

THE MIRROR NS MAYPORT, FLORIDA

2002 CHINFO Award Winner

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THURSDAY, February 21, 2008

OFF THE DECK

Want To Be A Star?

Think you have what it takes to be the next Nashville Star? MWR Mayport's Liberty Program will hold a local casting call from 6-9 p.m. Feb. 28 at Beachside Community Center. This contest is open to military and military-related personnel attached to Naval Station Mayport and its tenant commands including active duty, reservists, retirees and their family members, along with DoD civilians and DoD contractors. Minimum age is 18 years old. The top three winners at NS Mayport will compete for a chance in the first ever All-Military casting call in Norfolk, Va., on April 12. Judges for the event include country music recording artists Austin Cody, Shannon Haley and Mark Williams. Applications and contest rules can be picked up at Planet Mayport, Beachside Community Center or Bogey's. Deadline for applications is Feb. 22. For more information call Planet Mayport at 270-7788/89.

MWR Hosts Fun Bowl Tournament

Fast Lanes Bowling Center invites all ages and all skill levels to a Fun Bowl Tournament at 1 p.m. Feb. 23. This is no ordinary bowling tournament. Each frame will be bowled in a fun and different way. Winner will receive their choice of four tickets to either Disney World or Universal Islands of Adventure. Entry fee is \$7.50 per person and includes bowling and shoe rental. Sign up at Fast Lanes Bowling Center. For more information, call 270-5377.

Take ACT, SAT

The Navy College Office (NCO) is currently offering the ACT and SAT testing on a monthly basis. The scheduled testing dates are as follows: ACT: Fridays: March 7, April 4. SAT: Fridays: Feb. 15, March 21, April 18. The Navy will pay one time for either the SAT or ACT for active duty service members. For more information call NCO at 270-6341. NCO is in Building 460.

Secure Your Future

'Military Saves Week' Starts Feb. 24

From FFSC

The Defense Department has designated Feb. 24 - March 2 as Military Saves Week to encourage service members and their families to increase income by increasing their savings and or by reducing debt. NS Mayport is proudly supporting this effort by asking military service members and their families, DOD personnel, civilian contractors, military retirees to join Military Saves Campaign as part of Operation Financial Fitness.

Military Saves is part of the nationwide campaign, America Saves, and is sponsored by Consumer Federation of America, the Department of Defense, the NASD Investor Education Foundation, and a nationwide network of Defense Credit Unions and Military Banks. Part of the DOD Financial Readiness Campaign, Military Saves encourages leaders to focus attention on encouraging their troops to get out of debt and save money.

"We're stepping up our efforts to increase individual and family financial fitness by providing additional educational programs at our Fleet and Family Support Centers and by working directly with command financial spe-



-Photo by MC3 Bonnie Williams
NS Mayport Commanding Officer, Capt. Aaron Bowman speaks with base service representatives during a Military Saves Week launch meeting at Building One. NS Mayport has partnered with NMCRS, Bank of America, Navy Federal Credit Union, MWR, FFSC Mayport and Florida Department of Finance.

cialists to provide information and personalized assistance in addressing unit financial readiness," David DuBois, of Commander, Navy Installation Command, said. DuBois is CNIC's Deputy Manager for Fleet and Family Support

Programs, delivering military and family readiness services.

Participants in Military Saves Week include: Command Financial Specialists, Fleet & Family Support Centers, Public Affairs Offices, installation banks and credit unions, Child

& Youth Programs, Morale, Welfare, & Recreation, commissary, schools and more.

Sailors should contact their Command Financial Specialist to seek assistance regarding

See Saves, Page 5

MWR Holds Military Saves Week Expo

From MWR

Planet Mayport will host a 'Military Saves Week' Expo on Feb. 27.

All hands are invited to the Military Saves Week Expo at Planet Mayport from 6-9 p.m. Topics will include "How to Save Money Wisely," "Paying Down Credit Card Debt," "Be a Smart Consumer" and more.

Representatives will be on hand from the Fleet and Family Service Center, Military One Source, Navy Marine Corps Relief Society, MWR Mayport, Navy Federal Credit Union and Bank of America, to answer questions and distribute helpful information.

The Expo will also feature free food, prizes and giveaways. Planet Mayport is located in building 46 across from Bravo Pier. For more information on the Military Saves Week Expo, call 270-7788/89.

Mayport Picks Top Sailor For 2007

By MC3 Bonnie Williams
Staff

Naval Station Mayport has named the new Sailor of the Year, Junior Sailor of the Year and Bluejacket of the Year for 2007.

Navy Counselor 1st Class Debra Grindstaff received Sailor of the Year for her role as Leading Career Counselor, an assignment normally assumed by a Chief Counselor.

She has proven herself to be the Primary advisor to the commanding officer on all matters pertaining to career retention, while surpassing all expectations.

She implemented an innovative training program for her career counseling force and divisional career counselors; instituted a year round training program to be self-sufficient and allow her counselors to process a myriad of requests ranging from fleet reserve to reenlistments.

Her untiring efforts directly ensured Naval Station Mayport personnel were not missing out on an opportunity for career and personal improvement.

"I didn't expect to receive Sailor of the Year because there are a lot of well-deserving first class petty officers on board Mayport and I'm hon-



-Photos by MC3 Bonnie Williams
Navy Counselor 1st Class Debra Grindstaff receives a Navy and Marine Corps Commendation Medal from NS Mayport Commanding Officer, Capt. Aaron Bowman, after being named the 2007 Sailor of the Year for NS Mayport. Storekeeper 2nd Class (AW) Nigel Blandin is the Junior Sailor of the Year and Master-at-Arms 2nd Class is Bluejacket of the Year.

ored to have been selected," said Grindstaff.

Storekeeper 2nd Class (AW) Nigel Blandin received Junior Sailor of the Year for his outstanding role as sole supply and financial expert for Mayport's Security Department.

He handles a budget in

excess of \$1.1 million and is directly responsible for all expenditures, receipts, custody and storage of material maintained by Security.

Besides handling an extremely demanding and highly visible function in the department, Blandin also continually seeks

professional growth, trains and mentors subordinates and volunteers during off-duty hours for various military and civilian events.

"When I arrived here I decided this would be the command where I would leave my mark. I developed a plan of



SK2 Nigel Blandin



MA2 Jeannine Martinez

success and achieved it," said Blandin.

Master-at-Arms 2nd Class (AW) Jeannine Martinez received Bluejacket of the Year for her duty as Assistant Leading Petty Officer and duty armorer at Mayport's Security Department.

See SOY, Page 3

Navy Eases Tuition Assistance, NCPACE Restrictions

From Naval Education and Training
Public Affairs

Restrictions on enlisted Sailor participation in Tuition Assistance (TA) and Navy College Program for Afloat College Education (NCPACE) based on time in service and end of obligated service have been rescinded.

The change, announced by Navy Administration message (NAVADMIN) 42-08 released Feb. 12, was based on Sailor feedback and as a result of savings from management controls that were put in place in June 2007.

Sailors with less than 19 years time in service and meeting all other requirements may

participate in TA or NCPACE as long as course completions occur prior to separation from active duty.

"If you look at what some of the 'Top 50' civilian corporations are offering for education, I think we are matching that," said Capt. Ken Barrett, Task Force Life/Work lead.

"We then take it a step further by offering Navy Credentialing Opportunities Online certifications, paying for College-Level Examination Program (CLEP) examinations and access to Defense Activity for Non-Traditional Educational Support (DANTES) programs. Not only will the Navy help pay for your degree, we're making it easier

to get credit for the job you're already doing."

During the recent Task Force Life/Work Roadshow events held in five fleet concentration areas, Sailors provided more than 250 feedback comments on education issues, recommending changes to a variety of programs including the current TA policy, according to Barrett.

"Listening to our Sailors has allowed us to calibrate the controls to become even more effective," said Rear Adm. Gary Jones, commander, Naval Education and Training Command. "We continue to monitor the new policies and their impact on Sailors and the Voluntary Education (VOLED)

program, building the programs and making changes as needed. TA and NCPACE support our Sailor's education goals and are included as part of our new Enlisted Learning and Development Strategy that we are beginning to rollout."

Setting realistic goals, conducting early career planning, and maintaining a balance between job and education is essential to a Sailor's success, according to Ann Hunter, the Navy's Voluntary Education (VOLED) Service Chief.

"For example, Sailors with four-year commitments may find completing degree requirements challenging. Completion of 'A' School and satisfactory

progress toward warfare qualifications must come first," said Hunter. "This doesn't prevent Sailors from developing an education plan and studying for CLEP and DANTES exams."

"With careful planning, these Sailors may complete 24-30 hours of college courses before completion of their four-year commitment. This, combined with credit for military training and experience, could lead to a degree," added Hunter.

Sailors are required to assess career and educational goals and work with both Navy leadership and Navy College Offices to develop a plan that places a priority on warfare and professional qualifications, and sup-

ports career development.

The education plan is only one aspect of a Sailor's career development plan. Full implementation of the Navy's management controls requires cooperation between the Navy College Offices, command leadership and Sailors. Roles and responsibilities are outlined in the NAVADMIN.

Sailors can provide feedback on VOLED policies by sending feedback e-mails to voled@navy.mil.

Additional information on voluntary education and the Navy College Program can be found at <https://www.navycollege.navy.mil>.

CO Column

I'm going to open up with announcing that we are enabling something that has been delinquent for way too long. By doing so, everyone can challenge me until we get it done. Within the next few weeks, we are going to establish an area to watch children while parents work out with fitness equipment. I routinely get comments from indoctrination and the ombudsmen that we are way behind the times. I agree and we are going to fix the problem. Watch for details in the Mirror in the next couple of weeks. Don't forget to thank MWR and Public Works when it is up and running.

Military Saves Week is Feb. 24 - March 2. During Military Saves Week, Sailors and their families are encouraged to increase their savings and reduce debt. Mayport is proudly supporting this effort by asking military service members and their families, DOD personnel,



Capt. Aaron Bowman civilian contractors and military retirees to join Military Saves Campaign as part of Operation Financial Fitness. On Feb. 27, Planet Mayport will sponsor a Military Saves Week Expo from 6-9 p.m. All hands are invited and topics will include "How to Save Money Wisely," "Paying Down Credit Card Debt," "Be a Smart Consumer" and more. Representatives will be on

hand from the Fleet and Family Service Center, Military One Source, Navy Marine Corps Relief Society, MWR Mayport, Navy Federal Credit Union and Bank of America. The Expo will also feature free food, prizes, and giveaways. For more information on the Military Saves Week Expo, call 270-7788/89.

The Navy Tri-Base Job Fair will be held on Wednesday, March 12 from 9 a.m.-2 p.m. at the Morocco Shrine Center. Active duty, separating, retiring and retired service members, military spouses and family members are eligible to attend. Attendees are encouraged to bring several copies of their resumes and dress for interviewing and if applicable bring copies of their DD-214. Over 100 local, state and national companies will be collecting resumes, interviewing and testing for numerous jobs. The Morocco Shrine Center is located at 3800 St. Johns Bluff Road

in the Southside of Jacksonville. For more information, call NSB Kings Bay at (912) 573-4520 or email at mary.glass.ctr@navy.mil.

Great news just came out on Tuition Assistance. There are no longer restrictions on enlisted participation in Tuition Assistance (TA) and Navy College Program for Afloat College Education (NCPACE) based on time in service and end of obligated service. The change, announced by Navy Administration message released Feb. 12, was based on Sailor feedback and as a result of savings from management controls that were put in place in June 2007. Sailors with less than 19 years time in service and meeting all other requirements may participate in TA or NCPACE as long as course completions occur prior to separating from active duty. For more information, call Navy

College at 270-6341.

MWR Mayport's Liberty Program will hold a local casting call for "Nashville Star" from 6-9 p.m. Feb. 28 at Beachside Community Center. This will be a Navy wide competition coordinated with the popular television program and local winners will compete with other Navy Base competitors for eventual Nashville Star fame. Applications and contest rules can be picked up at Planet Mayport, Building 46 across from Bravo Pier, and Castaway's Lounge, located inside Beachside Community Center, and Bogey's. Deadline for applications is Feb. 22. For more information call Planet Mayport at 270-7788/89.

Time to get on my soapbox before I close. The issue is parking and reserved parking spots. I am a big supporter of the Navy's Rank Has Its Privileges. I am seeing blatant violations of people parking

in spaces that don't belong to them. Over the next few weeks, we will upgrade reserved spaces with new signs and expanded spaces and I will also increase patrols looking for violators. Here are the common responses I get when I challenge people: "I was just going to be here a few minutes, I thought this only applied during working hours, I couldn't read the sign, etc." Please help me recognize the service members and handicapped who have earned the right to park in assigned spaces.

In closing, I want everyone to remember that there isn't a problem out there you have to face alone. They call the Navy a big family for a reason: you are never alone, and there are always solutions to everything.

Keep up the fantastic work, be safe, and keep those suggestions coming in. Your concerns are my concerns. I am available all the time at aaron.bowman@navy.mil.

CREDO Corner

By Rickey Bennett
Spiritual Fitness Division SE
Rekindle the spark! How do you enhance or bring back the romance into your relationship? You have been living with your spouse for a while now and the monotony of the same thing day in and day out is starting to wear on the relationship. Romance seems like a pipe dream from the days of dating. You are not alone. With the start of your relationship came passion and romance. These feelings put you on cloud nine and completely consume your senses.

However, as time passes these feelings seem to go into hiding. With this new mature relationship you have gotten used to each other and are stable. This is the natural cycle of relationships and marriage. But this does not mean that you and your spouse should sit back and allow the romance to fade or become mundane.

Reinvigorating the romance in a marriage takes time and effort from both of you. You and your spouse need to set aside time to rekindle and maintain a romantic relationship. Are there ways

for us to spend time together? If work and family never seem to give enough time for just the two of you consider going on a vacation together. Getting away for a week or a weekend is a wonderful way to rekindle the romance but for military families getting time off and arranging for childcare and or pet-care is a major feat. If getting that much time off is impossible contemplate getting away for just a weekend, perhaps attending one of our marriage enrichment retreats. The important thing is being able

enjoy time alone together that you two rarely have because of your busy lives. Even a day date is a nice alternative when vacations and retreats are out of the question. Removing yourselves from the familiar atmosphere of your home can work wonders in bringing spouses back together on a romantic level. New surroundings help to create a new mood for you and your spouse. Try not planning anything. Spontaneity is a sure fire way to create a spark that may have dimmed. This is the first thing

to go when you have a family and with a demanding military schedule, but the fun is in throwing the routine out the window. The same excitement felt when breaking the rules will carry over into the relationship. In order to make a relationship last for years, willful efforts to romance each other must be made. Relationships left to monotony will generate into relationships in which journeymates will begin to take each other for granted. Firing up the relationship and finding exciting new ways to enjoy each other's

company are necessary to keep a good marriage vibrant with passion, variant with newness, and vigorous with stamina. It is our goal at our CREDO Marriage Enrichment Retreats to provide the programming and atmosphere that is conducive for rekindling those love flames that once burned bright and hot. Call our office to register for one of our marriage retreats at 904-270-6958, ext 1602, or emailing cnrse_credo@navy.mil.

