

# THE MIRROR NS MAYPORT, FLORIDA

CHINFO Award Winner

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THURSDAY, May 8, 2008

## OFF THE DECK



### Mayport Golf Championship

Mayport's Base Golf Championship is May 17 and 18 at Windy Harbor Golf Club. This annual tournament is open to active, reserve and retired military, dependents and DoD civilians with established handicaps at Mayport. Cost is \$75 and includes lunch Saturday, breakfast Sunday, a tee prize and awards banquet. Green and cart fees are not included. Deadline to register is May 12. The Base Golf Championship is sponsored by MWR Mayport and Navy Federal Credit Union. For more information, call 270-5380.

### USO Military Day On May 17

The 5th Annual USO Military & Family Appreciation Day will take place on May 17 from 10 a.m.-5 p.m. at the Sea Otter Pavilion on board Naval Station Mayport. This year promises to be bigger than ever with live entertainment featuring "Ron Perry Connection," and "One The Band" all the way from Montreal, Quebec. There will be free food and drinks, tons of inflatables, and water inflatables. This year will also feature a separate area for toddlers. There will be an area as well with interactive and obstacle courses. Everyone is welcome! Please come out and let USO show you appreciation. For more information, call 246-3481.

### Special Guest At Base Fun Run

Olympian and Gate River Run winner Todd Williams will hold a brief on May 13 at 7:15 a.m. in the Gym with a short video, a Q&A session and stretch before running the MWR 5K. Each month, MWR sponsors a 5K Fun Run and 3K Stroller Strut. In honor of Memorial Day, this month's run will also include a 10K.

### Vet Clinic Relocates To Base Housing

The Mayport Veterinary Clinic is moving to base housing. The Vet Clinic will be closed May 12-16 for the move and will reopen on May 19 at its new location, 708 B Everglades Court. The new phone number is 249-3031.

### NEX Closes Gas Pumps For Work

Due to the necessity to replace dispensing pumps at the Auto Mart, it will be necessary to close the gas pumps today (May 8). The pumps should be reopened by the afternoon of May 9. Natural gas will not be affected.

## CDS 24 Holds Change Of Command

From Staff

Capt. John Kersh Jr relieved Capt. Bob Kapcio as Commander, Destroyer Squadron 24 during a change of command ceremony held aboard USS Roosevelt on May 2. Adm. James Stavridis, Commander, U.S. Southern Command, was guest speaker at the event. Rear Adm. Donald Quinn, Commander, Strike Force Training, Atlantic, was special guest at the event.

Kersh is the son of Rear Admiral and Mrs. John Kersh of Annapolis, Maryland. He graduated from the University of Virginia with a Bachelor of Arts degree in Foreign Affairs and was commissioned via the Naval Reserve Officer Training Corps in 1984.

From 1985 to 1988 he was assigned to USS Antrim (FFG 20) as Combat Information Center Officer followed by Damage Control Assistant. In 1990 he graduated from the Naval Postgraduate School in Monterey, California with a Master of Science degree Aeronautical Engineering. He was assigned as Combat Systems Officer in USS Copeland (FFG 25) and USS Jouett (CG 29) from 1991 to 1994.

In March 1994 he reported to Arlington, Virginia for duty as Project Officer for the MK 41 Vertical Launching System in the Program Executive Office,



-Photo by Paige Gnann

Commander, Destroyer Squadron 24, Capt. Bob Kapcio, right, salutes Rear Adm. Donald Quinn, Commander, Strike Force Training, Atlantic as he is relieved of command by Capt. John Kersh Jr. during a change of command ceremony on May 2 on board USS Roosevelt.

Theater Air Defense. He was executive officer in USS Taylor (FFG 50) from October 1997 to January 1999. He served as Chief Staff Officer in Destroyer Squadron 28 from February 1999 to July 2000. As Chief Staff, he was the principle assistant to the Joint Task Force Noble Anvil Sea Combat Commander during operation Allied Force. He gradu-

ated from the United States Army War College in Carlisle, Pennsylvania with a Master of Science degree in Strategic Studies in June 2001.

From November 2001 to August 2003 he commanded USS Ingraham (FFG 61). Ingraham participated in operation Enduring Freedom in the North Arabian Sea, conducting Maritime Interception

Operations in a multi-national environment in the vicinity of Pakistan. He was deployed from January 2003 to August 2003 in the Western Pacific with Carl Vinson Strike Group. While he was in command, Ingraham received the Navy Unit Commendation, Meritorious Unit Commendation and Battle Effectiveness Award.

He was head of the Surface

Warfare Module at Tactical Training Group, Atlantic from September 2003 to February 2005. He helped train a number of ships and Strike Groups to participate in operations in the Fifth and Sixth Fleet.

Kersh was the Joint Context and Homeland Defense department head at Joint Forces Command J9 from February 2005 to January 2008. Advanced distributed synthetic modeling and simulation were developed to assist the Department of Defense and Department of Homeland Security in disaster avoidance and consequence management.

Kapcio, a native of Syracuse, New York, graduated from the U.S. Naval Academy in 1982. Following his commissioning, he served two tours in San Diego, California in USS Bronstein (FF-1037) as the First Lieutenant and Main Propulsion Assistant and later in USS Elliot (DD-967) as the Combat Information Center Officer and Assistant Operations Officer.

In 1987, Kapcio was selected to serve as an Intern on the Joint Staff where he served in the J-5 Europe/NATO Branch at the Pentagon. Following the internship he served as an Action Officer in the Persian Gulf/Southwest Asia Branch, Politico-Military Policy and Current Plans Division (OP-

See CDS 24, Page 8

### New Location For Thrift Shop



-Photo by Paige Gnann

Naval Station Mayport Command Master Chief Deborah Davidson helps cut the ribbon with members of the Navy Wives Club of America during the grand opening of Mayport's thrift store. Sponsored by NWCA, the thrift store is now located at 709A/B Everglades Court.

## ACT/SAT Testing Resumes At NCO

By Sharon Anderson

Chief of Naval Personnel Public Affairs

Sailors can again take ACT, General Educational Development (GED) and SAT exams beginning May 1 at their local Navy College Center after Defense Activity for Non-Traditional Support (DANTES) officials gave the authorization to restart the testing.

Other Defense Activity for Non-Traditional Support (DANTES) paper-based testing for the Navy, both ashore and afloat, has not resumed. Sailors may take these tests electronically at National Testing Centers (NTC) located worldwide on numerous military installations.

ACT, GED and SAT tests are available only on paper.

"It was very important to start administering these tests again so our Sailors can continue their education plans. We will continue working closely with DANTES to reestablish these testing privileges on shore and on ships," said Ann Hunter, voluntary education service chief. Sailors applying for the

Are you thinking about putting in your STA-21 package or do you need to increase your SAT / ACT scores. The Navy College office provides this free to Sailors. The next scheduled test dates are May 16 for SAT and May 23 for ACT. Please call the Navy College Office at 270-6341 for more information.

Seaman-to-Admiral (STA-21) program should contact their local Navy College Office immediately to schedule the appropriate exam, she added.

All paper-based DANTES testing was halted in late February after tests were lost at some Navy installations and ships.

"The Navy is aggressively pursuing electronic testing through on-base NTCs," said Hunter. "The advantages of on-base NTCs are numerous, but the most significant to our Sailors is that they are able to deliver the results of the test immediately."

## GMH Military Housing Becomes Balfour Beatty

By Balfour Beatty Communities

The planned acquisition of GMH Military Housing was completed by Balfour Beatty, plc on April 30. Going forward, GMH Military Housing will be known as Balfour Beatty Communities.

Initially the company will operate under both names—Balfour Beatty Communities and GMH Military Housing—until the transition of our identity is complete in about four months. While our name is changing, our core focus remains exactly the same: to provide exceptional housing and responsive world class service to the U.S. Military personnel who live in the properties we manage.

Balfour Beatty Communities' commitment to military families at Naval Station Mayport

is to provide a community they are proud to call home. In fact, all personnel, services and facilities that were under GMH Military Housing will remain the same as will any construction and renovation plans.

**Who is Balfour Beatty?**

Balfour Beatty plc is a world-class engineering, construction, services, and investment group headquartered in London with 35,000 employees worldwide. Balfour Beatty plc has operations involving construction and management of a wide range of privatization projects that directly improve the lives of people and their communities—from schools to hospitals, highways to railways, and water supply systems to power generation. Since 1909, Balfour Beatty plc and its affiliates, referred to as

the Balfour Beatty Group, have continued their commitment to customer satisfaction, first class service, safety and a responsible approach to the environment.

The Balfour Beatty Group is familiar with working in the defense/security and other sensitive sectors in the US and the UK. In fact, Balfour Beatty Construction, is currently working on the 9/11 Memorial at the Pentagon and has significant design and construction contracts with various US military entities, including the New Campus East at Fort Belvoir for the US Army Corps of Engineers, the Walter Reed National Military Medical Center at the Naval Base in Bethesda, Maryland, and the new training facilities for the US Army Corps of Engineers

at Fort Lee, Virginia. This is in addition to Balfour Beatty Construction's work on the GMH Military Housing privatization projects.

Balfour Beatty Group is also currently providing master planning, engineering, design and design/build services for the US Army Corps of Engineers and Department of Veterans Affairs for healthcare facilities in the US, Puerto Rico and Germany.

Balfour Beatty Group has also worked on a number of high profile US government projects including the US Capitol Visitor Center in Washington, DC and multiple National Archives and Records Administration facilities, as well as provided project management services of border stations for the General Services Administration ("GSA") in

Arizona and Washington and project management services for the GSA of several Federal Bureau of Investigation buildings.

**Focus remains the same**

Unlike most mergers, there are no broad-reaching changes planned at Balfour Beatty Communities. Bruce Robinson, who held the position of president of GMH Military Housing remains in charge at Balfour Beatty Communities, and his management team remains in tact. At ground level, all the management and staff will remain in their positions with no change in personnel.

In commenting on the transaction, Bruce Robinson stated, "The military personnel and families we serve can

See Housing, Page 9

# Street Talk

## What is the best advice your mother has given you?



**CS2 (SW) Thompson  
NS Mayport**

First six months in the Navy, I told my mother I did not want to be in the Navy. My mother said, "Suck it up and do your job."



**ATAA Giles-Johns  
Jacksonville AIMD**  
Finish high school.



**STGSN Winkler  
USS Farragut**  
Love God, your family and your country.



**HM3 Chafin  
NBHC Mayport**  
Always follow your heart.



**Capt. Smith  
NBHC Mayport**  
Two wrongs don't make a right.



**SN Weekley  
NS Mayport**  
Treat people the way you would want to be treated and never think that your better than anyone else.

## CREDO Corner

**By Lt. Cmdr. Dorman  
"Curt" Dowling**

*Spiritual Fitness Division SE/CREDO*  
Last night I came home from Sticky Fingers Restaurant and saw where someone lost control of their car and wrecked in the median. Lately I've seen a plethora of cars off the side of the road after being in an accident. And last week the signal box for the traffic lights at an intersection near our house had been hit (for the second time in as many months) by some driver out of control of their vehicle creating havoc for everyone else that day.

People don't just loose con-

trol of cars. They also loose control of their lives in a variety of different ways. It may be through drinking, drugs, anger, or spending.

Lately I've been helping a young lady get back in control of her spending. She had been trying to ignore that she was out of control by not opening her mail. She was ignoring her bills as if they would somehow just go away. Funny thing is some people really want the money they lend out and will go to great links to make life miserable for those who don't pay. She was beginning to feel the consequential pain of out of

control spending.

Out of control driving and out of control spending are much the same. The moment of truth comes when you can no long control the spending vehicle, whether it is the Ford Mustang GT or the MasterCard or Visa. That's when you find a person in trouble; they have wrecked along the highway or they have wrecked their credit.

How we drive our life will determine whether we will stay in control. Learning what is a need and what is a want is like learning the difference between the brake and the accelerator. There are plenty of things we

need in life, but a responsible person knows when to put on the brakes regarding spending on wants.

Loosing control in any aspect of life means giving it to someone, or something else. It is not assuming responsibility. It is the convenient/pleasurable thing to do for the moment. Loosing control means not to think. It means not considering the consequences that may come. Unfortunately many of those consequences are serious.

Some people loose control of their anger. Rather than do the hard work of communication, they lash out at other people.

