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# THE CANOPUS STAR

Vol. 2, No. 6

USS CANOPUS (AS-34)

MAY 1987

## Konetzni to relieve Salmon in change-of-command ceremony

By JO3 N.D. Tanner



CAPT. A. H. Konetzni, Jr.

Commander Submarine Squadron Sixteen will change hands May 29 when Capt. Albert H. Konetzni, Jr. relieves Capt. Harry P. Salmon, Jr.

The ceremony will be held on the helo deck of the USS Canopus

at 10 a.m.

Guest speaker at the ceremony will be RADM Stanley E. Bump, Commander Submarine Group SIX.

Capt. Konetzni was previously assigned as Cadet Commandant at the U.S. Naval Academy.

A 1966 graduate of the Naval Academy, Konetzni attended Naval Submarine School in New London, Ct., Nuclear Naval Power School in Mare Island, Ca., and Naval Nuclear Power Prototype training in West Milton, N.Y.

He reported to USS Mariano G. Vallejo (SSN-658) (Gold) in 1968. In 1970 Konetzni reported to the U.S. Naval Academy and served as a Company Officer.

In 1972, Konetzni reported to the Precommissioning Unit of USS William B. Bates (SSN-680) under construction in Pascagoula, Miss., and served as Engineer Officer through commissioning until 1976.

Capt. Konetzni served as Executive Officer of the USS Kamahameha (SSRN-642) (Gold) from June 1976 to December 1978.



In December 1978, Konetzni reported to Naval Military Personnel Command as Submarine Placement Officer and Executive Officer detailer.

He commanded USS Grayling (SSN-645), a nuclear powered fast attack submarine from August 1981 until April 1984.

Konetzni holds a Master of Science degree in Industrial Personnel Management from George Washington University. He is the co-author of Command at Sea.

Capt. Konetzni is entitled to wear the Legion of Merit, the Meritorious Service Medal with two gold stars, the Navy Commendation Medal with two gold stars, the Navy Achievement Medal, the Navy Unit Commendation Ribbon, the Meritorious Unit Commendation Ribbon with one bronze star, the Battle 'E' Ribbon, the Navy Expeditionary Medal with bronze star, the National Defense Service Medal and the Navy Sea Service Ribbon.

Capt. Konetzni is married to the former Barbara Lee Krobetzky of Armonk, N.Y. The Konetznis have four children: Al, Kristen, Kiera and Kyle.

Capt. Salmon will report to Commander Submarine Force, U.S. Atlantic Fleet as Deputy Chief of Staff of Logistics and Management.



CAPT. H.P. Salmon, Jr.



### PREVIOUS COMMANDERS OF SUBMARINE SQUADRON SIXTEEN 1963 TO 1985

VICE ADMIRAL P. A. BERNARD, USN (RET)	OCT 83 TO NOV 84
CAPTAIN B. H. STIVERSON, USN (RET)	NOV 84 TO AUG 85
CAPTAIN W. S. NUTTLE, USN (DECEASED)	AUG 85 TO AUG 86
REAR ADMIRAL J. M. BARNETT, USN (RET)	AUG 86 TO AUG 87
CAPTAIN W. E. KING, USN (RET)	AUG 87 TO JAN 89
REAR ADMIRAL W. DEBRICK, USN (DECEASED)	JAN 89 TO AUG 90
ADMIRAL J. C. WILLIAMS, JR., USN (RET)	AUG 90 TO JUN 92
ADMIRAL S. A. WHITE, USN	JUN 92 TO JUL 94
REAR ADMIRAL S. S. CRIDEN, USN (RET)	JUL 94 TO AUG 96
VICE ADMIRAL P. F. CARTER, JR., USN	AUG 96 TO JUL 98
ADMIRAL J. D. WILLEMS, USN	JUL 98 TO JUN 99
COMMODORE S. E. BUMP, USN	JUN 99 TO JUN 99
CAPTAIN B. C. JOHNSON, JR., USN	JUN 99 TO JUN 99
CAPTAIN R. F. JOHNSON, JR., USN	JUN 99 TO PRESENT

## Opinion: Why should Memorial Day be celebrated?



Lopi Miguel Cruz  
Mardel

We should celebrate Memorial Day because it honors those who paid the ultimate price of freedom for our country with their lives.



