

THE MIRROR NS MAYPORT, FLORIDA

2002 CHINFO Award Winner

Vol. 51 • Issue 4

www.nsmayport.navy.mil

www.mayportmirror.com

THURSDAY, January 31, 2008

OFF THE DECK

Get Help To Stop Smoking

Tobacco Cessation Classes will start on Feb. 9. The class runs from 9-11 a.m. for four consecutive Wednesdays. The class is open to active duty and adults who are dependent. Call 270-5251 for more information. We are located at Building 2050, beside Surfside Fitness.

NEX Hours Adjust For Inventory

The Main Exchange, Fleet Store and NEX Gas Station are adjusting hours to perform an annual inventory beginning Feb. 2. The following is date and times open for each location.

•Main Exchange off base will be open Feb. 2, 9 a.m.-3 p.m. and Feb. 3, 11 a.m.-8 p.m. •The Fleet Store location on base will be open Feb. 2, 9 a.m.-3 p.m. and Feb. 3, 9 a.m.-5 p.m. •The NEX Gas Station will be open on Feb. 2 from 8 a.m.-5 p.m.

Wear Red To Fight Heart Disease

NBHC Mayport's Health Promotion by the Ocean staff will hand out red ribbons and set up a Heart Health Display on Feb. 13 from 10 a.m.-noon in NBHC Mayport's main lobby by the pharmacy. Blood pressure screening will be offered at this time. Clinic staff will be wearing red ribbons in February in support of this campaign. Call 270-5251 for more information.

USS Klakring Gets Adopted



-Photos by PS2 Amiel Cunanan
Above, Navy League National President Mike McGrath and Northeast Florida Area President Bill Dudley present USS Klakring Commanding Officer, Cmdr. Ian Pollitt with a plaque commemorating the organization's Jan. 18 adoption of the ship and its crew. Right, the crew salutes as the color guard strikes the colors during an adoption ceremony on the ship. The flag, which was flown over the U.S. Capitol and Klakring was given to Dudley for his service with the Navy League.

By Ensign Graham Tompson and Ensign Peter Goodman

USS Klakring Public Affairs

The St. Augustine chapter of the Navy League of the United States formally adopted USS Klakring (FFG 42) in a ceremony held on board the ship Jan. 18.

Mike McGrath, Navy League National president, and Bill Dudley, Northeast Florida Area president, presented Klakring's Commanding Officer, Cmdr. Ian Pollitt with a ceremonial plaque commemorating the organization's new commitment to Klakring and its crew.

During the ceremony, Pollitt praised the Navy League for its outpouring of hospitality and commitment on behalf of Klakring's Sailors.

"The concept of family is vitally important to the success

of any warship," he noted. "A strong family support network is the foundation for deployed success."

Friday's adoption ceremony further cemented a long-standing bond between the St. Augustine Navy League and the Mayport waterfront.

"Today, the extended Klakring family grows by orders of magnitude," Pollitt said. "And all parties to the adoption will be the better for it."

Klakring was also honored by the city of St. Augustine, represented by County Commissioner George Gardner, who read a proclamation from the Mayor of St. Augustine announcing Friday, Jan. 18 as USS Klakring Day in that city.

Founded in 1902, the Navy League is dedicated to the education of American citizens about the importance of the



naval service, and the direct support of service members and their families. As the chapter's first act as sponsor, George Grech, the chapter's liaison, recognized the command's Sailor of the Quarter (Third Quarter), Yeoman 1st Class (SW) Raymond Parr; Sailor of the Quarter (4th Quarter), Culinary Specialist 1st Class (SW) George Keene and 2007 Sailor of the Year, Damage Controlman 1st Class (SW) Shawn Herring.

The organization rewarded each Sailor and their families with gifts representative of the city of St. Augustine.

"To me "it was great to be honored by an outside source for excelling in the jobs we do," said Keene.

The sponsor relationship will include continued partnership and close collaboration in a host of future events, tours and cer-

emonies.

Despite the cold, damp weather, those present at the ceremony remained in good spirits, and the Navy League took the opportunity to honor former chapter president William Dudley for his long record of sustained service to the Navy League organization, and to the nation.

Dudley was presented with an American flag which had flown over the U.S. Capitol dome and also flew over Klakring during the ceremony. He was also rated an honorary Chief Petty Officer and pinned by Command Master Chief CMDCM(SW/AW/NAC) Richard Dean.

Earlier in the day, members of the Navy League enjoyed lunch with the crew at the base Oasis Galley. Navy League veterans regaled their active duty counterparts with stories of their

naval service in World War II, the Korean Conflict, Vietnam and the Cold War Navy.

The adoption ceremony marked the culmination of a long, hard week of preparations by the crew, that brought its own rewards.

As Interior Communications 2nd Class (SW) Tim Marshall noted, "I was proud to be a member of this crew, charged with keeping the ship ready, and for all that hard work to be recognized by the great members of the Navy League."

Klakring and its crew look forward to a long and mutually beneficial relationship with the St Augustine Council of the Navy League for the remainder of the ship's commissioned service.



-Photo by MC3 Bonnie Williams

Volunteers around NS Mayport are ready to help Sailors and their families with free tax preparation services. Pictured from the left, Lt. Jessica Wilcox of Region Legal Service Office, Engineman 2nd Class (SW/AW) Joe Sherman of Harbor Ops, Personnel Specialist 3rd Class Carlos Quiroz of PSD, Seaman Apprentice Quintayla Drummond of NS Mayport, Ensign Megan Seavey of USS Taylor, Chief Electrician's Mate (SW) Chris Kimball of NS Mayport, Ensign Christie Kehoe of DESRON 14, Ensign Toni Gather of USS McInerney and Ensign Janelle Pollard of USS McInerney.

Free Tax Center Is Open

By Lt. Jessica Wilcox

NS Mayport Voluntary Income Tax Assistance program (VITA) tax center is open to provide free basic tax preparation services by appointment only.

The center had a grand opening on Monday at its new location in base housing at 707A Everglades Court.

The VITA Tax Center hours of operation will be from 8 a.m.-

4:30 p.m., Monday, Wednesday, and Friday and from 9 a.m.-3:30 p.m., Tuesday and Thursday.

VITA is the only free tax preparation service on base. Private tax preparers can charge \$50-\$100 or more per return and can result in Sailors paying high rates to get their refunds more quickly. VITA E-files almost all returns, ensuring fast refunds. VITA is run entirely by volunteers who have been certified by the IRS in basic tax

preparation. Who is eligible for free tax preparation through VITA?

- All active-duty service members and their dependents
- All retirees and their dependents
- Reservists on active duty for more than 30 days
- Reservists within 30 days of demobilization and reservists involved in pre-mobilization

See VITA, Page 9

Dancing With Stars Visit Mayport



-Photo by MC2 Regina L. Brown

Dancing with the Stars dancers, Cheryl Burke and Kym Johnson sign autographs for fans during a recent visit to Naval Station Mayport. Right, Burke prepares for a simulated flight with the "Airwolves" of Helicopter Anti-Submarine Squadron Four Zero (HSL-40).



Street Talk

How are you going to spend your tax return?



**OS1 Ronnie Stevens
USS Gettysburg**
I'll probably spend my refund on my wife.



**SK2 Mark Nash
HSL-42**
I'll put it in my savings.



**EM3 Chuck Nichols
USS Farragut**
I'm going to pay off debt.



**BMC Ray Obis
USS Doyle**
Education for my children and pay off bills.



**SN David Fishman
PSD Mayport**
I'm going to use it as a down payment for a car.



**BM2 Elisha Quesenberry
Harbor Ops**
I'm going to use it to pay off bills.

CREDO Corner

**By Cmdr.
Jon C. Fredrickson**

*Director, Spiritual Fitness Center
Southeast*

A wise woman puts a note on her stressed out husband's desk: "You have to make an important decision today, either be God or let God."

Who would consciously decide to play God? Not me. Not you. But some of us have a terrible time of letting God run the world, especially our own world. No matter how much we resolve not to, we end up taking responsibility for things we can

not control. That's what playing God is and a lot of us have been practicing it for a long time.

Playing God is not only hard work; it is also a good way to ruin a relationship. People just don't like to be around would-be, mortal "gods," whose clay feet are all too visible. Our good intentions don't make people feel less defensive about us.

I often times share with couples in CREDO Marriage Enrichment Retreats, that the messages that we send are rarely the messages received. Often times, it doesn't even

matter what our intentions were in what we wanted to communicate. How we communicate is ninety percent of what the impact of our message become. Even within a simple request, especially to someone we love, there are elements of expectation and therefore control.

