

THE MIRROR NS MAYPORT, FLORIDA

2008 CHINFO Award Winner

Vol. 52 • Issue 19

www.nsmayport.navy.mil

www.mayportmirror.com

THURSDAY, May 14, 2009



USO Hosts Military Day

The Greater Jacksonville Area USO and MWR will host its free 6th Annual Military Appreciation Day on May 16 from 10 a.m.-4 p.m. at the Sea Otter Pavilion at NS Mayport.

The day is to honor active duty men and women in the local area. It is also a great opportunity to say thank you to the spouses and children for the sacrifices they make in support of their military family member.

The event will include live music from Southern Ruckus Band, USA cheerleaders, inflatables and activities for adults and kids. There will also be free food, games prizes and giveaways. The pool will be open from 10 a.m.-6 p.m. For more information call the NAS Jax USO Center at 778-2821 or the Mayport USO Center at 246-3481.

USS Stark Memorial Set

The twenty-second annual memorial service commemorating the crew members of USS Stark (FFG 31) killed on May 17, 1987, will be held at Memorial Park, Naval Station Mayport at 10:30 a.m. on May 17.

The Sailors were killed when two missiles struck the ship without warning after 9 p.m., while the ship was on patrol in the southern Persian Gulf. One missile exploded, causing immediate fires and tremendous damage in the forward part of the ship.

Fuel from the second missile intensified the fires. Aided by equipment and fire fighting teams from other Navy ships, the crew succeeded in saving the ship, but the cost was heavy: 37 shipmates were killed.

Rear Adm. Joseph D. Kernan, Commander, U.S. Naval Forces Southern Command and Commander Fourth Fleet, will be guest speaker.

Former crew and family members seeking information about the service are encouraged to contact starkmemorial@earthlink.net for further information.

Base Pool Opens May 16

The base swimming pool will open on May 16 for weekends only until Duval County schools dismiss for summer break. Weekend hours are Saturday 11 a.m.-6 p.m., Sunday 1-6 p.m. and Memorial Day (May 25) 11 a.m.-6 p.m. Active Duty and ages 2 and younger are free. Admission fees for ages 16 and older are \$2 per person. Ages 3-15 pay \$1.50 per person. Season passes can be purchased at ITT for \$60 (individual) or \$120 (family). ITT is open Monday-Friday 9 a.m.-5 p.m. For more information on the base pool, call 270-5425 or download 2009 aquatics information at www.cnrc.navy.mil/Mayport/Recreation.

Navy Lines TPC 18 For H.W.

By MC2 Daniel Gay
Navy Public Affairs Support Element
East, Detachment Southeast

More than 100 Sailors from Naval Station (NS) Mayport and Naval Air Station (NAS) Jacksonville were on hand to participate in an award ceremony held at The Player's Championship (TPC) Sawgrass to honor Former President of the United States George H. W. Bush May 6.

President Bush arrived to the 18th green flanked by the local Sailors. The former commander-in-chief was awarded the Professional Golfers Association (PGA) Tour lifetime achievement award on the green as part of a military appreciation day.

Rear Adm. Joseph Kernan, Commander U.S. Naval Forces Southern Command and U.S. Fourth Fleet was at the ceremony to greet President Bush.

"For those of us in the military, we aspire to serve in the likeness of great citizens and leaders, and the man the PGA Tour is honoring today is certainly among them," said Kernan.

President Bush made it a point to thank the military and all the volunteers who made this years PGA tour possible, he also said that he was honored to receive the award.

"It means a great deal to receive this distinguished award from an organization like the PGA Tour," said Bush.

Kernan also described to President Bush why it was so fitting to have so many Sailors



Former U.S. President George H. W. Bush salutes servicemembers who attended a ceremony at The Players Championship golf tournament at TPC Sawgrass to honor the former president with the Professional Golf Association Tour Lifetime Achievement Award for outstanding contributions to the tour. The event took place on Military Appreciation Day at TPC Sawgrass.

in attendance.

