

THE MIRROR

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CHINFO Award Winner

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THURSDAY, August 21, 2008

OFF THE DECK

Maintenance Work At PSD ID Station

PSD will close its ID department on Sept. 10-11 for system upgrades.

PSD Mayport has also changed its hours of operation. After a review of customer volume, PSD found that only 1.7 percent of the total customers were being served after 5 p.m. The new hours are 7 a.m.-5 p.m., Monday-Friday. This includes the ID card lab. Saturday hours remain the same. The department will be closed on Sundays and holidays.

Is Your Shoe Fit Correct?

Free Foot analysis At main NEX Mayport. The Shoe Department has the latest technology designed to provide an accurate foot analysis. Associates will measure foot type, pressure sensitive areas and recommend foot care products which can help to alleviate foot and lower back pain. This program is sponsored by Aetrex Company. Any questions, call 242-3265.

CPO Selectees Out In Force



-Photos by Paige Gann

Above, CPO Selectees from USS Hue City raise money through a "Gas and Glass" fundraiser at the base gas station Friday. Chief Select Yoeman Makia Fox and Chief Select Culinary Specialist Wade Bickford wash down windows of a car during the fundraiser. Right, Chief Select Storekeeper (SW) Ieris of SERMC and Chief Select Aviation Electronics Technician (AW) Gregory Dickerson of HSL-40 hold up signs directing people to a fundraiser for the selectees held at Navy Federal Credit Union last week.



USS Hue City Memorial Set

From Staff

USS Hue City (CG-66) is hosting its 17th annual Battle of Hue Memorial Service on Aug. 24 at 10:30 a.m., at Naval Station Mayport.

The guest speaker at this year's ceremony, marking the 40th anniversary of what has been called by many the fiercest battle of the Vietnam War, is Mr. Nicholas Warr, who served as a second lieutenant with the 1st Battalion, 5th Marine Regiment, 1st Marine Division as a Platoon Commander, and awarded the Vietnamese Cross of Gallantry, the Combat Action Ribbon and Presidential Unit Citation for his participation in Operation "Hue City" during the Tet Offensive in 1968. Additionally, Warr wrote a book about his experience as a Platoon Commander during the fighting inside the Citadel Fortress of Hue, Phase Line Green, the Battle for Hue, 1968.

The Battle of Hue began Jan.

31, 1968, during the Vietnamese holiday of Tet when the North Vietnamese Army launched an all-out offensive against the United States and Republic of Vietnam forces throughout South Vietnam.

One target of the attack was the ancient Vietnamese imperial city of Hue. U.S. Marines immediately launched a counter-offensive called Operation Hue City. The ensuing struggle for Hue resulted in a significant American victory.

USS Hue City, a Ticonderoga-class guided-missile cruiser, is the only ship named after a battle of the Vietnam War. Each year, near the anniversary of the Battle of Hue, Hue City holds a memorial service to honor the Marines who fought at Hue and to remember those who gave their lives there. Veterans of the battle from across the country have been invited to attend the memorial service.

Program Gives Free Jaguars Tix To Families

By MC3 Sean Allen

Fleet Public Affairs Detachment Southeast

The Mayport branch of The United Service Organization (USO) has several great opportunities for active duty service members and their families to attend home games for the 2008 Jacksonville Jaguars season.

The USO at Mayport has approximately four hundred and sixty six tickets for each Jaguars home game this season. The tickets are ten dollars per ticket, and go on sale at

9 a.m. two Mondays prior to the game.

The only exception to this, are home games that are anticipated to draw a large number of people, such as the October 5 game against the Pittsburgh Steelers;

the December 14 game against the Green Bay Packers; and the December 18 game when the Jags host the Indianapolis Colts.

The USO will hold a lottery to determine who gets the tickets for these games.

The "Sailors Aweigh" program is another great way for families of deployed service members to attend a Jags game.

The program was established by the Jaguars Foundation, and the USO. Through this program a families of deployed service members can attend a Jags game at no cost. Free tickets to the game are provided, as well as transportation, Jaguar T-shirts, and "Jags Bucks" that

are used by children to purchase snacks at the concession stand during the game.

Rebecca Brown, whose husband, Equipment Operator Second Class Clyde Brown, took advantage of this program last December when the Jaguars hosted the Carolina Panthers.

"My kids and I really enjoyed it, my son had been wanting to go to a game for a long time, so it was nice to finally be able to go," said Brown. "Without this program, my kids and I would not have been able to attend the game; this is a great opportunity for families to attend a game for free."

Staff members of the USO office also realize the importance and benefits of such programs.

"For your average military family, it would not be possible for them to attend Jaguar games without the programs that the USO has in place," said Wendy Layton, Director of the Mayport USO office. "This is one of the many ways we say thanks to our military members for their service."

For more information, or to sign up for the Sailors Aweigh program individuals should contact their command OMBUDSMAN. For information about purchasing tickets for upcoming Jaguar games, call the USO Mayport Center at 246-3481.



-Photo courtesy of USS Carney

Lt.j.g. Brian Morris of USS Carney stands with the U.S. Naval Academy class of 1964 at the CDR Lanny King Leadership Award Ceremony on board the ship on July 18.

USS Carney Presents 2008 Lanny King Leadership Award

By Lt.j.g. Parker Carlisle
USS Carney PAO

Members of the U.S. Naval Academy Class of 1964, along with the crew of USS Carney, gathered on July 18 on the foc'sle to recognize Lt.j.g. Brian Morris, the 2008 recipient of the Cmdr. Lanny King Memorial Leadership Award.

The award is presented annually and was named for

Carney's first Commanding Officer, Cmdr. Lanny King, who died tragically prior to the ship's commissioning.

As the 12th award recipient, Morris was chosen as the Junior Officer on board Carney who best embodies King's vision of leadership, integrity, and compassion.

He was selected for the award by the Officers and Chiefs, and

presented the award by John Palombi, of the USNA Class of 1964. King's widow, Virginia King, was also in attendance.

Morris first enlisted in the Navy in October 1993 and served as a Hospital Corpsman. He received his commission in 2005 through the STA-21 program and is currently serving his second Division Officer tour as Fire Control Officer.

In addition to having his name engraved on a ceremonial plaque displayed in the ship's Wardroom, Morris received a monetary award from the Class of 1964, a plaque presented by the Carney Wardroom, and a Navy and Marine Corps Achievement Medal.

Get Free CFL Lightbulbs

From Staff

Working in conjunction with the Energy Star Operation Change Out - Military Challenge, Naval Station Mayport is offering free CFL lightbulbs through Self Help.

This challenge is a joint effort between the U.S. Department of Energy, Department of Defense and encourages all service members to replace their incandescent light bulbs with the more cost-efficient/energy-saving CFLs. The goal is to change out at least one light bulb in each military residential unit. To find out more about the program, call Self Help at 270-5611.

Events Offer Professional, Personal Growth For Female Military Members

By Lt. Cmdr.

Elizabeth Zimmermann
Navy Diversity Directorate Public Affairs

A robust and interesting schedule for this fall is providing Navy women a wealth of opportunities for professional development, leadership building and networking.

From the Grace Hopper Celebration of Women in Computing Conference to the Working Mother Media's Multicultural Women's Town Hall, these events increase opportunities for women to receive inspiration, to find mentors and to provide mentoring to those they meet, and to become empowered to succeed – all key components of the Chief of Naval Operations Adm. Gary Roughead's diversity policy.

"Every individual, military or civilian, must be encouraged and enabled to reach his or her full potential. They must be inspired and empowered to attain the most senior levels of leadership. That empowerment today is unleashed by involved, thoughtful, proactive, and enlightened leaders... Future

empowerment is cultivated by that same leadership and mentorship and an active commitment to attracting and recruiting the very best."

In addition, attendance brings the diverse face of the Navy to the American public.

"We want to engage in outreach activities that bring Sailors in contact with the people we serve, across the spectrum of our society," said Capt. Ken Barrett, Navy Diversity Director. "These events, and others like them, are opportunities for individuals to not only gain professional or personal knowledge, but to show what our Navy has to offer as a Top 50 employer."

On Sept. 5, attendees of the 5th Annual national Latina Symposium presented by Latina Style magazine will learn about issues such as advancing Latinas in the workplace, entrepreneurship and business, emerging technology trends, wealth creation and financial security, political leadership, professional development and balancing health, career and personal life.

Latina Style presents the only national awards program honoring Latinas serving in the Armed Forces, and networking opportunities abound.

For an opportunity to celebrate the advances of women in technology attend the Grace Hopper Celebration of Women in Computing Conference in Keystone, Colo. Oct. 1-4.

"This is a great opportunity to showcase female Navy technical professionals at one of the largest technology gatherings in the world," said Lt. Stephanie Miller, director of the Navy's Women's Policy Program.

"Not only will this event focus on the research and career interests of women in computing, but what better group to attend a symposium named after one of ours than Navy women?"

Leading researchers will present their current work, and special sessions will focus on the role of women in today's technology fields, including computer science, information technology, research and engineering. Officer, enlisted and civilian women are encouraged to join women from USS Hopper

(DDG-70) in representing the Navy at this conference.

Later in October, comes another opportunity for female officers from all military services to expand their leadership skills at the 5th Annual Academy Women Fall Leadership Symposium. The event is being held Oct. 17-19 at the Women in Military Service for America Memorial in Arlington, Va. This year's theme is "Stories from Our Sisters," and speakers include the first female general officers: Generals Jeanne Holm, Wilma Vaught, Pat Foote and Adm. Marty Evans. There will be a number of panels and other activities, and a career workshop devoted to professional development.

Those who miss the Grace Hopper symposium may be interested in attending the National Women of Color in Technology Conference in Dallas, Oct. 23-25. The conference supports and recognizes minority women in technology careers. It connects them with mentors, and provides a forum to discuss the key issues

in U.S. job growth diversity, the critical shortage of women in IT careers, technological innovation, and women-owned IT ventures.

"There were many opportunities to network with other women, and I found all the women to be tremendously supportive and encouraging," said Tasha Lopez, a previous conference attendee.

"It was refreshing to be surrounded by women who look and act like women and are highly successful not only in their careers but also in their personal lives."

In Baltimore, Nov. 6-8, the Society of Women Engineers (SWE) are holding their annual convention. SWE empowers women to succeed and advance in their careers as engineers and leaders. Navy members are encouraged to attend this year's conference, entitled "Women Leading a Technical Revolution."

Mothers in the Navy, or anyone with an interest in gaining insight on how to compete and collaborate at senior levels, develop mentor rela-

tionships, and manage conflict, are encouraged to attend the Working Mother Media's Multicultural Women's Town Hall in Washington, D.C., Nov. 19. This year's topic is "Power Networking – How to Build Influential Value Based Relationships."

"There are so many opportunities out there to increase individual's professional and personal options. We are constantly on the look out for venues that will benefit Navy women if they attend," said Miller. "It's simply a matter of taking a bit of time to get involved."

Visit the Women's Policy Office Web page for more opportunities throughout the year, www.npc.navy.mil/AboutUs/BUPERS/WomensPolicy/.

Homefront in Focus

By Beth Wilson

Military Spouse Contributor

Guard and Reserve spouses are truly my heroes. I advocate a bumper sticker and t-shirt that says Guard/Reserve Spouse: Toughest Job in the Force! Why do I feel this way? Because Guard and Reserve spouses face unique circumstances when their service member is deployed that active duty spouses may not realize.

Guard/Reserve spouses are frequently not located near a military installation so accessing information and support as well as their benefits (commissary, exchange, etc.) is a hurdle. For many Guard/Reserve their 'drill pay' is for the 'extras,' college fund for the kids, or perhaps a room addition. Their 'real job' is their primary source of

income. When Guard/Reserve is deployed many will experience a pay cut to serve their country.

Melanie Adams, a Guard wife shares, "One difficulty was the isolation I sometimes felt. We live 60 miles from [her husband's] armory. I don't live near the other wives so I feel 'disconnected' and isolated. My family and friends are supportive but I need to connect with other Guard wives."

When your Guard or Reservist deploys let me encourage you to attend all pre-deployment events, even if you're a seasoned spouse. Both Guard and Reserve components have rear detachments (administrative reserve personnel) that are a valuable resource for you throughout deployment. Take the time to meet them. In addi-

tion there are Reserve/Guard Reserve centers throughout the country where you can turn for support. Your pre-deployment brief will include this information.

I want to offer other resources you may not be familiar with. Your local American Legion (www.legion.org) and VFW (www.vfw.org) can be valuable resources for you. From helping with family emergencies, financial aid, and even practical help around the house these two organizations have stepped up to the plate to support Guard and Reserve families serving in this current conflict. I want to recommend them for another reason. Both the Legion and VFW have auxiliaries (organization composed of spouses of veterans) whose members are

seasoned spouses. These spouses are full of insight, encouragement and support for you as a spouse. Look them up!

Go Purple! "Purple" is the term the military uses to describe services or programs that cross 'branches'. For Guard and Reserve this is particularly important. This means an Air National Guard (Air Force) can access services on a Navy installation. A Navy Reservist can go to the closer Army post to shop, talk to legal or other services. Don't be shy! Contact the Family Service Center at your nearest military installation. Let them know you are a Guard/Reservist spouse. They can send you a 'welcome packet' with information on the local base, maps and much more.

Finding support through rela-

tionships with other spouses can be important and helpful. Your closest military installation can also be a resource for a 'deployment support group' or just to meet other spouses experiencing a deployment.

Another avenue to connect with spouses is the internet. There are many online connection sites where many, many spouses connect with other spouses for support, information and encouragement. A quick online search will reveal many online communities such as Military Spouse Support Network (www.militaryspousesupport.net), CinCHouse (www.cinchouse.com), Hooah.com (www.hooah.com) Military.com as well as Army Times Publishing hosts a site for each branch. Check your

local branch for online connection sites as well.

Guard and Reserve families continue to be my heroes. The role your service member plays in the total force strength of our military is significant and as the proud spouses standing behind them, you are to be honored.

Thank you for your sacrifice and service. To my Active Duty readers, may I encourage you to look for the Guard/Reserve spouses in your area? Reach out to them and offer friendship and support, we're all in this together.

Questions or comments for Beth? Email her at beth@homefrontinfocus.com. Check out Navy Homefront Talk!, the internet talk show for spouses at www.blogtalkradio.com/nht.

Military Spouse Of Year Accepts Nominations

From Military Spouse magazine

Military Spouse magazine (MSM) today announced that it is now accepting nominations for its 2009 Military Spouse of the Year (MSOY) award, sponsored by USAA. The MSOY honoree represents the millions of military spouses who are unsung heroes maintaining the homefront, giving back selflessly to their communities, and providing support to our nation's troops. Often, these spouses also have full-time jobs and raise families.

In recognition of their countless contributions, MSM will honor one exemplary military spouse from each service branch and also select one overall win-

ner. The 2009 MSOY will be announced and honored nationally in the June issue of Military Spouse magazine and at the second annual MSOY Awards Ceremony to be held during the week of May 4, 2009 in Washington, DC, in conjunction with National Military Spouse Appreciation Week. The winner will make additional public appearances, write a monthly column to appear in Military Spouse magazine, and maintain a blog during his/her reign, which will last through May 2010.

