

THE MIRROR

NS MAYPORT, FLORIDA

2008 CHINFO Award Winner

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THURSDAY, April 16, 2009



Tea Party For Pregnant Moms

In honor of April's Child Abuse Prevention Awareness Month, the Fleet and Family Support Center (FFSC) will sponsor several events throughout the month geared towards parents and children.

Make sure to sign up quickly by calling 270-6600 ext. 1701 to register. On April 3, from 9a.m.-2p.m. the New Parent Support Program will be at the NEX with information and resources for families in honor of April's Child Abuse Prevention Awareness month.

The New Parent Support Program at FFSC is sponsoring an English Tea for Expectant Moms. The tea will be held at the Chapel on April 29 from 1-3p.m. Space is limited and childcare will not be provided. Registration is required.

Education Fair At Navy College

The Navy College Office is sponsoring a Navy College Program Distance Learning Partners (NCPDLP) education fair on April 23 from 10 a.m.-2 p.m. in classrooms A, B & C located in Building 460, between the Post Office and the NEX.

The NCPDLP education fair is held once a year and is open to everyone. The Navy College Program has developed partnerships with colleges and universities to offer rating relevant degrees via distance learning. These new education partnerships provide associates and bachelors degree programs relevant to each rating, and make maximum use of military professional training and experience to fulfill degree requirements. The program also provides opportunities to take courses through distance learning so that Sailors anywhere will be able to pursue a degree.

The goal of the Navy College Program Distance Learning Partnership (NCPDLP) Schools is to support both the Sailor's mobile lifestyle and educational goals with rating relevant degree programs. Courses are offered in a variety of formats, such as CD-ROM, paper, or over the Internet. Prospective students are encouraged to meet with representatives from the different institutions. Military personnel and their family members are strongly encouraged to bring copies of their SMART and/or college transcripts.

Representatives from the Navy College Learning Center, USMAP and Troops to Teachers have also been invited. Information on the NCPDLP roadmaps can be found at <https://www.navycollege.navy.mil/storefront.cfm>. Your SMART transcript can be obtained at <https://smart.navy.mil/smart/dodMandatoryBannerForm/submit.do>

Please contact the Navy College Office at 270-6341/6342 for additional information.

DoD Rethinks Carrier

From DoD

The Department of Defense (DoD) announced Friday that the final decision on whether to permanently homeport an aircraft carrier in Naval Station Mayport will be made during the 2010 Quadrennial Defense Review (QDR).

The QDR will assess the need for carrier strategic dispersal in the broad context of future threats, future Navy force structure, and likely cost effectiveness.

The DoD intends to dredge the Mayport channel in fiscal 2010 to allow the Navy port to

dock a nuclear-powered aircraft carrier. This action would provide an alternative port for a carrier on the East Coast if a manmade or natural disaster or other emergency closes the Navy's base in Norfolk, Va., or the surrounding sea approaches.

The dredging of the Mayport

channel will support any future decisions to permanently homeport a nuclear-powered aircraft carrier. Additional work to permanently homeport a carrier would include follow-on wharf improvements, infrastructure upgrades for nuclear propulsion plant maintenance facilities,

as well as any changes needed to comply with the National Environmental Policy Act. The DoD will carefully review these potential costs and will assess the potential benefits associated with an additional homeport on the East Coast before committing to any future direction.

Sailors Hit Field With NBE Students



-Photos by IC2 Paul Fenn

Sailors from Naval Station Mayport spent two days at Neptune Beach Elementary April 7-8, helping with the school's field days. Eighteen Sailors participated as coaches and cheerleaders for students between third and fifth grade.



DoD Homeowners Assistance Program Expands Benefits

From Commander, Navy Region Southeast

Help for some military homeowners affected by the housing market crisis may soon be on the way.

A provision of the stimulus package, known as the Military Homeowners Assistance Program (HAP), expands benefits previously available only to service members at Base Realignment and Closure (BRAC) locations. Eligibility now includes the following Department of Defense (DOD) military and civilian homeowners who purchased homes before July 1, 2006 and who sell the homes before Sept. 30, 2012:

- Wounded warriors who must relocate for medical reasons.

- Surviving spouses of fallen service members-DOD, Coast Guard, and civilians, who are forced to move within two years of the death of the service member.

- Active duty service members undergoing foreclosure or unable to sell their homes in the event of a permanent change of station at least 50 miles from their current permanent duty station.

Several options are available to assist eligible homeowners, including private sale, government purchase, and foreclosure assistance.

The HAP is administered by the Army Corps of Engineers for the DOD, and guidance/instruction for implementation of the program is pending. Service members who believe that they meet the

program criteria and wish to learn more about eligibility, expanded benefits for warriors in transition, surviving spouses, and PCS members are encouraged to visit the HAP Web site at <http://hap.usace.army.mil>. The BRAC application package is available under the section titled **How Do I Apply?** Completed applications will be date stamped when received and held until further guidance is provided, and then processed in the order of receipt. Applicants with specific questions may refer to the **Frequently Asked Questions** section or contact their regional Army Corps of Engineers Field Office, which can be found on the Web site in the **Contact** section.

NAVSO Kicks Off UNITAS Gold

From USNAVSO

UNITAS Gold kicks off its 50th iteration April 20 on Naval Station Mayport.

Sailors, Partner Nations and Latin American Representatives are working the final details on the exercise, UNITAS Gold, the longest running, multi-national naval exercise in the world.

For 50 years, UNITAS has served as the primary naval security engagement exercise amongst the militaries of the Western Hemisphere and has become the U.S. Navy's longest-running annual multilateral exercise. Working with South American, German and Canadian partner nations, Commander, U.S. Naval Forces Southern Command is planning the maritime exercise that has become an annual institution in Latin America.

"As we embark on the 50th iteration of UNITAS, we also celebrate its history and success. Through the years UNITAS has evolved to fit the landscape, needs, and mutual naval and maritime interests of the Americas and Caribbean," said Rear Admiral Joseph Kernan, Commander, U.S. Naval Forces Southern Command and Commander, U.S. Fourth Fleet.

This year's exercise will prove no different. Participants and observers invited include Argentina, Brazil, Canada, Chile, Colombia, Dominican Republic, Ecuador, Germany, Mexico, Peru and Uruguay will arrive at Naval Station Mayport in Jacksonville, Fla., to take part in the annual exercise which will run from Apr. 20 to May 5, 2009.

During this two-week exercise, the United States, partner nations and Latin American countries will train together in a realistic scenario-driven training environment featuring live-fire exercises, undersea warfare, shipboard operations, maritime interdiction operations, air defense and surface warfare, amphibious operations, electronic warfare, and special warfare. In all over 30 ships, two submarines and more than a 50 aircraft are expected to participate.

"[UNITAS] has persistently provided a training and interoperability platform for partnered nations and provided great benefit to United States and Latin American Sailors, Marines, Naval Infantry and Coast Guard forces. Participating maritime services make UNITAS the success that it is today, bringing with them the ideas and best practices for maritime strategy and security from their countries," said Kernan.

Along with their strategy for success is the ever important human element. Sailors, Marines and Coast Guard personnel will have the opportunity to train side-by-side with Latin American navies in a high-tech environment utilizing state-of-the-art equipment.

"As we move forward together, I am confident that future opportunities to work with our partners will not only strengthen our ability to operate together and provide for our nations security but will also build personal and professional respect and friendships," said Kernan.

Chaplain's Corner

For most people hope carries the idea of wishful thinking. However, there is quite a distinct difference between the two. Let me explain:

A handsome middle-aged man had been a widower for fourteen months. His friends advised him to make some positive changes and do some new and interesting things. He took their advice and went on a seven-day cruise to the Eastern Caribbean. While walking on the deck one morning he walked past a very attractive lady about his age. She smiled at him. At that moment something jumped inside his heart. That evening he noticed her again at the dining room. She was sitting alone. He approached her and



**Chaplain Joe Molina
CDS40 Staff Chaplain**

asked permission to join her for supper. In the course of conversation he brought up the question: "Why did you smile at me today?" "Because you bear a

strong resemblance to my second husband," she replied. "Oh how many times have you been married?" he asked. "Once" she answered. Now, that is wishful thinking!

There's also the example of the little girl who stashes away hundreds of sugar cubes because she was "hoping" for a horse. That also is wishful thinking! There are those that are hoping against hope that the economy will improve after blindly investing thousands of dollars into the stock market. That can also be wishful thinking.

Hope is the anchor of my soul. Of all the abstract realities that keep my life in motion, hope is one of the indispensable items! If you take someone's

wealth, you'll just hinder him. If you undermine someone's purpose, you'll merely slow her down. But, if you destroy people's "hope," you'll stop them cold.

The Nazis in his native Germany arrested protestant theologian Jurgun Moltman during WWII. He spent several years in a prison camp. Here's his observation: "A man cannot live without hope. Those who lost hope in the camp lay down, took ill and died. When life's hope flounders a sadness beyond comforting sets in."

Therefore, I must have "hope" to survive and succeed. When my hope leads me to the fulfillment of a goal or life's dream, my hope must then launch me

beyond that accomplishment to dream new dreams and reach new goals.

OK, so what is hope? Well, you can start with a dictionary definition as follows:

"To desire with expectation of attainment" (Merriam Webster's Collegiate Dictionary, 10th Edition). The dictionary's approach tends to be general and bland but it's a start. I will expand on this definition by stating that true hope is that, but also much more. I believe that hope is an essential characteristic of the soul that reaches beyond myself to a power which is greater and that does not change. There is only one unchanging being and that being is God. My hope must be

anchored on that which does not change because everything else around me is changing, including me. If God is unchanging then so are his promises and that gives me hope. It gives me power to live, to strive, to achieve. If I truly believe in God's unchanging character and his unchanging love (PSALM 23) then my hope will be invaded by God's unchanging purpose for me. That purpose is founded on God's very best for my life. My journey and adventure is to seek out and decide in favor of that which is right, good and pleasing. This hope, this anchor will hold in the storms of life. Because of this you and I cannot lose. True hope is a win-win proposition!

