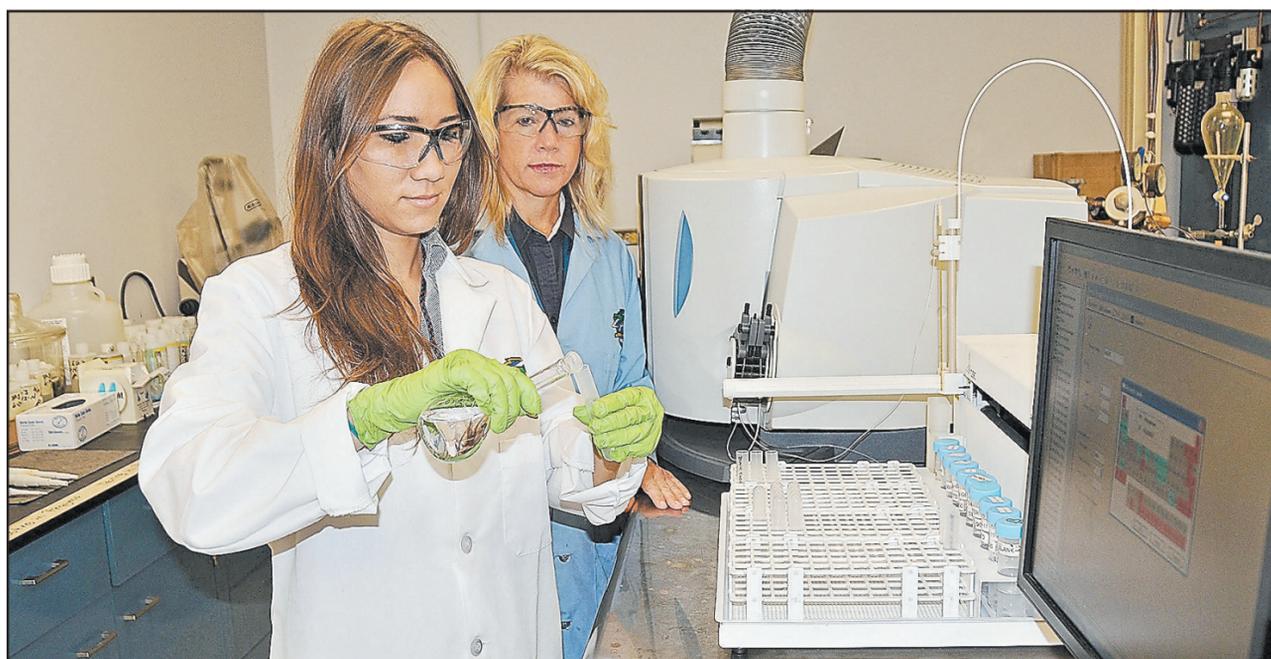


Photo by Victor Pitts

FRCSE intern

Jessica Wilson (left) a senior at the University of North Florida majoring in chemistry and physics, works in an FRCSE materials engineering laboratory as her mentor, Chemist Kellie Carney looks on June 17. Wilson is working as a summer intern at Fleet Readiness Center Southeast (FRCSE), the largest tenant command on NAS Jacksonville. The facility's highly trained staff supports the Navy's Science, Technology, Engineering and Mathematics (STEM) program – and provides about 700 high school and college students with training and mentoring opportunities each year.

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Photo by Jacob Sippel

Hospital holds awards quarters

Capt. Gayle Shaffer, Naval Hospital (NH) Jacksonville commanding officer, presents the Navy and Marine Corps Commendation Medal (with Combat Distinguishing Device) to HM3 Joshua Hunter during the awards ceremony at the hospital on June 27. Other award recipients included: Cmdr. Jorge Brito (Navy and Marine Corps Commendation Medal), Sharon Orr (30-year Length of Service Award) and HN Terrence Bolton (Letter of Appreciation, Commanding Officer, Operational Support Hospital Unit Jacksonville). NH Jacksonville Hospital Corpsmen Terrence Bolton, Alberto Cordoba and Christian Snyder were frocked to HM3.



Photo courtesy of David Sanders

VA claims preparation workshop

NAS Jacksonville-based American Veterans (AMVETS) National Services Officer David Sanders discusses the procedures for filing Veterans Affairs claims during a workshop for retiring and separating military service members June 27 in the NAS Jax Safety conference room in Building 1. For more information on filing claims and to make an appointment for assistance, call Sanders at 542-2834 or e-mail David.D.Sanders@navy.mil. According to Sanders these types of workshops provide information and assist the service members in preparing their VA claims properly and prevent unnecessary delays.

