

THE MIRROR NS MAYPORT, FLORIDA

CHINFO Award Winner

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THURSDAY, April 17, 2008

OFF THE DECK

EOQ Lunch Is April 28

Naval Station Mayport will hold its Employee of the Quarter luncheon April 28 at 11:30 a.m. at Ocean Breeze Conference Center. The selectee, nominees and Department Heads/Supervisors should attend. All Naval Station employees are encouraged to attend to support those nominated. Please RSVP for the luncheon by 3 p.m. on April 24 to Sandra Barrett, 270-5228 or email sandra.barrett1@navy.mil. Cost is \$7 at the door. Employees nominated for the First Quarter are Frederick Barton of Security, Keith Ford of Air Ops, Martha Mazzini of MWR, Russell Garrison of FFSC and Ralph Batten of PWD.

Save Lives, Give Blood

Naval Station Mayport will hold a blood drive on April from 8:30 a.m.-2:30 p.m. 29 in the Post Office parking lot on Massey Avenue. Donors will be entered for a drawing for a complimentary three-night weekend stay for four, including four Disney World two-day passes and four Delta Air Lines roundtrip tickets. For further information, or to set an appointment, please contact Storekeeper 3rd Class(SW) Will Jarosz at 270-6148.

Jag To Visit NS Mayport

Jacksonville Jaguar defensive lineman No. 98, John Henderson, will be on Naval Station Mayport from noon-1 p.m. on April 25 at Bogey's to meet with Sailors and their families and sign autographs. For more information, call Windy Harbor Golf Club at 270-5380.

Watch Out for Construction

NS Mayport's traffic flow through Main Gate will be diverted periodically and closed as construction to the gate is finished this month.

From 6 p.m.-8 a.m., the traffic will be two lanes inbound and one lane outbound on April 17, followed by one lane inbound and one lane outbound from 8 a.m.-6 p.m. on April 17-18.

The gate will be closed starting at 6 p.m. April 18 until 5 a.m. on April 21. All traffic will be routed through the Edwards Gate at this time.

The gate will reopen on April 21 with two lanes inbound and one lane outbound from 5-8 a.m.

During this time, all personnel is advised to use alternate routes to Gate 5 or Hanna Park.

Gate 5 is open from 5 a.m.-5 p.m., Monday-Friday to all inbound and outbound vehicles with decals and valid ID cards. Hanna Park will be open to valid inbound traffic only from 5-8 a.m. and outbound traffic from 3-5 p.m., Monday-Friday.



-Photo by Paige Gnann

NS Mayport Wildlife Officer Art Burt and Interior Communications 2nd Class Paul Fenn hold a three-foot rattlesnake found at the Windy Harbor Golf Club last week. Another snake, similar in size, was found only a few days later sunning on the patio of the club. Burt said the warm weather is making all of Mayport's wildlife more active, including snakes.

Warm Weather Perfect For Mayport's Snakes

By MC2 Regina L. Brown
Fleet Public Affairs Center Detachment Southeast

With all the warm weather in store for the Jacksonville area in the upcoming spring and summer months, rattlesnake season isn't far behind, according to Naval Station Mayport Wildlife Officer Art Burt.

This cold-blooded animal will sun itself in warm areas and tends to take shelter in cool, dark areas. Piles of trash, low-lying plant brush, equipment and children's toys in the yard make great hiding places for rattlesnakes, Burt said.

Keeping these items picked up and away from buildings and residential areas is imperative for preventing rattlesnakes from nesting in those areas.

These snakes are not aggressive and usually flee when approached by humans, but they are poisonous and will strike when it feels threatened.

Rattlesnakes have the capability of striking up to two-thirds of its body length, without having to pull their body back before striking. They can inject hemotoxic venom which destroys tissue and organs and can lead to loss of limb and per-

manent scarring.

If you are bitten by a snake, do not attempt to treat it yourself. Stay calm and go to the nearest medical facility for treatment or call for emergency medical assistance.

Do not try to catch a rattlesnake! If you happen to come upon one on the naval station, the best policy is to stay back, keep it in view and call Burt at 219-2178 during the hours of 7 a.m.-3 p.m., Monday-Friday, or after working hours, call Security Dispatch at 270-5583.

Gordon Is New HSL-42 Skipper

Lt. Andrea Alvord
HSL-42 PAO

Cmdr. Dana R. Gordon relieved Cmdr. Richard A. Skiff as commanding officer of the HSL-42 "Proud Warriors" during a ceremony held in HSL-42's aircraft hangar on April 4.

The ceremony marked the end of a successful tour for Skiff, under whose leadership the squadron earned two consecutive awards for Battle Efficiency and CNAL Retention Excellence, the fourth consecutive air-wing Talon Award for superior mission accomplishment in anti-submarine warfare and the Captain Arnold J. Isbell Trophy for excellence in anti-submarine warfare.

Skiff's tour at HSL-42 caps a flying career that began in 1990 following his graduation from the Virginia Military Institute. His sea assignments include tours with the HSL-37 "Easyriders," USS Essex (LHD 2), and HSL-43 "Battlecats," and shore assignments with the HSL-41 "Seahawks," Flag Aide to the Deputy Chief of Naval Operations for Warfare Requirements and staff of the Secretary of the Navy in the Office of Strategic Planning. Skiff is moving to Stuttgart, Germany with his wife, Diane, and three children to work at US European Command Standing Joint Force Headquarters.

Rear Adm. Gary E. Hall, former commanding officer and plank owner of the Japan-based HSL-51 "Warlords" and current Commandant of the Industrial College of the Armed Forces at National Defense University, was the guest speaker for the ceremony.



Cmdr. Dana Gordon



Cmdr. Christopher Failla

Having served as executive officer of the Proud Warriors for the past 16 months, Gordon is intimately familiar with the workings of the squadron. In his remarks, he thanked many people who have influenced and guided him throughout his life.

He said that the ceremony is about a change in leadership from one commanding officer to another, but to him it is "an opportunity for us to recognize the great accomplishments of Skiff and also a chance to recognize those who have molded

See HSL-42, Page 12

Making Mayport A 'Safe Child' Zone



-Photo by Paige Gnann

Commanding Officer, Naval Station Mayport, Capt. Aaron Bowman, Command Master Chief (CMDMC) Deborah Davidson, Fleet and Family Support Center Representatives Jaye Meyer and Helen Williams visit the on-base Child Care Development Center to kick off the beginning of National Child Abuse Prevention Month. Bowman signed a proclamation pledging the base's support in preventing child abuse. In accordance with the month, FFSC has scheduled events to celebrate the family. New Parent Support Program at (FFSC) Fleet and Family Support Center will sponsor an English Tea for Expectant Moms on April 16 from 1 p.m.-3 p.m. at FFSC in Building One. Registration is required. Please call the FFSC at 270-6600, ext. 1701 to register. Seating is limited and childcare is not available. New Parent Support Program will also sponsor a Stress and Relaxation Workshop for all military moms, including active duty and family members. This event will be held at Ocean Breeze on April 30 from 8:30 a.m.-3:30 p.m., lunch will be provided. Sportswear and tennis shoes are recommended and childcare will not be available. Registration is required as seating is limited. Please call the FFSC at 270-6600, Ext. 1701 to register.

CO Column

Starting out with a warm "welcome back" to the men and women of USS Simpson and embarked crew of HSL-46 Detachment Seven who returned last week from a successful six-month counter-narco-terrorism deployment.



Capt. Aaron Bowman

The crew deployed to the U.S. Southern Command area of operations and prevented more than 15 tons of cocaine from reaching our city streets. These busts included the apprehension of 15 narco-terrorists and the take down of two self propelled semi-submersible vessels; two "go fast" boats and one logistical supply vessel. Well done to all, we are all very proud of your efforts.

Lots of traffic related issues going on: 1) Ground has officially been broken for the Mayport Road improvement project. Be patient as you drive through the construction, the end product is going to be awesome.

2) Lane changes are still ongoing as we enter the last phases of our main gate project. It's going to be great to get our security force under cover. Please be aware of these changes and slow down as you depart

the base. I still see way too many people speed out the gate.

3) Stand by for increased driving safety enforcement. The new instruction is on my desk for signature. Unfortunately we are going to have to crack down to get people to slow down. You have probably noticed all the new no cell phone signs going up in preparation. Myself and the security force find no pleasure in taking away driving privileges, but too many people are getting hurt in accidents. Someone barely missed my son this weekend in a crosswalk. Your safety is my

main concern. Please slow it down.

Florida heat is coming back fast. I want to remind everyone that when exercising, keep hydrated, and keep aware of the black flag conditions as we go into the summer. Now is the time to make sure your car is "summer ready" as well. Speaking of heat, snakes love this time of year and it's not unusual to see a stray rattlesnake sunning in the oddest places. Our Game Warden Art Burt recently nabbed two rattlesnakes on our golf course. If you see one, don't attempt to catch it, call Art at 219-2178.

Yesterday, "Big Navy" held a public meeting regarding homeporting options at Mayport. All 12 options that were studied are viable, and the public got a chance to voice opinions on the several options that will assess the homeporting of Atlantic Fleet surface ships here. This could include cruisers, destroyers, amphibious ships and potentially a nuclear powered carrier. As I have said before, whatever the outcome is, we will do what we do best every day and that is to support the war fighter, the men and women

in uniform making a difference.

April is the Month of the Military Child/Child Abuse Prevention Month and Naval Station Mayport and I just signed a proclamation to pledge NavSta's support in preventing child abuse. FFSC has planned several events to promote child abuse prevention and military children, and I thank them for all their efforts. Our kids are our nation's future leaders. We need to protect them, and give them every opportunity possible to make a difference.

Speaking of kids, our FFSC has something for parents too. On April 30, New Parent Support Program will sponsor a Stress and Relaxation Workshop from 8:30 a.m.-3:30 p.m. at Ocean Breeze Conference Center. This workshop is for all military moms, including active duty and family members. Lunch will be provided. Sportswear and tennis shoes are recommended. Registration is required for both events and childcare is not available. Call the FFSC at 270-6600, ext. 1701 to register.

NOSA is gearing up for its annual Time and Talent Silent and Live Auction at 6:30 p.m.

on April 18 at Ocean Breeze Conference Center and I'm expecting to have some big fun. Our very own Golf Pro, Jon Fine, is going to be the host and auctioneer. I've had a chance to look at the list of auction items and I am amazed at the value, creativity, and quality of what's available. There are good deals available for everyone in any budget range plus the event's proceeds will go to charities that benefit the Navy and its community. Tickets are being sold for \$15 in advance and \$20 at the door and includes finger foods, beverages, and registration to bid on both silent and live auction items. Make sure and get your tickets - and bring a friend. Everyone is welcome. Contact Cynthia Fong Smith at (904) 372-4049 or via email at cfong4954@aol.com.

Before I close, I want to thank our Emergency Management Director Steve Millican and everyone who participated in our recent HURREX. The drill brought out several lessons learned and will ultimately help us keep everything together in case Mother Nature decides to give us a bad hand this year. Now is the time to check on

your own hurricane readiness, and talk to your family about your plan of action in the case we come to the point where we need to evacuate the base. Careful preparation and planning pays off when disaster strikes.