Homefront in Focus

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

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

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

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

their families can get free tax preparation or advice and assistance right on base.

The VITA volunteers are trained and equipped to address all tax issues including military tax issues such as Earned Income Tax Credit (EITC) and relocation, deployment and especially combat zone tax benefits. And, they are able to electronically submit your return to the IRS.

Taking advantage of this free service can relieve you of the big hassle and frustrations some experience with do-it-yourself tax prep software. To find the VITA tax service at your base please contact the local Fleet and Family Service Center (FFSC) or Navy Legal Service Office (NLSO) for more information.

Rapid Refunds: Many commercial tax prep services offer a 'rapid refund' or Refund Anticipation Loan (RAL).

Many commercial enterprises charge in excess of \$100 to complete the simple returns that require less than 15-30 minutes to prepare. The draw can be that these enterprises provide the rapid refund and the appeal of getting money faster is hard to ignore.

While it is enticing to get that money sooner let's look

at the facts and even the cost of that money. First, if you file directly with the IRS you will receive your electronic refund in approximately eight days according to the IRS. If you opt for an RAL there are some things you should know. First, this is a loan against your anticipated refund.

The key word here is 'loan'. This means that there will be fees and interest associated with this rapid refund that will eat at your income tax refund. Often these fees are exorbitant and can result in interest as much as 418 percent. Now, is it really worth getting that money just a few days earlier?

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

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

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

A Little Act Of Kindness



-Photo courtesy of Mayport Middle
Mayport Middle School celebrated the end of the second quarter with a Random Acts of Kindness sweep. Twenty-two students in all were nominated by teachers and administrators for taking the lead in helping others and doing excellent deeds by choice. Four winners were selected to receive \$10 Regal Cinema gift cards, purchased by PTA. Winner pictured from left are Sophie Magley, Dustin Holton and Jaquan Allen. Sarah Beane is not pictured.

Does Your Command Have An IA Sailor Returning Soon? Contact, The Mirror at 270-7817 Ext. 1012.

Mayport's Free Tax Center Open

By Lt.j.g. Jessica Wilcox
RLSO

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

The center is located 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.

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
- What to bring to the tax center:
 - All 2007 W-2's and 1099's
 - 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

Without 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.

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.

If you have a complex return please call ahead and make an appointment.

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.

Chapel Call
Command Chaplain:
Lt. Rory Calhoun
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.

Naval Station Mayport

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

Naval Station Mayport Editorial Staff

Bill Austin.....Public Affairs Officer
MC3 Bonnie Williams.....Deputy Public Affairs Officer
IC3 Paul Fenn.....Assistant Public Affairs Officer
Paige Gmann.....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:

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CO Actionline: 270-5589 or 1-800-270-6307

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FRCSE Chief Makes CWO FRCSE Names SOYs

By Lt. j.g. R. L. Jones
FRCSE Mayport PAO
 Chief Aviation Structural Mechanic John Cowan of Fleet Readiness Center Southeast (FRCSE) was commissioned to Chief Warrant Officer Two by FRCSE Site Mayport Officer-In-Charge, Cmdr. Graham Guiler recently.



-Photo courtesy of FRCSE Mayport Cmdr. G.R. Guiler Officer-In-Charge of Fleet Readiness Center Site Mayport and newly commissioned officer CWO2 J. F. Cowan displaying his Oath of Office during his commissioning ceremony..

A native of Tallassee, Ala., Cowan enlisted in the Navy in 1993. In November 1993, Cowan reported to Atsugi, Japan, with VF-21 and deployed on board USS Independence (CV-62) in the Persian Gulf. He transferred to Aircraft Sea Operational Detachment, NAS North Island in San Diego in January 1996, where he was promoted to third class petty officer.

While at NAS North Island, Cowan qualified as an airframes/composite collateral duty inspector and was reassigned to USS Carl Vinson (CVN-70). In 1997, he was selected as the NAS North Island Junior Sailor of the Year and promoted to second class petty officer. Assigned as an airframes technician, Cowan quickly became the structures work center supervisor and then airframes leading petty officer (LPO) and composite LPO.

In 2000, he was promoted to first class petty officer and became airframes production control (PC) LPO. He continued to lead airframes division PC until his transfer to Nondestructive Inspection (NDI)

AM "C" School in Pensacola, Fla. in 2001. Upon graduation from NDI School in January 2002, he reported for sea duty on board USS Constellation (CV-64) in San Diego. While on board the Constellation as the airframes LPO and the AM quality assurance representative, he participated in Operation Iraqi Freedom and the liberation of the Iraqi people.

Cowan's duty assignment ended with his selection as chief petty officer (CPO) in August 2003. Cowan transferred to USS John C. Stennis (CVN-74) when USS Constellation (CV-64) decommissioned. Once on board CVN-74, Cowan was selected as the IM-2 divi-

sion leading chief petty officer (LCPO) until he transferred to FRCSE Site Mayport in 2005. His assignments at FRCSE Site Mayport included airframes branch CPO, PC LCPO and the administration division LCPO.

His first official act as CWO2 was the re-enlistment of two FRCSE Site Mayport Sailors: Aviation Structural Mechanic 2nd Class Hageman and Aviation Structural Mechanic 2nd Class Platt. During this re-enlistment, Cowan offered this advice to the Sailors, "Don't be a typical Sailor, take on a variety of assignments, seek additional responsibility and become qualified! But most of all, take care of the people around you."

From FRCSE
 Fleet Readiness Center Southeast (FRCSE) recently recognized their top Sailors and named the FRCSE Sailors of the Year.

These unique Sailors stood out from the rest and were selected to represent the best of FRCSE, Site Jacksonville, Site Key West, and Site Mayport. Individuals were selected for each category, broken up by pay grade: Senior Sailor of the Year (E-6), Sailor of the Year (E-5), Junior Sailor of the Year (E-4), and Blue Jacket of the Year (E-3 and below).

FRCSE named Aviation Support Equipment Technician First Class (Aviation Warfare/Surface Warfare) Juan Jesus Polanco as 2007 Senior Sailor of the Year (SSOY).

Polanco is attached to FRCSE Site Key West and is the leading petty officer of the quality assurance division where he supervises, mentors, and monitors three quality assurance representatives and eight junior work center supervisors on quality assurance policies and procedures.

FRCSE Key West Site Officer-In-Charge (OIC) Lt. Cmdr. Dennis Hendrix, who made the announcement during command quarters, congratulated Polanco noting his performance served not only to inspire his peer group, but gives all of FRCSE Sailors an attainable goal.

"It is my privilege to stand here today and publicly recognize this outstanding Sailor. He

represents daily, the best testament of the Navy and truly embodies the Navy's core values. He has helped to create a better working environment with his positive work ethic and his easy going sense of humor."

Along with Polanco, Aviation Support Equipment Technician First Class Patrick Ryan; Aviation Mechanic First Class Michael Kaelin; and Aviation Maintenance Administration First Class Jarrett Hurston were selected to represent Site Mayport and Site Jacksonville as the 2007 SSOY.

Ryan is attached to FRCSE Site Mayport's AIRSpeed department, where he is directly responsible for the management, scheduling, and training of more than 200 personnel in Naval Aviation Enterprise Naval Aviation Readiness Integrated Improvement Program Continuous Process Improvement initiative.

Kaelin is the airframes division leading petty officer at Site Jacksonville. Also representing Site Jacksonville is Hurston. Hurston is assigned as the power plants division logs and records leading petty officer.

FRCSE Mayport Site OIC Cmdr. Graham Guiler said "It is my honor to stand shoulder-to-shoulder with these fine Sailors and call them Shipmates. They exemplify the best of the Navy and the best within FRCSE. While they come from different learning centers, they have all demonstrated superior performance and dedication to self-improvement."

All four of these individuals made one aspect perfectly clear. The people that they work with and the collective drive they have as a team is what makes the job so fulfilling.

While proud of their career accomplishments so far, these Senior Sailors of the Year say they still have several goals left to achieve. They want to ensure that those who come after them have the same opportunities that they had, and continue to be a role model for those who supported them.

FRCSE also congratulates its E-5 and below most outstanding sailors. AZ2 Sarah Williams and AT2 Krystal Smith were named Sailors of the Year (SOY).

Williams is attached to Site Jacksonville's production control as a data analyst while Smith is assigned to FRCSE's public affairs division.

Junior Sailors of the Year (JSOY) were AT3 Richard Crazythunder and AT3 Jessica Winter, and AEAN Jacob Huey and PS3 Roland Gonzales were named Blue Jackets of the Year (BJOY).

Site Mayport named PR2 Jerry Rodriguez its Sailor of the Year. Representing Site Mayport's Junior Sailor of the Year is AT2 Kevan Hoff and the Blue Jacket of the Year AZ3 Daniel McCaffrey.

From Site Key West, AS2 George Asanas, who is work center 930's supervisor, was named JSOY. BJOY, AS3 Jonathon Peglow, is attached to work center 92D as the assistant supervisor.

Milestones

Joint Service Commendation Medal
 Lt. Clint Fondo, FRC Southeast
Navy and Marine Corps Commendation Medal
 Lt. Rocco Mingione, FRC Southeast
 PRCS (AW) Robert Baker, FRC Southeast
Navy and Marine Corps

Achievement Medal
 PR1 (AW) Manuel Rivademar, FRC Southeast
Flag Letter of Commendation
 AT1 (AW/SW) Jeffery Ingraham, FRC Southeast
 AT2 (AW) Nicholas Izquierdo, FRC Southeast
 AT2 (AW) Wyatt Urk, FRC Southeast

ABH3 Bryan Harper, FRC Southeast
Letter of Appreciation
 AT3 Thomas Snell, FRC Southeast

SOY

She supervises a watch section comprised of 20 personnel, as well as ensures proper watch standing/force protection and good order and discipline throughout the section.

She is directly responsible for the issuance and accountability of weapons for her department and her efforts helped maintain the highest level of Force Protection and safety for

Mayport. "I strive to be a model Sailor for both myself and my command. I was honored to even be considered for Bluejacket of the Year," said Martinez.

From Page 1

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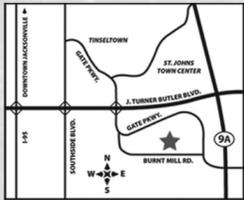


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HSL-46 'Grandmasters' Has Banner Year

By Lt.j.g. Brian Fojt
HSL-46 PAO

The "Grandmasters" of HSL-46 reaped the benefits of its hard work in 2007.

HSL-46 won its second straight Sikorsky "Golden Wrench" award, its third straight Retention Excellence award, and is HSM Wing Atlantic's nominee for the Arleigh Burke Fleet Trophy.

This is on top of seven successful deployments to the Caribbean, North Arabian, Black, Mediterranean and Red Seas; Arabian Gulf; Horn of Africa; and North Atlantic, Pacific, and Indian Oceans.

The Sikorsky "Golden Wrench" award is presented annually for excellence in aircraft maintenance.

In 2007, HSL-46 operated at high capacity, distinguishing itself as one of Naval Aviation's most capable and ready squad-

rons. "This award symbolizes our outstanding Maintenance team's dedication to mission accomplishment and integrity in all they do," said HSL-46 Commanding Officer, Cmdr. Christopher Dennis.

In fiscal year 2007, HSL-46 completed 2,528 sorties, logging 6,383 flight hours in the SH-60B SEAHAWK; of which 3,879 hours were conducted underway by 10 aircraft flying off of seven different surface combatants.

HSL-46 has once again exceeded retention expectations; thereby earning its third straight Retention Excellence award.

Also known as the "Golden Anchor" award, it recognizes outstanding command climate and the ability of a command to retain its top Sailors. Most notably, HSL-46 had a 62.5 percent Zone A reenlistment rate,

which is well above the Navy average of 48 percent. HSL-46 unplanned attrition plummeted 66 percent from 2006. This occurred as promotion rates increased across the board, including a 200 percent increase in E-4 promotion rate from fiscal year 2006.

The Arleigh Burke Fleet Trophy is presented each year to the ship or aviation squadron that has achieved the greatest improvement during the preceding year.

HSL-46 improved in retention, advancement, cost-wise efficiency, and ASW proficiency from 2006.

In addition to the "Golden Wrench" and "Golden Anchor" awards, HSL-46 had 30.8 percent less than expected costs for hours executed, an incredible improvement of 475 percent over 2006.

"Grandmasters" completed

500 hours of volunteer time, received outstanding marks on the CNAL SAR Evaluations, received the EAWS pennant, completed 20 torpedo drops and nine Hellfire qualification shots with 100 percent validity, and conducted eight MEDEVACS.

"HSL-46 succeeds because, up and down the chain of command, each "Grandmaster" is committed to the squadron mission and philosophy," said Dennis.

2007 was a great year for the "Grandmasters," but 2008 looks to be even better.

"This year will be a success because of the outstanding planning and execution of all "Grandmasters". We look forward to an exciting and rewarding year ahead of us," he said.

HSL-46 currently has one detachment underway; however, three more are soon to deploy in the first half of 2008.

HSL-46 To Celebrates 20th Anniversary

By Lt.j.g. Brian Fojt
HSL-46

The "Grandmasters" of HSL-46 will celebrate their 20th Anniversary at Naval Station Mayport on April 10-11, 2008.

The fun-filled celebration will include a golf tournament, hangar celebration, bowling, social hour, and dining out.

Since its founding on April 7, 1988, HSL-46 has deployed the Light Airborne Multi-Purpose System (LAMPS) MK III SH-60B SEAHAWK helicopter in almost every campaign in which the United States has participated.

HSL-46 currently supports nine detachments, deploying on the Atlantic Fleet's Cruisers, Destroyers, and Frigates. Grandmaster detachments are found throughout the world, ranging from the Arabian Gulf to South America, and from the North Atlantic to the Horn of Africa.

In addition to the primary missions of Under Sea Warfare (USW) and Surface Warfare (SUW), the LAMPS MK III helicopter's missions include Search and Rescue,

Vertical Replenishment, Medical Evacuation, and Communications Relay. Grandmasters set the standard through the outstanding team effort of pilots, aircrewmembers, maintainers and support personnel.

HSL-46 has won numerous awards and citations including the Battle "E" award, Meritorious Unit Commendation, Navy Unit Commendation, Arleigh Burke Fleet Trophy, and the Isbell Trophy.

Most recently, HSL-46 won its second straight Sikorsky Golden Wrench, third straight Golden anchor award, and was HSM Wing Atlantic's nominee for the Arleigh Burke Fleet Trophy for most improved squadron.

Cmdr. Christopher Dennis, HSL-46 commanding officer, invites all past and present Grandmasters to attend the 20th Anniversary Celebration on April 10-11.

