

# THE MIRROR NS MAYPORT, FLORIDA

CHINFO Award Winner

Vol. 52 • Issue 6

www.nsmayport.navy.mil

www.mayportmirror.com

THURSDAY, FEBRUARY 12, 2009



## Taxes Filed For Free

The Naval Station Mayport Tax Center is open and available for free tax preparation services through a program called VITA (Voluntary Income Tax Assistance).

VITA is the only free tax preparation service on base. VITA E-files almost all returns, ensuring fast refunds.

Who is eligible for free tax preparation through VITA?

- all active-duty service members and dependents
- all retirees and their dependents
- reservists on active duty for more than 30 days
- reservists within 30 days of demobilization
- and reservists involved in pre-mobilization

What to bring:

- all 2006 W-2's and 1099's
- copies of Social Security cards
- military ID cards
- and any other tax records, including copies of 2008 tax returns if available

The Mayport VITA Tax Center is located in Building 707 on Everglades Street, off of Moale Road. The office is open from 9 a.m.-4 p.m., Monday-Friday, 9 a.m.-12:30 p.m., Saturdays. Call 270-5150 for appointments.

# 'Turkeys' Join Pirate Hunt

By MCSN  
Chad R. Erdmann  
Combined Task Force 151 Public Affairs

On Feb. 4, USS Vella Gulf (CG 72), with embarked detachment HSL-42 Detachment One "Jive Turkeys," became the flagship of Combined Task Force (CTF) 151, a multinational task force conducting counter-piracy operations in the Gulf of Aden, Red Sea, Indian Ocean and Arabian Sea.

The amphibious transport dock ship USS San Antonio (LPD 17) assumed the role in January and served as the flagship for Rear Adm. Terry McKnight, commander, CTF 151, before the admiral transferred his flag and staff to the guided-missile destroyer.

"San Antonio did an amazing job as the first CTF 151 flagship," said McKnight. "Her crew and capabilities meshed with the embarked command staff and several other units from day one, which allowed us to be very effective conducting counterpiracy operations."

"Our Navy and Coast Guard boarding teams were able to train together, the helo detachment provided passenger movements between platforms and overwatch for our boarding teams, and our fleet surgical team was always ready to be called upon," McKnight continued.

"Through it all, we worked with our partners to promote the free flow of commerce in the maritime environment. I have no doubt Vella Gulf will take up the torch and do just as well in



HSL-42 Detachment One, "Jive Turkeys," embarked on USS Vella Gulf is currently conducting counter-piracy operations in the Gulf of Aden, Red Sea, Indian Ocean and Arabian Sea. Vella Gulf is the flagship of the Combined Task Force 151, a multinational task force assigned to the operations.

her support of maritime security operations."

The CTF 151 flagship transition to Vella Gulf brings a fresh crew of Sailors who will assume the responsibilities of the mission. The multi-mission platform provides unique and valuable capabilities to the task force charged with detect-

ing and deterring piracy in the region.

"We are very strong in developing and maintaining a recognized maritime picture (RMP) because of our training during workups as the Iwo Jima Amphibious Readiness Group Sea Combat Commander, and we will be able to use this expe-

rience during the counterpiracy mission," said Capt. Mark Genung, Vella Gulf's commanding officer.

He added that Detachment One brings an "unparalleled" organic capability to detect and identify potential pirate ships and skiffs beyond the line of sight of the ship.

"On board Vella Gulf I have significant radar, [signal intelligence] and electro-optical capabilities that, coupled with my SH-60B, provide Rear Admiral McKnight the best possible RMP. We're also capable of providing a broad spectrum of kinetic and non-kinetic options to CTF 151."

-U.S. Navy Photo

# Mayport Tops CFC Fundraising Goal

By Kaylee LaRocque  
NAS Jax Deputy PAO

A grand celebration held Feb. 3 at the NAS Jacksonville Officers' club officially ended the 2008 Northeast Florida-Southeast Georgia Combined Federal Campaign (CFC).

This year's campaign for the region generated \$2,250,000 in contributions that will be distributed among the non-profit organization approved by a special committee to become recipients. This is the ninth consecutive year the drive has topped \$2 million.

The year's theme was "Reaching Out... Changing Lives."

Although the campaign proved to be a huge success, some wondered how the country's downward economic spiral would affect this year's campaign.

"It was the coordinators, tenant commands, that made the difference despite the economic environment," said NS Mayport CFC Chairperson Chief Electronics Technician Cedric Daniels, who has overseen the campaign for the past two years. "Their motivation and dedication ensured that every possible donor was given an opportunity to contribute to the campaign."

The NS Mayport goal was set at \$380,000 and base commands

exceeded that by 112 percent to raise \$425,189.

During the celebration, keynote speakers from Commander, Navy Region Southeast, CFC, U.S. Department of Labor and the United Way praised the audience for their dedication to making the campaign so successful.

"On behalf of the United Way of Northeast Florida, I would like to pass on my congratulations to the entire CFC team for their excellent, excellent campaign this year. You have stepped beyond and above of what most others in our community have not been able to do, so all the accolades you

hear today are well deserved. From the bottom of my heart I say, 'thank you for caring,'" said Connie Hodges, president of the United Way of Northeast Florida.

"The message that I really want to leave you with is a message of thanks. We all know how important this campaign is for many, many reasons. You are all responsible for the success achieved in this year's fund drive. You did that through hard work, personal sacrifice, getting out and talking to people and attending meetings. Thank you for taking the time, making the commitment and stepping up," added CNRSE Rear Adm.

Townsend Alexander. "The contributions that you've collected or were responsible for are going to help people in need. These days we're in some tough economic times and we definitely have organizations that are in need."

"We can take great pride in what we do as federal employees in supporting the CFC. We truly do make a difference for literally thousands of people and with this economy this year, that is so very important," echoed Richard Brettell, regional director of the U.S. Department of Labor Office of Worker Compensation Programs.

CFC Regional Director John

Smith also presented numerous awards during the event to recognize leaders and loaned executives of the various commands and agencies from the region.

To close out the celebration the audience happily cheered as the final contribution figure of \$2,250,000 was announced. The campaign runs each year from Sept. 1 through Dec. 15 to allow federal employees and military personnel to contribute to thousands of not-for-profit charities. The CFC of Northeast Florida-Southeast Georgia is comprised of 30 counties with more than 41,000 federal employees and military members.



-Photo by Paige Gnann

Representatives from Naval Station Mayport and support organizations have teamed up to hold a Military Saves Week Credit Fair on Feb. 23. Pictured from left back, NMCRS Mayport Director Bill Kennedy, NS Mayport Commanding Officer, Capt. Aaron Bowman, Executive Officer, Cmdr. Mike Watson, Navy Federal Credit Union Manager Diane Wright, FFSC Finance Specialist Kevin Hansen, Stephanie Edwards of MWR, FFSC Finance Specialist Mike Rivera, FFSC Director Cmdr. Michael Russo, and Erin McHale-Smith of Bank of America Military Bank.

# Mayport Talks Saving Money

From FFSC

Naval Station Mayport's Fleet & Family Support Center will sponsor the first annual Military Saves Week Credit Fair on Feb. 23.

This presentation will have displays and free information pertaining to an assortment of money and financial matters including credit and credit reports, consumer protection, car buying, savings and investing, preparing for home buying.

The main participants of the credit fair will include Navy Marine Corps, Navy Federal Credit Union, Bank of America, Florida Department of Financial Services, and MWR.

All attendees will have the opportunity to go on line to the Military Saves web site and pledge to "Build Wealth or Eliminate Debt."

"In view of current economic

conditions, it is imperative that commands foster an environment of sound financial habits and the self discipline to adhere to established spending plans. Military Saves Week, established as an integral part of the DoD personal financial readiness campaign, provides an opportunity for commanders to encourage Sailors and family members to establish personal savings goals and habits to improve personal financial fitness," said Vice Adm. J.C. Harvey, Jr., Director, Navy Staff.

This event will take place at the Beachside Community Center from 1-5 p.m. The Credit Fair is free to all NS Mayport's military service members, and their families, retirees and civilians alike.

# CO Column

It was a chilly homecoming last week, but a warm welcome for the return of more than 200 Sailors on board the USS Taylor (FFG 50) after their successful six-month deployment.

While deployed, Taylor participated in two North Atlantic Treaty Organization (NATO) exercises in the Mediterranean Sea, and Operation Active Endeavor, a three week operation which assured the safety and security of the Mediterranean for all shipping, denied the use of the sea for terrorists, drug and human smugglers and promoted the role of NATO forces in the area. I want to personally give a "well done" to everyone on board and my hat is off to the families of these great Sailors who support them.

On Feb. 26, the Navy League will host a luncheon honoring our returning I.A. personnel at the Ocean Breeze Conference



**Capt. Aaron Bowman**

Center. The Navy League will sponsor all I.A.'s and guests who have returned from duty after July of 2008 and those who may have missed the last luncheon. Tickets will be available through Feb. 24 at a cost of \$10 dollars. Tickets must be purchased in advance and will not be sold at the door. Seating will

be on a first come first serve basis and doors will be opened by 10:30 with the program commencing at 11:30. For more information contact OS1 Rogers at 270-5940 ext. 1201.

The W-2s are out and Volunteer Income Tax Assistance (VITA) is already 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.

If you see a strange sport this weekend on base, it's

because we are hosting the Air Force Academy Lacrosse team. On Saturday at UNF Hodges Stadium they will play Maryland at noon and then Clemson will play FSU at 3 p.m. All proceeds go to the Wounded Warrior Project and it's a great chance to see some of the best teams in the country play here locally.

If you haven't noticed, we are now playing a movie every Saturday night at the Community Center. Movies start at 7 p.m. and are completely free to everyone. This week's movie will be High School Musical III. Okay, I might miss that one, but I bet there a lot of people on base that will be there. We had almost 100 people this past week.

Last week's paper featured our base services Sailors improving the look of the base one paint stroke at a time. The

hard work and dedication is really paying off as the freshly painted buildings that are popping up really make a difference in the base appearance. Thank you so much for your efforts, very often, base service work might seem like a "thankless" duty, but your hard work never goes unnoticed by me. Well done to all of you and thanks again for making this base look so sharp.

Exam time is here, or will be before we know it...tests begin March 5, 12 and 19. If you're not in the books as we speak, your behind the curve. Make time for your advancement, its money in your wallet and increased responsibility.

Before I close, I want to remind everyone that we as a Navy family have a host of resources that can help us in nearly every aspect of our lives. Our Fleet and Family Support

Center is a one-stop shop for programs designed to HELP YOU and your family.

Each week *The Mirror* has a schedule of these services and workshops, and the center has an open door policy for everyone. Sadly, last week we lost a shipmate and this could very well have been avoided if help was asked for. Please take advantage of the help you have at the ready. If it's financial, or emotional, we have the staff that is standing by to help. They are here for you.

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

If you are a regular reader of my column you know I am passionate about finding information, resources, inspiration and tips to help us as military spouses to improve our quality of life. This week, however, I am veering from my normal for an opinion piece; an opinion piece for military spouses.

Throughout our nation's history the wife of the President has effectively used their position as First Lady to champion causes, bringing attention to and effecting change for their cho-

sen interest. Michelle Obama, in her letter to America's families (<http://tinyurl.com/b49waz>), pledged to be an advocate for families with special emphasis on military families.

Politics aside, this is an opportunity for military spouses to have a voice, an advocate, not previously enjoyed. But what do we, as military spouses, Navy spouses want, what do we need? What are the things Mrs. Obama could champion on behalf of military spouses? I am sure each of us could draft our own wish list. But let us maximize this opportunity to

effect positive change for not only ourselves but for military spouses and families of future generations.

I recently spoke with several groups of military spouses, asking what they would like to see Mrs. Obama to do on behalf of military spouses. Below is a compilation of their thoughts.

- Career development.
- Educational Assistance for spouses.
- Professional Credentialing Assistance.
- Educational assistance for mobile military children.
- Child Care:

Increased of support for military families and their service member.

Each of these items require expounding but one thing is clear. We have an opportunity to communicate our needs and experience with a First Lady who has pledged "we have an advocate in the White House."

