

THE MIRROR

NS MAYPORT, FLORIDA

2002 CHINFO Award Winner

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THURSDAY, February 15, 2007

OFF THE DECK

Learn How To Market Yourself

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 more than 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.

Renew Vehicle Decal Online

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. 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.

It's Official!

JFK Prepares For Decom

From Commander, Naval Air Force U.S. Atlantic Fleet

After nearly 40 years of service to America and the U.S. Navy the aircraft carrier USS John F. Kennedy (CV 67) will be decommissioned on March 23 at Naval Station Mayport.

Named in honor of the 35th President of the United States, the ship's keel was laid in October 1964 at Newport News Shipbuilding and Drydock Company in Newport News, Va. In May 1967, 9-year-old Caroline Kennedy, daughter of the late president, broke the traditional champagne bottle on the ship's bow, christening her USS John F. Kennedy. “Big John,” as the ship would become known, was commissioned and officially entered naval service in September 1968 marking the beginning of an illustrious career.

A veteran of 18 deployments to the Mediterranean Sea and Middle East, Kennedy amassed more than 260,000 arrested landings on its flight deck while operating virtually every tactical aircraft in the Navy's arsenal.

In 1989, two of the embarked air wing's F-14 Tomcats shot down two Libyan MIG-23s that were approaching the battle group in a hostile manner. Kennedy also participated in numerous other campaigns including Operations Desert Storm, Enduring Freedom and Iraqi Freedom, and was sorted following the 2001 terrorist attack on the World Trade Center.

Homeported at NS Mayport since September 1995, Kennedy



-U.S. Navy Photo

The conventionally powered aircraft carrier USS John F. Kennedy (CV 67) transits the Atlantic Ocean after competing morning flight operations during an underway period in 2005. The official message that JFK will decommission on March 23 was just released.

most recently served as a training platform for naval aviators to obtain their carrier landing qualifications. Its final port call will be to Boston, Mass., March 1-5.

JFK is one of the two remaining fossil-fueled aircraft carriers still serving the Navy. Following the decommission-

ing, only USS Kitty Hawk (CV 63), homeported in Yokosuka, Japan will remain as the Navy's last conventionally-powered aircraft carrier. Kitty Hawk is scheduled to return to the United States and be decommissioned in 2008.

Kennedy measures more than 1,050 feet long, displac-

es 82,000 tons and can carry 70 combat aircraft – the full complement of today's carrier air wing. The crew consisted of more than 4,600 personnel when including the air wing.

Following the decommissioning Kennedy will be placed in an inactive status and maintained in safe stowage at

Inactive Ships Maintenance Facility in Philadelphia, Pa.

While details of the decommissioning ceremony are still being finalized, numerous dignitaries, including members of Congress, Navy officials, and possibly members of the Kennedy family are expected to attend.



-Photo courtesy of USS Taylor

CSA Seth P. Thomas (left) and GSMFN David M. Thibault (right) of USS Taylor show off cupcakes they made one afternoon aboard the ship. USS Taylor has been awarded the 2007 Captain Edward F. Ney Memorial Awards for Outstanding Food Service in the small afloat ship class.

Sailors Have Fine Dining Aboard USS Taylor

By Ensign Megan Seavey

USS Taylor PAO

USS Taylor (FFG 50) has been selected winner of the 2007 Captain Edward F. Ney Memorial Awards for Outstanding Food Service in the small afloat ship class.

The annual award encourages excellence in Navy food service programs, with the objective of improving the quality of life for Navy personnel.

Since Taylor's departure on its GWOT surge deployment to the Persian Gulf in October, the culinary specialists have made it their mission to serve the best food possible every day.

Despite the current conditions and operations in numerous battle zones and areas of opera-

tion, Taylor conducted the NEY Inspection with strength and confidence. Often waking at 4 a.m., the CSs work from early in the morning to very late at night to ensure the crews' plates are hot and plentiful.

Sailors from every department on board take three months out of their commitment onboard to assist in the smooth running of the galley and cleaning services. Their work is highly regarded by all.

From daily meals to baked goods for reenlistments and awards to late dinners for watchstanders and midnight cookies and milk, Taylor experiences its galley staff's cooking skills with enthusiasm, excitement, and appreciation.

McInerney Has Biggest Seizure of Deployment

By Ensign Lauren Schneider

USS McInerney Public Affairs Office

USS McInerney (FFG 8) added to its string of successes on its Counter-Narco Terrorism (CNT) deployment by supporting the seizure of 2.3 metric tons of cocaine in mid-January from a fishing vessel off the coast of Costa Rica. Notably, this was the first joint seizure between Costa Rica and the United States.

Despite having already boarded two other vessels the previous day, U.S. Coast Guard boarding teams onboard McInerney safely apprehended the vessel, its contents, and personnel.

According to Coast Guard Law Enforcement Detachment (LEDET) Officer in Charge, Lt. j.g. Adam Disque, “After the two other vessels we boarded turned up with negative results, we were fortuitous to interdict a vessel with contraband onboard. I knew my team and the support from McInerney's VBSS (Visit, Board, Search, and Seizure) Team would get the job done.”

After monitoring the vessel, McInerney was given permission to board from Coast Guard District 11 and the Costa Rican government late that night. Initial inspections and tests proved that McInerney and her Coast Guard LEDET had in fact met with success.

Lt. Erik Bodiscomassink, McInerney's Engineering Officer and a Tactical Action Officer (TAO), said, “Any time you approach a vessel, you're

not quite sure what you're going to encounter. Part of you always wonders what their intentions are. Just get as much information as you can and rely on your training.”

McInerney embarked two Costa Rican Coast Guardsmen to assist in the boarding. They remained on board for several days as the case was being wrapped up, which further proved the value of combined operations in this effort. They returned home as honorary McInerney crew members.

Hospital Corpsman 1st Class Guiseppe Trovato, Hospital Corpsman 2nd Class (SW/FMP) Christian Betancourt and Aerographer's Mate 2nd Class Harvey Collazo were escorts for the Costa Ricans.

Betancourt said, “We were happy to facilitate relations between their Coast Guard and McInerney. Our countries are all after the same goal and if we could help in any way to better relations and give them a great experience, we were all for it. We had a great time.”

After the seizure, McInerney safely turned over the vessel, detainees, and representative samples of the contraband to the Costa Rican government and Coast Guard.

This interdiction brings the McInerney's total of seized contraband to 5.8 tons less than halfway through their deployment.

McInerney is deployed under the operational control of U.S. Naval Forces Southern Command.

Street Talk

Who is the most influential African-American in history?



MA1 Adrian Dejesus Security
Martin Luther King Jr. He was a part of the Civil Rights Movement.



SK3 Nigel Blandin Security
Malcolm X. He made a profound change in his life that impacted change in others.



MA1 Steven Miller Security
Rosa Parks. She stood up for what she believed in and what was fair.



MA2 Allan McGathey Security
Tony Dungy. He was the first black head coach to win the Super Bowl. He also deserves a lot of respect for developing the Tampa Bay Buccaneers.



SN Amanda Siren NS Mayport
Martin Luther King Jr. His speech was amazing and the movement he caused and what he stood for.



OS2 Kevin Trotter NS Mayport
Martin Luther King Jr. I went to his memorial this year in Atlanta and it was just an eye-opener.

Fleet Talk

Sponsor Program Plays Key Role In Family Readiness

By CNOCM (SW/AW)
Tom Howard

U.S. Seventh Fleet

As most of you can recall, checking into a new duty station can be overwhelming – not only for yourself as the service member, but also for your family. It is for this reason I want to take a moment and talk to you about the Sailor/family sponsorship program and about how you can make a difference in a shipmate's transfer.

The bottom-line here is to make sure Sailors and their families are set up for success from



CNOCM (SW/AW)
Tom Howard

the moment permanent change-of-station orders are received. That's when you should begin taking action to welcome your shipmate. As a sponsor, you have a tremendous impact on the tone of that Sailor's entire tour at your command.

Upon receipt of orders, the command identifies a sponsor and the sponsor, in coordination with the command's sponsor team, initiates contact. As soon as you're assigned as a sponsor, it is imperative you begin creating a strong line of communication with your prospective gain.

Ask a lot of questions and try to provide as much information as possible. Is the Sailor married? Do they have children? Have they received dependant entry approval, if necessary? Are they planning on bringing pets? Do they plan on living in base housing or on the economy? It's also a good idea if the new member is married to get an email address for the spouse; as I know from experience, the spouse has questions the Sailor may not even be thinking about.

For single shipmates, the information is no less vital.

Each Sailor has personal issues and concerns. But, I would bet, these issues and concerns have answers and resources to assist the Sailor with a smoother transfer. Just ask!

Think about when you first arrived at your duty station. How did you feel? What questions did you have; looking back, what things would have been helpful for you to have known? Continue to build upon your command's sponsor program by answering the questions the newly arrived Sailor and family members may have

had. To better prepare you as a sponsor, I highly encourage you to attend a sponsor training class offered at your local Fleet and Family Support Center. There you will learn about helping inbound Sailors and families and find the resources to help answer any questions they may have.

Remember, you and your command's sponsor program are the first impression a Sailor and his or her family will have of the new command. Make it a good one!

CREDO Corner

By Cmdr.
Jon C. Fredrickson

Spiritual Fitness Division SE

We have all heard the funny saying, "Ours is a strange and unique relationship. You are strange and I am unique." The saying loses all its sense of humor, however, when we are no longer joking. More and more the world we live in seems divided between "them" and "us."

"They" can take many different forms. "They" can be Jacksonville drivers who simply do not know how to rule the road like "us." "They" must

have gotten their automotive skills in some back-forty pasture in Nebraska--Ma and Pa Kettle types who have never been on anything larger than a two lane dirt road, much less anyone acquainted with something called a traffic light. Why did "they" have to move here from God knows where to ruin "our" commute to work.

Other forms of "us" and "them" can become more problematic and even dangerous.

Sometimes we call them a "they" because we see their difference as a threat. We might even consider them sick and

"us" normal. It is not a stretch for that to be expanded to an attitude where we are superior and they are inferior. For some it is a reverse twist. They have and we don't. They don't seem to be hurting and we are. They obviously don't have problems and we do. They must have some secret or inside information that we do not have. That makes them an even bigger threat.

Let's you think that I am describing someone with a case of paranoid delusions, hear then the observations of a Sailor who recently attended a CREDO

Personal Growth Retreat: "I spent my whole life thinking that I was an exception. I never dreamed that everyone was so much like me." The above mind set is far more common than any of us is willing to admit.

What are we doing when we talk ourselves into such a dubious specialness? Yes, there are some physical, cultural, ethnic and personality differences between us and a lot of other people, but does it make sense to draw a line between us and the rest of humanity?

In fact, the idea of how different we all are is a myth. All of

us are more alike than different. We all need love and support. We all yearn for the good fellowship of our peers. We all want to count for something in this life and have what we do make a difference. And yes, we all bleed if we are cut deeply.

CREDO exists for Sea Service personnel and their families to help people grow. Growth is simply another word for being aware. Personal Growth Retreats are provided to help people find out who they are apart from what they do, who they are with, or what they have. Marriage Enrichment

Retreats are provided for couples to grow in their sense of intimacy. Spiritual Growth Retreats are provided to help people understand how to relate to a power greater than them selves.

Living life in this world is just too precious to be wasted on the illusion that any of us is surrounded by boundaries that not only falsely divide us but also cause us conflict and doubt.

If you are interested in growing as a person give CREDO a call at 270-6958.

Lifelines

Navy To Use ITEMPO To Track IA Billets

By MCCS(SW/AW)
Bill Houlihan

Navy Personnel Command Communications

Task Force IA and Navy officials are ensuring Sailors assigned to Individual Augmentation (IA) billets are being accurately tracked and rewarded for their service.

Effective immediately, all Sailors ordered away from parent commands will receive accurate recognition in blocks 29, 41 and 43 of their evaluation or fitness report.

Block 29 specifies a Sailor's primary and collateral duties, while blocks 41 and 43 are areas for promotion recommendation and comments on performance, respectively.

Chief of Naval Personnel Vice Adm. John C. Harvey Jr., in a message released in October, said Task Force IA was specifically chartered to quickly and thoughtfully design and implement a system to award credit for IA tours.

"The effort, talent and dedication expended in this war," said Harvey, "cannot be measured in man-days or some other form of arbitrary accounting system."

Harvey stipulated that unit commanders will immediately begin documenting their IA Sailors through the ITEMPO reporting system, which is a vehicle to enter and archive each Sailor's deployed events. The Sailor's parent command will input the IA start date, projected end date and Unit Identification Code (UIC) for the IA assignment. Use of ITEMPO will ensure Sailors individually deployed in support of the global war on terrorism (GWOT) are compensated in terms of time at sea when they return to their home units, stations or ships.

Capt. Mike Saylor, Navy Personnel Command's (NPC) Augmentation Division (PERS-46) director, said one of the challenges his team has faced is dealing with the fact that not all IA orders have been written in his shop. That had resulted in some IA Sailors flying under the PERS-46 radar, said Saylor. With ITEMPO now employed, every Sailor assigned to CENTCOM will receive credit for their IA duty.

Advancement points, exam flexibility, and follow-on coast assignment guarantees have all been approved, depending on the length of time spent in various locations. Specific guidelines and information on IA incentives can be found on Navy Knowledge Online in the Individual Augmentee section.

Saylor said that in addition to the incentives now offered to Sailors on IA, new Navy Enlisted Classifications (NEC) and Additional Qualification Designators (AQD) have been added to support GWOT.

