

THE MIRROR

NS MAYPORT, FLORIDA

2002 CHINFO Award Winner

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THURSDAY, January 17, 2008

OFF THE DECK

EOY Luncheon Is On Jan. 23

Naval Station Employee of the Quarter for Fourth Quarter, Employee of the Year and Civilian Supervisor of the Year Luncheon/Presentation will be held on Jan. 23 at Ocean Breeze Conference Center at 11:30 a.m. The selectee, nominees and Department Heads/Supervisors should attend. All Naval Station employees are encouraged to attend to support those nominated. Please RSVP for the luncheon by 3 p.m. on Jan. 18 to Sandra Barrett, 270-5228 or email sandra.barrett1@navy.mil. Cost is \$7 at the door.

Nominees for Employee of the Quarter are Fredrick Barton, Security; Thomas Wheeler, Air Ops; Ilvia Torres, Housing; Rita Hammerstad, MWR; Sam Williams, Safety; Susan Webb, Environmental; Andrew Penski, Fire & Emergency Services

Nominees for Supervisor of the Year are Vern Benson, Air Ops; Werner Schrenk, Security; Don Martin, Fire & Emergency Services; Pamela Larsen, MWR; Tom Anderson, PWD

Keep Your New Year Resolutions

Want to get started with your resolution to eat healthy and exercise? MWR Post Holiday Meltdown can give you a kick in the right direction.

Post holiday Meltdown held every year after the holidays. Experience several venues of group exercise and meet all the instructors. You can burn all those extra calories in one longer than usual, butt kickin' class. Space available at Surfside and all are welcomed at the gym. The first meltdown will be held at Surfside Fitness Center on Jan. 30 at 4:30 p.m. until last man standing. The next meltdown will be Feb. 1 at Gym on Court 2 A and B from 6-8 a.m.

Medical Clinic Closes For MLK

Naval Health Branch Clinic Mayport will close on Jan. 22 in honor of Martin Luther King, Jr.'s birthday. TRICARE Prime patients requiring non-emergency cares should call the Naval Hospital Jacksonville Nurse Call-Line at 1-800-529-4677 and select the option for "Prime to speak to a registered nurse." For an emergency, go to your nearest emergency room.

Oasis Galley Celebrates MLK

The Special Meal deal at the galley when civilians can eat along with the military will be Jan. 22 in honor of Martin Luther King, Jr.'s birthday. The lunch menu for the day includes: Shrimp Gumbo Soup, Southern Fried Chicken, BBQ Spareribs, Macaroni & Cheese, Rice Pilaf, Collard Greens, Blackeye Peas

Artistic Endeavor



-Photo by Paige Gnann
Children from the Youth Activities Center look at artwork created by classmates during the youth center's art show last week. Children created art in several different mediums, including water colors, mixed media, sculptures, crayons and chalks. Overall winners of the event were Kelly Martin, T.J. Hall and Alan Legoretta, respectively.

New Uniform To Come Later

From Chief of Naval Personnel Public Affairs

The Navy announced a revised rollout plan for the new uniforms in NAVADMIN 004/08, pushing back the release of the all ranks Navy Working Uniform.

Also referred to as the blue digital camouflage uniform, it will be released to the fleet in winter 2008 and to Recruit Training Command in spring 2009. The Service Uniform for E-1 through E-6 will begin late this summer.

Contracting and manufacturing issues caused the delay, according to Robert Carroll, head of Uniform Matters for the Chief of Naval Personnel. "Our goal is quality uniforms for all Sailors. We've amended our rollout plan to make sure our contractors deliver the best possible products to the Fleet," he explained.

The new uniforms will be made available through Navy Exchange uniform centers and temporary off-site locations until all regions have been fully outfitted, according to Carroll.

Outfitting of accession commands will occur separately and independent of regional rollouts.

Each uniform rollout will take 24 months from the start of the uniforms availability to completion. The sequence and timeline for the rollouts will be announced later this year by NAVADMIN. During the phase in period both old and new uniforms are authorized for wear.

Carroll reminds Sailors that the increase in the clothing replacement allowance they are beginning to see in their pay now will be needed later to pay for the new uniforms.

"Sailors need to carefully manage this money to ensure they have the funds to buy new items to meet uniform requirements," he said.

Rollout of the Navy physical fitness uniform is on track for Spring 2008 according to Carroll.

NAVADMIN 004/08 is on the Web at www.npc.navy.mil.

Officers Reminded To Update Records

From Navy Personnel Command Communications

With the Active Duty O-6 Line, Reserve O-6 Line, and Full Time Support O-6 Line selection boards scheduled to begin Jan. 15, Navy Personnel Command (NPC) is reminding officers to review their records before selection boards, using NPC's early warning system that can rescue a promotion opportunity.

The early warning system can be used one week before the selection board's convening date. However, candidates should be reviewing their records at least six months prior to this date.

Board recorders arrive to review the records of promotion-eligible officers one week before the selection board con-

venes. It's not the responsibility of the recorders to interpret records; they only verify continuity and completeness of records.

BUPERS Online (BOL), <https://www.bol.navy.mil>, is the main tool for board preparation and helps members to be proactive in making the most of a promotion opportunity.

"It has always been good career management to maintain one's record," said Cmdr. Steve Lepp, director of officer career progression at NPC. "The web-based tools make it significantly easier to verify and correct your record. No one has a more vested interest in your career than you do."

An additional requirement for this year announced in NAVADMIN 103/07 reinstated

the requirement for a photograph in grade for each officer.

"Boards this year will be looking for a photograph, having a current color photo in your record indicates to members that you are serious about maintaining your record properly," Lepp said.

Six months out, officers should visit the BOL website and order their official military personnel file. Next, the performance summary record (PSR) and officer data card (ODC) should be checked and verified. Updates and corrections to these can be made by following the directions on BOL. When checking records six months out officers should submit corrections to PERS-312. For the mailing address visit www.npc.navy.mil/CareerInfo/RecordsManagement/.

RecordsManagement/.

If a selection board is about to convene, officers must send missing information via letter to the board president. Letters should be sent by mail or fax to the NPC Customer Service Center (CSC). This information must be received at least one day prior to the starting date of the board.

Only those being considered may submit information directly to a board. Information sent to the board will only be used during the board and will not be changed in the officer's permanent record.

Officers who served as individual augmentees (IA) should also ensure their official records reflect this service. NAVADMIN 298/07 outlines information.

"Boards are giving additional

consideration for personnel who serve on arduous IA missions in support of the global war on terrorism, so it is very important that eligible members make sure the board knows about their accomplishments," said Lepp.

Officers are strongly encouraged to call the NPC CSC at 1-866-U ASK NPC (1-866-827-5672) or DSN 882-5672 to confirm receipt of their package for statutory promotion selection boards. They may also check the Customer Service Web site online using the CSC link on the NPC homepage: https://ahdsestws16.ahf.nmci.navy.mil/OA_HTML/jtlogin.jsp.

For a additional information regarding promotion boards visit www.npc.navy.mil.

Sailor Becomes Citizen

By Ensign Kimberly Koss
USS Taylor PAO

Ship Serviceman 2nd Class Eustace Kwapong recently became the United States' newest citizen.

Growing up in Accra, Ghana, Kwapong moved to the United States 15 years ago.

Upon visiting the country, he immediately fell in love with the Big Apple and decided to move to New York City.

In 2003, Kwapong decided to continue his travels around the world and joined the Navy.

Kwapong leaves USS Taylor in February after serving on board for two deployments. He beamed with pride as he reflected on achieving U.S. citizenship.

"Earning US citizenship was a proud moment for me and for my family," he said. "I am grateful to live and serve in a country where so much opportunity exists."

Kwapong was recognized by the Commanding Officer, Cmdr. Kurush Morris, at a Taylor awards ceremony and present-

See Taylor, Page 3

Coast Guard Commandant Visits Mayport



-Photo by PAC Donnie Brzuska

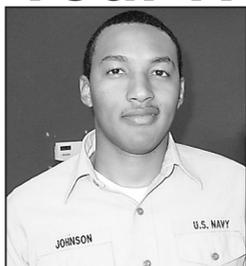
The commandant of the Coast Guard, Adm. Thad Allen, addresses Coast Guardsmen from Jacksonville at Naval Station Mayport, Fla. Allen was in Jacksonville to visit the joint Coast Guard and Customs and Border Protection Vessel Targeting Center at Blount Island Marine Terminal here. The Coast Guard's highest-ranking officer also promoted several petty officers and took time for a quick question-and-answer session.

Street Talk

What Is Your New Year's Resolution For 2008?



ABF2 Ricky Martinez
Air Ops
I am going to eat healthier.



GSMFA Dustin Johnson
USS Samuel B. Roberts
I am going to save money.



MASN Larry Wiggs
Base Security
I am going to stay healthy, stay fit and save money.



RP2 Mariah Cardenas
CREDO
I want to advance to E6.



SH2 Theresa Jeune
Housing
I want to work on my master's degree.



OS2 Loredana Wollett
Admin
To find a good job in the civilian world.

CREDO Corner

By Chaplain D.C. Dowling
Spiritual Fitness Division SE/CREDO
"Obsession," "Eternity," "Euphoria"...all good names for colognes and perfumes, but you will probably never hear a perfume named "Contentment." If you could bottle "contentment" you could make a million dollars overnight!

Remember the song, "I Can't Get No Satisfaction?" It's an old song, but that common complaint is fresh today. It's hard to be satisfied if you are not content with life. This world is full of discontented people who are unhappy, unfulfilled and unsatisfied. And they are mostly that way because they have decided

to respond to their circumstances negatively. Perhaps you've met one. Perhaps you are one.

If you believe what the commercials tell you, then you might well believe that contentment was something that could be sprayed on, rolled on, inhaled, eaten or driven. We are made to believe that all of these products would give lasting contentment, and a satisfying life. Unfortunately they don't.

There are no quick fixes for life. Every day life presents a new challenge. Will you be ready for the next stressor? How will you handle the next problem that comes your way?

Will you overcome it or will it overcome you?

I recently read a story on the web that illustrates how one young man overcame his difficult circumstance through humor. The story goes like this:

Three high school seniors went to New York for their senior trip. When they arrived in the city, they went immediately to one of the finest hotels and registered for a room. They were assigned a room on the 30th floor.

After settling in, they decided to go see the sights. They toured Manhattan, the Empire State Building, Wall Street and the Statue of Liberty. They finally

returned to their hotel utterly exhausted. When they asked the desk clerk for the key to their room, he said, "I am sorry, the elevators are not running."

He told them that they could either wait or use the stairway. The thought of a soft bed was irresistible, so they decided to climb the stairs - all 30 stories. One of the boys had an idea.

"On the way up, each of us will tell the funniest story we know for 10 flights of stairs," he suggested. The other two agreed and started to climb.

When they reached the tenth floor, they were still going strong. By the twentieth floor, their legs were rubber and they

panted for breath. The steps grew harder to climb and the one whose turn it was to tell a funny story said, "I'm sorry; I'm just too tired to talk."

