

THE MIRROR NS MAYPORT, FLORIDA

CHINFO Award Winner

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OFF THE DECK

USO Pal Day Is Saturday

The USO and city of St. Augustine will honor members of the military and their families with free admission to attractions, trolley rides, parking and lunch during the 51st annual PAL Day on Dec. 6.

Members of the Elks Lodge #829 will cook and serve lunch from 11 a.m.-2 p.m., sponsored by the United Way of St. Johns County and USAA. Children will receive goodie bags provided by the Daughters of the Confederacy. The Elks Lodge is located across from the Bridge of Lions on A1A South, next to the Amphitheater.

"This is a terrific opportunity for all service members and their families to explore the history of and visit the numerous family venues

See Pal Day, Page 4

Spreading The Holiday Cheer

The Giving Tree program, sponsored by Navy Exchange Mayport, is underway.

The Giving Tree is a special military community outreach program designed to extend holiday warmth to special children in need throughout the Mayport military community. NEX patrons are asked to enhance the Christmas holiday and makes dreams come true for special children. All Navy Exchange customers are encouraged to participate in this worthwhile project.

This program will end on Dec. 19. The essence of the program is for individuals to sign up at the Giving Tree to purchase and make a gift for a child who is represented by a handmade ornament on the Giving Tree. The ornaments were provided by the Child Development Center.

To participate, select an ornament with a child's description on it from the Giving Tree. Register your name with a Giving Tree staff member. Purchase and/or make a gift for the child and then return it unwrapped and the ornament to NEX within seven days. Nominations to receive gifts as part of the program will be accepted at the USO until noon on Dec. 19.

Blood Drive For Armed Services

Naval Station Mayport will host the Armed Services Blood Drive on Dec. 4 from 8 a.m.-4 p.m. at Single Sailor Center, across from Bravo Pier. Blood collected goes directly to the troops. For more information, go to www.militaryblood.dod.mil.

Send Shout Out To Deployed

Gator Country will hold a remote broadcast on Dec. 6 outside of the Mayport Commissary to give Navy families an opportunity to record free video "shout outs" to their spouses on deployment. The service member will be able to go to the Gator Country web and download afterwards.

Mayport Gears Up For Holidays

By Stephanie Edwards

Naval Station Mayport has many fun and exciting activities planned for the 2008 holiday season.

Looking for gift ideas for the outdoorsman in your family? MWR's Outdoor Adventures is holding its annual Holiday Sale now through Dec. 24. Receive 10 percent off all fishing, outdoor and scuba gear (except sinkers). Deep discounts are also available on end-of-season and closeout gear. Gift certificates are available.

The Navy Band Southeast brass ensemble will perform holiday favorites from 6-7 p.m. Dec. 6 in the Main Hall at Beachside Community Center.

Following their performance, MWR will show two family-friendly holiday movies. The first movie is Polar Express (G) starting at approximately 7:30 p.m. followed by Deck the Halls (PG), starting at

approximately 9:15 p.m. Both the concert and indoor movies are free and open to everyone.

On Dec. 9, MWR welcomes Santa to Mayport at the annual Magical Christmas event from 6-8 p.m. at Beachside Community Center. This year's event features free pictures with Santa, games and prizes, kids' crafts, sweet treats and musical performances by children from the Youth Activities Center and Child Development Center. Dress warm because it will snow this year! MWR Mayport promises real snow in Florida this year at Magical Christmas. All activities are free.

Windy Harbor Golf Club welcomes patrons to their Balloon Sale and Bogey's Holiday Premier event on Dec. 10 from 3-6 p.m.

During this special event, customers can select merchandise at the Pro Shop, pop a balloon and receive anywhere from 10

percent to 50 percent off at the register. In addition, free hors d'oeuvres and tasty holiday beverages will be offered at Bogey's.

Tickets are on sale now at ITT and Bingo for Family Christmas Bingo on Dec. 14. Children, ages 3-16, and their parents (or grandparents) are invited to an afternoon of fun at Beachside Community Center beginning at 12:30 p.m.

Admission is \$10 per person and includes bingo, pizza, soda, cookies and one ticket for the prize drawings. Fantastic prizes will be awarded throughout the event; no child will leave empty-handed. Santa will also stop by with treats for all. Space is limited. Only 300 tickets will be available for purchase. Everyone pays and everyone plays at Family Christmas Bingo.

For more information on activities and events offered by MWR Mayport, including upcoming seasonal activities, call 270-5228.

Holiday Contests In Good Spirit

From Staff

Naval Station Mayport is hosting its second annual Gingerbread House Competition on Dec. 10 at 1 p.m. at the Oasis Galley.

All entries must be edible and holiday themed. This is an opportunity for commands to exhibit their creative and imaginative culinary skills.

There is no size limitation and each command is allowed one entry. All entries will be donated to local organizations. Prizes will be awarded for first, second and third place. All commands are encouraged to participate. For more information, contact Chief Culinary Specialist Wallace of Culinary Specialist First Class Glenn no later than Dec. 8 at 270-5373.

is hosting three events on Dec. 15 to help celebrate the holiday season, including a ship holiday lighting competition, the Christmas Tree decorating contest and the resident house decorating contest.

For the ship holiday lighting competition ships will be judged on three categories for the use of lights, creativity and holiday spirit displayed. A panel of VIP judges will visit each ship that evening to determine the winner.

The Christmas tree decorating contest will be held for all commands at Memorial Park with the trees set up by 4 p.m.

Judging for both events will begin at approximately 5 p.m. Winners will be announced that evening and will receive a bowling and pizza party for first place; a wing party and movie for second place and a movie night with candy and popcorn for third place.

The resident house decorating contest is for military housing on and off base and all residents are encouraged to participate.

The houses will be judged on use of lights, creativity and holiday spirit displayed. Displays must meet resident guidelines. There will be first, second and third place awards, along with an honorable mention. For more information about the resident house contest, contact the Community Manager Office at 270-8870.



-U.S. Navy Photo

United States ambassador to Panama Barbara Stephenson, right, and Lt. Cmdr. Cory Christensen, left, from the U.S. Office of Defense Cooperation at the American embassy in Panama, greet members of the helicopter aircrew from the guided-missile frigate USS Samuel B. Roberts (FFG 58). Samuel B. Roberts has been diverted from a counter illicit trafficking deployment in the eastern Pacific Ocean to provide aid and disaster relief to Panama after torrential rains caused severe flooding in the Central American country.

SBR Diverted To Support Storm-Ravaged Panama

By MCI (SW) Holly Boynton

U.S. Naval Forces Southern Command / U.S. Fourth Fleet

U.S. Naval Forces Southern Command and U.S. Fourth Fleet (NAVSO/4th FLT) diverted USS Samuel B. Roberts (FFG 58) from their counter illicit trafficking deployment in the Eastern Pacific Nov. 25 to provide aid and disaster relief to Panama.

Panamanian President Martin Torrijos declared west-

ern Panama and regions along the Caribbean coast in a state of emergency Nov. 22. The country had recently experienced heavy rains, resulting in flooding in some regions and landslides.

Samuel B. Roberts, with embarked Helicopter Antisubmarine Squadron Light 60 Detachment 2, will conduct storm damage assessments, as well as be prepared to conduct search and rescue operations

and deliver disaster relief supplies.

Samuel B. Roberts, homeported in Mayport, Fla., is currently deployed for NAVSO/4th FLT in the U.S. Southern Command area of focus to conduct counter illicit trafficking operations in support of Joint Interagency Task Force South.

As the Naval Component Command of SOUTHCOM, NAVSO's mission is to direct

U.S. Naval Forces operating in the Caribbean, Central and South American regions and interact with partner nation navies within the maritime environment. Various operations include counter-illicit trafficking, Theater Security Cooperation, Humanitarian Assistance and Disaster Relief, military-to-military interaction and bilateral and multinational training.

New Skipper For Boone

By Ensign Emily S. Castro

USS Boone PAO

Cmdr. Newman J. Evans III was relieved as commanding officer of USS Boone (FFG 28) by Cmdr. Stephen Petroff aboard the ship at Naval Station Mayport on Nov. 21.

Capt. John L. Madden, COMDESRON 14 Deputy Commander, served as the guest speaker for the ceremony. In his remarks to the assembled guests he spoke of Evans's numerous accomplishments during a highly successful 19-month tour.

"Cmdr. Evans leadership was demonstrated when Boone interdicted 1.3 metric tons of cocaine and rescued 50 migrants at sea."

He also paid tribute to Boone's rich heritage and the crew's continuation of that proud tradition through outstanding mission execution.

In welcoming Petroff to Destroyer Squadron 14, Madden paid tribute to Boone's family and friends. He welcomed and wished the family of Petroff success and thanked the family of Evans for all of their support and encouragement.

Evans thanked the Sailors onboard Boone for a successful tour; "to the most dedicated Sailors and Officers that I've ever had the privilege of leading, I thank you for your hard work and dedication."

Evans will next report to

OPNAV NG in Washington D.C.

"I am truly committed to continued success of Boone as well as to each officer and crew members who proudly serves in her," exclaimed Petroff.

Boone is Petroff's first At-Sea Command. His previous sea tour was as executive officer in USS Lassen (DDG 82).

The ship just returned a month ago from being deployed under the operational control of U.S. Naval Forces Southern Command as a part of a Joint Inter-Agency Task Force conducting counter-narcotics trafficking operations in the Eastern Pacific.



-Photo courtesy of USS Boone

From left, Capt. John L. Madden, Deputy Commodore DESRON 14, stands with incoming USS Boone Commanding Officer, Cmdr. Stephen Petroff and outgoing CO Cmdr. Newman Evans during the change of command ceremony on board the ship on Nov. 21.

CO Column

Now that we have digested our Thanksgiving meals, it's time to look ahead for the impending big changes to the landscape on base. It should be no news to anyone that the Navy has selected the preferred alternative to homeport a nuclear carrier here and with that will come changes to the base infrastructure, population, traffic and just about everything on the base. Once the Record of Decision is signed and we get information about the construction schedule, I will pass it on.



Capt. Aaron Bowman

The annual Army-Navy game is two days away on Dec. 6 at noon at Beachside Community Center. This year the Mayport Flag Football team will be taking on the local Army Recruiting Command at 9 a.m. before the game. We will roll out our new 20-foot digital pro-

jection system at beachside for the game and also be serving free burgers, dogs, and brats. Looking forward to a great turnout by all. Please invite any active duty, retired, and friends of army and navy. If base access is an issue, contact security to get them through the

gates. MWR is also telling me that there will be several giveaways before, during, and after the game. Our PACEN folks have produced an excellent "Spirit Spot" for submission for possible airing during the game, and we will get a chance to see that as well at beachside. I want to give special recognition to MC2 Dan Gay from PACEN for producing a great spirit spot. Well done and I hope Mayport's submission is selected.

Thanks goes out to all the volunteers who rallied at the chance to ring the bell for the Salvation Army this year. Ringing the bell is a great way to "ring in" the holiday season, and a very worthy cause. The people you meet and the holiday spirit you receive is well worth the time. It's a heartwarming thing to see our community give

for such a worthy cause.

We had a good turn out at the public meeting concerning Finegan Elementary on Dec. 2, and I hope that the right decision is ultimately made to keep the school open. Principal Pinter and his staff do an outstanding job supporting our children and having an "A" school as our next door neighbor is yet another reason why Mayport is the number one sought duty station in the Navy. With the establishment of Fourth Fleet headquarters, identification of the Jacksonville Operating Area as the preferred alternative for the Undersea Warfare Training

Range, complete renovation or demolition of all on base housing, and now the identification of a Nuclear Carrier here at Mayport as the preferred EIS alternative, it is evident that

Mayport will continue to grow and need thriving schools in the area.

Each week I want to give a "hats off" shout out to those departments that are making a difference each and every day. All of you are doing this so I just want to give that extra call out of appreciation. This week its "hats off" to everyone at our base galley. You put on one heck of a Thanksgiving meal and everyone from the chow boss to the dishwashers should be thanked for a job well done. The food is always exceptional, and the service as far as I'm concerned is the best in the navy. Thank you all so much for what you do for us. It never goes unnoticed.

It's been a tough couple of weeks at Mayport in that we lost two Sailors: one from a traffic

accident and one from suicide. My heart goes out to the commands who lost those Sailors. The holidays can bring tough times for some folks -please watch out for your shipmates. Help is always available at any time and if there is ever a need, you can always start out at our quarterdeck and get the initial information of who to contact.

Keep those great suggestions coming in at aaron.bowman@navy.mil or the CO's suggestion box located at the base galley. Your concerns are my concerns.

Happy holidays to everyone. I'm doing my best to get our quarters decorated and be a part of the great holiday spirit in Navy housing. You are the reason I feel great about getting up and coming to work. It is truly an honor to serve with all of you.

Homefront in Focus

By Beth Wilson

Military Spouse Contributor

There is good news? Good 'economical' news? Well, I confess I used that title to get your attention but I believe there is some good economical news in the midst of this economical mess. Perhaps it is a return to 'value.'

