

THE MIRROR NS MAYPORT, FLORIDA

2002 CHINFO Award Winner

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www.nsmayport.navy.mil

www.mayportmirror.com

THURSDAY, November 1, 2007

OFF THE DECK

Give Blood, Save Lives

Naval Station Mayport will hold a blood drive with American Red Cross on Nov. 6 from 8:30 a.m.-3 p.m. at the Post Office parking lot. Participants donating blood or platelets between Nov. 1-30 will enter a drawing to win two Delta Air Lines round-trip domestic tickets. Please bring a photo ID. For more information, contact Storekeeper 3rd Class Jarosz @ 270-6148.



www.ComicsOnDuty.com

Comics On Duty Tour At Mayport

Bogey's is hosting The Comics on Duty World Tour on Nov. 3 with world-famous comedians Steve Bills, Derek Richards, Steve Mazan and Kira Soltanovich at 8 p.m. The show is free and open to all hands. An optional tapas menu will be served from 6-7:30 p.m. Call 270-5143 or e-mail jon.fine@navy.mil to make reservations.

Nov. 9: Live Band - American Attitude. Rock band, American Attitude, performs live at Castaway's Lounge from 8 p.m.-12 a.m. No cover charge. All hands welcome. www.myspace.com/americanattituderock 270-7205

Nov. 10: Live Band - Neurotic Butterfly. Rock band, Neurotic Butterfly, performs live at Castaway's Lounge from 9 p.m.-1a.m. No cover charge. All hands welcome. http://neuroticbutterfly.com/ 270-7205

Nov. 14: Team Rootberry Family Show. 6 p.m. at the Youth Activities Center. Presented by Armed Forces Entertainment and MWR Mayport, Team Rootberry is an athletic, comedic juggling show with sword swallowing (while juggling saw blades) and whip vs. toilet paper and flying pig. They have been described as "Family friendly, yet fiendishly funny." Visit www.rootberry.net for additional information on this famous comedic act. 270-5680 or 5421.

Military Spouse 101 Class

The FFSC offers a Military Spouse 101 class to military spouses new to the area, and those spouses new to the military way of life on Nov. 1 from 8:30-11:30 a.m. Guest speakers from the military and civilian communities will present useful information to help you have a pleasant tour here at Naval Station Mayport. The class will be held at FFSC located in Building One on Massey Avenue. Call 270-6600 Ext. 1701 to reserve a seat.

Blue Angels Are Back Sea & Sky Spectacular Begins

From the city of Jacksonville

Naval Station Mayport and the cities of Jacksonville, Jacksonville Beach, Neptune Beach and Atlantic Beach present the 2007 Jacksonville Sea and Sky Spectacular, Friday through Sunday at Jacksonville Beach Oceanfront. Highlighted by the world-famous United States Navy Blue Angels, the free event will feature three days of military and civilian air acts in an over-the-ocean sky show, a street festival featuring static displays of aircraft and military vehicles, simulators, recruitment booths and the Kiddy Hawk Kids Area, presented in part by Jax4Kids.com, where children of all ages have an opportunity to make dog tags, face painting like a marine, build a plane, and slide down an aircraft carrier.

The schedule of events includes a free pre-flight party open to the public on Friday from 6-10 p.m. at the Seawalk Pavilion. There will be a meet and greet where participants can get autographs from their favorite performers. Sing, dance and laugh the evening away to the combined musical talents as dueling pianos battle to your favorite tunes from 7-10 p.m. Military and civilian aircraft will practice their demonstrations and aerobatic feats. The U.S. Navy Blue Angels practice will commence at approximately 3 p.m.

Saturday

• 9:50 a.m.

Skydiving teams, the Black Daggers and the Red Devils, will present the American Flag

and the British Flag respectively. Musician 1st Class (SW) James Collins will sing the national anthem.

• VIP Cabanas
First Street between Fourth and Fifth Avenues North 9:30 a.m.-4 p.m.

The VIP Cabanas are open to the public. A limited number of tickets will be available at the event entrance each day. Price is as follows:

Adults, \$25 (includes two beverage tickets)

Children 4-12 years, \$15 (includes two beverage tickets)

Children 3 years and under are free.

• Recruitment Booths 10 a.m.-4 p.m.

Representatives from the Army, Navy, Air Force, Air National Guard, Marines

United States Coast Guard, and the Jacksonville Sheriff's Office will be on hand to provide information on careers.

The following displays and activities will be available:

• Army- Rock Climbing Wall
• Navy-NASCAR display, dive tank, and video games

• Air Force-Jet engine display and USAF SUV with video games

• Marines-Interactive inflatable and Hummer H3

• Jacksonville Sheriff's Office-Marine unit and bomb suit static displays

• Kids ID and Lost and Found 10 a.m.-4 p.m.

Pick up a complimentary child

ID kit provided by the City of Jacksonville and the Jacksonville Fire Rescue Department To take home or fill out an ID band for your child To wear while at the event. This booth will also serve as a lost and found for both personal items and individuals.

• Ground activities 10 a.m.-4 p.m.

There's plenty to do on land while the performers are in the air. Activities include:

• Static displays of aircraft and military vehicles

• Food and beverages (A portion of beverage proceeds benefit

Naval Station Mayport)

• Quad Power Jump
• Area X51 Flight Simulator
• Stepping Stones To Aviation (an airport simulation program for children using airplane simulators on a mini runway.)

• Navy racing simulator

• Dream photo opportunity in a U.S. Blue Angels cockpit

• Rock climbing wall

• Navy Dive Tank

• Official Blue Angels and Sea and Sky merchandise for sale

• Kiddy Hawk Kids Area, presented in part by Jax4Kids.com 10 a.m.-4 p.m.

Bring your little pilots To the Kiddy Hawk Kids Area, presented in part by Jax4Kids.com featuring an aircraft carrier slide over 100 feet long! Let their imaginations soar with marine face painting, personal-

See Blue Angels, Page 8



-Photo by MC2 Michael Hight

U.S. Navy Flight demonstration team, the Blue Angels perform their delta formation during the Blues on the Bay Air Show at Marine Corps Base Hawaii. The Blue Angels fly the F/A-18A Hornet, performing approximately 30 maneuvers during the aerial demonstration lasting over an hour.



From left, Deputy Assistant Secretary of the Navy, Wayne Army and the Secretary of the Navy SECNAV winners at the Secretary of the Navy Awards Ceremony held at the Navy Memorial on Oct. 24, in Washington, D.C. The SECNAV Energy Awards recognizes outstanding commitment to energy and water management by Navy and Marine Corps installations, ships and squadrons.

Mayport Ships Honored For Energy Management Efforts

From SECNAV Public Affairs

Ships from Naval Station Mayport were among Navy and Marine Corps activities, ships and squadrons were honored Oct. 24 with the 2007 Secretary of the Navy (SECNAV) award for outstanding performance in energy and water management in a ceremony held at the U.S. Navy Memorial & Naval Heritage Center in Washington D.C.

"The winners today have all made remarkable improvements in their energy and water man-

agement," said Wayne Army, Deputy Assistant Secretary of the Navy (Installations and Facilities). "We are on the right path but still need to double our investment to achieve aggressive energy goals that are critical to our nation's security."

"The Department of the Navy Energy Program evaluates and classifies the overall energy and water performance of each command," Army added. "They are ranked according to a system of Platinum, Gold or Blue level of achievement, with Platinum

being the highest ranking."

USS Hue City saved more than 25,000 barrels of fuel in 2006, equivalent to \$2.7 million and achieved the Platinum ranking. Since Hue City's SMARTSHIP installation, the Engineering department has optimized the use of the new SMARTSHIP onboard trainer capability that enables engineering drills to be run on a "cold plant." The ship has worked with its Port Engineer to ensure quarterly propeller polishes, as well as regular hull cleanings,

which reduce fuel consumption by up to 18 percent.

The Secretary of the Navy Energy (SECNAV) Awards were established to recognize outstanding commitment to energy and water conservation by Navy and Marine Corps activities and ships. Each year the SECNAV Awards are presented to those ships and activities that have made notable progress toward achievement of Department of the Navy and Federal goals

See Energy, Page 8

Cat Cora At Navy Iron Chef

From Staff

Celebrity Chef Cat Cora will be at Naval Station Mayport Oasis Galley to lecture and participate in the CNRSE Navy Iron Chef competition on Nov. 13.

The Iron Chef competition is based on the hit Food Network show, Iron Chef America, in which guest chefs throughout the United States are paired against one of four Iron Chefs, including Cora to compete in Kitchen Stadium using a "secret ingredient" as the theme of their meals. Other Iron Chefs include Bobby Flay, Mario Batali and Masaharu Morimoto.

Cora is the first female Iron Chef, the founder of Chefs for Humanity and Executive Chef to Bon Appetite magazine. She is known for her Mediterranean style that's a mix of French, California and Greek cuisines.

Cora will be at the Galley starting from 8-10 a.m. for a lecture, discussion and book signing. All supply officers, culinary specialists, MWR, food and beverage personnel are invited to attend. From 10 a.m.-noon, she will judge the Iron Chef competition in which five teams from various commands throughout CNRSE have been selected to participate. Cora will also tour USS Taylor (FFG 50) later in the day.

The teams will consist of three culinary specialists and one runner. Ingredients for the competition will be provided by the Oasis Galley, including the secret ingredient.

For more information, or to attend the lecture, contact CWO3 Kathy Wiseman at 542-4566 or 651-0119. RSVP is required.

CREDO Corner

By Lt. Rickey Bennett
Spiritual Fitness Division SE

A 1961 pop culture song, "The Wanderer," written by Ernie Maresca and originally recorded by Dion DiMucci glamorized a self-seeking, heart-breaking, and shallow lifestyle with lyrics like, "Cause I am the wanderer, yea, the wanderer, I roam round and round and round and round." Impressive? Laughable?

What is wandering? Paul Tripp, an orator and author, wrote, "We wander away when we express the anger we feel toward others. We wander away when we covet. We wander away when we compromise

conviction for acceptance, for possessions, or for position. We wander away when we surrender to lust. We wander away when we doubt God's goodness. We wander away when we have opportunity to be salt and light, but remain silent and inactive, when the cares of this world squeeze out a diligent pursuit of God. Wandering does not only refer to rank apostasy. Much of our wandering is subtle and unnoticed."

Am I prone to or exempt from wandering? J.C. Ryle wrote, "Sanctification does not prevent a man from having a great deal of inward spiritual conflict...a struggle within the

heart between the flesh and the Spirit...A deep sense of that struggle, and a vast amount of healthy discomfort from it, are no proof that a man is not sanctified. Nay, rather, I believe, they are healthy symptoms of our condition and prove we are not dead, but alive. A true Christian is one who has not only peace of conscience, but war within."

Paul Tripp addressing if heart-wanderings are self-detectable wrote, "Since each of us still has sin remaining in us, we will have pockets of spiritual blindness. Our most important vision system is not our physical eyes. We can be physically blind and

live quite well. But when we are spiritually blind, we cannot live as God intended. Physically blind people are always aware of their deficit and spend much of their lives learning to live with its limitations. But the Bible says that we can be spiritually blind and yet think that we see quite well. We even get offended when people act as if they see us better than we see ourselves! The reality of spiritual blindness implies that personal insight is the product of community. I need you in order to really see and know myself. Otherwise, I will listen to my own arguments, believe my own lies, and buy into my own delu-

sions. My self-perception is as accurate as a carnival mirror. If I am going to see myself clearly, I need you to hold the mirror of God's word in front of me."

Heart-guarding, according to Paul Tripp, is done in the following way. "Rebuke is not something that exists outside a good relationship, brought in only at crisis moments. The Bible presents confrontation as one of the cords of a strong relationship, a normal part of the interaction that makes the relationship what it is. Often when people hear the words rebuke and confrontation, they think of a radical moment of truth telling, a long list of stern

indictments against a person who is significantly rebellious or who has tragically wandered away. Yet the model here is ongoing honesty in an ongoing relationship. Rather than one big moment of confrontation, the model here is many mini-moments of confrontation. The biblical model recognizes that as we live and work with others, our hearts will be progressively exposed. It calls us to deal with whatever God reveals as he reveals it. In each small moment of truth speaking, the progress of sin is retarded and spiritual growth is encouraged." We need others to point out what we cannot see.

Homefront in Focus

By Beth Wiruth
Military Spouse Support Contributor

This week's column wraps up a look at the emotional cycle of deployment. The last two stages are experienced in the weeks after service members return from deployment.

Stage six, "Re-negotiation of the Marriage Contract", starts shortly after the glow of homecoming wears off and can last up to six weeks. Many spouses and Sailors find themselves blind-sided by the challenges of this phase of Navy life.

This stage is one in which the husband and wife are together physically but not necessarily emotionally. They may need time together along with shared experiences and feelings before they feel like a couple again.

During this stage the task is to stop being "single" and start being married again. Both need to be aware of the necessity to refocus on their marriage. For instance, after one woman's husband had been home for a few days, she became aggravated with him when he would telephone his shipmate every time something of importance came up within the family - finally declaring "I'm your wife, talk to me!"

This stage can include feelings of a loss of independence by the spouse. Both Sailor and spouse may find they need to accommodate changes in each other. You may remember the account of Anna in last week's column. During this phase of re-negotiation Anna's hus-

band approached the husband of the ombudsman regarding the many changes in Anna. He was startled by Anna's independence and maturity. He had very real adjustments to make. While Anna was as madly in love with her husband as ever, she also had a new confidence and feeling of accomplishment. Her husband was fearful he may have lost the wife he married. It required communication, acceptance and effort but this couple has found a deeper relationship.

Both Sailor and spouse will have expectations. Men often think of homecoming in terms of beer and sex, and not necessarily in that order. Women think of it in terms of affection such as cuddles and talking. Sex is down the list a bit.

Communication during this time is crucial. Talk about expectations and discuss what your marriage looks like now. Your marriage will require renegotiation of roles, responsibilities and even the tone and character of your marriage. Successful couples say the key is to commit to working through the changes and challenges.

Take advantage of return & reunion workshops during this time. You may find it helpful to talk to a Chaplain or counselor. CREDO, now called the spiritual fitness center, offers free weekend marriage retreats. These retreats can be very helpful in assisting couples to strengthen their marriages after deployment.

Stage seven, the last stage,

is the Reintegration and Stabilization phase. This stage is characterized by a new sense of comfort. Couples have successfully negotiated the changes and adjustments in their marriage relationship. They have accepted new routines and are enjoying their relationship.

In discussing the emotional cycle of deployment there are a few other things that must be mentioned. First, the depth with which you may experience these stages will vary based on many factors. Some spouses have mentioned that their first deployment was the most severe and difficult. Others felt the first one with children was the most difficult. Wives with a few deployments under their belt felt the severity of the vari-

ous stages differed with each deployment.

Understanding the emotional challenges we face during sea tours and deployments can help both Sailor and spouse. When we realize the patterns of behavior or the emotions we are experiencing are normal we can take steps to improve our quality of life.

Acknowledgements: Material for these articles includes www.mymilitarylifetoo.com, Kathleen Vestal-Logan, and the Navy Ombudsman Training Manual.

Do you have a question or comment for Beth? Please contact her at beth.wiruth@homefrontinfocus.com or check out her internet talk show at www.blogtalkradio.com/nht.

Predator Becomes Prey

By MC2(AW/SW) Marcel A. Barbeau
Contributor

When Congress realized predatory lending was having a negative impact on mission readiness, they did something about it.

The Military Lending Act, which caps annual interest rates at 36% on all payday loans, refund anticipation loans and vehicle title loans for military members, took effect Oct 1, 2007. Congress passed the law last year to protect military members and their families from predatory lenders who normally charge interest rates of 300-400%.

Lt. Cmdr. Jeffrey Sutton, director legal assistance for region legal service office southeast, he supports the Military Lending Act fully and feels it's important to protect those in the military.

"The legislation is vital to protecting service members," said Sutton. "My biggest hope is that this will be a wake-up call for predatory lenders and they will understand that times have changed, as has their ability to negatively affect the lives of service members."

According to Cmdr. Kristin Kubas, Staff Judge Advocate for Commander, Navy Region Southeast, predatory lenders target the military.

"You probably notice that if you go outside almost any military installation, there are payday loan places set up all over the place," said Kubas. "They seem to particularly prey on military members."