There are two sides to this coin. Some people come into a marriage relationship wanting someone to take care of them. They are looking for their partner to be a "god" and are bitterly disappointed when they fall short. In this relationship

everything given by the "god;" all there is, is never enough. There are others who enter into a marriage looking for someone to take care of. My, is it ever frustrating when the one taken care of just doesn't appreciate our sacrifices and the wisdom that we give that is only meant to save and deliver.

Letting go isn't easy. Especially if we confuse letting go with not caring. Of course we care, but that does not and must not mean we are responsible. Can we care enough to let others make their own mistakes?

Oh, that is a big one for parents and married couples alike. Can we care enough for someone we care about to earn their own victories and take responsibility for their own lives? Not to do so, no matter how we may feel about it, breeds either dependency, resentment or both.

CREDO Marriage Enrichment Retreats exist to give couples a week end away from a nice place to learn and work on their most important relationship. These retreats are offered all over the Naval Region Southeast at different times in the year.

Retreats are held in Charleston, Memphis, Panama City Beach, Key West, St. Simon's Island, Corpus Christie and New Orleans. The retreats and food are free, the accommodations are four-star and the information passed essential to a life giving marriage.

If you want to spice up your love life, please contact us at 270-6958, option 7 or on the web at <http://www.cnic.navy.mil/cnrse/programs/commandstaff/religiousministries/CREDO/index.htm>.

Homefront in Focus

By Beth Wiruth

Military Spouse Support Contributor

This week is the final installment in a three-part series on friendships by looking at various levels of friendship and tips to develop rewarding friendships.

There are different types of friendship; as we identified in the Part one to include acquaintances, casual and close friends. There are also levels of friendship that can be categorized in many ways but for this article we will call them giving, peer and receiving relationships. We need all three types of relationships and all three levels in our lives. A 'giving' relationship is one where you are investing much of yourself or offering great support in the relationship but not expecting the equal in return. Examples of giving relationships include mentoring others, an FRG board member, an Ombudsman, teacher, etc. Some giving relationships are 'seasonal' such as helping a friend during a crisis or time of need.

Receiving relationships are those where you gain much from the relationship but may not be investing as much in return. In my early days as an ombudsman two women were my 'heros': Susan Hare and Tammy Morrow. I called them often for advice and insight as I sought to serve my command. These relationships grew into friendships later but were certainly 'receiving' relationships in the early months.

Peer relationships are those where the give and take is balanced between both parties. 'Best friends' are an example of peer relationships as are many co-worker relationships. These relationships are characterized by a willingness to be vulnerable as well as to hold confidences.

Understanding the nature of your friendships will enhance

your appreciation and expectations for those relationships while avoiding misunderstandings. As an ombudsman I often found myself privy to the private crisis of spouses during the course of my responsibilities. Occasionally a spouse would consider my assistance in their time of need as a commitment to friendship. While I viewed the relationship as a 'giving' relationship they would see it as a 'peer' relationship which could result in conflict, misunderstanding and hurt feelings.

So, how do we develop relationships? That is the question isn't it? Here are a few tips from a university counseling center.

Look for friends who share your interests. If you like to work out, spend time at the library or scrapbook use those times to greet others who are participating in your favorite activity. This offers a starting place for relationship.

Utilize opportunities to meet others on base: Take classes at the FFSC/ACS, MWR and other base offerings. Attending a 'new spouse orientation' offers an opportunity to meet other new spouses.

Take classes: Interested in cooking? Take a class at the local community college and meet others interested in your hobby.

Spirituality: If you have a faith history or interested in exploring your spirituality the local church, chapel, synagogue or mosque is not only a place for enrichment but to meet others who share your interest.

Keep a sense of humor!

Finally, relationships take time but are worth the investment. Friendship is a gift you give to others and to yourself. If friendships do not come easily, consider taking a class to enhance your communication skills. Introduce yourself and see where that takes you, you may meet your new best friend.

Lacrosse Exhibition To Benefit Wounded

From Wounded Warrior Project

World class Lacrosse teams will compete on Feb. 16 to benefit the Wounded Warrior Project.

The University of Delaware Fightin' Blue Hens and the University of Maryland Baltimore County Retrievers men's lacrosse teams will compete in a grudge match called "Face Off For A Cause" at Fletcher High School football stadium, 700 Seagate Ave. in Jacksonville Beach, beginning at noon.

Wounded Warrior Project is a non-profit organization dedicated to providing programs and services to meet specialized

needs of severely injured servicemen and women.

"Face Off For A Cause" will be the first meeting between the teams since the 2007 NCAA Quarterfinals. Following the men's event, the Pfeiffer University Falcons will compete against the Rollins College Tars in women's lacrosse competition.

Tickets are \$15 and may be purchased online at www.jaxlaxsports.com. All profits from the event will benefit Wounded Warrior Project. For more information on Wounded Warrior Project, go to www.wounded-warriorproject.org.

A Ride For The Cure



Photo by Paige Gnann
Navy Reservist Dennis "Sully" Sullivan of Boston, Mass., gets ready to set off on a seven-week bicycling journey to promote breast cancer awareness on Thursday. Sullivan started his journey from NS Mayport and plans to travel between 40-50 miles per day to reach Phoenix, Arizona. Sullivan, who is currently attached to Standing Joint Forces Headquarters in Norfolk, said that he is dedicating the ride to the memory of a friend who passed away recently from breast cancer.



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
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Naval Station Mayport

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Cmdr. Mike Watson.....Executive Officer
CMDM Deborah Davidson.....Command Master Chief

Naval Station Mayport Editorial Staff

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MC3 Bonnie Williams.....Deputy Public Affairs Officer
Paige Gnann.....Editor

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

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

The Mirror

P.O. Box 280032

Naval Station

Mayport, FL 32228-0032

Commercial: (904) 270-7817 Ext. 1012 DSN: 960-7817 Ext. 1012

Commercial FAX (904) 270-5329 DSN FAX: 960-5329

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Find It In *The Mirror* Classifieds

HSL-48 'Dirty Dragons' Arrive To Fifth Fleet

From HSL-48 Detachment Six

The "Dirty Dragons" of HSL-48 Detachment Six embarked on USS Winston S. Churchill (DDG 81) entered the 5th Fleet in December 2007.

Immediately, the Detachment held a frocking ceremony and reenlistment ceremony. Detachment Six advanced five of its enlisted Sailors to the next paygrade with a detachment advancement rate of 56 percent.

In addition, the "Dirty Dragons" also celebrated a timely reenlistment of one of its Aircrewmembers. Both of these milestones took place on Dec. 1, just as the ship made its way into the Red Sea and marked the one-month anniversary in support of the USS Harry S. Truman (CVN 75) Carrier Strike Group deployment.

Advancing Sailors were included in the ship's frocking ceremony presided over by Churchill Commanding Officer, Cmdr. Mark Oberley, and Executive Officer Lt. Cmdr. Kevin Borden, Executive Officer and CMDCM (SW/AW) Joseph Powers.

Frocked personnel included Aviation Electronics Technician 2nd Class Eric Fendall, Aviation Warfare Systems Operator 2nd Class (NAC) Tyler Thompson, Aviation Machinist's Mate 3rd Class (AW) Rennick Fingal, Aviation Machinist's Mate 3rd Class Brian Munter, and Aviation Structural Mechanic 3rd Class Justin Withrow.

Following the frocking ceremony, Detachment Six progressed to the flight deck to continue its festivities with Aviation Warfare Systems Operator 2nd Class (NAC) Vincent Rampino's reenlistment.

Rampino was discharged from the Naval Service by Lt. Michael King, Detachment Six Maintenance officer, and then reenlisted for six years.

Oberley and Chief Aviation Electrician's Mate (AW/SW) Michael Presley, Detachment



Above, five Sailors from HSL-48 Detachment Six participated in a frocking ceremony after entering the Fifth Fleet embarked on USS Winston S. Churchill. Below, Aviation Warfare Systems Operator 2nd Class Vincent Rampino is reenlisted by Lt. Michael King.



Senior Enlisted Advisor, were present to congratulate him on his renewed commitment to serving in defense of our country.

Detachment Six has gotten off to a fine start during their early days of deployment, and the advancement and reenlistment of so many of its members is a testament to its determination, hard work and drive. The "Dirty Dragons" are extremely proud of all their members and this pride is validated by the successes in advancement and professional achievement.

Firefighting Instructor Back From IA Duty

From Staff

Hull Technician 1st Class Felix Romant returned to Naval Station Mayport and his family on Jan. 10 after spending a month in training and six months in Iraq where he served an IA assignment.

