

THE MIRROR NS MAYPORT, FLORIDA

MIRROR

CHINFO Award Winner

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THURSDAY, JANUARY 29, 2009



Super Bowl On Big Screen

MWR welcomes football fans to Beachside Community Center for Super Bowl XLIII where the game will be shown in hi-def on the MEGA 20-foot screen. Activities begin at 6 p.m. with free hamburgers, hotdogs, brats and sodas, while supplies last. A cash bar will be available for those 21 and older. The event also features contests and giveaways. Everyone is welcome. For more information, call the MWR Liberty Program at 270-7788.

Old Ironside Visits Jacksonville

When the educational outreach program "Old Ironsides Across the Nation" visits the Museum of Science and History (MOSH) in Jacksonville, spectators can safely learn about life aboard a U.S. Navy warship during the Age of Sail on Thurs., Jan. 29, and the weekend of Jan. 31 - Feb. 1.

At 211 years old, the three-masted, wood-hulled frigate USS Constitution is the oldest commissioned warship afloat in the world. She has a crew of more than 70 active duty U.S. Navy Sailors; 15 of them will depart their Boston Harbor homeport for their trip to Jacksonville and St. Augustine, and Georgia's St. Marys.

"We are very excited about this visit, and the great opportunity we will have to meet many people of all ages, and share with them what it's like to be in the U.S. Navy - yesterday as well as today," said Cmdr. William Bullard, USS Constitution's 70th and current commanding officer.

Between gun drills, crewmembers will also conduct boarding pike drills, demonstrating how early 18th century seamen boarded enemy vessels, while preventing their adversaries from boarding their own. Visitors can meet these "Old Ironsides" Sailors, handle replica artifacts (including 18th century tools and food), communicate with signal flags, learn knot-tying, and engrave their names on copper sheets that will be installed on the ship's hull beneath the waterline.

While in the southeastern region, Sailors and USS Constitution Museum staff members will visit elementary school classrooms to teach the history of "Old Ironsides" with a video presentation and skits, hold teachers' workshops, and present American flags flown over the ship to local high schools' Junior Reserve Officers' Training Corps students.

USS Constitution owes much of her existence to the live oak timbers grown in Florida and Georgia. Nearly 2,000 of the trees from St. Simons Island in Georgia, and hundreds more from the forests and coasts of Florida, were cut and shaped to form her hull in the mid-1790s. Well over a century later, a 1,500-ton stash of live oaks discovered sub-

See Constitution, Page 6

Extra Sticker For Hanna

By Paige Gnann

Editor

Access to Naval Station Mayport is taking a detour.

Effective immediately, drivers are required to receive an access permit from the base Pass and ID before they can access Seminole Gate through Hanna Park.

The new access permit allows commuters to use the gate after agreeing to terms and conditions set forth by the base and the city of Jacksonville.

According to the permit terms, by applying and accepting the Hanna-Navy Commuter Decal, the permit holder agrees to comply with the rules of the park, including not stopping to access or use Hanna Park facilities.

Access with the decal means the permit holder plans to use the park for direct pass-through during commuter hours only and agrees to ensure all passenger in their vehicles are authorized to enter NS Mayport and have the required identification.

Permit holders are also required to obey traffic laws in Hanna Park, including the maximum speed limit of 25 miles



-Photo by Paige Gnann

Retiree and contractor John Lander reads over the terms and conditions set forth by Naval Station Mayport and the city of Jacksonville to receive an access permit to be able to use the Seminole Gate through Hanna Park. Commuters will no longer be able to access the gate without receive the decal from Pass and ID.

per hour, and stopping for the guard to verify authorization.

It is also noted in the permit terms that all vehicles with recreational equipment such as surfboards, kayaks, bicycles, fishing rods or with driver and/or passengers wearing beach attire should be prepared to explain their intentions.

According to Mayport Security Officer Lt. Michael Cetnarowski, any violation of these permit terms will lead to immediate loss of privileges to enter and pass through Hanna Park. Access privileges may be revoked at the discretion of the Navy as well as other penalties, including law enforcement by the Jacksonville Sheriff's Office.

To receive your Hanna-Navy Commuter Decal, go to Pass and ID Office just outside of the Main Gate on Mayport Road and sign the rules and regulations. The sticker will be placed above your current Mayport sticker.

Get Your Taxes Prepared For Free

Mayport Tax Center Is Now Open



-Photos by MC1 Gino Flores

The Mayport Volunteer Income Tax Assistance (VITA) Center is open for business inside on-base Housing beside the Vet Clinic and Thrift Store. Right, Volunteer tax assistant Master-at-Arms 2nd Class James Goerbig from Security helps a client file her tax return and save money.

By MC1 Gino Flores

Contributor
It's that time of year again to gather your tax paperwork, tally the numbers and either write a check or wait for a refund from Uncle Sam.

The Naval Station Mayport Volunteer Income Tax Assistance (VITA) Center officially opened for business Jan. 21. Sailors and their families are lining up to save money and file their tax returns before the April 15 deadline.

Lt Chris Frank, Officer in Charge of VITA center said the program is advantageous to the people it assists.

"We can save the average Sailor anywhere from \$50 to \$100 because we provide this service for free," he said.

Volunteer tax assistants put their newfound skills to work after participating in a week-long tax preparers training program. They developed skills for interviewing clients, organizing documents and using tax preparation software programs to help their clients prepare and file their taxes.

Frank added that his team conducts a quality review on every return that is completed.

"When I'm done with a customer's 1040 form, I have a second volunteer verify the accuracy of the return," he explained.

The center is staffed with 21 volunteers and is open for business Monday through Friday from 9 a.m. to 4 p.m. and on Saturday from 9 a.m. to 12:30 p.m. until April 15. The



tax center is located at 707A Everglades Ct. in base housing.

You should bring a copy of your social security cards of everyone that is listed on the tax return. Bring a copy of your Leave and Earnings Statement.

If you do not itemize your deductions and you have paid

property taxes, you can claim income reduction of your taxable income up to \$500 (for single) and up to \$1,000 for joint returns.

You should bring a copy of your return from last year if you have it. It may contain information that will aid in filing your

tax return. Also have a copy of a check with routing and account numbers if you would like a direct deposit. You must list the amount that you received in the Stimulus Payment. Do not forget, you must bring in a copy of all or your W2's, 1099's, and 1098.

New Guidance Released For GENDET

From Navy Personnel Command Public Affairs

The Navy issued new guidance Jan. 14 for non-designated Sailors seeking to participate in the March Navywide Advancement examination.

NAVADMIN 014/09 Rating Entry for General Apprentices (REGA) updates existing guidance and provides an overview of forthcoming changes to the rating entry process for non-designated Sailors.

According to the message, rating entry

procedures, rating eligibility requirements and rating entry specific notes contained in last year's NAVADMIN 197/08 remains in effect with the following modifications:

-Applications for approval-required ratings must be submitted by Feb. 15.

-Sailors requesting entry into the mass communication specialist (MC) rating must have a command endorsed NAVPERS 1306/7, submit published articles and photos, and have an MC E-7

or above endorsement.

-Entry into USN aviation ratings is restricted to GENDET (General Detail) airmen and A-Pact (Professional Apprentice Career Tracks) Sailors only. ASVAB waivers for rating eligibility will be considered on a case-by-case basis.

Commands are required to use the Fleet Rating Identification Engine (Fleet Ride) at <https://fletridge.sscno.nmci.navy.mil> to validate qualifications for the desired rating. Point of contact for

access to Fleet Ride is Mr. Paul Martin at (901) 874-2970/dsn 882 or email at paul.d.martin@navy.mil.

Commands shall use ASVAB criteria contained in NAVADMIN 344/06 and the eligibility criteria in MILPERSMAN 1306-618 for rating entry. Waivers beyond these limits will be submitted to the cognizant enlisted community manager.

CO Column

Well it's official! The Assistant Secretary of the Navy for Installations signed a Record of Decision that will begin the implementation of homeporting a nuclear powered aircraft carrier at Naval Station Mayport. This will be a huge boost for Northeast Florida economy and once again demonstrates that Mayport is the Naval Station of choice for Operational expansion and a vital part of our National Defense. The actual name of the carrier that will come could be a long way off yet, so stay tuned for future news on that. It will be a while before you start seeing changes on the base as designs need to be made and contracts will be awarded.



Capt. Aaron Bowman in high demand for tax preparation. The center is located in base housing at 707A Everglades Court, by the Vet Clinic and Thrift Store. Made up solely by trained volunteers, the center is the only free tax preparation service on base and they perform e-files for active

duty service members, retirees, reservists and their dependents. The center is open 9 a.m.-4 p.m., Monday through Friday and 9 a.m.-12:30 p.m. on Saturday. For an appointment, call 270-5150.

Happy 10th birthday to Surfside Fitness. Since it opened in 1999, Surfside Fitness has grown to include 67 pieces of equipment, 23 fitness classes, and six fitness trainers. In the first year of operations, Surfside had more than 25,000 patrons walking through its door. Now, that number has more than doubled to 59,000. Thanks to Surfside Fitness staff, NS Mayport's fitness program is a cornerstone for Navy fitness throughout the fleet. For a schedule of Surfside Fitness and Gymnasium classes, check out The Mirror.

A special thank you goes out to Mayport Employee of the Year Russell Garrison of Fleet and Family Support Center and Supervisor of the Year Lisa Wolfe of MWR. The duo were presented with plaques of recognition during the annual Employee of the Year luncheon on 13 Jan at Ocean Breeze Conference Center. During the luncheon, Sam Williams of Safety was named Employee of the Quarter for Fourth Quarter.

While I am thanking folks, I want to give many thanks to everyone who supported our PAO team as they scurried around the base with the folks from the Discovery Channel last week. Three NCIS "Cold Case" episodes were filmed on base. Air dates will be forthcoming. From USS Klakring to Air Operations and

Harbor Ops, you all pitched in to help and the producers, our PAO staff, and I appreciate your help.

Jacksonville University will be hosting a Military Appreciation tomorrow night downtown at Veteran's Memorial Arena. Tickets are \$5 for military and family to watch JU basketball take on east Tennessee State at 7 p.m.. Starting at 5 p.m., local military teams including Naval Station Mayport will play two games and the winners will play at halftime. They will also be recognizing our IA's, Sailors of the Quarter and Year, have children activities, discounted food specials, and free parking in Lot Z. This is a great deal and please join me in a night of fun. Tickets are available at ITT. A change is coming for morn-

ing entry into Hanna Park to get to Seminole gate. Too many people have been ignoring park rules, regulations, and traffic laws. All who want to use the gate must now go to Pass and ID and sign a statement and get an additional sticker that allows access. Those without stickers will not get in the park without paying and if anyone is caught being unsafe in the park, their privilege to use Seminole gate will be taken away.

Please keep an eye out while you go through your day and don't hesitate to let me know if you see a better (or safer way) to do business around the base. Your concerns are my concerns, so keep those suggestions rolling in to the CO's suggestion box located at the base galley, or email them to aaron.bowman@navy.mil

Homefront in Focus

By Beth Wilson

Military Spouse Contributor

Shortly following the holidays our thoughts turn to taxes. Yup, it's that time. Military W-2's are now available and for most of us that means we are eagerly tackling tax preparation to hasten the arrival of our return. I have a few tips and resources to offer military families.

Military pay sometimes presents a few challenges. Reliable information will insure your tax return is processed quickly and accurately. There are several free resources available to military families. Military Volunteer

Income Tax Assistance, VITA, is available on your local base. Military VITA sites provide free tax advice, tax preparation and assistance to military members and their families. VITA volunteers are trained and equipped to address military specific tax issues such as combat zone tax benefits, relocation and much more. You can electronically submit your return at most VITA locations and receive your electronic refund (without fees) in as little as a few days. Contact your local family support center for information on your base VITA office.

Military One Source also

provides free tax consultation and filing services to military and their families. Register at www.militaryonesource.com to access TaxCut Basic (product of H&R Block). You will be able to e-file one state return for each federal return filed through TaxCut Online. Consultants are also available to answer questions.

Turbo Tax is also offering free federal income tax preparation and free efile is included. There is a small fee to add a state tax return (www.turbotax.com).

Let's talk a moment about Rapid Refunds. I don't know anyone who wants to wait for

that tax refund; however a Rapid Refund may not be the blessing it appears to be. Rapid refund or RALs (Refund Advanced Loan) services are actually giving you a loan against your anticipated tax refund. As with all loans there is a finance charge assessed. You are paying money to get your refund early. The fees associated with these RALs can be significant. Make sure you understand all fees before signing.

In addition to finance or processing fees associated with an RAL it is important to know that if for any reason your refund is denied, adjusted or delayed you

are still responsible for repaying that RAL. So there is a risk involved.

But there is one more point to consider in getting a rapid refund. By electronically filing your return with the IRS your refund is generally processed in under one week. Is it worth paying a portion of your well-deserved income tax return just to get it two or three days early?