ICFN Jacquie Randle  
Eng/E

I feel Memorial Day is important because it is a day to remember all veterans who gave their lives during conflicts and wars which the United States was involved.



HM3 Scott Williams  
Medical

It's important to celebrate Memorial Day because it is the day set aside to remember those who have given their lives in previous wars. It is also a time to remember those serving our country now.



RP2 Bernadette Orlando  
CSS 16/Chaplain Office

I think it is important that we are given a day to commemorate those who sacrificed their lives for our freedom, but the majority of people today only think of an extra day off.

## 1987 Memorial Day Message From The President

This Memorial Day we remember with solemn pride and gratitude America's sons and daughters who have paid the ultimate price for the preservation of freedom.

From "the shot heard 'round the world" that marked our birth as a nation, Americans have time and again taken up arms in liberty's defense. Knowing the ferocity of war and the immensity of the sacrifice it exacts, they have nonetheless followed the spirit of our Founders who pledged their lives, their fortunes and their sacred honor to the support of freedom.

The debt we owe to those who have left home and family to serve this cause is beyond measure, but our greatest debt of all is to those who fell in battle. Their ranks are legion, the stories of their heroism countless. Many of them lie beneath the soil of distant lands, and many here at home. Their final bivouac may be a well-kept cemetery or an unknown, unmarked field or lane or shore, but glory guards each one well, these heroes who fought with all the faith and valor that free men can muster.

Oliver Wendell Holmes, Jr. expressed a fitting thought when he said, "At the grave of a hero we end, not with sorrow at the inevitable loss, but with the contagion of his courage." I join all of you who proudly share that spirit in your own service to our Nation as you pay tribute to these brave Americans. May we always walk in the light of their memory, the light of liberty which shines from age to age and still illumines the way forward.

God bless you, and God bless America.

*Ronald Reagan*



"Yeah, chief. A mouth bandage for your sore throat. Try to keep it on for at least a month."

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All photos are official U.S. Navy Photographs, unless otherwise stated.

Articles for the CANOPUS STAR are to be submitted to the editor, typed double spaced on the last Friday of each month by 1 p.m. All material used is subject to editing. Editorial comments supporting or in opposition to any items in the CANOPUS STAR are welcome.

CONSUBRON SIXTEEN  
CAPT Harry P. Salmon, Jr.  
COMMANDING OFFICER  
CAPT Thomas J. O'Brien, Jr.  
EXECUTIVE OFFICER  
CER James F. Struble  
PUBLIC AFFAIRS OFFICER  
ENS Douglas D. Drake  
ASSISTANT PAO  
YN2 Donald S. Parker  
EDITOR  
JO3 Natalie D. Tanner

DRAFTING SHOP DM1 K.C. Dehner  
PRINT SHOP DM3 J.R. Wendel  
L11 E. M. Borbon  
L12 A. N. Martin  
L12N D. R. Waller  
SN B. L. Hay  
SN A. M. Marchbanks  
PHOTO LAB  
PH2 M. D. Roach  
PH3 S. R. Carroll  
PHAN W. D. Clark  
SN E. P. Berard



# Canopus sailors help clean-up community

Story and photos by JO3 N.D. Tanner

'Getting involved' in community events seems to be a special talent of Cdr. Henry De Angelis, Canopus Dental Officer and Special Services Officer.

When Capt. O'Brien asked for one volunteer to organize a group from the ship to participate in the 'St. Mary's Clean up' campaign, De Angelis stepped forward.

De Angelis and seven other volunteers spent one Saturday last month picking up trash along Spur 40 from Stimpson Gate to Old Jefferson Rd.



Paul De Angelis does his share to help clean up Spur 40 by helping to load bags of trash into the back of dad's truck.

"I take pride in my community," said De Angelis. "Community involvement bolsters our military image."

Beginning at 8 a.m., De Angelis and fellow 'trash busters' worked three hours covering an estimated mile and a half area.

"I didn't anticipate us being out there more than a couple of hours," said De Angelis. "But once we started we realized that the situation was worse than we thought."

Like De Angelis, fellow Canopus volunteers enjoyed taking an active role in the community.

"There is personal satisfaction in knowing that you can be helpful," said HM2 Christina Tolvick.