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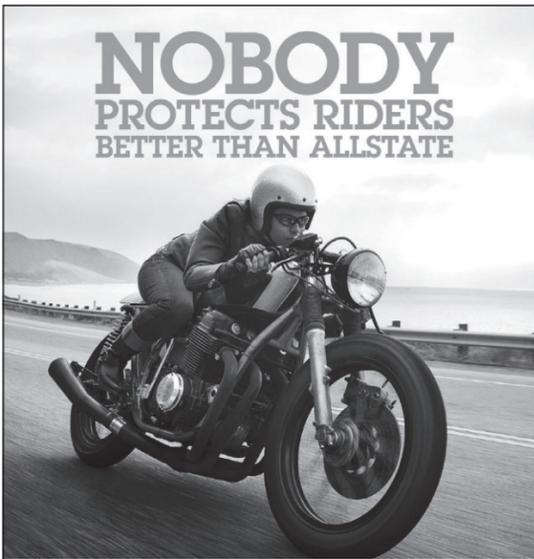
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Members of the Fleet Readiness Center Southeast Soccer Team gather after winning the 2014 NAS Jacksonville Captain's Cup Soccer Championship on June 26. (Front row, from left) AS2 Robert Cannon, AE2 Zachary Watson, Erik Koenig, PR2 Soroush Kalthour, Mike Noe and AEAN Robin Bosiacki. (Back row, from left) AS3 Ulrich Acka, LSSN Edwin Arisi, AM3 Austin Ogundahunsi, AM3 Zachary Neptune, AT3 Matthew Lowdermilk and AMAN Babatunde Adepoju. (Not pictured) LS3 Joseph Burgess, AS2 Kyle Amstead and AS2 Vinny Segatto.

FRCSE takes soccer championship

By Bill Bonser
NAS Jax Sports Coordinator

The NAS Jacksonville Captain's Cup Soccer League finished with a bang June 26. HSM-72 played Fleet Readiness Center Southeast (FRCSE) for the soccer championship. HSM-72 was defeated by FRCSE 6-1 in their first meeting of the playoffs to send them to the loser's bracket in the double elimination playoff format.

HSM-72 fought through the loser's bracket to meet FRCSE again for the base championship. FRCSE started with a goal to take a 1-0 lead. HSM-72 scored a goal to tie the game at half time. HSM-72 went on the attack in the second half scoring four goals. FRCSE did not have an answer for HSM-72 as they defeated FRCSE 5-1 to give FRCSE their first loss in the playoffs. With the HSM-72 win, FRCSE and HSM-72 had to play again to determine the 2014 NAS Jacksonville Captain's Cup Soccer Championship.

FRCSE scored first again and then added a second goal to take a 2-0

lead. HSM-72 scored one goal before FRCSE scored again to take a 3-1 lead. FRCSE began to sit on the lead and HSM-72 came firing back with three unanswered goals to take a 4-3 lead. With time running out, FRCSE scored a goal to tie the game 4-4 with the game ending in regulation.

The teams played a five-minute sudden death overtime period and neither team scored by the end of the period. With the game still being tied at the end of overtime, the game would be decided by three penalty kicks for each team. FRCSE won the coin toss and decided to let HSM-72 take the first penalty kicks. The first player for HSM-72 hit the post and did not score a goal. FRCSE made their first goal to take a 1-0 lead. The next two players scored for each team giving FRCSE a 2-1 lead. HSM-72 scored again to tie the score at 2-2. The third player for FRCSE was team captain Soroush Kalthour who put the nail in the coffin to win the game and the 2014 NAS Jacksonville Captain's Cup Soccer Championship.

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Comedy Live! at Dewey's featuring Collin Moulton and Josh Sneed

July 19, cocktail hour at 5 p.m., dinner at 6 p.m. and show begins at 7:30 p.m.

Purchase tickets at ITT prior to the show for \$15, tickets are \$20 at the door.