I also want to thank everyone who turned out for MWR's 5K/3K walk and stroller strut last week. We have the best MWR in the Navy in my humble opinion, and I appreciate the support you give to the program. Our May 13 run will be the 5K/10K Armed Forces run and we are going to be fortunate to have with us the American record holder of the 15K, two-time Olympian, and five-time winner of the Gate River Run, Todd Williams. Todd will run with us and also have a clinic on running. Check out his website at <http://www.pushthepace.com>.

Thank you for all that you do, and please keep those questions coming in by email at aaron.bowman@navy.mil, or at our new CO's suggestion box located on the quarterdeck inside Building One. Your concerns are my concerns.

CREDO Corner

By Lt. Rickey Bennett
Spiritual Fitness Division SE

Unfortunately, many people in desperate marriages base their lives upon commonly held myths. Let us expose some of these myths as well as provide challenges for you to take constructive action in your marriage.

Myth #1
The first myth is the idea that my state of mind and the quality of my marriage is determined by my environment. "I grew up in a dysfunctional family, so I am destined to failure in my relationships." This kind of approach leaves one helpless. Our environment certainly affects us, but it does not control us. You can keep a positive spirit even in a bad marriage, which will affect your emotions and your actions. God can give peace of mind even in the worst of situations. How we live our life is a choice.

Myth #2
You've probably heard this one: "People cannot change." This myth fails to realize the reality of human freedom and the power of God. History is filled with accounts of people who have made radical changes in their behavior. From St. Augustine, who once lived for pleasure and thought his desires

were inescapable, to Charles Colson, the Watergate criminal who repented and began an international agency to offer prisoners spiritual help, the record is clear: People can and do change, and often the changes are dramatic! Don't give up on yourself or your spouse. God is in the business of changing lives. Begin with prayer, and believe that God can and will change you and your spouse.

Myth #3
"When you are in a bad marriage, there are only two options: be miserable for life, or get out." This myth limits one's horizons to two equally devastating alternatives. But there is always something you can do to improve a marriage. You can be a positive change agent in your marriage. Being miserable or getting out are not your only options, and there are loving solutions even in desperate marriages.

Myth #4
"Some situations are hopeless." Have you said those words? Have you believed them? The person who believes this myth usually also concludes, "My situation is hopeless. Perhaps there is hope for others, but my marriage is hopeless. It has gone on too long; the hurt is too deep." This kind of

thinking leads to depression and sometimes suicide.

God is the God of hope. When you put your hand in His hand, He will lead you through the valley of despair into the plane of hope. With God no one and no situation is hopeless. Focus your eyes on Him rather than your situation.

Myth #5
"It is a sign of weakness to ask for help." An avoidance to ask for help is actually more of a sign of pride whose perspectives and interpretations may not have any basis in reality. Pride proceeds failing and humility proceeds succeeding. We all need help every now and then, financial, spiritual, physical and emotional help that comes from others to get us through difficult times in our lives. Many of us are unable to recognize when help is needed or reluctant to ask for the help that others can provide. To many of us it is a sign that we are weak. We become reluctant to ask and try to do it ourselves or else abandon the thought and give up. We are missing out on so many opportunities due to our fear to ask others to lend a hand. Asking for help is not a sign of weakness, but rather shows insight in knowing how to achieve the goal.



USS The Sullivans' Chief's Mess stands on the ship's deck on April 1, 2008, in celebration of CPOs 115 years of service.

CPOs Celebrate 115 Years

By ISC David Stanton
USS The Sullivans

April 1st, 1893. It's a date that most folks don't think about that often. Even within the Navy, there are some who don't know of its significance. However, to us it's one of the most important days in history. It's the day we were born. We, the Chief Petty Officer Mess of the United States Navy. We were created to ensure that the Navy would survive after we left it. Our traditions and sacrifices have continued to strengthen us through numerous conflicts, which at times threatened our very existence as a free nation. We continue to shape tomorrow's Chiefs every day by taking care of our Sailors.

On board USS The Sullivans (DDG 68) we celebrated the best possible way we could. We were underway. The seas were

not being very friendly, and the wind was making its presence known. Each Chief Petty Officer on board that day awoke and donned their wash khaki uniform, a uniform typically not worn underway. We also donned black ties, which hasn't been a part of the wash khaki uniform for decades. But there was a method to our madness, we love and respect our traditions so much that we wanted to look like the CPOs of old. We all donned our combination covers and stepped out onto the weatherdecks to take a picture in this nostalgic uniform. Our ship's flag was there, as well as our traditional weapon, the cutlass. Some of us held coffee cups for the picture, some even had cigars. All symbols of our traditions, our heritage, and everything we love about being a Chief Petty Officer.

After about 20 minutes of picture taking one might think that would not suffice to celebrate a birthday. However, USS The Sullivans was underway, and we needed to go back to doing what Chief's do best, taking care of Sailors. There isn't a Sailor in the Navy today that hasn't been trained by a Chief Petty Officer. From the CNO down to the young man or woman who just arrived at Great Lakes, they all have been trained and will all be trained by a Chief. We gladly, and without hesitation, take on this responsibility. We are proud to carry on our traditions because we understand we are part of one of the largest fraternities in the world. And wherever you go in the Navy you will continue to hear, "Ask the Chief!"

NWC Classes Available

The Naval War College's College Of Distance Education will again offer its fleet seminar program in the Mayport area. This academic year (September '08 - May '09), the strategy and war, and the joint maritime operations courses will be offered in Mayport and the national security decision making course will be offered in the Jacksonville area. This highly acclaimed program parallels, to a major degree, the course of study followed by students in

the college of naval command and staff in Newport, Rhode Island. Three-hour classes are held in the evening (one night per week for approximately 35 weeks). A top quality adjunct faculty member leads each seminar from the local area. Students can earn a NWC diploma, JPME Phase I credit, and up to 21 graduate credit hours. All books and materials are provided on a loan basis, and there is no tuition charge. Enrollment is open to USN/USMC/USCG

03 or above, USA/USAF 0-4 or above, or DoD GS-11 or above. All applicants must possess a baccalaureate degree. Call Professor Dave Fay at (904) 317-7902 or email dfay@lscijax.com for more information. Applications will be on-line beginning April 1 at <http://nwc.navy.mil>. Applications are due by June 30.

Learn First Aid With Red Cross

American Red Cross is offering first aid, CPR and AED programs April 26 from 9:30 a.m.-5:30 p.m. at the USO on Mayport Road. The programs are designed to give participants the confidence to respond in an emergency situation with skills that can save a life. Red Cross courses prepare participants to prevent and respond to life-threatening emergencies. Adult, Infant and Child CPR and First Aid with AED-Teaches emergency procedures

that prepare individuals to deal with breathing and cardiac emergencies for infants and children (birth to age 8) and adults (age 9 and up), and administering first aid to all ages. Participants learn techniques such as rescue breathing, chest compressions, CPR and Automated External Defibrillation; as well as bandaging, splinting and treatment for burns. Anyone with a Military ID card gets a \$5 discount. For more information or to register, please call the Mayport Service center at 246-1395.

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



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Cmdr. Jerome Dillon
Staff Chaplain:
Lt. Rory Calhoun

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Confession.....Before and after mass
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Morning Worship.....10:30 a.m.
CCD (K-High School).....10:30 a.m.
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.
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Confessions.....7 p.m.
SATURDAY
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Working Toward Lean 6 Sigma Implementation

By Mary Anne Tubman
CNRSE Public Affairs

Throughout the past year, Commander, Navy Region Southeast (CNRSE) personnel have been introduced to the concepts and practices of Lean Six Sigma (LSS) - a program designed to improve the way we do our work, eliminate defects in our daily operations, and help us achieve significant savings in both dollars and human resources.

The first step to a successful LSS implementation is the training of personnel who will both lead and execute projects throughout the region. Karol Higginbotham, LSS program manager for CNRSE, and Richard Horne, Commander, Navy Installations Command (CNIC), are both LSS Black Belts who have completed five weeks of specialized training in LSS analytical techniques and statistics. Horne is assigned to CNRSE and will be responsible for the mentoring of Green Belts, who are expected to lead three to four projects per year within regional commands. Training for additional CNRSE Green Belt candidates is slated for April, June, and July. In January, 18 Project Champions, who are assigned to installations and CNRSE headquarters, also completed LSS training, and will provide leadership to LSS projects as process owners.

Rounding out the level of skill necessary to serve on LSS project teams are 263 Yellow Belts, who will potentially be called upon to work on LSS projects.

"We reached a strategic pause in our LSS implementation," said Jim Rountree, CNRSE regional business manager. Once we had people trained, it was time to take a look at where

we could put their knowledge and skills to use in the field."

That strategic pause ended Feb. 12 when CNRSE staff members were joined by representatives from throughout the region for a three-day High Impact Core Value Stream (HICV) workshop held at NAS Jacksonville. This workshop was designed to identify future LSS project opportunities from four Core Value Streams - Force Protection, Morale, Recreation and Welfare (MWR), Fleet and Family Services, and Human Resources - through feedback collected from installation commanding officers and other program participants in January. During this process, 16 installations and the headquarters staff provided detailed information about areas where gaps between current performance and desired performance based on resources, customer requirements, and quality are greatest. Their input provided a total of 34 potential LSS projects to be tackled by Green Belts, giving them real-time application of the LSS tools they received in training. Draft project charters and outlines of each project's Suppliers, Inputs, Processes, Outputs, and Customers (SIPOCs) were also created during the workshop. These projects include:

- Human Resources Delivery Service Model
- National Security Personnel System Compensation
- Outdoor Recreation Programs
- Golf Program Operations and Staffing
- Streamlining Business Rules
- Force Protection
- Security Vehicles
- Individual Augmentee (IA) Case Management
- Monthly tollgate, or execution review of all LSS projects,

is one of the components of the LSS Review Board (LSSRB) meetings, the first of which was held March 11. The LSSRB membership consists of the CNRSE Executive Director Bruce Cwalina, Rear Adm. Hugo Blackwood, one installation commanding officer representative, and the N1, N3, N5, N6, N7, N8, N9, and N52 department heads. In addition, the LSSRB also reviews and approves project proposals, assigns belts to projects, and submits program recommendations to the Commander.

Other actions of the LSSRB include review of applications for Black Belt and Green Belt training. Annette Higgins of Air Operations and Brett Tracy of Fleet Readiness were the latest candidates selected to attend five weeks of Black Belt training. After they have completed the course, they will be able to lead complex Black Belt projects and to mentor CNRSE Green Belts.

"It's important for everyone to realize that LSS implementation is a journey, with no set ending point," said Rountree.

Guidance for all hands regarding the purpose, policy, responsibilities, and action for the CNRSE LSS program is now available in the LSS Instruction 5220, which was signed out by Rear Adm. Michael C. Vitale April 1.

In our next article, we'll examine one of the LSS projects currently in progress - Cell Phone Procurement/Replacement - and illustrate how LSS tools have improved efficiency, created savings, and are better supporting the Fleet, Fighter, and Family.

New Greenbelts At FRCSE

By Lt.j.g. Robert Jones
FRCSE Mayport PAO

Fleet Readiness Center Southeast (FRCSE) Site Mayport Florida certified three new Sailors as Lean Six Sigma Green Belts during a March 13 ceremony.

Senior Chief Aviation Machinist's Mate Floyd Patterson, Aviation Structural Mechanic 1st Class Adam Rocks, and Aviation Electronics Technician 3rd Class Thomas Snell received their certification during a March 13 ceremony held at the Afloat Training Group Mayport auditorium.

