

THE MIRROR

NS MAYPORT, FLORIDA

CHINFO Award Winner

Vol. 52 • Issue 7

www.nsmayport.navy.mil

www.mayportmirror.com

THURSDAY, February 19, 2009



Military Saves Fair Feb 23

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."

"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.

'Turkeys' Catch 2, Save 1

Suspected Pirates Apprehended In Gulf Of Aden

By Jim Garamone
American Forces Press Service

American forces operating in the Gulf of Aden have foiled another instance of piracy and captured nine suspects, Defense Department officials said Feb. 12.

The Navy's USS Vella Gulf, with embarked HSL-42 Detachment One "Jive Turkeys," added to its haul of pirates after foiling an attack on the Marshall Islands-registered motor vessel Polaris on Feb. 11, when the crew of the guided-missile cruiser captured seven pirates.

Polaris sent a distress call to all ships in the area reporting that a small skiff containing seven suspected pirates had attempted a forcible boarding of their vessel using a ladder. Polaris crewmembers removed the ladder before pirates could come aboard.

Vella Gulf closed immediately with the M/V Polaris and intercepted a skiff matching the description given by the motor vessel. The skiff contained individuals fitting the physical descriptions given by Polaris crewmembers. A Vella Gulf visit, board, search and seizure team conducted a consensual boarding and found several weapons.

M/V Polaris rendezvoused with Vella Gulf and provided positive visual identification of the suspected pirates. The suspected pirates were brought on board Vella Gulf, where they were processed and are being held until they transfer to a temporary holding facility on board the supply ship USNS Lewis and Clark (T-AKE 1).

These events mark the first and second time CTF-151 has apprehended suspected pirates.



Visit, board, search and seizure (VBSS) team members from the guided-missile cruiser USS Vella Gulf (CG 72) close in on rigid-hulled inflatable boats to apprehend suspected pirates as a helicopter from HSL-42 Detachment One hovers overhead. Nine suspected pirates were apprehended and brought aboard Vella Gulf. This is the second group of suspected pirates apprehended in a 24-hour period by Vella Gulf; there are currently 16 suspected pirates apprehended. Vella Gulf is the flagship for Combined Task Force 151, a multi-national task force conducting counterpiracy operations to detect and deter piracy in and around the Gulf of Aden, Arabian Gulf, Indian Ocean and Red Sea.

Vella Gulf is the flagship of Task Force 151, which has been operating in the region since Jan. 8.

For the second capture, Vella Gulf received a distress call from the motor vessel Premdivya, an Indian-flagged vessel transiting the region,

Pentagon spokesman Bryan Whitman said.

The radio message said the ship was under attack by individuals in a small skiff who were attempting to board the vessel. Vella Gulf launched a helicopter attached to Mayport-based HSL-42 Detachment One

to the scene.

"When the helicopter arrived, it signaled the skiff to stop immediately," Whitman said. "The skiff did not stop, and so the helicopter fired a warning shot."

The suspects, who are assumed to be Somali, contin-

ued to flee. The helicopter crew fired a second warning shot, and the skiff stopped.

"Vella Gulf and a second destroyer - USS Mahan - closed immediately and intercepted the skiff," Whitman said. "They

See Pirates, Page 3



Photo courtesy of HSL-44
Chief Naval Air Crewman Roland Dupras, right, of HSL-44 was awarded both the Bronze Star and Navy Commendation Medal at squadron quarters by Cmdr. Richard Davis.

Bronze Star For '44'

By Lt.j.g. Adam R. Shreders
HSL-44 PAO

Chief Naval Air Crewman Roland Dupras of HSL-44 was awarded both the Bronze Star and Navy Commendation Medal at squadron quarters on Feb. 3, after returning from a 280-day deployment to Iraq.

Dupras served with both the 1st Calvary and the 82nd Airborne Divisions as the Electronics Warfare Officer, responsible for the jamming of roadside Improvised Explosive Devices.

He was awarded the Bronze Star for valiantly volunteering

for more than 50 combat patrols, (several of which encountered direct enemy resistance), and was instrumental in securing and sending initial situation reports after his unit was hit by a road side bomb.

He was also awarded the Navy Commendation Medal for meritorious service as the HSL-44 Lead Petty Officer and Training Chief. His training was instrumental in HSL-44 Aircrewman receiving outstanding marks during the past two Search and Rescue Unit Evaluations.

HSL-42, Vella Gulf Assist Distressed Dhow

By MC2 Jason R. Zalasky
Combined Task Force 151 Public Affairs

The guided-missile cruiser USS Vella Gulf (CG 72) assisted a fishing vessel in distress, Feb. 8, while conducting counter-piracy operations in the Gulf of Aden.

An SH-60B helicopter from the "Proud Warriors" of embarked Helicopter Anti-Submarine Squadron Light (HSL) 42, encountered the dhow which appeared to be dead in the water.

The crew, which consisted of eight civilians, two Yemeni and six Somali fishermen, were having engine trouble and were out of fuel, batteries and water.

"We became aware of the fact that a dhow was in trouble," said Capt. Mark D. Genung, Vella Gulf's commanding officer. "My helicopter, which was doing surveillance, found a dhow that was dead in the water and the crew was signaling them by waving an orange international symbol saying that they were in trouble."

Genung said they immediately closed in, and the crew, who did not speak English, made Vella Gulf Sailors realize they were having a problem with their batteries. Vella Gulf used one of its rigid-hull inflatable boats (RHIB) to send a rescue and assistance team and evaluate the status of the dhow.

"They had a make-shift sail up on a ship that should have had a motor running, and we decided we were going to render aid to the vessel," said Gunner's Mate 2nd Class Matthew

Monaco, a VBSS team member. "We had our rescue assistance team along with the VBSS team board one of our RHIB's along with medical personnel. The VBSS team boarded the ship first to conduct initial safety inspections."

The boarding team was able to identify the issue with the vessel's engine and have some of the ship's engineers attempt repairs. Additionally, the dhow was out of fuel and water, and the batteries were in need of charge.

"We provided them fuel and gave them good, fresh water," said Genung. "We evaluated their medical condition and also attempted repairs to ensure that the diesel engine would run. Unfortunately, the batteries that started the diesel were dead, and because it was getting close to sunset, we towed the ship to Yemeni territorial waters, because that was their destination."

Overnight, we then recharged all their batteries, and at the crack of dawn we put our team back in the RHIB and with a great deal of satisfaction got their engine started on the first attempt."

"We provided the ship with about 100 gallons of fuel and about 60 gallons water," said Chief Engineman Ian R. Moore, one of the rescue assistance team members.

"We just happened to be in the right place at the right time and were able to help get the dhow back underway."

"It was really gratifying to see



Photo by MC3 Christopher Hall
Lt. j.g. Richard Laraway, assigned to the guided-missile cruiser USS Vella Gulf (CG 72), is assisted by Damage Controlman 2nd Class Christina Alverado as he climbs down the ladder of a dhow in the Gulf of Aden. Vella Gulf Sailors helped local fishermen repair their engine after it experienced problems and left their vessel unable to operate at sea.

the looks on their faces when we got their engines started and they started getting underway on their own power. I could tell they were very grateful for that."

U.S. and coalition forces have a long standing tradition of helping mariners in distress by providing medical assistance, engineering assistance and search and rescue efforts.

Chaplain's Corner

Have you seen the cartoon showing a man running from his burning house while carrying his golf clubs worth \$2,000.00? As he runs by the firemen he yells out: "quick, somebody, please...get in there and rescue my wife!" (Don't take it personal, golf lovers.)

While humorous, it really says a lot about the man, doesn't it? It says a great deal about the condition of his heart, about what is important to him and about what his beliefs and priorities are. The man depicted here made a public testimony about his relationships, his priorities and even his sense of compassion.

If finding ourselves in similar circumstances what would our reaction be? What kinds of statements would we be mak-



Chaplain Joe Molina
CDS40 Staff Chaplain

ing about the stuff that we own and about "how" we own our things?

What will be our public testimony about our relationships, priorities and our sense for com-

passion and generosity? Yes, I'm going to write about money and personal possessions. But, not to worry! I will not be soliciting you. I am not on a fund-raising campaign (Navy Chaplains are not allowed, thank God). But I am interested in bringing to our attention an area that is near and dear to our American way of life: owning stuff and spending money.

I will start by getting real close and personal: our 2008 Income Tax Return. Now I'm sure that you are thrilled that about one year ago most of us managed to survive the ravages of the tax season. Economic data would suggest that the average American tax payer works the first three to four months of the year simply to pay taxes. So now that most of

us are making the money (not I would like to make an appeal and maybe even challenge our sense of compassion and generosity).

In fact, if my memory serves me right, Schedule A of that dreaded document has a section that reads "Charitable Contributions." To be sure, whatever we fill into this section will make a public statement (weak or strong) about our sense of responsibility towards those less fortunate people in our communities. Please note that our sense of generosity (or lack thereof) will make a statement about the condition of our heart.

1. Giving to benevolent causes says that we understand our place in the world as an instrument of God's grace. Note that

giving can also be measured in personal time and the donation of other types of personal assets. We may even be reminded that giving can be an act of personal worship to our God; for I personally believe that our worship of God is not complete without giving!

2. Giving will affirm in a public way whether or not we are possessed by our possessions. Through giving we declare our own sense of independence from the material things that seek to entrap us in a cycle of selfishness and self-absorption. Giving will liberate us from the "things" that seek to possess us.

3. Giving says that we know what our part is. Our sense of generosity and compassion will acknowledge that we assume personal responsibility for mak-

ing our contribution. This also addresses the practical aspects of giving to our local community of faith (i.e., church, temple, or mosque). It challenges us to regular and consistent giving in relation to our income.

I believe that most of us desire to be generous and compassionate. As we engage in the 2009 tax season, I would like to challenge us to become more adept at contributing to works of benevolence and compassion through giving and/or volunteer work.

As we do so, we will lighten the burden of those in need and make a powerful personal statement.

Homefront in Focus

By Beth Wilson

Military Spouse Contributor

Did you have a role model when you were growing up? If so, what was it about that person that made them a "role model?" Do you have a role model now? What about your children, do they have role models? What is a role model?

I recently followed some online postings about role models. One young woman, Herminia, offered this definition, "True role models are those who possess the qualities that we would like to have and those who have affected us in

a way that makes us want to be better people; to advocate for ourselves and our goals and take leadership on the issues that we believe in. We often don't recognize our true role models until we have noticed our own personal growth and progress..."

