

# THE MIRROR NS MAYPORT, FLORIDA

CHINFO Award Winner

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THURSDAY, October 23, 2008

## OFF THE DECK

### BEQ Survey Asks Resident Satisfaction

Bachelor Housing will be conducting the Annual Resident Satisfaction Survey starting mid October. This is the opportunity to let us know how we are doing and what you would like to see. When you are asked to complete this survey please take the time to fill out the survey. The survey will run for approximately six weeks. All surveys are confidential.

### Chillaxin' at Barracks Bash

The MWR Liberty Program brings back Barracks Bash on Oct. 29 from 4:30-7:30 p.m. Barracks Bash is the ultimate party for Single Sailors featuring free food, giveaways, interactive games and DJ entertainment. The event is located between barracks buildings 1586 and 1587. The event is sponsored by Aqua East Surf Shop, Bank of America, Dave and Busters of Jacksonville and Navy Federal Credit Union. For more information, call Planet Mayport Single Sailor Center at 270-7788.

### NH Jax Lobby Closes For Reno

Naval Hospital Jacksonville is under construction to better serve our military families. Effective Oct. 23, the hospital's Quarterdeck entrance, also known as the main lobby, will be closed for an extended period as construction begins. All patients and visitors are invited to use the east entrance of the Outpatient Wing open 6 a.m. to 9 p.m. After that time and on all Federal Holidays, the Emergency Medicine Department entrance should be used.

### 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.

### NEX Holds Holiday Mega Event

Come join NEX for this exciting two-day event from 11 a.m.-3 p.m. on Oct. 31-Nov. 1 at the Mayport Main Exchange off Mayport Road where several events scheduled in the store. There will be a Bra Fitting seminar, animal care training tips, food and product sampling, Jockey underwear representatives on hand to show the latest fashions, fragrance demonstrations, and True Beauty at every age makeovers by Lancome. Call 242-3256 to schedule an appointment. There will be several door prizes given away including two flat screen televisions.

## Housing Opens To More Applicants

By Paige Gnann

Naval Station Mayport Housing and Balfour Beatty Communities is opening up its housing leasing priority chart for two- and three-bedroom units in Ribault Bay and Marsh Cove. This does not include the four- and five-bedroom units.

Base Housing Director Gail Washburn said that there is approximately 100 units available for residency outside the top preferred referral list of active duty personnel with families assigned to base and active duty personnel with families assigned within one hour commute.

This means that bachelors

and geo-bachelors can now opt to lease a unit in base housing by themselves or share the rent with other bachelor service members, Washburn said. It also opens up base housing to active duty National Guard and Reserve families, unaccompanied families of active duty military, Federal Government civilians assigned to Department of Defense activities, Federal Government employees working in the commute area and retired DoD military, federal employees and Coast Guard families. Referrals will be on a first come, first serve basis. All potential leasees must first apply with base Housing to receive a referral to Balfour

Beatty, she said.

Washburn was very clear to add that normal citizens will not be allowed to lease property in base Housing however. Federal Government civilians and retirees will also be required to complete an additional screening process before their application is approved.

Also, if someone from the top priority list requests two- or three-bedroom housing, they will be first priority.

"As soon as an active duty family comes in, they get referred immediately," she said. "No one else gets referred until their housing needs are met. Right now, we have the flexibility to refer down the list."

Balfour Beatty is a world-class engineering, construction, services, and investment group currently under contract with DoD to provide on-base and off-base housing for Naval Station Mayport through the Navy's public-private venture (PPV) housing project.

Balfour Beatty Community Manager John Armstrong said that bachelors choosing to live within Mayport housing don't have to worry about assuming the cost of rent should their roommate receive permanent change of station or deployment orders.

"If one of them deploys, they can break the lease," he said. "They also get all the benefits

that an active duty with dependents receives."

Currently, Balfour Beatty is including all utilities with its rent prices. The Community also provides lawn service for all the units, a change that came with the privatization of housing.

Balfour Beatty requires a seven-month lease and then an automatic month-to-month renewal.

Washburn said that anyone interested in leasing a two- or three-bedroom unit should go to the Base Housing Office.

## Blue Angels Come To Jax

From NAS Jacksonville

NAS Jacksonville announces the return of local flying sensation and "First Lady of Aerobatics" Patty Wagstaff to this year's air show. The two-day show is scheduled for October 25 and 26, 2008, and will be free and open to the public.

Wagstaff of St. Augustine, Fla., is internationally known for the most thrilling, low-level aerobatic routines in the world. Flying before millions of air show spectators each year, her breathtaking performances give spectators a front-row seat view of the precision and complexity of modern, unlimited hard-core aerobatics. A six-time member of the U.S. Aerobatic Team, Patty has won the gold, silver and bronze medals in Olympic-level international aerobatic competition and is the first woman to win the title of U.S. National Aerobatic champion and one of the few people to win it three times.

Many other fabulous, high-caliber performers will entertain this year's show. Leading the pack are the world-famous Blue Angels, the Navy's flight demonstration squadron, which was formed at NAS Jax back in 1946.

Also scheduled to perform is Les Shockley's Jet Truck; Skip Stewart Pitts, Rich's Incredible Pyro, Greg Shelton & Ashley Battles, Matt Chapman, Red Star and The Dragon, David Marco P-51D Mustang "Sizzling Liz," Bob Cox L-39 "Albatross," and Jon Mohr 1943 Stock Stearman PT-17, the F/A 18F Super Hornet Strike Fighter; F-15 West Coast Demo Team; F-16 Viper East Demo Team; F-86 Dale Snodgrass (Military Heritage Flight); E-2C Hawkeye; H-60H/F; and the 82d Airborne Division All American Freefall Team.

More detailed information on the acts is available at [www.airshow.jacksonville.com](http://www.airshow.jacksonville.com)

## Holiday Mailing Dates Released

From Naval Supply Systems Command Office of Corporate Communications

According to the Naval Supply Systems Command's (NAVSUP) Postal Policy Division, which just announced holiday mailing dates, it is not too early to start planning the mailing of the 2008 season's cards and packages.

To ensure delivery by Dec. 25, holiday items should be mailed by the following dates:

- For military mail addressed to APO/FPO AE zips 090-098 (except 093); AA zips 340; and AP zips 962-966:
    - Express Mail: Dec. 18
    - First-Class Mail (letters/cards and priority mail): Dec. 11
    - Parcel Airlift Mail: Dec. 4
    - Parcel Post: Nov. 13
  - For military mail addressed to APO/FPO AE ZIP 093:
    - Express mail Military Service: N/A
    - First-Class Letters/Cards/Priority Mail: Dec. 4
    - Parcel Airlift Mail: Dec. 1
    - Space Available Mail: Nov. 21
  - For military mail addressed to APO/FPO AE ZIP 093:
    - Express Mail Military Service: Dec. 18
    - First-Class Mail (Letters/cards, priority mail): Dec. 11
    - Parcel Airlift Mail: Dec. 4
    - Space Available Mail: Nov. 27
- Express Mail Military Service is available from selected military post offices. If mail-

ing to an APO/FPO address, check with the local post office to determine if this service is available.

Parcel Airlift Mail (PAL) is a service that provides air transportation for parcels on a space-available basis. It is available for parcel post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

Space-Available mail refers to parcels mailed to APO/FPO addresses at parcel post rates that are first transported domestically by surface and then to overseas destinations by air on a space available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined. From overseas locations, items mailed at Parcel Post rates are sent to CONUS by air on a space-available basis. The maximum weight and size limit are 70 pounds and 130 inches in length and girth combined.

Customers should check with their local civilian or military post offices for information on size restrictions and possible need for customs declaration forms. Additionally, customers should know certain mail restrictions apply and some

See Holiday, Page 11



Ship Serviceman Seaman Recruit Nolan J. Forshier and Personnel Specialist 1st Class Freddy DeLeon prepare to cut the cake for the John L. Hall Navy birthday celebration.

## John L. Hall Celebrates Navy Birthday Underway

From USS John L. Hall

Is there a better way to celebrate the Navy's 233rd birthday than by getting underway?

It is fitting that on this memorable day in Navy history, the USS John L. Hall heads to Massachusetts, which some believe to be the birthplace of our Navy.

In his birthday message, Secretary of the Navy, Honorable Donald C. Winters, remarks on how "the Great White Fleet traveled to six continents and made 20 port calls over a period of 14 months."

The John L. Hall recently embodied the spirit of the Great

White Fleet in her five-month deployment to 12 ports where she continued President Teddy Roosevelt's "initiative in diplomatic outreach and engagement."

This spirit of theater security cooperation continues INCONUS as the ship sails to Rockport, Massachusetts to further the Navy good-will image.

The ship's onboard celebration included a feast of steak and shrimp and CS2 Michael W. Escue, the ship's resident baker, outdid himself with a beautifully decorated tribute to our Navy's big day.

There was a traditional cake

cutting ceremony on the mess decks where the commanding officer addressed the crew and the youngest Sailor, Ship Serviceman Seaman Recruit Nolan J. Forshier, and the oldest Sailor Personnel Specialist 1st Class Freddy DeLeon (50), shared in the cake cutting duties.

On this our Navy's birthday, we reflect on what it means to be a part of the World's Finest Navy and how our commitments and goals of today mirror those of yesterday.

-Photo courtesy of USS John L. Hall

# CO Column

Big sights and sounds are on tap this weekend as NAS Jacksonville will host what will no doubt be a spectacular air show. This year, local flying sensation and "First Lady of Aerobatics" Patty Wagstaff will return to this year's air show scheduled for Oct. 25-26 and will be free and open to the public. The world-famous Blue Angels and a host of acts are lined up for a great weekend ahead. More detailed information on the acts can be found on line at [www.airshow.jacksonville.com](http://www.airshow.jacksonville.com)



**Capt. Aaron Bowman**

Great job to MWR for a fantastic fall fest this year. There was something for everyone this year, and my hat is off to our own Southeast Regional Navy Band for kicking out some excellent music for all of us to enjoy. At any given time during the day, we had well over 1,500 people enjoying the fes-

tivities. Additional thanks goes to this year's sponsors Bank of America, Dave and Busters, and Navy Federal Credit Union.

On a more serious note, October is Domestic violence month. Our commitment is to ensure victims of domestic violence are protected, treated with dignity and respect, and provided support, advocacy

and care. On Jan. 22, 2006, DoD released a new policy on restricted reporting for incidents of domestic violence. Adult victims of domestic violence now have two reporting options: unrestricted and restricted reporting. If you or someone you know is in an abusive relationship, please contact your local Family Advocacy Program or Military One Source for support, assistance and care. Working together we can end the violence. If you would like more information, please call the Fleet and Family Support Center, 270-6600 and speak to the Victim Advocate.