"These individuals have achieved a career milestone, as a Green Belt they will make the first crucial decisions in shaping the U.S. Navy of tomorrow. They will use their extensive technical knowledge to effectively improve maintenance efforts Navy-wide."

A Lean Six Sigma Green Belt is trained on the improvement methodology of Lean Six Sigma and will lead a process or quality improvement team. In turn they will balance and align maintenance and supply



-Photo courtesy of FRCSE Mayport
Fleet Readiness Center Site Mayport Officer-in-Charge Cmdr. G.R. Guiler presents Aviation Structural Mechanic 1st Class Adam Rocks with Green Belt certification on March 13 at a ceremony conducted at ATG Mayport's auditorium.

activities to end-user demand by ensuring the right materials are in the right place, at the right time and at the right cost.

In doing so, a Green Belt will ensure the warfighter has the assets necessary to support Ready for Tasking (RFT) requirements and entitlements set forth in the NAVRIIP

Interdeployment Readiness Cycle (IDRC).

Additionally, he or she will create an environment where continuous process improvements can take place, and it leverages existing initiatives by synergizing a proven set of tools with the Theory of Constraints (TOC) at the foundation.

FRCSE Awarded For Collaboration

By AT2 (AW)
Krystal Smith
FRCSE PAO LPO

Fleet Readiness Center Southeast (FRCSE) was presented with the Contractor-Military Collaboration of the Year Award on March 31 at the depot facility.

FRCSE Commanding Officer, Capt. Timothy S. Matthews, along with Glenn Dubrucq and Mark Fruits, both F/A-18 FIRST program managers, accepted the award on behalf of FRCSE.

FRCSE partners with the Boeing Company on the F/A-18E/F Integrated Readiness

Support Teaming (FIRST) program. FIRST assists FRCSE with stand up capability of many components for the E/F platform such as pylons, missile adapters, fuel pumps, radomes, gun drive units, and fire extinguishers.

The Boeing Company also partners with FRCSE under a performance based logistics contract to rework these components once capabilities for the components are established. They supply material, technical support, and other services, as required, to support the rework of these components.

"This is a win, win, win situation; a win for FRC, a win for Boeing, and most importantly a win for the Warfighter," Matthews said. "Because when the pilots get inside these jets, they know they're in a better product."

The Contractor-Military Collaboration Award is one of several awards given at the annual Defense Logistics Conference. The Defense Logistics Awards recognizes and promotes logisticians in the U.S. Department of Defense and the defense industry who have made significant contributions to military logistics.

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CFLs Get Ready To Take It Home

From MWR

The newest 19 certified Command Fitness Leaders (CFLs) returned to their Mayport commands last week armed with new tools.

The CFLs learned techniques to assist them in enforcement of OPNAV 6110.1H, the facilitation of fitness programs for their Fitness Enhancement Personnel and improvement of the physical readiness of their command and the U.S. Navy.

The latest CFL course was hosted by MWR the week of March 31. The course involved four components. The first was the completion of the entire PFA including body composition and passing the PRT with an excellent low or better.

The second was lectures concerning OPNAV 6110.1H and physical readiness policy conducted by Senior Chief Machinist's Mate (SS)Ernie Derrera and Dean Harris from the Physical Readiness Office in Millington.

The third was nutrition lectures delivered by Cmdr. Alice Whitley, Navy Dietician. Lastly, the CFLs took fitness education courses and received information concerning group exercise leadership facilitated by MWR Mayport Navy Fitness Team, Emily Deason, LaPlace Satterfield, Ruthie Giardino, Mia Kuhn-Simila and Glinda Langford. Congratulations to all the Mayport CFLs who completed the four-day training.



MWR Fitness Director Emily Deason talks to the Command Fitness Leaders about group exercise during a CFL training course hosted by MWR.

-Photos courtesy of MWR



CFLs test their agility during an obstacle course set up by MWR.



The crab crawl is an all-over body workout that targets arms, legs and core.



CFLs run with Fitness Specialist Mia Kuhn-Simila



One of the best group cardio classes, spinning is low-impact on the joints.



Workouts don't have to always use traditional weights. Fitness Specialist LaPlace Satterfield shows CFLs how to use sandbags to add strength training to their routine.



A great way to learn stability using an unstable service such as the BOSU (Both Sides Up). This piece of fitness equipment can be used in a variety of ways to get an all-over workout.



CFLs work out on the TRX: a suspension training exercise unit used with deployed forces and in confines spaces.

MWR Fitness Class Schedules

Learn how you can get ready for the PRT or just a healthy lifestyle by visiting MWR's fitness specialists. Surfside Fitness and the Gym also offer several classes throughout the week. The class exercise schedule is as follows:

Surfside Fitness
Monday
 7:30 a.m., Cardio, Combat and CORE with Ruthie
 9:30 a.m., Resistance with LaPlace
 11:30 a.m. Yogalates with Mia
 11:30 a.m. Fitness Equipment Training with Ruthie (sign up)
 1 p.m., Moms in Motion with Mia
 4 p.m., Advanced Pilates with Apparatus with Emily
 5:30 p.m., Step & Kick with Glinda
Tuesday

9:30 a.m., LoImpact with Emily
 11:30 a.m., Step & Kick with Glinda
 11:30 a.m., Fitness Equipment Training with Mia (sign up)
 1 p.m., Conditioning for Golf with LaPlace
 2 p.m., Fitness Equipment Training with Glinda (sign up)
 5 p.m., BOSU with Mia
 6 p.m., Advanced Yoga with Mia
Wednesday
 7 a.m., Step & Kick with Glinda
 9:30 a.m., Pump & Grind with Emily
 11:30 a.m., Kickboxing with LaPlace
 1 p.m., Moms in Motion with Glinda
 6 p.m. Circuit Sensations with Ruthie
Thursday

9:30 a.m., Power Walking with Ruthie
 11:30 a.m., Zumba with Emily/Glinda
 4:30 p.m., Fitness Equipment Training with Mia (sign up)
 5:30 p.m., Kickboxing with LaPlace
Friday
 7 a.m., Beach Bootcamp (meets behind Surfside)
 9:30 a.m., Intro to Yoga
 9:30 a.m., Fitness Equipment Training (sign up)
Saturday
 10:30 a.m., Kids Clinic (ages 10-14), Family Friendly
 11:30 a.m., Extreme Circuit Training for Kids, Family Friendly
 The Fitness Center features cardiovascular equipment, complete Nautilus Nitro strength training circuit, a full slate of fitness classes and personal

trainers. There is no charge for active duty, retirees, reservists, and their family members and DoD and NAF civilians. Guests are welcome with a sponsor for \$3 per day. Surfside also handles reservations for our Licensed Massage Therapist. Surfside hours are 5 a.m.-8 p.m. Monday-Friday, 8 a.m.-4 p.m. Saturday, and closed on Sunday and holidays. 270-7718/7719.
 The new Gym schedule is:
Monday
 5:30 a.m., Fitness Equipment Training with LaPlace (sign up)
 7 a.m., Conditioning for Running with LaPlace
 11:30 a.m., Indoor Cycling with Glinda
 1 p.m., Strength Solutions & Flexibility Fix-Ups for Injuries with LaPlace
 3 p.m., Weight Training for Warfighters with Ruthie (meets

in weight room)
Tuesday
 6:30 a.m., Weight Training for Warfighters with LaPlace (meets in weight room)
 11:30 a.m., Lunch Crunch CORE Training with Ruthie (Racquetball Court 3)
 1 p.m., Strength Solutions & Flexibility Fix-Ups for Injuries with LaPlace
 3 p.m., Command Circuit Sensations with Ruthie
Thursday
 7 a.m., Command Jump and Jab with Ruthie
 11:30 a.m., Fitness Equipment Training with Mia (sign up)
 11:30 a.m., Indoor Cycling with LaPlace
 2 p.m., Victory PRT with Mia
Friday
 7 a.m., Indoor Interval Cycling with LaPlace

1:30 a.m., Strength Training Basics for Women with LaPlace
 1 p.m., Confined Spaces (on waterfront by appointment)
 The gym is open 365 days per year and includes full-size basketball and volleyball courts, indoor racquetball courts, locker rooms with saunas, universal and free weights, a Nautilus strength training circuit, and a variety of cardio-vascular equipment including treadmills, step mills, stationary bicycles, and cross-trainers. A staff of certified personnel trainers is available for individual, command, and group appointments. Gym hours are Monday-Thursday 5 a.m.-11 p.m., Friday 5 a.m.-10 p.m., Saturday 10 a.m.-10 p.m. and Sunday 10 a.m.-9 p.m. 270-5451/5452.

MWR Happenings

April 18 & 19: Live Band, Wild Card. Rock band, Wild Card, performs live at Castaway's Lounge 9 p.m.-11 a.m. This is a free show open to all hands. Visit www.wildcard.com for band information. 270-7205

April 19: Basic Car Care Class. The Auto Skills Center is offering a new Basic Car Care class from 10 a.m.-2 p.m. Learn the basic skills to care for your personal vehicle including how to change the oil. Cost is \$30 and includes the oil change and an emergency roadside kit. Pre-registration is required. 270-5392

April 23: Intramural Bowling Begins. Warm-ups start at 11:15 a.m. every Wednesday at Fast Lanes Bowling Center.

Earn captain's cup points; active duty only. Cost is only \$1.85 per week for bowling shoe rental. 270-5451/52

April 24: All American Night. All hands are invited for food and entertainment from 4-8 p.m. at Foc'sle CPO Club on the fourth Thursday of each month. Cost for adults is \$7 and includes a hamburger, hotdog, baked beans, potato salad, coleslaw and choice of lemonade or iced tea. Cost for children (ages 2-10) is \$4 and includes a choice of hamburger or hotdog and sides. Tickets are on sale at the CPO Club prior to the event or at the door. This is an all hands event open to everyone. 270-5431/32

April 25: Navy Band Southeast Jazz Ensemble and

Outdoor Movie. This exciting 18-piece group performs a wide variety of music from traditional Big Band classics to contemporary Jazz, sizzling Latin to Motown. This free performance starts at 7 p.m. at Sea Otter Pavilion and is open to all hands. An outdoor family movie will follow the concert. 270-5228/6015

April MWR Specials
The MWR Auto Skills Center is offering 10 percent off the open stall fee during April. 270-5392

Visit Outdoor Adventures where the April rental special is a one-person kayak (sit-in) and trailer for only \$30 for the weekend. Pick up on Friday and return Monday. 270-5221

All Hands At CPO Club



-Photo by Stephanie Edwards

Above, Henry and Jean Hutchinson pick out their meats and veggies at Mongolian BBQ Night at the CPO Club. Right, Four-year-old Zoe Goodman, daughter of Personnel Specialist 2nd Class Cedric Lesure of PSD, waits for the chef to prepare her carefully selected veggies on the grill at Mongolian BBQ Night at the CPO Club. Mongolian BBQ was held as part of the CPO Club's new All Hands Theme Night scheduled 4-8 p.m. on the second Thursday of each month. May's theme is "Luau" on May 8.



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.

April 24: 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 6:15 p.m. from Planet Mayport.