The Los Angeles, California-resident spent his time in Al-Asad, Iraq, just west of Baghdad.

"I volunteered to go," he said. "I went for the experience and the FMF, Fleet Marine Force, pin. Normally a [Hospital] Corpsman or RP [Religious Program Specialist] will have it. You have to be stationed with Marines. I wanted the experience of being able to travel and I learned a lot about the Marine Corps. I met a lot of good people."

Normally a Shipboard Firefighting Instructor and LPO at the Firefighting School, Bldg. 1888. Here, he teaches Sailors how to respond in an emergency. In Baghdad, Romant said he served as a building project manager, acting as liaisons between local Iraqi contractors and their military customers.

Although it took a little getting used to - especially having to read blue prints - Romant said his experience as a carpenter before entering the Navy in 1990 helped him through it.

"Bein there made me really



Hull Technician 1st Class Felix Romant instructs a class at the Firefighting School. Romant returned to Naval Station Mayport Jan. 10 after IA duty in Iraq.

appreciate being an American," he said. "It is great to be back. Being over there - seeing the way the people live. They had very little. It made me realize how much we have here. It was an experience you can't read in books. If I had to do it again, I would. My wife and family supported me the whole time and that really helped."

Romant attended boot camp in Great Lakes before transferring to Groton, Connecticut and

La Madeleine, Italy. From there, he reported to USS Warrior (MCM 10) in Ingleside, Texas. He was stationed aboard USS Thomas S. Gates (CG 51), homeported in Pascagoula, Mississippi, during Hurricane Katrina and decommissioned the ship after it did a homeport shift to Mayport in 2006.

Romant is married to Sylvia and has four children: Ben, 20, Chris, 18, Nanners, 16 and Pat, 15.

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Vicksburg, HSL-42 Detachment Five Returns From Arabian Gulf Deployment

By Ensign Drew Perciballi
USS Vicksburg PAO

USS Vicksburg (CG 69) and HSL-42 Detachment Five returned to Naval Station Mayport from a six-month Arabian Gulf deployment on Jan. 25.

During the course of its deployment, USS Vicksburg served as Air Defense Commander for the Kearsarge Expeditionary Strike Group, Area Commander for Commander Task Force (CTF) 158 in the Northern Arabian Gulf, as well as supported the Coalition Presence and Security Operations in the Central Arabian Gulf. The ship hosted both the Secretary of the Navy and Secretary of Defense and conducted Maritime Security Operations in the region, earning a reputation as the "go to" ship for Fifth Fleet.

While underway the ship also experience a change in leadership. Capt. John C. Nygaard relieved Capt. Charles C. Swicker as commanding officer of Vicksburg during an underway ceremony in the Arabian Gulf.

Vicksburg enjoyed several great port visits throughout the deployment, including being the first U.S. Navy ship to visit La Spezia, Italy in more than three years.

During the six-day port visit, Sailors enjoyed trips to Florence, Genova, Pisa, and the local picturesque seaside villages, known as Cinque Terre. In addition to Italy, Vicksburg visited Souda Bay, Crete, where the crew enjoyed tours of ancient ruins and beautiful crystal clear beaches.

While operating in the

Arabian Gulf, Vicksburg visited Manama, Bahrain on four separate occasions and also benefited from a relaxing liberty visit to Jebel Ali, United Arab Emirates (UAE).

The UAE provided a fantastic opportunity to experience buggy tours through the desert, camel riding, sand-boarding, and unparalleled shopping in the largest malls outside of the United States.

Upon completion of its duties in the Arabian Gulf, Vicksburg made a quick stop in Salalah, Oman prior to transiting the Suez Canal. The crew took advantage of the small resort town and relaxed at one of the two five star resorts in the area.

Limassol, Cyprus and Valletta, Malta were the next stops for Vicksburg, as she voyaged across the Mediterranean Sea and the 6th Fleet Area of Responsibility (AOR). On both islands, the crew enjoyed exposure to unique blends of Mediterranean cultures, including New Year's celebrations in Cyprus.

While ashore, regardless of locale or theater, Vicksburg Sailors demonstrated a high degree of professionalism as U.S. ambassadors, conducting the liberty mission flawlessly. Vicksburg traveled more than 31,500 miles and passed through several major choke points, including eight Strait of Hormuz transits.

While deployed to the 5th fleet AOR, Vicksburg was called on to perform a variety of missions.

In support of Operation Iraqi Freedom, Vicksburg served as the area commander for CTF 158 at the Al Basrah Oil

Terminal, a vital structure in Iraq's improving economy.

On station, Vicksburg conducted 26 Visit, Board, Search, and Seizure (VBSS) evolutions, numerous security patrols, and conducted 76 small boat transfers, during a combined six-week period. Proudly exercising the AEGIS shield, Vicksburg also served as the Air Defense Commander for the Northern Arabian Gulf on multiple occasions.

In the Central Arabian Gulf, Vicksburg was involved in Maritime Security Operations (MSO). MSO sets the conditions for security and stability in the maritime environment and complements the counterterrorism and security efforts in regional nation's littoral waters.

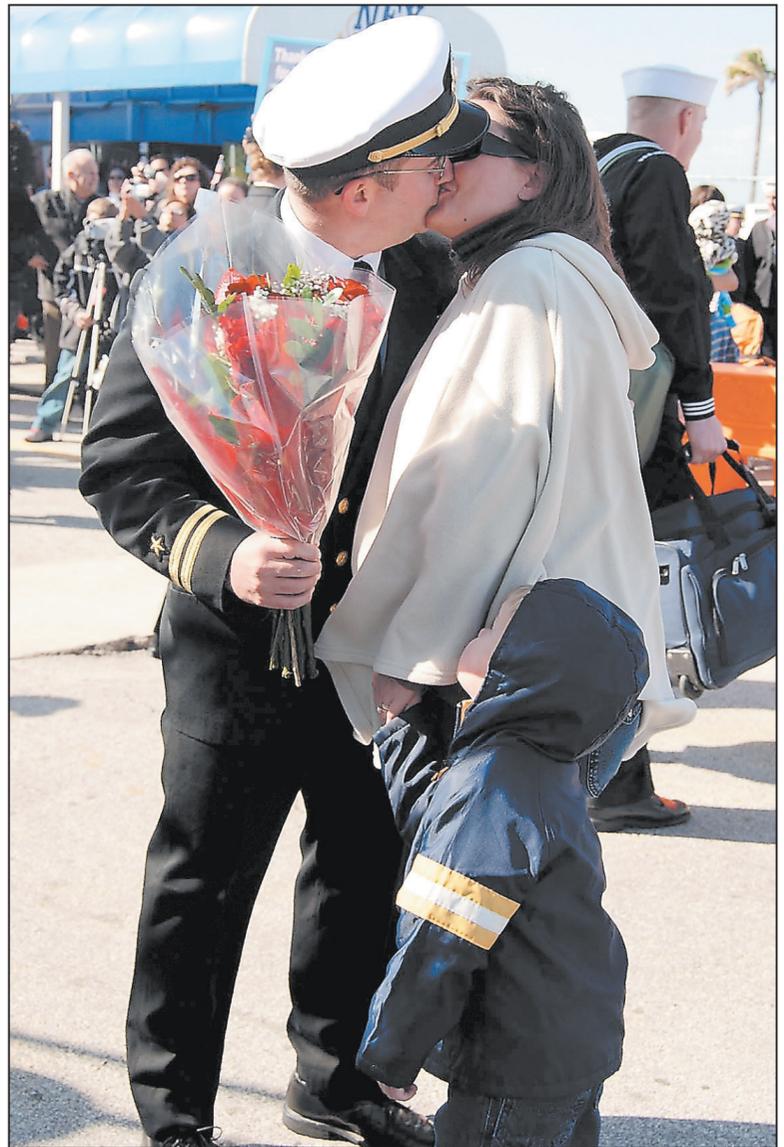
Coalition forces also conduct MSO under international maritime conventions to ensure security and safety in international waters, fostering safe commercial shipping and fishing in the region.

Showing versatility, Vicksburg seamlessly integrated into the aircraft carrier USS Enterprise (CVN 65) Strike Group, relieving USS Gettysburg (CG 64) as Air Defense Commander and "shotgun" escort ship, allowing the Mayport-based Gettysburg some well deserved liberty ashore.

Vicksburg hosted many distinguished visitors (DVs) during its tenure in Fifth Fleet, culminating with visits by the Secretary of the Navy, Donald Winter and the Secretary of Defense, Robert Gates.