For more information on HSL-46 and the celebration, please see the Grandmaster website, www.hsl46.navy.mil, or contact Lt. Cmdr. Scott Sterling at 904-270-6010 ext. 137.

HSL-48 Detachment Four Helps Cross-Train Senegalese Force

From HSL-48

USS San Jacinto (CG 56) and HSL 48's Detachment Four, "The Flying Tanukis," were recently tasked with Search and Rescue (SAR) training in Dakar with the Senegalese Air Force.

San Jacinto relieved USS Forrest Sherman (DDG 98), which was one of the first ships to help train the Senegalese on U.S. SAR procedures and techniques. During the training efforts, Forrest Sherman provided initial classroom and practical airborne SAR training for two Senegalese air crews.

Now, with San Jacinto at the helm, SAR was the mission of the day.

Training began with a team flown ashore led by Detachment Four's Officer in Charge, Lt. Cmdr. Mark Yehl, along with fellow crew members Lt. Ryan Campoamor, Aviation Warfare Systems Operator 1st Class Brian Trippett and Aviation Warfare Systems Operator 2nd Class Justin Phillips.

The training began at Dakar's Rescue Coordination Center. The crew gave instruction on ground and in-flight SAR techniques to the Senegalese pilots and aircrewmembers. Yehl and Campoamor focused primarily on radio communications between pilots and aircrew as well as hand signals used in a lost communications situation. They also went further into discussion on flying the wind-line rescue patterns and swimmer deployment procedures and techniques. The wind-line rescue pattern allows aircrew to align the helicopter into the wind after flying over the sighted survivor at night or in low visibility conditions.



-Photo courtesy of HSL-48

Aviation Warfare Systems Operator 1st Class Brian Trippett and Aviation Warfare Systems Operator 2nd Class Justin Phillips work with members of the Senegalese Air Force during a cross training event to teach the foreign servicemembers U.S. Search and Rescue procedures and techniques.

Trippett and Phillips focused more on the duties of an aircrewman and rescue swimmer in flight. They provided the Senegalese with instruction in verbal and visual communications; how to use the rescue strop, litter, and basket; over water hoisting and rescue swimmer deployment. Since the Senegalese fly the Mi-17 HIP helicopter, a Russian-made helicopter, training was also conducted on how to adapt U.S. SAR techniques and equipment to their aircraft.

The day was a complete success. Not only was ground training provided, but Detachment Four's VENOM 515, crewed by Lt. Jeffrey Quell, Lt. Kevin

Shikuma and Aviation Warfare Systems Operator 2nd Class Jesse Kennett, allowed for air training as well.

With help from San Jacinto's rescue swimmers Lt.j.g. James Wilkins and Operation Specialist 2nd Class Mark Rowe, the Senegalese crews witnessed first hand, proper swimmer deployment and recovery methods. Observing proper procedures allowed for the first ever deployment of a Senegalese SAR swimmer from a helicopter.

While in the water observing the operations, the crew of VENOM 515 took the opportunity to hoist two of Senegal's first rescue aircrewmembers in the

rescue basket.

Since the U.S. Navy has recently adopted the rescue basket as approved SAR equipment, this hoisting evolution was also helpful training for the Detachment Four aircrewmembers and marked the first time they had performed a live hoist with the basket.

Combining Search and Rescue training with foreign relations resulted in a successful evolution for San Jacinto. SAR knowledge is necessary for any military organization. Understanding this, the detachment hopes to have future missions with the Senegalese and continue to build a positive relationship with its people.

USS The Sullivans Trains With FPEX

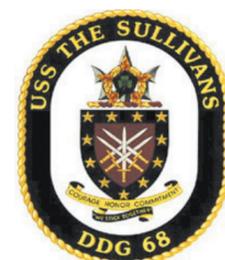
By Ensign James Kolb
USS The Sullivans PAO

USS The Sullivans recently completed a 30-hour Anti-Terrorism Force Protection Exercise conducted by COMSTRKFORTRALANT on Jan. 17 in port Mayport, Fla.

Fourteen force protection scenarios were implemented to prepare The Sullivans for its future deployment as part of the Theodore Roosevelt Carrier Strike Group to Fifth Fleet.

The force protection scenarios were designed to simulate real world situations ranging from entry control point penetration to floating improvised explosive devices. Complex scenarios, such as simultaneous land and sea attacks as well as armed shipboard intruders, offered invaluable training to the crew.

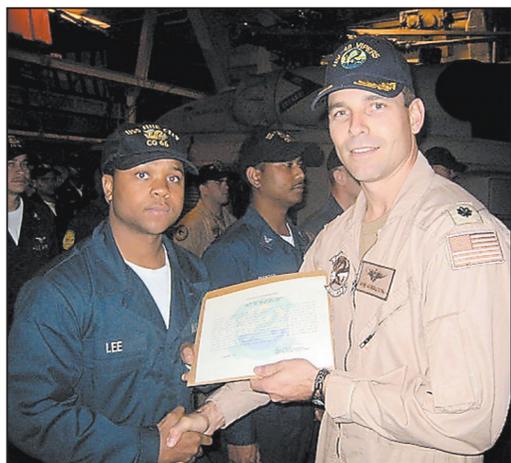
The exercise required full participation from all members of The Sullivans who remained on board over night. Enthusiasm and morale were high. Combat Systems, Weapons, and Operations department personnel manned crew served weapon mounts and provided security



reaction force teams. They also supplied personnel for armed topside rovers and picket boat crews.

Engineering department expeditiously manned top side fire hoses and set material condition zebra through out the ship as required by the varied threats. At one point during the exercise, the entire crew of The Sullivans was top side, acting as look outs with a swimmer attack imminent.

The crew of The Sullivans performed outstanding during the exercise and is prepared to handle all anti-terrorism force protection scenarios that they may encounter while stateside or overseas.



-Photo courtesy of HSL-48

Aviation Structural Mechanic Airman Joel Lee of HSL-48 Detachment One receives a Letter of Commendation for his work on a damaged airframe from HSL-48 Commanding Officer, Cmdr. John Gumbleton. Gumbleton visited Detachment One while deployed on USS Hue City.



-Photo courtesy of HSL-48

Aviation Machinist's Mate 1st Class Benjamin Pimentel is rewarded a Plane Captain patch by Gumbleton.



-Photo courtesy of HSL-48

Aviation Warfare Systems Operator 2nd Class Brendon Light is congratulated for receiving his EAWS qualification.

HSL-48 'Venom Shockers' Get Deployment Visit

From HSL-48

HSL-48 Detachment One "Venom Shockers," currently deployed with USS Hue City (CG 66), got a visit recently from their commanding officer.

Cmdr. John Gumbleton, commanding officer of HSL-48, spent the early part of January embarked on USS Hue City. Gumbleton accompanied by AVCM Wayne Chislett, HSL-48's Maintenance Master Chief, was in the 5th Fleet area of operations from 2005-'07.

To show his appreciation for

all of our Sailor's hard work, Gumbleton held Air Department quarters in the helicopter hangar during his visit. Nine "Venom Shockers" were recognized for their actions supporting Operations Iraqi and Enduring Freedom.

The first to be recognized was HSL-48's Junior Sailor of the Year, Aviation Ordnanceman 1st Class David Niedholdt. Niedholdt was presented with his fifth Navy and Marine Corps Achievement Medal in recognition of his stellar performance

throughout the year. Gumbleton also presented Niedholdt with the certificate of his new rank in recognition of being one of two Sailors Command Advanced by HSL-48.

Aviation Structural Mechanic 2nd Class James Oliver was then presented with his third Good Conduct Award for his faithful and honorable service over the past three years.

Aviation Structural Mechanic 2nd Class Bryan Dockery, Aviation Structural Mechanic 3rd Class Deon Dukhu, Aviation

Structural Mechanic Airman Bryan Cook, and Aviation Structural Mechanic Airman Joel Lee all received a Letter of Commendation for their outstanding work on a damaged airframe on Venom 513.

Gumbleton went on to place a well deserved HSL-48 Viper SH-60B Plane Captain patch on Aviation Machinist's Mate 1st Class Benjamin Pimentel's uniform. Finally certificates and the wings of an Enlisted Aviation Warfare Specialist (EAWS) were pinned on three

deserving "Venom Shockers."

Aviation Warfare Systems Operator 2nd Class Brendon Light, Aviation Structural Mechanic 2nd Class Bryan Dockery, and Aviation Electrician's Mate Airman Douglass Harlson completed their Personnel Qualification Standard and their examination process in record time just prior to the Skipper's arrival. They were the first of several members of Detachment One to earn their coveted EAWS qualification.

Detachment One and USS

Hue City continue their operations in the Arabian Gulf in support of National objectives. Not surprisingly the "Venom Shockers" have thus far proved themselves an invaluable asset to the CSG-10 team and are always ready to respond to a variety of tasking. They carry forward the proud tradition of excellence at sea by all current and past HSL-48 Vipers. ...

NAVSO Hosts 2008 SOUTHCOM Conference

By MC3 Alan Gragg
U.S. Naval Forces Southern Command
Public Affairs

U.S. Southern Command (SOUTHCOM) component commanders gathered in Mayport Feb. 12-13 for the 2008 SOUTHCOM Component Commanders Conference.

Component Commanders, who are in charge of their respective service's forces throughout SOUTHCOM's area of focus, met with SOUTHCOM Commander Adm. James Stavridis to plan 2008's military engagements in Latin America.

SOUTHCOM's Naval component command U.S. Naval Forces Southern Command (NAVSO) hosted the event this year.

"It's a great honor and privilege for NAVSO to host the Component Commanders Conference this year," said NAVSO Commander Rear Adm. James W. Stevenson Jr. "This gathering carries a lot of weight as far as interoperability goes, and helps give us an overview of things going on in the region this year."

Stevenson welcomed the conference of over 60 commanders and staff representatives, shortly

before Stavridis addressed the participants about the coming year.

"We're here to discuss our goals for the region, and to align our ideas and objectives for the rest of this year," said Stavridis. "Humanitarian assistance, counter narcotics, building foreign relations, and applying the new U.S. Maritime Strategy are some of our biggest issues for 2008. We're here to make sure these ongoing events go smoothly and that everybody understands how to communicate our objectives to their staff and various assets."

SOUTHCOM's mission is to conduct joint military operations, promote theater security cooperation, and provide humanitarian aid and disaster relief throughout Latin America.

NAVSO's mission is to oversee U.S. maritime operations throughout Latin America, including exercises and deployments, counter illicit trafficking support, and theater security cooperation events.



-Photo by MC3 Alan Gragg
Commander, U.S. Southern Command (SOUTHCOM) Adm. James Stavridis speaks at the SOUTHCOM Component Commanders Conference. Component Commanders, who are in charge of their respective service's forces throughout SOUTHCOM's area of focus, met to plan 2008's military engagements in Latin America. SOUTHCOM's Naval component command U.S. Naval Forces Southern Command (NAVSO) hosted the event in Mayport.

Congressional Visitor



-Photo by MC1 Holly Boynton
Ms. Erica Striebel, legislative representative to U.S. Representative Ander Crenshaw, greets Rear Adm. James W. Stevenson Jr., Commander, U.S. Naval Forces Southern Command (NAVSO). Striebel visited NAVSO headquarters to receive an overview on current NAVSO operations within the U.S. Southern Command area of focus.

Town Hall Brief At NS Mayport

From CNRSE

Commander Naval Installation Command's (CNIC) Competitive Sourcing Human Resource Advisor (HRA) will conduct "Town Hall" briefs at 11 a.m. on Feb. 28 at NS Mayport Executive Conference Room in Building One.

The briefings have a two-fold purpose – to provide an update on the status of the CNIC competitive sourcing program and to introduce employee transition information.

Employees that work in areas contained in the current CNIC Non-Guard Security, Emergency Management Dispatch, and Safety competitions are encouraged to attend. Not only will they learn more about the competitive sourcing process, but there will be a question-and-answer time as well.

There is an open invitation to the following: any employee or Union representative of employees, involved in, or affected by, the current three CNIC A-76 competitions; Regional HRO representatives, Performance Work Statement and Most Efficient Organization team members; as well as any military personnel involved with the three competitions.

Employees should coordinate attendance with their supervisors.

CNIC is making efforts to tape a Town Hall brief so the information can be provided to employees who are not able to attend any of the scheduled meetings, as well as for those employees outside the concentration areas.

Gettysburg Conducts Safety Sweep, Stand Down

By Lt.j.g.
Andrew Bonderud

USS Gettysburg PAO

Last week, USS Gettysburg (CG 64) conducted a ship-wide, comprehensive, safety sweep and stand down.

Focusing on the primary goals of education and prevention, Gettysburg's Safety Division spearheaded the week-long drive to inform Gettysburg's crew about common, safety issues and to inspect for safety discrepancies. The sweep and stand down were highly successful.

During the stand down, Sailors divided into five groups, according to their departments, and rotated through different stations, spending twenty minutes on each of five topics. At each station, Gettysburg's officers and chief petty officers led discussions about several critical safety issues, including Back Safety and Injury Prevention, Heat Stress and Hearing Conservation, Ammunition Handling Safety, Respirator Regulations, and Electrical Safety.



-Photo courtesy of USS Gettysburg
Electrician's Mate 3rd Class Anthony Wisneski conducts an electrical safety check.

Gettysburg's Independent Duty Corpsman, Chief Hospital Corpsman James Muesing, led the discussion about Back Safety and Injury Prevention.

He educated the crew about how something as simple as bending over to tie one's shoe can cause muscle damage over time if the right technique is not

used. He also reinforced the fact that safety is not just the responsibility of Gettysburg's khaki leadership, but it is everyone's responsibility.

He told each group, "It doesn't matter if you are a Seaman Recruit or a senior department head, if you see something that is unsafe, it is your duty either to fix the problem or to tell someone about it."

Later in the week, the ship conducted a safety sweep of each crew berthing, along with all of the officer state-rooms. Led by Gettysburg's Safety Division and supported by Gettysburg's Electricians, Electronics Technicians, and Information Technicians, the sweep focused on identifying and correcting electrical and material hazards.

Electrician's Mate 3rd Class Anthony Wisneski participated in the safety sweep, looking for everything from benign, electrical discrepancies, such as a burnt out light bulb, to larger discrepancies such as exposed electrical wiring.

He commented on the safety

sweep, "I think it's good that Gettysburg focuses on this. Electricity is inherently dangerous, and unless we take the right steps to eliminate electrical hazards, we would not be able to have the record of safety that we've established onboard."

In addition to finding material discrepancies, the safety inspectors identified personal electrical and electronic devices that had not been safety checked. Prior to plugging in any personal device on the ship, such as a cell phone charger or a computer adapter, crewmembers are required to have them electrically safety checked to ensure that they are safe for use onboard. After each item is electrically safety checked, it is tagged so that it is clearly visible to inspectors.

Thankfully for the crew, when the Electrician's Mates and Electronics Technicians found unchecked electrical equipment, they electrically safety checked the items, rather than confiscating them.