They trudged on in silence. When they reached the 29th floor, one of them began to laugh. He sat down on the steps and laughed hysterically. Finally, he said to his amazed companions, "I just thought of the funniest thing that could ever happen."

"What is it?" they asked.

He said, "... We left the key in the lobby."

Would you react the same way? Can you laugh at the hardships in life? Do you real-

ize that most of the tough times in life are only momentary? As we begin 2008, it is my prayer that I would lighten up a little bit and I hope you do too. We often make more than needs to be made of our circumstance. As the old saying goes, "don't sweat the small stuff...it's all small stuff!"

I don't mean to make trivial the very serious circumstances in which some find themselves. However, our response to the least or most serious circumstance may well determine whether we make it better or worse.

Homefront in Focus

By Beth Wiruth
Military Spouse Support Contributor
Happy New Year! Believe it or not I read and answer each email I receive. I take note of the challenges you mention, looking for information and resources to address them. Friendship and loneliness is number one on the list.

It is time to make my feeble attempt at responding to the number one cry of all of our hearts - finding and keeping rewarding friendships as military spouses. This column starts a three-part series on what I call "The Friendship Factor."

Friendship, defined by the Stanford Encyclopedia of Philosophy, is a "distinctively personal relationship that is grounded in a concern on the

part of each friend for the welfare of the other, for the other's sake, and that involves some degree of intimacy. As such, friendship is undoubtedly central to our lives..."

For military spouses staying connected to existing friends and making new friends presents several challenges: relocation, deployment, geography, season of life, personality, expectations and past experiences.

Our mobile life is an obvious challenge. Each new base means starting over. It can feel like someone held the 'friendship sweepstakes' before you arrived and no one is left to be your friend. Getting connected at a new base, especially if reporting to shore duty, may

be difficult. Kahlia, new to her base, wrote, "It seems everyone has their friendships in place and don't need or want to add another to the mix."

Deployment: the additional challenges on spouses to be both father and mother as well as increased responsibilities in the home can reduce the time to pursue and/or maintain friends during deployment.

Jennifer, working mother of three teens and a 'tween' explains, "Joe's absence means I am harried to get the kids to all their events, manage my career, and maintain my home. I'm exhausted! I don't know how to find time to be with 'the girls' even though I desperately need them and that time with them."

Geography: Allie enjoyed rich friendships at her previous base. They spent many hours together scrapbooking, hitting the local coffee shop and walking the malls. While she talks to these friends almost daily she quips, "I need 'flesh-and-blood-friend time.'"

Maggie, mother of 3 children under six wrote, "I can't go to the bathroom alone - when am I supposed to have a phone call that isn't interrupted 25 times?"

Her season of life presents unique challenges to building new friendships or the same type of friendships she enjoyed 'before kids' as she calls it. Season of life can redefine existing friendships while presenting both obstacles and opportunities that are unique.

Personality types can provide various challenges. If you are reserved or shy making friends can seem impossible in the mobile, challenging military lifestyle. But even 'people persons' can have trouble finding someone to 'really connect with.'

Melissa enjoyed a wonderful 'community of friends' at her previous base. The make-up of her new neighborhood resembled nothing of her previous experience. Ginger openly admits she enjoys, even craves, daily, lengthy chats with friends. She is often disappointed when others do not reciprocate.

Finally, a previous 'bad experience' with other military spouses can impact willingness to jump back into 'that pool.'

Authors Kathy Hightower and Holly Scherer added a chapter on friendship to the second edition of their book (I highly recommend it!). In *Help! I'm a Military Spouse - I Get a Life, Too* the authors state "Since research shows that positive social relationships - friendships - are a key ingredient to human happiness, we need to know how to make friends. And as military spouses, we can't just do that once...Making friends really is a skill you can learn - and as a military spouse you get a lot of opportunity to practice doing so."

Next week we'll look at the keys to great friendships.

FFSC Workshop, 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. FFSC is located in Building One on Massey Avenue.

Jan. 17, 8-11 a.m., Anger Management, FFSC Mayport

Jan. 17, 9-11 a.m., New Parent Support Playgroup, USO

Jan. 17, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Jan. 18, 9-11 a.m., Credit Report Review, FFSC

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

Jan. 22, 9 a.m.-noon, Parenting Class, FFSC

Jan. 23, 8:30 a.m.-4 p.m., Leadership Life Skills for E5 & E6, Building One Executive Training Room

Jan. 23, 8-9 a.m., TRACC Meeting, FFSC

Jan. 24, 8:30-11:30 a.m., Military Spouse 101, FFSC

Jan. 24, 9-11 a.m., Resume Walk-in Review Assistance,

FFSC

Jan. 24, 9-11 a.m., New Parent Support Playgroup, USO

Jan. 25, 9-11 a.m., Considerations for Home Buying, FFSC

Jan. 25, 1-4 p.m., Leadership Life Skills for E7 & Above, Building 1 Executive Training Room

Jan. 28, 6-7 p.m., Ombudsman Assembly, USO

Jan. 29, 6-7 p.m., IA Family Discussion Group, USO

Jan. 29, 9 a.m.-noon, Parenting Class, FFSC

Jan. 28, 1-2:30 p.m., FERF Federal Employment, FFSC

Jan. 28-31, 8 a.m.-4 p.m., TAP Separatee Workshop, RBCC

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

Jan. 30, 8 a.m.-4 p.m., SAVI Advanced/Refresher Training, Building 460

Jan. 31, 8-11 a.m., SAVI Advanced/Refresher Training, Building 460

Jan. 31, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Jan. 31, 9-11 a.m., New Parent Support Playgroup, USO

Don't Sing The Credit Card Blues

By Julia Dixon
NMCRS Mayport

Before you've even finished carving your Halloween pumpkin, the stores have put up Christmas "Holiday" displays. And so the journey of spending now and paying later begins. Added to this are many catalogue companies also have order now, pay later "deals". Ringing in the New Year can mean ringing in new debt and joining the other millions of Americans suffering from those dreaded CC Blues.

A budget that looked good three-quarters of the year turns into a foul-smelling mess worse than a wet pumpkin. Clean-up for both is neither easy nor pleasant, but if you don't want the fruit flies buzzing (or creditors calling) then it must be done.

A shovel, a garbage bag and a hose is the ticket for the pumpkin your kids just had to have a few days longer. It's a bit more difficult to pay off the XBOX 360, the iPhone, the Wii or whatever else was on Santa's

list. Somehow we think a Navy budget magically turns into a Trump budget at Christmas—maybe the dopamine in the Thanksgiving turkey or whatever is in eggnog fades our vision. Either way, January can bring one heck of a (financial) hang-over.

If only there was a way to get some help without your command knowing you've got the Blues (or the mean reds). A free way. A tried and true for over a hundred years way. Well, you're in luck! Santa left you

a gift, too. In order to receive your present all you need to do is call 270-5418 (option #3). That's right, help is only a phone call away. Navy-Marine Corps Relief Society does not report to your command*, has certified case-workers with CC debt experience, budget counselors, no-interest loans with flexible pay-back periods and friendly volunteers. Make us your First Resource and we can help keep those fruit flies away!

Reminder: Crossroad and Beaches Gentlemen's Club is off limits to all active-duty service members.



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.

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



THE MIRROR
NS MAYPORT, FLORIDA
Naval Station Mayport

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Get Prepared With American Red Cross

From American Red Cross

American Red Cross is offering first aid, CPR and AED programs Jan. 26 from 9:30 a.m.-5:30 p.m. at the USO on Mayport Road.

The programs are designed to give participants the confidence to respond in an emergency situation with skills that can save a life. Red Cross courses prepare participants to prevent and respond to life-threatening emergencies.

Adult, Infant and Child CPR and First Aid with AED. Teaches emergency procedures

that prepare individuals to deal with breathing and cardiac emergencies for infants and children (birth to age 8) and adults (age 9 and up), and administering first aid to all ages. Participants learn techniques such as rescue breathing, chest compressions, CPR and Automated External Defibrillation; as well as bandaging and splinting.

Anyone with a Military ID card gets a \$5 discount. For more information or to register, please call the Mayport Service center at 246-1395.

SEASWITI Honors Ships ASW Skills

By Lt.j.g. Sandra Davis and Lt. Andrew Biesterveld

USS Farragut & DESRON 24

The Combat Information Center and Pilot House on board USS Farragut (DDG 99) were busy the first week of December during the Southeast Anti-Submarine Warfare Integration Training Initiative (SEASWITI), planned and executed by Mayport's Destroyer Squadron 24 (DESRON 24).

Working with USS Boone (FFG 28), USS Mason (DDG 87), USNS Patuxent (T-AO 201), a U.S. submarine, Global Hawk UAV, HSL-42, CPRW-11, and other Navy and government organizations, SEASWITI participants worked to improve their antisubmarine warfare (ASW) efficiency and establish a "best practices" library based on the exercise.

"It was very valuable training in shiphandling, tactical proficiency and ASW Command and Control. We put our technology to the test and even worked with new technology. It was a great opportunity," commented STGC(SW) Young, Farragut's ASW Evaluator.

The SEASWITI events provided the time and scenarios to test, research, and advance ship based sonar systems, as well as a variety of other shipboard and airborne detection means. It also allowed for overall training in multi-ship coordination, improvements in tactical organization, and an overall increase in crew awareness and proficiency. Both experienced and inexperienced Combat Systems personnel gained more perspective and appreciation for the Navy's subsurface capabilities.

Given a simulated hostile subsurface threat, Farragut and the other participants coordinated multiple surface and air units to prosecute submarines and gained more than 43 dedicated hours of Anti-Submarine Warfare (ASW) experience. Farragut alone was evaluated as having six successful simulated aircraft engagements, in which they took control of aircraft, three simulated Anti-Submarine Rocket engagements, and total of 26 hours contact time.

Farragut also had an opportunity to work with the unmanned underwater vehicle (UUV) Seaglider during SEASWITI. The UUV was originally developed for mine interdiction and has found great use in ASW. By collecting ocean environmental data and sending it for distribution to commands for analysis and employment, the Seaglider increases the Navy's means of underwater surveillance by increasing the amount of data available on key environmental factors. Farragut successfully deployed and recovered two Seagliders, proving this concept and integrating its capabilities. The overall product increased Farragut's ability to remain "Prepared For Battle," as their motto states.

DESRON 24 spent several months preparing for the exercise. The level of coordina-

tion is extremely high to bring everything together from Global Hawk and Seaglider unmanned test platforms to University of Texas contracted research scientists working on underwater acoustic interference with test plans to meet their own objectives into a single multi-ship exercise with a single sequence of events that meets all participant's desires.

DESRON 24 executes a SEASWITI exercise approximately every three months and serves as the assistant to Commander, Strike Force Training Atlantic (COMSTRKFORTALANT) as the executive agent for anti-submarine warfare for the Atlantic Fleet.



-Photo courtesy of USS Farragut
A USS Farragut Sailor checks an ASW device during SEASWITI training.

