

THE MIRROR

NS MAYPORT, FLORIDA

CHINFO Award Winner

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www.nsmayport.navy.mil

www.mayportmirror.com

THURSDAY, September 11, 2008

OFF THE DECK

Mayport Beach Cleanup Set

Naval Station Mayport is looking for volunteers to participate in this year's Ocean Conservancy's International Coastal Cleanup. The clean up is a year-round endeavor to keep oceans free from trash and safer for people and animals. On the third Saturday in September each year, the International Coastal Cleanup provides a direct and tangible way for individuals to make a difference for one of the largest problems, trash in the ocean. In support of this, on Sept. 20 Mayport volunteers will meet at the Jetties Pavilion #3, the eastern-most covered pavilion, across from Pelican Roost RV Park. The event will be held from 8-11 a.m. Plastic trash bags and rubber gloves will be provided. For more information, go to: www.coastalcleanup.org or contact Naval Station Mayport Water Program Manager, Scott Dombrosky at 270-6730, ext. 211.

Join Zumba Party

One of the latest group exercise crazes is flourishing at Mayport. ZUMBA! It has drawn record crowds to the Surfside Fitness Center's group exercise room. Mayport's active duty, dependents and retirees have all been cashing in on the benefits of this program. Zumba is a fun, caloric burning class that's joint friendly. Fitness Director Emily Deason and Fitness Specialist Glinda Langford have earned the national certification necessary for a fitness facility to conduct the classes. NS Mayport Navy Fitness Team will be hosting a Zumba party on Sept. 25 at 11:30 a.m. at the Mayport Gymnasium Basketball Court 1. Come see what Zumba is all about.

Is Your Command Up To Challenge?

Commands should be gearing up now and making plans for the 2008 MWR Fall Sports Challenge on Oct. 8-9. USS Underwood won the Spring Sports Challenge. Can your command take the title away from them? The two-day event is filled with 19 challenges, including the CO/CMC canoe challenge and the Tug-o-War. This is a great way for commands to build teamwork and morale. For more information, call MWR Sports Coordinator Rita Hammerstad at 270-5451 to put your team on the roster.

Navy Ball Tickets On Sale At ITT

Navy Ball tickets are now on sale at ITT. This year's Navy Birthday Ball celebrates 233 years of proud naval history on Oct. 24 at Ocean Breeze Conference and Catering Center aboard Naval Station Mayport. Tickets are \$25 per person for E1-E6, \$35 per person for E7-O3 and GS7 and below, and \$45 per person for O4 and above and GS8 and above. For more information, call ITT at 270-5145.

New BEQ Gets Ready For Guests

From Staff

Naval Station Mayport and tenant commands were on hand Sept. 3 to mark the official turn over of the base's newest Bachelor Enlisted Quarters (BEQ) #2234.

Designed in the new "Market Style," BEQ that will be home to 312 single Sailors aboard Naval Station Mayport. Market style apartments are similar to college dormitories with two bedrooms, two baths, a full kitchen, full-size washer/dryer laundry room and living/dining area for up to four people in each apartment. There is also a public visitor's space, public vending area, public toilets, janitor closet, storage closet, and building manager's office.

"How great is this, that we can tell today's Sailor this is where you're going to live in port," said NS Mayport Commanding Officer Capt. Aaron L. Bowman. "You take a Sailor straight out of high school and put him in beachfront property. These are geared towards E-4 Sailors with less than four years, single

"The new market style barracks are equivalent to a private sector civilian condominium or apartment complex," said Naval Station Mayport Housing Installation Program Manager Gail Washburn.

The new BEQ will provide plenty of housing for the younger Sailors who have four years or less service (E-4 equivalent) that are homeported/stationed at Naval Station Mayport.

"This will be nice housing for the young Sailors that are not entitled to Basic Housing Allowance," according to Washburn.

It is also a gree facility with energy efficient operations and appliances, accordint to Capt. William Vaughan of Public



-Photos by Paige Gnann
Above, Larry Washington, David Hixon, Engineman 3rd Class Andrew Painter, NS Mayport Commanding Officer, Capt. Aaron Bowman are joined by Larry Gaskins of LC Gaskins Construction, Capt. William Vaughan of Public Works and Mayport Installation Program Manager Gail Washburn in cutting the ribbon on the new BEQ #2234 officially turning the bachelor enlisted quarters over to the base. Right, first occupant, Painter of USS Stephen W. Groves, sits in his new room.

Works.

The Chief of Naval Operations (CNO) goal is to have all ship board Sailors off the ship for enhanced quality of life by 2010. With the completion of the new BEQ, Mayport is way ahead of the game.

"Moving the Sailors off the ship while in port and into the

new barracks will provide them more privacy and amenities," claims Washburn.

The project also provided new parking, paving, landscaping and antiterrorism force protection features.

For more information on NAVFAC visit <https://portal.navy.mil>.



Sesame Street Heads To Mayport



-Photo by Stephanie Edwards
Thatcher Creech, age 2, and mom, Kimberly Creech, wait patiently for ITT to open so they can get Sesame Street tickets. A total of 1,800 tickets for three shows were distributed within five hours at Naval Station Mayport on Sept. 4.

Ombudsman Thanked At Special Lunch

By MC3 Patrick Cook
FLTPACENSE

Thirty-eight Mayport ombudsmen were honored Sept. 4 at the annual Ombudsman Appreciation Luncheon aboard Naval Station Mayport.

"The luncheon is an opportunity to show appreciation to the 38 ombudsmen that encompass Mayport," said Sam Rayburn, Mayport's base ombudsman coordinator. The program is vital to the welfare of the Command's family by providing a direct link between families and the Command.

Invited as the keynote speaker at the luncheon was Jennie Blaylock, a co-anchor for First Coast News in Jacksonville.

"Over the years I've met with many ombudsmen and in talking with them I understand the

critical role they play in helping Navy families flourish," said Blaylock. "I (previously) spoke with two women who were new to this base and they told me how their ombudsman was more than a guardian angel, giving them practical help and advice that they couldn't have adjusted without."

In attendance were ombudsmen from wing, ship and shore commands who were commended for their hard work and support of the warfighter readiness mission by the Sailors they volunteer for.

Navy Family Ombudsmen are a group of extremely dedicated volunteers who are trained to assist Navy families successfully navigate the challenges of the Navy lifestyle.

Hunters Orientation Planned For Sept. 17

From Staff

All active duty, reserve or retired service members and current DoD employees who are interested in hunting at OLF Whitehouse and Rodman Bombing Range must attend a Sept. 17 orientation at Beachside Community Center at 2 p.m. In order to hunt area naval stations, you must have

attend the annual safety brief and explosive ordinance safety brief. Bring a current military or DoD ID card, current Florida hunting license, hunter safety card from approved state and archery hunter safety card from approved state if bow hunting. For more information, email kevin.moyer@navy.mil

CO Column

Once again everyone rolled up their sleeves and made us ready last week when Tropical Storm Hanna looked like she was going to knock on our door. Thankfully, we avoided that one, but we are not out of the woods yet, and there is still plenty of hurricane season left and Ike and Josephine are on the move. Stay prepared, and make sure your home hurricane kits are good to go, and a plan for evacuation is in place. Thanks again to everyone for keeping the station ready.



Capt. Aaron Bowman

Naval Station Mayport and its tenant commands got a chance to say an extra special thank you to their Ombudsmen last Thursday during the annual Ombudsman Appreciation Luncheon at Ocean Breeze Conference Center. Jeanne Blaylock from First Coast News was the guest speaker at

the event and I want to thank CMC Deb Davidson for her work coordinating the event. Ombudsmen are really the connection between command and family, especially during deployments. These volunteers spend countless hours supporting the families through phone

calls, emails and personal visits. They help the Navy achieve its quality of life initiative and I am grateful for all of the hard work. Bravo Zulu is not enough!

I am proud to say that the opening of the Tampa Bay Buccaneers Sept. 14 game against the Atlanta Falcons will have help from Naval Station Mayport in the form of Security Officer Ramon Lopez. To celebrate the U.S. Army Reserve's 100th Anniversary, Lopez will be a part of the opening ceremonies as a decorated wounded warrior. Lopez, who is attached to the 143rd Expeditionary Sustainment Command US Army Reserve Orlando, was injured in 2004 while engaged in enemy fire. As a result, Lopez was awarded the Purple Heart and the Combat Action Badge for the injuries received as a result of hostile actions. And

following on the heels of the seventh anniversary of the terrorist attacks of Sept. 11, 2001, it is nice to know that we are honoring our heroes, past and present, fighting the war against terrorism.

To honor the memory of those fallen on Sept. 11, Chief Petty Officer Selectees and Chief Petty Officers here at Mayport will perform a special flag raising ceremony at Building One. We will be closing down a portion of Massey Avenue at this time to all traffic.

Speaking of warriors, I'm getting my game face on and throwing out a challenge to all of Naval Station Mayport's tenant commands. MWR's Fall Sports Challenge will be held Oct. 8-9. NS Mayport won the last Fall Challenge and was just barely beat out of the Spring title by USS Underwood. The

two-day event is filled with 19 challenges, including the CO/CMC canoe challenge and the Tug-o-War. This is a great way for commands to build teamwork and morale and I encourage every available command to call MWR Sports Coordinator Rita Hammerstad at 270-5451 to put your team on the roster!

I am very proud to announce that we have held the ribbon cutting for BEQ 2234. The new barracks is built in a market-style concept and includes a common area with kitchen, washing machine and dryer, and two rooms that have their own private baths. These rooms look more like dorm rooms. There are 312 beds available. How great is it for a young Sailor to be able to come and live in beachfront property. Congratulations to Housing for a job well done.

Fleet and Family Support Center is hosting artist/speaker and domestic violence survivor MeloD on Sept. 25 from 9 a.m.-noon at Ocean Breeze Conference Center. MeloD will be at Mayport to kick off domestic violence awareness in October with her Domestic and Sexual Violence Series Presentation and Art Exhibit. As well as being a domestic violence survivor, MeloD is an accomplished artist who has work exhibited at Florida State University and she travels extensively to speak at universities and sexual assault/domestic violence conferences. I encourage all who can to make this event. Domestic violence is never acceptable.

Homefront in Focus

By Beth Wilson

Military Spouse Contributor

As I work on this column John McCain is giving his nomination acceptance speech. I was particularly interested in his comments regarding living life for something bigger than you, as that is the focus of this column; Ombudsman: Volunteer Heroes.

Commands across the fleet will honor their Navy Family Command Ombudsman this week. Ombudsmen embody Senator McCain's call to action; living to serve others. Ombudsmen do that well; they are examples and role models to not only other spouses but children.

Ombudsmen are sometimes misunderstood. While there are Ombudsmen who perhaps would be better suited for serving in another capacity, the majority of complaints about Ombudsman stem from misun-

derstanding the role and responsibilities of an Ombudsman.

"My Ombudsman does nothing" can be a common complaint. Many times an Ombudsman seems ineffective because of a very unique challenge. Ombudsmen are provided information on the command roster — the sailors assigned to the command. However, this roster does not include information on spouses, parents or significant others. Obtaining contact information for you is the Ombudsman's number one challenge. If you have not heard from your Ombudsman, take the time to contact them. Your service member can obtain the Ombudsman information on the "plan of the day" or the command website often contains Ombudsman information. Your local FFSC can also assist. Your Ombudsman will be thrilled to hear from you.

An Ombudsman serves at the

direction of the Commanding Officer (CO). This can mean if the CO does not want a spouse connection forum (internet) or monthly newsletter then the Ombudsman is not permitted to do this on her own. She serves the CO.

An Ombudsman is guided by a naval instruction, which defines their duties and limitations. Each Ombudsman is required to be certified through an intense initial training program and required on-going training. They are an information and referral resource. They can refer you to counseling, financial aid, childcare resources and other services but they are not providers of these services. [Note: no they can't give you ride 'just this once'] They are the official communication conduit between the command (CO) and command families.

Would you help me thank our Ombudsmen? If Ombudsman

inspired you, encouraged you or was a great resource at a time of need please take the time to drop them a note or email through your command. I'd also love to hear about your special Ombudsman and would like to honor them on my internet talk show this month by reading your tribute. Submit your stories to me at beth@homefrontinfocus.com.

Ombudsman: thank you for another year of selfless sacrifice to your command and your fellow spouses. You are heroes, role models and examples. Bravo Zulu.

Questions or comments for Beth? Post them on the online version of this column or write Beth at beth@homefrontinfocus.com. Check out her talk show for Navy spouses, Navy Homefront Talk! at www.blogtalkradio.com/nht.

Homefront in Focus

By Lt. Rickey L Bennett

Spiritual Fitness Division SE

Marriages are vulnerable—frictions spark, misunderstandings smolder, tensions flare up, and suddenly you're faced with an incendiary situation that seems to have no solution. Are you seemingly in a no-win situation?

If you only see one movie this year, make it FIREPROOF. Not only is it compelling entertainment, it just may be one of the most important things you ever do for your marriage.

FIREPROOF is a feature-length movie from Sherwood Pictures opening in theaters Sept. 26. This action-packed love story starring Kirk Cameron is about a firefighter, his wife, and a marriage worth rescuing. Audiences of all ages will be inspired by this story of perseverance and

commitment that explores God's design for relationships and marriage. Fireproof the Movie <<http://www.fireproof-themovie.com>>

Once you see the movie then follow that up with one of our upcoming FREE Marriage Enrichment Retreats: 24-26 October, 14-16 November, 12-14 December. We will share how you can "fireproof" your marriage!

- You'll learn how to:
- Uncover the Secret to Lasting Love
 - Reconnect with the Source
 - Do Life Together
 - Speak the Language of Love
 - Cross the Finish Line

Contact our office as soon as possible to register for one of the above retreats; email address: crnse_cred@navy.mil, telephone number: 270-6958 ext. 1602.

