

# THE MIRROR NS MAYPORT, FLORIDA

CHINFO Award Winner

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THURSDAY, February 28, 2008

## OFF THE DECK

### Don't Forget To Lock Doors

Naval Station Mayport Security department is sending out a reminder to all personnel working on base and living in on and off base housing to lock their doors when they park. According to Base Security, there have been a rash of recent burglaries to automobiles in the off base housing area. To make sure you are not a victim of theft, lock all vehicle doors and make sure not to leave anything of value in the vehicle or in the bed of trucks. For more information, contact the Crime Prevention Office at 270-7117.

### Cheer On Your Nashville Stars

Come out and help choose the next Nashville Star tonight (Feb. 28). MWR Mayport's Liberty Program will hold a local casting call from 6-9 p.m. at Beachside Community Center. The top three winners at Naval Station Mayport will then compete for a chance to participate in the first ever All-Military casting call in Norfolk, Va., on April 12. For more information call Planet Mayport at 270-7788/89.

### New CPO Club Hours In March

Effective March 3, the Foc'sle Chief Petty Officers Club will be open Monday-Wednesday from 11 a.m.-8 p.m. and 11 a.m.-9 p.m. on Thursday and Friday. The club is open Monday-Friday for All Hands lunch 11 a.m.-1:30 p.m. After 1:30 p.m. the club is reserved for CPOs and their guests only. Foc'sle CPO Club can also be reserved for private functions. For more information, call 270-5431/32.

### Kidcare Coming To Surfside

Starting March 3, MWR will offer free childcare at Surfside Fitness Center for parents who want to workout. Childcare will only be available Monday, Wednesday and Friday from 2-4 p.m. and advance reservations are required. Parents must make a reservation for childcare at least 24 hours in advance and may do so by calling Surfside Fitness Center at 270-7718 or 7719. Limited space is available. Childcare at the Fitness Center is supervision only. Parents must remain in the fitness facility and are required to still handle issues above and beyond supervision such as diaper changes and discipline. For more information, call 270-7718 or 7719.

### Vitale Nominated As Three-Star

Secretary of Defense Robert M. Gates announced Feb. 25 that the President has nominated Navy Rear Adm. Michael C. Vitale for appointment to the grade of vice admiral and assignment as commander, Navy Installations Command, Washington, D.C. Vitale is currently serving as commander, Navy Region Southeast, Jacksonville, Fla.

# Mayport Rules SE Basketball

From Staff

Mayport's basketball team, the Hurricanes, brought back the title of Southeast Military Athletic Conference (SEMAC) champions to the U.S. Navy after 11 years.

The Hurricanes made the trip to Hulbert Field Air Force Base, in Ft. Walton Beach, Fla., Feb. 15-18 to face the best basketball teams the Department of Defense had to offer in the southeast.

With only seven of its original 11 players able to attend the tournament, the Hurricanes were able to defeat their first opponents Keesler Air Force Base 100-76.

The Hurricanes, led by Sonar Technician Surface 2<sup>nd</sup> Class Kerega "KG" McCullom of USS Samuel B Roberts Ship's Serviceman 3<sup>rd</sup> Class Louis "Franchise" Robinson of USS Doyle and Quartermaster 2<sup>nd</sup> Class James Milt of Navy Recruiting District Jacksonville, defeated Keesler Air Force Base 100-76.

Later that afternoon, led once again by McCullom with 37 points, Milt with 27 points and Robinson with 21 points, the Hurricanes defeated the number one seeded Tyndall Air Force Tigers in overtime, 109-106.

With wins both Saturday morning and afternoon, the Hurricanes advanced to the semifinals.

On Sunday's game, the Hurricanes, led by Milt with 29 points, Robinson with 24 points, McCullom with 18 points and defensive stopper Culinary Specialist Seamm Quinton "Q" Thomas of USS Robert G Bradley with 14 points, defeated the home team Hurlbert Field Commandos 96-93. The win placed the Hurricanes in the championship game on Monday.

They would face the winner



-Photo by Paige Gnann

Naval Station Mayport's Hurricanes are the new Southeast Military Athletic Conference basketball champions, taking the title back from the Air Force after 11 years. Pictured back row from left is Leo Barnwell, Marcus Reaves, Louis Robinson, Quinton Thomas, Nelson Martinez. Middle row is manager Makeda Oates, Michael Corum, James Milt, Coach Victor Galman. Front row from left is Kerega McCullom, Eric Peterson. Not pictured is Jerome McKenzie, Kareem Haughton.

between Tyndall and Hurlbert Field who were playing Monday morning. After a hard fought battle, Tyndall prevailed against Hurlbert Field 102-93.

The championship game had several subplots, which were sure to lead to a game won by heart as much as skill.

Going back to Nov. 10, the Hurricanes lost at home to Tyndall 75-74 on a half court buzzer beater. On Jan. 26, Tyndall again defeated Mayport

93-84. Mayport had to play with only four players for the last five minutes of the game due to foul trouble. The championship game was no less than spectacular.

Mayport was led to victory by McCullom with 40 points, Robinson with 26 points and Milt with 14 points. Along with defensive stopper Thomas, Damage Controlman 3<sup>rd</sup> Class Kareem "My Bad" Haughton of USS Samuel B Roberts,

Boatswain's Mate 3<sup>rd</sup> Class Eric Peterson of USS Roosevelt and Quartermaster Seaman Michael Corum of USS McInerney, the Hurricanes defeated the Tigers once again in overtime 99-95.

With the win, the Hurricanes became the first team, other than an Air Force team, to win the SEMAC Championship in 11 years. Robinson, Milt and McCullom were named to the All-Tournament team with McCullom receiving MVP hon-

ors.

During a SEMAC awards banquet held on Saturday night, McCullom, Robinson and Ship's Serviceman 3<sup>rd</sup> Class Leon Barnwell of NS Mayport were presented awards for their selection to the All-SEMAC team for their play during the regular season.

The team is coached by OSC Victor (Chief "G") Galman of Commander, Destroyer Squadron 14.



-Photo courtesy of ATG Mayport

Capt. Herbert Hadley relieved Capt. Glenn Zeiders as commanding officer of Afloat Training Group Mayport on Feb. 12. Hadley is returning to Mayport after completing a tour as Operations officer at Carrier Strike Group 12. He has also served as skipper of USS Halyburton and executive officer of USS The Sullivans.

## New Skipper For ATG

From ATG

Capt. Herbert Hadley relieved Capt. Glenn Zeiders as commanding officer of Afloat Training Group Mayport on Feb. 12.

Hadley, a native of Raceland, Louisiana, entered the Navy as a direct high school accession into the Broadened Opportunity for Officer Selection and Training (BOOST) Program.

He holds a Bachelor of Science Degree in Political Science from Florida Agricultural and Mechanical University and a Masters of Arts in National Security and

Strategic Studies from the Naval War College.

Hadley served his Division officer tour in USS McInerney (FFG 40), where he served as Auxiliaries and Electrical officer and Main Propulsion Assistant. His department head tours were in USS Doyle (FFG 39) as Chief Engineer and USS Ramage (DDG 61) as the commissioning Chief Engineer.

Hadley was the executive officer of USS The Sullivans (DDG 68), and he served as commanding officer in USS Halyburton (FFG 40) from September 2003 to May 2005. During his

tour, Halyburton earned the 2004 Battle Efficiency Award. Most recently, Hadley served as Operations officer at Carrier Strike Group 12, making two deployments onboard USS Enterprise.

Ashore, Hadley completed assignments as an instructor at Naval ROTC Unit, Florida A&M University and a tour on the Joint Staff, J-7 as the CJCS Exercise Program Manager.

Zeiders will assume command of Destroyer Squadron 14 in late March.

## CO Kirk Joins De Wert Crew

By Ensign Ashley Wyckoff

USS De Wert PAO

Command of the Mayport-based Frigate USS De Wert (FFG 45) changed hands Feb. 15, when Cmdr. Jim Kirk relieved Cmdr. Bill Campbell. The ceremony was held on board USS De Wert, pier side at Naval Station Mayport, with Commodore Thomas L. Reese, Commander, Destroyer Squadron 14, presiding.

Kirk was born in Bethesda, Maryland and raised in Hershey, Pennsylvania. He is a 1990 graduate of the United States Naval Academy. His service afloat includes tours aboard USS Fife (DD 991), USS The Sullivans (DDG 68), USS Hue City (CG 66), and USS John S. McCain (DDG 56).

Ashore, he has served as a gas turbine examiner for the Propulsion Examining Board, Executive Assistant to the Chief of Legislative Affairs, and most recently completed a tour as an analyst and action officer in the Joint Staff.

Campbell led De Wert through a highly-successful Ship's Restricted Availability period and Baltic Operations 2007, a combined maritime and land exercise that took place in the Baltic Sea, during which De Wert promoted mutual understanding and interoperability among forces and personnel of participating nations, including Denmark, Germany, Russia, the Netherlands, Lithuania, Latvia, France, Poland, Sweden, and



Cmdr. Jim Kirk



Cmdr. Bill Campbell

the United Kingdom.

On Dec. 21, 2007, De Wert completed its most recent deployment in support of counter narco-terrorism operations. Under Campbell's unwavering leadership, De Wert played a key role in stemming the flow of illegal drugs into the United States, seizing more than 16,000 pounds of cocaine with an import value of more than \$220 million.

Campbell's next assignment is to the Joint Staff in Washington, DC.

## Street Talk

# This is 'Military Saves Week.' What are you doing to prepare for your financial future?



**DC3 Randy Pyles**  
NS Mayport

I am investing in stocks.



**SH2(SW/AW) Wadreskus Hall**  
NS Mayport

I have a ROTH IRA and TSP as well as a savings account at Navy Federal Credit Union.



**ABHC Lester Cruz**  
NS Mayport

I have a money market account and TSP.



**SKSN Gina Abraham**  
HSL-46

I'm trying to save money and invest with TSP.