Golf Tournament Benefits Normandy Monument Build

From FCCNO

The First Coast Commandery of the Naval Order is hosting a second golf outing at Queen's Harbour Country Club on Jan. 31 in support of the building of a monument dedicated to the U.S. Navy participants during the Allied Landings at Normandy in June 1944 at Utah

Beach. They are looking for active duty golfers to participate in this event. Cost is \$75 for active duty or \$110 for retired/civilian golfers. For more information, contact retired Capt. John O'Neil at 221-7348. For more information about the monument, go to www.normandymonument.org.

Taylor

ed an American flag. He said he hopes to continue his naval career by one day becoming a commissioned officer.

From Page 1

Three of Kwapong's six siblings currently live in the United States, while his parents still reside in Ghana.

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WHAT'S NEXT?

Job Hunt Made Easy!

From FFSC

Start the New Year off on the right foot. Your job hunting foot, that is!

Sign up to attend one of the Family Employment Readiness Program's job search classes. The following topics are covered in each monthly class: Self-Assessment and Career Exploration, Job Search Strategies, Resume Writing, Interviewing Skills, Self-Employment and the Federal Employment System.

Military spouses, active duty and retired service members are eligible to attend. The class is from 8:30 a.m.-3:30 p.m., and held on Feb. 4, March 3, April 7, May 5, June 2, Sept. 8, Oct. 6, Nov. 3 and Dec. 1.

The class is located in the Fleet and Family Support Center (FFSC) in Building One on Massey Avenue. Call the FFSC at 270-6600 ext. 1701 to sign up for the class.

If your EAOS is on the horizon, then now's the time to act to secure your future as a member of the Army National Guard.

- Up to \$20,000 Bonus
- Up to two-year non-deployment tour*
- Up to 100% state tuition funding on top of federal tuition funding
- Officer and Warrant Officer opportunities for qualified officer and enlisted personnel
- Full-time active duty Guard positions available
- Serve in a unit close to home
- Military retirement benefits for part-time service

*One-year non-deployment tours available in all states. Some states also offer two-year non-deployment tours.



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Gettysburg Returns From Arabian Gulf

By Lt.j.g. Andrew Bonderud

USS Gettysburg

USS Gettysburg (CG 64), along with the embarked crew HSL-42 Detachment Nine, returned from its five-and-a-half month Arabian Gulf deployment on Dec. 19.

Gettysburg was deployed with the USS Enterprise Carrier Strike Group as the Air Defense Commander. During its deployment, Gettysburg supported Operations Iraqi Freedom and Enduring Freedom and conducted Maritime Security Operations in the region. Additionally, Gettysburg Sailors enjoyed duty ashore in European and Middle Eastern countries, including Malta, Spain, the United Arab Emirates and Bahrain.

During many of the port visits, Gettysburg also conducted community relations and outreach projects in the local neighborhoods. Finally, throughout the deployment, many Gettysburg Sailors achieved important goals and milestones in their careers; many junior Sailors earned their Enlisted Surface Warfare Specialist qualification.

Gettysburg had numerous different missions and conducted various operations throughout its deployment. However, its primary responsibilities were as Air Defense Commander for the strike group and the "shotgun" cruiser for the USS Enterprise aircraft carrier, which frequently launched aircraft in support of ongoing operations in Iraq.

Between July and October, Gettysburg conducted these operations for 71 consecutive days at sea. In its role as Air Defense Commander, Gettysburg was responsible for protecting all Strike Group and coalition assets from all types of airborne threats. Additionally, as the "shotgun" cruiser, Gettysburg always remained in close proximity to Enterprise, facilitating uninterrupted air operations and providing pro-



-Photo by MC2 Brian Smarr
Cryptologic Technician Collection 2nd Class Valerie Booty from USS Gettysburg gets a big hug hello after returning with the ship from an Arabian Gulf deployment on Dec. 19. Gettysburg was deployed with the USS Enterprise Carrier Strike Group as the Air Defense Commander and supported Operations Iraqi Freedom and Enduring Freedom. They also conducted Maritime Security Operations.

tection against the full spectrum of threats to the carrier.

"As Air Defense Commander, we basically served as Enterprise's protector," Operations Specialist 1st Class (SW) Ronnie Stevens said. "Where [Enterprise] went, we went. And we were monitoring all aircraft in the sky, making sure that she could carry out its missions in both Operation Iraqi Freedom and Operation Enduring Freedom."

While Gettysburg was in the Arabian Gulf, she also conducted approach operations with regional fishermen and merchants. During these interac-

tions, Gettysburg aimed to deter illegal acts of piracy, to foster constructive relationships with the locals, and to communicate the shared goals of stability and security throughout the region.

Gettysburg's senior Visit, Board, Search, and Seizure (VBSS) Boarding Officer, Lt. Todd Lunsford said, "Our purpose during the approach operations was basically to build a Neighborhood Watch organization and to let the local fishermen know what our purpose was over there—to ensure maritime security and prosperity in the Gulf."

Gettysburg conducted multi-

ple choke point transits, including the Strait of Gibraltar, the Suez Canal, the Bab El Mandeb Strait, and the Strait of Hormuz. These complex operations required intense navigational planning and seemingly endless maintenance and upkeep of the combat and engineering systems.

Despite the arduous nature of its deployment, Gettysburg's engineers and combat technicians managed to keep the ship free of casualties and combat ready.

During their deployment, Gettysburg Sailors were privileged to pull into five differ-

ent ports in the Mediterranean Sea and the Arabian Gulf. However, during these port visits, the time spent off-ship was considered "duty ashore" in an effort to highlight the strategic imperative of building cooperative relationships throughout the world. During many of these port calls, Gettysburg Sailors participated in community relations and outreach projects.

In July, Gettysburg pulled into Malaga, Spain for a five-day port visit. While in Malaga, many Sailors volunteered at the Cudeca cancer hospice center, visiting with the patients and conducting general lawn and

building maintenance.

Also, Gettysburg held an official luncheon for many local military and civil officials in the ship's Wardroom. After getting underway from Malaga, Spain, Gettysburg spent 71 consecutive days at sea before pulling into port again.

Gettysburg Sailors' next opportunity for duty ashore came when they arrived at Port Rashid in Dubai, United Arab Emirates on Oct. 4.

Gettysburg held two more port visits in the Arabian Gulf after Dubai, visiting Manama, Bahrain in mid-October for four days and Jebel Ali, United Arab Emirates in mid-November for four days.

Throughout their time in the Gulf, Gettysburg's Religious Ministry Department organized multiple outreach projects, serving the Smith Gate Clinic, a pediatric burn clinic located outside of Baghdad, Iraq and the Sulzbacher Center, a homeless shelter in Jacksonville, Fla.

Gettysburg Sailors served these organizations by gathering and sending them various products that they desperately needed.

From Dec. 4-6 - during its return to homeport transit - Gettysburg was stopped at Valletta, Malta. During their stay, Sailors volunteered at the Sacred Heart Home, a shelter for battered women, and the Park of Friendship, a leisure park for people with disabilities. Sailors cleaned, painted, and did general maintenance and beautification during both community outreach events.

Lt. Rita Love, Gettysburg's Command Chaplain, commented that the Sailors were more than just great volunteers, they were great ambassadors for their Navy and their country.

"It is humbling to witness these Sailors help a charity in a foreign country, especially considering the demands of their

See Gettysburg, Page 5



-Photo by MC2 Brian Smarr
Seaman Walter Robbins is welcomed back to NS Mayport with a kiss on the cheek during USS Gettysburg's homecoming.



-Photo by MC2 Brian Smarr
Friends and family members hold up signs as USS Gettysburg pulls pierside at Mayport after a six-month deployment to the Arabian Gulf.



-Photo courtesy of USS Gettysburg
Many of the Sailors disembark the ship with flowers to give to loved ones.



-Photo courtesy of USS Gettysburg
Many of Gettysburg's Sailors advanced to the next high paygrade while deployed.



-Photo courtesy of USS Gettysburg

Members of Gettysburg's Air Detachment from HSL-42 Detachment Nine pose in front of Proud Warrior 424.



-Photo courtesy of USS Gettysburg
USS Gettysburg pulls into Naval Station Mayport with the help of tugs after spending 5½ months underway to the Arabian Sea.



-Photo courtesy of USS Gettysburg
Sailors and officers of USS Gettysburg look for loved ones in the crowd of hundreds of friends and family members waiting for them on Mayport's pier.

Gettysburg

job while deployed," she said. "Sometimes, they just don't realize the impact that community relations projects have on the international relations with the United States. They reinforce the ideal of American good will and build trust throughout the region."

Throughout Gettysburg's deployment, many Sailors reached major milestones in their naval careers. Forty Sailors advanced to the next higher pay grade during the fall advancement cycle; six Sailors were selected to be Chief Petty Officers; 41 Sailors reenlisted (including two from the HSL embarked detachment); 42 Sailors earned their Enlisted Surface Warfare Specialist pin, including 25 E-4 or below; and 85 Sailors earned college credit

From Page 5

during one of the many PACE courses offered.

Additionally, on Nov. 7, Gettysburg's Commanding Officer, Capt. Bill McQuilkin was relieved by Captain Rich Glenn in a regularly scheduled change of command ceremony held at sea.

Gettysburg's Command Master Chief (SW/AW) Loretta Glenn remarked on the impressive accomplishments of the entire crew.

"The crew performed an outstanding job everyday with honor to preserve our cherished freedom and charged through a highly demanding Gulf deployment while attaining all projected goals, inspections and achievements. I am proud to have served and sailed with this crew," Glenn said.



-Photo courtesy of USS Gettysburg

Gettysburg's Deck Division prepares for an underway replenishment.



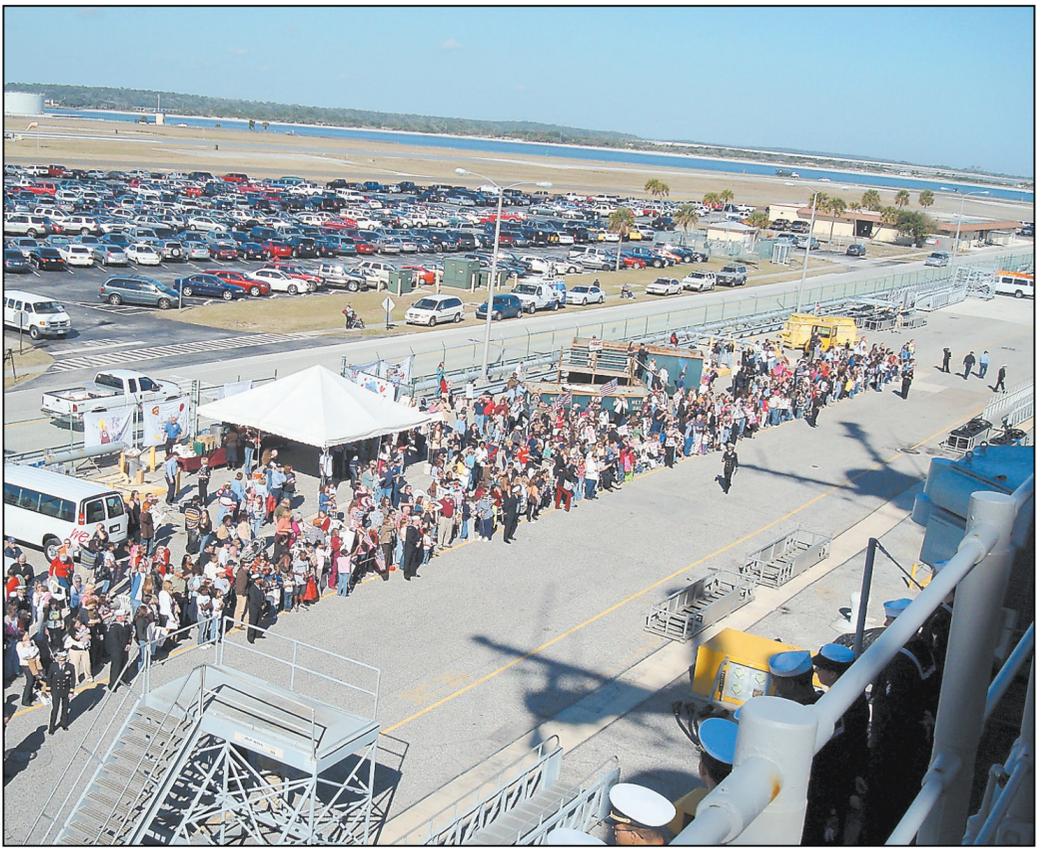
-Photo by MC2 Brian Smarr

Officers and Sailors from USS Gettysburg finish last-minute harbor maneuvers as the ship pulls pierside.