*Show is for 18 and older

Freedom Lanes Bowling Center

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Wednesdays: All you can bowl for \$5.95, 4-10 p.m.
Thursdays: Free bowling for active duty 11 a.m. - 1 p.m.
Saturdays: Family Extreme Bowling \$8, 4-6 p.m., Party Extreme \$10, 8 p.m. - midnight (up to 2 hours of play). Shoes Included.
Sunday: Family Day \$1.50 all day, per person, per game

Scratch Sweeper - June 28, 1 - 4 p.m., \$30

Please note, the specials do not include shoes unless stated otherwise

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Saturday and Sunday - Open recreation swim 11 a.m. - 6 p.m.

Dive In Movie featuring Rio 2 July 25, pool opens at 7 p.m., movie begins at 8:30 p.m.

I.T.T. Events

Call 542-3318

E-mail them directly at jaxs_nas_mwritt@navy.mil.

ITT current ticket promotions include the following:

Orlando Shopping Trip July 26 - \$20
St. Augustine Scenic Cruise August 30 - \$20

Mt. Dora Trip October 25 - \$20
Jacksonville Jaguar tickets on sale now (section 147 \$70)

Adventure Landing Waterpark seasonal - \$85.50

Daytona Lagoon - \$19 waterpark

Alhambra Dinner show \$38 - \$50.50
Jacksonville Sharks - \$25
Jacksonville Suns - \$5.50 - \$11.50
Jacksonville Zoo - \$8.50 - \$17
Rivership Romance in Sanford, FL. (includes dinner) \$40- \$57.75
Motley Crew Concert, Oct. 19 - Club seats \$63.50
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Disney World Orlando Armed Forces Salute ticket FL (Expires Sept.27, 2014) \$166 - \$194.50
Jacksonville Symphony - \$27.50
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Half Hour Boggy Creek Airboat Rides \$15.50 - \$20
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Trapeze High (Fleming Island) all ages \$35

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Comedy Live! at Dewey's featuring Collin Moulton and Josh Sneed
July 19, cocktail hour at 5 p.m., dinner at 6 p.m. and show begins at 7:30 p.m.
Purchase tickets at ITT prior to the show for \$15, tickets are \$20 at the door.

*Show is for 18 and older

The Vault Liberty Recreation Center

Trips, activities and costs may be restricted to E1-E6 single or unaccompanied active duty members. Call 542-1335 for information.

Jacksonville Beach Trip
July 12 at 9 a.m.

Comedy Zone Showcase
July 15 at 7 p.m.

Jacksonville Suns Game
July 17 at 6 p.m.

NAS Jax Golf Club

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NAS Jax Captain's Cup Sports

Men's Racquetball Tournament July 21-25

Open to active duty, selective reservists, DoD civilians, and DoD Contractors assigned to a command at NAS Jacksonville. Participants earn participation points for their command toward the Captain's Cup and can earn additional points for finishing first, second or third place. Sign up by July 14.

Women's Racquetball Tournament July 28-31

Open to active duty, selective reservists, DoD civilians, and DoD Contractors assigned to a command at NAS Jacksonville. Participants earn participation points for their command toward the Captain's Cup and can earn additional points for finishing first, second or third place. Sign up by July 21.

Bean Bag Toss Doubles Tournament July 28

Tournament takes place at 5 p.m. at the NAS Jacksonville Fitness, Sports and Aquatics Center. Open to active duty, selective reservists, DoD civilians and DoD Contractor personnel assigned to a command at NAS Jacksonville. Call the NAS Jax Fitness, Sports, and Aquatics Center at 542-2930 or e-mail bill.bonser@navy.mil to sign up by July 18.

Skeet Shooting League Meeting Aug. 6 at noon

Open to active duty, selective reservists, DoD civilians, and DoD Contractor personnel assigned to a command at NAS Jacksonville. The meeting will be in the first-floor conference room in Building 1 at noon. Commands whose athletic officer or designated representative attend the meeting will receive 5 Captain's Cup points. Attend the meeting to discuss rules and obtain the required paperwork.

Indoor Volleyball League Meeting Aug. 13 at noon

Open to active duty, selective reservists, DoD civilians, and DoD Contractor personnel assigned to a command at NAS Jacksonville. The meeting will be in the first-

floor conference room in Building 1 at noon. Commands whose athletic officer or designated representative attend the meeting will receive 5 Captain's Cup points. Attend the meeting to discuss rules and obtain the required paperwork.