USO News

Adventure Landing will host a Military Appreciation weekend April 25-26 from noon until close at the Beach Boulevard location. Active & Retired Personnel will receive one Free Quest Pass. Military may purchase additional Quest passes for \$11.99. You must show a valid ID to get these offers. The General Public may purchase a Quest Pass for 16.99. A portion of the proceeds from Quest pass sales will go to USA Cares. For more information please visit www.adventurelanding.com

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!

Many in the aviation community have heard of, or visited, the once famous,

Pensacola "hang-out" where Presidents, Astronauts, and almost every Naval Aviator have lifted their mugs at Trader Jon's. Although, now closed and Trader Jon has gone to be with our many fallen heroes, his memory lives on. Our Chapter has been the recipient of two original souvenir T-shirts, bearing Trader Jon's likeness that will bring back fond memories'

to many of you. These t-shirts were donated with the understanding that they be used to raise funds for our Mayport USO, and their programs to help our service members and their families.

The Mayport Chapter of MOAA has decided to raise these funds by holding a raffle with the two winning tickets to be drawn at the June 21 Chapter meeting held at the Ocean Breeze Conference Center NS Mayport. Tickets are \$1 each or six for every \$5 donated and will be on sale at the chapter's April, May and June meetings. Ticket requests may be submitted to Cmdr. Chuck Carroll. Address questions to Chuck by email at ccarroll9@yahoo.com or call 463-2884. Make checks payable to: Mayport Chapter MOAA, Inc and in the memo on the check enter USO Raffle. Mail checks for your tickets to: Cmdr. Chuck Carroll, USN Ret; 1841 N Sherry Dr.; Atlantic Beach, Fla. 32233. Two tickets will be drawn, one for each t-shirt. If the first winner is present they will be able to select which t-shirt they want. The second will go to the second winning ticket drawn. Winners that are not present will be mailed their souvenir t-shirt, selection of shirt will be made by Carroll. These shirts may be viewed on line at www.mpmoa.org.

The Cecil Field Air Show 2009 will be held from 10 a.m.-5 p.m. on April

18-20. Cost is \$8 for active duty with a valid ID card; \$5 children ages 6-12 years old; children under the age of 6 get in free. Active duty service members have an option to purchase discounts on the website - www.cecilfield.aero. Discount ticket will be available at the gate with presentation of active duty military ID card. Sales and Fundraiser proceeds will benefit MS Research and The Alan Henley Foundation. Great family day. Any questions concerning this event must be directed to the website mentioned above as we do not have additional information.

Are you ready for your deployment? Is your child going to have a birthday or a holiday coming up after you leave? The Mayport Center and NAS JAX 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 cannot be there with them. Please contact your local USO center for more information.

In order to reduce expenditures and continue troop programs, the Mayport USO has discontinued its \$6,000 a year lawn service. The USO has a labor force to do the work, but is lacking the tools. What's urgently needed with spring approaching are working gardening tools that may be unused in

your garages. Lawn mowers, blowers etc can all be used. Please contact Ed Champaign at 246-3481 to coordinate your donations.

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 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.

Reaching Out

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

Mayport Lions Club Volunteers

The Mayport Lions Club is looking for Volunteers to help with various projects. If you are interested (military & civilian), please contact either Bob Krepps, Senior Chief Petty Officer, USN(Ret) 509-4945 or Chuck Carroll, Commander, USN(Ret) 463-2884.

Jacksonville International Airport Volunteer Ambassador Program

We are looking for volunteer to assist travelers with locating arrival and departure gates, telephones, baggage claim and ticketing areas. The Ambassadors provide vital customer assistance and a lot of smiles to ensure a pleasant and memorable experience while traveling through our airport. Benefits of being in the Ambassador program include gratitude of the passengers served each day, invitations, to volunteer appreciation events, free parking at the airport, meal voucher for every four-hour period worked, service recognition and the opportunity to meet people from all over the world. Contact Yvonne Pooler at 904-741-2006 or email ypooler@jaa.aero.

Jacksonville Zoo

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

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

YMCA of Jacksonville

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

Children's Home Society of Florida

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

Homeless Pet Shelter

Jacksonville Homeless Pet Shelter seeks volunteers. The new Homeless Pet Shelter is seeking help at a Temporary Clinic on surgery days. Days and hours vary. Contact dfields@bellsouth.net.

St Augustine Amphitheatre Seeks Volunteers

St. Augustine Amphitheatre seeks volunteers to be used as ushers, checking tickets, and pointing out seats. As a volunteer, you get to see the entire show. For more information, contact Lisa Tomkins at 209-3750.

Big Brothers Big Sisters Mentoring

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

Navy-Marine Corp Relief Society Needs You

The Navy Marine Corp Relief Society is in need of Volunteers to give a couple of hours of their time each week to help others in need. The mission of the Navy-Marine Corp Relief

Society is to provide emergency financial help and educational assistance to members of the Naval Services - active, retired, and family members - when in need; to assist them achieve financial self-sufficiency and to find solutions to emergent requirements. Navy-Marine Corp Relief Society firmly believes in personal financial responsibility. By helping the service member and family through difficult times and by assisting them to develop their own problem solving capabilities, they will achieve financial stability, increase self-worth and reduce the need for future financial assistance. Without their volunteers, the Society could not meet the needs of so many. If you are interested in volunteering and would like more information, contact Bill Kennedy at 270-5418, 9 a.m.-

3:30 p.m., Monday-Friday.

St. Johns County Habitat For Humanity Needs Volunteers!

Habitat for Humanity is in need for volunteers every Friday and Saturday to help build homes in St. Augustine. No skill is necessary. Must be 16 or older. They are starting a new home every month and need help on the construction site. Please call 826-3252 ext. 2006 to sign up.

Lea's Place

Lea's Place is a volunteer program, on-call 24 hours a day, 7 days a week to help the Department of Children and Families take care of children who have been removed from abusive or neglectful situations or who have been abandoned. Volunteers assist Child Protective Investigators with feeding, bathing and playing

with the children. They may also assist in the clothes closet, providing the children with clean clothing. 360-7091.

NS Mayport Retired Activities Office

Naval Station Mayport is currently searching for committed volunteers to serve the local retiree community in the Retired Activities Office (RAO) located in the Fleet and Family Support Center (FFSC). RAO volunteers maintain the vital link between the retiree, local military communities and other government and non-government agencies. Anyone interested should contact the FFSC for an application or to get more information about the duties and responsibilities of the RAO volunteers. Call the FFSC at (904) 270-6600 Ext. 110

I.M. Sulzbacher Center for the Homeless

Volunteering at the I.M. Sulzbacher Center for the Homeless The I.M. Sulzbacher Center for the Homeless serves more than 1,000 well-balanced, nutritious and delicious meals per day, every day of the year. These meals are prepared and served with the help of more than 100 civic, religious and business organizations from the Jacksonville community. Annually, these Volunteer Meal Groups provide over one hundred thousand dollars in support and more than 13,000 hours of volunteer time. Serving meals at the Center is a fun and feel-good way to give back to the community. For information about volunteering at the I.M. Sulzbacher Center for the Homeless call 904.394.1356. Also, see www.imshomelesscenter.org/volunteers.html



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.

THE MIRROR
NS MAYPORT, FLORIDA

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NS MAYPORT, FLORIDA

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RGB Welcomes Aboard Armed Forces Of Malta

By MCSA Whitfield M. Palmer
USS Robert G. Bradley
 USS Robert G. Bradley (FFG 49) welcomed aboard seven Armed Forces of Malta (AFM) service members and five Maltese sea cadets April 7 while underway in the Mediterranean for a theater-security-cooperation (TSC) engagement to strengthen the maritime

partnership with the AFM. The guests will participate in various TSC workshops and training exercises involving watchstanding, crash and salvage operations, and flight deck operations during their three-day visit aboard Robert G. Bradley. "Having these young cadets and service members aboard presents a unique

opportunity to enhance our professional relationships in the interest of maritime safety and security," said Bradley Commanding Officer Cmdr. Clinton A. Carroll. The cadets, ranging in age from 14-18, are part of a volunteer program sponsored by the United Kingdom that teaches basic seamanship and prepares

them for future military careers. The visitors from AFM are helicopter rescue trainees. This is their first time aboard a U.S. Navy ship and their first time interacting with U.S. service members. "We hope to learn how the U.S. Navy works and see and compare the differences and similarities of our oper-

ations," said Army Pvt. Damian Greck, AFM. "It's an experience never to forget and gives us a chance to experience our American counterparts." Robert G. Bradley, homeported in Mayport, Fla., arrived in Valetta, Malta April 9 for a port visit to continue TSC engagements.

RGB Arrives In Valetta To Strengthen Partnership

By MCSA Whitfield M. Palmer
USS Robert G. Bradley
 USS Robert G. Bradley (FFG 49) arrived in Valetta April 9 for a theater security cooperation mission to strengthen the maritime partnership between the U.S. and Malta.

host workshops with Armed Forces of Malta (AFM) service members and Maltese sea cadets including basic seamanship, flight deck operations, and watchstanding. The ship will also conduct flight operations and workshops on rigging for towing operations.

cadets from a local volunteer program sponsored by the United Kingdom that trains high school age students in basic seamanship as well as several AFM service members.

The ship also conducted flight operations with an AFM helicopter.

As the ship moored at the pier, Maltese sea cadets proudly hauled up the Maltese flag on the port yardarm of the ship. The flag of the host nation is traditionally flown on the yardarm of U.S. ships during port calls.

Sailors will participate in a community relations project involving the cleanup of a local beach. Additionally, crew members will teach and then play in a softball match with the Maltese sea cadets.

Robert G. Bradley, an Oliver Hazard Perry-class frigate, homeported in Mayport, Fla., is on a regularly scheduled deployment to the 6th Fleet Area of Responsibility in support of Commander, U.S. Naval Forces Africa. The ship has been on deployment since Nov. 21.