-Photo courtesy of USS Gettysburg

Gettysburg Sailors participate in an "All Hands" working party after receiving stores during a vertical replenishment underway.



-Photo courtesy of USS Gettysburg

Hundreds of friends and family members stand on the pier waiting for their Sailors to return with USS Gettysburg on Dec. 19. While underway, Gettysburg Sailors enjoyed duty ashore in European and Middle Eastern countries, including Malta, Spain, the United Arab Emirates, and Bahrain.

Individual Successes Part Of Gettysburg Team

By Lt.j.g. Andrew Bonderud
USS Gettysburg PAO

Gettysburg's recent successful deployment was a product of many individuals' hard work and dedication. Recently, some of Gettysburg's crew have been recognized for their individual achievements. Each one of these crew members have, through their individual successes, helped to create the success that the Gettysburg team

enjoyed in 2007. While deployed, Gettysburg maintained an extremely high level of engineering readiness. This success was due in no small part to the efforts ENC Clifton Knight, the Leading Chief Petty Officer for Auxiliary Division. The Black Engineer of the Year Awards conference recently named him as a "Modern Day Technological Leader." This award recognizes Knight's leadership abilities and

technical knowledge. He will be honored at a ceremony in February by the Chief of Naval Operations.

Gettysburg's individual successes were not limited to on board crewmembers. Lt. Shane Dennis, Gettysburg's Main Propulsion Assistant, has been serving an Individual Augmentee assignment on the ground in Iraq, as a part of Gettysburg's contribution to the IA program and in support of

the Global War on Terror. His successes there helped to earn him a final interview for a job at the President's Emergency Operations Center at the White House. If selected, he will become a watch stander for senior White House leadership.

Gettysburg's Executive Officer, Cmdr. William Daly, was recently awarded the Arthur Moreau Scholarship for Post-Graduate Studies in International Relations and

Strategy. This scholarship is awarded to one naval officer to gain a PhD or an additional Masters Degree at a top university.

Daly summarized these individuals' successes, stating "Every member of Gettysburg's crew worked hard and remained focused on the mission. That mission orientation and hard work, by individuals who came together so well as a team, is precisely why this ship and her

people are doing so well. It is indeed an honor to be a part of the USS Gettysburg crew."

Lt. Cmdr. Dennis Volpe, Gettysburg's Combat Systems Officer, was awarded the Surface Navy Association's Arleigh Burke Award for Operational Excellence. Volpe was also awarded the Junior Tactician of the Year for the Enterprise Strike Group.

American Legion Provides Children Cuddly Friend For When Things Get Scary

By Loren Barnes

Naval Hospital Jacksonville Public Affairs

There's nothing more comforting than having a friend with you when you're going to see the doctor. That's especially important when you're a small child who requires multiple visits including shots and blood draws or scary procedures such as surgery.

One organization which does a lot to reach out to children and their families in such circumstances is the American Legion. A particularly well-received project they sponsor is the distribution of "Spinoza Bears," a soft, furry therapeutic stuffed bear from "the North Woods." The bears are equipped with an internal CD player and headphones allowing them to talk to the children "from the heart." Most of the nine tapes available to

play through the bears, talks to children about what to expect during their medical care and to offer comfort. Bears are also used in nursing homes and other care settings for patients of all ages.

Sons Of American Legion Squadron 283 representative Tom Harris and Sylvia Curnutte of Auxiliary Unit 283 brought 18 of the bears to the Naval Hospital's Pediatrics Clinic on Dec. 20 to be distributed to children with ongoing health challenges. These range from multiple corrective surgeries to continued care for life altering conditions such as cerebral palsy, cardiac and pulmonary conditions. Besides the Spinoza Bears the American Legion program provided two stuffed dogs from a line called Josh and friends. Josh comes in his own dog house and is similar-

ly equipped as the bears but is used to explain to children what to expect if they're going into surgery.

They also brought 120 children's books which the clinic can provide to children who have a deployed parent. These were titled "Daddy You're My Hero" and "Mommie You're My Hero." Harris said the American Legion Post can continue to provide such items on an ongoing basis.

The Spinoza Company has been around since 1984 and the bear was created by a special education teacher and a communication specialist. The company and their employees saw a need to help children and they did something about it. They started producing these bears in 2004 and thousands have benefited since. Harris said the American Legion saw the value

of these items and was proud to take on the role of distributing them for free to children in both civilian and military hospitals.

Hospital Commanding Officer Capt. Raquel Bono and Lt. Martyn Rothermel, a Naval Hospital Jacksonville pediatrics nurse was on hand to accept the items for the children. They helped distribute the bears to several children regularly seen at the clinic.

Bono said that she greatly appreciated the support that such organizations provide to our military families.

Marcarena Schmidt accepted a Spinoza Bear for her three-year-old daughter Torsten. Schmidt said, "Martina listens to her bear daily, especially when I'm driving." She said, "She has something in common with Daddy who also just got an iPod™." Martina's dad is Lt. Cmdr. Torsten Schmidt of HSL-48, based at Naval Station Mayport, Fla.

Rothermel, the Pediatric Clinic's division officer, said he can see how the items the American Legion provided could be very helpful in helping a child cope.

Information on the Spinoza Bear program is available at the company website Spinozabear.com.



-Photo by Martina Schmidt
The Spinoza Bear seems to be a hit with 3-year-old Martina Schmidt who listens to what he has to say through his accompanying earphones.

Get Healthy In January With Health Promotions

From Health Promotion by the Ocean

Health Promotion by the Ocean recognizes January as Healthy Weight Month. Its eight-week-long Nutrition and Weight Management Class called ShipShape starts today (Jan. 17) and its not too late to sign up.

According to the Center for Disease Control, overweight and obesity are a result of energy imbalance over a long period of time. The cause of energy imbalance for each individual may be due to a combination of several factors. Individual behaviors, environmental factors, and genetics all contribute to the complexity of the obesity epidemic.

In America, a changing environment has broadened food options and eating habits. Grocery stores stock their shelves with a greater selection of products. Pre-packaged foods, fast food restaurants, and soft drinks are also more acces-

sible. While such foods are fast and convenient they also tend to be high in fat, sugar, and calories. Choosing many foods from these areas may contribute to an excessive calorie intake. Some foods are marketed as healthy, low fat, or fat-free, but may contain more calories than the fat containing food they are designed to replace. It is important to read food labels for nutritional information and to eat in moderation.

Portion size has also increased. People may be eating more during a meal or snack because of larger portion sizes. This results in increased calorie consumption.

Regular physical activity is good for overall health. Physical activity decreases the risk for colon cancer, diabetes, and high blood pressure. It also helps to control weight, contributes to healthy bones, muscles, and joints; reduces falls

among the elderly; and helps to relieve the pain from arthritis. Physical activity does not have to be strenuous to be beneficial. Moderate physical activity, such as 30 minutes of brisk walking five or more times a week, also has health benefits.

For the New Year, set some resolutions to make good nutritional choices and create a healthier you. Make smart choices when selecting food at the grocery store and restaurants. Physical activity such as exercise and sports burns calories. In addition, housework and yard work burn calories. And remember, when you go to the local department store, park further away because you will burn more calories walking to the entrance.

For more information on nutrition, contact Health Promotion by the Ocean at 270-5251.

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Naval Hospital Jacksonville Honors Best Of '07

By Loren Barnes

Naval Hospital Jacksonville Public Affairs

Some of the Navy's finest assembled in front of Naval Hospital Jacksonville on Dec. 7 to be honored as Sailors of the Year, Junior Sailors of the Year and Blue Jackets of the Year for 2007. They were selected from a field of candidates with extremely competitive accomplishments. All of them are stellar performers in their Naval Branch Health Clinic (NBHC) or core facility departments. Most have earned honors while deployed and back home at their clinics.

Naval Hospital Jacksonville Sailor of the Year

Honored as the 2007 Naval Hospital Jacksonville Sailor of the Year for the entire command was Hospital Corpsman 1st Class (FMF) Dewel Jamerson. Previously selected as NBHC Albany, Ga.'s Sailor of the Year, Jamerson was honored as the sailor best representing the Navy's core values of honor, courage and commitment.

Jamerson reported to Naval Hospital Jacksonville in January 2005. A six-month deployment in 2007 to Expeditionary Medical Facility—Kuwait (EMF-K) was his third in his career. In Kuwait he was the Leading Petty Officer (LPO) of the Dental Clinic and the Director of Clinics LPO.

The staff he managed delivered more than \$2 million in dental care to U.S. and Coalition forces transiting the Kuwait Area of Responsibility (AOR). As the clinic LPO, he processed more than 225 monthly reports to higher echelons.

He also managed more than 50 accounts for providers in the Air Force Complete Immunization Tracking Application (AFCITA). This web-based data management portal tracks immunization data for all personnel in the AOR. Jamerson was honored with the Navy Commendation Medal for his deployed service.

Also honored at the Dec. 7 ceremony were the top Sailors from the Naval Branch NBHCs and the core hospital.

Top NBHC Sailors

Hospital Corpsman 2nd Class (SW/AW) Michele A. Young, a vital division LPO in NBHC Key West's Resource Management Department, was named the 2007 NBHC Junior Sailor of the Year. Her primary duties include purchasing agent, warehouse manager and budget manager. Young is currently pursuing a Bachelor's of Science degree in Nursing.

She deployed to Kuwait in support of Operation Iraqi Freedom and later served aboard the USS Kittyhawk (CV-63) prior to coming to her present command.

Hospital Corpsman Jarrett White of NBHC Jacksonville is the NBHC Blue Jacket of the Year.

He deployed to Guantanamo Bay, Cuba in February to serve six months supporting the detainee hospital.

White is a Montgomery, Ala. native with a stellar career already on its way with one Joint Service Achievement Medal and a Global War on Terrorism Expeditionary Medal on his chest.