MSM and its readers will select the winner based on his/her inspirational representation of all military spouses.

Nominees must be the spouse of a current member of the U.S. armed forces. Criteria for selecting the recipient include: impact on community change, volunteerism, personal sacrifice, education and career pursuits and other military spouse-related efforts. Last year's award generated hundreds of nominations from across the country, culminating in the selection of Army wife Chelle Brewer as MSOY 2008 (www.milspouse.com/msoy2008).

MSM encourages individuals to submit a nomination for either themselves or an eligible nominee of their choice. To submit a nomination, individuals must complete the nomina-

tion form online at www.msyoysite.com. The nomination period runs through Oct. 8, 2008. Judges will review all submissions and select ten finalists from each military service branch, after which readers will select one branch winner. Judges include a hand-selected portion of MSM's "Who's Who of Military Spouses," a list of influential military spouses.

This award is MSM's

opportunity to thank all military spouses for their invaluable contributions, in addition to recognizing them for the challenges they overcome every day," said Babette Maxwell, Military Spouse magazine co-founder and executive editor.

"The reason USAA exists is to help military families with their financial security and the peace of mind that brings – especially to the mili-

tary spouse who shoulders so much responsibility," said Joe Robles, USAA's CEO and a retired major general. "I know I couldn't have done what I did for the Army if my wife, Patty hadn't taken care of everything else. Being the title sponsor of this award is a natural for us. We feel honored to honor military spouses."

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School Is In, Your Money Is Out

By Julia Dixon

NMCRS

For many of us, August is more of a budget buster than December. We know Christmas is coming all year and many of us plan for it, but there's something about August that just kind of sneaks up on you! Maybe it's the lazy, hazy days of summer fogging the mind, but it just seems to creep up and the next thing you know bam! you're swimming in back-to-school debt.

I think it's easier to buy Christmas presents a few months ahead or set money aside each month, but it just seems odd to be buying school clothes and supplies before they even get out of the previous school year! Two months of summer just isn't enough.

Some of us get the double whammy. Kids going back-to-school mean that childcare costs go down, but unfortunately, it doesn't mean getting a month break in between. So, are you in July paying childcare and trying to purchase supplies, etc? Not good. And, how about hav-

ing to pay for school pictures, PTO dues, weekly readers, music instruments and whatever else your school decides just can't wait and you have buy to now?! I won't even talk about the cost of fall sports! Wouldn't it be great if the schools could hand you a bill of estimated costs for the entire year and then let you pay a little each month? But, we live in the real world where life is messy and not cost effective.

How many of you make a budget and plan ahead and on paper you have oodles of dough left? But, then, a few days before payday—poof! it's gone? How does that happen?! That's where the Navy-Marine Corps Relief Society can help. They can show you how to budget your finances all year and they can find that illusive money gremlin that seems to make your surplus funds disappear (that little bugger is on my hit list!). They can help you get back on track. Call now for an appointment and make NMCRS your first resource not your last resort. Call 270-5418.

BAPTISMS
Please call 270-5212 to arrange a Baptism class.

SERVICES
For shipboard and Waterfront Services, call 270-5403. Personnel of other faiths seeking contact with specific religious groups should call the Chaplain's Office at 270-5212.

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Mesa Verde Completes First Shock Trial

By Ensign Corey Johnson

USS Mesa Verde

USS Mesa Verde (LPD 19) successfully completed her first of three Shock Trials events off the coast of Florida on Aug. 16.

Ten thousand pounds of explosives were detonated close to the ship to provide data on how such explosions would affect the ship. To some, it may seem counter-intuitive to subject a brand-new warship to such explosions and stresses, but the information gained from the tests is vital in improving San Antonio class and other classes of ship designs.

"The LPD 17 Shipbuilding Program is very proud of the job the Mesa Verde crew did in executing the first shot of the three shot shock trials," said Cmdr. Mark Vandroff, PMS 317 Director of Test and Requirements. "The full ship shock trial is a vital part of the LPD 17 class test program which demonstrates these ships' tremendous warfighting and survivability capabilities for the fleet and for our Marines."

At 2 p.m., the ship set general quarters. All personnel onboard listened intensely as the count-

down to this monumental event began.

"All hands brace for shock!" Hearts were pounding and palms were sweaty as the first shot was detonated.

"We were surprised we felt it. It was kind of cool!" stated Hospital Corpsman 2nd Class (SW) Nikki Reeves.

The Department of the Navy is sensitive to the potential environmental impacts from the explosions, and has taken appropriate precautions to minimize any harm to marine life. A team of environmentalists from the Marine Animal Response Team (MART) vessel Athena and Environ Air scan the water for any signs of marine mammals or sea turtles before the shot. If any marine life is spotted, the shot is delayed until the area becomes clear for detonation.

For the next several weeks, the remaining shots will be fired at varying distances. Mesa Verde will return to Naval Station Mayport after each detonation for post-shot testing and inspection.

After completion of the Trials, she will return to its homeport of Norfolk, Va.



-Photo courtesy of USS Mesa Verde

Explosives detonate around USS Mesa Verde during the first of three shock trial events held off the coast of Florida on Aug. 16. Ten thousand pounds of explosives were detonated close to the ship to provide data on how such explosions would affect the ship.

SWOS Visits Mayport

By Lt. Cynthia Wood

Afloat Training Group Mayport PAO

Earlier this year, Vice Adm. D. C. Curtis, Commander Naval Surface Force, decided the Surface Warfare Officer School (SWOS) pipeline for newly commissioned ensigns required an overhaul. His decision laid the groundwork for a four-week SWOS Introductory course that ensigns will attend prior to reporting to their ship.

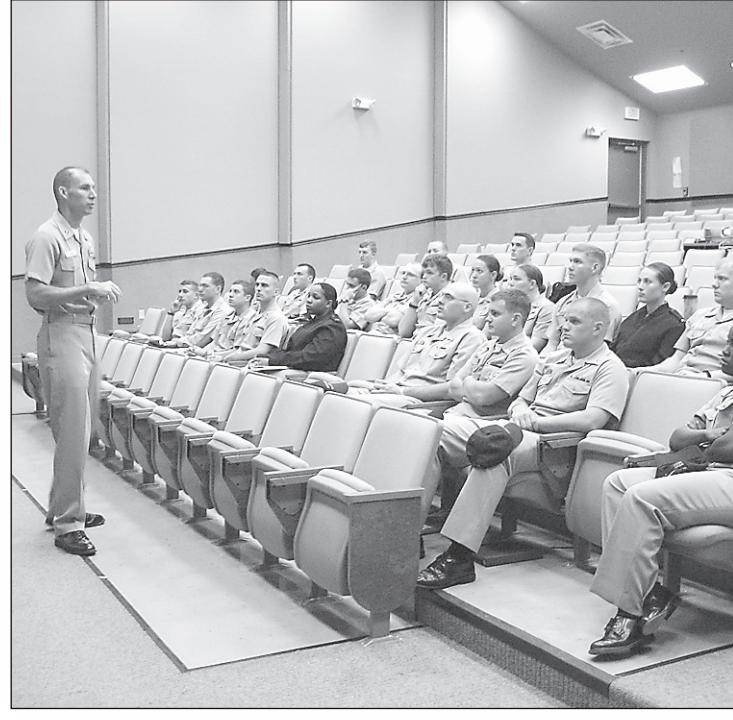
The original plan called for Afloat Training Group (ATG) San Diego and ATG Norfolk to conduct the initial course convening. However, ATG Mayport refused to be excluded from participating in the renovation of the SWOS curriculum. Capt. Herbert Hadley, commanding officer of ATG Mayport, and the ATG Mayport team jumped at the opportunity to act as the first stepping stone in a new ensign's career path. Thirty seven students are filling the seats in the first two Mayport classes that began August 4, 2008. ATG expects to instruct twenty students per month following the initial convening.

The SWOS Introductory course provides a well-rounded curriculum that gives students a foundation for building

knowledge and skills. During the first three weeks, students will receive instruction and simulator training encompassing basic Navigation, Seamanship and Ship handling (NSS); division officer fundamentals; basic engineering and Damage Control; Maritime Warfare; and Navy familiarization training. The fourth week of class is dedicated to a Naval Leadership course.

A

fter reviewing the curriculum, ATG Mayport decided to go one step further by incorporating the renowned Mayport family touch. ATG Mayport coordinated optional training opportunities with full support and enthusiasm from both Destroyer Squadron Fourteen and Destroyer Squadron 24, in addition to various other commands including Training Support Detachment, Center for Surface Combat Systems, Branch Health Clinic Mayport, and Fleet and Family Support Center. The training will provide students the opportunity to hone their NSS skills with extra simulator time, gain exposure to firefighting and the Damage Control wet trainer, earn CPR and second-class swimming qualifications, gain experi-



-Photo courtesy of ATG

ATG instructor Lt. Shane Brewer addresses the SWOS students on experiences they may encounter as a division officer.

	VS	
Saturday, August 23 vs. Birmingham - 7:05 PM		
Presidential Election Night		
The first 3,000 fans will receive a Suns pocket banner to proudly declare their support for their preferred presidential candidate and meet candidates for local office! Show your Sam's Club Membership Card for a discount at the box office!		
Sunday, August 24 vs. Birmingham - 5:05 PM		
David Garrard Night and Miniature Football Giveaway!		
The first 3,000 fans receive special miniature footballs autographed by QB David Garrard, and sponsored by Florida Telco Credit Union, CBS 47 & WOKV. The Suns will be wearing special football-style jerseys that will be auctioned off during the game.		
Monday, August 25 vs. Birmingham - 7:05 PM		
Hall of Fame Photoball Giveaway!		
Come early as the first 1,000 fans will receive a photoball featuring Jacksonville Hall of Famer Tom Seaver! Also, show your Sam's Club members card and receive \$2 off! Plus, it's USO Awareness Night! Join the Suns and show your commitment to our troops by supporting the USO's cause through a special fundraising event.		
Tuesday, August 26 vs. Birmingham - 7:05 PM		
Fan Appreciation Night!		
Thousands of dollar prizes will be given away as the Suns say THANK YOU for a great 2008 season, plus it's the last Fifty-Cent Family Feast!		
Wednesday, August 27 vs. Birmingham - 7:05 PM		
Final Game of the Season!		
Come early as the first 1,000 fans will receive a photoball featuring Jacksonville Hall of Famer Hank Aaron!		

ence with the rigid hull inflatable boat (RHIB) and simulate live fire with the 9mm pistol and M16 rifle in the Fire Arms

Training Simulator. The optional training will give the division officers a head start on the rigorous process of pursuing their ultimate goal of becoming Surface Warfare Officers.

ATG Mayport's goal is to build on the SWOS mission of "a continuum of professional education and training in support of Surface Navy requirements," by providing the Fleet with highly trained and well-prepared Surface Warriors.

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First Phase of PANAMAX 2008 Underway

By MC2 J.T. Bolestridge

CDS 40

Guided-missile frigate USS Kauffman (FFG 59) and guided-missile destroyers USS Farragut (DDG 99) and USS Forrest Sherman (DDG 98), and Destroyer Squadron (DESRON) 40, along with 19 Partner Nations began the "work up" phase of Fuerzas Aliadas (FA) PANAMAX 2008, Aug. 14, in the Caribbean and Pacific waters off the coast of Panama.

The week long PANAMAX exercises are broken up into several different scenarios and evolutions. Kauffman Operations Officer Lt. James Wright explained how the week long PANAMAX exercise will play out.

"The first phase of PANAMAX is our work up phase. It allows us to work the kinks out of our systems, flex our communications and generally re-familiarize ourselves with the capabilities of our force," said Wright. "After the work up phase we shift to the Exercise Scenario Phase (ESP). In the ESP we will see multiple attempts by 'terrorist' forces trying to attack the canal, transfer contraband through the canal, and generally disrupt the flow of goods through the canal. Our job is first to identify these threats, and second to eliminate them or mitigate their impact."

Bringing 20 nations together into a joint training environment takes a lot of work and preparation, but Wright also said that PANAMAX gives U.S. sailors a unique opportunity to train in



-Photo by MCSN(SW) Shanika L. Futrell

SEAL Team Four boards guided-missile destroyer USS Farragut (DDG 99) to perform a Maritime Interdiction Operation (MIO) exercise after getting underway from Colon, Panama. Farragut's MIO practice is a part of FA PANAMAX '08, an exercise involving 22 countries, centered around multinational defense of the Panama Canal. Farragut's participation in this exercise is part of its deployment in support of Partnership of Americas 2008 (POA 08), a U.S. Southern Command (SOUTHCOM) sponsored engagement operation implemented by 4th Fleet, which is designed to strengthen partnerships and interoperability between participating nations as well as give Sailors an opportunity to experience other cultures in the SOUTHCOM Area of Focus (AOF).

a variety of situations to which they normally wouldn't have access.

"Our biggest challenge is finding suitable targets on which to perform maritime interdiction operations (MIO) and visit, boarding, search and seizure (VBSS). Most of our training

is done on other warships," said Wright. "PANAMAX allows us the opportunity to do boardings on commercial vessels contracted specifically for that purpose. It also allows us to see different ways of handling some of our other warfare areas, providing important lessons in surface

warfare and multinational and joint inter-operability."