Kubas says that many Sailors who run short on money turn to payday loans for help and get more than they bargained for.

"More of our Sailors are short of money toward payday and they go in to get a payday loan to help them get by," said Kubas. "During that short time whether it be a few days or a few weeks, they pay exorbitant interest rates. This creates a never-ending cycle of debt."

With the new regulation in place, service members are better protected from high interest

rates which create a mountain of debt that eventually could affect their mission readiness.

"This new regulation puts into effect a maximum cap which is still high but much more manageable," said Kubas. "It gives a huge protection to our Sailors which in the end, increases their readiness when they're not worried about financial problems and exorbitant debt."

Sutton agrees and says that payday lenders are not the answer to unmanageable debt. There are ways to avoid the financial problems ahead of time.

"Prevention is important, usually by the time I see someone it's too late," said Sutton. "Unfortunately people just don't always know enough about what they're doing and what kind of affect a payday lender will have long term affects on their credit. Legal Assistance offices offer a lot of free services. Seek out guidance before you sign a contract."

In addition to legal assistance there are also other resources available to help with financial problems. Navy-Marine Corps Relief Society is available to provide financial assistance for the needs of service members.

"Navy-Marine Corps Relief Society has always been here with interest free loans and grants for those who qualify," said Dave Faraldo, director of the Jacksonville office of the Navy-Marine Corps Relief Society. "Clearly for military personnel, a counter to payday loans has always been Navy-Marine Corps Relief Society. We're looking out for your best interest. We're really here to try to help service members understand financial planning and understand how to get ahead financially."

According to Faraldo, out of the 14 years he's been with the Navy-Marine Corps Relief Society, payday lenders have been around for 10 and there are now more payday lenders than McDonalds and Burger Kings in America.

"The problem with these predatory lenders is they get

service members caught in a trap, and it's very difficult to get out," said Faraldo. "When you borrow \$500 from a payday lender, you have to pay the entire \$500 back plus the fee in two weeks. Now you don't have \$55 two weeks down the road, which then forces you to take out a second loan, then a third loan and then a fourth loan. The average person takes out a dozen of these loans a year."

"A lot of people go to these places because they're embarrassed, and they don't want to let anyone know they are in financial trouble," said Kubas. "You need to find the one person in your command that you trust, whether it be your LPO (leading petty officer) or your chief, you need to let them know you need some assistance with financial planning or some sort of financial assistance."

With the new CAP in place, many payday lenders are refusing services to military members, and the hopes of some supporters of the Military Lending Act is the predatory lenders will eventually perish. But with options like Legal Assistance offices and Navy-Marine Corps Relief Society, service members still have options open to them for financial assistance. Free, confidential counseling and financial planners are also available 24/7 at Military OneSource at 1-800-342-9647.

FRA Launches Family Readiness Survey Online

From Fleet Reserve Association

The Fleet Reserve Association (FRA) has launched an online survey for active duty and Reserve enlisted personnel in the Navy, Marine Corps and Coast Guard, to determine the quality of family readiness in the sea services. The survey can be found on the home page of FRA's quarterly OnWatch publication, www.fra.org/onwatch.

"Family readiness is a top priority for FRA and military personnel, and their families need to be completely familiar with resources available to them," said FRA's National Executive Secretary Joe Barnes. "Family readiness is even more important during frequent deployments which can take a toll on service members and they must have the best support possible."

In the survey, FRA asks for input on family readiness issues including health care benefits, financial readiness and the education available regarding Post Traumatic Stress Disorder (PTSD). The questions range

from "Have you ever been briefed on high interest, short-term payday loans", to "How do you rate your awareness of health care benefit options and counseling?"

The Association's number one legislative priority is health care, working to keep TRICARE costs down and ensuring there is adequate access to care. FRA also led the fight against high interest, short-term "payday loans," which set up facilities near military bases, preying on service members with promises of "instant cash."

Lastly, the Association strongly supports wounded warrior legislation and funding for PTSD.

FRA's survey results are used in a number of ways. The Association's legislative team takes the results and shares them with Congress, whether directly referenced in testimony, or in tailoring their legislative agenda.

The editorial team also shares the data with the senior enlist-

ed leaders of the Navy, Marine Corps and Coast Guard. The E-10's offer their input in interviews for OnWatch online. Visit www.fra.org/onwatch to read the current article and results from the previous online survey.

FRA is a congressionally chartered, non-profit organization representing the interests of current and former enlisted members of the Sea Service community, including the U.S. Navy, Marine Corps and Coast Guard. In addition to its advocacy work on Capitol Hill in support of enlisted personnel, FRA aids its members with career issues by maintaining close relationships with government agencies and by educating lawmakers about the challenges facing those who serve in the armed forces.

The Association also awards scholarships totaling nearly \$100,000 annually, sponsors a national essay contest, and assists its members with disaster relief grants.

Red Cross Offers Class For Babysitters

From American Red Cross

If you're 11 to 15 years old, you can get the knowledge, skills and confidence to care for infants and school-age children with American Red Cross's babysitting courses on Nov. 10 from 9:30 a.m.-5 p.m. at the USO on Mayport Road.

Combining video, activities, hands-on skills training and discussion for a complete learning experience, Babysitter's Training shows you how to:

- * Respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care
- * Make decisions under pressure
- * Communicate with parents to learn household rules
- * Recognize safety and hygiene issues

For more information call 246-1395.

breathing and cardiac emergencies in infants and children up to 8 years of age

- * Respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care
- * Make decisions under pressure
- * Communicate with parents to learn household rules
- * Recognize safety and hygiene issues

For more information call 246-1395.



Chapel Call
Command Chaplain:
Cmdr. Phil Wyrick
SUNDAY

Sunday School.....9:15 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)
Nursery is provided.

WEDNESDAY
Women's Bible Study.....9:30 a.m.
Choir Rehearsal.....7 p.m.

FRIDAY
Catholic Mass.....11:30 a.m.
Confessions.....7 p.m.

SATURDAY
Men's Prayer Breakfast.....9 a.m.
Youth Group.....6 p.m.
(Second and Fourth Saturdays of month)

Catholic Services:
Sunday Masses.....9 a.m.
Confession.....Before and after mass
Religious Education.....10:30 a.m.

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

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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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Vicksburg On Task



-Photo by MC3 Santos Huante

Sailors attached to the guided-missile cruiser USS Vicksburg (CG 69) Visit, Board, Search and Seizure (VBSS) team prepare to conduct boarding operations. The VBSS team uses this opportunity to meet local mariners in merchant and fishing dhows. Vicksburg is conducting Maritime Operations (MO) in the Persian Gulf.

Volunteers Needed For Tax Center

From NLSO

Beginning in January, NS Mayport will offer free tax preparation services to active duty, dependents, retirees, and reservists on active duty for more than 30 days. Through this program, service members not only can save hundreds of dollars on tax preparation fees, but they also get their refund in just a couple of weeks.

The only way to offer such a service free of charge is to enlist the aid of volunteers through the IRS-sponsored Volunteer Income Tax Assistance program. Through the VITA program, volunteers are trained by IRS employees using IRS-approved software. Volunteers will attend an intensive week-long course from January 7-11, 2008 and upon successful completion of

the course volunteers will be certified tax preparers.

Volunteers are needed beginning Jan. 1 until the middle of April. Volunteers should be given no-cost TAD orders. Part-time volunteers will be considered on a case-by-case basis due to a shortage of available seats in the VITA training course. All potential volunteers should check with their supervisors before volunteering.

Even if you do not wish to volunteer, come have your taxes prepared at the tax center! Location and hours of operation will be promulgated at a later date.

If you want to sign up or have any questions please contact Lt.jg. Jessica Wilcox at 270-5445 ext. 3018 or jessica.wilcox@navy.mil.

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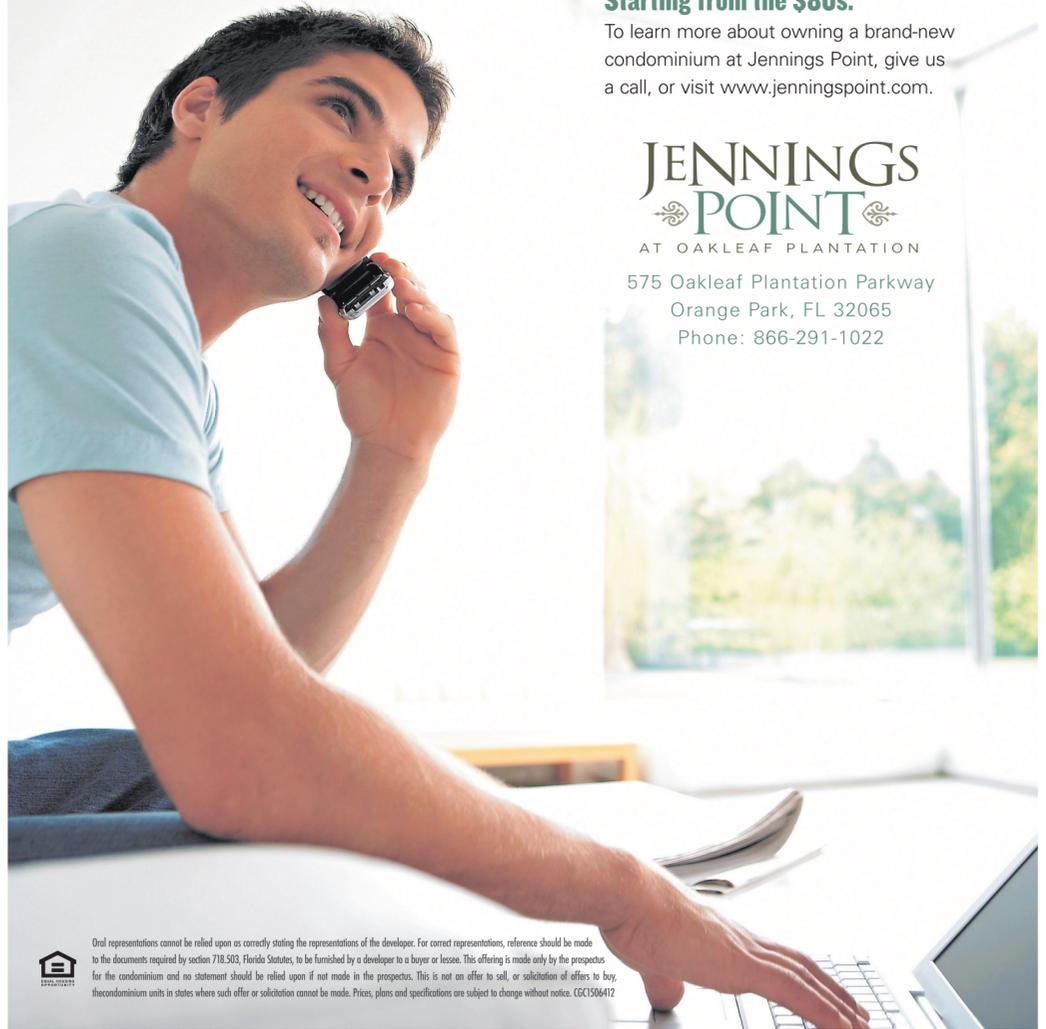
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2007 Holiday Season Mailing Dates Are Out

From Naval Supply Systems Command Public Affairs

The Naval Supply Systems Command's (NAVSUP) Postal Policy Division recommends mailing 2007 holiday cards, letters, and packages early to ensure delivery by Dec. 25.

Suggested mailing dates for military mail addressed "to" APO/FPO addresses [APO/FPO AE zip codes 090-098 (except 093); AA zip codes 340; AP zip codes 962-966]:

Express Mail Military Service (EMMS): Dec. 18
First-class and priority mail, letters, cards: Dec. 11

Parcel Airlift Mail (PAL): Dec. 4

Space Available Mail (SAM): Nov. 27

Parcel Post: Nov. 13

Suggested mailing dates for military mail addressed "to" APO/FPO AE zip codes 093:

First-class and priority mail, letters, cards: Dec. 4

PAL: Dec. 1

SAM: Nov. 27

Parcel Post: Nov. 13

Suggested mailing dates for military mail "from" APO and FPO addresses:

EMMS: Dec. 18

First-class and priority mail, letters, cards: Dec. 11

ters, cards: Dec. 11

PAL: Dec. 4

SAM: Nov. 27

EMMS is available from selected military post offices.

If mailing to an APO/FPO address check with your local post office to determine if this service is available.

PAL is a service that provides air transportation for parcels on a space available basis. It is available for parcel post items not exceeding 30 pounds in weight or 60 inches in length and girth combined.

The applicable PAL fee must be paid in addition to the regu-

lar surface rate of postage for each addressed piece sent by PAL service.

SAM refers to parcels mailed to APO/FPO addresses at parcel post rates that are first transported domestically by surface and then to overseas destinations by air on a space available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined.

From overseas locations, items mailed at parcel post rates are sent to CONUS by air on a space available basis. The maximum weight and size limit are

70 pounds and 130 inches in length and girth combined.

It is also recommended that customers check with their local civilian or military post office for information on size restrictions and possible need for customs declaration forms.

Additionally, customers are advised that certain mail restrictions apply and some items are non-mailable. Examples are:

switchblade knives, pornography, controlled substances, and explosive or incendiary devices.

If in doubt as to what can or cannot be sent through the mail,

contact your local post office or military post office.

Customers are cautioned that packages must not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol, or cleaning fluids.

Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed.

Instead, they will be handled as "non-mailable matter," regardless of the contents or what is listed on the U.S. Customs form.

Calendar

On Base

Tuesday, Nov. 6

The Mayport MOPS (Mothers of Preschoolers) will meet at the Base Chapel from 9:30-11:30 a.m. All moms with children birth through kindergarten are welcome. Childcare is provided and everything is free. For more information email mayportmops@yahoo.com or call 270-5212.

Wednesday, Nov. 7

USS De Wert FRG will be holding its monthly meeting at the USO on Mayport Road. The meeting and social will be from 7-8:30 p.m. They will vote on many things and discuss homecoming plans. Childcare will be available.

Thursday, Nov. 8

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

Saturday, Nov. 10

The Naval Officers' Spouses' Association invites members, non-members, friends and family to a Bowling Event from 5-7 p.m. at Fast Lanes Bowling Center. This is an event that will be lots of fun for everyone - from serious bowlers to first time bowlers. Cost for unlimited bowling is \$9 for adult members; \$11 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 cfong4954@aol.com. Reservation deadline is Nov. 3. Grilled food, salad and beverage

es will be available for purchase at the Fast Lanes snack bar.

Monday, Nov. 12

USS Philippine Sea family readiness group will hold a Veteran's Day family barbecue at the Sea Otter Pavilion from 11 a.m.-2 p.m.

Tuesday, Nov. 13

The USS Vicksburg family support group will be holding its monthly meeting at the Mayport USO at 6:30 p.m. They will hold elections for the board and doing Christmas cards for the Sailors. Childcare will be available for a nominal fee.

The Naval Officers' Spouses' Association of Mayport will meet at 9:30 am at the USO on Mayport Road. Babysitting is available for a nominal fee. NOSA of Mayport is open to all spouses of officers, active duty and retired, from all branches; Navy, Coast Guard, Marine Corps, Army and Air Force and spouses of Foreign Exchange Services. For more information, please check the NOSA website at www.orgsites.com/fl/nosamayport.

Friday, Nov. 16

USS DeWert FRG meeting and social is from 6:30-8 p.m. No childcare available at this meeting. Homecoming will be discussed as well as the upcoming fundraisers.

Saturday, Nov. 17

USS DeWert FRG will hold a "Pillowcase Party" at the USO on Mayport Road from noon-4 p.m. Paint will be provided by the group. Potluck dinner and bring your favorite dish. Childcare will be available. Bring standard white pillowcases to construct a banner for the ship.

Tuesday, Nov. 20

The Mayport MOPS (Mothers of Preschoolers) will meet at the Base Chapel from 9:30-11:30

a.m. All moms with children birth through kindergarten are welcome. Childcare is provided and everything is free. For more information email mayportmops@yahoo.com or call 270-5212.

Thursday, Dec. 3

The USS Philippine Sea family readiness group will hold its monthly potluck meeting at 6:30 p.m. at the USO on Mayport Road. Free babysitting will be provided.