Help Keep Rabies Under Control, Vaccinate

By MC2(AW/SW) Marcel A. Barbeau

Navy Region Southeast Public Affairs

More than 50 years ago, rabies caused more than 100 deaths a year in the United States. Due to vaccinations for domestic animals, that number has declined to only two or three a year. However, continued awareness is always necessary to ensure no one becomes part of those statistics.

According to the Center for Disease Control and Prevention in Atlanta, wild animals account for 92 percent of rabies cases reported in the United States. The most common carriers for rabies are raccoons - at the top of the list - followed by bats, skunks and foxes. Though these animals can look cute and cuddly from afar, it can be dangerous to interact with them.

"People need to understand you shouldn't touch wild animals such as raccoons and foxes," said Army Specialist Samantha Scholle, an animal care specialist stationed aboard Naval Air Station Jacksonville, Fla. "If you get bit by an animal and it has rabies, it can pass the disease to you and can kill you if it's not caught early."

Scholle says it's just as important to protect your pets

from the disease as yourself. "It's also important to remember to vaccinate your pets and don't let them go near wild or stray animals," said Scholle. "Wild animals do carry diseases and if your pets aren't vaccinated then they can pick up those diseases, too."

According to Hospital Corpsman Second Class Ivan Oliver, a preventative medicine technician at Naval Hospital Jacksonville, you should take appropriate actions if an animal bites you.

"It's a very serious disease," said Oliver. "If you get bit, you want to make sure you wash the wound where you were bitten with soap and water, and get to your local emergency room as soon as possible. Rabies can cause death if it goes untreated."

In an animal, early symptoms may include change in the tone of a dog's bark (in dogs), chewing at the site of the bite, fever, loss of appetite, and subtle changes in behavior. As the disease progresses, symptoms may include erratic behavior, episodes of aggression, anxiety, irritability, restlessness, seizures, and in the final phase of the disease, foaming at the mouth and paralysis of the jaw

and throat. Although a change of behavior is usually the first sign, pet owners should be aware this can occur for reasons other than rabies, such as digestive disorders or poisoning.

The rabies virus is almost always transmitted by the bite of an infected animal. In people, early symptoms of rabies resemble that of the flu. A person may feel feverish, have a headache, and feel fatigued. If a person goes untreated symptoms may worsen to insomnia, anxiety, confusion, partial paralysis, hallucination, agitation, hyper-salivation, difficulty swallowing, and a fear of water.

Although the statistics for the United States are very low, rabies accounts for 55,000 deaths world-wide. No one wants to become part of those statistics. It's important to vaccinate your pets and never interact with wildlife. They may seem cute and cuddly from afar, but they are considered wild for a reason.

Chapel Holds PREP Classes To Strengthen Marriages

From Base Chapel

Naval Station Mayport Chapel will offer "Prevention and Relationship Enhancement Program" (PREP) monthly for active duty and their spouses.

The PREP approach is a two-day marriage workshop based on training engaged and married couples in developing communication skills such as "talking without fighting," solving problems as a team, maintaining a sensual/sexual relationship as well as working through forgiveness when its not easy.

"In the military, we train for our jobs, plan for the unexpected, and even take GMTs to prepare us for other tasks," said Chaplain Rita R. Love. "Yet, even though it is part of the basic institutions of life, many of us enter marriage with no preparation whatsoever."

And the lack of good preparation has been cited as a significant factor in today's high divorce rate, which is at 50 percent. It is also a factor in the mission readiness of our Sailors.

PREP is geared towards "training couples" not counseling. The couples employ techniques to enhance their marriage and prepare to deal with

the inevitable conflict that will happen in any relationship.

The number one predictor of marital success is how well a couple handles conflict. If a couple handles conflict in a constructive manner they will continue to move towards a happy and healthy marriage. However, if a couple handles conflict in a destructive manner they will likely divorce.

Another important purpose of marriage preparation is its impact on the mission readiness of married Sailors. The skills learned in the workshop are transferable; particularly the managing of conflict, commitment, and expectations just to name a few. Chaplains and marriage counselors agree that couples trained in these skills are better prepared for a successful marriage and furthermore will have a positive impact on the mission readiness of our Sailors.

Chaplain Tanner with DESRON-14 Operational Ministry Center will help kick-off the workshop on September 25 to 26 at the base chapel. Couples are asked to contact Chaplain Love at (902) 270-5212 to register by Sept. 19.

Valuable resources for **parents, kids & teens**

BOYS TOWN
Saving Children. Healing Families.
A CFC participant - provided as a public service.

Visit www.boystown.org | www.babyhearing.org | www.parenting.org | www.boystownhospital.org

Jewish High Holy Days Celebration Planned

From Base Chapel

Jewish Sailors and Marines are invited to the Congregation Abavath Chesed to join Rabbi Joshua Lief, Senior Rabbi of the Temple, for the Jewish High Holy Days. Additionally, many of the congregational families have made room at their tables offering them home cooked festive meals.

The Jewish High Holy Days are a start with Rosh Hashanah until the end of Yom Kippur. This is a time Jews spend in

penitent self-examination and communal celebration. This year Rosh Hashanah, the celebration of the New Year, will begin on Sept. 29. Yom Kippur, the Day of Atonement, will begin on Oct. 8.

Jewish Sailors and Marines willing to participate can contact Goldie Lansky, the Temple's Executive Director at 733-7078. She will assist anyone who wants to participate with arrangements.

Chapel Call
Command Chaplain:
Cmdr. Jerome Dillon

SUNDAY
Sunday School.....9:15 a.m.
Morning Worship.....10:30 a.m.
Protestant Baptism.....As requested

TUESDAY
MOPS (Mothers of Preschoolers).....
.....9:30 a.m.
(First and third Tuesday of the month)
Nursery is provided.

WEDNESDAY
Women's Bible Study.....9:30 a.m.
Choir Rehearsal.....7 p.m.

FRIDAY
Catholic Mass.....11:30 a.m.
Confessions.....7 p.m.

SATURDAY
Men's Prayer Breakfast.....9 a.m.
Youth Group.....6 p.m.
(Second and Fourth Saturdays of month)

Catholic Services:
Mass.....Monday-Friday, 11:30 a.m.
Confession.....Before and after mass
Religious Education.....10:30 a.m.

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

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

MOAA ASSISTS USO PROGRAMS

The Military Officers Association of America is open to all officers of the uniformed service. Prospective members may obtain an on-line application by going to www.mpmoaa.org. The next chapter meeting will be on Sept. 21 at 12:30 p.m., in the Ocean Breeze Conference Center and feature Col Lee Lange, USMC Ret., Director of Chapter and Council Affairs at MOAA. All Officers active, retired, or previously commissioned, are invited to attend by calling 646-0944.

THE MIRROR
NS MAYPORT, FLORIDA

Naval Station Mayport

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

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The deadline for all submissions is Thursday at 4 p.m., one week prior to publication. News and articles should be submitted to the Public Affairs Office, or mailed to:

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Calendar

On Base

Wed. Sept 10
The USS Robert G. Bradley Family Readiness Group will host their monthly meeting at the USO on Mayport Road at 7 p.m. Please email rgbfff-49pres@yahoo.com if you need childcare. We just ask for a small donation to our sitter.

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.

USS The Sullivans Family Readiness Group will meet at 6 p.m. at the Mayport USO. The USO is located across from Sonics on Mayport Road. Childcare will be provided. Come meet the new FRG board, hear opportunities for you to get involved, and win a doorprize. First Kiss tickets will be available.

Thursday, Oct. 16
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.

Out in Town

Thursday, Sept. 11
The Duval County Extension will hold a Rain Barrel Workshop from 2-4 p.m. at Neptune Beach City Hall, 116 First St. Cost: \$55 per person - Pre-registration with payment required by Monday, Sept. 8. Please make check payable to: DCOHAC and mail to Rain Barrel Workshop, 1010 N. McDuff Ave. Jacksonville, FL 32254. This is a "make and take" workshop sponsored by the Duval County Extension and City of Neptune Beach Ish Brandt Beautification Committee. Each participant will make their own rain barrel and be given instructions on how to hook it up and the best ways to use the rain water. For more information, please call Becky at 387-8850. Class is limited.

Friday, Sept. 12
Christ United Methodist Church Neptune Beach will be hosting their annual Fall Rummage Sale at the Church from 9 a.m.-3 p.m. at 400 Penman Road. Come join us to search for your special treasures! For information, please contact the church office at 249-5370.

Saturday, Sept. 13
Christ United Methodist Church Neptune Beach will be hosting their annual Fall Rummage Sale at the Church from 9 a.m.-3 p.m. at 400

Penman Road. Come join us to search for your special treasures! For information, please contact the church office at 249-5370.

Join a Park Ranger at 11 a.m. for a leisurely paced hike to discover the island's natural communities. Participants are encouraged to bring bug spray and bottled water. 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.

Wednesday, Sept. 17
Community Presbyterian Church, 150 Sherry Drive in Atlantic Beach, will host The Original Strength Team through Sept. 21 at 7 p.m. nightly. The team will show power, strength, speed, inspiration and motivation. A suggest \$2 donation at the door. For more information, call 249-8698.

Friday, Sept. 19
The Fleet Reserve Association Branch 290 is hosting a Country-Fried Steak Dinner from 5-8 p.m., at the Branch Home at 390 Mayport Rd. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9:00 pm the music of DOUG BRACEY will entertain until 1 a.m. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off.

Friday, Sept. 26
Family Promise of Jacksonville will host an evening of music celebrating some of the great women's roles of Broadway and opera. The Second Annual "Dames, Divas and Drama Queens" Concert will be presented at Southside United Methodist Church located at 3120 Hendricks Avenue. The evening of praise and song will begin at 8 p.m., is hosted by Ken Amaro and will benefit Family Promise of Jacksonville. FPJ is a non-profit, interfaith hospitality network of volunteers providing temporary shelter, meals, hospitality, and case management for Jacksonville families experiencing homelessness. Dames, Divas and Drama Queens tickets are \$20.00 and can be purchased by contacting Kim Keffer at (904) 771-5775 or 571-3230 and at FPJ offices located at First United Methodist Church.

Saturday, Sept. 20
The International Coastal Cleanup (ICC) is the world's largest, one-day volunteer effort to clean up the marine environment. Visit the Talbot Islands State Parks and volunteer your time to help keep the coastline in its pristine condition.

Garbage bags and gloves will be available at the ranger station. Just come in the ranger station to sign up. This is a self-guided clean up and you can participate anytime during normal park hours, 8 a.m. till sunset.

Sunday, Sept. 21
Join a park ranger at 1 p.m. for an intriguing presentation and gain insight into the spider's world. 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.

Friday, Sept. 26
Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners from 5-8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. We'll do the cooking for you. A donation of \$4 to \$8 is requested for each dinner, and depends on what is ordered. Carry out orders are accepted. The public is always invited to dinner. After dinner, enjoy the music DOUG BRACEY from 9 p.m. to 1 a.m. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off.

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.

National Public Lands Day is the nation's largest hands-on volunteer effort to improve and enhance the public lands Americans enjoy. Help keep the park clean by coming out at 9 a.m. and volunteering your time. The cleanup will take place at the Bluffs on Big Talbot Island. No reservations are necessary and garbage bags and

gloves will be provided.

Sunday, Sept. 28
Join a park ranger at 1 p.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion six on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Saturday, Oct. 4
Join a park ranger at 11 a.m. for an introduction to the basics of hiking. Weather, wildlife tracking, trail safety and proper gear will all be discussed. The program will take place at the Bluffs pavilion on Big Talbot Island. No reservations are necessary and the program is free with \$2 vehicle entrance fee.

Sunday, Oct. 12
Join a park ranger at 11 a.m. for a discussion on the different types of shark teeth that can be found on the area's beaches. 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.

Saturday, Oct. 18
You won't want to miss this

annual Beaches tradition at the Fall Festival and Craft Show from 9 a.m.-4 p.m. at Christ United Methodist Church Neptune Beach, 400 Penman Road. Join the fun in front of the Pumpkin Patch from 9:00-4:00. Handmade items, candles, crocheted items, handcrafted jewelry, art, Christmas gifts and other special items are waiting for you to come by and see. Children's games, yummy baked goods, food and, of course, pumpkins, will be available. Start your Christmas shopping early! For information, please contact the Church office at 249-5370. All local crafters are invited to join us. Those who are interested in participating in this Beaches tradition should contact the Church Office at 249-5370 to reserve your booth today.

Join a park ranger at 11 a.m. for a walk on the beach as they explain the importance of undeveloped beach habitat, including many interesting facts about sea creatures and common shells found in the area. The program will take place at pavilion five on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Potential Price of Friendship: Vicarious Liability

By Thomas E. Wallace
RLSO

In the Navy, military training teaches us many things. The military teaches us a rating and the discipline to achieve our goals, whatever they may be. The Navy also teaches us to be a "good shipmate." We have all heard that term and have tried to live by that credo. However, in some instances, acting like a "good shipmate" can be costly.

This is not an article suggesting that we should not be good shipmates. Rather, it is an article suggesting that we should all be careful about the actions we take. This is especially true when we lend potentially dangerous equipment to a fellow servicemember or family member.

The theory of vicarious liability is the concept in which an individual can be held legally responsible for the wrongful conduct of another party. Under this concept of liability in the law is what many states call the "Dangerous Instrumentality Doctrine." This doctrine is most often applied to motor vehicles, but it could be applied to any potentially dangerous object. Some examples are guns, airplanes, motorcycles or other items or machines that if operated incorrectly, could cause harm.