More than 30 vessels, a dozen aircraft and 7,000 personnel are involved in the exercises focused on ensuring the security of the Panama Canal. DESRON 40 Commodore, Capt. Rudy Laco, said that getting this many

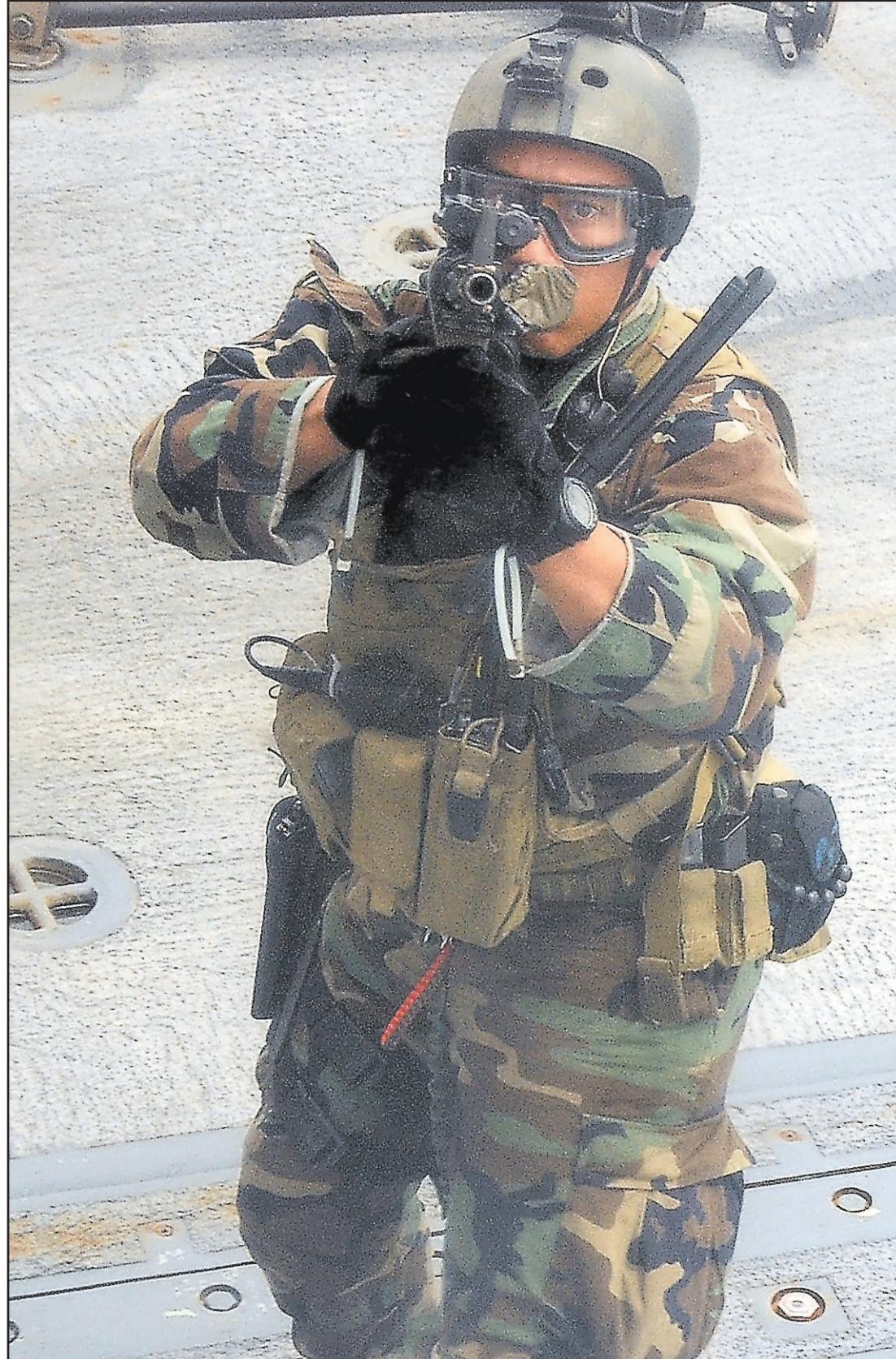
Participating Nations to participate in an exercise of this sort strengthens overall interoperability and helps ensure hemispheric stability.

"Twenty nations coordinating to come together and work together for an 11 day span is amazing in itself; we're really

strengthening the relationships between all of these participating Navies," said Laco. "In the event of a real world situation requiring a multinational effort, the groundwork we're laying here will be invaluable."

FA PANAMAX 2008 participating nations include: Argentina, Brazil, Canada, Chile, Colombia, Costa Rica, Dominican Republic, Ecuador, El Salvador, Guatemala, Honduras, Nicaragua, Panama, Peru, the United States and Uruguay. France, Mexico, Paraguay, and Spain are scheduled to participate as observers. The Conference of Central American Armies, the Organization of American States and the United Nations will also participate.

USS Kauffman, with HSL-42 Detachment 7 embarked, USS Farragut, and USS Forrest Sherman are assigned to Destroyer Squadron 40 and are deployed in support of Partnership of the Americas (POA) '08 operations, an annual, year-long engagement operation held throughout South America, Central America, and the Caribbean. POA 08, sponsored by U.S. Southern Command, is implemented by U.S. Naval Forces Southern Command (NAVSO)/U.S. 4th Fleet, and emphasizes interoperability and cooperation between U.S. and partner nation's maritime forces through a variety of exercises and events.



A member of SEAL Team Four boards Farragut to perform a Maritime Interdiction Operation (MIO) exercise.



U.S. Army Helicopter Black Hawk (MH-60) hovers above guided-missile destroyer USS Farragut (DDG 99) to perform a fast rope exercise after getting underway from a port visit to Colon, Panama. Farragut's fast rope exercise is apart of PANAMAX an exercise that is held to protect the Caribbean side of the Panama Canal against terrorist who try to prevent the transport of goods.



Guided-missile destroyer USS Farragut (DDG 99), guided-missile frigate USS Kauffman (FFG 59), and USCGC Harriet Lane (WMEC 903) transits in formation during a joint exercise with Colombians, Brazilians, Uruguayans, and Canadians during a photo exercise (PHOTOEX) during FA PANAMAX '08.



USS Farragut (DDG 99) performs a sortie under Fast Patrol Boat threat after getting underway from Colon, Panama.



SEAL Team Four boards guided-missile destroyer USS Farragut (DDG 99) to perform a Maritime Interdiction Operation (MIO) exercise.

Mayport Reloads Project Handclasp Supplies

By MC3 Alan Gragg

*U.S. Naval Forces Southern Command/ Commander, U.S. Fourth Fleet
Public Affairs*

Project Handclasp's distribution depot in Mayport reloaded with boxes of donated toys, medical supplies, and hygiene items Aug. 11.

The San Diego-based donation organization Project Handclasp is a worldwide humanitarian and goodwill program that collects donations from various private-sector organizations and companies, then has U.S. military members deliver the material to people in need overseas. Mayport's depot was established in November 2007 when a civilian trucking company volunteered two drivers and trucks to transport 88 pallets cross-country free of charge. This provided U.S. Naval Forces Southern Command/ U.S. Fourth Fleet (NAVSO/ 4th Fleet) the means to load the supplies directly onto ships from Mayport deploying to Latin America. The items are delivered during Community Relations (COMREL) Projects to places such as schools, medical clinics, and orphanages in the Caribbean, Central and South America.

"Project Handclasp allowing us to store donations here at Mayport is making a big difference in our ability to help people in need," said Cmdr. Lewis Preddy, NAVSO/4th Fleet Project Handclasp Coordinator. "We're now able to load more Project Handclasp material onto ships, which means Sailors have more material to help more people in our partner nations, which is the essence of the program."

Mayport's Project Handclasp depot is located in a warehouse belonging to Commander, Task Force 43, NAVSO/4th Fleet's logistics support command. NAVSO/4th Fleet, the naval component command of U.S. Southern Command, oversees maritime operations throughout Latin America, including exercises, provides counter-illicit trafficking support, and conducts theater security cooperation events including COMREL projects.



-Photo by MC3 Alan Gragg

Culinary Specialist 2nd Class (Surface Warfare) Paul Thomas, assigned to Commander, Task Force 43 (CTF 43), labels a box of Project Handclasp humanitarian aid supplies before storing it in the CTF 43 warehouse. A semi-truck delivered 88 pallets of Project Handclasp toys, hygiene items, and medical supply boxes to the CTF 43 warehouse in Mayport, where the items will be stored until they are loaded onto ships deploying to Latin America. The San Diego-based Project Handclasp is a worldwide humanitarian and goodwill program that collects donations from various private-sector organizations and companies, delivered to people in need by the U.S. military.



Storekeeper 1st Class (Fleet Marine Force) A.S. Giuloli and Ship's Serviceman 2nd Class (Surface Warfare) Frank Medina, right, assigned to Commander, Task Force 43 (CTF 43), move a box of Project Handclasp humanitarian aid supplies into the CTF 43 warehouse.



Storekeeper 1st Class (Fleet Marine Force) A.S. Giuloli, assigned to Commander, Task Force 43 (CTF 43), moves a box of Project Handclasp humanitarian aid supplies into the CTF 43 warehouse.

Farragut, Colombian Navy Unite For COMREL



-Photos by MC2 J.T. Bolestridge

Areographer's Mate 1st Class (SW) Daniel Zimmerli (front), a volunteer from USS Kauffman, and a Colombian Sailor work side-by-side to prepare for painting at a neighborhood park during a community relations (COMREL) project in Cartagena, Columbia. The COMREL brought together volunteers from USS Kauffman, USS Farragut and the Colombian navy and was conducted in support of Partnership of the Americas 2008, a U.S. Southern Command (SOUTHCOM) sponsored operation designed to strengthen regional partnerships and improve multi-national interoperability, while enhancing the operational readiness of all assigned units.



Fire Controlman 2nd Class (SW) Derek England (left) holds a paint tray while a Colombian sailor pours paint into the tray at a neighborhood park during a community relations (COMREL) project in Cartagena, Columbia.

By MC2 J.T. Bolestridge
CDS 40

Sailors from Guided-missile frigate USS Kauffman (FFG 59), USS Farragut (DDG 99) and the Colombian Navy came together at a community relations (COMREL) project at a neighborhood park 8 August, during a Theater Security Cooperation (TSC) visit in Cartagena, Colombia.

During the day long COMREL project, volunteers cleaned and painted lamp posts and walls throughout the park and made repairs to the playground equipment. Interior Communications Specialist 1st Class Cassius Johnson said that giving is what it's all about.

"You get a real chance to make a difference in the lives of others. It is the least we can do as U.S. service members and citizens - to make someone else's life that much better," said Johnson. "COMRELS give us a chance to make a positive impression in the minds of those around the world, showing them

why we are here and what we stand for."

Giving assistance and sharing in the culture of host nations fits directly in with the Partnership of Americas 2008 (POA 08) mission of strengthening regional partnerships. Yeoman 2nd Class Ried Lundie volunteered at the COMREL project in Cartagena and said his hands on efforts directly supported that mission.

"We're here to continue to strengthen our partnerships with South America," said Lundie. "Being out in the community and helping others that need our help directly contributes to that partnership."

Kauffman COMREL coordinator, Navy Counselor 1st Class (SW) James O'Brien added that the COMREL experience can make as big an impact on the volunteer Sailors as it does on those who will enjoy the park.

"COMRELS give the volunteers a sense of accomplishment and teamwork," said O'Brien. "The get a chance to go to a

community, that in most cases has a lot of needs, and they get to leave it a better place than when they arrived. It's not like a normal day of liberty because COMREL volunteers get the opportunity to see what the culture of a place is like away from the tourist spots and souvenir shops. That's something most sailors never get to see."

USS Kauffman, with HSL-42 Detachment 7 embarked, and USS Farragut are assigned to Destroyer Squadron 40 and are deployed in support of POA 08 operations which are being held from April to October throughout South America, Central America, and the Caribbean. POA 08, sponsored by U.S. Southern Command, is implemented by U.S. Naval Forces Southern Command (NAVSO)/ U.S. 4th Fleet, which emphasizes interoperability and cooperation between U.S. and partner nation's maritime forces through a variety of exercises and events.


Happenings

Aug. 22: Summer Outdoor Movies. "Speed Racer" (PG) will start at sunset (approximately 8:45 p.m.) at Sea Otter Pavilion. Bring your lawn chairs or blankets and bug spray, just in case. Light refreshments will be available for purchase. 270-5228

Aug. 22 & 23: Live Band, the Susie Kite Band. 9 p.m.-1

a.m. both Friday and Saturday at Castaway's Lounge. No cover charge. Everyone is welcome. 270-7198

Aug. 23: NO-TAP (9-Pin) Bowling Tournament. 1 p.m. at Fast Lanes. Entry fee is \$20 (\$10 for bowling and shoes, \$10 for prize fund). Ages 18 and older. Pre-registration required. 270-5377

Aug. 25: Texas Hold 'Em (All Hands). Every Monday at 6 p.m. at Castaway's Lounge. Free to enter with prizes for first and second places. Everyone welcome. 270-7788

Aug. 26: Red Pin Bowling. 10:30 a.m.-1 p.m. at Fast Lanes Bowling Center. Bowl a strike with a red head pin and win a prize. 270-5377

Aug. 26: Texas Hold 'Em (CPOs). Every Tuesday 5-8 p.m. at Foc'sle CPO Club for CPOs and their guests. Hors d'oeuvres available for purchase. 270-5431

Aug. 27: Wii Wing Wednesdays (CPOs). Every Wednesday 5-8 p.m. at Foc'sle CPO Club for CPOs and their guests. Bring the entire family

out for Wii Sports and wings. 270-5431

Aug. 28: Free Shoe Thursday. Free bowling shoes rental all day at Fast Lanes Bowling Center. 270-5377

Sept. 5: Dusk to Dawn Softball Tournament. Cost is \$225 per team. Tournament begins at 6 p.m. on Friday and ends at approximately dawn on

Saturday. Sign up at the Gym. Pre-registration required. 270-5451

Sept. 12-14: Open Water Scuba Certification Course. \$290 complete (\$320 guests); includes gear, study materials, instruction, certification, lodging and round trip transportation. Pre-registration required. 270-5541

MWR Sports/Fitness

Fast Lanes Bowling Center
Thursday Night Mixed Bowling League begins Sept. 4, 2008
USBC Sanctioned Cash League w/handicap. Warm up begins at 7:15 bowling 7:30 For information, call 904-270-5377 or email Rita.Hammerstad@navy.mil

A 'Dusk to Dawn' one-day softball tournament will be held on Sept. 5 from 6 p.m. until dawn. Cost is \$225 per team. For more information about any of these events, call 270-5451.

The Surfside Fitness schedule is as follows:

Monday
7 a.m., Cardio, Combat and CORE with Ruthie

11:30 a.m., Yoganates with Mia

11:30 a.m., Fitness Equipment Training (sign up) with Ruthie

1 p.m., Moms in Motion with Mia

4:30 p.m., Zumba with Emily and Glinda

Tuesday

9:30 a.m., LoImpact with Emily

11:30 a.m., Step & Kick with Glinda

2 p.m., Fitness Equipment Training (sign up) with Glinda

5 p.m., 3B Burn with Mia

6 p.m., Advanced Yoga with Mia

Wednesday

7 a.m., Victory PRT with Glinda

11:30 a.m., Pilates with Apparatus with Emily and Ruthie

1 p.m., Moms in Motion with Glinda

Thursday

7 a.m., Conditioning for Running with Mia

9:30 a.m., Fitness Equipment Training (sign up) with Mia

11:30 a.m., Zumba with Emily and Glinda

6 p.m., Kickboxing with LaPlace

Friday

7 a.m., Beach Bootcamp with Ruthie and Glinda

9:30 a.m., Introduction to Yoga with Ruthie

Saturday

This is a Family Friendly Day where kids ages 10-14 are invited to attend.