For more information about military taxes check out Navy Lifelines: http://www.lifelines.navy.mil/lifelines/MilitaryLife/LIFE_006534 or the IRS: <http://www.irs.gov/individuals/military/index.html>

Don't forget to contact me to join our "Financially Fine in 09" military spouse club. We kick off our initiative to get and live debt-down or debt-free on February 4, 2009. Email me at beth@homefrontinfocus.com for subscription information. Please put "Financially Fine" in the topic line.

Questions or comments for Beth? Drop her an email at beth@homefrontinfocus.com. Check out her internet talk show for spouses at www.blogtalkradio.com/nht.

No 'Butts' About It Dropping Filter Is Litter

From NS Mayport Environmental

If you take a look around on the beach and along the sides of the roads, parking lots and sidewalks on station you will most assuredly notice cigarette butts - not just one or two, but handfuls.

In this, Naval Station Mayport is no different than most other communities around the world. Tossing cigarette butts on the ground has become an accepted method of disposal for most smokers. Many don't think of their cigarette butts as litter.

While the exact number of cigarette butts littered each year is not known, the estimate is in the trillions. One estimate is that just the filter portion of this many cigarettes would weigh more than two billion pounds.

Every year during the International Coastal Cleanup, cigarette butts are the most abundant item found worldwide. Likewise, the organization Keep America Beautiful has stated that 34 percent of the total litter collected by the group in 2003 was cigarette butts.

The US Environmental Protection Agency (EPA) has determined cigarette butts to be the most frequently found marine debris item in the United States.

Even though the data may show that cigarette butts are the most common form of litter, other than being unsightly, you may think "What's the problem? They are biodegradable, right?"

In fact, the filter portion of the cigarette, though it looks like it is made of a cottony material, is actually made of a substance called cellulose acetate, a plastic that is slow to degrade.

Most estimates are that it takes a cigarette filter somewhere between 10 to 15 years to naturally degrade in the environment. Cigarette butts, like most other forms of floatable trash, have also been found ingested by marine animals. Ingestion of such items interferes with the animals' ability to eat and digest food.

Additionally, the question has been raised as to whether the substances contained in used cigarette filters are toxic and whether they can have a negative effect on organisms in the environment.

Cigarettes contain a wide variety of chemical compounds, including nicotine, formaldehyde, toluene, ammonia, and arsenic. Cigarette filters are specifically designed to absorb vapors and to remove chemical particulates from the smoke.

In a study by Kathleen



A collection of cigarette butts carelessly dropped in the grass beside a walkway.

Register published in the Underwater Naturalist, Bulletin of the American Littoral Society, it was found that the chemicals that seep out of used cigarette filters are acutely toxic to the water flea, a microinvertebrate used in EPA's standardized procedures for determining toxicity of water samples. In addition, it was found that the chemicals that seep out of the remaining tobacco on used cigarette butts are even more toxic to the organism than those contained in the used filters.

Aimed at both preventing unsightly litter and protecting the environment, smoking on beaches has been banned by a number of coastal communities around the country including Chicago and several in Southern California.

Closer to home, smoking has been banned on beaches in Boca Raton and in Sarasota County. However, the effectiveness of such a ban in reducing the amount of cigarette butts on the beach and in the marine environment is debatable.

A majority of the items that end up on the beach and in our rivers and oceans originate far inland and arrive there with other floatable trash that washes through storm drains.

Debris such as cigarette butts that is discarded on streets and other surfaces gets caught up in stormwater runoff, moves to nearby storm drains, flows through ditches into creeks and rivers, and eventually is deposited in the ocean. One estimate is that 80 percent of cigarette butts littered on streets and sidewalks end up in water systems.

Here are a few ways people can reduce cigarette litter and protect the environment:

1. Use designated smoking areas.
2. Designated smoking areas should be outfitted with fire proof cigarette butt receptacles (butt cans).
3. Empty butt cans on a regular basis before they are full and

police smoking areas periodically.

4. Smokers should use portable ash trays in their cars if they don't want to use the built-in ash tray. Ash trays expressly designed for use in cars are available from a number of vendors on the internet.

5. Participate in an organized beach or river cleanup event.

6. Recognize that cigarette butts are a significant litter problem and harmful to the environment.

Remember, what you do on the street or beach ends up in our waterways. Please dispose of cigarette butts properly.

Chapel Call
Command Chaplain:
Cmdr. Jerome Dillon
SUNDAY
Sunday School.....9:15 a.m.
Morning Worship.....10:30 a.m.
Protestant Baptism.....As requested
TUESDAY
MOPS (Mothers of Preschoolers).....
.....9:30 a.m.
(First and third Tuesday of the month)
Nursery is provided.
WEDNESDAY
Women's Bible Study.....9:30 a.m.
Choir Rehearsal.....7 p.m.
FRIDAY
Catholic Mass.....11:30 a.m.
Confessions.....7 p.m.
SATURDAY
Men's Prayer Breakfast.....9 a.m.
Youth Group.....6 p.m.
(Second and Fourth Saturdays of month)
Catholic Services:
Mass.....Monday-Friday, 11:30 a.m.
Confession.....Before and after mass
Religious Education.....10:30 a.m.

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

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

BVA Supports USO Efforts

-Photo courtesy of MOAA

Naval Station Mayport Commanding Officer, Capt. Aaron Bowman, honored the Beaches Veterans Association (BVA) during their monthly BBQ held to support the USO No Dough Dinners for the families of deployed service members. The BVA composed of American Legion Posts 316 and 129, VFW Post 3270, and host for the day FRA Branch 290, along with Mayport Chapter, MOAA, provided \$1,500 for the dinners, while adding another \$420 toward the Drinks for Balad program that sends powdered flavored drink packets to Iraq and Kuwait. With the heat index in the 140-degree range, and the need to constantly drink the tepid water to stay hydrated, the troops are eager to receive the packet. John Shockley, executive director of the Greater Jacksonville USO, received these donations with grateful appreciation, and in return, presented a huge USO banner to be rotated among each of the BVA Posts hosting future BBQs. Pictured below is retired Capt. Mike Mc Hugh, president of the MOAA Chapter helping to unfurl the banner.

Naval Station Mayport

Capt. Aaron Bowman..... Commanding Officer
Cmdr. Mike Watson..... Executive Officer
CMDCM Deborah Davidson..... Command Master Chief

Naval Station Mayport Editorial Staff

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IC2 Paul Fenn..... Deputy Public Affairs Officer
Paige Gnann..... Editor

The Mirror is distributed without charge throughout Mayport's Navy community, including the Naval Station, on- and off-base Navy housing areas, and ships, squadrons and staffs homeported at NS Mayport. Copies are also available at the Naval Station's Public Affairs Office, Building 1, and The Florida Times-Union, 1 Riverside Avenue, Jacksonville, FL 32202.

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

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Milestones

Mayport Sailor Selected As NPASE East Shore SOY

By MCI (SW/AW)
Heather Ewton

Naval Station Mayport Deputy Public Affairs Officer

Mass Communication Specialist 1st Class (SW/AW) Leah Stiles assigned to Navy Public Affairs Support Element (NPASE) East Detachment Southeast has been selected as her command's 2008 Shore Sailor of the Year (SOY) for superior performance and expertise in the newly-established Mass Communication Specialist (MC) rating.

Stiles had been serving in the Navy for eight years, most of that time as a Photographer's Mate (PH), when her former rate was disestablished and merged with three other former Navy rates. She has been a first class petty officer for just under one year and took the news of being awarded the honor of NPASE Shore Sailor of the Year with great pride and enthusiasm.

"When I heard the news, I was overwhelmed and honored to be chosen from the collection of amazing Sailors whom I serve with," said Stiles. "Nothing is more humbling than that."

"We are all very proud of the job Petty Officer Stiles has done there at NPASE Southeast," said Lt. Anthony Falvo, Officer-in-Charge Navy Public Affairs Support Element-East. "Her dedication, determination and leadership over the past year are truly indicative of what it takes to be successful. She is one of the best and brightest the enlisted Public Affairs community has to offer and I am truly honored to call her my 'Shipmate.'"

Stiles' husband, Yeoman 2nd Class (AW) Marlando Stiles is also in the Navy and is stationed at Naval Air Station Jacksonville. Together, they have four children and two military careers to balance in their



-Photo by Paige Gnann

Mass Communication Specialist 1st Class (SW/AW) Leah Stiles, assigned to Navy Public Affairs Support Element (NPASE) East Detachment Southeast, has been selected as her command's 2008 Shore Sailor of the Year. Her package will be forwarded to the Department of Navy Chief of Information for consideration as CHINFO Sailor of the Year.

household.

"I dedicate myself and give my all to everything I do...I just try to stay in the lines," said Stiles. "Many times, those lines are blurred, but I believe if I continue to work hard as a Sailor, I am teaching my children the importance of perseverance, commitment, and sacrifice at the same time."

Her success was not something that she just expected to happen. She claims she owes everything that she has achieved to her past and present leaders.

"I have had so many great leaders in my career to learn from and I took some outstanding qualities from each one," noted Stiles. "I am very thankful for the time that they have put into teaching me how to grow."

Her leadership is just as

delighted for her personal successes and praised her for a job well done.

"I couldn't ask for a better leading petty officer. She's an outstanding Sailor, leader, and role model who is extremely deserving of her selection as SOY. Petty Officer Stiles' extreme dedication to her job, our Sailors, and the mission makes her an invaluable asset to both our command and the Navy," said MCC (AW/SW) Anthony Casullo, Leading

Chief Petty Officer, NPASE-E DET SE.

Stiles will now have her package forwarded to Department of Navy Chief of Information (CHINFO) for consideration in the CHINFO Sailor of the Year competition for 2008. "Whether you are selected as SOY or not, it is important that you know your hard work is being recognized and appreciated," added Stiles. "Always give everything you do, 100 percent of your effort."



-Photo courtesy of FRCSE

Cmdr. G.R. Guiler, officer-in-charge of Fleet Readiness Center Detachment Mayport, Fla., presenting newly commissioned Ensign J.S. Sevey with the Oath of Office.

FRCSE Sailor Makes Jump To Officer

From FRCSE Mayport

Fleet Readiness Center Southeast Detachment Mayport, Florida welcomed its newest Ensign Jeremy P. Sevey into its officer ranks on Dec. 19.

A native of Midland, Texas, Sevey always dreamed of serving his country and following in the footsteps of those before him. In 2005, he obtained his Bachelors of Science with a concentration in Missions from Lubbock Christian University in Lubbock, Texas and immediately enlisted in the U.S. Navy in August 2005.

In mid October 2006, he reported to Fleet Readiness Center Southeast Detachment Mayport, Fla., where he excelled in electronics; resulting in him being promoted to Second Class and being award-

ed FRCSE's Junior Sailor of the Quarter for the 2nd quarter of 2008.

On Aug. 5, he was selected for Officer Candidate School. In early December, he complete the rigorous 13-week Officer Training course in Newport, Rhode Island and was commissioned as Surface Warfare Officer. Now as commission officer, he will join the ranks of the high-speed destroyer, USS Winston S. Churchill (DDG 81).

"All of FRCSE is extremely proud of Ensign Sevey and his accomplishments," said FRCSE Mayport Officer-In-Charge Cmdr. G.R. Guiler. "We share his excitement in this career milestone.... We look forward to his return to the Fleet, leading others as a naval officer."



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Barbados Port Security Gets Boost

By MC1 Daniel Ball

Southern Partnership Station Public Affairs

Members of the Royal Barbados Defense Force along with civilian and military counterparts from six Caribbean nations are training on the finer points of port security during the first of two Southern Partnership Station 2009 (SPS) visits in Bridgetown, Barbados.

Southern Partnership Station is an annual deployment of various specialty platforms to the U.S. Southern Command area of focus in the Caribbean and Latin America. The mission goal is primarily information sharing with navies, coast guards, and civilian services throughout the region.

Instructors from Naval Criminal Investigative Service Security Training Assistance and Assessment Team taught 17 students about container, vehicle and personnel inspections, pier security assessments, entry control points and anti-terrorism techniques at the port facility and in classrooms on high speed vessel Swift (HSV 2).

During the course, hands-on training is a daily event. Instructors take the students out to show them exactly how to apply lessons learned in the classroom.

The group walks the pier and inspects every aspect for security risks. They observe and critique elements such as lighting, entrances and exits, and traffic flow. The next day they may be in a warehouse profiling and inspecting cargo containers. Another day finds them scouring a vehicle, searching for training aids the instructors have hidden throughout.

The purpose of the training is twofold: first, learn the techniques. Second, learn to teach them.

"We're looking for them to get enough knowledge to go back and teach the course to their personnel," said instructor Master Chief Master-at-Arms Francisco T. Garcia, from



-Photo by MC1 Daniel Ball

Students from the Royal Barbados Defense Force cross a Southern Partnership Station small boat in order to board high speed vessel Swift (HSV 2) for training. Southern Partnership Station is a training mission to Central America, South America and the Caribbean Basin.