I recently heard a 'man-on-the-street' cable-news report that most of us are cutting way back on Christmas presents this year. This report mentioned the 'man-on-the-street' is looking for more 'practical,' or 'needs-based' gifts this year such as clothing, small appliances and

needs as opposed to the flashy 'extras' like gaming peripherals or latest "must have." Another shopping aspect identified is we are looking for quality and value in our gift purchases.

Is it just me or in recent years have you sensed or picked up on a fevered, almost crazed, need to have the latest everything? Cell phones have about a six month life cycle (if that), Laptops, gaming, even fashion and cars. I have to admit I am too lazy to keep up with the latest and greatest. I just want the best value for my money and for it to last to the end of its (extended) purchase agreement/

warranty. I am a simple woman.

The downturn in the economy is changing the way we shop and spend, and I loudly applaud this return to sanity! This year I don't have to figure out how to cover high priced holiday gifts. Bargains are the new Chic. Frugal is the 'new black!' Bargain shopping, coupon clipping 'Frugal Frannies': Our day has come!

I participate in a couple online forums. Many ladies are discussing the change in their gift giving; they're making gifts for family and friends this year. The creativity that is coming out of these women is amazing

(okay, and intimidating). One military spouse from the east coast remarked, "My kids and I are having the time of our lives making these gifts. How can Christmas Day top this?"

Could another change be ushered in by this change in spending habits? Could our fast-food, short-shelf-life, disposable, move-at-light-speed culture see a change as well? Could our focus turn from accumulations and acquisitions to relationships; family and friends? I think maybe it could really happen.

We are accumulating less, trying to save, expanding our cre-

ativity, but perhaps most importantly realigning our priorities. It truly isn't the size or price of the gift; it is the heart and love behind it.

Trista wrote, "A few months ago we started cutting back. The budget was just so tight. My husband and I grabbed fast food on our way home from work. We rarely cooked or ate together. We gave up that practice to save money. He lost 20 pounds in four months, I lost 12. We saved over \$350 per month. But the most amazing thing is our life changed. We're less stressed about finances and we're talking, every night, at the dinner

table. I didn't realize we had stopped 'talking'! We decided we are getting a joint Christmas gift; an espresso machine. We're giving up our daily run through Starbucks to start our day together over a cup of coffee. You and June [Walberg] offered us tips to save money, you impacted our marriage as well."

Here's to a new priority. *Questions for Beth? Write her at beth@homefrontinfocus.com. Don't miss this month's broadcasts on Navy Homefront Talk!, Beth's internet talk show at www.blogtalkradio.com/nht.*

Lake Wonderwood Gets A Wellness Check Up

From NS Mayport Environmental

You may have noticed a new boat out on the waters of Lake Wonderwood in the past couple weeks. This is not for recreational purposes but is part of a study by the University of Florida to quantify the physical, chemical, and biological characteristics of the lake.

Lake Wonderwood is an approximately 20-acre man-made lake originally created in mid 1950s to provide construction fill material for the adjacent housing area.

The maximum depth of the water is between 20 and 25 feet and contains both freshwater and brackish layers depending on the depth. The lake is a very significant feature on the Station that provides for a variety of uses. It serves as a fish and wildlife habitat; stormwater storage and treatment; and as a recreational site.

The water from Lake Wonderwood is also used as the primary source of irrigation water for the golf course under a Consumptive Use Permit issued by St. Johns River Water Management District. Because we want to ensure that we



-Photo submitted

A team from University of Florida has been conducting studies of Lake Wonderwood to determine the lake's features and biological make up. The study will help keep the lake healthy.

appropriately manage the lake for these multiple uses, we have initiated this study.

Lake Wonderwood is the

stormwater basin for a large portion of Naval Station Mayport, accumulating stormwater from most of the housing

area, much of the golf course, and north along both sides of Bon Homme Richard Street to Bailey Avenue.

Even though there has not been a major spill or release of hazardous substances into the lake, oil from the roads and motor vehicles and chemicals put on lawns can wash into the lake through the stormwater drainage system. Anything that is dripped, dropped, or swept onto the roads and sidewalks in this area may eventually end up in Lake Wonderwood.

Additionally, there have been infrequent fish kills in the lake associated with low dissolved oxygen levels in the water. This is usually attributed to natural factors that occur during extended periods of dry and/or warm weather and that follow the passage of tropical weather systems.

The primary investigator for the upcoming study is Dr. Charles E. Cichra, Ph.D, Fisheries and Aquatic Sciences, of the University of Florida's Institute for Food and Agricultural Sciences. He and his team will initially determine the physical features of the lake resulting in a bathymetric map showing depth throughout the lake. Following that, research-

ers will sample water at specific locations in the lake every three weeks for a one year period and analyze it for a variety of chemical parameters. In addition, an inventory of biological resources in the aquatic and shore environment, including fish, invertebrates, amphibians, reptiles, birds, mammals, aquatic plants and algal species will be performed.

Based on the data generated, University of Florida researchers will make recommendations on the most appropriate means to improve and maintain all aspects of ecological integrity of the lake and its inlets and outlet. Caretakers of the lake will then have a good understanding of the health of the lake and in turn be better prepared to make informed decisions on management regimes and methods to prevent adverse impacts on the desired uses of Lake Wonderwood.

Base Chapel Holiday Calendar

From Staff

Base Chapel has released its holiday calendar for Catholic and Protestant services. Catholic dates are as follows:

- Dec. 6, 10 a.m.-2 p.m., Greening of the Chapel
- Dec. 8, 11:30 a.m. and 7 p.m., Mass for Immaculate Conception of the Blessed Virgin Mary
- Dec. 24, 5 p.m., Vigil Mass of Christmas
- Dec. 25, 10 a.m., Mass of The

Nativity of the Lord

Jan. 1, 10 a.m., Mass for Blessed Virgin Mary Mother of God

Protestant service dates are as follows:

- Dec. 6, 10 a.m.-2 p.m., Greening of the Chapel
- Dec. 14, 10:30 a.m., Christmas Cantata
- Dec. 21, 10:30 a.m., Children's Pageant
- Dec. 24, 7 p.m., Christmas Eve Candlelight Service

American Red Cross Teaches CPR, AED

From American Red Cross

American Red Cross is offering first aid, CPR and AED programs Dec. 13 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.

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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

Marriage
Contact Chaplain 6 months prior. PREP is required

For more information, call 270-5212.



Naval Station Mayport

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Mayport Recognized For Fire Safety Work

From NS Mayport Fire & Safety

Naval Station Mayport Fire & Rescue Services was recently presented with a Life Safety Achievement Award for 2007 by the Residential Fire Safety Institute (RFSI). The award was announced by Roy L. Marshall, Director of the RFSI.

For 15 years, the Life Safety Achievement Award has recognized the local fire prevention activities that contributed to reducing the number of lives lost in residential fires. The Mayport Fire & Rescue Services qualified for this award in 2007 because it recorded zero fire deaths in structures during that year. Although residential

fires in the U.S. account for only 20 percent of all fires, they result in 80 percent of all fire deaths. The RFSI is committed to reducing that number.

Experience tells us that fire prevention activity and public education can significantly reduce life and property loss from residential fires," Marshall said. "Prevention and education are very cost effective compared to the traditional approach of relying on fire suppression. The Life Safety Achievement Award recognizes fire departments for their fire prevention efforts and encourages them to continually improve those efforts."

The RFSI is a public inter-

est group whose mission is to reduce residential fire deaths and injuries. The RFSI advocates the use of residential fire sprinklers, smoke alarms, carbon monoxide detectors and teaching people fire-safe behavior. The RFSI assists fire departments with implementing residential sprinkler/smoke alarm programs on a local basis. The RFSI's membership includes the United States Fire Administration, the National Association of State Fire Marshals and private industry/associations with an interest in and commitment to residential fire safety.

Milestones

- Army Commendation Medal**
SK2 Causseus Anderson, FRCSE Mayport
- Army Achievement Medal**
AM2 Michael Murray, FRCSE Mayport
- Good Conduct Medal**
SK2 Causseus Anderson, FRCSE Mayport
AM2 Michael Murray, FRCSE Mayport
- Sailor of the Quarter**
SK1 Douglas Turner, FRCSE Mayport
- Junior Sailor of the Quarter**
AD3 Alfonso Tulavillanueva, FRCSE Mayport
- Blue Jacket of the Quarter**
ADAN Matthew Maffett, FRCSE Mayport
- Green Belt Certificate**
AT2 Nicolas Nicolas Izquierdo, FRCSE Mayport
- Frocked**
AT2 Jessica Alvarez, FRCSE Mayport
AD2 Marlo Cerrada, FRCSE Mayport
SK2 Contravious Davis, FRCSE Mayport

- AT2 Joshua Dillon, FRCSE Mayport
AZ2 Daniel McCaffrey, FRCSE Mayport
AT2 Stephanie Valando, FRCSE Mayport
AS2 Jason Dorsey, FRCSE Mayport
AS3 Shania Buckner, FRCSE Mayport
AT3 Ryan Chapman, FRCSE Mayport
AZ3 Tashika Cunningham, FRCSE Mayport
AM3 Roger Jones, FRCSE Mayport
AT3 Ryan Speranza, FRCSE Mayport
AZ3 Robert Torres, FRCSE Mayport
PR3 Michael Corbett, FRCSE Mayport
- Reenlistment**
DCC(SW/AW) Cecil Harper, CNE Learning Site Wet Trainer
DC1 (SW) Eduardo Montoya, CNE Learning Site Wet Trainer
- Retirement**
Mason
Ship's Serviceman First Class (SW) Kenneth Lemont Mason

enlisted in the U.S. Navy in 1989. Mason completed Navy Recruit Training at Recruit Training Center San Diego in April 1989 and reported to Ship's Serviceman "A" School. Mason began his first sea tour on board USS Forrestal (CV-59). Mason was then assigned to Naval Station Pensacola, FL. After completing his tour in Pensacola, Mason transferred to the USS Philippine Sea (CG 58) and then was assigned to Naval Station Jacksonville for a three-year tour. Completing another successful tour, he then was transferred to USS Vicksburg (CG 69). Next, he was assigned to USS Decatur (DDG 73) for a one-year tour. In March 2004, Mason reported to Naval Station Mayport for his last tour of duty. Mason relocated to Columbia, South Carolina with his wife and kids.

FFSC Class Schedule Set

From FFSC

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

- Dec. 4, 9-11 a.m., Resume Walk-In Review Assistance, FFSC
- Dec. 5, 9-11 a.m., Car Buying Tips, FFSC
- Dec. 8-12, 7:30 a.m.-4 p.m., Command Financial Specialist Training, Building 460
- Dec. 8, noon-4 p.m., Leadership Life Skills for E4 & Below, Base Chapel
- Dec. 9, 8:30 a.m.-4 p.m., Leadership Life Skills for E5 & E6, Building 460 Room B
- Dec. 9, 9-11 a.m., Resume Walk-In Review Assistance, FFSC
- Dec. 9, 9-11 a.m., Parenting Class, FFSC

The program is based on Dinkmeyer & McKay's Systematic Training for Effective Parenting (8 STEPS). The program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families include:

- understanding yourself and your child,
- the four goals of misbehavior,
- beliefs and feelings,
- encouraging and listening to your child,

- helping children cooperate,
- discipline that makes sense,
- and how to choose your approach.

Participation in all 8 sessions is required.

Dec. 10, 9 a.m.-noon, Tottletyme Playgroup, USO

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

Dec. 10, 1-4 p.m., Leadership Life Skills for E7 & Above, Building 1 Room 104

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

Dec. 11, 8-10:45 a.m., Stress Management, FFSC

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

Dec. 11, 9 a.m.-noon, New

Parent Support Playgroup, USO
Dec. 15-18, 8 a.m.-4 p.m., TAP Separatee Workshop, Building 1 Room 104

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

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

Dec. 17, 9 a.m.-noon, Tottletyme Playgroup, USO
Dec. 18, 9-11 a.m., Resume Walk-In Review Assistance, FFSC

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

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

Dec. 18, 9 a.m.-noon, New Parent Support Playgroup, USO

Dec. 19, 9-11 a.m., Credit Report, FFSC

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

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

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

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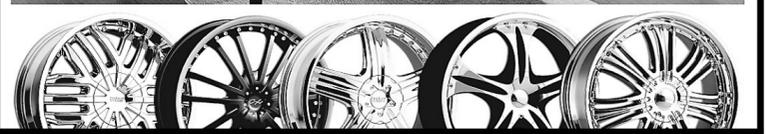
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USS Klakring Returns From EUCOM Pulse

By Ensign Peter Goodman
USS Klakring Public Affairs

USS Klakring (FFG 42) recently returned from a highly successful EUCOM Pulse that included participation in Exercise Joint Warrior (JW 082) and TSC and port visit opportunities in several Baltic states. The ship returned to Mayport to a joyous reunion with family and friends on Nov. 23, just in time for the Thanksgiving holidays.

Klakring participated in Joint Warrior along with several other U.S. ships, including USS Mitscher (DDG 57); USS Hawes (FFG 53); and Mayport's own USS Doyle (FFG 39), in a complex multinational, multi-warfare area training event off the northwest tip of Scotland.