11 a.m., Kids Clinic with Mia

The Gym schedule is as follows:

Monday

6 a.m., Fitness Equipment Training (sign up) with LaPlace

7 a.m., Conditioning for Running with LaPlace

11:30 a.m., Indoor Cycling with Glinda

1 p.m., Strength Solutions & Flexibility Fix-Ups for Injuries with LaPlace

Tuesday

6 a.m., Weight Training for Warfighters with LaPlace

7 a.m., BOSU with LaPlace

11:30 a.m., Lunch Crunch with Ruthie

Noon

Row-bics with LaPlace

4:30 p.m., Indoor Cycling with LaPlace

Wednesday

6:30 a.m., Indoor Cycling with Glinda

11:30 a.m., Strength Training Basics for Women with LaPlace

1 p.m., Confined Space (on waterfront)

Aqua Aerobics

Monday at 8:30 a.m. with Ruthie

Tuesday at 9 a.m. with LaPlace

Wednesday at 8:30 a.m. with Mia

Thursday deep aqua at 9 a.m. with Emily and Glinda

Friday rehab aqua at 9:30 a.m. with LaPlace and regular aqua with Glinda

7 a.m., Command Cardio Pump with Mia

11:30 a.m., Kickboxing with LaPlace

1 p.m., Strength Solutions & Flexibility Fix-Ups for Injuries with LaPlace

3 p.m., Command Circuit Training with Ruthie

4:30 p.m., Fitness Equipment Training (sign up) with Ruthie

Thursday

7 a.m.

Command Jump and Jab with Glinda

11:30 a.m., Fitness Equipment Training (sign up) with Mia

11:30 a.m., Resistance with Ruthie

Noon

Row-bics with LaPlace

4:30 p.m., Indoor Cycling with LaPlace

Friday

6:30 a.m., Indoor Cycling with LaPlace

11:30 a.m., Strength Training Basics for Women with LaPlace

1 p.m., Confined Space (on waterfront)

Aqua Aerobics

Monday at 8:30 a.m. with Ruthie

Tuesday at 9 a.m. with LaPlace

Wednesday at 8:30 a.m. with Mia

Thursday deep aqua at 9 a.m. with Emily and Glinda

Friday rehab aqua at 9:30 a.m. with LaPlace and regular aqua with Glinda

The following activities target single or unaccompanied Sailors. For more information, call Planet Mayport Single Sailor Center at 270-7788/89.

Aug. 21: Comedy Zone Trip.

This free trip departs from Planet Mayport at 6:15 p.m. Transportation, appetizers and your first non-alcoholic drink are included. Pre-registration required.

Aug. 23: River Tubing Trip.

Cost is \$10 and includes transportation, admission, equipment and lunch. Trip leaves Planet Mayport at 8:30 a.m.

Aug. 25: Texas Hold 'Em.

Every Monday at 6 p.m. at Castaway's Lounge. Free to enter with prizes for first and second places. Everyone welcome.

Aug. 28: NFL Fantasy

Football Draft. Join the Liberty Program's fantasy football league. Call Planet Mayport for details.

Aug. 29-Sept. 1: 1

Cost is only \$75. Trip includes transportation, three nights lodging, ticket to Tampa Bay Devil Rays game and admission to Busch Gardens (must use free military voucher). Open to E1-E5 Sailors. Pre-registration required.

Aug. 28: NFL Fantasy

mended; space is limited. 270-5680

Sept. 2: Deadline for Fall Youth Baseball, Ages 7-18.

Cost is \$55 for ages 7-12 and \$65 for ages 13-18. Register at the Youth Center. 270-5680 or 5018

Aug. 22: Summer Outdoor Movies. "Speed Racer" (PG)

will start at sunset (approximately 8:45 p.m.) at Sea Otter Pavilion. Bring your lawn chairs or blankets and bug spray, just in case. Light refreshments will be available for purchase. 270-5228

MOPS (Mothers of Pre-Schoolers) is having their first meeting Sept. 2 at 9:30-11 a.m. in the fellowship hall of the Chapel. Meetings are the first and third Tuesday of the month. All Military Mom's are invited to come out to meet other Moms and share the joys and struggles of being a Military Mom/Wife. Child care is provided for the meeting but you must call first to reserve your baby/child's spot. The Chapel's number is 270-5212. For more information, email Mayportmops@yahoo.com



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FL3



-Photo by MC2 Daniel Gay

Retired Boiler Technician 1st class Michael Taylor reaches out to grab his time card after participating in Naval Station Mayport's 5k/10k Fun Run. The run was sponsored by Navy Federal Credit Union.

Run For Fun In Hot Sun

By MC2 Daniel Gay

FLTPACEN SE

If you are walking along the road on Naval Station (NS) Mayport and suddenly are confronted by 60 or 70 people running straight toward you, chances are it is not an angry mob; you just wandered into one of NS Mayport's 5k/10k Fun Runs. The most recent run took place Aug. 12, and included about 70 people including the Commanding Officer of NS Mayport.

"The run was wonderful as always, a little warm and quite humid today, but we had a nice breeze in a few places," said Capt. Aaron Bowman, NS

Mayport's commanding officer, who participated in the 5k.

Although the weather was unforgiving the turnout for the run was impressive.

"When I first got here we would get maybe 25 people out here, but for this run we had about 70 to 80 people and even a couple people with strollers," said Bowman.

The runs are not just meant to be a fun diversion on a Tuesday morning but they also help promote health and physical fitness which is very important to the Navy structure.

"These runs really show what the base is doing to not only promote physical fitness but

to make it fun," said Bowman. "What we don't want people doing is putting on their running shoes twice a year and going out to run the PRT. This is a great maintenance program, you don't have to come out here running we have plenty of people who started by walking. We also have a 3k which is just for people to come out and walk."

10k runs are held every quarter and are sponsored by Navy Federal Credit Union who comes out and gives out drinks, t-shirts and other items.

For more information on the runs and other programs you can contact the base Gym at 270-5451.

Stay Safe After School

From Fire & Emergency Services

Department Mayport

The First Coast Fire & Emergency Services Department Mayport Division wants you to prepare children who spend time on their own before or after school so they'll be safe and secure.

Make sure your home is secure and that children know how to operate locks on doors

and windows. Check your home for fire hazards and make sure all smoke detectors are operating. Have a home fire escape plan and practice it with your children. Teach them some basic first aid and have a small kit stored where it can be found easily.

Keep a list of important phone numbers by each phone. Teach children personal safety and

spend time discussing various situations and how they should handle them. Most important establish some "house rules" and make sure your child understands the consequences if he or she should break a rule. Also, check with your child's school for some after-school programs that might be offered in your area.

For your children, time home alone can be safe and secure with some planning.

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0700 Putting Challenge on the putting green \$5.00
0830 Shotgun start
-1130 Lunch Jack Daniels BBQ at the CPO Club
-1430 Awards Presentation and giveaways

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GOLD \$60.00 Includes Silver package plus JD/CPO commemorative Shirt and JD Field Tester hat.
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Registration Point of Contacts
CTCS Jason Hunt 270-5126 x3291
jason.hunt@navy.mil
AZCS Michael James HSL-44 270-5445 x223
michael.e.james2@navy.mil
ITC Woody Waggoner CID-270-5260 x239
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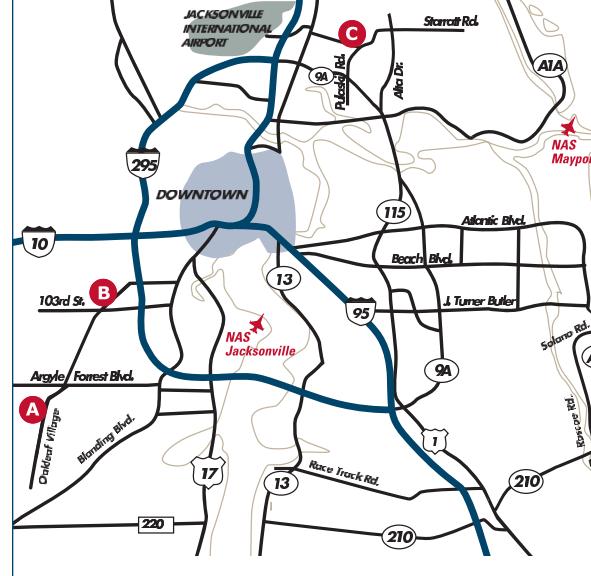
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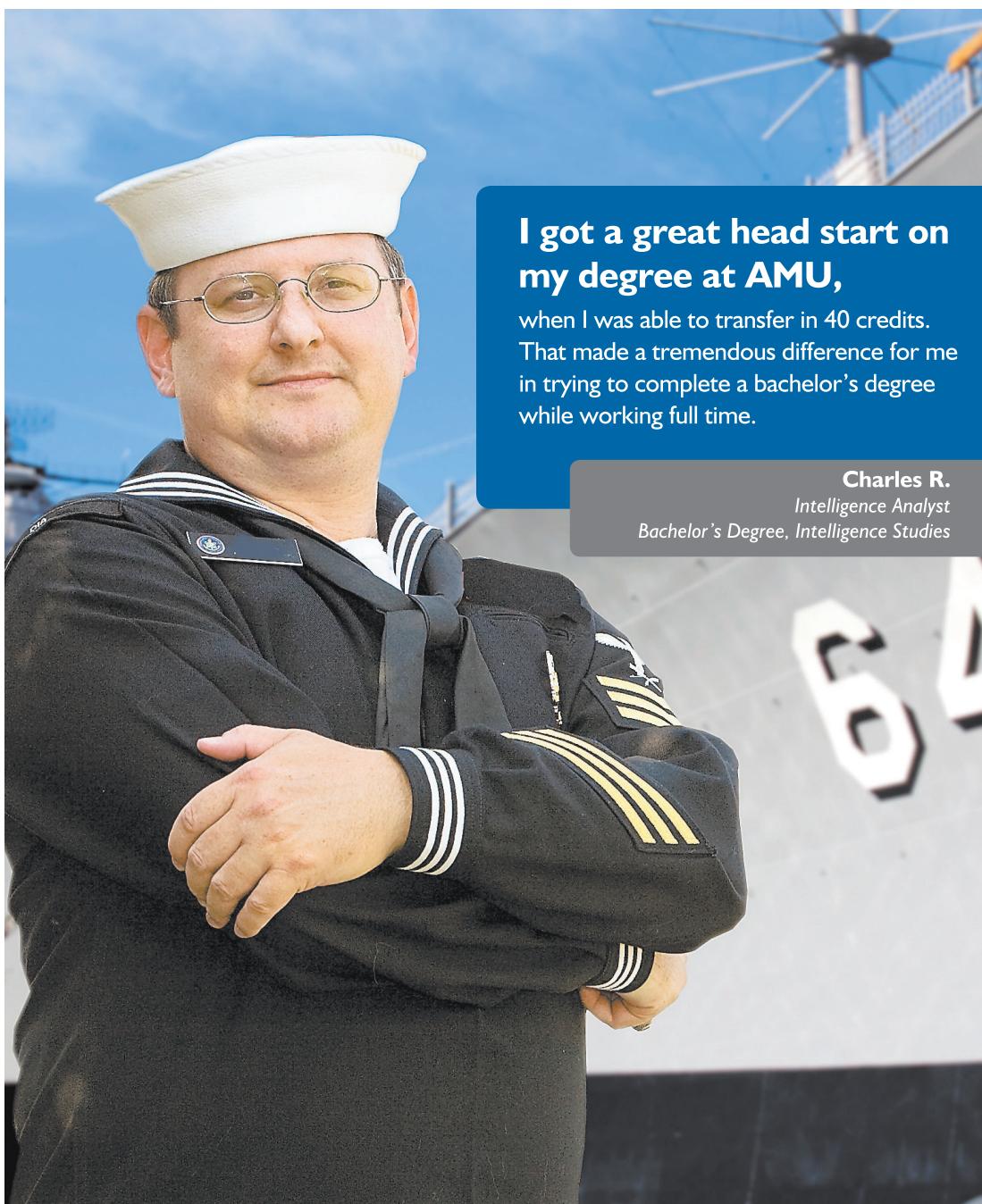
Capt. Chuck Nygaard, with portable flotation devices in place, coordinates the commencement of swim call with the Officer of the deck.



-Photo courtesy of USS Vicksburg



Crewmembers of USS Vicksburg enjoy some good weather and warm water during swim call.



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Operations Specialist 2nd Class(SW) Beach takes the 40-plus-foot plunge off of Vicksburg's missile deck.

'Swim Call' For Vicksburg

By Ensign Ben Milton

USS Vicksburg

"All stop," was the engine order given in USS Vicksburg on Aug. 12 as the cruiser glided through more than 4,500 feet of water north of Grand Bahama Island.

The weather conditions were just right to conduct a much-anticipated swim call for the officers and crew. While transiting to the AUTEC Range to conduct SSRNM (Ships Self Radiated Noise Measurement) testing, Vicksburg took the opportunity to relax for a couple of hours following several action-packed days of Anti-Submarine Warfare Operations and engineering training evolutions.

As a reward to the crew for their hard work, Capt. Chuck Nygaard, commanding officer, made the decision to conduct

swim call. More than five dozen Sailors took the 20-foot leap off the Missile Deck into the crystal blue water. With an inviting and warm 85-degree Fahrenheit water temperature, there was no excuse for the crew not to enjoy this rare opportunity. Any anxiety over the local presence of friendly sea creatures was minimized by the use of Vicksburg's small

boat and armed shark lookouts. Various members of the Vicksburg Wardroom and Chief Petty Officer's Mess contributed to a safe and efficient evolution.

Everyone that participated enjoyed the relaxed atmosphere during the event. Upon completion of this morale-boosting evolution, Vicksburg successfully completed SSRNM and returned to homeport.

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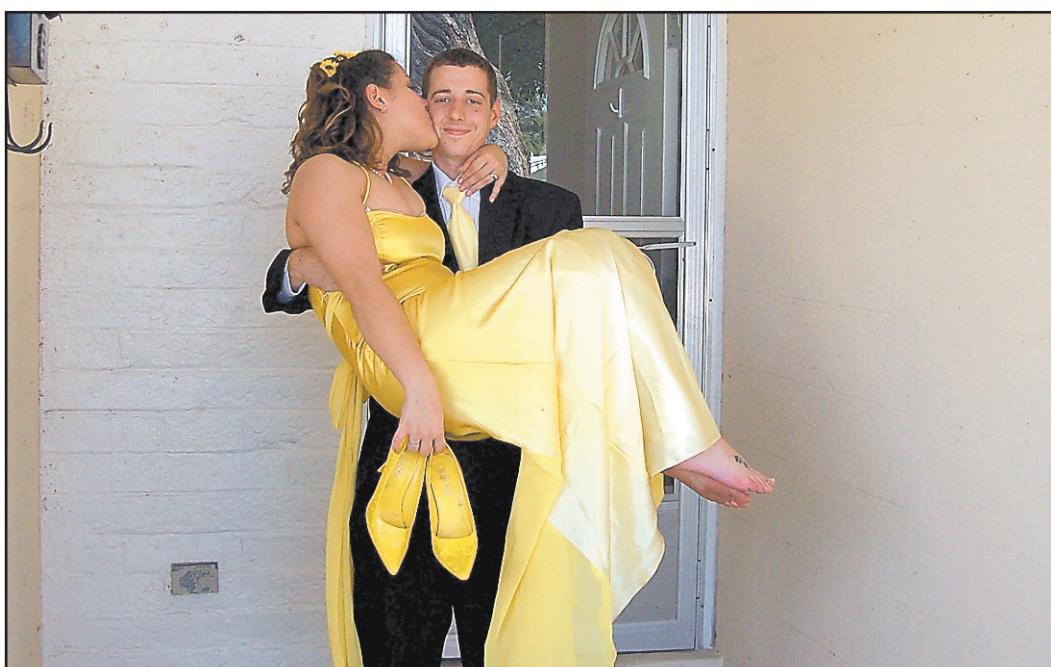
DeCA Salutes Military Women



-Photo by Paige Gnann

Mayport Commissary and C. Lloyd Johnson/Acosta DeCA salute Women in the Military Friday with a sale geared towards Women in Military Service For America Memorial Foundation. Pictured from left, Cryptologic Technician Technical 3rd Class Christal Fuller, Jackie McDougald with Commissary, Fire Controlman 2nd Class Candice Rivera, Store Managers Judy Foster and Jack Vierling, Culinary Specialist 2nd Class Natasha Brice and Mary Mays with C. Lloyd Johnson/Acosta.