**Lt.j.g. A.J. Dettman**  
HSL-40

I play the stock market and have savings accounts.



**HMI Naomi Inuasty**  
Naval Operations Support Center, JAX

I'm in college at FCCJ to be a dental hygienist.

## CREDO Corner

**By Cmdr. Jon C. Fredrickson**

*Director, Spiritual Center Southeast*

Scientists have learned a lot about healthy brains by studying brains that have been injured. Certain injuries, they have found, produce certain dysfunctions. Each loss is a clue to how the functioning whole works. Each broken connection has a story to tell.

Particular behaviors also signal when our love connections break down. Here are some

common dysfunctions: We pick at the faults in others that we most dislike in ourselves; we strike out when we feel the most powerless; we try to make others feel guilty when our own feelings of guilt become intolerable. Damaged connections block love from going either way. All these behaviors are clues that we have had a vital loss that our emotional wellbeing is under attack. A free flow of love in our lives is as essential as a free flow of blood to

the body.

One of the missions of CREDO is to provide fleet and family members an opportunity to renew their love connections in the relaxed and hassle free environment of a retreat setting. The two most popular formats are the Personal Growth Retreat and the Marriage Enrichment Retreat. Each is focused on a different love connection.

The PGR gives individuals a chance to focus on themselves, to defrag, unclutter, and decom-

press their lives. The MER is for couples to "strike the original match" in their relationship. The popularity of each retreat often times produces a waiting list for participation.

Most of us don't tolerate pain very well. If it is pain that has a purpose and produces a desired result, like exercise, we will reluctantly submit to what would normally be uncomfortable and even undesirable. If we have a tooth ache, even though we might hate sitting

in a dental chair, most of us wouldn't think twice about letting a dentist do what dentists are suppose to do. If we are sick in our body and the pain gets to be more than something that two Tylenol and a couple of extra hours of sleep won't treat, again, most of us wouldn't hesitate to go to sick call or contact our doctor. Why is then, that a significant number of us would choose to live, day and day and sometimes, year after year, with a hurting heart or a damaged

relationship, especially when what most of us suffer from is fixable?

If you want to work on one of your primary love connections, sign up for a retreat. The time away is free, and the food and place is an oasis to the soul. Contact us by phone at 270-6958, ext. 1602, or visit us on the web at [www.cnic.navy.mil/cnrse/programs/commandstaff/religiousministries/CREDO/index.htm](http://www.cnic.navy.mil/cnrse/programs/commandstaff/religiousministries/CREDO/index.htm).

## Homefront in Focus

**By Beth Wilson**

*Military Spouse Support Contributor*

I recently read an article identifying challenges faced by military spouses. The purpose of the publication was to inform non-military readers about our unique life-style. I appreciate the effort by the authors and it left me thinking; what is your perspective? So this week I am veering from my usual format to open a dialog with you. I want to know what you think about 'our lifestyle.'

I want to know your story. May I ask you to take time to opine on a few topics and issues?

As a military spouse, what are the top three challenges you face? Many identify childcare, career building or completing a degree as their top challenges. Others mention relocation, deployment and loneliness. Beyond identifying challenges, what solutions, resources, tips have you discovered? What did you learn to avoid?

Was your service member in the military when you married or did they join later? How long have you been 'married to the military?' What considerations played into your decision to join/remain in the military? Is this a career for your family

or is this time in the military part of a bigger plan for you and your family (education benefits, job training, etc)? Is your service member active duty or reserve?

What brings you the most pride? Perhaps you found a new strength through deployment or completed a degree in spite of relocations. Could it be helping others, serving in the FRG or as a Key Volunteer, Ombudsman or FRG Leader?

What is the one thing you wish your family and friends understood about being a military spouse? What is the best tip you discovered to help with

our lifestyle? Do you have a tip or bit of advice for relocation, deployment, childcare, job search, connecting with others, or scrapbooking (I'm a scrap-booking lamer).

What resource do you utilize most? Have you utilized the Red Cross, Military One Source, FFSC/ACS, Ombudsman/Key Volunteer/FRG Leader? What publications have you read that were helpful? Do you have magazines, e-newsletters or books or other publications that you would recommend? Are you a part of any online social networks for spouses?

What do you know now that

you wish you knew in before you married your service member? What one piece of advice would you give someone about to marry a service member?

Our lifestyle certainly has challenges but there are many perks and benefits as well. What do you enjoy most about the military lifestyle? Are you adventurous and enjoy the opportunities to move across the country and overseas? Is it the sense of being part of an exclusive community or perhaps the sense of citizenship and patriotism that service life can offer? Perhaps it is the financial security, the benefits,

the opportunities for the future that is most rewarding. Or could it be the opportunity to meet people from many backgrounds, making many diverse friends for life.

Finally, do you have a humorous, inspiring or 'if-I'd-only known' story that will inspire us? I want to hear from you! Please email me at [beth@homefrontinfocus.com](mailto:beth@homefrontinfocus.com). Look for your feedback in upcoming columns!

Next week we will begin a three-part series on financial fitness for military families.

# Navy Relaxes Management For TA, NCPACE

*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

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](mailto:voled@navy.mil).

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

## 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 dependents.

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:  
Cmdr. Jerome Dillon  
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:  
Mass.....Monday-Friday, 11:30 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

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Paige Gann.....Editor

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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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# SURFLANT Holds Change Of Command

From Commander, Naval Surface Force Atlantic Public Affairs

Rear Adm. Kevin M. Quinn relieved Rear Adm. D.C. Curtis as Commander, Naval Surface Force, Atlantic, (SURFLANT) Feb. 22, during a ceremony aboard the multi-purpose amphibious assault ship USS Wasp (LHD 1) at Naval Station Norfolk.

The ceremony marked the end of a successful tour for Curtis, a native of Chicago, who made priorities of warfighting readiness, the Navy of the future, and personnel readiness.

During his tour, he oversaw the continued development of the Surface Warfare Enterprise. As the Enterprise's chief readiness officer, Curtis led the establishment of eight Surface Force Class Squadrons (CLASSRONS) responsible for manning, training, equipping, maintaining, and sustaining ships by class for the entire force.

The CLASSRONS reaped immediate efficiencies by bringing to bear the skills and talents of focused groups of subject matter experts who identify class-wide issues, and use that knowledge to improve warfighting readiness.

Under Curtis' leadership, a number of innovative new technologies were brought to fruition and placed in the hands of Sailors and combatant commanders. That included the fleet introduction of the Navy's newest class of combatant ships,



-Photo courtesy of Commander, Naval Surface Force Atlantic  
Rear Adm. Kevin M. Quinn relieved Rear Adm. D.C. Curtis as Commander, Naval Surface Force, Atlantic, (SURFLANT) Feb. 22.

LPD-17. The staff brought USS San Antonio (LPD 17) into commission and successfully shepherded the ship through acceptance and shakedown trials, maintenance, and inspections.

His staff also assisted in the development of requirements for the Littoral Combat Ship (LCS), Zumwalt-class guided-missile destroyers (DDG 1000), the Joint High Speed Vessel, and Maritime Prepositioning

Force Ship programs.

Curtis helped the surface force become a more effective workplace with a renewed emphasis on pride and professionalism. The return of Surface Line Week to Hampton Roads invigorated community camaraderie and energized leadership. The Surface Force Midshipman training program was completely reorganized and injected with enthusiasm, meaningful training, and leadership, resulting

in a continued upward trend in post-cruise satisfaction surveys and the highest midshipmen interest in the Surface Warfare community in years.

Additionally, commanders training Symposiums, career management seminars, bimonthly leadership calls, afloat culture workshops, Commanding Officer newsletters, join-ups, a program of outreach and engagement with surface force families, and many more ini-

tiatives proactively united the waterfront at all levels on mission accomplishment resulting in improved warfighting readiness and quality of service.

A native of Chicago, Quinn graduated with a bachelor's degree from the U.S. Naval Academy in 1977. During his 30-year career, Quinn has served with distinction at sea and ashore.

At sea he served in three ships before becoming executive officer of the guided-missile cruiser USS Lake Champlain (CG 57). Since then, he has commanded the guided-missile destroyer USS Barry (DDG 52), Destroyer Squadron 28, Task Force 73/Logistics Group Western Pacific, and Carrier Strike Group 3 (USS Stennis Strike Group).

Ashore, Quinn has served as Aide to Commander, Naval Surface Force, Pacific Fleet; as Head of the Contingency Cell and Strike Leader Attack Training Syllabus instructor at the Naval Strike Warfare Center; as senior member of the Commander in Chief's Initiatives Team on the Special Staff of the CinC, U.S. Transportation Command; as Branch Head for Land Attack Warfare (N864) on the Chief of Naval Operations' staff; and as Executive Assistant to Commander, Atlantic Fleet/Commander, Fleet Forces Command.

Quinn is a distinguished grad-

uate of the Naval Postgraduate School, graduating with a master's degree in information science. He also attended the Surface Warfare Officer Department Head School, graduating first in his class and receiving the City of Newport and Navy League Award. He completed his Joint Service education at the Armed Forces Staff College.

His awards include the Legion of Merit (5), the Defense Meritorious Service Medal, the Meritorious Service Medal (3), the Navy Commendation Medal (2), the Navy Achievement Medal, and various campaign and unit decorations. He is also a recipient of the Commander, U.S. Pacific Fleet's Shiphandler of the Year Award.

SURFLANT is a U.S. Navy type command and is made up of nearly 100 ships, and more than 30 special mission and support commands. SURFLANT Sailors and civilian employees are stationed both stateside - from Bath, Maine to Corpus Christi, Texas - and overseas - from Gaeta, Italy to Sasebo, Japan.

SURFLANT was established in 1975 as a consolidation of the Atlantic Fleet's Cruiser-Destroyer, Amphibious, Service, and Mine Forces. The command's mission is to man, equip, train, and maintain forward deployed, combat-credible forces.