I am not a 'call to action' type person; I'm not a petition signing woman. But I recognize we have a unique opportunity to effect change, to have a voice. So, let us not be lax in this opportunity to be heard. What do YOU need? What do

you want Mrs. Obama to know about you, your life, your challenges and your ideas?

May I encourage you this week to take time to send a letter, card, email or note to Mrs. Obama. Hearing from military spouses will only enhance her ability to effectively advocate on our behalf. You can write Mrs. Obama at:

First Lady, Michelle Obama  
The White House  
1600 Pennsylvania Avenue NW  
Washington, DC 20500  
Personally my desire is that Mrs Obama will raise aware-

ness and appreciation of the heroes serving in our military (after all they are family) and the heroes left behind; the spouses, children and parents of military who stand strong and proud while enduring challenges beyond the experience of our civilian counterparts.

Questions or comments for Beth? Email her at [beth@homefrontinfocus.com](mailto:beth@homefrontinfocus.com). Check out Beth's internet talk show for military spouses at [www.blogtalkradio.com/nht](http://www.blogtalkradio.com/nht).

## Tax Man

By Bob Johnson

VITA Mayport

Tax season is well underway, and hundreds of people have already taken advantage of the savings offered by the free VITA Tax Center. There are some common questions this tax season, so the TAX MAN will take your Questions now.

Before TAX MAN takes your questions, a word about the Economic Stimulus Payment.

Economic Stimulus Payment: It's important that you check Notice 1378 you received with the payment last year. It shows the amount of the payment and if any of it was applied to other outstanding balances owed. Our most common question: Why are we paying tax on the payment? You are not going to pay taxes on the payment but if you received more than you were due, it may have to be paid back. Also, if you did not receive the correct amount, you may receive the additional. We have had some returns rejected, because we were provided the wrong amounts.

Question: Why are you asking for the Leave and Earnings Statement?

Answer: We only ask that for some servicemembers that are serving on active duty; if you are filing for Itemized Deduction and on active duty, your non-taxable military pay would be added to your income for additional deductions for General Sales Tax if you are using Schedule A. The income isn't taxed but it adds to the total income for computing your sales tax.

Question: I received a statement from VA. Where do I put that income on my tax return?



Answer: VA Benefits are not put on the tax return unless you qualify for Credit for the Elderly or Disabled.

This is a seldom used credit; in order to qualify, your income must be very low and you must add in your social security and VA benefits. If your nontaxable social security and VA benefits are greater than \$5000 for single filers, \$7,500 if married filing jointly, or \$3,750 married filing separate, you cannot claim the credit. The Tax Center may see two or three returns each year that can claim the credit.

Question: I hear that I may qualify for Earned Income Tax Credit (EITC). I am single with no children.

Answer: In some cases, that may be true. There is only one case where you can claim EITC on your return without children. If

you are single, you have to be between the ages 25 and 65 with earned income of at least \$1 but less than \$12,880. Let us ensure that you receive the correct amount, visit your VITA CENTER.

Question: Do you process rental income? I have a house that I rented last year when I transferred and I just don't know how to report the income.

Answer: We do rental income reporting on Schedule E at the VITA Tax Center.

You must bring in a complete list of your rental expenses, such as, repairs, insurance, pest control, property taxes, utilities, management fees, and any other fees that may be required to keep the dwelling livable. Remember, repairs and expenses paid out before renting are not rental expenses. If you have home improvements (they add value to the home), these expenses are a Capital Improvement and would be added to the basis of the property and must be depreciated.

Depreciation must be taken on all rental property. You must determine the basis of the house that is being depreciated. At times you will need to determine the value of the land before you can depreciate the property. We do limit the number of rental properties that we can report for you.

Remember to make an appointment at the Mayport VITA Tax Center, located in Building 707, call 904-270-5150. We also take walk-ins. Please note, the VITA Tax Center will be closed for President's Day weekend, closing at 4 p.m. on Feb. 16 and reopening on Feb. 20.

## Alternative Ways To Commute

From the North Florida Transportation Planning Organization

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 (TPO) commuter services website, [www.cooltopool.com](http://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 unex-

pected 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 saving money today.

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

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 Commuter Services is funded by the Florida Dept. of Transportation. Our phone number is 904-306-7500.

## SNA Has Scholarship For Military Families

From SNA

Vice Adm. Robert L. Walters Scholarship Fund was established to honor the memory of the first president of the Association and to recognize worthy members of dependents of members of the Surface Navy Association and assist them in attaining their educational goals.

The Surface Navy Association Scholar receives an academic scholarship awarded for demonstrated leadership, community service, academic achievement and a commitment to pursuing higher educational objectives.

This award is \$2,000 a year and awarded for 4 years as long as a 3.0 GPA and full time status is maintained. Scholarship deadline is March 2, 2009.

Please visit [www.navy.sna.org/awards/Scholarship/VADMAApplication.html](http://www.navy.sna.org/awards/Scholarship/VADMAApplication.html) for an application and details.

Selection Qualifications

•Must be a child, stepchild, ward or spouse of a Surface Navy

Association member. The member must be in their second

or subsequent consecutive year of membership.

•Member can be serving, retired or honorably discharged and must be a Surface Warfare Officer or Enlisted Surface Warfare Specialist. Qualified members must serve for a minimum of 3 years on surface ships of the U.S. Navy or a Coast Guardsman, Officer or Enlisted, with a permanent Cutterman Pin. Surface ships include carriers, combatants, amphibious, service force, mine force, tenders, and U.S. Coast Guard cutters of all classes.

•The three years need not be consecutive but must have been served on active duty.

•There is no minimum service period for children or spouses of personnel who died on active duty while serving in a surface ship or cutter.

•Surface Navy Association scholarships are for studies in an accredited undergraduate or postgraduate institution.



Chapel Call

Command Chaplain:  
Cmndr. 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.



Naval Station Mayport

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Cmndr. Mike Watson..... Executive Officer

CMDCM Deborah Davidson..... Command Master Chief

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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:

The Mirror

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Naval Station

Mayport, FL 32228-0032

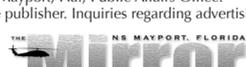
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-U.S. Navy Photo

Fire Controlman 2nd Class Chris Hann trains Mozambique Marines aboard the the guided-missile frigate USS Robert G. Bradley (FFG 49) on visit, board, search and seizure techniques. Robert G. Bradley is making the first ever Africa Partnership Station port visit to Mozambique, where the crew will conduct a range of training, community service projects and cultural activities.

## RGB In Mozambique For Workshops, Music, Volunteer

By Commander, U.S. Naval Forces Europe-Commander, U.S. Naval Forces Africa Public Affairs

USS Robert G. Bradley (FFG 49) arrived in Maputo, Mozambique for a port visit Feb. 6 as part of the Africa Partnership Station (APS) initiative in East Africa.

APS is an initiative to enhance maritime safety and security in Africa led by U.S. Naval Forces Europe and U.S. Naval Forces Africa. It is one of the keys to the chief of naval operations' maritime strategy and aimed at strengthening global maritime partnerships through training and other col-

laborative activities in order to improve maritime safety and security throughout Africa.

The visit began with a round table meeting aboard the ship hosted by Rear Adm. William Loeffler, director of policy, resources and strategy for U.S. Naval Forces Europe and Africa and the U.S. Embassy Charge d'Affaires Todd Chapman with the Mozambican chief of defense, minister of defense and other senior-level Mozambican officials.

Bradley will host workshops with Mozambique Sailors on visit, board, search and seizure (VBSS) techniques and small

boat operations, participate in two community relations projects, and deliver Project Handclasp donations to a local orphanage. Top Brass, a U.S. Naval Forces Europe-Africa brass band, will also hold a musical workshop with members of the Mozambican military band.

Bradley, an Oliver Hazard Perry-class frigate homeported in Mayport, Fla., is on a regularly scheduled deployment to the 6th Fleet area of responsibility in support of Commander, U.S. Naval Forces Africa.

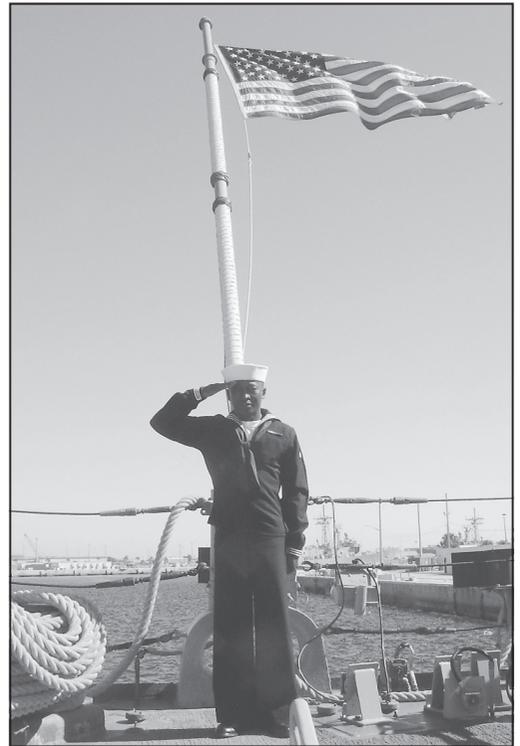
# Hue City Celebrates Sailor's Citizenship

By Ensign Nicholas Watts-Fernandez  
USS Hue City

On Jan. 21, Storekeeper Seaman Recruit Allie Sillah of USS Hue City became a citizen of the United States of America.

"Life, Liberty and the pursuit of Happiness": Words that many Americans take for granted. Those of us born into the rights and privileges guaranteed by the Constitution rarely take the time to consider what life would be like without these unalienable rights. Yet it is the desire for these very rights that drives so many people across the world to seek refuge under the protective net of American citizenship. Sillah is one such individual.

Sillah arrived in New York in December of 2007 after winning the visa lottery in his native Sierra Leone. He is a member of the Susu tribe of North Sierra Leone, located in West Africa, and decided to immigrate in order to make a better life for himself, his wife Mariama, and their young daughter Alima. Within months of arriving in the United States and getting his Green Card, he decided to enlist in the Navy to support his new country and attain a quality education. He states that, thanks to the Navy, everything is happening; his American Dream is coming true.



-Photo courtesy of USS Hue City Storekeeper Seaman Recruit Allie Sillah of USS Hue City became a citizen of the United States of America on Jan. 21.

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M-F 9am-7pm  
Sat 9am-5pm  
\*12 Months - No Interest - No Payments Program is available with approved credit on select products. Product terms may vary by state. Wheel and tire brands, styles and services may vary per location. All pictures in ad are representative only. Not responsible for typographical errors in ad. Other charges may include taxes, club fees and tire disposal fees. Ownership of product is obtained once the agreed payment program has been completed. Guaranteed Lowest Price is on identical item in-stock plus installation with written quote. See store for details. Rotate & Balance for Life is available every 3000-8000 miles for the life of the tires. RNR CUSTOM WHEELS & TIRES RNR-STIMULATE-0109-300-JAX  
539778

# USS Taylor Settles Pierside



-Photos by MC3 Patrick Cook

Gas Turbine System Technician (Mechanical) 2nd Class David Butts is welcomed home by his wife Katie and children Logan (left) and Lyla after a six-month deployment aboard guided-missile frigate USS Taylor (FFG 50). The ship participated in two North Atlantic Treaty Organization (NATO) exercises in the Mediterranean Sea, and Operation Active Endeavor, a three-week operation which assured the safety and security of the Mediterranean for all shipping, denied the use of the sea for terrorists, drug and human smugglers and promoted the role of NATO forces in the area.