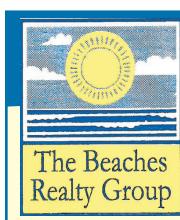
Going To Housing



-Photo courtesy of Housing

On Aug 7, a newlywed couple came into the Base Housing office for housing questions. Not only did we give them answers, but they got a house. Housing, along with our partner Balfour Beatty Communities, were able to celebrate their wedding with the newlyweds and they were able to move in same day. They were so happy and Mrs. Robinson-Woever was crying (relief that things were working out for them and was unexpected), additionally they also received some promotions from the partner.

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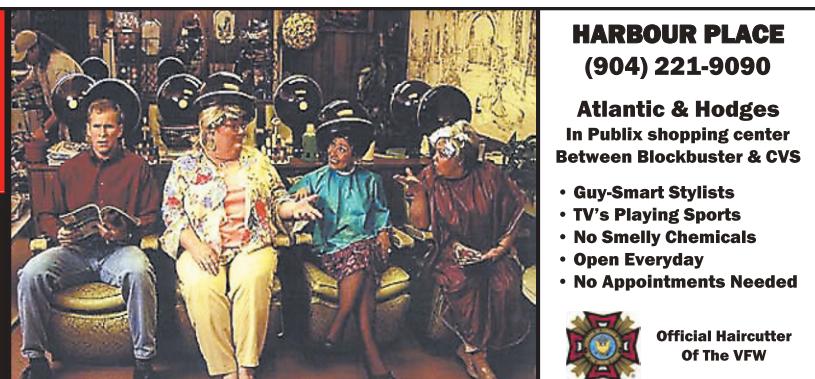
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Forrest Sherman Delivers Project Handclasp Materials To Salvadoran Health Center

By Lt. j. g.

Thomas A. Berenato

USS Forrest Sherman PAO

Sailors from guided-missile Destroyer USS Forrest Sherman (DDG-98) delivered a half-ton of donated medical and hygiene supplies to a health center near the port of Acajutla, El Salvador Aug. 7, capping a three-day Theater Security Cooperation visit to this municipality on El Salvador's Pacific Coast.

Six Forrest Sherman crew-members arrived at the Unidad de Salud de Acajutla Health Care Center to unload two pallets —from materials donated as part of the Chief of Naval Operations' Project Handclasp, a program established in 1962 to gather and issue essential items like these stowed in spare space on American warships. Project Handclasp, based in San Diego, has been able to dispatch approximately 1.5 million pounds of such materials to recipients in overseas ports of call annually for the past several years. Forrest Sherman deployed from its homeport of Norfolk, Va., on June 1 to countries in Central and South America carrying six Project Handclasp pallets in an unused helicopter hangar for offload at sites in Peru and Panama as well as El Salvador.

Dr. Ana Miriam Alfaro de Linares, head of Unidad de Salud de Acajutla, formally accepted Forrest Sherman's donation the next morning from Cmdr. Dean M. Vesely, the destroyer's commanding officer, in a ceremony attended by senior members of the Salvadoran Navy, who helped coordinate the hand-over. Canal 29, a local television news station, covered the event. Also present were the directors of two associated regional medical centers that will share the shipment.

"It is good to have someone from the United States see our facility," said Dr. de Linares. "Your contribution will help many people in the area," she said.

The twelve doctors and nine

nurses of Unidad de Salud de Acajutla offer free health care services —including pregnancy counseling, prescriptions, preventative medicine and immunizations— to 74,000 Acajutla residents "from birth to death," Dr. de Linares said. Open around the clock every day of the year, her staff sees an average 250 patients every 24 hours. They also promote public health initiatives like sanitation, disease-prevention and water-treatment. Their perennial challenges include respiratory infections like tuberculosis, as well as conjunctivitis, diarrhea, dengue fever and AIDS.

"We appreciate any help you can give us," said Dr. Silvia Morena Olivo, a representative from the Salvadoran Ministry of Health who previously worked with U.S. Navy personnel last summer when the hospital ship USNS Comfort called in Acajutla on a similar mission. "We are glad that the coordination between the Salvadoran and United States military in this project is continuing."

Forrest Sherman is deployed in support of U.S. Southern Command's Partnership of the Americas 2008 (POA 08). USS Farragut (DDG 99), USS Forrest Sherman (DDG 98), with embarked LAMPS SH-60B helicopter from HSL 44 Detachment 10, and USS Kauffman (FFG 59), with embarked LAMPS SH-60B from HSL 42 Detachment 7, are assigned to Destroyer Squadron 40 to support POA 08 operations, which are being held from April to October throughout South America, Central America and the Caribbean.

POA 08 emphasizes interoperability and cooperation between U.S. and partner nations' maritime forces through a variety of exercises and events.



-Photo courtesy of USS Forrest Sherman

Cmdr. Dean M. Vesely, commanding officer of guided-missile Destroyer USS Forrest Sherman (DDG-98), hands over a half-ton of donated medical and hygiene supplies to the directors of a health center near the port of Acajutla, Aug. 7, capping a three-day training and partnership-building visit to this municipality on El Salvador's Pacific Coast. Six Forrest Sherman crewmembers arrived at the Unidad de Salud de Acajutla last week to unload two pallets —approximately 1,000 pounds —of antiseptic handwash, latex gloves, shampoo and cotton swabs and other goods sent by United States civilians through the Chief of Naval Operations' Project Handclasp, a program established in 1962 to gather and issue essential items like these stowed in spare space on American warships.

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All Riders are American Legion members, who meet at 10 a.m. on the second Saturdays of the month at Post 316. Call Mike Amig at 742-0841 if interested in joining the patriotic Riders Group



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USS Forrest Sherman, HSL-44 Detachment Trains Alongside Salvadoran Sailors



-Photo courtesy of USS Forrest Sherman

A Sherman Sailor suits up a member of the El Salvadorian navy during a two-day training and partnership activity.

By Lt. j. g.
Thomas A. Berenato
USS Forrest Sherman PAO

Guided-missile Destroyer USS Forrest Sherman (DDG-98) hosted 100 members of El Salvador's navy onboard for a two-day program of training and partnership activities while underway and at anchor in the harbor off Acajutla Aug. 5 and 6.

Seventy-five Salvadoran officers and cadets embarked Forrest Sherman two miles off the Acajutla coastline for a six-hour underway-demonstration of the destroyer's features and capabilities. A series of high-speed turns showed off Forrest Sherman's engineering plant at full power, thrilling the guests. Mauricio Martinez, a fourth-year cadet in the Salvadoran Navy, said he had never been on a ship the size of Forrest Sherman and was "amazed" by her maneuverability and acceleration rates.

The afternoon's agenda started on the flight deck with a tour of the ship's embarked LAMPS SH-60B helicopter from HSL 44 Detachment 10, followed by a staged rescue-and-assistance drill to illustrate fire-fighting methods from a small boat using a portable P-100 pump. The day's schedule concluded with a display of Forrest Sherman's crew-served weapons in action and multiple salvos from the five-inch gun.

Twenty-five additional Salvadoran personnel arrived the next morning for follow-on damage-control training on the use of fire-fighting equipment and the importance of damage control procedures.

"One of the things I will take back to discuss with my cadets - and one day soon with my Sailors, will be the importance of being prepared for all possible casualty scenarios," Cadet Martinez said upon learning how to don fire-fighting gear. "I realize that keeping your people prepared through an arduous qualification process makes

sure the crew reacts quickly to any disasters," he said.

On the same morning Forrest Sherman sent four engineers and four electronics technicians to a Salvadoran patrol boat berthed at a nearby pier. The Sailors assisted with the repair of the vessel's high-frequency radio antennas and led tutorials in cable-maintenance and small-bore engine repair.

"We trained the Salvadorans on how to completely disassemble their four-stroke outboard engine and then, as a test, had them put it all back together," said Petty Officer 3rd Class Eric K. Koberg, who served as the team's Spanish interpreter. "They figured it out pretty quickly, so I think they definitely learned something from us, and we certainly had fun helping them," Koberg said.

Salvadoran Navy Capt. Guillermo Jimenez, Chairman of the Military Policy Board of the Armed Forces, helped arrange Forrest Sherman's visit and attended the underway demonstration. A veteran of Operation Iraqi Freedom, Jimenez is a graduate of both the United States Naval Staff College and the United States Naval Command College.

Among the issues of common interest he recognized between the Salvadoran and United States navies are stopping the flow of illegal narcotics, eradicating terrorist activities, and addressing the emerging threat of climate change.

"Regional stability is the cornerstone of Central America's development," Jimenez said. "This translates into superior operational and tactical interoperability among our neighbors in Central America and with the United States. A drug runner, for example, will have a much harder time evading capture by running into territorial waters if the navies of all the Central American countries act in unison with the help of the United States."

Jimenez was happy with the level of interaction and looks forward to continued training with the United States Navy, especially on the tactics of maritime interdiction operations (MIO).

"El Salvador could certainly benefit from MIO training for its patrol units," he said. "Forrest Sherman's crew shared more than mere knowledge with their Central American counterparts, Jimenez said.

They also serve as models for the next generation of Salvadoran Sailors.

"This, perhaps, has been the most important benefit of your visit," he said. "We have traditionally been a coastal patrol force, but now our junior officers and cadets are stepping into a different world."



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Calendar

On Base

Thursday, Aug. 21

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

USS Samuel B. Roberts family readiness group will meet at 7 p.m. at the Mayport USO. Across from Sonics on Mayport Road. Don't forget to bring a friend. Come to the meeting and receive information from our Ombudsmen as well as the board members. We are also looking for donations for a garage sale. All proceeds will go to the family readiness group for upcoming events. They have to call me to arrange a pick up time.

Thursday, Aug. 28

The Navy Officers' Spouses' Association will be kicking off the 2008-2009 year with a Welcome Night and Membership drive at 7 p.m. at the home of Debbie Bowman, 2186 Oakhill Dr., Mayport NavyBase. Please come to meet

new friends and enjoy homemade desserts. Contact Deanna Garrity, Membership chairman, at 219-1881 if you have any questions.

Thursday, Sept. 18

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

USMMA Alumni Foundation Jacksonville Chapter will meet from 1-5 p.m. at Queens Harbour Recreation Center. For more information, contact Susan at 904-220-2422.

Join a park ranger at 1 p.m. and discover the importance of estuarine systems that surround the inshore sides of barrier islands like those of the Talbot Islands State Parks complex. This ranger-guided hike along the salt marsh will help point out why these areas are one of the most productive ecosystems on Earth, the many

roles the salt marsh plays, the plant and animal life found in this natural community, and the impacts humans have on this system. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

Fleet Reserve Association Branch 290 hosts Breakfast each Sunday, from 8-11 a.m. Menu includes eggs, bacon or sausage, grits or hashbrowns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. Prices start at \$5 for a full breakfast, or \$3 for a breakfast sandwich. Other drinks are available at the bar. As always, the public is invited.

Saturday, Aug. 30

Join a park ranger at 11 a.m. to learn about the species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion one on Little Talbot Island. No reservations are nec-

essary and the program is free with regular park admission.

The Cummer Museum of Art & Gardens is hosting a Medical Illustration Workshop from 10 a.m. to 3 p.m. in connection with Scalpel to Sketch: the science and beauty of medical illustration at Mayo Clinic. The workshop will be taught by a Mayo Clinic Medical Illustrator and will include specialized instruction and a peek into this little-known career track. Cost is \$70 members, \$85 non-members and \$55 active docents. Catered lunch included. For more information or to register, please call The Cummer at (904) 355-0630.

Wednesday, Sept. 3

The Atlantic Beach Women's Connection will meet from 9:30-11a.m. at Selva Marina Country Club, 1600 Selva Marina Drive. Jill McGahan from St. Simons, GA shares how she went from "most dependable" to "least dependable" and back again. "Going Full Circle the Hard Way." The program will be a fabulous fashion show featuring

clothing, accessories and the latest looks from Coldwater Creek. All area women are welcome and encouraged to attend. Cost is \$12 inclusive and complementary child care with reservation. For more information, call Kate @ 534-6784 or atlanticbeachwc@yahoo.com.

Thursday, Sept. 4

The Fleet Reserve Association Branch 290 will hold their monthly General Assembly meeting at 8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach, Fla. All members and prospective members are invited to attend. The Fleet Reserve Association is a worldwide veteran's organization that represents nearly 165,000 active duty and retired Navy, Marine Corps and Coast Guard members. The FRA Branch 290 is called the "active duty Branch" because of the number of active duty members. If you have served in any of the maritime services, no matter how long, stop by the Branch Home, 390 Mayport Road, Atlantic Beach, FL or call 246-6855. New

members are always welcome.

Saturday, Sept. 27

JaxParks, The American Heart Association, Police Athletic League, Jacksonville Children's Commission, First Coast YMCA, Jacksonville Jaguars and Comcast have partnered to celebrate Nickelodeon's Worldwide Day of Play at Clanzel T. Brown Park, 4575 Moncrief Rd. Nickelodeon will stop programming for three hours and suggest children go outside and play on, 2008. As community leaders, we encourage physical activity and better nutrition to ensure a healthier generation. Free activities, nutritional guidance, snacks, special guests and sporting challenges will give the children of the First Coast a unique opportunity. A Jaguar, Win a Pool Relay, Get Slimed! Complete challenges in each zone and win great prizes. Parent zone does include air condition.

Visit Jaxparks.com or call 630-CITY(2489) for complete event description.

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.