"I always try to be supportive," said DT2 Oscar Tomala.

Other volunteers included Lt. Samuel Feliberti, SN Tonya Hall, ETI Robert Adametz, Carmen Tomala and Paul De Angelis.

**'Community involvement bolsters our military image'**



HM2 Christina Tolvick and Carmen Tomala pick up trash along Spur 40 early one Saturday morning.

## On This Date June

### June 1

Capt. James Lawrence, commander of the U.S. frigate Chesapeake, mortally wounded in battle, says, "Don't give up the ship" — words that became a slogan of the Navy, 1813.

### June 3

Admiral Edward White becomes the first American to "walk" in spaces during the Siege of Genoa, 1565.

### June 6

Anniversary of D-Day (Operation Overlord). Allied Expeditionary Force lands in Normandy, 1944.

### June 8

National Flag Week begins.

### June 10

National Little League Baseball week begins.

### June 14

U.S. Army is established as first military service, 1775.

### June 16

U.S. Army's Adjutant General Corps, Corps of Engineers, Finance Corps and Quartermaster Corps are established, 1775.

### June 18

Susan B. Anthony is fined \$100 for attempting to vote in the 1872 presidential election.

### June 21

Father's Day

### June 22

U.S. Department of Justice is established, 1870.

First G.I. Bill of Rights is signed, 1944.

## Thank you Canopus

On behalf of the USS Canopus Support Group, we would like to take this opportunity to thank you for your support during the past year. Thanks to all of you we have been able to make donations to the following: Amity House, American Red Cross, USO Food Locker, Crooked River Elementary School, Obedtsman

Council, Family Service Center and the Girl Scouts for a total of \$830.

These services benefit both the civilian and military communities.

Again, thank you for your support. Have a wonderful summer and we will see you in September.

the ship a little recognition."

Although the choir's concentration is gospel music, the group will also perform pieces from categories such as pop and rhythm-and-blues. "We want to be very flexible," said Guidry. "Whatever comes along, we'll do it."

With strong support from the chaplain and Capt. O'Brien, the choir looks forward to branching out. "In time we hope to perform at special functions hosted

by the CO and possibly community events," said Guidry.

Members include IC2 Gayla Robinson, RPT Jerome Montgomery, IN3 Antoinette Spantz, HT3 Vicki Williams, EN3 Shelia Lopez, LCpl Ricky Glover, RPSN John Houston, FN Lonnie Randle, FN Kimberly Mulholland and SSN Julie Milligan.

Choir rehearsal is held on Wednesdays at 7:30 p.m. at the Base Chapel. Interested personnel should contact IC3 Guidry at ext. 7862.

## Canopus choir makes debut

By JO3 N.D. Tanner



Canopus Choir members (left to right) Gwendolyn Edanfield, John Houston, Jerome Montgomery, Antoinette Spantz, Tina Guidry and Vicki Williams raise their voices in harmony during Easter 'Sonrise' service on the helo deck.

The Canopus Choir made its debut April 19 during the Easter 'Sonrise' services held on the helo-deck.

The choir, under the direction of IC3 Tina Guidry, consists of 10 CANOPUS personnel and is supported

by Chaplain Charles Bichel. "I like to sing," said Guidry, who originated the idea. "I felt that there were other personnel aboard CANOPUS who enjoyed singing and if we combined our talents we could give

## Achievements

## PROMOTIONS

ENS David M. Bereschuk, D-3  
 NTCM Robert A. Cheatham, E-1  
 QNCS Roger A. Williams, O-8  
 SRCS Edward D. Beams, S-3

## CANOPUS APRIL SAILOR OF THE MONTH

HTFN Raymond D. McNamee (Repair)

## DEPARTMENT SAILORS OF THE MONTH

PNEN James Pinkney, Admin.  
 ETFN Thomas Johnson, Weps.  
 ESFN Phillip Young, Supply  
 SN Darrell Essex, Deck