Chief Electrician's Mate Gary Turnmire said, "The point of

this safety sweep is not to be punitive if a Sailor has failed to safety check their cell phone charger. Rather, the goal is to make sure that our Sailors are not using anything that might be dangerous to themselves or harmful to our electrical distribution system."

Additionally, all Sailors received electrical awareness training.

At the end of February, representatives from the Naval Safety Center in Norfolk, Virginia will visit Gettysburg to conduct a "Safety Survey." They will assess the overall safety of the ship and will evaluate each of Gettysburg's 13 safety programs, such as Hearing Conservation and Electrical Safety. With the high priority that the command has placed on achieving a safe working and living environment onboard, the Safety Division and the entire crew will be prepared to demonstrate safe daily practices that have been ingrained in the minds and habits of Gettysburg's crewmembers.

Navy Welcomes Its Newest Force Master Chief Charles

By MCC(SW) Maria Yager
Navy Personnel Command Public
Affairs

During a surprise ceremony, here, the Deputy Chief of Naval Personnel (DCNP) announced the Master Chief Petty Officer of the Navy's (MCPON) selection of a new force master chief.

"Navy Personnel Command impacts the life of every one of our Sailors. Having a force master chief at NPC gives our Sailors a greater voice within a command that touches every community in our Navy," said MCPON (SW/FMF) Joe R. Campa Jr.

..Rear Adm. Sonny Masso

announced that NPC's command master chief would now serve as a force master chief for NPC and promoted Force Master Chief (AW/SW) Daryl Charles on the spot.

With the addition of Charles, there are only 16 force master chiefs in the Navy.

"I'm humbled that my chain of command entrusts me with the responsibility of helping meet the needs of the fleet. I feel honored to be selected to the force level," said Charles.

"It's important for NPC to have a force master chief because NPC touches each

and every Sailor in the Navy. Whether it is talking to a detailer about orders, submitting a package to a selection board, or submitting a Perform-to-Serve application, NPC touches so many Sailors in so many ways that it is crucial to have a voice at the Force level," he said.

NPC strives to meet the needs of more than 450,000 active and reserve component Sailors and their families by providing the fleet with the right person in the right place at the right time, using the most efficient human resource process.

Saves

their current financial readiness. Sailors and family members can also contact their local Fleet and Family Support Center for financial counseling, referrals and a description of financial classes offered such as savings and investing, debt reduction, car buying, home buying and more.

"According to a 2007 Federal Reserve study," says Kevin Hansen, an accredited credit counselor at NS Mayport's Fleet and Family Support Center, "the average American household is spending \$1.22 for every \$1.00 of income made and only saving \$1.00 for every \$100.00 of income." This is primarily due to individuals and families are not establishing their personal

financial goals and living only for today," says Mr. Hansen

Key participants in NS Mayport's Military Saves Week include: Command Financial

Specialists, Fleet & Family Support Centers, Navy/Marine corps Relief Society, Navy Federal Credit Union, Bank of America, Morale, Welfare, & Recreation, and Naval Legal Service.

Nobody starts with the intention of becoming deeply in debt. Everyone can use help with finding additional ways to more effectively manage money. Emergencies can happen to anyone at anytime. The real focus is preparing for the unexpected by having funds to meet those unexpected require-

ments. By establishing goals, maximizing the savings of personal income and reducing debt, our Sailors and families can enjoy the freedoms of financial independence.

Military Saves provides the necessary tools to help accomplish that financial mission. Individuals simply make the commitment to save money on a regular basis to achieve their personal financial goals. Participants receive helpful financial tips and the much-needed encouragement to continue the savings habit. Visit www.militarysaves.org for more information or to sign up for the program.

Calendar

On Base

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.

Friday, Feb. 22
USS McInerney family readiness group will hold a potluck dinner at the USO on Mayport Road at 6:15 p.m. Please bring in your favorite dish. Childcare will be provided.

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.

Tuesday, April 1
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, April 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.

Friday, April 18
The Naval Officers' Spouses' Association invites members, non-members, friends and family to its Annual Time and Talent Silent and Live Auction at 6 p.m. at Ocean Breeze Conference Center. This event provides an opportunity to bid on unique, one of a kind items, restaurant gift certificates, hotel accommodations, collector items, golf packages, vacations and more. All proceeds will be donated to support charities that provide assistance to local Navy family members. Details to follow regarding reservation but save the date!

Out in Town

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.

Tuesday, Feb. 26
A new Lions Club is being established to support Naval Station Mayport. The new Mayport Lions Club will be chartered to provide support for service personnel and families by donating fundraising proceeds to the Mayport USO. The Mayport USO will host regular

Lions Club meetings on the second and fourth Tuesday of each month at 7 p.m. Anyone over 18 can join and become a member.

Friday, Feb. 29
Community Hospice of Northeast Florida will hold a seminar "How to Care for Veterans at the End of Life." As greater numbers of veterans are dying in Northeast Florida, Community Hospice recognizes that these heroes often require specialized care to address the impact their combat experience may have on their end-of-life experience. To help healthcare providers understand their needs and offer appropriate interventions, the organization will present a seminar dedicated to serving those heroes who have served us and sacrificed so much. Both sessions, 8:30 a.m. - noon; 1:30 - 5 p.m., will be held at Charles M. Neviasser Educational Institute at Community Hospice of Northeast Florida, 4266 Sunbeam Road, Building 100. The sessions will include two programs: "Wounded Warrior: Their Last Battle" and "Successful Suffering: What Veterans Can Teach Us." Continuing education credit will be available for nursing staff and licensed mental health professionals. This event is open to area healthcare professionals. To RSVP, call 407-7184 or email events@communityhospice.com. Please indicate which session you will attend.

The U.S. Coast Guard Auxiliary 14-04 as a public service is offering a Safe Boating Course program at the Captains Club, 13363 Beach Blvd. The program meets the Florida State requirement for a Boaters

Safety Card that could result in a decrease in your insurance rate. Other dates include March 8, April 12, May 17, June 7, July 26, Sept. 13, Oct. 11 and Nov. 15. Contact Mike at 904-502-9154 for more information.

Tionna Davis and William Russell Hatchett, IV are proud to present the 2008 Treasures of the Heart Gala with Special Appeal Sponsor Jacksonville Fraternal Order of Police Foundation and a special appearance by State Representative Aaron P. Bean at 6:30 p.m. in the Masters Ballroom of the Sawgrass Marriott. Experience a fabulous night of cocktails, dinner, live entertainment with roaming pirates, dancing and extraordinary silent and live auction booty. Dress is black tie with eye-patch optional. Corporate tables are \$5,000, Physician sponsors and Grand Patron sponsors start at \$3,500 and Individual Patron tickets are \$350. Call your local American Heart Association office at 739-0197 for further information.

Saturday, March 1
Join a park ranger for a discussion on the different types of shark teeth that can be found on the area's beaches at 10 a.m. The program will take place at pavilion six on Little Talbot Island State Park. No reservations are necessary and the program is free with regular park admission.

The Jacksonville Zoo and Gardens announced the next class in its series of gardening classes, "Herbs for Gardening and Fun" from 9:30-11 a.m. at the Zoo's PepsiCo Education Foundation Campus. Guest speaker Linda Cunningham, member of multiple herb orga-

nizations, master gardener, and owner of Cunningham's Floral Designs, will be speaking on why herbs are a great addition to the garden and how to utilize them in every day life. The cost is \$15 per person for Zoo members and \$20 per person for non-Zoo members. Pre-registration is required, and seating is limited. For more information or to pre-register, visit the Zoo's Web site at www.jacksonvillezoo.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 2008 Concours d'Elegance will offer attendees an array of opportunities to enjoy classic cars, such as Henry Ford's Model T. 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 grueling 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.ameliaconcours.org.

Saturday, March 8
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 pavilion six on Little Talbot Island State Park. No reservations are necessary and the program is free with regular park admission.

Tuesday, March 11
A new Lions Club is being established to support Naval Station Mayport. The new Mayport Lions Club will be chartered to provide support for service personnel and families by donating fundraising proceeds to the Mayport USO. The Mayport USO will host regular Lions Club meetings on the second and fourth Tuesday of each month at 7 p.m. Anyone over 18 can join and become a member.

Saturday, March 15
The city of Atlantic Beach and the Cultural Arts and Recreation Advisory Committee of Atlantic Beach will hold its third annual "Tour de Parks" family bike ride event with the first tour leaving at 9 a.m. at Russell Park. Tours will continue every 30 minutes until the last tour at noon. Participants enjoy an approximate seven mile bike ride that visits almost all of the public parks in Atlantic Beach. Anyone wishing to participate can start at any participating park in Atlantic Beach. Tour guides will be there to assist with the route and traffic officers will help with street crossing. Participants are urged to follow Florida law, which mandates helmets for anyone riding a bike under the age of 18.

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. Oasis Galley will be open to all civilians and retirees, along with active duty, on Feb. 22 in recognition of President's Day and Feb. 27 in recognition of Black History Month.

Thursday, Feb. 21
Breakfast
Bacon
Turkey Sausage Patties
Pancakes
French Toast
Potato Rounds
Lunch
Clam Chowder
Grilled Steaks
Baked Stuffed Fish
Rice Pilaf
Baked Potato Halves
Broccoli
Corn On Cob
Natural Pan Gravy
Dinner
Clam Chowder
Caribbean Chicken Breast
Veal Parmesan
Islanders Rice
Boiled Pasta
Marinara Sauce
Tangy Spinach
Mixed Vegetables

Friday, Feb. 22
Breakfast
Bacon
Turkey Sausage Links
Pancakes
French Toast
Hashbrown
Lunch
Corn Chowder
Chicken Wings
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
Smixed Vegetables

Saturday, Feb. 23
Breakfast
Bacon
Corned Beef Hash
Pancakes
French Toast
Potato Rounds

Lunch
Vegetable Soup
Sloppy Joes
French Fried 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. 24
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
Squash

Monday, Feb. 25
Breakfast
Sausage Links
Corned Beef Hash
Pancakes
French Toast
Potato Rounds
Lunch
Minestrone Soup
Roast Turkey
Baked Ham
Sweet Potatoes
Corn Bread Dressing

Green Beans
Corn
Burgers
Baked Beans
French Fries
Dinner
Minestrone Soup
Lemon Baked Fish
Dijon Baked Pork Chops
Oven Browned Potatoes
Corn
Asparagus
Brown Gravy

Tuesday, Feb. 26
Breakfast
Bacon
Turkey Sausage Patties
Pancakes
French Toast
Hashbrown
Lunch
Chicken Gumbo Soup
Bbq Chicken
Yankee Pot Roast
Rice Pilaf
Mashed Potatoes
Corn Club Spinach
Chili Dogs
French Fried Onion Rings
Dinner
Chicken Gumbo Soup
Pork Steaks
Meatloaf
Steam Rice
Oven-Glo Potatoes
Wax Beans
Broccoli
Brown Gravy

Wednesday, Feb. 27
Breakfast
Bacon
Corned Beef Hash
Pancakes
French Toast
Potato Rounds
Lunch
Cream Of Broccoli Soup
Parmesan Fish
Spaghetti With Meat Sauce
Boiled Pasta
Italian Roasted Potatoes
Marinara Sauce
Mixed Vegetables

Cauliflower
Burgers
French Fries
Baked Beans
Dinner
Cream Of Broccoli Soup
Fish With Mustard Sauce
Beef Fritters
Boiled Pasta
Rice Pilaf
Peas & Carrots
Wax Beans
Brown Gravy

Thursday, Feb. 28
Breakfast
Corned Beef Hash
Sausage Gravy
Biscuits
Pancakes
French Toast
Hashbrown
Lunch
Clam Chowder
Steamship Round
Baked Stuffed Fish
Rice Pilaf

Mashed Potatoes
Broccoli
Corn On Cob
Natural Pan Gravy
Dinner
Clam Chowder
Honey Glazed Chicken
Cajun Roast Beef
Oven Browned Potatoes
Steam Rice
Cream Corn
Brussel Sprouts
Brown Gravy



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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.

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 violence 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

March 3, 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.

March 3, 1-4 p.m., Expectant Dad's, USO

This program is designed for new Dads and Moms. The program will address, investigate, and discuss issues facing fathers in today's weird world. The attendees will look at being a father in the military, on care of newborns and toddlers and how to grow with your child and become the Dad you really want to be. The program will increase the participant's knowledge about child development and will also address relationship changes that accompany the birth of a child.

March 3-6, 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.

March 4, 9 a.m.-noon, Parenting Class, FFSC

March 4, 1:30-3 p.m., FERP-Troops to Teachers/Spouse to Teachers, FFSC

TTT assists military active duty and retired military in making successful transitions to second careers in teaching. Learn more about the Spouses to Teachers program for military spouses too.

March 4, 9-11 a.m., Resume Walk-In Review Assistance, FFSC

March 6, 9-11 a.m., Resume Walk-In Review Assistance, FFSC

March 6, 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.

March 6, 8-9 a.m., Sponsor Training, FFSC

March 7, 9-11 a.m., Car Buying Tips, FFSC

March 11, 9 a.m.-noon, Parenting Class, FFSC

March 11, 9-11 a.m., Resume Walk-In Review Assistance, FFSC

March 12, 9 a.m.-2 p.m., Navy Tri-base Job Fair, Morocco Shrine Center

March 13, 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.

March 13, 9-11 a.m., Resume Walk-In Review Assistance, FFSC

March 14, 9-11 a.m., Establishing a Sound Family Budget, FFSC

March 17-20, 8 a.m.-4 p.m., SAVO Advocate Training, Building 460

March 17, 8:30-9:30 a.m., FERP Career Advancement Account Workshop, 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.

March 18, 9-11 a.m., Resume Walk-In Review Assistance, FFSC

March 18, 9 a.m.-noon, Parenting Class, FFSC

March 18, 1-4 p.m., Leadership Life Skills For E7 & Above, Mayport Chapel

March 19, 1-4 p.m., Leadership Life Skills for E4, Bldg. 1

March 19, 8-11:30 a.m., Stress Management, Wellness Center

Stress is a normal part of everyone's life. It can be ener-

gizing 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.

March 20, 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.

March 20, 8:30 a.m.-4 p.m., Leadership Life Skills For E5 & E6, Bldg. 1

March 20, 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.

March 20, 9-11 a.m., Resume Walk-In Review Assistance, FFSC

March 21, 9-11 a.m., Credit Report Review, FFSC

March 24-27, 8 a.m.-4 p.m., TAP Separatee 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.

March 25, 9 a.m.-noon, Parenting Class, FFSC

March 25, 9-11 a.m., Resume Walk-In Review Assistance, FFSC

March 26, 6-7 p.m., IA Family Discussion Group, ISO

March 27, 9-11 a.m., Resume Walk-In Review Assistance, FFSC

March 27, 8:30-9:30 a.m., FERP- Career Advancement Account Workshop, FFSC

March 27, 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.