I want to introduce a website to you, but it is more than a website. It is a mission; www.greatamericans.com. Great Americans is a video portal with its stated mission to "Tell the stories of the positive role models of our time." Let me say, this is a place for 'us' as military families. Great Americans

is a 'YouTube' type portal for the uploading of videos of great Americans in uniform serving others and their country.

Since being introduced to this site I have spent (too many) hours watching videos of senior citizens in Maine greeting all returning troops; the heritage of the Kingsville Volunteer Fire Department, the DEA's heroic fight against drug lords and the humble stories of the military's Congressional Medal of Honor recipients...and many more inspiring stories of heroes and role models. From DEA officers to Coast Guard, from NASA to military videos, you will be

freshly inspired by the videos of ordinary people doing extraordinary things.

Great Americans president and CEO, John Murphy, says, "The internet is the most defining piece of equipment since Gutenberg's printing press. The mission of Great Americans is to be a place to recognize and promote patriotism, duty and service to others and country utilizing the tools of the internet. We hope Great Americans will encourage others to launch their own website, blog and internet show to showcase these virtues on the internet."

The vision for Great

Americans started with creator and executive producer, Matt Daniels. The concept for the site comes from his personal experience as the son of a single mother, living on welfare in Spanish Harlem. Lacking role models in his own life and family, Daniels discovered "outside" role models who communicated ideals and aspirations that led to his personal success. The discovery of the influence of role models led Daniels desire to replicate them for those who lack them in their personal lives. Learn his personal story from his video on Great Americans (<http://tinyurl.com/5qqgu>) entitled, "Welcome to

Great Americans."

Great Americans launched on Veteran's Day 2008 and is growing steadily. You are invited to join Great Americans and upload your videos as well as link to, or embed videos, from the site. Take time this weekend to enjoy the videos and upload your own. I do have one warning - you may want to have tissues at the ready as you are inspired, envisioned and refreshed by these stories of ordinary people, role models, doing extraordinary things.

Avoid Extra Costs Shipping Household Goods

By Nannette Davis

Commander, Fleet & Industrial Supply Centers Public Affairs

The process to close out a Permanent Change of Station (PCS) Household Goods (HHG) move can often be longer than expected and often Sailors are at risk of receiving a bill many months after the actual move.

There are several aspects of PCS moves that all Navy personnel need to be aware of to help themselves and to help the Navy. Rear Adm. Andy Brown, Commander, Fleet and Industrial Supply Centers (COMFISCS), is making PCS move support a top command priority.

"Too many Sailors are getting billed for exceeding authorized weight allowances or making bad decisions; this hurts our Sailors and costs the Navy more to move them," said Brown.

On average, the Navy processes 178,000 PCS orders a year at a total cost of approximately \$800 million. Of this, almost \$500 million is spent moving household goods, including privately owned vehicles (POVs).

"Every pound we move costs the Navy and adds to the potential for Sailors to pay excess weight charges," said Brown. "And, it could take up to two years from the date of your last move for the bill to reach you."

Navy members can perform different types of HHG shipments under most PCS orders such as personally procured "do-it-yourself" moves and government-arranged household goods, unaccompanied baggage, and non-temporary (long term) storage shipments.

For each type, the weight is counted against the maximum weight allowance. Weight allowances are based on a member's rank and number of dependents.

"You will pay excess costs if the combined weight of all shipments made under a spe-

cific PCS order exceeds the maximum entitlement for your rank and dependent status," said Brown.

"Many factors can contribute to excess costs, such as attempted pickup or delivery charges, exceeding maximum weight allowances or storage periods, shipping excess distances or unauthorized items, or even accessorial services such as packing and crating," said Brown.

"Always consult your local Personal Property Office [PPO] before arranging any type of government-funded household goods move."

When planning your move, it is important to avoid or minimize excess costs wherever possible.

"Consider donating or discarding unneeded HHG items such as appliances, furniture, housewares, collectibles, and building or remodeling supplies. It helps you and it helps the Navy," Brown said.

Brown also recommends discussing storage requirements with a personal property counselor before the move.

"A Navy family might not own a home at the new duty station or have a rental property picked out, so they may need to move into a temporary residence," Brown said. "If all of their household goods can't fit into the temporary residence, the government is not obligated to pay for temporary storage in transit (SIT) beyond 90 days."

To avoid incurring debts for government-directed moves, here are some tips on staying within your authorized weight allowance.

*Dispose of unwanted articles. Shipping unneeded articles is needlessly expensive; shipping costs vary based on destination, region, or country.

*Claim professional books, papers, and equipment (PBP&E), also referred to as pro gear. Declare all PBP&E

weight, even if your estimate is within your weight allowance. Check to ensure the weight is reflected on your DD Form 1299 prior to pickup. Separate the PBP&E before the Transportation Service Provider (carrier) arrives, as they must mark and weigh the pro gear. Check your inventory form periodically to ensure the carrier annotates PBP&E accurately.

*Request a reweigh if your pre-move survey estimate is more than your maximum allowance. If your shipment is picked up and exceeds your weight allowance, ask the destination PPO to reweigh the shipment. Reweighing the shipment will not cause any increase in excess cost to you.

*Avoid shipping excess unaccompanied baggage (UB): Because UB shipments usually travel by air, they tend to be very costly and may result in higher excess costs per pound. Avoid shipping unnecessary items in your UB.

*Minimize temporary storage in transit (SIT). SIT raises the overall cost of personal property shipments and may increase the total excess cost. If your shipment is overweight, have it delivered within the authorized timeframe, generally within 90 days of arrival at destination.

*Overseas weight restricted areas: If you are moving to, from or between an administratively weight restricted area,

Red Cross Offers CPR Classes

From American Red Cross

The American Red Cross will offer CPR class on Feb. 28 from 9:30 a.m.-5:30 p.m. at the USO on Mayport Road.

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

Adult, Infant and Child CPR and First Aid with AED-Teaches emergency procedures that prepare individuals to deal

with breathing and cardiac emergencies for infants and children (birth to age 8) and adults (age 9 and up), and administering first aid to all ages. Participants learn techniques such as rescue breathing, chest compressions, CPR and Automated External Defibrillation; as well as bandaging, splinting and treatment for burns.

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

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



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

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

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

Interdenominational MOPS (Mothers of Pre-Schoolers)
1st & 3rd Tuesdays each month 9:15 a.m.
For more information contact MOPS coordinator at mayportmops@yahoo.com

Marriage
Contact Chaplain 6 months prior. PREP is required

For more information, call 270-5212.

Living, Working In Japan

SERMC Mayport will host a one-hour Road Show presentation titled "Living and working in Japan" at 9 a.m. on Feb. 23. The event will be presented by representatives from U. S. Navy Ship Repair Facility Yokosuka at SERMC Building 1488 in the first floor Waterfront Operations Auditorium. The presentation is aimed at Mayport DoD civilian and contractor employees who are interested in Navy Civil Service jobs in Japan. Email michael.agnor@navy.mil at SERMC to register.



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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

P.O. Box 280032

Naval Station

Mayport, FL 32228-0032

Commercial: (904) 270-7817 Ext. 1012 DSN: 960-7817 Ext. 1012

Commercial FAX (904) 270-5329 DSN FAX: 960-5329

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—U.S. Navy Photo

USS Roosevelt's part of the Iwo Jima Amphibious Ready Group deployed to the U.S. 5th Fleet area of operations to conduct maritime security operations (MSO).

Sailor Promoted For Recruiting Record

By Ensign Kyle M. Miller
USS Theodore Roosevelt Public Affairs
 Leadership aboard the guided-missile destroyer USS Roosevelt (DDG 80) meritoriously advanced one of its hard-charging petty officer second classes to petty officer first class Jan. 20.

Electrician's Mate 1st Class Vorocker Daniel was promoted by Cmdr. Stanley Keeve, Roosevelt's commanding officer, via the Recruiter Command Advancement Program (R-CAP) for Daniel's outstanding efforts while serving as a Navy recruiter at his previous command, Naval Recruiting Depot Raleigh, N.C.

The R-CAP program is similar to the CAP program for sea commands allowing recruiting commands to meritoriously advance deserving Sailors.

"I am very thankful the Navy has given me this opportunity, and hope that I am able to pay them back by helping out those Sailors under me as a first class petty officer," said Daniel.

While stationed as a recruiter,

Daniel served as the recruiter-in-charge and maintained an average of 3.5 Sailors recruited per month, more than double the national average. He spearheaded the command's physical fitness program and volunteered with youth sports. He was ranked second among the 53 E-5s in his recruiting district.

Daniel, a native of Seale, Ala., reported to Roosevelt Sept. 13, 2008. His achievements at his previous command followed him to his new duty station.

"Roosevelt is overjoyed to receive every new Sailor, especially one of Daniel's caliber," said Lt. Brandon Cornes, Roosevelt's chief engineer. "I am really looking forward to seeing what he can accomplish in the engineering department."

Daniel's expertise in shipboard electrical systems plays a vital role in Roosevelt's mission in support of maritime security operations and national tasking. His current command appreciates his leadership and looks forward to his continued successes.

"EM1 is a great worker who cares about mentoring the junior guys in the division and provides a great example for them," said Ensign Michele Rollins, Roosevelt's electrical officer. "He's not afraid to speak his mind, but he does so in a highly respectful and constructive way. He's always friendly and helpful, and he's definitely been an asset to Roosevelt in the short time he's been aboard."