Whether it is a spouse or co-worker that receives the irresponsible behavior, a personal relationship has been wrecked or possibly destroyed.

Only you can take control of your life. You can let others have control, but you have to let them. Taking control of your life can be very hard, but taking control of your life is freeing and life changing.

CREDO is a place where we have seen folks change their lives...take control...accept responsibility and move on with their lives. We believe the best way to live life is in control and guided by God-given universal

principles. Therefore the Credo programs are free and available to our active duty military and their dependents, retirees and DoD civilians. We provide retreat programming, whether it is a Marriage Enrichment Retreat, or a Personal Growth Retreat, that is safe and inviting to work on being in control and living a healthier life. Stop by Building 1 across from the post office on NS Mayport or Call (904) 270-6958 Ext. 1602 for more information.

## NMCRS Thanks Volunteers



-Photo by Paige Gnann

*Navy-Marine Corps Relief Society volunteers are celebrated during a luncheon at Ocean Breeze Conference Center on Friday. 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. 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.*

## Good Grades Can Pay Off

From NEXCOM

Paying for a child's education can be a daunting task. Let your Navy Exchange make it easier for you through its A-OK Student Reward Program. Four times per school year, four students will win a drawing for a \$5,000, \$3,000 \$2,000 or \$1,000 U.S. savings bond, denominations at maturity. The next drawing will be held at the end of May 2008.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school

system, may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawings, stop by your Navy Exchange with your

current report card and have a Navy Exchange associate verify your minimum grade average. Then fill out your entry card and obtain your A-OK ID, which entitles you to discount coupons for Navy Exchange products and services.



**Chapel Call**  
Command Chaplain:  
Cmdr. Jerome Dillon  
Staff Chaplain:  
Lt. Rory Calhoun  
Catholic Services:  
Mass.....Monday-Friday, 11:30 a.m.  
Confession.....Before and after mass  
SUNDAY  
Roman Catholic Mass.....9 a.m.  
Sunday School.....9:15 a.m.  
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.  
FRIDAY  
Catholic Mass.....11:30 a.m.  
Confessions.....7 p.m.  
SATURDAY  
Men's Prayer Breakfast.....9 a.m.  
BAPTISMS  
Please call 270-5212 to arrange.  
PRE-MARITAL COUNSELING  
Catholic - Contact priest at least 9  
months prior to wedding date.  
Protestant - Contact chaplain at least  
two months prior to wedding date.  
SERVICES  
For shipboard and Waterfront  
Services, call 270-5403. Personnel of  
other faiths seeking contact with specific  
religious groups should call the  
Chaplain's Office at 270-5212.

## Mayport Tax Center Remains Open

**By Lt.j.g. Jessica Wilcox**  
RLSO

NS Mayport Voluntary Income Tax Assistance program (VITA) tax center is still open until June 15 to provide free basic tax preparation services by appointment only. The center is located at 707A Everglades Court.

The VITA Tax Center hours of operation will be from 8 a.m.-4:30 p.m., Monday, Wednesday, and Friday and from 9 a.m.-3:30 p.m., Tuesday and Thursday.

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

certified by the IRS in basic tax preparation.

What to bring to the tax center:

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

If you do not bring either a copy of your Social Security card or a previous year's tax return, they will not be able to prepare your return.

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

## Homefront in Focus

**By Beth Wilson**  
*Military Spouse Contributor*

April was the Month of the Military Child and as such, I am turning this week's column over to their wisdom and insight on topics and issues they face. Let me suggest you grab a box of tissues before proceeding.

Military children offer surprising insight and perspective on deployment: Eight-year-old Selena Korwin comforted her mother with "Mommy, I miss him [Daddy] too, but it's okay. All the other people in our country need him right now, too." When asked how she gets through deployment Erin (13), replied, "I put on my big girl panties, that is my dad's job and he will be coming home soon." Emilia, 3 years old and already in her second deployment states, "Daddy is...fighting the bad peoples."

Deployment means we all take on additional responsibilities and roles in the family. This wasn't lost on four-year-old Gavin [Fort Hood, TX] who recently declared, "I am the man of the house while my dad is in Iraq. I take care of my Mom and my sister!" His mother says, "He just melted my heart, he says that with absolute conviction."

Politics isn't necessarily lost on the young. Erin offers, "[Daddy] will be coming home soon...providing our next President is not as big of an idiot as our current commander-

in-chief." Tyreese (5), son of ENFN Will Wilborn explains, "All the daddies in the military have to go fight in Iraq 'cause President George W. Bush doesn't know how to do his job." Victor, 9-year-old son of a Guardsman says, "War is a hard decision. President Bush didn't really want to send us to war but someone had to stop the ones who are causing trouble and hurting people here and over there. I guess we are the only ones who can do the right thing."

Reflections on military life include: Glen Baker (17) currently stationed at Westover AFB recently told his mother, "I used to hate moving but I realized today that I'm blessed to have this life." Glen's younger brother came home from school bursting with pride, "All the kids saw dad in uniform and said I have the coolest dad ever!"

Sometimes military children develop language skills differently. Living in Spain and influenced by Armed Forces Network broadcasts, Leslie's youngster walks around the house reciting, "I am a 'special power attorney.' I provide limited power for specific things."

If you thought the relationship between the service member and their children is impaired by military service, these comments will set you straight: Killian (5) told his family, "I am going to grow up now so I

can join the 'Ah-me' and help my daddy. I have to keep him safe." Shannon's young son wants to serve with daddy; showing his moves and saying, "Mama, guess what! I'm a Soldier and I kick some bad guy with Daddy!" Nina, age 4, is sure that, "Daddy is gonna" put me in his army backpack and take me to Iraq with him. I've never been to Iraq before. He would just miss me too much to leave me home."

Homecoming is special for the service member and the family. Brooke (6), daughter of a Guardsman, drew a picture that sums it all up. Brooke's mom, Chris describes the artwork as "a picture of all of us together in front of our house with our 3 dogs, 3 cats, the trees and everything. The girls in the picture stood between my husband and me, all holding hands. Written in BIG letters above our heads said it all, "AND THAT IS THAT!"

Our military children are amazing and focusing on them for a month is both appropriate and important. Thank you, kids, for reminding us of such great insight and truths.

Questions or comments for Beth? Please email her at [beth@homefrontinfocus.com](mailto:beth@homefrontinfocus.com). Check out her talk show for spouses at [www.blogtalkradio.com/nht](http://www.blogtalkradio.com/nht).



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# Stephen W. Groves, HSL-44 Detachment Home

From USS Stephen W. Groves Public Affairs Office

USS Stephen W. Groves (FFG 29) and embarked HSL-44 Detachment Five returned to homeport in Mayport May 2 from a six-month Counter-Illicit Trafficking deployment to the Caribbean Sea and Eastern Pacific Ocean.

Groves also embarked Miami-based U.S. Coast Guard Law Enforcement Detachments (LEDET) 409 and 404 while operating in the U.S. Southern Command (SOUTHCOM) area of focus under the operational control of U.S. Naval Forces Southern Command (NAVSO) and tactical control of Joint Inter-Agency Task Force South (JIATF-S). Counter-Illicit Trafficking operations are joint efforts designed to support participating nation's drug control programs.

The deployment began last October with Cmdr. Jon Kreitz commanding the ship. Kreitz's 18-month tour as commanding officer ended midway through the deployment, when Cmdr. Dan Starling assumed command before the ship made its way through the Panama Canal and into the Eastern Pacific.

"I continue to be amazed at the broad level of cooperation and coordination required to successfully combat Narco-terrorism," said Starling. "JIATF-S does a terrific job at tying all these diverse assets together, and the foreign navies and coast guards we've had the opportunity to work with exhibit tremendous professionalism."

Groves' counter-illicit trafficking mission quickly began when the crew discovered a "go-fast" boat, believed to be loaded with narcotics. "Go-fast" vessels are small, multi-engine speedboats commonly used to transport illicit narcotics and contraband. The ship pursued the suspect vessel and caught up to it. LEDET 409 conducted a boarding and seizure operation, resulting in the confiscation of



Lt.j.g. Sean Davis is welcomed back to Naval Station Mayport by wife, Katrina, and daughters Emily, 3, and Sophia, 11 months, after returning to port with USS Stephen W. Groves. Groves returned May 2 for a six-month Counter-Illicit Trafficking deployment to the Caribbean Sea and Eastern Pacific Ocean.

-Photo by Paige Gnann

2,500 pounds of cocaine. Two days later, the ship responded to another "go-fast" threat and seized 1,300 pounds of narcotics.

In February, the ship was tasked to search for a stealthy self-propelled semi-submersible (SPSS) vessel, suspected of trafficking illegal drugs. LEDET

404 rapidly responded to the situation and boarded the SPSS, detaining several suspected traffickers from the scuttled, sinking vessel. An extensive search, using the ship's SH-60B helicopter and Rigid-Hull Inflatable Boat (RHIB), resulted in the recovery of 59 bales of cocaine. This was only the second suc-

cessful SPSS bust ever performed by the U.S. Navy, and the largest SPSS contraband recovery to date. Two weeks later, Groves intercepted a fishing vessel and recovered 39 bales of cocaine. This was the final bust of the deployment.

The deployment's early months included other types of

events as well. During port visits to Roatan, Honduras; Panama City, Panama; and St. Thomas, U.S. Virgin Islands; Sailors engaged with local citizens by performing volunteer community relations (COMREL) projects to renovate senior citizen homes, paint school buildings, and teach children about the

core values of the U.S. Navy.

The ship's religious lay leader, Culinary Specialist 1<sup>st</sup> Class (Surface Warfare) Marvincent Williams enjoyed having the chance to work with the locals and said "I just thank God for this opportunity to help and

See Groves, Page 5



Children welcome home Sailors assigned to USS Stephen W. Groves (FFG 29) as it pulls pierside at Naval Station Mayport. Groves was deployed to South America, conducting counter narcotic operations.

-Photo by MC2 Regina L. Brown



Seaman Tony Broadwell is welcomed home by fiancée Kelly Valladares.

-Photo by Paige Gnann



Operations Specialist 2nd Class (SW/AW) Jerome Scott, is greeted by his wife Theresa, 3-month-old Tamyra and 4-year-old Marquevious after returning from deployment with USS Stephen W. Groves. Scott was joined during the last leg of the trip with a Tiger cruise by his father, George Scott.

-Photo by Paige Gnann



Sonar Technician Surface 2nd Class (SW) Tyrone Orellana gets a big hug from his wife, Anne, after disembarking the ship.

-Photo by Paige Gnann



-Photo by MC2 Regina L. Brown  
 USS Stephen W. Groves (FFG 29) prepares to moor at Naval Station Mayport upon returning home from deployment. Groves was deployed to South America, conducting counter narcotic operations.



-Photo by Paige Gnann  
 Angie Ahearn gets the first kiss from husband, Electronics Technician 2nd Class Trevor Ahearn, while holding their daughter, Kaydence, 3.



-Photo by Paige Gnann  
 Yeoman 2nd Class (SW) Ryan Smith of USS Stephen W. Groves is greeted by wife, Laura, and 2-month-old son, Nathan, during the ship's return from deployment. This was the first time Smith has seen his son.



-Photo by Paige Gnann  
 Boatswain's Mate 2nd Class (SW) Corey Bernardi is reunited with wife, Leslie, and sons Gage, 2, and Grayson, 10 months.



-Photo by Paige Gnann  
 Operations Specialist 2nd Class (SW) Coy Dykes gives wife, Elizabeth, flowers after leaving the ship.



-Photo by MC2 Regina L. Brown  
 Sailors assigned to Groves leave for liberty call at Naval Station Mayport. Groves just returned from a regularly scheduled deployment to South America, conducting counter narcotic operations.



-Photo by Paige Gnann  
 Culinary Specialist 2nd Class (SW) Patrick Dixon is one of the first Sailors off of USS Stephen W. Groves after it pulled into port after a six-month deployment.



-Photo by Paige Gnann  
 Boatswain's Mate 1st Class (SW/AW) Renardo Felix gives his wife, Nickie, flowers as she introduces him to his new 4-month-old son, Rashad, during the homecoming of USS Stephen W. Groves.