April 26: Jax Irish Festival Trip. Join Liberty for a trip to the best celebration of Irish entertainment and culture in North Florida. This all day concert and festival includes performances by the Young Dubliners, Black 47 and The Tossers,

among others. Ride with Liberty and get in free. Van will depart at 10 a.m. from Planet Mayport.

April 29: Spring Fever Event. Spring into action tonight at Planet Mayport. Join Liberty for free burgers, hotdogs, entertainment, prizes and much more. Event starts promptly at 5 p.m.

April 30: 9-Ball Tournament. This free, single elimination tournament will start at 6:15 p.m. sharp at Planet Mayport. A prize will be awarded to the tournament winner.

Kids Corner

Open Rec for Grades K-5th
Open Recreation for elementary school ages is 4-5:30 p.m. Monday, Wednesday and Friday at the Youth Activities Center. Open Rec starts at 3 p.m. on early release school days and at 1 p.m. on non-school days. Boys and Girls Club programs 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. There is no Open Rec on April 19. 270-5680/5421

Special Events for Grades K-5th

April 18: Movie Day, 4-5:30 p.m.

April 22: Earth Day (Youth Center Beautification Project), 4-5:30 p.m.

April 23: 90's Dance Party, 4:30-5:30 p.m. Includes snow cones.

April 25: Month of the Military Child Family Picnic, 4-5:30 p.m. Free food and fun for military families.

April 25: Freedom Friday (Movie Night), 7-11 p.m. Cost is \$7 in advance; \$9 the day of. Early sign up is recommended; space is limited.

Open Rec for Grades 6th-12th

Open Recreation for middle and high school ages is 2:30-7 p.m. Monday-Friday at Club Teen. Club Teen opens at 1:30

p.m. on early release school days and at 1 p.m. on non-school days. Activities at Club Teen include pool tables, air hockey, foosball, computers, video games, music, TV and movies, plus monthly special events. 270-5680/5421

Special Events for Grades 6th-12th

April 18: Movie Day, 5:30-7 p.m.

April 22: Earth Day (Club Teen Beautification Project), 5-6:30 p.m.

April 25: Month of the Military Child Family Picnic, 4-5:30 p.m. Free food and fun for military families.

Before and After School Care

The Youth Activities Center offers a nationally accredited Before and After School Program 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. 270-5680/5421

Youth Sports, Fitness and Classes

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 strength training equipment line specially designed for kids and teens. This facility is located next door to the Youth Activities Center. For Youth Fitness program information, call 270-7134.

Martial Arts classes are offered for ages 3-17 at the Youth Activities Center Monday through Thursday. Cost for ages 6-17 is \$40 per month for the first child with discounts offered for additional children of the same family. Cost for Tiny Tigers Karate (ages 3-5) is \$30 per child, per month. Sign up at the Youth Activities Center. 270-5680/5421

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Biography:
Rated as the #7 prospect in the Dodgers minor league system by Baseball America...Named Dodgers Minor League Pitcher of the Year in 2007...Had a combined record of 13-9 with a 3.07 ERA and 168 strikeouts in 134.2 innings between Jacksonville and Single-A Inland Empire...Posted a 7-2 record with a 1.71 ERA in 10 starts in Jacksonville in 2007.

Biography:
Rated as the 13th-best prospect and as having the best strike zone discipline in the Dodgers organization by Baseball America...Reached a career high in RBI (52) in 2007...Played for the Peoria Saguaros of the Arizona Fall League in 2007... Participated in the inaugural dodgers Winter Development Program in January 2008

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USS Klakring XO Bowls Perfect 300

By Ensign Peter Goodman
USS Klakring Public Affairs

In sports, there are some accomplishments that eclipse all others: grand slams, holes-in-one, perfect games. USS Klakring (FFG 42) Executive Officer, Lt. Cmdr. Gary Jones, reached one of these pinnacles of sports achievement by bowling a perfect 300 score in Commander's Cup League play at Mayport Naval Station's bowling alley on March 26.

Klakring's team, comprised of Lt. Cmdr. Jones, Ensign Jean C. Tahhan, CWO3 Michael Kadlubowski, and Boatswain's Mate Seaman John Parapon, have performed well all season, coming into the March 26 match ranked third in league play.

As the match progressed

through the first several frames, Parapon said that he had an inkling that the XO was on to something big.

"He just kept getting strikes, and all of a sudden he was at the last frame. I wasn't sure if he was going to make it," commented Parapon. "I've been in that situation before, and so I can understand the pressure. He just kept his composure and made it happen!"

As Jones racked up the strikes, his performance gained notice by the surrounding players. A group of approximately 15 people eventually huddled around lane 13 as Jones came down to the 10th frame.

"It was surreal. I just couldn't believe he had actually made it that far without missing a pin,"

remarked Tahhan. "After that last strike, everyone around cheered. It was great to be a part of that experience."

"I was pretty nervous heading into the ninth frame; by the 10th, my hands were shaking," recalled Jones. "I let the ball go on that last bowl, and didn't even watch it. I saw from the reaction of the crowd that I'd done it!"

Jones' bowling prowess did not end there. In match play the following week, he was perfect through nine, but fell just short of repeating perfection for the second time in as many weeks.

As the team bowls their final matches this week, the team said they will cherish the memory of a fantastic season.



-Photo courtesy of USS Klakring
USS Klakring Executive Officer, Lt. Cmdr. Gary Jones stands with members of the Klakring bowling team. Jones bowled a perfect score during league play on March 26.

MWR Looks For Star

By MC2(SW)

Matthew D. Leistikow

Fleet Public Affairs Center Atlantic

Morale, Welfare and Recreation (MWR) brought 11 service members to Norfolk to audition for NBC's "Nashville Star" during a film casting for the show aboard the amphibious assault ship USS Iwo Jim (LHD 7) in Norfolk, April 12.

While they were having the opportunity to live a dream, MWR wanted those service members to feel like the stars they could be, if only for a day.

"They just kind of catered to us, which is a far cry from being in the military 20 years, having someone caterer to you 24/7 is kind of a change," said Aviation Structural Mechanic (Equipment) 1st Class (AW) Gary Buckaloo. "I think it's nice that the military would actually take the time to identify certain talent in their ranks and allow them the latitude to go try and fulfill your dreams. It's just awesome that (the military) would take the time to make us feel so welcome and so special."

MWR worked to carry the experience farther by offering a host of VIP treats to the potential TV stars. The hopeful contestants received facials, manicures, a \$50 gift card for the local Navy Exchange, free meals and even a massage.

"MWR has put so much faith in us and so much time into pushing what we want to do," said Machinist's Mate Fireman Apprentice Tommy Stanley, who was flown from the aircraft carrier USS Kitty Hawk (CV 63) in Japan to audition. "Seeing us support our country as much as we do, seeing we love our country so much this is what we're doing; it's like they're giving it back in return by helping us."

The creature comforts they received even helped the hopeful "Nashville Star" contestants prepare for their auditions.

"I played guitar for 11 years so my hands are a big thing to me and it's important for my hands to look nice," said Stanley after his first manicure. "I was looking at my hands, and they look amazing compared to what they looked like earlier."

After their day of comfort, the 11 singers received one last special treat in the form of meeting "Nashville Star's" host, Billy Ray Cyrus, on the morning of their audition.

Cyrus briefly met with each service member and signed autographs.

Even though he's only the host, and not a judge, Cyrus said each of the service members auditioning has a real chance to succeed.

"Without a doubt the next 'Nashville Star' could have been in this room," said Cyrus. "It could very well be one of these young people that I just met. That's the great thing about this opportunity. It's going to happen for somebody, somebody who believes in themselves, who has the talent. (Nashville Star's) looking for someone with the whole package and it very well could happen today."



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Gettysburg Physical Fitness Inspires Sailors

By Lt.j.g. Dennis Panos
USS Gettysburg PAO

At 3 p.m. on Tuesday and Thursday afternoons USS Gettysburg Sailors can be seen pushing deck and jumping for the sky during Gettysburg's command physical fitness training.

The physical training program, led by the Command Fitness Leader Chief Boatswain's Mate Jamie Hamilton, supports the Navy's goal of having fit Sailors year round.

The exercise regime, which emphasizes both strength and endurance training, begins with a vigorous calisthenics course led by Hamilton and Petty Officer 2nd Class Valerie Booty. Booty challenges the Gettysburg crew through a variety of strenuous exercises that range from pushing deck on the blacktop to eight count body builders.

While the workout is tough, Ship's Servicemen 3rd Class David Watts said it inspires him.

"Seeing your peers push themselves during the workouts really drives me to give 110 percent," he said.



-Photos courtesy of USS Gettysburg
USS Gettysburg crewmembers run laps around the pier during the command physical training program.

The drive exhibited by Watts runs throughout all the crew.

After the dynamic strength workout, Gettysburg Sailors then face either endurance or speed running sessions.

During the endurance runs it is common for Gettysburg's Commanding Officer, Capt. Rich Brown, to lead the crew on

a spirited run around the basin.

On other occasions the endurance runs are run at a departmental level, which fosters camaraderie and leadership within the ship's departments.

The endurance runs are long and tough, but the speed sessions are dreaded as former Naval Academy track captain,



USS Gettysburg crewmembers do crunches on the pier. The ship's exercise regime pairs strength and endurance training with cardio.

Lt.j.g. Lauren Baker, has some creative and extremely tough training methods.

Besides raising the fitness standards of the Sailors aboard the Ship, Gettysburg's physical

fitness program has the added benefit of promoting camaraderie across divisions and ranks.

The shared time on the pier allows Sailors, who often work in far-flung work centers, to see

shipmates in a shared environment. With the upcoming semi-annual fitness test, Gettysburg also anticipates the workouts will pay dividends in fitness results.

USS The Sullivans Returns From Group Sail

By MCSA
Dominique Watts

USS Theodore Roosevelt Public Affairs

USS The Sullivans (DDG 68) returned with USS Theodore Roosevelt (CVN 71) Carrier Strike Group (TRCSG) returned last week, following a group sail. TR, USS Monterey (CG 61), USS Mason (DDG 87), USS Nitze (DDG 94), USS Leyte Gulf (CG 55) and Carrier Airwing (CAW) 8 completed a three-week group sail in preparation for their upcoming deployment.

The Strike Group participated in several evolutions including air defense training, unit integration training, logistical training, air and surface warfare training and carrier qualifications.

"I am very proud of our team," said Rear Adm. Frank Pandolfe, Commander, Theodore Roosevelt Carrier Strike Group. "The energy and skills demonstrated by our Sailors were tremendous. We accomplished a great deal of very valuable training."

In addition to the myriad training required by the schedule, units were afforded time to complete critical Unit Level Training (ULT) events. These events included seamanship, mobility, self-defense, engineering and combat systems exercises designed to complete crew training requirements.

As part of the ULT exercises, TRCSG units conducted refueling at sea operations, towing exercises, search and seizure exercises, general quarters drills, and crew-served weapon

live firing events. The completion of these key training elements allows TRCSG to move on to more advanced integrated training.

"The Unit Level Training was a big success," said Lt. Kenneth Myrick, Destroyer Squadron 22 intelligence officer. "It was important for us to be successful because we [need to prepare] ourselves as a Strike Group. It is important for us to be able to work together as a team instead of as individual ships. We were very successful at doing [both]

this underway."

The successful integration of the TRCSG ships was matched by the superb performance of CAW 8. This was the airwing's first extended underway with TR.