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

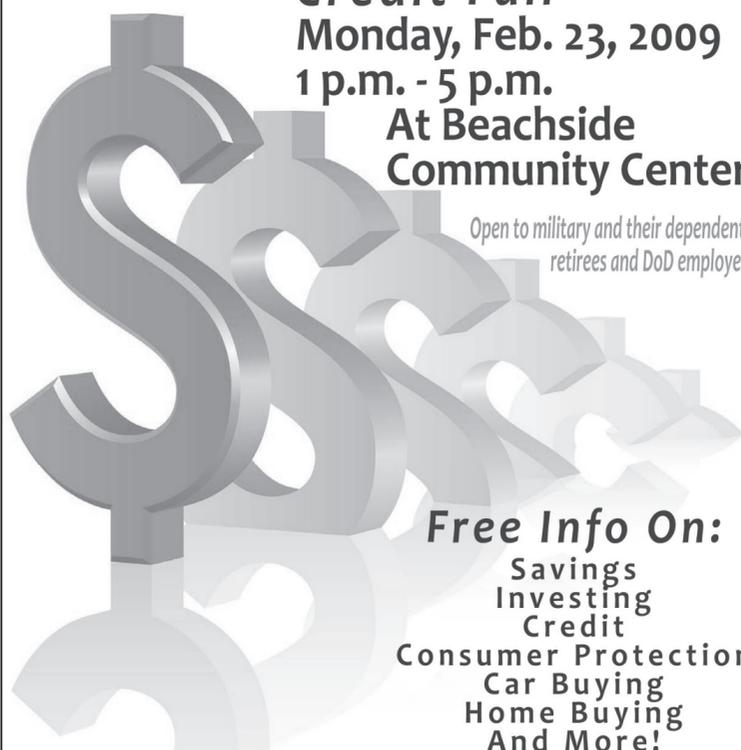
Military Saves Week: Feb. 22-Mar. 1

www.militarysaves.org

NS Mayport's Fleet and Family Service Center presents:

Credit Fair
Monday, Feb. 23, 2009
1 p.m. - 5 p.m.
At Beachside Community Center

Open to military and their dependents, retirees and DoD employees



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For more info, call (904) 270-6600 ext. 1718 or 1722

Pirates

searched it and seized weapons, including a rocket-propelled-grenade launcher."

The boarding parties took the pirates aboard Vella Gulf. They will remain aboard the ship until they are transferred to the supply ship USNS Lewis and Clark. U.S. officials are collecting the necessary evidence and will make a decision regarding further transfers, Whitman said. The United States signed

a memorandum with the government of Kenya to prosecute pirates.

"We've not yet had the chance to work out all the details of the implementation," Whitman said.

The spokesman stressed that these men are not prisoners of war and are suspected pirates conducting criminal activity.

"One of the ways we want to stem this type of activity is to

ensure there is a cost to being pirates," he said. "We have proceeded with countries in the region to identify ways to bring them to justice."

Anti-piracy American forces in the region are operating under a United Nations Security Council resolution. Countries and organizations around the world are contributing to this effort.

From Page 1

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RGB In Cape Town For COMREL



By MCSA Whitfield Palmer
Commander, U.S. Naval Forces Europe-Commander, U.S. Naval Forces Africa Public Affairs
 The USS Robert G. Bradley (FFG49), deployed with African Partnership Station (APS), arrived in Cape Town, South Africa. The four-day visit to Cape

Town is a goodwill visit; While Sailors volunteered for community relation (COMREL) projects, the ship hosted South African Naval officers, the deputy mayor of Cape Town, and local media said Captain Nicholas H. Holman IV, Commander, Task Force 363, South East Africa Task Force.

Media visits are part of the APS goal to build trust with the various nations that participate in the program.

"This visit is one of several in the past couple of years," said Holman. "It shows our continuing cooperation with our friends in South Africa."

The Robert G. Bradley played host to locals and tourists for a tour of the ship and naval officers from various African nations joined the Hazard Perry class frigate to participate in underway exercises.

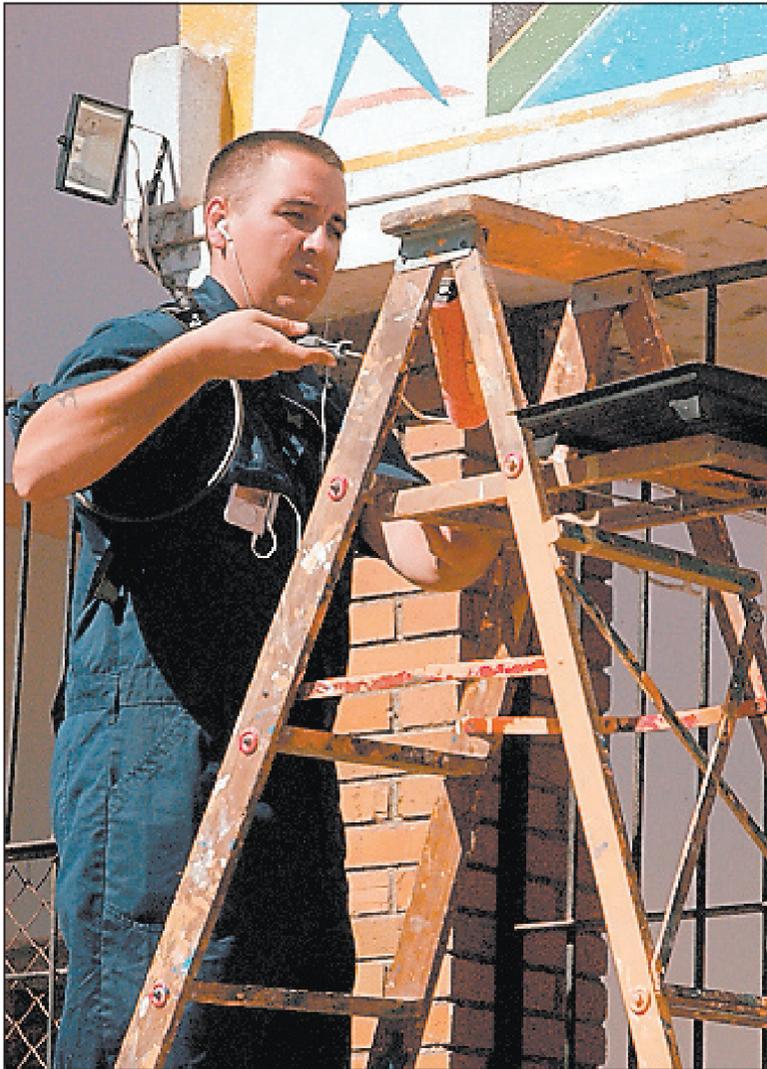
"We are delighted to have again another ship from the United States Navy," said South African Navy Rear Admiral Richard Higgs. "We will be focusing on inter-dependability. Inter-operability allows the various friendly navies of Africa to work together throughout the world."

Top Brass, a U.S. Naval Forces Europe band, performed six concerts waterfront concerts during the weekend visit.

APS, part of a long term commitment, is one in a series of missions that builds maritime safety and security capacity in Africa utilizing many forms including ships, aircraft, training teams, and construction.



-Photo by MCSA Whitfield M. Palmer
 Above, Internal Communications Electrician Jeremy W. David of USS Robert G. Bradley (FFG49) presents a photo of Robert G. Bradley to Ricardo Heildron, director of the Western Cape Teen Challenge Women's Center after a Community Relations effort in Cape Town, South Africa on Jan. 30. Several Sailors helped to repaint the center which offers assistance for teens and young adults looking to better their lives. Bradley is on a regularly scheduled deployment to the Sixth Fleet area of responsibility in order to help improve maritime safety and security and strengthen ongoing maritime partnerships. Left, Capt. Robert Benton (right) and Operations Specialist 2nd Class Lawrence Luke Jr. help to repaint the exterior of the Western Cape Teen Challenge Women's Center



Internal Communications Electrician Jeremy W. David on deployment with USS Robert G. Bradley (FFG49) paints the exterior of the Western Cape Teen Challenge Women's Center as part of a Community Relations (COMREL) effort in Cape Town South Africa on Jan. 30.



Captain Nicholas H. Holman (left), Commander Command Task Force 363, South East Africa Task Force, Captain Patricia Jackson (center), and Rear Admiral Richard Diggs (right), Flag Officer Fleet South African Navy meet with the press aboard Robert G. Bradley on Jan. 30.



-U.S. Navy Photo
 USS Robert G. Bradley (FFG49) is on a regularly scheduled deployment to the Sixth Fleet area of responsibility in order to help improve maritime safety and security and strengthen ongoing maritime partnerships.



Top Brass, a Naval Forces Europe/Africa Band, performs at the Victoria Waterfront in Cape Town, South Africa Sat., Jan 31. The five member brass band is on a six-week deployment with USS Robert G. Bradley (FFG49).

Pakistan's Deputy Chief Visits HSL-48

By Lt.j.g. Kevin Vannieuwenhoven

HSL-48 PAO

The World Famous Vipers of HSL-48 had the pleasure of hosting a tour for some visiting Pakistani Naval Officers on Feb. 11.

Upon arrival at HSL-48, Rear Adm. Tanveer Faiz, the Deputy Chief of Naval Staff (Operations) for Pakistan, was greeted by the Deputy Commodore of Helicopter Maritime Strike Wing Atlantic Fleet, Capt. Carl Bush.

The tour group of 10 Pakistani Naval Officers and their NAVAIR escorts proceeded through the HSL-48 spaces led by Lt. Cmdr. David "Fook" Loo, the HSL-48 Maintenance officer.

The group was taken through various maintenance spaces including Maintenance Control, the PR (parachute rigger) shop, various Detachment spaces, and the hangar to gain insight into daily operations and maintenance of the SH-60B Seahawk aircraft.

Within the hangar, the group was given an up close look at Venom 500, as well as Mayport's flight line. A few of the Pakistani Officers took the opportunity to jump in the pilot and co-pilot seats for photo-ops with Aviation Electronics Technician 3rd Class Jacob Ross, and they were also briefed on the SH-60B's capabilities by Lt. Carlos "Los Lobos" Esquivel, a recent IA returnee from Southern Afghanistan.

After completion of their time with HSL-48, the group continued their tour of Naval Station Mayport with a visit to USS McInerney (FFG-8).



Deputy Commodore, Capt. Carl Bush, speaks with Rear Adm. Tanveer Faiz, Deputy Chief of Naval Staff (Operations) for Pakistan and his associates in the halls of the HSL-48 Vipers during a visit to Naval Station Mayport on Feb. 11.

-Photos by AT3 Jacob Ross



Lt. Carlos Esquivel of HSL-48 answers questions from a Pakistani tour group in the cabin section of Venom 500.



Rear Adm. Tanveer Faiz and fellow officers in front of NS Mayport's flight line.

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.

Thursday, Feb. 26
Chief Petty Officer Spouse Auxiliary meeting from 6-7 p.m. at Building 1. CPOsAs mission is to provide a forum for Senior Enlisted Spouses as well as provide leadership and mentoring for spouses of junior sailors. It was started in 2006 and active members must be spouses of a Chief Petty Officer, active, reserve, or retired. In addition to monthly meetings (held the fourth Thursday every month, Building 1 Room 114), CPOSA holds fundraisers throughout the year to fund activities for CPO spouses and actively support the Mayport Chief Community. One such event is the CPOSA Selectee Spouse Social, held in the fall during Transition Season. This event is to introduce new Selectee spouses to current CPO spouses and provide them support and answers about their new role as a Chief spouse. For questions about or more information on CPOSA contact mayportcposa@comcast.net.