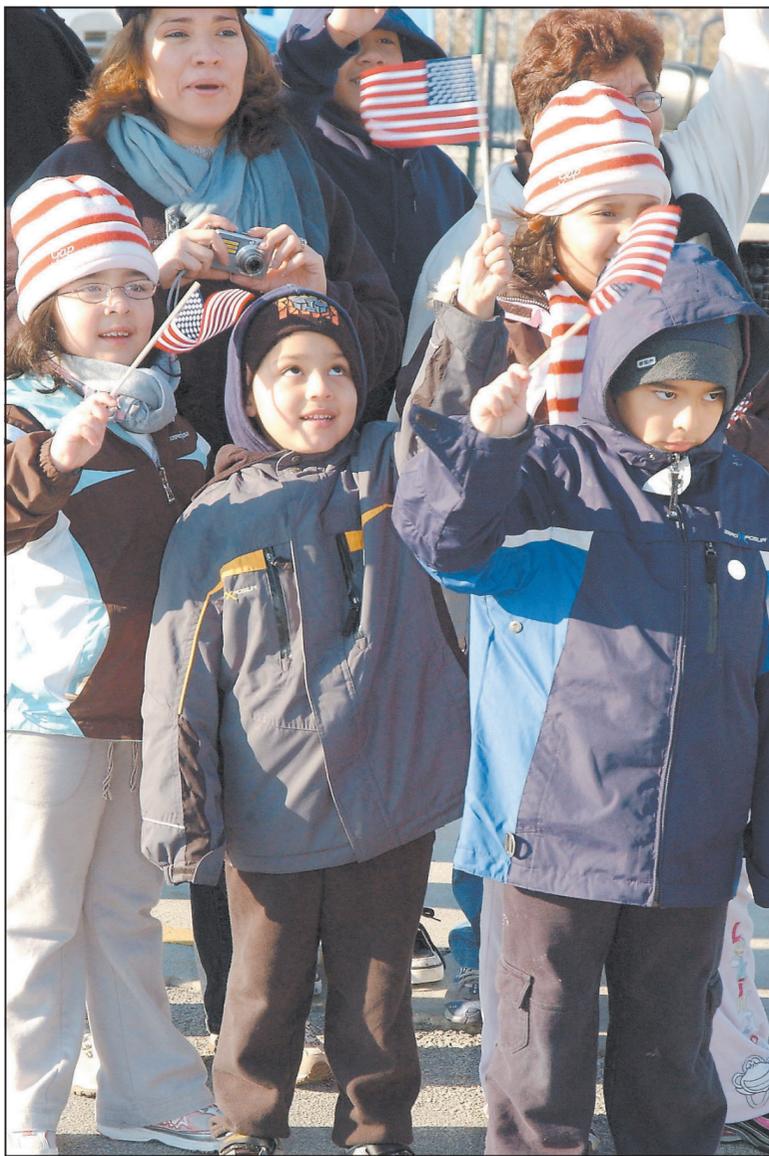
Friends and family hold signs and flags as they wait for their Sailors to return on Friday from a successful deployment aboard USS Taylor.



Friends and family await the return of guided-missile frigate USS Taylor (FFG 50) as it arrives home from a successful six month deployment.



Faith Vasviner (left) and Tiffeny Jackson eagerly await the return of guided-missile frigate USS Taylor (FFG 50) as it arrives home from a successful six-month deployment.



Friends and family wave flags as their Sailors pull pier-side with USS Taylor (FFG 50) as it arrives home from a successful six-month deployment.



Sailors moor guided-missile frigate USS Taylor (FFG 50) to a Naval Station Mayport pier as they return from a successful six-month deployment. Taylor participated in two North Atlantic Treaty Organization (NATO) exercises in the Mediterranean Sea, and Operation Active Endeavor, a three-week operation which assured the safety and security of the Mediterranean for all shipping, denied the use of the sea for terrorists, drug and human smugglers and promoted the role of NATO forces in the area.

## Taylor Completes NATO Deployment

From Staff

USS Taylor (FFG 50) returned to Naval Station Mayport on Feb. 6 after a six-month deployment to the Mediterranean Sea.

While underway, Taylor participated in two North Atlantic Treaty Organization (NATO) exercises in the Mediterranean. They also participated in the three-week operation, Operation Active Endeavor, to ensure the safety and security of the Mediterranean for all shipping.

While underway, the ship visited Constanta, Romania, and received visits from several distinguished guests, including the Prime Minister of Romania, the Romanian Minister of Defense and Commander in Chief of the

The ship transited the Turkish Straits four times and enjoyed port visits to Rota, Spain, Souda Bay, Greece, Varna, Bulgaria, Istanbul, Turkey, Civitavecchia, Italy, Split, Croatia, Koper, Slovenia, Izmir, Turkey, and Toulon, France.

Taylor conducted presence operations off the coast of Batumi, Georgia and was able to anchor off the coast of Poti, Georgia.

The crew gave back to the community as well, participating in a community relations project in Varna, Bulgaria. Sailors from Taylor cleared out a field for children to play and painted a fence guarding the play area at a local children's hospital. They also visited a

local orphanage in Varna during the Christmas holiday. Shirts, ball caps and candy were distributed to all the children. The ship also hosted tours for some of the children, led by the captain and crew.

The ship had 182 days of deployment time and completed 11 day and three night replenishment at sea. The ship also transited nine straits. It also acted as a presence off the coast of Algeria, Africa to provide safe transit for vessels.

While underway, the ship steamed 38,895 miles - with the best being the last mile to home.



Gas Turbine System Technician (Electrical) 2nd Class Randy Jackson embraces his wife Christine while holding his daughters Tiffeny and Paige after returning home from a six-month deployment.



Seaman Daniel Waller clutches his wife Amie after returning home from a six-month deployment aboard guided-missile frigate USS Taylor (FFG 50).



Sailors aboard guided-missile frigate USS Taylor (FFG 50) man the rails as they prepare to moor the ship after a successful six-month deployment.

# Oasis Galley

Weekday hours for The Oasis Galley are 6-7:30 a.m. for breakfast, 11 a.m.-12:30 p.m. for lunch, and 4:30-6 p.m. for dinner. Weekend and holiday hours are 8-9:30 a.m. for breakfast, 11:30 a.m.-1 p.m. for brunch, and 4:30-6 p.m. for dinner. The Oasis Galley also offers a speedline and hot bars Monday through Friday. The Menu Line is 270-6857. For Service Assistance, call the Oasis Administration Office at 270-5373. Breakfast costs \$2.10, lunch and dinner is \$3.85. The Menu is subject to change by FSO due to food availability. The Thanksgiving meal is open to all personnel with DoD Identification Card, including retirees and family members.



**Thursday, Feb. 12**  
**Breakfast**  
 Creamed Beef  
 Pork Sausage Links  
 Pancakes  
 French Toast  
 Hashbrowns  
 Grits  
**Lunch**  
 Clam Chowder  
 Fried Shrimp  
 T-Bone Steaks  
 Baked Potato Halves  
 Rice Pilaf  
 Broccoli  
 Corn On The Cob

Natural Pan Gravy  
**Dinner**  
 Clam Chowder  
 Rotisserie Chicken  
 Beef Stroganoff  
 Orange Rice  
 Buttered Pasta  
 Corn  
 Brussel Sprouts  
 Chicken Gravy  
**Friday, Feb. 13**  
**Breakfast**  
 Corn Beef Hash  
 Turkey Sausage  
 Pancakes  
 Oatmeal

French Toast  
 Tater Tots  
**Lunch**  
 Cream Of Mushroom  
 Chicken Wings  
 Assorted Pizza  
 Waffle Fries  
 Potato Chips  
 Baked Beans  
 Fried Fish  
 Green Bean Combo  
 Corn O'Brien  
**Dinner**  
 Cream Of Mushroom  
 Herbed Baked Chicken  
 Ravioli  
 Steamed Rice  
 Oven Browned Potatoes  
 Spinach  
 Cream Corn  
 Chicken Gravy  
**Saturday, Feb. 14**  
**Breakfast**  
 Bacon  
 Minute Steak  
 Pancakes  
 Grits  
 French Toast  
 Hashbrowns  
**Lunch**  
 Beef Noodle Soup  
 Bbq Pork Sandwich  
 Onion Rings  
 Mixed Veggies  
 French Toast  
 Minute Steak  
 Grits  
 Hashbrowns  
**Dinner**

Beef Noodle Soup  
 Meat Loaf  
 Chicken Tetrazzini  
 Mashed Potatoes  
 Succotash  
 Green Peas  
 Brown Gravy  
**Sunday, Feb. 15**  
**Breakfast**  
 Biscuits And Gravy  
 Ham Slices  
 Blueberry Pancakes  
 Oatmeal  
 French Toast  
 Tater Tots  
**Lunch**  
 Corn Chowder  
 Grilled Chicken Breast  
 Curly Fries  
 Carrots  
 Blueberry Pancakes  
 Tater Tots  
 Ham Slices  
 Oatmeal  
**Dinner**  
 Corn Chowder  
 Veal Patties  
 Bbq Chicken  
 Steamed Rice  
 Franconia Potatoes  
 Brown Gravy  
 Cabbage Corn  
**Monday, Feb. 16**  
**Breakfast**  
 Bacon  
 Turkey Sausage Links  
 Blueberry Pancakes  
 French Toast  
 Hashbrowns

Grits  
**Lunch**  
 Shrimp Gumbo  
 Fried Chicken  
 Bbq Ribs  
 Mashed Potatoes  
 Dirty Rice  
 Southern Style Green Beans  
 Buttered Corn  
 Chicken Gravy  
 Deli Bar  
 Potato Chips  
 Baked Beans  
**Dinner**  
 Shrimp Gumbo  
 Chili Mac  
 Chicken Tetrazzini  
 Oven Browned Potatoes  
 Steamed Rice  
 Asparagus  
 Carrots  
 Chicken Gravy  
**Tuesday, Feb. 17**  
**Breakfast**  
 Sausage Patties  
 Minced Beef  
 Pancakes  
 French Toast  
 Tater Tots  
 Oatmeal  
**Lunch**  
 Toscano Soup  
 Beef Enchiladas  
 Mexican Baked Chicken  
 Spanish Rice  
 Refried Beans  
 Mexican Corn  
 Calico Cabbage  
 Chicken Strips

French Fries  
 Baked Beans  
**Dinner**  
 Toscano Soup  
 Braised Pork Chops  
 Braised Beef Cubes  
 Egg Noodles  
 Steamed Rice  
 Broccoli  
 Squash  
 Brown Gravy  
**Wednesday, Feb. 18**  
**Breakfast**  
 Minute Steak  
 Canadian Bacon  
 Pancakes  
 French Toast  
 Hashbrowns  
 Grits  
**Lunch**  
 Tortellini Soup  
 Chicken Alfredo  
 Pizza Casserole  
 Fettachini Noodles  
 Green Beans  
 Marinara Sauce  
 Antigua Blend  
 Onion Rings  
 Baked Beans  
 Philly Cheese Steaks  
**Dinner**  
 Tortellini Soup  
 Roast Pork  
 Ham Steak  
 Au Gratin Potatoes  
 Steamed Brown Rice  
 Brussel Sprouts  
 Wax Beans  
 Brown Gravy

# 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

**Friday, Feb. 13**  
 Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners 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.-1 a.m.

The hottest new and exotic automobiles will steer towards North Florida when the Jacksonville International Car and Truck Show returns Feb. 13-15 at the Prime Osborn Convention Center. Show visitors can skip the lines and purchase tickets in advance by visiting [www.jaxautoshow.com](http://www.jaxautoshow.com). Show hours are Friday from noon-9 p.m.; Saturday from 10 a.m.-9 p.m.; and Sunday from 10 a.m.-6 p.m. Admission is \$8 for adults; \$6 for seniors; \$4 for children ages 6-12; and free for children under 6. Tickets are \$4 for active military with ID. Group discounts are available for 20 people or more. Discount coupons for \$2 off.

**Saturday, Feb. 14**  
 The Ladies Auxiliary of the Fleet Reserve Association, Branch 290, invites you to a special Valentine's Day Dinner and Dance from 5-8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. The dinner menu is Cornish Game Hens, with rice and vegetables, and dessert. A donation of \$8 is requested for each dinner. All drinks can be purchased at the bar. Beginning at 8 p.m., dance to the music of The Moody Brothers Band until 1 a.m. As always, the public is invited to attend.

**Sunday, Feb. 15**  
 Fleet Reserve Association Branch 290 hosts breakfast 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 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 one's own choosing. Call 249-1450 for a screening appointment. Group starts from 6-7:30 p.m. at the Neptune Beach office.