The Core Hospital's Best

Hospital Corpsman 1st Class (FMF) Simeyon Gillespie, the LPO of the hospital's Plans, Operations and Medical Intelligence (POMI) department, is the Naval Hospital Jacksonville Senior Sailor of the Year. Deployed, he was the LPO of the Detention Hospital, Joint Task Force, Guantanamo, Bay, Cuba. Gillespie was recognized for maintaining the deployment readiness of command personnel to support of military and humanitarian operations. He oversees 54 POMI representatives at NH Jax and the NBHCs. Together, they have maintained a command readiness status above BUMED's average.

Junior Sailor of the Year for the core facility is Storekeeper 2nd Class (AW/SW) Imry H. Campbell of the hospital's Materials Management Department. He was described by his department head as "an exceptional Sailor who outperforms all in his peer group... who consistently mentors and trains all junior personnel, is hardworking and a petty officer who always looks for challenging and greater responsibilities."

Hospital Corpsman 3rd Class

Rolando Brooks, of the hospital's Endoscopy Suite, is the Naval Hospital Jacksonville Blue Jacket of the Year. Brooks is an exceptional endoscopy technician and general duty corpsman. His quality of work has been well demonstrated during his recent deployment to Guantanamo Bay, Cuba. At NH Jax he is a physical fitness leader among his peers and is the Vice President of the Junior Enlisted Association.

The field of those considered for previously mentioned overall awards included individual Naval Branch Health Clinic

Senior SOYs, Jr. SOYs and Blue Jackets of the Year. There were also top performers nominated from the core hospital. These included:

NBHC Senior SOYs

Hospital Corpsman 1st Class Dewel Jamerson - NBHC Albany, Ga.
Hospital Corpsman 1st Class Sidney Sykes - NBHC Mayport, Fla.
Hospital Corpsman 1st Class Justin Pryzbyla - NBHC Key West, Fla.
Hospital Corpsman 1st Class Fred Turner - NBHC Jacksonville, Fla.

NBHC JSOYs

Hospital Corpsman 2nd Class Michele Young - NBHC Key West, Fla.
Hospital Corpsman 3rd Class Alexis Del Valle - NBHC Jacksonville, Fla.
Hospital Corpsman 2nd Class Spencer Bolton - NBHC Atlanta, Ga.
Hospital Corpsman 2nd Class Durriel Crittenden - NBHC Kings Bay, Ga.
Hospital Corpsman 2nd Class Kelli Morrison - NBHC Mayport, Fla.
NBHC Blue Jackets of the Year

Hospital Corpsman Jarrett White - NBHC Jacksonville, Fla.
Hospital Corpsman Fredrick Lacy - Fredrick, NBHC Mayport, Fla.
Hospital Corpsman 3rd Class Miranda Hale - NBHC Key West, Fla.
Hospital Corpsman 3rd Class Iesha Savage - NBHC Albany, Ga.
Hospital Corpsman Donn David - NBHC Kings Bay, Ga.

Core Hospital Nominees
Hospital Corpsman 1st Class Simeon Gillespie
Hospital Corpsman 1st Class

Roy Streicher
Hospital Corpsman 1st Class Amanda Bynum
Storekeeper 2nd Class Imry Campbell
Storekeeper 2nd Class Antoine Niblett
Hospital Corpsman 2nd Class Miquel Villagomezmontoya
Storekeeper 3rd Class Tiffany Montgomery
Hospital Corpsman 3rd Class Rolando Brooks
Hospital Corpsman Rene Lumene
Hospital Corpsman Eric Neal

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Chilean CNO Visits NAVSO, ATG Mayport

By MCI(SW)
Holly Boynton

U.S. Naval Forces Southern Command
Public Affairs

Vice Adm. Gustavo Jordan, Commander Naval Operations (CNO) of the Chilean Navy, visited Naval Station Mayport Jan. 4 to meet with two local commands for familiarization briefings.

Jordan met with Rear Adm. James W. Stevenson Jr., commander, U.S. Naval Forces Southern Command (NAVSO) at his headquarters to discuss the various maritime operations in Latin America. Jordan and Stevenson spoke about continued future interactions between the U.S. and Chilean Navies.

"Each opportunity to meet in person with partner nation representatives is always mutually beneficial for everyone involved," said Stevenson. "We have a strong working relationship with Chile and look forward to strengthening the current bonds this year during the Partnerships of America UNITAS Pacific exercise with



Photo by MCI(SW) Holly Boynton
Chilean Vice Adm. Gustavo Jordan is saluted by sideboys as he departs U.S. Naval Forces Southern Command after meeting with NAVSO Commander, Rear Adm. James W. Stevenson Jr.

USS George Washington." Following his visit to NAVSO, Jordan met with Capt. J. W. Zeiders III, commanding officer, Afloat Training Group Mayport (ATGM). Zeiders explained the various training programs available at Mayport. Jordan completed his tour of the base before departing the Jacksonville area. NAVSO frequently hosts foreign military members in a continuing effort to strengthen ties throughout Latin America and the Caribbean to support theater security cooperation and the new U.S. Maritime Strategy.

Uruguay, U.S. Navy Plan 2008 Maritime Operations

By MCI(SW)
Holly Boynton

U.S. Naval Forces Southern Command
Public Affairs

Representatives from the U.S. Navy, Marine Corps, and Coast Guard met with a delegation from Armada Nacional de Uruguay (Uruguayan Navy) Dec. 18-19 for the U.S. Navy and Uruguayan Operational Naval Committee Conference (ONC Uruguay). The two navies met to outline and agree to various exercises and interactions between their countries in Latin America during 2008.

Hosted by U.S. Naval Forces Southern Command (NAVSO) in Mayport, Fla., this year, ONC Uruguay is an annual conference to plan and agree to the

various exercises and theater security cooperation events the U.S. and Uruguay intend to conduct for the upcoming year. The ONC brings together representatives from the U.S. and Uruguayan Navy so they may meet in person to discuss their countries mutual goals of maritime security in Latin America.

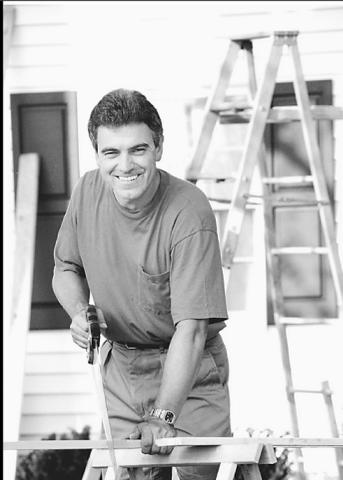
"We use these couple of days together to foster meaningful, professional relationships," said Capt. Steven Blaisdell, NAVSO Director of Exercises and Theater Security Cooperation. "We discuss the mutual interests of our navies to enhance interoperability at the operational and tactical level. These relationships are important for

our mutual security." During each ONC, a record of the various items and subjects discussed is recorded into a document. This document becomes a memorandum of understanding (MOU), which is referred to throughout the following year during interactions between the U.S. Navy and partner nation navies. This year's ONC Uruguay MOU was signed by Blaisdell and Uruguayan Navy Capt. Rubens Romanelli, Commander, Uruguayan Marine Corps.

"It is a privilege to be here," said Romanelli. "We have common objectives in some areas and we must work together to realize these goals."

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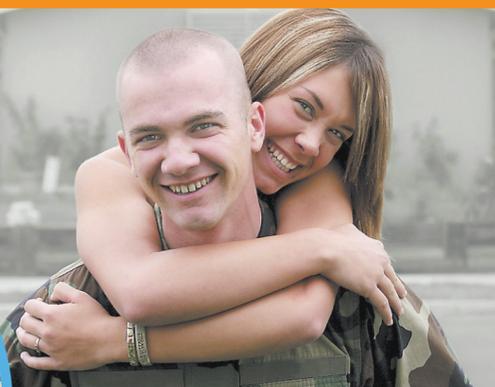
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SERMC At HOS Polester Launch FRCSE Mayport Names SOY

By Lt. Sandra Rechis
SERMC PAO

A group of more than 400 Atlantic Marine employees, families, friends and numerous active duty and retired Navy personnel recently assembled on the foggy bank of the St. Johns River, near Sister's Creek, to witness the launch of the HOS Polester from Atlantic Marine Shipyard.

HOS Polester is the first in a series of offshore supply ships being built by Atlantic Marine for Hornbeck Offshore, a Louisiana-based marine transportation and service company.

HOS Polester is 240 feet long, has a 54-foot beam and displaces approximately 4,200 tons.

The ship will be used to ferry supplies and personnel between oil rigs and shore based facilities in the Gulf of Mexico.

According to Ed Fleming, Atlantic Marine's President, construction of HOS Polester began in March 2007 and following the launching, was moved to Atlantic Marine's outfitting pier where the final stage of construction will take place prior to delivery to Hornbeck in early March 2008. Fleming expects the next ship of the class to be launched in April 2008 and the additional vessels to be delivered approximately 17 months thereafter.

Southeast Regional Maintenance Center's Commanding Officer, Capt. Jim Green was on hand for the event



-Photo courtesy of SERMC

Despite the foggy morning weather, HOS Polester is launched into the St. Johns River from the Atlantic Marine Shipyard.

and commented, "Ship launchings don't happen every day, and for someone, like me, who has worked to maintain ships for the majority of his career, this is a really noteworthy event. There is something unique about watching a ship slide gracefully into the water for the first time and then float upright, exactly the way the naval architects and engineers designed it. I imagine it must be a very rewarding feeling for the hundreds of shipyard employees who had a hand in building the ship."

Green also commented on the benefit to the Navy of having a local shipyard building commercial ships.

"First of all, the commercial shipbuilding business serves to maintain the industrial capability and heavy steel fabrication skills that are sometimes required for Navy ship repair following collisions, groundings, or even operation in heavy seas," he said. "In addition, commercial work serves to lower the Navy's share of overhead costs in shipyards like Atlantic Marine, who do both Navy and commercial work, so I'm here to show my support for Atlantic Marine's initiative to go out and find commercial work. It's a win-win situation for Atlantic Marine and for the Navy."

Fleming echoed Green of the benefit of performing commercial work to the Navy.

"The Navy challenged the shipyards to increase the amount of commercial work performed in order to lower the Navy's portion of the shipyard's overhead cost," Fleming said. "Atlantic Marine has met that challenge."

Atlantic Marine is one of two local shipyards currently doing both Navy and commercial ship repair, the other being North Florida Shipyard which operates a shipyard and dry dock on the St. John's River downtown near Jacksonville Municipal Stadium.

By Lt. j.g. R. L. Jones

FRCSE PAO

Fleet Readiness Center Site Mayport (FRCSE) recently named Aviation Support Equipment Technician First Class (SW) Patrick Ryan as its 2007 Sailor of the Year during a ceremony held at Ramada Conference Center, Mandarin.

Ryan is attached to FRCSE's AIRSpeed department where he is directly responsible for the management, scheduling and training of more than 200 personnel in the NAE/NAVRIIP Continuous Process Improvement initiative.

FRCSE Officer-In-Charge Cmdr.