## Join Sea Cadets

From Mayport Navy League

U.S. Naval Sea Cadets will drill from 8:30 a.m.-4 p.m. on March 1 and March 8 at the C-12 hangar across from McDonalds. This is a program of fun and excitement designed

to build character in 10 through 17 year olds. Visitors welcome. For additional information go to [www.mayportseacadets.org](http://www.mayportseacadets.org) or call Instructor Boudreaux at (904) 329-4419, retired Capt. Francis Floyd at 704-6987.

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Find What You're Looking For In *The Mirror* Classifieds

## IT'S A HOME, CLEVERLY DISGUISED AS A RESORT.

Mon. 9:30 a.m.  
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Fri. 10:00 a.m.  
Workout



Thurs. 2:00 p.m.  
Town Center

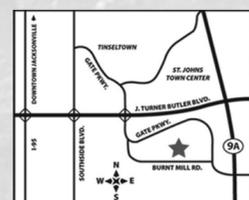


A Picture Postcard

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# ATG Mayport Helps Students Put Theory To Practice At JBE Invention Convention

By Lt. Brigitte Aungier  
ATG Mayport

A group of trainers from Afloat Training Group Mayport (ATGM) recently volunteered to serve as judges for the 22<sup>nd</sup> annual Invention Convention at Jacksonville Beach Elementary. This is the second consecutive year the event has been held at Jacksonville Beach Elementary and chaired by Kim Storm, wife of retired Cmdr. Storm, and Invention Convention coordinator. Kim contacted Afloat Training Group Mayport last year when she decided that involving the military would be very special and exciting for the students. She worked closely with ATG Mayport's volunteer coordinator, Senior Chief William Mason, to formulate a panel of military judges.

On Feb. 5 and Feb. 7, the judges arrived at the school before the buses. The students were not present for the judging, but their artwork and advertising tactics spoke for them.

Many projects had elaborate displays with pictures of the students demonstrating the use of their inventions. There were more than 150 submissions from students in kindergarten through fifth grade at Jacksonville Beach Elementary. Kim said that "it is ok for parents to help out, but the inventions should look child driven."

Judging was based on originality, research, design, and necessity. The first place winners advance to a county-wide competition in April.

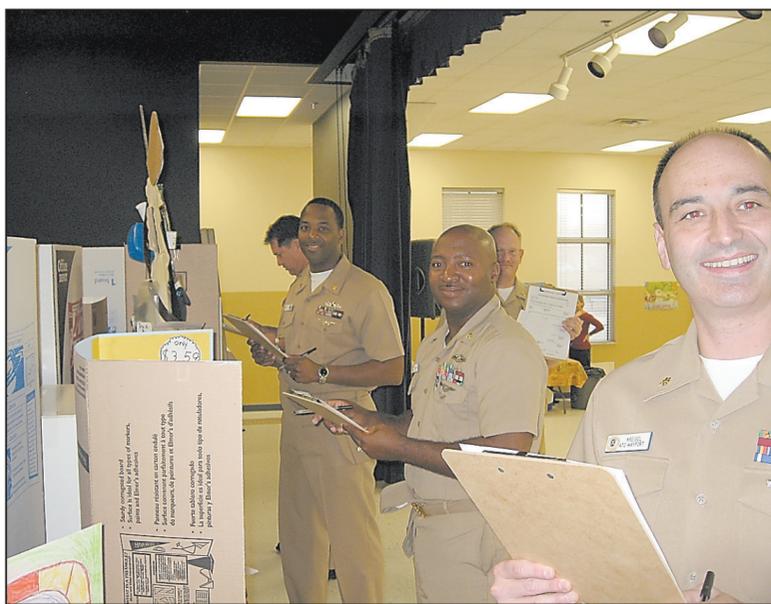
Eight-year-old Sydney Hill in Miss Lee's third grade class

invented a "napkin pocket" so a napkin is always handy for spills. This was her first year participating in the Invention Convention and her favorite subject in school is Math. She said she also enjoys Science because she is learning about weather and erosion.

Another project was a clever purse with an interior light powered by solar energy. Although not disclosed prior to judging, this design came from Isabelle Thompson, daughter of Cmdr. Jeremy Thompson, ATGM executive officer.

"They came up with some very creative ideas," said Thompson of the students.

The Afloat Trainers of ATGM thoroughly enjoyed judging the inventions and look forward to the event again next year.



-Photos courtesy of ATG Mayport  
Afloat Training Group Mayport's panel of volunteer military judges inspect projects made by students in Kindergarten through fifth grade. From front to back, Lt. Cmdr. Leo Kriesel, Chief Petty Officer Harvey Flemmings, Chief Petty Officer Dedrick Walker, and Senior Chief Petty Officer William Mason.



Afloat Training Group Mayport's, Senior Chief Alicia Harris checks out 8-year-old Sydney Hill's "Napkin Pocket" at the Jacksonville Beach Elementary Invention Convention.



Afloat Training Group Mayport's, Lt. Dawn Walker judges the "Flash Bag" at Jacksonville Beach Elementary's annual Invention Convention.



Jacksonville Beach Elementary Invention Convention project "Stuffy Holders" to store your animals.

# Crommelin Loads Project Handclasp Goods At Mayport Pier To Deliver to Latin America

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

USS Crommelin (FFG 37) sailors unloaded a pallet of Project Handclasp toys and medical supplies on the pier and brought the items on board their ship Feb 8 for distribution during their deployment to Latin America.

Crommelin, homeported in Pearl Harbor, Hawaii, stopped in Mayport to pick up the supplies and plans to deliver the supplies to Cartagena, Colombia.

"Crommelin typifies what we're trying to do with Project Handclasp Material here at U.S. Naval Forces Southern Command (NAVSO)," said Cmdr. Lewis Preddy, NAVSO's Project Handclasp coordinator. "The ship, homeported in Pearl Harbor, loaded some material in San Diego, then loaded some more while it was here in Mayport for regularly-scheduled maintenance. Since Project Handclasp was able to help us set up a Mayport Depot, we're able to get even more donated cargo on ships headed back to our AOR."

Project Handclasp is a collection of

donations including medical supplies, hygiene items and toys, which will be distributed by U.S. military assets during various community relations projects throughout Latin America.

"It's terrific that Crommelin, along with its (counter narco terrorism) operations, is doing its part to help less fortunate people in other countries," said Ensign Joseph Monalato, Crommelin's Project Handclasp coordinator. "Things like these gives people around the world a better sense of appreciation and understanding of what the US Navy, and ultimately what the United States, is all about."

Commander, Task Force 43 (CTF-43) stores Project Handclasp supplies in a warehouse in Mayport, so they can be loaded onto ships for delivery during deployments to Latin America.

"The goal of all ships headed to our AOR is to have them loaded up with Project Handclasp Material, so when those ships/Sailors make port calls, they can do good works, which build trust and friendship," said Preddy.

CTF-43 is part of U.S. Naval Forces Southern Command (NAVSO) in Mayport.



USS Crommelin (FFG 37) Sailors load Project Handclasp donations onboard during a visit to Naval Station Mayport. The donations include toys, medical and hygiene supplies and will be donated during Crommelin upcoming port visit to Cartagena, Colombia.

-Photo by MC1(SW) Holly Boynton

# Philippine Sea Deploys With Nassau ESG

From Nassau Expeditionary Strike Group Public Affairs  
The Nassau Expeditionary Strike Group (NASSG), with its more than 2,800 Sailors and Marines, deployed Feb. 19-20 for a regularly scheduled deployment to the Navy's 5th and 6th Fleet areas of operation in support of Maritime Security Operations (MSO).  
Commanded by Capt. Robert

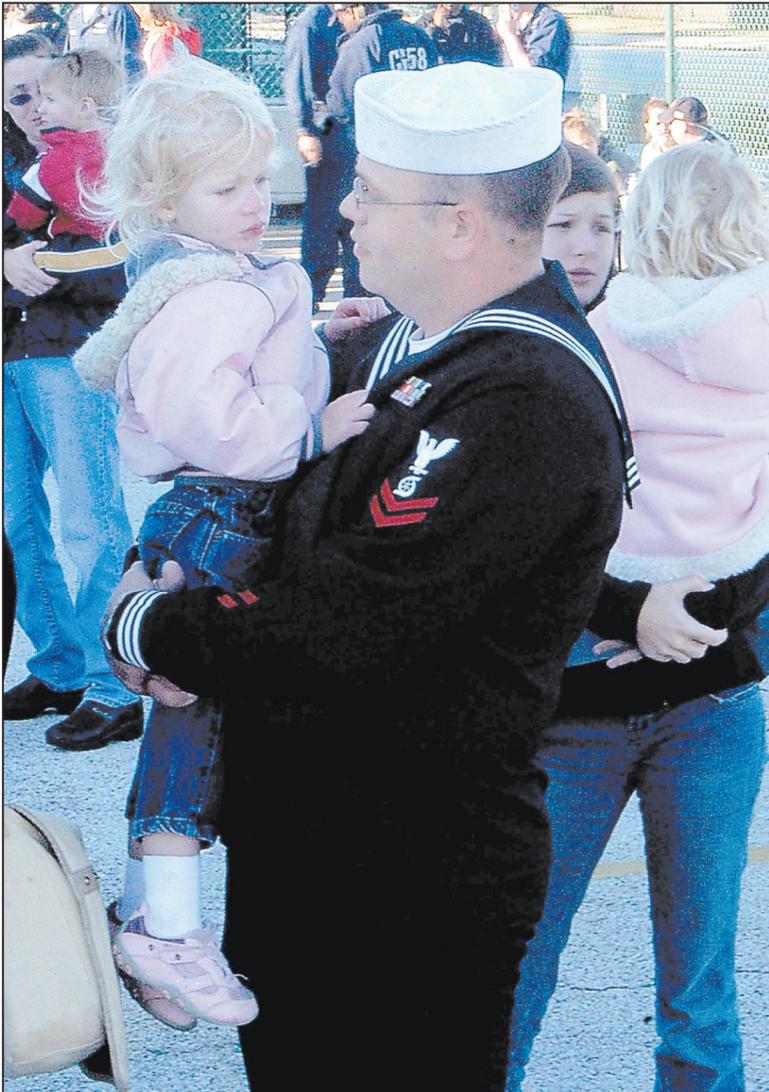
G. Lineberry, commander, Amphibious Squadron Six, the NASSG is made up of the amphibious assault ship USS Nassau (LHA 4)&#894; the amphibious transport dock ship USS Nashville (LPD 13)&#894; the amphibious dock landing ship USS Ashland (LSD 48)&#894; the guided-missile destroyers USS Ross (DDG 71) and USS Bulkeley