## HAIL

LCDR Fred S. Culvhouse  
 LT Dorothy L. Filbert  
 LT Clayton L. Jones  
 LT Steven L. Laruc  
 NMCM Peter Burns  
 STCS Vernon Johnson  
 FTB2 Eric Boling  
 HSNF Sewell Edwards  
 SNFN Kim Vard  
 HTFN Sherry Scott  
 SHSN Stephanie Fleg  
 DM2 Michael McConnell  
 ET3 Jamie Huff  
 NM3 Douglas Hayes  
 MR3 John Lay  
 SN3 Maurice Armstrong  
 ET2 Gregory Landry  
 SR Jessica Newman

## FAREWELL

LCDR Edward M. Caricato, SUP  
 CM04 Bruce McDonald, ADM  
 CM03 James E. Allcock, REP  
 LT Daniel E. Holland, DECK  
 TH3 David Gerlach, W-1  
 TH3 Svend Ovensen, W-1  
 NM02 Lawrence France, APL  
 NM1 David Allredgate, E-8  
 SK2 Donald Atkins, S-1

## FAREWELL CONT.

FTB1 Charles Pethel, W-2  
 MT2 Joel Kialan, W-4  
 MT2 Norman Mittelreider, W-4  
 FN Kimberley Young, E-M  
 MT1 James Burwell, W-4  
 NM2 John Fuhrmann, R-4  
 MT1 John Wiedemann, R-1  
 YN2 Marvin Suttles, CO  
 MT1 Donald Singleton, W-4

## APRIL REENLISTMENTS

RM2 Warren Barnette  
 YN3 Robert Smallwood  
 EM1 Ozzie Boyd  
 SK3 Thaddeus Boyd Floyd  
 NM2 Christina Teivick  
 NM1 Kevin Allaart  
 KTCM Donald Maccham  
 HT1 Donald Green  
 EP1 Richard Coudens  
 EN1 Emmett Carter  
 NM1 William Oostem  
 YN2 Marvin Suttles  
 RM1 Barry Rudisell

## MAY REENLISTMENTS

FTB1 Billy Ludwick  
 TNC Dewey Ervin  
 SK1 Michael Kress  
 SK2 Wilson Fields  
 SK2 Donald Atkins  
 TH3 Glenia Gibbs  
 SM2 Donald Fritch  
 TH3 Terri Heuck  
 ET1 Jeffrey Pickhardt

## WELL DONE TO ALL !

1987 Memorial Day Message From  
The Secretary of Defense

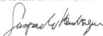
On Memorial Day we remind ourselves of the great price paid by those Americans who have died in battle to preserve for us the heritage of individual freedom and opportunity. Because of their courage, patriotism, and personal sacrifice, this heritage remains undiminished today, in an uncertain and sometimes dangerous world.

Freedom is not easily preserved. It requires risks, devotion to duty, and hard choices. Many men and women have been summoned to defend this freedom and have done so willingly, leaving homes and families to serve our Nation bravely. Many have joined the noble fraternity of those we honor today.

You, the men and women of today's Armed Forces, show by your daily efforts and unselfish dedication the same ideals for which brave men and women before you made the ultimate sacrifice.

This year as we observe the 200th anniversary of the signing of the Constitution, you can take special pride and satisfaction in knowing you continue to defend the principles of that unique document.

I join with you and all Americans in honoring those who have laid down their lives for their country. On this Memorial Day and every Memorial Day, we should renew our resolve to defend, with equal courage and determination, the cause for which they died.



Caspar W. Weinberger  
 Secretary of Defense



Whole milk, ice cream and cheddar cheese are high in saturated fat, cholesterol and calories. Low-fat and skim milk products contain

fewer calories, less saturated fat and less cholesterol but still contain the protein, minerals and most of the vitamins found in whole milk products. One cup of whole milk contains 160 calories; one cup of skim milk contains 90 calories.

## Outpatient Care, Inpatient Care and CHAMPUS

Armed Forces Insurance Service

What's the difference between outpatient and inpatient care?

Inpatient care is what you get when you're officially admitted to the hospital and stay overnight.

You can get outpatient care at the hospital, but you won't be officially admitted, and you'll go home or back to duty the same day.

Active duty and retired military members can get outpatient and inpatient care at a local military hospital or any other service medical facility. Their families get the same care from military facilities, but on a space-available basis. Or they may be treated at a civilian facility under CHAMPUS.