Graham Guiler, who presented the award, congratulated the four finalists, noting their excellence served to not only raise the bar of performance for their peers, but of the entire Navy.

"It is my honor to stand shoulder-to-shoulder with these fine Sailors and to call them shipmates," Guiler said. "They represent the best testament of the Navy and embody the Navy's core values of Honor, Courage and Commitment in every aspect. They represent the best within the FRCSE and while they come from different learning centers, they have all demonstrated superior performance and dedication to self-improvement." Ryan said he felt honored to receive the award, considering the company he was in, but he also made it clear that it is the people he works with and the collective drive they have as a team that makes his job so fulfilling.

While proud of his career accomplishments so far, Ryan said he still has several goals left to achieve. He wants to ensure that those who come after him have the same opportunities he had, and continue to be a role model for those who have supported him and inspired him to be the best Sailor and person he can be.

Ryan's previous duty stations include the USS Saint Louis, USS Belleau Wood, ACU-1 Detachment West Pacific Bravo, USS Simpson, NS Mayport Cypitlog Management System Vault and Fleet Readiness Center Southeast Site, Mayport where serves as the leading petty officer for FRCSE's Support Equipment and AIRSpeed Divisions.



ASI(SW) Patrick Ryan



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MWR Happenings

Jan. 18: Youth Freedom Friday, Winter Ball Theme. 7-11 p.m. at the Youth Activities Center. Open to children in grades kindergarten through fifth. Cost is \$7 in advance or \$9 the day of. Early sign up is recommended; space is limited. 270-5680/5421

Jan. 23: Intramural Bowling Starts. 11:30 a.m. every Wednesday at Fast Lanes Bowling Center. League runs until April 2. Open to Active Duty only. 270-5377

Jan. 25-27: Open Water Scuba Certification Course. Cost is \$290 complete, \$320 for guests. Cost includes use of all scuba equipment, course study materi-

als, certification, professional instruction, two days admission to the springs, two nights lodging and round-trip transportation. We leave on Friday and come back certified on Sunday. Don't be fooled by false advertising. No equipment purchase required. Pre-registration is required. 270-5541/5221

Jan. 26: Red Pin Bowling at Fast Lanes Bowling Center. 2-4 p.m. 270-5377

Jan. 26: Club Teen. 8-11 p.m. at the new Teen Center, next door to the Youth Activities Center. Open to middle and high school ages only. \$2 admission. 270-5680/5421

Jan. 28: Intramural Volleyball

Begins. Season runs until April 14. 270-5451/52

Jan. 30: MWR Command Meeting. 10 a.m. at Bogey's. Send your command rep for the latest MWR Mayport information. 270-5228

Jan. 30: Filipino Cuisine. Available during lunch only and while supplies last at Fast Lanes Grille. Lunch served starting at 10:30 a.m. 270-5377

Jan. 30: Post Holiday Fitness Meltdown. 4:30 p.m. at Surfside Fitness Center. Melt off that holiday weight gain with an intense workout that continues until no person is left standing. Sample a variety of group fitness classes in limited intervals

and meet your Navy Fitness Trainers. 270-7718/19

Features:
Tiny Tigers Karate Class
MWR Mayport is offering a new children's program in 2008. Tiny Tigers Karate for ages 3-5 begins in January at the Youth Activities Center. Cost is \$30 per child, per month. Class meets on Tuesdays from 6:15-7 p.m. Call 270-5680 or 5421 for more information.

Single Sailor Ski and Snowboard Trip

Single Sailors are invited on a trip to the snow covered slopes of North Carolina for a weekend of skiing or snowboarding Jan. 25-27. It is your choice to

either ski or snowboard. Cost is \$110 and includes transportation, lift tickets, lodging and equipment rental for the entire weekend. Costs for snowboarders are subject to change. Space is limited so sign up early. For additional information, call Planet Mayport Single Sailor Center at 270-7788 or 7789.

Specials:
Auto Skills Center: 10 percent of fuel injection cleaning. Call ahead to make an appointment. 270-5392

Outdoor Adventures: Take \$5 off any rental of \$35 or more. 270-5221

Twisted Lemon Band Performs Live At MWR

The Twisted Lemon Band will perform live at Castaway's Lounge from 9 p.m.-1 a.m. on Jan. 18 and 19. There is no cover charge and all hands are welcome. Castaway's Lounge hosts live bands every month along with weekly karaoke, daily drink specials and other special events. Call 270-7205 for more information.

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 11 a.m.-11 p.m. Monday-Friday and 10 a.m.-11 p.m. Saturday and Sunday.

Jan. 17: Dinner and a Movie Trip. Join the Liberty Program on a trip to Regal Cinemas to

catch some of the newest box office hits. Pizza will be served at Planet Mayport prior to departing to the theater. Cost of this trip is only \$2 and includes food, admission and transportation.

Jan. 19: Orlando Magic Trip. Join Liberty on a trip to Orlando for some NBA action (Orlando Magic vs. Portland Trailblazers) at the Amway Arena. Sign up at Planet Mayport. Trip departs at 4 p.m. from Planet Mayport.

Jan. 20: NFL Playoffs - Road

to the Superbowl. The game will be played on the big screen at Planet Mayport in the movie theater. Free snacks for all football fans.

Jan. 21: WWE is back. Catch your favorite wrestlers battle it out on the big screen in Planet Mayport's movie theater.

Jan. 22: Rock and Roll Mania. Get in on this latest craze and all the rage at Planet Mayport tonight. It doesn't matter if you are a drummer, guitarist or

the singer. Rock Band will be available to play on the 61" flat screen at Planet Mayport starting at 6 p.m.

Jan. 23: Nine Ball Tournament. Join the Liberty Program in a free, single elimination tournament starting at 6:15 p.m. sharp at Planet Mayport. Prizes will be awarded to first and second places.

Jan. 25-27: Ski/Snowboard Trip. Join us on a trip to the snow covered slopes in North

Carolina for a weekend of skiing or snowboarding. It's your choice on what you want to do but you have to sign up early; spots are limited. Cost of this trip is \$110 and includes transportation, lift tickets, lodging and equipment rental for the entire weekend. Costs for snowboarders are subject to change. Please see Planet Mayport staff for details.

Jan. 28: WWE is back. Catch

your favorite wrestlers battle it out on the big screen in Planet Mayport's movie theater.

Jan. 29: Rock and Roll Mania. Get in on this latest craze and all the rage at Planet Mayport tonight. It doesn't matter if you are a drummer, guitarist or the singer. Rock Band will be available to play on the 61" flat screen at Planet Mayport starting at 6 p.m.

Kid Zone

Special Events

Freedom Friday, Winter Ball Theme is 7-11 p.m. Jan. 18 at the Youth Activities Center. Freedom Fridays are open to children in grades kindergarten through fifth. Cost is \$7 in advance or \$9 the day of. Early sign up is recommended; space is limited. 270-5680/5421

Club Teen is 8-11 p.m. Jan. 26 at the new Teen Center, next door to the Youth Activities Center. This event is open to middle and high school ages only. Admission is \$2. 270-5680/5421

Open Recreation

Open Recreation for elementary school ages is Monday, Wednesday and Friday 4-5:30 p.m. Boys and Girls Club of America programs (Fine Arts, Fitness Authority and Power Hour) are offered in lieu of Open Rec on Tuesday and Thursday from 4-5:30 p.m. for elementary school youth. 270-5680/5421

Open Recreation for middle

and high school ages is Monday, Wednesday and Friday 3-6:30 p.m. at the new Teen Center. Activities available at the Teen Center include pool tables, air hockey, foosball, computers, video games, TV, music, special events and more. 270-5680/5421

Youth Sports, Fitness and Classes

Tiny Tigers Karate is offered for ages 3-5 at the Youth Activities Center. Cost is \$30 per child, per month. There is a \$5 discount for additional children of the same family (this class only). Class meets on Tuesdays from 6:15-7 p.m. 270-5680/5421

Martial Arts classes are offered at the Youth Activities Center on Monday and Wednesday from 6-8 p.m. for ages 6-17. Cost is \$40 per month for the first child, \$25 for the second child, same family, \$20 for the third child and \$15 for the fourth child. Sign up at the Youth Activities Center.

270-5680/5421

The Youth Fitness Factory is open Monday-Thursday 3:30-6:30 p.m. for ages 10-15. If under 10 years old, child must be at least four feet tall and accompanied by a parent. The Youth Fitness Factory features two treadmills and a 12-piece Strive Kidz Smart Strength training equipment line specially designed for kids and teens. This facility is located next door to the Youth Activities Center,

in on-base housing. For Youth Fitness program information call 270-7134.

Register during the month of January for spring baseball (ages 4-18) and soccer (ages 9-12). Cost is \$60 for the first child and \$55 for each additional child of the same family. Registration is taken at the Youth Activities Center Monday-Friday between 10 a.m. and 5 p.m. 270-5018/5680

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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. Breakfast costs \$2.10, lunch and dinner is \$3.85. The menu is subject to change by FSO due to food availability.

Friday, Jan. 18
Breakfast
 Bacon
 Turkey Sausage Patties
 Pancakes
 French Toast
 Hashbrown
Lunch
 Vegetable Soup
 Pizza
 Chicken Wings
 Tuna Melts
 French Fries
 Squash & Carrot Medley
 Corn

Dinner
 Vegetable Soup
 Mumbo Pork Roast
 Ravioli
 Oven Brown Potatoes
 Green Beans Combo
 Beets

Saturday, Jan. 19
Breakfast
 Ham Slices
 Corned Beef Hash
 Pancakes
 French Toast
 Potato Rounds

Lunch
 Cream of Mushroom Soup
 Baked Chicken & Noodles
 Lyonnaise Potatoes
 Green Beans
 Ham Slices
 French Toast
Dinner
 Cream of Mushroom Soup
 Roast Beef
 BBQ Chicken
 Tangy Spinach
 Mixed Vegetables

Sunday Jan. 20
Breakfast
 Corned Beef Hash
 Bacon
 Pancakes
 French Toast

Hashbrown
Lunch
 Tomato Rice Soup
 Cheese Fishwich
 French Fried Onion Rings
 Corn Combo
 Bacon
 French Toast
 Hashbrown
Dinner
 Tomato Rice Soup
 Roast Pork
 Curry Turkey

Monday, Jan. 21
Breakfast
 Corned Beef Hash
 Sausage Patties
 Pancakes
 French Toast
 Potato Rounds

Lunch
 Chicken Gumbo Soup
 Baked Stuffed Pork Chops
 Yankee Pot Roast
 Steam Rice
 Mashed Potatoes
 Club Spinach
Dinner
 Mixed Vegetables
 Burgers
 French Fries
 Baked Beans
 Brown Gravy

Dinner
 Chicken Gumbo Soup
 Lemon Baked Fish
 Teriyaki Chicken
 Ginger Rice
 Cajun Oven Fries
 Broccoli
 Waxed Beans
 Chicken Gravy

Tuesday, Jan. 22
Breakfast
 Bacon
 Cream Ground Turkey
 Biscuits
 Pancakes
 French Toast
 Hashbrown