## Groves

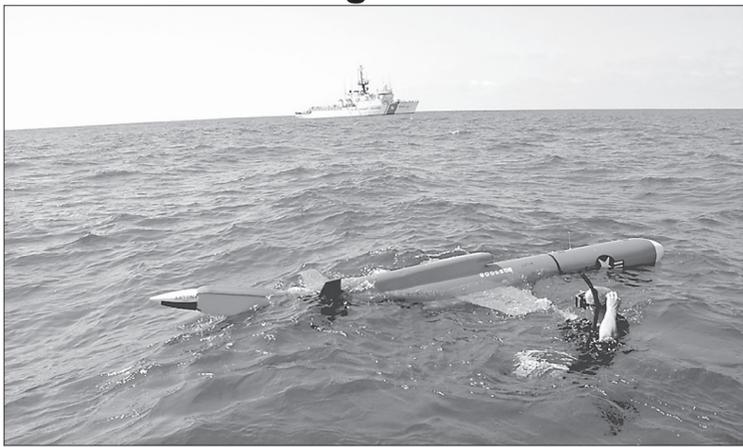
share our talents with the people in the ports we visit. I feel like we profit even more than they do from our experiences in their schools and communities." Groves extended the U. S. Navy's international presence by participating in a community outreach program called Project Handclasp. The San Diego-based organization collects donated hygiene items, medical supplies, learning materials and toys, so ships can distribute them to hospitals, schools,

and orphanages around the world. Groves' Sailors donated Project Handclasp materials to a local children's hospital in Panama City, and worked with the Colombian Navy to paint an elementary school in Cartagena, Colombia, also giving out Project Handclasp gifts to the students there. Many Groves crewmembers were recognized for their performances and vital contributions to the ship's operational success. Two sailors were award-

ed Navy and Marine Corps Commendation Medals, while 27 earned Navy and Marine Corps Achievement Medals. "This crew is the pinnacle of Navy professionalism," said Groves' Command Master Chief (Surface Warfare/ Aviation Warfare) Brad Shepherd. "They are young, energetic and forthright in all endeavors of the mission—a hallmark of eagerness and the premier crew to orchestrate and execute the war on Narco-terrorism."

From Page 4

## Retrieving The Drone



-Photo by Public Affairs Specialist 2nd Class Nathan Henise  
U.S. Navy Culinary Specialist 3rd Class Scott Roark, assigned to the guided-missile destroyer USS Farragut (DDG 99), retrieves a flight drone with the help of a Coast Guard Cutter Northland small boat crew off the coast of Brazil. The drone was used as a gun-exercise target during this year's UNITAS exercise, a multi-national event testing the interoperability of U.S. and foreign navies.

## UNITAS Comes To Close

By MC2 Riza Caparros  
USS George Washington (CVN 73)  
Media Department

The Atlantic phase of UNITAS 49-08, a multinational exercise designed to increase the interoperability of navies in North and South America, ended May 2 with the closing ceremonies in Rio de Janeiro, Brazil.

Participants in UNITAS included elements of the Brazilian and Argentine Navies as well as the George Washington Carrier Strike Group which includes USS George Washington (CVN 73)(GW), Destroyer Squadron Four Zero, Carrier Air Wing (CVW) 17, USS Farragut (DDG 99) and USS Kauffman (FFG 59).

"UNITAS was a tremendous success. The aggressive schedule provided an excellent opportunity to train side-by-side with our South American partners and proves that our Navies can achieve more by working together," said GW Operations Officer, Cmdr. Anthony

Calandra. Lt.j.g. Jacob Steele, asst. operations and planning officer for Destroyer Squadron 40 had similar thoughts.

"UNITAS is about enhancing partnerships and cooperation between our Navies," he said. "We're forming relationships to ensure the security and stability of our nations and the waters around them."

This year's UNITAS featured complex training scenarios from across the spectrum of naval operations, from anti-submarine warfare to air defense to maritime interdiction operations.

UNITAS Atlantic is one of the exercise phases of Partnership of the Americas (POA), an annual U.S. Southern Command (SOUTHCOM) operation. POA is designed to increase interoperability and cooperation in the hemisphere, while developing stronger relationships and professional understanding between nations.

This is the 49th year UNITAS, which means 'unity' in Latin, has been held. The

exercise is conducted annually in the Atlantic and Pacific waters around South America,

DESRON 40 Surface Sonar Technician Senior Chief (SW) Darren Jarvi, senior enlisted advisor and anti-submarine warfare officer described what he thinks service members have learned from their UNITAS experience.

"Through Sailor-to-Sailor exchanges, participating in community relations events and being good ambassadors, our Sailors put words into action. They learned about other country's cultures, abilities and technologies and showed pride in what we do and represent."

## Marine Detachment Embarks USS Farragut

By MC2 J.T. Bolestridge

USS Farragut Public Affairs

The Headquarters Element of the 4th Marine Recon Detachment of the 24th Marines embarked the guided-missile destroyer USS Farragut (DDG 99) May 1 in Rio de Janeiro, in support of Partnership of the Americas 2008 (POA 08).

The embarked Marines will conduct training with Uruguayan marines when Farragut arrives in Montevideo, Uruguay for a port visit. Maj. Bill Sablan, the exchange detachment officer in charge, explained their training is designed to enhance security cooperation, one of the primary goals of POA 08.

"The overall idea is to enhance the capability sets of everyone involved in the training," Sablan said. "We'll take turns throughout the training showing each other our different tactics, techniques, and procedures. This type of face-to-face exchange is designed to build camaraderie between partner nations."

Mutual training will include non-combatant evacuation operation exercises, Marine Corps

martial arts, small boat operations and small arms weapons training.

It has been uncommon for U.S. Marines to embark destroyers in recent years. The Navy and Marine Corps, as well as the Coast Guard, have recently increased their efforts to work cooperatively, creating more opportunities for enhanced training and experience.

Capt. Rudy Laco, Commander, Destroyer Squadron 40 said, "Combined U.S. Navy-Marine Corps operations involving partner nations like Uruguay are examples of maximizing employability and deployability for U.S. units and providing greater agility and reliability for partner nations, while being less predictable for potential adversaries."

POA 2008 is the third exercise by that name and will be carried out from April until October in Central and South America, as well as in the Caribbean. The exercise emphasizes interoperability and cooperation between U.S. and partner nation's maritime forces through a variety of exercises and events.

## USS Stark Service To Honor Fallen Shipmates

From Staff

A ceremony of remembrance will be held at Mayport's Memorial Park Saturday, May 17th at 10:30 a.m. to honor the Sailors who were killed aboard the guided-missile frigate USS Stark (FFG 31) 21 years ago.

On May 17, 1987, while on patrol in the Arabian Gulf, 37 Sailors died when two Iraqi missiles struck USS Stark. Despite the severe damage inflicted, the heroic efforts of Stark's

crew saved the ship. Stark was decommissioned at Mayport in 1999. In order to preserve the tradition once the ship was retired, the Naval Order of the United States, North Florida Commandery, assumed sponsorship for the memorial service.

Several members of the 1987 crew of Stark will attend the service. The service will feature accounts of some of the events that occurred following the attack, both aboard ship and

here in Mayport, from crew and volunteers & staff who worked to provide information and support services to the families of crew members.

The guest speaker for this year's ceremony is Adm. Harry Ulrich, a former Commanding Officer of Stark.

Mayport's Memorial Park was established Aug. 1, 1987, with the dedication of the Stark monument.



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# USS McInerney Sailors Bring Fresh Water, Project Handclasp Items To Honduras

By Lt. Kelly Chufo

USS McInerney PAO

USS McInerney (FFG 8) Sailors participated in a community relations (COMREL) project with a local Honduran missionary group, Living Water For Roatan, to bring fresh water and medical supplies to people in need in Honduras April 9.

When McInerney pulled into port, its Sailors took time to aid the community with a new water system, providing fresh water to over 30 homes.

After Hurricane Mitch ravaged mainland Honduras in 1998, many Honduran families were left homeless. In an effort to start over, many of them relocated to the island of Roatan and created a community called La Colonia. Over the past 10 years, the families have built rudimentary schools, small fruit stands, and shelters. Many missionary groups have worked to dig wells, build cisterns, and provide a central place in the village where all people can collect fresh water for their homes. However, the people have a challenge to get water; they have to walk up and down treacherous dirt pathways with 5 gallon jugs perched precariously on their shoulders.

Roatan Mayor, The Honorable Dale Jackson, expressed his overwhelming thanks to all the Sailors who gave their time and



-Photos courtesy of USS McInerney  
USS McInerney Executive Officer, Lt. Cmdr. J.R. Reyes, hands out candy to the village children.

skills in such a selfless manner. "It has been quite a few years since a U.S. Navy ship has visited our little island," said Jackson. "To have the exceptional Sailors of USS McInerney do what they did for the village in such a short time is testament to their dedication and desire to help. They will always be welcomed back with open arms."

In a separate event, McInerney Commanding Officer, Cmdr. Keith Wheeler

led another group of McInerney sailors, who distributed four pallets of Project Handclasp hygiene items, toys and medical supplies to Clinica Esperanza, a non-profit clinic for the villagers of La Colonia.

"It is a great day for Clinica Esperanza," said Peggy Stranges, founder and director of Clinica Esperanza. "Our clinic was built completely from donations, and continues to run at a cost of \$250,000 per year,



USS McInerney Sailors offload PVC to begin branching off the main fresh water piping system into individual homes during a community relations project in Honduras earlier this month.

relying solely on the goodwill of operations such as Project Handclasp and the Sailors of McInerney who sought out our clinic to receive them."

McInerney, homeported in Mayport, Fla., is deployed to the U.S. Southern Command (SOUTHCOM) area of focus

in support of Counter-Narco Terrorism operations in conjunction with Joint Interagency Task Force, South. While deployed, McInerney is under the operational control of SOUTHCOM's Naval component command, U.S. Naval Forces Southern Command.

For more information on McInerney, go to <http://www.mcinerney.navy.mil/>.

For more information on Living Water For Roatan, go to <http://www.lw4r.com>.

For more information on Clinica Esperanza, go to <http://www.clinicasperanza.com>.



-Photos by MC1(SW) Holly Boynton

Yeoman 2<sup>nd</sup> Class (Air Warfare) Stacy Florio greets Jack, 3, a patient at Wolfson Children's Hospital, and his mother. Staff members from U.S. Naval Forces Southern Command (NAVSO) made a visit to the hospital to visit the patients and deliver toys purchased through funds raised by the NAVSO White Hats Association, a volunteer group for enlisted Sailors rank E-6 and below.

## NAVSO WHA Brings Gifts To Local Children's Hospital

By MC3 Alan Gragg

U.S. Naval Forces Southern Command Public Affairs

U.S. Naval Forces Southern Command (NAVSO) staff and White Hats Association (WHA) members brought gifts to children at Wolfson Children's Hospital in Jacksonville May 1.

The WHA conducted a spaghetti luncheon within the command to raise funds for purchasing gifts. The gifts included stuffed animals, soft footballs, sudoku puzzles, coloring books, games, and other suitable age-appropriate toys.

"The kids and their parents were thrilled to see the men and women in uniform coming to visit and give gifts,"

said Pat Kirkland, Child Life Coordinator at Wolfson Children's Hospital.

The NAVSO Sailors were thankful for the opportunity to brighten the each child's day.

"It was a heart-warming experience that I will cherish for the rest of my life," said WHA Vice President, Storekeeper 1<sup>st</sup> Class (Surface Warfare/ Aviation Warfare) Tyrone K. Dobbs, Jr. "I really enjoyed the time we shared with the kids."

The WHA consists of NAVSO Sailors in pay grades E-6 and below who volunteer their time to conduct community relations events to help build local relationships. The association strives to support the Navy's dedication to supporting com-

munity ties.

Sailors around the Navy participate in a variety of projects within their local area as residents of the community, both in the United States and overseas. Sailors also serve as goodwill ambassadors of the Navy, promoting partnerships through volunteering. NAVSO, the naval component commander for U.S. Southern Command, oversees maritime operations throughout Latin America, including exercises and deployments; counter illicit trafficking support, and theater security cooperation events such as community relations projects.



Staff members from U.S. Naval Forces Southern Command (NAVSO) stand with Ethan, 5, a patient at Wolfson Children's Hospital.

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-Photo courtesy of ATG

ATG Mayport Capt. Herbert Hadley, right, congratulates Senior Chief Operations Specialist (SW) Brian Porter, left, and his wife, Carolyn, on the occasion of Porter's advancement to master chief petty officer.