Brooklyn, New York. "The class has been very enthusiastic and proactive, and they ask a lot of serious questions. Even the students with experience are still learning."

During the visit to Bridgetown, SPS Sailors are also training with representatives of Antigua and Barbuda; Dominica; Grenada; St. Kitts and Nevis; St. Vincent and the Grenadines; and St. Lucia. All

of these nations have a crucial interest in port security since their ports are their connection to the world and the primary infrastructures for their tourism industry.

"I worked in airport security for a long time," said Lance Cpl. Hartley Carew, Royal Barbados Defense Force. "Harbor security is very different and antiterrorism skills are very important. Learning how a terrorist oper-

ates and how they can penetrate to do damage teaches you how to set up your port in a much more secure way. I would like to see more of this training conducted in the Caribbean. If we have a broad idea of what's happening and how to set up, I think everything will be safe."

After Barbados, SPS is scheduled to visit Colombia, Panama, Nicaragua, the Dominican Republic and Jamaica.

The mission is coordinated through U.S. Naval Forces Southern Command/U.S. 4th Fleet (NAVSO) with partner nations to meet their specific training requests. 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.

Fourth Fleet is the numbered fleet assigned to NAVSO, exercising operational control of assigned forces in the SOUTHCOM area of focus.

USS Taylor Makes Stop In Souda Bay



-Photo by Paul Farley

A Sailor hoists the Navy Jack as the Oliver Hazard Perry-class guided-missile frigate USS Taylor (FFG 50) arrives in Souda Bay for a routine port visit. Taylor has been deployed from her homeport of Mayport, Fla. since August 2008 to the U.S. 6th Fleet area of responsibility and is assigned to Standing NATO Maritime Group 1 and has conducted Black Sea operations twice during her deployment.



-Photo by Paul Farley

The Oliver Hazard Perry-class guided-missile frigate USS Taylor (FFG 50) arrives in Souda Bay for a routine port visit. Taylor has been deployed from her homeport of Mayport, Fla. since August 2008 to the U.S. 6th Fleet area of responsibility and is assigned to Standing NATO Maritime Group 1 and has conducted Black Sea operations twice during her deployment.

Vicksburg Performs UnRep



This photo shows the bow of USS Vicksburg looking aft at the 5-inch gun and vertical launcher housing Tomahawk and Standard Surface to Air missiles. Vicksburg is connected to the Oiler USNS Big Horn, Vicksburg's sister ship, USS Gettysburg, is in the background.

-Photo courtesy of MOAA

USS Roosevelt Ensigns Earn SW Quals

By Ensign Michele V. Rollins

USS Roosevelt Public Affairs

Earning a warfare qualification can be a special moment in any Sailor's career. Four ensigns aboard the guided-missile destroyer USS Roosevelt (DDG 80) earned their surface warfare qualifications in December.

Ensigns Tyrcha Bowman, Diane Cote, Kelley Slaughter and Charles Wood all achieved their milestone during Roosevelt's current deployment to the 5th Fleet Area of Responsibility. Cote and Slaughter earned their surface warfare pins Dec. 13. Bowman and Wood completed their qualifications Dec. 26 and 27.

For Bowman, Slaughter and Wood, this qualification held an added significance as each junior officer began their career in the enlisted ranks.

"Completing my surface warfare qualifications is a significant step in my second career within the Navy," said Bowman. "It is an achievement that provides an opportunity for me to continue my career as a surface warfare officer."

Each junior officer completed a rigorous training pipeline which included considerable time

learning about the capabilities and limitations of fleet ships and aircraft, command and control concepts, and naval heritage. The ensigns also had to qualify as an officer of the deck (underway).

Earning a warfare qualification is a top goal for junior officers and opens up many more opportunities for future successes.

Slaughter, a former electronics technician (nuclear), transitioned to the officer ranks via the Seaman to Admiral (STA-21) program in 2004. After his commissioning in 2007, he reported aboard Roosevelt.

"Completing my surface warfare qualification is a milestone in my new career as a naval officer," said Slaughter. "It allows me further opportunity to give back to an organization that has afforded me so much opportunity."

Bowman, a former electrician's mate, also selected through the STA-21 program, was commissioned in May 2007.

"It establishes membership in one of the more exclusive clubs in the United States Navy," said Bowman. "Earning this qualification serves as

the most significant milestone to date in my naval career. It took time, hard work and is definitely something I take pride in."

Wood, a former fire controlman and first class petty officer, serves as a limited duty officer. While aboard the guided-missile destroyer USS Milius (DDG 69), his first command, Wood's division officer presented him with a surface warfare officer (SWO) pin and predicted Wood would wear it some day.

"After completing the ESWS qualification nearly eleven years ago and then having to start over to earn the SWO qualification, it's both intimidating and exhilarating at the same time," said Wood. "You are on top of your game, only to be selected for a commission and then have to start working your way back up. Just like most major accomplishments, your friends and family will help you fulfill your goals."

Cote, Roosevelt's first lieutenant, graduated from the U.S. Naval Academy in May 2007. After her pinning, she left Roosevelt to attend Surface Warfare Officer School in Newport, R.I.

"Ensign Cote, in addition to having a difficult

job as first lieutenant, found time for intensive study," said Lt. Casey Mahon, Roosevelt's operations officer. "She did admirably well on her SWO board and certainly deserved this accomplishment."

All four ensigns play a vital role in Roosevelt's mission and have earned the trust of Cmdr. Stanley Keeve, Roosevelt's commanding officer, as dependable and competent watch standers and division officers.

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.



-ENC(SW/AW) Manuel V. Esteban

USS Robert G. Bradley Cmdr. Clint Carroll (middle) and Charge d' Affaires, Anton Smith speak to children of a Bata orphanage.

U. S. VIP Embarks RGB

By Ensign Rajiv Seth

USS Robert G. Bradley

The U. S. Chargé d'Affaires for Equatorial Guinea, Anton Smith, embarked USS Robert G. Bradley (FFG 49) while transiting between Malabo and Bata, Equatorial Guinea.

RGB was sent to Equatorial Guinea to conduct an Africa Partnership Station (APS)

Theater Security Cooperation (TSC) mission.

While with RGB, Smith attended a community relations project to deliver humanitarian supplies as part of Project Handclasp, a Navy humanitarian operation. Smith also attended the reception held in Bata for many distinguished Equatorial Guinean visitors.

"One of the primary strategic goals for the U.S. Embassy is to improve and enhance Equatorial Guinea's security," said Smith.

Increasing maritime security and safety in the region is the primary goal of the U.S. Navy's Africa Partnership Station initiative.

Finding Transportation Alternatives Easier

From CNRSE

During the post holiday lull, here's a transportation tip to help you save money as well as our environment.

Try using an alternative mode of transportation to commute to work a couple times a week.

Sharing a ride with someone, using transit, biking and walking are all great ways to go green and keep some green in your wallet.

Learn more about alternative transportation on the North Florida Transportation Planning Organization's commuter services website, www.cooltopool.com.

If you live and work in Duval, Clay, Nassau, St. Johns or Baker County and carpool, bike or walk to work three times a week you can become eligible

for a free emergency ride home by registering with the North Florida TPO.

When an emergency arises and you must leave work before your carpool you'll get a free taxi ride (maximum of four per year). For unexpected inclement weather, bikers and walkers will also get a free taxi ride home.

Use the Savings Calculator on the cool to pool website to see how much you spend on monthly and yearly commute costs. The results may convince you to find someone to share a ride to work with you a few days a week.

Download or print our FAQ sheets about carpooling and about the Emergency Ride Home Program from cooltopool. Find a coworker to ride to/from work with and start sav-

ing money today.

Using alternative modes of transportation also reduces greenhouse gas emissions (GHG), which directly contribute to air pollution and climate change.

Did you know?

According to the Automobile Association of America's "Driving Costs of 2008," your cost per day for auto insurance, financing, and depreciation is approximately \$15.28.

The North Florida TPO is an independent regional agency responsible for transportation planning in Duval County and most of Clay, Nassau and St. Johns Counties. The Commuter Services is funded by the Florida Dept. of Transportation. Our phone number is 904-306-7500.

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MWR Happenings

Jan. 31: Saturday Cinema – WALL-E (G). Free indoor movies on the MEGA 20-foot screen at Beachside Community Center (Main Hall) every Saturday starting at 7 p.m. Refreshments will be available for purchase. 270-7198

Feb. 1: New Sunday Hours

at Mayport Bowling Center. New Sunday hours are 1-8 p.m. at Mayport Bowling Center. 270-5377

Feb. 1: Super Bowl Party. Watch the 2009 NFL Super Bowl in hi-def on the MEGA 20-foot screen at Beachside Community Center. Pre-game

activities begin at 6 p.m. There will be free food and non-alcoholic beverages (while supplies last), contests and giveaways. A cash bar will be available for those 21 and older. Everyone is welcome. 270-7788

Feb. 8: Women's Volleyball Begins. League meets on

Sundays at the Gym. 270-5451

Feb. 10: 5K/10K Run. 8 a.m. start at the Gym. Free. 270-5451

Feb. 10: Men's Softball Organizational Meeting. 11 a.m. in the Gym lobby. 270-5451

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.

Feb. 1: Super Bowl Party.

Watch the 2009 NFL Super Bowl in hi-def on the MEGA 20-foot screen at Beachside Community Center. Pre-game activities begin at 6 p.m. There will be free food and non-alcoholic beverages (while supplies last), football trivia and prizes. Everyone is welcome. A cash bar will be available for those

21 and older.

Feb. 6-8: Orlando Weekend Trip. Trip leaves on Friday and returns Sunday. Spend Saturday at Disney and Saturday night enjoying the nightlife in Orlando. Cost and departure times are TBD. Call Planet Mayport at 270-7788 for additional details.

Feb. 15: International Truck and Car Show Trip. This free trip departs Planet Mayport at 10 a.m. Admission and transportation is included.

Feb. 21: Budweiser Brewery Tour. This free trip departs Planet Mayport at 10 a.m.

Kid Zone

Jan. 30: Freedom Friday – Winter Dance. 7-11 p.m. at the Youth Center for grades kindergarten through fifth. Cost is \$7 in advance or \$9 the day of (if space is still available). 270-5680

Jan. 31: Elementary Pre-Super Bowl Party. 2-4 p.m. at

the Youth Center for grades K-5th. 270-5680

Jan. 31: Teen Pre-Super Bowl Party. 7-10 p.m. at Club Teen for middle and high school ages. 270-5680

Jan. 31: Saturday Cinema – WALL-E (G). Free indoor movies on the MEGA 20-foot

screen at Beachside Community Center (Main Hall) every Saturday starting at 7 p.m. Refreshments will be available for purchase. 270-7198

Feb. 17: Registration Ends for Youth Spring Baseball and Soccer. Register at the Youth Activities Center Monday

through Friday 9 a.m.-5 p.m. Baseball is open to ages 4-18 (age determined as of April 30, 2009) and soccer is open to ages 9-12 (age determined as of Aug. 1, 2009). Cost varies based on age. Financial assistance is available for those that qualify. 270-5680

Constitution

merged in Commodore's Pond at the Pensacola Navy Yard were shipped to Boston for hull repairs aboard "Old Ironsides" in 1927. In the 21st century, the Jacksonville Port Authority donated 200 more live oaks to the ship.

All "Old Ironsides Across the Nation" activities at the MOSH are free and open to the public, however entrance to the Museum requires admission. The MOSH is located at 1025 Museum Circle, in Jacksonville; the phone number is (904) 396-6674. Weekend hours

for the museum are 9 a.m. - 5 p.m. Saturday, and 1 - 6 p.m. Sunday; "Old Ironsides Across the Nation" will run from 9 a.m. - 5 p.m. on Saturday, and 1 - 4 p.m. on Sunday. To visit the Museum of Science and History's Web site, go to www.themosh.org.

On Thurs., Jan. 29, Cmdr. William Bullard and Burt Logan will give a public presentation at the MOSH at 7 p.m., to discuss USS Constitution's legacy as an undefeated frigate and explain how she earned the nickname "Old Ironsides."

They will present illustrated commentary on the ship's history, discuss life aboard "Old Ironsides," and answer questions from the audience. A gun drill and boarding pike demonstration will follow.

On Sat., Jan. 31, gun drills will be held hourly from 10 a.m. - 4 p.m.; on Sun., Feb. 3, gun drills will run hourly from 1 - 3 p.m. at the museum.

To learn more of USS Constitution, visit www.oldiron sides.com; or the Museum website at www.usconstitutionmuseum.org.

From Page 1

SATURDAY CINEMA

AT BEACHSIDE COMMUNITY CTR.

JAN. 31 WALL-E (G)	FEB. 7 BEVERLY HILLS CHIHUAHUA (PG)	FEB. 14 HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G)	FEB. 21 MAMA MIA (PG-13)
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Featuring indoor, family-friendly movies starting at 7 p.m. every Saturday in Beachside Community Center's Main Hall on the MEGA 20 ft. screen.

Chips, candy and soda available for purchase.