Under the "Dangerous Instrumentality Doctrine" as it applies to automobiles, the owner of a vehicle may be found to be responsible for damages to a third party if the

owner entrusted another person to use that vehicle, and the person to whom the vehicle was entrusted improperly or negligently operated the motor vehicle and caused injury or property damage to the third party.

This fact pattern should sound familiar. Our legal assistance offices regularly assist clients who, in the interest of being a "good shipmate," have lent their automobile or motorcycle to a fellow crewmember, and that crewmember became involved in an accident while operating the automobile or motorcycle. Usually this fact pattern has the additional fact that there was inadequate or no insurance on the vehicle and that a third party was injured or suffered some sort of damages. The owner of the vehicle in these cases could be subject to a lawsuit for damages under these theories of liability.

There are some defenses that many states recognize under the "Dangerous Instrumentality Doctrine." For example, if your vehicle is stolen from you and the thief gets in an accident while escaping and causes injury or damage, most states will excuse the vehicle owner from liability. If you have questions about how such laws in your location work, please contact your local legal assistance office at 270-5445 ext. 3017 and make an appointment. Please note that this article is not meant to be the substitute for the advice of a competent lawyer in the jurisdiction in which you live.



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USS Vicksburg Achieves Surface Fire Support Milestone

By Ensign Ben Milton
USS Vicksburg Strike Officer
 USS Vicksburg hosted a four-man team from Expeditionary Warfare Training Group Atlantic (EWTGLANT) onboard this past week and completed their Naval Surface Fire Support (NSFS) firing qualifications.

NSFS is a role typically performed by surface ships with major caliber gun systems in direct support of an amphibious landing force. Due to the inherent dangers of firing into an area on land where friendly spotters and troops may be located, Mayport-based cruisers and destroyers are required to obtain and demonstrate a certain level of NSFS proficiency before they are allowed to execute fire missions inside an Amphibious Objective Area (AOA).

Normal employment for the MK86 5" Gun Weapon System aboard a Cruiser is as simple as detecting a track on radar, developing a fire solution via computer, and then firing the main batteries on target. Shooting NSFS missions is much more involved, utilizing grid references, altitudes, and GPS positions that must be provided by a spotter ashore to a NSFS team on the firing ship.

The NSFS team then plots the position, trains the main batteries on the target, and fires when ordered. The Navy no longer maintains a land-based firing range on the east coast, so Atlantic Fleet ships now conduct their firing qualification runs using the Integrated Maritime Portable Acoustic Scoring and



-Photo courtesy of USS Vicksburg
 USS Vicksburg's NSFS team stands in front of the forward 5-inch gun. USS Vicksburg recently received a 95.8 percent overall score for their evaluated firing missions.

Simulation (IMPASS) system provided by EWTGLANT.

The IMPASS system utilizes a combination of unique GPS-equipped buoys and sonar equipment to provide ships with a synthetic land mass to fire upon. After rounds are fired, the buoys detect the explosions and a computer determines the accuracy of the mission before assigning a final score.

Evaluated firing missions included Area Target, Danger Close, Refire, Coordinated

Illumination, Countermech Series (simulated tanks ashore), and the Suppression of Enemy Air Defenses (SEAD). Vicksburg's NSFS team was graded on firing accuracy, teamwork, radio communications and efficiency, and in the end posted an overall score of 95.8 percent, placing them well above the Cruiser class average.

"We've put in a lot of time and effort into our training, and today it paid off," said Fire

Controlman 3rd Class Steven Smith, one of Vicksburg's 5 inch gun operators. "I'm extremely proud of being on this team. Besides, any time you get a chance to put more than ten rounds down range, you know you're having a great day!"

USS Vicksburg is assigned to Commander, Carrier Strike Group Eight and will deploy as part of the USS Eisenhower (CVN 69) Strike Group.

Groundbreaking For New National Cemetery At Jax

From Staff

The Department of Veterans Affairs (VA) announced the Jacksonville VA National Cemetery groundbreaking ceremony will take place Sept. 21 at 2 p.m. Cemetery Director Arleen Vincenty said Navy Band Southeast will perform for local veterans, city and state officials, and dignitaries from Washington D.C.

The new cemetery is north of the Jacksonville International Airport and approximately five miles from Interstate 295 on 569 acres acquired from the city. The cemetery will serve 189,000 veterans in the northeastern Florida and southeastern Georgia region.

Vincenty explained, "The initial Phase 1-A construction effort now underway focuses on a 15-acre early burial area with temporary facilities. When Phase 1-B is completed, the 52-acre Phase 1 development will provide 7,500 full casket gravesites, including 7,200 pre-placed crypts, 5,000 in-ground cremation sites and 4,500 columbarium niches for cremated remains."

She said Phase 1 infrastructure construction consists of roadways, an entrance area, an administration and public information center, a maintenance complex, a flag assembly area, a memorial walkway,

committal service shelters, as well as interment areas. Other improvements include utilities, grading, drainage, fencing, landscaping, and irrigation system.

The VA awarded the \$1.25 million master plan design contract to England, Thims & Miller of Jacksonville. Initial construction will prepare a small burial area to ensure that veteran burials can take place before all phase 1 facilities are completed.

Veterans with a discharge other than dishonorable, their spouses and dependent children are eligible for burial in a national cemetery. Other burial benefits for eligible veterans include a burial flag, a Presidential Memorial Certificate, and a government headstone or marker.

In the midst of the largest cemetery expansion since the Civil War, the VA operates 125 national cemeteries in 39 states and Puerto Rico. More than 3.4 million Americans, including veterans of every war and conflict - from the Revolutionary War to the Global War on Terror - are buried in VA national cemeteries.

Information on VA burial benefits can be obtained from the Internet at <http://www.cem.va.gov> or by calling VA regional offices at 1-800-827-1000.

Navy Accounts For Families Affected By Hurricane Gustav

From Navy Personnel Command Public Affairs

Navy Personnel Command (NPC) activated the Crisis Action Organization (CAO) Sept. 1 to begin accounting for Navy personnel and families in the Gulf Coast region affected by Hurricane Gustav.

"There are more than 67,000 Navy family members in the affected area," said Jim Tanner, director of NPC's CAO and the man leading the count for affected shipmates.

"Our role is to facilitate the muster and accounting process and report that information to CNIC, which is the executive agent," said Tanner.

The Navy uses an Internet-based system called Navy Family Accountability and Assessment System (NFAAS) at <https://navyfamily.navy.mil>. NFAAS standardizes a method for the Navy to account, assess, manage, and monitor the recovery process for personnel and their families affected and/or scattered by a wide-spread catastrophic event.

"The muster is coming along. We are 98 percent complete," said Tanner.

Once families are accounted for, the Navy can determine their safety and needs or coordinate a safe haven if needed, as was the case after Hurricane Katrina hit the Gulf Coast in 2005.

While NFAAS is a good tool to aid in accounting for the Navy family after a disaster, Sailors have the power to make it an even better tool.

NFAAS is updated monthly based on Defense Enrollment Eligibility Reporting System (DEERS) data, according to Tanner, but accounting for families who are not properly reflected in DEERS slows down the muster.

A common example is when

a deployed Sailor's family leaves their home of record during an underway period. The Sailor and his family may be listed as Norfolk residents in DEERS, but if the family travels to another part of the country the Navy may have no way of knowing.

"If your spouse is going to spend a month visiting family, they can log that information into NFAAS and they'll be accounted for. When they return home, they can log into NFAAS and change it back," said Tanner.

"NFAAS allows us to account so the Navy may determine if assistance is needed. It is just one more way to keep your family safe," he added.

Accounting for Navy personnel is nothing new for the CAO. After wildfires swept through Southern California in 2007 and Navy families were evacuated, the CAO was activated. When killer tornadoes swept through Virginia last April, the CAO had to account for every Navy family member in the affected region.

For mustering purposes a Navy Family Member is defined as Navy personnel in the active component, reserve component, and their families, as well as Department of Navy civilians.

The NFAAS Web site is available any time for Navy personnel or family members who would like to update their information.

As the Navy and the rest of the country prepare for the next hurricane or other disaster, Tanner wants Sailors and families to know about NFAAS.

"Know the Web site. Even if you don't enter your travel or relocation data in advance, know the Web site because it may serve as a life line if disaster strikes," Tanner said.

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Reaching Out

The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call NS Mayport volunteer coordinator CSI 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.

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.

Jacksonville Zoo
The Jacksonville Zoo is asking for volunteers. Volunteers are needed to educate varied audiences about the natural world, teach conservation messages, beautify the grounds, assist guests in various areas of the park, input data, lend a hand in animal care areas, answer questions, drive trains and enhance guests' experiences. You provide the interest and enthusiasm, and the zoo will provide the training. Scheduling is flexible. Volunteers receive special discounts, free admission, newsletters and special programs only available to employees and volunteers. Take this opportunity to meet others who share your interests in the animal kingdom. New Adult Volunteer Orientations are held at the Pepsico Foundation Education Campus. All interested personnel please call CSI Hopkins or call 270-5373 for more information.

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.

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.

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. For information about volunteering at the I.M. Sulzbacher Center for the Homeless call 904.394.1356. Also, see www.imshomelesscenter.org/volunteers.html

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

Contact a Michelle Charron at (904) 636-9455 for information on volunteering.

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

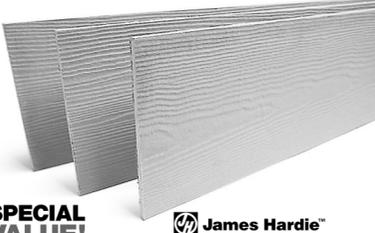
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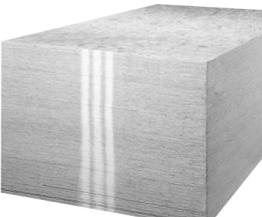
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USS Farragut Makes Difference In Curacao

By MCSN(SW) Shanika L. Futrell

DESRON 40 Public Affairs

Guided-missile destroyer USS Farragut (DDG 99) along with Commander Destroyer Squadron FOUR ZERO (COMDESRON 40) Sailors participated in a community relations (COMREL) project, Sept. 2, in Curacao, Netherlands Antilles.

During the COMREL, 20 volunteers spent the day interacting with children through a soccer game, painting the school walls, and providing some landscaping at "Skol Dr. Nelly Winkel" School.

The Principle of Skol Dr. Nelly Winkel, Soraida Mardenborough said that she was amazed with the outcome of the project.

"We are very happy that you guys came out here to help us," said Mardenborough. "Our school really needs a lot of repairs, and we didn't expect [the Sailors] to pull the weeds and cut the grass. I was shocked and amazed by the extra things [the Sailors] were doing for the school and we are all pleased with the outcome."

The COMREL didn't end



-Photo by MCSN (SW) Shanika L. Futrell

Guided-missile destroyer USS Farragut (DDG 99) Sailors pull weeds and tree limbs off the gates during a community relations (COMREL) project at Skol Dr. Nelly Winkel. This COMREL is one of many throughout the Partnership of Americas 2008(POA 08) deployment an exercise designed to strengthen partnerships and interoperability between participating nations as well as give Sailors an opportunity to experience other cultures in the U.S. Southern Command (SOUTHCOM) area of responsibility (AOR).

with the volunteers refurbishing and landscaping; Farragut also joined efforts with Project Handclasp (PH) to provide toys and hygiene products for the Siloam Foundation of Brother Herman Gijsbers Orphanage children.

PH is an official U.S. Navy program that coordinates transportation and delivery of humanitarian, educational and goodwill materials on naval vessels and distribution by U.S. Navy and Marine Corps personnel on behalf of American citizens to people in need.

"I enjoyed participating in PH simply because seeing what brother Herman and his wife was doing for these terminally ill children was inspiring and knowing that I could be of assistance was gratifying," said Culinary Specialist Chief (SW) Wendell Heyward. "This one project alone has inspired me to help out more people in need when I can."

Farragut donated two pallets of supplies on Sept. 1, to Siloam Foundation of Brother Herman Gijsbers Orphanage. The two pallets included hygiene items and toys for the children. The

toys pallet included skateboards, roller blades, helmets and more. The hygiene pallet included items such as mouth wash, bath soap, and baby bath wash.

"COMRELS and PHs are a way to reach out to different nations to show that we do care and we are willing to lend that helping hand in their time of need," said COMDESRON 40 Chaplain Andre Trofort.

"Participating in events like this always boosts my moral knowing that by just providing a little bit of my time and elbow grease I can make a difference in the lives of many," said Aerographer's Mate Airman Apprentice Steven Bell.

The COMREL and PH were held in support of Partnership of the Americas 2008 (POA 08) throughout South America, Central America, and the Caribbean. Farragut supports U.S. Southern Command objectives for enhanced maritime security, which highlights interoperability and cooperation between U.S. and partner nation's maritime forces through a variety of exercises and events.



-Photo by MCSN (SW) Shanika L. Futrell

Guided-missile destroyer USS Farragut (DDG 99) Sailors plays soccer with children during a community relations (COMREL) project at Skol Dr. Nelly Winkel.



-Photo by MCSN (SW) Shanika L. Futrell

Above, Gas Turbine System Mechanical Chief (SELECT) Christopher Washington, Operations Specialist Chief (SELECT) Dauturi Pollard and Operations Specialist Chief (SELECT) Robert Harvey paint the Skol Dr. Nelly Winkel school's wall during a community relation during a community relations (COMREL) project at Skol Dr. Nelly Winkel. Below, USS Farragut and Commander Destroyer Squadron FOUR ZERO (COMDESRON 40) Sailors Operations Specialist Chief (SELECT) Robert Harvey and Information Systems Technician 2nd Class Kareem Benavides cleans up the paint off the sidewalk.