## ATG Celebrates Remarkable Achievement In Sailor's Career

By Lt. j.g. Cynthia Wood  
Afloat Training Group Mayport PAO

Senior Chief Operations Specialist (SW) Brian J. Porter was recently frocked to master chief petty officer by Capt. Herbert Hadley, commanding officer of Afloat Training Group, Mayport (ATGM).

Porter was among six OS's and 353 highly qualified senior chiefs to join the ranks of the Navy's elite non-commissioned officers this year.

"Advancing to master chief is a great distinction," said Capt. Hadley. "It means the Navy has great confidence in you."

Achieving this noteworthy

milestone is not an easy feat. A senior chief must consistently earn high marks in fitness reports, serve a minimum of 19 years to be a regular candidate, and must stand out favorably above his or her peers in a scrutinizing selection board composed of other master chiefs and senior officers.

Porter's wife, Carolyn, and three-week-old son, Cole, were in attendance at a small frocking ceremony held at ATGM. Porter was pinned by his wife and ATGM Command Master Chief Kenneth Morrison. The ceremony was a tremendous occasion for Porter, because his

wife was present for the first time since his advancement to first class petty officer. He was advanced to chief and senior chief while at sea.

"This is overwhelming for me and I still can't believe it," Porter said. "I would not have made it to this level without the support of great mentors and peers. My wife is my most motivating factor in life, though. I would not be standing here today without her."

"We all congratulate you and wish you continued success in your career," Hadley added.

From Page 1

Commander, Enterprise Carrier Strike Group (CSG) deploying in USS Enterprise (CVN-65) from 2003-2004 in support of Operations Enduring Freedom and Iraqi Freedom.

In 2006, Kapcio completed a tour as the Deputy Director, Navy Quadrennial Defense Review (QDR), Office of the Chief of Naval Operations. He assumed duties as Commander, Destroyer Squadron 24 in May 2006.

Yokosuka, Japan for a tour as Executive Officer in USS Bunker Hill (CG-52).

After graduation from the United States Naval War College in June 1999, he was assigned as the Maritime Branch Head, Doctrine Department during the standup of the Navy Warfare Development Command.

Kapcio served as commanding officer in USS Taylor (FFG-50) from 2000-2001 in Mayport, Florida. Upon completion of his CO tour, he served as the Operations Officer for

### CDS 24

611), Office of the Chief of Naval Operations.

After graduating from Department Head School, Captain Kapcio reported as commissioning Operations Officer in USS Barry (DDG-52) followed by a tour at U.S. Atlantic Command (USACOM) Current Operations Division (J-33) as a Maritime Operations Planner where he assisted in the planning of Operation Uphold Democracy and Maintain Democracy. In 1996 Captain Kapcio forward deployed to

## FRCSE Welcomes New MC



-Photo by Lt.j.g. R.L. Jones

On April 29, 2008, during a special ceremony before family, friends, and colleagues Senior Chief Aviation Structural Mechanic (AW/SW) Michael James Hardin was frocked to Master Chief Aircraft Maintenance man by Fleet Readiness Southeast Center, Site (FRCSE) Mayport Officer-In-Charge Commander Graham Guiler. A native of Baton Rouge, Louisiana; Master Chief Hardin enlisted in the Navy in 1989. His assignments include VP-49, VP-30, VP-45, VS-22, and Fleet Readiness Center Southeast Mayport. Additionally, at VS-22 he served as Quality Assurance Supervisor and Maintenance senior chief.

## Phil Sea Celebrates Chiefs' Birthday

By MCSN Ryan Steinhour  
Nassau Strike Group Public Affairs Office

Chiefs aboard guided-missile cruiser USS Philippine Sea (CG-58) celebrated the 115-year birthday of the Chief Petty Officer through several events April 1.

The day started off with a run, where Philippine Sea Chiefs teamed up to tackle a 115 lap run of the Philippine Sea weather deck, which is approximately a 16.5 mile run. The run signified the dedication that the Chiefs of the Navy display everyday.

"It's a long tradition, a long history of Chiefs that have gone before us," said Senior Chief Hospital Corpsman (SW/NAC) Robert Powell. "I feel privileged to be able to take part in this celebration."

"The most significant reason to run the 115 laps, with

all the young Sailors watching us, is that each lap represented a year that Chiefs had been serving in our Navy," said Command Master Chief (SW/AW) Christopher Thompson. "It was a way to remember what past Chiefs have done for this country."

Throughout the day Chiefs wore their khaki uniforms, a uniform that sets them apart from the other enlisted ranks. Along with displaying their most distinctive uniform, many of the 28 Chiefs wanted to give something back to the ship and its sailors.

"The majority of the Chiefs cycled through the food serving line to serve the crew a special meal," said Thompson. "We realize that without them running a ship is impossible."

This 115 year birthday will also be the last time that Master Chief Fire Controlman Edward

Champagne celebrates the occasion.

"This is the last celebration I'll take part of as an active duty Chief," said Champagne. "It's my 20<sup>th</sup> anniversary of being a Chief. Knowing that there is not going to be another one tells me that the end of the road is coming up soon."

"I wanted this celebration to be symbolic of his 30 years of service," said Thompson. "I wanted the Philippine Sea sailors to see what a great American, and what a great Chief Master Chief Champagne is."

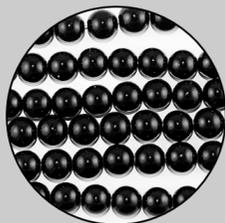
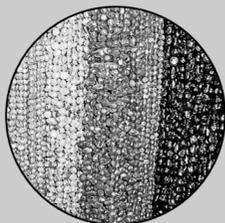
Philippine Sea is currently deployed with the Nassau Strike Group to the Navy's 5<sup>th</sup> Fleet area of responsibility to support Maritime Security Operations (MSO) and Theater Security Cooperation (TSC) efforts.

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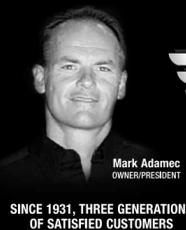


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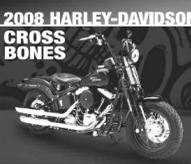
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# HSL-46 'Grandmasters' Celebrates 20 Years

From HSL-46

The "Grandmasters" of HSL-46 celebrated their 20th anniversary on April 7, 2008. Three days later, on April 10, official celebrations were held on Naval Station Mayport.

Festivities began when Current Commanding Officer Chris Dennis welcomed all past and present Grandmasters back to Mayport in a Hangar Celebration. More than 300 guests were in attendance. Of those guests several past commanding officers were in attendance, including HSL-46's first XO, and second Skipper William T. Boone, Former HSLWL Commodore Gregory W. Hoffman, the first Grandmaster Admiral Townsend G. Alexander, former CO of NS Mayport Charles P. King, Richard P. Snyder, Carl F. Bush, and Charles E. Litchfield. Also in attendance were all current Grandmasters that keep HSL-46 running each day.

Following remarks from Dennis, Capt. Glenn Doyle, Commodore of HSMWINGLANT, presented the Aircrew of Cutlass 462 with the NHA Region Three Aircrew (Embarked) of the Year award. Crew members included Lt.

Cmdr. Wade Harris, Lt. Phil Hoblet and Aviation Warfare Systems Operator 2nd Class Preston Nicholas.

Cutlass 462 earned this award due to its extraordinary performance during their recent Counter Narcotics-Terrorism deployment in 2007. Detachment Three became the first HSMWL active duty detachment to qualify with the Coast Guard in Airborne Use of Force (AUF).

The citation read, "For sustained superior performance while operating Cutlass 462 assigned to Helicopter Anti-Submarine Squadron Light Four Six Detachment Three embarked on USS McInerney (FFG 8) on 2 January 2007. The crew of Cutlass 462 demonstrated professional airmanship and tactical prowess in their prosecution of intelligence and capture of 2.2 metric tons of illicit narcotics. This successful mission was directly responsible for the success of the Joint Inter-Agency Task Force South's ongoing mission to deter narcotics-terrorism in the SOUTHCOM AOR and prevent illicit narcotics from entering the United States. The crew of Cutlass 462's outstanding

airmanship and devotion to duty reflect the highest traditions of the United States Navy and the Naval Helicopter Association."

In addition to the Aircrew of the Year award, former commanding officer and Wing Commodore G.W. Hoffman, who is currently employed by Sikorsky Aircraft Corp., presented Dennis with the Golden Wrench Award.

It was a fun filled weekend for all Grandmasters. A Hangar Celebration, Bowling Outing, Social Hour, Golf Tournament at North Hampton golf club, and Dining Out were held during the Anniversary Celebration. Most importantly, the anniversary reunited squadron mates and allowed for introductions of the newest members.

Throughout their 20-year history, the Grandmasters have established themselves as the "go to" LAMPS squadron on the East Coast. In its relatively short history, the Grandmasters have flown more than 149,000 flight hours and won six Battle 'E' Awards, two Meritorious Unit Commendations as well as numerous Arleigh Burke and Isbell Trophies, and many Golden Wrench and Golden Anchor awards.



-Photo courtesy of HSL-46  
Lt. Phil Hoblet of HSL-46 accepts Naval Helicopter Association Aircrew of Year Award from Commanding Officer, Cmdr. Chris Dennis, during the squadron's 20th anniversary.

## HSL-46 Conducts Medevac

By Lt.j.g. Brian Fojt

HSL-46 PAO

It was business as usual for the Grandmasters of HSL-46 until the phone rang. During the call, the Operations officer learned a Sailor on board USS Gettysburg CG-64 needed urgent medical attention after suffering a possible stroke. USS Gettysburg was well off the coast of Mayport and a helicopter MEDEVAC was the only viable option for the Sailor who suffered a possible stroke. As the call ended, the Grandmasters sprang into action.

Many things had to happen quickly in order to get Rescue 472 in the air to pick up the Sailor in critical condition. It was a team effort between HSL-46, the USS Gettysburg, and Shands Healthcare Center. Lt. Tim Aja, Lt. Tim Metcalf, and Aviation Warfare Systems Operator 2nd Class Martin Roman volunteered for the mis-

sion. While they conducted the preflight brief, numerous people helped to get the aircraft ready. Lt. Otto Cochran reviewed all aircraft performance and fuel needs, while Lt.j.g. Dylan Beyer gathered all essential navigation materials. Lt. Cmdr. Tom Foster and Lt. Phil Krites conducted a preflight and spun up Rescue 472, then hotseated it to the rescue crew. The maintenance crew, who ensured the aircraft was safe for flight, consisted of Chief Aviation Machinist's Mate Jose Camacho, Aviation Electronics Technician 2nd Class Jeffrey Chinn, and Aviation Electrician's Mate 2nd Class Brian Matthews.

Forty-five minutes after Rescue 472 launched, the patient and a Corpsman from the Gettysburg were loaded and inbound to Shands Healthcare Center. The SDO, Mike Henderson, coordinated with Shands to provide dual helicop-

ter operations on its helicopter pad to allow for the safe landing of Rescue 472. The patient was offloaded and Rescue 472 proceeded back to the ship to drop off the ship's corpsman. While returning to the ship, they learned of another Sailor on board Gettysburg that needed medical attention for Kidney Stones. Rescue 472 picked up the Airman and was safe on deck at NS Mayport.

Thanks to the quick response from Rescue 472, both patients received prompt medical treatment and are doing well today. Once again, HSL-46 proved that it "sets the standard" in all its missions.

## Housing

rest assured that nothing will change other than our name. Our commitment to our residents is a strong as ever, and we will continue to provide the same quality housing and service. The entire staff at Naval Station Mayport will continue to be the day to day contact for residents, and all of our current policies, leases and procedures will remain the same."

Robinson continued, "Balfour Beatty Communities is laser-focused on its core business - the development, renovation, construction, maintenance and

management of family housing for the purpose of improving military family housing communities. We understand that when service members deploy, they must feel confident that their families have quality, attractive and affordable housing within the framework of community support. The Balfour Beatty Communities Management and Maintenance staffs are committed to respond to every resident's need and manage each community and home as if it were its own."