-Photo by MCSA Whitfield M. Palmer
 Chief Boatswain's Mate Ryan J. Lamkin directs an Armed Forces of Malta Alouette helicopter to a landing aboard USS Robert G. Bradley (FFG 49) during flight operations. The ship will visit Malta for a theater security cooperation mission to strengthen the maritime partnership between the U.S. and Malta.

Portsmouth Welcomes Crew Of USS The Sullivans

By Ensign Kari Weniger
USS The Sullivans Public Affairs
 Arleigh-Burke class guided missile destroyer USS The Sullivans pulled into Portsmouth, United Kingdom on April 4.

seven-month deployment complete, The Sullivans traveled up the English Channel and entered the quaint harbor town of Portsmouth. The rich history and friendly waterside atmosphere allowed for numerous days of sightseeing and relaxation.

of Trafalgar, is displayed in dry dock a quick five-minute walk from the pier.

Also, H.M.S. *Warrior* is moored at Portsmouth harbor. Launched in 1860, *Warrior* was the first "ironclad" warship and boasts the title of being the largest, fastest, and best-armed warship in the world at the time of her christening. With military I.D., the crew toured the ships and shopped in the gift shops at no charge.

After exploring Portsmouth, many Sailors traveled the two hours to nearby London. Starting the deployment with a trip to Paris and ending with a trip to London bookends a list of eclectic port calls.

Including Dubai, Tokyo, and Singapore, The Sullivans has seen some of the world's most famous cities, all in one deployment. The tradition and modernization of these incredible cities will leave memories that

will last a lifetime. Of course, the entire port was not play. As The Sullivans prepares to return to Mayport, the crew ensured the ship would be shining to match the shining smiles of the friends and family waiting on the pier. The hard work of the entire team led to a complete preservation and painting of all topside spaces. After leaving Portsmouth, The Sullivans is ready to return home and show off its newly painted decks and the many stories of deployment.

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539778

SERMC Brings Home Trophy In

From Staff

SERMC has done it again. The command is the winner of the 2009 Spring Sports Challenge held April 8-9 at Naval Station Mayport.

The semi annual event is held every Spring and Fall. SERMC also won the 2008 Fall Sports Challenge.

This year's Sports Challenge featured more than 400 participants from 16 different commands.

The Individual Command event winners:

CO/CMC Canoe Race, Cmdr. Josh Sniegowski and CMDCM(SS) Buck Taylor of HSL-48

Experience Canoe Race, SERMC

3-on-3 Basketball, USS Carney

Tennis, USS Roosevelt

8-Ball Pool, SERMC

Bowling, USS Roosevelt

Dodgeball, HSL-48

Kickball, SERMC

Softball, HSL-42

Mini Biathlon, HSL-48

4-Mile All Terrain Run, NS Mayport

Golf, ATG

Cricket Darts, USS Carney

Volleyball, USS Carney

Horseshoes, HSL-42

Simon Says, USS Carney

Strongman Competition, SERMC

Auto Racing, HSL-48

Arm Wrestling Men, USS Hue City

Arm Wrestling Women, USS Carney

Tug-o-War, SERMC

The third place overall winner with 900 points is NS Mayport.

The second place overall winner with 1,200 points is USS Carney.

The first place overall winner with 1,300 points is SERMC

The MVP award winner is Damage Controlman 1st Class Joseph Thomas of USS Carney.

He participated in 8 events, showed spirit and support for his command.

Sponsors of the event include APS Promotional Solutions and Coca Cola.

The next Sports Challenge will be held in October. For more information, contact Rita Hammerstad at 270-5451.



SERMC beat out USS Carney and NS Mayport to take home the 2009 Spring Sports Challenge trophy after winning five events with 1,300 points. -Photos by Paige Gnann



Damage Controlman 1st Class Joseph Thomas of USS Carney was named the Most Valuable Player of the event. He participated in eight events and showed spirit and support for his command.



Cmdr. Josh Sniegowski and CMDCM(SS) Buck Taylor of HSL-48 are the winners of the CO/CMC Canoe Challenge held at Wonderwood Lake.



Golfers get ready to hit the greens at Windy Harbor Golf Club for the Golf event.



Chief Culinary Specialist (SW/AW) Vincent Hogans of NavSo goes for his shot during the 8-Ball competition against Personnel Specialist 1st Class (SW) George Lee of PSD Mayport.



Operations Specialist 1st Class Joseph Hogan and partner end up in the water during the Advanced Canoe competition held at Lake Wonderwood, behind the on-base Child Development Center.



SERMC Tug-o-War team pulls in an attempt to outseat their opponents during the event. SERMC eventually won the competition.



Interior Communications 1st Class Johnny Nicholson of USS Carney serves the ball during the tennis competition.

MWR Spring Sports Challenge



A Sailor bowls in hopes of a strike during the No Tap Bowling competition held at Fast Lanes Bowling.



A Sailor tries to block the ball during a shot in the 3-on-3 Basketball event held at the base Gym.



Sailors throw darts at Mayport Bowl.



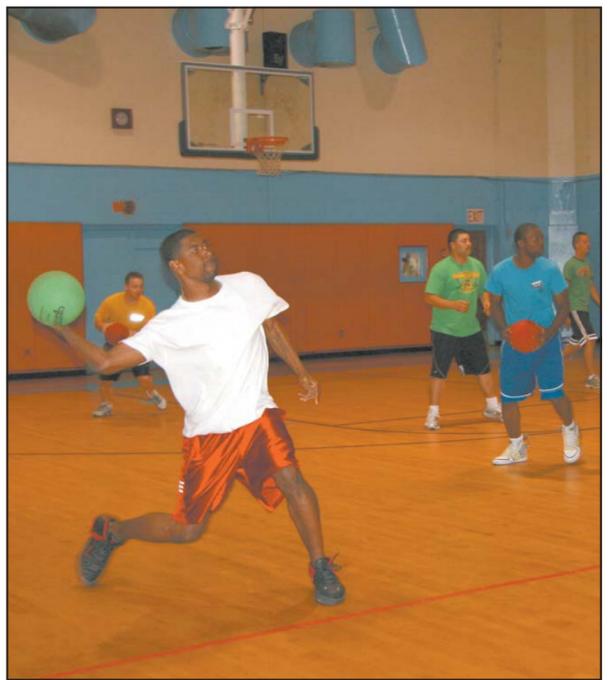
Chief Gas Turbine Systems Technician Mechanical (SW) Aaron Bozwell of SERMC takes down Boatswain's Mate 3rd Class Dustin Foster of USS Carney during the Arm Wrestling competition.



Ensign Pia Chapman of USS Carney takes down her opponent from PSD Mayport during the Women's Arm Wrestling competition. Chapman won the event.



SERMC sends the ball back into USS Carney's court during the Beach Volleyball event, held behind Beachside Community Center.



A Sailor throws the ball for a hit during the Dodgeball competition, held at the base Gym.



NS Mayport goes for the tag during the Kickball competition, held at the fields behind BHMC Mayport.



Horseshoes is one of 19 events that make up the Sports Challenge.



A Sailor from USS Carney carries a weight across the finish line during the Strongman competition.



USS Carney and PSD Mayport compete to see who can follow directions better during Simon Says competition. USS Carney wins.



Teams compete in the Auto Racing Event outside of Beachside Community Center.

MWR Happenings

April 16: CPO Weekly Social Hour. Free hors d'oeuvres every Thursday 3-5 p.m. at Foc'sle CPO Club. Drink specials available plus all-you-can-drink soft drinks for only \$1. Weekly social hour is reserved for active and retired Chief Petty Officers and their guests. 270-5432

April 17: Deadline for Deerfield Beach Dive Trip. Dive the reefs, ledges and wrecks of South Florida

April 24-26. Cost is \$335 (diver) or \$205 (non-diver). Sign up at Outdoor Adventures.

April 17 & 18: Live Band, Neurotic Butterfly. 9 p.m.-1 a.m. both days at Castaway's Lounge. Free admission. www.myspace.com/neuroticbutterfly-rocks 270-7205

April 18-19: USSSA Military Classic Softball Tournament. 270-5451

April 18: Saturday Cinema - Double Feature. Hotel for Dogs (PG) at 7 p.m. Underworld 3: The Rise of the Lycans (R) at 9 p.m. Movies will be shown in the Main Hall at Beachside Community Center on the mega 20-foot screen. Light refreshments available for purchase. 270-7198

April 21: Headhunters Bowling League Begins. League meets on Tuesdays at 7:15 p.m. at Mayport

Bowling Center. 270-5377

April 24 & 25: Live Band, The Shufflers. 9 p.m.-1 a.m. both days at Castaway's Lounge. Free admission. www.myspace.com/theshufflersmusic 270-7205

April 28: Intramural Darts. 11:30 a.m. at Mayport Bowling Center. Format is cricket play; Captain's Cup. 270-5451

April 29: Intramural Bowling

Begins. Lunchtime bowling league meets at 11:15 a.m. Wednesdays at Mayport Bowling Center. Captain's Cup league. 270-5377

May 1: Deadline for Emergency First Responder and Rescue Diver Classes. EFR class (\$49) is May 8. Rescue Diver class (\$224) is May 9-10. Sign up at Outdoor Adventures. For prerequisites, call 270-5541.

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.

April 16: Jax Suns Baseball Game. Van departs Planet Mayport at 6:15 p.m.

April 17: Deadline for Skydiving Trip. Take the plunge (Saturday, April 25)

with the Liberty Program from 14,000 ft above ground (tandem jump). Trip cost is \$150. Trip departs at 8:30 a.m. Pre-registration required.

April 18-19: Universal Orlando (Mardi Gras) Trip. Preregistration required.

April 20: Barracks Break In. Free pizza and a movie in the lounge of Bldg. 2105 starting at 6 p.m. every Monday.

April 21: Texas Hold 'Em. This free, progressive tournament starts at 6 p.m. every

Tuesday at Castaway's Lounge (Beachside Community Center).

April 22: Nine Ball Pool Tournament. This free, double elimination tournament starts at 6 p.m. at Planet Mayport.