"One of the major challenges we faced from an airwing perspective was the completion of multi-role missions," said Lt. j.g. Michael Tremel, assigned to the "Tomcatters" of Strike Fighter Squadron 31. "I think we did a great job as an entire Strike Group; now we just need

to continue to mesh together and continue to work as a team."

With this group sail completed, TRCSG is now preparing for their upcoming Composite Training Unit Exercise, the next qualification in the pre-deployment phase.

Navy Launches Earhart

From Military Sealift Command Public Affairs

USNS Amelia Earhart, the newest ship in the U.S. Navy's Lewis and Clark-class of dry cargo/ammunition ships owned and operated by Military Sealift Command (MSC), was launched April 6 during a nighttime ceremony at the General Dynamics NASSCO shipyard in San Diego.

The 689-foot ship, designated T-AKE 6, slid into the water for the first time with red, white and blue streamers flowing from its bow and fireworks lighting the sky overhead. Among the nearly 1,000 people present at the event were U.S. Rep. Susan Davis of California, MSC Commander Rear Adm. Robert Reilly Jr. and Logistics Group Western Pacific Commander Rear Adm. Nora Tyson.

"Being able to refuel at sea is essential to our Navy's ability to be forward deployed and remain strong in our global endeavors," said Davis. "Today we bring this ship to life, and I look forward to the day we welcome her to the fleet."

USNS Earhart is the sixth ship in the Navy's new T-AKE class. These ships deliver ammunition, provisions, spare parts, potable water and petroleum products to the Navy's carrier strike groups at sea and

other naval forces worldwide, allowing them to stay at sea, on station and combat ready for extended periods of time.

USNS Earhart is named in honor of aviation pioneer Amelia Earhart, who was the first woman to be awarded the Distinguished Flying Cross. She received the award after completing a solo flight across the Atlantic Ocean. Earhart disappeared in 1937 over the central Pacific Ocean during an attempt to circumnavigate the globe.

Earhart's niece, Amy Kleppner, served as the ship's sponsor, breaking a bottle of champagne across the bow to formally christen the ship "Amelia Earhart."

"This ship was built specifically to support the fleet, and we are ready to show what it can do," said Capt. John Pope, USNS Earhart's civil service master. "It's an honor to be the first master of a ship like Amelia Earhart."

USNS Earhart will be crewed by 124 civil service mariners working for Military Sealift Command. The ship will also have a military detachment of 11 U.S. Navy Sailors to provide supply coordination.

Construction began on USNS Earhart in December 2006, and the ship is scheduled to deliver to the Navy later this year. The Navy expects to build

14-TAKEs, the first eleven of which will serve as combat logistics ships. The remaining three are expected to be part of the Maritime Prepositioning Force (Future). All 14 of the ships will be owned and operated by the Navy's Military Sealift Command.

MSC operates approximately 110 noncombatant, civilian-crewed ships that replenish U.S. Navy ships, conduct specialized missions, strategically preposition combat cargo at sea around the world and move military cargo and supplies used by deployed U.S. forces and coalition partners.

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Phoenix Express Underway With John L. Hall

From Nassau Strike Group Public Affairs Office

Phoenix Express 2008 (PE 08) wrapped up the inport portion of the exercise on April 13 and began the underway portion of the two-week exercise on April 14 with 12 ships, including Mayport-based USS John L. Hall (FFG 32), getting underway from Naval Support Activity, Souda Bay, Crete.

Two ships from the Nassau Expeditionary Strike Group (NAS ESG), the amphibious assault ship USS Nassau (LHA 4) and the amphibious transport dock USS Nashville (LPD 13); along with the frigate USS John L. Hall and the fleet replenishment oiler USNS Patuxent (T-AO 201) are representing the United States. Eight other ships are also participating in the exercise, including the Algerian training ship La Soummam (937); the French salvage ship FS Acheron (A 613); the Greek auxiliary ship Evros (A 415); the Greek frigate HS Spetsai (F 453); the Moroccan frigate Mohammed V (611); the Portuguese frigate NRP Corte Real (F 332); the Spanish corvette SPS Infanta Elena (P 76); and the Turkish frigate TCG Gelibolu (F 493).

While inport, members of PE 08's combined maritime forces trained at the newly certified North American Treaty Organization's (NATO) Maritime Interdiction Operational Training Center



-Photo by MC1 James C. Davis

Maritime interdiction operations teams practice fast rope scenarios training for Phoenix Express 2008 (PE 08).

(NMIOTC). The center, certified by NATO on April 2, offers classroom training to the participants, as well as simulator training and practical exercises. Throughout the courses, students learned small boat handling, small arms training and proper container inspection.

"NMIOTC is NATO's newest training facility and provided PE 08 participants with a valuable opportunity to come together to share information and prepare for exercise execution," said Capt. Robert G. Lineberry, officer-in-charge of the exercise (OCE) and commander, NAS ESG. "Their training was essential to ensure our success for this exercise."

Underway events will focus on maritime domain awareness (MDA) and the automatic identification system (AIS) including interaction between forces afloat and a maritime operations center ashore.

Combined maritime forces will also conduct serials in force protection, maritime interdiction operations (MIO), search and rescue (SAR), replenishment at sea (RAS), towing and helicopter operations. A comprehensive and robust underway training agenda will provide participants with numerous opportunities to operate together and develop productive relationships.

Inport events, completed from April 7-13, were hosted at



-Photo by MC3 Coleman Thompson

The "Don't Tread on Me" jack waves from the foremast of the frigate USS John L. Hall (FFG 32) as the amphibious assault ship USS Nassau (LHA 4) pulls into Souda Bay. Both ships are participating in Phoenix Express 2008 (PE 08), the third in a series of annual exercises to improve regional cooperation and maritime security by increasing interoperability by developing individual and collective maritime proficiencies of the participating nations, as well as promoting friendship, mutual understanding and cooperation.

Naval Support Activity Souda Bay, Crete, and focused mainly on medical training and MIO training. Combined maritime forces also conducted workshops in helicopter operations and safety, damage control and firefighting, navigation, deck seamanship, search and rescue SAR, small boat operations and

a leadership round table.

Exercises like PE 08 enable participants to advance information sharing, which is crucial to maintaining a region free from transnational threats, as well as enhance capability to conduct multinational peacekeeping missions.

PE 08 is the third annual

exercise in a long-term effort to improve regional cooperation and maritime security. The principal aim is to increase interoperability by developing individual and collective maritime proficiencies of participating nations, as well as promoting friendship, mutual understanding and cooperation.

Nassau Hosts 'DC Olympics'

By MCSA Jonathan Pankau

USS Nassau (LHA 4) Public Affairs

The amphibious assault ship USS Nassau (LHA 4) hosted multinational service members from 10 countries for damage control training and demonstrations during Exercise Phoenix Express 2008 (PE 08) in Souda Bay on April 10.

In addition to the Nassau's crew, Sailors from the amphibious transport dock ship USS Nashville (LPD 13), the guided missile frigate USS John L. Hall (FFG 32), and multinational service members from nations around the Mediterranean Sea participated in the "Damage Control Olympics."

"Each team competes in damage control events to see who can get the best time," Nassau

Damage Control Assistant Lt. Cmdr. Scott Gray said. "The real reward is the time spent together and collaborative efforts in training our multinational partners to learn these necessary skills."

Training events included relay races, operating portable fire pumps, and setting up de-smoking fans. There were also demonstrations showing the use of portable hydraulic access and rescue equipment and the self-contained breathing apparatus.

Damage Controlman 3rd Class Joseph Mendel said sharing information, techniques, and training practices among multinational partners is a critical part of PE 08.

"It's important to collaborate with all these countries because all of us have so many differ-

ent ways to go about shipboard firefighting," Mendel said. "If there's a more efficient way to go about shipboard damage control, this exercise pools all of our thoughts together."

PE 08 is the third annual exercise in a long-term effort to enhance regional cooperation and maritime security. The principal aim is to increase interoperability by developing individual and collective maritime proficiencies of participating nations.

Exercises like PE 08 enable participants to advance information sharing which is crucial to maintaining a region free from transnational threats, as well as enhance capability to conduct multinational peacekeeping missions.

NCO Holds College Fair

From NCO

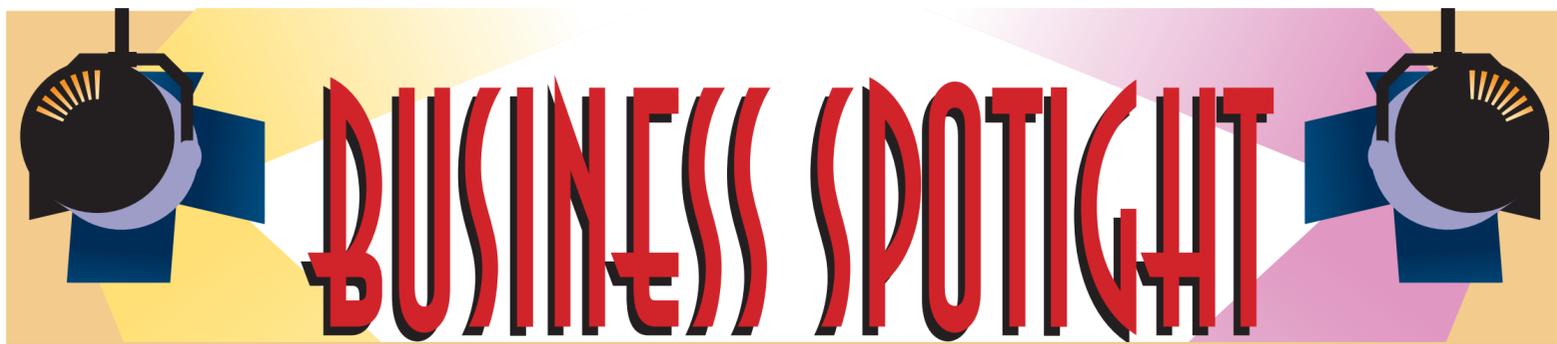
The Navy College Office is sponsoring a Navy College Program Distance Learning Partners (NCPDLP) education fair on April 24 from 10 a.m.-2 p.m. in classrooms A & C located in Building 460, between the Post Office and the NEX. NCPDLP is formerly Navy College Ratings Partners program.

The NCPDLP education fair is held once a year and is open to active duty, reservists, retirees, and their family members. Prospective students are encouraged to meet with representatives from the different institutions. Military personnel and their family

members are strongly encouraged to bring copies of their SMART and/or college transcripts.

Representatives from the following colleges and universities have been invited to meet with Sailors and their families: Central Texas College, City University, Coastline Community College, Dallas County Community College, Embry-Riddle Aeronautical University, Empire State College, Excelsior College, Florida Community College Jacksonville, Fort Hays State University, George Washington University, Old Dominion University,

Saint Joseph's College of Maine, Saint Leo University, Southern Illinois University, Southern New Hampshire University, Thomas Edison State College, Troy State University, University of Maryland University College, and Vincennes University. Information on the NCPDLP roadmaps can be found at <https://www.navycollege.navy.mil/storefront.cfm>. Your SMART transcript can be obtained at <https://smart.cnet.navy.mil>. Please contact the Navy College Office at 270-6341/6342 for additional information.



