

SERMC CPOs Rebuild Baseball Dugouts at Babe Ruth Field, See Pages 4-5

THE MIRROR

NS MAYPORT, FLORIDA

2002 CHINFO Award Winner

Vol. 50 • Issue 5

www.nsmayport.navy.mil

www.mayportmirror.com

THURSDAY, February 1, 2007

OFF THE DECK

Wear Red For Heart Health

Tomorrow is National Wear Red Day – a day when Americans nationwide will take women’s health to heart by wearing red to promote the awareness of women’s heart disease.

The statistics are alarming. Heart disease is the number one killer of women and one in three women will die of heart disease. The good news is that both men and women can lower their risk of heart disease by as much as 82 percent by leading a healthy lifestyle.

Join the Branch Health Clinic in promoting awareness by wearing red this Friday and encouraging your co-workers, family and friends to do the same.

For more information, come by the Branch Health Clinic this Friday and check out its information booth located in the main lobby.

File Taxes With Mayport Center

The Naval Station Mayport Tax Center is open.

NS Mayport Tax Center is open and available for free tax preparation services through a program called VITA (Voluntary Income Tax Assistance).

VITA is the only free tax preparation service on base. VITA E-files almost all returns, ensuring fast refunds.

Who is eligible for free tax preparation through VITA?

- all active-duty service members and dependents
- all retirees and dependents
- reservists on active duty for more than 30 days, within 30 days of demobilization or involved in pre-mobilization

What to bring:

- all 2006 W-2s and 1099’s
- copies of Social Security cards
- taxpayer(s) military ID cards
- and any other tax records that might be relevant, including copies of 2005 tax returns if available

Couples wishing to file joint returns should come to the Tax Center together. If a spouse is unavailable, the spouse preparing the return will need to bring an IRS Power of Attorney, Form 2848 available at www.irs.gov. A general power of attorney from the base legal office will not suffice.

The Center is located at Building 1363. It is open 8:30 a.m.-4 p.m. on Monday, Wednesday, and Friday; 9 a.m.-6 p.m. on Tuesday and Thursday and Saturdays by appointment only. For more information, call 270-7139v.

AFIADL Exams Offered At NCO

The Navy College Office (NCO) is offering the AFIADL (Air Force Institute For Advanced Distributed Learning) exams every Tuesday at 8:30 a.m. and 11:30 a.m. No appointment is necessary.

Hunter Joins Mayport Basin

By Bill Austin

Staff

A new ship is docked permanently at Naval Station Mayport’s pier. USNS Hunter (8202) was recently welcomed to the Mayport basin from its previous homeport of Key West.

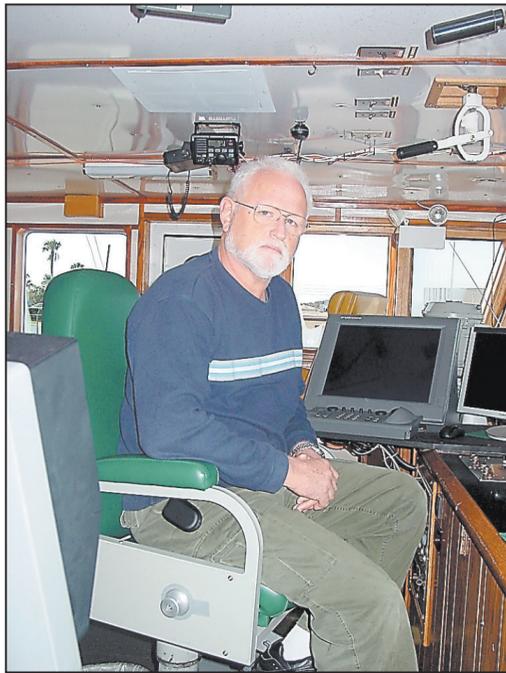
“We are a contracted ship that supports a wide variety of real life training for warships,” said Capt. Bill Brice, Hunter’s captain.

Made up of an all-civilian crew, Brice said there are many unique capabilities the ship and crew accomplish for the Navy.

Some of that includes VBSS (visit, board search and seizure) training, MIO (maritime interdiction operations), drone and torpedo recovery, mine laying and retrieval, towing and a platform for special warfare commands.

“For VBSS, we play the role of the rogue vessel,” he said. “Something you would encounter in, say, the Persian Gulf, and the training exercises we offer have different scenarios for ship’s boarding parties such as compliant, or semi-compliant,” said Brice.

The real world training is a requirement for ships to complete prior to traveling overseas, according to Brice, and the opportunity comes with realistic props that boarding parties can encounter such as stashed drugs or a mock cache of weapons. Ships receive a complete



-Photos by Bill Austin

Capt. Bill Brice of USNS Hunter sits in the captain’s chair on the bridge of the ship. Hunter is a training ship made up of an all-civilian crew.

assessment and certification after training.

“The combination of classroom VBSS/MIO and at sea realism is an invaluable learning

environment,” Brice added, who has extensive maritime experience and said he looks forward to serving in Mayport.

“We plan to keep busy start-



Hunter sits piersonside at NS Mayport. The 180-foot ship has a sustained speed of 10 knots and will be used as a training vessel.

ing this month, and look forward to heading out to sea. We are professional mariners, and we work best when we are at sea. That’s what we do.”

“We welcome Hunter and its crew to Naval Station Mayport,”

said Capt. Charles King, NS Mayport commanding officer. “It provides a valuable training asset for the fleet. We are looking forward to them being part of the ‘Finest Service to the Finest Fleet.’”

AC1 Reak Is Mayport Sailor Of Year

By MCI Sonja Chambers

Staff

Naval Station Mayport named Air Traffic Controller First Class (AW) Matthew L. Reak as the 2006 Sailor of the Year.

As the Radar Branch Manager of the Air Operations Department, Reak is responsible for supervising and qualifying 44 air traffic controllers. He manages all radar operations, maintained operational continuity between two crews and provided technical assistance in the development of all radar procedures.

Reak mentors junior personnel to not only advance to higher paygrades, but to win NS Mayport’s Bluejacket and Junior Sailor of the Quarter.

He also qualified as a Department of Transportation Military Customs Inspector Excepted. Reak is responsible for conducting and filing inspections on all aircraft that

land at NS Mayport from overseas.

Even with all his qualifications, Reak said his win was unexpected.

“I was elated,” said Reak. “I knew there was a chance, but I didn’t expect it at all.”

When asked why he received Sailor of the Year, Reak simply said, “I don’t know what I did to deserve it. I just try to do the best job I can, be a good leader and be committed to the Navy. I’ve been so lucky.”

Reak has some advice for his fellow Sailors.

“Never give up. Always remember that some orders come from above your head. Even if you don’t understand them, there’s a good reason behind it. Just accomplish the tasks you’ve been given and do your best.”

Reak will go on to compete for the Southeast Region Sailor of the Year.



-Photo by Paige Gnanm

Air Traffic Controller First Class (AW) Matthew Reak is the 2006 Naval Station Mayport Sailor of the Year. Reak works at Air Ops as the Radar Branch Manager.

Underwood Makes Port Visit



-Photo by Paul Farley

USS Underwood (FFG 36) arrives for a routine port visit in Souda Bay, Crete, Greece on Jan. 23. The Oliver Hazard Perry-class frigate with a crew of 200 personnel departed its NS Mayport homeport earlier this month on a scheduled six-month deployment. Underwood is part of the Bataan Expeditionary Strike Group deployed in support of maritime security operations in both the 5th and 6th Fleet areas of responsibility.

Defense IG Says: Cecil Field Not Replacing Oceana

From DoD

The Department of Defense acting inspector general, Thomas Gimble, notified the President and Congress that the state of Florida had not met the requirements of the Defense Base Closure and Realignment (BRAC) Commission regarding the relocation of the East Coast Master Jet Base from Naval Air Station Oceana, Va., to Naval Air Station Cecil Field in Jacksonville on Jan. 26.

The National Defense Authorization Act for Fiscal Year 2002 authorized the independent Defense Base Closure and Realignment Commission to conduct a round of installation reviews, realignments, and closures to begin in 2005. These actions by the BRAC Commission are to transform military infrastruc-

ture in order to maximize war-fighting capability and improve financial efficiency. The process is governed by law, specifically the Defense Base Closure and Realignment Act of 1990.

The notification by the inspector general is required by Recommendation No. 193 of the 2005 BRAC Report. In his notification to the President and Congress, Gimble stated, “Because the State of Florida did not take the actions required in Recommendation No. 193, I am not able to certify compliance with the BRAC criteria.”

The inspector general’s report can be accessed at the following Web site at <http://www.dodig.osd.mil/Audit/reports/index.html>.

Street Talk

Who do you predict to win the Super Bowl?



Ensign Ryan Wade
USS Stephen W. Groves
I am going to go with the Bears for my Chief Engineer.



MCSN Patrick Cook
Fleet Public Affairs
I think the Colts will take it. I think the quarterback from the Bears will choke.



EN3 Duvenson Jeandenis
USS Stephen W. Groves
Colts. Just 'cause I think they are better.



ET1 Micheal Shipman
USS Stephen W. Groves
Chicago. I am from Illinois.



SN Jason Alpers
USS Stephen W. Groves
The Bears.



IT3 Obinna Uchime
USS Stephen W. Groves
The Bears. They have better defense.

Credo Corner

By Lt. Rickey Bennett
Spiritual Fitness Division SE
Our desire to understand and assert some control over the world around us is often manifested by our attempts to find predictive signs that enable us to prognosticate events - even when there is no seeming connection between predictor and event.

Sometimes one natural phenomenon supposedly forecasts another, as in the belief that a groundhog's seeing his shadow portends a longer winter.

Traditionally, Groundhog Day is celebrated in the United

States and Canada on Feb. 2. It is a cross-quarter day, midway between the Winter Solstice and the Vernal Equinox. In traditional weather lore, if a groundhog emerges from its burrow on this day and fails to see its shadow because the weather is cloudy, winter will soon end. If the groundhog sees its shadow because the weather is bright and clear, it will be frightened and run back into its hole, and the winter will continue for six more weeks.

In 1993, Columbia Pictures released the comedy film, Groundhog Day starring Bill

Murray as Phil Connors, an egocentric TV weatherman who dreads his hated annual assignment covering Groundhog Day. Phil and his crew from the fictional Pittsburgh television station WPBH-TV travel to Punxsutawney (which, in real life, as in the movie, holds a major celebration for Groundhog Day) to cover the annual Groundhog Day festivities with Punxsutawney Phil.

After the celebration concludes, a blizzard develops, closing the roads and shutting down outside phone service, forcing Phil to spend an extra

day in Punxsutawney. Phil awakens the next morning, however, to find it is again Feb. 2, and the day unfolds in exactly the same way, over and over again. For him, Groundhog Day begins each morning with his waking up to the same song, Sonny & Cher's "I Got You Babe," on his alarm clock radio, but with his (and only his) memories of the "previous" day intact, trapped in a seemingly endless "time loop" to repeat the same day in the same small town. Initially, Phil exploits the circumstances to meet his own needs. Eventually, he begins

to loath his existence and even suicide offers no escape from this vicious cycle.

Phil opens his heart to Rita, played by Andie MacDowell, his producer, and her advice helps him to gradually find a goal for his trapped life: as a benefactor to others. He cannot, in a single day, bring others to fulfill his needs but he can achieve self-improvement by educating himself daily. Eventually, Phil enhances his own human understanding which, in return, makes him an appreciated and loved man, allowing him to find love and

wake up on February 3, though again to "I Got You Babe," but it is a new day with new relationships and new goals.

This film is a tale of self-improvement, to look inside oneself and realize that the only satisfaction in life comes from turning outward and concerning oneself with others rather than concentrating solely on one's own wants and desires. If you feel like you are caught in an unwanted time loop, than call 270-6958 to attend a personal growth retreat. This just may be your personal path to a complete new life.

Safety Note

New Game Teaches Children Emergency Preparedness

From National Fire Protection Association

The National Fire Protection Association (NFPA) today launched a new Sparky the Fire Dog® game to help children learn about emergency preparedness. The game, "Look and Learn," is now available free online. It stresses the importance of being prepared for an emergency by teaching children about items that should be included in an emergency supplies kit.

Each year natural disasters disrupt the lives of hundreds of thousands of children and their families. NFPA developed Risk Watch®: Natural Disasters to

help children and their families deal with disasters before, during and after the event. Sparky's® new game is the latest addition to support this effort and is available by visiting NFPA's Risk Watch® Web site at <http://www.riskwatch.org> and entering the "Kids Only" section of the site.

"Everyone runs the risk of experiencing a natural disaster and that includes children," said Amy LeBeau, NFPA's communications manager of public education. "Sparky's new game is a great way for parents and teachers to educate children about emergency preparedness with a fun interactive lesson."

Players of Sparky's "Look and Learn" visit six different fun and interactive scenes as they are tasked with assisting Sparky by locating hidden items to complete his emergency supplies kit. During their search for the hidden items, players travel through a Hideaway Island, Campground, Safari, Haunted House, Underwater Adventure and Prehistoric Park to locate things like flashlights, batteries, extra clothing, a whistle, canned food and other items that are often necessities in an emergency. After finding all of the emergency supplies in each section of the game, children will be

able to download and print out an emergency supplies checklist that they can use to make their own emergency supplies kit.

Sparky's "Look and Learn" game provides a fun and safe learning experience for kids and there is no advertising on the kids section of the site. The game is most appropriate for children in kindergarten through second grade, but may be of interest to all ages.

About Sparky®
Sparky the Fire Dog, recognized the world over for his efforts to educate children and adults about fire prevention and life safety, has been the official spokesdog for the NFPA since

1951. Sparky's award-winning Web site, <http://www.sparky.org>, gives kids a safe environment to learn about keeping safe from fire and other hazards while at the same time, having fun. Sparky® and Sparky the Fire Dog® are registered trademarks of NFPA.

About Risk Watch®
Risk Watch® is the first comprehensive injury prevention and disaster preparation program available for use in schools. Developed by NFPA, Risk Watch gives children and their families the skills and knowledge they need to create safer homes and communities. Visit the Risk Watch Web site at

<http://www.riskwatch.org>.

About NFPA

NFPA has been a worldwide leader in providing fire, electrical, building, and life safety to the public since 1896. The mission of the international non-profit organization is to reduce the worldwide burden of fire and other hazards on the quality of life by providing and advocating consensus codes and standards, research, training, and education. Visit NFPA's Web site at <http://www.nfpa.org>.

Homefront in Focus

I don't know if you are like me but shortly after the Christmas holidays I start thinking about tax preparation. No, I am not a CPA who loves the sound of numbers crunching. I am just a woman thinking about that tax refund and how to spend it.

There are many resources available to military families for tax preparation. For those who do their own tax preparation I have two resources for you. Service members and their spouses can download a free copy of Intuit's TurboTax to prepare your Federal taxes and depending upon where you are filing you may qualify for free state filing software as well. To download this software go to

www.taxfreedom.com.

New this year for service members and families, MilitaryOneSource is offering a free download of H&R Block's TaxCut Basic Online. Like TurboTax, TaxCut Basic is a step-by-step process that includes all forms and documentation including those relating to deployment, relocation and much more.

If you have a more complicated tax package or prefer to turn to the experts there is free support available for you right on base. Military Volunteer Income Tax Assistance Program (VITA). Service members and their families can get free tax preparation or advice and assistance right on base. The

VITA volunteers are trained and equipped to address all tax issues including military tax issues such as Earned Income Tax Credit (EITC) and relocation, deployment and especially combat zone tax benefits. And, they are able to electronically submit your return to the IRS. Taking advantage of this free service can relieve you of the big hassle and frustrations some experience with do-it-yourself tax prep software. To find the VITA tax service at your base please contact the local Fleet and Family Service Center (FFSC) or Navy Legal Service

Office (NLSO) for more information.

Rapid Refunds: Many commercial tax prep services offer a "rapid refund" or Refund Anticipation Loan (RAL). Many commercial enterprises charge in excess of \$100 to complete the simple returns that require less than 15-30 minutes to prepare. The draw can be that these enterprises provide the rapid refund and the appeal of getting money faster is hard to ignore.