April 23: Comedy Zone Trip. This free trip includes transportation, admission and appetizers. Open to those 18 years old and older. Trip departs from Planet Mayport at 6:15 p.m.

Kid Zone

April 16: Summer Camp Open Registration Continues. Register 9 a.m.-6 p.m. weekdays at the Youth Activities Center until all spaces are filled. Camp ages are 6-12 (age 5, if attended Kindergarten in the 08/09 school year). Camp is offered in weekly sessions, June 8 through August 21. Fees are based on total family income. 270-5680

April 17: Freedom Friday, Outdoor Movie Night. 7-11 p.m. at the Youth Activities Center for grades K-5th. Cost is \$7 in advance; \$9 day of (if

space). 270-5680

April 17: Teen Movie Night. 7-10 p.m. at Club Teen for middle and high school ages. 270-5680 or 246-0347

April 18: Outdoor Fun (Open Rec). 2-4 p.m. at the Youth Activities Center for all ages (elementary, middle and high school youth). 270-5680

April 18: Saturday Cinema - Double Feature. Hotel for Dogs (PG) at 7 p.m. Underworld 3: The Rise of the Lycans (R) at 9 p.m. Movies will be shown in the Main Hall at Beachside Community Center on the mega

20-foot screen. Light refreshments available for purchase. 270-7198

April 24: Teen Center Extended Hours. Middle and high school ages are invited to hang on from 7-9 p.m. at Club Teen. 270-5680 or 246-0347

April 25: Ice Cream Social (Open Rec). 2:30-3:30 p.m. at the Youth Activities Center for all ages (elementary, middle and high school youth). 270-5680

April 25: Teen Cookout and Social. 5-9 p.m. at Club Teen for middle and high school ages. 270-5680 or 246-0347

MWR Sports/Fitness

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

The Fitness P.O.W. is Cardio:
Step Mill;
Strength: Chest Press;
Stretch: Pectorals

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

MWR Offers Youth Eco Club



-Photos courtesy of MWR
The Eco Club is a 4-H Club offered weekly at MWR Mayport's Youth Activities Center for elementary ages. Children participating in the Eco Club learn how to plant flowers and vegetables as well as learn about different seasonal plants and what soil to use. For more information on the Eco Club and other youth programs offered by MWR Mayport, call 270-5680. Above, Eco Club members plant flowers in the garden at the Youth Activities Center. Shown from left is Sierra Merrell, 7, Joseph Holt, 6, Eliza Genita, 7, Alyssa Lamb, 5, and Dallas Rogers, 8. Right, Rogers doesn't mind getting a little dirty.



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www.agencyforbehavioralservices.com

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lot 108	SOLD 4 bed/3 ba	save \$40,000	NOW \$252,490
lot 111	4 bed/2 ba	save \$48,000	NOW \$219,990
lot 114	4 bed/2 ba	save \$35,000	NOW \$232,990

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lot 89	SOLD 3 bed/2 ba	save \$52,920	NOW \$205,990
lot 93	SOLD 4 bed/2 ba	save \$39,000	NOW \$204,540
lot 38	3 bed/2 ba	save \$45,000	NOW \$215,990
lot 76	3 bed/2 ba	save \$50,000	NOW \$205,990
lot 77	3 bed/2 ba	save \$55,000	NOW \$199,990

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Calendar

On Base

Tuesday, April 21
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, April 17
The City of Jacksonville Military Affairs, Veterans and Disabled Services Division will host its 11th annual Veterans Resource Fair from 10 a.m. - 3 p.m. at Jacksonville Agricultural Fairgrounds, 510 Fairgrounds Place. The event will provide opportunities for job placement and a variety of social services.

The Ladies Auxiliary of the Fleet Reserve Association, Branch 290, is hosting a SOUL FOOD DINNER from 5-8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach, FL. 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 bar drinks are 50¢ off. After dinner, enjoy the music of Doug Bracey from 9 p.m. to 1 a.m. As always, the public is invited to attend.

Saturday, April 18
The City of Jacksonville Military Affairs, Veterans and Disabled Services Division will host its 11th annual Veterans Resource Fair from 9 a.m. - 3 p.m. at Jacksonville Agricultural Fairgrounds, 510 Fairgrounds Place. The event will provide opportunities for job placement and a variety of social services.

A free health lecture, "Nurture your Nature: How to Achieve Wellness by Eating and Exercising in Harmony with your Nature" will be presented for the public by Dr. Jeff Wight. The lecture and brief discussion is from 4-5 p.m., in the Adele Grage Cultural Center Theatre. Dr. Wight recently received a PhD in Health and Human Performance from the University of Florida and will be a Visiting Assistant Professor at the University of North Florida beginning this summer. He is a serving member of the City of Atlantic Beach Cultural Arts and Recreation Advisory Committee. The Adele Grage Theatre is located at 716 Ocean Blvd & 7th Street in Atlantic Beach. Call 247-5828 for information or visit our website at www.coab.us/events.

New Friendship Baptist Church is having a Fish Fry, Spaghetti Dinner and Bake Sale from 11 a.m. - 2 p.m. Fish Sandwich is \$4, Fish Dinner and Spaghetti Dinners are \$6 each. Eat in or take out. New Friendship Baptist Church is located at 1996 Mayport Road in Atlantic Beach. For more information, call Kaye at 241-3609.

Bring the whole family for a great dinner and a movie at Christ United Methodist Church, 400 Penman Road, Neptune Beach. Join us for a spaghetti dinner at 5:30 p.m., \$4 for adult, \$3 for children. The movie starts at 7 p.m. and is free. Bring your chairs and blankets to watch the movie. Call the office at 249-5370 for details! www.neptunebeach-umc.org

Drop your ear buds and get ready for your taste buds to be tickled. The New 96.9 The Eagle Wing & Rock Fest is bringing live classic rock tribute bands and tasty chicken wings to the grounds of the Jacksonville Veterans Memorial Arena on. From noon-8 p.m., festival-goers of all ages will enjoy hot wings, cold beer and great music. This free all-day outdoor festival will be held on Duval Street and the grounds surrounding the arena. For more details, visit www.wingandrock-fest.com, www.jaxevents.com, or www.969theeagle.com.

Sunday, April 19
The Beaches

Veterans Association (BVA) will hold their monthly cook-out at American Legion Post 316, 1127 Atlantic Blvd., from 1-5 p.m. with proceeds going to the Mayport USO Centers. No Dough dinners for families of our deployed service members. More than 3,500 Beaches Veterans are represented by American Legion Posts 129, 316; Veterans of Foreign Wars Post 3270 and the Fleet Reserve Association Branch 290, all of whom participate in the support for families of their Active Duty "brothers". Menu will consist of BBQ Pork, Cole Slaw, Baked Beans etc. all for only \$7. Give Mom a day off, and bring the whole family to enjoy this "famous" delicious meal.

Mayport Chapter MOAA is proud to introduce Capt. Gregory Streeter, USN Ret. as the guest speaker at the Amelia Island National Golf and Country Club at 12:30 for a Social Hour and Brunch. Streeter is Commander General (elect) of the Naval Order of the United States, which is the driving force in the creation and dedication of a monument to the USN at Normandy. All Officers and their wives are encouraged to attend by calling 646-0944, or on line, at mpmoaa.org for their reservations.

The Northeast Florida A&M Club invites you to join us for an Aggie Muster at 1 p.m. at Millhouse, 1341 Airport Rd., Jacksonville. The deadline is April 7. Cost is \$16.50 per adult, \$3.50 per child 12 & under. Please send checks to

Debby Scerno, 11543 Apostle Island Trail, Jacksonville, FL 32256

904-232-2805, dscerno@gmail.com. Muster will be "family friendly." Remember to stay connected by checking out the NEW web tool www.MyAggieNetwork.com It's free for Aggie former students and allows you to post emails, articles and even have a blog. Sign-up and check out what's new for Aggies in NE FL.

Join a park ranger at 1 p.m. for a walk on the beach as they explain the importance of undeveloped beach habitat, including many interesting facts about sea creatures and common shells found in the area. The program

will take place at pavilion one on Little Talbot Island.

Tuesday, April 21
Duval County Extension Agency, 1010 N McDuff Ave., will hold a Make and Take Rain Barrel Workshop from 10 a.m.-2 p.m. Come learn water conservation tips and make your own rain barrel to take home. Please mail a check made payable to DCOHAC for \$50 to Rain Barrel Workshop, 1010 N. McDuff Ave. Jacksonville, FL 32254. For questions, please call 387-8850.

Wednesday, April 22
The Fleet Reserve Association, Branch 290, invites you to participate in its "Wings-N-Things" from 5-8 p.m., at the Branch Home, 390 Mayport Road, Atlantic Beach. Snacks will be available for a donation of \$1.50 to \$5. Watch the Dart League competition; then stay and enjoy the music of Doug Bracey from 9 p.m.-1 a.m.

Friday, April 24
Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners from 5-8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. A donation of \$5 to \$8 is requested for each dinner, and depends on what is ordered. Carry out orders are accepted. The public is always invited to dinner. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. After dinner, enjoy the Southern Rock music of SOUTHBOUND from 9 p.m. to 1 a.m.

Saturday, April 25
Guests can "Party for the Planet!" during the Jacksonville Zoo and Gardens' Earth Day celebration from 10 a.m.-4 p.m. Environmental and animal conservation experts will have booths set up for visitors to learn and collect valuable information on how to preserve our earth and its wildlife for future generations. They can also enjoy live entertainment, visits from Jazoo, the Zoo's friendly lion mascot, and a children's activity area that will include face painting, eco-friendly crafts, a bounce house, and an inflatable slide for the kids.