**Wednesday, Feb. 18**  
 The Fleet Reserve Association, Branch 290, invites you to participate in its "Wings-N-Things" from 5-8 p.m., at the Branch Home, 390 Mayport Road. 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.-1 a.m.

**Friday, Feb. 20**  
 The Fleet Reserve Association Branch 290 is hosting a "Fish Fry" from 5-8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. A donation of \$12 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at

9 p.m., the music of DOUG BRACEY will entertain until 1 a.m. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off.

The Cummer Museum of Art & Gardens, 829 Riverside Ave., is offering kids a rare chance for a night at the museum. Slumber at The Cummer is open to children ages 6 through 12 and includes art making, flashlight adventures and games that will make this occasion memorable. Dinner will also be provided. Slumber at The Cummer is in connection with Georgia O'Keeffe & Her Times: American Modernism from the Lane Collection of the Museum Fine Arts, Boston exhibition. Georgia O'Keeffe & Her Times, on view through April 12, 2009, features 12 masterpieces by O'Keeffe and additional major modernist paintings by important American artists such as Charles Sheeler, Arthur G. Dove, Stuart Davis, and Marsden. Cost is \$60 members and \$70 non-members. For more information, or to register, please call (904)-355-0630.

**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.

The 15th Annual Raymond B. O'Dwyer, Sr. "Cookin' for Kids" Chili Cook-off will be held on from noon-5 p.m. at the Metro Park Stage Pavilion located behind WJCT across from Jacksonville Municipal stadium. Proceeds raised from this event support the Shriners Hospitals for Children. Admission is free. Chili competition is opened to everyone. Activities include chili sampling, food, silent auction,

live entertainment and a custom motorcycle show & contest. Live entertainment will be starting at 12:15 p.m. with Jacksonville recording artist Destany Hotard, followed by "those old men with loud guitars," the George Aspinall Band, surprise guests and more. Registration for Bike show will take place from 10:30 a.m.-noon with judging starting at 1:30 p.m. Awards will be presented after the judging has been completed. Judging categories will include Custom, Cruiser, Sport Bikes, Baggers, Special Interest, Vintage/Antique ('75 or earlier) and People's Choice Award.

A class will be offered by University of Florida special-

ists on "Growing and Caring for Pecan Trees Class" from 9 a.m. to noon. The program topics will include a planting demo, disease and moss control, fertilization and leaf sampling for nutrient analysis. The class is free of charge and will be held at the Duval County Extension Office at 1010 N. McDuff Avenue. To register please call Becky Davidson at 387-8850 or [beckyd@coj.net](mailto:beckyd@coj.net).

**Sunday, Feb. 22**  
 Fleet Reserve Association Branch 290 hosts breakfast from 8-11 a.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. Menu includes eggs, bacon or sausage, grits or hash-browns, biscuits & gravy, pan-

cakes or toast. Omelets are also available. A donation of \$5 for a full breakfast, or \$3 for a breakfast sandwich, is requested. As always, the public is invited.

**Tuesday, Feb. 24**  
 Staffers from the Duval County Extension will offer a class on "Growing Vegetables & Herbs in the Warm Season" from 6-8 p.m. at the West Regional Library at 1425 Chaffee Road S. The program will teach you what vegetables and herbs to grow in the warm season in the ground or in containers. The class is free of charge. To register please call Jeannie Crosby at 387-8850 or [crosbyj@coj.net](mailto:crosbyj@coj.net). Please leave your name and phone number.

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# ATGM Makes Trash Its Mission

From ATG Mayport

The Topside Warfare department of Afloat Training Group Mayport is starting the year making a difference.

Once a month, the department has committed to conduct volunteer missions by giving back to the local community. Led by Lt. Ray Hatfield and Master Chief Quartermaster Rickie Smith, the Topside Warfare department has taken the initiative to help improve the lives and environment for the residents of Jacksonville. The first mission, walking the mile-stretch of beach at Naval Station Mayport. Their efforts yielded more than 300 pounds of trash and made the beach more presentable to visitors and ships.

For more information about volunteering around NS Mayport, contact the Base Chapel at 270-5212. For more information, contact NS Mayport volunteer coordinator CS1 Hopkins at 237-5808.

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

#### Jacksonville Zoo

The Jacksonville Zoo is asking for volunteers. Volunteers are needed to educate varied audiences about the natural world, teach conservation messages, beautify the grounds, assist guests in various areas of the park, input data, lend a hand in animal care areas, answer questions, drive trains and enhance guests' experiences. You provide the interest and enthusiasm, and the zoo will provide the training. Scheduling is flexible. Volunteers receive special discounts, free admission, newsletters and special programs only available to employees and volunteers. Take



-Photo courtesy of ATG Mayport

The Topside Warfare department of Afloat Training Group Mayport stands with trash they picked up along the mile-long stretch of beach at Naval Station Mayport. The department has pledged to volunteer once a month at various sites around Mayport and the city of Jacksonville.

this opportunity to meet others who share your interests in the animal kingdom. New Adult Volunteer Orientations are held at the Pepsico Foundation Education Campus. All interested personnel please CS1 Hopkins or call 270-5373 for more information.

#### YMCA of Jacksonville

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

Children's Home Society of Florida

Children's Home Society of

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

#### Homeless Pet Shelter

Jacksonville Homeless Pet

Shelter seeks volunteers. The new Homeless Pet Shelter is seeking help at a Temporary Clinic on surgery days. Contact [dlfields@bellsouth.net](mailto:dlfields@bellsouth.net).

#### St Augustine Amphitheatre Seeks Volunteers

St. Augustine Amphitheatre seeks volunteers to be used as

ushers, checking tickets, and pointing out seats. As a volunteer, you get to see the entire show. For more information, contact Lisa Tomkins at 209-3750.

#### Big Brothers Big Sisters Mentoring

Big Brothers Big Sisters is

providing an in-school mentoring program at Mayport Elementary School. Little Brothers and Sisters are needed just as much as Big Brothers and Sisters! If you are interested in this opportunity, please visit our website for more information: [www.usojax.com](http://www.usojax.com)



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# MWR Happenings

**Feb. 13 & 14: Live Band – Hith.** 9 p.m.-1 a.m. both nights at Castaway's Lounge. Free admission. Music style is reggae/punk. [www.myspace.com/hith](http://www.myspace.com/hith). 270-7205

**Feb. 14: Saturday Cinema – High School Musical 3, Senior Year (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. 15: Bingo Valentine's Event.** 12:15 p.m. at Beachside Community Center. Special event includes a potluck dinner and double payouts on all hard cards. 270-7204

**Feb. 16: President's Day Xtreme Rock & Bowl Special.** 11 a.m.-5 p.m. at Mayport Bowling Center. Special includes two hours of Xtreme bowling, a quarter-pound hamburger, chips and small drink for \$12 per person. Reservations are recommended. 270-5377

**Feb. 23: Men's Softball Begins.** Call Rita at

270-5451 for more information on adult sports.

**Feb. 26: Thursday Team Trivia Resumes.** 7-9 p.m. every Thursday at Bogey's. Win Bogey's Bucks if your team places first, second or third in this bar team trivia weekly event. Free to play; everyone welcome. 270-5143

## 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. 13 & 14: Live Band – Hith.** 9 p.m.-1 a.m. both nights at Castaway's Lounge. Free admission. Music style is reggae/punk. [www.myspace.com/hith](http://www.myspace.com/hith). 270-7205

**Feb. 15: International Truck and Car Show Trip.** This free

trip departs Planet Mayport at 10 a.m. Admission and transportation is included.

**Feb. 19: Dinner and a Movie Trip.** Pizza served at Planet Mayport at 5:30 p.m. prior to departing to the theatre. Cost is only \$2 and includes pizza, transportation and movie admission.

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

**Feb. 22: Medieval Times Trip.** Trip features a unique dinner and entertainment experience at Medieval Times in

Orlando. Trip departs at 3:30 p.m. Cost is \$40 and includes transportation and admission. Pre-registration is required.

**Feb. 26: Comedy Zone Trip.** This free trip departs Planet Mayport at 6 p.m. Transportation, appetizers and your first non-alcoholic drink are included. Pre-registration is required.

**Feb. 28: Monster Jam Show.** Trip departs Planet Mayport at 6 p.m. Cost is \$10 and includes transportation and admission. Pre-registration is required.

## MWR Sports/Fitness

### Sports

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.

A Soccer organizational meeting will be held March 10 at 11 a.m. at the Gym lobby.

NS Mayport's 5th annual March Madness Men's Basketball Tournament will be held March 13-15. Entry deadline is March 6. Awards for first, second individual; first, second, third team; seven all-tournament team and most valuable player. Cost is \$225 per team. For more information, call 270-5451.

Registration underway for the Men's Softball Captain's Cup.

The free Shamrock 5K Run and 3K Walk/Stroller Strut will be held on March 10 at 8 a.m. in front of the gym.

### Fitness

The MWR Fitness Team has a new program to put a "P.O.W." in your workout.

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.

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 fol-

lows:

**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

## MWR Fitness Gets IAs In Shape With Training

From MWR

Attention IA's (Individual Augmentees). Are you Fit to Fight?

The Navy Fitness team at Mayport offers a combat training program geared to prepare the IA for the upcoming physical requirements. This program can assist in the prevention of injuries occurring in pre-deployment training as well as injuries incurred during deployment.

The program addresses neck musculature endurance, strength and flexibility in preparation for the increased workload on these muscles due to the 3lb Kevlar helmet. CORE strength is also increased in a step wise progression utilizing first body weight and then a weighted vest of up to 40 lbs in order to prepare the IA for the IBA (Interceptor Body Armor) he or she will be wearing. Discomfort and injuries to the lower leg are prevalent due to the wearing of combat boots. Therefore, the strengthening and flexibility of the lower leg are also addressed. Finally, the strength and flexibility of the shoulder including

the rotator cuff, the lower and upper arms and the back muscles are increased to aide in the holding of the M16 and the putting on, wearing and taking off of the IBA.

The program incorporates many functional exercises that simulate activities that will be performed in the field. Pushing, pulling, simulated reflexive fire, simulated house clearing procedures, crawling, marching and casualty carrying are but a few. Body bars, medicine balls, the TRX, plyometrics, sandbags, agility and obstacles courses, tire pushing, weighted sled pulling, sledge hammering, Pilates, dumbbells, pull up and push up activities are some of the equipment, techniques and programming used.

The staging area for this training is primarily behind the Surfside Fitness center. Some strength training equipment at the gymnasium is also incorporated. IA combat training is currently offered by appointment only for those active duty members slated for an IA assignment. Call Emily Deason for more information at 270-7134.



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5-68973

# Kid Zone

**Feb. 13: Valentine's Activities.** Valentine's activities are planned for elementary ages at the Youth Center and for teens at Club Teen. Call for additional details. 270-5680

**Feb. 14: Saturday Cinema – High School Musical 3, Senior Year (PG).** 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

**Feb. 20: Elementary Mardi Gras Celebration.** 4-5:30 p.m. at the Youth Activities Center for elementary ages. 270-5680

**Feb. 21: Teen Night.** 8-11 p.m. at Club Teen for middle and high school ages. 270-5680

**Feb. 24: Teen Mardi Gras Celebration.** 4:30-6:30 p.m. for middle and high school ages at Club Teen. 270-5680

**Feb. 27: Freedom Friday, Movie Night.** 7-11 p.m. at the Youth Center for elementary ages. Cost is \$7 in advance or \$9 the day of (if space is available). 270-5680

## National Dental Day



Children from the Youth Activities Center Before and After School Program learn about dental hygiene from Mayport's Branch Dental Clinic staff. Pictured from left is (back row) Hospital Corpsman 3rd Class Melissa Colas, Mary-Beth Lisero, Dr. Christina Trunk (front row) Riley Selacey and Kaitlynn Coburn, both 7, Jamille Fisher, 5, Jameria Anderson, 11.



-Photos courtesy of MWR  
With a little guidance from Dr. Christina Trunk, Logan Jacobs, 6, brushes life-size "teeth." Also pictured from left, Ellayne Genita, 9, Desiree Jones, 10, Wade Jack and Hanae Caenapel, both 7.