While it is enticing to get that money sooner let's look at the facts and even the cost

of that money. First, if you file directly with the IRS you will receive your electronic refund in approximately eight days according to the IRS. If you opt for an RAL there are some things you should know. First, this is a loan against your anticipated refund. The key word here is 'loan'. This means that there will be fees and interest associated with this rapid refund that will eat at your income tax refund. Often these fees are exorbitant and can result in interest as much as 418%. Now, is it really worth getting that

money just a few days earlier?

One final thought, if the IRS withholds all or part of your refund for any reason, even just to research a claim, you are fully responsible for that loan to the commercial tax preparer or their loan agency.

The IRS states filing early will enhance the rapid processing of your tax return and therefore your receipt of your refund.

Questions or comments for Beth? Please contact her at beth.wiruth@homefrontinfocus.com.

Renew DoD Vehicle Decals Online Now

From NS Mayport Security

DoD military personnel, family members, civilian employees, contractors, and retirees will be able to renew expiring DoD vehicle decals online.

This new secure online renewal system is simple to use, can be used from any location, and is a real time saver. Not only can you renew an expiring decal, but you can also update personal information-such as address or vehicle license plate number-or request a replacement locator strip.

The steps to renewing online are simple. Go to: <https://www.pid.cni.navy.mil/form2.asp?Region=CNRSE> to access the Vehicle Decal Renewal Request Form. Select "Before

You Begin" to get a list of the documents you will need. Once you have the required information, it takes just a couple of minutes to fill out the form. If you have any questions while filling out the form, just select the provided help file. After you have submitted your form, your application will be processed, and your new decal, date tabs, and/or locator strip will be mailed to you at the address you provide on the form.

To know whether you are eligible to renew online, go to the Web site listed above, and select "Who Can Renew Online?" If the Base where you received your existing decal is listed, why not save yourself a trip to the Pass and ID Office?



Chapel Call
Command Chaplain:
Cmdr. Phil Wyrick

SUNDAY
Sunday School.....9 a.m.
Morning Worship.....10:30 a.m.
Protestant Baptism.....As requested
TUESDAY
MOPS (Mothers of Preschoolers).....
.....9:30 a.m.
(First and third Tuesday of the month)
WEDNESDAY
Women's Bible Study.....9:30 a.m.
Choir Rehearsal.....7 p.m.
SATURDAY
Men's Prayer Breakfast.....9 a.m.
Youth Group 2, 4.....6 p.m.
Catholic Services:
Sunday Masses.....9 a.m.
CCD.....10:15 a.m.-11:15 a.m.

BAPTISMS
Please call 270-5212 to arrange a Baptism class.

SERVICES
For shipboard and Waterfront Services, call 270-5403. Personnel of other faiths seeking contact with specific religious groups should call the Chaplain's Office at 270-5212.



Naval Station Mayport

Capt. Charles King Commanding Officer
Cmdr. John Lobb Executive Officer
CMDCM Deborah Davidson Command Master Chief

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The Mirror is distributed without charge throughout Mayport's Navy community, including the Naval Station, on- and off-base Navy housing areas, and ships, squadrons and staffs homeported at NS Mayport. Copies are also available at the Naval Station's Public Affairs Office, Building 1, and The Florida Times-Union, 1 Riverside Avenue, Jacksonville, FL 32202.

The deadline for all submissions is Thursday at 4 p.m., one week prior to publication. News and articles should be submitted to the Public Affairs Office, or mailed to:

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Mayport, FL 32228-0032
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CO Actionline: 270-5589 or 1-800-270-6307

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Mayport K-9 Is CNRSE Kennel Of The Quarter

By MC2 Elizabeth Williams

Staff
Naval Station Mayport's K-9 unit is receiving the Commander, Navy Region Southeast's (CNRSE) Kennel of the Quarter award for outstanding service.

The award is based on the amount of training time with the dogs and their handlers, as well as the successful utilization of the training. Mayport's K-9 unit was selected out of the 12 bases in the Southeast Region that are equipped with military working dog (MWD) units.

Kennel Supervisor Master At Arms 1st Class Petty Officer Steven Miller is selected to be the recipient for the unit's award.

"Training is very important; we have to be able to depend on our dogs, day in and day out,

because they are our partners in the field," Miller said.

Training takes place every day, all day, he added. Every job is seen as an opportunity to train the handlers and animals, as well as to test their abilities.

MWD units are comprised of dogs that are trained to patrol, as well as detect drugs or explosive ordnance. Mayport is home to six dogs, each assigned to a handler that is fully responsible for their welfare to include feeding, exercising, training, grooming and physical wellness. After working hours, weekends and holidays are no exception.

"It's an around the clock job that forms a special bond between the dog and handler that allows both of them to depend on one another," said Miller.

Initial MWD training for both handlers and dogs from

all branches of the armed services takes place at the 341st Training Squadron (341TRS), Lackland Air Force Base in San Antonio, Texas. The mission of the 341 TRS is to provide trained military working dogs used in patrol, drug and explosive detection, and specialized mission functions for the Department of Defense (DoD) and other government agencies including the Transportation Security Administration. The 341 TRS also conducts operational training of MWD handlers and supervisors.

The Mayport K-9 unit is assigned to the base, but dog and handler teams are augmented to other areas, as well as temporarily assigned to special details in addition to their duties here. Miller said his ultimate goal for the unit is to achieve Kennel of the Year.



-Photo by MC2 Elizabeth Williams
Master At Arms 1st Class Petty Officer Steven Miller, Kennel Supervisor for Mayport's K-9 unit, poses with Naval Station Mayport Commanding Officer Captain Charles P. King and Regional Kennel Master Ernest Prevatte after receiving the kennel of the Quarter award on behalf of the unit.

Calendar

On Base

Friday, Feb. 2

The Naval Officers' Spouses Association presents its 3rd Annual Wine and Dine at 6:30 p.m. at Bogey's at Windy Harbor. Dinner will be prepared by chef William Bowling and wine will be provided by GOS Wines. Cost is \$35 per person, which includes dinner, wine and gratuity. To make a reservation, call Patrice Kapcio at 372-9721. Reservations must be paid by Jan. 26. Space is limited to 90 reservations. Wine selections will be available for purchase.

Monday, Feb. 5

The USS McInerney family readiness group will meet at 6 p.m. at the USO on Mayport Road. Pam Ottesen, from FFSC, will speak on "Coping with Stress and Anxiety." Childcare will be provided.

Wednesday, Feb. 7

The USS De Wert Family Readiness Group monthly meeting will be at 7 p.m. at the Mayport USO. Children are welcome. Come meet the new FRG Board Members & hear their exciting ideas for this year. We also will be taking nominations for the position of secretary. Let's make this a wonderful year.

Thursday, Feb. 8

The USS Carney family readiness group will meet at 6:45 p.m. at the USO on Mayport Road. Childcare will be provided.

Wednesday, Feb. 14

USS The Sullivans family support group monthly meeting will be held at the Mayport USO at 6:30 p.m. Children are welcome. Magnets will be on sale for \$5. First Kiss tickets are also available for \$1/ticket. Contact the FSG for more information by email at Sullivans68fsg@aol.com or go online at <http://sullivansddg68fsg.tripod.com>.

The USS Taylor family readiness group is having a fundraiser night at Ollie Koalas. Come out and say you're there to support Taylor's family readiness group and have a great time.

Wednesday, Feb. 28

The USS Philippine Sea family readiness group will meet at 6:45 p.m. Childcare is provided. Nominations for the group board will also be taken at this time.

Thursday, March 8

The USS Carney family readiness group will meet at 6:45 p.m. at the USO on Mayport Road. Childcare will be provided.

Friday, March 23

The Naval Officers' Spouses' Association invites members, non-members, friends and family to a bowling event from 5-7 p.m. at Fast Lanes Bowling Center. This is an event that will be lots of fun for everyone - from serious bowlers to first time bowlers. Cost for unlimited bowling is \$8 for adult members; \$10 for adult non-members; and \$6 children (under age 12). Adult fee includes shoe rental; child fee does not include shoe rental (there is a limited number of children's bowling shoes available for rental at \$1.85/pair or children may bowl in either non-marking sneakers or socks). To make a reservation, call Cynthia Fong Smith at 372-4049. Reservation deadline is Feb. 16. Grilled food, salad and beverages will be available for purchase at the Fast Lanes snack bar.

Out in Town

Friday, Feb. 2

The Duval County Extension Service, 1010 N. McDuff Ave., will hold a "Florida Master Naturalist" course. The module offered will be Coastal Systems by the University of Florida, Whitney Laboratory or Marine Bioscience, in St. Augustine, FL. This program is for adults who want to learn more about Florida's environment. Teachers may receive up to 40 hours of continuing education credits. Topics include: ecosystems (marine, estuarine and coastal uplands) key plants, wildlife and the role of humans in shap-

ing the environment. Each module includes classroom presentations, videos, field trips and practical interpretation. Advance registration is required. Course fee is \$200. To register go to www.masternaturalist.org.

Saturday, Feb. 3

The Cummer Museum of Art & Gardens, 829 Riverside Avenue, is hosting a gallery drawing workshop from noon-4 p.m. inside the gallery of Temples and Tombs: Treasures of Egyptian Art from the British Museum. This instructed drawing workshop is designed for intermediate and higher level art students from ages 13 to adult. Cost is \$32 for members and \$59 for non-members and \$32 for active docents.

Sunday, Feb. 4

The American Legion Ocean/Beaches Post 129 will hold a Four Chaplain Memorial Service at 2 p.m. in honor of the four chaplains that gave their lives to save others during the sinking of the USAT Dorchester in 1943. The memorial service is open to the public.

The Beaches Jewish Women's Circle is having their monthly get-together at 3 p.m. at 521 North A1A, Ponte Vedra Beach, where they will get into the Purim mood. The Beaches Jewish Women's circle is a group designed for the contemporary Jewish woman. The goal of The Women's Circle is to unite all Jewish women in the Beaches area through exciting events and activities. The Woman's Circle comprises women of diverse affiliations and backgrounds who join together under the Chabad umbrella, to have a good time, to explore Jewish themes and to work together to create and enhance community projects. More information on the Holiday of Purim is available at www.ChabadBeaches.com/Purim For more about this or any other Beaches Event call Chabad @ the Beaches at 285-1588 or email BeachesJewishWomen@chabadbeaches.com.

Tuesday, Feb. 6

The Beaches Branch Library, 600 3rd St. Neptune Beach, will hold a AARP Tax -Aide Income Tax Preparation Feb. 6- April 11, at 11 a.m.-3 p.m. & Wednesdays at 1-5 p.m. For more information, call 241-1141.

Wednesday, Feb. 7

The Duval County Extension Service, 1010 N. McDuff Ave., will hold a "Florida Master Naturalist" course. The module offered will be Coastal Systems by the University of Florida, Whitney Laboratory or Marine Bioscience, in St. Augustine, FL. This program is for adults who want to learn more about Florida's environment. Teachers may receive up to 40 hours of continuing education credits. Topics include: ecosystems (marine, estuarine and coastal uplands) key plants, wildlife and the role of humans in shaping the environment. Each module includes classroom presentations, videos, field trips and

practical interpretation. Advance registration is required. Course fee is \$200. To register go to www.masternaturalist.org.

Friday, Feb. 9

The Duval County Extension Service, 1010 N. McDuff Ave., will hold a "Florida Master Naturalist" course. The module offered will be Coastal Systems by the University of Florida, Whitney Laboratory or Marine Bioscience, in St. Augustine, FL. This program is for adults who want to learn more about Florida's environment. Teachers may receive up to 40 hours of continuing education credits. Topics include: ecosystems (marine, estuarine and coastal uplands) key plants, wildlife and the role of humans in shaping the environment. Course fee is \$200. To register go to www.masternaturalist.org.

Saturday, Feb. 10

The Catty Shack Ranch Wildlife Sanctuary will hold a Valentine's Day dinner. The sanctuary is a non-profit

7501(c)(3) sanctuary for exotic felidae in N.E. Jacksonville, FL. All proceeds from the monthly open house events go directly to benefit the lions, tigers, leopards, cougars, serval and Artic foxes. The sanctuary is not open to the public on a daily basis. Gates open at 4 p.m.; dinner is served 5 p.m. Must RSVP 757-3603 or email: Curt@cattyshack.com. Cost is \$25 per person, includes sanctuary tour. For details/directions: www.cattyshack.org.

Monday, Feb. 12

The Beaches Branch Library, 600 3rd St. Neptune Beach, will hold a Know Your Government at 6-7 p.m. Do you know who your City Councilman is? Who is your representative in the State? If you wanted to write a letter to your US Senator, do you know who it is? Come and learn about those folks we elected to work for us in local, state and national government. For more information, call 241-1141.

Can a Community Lower your Handicap?



FIDDLER'S COVE:
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True Cracker Jack-style SERMC CPOs Build New Dugouts For Base



Master Chief Electrician's Mate (SW) Doug Sayer and Senior Chief Boatswain's Mate (SW) Greg White use an extra piece of wood as a lever to hold a support beam in place during a volunteer project by the Southeast Regional Maintenance Center Chiefs Mess to rebuild the dugouts for the base's Babe Ruth baseball field.

By MC2(SW)
Daniel K. Gay

Staff

The Babe Ruth baseball field behind the base Gym is sporting brand new dugouts thanks to the hard work of the Southeast Regional Maintenance Center (SERMC) Chief's Mess.

When one of the chiefs noticed the rundown conditions of the dugouts, it was brought up to the Mess, who agreed that something had to be done. Carrying their own tools and wood supplied by base Morale, Welfare and Recreation committee, they went to work tearing down the old dugouts and building brand new ones.

"They were just pretty ratty," said Master Chief Electrician's Mate (SW) Doug Sayer. "We have nice fields and everything but for the youngsters [playing here] they just didn't have nice dugouts."

The SERMC chiefs volunteered their time as many of them have their own children who play on the fields.

"I coached back here in '95 and the dugouts have been the same," said Senior Chief Boatswain's Mate (SW) Greg White. White also said before the old dugouts were torn down they looked terrible and were also beginning to create a safety

threat. Most of the supporting posts had completely rotted through where they met the ground, creating a very flimsy and unsafe structure.

"The dugouts here had holes through the roof, they were leaking and there was no siding on them so there was no protection from the wind or rain," said Chief Machinist's Mate (SW) George Drake, who was nailing in support straps, called hurricane straps, on one of the new roofs. The chiefs worked on the new structures for a week.

"If everybody was to take on a project like this it wouldn't take long for the base recreation facilities to look really nice," said Sayer.

"If we had more people willing to volunteer we could get a lot more things done for our youth sports program," said White.

Baseball conditioning for the adult baseball league, Mayport Cruisers, is currently underway on Wednesdays, Thursdays at 7 p.m. and 3 p.m. on Sundays. For more information, call 270-5018. Navy baseball tryouts will be held on at 9 a.m. on Feb. 17-18 at Field 7, behind the Gym.

-Photos by MC2(SW) Daniel K. Gay



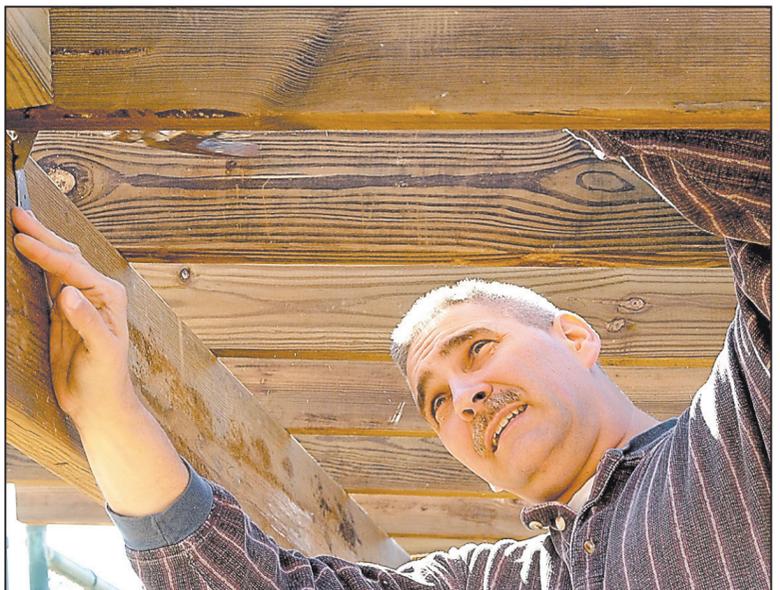
Sayer puts up brackets on the dugout shell.