Friday, Aug. 22

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Bacon
Corn Beef Hash
Pancakes
French Toast
Lunch
French Onion Soup
Pizza
Hot Wings
Waffle Fries
Potato Chips
Baked Beans
Grilled Tuna
Green Beans
Carrots
Dinner
French Onion Soup
Baked Chicken

Ravioli
Steamed Rice
Oven Browned Potatoes

Broccoli

Corn

Chicken Gravy

Saturday, Aug. 23

Breakfast

Bacon

Turkey Sausage Links

Pancakes

French Toast

Hashbrown

Lunch

Chicken And Rice Soup

Fishwich

Onion Rings

Peas And Carrots

Pancakes

Hashbrowns

Bacon

Dinner

Chicken And Rice Soup

Roast Beef

Baked Fish

Steamed Rice

Mashed Potatoes

Succotash

Green Peas

Brown Gravy

Sunday, Aug. 24

Breakfast

Turkey Sausage Patties

Ham Slices

Pancakes

French Toast

Tater Tots

Lunch

Corn Chowder

French Fries

French Fries

Dinner

Zesty Bean Soup

Breaded Catfish

Meatloaf

Steamed Rice

Mashed Potatoes

Beets

Asparagus
Brown Gravy

Tuesday, Aug. 26

Breakfast

Corn Beef Hash

Turkey Sausage Links

Pancakes

French Toast

Hashbrowns

Lunch

Chicken Noodle Soup

Sweet And Sour Ribs

Mexican Baked Chicken

Steamed Rice

Parsley Buttered Potatoes

Chicken Gravy

Mixed Vegetables

Cauliflower

Bratwurst On Bun

Baked Beans

French Fried Onion Rings

Dinner

Chicken Noodle Soup

Braised Beef Cubes

Fried Fish

Egg Noodles

Steamed Rice

Broccoli

Squash

Wednesday, Aug. 27

Breakfast

Bacon

Minced Beef

Pancakes
French Toast
Tater Tots

Lunch

Pepper Pot Soup

Chicken Pot Pie

Roast Pork

Steamed Rice

Lyonaise Potatoes

Brussel Sprouts

Wax Beans

Brown Gravy

Thursday, Aug. 28

Breakfast

Corn On The Cob

Natural Pan Gravy

Dinner

Clam Chowder

Beef Stroganoff

Baked Fish

Oven Brownd Potatoes

Rice Pilaf

Corn

Carrots

Sausage Links
Corn Beef Hash
Pancakes

French Toast
Hashbrowns

Lunch

Clam Chowder

Baked Stuff Fish

Steamship Round

Mashed Potatoes

Rice Pilaf

Broccoli

Corn On The Cob

Natural Pan Gravy

Dinner

Clam Chowder

Beef Stroganoff

Baked Fish

Oven Brownd Potatoes

Rice Pilaf

Corn

Carrots

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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.

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

Aug. 14, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Aug. 14, 8-11 a.m., Anger Management, FFSC

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

Aug. 19, noon-4 p.m., Leadership Life Skills for E4 & Below, Base Chapel

Aug. 19, 9-11 a.m., Parenting Class, FFSC

Aug. 19, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Aug. 20, 9 a.m.-noon, Tottletyme Playgroup, USO

Parents and children together meet to share parenting con-

cerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds.

This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

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

Aug. 20, 8:30 a.m.-4 p.m., Leadership Life Skills for E5 & E6, Base Chapel

Aug. 21, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

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

Aug. 21, 9-11 a.m., Overseas Living, FFSC

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

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

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

Aug. 26, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Aug. 27, 6-7 p.m., Individual Augmentee (IA) Family Discussion Group, USO

Aug. 27, 9 a.m.-noon, Tottletyme Playgroup, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds.

This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

Aug. 27, 8:30 a.m.-4 p.m., Leadership Life Skills for E7 & Above, Base Chapel

Aug. 28, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Aug. 28, 9 a.m.-noon, New Parent Support Playgroup, USO

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

Children who witness family violence are often forgotten as the unintended victims. A wide range of child adjustment problems has been found to be associated with exposure to domestic violence. Parent's need to see and understand the effects of domestic violence on children as encompassing behavior, emotion, development and socialization. Parents need to understand that there is an intergenerational cycle of violence and they may be creating a legacy for their child of learned violent behavior. The purpose of this program is not to shame parents for events that have already happen, but to instill hope that things can change. The knowledge that the violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention.

CONVERSATIONAL ENGLISH FOR MILITARY SPOUSES (CEMS)



This workshop is for military spouses who speak foreign languages

If you can say "I can learn", then you can learn to speak English!

If you would like to expand your possibilities and imagination, you will have a lot of fun learning the American culture, too!

2008

When: Sept. 15, Oct. 20, Nov. 10, Dec. 8

Where: Fleet and Family Support Center Bldg. 1

Time: 11:00 am to 3:00 pm

For more information or to register, call the Fleet and Family Support Center at: (904) 270-6600 ext. 1701

CNRSE Hosts Annual Work And Family Life Conference

By MC1 Monica R. Nelson

Region Southeast Public Affairs

Eighty-five Navy Region Southeast Fleet (NRSE) and Family Service Center (FFSC) non-clinical staff members gathered at the Omni Hotel, downtown Jacksonville, Fla., July 29-31, to focus on readiness and support programs.

The conference was attended by keynote speakers from Commander, Navy Installations Command (CNIC), who defined new and existing instructions on programs and accreditation.

"Getting that information firsthand from professionals, from headquarters, gives us an idea of the why's and wherefor's. We have opportunity to ask reasons for change," said Mayport's Work and Family Life (WFL) Consultant Russ Garrison.

"This conference is the per-

fect opportunity for me to network with my counterparts and various people that work in family life programs," said Angela B. Smith, personal financial management specialist from Pensacola FFSC. "I came from 17 years in Marine Corps family programs, and the Navy is very different. The services perspective has improved, making it more beneficial to families. Individual augmentees had a lot to do with the Navy's wider perspective on family dynamics. We are now much better equipped."

Alice Bellafiore, accreditation coordinator with CNIC, took the mystery out of accreditation for the conference attendees with her presentation.

"Some of the field staff are unaware of the process. They think it's a pass/fail inspection," said Bellafiore. "But everything

is out in the open. These are reviews. These are findings with the opportunity to achieve full compliance and be accredited."

The goal of accreditation, said Bellafiore, was consistent and quality service delivery across the fleet.

Ron Burton, program manager for Florida's Troops to Teachers, outlined services available through Troops to Teachers to better assist individuals.

"Our mission is to get military personnel to teach in schools that service low-income families and to teach high-needs subjects – math, science and special education. It's a two-fold mission as it also benefits military people in transition."

Burton also provided program points of contact for each Southeastern state.

The biggest benefit for me,"

said Felipe Gonzalez, education services facilitator at Naval Submarine Base Kings Bay, Ga., "is hearing the best practices used by other bases to promote Military Saves and make it successful." Gonzalez attended Julie Kyrazi's Military Saves breakout session.

The conference was the third annual of its kind hosted by NRSE FFSC to provide training and networking for WFL professionals throughout the Southeast region.

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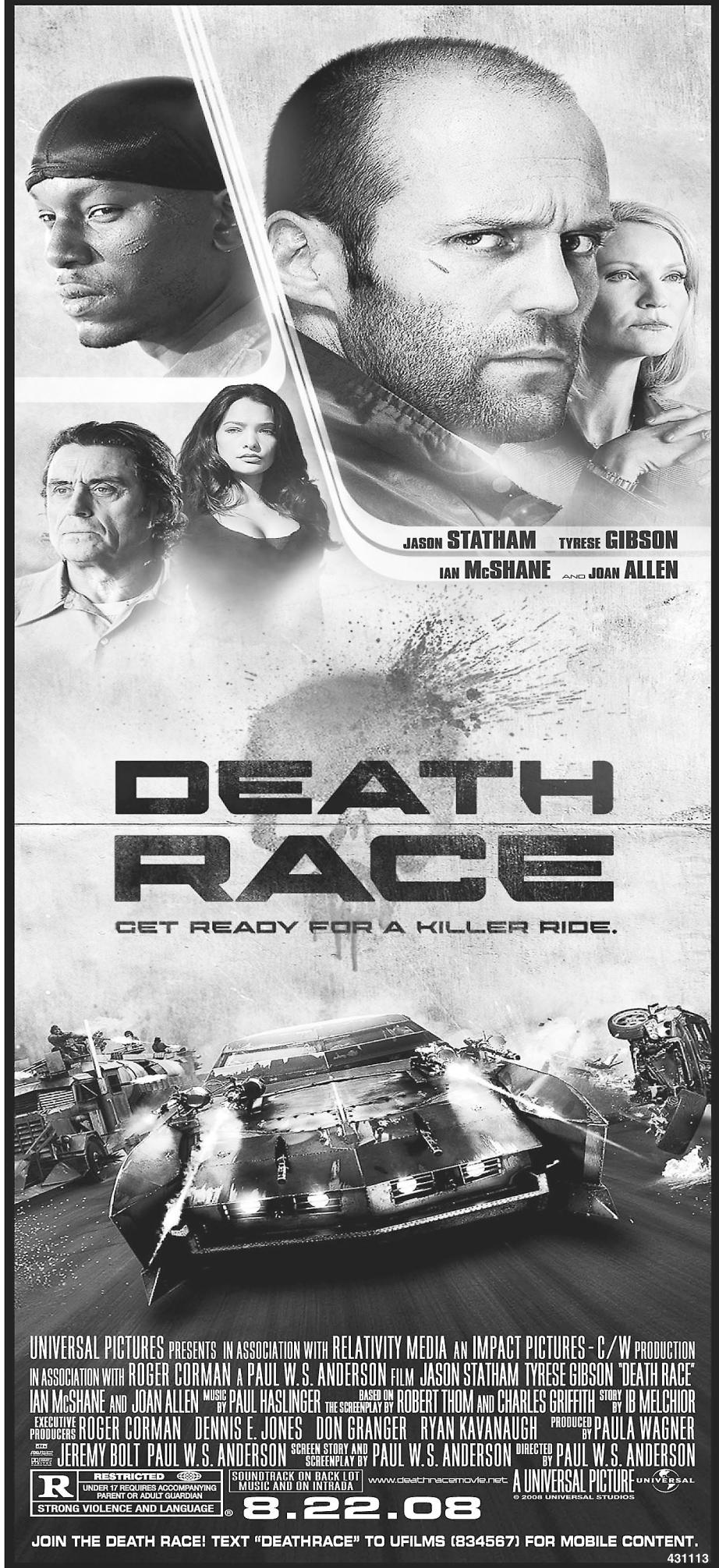
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USAA Expands Its Membership Eligibility

From USAA

Now all military retirees and any service members honorably discharged after 1995, and their families can join USAA.

An additional three million now have access to USAA.

SAN ANTONIO - Citing steady growth in financial strength and operational capacity, USAA announced that effective immediately, membership is now expanded to include:

* Military retirees, regardless of when they retired

* Military personnel who were honorably discharged on or after Jan. 1, 1996

* Widows or widowers of military personnel killed in action while eligible

After they join, spouses and

children of the above may also be eligible for membership.

"Today, USAA is stronger than at any time in our 86-year history, which enables us to offer the benefits of USAA membership to more military families than ever before," said Joe Robles, USAA's President and CEO. "Having served as an Army Private and many ranks along the way to Major General, it gives me great personal satisfaction to know that another three million former service members and their families now have access to all that USAA offers."

USAA began as an officer-only association in 1922, opened to enlisted personnel in 1996, and today serves 6.4 mil-

lion current and former military members and their families.

Throughout its history, USAA has played an important role in helping military families with their financial needs, providing them with insurance, investments and banking products as well as financial planning and advice.

Who is eligible for USAA membership?

Military personnel

* Active duty and retired service members of the U.S. Armed Forces (Army, Air Force, Navy, Marine Corps and Coast Guard) or in the Selected Reserve or National Guard; or those honorably separated in 1996 or later from active duty, Selected Reserve or National

Guard.

* Cadets, Midshipmen, and officer or warrant officer candidates in government-sponsored programs leading to a commission.

Family members

* Adult children, widow(er)s, and unremarried former spouses of USAA members.

* Widow(er)s of officer and enlisted personnel who were killed in action while eligible.

Additionally, USAA life, investment and retirement products are also available to members' extended family, who are not eligible for USAA membership. USAA made this change to help members secure the financial welfare of their extended family members; for example, an aging parent for whom a member is providing care.

nies to retain the highest possible ratings. More current mid-year 2008 results are available on usaa.com.

About USAA

USAA, a diversified financial services group of companies, is the leading provider of financial planning, insurance, investments, and banking products to members of the U.S. military and their families. Named by BusinessWeek as No. 1 Customer Service Champ in 2007 and 2008, USAA provides highly competitive financial products to its 6.4 million members. For more information about USAA, or to learn more about membership, visit usaa.com.

4th Fleet Tours Continuing Promise Sites

By MC3 William S. Parker

4th Fleet Public Affairs

Rear Adm. Joseph Kernan, commander, U.S. 4th Fleet, toured medical, engineering and dental humanitarian sites in here Aug. 13 as a part of the first stop in the Caribbean Phase of Continuing Promise (CP) 2008.

CP is a collaborative effort between the United States and partner militaries, non-governmental organizations (NGO) and partner-nation support organizations to build strong

relationships that can be called upon in the event of a regional situation requiring cooperative solutions.

The first stop on the tour was Nancy Bach Hospital where Kernan, along with Continuing Promise 2008 Mission Commander, Capt. Fernandez "Frank" Ponds and Capt. Walter Towns, commanding officer, USS Kearsarge (LHD 3), donated medical equipment from Project Handclasp to local hospitals.

During a ceremony, CP leadership presented a new sonogram suite to the Waspam Medical clinic while an endoscopy and EKG machine were presented to the hospital on behalf of Project Handclasp through the Partnership of the Americas.

Project Handclasp is a Navy program established in 1962 to collect and distribute donated humanitarian, educational and goodwill materials.

"We greatly appreciate every-

thing the hospital is doing for the community and all the help they are giving us in what we are trying to do," said Kernan.

After the ceremony, the military leaders toured all four medical mission sites to witness firsthand the efforts of the joint military medical teams.

"There are a lot of great things going on here, I believe a lot of friends have been made and a lot of lives have been blessed," said Kernan.

USS Kearsarge is under the

operational control of U.S. 4th Fleet. U.S. 4th Fleet's mission is to direct United States naval forces operating in the Caribbean, and Central and South American regions and interact with partner nation navies to shape maritime environment.

Kearsarge's mission is to conduct civil-military operations including humanitarian and civic assistance (HCA) to send a strong message of U.S. compassion, support and commitment

to Central and South America and the Caribbean.

The CP Caribbean Phase is the second of two HCA deployments to the Southern Command area of focus for 2008. The first CP deployment was conducted by USS Boxer (LHD 4) in the Pacific.

For more news on Continuing Promise, visit U.S. Southern Command's Website at www.southcom.mil.

NOAA Commissions 'America's Ship For Ocean Exploration'

From NOAA

Senior federal officials today in Seattle commissioned the Okeanos Explorer, the first federal ship solely dedicated to exploring the ocean.

A former U.S. Navy surveillance vessel, the ship was transferred to NOAA in 2004 and converted to perform ocean exploration. The Okeanos Explorer will use teleshore D satellite and high-speed Internet-based technology D to enable scientists on shore at any of five Exploration Command Centers to participate in and direct real-time exploration while viewing live images and other ocean data.