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Wednesday, March 4<sup>th</sup> • Registration at 5:30pm • Seminar begins at 6:00pm  
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# Coast Guard Names Top 2

From Seventh District Public Affairs  
Coast Guard Sector Jacksonville named its active duty and reserve Enlisted Persons of the Year at a ceremony in Mayport, Fla.

Petty Officer 1st Class Beau Vallier is the 2008 active duty Enlisted Person of the Year for Sector Jacksonville. Vallier, a marine science technician and a 11-year veteran of the Coast Guard serves as a command duty officer of the Sector Jacksonville operations center and as a marine inspector.

In 2008, Vallier helped ensure that more than 90 maritime facilities within the Port of Jacksonville were in compliance with environmental regulations.

Petty Officer 1st Class Brett Tremelling is the 2008 reserve Enlisted Person of the Year for Sector Jacksonville. Tremelling, a port security specialist and 11-

year veteran of the Coast Guard serves as a tactical boat crewman, gunner and boarding officer for Coast Guard Security Detachment Mayport. In addition, Tremelling was a member of security crews that oversaw the safe and efficient shipment of more than 30 military cargo ships that transported cargo to the Northern Arabian Gulf in support of Operations Iraqi and Enduring Freedom.



-Photo by PO1 Christopher Evanson

Petty Officer 1st Class Brett Tremelling, a port security specialist, and Petty Officer 1st Class Beau Vallier, a marine science technician stationed aboard Coast Guard Sector Jacksonville, Fla., pose, Thursday, Feb. 5, after being named the 2008 Sector Jacksonville active-duty and reserve Enlisted Persons of the Year. Tremelling and Vallier are 11-year veterans of the Coast Guard.

# Coast Guard Changes Frequency

From Seventh District Public Affairs  
Similar to the broadcasting world, which is transitioning from analog to digital frequencies, beginning Feb. 1, the Coast Guard will only receive distress alert broadcasts from digital 406-MHz Emergency Position Indicating Radio Beacons.

The Coast Guard will no longer process analog signals transmitting on 121.5 or 243.0 MHz.

The Coast Guard urges mariners and aviators to upgrade their onboard analog equipment to include a digital 406-MHz EPIRB.

Advantages of the 406 EPIRB signal include:

- Worldwide coverage
- More reliable position information to within eight square nautical miles on non GPS-enabled units and 300 feet on GPS-enabled models
- More stable and sustained signal resulting in faster response

•Digitally encoded data, including latitude and longitude, helps to curb false alerts, speeds up response times and conserves tax dollars

•A signal 50 times more powerful, allowing for more accurate search areas and quick resolution of unintentionally activated EPIRBs

GPS-enabled features and water-immersion activation devices in select models further improve chances of a safe, swift rescue. Some have more ecologically compatible batteries as well.

EPIRB owners are required to register their beacons with the 406 MHz Beacon Registration Database online at [www.beaconregistration.noaa.gov](http://www.beaconregistration.noaa.gov), or by calling 1-888-212-SAVE. Federal law also requires EPIRB owners to update pertinent contact and vessel identification information every two years or when the information changes through the 406 MHz Beacon Registration Database online at <http://www.beaconregistration.noaa.gov>. The information provided helps to take the search out of search and rescue by allowing rescuers to quickly gather vital information about missing boaters, their vessel and their location, which results in faster rescues and increased chances of survival in distress situations.

## Did You Know... Symptoms of Diabetes

If you notice one or more of the following symptoms, see a doctor immediately:

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- Fruity, sweet, or wine-like odor on breath
- Heavy, labored breathing
- Stupor, unconsciousness

For more information, call the Juvenile Diabetes Research Foundation at 1-800-533-CURE or visit [www.jdrf.org](http://www.jdrf.org)

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# Navy Provides Assistance To Faina Crew

From American Forces Press Service

Sailors from the Norfolk-based destroyer USS Mason, with embarked NS Mayport-based HSL-44 Detachment Three, went aboard Faina to conduct a health and comfort inspection of the crew as well as to provide Faina's crew with food, water and medical support. The U.S. Navy fleet ocean tug USNS Catawba also provided fuel and fresh water to the merchant vessel.

Faina is anchored off the coast of Somalia, near Hobyo, and is making engineering preparations to get under way.

Somali pirates released Faina yesterday after holding it for more than four months. The U.S. Navy has remained within visual range of the ship and maintained a 24-hour, seven-day-a-week presence since it was captured.

Pirates attacked Faina off the coast of Somalia on Sept. 25. While the ship initially had a crew of 21, the ship's captain reportedly suffered a heart attack shortly after being taken hostage. The pirates refused requests to turn over the captain's remains. The ship's remaining crew includes 17 Ukrainian citizens, two Russians and one Latvian.



-Photo by MC1 Michael R. McCormick

Sailors from the Norfolk-based destroyer USS Mason (DDG 87), with embarked NS Mayport-based HSL-44 Detachment Three, climb aboard Motor Vessel Faina to conduct a health and comfort inspection of the crew as well as provide them with food, water and medical support. Somali pirates released the Motor Vessel Faina Feb. 5, after holding it for more than four months. The U.S. Navy has remained within visual range of the ship and maintained a 24-hour, seven-days-a-week presence since it was captured. The Belize-flagged cargo ship is owned and operated by "Kaalbye Shipping Ukraine" and is carrying a cargo of Ukrainian T-72 tanks and related equipment. The ship was attacked on Sept. 25 and forced to proceed to anchorage off the Somali Coast. U.S. 5th Fleet conducts maritime security operations to promote stability and regional economic prosperity.

## Making Grade As Rescue Swimmer

By Clark Pierce

Jax Air News

The Rescue Swimmer School (RSS) at Naval Air Station Jacksonville (NAS Jax) provides rigorous training and significantly contributes to fleet readiness.

"The U.S. Navy Rescue Swimmer School (RSS) at NAS Jax impacts fleet readiness virtually around the world," said Lt. Thomas Doane, officer in charge. "Our classes are filled with Sailors from as far away as Japan, Hawaii and San Diego - and as close as Mayport and Norfolk."

RSS teaches three courses: "CAT I - a four-week course for surface (ship-borne) swimmers that teaches basic lifesaving procedures and how to use lifesaving equipment. Doane explained, "Each Navy ship is required to have two qualified rescue swimmers on board before it can pull away from the pier so our graduates are considered 'mission essential.' Their training is centered on the J-bar davit, which is the apparatus on a ship's forecastle that lowers and raises rescue swimmers."

"CAT II - a two-week refresher course for surface and aviation rescue swimmers whose careers took them away from the water for more than a year. "Before they can come back to fill that billet again, we outfit them, make sure they're physically fit, and run them through any updated procedures," said Doane.

"Aviation SAR (search and rescue) Petty Officer Course teaches senior enlisted how to plan and document training and evaluations of rescue swimmers in their helicopter squadron or wing.

Senior Chief Naval Air Crewman (AW/NAC) Bruce Kane, leading chief petty officer, noted that after graduating from RSS, rescue swimmers must complete a swimmer fitness test (SFT) every six months to evaluate their medical and equipment knowledge, as well as in-water performance.

"For surface rescue swimmers, the SFT consists of four pull-ups, a 500-meter equipment swim and a 400-meter buddy tow in 27 minutes or less," said Kane.

The SFT for aviation rescue swimmers consists of four pull-ups, but adds a carry of two 55-pound dumbbells over obstacles for 100 feet, a one-mile litter walk (completed within 16.5 minutes), followed by the 500-meter equipment swim and a 400-meter buddy tow in 27 minutes or less.

Naval Air Crewman 1st Class William Davis, an instructor, said, "Rescue swimmers must be CPR-current and able to evaluate victims and provide first aid treatment. Students must also perform a rescue of an individual in the water who is entangled with parachutes and other aviation gear. The school has a tower platform by the pool with two J-bars. Depending on

the sea state, the rescue swimmer may also deploy a small rigid-hull inflatable boat."

This particular day of the four-week school featured training scenario one, where students learn to rescue two survivors in the water.

"A lot of instruction goes on in the pool," said Chief Naval Air Crewman Daniel Wilson. "This drill will be practiced at least four times. Up until this point, we've taught them about a lot of lifesaving tactics, techniques and equipment. Today they're putting it all together to effect a multiple-survivors rescue."

There is a grade sheet for each student, for each scenario. The instructor in the water will debrief each student, reinforcing what went right and what needs improvement, and then assign a grade of one to four, with one being the highest.

Ensign Adam Niznik, a supply officer aboard the Mayport-based cruiser USS Philippine Sea (CG 58), graduated from the U.S. Naval Academy in 2007 and applied to the rescue swimmer school.

"I played football and rugby at the academy, so I like physical challenges and this school is an extreme challenge. Since it's rare for officers to attend this school, the rescue swimmers aboard my ship warned me that I would probably be designated the class leader. That means when I violate a procedure - I get yelled at. And when somebody in our class messes up and I get yelled at.

"We do evening study groups at the BEQ because the curriculum calls for lots of time in the pool practicing rescue procedures under various scenarios. Near the end of week three, our instructors put us on the bus and drove to the NAS Jax Boathouse where we boarded a SAR vessel for an afternoon and into-the-night evolution of real-water training in the St. Johns River. It was great to get out of the classroom and apply what we've learned in an unfamiliar body of water," said Niznik.

Seaman Justan Mounts of Rogersville, Tenn. is a member of the USS Philippine Sea deck division. He requested RSS for its unusual athletic challenge.

"I attended dive school in Panama City, Fla. and am scuba qualified - so I knew there would be a lot of physical training. This is a great program - I really love it.

Fire Controlman 2nd Class Benito Martinez, also an instructor, continuously stresses the need for swimmers to perform according to instruction and to be fast and efficient - because rough water and low temperatures can sap a swimmer of his or her energy.

"We build knowledge and skills," said Martinez. "The final exam is composed of scenarios from their four weeks of training. Everything here is pass or fail - there is no middle ground."



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# Health Beat

## Are You A Type A Personality?

# Know The Links Of Stress, Heart Disease Risks

By Lt. Elliott Rosenbaum  
NHJ Psychology Staff

American Heart Month, observed throughout February, is a great time to talk about the connection between stress and heart disease. Dr. Matthew Burg, a cardiovascular medicine researcher at Yale University School of Medicine reported in Heart Book that researchers have been looking at the connection between heart disease and stress for many years and research supports the link.

The most significant research was done using people with Type A personalities. Type A people are generally very punctual, often rushed and impatient. They are hard charging and ambitious. They may even be perceived as aggressive.

While having a Type A personality can have benefits like the ability to multitask and be hard working, Burg concluded the research clearly shows there is a connection between this personality type and heart disease.



Research shows Type A individuals have a substantially greater sympathetic nervous system response to stressful or demanding circumstances – more stress hormones, a faster heart rate, higher blood pressure.

Type A people are also more likely to perceive events and circumstances as demanding and often place themselves in more demanding situations. Thus, the negative effects of increased stress hormones on the heart and arter-

ies are greater for these people than in non-Type A individuals.

Fortunately, like the risks associated with high blood cholesterol and blood pressure, those associated with stress and behavior can also be modified. In other words, you can still be a Type A personality and be less stressed by following a few simple techniques such as laughter, meditation, deep breathing and regular exercise.

Laugh more. Studies show that laughter has positive health benefits, among them the ability to reduce stress levels on a hormonal level. It also helps people gain perspective on their situation and gives them the energy to make changes, which can have a big impact on their stress level.

Get more aerobic exercise. For the greatest overall health benefits, experts recommend 20 to 30 minutes of aerobic activity three or more times a week and some type of muscle strengthening activity and stretching at least twice weekly.

Practice meditation. Meditation involves sitting in a relaxed position and clearing your mind. Experts recommend focusing on a sound, like "ooooommm," or on your own breathing, or on nothing at all. It is best to have at least five minutes of distraction-free minutes to spend, but more is better.

Try deep breathing for two minutes, twice daily. Dr. Herbert Benson of Harvard University pointed out the important part of this exercise is to adopt a passive attitude, as if you were merely watching your breath rise and fall. Let the air enter through your mouth, past your chest and down to your diaphragm. Your stomach should rise, while your chest stays still. Take a breath only when needed. This will turn on your body's natural response and help your muscles relax and lower your blood pressure and heart rate.