Tuesday, Dec. 4

The Naval Officers' Spouses' Association of Mayport will meet at 9:30 am at the USO on Mayport Road. Babysitting is available for a nominal fee. NOSA of Mayport is open to all spouses of officers, active duty and retired, from all branches; Navy, Coast Guard, Marine Corps, Army and Air Force and spouses of Foreign Exchange Services. For more information, please check the NOSA website at www.orgsites.com/fl/nosamayport.

Tuesday, Dec. 11

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

Out in Town

Thursday, Nov. 1

The Fleet Reserve Association Branch 290 will hold their monthly General Assembly meeting at 8 p.m. at the Branch Home, 360 Mayport Road. All members and prospective members are invited to attend.

Sunday, Nov. 4

A diversity of plant and animal species survive in Florida's tropical environment, including both native and exotic species. These exotic, non-native animals include feral

hogs, armadillos, many insects, and fungi and they often compete with species native to Florida for the limited resources. Join Ranger Michelle and find out how to identify these animals and what you can do to help Florida's natural communities thrive with native animals. This program will take place at 2 p.m. at pavilion number five on Little Talbot Island. No reservations are necessary and the program is free, however, non-campers will need to pay the park entrance fee (\$4 per vehicle) to attend.

Wednesday, Nov. 7

The Atlantic Beach Women's Connection will have its Fall Harvest Bazaar and Auction from 9:30-11:30 a.m. at Selva Marina Country Club with an assortment of beautiful baskets filled with tasty and elegant delights for you to enjoy or give as a gift. Auction proceeds go to the support of Village Missions, Stonecroft Ministries. Afterward, guest speaker, Carolyn McCort of Merritt Island, Fla., will share "Can An E-mail Get You An E-mail?" Cost is \$12 inclusive. Complimentary child care available. Call Carolyn at 221-0670 or 228-5037 or e-mail reservations to: atlanticbeachwc@yahoo.com.

Saturday, Nov. 10

Join the Filipino American

Veterans Society, Inc. (FAVS) and Visayas and Mindanao Association of Jacksonville (VMA) in saluting and honoring our Nations Veterans this year at the 5th Annual Veterans Ball. This year's event will be held on at the University of North Florida, University Center from 6 p.m. midnight. The guest speaker will be MG Antonio Taguba, USA, (retired) and the keynote speaker is Florida Senator Mel Martinez. The event will consist of dinner, speech, entertainment and raffles. The cost of the event is \$40 per person and \$45 per person at the door. Attire is Business or Military Dress Uniform. The event is open to all Veterans, Active Duty, Reservist and Civilians. Proceeds will be used to help the needy veterans and their families. Please get your tickets early. For more information and tickets, contact either Luz Mojica (904)571-8760 or Emma Bolante (904)264-5810.

Why are barrier Islands so important? Join Terrance, one of our knowledgeable Park Rangers, for an informative talk on the natural history of sea islands, and their important role in coastal ecology. The topics addressed include beach erosion, island migration, island formation, and the natural communities present on such barrier islands today. The program

will be held at 10:30 a.m. at the Ribault Club. The program is free to all.

Sunday, Nov. 18

Florida's natural environments accommodate a wide assortment of plants and animals and Fort George Island certainly has its share to explore. Join a Park Ranger at the Ribault Club on historic Fort George Island at 1 p.m. as they lead a leisurely paced hour long hike to discover the islands natural communities. It's free Do yourself a favor and allow some extra time to visit the interpretive displays inside the Ribault Club as well. Don't forget your bug spray and water bottle!

Saturday, Nov. 24

Fuzzy, furry, or full of feathers, Florida's natural environments are home to an assortment of wildlife. Join one of Talbot's Park Rangers and learn about the many common, threatened, and endangered species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. This program will take place at 11 a.m. at pavilion number five on Little Talbot Island. No reservations are necessary and the program is free, however, non-campers will need to pay the park entrance fee (\$4 per vehicle) to attend. Call 251-2320 for more information.

Take Stand Against Violence

From FFSC

Domestic violence is described as; a wide range of different acts by an abuser against a current or former spouse, a person with whom the abuser shares a child in common, or a current or former intimate partner of the opposite sex with whom the abuser shares or has shared a home.

Domestic violence can happen to men as well as to women. Domestic violence does not always include physical acts, but can be both emotional and financial abuse.

Could you currently be in an abusive relationship?

If you answer yes to any of the following you could be at

risk of being a victim of domestic violence.

Does your Partner.....

•Embarrass you in front of other people?

•Belittle your accomplishments?

•make you feel unworthy?

•Isolate you from the people you care about the most?

•Lose control when he/she is drunk or using drugs?

•Escalate his/her anger into violence - slapping, kicking

•Physically force you to do things you do not want to do?

•Treat you roughly - grab, pinch, push or shove you?

•Threaten you - verbally or with a weapon?

•Take away your military ID cards and access to bank

accounts?

•Threaten to take your children away?

If you are in an abusive relationship or if something about your relationship with your partner scares you and you need someone to talk to, contact someone at Fleet and Family Support Center, (904) 270-6600; Military One Source, 1 (800) 342-9647; The National Domestic Violence Hotline, 1 (800) 799-SAFE (7233); Florida Domestic Violence Hotline, 1 (800) 500-1119; Hubbard House Battered Women's Shelter, (904) 354-3114.

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Not your typical day at the beach

Friday, November 2 - Pre-Flight Party
6-10 p.m. • Seawalk Pavilion
Meet & Greet - Dueling Pianos
• Meet and greet air show performers and crews for autographs
• Watch some of America's premier pianists face off to your favorite tunes
• Food, beverages and live entertainment

Saturday, November 3 - Sunday, November 4
Sea & Air Show • Street Festival
9:30 a.m. - 4 p.m.
Featuring the U.S. Navy *Blue Angels*, and civilian performers including Patty Wagstaff, Red Baron Squadron, Red Eagles Air Sports, Gene Soucy, The Red Devils, Starfighters, John Klatt, Matt Chapman and David Martin. Get autographs from your favorite performers, take flight in simulators and interactive games, test your strength at recruiting booths, or bring your children to the Kiddy Hawk Kids Area. Whatever flightplan you choose, it's sure to be a fun-filled weekend at the beach!

FREE ADMISSION

STA-21 Provides Commissioning Path

By MC2 Trevor Andersen
Navy Personnel Command Public Affairs

The Navy has announced the selection of more than 200 Sailors for the Seaman to Admiral program (STA-21). The announcement was made in a message released Oct. 7.

"More than 700 highly competitive applications were received from well-qualified and deserving Sailors," said Vice Adm. John C. Harvey Jr., Chief of Naval Personnel. "This made this year's application selection a difficult task."

"All those who applied should be very proud of their accomplishments and continue their outstanding performance to ensure professional growth and increase their chance of selection in a future board," he said.

Applicants must meet several requirements in order to apply including American citizenship, a high school diploma or GED, the ability to complete a baccalaureate degree in 36 months and physical fitness standards for commissioning.

"Selections are conditional upon the selectee remaining fully eligible in all respects, meeting physical qualifications for commissioning as determined by Bureau of Medicine and Surgery and assignment by Naval Service Training Command to an approved Naval Reserve Officers Training Corps affiliated university based upon an official degree plan and acceptance letter from the university," said Harvey.

When the selected Sailors have completed the approved

degree program, they will receive appointments as ensigns in the U.S. Navy.

More than 50 Sailors were selected as alternates and Sailors not selected can apply for STA-21 every year.

"All those who applied should be very proud of their accomplishments and continue their outstanding performance to ensure professional growth and increase their chance of selection in a future board," Harvey said.

For more information on STA-21 and how to apply, visit www.npc.navy.mil and read OPNAVINST 1420.1A.

White House Recruit Team At Mayport

From White House Communications Agency Recruiting Team

The White House Communications Agency Recruiting Team will be visiting Naval Station Mayport on Nov. 5.

They will be conducting a briefing at 9 a.m. at Ocean Breeze Conference Center.

The White House Communications Agency (WHCA) is looking for highly dedicated and professional Sailors to provide state of the art communications support to the President of the United States. You must be able to travel, work with little supervision, and be extremely responsible. We are interested in Communications, Audio-

visual, Administrative and Support fields.

WHCA provides the opportunity to directly support the President, the Vice President, the First Lady, and Senior White House staff, earn the Presidential Service Badge and learn unique and highly sought after training and work opportunities.

Applicants must be able to obtain and keep a Top Secret (TS) security clearance, have no history of derogatory information, and be able to serve in a four-year Presidential Support Duty billet. WHCA recruiters will identify, interview and select qualified Sailors possessing rates utilized in this Presidential sup-

port agency. Any interested personnel from the grade of E4 with less than 8 years in service, E5 with less than 15 years in service, E6 with less than 15 years in service and above, possessing a rate of CE, ET, IT or MC are encouraged to attend the briefing.

For additional information, contact ET1 (SW) John O'Donoghue at 202-757-5154/5150, DSN 284-2000 ext 7-5154/7-5150, jbodonoghue@whmo.mil or visit the White House Communications Agency Recruiting website at www.disa.mil/whca.

Oasis Galley

Weekday hours for the Oasis Galley are 6-7:30 a.m. for breakfast, 11 a.m.-12:30 p.m. for lunch, and 4:30-6 p.m. for dinner. Weekend and holiday hours are 8-9:30 a.m. for breakfast, 11:30 a.m.-1 p.m. for brunch, and 4:30-6 p.m. for dinner. The Oasis Galley also offers a speedline and hot bars Monday through Friday. The menu line is 270-6857. For service assistance, call the Oasis Administration Office at 270-5373. The menu is subject to change by FSO due to food availability.

Friday, Nov. 2

Breakfast
Ham Slices
Turkey Bacon
Pancakes

French Toast
Hashbrown

Lunch

Beef Rice Soup
Chicken Wings
Pizza

French Fries
Chips
Cauliflower Combo

Green Beans
Burgers
Baked Beans

Dinner

Mustard Dill Baked Fish
Pepper Steak
Steam Rice

Lyonnaisse Potatoes
Corn
Broccoli

Beef Rice Soup

Saturday, Nov. 3

Breakfast

Bacon
Corned Beef Hash
Pancakes

French Toast
Potato Rounds

Lunch

Chicken Rice Soup
Sloppy Joe
Onion Rings

Calico Corn
Bacon
French Toast

Potato Rounds

Dinner

Chicken Rice Soup
Boiled Pasta
Mashed Potatoes

Steamed Carrots
Green Beans
Swedish Meatballs

Spicy Baked Fish

Sunday, Nov. 4

Breakfast

Bacon
Turkey Sausage Links
Pancakes

French Toast
Hashbrowns

Lunch

Carrot Soup
Fishwich Sandwiches
French Fries

Mixed Vegetables
Bacon
French Toast

Hashbrowns

Dinner

Carrot Soup
Yankee Pot Roast
Rice Pilaf

Boiled Pasta
Asparagus
Cauliflower

BBQ Chicken

Monday, Nov. 5

Breakfast

Turkey Bacon
Sausage Patties
French Toast

Pancakes
Potato Rounds

Lunch

Navy Bean Soup

Fried Chicken
BBQ Ribs

Macaroni & Cheese
Long Grain White Rice
Collard Greens

Black Eyed Peas
Burgers
French Fries

Baked Beans

Dinner

Navy Bean Soup
Knockwurst with

Sauerkraut
Creole Fish
Steam Rice

Mashed Potatoes
Squash
Peas

Brown Gravy

Tuesday, Nov. 6

Breakfast

Bacon
Turkey Sausage Links
Pancakes

French Toast

Hashbrown

Lunch

Chicken Noodle Soup
Dijon Baked Pork Chops
Sweet & Sour Chicken

Mash Potatoes
Long Grain White Rice
Brown Gravy

Green Bean Combo
Corn
Chili Dogs

Onion Rings
Baked Beans

Dinner

Chicken Noodle Soup
Roast Pork
Lemon Baked Fish

Steam Rice
Oven Brown Potatoes
Wax Beans

Cauliflower
Brown Gravy

Wednesday, Nov. 7

Breakfast

Sausage Links

Turkey Bacon
Pancakes

French Toast
Potato Rounds

Lunch

Cream of Broccoli Soup
Parmesan Fish
Boiled Pasta

Marinara Sauce
Italian Roasted Potatoes
Mixed Vegetables

Cauliflower
Burgers
Baked Beans

Dinner

Cream of Broccoli Soup
Swedish Meatballs
Baked Chicken

Boiled Pasta
Oven Glo Potatoes
Peas

Carrots
Chicken Gravy

FFSC Class Schedule Set

From FFSC

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

Nov. 1, 9 a.m.-noon, New Parent Support Playgroup, USO

Nov. 1, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Nov. 1, 8:30-11:30 a.m., Military Spouse 101 Workshop, FFSC

Nov. 2, 9-11 a.m., Car Buying Tips, FFSC

Nov. 5-8, 8 a.m.-4 p.m., TAP Retiree Workshop, RBCC

Nov. 6, 9-11 a.m., Parenting Class, FFSC

Nov. 6, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Nov. 7, 8-11:30 a.m., Stress Management Class, Wellness Center

Nov. 8, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Nov. 8, 9 a.m.-noon, New Parent Support Playgroup, USO

Nov. 9, 9-11 a.m., Establishing a Sound Family Budget, FFSC

Nov. 13, 9-11 a.m., Parenting Class, FFSC

Nov. 13, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Nov. 14, 8:30 a.m.-4 p.m., Leadership Life Skills Workshop, Bldg. 1

Nov. 15, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Nov. 15, 8-11 a.m., Anger Management Class, FFSC

Nov. 15, noon-4 p.m., Leadership Life Skills Workshop For E4, Bldg. 1

Nov. 15, 9 a.m.-noon, New Parent Support Playgroup, USO

Nov. 16, 9-11 a.m., Credit Report Review, FFSC

Nov. 20, 9-11 a.m., Parenting Class, FFSC

Nov. 20, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Nov. 20, 6-7 p.m., IA Family Discussion Group, USO

Nov. 20, 1-4 p.m., Leadership

Life Skills Workshop for E7, Bldg. 1

Nov. 22, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Nov. 22, 9 a.m.-noon, New Parent Support Playgroup, USO

Nov. 26, 6-7 p.m., Ombudsman Assembly, USO

Nov. 26-29, 8 a.m.-4 p.m., TAP Separatee Workshop, RBCC

Nov. 26-29, 8 a.m.-4:30 p.m., SAVI Advocate/POC Training, Bldg. 460 Room A

Nov. 27, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Nov. 29, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Nov. 29, 9 a.m.-noon, New Parent Support Playgroup, USO

Nov. 30, 9-11 a.m., Considerations for Home Buying, FFSC

Nov. 30, 9 a.m.-noon, What About the Kids?, FFSC

FCCJ Enrolling For Spring

From FCCJ

Registration for the FCCJ Spring Semester is ongoing. Classes begin the week of Jan. 7.

The following courses are available for the spring semester at NS Mayport:

A8 session: January 7 - March 2

CGS 1060/Introduction to Computers

ECO2013/Principles of Economics

ENC1101/English Composition I

ENC1102/English Composition II

AST1002/Astronomy

AST1002L/Astronomy Lab

HUM2020/Humanities: Forum

SYG2000/Introduction to Sociology

POS2112/State and Local Government

MAC1105/College Algebra

MAT0024/Elementary Algebra

MAN2300/Human Resources Management

C8 session: March 3 - May 2

BSC 1005/Life in Its Biological Environment

ENC 1102/English Comp II

ENC1101/English Comp I

GEB1011/ Introduction to Business

AMH 2020/American History II

CGS 1100/Microcomputers for Business

PSY1012/General Psychology

MAT 1033/Intermediate Algebra

MGF1106/Topics in College Mathematics

HUM 2230/Humanities: 15th to 20th Century

SPC2600/Fundamentals of Public Speaking

REL2000/Introduction to Religion

Classes are held at the Training Support Detachment (the old Fleet Training Center) with the exception of our computer courses, CGS 1060/ Intro to Computer Concepts and CGS 1100/ Microcomputers, which are held in Building 12, near the Bravo Pier gate. All classes start at 5 p.m.

For more information or to reserve your seat, contact Jeff at the NS Mayport FCCJ Office by calling 249-7311 or email Jeff at jtschneid@fccj.edu. Or you can visit the FCCJ office located inside the Navy College Office (Bldg 460).