"Mr. President, you have, and continue, to inspire a nation since you were 18 years old," said Kernan. "We who serve in

the U.S. Navy, firmly believe that your [President Bush] most formative years began at that age, when you joined the Naval service - where honor, courage

and commitment become action words in your life and clearly remained with you throughout your public service."

The 41st President of the

United States is one of only nine people to receive the award and he is now ranked among other recipients such as Jack Nicklaus.



Naval Station Mayport's Color Guard march down the 18th fairway at The Players Championship (TPC) golf tournament at TPC Sawgrass. Sailors enjoyed the event's Military Appreciation Day and attended a ceremony to honor Former U.S. President George H.W. Bush with the Professional Golf Association (PGA) Tour Lifetime Achievement Award for outstanding contributions to the tour. See more pictures, Page 4.

Navy Lodges Are Going Pet-Friendly

From NEXCOM

Moving to a new location just got a lot easier when traveling with a family pet. Most Navy Lodge's worldwide now allow dogs and cats up to 50 pounds in weight to stay when traveling with its owners.

"Over 60 percent of all Americans have pets and the military is no different," said Michael Bockelman, NEXCOM Vice President and Director, Navy Lodge Program. "Navy Lodge guests often stay with us during a permanent change of station move. Before, guests had to board their pet until they could move into their new home. Now, the pet can stay with the rest of the fam-

ily at the Navy Lodge. This will make a military move much easier for the entire family."

Military families need to come to the Navy Lodge prepared in order to stay with their pet. First, keep in mind how long you will be gone and bring appropriate food and other supplies and always travel with a pet carrier. Before you leave town, schedule a visit with your veterinarian to update all medications or treatments required and bring a copy of each pet's vaccination record. It is also a good idea to carry a health certificate for each animal traveling with you if traveling state to state or crossing international borders.

Finally, when you are at the Navy Lodge, treat the area where you walk as if it were your own yard and always clean up after your pet, using the bags provided.

Navy Lodges are on average 43 percent less expensive than comparable civilian accommodations, and still have the same and more amenities. Every guest room is oversized with cable TV with Showtime, a DVD/CD player, direct-dial telephone service, high-speed Internet access, and a kitchenette complete with microwave, refrigerator, and utensils. Navy Lodges also have house-keeping service, vending machines, DVD rental service and guest laundry facilities

as well as handicapped accessible and non-smoking rooms. Free local calls, free in-room coffee and newspapers as well as convenient on-base parking are also available during your stay.

To make a reservation toll free at 1-800-NAVY-INN or log onto www.navy-lodge.com. Once you make a reservation, you cannot be bumped from your room. Reservation and room assignments are accepted on an as-received basis without regard to rank, rate or time of reservation.

For other military lodging options go to www.dodlodging.com.

Chaplain's Corner

Dr. Seuss has written and illustrated over forty books for children (of all ages) and their very fortunate parents. One of those books written in the early 1990's became a national best-seller. I believe you can still find it in bookstores.

The book OH, The Places You'll Go! is a compilation of rhyme verses giving advice to children on how to proceed in life when confronting the sometimes-inevitable experiences of fear, loneliness and confusion. The invaluable advice is given with a view towards preparing children to face and surmount those common human predicaments. Here's a brief excerpt:

"Out there things can happen And frequently do To people as brainy and footsy as you..."

All alone! Whether you like it or not, Alone will be something You'll be quite a lot

And when you're alone,



Chaplain Joe Molina
CDS40 Staff Chaplain

there's a very good chance you'll meet things that scare you right out of your pants. There and some, down the road between hither and yon, that can scare you so much you won't want to go on..."(OH, The Places You'll Go! Dr. Seuss. Random House, N.Y. 1990

And... if you would indulge

me with my own addition: "You'll know the hard places. You'll know the lonely places." These are words of warning and wisdom for those who will listen and are most especially suited for the countless thousands who are graduating from our nation's high schools and colleges this year.