The crew worked successfully towards personal accomplishments,

See Vicksburg, Page 5



-Photo by Paige Gmann
Lt. John Gaines kisses his wife Shauna as 3-year-old son Ronnie looks on. Gaines returned Friday with USS Vicksburg from a six-month deployment to the Arabian Gulf. While deployed, Vicksburg served as Air Defense Commander for the Kearsarge Expeditionary Strike Group. The ship also performed as Area Commander for Commander Task Force (CTF) 158 in the Northern Arabian Gulf, as well as supported the Coalition Presence and Security Operations in the Central Arabian Gulf.



-Photo by Paige Gmann
Interior Communications 2nd Class (SW) Jason Winnie is greeted by his wife, Angel and daughters, Elyse, 7, Chase, 11, and 9-month-old daughter, Hannah, after disembarking USS Vicksburg.



-Photo by Paige Gmann
Family members yell to their Sailors as USS Vicksburg pulls pierside on Friday. The ship hosted both the Secretary of the Navy and Secretary of Defense and conducted Maritime Security Operations in the region while on deployment.



-Photo by Paige Gmann
Dylan Hurley is held up by his grandfather, Chief Damage Controlman Henry Davis, to try and get a better view of his father, Gas Turbine System Technician Mechanical 2nd Class David Hurley on board USS Vicksburg.



-Photo by Paige Gmann
Theresa Nichols holds up a sign to welcome home her husband, Gas Turbine System Technician Mechanical 1st Class David Nichols, returning with USS Vicksburg.



-Photo by Paige Gmann
Taylor Butler, 5, holds a sign to welcome home Hospital Corpsman Trevor Trout.



-Photo by Paige Gmann
Crewmembers on board USS Vicksburg man the rails as they look for loved ones and wave as the ship pulls pierside on Friday after returning to Mayport's basin from a Arabian Gulf deployment.



-Photo by Paige Gnann
Information Systems Technician 3rd Class Josh Lively receives the first kiss of the returning crew from his wife, Pamela. Lively was the first Sailor off the ship, followed by second kiss Ensign Ben Milton and the new dads.



-Photo by Paige Gnann
Quartermaster Seaman Jerome Calloway holds his new three-month-old daughter, Joanna, with his wife, Amanda.



-Photo by MC2 Daniel Gay
Culinary Specialist 2nd class Eber Varrazh hugs his newborn baby girl, Rosie Varrazh, for the first time after he walked off the brow of USS Vicksburg.



-Photo by Paige Gnann
Aviation Machinist's Mate 2nd Class (AW) Ryan Kerley of HSL-42 Detachment Five gets a welcome home kiss from fiancée Jennifer Pavey.



-Photo by Paige Gnann
Engineman Fireman (SW) Reynaldo Mondragon kisses his wife, Dulce, after reuniting at the ship's homecoming.



-Photo by Paige Gnann
Mike and Marion Brown wait with Madelyne Brown, 4, Alyssa Brown, 8, Zane Neely, 16 months, and Hope Neely, 5, for the return of Yeoman 1st Class Shawn Brown.

Vicksburg

with more than 50 Sailors attaining their Enlisted Surface Warfare Specialist (ESWS) Pins.

Nearly 150 Sailors also received college credit for PACE courses offered throughout the deployment. Two Chief Petty Officers were inducted into the Chief Petty Officer's Mess and three Surface Warfare Officers also earned their pins while on deployment.

A total of 31 Sailors reenlisted, including seven from HSL-

42 Detachment Five. Vicksburg also successfully completed two Unit Level Training Assessment - Sustainment (ULTRA-S) evolutions while transiting to and from homeport.

As a final feather in the cap before returning home, Vicksburg was tasked to assume duties as a Surface Action Group (SAG) commander for the returning ships in the Kearsarge Strike Group.

As the SAG Commander,

From Page 4
Vicksburg was responsible for the safety and daily evolutions of four Norfolk-based warships: USS Porter, USS Carr, USS Ponce, and USS Gunston Hall. On the 10-day transit across the Atlantic, the group exercised the skills honed on deployment, along with actively evading the often unpredictable storms prevalent in the Atlantic during winter time to arrive home safely.



-Photo by Paige Gnann
Kanijah Artis, 4, and mom, Bennie, welcome home Chief Boatswain's Mate Demetrius Artis from deployment with USS Vicksburg.

Workshops, Classes Available At FFSC

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. 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

Feb. 1, 9-11 a.m., Car Buying Tips, FFSC

Feb. 4, 8:30 a.m.-3:30 p.m., FERP - Job Hunting Made Easy!, FFSC

Learn how to do an effective job search to find the "perfect job!" Topics presented are: Career Exploration, Job Search Strategies, Resume Writing, Interviewing Skills, Self-Employment and the Federal Employment System.

Feb. 4-7, 8 a.m.-4 p.m., CONSEP Workshop, RBCC

Career Options & Navy Skills Evaluation Program (CONSEP) - This 4-day workshop introduces participants to the techniques of parallel career development modeled from commercial business plans. They create their own company and use sound business principals to formulate a personal mission statement, vision, product improvement resources, and marketing techniques to advance their product on the global economy.

Feb. 5, 9-11 a.m., Resume Walk-in review Assistance, FFSC

Feb. 5, 9 a.m.-noon, Parenting Class, FFSC

The program is based on Dinkmeyer & McKay's Systematic Training for Effective Parenting (STEP). The program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families include

understanding yourself and your child, the four goals of misbehavior, beliefs and feelings, encouraging and listening to your child, helping children cooperate, discipline that makes sense, and how to choose your approach. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 8 sessions is required.

Feb. 7, 9-11 a.m., Resume Walk-in review Assistance, FFSC

Feb. 7, 9 a.m.-noon, New Parent Support Playgroup, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. Tottle Tyme Children's Playgroup meets every Wednesday. New Parent Support Children's Playgroup meets every Thursday. Both Playgroups meet from 0900 to 1200 at the USO. All children age four and below are invited to attend.

Feb. 8, 9-11 a.m., Establishing A Sound Family Budget, FFSC

Feb. 11-14, 8 a.m.-4 p.m., TAP Retiree Workshop, RBCC

Designed for Military personnel within 180 -90 days of leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed to the civilian job market and how to successfully compete in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

Feb. 12, 9-11 a.m., Resume Walk-in review Assistance,

FFSC

Feb. 12, 9 a.m.-noon, Parenting Class, FFSC

Feb. 12, noon-4 p.m., Leadership Life Skills for E-4, Building One Room 104

Feb. 14, 9-11 a.m., Resume Walk-in review Assistance, FFSC

Feb. 14, 9 a.m.-noon, New Parent Support Playgroup, USO

Feb. 14, 9 a.m.-noon, Smooth Move Workshop, FFSC

This workshop is designed for inexperienced, as well as experienced military members on permanent change of station (PCS) orders. The Personal Property Shipping Office will provide information on how to deal with movers and personal property entitlements. The travel section of Personnel Support Detachment (PSD) will present a section on travel pay and allowances. FFSC staff will discuss the emotional cycles of relocation, budgeting for a PCS move and provide some strategies for families.

Feb. 15, 9-11 a.m., Credit Report Review, FFSC

Feb. 19, 9-11 a.m., Resume Walk-in review Assistance, FFSC

Feb. 19, 9 a.m.-noon, Parenting Class, FFSC

Feb. 20, 8-11:30 a.m., Stress Management, Wellness Center

Stress is a normal part of everyone's life. It can be energizing and a factor in motivating us. But too much stress, without relief, can have debilitating effects. This program is designed to provide participants with an understanding of what stress is and how it affects them. It will also help participants begin to look at their own lives and ways they currently cope with stress. Participants will be challenged to develop behavior and lifestyle changes

that will improve their ability to cope with stress.

Feb. 20, 8:30 a.m.-4 p.m., Leadership Life Skills for E-5 & E-6, Building One Room 104

Feb. 21, 8-11 a.m., Anger Management, FFSC

What does anger do for you? Communicate for you? Keep people at a safe distance from you? Keep you in charge? For many people, anger serves them many uses, but all too often, it is at a high cost...usually of relationships, unhappiness in the workplace, and a general feeling of disdain. If you want to be able to break out of the "get angry/get even" syndrome, come to this class. Participants learn how anger and judgment are related, about irrational beliefs and faulty self-talk, what "E + R = O" means, and the roles of stress and forgiveness in anger.