-Photo by MCSN (SW) Shanika L. Futrell

Above, Seaman Joseph Abregana paints the trimming of a schools wall during a community relations (COMREL) project at Skol Dr. Nelly Winkel. Below, USS Farragut (DDG 99) and Commander Destroyer Squadron FOUR ZERO (COMDESRON 40) Sailors refurbished a school by painting the walls.



Kearsarge Arrives In Haiti To Support USAID

From Continuing Promise 2008 Public Affairs

Aerial delivery of relief supplies to Haiti began from USS Kearsarge (LHD 3) Sept. 8 as two CH-53E "Super Stallions" and a MH-60 launched from the flight deck to transport food and water to areas suffering from the after effects of tropical storms Fay, Gustav, Hanna and Hurricane Ike.

U.S. Southern Command (SOUTHCOM) directed Commander, Fourth Fleet to divert the amphibious ship from its humanitarian/civic assistance (HCA) mission in Colombia to assist the United States Agency

for International Development (USAID) in mitigating human suffering and loss of life.

The deliveries were made possible with helicopter crews and ground support personnel directing distribution and loading relief supplies.

One the first day of operations, the pilots from Marine Heavy Helicopter (HMH) Squadron 464 flew two relief missions to Jeremie, delivering 12 metric tons of pre-packaged food such as flour, beans, rice and high-energy biscuits from the World Food Program.

Kearsarge Sailors were also placed ashore at the distribution

center and integrated with other agencies in Port au Prince to assist with the palletizing and loading of supplies on to the helicopters.

Pilots also conducted site surveys for Gonaves, but severe weather conditions prevented surveys of Jacmel and Les Cayes for at least another day.

"The circumstances that bring us here are unfortunate, but it is fortunate we are here," said Continuing Promise 2008, Capt. Fernandez "Frank" Ponds, after taking an aerial tour and witnessing some of the devastation of the areas firsthand. "The unique capabilities that

Kearsarge brings with it will ensure that help and aid reaches people quickly."

Three storms in three weeks have left hundreds of thousands in desperate need of food, clean water and shelter. The town of Gonaives was the hardest hit by the tropical storms, leaving much of the city under water.

A landing craft utility (LCU) and two landing craft mechanized (LCM) vessels were sent to retrieve supplies from Port au Prince for early distribution the next day to Gonaves.

"Delivering the supplies from the World Food Program gave me a sense that we are restor-

ing hope, that hopefully wasn't completely swept away by the storms," said Ensign Chris Loper who assisted with the delivery of supplies to Jeremie.

The objective of delivering emergency relief supplies, which included vegetable oil, beans and rice, much of which was provided by Canda to the World Food Program and USAID's Office of Foreign Disaster Assistance, is to help local governments and relief organizations achieve self-sufficiency as they rebuild from the destruction.

Kearsarge is in the Caribbean supporting phase two of

Continuing Promise 2008, a humanitarian assistance mission that includes assisting partner nations impacted by natural disasters and other emergencies resulting in human suffering or danger to human lives.

Any U.S. military assistance to a foreign nation must be requested by the host nation through the U.S. ambassador. Then, as the lead federal agent, USAID's Office of Foreign Disaster Assistance fields the request and asks the Department of Defense for military assistance, if needed.



-Photo by MC1 Emmitt Hawks

Ensign Christopher Loper, embarked aboard the amphibious assault ship USS Kearsarge (LHD 3), offloads food from a CH-53E Super Stallion helicopter to provide disaster relief support to citizens of Haiti affected by recent hurricanes. The amphibious assault ship USS Kearsarge (LHD 3) has been diverted from the scheduled Continuing Promise 2008 humanitarian assistance deployment in the western Caribbean to conduct hurricane relief operations in Haiti.



-Photo by MC1 Emmitt Hawks

An aerial view of the devastation in Port de Paix after four storms in one month have devastated the island and killed more than 800 people. The amphibious assault ship USS Kearsarge (LHD 3) has been diverted from the scheduled Continuing Promise 2008 humanitarian assistance deployment in the western Caribbean to conduct hurricane relief operations in Haiti.



-Photo by MC1 Emmitt Hawks

A Marine assigned to Marine Heavy Helicopter Squadron (HMH) 464, embarked aboard the amphibious assault ship USS Kearsarge (LHD 3), offloads supplies to provide disaster relief support to area affected by recent tropical storms. Kearsarge has been diverted from the scheduled Continuing Promise 2008 humanitarian assistance deployment in the western Caribbean to conduct hurricane relief operations in Haiti.



-Photo by MC1 Emmitt Hawks

Service members and local citizens offload supplies to provide disaster relief support in areas affected by recent tropical storms. The amphibious assault ship USS Kearsarge (LHD 3) has been diverted from the scheduled Continuing Promise 2008 humanitarian assistance deployment in the western Caribbean to conduct hurricane relief operations in Haiti.

Farragut Completes Successful Theater Security Cooperation Mission With Curacao

By Lt. j.g. Jillian Danback
USS Farragut Public Affairs Officer

USS Farragut (DDG 99) departed Willemstad, Curacao on Wednesday, Sept. 3 after five days of conducting Theater Security Cooperation events with the Dutch Navy and the people of Curacao.

POA 2008 is a US Southern Command (SOUTHCOM) sponsored program, implemented by 4th Fleet and Destroyer Squadron (DESRON) 40, designed to foster greater interoperability and cooperation between partner nations throughout Central and South America and the Caribbean.

Farragut Sailors have been participating in POA 2008 since April visiting and working with countries such as Brazil, Argentina, Uruguay, Chile, Peru and Ecuador. Farragut is currently participating in POA 08 with USS Kauffman (FFG 59), embarked HSL-42 Detachment 7, and Destroyer Squadron 40.

According to Commander Scott Dugan, Farragut Commanding Officer, "Theater Security Cooperation engagements ensure that partners in the region have the opportunity to work together to promote regional security and to ensure

the free flow of commerce in the shipping lanes that our economies so heavily rely on. The Dutch Navy is a leader in promoting security and countering drug trafficking here in the Caribbean, so we are very excited to have had the opportunity to learn from each other."

Curacao is a part of the Netherland Antilles and serves as a Forward Operating Location (FOL) for the Dutch Navy to conduct Counter Narcotics Terrorism (CNT) operations. Consequently, Farragut's crew, who will be conducting CNT operations during the final month of POA 2008, had much to share with their Dutch counterparts.

The Dutch Navy is highly adept at combating Narcotics Terrorism throughout the Caribbean. In late August, while working in conjunction with the US Coast Guard, Dutch forces made one of the largest drug busts in history, capturing over four tons of cocaine.

Farragut Sailors commenced their cooperation with Dutch Naval forces on Aug. 29, during a maneuvering exercise with the Frigate HNLMS Van Speijk (F 828). The mission continued with a flight deck recep-

tion for foreign dignitaries later that evening, a Subject Matter Expert Exchange (SMEE) tour of the Dutch Command Center on Monday, Sept. 1, and a community relations (COMREL) project on Tuesday, Sept. 2.

Additional events included ship's tours for more than 25 people, a soccer match with teams from the Dutch and Brazilian Navies, and the Commanding Officer's luncheon onboard the British fast fleet tanker RFA Wave Ruler (A390) with the ship's Commanding Officer, Captain Nigel Budd, as well as the Consulate Generals from Great Britain and the United States.

Farragut's flight deck reception hosted several high-profile guests, including the Governor of the Netherland Antilles, His Excellency Fritz Goedgedrag, the Prime Minister of the Netherland Antilles, Her Excellency Emily de Jongh-Elhage, Commodore P.W. Lenselink, Commander Netherland Forces Caribbean, and the US Consul General of the Netherland Antilles, Mr. Timothy J. Dunn. Afterwards, guests enjoyed guided tours from various members of the crew.

The tour of the Dutch Command Center offered Farragut's department heads and senior operations leadership unique insight into the organization and operations of the Dutch Navy and Coast Guard's Curacao command and control center.

Lieutenant Andy Strickland, Farragut's Weapons Officer, said, "The two entities [Dutch Navy and Coast Guard] share a relationship much like our Navy and Coast Guard and work very closely with respect to the Counter Narco-Terror mission. The visit was very informative and their capabilities are extremely impressive."

Farragut Sailors interacted with the community of Curacao through a COMREL project and a Project Handclasp exchange. Project Handclasp entails supplying large pallets of provisions to various hospitals, schools, and other community groups in order to express the US's continuing commitment towards our partner nations.

During the Curacao Project Handclasp exchange, ten Farragut Sailors unloaded numerous pallets filled with medical supplies and children's toys to the Christian Children's

Hospice Center in Siloam, Curacao. Crew members were then taken some time to play with the children who live at this center, which serves as both a home for terminally ill children and an orphanage.

Later in the week, Farragut crewmembers painted three buildings; conducted repairs on the fences, doors and close; and performed some extensive landscaping at the Dr. Nelly Winkel School, which accommodates approximately 200 elementary level students.

Destroyer Squadron 40 Chaplain, Lieutenant Andre Trofort, coordinated both the COMREL and Project Handclasp events. He attributed the mission's success to the hard work and willingness of the Farragut Sailors and lauded the contributions of US Air Force units stationed in Curacao.

"Their assistance in both the planning and contribution was a very great asset to the COMREL project," said Lt. Trofort. "The principle welcomed and thanked us for coming. I believe our efforts were greatly appreciated."

Not all interactions were business related. The Farragut soccer team demonstrated

their on field diplomacy in a series of games against teams from the Dutch and Brazilian navies. Farragut's team captain, Boatswain's Mate Third Class Casey Lima, said "It was a great opportunity to be able to associate with players from other navies, especially when it involves playing a game we both love."

Cmdr. Dugan said he believes the visit was a great success, and that he is confident that his crew will be successful in their future missions based on their experience with foreign navies.

"Our visit to Curacao allowed our Sailors to support the Theater Security Cooperation missions which are so important to our overarching objectives. TSC missions demonstrate that interoperability is essential to any form of progress, whether it be repairing a school or combating Narco-Terrorism. We are forging important relationships with our neighbors. As a result, we will be able to better work together to ensure maritime stability throughout the region..."



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Photo courtesy of USS Halyburton
Rear Adm. Kurt Tidd, Commander, Strike Group Eight, conducts Admiral's call on USS Halyburton's flight deck.

Strike Group Eight Visits USS Halyburton

By Ensign Jeramy Brux
USS Halyburton Public Affairs

Rear Admiral Kurt Tidd, Commander Strike Group Eight, recently visited USS Halyburton (FFG 40) during his visit to Naval Station Mayport. Tidd commands Strike Group Eight with the USS Dwight D. Eisenhower as the centerpiece of the battle group.

The highlight of Tidd's visit to Halyburton was Admiral's Call on the flight deck with the Officers and Crew of the Halyburton. Tidd welcomed Halyburton to Strike Group Eight and explained the range of missions that Halyburton and her crew will be tasked with during the upcoming deployment with Strike Group Eight. He stressed the importance providing maritime stability in

volatile regions of the world to prevent conflict from occurring and protect American interests wherever they may be.

Halyburton enters Strike Group Eight having recently successfully completed a rigorous certification period capped off by work-ups with Helicopter Squadron Light 46 Detachment Two "Grandmasters." As part of the work-up period aviation capable ships such as Halyburton embark an air detachment with a helicopter and associated flight and maintenance crews. The air detachment essentially becomes part of the Crew and work as a team with the Crew. In addition to integrating the air detachment Halyburton's summer has been spent conducting combat, engineering, and seamanship drills.

She enters Strike Group Eight fully mission ready. The long and hard summer training period was concluded with an unexpected sortie from Mayport on account Tropical Storm Fay.

Halyburton's readiness began to pay dividends while at sea avoiding tropical storm Fay. While underway a call was received for the immediate medical evacuation of a USS Mesa Verde Sailor. HSL-46 "Grandmasters" and Halyburton crewmembers quickly readied and launched the helicopter to transport the Sailor to a hospital ashore.

USS Halyburton (FFG 40) is homeported in Mayport and is under the direction of Commander, Destroyer Squadron 28.



Photo courtesy of USS Halyburton
Cutlass 473 launches from USS Halyburton to conduct a medical evacuation.



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-Photo by MC3 Sean Allen
Navy and Marine Corps personnel participate in a live fire exercise at the fire fighting school at Naval Station Mayport. The students learned the basics of fire safety and hose handling.

Firefighter Trainer At NS Mayport On Line

By MC3 Sean Allen
Fleet Public Affairs Detachment
Southeast

The firefighting school at Naval Station Mayport held its first class on Friday August 1 after an extensive maintenance period that took two months to complete.

The maintenance that was completed during the two months that the school was shutdown included improving the propane and water valves used in the firefighting simulator, and overhauling other facilities within the school.

While the school was closed, commands in the Jacksonville area were forced to travel to Norfolk Virginia, or San Diego California to receive the training the school offers.

"With the number of aviation squadrons that have we have in this area that deploy and need

to maintain an aviation certification to be able to deploy, it is essential that we have a facility locally that can provide the firefighting training necessary to maintain that certification" said Senior Chief Damage Controlman (SW/AW) Dylan Inger, the schools Leading Chief Petty Officer.

The school has multiple courses that Sailors and Marines can attend, with different facilities to accommodate different types of fires that Sailors and Marines may face, such as an aircraft fire simulator, and an indoor structure to simulate shipboard fires.

The group that attended the school on August 1 participated in a flight deck fire simulator.

The day for the students began with class room instruction, where the instructors went over the basics of firefighting

and safety. After the class room session the group then participated in a fire drill where they fought a live fire that was controlled. After completion of the drill the students then go back to the class room for overview of the lessons learned and a critique of the fire drill itself.