Lunch
 Shrimp Gumbo Soup
 Southern Fried Chicken
 BBQ Spareribs
 Macaroni & Cheese
 Rice Pilaf
 Collard Greens
 Blackeye Peas
Dinner
 Shrimp Gumbo Soup
 Pepper Steak
 Spicy Baked Fish
 Long Grain & Wild Rice
 Potatoes & Herbs

Wednesday, Jan. 23
Breakfast
 Bacon
 Corned Beef Hash
 Pancakes
 French Toast
 Potato Rounds

Lunch
 Cream of Broccoli Soup
 Chicken Parmesan
 Spaghetti with Meat Sauce
 Boiled Pasta
 Marinara Sauce
 Italian Roasted Potatoes
 French Fried Cauliflower
 Burgers
 French Fries
 Baked Beans

Dinner
 Cream of Broccoli Soup
 Yakisoba
 Hot & Spicy Chicken
Thursday, Jan. 24
Breakfast
 Sausage Gravy
 Corned Beef Hash
 Pancakes
 French Toast
 Hashbrown
 Biscuits
Lunch

Clam Chowder
 Crab Legs
 Strip Loin Steak
 Mashed Potatoes
 Rice Pilaf
 Corn on Cob
 Broccoli
Dinner
 Clam Chowder
 Caribbean Chicken Breast
 Roast Beef
 Oven Browned Potatoes

Mitch Fatel



Jan. 18th & 19th
 * Voted "Best Comedian" at the HBO Comedy Festival
 * Comedy Central
 * Appeared on the "Late Show with David Letterman" & the "Tonight Show with Jay Leno"



For a complete listing of performance times & tickets visit: www.comedyzone.com or call 292-HAHA
 I-295 & San Jose Blvd
 (located inside the Ramada-Inn)

Calendar

On Base

Thursday, Jan. 17
 USS Philippine Sea FRG will meet and hold a potluck on the third Thursday of the month at 6:30 p.m. at the Mayport USO.

Tuesday, Feb. 5
 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, Feb. 8
 The Robert G. Bradley FRG will host a Valentine's Dance from 7-10 p.m. at the American Legion on Atlantic Blvd. and

Mayport Road. Cost is \$5 per couple. Please contact the FRG at rbgffg49pres@yahoo.com to find out how to purchase tickets.

Out in Town

Saturday, Jan. 19
 The Jacksonville Genealogical Society will hold their regular monthly meeting at 1:30 p.m., at the Webb-Wesconnett Branch Library, 6887 103rd St. Speaker, Dr. Carolyn Williams, Professor of History at the University of North Florida will discuss African-American History and Genealogy; From Slavery to Freedom; African-American Migration from Fort

George Island to Jacksonville, 1870-1910." For additional information please contact Mary Chauncey at 781-9300.

Sunday, Jan. 20
 The Fleet Reserve Association Branch 290 has helped bring together other Beaches veterans groups to become the *Beaches Veterans Organization*, in support of community events. Other veterans groups, in addition to FRA 290, are American Legion Post 316 and Post 129 along with Veterans of Foreign Wars Post 3270. Their first community event will be a family cookout starting at from 1 p.m. This event is open to the public and will take place at the

FRA Branch 290 Home located at 390 Mayport Road, Atlantic Beach, FL. Ribs, and all the fixing's, will be the menu for only \$8. Take out orders are always welcomed. All proceeds raised at these events will benefit the "USO No Dough Dinners."

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

ACROSS

- Uris novel, "___ 18"
- Latin-American dance
- Donkey or King follower
- Blue dye
- Toast toppers
- California wine county
- Cambodian currency
- Likeness
- Makes mistakes
- Start of a quip
- Drones
- Church recesses
- Give silent assent
- Part 2 of quip
- Staff symbol
- Kind of moth
- Gloomy
- Type of tuna
- Part 3 of quip
- Pindar poem
- Ashen
- Tiller
- More discourteous
- Part 4 of quip
- Have a little lamb
- Pitcher Dave
- Aggrandize
- End of quip
- Cairo's river
- Avid
- Woosnam and Fleming
- Takes advantage of
- Took the wheel
- Chevron rival
- Sacrifice play
- Binge
- ___-do-well

DOWN

- Tudor queen
- Skull bone
- Rank below capt.
- Finished
- Minted
- "Miami Vice" co-star
- Without ice
- Vincent van ___
- On the waves
- Patella protector
- Thole insert
- "Morning Edition" venue
- Boastful talk
- Sort of switch
- ___ d'Isere, France
- Hair holder
- Chopin piece
- More achy
- Veil material
- Name: suff.
- Kung ___ chicken
- Guitar adjuncts
- Sing monotonously
- Old-time actress Palmer
- Actor Schreiber
- Eureka!
- Heavenly prefix
- DMV requirement
- Perfect
- TV movie channel
- Main course

By Alan P. Olschwang 1/17/08

Last Week's Answers

T	E	A	M	B	I	A	S	C	O	M	E	T
A	M	M	O	U	G	L	I	A	M	E	B	A
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312179 1/10/08

Navy News

Mullen: Guantanamo Mission Mitigates Global Risk

By Army Spc. Shanita Simons

Joint Task Force Guantanamo Public Affairs

The chairman of the Joint Chiefs of Staff visited the Guantanamo Naval Station Jan. 13 to share his vision for the joint services and express his gratitude to those serving at Guantanamo.

Adm. Mike Mullen toured the new Expeditionary Legal Complex and the Joint Task Force detention facilities where he thanked service members guarding detainees for their service. He also met with service members in a "town hall" meeting where he discussed future goals for the military and Joint Task Force Guantanamo.

"JTF Guantanamo has performed extraordinarily well and

has really delivered during a difficult mission," Mullen said. "The naval station has also done great work to support the mission here. I am equally proud of what the naval station has done."

During his visit, Mullen spoke favorably of the need to continue fostering the integrated capabilities that have allowed service members to perform the JTF mission in a safe and professional manner.

"The world is focused on Guantanamo Bay. We've got to get it right every single hour. The consequences of getting it wrong could be global," said Mullen.

Although Mullen admitted to going on record in support of closing the Guantanamo Bay

detention facilities, he said no decision has been made to do so.

"There is no decision to close Guantanamo Bay. Clearly, we have worked our way in the last several years through processes, which have allowed us to understand where we are and what we are doing in a very comprehensive way," said Mullen. "Guantanamo Bay is known to the world and there are many who editorialize on the fact that Guantanamo Bay should be closed down. The decision to close it down would be made completely out of our purview, and I am not aware of anyone who is considering doing that."

Since the Joint Task Force mission here plays an essential part in fighting the global

war on terrorism, Mullen mentioned that the operations here are necessary to help protect Americans against possible terrorist attacks.

"The joint detention operation is a part of mitigating risk. We need to keep the deten-

tion facilities operating as best as they can be to protect Americans against individuals who have pretty bad backgrounds in terms of the [global] war on terror[ism]," Mullen. "This facility helps mitigate that global risk."

Mullen was sworn in as the 17th Chairman of the Joint Chiefs of Staff on Oct. 1, 2007. He serves as the principal military advisor to the President, the Secretary of Defense, the National Security Council, and the Homeland Security Council.

GSA Detailing Process Improves IA Assignments

By MCC Rhonda Burke

Commander Navy Region Midwest

The Global War on Terror Support Assignment (GSA) detailing system is offering a better balance between personnel requirements and the global war on terrorism (GWOT) and improving stability for Sailors and their families.

"Just this last week, we finally realized the outlines of the GSA detailing and GWOT support assignments process. It is how we have brought the IA process into the mainstreaming of the detailing process," said Vice Adm. John C. Harvey Jr., commander, Naval Personnel Command. "We have put predictability and stability into the process for our Sailors and their families."

NAVADMIN 002/08, IA Individual Augmentation Manpower Management Business Rules and NAVADMIN 003/08, GSA Detailing Business Rules, released this week, capture the feedback Navy leaders received when asking Sailors and commands how to create a better system for IA assignments.

Harvey said more than 700 Sailors have negotiated IA assignments under the GSA Detailing process, since it was introduced in June 2007, and that number will grow over the next two years to encompass the entire IA process.

The GSA detailing concept allows Sailors to negotiate for

an IA when it fits their needs. Eventually it will replace the need to pull Sailors from other assignments mid tour in order to fill an IA.

GSA Sailors receive administrative Permanent Change of Station orders to San Diego or Norfolk and TDY orders for all training and movement, including to the Navy Mobilization Processing Site. PCS allows for moving dependents to fleet concentration areas with large support services and infrastructure. If dependents choose to remain in their current location, they retain military housing and basic allowance for housing entitlements for that location.

In addition to improving the detailing process, the Navy has also implemented several other provisions for those who complete an IA tour.

"We have put incredible flexibility into the exam process. If it is the right circumstances where the Sailor can prepare and take the exam then we will give it to them. If that Sailor is engaged in operations on the ground, that do not permit us to give him the exam, it won't adversely affect that Sailor," Harvey said.

Additionally, advancement points are now awarded for successful IA duty accomplished. Selection boards will be given precepts, which will guide them and provide weight to the IA experience for both officers and enlisted on active and reserve selection boards.

"Recognizing that this IA mission is extremely important and it will be with us for a while, we are taking the steps to bring it into the mainstream of how we do business and that will be better for the Sailor, it will be better for their command and it will be a lot better for their family," Harvey said.

In addition to billets in Iraq and Afghanistan, GSA detailing will also cover assignments to the Horn of Africa, Kuwait, Bahrain, Germany, South America, Cuba, Kosovo, Philippines, and even state-side duty in Tampa, Fla., and Arlington, Va.

GSA billets are currently available on Career Management System-Interactive Detailing, the program enlisted Sailors use to apply for orders. The Web address is <https://www.cmsid.navy.mil>. Billets are listed under the category code 90GS. Officers can contact their detailer directly for information on GSA billets.

"I think we have a good package in these two NAVADMINS and our focus now is on execution," Harvey said. "What we want to do now is to hear from the Sailors, hear from their commands, work with the Master Chief Petty Officer of the Navy and the master chief community and seek feedback and determine what else we need to do to improve."

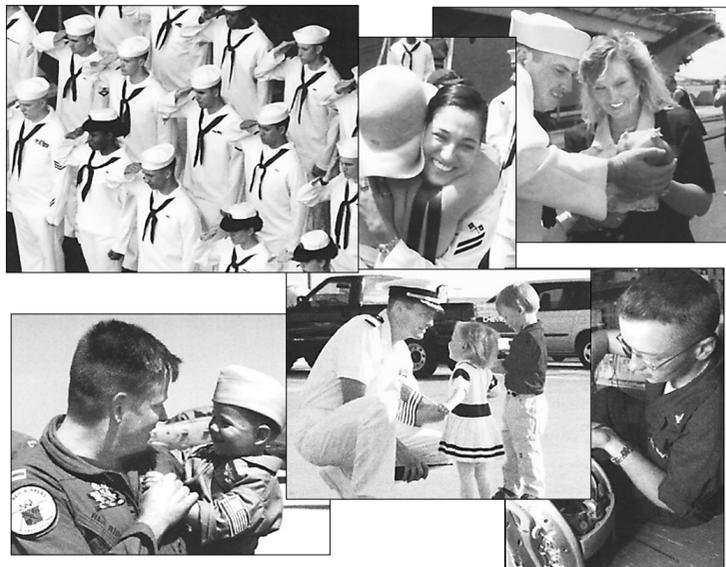
MCPON Talks To Hue City CPOs



-Photo by MC2 Seth Clarke

MCPON Joe R. Campa Jr. addresses the chiefs' mess aboard guided-missile cruiser USS Hue City (CG 66). Hue City is deployed in support of Maritime Security Operations (MSO) with the USS Harry S. Truman Carrier Strike Group (CSG 10). MSO helps set the conditions for security and stability in the maritime environment, as well as complement the counterterrorism and security efforts of regional nations. These operations seek to disrupt violent extremists' use of the maritime environment as a venue for attack or to transport personnel, weapons or other material.