The Butterfly Festival at Tree Hill will be held from noon - 5 p.m. There will be a Bella Butterfly Tent with 1,000 butterflies, Take a Tree Hill Tour,

Nature Store, Radio Disney, Goat Encounters, JAXPORT Butterfly Wings, Bubble machine, Giant Caterpillars, CreativePANdemonium steel drum workshop, ESI Trash to Treasure recycled art, Original art, Live music in the Joseph A. Strasser Amphitheater, Eco-Education & The Chef's Garden Monarch Dining Pavilion with healthy, tasty food. Jax4Kids.com Kids Zone will feature bean bag toss for tattoos and pencils, mural painting, pine cone bird feeders, necklaces with magazine beads, eric carle style craft tissue paper collage and kites that fly, bags for all the arts fun. There will be live music in the Amphitheater. This celebration of nature (in nature)

ends with the release of 1,000 butterflies. For more information, go to www.treechill.org.

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.

Sunday, April 26
Guests can "Party for the Planet!" during the Jacksonville Zoo and Gardens' Earth Day celebration from 10 a.m.-4 p.m. Environmental and animal conservation experts will have booths set up for visitors to learn and collect valuable information on how to preserve our earth and its wildlife for future

generations. They can also enjoy live entertainment, visits from Jazoo, the Zoo's friendly lion mascot, and a children's activity area that will include face painting, eco-friendly crafts, a bounce house, and an inflatable slide for the kids.

Thursday, April 30
Duval County Extension Agency, West Branch Library, 1425 Chaffee Road S., will hold a Butterfly Gardening Workshop from 6-8 p.m. Come hear staffers from the Duval Co. Extension Office teach about what plants to plant to attract butterflies and how to maintain them. Please call 387-8850 to pre-register. Class is free.

MWR Mayport's Youth Activities Center Presents...

Summer Sand Dollar MR Day Camp

Registration NOW IN PROGRESS Monday-Friday from 9 a.m.-6 p.m., until all spaces are filled.

A non-refundable fee of \$60 per child will be charged at the time of registration and will count towards your first session of camp.

Note: Registration fee is PER CHILD and is non-refundable PER CHILD.

Camp Ages: Ages 6-12, Age 5 if attended Kindergarten during the 2008-2009 School Year
Camp Hours of Operation: Monday-Friday, 6 a.m.-6:30 p.m. (Closed Friday, July 3)

2009 Weekly Camp Sessions:

Session 1	June 8-12	Payment due May 27	Session 6	July 13-17	Payment due July 1
Session 2	June 15-19	Payment due June 3	Session 7	July 20-24	Payment due July 8
Session 3	June 22-26	Payment due June 10	Session 8	July 27-31	Payment due July 15
Session 4	June 29-July 2	Payment due June 17	Session 9	August 3-7	Payment due July 22
Session 5	July 6-10	Payment due June 24	Session 10	August 10-14	Payment due July 29
			Session 11	August 17-21	Payment due August 5

Sand Dollar Day Camp Info: (904) 270-5680

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April 2009

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www.myspace.com/neuroticbutterflyrocks

Friday, April 17 & Saturday, April 18
9 p.m. - 1 a.m.

Gastaway's Lounge
(904)270-7205

The Shufflers
www.myspace.com/theshufflersmusic

Friday, April 24 & Saturday, April 25
9 p.m. - 1 a.m.

Free Admission

SUNS VS JAX

Thursday, April 16th vs. West Tenn - 7:05 pm
Thursday Night Throwdown
Enjoy Buds for a Buck and other great drink specials!

Friday, April 17th vs. West Tenn - 7:05 pm
Faith, Fellowship, and Fireworks
Building 429 will perform a post game concert for the Sun's First Family Faith Night of 2009. After the game and before the concert, enjoy Friday Family Fireworks courtesy of NAPA Auto Parts!

Saturday, April 18th vs. West Tenn - 7:05 pm
Bucket Hat Giveaway Night
The first 3,000 fans will receive a Sun's reversible bucket hat! Plus, it's Chevy Night. Check out the hottest rides from your Southern Chevy Dealers. It's also the first Scouting in the Outfield of the year, with Boy and Girl Scouts invited to stay after the game for a campout on the field and midnight movie!

For more information or to purchase tickets, call 358-2846 or visit www.jaxsuns.com

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851291

Proud Warriors Support NSAWC School

By Lt.j.g. Chris Hinson
HSL-42 PAO

The Proud Warriors of HSL-42 continued support of the fleet in mid-March when it sent a maintenance detachment and two SH-60Bs to the Atlantic Undersea Test and Evaluation Center (AUTC) to support the Naval Strike and Air Warfare Center (NSAWC) Rotary Wing Weapon School (RWWS).

The Proud Warriors provided two Hellfire missile capable aircraft for NSAWC to use in their evaluation of the most recent Seahawk Weapons and Tactics Instructor (SWTI) class.

This SWTI class was composed of 32 pilots and aircrew-

men representing some of the very best among the HSL, HS and HSC communities.

The week and a half long AUTC period was the conclusion of an intense 12-week course in which these students were molded into fleet Seahawk tactics instructors.

Once the students successfully complete the demanding training, they will be sent to their fleet squadrons and weapons schools to train and standardize fleet tactics, techniques and procedures.

The performance of the HSL-42 maintenance detachment led by Chief Aviation Machinist's Mate Chris Burt and Chief

Aviation Electronics Technician Edward Pfoser was second to none.

NSAWC flew more than 30 hours between the two aircraft and performed multiple actual and simulated torpedo drops.

The maintenance team kept the helicopters in the air and continually went above and beyond what was required of them.

Their hard work paid big dividends and allowed NSAWC to fully and thoroughly evaluate their HSL students.



-Photo courtesy of HSL-42
A maintenance detachment and two SH-60B helicopters from HSL-42 spent time at the Naval Strike and Air Warfare Center Rotary Wing Weapon School.

Henry County High School NJROTC Visits HSL-48

From HSL-48

The NJROTC unit consisting of 32 highly motivated students, along with their chaperones, visited the spaces of the World Famous HSL-48 "Vipers" on March 24.

Led by Master Chief Religious Program Specialist (AW/SW/FMF) Melvin Smith and Sgt Major Leon Jordan, the group was greeted and escorted by Air Warfare Rescue 2nd Class Tyler Thompson, Air Warfare Rescue 3rd Class Thomas Seward, Air Warfare Rescue 3rd Class Nicholas Hidalgo, Aviation Electronics Technician 3rd Class Jacob Ross, Lt.j.g. Benjamin Farwell, and Lt.j.g. Kevin Vannieuwenhoven.

After a quick muster, and a brief introduction to the squadron's mascot Skirt, the excited group of students and parents proceeded into the hangar for a tour and a look at the SH-60B helicopter.

Flight helmets and flight vests were provided for some hands-on experience with gear that aviators use every day. Thompson, Hidalgo, and

Seward demonstrated the wear and use of various pieces of SAR gear and allowed a few of the students to try them on for training and photo-ops.

After the SAR brief, the students were allowed to explore Venom 514, the aircraft on display. Each NJROTC student was able to sit in the pilot or copilot seat for a brief on various controls and instruments within the aircraft. AWRC Lansford conducted a question and answer session inside the cabin section.

After their experience in the hangar, the group proceeded to the HSL-48 Ready Room for a small NVG demonstration and motivational video. This was a perfect opportunity for the pilots, aircrew, and personnel of HSL-48 to show the NJROTC students from Atlanta, Georgia the daily operations of a Naval helicopter squadron, as well as provide some training on what they should do if they are ever picked up by a rescue helicopter.



-Photo courtesy of HSL-48
Air Warfare Rescue 2nd Class Tyler Thompson, and Air Warfare Rescue 3rd Class Thomas Seward provide hands on training on SAR to students of Henry County High School.

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-Photo courtesy of USS John L. Hall
The Easter Bunny visits with the children of USS John L. Hall during the ship's recent Family Easter party. J.L. Hall families enjoyed a pot-luck dinner and kids' activities.

Easter Bunny Visits J.L. Hall Family Party

By Ensign TJ Orth

USS John L. Hall PAO

USS John L. Hall (FFG 32) held its command Family Easter party on March 28 at the pavilion next to the Chief Petty Officers' Club.

John L. Hall families came together for a pot-luck picnic that also featured hot dogs and hamburgers cooked by Executive Officer, Lt. Cmdr. Dwayne Ducommun, and Command Senior Chief, CTCS(SW) Dion Beauchamp.

Top attractions at the party were a pair of inflatable "bounce houses" set up by Interior Communications Electrician 1st Class (SW) Todd Wish. Children of all ages, including some adventurous teenagers, enjoyed the bounce houses. Other activities included face painting and an Easter egg hunt. The highlight of the event was a visit by the Easter bunny.

"I had a lot of fun. When I arrived half the kids came to me and the other half ran away," said Ensign Rick Engel, John L. Hall's Combat Information Center Officer and Morale, Welfare and Recreation Officer. "I think [the children] really enjoyed it."

The party was organized by John L. Hall's Family Readiness Group, led by Janice Wish, Candy Robinson and Anastasia Forshier, as well as Chief Quartermaster (SW) Shane Dasher. More than 30 John L. Hall kids showed up, including the newest member 12-day-old Andrew Patrick Strong, son of Navy Career Counselor 1st Class (SW) Ty Strong.

"It was fun," said Strong. "It was a good time for the ship and the families to get together and enjoy each other's company."

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Vicksburg Shows Trick Moves



-Photo by MC2 Jesse Dick
The guided-missile cruiser USS Vicksburg (CG 69) performs maneuvers alongside the aircraft carrier USS Dwight D. Eisenhower (CVN 69). The Eisenhower Carrier Strike Group is underway for a scheduled deployment in support of the on-going rotation of forward-deployed forces to support maritime security operations and operate in international waters across the globe.



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USS De Wert Completes Light Off, Sea Trials

By Lt.j.g. Ashley Wyckoff

USS De Wert PAO

USS De Wert (FFG 45) left Mayport Basin for the first time in nearly five months on April 3, after completing a successful Light Off Assessment (LOA) earlier in the week.

The ship began a selected restricted availability (SRA) on Nov. 12 - an extensive maintenance period during which new ship's service diesel generators were installed, a force protection alteration was completed, and living and dining areas were completely refurbished, among other alterations and upgrades.