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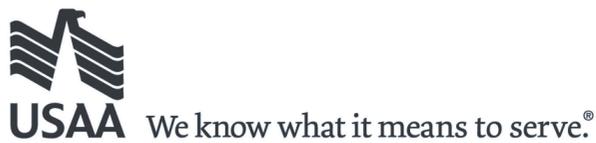
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Hitmen Perform VertRep



-Photo by MC3 David Wyseaver
An MH-60S Seahawk assigned to the "Hitmen" of HSL-46 aboard the guided-missile destroyer USS Bulkeley (DDG 84) lifts cargo pallets off the ship by during a vertical replenishment with the Military Sealift Command fleet replenishment oiler USNS Kanawa (T-AO 196). Bulkeley is deployed to the U.S. 5th Fleet area of responsibility supporting maritime security operations.



-Photo by MC2 Regina Brown
Explosive Ordnance Technician Jeff Pierson is the 2008 American Powerlifting Federation, Orlando Barbell Classic champ in his class.

Mayport EOD Tech Wins Powerlifting Competition

By MC2 Regina L. Brown
Fleet Public Affairs Center Detachment, Southeast

After dedicating over a year of his life to weightlifting and building a stronger body, pay-off has come for Explosive Ordnance Technician Jeff Pierson. Pierson placed first in his class in the 2008 American Powerlifting Federation, Orlando Barbell Classic, Feb. 23.

Pierson took a break from powerlifting from 1992 until early last year, when he started

preparing for the competition by focusing on the events he would be judged on, squats, bench press and dead lift. The best score in each event is carried over to his overall total.

"Getting back into the competitive atmosphere was the hardest part of preparing for this competition," said Pierson. "Just knocking out that first meet felt good."

In preparation, Pierson hammered out a rotational workout schedule, taking every third week off to rest. He also trains

on cardio machines three times a week on days he doesn't lift.

"I enjoy the competition," said Pierson. "Especially outdoing what I did the day before. It's important and it keeps me competitive."

Pierson will be competing in a meet next month, with another competition quickly following in June, the National Powerlifting and Bench Press Championships, where he plans on breaking four national records.

Join NOSA April 18

From NOSA Mayport

The Naval Officers' Spouses' Association invites members, non-members, friends and family to its annual Time and Talent/Silent and Live Auction at 6:30 p.m. on April 18 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.

Reservations and tickets can be purchased for \$15 in advance/\$20 at the door by contacting Cynthia Fong Smith at (904) 372-4049 or via email at cfong4954@aol.com.



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NH Jax Makes Plans To Expand By 2010

From NAVFAC Southeast

Navy patients will see a big change when visiting the Naval Hospital Jacksonville in 2010 as Naval Facilities Engineering Command (NAVFAC) Southeast awarded Walbridge Aldinger Company, of Detroit, Mich., a \$35.8 million contract on March 31 for an addition and alterations to the hospital at Naval Air Station Jacksonville.

"This is exciting news for our patients and staff as we can all look forward to delivering patient care in a vastly improved healthcare environment," said Hospital Commanding Officer Capt. Raquel Bono. "This represents the hard work of scores of people who have labored to put this contract together."

"Work began in 2005 to put this project together," said NAVFAC Southeast IPT South Atlantic Operations Officer Cmdr. Kevin Roye. "There have been many challenges with hospital construction over the past two years due to an abundance of hurricane repairs along the gulf coast and because it is specialized construction."

This project will provide a 62,000 square foot, three-story addition with an eight-story elevator tower along with approximately 28,000 square feet area of alteration and partial renovation in the existing facility.

A new generator and fuel tank will be added to the project. Site work shall include the construc-

tion of a new retention pond, storm and sanitary lines.

"With this addition, and all the renovations and enhanced technologies we already have in place along with our renewed focus on healthcare excellence and service, Naval Hospital Jacksonville begins a new era of excellence in caring for our military family," said Bono.

The hospital will remain in operation during the construction and the work will have limited phasing to allow hospital functions to be maintained with minimal interruption.

"When we talk about special construction challenges we have to address standards of infection control," said Roye. "Most construction projects do not have to adhere to such stringent standards. As the hospital will remain functioning, the contractor will have to take special precautions to ensure the health, safety, and well-being of not only their staff, but also that the safety of the patients at the hospital is not compromised."

NAVFAC Southeast has an excellent safety record with all of its construction projects as well as within the command's personnel work space. As with any construction project - safety is of the utmost importance.

HSL-42

me and given me the tools to be able to take the reigns of this great squadron. I used the term 'a change in leadership, not change in command,' for I feel that being in command is all about leadership.... Some people will say that many of the great leaders of the world are born that way. I say no, I think that every leader needs the following things: a hero to look up to, a sense of direction, mentorship, friendship, and inspiration."

Gordon is a native of Columbia, South Carolina and a 1989 graduate of the Georgia Institute of Technology. He earned his commission through the NROTC program in 1990 and was designated a naval aviator in 1991.

After completing flight training in the SH60B Seahawk at HSL-40 in September 1992, he reported to HSL-44 for his first fleet tour. While there, Gordon was awarded the 1994 Commander HSLWING Atlantic Fleet Aviation Valor

and embarked Aircrew of the Year Awards as well as the Sikorsky Rescue Pin for his daring night, high-seas rescue of five civilians from a sinking vessel.

Two years later, he was awarded his second Sikorsky Rescue Pin for a heroic rescue of six civilians and one aircrewman from atop a burning smokestack in Palatka, Florida. He was also awarded HSL-44's Detachment Maintenance Officer and Detachment of the Year awards for 1995.

Gordon's other tours include a flight instructor billet at HSL-40 where he was recognized as the Instructor of the Year for 1998, Squadron Weapons and Tactics Instructor and detachment Assistant Officer-in-Charge at HSL-44, detailer at Naval Personnel Command (BUPERS), Detachment Officer-in-Charge and Squadron Operations Officer at HSL-42 where he was named the HSL-42 and COMHSLWINGLANT 2003 Officer of the Year and

the 2003 Commander Naval Air Forces Leadership Award winner.

He also served with the Joint Staff's Force Application Assessment Division in Washington, D.C. as an Aviation Capabilities Analyst, an Executive Assistant to the Deputy Director for Force Application and was a member of the J-3's National Military Command Center in direct support of Operations Enduring and Iraqi Freedom.

Gordon closed his remarks with a challenge to each Proud Warrior to "some way strive to be a hero and a mentor, to inspire and to provide a sense of direction. I truly believe if we as a command do those things with and for each other, then we will always succeed and continue to be what we all know we are: the best squadron in the United States Navy."

The Proud Warriors welcome Executive Officer, Cmdr. Christopher P. Failla. Failla began his fleet career in HSL-

Health Promo Gets Gold



-Photo courtesy NBHC Mayport
Naval Branch Health Clinic Mayport Officer in Charge Cmdr. Darin Rogers (left) proudly displays the Gold Star Health Promotion and Wellness Award along with the Wellness Center staff: (left to right) Laura Goldstein, Lt. Cmdr. Brookie Tartaglia, Hospital Corpsman Third Class Naomi Rolonsoto, Fran Jackson, and Joan Smith. The award for command excellence in health promotion was presented in March by the Navy and Marine Corps Public Health Center at its annual conference in Norfolk, Va. To find out more about Health Promotions and the Wellness Center, call 270-5251.

From Page 1

42 and is rejoining the squadron following a tour on the OPNAV staff where he served as lead aviation programmer.

"I am extremely excited and proud to return as the executive officer and to follow in the footsteps of so many great LAMPS leaders," said Failla before the ceremony. "This is my third tour as a Proud Warrior and I have never seen the squadron

looking and performing better than it does today. The personnel here are the most dedicated and professional sailors and officers I have ever served with and I am honored to be their

executive officer. Under Skipper Gordon's guidance, this command will continue to be the place everyone wants to keep coming to and say they were a part of."



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Friday, April 18th - vs. Carolina - 7:05 p.m.

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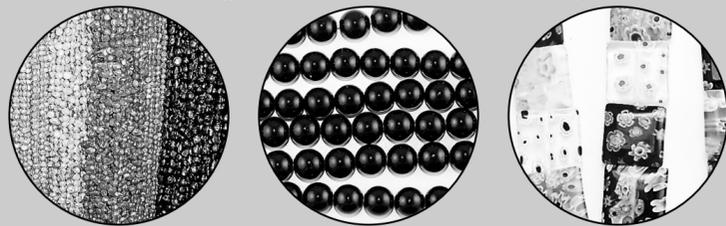
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Calendar

On Base

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 6:30 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 local charities that provide assistance to the Navy community. Reservations and tickets can be purchased for \$15 in advance/\$20 at the door by contacting Cynthia Fong Smith at (904) 372-4049 or via email at cfong4954@aol.com.

Tuesday, May 6

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.

Wednesday, May 7

USS De Wert family readiness group will meet from

7-8:30 p.m. at the USO on Mayport Road. Childcare will be provided at no charge.

Thursday, May 15

USS DeWert family readiness group will hold a "Gas and Glass" from 10 a.m.-2 p.m. at the base gas station.

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, May 20

The USS John L. Hall family readiness group is inviting all families and friends of the ship to our monthly FRG meeting at the USO on Mayport Road from 6:30-8 p.m. Childcare will be available for \$1 per child. Monthly meetings are scheduled for the third Tuesday of every month. For more information, contact the FRG at ffg32frg@hotmail.com.

Out in Town

Friday, April 18

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

Saturday, April 19

The Jacksonville Genealogical Society will hold their monthly meeting on at 1:30 p.m. at the Webb-Wesconnett Branch Library, 6887 103rd street, Jacksonville, Fla. We are fortunate to have Tom Barry pres-

ent a program titled, "The History of Guana Peninsula; The European Discovery of St. Augustine; Spanish, Indian and British Occupation. For further information please contact Mary Chaucey at 781-9300.

The United Methodist Men of Christ United Methodist Church Neptune Beach, 400 Penman Road, will host a spaghetti dinner from 5-7 p.m. Cost is \$7 for adults and \$5 for children; take out is available. Bring your appetites and joins us for this fabulous dinner! For more information, please contact the church office at 249-5370. www.neptunebeach-umc.org.

Sunday, April 20

Join a park ranger at 1 p.m. at Fort George Island Cultural State Park for an interpretive program that discusses the various types of bird species that can be found across the natural communities of a barrier island. The program will take place at the Ribault Club on Fort George Island. No reservations are necessary and the program is free. For additional information, call the Talbot Islands Ranger Station at 251-2320. For more information on Florida State Parks, visit www.FloridaStateParks.org.

Friday, April 25

The Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners from 5-8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. We'll do the cooking for you. Carry out orders are accepted. The public is always invited to dinner. After dinner, enjoy the music DOUG BRACEY from 9 p.m. to 1 a.m.

Saturday, April 26

Tree Hill Nature Center, 7152 Lone Star Rd., will hold its 7th annual Butterfly Festival from noon-5 p.m. There will be a mass native butterfly release, butterfly encounters, childrens crafts, special vendors and environmental education. Guest lecturer Peggy Sias Lantz is the author of "The Young Naturalist's Guide to Florida." The Florida Times-Union Children's Book Editor Brandy Allport and Tree Hill's Bella the Butterfly will be storytellers. PiliPili will perform at 4 p.m.