To get CHAMPUS to share the cost for outpatient care, there is no need to ask permission from the local military hospital. However, it is best to ask the health care provider if he or she participates in the program, which means the amount CHAMPUS pays is reasonable as accepted as full payment. In fact, a participating provider may even file the claim for you.

If you get care from a provider who does not participate, you may end up paying more and will probably have to file the claim yourself. File the claim for cost-sharing of covered care with the CHAMPUS claims processor for the state where you got the care.

CHAMPUS has an outpatient care deductible amount of \$50 per person or \$100 for the family in a

fiscal year. (Fiscal year 1988 begins Oct. 1, 1987, and ends Sept. 30, 1988.)

Even when you pay the first \$50, include the total amount charged by the provider on your claim form.

Military retirees, surviving family members of deceased active-duty

## Worth Repeating

"Success cannot be administered."

"Rough-tough, we're the stuff We want to fight and we can't get enough!"

—Rough Riders' saying, 1898  
 (1st U.S. Volunteer Cavalry)

"To err is human — but it takes a better excuse next time."

—Bruce Springsteen, singer

"Freedom comes from human beings, rather than from laws and institutions."

—Clarence Darrow, lawyer

"When you are carrying on a struggle, you have to accept the notion that you will have enemies."

—François Girard, French politician, journalist

## Spotlight



CAPT. O'Brien presents advancement certificate to SK1 Joseph White (frocked).



EMT Ozzie Boyd reenlists with LCDR. Al Ferris.



CAPT. O'Brien reenlists YN3 Robert Smallwood in his Cabin.



LTJG. Susan Dunlap reenlists RMT1 Barry Russell at St. Mary's Waterfront.



CAPT. O'Brien pins ESWS pin on ET1 Kirk Klassen in his cabin.



LtLt Ross Glover smiles as ENS. Marya Davis pins on her ESWS pin in the CO's cabin.



CAPT. O'Brien presents the video Top Gun to HT2 Thomas Sawyer, the winner of the Ship's Stores VCR giveaway.



ENS. Palegio Gonzales and his female crew took third place honors in the Woodbine Crawfish Festival Float Award. Natalie Kusband, Jaime Kindell, Laarni Gonzales, Joangrace Gonzales and Jennifer Cummings.

Photos by:

PH3 S. R. Carroll  
JO3 N. D. Tanner  
and  
PHAN W. D. Clark

## Recreation & Leisure

### Second Annual Canopus Picnic

Come on out on June 6 between 10 a.m. - 6 p.m. and join in a fun filled day at the Second Annual Canopus picnic at the Subase football field area.

The theme this year will be a 'Hawaiian Luau'.

There will be many activities and events including, game booths, dunkin' booths, 'Sham' from Sea World, Power 95 live with host 'Cadillac Jack', cartoon characters and clowns.

Contests for all ages will be held including a pie eating contest, hula shirt contest, crazy Hawaiian shirt contest and a talent contest.

Free food and refreshments, athletic competitions (with a special event of an obstacle course) for everyone to join in. There will be many more events taking place so mark this day on your calendar and come out and be a part of the 'Luau'.

Sign up sheets have been handed out to each department. If there are any departments that haven't received these please call Tracy at ext. 2778/2779.

Special Services is looking for a few extra hands to help set up. Prior set up will be June 5 from 8 a.m. - 4 p.m. All volunteers will be appreciated for anytime and any help they may have to offer.

Those interested please call Tracy. Let's give a helping hand and make this picnic the best ever.



**HURRY ON DOWN!**

### \$\$\$BINGO\$\$\$

Canopus Special Services is sponsoring 'CANOPUS BINGO NIGHT' every Wednesday night at the Subase Enlisted Club, Hungry Dolphin.

Card sales begin at 6 p.m. and game time is 7 p.m.

Free door prizes are given at half time and continuous cash winnings are awarded throughout the night.

Each week the Super JACKPOT grows \$250. It will not exceed \$1,750. The game is one of chance and luck so come on out and try yours.

All authorized patrons of NSB are invited.

Special Services is also interested in volunteers to help run each Bingo Night. It only takes three-four persons each evening and it would be helpful for anyone to volunteer maybe once a month or so.

We appreciate all your support and look forward to seeing everyone there. For more info contact Special Services at ext. 2778/2779.