From Page 1

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

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	<p><b>Brian Akin</b></p> <p><b>Born:</b> 10/13/1981</p> <p><b>Birthplace:</b> Louisville, KY</p> <p><b>Height/Weight:</b> 6' 3", 185 lbs</p> <p><b>Bats/Throws:</b> R/R</p> <p style="text-align: center;"><b>Pitcher</b></p>		<p><b>Juan Gonzalez</b></p> <p><b>Born:</b> 02/23/1982</p> <p><b>Birthplace:</b> Valencia, Venezuela</p> <p><b>Height/Weight:</b> 6' 0", 165 lbs</p> <p><b>Bats/Throws:</b> R/R</p> <p style="text-align: center;"><b>Infielder</b></p>
<p><b>Biography:</b> Starts third different season in Jacksonville...During 2007, 37 relief outings with Suns (1-2, 4.37 ERA, 91 K, 42 BB) before promotion to Triple-A Las Vegas with seven relief outings (1-2, 5.02 ERA, 19 K, 8 BB)...Promoted to Jacksonville from High-A Vero Beach at All Star Break of 2006 after being named a Florida State League All-Star... With 20 relief outings in Jacksonville during 2006, was 2-1 with a 2.95 ERA, 6 Saves, 46 K and 22 BB...Attended Davidson College, pitching four seasons with the Wildcats, and was an All-Southern Conference second team selection during his senior year of 2004.</p>		<p><b>Biography:</b> Spent entire first season with Dodgers in Jacksonville... Moved to starting second-base position after Luis Maza was promoted to Triple-A Las Vegas, then moved to natural shortstop position after promotion of Chin-Lung Hu... Had personal-best batting average (.287) since 2004 season with High-A Inland Empire (.290)</p>	

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# Vicksburg's Victory Grill Keeps Crew Happy

By Lt.jg Matthew Dryden  
USS Vicksburg Fire Control Officer

Every Monday, Wednesday, and Friday, your nose can pick up the tantalizing smell of smoldering charcoal, simmering burgers, and ballpark franks near the end of Foxtrot pier. It's all due to a USS Vicksburg (CG 69) MWR initiative called the "Victory Grill."

During Vicksburg's three-month maintenance availability, officers, chiefs and crewmembers are selling burgers, dogs, chips and sodas to fellow shipmates and contractors as an alternative to cold sandwiches or warmed-up leftovers.

"So far things have been very successful and we've had a lot of positive reaction from the shipyard workers," says STGC(SW) John Simpson, as he throws some cheese onto a flame-broiled hamburger. "The word is even spreading down the pier to some of the other ships' workers and crewmembers!"

The Victory Grill has also proven to be a great way of



-Photo courtesy of USS Vicksburg  
Shipyard worker Tony Alexander being served by Operations Specialist 2<sup>nd</sup> Class (SW) Daniel Halladay.

beefing up Vicksburg's MWR funds, which are then used to support many of the great programs offered to Sailors, including the Single Sailor Program. The Single Sailor Program is designed to provide positive and alcohol-free alternatives for Vicksburg's younger Sailors.

The money raised from

the Victory Grill will also go towards the purchase of new equipment and jerseys for Vicksburg's sports teams, providing camaraderie and off-duty physical activities for the entire crew.

Vicksburg will remain in the maintenance availability until early July.



Boatswain's Mate 2<sup>nd</sup> Class (SW) Gustavo Perez and Boatswain's Mate 2<sup>nd</sup> Class Gabriel Oswald volunteer at the Victory Grill.

## Do You Know The Power of A Power of Attorney?

By Lt. Candice C. Albright,  
JAGC, USN

RLSO SE

One of the most popular documents generated by Navy Legal Assistance offices is the Power of Attorney (POA). Numerous clients come to our offices seeking this document, with the best of intentions to plan ahead for the future, either for a deployment, a permanent change of station, or because of health issues. It is important to make sure your family, property and finances are in good hands while you are unable to manage these affairs yourself. While a POA can be a useful tool, it can be a misused tool. Preventing the abuse of a POA is up to you.

There are two types of POAs: general and special. If you give your agent a general power of attorney, you have authorized that person to do almost anything you could do yourself. For example, this list of authorized activities includes the ability to pay bills, open a new credit card, or sign your name to a contract. Your local Legal Assistance office should ask you questions to ensure that you understand the importance of the document and that you do indeed intend to grant the broad powers found in such a document.

The special POA is your other option. This type of document is strict in its language and

authorizes your agent to do only a specific act or handle a specific matter. Examples include special POAs to use and register your car or to ship your household goods. The special POA is shorter and clearly limits what the agent can do. There are a variety of special POAs that cover common needs and situations.

Why grant a special POA, rather than a general POA? Because our offices have seen first hand too many cases where general POAs were abused by an agent that the grantor thought they could trust. This abuse often results from the grantor exercising authority well beyond the expecta-

tions and the intentions of the grantor-servicemember. Classic examples of abuse of a POA involve the purchase of a large ticket item not planned for in the family budget. Another example of abuse would be the angry spouse using the general POA to clean out the bank account before leaving the servicemember. Such abuse of these documents is especially tempting to the agent with poor credit who can use the POA to get a co-signer on a loan for which individually, and without the help of a cosigner, the attorney-in-fact would not qualify. The result of this scenario is that the servicemember is then financially liable on the loan if

the agent defaults. Of course, you cannot rely on businesses or organizations to screen out such abuse when a POA is presented. They have no obligation to do so. The responsibility is yours to ensure that the individual to whom you grant a POA is trustworthy.

If you are considering granting a POA, we encourage you to discuss your options with your local legal assistance office. We all trust our spouses, family members and friends to act in our best interest, however, sometimes they may not do so. The old saying is true here: an ounce of prevention is worth a pound of cure.

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. This article is not intended to substitute for the personal advice of a licensed attorney.

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# Stop Pollution In St. Johns River Drip By Drip

**By Scott Dombrowsky**  
NS Mayport Environmental

You may never dream of dumping oil into the St. Johns River, but let oil continue to leak or drip from your vehicle and that is exactly what is happening. Likewise, if you continue to operate equipment with leaky hydraulic hoses and fittings, you might as well pour it into Sherman Creek or Lake Wonderwood.

All storm drains aboard Naval Station Mayport either discharge directly to the River or discharge to other water bodies that eventually flow to the St.

Johns. Like most storm drain systems, there is no treatment here to remove oil from storm-water before it enters the River.

Oil that drips from vehicles onto roads and parking lots is a huge problem for rivers and streams in urban areas. In a recent study by the Washington State Department of Ecology, it was found that each year the Puget Sound area is subjected to an oil spill equivalent to more than half of that spilled by the Exxon Valdez in Alaska. It goes unnoticed however because it happens drip by drip. Nationwide, it has been esti-

ated that Americans spill 180 million gallons of used oil each year into our waters. This is 16 times the amount spilled by the Exxon Valdez. One gallon of spilled oil can contaminate one million gallons of fresh water.

While the constant trickle of oil leaked from vehicles is nowhere near as striking as a major oil spill, researchers have determined that even small amounts of oil can cause long-term damage to fish and other aquatic wildlife.

What can you do to help solve this problem? Just as oil pollution grows one drop at a time,

so too we can make a difference one person at a time. Here are some suggestions:

- Do not dispose of used oil or other vehicle fluids in storm sewers or drains.
- Use a funnel when filling fluids in vehicles and other equipment.
- Check for oil leaks regularly and fix them promptly.
- Use drip pans under leaky vehicles and equipment until they are fixed.
- Immediately clean up any oil that is spilled onto the ground.
- Recycle used vehicle fluids at designated recycling centers.

For a list of retailers who will accept used oil from residents, go to [www.coj.net](http://www.coj.net) and search on key words "used oil".

Please remember, when your car is leaking oil on the street, it's not just leaking oil on the street. Stop the drips!

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## Metabolic Syndrome Can Lead To Diabetes

**By Maj. Karen E. Fauber**  
DeCA dietitian

Have you been told by your doctor that you have metabolic syndrome, also known as insulin resistance syndrome? As many as 47 million Americans have this common medical condition that often leads to developing full-blown diabetes. Other diseases that can occur due to this syndrome include heart disease and stroke. Metabolic syndrome happens in the body when cells are not able to use insulin.

If you have three or more of the following conditions you are at risk for having metabolic syndrome. However, having any of these conditions increases your risk of developing metabolic syndrome at some time in your life:

- Waist circumference greater than 40 inches for men or 35 inches for women
- High blood pressure
- Fasting blood sugar more than 110 milligrams/deciliter
- Triglycerides (fat in the bloodstream) of 150 or greater
- High-density lipoprotein level, also know as HDL or good cholesterol, of less than 40 in men or less than 50 in women

To prevent and treat metabolic syndrome:

- Increase your physical activity to 30 to 60 minutes a day. This can help with losing weight, lowering and controlling blood sugar and increasing your high-density lipoprotein levels.
- Eat more fruits and vegetables. Half your lunch and dinner plate needs to contain vegetables. These can be purchased at your commissary with savings up to 30 percent. For ideas on how to get more fruits and vegetables in your diet, check out [www.fruitsandveggiesmoreoften.org](http://www.fruitsandveggiesmoreoften.org) for delicious recipes and shopping tips to use at your commissary.
- Buy lean meats such as chicken, fish, lean beef and lean pork to help lower the amount of saturated fat in your diet. They're all in the meat case at your local commissary at unbeatable savings of up to 30 percent or more.
- Control your portion sizes to help lose weight. Stay away from the all-you-can-eat buffets. If you have to eat at the buffets, load up on vegetables and choose low-calorie salad dressing for your salad.

See you in the commissary!

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



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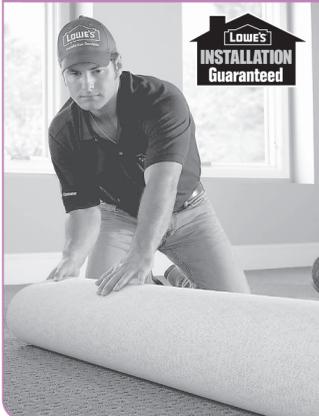
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# Workshops, Classes Available At FFSC

From FFSC

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

May 8, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

May 8, 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.

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

May 12, 8:30-9:30 a.m., FERP- Career Advancement Account Workshop, FFSC

May 12, 1:30-3:30 p.m., FERP- Starting Your Own Business, FFSC

May 13, 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., Resume Walk-in Review Assistance, FFSC

May 13, noon-4 p.m., Leadership Life Skills for E4 & Below, Building 1 Room 104

May 14, 9 a.m.-noon, Tottletyme Playgroup, USO

May 15, 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.

May 15, 9-11 a.m., Resume

Walk-in Review Assistance, FFSC

May 15, 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.

May 16, 9-11 a.m., Credit Report Review, FFSC

May 16, 8:30 a.m.-4 p.m., Leadership Life Skills for E5 & E6, Building One, Room 104

May 19, 8:30 a.m.-2:30 p.m., Military Spouse 101, FFSC Mayport

The Fleet and Family Support Center offers this class to military spouses new to the area, and those new to the military way of life. Guest speakers from the military and civilian communities will present useful information to help you have a pleasant tour here at Naval Station Mayport.

May 19-22, 8 a.m.-4 p.m., TAP Separatee Workshop, RBC

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.

May 20, 1-4 p.m., Leadership Life Skills for E7 & Above, Building One, Room 104

May 20, 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 20, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

May 21, 8-11:30 a.m., Stress Management, Wellness Center

Stress is a normal part of everyone's life. It can be energizing and a factor in motivat-

ing us. But too much stress, without relief, can have debilitating effects. This program is designed to provide participants with an understanding of what stress is and how it affects them. It will also help participants begin to look at their own lives and ways they currently cope with stress.

May 21, 9 a.m.-noon, Tottletyme Playgroup, USO

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

May 22, 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.

May 23, 9-11 a.m., Considerations for Home Buying, FFSC

May 27, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

May 28, 6-7 p.m., Individual Augmentee Family Discussion Group, USO

May 28, 9 a.m.-noon,

Tottletyme Playgroup, USO

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

May 29, 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.

May 30, 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. The purpose of this program is not to shame parents for events that have already happen, but to instill hope that things can change. The knowledge that the violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development.

## Navy Wives Enjoy Day Of Relaxation

By MC2 Regina L. Brown

FLTPACENSE

Naval Station Mayport's Ocean Breeze Club was host to a day of relaxation and stress reduction for 20 women, sponsored by the Fleet and Family Support Center (FFSC), April 30.