A group of U.S. Marines from Marine Corps Air Station Beaufort SC also participated in the fire drill.

"I have participated in Marine Corps firefighting schools and other Navy schools, this one by far was the most informative and interactive." said Sgt. John Harris.

Other commands that sent Sailors to the school included HSL-46.

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Sammy B. Hosts Family, Survivors On Labor Day

By Ensign Beth-Ann Dick
USS Samuel B. Roberts Public Affairs
 USS Samuel B. Roberts kicked off a family day cruise on Labor Day, Sept. 1, with guests arriving from all over the country by car, train, and airplane.

With family members, Sea Cadets, past FFG 58 Sailors, members of the Savannah Navy League, and even a DD-823 Sailor, the ship had more than 200 guests onboard as we set out from the pier. Family and friends were able to get a first hand look at what their loved ones do on a daily basis. The day began with a Navigation brief on a very full mess deck, followed by a safety brief for all guests in attendance.

From there, guests and crew sprawled all over the ship to share their Sammy B. experience and expertise. There were tours and demonstrations all throughout the ship; firefighting gear was displayed on the fantail as Chief Damage Controlman(SW) Steven Gant helped many kids, including his own, into firefighting equipment which generated more than a few complaints of "It's so hot in there!"

Operations Specialist 1st Class (SW) Andrew Buckner explained the inner workings of "the heart of the ship," as Commanding Officer, Cmdr. Wally Lovely, called CIC, while those young and old were amazed at what many thought was the room of "super cool" video games. Sea Cadets, escorted by Navy League members of all ages watched from the fo'c'sle as Sammy B. took on increasingly rough seas and



-Photos courtesy of USS Samuel B. Roberts
 More than 200 guests and family members watch enjoyed a family day cruise on Labor Day aboard USS Samuel B. Roberts.

heavy winds that left even some of the most seasoned survivors and veterans pale in the face.

Despite less than optimal weather, CG Division performed a 300-round .50cal live-fire exercise, much to the excitement of all onlookers. Shortly thereafter, lunch was served up in the form of a huge barbecue on the fantail, with many thanks going out to Supply and the capable grilling hands of the Second Class Petty Officers' Association, who worked tirelessly for hours making a great meal for more than 400 people.

"Supply made some of the best barbeque we had ever had onboard and it's too bad we could not take MWR's smoker on deployment with us!" said Information Technician 2nd Class (SW) Christopher Henrikson.

After lunch and a turn to port, Sammy B. started to make her way back to the basin as the

sun began to come out. With full bridgewings and bellies, she made her way with the help of several children who were able to take turns driving the ship under the watchful eye of the helmsman. Also taking turns coming through the pilot house were the members of the Savannah Navy League, who have adopted the Sammy B. as one of their own. For our family from Savannah, this cruise was a great way to "open our brow" to our extended family and yet again welcome them to our ship.

An FFG-58 plankowner and survivor of the mine blast of April 14, 1988, Senior Chief Gunner's Mate (SW) Thomas Reinert enjoyed his first experience on the Sammy B. in more than 20 years; he verbally mourned the loss of the SM1 guided missile system. He told vivid stories of April 14th 1988



The CG Division performed a 300-round .50cal live-fire exercise during a family day cruise onboard USS Samuel B. Roberts (FFG 58). Friends, family members and survivors from the April 14, 1988 gunblast on USS Samuel B. Roberts (DD 823).

and described how his fellow Gunners' Mates were ready to demolish as many mines as they could with the 76MM gun trained and ready.

"It was clear when he talked about Sammy B. the deep amount of pride he had for his fellow Sailors. To hear first hand the history and tradition that has become part of who we are was inspiring," said Ensign Molly Harris, Sammy B.'s Ordnance Officer.

Additionally, Robert Villanti, a DD-823 survivor brought some incredible memories and stories to the ship and reminded

the Sammy B. family once again of their long and honorable heritage that goes deeper than our own ship. Engineman 2nd Class Julio Perez who escorted Villanti around the ship for the day, proudly showed off his DD-823 ballcap, a prized possession after trading his FFG-58 belt buckle with him.

As the Family Day Cruise wound down and the ship came

into the pier, Sammy B. beamed with pride as cheerful family and friends bustled onto the pier and many good-byes were exchanged.

Overall, it was a successful Cruise, and a nice reminder of all of the people who continue to support us in our endeavors and careers, especially as we prepare for our upcoming deployment.



Firefighting gear was displayed on the fantail overseen by Chief Damage Controlman(SW) Steven Gant.

Navy Selects FRCSW Sailor for Spirit of Hope Award

By Jim Markle
Fleet Readiness Center Southwest Public Affairs

A Navy Chief from Fleet Readiness Center Southwest was selected Aug 21, as the winner 2007 Spirit of Hope Award in recognition to his relentless service to the military and civilian community in the area.

Chief Aviation Support Equipment Technician Giovanni Balingit will receive the award and be joined by nominees from the other branches of the Defense Department in ceremonies October 28 at the Pentagon in Washington, D.C.

Established in 1997 by The Bob Hope Family Foundation, the award recognizes one member of the Navy who not only captures the values and integrity of the service, but who also exemplifies the patriotism and dedication to the armed forces so characteristic of the late comedian.

Balingit, a native of Angeles City, Philippines, is currently the FRCSW Support Equipment (SE) Rework Leading Chief Petty Officer.

FRCSW is the Navy's premier West Coast aircraft maintenance, repair, and overhaul

facility specializing in Navy and Marine Corps aircraft and related systems.

In his nomination letter, FRCSW Commanding Officer Capt. Michael Kelly cited Balingit's leadership and motivational skills.

"His leadership by example and motivation given to FRCSW Sailors generated 257 volunteers who provided 1,395 hours of service to different communities throughout San Diego in 2007," wrote Capt. Kelly.

"Chief Balingit's sustained superior performance and the countless community service hours he has dedicated throughout his entire Navy career have significantly contributed to Sailor quality of life, increased mission readiness and the overall success of our command and the nation," Kelly wrote.

Since 2005, the Navy has nominated one of its members for the Spirit of Hope Award.

Balingit will receive the award and be joined by nominees from the other branches of the Defense Department in ceremonies October 28 at the Pentagon in Washington, D.C.

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Navy Lodge Celebrates National Hospitality Week

By Michael Bockelman
Vice President, Navy Lodge Program

There is clean and then there is CLEAN, just like your mother and your Chief said. The Navy Lodge is CLEAN. So clean - that the Navy Lodge was rated the 5th Cleanest Hotel chain in the United States by Market Metrix Hospitality in 2005. "Our Profession is Clean" is this year's theme for the Navy Lodge Housekeeping staff.

To celebrate their outstanding work, the Navy Lodge Program is excited to participate in International Housekeeper's Week, recognized from

September 14-20. Navy Lodges worldwide plan several activities such as health and safety awareness, vacuum cleaner dash, bed making contests, laundry bag relay, appreciation luncheons, toilet paper pyramid carrying, roll-a-way bed races and much more. Michael Bockelman, Vice President NEXCOM and Director, Navy Lodge Program, adds, "Without these great associates, our guests would not enjoy some of the cleanest rooms in the world."

The phrase "Have You Hugged Your Housekeeper Today?" first described National

Housekeepers Week in 1981 to bring recognition to the front-line workers in the cleaning industry. During the next 10 years, this changed from "Have you Hugged Your Housekeeper Today?" to "Housekeeping: an Important Link in the Chain." In 1996, the term "International Housekeeper's Week" was coined in order to recognize exemplary housekeepers located outside of the United States.

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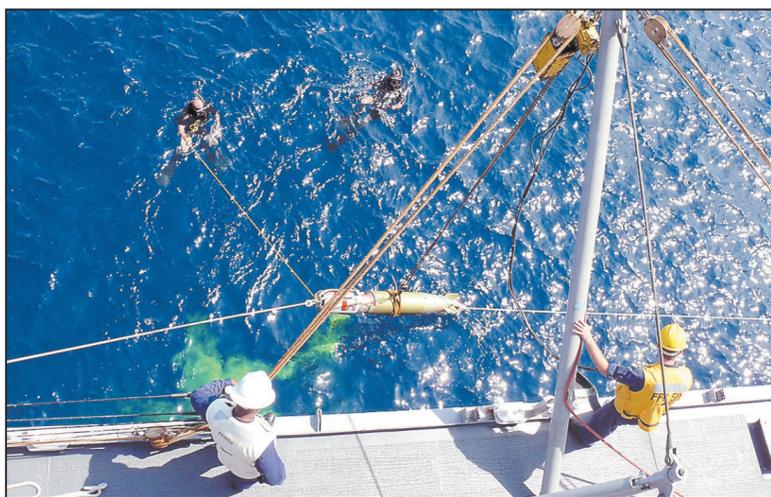
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-Photo courtesy of USS Samuel B. Roberts
USS Samuel B. Roberts uses SAR swimmers to bring a recoverable exercise torpedo back on the ship during a recent anti-submarine warfare exercise as part of the CDS 24 Group Sail.

Sammy B. Rounds Out Certification Cycle With CDS 24 Group Sail

By Ensign Molly Harris
Samuel B. Roberts Public Affairs

USS Samuel B. Roberts concluded its grueling yet successful pre-deployment certification with the CDS 24 Group Sail during the latter half of August. Planned and commanded by CDS-24, Sammy B. was one of four Mayport based Frigates who participated in the week-long sail that left from Norfolk, Virginia. The exercise was a precursor to the Joint Warrior exercise to be held in September across the Atlantic in the waters off of England and Scotland.

Participants in the sail spent the week prior to the exercise in Dam Neck, Virginia for a Warfare Commander's Conference. The conference included presenters from NAVAIR and the Royal Navy as ship's personnel were instructed in the use of NATO communications and operations. Simulators and war games were also an integral part of the con-

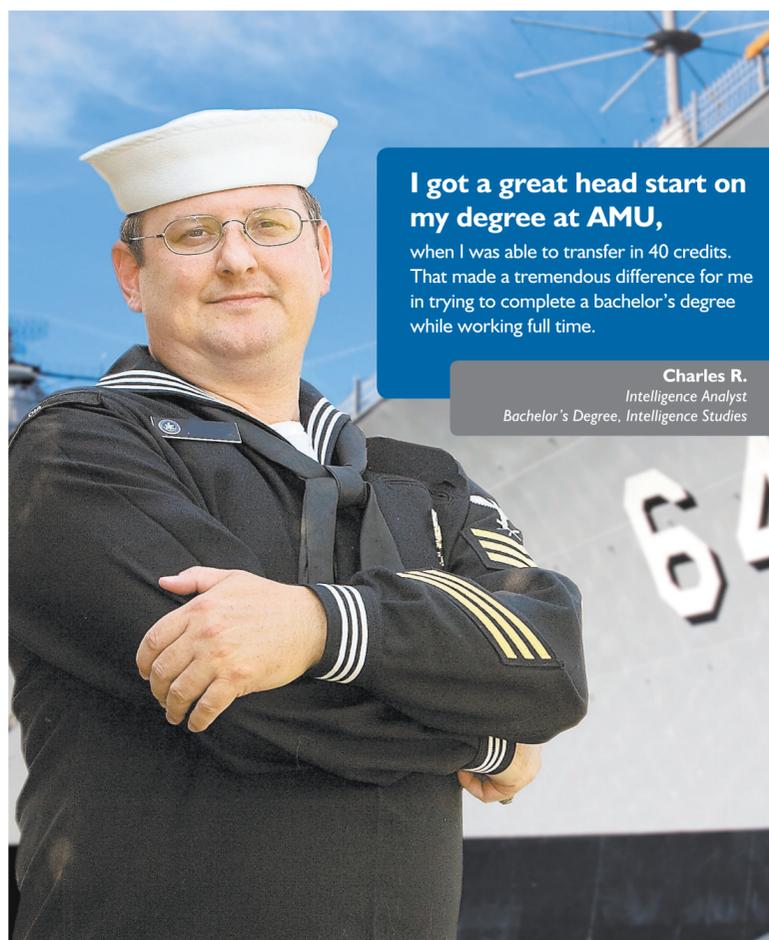
ference, giving ship's an opportunity to become well-versed in proper communications and strategies before they set sail.

Once underway, Sammy B. Sailors were busy around the clock, participating in communications exercises, Electronic Warfare exercises, live-fire exercises, boarding exercises and maneuvering drills. One of the highlights of the Group Sail was the Anti Submarine Warfare Exercise, which utilized an expendable mobile ASW training target (EMATT) as multiple ships attempted to find and track the EMATT which has characteristics similar to a submarine. Upon completion of the exercise, Sammy B., with the help from our HSL-60 Jaguar, launched our recoverable exercise torpedo (REXTORP) and then utilized our SAR swimmers to successfully bring the REXTORP back aboard.

In addition, Sammy B. made a great showing at the gunnery

exercises, successfully firing off over 50 rounds of the 76MM at a towed surface drone at a rate of 80 rounds per minute! Throughout the week, HSL-60's Jaguar provided a diverse and steady support for all exercises, including verifying safe range for gunnery exercises, moving personnel and supplies around amongst the group, and providing air support during the multiple boarding operations for not only Sammy B., but also any ship that required her help.

The week-long exercise was a great way for Sammy B. to certify as an independent deployer, topping off what has been a challenging certification, but one of great accomplishments and hard work. More importantly, Group Sail allowed ships to work together, better understand joint operations procedures, and improve war-fighting abilities, skills that will all be necessary during our upcoming CNT deployment.