Join a park ranger at 10:30 a.m. at Little Talbot Island State Park for a walk on the beach as they explain the importance of undeveloped beach habitat, including many interesting facts about sea creatures and common shells found in the area. Meet at pavilion 1 on Little Talbot Island. No reservations are necessary and the program is free with admission to the park. The Florida Park Service is dedicated to providing programs that are accessible to all. If you have any special needs which may limit your opportunities or enjoyment of any program, please advise us in advance so we may assist with reasonable accommodations. For additional information, call the Talbot Islands Ranger Station at 251-2320. For more information on

Florida State Parks, visit www.FloridaStateParks.org.

Monday, May 5

The City of Jacksonville Canning Center in cooperation with the Duval County Extension Service will offer a workshop from 9 a.m. to noon. Celebrate the gardening season by learning how to make strawberry preserves and take some home for your family to enjoy. The cost is \$20 per person, which includes all materials. You will take home approximately two half-pints. Space is limited. You must pre-pay to register. Send your \$20 check made payable to DCOHAC and mail to Canning, 1010 N. McDuff Ave., Jacksonville, Fla. 32254. Deadline is May 1. If your group is interested in making a different item, call our office for information at 387-8850.

Tuesday, May 13

Decorative Artists of Jacksonville are holding their regular monthly meeting at 7 p.m., Riverside Avenue Christian Church, 2841 Riverside Ave. Beginning artists welcome - no experience

necessary. Visit www.decorativeartistsofjacksonville.org for more information and to see the wide variety of workshops and seminars planned for the year.

Saturday, May 31

Osher Lifelong Learning Institute (OLLI) will hold its first OLLI Gala dinner/dance fundraiser from 6-11 p.m. at Hyatt Regency, Jacksonville, Riverfront featuring music of the 50s, 60s, & 70s by the Fabulous Korvettes. Tickets are \$100 and a percentage of the ticket price is tax deductible. Cocktails, dinner, live music, dancing and a silent auction are included in the ticket price. Proceeds to help support Transformational Learning Opportunities (TLO) and the UNF Foundation for OLLI. The OLLI program is part of the Division of Continuing Education at UNF. It began 2 years ago to provide life enrichment opportunities for adults 50 and above. For tickets and more information, call Billie Lombardo, 620-1159, or the customer care team at 620-4200 or log onto www.unfolli.com.

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TRICARE Continues NCI Cancer Trial Coverage

From TRICARE

TRICARE beneficiaries have more options for cancer care and greater access to advances in cancer prevention and treatment through clinical trials. The Department of Defense (DoD) and the National Cancer Institute (NCI) have renewed their agreement for a continued partnership in cancer clinical trials.

The interagency agreement continues a long successful project between the NCI and DoD. The previous agreement was signed in June 1999.

"TRICARE beneficiaries have access to some of the most promising advances in cancer research through participation in NCI-sponsored clinical trials," said Army Major General Elder Granger, Deputy Director, TRICARE Management Activity. "I'm happy to see this continue." TRICARE covers the medical costs associated with taking part in clinical trials.

The agreement allows TRICARE-eligible cancer patients to take part in NCI-sponsored Phase II and Phase III cancer clinical trials as well as cancer prevention trials. Phase II trials typically study the effectiveness of new drugs or therapies against a specific type of cancer. Phase III trials compare new treatments to

existing therapies.

In cancer prevention trials, patients take medications or supplements or participate in certain activities that doctors believe will lower their cancer risk. Patient safety is stressed.

During participation in a cancer clinical trial, patients receive treatment at one of more than 2,000 sites that participate in NCI-sponsored studies including military treatment facilities (MTFs), civilian providers, and comprehensive cancer centers. A preauthorization from a regional TRICARE contractor is required.

"One of NCI's highest priorities is to ensure that our latest science - new treatments and new prevention methods - is available to all cancer patients in the communities where they live," said NCI Director John E. Niederhuber, M.D. "Our agreement with TRICARE helps advance that goal."

For more information about cancer trials, TRICARE beneficiaries should speak with their oncologist. For more details on the DoD/NCI clinical trials agreement, link to www.cancer.gov/cancertopics/factsheet/NCI/TRICARE. For information on TRICARE cancer clinical trials benefit and authorization, beneficiaries should contact the TRICARE Cancer Clinical Trials Coordinator as provided

below:

- TRICARE North Region, Palmetto Government Benefits Administrators (PGBA),(800) 395-7821

- TRICARE South Region, PGBA, (800) 779-3060

- TRICARE West Region, TriWest, (866) 427-6610

- TRICARE for Life, Wisconsin Physicians Services, (608) 301-3243

For a more in-depth information on prevention, screening, clinical trials and cancer or to order free patient education material, contact the National Cancer Institute's Cancer Information Service toll-free at (800) 4-CANCER (800) 422-6237/TTY (800) 332-8615 or visit www.cancer.gov.

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COAST GUARD STATION (EXCHANGE STORE)	A1A HWY	JAX	JIFFY LUBE
COMFORT INN	MAYPORT RD.	JAX	JIFFY LUBE
COMMISSARY (INSIDE RACKS)	MAYPORT RD.	JAX	JIFFY LUBE
DAYS INN	1401 ATLANTIC BLVD.	JAX	JIFFY LUBE
FCE - SHELL	9115 MERRILL RD./9-A	JAX	JIFFY LUBE
FCE - SHELL	1539 S 3rd ST	JAX BCH	JIFFY LUBE
FCE - SHELL	7150 MERRILL RD	JAX	KANGAROO
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO
FLEET LANDING	MAYPORT RD.	JAX	KANGAROO
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX	KANGAROO/BP
FLETCHER HIGH SCHOOL ROTC		JAX BCH	KANGAROO/SMOKERS EXPRESS
GATE	1900 MIZELL RD	STAU	LA CRUISE GIFT SHOP
GATE	220 A1A N	PVB	LIL CHAMP
GATE	619 A1A N	PVB	LIL CHAMP
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP
GATE	2350 SR 16	STAU	LIL CHAMP
GATE	463779 SR 200/A1A	YUL	JAX
GATE	3230 EMERSON ST	JAX	LIL CHAMP
GATE	3938 HENDRICKS AVE	JAX	LIL CHAMP
GATE	8070 ATLANTIC BLVD	JAX	MALLARD COVE OFFICE
GATE	1721 UNIVERSITY BLVD N	JAX	NAVY HOUSING APARTMENTS
GATE	5617 BOWDEN RD	JAX	NEX (OUTSIDE RACKS NEAR ATM)
GATE	570 BUSCH DR	JAX	OTTER RUN OFFICE
GATE	12548 SAN JOSE BLVD	JAX	RAINBOW CENTER CHILD CARE
GATE	10946 FT CAROLINE RD	JAX	RIBAULT BAY COMMUNITY CENTER
GATE	1001 MONUMENT RD	JAX	SINGLETON'S SEAFOOD SHOP
GATE	10044 ATLANTIC BLVD	JAX	SOUTHTRUST BANK
GATE	4100 HECKSCHER DR	JAX	SPRINT
GATE	2520 S 3rd ST	JAXBCH	SPRINT
GATE	319 S 3rd ST	JAX BCH	SPRINT
GATE	9144 BAYMEADOWS RD	JAX	SPRINT
GATE	11461 OLD ST AUGUSTINE RD	JAX	SPRINT
GATE	10455 OLD ST AUGUSTINE RD	JAX	SPRINT
GATE	9540 SAN JOSE BLVD	JAX	SPRINT
GATE	1605 RACETRACK/SR13	JAX	SPRINT
HOME FINDER'S REALTY	2550 MAYPORT RD.	JAX	SPRINT
JAX FEDERAL CREDIT UNION	664 ATLANTIC BLVD.	JAX	SPRINT
JIFFY LUBE	3212 UNIVERSITY BLVD S	JAX	U.S. COAST GUARD OFFICE
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JIFFY LUBE	11620 SAN JOSE BLVD	JAX	Updated: FEBRUARY 1, 2007

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USO News



-Photo courtesy of USO

The Beaches Veteran's Association (BVA) members stand with USO Mayport representatives during a No Dough Dinner held at the USO last week. BVA is made up of VFW, American Legion and the Fleet Reserve Association to support the dinners. Each month, the different groups hold a barbecue to fund the No Doughs. No Dough Dinners provide a free meal to local service members and their families. Pictured from left is USO special events Joyce Schellhorn, No Dough Dinner Chef Cheryl Vandiver, American Legion Post 129 Auxiliary President Maggie McCall, American Legion Post 129 Commander Jerry Brandt, VFW Post 3270 Commander Lee Fair and USO Mayport Director Wendy Layton-Pollack.

Workshops, Classes Available At FFSC

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

April 17, 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. April 24, 9-11 a.m., Resume Walk-in Review Assistance, FFSC
April 24, 8 a.m.-noon, FAP Key Personnel Training, Building One Executive Conference Room
April 24, 1-4 p.m., Leadership Life Skills for E7 & Above, Base Chapel
April 25, 9-11 a.m., Considerations for Home Buying, FFSC
April 17, 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.

April 18, 9-11 a.m., Credit Report Review, FFSC
April 18, 8:30 a.m.-4 p.m., Leadership Life Skills for E5 & E6, Base Chapel
April 21, 1-2:30 p.m., FERF - Federal Employment Opportunities, FFSC
April 21-24, 8 a.m.-4 p.m., TAP Separatee Workshop, BCCC

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.

April 22, 9-11 a.m., Resume Walk-in Review Assistance, FFSC
April 22, 9-11 a.m., Parenting Class, FFSC

This 8-class program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are

discussed as well as the challenges that are faced by all families.

April 24, 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. April 24, 9-11 a.m., Resume Walk-in Review Assistance, FFSC
April 24, 8 a.m.-noon, FAP Key Personnel Training, Building One Executive Conference Room
April 24, 1-4 p.m., Leadership Life Skills for E7 & Above, Base Chapel
April 25, 9-11 a.m., Considerations for Home Buying, FFSC
April 25, 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 negative-

ly impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention.
April 28, 6-7 p.m., Ombudsman Assembly, USO
April 29, 9-11 a.m., Overseas Living, FFSC

Overseas Living is a class designed to prepare you for living in new and different setting. This class will provide helpful information about living on the economy to dealing with potential terrorist activities. You will have a chance to understand the emotional cycles of overseas living to making this our the best part of your Navy career. Specific information about visas and absentee voting will be discussed.
April 29, 6-7 p.m., IA Family Discussion Group, USO
April 29, 9-11 a.m., Resume Walk-in Review Assistance, FFSC
April 29, 9-11 a.m., Parenting Class, FFSC

This 8-class program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families.
April 30, 8:30 a.m.-3:30 p.m., Stress & Relaxation Workshop for Moms, Ocean Breeze Conference Center
May 6, 9-11 a.m., Parenting Class, FFSC
This 8-class program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families.
May 13, 9-11 a.m., Parenting Class, FFSC
This 8-class program is

Active duty and retired military can enjoy free admission to the Pirates Dinner Adventure in Orlando during May. All guests receive \$10 off admission.

NAS Jacksonville USO has blocks of 18 free tickets for each home game throughout the season. CO/CO, CMC, SEA or equivalent should contact bross@usojax.com to reserve a particular date for your command event. See www.jax-suns.com for this year's SUNS schedule. Also, visit www.usojax.org for more information!

All University of North Florida athletic events are free to active duty service members and their dependents. Just show your military ID card at the gate.

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.