(DDG 84)&#894; the attack submarine USS Albany (SSN 753)&#894; all homeported at Norfolk&#894; and the guided-missile cruiser USS Philippine Sea (CG 58), homeported at Mayport, Fla.  
Philippine Sea departed from Mayport on Feb. 19, with Ashland deploying from Naval Amphibious Base Little Creek,

Va., on the same day. The remaining ships departed Naval Station Norfolk on Feb. 20.  
During the past few months, the strike group has conducted several training exercises and passed multiple certifications in its pre-deployment preparation cycle.  
MSO helps set the conditions for security and stability in the

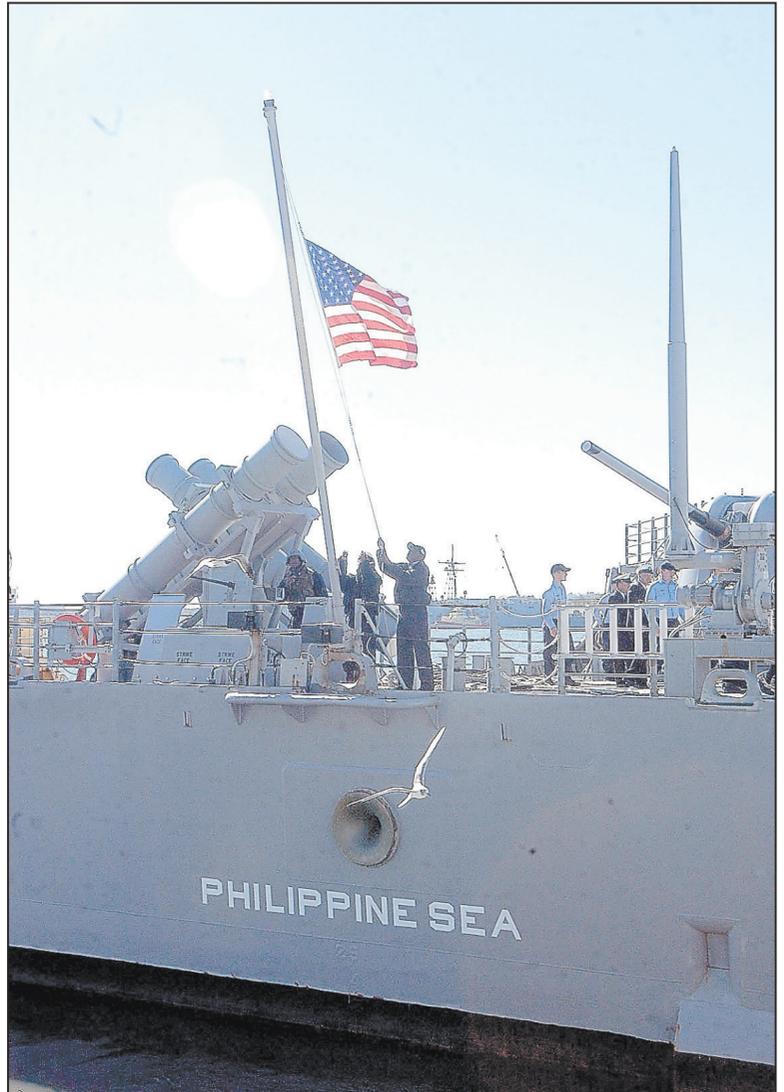
maritime environment, as well as complement the counterterrorism and security efforts of regional nations. These operations seek to disrupt violent extremists' use of the maritime environment as a venue for attack or to transport personnel, weapons or other material.  
While in theater, the strike group will also support the other tenets of the Navy's Maritime

Strategy, which include forward presence, deterrence, sea control, power projection, and humanitarian assistance/disaster response. The Maritime Strategy represents a new vision for the 21st century and establishes new capabilities to codify longstanding challenges, while maintaining our focus on enduring missions.



-Photo by MC3 Patrick Cook

Gas Turbine System Technician Mechanical 2nd Class Robert Jackson says goodbye to his daughter Taylor before departing on a six-month deployment aboard guided-missile cruiser USS Philippine Sea (CG 58).



-Photo by MC3 Patrick Cook

A Sailor aboard USS Philippine Sea lowers the Ensign as the ship gets underway for a six month deployment.

# NJROTC Students Get Look At USS Klakring

By Ensign Peter Goodman and Ensign Graham Tompson  
USS Klakring Public Affairs

Forty-three Navy Junior ROTC cadets, five chaperones, and two military instructors were welcomed aboard USS Klakring (FFG 42) Feb. 15 for a tour of the ship and to meet with its crew.

The visitors were from two different schools, Luthonia High School and SW Dekalb High School, both in Dekalb County, Georgia, approximately 20 miles east of Atlanta.

The students marched to the ship in formation, and came aboard in crisp military fashion, rendering snappy salutes to the Ensign and the Officer of the Deck before receiving permission to come aboard.

The guests were welcomed by the ship's Commanding Officer, Cmdr. Ian Pollitt, who discussed both the ship's mission in the context of the Global War on Terror, and described what daily life is like as a Sailor in today's Navy.

After a lengthy question-and-answer session, they broke into smaller groups for tours of the ship. Klakring Sailors Ensign

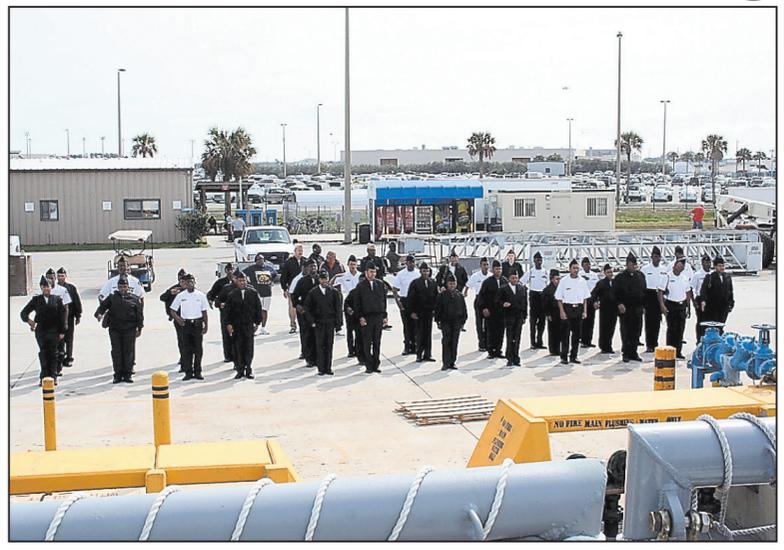


-Photo by Ensign Peter Goodman

JROTC cadets board USS Klakring for a tour of the ship.

Carl Amolat, Boatswain's Mate 1st Class (SW) Timothy Lumpkin, Store Keeper 2nd Class (AW) Nathaniel Robinson, Boatswain's Mate 3rd Class Eric Conklin, and Information Technician Seaman (SW) Joshua Lawson served as tour guides, answering a host of questions about the ship, and about their own personal experiences in the Navy.  
Back home, the Cadets are

kept busy with an accelerated program of professional development, gathering twice a week at their high schools for unit training. They are very proud that one of their alumni recently graduated from the United States Naval Academy and is now serving on active duty as a submarine officer. When polled, almost 25 percent of the group indicated their intention to serve in the military as



-Photo by Ensign Peter Goodman

JROTC cadets from Luthonia and SW Dekalb high schools stand in formation before boarding Klakring. The cadets got a chance to talk with Klakring CO, Cmdr. Ian Pollitt about the mission of today's Navy.

a career.  
The visit to Klakring and NS Mayport was part of a larger tour of Jacksonville naval installations; they also spent several days time touring Naval Air

Station Jacksonville and learning about naval aviation. They also found time to log some "R&R" with a mid-week visit to Universal Studios in Orlando.  
Klakring's crew welcomed

the opportunity to show off their ship, and closed by reminding the cadets that upon graduation, they were welcome back aboard at any time - as members of the crew.

# Klakring Khaki Test Mettle On Field

By Ensign Peter Goodman and Ensign Graham Thomson  
USS Klakring Public Affairs

The officers and chief petty officers of USS Klakring (FFG-42) took a short break from intensive INSURV preparations for a friendly softball competition on Feb. 13, designed to establish Khaki bragging rights on board and tune up several players for upcoming intra-ship league play.

The officers, under the capable direction of the ship's Main Propulsion Assistant, Chief Warrant Officer 3 Mike Kądlubowski, conducted two

intensive practices before the competition to establish positions and hone individual skills and baseball fundamentals. "With a demanding schedule ahead, I saw an opportunity to build upon a strong working relationship with some competitive fun," said Coach Kadlubowski.

The Officers have already shown me they can work well together in the Wardroom, added Cmdr. Ian Pollitt, Klakring's commanding officer. "I wanted to see what they were made of out on the ball field."

The Chief Petty Officer's declined to practice, confident

that their abundant talent would carry the day.

Twenty Officers and 10 Chiefs joined for battle on a dreary and cold Wednesday afternoon. Klakring's Command Master Chief (SW/AW) Richard "Deano" Dean anchored the CPO defense, turning in several scintillating plays while enthusiastically heckling anyone who came within earshot.