Dr. Seuss' book can be a timely gift item for our children as well as school graduates (of all ages) traversing that yearly rite of passage we call commencement exercises. As parents we share a reasonable concern for the safety of our kids. We would like to shelter our children from the difficulties of life. But, we are also aware that it is impossible to shelter our children from those hard places and lonely places. However, what we can do is teach our children in the way they should go. As responsible parents we can

practice some preventive medicine and equip our kids with the necessary tools for making the right decisions. When life isn't fair and when facing those mountains of desperation how can our children stand on solid ground?

From another book, written long ago in a land far away, comes timeless wisdom that is foundational to standing on solid ground. The advice was given to a warrior preparing to lead a people into unknown territory. Indeed, he was facing one of those dark moments and lonely moments in life. Joshua, a man in his middle years, receives three invaluable axioms for living that are just as applicable today and worthy of transmitting to our children and eager graduates alike.

AXIOM 1: BE STRONG AND COURAGEOUS. Being strong and courageous is right

as long as it is not a defiant courage. It is also right as long as it is not a prideful and arrogant courage. Being strong and courageous must come from knowing the character and the providence of God. I can have a sense of inner peace and confidence, not because I am tough but because my God has the track record of performance. Yes, our children will have to face those hard places in life that will demand strength and courage. Let us ensure that they know the eternal source of strength and courage.

AXIOM 2: LET GOD'S WORDS BE YOUR WORDS. This is a critical element in arming our kids to face a cynical world. Indeed, the Holy Scriptures are filled with the wisdom of the ages. Neither all of the collective brilliance of mankind nor all of the godless minds in history have ever

destroyed its veracity. If its wisdom can permeate our children's thoughts and their words, then they will be standing on a firm foundation.

AXIOM 3: GOD WILL NEVER LEAVE YOU. One day my children will face tough choices. They may be tempted to succumb to peer pressure; they may fear the future or face loneliness. The reality is that we are never alone. Indeed, my children's faith will be tempered and strengthened as they affirm the presence of God in the midst of their struggle.

"And will you succeed?"

Yes! You will, indeed!...

KID, YOU'LL MOVE THE MOUNTAINS!" (OH, The Places You'll Go!)

Homefront in Focus

By Beth Wilson

Military Spouse Contributor

I made it! I'm aboard the USNS Comfort! I have so much to talk about from just my first four days that it was hard to keep this column down to 500 words. Perhaps you are like me, when the kids are sick, the car is acting up and the hot water heater gives out it is hard to stay focused on the 'big-picture' of what our service member is doing and how important it truly is. I came to the Comfort with an agenda, to understand what my service member experiences on deployment, to regain that 'big picture' focus and to communicate that to my fellow spouses. I want to invite you to

follow my blogs and broadcasts from the ship to follow more of this 'embed' at www.homefrontinfocus.com. I'll be blogging and broadcasting daily.

Before I arrived I told many of this embed on the Comfort. When I informed them of the nature of the mission and the vessel (hospital ship) many came right out and said things like, "Oh, You're going on a pleasure cruise." I have been challenged that the mission of the Comfort and similar humanitarian efforts play a direct role in National Security.

What is National Security in the 21st century? In the old, cold war model national security was almost synonymous with

a strong military. Today national security encompasses 'shock and awe' and much, much more. Consider the piracy challenge filling the front page of today's news. We know the pirates are from Somali, a country with a failed government. The government has not provided for the future of their people in four distinct areas; education, economy, health/safety and security. As a result, desperate times give way to desperate measures: lawlessness, radicalization and, in this case, piracy.

National Security necessitates not only a strong military but education and economic opportunities for a stable society. Could it be that national secu-

urity begins with personal security? A nation's citizenry cannot advance without basic health, safety and education. If its citizenry is marked by poor nutrition and a lack of basic medical care and hygiene it cannot rise above the daily struggle of survival. If its citizenry lies in fear of in their homes from local thugs, again, how can a nation advance?

Our national security is affected by the more than the military strength and prowess of our enemies. It is also determined by the health, safety, security, education and economy of our neighbors.