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MWR Happenings

Sept. 11: Mary Murphy Salsa Dance Class. The famous So You Think You Can Dance judge, Mary Murphy, will conduct a free salsa dance class at 4 p.m. at the Gym. Everyone welcome. 270-5228

Sept. 11: Family Steak Night. 4-8 p.m. at the CPO Club. Everyone welcome. Cost is \$9 for adults and includes steak, baked potato, corn on the

cob, salad and tea or lemonade. Kids' specials available. 270-5431

Sept. 12: Summer Outdoor Movies. "Kit Kittredge, An American Girl" (G) 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

Sept. 13: Slamtember "X". Thunder Wrestling Federation presents a "Salute to the Troops" show benefiting the Greater Jacksonville USO. Bell time is 7:45 p.m. at the Base Gym. Admission is free for active duty; all others pay \$2. Premier ringside seats are \$10. More than 10 great matches are scheduled with all TWF titles

to be defended. Event includes a special appearance by the Jacksonville Rollergirls. 270-5228

Sept. 15: Texas Hold 'Em (All Hands). Every Monday at 7 p.m. at Castaway's Lounge. Free to enter. Everyone welcome. 270-7198

Sept. 16: 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

Sept. 17: 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

Sept. 19: Military Flag Football Tournament

Deadline. Tournament is Sept. 27. \$225 per team. 270-5451

Sept. 24: Striking Viking Performance. Former #1 ranked player in the world, Ewa Mataya-Laurance performs pool trick shots at Planet Mayport from 7-9 p.m. Everyone welcome. 270-7788

Liberty Call

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

Sept. 13: NCAA Game Plan. Castaway's Lounge now offers NCAA football game plan with college games every Saturday starting at 12 p.m.. Pick your favorite college games to watch throughout the day plus enjoy great football activities brought to you by the Liberty Program.

Sept. 14: Jags vs. Buffalo Bills Trip. Cost is \$5. Trip departs from Planet Mayport at 11 a.m.

Sept. 15: Texas Hold 'Em. Every Monday at 7 p.m. at Castaway's Lounge. Free to enter. Everyone welcome.

Sept. 16: Dinner and a Movie Trip. Cost is only \$2. Pizza served at Planet Mayport at 6:30 p.m. Trip departs for the movie theatre shortly after.

Sept. 19-21: PADI Scuba Diving Trip. Get scuba certified with the Liberty Program. Call Planet Mayport at 270-7788 for more details.

Sept. 23: Trick Shots Competition. This free billiards contest will begin at 6 p.m. at Planet Mayport. The winner will play The Striking Viking, Ewa Mataya-Laurance, on Sept. 24.

Sept. 24: Striking Viking Performance. Former #1 ranked player in the world, Ewa Mataya-Laurance performs pool trick shots at Planet Mayport from 7-9 p.m.

Kid Zone

Sept. 11: Family Steak Night. 4-8 p.m. at the CPO Club. Everyone welcome. Cost is \$9 for adults and includes steak, baked potato, corn on the cob, salad and tea or lemonade. Kids' specials available. 270-5431

Sept. 12: Summer Outdoor Movies. "Kit Kittredge, An American Girl" (G) 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

Sept. 13: Teen Lock-In. 7 p.m. Saturday until 7 a.m. Sunday at Club Teen. Open to middle and high school ages only. Cost is \$15 in advance or \$18 the day of. 270-5680

Sept. 13: Slamtember "X". Thunder Wrestling Federation presents a "Salute to the Troops" show benefiting the Greater Jacksonville USO. Bell time is 7:45 p.m. at the Base Gym. Admission is free for active duty; all others pay \$2. Premier ringside seats are \$10. More than 10 great matches are scheduled with all TWF titles to be defended. Event includes a special appearance by the Jacksonville Rollergirls. 270-5228

Sept. 19: Freedom Friday, Movie Night. 7-11 p.m. at the Youth Activities Center for grades K-5th. \$7 in advance; \$9 the day of. 270-5680

Sept. 20: Day for Kids. 1-5 p.m. at the Youth Activities Center. Free music, games, food and fun. 270-5680

Slamtember "X"
"Salute to the Troops"

Saturday, Sept. 13, 2008
Belltime 7:45 p.m. ~ Base Gym

Open to those with base access. Free admission for Active Duty personnel. All others pay only \$2. Premier ringside seats \$10. Proceeds benefit the Great Jacksonville USO.

More than 10 great matches! All TWF titles will be defended including crowning the TWF Women's Champ and the TWF TV Champ.

Event features the return of the "Thunder King" Elimination Match and a special appearance by The Jacksonville Rollergirls.

For event info, call (904) 270-5228.

Benefiting the Greater Jacksonville USO

Planet Mayport, Beachside Ready For Football Season

By MC3 Sean Allen
Fleet Public Affairs Detachment
Southeast

Planet Mayport, and the Beachside community center have several events lined up for the 2008 NFL and NCAA football seasons.

Planet Mayport will be offering tickets to Jacksonville Jaguar games at extremely low prices for junior Sailors, and will be showing a variety of Pro and College games on television at the beachside community center.

Junior Sailors, E1-E5 can purchase tickets to Jaguar games at just five dollars. The price also includes transportation to and from the game, leaving from Planet Mayport.

If going to the game is not an option, the Beachside Community Center will be

showing NFL and College football games on television, with NFL Sunday Ticket, and EPSN Gameplan.

Beachside is giving personnel at Mayport the opportunity to watch their favorite college and pro teams, even if they are not local.

"There are a large number of people here at Mayport that are

from other areas of the country, it is great that we offer the college football gameplan and the pro package, so those people can still watch their favorite teams from back home," said Jeff Backfich, the facility manager at Planet Mayport.

For more information regarding all of these opportunities, contact Planet Mayport at 270-7788.

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MWR Sports/Fitness

The Striking Viking

EWA MATAYA LAURANCE

Planet Mayport hosts
"The Striking Viking"
 Ewa Mataya Laurance
September 24, 2008
 7-9 p.m.





Ewa Mataya Laurance is one of the most visible superstars in the history of pocket billiards. Known as The Striking Viking, she took the billiard world by storm since she moved to the US from her native Sweden.

... A former # 1 ranked player in the world, Ewa has received Player of the Year honors, been named WPBA Sportsperson of the Year, and in 2004, was inducted into the prestigious Billiard Congress of America Hall of Fame.

This dynamic champion made an historic appearance on the cover of the New York Times Magazine and has been featured in numerous national publications, including People Magazine, Sports Illustrated, Forbes, Glamour, Golf for Women and Cigar Aficionado. Ewa is also a frequent guest on television shows such as Late Night with David Letterman, The Today Show, The Early Show, Current Affair, LIVE with Regis and Kelly, Entertainment Tonight and The Best Damned Sports Show, Period.

When not competing, Ewa serves as the ESPN Color Commentator. She also co-hosted GSN's popular game show "Ball Breakers."...

For more information on this spectacular evening, call Planet Mayport at 904-270-7788/89

2008 Aqua Aerobic Season Comes to a Close The daily aqua aerobics schedule has been reduced to only three more classes. They will be held Friday Sept. 12 and 26 at 9:30 a.m. at the base pool. Come join the Navy Fitness Trainers and the 40 plus regular aqua aerobics attendees for the final classes this season.

The Surfside Fitness schedule is as follows:

Monday
 7 a.m., Cardio, Combat and CORE with Ruthie
 11:30 a.m., Yogalates 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
 3 p.m., Fitness Equipment Training (sign up) with Ruthie
 4:30 p.m., Indoor Cycling

Wednesday
 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)



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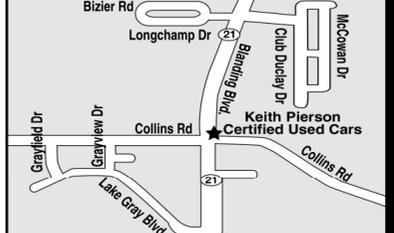
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Workshops, Classes Available At FFSC

From FFSC

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

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

Sept. 11, 9-12p.m., New Parent Support Playgroup, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field

trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age.

Sept. 12, 9-11a.m., Considerations For Home Buying, FFSC

Sept. 15-19, 7:30-4p.m., Command Financial Specialist Training, Base Chapel

Sept. 15, 8:30-9:30a.m., Career Advancement Account Workshop, FFSC

Sept. 15, 11-3p.m., Conversational English for Military Spouses, FFSC

Sept. 16, 9-11a.m., Resume Walk-In Review Assistance, FFSC

Sept. 16, 8:30-4:00p.m., Leadership Life Skills for E5 &

E6, Base Chapel

Sept. 16, 9-11a.m., Parenting Class, FFSC

Sept. 17, 9-2p.m., Tri-Base Job Fair, Morocco Shrine

Sept. 17, 8-11:30a.m., Stress Management, Wellness Center

Stress is a normal part of everyone's life. It can be energizing and a factor in motivating us. But too much stress, without relief, can have debilitating effects. This program is designed to provide participants with an understanding of what stress is and how it affects them. It will also help participants begin to look at their own lives and ways they currently cope with stress. Participants will be challenged to develop behavior and lifestyle changes that will improve their ability to cope with stress.

Sept. 17, 9-12p.m., 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.

Sept. 18, 9-12p.m., New Parent Support Playgroup, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age.

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

Sept. 18, 8-11 a.m., Anger Management, FFSC

What does anger do for you? Communicate for you? Keep people at a safe distance from you? Keep you in charge? For many people, anger serves them many uses, but all too often, it is at a high cost...usually of relationships, unhappiness in the workplace, and a general feeling of disdain. If you want to be able to break out of the "get angry/get even" syndrome, come to this class. Participants learn how anger and judgment are related, about irrational beliefs and faulty self-talk, what "E + R = O" means, and the roles of stress and forgiveness in anger.

Sept. 19, 9 a.m.-noon, What About The Kids?, FFSC

Children who witness family violence are often forgotten as the unintended victims. A wide range of child adjustment problems has been found to be associated with exposure to domestic violence. Parent's need to see and understand the

effects of domestic violence on children as encompassing behavior, emotion, development and socialization. Parents need to understand that there is an intergenerational cycle of violence and they may be creating a legacy for their child of learned violent behavior. The purpose of this program is not to shame parents for events that have already happened, but to instill hope that things can change. The knowledge that the violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention.

Sept. 22, 8:30-4p.m., TAP Retiree Workshop, Bldg. 1 Room 104

Sept. 22, 8:30-2:30p.m., Military Spouse 101, FFSC

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

Sept. 22-25, 8 a.m.-4p.m., TAP Separatee Workshop, Bldg. 1 Room 104

Sept. 23, 9-11a.m., Resume Walk-In Review Assistance, FFSC

Sept. 23, 1-4 p.m., Leadership Life Skills for E7 & Above, Bldg. 460 Room C

Sept. 23, 9-11a.m., Parenting Class, FFSC

Sept. 24, 9-12p.m., 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.

Sept. 24, 6-7:00p.m., Individual Augmentee (IA) Family Discussion Group, USO

Sept. 25, 9 a.m.-2 p.m., The Domestic Violence & Sexual Violence Series" Presentation, Ocean Breeze Conference Center

Sept. 25, 9-12p.m., New Parent Support Playgroup, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age.

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

Sept. 26, 9-11a.m., Establishing a Sound Budget, FFSC

Sept. 29- Oct. 2, 7:30-4:00p.m., Executive TAP Workshop, FFSC

Sept. 30, 9-11a.m., Resume Walk-In Review Assistance, FFSC

Sept. 30, 9-11a.m., Parenting Class, FFSC

Oct. 7, 9-11a.m., Parenting Class, FFSC

"This can do more to help us with domestic & sexual violence than any one other thing I have seen... Incredibly powerful!" *Mya Alea, Coconut Grove P.D.*

"This could be my daughter!" *Bob White, Pasco County, Florida Sheriff*

"A profound & poignant expression of what it 'feels' like to be a victim." *(a survivor)*

"Emotionally charged, compassionate, personal & compelling! A must see!!! This presentation has created the most awareness and help for our students than any other effort FSU has done!" *Jacquet Pospolnot, M.S.W., Asst. Dean of Students, Florida State University*

"MeloD is a very strong woman who I admire deeply. Her art is truly a beautiful inspiration to those who are suffering and a true education for all. Everybody should make domestic & sexual violence their business." *Columbo Bush, First Lady of Florida*

"Powerful message, an inspiration to us all!" *Jim Appleman, State Attorney, Fourteenth Judicial Circuit of FL*

"Empowerment for all victims, a journey of true healing!"

"Incredible artistic expression capturing the pain & horrors of victimization!"

"The depth of MeloD's self analysis & her remarkable talent as an artist combine to produce the most dramatic & informative presentation of domestic violence I have ever seen!" *Irene H. Sullivan, Circuit Judge, Sixth Judicial Circuit of FL*

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USO News

Mayport USO is in need of volunteers for our Sesame Street Live event on Sept. 17-18 at the Mayport Naval Station Gym. The USO needs nine to 10 volunteers on Sept. 17 for set up crew. Volunteers would arrive by 1 p.m. Another eight to 10 people are needed for various purposes, including outreach tables, help with seating audience, handing out goodie bags etc. Volunteers for the night show will need to arrive around 2:30 and the shows should be finished by 8:30 p.m. Also six to eight people will be needed for security arrive at 4 p.m. and volunteer until 9 p.m. Volunteers on Sept. 18 include eight to 10 people for various purposes, outreach tables, help with seating audience, handing out goodie bags etc. and more volunteers for the night show will need to arrive around 8:30 a.m. and the show should be finished by 10 a.m. Six to eight people will be needed for security to arrive at 9 p.m. and wrap up by 10:30 a.m.

Morocco Shriners are offering a free circus show to the military personnel on Sept. 21 at 7 p.m., with 3,000 free tickets available from the area USO offices.

This show is also available free to the UNF students who will be admitted at no cost just

by showing their student ID.