More than 25 NECs are now based in major mission areas, such as Improvised Explosive Device (IED) suppression, Detainee Ops, Civil Affairs or Embedded Training Team Member. Additionally, 128 AQDs have been assigned to support GWOT.

Saylor also said there has been significant process improvement in regard to the notification and training of Sailors tabbed for IA duty.

Saylor said the Task Force is now focusing on sourcing IA assets to the global force manager, providing better capacity models to leadership and working to further integrate the newly-established Expeditionary Combat Readiness Center.

Navy Looks To Pump Up Force Health

By Philip Molter

Naval District Washington Public Affairs

Commander, Naval Installations Command (NIC) hosted a Fitness Over 40 seminar at the Washington Navy Yard (WNY) on Jan. 26 to introduce the Senior Health Assessment Program Enterprise (SHAPE) to those serving within the Naval District of Washington.

This pilot program aims to educate and motivate "senior" members of the Navy - both active duty and civilian employees - to the significant benefits of strength training.

"Everyone employed by the Navy is part of the Navy family," explained CNIC Navy Fitness Program Manager Marc Meeker. "Both civilians and Sailors have to be in good shape to do their jobs. We want to make sure that it's a fit Navy family."

"We want to [reach] the 'senior' people,

that is to say [those] over 40, that are less active due to the time put into their jobs," Meeker said. "More people in shape translates into less man hours lost plus being able to do your job more efficiently and effectively as you get older."

Most of the health problems plaguing Americans are caused by a lack of activity and, more specifically, a lack of resistance exercise, according to guest speaker Wayne Westcott, Ph.D. C.S.C.S. and research director at the South Shore YMCA in Quincy, Mass.

"The Navy is recognizing that and they're putting a program in place to maintain healthy lifestyles for those that are over 40, but want to act like they did when they were 20 or 30," said Westcott.

CNIC seemed to time the seminar and its introduction of SHAPE just right according

to one attendee.

"I was very excited to receive the notice (about the seminar)," said Oreta Stinson of the Navy Small Business Office at WNY. "I recently planned and rededicated myself to getting fit. I wanted to get into the strength training, but I wasn't quite sure what approach to take, so when the notice came out I thought great! I am almost 50, and I thought it was time that I take charge of my health and wellness. I want - like (Westcott) said - to prevent potentially chronic diseases in the future."

Westcott explained that getting back in shape can reap rewards regardless of when you start exercising.

"Anybody, at any age, can get a benefit from physical exercise," said Westcott.



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.



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Calendar

On Base

Thursday, Feb. 15

The monthly Samuel B. Roberts' family readiness group meeting will be held at 6:30 p.m. at the Mayport USO. We welcome all family members to join us; as always, children are welcome. A play room is available off of the meeting room for the children. We will be holding nominations for new board members. Please attend to voice your opinions.

USS Taylor family readiness group meeting will be held at the USO on Mayport Rd. The meeting time has changed to 6 p.m. All family members are welcome. Fleet and Family Services will be coming out to discuss some very important issues and what to expect from loved ones when the ship returns. Elections for the new board will also be held. Free childcare is provided.

Thursday, Feb. 22

A professional organizer will be the featured speaker this month at an Open Door Session sponsored by the Naval Officers' Spouses' Association of Mayport. Karen Duncan will share her expertise in the areas of organizing closets, kitchens, home offices/paper flow, laundry rooms, toys, photos and hobbies. The program is the fourth in a series of Open Door Sessions held at Ocean Breeze Conference Center and begins at 7 p.m. All attendees at the program will be eligible to win a free two-hour consultation with Duncan in their home.

Friday, Feb. 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. Please note this is a corrected date. 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.

Wednesday, Feb. 28

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

Wednesday, March 7

The USS De Wert family readiness group monthly meeting will be at 7 p.m. at the Mayport USO. Children are welcome. Kerri Nichols from Stampin' Up will show them how to make your original cards.

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 16

Naval Officers' Spouses Association (NOSA) is holding its 17th annual "Time and Talent" charity auction on at Ocean Breeze Conference Center. Doors will open at 6 p.m. The theme of this year's event is "A Pot of Gold" and will include a buffet and silent and live auction. Cost is \$10 per person in advance or \$15 per person at the door. All charitable proceeds will be divided among local military charities. See your command NOSA representative for reservations or contact Michelle Mancuso at 372-9827, mmancuso24@aol.com, or Deanna Garrity at 302-5044, deannagarrity@yahoo.com.

Out in Town

Friday, Feb. 16

Fort Clinch State Park, 2601 Atlantic Ave. in Fernandina Beach is holding "Step Up

Florida! Beach Walk At Fort Clinch State Park." It is an outdoor event that promotes healthy living and physical fitness. Bring your family and friends for a two-mile beach walk. Registration at the pier parking lot begins at 1:30 p.m.; walk begins at 2 p.m. Remember to wear closed toed walking shoes and appropriate clothes for the weather. Park admission fee waived for those participating in the walk. Rain or shine. Sponsored by the Nassau County Health Department. For questions or to register please contact Amanda Brown, MS, RD, LD/N, CDHPE Coordinator at 904-225-9510.

The Ladies Auxillary Fleet Reserve Association Branch 290, 390 Mayport Road, will hold a country dinner with fried chicken or meatloaf with all the trimmings from 5-8 p.m. for a donation of \$8. Fried chicken gizzards are \$1.75 a bowl. Take out orders are welcome and the event is open to the public. Call 246-6855 for more information.

Tuesday, Feb. 20

The Beaches Branch Library, 600 3rd St. Neptune Beach, will hold a Chinese New Year Craft program from 4-5 p.m. Join us to celebrate Chinese New Year with stories and a fun craft. Ages 5-12 welcome. For more information, call 241-1141.

The Beaches Branch Library, 600 3rd St. Neptune Beach, will hold a Bedtime Stories at 6:30 p.m. Wear your P.J.'s and bring your favorite stuffed toy. For more information, call 241-1141.

Wednesday, Feb. 21

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.

Thursday, Feb. 22

The City of Jacksonville Canning Center in cooperation with the Duval County Extension Service will offer a workshop from 9 a.m.-noon. Learn how to make strawberry preserves and take some home for the family to enjoy. The cost is \$20 per person including all materials. You must pre-pay to register. Send a \$20 check made payable to DCEOC and mail to 2525 Commonwealth Ave. Deadline is Feb. 19. Call 387-8860 for any questions.

Friday, Feb. 23

Duval County Extension Service, 1010 N. McDuff Ave., will hold its workshop, "Make & Take Rain Barrels" from 10 a.m.-1 p.m. Let's all save the rain with rain barrels and rain gardens. Attendees at this workshop will make their own rain barrel to take home. We can then see how to connect a rain barrel to a rain garden if desired. Also a rain barrel artist will show us decorating techniques. Cost is \$30 per person attending. Advanced payment and registration is required. Payment must be received by Tuesday, February 20, 2007. Make checks payable to DCOHAC. Seating is limited to 30 prepaid registrations. For questions, call 387-8850.

Saturday, Feb. 24

The Jacksonville Genealogical Society will hold a seminar at

St. Paul's Catholic Church in Riverside. Our speaker will be J. Mitchell Brown, MA, who specializes in professional genealogical research in Alabama, Georgia, and Florida. Specific topics will be discussed at a later time. For additional information please contact Mary Chauncey at 781-9300.

The Beaches Branch Library, 600 3rd St. Neptune Beach, will hold a Family Board Games Day at 2-4 p.m. Chutes and Ladders! Scrabble! Checkers! Battleship! All of your favorite games, for ages 5-95. For more information, call 241-1141.

The Jacksonville Genealogical Society will hold their 2007 Spring Genealogical Seminar from 9 a.m.-4 p.m. at St. Paul's Church Hall, 2609 Park Street. Registration begins at 8:30 a.m. Cost is \$30 for JGS members, \$35 for non-members. Price includes lunch if registration is postmarked prior to Feb. 17. Speaker is J. Mitchell Brown; Genealogy lecturer, author and researcher. His topics are: "Is There a Doctor In The House; Remedial Remedies for the Research Maladies of the Family Historian," "Dockets, Dossiers, and Distributions-Nineteenth Century Probate in the Deep South," "Reading the News for Clues--Pains, Pitfalls and Pleasures of Newspaper Research," and Census Enumerators-Their Bloopers, Blurbs and Benefactors." For additional information please contact Mary Chauncey at 781-9300.

Tuesday, Feb. 27

Duval County Extension Service will hold the workshop "How to Start and What to

Grow in your Spring Vegetable Garden" from 10 a.m.-noon at Duval County Extension Office, 1010 N. McDuff Ave. Call 387-8850 to register. Cost is \$5 at the door.

Saturday, March 3

Chabad @ the Beaches presents 2,362nd Annual Purim Celebration creating Jewish excitement and fun for the whole family. The entire Jacksonville

Beaches Jewish community is invited regardless of affiliation or background. The event will be held starting with a Handalla service at 7:15 p.m., followed by a Megilla reading at 7:30 p.m. and traditional Purim food 8 p.m. The event is will take place at Chabad @ the Beaches' Center for Jewish Life, 521 A1A N, in Ponte Vedra. The event is free.

Monday, March 5

Duval County Extension Office, 1010 N. McDuff Ave., will present a "Septic System Workshop" at 6:30-8 p.m. about Jacksonville's new septic tank requirements and how to properly maintain them. The will be a charge of \$2 for light refreshments and handouts. Please pre-register by calling 387-8850.

Saturday, March 10

Take Americas Boating Course presented by the Coast Guard Auxiliary. Maximize your knowledge and your family's safety. Cost is only \$25, including materials. Program runs from 7:30 a.m.-5:00p.m. at the Captains' Club, 13363 Beach Blvd. The program meets Florida legal requirements for boater education. For more information, call Mike Christnacht at 502-9154.

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NJROTC Group Gets All Wet In Trainer

By MC2 Brian Smarr
Staff
 Pike High School Naval Junior Reserve Officer Training Corps (NJROTC) of Indianapolis, Ind., got a watery surprise during a visit to Naval Station Mayport's wet trainer on Feb. 2.

Lined up in formation and led by Damage Controlman First Class Derrick Harney, the students got a good look at the wet situation they were about to be in, a trip inside a trainer that floods and releases 37,000 gallons of fresh water.

They went to the trainer after intense classroom instruction on safety, technique and a brief overview of what to expect. The trainer teaches sailors, midshipmen and NJROTC students aspects of pipe patching, shoring and plugging.

The 20 students were divided into two teams, each having different sides and scenarios in the trainer. Team leaders were briefed on what their roles would be as investigators.

Following the instruction, the unexpected happened. The trainer's IMC screamed "missiles inbound, port side, all hands brace for shock!" It was followed by three startlingly loud thuds to the side of the metal hull. Students bracing against the wall jumped

and water flooded the trainer. Starting with knee deep water, the students were put to the test by performing what they were taught.

The two NS ROTC investigators checked the flooded compartment, then made their way back to tell the rest of the crew that they have some challenges ahead of them. With approval from their instructor, the group of 10 prepared to move into the flooding compartment and gathered the tools they think they would need quickly.

After 15 minutes and many damp shivers, the group got the flooding under control with the water level waist height.

Cadet Petty Officer Third Class Jon Morgan had a unique interpretation of the drill, "The only thing I can compare it to is like jumping into a cold lake."

Damage Controlmen and Officer in Charge retired Lt. Cmdr. Bill James looked on as students exit the trainer's port hatch under a shower of runoff water.

"I think this will be the most talked about thing when they return to school," James said, "We had a couple of cadets who were a bit antsy, and I thought they weren't going to enjoy it, but I saw smiles on their faces."



Under the watchful eye of an instructor, Pike High School NJROTC students place a clamp over a ruptured section of piping in the wet trainer. The trainer gives hands-on training to Sailors, midshipmen and NJROTC students in basic damage-control procedures.



Pike High School NJROTC Commanding Officer Tyler Rosh exits through a shower of runoff water outside the wet trainer.



Assisted by instructor Damage Controlman First Class Derrick Harney, Pike High School NJROTC students line up to begin instruction inside the wet trainer.



Prior to entering the wet trainer, Damage Controlman First Class Andre Bannis gives Pike High School NJROTC students a safety brief and an overview of what to expect.



Pike High School NJROTC cadet executive officer Chris Raphael searches for areas taking on water in the wet trainer.

Chaplain Oversees Ships' Spiritual Care

By MC2(AW/SW) Leah Stiles

FleetPACENSE

Chaplain Troy Todd is a chaplain who wears many hats. Working with the Operational Ministry Center (OMC), he takes care of Sailors aboard several ships at NS Mayport.

Formerly of USS Vicksburg (CG 69) where he served as Command Chaplain, Todd now oversees the spiritual welfare of the crews of USS Vicksburg, USS John L. Hall (FFG 32) and USS De Wert (FFG 45).

The Operational Ministry Center was set up in July 2006 to provide more essential and broad coverage to the frigate and destroyer communities who normally wouldn't have their own chaplain. Currently, the OMC has assigned its chaplains specific ships to individually cover providing a strong waterfront chaplain coverage.

OMC chaplains cover three or more ships with the ultimate goal of forging strong relationships and providing strong deck plate ministry.

Driven by a goal to help each ship feel ownership of having their own chaplain, Chaplain Todd obtained a hat from each ship and had "CHAPS" inscribed on the back. When a Sailor on the ship sees him they can easily be reminded that this ship has their own chaplain.

"I want to be visible, accessible and approachable when I'm on a ship. When Sailors on each ship see me, I want them to say "That's my ship's chaplain", not just "There's a chaplain," said Todd.