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BRINGING THE HOSPITAL TO THE POOR...



Airman Amber Bobeldyk of HSL-40, Airman Quadatte McKay of Security and Airman Tahina Rodriquez of HSL-40 bond after a round of adult-sized tricycle races.



Petty Officer Dustin Fisher of USS Underwood gets stuck upside down on the Human Fly wall.

Barracks Bash Is Smash For Single Sailors

By Stephanie Edwards
MWR
 Rain and cooler temperatures did not spoil the fun for single Sailors at the Barracks Bash on Oct. 24.

The event was moved inside the base gym where participants enjoyed entertainment by the Dirty Gringos band along with a delicious spread of food.

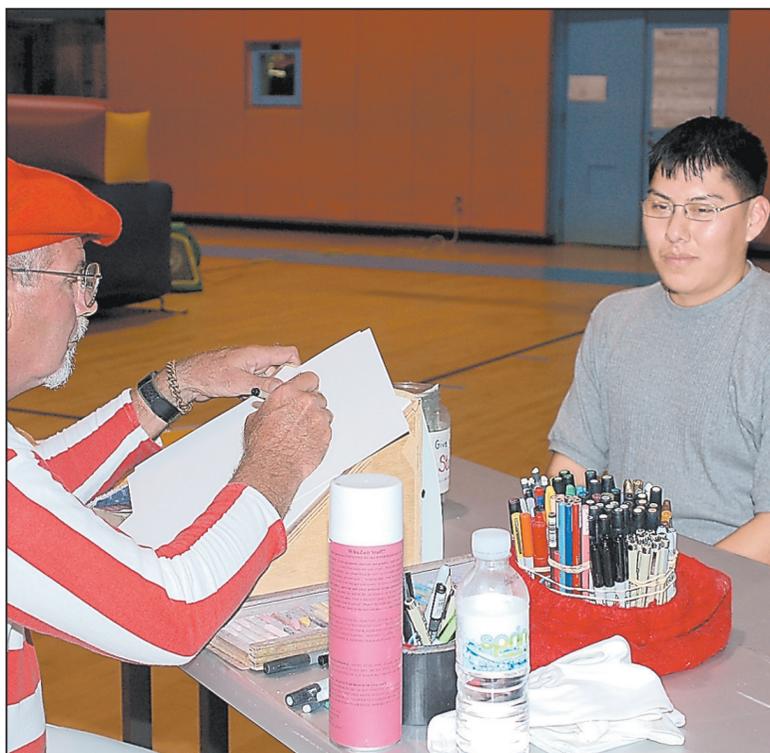
Event activities included the Human Fly, the Joust game, the Human Spheres and adult size tricycles, to name only a few. Barracks Bash sponsor, Bank of America - Military Bank, was on hand with freebies and valuable information. The entire event, including food, giveaways and event t-shirts, was offered at no charge to participants by the MWR Mayport Liberty Program, also known as the Single Sailor Program. For additional Single Sailor activities, call Planet Mayport Single Sailor Center at 270-7788.



-Photos by Stephanie Edwards
 Culinary Specialist Seaman Justin Wells of USS Hue City tries an overhand approach to the Baggio Toss game.



Engineman 3rd Class Terrance Kennedy of Harbor Ops takes a turn on the adult-sized tricycle.



Culinary Specialist 3rd Class Quentin Upshaw of USS Hue City sits motionless for his free caricature from Steve "the Artist."



Aviation Structural Mechanic 3rd Class Curtis Giraud of NS Mayport gets ready to roll in the Human Sphere.



Seaman Recruit Joshua Nonoy (left) and Seaman Recruit Jose Gonzalez (right), both from USS Doyle, square off on the Joust game.



Appearing at their second Barracks Bash, the Dirty Gringos were a crowd-pleaser once again.



Seaman Recruit Anthony Figueroa of USS Stephen W. Groves serves a piece of cake to Airman Quadatte McKay of Security.

Base Chapel Holds Fall Celebration



Joshua Garong, 3, squirts glue on his paper pumpkin.

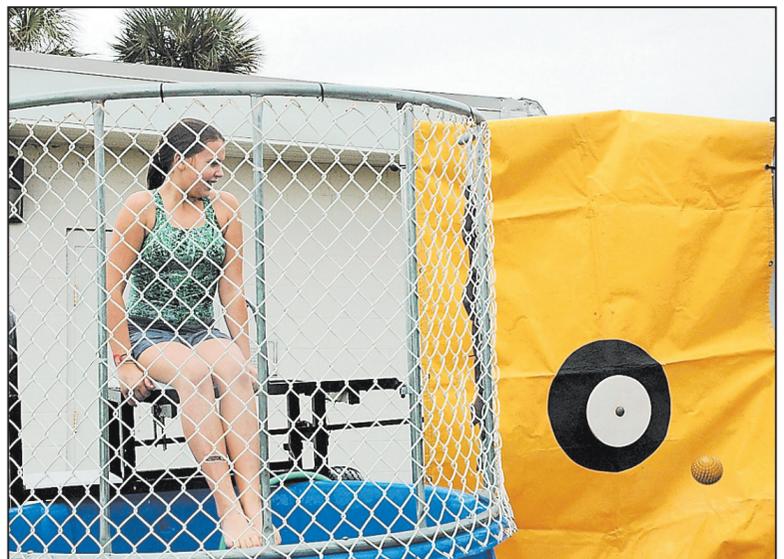
-Photos by MC2 Jason Trevett



Nancy Lynch helps her 3-year-old grandson, Michael, color a pumpkin.



Family members spend some quality time together during "Fall Fest" activities at the Mayport Chapel by the Sea.



Ashley Weekly gets ready to be dunked as balls fly at the dunk booth at the Fall Festival at Mayport Chapel by the Sea.

Blue Angels

ized dog tags, make and take crafts, and a little pilots bounce house.

- United States Marine Corps Silent Drill Platoon Seawalk Pavilion (Saturday, Nov. 3 at 11:30 a.m. only)

Precision moves from this world-famous team are a sight to be seen, but not to be heard.

- Aviation Alley Autograph Session 11:30 a.m.- 3:30 p.m.

Make a stop at the Aviation Alley Autograph Sessions presented by VyStar Credit Union and meet some of your favorite air show performers. Performers will take the time to meet and sign autographs for on Saturday and Sunday from 11:30 a.m. - 3:30 p.m. This is a great opportunity to meet the men and women behind these incredible machines.

- WQIK 99.1 FM simulcast From in the air to on the air! Bring your radio to the beach and tune into the simulcast of U.S. Navy Blue Angels performance at 3 p.m. on WQIK 99.1 FM.

- Jacksonville Sea & Sky Spectacular Air Show

10 a.m.-4 p.m. (show schedule subject to change and not in order of appearance)

- U.S. Navy Blue Angels
- Black Daggers
- Red Devils
- S-3 Viking
- HSL Search and Rescue Demonstration
- USCG Demonstration
- Gene Soucy/Theresa Stokes (wingwalker)
- Red Eagle
- David Martin
- Matt Chapman
- John Klatt, Air National Guard
- F-104 Starfighters
- F-4 Flyby

F-16 Fighting Falcon
F-15 FANG
Heritage Flight F-16, F-4, P-51

Red Baron Squadron
Patty Wagstaff
Fat Albert
P-3 Orion
EA-6B

Sunday
• 9:50 a.m.

Skydiving teams, the Black Daggers and the Red Devils, will present the American Flag and the British Flag respectively. Musician 1st Class (SW) James Collins will sing the national anthem.

- VIP Cabanas
- First Street between Fourth and Fifth Avenues North 9:30 a.m. - 4 p.m.

- Recruitment Booths 10 a.m.-4 p.m.
- Kids ID and Lost and Found 10 a.m.-4 p.m.
- Ground activities 10 a.m.-4 p.m.

- Kiddy Hawk Kids Area, presented in part by Jax4Kids.com 10 a.m.-4 p.m.
- Aviation Alley Autograph Session 11:30 a.m.- 3:30 p.m.

- WQIK 99.1 FM simulcast From in the air to on the air!

Bring your radio to the beach and tune into the simulcast of U.S. Navy's Blue Angels at 3 p.m. on WQIK 99.1 FM.

- Jacksonville Sea & Sky Spectacular Air Show Performers

10 a.m. - 4 p.m. (show schedule subject to change and not in order of appearance)

- U.S. Navy Blue Angels
- Black Daggers
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F-104 Starfighters
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F-16 Fighting Falcon
F-15 FANG
Heritage Flight F-16, F-4, P-51

Red Baron Squadron
Patty Wagstaff
Fat Albert
P-3 Orion
EA-6B

Parking Information

Parking will not be available on-site on Nov. 3 and Sunday, Nov. 4. Patrons are strongly urged to take the convenient, free shuttles.

Location:
• TPC Lots (located west of A1A on Palm Valley Road/ County Road 210) for a charge of \$20 per car. Shuttles will run continuously to and from the event site.

Hours of operation:
• Saturday, Nov. 3 8 a.m.-8 p.m. (last shuttle departs from festival site at 8 p.m.)

• Sunday, Nov. 4 8 a.m.-7:30 p.m. (last shuttle departs from festival site at 7:30 p.m.)

Cost:
• Shuttles are free
• Parking is \$20

Important Security Information

In order to protect the safety of all those attending the Jacksonville Sea & Sky Spectacular, certain security measures have been implemented. The following lists prohibited and allowed items within the event area. All items and persons within the defined event perimeter are subject to visual inspection.

Items allowed: strollers, ponchos, umbrellas, flags, towels, hats, binoculars, cameras

(less than six-inch lens), empty spray bottles, sunscreen, small radios with headphones, banners, lawn/beach chairs and seat cushions, small purses/fanny packs no larger than a piece of paper.

Items prohibited are backpacks, coolers, picnic baskets, food, beverages, pets, roller blades or skates, skateboards, Go-Peds, bicycles.

There will be bicycle racks will be available at the following locations: Beach Boulevard between 1st Street and 2nd Street; 6th Avenue North between 1st Street and 2nd Street. All bicycles will be left at owner's own risk.

Ocean Restrictions

The U.S. Coast Guard will be strictly enforcing a safety zone around the air show aerobatic box which must remain clear of all unauthorized vessels at all times or the show will be stopped. The box dimensions are:

To the north: 1 mile north of the pier. Boats must stay north of the buoy line.

To the south: 1-3/4 miles south of the pier. Boats must stay south of the buoy line.

To the east: 1/2 mile east of the end of the pier.

To the west: Beachfront.

Boaters should tune their marine band radios to VHF-FM Channel 22A at 8:15 a.m. and 6:15 p.m. for further instructions. This information is subject to change according to U.S. Coast Guard regulations.

Swimming and surfing will not be permitted from Seagate Avenue to 13th Avenue south.

Sand Dunes

Acting as our first line of defense against storms and erosion, sand dunes play a vital role in the preservation of our beaches. Standing or walking on the sand dunes to view the

air show is not permitted. TO access the beach, please use the wooden dune crossovers. Crossovers are for through traffic only. Standing or sitting on the crossovers is not permitted. DO not climb over any temporary fencing placed on the beach and boardwalk sides of the dunes. Picking sea oats is not permitted.

The City of Jacksonville Beach and the Florida Department of Environmental Protection ask for the assistance of spectators to request other attendees to stay off the dunes. Please inform event staff, lifeguards, police officers, or security staff of violations.

Jacksonville Beach Parking Lot and Street Closures

Shuttle transportation will be provided by JTA and will pick up and drop off

A. City Parking Lots located on 1st Street & Westbound Lane of 1st Ave between 2nd & 3rd Street. Latham Plaza and Seawalk Pavilion.

- Closed- 6 a.m., Monday, October 29

- Reopen- 7 p.m., Monday, Nov. 5

B. 1st Street from Beach Blvd. To 2nd Ave & the City Lot on the corner of 1st Street and 3rd Ave.

- Closed- 6 a.m., Tuesday, October 30

- Reopen- 2 a.m., Monday, Nov. 5

C. 1st Street from 2nd Ave To

From Page 1

5th Ave & 3rd Ave from 1st To 2nd Street

- Closed- 6 a.m., Wednesday, October 31

- Reopen- 2 a.m., Monday, Nov. 5

D. 1st Street from 5th Ave. To 6th Ave and City lots off of 2nd Street

- Closed- 5 p.m., Friday, Nov. 2

- Reopen- 2 a.m., Monday, Nov. 5

E. Eastbound Lane of 1st Ave between 2nd & 3rd Street

- Closed- Noon, Friday Nov. 2

- Reopen- 10 p.m., Sunday, Nov. 4

F. Pablo Ave for Transportation Hub

- Closed- 7 a.m., Saturday, Nov. 3

- Reopen- 8 p.m., Sunday, Nov. 4

G. 2nd St between Beach Blvd and 2nd Ave

- Closed: Noon, Friday, Nov. 2

- Reopen: 8 a.m., Monday, Nov. 5

In addition, the Jacksonville Beach Pier will close on Thursday, Nov. 1 at 6 a.m. and will reopen on Monday, Nov. 5 at 6 a.m. The Jacksonville Beach Pier Bait and Tackle Shop will be closed Friday, Saturday and Sunday. The shop will have its normal business hours Monday through Thursday. For more information visit www.jaxseandnsky.net or call (904) 630-3690.

Energy

for the reduction of energy and water consumption. The winners are:

- Naval Station Newport (Newport, RI) - Navy Large Shore Category: Naval Station Newport reduced energy usage by 28 percent from their FY 2003 baseline through the execution of a well-rounded energy efficiency program. Its projects included installing a central Energy Management Control System that monitors heating, air conditioning, and ventilation at more than 20 buildings; repairing central thermal distribution system deficiencies; adding energy-efficient lighting and controls in 46 buildings; installing premium efficiency motors in 13 buildings; and the decentralization of 48 buildings allowing for the summer shutdown of the central boiler. Newport completed a \$15 million Utility Energy Services Contract that is saving \$1.5 million a year, and initiated a \$15 million Energy Savings Performance Contract that will save a \$1.4 million once completed.

- Naval Base Kitsap (Bremerton, Wash.) - Navy Small Shore Category: Naval Base Kitsap, Bremerton achieved a nine percent reduction in energy usage from their FY 2003 baseline by implementing a \$1 million Utility Energy Services Contract to upgrade a circa 1990 EMCS. An innovative Utility Energy Services Contract project to recover heat from their steam plant stack gas, and return that heat to their boiler, and an Energy Conservation Investment Program (ECIP) project to upgrade their boiler plant and condensate return system provide combined savings of more than \$1 million.

- Marine Corps Base Camp Pendleton (Camp Pendleton, Calif.) - Marine Corps Large Shore Category: Marine Corps Base, Camp Pendleton has reduced overall energy consumption by 11.6 percent from its FY 2003 baseline. An aggressive energy campaign, executed through a multi-faceted approach to energy efficiency, incorporating energy projects, training, and energy awareness. Utility Energy Services Contract projects, valued at \$13.4 million in energy efficiency improvements, will include installing daylighting in warehouse facilities, replacing several High

Intensity Discharge fixtures with high-output fluorescent fixtures, installing photovoltaic streetlights and geothermal heat pumps.

- Marine Corps Air Station Miramar (Miramar, Calif.) - Marine Corps Small Shore Category: Marine Corps Air Station (MCAS) Miramar achieved a two percent reduction in energy usage from their FY 2003 baseline. MCAS Miramar completed an Energy Savings Performance Contract that installed daylighting, replaced several High Intensity Discharge fixtures with high-output fluorescent fixtures, and installed card readers in the Bachelor Quarters to deactivate the Heating Ventilation Air Conditioning (HVAC) units after the tenant leaves the room.

- Naval Undersea Warfare Center Keyport (Keyport, Wash.) - Industrial Category: NAVSEA Naval Undersea Warfare Center Keyport achieved a five percent reduction in energy usage from their FY 2003 baseline, successfully executed numerous projects that will result in various facility improvements and avoid approximately \$500,000 annually. Keyport completed facility improvements including installation of variable air volume air handling units, boiler plant modifications, upgrades to HVAC systems, and the installation of new energy efficient air compressors.

- USS BONHOMME RICHARD (LHD 6) - Large Ship Category: USS BONHOMME RICHARD saved more 30,721 barrels (\$3,256,000) of fuel in FY 2006, compared to the LHD 1 class average fuel usage, by implementing conservation measures that improved efficiency rates, both in port and underway.