Tuesday, March 17
The USS Hue City Family Readiness Group will meet from 6-7 p.m. at Ribault Bay Community Center in off base housing every third Tuesday of the month.

Out in Town

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
The City of Jacksonville's Animal Care and Control Division will host a Save Your Sweetheart! adoption event from 10 a.m. - 3 p.m. at 2580 West First St. The Save Your Sweetheart! adoption event will feature 1/2 off on dog and cat adoption rates at both animal care shelters operated by the City of Jacksonville. At the main animal care shelter, there will be a festive atmosphere with live music provided by Ron Rodriguez and the Repeat Offenders, Diamond D Ranch pony rides, ABC Party Express children's train rides, Starbucks, Home Depot kid's workshop, food, clowns, raffles and more! For more information about this event, contact Christine Parker at (904) 387-8924 or clparker@coj.net.

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 specialists 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.

Saturday, Feb. 21
The Men's Prayer Breakfast at Palm Valley Baptist Church will be held at 8 a.m. on at the Players' Café in the Winn Dixie shopping center in Ponte Vedra. Young adult males are welcome.

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 hashbrowns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$5 for a full breakfast, or \$3 for a breakfast sandwich, is requested. As always, the public is invited.

Tuesday, 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. Please leave your name and phone number.

The Cummer Museum of Art & Gardens, 829 Riverside Ave., is hosting a free family night from 4 to 9 p.m. with live music, art making and a variety of hands-on experiences inspired by Georgia O'Keeffe and Her Times: American Modernism from the Lane Collection of the Museum of Fine Arts, Boston. For more information, please call (904) 355-0630.

Wednesday, Feb. 25
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 Rd. 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. 27
Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners from 5-8 p.m., at the Branch Home at 390 Mayport Road. We'll do the cooking for you. 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 of BILL BISSONETTE from 9 p.m.-1 a.m.

The Palm Valley Baptist Church Men's Bible study at the church, 4890 Palm Valley Road in Ponte Vedra Beach, at 7 p.m.

All men are welcome.

Saturday, Feb. 28
The Fleet Reserve Association, Branch 290, is hosting a special dinner from 5-8 p.m. at the Branch Home, 390 Mayport Road. The menu will be Smothered Pork Chops with Rice and Lima Beans. A donation of \$8 is requested for each dinner. Carry-out orders are accepted. Happy Hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. The public is always invited to dinner. Starting at 9 p.m. stay to enjoy Classic and Southern Rock and dance to the music of SOUTHBOUND until 1 a.m.

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

Saturday, Feb. 29
Duval Extension is hosting a Beginning Vegetable Workshop on from 9 a.m. to noon. Learn about general requirements for growing vegetables, organic gardening tips, container gardening and managing pests followed by hands-on practice working with vegetable transplants that you can take home for your garden. Cost is \$10 to attend. Call 387-8850 to register.

Sunday, March 1
Fleet Reserve Association Branch 290 hosts Breakfast on, 2009, from 8-11 a.m. at the Branch Home, 390 Mayport Road. Menu includes eggs, bacon or sausage, grits or hashbrowns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$5 for a full breakfast, or \$3 for a breakfast sandwich, is requested. As always, the public is invited.

Saturday, March 14
Come join the "First Annual St. Patty's Day Poker Run" at the Fleet Reserve, Branch #91, on Collins Road, Orange Park. All proceeds go to your Greater Jax USO and help us continue our mission of giving everything we can to our Active Duty troops and immediate family members. Live music by Human Zoo starting at 6 p.m.

Registration fee is \$10 for driver and \$5 for rider. Registration fee includes meal ticket, best hand/worst hand. Registration will be held from 11 a.m.-1 p.m. Last bike in at 5 p.m.

Join a Park Ranger at 1 p.m. for a look into the archeological resources left behind by previous cultures. Find out what we find today and what makes the Talbot Islands so significant. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Sunday March 15
Palm Valley Baptist Church, 4890 Palm Valley Road in Ponte Vedra Beach, will hold its homecoming. Singing starts at 9:15 a.m. with the Mini-men of Meniak Choir, a group from the Florida Baptist Children's Home. They will be followed by the Ethiopian Evangelical Choir of Jacksonville. A former pastor, Rev. Jim Richards, will present the morning message.

The service will be followed by fun, food, and fellowship.

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

Saturday, April 11
Palm Valley Baptist Church, 4890 Palm Valley Road in Ponte Vedra Beach, will host an Easter egg hunt from 10 a.m.-noon. All children bring an empty basket. There will be a hot dog lunch following the hunt. Individually wrapped candy and plastic eggs are greatly appreciated. There is a collection box in the fellowship hall.



Children Learn More from Do's than Don'ts

Young children will be better behaved when they know clearly what you expect of them. Instead of just saying, "Don't do that," show and tell your child what you do want him or her to do.

1. Teach your child the steps of the desired behavior. It is unreasonable to expect your child to do something if you haven't taught it to him or her.
2. Have your child describe the behavior back to you. This will tell you whether or not your child understands your expectations.
3. Ask your child to demonstrate the behavior to you. If your child can demonstrate the behavior reasonably well, then you know that it is within the child's abilities.
4. Model the behavior yourself. Children are always watching you and trying to imitate your behavior.

For more tips on parenting, visit www.parenting.org or call the Boys Town National Hotline, 1-800-448-3000.

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The Financial Star

Credit card companies are crunched.
Your bank is bailing.
But we're still serving you.

Economic hardships due to our current recession are hitting nearly everyone. Of course those with money in the stock market have felt its effects, but people are feeling the pain in other ways as well.

Many are now saddled with adjustable-rate mortgages that have adjusted to rates and payments they simply cannot afford. Many argue that they couldn't afford to purchase those houses in the first place, but what's done is done. And people are losing their houses in record numbers.

It's not hard to imagine that people who have lost their jobs due to the sagging economy, or who are facing foreclosure are having a hard time keeping up with their other bills as well. Credit card companies in particular are responding to the crisis in a way that most feel is unfair to consumers. Even those who are paying their bills on time are feeling the effects of new credit card terms.

One credit card customer we spoke to, but who did not want to be identified, said that after 15 years with the same credit card company, they have cut her credit limit in half. "I've never had a payment and only been late a couple of times in 15 years. Why would they do that to me?" she asked. "I don't know, but I'm out there who

keeping mum on specific decisions, but say they're just trying to avoid loss.

There are however unintended consequences to the credit card companies' actions. Having their limits cut gives consumers less available credit, which alters their credit-to-debt ratio and results in lower FICO scores. Like the woman we spoke to, many good customers are being adversely affected by these new credit card terms.

Many banks are in trouble too due to the number of people defaulting on their loans. With taxpayer help through the bailout, banks will eventually rebound. Until then they're taking a cue from the credit card companies, and they're scrutinizing every customer more closely and lending less.

The end result this economy crisis is that when consumers need money, they have less places to get it. Many can't fall back on their credit cards as they have in recent years, and they can't turn to most banks for money to pay for everyday bills or emergencies.

However, there are lenders who are still willing and able to help consumers in their time of need. One such company is Pioneer Services, the military banking division of MidCountry Bank. For more than 20 years Pioneer Services has

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However, there are lenders who are still willing and able to help consumers in their time of need. One such company is Pioneer Services, the military banking division of MidCountry Bank. For more than 20 years Pioneer Services has

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MWR Sports/Fitness

Sports

The Intramural Volleyball Luncheon 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.

The Fitness P.O.W. is Cardio: Elliptical; Strength: Tibialis Anterior (Shins); Stretch: Gastrocnemius (Calves)

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

It will include three focuses: Cardio, Strength and Stretch. Each week the focus will change, highlighting various pieces of equipment, exercises and muscle groups. The program was created to educate patrons on the usage of vari-

ous machines, the execution of different strength exercises and effective stretching regimens for muscle groups.

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

P.O.W. is a great opportunity for all personnel attached to the station to try something new at the facilities; shaking up their normal routine, allowing for a

safer, more effective, less time consuming caloric burn. Floor times for trainers are posted at both facilities. Keep those New Year's resolutions flowing by following the P.O.W.

The Surfside Fitness schedule is as follows:

Monday
7 a.m., TRX with Ruthie and Emily

9:30 a.m., Power Walking with Ruthie

9:30 a.m., Broken Hearts with LaPlace

1 p.m., Moms in Motion with Traci

4:30 p.m., Zumba with Emily

Tuesday
6:30 a.m., Yoga with Mia

9:30 a.m., LoImpact with Emily

11:30 a.m., Advanced Mind Body with Mia, Ruthie and Emily

1 p.m., Strength Solutions & Flexibility Fix-Ups with LaPlace

Wednesday
6:30 a.m., Functional Flexibility and Stress Management with Mia

9:30 a.m., Intro to Mind Body with Mia

Noon, Lunch Crunch with LaPlace

1 p.m., Moms in Motion with Traci

3 p.m., TRX with Ruthie and Emily

5:30 p.m., Kids Clinic with Ruthie

5:30 p.m., Kickboxing with LaPlace

Thursday
9:30 a.m., Pump and Grind with Emily and Mia

11:30 a.m., Zumba with Emily

1 p.m., Strength Solutions & Flexibility Fix-Ups with LaPlace

Friday
7 a.m., Beach Bootcamp with LaPlace

9:30 a.m., Broken Hearts with LaPlace

9:30 a.m., Fitness Equipment Training with Ruthie

The Gym schedule is as follows:

Monday
6 a.m., Weight Training for Warfighters with Ruthie

11:30 a.m., Circuit Senations with LaPlace

3 p.m., Command Row-bics with LaPlace

Tuesday
6 a.m., Command Cardio Pump with Traci

11:30 a.m., Resistance with Traci

3 p.m., Conditioning for Running with LaPlace

4:30 p.m., Spinning

5:45 p.m., Fitness Equipment Training with LaPlace

Wednesday
7 a.m., Cardio, Combat and CORE with Traci

11:30 a.m., Spinning with Traci

Thursday
7 a.m., Command Jump and Jab with Ruthie

11:30 a.m., Row-bics with Ruthie

3 p.m., Victory PRT with Mia

Friday
6:30 a.m., Command Spinning with Ruthie

9:30 a.m., Intro to Spinning with Mia

11:30 a.m., Strength Training Basics for Women with Traci

HSL-48 Lady Vipers 'Strike' Competition



HSL-48 Lady Vipers pose with their victory trophy at Naval Station Mayport's Fast Lanes. Pictured from left top row, Sharon Murphy, Cindy Laufman, Macarena Schmidt, Sarah Banta, Kristin Vannieuwenhoven; Bottom row, Bethany Chang, Tina Piumo, Meredith Houghton, Christine Sniegowski, and Christina Langley.