The pre-registered participants were greeted with a free t-shirt and a bag of goodies. Self-help books and fitness DVDs were available for perusal.

"We don't always know how to deal with stress, good and bad," said Helen Williams, new parent support specialist at the FFSC. "Hopefully today they'll learn how to de-stress and take all the materials with them and incorporate them in their day to day living."

Workshop festivities includ-

ed breathing, visualization and empowerment exercises, prize giveaways and a free healthy lunch.

"We are targeting moms this month, Child Abuse Prevention month, offering them different activities teaching them how to de-stress," said Jaye Meyer, new parent support specialist at the FFSC. "We want them to be healthy mentally and physically, so they can be a better parent."

The day ended with touch therapy and a hope, wishes and dreams exercise.

"I think this was amazing that the Fleet and Family Service Center did this," said Debbie Taylor: wife of a Sailor on USS The Sullivans (DDG 68). "They definitely don't get as much credit as they deserve."



Photo by MC2 Regina L. Brown  
Women take turns introducing themselves at the first Relaxation and Stress Reduction workshop at the Ocean Breeze Club.

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# MWR Happenings

**May 8: Theme Night, Hawaiian Luau.** All hands, 4-8 p.m. at the CPO Club. Adults \$9, kids (ages 2-10) \$6. 270-5431/32

**May 9: Deadline for Military Softball Tournament (May 16-18).** C and D divisions. \$225 per team. 270-5451/52

**May 11: Mother's Day Bingo.** 12:15 p.m. potluck fol-

lowed by bingo at Beachside Community Center. 270-7204

**May 11: Mother's Day Bowling Special.** 4-7 p.m. at Fast Lanes. One lane, two hours of bowling and up to five pairs of shoes for \$25. 270-5377

**May 12: Deadline for Base Golf Championship (May 17-18).** Open to active, reserve and retired military and their dependents, and DoD employ-

ees with established handicaps at Mayport. \$75. Each player responsible for green and cart fees. Sign up at Windy Harbor. 270-5380

**May 13: 5K/10K Run & Guest Appearance by Olympian Todd Williams.** 7:15 a.m. Q&A, 8-minute video and stretching session prior to the run in the Gym. Run starts at 8 a.m. in front of the Gym.

270-5451/52

**May 13: Red Pin Bowling.** 10:30 a.m.-1 p.m. at Fast Lanes. Bowl a strike with a red head pin and win a coupon for a free game. 270-5377

**May 13: Summer Basketball Meeting.** 11 a.m. in the Gym lobby. Season begins May 19. 270-5451/52

**May 14: Low Dough Lunch.** 10:30 a.m.-1 p.m. at Fast Lanes.

Lunch options for \$4 or less. 270-5377

**May 15: Women's Softball Meeting.** 11 a.m. in the Gym lobby. Season begins May 28. 270-5451/52

**May 16-18: Open Water Scuba Certification Course.** \$290, \$320 guests. Includes gear, study materials, certification, instruction, admission to the springs, lodging and trans-

portation. No equipment purchase required. 270-5541

**May 16: Outdoor Concert Series - Southeast Wind Ensemble and Outdoor Movie.** 7 p.m. at Sea Otter Pavilion featuring classic marches and traditional concert band selections. The outdoor movie is The Spiderwick Chronicles (PG). 270-5228

## Liberty Call

**Liberty Call**  
The following activities are reserved for single or unaccompanied Sailors. For more information, call Planet Mayport Single Sailor Center at 270-7788/89.

**May 9: Euchre Tournament.**

6 p.m. at Planet Mayport. Free.

**May 12: Prize Pong Tournament.** 6 p.m. at Planet Mayport. Free.

**May 14: Rack and Run Tournament.** 6 p.m. at Planet Mayport. Free.

**May 15: Deadline to Sign**

**Up for Kennedy Space Center Trip.** Trip is May 17. Sign up at Planet Mayport. \$20.

**May 28: Barracks Bash.** Free BBQ, live band, competitions, inflatable games and more starting at 5 p.m. outside the new barracks.

## Kids Corner

**Kid Zone**  
**May 14: Teen Movie, Cloverfield.** 4:30-6:30 p.m. at Club Teen for middle and high school ages. 270-5680

**May 15: Summer Day Camp Junior Counselor**

**Registration.** Ages 13-15 register 9 a.m.-6 p.m. Monday-Friday at the Youth Activities Center until all spaces are filled. 270-5680

**May 16: Freedom Friday, Super Hero Dance.** 7-11 p.m.

at the Youth Activities Center for elementary ages. \$7 in advance, \$9 day of. Pre-registration recommended. Wear your favorite super hero costume. 270-5680

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## Burning Inches



-Photo courtesy of MWR

The winner of last week's Burning Inches Weigh-In is HSL-46 Grandmaster Knights who lost a total of 13 pounds since their last weigh-in two weeks ago. For being the team that lost the most weight for this two-week time, they received Apple IPODs and arm bands. The final weigh-in is May 22 with the awards presented at 11:30 a.m. on May 23 in the gym. STRIVE will be here to present the overall weight-loss winner the grand prize - a Standing Bike. The team that has lost the most weight each will receive a prize package of more than \$250. Pictured from left is Aviation Structural Mechanic 1st Class Atiba Johnson, Aviation Electronics Technician 1st Class Thomas Eckard, Aviation Machinist's Mate 1st Class Jason Rife, Storekeeper 2nd Class Dawn Atkinson.

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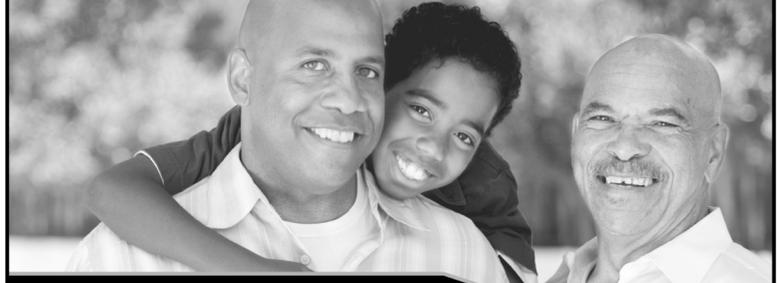
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# Calendar

## On Base

### 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.

### Thursday, June 19

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

## Out in Town

### Thursday, May 8

THE PLAYERS Downtown Experience at the Jacksonville Landing. Golf enthusiasts can catch up on the day's events with live sportscasts and championship highlights throughout the day on Thursday and Friday and nightly entertainment in The Jacksonville Landing court-

yard.

On Saturday, May 10, fans can experience "Nine Holes at the Landing" complete with free golf experiences including a nine-hole putting challenge and other interactive games, drink specials, food merchants and autograph sessions by members of the PGA TOUR and Champions Tours beginning at 4:00p.m. Live entertainment returns to the 19th Hole riverfront courtyard with music beginning Saturday at noon. THE PLAYERS Downtown Experience host committee consists of representatives from Visit Jacksonville; THE PLAYERS Championship; the City of Jacksonville Special Events Department; the Duval County Tourist Development Council (TDC); Downtown Vision, Inc.; The Jacksonville Landing; Florida's First Coast of Golf; PRI Productions and the PGA TOUR. For more information and event updates, visit [www.jaxdowntownexperience.com](http://www.jaxdowntownexperience.com).

### Saturday, May 10

Join a park ranger to learn about the lifecycle of the sea turtle and the importance of these magnificent and gentle creatures. The program will take place at 3 p.m. at pavilion five on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

The Cummer Museum of Art

& Gardens, 829 Riverside Ave., is hosting a digital photography workshop from 10 a.m. to 2:30 p.m. with Ginger Sheridan, photography professor from Jacksonville University. Join Sheridan as she demonstrates the basics of photography: composition, color and technology. You can capture your visual voice behind the camera as she highlights unique advantages and recent advancements in digital photography. Bring your digital camera and your laptop (optional). Tour the Ernest Hemingway and Walker Evans: Three Weeks in Cuba, 1933 exhibition for a glimpse of Cuban culture through the lens of Walker Evans. Cost is members, \$65; non-members, \$90; active docents, \$50. Cated lunch provided. For more information or to register, call (904) 355-0630.

### Sunday, May 11

Join Talbot Islands State Parks and the Kelly Seahorse Ranch from 2-5 p.m. for the fifth annual Ride-A-Thon and open house to benefit the Friends of Talbot Islands State Parks. The event consists of sponsored horseback rides and an interpretive program featuring archeological artifacts of the islands. The event is free to the public but donations will be accepted. For information on becoming a sponsored rider, please contact Kelly Seahorse Ranch at 491-5166.

### 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](http://www.decorativeartistsofjacksonville.org) for more information and to see the wide variety of workshops and seminars planned for the year.

### Friday, May 16

BRIDGE THE GAP, INC. & City Councilman, Dr. Johnny Gaffney District 7 host the 19th Annual Law Enforcement & Fire/Rescue "Thanksgiving Day in May Celebration." The event is open to the public and will be held from 10 a.m.-2 p.m. at Catherine McNair Park (formally Brentwood Park), 561 W. 25th Street. The event will feature free admission, live entertainment, food, games, and prizes. Fire engine, police helicopter, horses and paramedics will also be there. Volunteers welcome and Community agency booths available. For more information...contact Yvonne McNair-Lane, Executive Director at [Ymlane7@bellsouth.net](mailto:Ymlane7@bellsouth.net) or call (904) 504-2086 or (904) 630-0741.

### Saturday, May 17

The U.S. Coast Guard Auxiliary 14-04 as a public service is offering a Safe Boating Course program at the Captains Club located at 13363 Beach

Blvd. The Captains Club is located between Hodges and Kernan Boulevard. The program meets Florida State Requirement for a Boaters Safety Card and costs only \$25. Contact Mike at 502-9154 for more information.

The Jacksonville Genealogical Society will hold their monthly meeting at 1:30 p.m. in the Webb-Wescosnett Library, 6887 103rd Street, Jacksonville, FL. With the difficulty in procuring a speaker for this month we will have a "round table" discussion meeting for anyone with questions on solving their family history research. Bring your questions and ideas to the meeting. For further information please contact Mary Chauncey at (904) 781-9300.

Join a park ranger for a walk on the beach at 11 a.m. as they explain the importance of undeveloped beach habitat, including many interesting facts about sea creatures and common shells found in the area. The program will take place at pavilion four on Little Talbot Island. No reservations are necessary and the program is free with regular park admission. For additional information on the Wild Amelia Nature Festival visit [www.WildAmelia.com](http://www.WildAmelia.com).

### Sunday, May 18

Join a park ranger at the Ribault Club at 11 a.m. for a leisurely-paced hour long hike to discover the island's natural communities. Bug spray and a

water bottle are recommended. No reservations are necessary and the program is free. For additional information on the Wild Amelia Nature Festival visit [www.WildAmelia.com](http://www.WildAmelia.com).

Greggs Temple African Methodist Episcopal Church, 1510 W. 45th St., is holding its annual Women's Day with church school starting at 9 a.m. and morning worship service at 11:30 a.m. with Reverend Patricia McGeathy.

### Thursday, May 22

The U.S. Merchant Marine Academy Alumni Association, Jacksonville Chapter will hold its next meeting/get together from 7:30-9 a.m. The meeting will be held in observance and commemoration of National Maritime Day, the anniversary of the SS Savannah's first crossing of the Atlantic Ocean. The venue is a breakfast with a guest speaker. Prof. Alan Bliss, a history professor at UNF, will speak on the subject, "U.S. Maritime Day - The Importance of Maritime History." The event will be held at The Original Pancake House at St. Johns Town Center, 10208 Buckhead Drive. Cost of breakfast from the menu is \$12, tax and tip included. RSVP by May 19 to [usmmaaa-jax@comcast.net](mailto:usmmaaa-jax@comcast.net) or call Susan at 220-2422. More information at Events page of [www.kpjax.org](http://www.kpjax.org).

# Oasis Galley

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

Oasis Galley will be open to all civilians and retirees, along with active duty, for dinner on May 11 for Mother's Day and lunch on May 27 in recognition of Asian Pacific Heritage month.