Sayer uses a pencil to mark a piece of wood during the volunteer project.



Chiefs start nailing wood to the frame of the baseball dugout.



Chief Machinist's Mate (SW) George Drake nails in hurricane straps to the roof of one of two new dugouts constructed during a volunteer project to rebuild the base Babe Ruth baseball field's dugouts behind the Gym.



Chiefs from the Southeast Regional Maintenance Center hold a piece of wood in place while helping to rebuild the base little league fields dugouts during a volunteer project.



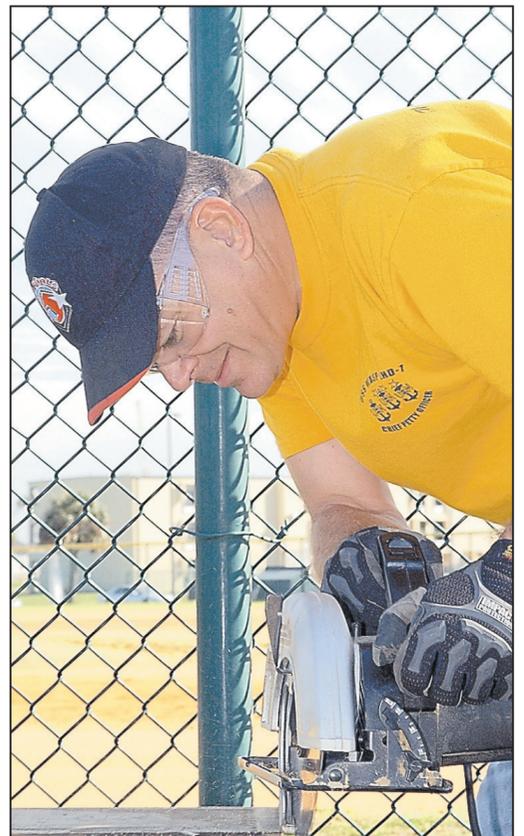
Senior Chief Intelligence Specialist (SW) Roy Simeck puts up brackets during a volunteer project for the Babe Ruth baseball field.



Simeck hauls a piece of wood to the project site.



One of the completed dug outs built by the SERMC CPOs.



Sayer uses a power saw to cut pieces of wood during the volunteer project.



Chiefs from SERMC nail in a piece of wood while helping to rebuild the base little league fields dugouts during a volunteer project.



Simeck puts up brackets around the core of the dug out.

Getting Ready For A Homecoming



-Photos courtesy of USS Boone FRG

The USS Boone family readiness group met Jan. 19 at the USO to make signs to put around the base and a banner to hang by the pier. The families painted 201 stars with every Sailor's name. They also made a large lei that will be displayed on the ship as it pulls into port.



-Photo courtesy of AIMD

CWO3 Alcidez Babilonia walks through the sideboys as he leaves military life and prepares for the civilian world during a retirement ceremony held Jan. 19 at Ocean Breeze Conference Center.

AIMD Bids Farewell To CWO3

By CWO3 Stephen Waldrop

AIMD Mayport PAO

A retirement ceremony was held for CWO3 Alcidez Babilonia of AIMD Mayport on Jan. 19.

He will officially transfer from the United States Navy to the Fleet Reserve on April 1 after serving 27 years of active Naval service. The retirement ceremony was held at the Ocean Breeze Conference Center with guest speaker Lt. Cmdr. Charles Robinson.

Babilonia reported to Recruit Training Center Great Lakes, Ill. for basic training in January 1979. Upon completion, he attended Aviation Machinist's Mate "A" School at Naval Aviation Technical Training Center, Millington, Tennessee.

Babilonia served at the following commands, VS-30 "Diamond Cutters" Cecil Field, Florida; AIMD NAS Key West, Florida; USS Saratoga (CV-60); AIMD NAS Jacksonville; USS John F. Kennedy (CV-67);

Aviation Maintenance Officer School Pensacola, Florida; HC-5 "Providers" Agana, Guam; VS-22 "Checkmates" Jacksonville; and AIMD NS Mayport.

Babilonia has earned a Bachelor of Science Degree in Professional Aeronautics graduating with honors (Magna Cum Laude) with a minor in Management from Embry Riddle Aeronautical University. He currently plans on residing in Florida with his family.



-Photo by MC2(SW) Holly Boynton

NAVSO Commander Rear Adm. James W. Stevenson Jr. presents Yeoman First Class Tracey Brandon with a Navy/Marine Corps Achievement Medal during an awards ceremony in which she was named NAVSO's Sailor of the Year for 2006.

COMUSNAVSO 2006 Sailor Of Year Chosen

By MC2(SW) Holly Boynton

U.S. Naval Forces Southern Command Public Affairs

U.S. Naval Forces Southern Command (NAVSO) recognized its Sailor of the Year for 2006 during a ceremony at its headquarters on Jan. 19.

Commands throughout the Navy select a top Sailor each year, one who best represents the command, demonstrating Honor, Courage and Commitment, and who as at the top of his or her peer group in their chosen rate.

NAVSO Commander Rear Adm. James W. Stevenson Jr. selected Yeoman First Class Tracey Brandon, from Taylor, Mich., who serves as the Leading Petty Officer for the command's administrative department.

"Petty Officer Brandon is an exemplary Sailor and truly deserves this honor," said

NAVSO Command Master Chief (SW/AW) Tommy Santiago. "Her professional demeanor and extensive military knowledge sets an example for all her peers."

In an accompanying citation, Brandon is recognized for her outstanding work ethic and in-depth technical skill. She supports many officers, enlisted, and civilian personnel across eight commands Navy-wide. During the year she also held important collateral duties, including assistant to the Command Career Counselor.

When presented with her award, Brandon credited the command support. "Thank you to Admin for all your hard work and dedication. If it wasn't for all of you, this award would not have been possible. This is as much your award as it is mine. I also want to thank the chief's mess and chain of command for pushing me to do my best. Your

support and encouragement has meant a great deal to me. This has been an exciting year at NAVSO. I look forward next year and the new challenges it brings."

Brandon lives in the Jacksonville area with her husband Electronics Technician 1st Class (SW) Johnny Brandon, stationed onboard USS Boone (FFG 28), and their 18-month-old daughter Savannah.

NAVSO is the Navy component for U.S. Southern Command (SOUTHCOM). It directs U.S. naval forces operating in the region and interacts with Caribbean, Central and South American civil forces and navies to shape the maritime environment within SOUTHCOM's area of responsibility. For more information on U.S. Naval Forces Southern Command, go to <http://www.cusns.navy.mil>.

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February 23 - 7:30-9:00 a.m. at the UNF University Center

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FRC Southeast Dedicates Rourm Complex At NAS Jax

By Frank Taormina

Fleet Readiness Center, Southeast
Fleet Readiness Center, Southeast (FRC-SE) held the dedication of the Capt. Christopher J. Rourm Engineering and Logistics Complex during a ceremony aboard NAS Jacksonville on Jan. 25.

Buildings 6F and 6G, located on Enterprise Avenue and formerly barracks for enlisted personnel, were officially named for the late Capt. Christopher J. Rourm, Commanding Officer of Naval Aviation Depot and later, NAVAIR Depot (NADEP) Jacksonville. Capt. Rourm was the commanding officer from June 2000 to January 2002. After a \$5M upgrade and refurbishing of the buildings, the engineering division moved into the new complex in January of 2006. The complex is the operational hub for engineers and logisticians of the command. Capt. John W. Scanlan II, Commanding Officer, FRC-SE, hosted the ceremony and gave a brief history of the buildings. He then introduced Rear Adm.

Michael Hardee, Commander, Fleet Readiness Centers (COMFRC), a long time colleague and personal friend of Capt. Rourm and his family. Hardee said, "Rourmie was a great leader and pioneer in the development of our industrial and maintenance capabilities. This is a monument and a testament to his dedication and professionalism."

At the dedication, Rear Adm. Hardee and Capt. Rourm's widow, Deanie Rourm, unveiled a boulder displaying a plaque officially declaring the buildings the Capt. Christopher J. Rourm Engineering and Logistics Complex. Capt. Rourm was a member of the unofficial fraternity commonly referred to as Mustangs. He enlisted in the U.S. Navy in August 1970, serving as an Aviation Machinist's Mate, Jets. Earning a Bachelor of Science Degree in 1976, he was commissioned an Ensign and designated an Aerospace Maintenance Duty Officer. After deployments aboard the USS Enterprise, (CVN 65) and USS Coral Sea (CV 43) Capt. Rourm

was reassigned to the staff of Commander, Light Attack Wing, Pacific in June 1980. After some well deserved shore duty, Capt. Rourm returned to sea duty aboard the USS Constellation (CV 64) until 1986 when he was selected for postgraduate education. Upon completion of the Logistics Management Program at the Naval Postgraduate School in Monterey, California, he received his Master of Science Degree in June 1987. After almost three decades in the Navy, Capt. Rourm was assigned to Naval Air Systems Command in Patuxent River, Maryland, which led to his selection as Executive Officer and eventually commanding officer at NADEP. His unique career achievements are impressive milestones that had a direct and lasting role in enhancing aviation readiness. The dedication of the Engineering and Logistics Complex in Capt. Rourm's name was ultimately approved by the Chief of Naval Operations (CNO), Vice Adm. A.E. Rondeau.

Students Learn About Navy Life



-Photos courtesy of USS Boone FRG
Students from Masan, South Korea stop by HSL-42 for a close look at a helicopter before embarking USS John F. Kennedy for a ship's tour on Jan. 23. Masan is Jacksonville's sister city.

New National Defense Exemption Of MMPA Authorized For Navy

From Navy Office of Information

Following consultation with the Department of Commerce, the Department of Defense announced Jan. 23, authorization of a two-year National Defense Exemption from requirements of the Marine Mammal Protection Act (MMPA) for naval activity involving mid-frequency active sonar use, and a new sensor that uses small explosive charges, during major training exercises and on established ranges and operating areas.

This period provides the Navy time necessary to continue coordination with the National Oceanic and Atmospheric Administration (NOAA) and the public as the Navy continues its analysis of activities on major range complexes and obtains any necessary authorizations from NOAA.

The Navy's position is that continued training with active

sonar is absolutely essential in protecting the lives of our Sailors and defending the nation. Increasingly quiet diesel-electric submarines continue to proliferate throughout the world.

"The Navy has worked closely with the National Oceanic and Atmospheric Administration on our long-term compliance strategy, and the National Defense Exemption is an agreed upon part of the strategy. It allows both agencies to apply resources to the long-term plan," said Navy Rear Adm. James Symonds, director of environmental readiness. "We will continue to employ stringent mitigation measures, developed with NOAA's concurrence, to protect marine mammals during all sonar activities."

In 2002, the Navy began implementation of a comprehensive, fully funded strategy

to ensure the Navy complies with applicable federal laws. In coordination with the National Marine Fisheries Service, this limited exemption enables the Navy to continue execution of that plan.

In 2006, in close coordination with the National Marine Fisheries Service, an execution plan was finalized that will result in completion of full environmental documentation of all major Navy training and exercise areas. The process of completing this documentation, including the required analysis and public comment periods, is a multi-year effort. This limited exemption provides a bridge as this plan is executed.

The provisions of the exemption apply only during the period required to complete each area's environmental documentation. As each is completed, the exemption will no longer

apply in that area.

The Navy's compliance plan will ultimately cover all major U.S. Navy ranges and operating areas with environmental impact statements under the National Environmental Policy Act, and any necessary letters of authorization under the MMPA, and consultation under the Endangered Species Act as required. Navy policy mandates

that all its ranges and operating areas be covered by overarching compliance actions by the end of fiscal year 2009.

Several of the operating area projects have Notices of Intent to prepare an Environmental Impact Statement already published in the Federal Register, the beginning step in the comprehensive procedure which will involve public participa-

tion. Authority for the exemption was included by Congress in the National Defense Authorization Act of Fiscal Year 2004.

For additional information, contact the Navy Office of Information at (703)697-5342 or visit the Navy's Web site concerning sonar and marine mammals at <http://www.whalesandsonar.navy.mil>.

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MWR Sports

Sports

An organizational meeting for Men's Spring Intramural Softball is at 11 a.m. Feb. 20 at the gym. Softball season begins Feb. 5.

Women's volleyball starts Feb. 11 at the gym. Season ends Apr. 29.

A 5K Fun Run is Feb. 13 at 8 a.m. The start line is in front of the gym. No pre-registration required and participation is free.

For more information on adult sports programs, call 270-5451/52.

Fitness

There are new Surfside and Gym fitness schedules. The new schedule is as follows:

Surfside Fitness
 Monday
 7 a.m.: Yoga
 9:30 a.m., Lo Impact
 11:15 a.m., Kick, CORE & More
 11:30 a.m., Fitness Equipment Training

1 p.m., Moms in Motion
 4 p.m., Advanced Pilates
 5 p.m., Heart Core Sculpt (Family Friendly)
 Tuesday
 9:30 a.m., Resistance
 11:15 a.m., 3B Burn, BOSU/Balls/Bar

11:30 a.m., Fitness Equipment Training
 2 p.m., Fitness Equipment Training
 3 p.m., FEP Training
 4 p.m. FEP Training
 5 p.m., Fitness Equipment Training

6 p.m., Kid's Clinic
 Wednesday
 8:30 a.m., Fitness for Mature Audiences Only
 9:30 a.m., Intro to Resistance
 11:30 a.m., Intro to Pilates
 1 p.m., Moms in Motion
 4 p.m., Fitness Equipment Training

4:15 p.m., BOSU
 5:15 p.m., Cardio, Combat and CORE
 6:15 p.m., Mommy, Daddy & Me (Family Friendly)
 Thursday
 8:30 a.m., Fitness Equipment Training
 9:30 a.m., Resistance
 11:30 a.m., Sculpt, Step &

Stretch

4 p.m., Pump and Grind
 4 p.m., Fitness Equipment Training

5 p.m., Kid's Clinic
 6:30 p.m., Yagalates (Family Friendly)
 Friday
 7:30 a.m., Fitness Equipment Training

9:30 a.m. Yoga
 Saturday
 8 a.m., Yoga
 9:30 a.m., Kid's Clinic
 10:30 a.m., Extreme Circuit

Training for Kids
 Gymnasium
 Monday
 5:30 a.m., Weight Training for War Fighters

6:30 a.m., Victory PRT
 7 a.m., Indoor Cycling
 8:30 a.m., Strength Solutions & Flexibility Fix-Ups for Injuries

11:30 a.m., Indoor Cycling
 Tuesday
 7 a.m., Command Circuit Sensations

11:15 a.m., Conditioning for Running
 3 p.m., Fitness Equipment Training

4:30 p.m., Indoor Cycling
 5:30 p.m., Stretching for Sailors

Wednesday
 7 a.m., Command Cardio Pump
 11:30 a.m., Fitness Equipment Training

11:30 a.m., Indoor Cycling
 2 p.m., Strength Solutions & Flexibility Fix-Ups for Injuries
 3 p.m., FEP Training
 Thursday
 5:15 a.m., Fitness Equipment Training

7 a.m., Command Jump and Jab
 11:30 a.m., Weight Training for War Fighters

4:30 p.m., Indoor Cycling
 Friday
 6:30 a.m., Indoor Cycling
 7 a.m., Beach Bootcamp

9 a.m., Strength Training Basics for Women
 9:30 a.m., Strength Solutions & Flexibility Fix-Ups for Injuries

A variety of fitness classes
 For information on fitness classes and programs, call 270-7718 or 270-7134.