- USS PHILIPPINE SEA (CG 58) - Small Ship Category: USS PHILIPPINE SEA saved 30,893 barrels of fuel in FY 2006 through special attention to energy efficiency strategies and techniques and training. PHILIPPINE SEA plans underway operational and navigational requirements, reviews the climate of intended locations, and exercises a strict Preventive Maintenance System (PMS) program. These activities resulted in cost savings of \$3,280,000.

- Training Squadron FOUR

(VT 4) - Squadron Category: Training Squadron FOUR decreased FY 2006 energy related asset use by an impressive 12 percent from the previous year through innovative and meticulous planning, heightened awareness, and a commitment to effective energy management. A total savings of \$1.5 million was attributed to increased production, decreased resource use, reduced flying hours, and reduction in hours allocated per sortie.

On Jan. 24, 2007, President George W. Bush signed Executive Order 13423, "Strengthening Federal Environmental, Energy, and Transportation Management." The order sets goals in the areas of energy efficiency, acquisition, renewable energy, toxics reductions, recycling, renewable energy, sustainable buildings, electronics stewardship, fleets, and water conservation. Furthermore, the Energy Policy Act of 2005 encourages energy efficiency and conservation, promotes alternative and renewable energy sources, reduces our dependence on foreign sources of energy, increases domestic production, modernizes the electricity grid, and encourages the expansion of nuclear energy.

The Department of the Navy's worldwide energy program currently is exceeding the Energy Policy Act goals. The program, managed by Naval Facilities Engineering Command, includes state-of-the-art technology and design, uses the most energy efficient products, focuses on improving individual energy efficiency, and operations and maintenance strategies that significantly reduce energy and water consumption by Navy and Marine Corps installations worldwide, saving taxpayers more than \$400 million (inflation adjusted) each year.

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From Page 1

excess of \$11 billion. As a major Naval Systems Command and an integral member of the Navy and Marine Corps team, NAVFAC delivers timely and effective facilities engineering solutions worldwide.

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Ship Reunions Tie Past To Navy's Future

By MC2 Jason Trevett
Contributor

Shipmates and family of the John A. Bole (DD 755) Association visited Jacksonville Oct. 14-17 for the group's 11th national reunion celebration.

The association toured Naval Station Mayport and attended a dinner banquet at the Wyndham Riverwalk Hotel, where USS Carney (DDG 64) Commanding Officer Glenn Kuffel Jr. spoke to a crowded ballroom.

"I love being able to get out and talk to the heroes who have gone before us, and let you know about what your Navy is doing today and the directions that we are headed," Kuffel said.

USS John A. Bole was named after John Archibald Bole Jr., a World War II submarine captain, who was awarded the Navy Cross. The destroyer served through three wars and was decommissioned in 1970.

Shipmates who served in the Korean War, Vietnam, and several plank owners from World

War II came from across the country to see each other, and swap stories of their adventures aboard their distinguished ship.

Jim Barton was an Ensign aboard the Bole in 1969, today he is a retired Navy captain, who has served on seven ships.

"What I remember most about the Bole was the smell of cordite in the morning," Barton said. "We would fire those guns off, and the cordite would get right in your face. I will also not forget the relationships I had with my crew, and the people that worked for me and the people I worked with. We had a great bond, in fact, I am as close with some of the guys today as I was then."

Barton is now a defense contractor in North Carolina and has been attending association reunions for the past six years. "We like to pick a place where we know that we have a friendly Navy town," Barton said. "Jacksonville is one of the most Navy friendly towns in the country."

Interior Communications Electrician 2nd Class Steve Ramirez was also on the decommissioning crew. He said he always enjoyed pulling into a good port like Hong Kong or Japan.

"On one port call to Hong Kong, we were there for more than two weeks," Ramirez said. "We spent so much money running around town, we had to get an advance on our pay."

Special guest Elizabeth Coulter said it has always been an honor to be a part of the reunions. Coulter is the daughter of John A. Bole Jr., and she came to the reunion with her cousin Barbara Boyle, a retired Navy commander. Coulter's mother christened the ship in New York in 1944, when she was only 12 years old.

"I think of these sailors like one big family," said Coulter. "They were family when they served together, and they made me feel like we were a part of it, too."



—Photo by MC2 Jason Trevett
USS Carney (DDG 64) Commanding Officer Glenn Kuffel Jr. poses for a photo with Homer Boutz, in his original 1960 Navy dress blue uniform. Boutz served aboard the USS John A. Bole from 1960 to 1963.

Military Appreciation Night



—Photo courtesy of Mayport Navy League
Annie Kurtz and Lt. Mark Kurtz, with retired Adm. Tom Watson, were among more than 160 Navy League members, families and guests to take advantage of the Military Appreciation Night held at the Jacksonville Symphony Orchestra concert in Jacoby Symphony Hall at the Times-Union Center for the Performing Arts. From the stage, conductor Fabio Mechetti welcomed the Navy League members as well as veterans of Iraq and Afghanistan, who were special guests. The group enjoyed an intermission reception sponsored by St. Vincent's HealthCare.

Ricky's Tour

By Mike Jones mikejones43@hotmail.com



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Haly Helps Rescue Five Civilian Sailors At Sea

From USS Halyburton Public Affairs
USS Halyburton (FFG 40) helped rescue five mariners at sea Oct. 25 in the Eastern Pacific Ocean while underway for its current Counter Narcoterrorism (CNT) deployment.

The ship was informed of a distress signal by U.S. Coast Guard District 11, in Alameda, Calif., late in the afternoon, as were other units in the area including two patrol aircraft and a tuna boat, the Temcartoe. Halyburton immediately began to make best speed and arrived on scene within hours to provide assistance.

"The crew responded immediately to the possibility of helping someone stranded at sea," said Halyburton Commanding Officer, Cmdr. Scott Pratt. "I was impressed by the immediate change in focus of the crew as they shifted from surveillance of potential drug smugglers in our CNT mission, to helping fellow mariners in danger."

Rescued were five U.S. citizens who had been at sea on a pleasure cruise on board the



Official U.S. Navy file photo of guided missile frigate USS Halyburton (FFG 40).

yacht Dorothea in the eastern Pacific Ocean for two days of scuba diving.

Dorothea was consumed by flames after a fire broke out in the exhaust stack and quickly

spread throughout the yacht. Realizing the immediate danger they were in, they were able to escape on a life raft and released two of their emergency locator beacons, which provided

the U.S. Coast Guard with their situation and location.

Joint Interagency Task Force South which oversees CNT missions, Halyburton and Maritime Patrol Aircraft (MPA) in the

area were informed of the situation and sent to provide support. The life boat, with all five crew members, was located about three hours after they had abandoned ship.

The MPA spotted the Temcartoe within 20 miles of the life boat and coordinated with them to make the initial rescue. Halyburton continued to press north closing the location at maximum speed and arrived on scene just after sunset. Launching their rescue boat, it proceeded over to Temcartoe to retrieve the stranded crewmembers and transfer them back to Halyburton.

Once all five were safely on board the ship, the Halyburton crew provided the rescued sailors with a hot shower, a meal, water, and a medical check-up, which revealed only minor injuries. The ship will transport the rescued sailors to safety in the next few days.

"We are grateful to everyone who helped us escape relatively unharmed," said Master of the Dorothea John Crupi. "Words

cannot express how happy I am that the Navy was there."

Dorothea crewmember Chris Martindale stated, "I was overjoyed that the Navy was nearby and could render assistance so quickly. We were surprised at such a quick response. We had no idea how long we would be in the lifeboat."

"I am glad that I was able to help American citizens in a time of need," said Operations Specialist 2nd Class (Surface Warfare) Austin Bousquet, one of Halyburton's search and rescue swimmers. "It really makes all of our hard work and training worth it to help out when needed."

Lt.j.g. Chad Morin, who manned the rescue boat, was also elated that he could be of assistance in any way possible. "This is why we are out here," he said.

Halyburton is operating in Eastern Pacific Ocean, assigned to U.S. Southern Command and supporting JIATF South efforts to stem the flow of illegal drugs in the region.

Phil Sea Completes Two Exercises With NASSG

By MC3 David Wycaver
Nassau Strike Group Public Affairs

With the Expeditionary Strike Group Integration exercise completed, the Nassau Strike Group (NASSG), including NS Mayport-based USS Philippine Sea (CG 58), continued its training and readiness operations by successfully completing the Fleet Synthetic Training-Joint (FST-J) 08-2 exercise from Oct. 9-19.

With oversight by Commander, 2nd Fleet, FST-J was a distribution training exercise that utilized the Navy's continuous training environment to provide realistic operational and tactical-level training in a synthetic environment simultaneously at different fleet concentration areas including Mayport, Fla. and Norfolk.

The exercise provided the NASSG a dedicated opportunity to train its decision makers, promote coordination between warfare commanders, execute battle force operations, and familiarize its crews with real-time operations and terminology, all while in an inport training environment.

While FST-J marked the 12th time one or more Atlantic Fleet strike groups trained via a network, it was the first time that

an Expeditionary Strike Group (ESG) conducted the training from aboard their respective ships. In the past, ESGs had conducted all or some of the scenario from classrooms at Tactical Training Group Atlantic (TTGL) at Naval Air Station Oceana's Dam Neck Annex. Here, the scenario was facilitated aboard the strike group ships pier-side at Naval Station Norfolk.

"Sailors and Marines had completed their ESG integrated training event and immediately prepared to begin two weeks of a Fleet Synthetic Training scenario," said Capt. Robert G. Lineberry, Commander, Nassau Strike Group.

"Nassau Strike Group was the first Expeditionary Strike Group to conduct this training from aboard their own ships simulating at-sea conditions. The Sailors and Marines looked forward to this challenging and realistic simulation training that provided a wide range of scenarios to train our Blue/Green team in a coalition partnership environment," Lineberry explained.

The exercise was an evolution encompassing classroom instruction, tactical and operational planning, and scenario

execution using Joint Semi-Automated Forces and Battle Force Team Trainer architecture. It was comprised of both scripted and dynamic events driven by participant actions. Training events were also leveraged to realize efficiencies during advanced phase training increasing the quality of underway time.

Additionally, conducting training in-port, provides high quality training at low cost. Inport simulation allows the Navy to train with much less stress on equipment while balancing employability/deployability requirements for Sailors. It also allows trainers the opportunity to apply more variety to an exercise.

Adversary activity can be added as well as additional aircraft, ships, and submarines without burning fuel or adding wear and tear to ships and equipment.

The NASSG also benefited from mentoring from members of Commander, Strike Force Training, Atlantic; TTGL, and Expeditionary Warfare Training Group, Atlantic staffs, particularly for joint and coalition operations.

Lineberry noted exercises like FST-J are crucial to the readi-

ness of an overall naval force.

"FST-J is an important part of the Fleet Response Program which is designed to provide a naval force that can maintain meaningful forward presence while generating the ability to surge additional combat power as needed to meet regional combatant commander requirements," he explained. "Along with ensuring and testing our overall readiness, also provided some training opportunities throughout the strike group."

"The purpose of any of these training evolutions is to make the Navy and Marine Corps function as one well-oiled machine," said Gunnery Sgt. Anthony Bargallo, USS Nassau (LHA 4) combat cargo operations officer. "The reason we train is so we can learn each other's standard operating procedures while preparing for deployment."

From NASSG, Nassau,

Philippine Sea, USS Nashville (LPD 13), USS Bulkeley (DDG 84), USS Ashland (LSD 48), USS Ross (DDG 71), USS Albany (SSN 753), Amphibious Squadron 6 and 24 Marine Expeditionary Unit all participated in FST-J 08-2, along with

coalition crews from ship simulators in the United Kingdom and Germany.

Currently preparing for its regularly scheduled 2008 deployment, the NASSG is made up of more than 5,000 Sailors and Marines.

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All FRCSE Information Tech Servers On NMCI

From FRCSE
Fleet Readiness Center Southeast (FRCSE) remains at the forefront of the Naval Aviation Enterprise maintenance revolution.

FRCSE recently became the first industrial complex to have the entire computer system reside within the Naval Marine Corps Intranet (NMCI). This feat contributes to the FRCSE goal of cost-wise readiness, and better positions the command's computer systems to defend against ongoing cyber warfare operations.

This initiative began in July 2005, when the Naval Network Warfare Command (NETWARCOM) mandated the shutdown of the Tri-Base Enterprise Network (TBEN) and all associated networks. FRCSE legacy computer systems connected to the TBEN were required to comply with this mandate and shutdown by December 2005. This date was subsequently pushed to Oct. 1, 2007.

Hal Pingel, Information Technology/Information

Management (IT/IM) Department Director, and FRCSE leadership realized the importance of this effort to the FRCSE and adjusted resources accordingly. Jayme Andreoletti, project lead, and Andy Grimm, technical lead, spearheaded the Legacy Network Shutdown Project that completed this initiative. The project proved to be an enormous task that required an extensive effort by IT/IM Department personnel.

When the project started, FRCSE had 150 legacy servers supporting various applications. During the project, the servers and applications were evaluated, sorted, consolidated and migrated. Each system needed NETWARCOM approval to connect to the NMCI enclave.

This required coordination with multiple NMCI entities and government organizations. Also complicating the effort was the requirement to do the entire migration with minimal impact on the workforce. The effort resulted in a 52 percent server reduction and a maintenance legacy cost avoidance of

more than \$400,000 per year.

FRCSE now operates 72 servers within NMCI, resulting in a number of benefits. One benefit is the enhanced security provided by the NMCI network.

Another benefit is the increased availability and system uptime; the systems no longer experience delays trying to negotiate multiple firewalls between the legacy and NMCI networks. Another benefit was the elimination of redundant equipment and the streamlining of assets.

FRCSE IT/IM Department is now better prepared to meet the challenges associated with ongoing Department of Defense and Department of Navy initiatives.

FRCSE IT/IM Department work is critical to both current and future operations. The ability to continue cost-wise readiness for airframes, engines, and components is dependent on efficient, effective, and secure IT systems and operations. The IT/IM Department continues to work behind the scenes to better serve FRCSE.

Marines Birthday Bash Is Nov. 9

From Jacksonville Semper Fidelis Society

The Jacksonville Semper Fidelis Society will celebrate the 232nd Marine Corps Birthday Ball at the San Jose Country Club on Nov. 9. The guest speaker will be Robert Ingram, recipient of the Congressional Medal of Honor. He was awarded the medal for courageous service in Vietnam as a Navy Hospital Corpsman Third Class serving with the 7th Marines, "C" Company,

known as "Suicide Charley" because it was always in the middle of things. He was also awarded the Purple Heart, and the Silver Star. After his service he received a Registered Nurse Degree (1971) and is employed at the Jacksonville Family Practice Associates as Operations Manager. For information about the event or tickets, please call Jesse Vaughn, 838-1172 or Sharon Leahy, 545-0635.



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Mayport Employee of the Quarter



-Photo by MC3 Bonnie Williams

Naval Station Mayport Commanding Officer, Capt. Aaron Bowman, presents Dick Garis, airfield manager for Mayport Air Operations Department, with the award for Naval Station Mayport Civilian Employee of the Quarter award at Ocean Breeze Conference Center on Monday. The award qualifies Garis to compete for Mayport Employee of the Year award. Also nominated this quarter was Cynthia Wilkins of Security, Karen Downey of Base Chapel, Teresa Jacobs of MWR, Tommy Affords of Safety and Elinor Cantrell of FFSC.