### Thursday, May 8

#### Breakfast

Corned Beef Hash  
Sausage Gravy  
Biscuits  
Pancakes  
French Toast  
Hashbrown

#### Lunch

Clam Chowder  
Grilled Steaks  
Baked Stuffed Fish  
Rice Pilaf  
Mashed Potatoes  
Broccoli

#### Dinner

Corn On The Cob  
Clam Chowder  
Veal Parmesan  
Roast Pork  
Boiled Pasta  
Steam Rice  
Brown Gravy  
Wax Beans  
Corn

### Friday, May 9

#### Breakfast

Ham Slices  
Turkey Sausage Links

Pancakes  
French Toast  
Potato Rounds

#### Lunch

Corn Chowder  
Pizza  
Chicken Wings  
Tuna Melts  
French Fries  
Potato Chips  
Baked Beans  
Peas & Carrots  
Cauliflower

#### Dinner

Corn Chowder  
Salisbury Steak  
Chicken Parmesan  
Boiled Pasta  
Mashed Potatoes  
Corn  
Broccoli  
Brown Gravy  
Marinara Sauce

### Saturday, May 10

#### Breakfast

Corned Beef Hash  
Bacon  
Pancakes  
French Toast  
Hashbrown

#### Lunch

Chicken Rice Soup  
Steak & Cheese Sandwich  
Hot Dogs  
French Fries  
Potato Chips  
Corn Combo  
Bacon  
Pancakes  
Hashbrown

#### Dinner

Chicken Rice Soup  
Chicken Cordon Bleu  
Roast Beef  
Tossed Green Rice  
Oven Brown Potatoes  
Carrots  
Cabbage

### Sunday, May 11

#### Breakfast

Bacon  
Turkey Sausage Patties  
Pancakes  
French Toast  
Potato Rounds

#### Lunch

Carrot Soup  
BBQ Pork Sandwich  
Chicken Tenders  
Onion Rings  
Mixed Vegetables  
Turkey Sausage Patties  
French Toast  
Potato Rounds

#### Dinner

Carrot Soup  
Bbq Chicken  
Polish Sausage  
Paprika Buttered Potatoes  
Squash  
Peas

### Monday, May 12

#### Breakfast

Corned Beef  
Pancakes  
French Toast  
Hashbrown

#### Lunch

Chicken Gumbo Soup  
Bbq Ribs  
Fried Chicken  
Macaroni & Cheese  
Long Grain & Wild Rice  
Collard Greens  
Blackeyed Peas  
Burgers

French Fries

#### Dinner

Chicken Gumbo Soup  
Beef & Broccoli  
Caribbean Chicken Breast  
Paprika Potatoes  
Steam Rice  
Asparagus Cauliflower

### Tuesday, May 13

#### Breakfast

Bacon

#### Lunch

Turkey Sausage Links

#### Dinner

Pancakes

#### Lunch

French Toast

#### Dinner

Potato Rounds

#### Lunch

Beef Noodle Soup

#### Dinner

Chicken Fajitas

#### Lunch

Beef & Bean Burritos

#### Dinner

Spanish Rice

#### Lunch

Refried Beans

#### Dinner

Broccoli

#### Lunch

Mexican Corn

#### Dinner

Hot Dogs

#### Lunch

Onion Rings

#### Dinner

Baked Beans

#### Lunch

Beef Noodle Soup

#### Dinner

Cajun Roast Beef

#### Lunch

Savory Baked Chicken

#### Dinner

Steam Rice

Oven Brown Potatoes

#### Lunch

Carrots

#### Dinner

Peas

#### Lunch

Brown Gravy

### Wednesday, May 14

#### Breakfast

Corned Beef Hash

#### Lunch

Bacon

#### Dinner

Pancakes

#### Lunch

French Toast

#### Dinner

Hashbrown

#### Lunch

Cream Of Broccoli Soup

#### Dinner

Chicken Alfredo

#### Lunch

Kielbasa Sausage

#### Dinner

Boiled Pasta

#### Lunch

Italian Roasted Potatoes

#### Dinner

Marinara Sauce

#### Lunch

Cauliflower

#### Dinner

Peas & Carrots

#### Lunch

Burgers

#### Dinner

French Fries

#### Lunch

Baked Beans

#### Dinner

Cream Of Broccoli Soup

#### Lunch

Swedish Meatballs

#### Dinner

Roast Turkey

#### Lunch

Mashed Potatoes

#### Dinner

Steam Rice

#### Lunch

Corn

#### Dinner

Green Beans

### Thursday, May 15

#### Breakfast

Bacon

#### Lunch

Turkey Sausage Patties

#### Dinner

Pancakes

#### Lunch

French Toast

#### Dinner

Potato Rounds

#### Lunch

Clam Chowder

#### Dinner

Steamship Round

#### Lunch

Crab Legs

#### Dinner

Mashed Potatoes

#### Lunch

Rice Pilaf

#### Dinner

Corn On Cob

#### Lunch

Broccoli

#### Dinner

Clam Chowder

#### Lunch

Chicken Vega

#### Dinner

Veal Parmesan

#### Lunch

Islanders Rice

#### Dinner

Boiled Pasta

#### Lunch

Marinara Sauce

#### Dinner

Tangy Spinach

#### Lunch

Mixed Vegetables



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# Health Beat

## 10 Tips For Staying Motivated Toward Fitness

*From Health Promotion by the Ocean*  
 Naval Branch Health Clinic Mayport Health Promotion recognizes May as National Physical Fitness and Sports Month. But, do you have trouble staying motivated? Here are some tips for sticking with your exercise program offered by the Mayo Clinic:

1. **Set Goals.** Start with simple goals and then progress to longer goals. Remember to make your goals realistic and achievable. If you haven't exercised in a while, a short-term goal might be to work out for five minutes once or twice a day. An intermediate goal might be to walk 20 minutes three or four times a week. A long-term goal might be to complete a 5K walk.

### Quarterly Health Promo Meeting

NBHC Mayport's Health Promotion Meeting will be on May 20 at 8 a.m. at Building 2050, Marshal Couch Drive. Command fitness leaders, assistant command fitness leaders and health promotion representatives are all welcome to attend. We will be discussing upcoming events. For more information, contact Laura Goldstein at 270-5251 or e-mail [laura.goldstein@med.navy.mil](mailto:laura.goldstein@med.navy.mil) for more information.

2. **Start slowly.** If you push yourself too hard at first, you may be more likely to abandon your program because of pain or injury. It is better to start slowly and progress gradually.

3. **Think variety.** Vary your activities to keep boredom at bay. Alternate walking or biking with swimming or a low-impact aerobics class. When the weather cooperates, do your flexibility or stretching exercises outside. Play soccer with your kids. Join a health club or martial arts center to broaden your access to different forms of exercise.

4. **Have fun.** You're more likely to stick with an exercise program if you're having fun. If you're not enjoying your workouts, try something different. Join a volleyball or softball league. Take a ballroom dancing class. Trade your

running shoes for a swimsuit. Remember, exercise doesn't have to be a drudgery.

5. **Make physical activity part of your daily routine.** If it's hard to find time for exercise, don't fall back on excuses. Schedule workouts as you would any other important activity. You can also slip in physical activity throughout the day. Be creative! Take a walk during your child's music lesson. Take the stairs instead of the elevator at work. Pedal a stationary bike or do strength training exercises with resistance tubing while you watch TV at night.

6. **Put it on paper.** Are you hoping to lose weight? Boost your energy? Sleep better? Manage a chronic condition?

Write it down! Seeing the benefits of regular exercise on paper may help you stay motivated.

7. **Seek support.** You're not in this alone. Invite a friend or co-worker to join you when you exercise. Work out with your spouse or your kids. Take a class at a local fitness center.

8. **Track your progress.** It may help to keep an exercise diary. Record what you did during each exercise session, how long you exercised and how you felt afterward. Recording your efforts can help you work toward your goals and remind you that you're making progress.

9. **Reward yourself.** After each exercise session, take a few minutes to sit down and relax. Reflect on what you've

just accomplished. Savor the good feelings that exercise gives you. This type of internal reward can help you make a long-term commitment to regular exercise. External rewards can help, too. When you reach a longer range goal, treat yourself to a new pair of walking shoes or new tunes to enjoy while you exercise.

10. **Be flexible.** If you're too busy to work out or simply don't feel up to it, take a day or two off. Be gentle with yourself if you need a break. The important thing is to get back on track as soon as you can.

Remember to recognize physical fitness and sports as an important component to your daily life throughout the entire year!

## DVDs Address Deployment Issues For Military Kids

*From TRICARE*

Military pediatricians and youth professionals developed DVDs to help military children understand and deal with the emotions related to a family member's deployment. The United States Army Medical Command and the American Academy of Pediatrics produced "Military Youth Coping with Separation: When Family Members Deploy," to address a variety of deployment-related concerns for teens. For elementary age children there is a, "Mr. Poe and Friends Discuss Reunion After Deployment" DVD. The animated host, Mr. Poe, men-

tors and provides guidance to children and family members as they discuss deployment.

Maj. Keith Lemmon, an Army pediatrician and adolescent medicine subspecialist, first became aware of the need for more support for deployed families when he was sent to Afghanistan in 2002. The experiences of Maj. Lemmon and his family during his deployment inspired him to address the affects of deployment on adolescents. His wife, a teacher, suffered with situational depression and his son's behavior changed negatively. While "Military Youth Coping with Separation" tackles numerous

issues teens face during deployment including fear of injury or death, stress brought about by changes in the home, it also offers coping techniques for dealing with the absence of a parent or loved one.

"Our goal is to reduce the anxiety and fear surrounding a military deployment, and let children know they are not alone in the struggles their families are facing," said Lemmon.

Lemmon decided to make the DVD peer to peer, with teenagers relating their own deployment-related stories and offering advice. "We know adolescents are more comfortable discussing these kinds of emotional

issues with each other rather than adults," Lemmon said.

Cameron Lucke, a teen whose family experienced deployment, guides viewers through candid interviews with other military teens. The interviews capture true feelings and coping strategies of military youth. Teens interviewed advise their peers to listen to the deployed parent rather than the media or to avoid watching the news completely. They also encouraged others facing the same issues to speak

to someone. Recommended sources of support are family members, friends or trusted adults, such as a teacher or their doctor.

For younger children, "Mr. Poe and Friends," uses cartoon characters to talk about deployment issues. The animated host, Mr. Poe, interacts with families at the airport as they await the return of their deployed loved ones. The video features the voices of real military children, parents, and youth serving

professionals who have experienced deployment.

Both videos are available for online viewing on the American Academy of Pediatrics Deployment Support Web site at [www.aap.org/sections/unifserv/deployment/index.htm](http://www.aap.org/sections/unifserv/deployment/index.htm). They are also available for ordering, in DVD format, through Military One Source at 1-800-342-9647 or <http://www.militaryonesource.com/skins/MOS/home.aspx>

## ¿Habla Español? TRICARE Speaks Your Language

*From TRICARE*

TRICARE beneficiaries now have a choice when it comes to how they receive their healthcare information. Spanish language versions of key healthcare information materials are now available at all TRICARE Service Centers (TSC) or can be downloaded at <http://www.tricare.mil/tricaremart/SearchResults.aspx?s=spanish>.

"To ensure all service members and their families are well cared for, now and in the future, it is essential to provide

information they can all understand," said Army Maj. Gen. Elder Granger, Deputy Director, TRICARE Management Activity. "We recognize that Hispanics are the largest growing segment of the U.S. population, and providing healthcare information in both English and Spanish is good customer service."

TRICARE publications in Spanish include: TRICARE Prime Handbook, TRICARE Prime Remote Handbook,

TRICARE Latin America and Canada Handbook, TRICARE Choices for the National Guard & Reserve Flyer, TRICARE Summary of Beneficiary Cost Flyer, TRICARE Overseas Program At a Glance Flyer, and a few other forms and letters. Visit TRICARE Publications Smart Site under the "My Benefit" portal at [www.tricare.mil](http://www.tricare.mil) for the complete list of products.

## Health Care Options Expanded For Active Duty Overseas

*From TRICARE*

TRICARE Management Activity (TMA) has directed the TRICARE Global Remote Overseas (TGRO) contractor, International SOS, to assist Active Duty Service Members (ADSMs) with emergency and urgent care needs - even if they are in the vicinity of Military Treatment Facilities (MTFs) overseas.

Previously, if an ADSM needed urgent care and they were within 40 miles or an hour's drive of an MTF, that was the only option. Urgent care is medical attention for a condition that, while not life or limb threatening, could become more serious if not treated.