Fast Lanes Bowling Center and Grille

Watch Super Bowl XLI on Fast Lanes' 50" TV Feb. 4. Free bowling shoe rentals and 50-cent wings. Facility opens at 4 p.m.

Fast Lanes Bowling Center has numerous weekly bowling specials. Games are only \$1 on Mondays and Wednesdays from 5 p.m. to close. Check out T. G. I. F. where games are \$1 and shoe rentals are \$1.50 from 11 a.m.-6 p.m. every Friday. On Saturdays from 1-6 p.m., games are \$1.50 and shoes are \$1.50. Games are only \$2 on Sundays from 7 p.m. to close.

Xtreme Bowling is only \$2 Fridays from 6 p.m. to close and Sundays from 4-7 p.m. Saturdays Xtreme Bowling is \$3 from 8 p.m. to close. For Fast Lanes Bowling Center information call 270-5377.

Outdoor Adventures

Get your PADI Open Water Scuba Certification. Cost is \$290 or \$320 for guests. Course includes certification, dive book, dive log book, dive tables, professional instruction, admission to the springs, two nights lodging, round-trip transportation and use of all necessary scuba equipment. Upcoming dates: Feb. 16-18.

Dive the Dry Tortugas Feb. 8-11 for only \$610. Cost includes unlimited dives, three nights lodging on the M/V Ultimate Getaway, round trip transportation, all food and beverages and air fills. A \$100 deposit is due when signing up. Space is very limited.

February rental special: Take \$5 off rentals of \$30 or more. For more information, call Outdoor Adventures at 270-5221 or 5541.

Windy Harbor Golf Club

Windy Harbor Golf Club is open seven days a week from 7 a.m.-6 p.m. Play a round, practice your swing, take lessons or purchase the latest golf gear at the Pro Shop. Stop in on Wednesday or Friday from 4:30-6:30 p.m. and enjoy happy hour at Bogey's restaurant.

MWR Melts Off Holiday Pounds



-Photos by MCSN Patrick Cook

Above, MWR Fitness Director Emily Savoca and her fitness team take Surfside Fitness patrons through two gruelling hours of exercise during the MWR Post-holiday Meltdown on Jan. 24. Right, Sandra Barrett of MWR and other patrons do squats to strengthen leg and core muscles.



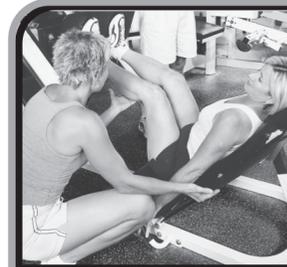
Active Duty, Retirees, DoD employees and dependents can take advantage of the Twilight Golf Special where Monday - Friday golf is only \$12 and \$14 on Saturdays, Sundays and holidays after 2:30 p.m. (Active Duty, retired or DoD employees only). For information on Windy Harbor Golf Club call 270-5380.

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R159310

MWR Sports

NS Mayport Navy Fitness Group Exercise Class Descriptions

Consult the group exercise schedules found in marketing displays at both the Surfside Fitness Center and the Naval Station Gymnasium for day, time, location and instructor. Family Friendly classes are part of Mayport's Child to Champion Program.

Aqua Aerobics: Slather on some sunscreen and get buff in the NS Mayport pool. You'll stay cool while gaining strength and endurance. (Family Friendly)

Advanced Pilates: Mastery of Intro to Pilates is suggested before evolving into the extreme regimen of the Advanced class. This Pilates Bootcamp uses balls, rings and foam rollers to produce a virtual makeover in your posture, abdominals and back.

Beach Boot Camp: This outdoor training is weather permitting and seasonal. Maximize the body's potential and get results, fast. This Commando PT utilizes various training techniques to achieve the highest fitness levels possible. Meets Behind gym@ Field 6

BOSU Training: Experience the most innovative fitness tool since the step. This class focuses on balance, multi-directional movement, and agility.

The 3B Burn (Balls/Bars/BOSU): This intense class combines balls, body bars and BOSU training to improve athletic strength and power, balance and body control. Come ready to burn and firm!

For Mature Audiences Only: This exclusive class is reserved for those who need a little extra TLC during their workout.

Cardio Combat and CORE: In this heart-pounding full body workout we a break a serious sizzlin sweat. This fusion of cardio and resistance training will max out your exercise afterburn.

Command Circuit Sensations: A sensational station-oriented workout that uses calisthenics and all the fitness tools to provide both an aerobic and anaerobic workout. This hour you are guaranteed to be winning at losing! Meets at Gym Basketball Court 2

Command Cardio Pump: This class is reserved for active duty personnel. Various training regimens are used based on attendance number. This class can accommodate 200 plus participants. Kickboxing, circuit training and sports drills are just a few of the fitness enhancement methods used. Discover how to become a lean, mean fighting machine! Meets@ Gym Basketball Court 2

Command Jump & Jab: Float like a butterfly, sting like a bee! This class incorporates jumpin, jabbin and jiving! A prize-fighting workout that will roll back time and fight fat forever! Meets at Gym Basketball Court 2.

Confined Space Workout: Full body training that focuses on techniques which maximize usage of minimal workout space.

Conditioning for Basketball: Are you a serious basketball addict? If so, this class is a must! It covers every aspect of conditioning to enhance one's performance on the court and to prevent injuries. Seasonal and by appointment. Call 270-7134.

Conditioning for Running: Put your best foot forward and improve your 1.5-mile time, run a 5K or a marathon.

Deep Water Aqua: Submerge yourself in this advanced aqua class held in the deep end of the pool. You will wear an Aqua Jogger through this journey into the deep for a pulse raising workout. This class is seasonal. (Family Friendly)

Extreme Circuit Training for Kids: The ultimate workout for Kids ages 9-14. This class uses all the fitness toys to raise the bar on healthy results. (Family Friendly)

FEP Training: Boot camp revisited. This fitness enhancement program will cure your PRT blues. Class format varies to meet command needs.

Fitness Equipment Training: A hands-on orientation to both the cardiovascular and strength training equipment offered at the facilities. Learn the secrets to getting results and discover your fitness potential.

Functional Flexibility and Stress Management: This class consists of a highly effective

flexibility regimen that will strengthen, stretch and relax the body.

Heart CORE Sculpt: Get strong, get stretched and get centered in this class which offers solutions for all your health concerns. This workout involves calisthenics and resistance training that gets results. (Family Friendly)

Intro to Pilates: You will learn moves based on the original guidelines set forth by Joseph Pilates in the late 1920s.

Indoor Cycling: Sweat drips from the chin, nose, and forehead as you pedal powerfully to the syncopated beat of the music. The endurance and strength of your quadriceps, hamstrings, and calves increases, while your overall cardiovascular fitness radically develops in this spintensity self-paced 1-hour class. Don't be afraid!

Intro to Resistance: Learn

basic strength training moves using dumbbells and body bars.

Kick, CORE & More: A kick abs class that will have you holding your abs in; toned and firmed. Fitness tools and floor exercises are used to stimulate all the core muscles.

Kid's Clinic: This clinic is designed for children ages 10-14. It involves how to safely use fitness equipment and provides general information on exercise and fitness workouts. (Family Friendly)

Low Impact: Designed for the just getting back onto the fitness bandwagon. It's easy to follow low impact aerobic.

Mommy, Daddy and Me: Pee wee power unleashed; via games, movement and nutrition education. This class is designed for kids age 5-9. (Family Friendly)

Moms in Motion: A monitored exercise program designed for pregnant women and new

moms. All participants are required to submit a doctor's release in order to participate. No need for a babysitter; moms are authorized to bring their babies in carriers to this class. (Family Friendly)

Pump and Grind: Get buff and tuff in this rhythmic resistance training class that combines hip hop grooving to the moving.

Resistance: A survivor like muscle-toning workout. This class will reform the lower and upper body utilizing every fitness tool. Your body shape will take a 360-degree turn.

Sculpt, Step & Stretch: Step to the rhythm and kick to the beat. Simple and achievable aerobic patterns give this class real step appeal. This oxygenated effort is power packed to get you in and out in 45 minutes.

Strength Training Basics for Women: A four session introductory weight training pro-

gram held at the gymnasium. This class is designed especially for women, which includes educational material and program design.

Strength Solutions & Flexibility Fix-Ups for Injuries: This class assists the Sailor in preventing and overcoming injuries.

Stroller Strut: An outdoor fitness adventure for moms and kids in strollers. Use portable fitness tools and the terrain to burn calories and tone muscles. (Family Friendly) This class is seasonal.

Victory PRT: Want to score Outstanding on the PRT? Attend Victory PRT and experience effective, highly motivating PRT oriented workouts.

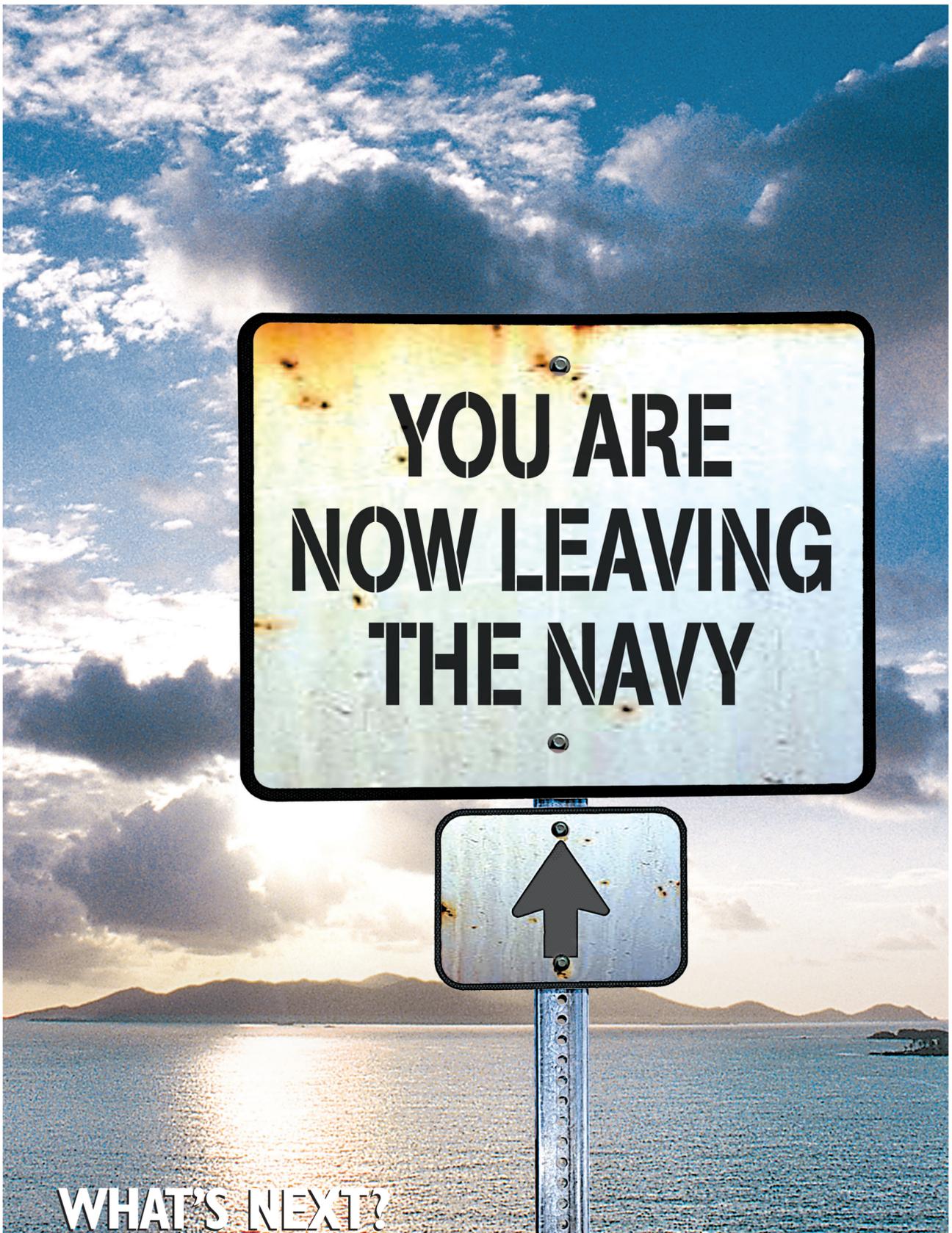
Weight Training for War Fighters: An adrenaline producing one-hour class devoted to building strength and stamina in active duty personnel. Emphasis is placed on sound,

proven weight training techniques.

Yoga: A dynamic blend of breathing, yoga postures, and relaxation techniques. This class increases vitality, energy, calm, agility, flexibility, mental and physical strength in the body, both internally and externally.

Yogalates: Divine perspiration results from this fusion of Yoga and Pilates. This experience into well-being increases physiological balance, clarity of mind and body awareness. (Family Friendly)

Intro to Yoga: An introduction to the discipline of Yoga. Get stronger, steadier and more balanced as you develop a new body awareness and control that enhances both the challenges of sports and daily activities. You can recharge your batteries with calm and fluid movements and open your mind to the power within. (Family Friendly)



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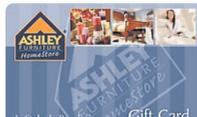
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MWR Happenings

Auto Skills Center

The Motorcycle Safety Course is Feb. 2-4. Cost is \$165 per person and includes motorcycle, helmet and gloves. Pre-registration is required.

February special: 10 percent off alignment. For Auto Skills Center information call 270-5392.

Bingo

Celebrate Valentine's Day a day early on Tuesday, Feb. 13. Appreciation starts at \$500 with double payouts on all hard cards, surprises and free coffee and dessert table. Warm ups are at 6:15 p.m. and the program starts at 6:30 p.m.

Bingo is held weekly at Beachside Community Center from 6:30-10 p.m. Tuesday, Thursday, Friday and 12:30-4 p.m. Sunday. Thursday is paper only. Lunchtime bingo is offered on Wednesdays from 11:30 a.m. to 12:30 p.m. Lunchtime bingo is paper only with 11 games for \$12. For Bingo information call 270-7197.

Castaway's Lounge

Every Tuesday night is karaoke at Castaway's and on Wednesday nights, Castaway's shows a movie or two. Castaway's Lounge at Beachside Community Center caters to all tastes in music with a variety of bands every month and daily drink specials. For Castaway's Lounge information call 270-7198.

Foc'sle CPO Club

The CPO Club is holding a Super Bowl party on Feb. 4 starting at 5 p.m. Cost is \$5

per person and includes a wide selection of food, cash bar and free sodas. Tickets are on sale at the CPO Club. (CPO event)

Family Steak Night is 5-8 p.m. Feb. 8. Cost is \$9 per person and children's specials are available. (All hands welcome)

CPO Social Hour is held on Thursdays from 3-6 p.m. with free hors d'oeuvres. (CPO activity)

The CPO Club welcomes everyone for Wing Night on Tuesdays from 5-9 p.m. Take-out wing orders are also available. Call 270-5432 to place a wing order. (All hands welcome)

The CPO Club is open to all hands for lunch Monday-Friday from 11 a.m. to 2:30 p.m. Catering services are also available. For CPO Club information call 270-5431/5432.

ITT

ITT has 2007 Entertainment Books for only \$20. ITT is open from 9 a.m.-5 p.m., Monday-Friday or look for the RTV (Recreation Ticket Vehicle) at various locations on and off base. For ticket and trip information call 270-5145.

Food and Beverage Options

Food is available for All Hands at the following MWR facilities: Bogey's at Windy Harbor Golf Club, the CPO Club, Fast Lanes Grille at Fast Lanes Bowling Center and BoHogs BBQ and Pizza Hut, both located inside Beachside Community Center. Hours of operation vary depending on facility.