Many times on base Chaplain Todd has been stopped by Sailors off the three different ships and they introduce him to their family members as 'their ship's chaplain.'

Chaplain Todd is responsible for three ships, the crew and family members, which adds up to a lot of people.

"Investing my time and energy into three ships is demanding, but the most satisfying part of my job is walking the deck plates and building relationships with Sailors," Todd said when asked how it feels to provide coverage for so many people. "At the end of the day it's rewarding to know that you have given yourself to other people and hopefully made a difference in their life."



-Photot by MC2(AW/SW) Leah Stiles

Chaplain Troy Todd of Operational Ministry Center oversees the spiritual welfare of the crews of USS Vicksburg, USS John L. Hall (FFG 32) and USS De Wert (FFG 45).

VITA Lends a Hand During A 'Taxing' Time

By MCSN Patrick J. Cook

FleetPACENSE

The Volunteer Income Tax Assistance (VITA) program aboard Naval Station Mayport will be available to help service members prepare their taxes until April 16.

Lt. Deborah Loomis and her team of 10 VITA representatives have been tabulating tax returns for station personnel since Jan. 22. In its first 10 days of operation, the tax team has completed and electronically filed more than 220 tax returns.

"Last year the base VITA program filed over 2500 returns and hopes to beat that number this year," said Loomis.

"This is an all-volunteer service and volunteers have gone way beyond the call of duty to prepare the spaces and to provide excellent service to our customers," said Loomis. "Chief Boatswain Mate Ernest O'Rourke assembled a team of volunteers who worked many long off-duty hours making sure the tax center was ready for opening day."

VITA, which is free to servicemembers and their families, estimates the average savings for their clients ranges from \$65 on a 1040EZ to around \$100 on a 1040.

"This has been my fifth or sixth year using the program," said Chief Quartermaster Lydia Sierra. "I started because it was quick, convenient and military friendly but it also saves me almost a \$100 a year."

Representatives for the program are trained and certified by the IRS in basic tax issues such as earned income tax credit, child tax credit, dependant care expenses and basic item-



-Photo by MCSN Patrick J. Cook

Lt. j.g. Matt Sullivan, a Volunteer Income Tax Assistance (VITA) center coordinator, helps Guadalupe and Pedro Pina prepare their federal tax income. The VITA service runs until April 16 and is free to all service members and their families.

ized deductions. VITA volunteers will also help prepare state taxes if they are not too complex, said Loomis.

"In most cases the time they (volunteers) spend at the tax center is in addition to their normal duties on base," said Loomis. "They are not paid for their efforts whereas they could take their same training off base and charge for their tax preparation services."

The VITA office is located in building 1363 across from the Naval Federal Credit

Union and is open for walk-in appointments from 8:30 a.m.-4 p.m. Monday, Wednesday and Friday and from 9 a.m.-6 p.m. on Tuesday and Thursday. They will also be available by appointment only Saturdays.

Newlyweds and the recently divorced should ensure the name on their tax return matches the name registered with the Social Security Administration (SSA). A mismatch could unexpectedly delay a refund, increase a tax bill or reduce the size of a refund.

For recently married taxpayers, if a woman takes her husband's last name, but doesn't tell the SSA about the name change, a complication may result. If the couple files a joint tax return with her new name, the IRS computers will not be able to match the new name with the Social Security Number.

After a divorce, a woman who had taken her husband's name and made that change known to the SSA should contact the SSA if she reassumes a previ-

ous name.

It's easy to inform the SSA of a name change by filing Form SS-5 at a local SSA office. It usually takes two weeks to have the change verified. The form is available on the agency's Web site, www.socialsecurity.gov, by calling 800-772-1213 and at local offices. The SSA Web site provides the addresses of local offices.

Generally, taxpayers must provide SSNs for each dependent claimed on the tax return. For adopted children without

SSNs, the parents can apply for an adoption taxpayer identification number, or ATIN, by filing Form W-7A with the IRS. The ATIN is used in place of the SSN on the tax return. The form is available on the IRS Web site, IRS.gov, or by calling 800-TAX-FORM (800-829-3676).

The city of Jacksonville will refund up to \$800 of property taxes paid by qualifying military personnel as part of the Active Military Combat Duty Grant.

Qualifying military personnel are servicemembers O-3 and below who served in a combat zone for a minimum of 60 days in an active duty capacity during 2006. Qualified military personnel must have owned, resided, and had a homestead exemption upon property in Duval County.

Qualifying military personnel may file an application with the Veterans Services Division of the city of Jacksonville and must provide:

(1) Proof of combat service (Leave and Earning Statement indicating combat pay during the period applying for, letter from the respective unit commander or personnel office stating combat duty and dates, or any other official certifiable documentation specifying dates of combat duty);

(2) Proof of homestead exemption;

(3) Proof of payment of taxes from the Tax Collector's office.

More information and the application form is available at www.coj.net. Under "Services" click on "Veterans Services" then "Active Military Combat Duty Grant." Phone: (904) 630-7229.

Critter Corner

Greetings from the Natural Resources Manager, Laura LaBella. I am here to try and maintain a balance between the operations of NS Mayport and the plants and animals that call this area home.

A very prominent critter in the area is the raccoon. No doubt many of you have been surprised by one trapped in a dumpster. Raccoons are generally not a threat, but they can carry diseases such as rabies and distemper that can be transmitted to pets and people. They can also carry a parasite that can be fatal. In some areas on base, they have become a serious problem to health and safety. The problem is being worked on, but we need your help. Please be mind-full of the following:

*Raccoons come to food sources. Remember the movie, "Over the Hedge"? Take steps to secure garbage and dumpsters. Keep lids closed at all times. After an outdoor function, please make sure food items are disposed of properly. They have a great sense of smell, so will track down that stash in the desk or locker!

*Do not feed them. They may be cute, but they are wild. The easier it is to find food, the more babies they have. Eventually they overpopulate

and either starve or begin to conflict with more people.

*Do not feed the feral cats. Food left out for the cats attracts the raccoons as well. The population of feral cats is a serious problem on base, but they do not keep the raccoons away. A raccoon after food can kill a cat. A CNO directive bans feeding feral cats and anyone caught can face disciplinary action.

*Secure all pet food. Feed pets indoors or at least do not leave pet food in a bowl outside all the time, especially at night.

*If you see a raccoon during the day that does not always mean a problem. However, if you see a raccoon that is lethargic, dragging its back legs, walking in circles, drinking a lot of water, or showing signs of aggression to humans - stay away and report it immediately. Contact the station Wildlife officer at 219-2178, the Natural Resources manager at 270-6730 ext. 214, or Security (nights and weekends) at 270-5583 for assessment.

If you have any questions, please contact me at 270-6730 extension 214. I would be glad to evaluate your area and recommend anti-raccoon procedures.

USS McInerney Meets With Costa Rican Dignitaries

By Ensign Lauren Schneider

USS McInerney Public Affairs Office

Following support to the seizure of 2.3 tons of contraband with the assistance of Costa Rica in mid-January, USS McInerney (FFG 8) welcomed several Costa Rican government officials to greet and congratulate the crew on a successful interdiction.

After meeting with the Commanding Officer and congratulating each other on the first joint counter-narco operation between the U.S. Navy and Costa Rica, the visitors were taken on a tour by various members of ship's company.

They were shown McInerney's Combat Information Center, bridge, and decks.

Operations Specialist 2nd Class Jose Ramiro, who served as a translator, commented, "I never thought our bust would have such international implications. Though they are never routine, this one didn't start off as big as it grew to be. It was exciting to be a part of history like this. I also liked the fact that the government was interested enough to come out and visit us. It made me realize that we do have a very capable ship and is very impressive to others, judging by their reactions."

With a total of 5.8 tons of seized contraband and successful meetings with both Colombian Navy and Costa Rican officials before their fifth month of deployment, McInerney proves to be a valuable asset in this Counter-Narco Terrorism effort. McInerney continues to be ready to answer the call and live up to her motto of "Fast, Fearless, Gallant."

McInerney is deployed under the operational control of U.S. Naval Forces Southern Command as part of a Joint/Inter-Agency Task force conducting counter-narcotics trafficking operations in the Caribbean and Eastern Pacific.

Huffman Drives for JR, Navy At Daytona

By Jeffrey Nichols

Commander, Navy Recruiting

Command Public Affairs

The Navy's 2007 NASCAR Busch Series team will begin its quest for the 2007 championship Feb. 17 in the season opener at the Orbiz 300 at Daytona International Speedway. Driver Shane Huffman will be at the wheel of the Dale Earnhardt Jr.-owned JR Motorsports, No. 88 Navy "Accelerate Your Life" Monte Carlo.

Helicopter Antisubmarine Squadron

Fifteen (HS-15) will be the Fleet Honoree at the Busch Series race on Saturday.

In 2006, Huffman competed in 10 Busch Series events for JR Motorsports. In the final four races of the season he scored two top-10 finishes and led 17 laps at Phoenix International Raceway.

"Last season ended too soon for this Navy team. We were definitely on a roll there at the end of the year and plan to carry that momentum into the 2007 season," said Huffman. "Wes (Ward, crew chief) and my Navy team have built a

stable full of great cars and I'm confident we're going to run up front on a consistent basis this year.

"In January, we brought a brand new car down to Daytona for testing, worked out all of the bugs and made our way up to the top of the board," Huffman said. "We're bringing the same car back this weekend and we're ready to kick off the new season with a great finish."

The race will be televised live at 1 p.m. to a national audience on ESPN2 with the pre-race beginning at noon.

CNO's 2007 Guidance Focuses On Execution

From Chief of Naval Operations Public Affairs

Chief of Naval Operations (CNO) Adm. Mike Mullen released his annual guidance Feb. 2, calling for the Navy to follow-through and rapidly execute on "every plan, budget decision, strategy and policy we devise" to better defend our nation and our national interests.

To meet this challenge, Mullen's 2007 Guidance reinforces the Navy's vision, mission and guiding principles and priorities -- which have not changed from last year. Those priorities are: 1) to sustain combat readiness, 2) to build a fleet for the future, and 3) to develop 21st Century leaders.

He also calls for "accountable execution" of key objectives and identifies three specific focus areas for Navy leaders.

First among the focus areas is warfighting.

"While we continue to fight the war on terror we must also contend with traditional threats from regional powers who possess robust conventional, and in some cases, nuclear capabilities," CNO wrote. "The freedom to conduct naval operations in support of joint, allied and coalition operations -- assuring access and projecting persistent combat power -- must be preserved through enduring, warfighting competencies. We are, and will remain a warfighting, seagoing service."

The second focus area is building strong partnerships. Mullen quoted the President's National Strategy for Maritime Security, which states, "the safety and economic security of the United States depends upon the secure use of the world's oceans." It further notes that, "maritime security is best achieved by blending public and private maritime security activities on a global scale into an integrated effort that addresses all maritime threats."

One key partnership concept which gained international attention this past year is the "1,000-Ship Navy," a concept for global maritime partnerships introduced by the CNO at the International Sea Power Symposium in Newport, R.I. in September 2005. Mullen said he was eager to find new ways to implement the concept.

"Whenever and wherever the opportunity exists, we must develop and sustain relationships that will help improve the capacity of our emerging and enduring partners' maritime forces, and help them achieve common desired effects," Mullen wrote. "We must encourage nations to provide security within their territorial waters and to seal seams between neighbors, either by accepting assistance to improve their own capabilities, or through collective security and information sharing arrangements."

The third focus area is diversity, which the CNO calls a strategic imperative for the Navy. He pointed to the fact that our nation is a democracy founded on the promises of opportunity for all, and because the nation's demographics continually change, the Navy must change with it. "To the degree we truly represent our democracy," he said, "we are a stronger, more relevant armed force."

"Diversity is a leadership issue, and everyone is a leader," Mullen added. "Through our communications, education, policies, programs and conduct, each of us must actively foster environments where people are valued, respected, and provided the opportunity to reach their full personal and professional

potential."

Mullen also shared a quick assessment of 2006 progress toward his three priorities, stressing a series of accomplishments.

"The Navy answered all bills in 2006," he wrote, making special mention of the sacrifices by those serving as individual augmentees. "We met every demand by combatant commanders for well-trained, combat-ready forces -- conducting combat operations, international disaster relief operations and humanitarian missions. Navy individual augmentees continue to make significant contributions around the world in all manner of joint and coalition billets."

He pointed to the 30-year shipbuilding plan the Navy submitted to Congress that will provide a balanced fleet of 313 ships by 2020, and said last year's Manpower, Personnel, Training, and Education merger has already yielded efficiencies and effectiveness in workforce management.

"We developed a 'Path to Jointness,'" he said, "solved key technical issues for Spiral I of the Sea Warrior system, and completed Phase I (Assessment) of the Diversity Campaign Plan."

He also acknowledged the newly-established Foreign Area Officer program and said the Navy was "taking a close look at foreign language requirements in support of expeditionary missions."

Mullen also made note in the Guidance of the Maritime Strategy currently under development and the "1,000-Ship Navy," has resonated well with the leaders of maritime forces around the world.

Though he pointed to various initiatives underway to support the "1,000-Ship Navy," including an upcoming Global Fleet Stations pilot program in the U.S. Southern Command Area of Responsibility, he said he was eager to explore newer and more creative ideas.

The main theme throughout the guidance is execution -- the act of simply getting things done. "The challenges we face today are not altogether for today. They are for the future, for our children and for their children," said Mullen. "We owe these future generations nothing less than our best effort to plan well, of course, but to

execute smartly those things we plan."