Chief Store Keeper Chuck Morrow homered twice to lead the CPO offensive attack. Their offensive barrage proved to be too much for the Officers, who, despite a furious rally in the later innings capped by

Ensign David Cabellero's clutch two out, three run inside-the-park homerun, came up on the short end of a 17-11 final score.

Immediately after the game, talk of a rematch began swirling through both dugouts.

"After INSURV!" smiled the CO.

Commenting on the afternoon of fun and camaraderie, Chief Quarter Master (SW) Daniel Dickson noted that "this was a great event to strengthen relationships inside the lifelines. Klakring's Chief Petty Officer Mess welcomes any opportunity to train our young officers, and this game was no exception."



-Photo by Ensign Peter Goodman

Ensign Scott Lee makes the long walk back to the dugout.

# Calendar

## On Base

### 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](http://www.orgsites.com/fl/nosamayport).

### Wednesday, March 5

USS DeWert Family Rediness Group will meet from 7-8:30 p.m. at the USO on Mayport Road. Childcare will be provided at no charge.

### 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](http://www.orgsites.com/fl/nosamayport).

## Out in Town

### Friday, Feb. 29

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. Dress is black tie with eye-patch optional. 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.

Join Vicki Rolland at 11 a.m. and discover what previous Florida inhabitants left behind and what these remains mean to us today. The program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

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 organizations, 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](http://www.jacksonvillezoo.org).

### Wednesday, March 5

Atlantic Beach Women's Connection will meet from 9:30-11 a.m. at Selva Marina Country Club, 1600 Selva Marina Drive, Atlantic Beach.

Joanne Byrns of Orange Park will share the powerful story of how her life was transformed when her husband, a Vietnam War pilot was shot down and "Missing In Action." Graylin Chastang of Earth Works Nursery will demonstrate the art of container gardening. All area women are invited to attend. Cost for non-members is \$12 inclusive. A nursery will be provided. For more information, contact Kate at 221-1598 or email [atlanticbeachwc@yahoo.com](mailto:atlanticbeachwc@yahoo.com).

### Thursday, March 6

RecruitMilitary Career Fair - A free hiring event for veterans, personnel who are transitioning from active duty, Reserves, Guard, and military spouses presented by RecruitMilitary, the President's National Hire Veterans Committee, the American Legion, and the MSCCN (Military Spouse Corporate Career Network) will be held from 11 a.m.-3 p.m. at Jacksonville Municipal Stadium. For more info or to register as a job-seeker, visit [www.recruitmilitary.com](http://www.recruitmilitary.com).

### 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 event will honor Parnelli Jones, whose incredible racing career has placed him in more than 20 automotive halls of fame. General Motors will be celebrating 100 years of automotive history with guests, in what is certain to be a birthday party to remember. The featured marquee 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.ameliacconcours.org](http://www.ameliacconcours.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.

### Sunday, March 9

An Elegant Luncheon & Fashion Show fundraiser to benefit Mayport USO will be held from 12:30 to 3:30 p.m. at Ocean Breeze Conference Center. The theme will be "America's Woman," with fashions provided by Dress Barn of Jacksonville. Everyone welcome, including gentlemen! There will be table favors, door prizes, and a small "marketplace" for those who would like to do some shopping. Tickets are \$35; with Feb. 29 as the deadline for purchase. Open seating, or reservations for

tables of eight. For information and tickets, please call 992-6077 or 242-4929.

### 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.

The Duval County Extension Service, 1010 N McDuff Ave., will hold a "make and take" rain barrel workshop from 10 a.m.-noon. Pre-payment of \$45 by March 6 is required. Make check payable to DCOHAC. Each participant will make their own rain barrel and be given instructions on how to hook it up and the best ways to use the rain water. For more information, call Becky at 387-8850. Class is limited.



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<p><b>Judah Friedlander</b> Feb. 29th- March 1st</p> <ul style="list-style-type: none"> <li>*NBC's "30 Rock"</li> <li>*"Meet the Parents"</li> <li>*"Zoolander"</li> <li>*"Date Movie"</li> <li>*"Feast"</li> <li>*VH1's "Best Week Ever"</li> <li>*HBO's "Curb Your Enthusiasm"</li> <li>*The Tonight Show</li> </ul>	<p><b>David Alan Grier</b> March 6th-8th</p> <ul style="list-style-type: none"> <li>*"In Living Color"</li> <li>*"Jumanji"</li> <li>*"Tales from the Hood"</li> <li>*"Blankman"</li> <li>*"In the Army Now"</li> <li>*"Boomerang"</li> </ul>
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# Reserve SecDef Speaks To Mayport

By MC2 Jason Trevett

*Fleet Public Affairs Center Detachment Southeast*  
 "Stay safe, run this ship and take care of your shipmates," said assistant secretary of defense for Reserve Affairs Thomas F. Hall during an all hands call aboard USS The Sullivans (DDG 68). "While you are doing that, I want you to know we are fighting for your benefits in Washington."  
 Hall, who is responsible for policy matters with respect to the 1.2 million members of the Guard and Reserve components, toured Naval Station Mayport Feb. 21.  
 Hall said he made the trip from Washington to visit with the military community in the Southeast, and listen to viewpoints and issues of Sailors there. He also cautioned Sailors that acts of terrorism are an ever-present danger.  
 "Those that would try to do harm to our way of life are relentless," Hall said. "They are still out there, and you are the frontline as protectors of

freedom."  
 More than 100 Reservists turned out to hear Hall speak at an all hands call with Navy Reserve Helicopter Antisubmarine Squadron (Light) (HSL) 60. He discussed prospects for future Reserve policy changes and fielded questions regarding pay and benefits issues.  
 The squadron has conducted counter-drug operations in the Caribbean Sea, and also has the ability to provide under-sea warfare, vertical replenishments, search and rescue, medical evacuation, naval gunfire support and communications relay missions.  
 "He addressed all of our concerns," said Aviation Ordnanceman 1st Class (AW) Dave Reid. "And I hope Congress follows his lead for issues involving Reservists. We would really like to replace our aging H-60Bs."



-Photo by MC2 Jason Trevett  
 Thomas F. Hall, assistant secretary of defense for Reserve Affairs, speaks with Sailors aboard USS The Sullivans (DDG 68).

# USS The Sullivans Completes FEP

By Ensign Doug Weatherhead

*USS The Sullivans*  
 "What a great day... Incoming!" was the word from topside watch standers, occurring moments before a simulated rocket propelled grenade attack struck the port quarter of the 505-foot guided missile destroyer. This attack kicked off USS The Sullivans' two-day Final Evaluation Problem, also known as (FEP).  
 FEP is the culminating event that tests shipboard personnel in areas from maritime battle tactics to basic damage control procedures.  
 The Sullivans began this evolution moored portside to pier A-2 at Naval Station, Mayport. From this point, ship's force performed force protection exercises that simulated coun-

ter-surveillance, bomb threats, and riots.  
 When the heat got too high, the Force Protection Tactical Action Officer ordered the crew to prepare to get underway. Once all lines were cut with a sharp axe, the ship made a hasty retreat to its sanctuary, the sea.  
 In the open ocean, the crew's seamanship skills were tested under daunting conditions. The Sullivans had to safely transit through a mine swept channel, recover a man overboard in less than seven minutes, and navigate the ship during limited visibility conditions with high merchant traffic.  
 Next, the ship began Maritime Interception Operations. Once the initial query was answered by motor vessel Chanuna, The Sullivans was ordered to board the suspect vessel via helicopter

insertion.  
 The boarding team was ready and the flight crew was ready to receive as the SH-60B helicopter made its approach. In the blink of an eye, the helicopter crashed. Another crisis was averted as the Crash and Smash team took control of the casualty by dousing the flames and rescuing downed crew members.  
 As the evening approached, the Sonar Technicians began to pick up contacts through the SQS-53C hull mounted sonar.  
 The towed array was deployed as The Sullivans prepared to hunt for enemy submarines. With no luck, the array was retrieved and a catastrophic Bravo fire was unleashed in the aft section of the ship. General Quarters was called and the fire fighting efforts became an all

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# 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.

March 1: Professional Bull Rider's Rodeo at Jax Memorial Arena. Come check out all the fun and excitement of a professional rodeo downtown. Tickets are only \$8. The trip leaves at 6 p.m.

March 3, 10, 17, 24, 31: WWE On The Big Screen. Catch your favorite wrestlers battle it out on the big screen in Planet Mayport's movie theater every Monday at 9 p.m.

March 4: Texas Hold 'Em Tourney. Do you know when to hold 'em, and when to fold 'em? Come show us what you've got in this month long tournament. If you win one of our qualifying tournaments, you will be invited back to play at the final table for an amazing grand prize. Qualifying rounds are every Tuesday at 6 p.m. with the final table on March 25 at 6 p.m.

March 5: 8-Ball Pool Tournament. This free, single

elimination tournament will start at 6:15 p.m. sharp at Planet Mayport.

March 6: Comedy Zone Trip. Join the Liberty Program as we head out for a night of comedy and fun at the Comedy Zone in Mandarin. This trip is free, and includes transportation, admission, and appetizers. There is a one drink minimum purchase. This trip is open to those 18 years and older. The trip will leave at 6:30 p.m. from Planet Mayport.

March 7: Birthday Bash. Happy Birthday to all the March Birthdays. Stop by Planet Mayport for you birthday bonus.

March 12: Outdoor Movie. The Liberty Program will be showing a movie in the Planet Mayport parking lot starting at 8 p.m. There will be food, popcorn, and drinks, and it's all absolutely free.

March 13: Dinner & A Movie Trip. Join the Liberty Program as we head to Regal Cinemas to catch some of the newest box office hits. Pizza will be served at Planet Mayport prior to departing to the theater. Cost of this trip is only \$2 which includes food, admission, and transportation. Pizza served at 5:30 p.m.