Feb. 21, 9 a.m.-noon, New Parent Support Playgroup, USO

Feb. 21, 9-11 a.m., Resume Walk-in review Assistance, FFSC

Feb. 22, 9-11 a.m., Considerations for Home Buying, FFSC

Feb. 25-28, 8 a.m.-4 p.m., TAP Separatee Workshop, RBCC

Feb. 25, 6-7 p.m., Ombudsman Assembly, USO

Feb. 25-28, 8 a.m.-4 p.m., SAVI Advocate Training, NAS Jacksonville

Feb. 26, 9-11 a.m., Resume Walk-in review Assistance, FFSC

Feb. 26, 9 a.m.-noon, Parenting Class, FFSC

Feb. 27, 6-7 p.m., IA Family Discussion Group, USO

Feb. 27, 9-11:30 a.m., Marking Yourself for a Second Career, Ocean Breeze Conference Center

Feb. 28, 9 a.m.-noon, New

Parent Support Playgroup, USO

Feb. 28, 9-11 a.m., Resume Walk-in review Assistance, FFSC

Feb. 29, 9 a.m.-noon, What About The Kids?, FFSC

Children who witness family violence are often forgotten as the unintended victims. A wide range of child adjustment problems has been found to be associated with exposure to domestic violence. Parent's need to see and understand the effects of domestic violence on children as encompassing behavior, emotion, development and socialization. Parents need to understand that there is an intergenerational cycle of vio-

lence and they may be creating a legacy for their child of learned violent behavior. The purpose of this program is not to shame parents for events that have already happen, but to instill hope that things can change. The knowledge that the violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention.

Feb. 29, 1-4 p.m., Leadership Life Skills for E-7 & Above, Building One Room 104

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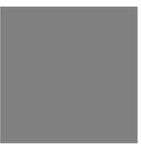
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Thomas Flyer photo courtesy of the National Automobile Museum, The Harrah Collection, Reno, Nevada
Parnelli Jones' Trans-Am Mustang photo by Peter Luongo

323253

USS Gettysburg EE Division Powers Up Ship

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

Engineering Electrical (EE) Division is continuing to power USS Gettysburg, while keeping it safe and ready to go in harm's way.

Aboard the Mayport-based guided missile cruiser USS Gettysburg, the EE Division is responsible for the 60-hertz electrical power distribution throughout the entire ship. This division, composed of just five electricians along with the Electrical Officer, keeps the lights shining brightly, the systems powered, and the "ungrounded" ship free from electrical hazards.

Since returning from a six-month Arabian Gulf deployment, Gettysburg's electricians have been busy conducting routine maintenance and correcting electrical faults in various equipment. Ensign Hoylum Leung, Gettysburg's Electrical officer, said that the time immediately following deployment is perfect for conducting ship-wide electrical sweeps to verify that all circuits are operating properly.

"During any long period of time while the ship is at sea, there will always be deterioration in some of the electrical systems on board," she said. "The simple fact is that salt water is extremely corrosive. When coupled with constant operation of many systems while underway, the result is a higher failure rate for those systems. Thus, the time we've had following our deployment is prime for us to fix any lingering problems."

One of the most unique and small divisions onboard the ship, EE Division is responsible for the standard electrical distribution to all parts of the ship. Rather than owning equipment that is isolated to just a few spaces, the electricians are called upon to help out with anything from a failed overhead

light fixture to an obscure motor that they quite possibly have never seen before. For some in the division, it is this diversity and versatility that keeps them engaged and interested beyond the normal excitement of ship-board life.

Electrician's Mate 2nd Class (Surface Warfare) Tony Washington has been an electrician on board Gettysburg for five years.

"We always have something different to work on every day," Washington said. "Also, I have been able to meet most of the ship since, at some point, I have worked on their equipment."

Providing service to nearly all of the ship's crew and much of its equipment, Gettysburg's Electrician's Mates are simply indispensable.



-Photo courtesy of USS Gettysburg
Electrician's Mate 2nd Class Tony Washington repairs a light on board USS Gettysburg. Washington is part of the ship's Engineering Electrical Division.

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Mayport Announces Supervisor, Civilian of the Year



Above, Bob Garis of Air Operations is Naval Station Mayport's 2007 Civilian of the Year and Pam Larsen of MWR Youth Activities Center is the 207 Supervisor of the Year. The dual awards were announced during a luncheon held at Ocean Breeze Conference Center Jan. 22. Rita Hammerstad of MWR was named Civilian of the Quarter for Fourth Quarter 2007 during the luncheon. Also pictured is NS Mayport Commanding Officer, Capt. Aaron Bowman.

-Photos by Bill Austin

Surf The Internet, 'Discover Your Benefit'

From DeCA

Find convenience and the latest information at your fingertips at the Defense Commissary Agency's new and improved Web site: <http://www.commissaries.com>.

DeCA has retooled its Internet site to include fresh new graphics that change with each season and a new section that promotes health and wellness. The single biggest addition is its "Ask the DeCA Dietitian," a nutrition forum hosted by Army Reserve Maj. Karen Fauber, a registered dietitian. Customers can exchange questions, comments and experiences on nutrition topics with the DeCA dietitian and other users.

The site also helps customers make healthy financial choices by listing what's on sale in the "Savings Aisle" under the "shopping" tab. Customers can print a list of all items on sale at their local commissary, and find Internet coupons on the "Links" page.

If saving money is especially appealing, check out DeCA's comprehensive case lot sale page available during its sale event every May and September. This Web page is particularly popular with autho-

riized shoppers who live a long distance from a commissary, but are willing to make a special trip, where savings can run as high as 50 percent, compared to commercial prices.

Customers can purchase or donate commissary gift certificates through "Gift of Groceries"; select from more than 100 gift baskets through "Virtual Commissary"; and sign up for commissary news via e-mail through "Commissary Connection."

Last, but certainly not least, you will find Kay's Kitchen online. If you're stumped about what to prepare for dinner, look for inspiration here, where you'll find lots of quick, easy and nutritional recipes using both classic and diverse ingredients from apples to zucchini.

DeCA's Web site is a great way for commissary shoppers to discover their benefit and stay connected to what's happening in their commissary - wherever in the world they and their families are stationed. For more information, go to: <http://www.commissaries.com>.

VITA

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- All 2007 W-2s and 1099s
- Copies of Social Security cards for taxpayers and dependents
- Taxpayer(s) military ID cards
- Bank account numbers and routing numbers
- Any other tax records including copies of 2006 tax returns if available

If you do not bring either a copy of your Social Security card or a previous year's tax return, they will not be able to prepare your return. You must also have this documentation for all dependants.

Due to late Congressional changes, the IRS will not be processing certain tax returns until Feb. 11, which will result in delayed payment to taxpayers. Please be advised that a late reimbursement check to

those affected taxpayers is a delay with the IRS and not the fault of VITA services.

Couples wishing to file joint returns should come to the tax center together. If a spouse is unavailable, the spouse preparing the return will need to bring a Power of Attorney that specifically covers tax filing purposes, or an IRS Power of Attorney Form 2848 (available at www.irs.gov)

If you have a complex return please call ahead and make an appointment. All taxes are done by appointment or by walk-in, which is on a first-come-first-serve basis.

To get to the tax center take a right onto Moale Avenue. Then take first right onto Everglades. The VITA house is on the right.

For more information or to make an appointment, please contact the Tax Center directly at 249-3795.

From Page 1

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RHDD

MWR Sports

The following is a list of participants in January's 5K Fun Run including place, command, time and pace per mile.

1 Cmdr. Michael Dahlin, ATG, 20:47, 6:41
 2 CSC Theo Lundy, NAVSTA, 21:03, 6:45
 3 Capt. Daniel Anderson, FISC, 22:42, 7:18
 4 Lt. Jose Cruz, CDS 40, 23:15, 7:29
 5 ET2 Matthew Gallaher, IANTV, 23:25, 7:32
 6 Cmdr. Brett Cottrell, HSL-60, 23:43 7:38
 7 AW1 Robert Ziggler, HSL-60, 24:38, 7:56
 8 IC2 Raymond Miller USS Robert G. Bradley, 24:43, 7:58
 9 QSC Timothy Mollock, ATG, 24:58, 8:02
 10 ET1 Jonathan Blank, USS Robert G. Bradley, 25:20, 8:09
 11 EODC Michael Brown, EOD, 25:58, 8:21
 12 CDR Michael Watson, XO Mayport, 26:00, 8:22
 13 AW2 Paul Sanchez, HSL-40, 26:13, 8:26
 14 CDR Robert Rafford, CDS 40, 26:17, 8:28
 15 Mayumi Pierce, Dep, 26:36, 8:34
 16 ATCS David Singles, HSL-42, 26:48, 8:38
 17 Lt. Chris Grocki, HSL-46, 26:55, 8:40
 18 Ensign Aubra Thomas, USS Taylor, 27:22, 8:48
 19 FCCS (SW) John Fessenden, ATG, 27:47, 8:56