Mullen praised the work of Navy Sailors, civilians and families in defending freedom, and made note of the long-ranging, far reaching impact the sea service continues to have.

"While our ground forces are engaged in Iraq and Afghanistan, the United States

Navy - with its ability to deliver global reach and persistent presence - will continue to serve as a vital element of our nation's "Strategic Reserve," he said.

"I am proud of the example our Sailors, civilians - and their families - have set, as I am of the leadership they have demonstrated. We should feel emboldened by their courage and by

the course we have taken. It is tough work, make no mistake. But our commitment to doing it has had, and will continue to have, a profound impact on the lives of countless people around the world."

The CNO's Guidance for 2007 is available online at www.navy.mil.

CNO Signs Diversity Policy, Stresses Connection To Mission Accomplishment

From Chief of Naval Operations Public Affairs

Reemphasizing his strong position on the importance of a diverse workforce to the Navy's readiness in the war on terrorism, Chief of Naval Operations Adm. Mike Mullen released the Navy's official Diversity Policy on Jan. 30.

"We defend the greatest nation in the world," Mullen stated in the one-page document. "The strength of our diversity directly and irrefutably helps us do so. The Navy will stay committed to improving that strength."

The policy statement has three main points: Diversity is a strategic imperative; diversity is critical to mission accomplishment; and diversity is a leadership issue.

Noting that we live in a

nation whose demographic makeup continually changes, reflecting the influx of new immigrants and the growth of minority populations, Mullen said it was important for the Navy to change with it -- "to the degree we truly represent our democracy, we are a stronger, more relevant armed force."

Diversity also helps the Navy accomplish its mission, according to Mullen. There is a direct link to diversity and the ability of the Navy to operate in new places and in new missions for the war on terrorism.

"Like any organization in time of change, we thrive on the infusion of new ideas and the diversity of thought," Mullen stated. "This is particularly true today, when understanding the mores, customs

and ideals of diverse cultures, as well as the perspectives of other people, remains critical to winning the long war."

Diversity is also a leadership issue, and everyone -- Mullen argued -- is a leader. He said it was up to everyone in the Navy to promote a culture that embraces diversity.

"Through our communications, education, policies, programs and conduct, each of us will actively foster work environments where people are valued, respected, and provided the opportunity to reach their full personal and professional potential."

The goal of this policy is to ensure people know that the Navy is committed to their personal and professional growth and development, according to Capt. Yolanda Y. Reagans,

the CNO's special assistant for diversity.

"Leaders must take this policy and use it to empower their Sailors to achieve the Navy's diversity vision and mission," Reagans asserted. "Every Sailor needs to promote and encourage a culture that embraces diversity."

And encouraging that culture will help the Navy accomplish the mission, wherever and whatever it may be. "What we are continually working for - what we all need to work toward - is a Navy that continually invests in the strength of America's diversity, where every Sailor and civilian can prosper and contribute to mission readiness," Reagans said.

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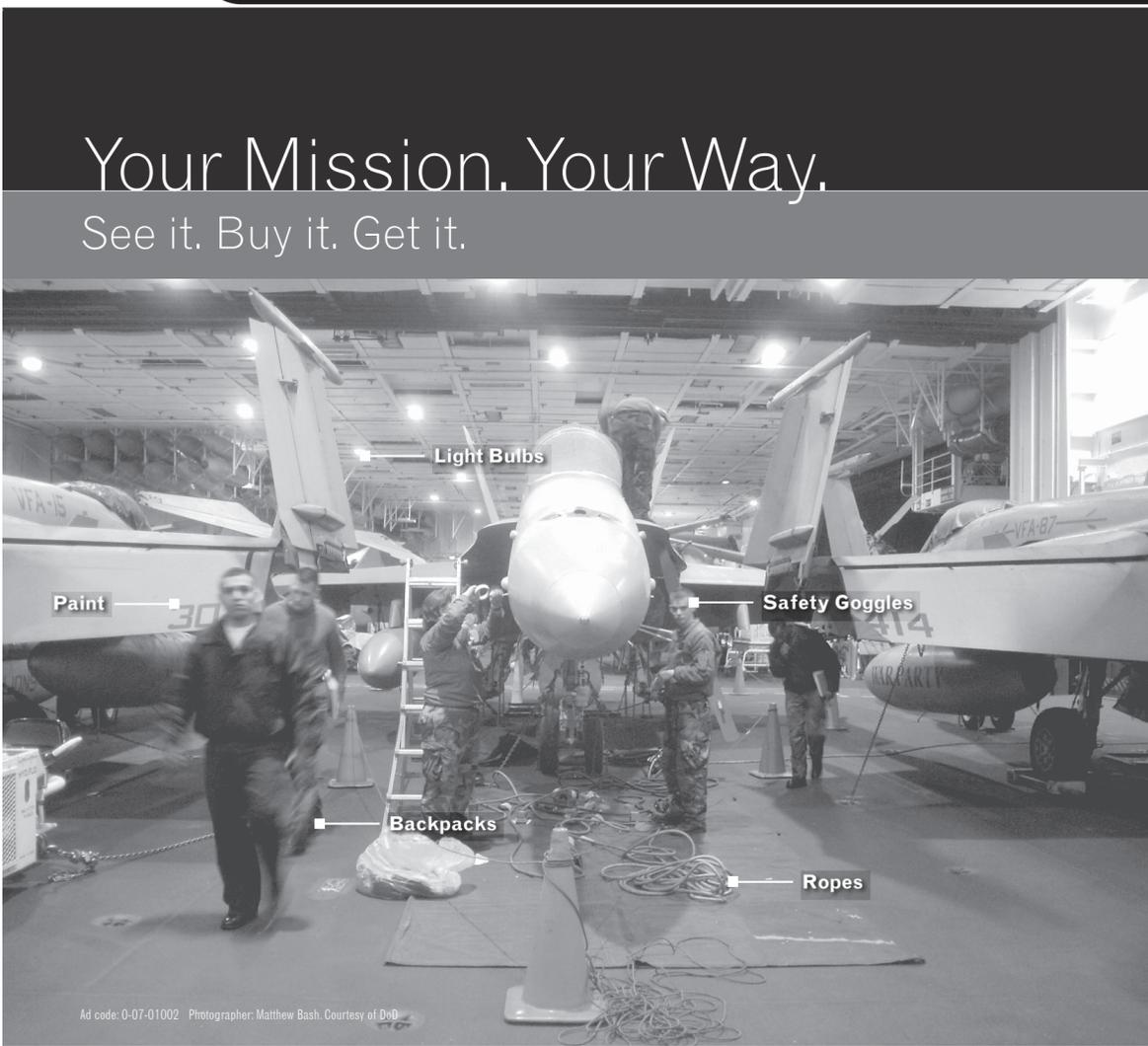
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-Photo courtesy of USS The Sullivans

ET1(SW) Kevin Brown is the Senior Sailor of the Year for USS The Sullivans (DDG 68). Brown is pictured in his visit, board, search and seizure gear during a Maritime Interdiction Operation (MIO) drill. The Sullivans has just completed maritime safety and security operations with Turkey to strengthen the partnership between the two navies.

USS The Sullivans Picks 2006 Sailor Of Year

From USS The Sullivans

ET1(SW) Kevin Brown was selected as the Senior Sailor of the Year for USS The Sullivans.

Brown is the leading petty officer for Combat Systems Electronics Division and has 17 Sailors working with him. These Sailors form a team that is responsible for the day-to-day duties of providing the means to navigate the ship, communicate with the world, and entertain

the crew.

"I am honored to have been selected by the leadership of USS The Sullivans as the Sailor of the Year," Brown said. "I can't take the credit for receiving this recognition. Every Sailor in Combat Systems Electronics Division has made this possible and should feel proud of their individual accomplishments, without them our team could not have succeeded".

He also expressed his gratitude for the support that his wife, Sara, and his daughter, Anna, have given him throughout the year. He said he would also like to thank Electronics Material officer Lt.j.g. Greg Carter and ETC (SW) William Humphrey for setting the bar at levels that seemed unattainable while never accepting less than his best.

NAS Jacksonville SOY Wins CNRSE Competition

By MC1(SW/AW) Heather Ewton

Jax Air News

Each year since 1972, a candidate serving ashore has been selected as the Atlantic Fleet Shore Sailor of the Year. This year, TM1(SW/AW) Jaime Quinones from the NAS Jacksonville Weapons Department, is one step closer to achieving this goal.

Commander, Navy Region Southeast (CNRSE) recently named Quinones as Sailor of the Year during a ceremony held Feb. 8 at the NAS Jax Officers' Club. He competed against 21 other Sailors from CNRSE commands, unanimously winning the prestigious title.

Commands falling under CNRSE have been screening their Sailors, examining their professional records, qualifications, their duty assignments, awards and civic involvement over the past two months.

"I want you to feel good when you walk away from this experience for many reasons. Most of all, you have been recognized among the best in our leadership chain. I sincerely congratulate you for what you have accomplished," commented CNRSE Rear Adm. Mark Boensel, as he addressed the group of the region's top Sailors while their families and command leadership anxiously waited for the winner to be announced.

Quinones was chosen from among hundreds of petty officers to represent the Southeast Region at the next level of competition which will be held in Norfolk, Va. in March.

"I'm at a loss for words. From a personal standpoint, it's emotional. You're looking at an individual who recently has been through some serious personal struggles. Just when I felt the world was falling apart, my chain of command stood next to me and held me up," remarked Quinones. "It's an honor to be here. It truly is."

The group of Sailors arrived at NAS Jax from all over the region at the beginning of the week and enjoyed social events that built friendships and forged strong networking relationships.

"I had a great time with each of the candidates. I was impressed with the skill level across the board. All of the combined experience that each petty officer brought to the table, kept this competition at a level that reminds me of how honored I am to be the winner," said Quinones. "On a personal note, they are a great group of people. We all felt well accomplished and proud to be representing the region. We are all winners."

In March, Quinones will advance to the Commander, U.S. Atlantic Fleet (COMLANTFLT) Direct Reporting Shore Sailor of

the Year competition in Norfolk, Va. If selected, he'll then compete for the COMLANTFLT Shore Sailor of the Year in April. The Atlantic Fleet winner will then compete in the Navy-wide Shore Sailor of the Year competition in Washington D.C.

The Navy-wide Sailor of the Year will receive a Navy and Marine Corps Commendation Medal, be meritously advanced to the next higher pay grade and may elect to serve a one-year tour as a special assistant to the Master Chief Petty Officer of the Navy.

"I want my chain of command to know that every single thing they've taught me, I am going to take with me to Virginia as I represent the region. I promise you this, I will not let you down," stated a determined Quinones. "There are so many things out there that are yet to be discovered and I honestly hope that this is a stepping stone for more things to follow."

RGB Names Top Sailors

From USS Robert G. Bradley

CS1(SW/AW) Jeffrey Dickerson was selected as USS Robert G. Bradley's Sailor of the Year (SOY) for 2006.

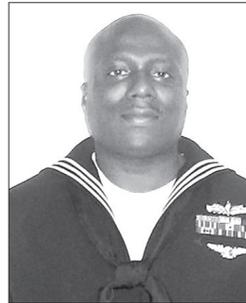
Dickerson, S-2 Division's leading petty officer, was involved not only within his division, but at the departmental and command level as well. Some of the accomplishments that helped propel Dickerson to his selection as SOY was his participation in the ship's Damage Control training team, a member of the ship's diversity team, USS Robert G. Bradley's Sailor of the Quarter for the fourth quarter of 2006, and community relations coordinator.

Dickerson was Supply Department's Command Fitness Leader as well as an active member of the mentor program. During his off duty time, Dickerson coached baseball, basketball, and soccer for the local YMCA, as well as providing mentorship to all of the children he coached.

Dickerson, an 18-year veteran from Crewe, Va., completed three counter narco-terrorism deployments, a Baltic Sea cruise, and several training periods while onboard USS Robert G. Bradley.

STG2(SW) Ian Brown was selected USS Robert G. Bradley's Junior Sailor of the Year (JSOY) for 2006. Brown, CA Division's leading petty officer (LPO), is an intricate member of the Sonar Division as well as the Combat Systems Department, where he serves as the Combat Systems Departmental Safety petty officer.

Within CA Division, Brown is the Divisional Maintenance Assistance Module Manager for over 1500 pieces of sonar equipment. As a leader, Petty Officer Brown supervises



CS1(SW/AW) Jeffrey Dickerson



STG2(SW) Ian Brown

11 Sonar Technicians and is responsible for 10 divisional spaces throughout the ship. While serving as LPO, STG2 Brown has helped to achieve a 100 percent retention rate, 100 percent equipment readiness status, and 100 percent mission capability. In his role as a Sonar Technician system expert, Petty Officer Brown conducted in-rate training that led to an 80 percent advancement rate within his division.

Brown, a five-year veteran from Indianapolis, Ind., has completed three counter narco-terrorism deployments, a Baltic Sea deployment, and several training periods while serving on board USS Robert G. Bradley for more than five years.

DC3(SW) Jim Robinson was selected as USS Robert G. Bradley's Bradleyman of the Year (BMOY) for 2006. DC3 Robinson, a member of Repair Division, is an intricate member of the ship's fire fighting and training team.

At the command level, Robinson is the team leader for the primary Damage Control Repair Station, responsible for 22 firefighters. DC3 Robinson is the team leader for the first response "Flying Squad," a



DC3(SW) Jim Robinson

member of the helicopter crash and salvage team, and serves as an inport and underway Fire Marshall.