Foreign participation in the event was robust, and included the Royal Navy aircraft carriers HMS Ark Royal and HMS Illustrious; the amphibious assault ships HMS Bulwark, HNLMS Rotterdam, AND HNLMS Johan De Witt, air defense platforms HMS Gloucester and HMS Manchester, the multipurpose frigates HMS Somerset and HMS Argyll, along with four OPFOR submarines from the UK, France, Norway and the Netherlands.

The exercise is designed principally to foster and sustain cooperative relations with multinational partners, and broaden the interoperability and advanced warfare skill sets of all navies involved.

The exercise has grown in recent years into one of the largest and most complex maritime training venues of its kind in the world, and has served for the last several years as a principal training and certification venue for LANTFLT independent deployers.

Klakring's Combat Information Center Officer, Ensign Rachel Gray, spent time on the ship's bridge as well as in CIC during JW 082 and emerged from the exercise with a wealth of knowledge.

"Joint Warrior provided us with the opportunity to participate in real-world scenarios and warfare environments containing many different threats,"



-Photos courtesy of USS Klakring

USS Klakring participated in several different events, including many DIVTAC exercises, during Joint Warrior. Shown in this picture taken from Klakring's port bridge are fellow American ships participating in JW082: USS Mitscher, USS Hawes, and USS Doyle.

commented Gray. "It also gave us the opportunity to learn how foreign Navies work to achieve similar goals and accomplish similar missions."

Klakring's Sailors not only gained warfighting experience, but also significant public affairs exposure. Throughout the exercise a series of different media outlets embarked in Klakring and her fellow exercise participants to gain the "embedded" perspective on the war at sea and an appreciation for how the various navies prepared for the fight. Working with these media entities was a challenging and unfamiliar assignment for the ship's collateral duty Public Affairs Officer, Ensign Gray Tompson.

"We learned so much from the SIMPRESS embarks. Just preparing to bring them aboard and thinking through all the

aspects of logistics and OPSEC, the messages and themes we wanted to express, the pitfalls to avoid when dealing with international press - it was a tremendous learning environment."

This training crucible stood the ship in good stead as she was tasked to perform Theater Security Cooperation port visits to several Baltic states immediately following the exercise. The media training in Joint Warrior came in handy when dealing with real, credentialed international media, on a large scale, during visits to Helsinki, Finland and Tallinn, Estonia.

"No question about it, the exercise world prepared us for the real world!" noted the ship's Commanding Officer, Cmdr. Ian Pollitt. "We are far better postured for this sort of mission set going forward, for having gone through the Joint Warrior

training crucible."

While in Helsinki and Tallinn, Klakring and her crew hosted receptions for foreign military and diplomatic counterparts. Those welcomed onboard Klakring included Barbara Barrett, the U.S. Ambassador to Finland, and Vice Adm. Hans Holstrom, Commander of the Finnish Navy, as well as Mr. Lauri Almann, Permanent Undersecretary of Defense for Estonia and Lieutenant General Aants, Estonian Chief of Defense.

The opportunity to experience foreign cultures was what most Klakring Sailors joined the Navy for, and the ship's participation in JW 082 and the Baltic pulse provided just that. Information Technician Second Class (SW/AW) Gregory Charles, Klakring's Assistant MWR representative, helped

organize one such opportunity with an MWR-sponsored excursion to London and Stonehenge during a brief weather divert to Portsmouth, England.

"MWR was excited to give those onboard with the interest, the opportunity to see some truly historic parts of British history," added Charles.

Klakring's crew engaged host nation counterparts in several different sports activities during each visit.

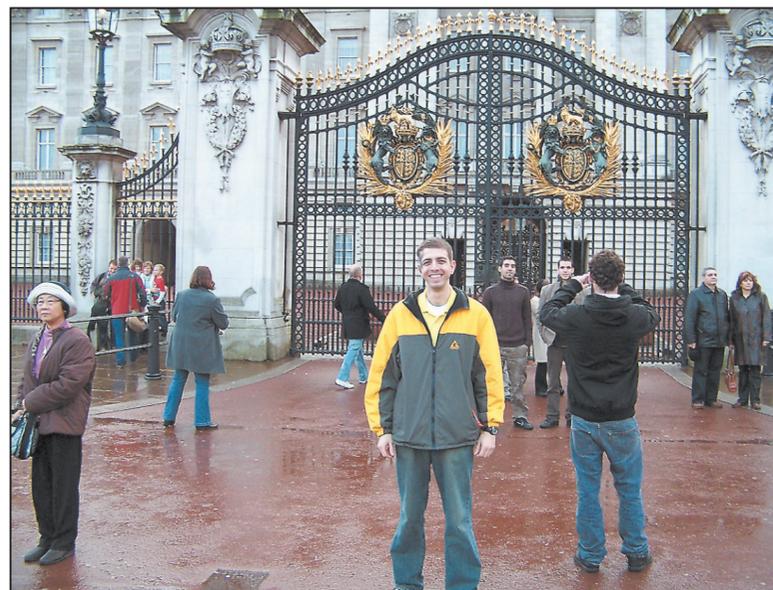
Basketball and soccer were played against members of the Estonian military based in Tallinn and American-style football was played against an Estonian semi-pro team. Klakring was victorious in basketball, but lost hard-fought battles in their other two games.

When asked how the ship could have lost a game of American football while over-

seas, the CO responded, "When I saw we were going up against a semi-pro team, with a real name, and uniforms, and a web site, and everything, I knew it might be a long day. But Klakring rallied, and to only fall by the score of 18-12 to such a juggernaut speaks volumes for Klakring spirit and can-do attitude!"

Klakring is currently preparing for a comprehensive CMAV in advance of its next deployment.

Armed with the lessons learned from two months of intensive multinational operations, both in port and at sea, her Sailors look forward to continued engagement opportunities on behalf of the forward combatant commanders, and fostering further interoperability with allied naval forces and host nation country teams.



Klakring Damage Control Assistant Lieutenant Junior Grade Jean Carlo Tahhan stands in front of the gates of Buckingham Palace during an MWR trip to the historic city of London.



Members of Klakring's crew took part in a game of basketball with Estonian military personnel during their port visit to Tallinn, Estonia. The team was victorious, winning the game with a score of 51-20.

RGB Hosts Congressman's District Representative

By Lt.j.g. John Phelan

USS Robert G. Bradley (FFG 49) had the distinct pleasure of hosting Jackie Smith, Jacksonville District Director for United States Congressman Ander Crenshaw, in addition and her family.

Smith's party enjoyed an extensive tour of the ship,

including an in-depth discussion about the new, non-traditional roles RGB and other warships are being tasked to accomplish. During their tour, the ship was preparing for a berth shift later in the afternoon, so the party was able to receive overviews of ship spaces by the subject matter experts on station.

In the Central Control Station,

First Class Gas Turbine Systems Technician (Mechanical) Jason Washam described the LM2500 Gas Turbine Engine and Power Turbine installed in Robert G. Bradley. His expert knowledge brought about a link with Mr. David Smith, Mrs. Smith's husband, who flew fighter jets using an earlier version of the engine while in the Air Force.

Washam was able to share "engine sea stories" with Mr. Smith.

Later on the tour the group had an opportunity to discuss Pilot House watch standing with Lt.j.g. John Phelan. After his discussion on the various Pilot House instruments, the group paused for photos in the Captain's Chair and proceeded

to the Mark 75, 76-mm Otto Melera deck gun where they were met by Commander Clint Carroll, Robert G. Bradley's Commanding Officer for a brief one-on-one discussion prior to lunch in the Wardroom.

Smith's visit to Robert G. Bradley reflects the continuing dedication of civic leaders to Naval Station, Mayport, and its

ships.

"It was an honor to give a personal tour to the group. Their interest in our warship brings a refreshing reminder that the hard work our Sailors put in everyday is noticed and respected by those we live with in our community," said Phelan.

Pal Day

in St. Augustine," said John Shockley, Executive Director Greater Jacksonville Area USO. "We appreciate the support of the United Way of St. Johns County, Elks Lodge and USAA to offer this free day of fun for the entire family, just remember to bring military identification since wearing of uniforms is no longer required."

Armed forces personnel and their families may pick up free PAL Day lunch tickets by stopping by any Greater Jacksonville USO Center, including the Airport. Tickets

are also available at the St. Augustine Visitor Information Center on Dec. 6. Tickets are not required for any attraction or lunch, but to estimate how many lunches to prepare.

Personnel with questions or desiring more information can call any USO Center: JAX: 778-2821; Mayport: 246-3481; Airport: 741-6655.

Contributing businesses include the Authentic Old Jail, Castillo de San Marcos and Fort Matanzas, Colonial Spanish Quarter Village, Florida Heritage Museum, Government

From Page 1
House, Museum-Cathedral Place, Lightner Museum, Marineland of Florida, Mission of Nombre de Dios, Museum of Weapons and American History, Old Florida Museum, Old St. Augustine Village, Old Town Trolley Tours, Oldest House Museum, Oldest Wooden Schoolhouse, Ponce de Leon's Fountain of Youth, Potter's Wax Museum, Ripley's Believe It or Not Museum, Alligator Farm, Lighthouse & Museum, Sightseeing Trains, and Spanish Military Hospital Museum.

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Father Edward Flanagan, 1886-1948
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-Photo courtesy of USS Underwood
Ambassador Peter Cianchette frocks Operations Specialist 3rd Class Petty Officer Allec Moore during the VIP visit to Underwood in port Golfito, Costa Rica.



Cmdr. Wes Smith presents plaques and ball caps to the Honorable Janina del Vecchio, Minister of Public Security (far left), the Honorable Peter Cianchette, U.S. Ambassador to Costa Rica, and a representative for Francisco Antonio Pacheco, President of the Costa Rican Congress (far right) during an official tour and reception held onboard Underwood in Golfito, Costa Rica.

Underwood Hosts Costa Rican Ambassador

From USS Underwood Public Affairs

USS Underwood (FFG 36) conducted a port visit to the village of Golfito, Costa Rica Nov. 21, while in the area conducting counter-illicit trafficking operations.

Underwood hosted the U.S. Ambassador to Costa Rica, Peter Cianchette, and members of the Costa Rican Congress for ship tours, awards presen-

tations, a mock boarding and a luncheon. The guests arrived early in the morning for a reception on the mess decks, where they were welcomed by several members of the crew.

"It was nice meeting Ambassador Cianchette," said Culinary Specialist 3rd Class Moses Gomez. "Hopefully we can revisit the port in the future."

Next, various crew members guided a tour of the ship that included a walkthrough of the flight deck, bridge, combat information center, and upper decks of the ship.

One of the highlights of the morning was when Ambassador Peter Cianchette frocked the new Third Class Petty Officers.

After the awards presentation, U.S. Coast Guard Law

Enforcement Detachment (LEDET) 108, assigned to Underwood, conducted a mock boarding for the party in order to provide a picture of what Underwood's mission is while on station in the Eastern Pacific.

Underwood departed Costa Rica Nov. 22 to continue their counter-illicit trafficking deployment to the U.S. Southern Command area of focus, which

encompasses the waters surrounding the Caribbean, and Central and South America.

Underwood, homeported in Mayport, Fla., is under the operational control of U.S. Naval Forces Southern Command (NAVSO) and U.S. 4th Fleet.

NAVSO, the Navy component command of SOUTHCOM, oversees maritime operations throughout Latin America,

including exercises and deployments, counter illicit trafficking support, and Theater Security Cooperation events.

U.S. 4th Fleet is the numbered fleet assigned to NAVSO exercising operational control of U.S. Navy units temporarily operating in the SOUTHCOM area of focus.

Underwood Gives Project Handclasp Items To Elderly

From USS Underwood Public Affairs

USS Underwood (FFG 36) delivered Project Handclasp items to an elderly association in Golfito, Costa Rica during a port visit Nov. 21.

Project Handclasp once again provided Underwood with excellent materials to provide humanitarian assistance to the Alberge Association for the Elderly.

With the support of various public organizations, charity corporations, and citizen donations, Project Handclasp assists countries all over the world by providing anything from books and toys to medical and hygiene products delivered by U.S. Navy ships and commands scattered around the globe.

Underwood crewmembers were well received by the facili-

ty and their donation of hygiene products was greatly appreciated by the Social Service of Golfito. A small presentation ceremony was held and the local media outlet "Golfito News" was present for media coverage and interviews.

"Being able to give back to a community is always fulfilling," said Yeoman 1st Class Petty Officer Mark Leet. "There

is something special to be said though, about giving to those in need in a foreign country. I am thankful and humbled to have been given such a noble opportunity to serve as an ambassador for the U.S. Navy. I would like to thank the nursing home and Costa Rica for their splendid hospitality and the Navy for allowing me the opportunity to be a part of Project Handclasp."

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NAVSO, the Navy component command of SOUTHCOM, oversees maritime operations throughout Latin America, including exercises and deployments, counter illicit trafficking support, and Theater Security Cooperation events.



USS Underwood Sailors gather at Central School of San Jose in Golfito, Costa Rica to conduct repairs in the schoolhouse.

-Photo courtesy of USS Underwood

Sailors Conduct Repairs To Costa Rican Learning Centers

From USS Underwood Public Affairs Office

USS Underwood (FFG 36) pulled into the small community of Golfito on the Pacific side of the country Nov. 19 while on a counter illicit trafficking deployment.