20 GSM1 David Morales, Base Services, 28:41, 9:14
 21 HMC Scott Wilson, NBHC, 28:47, 9:16
 22 AEA Michael West, AIMD, 28:49, 9:16
 23 ATC Craig Zuber, HSL-42, 29:15, 9:25
 24 AMC Joe Suba, CNL, 29:17, 9:25
 25 ABHC Mike Foster, CNL, 29:33, 9:30
 26 Lt. Fiona Southwood, FISC, 29:38, 9:32
 27 AWC Jon Schroder, HSL-48, 29:39, 9:32
 28 AWC Todd Sittler, HSL-48, 29:41, 9:33
 29 ITCS Chris Debus, ATG, 30:07, 9:41
 30 AWO3 Joe Morgahan, USS Taylor, 30:14, 9:44
 31 Lt.j.g. Josh Taylor, HSL-40, 30:18, 9:45
 32 Ensign Peter Bras, HSL-40, 30:20, 9:45
 33 ADCS Floyd Patterson, FRC, 32:01, 10:18
 34 CWO3 Trevor C. Clayton, CDS 14, 32:04, 10:19
 35 SH2 Ducan Kinyatto, NAVSTA, 32:37, 10:30
 36 SH3 Leo Barnwell, NAVSTA, 32:38, 10:30
 37 HN Mark Strutton, NBHC, 32:45, 10:32
 38 EN1 William Roman, Harbor Ops, 33:14, 10:42
 39 Lt. Jason Hasis, PSD, 33:14, 10:42
 40 YN2 Nikeejah Riggins, HSL-48, 33:15, 10:42

41 OS2 Laura Walleth, Base Services, 33:20, 10:43
 42 CS1 Irene Green, Housing, 33:24, 10:45
 43 MC1 Holly Boynton, NAVSO, 33:24, 10:45
 44 Paige Gnann Civ, PAO, 33:27, 10:46
 45 AOC Cecil Harrison, HSL 46, 33:33, 10:48
 46 HM2 Linda Williams, NBHC, 34:25, 11:05
 47 Rafael Rivera, RET, 35:32, 11:26
 48 Dolly Echeverri, CIV, 35:32, 11:26
 49 HT1 Brian Hohas, SERMC, 37:03, 11:55
 50 QMCS Duane Richardson, ATG, 37:09, 11:57
 51 QM1 Danny Rothe, ATG, 37:09, 11:57
 52 LNC Linda Wood, RISO, 37:17, 12:00
 53 ATC Patricia Derosia, FRCSE, 38:18, 12:19
 54 ET1 Donna Pearson, SERMC, 38:45, 12:28
 55 CS1 Angela Blyther, Housing, 39:36, 12:44
 56 Debbie Pound, DEP, 40:09, 12:55
 57 Mildred Cintron, NCIS, 41:06, 13:13
 58 Sarah Griffin, NCIS, 49:16, 15:51
 59 Sherri Brown, NCIS, 49:16, 15:51
 60 Nancy Hooker, NCIS, 49:38, 15:59

Get Bowling With MWR

From MWR
 It is not too late for teams to join in this two-game free Captain's Cup Lunchtime Intramural Mixed League. The following is the current league win/loss results

SERMC The Goats, 5/0
 USS Klakring Hit Men, 5/0
 FRC Mayport King Pins, 5/0
 HSL-44 Dilligaf, 3/2
 NBHC Pins-N-Needles, 3/2
 SERMC #2, 3/2
 ATG ATGM, 2/3
 HSL-40 Airwolves, 2/3
 COMUSNAVSO, 2/3

HSL-40 HSL 40!, 0/5 on Wednesdays. This league is open to active duty only. Bowlers only pay for shoes. This is a Captain's Cup event.

USS De Wert Dirty D, 0/5
 Bye Team, 0/5

Bowling begins at 11:30 a.m.

Base Pool Closes In February

From MWR
 The base swimming pool will be closed Feb. 1-29 for annual maintenance and cleaning. Please direct questions regarding the pool to Ashley Itzen at 270-5425 or John Aimone at 270-5451.

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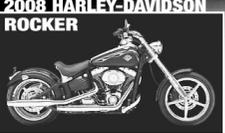
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MWR Happenings

Feb. 1: Post Holiday Fitness Meltdown. 6 a.m. at the Gym. Melt off that holiday weight gain with an intense workout that continues until no person is left standing. Sample a variety of fitness classes in limited intervals and meet your Navy Fitness Trainers. 270-7718/19

Feb. 1-29: Pool Closed for Maintenance. The base swimming pool will be closed during February for pre-season routine maintenance and cleaning. 270-5425/5451

Feb. 1-3: Motorcycle Safety Course. Cost is \$180 for enlisted single sailors age 18-25; \$190 for all others. Motorcycle, helmet and gloves are provided. Sign up at the Auto Skills Center. 270-5392

Feb. 3: Super Bowl Sunday at Castaway's Lounge. All hands are invited to watch the Super Bowl game on Castaway's two big screen TV's and flat screen TV's. Free munchies and drink specials. 270-7205

Feb. 5: Red Pin Bowling. 10:30 a.m.-1 p.m. at Fast Lanes Bowling Center. Bowl a strike

with a red head pin and receive a coupon for a free game of bowling (coupon must be used at a later date). 270-5377

Feb. 9: All Navy Men's and Women's Basketball Mini-Camp. The men's mini-camp is 10:30 a.m.-1:30 p.m. and women's mini-camp is 4-6:30 p.m. Both will meet at the Gym. Open to Active Duty only. 270-5451/52

Feb. 10: Women's Volleyball Begins. Season runs until Apr. 27. 270-5451/52

Feb. 12: 5K/10K Fun Run. 8 a.m. start in front of the Gym. Free event. 270-5451/52

Feb. 12: Softball Organizational Meeting. 11 a.m. in the Gym Lobby. Pick up registration packets with information about the upcoming softball season and get questions answered. 270-5451/52

Feb. 14: Love Bug Special at Fast Lanes. Cost is \$12.50 per person for 3 games of bowling with shoes and choice of cheeseburger, chicken tenders, grilled chicken salad or chef salad and soda. Fries included

with cheeseburger and chicken tenders only. 270-5377

Feb. 14: Valentine's Day Bingo. 6:15 p.m. at Beachside Community Center with double payouts on all hard cards and a dessert table. 270-7204

Feb. 18: Deadline for Night Light Golf Tournament. Tournament is Feb. 22 with a 2 p.m. shotgun start at Windy Harbor Golf Club. Format is two-person teams, 18 hole scramble. Cost is \$100 per team and includes night light golf package, cart, green fee, food, beverages and prizes. 270-5380

Feb. 19: Red Pin Bowling. 10:30 a.m.-1 p.m. at Fast Lanes Bowling Center. Bowl a strike with a red head pin and receive a coupon for a free game of bowling (coupon must be used at a later date). 270-5377

Feb. 21: 8-Ball Pool Organizational Meeting. 11:30 a.m. at Fast Lanes Bowling Center. Captain's Cup league. 270-5451/52

Feb. 22: Night Light Golf Tournament. 2 p.m. shotgun start at Windy Harbor Golf

Club. Format is two-person teams, 18 hole scramble. Cost is \$100 per team and includes night light golf package, cart, green fee, food, beverages and prizes. Deadline to register is Feb. 18. 270-5380

Feb. 22: Live Band, Neurotic Butterfly. 9 p.m.-1 a.m. at Castaway's Lounge. All hands welcome. 270-7205

Feb. 23: Fun Bowl Tournament. This is not your ordinary bowling tournament. Each frame will be bowled in a different, fun and crazy way. Winner will receive a \$20 gift certificate to the Fast Lanes Pro-Shop. All ages and skill levels welcome. 270-5377

Feb. 23: Live Band, Neurotic Butterfly. 9 p.m.-1 a.m. at Castaway's Lounge. All hands welcome. 270-7205

Feb. 25: Men's Softball Begins. Men's intramural softball season runs through May 19. Captain's Cup league. 270-5451/52

Specials
The MWR Auto Skills Center is offering 10 percent of a

vehicle alignment service during February. Call 270-5392 to make an appointment.

Beginning Feb. 1, the MWR Auto Skills Center will be open on Mondays and closed on Sundays. The new hours of operation are Monday through Friday 9 a.m.-7 p.m., Saturday 9 a.m.-5 p.m. and closed Sunday and federal holidays. For Auto Skills Center information, call

270-5392.