March 27, 8:30-11:30 a.m., Military Spouse 101, FFSC

March 28, 9 a.m.-noon, What About the Kids?, FFSC

March 28, 9-11 a.m., Considerations for Home Buying, 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 violence 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.

March 31, 6-7 p.m., Ombudsman Assembly, USO

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 violence 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.

March 31, 6-7 p.m., Ombudsman Assembly, USO

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New Handbook Outlines Navy Family Emergency Preparedness

From Naval Services Family Line

Naval service family members may now obtain a handbook to prepare for a variety of natural or man-made disasters. This handbook, entitled "Are You Ready? Guidelines for Navy Family Emergency Preparedness" is being published and distributed by Naval Services Family Line.

"In this day and age it's important for families to be prepared for a variety of emergency situations," said Josi Hunt, chairman of Naval Services Family Line. "It is the service member's duty to be informed, to have a disaster plan and have resources available to them, and this book covers those things." This handbook was compiled to offer family members an enhanced, printed version of the Operation Prepare program material that was initiated last April by Commander, Navy Installations Command. Vital information is included to ensure families are prepared as their own first responders. The key elements of this self-preparedness include creating a family emergency plan, completing emergency contact cards and compiling an emergency supplies kit.

"Each different disaster is covered, and what types of things you need to do. It's a guideline. It's steps for the family members," said Hunt.

The handbook also includes critical information on actions to take immediately following a disaster. Resource charts with Web sites and telephone numbers offer guidance to family members during the difficult aftermath of a disaster.

To get a copy of the handbook for your family or family members within your command, visit www.lifeline.navy.mil/FamilyLine, or e-mail Family Line at nsfamilyline@aol.com. You can also call Family

Line at 1-877-673-7773.

Naval Services FamilyLine is a volunteer, non-profit organization of Naval service spouses who are dedicated to providing educational material and other resources to families of our active duty men and women. Each year, FamilyLine edits, publishes and ships their guideline series of publications to families, commands, ombudsmen and FFSC's around the world.

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MWR Happenings

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.

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.

Kids Corner

Club Teen, "Rap Battle," is 8-11 p.m. Feb. 23 at the Teen Center (next door to the Youth Activities Center). Admission is \$2. This event is open to middle and high school ages only. 270-5680/5421

Freedom Friday, Movie Night, is 7-11 p.m. Feb. 29 at the Youth Activities Center. The scheduled movie is "Bee Movie". 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

Open Recreation and Before and After School Care

Open Recreation for teens is 2:30-6:30 p.m. Monday-Friday at the Teen Center, located next door to the Youth Activities Center. Activities at the Teen Center include pool tables, air hockey, foosball, computers, video games, music, TV and movies, plus monthly special events. The Teen Center is open for middle and high school ages only and is free of charge. 270-5680/5421

Open Recreation for elementary school ages is 4-5:30 p.m. Monday, Wednesday and Friday at the Youth Activities Center, located in on-base housing. Boys and Girls Club programs (Fine Arts, Fitness Authority and Power Hour) are offered in lieu of Open Rec on Tuesdays and Thursdays from 4-5:30 p.m.

Open Rec is also held from 1-5 p.m. on Saturday for all ages at the Youth Activities Center. 270-5680/5421

The Youth Activities Center offers a nationally accredited Before and After School Program (also known as School Age Care) for children in grades kindergarten through fifth. The program is offered Monday-Friday during regular school weeks as well as early release days and non-school days. Seasonal camps are available during school breaks including winter, spring and summer. Fees are determined by total family income. Transportation is available to and from Finegan Elementary School and Mayport Elementary School. 270-5680/5421

Youth Sports, Fitness and Classes

Registration is being held until Feb. 15 for spring baseball (ages 4-18). 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

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.

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

There is currently a waiting list for Tiny Tigers Karate (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



MWR Employee of the Year



-Photo courtesy of MWR
Congratulations to Patti Sprink, MWR budget assistant, selected as MWR Mayport's Employee of the Year 2007. Acting MWR Director Lisa Wolfe, right, presented Sprink with her certificate of appreciation and plaque.

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.

Feb. 23: Monster Jam Show at the Jacksonville Municipal Stadium. Catch infamous trucks such as the Gravedigger, Madusa, Gunslinger and

Avenger battle it out at the stadium all for only \$8. Cost of the trip includes transportation and admission. Trip will depart from Planet Mayport promptly at 6 p.m. Sign up at Planet Mayport.

Feb. 25: 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. 26-29: Don't Forget the Lyrics Game Show. In this show, a single contestant is prompted to complete song lyrics for increasing amounts

of prizes. After each correct answer, the contestant can continue playing, risking what has already been earned, or quit the game and take home all the money he or she has already earned. If the contestant continues playing and correctly completes nine song lyrics, he or she will be given a lyric from a No. 1 hit to complete. If the contestant completes the final lyric correctly, he or she wins the grand prize. Game show will start promptly at 6 p.m. at Planet Mayport.



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NEX Goes 'Green'

From NEXCOM

NEX customers will be able to do their part to help the environment by purchasing a multi-use reusable shopping bag at Navy Exchanges worldwide. Green Bags will be available in stores in the continental United States late February and in March for overseas NEXs. The reusable bags will sell for \$.99 for the non insulated bag and \$1.99 for the zippered insulated bag.

The reusable bags are made of a sturdy mesh, sewn together from 100 percent polypropylene and can withstand repeated usage. The bags' sturdy straps



New reusable bags available at NEX.

carry a lot of weight without tearing, and have a flat bottom to help prevent tip-overs. Best of all, they are moisture resistant and can be recycled when no longer usable. "The NEX is always looking for ways to help the environment and make the shopping experience a pleasant one for our customers" said Mike Mongin, NEXCOM Operations Program Manager. "The NEX reusable Green Bags reduce the need for plastic or paper bags at checkout and make the shopping trip a little easier. These bags are also easy to store in your vehicle for your next trip to the NEX."

Commissaries 'Going Green' With Fluorescent Bulbs

By Lynda Valentine

DeCA

Want to use up to 75 percent less energy every time you turn on a lamp and save money on your energy bills at the same time? It's as easy as unscrewing your incandescent light bulb and replacing it with a compact fluorescent light bulb – those long-lasting, swirl-shaped bulbs found in the household goods aisle at your commissary.

Lighting accounts for roughly 20 percent of the average home's energy bill, according to the U.S. Department of Energy. To encourage commissary customers to decrease their energy use, DeCA is partnering with Osram Sylvania and General Electric to offer great prices on compact fluorescent lights – called CFLs. The ambitious plan: Sell 1 million compact fluorescent bulbs to customers in 2008, more than doubling the number currently sold in commissaries worldwide.

"Rising utility costs, coupled with an increasing awareness on the part of our customers about the benefits of conservation, have given us incentive to introduce this '1-million' plan," said Rick Page, DeCA's acting director.

"We work hard at all our stores to cut energy costs and protect the environment by building energy-efficient stores,

watching our energy consumption, and recycling plastic, wood and paper products. These are just a few of the things we do as part of our corporate policy," he said. "Now we're taking it one step further by offering customers an opportunity to 'go green' with us by conserving energy in their homes."

Although CFLs cost more than a traditional bulb, they use less electricity, last up to 10 times longer, produce 75 percent less heat, and save consumers as much as \$30 over the life of each bulb. In addition, CFLs now come in a variety of shapes and sizes to fit almost any light fixture in your home. Service members stationed overseas and living in off-base communities may have homes with different voltage requirements than CFLs offered in the commissary.

DOE recommends consumers replace their traditional light bulbs with the more energy-efficient CFLs in all high-use fixtures in a home. High-use is defined as fixtures used at least 15 minutes at a time or several hours per day, such as those found in family and living rooms, kitchens, dining rooms, bedrooms and outdoors. Service members stationed overseas who live in off-base communities may have homes with different voltage requirements than CFLs offered in the com-

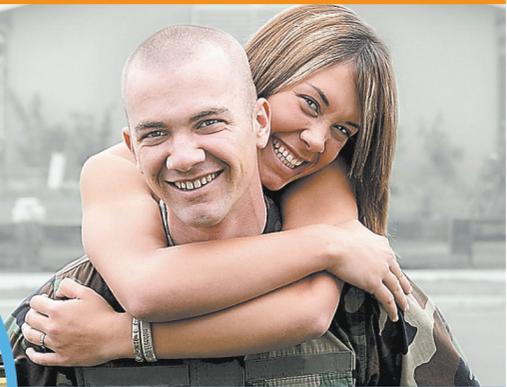
missary. According to DOE's Web site, if every American family replaces just five bulbs, we would save close to \$8 billion each year in energy costs, and prevent the greenhouse gases equivalent to the emissions from nearly 10 million cars.

CFLs offer many benefits, but they contain mercury. To prevent mercury from ending up in landfills, the Environmental Protection Agency recommends customers visit <http://www.epa.gov/bulbrecycling> or <http://www.earth911.org> to identify local recycling options for CFLs, when possible. Customers living in military housing can check with their installation for recycling options, and service members living overseas in off-base communities can investigate host government programs.

Coal-fired power plants are the largest man-made source of airborne mercury because mercury that naturally exists in coal is released into the air when coal is burned to make electricity. Coal-fired power generation accounts for roughly 40 percent of the mercury emissions in the United States. The use of CFLs reduces power demand, which helps reduce mercury emissions from power plants.

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Navy News

Navy's Environmental Readiness Director Discusses Sonar, New Web Site

From Lt. Jennifer Cragg, Navy News Service; and Tracey Moriarty, Chief of Naval Operation Environmental Readiness Division

The Environmental Director for the Chief of Naval Operations has spearheaded the creation of a new Web site to better educate and inform the public and Sailors on what the U.S. Navy is doing to protect the seas and its inhabitants during crucial training exercises.

Rear Adm. Larry Rice, director of the Chief of Naval Operations Environmental Readiness Division (N45), recently discussed why training with sonar is important and vital to national security.

"We cannot send our American Sailors and Marines into potential trouble spots around the world without adequate training to defend them," said Rice. "This is a national security issue, and we must use all methods available to ensure that arbitrary and excessive restrictions do not hamper our ability to train."

Rice added that the U.S.

Navy has trained in Southern California for the past 40 years and they have had zero incidents with marine mammals--no strandings, no deaths, and no documented injuries.

"We want to keep that up," added Rice. "In order to accomplish this, we have 29 protective measures that we already employ. The additional training restrictions that the court levied on us frankly don't help us take care of the environment--and it restricts our training."

Rice added that it is important for Sailors and citizens to know how small an impact Navy sonar has on the marine environment.

As part of learning what type of impact the Navy is having, Rice encourages everyone to log onto the Navy's newest sonar Web site, which features information on whales, video clips, environmental stories, the Currents magazine and more.

The web site is located at www.navy.mil/oceans.

Rice also added that it is

important that people are aware of the many reasons for strandings.

For nations that track such events, worldwide naval use of active sonar has been correlated with the stranding of approximately 50 whales during the 10-year period from 1996-2006.

"Contrast that with over 3,500 marine mammal 'normal' strandings that occur on U.S. shores annually, and 600,000 marine mammal deaths each year by commercial fishing interests," Rice said. "So, let's examine this: 600,000 are attributable to commercial fishing, over 3,500 a year are attributable to normal causes, and approximately five a year to sonar. And remember that in the last couple of years sonar-caused deaths have been zero."

Rice attributes the U.S. Navy's success with sonar to the fleet operators who are paying attention to what is going on in the world with marine mammals and sonar, and they realize that this is really important. The

recent court case in Southern California only reaffirms its importance.

"Their actions directly influence their ship's training that will be following them. The folks that preceded the Abraham Lincoln Strike Group took precautions; they used the 29 protective measures, they ensured that our record of zero marine mammal incidents in Southern California was kept up. It's important that we keep that up so the training can continue," said Rice.

Rice added that one of the reasons for zero strandings associated with sonar is the result of continued U.S. Navy research.

"The U.S. Navy funds \$18 million a year in marine mammal research, including independent, peer-reviewed research conducted by Boston University, Duke University, University of Hawaii and Woods Hole Oceanographic Institution. Research topics include sound effects on marine mammals," said Rice.

While the U.S. Navy works hard to train in an environmentally responsible manner, submarine technology is improving and widely available to interested nations. More than 300 extremely quiet diesel electric submarines operate in 41 countries worldwide. These submarines are cheap, mass produced and readily available to any country that wants to pursue this technology.

Rice explained how difficult a job sonar technicians have when trying to pinpoint the sound of an extremely quiet submarine.

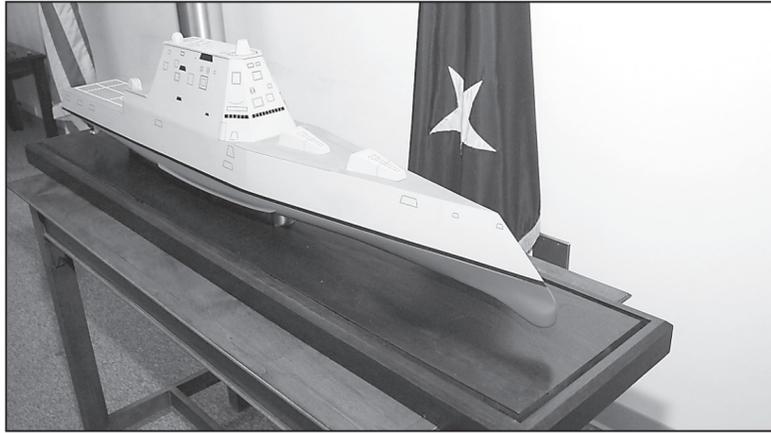
"As you know the ocean isn't like the atmosphere. The ocean is changing all of the time, whether it is the salinity, whether it is the density, whether it is the currents out there. It is a noisy place; not only are there submarines out there, but there is wave sound, rain sounds, there are other marine mammals, there are seismic sounds, earthquakes, volcanoes--a lot of sounds in the oceans, and they have to pick out that real-

ly quiet diesel electric submarine amongst all of those other sounds. That isn't something that we can simulate," said Rice.

The U.S. Navy employs 29 protective measures to protect marine life when using mid-frequency active sonar during a major exercise or within established ranges or operating area.

The measures include stationing trained lookouts, passive acoustics monitoring for marine mammals, employing night vision, establishing protective safety zones around ships, taking appropriate action when marine mammals are spotted, and employing extra precautions during chokepoint exercises. These measures were developed with and are fully supported by Federal environmental regulators, including the National Marine Fisheries Service.

For more information about Navy's use of sonar and ocean stewardship, visit www.navy.mil/oceans.



-Photo by MC2 Dustin Gates

A model of the DDG 1000 Zumwalt Class destroyer to be built by Bath Iron Works and Northrop Grumman Shipbuilding is displayed during a contract signing ceremony at the Pentagon.