De Wert began the grueling LOA, an inspection conducted by expert engineers, on March 31, where the inspectors deemed the ship "safe to train" and allowed De Wert Sailors to begin starting the engineering equipment later that morning, a nearly unheard of accomplishment.

Through Thursday, De Wert started and tested new equipment and equipment that had been dormant for the duration of the SRA, all in preparation for Friday's Sea Trials. To ensure a successful Sea Trials, De Wert's officers and crew stayed on the ship overnight Thursday in order to identify and work out last-minute concerns, and to ensure the crew was well-rested for the next morning's underway.

Everyone was full of anticipation as the brow was removed, the whistle blew, and the Boatswain's Mate of the Watch passed the word, "Underway!" over the announcement system. Anticipation turned into confidence as the day passed and it became evident that Sea Trials was a success.

De Wert Sailors knew that the last five months of hard work had paid off, and that they had what it took to not only complete LOA and Sea Trials, but to finish the entire upcoming training cycle with the same level of energy and the same successful results.



Ensign Shawn Green, Ensign Arthur Bond, and Seaman Emmanuel Solera-Favor stand watch on the bridge of USS De Wert. USS De Wert (FFG 45) left Mayport Basin for the first time in nearly five months on April 3, after completing a successful Light Off Assessment (LOA) earlier in the week.

-Photos courtesy of USS De Wert



Quatermaster 3rd Class (SW) Daniel Poe stands Quatermaster of the Watch on the bridge.



Operations Specialist 2nd Class (SW) Andrew Rittenour and Operations Specialist 1st Class (SW) Brian Weiss stand watch in the Combat Information Center.

TPC Offers Free Tix To Military

From Staff

The Players Championship (TPC) is offering free tickets to all active duty and retired military personnel for the 2009 Players Championship golf tournament held annual at Sawgrass in Ponte Vedra.

According to TPC, active duty and retired military with appropriate ID will be admitted free of charge Monday, May 4 through Wednesday, May 6. Family members will also be admitted free of charge these days.

For competition rounds held Thursday, May 7 through Sunday, May 10, active duty and retired military personnel will be admitted free of charge during the new Prime Time hours, 3 p.m. until conclusion of play. All children 16 years old and younger are admitted free all week when accompa-



nied by a properly ticketed or credentialed adult. Family members over 16 years old, can join their service members during the competition round with the new Prime Time tickets and benefit the Navy-Marine Corps Relief Society (NMCRS) as well. According to TPC, Prime Time tickets are available for \$25 for the competition round. If the tickets are purchased through the NMCRS website, \$22 of those dollars will directly benefit the non-profit organization.

NMCRS directly benefits Mayport Sailors by providing financial assistance and education to active duty and retired

Sailors, Marines and their families. Last year, Mayport assisted nearly 1,500 clients and provided loans and grants totaling more than \$925,000. To purchase Prime Time tickets, go to www.nmcrcsmayport.org and click on the TPC link.

Active duty, retiree or family

members who want to attend a competition round all day can purchase a daily grounds ticket, which will be upgraded automatically to a daily Island Club ticket. The Island Club is a hospitality tent located on #10 fairway.

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GATE	220 A1A N	PVB	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
GATE	619 A1A N	PVB	LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX
GATE	2350 SR 16	STAU	LIL CHAMP	13967 McCORMICK RD.(MT PLEASANT RD)	
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Navy, Coast Guard Chiefs Sign Safe Harbor MOA



-Photo by MC1 Tiffini M. Jones

Chief of Naval Operations (CNO) Adm. Gary Roughead, left, delivers remarks as Commandant of the Coast Guard Adm. Thad W. Allen looks on after the signing of a memorandum of agreement for the Safe Harbor program during a signing ceremony at the Pentagon.

By MC2(SW) Rebekah Blowers

Chief of Naval Operations Public Affairs

Chief of Naval Operations (CNO) Adm. Gary Roughead and Commandant of the Coast Guard Adm. Thad Allen signed a memorandum of agreement (MOA) April 1 for the Safe Harbor program.

The Safe Harbor program is the Navy's lead organization for coordinating the non-medical care of wounded, ill and injured Sailors, Coast Guardsmen and their family members.

In the fall of 2008, the Coast Guard approached Safe Harbor to gain an understanding of the non-medical care management support provided to seriously wounded, ill, and injured

Sailors and their families. Coast Guard units are often located proximal to Navy, and Coast Guard members receive medical care at Navy military treatment facilities, where Safe Harbor non-medical care managers are currently located.

The signing of the MOA between the CNO and commandant reflects their commitment to providing the best care possible for Sailors, Coast Guardsmen and their families.

"I think that this really gets to the essence of our services and how we as services care for our Sailors. Through the great work of our people at Safe Harbor, we have developed ways to address those who are seriously wounded, ill and injured in order to better provide for them and

their families," Roughead said. "We are just really privileged and honored that we can bring this dimension of the Navy and the Coast Guard together in a way that benefits our Sailors and their families."

Through proactive leadership, the Safe Harbor program provides seriously wounded, ill and injured service members a lifetime of individually tailored assistance designed to optimize the success of their recovery, rehabilitation and reintegration activities and to give their families the support they need to get through that sometimes life-long process.

Operation Safety Net Is Cast Over First Coast

Story and photos by Petty Officer 1st Class Bobby Nash

U.S. Coast Guard Seventh District

Guardians from Station Mayport, Fla., were out in full force in the Jacksonville, Fla., area in late March for Operation Safety Net.

Operation Safety Net's aim was to ensure that the boating public of the First Coast were boating safely and responsibly. Coast Guard boarding teams were on the lookout for lifejackets, sound producing devices and other required safety gear.

Boaters are typically bringing their boats out for the first time after winter during this time of year. We want to make sure they have the proper gear on board their vessel while they are out on the water, said Petty Officer 2nd Class Chris Taylor, a boarding officer participating in operation safety net.

Guardians patrolled the waters of the St. Johns River, Intracoastal Waterway, and connecting waterways to ensure boaters had the proper safety gear on board.

In addition to checking for the required safety gear on board vessels, Guardians also questioned

boaters on whether they had properly registered emergency positioning indicating radio beacons, VHF-marine radios or had filed a float plan before leaving shore. The importance of having some or all of these items were stressed to the boaters they encountered.

Having one or all of these devices can greatly increase the chances of survival in case of emergency. These devices can buy you extra minutes or hours when every second counts.

Having a VHF marine radio or E.P.I.R.B. can help notify the Coast Guard where you are in case of emergency, and a float plan can give search and rescue coordinators a starting point in case you go missing while out on the water.

In 2007 there were 685 boating fatalities nationwide, and the number one contributing factor of boating fatalities in the same year was operator inattention, according to the North American Safe Boating Campaign website. More than 80 percent of the 685 boating fatalities were not wearing a lifejacket.



-Photo by PA1 Bobby Nash

Boarding team members from Coast Guard Station Mayport stop a vessel in the St. Johns River for a safety inspection and check to ensure there is a life jacket for everyone aboard and that the fire extinguisher isn't expired Friday evening March 27. Operation Safety Net's aim was to ensure that the boating public of the First Coast were boating safely and responsibly.

Maritime Law Enforcement Trains Station Mayport Coast Guard

By Petty Officer 3rd class Michael Hulme

Seventh District Public Affairs

The Coast Guard Maritime Law Enforcement training team was in Mayport, Fla., March 9-13, to conduct training for junior members assigned to Coast Guard Station Mayport, Coast Guard Sector Jacksonville, Fla. and the Coast Guard Cutter Shrike.

The MLE training team is homeported in Portsmouth Va., and consists of four MLE training teams. The teams provide MLE refresher training to 100 Coast Guard stations and cutters each year in the Fifth, Seventh, Eighth, and Ninth Districts that conduct law enforcement missions.

The MLE training team provides realistic, performance-based hands on training. Boarding officers and boarding team members have the opportunity to practice and sharpen their law enforcement skills through role-playing and facilitation, and this helps capture the best methods to be shared Coast Guard wide. For example, Coast Guard Auxiliary vessels are used to conduct mock boarding scenarios.

"The training provides an opportunity to unplug and pull away from the mission and get another set of eyes to help focus

on what they need to improve on," said Lt. Adolfo Viezca, boat operations supervisor at Sector Jacksonville. "Another key element to the training is the solidarity and the vital trust factor the members build on. We know regardless of rank each member has been trained well."

The mock boarding scenarios are very realistic, utilizing counterfeit drugs, weapons, and other training aids that will resemble the real life maritime environment for the trainees out in the field.

After each scenario, students are provided with feedback and constructive criticism to enhance their performance and situational awareness.

The MLE trainers also simulate a boating under the influence wet lab where boarding officers practice and administer field sobriety and chemical tests to real life intoxicated role players. The BUI wet lab scenarios are realistic and provide boarding officers the experience they need to build self-confidence in prosecuting real BUI cases.

"The training provided by the MLE training team is extremely vital for all Coast Guard members who receive it," said Ensign Brian Beach, assigned to the Sector Jacksonville vessel boarding safety team. "What



-Photo by PA3 Michael Hulme

Two crew members from Coast Guard Station Mayport, Fla., practice self-defense techniques, March 13 that will assist them in gaining compliance of aggressive subjects in the maritime environment.

makes the training so important is that regardless of the level of experience any individual may have, you always take away

useful information and instruction to ensure that all Coast Guard boarding teams are as prepared as they can be."

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FFSC Classes, Workshop 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.

April 16, 8-11 a.m., **Anger Management**, FFSC

April 16, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

April 17, 9-11 a.m., **Credit Report**, FFSC

April 20, 9 a.m.-noon, **What About The Kids?**, FFSC

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

April 21, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

April 22, 11 a.m.-2 p.m., **Tottletyme Playgroup**, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds.

Learn what having a good and bad credit report can do to your financial health on April 17 from 9-11 a.m. at FFSC

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.