Visit Outdoor Adventures where the February rental special is a v-hull boat with motor and trailer for the weekend (pick up Friday and return Monday) for only \$60. Cost is \$75 for Presidents' Day weekend (pick up Friday, Feb. 15 and return Tuesday, Feb. 19). Call 270-5221 for additional 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. 31: Comedy Zone Trip. Join the Liberty Program on a trip to the Comedy Zone in Mandarin. This trip is free and includes admission, transportation and appetizers. There is a one drink minimum purchase. This trip is open to those 18 years old and older.

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

Feb. 3: Super Bowl Sunday.

The game will be shown on the big screen in Planet Mayport's movie theater along with free food, beverages, football trivia and prizes. Don't miss out on one of the biggest Super Bowl parties in the area. Be here early to get a spot; game starts at 6 p.m.

Feb. 4: The Ultimate Lunch Break. Try your luck in this lunchtime competition and win big. All contestants get free lunch at Planet Mayport. Contest starts at 12 p.m.

Feb. 5: Fat Tuesday. Celebrate this infamous "holiday" and get fat at Planet Mayport. The extreme eating challenge will start at 6 p.m.

Feb. 6: Eight 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.

Feb. 7: Chinese New Year. It's

the year of the pig so "oink" out at Planet Mayport. Free Chinese food and fortunes for the "new year". Event starts promptly at 5:30 p.m.

Feb. 8: Birthday Bash. Happy birthday to all the February birthdays. Stop by Planet Mayport for your birthday bonus, starting at 6 p.m.

Feb. 11: The Ultimate Lunch Break. Try your luck in this lunchtime competition and win big. All contestants get free lunch at Planet Mayport. Contest starts at 12 p.m.

Feb. 12: Comedy Zone Trip. Join the Liberty Program on a trip to the Comedy Zone in Mandarin. This trip is free and includes admission, transportation and appetizers. There is a one drink minimum purchase. This trip is open to those 18 years old and older. Trip will depart Planet Mayport at 6 p.m.

Feb. 13: Spa Day. Join the Liberty Program for the ultimate

day of relaxation. We have the spa all to ourselves to be pampered and polished. You will have your choice of two different services for a great price. Please stop by Planet Mayport or call 270-7788/89 for a list of services and price sheet. Trip will depart from Planet Mayport promptly at 4 p.m.

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

ACROSS

- Contented comments
- Fifth of MV
- CIA's Soviet counterpart
- Supped
- Side-to-side
- Subsist
- Greek letter
- Start of a quip
- Cooked with dry heat
- Most rational
- Hoad of tennis
- Dublin's land
- Part 2 of quip
- 2005 AL MVP
- Alternative to ready?
- Owns
- San __, Italy
- Fractional ending
- Faux pas
- Part 3 of quip
- "JFK" director
- Regret
- Greek letters
- Body of water
- Arikara
- See socially
- Part 4 of quip
- All-inclusive
- Beret or beanie
- Rely on
- Heaven's gatekeeper
- End of quip
- Tiger's peg
- Cockney aspiration
- Wreaths for the head
- Sounds of hesitation
- UFO crew
- English exports
- Clean-air watchdog grp.

DOWN

- Contingencies: abbr.
- Merry sounds
- "Nana" star
- Fresh and firm
- Rhythm instrument
- du Diable
- Singing Carpenter
- Maturation
- Arthur of "Maude"
- Long play part
- Over yonder
- Down source
- Female sheep
- Vacillated
- Put the pedal to the metal
- Type of IRA
- Pesters
- Places of refuge
- Landlord's due
- "Typee" sequel
- One way to reduce overhead
- Greek cheese
- "Animal House" setting
- Latin 1 lesson word
- Understands
- "The Clan of the Cave Bear" author
- Giving the business to
- RSVP in the affirmative
- Discrimination
- River frolicker
- Aspirations
- Jackrabbits
- Fountain orders
- Peculiar
- "Twittering Machine" painter
- Office helper
- Peak in Thessaly
- Shoe's tip
- Aries animal

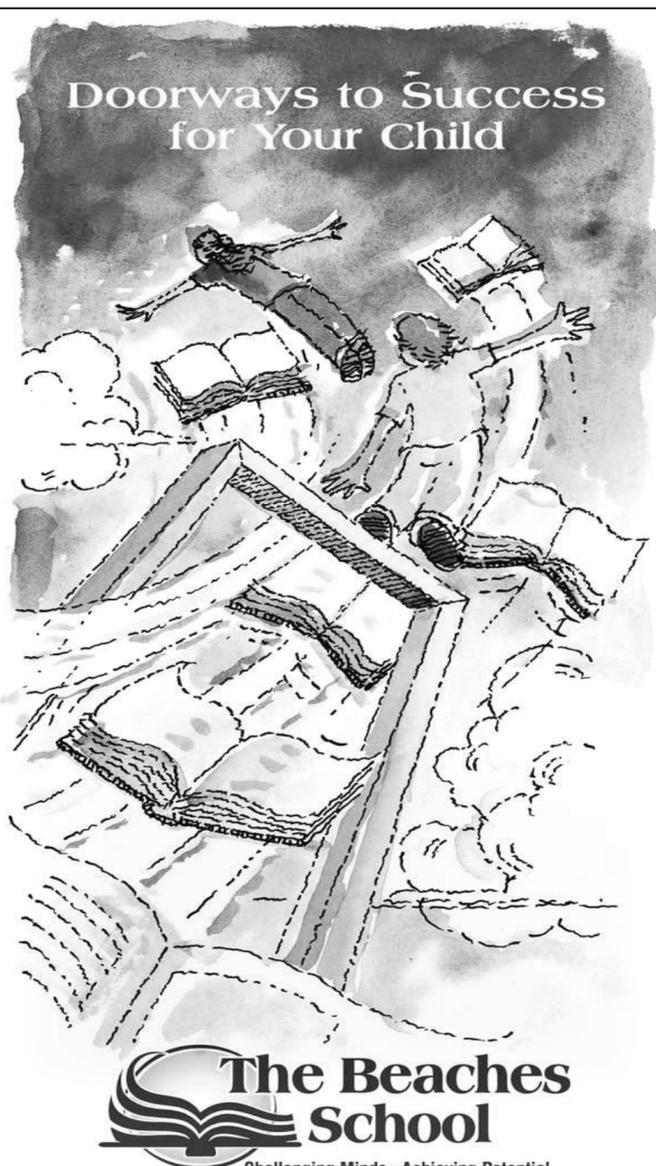
By Alan P. Olschwang 1/31/08

Last Week's Answers

S	P	R	A	Y	E	G	A	D	O	N	E	A		
O	H	A	R	E	L	Y	R	A	S	C	A	N		
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S	A	N	S	A	L	P	S	S	A	S	S	Y		

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The Beaches School is offering scholarship opportunities to Pre-K - 8th Grade students.
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Calendar

On Base

Saturday, Feb. 2

U.S. Naval Sea Cadets will drill from 8:30 a.m.-4 p.m. at the C-12 hangar across from McDonalds. This is a program of fun and excitement designed to build character in 10 through 17 year olds. Visitors are welcome. For additional information, go to www.mayports-cadets.org or call Instructor Boudreaux at (904) 329-4419, Captain Francis Floyd USN(Ret) at (904) 704-6987.

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 rgbfig49pres@yahoo.com to find out how to purchase tickets.

Tuesday, Feb. 12

USS De Wert FRG will be holding their monthly meeting and social from 7-8:30 p.m. at the USO on Mayport Road. We will be having special attendees this evening from the Dog Company, those who served with the ship's namesake Richard De Wert. Childcare will be available.

Thursday, Feb. 21

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, March 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.

Thursday, March 20

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.

Out in Town

Thursday, Jan. 31

Staffers from the Duval County Extension Office are offering a workshop from 6-8 p.m. at West Branch Library, 1425 Chaffee Road S., on how to take cuttings of your favorite plants or your Mother's heirloom plants and propagate your own. There will be a hands-on activity on how to make seed pots to start your spring garden. This is a free program, but registration is required for materials needed. Call 387-8850.

The First Coast Commandery of the Naval Order is hosting a second golf outing at Queen's Harbour Country Club 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.

Friday, Feb. 1

The Fleet Reserve Association Branch 290 is hosting a "Fish Fry" from 5-8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m., the music of DJ FUZZY will entertain until 1 a.m.

Saturday, Feb. 2

Pow-Wow Family Day at

The Cummer - the entire family will be immersed in Native American culture with art making, demonstrating artists and live entertainment based on the drawings and journal entries from A Kiowa's Odyssey: A Sketchbook from Fort Marion exhibition from 10 a.m.-2 p.m. Admission is free. Sponsored by BlueCross BlueShield of Florida. For more information, call (904) 355-0630.