From HSL-48 Public Affairs

Naval Station Mayport Bowling Alley hosted the Annual CHSMWL Officer's Spouses bowling competition on Feb. 8.

The Officer's Spouses' Clubs of the HSL-40 Airwolves, the HSL-42 Proud Warriors, the HSL-44 Swamp Foxes, the HSL-46 Grandmasters, the HSL-48 Vipers, the HSL-60 Jaguars, and the HSL Wing Weapons School were all represented. This year, the Lady Vipers came out on top.

The event was not only a chance for the wives to show their competitive nature and mastery in the lanes, but also an opportunity to build community bonds among the squadrons.

Kicking off with a tailgate atmosphere in the parking lot, the ladies had a chance to show off some of their recipes and get to know or reacquaint themselves with friends in other squadrons.

Each team bowled two games and a final score was obtained by averaging the top three scores from each game.

This year the event came down to the wire, with HSL-48 winning by one pin.

-Photo courtesy of HSL-48

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MWR Happenings

Feb. 20: Deadline for Manatee Snorkel Trip. \$110 includes Sunday morning snorkel with the manatees, one night lodging, round trip transportation, snorkel gear and snacks during the manatee tour. Special children's price available when staying with two paying adults. 270-5541

Feb. 21: Saturday Cinema - Mama Mia (PG-13). 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. 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

Feb. 28: Saturday Cinema - Madagascar Escape 2 Africa

(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

March 6: Deadline for March Madness Basketball Tournament. Tournament is March 13-15. Military only; \$225 per team. 270-5451

March 10: 5K Run/3K Walk/Stroller Strut. 8 a.m. start in front of the Gym. Free. 270-5451

Liberty Call

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

Feb. 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.

Kid Zone

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

Feb. 21: Saturday Cinema - Mama Mia (PG-13). 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. 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 avail-

able). 270-5680

Feb. 28: Saturday Cinema - Madagascar Escape 2 Africa (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

Youth Dance Classes

Register NOW at the Youth Activities Center, located in on-base housing.



Classes are forming NOW!

Instructors:
Polly Boeneke and
Dayna Williams
from
Polly B Dance Academy

Mondays:

3:45-4:45 p.m. Ballet and Tap (Ages 5-7)
4:45-5:45 p.m. Ballet and Tap (Ages 3-5)

Wednesdays:

9:30-10:30 a.m. Ballet and Tap (Ages 2 1/2-3)
10:30-11:30 a.m. Ballet and Tap (Ages 4-5)
3:45-4:45 p.m. Ballet and Tap (Ages 7+)
5:00-5:45 p.m. Jazz and Hip Hop (Ages 7+)

Class Fees: \$38 per month

No discounts for holidays or missed classes.
\$5 discount for additional child and/or class.

Class Attire: Black leotard, pink tights, pink ballet shoes and tan tap shoes. Items can be purchased from Instructor.

Additional Details: Minimum of 5 children per class to start; Maximum of 12 children per class. Class schedule is subject to change depending on enrollment and demand.

For more info, call the
MWR Youth Activities Center
at (904) 270-5680 or 5421.

Instructors can be reached
via e-mail at PBBB@aol.com.

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USS De Wert Sailors Stay Involved



-Photos courtesy of USS De Wert

Right, Pictured from left, Chief Sonar Technician Surface (SW) Ben Pierson, Chief Fire Controlman (SW/AW) Scott Haas, and Ensign Jon Greenwald, all of USS De Wert mingle with students at Kernan Middle School during a community relations (COMREL) project hosted by the ship. The volunteers honored students who earned straight A's or A's and B's on their report card. Above, Haas, Pierson, and Greenwald stand outside the school with students during the COMREL.



By Lt.j.g. Ashley Wyckoff
 USS De Wert PAO
 Four De Wert personnel headed to Kernan Middle School (KMS) to serve lunch to Honor Role students and to mingle with the six, seven, and eighth-graders.
 The volunteers were Ensign Jon Greenwald, Chief Fire Controlman (SW/AW) Scott Haas, Chief Sonar Technician Surface (SW) Ben Pierson, and Lt.j.g. Ashley Wyckoff. The opportunity was set up through KMS's Parent/Teacher/Student Association (PTSA), and De Wert once again loved honoring the students who earned straight A's, or all A's and B's, on their report cards.
 On Feb. 7, De Wert hosted the monthly training of nearly 15 Reservists from various parts of

Florida. The Reservists eagerly reported aboard at 8 a.m. on Saturday morning, ready and willing to accomplish the tasks assigned.
 They assisted De Wert Sailors in cleaning and rearranging spaces on the ship that have been, and continue to be, altered, improved, and repaired. They also ate lunch aboard De Wert and observed scheduled shipboard training.
 The Reservists left at the end of the day satisfied that they were able to assist De Wert Sailors in accomplishing weekend responsibilities.
 De Wert Sailors enjoy volunteering and continue to stay involved despite their busy schedules and the extensive maintenance period that began in November and will continue through March.

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Hue City CMC Has Change Of Office

From USS Hue City
 CMDCM (SW/SS) Billy J. Cady was relieved by CMDCM (SW/AW) Kevin R. Blade as USS Hue City Command Master Chief on Feb. 11.

Cady was the Hue City Command Master Chief since January 2007 and will report to the Navy's Senior Enlisted Academy as a facilitator and as the Assistant Director of the academy.

A Submarine Sailor, he previously served as the Chief of the Boat (COB) on USS West Virginia (SSBN 736) (BLUE) and was hand selected to stand up the Submarine learning Center, Training Support Detachment, at TRIDENT Training Facility, both in Kings Bay, Georgia.

Cady was instrumental in the many successes that Hue City has been recognized for over the past two years, including the ship being awarded the Battle "E" this past year.

Rear Adm. Mark Fox, COMCARSTRGRU 10, presented Cady with the Meritorious Service Medal for his leadership and other accomplishments during his tour as the

ships Command Master Chief.

Blade reports to Hue City from a successful tour as Commander, Navy Installations Command (CNIC) Force Master Chief.

As the Force Master Chief of CNIC, he was the advocate for Sailors and their families worldwide and was instrumental in the standup of the Homeport Ashore program that allows our most junior Sailors to live in barracks instead of their ships.

Blade's previous Command Master Chief tours include Naval Air Station Sigonella, Italy and USS Pinckney (DDG 91), San Diego, Calif.

Prior to his selection into the Command Master Chief program in 2001, he served as a Mess Management Specialist at sea on USS Doyle (FFG 39), USS Dwight D Eisenhower (CVN 69) and USS Harry S. Truman (CVN 75). His previous shore duties as a Mess Management Specialist include RTC Great Lakes, Naval Weapons Station Yorktown, and Military Sealift Command, Washington, D.C.

USS Carney Talks Tactics



Rear Adm. Mark Fox, COMCARSTRGRU 10, discusses the Damage Control Tactical Management System (DCTMS) with Damage Control Assistant Lt.j.g. James Hostetler on board USS Carney (DDG 64).
 -Photo by Ensign Emily Rhatican

Jax Guardian Awarded Prestigious Honor

From Seventh District Public Affairs
 Coast Guard Lt. Andrea Parker, 30, chief of enforcement for Sector Jacksonville, was awarded the 2009 Department of Defense African-American History Month Recognition Award.

"I am humbled, honored, and very appreciative to be in receipt of such an award," said Parker. "However, I could not have done this without the sup-

port of my fellow Coast Guard crewmembers around me."

The award is given annually to a member from each service that exemplifies the ideals of their military core values and provides exceptional service to critical Department of Defense Missions.

Parker provided Coast Guard security crews that oversaw the safe and efficient shipment of military cargo ships that trans-

ported cargo from the Port of Jacksonville and Port Canaveral to the Northern Arabian Gulf in support of Operations Iraqi and Enduring Freedom. In addition, Parker spends several hours a month tutoring students at Mayport Elementary School.

Parker, a native of Albany, Ga., is a 2001 graduate of the U.S. Coast Guard Academy in New London, Conn. In the spirit of African-American History Month, Parker has made history herself. She was the first black student to receive a degree in

engineering from the Coast Guard Academy.

"This organization has done so much for me and enabled me to travel to so many places around the globe and interact with so many diverse people," said Parker. "The Coast Guard has never closed any doors for me."

This summer, Parker will attend graduate school and follow up her master's degree by teaching organizational leadership at the Coast Guard Academy.



-Photo by Petty Officer 1st Class Christopher Evanson
 Lt. Andrea Parker, chief of enforcement at Coast Guard Sector Jacksonville, Fla., poses in her office, Tuesday, February 10, 2009. Parker is the 2009 recipient of the Department of Defense African-American History Month Recognition Award.

Suicide Awareness, Code of Conduct Available On NKO

By Susan Lawson
 Center for Personal and Professional Development Public Affairs

A wide variety of topics are included in the new list of general military training (GMT) announced via NAVADMIN message Jan. 30.

Topics this year include code of conduct, suicide awareness, law of war and stress management training. The curriculum materials for the first six GMT topics have been distributed to commands and are also posted on Navy Knowledge Online (NKO). Seven additional topics will be delivered to commands in March and will also be available for download on NKO.

"The effectiveness of this training will be enhanced by the presence and participation of officers and chief petty officers, who can mentor their fellow shipmates by passing on knowledge of the Navy's Core Values through the four main GMT subject areas," said Cmdr. George Michaels, training director for the Center for Personal and Professional Development. The development command oversees curriculum updates and manages the development and distribution of GMT materials for command use throughout the fleet.

GMT is non-occupational general training, taught at the command level, and is required periodically for all Navy uniformed personnel.

Topics are values-based, emphasizing commitment to integrity and effective decision making. Each of the 2009 topics falls under one of the four subject areas: Navy heritage, her-

sonal growth and professional

relationships, managing risk, and wellness. The 2009 topics include: code of conduct, introduction to stress management, combating trafficking in persons awareness training, introduction to anger management, sexual health - unplanned pregnancy prevention, equal opportunity - religious accommodations, introduction to the Navy's hazing policy, introduction to time-critical risk management, law of war, domestic violence, personal financial management - surviving the holidays, alcohol awareness - enabling alcohol misuse, and introduction to stress response continuum and suicide awareness.