While in port, Underwood Sailors volunteered their time and talent to conduct repairs to the Central School of San Jose and paint the inside of the Golfito Public Library. The Local Golfito News provided media coverage and conducted several interviews with the crewmembers while they worked.

The volunteers walked to the school in the center of town and were met by the Sister Ana Cecilia, who oversees the edu-

cation of children in the surrounding community. Some of the Underwood Sailors began to build a second wall around the upstairs balcony classroom to minimize the draft and rain that Golfito experiences in their tropical environment.

The other half of the Sailors moved onto Underwood's second community relations project at the Golfito Public Library for general cleanup and repairs. Crewmembers scraped, primed, and painted the building which provides public materials to the surrounding residents.

Information Systems Technician 2nd Class Milton Hill said, "I really appreciate the opportunity to help out the surrounding community." While on scene, the local Golfito News

covered the event and welcomed local community members who stopped by to assist.

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USS Underwood Sailors use their talents to build a second wall around the balcony of one classroom in the Central School of San Jose during their COMREL project in Golfito, Costa Rica.

MWR Happenings

Dec. 6: Army vs. Navy. 12 noon kickoff at Beachside Community Center. Watch the game on our 20 foot hi-def screen. Free t-shirts to the first 50 attendees plus free hamburgers, hotdogs, brats and fountain sodas (while supplies last). 270-5228

Dec. 6: Navy Band Holiday Concert and Indoor Movies. 6 p.m. start with the Navy Band Southeast Brass Group playing holiday favorites inside Beachside Community Center. Following the Navy Band, enjoy a double feature with Polar Express (G) at 7:30 p.m. and Deck the Halls (PG) at 9:15 p.m. 270-7196

Dec. 8: Texas Hold 'Em (All Hands). 7 p.m. every Monday at Castaway's Lounge. Free to enter. Everyone welcome. 270-

7205

Dec. 9: Holiday Cheer 5K/10K Run. 8 a.m. start in front of the Gym. Free. 270-5451

Dec. 9: Magical Christmas. 6-8 p.m. at Beachside Community Center. Event includes free pictures with Santa, holiday crafts, game and prizes, hot cocoa and cookies. Entertainment will be provided by children from Mayport's Youth Center and Child Development Centers. 270-5228

Dec. 10 & 11: Bowling Turkey Shoot. 10:30 a.m.-1 p.m. and 5 p.m.-close at Fast Lanes Bowling Center. Bowl three strikes in a row and win a turkey. \$1 per try. Limit one turkey per person. Pick up turkey on Dec. 18. 270-5377

Dec. 10: Balloon Sale and Bogey's Holiday Premier. 3-6 p.m. at Windy Harbor Golf Club and Bogey's. Pick your merchandise. Pop a balloon and receive 10-50% off at the register. Also enjoy hors d'oeuvres and tasty holiday favorites. 270-5380

Dec. 15: Sports Program Holiday Stand-down. Intramural sports resume on Jan. 12 with Intramural Basketball and Graybeard Basketball seasons currently in progress. 270-5451

Dec. 15-19: Free 27-Point Vehicle Inspections. 10 a.m.-2 p.m. at the Auto Skills Center. Drop-ins welcome. 270-5392

MWR Mayport's Annual

Magical Christmas

6-8 p.m. Tuesday, Dec. 9, 2008
At Beachside Community Center



MWR MAYPORT
Games & Prizes
Arts & Crafts
Pictures with Santa
Sweet Treats
Musical Performances
by CDC & YAC children

For additional event information, call MWR Mayport at (904) 270-5228.

Liberty Call

The following activities target single or unaccompanied Sailors. For more information, call 270-7788/89 or stop by Planet Mayport Single Sailor Center and pick up the monthly activity calendar with a complete listing of all upcoming Liberty events.

Dec. 7: Mall and a Movie Trip. Cost is \$2 and includes transportation and admission to a movie of your choice. Trip departs at 11 a.m.

Dec. 8: Texas Hold 'Em. 7 p.m. every Monday at Castaway's Lounge. Free to enter. Everyone welcome.

Dec. 9: Car Care Clinic. 5 p.m. at the Auto Skills Center. Free for Single Sailors, E1-E6 only. Pre-registration required.

Dec. 11: Comedy Zone Trip. 6:15 p.m. departure from Planet Mayport (Free).

Dec. 13: Jeff Dunham Live. Cost is \$30 and includes transportation and admission. Trip

departs at 5:30 p.m.

Dec. 14: Jaguars vs. Packers Game Trip. Cost is only \$5. Trip departs at 11 a.m.

Dec. 18: Jaguars vs. Colts Game Trip. Cost is only \$5. Trip departs at 5:30 p.m.

Dec. 20: Orlando Magic vs. LA Lakers Trip. Cost is only \$15 and includes transportation to and from Orlando and admission. Trip departs at 3 p.m.

Kid Zone

Dec. 6: Navy Band Holiday Concert and Indoor Movies. 6 p.m. start with the Navy Band Southeast Brass Group playing holiday favorites inside Beachside Community Center. Following the Navy Band, enjoy a double feature with Polar Express (G) at 7:30 p.m. and Deck the Halls (PG) at 9:15 p.m. 270-7196

Dec. 6: Teen Skate World Trip. 7-11 p.m. for middle and high school ages. Cost is \$10 in

advance or \$12 day of (if space is available). Bring additional money for food and drinks. 270-5680

Dec. 9: Magical Christmas. 6-8 p.m. at Beachside Community Center. Event includes free pictures with Santa, holiday crafts, game and prizes, hot cocoa and cookies. Entertainment will be provided by children from Mayport's Youth Center and Child Development Centers. 270-

5228

Dec. 12: Freedom Friday, Holiday Movie Night. 7-11 p.m. at the Youth Activities Center. Cost is \$7 in advance or \$9 the day of. Space is limited; early registration is recommended. Open to children in grades K-5th. 270-5680

Dec. 20: Teen Holiday Survivor Party. 5-9 p.m. at Club Teen. Open to middle and high school ages. 270-5680

MWR Sports/Fitness

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
1 p.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

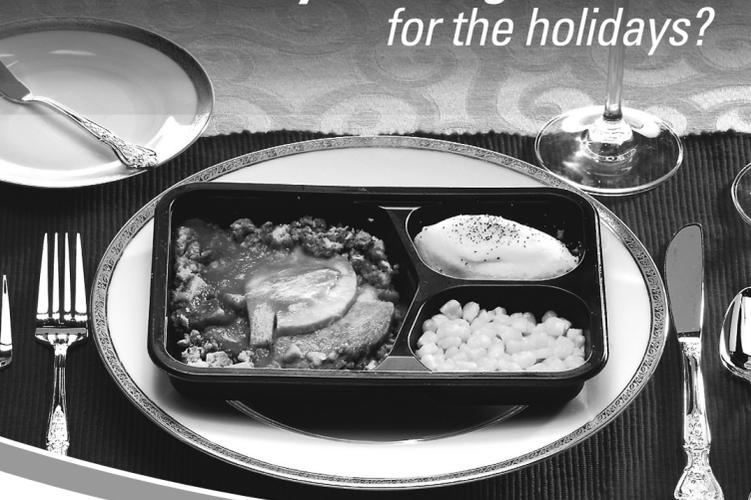
Pump with Traci
11:30 a.m., Resistance with Traci
3 p.m., Conditioning for Running with LaPlace
4:30 p.m., Spinning
5:45 p.m., Fitness Equipment Training with LaPlace

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

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Family Christmas BINGO

A fun-filled afternoon of Bingo for children and their parents.

Sunday, Dec. 14, 2008
12:30 p.m. start at Beachside Community Center

Admission: \$10 per person
Includes bingo, pizza, soda, cookies and one (1) ticket for the prize drawings. All kids will go home with a goodie bag!



Tickets go on sale Friday, Nov. 14th at both ITT and Beachside Bingo (during normal Bingo hours).

Everyone pays, everyone plays!

Ages 3-16* welcome!
*Children ages 3-9 must be accompanied by an adult guardian. Adults must be accompanied by a child. Prizes will be awarded to both children and adults.

Space is limited... 300 tickets available.

Santa will stop by with treats for all!

Event Info:
(904) 270-7204
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lot 112	SOLD 4 bed/2 ba	save \$54,000	was \$267,990	NOW \$217,990
lot 114	4 bed/2 ba	save \$45,000	was \$264,990	NOW \$223,990
lot 116	4 bed/2 ba	save \$96,010	was \$296,000	NOW \$199,990

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Unit 3D	4 bed/2+ba	save \$50,000	was \$289,990	NOW \$239,990
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Unit 7E	3 bed/2+ba	save \$50,000	was \$289,990	NOW \$239,990
Unit 8E	SOLD 3 bed/2+ba	save \$50,000	was \$289,990	NOW \$239,990
Unit 9D	4 bed/2+ba	save \$47,000	was \$286,990	NOW \$239,990

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lot 18	SOLD 4 bed/2 ba	save \$66,000	was \$280,990	NOW \$214,990
lot 38	3 bed/2 ba	save \$46,000	was \$261,990	NOW \$215,990
lot 77	3 bed/2 ba	save \$58,700	was \$258,710	NOW \$200,010
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520882

DeCA Gift Boxes Make Holiday Giving Easy

By Kevin L. Robinson
DeCA public affairs specialist

Commissary customers who want to help members of their community in need or donate to their favorite charity have an option at their local commissary.

The Defense Commissary Agency is stocking pre-made holiday gift boxes containing products including stuffing mix, coffee, mixed nuts, gelatin, macaroni and cheese, a cheese-cake mix, and a special \$3 coupon good for a future purchase.

The gift box program was born from an idea by DeCA East Deputy Director Robert Vitikacs to sculpt a commercial store concept into a one-time promotion special for military

commissaries in the United States, said Rick Page, DeCA's chief operating officer.

"We recognize that at this time of year our customers want to help those in their communities who are less fortunate," Page said. "These gift boxes are a convenient way for our authorized customers to give during the holidays."

Stateside stores have already started displaying pallets of gift boxes, situated near the cash register for customer convenience. Once customers purchase the boxes, they can take them home or donate them to a military activity, such as the base Chaplain's Fund, which has arranged with the commissary to accept the gifts.

The product mix bears the advantage of having a long shelf life while helping to make the holidays a bit more enjoyable for those who receive the gift boxes, said Charlie Dowlen, promotions manager for DeCA's sales directorate. But he advised customers not to wait to purchase their boxes.

"Once a store's supply is exhausted there will not be a resupply," he said, "This is a special one-time buy for DeCA, and we owe thanks to our industry partners for helping our customers simplify their holiday giving."



The holiday gift boxes will be placed on pallets near the checkout registers of stateside commissaries. The boxes are a one-time program for DeCA. Once a store's supply is exhausted there will not be a resupply.

Check Out New Physical Fitness Guidelines For Kids

By Lt. Col. Karen Hawkins
DeCA dietitian

Children and teenagers need one hour or more of physical activity daily; just one of the new 2008 Physical Activity Guidelines for Americans published by the U.S. Department of Health and Human Services. The guidelines are designed to provide information and guidance on the types and amounts of physical activity for Americans aged 6 years and older. The main idea behind the guidelines is that regular physical activity over months and years can produce long-term health benefits.

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 overweight and 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. In recognition of this growing issue, we encourage families to be physically active with their children and teenagers each day.

To address the childhood overweight and obesity issue, the "Healthy Youth for a Healthy Future" initiative led by the surgeon general, promotes the importance of healthy eating and physical activity at a young age to help prevent overweight and obesity in this country. "Healthy Youth for a Healthy Future" is recognizing communities throughout America that are coming together to address childhood overweight and obesity prevention by encouraging children to eat right and exercise.

To change children's eating and activity habits, this initiative concentrates on many of the people who influence our children, including parents, caregivers, schools, public health leaders and local community leaders.

The surgeon general is on a national tour to recognize and highlight those communities with effective prevention programs and to motivate community members to join in their efforts to encourage kids to eat healthier and increase physical activity to at least 60 minutes a day.

Guidelines for children and teenagers

- Children and teenagers should do 60 minutes or more of physical activity daily.

- Aerobic: Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least three days a week.

- Muscle-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least three days of the week.

- Bone-strengthening: As part of their 60 or more minutes of daily physical activity, children

and adolescents should include bone-strengthening physical activity on at least three days of the week.