Join a park ranger at the Fort George Island Cultural State Park Ribault Club 11 a.m. for a leisurely-paced hour long hike to discover the island's natural communities. Bug spray and a water bottle are recommended. For additional information, call the Talbot Islands Ranger Station at (904) 251-2320. For more information on Florida State Parks, visit www.FloridaStateParks.org.

Sunday, Feb. 3

A Four Chaplains Interfaith Memorial Service will be held at 2 p.m. at the American Legion Post 129, 1151 Fourth Street South in Jacksonville Beach. Guest speaker will be retired Capt. Robert E. Young, commanding officer of Allen D. Nease High School NJROTC. Nease will present the Colors and the Beaches Honor Guard will retire the Colors and do a 21-gun salute. For more information on Four Chaplains, visit www.fourchaplains.org.

Wednesday, Feb. 6

The Atlantic Beach Women's Connection meeting will be "Extreme Makeover For Your Home and Heart" from 9:30-11 a.m. at Selva Marina Country Club, 16 Selva Marina Drive Atlantic Beach. Brenda Gay Shumaker of Danville, Penn., will share about her own Extreme Makeover. Trish McCrary of Arrange For Change will share her professional design expertise. Cost for non-members is \$12, inclusive. Complimentary childcare available with reservation by Feb. 4. Contact Kate at 534-6784.

Thursday, Feb. 7

The Fleet Reserve Association Branch 290 will hold their monthly General Assembly meeting at 8 p.m. at the Branch Home, 360 Mayport Road,

Atlantic Beach. All members and prospective members are invited to attend. The Fleet Reserve Association is a world wide veteran's organization that represents nearly 165,000 active duty and retired Navy, Marine Corps and Coast Guard members. The FRA Branch 290 is called the "active duty Branch" because of the number of active duty members. If you have served in any of the maritime services, no matter how long, stop by the Branch Home or call 246-6855. New members are always welcome.

Saturday, Feb. 9

Join a park ranger for an interpretive walk along the sandy shoreline of the undeveloped barrier island at 2 p.m. at Little Talbot Island State Park. The program will take place at pavilion six on Little Talbot Island. No reservations are necessary and the program is free with regular park admission. For additional information, call the Talbot Islands Ranger Station at (904) 251-2320. For more information on Florida State Parks, visit www.FloridaStateParks.org.

Saturday, Feb. 16

Join a park ranger for bike ride along the nature trail to identify the native and migratory birds of the barrier islands at 5:30 p.m. at Little Talbot Island State Park. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission. For additional information, call the Talbot Islands

Ranger Station at (904) 251-2320. For more information on Florida State Parks, visit www.FloridaStateParks.org.

Sunday, Feb. 17

Join a park ranger to learn about the species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida at 1 p.m. The program will take place at the Ribault Club on Fort George Island. No reservations are necessary and the program is free. For additional information, call the Talbot Islands Ranger Station at (904) 251-2320. For more information on Florida State Parks, visit www.FloridaStateParks.org.

Wednesday, Feb. 20

Rabbi Simcha Weinstein, Brooklyn NY, an increasingly popular international lecturer and renown author, will present a lecture to the Jewish community at 7 p.m., at Chabad @ The Beaches. The lecture is titled "Up and Oy Vey, How Jewish History, Culture and Values Shaped the Comic Book Superhero."

Did you know that the Fantastic Four's Benjamin Jacob Grimm, a.k.a. The Thing, is Jewish? This is just one of many comic book secrets that Simcha Weinstein reveals in his lecture, Up, and Oy Vey!

Saturday Feb. 23

Join a park ranger for an intriguing presentation and gain insight into the spider's world at 11 a.m. This program will take place at the Ribault Club on Fort George Island. No reservations are necessary and the

program is free. For additional information, call the Talbot Islands Ranger Station at (904) 251-2320. For more information on Florida State Parks, visit www.FloridaStateParks.org.

Friday, March 7

One of the nation's most innovative vintage auto events, The Amelia Island Concours d'Elegance features more than 250 rare classics from seldom-seen private collections nationwide from March 7-9. The prestigious event will be held for the 13th consecutive year on Amelia Island, located in the northeastern tip of Florida. The island was recently named among the Top 10 North American islands by Conde Nast Traveler's Reader's Choice Awards. The event will honor Parnelli Jones, whose incredible racing career has placed him in more than 20 automotive halls of fame. General Motors will be celebrating 100 years of automotive history with guests, in what is certain to be a birthday party to remember. The featured marque in 2008 is the iconic Thomas Flyer, which won the historic New York-to-Paris "Great Race" 100 years ago. A seminar will be dedicated specifically to this gruelling race on March 7. The event is located at the Ritz-Carlton, Amelia Island and The Golf Club of Amelia Island at Summer Beach, adjacent to the hotel, 5456 First Coast Highway, Amelia Island, Fla., 32034. For additional information, visit www.ameliacconcours.org.

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.

Thursday, Jan. 31

Breakfast

Sausage Gravy
Biscuits
Corned Beef Hash
Pancakes
French Toast
Potato Rounds

Lunch

Clam Chowder
Steamship Round
Snow Crab Legs
Mashed Potatoes
Rice Pilaf
Corn on Cob
Broccoli
Natural Pan Gravy

Dinner

Clam Chowder
Creole Macaroni
Savory Baked Chicken
Potatoes & Herbs
Steam Rice
Chicken Gravy
Green Beans
Cauliflower

Friday, Feb. 1

Breakfast

Bacon
Turkey Sausage Links
Pancakes
French Toast
Hashbrown

Lunch

Corn Chowder
Hot & Spicy Chicken Tenders
Pizza
Tuna Melts
French Fries
Potato Chips
Carrots
Green Beans

Dinner

Corn Chowder
Catfish Nuggets
Italian Sausage
Long Grain & Wild Rice

Parsley Buttered Potatoes

Asparagus
Mixed Vegetables

Saturday, Feb. 2

Breakfast

Bacon
Corned Beef Hash
Pancakes
French Toast
Potato Rounds

Lunch

Vegetable Soup
Sloppy Joe
Onion Rings
Carrots
Bacon
Pancakes
Potato Rounds

Dinner

Vegetable Soup
Mambo Pork Roast
Baked Fish
Paprika Potatoes
Lyonnais Rice
Corn
Beets
Brown Gravy

Sunday, Feb. 3

Breakfast

Corned Beef Hash
Bacon
Pancakes
French Toast
Hashbrown

Lunch

Creole Soup
Chicken Fillet Sandwich
French Fries
Peas
Bacon
French Toast
Hashbrown

Dinner

Creole Soup
Beef Stew
Baked Fish
Steam Rice
O'Brien Potatoes
Green Beans Combo
Zucchini

Monday, Feb. 4

Breakfast

Sausage Links
Corned Beef Hash
Pancakes
French Toast
Potato Rounds

Lunch

Minestrone Soup
Roast Turkey
Baked Ham
Marshmallow Sweet Potatoes
Corned Bread Dressing
Green Beans
Corn

Burgers

French Fries
Baked Beans

Dinner

Minestrone Soup
Lemon Baked Fish
Dijon Baked Pork Chops
Oven Brown Potatoes
Corn

Asparagus

Brown Gravy

Tuesday, Feb. 5

Breakfast

Bacon
Turkey Sausage Patties
Blueberry Pancakes
French Toast
Hashbrown

Lunch

Chicken Gumbo Soup
BBQ Chicken
Yankee Pot Roast
Rice Pilaf
Mashed Potatoes
Corn
Club Spinach
Chili Dogs
Onion Rings

Dinner

Chicken Gumbo Soup
Pork Steaks
Meat Loaf
Steam Rice
Oven-Glo Potatoes
Cream Corn
Broccoli
Brown Gravy

Wednesday, Feb. 6

Breakfast

Bacon
Corned Beef Hash
Pancakes
French Toast
Potato Rounds

Lunch

Cream of Broccoli Soup
Beef Stroganoff
Parmesan Fish
Boiled Pasta
Italian Roasted Potatoes
Marinara Sauce
Mixed Vegetables
French Fried Cauliflower

Burgers

French Fries

Baked Beans

Dinner

Cream of Broccoli Soup
Fish with Mustard Sauce
Beef Fritters
Parsley Buttered Potatoes
Boiled Pasta
Peas & Carrots
Wax Beans
Brown Gravy

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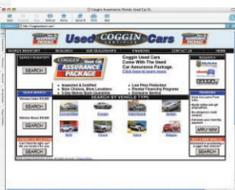
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