Intramural Softball League Meeting Aug. 20 at noon

Open to active duty, selective reservists, DoD civilians, and DoD Contractor personnel assigned to a command at NAS Jacksonville. The meeting will be in the first-floor conference room in Building 1 at noon. Commands whose athletic officer or designated representative attend the meeting will receive 5 Captain's Cup points. Attend the meeting to discuss rules and obtain the required paperwork.

Women's Softball League Meeting Aug. 20 at 12:30 p.m.

Open to active duty, selective reservists, dependents over 18, DoD civilians, and DoD Contractor personnel assigned to NAS Jacksonville. The meeting will be in the first-floor conference room in Building 1 at 12:30 p.m. Commands whose athletic officer or designated representative attend the meeting will receive 5 Captain's Cup points. Attend the meeting to discuss rules and obtain the required paperwork.

7-on-7 Flag Football League Meeting Aug 27 at noon

Open to active duty, selective reservists, DoD civilians, and DoD Contractor personnel assigned to a command at NAS Jacksonville. The meeting will be in the first-floor conference room in Building 1 at noon. Commands whose athletic officer or designated representative attend the meeting will receive 5 Captain's Cup points. Attend the meeting to discuss rules and obtain the required paperwork.

For more information about any of the sports articles, call Bill Bonser at 542-2930/3239 or e-mail bill.bonser@navy.mil. Visit the MWR website at www.cnic.navy.mil or www.facebook.com/nasjaxmwr.

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Farley retires after 40 years

From Staff

Camille Farley retired from the NAS Jax IT Department July 3 at a ceremony held at the NAS Jacksonville Officers' Club surrounded by her coworkers, friends and family.

Farley began her 40-year career at the U.S. Army Corps of Engineers as a GS-04, clerk typist and rose to the rank of GS-11.

"I started on June 26, 1974, which was two weeks after my high school graduation," said Farley, who was encouraged by her father to begin a civil service career because he had begun a second career with NAS Jax following his retirement from the U.S. Marine Corps.

"I worked for the Army Corps for more than six years before I decided to apply for a more advanced position at NAS Jax."

During her time as a clerk typist with the Corps, she met Wallace Byron Farley who was a civil engineer intern straight out of the University of Florida. "He popped his head in to say that he would be working with the operations division soon," Farley said, foundly. "I knew the moment I saw him that I was going to marry him."

Farley transferred from the U.S. Army Corps of Engineers to the NAS Jax Supply Department, Personal Property Office in 1980, and discovered how much our service men and women and their families sacrifice in order to keep America free.

"While serving in this position, I realized the hardships that military families go through when they transfer to a new base," said Farley, who enjoyed the direct interaction with the public as a personal property claims adjudicator.

"This was a big moment for me at a really young age, and I was inspired by the dedication of our sailors and their families."

Shortly into serving in this position, another advancement opportunity became available with the Navy Regional Data Automation Center (NARDAC).

She was selected for a department secretary position and went on to become the technical director's secretary a short six months later. Two years later Farley applied for an upward mobility position during a major data processing project that was acquired by



Photo by Sherman Turner
NAS Jacksonville Commanding Officer Capt. Roy Undersander presents the Meritorious Civilian Service Medal to Camille Farley of the NAS Jax IT Department during her retirement ceremony on July 3.

the command. She was selected, and from 1982 to 1986, she was promoted from a GS-5 to a GS-11 while working as a computer programmer analysis at NARDAC. She served as the LAN/WAN team leader and coordinated numerous ADP projects for various tenant commands, as well as other Navy customers in the Southeast Region.

"At this point each of the separate tenant commands had developed their own separate LANs/WANs. And, looming on the horizon was the big push to standardize the network - and thus the Navy Marine Corps Internet (NMCI) was born," recalled Farley.

She further explained that NARDAC was then reorganized and became the Naval Computer and Telecommunications Command (NCTS).

At this point in time, she became a member of the Pentagon IT Service Center, where she served as a contracting officer's technical representative who wrote service contracts for customers that needed to hire contractors to perform their data processing requirements.

However, business opportunities began to run short and NCTS was reorganized again and downsized to become a detachment of SPAWAR Charleston. The detachment was notified that they would be shut-down with-



Photo by MC2 Amanda Cabasos

Civilian and military personnel watch as SN Brian Ramunno (left) and BM2 Theodore Marion prepare to raise the American flag on June 26 in front of NAS Jacksonville Headquarters Building 1, in honor of IT Department Camille Farley who retired on July 3 after 40 years of honorable civil service.

in the next two years.