The mission of the USNS Comfort and the non-govern-

mental organizations(NGO) partnering with the Navy in "Continuing Promise 2009" is a vital part of national security. Contributing to the overall health and safety of a community strengthens that community, and contributes to the overall health and strength of that nation.

Ok, ok, I know the perspective still remains that a strong military equals national security. And I'll grant you that a humanitarian mission is not wrought with the same dangers as a boots-on-the-ground mission in Afghanistan. But in terms of the contribution to the health and welfare of not only these communities, but their

nations and our nation - well, national security is far, far more than guns and the Comfort with its teams of medical, dental, optometry, public health, engineers, educators and more, is at the tip of these efforts.

Please check out my blogs to read more about the unique crew aboard the Comfort, their efforts and accomplishments at www.homefrontinfocus.com and www.southcom.mil/continuingpromise2009. Check out the daily broadcasts from the ship with interviews and reports on the mission at www.blogtalkradio.com/nht.

Sweet Land of Liberty Save Money On Fun With ITT

By Erica I. Peña-Vest

Travel Contributor

There are many resources available on base to help us save money during times like these. Gas is sold just a little bit cheaper on base and food is more affordable at the commissary. However, one of the biggest resources members of the military and their families have available largely goes untapped. The Information, Ticket and Travel office (ITT) has a large variety of discounts available to local attractions, national tourism destinations, cruises, hotels and much more. From time to time, they even have free tickets to concerts, free hotel deals and free

tickets to local attractions. Also available in their offices are regional brochures, information on bus tours and other special services. Military, Retirees, Dependents, DoD civilians and MWR authorized patrons can all purchase tickets.

As we prepare for summer vacation, any little bit of money we can save is helpful. Visit the ITT office on base and find out what deals are out there just for you. Just because the economy is bad doesn't mean we can't afford to take our families on a summer adventure. Disney and Sea World are offering free passes, hotels are offering the lowest rates I've ever seen, and even res-

taurants are offering military discounts. Just recently Nickelodeon Family Suite in Orlando offered a special military rate for the summer. Cities like Savannah, Georgia, Hilton Head, South Carolina and Buena Park, California (to name a few) offer city-wide military promotions during different parts of the year. If there was ever a time to travel, this would be it! For information on any of these specials, you can visit www.guidetofamilytravel.com. You'll find a complete list of places around the nation offering the military great deals and discounts.

Grab'n'go Kit: Essential Items To Pack In Case Of An Evacuation

From CNIC

May brings the welcome arrival of warmer weather, but it also marks the start of Hurricane Season.

In light of Hurricane Preparedness Week (May 24-30), the Navy's Operation Prepare campaign urges you to be prepared knowing the vulnerabilities and the actions you and your family can take before a hurricane.

If you are in an area that is prone to hurricanes, you should have plans for securing your home, evacuating to shelter, and maintaining communications.

Another critical step in hurricane preparedness is assembling a grab'n'go kit—a stash of emergency supplies ready to snatch when you have to seek a safe place to ride out the storm.

Checklists for supplies are easy to find online and is included with the Operation Prepare information on the CNIC website at <https://www.cnic.navy.mil>. Here is a list based on recommendations from NOAA's National Hurricane Center:

- Water— one gallon per person per day for three to seven days, for drinking and sanitation
- Food—enough nonperishable packaged or canned food/juices for the family for three to seven days, including snacks and foods for infants or the elderly
- Manual can opener, cooking tools/fuel, disposable plates and utensils
- Wet wipes, toiletries, hygiene

items

- First aid kit, medicines, prescription drugs
- Seasonal clothing and rain gear, sturdy shoes
- Blankets, pillows, etc.
- Battery-powered or hand-crank radio and a NOAA weather radio with tone alert, flashlight, and extra batteries
- Fully charged cell phone with extra battery
- Cash with some small bills and credit cards (banks and ATMs may not be available)
- A waterproof container of important documents—driver's license, Social Security cards, proof of residence, insurance, medical records, prescriptions, bank account numbers, birth and marriage certificates, deeds, wills, tax records, etc.
- Extra keys
- Include unique family needs, such as infant and pet supplies. Don't forget a supply of toys, books, and games for children. Many shelters do not allow pets, but if you are taking them, bring along a leash and muzzle, proper ID and immunization records, medications, an ample supply of food and water, and a carrier or cage.
- Store your supplies in one or two easy-to-carry containers—plastic bins, backpacks, or duffel bags—and make sure everyone in the family can access them.
- Keep maps and a toolset in your vehicle, and don't wait to the last minute to fill the gas tank.