- Encourage children and teenagers to participate in physical activities that are appropriate for their age, that are enjoyable and that offer variety. To help you decide what is best for your children, here are examples of physical activities:

- Moderate- and vigorous-intensity aerobic physical activities and muscle- and bone-strengthening activities for children and adolescents

Type of Physical Activity
Children
Adolescents

- Moderate-intensity aerobic
- Active recreation, such as hiking, skateboarding, rollerblading • Bicycle riding • Brisk walking

- Active recreation, such as canoeing, hiking, skateboarding, rollerblading • Brisk walking • Bicycle riding (stationary or road bike) • Housework and yard work, such as sweeping or pushing a lawn mower • Games

that require catching and throwing, such as baseball and softball

- Vigorous-intensity
- Active games involving running and chasing,

- Active games involving running and chasing, such as flag football aerobic such as tag • Bicycle riding • Jumping rope • Martial arts, such as karate • Running • Sports such as soccer, ice or field hockey, basketball, swimming, tennis • Cross-country skiing

- Bicycle riding • Jumping rope • Martial arts, such as karate • Running • Sports such as soccer, ice or field hockey, basketball, swimming, tennis • Vigorous dancing • Cross-country skiing

- Muscle-strengthening
- Games such as tug-of-war

Modified push-ups (with knees on the floor) • Resistance exercises using body weight or resistance bands • Rope or tree climbing • Sit-ups (curl-ups or crunches) • Swinging on playground equipment/bars

- Games such as tug-of-war • Push-ups and pull-ups • Resistance exercises with exercise bands, weight machines, hand-held weights • Climbing wall • Sit-ups (curl-ups or crunches)

- Bone-strengthening
- Games such as hopscotch • Hopping, skipping, jumping • Jumping rope • Running • Sports such as gymnastics, basketball, volleyball, tennis

- Hopping, skipping, jumping • Jumping rope • Running • Sports such as gymnastics, basketball, volleyball, tennis

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DoD Navigates Language Roadmap

By John J. Kruzel

American Forces Press Service

The Defense Department has completed more than 90 percent of the tasks it set out to accomplish in a language plan that launched four years ago.

Known as the Defense Language Transformation Roadmap, this broad strategy aims to address national shortfalls in foreign language skills in the United States. Current efforts are helping to equip the department and the military with improved language and cultural proficiency skills to better meet today's diverse security demands.

"We believe the department, with help from the Congress, has transformed the way it values, develops, employs and deploys foreign language capability and regional expertise," states a Defense Department

news release.

One of the key challenges identified was the need to have more DoD personnel who are proficient or possess some language skills in the strategic languages needed today and in the future. The department responded by creating a culture of learning with greater emphasis on building and sustaining language skills.

Efforts focus primarily on pre-acquisition education, meaning academics undertaken before becoming a military servicemember, and in-service training, according to the department release.

All three service academies, for example, now feature more robust strategic language and cultural program offerings. As a result, more cadets and midshipmen are studying languages of strategic importance to DoD.

ROTC programs also reap the benefits, with students enjoying a wider array of destinations for study abroad.

The department has established centers of excellence in each military service to oversee and standardize training and impart essential and mission-targeted cultural training.

It also increased the Defense Language Institute Foreign Language Center's funding from a fiscal 2001 budget of \$77 million to \$270 million this fiscal year. DLIFLC, located in Monterey, Calif., is the department's premiere language and cultural training center.

Meanwhile, DoD is reaching out to the nation's heritage communities and informing them of opportunities to serve.

On the civilian side of this effort, National Language Flagship Program initiatives

allow students to progress from elementary school through high school with more advanced levels of language proficiency in strategic languages such as Arabic, Hindi and Urdu.

On the military side, the Army last month activated its first company of native linguists-turned-soldiers, which represent the service's newest job: 09L, referred to as "09 Limas."

This new military occupation employs heritage speakers as interpreters and translators, representing a new phase in the service's reinvigorated approach to foreign language.

"We've found it's easier to train a linguist to be a soldier than to train a soldier to be a linguist," Army Brig. Gen. Richard C. Longo, director of training in the Army's Office of the Deputy Chief of Staff for Operations, Plans and Training,

said at a Pentagon roundtable last month.

In addition to adding key personnel in areas where language shortfalls exist, DoD is taking a closer look at its own stock. The department has taken steps to identify its current capabilities, a kind of self-assessment to determine and catalog the skills the forces already possess.

The department also has established quarterly reporting of language and cultural requirements. Currently, there are about 141,000 language requirements across the roughly 60 different languages and dialects deemed strategically important, according to the department release.

To ensure that the language transformation occurs smoothly and successfully, the department has appointed senior language authorities in each of the military services and agencies

to conduct oversight, execution and planning.

It also created the Defense Language Office to monitor and carry out the tenets of the Language Transformation Roadmap, and to institutionalize the department's commitment to these critical competencies.

"The bottom line [is that] we are creating a framework that will allow us to build a globalized force with the right combination of skills, in the right numbers, that is equipped with the language and cultural proficiency skills to meet the diverse operational demands of the 21st century," the release reads. "This is the beginning of a journey."

New Effort Taps Best Practices For Acquisition

By Donna Miles

American Forces Press Service

When a shopper goes online to make a purchase, a click of the mouse will identify which retailers offer the product and at what price, and how much they'll charge to deliver it to the buyer's doorstep.

U.S. Transportation Command's new Corporate Services Vision is bringing that model to the military acquisition process, a senior Transcom official said here today.

The initiative taps into the best practices being perfected in the commercial sector and puts

them at the fingertips of warfighters and those who support them, said Robert J. Osborn II, Transcom's deputy director for distribution portfolio management, command, control, communications and computer systems.

Corporate Services Vision is in the process of being rolled out, and will streamline the processes used to do everything from arranging troop transportation to ordering spare parts and tracking their delivery, Osborn said. Instead of having to go into different systems to order equipment and track shipments,

users will have access to a virtual one-stop shopping experience.

"Today, if you are trying to order transportation for something, track your shipment [or] find out if it has been delivered, there are multiple systems you have to log onto to get the information you need," Osborn said. "Then it is up to you as the user to collate that information."

Corporate Services Vision is changing that, integrating myriad redundant and often incompatible systems into a single operation across the enterprise, he said. This will simplify the

acquisition process, saving money and making many of the steps all but transparent to the user.

Osborn compared the effort to what a consumer experiences when buying an item online. The buyer simply keys in an item name to determine which vendors offer the product and at what price. T

hen, the buyer selects a vendor and designates how quickly he wants delivery and how much it will cost. Finally, the buyer pays by credit card and

receives a code to track the shipment to delivery.

The queries that drive these transactions – to vendors and transportation companies – are transparent to the user.

That's what the Corporate Services Vision will bring warfighters, Osborn said.

"We are changing the onus of you as a user [having] to go to different systems to find out your information," he said. "Now you will log onto a Web site, a browser we are providing, and you will be able to

conduct business based on what capabilities you need."

Ultimately, this will benefit warfighters by allowing them to concentrate on their mission, not on how to get what they need to accomplish it, he said.

"If you are at the front of the spear out in the field trying to do your job, now that information is being given to you so you can concentrate on making the right decision based on what your job is, rather than spending your time trying to get information," Osborn said.

Corpsman Recalls Firefight That Earned Navy Cross

By Samantha L. Quigley

American Forces Press Service

As the Marines in 1st Platoon, Alpha Company, 2nd Assault Amphibious Battalion advanced to secure the northern bridge in Nasiriyah, Iraq, on March 23, 2003, it seemed to then-Seaman Apprentice Luis Fonseca, a Navy hospital corpsman, that all hell had broken loose.

"As we came up and over the bridge, we ran right into an ambush," he said from his current assignment aboard the USS Bataan. "They threw all they had at us - small-arms fire, heavy machine-gun fire, rocket-propelled grenades, mortars and artillery rounds."

That's when Fonseca got the call from then-Marine Corps Gunnery Sgt. David Myers, asking him to check on the Marines in one of the vehicles that had been hit.

Trading his communications helmet for Kevlar, the corpsman on his first deployment grabbed his medical bag and headed for the vehicle, which by then was in flames. Five Marines had suffered at least shrapnel wounds.

"I noticed I had two patients with partial lower-leg amputations, one with flash burns to his eyes, and all had shrapnel wounds," Fonseca said. "I applied tourniquets on the two Marines with the partial leg amputations and instructed the other Marines around to apply battle dressings on the others that were wounded."

Fonseca decided to move the wounded Marines to his vehicle to get them out of the middle of what became a six-and-a-half-hour firefight. After reassessing wounds and administering morphine to the two troops with partial leg amputations, Fonseca got a call that another vehicle had been hit.

Normally, the column is lined up in numerical order. In the midst of the firefight, as the vehicles maneuvered to gain an advantage, they got out of order. Fonseca couldn't find vehicle C206 and returned to his own vehicle just as the enemy got what he described as four lucky hits.

"Two of them were on our right side. One was on our center top hatch. All three were ... 122 mm mortar rounds," he said. "The fourth and final round that disabled the truck was a recoilless rifle round that blew up our transmission."

When the smoke cleared, the wounded Marines were transferred to another vehicle and moved out of the area - all but

one. "I picked up the last Marine ... and carried him to a ditch," Fonseca said. "The Marine and I sat in the ditch for about 30 minutes before I could get another vehicle to pick us up and drive us out of there."

When Fonseca had gotten all his patients to the 2nd Battalion, 8th Marines' corpsman, he turned around and headed back to the fight, where he rejoined his platoon.

"We lost about 18 Marines that day," he said. "Fifteen others were wounded and left the battlefield, and about 10 others [who] were wounded ... stayed."

Fonseca, now a petty officer 2nd class, treated about a dozen Marines during that firefight, and as far as he knows, all of them survived their injuries. He was determined not to let them down. "As long as I was alive, I would keep working, even if it meant my life," he said.

Fonseca was awarded the

Navy Cross for his efforts to ensure the safety and well-being of the Marines under his care during the battle of Nasiriyah.

Though he was honored to have received it, he said, he doesn't feel the medal truly belongs to him.

"The Navy Cross means to me honor, sacrifice and loyalty," Fonseca said. "Honor because it is my honor to wear the Navy Cross for my brothers that gave their lives in that fight. So, it's my honor to wear their Navy Cross that honors them. A lot of men sacrificed that day. Unfortunately, some families and friends had to sacrifice their loved ones."

Since that first tour in Iraq, Fonseca has been back to Iraq once, and has served a tour in Afghanistan. He is married, and the couple has two sons.

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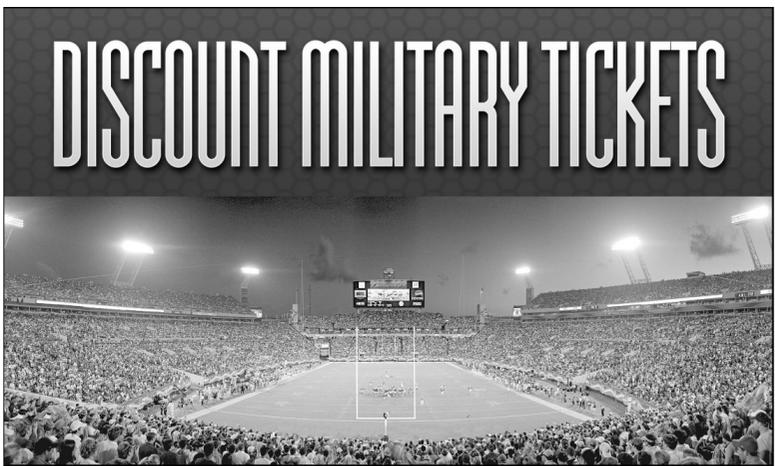


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Navy News

Gates Provides Continuity As Nation Fights Wars

By Jim Garamone

American Forces Press Service

President-elect Barack Obama today cited the need for continuity as the United States fights two wars in announcing that Defense Secretary Robert M. Gates will remain at the Pentagon when his administration takes over next month.

"At a time when we face an unprecedented transition amidst two wars, I have asked Robert Gates to continue as secretary of defense, and I'm pleased that he's accepted," Obama said at a news conference in Chicago.

"He restored accountability. He won the confidence of military commanders, and the trust of our brave men and women in uniform and their families," he said. "He earned the respect of members of Congress on both sides of the aisle for his pragmatism and competence. He knows that we need a sustain-



Robert M. Gates
Defense Secretary

able national security strategy, and that includes a bipartisan consensus at home."

The president-elect said he will tell the secretary to end the war in Iraq through a successful transition to Iraqi control.

"We will also ensure that we

have the strategy - and resources - to succeed against al-Qaida and the Taliban," he said. "As Bob said not too long ago, Afghanistan is where the war on terror began, and it is where it must end."

Gates thanked the president-elect for his confidence.

"I am deeply honored that the president-elect has asked me to continue as secretary of defense," Gates said in Chicago.

"Mindful that we are engaged in two wars and face other serious challenges at home and around the world, and with a profound sense of personal responsibility to and for our men and women in uniform and their families, I must do my duty as they do theirs. How could I do otherwise?"

"Serving in this position for nearly two years, and especially the opportunity to lead our brave and dedicated soldiers,

sailors, airmen, Marines and Defense civilians, has been the most gratifying experience of my life," the secretary continued. "I am honored to continue to serve them and our country, and I will be honored to serve President-elect Obama."

Obama said the national security challenges facing the country are as grave and urgent as the economic crisis.

"We are fighting two wars," he said. "Old conflicts remain unresolved, and newly assertive powers have put strains on the international system. The spread of nuclear weapons raises the peril that the world's deadliest technology could fall into dangerous hands. Our dependence on foreign oil empowers authoritarian governments and endangers our planet."

The United States must be as strong at home as it is overseas, and American economic power

must sustain military strength, diplomatic leverage and global leadership, he said.

"The common thread linking these challenges is the fundamental reality that in the 21st century, our destiny is shared with the world's," Obama said. "From our markets to our security; from our public health to our climate - we must act with the understanding that, now more than ever, we have a stake in what happens across the globe."

"And as we learned so painfully on 9/11, terror cannot be contained by borders, nor safety provided by oceans alone," he said.