"Only four days before I was going to be 'discontinued service retired,' I received a phone call from the business manager at NAS Jax who told me I had been hired to fill an IT Specialist position within the NAS Jax IT Department," said Farley. According to Farley this opportunity was the result of having prayed and of having faith that God was going to open another door for her.

Since 2007, Farley has served as an

NMCI assistant contract technical representative, managing more than 800 user email accounts for NAS Jax, as well as the government purchase cardholder and information assurance coordinator.

"The day to day interaction with our military community has been so rewarding," said Farley who believes meeting new people every day made her job special.

"My coworker, Terri Hicks, and I have

See **FARLEY**, Page 16

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NRD Jax volunteers

Recruiters from Navy Recruiting District Jacksonville, volunteered their time and labor, June 20 to the City Rescue Mission, a local charity that provides food, clothing, shelter, emergency services and residential recovery programs to homeless men, women and families. Financial support of City Mission comes from donations made generously by concerned individuals, churches, businesses, civic organizations and foundations. NRD Jacksonville's mission is to recruit the best men and women for America's Navy to accomplish today's missions and meet tomorrow's challenges.



Photos by MC1 Brianna Dandridge

What is the Survivor Benefits Plan?

By Lt. Ryan Kilpatrick,
JAGC, USN
RLSO SE BROFF Kings Bay

The Survivor Benefit Plan (SBP) pays a portion of your active duty or retirement income to your surviving spouse, former spouse or dependent child in the event that they outlive you. Colloquially, this is often referred to as a "widow's pension." For many retirees whose retirement income consists of their military retirement and social security, not electing SBP coverage can impoverish your spouse if he or she outlives you, as he or she only has social security to live off. If you die on active duty, your spouse will collect SBP automatically. If you wish to retain this benefit into retirement, however, you must enroll at the time of retirement and pay monthly premiums.

How much will SBP cost?

The cost of SBP depends on the level of coverage you choose. If you elect full coverage, the cost of SBP coverage will be based on 6.5 percent of your full gross pay. For example, if you receive \$1,000 of retired pay each month, and elect full SBP coverage, your monthly cost to cover your spouse under the plan will be \$65 each month. You can also elect a lower level of SBP coverage. For example, if you receive \$1,000 of retired pay each month, you can elect to have your coverage based only on \$700 of your pay. In this case, we would calculate 6.5 percent of \$700, and the monthly cost to cover a spouse under SBP would be \$45.50. There is, however, a minimum level of coverage required and that the

amount is unique to each retiree.

What are the advantages of SBP? You will leave a guaranteed income to your beneficiary.

Eligible beneficiaries under the plan will receive 55 percent of the retiree's elected amount of coverage.

SBP benefits are inflation indexed, and coverage and cost are not affected by illness or age.

Unlike many private life insurance policies, SBP coverage will not be cancelled or revoked due to any illness you may have or your age. Whether you retire at age 45 or 80, you or your spouse's age or health will never be considered a liability and never impact the cost of the program. In addition, the receipt of survivor benefits will not be affected by Social Security benefits. Finally, the SBP annuity is protected against inflation, increasing each December with a Cost of Living Adjustment based on the Consumer Price Index.

You can pay for SBP benefits with a pre-tax payroll deduction.

For nearly all retirees, Survivor Benefit Plan premiums are automatically deducted from your gross pay prior to the deduction of federal income tax. This decreases your total taxable income, and thus your overall tax liability.

What are the disadvantages of SBP?

A monthly deduction is taken from your retirement income to pay for your SBP coverage. This can be as much as, but no more than, 6.5 percent of your gross retired pay. You might consider the relationship between the cost of the program

and its benefits. To earn an even return on your investment, your beneficiary typically must receive payment for seven months for every five years you pay SBP premiums.

Once you enroll, changing your election is difficult.

Although it may seem unnecessary to consider providing for your loved ones until later on in life, please be aware that the decisions you make at retirement regarding your SBP can be difficult to change. For example, if, at retirement, you have an eligible spouse or children and decide not to have them covered under the plan, it will be very difficult to have your current or any future spouse or children covered under the plan in the future.

If you fail to elect SBP at the time of retirement, you may not be able to elect it in the future.