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SUPER BOWL XLIII

Sunday, Feb. 1st » Activities begin @ 6 p.m.

Watch the game in HI-DEF at Beachside Community Center on the 20-ft MEGA screen!

Free hamburgers, hotdogs, brats and sodas, while supplies last.

Cash bar available for those 21 and older.

Contests, giveaways and more!

Everyone is welcome!!!

Brought to you by MWR Mayport's Liberty Program... (904) 270-7788

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photography by Claude Haycraft
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MWR Sports/Fitness

Sports

Men's Varsity Basketball game VS Eglin AFB at 3:30 p.m. on Jan. 31.

Women's Volleyball begins Feb. 8. Open to Active Duty, Dependents over 18, DoD Civilians and Civilians. Games on Sundays.

The Mardi Gras 5K/10K Fun Run will be held on Feb. 10 at 8 a.m. in front of the gym.

The Men's Softball organizational meeting will be held on Feb. 10 at 11 a.m. at the Gym. The softball league begins Feb. 23. This is a Captain's Cup activity.

The Intramural Volleyball Lunchtime League game time is 11:30 a.m., Monday-Thursday, behind Beachside Community Center. This is a Captain's Cup activity.

Fitness

Be on the lookout for a new

program for the New Year, called P.O.W.

At the beginning of each week, on Monday, an exercise Plan of the Week will be posted at both the gymnasium and Surfside Fitness center. It will be advertised on the workout mirrors and by the schedules at both facilities.

It will include three focuses: Cardio, Strength and Stretch. Each week the focus will change, highlighting various pieces of equipment, exercises and muscle groups. The program was created to educate patrons on the usage of various machines, the execution of different strength exercises and effective stretching regimens for muscle groups.

During their floor times the trainers, LaPlace, Traci, Ruthie, Mia and Nancy, will be encouraging patrons to follow the P.O.W. The trainers will

demonstrate and walk patrons through the various focuses.

P.O.W. is a great opportunity for all personnel attached to the station to try something new at the facilities; shaking up their normal routine, allowing for a safer, more effective, less time consuming caloric burn. Floor times for trainers are posted at both facilities. Keep those New Year's resolutions flowing by following the P.O.W. 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

Mayport Hurricanes Defend SEMAC Title

By Nico Figueroa

MWR

The Mayport Hurricanes Varsity Basketball Team defended their home court on Jan. 10 in Southeastern Military Athletic Conference play against the visiting Tigers from Tyndall Air Force Base.

The Hurricanes are the defending SEMAC champions from the 2007-2008 season and were riding a five game winning streak after dropping their first game of the season to Hurlbert Field.

Tyndall came to Mayport with a very respectable 4-1 record, but ultimately the Hurricanes swarming defense and clutch shooting proved too much for the Tigers.

Mayport jumped out to an early lead in the first half led by the breakneck play of Electronics Technician 2nd Class Reggie Geter's 20 points and remained in control of the game throughout going into half-time



-Photo courtesy of MWR

The Mayport Hurricanes Varsity Basketball Team from left, Hospital Corpsman Apprentice Jeremy Olds, Ship's Serviceman 3rd Class Louis Robinson, Aviation Boatswain's Mate Handling Airman Ronald Thompson, Ship's Serviceman 3rd Class Leo Barnwell, Aviation Maintenance Administrationman 3rd Class Christopher Terhune, Coach Damone Pierce, Electronics Technician 2nd Class Reggie Geter, Quartermaster 2nd Class James Milt, and Assistant Coach Cryptologic Technician Technical 1st Class Nico Figueroa.

with a 39-33 lead. Ultimately Mayport's guard play was too much for Tyndall with the final score Mayport, 85 to Tyndall, 78. Geter led all scorers with 27, supported by Ship's Serviceman 3rd Class Louis Robinson's 20 and Quartermaster 2nd Class James Milt's 19 points.

Robinson was rejoining the team after having returned from deployment with USS Doyle, and he came to play contributing seven rebounds, six steals and two assists.

Aviation Boatswain's Mate

Airman Ronald Thompson and Ship's Serviceman 3rd Class Leo Barnwell controlled the paint amassing 13 rebounds, three blocks, and three steals between them.

The Hurricanes are coached by Damone Pierce of Naval Station Mayport Police, Engineman 1st Class Gerald Watkins of Naval Station Mayport, and Cryptologic Technician Technical 1st Class Nico Figueroa of USS Melner.

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FFSC Workshop, 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.

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

Jan. 29, 9 a.m.-noon, **New Parent Support Playgroup**, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. 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. Tottle Tyme Children's Playgroup meets every Wednesday. New Parent Support Children's Playgroup meets every Thursday. Both Playgroups meet from 9:00am to 12:00pm at the USO. All children age four and below are invited to attend.

Jan. 30, 9-11 a.m., **Considerations for Home Buying**, FFSC

Jan. 30, 9 a.m.-noon, **What About the Kids?**, FFSC

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

Feb. 2, 1:30-3:30 p.m., **FERP-Starting Your Own Business**, FFSC

Feb. 3, 9-11 a.m., **Parenting Class**, FFSC

Feb. 3, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Feb. 4, 11 a.m.-2 p.m., **Tottletyme Playgroup**, USO

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



-Photo by Paige Gnann

Lorraine Bittner, Beth Wright and David Ingram are ready to help Sailors and their families at the new Fleet and Family Support Center location on the east side of Building One on Massey Avenue.

with other children their child's age. All children age four and below are invited to attend.

Feb. 5, 9 a.m.-noon, **New Parent Support Playgroup**, USO

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

Feb. 5, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Feb. 6, 9-11 a.m., **Car Buying Tips**, FFSC

Feb. 9-12, 8 a.m.-4 p.m., **TAP Retiree Workshop**, Building One, Room 104

Designed for Military personnel within 180 -90 days of leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed to the civilian job market and how to successfully compete in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

Feb. 10, 9-11 a.m., **Parenting Class**, FFSC

Feb. 10, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Feb. 10, 1:30-3:30 p.m., **FERP-Troops to Teachers**, FFSC

Feb. 10, noon-4 p.m., **Leadership Life Skills for E4 & Below**, Base Chapel

Feb. 11, 11 a.m.-2 p.m., **Tottletyme Playgroup**, USO

Parents and children together

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

Feb. 12, 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.

Feb. 12, 9 a.m.-noon, **New Parent Support Playgroup**, USO

Parents and children together meet to share parenting con-

cerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend. Feb. 12, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Feb. 13, 9-11 a.m., **Establishing a Sound Family Budget**, FFSC

Feb. 17, 9-11 a.m., **Parenting Class**, FFSC

Feb. 17, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Feb. 18, 11 a.m.-2 p.m., **Tottletyme Playgroup**, USO

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

below are invited to attend.

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

Feb. 19, 9 a.m.-noon, **New Parent Support Playgroup**, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. 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. Feb. 19, 8 a.m.-noon, **FAP Key Personnel Training**, Building One Executive Conference Room

Feb. 20, 9-11 a.m., **Considerations for Home Buying**, FFSC

Feb. 23, 6-7 p.m., **Ombudsman Assembly**, USO

Feb. 23-26, 8 a.m.-4 p.m., **TAP Separatee Workshop**, Building One, Room 104

Designed for Military personnel within 180 -90 days of leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive

help in translating their military acquired skills into civilian language and are exposed to the civilian job market and how to successfully compete in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

Feb. 24, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Feb. 24, 9-11 a.m., **Parenting Class**, FFSC

Feb. 24, 1-4 p.m., **Leadership Life Skills for E7 & Above**, Base Chapel

Feb. 25, 8:30 a.m.-4 p.m., **Leadership Life Skills for E5 & E6**, Base Chapel

Feb. 25, 6- p.m., **Individual Augmentee Family Discussion Group**, USO

Feb. 25, 9-11:30 a.m., **Marketing Yourself For A Second Career**, Ocean Breeze Conference Center

Feb. 25, 11 a.m.-2 p.m., **Tottletyme Playgroup**, USO

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

Feb. 26, 8-11 a.m., **Stress Management**, FFSC

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

Feb. 26, 9 a.m.-noon, **New Parent Support Playgroup**, USO

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

Feb. 27, 9-11 a.m., **Credit Report**, FFSC

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Set Your COMPASS

Class Focuses On Spouses Helping Other Spouses



-Photo courtesy of COMPASS

A recent graduate class of COMPASS shows off their COMPASS learning material. The program is looking for volunteers.

From COMPASS

If you were about to go on an extended journey to a foreign country, you would want to do research and learn as much as you could to make your trip enjoyable and successful.

You might need a passport, guidebook, and map to start off in the right direction. Now, think about a spouse embarking on his or her journey as a Navy spouse for the first time. To this spouse, the Navy seems like a foreign land with its own language, customs, traditions, health care system, inherent moves, and deployments.

COMPASS is a standardized Team-Mentoring program developed by spouses for spouses. COMPASS focuses on spouses new to the Navy, however; all spouses are welcome. COMPASS improves quality of life through education,

enabling spouses to understand, experience and meet the challenges of the Navy lifestyle.

With this knowledge and realistic expectations, their journeys can be successful and rewarding. Sessions are held at Naval Station Mayport. The next session is underway now, but volunteers are still needed. Mentors must have been married to their sailors for at least three years, have taken the COMPASS course, and willing to be mentor trained. If you would like to get involved with Please contact Team Leader Melanie Cullum, 904-200-7751 or email compassmayport@nsfamilyline.org

For more information or to register, go to www.gocompass.org. Babysitting reimbursement available for spouses of deployed Sailors.

Crossing the Line Ceremony Honors Heritage, Builds Camaraderie

By Ensign Leta M. Comer

USS Theodore Roosevelt Public Affairs

Sailors aboard the guided-missile destroyer USS Roosevelt (DDG 80) held a "crossing the line" ceremony while deployed to the U.S. 5th Fleet Area of Responsibility Dec. 3.

This time-honored tradition came about from centuries past when ships crossed the 13th parallel and tested new Sailors to determine whether or not the novices on their first cruise could endure the hardships of life at sea. The culmination of the trials changed the new Sailor, or "pollywog", into a "trustworthy shellback". It is a traditional rite-of-passage ceremony carried out to appease King Neptune, the mythological god of the seas.

Roosevelt crossed the equator returning from a port call in Victoria, Seychelles.

Roosevelt's leadership ensured the events were in keeping with good order and discipline, and aligned with the Navy's anti-hazing policy.

"The goal of our event was to bring unity and camaraderie to the ship, both those who had participated before and people joining the ranks of shellbacks," said Senior Chief Storekeeper Thomas Caudle.

The trusty shellbacks tested the pollywogs' singing abilities by having them sing nautical-flavored songs such as Popeye the Sailor Man and Sponge Bob Square Pants.

"The best part was doing sit-ups, push-ups, flutter kicks and singing 'who lives in a pineapple under the sea,'" said Operations Specialist 3rd Class Christopher O'Larry.

The festivities began the night before with a talent show featuring skits, songs and other acts from the pollywogs to build team spirit.

In the morning, the pollywogs worked together to complete buddy sit-ups, flutter kicks and act out songs such as I'm A Little Teapot. They then journeyed from Roosevelt's flight deck to the forecastle and finally to the missile deck, each pollywog proudly proclaiming their desire to join the ranks of the shellbacks.

At the ceremony's finale, the pollywogs were welcomed into the fold by King Neptune, represented by Command Master Chief James Courville, and then were congratulated by the ship's

shellbacks.

"This obviously was a very unique opportunity for me to participate in the crossing-the-line ceremony," said Cryptologic Technician (Collection) 1st Class Colleen Quick. "It was 14 years long overdue. It was better than I expected and was a great time. I'm going to frame my certificate and hang it with pride."

At the conclusion of the events, Roosevelt Sailors celebrated with a steel beach picnic, complete with a roasted pig.

The ceremony built both camaraderie among the Sailors and gave them a sense of satisfaction that they had accomplished something unique.

Not all Sailors get a chance to become a trusty shellback. Roosevelt's executive officer, Lt. Cmdr. Scott Harvey, became a shellback after 21 years of naval service.

"It is important that naval tradition is not forgotten," said Harvey. "Plus, it was fun."

Chief Fire Controlman Brian Strickland crossed the line for the first time in his many years of service. He joined junior Sailors who had checked aboard only days before in Victoria, Seychelles.

"Chief petty officers lead from the front," said Strickland. "As a chief with more than 19 years in service, it is still exciting to participate in such traditional ceremonies with the crew. Long live Navy tradition."

The ceremony was coordinated by Caudle, a trusty shellback since 2002. His leadership and guidance introduced a long standing tradition to Sailors in a safe and spirited environment.

"I must say I was a little nervous about coordinating this event, but in the end it brought great satisfaction to me hearing from my shipmates that they had the time of their life," said Caudle. "I know now that I helped create a treasured memory that will stay with these Sailors for many years to come. It was an honor."

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.