Obama called for a new dawn of American leadership to face and master the challenges of the 21st century.

"We will strengthen our capacity to defeat our enemies and support our friends," he

said. "We will renew old alliances and forge new and enduring partnerships. We will show the world once more that America is relentless in defense of our people, steady in advancing our interests and committed to the ideals that shine as a beacon to the world - democracy and justice, opportunity and unyielding hope - because American values are America's greatest export to the world."

The president-elect also announced his choices for other posts: New York Sen. Hillary Rodham Clinton as secretary of state, Eric Holder as attorney general, Arizona Gov. Janet Napolitano as secretary of homeland security, retired Marine Gen. James L. Jones Jr. as national security advisor and Susan Rice as U.S. ambassador to the United Nations.

DoD Defers F-22 Funding Decision To Next Admin

By Sara Moore

American Forces Press Service

To avoid unnecessary taxpayer spending, the Defense Department is only partially funding the expansion of F-22 Raptor aircraft production, leaving the decision for further expansion to the incoming administration.

John J. Young Jr., undersecretary of defense for acquisition, technology and logistics, told members of the air and land forces subcommittee of the House Armed Services Committee in a Nov. 19 hearing that he has approved \$50 million for advance procurement for four F-22s. DoD will include the purchase of these four aircraft in the second fiscal 2009 supplemental budget request, he said.

The decision on whether to use the rest of the \$140 million allocated in the 2009 National Defense Authorization Act for advance procurement for up to 16 more F-22s will

be up to the Obama administration in January, Young said. Procurement of the four F-22s provides a bridge to give the new administration every option with the program, he said.

"The department is acting responsibly, consistent with [Defense Secretary Robert M. Gates'] commitment and congressional direction, seeking to ensure that each tax dollar is used carefully and efficiently," he said.

DoD is delaying the advance procurement on the remaining 16 aircraft to save taxpayer

money should the Obama administration decide not to purchase the aircraft, Young said.

However, he acknowledged, if the new administration delays its decision on the F-22s past January, it could face higher costs from the manufacturers.

The NDAA authorizes advance procurement for the F-22s until March, and if the decision on the remaining aircraft doesn't come until then, there is a very real chance the cost for the planes could go up, Young said. H

however, he cautioned that the estimates for those higher prices are based on industry estimates that haven't been negotiated.

"I'm not ignoring the industry estimates, but I'm also not granting them credibility, and so ... if we do nothing until March, I could face -- and that's what I was told by industry -- a cost, which I would seek to negotiate away on behalf of the government," Young said.

Countering committee members' claims that he was acting in defiance of Congress by not funding all 20 aircraft, Young

said the law doesn't require him to buy the planes all at once, and his goal is to save the taxpayers money.

"Can I buy that advance procurement as four plus 16, instead of 20, and impose no additional cost on the taxpayer and preserve the total flexibility and option of the next administration to come and discuss with the Congress whether they want to buy the airplanes behind the advance procurement? And that is the option, having convinced myself that that is possible, we

sought to execute," he said.

DoD has done a legitimate analysis of the F-22 program, and though some Air Force officials may disagree, Gates believes the department is on its way to the right mix of aircraft, Young said.

"From Secretary Gates down, there has been a hard look at that analysis and a view that it is a higher priority to do other things in the Defense Department than buy additional F-22s at this time," he said.

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Navy's Fourth MCPON Passes Away On Nov. 30

By MCCS(SW/AW)
Bill Houlihan

Master Chief Petty Officer of the Navy
Public Affairs

Retired Master Chief Petty Officer of the Navy (MCPON) Thomas S. Crow died Nov. 30, at his home in San Diego following a courageous battle with cancer. He was 74.

Crow became the fourth Master Chief Petty Officer of the Navy Sept. 28, 1979. He relieved MCPON John Walker and held the job for three years before MCPON Billy Sanders assumed the duties Oct. 1, 1982.

Crow was born in McArthur, Ohio, in 1934 and joined the Navy a few days after graduating high school in 1953. Crow spent several years in the aviation community prior to becoming one of the Navy's original equal opportunity specialists and counselors. He was assigned to Commander, Naval Air Pacific where he served as a trainer for race relations and

a member of the quality control inspection team for overseas WESTPAC units and carriers.

After completion of the equal opportunity program specialist training at Cheltenham, Md., he became a program manager for AIRPAC, implementing Phase II of the equal opportunity/race relations program aboard carriers in the Pacific.

Crow was selected for MCPON in June 1979. During his time in office, he was instrumental in the opening of the Navy's Senior Enlisted Academy and the re-emphasis on pride and professionalism across the fleet.

"He never lost that," said Master Chief Petty Officer of the Navy Joe R. Campa, Jr. "He never lost his passion for Sailors. Every time I spoke with him it never took him long to turn the conversation back to what our men and women were doing, and what we should be doing for them."

As part of an interview for

the book, "Winds of Change," Crow said he was aware early in his tour of fleet perceptions and he added that he kept the seagoing Sailor in mind at all times.

"I came from out in the fleet and I wanted to continue to see the Navy through that set of eyes," he said at the time. "I was not going to allow the job to turn me into a bureaucrat or a politician who would bring back to the CNO (Chief of Naval Operations) what I thought he wanted to hear."

Campa said the entire Navy's chiefs mess mourns the loss of one of the finest leaders the enlisted force has ever produced.

"Tom Crow's legacy is still alive through the Sailors he mentored, even after he retired," said Campa. "Sailors he trained are leading our Navy to this day, and the lessons they learned from Tom Crow continue to resonate on the deckplates in the fleet."

Following his retirement in 1982, he remained an active advocate of the Navy as a co-chairman of the Secretary of the Navy Retired Affairs from 1983-86, honorary board chairman, U.S. Navy Memorial Foundation, Navy League of the United States, Fleet Reserve Association, and a member on the board of advisors to San Diego Armed Services YMCA.

He is survived by his wife Carol Crow of 39 years; his children, Thomas Michael Crow of Washington State, Stephen Bundy Crow of Tennessee, Teri Laslo of Virginia, John Crow of San Diego, Steve Crow of Nevada, Joel Crow of San Diego, and Candace Barnes of Mississippi, 27 grandchildren and 14 great grandchildren. Crow was preceded in death by two of his children Deborah Graves and Stanley McDuffee.

Information regarding funeral and memorial services will be released to the Navy via NAVADMIN.



-Photo by MC1 Jennifer A. Villalovos
Master Chief Petty Officer of the Navy (MCPON) Joe R. Campa Jr. talks with retired Master Chief Petty Officer of the Navy Thomas Crow at Naval Air Station North Island after the Commander Naval Air Forces Pacific Senior Enlisted Leader Symposium.

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FRCSE Mayport Feeds Troops For Holidays



Sailors sit down at the FRC shop to enjoy fried turkey, side dishes and dessert. -Photos courtesy of FRCSE



Sailors file through the food-laden tables.



The First Class mess brought side dishes and served the command's Sailors during the luncheon.

By Lt.j.g. R.L. Jones
FRCSE Mayport

FRC Southeast Region Detachment Mayport and Aviation Support Division held its sixth annual luncheon for the troops on Nov. 21 at the FRC Mayport GSE hangar.

The luncheon is held during the season of giving to show appreciation to the troops for all of their efforts and hard work they displayed thru out the year.

The senior leadership at both commands provided food for the event. The Officer Wardroom provided all of the hams, and the Chiefs' mess brought and fried turkeys. The First Class Mess brought side dishes and served the troops.

The Second Class Mess assisted by bringing some side dishes and desserts. MWR from all three commands provided the drinks.

The luncheon was free for all military and civilian personnel from the three commands.



This is the sixth annual feed the troop luncheon held at the FRCSE GSE hangar.

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USS Roosevelt's FCPOA Hosts Fundraiser

By MA1 Christian C. Carter

USS Roosevelt

The First Class Petty Officer Association (FCPOA) aboard the guided missile destroyer USS Roosevelt (DDG 80) recently organized a Food Service Attendant (FSA) for Day fundraiser designed to not only raise money, but to also boost the morale of Roosevelt's Sailors.

Roosevelt's FSA for a Day fundraiser gave Sailors the opportunity to nominate up to four E-6s to serve as Food Service Attendants, a temporary assigned duty usually performed by E-4 and below, on the ship's mess decks for a day.

FCPOA president Fire Controlman 1st Class Steven Scott commented on the event, "Today's junior sailors are challenged to work in environments where expectations are set high. The role of the Food Service Attendant (FSA) requires them to work early mornings to evening hours for a period of approximately 90 to 180 days in



-Photos by CTM2 Leslie Wisecovitch

Information Systems Technician 1st Class Patrick Miller does the dishes.

a high pace environment where they provide customer service to over 300 sailors, maintaining constant cleanliness in the mess areas. The hours usually start from 0500 to 1800. Other duties performed include "breakouts", in which the following day's three meals are

retrieved from the food storage areas and prepped in the galley. Daily field day follows when all areas of the mess are cleaned and inspected. Without these shipmates, our messing areas would be a total disaster." FCI Scott went on to say, "Performing the same duties

as these sailors shows that we (First Class Leadership) are willing to work side by side and get our hands dirty which cultivates an atmosphere of camaraderie throughout the command. Some of our sailors have taken our lead and developed the Junior Enlisted Association and are building a strong foundation for future leaders."

More than 40 of the Roosevelt's First Class Petty Officers volunteered to participate in the event. The top four E-6s who received the most nominations would then carry out the various duties that FSAs perform including deep sink and scullery duty, serving meals to the crew, and working on the mess decks. Nominations cost one dollar each, and Sailors could vote as many times as they liked.

Interior Communications

Electrician 1st Class Jessica Douglas received the most votes in a close competition. She said, "The surprising part about all the votes is that I really didn't get that many two people just spent a lot of money ensuring I washed the pots and pans! My nails still haven't completely grown back from that day." IC1 Douglas was a great sport and smiled the entire time.

The other winners were Navy Counselor 1st Class Terence Magby, Electronic Technician 1st Class James Brown and Fire Controlman 1st Class Peter Landrum.

The event helped raise more than \$676, most of which will be used to fund future activities for the FCPOA and the junior Sailors. More important than the money raised was that the Sailors enjoyed the event and look forward to future activities

from Roosevelt's FCPOA. FCI Scott and the First Class Association are looking forward to hosting more FSA for a Day events with our shipmates, "Activities like these get sailors more involved within the command and maybe even with their communities." It is a great evolution for all involved.

Roosevelt is deployed to the U.S. 5th Fleet area of operations to conduct Maritime Security Operations (MSO). MSO helps develop security in the maritime environment. From security arises stability that results in global economic prosperity. MSO complements the counterterrorism and security efforts of regional nations and seek to disrupt violent extremists' use of the maritime environment as a venue for attack or to transport personnel, weapons, or other material.



Aviation Warfare Systems Operator 1st Class Scott Wade and Douglas do their duty in the galley.



From left, top winners of the FCPOA Food Service Attendant for a Day fundraiser were Navy Counselor 1st Class Terence Magby, Interior Communications Electrician 1st Class Jessica Douglas, Fire Controlman 1st Class Peter Landrum and Electronics Technician 1st Class James Brown.

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Health Beat

Oral Hygiene Is Important To Overall Health

By Lisa Glaeser-Joseph and HM2 Mark Niederhaus
NH Jacksonville

Thorough oral hygiene habits should be part of your daily routine. Failure to practice good oral hygiene may cause significant harmful consequences to your overall health. Poor hygiene typically leads to halitosis, known as bad breath, decay, periodontal (gum) disease, and possibly pre-term births.

Dental caries is an infectious disease caused by bacteria that produces acids when exposed to starchy or sugary foods over time. The acids then diffuse into the tooth and dissolve tooth minerals which, after many episodes, will lead to tooth decay. About 90 percent of the popu-

lation has some form of tooth decay; most acquiring their first cavity by age five.

In general, people do not realize that dental and some medical conditions are closely linked. For example, periodontal disease is an infection targeting the supporting structures of the teeth; gum tissue and underlying bone. The destructive bacteria produced with this infection enters the bloodstream and causes an inflammatory response that negatively affects arteries. It is estimated that roughly 75 percent of adults have some degree of periodontal disease and most do not know it.

Recent research has indicated that uncontrolled periodon-

tal disease is a significant risk factor for chronic heart disease and myocardial infarctions, also known as heart attacks. Researchers have found that people with periodontal disease are almost twice as likely to suffer from coronary artery disease as those without the disease. Diabetic individuals are more prone to periodontal problems considering their increased susceptibility to infections. Some research indicates that 95 percent of diabetic adults have some type of gum disease.

Pregnant women with periodontal disease are seven to eight times more likely to have a pre-term, low birth weight baby. Realizing that any infection in an expectant mother

can pose a serious risk to the unborn baby, United Concordia has enhanced the TRICARE Dental Program (TDP) benefit for active duty families, allowing pregnant women up to three routine dental cleanings in a consecutive 12-month period at no cost, instead of the traditional two cleanings.