Robinson conducts basic and advanced damage control training with all Bradleymen, leading to the qualification of all crewmembers. Within Repair Division, DC3 Robinson is the Divisional Training Petty Officer and Assistant Work Center Supervisor for the Damage Control Shop.

Robinson, a three-year veteran from Hudson, Ohio, is currently on his first counter narco-terrorism deployment onboard USS Robert G. Bradley after completing a Mediterranean cruise aboard USS Theodore Roosevelt (CVN 71).

FFSC Classes Available

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. 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

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"JIM WIGGINS"

FRI FEB 16TH 9:00PM

SAT. FEB 17TH, 8:00PM & 10:00PM

Jim Wiggins is known affectionately as the Last Hippie in America, and according to a top booker in Las Vegas comedy clubs, "Wiggins is the salt and butter on the popcorn!!" Jim Wiggins has become a professional comedian, performer, because he has spent half of his sixty years learning how to make everyone at the party laugh... When you do something for 30 years you tend to get pretty damn good at it!!!

"HYPNOTIST" "RICKY KALMON"

FRI MAR 2ND 9:00PM

SAT. MAR 3RD, 8:00PM & 10:00PM

...SPECIAL PERFORMANCE!!!

Comedian Hypnotist Ricky Kalmon delivers a hilarious, high-energy show that's jam-packed with surprises. Kalmon's show combines hypnotic suggestion with direct audience participation to create an interactive experience unmatched by anyone. In 2005 Kalmon's national TV show was launched and was picked up for a Second Season in the same year. Star of his own TV show "Seeing Stars" Hypnotist Ricky Kalmon gives you a chance to become your favorite celebrity and have your fifteen minutes of fame! Every week on Seeing Stars, Kalmon encounters real people on the streets of Los Angeles and hypnotizes them to become TV personalities. The volunteers actually think they are characters on their favorite TV shows! All shows are "R" rated. A "MUST" see! Ticket Prices Tues - Thurs range from \$15-\$20 depending on seat selection. Ticket Prices Fri & Sat range from \$20-\$25 depending on seat selection. No Free passes will be accepted for Ricky's Performances.

Tickets available online at www.comedyzone.com

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The COMEDY ZONE "gigi"

MWR Happenings

Auto Skills Center

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

Bingo

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. Luncheon bingo is offered on Wednesdays from 11:30 a.m. to 12:30 p.m. Luncheon 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

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

Dodgeball tournaments are Feb. 21 at YAC and Feb. 23 at RBCC.

Freedom Friday is 7-11 p.m. 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 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. 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. There is a one drink minimum purchase. This trip is open to those 18 years old and older.

Feb. 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. 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. Prizes will be awarded to first and second places.

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.

Feb. 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.

March 5, 12, 19 and 26: Mafia Movies and Meatballs. Don't Fogetaboutit tonight at Planet Mayport. Catch a gangster classic and enjoy free spaghetti and meatballs. Event will start at 6 p.m.

March 6: Tuesday Tune-Up. Get the kinks out at Planet Mayport as we offer free massages to all patrons who are just too stressed. Event starts promptly at 6 p.m.

March 7: 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.

March 8: Larry the Cable Guy, Live! GIT-R-DONE! See one of the kings of blue collar comedy, live at the Veterans Memorial Arena. Cost of this trip is \$35 and includes transportation and admission. Sign up at Planet Mayport.

March 9: Birthday Bash. Happy Birthday to all the March Birthdays. Stop by Planet Mayport for your birthday bonus.

March 11: NCAA Pick Your Brackets. Pick who you think is going to make it all the way to win the NCAA Championship. Fill out brackets at Planet Mayport all day.

March 13: Tropical Freeze. It's never too cold for a barbecue. Join us for free burgers, dogs and much more at Planet Mayport. Event starts promptly at 5 p.m.

March 16: Celebrate the luck of the Irish on a trip to Savannah, GA. We leave Friday and come back Sunday. Cost of this trip is \$85 and includes transportation and lodging for

the entire weekend. Sign up at Planet Mayport. Hurry, space is limited.

March 20: Dinner and a Movie Trip. Join the Liberty Program for some of the newest box office hits at Regal Cinema. Pizza served at Planet Mayport prior to departing to the theater. Cost of this trip is only \$2 and includes food, admission and transportation.

March 21: Nine 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.

March 27: Bowling Tourney. Free bowling tournament at Fast Lanes Bowling Center. Event starts promptly at 6 p.m. Sign up at Planet Mayport.

March 29: 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. There is a one drink minimum purchase. This trip is open to those 18 years old and older.

GSA Expo In May

From NAS Jacksonville

A free General Services Administration (GSA) Expo will be held May 15-17 in Orlando. This training conference and trade show exposition is designed for procurement and program professionals in government positions.

The expo will provide training in government contract law, performance based acquisition, strategic sourcing and other procurement-related courses, e-tools such as GSA Advantage and e-Buy, GSA Global Supply, infor-

mation technology, travel and transportation, facilities management and real property.

More than 200 hours of free training courses will be offered and all classes grant continuous learning points to support educational efforts.

The expo will also feature exhibits by more than 700 commercial partners and GSA multiple award schedule contract holders.

For more information and to register, visit www.expo.gsa.gov or call 1-888-272-5565.

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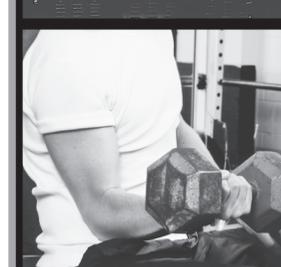
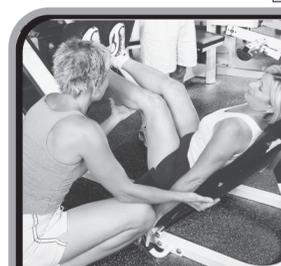


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285-8223
830-10 A1A North (1/2 mi. S. of Sawgrass Village)

MWR Sports

Sports

Runners wanted for the Southeast Regional Running Team. MWR needs 5K, 10K, Marathon or Triathlon runners who meet the qualifying times the Navy Regional Team has openings available. For more information, contact Rita at 270-5451.

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 are available at both Surfside Fitness Center and the Gymnasium. Classes include: CORE, Fitness Equipment Training, Functional Flexibility, Advanced Pilates, The 3B Burn, BOSU Balance Training, Pilates, Yoga, Kickboxing, Command Cardio Pump, Weight Training for War Fighters, Strength Training Basics for Women and Precision Cycling. Some classes require advance sign up. Sign up sheets are located in the hallways at both facilities.
 For information on fitness classes and programs, call 270-7718 or 270-7134.

Fast Lanes Bowling Center and Grille
 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.
 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.

Pool
 During February, the pool is only open for adult lap swim. Lap swim hours are Monday -Thursday from 10:30 a.m.-1 p.m. and closed on federal holidays. For more swimming pool information call 270-5425.



-Photo courtesy of USS Carney Ensign James Hostetler, Lt.j.g. Stephanie Brown and Ensign Mark Hebert ran the Museum of Aviation 11th Annual Marathon at Warner Robins Air Force Base in Warner Robbins, Ga.

Carney Officers Run Marathon

By Ensign Brad Steidle
Carney PAO

Three Carney Sailors competed in the Museum of Aviation 11th Annual Marathon. The event took place at Warner Robins Air Force Base, Warner Robbins, Ga. Led by Lt.j.g. Stephanie Brown, the Carney team showed well during the event.

"It was a true challenge to be able to accomplish finishing a race like this. It was great to share this experience with other members of the Wardroom," said Brown. Brown finished at the top of her age group and placed sixth overall for females with a time of 4 hours, 30 minutes.

Ensign James Hostetler also traveled to Georgia to compete in the race. Hebert finished second in his age group with a time of 4:21, as Hostetler also had a great performance with a time of 4:39.

"Training for a race of this magnitude is always a challenge, and while doing so on sea duty is one heck of an accomplishment," said Lt. Cmdr. Scott Erb, USS Carney executive officer and a triathlon veteran.

Carney plans to continue to participate in these events in the coming months in hopes of sparking more improvements in Sailor wellness.

MWR Employee of the Year



-Photo courtesy of MWR Jennifer Demus of Bogey's Restaurant is presented with a plaque by Naval Station Mayport MWR Director Bruce Grenier on Feb. 7 after being named MWR Employee of the Year during the MWR All-Managers' meeting held at the CPO Club.

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Homefront in Focus

By Beth Wiruth

Military Spouse Support Contributor
Building a strong marriage requires more than three short columns but the effort is priceless. Statistics easily found on the internet show that married individuals live longer than their divorced counterparts. Children of divorce have statistically greater risk for teenage pregnancy, lower educational achievement, and higher crime rate. Three aspects of marriage contribute greatly to the success or demise of a marriage; communication, finances, and fidelity. For military marriages these areas require creativity and commitment.

Communication during deployment is challenging especially for certain military communities such as the submarine community or special forces. The key is to 'plan' to communicate. Communication is not "talking". Communication is exchanging information, thoughts, ideas and opening dialog and discussion on these areas. Rhett, an Army officer, observes, "When I was home we spent a lot of time together, but now that I'm deployed we realize we didn't discuss the 'business' of our marriage. Now we are trying to do it via calling card phone calls, email and letters. It is much harder because we didn't lay a foundation of communication before I was deployed."

Nikki and Sila Lee, authors of *The Marriage Book* and founders of The Marriage Course urge couples to set aside time each week to communicate. Nikki states, "As couples we can talk all the time but not about the things that keep the marriage on track. We can assume our spouse knows what we are thinking or feeling." Setting aside time for a 'business' date on a regular basis keeps couples working together and strengthens their bond. This "talking date" is to purposefully talk about what is going on in your marriage from finances/spending plan and the kids report cards to holiday plans, the upcoming soccer season schedule, vehicle maintenance or remodeling project. For military families this means deep conversation during deployment will be challenging but if communication during non-deployment periods is maintained it will be easier to adjust during the interruptions of deployment.

Daryl and Jalon, a Navy couple, offer their deployment communication strategy. Jalon says she does not want Daryl worried or distracted by things going on at home but also asks Daryl for his input on all big decisions. In turn, Daryl remembers that Jalon is carrying the role of Mom and Dad and determines not to "check out" but to support Jalon and offer his feedback and input. Their advice? Try to anticipate things prior to deployment and plan and discuss them then keep talking throughout deployment as much as possible.

Finances. Developing a spending and savings plan is important to keep family finances healthy while avoiding a major stress point in marriage. Maintaining the financial plan during deployment will offer both Sailor and spouse confi-

NOSA 'Time and Talent' Set

From NOSA Mayport

Naval Officers' Spouses Association (NOSA) is holding its 17th annual "Time and Talent" charity auction on March 16 at Ocean Breeze Conference Center. Doors will open at 6 p.m.

The theme of this year's event is "A Pot of Gold" and will include a buffet and silent and live auction.

Cost is \$10 per person in advance or \$15 per person at the door. All charitable proceeds will be divided among local military charities. See your command NOSA representative for reservations or contact Michelle Mancuso at 372-9827, mmancuso24@aol.com, or Deanna Garrity at 302-5044, deannagarrity@yahoo.com.

dence. There are too many stories of spouses going on spending binges during deployment, or the Sailor spending large sums at port calls. Both situations cause stress and can be avoided. FFSC, your service member's command financial specialist or Navy-Marine Corps Relief Society can assist you in developing a spending plan and a plan to get out of debt.

I was standing on the pier watching my husband's ship get underway when the woman beside me asked, "Is it true what they say about Sailors?"

Confused, I asked for clarification. This underway was her first as a Navy spouse and she heard the stories of unfaithfulness among sailors. She was worried about her marriage. I could tell a similar story of sailors worried that their spouse would not be there when he returned from deployment.

Infidelity can devastate a marriage and family. The head of a successful corporation and well-known public speaker knew his travel schedule would keep him apart from his family and open the opportunity for him to meet

many women. He decided as a young exec that he needed to put safety measures in place to protect his marriage. He said, "The time to reject temptation is before that temptation arrives. Know how to handle it before it starts." For this exec that meant he would never spend time alone with a woman other than his wife. That meant no lunches with a woman, no private meetings with his secretary, etc. He demonstrated his commitment to this policy when on his way home from the office he had a flat tire. His secretary came

upon him stranded on the highway. He refused a ride from her but asked her to call his wife and ask her to pick him up. Who was this man? Billy Graham.

For both the spouse left behind and deployed service members take time to decide in advance what protections you will put in place to safeguard your marriage. Choose your liberty buddy wisely and avoid situations that present opportunity to violate your vow to your spouse. Spouses, the same goes for us. Avoid confiding in members of the opposite sex,

spend time with others who are equally committed to their marriage and the success of your marriage. The Navy's motto is perfect: Honor, Courage, Commitment. Honor your vow to your spouse, courageously avoid temptation and be committed to your marriage.

May this Valentine's Day be a celebration of the love that brought you together and renewed commitment to build a successful marriage.

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

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Education

Commissary Scholarship Application Deadline Feb. 21

By Carrie Williams
DeCA

While chocolate and flowers are traditional Valentine gifts, perhaps for students the best gift is a \$1,500 scholarship. The Scholarships for Military Children program might be just the ticket this Valentine's Day, but don't procrastinate because applications must be turned in at a commissary by close of business Feb. 21.

The scholarships are available to unmarried children under the age of 21 (23 if enrolled in school) of military active-duty, Reserve, Guard and retired personnel. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card.

An applicant must be planning to attend an accredited college or university full-time in the fall term of 2007, or be

enrolled in a program of studies designed to transfer directly into a four-year program.