Congratulations to Robert Loop of our Public Works Department as he is now our Naval Station Employee of the Quarter for Third Quarter. Well done, and congratulations to Mayra Roldan of MWR, James Johnson of Housing, George

Calendar of Security and Elvis Snerling of Safety for being outstanding nominees. Your hard work and dedication have not gone unnoticed and I am proud to have each and every one of you on our team.

Last week I had the pleasure of attending the rededication ceremony of the Jacksonville Navy Memorial on Oct. 13, and if you have never seen this amazing memorial, you should. The Lone Sailor statue, known as The Liberty Hound, was "rededicated" to coincide with the U.S. Navy's 233rd birthday. The Lone Sailor has "stood" proudly for the past twenty years and well worth the trip to see this symbol of the greatest asset in the Navy, our Sailors. I've spent a good portion of my career here in Jacksonville and I was actually here when the statue was first dedicated 20 years ago but

I was out on deployment, so it is very special to me to be able to be there for the rededication. Thanks again to the men and women of USS Stephen W. Groves (FFG 29) who showed the city of Jacksonville Navy pride in professionalism during a very rare downtown port visit. More than 5,000 people toured the ship during the weekend. Speaking of Navy pride, I would like to encourage sharp uniformed speakers to speak at local schools about Veteran's Day (what it means to be a veteran, how the day is different from Memorial Day, a little about your job, your experiences, etc...). Navy Region Public Affairs will be contacting several schools, mostly elementary for possible speaking engagements. Most of the opportunities will be on Nov. 10.

For more information contact Suzanne M. Speight at

(904) 542-4032/3, or our own PAO Bill Austin at 270-5226 ext. 1013. Last but certainly not least, I want to thank the Navy College Office for putting on an excellent education fair last week. I cannot emphasize enough how important it is to continue your education and I want to see everyone achieve their degree, and the Navy College office is standing by to help you get there.

The Navy is still planning on releasing its preferred alternative for the Mayport Environmental Impact Assessment towards the end of November. Let's have a great weekend and please be safe at work, and at home and don't forget to register to vote.

Keep sending those great suggestions to [aaron.bowman@navy.mil](mailto:aaron.bowman@navy.mil) or drop them off at the CO's suggestion box located at the base galley. Your concerns are my concerns.

# CREDO Corner

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

*Spiritual Fitness Division SE/CREDO*  
There's not enough time in the day! Fall is full of fun yet it is often lamented as a busy time!

Daylight hours are shorter while the list of special events grows longer. Halloween is almost here, school is in full swing and around the corner looms Thanksgiving and the Christmas holidays.

Fall is full of activities that can bring a family together or send them off in opposite directions.

Planning too much into a day can be like taking a long walk on a short pier. At the end of a busy day it is easy to find yourself drenched in a sea of trivial pursuits and tired to the point of exhaustion. This is the place where, amidst the crashing sound of busyness, relationships drown for lack of communica-

tion and quality time.

How do we plan for less? This question is not frequently considered, but it is important in understanding that sometimes less is more.

Less running around can mean more time spent together. You can't get there without planning. The key is figuring out what is important and what is stealing your time away from one another.

We need more time to do

nothing. It is necessary to relax in order to be at our best. Recently I've been looking at Psalms 23 and I have been learning again that we need to slow down our pace.

Relationships and people cannot continue in a rush all the time. We have to find places in our schedule where we stop and rest at intervals.

Jacksonville is a busy place, but I find it also provides me with images of stillness to

restore my serenity when I go to a park or walk the beach. Such serenity can be a precious gift shared with a spouse.

What is necessary in life is not how much we accomplish as it is how efficiently we go about living with purpose and calmness of mind.

Perhaps the best activity for this fall is realizing that some of the planned accomplishments of the day are not as important as living in the moment with loved

ones God has provided.

The days may seem shorter in the fall but your time doesn't have to be. Balance it all out. You may be losing an hour on the clock, but you can gain it back by going the opposite direction in your life—the direction that brings you closer to the people you love.

Maybe there is enough time in the day after all.

# NWCA Holds National Convention At Mayport

*From NWCA*

Navy Wives The Navy Wives Clubs of America, Mayport Chapter #201, sponsored and based at Naval Station Mayport, will be hosting the 70th Annual National Convention.

This year's Convention will be held from Oct. 26-31 at the Ocean Breeze Conference Center on Mayport Base. Members from all over the United States will be attending with lodgings available at Davis and Bowman Halls on Base. Members will attend meetings to discuss business for the organization from the past year and the new year,

elect new officers for the upcoming year and participate in history book judging. Mayport #201 has invited three local professionals, Bill Austin, Linda Borgstede and Marjie Doyle to be guest judges for the history books. In the evenings themed dinner parties will be held at Ocean Breeze Conference Center hosted each night by an individual club.

Please contact Marie Adams at (904) 646-3596 or (904)400-8735 for questions, to schedule an interview, or attend one of the functions.

# VTT Classes Are Available

*From TSD Mayport*

Training Support Department Mayport, Navy Marine Corps Learning Network Video-TeleTraining (VTT) is offering the following courses.

Oct. 23-24, Customs Border Clearing Agent Afloat (J-551-0050), 0800-1600 RM 150

Oct. 28-29, Safety Programs Afloat (A-493-2099), 0800-1600 RM 151

Oct. 28-30, Introduction to NAVOSH (A-493-0050), 0800-1600 RM 150

Nov. 3-6, Hazardous Material Control & Management (A-322-2601), 0900-1700 RM 150

Nov. 4-5, SK Financial

Management, 0800-1600 RM 151

Nov. 6-7, Safety Programs Afloat (A-493-2099), 0800-1600 RM 151

Nov. 12-13, Logistics Management (Jr. SK), 0800-1600 RM 150

Nov. 17-18, Safety Programs Afloat (A-493-2099), 0800-1600 RM 150

Nov. 18-19, Inventory Management (Sr. SK), 0800-1600 RM 151

Nov. 19-21, DoD PKI/LRA Training, 0900-1700 RM 150

Nov. 25-26, Depot Level Repairable (DLR), 0800-1600 RM 151

Dec. 2-3, Operational Security Planner Course (J-2G-0966), 0800-1600 RM 150

Dec. 4-5, Safety Programs Afloat (A-493-2099), 0800-1600 RM 151

Dec. 8-11, Hazardous Material Control & Management (A-322-2601), 0900-1700 RM 150

If you are interested in attending any of our courses listed below, Contact Mr. Herb Duggins at 270-5061, or e-mail, [herb.duggins.ctr@navy.mil](mailto:herb.duggins.ctr@navy.mil). For more information and additional course offerings please visit our web site at, [https://www.npcd.navy.mil/usn\\_usmcvt/courses\\_available.htm](https://www.npcd.navy.mil/usn_usmcvt/courses_available.htm).

# Registration Begins For FCCJ

*From FCCJ*

Registration for FCCJ's 2009 Spring Term is currently underway for all students. Naval Station Mayport has classes available for all students in two different sessions. A8 Session runs from Jan. 5 to March 1 with the following classes:

CGS1060 Introductory Computer Concepts (T/R)

ENC1101 English Composition I (W)

ENC1102 English Composition II (W)

HUM2020 Humanities: Forum (R)

SYG2000 Introductory Sociology (T)

ECO2013 Principles of Economics (T)

The C8 Session runs from March 2 through May 1 with the following classes:

AMH2020 US History II (W)

BSC1005 Life in Its Biological Environment (M)

CGS1100 Microcomputer Applications for Business (T/R)

DEP2000 Human Growth and Development (T)

ENC1101 English Composition I (W)

ENC1102 English Composition II (W)

HUM2210 Humanities Foundations (R)

ECO2023 Economics II (T)

SPC2600 Speech (M)

REL2000 Introduction to Religion (W)

All classes begin at 5 p.m. Classes designated with an asterisk are hybrid classes. An orientation briefing for FCCJ will be held the first Tuesday of every month at 10 a.m. For more information or to reserve your seat, contact Jeff or Kim at the NS Mayport FCCJ Office by

calling 249-7311 or email Jeff at [jschneid@fccj.edu](mailto:jschneid@fccj.edu) or Kim at [kregui@fccj.edu](mailto:kregui@fccj.edu).



**Roman Catholic Mass**  
Sunday 9 a.m.  
Monday-Friday 11:30 a.m.  
Confessions: before & after mass or upon request  
CCD: Sunday 10:30 a.m.  
Baptisms: class 3rd Sunday of month

**Protestant Worship**  
Sunday 10:30 a.m.  
Sunday school 9:15 a.m.  
Baptism: For information contact your chaplain

**Women's Bible Study**  
Wednesday 9:30 a.m.  
**Protestant choir**  
Wednesday 7 p.m.

**Interdenominational MOPS (Mothers of Pre-Schoolers)**  
1st & 3rd Tuesdays each month 9:15 a.m.

For more information contact MOPS coordinator at [mayportmops@yahoo.com](mailto:mayportmops@yahoo.com)

**Marriage**  
Contact Chaplain 6 months prior. PREP is required

# Employee of the Quarter



-Photo by Bill Austin

Naval Station Mayport Commanding Officer, Capt. Aaron Bowman presents a plaque to Employee of the Quarter 3rd Quarter Robert Loop of Public Works Department during the Employee of the Quarter luncheon at Ocean Breeze Conference Center on Oct. 15.

# Prepare With Red Cross

*From American Red Cross*

American Red Cross is offering first aid, CPR and AED programs Oct. 25 from 9:30 a.m.-5:30 p.m. at the USO on Mayport Road.

The programs are designed to give participants the confidence to respond in an emergency situation with skills that can save a life. Red Cross courses prepare participants to prevent

and respond to life-threatening emergencies.

Adult, Infant and Child CPR and First Aid with AED-Teaches emergency procedures that prepare individuals to deal with breathing and cardiac emergencies for infants and children (birth to age 8) and adults (age 9 and up), and administering first aid to all ages. Participants

learn techniques such as rescue breathing, chest compressions, CPR and Automated External Defibrillation; as well as bandaging, splinting and treatment for burns.

Anyone with a Military ID card gets a \$5 discount.

For more information or to register, please call the Mayport Service center at 246-1395.

# Letter to the Editor

On Oct. 11, 2008, approximately 12-12:30 a.m., I was traveling westbound on Wonderwood and had a flat tire.

I was driving a 2005 Blue Scio XA (Toyota). I couldn't loosen the lug nuts after several attempts and cutting my fingers. There were many cars that passed by.