Operation Prepare: It's YOUR

duty

Your family emergency plan and emergency preparedness kit are the cornerstones of Operation Prepare. For more information, visit the Operation

Prepare information on the CNIC website at <https://www.cnic.navy.mil>.

Remember: It's your **duty** to be prepared—Be informed. Have a plan. Make a kit.



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

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

The Mirror
P.O. Box 280032
Naval Station
Mayport, FL 32228-0032
Commercial: (904) 270-7817 Ext. 1012 DSN: 960-7817 Ext. 1012
Commercial FAX (904) 270-5329 DSN FAX: 960-5329
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THE MIRROR
NS MAYPORT, FLORIDA

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CDS 40, Doyle Deploy Post-UNITAS

From COMDESRON 40

Ships from Brazil, Chile, Colombia, Peru and the United States are participating in Operacion Multinacional Alianza, a post-UNITAS Gold naval exercise hosted by Colombia, from May 8 to 14.

Participating ships are BNS Constitucion (F-42), CS Blanco Enclada (CF-15), ARC Almirante Padilla (FM-51), ARC Cartagena De Indias (BL-161), BAP Aguirre (FM-55), USS Doyle (FFG-39) and USS Kauffman (FFG-59).

During the exercise, participants will practice Maritime Interdiction Operations, ship formations, anti-submarine warfare, air attack exercises and practice firing.

Participants will wrap up the exercise in Cartagena, Colombia with a farewell dinner. The port visit will provide Sailors the opportunity to experience the rich South American culture and to serve as goodwill ambassadors in Cartagena. During their stay, Sailors will participate in a community relations projects to

build relationships and mutual understanding with the local community.

Afterward, Doyle and Kauffman will continue on with U.S. Southern Command's Southern Seas 2009 deployment to Latin America and the Caribbean. Supporting U.S. Southern Command objectives for enhanced maritime security in its area of focus, Southern Seas 2009 focuses on enhancing relationships with regional partner nations and improving operational readiness for all assigned units. In addition, Southern Seas provides the opportunity for U.S. and other forces to operate in the multinational environment, refine coordination, improve interoperability, and demonstrate flexibility.

USNS Comfort (T-AH 23) will follow in Doyle and Kauffman's wake to Columbia during Partnership of the Americas' Continuing Promise, where it will provide Medical, Dental and Veterinarian aid to countries throughout Latin America and the Caribbean.



-Photo by MC2 Brandon Shelander

Participants of the Colombian naval exercise Operacion Multinacional Alianza sail in formation on May 10.

Ships Begin Southern Seas

From CDS 40

U.S. Navy ships departed Naval Station Mayport, FL., May 8 to conduct Southern Seas 2009.

Southern Seas is a U.S. Southern Command-directed operation implemented by U.S. Naval Forces Southern Command and U.S. Fourth Fleet and carried out by Commander, Destroyer Squadron 40. It involves the deployment of Destroyer Squadron 40, USS Kauffman (FFG-59), USS Doyle (FFG-39) and USS Ford (FFG54), HSL-43 Detachment 4, which will sail the waters surrounding Latin America and the Caribbean from April through October 2009.

"Southern Seas 2009 is off to a great start," said Capt. Rudy Laco, Commander Destroyer Squadron 40. "We are building on the positive relationships we made during UNITAS Gold by participating in a Post-UNITAS multinational alliance operation with Colombia, Brazil, Chile, Peru, and the United States."