Other shows for general admission include, two days and six shows of exciting acts; Saturday, Sept. 20 at 10 a.m., 3 p.m., and 7 p.m. and Sunday, Sept. 21, at 11 a.m., 3 p.m. and 7 p.m. Tickets are \$12 per person for general seating and are available at Morocco Shrine Center, or may be purchased by calling 642-5200, ext. 30.

This event will be held at the Arena at the University of North Florida campus located at 4567 S. St. Johns Bluff Rd., south of Beach Blvd.

The Morocco Shrine Circus has been entertaining children, of all ages, for 48 years and we will do so again this year with three rings of fun-filled excitement with exciting new acts with the Royal Hanneford Circus.

Proceeds are for the benefit of Morocco Shrine Pilgrimage Committee and are not deductible as charitable contributions.

The 2008 holiday season will be a special one for both the USO and our well-deserving military personnel and their families. The USO is assisting Sears to promote the new Sears Heroes at Homes program. This program allows Sears customers to support non-profit organizations. This year, Sears will make a \$250,000 donation to

the USO as a thank you for customers using their Sears Card. Additionally, the Heroes at Home Wish Registry program will feature an online portal in which military families can post their wishes; and consequently the public can go online and contribute towards these individual's holiday wishes.

Active duty members (E-4 & below) with a U.S. or U.S. APO address may apply to participate through Sept. 17 at www.sears.com/wish. The public can contribute Nov. 2 through Dec. 25 at the same site. All contributions to the Wish Registry will be used to purchase Sears gift cards which will be distributed to Wish Registry participants. Contributions to the Wish Registry are not tax deductible. See program website www.sears.com/wish for full details, terms & conditions.

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.

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 percent 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 on by the USO to order your tickets - they will go fast. This is the last round before the finals in Las Vegas. Tickets are \$18.25 (USO) - Upper Arena Sections; \$31.50 (ITT NAS JAX and Mayport USO only) - Outside of the club (Sections 105-111 end-zone sections); \$48.25 (USO) D Outside of the club (Section 103-104 side sections).

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

Mayport USO is looking for volunteers to help with visitors, answer phones, copying, filing and light administrative assistance. A working knowledge of Excel and Word is preferred. Email wendy@usojax.com for

more information. Be sure to indicate Mayport Volunteer in the subject line.

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

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

Beaches Vet Organization Cookout Benefits USO

From FRA

The Fleet Reserve Association Branch 290 is an active member of the Beaches Veterans Organization in supporting the USO "No Dough Dinners."

The next Beaches Veterans Organization event will be a family cookout on Sept. 21 from 1-5 p.m. This event is open to

the public and will take place at the Fleet Reserve Association Branch 290 home, located at 390 Mayport Road, Atlantic Beach. Low-Country Boil will be the menu for a donation of only \$8. Take out orders are always welcomed. All proceeds raised at these events will benefit the "USO No Dough

Dinners."

The FRA is a Congressionally-chartered organization representing the Sea Service community before the U.S. Congress and is comprised of current and former members of the U.S. Navy, Marine Corps, and Coast Guard.

Anyone can become as asso-

ciate member with these interests.

Membership in the FRA may be obtained by calling 249-1389 or by visiting the Branch home. Branch meeting are held the first Thursday of each month. Full lunches are served Monday thru Friday, and Breakfast is served each Sunday morning.

These events are always open to the public.

Subsequent BVO cookouts will be hosted by the other members every month. American Legion Post 129 will host in October, VFW Post 3270

in November and American Legion Post 316 in December.

For more information on these events or the Beaches Veterans Organization, please call Robin Amig at (904) 246-6855.

NMCRS Looking For Volunteers

From NMCRS

Did you know that . . .

Volunteering at your local Navy-Marine Corps Relief Office may add years to your life? A 10-year study at the University of Michigan found that people who did not volunteer work died at an earlier age than those who volunteered at least once a week. Volunteering has added benefits: a sense of accomplishment, a dose of self-respect, and a boost of self-confidence. It can also serve as a reminder that, relatively speaking, your troubles might not be as severe as they seem. NMCRS Volunteers are men and women, civilian and military -- active duty and retired, officer and enlisted, and their family members. Maybe even you!

Did you know that . . . Visiting Nurses working for the Navy-Marine Corps Relief Society will make home, hospital, or clinic visits? They provide health education and

instruction while acting as a liaison with other resources. During 2007, the Society's Visiting Nurses conducted more than 38,000 patient contacts, offering emotional support in times of stress; assisting patients' understanding of medication, diet, and follow-up care; and providing continuity between patient, doctor and community resources. Ask about feeding newborns, postpartum care and parenting skills.

Did you know that . . . Junior Seabags were provided by the Navy-Marine Corps Relief Society to the parents of 6,400 new infants in 2007? Attending the two-hour Budget for Baby class provides new parents with a Volunteer-assembled layette. Junior Seabags include terry sleepers, handmade sweater sets or afghans, blankets, sheets, towels, and more.

Let the Society help you

welcome the newest member of your family. Get a spending plan review, which helps you understand the sometimes hidden costs associated with a growing family, and receive a

layette for your new baby.

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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	11099 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	JIFFY LUBE	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	1403 N 3rd ST	JAX BCH
FLETCHER HIGH SCHOOL ROTC	JAX BCH	JAX BCH	KANGAROO/BP	10910 ATLANTIC BLVD.	JAX
GATE	1900 MIZELL RD	STAU	KANGAROO/SMOKERS EXPRESS	2615 ST. JOHNS BLUFF/ALDEN	JAX
GATE	220 A1A N	PVB	LA CRUISE GIFT SHOP	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)	JAX
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	ASSISSI LANE	JAX
GATE	12548 SAN JOSE BLVD	JAX	RAINBOW CENTER CHILD CARE	NAVY HOUSING OFF ASSISSI LANE	JAX
GATE	10946 FT CAROLINE RD	JAX	RIBAUTL BAY COMMUNITY CENTER	ASSISSI 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	YUL
GATE	2520 S 3rd ST	JAXBCH	SPRINT	8838 ATLANTIC BLVD	JAX
GATE	319 S 3rd ST	JAX BCH	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
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Navy Nurse Earns Gold Medal At World Golf

By Marsha Childs
NHJ Marketing

Navy Nurse Cmdr. Elizabeth "Liz" Breza won her second gold medal in eight years, while competing on the U.S. Armed Forces Golf Team in the Conseil International Du Sport Militaire (CISM) Championship in Ottawa, Canada on Aug. 22.

Breza competed on the six-man, two-woman U.S. All-Armed Forces Golf Team by first earning a spot on the All-Navy Golf Team during qualifying rounds at Naval Air Station (NAS) Jacksonville from Aug. 3-6. She praised the golf director Joe Carreiro and his staff at the NAS Jacksonville Golf Course for the exceptional job they did getting the links ready for the competition. She said, "They got the course in great shape, especially with all the rain. They did an exceptional job."

She went on to qualify for one of two women's positions while playing at the Fort Gordon Lakes Golf Course in Augusta, Ga. during the Armed Forces Golf Championship held Aug. 10-12. "The nine women representing all four military services were fierce competitors," said Breza. Both the U.S. men's and women's teams won gold medals in team competitions.

Husband Patrick O'Neill served as Breza's caddy on the first two days of the Armed Forces competition. "He knows my game very well and helps keep me focused. He just knows my game really well," she said. Breza and Air Force Capt.



-Photo by Larry Edmond

Navy nurse Cmdr. Liz Breza, left, lines up her shot at the 2008 Armed Forces Golf Championship held Aug. 10-12, at Fort Gordon in Augusta, Ga. Breza qualified to play at the CISM in Ottawa, Canada, where she won a gold medal competing on the U.S. Armed Forces women's team.

Linda Jeffery from Offutt Air Force Base in Nebraska bested seven other teams from Africa, Canada and Europe to earn the gold. Breza said, "It is an honor to represent your country, but

it is even more of an honor to come and win. You just can't describe it, it's a great feeling." Naval Air Station Jacksonville base commander Capt. Jack Scorby served as the team's

senior military officer called the Chief of Mission. Bill "Goose" Mungia coached the Navy Golf Team and Mike McCool coached the CISM team. Breza said, "We had a great group of

players and coaching and support staff." The CISM was played at the Hylands Golf Club, a beautiful lush course. It was Breza's first visit to Ottawa. "We actu-

ally stayed in the dorms at the University of Ottawa and were shuttled to the course about 20 minutes away. Their people there did a fantastic job in the setup and maintenance of the course," she said.

In 2001, Breza earned her first gold medal in Borden, Canada where she also competed against military players from around the world. This year's team win earns Breza her second gold medal, which hangs in her office for the time being. "I will eventually make a shadow box of all my military golf stuff," she said.

She credits much of her win to private coach Tom Burnett who runs a golf academy in St. Augustine, Fla. "His academy covers the whole package from physical preparation to the mental side and then the golf swing specifically. He helps facilitate taking your "A" game from the range to the course," Breza said. She has been playing golf for 20 years, but has only been serious about the sport for the past seven years.

Breza has been a Navy nurse for 22 years, and currently serves as the Clinic Nurse Manager in the Family Medicine Department at Naval Hospital Jacksonville. She is thankful that the command has afforded her the opportunity to compete. She is already preparing for next year's Armed Forces competition, and depending on the operational mission, she hopes to have another chance to play.

TRICARE Blog is Just What The Doctor Ordered

From TRICARE

With the Military Health System (MHS) increasingly engaging in "Web 2.0," TRICARE launched a blog at <http://www.health.mil/tmablog> featuring Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity (TMA). The launch builds on the Web 2.0 successes of the MHS blog at <http://www.health.mil/mhsblog>, as well as the BlogTalkRadio show "Dot Mil Docs" at <http://www.blogtalkradio.com/Dot-Mil-Docs>.

The inaugural blog, "Just What The Doctor Ordered," was posted on July 25. Since then Granger hasn't shied away from controversy, tackling tough topics such as autism and the issues

surrounding benefit delivery in the Philippines. Granger said he hopes that beneficiaries will take advantage of the interactive feature that allows readers to post comments. "We're constantly seeking new avenues to communicate and interact with beneficiaries," said Granger. "Blogging is a 21st century way to get information out and respond to the need for information and assistance from our TRICARE beneficiaries."

The TRICARE blog is intended to address current issues, beneficiaries concerns and keep visitors up-to-date on the happenings at TRICARE. The site will clearly increase interaction with beneficiaries as Granger continues to address hot topics.

"One of the greatest goals of the MHS is to communicate with better transparency," Granger said. "Our new blog site is 'just what the doctor ordered' to communicate with others in the MHS and all those who are served by TRICARE."

Current plans call for the fledgling blog to feature a new topic each week. With tropical storm Fay leaving parts of Florida flooded, and Gustav in the wings.

Anyone who wants to be notified when a new Granger blog is up can sign up for e-alerts by clicking on the "little red envelope" at <http://www.tricare.mil>.

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

ACROSS

- 1 \$\$ in banks
- 6 FDR's biographer
- 11 Card game for two
- 14 Hogwash!
- 15 Mongol invader
- 16 One of the Gershwins
- 17 Start of a quip
- 19 Animal house?
- 20 Margarine
- 21 Like a busybody
- 22 Sandal strap
- 24 Mennen shaving product
- 26 Eroded
- 28 Part 2 of quip
- 32 Aardvark's tidbit
- 33 Blues singer James
- 34 Light noshes
- 38 Editor's instruction
- 40 Part 3 of quip
- 42 ___ she blows!
- 43 Greeley or Mann
- 46 Top-rated
- 49 Cellular stuff
- 50 Part 4 of quip
- 53 Dry, red wine
- 56 Scrapes (out)
- 57 Dentist's direction
- 58 CI quadrupled
- 61 AAA advice
- 64 Building annex
- 65 End of quip
- 68 Foamy brew
- 69 Lace cap
- 70 Video game name
- 71 Colo. clock setting
- 72 Planted items
- 73 Stupefy with desire

DOWN

- 1 Chan's words
- 2 Neato!
- 3 Follow
- 4 Hit one's drive
- 5 Pathetic starter?

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By Alan P. Olschwang 9/11/08
Huntington Beach, CA

Last Week Answers

A	B	B	A	S	I	E	R	R	A	O	F	F	
B	O	A	T	U	T	A	H	A	N	U	R	L	
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09/04/08

45 Young newt	54 Sledding sites
47 ___ Laredo, Mexico	55 Narrow bay
48 Antlered animal	59 Act
51 Capricious	60 Sea turtle grp.
52 Shaped like a cylinder	62 First name in architecture
53 Half-and-half half	63 Agitated state
	66 Long, long time
	67 Fairy queen

Teach Children How To Make Healthy Choices

By Maj. Karen E. Fauber
DeCA dietitian

We all want the best for our children; yet we find it challenging at times to get healthy, satisfying meals on the table. Work, school and all the many day-to-day activities often have us on the go. If you find yourself rushing home after work and trying to decide what to make for dinner at the last minute, you are not alone. Your commissary is working with you to help you make choices that are good for you and your family. Many of us are concerned about our children's health, especially

with the growing trend of overweight and obesity today. The Defense Commissary Agency recognizes that we need to teach our children the importance of healthy eating and being physically active.

The U.S. Department of Agriculture's Web site, www.mypyramid.gov, has a section designed for children on how to be more physically active and make healthy food choices. There is an interactive computer game where kids can reach Planet Power by fueling their rocket with food and physical activity. In the game there

are "fuel" tanks for each food group to help students keep track of how their choices fit into MyPyramid. After viewing the Web site with your kids, have them help plan meals and snacks for a few days. This can be a fun learning experience that the whole family can enjoy. To help you get started here are a few ideas from the site:

Make half your grains whole. Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice and low-fat popcorn, more often.