Can I thank a man by the name of "John" who had been traveling eastbound to take some friends to the base. On his way back, he stopped. He said, "Can't believe no one has stopped to help you."

Not only did he loosen the lug nuts, but even changed the tire and waited till I drove off. Thanks a million.

Augustina Liasky



Naval Station Mayport

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# Calendar

## On Base

**Thursday, Nov. 20**  
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

**Friday, Oct. 24**  
The Fleet Reserve Association Branch 290 is hosting a Low-Country Boil Dinner on from 5-8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. Starting at 9 p.m., the music of DOUG BRACEY will entertain until 1 a.m.

**Saturday, Oct. 25**  
The Mandarin Museum & Historical Society is hosting its fifth annual "Stowe, Steamboats and Stories," from 7 to 9 p.m. at the Walter Jones Historical Park in Mandarin. During this free event, visitors will journey into the park by lamplight and meet figures from the area's past. Previous years have included Harriet Beecher Stowe, Maple Leaf survivor Mrs. Chadwick, and steamboat magnate Captain Brock. "Stowe, Steamboats and Stories" is a great opportunity for the people to interact with re-enactors and learn about the history of this area," said Andrew Morrow, Executive Director for the Mandarin Museum & Historical Society. "The park has its own mystery at night. Children are encourage to wear costumes to the event and we will provide refreshments." The Walter Jones Historical Park is located at 11964 Mandarin Road. For information and directions please contact (904) 268-0784. Email: mandarin-museum@bellsouth.net or visit www.mandarinmuseum.net

**Sunday, Oct. 26**  
Join a park ranger at 1 p.m. to learn about the many common species that inhabit the natural communities of the undevel-

oped 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.

**Friday, Oct. 31**  
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. 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. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. After dinner, enjoy the music DOUG BRACEY from 9 p.m.-1 a.m.

**Saturday, Nov. 1**  
Join a park ranger at 11 a.m. to explore how fire impacts the environment. Discover the benefits of prescribed burns as a management tool for healthy ecosystems and as a tool for defending against devastating wildland fires. 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, Nov. 2**  
The University of North Florida (UNF)'s Child Development Research Center (CDRC) and the UNF Nature Trails will host their fifth annual Family Fest, rain or shine from 1-4 p.m. at 4567 St. Johns Bluff Road, South. The focus is on literacy and nature. The event will benefit CDRC and the Nature Trails. Fun-filled activities for all ages include: audience participation stories in song with Bella Voce, poetry with professional storyteller and UNF faculty member Nile Crocodile, appearances by local children's author and UNF faculty member Gigi Morales David and other authors, crafts, nature projects, canoeing, games, nature scavenger hunt, parachute activity, a piñata, and face painting. Snacks and drinks will be available. Suggested donation is \$3 per child, \$5 per adult, or \$10 for the entire family.

Join Archeologist Keith Ashley at 2 p.m. for a seminar on local archeology; projects, findings, and interpretation. This seminar will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

**Wed. Nov. 5**  
Atlantic Beach Women's Connection invites you to our Awesome Autumn Silent Auction and Bake Sale from 9:30-11:30 a.m. at Selva Marina Country Club, 1600 Selva Marina Dr. Atlantic Beach. Former majorette and successful business owner turned historic tour guide Corbina Ike of Savannah, Ga. will share how coming to the end of herself meant "A Whole New Adventure!" Cost is 12 inclusive for non-members. Complimentary childcare available with reservation. Contact Kate at 534-6784 for questions or reservations or send email to atlanticbeachwc@yahoo.com.

**Saturday, Nov. 8**  
Join a Park Ranger at 11 a.m. for a presentation and leisurely guided hike through different Florida ecosystems on a quest to characterize tracks left by an assortment of critters. 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.

**Tuesday, Nov. 11**  
Decorative Artists of Jacksonville are holding their regular monthly meeting at 7 p.m., Riverside Avenue Christian Church, 2841 Riverside Avenue. Beginning artists welcome - no experience necessary. After the business portion of the meeting, attendees learn about new painting techniques through demonstrations and hands-on lessons. All

media are covered, and members paint on surfaces ranging from canvas and paper to furniture and gourds. For more information, visit www.decorativeartistsofjacksonville.org.

**Saturday, Nov. 15**  
As a public service, U.S. Coast Guard Auxiliary 14-04, Jacksonville Beaches, is offering a one day Safe Boating Course. Program runs from 7:30 a.m.-5 p.m. and will be held at the Captain's Club, 13363 Beach Blvd., in Jacksonville. Course fee of \$25 includes materials. The course meets the Florida State requirement for a Boaters Safety Card that could result in a decrease in your boat insurance. For more information, please contact Mike Christnacht at 904-502-9154 or log onto www.uscgajaxbeach.com.

**Sunday, Nov. 16**  
Join one of our knowledgeable park rangers at 1 p.m. for an informative talk on the natural history of sea islands and their important role in coastal ecology. The topics addressed will include beach erosion, island migration, island formation and the natural communities present on such barrier islands today. 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.

**Friday, Nov. 21**  
Join Wild Amelia for a look at the stars. The evening will include a star talk at 7 p.m. and the opportunity to observe the stars up close through telescopes. The program will take place at Fort Clinch State Park. The program fee is \$5 per person and no reservations are necessary. Be sure to bring your flashlight and bug spray.

**Saturday, Nov. 22**  
Join a park ranger at 11 a.m.

and discover the importance of estuarine systems that surround the inshore sides of barrier islands like those of the Talbot Islands State Parks complex. This ranger-guided hike along the salt marsh will help point out why these areas are one of the most productive ecosystems on Earth, the many roles the salt marsh plays, the plant and animal life found in this natural community, and the impacts humans have on this system. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

**Saturday, Nov. 29**

The city of Jacksonville invites boaters to celebrate the start of their holiday season at the 23rd annual Jacksonville Light Parade at 7 p.m. on the downtown riverfront. The St. Johns River will transform into a dazzling array of lights, sound and holiday spirit as the First Coast boating community decorates their vessels from bow to stern to compete in the largest lighted boat parade. This event is part of the Make A Scene Downtown! series. For information about registering, please contact the Office of Special Events at (904) 630-3690 or visit www.coj.net and click on Light Parade.

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# Mayport Families Enjoy Fall Festival

By MC3 Elisha Dawkins

*Fleet Public Affairs Center Atlantic, Detachment Southeast*  
Military members and their families attended the seventh annual "Fall Festival" on Oct. 18 at the Beachside Community Center on board Naval Station Mayport.

The occasion was filled with activities to accommodate many children and included antique photo shoots, bull riding, an obstacle course, face painting, pony rides, food and music.

"I brought my wife and son here because it was a convenient outing," said Lt.j.g. Jeremy Martinez. "My son loved the bounce house."

More than 1,000 people attended the event and enjoyed the crisp cool fall weather. However according to Michelle LaGarde the celebrations of many families at the event left a feeling of warmth in the air.

"This is the first time that my son and daughter rode a horse which allowed me to capture the warmth and love with my camera to send pictures to my husband David, who is deployed with USS Roosevelt (DDG 80) so that he will not miss out on beautiful occasion like this in their lives," said LaGarde.

LaGarde's son Davien added his feelings about the special day. "It's fun, but I miss my dad," he said.

The Youth Activities Center entertained everyone with cheerful vocal tunes and dancing strides. Many families were also treated with hot dogs, barbeque ribs, chicken, candy, baked cookies and beverages.

"The affair was outstanding for my boys, who loved the bull riding and the 'tip the trolls' game. They also received some cool prizes," said Heather McCaslin wife of Boatswain's Mate 3rd Class Nathan Mccaslin, who serves with USS Underwood (FFG 36).

A craft table was also set up with make-and-take craft items to help families remember the event. The Fall Festival was a great way for Sailors and their families to kick off the fall season.



-Photos by MC3 Elisha Dawkins  
Sheldon Kilduff completes the caterpillar course at the 2008 Fall Festival aboard Naval Station Mayport. Sheldon is the son of IT1 John Paul Kilduff, who serves with the Electronic Support Detachment of the Coast Guard on board Mayport.



A face-painter puts stripes on a young girl's face during the 2008 Fall Festival aboard Naval Station Mayport.



Marilyn Oquendo (left) and Jannelly Castro stroll their children through the 2008 Fall Festival aboard Naval Station Mayport. Marilyn is the wife of Juan Oquendo, stationed at Mayport, and Jannelly is the wife of Arnaldo R. Castro Vargar, who is deployed with USS Taylor.



Davien, Michelle and Jayla Lagarde eat lunch at the 2008 Fall Festival aboard Naval Station Mayport. Lagarde is the wife of David Lagarde, who is deployed with USS Roosevelt.



Chad Lamb plays with his daughter, Bailey, at the 2008 Fall Festival aboard Naval Station Mayport. Chad serves on board USS Halyburton.



Deven Merrey plays on the bull-riding game at the 2008 Fall Festival aboard Naval Station Mayport. Merrey is the son of AM1 Richard Merrey, who serves with HSL-60 stationed at NS Mayport.



Micah Rente and Kirsten Geiger wait to see a clown at the 2008 Fall Festival aboard Naval Air Station Mayport. Kirsten and Micah are the niece and nephew of BM3 Orame Allen, who serves on board USS Taylor.



Tatiana Hutchison and her daughter, Catherine, ride a horse at the 2008 Fall Festival aboard Naval Station Mayport. Hutchison is the wife of AM2 Anthony Hutchison, who serves with HSL-42 on board NS Mayport.



Amanda Falcao enters the Moon Bouncer obstacle course at the 2008 Fall Festival aboard Naval Station Mayport. Amanda is the daughter of Yeoman 2nd Class Marcello Falcao, who serves on board NS Mayport.



Chris Russel runs the children's obstacle course at the 2008 Fall Festival aboard Naval Station Mayport. Chris is the son of OSC Will Russell, who serves with the Afloat Training Group Mayport.



Eugenio Abruzzimi and Chris Russel work hard on the jumping ropes section of the obstacle course at the 2008 Fall Festival aboard Naval Station Mayport. Eugenio and Chris are the sons of OSC Will Russell, who serves with the Afloat Training Group Mayport.



A young girl enjoys a snow cone available at the Fall Festival.