Web-based lessons are available through Navy e-Learning located on NKO. Once training is completed, it is automatically recorded in Fleet Training Management & Planning System (FLTMPS) and reflected in the Sailor's electronic training jacket. Commands can also download the GMT topics from NKO and deliver them locally. Commands using this delivery method will have to ensure course completion for their Sailors is recorded in FLTMPS by their command training officer.

For more information read NAVADMIN 033/09, or visit www.nko.navy.mil and select the Personal Development link. Information on 2009 topics can be found on the GMT page.

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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. 19

Breakfast
Creamed Beef
Pork Sausage Links
Blueberry Pancakes
French Toast
Hashbrowns
Grits
Lunch
Clam Chowder
Stuffed Baked Fish
Grilled Strip Steak
Garlic Roasted Potatoes
Wild Rice
Broccoli
Corn On The Cob
Natural Pan Gravy
Dinner
Clam Chowder
Cajun Roast Beef
Chicken Pot Pie

Steamed Brown Rice

Carrots
Cauliflower
Boiled Pasta
Brown Gravy
Friday, Feb. 20
Breakfast
Corned Beef Hash
Turkey Sausage Patties
Pancakes
French Toast
Tater Tots
Oatmeal
Lunch
Beef Rice Soup
Chicken Wings
Assorted Pizza
Waffle Fries
Potato Chips
Baked Beans
Tuna Melts

Carrots
Green Beans
Dinner
Beef Rice Soup
Roast Beef
Braised Pork Chops
Long Grain Wild Rice
Oven Glo Potatoes
Spinach
Cabbage
Brown Gravy

Saturday, Feb. 21

Breakfast
Bacon
Minute Steak
Blueberry Pancakes
French Toast
Hashbrowns
Grits
Lunch
Chicken And Rice Soup
Chicken Strips
Onion Rings
Carrots
Blueberry Pancakes
Hashbrowns
Bacon
Grits
Dinner
Chicken And Rice Soup
Veal Parmesan
Baked Chicken
Medium Brown Rice
Potatoes And Herbs
Broccoli
Cream Style Corn
Chicken Gravy
Sunday, Feb. 22
Breakfast
Biscuits And Gravy
Ham Slices
Pancakes
French Toast
Tater Tots

Oatmeal
Lunch
Creole Soup
Chili Dogs
Onion Rings
Green Peas
French Toast
Hashbrowns
Biscuits And Gravy
Oatmeal

Diner

Creole Soup
Beef Stew
Baked Fish
Steamed Rice
Boiled Pasta
Green Bean Combo
Zucchini
Monday, Feb. 23
Breakfast
Turkey Sausage Links
Bacon
Pancakes
French Toast
Hashbrowns
Grits
Lunch
Jamaican Beef Patties
Fried Chicken
Red Beans And Rice
Collard Greens
Sweet Potatoes
Jollof Rice
Jerk Pork Chops
Moroccan Chicken Soup
Chicken And Sausage
Jambalaya
Bread Pudding
Sweet Potato Pie
Peach Cobbler
Dinner
Asian Stir Fry Soup
Beef Fritters
Creole Soup

Wild Rice
Mashed Potatoes
Okra
Carrots
Country Gravy

Tuesday, Feb. 24

Breakfast
Sausage Patties
Minched Beef
Pancakes
French Toast
Tater Tots
Oatmeal
Lunch
Texas Tortilla Soup
Beef Fajitas
Chicken Quesadillas
Mexican Rice
Refried Beans
South Of The Border Medley
Corn And Black Beans
Burgers
Baked Beans
French Fries
Dinner
Texas Tortilla Soup
Cordon Bleu
Swedish Meatballs
Paprika Potatoes
Boiled Egg Noodles
Green Peas
Carrots

Wednesday, Feb. 25

Breakfast
Minute Steak
Candian Bacon
Blueberry Pancakes
French Toast
Hashbrowns
Grits
Lunch
Cream Of Broccoli
Chicken Parmesan
Vegetable Lasagna

Meat Lasagna
Basil Penne Pasta
Marinara Sauce
Squash
Cauliflower
Onion Rings
Baked Beans
Cannon Ball Sandwich

Dinner

Cream Of Broccoli
Salisbury Steak
Pork Chops
Parsley Buttered Potatoes
Steamed Rice
Carrots
Asparagus
Brown Gravy
Thursday, Feb. 26
Breakfast
Creamed Beef
Pork Sausage Links
Pancakes
French Toast
Hashbrowns
Grits
Lunch
Clam Chowder
Snow Crab Legs
Steamship Round
Spiced Brown Rice
Mashed Potatoes
Broccoli
Corn On The Cob
Natural Pan Gravy
Dinner
Clam Chowder
Beef Stroganoff
Chicken A La King
Steamed Rice
Boiled Pasta
Corn
Brussel Sprouts

DeCA Help Promote Financial Fitness Through Military Saves

By Kevin L. Robinson
DeCA public affairs specialist
Navy service member Karen Amador Lesetmoe described herself as someone who had gotten in over her head in debt. Between credit card debt, a car loan and a low-paying job that made shopping for a food a constant challenge, the single mom needed a new direction. So she went on a diet – financially that is. “I decided I’d had enough of living paycheck to paycheck and worrying about money all the time,” said Lesetmoe, whose testimony to get out of debt is posted with others on <http://www.MilitarySaves.org>. “When I paid off my credit cards, I didn’t relax and fall back into my old

spending habit, I was on a mission to save money. I opened a savings account and started putting all the money I would have spent on my debt into my savings.” Lesetmoe’s story of financial distress is all too real for many people in uniform and their families. To help reinforce its message for the military community to be financially fit, DoD has proclaimed Military Saves Week, Feb. 22 – March 1. The Defense Commissary Agency has joined other DoD agencies and installation financial institutions to echo the benefits of reducing debt and building wealth. Military Saves was developed by DoD’s nonprofit part-

ner, the Consumer Federation of America, to enlist the military in a yearlong commitment to financial responsibility. To symbolize that commitment, the military community – military members, retirees, family members, government civilians and contractors – is urged to visit www.MilitarySaves.org and take the Saver Pledge. The Web site offers free financial

services and suggestions to help save money. “Extending the paychecks of military members with savings of 30 percent or more is the reason the commissary benefit exists,” said Philip E. Sakowitz Jr., DeCA director and chief executive officer. “So it was a perfect fit for the Defense Commissary Agency to partner with DoD to help military mem-

bers and their families focus on their financial well-being by joining the Military Saves campaign.” As part of DeCA’s partnership with Military Saves, commissaries will work with installation financial counselors to arrange “savings” tours of the stores during Military Saves Week. The tours are designed to help shoppers learn how they

can stretch their grocery budgets with tips that include taking advantage of price promotions and coupons. Customers will see Saver Pledge posters in commissaries and links on the DeCA Web site, <http://www.commissaries.com>, to help promote the savings tours and the Military Saves campaign.

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USO News

UNF Basketball will be hosting a Military appreciation/ Public servant night on Thursday Feb. 19. It will be a double header vs. Florida Gulf Coast. This also includes JSO, Fire and Rescue personnel. Please show ID at door for redemption. Lady Ospreys at 5:30 p.m. and Men at 7:30 p.m. For more information go to www.unfospreys.com All athletics are free to the active duty, retired and reserve personnel and their families in the area. Please come out and support the wonderful athletes.

Jiffy Lube is teaming with the Jacksonville USO. Stop by the Mayport/Jax USO and pick up a flyer, take it to one of the three shops listed on the flyer along with your active military ID to receive \$10 off a Jiffy Lube Signature Service Oil Change.

It's a great deal and helps out the USO at the same time!

United Through Reading program makes it possible to share in the enjoyment of reading to the children in your life, even while thousands of miles apart. The Mayport Center and NAS Center can record you reading a book to your children and send it to them after you have gone on deployment. It is a great way to make them smile on their special day even when you can not be there with them. Please contact your local USO center for more information.

The city of Jacksonville is hosting a tribute to expectant Military mothers at Metropolitan Park downtown Jacksonville. This event will be held Sunday March 22, 2009 from 1-4 pm. All expectant active duty and military spouses

must register by March 1, 2009 at www.coj.net. There will be free food, entertainment, prizes and fun!

Do you ride a motorcycle? Want to have some fun? The Fleet Reserve #91 off Collins Road, Orange Park, is hosting a Poker Run to benefit your Jax USO. There will be live music, a 50/50 drawing and door prizes. No pre-registration; registration is the day of the event on March 14 from 11 a.m.-1 p.m. For more information call Tara at 264-2833.

Orlando Magic Fans
The Orlando Magic is offering great discounts for active duty military, their families and retirees. Lower bowl tickets up to \$20 off gate price. Upper bowl tickets more than 50 percent off gate price.

For more information use this

link <https://oss.ticketmaster.com/html/go.html?l=EN&t=magic&o=4862615&g=1362>

Scholarships available for students who have parents with a disability. All application materials must be completed and postmarked by March 16. For more information, go to www.lookingglass.org.

The Anheuser-Busch theme parks have extended their free admittance for Active duty personnel again this year for more information click on the link www.herosalute.com

Active duty military are being given a five-day park hopper for Free. For more information please visit your local ITT office or this website, www.disneyworld.com/military.

The new Priority Mail Large Flat Rate Box is now 50 percent larger (12 x 12 x 5 1/2) and

for the first time in history, the U.S. Postal Service is offering a \$2 discount when sending the new larger box to an APO/FPO address, enabling customers to send more with one flat price of \$10.95. There are two versions of the new box; one branded with 'America Supports You' (a Department of Defense-sponsored organization that supports overseas military forces) and includes an APO/FPO address block. Either version of the new Priority Mail Large Flat-Rate Box is eligible for the \$2 discount. The boxes can be ordered at <http://www.usps.com> free of charge.

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

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

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

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

For more information about activities or meeting availabilities, call 246-3481 or stop by the center at 2560 Mayport Road.

FFSC Class Schedule Set

From FFSC

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

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

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

The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend. Feb. 19, 8 a.m.-noon, **FAP Key Personnel Training**, Building One Executive Conference Room

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

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

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

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

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

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

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

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

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

Group, USO

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

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

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! 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



The City of Jacksonville presents
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Spouses Mentoring Spouses

From COMPASS

A program aims to help spouses navigate the Navy will hold a team and mentor training session from 9 a.m.-noon from Feb. 25-28.