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Navy/Marine Corps Achievement Medal
MMC Wilson Florez, NS Mayport
ABH2(AW) Anthony L. Fripp, NS Mayport
ET2(SW) James McQueeney Jr, NS Mayport
AC2(SW) Charles Maine, NS Mayport
AC2(AW/SW) Jason D. Parker, NS Mayport
AC3(AW) Giovannie Martinez, NS Mayport

Good Conduct Awards
ET2 Jeremy A. Sasko, NS Mayport
ET2 Michael G. Tucker, NS Mayport
ET3 Jarrod P. Martiere, NS Mayport
AC3 Peter W. Rutkowski, NS Mayport

Mayport
MA3 Chad M. Grogan, NS Mayport

Flag Letter Of Commendation
CS1(SW) David E. Stuckey, NS Mayport
BM2 Marquell D. McCoy, NS Mayport
BM2 Jason A. Davis, NS Mayport

Letter Of Appreciation
SH1(SW) Katie Sandstrom, NS Mayport
CS1(AW) Ernest L. Hopkins, NS Mayport

Appointment Letters
CS3 Maurianne M. White, NS Mayport
CS2 Katherine L. Seno, NS Mayport

Culinary Specialists Of The Month/Quarter

CS3(SW) Kali A. Bravo, NS Mayport
CS3 Davon Dukes, NS Mayport
CS2(SW) Karen J. Thompson, NS Mayport

Sailors Of The Quarter

MA1(SW) Vincent Moultrie, NS Mayport
AC2(SW) Sean Lee, NS Mayport
SN Melissa Jordan, NS Mayport
SH1(SW) Kattie Sandstrom, NS Mayport
SK2(SW) Nigel Blandin, NS Mayport
MA3(AW) Jeannine Martinez, NS Mayport



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USS Boone Revives Tradition After 57 Years

By Lt.j.g. Steven Gonzalez
USS Boone PAO

The crew of the guided-missile frigate USS Boone (FFG 28) experienced a memorable weekend when they arrived for a three-day visit in Rockport, Mass.

Boone is the first Navy warship to visit the small town since the U.S.S. Goodrich, a Gearing class destroyer, anchored in Sandy Bay on July 3, 1950.

Rockport, a small town known for its local art, scenic views and lobster opened its doors and made Boone the center of attention during the town's third annual Harvest Festival celebration. The town scheduled numerous events and activities which kept the crew busy throughout the visit.

The first day in port members of the Sandy Bay Yacht Club greeted the crew during a reception where community leaders presented the crew with tokens of appreciation and New England hospitality. "Tonight's reception was extraordinary," said Operations Specialist Second Class Justen L. Abernathy, "the people of Rockport have provided a warm welcome and are very excited about Boone's visit."

Later that evening crewmembers attended a function hosted by American Legion Post 98 where Boone Sailor's swapped sea stories with the veterans. "It was just incredible. Listening to the stories from their time in service made you feel proud and honored to spend an evening with them," said Lt. Shawn Fisher, Boone's Electronic Materials Officer. "In turn, they felt the same way about us and were filled with gratitude for Boone taking the time to be here this weekend."

Local military veterans from Rockport took part in a wreath laying ceremony onboard Boone to honor the fallen members of our military. Retired Navy Captain Alan Ray and Boone crewmember Electronics Technician Third Class Lee D. Medlin each tossed a wreath off the fantail of the ship into Rockport Harbor during a touching ceremony that brought tears to many present. "I am very proud to have been given the honor to take part in this ceremony," said Medlin, "The veterans here today helped make our military great, and it was a wonderful feeling to be with them today to honor the members who made the ultimate sacrifice for their country."

Throughout the weekend Boone crewmembers took part in numerous events hosted by the citizens of Rockport. Crewmembers faced the locals in a nine-hole golf tournament and later that evening, were challenged by the Rockport police and fire departments in a game of softball. The softball game was a big event, most of the town attended the competition and everyone enjoyed the great sportsmanship. After the game the teams traded jerseys and feasted on the local delicacies that included famous clam chowder.

The crew also contributed to the community and participated

in a community relations project where they painted a local icon, the Motif number 1, a small fishing shack located in Rockport Harbor known as the most painted object by artists in the US.

"This was just an incredible day," said Chief Storekeeper Thomas Smith, "it was truly an honor for the town to allow us to help preserve this historic

building."

What turned out to be the highlight for many of the crew was the Lobster Boat tour. Boone Sailors' baited and set their own lobster traps and later hauled in their catch. When all the lobster traps were retrieved there were more than 50 lobsters caught by the group. The boats then docked at Pigeon Cove Warf where the lobsters

were cooked and the crew dined. Sonar Technician 3rd Class Daniel Garcia was the unofficial lobster eating winner when he ate eight lobsters, impressing the Rockport locals at the event.

"This is by far the best time I've ever had on a port visit," said Garcia, "the people of Rockport have really gone all

See Boone, Page 13



-Photos courtesy of USS Boone
Navy Career Councilor 1st Class Wilbert Russell and Electronics Technician 1st Class John Brandon enjoy a lobster feast at Pigeon Cove Warf.

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Sailors from USS Boone pose for a group photo after participating in a community relations project where they painted a local icon, the Motif number 1.



USS Boone Sailors pose with the Rockport police and fire departments after a game of softball.



USS Boone's Commanding Officer, Cmdr. Newman J. Evans III, thanks Rockport local officials for a memberable weekend during a reception aboard the ship.



Retired Navy Captain Alan Ray Lee D. Medlin tosses a wreath off the fantail of the ship into Rockport Harbor during a ceremony on board Boone to honor the fallen members of our military.



USS Boone (FFG 28) Navigator Lt.j.g. Frank Fillingim presents the bridge to visitors during a tour for the general public.

Boone

out to ensure we had a great time, and the lobsters here are fantastic."

While the crew enjoyed their stay in Rockport, many citizens of the area were able to enjoy a tour on Boone. The Sailors hosted tours to the general public where visitors were able to get a first hand look at life aboard a Navy warship.

More than 1,600 visitors took a tour with the most popular areas being Boone's Bridge and Combat Information Center. Mark Kanegis a local photographer brought his daughter Anna to visit Boone.

"This was a great experience. The tour guides were thoughtful and took the time to answer everyone's question," said

Kanegis, "I am just so proud of the men and women that serve our country, and the experience my daughter and I enjoyed on USS Boone today makes us appreciate everything they do for our country even more."

To conclude the visit, Boone hosted a reception for local officials on the ship. One official in attendance was State Senator

Bruce Tarr who was overjoyed with the reception Rockport gave Boone.

"This weekend has been fantastic, everyone in Rockport had a fabulous time and enjoyed every minute that Boone and her Sailors were here," said Tarr, "this visit is the first in 57 years, we'd like the Navy to visit every year for now on."

From Page 12

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CREDO Build Teams At Mayport

By MC2 Leah Stiles
FLTPACENSE

Naval Air Station Jacksonville medical personnel participated in a Team Building Workshop Thursday on Naval Station Mayport.

The workshop, conducted by the Chaplain's Religious Enrichment Development Operation (CREDO), is designed to enhance readiness and team cohesiveness by transforming attitudes, feelings and relationships. Participants learn the four qualities of effective groups: communication, cooperation, trust and fun.

"In a war zone, you have to know that you can trust the man next to you with your life," said Religious Program Specialist 2nd Class Erick Antonio. "This workshop builds that kind of trust and camaraderie."

The group participates in a variety of character building activities. These activities are not only fun but provide an arena in which the team can learn to know each other better, become familiar with their perspective strengths, blind spots and areas that need improvement. The team learns both individual personality types as well as the team's personality type.

"This is about coming together as a team," said Lt. Rickey Bennett, CREDO Chaplain. "A stronger team means the mission will be accomplished more effectively."

The CREDO chaplains offer this team-building workshop to all military teams in the region. Contact Bennett at 270-6958, ext. 1603 for more information.



-Photos by MC2 Leah Stiles

Lt. Rickey Bennett, Chaplain's Religious Enrichment Development Operation (CREDO) Chaplain, guides Naval Air Station Jacksonville medical personnel in a team building workshop. The workshop is designed to enhance readiness and team cohesiveness by transforming attitudes, feelings and relationships.



Jax medical personnel participate in a team building workshop that is facilitated by CREDO Chaplains.

Navy Provides Exceptional Care For Family Members

By Cullen James
Navy Personnel Command Public Affairs

The Exceptional Family Member (EFM) Program exists to help Sailors and their families.

That's the message Marcia Hagood, Navy EFM Program manager, wants to get out to thousands of Sailors and their families.

"The program is a win-win solution for Sailors and commands," Hagood said. "It's available to help alleviate hardships on family members by ensuring their special needs are considered in the detailing process."

According to Hagood, the mission of the EFMP is to provide a comprehensive and coordinated approach for medical, educational and personnel support for families with special needs. Enrollment is mandatory for all family members with long-term medical, mental health or educational needs and is required immediately upon identification of a special need.

Special needs are identified by treating physicians and are then classified in one of six EFM categories. These levels ensure the special needs family member receives the appropriate level of care. Detailers then assign Sailors to duty stations where adequate medical or educational facilities are available.

While the status alerts detailers, Hagood stressed that the categories are used to protect members' private information and is only provided to those who have a need to know.

"There are some misconceptions that it will hinder a Sailor's career, but that's simply not the case," Hagood said. "There are more than 17,000 Navy sponsors with family members enrolled in the program. Many members enrolled in EFMP have been successful in the military. Promotion boards do not see EFM category status. As long as sponsors are meeting Navy requirements, they have a good chance of being promoted."

Sailors with family members already enrolled in the program must stay on top of updating their status. Updates are required nine months prior to their projected rotation date, every three years, or if the special need changes. Temporary enrollments (category six) must be updated within one year of assignment.

For more information, visit the Navy's EMFP Web site at www.npc.navy.mil/CommandSupport/ExceptionalFamilyMember/ or call the Navy Personnel Command Customer Service Center toll-free at 1-866-827-5672.

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USO News

Mayport USO will hold a "No Dough" dinner sponsored by H&R Block on Nov. 5 at 5 p.m. This is a free dinner for military families.

Mayport USO will be closed on Nov. 6 for the General Election. The USO will also be closed Nov. 12 for Veterans Day.

USO is helping support military families in the San Diego area. The NAS JAX USO is a drop-off location for gift cards to help ease the financial burden some military families are facing due to the San Diego area fires. Gift cards of any value for Target, Wal-Mart, the Navy Exchange and Commissary will be accepted and forwarded on. Please contact Sonja for more information at sonja@usojax.com.

Mark your calendar - Saturday, Dec. 1 will be the 50th Anniversary of USO PAL Day in St. Augustine. PAL Day is an annual appreciation event in which many St. Augustine attractions offer free admission to active duty military personnel and their families. The Elks Lodge provides a free lunch and many other organizations take part in this wonderful day as

their way of "Supporting Our Troops." Watch our "Info Blast" and refer to our website in the coming weeks for details.

Jacksonville Jaguars vs. San Diego Chargers: As with the Colts tickets, the Chargers tickets have generated tremendous demand. During regular business on Nov. 5, service members will be able to enter to win the chance to purchase up to four of these tickets. Winners will be drawn at 9 a.m. on Tuesday, Nov. 6 and will be notified by the USO. For additional information, please visit www.usojax.org.

The USO on Mayport Road is open from 9 a.m.- 9 p.m. USO NAS Jacksonville is open from 8 a.m.-4 p.m. To be eligible to enter into the lottery for bring your valid active duty ID card. Spouses of active duty personnel may enter, too, but the active duty service member must pick up the tickets following payment of \$8 per ticket at either USO location. One entry form is permitted per active duty family.

The Sailors Aweigh program is a partnership of the Jaguars Foundation, USO and U.S. Navy through the Navy

Region Southeast bases at NAS Jacksonville, NS Mayport and NSB Kings Bay, Ga. The program began during the 1997 Jacksonville Jaguars football season to benefit Navy children with a parent(s) on deployment. The Sailors Aweigh program allows these families to enjoy a family day together during a challenging time of being separated from a parent who is at sea or a post far from home. This unique program provides Southeast Region Navy children and their families a complimentary seat to a Jaguars home game, including transportation, a T-shirt and "Jag Dollars" for the children for food or merchandise. The USO and naval base personnel at NAS Jacksonville, NS Mayport and NSB Kings Bay help coordinate the program.

For more information on Sailors Aweigh, please visit www.usojax.org.

The following free tickets are available at the USO at Mayport and NAS Jax on a first come, first serve basis. Jacksonville University vs. Georgia Southern Women's Basketball game on Nov. 9 at Jacksonville University and Jacksonville

University vs. Butler Football game on Saturday, Nov. 10 at Swisher Gym at Jacksonville University.

Daytona 500 Experience is celebrating Armed Forces Month during November by offering free admission to all members of the military. Family members who attend with the military ID cardholder will receive \$10 off the admission price. For more information, visit www.daytona500experience.com. 2008 Daytona 500 Military Ticket Packages descriptions are available at www.usojax.org.

Tickets to Adventure Landing, on Beach Boulevard, are now available at the USO!

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.

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

Watch TV or a movie from the video library. Service mem-

Holiday Food, Toy Drive Under Way At USO

From USO

The USO Mayport is looking for donations for its 22nd annual food and toy drive.

As part of the holiday tradition the USO is teaming with Naval Station Mayport, the Base Chapel, Mayport NEX and Commissary to help meet the needs of young military families.

The intent of the holiday food drive is to assist those military families with children experiencing a genuine need or hardship, usually E-5 and below.

The program is designed to help the active duty families with children that are physically stationed on Naval Station

Mayport or the Coast Guard Station/Sector Mayport.

The military member must be in good standing with the military. This program includes all ashore/afloat commands. The success of the food drive is dependent upon the generosity of the local community, as well as NS Mayport.

For the third year in a row, Mayport USO will also be collecting toys and accepting nominations for the NEX Giving Tree.

For more information regarding donations to this very worthwhile program, contact the USO at 246-3481.

bers can also enjoy video games or use the sports equipment.

There is a full kitchen, show-ers, a quiet reading room and a meeting room available at the USO. The USO is available for meetings, support groups, receptions, parties and pre-deployment briefs. A TV, VCR and

overhead projector are available for use.

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.

Health Beat

Military Health System Reaches Out To Grieving Families, Units

From TRICARE

The loss of a Service member has a tremendous impact not only on the loved ones left behind, but also on the unit whose members continue the mission while grieving.

A new program in the TRICARE West Region is designed to help military leaders address grief and isolation in many of the communities hit hardest by combat casualties. TriWest Healthcare Alliance has joined efforts with Joanne Steen, an author and counselor, to offer the Grief Solutions program.

According to Steen, President, Grief Solutions, LLC, the new program will give Service commanders and senior non-commissioned officers a deeper understanding of how to support and assist survivors, as they are the first to respond once families within their units are notified of a loss.

"It is very important that we

do everything we can as leaders to assist our men and women in uniform," said Dr. S. Ward Casscells, Assistant Secretary of Defense (Health Affairs), and Director, TRICARE Management Activity. "Our country can never adequately express our sympathy and respect for the family's loss. We must also address the needs of warriors who may have feelings of anger and grief," he added.

Recently, in an effort to reach out to these families, Dr. Casscells began sending personally signed letters expressing his concern for the well-being of families left behind in the wake of a service member's death. The letters also provide information about the survivor's TRICARE health care benefits.

"It has been more than 30 years since Vietnam and we have a new generation of Americans who are learning, in real time, how to respond to military loss," said Steen, co-

author of "Military Widow: A Survival Guide." "This program will arm leaders with the tools necessary to assist those who have lost the family members dearest to them," she added.

Steen has assisted hundreds of spouses, parents, and children of fallen Service members; as well as provided Service leaders with practical skills to cope with the complexities of Service death.

"This initiative is part of our deep and ongoing commitment to those who have made the ultimate sacrifice for our country," said TriWest President and CEO David J. McIntyre, Jr. "We have a longstanding commitment to the Tragedy Assistance Program for Survivors; this helps us to expand the scope of our support of these families."

Grief Solutions will be offered to active duty, National Guard and Reserve units throughout the 21-states that comprise the TRICARE West Region, which

is administered by TriWest Healthcare Alliance.

"We have a responsibility to help our entire military family—loved ones and warfighters—through this difficult time," said Casscells. "The efforts of our TRICARE regional contractors to address issues that support families are an important part of the Military Health System taking care of its own."

For information and a downloadable brochure about TRICARE Survivor Benefits, visit www.tricare.mil/tricaremart/product.aspx?id=449&CID=88&RID=3.

TRICARE Online Can Help Members Deal With Challenges

From TRICARE

A new online educational resource offers TRICARE beneficiaries a secure, safe environment to seek information, educational materials and self-assessment tools on behavioral health, addiction and recovery, life events and daily living skills.

"AchieveSolutions" can be accessed through the behavioral health link in the beneficiary resources area of the Humana Military Healthcare Services' (HMHS) Web site at www.humana-military.com. HMHS is the managed care contractor for the TRICARE south region.