# MWR Happenings

**Oct. 23: Family Steak Night.** 4-8 p.m. at Foc'sle CPO Club. Steak dinners are \$9 and include steak, baked potato, corn on the cob, side salad and a dinner roll. Children's specials also available. Everyone welcome. 270-5431

**Oct. 23: Thursday Team Trivia.** 7-9 p.m. at Bogey's. Now offering team trivia every

Thursday evening. Normal Bogey's menu available starting at 6 p.m. 270-5143

**Oct. 24: All Navy Wrestling Tryouts.** 5:30 p.m. at NAS Jacksonville's Gym. 542-3239

**Oct. 25: Bowling Family Day.** \$1 games and \$1 shoe rentals all day at Fast Lanes Bowling Center. 270-5377

**Oct. 27: Texas Hold 'Em**

(All Hands). 7 p.m. every Monday at Castaway's Lounge. Free to enter. 270-7198

**Oct. 29: Bar Biathlon.** 5 p.m. darts and pool tournament at Fast Lanes Bowling Center. Active Duty only. Pre-registration required. Free Captain's Cup event. 270-5451

## Liberty Call

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

**Oct. 23: Comedy Zone Trip.** Free transportation, admission and appetizers included. Must be at least 18 years old. Trip departs at 6 p.m.

**Oct. 24: Planet Picks, Late**

**Night.** 11 p.m.-2 a.m. Planet Mayport is staying open extra late with free food, giveaways, an outdoor movie.

**Oct. 25: Halloween Horror Nights (Orlando) Trip.** Cost is \$60. Trip departs at 3:30 p.m.

**Oct. 26: Jags vs. Cleveland Browns Trip.** Cost is \$5. Trip departs at 1 p.m.

**Oct. 27: Texas Hold 'Em.**

7 p.m. every Monday at Castaway's Lounge. Free to enter. Everyone welcome.

**Oct. 29: Barracks Bash.** 4:30-7:30 p.m. between Barracks 1586 and 1587. Free food, entertainment, games, competitions and giveaways.

**Oct. 31: Hall of Terror Trip.** Cost is \$10. Trip departs at 5:30 p.m.

## Kid Zone

**Oct. 25: Bowling Family Day.** \$1 games and \$1 shoe rentals all day at Fast Lanes Bowling Center. 270-5377

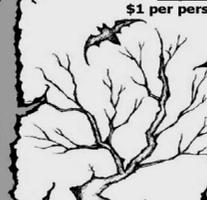
**Oct. 25: Halloween Costume Contest.** 5:30 p.m. at the Youth Activities Center. Free to enter. Open to children ages infant to

12 years old. 270-5680

**Oct. 25: Haunted House and Hayrides.** 7-11 p.m. at the Youth Activities Center. Admission to the Haunted House is \$3 per person. Hayrides are \$1 per person. 270-5680

**Oct. 31: Teen Halloween Party.** 8-11 p.m. at Club Teen. Free costume contest, scary movie and light snacks for middle and high school ages. 270-5680

MWR fun for the entire family... Saturday, Oct. 25<sup>th</sup>

 <p><b>FREE Costume Contest</b> Judging begins PROMPTLY at 5:30 p.m.</p> <p><b>Categories:</b>                  ♦ Cutest                  ♦ Scariest                  ♦ Most Creative                  ♦ Best All Around</p> <p><b>Ages:</b>                  Infant-4 years                  5-8 years                  9-12 years</p> 	 <p><b>Haunted House &amp; Hayrides</b> 7-11 p.m.</p> <p><b>Haunted House:</b> \$3 per person</p> <p><b>Hayrides:</b> \$1 per person</p> 	 <p><b>Also offering...</b></p> <p><b>FREE Outdoor Movies, 7-11 p.m.</b></p> <p><b>Concession Stand, 6-10 p.m.</b></p> 
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At Mayport's Youth Activities Center (904) 270-5680

# Barracks Bash

## Wednesday, October 29

### 1630 - 1930

## Between Barracks 1586 & 1587

## Free Food Live DJ Prizes & Giveaways

## Interactive Games & More

**For More Info, Call (904) 270-7788**

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# MWR Sports/Fitness

The Intramural & Greybeard Basketball meeting will be held Oct. 28 at 11 a.m. at the gym lobby.

There will be a free Bar Biathlon Darts and Pool Tournament for active duty at Fast Lanes Bowling Center at 5 p.m. on Oct. 29. Call 270-5451 for more information.

A new fitness schedule is now in effect. The Surfside Fitness schedule is as follows:

**Monday**  
7 a.m., TRX with Ruthie and Emily  
9:30 a.m., Power Walking with Ruthie  
9:30 a.m., Broken Hearts with LaPlace  
1 p.m., Moms in Motion with Traci  
4:30 p.m., Zumba with Emily  
**Tuesday**  
6:30 a.m., Yoga with

Mia  
9:30 a.m., LoImpact with Emily  
11:30 a.m., Advanced Mind Body with Mia, Ruthie and Emily  
1 p.m., Strength Solutions & Flexibility Fix-Ups with LaPlace  
**Wednesday**  
6:30 a.m., Functional Flexibility and Stress Management with Mia  
9:30 a.m., Intro to Mind Body with Mia  
Noon, Lunch Crunch with LaPlace  
6 a.m., Moms in Motion with Traci  
3 p.m., TRX with Ruthie and Emily  
5:30 p.m., Kids Clinic with Ruthie  
5:30 p.m., Kickboxing with LaPlace  
**Thursday**  
9:30 a.m., Pump and Grind with Emily and Mia

11:30 a.m., Zumba with Emily  
1 p.m., Strength Solutions & Flexibility Fix-Ups with LaPlace  
**Friday**  
7 a.m., Beach Bootcamp with LaPlace  
9:30 a.m., Broken Hearts with LaPlace  
9:30 a.m., Fitness Equipment Training with Ruthie  
The Gym schedule is as follows:

**Monday**  
6 a.m., Weight Training for Warfighters with Ruthie  
11:30 a.m., Circuit Senations with LaPlace  
3 p.m., Command Row-bics with LaPlace  
**Tuesday**  
6 a.m., Command Cardio Pump with Traci  
11:30 a.m.,

Resistance with Traci  
3 p.m., Conditioning for Running with LaPlace  
4:30 p.m., Spinning  
5:45 p.m., Fitness Equipment Training with LaPlace  
**Wednesday**  
7 a.m., Cardio, Combat and CORE with Traci  
11:30 a.m., Spinning with Traci  
**Thursday**  
7 a.m., Command Jump and Jab with Ruthie  
11:30 a.m., Row-bics with Ruthie  
3 p.m., Victory PRT with Mia  
**Friday**  
6:30 a.m., Command Spinning with Ruthie  
9:30 a.m., Intro to Spinning with Mia  
11:30 a.m., Strength Training Basics for Women with Traci

## On The Pumpkin Run



Runners and walkers take off in front of the base Gym for the annual MWR Pumpkin Run held Oct. 14. The event included a 5K fun run and 3K stroller strut/walk.

-Photo by Bill Austin

**FAMILY Steak Night**  
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**4-8 p.m. Thursday, Oct. 23, 2008**

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**233rd Navy Birthday Ball**  
At Naval Station Mayport

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Guest Speaker, Congressman Ander Crenshaw

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E7 & Above - Dinner Dress Whites or Chokers  
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E7-O3 \$35/person  
GS7 & Below  
O4 & Above \$45/person  
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# USS Stephen W. Groves Visits Downtown Jax

By MC2 Daniel Gay  
ELTPACEN SE

The guided-missile frigate USS Stephen W. Groves (FFG 29) took a trip down the St. Johns River Oct. 10 and moored in downtown Jacksonville. Groves spent the weekend celebrating the Navy's 233rd birthday and giving tours of the ship.

"We're taking Groves to downtown Jacksonville for the Navy birthday celebration, this is a great thing, this is the first time we have had a Navy ship in downtown Jax in quite some time," said Capt Glenn Zeiders, Commander Destroyer Squadron 14, as he rode Groves to her mooring place on Friday.

The crewmembers of USS Groves were up at the crack of dawn readying the ship for departure from her homeport at Naval Station Mayport and never lost their enthusiasm for the trip.

"I think this is an awesome experience," said Chief Information Systems Technician Daren Golez. "I am a Navy Family and I think it's great to get a chance to bring the Navy closer to the City of Jacksonville and to really give people a chance to experience the Ship."

One of Groves's newer Sailors enjoyed the opportunity of

bringing Groves into the heart of Jacksonville.

"I just got here two months ago, and this is a great chance to show off our ship to the local people who continually support us Sailors."

As well as being fun for the Groves Sailors, it was also a chance for the local people to really see a Navy ship during many of the tours Groves offered.

"It kind of reduces the mystery of what we do in the navy. On a normal day the Citizens see the ships behind the fences over at Mayport, but the rarely have a chance to get onboard, meet the sailors, walk around the ship and really see what we do and where we do it," said Zeiders.

During the weekend Groves gave tours to more than 3,000 people. For the people who missed this opportunity, the occasion should present itself again.

"I have already told the city that this is something we want make a regular thing, they were talking about once a year and I feel we should this as often as we can," said Zeiders.

USS Stephen W. Groves departed from downtown Jacksonville Tuesday morning.



—Photos by MC2 Daniel Gay  
Sailors aboard the guided-missile frigate USS Stephen W. Groves (FFG 29) man the rails as the ship gets closer to Jacksonville. Groves invited friends and family members along on a family day cruise as they traveled the St. Johns river to downtown Jacksonville to participate in Navy birthday celebrations.



Seaman William Cannella watches as his wife, Tammy, takes a picture of the Jacksonville skyline with their son, Maxwell, while they were aboard the guided-missile frigate USS Stephen W. Groves. Groves invited friends and family members along on a family day cruise as they traveled the St. Johns river to downtown Jacksonville to participate in Navy birthday celebrations.



Sailors aboard the guided-missile frigate USS Stephen W. Groves man the rails as the ship gets closer to Jacksonville. Groves invited friends and family members along on a family day cruise as they traveled the St. Johns river to downtown Jacksonville to participate in Navy birthday celebrations.



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# Jacksonville Rededicates Navy Memorial

**By MC2 Daniel Gay**  
FLTPACEN SE  
Service members and civilians alike took part in a rededication ceremony of the Jacksonville Navy Memorial on Oct. 13.

At the memorial stands a one of a kind Lone Sailor statue known as The Liberty Hound. The rededication took place on the 20<sup>th</sup> anniversary of the statue and coincided with the U.S. Navy's 233rd birthday.

Among those in attendance at the ceremony were Senator Bill Nelson, Representative Ander Crenshaw, Mayor John Peyton, Rear Adm. Joseph Kernan, Commander U.S. 4<sup>th</sup> Fleet, and Capt. Aaron Bowman, commanding officer of Naval Station Mayport.

"I've spent a good portion of my career here in Jacksonville and I was actually here when the statue was first dedicated 20 years ago but I was out on deployment, so it is very special to me to be able to be here for this rededication," said Bowman.

The Navy came out in force not just for the Rededication ceremony, but for the entire Labor Day weekend giving thanks for the support of the community.