Navy Awards Contracts For Zumwalt Class Destroyers

From Navy News Service

The Navy has exercised contract modifications for the construction of the dual lead ships of the Zumwalt class (DDG 1000) to General Dynamics Bath Iron Works and Northrop Grumman Shipbuilding. DDG 1000 and DDG 1001 are the lead ships of a class of next-generation multi-mission surface combatants tailored for land-attack and littoral dominance.

BIW was awarded a \$1.4 billion cost-plus contract for the construction of DDG 1000, and NGSB was awarded a \$1.4 billion cost-plus contract for construction of DDG 1001. The Navy and industry are using a thorough design-for-productivity process to pursue every opportunity to reduce cost on the DDG 1000 class without reducing key performance parameters. The Navy's dual lead-ship strategy has reduced cost and encouraged collaboration. This approach will give the Navy information and modi-

fications for future acquisition strategy decisions, and also addresses congressional concerns regarding maintaining the industrial base.

"When you look at DDG 1000, the technology is extraordinary," said Chief of Naval Operations Adm. Gary Roughead. "It is unique in that we have never tried to bring online so many new technologies, but the steps that have been taken and the investments that have been made have reduced the risk that is normally associated with new technology. The Zumwalt-class of ships is really quite impressive."

DDG 1000 has been in design, development and demonstration for almost six years. The Navy has successfully, on cost and on schedule, built and tested the 10 critical technologies that provide the capabilities future ships need. The ship's detail design effort is also on cost and on schedule, and will be more complete at the start of construction next year than

any other previous surface warship. This achievement is a testament to the close cooperation between both shipyards, and also between the Navy and industry.

DDG 1000 will triple naval surface fires coverage as well as tripling capability against anti-ship cruise missiles. DDG 1000 has a 50-fold radar cross section reduction compared to current destroyers, improves strike group defense 10-fold and has 10 times the operating area in shallow water regions against mines.

New CWO Pilot Program Puts Sailors In Flight

By MCSN Ken Ingram
Contributor

The Navy announced requirements for the Active Duty Flying Chief Warrant Officer (CWO) Pilot Program in NAVADMIN 020/08, released Jan. 25.

"This program harnesses the strengths of today's Sailors and shapes the Navy of tomorrow by developing chief warrant officer's whose careers will be focused solely on flying duties both at sea and ashore," said Vice Adm. John C. Harvey, Jr, chief of naval personnel. Sailors E-5 through E-7, who want a career in aviation and meet the criteria in the NAVADMIN, should submit an application. Completed applications are due no later than June 13. The board convenes in July when five pilots and three Naval Flight Officers (NFO) will be selected.

"The Navy is looking for hard-charging motivated Sailors interested in flying a Navy aircraft. This is a fantastic opportunity for someone who didn't get a chance to attend flight school before enlisting," said Lt. Cmdr Michael Black, director of the Navy's flying chief warrant officer program. "Warrant officers will be trained to be pilots on P-3 Orion, EP-

3 Aries, E-6 Mercury, and SH-60B/MH-60S helicopters. Warrant officers selected for NFO will fly in the P-3 Orion, EP-3 Aries and E-6 Mercury aircraft," said Black.

The program requires Sailors to be commissioned by their 27th birthday, have an associate degree or higher, be physically qualified for aviation duty, and meet eligibility requirements for a secret security clearance.

Sailors older than 27 can apply for an age waiver. Age waiver information is on the PERS-43 section of the NPC website

under flying CWO age-waiver link. Sailors below the rank of E-5 and above E-7 cannot obtain a waiver to apply.

Sailors from sea, air, land combat command, special warfare combatant crew member, explosive ordnance disposal, diver, nuclear and master-at-arms communities are not eligible for the program.

For more information and frequently asked questions, visit www.npc.navy.mil/officer/aviation/flying+cwo+program.htm.

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Guy Torry
Feb. 22nd-23rd
* Def Comedy Jam
* Appeared in "Pearl Harbor" & "The Animal"
* Torry has written for sitcoms and did time with Eddie Murphy & Martin Lawrence in "Life"

Judah Friedlander
Feb. 27th-March 1st
* NBC's "30 Rock"
* VH1's "Best Week Ever"
* Starred in films "American Splendor" & "Feast"
* Judah also gained notoriety as "the hug guy" in the Dave Matthews Band music video "Everyday"

David Allen Grier
March 6th-8th
David is best known for his role in "In Living Color". Despite extensive credits on television and Broadway, David Allen Grier gained recognition for his numerous roles in such films as "Boomerang", "A Soldier's Story", "Off Limits", "From The Hip", "I'm Gonna Get You Sucka", "Almost An Angel", "Loose Cannons", "Amazon Women on the Moon" and "Streamers" for which he won a Golden Lion Award for Best Actor at the Venice Film Festival.

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Navy News

Florida Forever Buffers Florida Military Bases To Protect Economy, Ecosystems

From The Nature Conservancy

The \$52 billion in economic benefits the military and defense industries provide in Florida face two major threats: development encroachment on bases and the loss of healthy habitats for native species throughout the state.

To address these threats and grow the economic strength of the military, bases must be protected by acquiring conservation lands important to the military. The Nature Conservancy said last week in response to a study released Feb. 1 that shows an \$8 billion increase in military economic benefits over the past two years — or the equivalent of nine percent per year.

An invigorated Florida Forever program combined with federal dollars allocated for base buffering will help protect Florida bases from future realignments or closures, according to the Conservancy and officials from the Florida

Defense Alliance, an organization created within Enterprise Florida in 1998 to ensure that Florida, its military bases and its military host communities are improving base efficiencies.

“Our Florida military have been skillful managers of the wildlife and habitats on their properties allowing a multitude of plant and animal species to thrive alongside testing and training operations,” said Jeff Danter, Florida director of The Nature Conservancy. “We are constantly looking to enhance the value of these sites by acquiring the important buffers and habitat connectors to these bases.”

For example, The Nature Conservancy and the state recently acquired 11,313 acres of the long-sought Yellow River Ravines Florida Forever project, which links outstanding natural areas in Eglin Air Force Base (AFB) with those in Blackwater River State Forest.

The Florida Division of Forestry will manage the Yellow River lands as part of the Blackwater River State Forest. The protected area will continue to provide critical habitat for black bears and other rare species.

“Our once-remote bases face increasing urban sprawl that restricts training and testing. Protecting adjacent conservation lands is an excellent solution and fortunately one that is still available in Florida. The Department of Defense recognizes and appreciates the need to work with partners such as Florida’s highly successful Florida Forever program to share these costs,” said Alex Beehler, Assistant Deputy Under Secretary of Defense for Environment, Safety and Occupational Health.

A 2007 RAND Corporation report commissioned by the Office of the Secretary of Defense, and using Eglin

AFB for an in-depth study of base protection needs, concluded that the base buffer program was effective in guarding against such restrictions. The RAND report warned that there was a narrow window of opportunity to address these concerns, and called for sharply increased funding to be made available for base buffering partnerships.

“The United States Navy, and in particular Navy Region Southeast, has benefited greatly from the Florida Forever program in preserving biodiversity and in limiting incompatible growth adversely impacting Florida’s naval bases,” said Rear Adm. Mike Vitale, Commander, Navy Region Southeast.

“The United States Navy committed \$5.03 million for land acquisition that requires cost sharing from sources such as the Florida Forever program; without funding from such sources, the federal funding

may be lost,” Vitale said. “Navy Region Southeast believes it is vital that we preserve our ability to work together to ensure that we can continue our successful and important conservation and encroachment-prevention partnership.”

“Lights from development hinder night-vision training, some flight operations can create noise complaints, and housing near drop zones interferes with parachute training. To maintain our military readiness we need to protect our military installations and critical airspace. We greatly appreciate Florida Forever projects designed to link conservation lands and provide natural buffers against incompatible development that would adversely impact Florida’s many military installations,” said Robert Arnold, chairman, Mission Enhancement Committee, Eglin AFB.

“The cost of not buffering is

that the both the military and the ecological value of Florida’s bases could be seriously compromised. The bases are a vital resource for the military, Florida’s economy and for wildlife. We should work collaboratively to protect these tremendous assets to our nation and our state” said Deborah Keller, The Nature Conservancy’s Senior Policy Representative for Department of Defense Conservation Partnerships.

The Nature Conservancy is a leading conservation organization working around the world to protect ecologically important lands and waters for nature and people. With funding from the voter approved Florida Forever program and our generous donors the Conservancy has helped protect more than 1.2 million acres in Florida since 1961. Visit us on the Web at nature.org/florida.

JR Motorsports Shows Military Might At Daytona

From Chief of Naval Personnel Public Affairs

JR Motorsports team owner Dale Earnhardt Jr., and No. 88 “Accelerate Your Life” Chevrolet Monte Carlo SS driver Brad Keselowski might be driving the colors of different military services in Feb. 16 Camping World 300 at Daytona International Speedway, but on the track, they’ll be carrying out a mission of teamwork parallel to the Soldiers and Sailors they represent.

Earnhardt, who will drive the No. 5 National Guard car in five races in the NASCAR Nationwide Series this season, said that just like a chief petty officer in the Navy or a senior non-commissioned officer in the Guard, he has been mentoring Keselowski for his first Daytona race.

“Since we’re both on the same team, obviously we’re going to work together to help one another succeed,” said Earnhardt. “From a team-owner

standpoint, just like the services we represent, we’re going to be working together toward one common goal, a one-two finish.”

Representatives from the Navy and National Guard Motorsports programs were both quick to point out that while most NASCAR sponsors are battling against one another for exposure, having JR Motorsports represent both services in the race means better exposure for the military, which

is a marketing win for all.

“We have partnered with JR Motorsports in the NASCAR Nationwide Series because we feel Dale Earnhardt Jr., and Brad Keselowski both understand military service, and their profession closely mirrors the high-tech, teamwork oriented environment in which we operate,” said Capt. Jack Hanzlik, Chief of Naval Personnel Public Affairs Officer.

“I think those synergies go a long way on and off the

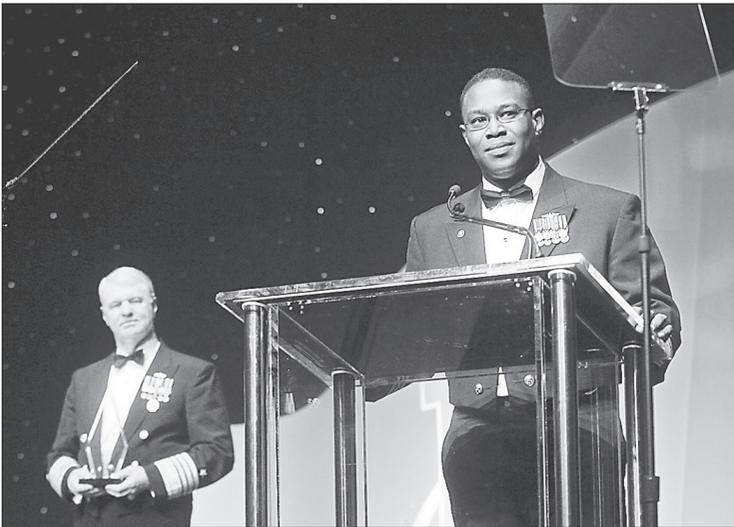
track,” said Col. Mike Jones, chief, Army Guard Recruiting and Retention. “The Navy and National Guard serve alongside one another on the battlefield, and this weekend in Daytona we’ll work together to create a win-win Jr. Motorsports victory.”

Earnhardt agrees that common goal aside, there will be a healthy dose of competition among the two teams when the green flag waves.

“I’ve spent a lot of time

with Sailors out the fleet, and I’ve had the chance to spend some time with Soldiers in the Guard,” Earnhardt said. “I know first-hand that both are dedicated to the mission, and both are sure their service is the best. I bet there will be some spirited discussions in the pits on Saturday among the Soldiers and Sailors in uniform, not to mention the two pit crews.”

Black Engineer of the Year



-Photo by MC1 Tiffini M. Jones

Cmdr. Richard Bryant, right, gives thanks to his family after receiving the Black Engineer of the Year award for Career Achievement in Government presented to him by Chief of Naval Operations (CNO) Adm. Gary Roughead, left, during the 2008 Black Engineer of the Year Awards gala in Baltimore. Bryant is the commanding officer of the fast attack submarine USS Miami (SSN 755). The Black Engineer of the Year awards are held to honor innovators who demonstrate excellence in science, engineering or technology, leadership community and workplace leadership, outstanding work as role models and mentors and commitment to recruiting and retaining minorities in the nation’s science and technology enterprises.

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Health Beat

Naval Hospital Jacksonville Can Save You Money When Using Other Health Insurance

By Marsha Childs

NHJ Marketing

Every January millions of Americans must meet their annual out-of-pocket medical deductible when seeking health care in the civilian community. Patients who are covered by commercial health insurance carriers can avoid this expense by using the military treatment facility (MTF) at the beginning of each year.

The Third Party Collection (TPC) program allows Naval Hospital

Jacksonville (NHJ) to bill private health insurance carriers for services provided. The good news is you will never be charged a deductible or co-payment assessed by your other health plan for services provided at an MTF. The government absorbs these costs. This could save you money if you later seek medical services in the civilian community.

Congress has authorized federal facilities to recover costs for patients covered under commercial health plans

for medical services provided at an MTF. You may receive a statement that reflects your share of the payment, but the MTF will never try to collect the difference if the carrier does not cover the entire cost. These services include outpatient visits, inpatient admissions, laboratory and radiology services, prescription drugs and ambulatory surgery.

You may also receive health benefits when another person or employer has medical coverage and is responsible

for your illness or injury. For example, you are involved in a car accident and the other driver is at fault and has medical coverage on his auto policy. Or, you are injured on the job and are covered under Workers Compensation.

To ensure you are getting the benefits from the TPC program, update your insurance information annually or if your coverage changes. This may be done at NHJ Outpatient Records or when you are checking in for an appointment. If your appointment is

related to an accident or injury where another party is liable, let the staff know every visit.

The TPC funds collected from private health carriers are used to enhance the quality of care and level of services provided for military families at the hospital and its branch health clinics. So help yourself and help your shipmates by providing and periodically updating your other health insurance information at the MTF.

Families Prepare To Help Children Cope During Military Deployments With TRICARE Help

By Patricia Opong-Brown

TRICARE Management Activity

In today's Military, deployments are part of life. Pending a deployment in the States or overseas, the family, especially the children, may have anxiety and concerns. Not to worry, there are many ways to help children cope with the absence of a deployed parent.

According to the Uniformed Services University of the Health Sciences in Bethesda, Maryland, there are three important central approaches to help children cope during deployment. Reinforce that the deployed parent is trained to do his or her job, reinforce that the family and children at home also have jobs, and ensure that communication with the children is age appropriate.

Just like doctors have special training to take care of people who are not feeling well or firefighters have special training to fight fires, the Active Duty parent has to assure children that he or she has the training and skills to do the work while deployed.

Military medical experts suggest reminding children that while their parent is deployed, they have roles in the household that are just as important. The jobs can be helping mom or dad around the house, being successful in school, taking on new chores or maintaining a healthy lifestyle.