-Photo by MC3 Sean Allen

Yeoman Second Class Sheenah Thrasher performs a Caribbean themed dance during the Celebration Of Caribbean Faith And Culture at Naval Air Station Jacksonville on Sunday at NAS Jacksonville.

Caribbean Faith, Culture Celebration At NAS Jax

By MC3 Sean Allen

Fleet Public Affairs Detachment

Southeast

A Celebration of Caribbean Faith and Culture was held Sunday January 25 at the chapel aboard Naval Air Station Jacksonville.

The service was led by Chaplain Tom Bingol, and began with a reading of the Caribbean nations, and consisted of Caribbean hymns and dance.

Yeoman 2nd class Sheenah Thrasher, Charleston, S.C., who is stationed at NAS JAX, performed the Caribbean-inspired dance.

"God, faith and dance are all big parts of my life, so it was a thrill to be able to do the dance and participate in the service," said Thrasher.

When asked what inspired Chaplain Bingol to do this service, he said, "We have such a diverse Navy family and there are many people here with deep Caribbean roots."

Members from the United Caribbean Cultural Association of Palm Coast, Fla., and the Grenadian Association of Palm Coast were present for the ser-

vice.

UCCAPC President Carlton Harrison spoke about the impact of the service.

"This service is a great way for us to share our heritage with others, at the end of the day we all learn from each other," he said.

Chaplain Bingol first became involved with the UCCAPC and the Grenadian Association in 2004 after Hurricane Ivan struck the island nation of Grenada. Bingol contacted Harrison and Ronald Robinson, president of the Grenadian Association, to see what help he could be. Together the group raised money for food, clothing and building supplies that were sent

to Grenada.

"We have kept in touch with Chaplain Bingol since that time," said Robinson. "He is like family to us, so we were glad to make the trip to Jacksonville to attend the service."

The UCCAPC is hosting a Caribbean festival in Palm Coast June 27 and 28. Those interested in attending this event may visit www.uccapc.org for further information.

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Obama Vows Not To Waver In Defense

By Jim Garamone

American Forces Press Service

President Barack Obama pledged a "prudent use" of military power as the nation works toward "ushering in a new era of peace" in his inaugural address to the nation Jan. 20.

"Our security emanates from the justness of our cause, the force of our example, the tempering qualities of humility and restraint," he said from the west side of the Capitol after taking the oath of office as the 44th president.

An estimated 2 million people crowded the National Mall and surrounding area to hear his address. The use of these principles will allow America to develop greater understanding of other nations and greater cooperation against common threats from them, he said.

"We will begin to responsibly leave Iraq to its people, and forge a hard-earned peace in Afghanistan," Obama said.

"With old friends and former foes, we'll work tirelessly to lessen the nuclear threat, and roll back the specter of a warming planet," Obama said.

Americans will not apologize for their way of life, nor waver in its defense. "And for those who seek to advance their aims by inducing terror and slaughtering innocents, we say to you now that our spirit is stronger and cannot be broken; you cannot outlast us, and we will defeat you," he said.

America is a country of doers and risk-takers; it is an immigrant country where each generation worked hard to provide for the next, he said.

"For us, they packed up their few worldly possessions and traveled across oceans in search of a new life," Obama said. "For us, they toiled in sweatshops and settled the West, endured the lash of the whip and plowed the hard earth."

"For us, they fought and died in places like Concord and Gettysburg, Normandy and Khe Sahn," he continued. "Time and again, these men and women struggled and sacrificed and worked till their hands were raw so that we might live a better life. They saw America as bigger than the sum of our individual ambitions, greater than all the differences of birth or wealth or faction."

Americans today must continue this journey, he said. It is time for hard decisions and a time of change.

"Our time of standing pat, of protecting narrow interests and putting off unpleasant decisions, that time has surely passed," he said. "Starting today, we must pick ourselves up, dust ourselves off, and begin again the work of remaking America."

Obama rejected the idea that the nation has to choose between its safety and its ideals.

"Our Founding Fathers - faced with perils that we can scarcely imagine - drafted a charter to assure the rule of law and the rights of man, a charter expanded by the blood of generations. Those ideals still light the world, and we will not give them up for expedience's sake."

In the United States, all languages are spoken, all religions are practiced, and all good people are welcomed, he said.

"And because we have tasted the bitter swill of civil war and segregation and emerged from that dark chapter stronger and more united, we cannot help but believe that the old hatreds shall someday pass; that the lines of tribe shall soon dissolve; that as the world grows smaller, our common humanity shall reveal itself and that America must play its role in ushering in a new era of peace," he said.

Obama reached out to the nations of the world in his speech. He told them that America "is a friend of each nation, and every man, woman and child who seeks a future of peace and dignity, and that we are ready to lead once more."

He also spoke to the Muslim world, saying America seeks a new way forward, based on mutual interest and respect.

"As we consider the road that

unfolds before us, we remember with humble gratitude those brave Americans who, at this very hour, patrol far-off deserts and distant mountains," the president said. "They have something to tell us, just as the fallen heroes who lie in Arlington [National Cemetery] whisper through the ages. We honor them not only because they are guardians of our liberty, but because they embody the spirit of service; a willingness to find meaning in something greater than themselves."

He called on all Americans to shoulder that burden of service. He said it is the faith and determination of the American people upon which this nation relies.

"Greatness is never a given. It must be earned," he said. "Our journey has never been one of shortcuts or settling for less. It has not been the path for the faint-hearted -- for those who prefer leisure over work, or seek only the pleasures of riches and fame."

The faith and determination of Americans can serve the nation well in a time rife with challenges.

"Our nation is at war against a far-reaching network of violence and hatred," the president said. "Our economy is badly weakened, a consequence of greed and irresponsibility on the part of some, but also our collective failure to make hard choices and prepare the nation for a new age."

Americans have lost their homes, their jobs, their businesses, and health care is too costly, he said. Schools are failing too many, and the American energy policy plays into the hands of the nation's enemies.

"These are the indicators of crisis, subject to data and statistics," he said.

These are disturbing, but more disturbing is a sapping of confidence and the fear that with this decline the next generation must lower its sights, he said.

"Today I say to you that the challenges we face are real," the president said. "They are serious, and they are many. They will not be met easily or in a short span of time. But know this, America: They will be met."

While the challenges of this age are new, the values which have seen the country through in the past will best serve the nation, Obama said.

"Honesty and hard work, courage and fair play, tolerance and curiosity, loyalty and patriotism - these things are old, but these things are true," he said.

America must return to these truths, he said.

"What is required of us now is a new era of responsibility - a recognition on the part of every American that we have duties to ourselves, our nation and the world, duties that we do not grudgingly accept but rather seize gladly, firm in the knowledge that there is nothing so satisfying to the spirit, so defining of our character, than giving our all to a difficult task," Obama said.

"This is the price and the promise of citizenship," he said. "This is the source of our confidence, the knowledge that God calls on us to shape an uncertain destiny."

If Americans seize this responsibility, then the challenges will be surmounted, he said.

"Let it be said by our children's children that when we were tested we refused to let this journey end, that we did not turn back nor did we falter; and with eyes fixed on the horizon and God's grace upon us, we carried forth that great gift of freedom and delivered it safely to future generations," Obama said.

Farewell to SECNAV Winter



-Photo by MC2 Jhi L. Scott

Secretary of the Navy (SECNAV) the Honorable Dr. Donald C. Winter and his wife are piped ashore at the conclusion of a farewell ceremony at the Marine Barracks at 8th and I Streets in Washington.



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Navy News

Defense Department Parades At Inauguration



-Photo by Staff Sgt. Adelita C. Mead

Military leaders of the U.S. Armed Forces march down Pennsylvania Avenue during the 2009 Inaugural Parade in Washington. More than 5,000 men and women in uniform are providing military ceremonial support to the 2009 Presidential Inauguration, a tradition dating back to George Washington's 1789 Inauguration.

Board Allows Navy to Retain Top Performers

From Navy Personnel Command Public Affairs
The Chief of Naval Personnel (CNP) announced the establishment of senior enlisted continuation boards Jan. 24 as a means to help shape the force. "In an effort to stabilize and shape the force, ensure continued advancement opportunity, and retain our top performers, a continuation board for enlisted Sailors with over 20 years of active service will be held for active and FTS (full time support). The board will be focused on retaining our top performers serving in our most demanding billets while also ensuring continued advancement opportunity," said Vice Adm. Mark Ferguson, CNP. The annual board, along with sev-

eral other force-shaping measures, has been introduced as the Navy strives to meet its congressionally mandated end strength of 329,000 active duty Sailors. "Our intention is to stabilize our personnel end strength at 329,000 from our current level of 331,000," said Ferguson. According to the message, the fiscal year (FY) 2010 E7-E9 Senior Enlisted Continuation Board convenes Sept. 21 at Navy Personnel Command. Members not selected for continuation will transfer to the fleet reserve or retire no later than June 30, 2010. The board will review the records of active-duty and FTS E7 through E9 personnel with at least 20 years of

active service and three years time-in-rate as of Sept. 1, 2009. Exemptions to the FY-10 Senior Enlisted Continuation Board include Sailors with approved fleet Reserve/retirement dates effective on or before June 30, 2010, those with high-year tenure dates on or before June 30, 2010, frocked personnel, those selected for advancement in FY-10 boards, personnel selected for command senior chief/master chief programs from the FY-10 board, personnel with orders to or serving in the first two years of an overseas or DoD area tours at the time of the board convening date, and Safe Harbor participants. Additionally, personnel holding a nuclear, SEAL

(special warfare boat operator, special warfare operator), explosive ordnance disposal technician or diver enlisted classification code, plus fleet, force and command master chiefs are exempt from the board. Each eligible member is responsible for ensuring their record is correct and up to date with latest evaluations, awards and other appropriate information. Candidates may communicate with the continuation board by submitting a board package. Selection board packages provide candidates the opportunity to submit any missing documents from the sections of their records that are viewed by the continuation boards. Packages must be post-

marked not later than Aug. 17, 2009. Packages submitted to the E7 through E9 advancement selection boards will not be presented to the continuation board. Further guidance on submitting a board package can be found in the NAVADMIN. Commanding officers with personnel not selected for continuation will be notified so they may personally and confidentially notify the members. For more information read NAVADMIN 030/09 available at www.npc.navy.mil/channels.

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'Are You Ready For Some Football?'

By Kay Blakley

DeCA home economist

Super Bowl mania is here! According to a recent food industry survey, along with chips and dips, one of the most popular foods for a Super Bowl party is pizza. Yes, you can always order in, but it will cost you. So, check out these easy pizza recipes – you might decide to make it at home so you can “have it your way” and save lots of dough at the same time.

Same thinking goes for dips. You can make enough to feed a crowd for only a few dollars, so be sure to see if one of the dip recipes featured holds some appeal. And don't forget something sweet. New York Cheesecake got rave reviews from taste testers.

While you're making that shopping list for that big game menu, remember to make the commissary your source for ingredients at great prices, and may your team win be a landslide!

For more cooking tips and recipes, check out Kay's Kitchen on the DeCA Web site at <http://www.commissaries.com>.

Super Bowl recipes

Nacho Pizza (Makes two 12-inch pizzas)

- 1 pound lean ground beef
- 1 package taco seasoning mix
- 2 cans refried beans
- 2 (12-inch) prepared pizza crust
- 2 cups Mexican blend shredded cheese
- ½ cup sliced black olives
- ½ cup chopped tomatoes
- Sour cream and salsa for serving
- Preheat oven to 450 degrees.
- Brown ground beef in a medium skillet, drain any fat.
- Add taco seasoning and cook according to package directions.
- Spread one can of refried beans over each pizza crust, leaving a 1-inch border around the outer edge.



Top bean layer with taco seasoned ground beef (some of the ground beef mixture may be left over – save for another use)

Top each pizza with half the cheese, and half the black olives.

Bake on pizza pans or rimless cookie sheets for 10 to 12 minutes or until refried beans are heated through and cheese is melted.

Sprinkle evenly with chopped tomatoes, cut into wedges; top each wedge with sour cream and salsa, if desired.

Pepperoni Pizza (Makes one 12-inch pizza)

- 2 tablespoons olive oil
- 2 teaspoons dried Italian seasoning
- 1 (12-inch) ready-made thin pizza crust
- ¾ cup pizza sauce
- 2 cups shredded 3-cheese

Italian blend

2 ounces sliced pepperoni

Preheat oven to 450 degrees. In a small bowl, combine the olive oil and Italian seasoning. Brush mixture around the outer edge of the crust.

Spread pizza sauce evenly onto the crust, leaving a 1-inch border around the outer edge.

Sprinkle the shredded cheese evenly over the pizza, and top with pepperoni slices.

Bake on a pizza pan or rimless cookie sheet for 10 to 12 minutes until cheese is bubbly and crust is golden brown.

Calzone Dip

- 1 ¼ cups pizza sauce, divided
- 1 (15 oz.) container ricotta cheese
- 1 cup shredded mozzarella cheese
- ¾ cup grated Parmesan cheese, divided

20 to 25 slices pepperoni, roughly chopped

½ teaspoon crushed red pepper flakes

½ teaspoon ground black pepper

2 (12-inch) ready-made pizza crusts

Preheat oven to 450 degrees.