March 17: Michael Winslow Live! Come check out Michael Winslow, famous actor and

comic, who has been featured in such movies as Police Academy, Spaceballs, and Gremlins at the Ocean Breeze Conference Center. The show is free and starts at 8 p.m. Free hors d'oeuvres from 7-8 p.m.

March 20: March Madness Pick 'Em. Think you know how the NCAA Men's Basketball tournament will unfold? Come

make your picks, and follow your picks throughout the tournament on Planet Mayport's 61" HDTV. You can pick up your selection sheet all day at Planet Mayport.

March 23: Sundae Sunday. Come celebrate with us with a create-your-own sundae bar starting at 6 p.m., while supplies last.

March 26: 9-Ball Tournament. This free, single elimination tournament will start at 6:15 p.m. sharp at Planet Mayport.

March 28: Dollar Dining Options. Save your money and satisfy your hunger at Planet Mayport today. Check out all the dining options for only \$1. Event will start promptly at 6:30 p.m.

March 30: Wrestle Mania XXIV! Join the Liberty Program as we head down to Orlando to attend the biggest wrestling event of the year at the Citrus Bowl. Tickets are only \$45 and include transportation and admission. You will need to muster at 2 p.m. and the trip will leave promptly at 2:30 p.m., no exceptions.

## Ricky's Tour

By Mike Jones mikejones43@hotmail.com



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# MWR Sports/Fitness

From MWR

MWR, with sponsorship from Navy Federal Credit Union, held a 5k/10k Fun Run on Feb. 12. The following is a list of participants including place, command, time and pace per mile.

### 5K runners

- 1 Ryan Opaczewski, FRL Mayport, 23:13, 4:38
- 2 Tim Kaunike, DCS-24, 23:40, 4:44
- 3 Mike Stoodley, USS Doyle, 23:45, 4:45
- 4 Mia Kuhn-Simila, MWR, 23:58, 4:47
- 5 Michael Gensch, HSL-42, 24:15, 4:51
- 6 Daniel Gallegos, RLSO SE DET, 24:20, 4:52
- 7 Matthew Gallagher, IANTU DET, 24:40, 4:56
- 8 Jonathan Peace, ASD MYPT, 25:02, 5:00
- 9 Jeff Clark, Harbor Ops, 25:13, 5:02
- 10 George Simpson, 25:18, 5:03
- 11 Cali Tran, USS Robert G. Bradley, 25:29, 5:11
- 12 Matthews, HELMAR-STRIKEWEPSCOLANT, 26:06, 5:13
- 13 Rob Singer, RLSO-SE, 26:09, 5:13
- 14 Gerald Watk, Harbor Ops, 26:15, 5:15
- 15 Alexander, BMC, 26:24, 5:16
- 16 Alberto Marin, HSL 42, 26:32, 5:18
- 17 Brian Beach, USCG, 26:41, 5:20
- 18 Brandon Hirst, USCG, 26:41, 5:20
- 19 Aaron Bowman, NAVSTA, 26:42, 5:21
- 20 Barry Bennett, ASD, 27:37, 5:31
- 21 John Fessenden, ATG, 27:58, 5:35
- 22 Dylan Perez, USS Robert G Bradley, 28:40, 5:44
- 23 Von, 48, HSL-40, 28:42, 5:45
- 24 Joel Rogers, USS Doyle, 28:44, 5:45
- 25 Fiona Southwood, FISC, 28:55, 5:47
- 26 Miguel Zarpogosa, USS Doyle, 29:15, 5:51
- 27 Alexander, Harbor Ops, 29:32, 5:54
- 28 A Medrano, USS Doyle, 29:43, 5:56
- 29 Sherwin Pasion, USS Doyle, 29:43, 5:56
- 30 Joe Skinner, FRC, 29:43, 5:56
- 31 Trevor Clayton, CDS-14, 29:55, 5:59
- 32 Michael Jones, USS Klakring, 30:02, 6:00
- 33 Paul Downs, USS Klakring, 30:10, 6:02
- 34 Mike West, FRC, 30:14, 6:02
- 35 Nichole Tyler, ASD, 30:14, 6:02
- 36 Kinyatto Duncan, NAVSTA, 30:22, 6:04
- 37 William Roman, Harbor Ops, 30:44, 6:08
- 38 Gerald Azul, NAVSTA, 30:45, 6:09
- 39 Terrell Gregg, USS Doyle, 31:08, 6:13
- 40 Douglas, HSL-42, 31:21, 6:16
- 41 Doug Monette, BMC, 31:21, 6:16
- 42 Ronchaquira, USS Doyle, 31:33, 6:18
- 43 Anna Chafin, NBHC, 31:41, 6:20
- 44 Andrew Pont, USS Doyle, 31:50, 6:22
- 45 Jeffrey Padilla, USCG, 32:35, 6:31
- 46 Larry Steagall, HSL-46, 33:13, 6:38
- 47 Melissa Noel, Housing, 34:28, 6:53
- 48 Andy Ariano, HSL-42, 34:31, 6:54
- 49 Linda Williams, BMC, 34:32, 6:54
- 50 Duke Hillman, BMC, 34:32, 6:54
- 51 Jesse Jones, HSL-42, 34:32, 6:54
- 52 Jason Rouse, USS Klakring, 34:37, 6:56
- 53 Paige Gnann, PAO, 34:45, 6:57
- 54 Alan Irvin, USS Doyle, 35:01, 7:00
- 55 John, Barrineao, SERMC, 35:01, 7:00
- 56 John Fleming, USCG, 35:02, 7:00
- 57 Mike Arnett, USCG 35:03,

- 7:00
- 58 Barrow, SERMC, 35:14, 7:02
- 59 Mark Simpson, 35:25, 7:05
- 60 Merkel, ATG, 35:35, 7:07
- 61 Becki Haggard, USS Doyle, 35:37, 7:07
- 62 Tarsitano, USS Doyle, 35:37, 7:07
- 63 R.Rivera, Ret, 35:48, 7:09
- 64 Linda Wood, 35:54, 7:10
- 65 Zach Bay, 35:57, 7:11
- 66 Edison Betancur, ASD, 36:00, 7:12
- 67 William Thomas, HSL-48, 36:58, 7:11
- 68 Jessica Brown, FRC, 37:02, 7:24
- 69 Robert Young, 37:39, 7:31
- 70 Donna Pearson, SERMC, 37:44, 7:32
- 71 Theophilus Knight, 38:11, 7:38
- 72 Amy Hamilton, CSF, 38:52, 7:46
- 73 Jason Rouley, USS Doyle, 39:33, 7:55
- 74 Jazmine Carey, USS Doyle, 41:13, 8:14
- 75 Breanna Garcia, DEP, 41:59, 8:23

- 76 Mitzi O'Neal, NCIS, 45:57, 9:12
- 77 Millie Cintron, NCIS, 45:57, 9:12
- 78 Susan Ricke, NAVSTA, 46:38, 9:20
- 79 Rose Lickenbrock, FFSC, 46:41, 9:20
- 80 Laura Barber, 46:47, 9:21

### 10K runners

- 1 Christopher Holman, USS Doyle, 41:38, 4:10
- 2 Theo Lundy, NAVSTA, 43:11, 4:19
- 3 Daniel Anderson, FISC, 46:29, 4:38
- 4 Brett Cottrell, HSL-60, 47:50, 4:47
- 5 Tim Clay, USS Doyle, 48:27, 4:54
- 6 Choyce Larue, SERMC, 50:15, 5:01
- 7 Jermaine Blake, USS Doyle, 50:51, 5:05
- 8 Gabriel Pagan, USS Doyle, 50:57, 5:05
- 9 Dedrich Walker, ATG, 50:59, 5:05

See Fun Run, Page 11



-Photo by Rita Hammerstad  
Seaman Christopher T. Holman of USS Doyle is the Mardi Gras 10K King along with MWR Fitness Trainer Ruthie Giardino as Mardi Gras 10K Queen. The duo came in first place in their division during the MWR 5K/10K Fun Run held last Tuesday. MWR hosts a Fun Run every second Tuesday of the month.

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# MWR Happenings

**Feb. 29-March 2: Motorcycle Safety Course.** Cost is \$180 for enlisted single sailors age 18-25; \$190 for all others. Motorcycle, helmet and gloves are provided. Sign up at the Auto Skills Center. 270-5392

**Feb. 29-March 2: Open Water Scuba Certification Course.** Cost is \$290 complete, \$320 for guests. Cost includes use of all scuba equipment, course study materials, certification, professional instruction, two days admission to the springs, two nights lodging and round-trip transportation. We leave on Friday and come back certified on Sunday. Don't be fooled by false advertising. No equipment purchase required. Pre-registration is required. 270-5541/5221

**March 4: Red Pin Bowling.** 10:30 a.m.-1 p.m. at Fast Lanes Bowling Center. Bowl a strike with a red head pin and win a coupon for a free game of bowling (to be used at a later date). 270-5377

**March 7: Deadline for March Madness Basketball Tournament.** This military only, men's basketball tournament is March 14-16 at the Gym. Cost is \$225 per team. Awards will be given to individuals for first and second place,

team awards for first, second and third places, seven all-tournament team, most valuable player and event t-shirts. Pre-registration is required. 270-5451/52

**March 7: Theatre of Laughter Comedy Show.** Renowned comedians Patrick Deguire, Dan Swartwout, Ernie Faivre and Mike Speenberg perform live at Castaway's Lounge from 8-10 p.m. This show is free and open to everyone. 270-7205

**March 11: 5K Run/3K Walk/Stroller Strut.** 8 a.m. in front of the Gym. Free event open to all hands. 270-5451/52

**March 11: Intramural Soccer Organizational Meeting.** 11 a.m. in the Gym lobby. 270-5451/52

**March 14: MWR Expo and Travel Show.** 10 a.m.-2 p.m. at Ocean Breeze Conference and Catering Center. This free, annual event is open to everyone. The Expo features representatives from theme parks, hotels, vacation hot spots and local tourist attractions along with information on MWR Mayport programs and services and a variety of Naval Station Mayport programs such as Fleet and Family Service Center, Navy Federal Credit Union, the Commissary and the American