Band Camp 2008 Concert tickets are on sell. The concert is on May 9 at the Jacksonville Equestrian Center, 13611 Normandy Blvd. Tickets are \$29 each.

USO is selling tickets for the Dayton International Speedway "2008 Coke zero 400" on July 5. This is a night time race under the lights. Tickets must be pre-paid for, in person, and then ordered by your Mayport or NAS Jax USO. You will

be notified for pick-up when your tickets arrive at the USO. Ticket packages are as follows:

Military Superstretch Offer - one Superstretch ticket row 1-32, \$46 each; All American Offer - one Superstretch Terrace - Rows 33-61 + an all you can eat Pre-Race Buffet, \$83 each; From the Turns Offer - one Oldfield/Lockhart Seat, \$59 each; From the Turns Tower Offer - one Oldfield/Lockhart Tower before June 1, \$106 each. After June 1, one Oldfield/Lockhart, \$131 each; Sprint Fanzone - \$49 each.

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.

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.

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

ACROSS

- 1 Abstinence periods
- 6 Period on the job
- 11 QB's pursuit
- 14 Bandleader Shaw
- 15 Listens to
- 16 Day's end, in poems
- 17 Start of a quip
- 20 Rugged ridges
- 21 Ticket details
- 22 Pindar product
- 23 "Bellefleur" author
- 26 Removed moisture
- 28 Caution
- 30 Strained
- 32 Paul Anka's "___ Beso"
- 33 Curvy letters
- 35 Dining option
- 38 Part 2 of quip
- 41 Ice cream option
- 44 Supporting group
- 48 Dolphin Marino
- 49 Honest!
- 52 Cartographic speak
- 53 Big name in rap
- 56 Actress Berger
- 58 Avoirdupois unit
- 59 Arledge of ABC sports
- 61 Fidel of Cuba
- 63 End of quip
- 67 Shoshone
- 68 Old newspaper sections
- 69 Church officer
- 70 Dropout's doc.
- 71 Missouri River feeder
- 72 Luges

DOWN

- 1 CAB's successor
- 2 Fleet groups
- 3 Intense lookers
- 4 Fork part
- 5 Melee
- 6 California peak
- 7 ___ up (excited)
- 8 Descartes' conclusion
- 9 Italian monks
- 10 Clicked one's tongue
- 11 More irritable
- 12 Hardest to penetrate
- 13 Winter ATV, ___ Cat
- 18 Warm up
- 19 Musician's pride
- 22 Be obligated
- 24 Case in point
- 25 Actress Ward
- 27 Buck lover
- 29 Headline material
- 31 N. or S. state
- 34 As written: Lat.
- 36 Pau pronoun
- 37 Vino region
- 39 Nol of Cambodia
- 40 Writer Anita
- 41 Unmatched

By Alan P. Olschwang 4/17/08

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Last Week's Answers

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Learn How Latest Law On Repaying Student Loans Can Help You

By Lt.j.g. Cara Addison
RLSO

Congress recently passed the College Cost Reduction and Access Act, an act designed to benefit college graduates who are employed in certain types of jobs. It has several provisions that favor military servicemembers, including a provision that may enable servicemembers to lower their monthly payments and another provision that would allow servicemembers to receive forgiveness on outstanding balances after a certain amount of time.

Different sections of the Act take effect at different dates, and it is important to know what programs you qualify for and at what time. Section 203 may lower a graduate's monthly student loan repayment by allowing the graduate to elect an income-based repayment option.

This option was meant to benefit low-income borrowers, and limits the total amount that the graduate can pay annually. The graduate's total annual amount may not be more than 15 percent of his or her discretionary income. Discretionary income is defined as adjusted gross income minus 150 percent of

the poverty level for the graduate's family size. These figures are not difficult to calculate, and you should not be scared by the terminology. To calculate your discretionary income, start with the poverty guideline for your family size.

The poverty guidelines can be found online at <http://aspe.hhs.gov/poverty/08poverty.shtml>. Note that the guidelines for Alaska and Hawaii are different than the guidelines for the contiguous 48 states and Washington, D.C. Multiply the appropriate poverty guideline by 150 percent. Subtract this amount from your adjusted gross income. You now have your discretionary income.

Please note that servicemembers must understand that in making this calculation that their adjusted gross income does not include BAS or BAH. Next, multiply your discretionary income by 0.15. This figure is the maximum annual amount you may repay under the income-based repayment option.

To get your maximum monthly payment, further divide the figure by 12. Section 203 does not go into effect until July 1,

2009, but various student loan servicers offer income-contingent repayment options now, which are similar. The difference between your monthly payment calculated under the income-based option and a standard repayment schedule can be drastic.

Married borrowers face a unique situation. For these individuals, the adjusted gross income of each spouse is combined for the purposes of calculating the monthly payment. The result is that the borrower-spouse will likely face a higher amount of payment than he or she would have if still single.

Section 401 of the Act strongly favors servicemembers, in that this type of employment qualifies as full-time public service. This section provides that a graduate who works full-time in public service, and who makes 120 payments while employed in such position, is entitled to have the unpaid balance of his or her student loans, both principal and interest, forgiven. In other words, the graduate's remaining debt is wiped away and the graduate does not pay it back.

The 120 payments need not

be continuous. A graduate may leave public service, at which time the count to 120 would stop, then return to this type of full-time employment after such break, when the 120 count would resume. This section technically does not become effective until July 1, 2009, however, the 120 clock began to run on October 1, 2007. This means that any student loan repayment that a graduate has already made between October 1, 2007 and the present may count as part of his or her 120 payments. There are limitations on this and other provisions; they are discussed in the next paragraph.

There are a few catches to Section 401. First, private loans are not eligible for the benefits of the Act. Most federal loans qualify, including Federal Perkins and Federal Stafford loans, but you should check to make sure they meet the criteria. Second, in order to take advantage of the Act, the loans must be classified as "federal direct loans."

This means that any loan managed by a servicer, such as Sallie Mae, is ineligible for income-based repayment or forgiveness after 120 payments,

pursuant to the Act.

Having a servicer is not a complete bar, however, graduates merely need to consolidate their federal loans with the Department of Education. Once this process is complete, the federal loans are now called "federal direct consolidation loans" and meet the requirements for the benefits.

Consolidation is not an impossible process, but one must remember to compare the interest rate paid on the serviced loan versus the interest rate that one would pay after the loan is consolidated under the Act to determine which would be the better deal by comparing the change in interest rate with the savings due to income-based repayment and loan forgiveness.

As the law stands right now, when student loans are forgiven after 120 payments under Section 401, the graduate faces taxable gain. You should realize that you may still end up owing some amount for an educational debt that was forgiven.

Congress is currently debating the issue of whether such a student loan forgiveness should continue to be counted as a taxable gain. Thus, personnel with

this issue must stay aware of changes in the law that might reclassify the student loan forgiveness as a taxable event.

Tell your family and friends about the College Cost Reduction and Access Act, since the definition of "public service job" is quite broad. It includes not only military servicemembers, but also employees in government; law enforcement; public health, safety and education; social work; and a number of other tax-exempt organizations. It is definitely worth taking the time to look into your student loan situation; this Act is too good to ignore.

Legal Assistance Attorneys are here to help! Region Legal Service Office Southeast legal assistance offices can be reached as follows: Jacksonville, Florida at (904) 542-2565 ext. 3006; Mayport, Florida at (904) 270-5445 ext. 3017; Kings Bay, Georgia at (912) 573-3959; Charleston, South Carolina at (843) 764-7642/44; Gulfport, Mississippi at (228) 871-2620; Pensacola, Florida at (850) 452-3734; New Orleans, Louisiana at (504) 678-2520; Corpus Christi, Texas at (361) 961-3765; and Fort Worth, Texas at (817) 782-6009.

Concerts In The Park

From MWR Mayport

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 free Boston Pops-style concert series. Bring a blanket or lawn chairs, along with a picnic dinner or snacks, and sit back, relax and enjoy the talent of these fine musicians promising music of all kinds and entertainment for folks of all ages. An outdoor movie will follow

each performance.

Friday, April 25, 7 p.m. Navy Band Southeast Jazz Ensemble
This exciting eighteen-piece group performs a wide variety of music from traditional Big Band classics to contemporary Jazz, sizzling Latin to Motown. Whether you prefer to sit back and enjoy the big band classics of the Glenn Miller era, or want to get up and dance to some fast-paced latin jazz, this concert promises something for everyone.saa

Friday, May 16, 7 p.m. Navy Band Southeast Wind Ensemble
Please join the band as they conclude the Spring concert series with a patriotic concert paying tribute to all those who have served and are currently serving in the U. S. military. Featuring classic marches of John Philip Sousa along with traditional concert band selections, this concert is certain to foster a sense of pride and patriotism in all who attend.

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.

TPC Sawgrass

Volunteers are needed to help out with admissions at the TPC Sawgrass May 5-11. Cost is \$70, which includes a golf shirt to be worn when volunteering and a "Grounds Badge" that will allow you to access the whole tournament on days you are not volunteering. Minimum of two days are required for volunteers with two shifts to choose from. Contact theplayers@bgcnf.org if you want to volunteer.

TPC For

Fletcher High School

Volunteers are needed at one of two concession stands at TPC that benefits Fletcher High School PTSA. The concession stands are located on the 10th tee and 9th and 19th tee. If you can volunteer, email wendy@usojax.com. For questions call 246-3481 You will need a white collared shirt and Khaki, shorts, pants, or skirt.

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

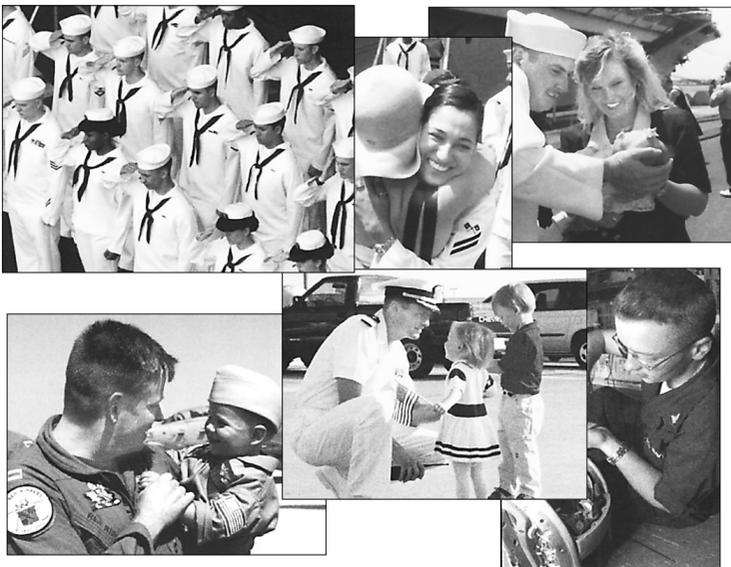
Volunteers are needed to help process clothing in order to fulfill the needs of our clients. Volunteers are needed Monday thru Friday 8:30 a.m.-4 p.m. and 9 a.m.-2 p.m. on Saturday. They also can help raise awareness of our mission, introducing us and our cause to their friends. Contact a Michelle Charron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

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Thank you!
Besides protecting our country, military personnel stationed in our communities donated 650,620 hours of volunteer service in and throughout Florida and Southeast Georgia last year. Their time was given to community organizations, church groups, youth activities, scouting and more.

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