The Colombian led Task Group will provide south from Mayport, Florida to conduct multi-warefare training exercises and will include a port visit to Cartagena, Colombia. The port visit will provide Sailors the opportunity to experience the rich South American culture and to serve as goodwill ambassadors in Cartagena. During their stay, Sailors will participate in community relations projects to build relationships and mutual understanding with the local community.

"We are returning to many cities we visited last year and get to work with navies we operated with," said Cmdr. Robert Cepek, Commanding Officer of Kauffman, "This time we know what's over the horizon and most of the crew is comfortable working with South and Central American navies which enables us to take our training to the next level while deployed."

Supporting U.S. Southern Command objectives for enhanced maritime security in its area of focus, Southern Seas 2009 focuses on enhancing relationships with regional partner nations and improving operational readiness for all assigned units. In addition, Southern Seas provides the opportunity for U.S. and other forces to operate in the multinational environment, refine coordination, improve interoperability, and demonstrate flexibility.

"As Kauffman returned from Partnership of the Americas 2008 deployment just six months ago, we are looking very forward to continuing relationships forged while on deployment last year and improving our performance in Southern Seas 09 exercises from lessons we learned last year," Cepek said.

Navy On Hand To Honor Former President Bush At TPC



-Photo by MC2 Alan Gragg

Rear Adm. Joseph D. Kernan, Commander, U.S. Naval Forces Southern Command, U.S. 4th Fleet, right, jokes about former U.S. President George H. W. Bush's golf handicap during a ceremony at The Players Championship (TPC) golf tournament at TPC Sawgrass to honor the former president with the Professional Golfers Association (PGA) Tour Lifetime Achievement Award for outstanding contributions to the tour. The event took place on Military Appreciation Day at TPC Sawgrass.



-Photo by MC2 Daniel Gay and inset by MC2 Alan Gragg

More than 100 Sailors from Naval Station Mayport and Naval Air Station Jacksonville march onto the 18th hole at TPC Sawgrass in anticipation of the arrival of former President of the United States George H. W. Bush. President Bush was on hand to receive the Professional Golfers Association Tour Lifetime Achievement Award. Inset, Bush salutes servicemembers who attended a ceremony at TPC golf tournament.

SAT/ACT Software Available

From NCO

In alliance with the Department of Defense and a group of NFL football players, SAT and ACT Test Prep Software is being offered for free to military families and veterans by eKnowledge Corporation.

This is the fourth year that the companies has made the software available for free. Members of military families or veterans interested in receiving the free SAT/ACT Power Prep software should visit the eknowledge website for more information at www.eknowledge.com/military. The training program comes in either a single DVD or a two CD-ROM set and includes more than 11 hours of interactive classroom video instruction and can be used as a stand alone test preparation course or in combination with other test prep materials.

Hall Tests Sonar Capabilities

By Ensign Erich Schoen

USS John L. Hall

USS John L. Hall (FFG 32) recently returned from an underway period to the waters off the Bahamas, where it tested its sonar suite and related systems at the Atlantic Undersea Test and Evaluation Center (AUTEC).

John L. Hall spent two days, May 6-7 working on the AUTEC range which provides ships with test results and calibration information in order to optimize performance of sensors for undersea warfare. From a Sonar Technician's standpoint, the excitement began on Wednesday morning, when the ship received a special inert exercise torpedo via helicopter vertical replenishment (VERTREP) and continued on into the early hours of Thursday with a tracking, localization, and prosecution exercise.

For most of Wednesday, the ship conducted testing with special underwater sensors to monitor the noise it makes. Based on this information, the crew can better configure the ship to remain quiet when hunting submarines. Following this testing, the crew of John L. Hall headed to another area to conduct an exercise against a submarine-like drone.

During this exercise, the ship used its tactical towed array (TACTAS) and hull-mounted sonar to passively track the target, a MK30 Expendable

Mobile Anti-submarine Training Target or "EMATT" for several hours. As Antisubmarine Warfare Evaluator (ASWE), Sonar Technician Surface 1st Class (SW) Brian Smith gathered inputs from every station in the Combat Information Center and gave recommendations to the Tactical Action Officer to localize and track the target.