Scholarship applications are available at 263 commissaries worldwide, or can be downloaded through links at <http://www.commissaries.com>, <http://www.militaryscholar.org> or <http://www.dodea.edu>.

Along with their application, applicants must include an essay on "how and why" they would change an historical event. At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants.

"Scholarships for Military Children is a wonderful military community program," said Patrick Nixon, DeCA director and chief executive officer. "Nearly 3,000 scholarships totaling more than \$4 million have been awarded since the first awards were given in 2001."

Most of the funds are donated by manufacturers, brokers and

suppliers who sell groceries in commissaries, and every dollar donated to the program by industry or the general public goes to fund the scholarships. The program is administered by the Fisher House Foundation.

A significant number of scholarships, about 10 percent every year, go to high school students at DoD schools overseas.

"Every cent that community organizations can mobilize to support college-bound students is an investment in the future," said Joseph Tafoya, director of the Department of Defense Education Activity.

"With college costs soaring, our DoD students and their parents appreciate every available scholarship to help defray the cost, and the scholarships enable many of our families to better afford the tuition and provide an incentive for students to work hard," said Tafoya. "They also demonstrate that military communities are committed to

education and increased opportunities for all students."

The scholarship program has also made inroads to increasing support from the "nonmilitary" community. California high school students sponsoring golf tournaments in 2006 raised thousands of dollars to donate to the program, and already for 2007, a private foundation has made a substantial donation.

"We're excited to see this worthwhile program gaining recognition and funding from the community at large," said Jim Weiskopf, vice president of communications at Fisher House Foundation.

"Commissary industry support has been amazing and increased public support can only help ensure that the Scholarships for Military Children program continues to benefit the military community for many years to come."

Donations can be made through the link at <http://www.militaryscholar.org>.

NEX A-OK Program Rewards Students

By Kristine M. Sturkie

Navy Exchange Service Command Public Affairs

The Navy Exchange's A-OK Student Reward Program will hold a drawing on Feb. 28 to help four students pay for a college education.

The winners will receive either a \$5,000, \$3,000, \$2,000 or \$1,000 U.S. savings bond, with the denominations reaching full value at maturity.

"Since 1997, the A-OK Program has awarded nearly \$400,000 in savings bonds to students who have entered the drawing," said Mike Mongin, operations specialist at the Navy Exchange Service Command (NEXCOM). "Navy Exchanges exist to support our Navy families. The A-OK Student Reward Program is just another way we support [them]."

Any eligible full-time student who has a 'B' grade-point average equivalent or better, as determined by their school system, may enter the drawing. Eligible students include dependent children of active-duty military members, Reservists and military retirees enrolled in first through 12th grade. Dependent children without an individual dependent identification cards must be accompanied by their sponsor to submit their entries. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawings, visit a Navy Exchange with the student's current report card and have a Navy Exchange associate verify their minimum grade average. Fill out the entry card and obtain an A-OK ID, which entitles the student to discount coupons for Navy Exchange products and services.

AAFES Scholarships Available

From American Forces Press Service

Good grades in school can yield more than a sense of satisfaction for children of military families, as students can cash in on the Army and Air Force Exchange Service's "You Made the Grade" program.

Begun in February 2000, AAFES' education rewards effort is designed to recognize above-average academic achievement, officials said. Qualifying students receive a coupon booklet that includes

free admission to an AAFES Reel Time Theater, a complimentary slice of Anthony's pizza with drink and a free magazine, as well as other coupons.

"It is important to recognize our military families' superior students," said Air Force Chief Master Sgt. Bryan Eaton, AAFES senior enlisted advisor. "They have faced unique educational challenges that most civilian students will never have to contend with."

"To be able to maintain aca-

ademic excellence despite adversities such as moving regularly or having a parent deployed," he continued, "shows the resilience and resolve of these students as well as the quality of their teachers."

Each "You Made the Grade" booklet also contains an entry form for a quarterly savings bond drawing in which three winners are randomly awarded savings bonds of \$2,000, \$3,000 or \$5,000. To receive the booklet, students simply present a

valid military ID card and proof of an overall "B" or better average at their local post or base exchange.

Students may receive one coupon package for every qualifying report card they receive, but may enter the savings bond drawing only once per calendar quarter. Military families can contact their local AAFES main store manager or general manager for more information.

TESC Has Lots To Offer Students

From Thomas Edison State College

Thomas Edison State College has provided members of the armed forces with flexible educational opportunities since 1972.

The college has played a pioneering role in developing military educational degree maps as well as career-related degree programs that optimize military

training and experience.

The college has enjoyed a long standing relationship with the Navy as a participant in the Navy College Program Distance Learning Partnership (NCPDLP). Through NCPDLP, Thomas Edison State College has developed associate and bachelor degree programs related to each rating, and offers

maximum use of professional training and experience to fulfill degree requirements.

The college also offers masters degree programs in Human Resources, Management, Liberal Arts, and Nursing. Thomas Edison State College is regionally accredited by the Middle States Association of Colleges and Schools. For more

information, contact Dennis LeGaux, the college's on-base representative, in the Navy College Office in Building 460 or call 434-3752.

Aviation Sheet-Metal Course Begins Feb. 13 At FCCJ

From FCCJ

The Aviation Center of Excellence at Florida Community College at Jacksonville is offering a short-term training course for entry-level aircraft sheet metal workers. The local demand is such that successful completers of the course are guaranteed an employment interview with two aviation companies.

This Assembly Riveter course meets two nights a week and takes ten weeks to complete, so students can attend school while working full-time. Classes begin Feb. 13, meeting Tuesday and Thursday nights from 6-10 p.m. The cost is \$800 and scholarships are available for qualified students. Successful students

earn a certificate of completion.

Aircraft sheet metal technicians are in high demand locally, and a good "foot in the door" of a growing industry in Florida. Entry-level earnings are about \$12 or higher. Florida ranks third in the nation in aviation and space jobs. A recent \$1.2 million grant helped kick-off the Aerospace Resource Center, offering the course in conjunction with FCCJ and Brevard Community College to answer the current and future aviation employer demands.

No previous experience is necessary to take the course, but to qualify for the interviews, students must have a high school diploma or GED. Scholarship applicants for this

course must be at least 18 years of age and U.S. citizens. Male applicants are required to be registered with the Selective Service.

The Aviation Center of Excellence is located at Cecil Commerce Center. Jacksonville Transportation Authority runs bus service directly to the hangar in which classes are held. For more information call 997-2845.



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CNRSE Kicks Off Lean Six Sigma With First Green Belt Training Sessions

By Suzanne Speight

Commander, Navy Region Southeast
Public Affairs
Commander, Navy Region Southeast will kick off its first Green Belt training classes in early February. A group of 30 military and civilian personnel from commands throughout the region will attend the training at locations in Jacksonville, Fla. and Norfolk, Va.

Green Belt training is a major first step in a Navy-wide implementation of Lean Six Sigma (L6S), a problem solving process and mindset that has been proven to significantly improve customer satisfaction, by reducing variability and waste in every aspect of a business. Acclaimed by companies such as GE and Motorola for its ability to develop and deliver near-perfect products and services, L6S will be a critical tool in the mission of supporting the warfighter.

Congratulations to the following personnel, who were select-

ed to attend Green Belt training:
William Baker, NAS/JRB Ft Worth

Sandra Browne, GS-12, NAVSTA Guantanamo Bay, Cuba

Amy Cimino-Shockley, NF-04, CNRSE Staff

Mike Davenport (Alternate), GS-13, CNRSE Staff

Karen Dotson, GS-13, Subase Kings Bay

Karen Ellis, GS-13, CNRSE Staff

Noreen Ernest, GS-11, CNRSE Staff

Leah Ervin, GS-12, CNRSE Staff

Ron Griffis, GS-12, NAS Corpus Christi

Karol Higginbotham, GS-13, CNRSE Staff

Dennis Higgins, GS-11, NSA Athens

Richard Horne, GS-13, CNRSE Staff

Robin Hudson, GS-12, NAVSTA Ingleside

Darla Huffman, GS-12, NAS Pensacola

Anita Johnson, GS-11, NAS Atlanta

Rodney Jones, GS-11, NAVSTA Mayport

Mary Kay Kassiris, GS-12, NSA Panama City

Kordeen Kor, GS-12, NAS Kingsville

David Litton, GS-13, NAS Meridian

Lt. Cmdr. Maria Magno, NSA New Orleans

Mike McCool, NF-05 NAS Jacksonville

Cmdr. Barry Murphy, NWS Charleston

Kimberly Neely, GS-12, CBC Gulfport

Sandy Powers, NF-05, CNRSE Staff

Lt. Cmdr. Steve Ready, NAS/JRB New Orleans

Julie Riley, GS-11, CNRSE Staff

Jolene Scholl, NF-03, NAS Key West

Sonia Smith, GS-13, Subase Kings Bay

Patricia Speas, GS-11, NAS Whiting Field

Tom Tomko, GS-13, NSA Orlando

Students will learn the L6S basics and complete an actual process improvement project during the training, which consists of two separate week-long sessions. After attaining the Green Belt certification, responsibilities will include: helping to direct and conduct process improvement projects, collecting and analyzing data from experiments and business processes; working with process owners to ensure project gains are maintained; and disseminating best practices throughout the Navy.

Kordeen Kor, a civilian from NAS Kingsville, said she is looking forward to the training. "Rapid expansion in technology in today's market place ... communications, shipping, internet capabilities, etc. ... dictate that we as government agencies review old methods of doing business and incorporate changes," she said. "It's exciting to

be a part of a team to look at processes, work with people and help them to identify methods to improve on how they do business."

CNIC has mapped L6S as a permanent course for the Navy's future, and the CNRSE Green Belt candidates will be in a position to lead a successful implementation throughout the organization, military and civilian, at all levels.

"I am excited about the fact that higher ranking Navy personnel are receiving this training, and apparently will not only be using these skills, but will encourage others -- up and down the chain of command -- to do so as well," said Cmdr. Barry Murphy, of Naval Weapons Station Charleston.

"In the past, these kinds of things - new skills, new methods of doing business, better ways to communicate, etc. - have been taught and adopted at lower levels within the Navy; however, I think senior Navy

leaders often were unaware of these new techniques, and thus all of us were not on the same page." Murphy said he felt interactions between these two "camps" were often out of sync. "I really think L6S will be the remedy, and will be the 'glue' that binds our entire Navy Team into one very cohesive unit."

More information about L6S may be found at the following Web sites:
Free Six Sigma Lessons: <http://www.motorola.com/content.jsp?globalObjectId=3069>

Six Sigma Dictionary: <http://www.motorola.com/content.jsp?globalObjectId=3074-5804>
Further Articles: <http://www.motorola.com/content.jsp?globalObjectId=3070-5788>

Frequently Asked Questions: <http://www.motorola.com/content.jsp?globalObjectId=3075-5805>

Homefront America Offers \$25K

By Carmen L. Gleason

American Forces Press Service

A troop-support group has launched an essay contest to award scholarships to military children in gratitude for the sacrifices they have made while their parents serve the nation.

Homefront America has joined the W. Daniel Tate family and Sara's Hope Foundation for a second year to host a scholarship contest awarding \$1,000 to 25 military dependent children.

The organization is a member of America Supports You, a Defense Department program designed to connect U.S. citizens' support directly to troops

and their families. "This is the launching of a huge campaign," said Mamie Maywhort, Homefront America chief financial officer. "It doesn't matter if people only contribute a dollar; we want this to be the beginning of an endowment perpetuated every year."

Maywhort said she began the program because she saw a need due to heightened operational tempos.

"With parents being deployed so much, some of these kids might not have the role model there to encourage them to pursue further education or the resources to make going to

school possible," she said. Maywhort said that she and Tate have long been passionate about encouraging youngsters to pursue higher education, especially those connected to the military.

"We are happy to have this opportunity to help our military families," Tate said. "I did not serve in the military; my children are not in the military. This is our way of serving."

"We strive to provide our military families with opportunities whenever possible," said Homefront America President Arthur Hasselbrink in a statement on the organization's Web site.

He said the dream of providing scholarships to military dependent children has become a reality thanks to Tate's generosity.

This year's essay topics focus on patriotic and military themes. Contestants are asked to submit essays on one of four subjects:

- America ... It's a Wonderful Country;
- Turning Challenges into Opportunities;
- Why I am Proud to be an American; or
- My Dad/Mom ... My Hero.

Essays are due by April 23 and should not exceed 500 words. They will be judged by independent volunteers based on content, originality, grammar and spelling. Winners will be announced in May.

Full instructions and application procedures are available at the Homefront America Web site, www.homefrontamerica.org.

NKO Offers White Belt Training

From CNRSE

The Navy Productivity Improvement Awareness course provides an introduction to a broad range of basic principles, practices, tools and business models that navy personnel can apply to implement efficiencies throughout the Navy. To take this training access the Navy Knowledge Online (NKO) at <https://www.nko.navy.mil>.

If you are a new user, select "NKO Registration" under the New User heading. Complete the required fields. Verify your information. Click the "Continue" button. Click the "OK" button.

For existing users, go to the NKO website at <https://www.nko.navy.mil> enter your NKO Username and password to log in, click the Login icon. Click

on "Navy e-Learning" link. This will take you to your e-learning account. There are Browser Configuration guidelines on the Navy eLearning home page that explain how each learner should setup his or her computer for best results. This information is located under the 'Get Started' column on the left side.

Go to content section on the left - use advanced search capability. Search for "Productivity Improvement Awareness." Click the "Enroll Now" icon. Click on "Launch" to begin to take your course. The course will take up to two hours. When completed, click on "My Transcript Tab." Click on "Certificate" to print your certificate of completion. Call for help at 877-253-7122 or e-mail for help at nlh.helpdesk@netc.navy.mil.