"It is critical we recognize that our Service Members and families face enormous stress, and that stress can affect physical as well as mental health," said Army Major General Elder Granger, Deputy Director, TRICARE Management Activity. "We support all efforts to reach out and offer help and advice on dealing with life's challenges."

The Department of Defense (DoD) Task Force on Mental Health report recently referenced a DoD Survey of Health-Related Behaviors Among Military Personnel indicating 74 percent of Active Duty personnel cope with stress by talking with a friend or family member. Those individuals play a key role in influencing Service Members to seek help. As such,

family members, as well as Service members, need to be equipped with coping skills, the ability to recognize distress, and the knowledge of how and where to get assistance.

The new AchieveSolutions site offers education and skill-building opportunities.

AchieveSolutions was developed by ValueOptions for the Behavioral Health, Employee Assistance Program (EAP) and Work/Life ValueOptions, the south region subcontractor for mental health.

AchieveSolutions builds off of ValueOptions' expertise in human behavior, and the importance of prevention, to provide quality information and education. Since the tools are on the Web, the information is available to all TRICARE beneficiaries at the touch of a fingertip.

Resources provided on the Web site, which are offered in both English and Spanish, include: access to self-referral tools, behavioral health program information, interactive self-assessment applications with solutions, health risk assessment tools and benefit information.

AchieveSolutions contains over 6,000 articles covering more than 200 topical areas such as: information on advocacy, emotional well-being, family concerns, dealing with illness, loss and grief, alcoholism and substance abuse. The content of the site is continually

updated to reflect new research, articles and material.

According to Dave Baker, HMHS president and chief executive officer, the information is clinically credible, current and consistent with ValueOptions' focus on quality. To ensure user privacy, the Web site is a VeriSign secure site, which means that all traffic to and from the server is secured by encryption. Visitors can be assured that their Web history will remain private.

"This new tool offers our beneficiaries the privacy needed to research a potential health concern without fear of repercussion," said Baker. "At HMHS we are committed to providing quality health care services to the men and women we serve."

"ValueOptions is proud to manage the mental health benefit for TRICARE beneficiaries, including Active Duty soldiers and their families," said Barbara Hill, CEO of ValueOptions, Inc. "ValueOptions' AchieveSolutions tool serves as an accessible vehicle to provide much needed behavioral health support and education. AchieveSolutions is an effective use of technology that allows us to reach out to the service community in an entirely new way."

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John Heffron
Nov. 8th-10th

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PRODUCED BY BRANKO LUSTIG JIM WHITAKER MICHAEL COSTIGAN PRODUCED BY BRIAN GRAZER RIDLEY SCOTT WRITTEN BY STEVEN ZALLLIAN DIRECTED BY RIDLEY SCOTT

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NOVEMBER 2

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Noelle, 8

MWR Happenings

Nov. 1: Youth Basketball Registration Begins. Register ages 5-15 for Youth Winter Basketball. Season starts in January 2008. Registration hours are Monday-Friday 10 a.m.-6 p.m. at the Youth Activities Center. Cost is \$60 per child; \$5 discount for additional children of the same family. 270-5680 or 5018

Nov. 2-4: Motorcycle Safety Course. Cost is \$180 per person and includes use of motorcycle, helmet and gloves. Pre-registration is required. Sign up at the Auto Skills Center. 270-5392. Class cancelled.

Nov. 3: Family Movie Day. 1-5 p.m. at the Youth Activities Center (part of the Youth Open Recreation program). 270-5680 or 5421

Nov. 3: Comics on Duty World Tour. Bogey's is hosting The Comics on Duty World

Tour with world-famous comedians Steve Bills, Derek Richards, Steve Mazan and Kira Soltanovich at 8 p.m. The show is free and open to all hands. An optional tapas menu will be served from 6-7:30 p.m. Call 270-5143 or e-mail jon.fine@navy.mil to make reservations.

Nov. 5: Fall Basketball Begins. Intramural and grey-beard leagues. Season ends Feb. 21. 270-5451 or 5452

Nov. 7: MWR Monthly Command Meeting. 10 a.m. at Steel Beach, inside Ocean Breeze Conference and Catering Center. Send your Command Rep for the latest MWR Mayport information. 270-5228

Nov. 7: Deadline to Sign Up for Racquetball Tourney. Turkey Shoot Racquetball Tournament is 5 p.m. Nov. 14. Sign up at the Gym. 270-5451 or 5452

Nov. 8: Family Steak Night. 5-8 p.m. at Foc'sle CPO Club. Steak dinners are \$9 per person and children's specials are available for only \$2.50. All hands welcome. 270-5431/5432

Nov. 9: Live Band - American Attitude. Rock band, American Attitude, performs live at Castaway's Lounge from 8 p.m.-12 a.m. No cover charge. All hands welcome. www.myspace.com/americanattituderock 270-7205

Nov. 10: Live Band - Neurotic Butterfly. Rock band, Neurotic Butterfly, performs live at Castaway's Lounge from 9 p.m.-1a.m. No cover charge. All hands welcome. http://neuroticbutterfly.com/ 270-7205

Nov. 13: Turkey Trot 5K Run. 8 a.m. start in front of the Gym. Free. 270-5451 or 5452

Nov. 14: Racquetball Turkey Shoot. 5 p.m. at the Gym.

Deadline to sign up is Nov. 7. 270-5451 or 5452

Nov. 14: Team Rootberry Family Show. 6 p.m. at the Youth Activities Center. Presented by Armed Forces Entertainment and MWR Mayport, Team Rootberry is an athletic, comedic juggling show with sword swallowing (while juggling saw blades) and whip vs. toilet paper and flying pig. They have been described as "Family friendly, yet fiendishly funny"! Visit www.rootberry.net for additional information on this famous comedic act. 270-5680 or 5421

Nov. 16: Freedom Friday - 80's Dance & Taco Night. 7-11 p.m. at the Youth Activities Center for grades kindergarten through 5th. Cost is \$7 in advance or \$9 the day of. Space is limited; early sign up is recommended. 270-5680 or 5421

Nov. 17: Family Game Day. 1-5 p.m. at the Youth Activities Center (part of the Youth Open Recreation program). 270-5680 or 5421

Nov. 20: Turkey Deep Fry. 5-8 p.m. at Foc'sle CPO Club. All hands welcome. Price TBD. 270-5431 or 5432

Nov. 28: Neon Ninja Show. 6 p.m. at the Youth Activities Center. Accomplished karate instructors perform live with choreographed martial arts moves and a fascinating light show. 270-5680 or 5421

Nov. 30-Dec. 2: Open Water Dive Certification Course. \$290 complete (\$320 for guests). Don't be fooled by false advertisement. Our cost is for the complete PADI Open Water Dive Certification. This certification course includes certification, dive book, dive log book, dive tables, professional

instruction, two days admission to the springs, two nights lodging, round trip transportation and use of all necessary scuba equipment. No upfront equipment purchase required. We leave on Friday afternoon and come back certified, on Sunday. Pre-registration is required. 270-5541

Nov. 30: Freedom Friday - Ratatouille Movie & Pizza Night. 7-11 p.m. at the Youth Activities Center for grades kindergarten through 5th. Cost is \$7 in advance or \$9 the day of. Space is limited; early sign up is recommended. 270-5680 or 5421

Nov. 30: Deadline to Sign Up for Holiday 3-on-3 Basketball Tournament. Tournament is Dec. 8 at the Gym. Cost is \$30 per team. 270-5451 or 5452

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. Planet Mayport is located in building 46 across from Bravo Pier. Hours of operation are weekdays 11 a.m.-11 p.m. and weekends 10 a.m.-11 p.m.

Nov. 5: Monday Night Football Frenzy. Catch the NFL Monday night action in Planet Mayport's movie theater on the big screen. Baltimore Ravens vs. Pittsburgh Steelers. Game starts at 8:30 p.m.

Nov. 6: Eight Ball Tournament. Join the Liberty Program in a free, single elimination tournament starting at 6 p.m. at Planet Mayport.

Nov. 7: Wii Wednesdays. Liberty is hosting a video game tournament like no other starting promptly at 6 p.m. Participants get to test their tennis skills, Nintendo Wii style. Prizes will be awarded to first and second place winners.

Nov. 8: Dinner and a Movie Trip. Join the Liberty Program on a trip to Regal Cinemas to catch the newest box office hits. Pizza will be served at Planet Mayport prior to departing to the theater. Cost of this trip

is only \$2 and includes food, admission and transportation.

Nov. 9: Birthday Bash. Happy Birthday to all the November birthdays. Stop by Planet Mayport for your birthday treat.

Nov. 10: Orlando Magic Trip. Join the Liberty Program on a trip to Orlando for some NBA action when the Orlando Magic take on the Phoenix Suns at the Amway Arena. Sign up at Planet Mayport.

Nov. 12: Monday Night Football Frenzy. Catch the NFL Monday night action in Planet Mayport's movie theater on the big screen. San Francisco 49ers vs. Seattle Seahawks. Game starts at 8:30 p.m.

Nov. 13: Halo 3 Tournament. Crush the Covenant at Planet Mayport in the Halo 3 tournament starting promptly at 6 p.m. Prizes will be awarded to first and second place winners. Sign up at Planet Mayport.

Nov. 14: Wii Wednesdays. Liberty is hosting a video game tournament like no other starting promptly at 6 p.m. Participants will test their golf skills, Nintendo Wii style. Prizes will be awarded to first and second place winners.

Nov. 18: Jacksonville Jaguars vs. San Diego Chargers Trip. Cost is \$5. Trip leaves Planet

Mayport at 11 a.m.

Nov. 19: Monday Night Football Frenzy. Catch the NFL Monday night action in Planet Mayport's movie theater on the big screen. Tennessee Titans vs. Denver Broncos. Game starts at 8:30 p.m.

Nov. 20: Nine Ball Tournament. Best two out of three games will be played in this single elimination tournament. Prizes will be awarded to first and second places. Tournament starts at 6 p.m. sharp.

Nov. 21: Wii Wednesdays. Liberty is hosting a video game tournament like no other starting promptly at 6 p.m. Participants will test their bowling skills, Nintendo Wii style. Prizes will be awarded to first and second place winners.

Nov. 22: Happy Thanksgiving. Stop by Planet Mayport and indulge in all the holiday sweets and desserts.

Nov. 23: Left Over Lunch. Stop by Planet Mayport and "dig in" all over again and enjoy all the "leftovers". Food will be served at 4:30 p.m.

Nov. 25: Jacksonville Jaguars vs. Buffalo Bills Trip. Cost is \$5. Trip leaves Planet Mayport at 11 a.m.

Nov. 26: Monday Night

Football Frenzy. Catch the NFL Monday night action in Planet Mayport's movie theater on the big screen. Miami Dolphins vs. Pittsburgh Steelers. Game starts at 8:30 p.m.

Nov. 27: Madden 2008 Tournament. Pick your team and battle it out Madden style. Prizes will be awarded to first and second place winners. Tournament starts promptly at 6 p.m. at Planet Mayport.

Nov. 28: Wii Wednesdays. Liberty is hosting a video game tournament like no other starting promptly at 6 p.m. Participants will test their boxing skills, Nintendo Wii style. Prizes will be awarded to first and second place winners.

Nov. 29: Comedy Zone Trip. When's the last time you've had a good laugh? 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. Open to persons 18 years old and older. Trip departs Planet Mayport at 6 p.m.

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MWR Facilities

Surfside Fitness Schedule
Mondays: 7 a.m. Victory PRT with Sally; 9:30 a.m. Lo Impact with Sally; 11:15 a.m. 3 B Burn Bosu/Balls/Bar with Ruthie; 11:30 a.m. Fitness Equipment Training (sign up) with Sally; 1 p.m. Moms in Motion with Sally; 4 p.m. Advanced Pilates with Apparatus with Emily

Tuesdays: 7 a.m. Step & Kick with Heather; 9:30 a.m. Resistance with Heather; 11:15 a.m. Kickboxing with LaPlace; 11:30 a.m. Fitness Equipment Training (sign up) with Heather; 2 p.m. Fitness Equipment Training (sign up) with Sally; 6:45 p.m. Cardio, Combat and CORE with Sally

Wednesdays: 8:30 a.m. Fitness for Mature Audiences Only with Sally; 9:30 a.m. Intro to Resistance with Sally; 11:30 a.m. Intro to Pilates with Sally; 11:30 a.m. Fitness Equipment Training (sign up) with Heather; 1 p.m., Moms in Motion (Heather); 4 p.m. Fitness Equipment Training (sign up) with LaPlace; 5 p.m. BOSU & Kick with LaPlace; 6 p.m. Mommy, Daddy & Me with LaPlace

Thursdays: 7 a.m. Step and Kick with Heather; 9:30 a.m. Pump & Grind with Emily; 11:30 a.m. Sculpt, Step and Stretch with Heather; 4 p.m. Fitness Equipment Training (sign up) with Sally; 5 p.m. Kid's Clinic (sign up) with Sally; 6:30 p.m. Tai Chi with Sally

Fridays: 7:30 a.m. Fitness Equipment Training (sign up) with Sally; 9:30 a.m. Yoga with Ruthie

Saturdays: 8 a.m. Intro to Yoga/Kids Yoga with Sally; 11:30 a.m. Extreme Circuit Training for Kids with Sally

Gymnasium Fitness Schedule
Mondays: 6:30 a.m. Conditioning for Running with LaPlace; 8:30 a.m. Strength Solutions & Flexibility Fix-Ups for Injuries with LaPlace; 11:30 a.m. Indoor Cycling with Heather; 12 p.m. Fitness Equipment Training (sign up) with LaPlace; 3:30 p.m. Fitness Equipment Training (sign up) with Heather; 5 p.m. Yogalates with Ruthie

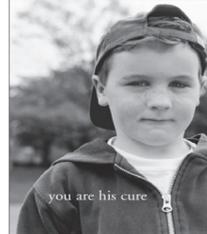
Tuesdays: 7 a.m. Command Cardio Pump with LaPlace; 11:30 a.m. Lunch Crunch CORE Training with Ruthie (Raquetball Court 3); 3 p.m. Fitness Equipment Training with Ruthie (sign up); 4:30 p.m. Indoor Cycling with Ruthie

Wednesdays: 7 a.m. Beach Bootcamp with Heather (meets Field 6); 11:30 a.m. Fitness Equipment Training (sign-up) with LaPlace; 11:30 a.m. Indoor Cycling with Ruthie; 2 p.m. Strength Solutions & Flexibility Fix-Ups for Injuries with LaPlace; 3 p.m. FEP Training with Ruthie

Thursdays: 6 a.m. Weight Training for Warriors with Heather (meets weightroom); 7 a.m. Command Jump and Jab with Ruthie; 11:30 a.m. Indoor Cycling Interval Training with LaPlace

Fridays: 7 a.m. Indoor Cycling with Ruthie; 7 a.m. Beach Bootcamp with LaPlace (meets Field 6); 9 a.m. Strength

Training Basics for Women (sign up) with Heather; 9 a.m. Strength Solutions and Flexibility Fix-Ups for Injuries with LaPlace (meets at pool)