Work on questioning your stressful thoughts. Type A personalities may benefit from asking themselves, "Am I placing unrealistic demands on

myself? What do I want or prefer, rather than need?" Start to take notice of how black and white self talk gets your emotions spun up and practice creating more moderate ways of speaking to yourself.

Stress in itself is not necessarily a bad thing. It can have positive effects such as giving people the ability to do their best in difficult situations. But if not handled properly, stress can be detrimental.

The bottom line is anything you can do to reduce your stress level can be a positive step in the effective prevention of heart disease. To learn more about stress and heart disease, visit <http://www.med.yale.edu/library/heartbk/>.

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



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## Plan For Delays At Clinic, Hospital

From NHJax Public Affairs

Naval Hospital Jacksonville beneficiaries should be aware that the hospital campus and its outlying branch health clinics in Florida and Georgia will be involved in Exercise "Solid Curtain," Feb. 23-27.

"This annual exercise flexes U.S. Navy security posture nationwide," hospital Security Officer MAC Chad Stich explained. "Visitors to Navy bases should anticipate random implementation of security measures with some minor hindrance to normal vehicular and pedestrian traffic flow as the exercise develops," he said.

Stich advised patients with appointments at the hospital or clinics to allow 30 additional minutes as they plan their visit as they may experience short delays either on base or finding parking.

This exercise is vital to the security of our naval facilities and to the security interests of our nation. Your cooperation and patience is appreciated.

## Not Too Late To Commit To Resolutions

From TRICARE

With every New Year come new resolutions and goals. Many people make New Year's resolutions to lead healthier lives, but quickly fall off the wagon. Maybe this year it's to time commit to old resolutions. TRICARE programs and services can provide expert assistance to help beneficiaries make good on their resolutions.

The U.S. government has a list of the most popular New Year's resolutions at [www.usa.gov](http://www.usa.gov). The majority of them deal with healthy lifestyle changes. Check out some of the resolutions and how TRICARE can help:

**Lose Weight-** Overweight or obese beneficiaries should seek a complete health assessment by their TRICARE primary care manager to decide the right steps for them. Proper testing for diagnosis of obesity should come from a medical provider and may include skinfold thickness measurements, diet evaluations, physical activity, family history and other appropriate health screenings.

**Get Fit-** For adults, the Center for Disease Control and Prevention (CDC) recommends a minimum of 30 minutes of moderate physical activity daily most days of the week, or a minimum of 20 minutes of vigorous physical activity three days a week. Uniformed service families, civilian employees and military retirees can utilize the Morale, Welfare and Recreation (MWR) for a number of services. From team sports to music, dance, martial arts, gymnastics, swimming lessons, ice skating, and more, MWR centers have something for every-

one.  
**Eat Right-** Creating a balanced diet and eating plan may sound simple but, due to the high levels of conflicting information and mixed messages, determining appropriate calories consumed can be a real challenge. A beneficiary's TRICARE primary care physician is an excellent first stop. He or she should be able to provide additional resources and suggestions. Another stop is the Food Guide Pyramid developed by the U.S. Department of Agriculture ([www.mypyramid.gov](http://www.mypyramid.gov)). This interactive tool can help create an eating plan based on individual needs including, age, sex, height, weight and activity level.

**Drink Less Alcohol-** There are many resources available to overcome alcohol abuse. TRICARE coverage includes detoxification, rehabilitation and outpatient care provided in an authorized substance use disorder rehabilitation facility. Talk to your primary care provider to learn about treatment options. That Guy is an interactive Web site at <http://www.thatguy.com> that raises awareness about alcohol abuse. The campaign targets 18-24 year old service members and aims to increase social disapproval of excessive drinking by highlighting the embarrassing consequences. Help is also available from Military OneSource, a DoD service available to active duty members and their families. Visit the Military One Source Web site at <http://www.militaryonesource.com> for more information.

**Quit Smoking Now-** Treatment and support are avail-

able at many military treatment facilities and online. Ucanquit2.org is the official Web site of the iQuit Tobacco. Make Everyone Proud. educational campaign sponsored by the Department of Defense (DoD). Use ucanquit2.org to develop a personalized plan for quitting, play games, listen to podcasts, connect to online cessation programs and even chat with a trained cessation counselor, seven days a week from 8:30 a.m. to 10:00 p.m. EST.

Reduce Stress Overall- All

of us experience at least some stress every day. Regular exercise, maintaining your health, using breathing exercises and meditation are all common stress management techniques.

Make a resolution to take raise your awareness of all the wonderful services, benefits and programs available to TRICARE beneficiaries. There is no time like the beginning of a new year to change old habits and to make the healthy choices that can lead to a longer, happier life.

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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.

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 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, 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 leav-

ing 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

## Plan For Second Career With MOAA And FFSC

From FFSC Mayport

The NS Mayport Fleet and Family Support Center is sponsoring a once-a-year lecture regarding transition. It will be presented by The Military Officers Association of America (MOAA), and is entitled "Marketing Yourself for a Second Career". The event will be held on Feb. 25 at the Ocean Breeze Conference Center Ballroom on NS Mayport.

This top-shelf presentation is a great professional development opportunity. Transition is of course ultimately a part of all military careers. Therefore, the lecture is perfect for those who are contemplating retirement in one to five years. However, it doesn't stop there. Regardless of whether any particular officer or senior enlisted member has reached the point of being in their own transition, they should be educated about the process in order to mentor and counsel those who work for them and are contemplating or going through their transitions. This "executive summary" presentation can prepare them for that role as well as many multi-day programs. Simply stated, it's a great fit for any commander, officer, or senior enlisted supervisor -- from the most

senior, to the most junior.

The lecture will be given by Colonel Dan Koslov, USAF (Ret), now a deputy director of transition services on MOAA's national staff. The presentation, given annually at over 150 military installations of all Services worldwide, is universally praised by audiences as, "up-to-date, hard-hitting, and sharply focused-- a must see".

It includes comprehensive information on the retirement decision itself, employer perceptions, your competition, resumes, cover letters, job search, networking, career fairs, interview techniques, salary negotiation, benefits packages, the current job market, and other relevant and important transition topics.

The presentation is geared toward officers and senior enlisted, but those of all ranks are warmly welcomed. SPOUSES are highly encouraged to attend as well! All who attend will receive a free copy of the lecture's companion book, also titled "Marketing Yourself for a Second Career". It is an in-depth, all-in-one resource for the transition process.

For further information, contact Pamela Ottesen at FFSC at 270-6600 ext. 1709.

## Navy League Awards Navy Safety Habits

From Office of the Deputy Assistant Secretary of the Navy for Safety

The Navy League of the United States will accept nominations for the Adm. Vern Clark and Gen. James L. Jones Safety Awards through Feb. 27.

The awards are presented annually to recognize groups or individuals who have significantly improved the Navy's or Marine Corps' culture of safety.

Awardees will receive a commemorative scroll and a cash award presented by the Secretary of the Navy and the President of the Navy League at the Navy League Sea, Air and Space Exposition, May 4-6. The

exposition will be held at the Gaylord National Resort and Conference Center, National Harbor, Md.

Criteria, eligibility and nomination submission details are available at the Naval Safety Center website, <http://www.safetycenter.navy.mil/awards/default.htm>, Headquarters, U.S. Marine Corps Safety Division website, <http://hqinet001.hqmc.usmc.mil/SD/awards.htm> or the Navy League website, [http://www.navyleague.org/public\\_relations/safety\\_awards.php](http://www.navyleague.org/public_relations/safety_awards.php).

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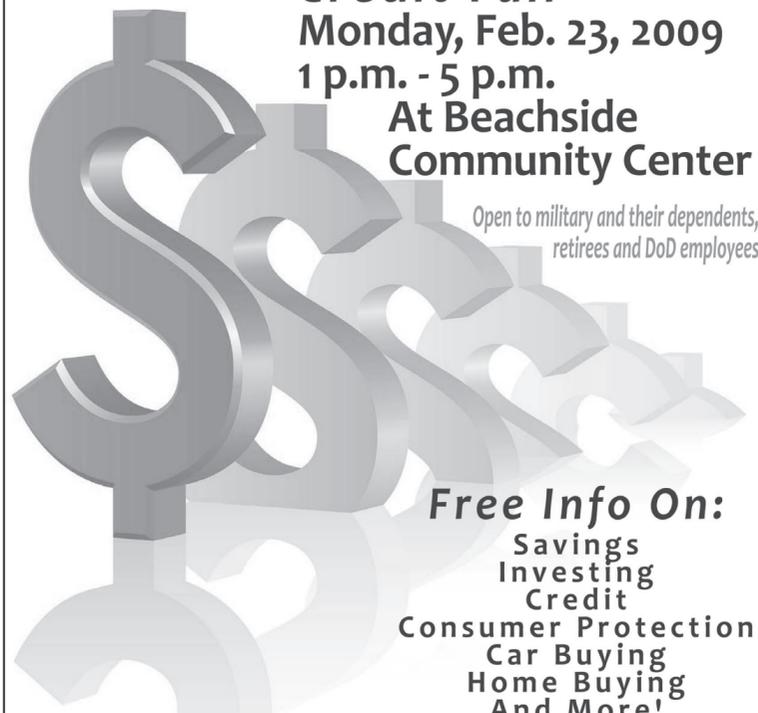
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# Nations' Officers Gather, Grow In SPS

By MC1 Daniel Ball  
Southern Partnership Station Public Affairs

Naval officers from El Salvador, Jamaica, Barbados, Colombia and Nicaragua have joined the Southern Partnership Station (SPS) team on high speed vessel Swift (HSV 2) to participate in and assist with the variety of training evolutions SPS is providing.

Southern Partnership Station is an annual deployment of various specialty platforms to the U.S. Southern Command (SOUTHCOM) 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.

The officers come from a variety of backgrounds and work with teams from Navy Expeditionary Training Command, Naval Criminal Investigative Service and the Marine Corps Training and Advisory Group.

Their personal expertise and experience in specific areas provides an added dimension to the training capabilities of the SPS teams.

"It's great having them in our classes," said port security instructor Chief Master-at-Arms Dave Thomas. "First, they ask a lot of great questions. Second, they relate the lessons we're teaching to their experiences.

In the end, all of the knowledge in the room comes together and everyone learns more."

The knowledge the officers are gaining will be put to good use back home.

"Training is a huge deal for all of our countries," said Jamaican Sublieutenant Anna Thompson, who joined the mission in January. "I've taken three courses since I've been with the mission, and I've learned a lot of new things, and new ways to do things. When it's over, I hope to take the lessons I have learned here and incorporate them into our training programs at home."

The officers also build relationships outside of the classroom.

"Initially, I felt like I was my own island," said Thompson. "But as the mission continued, I formed good friendships throughout the ship. Now it's like a family."

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

The mission is coordinated through U.S. Naval Forces Southern Command/U.S. 4th Fleet (NAVSO/4th Fleet) 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



Photo by Lt. David Shark  
Chief Master-at-Arms Kurtis Chapman instructs members of the Panamanian Air and Maritime Service on self-defense techniques during a Southern Partnership Station armed sentry class while Storekeeper 2nd Class Hector Vacca translates. Southern Partnership Station is a training mission to Central America, South America and the Caribbean Basin.

Caribbean, Central and South American regions and interact with partner nation navies within the maritime envi-

ronment. 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 num-

bered fleet assigned to NAVSO, exercising operational control of assigned forces in the SOUTHCOM area of focus.

## Web Site Helps Troops, Families

By Lt. Jennifer Cragg  
Special to American Forces Press Service

A Military Health System Web site continues to help returning servicemembers and families adjust after a deployment ends, the site's program manager said Jan. 29.

About 20 percent of servicemembers returning from Iraq and Afghanistan experience adjustment difficulties such as stress, irritability and sleep problems, Dr. Robert Ciulla, program manager for after-deployment.org, said on the "Dot Mil Docs" program on BlogTalkRadio.com.