John J. Sullivan, deputy secretary of commerce and retired Navy Vice Admiral Conrad C. Lautenbacher, Jr., under secretary of commerce for oceans and atmosphere and NOAA

administrator, led the commissioning ceremonies.

"This vessel will have a significant role supporting President Bush's Ocean Action Plan, helping us learn more about this vast, largely unexplored realm of our world. Additionally, the government saved American taxpayers millions of dollars by refurbishing a surplus ship instead of building a new one for ocean discovery," Sullivan said.

The ship will work in partnership with the University of Rhode Island's Inner Space Center, the hub for the ship's exploration activities. The Inner Space Center was developed by explorer Dr. Robert Ballard, best known for his discovery of the wreck of the Titanic. In addition to the Inner Space Center, Exploration Command Centers are located at the University

of New Hampshire, Mystic Aquarium in Connecticut, and NOAA facilities in Silver Spring, Md. and Seattle.

"The ocean provides us food, medicines, energy, and a means for transportation," said Lautenbacher. "While we have relied on the seas for centuries they still hold many secrets. This new ship will help unlock those mysteries and bring discoveries to light."

Cmdr. Joseph A. Pica, will be the first commanding officer of the ship. Following commission, it will begin a period of crew training and systems field testing before embarking to operate in the Pacific for two years.

Okeanos Explorer was named by a team of students from Woodstock High School in Woodstock, Ill., who won a nationwide ship-naming contest

NOAA initiated to further ocean literacy and education. Okeanos is the ancient Greek word for ocean.

As part of the NOAA fleet of research and survey ships and aircraft, Okeanos Explorer will be operated, managed, and maintained by officers of the NOAA Corps, one of the nation's seven uniformed services, and by civilians under the Office of Marine and Aviation Operations. The ship's exploration systems will be operated by NOAA's Office of Ocean Exploration and Research.

NOAA understands and predicts changes in the Earth's environment, from the depths of the ocean to the surface of the sun, and conserves and manages our coastal and marine resources. Visit <http://www.noaa.gov>.

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New Ship Class Begins Operations In 7th Fleet

From Sealift Logistics Command Far East Public Affairs

Military Sealift Command dry cargo/ammunition ship USNS Richard E. Byrd (T-AKE 4) entered the waters of the U.S. Navy's 7th Fleet July 24, marking the first Lewis and Clark-class multi-product combat logistics support ship in service in the 52 million-square-mile region.

Byrd replaces MSC combat stores ship USNS Niagara Falls (T-AFS 3), which has been forward deployed supporting 7th Fleet since 1994.

Though the entry into the fleet's territorial waters was unceremonious, it signals a significant change for Logistics Group Western Pacific, also known as Commander Task Force 73, which will operationally control the ship while in theater.

"This ship will enable our command to provide the warfighter with a level of support that is unprecedented," said Rear Adm. Nora Tyson, CTF 73 commander. "It brings a much more robust capability to the fight."

The 689-foot-long underway replenishment vessel, known as a T-AKE, replaces the current capability of the Kilauea-class ammunition ships and Mars-class combat stores ships, and it also possesses the capability to

refuel ships at sea.

"The combat stores ships are extremely capable and have developed a real 'can-do' culture for any mission in 7th Fleet. However, having the T-AKE as a one-stop logistics ship in the Navy's largest theater will significantly improve the flexibility of our operations," said Capt. Jim Smart, CTF 73 assistant chief of staff for logistics.

"While we say a sad farewell to Niagara Falls and honor her many years of fine service and her reputation for professional excellence, we welcome and are glad to have Byrd and its crew on the Navy team in the Western Pacific."

Byrd has a crew of 124 civil service mariners working for MSC as well as a military detachment of 11 Sailors who provide operational support and supply coordination. When needed, Byrd can also carry a supply detachment.

MSC operates approximately 110 noncombatant, merchant marine-crewed ships that

replenish U.S. Navy ships, conduct specialized missions, strategically preposition combat cargo at sea around the world and move military cargo and supplies used by deployed U.S. forces and coalition partners.

THE MIRROR NS MAYPORT, FLORIDA

OFF-BASE PICKUP LOCATIONS

LOCATION	ADDRESS	CITY	LOCATION	ADDRESS	CITY
ALLSTATE INSURANCE CO.	PAN AM PLAZA - MAYPORT RD.	JAX	JIFFY LUBE	10430 ATLANTIC BLVD	JAX
AMERICAN LEGION POST	316 ATLANTIC BLVD.	JAX	JIFFY LUBE	13560 ATLANTIC BLVD	JAX
COAST GUARD STATION (EXCHANGE STORE)	A1A HWY	JAX	JIFFY LUBE	1067 ATLANTIC BLVD	ATL BCH
COMFORT INN	MAYPORT RD.	JAX	JIFFY LUBE	1672 S 3rd ST	JAXBCH
COMMISSARY (INSIDE RACKS)	MAYPORT RD.	JAX	JIFFY LUBE	8379 BAYMEADOWS RD	JAX
DAYS INN	1401 ATLANTIC BLVD.	JAX	JIFFY LUBE	5295 SUNBEAM RD	JAX
FCE - SHELL	9115 MERRILL RD./9-A	JAX	JIFFY LUBE	1109 OLD ST AUGUSTINE RD	JAX
FCE - SHELL	1539 S 3rd ST	JAX BCH	JIFFY LUBE	9699 SAN JOSE BLVD	JAX
FCE - SHELL	7150 MERRILL RD	JAX	KANGAROO	2837 TOWNSEND BLVD	JAX
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	10100 GRANITE PLACE	JAX
FLEET LANDING	MAYPORT RD.	JAX	KANGAROO	1031 BEACH BLVD.	JAX BCH
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX	KANGAROO/BP	1403 N 3rd ST	JAX BCH
FLETCHER HIGH SCHOOL ROTC		JAX BCH	KANGAROO/SMOKERS EXPRESS	10910 ATLANTIC BLVD.	JAX
GATE	1900 MIZELL RD	STAU	LA CRUISE GIFT SHOP	2615 ST. JOHNS BLUFF/ALDEN	JAX
GATE	220 A1A N	PVB	LIL CHAMP	A1A HWY	JAX
GATE	619 A1A N	PVB	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
GATE	2350 SR 16	STAU	LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX
GATE	463779 SR 200/A1A	YUL	LIL CHAMP	13967 McCORMICK RD(MT PLEASANT RD)	
GATE	3230 EMERSON ST	JAX	LIL CHAMP	5001 HECKSCHER DR. - BLOUNT	JAX
GATE	3938 HENDRICKS AVE	JAX	LIL CHAMP	1310 S. 3rd ST.	JAX BCH
GATE	8070 ATLANTIC BLVD	JAX	MALLARD COVE OFFICE	A1A HWY / WONDERWOOD	JAX
GATE	1721 UNIVERSITY BLVD N	JAX	NAVY HOUSING APARTMENTS	ATLANTIC BLVD / CRAIG FIELD	JAX
GATE	5617 BOWDEN RD	JAX	NEX (OUTSIDE RACKS NEAR ATM)	MAYPORT RD.	JAX
GATE	570 BUSCH DR	JAX	OTTER RUN OFFICE	ASSISI LANE	JAX
GATE	12548 SAN JOSE BLVD	JAX	RAINBOW CENTER CHILD CARE	NAVY HOUSING OFF ASSISI LANE	JAX
GATE	10946 FT CAROLINE RD	JAX	РИБАУЛ БАЙ КОММЮНИТЕТ ЦЕНТР	ASSISI LANE	JAX
GATE	1001 MONUMENT RD	JAX	SINGLETON'S SEAFOOD SHOP	A1A HWY	JAX
GATE	10044 ATLANTIC BLVD	JAX	SOUTHTRUST BANK	1301 ATLANTIC BLVD.	JAX
GATE	4100 HECKSCHER DR	JAX	SPRINT	1202 US-17	JUL
GATE	2520 S 3rd ST	JAXBCH	SPRINT	8838 ATLANTIC BLVD	JAX
GATE	319 S 3rd ST	JAXBCH	SPRINT	3051 MONUMENT RD/ COBBLESTON	JAX
GATE	9144 BAYMEADOWS RD	JAX	SPRINT	1209 MONUMENT RD/LEE	JAX
GATE	11461 OLD ST AUGUSTINE RD	JAX	SPRINT	12743 ATLANTIC BLVD./GIRVIN	JAX
GATE	10455 OLD ST AUGUSTINE RD	JAX	SPRINT	301 ATLANTIC BLVD.	ATL BCH
GATE	9540 SAN JOSE BLVD	JAX	SPRINT	2810 SR A1A N	ATL BCH
GATE	1605 RACETRACK/SR13	JAX	SPRINT	14376 BEACH BLVD./SAN PABLO JAX BCH	
HOME FINDER'S REALTY	2550 MAYPORT RD.	JAX	SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH
JAX FEDERAL CREDIT UNION	664 ATLANTIC BLVD.	JAX	SPRINT	1601 PENMAN RD.	JAX BCH
JIFFY LUBE	3212 UNIVERSITY BLVD S				

USO News

The USO has received an appeal from the new USO Balad Center in Iraq (Anaconda) for individual powdered flavored drink packets for our fighting troops. These individual packets produced by Crystal Light, Kool Aid, Countrywide, and other manufacturers, are in great demand to flavor the troops drinking water in the 120 plus degree heat with their 60-pound plus packs. Individuals, or organizations are encouraged to drop off packets or fund donations at our local Mayport USO Center at 2560 Mayport road, or call Chuck Carroll 463-2884 for further information. The Mayport USO Center will package and send these donations via USPS to USO Balad.

The USO is selling Jacksonville Jaguars tickets for

the Aug. 16 preseason game for \$8 each. First come, first served. Maximum four tickets for married active duty and two tickets for singles.

Jacksonville Axemen Season tickets on sale at Mayport USO only! Season tickets available at your Mayport USO. Tickets are \$20 for the entire season, kids under 12 are free. Games will be played at UNF soccer/track field.

Mayport USO Center is now accepting resumes for a part-time staff position. Duties include, but are not limited to, answering phones, assisting visitors, administrative work, cash & credit sales, and participation in special events. Experience using Microsoft Office products is required. Occasional lifting, bending & carrying required.

Send resumes to Wendy Layton-Pollack at wendy@usojax.com or Mayport center.

The new Priority Mail Large Flat Rate Box is now 50% larger (12 x 12 x 5 1/2) and for the first time in history, the U.S. Postal Service is offering a \$2 discount when sending the new larger box to an APO/FPO address, enabling customers to send more with one flat price of \$10.95. There are two versions of the new box; one branded with "America Supports You" (a Department of Defense-sponsored organization that supports overseas military forces) and includes an APO/FPO address block. Either version of the new Priority Mail Large Flat-Rate Box is eligible for the \$2 discount. The boxes can be ordered at <http://www.usps.com>

free of charge.

Special USO ticket prices on sale for the PBR Built Ford Tough Series Professional Bullriding Sept. 19-20. Stop 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 endzone sections); \$48.25 (USO) - 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.

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 availability, 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.

Reaching Out

The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call NS Mayport volunteer coordinator CS1 Hopkins at 237-5808 or 270-5373 or Dianne Parker at 542-5380 or you can immediately sign-up online for opportunities using www.volunteer gatewayjacksonville.org.

YMCA of Jacksonville
YMCA of Jacksonville is looking for volunteers for their outreach programs geared towards males. For more information, contact Terra Herzberger at 265-1820.

Children's Home Society of Florida

Children's Home Society of Florida is getting ready to permanently place seven or eight children in loving homes within the next couple weeks. Seeking children's furniture. Contact Nick Geinosky at 904-493-7738.

Homeless Pet Shelter
Jacksonville Homeless Pet Shelter seeks volunteers. The new Homeless Pet Shelter is seeking help at a Temporary Clinic on surgery days. Days and hours vary. Contact dfields@bellsouth.net.

St Augustine Amphitheatre Seeks Volunteers
St. Augustine Amphitheatre seeks volunteers to be used as ushers, checking tickets, and pointing out seats. As a volunteer, you get to see the entire show. For more information, contact Lisa Tomkins at 209-3750.

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 elconciliojax@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.

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. 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 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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Congressman Honors Vets

From Congressman Crenshaw's Office

Congressman Anderson Crenshaw announced he will again recognize the contributions of Vietnam War veterans living in the 4th Congressional District of Florida. This year's recognition ceremony will be held on Nov. 7, 2008, at Naval Station Mayport, but to participate, all eligible veterans must register before Oct. 3, 2008.

Members of the armed forces who were awarded either the Vietnam Service Medal or the Vietnam Campaign Medal are eligible for this year's ceremony. The Vietnam Service Medal was awarded to those

who served in Vietnam and its contiguous waters and airspace between 3 July 1965 and 28 March 1973. In addition, personnel serving in Thailand, Laos or Cambodia in direct support of operations in Vietnam during the same time period were also eligible for the medal.

Armed Forces members who qualified for the Armed Forces Expeditionary Medal by service in Vietnam between July 1, 1958 and July 3, 1965 will also be recognized.

The Vietnam Campaign Medal was awarded to those who served for six months in South Vietnam during the period

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The Weekly Crossword

By Alan P. Olschwang Huntington Beach, CA

ACROSS

- | | |
|----|------------------------------------|
| 1 | Time for a shower? |
| 6 | Some NCOs |
| 10 | Small town |
| 14 | Spyri heroine |
| 15 | Debatable |
| 16 | Jacob's twin |
| 17 | Eve of "Grease" |
| 18 | Spicy stew |
| 19 | Stark naked |
| 20 | Start of a quip |
| 21 | Money-managing exec. |
| 22 | Final: abbr. |
| 23 | Tyrant |
| 24 | Part 2 of a quip |
| 25 | Bologna neighbor |
| 26 | Mischiefous kid |
| 27 | Upholstery nail |
| 28 | "Common Sense" writer |
| 29 | Part 3 of a quip |
| 30 | Shepherdess in Virgil's "Eclogues" |
| 31 | Editorial notation |
| 32 | 4th B'way theater sign |
| 33 | Stage a coup |
| 34 | Marconi's medium |
| 35 | Invitee |
| 36 | Gymnast Korbut |
| 37 | Earthenware pot |
| 38 | Sea eagles |
| 39 | Lawn cutter |
| 40 | Gas or elec. |
| 41 | Small monkey |
| 42 | Type of alcohol |
| 43 | Dieter's word |
| 44 | External layer |
| 45 | Pumps, e.g. |
| 46 | 9 Rose |
| 47 | Elaine of "Seinfeld" |
| 48 | Some |
| 49 | Spelling |
| 50 | Part 4 of a quip |
| 51 | Entertainer |
| 52 | Dissemblance |
| 53 | Morgue letters |
| 54 | End of a quip |
| 55 | Earthenware pot |
| 56 | Sea eagles |
| 57 | Lawn cutter |
| 58 | Gas or elec. |
| 59 | Small monkey |
| 60 | Type of alcohol |
| 61 | Dieter's word |
| 62 | External layer |
| 63 | Pumps, e.g. |
| 64 | 9 Rose |
| 65 | Elaine of "Seinfeld" |

By Alan P. Olschwang
Huntington Beach, CA

8/21/08

Last Week Answers

A	L	O	T	S	T	U	D	I	S	L	E	T
S	A	V	E	S	O	R	E	S	H	A	K	O
A	L	E	E	W	A	I	T	M	O	N	E	Y
M	A	R	T	A	S	R	A	W	E	D	S	S
I	S	W	H	A	T	T	H	I	N	G	S	S
H	E	R	A	M	A	I	T	R	E	D		
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Commissaries Stocking More 'Green Clean' Products

By Lynda Valentine
DeCA

Over the past year, the Defense Commissary Agency has almost tripled the number of "green clean," recycled and biodegradable products sold in stores. Commissaries now offer 24 green and natural products in laundry detergents, glass and surface cleaners, bleach, stain removers, drain openers, fabric softeners, and floor cleaners.