"Jacksonville is one of those communities that supports the Navy in many, many ways," said Kernan. "This is a huge Navy town and Jacksonville never fails to roll out the red carpet for the Navy and the entire military community."

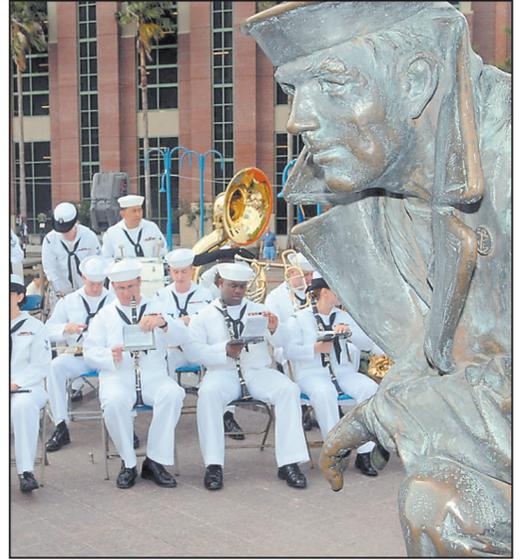
Kernan is not the only one who feels the support of the local community is integral to the Navy's mission.

"Mayport and the Navy are the benefactors of the entire city and their generosity, and it helps Sailors so much to have such a great relationship with the city," said Bowman.

The Navy didn't just come out for the ceremony, the guided-missile frigate USS Stephen W. Groves (FFG 29) moored in downtown Jacksonville on Oct. 10 and gave tours to more than 5,000 people during the weekend.



-Photos by MC2 Daniel Gay  
**Commander, U.S. Naval Forces Southern Command, Commander, U.S. 4th Fleet, Rear Adm. Joseph D. Kernan, speaks at the Jacksonville Navy Memorial rededication ceremony. The ceremony was held to honor the 20th anniversary of the memorial, and the Navy's 233 birthday. The rededication ceremony was just one part of a weekend-long celebration in downtown Jacksonville honoring the Navy.**



**The Navy Band Southeast plays opening music behind Jacksonville's Lone Sailor Navy Memorial.**



**Locals and tourists alike begin boarding the guided-missile frigate USS Stephen W. Groves (FFG 29) during scheduled tours while Groves was moored in downtown Jacksonville. Groves gave tours to more than 3,000 people during a weekend-long celebration in Jacksonville to honor the Navy's 233 birthday.**

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Vehicles will be inspected upon entry to the Naval Air Station. Vehicles planning to drop people off and depart should do so at the Ajax & Albermale gate, Building 135 parking area.

Tailgating/Parties are NOT allowed in the parking areas. No open fires or grills.



## 2008 NAS JAX AIR SHOW



The Florida Times-Union  
AIRSHOW.JACKSONVILLE.COM

# 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](http://www.volunteer.gatewayjacksonville.org).

### Duval County Public Schools Mentor Program

Volunteers are needed to provide enthusiastic mentors for Duval County Public Schools. Needs will be determined by student, parents, and educators. Mentor will help meet the needs of a particular student, ranging from help with academics to dealing with social problems, support with sporting activities to just having someone to talk to. Dr. Hall will be giving the initial orientation session for the mentor program in the training classroom in Bldg 1 on Wednesday, Nov. 12 from 9:30-10:30 a.m. All interested in signing up for the orientation please respond back by e-mail at [ernest.hopkins@navy.mil](mailto:ernest.hopkins@navy.mil) or contact CSI(AW) E. Hopkins at 270-5101.

### 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](mailto: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,

**Holiday** From Page 1 items (including switchblade knives, pornography and explosives) cannot be mailed. Sailors should check with their local post offices if they are unsure what can and cannot be mailed.

Packages must not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol, or cleaning fluids. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed.

NAVSUP's primary mission is to provide U.S. naval forces with quality supplies and services. With headquarters in Mechanicsburg, Pa., and employing a worldwide workforce of more than 24,000 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation, and security assistance. In addition, NAVSUP is responsible for quality-of-life issues for naval forces, including food service, postal services, Navy Exchanges and movement of household goods.

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](http://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. 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 clos-

et, 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](http://www.imshomelesscenter.org/volunteers.html)

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# HSL-42 Receives DoN Safety Excellence Award

From HSL-42

Adding on to an already impressive performance in 2007, the HSL-42 Proud Warriors received the 2008 Department of the Navy Safety Excellence Award for Aviation Safety.

This recent award comes on the heels of HSL-42 winning its second consecutive Battle "E" and the 2007 Safety "S" award. For these previous awards, where all members of COMNAVAIRLANT are considered, the DON Safety Excellence Award encompasses every squadron in the Navy and is the highest praise a command can receive for safety. It is the first time HSL-42 has ever won the award.

This year, the award ceremony was held at Navy Memorial and Naval Heritage Center Theater in Washington D.C. The award was presented by Lieutenant General Richard S. Kramlich; Director, Marine Corps Staff and Deputy Commandant, Installation & Logistics; Admiral Gary Roughead; Chief of Naval Operations, and the Honorable BJ Penn; Assistant Secretary of the Navy for Installations & Environment.



-Photo courtesy of HSL-42

Lt. Gen. Richard S. Kramlich, Director, Marine Corps Staff and Deputy Commandant, Installation & Logistics; Admiral Gary Roughead, Chief of Naval Operations, and the Honorable BJ Penn; Assistant Secretary of the Navy for Installations & Environment present the 2008 Department of the Navy Safety Excellence Award for Aviation Safety.

The DON Safety Excellence Award was established by the Honorable Gordon R. England, former Secretary of the Navy,

to personally recognize Navy and Marine Corps commands that demonstrate extraordinary excellence by sustained mis-

sion success with simultaneous exemplary safety performance.

The award program's objective is to promote excellence

in mission readiness by mishap and hazard reduction through the implementation of effective safety programs, the full integration of Operational Risk Management (ORM) principles and a sound safety culture.

In conjunction with their commitment to training, teamwork, and professionalism, HSL-42 continued its astounding reputation for operational excellence by incorporating safety and operational risk management as top priorities in planning and executing its mission. During 2007, the Proud Warriors deployed eight helicopter detachments on 12 ships conducting operations around the globe resulting in a total of 51,650 deployed days for squadron personnel. As a result of its diligent adherence to the principles of ORM, HSL-42 executed its mission safely, under the most demanding operational conditions as evident by the following accomplishments:

- Zero class "A" or class "B" aviation or ground mishaps. This included 7,200 flight hours, 2,286 of which were at night.
- Spearheaded multiple procedural changes throughout the

aviation community through submission of 9 hazard reports and 5 safety articles for Fleet publications.

- Implemented a Human Factors Council for maintainers that focused on mishap reduction both at sea and ashore.

- Established a Motorcycle Bike Club that focused on mentoring young and new riders, and resulted in zero motorcycle incidents in 2007.

"Our men and women continue to amaze me," said Cmdr. Dana Gordon, HSL-42 commanding officer. "This is a testament to them doing their jobs safely and extremely well in a very dynamic environment both at home and at sea. Their unwavering commitment to safety and professionalism, as well as their continued dedication and hard work within our detachments, as Individual Augmentees and through safe practices while here at home are but a small reason why we did so well this year... I am so very proud of them."

In addition to the citation and plaque, HSL-42 also received the Secretary of the Navy's Safety Flag, which they are entitled to fly for one year.

# DESRON 24 Embarks HMS Ark Royal For Exercise

By MC3 Stephen Tate  
Destroyer Squadron 24 Public Affairs

The staff assigned to Commander, Destroyer Squadron (COMDESRON) 24, embarked aboard the HMS Ark Royal (R07) Oct. 6-17 to serve as the task group command and control element during the multinational exercise Joint Warrior.

Joint Warrior is a multi-platform course led by the Joint Tactical Exercise Planning Staff (JTEPS) in the United Kingdom.

The biannual exercise brings together Navy, Marine, Army and Air Force units from various allied and North Atlantic Treaty Organization (NATO) countries to practice interoperability and joint rules of engagement in a controlled environment.

"Joint Warrior allows the U.S. and allied navies to explore real-world challenges on a strategic, operational, and tactical level," said Capt. John Kersh, commander of Destroyer Squadron 24. "We also have the unique

opportunity to work side-by-side with our British counterparts aboard a Royal Navy aircraft carrier. At the end of the day, we'll all be much further along in integrated training."

According to Sailors assigned to COMDESRON 24, the opportunity to work aboard a Royal Navy ship has been an overwhelmingly positive experience.

"It's been great thus far," said Operations Specialist 1st Class (SW) Jason Perez. "You learn

about how another navy operates and how you can speak a common operating language to work efficiently with our allies."

One of the challenges for any embarked staff is to integrate their operations into the daily battle rhythm of their host ship. COMDESRON 24 staff members quickly formed a cohesive team with the officers and crew of Ark Royal.

"It has been a pretty seamless adjustment for the staff,"

said Lt. Cmdr. Rodney Ferioli, the staff intelligence officer for COMDESRON 24. "Our operations are very tied together, and we have built solid relationships with our British counterparts."

Sailors from both navies agree that an exercise like Joint Warrior is all about building partnerships.

"This is all about working better with our allies," said Perez. "Our joint operations will result in better teamwork when we have to operate in a

real-world environment."

COMDESRON 24 is currently embarked aboard HMS Ark Royal and underway off the coast of Scotland in support of Joint Warrior. The participating multi-national force brings together 33 ships and military units from eight nations: the United Kingdom, United States, France, Netherlands, Germany, Sweden, Denmark and New Zealand.

# NEX Launches New Sales Flyer ON Website

From NEXCOM

Beginning Oct. 29, NEX customers will have a new way to see what items are on special at their store. The NEX weekly sales flyer is going digital, making viewing what is on special easier and more interactive.

"In mid-September, the Navy Exchange Service Command (NEXCOM) tested the concept and customers were overwhelmingly positive with their comments," said Michael Conner, NEXCOM's Vice President Marketing. "Some of our customers' comments were, 'Great idea...easy to read and use' and 'Much better and more convenient.' I think most of our customers will find this digital flyer is a better way to advertise the NEX benefit."

To make shopping easier, customers can search for products based on brand name or cate-

gory. The flyer also has a zoom feature which allows customers to get a bigger and better view of the item they're interested in purchasing.

"Our digital sales flyer will continue to evolve as we add features to save our customers time," said Daniel Desser, NEXCOM's Vice President Advertising. "There is a lot of emerging technology available to retailers and the NEX is pursuing alternative choices to remain relevant to our customers."