NMFA Accepts Applications for Military Spouse Scholarships

From NMFA

The National Military Family Association (NMFA) is accepting applications for NMFA's Joanne Holbrook Patton Military Spouse Scholarships.

Scholarships are awarded to spouses of Uniformed Service Members (active duty, National

Guard and Reserve, retirees, and survivors) of any branch or rank to obtain professional certification, to attend post-secondary, or graduate school. Applications will only be accepted online at www.nmfa.org.

To be considered, applications

must be submitted by midnight on March 15.

Spouses wishing to apply or seeking additional information can visit the NMFA website or contact Michelle Joyner at (703) 931-6632 ext. 331 or via Email: publicrelations@nmfa.org.

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Navy News

Thousand-Ship Navy Discussed At West 2007

By MCSN Jonathan G. Husman

Fleet Public Affairs Center, Pacific

While meeting at the Western Conference Exposition (West 2007) here Jan. 31 to discuss future shipbuilding options, senior Department of the Navy officials also took the opportunity to expound on Chief of Naval Operations (CNO) Adm. Mike Mullen's 1,000-ship Navy concept.

Vice Adm. John G. Morgan, Jr., deputy chief of Naval Operations for Information, Plans and Strategy and Rear Adm. Michael C. Bachman, commander of the Space and Naval Warfare Systems Command, explained that the 1,000-ship Navy is a network of international partner navies who will work together to create a force capable of standing watch over all the seas.

"A new naval era is coming and we're doing exciting things in preparation for it," Morgan said. "The Navy is being challenged by the CNO's plan of a 1,000-ship Navy and we'll find ways to move toward putting his plan into action. The

Navy's traveling around and getting the idea of a 1,000-ship Navy to patrol the seas, out to the world."

Morgan and Bachman sat down with discussion host Dr. Dov S. Zakheim, former under secretary of defense (Comptroller) and chief financial officer for the Department of Defense, during the luncheon and also held a period of question and answer for the audience.

"We fight in a joint environment and are embarked upon a journey to ensure that the war in Iraq isn't just fought by our American troops, but also by our allies," Bachman said. "The war in Iraq embodies the new level of integration possible and is the beginning steps of a global network needed for a 1,000-ship Navy."

Also, according to Morgan, 90 percent of world's commerce travels via the oceans, and a 1,000-ship Navy would help protect that aspect of international trade.

"Despite how powerful we are and despite how big we are, we can't do it on our own," he

said.

For more than a year, the CNO has advocated the 1,000-ship Navy concept to many allied and international navies.

"This 1,000-ship Navy idea is all about a global maritime network, a huge network of sharing," said Morgan. "That's the biggest challenge we're facing: a network of many integrated countries' navies with one goal in mind of patrolling the world's seas."

West 2007 brings government, military, and industrial leaders together to explore future strategies.

"West 2007 is a great convention because it gives enlisted military members a chance to see cutting edge technology and also holds informative panel discussions," said Fire Controlman 2nd class Matthew Somers, attached to USS Chancellorsville (CG-62). "I think the 1,000-ship Navy is a great step toward making our world a safer place, and it shows how much the United States really cares about the world."

Furthering International Relations



-Photo by MC2 Elizabeth Williams

Boatswain's Mate 2nd Class Samuel Smith, assigned to guided-missile cruiser USS Gettysburg (CG 64), awaits the arrival of German frigate FGS Sachsen (F 219). Sachsen is assigned to Standing NATO Maritime Group One (SNMG-1), a joint allied maritime task force designed to protect the waters of NATO countries.

DACOWITS Committee Members Chosen

From DoD

Secretary of Defense Robert M. Gates has announced the selection of the fiscal 2007 appointees to the Defense Department Advisory Committee on Women in the Services (DACOWITS).

DACOWITS is comprised of civilian members from throughout the United States, selected on the basis of their experience in the military, as a member of a military family, or with women's or family-related workforce

issues. The committee provides an invaluable service to the department as an independent body of "citizen" advisors on matters concerning women and families in the military and the Coast Guard.

The incoming members are: Kerry Lassus of Ft Belvoir, Va.

Judith Page O'Flaherty of Norfolk, Va.

Retired Army Reserve Command Sgt. Maj. Roberta

Santiago of Castro Valley, Calif.

Members selected to serve a fourth year are:

Sen. J.P. Duniphan, of Rapid City, S.D.

Retired Air Force Reserve Col. Vance Shaw of McLean, Va.

Dr. Mary Nelson of Boulder, Colo., has been extended as the Chairperson until May of 2008.

More information about DACOWITS can be found at <http://www.dtic.mil/dacowits/>.

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-Photo by HM1 (SW) Michael Morgan

Naval Hospital Jacksonville beneficiary Reginald Gilford receives hands-on training from CSC Ronald Borocz on how to use the hospital's new Interactive Customer Evaluation (ICE) kiosk while waiting for her appointment.

NHJax Has New Tool For Patient Feedback

By Marsha Childs

NHJ Marketing

Naval Hospital Jacksonville has a cool new tool that allows patients to rate their health care delivered at any of its medical facilities using ICE—the Interactive Customer Evaluation system.

ICE is a web-based customer feedback tool that can be accessed from your home computer or using one of the new kiosks, known as ICE boxes, which are conveniently located throughout the hospital and at the Branch Health Clinics.

Patients and visitors may submit online comment cards to rate the healthcare services they receive during a recent visit or inpatient stay. ICE may also

be used to make suggestions or compliment the staff. ICE provides patients with general information such as location, hours of operation and answers to frequently asked questions. It permits the patient to view a "report card" for any service area and see how others rate the service.

When a patient submits a comment card, the ICE system generates an e-mail directly to the service provider. If the patient requests a response, the manager will make contact within 3 business days. The system also generates reports, allowing managers to monitor customer satisfaction in their areas of responsibility. This timely information enables the

staff to evaluate existing services, recognize deserving staff members and consider suggestions provided on ICE.

ICE allows hospital leadership to receive candid patient feedback and tailor the services to meet the needs of military families. ICE is a clear signal to patients that customer service is a top priority for the entire staff.

ICE is available on the hospital's website at navalhospitaljax.med.navy.mil. For more information about ICE or to learn how you can provide feedback, contact the Customer Relations Office at (904) 542-9175.

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 mainely@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.

One free ticket per active duty ID is available to the Scottish Highland Games on Feb. 24 at the Clay County Fair Grounds. Children 10 and under are free, and additional tickets may be purchased at the gate or online at www.NEFLGames.com

Visit Kennedy Space Center explore all year with Maximum Access 365SM, Kennedy Space Center Visitor Complex's Florida resident 12-month pass. Florida residents can get a 12-month pass to Kennedy Space Center Visitor Complex for

USO News

the price of one day Maximum Access admission. For more information, please visit www.kennedyspacecenter.com/365.

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 lynnne@usojax.com for more details.

USO sells discounted tickets to AMC Movie Theatres, Disney World, Sea World, Busch Gardens, Wet N' Wild, Universal Studios, Islands of Adventure, and Adventure Landing.

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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yrs old, fireplace, luxury master BR, and BA separate, water DR, lakeview, waterfront, etc. near base. \$210,000 OBO. (904)803-6617 or (904)772-7795

A Full Service Brokerage

www.callthechief.com 877-346-7827 DON BROWN REALTY 225-551-0711

I/W Priced to Sell

Nice 3/2, 1790 sq ft, formal LR, in-law laundry sec 5yrs, 218 sq ft. 904-363-1027

Windsor Park Golf

2.5 BA, 2 story hardwood floors, located between NAS Jax & Mowbray. (904)495-7793. PCS Move. \$449,900

FSBO-9318 Osterley Ct

BR 403+ Bonus Rm 3000sqft Open House Wknd \$228K-250K Call 904-363-9256

I CAN PUT CASH IN YOUR POCKET TODAY

We buy houses & autos. R.E. Asent. 398-397 382-6654

Nassau County Homes for Sale

YULEE Affordable homes available. Starting at \$120K. Call 904-993-3341

Yulee/Fernandina Belles

4 BR/2BA, 2008 sf, like new, 2229,000. Listing call paid. Serious inquiries only! Must contract by 3/11. Call 225-1934 or 705-5453

ST. AUGUSTINE Homes for Sale

FRUIT COVE FSBO 4/4, all brick cul-de-sac, in-law suite, ceramic tile & upgrades, over size lot, builders home. \$360K. Call 904-363-9256

FRUIT COVE -FSBO

3/2.5, eat in kit, 3/4 ac, shed & built in wood rock convey, stone flpl, 2 car gar, new roof, ac, kit appl, \$340K 230-4175

JULINGTON CREEK PLANTATION

-4/2, 3229K, 740 S. Lilac Loop Call 850-459-3474

St. Augustine By Owner HOME FOR AUCTION!

Completely Renovated, 3BR, 2BA Mediterranean villa. One blk from water and 1 mile to downtown St. Augustine. Valued @ \$360K. 5267,500 or Best Reasonable Offer. Inspection Sat. 2/24 & Sun. 2/25 12-5pm. Home will be sold Sunday night 2/25 to highest bidder. 24HR. rec'd info 800-263-2563 ext.1793 www.1850lenn.com

ST. AUG. By Owner, never lived-in

3/2 on approx 1 acre. Paved dead end rd. 0.80 US Below mkt value of \$269K. 386-937-3645 Well maintained. \$564K 803-5807

ST AUGUSTINE Homes for Sale

EVANS CO., GA 1984's 51,500 sq ft Excellent hunting, creek, hardwood bottoms, subject to thinning contract 404-362-8244 ST. Regis Paper Co. www.stregispaper.com

Georgia Homes for Sale

EVANS CO., GA 1984's 51,500 sq ft Excellent hunting, creek, hardwood bottoms, subject to thinning contract 404-362-8244 ST. Regis Paper Co. www.stregispaper.com

SOUTHSIDE -Beach/

Kernan 1/1 and 2/1 conv. upgraded kitchens, wood floors, amenities galat. Private owner, \$115,000 and up. (904) 455-3633

SOUTHSIDE -3 commer-

cial units, brand new new 2/2, overall mkted \$269,900 Call 561-644-4212

SOUTHSIDE IL VILLA-

ge 1st flr, 3/2, motivated seller, seller pays 1% of closing costs, \$224,900. 463-2786/ 992-7182

SOUTHSIDE -3 commer-

cial units, brand new new 2/2, overall mkted \$269,900 Call 561-644-4212

SOUTHSIDE -Beach/

Kernan 1/1 and 2/1 conv. upgraded kitchens, wood floors, amenities galat. Private owner, \$115,000 and up. (904) 455-3633

SCRIVEN CO. GA

SCRIVEN CO. GA 1984's 51,500 sq ft Excellent hunting, creek, hardwood bottoms, subject to thinning contract 404-362-8244 ST. Regis Paper Co. www.stregispaper.com

Waterfront For Sale

Baker Waterfront Baker County Clay County Duval County Nassau County Putnam County St. Johns County Georgia

Beach-Ponte

Vedra-1/1 w/lot, 2nd floor, \$179,900 Call Ocean Johnson 285-5640, Ocean Grove

Jacksonville Beach

Condo 2/2 w/2 car gar pkgs. 2200 Ocean Dr. S. #3E M/LS #348883 \$650K. Bishopp Properties 904-314-3395

Duval County Waterfront

HECKSCHER - Deep water, Off Heckscher Dr. 114' on St. Johns River. Beautiful view of Ft. Caroline and Dames Point. Call Robert (904) 773-5067

Putnam County Waterfront

E. PALATKA Waterfront pool, 2100sf. 45mi's to Jax Lev. 03/2006. \$1500/mo \$579K. 904-233-5526

Georgia Waterfront

NAHUNTA, GA 43acres Scilla riverfront, well & septic, 48x52 pole barn \$700K. 904-292-1133

Duval County Investment Income Property

HANDYMAN SPECIAL Cheap - Cash 3/1 904-962-1250

Northside - Investor

3br 1ba, beautiful rehab, HUD ready, CH&A, appraised 970K, Quick Cash Sale \$80K, 1636 W 36th St, 224-9256, other prop. avail, needs light rehab.

Westside REPO BLOWOUT !!