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USO News

The USO has free Jacksonville University basketball game tickets on Jan. 25 at 7:30 p.m. at Veterans Memorial Arena.

Monster truck club seats and pit passes are \$27 each and are available at both the NAS Jax and Mayport USOs. The event is planned for Feb. 23. Please visit usojax.org for more information, or drop by either of the Mayport of Jax USO Centers and buy your tickets.

The USO at Mayport will be closed until 11 a.m. on Jan. 17 for testing. The USO at Mayport will be open for holiday hours on Jan. 21. Hours will be 9 a.m.-2 p.m. The USO at Mayport will be closed on Tuesday, Jan. 29 for the Primary Election.

The USO at Mayport will host the next "No Dough Dinner" on Feb. 4 from 5-7 p.m. The menu will be turkey, dressing, gravy, cranberries, green

bean casserole, rolls, pecan and pumpkin pie.

The American Red Cross will hold a CPR class at the Mayport USO on Jan. 26 from 9 a.m.-5 p.m. Please call 246-1395 to pre-register for this class.

The American Red Cross will hold a Babysitting Class at the Mayport USO on Saturday, Feb. 2, from 9 a.m.-3 p.m. Please call 246-1395 to pre-register. "Family Fun On Florida's First Coast" books are on sale at the Mayport USO and NAS JAX USO for \$20. Listing events - both seasonal and year-round - that are fun for the whole family, this book makes an excellent gift!

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

There is a full kitchen, showers, 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.

Lions Club Supports USO

By Jack Berry

MOAA

A new Lions Club is being formed in Mayport to support the Greater Jacksonville Area USO in their programs of providing services to our men and women in uniform.

The first informal, organizational meeting, is being held at the Mayport USO Center on Jan. 22 at 7 p.m., for anyone interested in becoming involved in our military community ser-

vice. Meetings will be held at the Mayport USO Center on the second and fourth Tuesdays of each month

Everyone is welcome to attend, especially business people, community leaders and retirees, both men and women, who wish to support our military service members.

Lions International is the largest service organization in the world with over 1.3 million members in more than 200

countries working to support the environment, diabetes education, hearing programs, and many other worthy causes.

Our USO MOAA Committee Liaison Officer assisting in this formation is retired Cmdr Chuck Carroll, who will provide assistance to the Lions organizational programs. Lion Chuck can be reached at 463-2884 or crcarroll9@yahoo.com

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For more info go to <http://www.zillow.com/HomeDetails.htm?zprop=47737808>
You'll find additional photos, school info and info on recently sold homes in the neighborhood

For Appointment Please Call 904-568-5213 or 904-219-2301

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ATLANTIC BEACH Very limited time offer 2 & 3 Br's Available! 0 Deposit Special. Call 249-1833. Ask for Monique.

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Condos for Rent

For Sale / Rent 2/2.5 Condo in St Augustine W/D lakefront \$150,000 or \$ 900 mo. 904 613-4297

SAN JOSE / Univ. 2/1.5, 1005sqft, tile flr, w/d, pool, no pets, \$825 first, \$825 last, \$ 500 sec dep 571-2640

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ARLINGTON- 3br 1ba, \$765/mo dep \$500 7511 Arble Drive 744-5744

ARLINGTON HILLS, 4/2, CH/A, 1864 sq. ft. w/d, \$1200/mo + dep January free 904-476-3037

ARLINGTON 3/2, 2 car gar, 1828sqft, hw flr, fncd yrd, \$1095 + dep, avail now! 641-6219/333-0870

ARLINGTON - Maintenance free townhome 2br, 2.5 ba. Perfect loc! Screened in patio, gazebo, appliances. 25yr warranty outside. Call Don 234-2653

ATLANTIC BEACH- Cypress Cove, 42'1800sqft, newly remodeled, 2225 Cypress Landing. \$1350/mo, bkr, 724-0135

BEACHES 3/2 pool home, \$1600/mo. available now. Call 904-993-5626

BEACHES-Pablo Woods 3/2, vaulted grm, fp, 2918 Farrington, \$1250/mo, Bkr 724-0135

Black Hammock Island.com 3 Homes: 2 acres fenced, marsh front, canal. RTO \$1000-\$1350/mo 233-8077

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JULINGTON CREEK PLANTATION - 1800sqft, 4/2, \$1350 + 1mo dep. 210-5222

MANDARIN- 3/2 in quiet neighborhood, 1600 sqft, 2 car gar, no smoking, \$1200/mo. 904-233-7109

MANDARIN 3/2 2 c-gar, newly renov, no pets, \$1,150 + Sec 3146 Rmbr Dr S 404-444-0973

MAYPORT 3/2, fenced yard, Mayport Village, \$1100 per mo. avail NOW Call 904-221-0612

MAYPORT 1br/1ba Mobile Hm, 1rg oak trees, priv, scnd porch, \$650mo 708-4022

MAYPORT Duplex 3/2 wrap around porch 1drly ten bck yd, \$1250m all util incl. 708-4022

MAYPORT- Cypress Cove, 3/2, vaulted gr, 19 fen yd, 1060 Willow Cove, \$ 920/mo, Bkr 724-0135

ORANGE PARK- Fleming Plantation, new home, 4BR/2BA, 2 car gar, close to schools, amenities, \$1200/mo, lease or, avl. Call 904-476-7308

Orange Park 3/2 fenced yd, scnd porch, all appliances, \$900/mo \$900/sec. Call 850-450-7323, 850-941-8010

SOUTHSIDE 4br/2ba, office, 2200sqft, cul-de-sac, Kernan/ Wonderwood, 10 min to Mayport, close to school/shopping, \$1,600mo \$1,600dep 651-2742/651-2737 Jonh/Cheri

WESTSIDE Large 3/2, car gar, fncd yd, scnd porch, CH&A, 6314 Lindenwood \$1195/mo. Call 693-6092

WESTSIDE Brand New house 3/2, 2 car gar, great loc near NAS, \$1150/mo. 904-262-3262

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ROOMMATES

Roommate wanted 3/2 Westside Call after 3:30 p.m. for information 322-7210

Beach/Vacation/Resorts

SELL OR TRADE - Want Amelia Island/Fernandina condo or home. Have Mountain View Highlands home, Historic Macdonald home, Ocean view Panama City Condo. 478-318-6221

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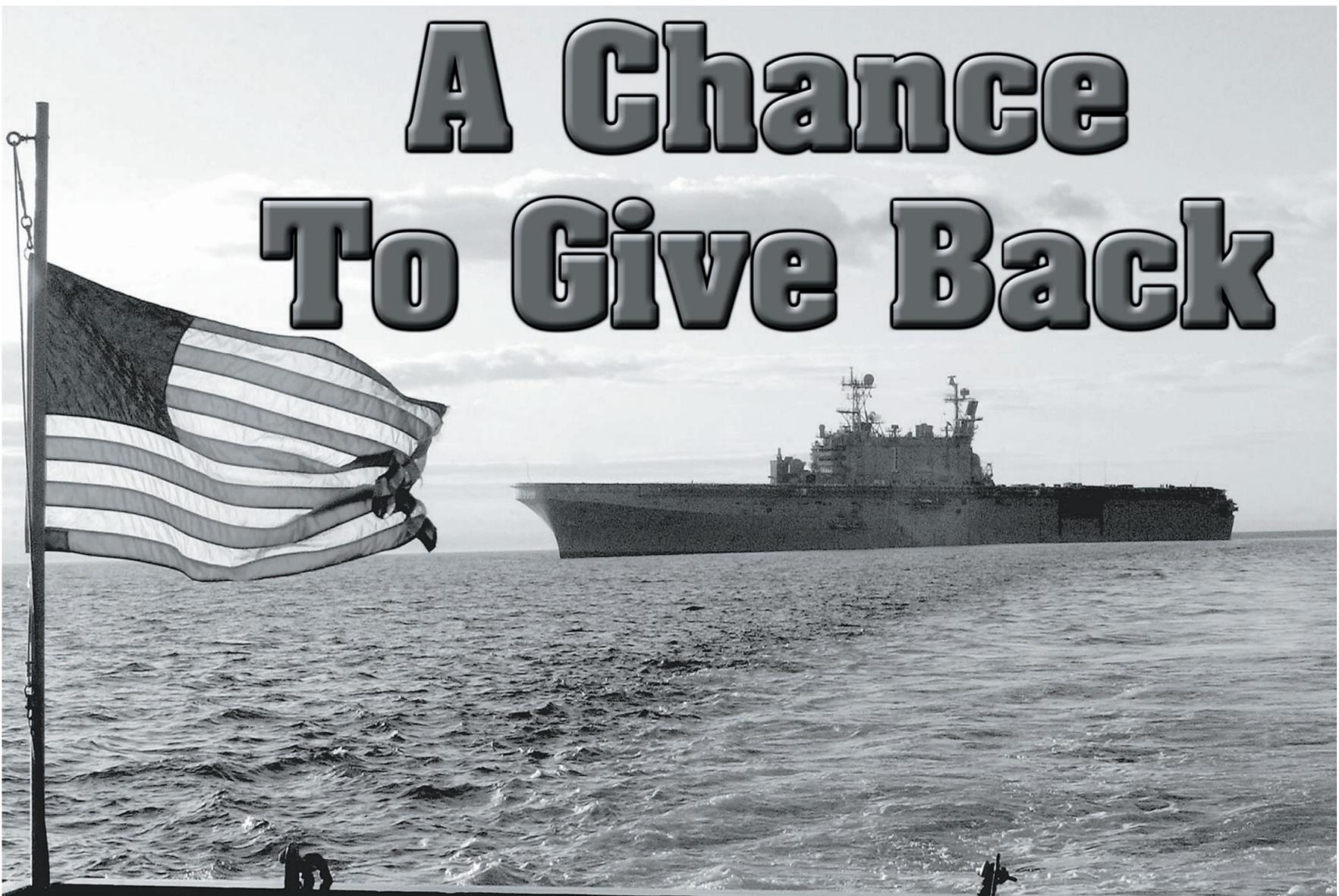
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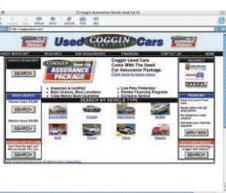
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