April 22-23, 8 a.m.-4 p.m., **SAVI Refresher Training**, Building 460

April 23, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

April 24, 9-11 a.m., **Home Buying**, FFSC

April 27, 6-7 p.m., **Ombudsman Assembly**, USO

April 27, 8 a.m.-noon, **FERP-Career & Job Readiness Class**, FFSC

April 27, 1-2:30 p.m., **FERP-Federal Employment Class**, FFSC

April 27-30, 8 a.m.-4 p.m., **TAP Separatee Workshop**, Building One Room 104

April 28, 8:30 a.m.-4 p.m., **Leadership Life Skills for E5 & E6**, Base Chapel

April 28, 9-11 a.m., **Parenting Class (8 Steps)**, FFSC

The program is based on Dinkmeyer & McKay's Systematic Training for Effective Parenting (8 STEPS). The program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families include: understanding yourself and your child, the four goals of misbehavior, beliefs and feelings, encouraging and listening to your child, helping children cooperate, discipline that makes sense, and how to choose your approach. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 8 sessions is required.

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

April 28, 2-4 p.m., **Overseas Living**, FFSC

Overseas Living is a class designed to prepare you for living in new and different setting. This class will provide helpful information about living on the economy to dealing with potential terrorist activities. You will have a chance to understand the emotional cycles of overseas living to making this tour the best part of your Navy career. Specific information about visas and absentee voting will be discussed.

April 29, 11 a.m.-2 p.m., **Tottletyme Playgroup**, USO

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

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

April 29, 1-3 p.m., **English Tea For Expectant Moms**, Base Chapel

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

May 5, 9-11 a.m., **Parenting Class (8 Steps)**, FFSC

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

to your child, helping children cooperate, discipline that makes sense, and how to choose your approach. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 8 sessions is required.

May 12, 9-11 a.m., **Parenting Class (8 Steps)**, FFSC

The program is based on Dinkmeyer & McKay's Systematic Training for Effective Parenting (8 STEPS). The program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families include: understanding yourself and your child, the four goals of misbehavior, beliefs and feelings, encouraging and listening to your child, helping children cooperate, discipline that makes sense, and how to choose your approach. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 8 sessions is required.

May 19, 9-11 a.m., **Parenting Class (8 Steps)**, FFSC

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

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May 26, 9-11 a.m., **Parenting Class (8 Steps)**, FFSC

The program is based on Dinkmeyer & McKay's Systematic Training for Effective Parenting (8 STEPS). The program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families include: understanding yourself and your child, the four goals of misbehavior, beliefs and feelings, encouraging and listening to your child, helping children cooperate, discipline that makes sense, and how to choose your approach. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 8 sessions is required.

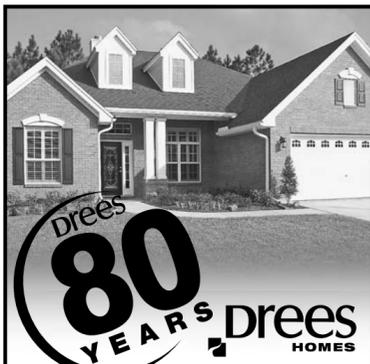
June 2, 9-11 a.m., **Parenting Class (8 Steps)**, FFSC

The program is based on Dinkmeyer & McKay's Systematic Training for Effective Parenting (8 STEPS). The program is designed to

assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families include: understanding yourself and your child, the four goals of misbehavior, beliefs and feelings, encouraging and listening to your child, helping children cooperate, discipline that makes sense, and how to choose your approach. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 8 sessions is required.

June 8, 9-11 a.m., **Parenting Class (8 Steps)**, FFSC

The program is based on Dinkmeyer & McKay's Systematic Training for Effective Parenting (8 STEPS). The program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families include: understanding yourself and your child, the four goals of misbehavior, beliefs and feelings, encouraging and listening to your child, helping children cooperate, discipline that makes sense, and how to choose your approach. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 8 sessions is required.



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THE Daily Commuter Puzzle

by Jacqueline E. Mathews

ACROSS

- 1 Sonata or Prelude
- 4 Cell afloat
- 8 Sufficient
- 13 Valley
- 14 Ceremony
- 15 Bashes
- 16 Role on "The Waltons"
- 17 Anything ___; something more
- 18 Muscular organ
- 19 Special dessert
- 22 Ref.'s decision
- 23 Guides
- 24 Follow
- 26 Tiny unit
- 29 Capital city
- 32 Man of the cloth
- 36 Family tree member
- 38 Part of every wk.
- 39 Passage
- 40 City on the Rhone
- 41 Architect
- 42 Riyadh resident
- 43 Employs
- 44 Star of "Our Miss Brooks"
- 45 Doling
- 47 Octagon word
- 49 Mount
- 51 One involved in a public disturbance
- 56 Do a tailor's job
- 58 Court procedure
- 61 Interweave
- 63 City in India
- 64 Bet
- 65 Continue
- 66 Manner
- 67 ___ d'oeuvres
- 68 Fine residence
- 69 Conjunctions
- 70 Suffix for station or vision

DOWN

- 1 Tiny weight
- 2 Similar

1	2	3	4	5	6	7	8	9	10	11	12	
13			14					15				
16			17					18				
19			20				21		22			
23						24			25			
			26		27	28		29		30	31	
32	33	34	35		36		37		38			
39				40					41			
42				43				44				
45			46			47	48					
		49			50		51		52	53	54	55
56	57			58			59	60				
61			62			63				64		
65						66				67		
68						69				70		

THIS WEEKS ANSWERS

3	Femme's name	S	A	H	V	S	D	N	V	H	O	N	V	W	
4	Piece of chicken	S	H	O	H	N	E	I	W	E	D	I	B	V	
5	Brook	E	L	N	V	V	H	G	V	L	I	V	L	D	
6	"_girl"	L	N	E	W	N	G	I	V	H	E	V	M	E	S
7	Waterfowl	H	E	L	O	I	R	D	E	J	L	S			
8	Shocked				D	O	L	S		G	N	I	L	E	W
9	___ West	N	E	D	H	V	S	E	S	N	B	V	H	V	
10	Leveled off	O	H	E	V	S	E	T	H	V	H	O	O	D	
11	Songbird	S	E	N	E	L	N	N	V	L	O	B	B	V	
12	This: Sp.	V	W	V	L	O	W	O	L	V					
13	Ball attendees, for short	E	N	S	N	E	S	H	E	E	L	S			
20	"Rats!"	O	K	L	V	K	S	V	T	V	D	E	K	V	B
21	Entanglements	L	H	V	E	H	E	S	T	V	E	N	I	V	E
25	Say	S	V	T	V	G	E	L	I	H	E	T	V	D	
27	Boatman's items	E	T	D	M	V	G	I	H	B	H	V	A	C	

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37 Cozy home	52 ___, Nebraska
40 Carpenter's tool	53 Choir member
44 Neat as ___	54 Access
46 More orderly	55 Hwys.
48 Church features	56 Unwanted mail
50 lbsen's specialty	57 Italian island
	59 Not "fer"
	60 Riled
	62 Solemn vow

Health Beat

Colonoscopy Detects Senior Chief's Cancer, 'Improves Chances For Survival'

By Marsha Childs

NHJ Marketing Coordinator

On the day before he was scheduled to start chemotherapy, Senior Chief Hospital Corpsman (FMF/AW) Jonathan "Ace" Acedera, 48, seemed fragile as he reflected on his recent diagnosis of colon cancer. Only a few months earlier he was making plans for retirement, exploring promising job opportunities and entertaining the idea of learning to surf when his life took an unexpected turn.

Ace was scheduled to retire in December 2008 after 26 years of service. It was during a Veterans Administration (VA) disability physical in July 2008 when Dr. Antonia Silva-Hale discovered a 2006 medical record entry noting what Ace thought he saw: blood in his stool.

In 2006, the doctor told Ace that if there was indeed blood in his stool, it must have been there for years and, if cancer related, he should be dying or already dead. To be on the safe side, the physician ordered a colonoscopy. This study examines the large colon and small bowel using a fiber optic camera on a flexible tube passed through the anus while the patient is sedated.

But Ace never followed up since he was still uncertain about the presence of blood. And if there was, he reasoned, it was probably due to irritated hemorrhoids. His decision was made in part due to his very demanding job. "I was



Photo by Marsha Childs

Lt. Cmdr. John Bassett, left, explains test results to Senior Chief Hospital Corpsman Jonathan "Ace" Acedera and his wife, Margie, after confirming the presence of colon cancer following Ace's colonoscopy.

so busy," he recalled. Hence, the colonoscopy was never performed.

The VA physician urged Ace to schedule the colonoscopy he never had in 2006, although there was no family history of colon cancer, a factor that increases the risk for the disease. "It was the way she said it that made me give it a lot of serious thought, and I also wanted to put closure on the issue," he said.

In November 2008, Naval Hospital Jacksonville gastroenterologist Lt. Cmdr. John Bassett performed the screening and removed a suspicious lesion. "I expected it to be negative," Ace said. "I don't drink,

I don't smoke, I exercise, and I pride myself on being very healthy." But two days later, Bassett called with the troubling pathology results.

There are rare events in our lives that are so significant that you never forget where you were or what you were doing. For Ace, this was that occasion.

"So doc, what you're telling me is I have cancer?" he asked.

Bassett confirmed his worst fears; the lesion was cancerous.

He explained, "The key now will be to determine if the cancer has spread. While the diagnosis is serious and potentially life-threatening, now we can get you the care you need."

The diagnosis was adeno-

carcinoma, a cancer known to be invasive, spreading to other parts of the body.

Additional radiological studies performed at the Naval Hospital and repeated at the University of Florida and Shands, Jacksonville showed no evidence of the disease in the liver, lungs and bone. The colonoscopy and additional testing revealed the disease had not spread throughout his body.

Ace was referred to Dr. Ziad Awad, a seasoned colorectal surgeon at Shands for laparoscopic surgery on Dec. 17. Entering through a small incision, Awad found no visible evidence that the cancer had spread outside the bowel. Further studies were done to determine the exact location of the cancer and how deep it went into the surrounding tissue.

After conferring with colleagues at Shands and Columbia, Awad recommended they proceed with the bowel resection, a procedure to remove a portion of the bowel.