Many to choose from, EZ financing, low down pmt. 771-9059 or 920-0886 Ask for Sam

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New Used, 2 or New 2, 3, & 4 bdrm Call 246-7684

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Duval County Condominiums

Intercoastal West 2/2
Avanti Condos on Kernan
/Bch all new, WD,
gated, pool \$1100. 434- 8118

Intracoastal Waterway

Gated, new 3/2, 2100SF,
granite, garage, pool &
fitness. \$1695. 881- 0895

JACKSONVILLE BEACH

lux ocean front, pool,
jacuzzi/ gym, 2br/2ba,
furn, \$3500 - \$5000/mo
Call 813- 695- 0376

SAN MARCO PLACE

Executive Luxury River-
front 2/2 Condo Tennis,
swimming, hot tub, Wi-
Fi, rm Million \$ 472- 3445

Southside

2/2 condo, Tim-
berlin Plk. 3975/m + \$500
dep. 1 car gar, first fir,
1060sf. (904)652- 8460

SOUTHSIDE 2/2 LL Villa- ge

\$1250/mo. full ameni-
ties, club hse gated. Call
Eddie 904- 359- 1283

WESTSIDE Natures

Highway 3br/2ba,
1300sf, pool, WD incl,
\$1100/m + dep 904-78- 1007

Westside-Near NAS

3BR/2BA, all
appliances, WD,
3151 Plympton Drive,
Bldg 4, Unit 1. Tim-
ber. \$950/month.
696- 5655

St. Johns County Condo Rentals

BEACH - Ponte Vedra 2/2,
E. of A1A, gated 5 star
comm, w/pool, fitness
club, cinema & beach
shuttle, all app incl
w/d, nobody above or
below you. 904- 825- 4777

CR210 2br/2.5ba, sgl car gar, WD hook up, no pets, avail now. \$995/mo. Call 904- 891- 7378 Ponte Vedra Sawgrass CC 1600 house, 3 1/2 car garage, flr, scnd patio, a vail 3/1, \$1800/mo. 904- 247- 8574 or 904- 7013 PONTE VEDRA BCH 2/2 condo, 18 mi SE of Jax. Located in gated comm, Call American Dreams Realty 352- 338- 7505 or visit us www.american- dreamsrealty.net WORLD GOLF VILLAGE 1600 house, 3 1/2 car garage, flr, scnd patio, a vail 3/1, \$1800/mo. 904- 247- 8574 or 904- 7013 Duplex/ Townhome For Rent - Baker - Clay - Duval - Nassau - Putnam - St. Johns - Georgia Clay County Duplex/ Townhouse For Rent Orange Park-Beau- tiful, 2 story Near mall, \$1200/mo mon, 3BR/2BA 353- 3058 Duval County Duplex/ Townhome For Rent INTRACOASTAL WEST 2/2.5 condo, gated, all appliances, \$1100/mo; good credit req 904- 891- 8918 SOUTHSIDE Tinseltown 2/2.5 condo, gated, all appliances, \$1100/mo; good credit req 904- 613- 7258 Ortega-Close to NAS 2/2 townhouse for rent deposit, \$875 a month. Available Feb 1st, Call 541- 0827

Duval County Roommates

ATLANTIC BEACH pro-
fessional looking to
share 3/2 hse, nice hse in
quiet neighborhood. No
dep. \$700/mo + 1/2 util.
Call 904- 219- 4307

BAYMEADOWS/9A Shore
4/3 house in nice area.
Fem. smkr pref'd. Great
amenities. 904- 563- 5183

INTRACOASTAL WEST

3/2 \$530 + dep, incl
elec/wtr, ph, cbl 228- 4449

MANDARIN 4/2.5, pool, WD, cable, internet, \$600/mo + \$250 dep. furn/urnfurn. 731- 0159 Commercial/ Industrial For Rent - Baker - Clay - Duval - Nassau - Putnam - St. Johns - Georgia Duval County Commercial/ Industrial For Rent SOUTHSIDE 7200sf, 9600sf, 19,000sf, or 33,000sf, warehouse. Grade level. Common dock available. Univ w/ Powers. 4447 Easton, Sanderson, & Co. 356- 2228 Realtor WAREHOUSE 13,000sf - 40,000sf, or 53,000sf. Dock High 16' \$2,955f gross. Easton, Sanderson, & Co. 356- 2228 Realtor Room for Rent- 3/2 single roommate located in Jackson- ville call for details (904)625- 2269, Ready Now. LUXURY ROOMS w/Microwave & Refrig! Low Daily/Wkly Rates! 10% Off for Wkly Room! KINGS INN (904) 725-3343 QUALITY INN (904) 264-1211 Duval County Rooms To Rent Arlington-3/2, inround pool, \$450 monthly + dep. (904)234- 3652 Arlington-Navy Family looking for female roommate to share 4/2 home. Near Mayport/Dames Point. Also area. Call 652- 3811, Avail. now Room for Rent- 3/2 single roommate located in Jackson- ville call for details (904)625- 2269, Ready Now. RETAIL SPACE FOR RENT - Baker - Clay - Duval - Nassau - Putnam - St. Johns - Georgia Duval County Rooms To Rent WESTSIDE warehouse 6000SF dock high, roll up doors, w/office & b'rs, \$2100. Call 904- 568- 7660 WAREHOUSE 13,000sf - 40,000sf, or 53,000sf. Dock High 16' \$2,955f gross. Easton, Sanderson, & Co. 356- 2228 Realtor Room for Rent- 3/2 single roommate located in Jackson- ville call for details (904)625- 2269, Ready Now. LUXURY ROOMS w/Microwave & Refrig! Low Daily/Wkly Rates! 10% Off for Wkly Room! KINGS INN (904) 725-3343 QUALITY INN (904) 264-1211 Duval County Rooms To Rent WESTSIDE - 3/2, DW CH&A, \$650/mo \$650/dep. 771- 4407 or 699- 2769 NEW OFFICE SUITES 1,720 sf to 11,520sf Eastpark Great location! (904) 998-9339 Financial - Business - Opportunities - Distributships/ Franchises - Fictitious Names - Financial Services - Money to Lend or Borrow - Mortgages Bought and Sold - Business Opportunities COIN OP LAUNDRY FOR SALE- NOW OPEN 2841 Art Museum Rd Jax \$350,000, Call Laundry Pro of Florida Inc. 1,800,232,5736 HOME BASED BUSINESS Call Toll Free 1- 888- 230- 7531 x1239 NAIL SALON - Beaches area, 3yrs in business, Fax 249- 8999 ph 249- 8777 Perfect Owner- Operator M/F retail bus. Very busy detl, coffeehouse & candy store in otc. high rise. Call 885- 1692 lv msg Prepaid Legal- Marketing assoc. needed. Unlmt income potential. Steven Camp independent Assoc. 904- 534- 3726. www.stevencamp.com Financial Services Fest & Easy Home Loans Refin., purchases, Home Equity- Call Cheryl Holder: (904)200- 9505 Refinancing Fast & Easy Call Cheryl Holder: (904)200- 9505

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Delivery Driver

COURIER / DRIVER FT
& PT independent con-
tractors. Knowledge of
the Summer Season, in
my home. Non smoker.
Ft. Caroline area. Must
have references.
591- 5760

Looking for Responsible Caregiver for 3 well-behaved school-age children-For the Summer Season, in my home. Non smoker. Ft. Caroline area. Must have references. 591- 5760 General Employment Caddies GOLFERS WANTED! Caddie/master is looking for Ser- vice oriented Caddies to work at TPC Sawgrass. Golf knowl- edge & service skills required. FT PT posi- tions \$400- \$700/wk P l e a s e c a l l o n t a c t 904- 280- 2453. - Drivers - Messengers - \$500 sign-on bonus! Brinks, Inc is the premier provider of armored car transportation. We offer: - Full Medical/Dental Pkg - Company Matching 401k - Tuition Reimbursement - Paid Vacation - Time & half for 40+ hrs - Avg Annual Salary \$29K (includes OT) Qualified candidates will complete a: • Polygraph examination • Successful background check • Drug test/D.O.T. physical For directions or more information please call (904) 353- 4331. Brink's is an equal opportunity employer. m/f/h/v. License #B88700010. INSULATION INSTALLERS Needed. Exp pref, but no exp. Must have good driving record and able to pass drug test. Apply in person at 2808 Mining Terrace, 32257 MAID TEAM CLEANING 5 days /wk, no weekends, Available & dependable. Orange Park. 264-6666. DFWP PRODUCTION ASSISTANCE - Graphics production co. looking for Asst for sign production and exhibit build. Resumes only to 2136 Kings Ave. Jax, FL 32207 VET TECH/KENNEL HELP for Show kennel. Good pay. Mandarin area. 262- 8475/334- 3665 YACHT MATE - Wanted with experience in maintaining yachts. 904- 646- 3700 FUN CASH \$150-\$450 per day. 401k, benefits, prof. appearance. 398-3937 Wendy or Cindy Hotel/ Hospitality/ Tourism - * Housekeepers - * Maintenance Supervisor - * Front Desk - * Courtyard Marriott Apply in person at JTB & 1-95 4670 Lenox Ave. South Jacksonville, FL 32216 904-296-2929 EOE/DFWP HOUSEKEEPING - Jax- sonville Plaza Hotel hir- ing housekeepers, top pay \$8-\$10/hr apply at 14585 Duval Rd. 741- 1133 Industrial Trades CARPENTERS for residential framing. Many positions avail. Great Benefits/Paid holidays & vacations. DFWP Ph. 9931111 ELECTRICIAN Service/Residential great pay/paid vac, 401k Local exp req EDL necessary Thompson Electric 353- 1500 PAINTERS - Experi- enced insp req. Exp a must. Benefits avail. 419- 4880 DFWP PAINTERS with comm'l & resid'l exp needed immed. Tools & transp. req'd. \$12/hr + up dep on exp 632- 0500 DFWP Waitstaff, Bartenders, Doorstaff Call 3991110

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COMPANIONS, SITTER
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Will train. Call 652- 6133

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needed to clean large
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area. 912/729-4635

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sfi.oppone.com
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• NEW PAY PACK-
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Feb. 16 & 17. 10:30a- 4p
SPECIAL: OL' W/MS FL
6210 US 1 N. (St. Johns Co.)
15 mi. S. of Avenues Mall
5 mi S Red Double Decker
Bus. 35 cars, trucks, vans.,
VV Beetle & motorhome.
All winning bidders are
required to submit a \$100
Cash deposit.
Luman E. Beasley, CAI
AB1441 AU1775 10% BP,
auction info 9048089222

Sleeper Sofa &
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\$200. 2 swivel 29"
bar stool \$30 for both.
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Solid Oak rolltop
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-low ultimate
\$1000.00 china
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\$375, iapaneese
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451- 7210

White wicker
dresser-drawer,
full size head-
board, \$75. Glass
bed fullsize with mat-
tress set, \$50, dining
table, \$75. (912)766- 4885

2 White
Wicker Tables
(May-
ing) 3 Chairs, table,
white, white enteri-
ment chair, new new
cushions, \$700 OBO.
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ARGYLE - 8335 Staple-
hurst Dr. Sat - Sun 8am.
Lots of good stuff.

Baymeadows E Hampton
Moving Sale furn, much
misc. Sat 2 Sun 12- 4
10621 Mulrany Glen Ct.

Intracoastal Moving Sale
Fri & Sat. 8- 2 Furn, lots
more 12677 Sun Dance
Ln. (Osprey Pointe)
Atlantic/Girvin 221- 5748

INTRACOASTAL WEST -
In moving sale, Sat 9- 1,
furn, HH items, games,
etc., 2338 Osprey Lake
Dr. (Osprey Pointe)

Ponte Vedra MOVING
SALE 2/17 Sat 9am- 1pm
706 Ponte Vedra Blvd
Furniture, household
items, toys, must sell!

WESTSIDE Moving Sale,
Sat 9- 12 noon, misc
antiques, bric brac, furn,
everything goes. Fri &
Sat, 6522 Highway Ave.

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This Sat & Sun Have
Your Garage Sale at
The Market Place!
7059 Ramona, 786-FLEA

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Shopping Center,
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\$50, red, exc cond
\$32 268- 2482

High Top Table
w/4 chairs, \$100
obo. Call 673- 9473
anytime, leave msg
if no answer

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Box spring set,
good cond, 476- 7694,
\$150 OBO.

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Hutch \$150, Patio Furn.
\$75. Futon Matt \$30. 22"
Sony TV \$100. 2 Amps,
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(Moving)-Bar-
bundy, couch,
loveseat, chair,
ottoman, three tables,
lamps, walnut, big pil-
lows, \$900. Call
(904)491- 7996

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love seat, matching
chair-light beige
w/ottoman, design, \$650
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OBO, Dinngroom
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after 5 pm

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leather, good condition,
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Guard U.L. approved
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6, \$375. And 1 ct.
7- stone Ladies' diamond
wedding band, size 6,
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S11- 1 Appraised at \$26,000
Must sacrifice for \$14,900
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We buy & sell gently used
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reels, \$4400. Call
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etc. No appt. nec. We
now carry maternity
249- 4040LB

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POWER
WHEELCHAIR
Quality control
Model JET 3
width 23 in.,
length 38 in
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\$700. Call
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Hood/White, \$40.
3- light Brass &
Glass, Howard Light
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Disposable AC fil-
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\$25 for 10 call
772- 6756 after 4

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\$40. Call
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One Free! 264- 8954

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Dryer-Late Model,
\$1200. Must
deliver, \$225
786- 1767

Solid Oak Walton
Bar-108" L- shape,
big, big, suede inside,
brnze top rest.
Paid \$9,800, make offer,
will deliver. 282- 6466

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Model A10, 2 per-
son, d, electric, us-
tric, to USE
Kingsland GA,
(912)675- 7699

Tony Bossell full
size, 2000, 2000,
stand up. Own
piece of Jaguar
history. 595 268- 2482

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Vintage-Good
shape. \$150
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- Pets & Supplies
- Livestock & Supplies
- Animals Wanted

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YORKIE PUPS AKC F \$1000 & M \$900. Health Cert., 386-7923123

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The Mirror Jax Air News The Periscope

THE Weekly Crossword By Alan P. Olschwang Huntington Beach, CA

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By Alan P. Olschwang 2/15/07

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Last Week's Answers

U	R	S	A		R	O	A	M		G	H	O	S	T		
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C026412 2/10/07

Motorcycles/Mini Bikes

YAMAHA SILVERADO MIDNIGHT ROAD STAR 2006
BLACK METALLIC FULLY DRESSED CUSTOM EXHAUST ONLY 470 MILES \$13,900 FIRM MUST SELL HEALTH REASONS RON 553-3249

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Only 38,000 miles. \$16,860

BMW 24 2.5i 2003
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