Think about a spouse embarking on his or her journey as a Navy spouse for the first time. To this spouse, the Navy seems like a foreign land with its own language, customs, traditions, health care system, inherent moves, and deployments.

COMPASS is a standard-

ized Team-Mentoring program developed by spouses for spouses. COMPASS focuses on spouses new to the Navy, however; all spouses are welcome. COMPASS improves quality of life through education, enabling spouses to understand, experience and meet the challenges of the Navy lifestyle.

With this knowledge and realistic expectations, their journeys can be successful and rewarding. Sessions are held at Naval Station Mayport.

Mentors must have been married to their sailors for at least three years, have taken the COMPASS course, and willing to be mentor trained. If you would like to get involved with Please contact Team Leader Melanie Cullum, 904-200-7751 or email compassmayport@nsfamilyline.org

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

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Health Beat

A Healthy Heart For A Healthy Life



-U.S. Navy Photo

From TRICARE

Heart disease is the number one cause of death in the United States of America. According to the Centers for Disease Control and Prevention, almost 700,000 people die from heart disease in the United States each year. February is American Heart Month and TRICARE encourages all beneficiaries to reduce their risks for developing heart disease.

American Heart Month is the perfect time to learn about cardiovascular health and risk factors and warning signs of heart disease. It's also a great time to evaluate lifestyle choices to ensure a healthy heart.

The National Institutes of Health (NIH) lists six key steps to help reduce the risk of having a heart attack:

- Stop smoking
 - Lower high blood pressure
 - Reduce high cholesterol
 - Aim for a healthy weight
 - Be physically active each day
 - Manage diabetes
 - Stop Smoking
- Smoking cigarettes significantly increases the risk of heart attacks in men and women. Talking with a primary care manager (PCM) to develop an action plan will help ensure success in efforts to quit smoking and the Department of Defense has a program that is only a click away online.

The Web site <http://www.uanquit2.org> provides resources to help with quitting, every step of the way. In February, the site is targeting smokeless tobacco during "Through With Chew Week," Feb. 15-21 and the "Great American Spit Out" on Feb. 19.

Lower High Blood Pressure
High blood pressure, also known as hypertension, forces the heart to work harder and increases the risk of developing heart disease, as well as kidney disease and stroke. To help prevent or control high blood pressure, the NIH recommends losing excess weight, exercising regularly, following a heart-healthy eating plan that includes foods lower in salt and sodium, limiting alcohol intake, and taking prescribed medication.

Reduce High Cholesterol
High cholesterol can also be reduced with a healthy eating plan, exercise and shedding excess weight. If these are not enough to lower the cholesterol level, there are medications that may help.

Aim for a Healthy Weight
For anyone who is overweight, there is an increased chance of having a heart attack. According to the NIH, even a 10 percent weight loss can help lower the risk of developing cardiovascular disease. For los-

ing excess weight, TRICARE recommends beneficiaries talk with their PCM about developing a healthy and successful plan.

Visit www.tricare.mil/getfit for information and links to better nutrition, exercise and more.

Be Physically Active Each Day

The NIH suggests 30 minutes of a moderate-intensity exercise on most days, preferably each day of the week. Exercise reduces the risk of heart-related problems, including heart attacks. Exercise can also improve cholesterol levels, help control high blood pressure and manage weight and can help control diabetes.

TRICARE suggests beneficiaries talk with their PCM before starting an exercise program. Visit <http://www.health.gov/paguidelines> to find out more about physical activity guidelines for Americans.

Visit www.americanheart.org or www.cdc.gov/HeartDisease for more information about heart health. Make every month American Heart Month for a healthy life.

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Strong Bones For Strong Health

From TRICARE

Prevention of bone disease begins at birth and is a lifelong challenge. According to the U. S. Surgeon General, each year about 1.5 million people suffer bone fractures due to osteoporosis. Bone health is important for overall health and quality of life. TRICARE encourages beneficiaries to incorporate a few things into their lives to help develop strong and healthy bones.

Bones protect against injuries, protect organs, provide a frame for our bodies and store minerals such as calcium. Weak bones may develop osteoporosis, which increases bone fractures in parts of the body such as the hips, wrist and spine.

Fractures are difficult to manage, especially for the elderly, since it can cause loss of independence and lack of mobility and function. There are many things TRICARE beneficiaries can do to support their own bone health, as well as that of their family members.

Beneficiaries can develop strong bones by following a bone-healthy diet, participating in regular weight-bearing exercise and avoiding tobacco. Primary care managers (PCMs) can guide beneficiaries in making choices that promote bone health.

Eating a calcium rich diet is important too. According to the Center for Disease Control and Prevention (CDC), calcium is a mineral needed by the body for healthy bones, teeth, and proper function of the heart, muscles, and nerves.

Good sources of calcium include:

Green leafy vegetables, such as broccoli and kale

Dairy products, such as low-fat or non-fat milk, cheese and yogurt

Calcium-fortified foods, such as orange juice, soy beverages and cereal

Nuts, such as almonds and sesame seeds

Visit <http://www.mypyramidtracker.gov> to calculate the amount of calcium found in certain foods.

Exercise has many far-reaching benefits, including strengthening bones. Regular weight-bearing exercises help reach and maintain peak bone mass, the highest level of bone density. According to the CDC, a person with high bone mass as a young adult will be more likely to have a higher bone mass later in life. But keep in mind that it is never too late to develop healthy bones. Making healthy lifestyle choices later in life can still have a positive impact. Effective weight-bearing exercises include walking, jogging or running, weight lifting and stair climbing.

Sixty-five is the recommended age for women to get a bone test to measure the risk of osteoporosis; however, beneficiaries should talk with their doctors about getting tested earlier if there is a family history. TRICARE covers bone density studies for numerous reasons, such as the diagnosis and monitoring of osteoporosis and osteopenia.

For more information about bone health, visit the CDC at <http://www.cdc.gov/nutrition/everyone/basics/vitamins/calcium.html>



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GATE	319 S 3rd ST	JAX BCH	SPRINT	3051 MONUMENT RD/ COBBLESTON	JAX
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GATE	10455 OLD ST AUGUSTINE RD	JAX	SPRINT	301 ATLANTIC BLVD.	ATL BCH
GATE	9540 SAN JOSE BLVD	JAX	SPRINT	2810 SR A1A N	ATL BCH
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Navy News

Lt. Drops Bomb On Guinness World Record

By Army Sgt. Rodney Foliente
Special to American Forces Press Service

Servicemembers and most runners probably would not be very impressed with a mile run in just over 10 minutes. But add to the equation a 75-pound bomb suit made of stiff material, factor in the added heat from wearing it and add a pair of rubber over-boots, and it becomes a different story.

Navy Lt. Jonathan Kehoe, commander, Platoon 602, 63rd Battalion, Explosive Ordnance

Disposal Mobilization Unit 6, based out of Little Creek, Va., and attached to the 4th Infantry Division's 2nd Brigade Combat Team, decided to run here Feb. 2 for a Guinness World Record for the fastest mile in a bomb suit at Camp Echo.

With a crowd of their Iraqi EOD counterparts, servicemembers and U.S. contractors cheering him on, Kehoe completed the mile in 10 minutes and 13 seconds, beating his target time by almost three minutes.

But the true purpose of the event was to draw a crowd for

a fund-raiser benefitting the EOD Memorial and Scholarship Foundation and to commemorate fallen EOD members.

"We as a team decided we wanted to do something special for the EOD memorial," said Kehoe, who comes from Leadville, Colo. "The EOD memorial celebrates the lives of [EOD members] who've made the ultimate sacrifice to bring the freedom that [many people] take for granted every single day. It's a tribute to them, and our way to give back to their families and show them that

we're thinking of them."

The memorial, located at Eglin Air Force Base, Fla., was built in 1999 and features the names of fallen EOD members since the declaration of World War II.

Kehoe and the rest of his team said they were glad to be able to help raise funds and honor the fallen in their own way. Some of them commented that although remembering their deaths is a somber time, remembering their lives and their selfless dedication should be something to celebrate.

Members of the 8th Iraqi Army Division's EOD team were invited to the event as the guests of honor, and they cheered Kehoe on with the rest of the crowd. One Iraqi soldier served as an official timer, and others even ran part of the mile to show their support and encouragement.

The U.S. and Iraqi EOD teams have a great relationship,

Kehoe said. Together, they've detonated a dozen or more explosive devices since Kehoe's unit arrived in Iraq three months ago.

Kehoe said he loves his job and is excited to be able to work with the Iraqi security forces and teach them how to do their jobs better for their own safety as well as that of their co-workers and civilians.

"I've been very impressed with them and their ability to do EOD," he said. They're professionals, and the 8th Iraqi Army [EOD team] is the team that all other army units are looking to as an example of where they need to be."

Kehoe said he trained for the event for two months, with EOD members from both nationalities encouraging and helping him during that time.

"People don't realize how much physical training we go through as EOD. He made us all proud. With the crowd cheering

and all, it gave him a big boost. He surpassed what I expected," Navy Petty Officer 2nd Class William Young, of Platoon 602, said.

Now, it's just a matter of whether the Guinness World Records will accept the record, said Kehoe, who already holds one record for the fastest mile while carrying an egg on a spoon. Either way, he said, it was worth it to continue building the relationships with the Iraqis, get the Camp Echo residents out to honor the fallen EOD members and earn money for the memorial and scholarship funds.

"I just wanted to tell the family members of those who have given the ultimate sacrifice that we pray for you every day and we can never do enough to thank you," he said.

Army Sgt. Rodney Foliente serves in the 4th Infantry Division's 2nd Brigade Combat Team public affairs office.



-U.S. Army photo by Sgt. Rodney Foliente

Navy Lt. Jonathan Kehoe runs for the Guinness World Record for the fastest mile in a bomb suit at Camp Echo Feb. 2.

Troop Surge in Afghanistan Unlikely To Surpass 30,000

By Donna Miles
American Forces Press Service

The top U.S. military officer said Feb. 9 he doesn't expect the United States to deploy more than about 30,000 additional troops to Afghanistan, emphasizing the need for the State Department and other U.S. agencies to do their part as well.

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, told junior soldiers from the 10th Mountain Division that 2009 will be a pivotal year for Afghanistan that will require more than just military might.

"It has gotten worse in Afghanistan," he told the soldiers, some recently returned from Iraq and others expecting to deploy to Afghanistan next year. "Violence is up, [and] the Taliban is back."