The afterdeployment.org project is one of several core projects within the National Center for Telehealth and Technology, known as "T2," located at Fort Lewis, Wash., under the direction of Dr. Greg Gahm. T2 is a directorate of the Defense Department's Center for Excellence for Psychological Health and Traumatic Brain Injury.

Ciulla noted that possible barriers to obtaining services, including a perceived stigma, stop many servicemembers from seeking out care. Ciulla emphasized that online resources have many advantages.

"Users can log on to afterdeployment.org in the privacy and comfort of their own homes and work with the site's resources anonymously. This should help with concerns about stigma," he said.

Ciulla said that logging on to afterdeployment.org "means that users don't have to worry about transportation, or scheduling appointments, or arranging a sitter for the kids."

He added that online tools have other advantages, including 24/7 access anywhere an Internet connection is available.

Afterdeployment.org was officially launched in August, and is designed to provide behavioral health tools to servicemembers, their families and veterans in all the service branches, Ciulla said. It includes exercises and tools that the entire family can use.

"All of the materials on the site have value to families ... the main exercises and tools on the site -- such as stress and anger management, sleep hygiene, getting balance in one's life -- all of these tools are as relevant for a spouse or other family member as they are for someone on active duty just returning from deployment," he said. "We consider the self-help workshops, modeled after actual therapy sessions and which include exercises and vignettes and self-assessments, to be the site's signature elements."

Ciulla said the self-care tools available on afterdeployment.org provide the entire military community with vital service-delivery options. He noted that the site has particular advantages for National Guard and reserve units, who may be distant from a military treatment facility or otherwise located in areas lacking providers who are knowledgeable about military-related adjustment concerns.

Ciulla added that officials are working on future workshops on topics such as traumatic brain injury and resilience training. He also said he and others in the project office have "listened to the feedback we have received over the past months."

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FCE - SHELL	1539 S 3rd ST	JAX BCH	JIFFY LUBE	9699 SAN JOSE BLVD	JAX
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GATE	220 A1A N	PVB	LA CRUISE GIFT SHOP	A1A HWY	JAX
GATE	619 A1A N	PVB	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
GATE	2350 SR 16	STAU	LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX
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GATE	10946 FT CAROLINE RD	JAX	RIBAUTL BAY COMMUNITY CENTER	ASSISSI LANE	JAX
GATE	1001 MONUMENT RD	JAX	SINGLETON'S SEAFOOD SHOP	A1A HWY	JAX
GATE	10044 ATLANTIC BLVD	JAX	SOUTHTRUST BANK	1301 ATLANTIC BLVD.	JAX
GATE	4100 HECKSCHER DR	JAX	SPRINT	1202 US-17	YUL
GATE	2520 S 3rd ST	JAXBCH	SPRINT	8838 ATLANTIC BLVD	JAX
GATE	319 S 3rd ST	JAX BCH	SPRINT	3051 MONUMENT RD/ COBBLESTON	JAX
GATE	9144 BAYMEADOWS RD	JAX	SPRINT	1209 MONUMENT RD./LEE	JAX
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# Underwood Drug Interdiction Turns Rescue At Sea



-Photos courtesy of USS Underwood

The 43 Survivors of USS Underwood's successful Alien Migrant Interdiction Operation (AMIO) gather on the deck before transferring to USNS Saturn.

From USS Underwood

USS Underwood (FFG 36) successfully recovered 43 SOLAS (Survival of Life at Sea) survivors in what initially began as a drug interdiction operation in the Eastern Pacific. Once alongside, Underwood's boarding team discovered the

battered passengers, whose nationalities ranged from Ecuadorian, Columbian and Chinese (PRC), had been adrift for more than a week with minimal food and supplies.

While their final destination remains unclear, they initially set out from Ecuador for what

should have been a three-day transit.

Prior to Underwood's arrival the fishing vessel's captain is believed to have fled on a small boat, effectively abandoning the 43 survivors.

After it was deemed the fishing vessel lacked sufficient fuel or food to return to port, Underwood executed its AMIO (Alien Migrant Interdiction Operation) plan embarking all 43 survivors including 14 females, 28 males, and a 3-year-old girl.

Once on board and working in conjunction with Underwood's Vessel Boarding Search and Seizure Team and Coast Guard Law Enforcement Detachment, each survivor was documented and processed before being medically screened.

It became immediately evident that the migrants' morale improved as they were offered showers, food, and shelter.

Lt.j.g. Veronica Rice, Underwood's Auxiliaries Officer, said, "having the opportunity to provide assistance

at sea has been an immensely rewarding experience that I will not soon forget."

Upon completion of the rescue at sea operation, it was determined that the fishing vessel was unseaworthy and a hazard to navigation. Meanwhile, the survivors spent the night on board Underwood in shelters constructed by her crew.

The following morning, through a combination of helicopter operations and small boat transfers, the 43 survivors were transferred over to the USNS Saturn, which has been supporting Underwood on her Eastern Pacific CNT deployment.

The rescue at sea transpired into an unexpected, but rewarding, turn of events for Underwood as she continues her duties in the Fourth Fleet AOR.



Underwood's RHIB crew, led by Boat Officer Ensign Devall, prepare to transfer six survivors to USNS Saturn.



As Underwood embarks the migrant survivors, two make their way forward for processing and medical treatment.

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## Navy Mandates Electronic Service Record Accounts Fleetwide

From Navy Personnel Command Public Affairs

The Chief of Navy Personnel released a NAVADMIN Feb. 5 announcing the requirement for all active-duty and Reserve personnel to establish and maintain a self-service Electronic Service Record (ESR) account within the next 60 days.

"Having a self-service account is necessary for updating emergency contact information. Self-service accounts contain other important features, such as enabling Sailors to directly submit PCS (permanent change of station) travel claims upon PCS transfer, update race, ethnicity, and religion information, and view all other ESR service record information," said Vice Adm. Mark Ferguson, chief of naval personnel in NAVADMIN 043/09.

The requirement date for Sailors serving at sea and without connectivity to establish and ESR is 60 days upon return to homeport.

The Navy first implemented ESRs in 2006. The ESR provides individual Sailors, Personnel Support Activity Detachments (PSD), personnel offices holding service records, Navy Operational Support Centers, and customer commands of PSDs, with secure worldwide Internet access to personnel, training, and awards data.

The ESR replaces the paper service record as the single field level data entry point for service

record maintenance. Commands are required to use all available ESR functionality.

Self-service accounts can be created at <https://nsips.nmci.navy.mil> or on the Navy Standard Integrated Personnel System (NSIPS) ESR server on board ship.

Commanding officers, executive officers and command master chiefs can obtain command level view only access by completing the NSIPS/ESR system authorization request and contacting their local NSIPS area manager. This access provides the user view only capability for all ESR accounts within their UIC(s).

All commands responsible for service record entries are required to initiate updates in NSIPS ESR, however official military personnel file requirements remain unchanged.

NSIPS ESR is the data entry point for electronic service record maintenance. Sailors are responsible for the accuracy of their ESR and must contact the servicing personnel office if any information is incorrect.

For more information read NAVADMIN 043/09, <http://www.npc.navy.mil/NR/rdonlyres/E434A6D2-021E-4E08-89CB-8FEA2F5408BD/0/NAV09043.txt>



-U.S. Navy Photo

Personnel Specialist Seaman Jason Hill and Personnel Specialist 1st Class John Smith update service records in the personnel office aboard the Nimitz-Class aircraft carrier USS Abraham Lincoln (CVN 72).

## New Navy Ship's Cost Overstated in News

By Gerry J. Gilmore

American Forces Press Service

The projected unit cost of the next-generation U.S. Navy destroyer is much lower than the figures being cited in some news reports, a senior Defense Department official said in Washington, D.C. on Feb. 6.

The DDG-1000 is a high-tech, guided-missile destroyer that is envisioned to eventually replace the Arleigh Burke class of warships developed 30 years ago.

The Pentagon would pay between \$2.2 to \$2.5 billion for each new DDG-1000 ship after the regular production line is up and running, John J. Young Jr., undersecretary of defense for acquisition, technology and logistics told reporters at the Pentagon.

Young said he disagrees with news reports that say DDG-1000 vessels would cost up to \$7 billion per copy.

"There's no basis for any [cost] projection that this ship is going to cost 5 or 6 or 7 billion dollars," Young said.

The cost of a first prototype,

or lead, DDG-1000 ship is about \$3.3 billion because the government pays for the initial drawings and production set-up, Young said. The unit cost of follow-on ships would decrease due to industrial economies of scale, he said.

Conversely, unit production costs can rise if the number of items to manufacture is reduced from the original schedule, Young explained.

The DDG-1000 series is designated the Zumwalt class, named after late Navy Adm. Elmo Zumwalt Jr. The new ships feature computer-aided design, modular construction, high-tech armaments and radar, as well as a unique, streamlined hull design.

Originally, 32 DDG-1000 vessels were to be built at shipyards in Maine and Mississippi. Recent production plans called for two ships to be built.

However, the DDG-1000 is on hold for now, as Pentagon and interagency officials re-examine the project, Young said.

"Aside from the warfighting

analysis, we do need to do some producibility analysis, manufacturing analysis and cost analysis," he said.

Some officials suggest that modifying Arleigh Burke class ships would be a less expensive way to create a new vessel, Young said. That approach, he said, wouldn't produce as much cost savings as imagined, and would result in a vessel possessing undesirable mass without the capabilities of the DDG-1000.

"You cannot do that without significant changes in that ship," Young said of proposals to rework Arleigh Burke ships to create a new vessel. "You will have to add cooling capacity; you will have to add electrical generating capacity," as well as upgraded radar equipment.

And, the Arleigh Burke class destroyer "has already gained weight because it is 30 years into its service life and ships are designed with a certain amount of weight-carrying capacity," he said.

## Intelligence Lab Tests Best Practices, Emerging Concepts

By Donna Miles

American Forces Press Service

A new laboratory being built at U.S. Joint Forces Command's Joint Warfighting Center on Feb. 5 in Suffolk, Va., will enable analysts and warfighters alike to "step into" data fields like those that bombard them during real-life missions.

The "knowledge advanced visualization environment," or KAVE, will expose many of the variables and "what ifs" associated with real-life operations, explained Army Maj. Caeli Hull, the command's deputy division officer for innovation and experimentation.

Users will don 3-D glasses before stepping into the 18-by-10-foot structure. State-of-the-art computer effects and multiple data feeds delivered through screens on all four walls and the floor will converge to create a realistic, three-dimensional environment.

Hull called the KAVE a big step forward in helping joint warfighters and planners view real-world operational data in innovative ways. This supports the "Command and Control C2 vision" of Marine Corps Gen. James N. Mattis, commander of Joint Forces Command, officials said.

"A solid training and education foundation allows commanders and their staff to operate effectively in complex, chaotic and degraded/hostile information environments," Mattis said in a C2 vision memo he distributed to his staff.

Hull called the KAVE "a way of making what isn't known known."

"People can look for trends and patterns that they wouldn't otherwise see," she said.

The KAVE concept isn't new within the intelligence community. Similar labs already are in place at U.S. Pacific Command's headquarters in Honolulu, at U.S. Southern Command's Joint Interagency Task Force South in Key West, Fla., and at the National Reconnaissance Office and Defense Intelligence Agency in Washington.

But Joint Forces Command's will be the first five-sided version, Hull said, incorporating the very latest technical innovations for intelligence processing.

The lab, to be completed this spring, will be the icing on the cake at the command's Joint Intelligence Lab, which opened in April. The

16,000-square-foot facility provides an experimental environment for testing intelligence concepts, processes, technology and prototype initiatives, Hull said.

The lab focuses on critical intelligence issues facing joint commanders, combatant commanders and joint task forces.

"Everything we develop in here gets transitioned," Hull said. "The focus is on putting information in the hands of the guy on the ground."

The new lab provides a controlled testbed for improving intelligence capabilities while exploring emerging ones, and better integrating intelligence with operations and plans.

The facility's centerpiece is a 38-by-18-foot "knowledge wall" that feeds data from multiple military networks at a resolution up to 18 times that of high-definition home TVs.

Overlapping and sometimes competing information gives a more complete operational picture. Staff sort through and prioritize the inputs, resulting in "better analysis and better decision-making," Hull said.