One of the only exceptions to this rule is if you were not married at the time of retirement and you get married later and wish to elect SBP for your spouse.

Enrolling in the SBP may be one component of your overall estate plan. When making decisions about your estate you may choose to consult with an accountant, a financial advisor or an attorney for additional assistance.

For more information on SBP, visit: <http://www.dfas.mil/retiredmilitary/provide/sbp.html>. For questions regarding VA pay, benefits and disability ratings, you should contact the Department of Veteran's Affairs at 800-827-1000. For more information, contact the Region Legal Service Office Southeast at NAS Jacksonville at 542-2565.

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Navy marine mammal project breaks new ground

From U.S. Pacific Fleet Public Affairs

A newly released scientific report demonstrates the viability of a new method to estimate received sound levels during real scenarios and analyzes movements of satellite-tagged individuals of three species of marine mammals exposed to Navy mid-frequency active sonar around Kauai's Pacific Missile Range Facility (PMRF).

"This is exciting news in several ways, not least of which is the promise this new integrated approach holds for learning how sonar affects marine mammals," said Julie Rivers, natural and marine resources program manager for the U.S. Pacific Fleet, which funded the study as part of its Marine Mammal Monitoring Program.

The report is co-authored by Robin Baird and Daniel Webster of Cascadia Research,

Brandon Southall of Southall Environmental Associates, and Stephen Martin of the U.S. Navy. Morgan Richie, the Navy technical representative at Naval Facilities Engineering Command Pacific, provided technical oversight for the project.

On five occasions preceding Navy training events the researchers tagged a total of 23 marine mammals. The data from the satellite tags enabled them to track points along the animals' path and, in some cases, due to more sophisticated tags, their dive movements. The range facility's hydrophones, on the ocean floor northwest of Kauai, were used to record data on the actual levels of sound energy from sonar transmissions. That data enabled the scientists to use mathematical modeling to produce estimates of the range of

sound levels to which some of the animals were exposed and to assess their responses.

Some tags didn't provide enough information, as often happens, and many of the tagged animals were not on or near the range during the brief periods when sonar was being used. Nonetheless, received sound levels were compiled and movements tracked for four animals: two rough-toothed dolphins, a bottle-nose dolphin and a short-finned pilot whale.

The researchers found that the bottlenose dolphin showed no large-scale movements out of the area during sonar exposures, and a short-finned pilot whale actually moved toward areas of higher sonar levels during the third day of a 3-day period of regular mid-frequency active sonar use. While the data from the rough-toothed dolphins are more limited than



U.S. Navy file photo

Ari Friedlaender, a Duke University Marine Laboratory researcher, attaches a D-TAG to a pilot whale off the coast of Kona, Hawaii. Friedlaender is collaborating with scientists at The Woods Hole Oceanographic Institution to study the effects of sound on marine mammals. The D-TAG is a digital acoustic recording tag issued to study marine mammal behavior.

those for the bottlenose dolphin and the short-finned pilot whale, results are similar in that the animals did not make broad scale movement into areas where received sound levels would have been lower.

FARLEY

From Page 14

always tried to make our military feel like they are welcome by providing excellent service and keeping our candy dish full."

"We would always have people come back in to say thank you for the candy and for making them feel so welcome as they came aboard. It was always nice to hear them say it was the best office on the base," she added.

As Farley begins her retirement, she plans to spend more quality time with her husband of 32 years, and hopes to make many visits to Gainesville to see her daughter . . . and the Gators!!!! "Although I was a little unsure about retiring, because I've loved my position and the people I've worked with for the past seven years, I'm ready to learn how to relax and slow down," she said.

"I can't wait to plan vacations to the Grand Canyon, Turks and Caicos, and a cruise to Alaska."

Farley said her success comes from having a goal in mind and seeking out every opportunity for advancement.

"You have to have a goal in your life and be willing to follow that path.

Don't ever give up . . . reach for the stars!" said Farley.

"Over the past 40 years I've stuck to my commitments, I've gone the miles and I've always done the very best job that I could do," she added. "It's paid off - thanks for the memories!"

Military hunting/fishing licenses available

From Staff

The Florida Fish and Wildlife Commission (FWC) offers the Military Gold Sportsman's license to active duty and retired members of the United States Armed Forces, United States Armed Forces Reserve, Florida National Guard, United States Coast Guard or United States Coast Guard Reserve who are stationed in Florida or claim Florida as their primary residence.