Happy Hour is offered at

Bogey's Wednesdays and Fridays from 4:30-6:30 p.m. and Fast Lanes Grille on Mondays from 6:30-10 p.m. Happy Hour at the CPO Club is from 3-6 p.m. on Thursdays and is reserved for chief petty officers and their guests.

RV and Boat Storage

If you need the storage, MWR is the place for it. Contact Vehicle Storage at 270-7022 for space availability.

School-Age Youth Programs

Youth Tournaments: 8-ball pool tournaments are Feb. 5 at YAC and Feb. 8 at RBCC. Dodgeball tournaments are Feb. 21 at YAC and Feb. 23 at RBCC.

Freedom Fridays are 7-11 p.m. Feb. 2 (Dance/Pajama Jami) and Feb. 16 (Movie) for ages 6-12, age 5 if in Kindergarten. Cost is \$7 in advance or the \$9 day of. Dinner and activities are provided. Sign up early; space is limited.

Teen Movie Night is 7-10 p.m. Feb. 17 for ages 13-17, age 18 if attending high school. Free admission. Free popcorn and drinks.

Club Teen (Pajama Jami) at YAC is 8-11 p.m. Feb. 24. Cost is \$2. Event is open to ages 13-17 (age 18 if attending high school).

The Youth Activities Center is a member of Boys and Girls Clubs of America (BGCA). Programs include Power Hour and Project Learn, Fitness Authority, Fine Arts, Digital Arts and Image Makers and Smart Moves.

Torch Club (ages 11-13) and

Keystone Club (ages 14-18) will meet on Feb. 10 from 6-7 p.m. to work on the Valentine Candy Gram project and from 6-7 p.m. Feb. 14 to deliver Valentine Candy Grams to on and off base housing. Both clubs will also meet from 6-7 p.m. Feb. 28.

The Fall Before and After School program is currently in session. Cost is based on total family income and a fee scale.

Additional youth programs offered include daily open recreation hours and activities (alternating between YAC and RBCC) and instructional classes in martial arts, dance and cheerleading. The Youth Activities Center (YAC) and Ribault Bay Community Center (RBCC) are closed Sundays and holidays. For information on school-age youth programs call YAC at 270-5680/5421 or RBCC at 270-7276/7277.

Windy Harbor Golf Club

Windy Harbor Golf Club is open seven days a week from 7 a.m. until 6 p.m. Play a round, practice your swing, take lessons or purchase the latest golf gear at the Pro Shop. Stop in on Wednesday or Friday from 4:30-6:30 p.m. and enjoy happy hour at Bogey's restaurant.

Active Duty, Retirees, DoD employees and dependents can take advantage of the Twilight Golf Special where Monday - Friday golf is only \$12 and \$14 on Saturdays, Sundays and holidays after 2:30 p.m. (Active Duty, retired or DoD employees only). For information on Windy Harbor Golf Club call 270-5380.

Liberty Call

The following activities and events target single or unaccompanied sailors. For additional information on Liberty events, call Planet Mayport Single Sailor Center at 270-7788 or 7789.

Feb. 2: Groundhog's Day. Make your predictions today and correctly guess if Punxsatawney Phil sees his shadow or not. Prizes to all correct predictions.

Feb. 4: Superbowl Sunday. Watch Super Bowl XLI on the big screen in Planet Mayport's movie theater. Free food, beverages, sodas, football trivia, and prizes. Be here early to get a spot. Game starts at 6 p.m.

Feb. 6: Birthday Bash. Happy Birthday to all the February Birthdays. Stop by Planet Mayport for your birthday bonus.

Feb. 7 and 28: Eight Ball Tournament. This free, single elimination tournament will start at 6:15 p.m. sharp at Planet Mayport. Prizes will be awarded to first and second places.

Feb. 8: Dinner and a Movie Trip. Join the Liberty Program as we head to Regal Cinemas to catch some of the newest box office hits. Pizza will be served at Planet Mayport prior to departing to the theater. Cost of this trip is only \$2 and includes food, admission and transportation.

Feb. 9, 16 and 23: The

Ultimate Lunch Break. Try your luck in this lunchtime competition and win big. All contestants get free lunch at Planet Mayport. Contest starts at 11:30 a.m.

Feb. 14: Happy Valentine's Day. Get hit with the love bug at Planet Mayport today. Free Hugs and Kisses candy given out today at Planet Mayport, until supplies last.

Feb. 15: Comedy Zone Trip. Join the Liberty Program for a night of comedy and fun at the Comedy Zone in Mandarin. This trip is free and includes admission, transportation and appetizers. This trip is open to those 18 years old and older.

Feb. 19: President's Day. Pay homage to our founding fathers today as we celebrate their accomplishments in history.

Feb. 20: Fat Tuesday at Planet Mayport. Celebrate this infamous "holiday" and get fat tonight at Planet Mayport. Extreme eating challenge will start at 6 p.m.

Feb. 21: Nine Ball Tournament. This free, single elimination tournament will start at 6:15 p.m. sharp at Planet Mayport.

Feb. 22: Chinese New Year at Planet Mayport. It's the Year of the Pig so oink out at Planet Mayport. Free Chinese food and fortunes for the "new year." Event starts promptly at 5:30 p.m.

Mayport Wives Club Gives To CHS



-Photo courtesy of Children's Home Society of Florida

Children's Home Society of Florida's (CHS) Buckner Division received \$300 from the Navy Wives Club - Daughters of Dixie. Pictured are Grace Musulim, Navy Wives Club; Kathy Cayton, Navy Wives Club; CHS Executive Director Bill Sheller and Henrietta Loper, Navy Wives Club.

From Children's Home Society of Florida

Children's Home Society of Florida's (CHS) Buckner Division received \$300 from the Navy Wives Club - Daughters of Dixie.

When long-time CHS supporter and volunteer Kathy Cayton learned the Club had available funding, she said she jumped at the chance to give the money to the organization. The money will be used to buy therapeutic games and crafts for foster children to learn behav-

ioral skills that will help them relate to their peers and adults in a group setting.

Chartered in Jacksonville in 1902, Children's Home Society is dedicated to embracing children and inspiring lives and stopping the generational cycle of abuse and neglect. Every day, CHS works to restore and strengthen families through its various programs and services such as adoption, foster care, child abuse prevention programs and a mentoring program. For

more information, log on to www.chsfl.org/buckner.

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R135410

12 THE MIRROR, NS MAYPORT, Thursday, February 1, 2007

Commissaries Offer Healthy Choices For Super Bowl Treats

By Kay Blakley

DeCA

Wasn't it just a few weeks ago when a lot of us resolved to start the year off right by dropping a few pounds, and leading a healthier lifestyle? Now here we are, faced with yet another celebration calling for good food – the first Sunday in February is Super Bowl time! Inviting a houseful of football-crazed friends to cheer your team to victory is hard enough in itself, but eliminating the tasty snacks that accompany the event is unthinkable.

Don't despair! By making informed choices, you can still serve scrumptious Super Bowl treats without putting too serious a dent into the weight loss and healthy lifestyle progress you've made.

Fruit and vegetable trays from your commissary produce department, for example, are excellent choices. So are deli trays filled with low-fat, low-sodium, meats and cheeses. Even though deli selections are typically freshly sliced and



wrapped for your convenience, most items do have nutrition labels on the package, so ask to see these when deciding what you want on your tray.

Offer a selection of whole grain breads or buns alongside the deli tray. Be careful, though, when it comes to condiments to slather on those breads – almost all varieties of mustard are nearly calorie free, but not so with mayonnaise. Use a fat-free or

low-fat variety, if you like the taste. If not, use full-fat versions very sparingly.

Game-time treats like chips and dips usually mean highly processed, high in fat, and high in calories, right? Not so with the Pico de Gallo recipe below – an entire batch has only about 90 calories. At that rate, you could eat it with a spoon! It's good enough to eat it that way, too, so be sure to double

or triple the recipe. Keep the fat count low by baking your own corn tortilla chips to serve with it. There's really nothing to it but slicing ready-made tortillas into wedges and popping them into the oven for a few minutes, but the aroma wafting from your kitchen says you're baking a gastronomic delight.

If none of these suggestions strike your fancy, how does North Carolina-Style barbecue made with lean, low-calorie chicken breasts sound? How about California Guacamole or Layered Taco Bean Dip? Come to the Kay's Kitchen page of <http://www.commissaries.com> for the recipes, and come to the commissary for all the ingredients.

Pico de Gallo
 ½ cup chopped fresh cilantro
 2 green onions, thinly sliced
 2 large ripe tomatoes, chopped
 1 teaspoon or more, to taste, minced garlic
 Combine all ingredients in a small bowl and serve.

Commissary Fast Facts

From DeCA

Scholarship application due date right around the corner

The Feb. 21 deadline to submit an application for a \$1,500 scholarship is fast approaching. Information and applications for the 2007 Scholarships for Military Children program are available at commissaries worldwide as well as online at the program Web site, <http://www.militaryscholar.org>. Unmarried children (under the age of 23) of active duty, Reserve/Guard and retired military personnel may apply. Applicants should ensure that they, as well as their sponsor, are currently enrolled in the DEERS (Defense Enrollment Eligibility Reporting System) database and that they have a current ID card. Applicants can verify if they are enrolled in DEERS by going to www.dmdc.osd.mil and entering their social security number, date of birth, and last name. Part of the application includes a typed essay of 500 words or less on the following topic: "If you were granted the ability to change the outcome of any event in history, what would you change and why?" Applicants are advised to choose the nearest commissary and submit their paperwork (in person or by mail) no later than close of business on Feb. 21. The same application submitted to more than one commissary will be disqualified.

Dietitian on staff to promote DeCA's health and wellness initiatives

Customers have always been able to find healthy food at healthy savings in their commissary. They can also find healthy advice, now that the Defense Commissary Agency has a registered dietitian on staff. "We made a commitment to be the nutritional leader for the military," said Patrick Nixon, DeCA director and chief executive officer. "We're excited to have Maj. Karen Fauber as the first DeCA dietitian, and we expect this to be a great opportunity for customers to obtain nutrition education through their commissary system." Having a registered dietitian increases DeCA's ability to educate customers on how to make healthier meal choices – reading product labels at the commissary, enjoying more fresh fruit and vegetables and leaner meats, and preparing meals at home instead of hitting the fast food drive thru or spending hard-earned money on restaurants. Some of the initiatives planned for the DeCA dietitian include

an "Ask the Dietitian" feature on the DeCA Web site at <http://www.commissaries.com> and increased visibility for the recently revamped "5 A Day for Better Health" program, which focuses on fruits and vegetables. Fauber will also work closely with DeCA home economist and Europe outreach specialist Kay Blakley, who is well-known for her "Kay's Kitchen" newspaper columns and recipes, and TV spots on American Forces Network in Europe.

Commissary Web site sports new look

It's a brand new year and the Defense Commissary Agency has a brand new look on the Web at <http://www.commissaries.com>. In addition to a front page that changes with the season – or the occasion – links popular with commissary shoppers are featured more prominently and are easier to find through dropdown menus at the top of the front page. Due to advertising restrictions, DeCA can't list prices on the Web site, but customers can find out what's on sale and the "percent off" regular price by going to the savings aisle under the shopping link. Customers can download a list of all items on sale at their commissary or just by category. Customers can also purchase or donate commissary gift certificates at <http://www.commissaries.com>, select from over 100 gift baskets and baked goods at the Virtual Commissary, and sign up for delivery of general commissary news via e-mail through the Commissary Connection. Store information is readily available under the locations link. Customers can bookmark the Web site for easy and quick access to the comprehensive case lot sales page available during the "Worldwide Case Lot Sales Event" in May and September. The case lot sale page is particularly popular with authorized shoppers who live a long distance from a commissary, but are willing to make a special trip for case lot sales, where savings can run as high as 50 percent over regular commissary prices. Other features planned for commissaries.com include a more interactive health and wellness section and features such as "Ask the Dietitian," a greater emphasis on recipes, improvements in the customer "Your Action Line" program, and increased online shopping through the Virtual Commissary.

Commissary Web Site Has New Look

By Bonnie Powell

DeCA

It's a brand new year and the Defense Commissary Agency has a brand new look on the Web at www.commissaries.com. In addition to a front page that changes with the season – or the occasion – links popular with commissary shoppers are featured more prominently and are easier to find through dropdown menus at the top of the front page.

"We asked shoppers what they wanted to see on the Web site during our most recent customer satisfaction survey," said Patrick Nixon, DeCA director and chief executive officer. "The top three requests by far were for sales information, cou-

pons and general commissary news. We've tried to make sure the information customers want is easy to find."

Due to advertising restrictions, DeCA can't list prices on the Web site, but customers can find out what's on sale and the "percent off" regular price by going to the savings aisle under the shopping link. "Customers can download a list of all items on sale at their commissary, or just by category," said Nixon. Internet coupons can be downloaded from the links page and commissary news is on the front page under the news and information link.

Customers can also purchase or donate commissary gift certificates at [commissaries.com](http://www.commissaries.com),

select from over 100 gift baskets and baked goods at the Virtual Commissary, and sign up for delivery of general commissary news via e-mail through the Commissary Connection. Store information is readily available under the locations link. "Since many of our customers move around, they can use commissaries.com to get store hours and contact information, and even print out directions to their new commissary," said Nixon.

Another reason to bookmark www.commissaries.com is to access the comprehensive case lot sales page available during the "Worldwide Case Lot Sales Event" in May and September. The case lot sale page is particularly popular with authorized

shoppers who live a long distance from a commissary, but are willing to make a special trip for case lot sales, where savings can run as high as 50 percent over regular commissary prices.

Other features planned for www.commissaries.com include a more interactive health and wellness section and features such as "Ask the Dietitian," a greater emphasis on recipes, improvements in the customer "Your Action Line" program, and increased online shopping through the Virtual Commissary. "Check back every day," advises Nixon, "we have lots more in store!"

Get The Skinny

Overweight kids? Treat the parents, too!

By Caroline J. Cederquist, M.D.

Columnist

Younger children, say, up through elementary school, are so much at the mercy of their environment that it's not practical – or even fair – to make them the focus of the weight-loss effort, even in those unusual cases where they're the only one overweight.

Imagine that such a child – call him Joey – goes to dinner with his family and everyone orders their usual favorites. But Joey, overweight and "dieting," has to have some "lite" selection while everyone around him indulges without limitation. How fun is that?

But that's often precisely what happens, to the point of utter frustration for both parent and child. I often see families who want us to "fix" an overweight child after they've failed with various approaches, from cajolery to punishment to outright policing the pantry.

The candid response? That isn't going to work. Joey can't function in isolation from the rest of his familial structure, so if the weight problem is going to change, the structure has to change; and that means it changes for the parents as well.

Little Kids, Little Roles

One of the big breakthroughs families must make is in determining the roles and responsibilities of each family member, relative to the child's weight loss, and that varies with the age of the child. Since we're

discussing younger children here, the parents' role is much larger.

As with the research study, parents in our program learn – often for the first time – about important fundamentals of nutrition. They also learn about behavior modification, problem solving and other skills. And they get specific guidance and support about family roles and limits of responsibility.

For instance, most parents worry about ongoing conflicts with their children over what to eat. And sure, when snack time comes, if you have a box of chocolatey-gooey marshmallow cookies and a box of crispy, fat-free rye crackers, most kids are going for the goo.

But this is where parental responsibility looms large, and parents' decisions about the home environment are so significant. Children ought to be given some choice in what they want to eat, but by having only good options at hand, parents set them up for success.

If the available snack choices are fresh fruits, maybe vegetables and dip, even low-fat or low-calorie munchables like pretzels or popcorn, kids will choose from those.

If parents don't buy the gooey gunk and bring it home, then kids don't see it, don't ask for it, and don't feel deprived when they're told no. Mom and Dad

won't have to play the heavy because these passive controls minimize the risk of conflict for everyone.

Of course, sometimes, less choice is better. If there's a box of fat-free ice cream bars in the freezer, that's a treat, and at dessert time, it's an acceptable indulgence that a child will welcome with delight. A seven- or eight-year old isn't going to turn up his nose at a 90-calorie Healthy Choice dessert pop and go on strike until someone produces a Twinkie.