In a small mixing bowl, combine half the pizza sauce, the ricotta cheese, the mozzarella cheese, ½ cup of the Parmesan cheese, the chopped pepperoni slices, the red pepper flakes and ground black pepper, stirring until well blended.

Transfer mixture to a small shallow baking dish; top with the remaining pizza sauce, spreading evenly; sprinkle with the remaining ¼ cup Parmesan cheese.

Bake the dip alongside the pizza crusts for 10 to 12 minutes until the dip is hot and bubbly, and the crusts are crisp.

Cut crusts into 1x4-inch strips and serve with dip.

Chocolate Dipped Frozen Bananas (Makes eight half-banana servings)

2 cups semisweet chocolate chips

2 tablespoons vegetable oil

4 firm, slightly under-ripe bananas, peeled and halved crosswise

1 cup dry-roasted peanuts, finely chopped

In a wide, shallow, microwave-safe bowl, melt the chocolate chips and oil in the microwave on 50 percent power, stirring often, 1 to 3 minutes.

Let the mixture cool and thicken for 5 minutes.

While mixture cools, insert one popsicle stick into the end of each banana half, and spread the chopped peanuts out over a dinner plate.

Line a cookie sheet or large, shallow baking pan with parchment or waxed paper.

Tipping the bowl slightly, dip bananas, one at a time, into the melted chocolate, spinning to

coat evenly. Allow any excess chocolate to drip back into the bowl.

Roll the bananas in the chopped peanuts and place carefully on prepared cookie sheet.

Freeze until firm, about 1 ½ hours. Serve.

Notes: Don't skip the vegetable oil – it keeps the chocolate from becoming tough and brittle when frozen. Once frozen, the dipped bananas can be tightly wrapped in plastic wrap and kept frozen for up to 2 weeks. Substitute sprinkles, crushed cookies, or shredded coconut for the finely chopped peanuts, if desired.

Football Cake (Serves 15)

1 package (2-layer size) chocolate cake mix

1 1/3 cups brewed double-strength coffee, cooled

3 cups Cappuccino Pudding Frosting

Brown decorating gel

Prepare cake batter according to package directions, but substitute coffee for water called for.

Bake in a 13x9-inch pan according to package directions.

Cool cake in pan for 15 minutes; remove from pan to wire rack and cool completely.

Trim corners and sides from cake to resemble football shape. Reserve trimmings for snacking or other use.

Frost cake with Cappuccino Pudding Frosting (recipe follows); refrigerate until serving time.

Just before serving, use decorating gel to add the laces to the football. Refrigerate any leftovers.

Cappuccino Pudding Frosting

½ cup brewed strong coffee, chilled

½ cup cold milk

1 (4-serving size) package vanilla flavor instant pudding

1 (8 oz.) tub non-dairy whipped topping, thawed

Pour coffee and milk into

medium mixing bowl; add dry pudding mix; beat with a wire whisk for 2 minutes.

Gently stir in the whipped topping.

For best results, spread frosting on cake right away. Do not allow it to set up before spreading.

New York Cheesecake Made Easy (Serves 16)

6 honey graham crackers, crushed

1 cup, plus 3 tablespoons sugar, divided

3 tablespoons butter or margarine, melted

5 (8 oz.) packages cream cheese, softened

3 tablespoons flour

1 tablespoon vanilla

1 cup sour cream

4 eggs

1 (21 oz.) can cherry pie filling

Preheat oven to 375 degrees. Line a 13x9-inch pan with foil, leaving at least 2-inches on short ends to use as handles.

Toss together the cracker crumbs, 3 tablespoons sugar and butter; press into bottom of pan.

Bake 10 minutes. Set aside to cool.

With an electric mixer at medium speed, beat cream cheese, sugar, flour, and vanilla until well blended; add sour cream and beat until incorporated.

Add eggs, one at a time, mixing on low speed until blended.

Pour cream cheese mixture over crumb crust, smoothing evenly.

Bake 40 minutes or until center is almost set.

Cool completely; then refrigerate for 4 hours or overnight.

Use foil handles to lift cheesecake from pan; remove foil and place on serving tray.

Top with cherry pie filling and serve. Refrigerate any leftovers.

DeCA Continues Managing Taxpayer Funds Efficiently

By Ta'Lisha Brown

DeCA corporate communications

In these challenging economic times, managing your money is important. For the Defense Commissary Agency, the ability to account for taxpayer funds is vital to delivering a strong benefit.

Independent auditors validated the financial footing of the commissary benefit by issuing DeCA's fiscal 2008 financial statements a clean audit opinion. That's a mouthful considering DeCA generates more than \$5 billion in annual sales and receives about \$1 billion in federal funding. The clean audit, also known as an unqualified opinion, means that the agency's financial reporting is excellent, said Philip E. Sakowitz Jr., DeCA director and chief executive officer.

“Our excellence in financial accountability is only made possible by the commitment and dedication of the entire DeCA workforce – from our senior leaders to the commissary storeworker,” Sakowitz said. “It's important to this agency that we maintain a credible and sound benefit for the men and women in uniform who earned it.”

Only five DoD organizations achieved a clean audit opinion. The list includes: Defense Contract Audit Agency, Defense Finance and Accounting Service, Military Retirement Fund and the DoD Inspector General. DeCA is one of only four DoD activities with seven consecutive clean audit opinions. The others are Defense Contract Audit Agency, Defense Finance and Accounting Service and Military Retirement Fund.

DeCA's line of unqualified opinions began in 2002. The road to a clean opinion starts

with agency accountants collecting financial data during each quarterly reporting period. The success of this effort is possible thanks to a climate of “open financial reporting,” said Pam Conklin, DeCA's chief financial executive.

“With each reporting cycle, each level of the DeCA team works harder and smarter at demonstrating financial stewardship,” Conklin said. “Also, continuity in the financial statement reporting division continues to be a key element to our success.”

During DeCA's annual evaluation, auditors from KPMG, an international auditing firm, examine the agency's internal controls and financial statements. KPMG's auditors sift through data to check efficiency and accuracy in reports that deal with areas such as time and attendance, annual inventories of resale stocks, equipment inventories, property accountability, and information technology controls over financial systems at various locations including commissaries, regional offices and DeCA headquarters. The auditors also review DeCA's financial links to outside organizations such as Defense Finance and Accounting Service-Columbus. Evaluations range from “no opinion” to an “adverse opinion” to an “unqualified opinion” – the best possible ruling.

As DeCA makes its way toward its next audit opinion for fiscal 2009, the agency wants to continue “raising the bar on how we can become the best possible guardian of the taxpayer's dollar,” said Larry Bands, DeCA's director of accounting.



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FCE - SHELL	1539 S 3rd ST	JAX BCH	JIFFY LUBE	9699 SAN JOSE BLVD	JAX
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FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	10100 GRANITE PLACE	JAX
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FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX	KANGAROO	1403 N 3rd ST	JAX BCH
FLETCHER HIGH SCHOOL ROTC		JAX BCH	KANGAROO/BP	10910 ATLANTIC BLVD.	JAX
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GATE	619 A1A N	PVB	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
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GATE	1721 UNIVERSITY BLVD N	JAX			
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JIFFY LUBE	6135 ST AUGUSTINE RD	JAX	SPRINT	1601 PENMAN RD.	JAX BCH
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Calendar

On Base

Friday, Feb. 20

USS De Wert family readiness group will hold its monthly meeting at the USO on Mayport Road from 6-7:30 p.m. Childcare will be provided.

Out in Town

Thursday, Jan. 29

The 6th Annual Taste of Chocolate Challenge event is underway to fund programs at The Family Nurturing Center of North Florida that help keep children and families safe during times of crisis. The event will be held at 6 p.m. at the Haskell Building. The Chocolate Challenge is a critical event to The Family Nurturing Center of Florida's ability to continue to provide protection, support and guidance in North Florida for many families who have been separated. This year's Chocolate Challenge is selling sponsorships and individual tickets to the event, which will include a live and silent auction, a diamond giveaway from Miriam's Jewelers, and a raffle drawing for a Carnival Cruise. The event's theme challenges local celebrity chefs to create wonderful chocolate treats for guests to taste and vote for their favorite. For sponsorships, tickets or more information about how you can support Family Nurturing Center of Florida's 6th Annual Taste of Chocolate Challenge, please call Stella Johnson at 904.389.4244 ext. 204 or visit www.fncflorida.org.

Friday, Jan. 30

Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners on from 5-8 p.m., at the Branch Home at 390 Mayport Rd. A donation of \$4 to \$7 is requested for each dinner, and depends on what is ordered. Carry out orders are accepted. The public is always invited to dinner. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. After dinner, enjoy the music DOUG BRACEY from 9 p.m. to 1 a.m.

Sunday, Feb. 1

All are invited to the Four

Chaplains Memorial Service sponsored by American Legion, 5th District Ocean/Beaches Post 129 at 2 p.m. in Jacksonville Beach. Guest speaker is retired Capt. J. Daniel McCarthy. For more information on the Four Chaplains, please visit www.fourchaplains.org.

Fleet Reserve Association Branch 290 hosts Breakfast on from 8-11 a.m. at the Branch Home, 390 Mayport Rd. 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. for a presentation and leisurely guided hike through different Florida ecosystems on a quest to characterize tracks left by an assortment of critters. 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, Feb. 4

Atlantic Beach Women's Connection presents A Sweetheart of a Brunch from 9:30-11 a.m. Former bakery owner and antique car enthusiast Gloria Dudd, of Claysville, Pen., very humorously shares how to bounce back from the flops and failures of life and still keep smiling because "Cakes Can't Bounce, but People Can!" Phyllis Geiger of Peterbrooke Chocolatier will show some sweet ideas for Valentine's Day! All area women are invited. . . Come and bring a friend! Cost is \$12 inclusive. Complimentary child care with reservation.

The Fleet Reserve Association, Branch 290, invites you to participate in its "Wings-N-Things" at the Branch Home, 390 Mayport Road, Atlantic Beach. Snacks will be available for a donation of \$1.50 to \$5. Then stay and enjoy the music of Doug Bracey from 9 p.m. to 1 a.m.

Thursday, Feb. 5

The Fleet Reserve Association Branch 290 will hold their

monthly General Assembly meeting at 8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. 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 - Navy, Marine Corps or Coast Guard - no matter how long, stop by the Branch Home, 390 Mayport Road, Atlantic Beach or call 246-6855. New members are always welcome.

Friday, Feb. 6

Spring Rummage Sale at Christ United Methodist Church Neptune Beach, 400 Penman Road, Neptune Beach. The United Methodist Women will be hosting their annual Spring Rummage Sale from 9 a.m.-3 p.m. Looking for shoes, linens, clothing, purses, luggage, toys etc? Join us and find your special treasure! For more information, please contact the church office at 904-249-5370.

Saturday, Feb. 7

Thousands of children and their families are expected to visit Jacksonville's Museum of Science and History (MOSH) on, for the 10th annual Water Education Festival. The festival will fill MOSH with doz-

ens of interactive displays and activities, designed to teach the importance of Florida's water and natural resources in ways to appeal to children. Highlights include making crafts, playing water education games, and interacting with water animals from the Jacksonville Zoo. Fun features include a marine animal touch tank, a scavenger hunt, a "wacky water science" presentation, and musical performances by students from Pine Forest Elementary and LaVilla School of the Arts. Admission is free throughout the event, which runs from 10 a.m.-4 p.m. The Water Education Festival is sponsored annually by the St. Johns River Water Management District and the city of Jacksonville's Environmental Protection Board.

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.

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etc? Join us and find your special treasure! For more information, please contact the church office at 904-249-5370.

Sunday, Feb. 15

Join a park ranger at 1 p.m. for an introduction to the basics of hiking. Weather, wildlife tracking, trail safety, and proper gear will all be discussed. The program will take place at the Bluffs pavilion on Big Talbot Island. No reservations are necessary and the program is free with \$2 vehicle entrance fee.

Tuesday, Feb. 17

Beaches Women's Partnership presents "Pattern Changing For Abused Women," a free 14-week program that focuses on the woman herself and her own power to change the course of her life. Techniques will be learned for developing new patterns of ones own choosing. Call 249-1450 for a screening appointment. Group starts from 6-7:30 p.m. at the Neptune Beach office.

Saturday, Feb. 21

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, Feb. 28

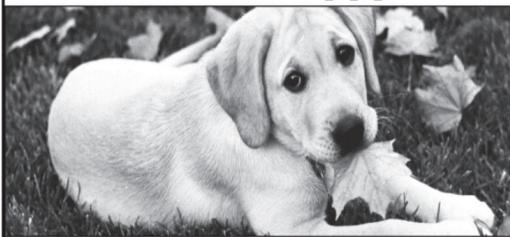
Trail of Tails Pet Walk & Festival Join the Jacksonville

Humane Society for the first annual "Trail of Tails: Pet Walk & Festival." Register at jaxhumane.org prior to the walk or at 8 a.m. on walk day. The walk kicks off at 10 a.m. and will start and end at Friendship Fountain Park. Entrance is \$30 per person, \$25 per person for team members. Animals walk with their owners for free. A festival featuring food, drinks and fun for the entire family follows the event. Registration for festival vendors is available by calling 904-725-8766 or visiting www.jaxhumane.org. All proceeds benefit the Jacksonville Humane Society, a non-profit adoption and animal education center.