"On the other hand, it is not healthy to tell a son that he is going to be 'the man of the house,'" said Ms. Jennifer Wickizer, Community Readiness Consultant, Airmen and Family Readiness Center (A&FRC), Bolling Air Force Base. This puts too much pressure and stress on the child.

"Parents need to discuss the pending deployment with children in ways that are age-appropriate," said Ms. Wickizer. She also stresses that parents should take their cues from the child to determine how much information should be presented. Provide just the right amount of information and answer questions accordingly, but do not get into information overload mode. "Encourage children to express their feelings: sad, mad or happy, and validate their emotions," she said.

Since preschoolers have no concept of time, experts recommend parents use visuals to illustrate when mom or dad will be coming home. For instance, says Ms. Wickizer, "a candy

jar with jelly beans is a good visual. Count the number of jelly beans for each day the parent is expected to be away, and each day the child can take a jelly bean out of the jar. As the deployment moves on, the jar has less jelly beans in it."

The consultant cautions parents against marking the return date on the calendar because deployments are very unpredictable. For example, said Ms. Wickizer, "the parent can be held over or extended. When the parent does not come home on the day with the big red circle, this creates a huge disappointment for the child. On the other hand, unlike the big red circle on the calendar, a candy jar can easily be manipulated. If the parent at home gets news that the deployment is extended, he or she can slip more candy into the jar, or remove candy if the deployed parent will be coming home sooner."

"Planning an event in the future, such as a family vacation, not only gives the child something positive to focus on, but also reassures the child that the parent will come home. Just do not make any plans too close to the anticipated return date in case the deployed member is not able to come home at that exact time," recommended Ms. Wickizer.

Before he deploys at the end of the year, Senior Master Sergeant (SMSgt) LesRoy Williams, assigned to the Logistics Readiness Squadron at Seymour Johnson Air Force Base, North Carolina, and his family will watch Sesame Street's Talk, Listen, Connect: Helping Families During Military Deployment with their 4-year-old daughter.

All Military families with children 3- to 5-years-old can get streaming video or request a free bilingual kit at www.sesameworkshop.org/tlc. The kit educates parents and caregivers on how to help children cope with all areas of pre-deployment, deployment, and homecoming.

Russell Research, Inc., in consultation with the Military Family Research Institute, surveyed 367 spouses of Active Duty, National Guard, and Reserve personnel. More than 80 percent of those surveyed rated the Sesame Street DVD and kit highly effective and easy to understand for both children and adults. Families also reported that the program increased communication about

deployment and reduced negative behaviors.

Unlike preschoolers, elementary school-age children have a better concept of time, but "candy jars work for this age group as well," said Ms. Wickizer. At this age, the deploying parent and the child can come up with ways to stay in touch or think of each other. For instance, the child and parent can wear synchronized stop watches and set the alarm to go off at a determined time. Each time the alarm goes off, it will mean, "I'm thinking of you," suggested Ms. Wickizer.

Abstract thinking begins at ages 9 through 12. This age group understands the concept of a return date. Military experts recommend providing children in this age range with stationary and stamps to write letters or set up e-mail accounts for keeping in touch and communicating with their deployed parent. The A&FRC provides writing kits for children of vari-

ous age groups.

In addition to writing letters, children can also write in journals. Health Net Federal Services, the TRICARE managed care support contractor for the northern region, has produced a journal aimed at Military children. Life, a Kids' Journal, helps Military children successfully deal with challenges, especially deployments. The journal helps children make sense of their feelings while mom or dad is deployed. Organizations in the TRICARE northern region can order complementary copies by calling (571) 227-6553 or (916) 351-5355. Anyone can download the journal from the link found at www.hnfs.net/common/newsResources/Kids+Journal+News+Release.htm. The Military Health System Web site has a "Kid's Corner," where children will be able to share their writing, artwork or drawings at <http://mhs.osd.mil/kidscorner.jsp>.

According to Ms. Wickizer, "High school kids are a little harder to please and e-mail is the best recommendation for teenagers. By working with the child's school, the deploying parent can arrange to make morale calls to the child at school." Deployment journals are another tool for middle school and high school kids.

When it gets closer to his deployment date, SMSgt Williams will talk about where he is going with his 16-year-old daughter and 12-year-old son. If the location is not classified, he will have them research the country online. Ms. Wickizer recommends www.deployment-kids.com. "This Web site provides information about various deployment locations, but it is set at kids' level so that just the right amount of information is provided."

In addition to researching, SMSgt Williams will give his children a travel window rather than exact dates, "which will

cover any changes and reduce thoughts of 'daddy's lost' or 'daddy did not make it,' if they do not hear from me right away."

Pre-deployment is a busy time for the Military member, but it is important to make time to talk as a family. Encourage every member to express how they are feeling. "I honestly think maintaining a positive communication structure with your children before, during, and after your return helps to build a stronger relationship, which creates an emotionally sturdy child," said SMSgt Williams. "Especially for when the next deployment rolls around, and believe me, it is coming."

For more information about children coping with deployment, go to a local A&FRC, Marine Corps Community Services, Army Community Services, Fleet and Family Support Center or visit www.militaryonesource.com or www.healthnet.com.

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Updated: FEBRUARY 1, 2007

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How Do You Get Toddlers To Eat Nutritious Foods?

By Maj. Karen E. Fauber
DeCA dietitian

Up, down, in, out, and running around, toddlers like to explore and master their world including the food they choose to eat. While not always sitting still for very long, they normally eat enough calories to grow and thrive. Our role as parents and caretakers is to ensure they are offered a variety of foods that provide the calories and nutrients their growing, busy bodies need during their early years. Toddlers need to decide what and how much they eat of the foods offered to them.

Food jags are common. Does your toddler want to eat only macaroni and cheese or dry cereal at dinner? It is common for toddlers to go through food jags where they want to eat the same food over and over again. Don't be too concerned if they only want to eat macaroni and cheese, you choose the foods on your child's plate. If you choose to give them the same food regularly, try adding a different food to their plate at meals and encourage them to try it. Most food jags do not last very long, especially if parents don't accommodate them.

Tame the new food fears. Tried offering broccoli and your toddler did not eat it the first time? Well, don't give up after the first try. It naturally takes children up to 10 times

trying a new food before they accept it. Continue to give the broccoli or any other new food at meals and snacks without forcing them to eat it. Remember to offer small portions and encourage them to try it. And be sure you're setting a good example! Serve healthy foods that you like so your child will see you enjoying what you're asking him or her to eat.

Serve child-size portions. A couple of tablespoons are usually plenty to serve, especially for new foods. Small plates and small portions are just right for small eyes and stomachs, less overwhelming. Let your child decide what to eat. Don't force them to eat something if they don't want it. It's OK to have them try a bite, but let them decide how much they will eat after the first bite.

Eat meals together. Children need to eat with other people, especially their families. Toddlers are more likely to try new foods when they see their brothers, sisters or parents eating with them. Look for opportunities to offer healthy foods to your toddler at home and outside activities. Fruits and vegetables can be offered to a group of children as a new adventure for them to try.

Toddlers need to feed themselves. Tried letting your child feed himself and spent an hour clean-

ing up? Toddlers need to feed themselves and practice makes perfect. While they are practicing and learning how to master this skill, they are developing critical eye and hand coordination along with self confidence. Your child should start finger feeding around 9 months and try using utensils by 15 to 18 months. Provide the opportunities for your child and help out only when necessary. When you are feeding your toddler try not to force in that last bite, allowing his hunger cues to guide how much he eats. Don't get into a power struggle with your child, let him have control over how much he eats and how he eats it.

Toddlers need to eat often. Small stomachs and short attention spans lead to toddlers needing to eat five to six times a day. Children need and like structure in their lives, so scheduled meals and snacks are ideal for them. Snacks can help the child get many of the nutrients and calories that are needed for growing bodies.

- Snack ideas for toddlers
- *Cheese sticks and pretzels
 - *Whole grain cereals (circles and square shapes mixed together in a cup)
 - *Apple wedges and cheese slices
 - *Frozen banana slices
 - *Cut carrot coins and ranch dressing

- *Sliced, rolled up tortilla spread with nut butter mixed with mashed banana
- *Yogurt
- *Cottage cheese and fruit
- *Crackers and cheese, turkey, or ham

Avoid the junk food. Chips, cookies, candy and sodas all contain a lot of empty calories without any real nutritional value. As toddlers grow and eat small amounts of food frequently, remember to include healthy foods in their meals and snacks. Also, eating junk food regularly can contribute to a toddler becoming overweight at some time in life. Establishing healthy habits at a young age will greatly benefit your child as he or she grows.

Enjoy the eating experience with your toddler as he tries new foods, develops skills and masters his world. It can be a fun, rewarding experience for both of you.

For more information on feeding your child or other nutrition topics, go to <http://www.commissaries.com> and visit the DeCA Dietitian, post your questions on the DeCA Dietitian Forum and be sure to look for other useful information in The Dietitian's Voice archive.

DeCA Gives Gift From Heart

By Maj. Karen E. Fauber
DeCA dietitian

Diamonds may be a girl's best friend, yet a healthy heart may be an even better gift to share. February is Heart Disease Awareness Month, a great time to share your love with a gift truly from the heart: a heart-healthy diet. In addition, talk with your health care provider today about your risk for heart disease; it's still the No. 1 killer for men and women.

The following is a shopping list for a heart-healthy diet. Remember, you can buy all of these heart-healthy foods while saving 30 percent or more in the commissary:

- Fish such as salmon, trout, herring, tuna
- Fruits and vegetables
- Fat-free or 1-percent milk and low-fat dairy foods
- Lean beef, pork, chicken and turkey
- Whole grains like oats, whole wheat, quinoa, brown rice, wild rice
- Beans
- Nuts such as walnuts, almonds and pistachios
- Dark chocolate
- Heart-healthy salad
- Make a salad with spinach, sliced almonds, dried cranberries and parmesan cheese. Add some tuna, high in omega-3 fatty acids that your

heart loves, and toss with a light salad dressing.

Hearty chili in 30 minutes. Open and rinse three cans of beans and a can of corn to remove some of the salt. Mix with cooked ground turkey or hamburger, a 12-ounce or larger jar of salsa or salsa verde. Heat for 15 minutes. Sprinkle some low-fat cheese on top, and serve with whole grain bread.

For more heart tempting recipes that are sure to please your palate, be sure to check out Kay's Kitchen on <http://commissaries.com>.

So when you are shopping for the perfect gift that keeps on giving, consider what you can do to help improve the health of your heart for those you hold dear. It's a true gift of love for everyone.

See you in the commissary!

For more information on heart healthy foods or other nutrition topics, visit the DeCA Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum and be sure to look for other useful information in The Dietitian's Voice archive.

More Choices At DeCA For Gluten-Free Diets

By Air Force Reserve Lt. Col. Sara Burnett
DeCA

Gluten is a sticky protein found in wheat, rye and barley and other related grains which gives dough elasticity and strength. People who are gluten-intolerant need to avoid products that contain gluten, or suffer undesirable consequences. A gluten intolerance is not the same as a wheat allergy. People with wheat allergies must only avoid wheat, and many eventually outgrow the allergy. Gluten intolerance is an autoimmune disorder and requires a lifelong abstinence from any product that contains gluten.

The major grains that contain gluten are wheat, rye, and barley. Oats remain controversial. It has not yet been determined if the protein structure, cross contamination or other factors are what causes the problems for gluten-intolerant individuals. Some people can tolerate oats while others cannot.

Gluten lurks in such unsuspected foods as some brands of lunch meat, hot dogs, ice cream and imitation crabmeat. Even safe-sounding ingredients like food starch, vegetable gum, natural flavors, ground spices, soy sauce, caramel color, malt

vinegar, hydrolyzed vegetable protein, stabilizers and emulsifiers may contain gluten from the grains used in processing unless otherwise indicated. Also, keep in mind that combination and convenience foods are more likely to contain hidden gluten than foods in their natural, whole food state.

Read food labels carefully. New laws require food manufacturers to state the presence of wheat proteins on food labels, and a more precise definition for "gluten-free" is pending.

For many people, giving up bread, pasta and pizza would seem like a true hardship. This used to be a common scenario for people diagnosed with celiac disease or other gluten-intolerant disorders. However, in recent years progress has been made to give people tasty alternatives.

Substitutes include flours made from rice, soy, corn, buckwheat, millet, amaranth, quinoa and almond. Traditional thickeners can be replaced with starches made from potato, tapioca, corn or arrowroot. The texture of the finished products may vary from their traditional counterparts, but many people enjoy them.

Look in the health and well-

ness section of your commissary for special gluten-free products. Gluten sensitivities are receiving more attention and more food manufacturers are responding to the need. Ask the store director if there are specific products you'd like the commissary to carry.

For more gluten-free information or other nutrition topics, visit <http://www.commissaries.com>, post your questions on the "DeCA Dietitian Forum" and be sure to look for other useful information in the "Dietitian's Voice" archive.

About DeCA: The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

- Air Force Reserve Lt. Col. Sara Burnett MS, RD, is a member of the Health & Wellness Promotion Group that partners with the Defense Commissary Agency.

Ten Tips To Lose Weight

By Maj. Karen E. Fauber
DeCA dietitian

The new year is here and you are off and running with your resolution to lose weight. Tennis shoes in one hand and water bottle in the other, you are going to lose those five, 10 or more pounds this time, right? Well, to help you reach your individual weight loss goal try these tips and the pounds will melt away:

Be real. Set a realistic goal for weight loss and write it down. Losing two to no more than three pounds a week is generally recommended by the experts. Remember how long it took to gain the weight? Give yourself time to lose it gradually and you are more likely to keep it off as you change your lifestyle habits.

Feel the burn. Calories in, calories out or what you eat is what you get. This means be active. Go walking, swimming, jogging, bicycling and dancing to burn those calories. The key is to make physical activity a part of your everyday life.

Go small. Use the small plate and small bowl at meals instead of the large ones. It is too easy to eat too much when you use a big dinner plate or a large bowl, especially for that nighttime ice

cream. Eat fiber. Aim for 25 to 35 grams of fiber a day. Fiber fills you up and helps you feel full for a long time between meals. Easy ways to get more fiber include eating cereal for breakfast that has 10 or more grams per serving, eat a pear or an apple for a snack, add beans to your meals, soups, and salads, and add a few nuts as a snack or on a salad.

Got protein? Do not skimp on protein; this includes chicken, fish, turkey, lean beef and pork. It also includes dairy foods like skim milk, yogurt, low fat cheeses, beans and nuts, all found in your commissary at savings of 30 percent or more. The average person needs .8 grams protein per kilogram body weight, about 60 to 90 grams protein a day.

Is that plate big enough? Portion control, portion control, portion control. A serving that is bigger than your fist is probably too much to eat - unless it's vegetables.