Play Together, Weigh Together

Other recent research on children and body weight shows a direct correlation between kids' weight and the amount of time they spent in recreational physical activity, not with friends or peers, but with their families.

We see much in the media about the loss of physical education programs in schools, but these opportunities for exercise and activity don't appear to have as strong a correlation with kids' weight as what they do with their parents.

That could be because we learn our values from our families, typically, not our schools. Even if kids sit around in school all day, the ones who go home to enjoy a bike ride with the family or to play a little flag football with Dad are far more likely to consider themselves as active.

It's a question of lifestyle and self-image. Children who engage in physical pursuits with

their parents are statistically far more likely to have a positive attitude about physical recreation and exercise, and to participate in it. Parents basically have all the power in a small child's life. If healthy changes are introduced with some finesse, no issue need even be made of them.

The new standards just become the standards. We only eat dessert twice a week. We don't drive if we can walk. We eat vegetables every day. We don't drink soda with dinner. That's just the way it is.

It doesn't mean children won't ever try a challenge. In fact, count on it that they will. One of the Cederquist daughters recently produced a piece of candy first thing in the morning and sweetly asked if she could eat it, though she undoubtedly knew the answer already.

Through Thick & Thin

Parents are usually aware that their own dietary habits are relevant to their child's weight, but they often want to compartmentalize, saying they're not concerned about their own weight, only worried about their child. They just want to help fix him. But a child needs a solution where he's not considered the problem.

Dr. Cederquist is a board certified family physician and a board certified bariatric physician.

Common Sense Parenting of Toddlers and Preschoolers

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FFSC Schedule Is Set

From FFSC

The following classes and activities are offered by the Fleet and Family Support Center (FFSC) and are free of charge. Pre-registration is required and childcare is not available. For more information about the classes or to register call 270-6600, ext. 110.

Feb. 1, 8-11 a.m., Anger Management Class, FFSC
 Feb. 1, 9 a.m.-noon, New Parent Support Playgroup, USO
 Feb. 5, 1-3 p.m., FERP Job Search Workshop, FFSC
 Feb. 6, 9-11 a.m., Resume Walk-in Review Assistance, FFSC
 Feb. 6, 9-11 a.m., Parenting Class (Kids 5 and above), FFSC
 Feb. 6, 8-11 a.m., Overseas Living Workshop, FFSC
 Feb. 7, 9 a.m.-noon, Tottletyme Playgroup, USO
 Feb. 8, 9 a.m.-noon, New Parent Support Playgroup, USO
 Feb. 8, 8-11 a.m., Stress Management Class, FFSC
 Feb. 8, 9-11 a.m., Resume Walk-in Review Assistance,

FFSC
 Feb. 9, 9 a.m.-noon, What About The Kids?, FFSC
 Feb. 12, 1-3 p.m., FERP Job Search Workshop, FFSC
 Feb. 12-15, 8 a.m.-4:30 p.m., SAVI Advocate Training, NAS Jax
 Feb. 12-15, 8 a.m.-4 p.m., TAP Retiree Workshop, RBCC
 Feb. 13, 9-11 a.m., Resume Walk-in Review Assistance, FFSC
 Feb. 13, 9-11 a.m., Parenting Class (Kids 5 and above), FFSC
 Feb. 14, 9 a.m.-noon, Tottletyme Playgroup, USO
 Feb. 15, 8 a.m.-3 p.m., Military Spouse 101 Workshop, FFSC
 Feb. 15, 8 a.m.-3 p.m., Military Spouse 101 Workshop, FFSC
 Feb. 15, 9-11 a.m., Resume Walk-in Review Assistance, FFSC
 Feb. 15, 9 a.m.-noon, New Parent Support Playgroup, USO
 Feb. 20, 9-11 a.m., Parenting Class (Kids 5 and above), FFSC
 Feb. 20, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Feb. 20-23, 8 a.m.-4 p.m., CONSEP First Term Workshop, RBCC
 Feb. 21, 9 a.m.-noon, Tottletyme Playgroup, USO
 Feb. 22, 8-11 a.m., Anger Management Class, FFSC
 Feb. 22, 9-11 a.m., Resume Walk-in Review Assistance, FFSC
 Feb. 22, 9 a.m.-noon, New Parent Support Playgroup, USO
 Feb. 26, 6-8 p.m. Ombudsman Assembly, CPO Club
 Feb. 26, 1-3 p.m., FERP Job Search Workshop, FFSC
 Feb. 26-March 1, 8 a.m.-4 p.m., TAP Separatee Workshop, RBCC
 Feb. 27, 9-11 a.m., Parenting Class (Kids 5 and above), FFSC
 Feb. 27, 9-11 a.m., Resume Walk-in Review Assistance, FFSC
 Feb. 27, 11 a.m.-1 p.m., Interview Skills Workshop, FFSC
 Feb. 28, 9 a.m.-noon, Tottletyme Playgroup, USO

Learn To Market Yourself

From FFSC Mayport

The NS Mayport Fleet and Family Support Center will sponsor the Military Officers Association of America (MOAA), formerly The Retired Officers Association - TROA, job search presentation entitled, "Marketing Yourself for a Second Career."

Retired Air Force Col. Daniel K. Koslov, Deputy Director, Officer Placement Service, MOAA, an expert on transitioning from military to civilian employment, will speak at the NS Mayport Ocean Breeze

Conference Center, Ballroom from 9-11:30 a.m. on Feb. 28.

Mr. Koslov will introduce the audience to the realities of the competition in the civilian job market, the perceptions civilian employers have of military personnel, a plan for the job search, tips for strengthening the resume, networking plans, preparing for and conducting a successful interview, salary negotiations and benefit packages.

The lecture is presented annually at over 100 U.S. military bases worldwide. It is up-to-

date, hard-hitting, and sharply focused. It has a reputation as a "must attend" for those two to three years or less from separation or retirement.

Military members and spouses are invited to attend the free lecture. Attendees will receive a free copy of the publication "Marketing Yourself for a Second Career."

Pre-registration is not required. Please call the NS Mayport Fleet and Family Support Center, Bldg. 1576, (904) 270-6600 Ext. 132 for information.

Retired Activities Office Here To Help

From FFSC

The Retired Activities Office (RAO) at Fleet and Family Service Center is committed to serving the local retiree community.

The purpose of the RAO is to assist the retired military population and their families, and to interface with other local and federal agencies in matters concerning military retired activi-

ties. The RAO is an integral part of Naval Station Mayport's community quality of life initiative. The RAO's office is located in FFSC, Building 1576.

RAO assistance is available by appointment. For more information about the RAO, please call the FFSC at 270-6600 Ext. 110.



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USO News

Senior Girl Scout Troop #887 is sponsoring the babysitting project, "Caring of Chairing" for children ages 1-11 from 8 a.m.-7 p.m. on Feb 17 at the Mayport USO. Reasonable donations are acceptable with a \$10 deposit due at registration. Contact Shauna Goulet, Leader of Senior Troop #887 270-0490 or email mainly@comcast.net.

No deadline but space is limited to first 20 children registered. Lunch, dinner and two snacks will be provided.

Free seminars at the USO. The Mayport USO, in conjunction with the United Way and Born Learning Seminars, will offer free "Born Learning" seminars. The 45-minute interactive seminars are offered free of charge. There will be three different seminars offered; "Learning on the Go," "Playing the Games," and Everyday Activities for Dads.

These are simple, fun, doable early literacy activities. Each participant will receive a free "Born Learning Kid" basics tool kit. You can go to the USO website for an overview of each workshop/seminar.

Please call 246-3481 to register.

The Born Learning Seminars will be offered on the following dates;

You only have to attend the workshops you are interested in.

Learning on the Go - Feb. 16 at 9 a.m., Feb. 23 at 11 a.m., March 15 at 10 a.m.

Playing the Games - Feb. 23 at 12:30, March 15 at 11:45 a.m.

Everyday Activities for Dads - Feb. 16 at 11:15 a.m.

To register please call 246-3481 space is limited so please sign up early

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at the USO! AMC Theatre passes are \$6, and Regal Theatre passes are \$6.50

Monster Jam Monster Truck racing tickets with free pit passes are now on sale at the USO for \$26. There are no restrictions on these tickets. The Monster Jam will take place at Alltel Stadium on 7:30 p.m. on Feb. 24.

Daytona 500 Tickets are on sale at your USO! The prices and options are as follows:

*Great American offer this will be a two-day ticket in rows 1-20 for \$115 (you save over \$47.)

*Two-Day Tower offer which is in the grandstands rows 33-51 for \$180 (you save \$22 with this package)

*Fanzone tickets for entry to the Fanzone prior to the start of the race are \$75 each.

*Bud Shootout tickets are \$30 each.

*We will also offer Rolex 24 tickets to Active Duty only for \$10 each; dependents and all others will be \$40 each.

Payment must be made in full to the USO before tickets will be ordered. The tickets will be available for pickup at the USO the week of the race.

Wild Adventures Theme Park tickets are \$31.95 at the USO! (This is a savings of \$10.) Did you know...tickets purchased for use at Busch Gardens or Sea World may be used for seven consecutive days at that park? Visit your USO for more information or to purchase the tickets.

Looking for a fun group activity for your wardroom, department, or division? IMPROV Jacksonville, located downtown at the Jacksonville Landing, is offering 20 free tickets to every Thursday's 8 p.m. performance. Opportunities for these tickets will be on a first come, first serve basis. To obtain these tickets, email giveaways@usojax.com and provide the names of the individuals who will be attending. If your group is selected, you will be advised via email. The list of names will be forwarded to the IMPROVJAX Comedy Club Staff, and individuals on the list

will be admitted free of charge. If you are interested in a group larger in size than 20, let the USO know, and we will see if IMPROV Jacksonville can accommodate the request.

Improv Jacksonville Comedy Theater offers a military discount to their performances on Wednesday's at 8 p.m., Friday's at 8 p.m. and 10 p.m., and Saturday's at 8 p.m. and 10 p.m. Ticket prices are normally \$5 weeknights and \$10 weekends, and are discounted for military to \$2.50 and \$5 respectively, and are available at the door the night of the performance. For more information, go to www.improvjacksonville.com.

If only the USO received a penny every time I searched the internet...NOW THEY WILL! www.goodsearch.com allows individuals to designate a charity (please designate USO-United Service Organizations-Jacksonville!) and donates approximately one penny for every search. Goodsearch uses Yahoo! Search technology to facilitate a thorough search. What a great way to help a charity by doing something you regularly do.

Volunteers are needed at the USO Welcome Center - Jacksonville International Airport to welcome service members and their families, coordinate transportation to local bases, and other assistance as required. Volunteers receive free parking during their shift. Contact Lynne, Volunteer Coordinator at 904-305-4467 or lynne@usojax.com for more details.

There is a computer resource center available to all service members with email, Internet and word processing. Fax, copy and free notary service is also available.

The USO is available for meetings, support groups, receptions, parties and pre-deployment briefs.

For more information about activities or meeting availabilities, call 246-3481 or stop by the center at 2560 Mayport Road. USO is open from 9 a.m.-9 p.m., Monday-Friday and 9 a.m.-6 p.m., Saturday.



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BETTER THAN NEW - UNIVERSITY PARK - MLS #326095, 5515 Riverton Road \$199,999-3 Bed 2 Bath-1626sq ft 904-743-2332

BRAND NEW!!! KENDALL POINTE - MLS #330871, 9442 High Meadow Lane \$233,900-2 + Bonus Room Bed 2.5 Bath-1388 sq ft 904-743-2332

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SOUTHSIDE - 7378 Secret Woods Tr, 3BR, 2BA, 1855 sq. ft. \$269,000 904-743-2332

COBBLESTONE - MLS #337838 3218 Roundham Lane \$223,900-4 Bed 2 Bath-1793 sq ft 904-743-2332

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KENSINGTON GDNS - 2038 St. Martins Drive W. 3BR, 2BA, 1628 sq. ft. 904-743-2332

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791 ASSISI LN#1501 ATL BCH, \$115,000, MLS 349342, 3BR/2BA, 1074 SF, spacious rooms, lovely mstr suite, 247-4442

1020 KINGS RD. - NEPT. BCH, \$319,900, MLS 347586, 3BR/2BA, 1224 SF, large mstr suite, big bkdyd 904-247-4442

1043 SEABREEZE AVE. - JAX BCH, \$379,900, MLS 345164 3BR/2BA, 1500 SF, large yard with pool, close to beach 247-4442

807 CAMELIA ST, ATL BCH, \$144,900, MLS 342955, 2BR/1.5BA, 900sf, Great Location, New Roof, Big Lot 247-4442

1256 GALAPAGOS AVE, \$184,900, Oak Harbor, MLS 334839, 3br/2ba, sernd porch w/ hot tub, Lg LR w/ Hrdwd Flrs, New Tile, Huge Bkdyd. 904-247-4442

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845 AMBERJACK LN, Atl Bch, \$229,900, MLS 338465, 3BR/2BA, 1251sf, Big Bkdyd, New Tile & Carpet, Spacious Mst. 247-4442

527 PELICAN KEY, Selva Lakes, \$309,900, MLS 338324, 3BR/2.5BA, 1404sf, 2 Lrg Mst BR w/private bths, screened lanai, spacious LR 247-4442

600 ALHAMBRA LN N, OPEN Sun 12-4, \$399,500, MLS 337729, PV/B, 4BR/2BA, 1636sf, Big Bkdyd, w/Golf Course Views, tiled Fla Rm, 247-4442

2607 AMERICAS CUP CR E, \$205,000, Courtyard, 3BR/2BA, 1732sf, 2 Strg Hm, Huge Bkdyd, Formal LR/DR, Large Mst Ste, 904-247-4442

2196 FAIRWAY VILLAS LN N, \$199,900, MLS 315221, 3br/1.5ba, 1075sf, hrdwd flrs, new a/c, new roof, huge lr w/ fp 247-4442

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14390 PELICAN BAY CT, Pelican Bay, \$259,000, MLS 339560, 2BR, 2BA, 1315 SF, Preserve views, Lrg Kit, 247-4442

12335 VINE MAPLE WAY, Ashley Woods, \$274,900, MLS 311954, 4BR, 2BA, 2093 SF, cul de sac lot, Lrg. Mst. Ste., Big Bkdyd. 247-4442

1021 CANDLEBARK DR., Waterleaf, \$419,900, MLS 346130, 4BR + Loft, 2.5BA, 3046 SF, Big 2 Stry, Gourmet Kit 247-4442

12301 KERNAN FOREST B'VD #2405, Kernan Forest, \$222,900, MLS 333924, 3BR + Bonus Rm, 2.5BA, 1779 SF, 2 stry twlhm w/ gar, Lrg Rms 247-4442

2312 MEADOWLARK CT, The Woods, \$449,000, MLS 326258, 4BR, 2.5BA, 3496 SF, Lrg yd, Tiled FL Rm, Huge Eat-In Kit 247-4442

3699 SUMMERLIN LN N, Wolf Creek, \$160,000, MLS 343482, 2BR, 2BA, 1110 SF, Mst. Ste. w/ lakeviews, Lovely kit 247-4442

12377 SONDRA COVE TRL N., Villas @ Cross Creek, \$235,000, MLS 344188, 4BR, 2BA, 1496SF, Beautiful Pool Home, Lrg Mst. Ste. 247-4442

1702 FOREST LAKE CR. W. #3, Forest Creek, \$173,000, MLS 324363, 2BR, 2BA, 1083SF, Lrg Mst Ste, LR/DR combo 247-4442

12986 BRIANS CREEK DR, Johns Creek, \$299,500, MLS 343016, 3BR/2BA, 1810sf, Huge Fenced Bkdyd, Lrg Mst Ste, Gourmet Kit 247-4442

4528 COBBLEFIELD CR W, Woodland Forest, \$229,900, MLS 333392, 3/2, 1405sf, Htd/Cooled FL Rm, Preserve Lot 247-4442

1225 MANTLE DR. Drayton Pl, \$244,000, MLS 336977, 3BR, 2BA, 1624-sf, lrg./DR combo, wd flrs, lrg. mstr ste. 904-724-1200