Red Cross. Participants will be treated to free food samples and many exciting giveaways. 270-6015/5228

**March 14: Live Band, American Attitude.** 9 p.m.-12 a.m. at Castaway's Lounge. All hands welcome. 270-7205

**March 14: Low Dough Lunch.** 10:30 a.m.-1 p.m. at Fast Lanes Grille. Lunch options for \$4 or less. 270-5377

**March 14-16: March Madness Basketball Tournament.** This men's basketball tournament at the Gym is open to military only. Cost is \$225 per team. Awards will be given to individuals for first and second place, team awards for first, second and third places, seven all-tournament team, most valuable player and event t-shirts. Pre-registration is required. Deadline to register is March 7. 270-5451/52

**March 15: Mayport-Goround Spring Carnival.** 10 a.m.-1 p.m. at Sea Otter Pavilion, next door to Beachside Community Center. This annual event kicks off with an Easter egg hunt for ages 9 and younger starting promptly at 10 a.m. Children must bring a bag or basket for hunting eggs. All other activities will begin after the egg hunt including games and prizes, free pictures with

the Easter Bunny, inflatables, free popcorn, popsicles and lemonade, and food for purchase from Pizza Hut. This year's MWR event is sponsored by Navy Federal Credit Union. 270-6015/5228

**March 16: St. Patrick's Day Bingo.** 12:15 p.m. at Beachside Community Center. This bingo event includes a day of fun with a leprechaun pot o' gold game and a \$100 prize for wearing the most green. Don't forget your green knick knacks; a leprechaun will be handing out surprises. 270-7204

**March 17: Michael Winslow Comedy Show.** You've either seen or heard him in many famous movies including Police Academy, Spaceballs and Gremlins and currently, the Geico commercial. He's the talented and funny Michael Winslow. All hands are invited for a live performance on St. Patrick's Day at Ocean Breeze Conference and Catering Center. This free show kicks off with a performance by comedian Johnny Mac. Come early and enjoy cocktail hour from 7-8 p.m. with complimentary hors d'oeuvres and a cash bar. Reservations are required. Call 270-5380 or email Jon Fine at jfine@mwrmayport.org to make reservations. For more information on Michael Winslow, visit www.michaelwinslow.net.

**March 18: Red Pin Bowling.** 10:30 a.m.-1 p.m. at Fast Lanes Bowling Center. Bowl a strike with a red head pin and win a coupon for a free game of bowling (to be used at a later date).

270-5377

**March 21: Deadline to Register for Lifeguard Training Course.** All interested lifeguard training candidates (ages 15 and older) must attend one of the two pre-qual days at the base swimming pool at 5:30 p.m. The Lifeguard Training course is Apr. 2, 3 and 4 starting at 4:30 p.m. each day and Apr. 5 and 6 from 9 a.m.-5 p.m. both days. All training is at the base swimming pool and swim suits are required on all training days. Total cost is \$150 per person. Register at the Gym. Completion of the course does not guarantee employment with MWR Mayport. 270-5425/5451

**March 22: Scotch Doubles Bowling Tournament.** 1 p.m. at Fast Lanes Bowling Center. Entry fee is \$7.50 per person and includes bowling and shoes. Grand prize is your choice of four tickets to either Wild Adventures or Sea World. 270-5377

**March 23: Easter.** No Bingo. 270-7204

**March 24: Intramural Soccer Begins.** 270-5451/52

**March 26 & 27: Lifeguard Training Prequalification Days.** All interested lifeguard training candidates (ages 15 and older) must attend one of the two pre-qual days at the base swimming pool at 5:30 p.m. The Lifeguard Training course is Apr. 2, 3 and 4 starting at 4:30 p.m. each day and Apr. 5 and 6 from 9 a.m.-5 p.m. both days. All training is at the base swimming pool and swim suits are required on all training days. Total cost is \$150 per person. Register at the Gym no later than March 21. Class size is limited to 10 participants. Completion of the course does not guarantee employment with MWR Mayport. 270-5425/5451

**March 28: Contemporary Entertainment Ensemble "Pride" and Outdoor Movie.** Navy Band Southeast proudly presents their Spring "Concerts in the Park" concert series. Please join the band at Sea Otter Pavilion, Naval Station Mayport for a Boston Pops style concert series, free and open to all, starting at 7 p.m. Bring a blanket or lawn chairs, along with a picnic dinner or snacks, and sit back and relax. An outdoor movie will follow the concert performance. 270-6015/5228

**March 28: Low Dough Lunch.** 10:30 a.m.-1 p.m. at Fast Lanes Grille. Lunch options for \$4 or less. 270-5377

**March Specials**  
The MWR Auto Skills Center is offering a discount on tire balancing during March. Pay for the balancing of three tires and receive the fourth tire balanced for free. Call 270-5392 to make an appointment.

Visit Outdoor Adventures where the March rental special is for a weekend camping package: five person tent, lantern, two sleeping bags, 48 quart cooler, and stove for only \$30 for the weekend (pick up Friday and return Monday). Call 270-5221 for additional information.

## Fun Run

- 10 Usher, FRC, 51:10, 5:07
- 11 Ruthie Giardino, MWR, 51:33, 5:09
- 12 Kaye Fillingim, DEP, 51:45, 5:10
- 13 Buddy Denny, SERMC, 51:49, 5:10
- 14 Michael Watson, NAVSTA, 52:32, 5:15
- 15 Mayumi Pierce, DEP, 53:09, 5:18
- 16 Patrick Cuff, USS Doyle, 53:54, 5:23
- 17 LaShonna Cabrera, NAVSTA, 54:20, 5:26
- 18 Larry Hutto, USS Doyle, 54:28, 5:26
- 19 Daniel Hacker, USS Doyle, 54:34, 5:27
- 20 Nathan Arkigh, SERMC, 54:35, 5:27
- 21 Louis Robinson, USS Doyle, 54:56, 5:29
- 22 Jeanine Martinez, Security, 54:57, 5:29

- 23 John Sniegawski, HSL-48, 55:08, 5:30
- 24 Gagia, HSL-42, 56:12, 5:37
- 25 Cedric Daniels, 56:16, 5:37
- 26 Philip Alcorn, CDS 40, 57:33, 5:45
- 27 Jake Steele, CDS40, 57:35, 5:46
- 28 Tabatha Kennedy, CNL, 57:35, 5:46
- 29 Scott Wilson, NBHC, 58:52, 5:53
- 30 Dolly Echerori, CIV 1:00:32, 6:03
- 31 Douglas Platt, FRC, 1:01:39, 6:09
- 32 LD Williams, ATG, 1:02:03, 6:12
- 33 Raymond Miller, USS Robert G. Bradley, 1:02:08, 6:12
- 34 Veronica Mandez, MWR, 1:02:31, 6:15
- 35 Craig Zuber, HSL-42, 1:03:10, 6:19

- 36 Conrad Romulus-Stone, USS Doyle, 1:03:15, 6:19
- 37 Todd Dinwiddie, SERMC, 1:04:15, 6:25
- 38 Jordan Hoffman, USS Doyle, 1:05:10, 6:31
- 39 Mark Strutton, NBHC, 1:05:33, 6:33
- 40 Floyd Patterson, AIMD, 1:05:50, 6:35
- 41 Carol Pittet, RET, 1:07:34, 6:45
- 42 R Calhoun, NAVSTA, 1:12:11, 7:13
- 43 LaRita Piggee, NAVSTA, 1:12:11, 7:13
- 44 L.T.Pittet, RET, 1:16:23, 7:39
- 45 Chris Debus, ATG, 1:19:45, 7:58
- 46 Danny Rothe, ATG, 1:22:32, 8:15

From Page 9

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

<p><b>ACROSS</b></p> <p>1 Sugar-coated</p> <p>6 Part of a traffic trio</p> <p>10 Algonquian language</p> <p>14 Severity</p> <p>15 First-rate</p> <p>16 Resistance units</p> <p>17 Start of a quip</p> <p>19 Corn holders</p> <p>20 Mild expletive</p> <p>21 Exemplar</p> <p>22 Patella's place</p> <p>23 City in GA</p> <p>25 Lip curlers</p> <p>27 Doc's org.</p> <p>30 Cut with an ax</p> <p>32 Bond foe</p> <p>33 Part 2 of quip</p> <p>36 Clip alternative</p> <p>40 Grant of TV</p> <p>41 Kiddy</p> <p>43 More glacial</p> <p>44 Nomad</p> <p>46 Part 3 of quip</p> <p>48 Andrews movie</p> <p>50 Snakelike fish</p> <p>51 Commercial bits</p> <p>52 Finished putting on, as a blouse</p> <p>56 NASA vehicle</p> <p>58 Miscellany</p> <p>59 Shoot from hiding</p> <p>61 Becomes mellower</p> <p>65 Son of Judah</p> <p>66 End of quip</p> <p>68 Few and far between</p> <p>69 Deal (out)</p> <p>70 Libreville's country</p> <p>71 Mmes. of Madrid</p> <p>72 Load, as cargo</p> <p>73 Elite social category</p> <p><b>DOWN</b></p> <p>1 Alum</p> <p>2 Former Italian bread</p> <p>3 Not "fer"</p> <p>4 Line dance</p>	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td></td><td></td><td></td><td></td><td>15</td><td></td><td></td><td></td><td>16</td><td></td><td></td><td></td></tr> <tr><td>17</td><td></td><td></td><td></td><td></td><td>18</td><td></td><td></td><td></td><td>19</td><td></td><td></td><td></td></tr> <tr><td>20</td><td></td><td></td><td></td><td></td><td>21</td><td></td><td></td><td></td><td>22</td><td></td><td></td><td></td></tr> <tr><td>23</td><td></td><td></td><td></td><td></td><td>24</td><td></td><td></td><td></td><td>25</td><td></td><td></td><td></td></tr> <tr><td>26</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>26</td><td></td><td></td><td></td></tr> <tr><td>27</td><td>28</td><td>29</td><td></td><td></td><td>30</td><td></td><td></td><td>31</td><td></td><td>32</td><td></td><td></td></tr> <tr><td>33</td><td></td><td></td><td></td><td>34</td><td></td><td></td><td></td><td>35</td><td></td><td>36</td><td></td><td>37</td></tr> <tr><td>38</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>38</td><td>39</td></tr> <tr><td>40</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>41</td><td></td><td>42</td><td></td><td>43</td></tr> <tr><td>44</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>45</td><td></td><td>46</td><td></td><td>47</td></tr> <tr><td>48</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>49</td><td></td><td>50</td><td></td><td></td></tr> <tr><td>51</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>51</td><td></td></tr> <tr><td>52</td><td>53</td><td>54</td><td></td><td></td><td></td><td></td><td></td><td>55</td><td></td><td>56</td><td></td><td>57</td></tr> <tr><td>58</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>59</td><td></td><td>60</td><td></td><td>61</td></tr> <tr><td>62</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>62</td><td>63</td></tr> <tr><td>64</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>64</td></tr> <tr><td>65</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>66</td><td></td><td></td><td></td><td>67</td></tr> <tr><td>68</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>69</td><td></td><td></td><td></td><td>70</td></tr> <tr><td>71</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>72</td><td></td><td></td><td></td><td>73</td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14					15				16				17					18				19				20					21				22				23					24				25				26									26				27	28	29			30			31		32			33				34				35		36		37	38											38	39	40								41		42		43	44								45		46		47	48								49		50			51											51		52	53	54						55		56		57	58								59		60		61	62											62	63	64												64	65								66				67	68								69				70	71								72				73
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**By Alan P. Olschwang 2/28/08**