"We see, by the sales of these items, that our customers want this type of product," said Rick Page, the agency's acting director. "As the availability of products in the green clean, natural and recycled categories con-

tinues to grow, DeCA will also continue to increase the number of items we make available to our customers."

The largest natural brand being stocked within DeCA is the Seventh Generation brand. Commissaries also stock Citra Sol, another well-known natural brand. Plus, many mainstream brands are coming out with natural alternatives. Purex has a laundry detergent called "Purex Naturals" and Clorox has begun manufacturing all-purpose cleaning, glass, bathroom and toilet bowl cleaner products under a "Green Works" label.

Rounding out the list of green products being sold at commis-

saries are 21 types of compact fluorescent light bulbs and 15 recyclable products in the paper section.

According to the Environmental Protection Agency's Web site, <http://www.epa.gov/>, about one out of every three commercial cleaning products contains harmful chemicals. Green products are defined as cleaning and maintenance products that minimize adverse impacts on children's health and the environment, while cleaning effectively. Environmentally preferable cleaning products have less impact on human health and the environment than their traditional counterparts

because they are generally less toxic and contain lower concentrations of volatile organic compounds, ozone-depleting chemicals, endocrine disrupters, and reproductive toxins and carcinogens.

When shopping for green clean products, consumers should check labels for wording such as "nonhazardous," "mild or nonirritant" and "neutral pH."

Product availability may differ from store to store. For more information about DeCA's "Go Green" program, visit our Web site at <http://www.commissaries.com>.

Sugar Alcohol Not A Mixed Drink

By Maj. Karen E. Fauber
DeCA dietitian

When reaching for a sugar-free treat this summer you might see that there is sorbitol or another sugar alcohol in it.

This alcohol will not give you the buzz you get from drinking your favorite beer or a mixed drink, but if you eat foods containing one or more sugar alcohols it can affect you — especially if you have diabetes.

Sugar alcohols are often used as sweeteners or fillers in food. They are made from carbohydrates such as sucrose, glucose and starch, and are often used in reduced-calorie foods. Commonly used sugar alcohols include sorbitol, glycerol or glycerin, mannitol, xylitol, maltitol syrup, erythritol, isomalt and hydrogenated starch hydrolysates.

You can also find small amounts naturally in fruits and vegetables. If you use a sugar-free toothpaste or mouthwash,

you will probably find a sugar alcohol or two on the label.

When you eat a food with sugar alcohol in it, your body does not have to use much insulin, if any, to change the food into energy, therefore it doesn't affect your blood-sugar level very much. So this is really good news for those with diabetes. However, this isn't a green light to eat all you want of foods with sugar alcohols as they can cause intestinal discomfort and gas.

The American Dietetic Association advises that eating more than 50 grams of sorbitol or more than 20 grams of mannitol may cause diarrhea. So if you are eating quite a few of the sugar-free cookies in hopes of saving a few calories or chewing several pieces of sugar-free gum with sorbitol in a day and getting a stomachache, this might explain it.

Read the label

It is generally recommended that those with diabetes count half the grams of sugar alcohol in a food as carbohydrates, as about half of it is digested. It requires a little math that can help pay off with managing blood-sugar levels:

- Count it as a free food if all the carbohydrate in a food is from sugar alcohol only and equals less than 10 grams per serving.

- For all other foods, divide the grams of sugar alcohol by two and subtract it from the total grams carbohydrate per serving. For example: A bar has 35 grams carbohydrate and 20 grams sugar alcohol. Divide the 20 by 2 which equals 10 grams carbohydrate. Then subtract the 10 grams from the 35 grams to equal 25 grams carbohydrate.

With a little practice you will find it easy to figure out how

much carbohydrate is really in those sugar-free or reduced-sugar foods. Sugar-free does not mean calorie-free, so remember to control the portion sizes while you enjoy the sweets.

See you in the commissary, where with savings of 30 percent or more, it's always worth the trip!

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

Enjoy Green Tea Time Today

By Maj.
Karen E. Fauber
DeCA dietitian

save 30 percent or more if you purchase it at your commissary.

Trying to lose weight

Growing evidence shows that drinking unsweetened, fresh-brewed green tea, on ice or hot, may be the ultimate weight-loss drink. Research has shown that drinking tea several times a week has contributed to 20 percent less body fat than those who drank none. So if you are trying to lose a few pounds, or want to maintain your weight, drinking green tea may help you do just that. Try adding a few lemon, orange, or lime slices along with some mint leaves to spice it up a little. Anyway you drink it you can enjoy the health benefits of green tea.

See you in the commissary!

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

Commissaries Withdraw Del Monte Ketchup

From DeCA

The Defense Commissary Agency announced a withdrawal of all sizes of Del Monte Ketchup Aug. 18 as military food health officials investigated customer complaints of bottle swelling and white and yellow particles found inside the bottle. There have been no reported illnesses associated with this product.

DeCA food safety officials announced the withdrawal of all lots and codes of the following

Del Monte Ketchup products:

- Del Monte Ketchup, 64 ounce, UPC 002400000898
- Del Monte Ketchup, 36 ounce, UPC 002400000643
- Del Monte Ketchup, 24 ounce, UPC 002400000641

DeCA will provide updates when the results of further product testing become available.

Commissary customers who have purchased this product are advised not to consume it, pending a determination of the wholesomeness of the product.

If customers desire not to hold this product until a medical determination has been made, they can return the product to the place of purchase for a full refund. For more information on this withdrawal notice and other food safety-related information, visit the DeCA Web site at <http://www.commissaries.com>, go to the "Food Safety" section and access links to various consumer safety sites.

How To Turn Commissary Ingredients Into Fun Time

By Kay Blakley

DeCA home economist

School's out and the children are free for endless hours of summer fun! Yea, right! Maybe for a week or so, then come those pitiful whines of, "Mom, I'm bored. There's nothing to do." This year, be prepared to turn a boring afternoon into a total summer blast with a few common kitchen ingredients.

Want to make some huge, sturdy bubbles that float for an amazingly long time before

they pop? Dish washing liquid, corn syrup and water is all it takes to make a whole tub full. Cornstarch, food coloring and a pinch of soap flakes makes a great batch of finger paints. Cornstarch and white glue becomes Silly Putty in a snap, and a roll of toilet paper and a bar of soap easily transforms into Clean Mud — as long as you've got the recipe.

While the children are mesmerized with the batch of Big Bubbles, mom can stir together

a recipe of Mellon Bubbles for dessert, or let the older kids try their hand with Kool Colored Angel Cake, Ice Cream Muffins, or even Coffee Can Ice Cream. Of course, all the kids will want to be involved in that one. Better start saving coffee cans now, so you'll have enough to go around.

Get the recipes in Kay's Kitchen at <http://www.commissaries.com>. Get the ingredients at your commissary — it's always worth the trip!

Customers Making Healthier Choices At Store

By Maj. Karen Fauber

DeCA dietitian

While shopping in the commissary last week I saw the most wonderful sight for a dietitian: Everywhere I looked people were reading labels on packages. I would like to think that they were all trying to make the healthiest choices possible as they took advantage of their commissary benefit. This was wonderful to see, because as the DeCA dietitian it's my mission to help educate our customers make informed decisions about their health.

According to the 2007 Food & Health Survey, as many as 66 percent of food shoppers are trying to make healthy choices for themselves and their families. So it makes sense that more people are reading labels on packages to choose foods that meet their health and dietary

needs. However, today it can be a little challenging for shoppers to make those decisions with all the information that is on the labels.

To help make your shopping easier, try using the "5-20 guide" as a quick tip to label reading. For any nutrient on the food label (usually found on the side or back of the product) consider the following amounts:

- 5 percent or less is low: For nutrients you need more of, such as fiber, calcium and iron, choose foods with 5 percent or less daily value.

- 20 percent or more is high: For nutrients you need more of, such as fiber, calcium and iron, choose foods with 20 percent or more daily value.

The Defense Commissary Agency, the National Guard Bureau Decade of Health Program and the American

Heart Association are working together to help you make your shopping for healthy choices a little bit easier. You can create and print your own shopping list found at <http://www.heartcheckmark.org>.

Look for more tips on how to make informed choices throughout the month in appreciation for all you do in service to our nation.

See you in the commissary!

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

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Terrific opportunity for a motivated individual to work with one of the largest companies in America. Responsibilities will include speaking to and educating customers, and setting appointments. No experience necessary, we will train the right individuals. Reliable transportation a must. 20-30 hour work week positions start immediately. Call 224-1085

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No exp needed!
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My favorite game is **FOOTBALL**. I, as well as most people, do not enjoy playing all of the games some car dealers do, when trying to purchase a vehicle. I would like to invite you to visit my favorite dealer, where you do not need a magnifying glass to read the fine print, be a lawyer, or an accountant, to understand their ad. The price advertised, is the price you pay, including everything, all taxes, fees and tag... **DRIVE OUT!**

If you purchase a new Honda in stock, present this ad and you will receive an authentic NFL Game Ball autographed by Paul Spicer and an invitation to an autograph session.

**NO FINE PRINT
HIDDEN FEES
HIDDEN COSTS
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**HERE ARE JUST A FEW OF
THE MODELS ON SALE:**

ACCORD	'08 Accord LX 4 DOOR \$21,470 ⁵¹	'08 Accord LXP 4 DOOR \$22,437 ³⁹	'08 Accord EX 4 DOOR \$24,081 ¹⁰	'08 Accord EXL 4 DOOR \$26,017 ⁸⁸
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CIVIC	'08 CIVIC LX 4 DOOR \$18,440 ⁸⁸	'08 CIVIC EX 4 DOOR \$20,158 ³³	'08 CIVIC EXL 4 DOOR \$21,336 ⁰²	'08 CIVIC EXL NAV 4 DOOR \$23,053 ⁴⁸
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CIVIC	'08 CIVIC LX 5 SPD, 2 DOOR \$17,984	'08 CIVIC EX 2 DOOR \$18,240	'08 CIVIC EXL 2 DOOR \$19,987	'08 CIVIC EXL 2 DOOR \$21,150
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CRV	'08 CRV 4 DR LX \$21,534 ⁶³	'08 CRV 4 DR EX \$23,767 ³⁴	'08 CRV 4 DR EXL \$26,297 ⁷⁵	'08 CRV 4 DR EXL/Nav \$27,984 ⁶⁹
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150 USED CARS IN INVENTORY!

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01 TOYOTA CAMRY LE	\$10,980	03 MITSUBISHI ECLIPSE GTS	\$9,995
Low Miles, Loaded		Auto, Leather, Loaded	
01 ACCORD EX -L V6	\$10,950	03 FORD EXPLORER XLS	\$8,995
Automatic, Loaded		Sunroof, Alloy Wheels, Spoiler	
Black Leather, Auto		05 HONDA ACCORD LX	\$13,980
03 CHEVY MALIBU LS	\$7,995	Only 34,00 Miles, Loaded	
Loaded, Nice Car		06 HONDA PILOT EX	\$18,950
02 SATURN 4DR SL2	\$7,995	Low Miles, Loaded	
Only 50,000 Miles, Loaded		07 HONDA CIVIC 4DR LX	\$16,470
98 SATURN SLT	\$5,995	Only 18,00 Miles, Loaded	
Auto, Only 48,000 Miles		Auto, Loaded, 29,000 Miles	
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Leather, Loaded		Auto, 64,00 Miles, Loaded	

04 HONDA CIVIC 4DR LX

Auto, Low Miles, Loaded

04 HONDA CIVIC EX

\$13,950

05 HONDA ACCORD LX

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06 HONDA PILOT EX

\$18,950

07 HONDA CIVIC 4DR LX

\$16,470

04 GMC ENVOY XUV

\$11,970

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\$20,950

04 LEXUS IS300

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04 BLAZER 4DR LS

\$10,950

07 NISSAN SE CROWN CAB

\$17,450

05 LEXUS ES 330

\$22,790

07 TOYOTA CAMRY SE

\$21,950

02 NISSAN QUEST GLE

\$10,980

04 LEXUS IS300

\$19,950

06 NISSAN 350 Z

\$18,950

Loaded, 25,000 Miles

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Auto, Low Miles, Loaded

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\$32,570

Loaded, Low Miles

07 TOYOTA CAMRY SE

\$21,950

White, 12,000 Miles, Loaded

02 NISSAN QUEST GLE

\$10,980

Leather, DVD, Only 64,000 Miles

04 LEXUS IS300

\$19,950

Loaded, Low Miles

06 NISSAN 350 Z

\$18,950

Loaded, Leather, All Power

04 HUMMER H2 4X4

\$32,570

Loaded, Low Miles

07 TOYOTA CAMRY SE

\$21,950

White, 12,000 Miles, Loaded

02 NISSAN QUEST GLE

\$10,980

Leather, DVD, Only 64,000 Miles

04 LEXUS IS300

\$19,950

Loaded, Low Miles

06 NISSAN 350 Z

\$18,950

Loaded, 25,000 Miles

04 HUMMER H2 4X4

\$32,570

Loaded, Low Miles

07 TOYOTA CAMRY SE

\$21,950

White, 12,000 Miles, Loaded

02 NISSAN QUEST GLE

\$10,980

Leather, DVD, Only 64,000 Miles

04 LEXUS IS300

\$19,950

Loaded, Low Miles

06 NISSAN 350 Z

\$18,950

Loaded, 25,000 Miles

04 HUMMER H2 4X4

\$32,570

Loaded, Low Miles

07 TOYOTA CAMRY SE

\$21,950

White, 12,000 Miles, Loaded

02 NISSAN QUEST GLE

\$10,980

Leather, DVD, Only 64,000 Miles

04 LEXUS IS300

\$19,950

Loaded, Low Miles

06 NISSAN 350 Z

\$18,950

Loaded, 25,000 Miles

04 HUMMER H2 4X4

\$32,570

Loaded, Low Miles

07 TOYOTA CAMRY SE

\$21,950

White, 12,000 Miles, Loaded



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