13102 TOM MORRIS DR., St Andrews Place, \$350,000, MLS 343438, 4BR/2BA, 1827sf, Spacious Hm, Lrg KIT, Cvrd Pch 904-247-4442

14209 TWIN FALLS DR E, Villages of Pablo, \$349,900, MLS 349438, 3BR/2BA, 2042sf, All Brick Pool Hm, Eat-in KIT 904-247-4442

13848 HARBOR CREEK PL, Pablo Bay, \$469,900, MLS 339844, 4BR/3BA, 2468sf, Upstairs Loft, Lakeviews, FR w/marble frplc 904-247-4442

4210 W CHELSEA HARBOR DR, Johns Creek, \$314,900, MLS 339735, 3BR/2BA, 1880sf, Covered Patio, Preserve Views, Formal LR & DR, FR w/marble FP 904-247-4442

4531 ANTLER HILL DR E \$237,500, MLS 326538, Hunters Ridge, 3BR/2BA, 1448sf, Lakeviews, FR w/tiled FP, LG Lot, Eat-in KIT 247-4442

13433 STONE POND DR. WOLF CREEK \$239,900, MLS 381585, 3BR/2.5BA, 1665sf, attach. 1 car gar., sernd lanai, BRs on 2nd flr 904-724-1200

13044 CHETS CREEK DR S, JOHNS CREEK, \$304,900, MLS 327445, Harbour Springs, 3BR/2BA, 1138sf, Fenced Bkdyd, All Appl. Stay, LR/DR Combo, Large Mst Ste 247-4442

1974 IBIS POINT LN, IBIS POINT, \$324,900, MLS 319948, 4BR/2BA, 2062sf, Sernd Lanai, Backs to Preserve, LG KIT, LR/DR Combo 904-247-4442

190 NADIA MICHELLE CT S, \$179,900, MLS 327445, Harbour Springs, 3BR/2BA, 1138sf, Fenced Bkdyd, All Appl. Stay, LR/DR Combo, Large Mst Ste 247-4442

2118 FOREST GATE DR W, KENSINGTON, \$229,900, MLS 335038, 4BR/2BA, 1617sf, Fenced Bkdyd, ceramic tile, LR/DR Combo w/ FP 247-4442

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BISCAYNE VILLAS - 1597 Shearwater \$164,900-3 Bed 2 Bath-1185 sq ft 904-714-0966

WHISPERING PINES - MLS #336979 5610 PINEBAY CIRCLE SOUTH \$129,900-2BR 2 BA-1291 SF 904-714-0966

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VICTORIA LAKES - MLS#314751 13802 Victoria Lakes Drive, \$455,000-5 Bed 3 Bath-3753 sq ft 714-0966

WESTSIDE, 4347 Trenton Dr S \$110,000, 3BR/1.5BA, 1164sf 904-714-0966

UNBELIEVABLE, 3430 Trout River \$154,900, 3BR/2BA, 1029sf 714-0966

NORTH CREEK, 628 Spanish Wells Rd. \$319,000, 4BR/2.5BA, 2664sf 904-714-0966



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Navy News

Navy Launches Military Saves Campaign

By Zona Lewis

Commander, Navy Installations Command Public Affairs

Commander, Navy Installations Command's (CNIC) Fleet and Family Readiness Program (FFRP) is sponsoring the Navy-wide financial fitness campaign, Military Saves, this winter and throughout 2007.

The program is designed to change savings behavior by educating service members and their families on how they can build wealth, not debt.

CNIC Military and Family Readiness Program Manager, David M. DuBois, asks Sailors to think about the last time they have had a complete financial physical, and recommends that everyone start the new year with a financial check-up.

"We're stepping up our efforts to increase individual and family financial fitness by provid-

ing additional educational programs at our Fleet and Family Support Centers (FFSC), and by working directly with command financial specialists to provide information and personalized assistance in addressing unit financial readiness," said DuBois.

"We're increasing the number of accredited financial counselors in the Fleet and Family Support Centers available to provide one-on-one help in developing realistic and achievable financial plans," he added. "We're increasing the involvement of our partner agencies, on-base financial institutions, consumer awareness experts and nationwide industry leaders to help improve [Sailors'] financial fitness."

There exists a gap between setting a savings goal and knowing how to reach that goal. The Military Saves Campaign pro-

vides tools to service members and their families to bridge the gap and help them on their way to building personal wealth.

"It begins by reducing debt, eliminating high-interest credit, and increasing personal savings," said DuBois. "You can see your net worth increase and begin your journey to financial freedom."

Building wealth starts with a commitment to save and setting reasonable, achievable goals. Whether the participant is saving to buy a home, a new car or get out of debt, they must first have a savings strategy and a game plan on how to achieve their financial goals.

"As part of CNIC's commitment to the fleet, fighter, and family, initiatives like Military Saves assists us in teaching and advising our Sailors and families to manage their finances," said Commander, Navy Installations

Command, Vice Adm. Robert T. Conway. "Education and personalized assistance enable families to make positive changes in their financial fitness. A Sailor that doesn't have to worry about financial affairs is a Sailor who is better able to support the Navy mission. Personal financial readiness is critical to unit readiness."

Over the coming year, the Military Saves Campaign will provide saving tips, strategies, awareness and initiatives through a variety of mediums that will provide Sailors and their families with savings tools to help them reach their goals.

Military Saves Week, Feb. 25 - Mar. 4, is one of the initiatives sponsored by the Military Saves Campaign. The week-long event is a Combined Federal Campaign-style pledge drive that encourages Sailors and their families to make a commitment

to take financial actions such as saving, investing or reducing debt.

During Military Saves Week the service member and/or family member makes a commitment to save and build their personal wealth by enrolling as a Military Saver and setting a savings goal for the year. Enroll at www.americasaves.org/national/military.asp.

Commands Navy-wide are encouraged to hold special events during Military Saves Week by utilizing installation resources: FFSCs, banks and credit unions, Morale, Welfare and Recreation programs and services, senior enlisted advisors, exchange and commissary services, and spouse clubs.

The Military Saves Campaign was developed as part of a memorandum of understanding between the Department

of Defense and the Consumer Federation of America (CFA) to bring America Saves, the parent program, to the military. CFA is a federation of consumer education, advocacy and cooperative organizations committed to advancing the consumer interest.

"Our troops and families deserve the very best chance to get ahead financially, and turning our collective attention to getting out of debt and saving money is crucial to offering that chance," said Sarah Shirley, director of the CFA Military Saves campaign. "When everybody - leadership, corporate partners, service members, children - does one positive financial action during Military Saves Week, it gets easier to make good choices in the future."

DoD, VA Plan For Joint Inpatient Record System

From American Forces Press Service

The Defense and Veterans Affairs departments have announced plans for a common inpatient electronic health-record system.

The two departments now have separate systems that require upgrade, officials said.

"I am very excited by the prospect of adopting a common, mutually beneficial solution to our in-patient health documentation needs," Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, said. "This collaboration is a further extension of the highly successful partnership we have established with the Department of Veterans Affairs, and is another example of the commitment our departments have made to work hand in hand to provide continuity of care for our beneficiaries."

Both VA and DoD have been independently working on the enhancement and improvement of their respective inpatient electronic health record tools, officials said. AHLTA, DoD's electronic health-record system, is implemented worldwide and supports the documentation and management of outpatient health care for nearly 9 million

beneficiaries. Management of inpatient care is a future capability planned for AHLTA.

VA is planning to modernize Vista, its electronic health-record system, including its inpatient module. Common need and the potential benefits led the two departments to discuss the feasibility of jointly implementing a common inpatient electronic health record, officials explained.

Despite obvious differences in mission, such as DoD's requirements to support its combat theaters, pediatric and obstetrical patients and VA's requirements to support domiciliary care, officials said, both agencies believe the similarities in clinical and business processes may make the adoption of a common inpatient electronic health record a viable option.

VA Secretary R. James Nicholson, who announced plans for the joint venture at a meeting of the American Health Information Community, called the agreement "groundbreaking," and said "it has the potential to further transform the way we care for our nation's veterans and active duty servicemembers."

DoD and VA have made

progress in their ability to share electronic health information as they move toward achieving interoperable electronic health records. Millions of records and data messages are regularly transferred electronically between the two organizations.

Adopting a joint electronic solution for the documentation of inpatient health information will facilitate the seamless transition of active duty servicemembers to veteran status, officials said. It also will make the inpatient health-care data on shared beneficiaries immediately accessible to both DoD and VA health-care providers.

An added benefit of adopting a common tool, officials noted, is the potential for both agencies to realize significant cost savings through a joint development or acquisition effort.

Both agencies have agreed to conduct a study to examine their respective clinical processes and requirements and assess the benefits and the effects on each department's timelines and costs before making a final decision on a joint acquisition strategy for an inpatient electronic health record.

Navy Seeks Nominations For 2007 STEM Award

By FCC

Chester L. Williams

Navy Personnel Command Public Affairs

Nominations for the 2007 Women's History Month Science, Technology, Engineering or Math (STEM) field award are due by Feb. 20.

March is Women's History Month and the Navy is looking for military and civilian women role models, working in the science, engineering, math or technology fields, to be honored as role models during the Mar. 21 program.

The selected women will be recognized and have the opportunity to interface with approximately 350 middle and high school students from youth programs throughout the National Capital Region.

"The Women's History Month STEM award is an opportunity for the Department of Defense (DOD) to recognize those personnel who have demonstrated exceptional charac-

ter, mentorship, and creativity in the areas of science and math or by promoting the development of women and minorities in technical career fields," said Lt. Stephanie Miller, Office of Women's Policy for the Chief of Naval Personnel.

This year's theme is "Generations of Women Moving History Forward," which appropriately honors women for bringing communities together and restoring hope in the face of challenging odds.

In commemoration of the 2007 Women's History Month, DOD will conduct an observance and recognition event at the Women in Military Service Memorial, located at the Women in Military Service for America Memorial from 10 a.m. to 12:30 p.m. in Arlington, Va., March 21, 2007. During the program, the DOD will honor military and civilian women role models working in the science, engineering, math or technol-

ogy disciplines that have made contributions in their field and community outreach programs.

"The recognition ceremony itself is a great opportunity to network with other women and minorities working in technology fields, and to share experiences with the next generation through the high school participants who attend the ceremony," said Cmdr. Chaletta McCoy, the 2006 Women's History Month STEM award winner.

Nominees should be endorsed by their commanding officer or appropriate civilian counterpart. Nomination packages should include a one page biography of nominee and one page nomination letter outlining significant contributions made in the science, engineering, math or technology fields and community outreach programs.

For information concerning submissions contact the Navy's Office of Women's Policy at 703-695-8676.

Defense News, Information Now Customized For Mobile Devices

By Gerry J. Gilmore

American Forces Press Service

Defense Department news releases, articles and other information are now available in a new format that's customized for easier viewing on BlackBerries and other mobile devices, officials said.

The new, mobile-device-friendly format can be accessed at www.dod.mil/mobile, officials affiliated with the project said.

"Having the ability to access the most current Defense Department information while you are on the go is especially important in the fast-paced communications world in which we live," Allison Barber, deputy assistant secretary of defense for internal communications and public liaison, said.

Offering a mobile-device-friendly format to disseminate defense information "is another

way we are trying to better serve our globally based audiences, providing them the most up-to-date news and information on the war on terror and other related activity," Barber said.

The new format is specifically condensed to better fit onto the tiny viewing screens featured by most mobile devices, said Tom Dorsz, Web production supervisor at American Forces Information Service.

Mobile device usage is increasing worldwide, Dorsz said, noting that BlackBerries and similar devices enable access to Internet-sourced information anywhere at anytime.

Maximizing and integrating new technology is the mission of the new media team, said Roxie Merritt, director of DoD's new media unit.

"On your mobile device Web browser, simply type in www.dod.mil/mobile to view the top news and press releases that are customized to fit your screen," Merritt said.

Customers will see much of the same information and many of the photos and graphics that appear on the regular DefenseLink Web page, available at www.dod.mil, Navy Lt. Cmdr. Brook DeWalt, AFIS's new media operations manager, said.

The new mobile system enhances DoD's mission to inform the public of its policies, as well as to communicate with servicemembers, defense civilians, retirees, and their families, Dorsz said.



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Reaching Out

The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call Dianne Parker at 542-5380 or you can immediately sign-up online for additional opportunities using www.volunteer.gatewayjacksonville.org.

NS Mayport Retired Activities Office

Naval Station Mayport is currently searching for committed volunteers to serve the local retiree community in the Retired Activities Office (RAO) located in the Fleet and Family Support Center (FFSC). RAO volunteers maintain the vital link between the retiree, local military communities and other government and non-government agencies. Anyone interested should contact the FFSC for an application or to get more information about the duties and responsibilities of the RAO volunteers. Call the FFSC at (904) 270-6600 Ext. 110

2007 Gate River Run

Medical and non-medical volunteers are needed for 2007 Gate River Run. Shands Jacksonville is the official medical sponsor of the 2007 Gate River Run scheduled for March 10. Shands Jacksonville and the University of Florida will provide medical coverage at the medical tent and first aid stations along the race route. They need medical personnel and non-medical staff to volunteer their time in working the race. Family members and friends are also welcome to volunteer. Volunteers must be at least 15 years of age. Most volunteers must be willing to work from 7:30 a.m.-1 p.m. Some volun-

teers will be a part of the break down crew and must be willing to work from 11 a.m. to 2 p.m. Some volunteers are needed the day before the race on Friday, March 9th to assist with set up. Volunteers will receive complimentary food and a free t-shirt.

I.M. Sulzbacher Center for the Homeless

Volunteering at the I.M. Sulzbacher Center for the Homeless The I.M. Sulzbacher Center for the Homeless serves more than 1,000 well-balanced, nutritious and delicious meals per day, every day of the year. These meals are prepared and served with the help of more than 100 civic, religious and business organizations from the Jacksonville community. Annually, these Volunteer Meal Groups provide over one hundred thousand dollars in support and more than 13,000 hours of volunteer time. Serving meals at the Center is a fun and feel-good way to give back to the community. For information about volunteering at the I.M. Sulzbacher Center for the Homeless call 904.394.1356. Also, see www.imshomeless-center.org/volunteers.html

Habitax for Habitat For Humanity Jacksonville, Inc.

You can help Habitax by donating your time. You don't have to be an expert carpenter or mason! There are many tasks that you can do. Many people come together as volunteers, working in construction, on administrative tasks with support services, as well as other types of activities. If you have a group of four or more, please

call the Habitax office so that we may discuss scheduling for your group. Larger groups may be needed to be divided. Habitax will only schedule volunteers for whom we have sufficient leadership. Please understand and be flexible if the date you've selected is not available. Children under the age of 14 are not allowed on the construction site; however, age appropriate activities may be arranged for youth under the age of 18. See below for details.

We're counting on you! Please realize that completion of these homes depends on reliable volunteer labor. Groups are asked to give one-week notice prior to cancellation. Saturdays are our most popular day, and by canceling at the last minute, your group may be taking away volunteer opportunities from other groups and slowing our construction schedule.

Workdays: Tuesday - Saturday, 7:45 a.m.-3:30 p.m. Plan to meet at 7:45 a.m. at the Habitax Warehouse - 2404 Hubbard St (Map). Each volunteer will be asked to complete a Volunteer Registration Form and will then be assigned to a construction leader and work-site. All worksites are within a 10-minute drive of the warehouse. Please provide your own lunch and transportation. For additional information please call our Volunteer Information Line, 798-4529 ext. 303. See volunteer calendar at: <http://www.habitax.com/cms/calendar/calendar.aspx>

Dignity U Wear

Volunteers are needed to help process clothing in order to fulfill the needs of our clients.