The mouth-body connection should not be overlooked when considering overall health for the adult population. There are a few simple steps one can follow to avoid these dental ailments. First and foremost, see your dentist and dental hygienist routinely—this is a requirement for all active duty personnel as part of the annual Preventive Health Assessment (PHA). The den-

tal professionals will be able to point out any problems and will set up the proper steps to attain a healthy mouth.

In the meantime, brush your teeth at least three times a day with an American Dental Association (ADA) seal approved soft toothbrush and fluoridated toothpaste. Use floss daily to keep the areas between your teeth plaque free. Remember, you only have to floss the teeth you plan on keeping. Good oral hygiene is simple and essential in keeping your entire body healthy. For the sake of your overall health, get serious about the health of your mouth!

Active duty personnel may contact their command PHA

representative or call the Branch Health Clinic (BHC) Jacksonville Dental Department at 542-3441 (x7116) for assistance. For more information about the TDP available to all family members of active duty personnel, visit www.tricare-dentalprogram.com. For information on the TRICARE Retiree Dental Program, visit www.trdp.org.

Lisa Glaeser-Joseph is a Registered Dental Hygienist at BHC Mayport and Hospital Corpsman 2nd Class Mark Niederhaus is assigned to the BHC Jacksonville Dental Department.

Don't Give Up Yet; Relationships Take Hard Work

By Lt. Elliott Rosenbaum
NH Psychology Staff

Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down. ~Oprah Winfrey

Studies show that being in a healthy and supportive relationship contributes to a person's sense of well-being and physical health. Like all areas in our lives, this area takes hard work and dedication to succeed, and all relationships can benefit from some fine-tuning. Here are

four effective ways to keep your relationship in great shape.

View your relationship as a bank account: A healthy bank account is maintained by having more deposits than withdrawals. In a relationship, a deposit is doing anything for your partner that they appreciate and that makes them feel loved, whether it is a compliment, taking out the trash, or listening to the details of their day. A withdrawal is doing anything that accomplishes the opposite like arguing, speaking in a rude tone, or being unhelpful. Ensure that

both you and your partner make more deposits than withdrawals for a healthy relationship.

Learn the essentials of respectful and assertive communication: Some of us are great at expressing our needs and disappointments, but are not always respectful or appropriate in our approach. The literature refers to this as aggressive communication. It is not the most effective way to communicate, because it sparks bad feelings and arguments. Others of us, in order to avoid a fight, don't express our needs to our partner

and are not honest with them in doing so. This is referred to as passive communication. It is also not effective in creating a positive relationship, as one partner usually feels unhappy. Assertive communication gives you the best chance at peacefully getting your point across. It always consists of the following four components:

- Honest – How do you feel?
- Appropriate – Make sure it is the right time and place to discuss this.
- Respectful – Your tone can make all the difference.

•Direct – Be specific. What do you want?

Read a good book about relationships: Books like *Men are From Mars, Women are From Venus* are a great way to gain insight into potential pitfalls of relationships such as ruts and what can be done about them.

Consider talking to a trained professional: Talking things through with a trained professional can help. If you are experiencing depression or anxiety associated with your situation, call Value Options/

TRICARE at 1-800-700-8646 for more information or Behavioral Health Provider Locator and Appointment Assistance Line (for Active Duty and Active Duty Prime Family Members) 1-877-298-3514

Dr. Elliott Rosenbaum is a member of the psychology staff at Naval Hospital Jacksonville. He can be reached at elliott.rosenbaum@med.navy.mil.

DoD Joins VA To Resolve Gulf War Vets' Health Issues

By Gerry J. Gilmore
American Forces Press Service

The Defense Department continues to work with the Department of Veterans Affairs to resolve veterans' health issues, including maladies associated with the Gulf War, a senior DoD official said here today.

"We work very closely with the VA for those who've separated" from military service, Dr. Michael E. Kilpatrick, deputy director of health affairs for force health protection and readiness, told American Forces Press Service and Pentagon Channel reporters.

"We find that the No. 1 disability that veterans have is problems with muscles, bones and joints, ankles, knees and lower back," Kilpatrick said.

These types of ailments, he said, also surface as the top health issues cited by active-duty troops at sick call.

"So, there's a relationship between service and those kinds of wear-and-tear joint problems," Kilpatrick said.

Of the nearly 700,000 U.S. military members involved in the 1990-1991 Gulf War, Kilpatrick said, about 120,000 servicemembers returning from deployment in the Middle East reported a multitude of symptoms, including depression, tiredness, muscle and joint aches and pains, memory loss, headaches, and rashes. Servicemembers suffering from one or a combination of these maladies would later be said to have "Gulf War Illness."

120,000 veterans received a medical assessment and treatment for their ailments, about 24,000 veterans with Gulf War Illness-related symptoms remain undiagnosed, said Kilpatrick, a former Navy physician who commanded an Army/Navy infectious disease research unit during the Gulf War.

A congressionally-mandated report titled "Gulf War Illness and the Health of Gulf War Veterans" was released Nov. 17 and presented to Veterans Affairs Secretary Dr. James Peake. The 400-plus-page report says Gulf War Illness is

a genuine medical condition. The report also notes that pyridostigmine bromide pills taken by some servicemembers in theater as a prophylactic against nerve agents and the use of pesticides to ward off desert insects are possible causes of Gulf War Illness.

Kilpatrick said he disagrees with the report's findings regarding causes of Gulf War Illness, especially the alleged role played by anti-nerve agent pills and pesticides. Previous tests had determined that the pills were safe for consumption by servicemembers, he said,

and there's no medical evidence that pesticide use was responsible for Gulf War Illness-related maladies.

Other reports conducted on Gulf War Illness over the years, he noted, failed to substantiate its existence or couldn't provide medical evidence of possible causes.

Unlike today, the U.S. military did not conduct pre-deployment medical screenings of servicemembers during the Gulf War, Kilpatrick said. He suggested that some individuals reporting Gulf War Illness-related symptoms may have had

pre-existing medical conditions before they deployed to the Gulf.

"I think if you take a look at chronic fatigue syndrome, where people are extremely tired even after a good night's sleep; they're lethargic, they may have some short-term memory loss, some muscle pain in joints," Kilpatrick said. "That's part of that syndrome."

Gulf War Illness isn't a mystery, Kilpatrick said, but it is "something we don't understand, and we need to do more work."

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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

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Calendar

On Base

Saturday, Dec. 6
USS Underwood family readiness group is looking for teen and adult volunteers to help out with their children's holiday party from 2-6 p.m. at the Ribault Bay Community Center. Contact Monica Flores 904-535-2125 or e-mail Mony325@comcast.net if you are interested in volunteering.

Thursday, Dec. 11
USS Hue City command holiday party will be on at One Ocean Hotel & Spa (previously known as the Sea Turtle Inn) in Neptune Beach starting at 6

Out in Town

p.m. Cost varies by rank, and there will be a cash bar. Please come dressed in your holiday best. If your service member attends, they will have that Friday off. If you have any questions, please contact the FRG board at huecityfrg66@gmail.com.

Saturday, Dec. 13
USS Hue City children's holiday party will held at the Fast Lanes bowling alley on-base from 1-4 p.m. on. Make sure you come and see Santa! If you have any questions, please contact the FRG board at huecityfrg66@gmail.com.

Thursday, Dec. 18
USS Philippine Sea family readiness group will meet and hold a potluck on the third Thursday of the month at 6:30 p.m. at the Mayport USO.

Thursday, Dec. 4
The Fleet Reserve Association Branch 290 will hold their monthly General Assembly meeting at 8 p.m. at the Branch Home, 360 Mayport Road, Atlantic Beach. All members and prospective members are invited to attend. The Fleet Reserve Association is a world wide veteran's organization that represents nearly 165,000 active duty and retired Navy, Marine Corps and Coast Guard members. The FRA Branch 290 is called the "active duty Branch" because of the number of active duty members. If you have served in any of the maritime services, no matter how long, stop by the Branch Home, 390 Mayport Road, Atlantic Beach, FL or call 246-6855. New members are always welcome.

Come celebrate the season from 10 a.m. to 7 p.m. as the Cummer Museum of Art & Gardens Store, 829 Riverside Ave. Jacksonville, presents a special shopping event for everyone that includes complimentary champagne, appetizers and holiday music. The Cummer Store offers unique gifts, original jewelry, art and our most recent Cummer Garden Publication. View Trunk Showings by: Charles Albert, Fine Sterling Silver Jewelry, Baroni Designs, Sterling Silver for Men, Women and Children, Josh Bach, Limited, Ties and Men's Accessories Michou, Art Inspired Jewelry Andy Peters, Blown Glass. Free admission to the Holiday Open House at The Cummer Store. This day only receive an additional 10percent discount on your purchase. Regular admission fees apply for museum entry. For more information, call (904) 899-6035.

Friday, Dec. 5
The Mayport Chapter of MOAA is holding its annual Christmas Dinner and Dance with The Chuck Bender Orchestra at the Ocean Breeze Conference Center starting with a 6 p.m. Social Hour. All Officers are invited by going to mpmoaa.org calling 646-0944 for their reservations.

Saturday, Dec. 6
There will be a Plant Tour at the Jacksonville Zoological and Botanic

Gardens on, 2008. The tour will begin at 9 a.m. at Main Camp (entrance) and last approximately two hours. Please arrive around 8:45 a.m. to check-in. Jennifer Best, Horticulturist, will show winter containers and share secrets of how she sets up the beautiful containers throughout the Zoo. Cost for the tour is \$10, Zoo members, and \$20, non-members. Following the Plant Tour at 11:30 a.m.-2:30 p.m. at the Range of Jaguar Plaza, there will be a Plant Clinic, sponsored by Master Gardeners. We welcome any gardening questions and will have a limited number of plants to give away. Join a park ranger at 11 a.m.

to learn about the difference between a conch and a whelk, or a cockle and a clam? Discover how to identify many of the frequently found shells that wash up on the Talbot Islands State Parks shores. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Sunday, Dec. 7
Fleet Reserve Association Branch 290 hosts breakfast from 8-11 a.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. Menu includes eggs, bacon or sausage, grits or hash-browns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$5 for a full breakfast, or \$3 for a breakfast sandwich, is requested. As always, the public is invited.

Join a park ranger at 1 p.m. to learn about the stinging animals of the ocean and discover where stingrays live, how jellyfish move, and why the Portuguese Man of War only stings and never bites. The program will take place at pavilion five on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Wednesday, Dec. 10
Spend a fun-filled hour together with your child, ages 3 to 5, in a class based on the national Start With The Arts program from 3 to 4 p.m. at the Cummer Museum of Art & Gardens, 829 Riverside Avenue, Jacksonville. This class provides an infusion of art, movement, literature and music that will help channel children's interests into the development of new skills. Pre-registration is required. Members \$10 per pair, per class, Non-members \$15 per pair, per class.

For more information or to register, call (904) 355-0630.

Thursday, Dec. 11
Ponte Vedra Presbyterian Church presents "A Bethlehem Visit": an interactive city, with real animals and a cast of over 200 costumed participants portraying the local townspeople and merchants in an active marketplace setting. An entire 8,000 square foot village is re-created to reflect the City of Bethlehem the way it might have been the night of Jesus' birth. Enjoy the sights and sound of history as you stroll through the city. Pet animals along the way as you make your journey to seek out the lowly Manger and the Christ Child. "A Bethlehem Visit" is the Church's gift to our surrounding communities. This is a free event for folks and families of all ages. This exciting evening tops off with a luminous bonfire and refreshments. Donations will be accepted to offset the cost. Donations may be given to the beggars in the city during the event. The church offers free shuttles to trans-

port you from the parking area located at the PGA Tour lot off CR 210 to the church. We also are set up to accommodate visitors with special needs. Handicapped parking is located at the Church at 4510 Palm Valley Road. Make your plans now to attend "A Bethlehem Visit" Dec. 11, 12 and 13; 6:30-8:30 p.m. nightly at Ponte Vedra Presbyterian Church. For more information go to www.pvpc.com or call 285-8225.

Just in time for the holidays. Join Mary Puckett, Duval County Extension Office staff and quest speaker, Master Gardener, Linda Cunningham, from 10 a.m.-noon for a make-and-take workshop at 1010 N McDuff Ave. You will take home your own strawberry pot with herbs and/or hanging basket with strawberry plants. The cost is \$15 for each pot or \$25 for both; \$5 to attend the lecture only. Please RSVP to Jeannie at 387-8850.

Friday, Dec. 12
The Fleet Reserve Association Branch 290 is hosting a "Fish Fry" from 5-8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m., the music of DOUG BRACEY will entertain until 1 a.m. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off.

Saturday, Dec. 13
Enjoy an evening of song and fellowship at 6 p.m., hosted by New Friendship Baptist Church, 1996 Mayport Rd. Guest musical performances by the Christian Fellowship Inspirational Choir and the Salvation Army Choir as well as the New Friendship Praise Team.

The Cummer Museum of Art & Gardens, 829 Riverside Avenue, Jacksonville will host classes in painting, printmaking, collage and construction with changing themes for children ages 6 to 8 from 10 a.m. to noon. Members \$10 per class, Non-members \$15 per class. For more information or to register, call (904) 355-0630.