### Support USO Food Locker

The USO has established a food locker to assist Navy families who run out of needed grocery essentials between paydays.

These families are referred to the USO through various military sources.

Because we need to continually replenish the stock in order to provide this service, we are presently low in stock and are accepting donations anytime at the USO office outside the Main Gate.

Any support you provide to funnelled back into our military community.

### Armed Forces Chess tournament set

The Armed Forces annually sponsors a chess tournament among Army, Air Force and the sea services (Navy, Marine Corps and Coast Guard) teams. This tournament will be conducted September 8-17 in Washington, D.C.

To qualify for the sea services team, participants must compete in the Sea

Services Chess Tournament, which will be held at NAUPHBASE Little Creek, VA., Aug. 29 through Sept. 5. Participants should have a minimum Chess Federation rating of 1800.

For further information contact the Subase Athletic Director, Bob Mason, at 673-2067.

### CCTV Movie Nights

June daily features 6 p.m. & 8 p.m. Sunday Matinee at 2 p.m.	The Seal - (PG) Dawn Rider - (NMPS-2) Gymkata - (R)
The Karate Kid Part II - (PG) Once Upon a Time in America - (R)	Just Between Friends - (PG) Raw Deal - (R)
Heart of the Stag - (R) City Heat - (PG)	Code of Silence (R) Club Paradise (PG)
Black Moon Rising (R) Choke Canyon - (PG)	My Science Project (PG) Deadly Rays from Mars - (PG)
Plenty - (R) About Last Night (R)	The Naked Face (R) American Dreamer (PG)
Aliens - (R) Dreamscape - (R)	The Morning After (R) April Fool Day (R)
Avenging Force (R) Best Defense - (R)	Nine Deaths of Ninja - (R) Top Gun - (PG)

### Fitness Swim



Free military training fitness swim will be held Mondays through Fridays, 11 a.m. - 1 p.m. and 4:30 - 6 p.m.

Upon pool opening, military participants in the Swim and Stay Fit program may accomplish laps for that program at this time.

For more information call Ginny Varone at 673-2067 or the Subase Pool at 673-3001.

### — Flag Day —

Wave Your Flag



# Sports

## Ford to represent Canopus in Orlando karate tournament

Story and photos by JO3 N.D. Tanner



Eddie Ford practices karate moves on a fellow classmate during a practice session at the SUBASE gym.

Two years ago, Eddie Ford decided to take karate classes because he was not big enough to play the more aggressive sports such as football, which he loved.

What began as just something to do at the community recreation center has placed Ford among the competitors at the Navy Annual Regional Karate Tournament May 16 at Naval Base Orlando, Fla.

"Two years ago I didn't take karate seriously," said Ford. "Now I love the sport and I believe that everyone should learn how to defend him or herself when needed."

Besides the demanding physical conditioning of karate, one also has to be mentally conditioned according to Ford.

"Karate demands discipline," said the Decatur County, Ga. native. "With mental conditioning comes physical conditioning."

To maintain this conditioning, Ford attends classes six days a week and works out four to six hours at a time.

"If one doesn't practice he will never know the limit of his endurance," said the Third Class Engineman. "In actual competition one has to know just how far and how much pain one can take. In my daily practice I try to make a different muscle hurt. I

strive to go that extra mile."

Although thought of as an individual sport, Ford is quick to point out that one does not win all by oneself. "Of course when you step into the ring it's just you and that individual, but without the support of the instructor or fellow classmates one loses his incentive," said Ford. "That support gives you momentum."

This being his first real competitive tournament, Ford is optimistic about his outcome. "I think I will do well," said the purple belt holder. "My 'sensei' (instructor) says I have a hard head."

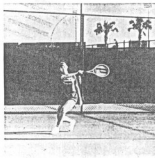
"With mental conditioning comes physical conditioning"



Eddie Ford watches as the "Sensei" demonstrates karate techniques to the class.

## Deck takes Wally-Ball Championship

Congratulations to the CANOPUS Deck Department on winning the recent Subase Wally-Ball Championship. Members include: Dennis Bald, Norman Mittelder, Kenneth Lofton, Vincent Everett, Julio Miranda and Brian Mills. The team is coached by David Dereschuk.



Christina Telvick works on her game at the SUBASE tennis courts for the Mayport SOLANT Tennis Tournament.