Volunteers are needed Monday thru Friday 8:30 a.m.-4 p.m. and 9 a.m.-2 p.m. on Saturday. They also can help raise awareness of our mission, introducing us and our cause to their friends. Contact Michelle Charron at (904) 636-9455 for information on volunteering.

Children's Home Society

Children's Home Society (CHS) has been providing services to children and their families since 1902. Started in Jacksonville, CHS is a statewide non-profit agency providing services such as foster care, adoption, child abuse prevention, group shelters, and mentoring. CHS's MODEL (Mentors Opening Doors Enriching Lives) Program matches volunteers with children ages 4-18 who have a parent incarcerated in prison. We are seeking volunteers that will commit to a minimum of one hour per week for one year with a child. Volunteers need to be at least 21 years old and complete an interview and background screening. We provide training and ongoing support for all volunteers. Volunteers build a friendship with a child while engaging in community activities such as going to the library, beach, park, or playing sports. For anyone interested in additional information or becoming a mentor, please contact Christine Small at 904-493-7747 or by email at christine.small@chsfl.org.

Playground by the Sea

Help us build phase two of the Playground by the Sea playground at Neptune Beach Elementary School, which

is scheduled to be completed during the summer of 2007. When complete, disabled children from the school and the community will have access to the only disability-accessible playground in Florida that is a model site in the MOVE program. MOVE stands for Mobility Opportunities Via Education and works to provide physically-therapeutic activities to disabled children to allow for motor skills development and progression. More on MOVE at [http://www.move-international.org/stories/storyReader\\$223](http://www.move-international.org/stories/storyReader$223)

Second Harvest Food Bank

Second Harvest Food Bank is in need of volunteers to help sort and shelve food. If anyone is interested or would like more information, please contact Joe Chimelewski at 730-8234 or jchimelewski@lssjax.org

Cultural Center At Ponte Vedra Beach

Cultural Center At Ponte Vedra Beach is looking for volunteers to help mentor children in an after school arts program at Mayport Elementary school. If you are interested in this opportunity, please contact Mary Marx, Executive Director of the Cultural Center of Ponte Vedra Beach at 904-280-0117.

Big Brothers Big Sisters Mentoring

Big Brothers Big Sisters will be providing an in-school mentoring program at Mayport Elementary School. If you are interested in this opportunity, please visit our website for more information: www.usojax.com

USO Welcome Center

Volunteers are needed to

welcome service members and their families, coordinate transportation to local bases, and other assistance as required at the USO Welcome Center ~ Jacksonville International Airport. Volunteers receive free parking during their shift. Contact Lynne, Volunteer Coordinator at 904-305-4467 or lynnne@usojax.com for more details.

Navy-Marine Corps Relief Society Needs You

The Navy Marine Corp Relief Society is in need of Volunteers to give a couple of hours of their time each week to help others in need. The mission of the Navy-Marine Corps Relief Society is to provide emergency financial help and educational assistance to members of the Naval Services - active, retired, and family members - when in need: to assist them achieve financial self-sufficiency and to find solutions to emergent requirements. Navy-Marine Corps Relief Society firmly believes in personal financial responsibility. By helping the service member and family through difficult times and by assisting them to develop their own problem solving capabilities, they will achieve financial stability, increase self-worth and reduce the need for future financial assistance. Without their volunteers, the Society could not meet the needs of so many. If you are interested in volunteering and would like more information, contact Bill Kennedy at 270-5418, 9 a.m.-3:30 p.m., Monday-Friday.

A Look Back

Navy-Marine Corps Relief Society Celebrates 103

By Lisa Aszklar

NMCRS Mayport

American society as a whole witnessed stunning advances in medicine, the arts, and technology during the 20th century, each milestone serving as a building block for future accomplishments. Similarly, Navy-Marine Corps Relief Society attributes its development to the events and accomplishments of those volunteers and employees who worked so diligently in its infancy to ensure that the organization not only survived, but thrived.

Now in its second century, the organization's basic mission has not changed since its incorporation: Navy-Marine Corps Relief Society is dedicated to providing financial assistance to Sailors, Marines, and their families. However, in the past hundred years, the ways by which the Society has come to accomplish that mission have expanded beyond what our founders ever could have imagined.

One hundred years ago, both America and its naval services were quite different from what we would recognize today. In 1907, a loaf of bread cost 5 cents; a first class stamp was 2 cents; and a new Ford carried a \$500 price tag. Average household income was less than \$900 per year, and only eight percent of American homes had electricity! Theodore Roosevelt occupied the White House.

As Assistant Secretary of the Navy in 1898, Roosevelt had proven himself a strong proponent of emerging technology and its potential benefits to the U.S. military. As President, Roosevelt recognized the importance of the modern warship in foreign diplomacy. Thus, in a spectacular show of both military and political strength, in 1907 Roosevelt sent his "Great White Fleet" on a 43,000-mile cruise around the world. The fleet, comprised of 16 steam-powered battleships manned by 14,000 Sailors and Marines, was the perfect vehicle to establish the United States as a dominant player in world politics.

In those days, no safety net existed to assist any U.S. Navy personnel or their families if disaster struck. Sailors and Marines who were killed or seriously injured while on active duty had only the generosity of their shipmates on which to rely as their widows and orphans awaited payment of the service

member's pension. Individual ships' messes sometimes took up a collection to aid the family of a Sailor or Marine who was killed while on active duty; otherwise, dependents were forced to rely on the generosity of family members.

Originally funded with \$9,000 in proceeds from the 1903 Army-Navy game, the Navy Relief Society soon realized that additional funds would be required to meet requests for aid. Although the founders' solution of selling subscriptions (\$1 renewable annually, or \$25 for a lifetime) initially was viable, by 1907 the nascent organization faced a crisis.

That year, the Society assisted in securing pensions for "six widows and orphans," filled 48 requests for assistance in amounts as small as \$5, and approved payment of tuition for "one minor child." The founders, however, began to express concern that subscription sales would not keep pace with requests for assistance, and the organization was forced to curtail aid for several ongoing "worthy cases" in order to conserve funds for only the most urgent of requests.

The solution, then-Society President, Admiral George Dewey, believed, lay not in printed appeals for funds, but in *personal* appeals that could better explain the Society's mission. "Surely some good would result," Dewey wrote, from such a personal campaign. Furthermore, collection of subscription fees should be made in January, which would allow the Society to better plan its funding activity throughout the year.

One hundred years ago, the five committees that comprised the organization met in members' homes, since the Society did not acquire formal offices until 1910. By year's end, the Society had nine remote offices, called auxiliaries. Requests for aid were considered by the Relief and Employment Committee, the name of which reflected the Society's definition of financial assistance: monetary grants, and employment that would allow the widow of a deceased service member to support herself.

Much has changed since President Roosevelt sent his Great White Fleet around the world. Prices of goods and services have risen dramatically in the last century, and the U.S.

Navy now uses technology that certainly would have fascinated Roosevelt. Today, the Society continues the vital work it began in 1904, assisting Sailors, Marines, and their families in meeting unforeseen financial challenges.

In 2006, the Society disbursed more than \$33.6 million in aid to 34,900 individual service members and their dependents for reasons as varied as natural disaster, unforeseen emergencies, and delayed receipt of government benefits. Additionally, NMCRS awarded almost 2,000 service members and their dependents a total of \$4 million in need-based assistance to ensure that they received the college education necessary to meet their personal career goals.

Today, with 3,400 volunteers and about 220 paid employees, the Society administers a Visiting Nurse program, along with Thrift Shops and Food Lockers, to assist service members and their families better manage their paychecks. Financial management classes teach the importance of sound money management, and specialized classes, such as Budget for Baby, help younger service members plan for their growing families. The Society's newest initiatives include educating Sailors and Marines of the dangers posed by reliance on predatory lenders to make ends meet between paychecks, and tracking war-injured Marines and Sailors to ensure their continuing needs are met following discharge from military medical facilities.

NMCRS long ago abandoned the sale of subscriptions as a way to raise money to fund its work, instead relying on a yearly fund drive to boost its coffers. Unsolicited donations and bequests from individuals also help fund the Society's programs. Collectively, these sources of revenue generated funds exceeding \$16 million during the past year.

Navy-Marine Corps Relief Society's Certificate of Incorporation states that the "term for which said Society is organized is one thousand years" - proof that our founders intended for the organization to meet the needs of Sailors, Marines, and their families for generations to come. As our world and our military evolve and adapt, so too will Navy-Marine Corps Relief Society.



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Duval County Homes for Sale

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ARLINGTON

Problem credit OK. 3/2, 2 car garage, 1621SF, stucco, big kit, fen, near Dames Point/9A, small down \$1500mo. Bill 904-502-4238

ARLINGTON

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Fort Caroline-3/2/2

Home, pool, fenced, wood floors, tile, large yard, hrd. Asking \$199K. Officially re-assessed. Call Robert (904)434-6047

Ft. Caroline, Raley Creek

\$10K below appraisal 4/2 over 2800sf, w/pool, side entry, \$367,000. For info visit: www.buyer.com code: icx8893

Ft. Caroline FSBO

3br/2ba 1700sf Ridgefield 10921 Ashbourne Trl 32225 \$299K. 904-564-5634

INTRACOASTAL

3/2, 1674SF, former model. Only \$215K. ML#S335901 Realty Executives 5G-0808

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Duval County Homes for Sale

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Northside - 3bedroom, 2 bath, 3265 Trout River Blvd.

great for fishing, \$169,500. (904)327-1521

Northside Easy Home

3br/2ba 1100sq ft. 100% financing 550 credit score. 904-771-1521

NORTHSIDE

3/2, 1100sq ft, 1093SF, 9315 1st Ave, close to school, sec. system, many more upgrades, qualified buyers 0 down. \$131,900. Call 904-765-5000

Northside \$5000 down

Lease purchase or Rent To Own. New 3/2 & 4/2. 904-704-4211

SOUTHSIDE/JTB

3/2.5 Tnhm w/ garage. Priced low + incentives. Must sell! 904-386-5449

SOUTHSIDE

100% Financing Bkrkrvcy. Self EMP. Invest. OK. Mark 904-233-4231

WESTSIDE BY OWNER

5058 College St. Completely Remodeled! 1022sf, \$74,500 or Best Offer. Reasonable Offer. Open House Sat. Sun 12-4 House will be sold by highest bidder. 928-0786

Westside - For Sale or Rent

to own 3/1.5, sw pool, lg fam rm, \$149,900 994-8899

Westside-Shinder Crossing

near NAS/Cecil Commerce Ctr, 3BR/2.5BA w/loft that can be used as 4th bedroom, 2600sf, ceramic tile, hardwood floors, sprinkler, security system, fenced porch, storage shed, etc. \$218,000 (904)349-3751

Westside Foreclosure Sale

"Desperate Seller" Roland Lakes Dr. NEW 4/2 \$265K appraisal - make offer 904-522-5780

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3br/2ba, 4 story, hardwood floors, located near NAS Jax & Mayport. (904)504-7793. PCS Move. \$449,900

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Yulee/Fernandina Belles River Estates 4BR/2BA, 2008 sf, like new, \$239,000. All closing cost paid. Serious inquiries only! Call 225-1934 or 705-5453

Putnam County Homes for Sale

EAST PALATKA Beautiful riverfront home, 3/2, ch/g, fpl, dock boat lift, 120ft river front, double garage, 2 out buildings, approx IAC. \$565K. Call 386-336-3793

St. Johns County Homes for Sale

DOWNTOWN - Lease purchase remodeled 2BR/2BA, extra apt. \$350K. 10% down \$2800 mo. No to n a u a l l i n g n g 86-219-2326

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St. Johns County Homes for Sale

ST. AUG. FSBO \$199K - Almost new stucco, conc blk 2BR/2BA, 2 car gar. All appl. incl. 669-1035 www.infotube.net/411885

Out of Area Real Estate For Sale

NORTH CAROLINA MOUNTAINS - One Plotation. Our newest neighborhood, a new custom built log cabin shell on 3.17 acres, offered by the Peaks of Lake Lure LLC 828-625-8926

Waterfront For Sale

Baker County
 Clay County
 Duval Oceanfront
 Duval Waterfront
 Nassau Oceanfront
 Nassau Waterfront
 Putnam Waterfront
 St. Johns Oceanfront
 St. Johns Intracoastal
 St. Johns Marsh Front
 Georgia
 Out of Area Waterfront

Clay County Waterfront

KEYSTONE HEIGHTS lake house great retreat starter or retirement home remod 2/1, new carpet, appl, CH/A, \$139K. Call 352-475-5671

Duval County Oceanfront

Beach Jacksonville Condo 3/2 w/2car gar prks. 2200 Ocean Dr. S. #3E ML#S #348893 \$65K. May buy Properties 904-619-6188

Duval County Waterfront

AVONDALE/Ortega - Corner lot across from St. Johns on Woodmere Dr. \$220K. 537-8520

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Putnam County Waterfront

E. PALATKA Waterfront/Pool 2100sf, 45mi's to Jax Lease option \$1500m/\$579K. 904-233-5526

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100yds from St. Johns river. Sportsman Harbor, High Bluff. City water & sewer. \$110K. 904-262-1116

St. Johns County Intracoastal Front

INTERCOASTAL LOT, 1 acre, 100 feet on water, bulk headed, dock permit. \$999,000. 825-0800

Clay County Condominiums For Sale

ORANGE PARK Nature's Hideaway 3/2, new gated comm, \$100,000. rent or fit to own, sucr fin. \$5K min down. Call 904-276-6446

Duval County Condominiums For Sale

9A/REGENCY Merrill Pines. 3/2, 1200sf, all appl, pool, playground, gated, balc overlooking pond and preserve. \$155K 904-568-0284

AVONDALE

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Baker County Lots & Acreage

BAKER COUNTY 1.2 ac high & dry, fish pond, ready for homes & MH, owner fin, or 10% cash discount. 904-259-8256

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1.4 acres 52 Parley, 82' 2nd, 14x60, new AC \$65K. May build on. call 276-236-0033

ORANGE PARK

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Clay County Lots & Acreage

Fleming Island-1.5 yr old condo in Fleming Isl. plantation, 1845sf, 3BR/2.5BA, garage, Gated community, gated schools, pool, golf, etc. 11 mi from NAS. \$120000 (904)803-4283

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WESTSIDE

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Westside-14x66

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Pay Sales Tax Down & Take over payments

2/2 @ beach. Call 246-7684

Duval County Lots & Acreage

ARLINGTON - Lot. 75x125, bldg or MH. Fenced yd, heavily landscaped. 8810 Freeway. \$35,900. 725-1188

NORTHSIDE

3 ac off Lannie Rd., completely fenced, pond, fruit trees. Perfect land to build on. \$150K. 509-5812

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The Mirror Jax Air News The Periscope

THE Weekly Crossword

By Alan P. Olschwang Huntington Beach, CA

	1	2	3	4	5	6	7	8	9	10	11	12	13
ACROSS													
1 Bear constellation													
5 Wander													
9 Spirit													
14 Look intently													
15 Leer at													
16 Diameter halves													
17 Well-known cartel													
18 Mine finds													
19 Round gasket													
20 Start of Evan Esar quip													
23 Bird's beak													
24 Sundial X													
25 New York pro													
26 Added on													
30 Lenient													
33 Keanu in "The Matrix"													
34 Eye drop													
36 Mountain nymph													
40 Part 2 of quip													
44 Goose genus													
45 Old Testament prophet													
46 Jabber													
47 Adolescent													
50 Merciful ones													
52 Sound of a leak													
55 Birth certificate datum													
57 4-stringed guitar													
58 End of quip													
65 Grouse													
66 Seed cover													
67 Wight or Skye													
68 Old-time music systems													
69 Singer Amos													
70 Shuttle grp.													
71 Cloys													
72 Corporate VIP													
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DOWN													
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2 "___ Man," Stanton film													
3 Appear													

By Alan P. Olschwang 2/1/07

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Last Week's Answers

M	O	L	A	R	D	R	E	W	B	E	B	E
E	R	O	D	E	I	T	E	R	A	R	A	L
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L	E	N	S	R	A	M	S	S	T	R	A	Y

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