Mama said, "Eat your vegetables!" And, mama was right. Eat vegetables at lunch and dinner. Portions are not so important here. In fact, eating vegetables is a good place to cheat if you need to. Make sure to fill up

half your plate at meals with vegetables. The fiber, water content and nutrients in vegetables helps the body lose weight. Fresh, canned, or frozen veggies are all great choices. Avoid the sauces, though, as they add many extra calories.

Don't forget the fruit. Fresh, canned or frozen: they all make great snacks and a nice desert. Dried fruit is OK, too, as long as you control the portion sizes.

"I get by with a little help from my friends." Get support to stay on track with your weight loss from your family and friends. How about creating your own biggest losers contest and invite others to join? Support goes along way with weight loss.

Celebrate your progress. Give yourself a pat on the back and more as you continue to lose weight. It's no easy task. As you reach a weight loss goal how about something special to reward yourself? Make it something that you really can enjoy like a new outfit, season tickets for your favorite sport, a special vacation. You decide what it is and write it down with your goal.

See you in the commissary!

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

ACROSS

- 1 Endangered Afr. mammal
- 6 Abraham's son
- 11 AARP group
- 14 Noble title
- 15 "Jurassic Park" star Sam
- 16 Tiger's peg
- 17 Start of quip
- 20 Part 2 of quip
- 21 Morse unit
- 22 Weapons stockpile
- 25 Rainy day racetrack favorites
- 29 Considered
- 30 Anderson of "WKRP..."
- 31 Bodybuilder Ferrigno
- 32 Finished
- 33 Short skirts
- 34 Charged particle
- 35 Part 3 of quip
- 39 Suitable
- 41 Third rock
- 42 Burn a bit
- 45 Zodiac cat
- 46 Takes a chair
- 47 Grapevine transmission
- 49 Swaps
- 51 Gigantic statues
- 52 Knight's title
- 53 Part 4 of quip
- 54 End of quip
- 61 Onassis, to pals
- 62 Barcelata's "Maria"
- 63 Lukewarm
- 64 Kind of rally or talk
- 65 Philly pro
- 66 Utopias

DOWN

- 1 Slugger's stat
- 2 Occupation indicator
- 3 April 15 addressee
- 4 Aristocrats
- 5 Certain tie score
- 6 Chip maker
- 7 Ranked player
- 8 Expose to public scrutiny
- 9 PC key
- 10 Klutzy
- 11 Grandeur
- 12 Gun in neutral
- 13 Get it?
- 18 Boob tube spot
- 19 Covered up together
- 23 Old Olds' auto
- 24 Office of a legislator
- 25 May or June
- 26 One condo
- 27 Kanga's kid
- 28 Daystar
- 30 Itemized accounts
- 33 Sahl and Drucker
- 36 Warrants
- 37 Cougar's den
- 38 Miscellaneous
- 39 Clerical vestment
- 40 Veggie sphere
- 43 Some sloths
- 44 Upstate NY school
- 47 Political syst.
- 48 Soap ingredient
- 50 Barcelona aunt
- 51 Actor Romero
- 53 Nary a one
- 54 Spigot
- 55 Mining product
- 56 Actor Wallach
- 57 Latin law
- 58 Bonzo or Clyde
- 59 "Little Red Book" compiler Biao
- 60 Mormon letters

By Alan P. Olschwang 2/21/08

Last Weeks Answers

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326285 2/14/08

Reaching Out

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

2008 MDA Summer Camp
The Muscular Dystrophy Association is searching for summer camp volunteers to assist young people with neuromuscular diseases and help them enjoy a fun-filled MDA summer camp June 7-12 at Epworth by the Sea, St. Simon's Island. Applicants must be at least 16 years old and able to lift and care for a young person between the ages of 6 and 21. Each volunteer counselor becomes a companion to a camper with a neuromuscular disease and helps them with daily activities such as eating, bathing and dressing. Counselors will also assist campers with recreational activities such as arts and crafts, swimming and horseback riding. To obtain a volunteer application or learn about other ways to support MDA's summer camp program, call your local MDA office at (800) 572-1717. More information about summer camp volunteers can be found at www.mda.org/clinics/camp.

Big Brothers Big Sisters Mentoring
Big Brothers Big Sisters is providing an in-school mentoring program at Mayport Elementary School. Little Brothers and Sisters are needed just

as much as Big Brothers and Sisters! If you are interested in this opportunity, please visit our website for more information: www.usojax.com

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

St. Johns County Habitat For Humanity Needs Volunteers!
Habitat for Humanity is in need for volunteers every Friday and Saturday to help build homes in St. Augustine. No skill is necessary. Must be

16 or older. They are starting a new home every month and need help on the construction site. Please call 826-3252 ext. 2006 to sign up.

Lea's Place
Lea's Place is a volunteer program, on-call 24 hours a day, 7 days a week to help the Department of Children and Families take care of children who have been removed from abusive or neglectful situations or who have been abandoned. Volunteers assist Child Protective Investigators with feeding, bathing and playing with the children. They may also assist in the clothes closet, providing the children with clean clothing. 360-7091.

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

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

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

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

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

USO News

Mayport USO is looking for volunteers to help with visitors, answer phones, copying, filing and light administrative assistance. A working knowledge of Excel and Word is preferred. Email wendy@usojax.com for more information. Be sure to indicate Mayport Volunteer in the subject line.

American Legion Posts 316 and 129, VFW Post 2370 and FRA 290 are banning together to serve cookouts for families of deployed service members. A Feb. 24 cookout at Post 129, 1151 South Fourth Street in Jacksonville Beach, will benefit the No Dough dinners at USO. The Post will serve chicken and ribs with all the fixings for \$6.50. Call Cmdr. Jerry Brandt at 249-2266 for more information.

"5K for United Way" 5K run will be held in St. Augustine to raise money for United Way and its partners, including USO, on March 1. Pre-registration fee is \$10; onsite is \$15. Pre-registered participants will receive

a free t-shirt. The 5K will start and end at the Flagler College Courtyard, 74 King St. Contact the United Way at 829-9721 or email unitedway5k@gmail.com.

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.

Gator National tickets are on sale at the Mayport USO. Cost is \$31 for March 14 general admission, reserved \$39; \$47 general admission for March 15, \$56 reserved; \$48 general admission for March 16, \$56 reserved.

The USO is gearing up for its fifth annual Bob Coonan Memorial USO Golf Tournament on April 3. Go to www.usojax.org for more information.

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.

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.

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.

SIU Graduates 136 Students From Area Naval Bases

From SIU

One hundred thirty-six students graduated in Southern Illinois University's (SIU) 32nd annual commencement exercises at the Naval Station Mayport Chapel on Feb. 2.

The graduates represented four different educational programs from two colleges offered by SIU in the Jacksonville area. The current programs offered are Workforce Education and Development (WED), Health Care Management (HCM) and Electronic Systems Technologies (EST). In addition, the Aviation Management (AM) program was also represented. The WED program is offered at both Mayport and NAS Jacksonville, while the HCM and EST programs are offered only at NAS Jacksonville. All the programs offered accelerated program delivery which gives students the ability to finish 4-year degrees much faster than traditional programs.

The participants and their families were welcomed to a pre-commencement reception and the ceremony started at Base Chapel. With more than 300 family members and guests present for the reception and ceremony, it was a standing room only affair.

The processional was led by Carsten Henningsen, a WED adjunct professor, playing the Scottish bagpipes. Preceding the students were several SIU faculty and adjuncts. The invocation and benediction were delivered by Naval Station Mayport Chaplain Rory Calhoun.

The commencement welcome message and closing remarks were delivered by Dr. Charles L. Sidell, Program Coordinator for the Workforce Education and Development Programs for Naval Station Mayport and Naval Air Station Jacksonville. SIU's commencement speaker was Dr. C. Keith Waugh, Associate Professor and Department Chair for

the Department of Workforce Education and Development. Dr. Waugh traveled from Carbondale, Illinois to deliver the commencement address and confer the degrees to the graduates.

SIU adjuncts participating in the ceremony were Dr. Frank Besag, Dr. Sonja Frazier, Mr. Carsten Henningsen, Ms. Maura Scali-Shehan, and Mr. Jimmy Williams. The SIU Alumni speaker was Dr. Jonathan O. Woods, Navy College Director at NAS Jacksonville. Background and Recessional music was provided by Terry Ryan-Carkhuff.

The graduates, by program and base, are:

Workforce Education (Mayport)

Allan K. Bayley, John R. Biggerstaff, Jack Black, Daniel J. Bue, Thomas Ceaser, Dolores S. Defrank, Mark S. Durland, Lamont J. Earnest, Rex D. Fairholm, Jr., Joseph D. Gardner, Terry J. Heriot, Dominic S. Hunter, Kathleen M. Ianonne, Danielle A. Lauer, Jerry M. Laycock, William E. McPhail, Lisa S. Milam, Kerald M. Morman, Robert L. Nelson, Ernest A. O'rourke, Paul J. Shank, Robert Stroud, Barbara H. Taylor, Benjamin A. Valdez, Larry D. Williams

Workforce Education (NAS JAX)

Kenneth W. Andrews, Keith L. Anglin, Preston F. Barlow, Justin R. Bernbrock, Paula C. Bradley, Everett E. Breakall, Steven L. Briggs, Clifton A. Buford, Jimmy E. Burnside, Larry T. Bussey, LaTonya N. Butler, Felicia S. Campbell, Ray O. Campbell, Bryan H. Carney, William H. Castleberry, Kristina M. Combs, David R. Daniel, Matthew N. Davis, Jr., David W. Deck, Julie G. Delk, Teadra K. Devillars, Natalie A. Didier, Mitchell A. Duggan, Sheryl P. Eliam, Deccrys F. Frazier, Kimberly K. Frost, Catalina Green, Timothy D. Hardin, Kevin R. Henry, Arthur L.

Jenkins, Mark A. Jordan, Mitchell A. Jordan, Patrick W. Kelly, Kelvin Key, Rebecca D. Kruck, Hope A. Kulaszewski, Chad E. Lawrence, Doris D. Leach, Phillip W. Loveless, Eugene T. Mackey, Jr., Anne S. Martin, Tiffany B. McCall, Brenda Mills, Donna K. Miller-King, Dorothy A. Munford, Miriam U. Perez, Nicola J. Pierce, Glenn P. Plower, Larry Poole, Sr., Frank Ragin, Sr., Chelsey L. Roundtree, Amy N. Scott, Judy A. Shiflet, Lynn M. Smith, Eric W. Spindle, Julie K. Stephens, Anjane D. Taylor, Carole L. Thompson, Jorge L. Torres, Deborah A. Turner, William W. Vanabs, Deborah A. Vangel, Shamar L. Walcott, Charles P. Washington, Richard Wheeler, Yvette Williams, Andrew A. Yeaton

Aviation Management (NAS JAX)

Daryl E. Hagemann, Dirk D. Kuntz

Electronic Systems Technologies (NAS JAX)

Derick L. Appel, Edgar N. Bentley-Negron, Paul D. Bumpus, Jon D. Coe, Michael E. Curtis, Andrew D. Edwards, Douglas W. Graham, Charles H. Gray, Michael K. Hess, Peter C. Otto, Richard D. Sims, Dana L. Smart, Larry L. Smith, Robert J. Swanson, Mark A. Sylvain, Titngai Tam, Amando C. Villegas, Samuel M. Wondu

Health Care Management (NAS JAX)

Olyinka O. Adefisan, Jeneice I. Anderson, Fredrick D. Cole, Duriel D. Critterden, Manuel E. Cruz, Scott R. Cyr, Barbara M. Engelkes, Michael D. Flint, Jacqueline A. Herbert, Jeannine M. Hope, Michael D. Howard, Henry A. King, Kenyotter I. Lewis, Tamara L. Marks, Kenneth J. Matthews, Amer Mehicevic, Lori A. Nicolay, Rachel M. Oglesby, Terenda B. Terrell, Maria E. Vasquez, Iris Y. Velez, Ray M. Wagner, Sharon E. Wimberly, Johnaton J. Wright

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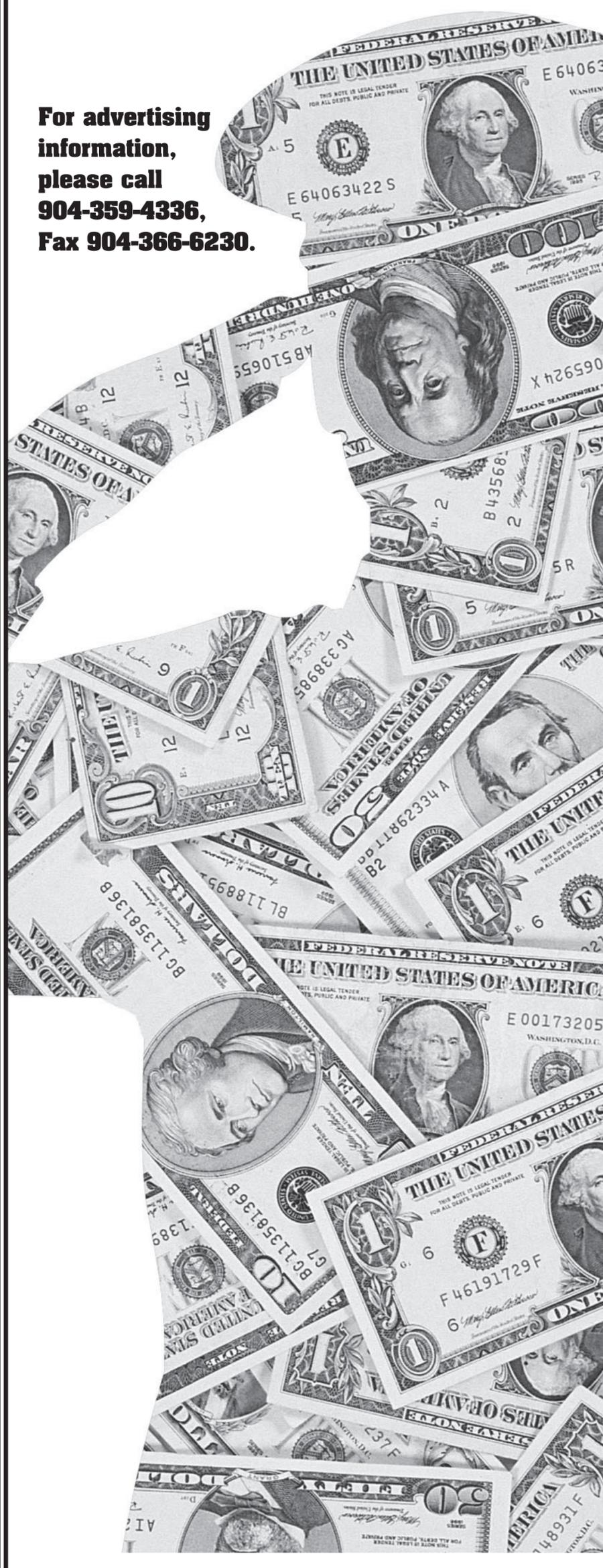
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