"The expanded coverage closes the gap for service members who need immediate medical assistance, particularly during late evening and early morning hours when overseas MTFs may be less than fully staffed," said Army Maj. Gen.

Elder Granger, TRICARE Management Activity (TMA) Deputy Director.

The MTF still has the first right of acceptance for urgent care cases and the TGRO contractor will contact the MTF before arranging urgent care to determine if the service member can be seen there instead. The TRICARE access standard for urgent care is 24 hours.

In emergencies, ADSMs overseas should always go directly to the nearest emergency care facility or contact the TGRO Alarm Center to seek immediate emergency assistance. If possible, and TGRO was not notified in advance, the ADSM should contact the TGRO Alarm Center to coordinate the claims payment while still in the emergency room.

If the ADSM is admitted to the facility, the TGRO contractor will coordinate with the ADSM's enrolled MTF or with the nearest available MTF,

whichever is appropriate, to determine whether the patient should be transferred to another facility. The TGRO contractor will also coordinate emergency transport.

ADSMs within 40 miles or one hour's drive of an MTF should always contact the MTF when seeking urgent care services. However, ADSMs who are unsure of an MTF location or are not near an MTF may contact the TGRO Alarm Center for assistance. If an MTF is nearby, the TGRO contractor will routinely check with the MTF first to see if they can provide the needed care.

The TGRO contractor does not operate in the Commonwealth of Puerto Rico. Active duty service members serving in Puerto Rico should contact the TRICARE Puerto Rico Prime Call Center for emergency and urgent care assistance.

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

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By Alan P. Olschwang  
Huntington Beach, CA 5/8/08

### Last Week Answers

C	A	P	E	F	O	A	L	T	R	A	L	A				
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<p><b>ACROSS</b></p> <p>1 Hindu social stratum</p> <p>6 Frenchman of the cloth</p> <p>10 Projecting mass of rock</p> <p>14 Exonerate</p> <p>15 Freeway fillers</p> <p>16 Extinct flightless bird</p> <p>17 Magna</p> <p>18 Start of a quip</p> <p>20 London elevator</p> <p>21 Bony</p> <p>22 High dudgeon</p> <p>23 Cartoon Alley</p> <p>25 More crowded</p> <p>27 Part 2 of quip</p> <p>33 Kicker's need</p> <p>34 Newhart co-star Mary</p> <p>35 Concerning</p> <p>38 Part of RPI</p> <p>40 Part 3 of quip</p> <p>42 Switch ending</p> <p>43 New Guinea</p> <p>45 Acts as banker</p> <p>47 Saturn model</p> <p>48 Part 4 of quip</p> <p>51 River in a Strauss waltz</p> <p>53 River inlet</p> <p>54 Wrap up</p> <p>55 Stimulate</p> <p>59 Lopsided victory</p> <p>63 End of quip</p> <p>65 Actress Dickinson</p> <p>66 Penny</p> <p>67 Would-be atty.'s exam</p> <p>68 Haggard of country</p> <p>69 Ballpark figs.</p> <p>70 Lairs</p> <p>71 Spruce up</p>	<p><b>DOWN</b></p> <p>1 Third of ML</p> <p>2 Jai</p> <p>3 Medieval peasant</p> <p>4 Skin art</p> <p>5 History chapter</p> <p>6 Makes a move</p> <p>7 Thai currency</p> <p>8 "Desperate Housewives" role</p> <p>9 Mexican state</p> <p>10 Mus. collection</p> <p>11 Revolving spit</p> <p>12 Idolize</p> <p>13 Errand runner</p> <p>19 Actress Verdugo</p> <p>21 Massenet work</p> <p>24 Switch position</p> <p>26 Baseball team</p> <p>27 Leaning precariously</p> <p>28 Clinton cabinet member</p> <p>29 Appellee</p> <p>30 Maison room</p> <p>31 Hair net</p> <p>32 Nickel/steel alloy</p> <p>36 Queen of Jordan</p> <p>37 Singer Orlando</p> <p>39 Li Po's contemporary</p> <p>41 Harden</p> <p>44 Standing by the plate</p>	<p>46 Reagan program initials</p> <p>49 Newspaper name</p> <p>50 "Maverick" star</p> <p>51 Unfreeze</p> <p>52 Poker pot starters</p> <p>56 Seine tributary</p> <p>57 -Ude, Russia</p> <p>58 Mach toppers</p> <p>60 Grimm bad guy</p> <p>61 5,280 feet</p> <p>62 Hammerhead end</p> <p>64 PMs</p> <p>65 Current unit, briefly</p>
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**380601 5/01/08**

## Meet Your Jacksonville Suns

 <p><b>Jamie Hoffmann</b>                  Born: 08/20/1984                  Birthplace: New Ulm, MN                  Height/Weight: 6' 3", 230 lbs                  Bats/Throws: R/R  <b>Outfield</b></p>	 <p><b>James Tomlin</b>                  Born: 08/12/1982                  Birthplace: Los Angeles, CA                  Height/Weight: 6' 0", 183 lbs                  Bats/Throws: R/R  <b>Outfield</b></p>
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**Biography:**  
 Ranked as the Best Defensive Outfielder in the Dodgers organization by Baseball America in 2006 and 2007...Set career-high numbers in 2007 for home runs, RBI and stolen bases...Ranked 10th in batting average for the California League in 2007...Selected in the eighth round of the 2003 National Hockey League draft by the Carolina Hurricanes.

**For Ticket Information Call (904) 358-2846 or visit [www.jaxsuns.com](http://www.jaxsuns.com)**

# USO News

USO Mayport will host a No Dough Dinner on May 19 starting at 5:30 p.m. for Sailors and their families. Space is limited, come early. The next No Dough Dinner will be held June 9.

The USO has free tickets to the ACC baseball championship tournament "Military Appreciation Day" at 1 p.m. on May 25. The free tickets are only available to active duty personnel and immediate family members. There is no limit on the number of tickets requested per family.

Mayport USO will hold a Community Yard Sale from 9 a.m.-2 p.m. on May 31. Inside tables may be purchased for \$10 each, outside tables may be purchased for \$5 each. All tables must be paid for by May 29. For more info, call 246-3481 and ask for Janet.

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

The USO will not be accepting block ticket requests from commands for the upcoming Jacksonville Jaguar football season until June 16.

Special USO ticket prices on sale for the PBR Built Ford Tough Series Professional Bullriding Sept. 19-20. Stop on by the USO to order your tickets - they will go fast. This is the last round before the finals in Las Vegas. Tickets are \$18.25 (USO) - Upper Arena Sections; \$31.50 (ITT NAS JAX and

Mayport USO only) - Outside of the club (Sections 105-111 end-zone sections); \$48.25 (USO) D Outside of the club (Section 103-104 side sections).

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.

Watch TV or a movie from the video library. Service members can also enjoy video games or use the sports equipment.

There is a full kitchen, showers, a quiet reading room and a meeting room available at the USO. The USO is available for meetings, support groups, receptions, parties and pre-deployment briefs. A TV, VCR and overhead projector are available for use.

For more information about activities or meeting availabilities, call 246-3481 or stop by the center at 2560 Mayport Road. USO is open from 9 a.m.-9 p.m., Monday-Friday and 9 a.m.-6 p.m., Saturday.

## USO Has Free Tickets



-Photo courtesy of USO  
USO Greater Jacksonville Director KC McCarthy receives tickets from Jacksonville Veterans Affairs Director Dan McCarthy and Michael Bouda, sports and entertainment project manager for the economic development commission, to the ACC baseball championship tournament "Military Appreciation Day" at 1 p.m. on May 25. The free tickets are only available to active-duty personnel and immediate family members. There is no limit on the number of tickets requested per family.

## Thank You for Praying for the Troops



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## Reaching Out

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

**2008 Puerto Rican Parade**  
Volunteers are needed for participation and planning of the 2008 Jacksonville's Puerto Rican Parade planned for Sept. 13 at the Jacksonville Landing. The event is sponsored by the Council of Spanish Speaking Organizations. For more information, contact Nila Alejandro at 291-3101 or elconcioljax@yahoo.com.

**Big Brothers Big Sisters Mentoring**  
Big Brothers Big Sisters is providing an in-school mentoring program at Mayport Elementary School. Little Brothers and Sisters are needed just as much as Big Brothers and Sisters! If you are interested in this opportunity, please visit our website for more information: www.usojax.com

**Navy-Marine Corp Relief Society Needs You**

The Navy Marine Corp Relief Society is in need of Volunteers to give a couple of hours of their time each week to help others in need. The mission of the Navy-Marine Corp Relief Society is to provide emergency financial help and educational assistance to members of the Naval Services - active, retired, and family members - when in need; to assist them achieve financial self-sufficiency and to find solutions to emergent requirements. Navy-Marine Corp Relief Society firmly believes in personal financial responsibility. By helping the service member and family through difficult times and by assisting them to develop their own problem solving capabilities, they will achieve financial stability, increase self-worth and reduce the need for future financial assistance. Without their volunteers, the Society could not meet the needs of so many. If you are interested in

volunteering and would like more information, contact Bill Kennedy at 270-5418, 9 a.m.-3:30 p.m., Monday-Friday.

**St. Johns County Habitat For Humanity Needs Volunteers!**

Habitat for Humanity is in need for volunteers every Friday and Saturday to help build homes in St. Augustine. No skill is necessary. Must be 16 or older. They are starting a new home every month and need help on the construction site. Please call 826-3252 ext. 2006 to sign up.

**Lea's Place**

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

**NS Mayport Retired Activities Office**

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

**I.M. Sulzbacher Center for the Homeless**

Volunteering at the I.M. Sulzbacher Center for the Homeless The I.M. Sulzbacher Center for the Homeless serves more than 1,000 well-balanced, nutritious and delicious meals per day, every day of the year. These meals are prepared and served with the help of more

than 100 civic, religious and business organizations from the Jacksonville community. Annually, these Volunteer Meal Groups provide over one hundred thousand dollars in support and more than 13,000 hours of volunteer time. Serving meals at the Center is a fun and feel-good way to give back to the community. For information about volunteering at the I.M. Sulzbacher Center for the Homeless call 904.394.1356. Also, see www.imshomelesscenter.org/volunteers.html

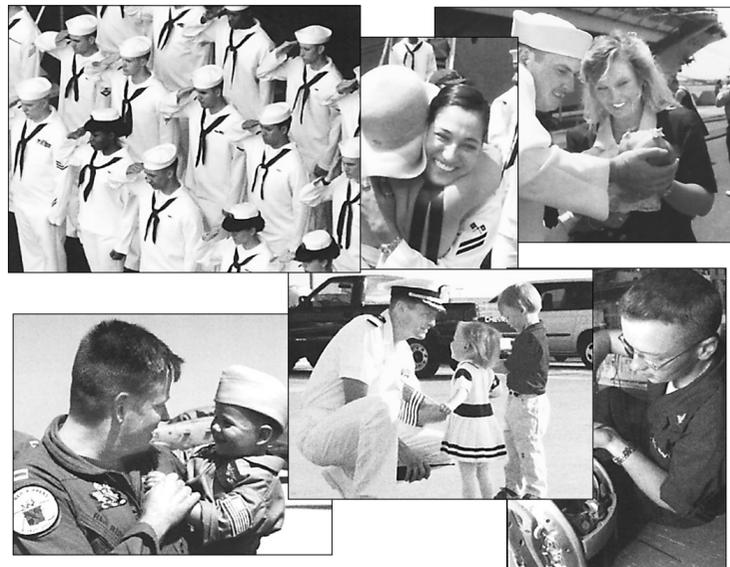
**Dignity U Wear**

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

**Children's Home Society**

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

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## Sea Cadets Drill

From Mayport Navy League

U.S. Naval Sea Cadet Corps, Mayport Division will drill May 31 at the C-12 hangar, Building 1338 across from McDonald's. This is a fun-filled character building program of adventure for young people 10 -18 years of age. Looking for active duty

military to serve as instructors one or two hours per month. Visitors welcome - come check us out. For additional information visit www.mayports-eacadets.org or call Instructor LeAnna Boudreaux at 412-3690 or Francis Floyd at 704-6987.



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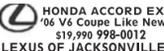




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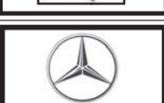
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