Saturday, March 14

Come join the "First Annual St. Patty's Day Poker Run" at the Fleet Reserve, Branch #91, on Collins Road, Orange Park. All proceeds go to your Greater Jax USO and help us continue our mission of giving everything we can to our Active Duty troops and immediate family members. Live music by Human Zoo starting at 6 p.m. Registration fee is \$10 for driver and \$5 for rider. Registration fee includes meal ticket, best hand/worst hand. Registration will be held from 11 a.m.-1 p.m. Last bike in at 5 p.m.

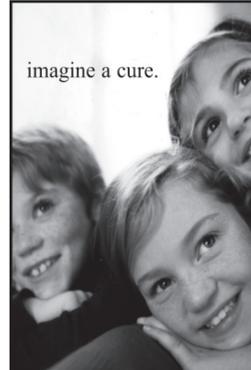
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NORTHSIDE

BAINEBRIDGE ESTATES - Starting in the \$140s
904-757-3658 | Bains Lake Dr., on Pecan Park Rd. just off of I-95
DUNNS CREEK PLANTATION - Starting in the \$140s
904-751-9915 | Dunns Lake Dr., on the Northside adjacent to Dunns Creek
HAYDEN LAKES - Starting in the \$130s
904-757-5448 | Hayden Lakes Dr., on the Northside just off of 9A North

MANDARIN

BENTON LAKES - Starting in the \$190s
904-886-2501 | Ilah Rd. off of Hood Rd., near I-95, I-295 & Avenues Mall

CLAY COUNTY

MAGNOLIA WEST - Starting in the \$140s
904-529-3931 | Canyon Falls Dr, at Magnolia Point Golf & Country Club in Green Cove Springs



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Health Beat

BHC Mayport Sailors Support Florida, Georgia NJROTC Drill Meet

From Navy Medicine Support Command Public Affairs

Navy Medicine Support Command (NMSC) Sailors spent some weekend time volunteering for the Nease Area 12 sanctioned Navy Junior Officer Training Corps (NJROTC) drill meet at Allen D. Nease High School Jan. 17.

Six NMSC Sailors lent their medical skills to the first aid station, while 95 other volunteers worked in various areas supporting the drill meet, said retired Master Chief Aviation Electronics Technician (AW) John A. Duffy, the Nease High School naval science instructor.

"This drill meet was a huge success thanks to the 101 Navy

and Marine Corps volunteers," Duffy said.

Duffy pointed out that the volunteers represented 15 commands from Naval Station Mayport, Fla., and Naval Air Station Jacksonville, Fla., and also included Jacksonville-area Navy and Marine Corps recruiters. More than 600 students came from 16 schools in North Florida and Georgia to participate.

The NMSC Sailors were joined by corpsmen from the Branch Health Clinic Mayport at the first aid station.

"It was nice to see and meet fellow corpsmen who were there to support the drill meet," said

Hospital Corpsman 1st Class (FMF) Tommy L. Childress, an NMSC volunteer. "We had all volunteered for these drills before, but this was the first time we'd all been given the same assignment."

The first aid volunteers were able to see the drill competitions up close when not tending to the injured.

"Our station was located on the field right next to the drilling area," explained Childress. "We were literally right in front of the squads as they conducted their drill routines. Gratefully we didn't see many injuries. And aside from a runner whose asthma flared up after she ran in

the relay, what we did see was minor."

The other military volunteers were judges, test proctors, concession stand operators and score keepers who tallied the final numbers. In answering the call to volunteer, they also answered another 'calling.'

"One of the students approached us with questions about the Navy," began Childress. "She said she was planning on joining after high school and was interested in the communications field, so we pointed her toward MCI De La Cruz."

N M S C ' s M a s s Communication Specialist 1st

Class (SW) Arthur N. De La Cruz, though not a corpsman, was assigned to the first aid station.

"Tending to the wounded may not have been my strongest suit, De La Cruz said. "But I was able to spend some time with a student who was planning on joining the Navy, and more specifically, my rate. We talked about educational benefits and what she could expect as an MC. I guess that's an advantage of having Sailors and Marines volunteer for these drills to give high school students who are looking at joining the military our insight. They get to hear all the details that posters

and commercials just don't convey."

The volunteers were on site at 5:30 a.m. for early morning preparations and remained through the closing ceremonies, which began at 4 p.m. Duffy said the day-long volunteer effort was key to a successful competitive event for such a large group of high school cadets.

"It would be impossible to run a successful drill meet without the continued support of our active duty Sailors and Marines," Duffy said. "They can always be counted on to give freely of their off-duty time."

Proud to be an American

Hospital Corpsman Takes Citizenship Oath

By Marsha Childs

NHJ Marketing Coordinator

Shortly before noon on Dec. 17, Hospital Corpsman 3rd Class Nova Ignacio was feeling nervous as she analyzed a blood sample at the Naval Hospital Jacksonville Laboratory. It wasn't because she was five months pregnant and a soon-to-be first-time mom. She had been waiting for this day for much longer. Today was the day she would be sworn in as a United States citizen.

Ignacio moved from her birth country, the Republic of the Philippines, in November 2002 to join her father who was working in Oahu, Hawaii. As a U.S. citizen himself, he petitioned for her to live in Hawaii, but the paperwork took nearly a year and a half.

She finally arrived on Nov. 9, just five days shy of her 18th birthday. Ignacio was issued a Permanent Resident (Green) Card giving her official immigration status. She grew to love the people, the culture and the opportunities open to her. She worked two jobs and went to school to get ahead, but it was difficult.

The U.S. Navy offered educational opportunities and a way to better herself. Ignacio enlisted in July 2004. After completing Basic Hospital Corpsman School in Oct. 2006, she attended Medical Laboratory Technician School in Jan. 2007. Her training earned her college credits and brought her one step closer to a dream.

Becoming a naval officer was her dream. She made the decision to apply for U.S. citizenship when she learned she had



-Photo by Marsha Childs

Hospital Corpsman 3rd Class Nova Ignacio analyzes a specimen at the Naval Hospital Jacksonville Laboratory on Dec. 17. Later that day she took the Oath of Allegiance to become a U.S. citizen.

to be a naturalized citizen to pursue an officer commission.

Ignacio, along with 33 other members of the Armed Forces raised their right hand and took the Oath of Allegiance to the United States to support and defend the Constitution. Many

of her co-workers attended the ceremony held onboard Naval Air Station Jacksonville to witness her accomplishment.

She said, "My family is pretty excited, especially my dad. If you are in the Navy, you don't have to pay anything to become

a citizen. I can actually vote now. It is a good thing."

After the ceremony, Ignacio quietly went home and chatted with the neighbors about the day's events. Her husband Colin, a field service representative, was away on business

in Texas and unable to attend the ceremony. Two days after being sworn in, however, they learned the exciting news they were having a baby boy.

Someday, Ignacio has hopes of becoming a doctor specializing in pathology. But for now,

she is preparing for the birth of her son in May who will be born a U.S. citizen. Ignacio is planning on serving out her enlistment here in Jacksonville and buying a house. She is living the American dream.

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THE Daily Crossword Edited by Wayne Robert Williams

- ACROSS**
- Surveying instrument
 - Token amount
 - Holiday singer
 - Ground-hugging stems
 - Start of Joe Paterno quote
 - Part 2 of quote
 - On ___ (no contract)
 - Bobbsey twin
 - Scarcity
 - Bullring shout
 - Camp beds
 - Confront
 - On the front burner
 - Oolong, for one
 - Twisted forcibly
 - Part 3 of quote
 - Tip ending?
 - Part 4 of quote
 - Bit
 - Part 5 of quote
 - Buy off
 - Extinct bird
 - Songs of praise
 - Related
 - Irritating tingle
 - Baseball legend Mel
 - Online newsgroup system
 - Gear tooth
 - Writer Ferber
 - Part 6 of quote
 - End of quote
 - Failed to keep a promise
 - Direct route
 - Erik of "CHiPs"
 - D and C, in D.C.

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70								71					
72								73					

By Alan P. Olschwang
Huntington Beach, CA 1/29/09

THIS WEEK'S ANSWERS

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W	N	O	I	O	W			E	D	V	L	T	V	

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- DOWN**
- Do something
 - Well, ___-di-dah!
 - Anger
 - Part of DJIA
 - Social category
 - Oracle site
 - Perry's penner
 - Colo. hours
 - Of the ear: pref.
 - Pillow stuffing
 - Of a pelvic bone
 - Implied idea
 - One: pref.
 - Handwritten doc.
 - Reverse direction of an electric current
 - Texas airport letters
 - Hearing range
 - Mark above a vowel
 - Make fresh
 - Tea brand
 - Rock producer Brian
 - Well-founded
 - Took seats
 - Canned corn morsel
 - Small amount of liquid
 - Handhold
 - Rich cake
 - Leaky PA reactor
 - Tony Randall movie, "7
 - Faces of Doctor _"
 - Summer hrs. in D.C.
 - Day's end
 - One with aspirations
 - Hoarder
 - Bonkers
 - Claim to a share
 - Prefix's prefix
 - Hi-__ graphics
 - Crimson or scarlet
 - Writer LeShan
 - __-de-France
 - Dead heat
 - Opp. of syn.
 - Guitarist Paul

Assistive Technology More Widely Available To Wounded

By Patricia Opong-Brown

TRICARE Management Activity

Defense Secretary Robert M. Gates has designated November as "Warrior Care Month" to communicate the Department of Defense's (DoD) commitment to quality care for the nation's service members and their families.

The Computer/Electronic Accommodations Program (CAP), Military Treatment Facilities (MTFs) and other DoD agencies have pledged to provide the highest quality of care to all wounded, ill and injured service members and their families through a program called the CAP Wounded Service Member Initiative.

Dr. David Chu, Under Secretary of Defense for Personnel and Readiness signed the Department of Defense Instruction (DoDI), Assistive Technology (AT) for Wounded Service Members in August. The DoDI outlines procedures and responsibilities in the development of a successful, interdependent AT system between the MTFs and CAP. This allows CAP to work closely with MTF medical providers, therapists, case managers and military liaisons to increase awareness and availability of AT to wounded service members at no charge to them.

"The ability to initiate AT in the early stages of wounded service members' recoveries will promote a positive outlook and show them that their future endeavors are not limited," said Michael Young, team leader of CAP's wounded service member initiative.

AT is incorporated into the recovering service member's rehabilitation process, allowing them to learn to use the accommodations for their next assignment or job. CAP has helped 8,500 wounded service members already and many of those are service men and women who were injured in Afghanistan or Iraq. Now with the new DoDI, CAP technology is expected to help many more service members.

CAP is committed to ensuring wounded service members have the tools early in their recovery and rehabilitation to ensure success for service members who continue on active duty, explore different employment options, or continue their education.

CAP has an established partnership with several MTFs, including Brooke Army Medical Center in Texas, Walter Reed Army Medical Center in Washington, D.C., Madigan Army Medical Center in the state of Washington, and Naval Medical Center San Diego in

California.

Beginning early next year, CAP will work closely with other MTFs to provide training to staff to implement AT programs. "The training will offer specific procedures and best practices to set up effective AT programs for wounded service members at all MTFs," Young said.

As part of the process, CAP conducts a needs assessment to ensure the proper assistive devices and training is provided. The assessments are done on a case-by-case basis since disabilities and conditions are unique to each wounded service member. The staff looks at the individual, their job and possible solutions when conducting the assessment.

CAP supports people with cognitive or communication disabilities, people who are blind or have low vision, people who are deaf or hard of hearing or who have dexterity disabilities. CAP is part of TRICARE and was initially launched in 1990 as a centrally funded, reasonable accommodations program for DoD employees with disabilities. Many of the technologies cost less than \$500 - but their value is immeasurable.

Forgotten Victims of Mortgage Crisis

By Lt. Jeffrey Harper

RLSO SE

In today's uncertain economic environment, an increasing number of home loans are being foreclosed upon. Generally this means the homeowner can't make the mortgage payments, so the bank or other financier takes ownership of the home.

This is clearly a bad thing for the homeowner, but there are often other people hurt by a foreclosure. What happens if the homeowner is renting the place to someone else?

What usually happens is that the bank ends up owning the house and tells the renter to get out. This can be with as little as 5 days notice (Louisiana) to as much as 60 days (Georgia). If the renter doesn't leave, the bank can evict the tenant. Eviction is an option for the bank because most of the time there wasn't a renter

involved when the bank made the loan. The bank isn't bound by what the homeowner does later. "First in time, first in right" as the legal maxim goes. Unfortunately, an eviction is a very negative mark in a credit report, which can make it difficult for the tenant to find a new place to live, even if the eviction was due to no fault of the tenant.