The reduced-fee \$20 annual license offers the same privileges as the traditional Gold Sportsman's license. The Military Gold Sportsman's license includes hunting, saltwater fishing and freshwater fishing licenses; and the deer, wildlife management area, archery, muzzle loading gun, crossbow, turkey, Florida waterfowl, snook and lobster permits.

The license does not include tarpon tags, alligator trapping licenses, limited

entry hunt permits, migratory bird permit or the federal duck stamp.

Hunter education requirements apply to military personnel.

The Military Gold Sportsman's licenses are only available at tax collectors' offices. You must show your military identification card to the clerk, therefore the license is not available online, by phone or at other license agencies. For more information, go to: <http://myfwc.com/license/recreational/military-gold>.

Community Calendar

Military Officers Association of America (MOAA) N.E. Florida Chapter 18 will meet July 16, @ 6 p.m. at NAS Jax Officers' Club. MOAA is open to active duty and retired officers of all military branches. RSVP to Larry Sharpe @ 262-3728 by July 14. For info on MOAA, email Johnnie.walsh@gmail.com or call 282-4650.

Florida Master Naturalist Program for adults is sponsored by St. Johns County Recreation & Parks and Duval County Extension Aug. 7, 12, 14, 19, 21 and 28 at Trout Creek Park in Orangedale. For details and registration, go to: www.masternaturalist.org or call 904-220-0232.

USS Iwo Jima (LPH2/LHD7) Reunion, Aug. 27-31 at Crowne Plaza Hotel in Jacksonville. Call 757-723-0317 or <http://ussiwajimashipmates.cfns.net/>

National Naval Officers Association (NNOA) meets the fourth Thursday of each month at 5 p.m. at Jacksonville Urban League 903 Union Street West Jacksonville. For information, contact Lt. Mark Jean-Pierre at 910-459-6858 or retired Lt. Cmdr. Paul Nix at 542-2518 or paul.nix@navy.mil.

Marine Corps League Det. 059 meets the first Thursday of each month at 7:30 P.M. at Five Star Veterans Center at 40 Acme St in Arlington. For information visit <https://mcajacksonville.org/> or call Dwayne Enos (904) 693-0280

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, visit www.aao9.com.

Orange Park Veterans of Foreign Wars (VFW) Post 5968 and its Auxiliary located at 187 Aurora Blvd. meets on the second Wednesday of the month at 7:30 p.m. VFW is a non-profit veterans service organization composed of combat veterans and eligible service members from the Active, Guard or Reserve forces. Go to www.vfwpost5968.org or call 276-5968.

Retired Activities Office (RAO) at NAS Jax Fleet and Family Support Center (FFSC) needs volunteers to assist military retirees and dependents. Work four hours a day, one day per week. Call 542-5790 from 10 a.m. to 2 p.m. weekdays to volunteer.

Ribbons & Roses, a breast cancer support group at Naval Hospital Jacksonville, meets on the second Tuesday of the month at 7 p.m. Call 542-7857 for more info.

Navy Jacksonville Yacht Club is open to active duty, reserve and retired military, plus, active or retired DoD civilians. Call 778-0805 or email commadore@njyc.org.

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Navy Wives Clubs of America DID No. 300 meets the second Thursday of each month at 7 p.m. at Lakeshore Methodist Church, 2246 Blanding Blvd. Call 272-9489.

Navy Wives Clubs of America No. 86 meets the first Wednesday at 7 p.m. next to the Thrift Store at the NAS Jax Yorktown gate.

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

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.

Retired Enlisted Association meets the fourth Wednesday of each month at 1 p.m. at the Fleet Reserve Hall at 7673 Blanding Blvd. Call 772-8622.

VFW Post 5968 meets the second Wednesday of each month at 7:30 p.m. at 187 Arora Blvd., Orange Park. Call 276-5968.

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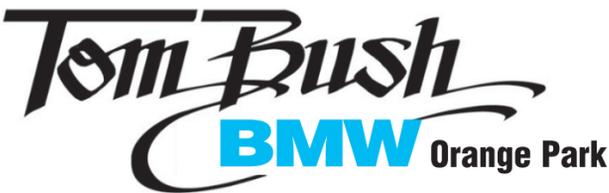


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