Vary your veggies. Go dark green and orange with your veg-

etables—eat spinach, broccoli, carrots and sweet potatoes.

Focus on fruits. Eat them at meals and at snack time, too. Choose fresh, frozen, canned or dried, and go easy on the fruit juice.

Get your calcium-rich foods. To build strong bones serve low-fat and fat-free milk and other milk products several times a day.

Go lean with protein. Eat lean or low-fat meat, chicken, turkey and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts or seeds to a salad; pinto beans

to a burrito; or kidney beans to soup.

Change your oil. We all need oil. Get yours from fish, nuts and liquid oils such as corn, soybean, canola and olive.

Don't sugarcoat it. Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

Encourage your children to apply what they have learned while shopping regularly at the commissary, where your savings can amount to 30 percent

or more. With savings like that, it's always worth the trip!

For more information about children's nutrition, visit <http://www.commissaries.com>, go to Ask the Dietitian and post your questions on the DeCA Dietitian Forum and be sure to look for other useful information in the Dietitian's Voice archive. For tempting, delicious recipes check out Kay's Kitchen. And to enjoy all your commissary benefit has to offer, sign up for the Commissary Connection.

Homemade Lunches Should 'Be Food Safe'

From DeCA

It's time to pull out the backpacks and clean the lunch boxes as children head back to school this month. Since September is also National Food Safety Education Month, the Defense Commissary Agency is partnering with the U.S. Department of Agriculture and the nonprofit Partnership for Food Safety Education to provide tips to help parents keep their children healthy this school year.

"It's important for parents to ensure that whoever prepares their children's school lunches at home knows and practices basic food safety," said DeCA Director and Chief Executive Officer Philip E. Sakowitz Jr. "Families can make it a learning activity that gives their children a practical lesson in science."

Throughout September, DeCA

will reinforce the basics of "Be Food Safe" in its commissaries. The basics of Be Food •Safe are to clean, separate, cook and chill to help reduce the risk of foodborne illness. When packing lunches to take to school, keep the following food safety tips in mind:

•Wash your hands with warm water and soap for at least 20 seconds before you prepare food or after playing outside, touching pets and using the bathroom. Sing "Happy Birthday" twice while washing hands to make sure you are washing long enough to send germs down the drain.

•Work on a clean surface. To prevent cross-contamination, always use a clean cutting board. Use one cutting board for fresh produce or bread and a separate one for meat, poultry

and seafood.

•Rinse fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Dry with a paper towel.

•If lunches are made at home the night before, keep them in the refrigerator until it's time to go. Make sure the refrigerator is 40 degrees Fahrenheit or below at all times and use an appliance thermometer to check the temperature.

•Use an insulated lunch box, with an insulated bottle for hot foods or a frozen gel pack or a frozen juice box to keep perishable foods cold.

Wash insulated lunch totes or boxes with hot soapy water after each use.

•Never leave perishable foods out at room temperature for more than two hours. Toss

any perishable food not eaten at lunchtime.

Apply for freebies

Parents and after-school providers are urged to help kids learn about food safety by getting them involved in fun, educational activities. Free work sheets, curriculum materials and a hand-washing poster are available at <http://www.fightbac.org>.

Be Food Safe brings the Defense Commissary Agency and nearly 6,000 commercial retail grocery stores together in participating with the

Partnership for Food Safety Education and its government liaisons – the U.S. Department of Agriculture, U.S. Food and Drug Administration and U.S. Center for Disease Control and Prevention. The goal is to help consumers become more aware of proper food-handling measures in the home to reduce risk of illness. Participating food retailers bring Be Food Safe messages to their customers through in-store signage, brochures, flyers, packaging and circular ads, in-store events

and other special promotions. Parents can download and print their own Be Food Safe basic brochure for home use from the Web site at <http://www.befood-safe.org>.

Commissary customers who want more food safety-related information can visit the DeCA Web site at <http://www.commissaries.com>, go to the "Food Safety" section and access links to various consumer safety sites.



Eating On Run Done Right

By Maj. Karen E. Fauber

DeCA dietitian

Eating out is a daily habit for many of us as we commute to work, drop off the kids at sports and rush to the many activities that fill our lives. We often find ourselves eating at least one meal a day at a restaurant or fast-food establishment. Yet, meals eaten away from home are higher in total calories, fat and saturated fat, and lower in calcium, fiber and iron than meals eaten at home. On average, we consume about 300 calories more a day when we eat out than when eating meals at home. Therefore, it just makes sense to try eating more meals at home.

The Dietary Guidelines recommends making smart food choices and watching portion sizes wherever you are – at the grocery store, at work, in your favorite restaurant or running errands. Try these tips:

•When grabbing lunch, have a sandwich on whole-grain bread and choose low-fat or fat-free milk, water, or other drinks without added sugars.

In a restaurant, opt for steamed, grilled or broiled dishes instead of those that are fried or sautéed.

•On a long commute or shopping trip, pack some fresh fruit, cut-up vegetables, string cheese sticks or a handful of unsalted nuts to help you avoid impulsive, less healthful snack choices.

•More tips for eating on the go:

•Take time to look over the menu and go for grilled, broiled or steamed foods more often.

•Many restaurant portions are large. Take home half of the main course for another meal.

•Order the regular or kid-size portion.

•Drink milk occasionally to increase calcium.

•Substitute a side salad for french fries.

•Split your order. Share fries or an extra large sandwich with a friend.

•Choose a baked potato for the fiber and fewer calories than fries. Skip the sour cream and butter and try salsa.

•When ordering a sub, choose lean beef, ham, turkey or chicken on whole-grain bread.

•For a small meal, order an appetizer for your entrée.

•At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Go easy on mayonnaise-based salads and high-fat toppings.

•Order salad with dressing on the side so you can use only the amount you want.

•Eat your lower-calorie food first. Soup or salad is a good choice.

•Pass up all-you-can-eat specials, buffets and unlimited salad bars if you tend to eat too much.

To make your own on-the-go meal, choose lean, low-sodium meats and cheeses, and mustard, along with whole-grain bread; you can find it all in the deli section of the commissary. Grab a bag of salad or cut-up veggies and some juice to make a delicious meal on-the-go with fewer calories than eating out. Your waistline and your wallet will appreciate it.

And, remember to buy all your on-the-go foods at the commissary where you can save 30 percent or more. With savings like that, it's always worth the trip!

For more information about eating out, visit <http://www.commissaries.com>, go to Ask the Dietitian and post your questions on the DeCA Dietitian Forum and be sure to look for other useful information in the Dietitian's Voice archive. For refreshing summer recipes, check out Kay's Kitchen. And, to enjoy all of your commissary benefit sign up for the *Commissary Connection*.



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By Maj. Karen E. Fauber
DeCA dietitian

Starting the school day with a good breakfast can give your children an academic edge this year. Many studies have shown that children who eat breakfast in the morning tend to do better in school, including getting better grades on tests.

Skipping breakfast is a real problem for more than 40 percent of girls and 32 percent of boys according to The American Dietetic Association. There are many reasons why children don't eat breakfast before their day begins. However, there are just as many reasons why it's important to encourage your children to fuel up with breakfast to break the overnight fast of not eating for the last eight to 12 hours.

Start the engine with breakfast

•More likely to get nutrients that are needed for growing bodies including iron, calcium, fiber, phosphorus and magnesium, as well as vitamins such as riboflavin, vitamins A, C and B12.

•May help keep weight under control.

Common reasons for skipping breakfast

•I don't like to eat in the

morning

-Have a yogurt drink.

-Have a fruit smoothie made with low-fat milk, juice and fruit.

-Eat something you like such as pizza or leftover chicken

•I overslept

-Set the alarm for 10 minutes earlier and put the clock within walking distance of the bed.

•I do not have time to eat in the morning

-Get ready for school the night before – lay out clothes, pack a lunch and backpack.

•I am trying to lose weight

-Skipping breakfast leads to eating more calories later in the day, not weight loss.

Use high-test fuel to start the engine

It can be easy to grab high-calorie, low-nutrient foods such as donuts and chips while rushing out the door to catch the bus. These foods may be all right for hectic mornings, however, just like cars, children's bodies run best on high-test fuel such as the following:

•Whole grain cereal with low-fat milk and fruit

•Oatmeal with low-fat milk, cinnamon and fruit

•Whole wheat muffin, bagel or bread with nut butter or cheese

•Fruit smoothie made with yogurt, milk and fruit

•Breakfast cookie with 5 grams of fiber or more per serving

•Breakfast bar with nut butter

•Hard-boiled egg

•Trail mix made with almonds, whole grain cereal and dried fruit

Children are more likely to eat breakfast in the morning if they eat with their family or see their parents eating. To help start their engines in the morning have a little breakfast with them and get your day off to a good start, too.

And remember to buy your breakfast foods at the commissary where you can save 30 percent or more. With savings like that, it's always worth the trip!

For more information about children's nutrition, visit <http://www.commissaries.com>, go to Ask the Dietitian and post your questions on the DeCA Dietitian Forum and be sure to look for other useful information in the Dietitian's Voice archive. For refreshing summer recipes, check out Kay's Kitchen. And to enjoy all of your commissary benefit sign up for the *Commissary Connection*.

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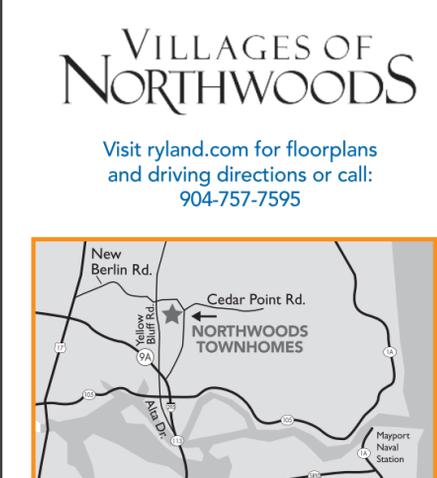
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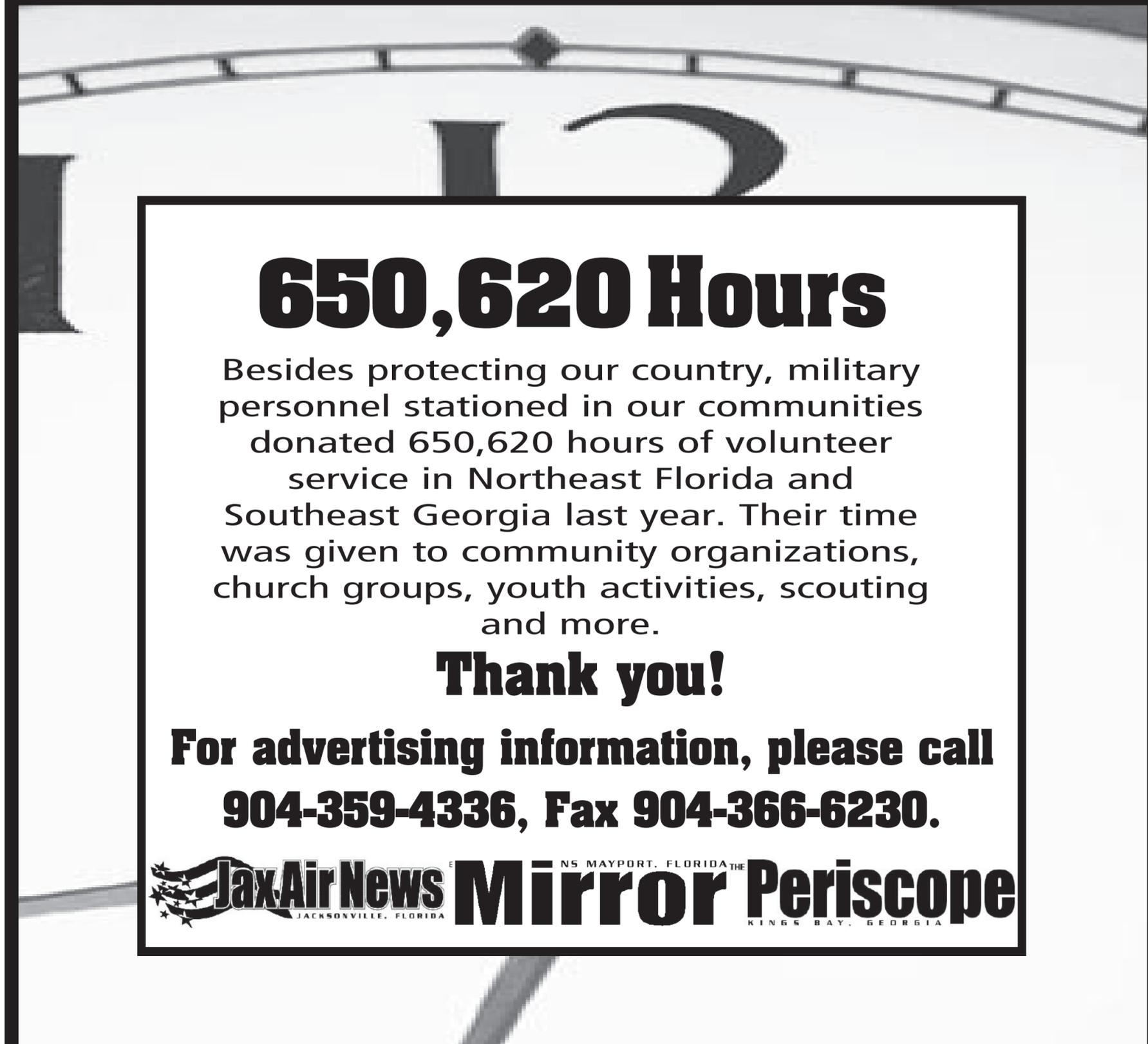


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