Ace recalled thinking, "If they took out a segment of my large intestine and it had cancer, I would be glad it was taken out. If they took it out and it was clean, I would have peace of mind."

The procedure was resched-

uled for Feb. 11 where a segment of the rectum and sigmoid intestine was removed. In all, 17 lymph nodes were sampled: 15 came back negative and two positive for cancer. Awad told Ace he was shocked how aggressive his cancer was and he had never seen anything it like before.

On March 24, Ace underwent the first of many chemotherapy sessions that include both oral medication and intravenous infusion.

He said, "I try not to think about the pain and side effects of the intravenous therapy, which I need every 21 days for six months."

His chemotherapist explained his survival rate would improve from 65 percent without chemotherapy to 85 percent with the treatment. Chemotherapy affects patients differently, but many experience nausea, loss of appetite and weight, diarrhea, vomiting and hair loss. They are a small price to pay for another chance at life.

The surgery left Ace weak with little appetite, but the pain lessened every day. With the loving support of his wife of 23 years, Margie, and his two sons Jordan, 19, and Paolo, 21, Ace is "going to live it one day at a time."

He credits Bassett and his team for giving him the hope of living another 30 years. He also credits Silva-Hale who convinced him to have that colonoscopy before retirement, which he now knows probably saved his life.

Ace is optimistic his medical journey will help others. Colon cancer is largely a preventable disease with early detection. It remains, however, the second leading cause of all cancer-related deaths in the United States and may be caused by environmental or dietary factors and genetic predisposition.

The risk significantly increases for adults age 50 and older. Because colon cancer develops from slow growing polyps with no symptoms until it is advanced or there is a large tumor present, early detection and intervention can improve survival rates up to 90 percent.

The American Academy of Family Physicians recommends periodic clinical preventive screenings based on age, gender and medical condition or as recommended by a health care provider, especially if there is a family history for conditions such as colon cancer. To learn more, visit <http://www.aafp.org/online/en/home/clinical/exam.html>.

Civilian Dentist Referrals To Shift In August

From NHJax Dental

The Military Medical Support Office (MMSO) is being replaced by the Active Duty Dental Program (ADDP) effective Aug. 1.

MMSO currently administers dental care provided in civilian dental offices for active duty service members. This program supports the dental readiness and health of our war fighters and service members referred to civilian dental providers for treatment. The new program, AADP, is administered by United Concordia Companies, Inc. (UCCI), the same company



that manages the current military family member dental plan. How does this affect you?

Naval Hospital Jacksonville Dentist Capt. Margaret Alexander said, "It is important to know that if you are currently receiving dental treatment at a civilian dental office under MMSO your treatment must be completed by July 31. After this date, dental care must be coordinated through United Concordia through AADP. You, the service member, may become liable for any care received after Aug. 1 that has not been coordinated through United Concordia." She provided the following important points:

• Most routine care referrals will cease after June 30, in order to complete treatment under the old MMSO plan. Some excep-

tions will be considered for urgent/emergency care needed in July 2009.

• The effective contract date for the new AADP is Aug. 1.

• Beginning July 1, when your local military Dental Treatment Facility refers you to a civilian dentist under the new AADP, one of UCCI's Health Care Finders will help find and schedule your appointments with an appropriate provider in their network. These appointment dates will be after the Aug. 1, 2009 AADP start date.

• In June, education materials, with the website and phone numbers for the AADP, will be sent to all service members living in remote areas.

Uniform Registration Process To Promote Seamless Transition

By Donna Miles

American Forces Press Service

The best way to ensure servicemembers transition seamlessly from the Defense Department to the Department of Veterans Affairs when they leave the military is to start the process at the swearing-in ceremony, Veterans Affairs Secretary Eric K. Shinseki told American Forces Press Service.

"Seamless transition really has to begin when that servicemember is still serving, puts on the uniform, raises a right hand and takes the oath of allegiance," said Shinseki, who spent 38 years in uniform before retiring in 2003 as Army chief of staff. "We need to begin the transition then."

Shinseki said he's had several conversations with Defense Secretary Robert M. Gates about ways to continue improving the transition process between the two departments.

One concept, called "uniform registration," would enroll servicemembers automatically in a single Defense-VA management system when they join the military. As envisioned, the system would have two components: one for personnel files and another for medical files.

Shinseki explained the benefits of uniform registration last month during a Senate Veterans Affairs Committee hearing.

"Uniform registration will push both of us, both the VA and the [Defense Department],

to create a single, electronic record that would govern how we acknowledge, identify, track and manage each of our clients," he said.

"That way, we could begin to track them throughout the course of their service in uniform - whether it's two years, four years, 10 years, 30 years," he told American Forces Press Service.

"And when the change in their status occurs and they take the uniform off and return to civilian life, the transition has already been done," he continued. "They are already a member of our department, we know who they are, and we have been watching their development."

The initiative, he said, would result in better, faster, more consistent management decisions, with less chance of lost files or destroyed claims and fewer backlogs in processing claims.

Servicemembers leaving the military would come to VA as known entities, and their entitlements would be clear, Shinseki said.

Meanwhile, VA could better project veterans' needs. Shinseki told the Senate committee both VA and the Defense Department "are in agreement about the goodness of such a system and have people working toward making this a reality."

Uniform registration is really just an extension of other VA-administered programs

that cover those in uniform, Shinseki said. These include Servicemembers' Group Life Insurance, educational loans and guaranteed home loans.

"So this idea that your benefits begin when you take off the uniform is misleading," he said. "Those benefits are there in those categories from the time they begin serving."

The Defense and Veterans Affairs departments have been working diligently to eliminate gaps as servicemembers - particularly wounded warriors - transition from military to civilian life.

Congressional panels, blue-ribbon commissions and in-house investigations all have pointed to the need for the two departments to improve their coordination and cooperation to better serve transitioning troops. Shinseki told the Senate panel progress being made will help ensure better care and support for veterans.

"Through a cooperative effort, we seek to improve the delivery of benefits and assure the availability of medical data to support the care of patients shared by VA and [the Defense Department]," he wrote in his written testimony. "This will enhance our ability to provide world-class care to veterans, active-duty servicemembers receiving care from both health-care systems, and our wounded warriors returning from Iraq and Afghanistan."

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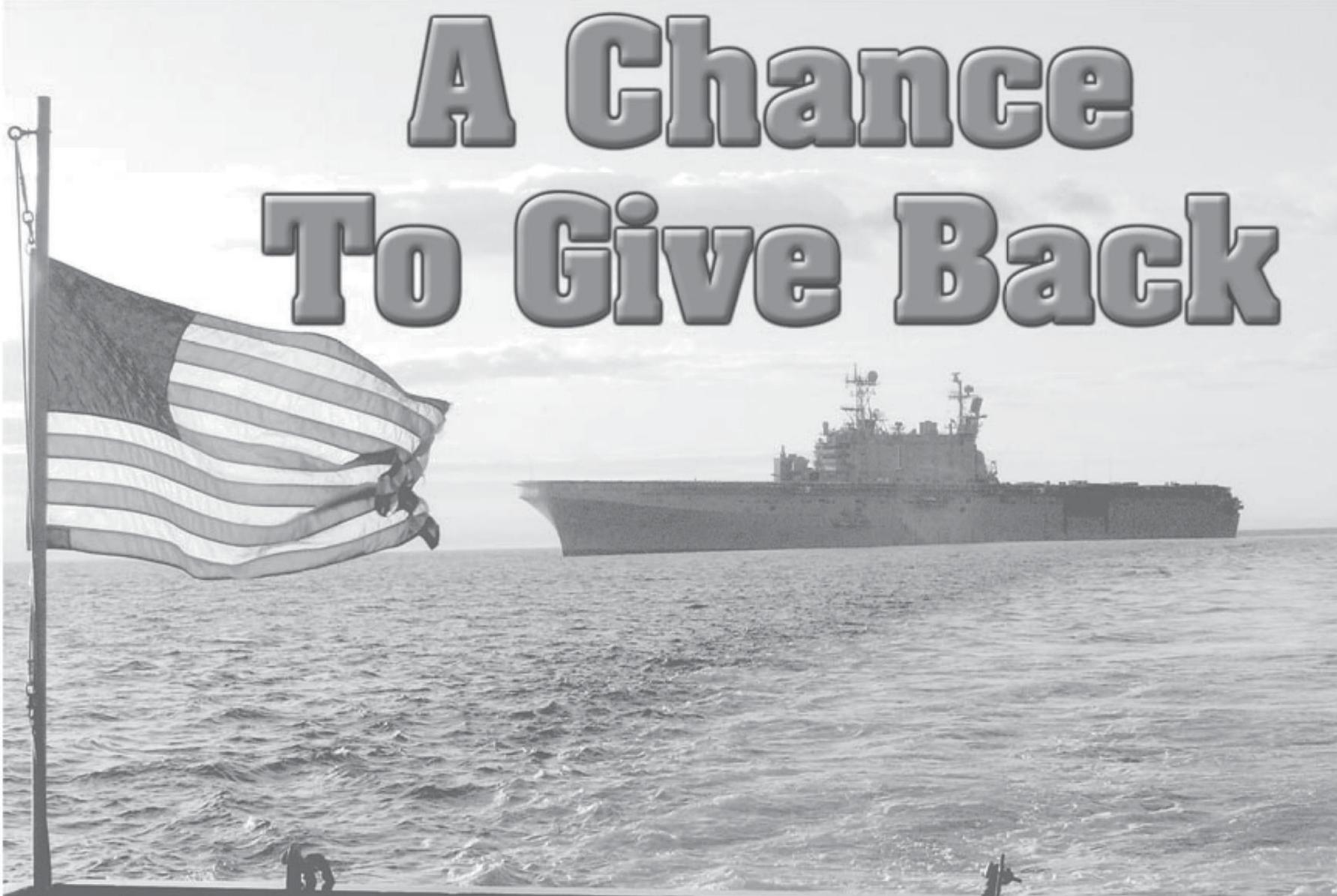
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