To be blunt, tenants do not have a lot of options in this situation, and the best you can reasonably hope for is damage control. Tenants will likely have difficulty getting their security deposit back, and will have to find, apply for, be approved, and sign a lease on a new place in a short period of time. This problem is of particular concern to military members, who are more likely to be renters than the US population as a whole. 65 percent of Americans own

their homes, but only 25 percent of military members are homeowners.

The Servicemember's Civil Relief Act (SCRA) provides some help to military members and their families. First, many states' laws do not require a landlord to go to court to evict a tenant. Section 531 of the SCRA, however, provides that military members may not be evicted without a court order, as long as the rent is less than \$2,831.13 (in 2008). Unfortunately, many landlords and banks are not aware of this federal law, so if you receive a notice telling you to move out, contact an attorney immediately. Second, this same section of the SCRA allows the court to delay the eviction 90 days. It does not require the court to do so unless the servicemember's ability to pay the rent was affected by their military service, a situa-

tion that typically only arises in the case of a reservist recalled to active duty.

If you do have to move, you should know that the Joint Federal Travel Regulations now allow eligible renters who are evicted because of foreclosure to receive a short distance Household Goods move, which can help offset the expenses of a sudden and unforeseen change of address. Your local personal property office will be able to make the arrangements for you to take advantage of this provision. Additionally, the Navy-Marine Corps Relief Society may be able to assist with a short-term, interest free loan to help cover the unreimbursed expenses of your move.

Some banks, in an effort to encourage tenants to leave quickly and quietly, will offer "cash for keys." Typically, these are bad deals for the ten-

ant, as it will not even begin to cover your expenses: a security deposit from the previous landlord you'll never see again, application fees at a new place, a new security deposit, and other expenses a HHG move will not cover. You should consult with an attorney before accepting a "cash for keys" offer.

A tenant in this situation does, of course, have the right to sue the former landlord for breaking the lease. This is, alas, a right without a meaningful remedy, since a landlord who has defaulted on their mortgage is likely a defendant without the money to satisfy a court judgment. A prudent tenant may want to consider keeping an eye on their county's court website for any hint of a foreclosure action involving their home.

When you rent a home, you expect that the landlord will

run a credit check on you. The recent housing crisis is showing us that the creditworthiness of your landlord is just as important.

Get help from your local 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. This article is not intended to substitute for the personal advice of a licensed attorney.

Tips For Modifying A Child Support Order

By Frank C. Swaggard

Legal Intern

If a court has issued an order for you to pay child support, you must pay that amount. However, personal circumstances may change. For example, you and the other parent may agree to a different amount, you may lose your job or face a payout, or you may have a new family to support. You cannot simply stop paying the court-ordered amount. You must request and be granted a modification from the court of your child support order before making any adjustments to the regular amount. The same is true for the custodial parent who wishes to increase the amount paid by the noncustodial parent: the custodial parent must file a motion to modify with the court and seek a new order. If you would like to modify your child support obligations, or the obligations of the other parent, there are some important things to know.

Orders for child support will not be altered by a court if the same facts that existed when the order was entered exist when the modification is sought.

Simply put, there must be a significant change in your circumstances, or the circumstances of the other parent, before a court will modify any order for child support. The change must be a truly significant change and something that was not considered by the court when the original order was entered. Support orders can also be temporary. Many courts will allow for a temporary departure from their original order when the justification for that departure is itself temporary. For example, temporary incarceration may merit a temporary reduction in the support order.

What constitutes material and substantial changes varies from state to state, but some of the more common factors are: (1) increased needs caused by advanced age and maturity of the children, (2) increases in expenses, (3) inflation, (4) relative financial condition and earning capacity of the parents, (5) health and special medical needs of the children, both physical and psychological, (6) health and special medical needs of the parents, both physical and psychological, (7)

necessary living expenses of the father, (8) estimated amount of income taxes the respective parties must pay on their incomes, and (9) free use of residence, furnishings and automobiles. This list does not include all the reasons for legitimately seeking to modify a child support order.

If you think you qualify for a modification of a support order, the best place to begin is with the clerk of court for the family court which issued the original order. The clerk can instruct you as to which forms you should fill out and how to properly file them. In fact, many courts now provide the appropriate forms on their websites and include instructions for their completion and filing. Forms of this nature can be long and complicated. The most important thing to keep in mind is to be thorough and as accurate as possible. You should have a copy of the original support order with you when completing your forms. After the motion to modify has been appropriately filed, you will need to notify the other parent. You can do this in most jurisdictions by obtaining a notice form

from the same clerk or website. Notice is an essential step in the process, and failing to provide it will have your request denied from the outset.

If you've followed all of the appropriate steps, the family court will usually grant a hearing and allow you to plead your case for a modification of the support order. Be sure to personally appear, very specifically articulate the material changes that justify the modification, and

be completely open and honest with the court. Be prepared to show reliable documentation proving the change in circumstance. This can include paystubs, bills, or doctor/medical facility treatment information.

You can talk with a legal assistance attorney about child support orders. Contact them 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. This article is not intended to be a substitute for the personal advice of a licensed attorney.

White House Web Site Lays Out National Security Agenda

By John J. Krugel

American Forces Press Service

As President Barack Obama and the first family began moving into the presidential residence here Jan. 20, the administration unpacked a new presidential agenda on the White House's official Web site.

Shortly after Obama took the oath of office, the president's agenda, including Obama's strategy for defense and Middle East policy, was uploaded to www.whitehouse.gov.

According to the agenda, the administration supports the effort begun in 2007 to increase the size of the Army by 65,000 soldiers and the Marine Corps by 27,000 to help units retrain and re-equip properly between deployments and decrease the strain on military families.

The new commander in chief also plans to create a Military Families Advisory Board to make senior policymakers and the public more aware of military families' concerns. Meanwhile, a vignette on the site about first lady Michelle Obama states that supporting military families is an issue "close to her heart," and an issue on which she intends to focus her efforts.

Many of the policies cited online mirror the items Obama and Vice President Joe Biden endorsed on their campaign and transition Web sites.

An issue affecting both military members and their families is the policy of "stop-loss" that requires selected troops to remain in uniform after their service contracts expire. The president has promised to cease these mandatory extensions.

"Obama and Biden will end the stop-loss policy and establish predictability in deployments so that active duty and reserves know what they can and must expect," the site

states.

Another piece of Obama's defense agenda is building defense capabilities for the 21st century by fully equipping troops - including members of the National Guard and reserves - for their missions, and balancing conventional and counterinsurgency weapons systems.

The president also advocates reforming a corruptible contracting process while maintaining aerial and naval capabilities, and supporting a pragmatic and cost-effective missile defense system.

Obama and Biden have vowed to build up special operations forces, civil affairs, information operations, and other units and capabilities that are in chronic short supply; to invest in foreign language training, cultural awareness, human intelligence and other needed counterinsurgency and stabilization skill sets; and to create a more robust capacity to train, equip and advise foreign security forces.

This agenda item dovetails with the administration's pledge to develop "whole-of-government" initiatives to spur global stability, in which military and civilian efforts are linked and a 25,000-strong Civilian Assistance Corps consisting of doctors, lawyers, engineers and police is formed as a deployable unit available in times of domestic or international need.

On foreign policy, the site describes the incoming administration's plans for U.S. force posturing in the Middle East: "Barack Obama and Joe Biden will responsibly end the war in Iraq so that we can renew our military strength [and] dedicate more resources to the fight against the Taliban and [al-Qaeda] in Afghanistan."

With regard to U.S. force levels in Iraq, a newly enacted

agreement between Washington and Baghdad sets the legal framework for a timeline of withdrawal.

The status-of-forces agreement, which became effective Jan. 1, stipulates that American combat forces pull back from cities and villages to major bases by June 30, 2009.

The deal also calls for all American troops to vacate Iraq by the last day of 2011, though officials point out that a withdrawal timeline is subject to change according to political circumstances.

In Afghanistan, the Pentagon is expected to add about 25,000 additional troops over the next 12 to 18 months, according to defense officials. Some 32,000 American forces currently are deployed there.

Both Obama and Defense Secretary Robert M. Gates, who replaced Donald H. Rumsfeld as then-President George W. Bush's defense secretary and whom Obama has retained as Pentagon chief, have spoken about the need to push for stronger commitment from NATO allies in Afghanistan.

During a news conference last month in the Afghan capital of Kandahar, the secretary said that some NATO allies believe they and their Afghan counterparts are holding their own in some areas of fighting.

"But I think everybody would agree that holding your own isn't good enough," Gates said.

The Obama White House, meanwhile, said it "will increase our troop levels in Afghanistan [and] press our allies in NATO to do the same."

"America's traditional alliances, such as NATO, must be transformed and strengthened, including on common security concerns like Afghanistan, homeland security, and counterterrorism," the Web site states.

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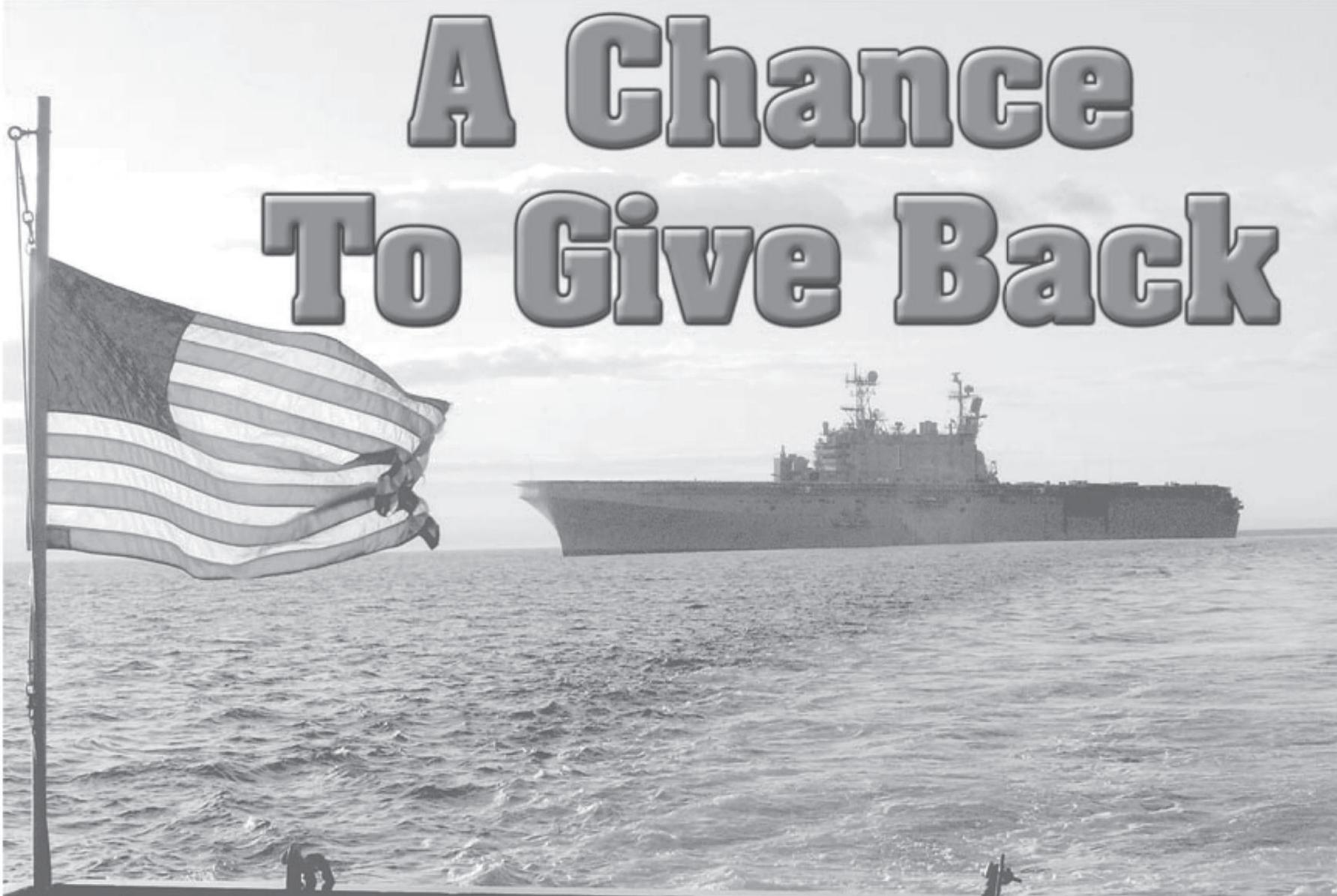
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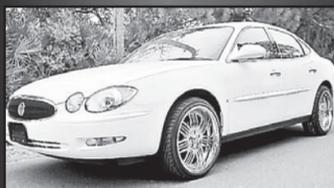
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