In addition, he said, governance at the local, district, provincial and national levels "is not going well" and "has to be improved."

"Getting that governance piece right as fast as we can is absolutely vital," Mullen said, particularly with elections scheduled this summer.

He noted that although the military inevitably will be involved, it's not the agency

best suited to assist with governance. The same, he said, holds true with helping Afghanistan improve economic development.

"It is not possible to win this or succeed in Afghanistan militarily alone," Mullen told the group.

So as the military expands the force in Afghanistan probably not much beyond the 20,000 to 30,000 numbers being discussed, Mullen said more non-military enablers will be needed, too.

"It has to be met with a commensurate surge from other agencies, particularly the State Department, in order for us to start generating success in 2009, which is a critical year," he said.

Mullen praised the soldiers for the successes they helped to bring about in Iraq.

"You have made a difference. You have turned it around in Iraq," he said.

Success wasn't in sight 12 to 18 months ago, he said, but now it is. In a separate session with family readiness group volunteers, he tied the success of the surge directly to the men and women on the ground.

"It could not have been done

without the 10th Mountain Division" and the rest of the U.S. military engaged there, he said.

"I've been there a lot and seen the difference," he told the spouses. "It gets a little bit better day by day, and we are very hopeful that we can continue to draw forces down in Iraq and that Iraqi people [will] continue to assume responsibility for their own country."

But Mullen reminded the soldiers, "We are not done in Iraq." Al-Qaida remains a problem, but is "greatly diminished," he said.

Governance is improving, as demonstrated by the successful late-January elections. Iraqi security forces are improving.

The 10th Mountain Division's 3rd Brigade Combat Team was rerouted from Iraq to Afghanistan last fall. Its soldiers in Task Force Spartan are now deployed to eastern Afghanistan, taking up positions that until now had little coalition presence.

"I expect there will be more of that over the next several months, although I don't have the details of that," Mullen told the troops. "That's something the president decides."

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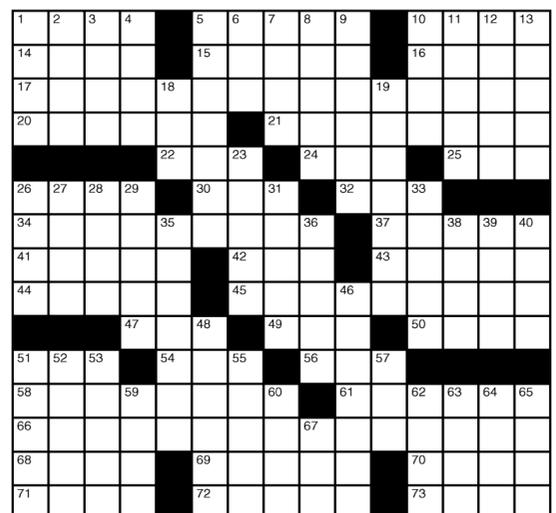
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THE Daily Crossword Edited by Wayne Robert Williams

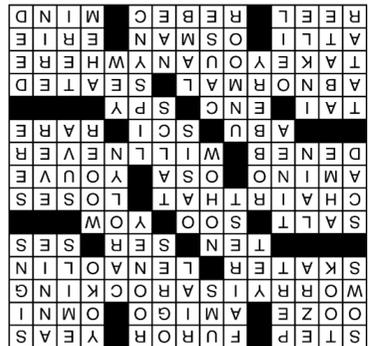
- ACROSS**
- 1 Short distance
 - 5 Hullabaloo
 - 10 Some votes
 - 14 Sleep
 - 15 Friend in Madrid
 - 16 Present starter?
 - 17 Start of a quip
 - 20 Rink slider
 - 21 "Havana" star
 - 22 Sawbuck
 - 24 Speech on Sun.
 - 25 His in Hyeres
 - 26 Old sailor
 - 30 "Barney Miller" co-star
 - 32 Shout of pain
 - 34 Part 2 of quip
 - 37 Suffers defeat
 - 41 Essential acid type
 - 42 Explorer Johnson
 - 43 "Got Mail"
 - 44 Star in Cygnus
 - 45 Part 3 of quip
 - 47 ___ Dhabi
 - 49 J.H.S. subject
 - 50 Uncommon
 - 51 Mai ___ cocktail
 - 54 SASE, e.g.
 - 56 Observe in secret
 - 58 Deviant
 - 61 In a chair
 - 66 End of quip
 - 68 Mythical Hun king
 - 69 Founder of the Ottoman dynasty
 - 70 Border lake
 - 71 Film unit
 - 72 Renaissance fiddle
 - 73 Take exception to



By Adele Mann
New York, NY

2/19/09

THIS WEEK'S ANSWERS



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- DOWN**
- 1 Disseminates
 - 2 Captured
 - 3 Stone or Pound
 - 4 Chic
 - 5 Like Snow White
 - 6 Hesitant syllables
 - 7 Qum coin
 - 8 Evil giants
 - 9 Andy of "60 Minutes"
 - 10 John Lennon's Ono
 - 11 Ludwig and Jannings
 - 12 "Tomorrow" singer
 - 13 Placards
 - 18 Thus far
 - 19 Actress Jones
 - 23 Not by any means
 - 26 Large amount
 - 27 Wistful phrase
 - 28 Reposed
 - 29 Itchy skin problem
 - 31 Mirage, maybe
 - 33 Courting man
 - 35 Street crime
 - 36 After-shower powders
 - 38 Fiji's capital
 - 39 Even one time
 - 40 Parched
 - 46 Mouth the words
 - 48 Cast off
 - 51 Mongolian invader
 - 52 Wane
 - 53 Braided linen tape
 - 55 Motive
 - 57 Evergreen tree
 - 59 Eye in Aix
 - 60 Wee woolly one
 - 62 Hey!
 - 63 Polo of "Meet the Parents"
 - 64 Ireland
 - 65 Heroic exploit
 - 67 Highland negative

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Navy News

Southern Partnership Renovates Communities



-Photo by MC1 Daniel Ball

Chief Master-at-Arms Dave Thomas, right, and Master Chief Master-at-Arms Francisco Garcia move debris during a Southern Partnership Station community relations project at a former convent. Southern Partnership Station is a training mission to Central America, South America and the Caribbean Basin.

By MC1 Daniel Ball

U.S. Fourth Fleet

Sailors from Southern Partnership Station (SPS) helped construct several homes in the jungle and assisted in the renovation of a former convent in the heart of Panama City during community relations (COMREL) events Feb. 7-10.

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

The SPS team and volunteers from the U.S. Embassy moved tons of sand, cement, rocks and bricks up a mountainside, entirely by hand. The materiel is for a Habitat for Humanity site near Las Cumbres, Panama where a new village was being constructed in the jungle.

The U.S. Ambassador to Panama, Barbara Stephenson, stopped at the site to view the

work in progress.

"The Navy's COMRELS are a chance to do good in all kinds of ways," said Stephenson. "You play an important part in achieving goals."

Volunteer work continued when Sailors showed up at a centuries-old convent in the Casco Antiguo district of Panama City. The convent will be renovated and turned into spaces for community services such as after-school programs.

Sailors jumped right into two days of debris clearing, power-washing, paint scraping and welding.

"I spent all day welding rebar into security bars for the windows," said Seaman Timothy Dawson, from Cleveland, Ohio. "This will prevent trespassers from entering the building and looting or squatting. I'm a welder by trade so the two days I spent there was more fun than it was work. I had a blast."

By the end of the second day, the SPS team's work was evident.

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 Caribbean, Central and South American regions and interact with partner nation navies within the maritime environment. Various operations include counter-illicit trafficking, theater security cooperation, humanitarian assistance and disaster relief, military-to-military interaction and bilateral and multinational training.

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

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Navy Directs Network Security Training Day

By MC2(SW) Christopher Koons

Naval Network Warfare Command Public Affairs

The Chief of Naval Operations, Adm. Gary Roughead has directed all Navy activities to conduct a network security training and awareness day no later than Feb. 28. Every Navy member who uses government computers including Sailors, civilians and contractors are required to complete this training.

The CNO mandated this policy due to widespread non-compliance with established guidelines, regulations and directives concerning the use of Navy networks and multiple malware infections that have recently occurred throughout the Navy.

"The recent setting of Information Operations Condition (INFOCON) Level 3 set the stage for the CNO to mandate this training," said Lt. Cmdr. Damen Hofheinz, Naval Network Warfare Command's (NETWARCOM) deputy for information assurance.

"It will heighten everyone's awareness of electronic threats and the safe computing practices that are needed to ensure the security of the Global Information Grid."

INFOCON is a comprehensive defense posture and response system based on the number and level of threats posed to military information systems. It has five parts, with INFOCON Level 5 being the lowest threat to military networks and Level 1 being the greatest threat condition.

Commands will be required to conduct training for all users in the following areas: removable media, anti-phishing, safe home computing and 4) personally identifiable information (PII) handling procedures.

Members will also review their commander's expectations regarding user accountability and network security. The ultimate goal is to increase awareness and ensure compliance with Department of Defense information assurance policies and procedures.

"Bad practices such as using thumb drives to transfer data between domains, not digitally signing e-mails with links and attachments, and people opening spam and phishing e-mails are all areas that will be addressed," said Hofheinz. "It will increase awareness of these practices and the vulnerabilities that can arise from them and will hopefully stop people from doing them in the future."

NETWARCOM is scheduled to conduct its training Feb. 23. Vice Adm. Denby Starling, NETWARCOM commander, anticipates that all personnel will come away from it with a better sense of what must be done to increase network security.

"Recent events have reinforced the continuing need for network operators who are aware of the threat, are well trained in network security guidelines, and whose command leadership has high expectations for compliance and accountability," Starling said.

"This Focus Day is your opportunity to improve the Navy's overall network security posture by increasing the overall level of security awareness in your organization as well as ensuring that your subordinate commanders understand and reflect your expectations regarding their responsibility in setting, maintaining and enforcing the high operational standards necessary to keep our networks secure."

NEX Rewards Students With A-OK Program

From NEXCOM

The Navy Exchange wants to help its customers pay for their children's college education through its A-OK Student Reward Program. Four times per school year, four students will be the recipients of a \$5,000, \$3,000 \$2,000 or \$1,000 U.S. savings bond, denominations at maturity. The next drawing will be held at the end of February 2009.

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system, may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card and have a NEX associate

verify the minimum grade average. Then fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

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