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| OFF-BASE PICKUP LOCATIONS | | | LOCATION | ADDRESS | CITY |
|--------------------------------------|--------------------------------|---------|------------------------------|-------------------------------------|---------|
| LOCATION | ADDRESS | CITY | LIFFY LUBE | 10430 ATLANTIC BLVD | JAX |
| ALLSTATE INSURANCE CO. | PAN AM PLAZA - MAYPORT RD. | JAX | LIFFY LUBE | 13560 ATLANTIC BLVD | JAX |
| AMERICAN LEGION POST | 316 ATLANTIC BLVD. | JAX | LIFFY LUBE | 1067 ATLANTIC BLVD | ATL BCH |
| COAST GUARD STATION (EXCHANGE STORE) | A1A HWY | JAX | LIFFY LUBE | 1672 S 3rd ST | JAXBCH |
| COMFORT INN | MAYPORT RD. | JAX | LIFFY LUBE | 8379 BAYMEADOWS RD | JAX |
| COMMISSARY (INSIDE RACKS) | MAYPORT RD. | JAX | LIFFY LUBE | 5295 SUNBEAM RD | JAX |
| DAYS INN | 1401 ATLANTIC BLVD. | JAX | LIFFY LUBE | 11099 OLD ST AUGUSTINE RD | JAX |
| FCE - SHELL | 9115 MERRILL RD./9-A | JAX | LIFFY LUBE | 9699 SAN JOSE BLVD | JAX |
| FCE - SHELL | 1539 S 3rd ST | JAX BCH | LIFFY LUBE | 2837 TOWNSEND BLVD | JAX |
| FCE - SHELL | 7150 MERRILL RD | JAX | KANGAROO | 10100 GRANITE PLACE | JAX |
| FCE - SHELL(DAILY'S) | 13490 ATLANTIC BLVD./SAN PABLO | JAX | KANGAROO | 1031 BEACH BLVD. | JAX BCH |
| FLEET LANDING | MAYPORT RD. | JAX | KANGAROO | 1403 N 3rd ST | JAX BCH |
| FLEET RESERVE ASSOC. BRANCH # 290 | 390 MAYPORT RD. | JAX | KANGAROO/BP | 10910 ATLANTIC BLVD. | JAX |
| FLETCHEER HIGH SCHOOL ROTC | | JAX BCH | KANGAROO/SMOKERS EXPRESS | 2615 ST. JOHNS BLUFF/ALDEN | JAX |
| GATE | 1900 MIZELL RD | STAU | LA CRUISE GIFT SHOP | A1A HWY | JAX |
| GATE | 220 A1A N | PVB | LIL CHAMP | 9615 HECKSCHER DR. - FT. GEORGE | JAX |
| GATE | 619 A1A N | PVB | LIL CHAMP | 8804 LONE STAR/MILL CRK | JAX |
| GATE | 10970 US 1/SR210 | ST AUG | LIL CHAMP | 12020 FT. CAROLINE RD./FULTON | JAX |
| GATE | 2350 SR 16 | STAU | LIL CHAMP | 13967 MCCORMICK RD/(MT PLEASANT RD) | JAX |
| GATE | 463779 SR 200/A1A | YUL | LIL CHAMP | 5001 HECKSCHER DR. - BLOUNT | JAX |
| GATE | 3230 EMERSON ST | JAX | LIL CHAMP | 1310 S. 3rd ST. | JAX BCH |
| GATE | 3938 HENDRICKS AVE | JAX | LIL CHAMP | A1A HWY / WONDERWOOD | JAX |
| GATE | 8070 ATLANTIC BLVD | JAX | MALLARD COVE OFFICE | ATLANTIC BLVD / CRAIG FIELD | JAX |
| GATE | 1721 UNIVERSITY BLVD N | JAX | NAVY HOUSING APARTMENTS | MAYPORT RD. | JAX |
| GATE | 5617 BOWDEN DR | JAX | NEX (OUTSIDE RACKS NEAR ATM) | ASSISSI LANE | JAX |
| GATE | 570 BUSCH DR | JAX | OTTER RUN OFFICE | NAVY HOUSING OFF ASSISSI LANE | JAX |
| GATE | 12548 SAN JOSE BLVD | JAX | RAINBOW CENTER CHILD CARE | ASSISSI LANE | JAX |
| GATE | 10946 FT CAROLINE RD | JAX | RIBAULT BAY COMMUNITY CENTER | A1A HWY | JAX |
| GATE | 1001 MONUMENT RD | JAX | SINGLETON'S SEAFOOD SHOP | 1301 ATLANTIC BLVD. | JAX |
| GATE | 10044 ATLANTIC BLVD | JAX | SOUTHTRUST BANK | 1202 US-17 | YUL |
| GATE | 4100 HECKSCHER DR | JAX | SPRINT | 8838 ATLANTIC BLVD | JAX |
| GATE | 2520 S 3rd ST | JAXBCH | SPRINT | 3051 MONUMENT RD/ COBBLESTON | JAX |
| GATE | 319 S 3rd ST | JAX BCH | SPRINT | 1209 MONUMENT RD./LEE | JAX |
| GATE | 9144 BAYMEADOWS RD | JAX | SPRINT | 12743 ATLANTIC BLVD./GIRVIN | JAX |
| GATE | 11461 OLD ST AUGUSTINE RD | JAX | SPRINT | 301 ATLANTIC BLVD. | ATL BCH |
| GATE | 10455 OLD ST AUGUSTINE RD | JAX | SPRINT | 2810 SR A1A N | ATL BCH |
| GATE | 9540 SAN JOSE BLVD | JAX | SPRINT | 14376 BEACH BLVD./SAN PABLO | JAX BCH |
| GATE | 1605 RACETRACK/SR13 | JAX | SPRINT | 300 BEACH BLVD./3rd ST. | JAX BCH |
| HOME FINDER'S REALTY | 2550 MAYPORT RD. | JAX | SPRINT | 1601 PENMAN RD. | JAX BCH |
| JAX FEDERAL CREDIT UNION | 664 ATLANTIC BLVD. | JAX | U.S. COAST GUARD OFFICE | A1A HWY | JAX |
| LIFFY LUBE | 3212 UNIVERSITY BLVD S | JAX | USO MAYPORT | BEHIND 2550 MAYPORT RD. | JAX |
| LIFFY LUBE | 6135 ST AUGUSTINE RD | JAX | | | |
| LIFFY LUBE | 11620 SAN JOSE BLVD | JAX | | | |

Updated: FEBRUARY 1, 2007

R161862

PICK UP YOUR COPY OF THE MIRROR AT ANY OF THESE LOCATIONS

Reaching Out

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

Bellringers Wanted

The Duval County Salvation Army is looking for bellringers for its 2007 Kettle Bells Project. Kettle shifts are normally two hours. Full day group blocks are available. To sign up, contact Sharon Hoffman at 366-9222 ext. 100 or sign up online at www.ringbells.org.

St. Johns County Habitat For Humanity Needs Volunteers!

Habitat for Humanity is in need for volunteers every Friday and Saturday to help build homes in St. Augustine. No skill is necessary. Must be 16 or older. They are starting a new home every month and need help on the construction site. Please call 826-3252 ext. 2006 to sign up.

Sea & Sky Spectacular

This action-packed event at the Jacksonville Beaches will

feature a dynamic over-the-ocean sky show highlighted by the U.S. Navy Blue Angels along with other military and civilian flight teams from Nov. 2-4. Other activities include a street festival with Aviation Alley Autograph Sessions, Kiddy Hawk Kids Area, entertainment displays and much more. Volunteer opportunities will include merchandise booths and Pre-Flight Party set-up, meet and greet and clean-up. For more information, please visit www.usojax.org.

Fernandina Relay For Life

Volunteers are needed for the Fernandina Relay For Life on Nov. 2-3. For more information, please contact Kelly Dill at 912-467-3071 or by e-mail at kelly.dill@navy.mil

St Johns County Housing Partnership

Volunteers Needed to build Wheel Chair Ramps in St. Johns County. Please call Greg with St Johns County Housing Partnership at 222-1548 if you would like to help.

Lea's Place

Lea's Place is a volunteer program, on-call 24 hours a day, 7 days a week to help the

Department of Children and Families take care of children who have been removed from abusive or neglectful situations or who have been abandoned. Volunteers assist Child Protective Investigators with feeding, bathing and playing with the children. They may also assist in the clothes closet, providing the children with clean clothing. 360-7091.

NS Mayport Retired Activities Office

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

I.M. Sulzbacher Center for the Homeless

Volunteering at the I.M. Sulzbacher Center for the

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

Dignity U Wear

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

Children's Home Society

Children's Home Society (CHS) has been providing services to children and their families since 1902. Started in Jacksonville, CHS is a statewide non-profit agency providing services such as foster care, adoption, child abuse preven-

tion, group shelters, and mentoring. CHS's MODEL (Mentors Opening Doors Enriching Lives) Program matches volunteers with children ages 4-18 who have a parent incarcerated in prison. We are seeking volunteers that will commit to a minimum of one hour per week for one year with a child. Volunteers need to be at least 21 years old and complete an interview and background screening. We provide training and ongoing support for all volunteers. Volunteers build a friendship with a child while engaging in community activities such as going to the library, beach, park, or playing sports. For anyone interested in additional information or becoming a mentor, please contact Christine Small at 904-493-7747 or by email at

Cultural Center At Ponte Vedra Beach

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

Big Brothers Big Sisters Mentoring

Big Brothers Big Sisters will be providing an in-school

mentoring program at Mayport Elementary School. If you are interested in this opportunity, please visit our website for more information: www.usojax.com

Navy-Marine Corp Relief Society Needs You

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

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Share Your Favorite Thanksgiving Recipes

By Kay Blakley

DeCA home economist

Turkey and dressing, giblet gravy, cranberry sauce and pumpkin pie are the traditional "must haves" for any Thanksgiving celebration. But, it's the side dishes, special salads and additional dessert choices served alongside that allow families to personalize the menu into unique tradition. Some of those dishes might have been a mother's or grandmother's specialty that was adjusted to suit your family's taste.

For example, have you ever made Sweet Potato Balls? It's a mixture of cooked sweet potato with butter and brown sugar folded in, heaping spoonfuls of which are formed around a full-size marshmallow, then rolled in coarsely crumbled corn flakes and baked in a hot oven just until the exterior is nice and crisp. How about Cheesy Potatoes - cooked cubed potatoes set to swim in a smooth Velveeta cheese sauce, then topped with crumbled cheese crackers and baked until gold-

en?

If you're a big fan of the green bean casserole topped with French fried onions, you might enjoy a similar dish made with frozen cauliflower, carrots, and broccoli bathed in a mushroom soup and sour cream sauce, then topped with cheddar cheese and French fried onions. Finally, cranberry sauce from a can will do, if you just can't do any better, but I'll bet you'd love a jellied cranberry salad that uses a can of whole cranberry sauce, some chopped celery and walnuts, a package of gelatin, and that's it. It's quick and easy, and the result is "todie-for" good!

Actually, all these recipes fall into that same category of "easy, but just can't beat it - delicious!" They all came from Defense Commissary Agency patrons and will be posted in Kay's Kitchen on DeCA's Web site at <http://www.commissaries.com>. When Thanksgiving rolls around, no one will be short of good recipes to serve thanks to these contributions!

Recipes for the Web site are still being accepted. Send them in the same format found on the site - recipe name, ingredients list, and directions listed numerically. Make sure they are clear, complete, and written in easily understandable terms. Send your recipes to: kay.blakley@deca.mil

To start the ball rolling here is a must have recipe for my house for Five-Cup Salad. Make some up and don't forget to share your Thanksgiving recipes with all of us.

- Five-Cup Salad
- 1 cup pineapple chunks, drained
 - 1 cup mandarin oranges, drained
 - 1 cup flaked coconut
 - 1 cup miniature marshmallows
 - 1 cup sour cream
 - 1 cup chopped pecans (optional)
1. Drain fruits well.
 2. Mix all ingredients together.

Cover and chill several hours or overnight and serve.

Get Chili, Soup Fixins

By Kay Blakley

DeCA home economist

A curious phenomenon occurs in Defense Commissary Agency stores everywhere this time of year. To prepare for it, DeCA's meat and grocery managers have learned to pay close attention to the weather forecast, because the first cold snap of the season brings hordes of commissary shoppers in search of soup and chili fixin's. And, why not - a bowl of well-seasoned chili is tailor-made for chili weather, and if you choose the ingredients carefully, a steaming bowl of soup offers a ton of satisfaction for only a handful of calories.

Chili is about as personal as a comfortable pair of shoes - we each know how we like it, and no other way will do. If that description fits you and you have a favorite recipe, just keep using it. If you're still playing the field for a favorite, go to DeCA's Web site at <http://www.commissaries.com> and click on "Kay's Kitchen" where

you'll find my very own recipe for Southwest Style Chili. It includes canned hominy in addition to the usual beef and beans combination. Even people who think they don't like hominy love my Southwest Style Chili.

Looking for something a little lighter in calories, but still warm and soothing? Try one of the soup recipes featured on our Web site. Soups lowest in calories will almost always be those made with vegetables and a clear broth base. If the recipe starts with sautéing the vegetables in butter or oil, cut calories by using only half the fat called for, and add one-quarter cup water or broth. This technique, called sweating, serves the same purpose as sautéing (tenderization and flavor development) and sometimes does it even better.

If cream soups are more to your liking, but you think they are all too high in fat and calories, do the math before rejecting a favorite recipe. Divide the total amount of cream called for

into the total number of servings the recipe will make. For many recipes, a one-cup serving of the soup will contain only a few tablespoons of cream. There are 16 tablespoons in a cup, by the way - you'll need to know that in order to do the math. Most cream soups can also be made with low-fat milk, yogurt or a touch of sour cream, all of which are much lower in fat and calories than regular cream.

No time to cook? No problem. We've got you covered with a wide selection of ready-made soups including canned soups (both condensed and ready-to-serve), packaged dried soup fixin's (just add water or broth), even soups to sip while you're on the run (just microwave, shake and drink from the built-in, sip-top lid). Want it at cost? Then buy it at the commissary, where an average 30 percent savings is already built in. Bring your coupons to save even more!

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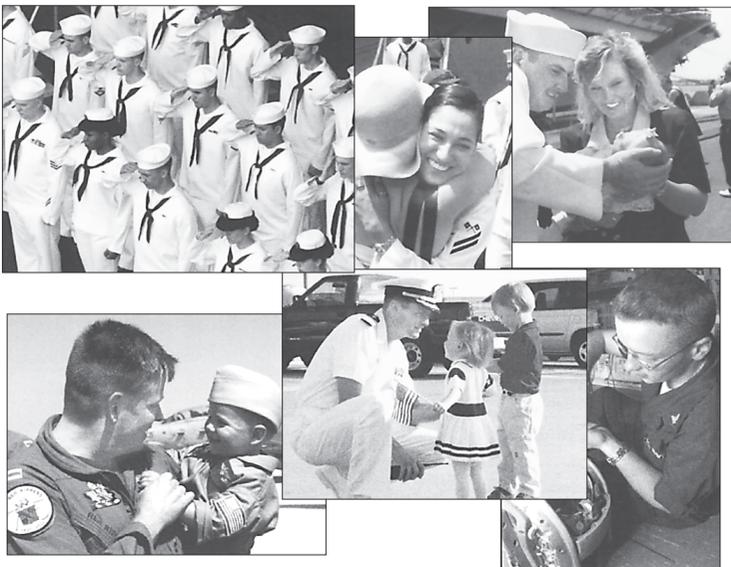
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The steps to renewing online are simple. Go to: <https://www.pid.cni.navy.mil/form2.asp?Region=CNRSE> to access the Vehicle Decal Renewal Request Form. Select "Before You Begin" to get a list of the documents you will need. Once you have the required information, it takes just a couple of minutes to fill out the form. If you have any questions while filling out the form, just select the provided help file. After you

have submitted your form, your application will be processed, and your new decal, date tabs, and/or locator strip will be mailed to you at the address you provide on the form.

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

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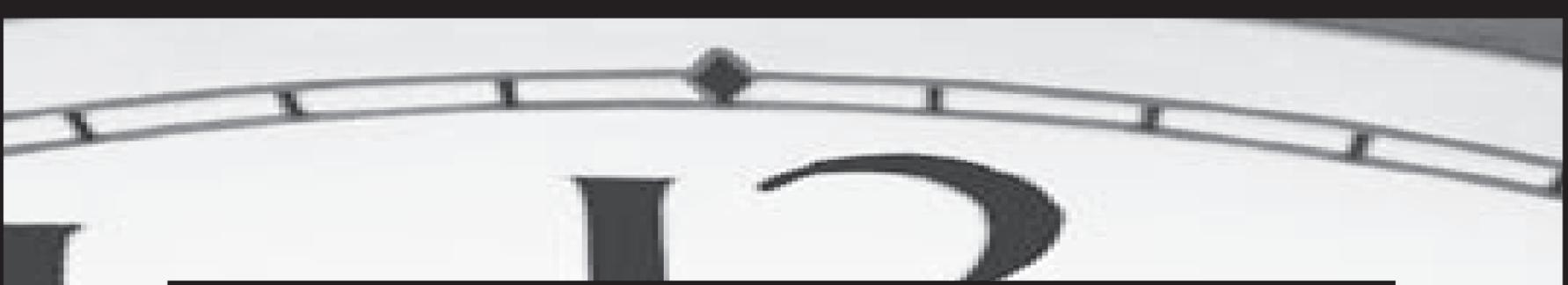


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