In addition to the ease of use with the digital sales flyer, there is the added benefit of saving paper. "As stewards of the environment, the NEX is always looking for ways to conserve our natural resources," said Desser. "This is just one more way we're helping our customers and our environment at the

same time. It's a win-win for everyone."

Customers can sign up to have the new digital sales flyer delivered to their inbox at [www.navy-nex.com](http://www.navy-nex.com), click on mailing list.

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-Photo courtesy of USS Underwood

USS Underwood (FFG36) waits in the Mira Flores lock of the Panama Canal.

# Underwood Navigates Through Panama Canal

By Lt.j.g Megan A Seavey  
USS Underwood

The first challenge USS Underwood (FFG 36) faced since departing homeport Mayport, Florida for a Counter Narco-Terrorism (CNT) deployment on 05OCT08, was a safe transit through the famous Panama Canal. Officer of the deck, Lt.j.g. Patrick Murrie oversaw the major evolution while fellow shipmates, Lt.j.g. Kristofer Tester and Ensign Eric Priest, focused on conning the ship through the various artificial lakes, channels, and multi-stage lock systems that make up this historical waterway that connects the Atlantic and Pacific Ocean.

Since its opening in 1914, the Panama Canal handles an average of 40 vessels per day, many of which are U.S. warships deploying to the eastern Pacific to conduct CNT Operations. The average time to transit is nine hours. Underwood's crew



From left, Lt.j.g. Patrick Murrie, Ensign Eric Priest, and Lt.j.g. Kristofer Tester oversaw the major evolution of the Panama Canal Transit and conning the ship through the historical waterway.

navigated the canal in a little less than seven hours in the middle of the night. Safety was the top priority for Underwood's commanding officer, Cmdr. Wes Smith. Having traveled through the canal several times before, Smith said he was pleased with the event.

"This was by far the most efficient, smooth, and professional canal transit I have seen to date," he said.

Underwood reported on station for CNT Operations the following day and is looking forward to their first successful mission.



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Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Vehicle Info: Year \_\_\_\_\_ Make \_\_\_\_\_ Model \_\_\_\_\_

Signature: \_\_\_\_\_

\*Naval Station Mayport First Class Petty Officer Association is not a Federal Entity. By entering this show I acknowledge the safety mandate that no vehicle can be moved within the venue, once parked, until completion of the awards ceremony, without the express approval of a chairperson. Said approval will be for emergencies ONLY. I also acknowledge that by entering the base I am subject to the appropriate rules and regulations including but not limited to NO firearms under any circumstances.

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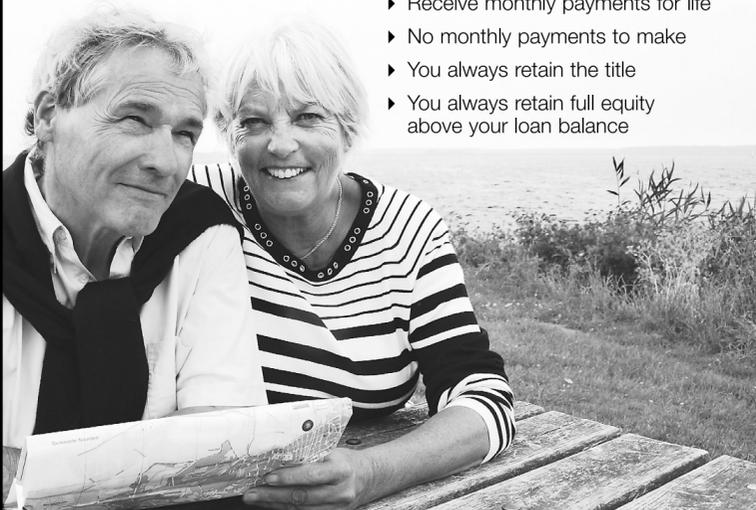
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472624

# Naval Hospital Red Cross Volunteers Honored

By Marsha Childs

NHJ Public Affairs

A volunteer is a person who can see what others cannot see; who can feel what most cannot feel," said former President George H. Bush. This sentiment was echoed by Naval Hospital Jacksonville Commanding Officer Capt. Bruce L. Gillingham as he acknowledged the selfless contributions of the hospital's American Red Cross (ARC) volunteers at an awards luncheon on Oct. 15.

More than 80 ARC volunteers, guests and hospital staff gathered at the Naval Air Station Commissioned Officer's Club to honor 80 volunteers who provide a wide array of services at the hospital and its branch health clinics.

Gillingham said, "Our volunteers are irreplaceably woven into the fabric of our hospital staff and ask nothing more than the opportunity to serve." He observed the hospital's program could not have flourished without the dedication and leadership of previous chairwomen like Billy Coats and the presiding Chair Helen Donahoe, who has volunteered more than 19,000 hours spanning 35 years.

He also thanked Bob Johnson, a shuttle cart driver, for his cheerful demeanor and willingness to provide assistance for patients and staff alike. He thanked Jeanette Fulmer, the Cookie Lady, who bakes and distributes cookies to many of our patients on the wards. He acknowledged the tireless contributions of Sylvia and Richard "Dick" Turetz who have 48 years of combined volunteer service. "You volunteer because you enjoy serving



-Photo by HM2(SW) Michael S. Morgan  
American Red Cross N.E. Florida Chapter CEO Jack Morgan (left) and Naval Hospital Jacksonville Commanding Officer Capt. Bruce Gillingham (right) present special recognition plaques for outstanding service to Collette Trojanowski (center left), Ann Hill (center) and Elizabeth Utley (center right) at an appreciation luncheon on Oct. 15 at the NAS Jax Commissioned Officer's Club.

those who serve their country. You do it without hesitation, without compensation, without complaint and without enough thanks," Gillingham said.

On average, this unpaid workforce provides more than 17,000 service hours each year, an estimated cost avoidance of \$204,000, money that can be used to provide more health-related services.

This year's Junior Volunteer Program offered 15 teenagers the opportunity to earn community service hours needed for college application and learn about the various careers in the medical profession. They benefited from the

guidance of summer program's coordinator Sheila Hooper and the hospital's Co-Chairperson Anne Owen. Owen was recognized in July with the ARC Military Services Exceptional

Volunteer Award for eight years of outstanding service to the facility.

ARC N.E. Florida Chief Executive Officer Jack Morgan oversees more than 1000 volun-

teers in the area, of which 800 support disaster relief services. With 26 years of voluntary service in Georgia and 18 years in Florida with disaster and safety services, he understands the positive impact this committed group has on the community.

Morgan said, "They cover the whole gamut. About 100 volunteer at the hospital and at Mayport (Branch Health Clinic)." He attributed much of the program's successes to the great relationship the ARC has with the installation commanders and the Naval Hospital's leadership.

Each volunteer was recognized with a letter of appreciation presented by Morgan, Gillingham, and NAS Jacksonville Executive Officer Cmdr. Ellis W. Bowler. Bowler personally thanked the group and said, "You are an integral part of our base." Special awards were presented to Ann Hill for her longstanding work in Family Medicine and Collette Trojanowski and Elizabeth Utley for their efforts at the Satellite Pharmacy, a high-paced and sometimes hectic work center.

To find out more about volunteer opportunities at Naval

Hospital Jacksonville, contact the ARC office at 542-7525 or contact the N.E. Chapter at 358-8091.

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## TRICARE Blog Better Informs Beneficiaries

From TRICARE

The deputy director of TRICARE Management Activity is using a weekly blog to communicate with beneficiaries and other readers. Sometimes it's a hot topic and sometimes it's new or "inside" information, but it's always a topic of interest to many of TRICARE's 9.2 million beneficiaries.

Army Maj. Gen. Elder Granger's blog can be found on the TRICARE Web site at <http://www.tricare.mil>. Click on the link that says "Read MG Granger's Blog" on the right hand side of the front page.

"One of the greatest goals of the MHS is to communicate with greater transparency," Granger said. He welcomes feedback from readers and a recent autism blog garnered nearly 100 comments. To offer feedback, readers can go to the recent posts section on the blog page and scroll to the bottom.

In past blogs Granger has discussed issues such as autism, the shingles vaccine, the impor-

tance of children's health, and this week's discussion: "The Mystery of Authorizations and Referrals," sharing information about important authorization procedures.

"TRICARE beneficiaries need to know about referrals and authorizations," said Granger in his blog. If needed, be sure to "get prior authorization so you don't have to pay for services."

To receive e-alerts when a new Granger blog goes up, find out when the latest TRICARE Health Matters newsletters goes out and when new TRICARE benefits are published, visit [www.TRICARE.mil](http://www.TRICARE.mil) and click on the TRICARE e-mail updates envelope. Over 130 subscription options are available and subscribers can manage their accounts 24/7. When benefit updates are posted, e-alerts are generated to keep beneficiaries "in the know."

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# Mirror

OFF-BASE PICKUP LOCATIONS			LOCATION	ADDRESS	CITY
LOCATION	ADDRESS	CITY	JIFFY LUBE	10430 ATLANTIC BLVD	JAX
ALLSTATE INSURANCE CO.	PAN AM PLAZA - MAYPORT RD.	JAX	JIFFY LUBE	13560 ATLANTIC BLVD	JAX
AMERICAN LEGION POST	316 ATLANTIC BLVD.	JAX	JIFFY LUBE	1067 ATLANTIC BLVD	ATL BCH
COAST GUARD STATION (EXCHANGE STORE)	A1A HWY	JAX	JIFFY LUBE	1672 S 3rd ST	JAXBCH
COMFORT INN	MAYPORT RD.	JAX	JIFFY LUBE	8379 BAYMEADOWS RD	JAX
COMMISSARY (INSIDE RACKS)	MAYPORT RD.	JAX	JIFFY LUBE	5295 SUNBEAM RD	JAX
DAYS INN	1401 ATLANTIC BLVD.	JAX	JIFFY LUBE	11099 OLD ST AUGUSTINE RD	JAX
FCE - SHELL	9115 MERRILL RD./9-A	JAX	JIFFY LUBE	9699 SAN JOSE BLVD	JAX
FCE - SHELL	1539 S 3rd ST	JAX BCH	JIFFY LUBE	2837 TOWNSEND BLVD	JAX
FCE - SHELL	7150 MERRILL RD	JAX	KANGAROO	10100 GRANITE PLACE	JAX
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	1031 BEACH BLVD.	JAX BCH
FLEET LANDING	MAYPORT RD.	JAX	KANGAROO	1403 N 3rd ST	JAX BCH
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX	KANGAROO/BP	10910 ATLANTIC BLVD.	JAX
FLETCHER HIGH SCHOOL ROTC	JAX BCH	JAX BCH	KANGAROO/SMOKERS EXPRESS	2615 ST. JOHNS BLUFF/ALDEN	JAX
GATE	1900 MIZELL RD	STAU	LA CRUISE GIFT SHOP	A1A HWY	JAX
GATE	220 A1A N	PVB	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
GATE	619 A1A N	PVB	LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX
GATE	2350 SR 16	STAU	LIL CHAMP	13967 McCORMICK RD.(MT PLEASANT RD)	
GATE	463779 SR 200/A1A	YUL	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	RIBALUT 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
GATE	9540 SAN JOSE BLVD	JAX	SPRINT	2810 SR A1A N	ATL BCH
GATE	1605 RACETRACK/SR13	JAX	SPRINT	14376 BEACH BLVD./SAN PABLO	JAX BCH
HOME FINDER'S REALTY	2550 MAYPORT RD.	JAX	SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH
JAX FEDERAL CREDIT UNION	664 ATLANTIC BLVD.	JAX	SPRINT	1601 PENMAN RD.	JAX BCH
JIFFY LUBE	3212 UNIVERSITY BLVD S	JAX	U.S. COAST GUARD OFFICE	A1A HWY	JAX
JIFFY LUBE	6135 ST AUGUSTINE RD	JAX	USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX
JIFFY LUBE	11620 SAN JOSE BLVD	JAX	Updated: FEBRUARY 1, 2007		

PICK UP YOUR COPY OF THE MIRROR AT ANY OF THESE LOCATIONS

# FFSC Class Schedules Set

From FFSC

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

Oct. 23, 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.