The JIL's greatest contribution, she said, is the way it enables military people to work with their counterparts across government and in academia and industry in person or through shared technologies. It's the kind of collaboration that promotes joint, interagency and international cooperation critical to missions ranging from warfighting to stability operations to humanitarian assistance and disaster relief, she added.

"C2 is the essence of our ability to flight as one team with our Joint, interagency, and multinational partners," Mattis wrote.

"When you bring the data together and the people together, things can happen," Hull said.

Mattis said during a discussion last month at the Brookings Institution that technologies like those being explored at the JIL provide tremendous support to warfighters. But these technologies are enablers for the men and women who depend on them - not solutions in themselves, he emphasized.

"War is fundamentally a social problem that demands human solutions, despite the American penchant for a purely technological solution," he said.

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### THE Daily Crossword Edited by Wayne Robert Williams

**ACROSS**

- Start of a quip
- Destiny
- Writer Bellow
- Juneau's land
- Botch
- New currency
- Grasping part
- Shaded walkways
- Even one time
- Part 2 of quip
- 23 Enticed
- 25 Temper
- 26 Masters
- Champion from Canada
- 28 Archie's command to Edith
- 32 Psychic power
- 35 Lansbury series, "Murder, She \_"
- 38 Haughty look
- 39 Take off quickly
- 41 Part 3 of quip
- 43 "West Side Story" faction
- 44 Silvery
- European fish
- 46 Aleppo's country
- 48 In addition
- 49 Flower part
- 51 500-mile event, briefly
- 53 Language of Lebanon
- 56 Forces out
- 60 Part 4 of quip
- 64 Food, slangily
- 65 Legacy
- 66 Way out
- 68 Ireland
- 69 Singer Pearce
- 70 Drew close
- 71 Be without
- 72 PAT value
- 73 End of quip

**DOWN**

- Jacket feature
- Pimiento holder
- Having blades, as a windmill
- Mortgage condition, often
- Tina Turner's ex
- 6 F.D.R.'s mother
- 7 Master
- 8 Manmade fiber
- 9 Vestiges
- 10 Young plant
- 11 BMW rival
- 12 River to the Caspian
- 13 Be vanquished
- 19 Castle defenders
- 22 Channing and Burnett
- 24 Untried
- 27 "Sliver" author
- Levin
- 29 Exploit
- 30 Comic Jay
- 31 Cogito \_ sum
- 32 Wanes
- 33 Ilk
- 34 Legal bargain
- 36 Trifle (with)
- 37 First name in tenors
- 40 Asian evergreen
- 42 Juniper-flavored drink
- 45 Be worthy of

**By Adele Mann** **2/12/09**  
**New York, NY**

**THIS WEEKS ANSWERS**

W	E	I	S	E	D	E	N	O	D	E	E	N
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## Navy News

## New GI Bill Carries Different Eligibility, Benefits

By Samantha L. Quigley  
American Forces Press Service

A series of educational assistance programs administered by the Veterans Affairs Department, commonly called the GI Bill, have helped servicemembers pursue post-secondary learning for decades.

Soon, another program will be added to the mix: The Post-9/11 Veterans Education Bill will be available to qualified individuals Aug. 1.

"We previously administered four major education programs before this bill came along," Keith M. Wilson, VA's education service director, said. "The new Post-9/11 GI Bill has different eligibility criteria [and] pays for different types of training."

The new GI Bill provides three separate types of benefit

payments to those who entered the military on or after Sept. 10, 2001, and have at least 90 days of active service.

The first type of payment covers tuition and fees equal to what each state's most expensive state-run school charges for in-state, undergraduate study.

In addition, an allowance based on the Defense Department's basic housing allowance for an E-5 with dependents is available as a benefit paid monthly, Wilson said. The housing allowance's dollar amount depends on the location of the school the servicemember or veteran is attending, he added.

The third benefit is a stipend of up to \$1,000 a year for books and supplies.

"Now, each of those payments is subject to the amount

of active duty an individual has," Wilson said.

Eligible people with 36 or more months of active duty will receive 100 percent of the three payments, he said. Those with less than 36 months of active service will receive a prorated amount.

For example, Wilson said, someone with 90 days to six months of active service qualifies for 40 percent of each of the three types of payments.

The benefits increase with an individual's amount of active service, and extend to National Guardsmen and reservists who have at least 90 days of active service.

"Previously the Guard and reserve members didn't really have a stake in the GI Bill per se," he said. "Now, we have one program that covers both the

active duty and the Guard and reserves."

For those who incur out-of-state tuition, attend a private school, or want to pursue graduate studies but find their tuition and fees above the cap set by the VA, there's the Yellow Ribbon program.

"The Yellow Ribbon program is a sub-element of the Post-9/11 GI Bill," Wilson said. "The ... program allows schools to enter into an agreement with VA by which the school will waive up to half of the difference of their tuition and fees charges and what the cap is for that state, and VA will match the amount that the school waives."

"It's basically a supplemental amount of tuition and fees that would be payable to the school," he added.

Wilson said he thinks the

voluntary supplemental program has been well received by schools. He cautioned, however, that the VA still has steps to take before any formal agreements between any institution of higher learning and the VA can take place, including finalizing regulations and setting tuition caps.

"So no school, public or private, that would be interested in the Yellow Ribbon program really has enough information yet to make [the decision to participate]," he said.

It remains to be seen, Wilson said, what effect the country's current economic situation may have on the Yellow Ribbon program.

"The important thing to remember is that the Yellow Ribbon program is available to all schools," he said. "[Speculation about] whether

or not schools' financial situations are going to impact their participation or not is a little bit premature. They don't have all the information they need from us yet."

More information on the Post-9/11 GI Bill, eligibility, and how this new bill could affect those with service prior to Sept. 10, 2001, is available on the Veterans Affairs GI Bill site or by calling 1-888-GIBILL-1 toll-free.

Along with answers to frequently asked questions, visitors to the site will find a link that will allow them to receive updates on the new GI Bill via e-mail as they become available.

## Navy Admiral To Lead Review Of Guantanamo Facility

By Gerry J. Gilmore  
American Forces Press Service

Defense Secretary Robert M. Gates has selected a Navy four-star admiral to lead an assessment of operations at the U.S. detention center at Guantanamo Bay, Cuba, a senior Defense Department official said in Washington Feb. 3.

Adm. Patrick M. Walsh, the vice chief of Naval Operations, will head the review, Pentagon Press Secretary Geoff Morrell told reporters.

The White House has tasked the Pentagon to assess the deten-

tion operations at Guantanamo Bay as part of President Barack Obama's decision to close the facility, Morrell said.

Obama issued an executive order Jan. 22 that directs the closure of the Guantanamo detention center within a year. Obama signed another executive order that day directing the stand-up of a special inter-agency task force that will study the future disposition of present Guantanamo detainees who cannot be transferred to other countries and who pose a serious danger to the United States.

Another presidential executive order issued Jan. 22 directs the U.S. military and other U.S. agencies to follow the Army Field Manual, which bans torture when interrogating detainees "to promote the safe, lawful and humane treatment of individuals in United States custody," Obama said at the signing ceremony. The directive, Obama added, highlights the importance for the United States to comply with the Geneva Conventions.

The Walsh-led appraisal of detainee operations at

Guantanamo "is a subset of the executive orders that the president signed a couple of weeks ago," Morrell said.

The admiral's review of Guantanamo's detention operations is to be completed within 30 days, Morrell said.

Pentagon officials believe that detainee operations at Guantanamo "have been in compliance with Common Article 3 of the Geneva Conventions for some time and are still so,"

Morrell said.

"But, we take this tasking from the White House very seriously," Morrell said, "and that's why the secretary has asked a four-star flag officer to go down there, and put fresh eyes on the situation down there, and come back with the most up-to-date assessment of detention operations."

Obama directed Gates on Jan. 20 to pause legal proceedings involving alleged terror-

ists being held and tried there, pending further guidance from the White House. The president directed the secretary, who then directed the Office of Military Commissions, to cease referring any new cases through the military-commissions process at Guantanamo and to request 120-day continuances on all ongoing active cases there.

## Learning The Taste Of 'Misery'



-Photo by MC3 Blake R. Midnight  
Basic Underwater Demolition/SEAL (BUDS) students lift "Old Misery," a significantly larger log than other logs used in this evolution, during log physical training at the Naval Special Warfare Center at Naval Amphibious Base Coronado.

## Naval Oceanography, Google Share Information on the World's Oceans

From Naval Meteorology and Oceanography Command

The Naval Meteorology and Oceanography Command (NMOC) entered a cooperative research agreement to share unclassified information about the world's ocean's through the new version of Google Earth launched Feb. 2.

A Cooperative Research and Development Agreement (CRADA), allows Google to use certain unclassified bathymetric data sets and sea surface temperatures from the Naval Oceanographic Office (NAVOCEANO) as well as meteorological data from Fleet Numerical Meteorology and Oceanography Center (FNMOC). NAVOCEANO and FNMOC are subordinate commands of NMOC.

The unclassified bathymetric data sets, sea surface temperatures and ocean current information from NAVOCEANO are incorporated in the new version of Google Earth, launched today.

As part of the research and development agreement, the Navy has received Google Earth Enterprise licenses which provide for technical support that will enable the Navy to better search, view and prepare products from their extensive oceanographic data holdings.

"We are excited about this project with Google because it will create greatly expanded global digital data holdings, promote understanding of the world's oceans and enhance our ability to keep the fleet safe," said Rear Adm. David Titley, commander of the Naval Meteorology and Oceanography Command.

The Naval Oceanographic Office, which traces its origins to 1830, has one of the world's largest collections of ocean data.

The project will build expanded global digital data holdings. The public will have access to certain publicly releasable Navy ocean data and processes via the newest version of Google Earth which enables users to dive beneath the surface of the sea and explore the world's oceans. Since 2005, Google Earth has provided access to the world's geographic information via satellite imagery, maps and Google's search capabilities. Educational content on the Google site will also enhance the public's understanding of the Navy's ocean data and its importance to the Fleet and environmental stewardship.

Although the Navy has used ocean data visualization technology for about 15 years, developing, integrating, and

interpreting these visualizations requires an advanced knowledge of information technology. The tools provided by Google, Inc., will give public users access to and use of visualization software technology.

As part of the agreement, the Navy has received Google Earth Enterprise licenses for Google's latest software to update their geospatial information and services (GIS) display techniques of databases and model data. This software will make visualization and manipulation of data as well as searches of NAVOCEANO's oceanographic data holdings easier for DoD users.

Additionally through the CRADA, DOER will endeavor to provide data on marine conservation that the Navy can use to comply with federal regulations and recent court orders on use of sonar. This information will only be available to DoD users on secure websites.

Commander, Naval Meteorology and Oceanography Command directs the Navy's meteorology and oceanography programs and includes about 3,000 officer, enlisted and civilian personnel located worldwide.

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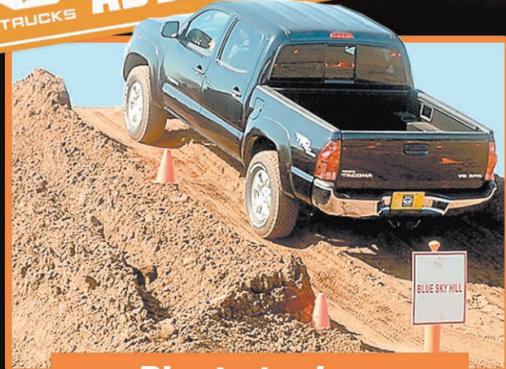


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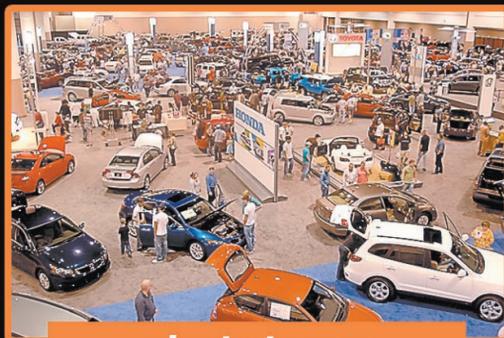


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