Sunday, Dec. 14
Join a Park Ranger at 1 p.m. for a leisurely paced hike to discover the island's natural communities. Participants are encouraged to bring bug spray and bottled water. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Fleet Reserve Association Branch 290 hosts breakfast from 8-11 a.m. at the Branch Home, 390 Mayport Road, Atlantic Beach, FL. Menu includes eggs, bacon or sausage, grits or hashbrowns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$5 for a full breakfast, or \$3 for a breakfast sandwich, is

requested. As always, the public is invited.

Tuesday, Dec. 16
Have fun creating a plant arrangement using material from your yard, learn how to care for traditional Christmas plants and find out what's hot for gardening gifts at 10 a.m.-1 p.m. with the Duval County Extension Office. Find out how to make a water hose wreath and decorate a gardening gift basket. Bring clippers and a bucket of flowers, foliage and long-stemmed twigs from your yard. Pre-register by Friday, Dec. 12 and mail check for \$10 made payable to DCOHAC to Becky Davidson, 1010 N. McDuff Ave. Jacksonville, FL 32254. Questions call 387-8850.

Saturday, Dec. 20
The Cummer Museum of Art & Gardens, 829 Riverside Avenue, Jacksonville will host classes in painting, printmaking, collage and construction with changing themes for children ages 6 to 8 from 10 a.m. to noon. Members \$10 per class, Non-members \$15 per class. For more information or to register, call (904) 355-0630.

Join a Park Ranger at 11 a.m. and learn how to identify the most common snakes, their habitat and lifecycles. This interpretive program explores the snakes that are native to Florida and live at the Talbot Islands State Parks. Discover why these critters are important to a healthy and balanced natural community. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

Wednesday, Dec. 24
Chabad @ the Beaches will sponsor a family oriented Chanukah Judaica, gift and fun Fair titled "Chanukah Wonderland", which will culminate in the lighting of a giant eight-foot public Menorah at the Hilton Garden Inn at 3 p.m. As in years past the event will include family entertainment, fun for children and adults, fabulous Arts and crafts fair, Menorah Making Workshop, and great traditional Chanukah foods. Beautiful gifts will be available for purchase, as well as boutique-jewelry, toys, Judaica and all your last minute Chanukah needs, all types of Chanukah toys and merchandise, Menorahs & Judaica. Children will also have the opportunity to get their face painted, C rated (Chanukah rated) Video, and fantastic balloon related fun filled activities, plus many new additions for this year. The event will conclude with the lighting of largest Menorah at the beaches at the Hilton Garden Inn. The entire community is welcome to join in the festivities. Event is open to the public and there is no admission charge. Chanukah is the eight-day Jewish "Festival of Lights," this year begins at sundown Sunday Dec. 21. Each evening at sunset an additional candle is lit to commemorate the rededication of the Temple in Jerusalem some 2,000 years ago. The holiday

also celebrates the miracle of one day's worth of pure ritual oil burning for eight days until a new supply could be obtained. For more information about this or any other Chabad @ the Beaches activity or event, contact Chabad by phone at (904) 285-1588, by E-mail at info@chabadbeaches.com.

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

Saturday, Jan. 3
Join a park ranger at 11 a.m. for a discussion on the different types of shark teeth that can be found on the area's beaches. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Sunday, Jan. 11
Join a park ranger at 1 p.m. and discover the importance of estuarine systems that surround the inshore sides of barrier islands like those of the Talbot Islands State Parks complex. This ranger-guided hike along the salt marsh will help point out why these areas are one of the most productive ecosystems on Earth. This program will take place at the Ribault Club on Fort George Island Cultural State Park.

requested. As always, the public is invited.

Tuesday, Dec. 16
Have fun creating a plant arrangement using material from your yard, learn how to care for traditional Christmas plants and find out what's hot for gardening gifts at 10 a.m.-1 p.m. with the Duval County Extension Office. Find out how to make a water hose wreath and decorate a gardening gift basket. Bring clippers and a bucket of flowers, foliage and long-stemmed twigs from your yard. Pre-register by Friday, Dec. 12 and mail check for \$10 made payable to DCOHAC to Becky Davidson, 1010 N. McDuff Ave. Jacksonville, FL 32254. Questions call 387-8850.

Saturday, Dec. 20
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Join a Park Ranger at 11 a.m. and learn how to identify the most common snakes, their habitat and lifecycles. This interpretive program explores the snakes that are native to Florida and live at the Talbot Islands State Parks. Discover why these critters are important to a healthy and balanced natural community. 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.

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THE Daily Crossword Edited by Wayne Robert Williams

- ACROSS**
- Kind of crazy?
 - Changes to fit
 - Train unit
 - Lois of the Daily Planet
 - Business magnate
 - Corrida cry
 - Part 1 of a quip
 - Kingston Trio hit
 - Went out with
 - Stink and then some
 - Email attack?
 - Musician's booking
 - Fridge raiders
 - Part 2 of quip
 - Light gray
 - Horse's morsel
 - Got edgy
 - Covergirl Cheryl
 - Part 3 of quip
 - Transactions
 - Singer Emmylou
 - Old Turkish title
 - Toledo uncle
 - Part 4 of quip
 - Strands, in a way
 - Willickers!
 - Velvety plant
 - Power input point
 - Haste result
 - Mel of baseball
 - End of quip
 - Oolong, for one
 - Varnish ingredients
 - Related
 - Summer hours at MIT
 - Betel nut sources
 - Singletons

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66					67						68		
69					70							71	

By Alan P. Olschwang
Huntington Beach, CA 12/4/08

THIS WEEKS ANSWERS

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H	V	C		S	L	F	A	V	A	R	I	L	S	

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- DOWN**
- Finished a steal
 - Cheerio!
 - Part of VMI
 - Play an improper card
 - Off-roader, for short
 - Color changer
 - Lot of land
 - Packing a punch
 - Deleted
 - Cone or Cat prefix
 - Pay
 - Bridal path terminus
 - Quantities of paper
 - Check the prose
 - Waxing result
 - Sticky stuff
 - Went quickly
 - Lattice strip
 - Nepal's place
 - A/C controller
 - Hood's gun
 - Hawke or Coen
 - Yale grads
 - Brit. decorations
 - Matures
 - Knights' titles
 - Souffle ingredient
 - Brandy balloon
 - Mo. for Leos
 - Latin being
 - Politic Gingrich
 - Crude shelter
 - Dispatched biblical-style
 - Observed
 - Classic saga
 - Point of California
 - Before long
 - Enameled metalware
 - Extremes
 - Writer Levin
 - Sound of a slow leak

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494464

Protect Family, Yourself With Family Care Plan

By Lt. Jason Kaneyuki
RLSO SE

A few days ago, a Sailor walked into our office. He was frantic. He just found out that he had been selected for an IA. He was frantic because his wife is also in the Navy, they have two young children, and she is currently deployed.

He came to us wanting to know who to speak to about his IA orders. (Because this is outside the scope of legal assistance, we suggested that he start with his chain of command and then his detailer.) When we asked about his Family Care Plan, he insisted that he did not need one. (In fact, he does.) This Sailor said that since he and his wife took turns being on shore duty, they didn't need one. (Wrong again.)

Read on to understand what a Family Care Plan is, who is required to have one, and the potential consequences of not having one. Most importantly, it will help you avoid a frantic situation like the one described above.

A Family Care Plan is the formal designation of one or more individuals who agree to provide care for a servicemember's minor children and/or adult family members/dependants. A Family Care Plan is actually a collection of documents, all of which are submitted through the servicemember's chain of command as part of the Family Care Plan package. Specific requirements include:

(1) NAVPERS 1740/6, which contains a statement that the caregiver has been thoroughly briefed on the needs and requirements of the persons in question and the location of important papers, military facilities, services, benefits and entitlements of the family members, the specifics of which will be included on NAVPERS 1740/07. This form must be signed by the servicemember, the designated caregivers, and

any other parties legally entitled to custody.

(2) A copy of all powers of attorney prepared for the caregiver.

(3) A copy of all legal documents relating to the persons subject to the Family Care Plan, including custody or separation agreements, court orders, divorce decrees and other related documents.

(4) Written provisions for short-term absences (TAD, training, etc.) and long-term absences (deployments, IA, unaccompanied tours), as well as other types of absences at the discretion of the CO (extended working hours, watches, weekend duty).

(5) Written provisions regarding financial arrangements, relocation, and alternate caregivers of family members and/or dependants.

(6) Any other information deemed necessary by the CO or the servicemember that the command would need to execute the Family Care Plan in the absence of the servicemember.

Formal documentation of a Family Care Plan is required for all of the following:

(1) A servicemember with primary or shared physical custody of a minor child, and who is not married to the other parent.

(2) Both members of a married dual military couple where one or both have primary or shared physical custody of a minor child.

(3) A servicemember who is legally responsible for an adult family member who is incapable of providing for themselves in the absence of the servicemember.

(4) A servicemember who faces any other family circumstance or other personal status change resulting in his or her becoming legally and primarily responsible for the care of another person.

The failure to have or maintain a Family Care Plan can

have serious consequences to your Navy career. COs may refer for separation service-members who are not able to or refuse to maintain a current Family Care Plan, do not maintain world-wide assignable status, or are unable to perform their professional and military duties. Additionally, if separated, you may be subject to recoupment procedures.

Feeling overwhelmed? Don't worry – there are resources available to help you craft your own Family Care Plan. Each command is required to have a Family Care Plan coordinator. Fleet and Family Support Centers (FFSCs) are also a valuable resource. FFSCs can provide information and assistance with developing a Family Care Plan, as well as individual counseling, if needed. Finally, your local legal assistance office can review your Family Care Plan to ensure that you have considered local laws and incorporated any court orders, decrees or legally binding agreements.

Be advised that this article is not intended to be a substitute for official policy and/or requirements. Please read NAVADMIN 204/07 and OPNAVINST 1740.4C for the complete instructions and policy regarding Family Care Plans. Contact a legal assistance office at: 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) 678-4692; Corpus Christi, Texas at (361) 961-3765; and Fort Worth, Texas at (817) 782-6009.

ARMY VS. NAVY

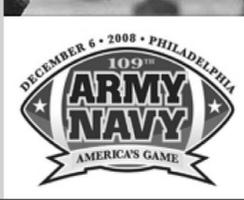
Saturday, Dec. 6, 2008



9 a.m.
Flag Football
Field #7, Behind the Gym
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12 noon Kick-Off
Army vs. Navy Event
Beachside Community Center
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For more info, call MWR at (904) 270-5228.




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USO News

The USO no longer sells Universal Studio or Sea World tickets. For free tickets to Sea World, visit www.herosalute.com. Universal Studios tickets may be purchased at your local base ITT office.

The USO Mayport is collecting canned food items. These items will be used to prepare food baskets that will be distributed to Junior Sailors and their families before Thanksgiving.

For Jaguars games that have a high demand for tickets, we will be selling the tickets via lottery. These games may include the Colts on sale Dec. 8. On the day the tickets go on sale, you will be required to go into your USO no earlier than 9 a.m. (both Mayport and NAS JAX) and fill out a lottery request slip. 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 into your USO within 24 hrs to purchase your tickets with money in hand. Cost is \$20 for two tickets. As with all Jaguars tickets, these are for Active Duty Only.

Pick up your free Pal Day tickets in St. Augustine at the USO. Pal Day is free for all Active Duty Personnel (UNIFORMS are preferred for active duty but not required) and their immediate family members. Families of deployed personnel admitted free to all attractions upon presentation of valid military ID card. This is immediate family only. Free Parking is available at the USO Pal Day Headquarters: The Visitor/Preview Center, 10 Castillo Drive. Complimentary Lunch will be served from 11am-2pm by the USO Courtesy of the Elk's Lodge #829, across the Bridge of Lions on A1A South (next to the Amphitheatre).

Bono's Supports the military and their families on Thanksgiving Day with free meals. The Bono's is located at Gate Parkway and JTB (10065 Skinner Park Drive, Jacksonville, FL 32246), their phone number is (904)998-1997. They can accommodate 100 people per seating, the seatings will be at 11 a.m. and 12:30 p.m. You will need to stop by your local USO to pick up a voucher for the meal (only for planning purposes). Families of deployed personnel have first choice to attend followed by all other local active duty personnel and their families. Contact any USO Center for more information. It is a traditional Thanksgiving meal completely donated by Bono's and their employees have volunteered to come in and serve it.

There are free tickets available for the 20th Annual Christmas made in the South, while supplies last. (This is an Arts and Craft Festival.) There are also coupons for \$1 off admission, while supplies last. The event will be held Nov. 28-30 at the Prime Osborn Convention Center.

Cadillac Invitational Golf Tournament will be held on Dec. 15, at the Hidden Hills Country Club. Golfers are needed for this very important USO charity. For more information, please call the NAS (904.778.2821) or Mayport (904.246.3481) USO. Visit our website at www.jaxuso.org to download an entry form.

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

There is a computer resource center available to all service members with email, Internet and word processing. Fax, copy and free notary service is also available.

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

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

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

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AUTOMOBILE MAGAZINE, "08 All Stars"



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CAR AND DRIVER, January 2008



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AUTOWEEK, Buyers Guide - Crain



BMW X5

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AUTOWEEK, January 21, 2008

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AUTOWEEK, May 2008



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Caranddriver.com, February 2008

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CAR AND DRIVER, "10 Best Cars"



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