Oct. 24, 9-11 a.m., Establishing A Sound Budget, FFSC

Oct. 24, 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 creat-

ing a legacy for their child of learned violent behavior. The purpose of this program is not to shame parents for events that have already happen, but to instill hope that things can change. The knowledge that the violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention.

Oct. 27, 1-2:30 p.m., FERP- Federal Employment Opportunities, FFSC

Oct. 27, 2:45-4 p.m., FERP- Starting Your Own Business Opportunities, FFSC

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

Oct. 28, 9 a.m.-noon, Tottletyme Playgroup, USO

Oct. 28, 1-4 p.m., Leadership Life Skills for E7 & Above,

Building 1, Room 104

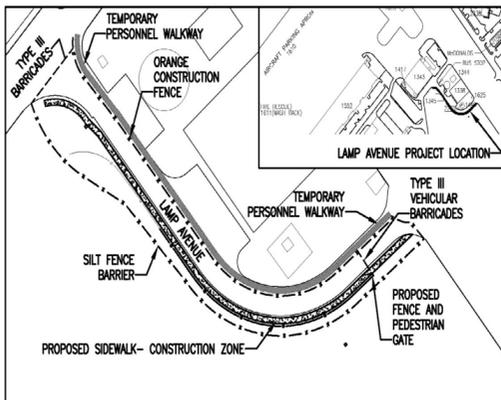
Oct. 29, 6-7 p.m., IA Family Discussion Group, USO

Oct. 30, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Oct. 30, 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.

Oct. 30, 9-11 a.m., Overseas Living, FFSC



An illustration of Lamps Road shows the area that will be closed to vehicular traffic during construction to improve visibility in the area.

## Lamps Road Closed

From Staff

Lamps Road, connecting the large Fire & Emergency Services parking lot to Patrol Road will be closed to vehicular traffic through Oct. 31 while Otak Group, Inc. installs a new sidewalk efrom the parking lot area to Building 1343, accord-

ing to Joann Mason of NAVFAC SE.

"This closure is necessary to allow additional safety measures for the personnel transiting this area walking and safe access for the contractors' construction of the sidewalk," she said.

# Help Your Children Get Fitter Starting Today With Fun Exercise

By Lt. Col. Karen Hawkins  
DeCA dietitian

Many parents frequently hear from their children: "I am bored"; "There is nothing to do"; "Can I watch just one more show, please?" We are less likely to hear, "Can I go outside and run, play ball or skate?"

And, as kids get older, they are even less likely to be physically active, according to a recent long-term study by the National Institutes of Health. Researchers looked at whether children participated in at least 60 minutes of moderate to vigorous physical activity as recommended by the 2005 Dietary Guidelines for Americans.

Most children between the ages of 9 and 15 failed to reach the daily recommended activity level. The study showed that at age 9 children averaged about three hours of moderate to vigorous physical activity on weekdays and weekends. By age 15, however, they averaged

only 49 minutes per weekday, and 35 minutes per weekend. As children get older, they are less likely to be physically active and more likely to gain weight.

The Defense Commissary Agency has joined TRICARE, Military OneSource, the Army and Air Force Exchange Service, and Health and Human Services to ask the military community to "Take the Pledge" to help address the chronic issue of childhood obesity. Nearly 20 percent of children and teens in Department of Defense families are considered obese, and across the nation the numbers are even greater as one child in three is overweight.

To help your children become more physically active and learn to make healthy choices check out <http://www.tricare.mil/getfit/>. There are lots of games such as the MyPyramid Blast Off and football games for kids to enjoy while learning cool stuff about food and what

it can do for you. Try to limit computer game time to no more than one hour a day as it is really important for children to be physically active during the day.

The most important thing is to get started with increasing physical activity, as the amount of time spent doing it is likely to decrease as kids get older. For young children, have them keep a chart on the computer or refrigerator to track their activity and earn stars for accomplishment. Developing healthy lifestyle habits begins at an early age, so go outside and play with your kids as it is good for the whole family.

During October, visit [www.tricare.mil](http://www.tricare.mil), [www.commissaries.com](http://www.commissaries.com), [www.militaryonesource.com](http://www.militaryonesource.com), and [www.aafes.com](http://www.aafes.com), as well as the Health and Human Services [www.hhs.gov](http://www.hhs.gov) and the Health Resources and Services Administration [www.hrsa.gov](http://www.hrsa.gov) Web sites for articles, advice columns, blogs and more about

childhood obesity. Remember to "Take the Pledge."

For more information about making healthy choices, post your questions on the DeCA Dietitian Forum and be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on [www.twitter.com](http://www.twitter.com) and get messages sent to your cell phone today.



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

**ACROSS**

1 Vino region

5 Was defeated by

11 Letters for shock treatment

14 Any time now

15 Provo resident

16 Quid pro

17 Start of Ed Howe quip

19 Mentalist Geller

20 River ends, often

21 "Scream" director Craven

22 Down with the flu

23 Ford dud

24 Scottish uncle

26 "Fiddler on the Roof" role

28 Part 2 of quip

31 Aged

34 Egg-coloring brand

35 Emetic medication

38 Cover

40 Part 3 of quip

42 Casa chamber

43 Birthplace of St. Francis

45 Em, to Dorothy

47 Drink like a dog

48 Part 4 of quip

51 University of Maine town

53 Citrus drink

54 Brahman, e.g.

58 Reed or Rawls

59 Scram!

61 Seal engraved on a ring

62 Lodging house

63 End of quip

66 Tenth mo.

67 Can skip

68 Bygone time

69 Urgent letters

70 One thing after another

71 Jewish month

**DOWN**

1 Off the record

2 Planted seeds

3 Works strenuously

4 Part of a foot

5 San \_\_ Obispo

6 Polo Grounds great

7 Adage

8 What's worldwide

9 Container weight

10 Ballroom dance

11 Undecided

12 Like Shirley Temple's hairdo

13 Linen fabric

18 Billy of the Dead End Kids

24 Biblical twin

25 Lost

27 Somme summers

29 Flavorful

30 Hansen of NPR's "Weekend Edition"

31 Egg cells

32 French article

33 Sale savings

36 Fla. neighbor

37 Ceiling

39 Pride member

41 Gospel writer

44 Catchphrases

46 Implied

49 Shaving foam

50 Honshu city

51 Medleys

52 Popeil company

55 Woman's netlike cap

56 Aquarium fish

57 Old-time anesthetic

60 Slurpee rival

61 Certain NCO's

64 Despot Amin

65 Wind dir.

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69				70						71		

**10/23/08**

**Last Week Answers**

S	W	A	B	A	C	T	S	P	R	I	M	A			
L	A	V	A	B	L	O	T	R	E	L	I	T			
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**10/16/08**

# Applicants Sought For FY09 Law Program

By Ed Barker

Naval Education and Training Command Public Affairs

Naval Education and Training Command is encouraging eligible naval officers to apply for the fiscal year 09 Law Education Program and announced that deadline for package submission is Dec. 1.

The program affords selected Department of the Navy officers the opportunity to earn Bachelor of Laws or Juris Doctor degrees and serve the Navy and Marine Corps as career in the judge advocate general (JAG)Corps.

"This is a great program for anyone who has the desire to go to law school and become a JAG," said Lt. Cmdr. Jennie Goldsmith, the JAG accessions detailer at the Navy Personnel Command in Millington, Tenn. "One of the things that makes this program great is the Navy completely funds the program, and the student remains on active duty and continues to

draw a military paycheck while attending law school earning a professional degree. Once they've completed their degree, they'll get to serve in a challenging career field."

The Navy typically selects seven officers to attend law school each year. Candidates must be serving on active duty as a commissioned officer in pay grades O-1 to O-3 and have at least two -- and no more than six -- years of active duty service as of their law school class convening date.

Time-in-service requirements, which include time served in enlisted or officer status, are statutory and will not be waived for this program. Candidates must already hold a baccalaureate degree from an accredited institution and be able to complete 20 years of active service as a commissioned officer prior to their 62nd birthday.

Selected officers must begin law school prior to their six-

year anniversary date, and students have up to 36 months to complete their degree program. Selectees will be required to obligate for additional service at two full years for each year (or partial year) they are enrolled in the program, in addition to any other obligation that they may have previously incurred.

Upon graduation and admission to the practice of law, which in most jurisdictions includes passing the bar exam, Navy and Marine Corps officers will be designated as judge advocates. Upon completion of the Basic Lawyer Course at the Naval Justice School, they are certified as qualified and competent to perform duties as trial and defense counsel of general courts-martial. They will then be detailed to one of several large naval legal service or region legal service offices where they will be exposed to the many legal areas found in today's Navy, including: crimi-

nal, international, administrative and tort law; legal assistance; maritime law and environmental law.

Lt. Cmdr. Shane Cooper, of Newport, R.I., was selected for LEP in 1999 and was accepted at Cornell University Law School, graduating in 2003. He is presently assigned as the JAG for Submarine Groups 9 and 10, located at Naval Base Kitsap, Bangor, Wash. Cooper feels LEP offered him a great opportunity.