<p>5 Unit of work</p> <p>6 Dune material</p> <p>7 Lugs</p> <p>8 Readily available</p> <p>9 Kitchen implements</p> <p>10 Domestic pest</p> <p>11 River to the Gulf of Lion</p> <p>12 Fire remnant</p> <p>13 Back-and-forth curves</p> <p>18 Edmonton hockey player</p> <p>24 To this, that or it</p> <p>26 Give a right</p> <p>27 A way away</p> <p>28 Sushi bar soup</p> <p>29 "The King and I" heroine</p> <p>31 Intelligence</p> <p>34 Ritzy rocks</p> <p>35 Sty dweller</p> <p>37 Gyro bread</p> <p>38 Obscene</p> <p>39 Love god</p> <p>42 Little piggy</p> <p>45 Payments for releases</p>	<p>47 CSA commander</p> <p>49 Milk curdler</p> <p>52 Ill-mannered individuals</p> <p>53 Of an arm bone</p> <p>54 Small crown</p> <p>55 Same here</p> <p>57 Taj</p> <p>60 Comment after a close call</p>	<p>62 Mongolian desert</p> <p>63 Adam's grandson</p> <p>64 Transmitted</p> <p>67 Links org.</p>
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**Last Week's Answers**

R	H	I	N	O	I	S	A	A	C	S	R	S		
B	A	R	O	N	N	E	I	L	L	T	E	E		
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**326285 2/21/08**



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Vintage Motor Cars at Amelia Island, March 8

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

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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. 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 happened, 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. 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. Tattle Tyme Children's Playgroup meets every Wednesday. New Parent Support Children's Playgroup meets every Thursday. Both Playgroups meet from 9 a.m.-noon 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. 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. Tattle Tyme Children's Playgroup meets every Wednesday. New Parent Support Children's Playgroup meets every Thursday. Both Playgroups meet from 9 a.m.-noon 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 energizing and a factor in motivating us. But too much stress,

without relief, can have debilitating effects. This program is designed to provide participants with an understanding of what stress is and how it affects them. It will also help participants begin to look at their own lives and ways they currently cope with stress. Participants will be challenged to develop behavior and lifestyle changes that will improve their ability to cope with stress.

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. Tattle Tyme Children's Playgroup meets every Wednesday. New Parent Support Children's Playgroup meets every Thursday. Both Playgroups meet from 9 a.m.-noon 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. Tattle 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.

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## Oasis Galley

Weekday hours for the Oasis Galley are 6-7:30 a.m. for breakfast, 11 a.m.-12:30 p.m. for lunch, and 4:30-6 p.m. for dinner. Weekend and holiday hours are 8-9:30 a.m. for breakfast, 11:30 a.m.-1 p.m. for brunch, and 4:30-6 p.m. for dinner. The Oasis Galley also offers a speedline and hot bars Monday through Friday. The menu line is 270-6857. For service assistance, call the Oasis Administration Office at 270-5373. Breakfast costs \$2.10, lunch and dinner is \$3.85. The menu is subject to change by FSO due to food availability.

**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

**Friday, Feb. 29**

**Breakfast**  
Corned Beef Hash  
Bacon  
Pancakes  
French Toast  
Hashbrown  
**Lunch**

Corn Chowder  
Pizza  
Chicken Wings  
French Fries  
Potato Chips  
Cauliflower Combo  
Green Beans  
Tuna Melts  
Baked Beans  
**Dinner**  
Corn Chowder  
Creole Macaroni  
Shrimp Scampi  
Rice Pilaf  
Carrots  
Lima Beans

**Saturday, March 1**

**Breakfast**  
Turkey Sausage Patties  
Bacon  
Pancakes  
French Toast  
Potato Rounds  
**Lunch**  
Vegetable Soup  
Tacos  
Nachos  
Peas with Carrots  
Bacon  
Pancakes  
Potato Rounds  
**Dinner**  
Vegetable Soup  
BBQ Beef Cubes  
Pan Fried Fish  
Parmesan Rice

**Oven Browned**

Potatoes  
Calico Corn  
Black-eyed Peas  
**Sunday, March 2**  
**Breakfast**  
Turkey Sausage Links  
Ham Slices  
Pancakes  
French Toast  
Hashbrown  
**Lunch**  
Minestrone Soup  
Steak & Cheese Sandwich  
French Fries  
Mixed Vegetables  
Turkey Sausage Links  
French Toast  
Hashbrown  
**Dinner**  
Minestrone Soup  
Ravioli  
Stuffed Pork Chops

**Sunday, March 2**

**Breakfast**  
Turkey Sausage Links  
Ham Slices  
Pancakes  
French Toast  
Hashbrown  
**Lunch**  
Minestrone Soup  
Steak & Cheese Sandwich  
French Fries  
Mixed Vegetables  
Turkey Sausage Links  
French Toast  
Hashbrown  
**Dinner**  
Minestrone Soup  
Ravioli  
Stuffed Pork Chops

Au' Gratin Potatoes  
Long Grain & Wild Rice  
Carrots  
Asparagus  
Brown Gravy

**Monday, March 3**

**Breakfast**  
Corned Beef Hash  
Sausage Patties  
Pancakes  
French Toast  
Potato Rounds  
**Lunch**  
Chicken Gumbo Soup  
Beef Stew  
Teriyaki Chicken  
Rice Pilaf  
Mashed Potatoes  
Green Beans  
Carrots  
Burgers  
Baked Beans  
French Fries  
**Dinner**  
Chicken Gumbo Soup  
Salisbury Steak  
Baked Fish  
Lyonnaisse Rice  
Boiled Pasta  
Chicken Gravy  
Corn  
Peas

**Tuesday, March 4**

**Breakfast**  
Cream Ground Turkey  
Bacon  
Biscuits  
Pancakes  
French Toast  
Hashbrown  
**Lunch**  
Cuban Black Bean Soup  
Shrimp Quesadillas  
Chicken Enchiladas  
Spanish Rice  
Black Beans  
Mexican Corn  
Broccoli  
Gyros  
French Fries  
**Dinner**  
Cuban Black Bean Soup  
Catfish Nuggets  
Italian Sausage  
Oven Browned Potatoes  
Red Beans & Rice

Squash  
Creamed Corn  
**Wednesday, March 5**

**Breakfast**  
Sausage Links  
Corned Beef Hash  
Pancakes  
French Toast  
Potato Rounds  
**Lunch**  
Cream of Broccoli Soup  
Chicken Parmesan  
Spaghetti w/ Meat Sauce  
Italian Roasted Potatoes  
Marinara Sauce  
Cauliflower  
Mixed Vegetables  
Tacos  
Nachos  
Baked Beans  
**Dinner**  
Cream of Broccoli Soup  
Cajun Roast Beef  
Savory Baked Chicken  
Paprika Potatoes  
Steam Rice  
Brown Gravy  
Peas  
Carrots

**Thursday, March 6**

**Breakfast**  
Turkey Sausage Links  
Sausage Gravy  
Pancakes  
French Toast  
Hashbrown  
Biscuits  
**Lunch**  
Clam Chowder  
Grilled Steaks  
Snow Crab Legs  
Rice Pilaf  
Mashed Potatoes  
Corn on the Cob  
Broccoli  
Natural Pan Gravy  
**Dinner**  
Clam Chowder  
Veal Parmesan  
Roast Pork  
Boiled Pasta  
Steamed Rice  
Brown Gravy  
Wax Beans  
Corn



**FINANCIAL**

Business Opportunities  
Distributions/  
Franchises  
Fictitious Names  
Financial Services  
Money to Lend/Borrow  
Mortgages Bought/Sold

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Please reference the position you are applying for.

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**Part Time**

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If this interest you, please call and leave a message with your name, address and phone number. Call  
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**Part Time**

**PAPER ROUTE CARRIERS NEEDED**

**Arlington Area**  
We are looking for reliable men and women for paper route independent contractors.

- Must be Bondable
- Have dependable transportation (preferably a van)
- And home phone one.

If this interest you, please call and leave a message with your name, address and phone number. Call  
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**Gainesville Area**  
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