## SPORTS BRIEFS

The 1987 Canopus Women's Volleyball team, representing Kingsbay, placed fourth in the SOLANT Women's Volleyball Conference Championship held at NTC Orlando May 7-10.

The team competed against teams representing Charleston Naval Base, Cecil Field, NAS Jacksonville, Puerto Rico, Orlando and Key West.

Congratulations to Coach Charles Perkin and the following team members.

Kathleen Woortman	Elatine West
Christina Telvick	Barbara Jackson
Kathleen Hansen	Susan Evitts
Lynn Grunza	Angie Cowley

Canopus athletes, Michael Klueh, Bruce Rodgers and Christina Telvick represented Kingsbay at the Mayport SOLANT tennis tournament held this month.

The Standings for the 1987 Canopus Women's Softball Team as of May 12 is as follows:

Wins	Losses
3	3

## Softball Standings



Monday - Wednesday League Standings (BLUE) as of May 7.

	Wins	Losses	Pct.
Bushwackers	7	0	1.000
Oak Ridge	8	1	.889
Port Services	6	3	.667
R-9 Div.	6	3	.667
CPO's	5	6	.455
Supply	3	6	.333
CSS-16	1	6	.143

Tuesday - Thursday League Standings (RED) as of May 6

	Wins	Losses	Pct.
Mardet	9	2	.818
MADO	8	2	.800
Century 21	7	2	.778
Weapons	6	3	.667
Lang Marina	5	5	.500
State Farm	4	6	.400
R-5 Div.	4	6	.400
Leftovers	0	9	.000

# Swim and stay fit

Swim and Stay Fit, an American Red Cross program is offered at the Subase Swimming Pool upon pool opening. The program, which is monitored by Recreation Services Swimming Pool and Fitness staff, encourages participants to swim regularly and frequently until a total of 50 miles or more is reached.

Individual charts and large posters are available for logging distances with each swim. Any stroke or combination of strokes may be used and swimmers may rest as often as necessary.

The only requirement for

the initial three miles is that the swimmer complete each 440 yards (about 8 laps) during one visit to the pool.

After the first three miles, individuals must then swim the distance in multiples of 440 yards (8 laps = 440 yards or 1 mile; 16 laps = 1/2 mile, etc.).

Recognition is made for 10, 20, 30, 40 and 50 mile accumulations.

For further information call Ginny Varone at 673-2067 or the Subase pool at 673-3001.

HE COLLAPSED DURING PT ... HE WAS TRYING TO UNDERSTAND THE CHARTS.



DEPARTMENT OF THE NAVY

Commanding Officer  
USS CANOPUS (AS 34)  
FPO Miami 34087-2595

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## Do You Know?

What U.S. presidents John Adams, John Quincy Adams, Zachary Taylor, Ulysses S. Grant, James Garfield and Franklin Delano Roosevelt had in common:

### Ancestors on the Mayflower

What Abraham Lincoln described as, "A cancer in human society, eating out its vitals and threatening its destruction":

### Alcohol

First land sighted by Christopher Columbus in the New World and where he first set foot:

### Samana Bay, eastern Bahamas

Weight the landing gear of the C-5B Galaxy was designed to handle:  
**635,850 pounds**

What the first 10 amendments to the Constitution are called:  
**Bill of Rights**

## BOOZE • YOU

Each year, approximately 5,000 lives are lost in alcohol-related traffic accidents in which the driver is under 21. Some 20 percent of all fatal highway accidents involve drivers under 21, although this group makes up less than 10 percent of the total number of licensed drivers. For people aged 15 to 34, automobile accidents are the single greatest cause of death.

—National Highway Traffic Safety Administration

More drunk drivers  
are seeing the light

## ADS

Home for Sale - Three Bedroom two bath double-wide, permanently installed on two acres located near Harriettes Bluff Road. Central heat and air, 20 x 30 work shop, many extras. Must see to appreciate. \$40,000. Contact CW03 Allcock at ext. 3688 or Home 729-6280.

1981 APC Concord - Good condition, new tires. \$4000 -negotiable. DT2 Johnson ext. 3628.

POSTAGE AND FEES PAID  
DEPARTMENT OF THE NAVY  
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