"Thanks to the law education program, I was able to receive a fully-funded Juris Doctor degree from Cornell University," Cooper said. "And for the entire time I was in the program, not only did I receive full-time salary but was also able to accrue time-in-service. Being married with three children, I could never have attended such a great law school as a civilian and still been able to support my family. My fam-

ily and I have always felt truly blessed that we were able to take advantage of the opportunity offered by LEP."

Cooper says the program presents a win-win situation for both the Navy and the individual.

"For the Navy, they get a yearly influx of a small number of line officers who are career-minded to enter the JAG corps and will certainly be in the JAG corps for a number of years," Cooper said. "I think having LEP graduates as part of the JAG corps adds a certain skill set that enhances JAG's reputation within the line components that we serve. As a former submariner, I had instant credibility for my position as the SUBGRU JAG."

Eligible participants who desire to apply for the FY09 program must submit a letter request and application package via their commanding officer to: Commanding Officer,

Naval Education and Training Professional Development and Technology Center (NETPDTC), Code N2A2, 6490 Saufley Field Road, Pensacola, FL, 32509-5204. Letters must include the applicant's current work mailing and e-mail addresses and contact numbers.

In addition, all applicants must ensure official college transcripts from each school attended are forwarded to NETPDTC. Law School Admission Test (LSAT) scores must be received prior to the FY-09 selection board convening in Feb. 09 but may be submitted by separate correspondence.

For specific guidance on the law education program and application requirements, see SECNAVINST 1520.7F and NAVADMIN 135/08.

# How To Properly Get Out Of Your Housing Lease

By Lt.j.g. Ryan R. Charles  
RLSO

Federal law allows servicemembers to terminate a lease before the end of the lease term. While reasons for early termination under this law vary, the common problem is that few people understand the law and the proper method of terminating the lease. Here are some tips on how to appropriately exercise your right to end your lease early.

Section 535 of the Servicemembers' Civil Relief Act (SCRA) covers termination of residential leases. This section allows servicemembers to terminate a lease in three circumstances: 1) the lease is signed by or on behalf of a person who then enters military service; 2) the lease is signed during military service and the servicemember then receives permanent change of station ("PCS") orders; or 3) the lease is signed during military service and the servicemember is then deployed for a period not less than 90 days. The protections apply whether the premises are occupied by the servicemember or by dependents. If your situation does not fit into these facts, the SCRA will not provide relief.

First, you must follow the SCRA's procedures for terminating your lease or else you will likely remain legally bound to the terms of the lease, even if you vacate the premises. You must provide the landlord with written notice of the termination, along with a copy of your orders. Oral notification will not suffice! Mail the notification return receipt requested, for proof of your compliance with the Act. If your lease provides for monthly payment of rent, the termination takes effect 30 days after the first day on which the next rental payment is due after the date you give your written notice.

For example, Seaman Smith

signed a lease for which he pays rent on the first of each month. If Seaman Smith provides valid notice of early termination on May 15, he is not only liable for the remainder of May's rent, but also for all of June's rent. The effective date of his termination would be 1 July: 30 days after the first day the next payment is due (1 June) after his written notice (15 May). Should your lease provide for other than monthly payment of rent, the termination takes effect on the last day of the month following the month in which the notice is delivered. The key is to provide valid notification early. Also check with your local legal assistance office about state law, which may provide the servicemember with more favorable terms than the SCRA. In Georgia and Florida, for example, termination is effective 30 days after the date notice is delivered.

A second point involves "military clauses." A military clause is the paragraph of a lease that outlines a servicemember's obligations in the event of deployment or PCS orders. Often, a military clause simply tracks Section 535's language. Sometimes, however, a landlord will draft a military clause that attempts to change or limit the protections of the SCRA. Unless your lease contains language explicitly waiving the protections of the SCRA, you can still terminate your lease under Section 535. Please have any lease reviewed by a legal assistance attorney before you sign. Generally, any servicemember should avoid signing any contract that waives his or her protections under the SCRA. Any servicemember intending to sign such a contract should get the advice of a competent attorney before signing a contract with a waiver of SCRA rights attached.

Should your lease not have a military clause, or have one that

varies from Section 535, you are not out of luck. Congress included Section 535 to prevent servicemembers from having to negotiate a military clause every time they signed a lease agreement, and to give them automatic protection in the case of a subsequent deployment or PCS move. If your landlord is uncooperative on this point, see a legal assistance attorney. We can assist you with drafting a letter to your landlord highlighting the statutory authority for terminating the lease and informing your landlord of the consequences of failing to comply—a possible federal misdemeanor charge.

As a preventive measure, it is a good idea to include in your next lease a provision that outlines and exactly tracks your statutory rights under Section 535. There would be less confusion should you need to terminate early, and it would add a contractual level of protection to your claim.

You may have heard of a "reverse" military clause. A reverse military clause is a provision allowing a servicemember landlord to terminate the lease should he or she receive PCS orders within a certain radius of the leased residential property. Effectively, this allows servicemember landlords to kick out the current renters so that they can return to or use the property themselves. Reverse military clauses are not included in the protections of the SCRA. Therefore, unless your lease specifically contains such a provision, a reverse military clause is neither enforceable by or against you.

Keep in mind that even if you are able to use the SCRA to terminate your lease, you remain responsible for any unpaid rent amounts or utility bills. You also remain responsible for any damage to the property, although your landlord cannot keep your security deposit just

because you terminated your lease under Section 535.

Also remember that a lease is nothing more than an enforceable contract. Basically, this means that if you sign the lease, you are accepting its terms and are bound by them, unless some other protection applies. Like every contract, always read the terms before you sign it.

As a final thought, Section 535 also applies to leases for

professional, business and agricultural purposes, as well as to certain automobile leases. If you believe that the SCRA might apply to your lease, visit a legal assistance attorney. Our offices can be reached as follows: Jacksonville, Florida at (904) 542-2565 ext. 3006; Mayport, Florida at (904) 270-5445 ext. 3017; Kings Bay, Georgia at (912) 573-3959; Charleston, South Carolina at

(843) 764-7642/44; Gulfport, Mississippi at (228) 871-2620; Pensacola, Florida at (850) 452-3734; New Orleans, Louisiana at (504) 678-2520; Corpus Christi, Texas at (361) 961-3765; and Fort Worth, Texas at (817) 782-6009.

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

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## USO News

The USO will hold a Jaguars ticket lottery for games that have a high demand for tickets. Guidelines for the lottery include participants must go to the USO and fill out a lottery request slip on the day the tickets go on sale. This slip enters your name into the drawing for a chance to buy two tickets only. If your name is drawn, you will be called and required to come to your USO within 24 hours to purchase your tickets. Cost is \$20 for two tickets. As with all Jaguar tickets, these are for active duty only.

Mayport and NAS JAX USOs will be selling tickets to the Southern Women's Show at a discounted price to active duty only for \$5 each. Active duty military must present their military ID to purchase a ticket(s). Tickets must be purchased in person. The Southern Women's Show will be held from Oct. 16-Oct. 19 at the Prime Osborn Convention Center, downtown, Jax.

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.

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.

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](mailto: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 with email, Internet and word processing. Fax, copy and free notary service is also available.

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



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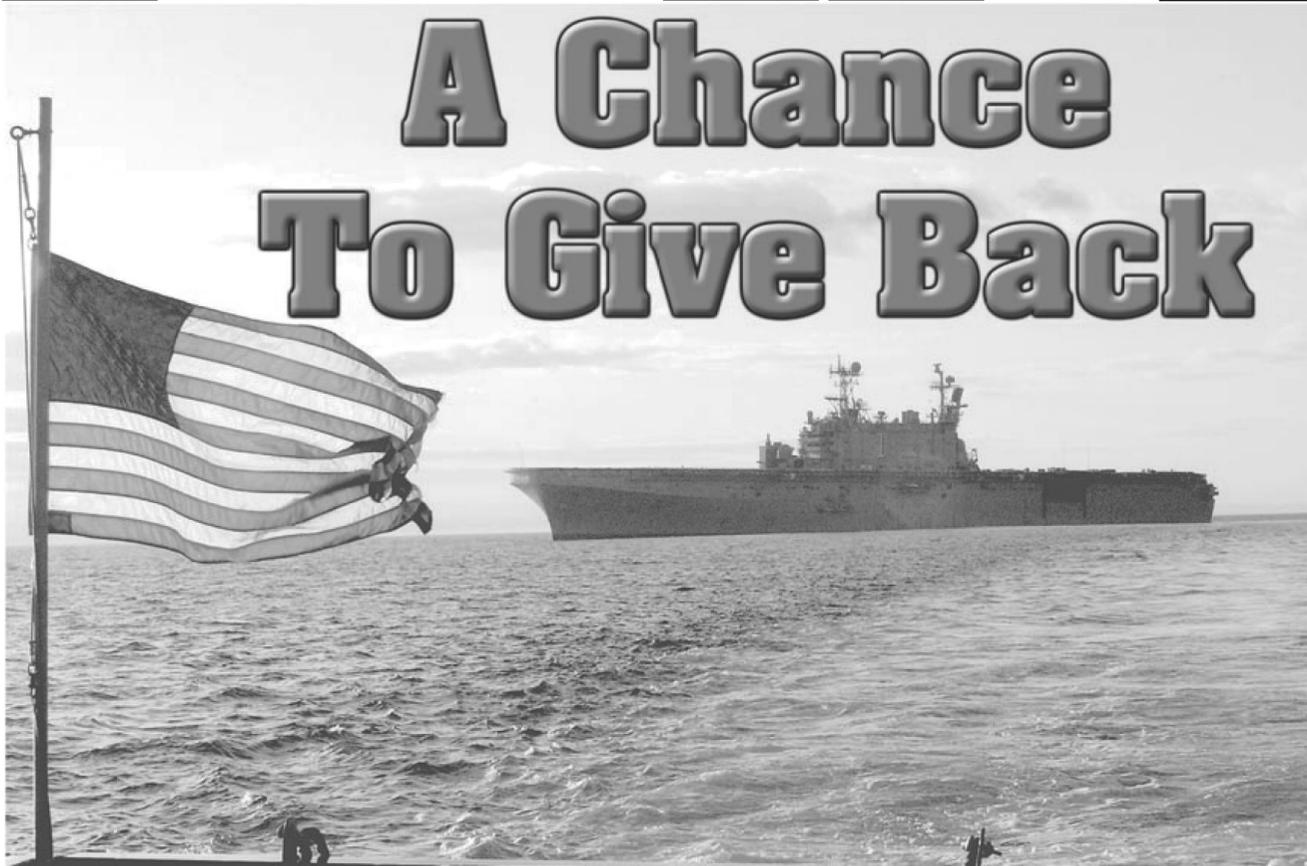
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