"Being an ASWE is challenging yet rewarding," Smith said. "The thrill of the hunt is overwhelming at times, but the satisfaction of contact localization/prosecution and the combined effort of a well-trained bridge, CIC, and sonar watch teams make the job worthwhile."

When the order was given to launch the torpedo, the entire team got to see the results of their hard work.

"The firing exercise was my favorite event," said Sonar Technician Surface 3rd Class Kyle Green. "It was my first time being Sonar Supervisor. After we tracked our target and finally launched our torpedo, none of us wanted the event to end when our time was up."

The experience left John L. Hall's crew feeling well-trained and Commanding Officer, Cmdr. Derek Lavan, feeling confident in his ship's undersea warfare capabilities.



-Photo courtesy of USS John L. Hall
Sonar Technician Surface 3rd Class Simpson prepares a dummy torpedo for testing while off the coast of the Bahamas at Atlantic Undersea Test and Evaluation Center with help from Gunner's Mate 1st Class (SW) Schaffner, Gunner's Mate 2nd Class Wagner, Chief Gunner's Mate (SW) Hollis, Gunner's Mate 3rd Class Harris, Senior Chief Sonar Technician Surface (SW) Phillips of ATG and Ensign Clark.

Vicksburg's Enlisted Bridge Team Takes Watch

By Lt. Anthony Sisti

USS Vicksburg

On May 4, while operating with the Dwight D. Eisenhower Strike Group in support of Operation Enduring Freedom, CMDCM(SW) Jay Powell took the reins of USS Vicksburg (CG 69) as the Officer of the Deck (OOD). He first qualified as an OOD while serving aboard USS Sentry (MCM 3) in 1994, and as a rated quartermaster, is very knowledgeable in navigation of a ship. This watch was unique, however, as he stood at the head of an all-enlisted watch team. Powell was backed up by two of Vicksburg's very best enlisted Sailors, Chief Master-at-Arms (SW) Scotty Daniels (standing Junior Officer of the Deck), and Quartermaster 1st Class (SW/AW) Steven Minguzzi (Conning Officer).

Having experienced Sailors handle the ship is nothing new, but not having the Captain or another commissioned officer on the bridge with them is something that is seldom seen. Daniels and Minguzzi have been standing bridge watches throughout Vicksburg's Arabian Sea Deployment, handling the ship during a wide array of operations, such as underway



-Photo courtesy of USS Vicksburg
Command Master Chief (SW) Jay Powell, Chief Master-at-Arms (SW) Scotty Daniels and Quartermaster First Class (SW/AW) Steven Minguzzi stand a vigilant watch on the bridge of Vicksburg.

replenishments, small boat and helicopter evolutions, and close aboard carrier flight events with USS Dwight D. Eisenhower (CVN 69).

"It's always great to get up and stand a little OOD," commented Powell. "But it's even better when I get to do it exclusively with a bunch of our Sailors."

Having a deep bench made up of enlisted bridge watchstanders pays extra benefits to the entire ship, since it gives junior officers some freedoms to work on other qualifications and sets outstanding examples for junior Sailors to look up to. Standing Officer of the Deck underway is a coveted position, and in some rates it may be the single factor that ultimately leads to a Sailor getting selected for Chief Petty Officer.

Ship handling in an environment such as the Arabian Sea is not something to be taken lightly, but Vicksburg's Sailors have proven that they can get it done. Vicksburg is currently deployed as the Air Defense Commander for the Dwight D. Eisenhower Carrier Strike Group in support of Operation Enduring Freedom.

PE09 Strengthens Maritime Partnerships through Joint Ops

By MC1(SW/AW)

Rosa Larson

Commander, U.S. Naval Forces Europe-Commander, U.S. Naval Forces Africa/Commander, U.S. 6th Fleet Public Affairs

Combined maritime forces, including USS Robert G. Bradley, participating in exercise Phoenix Express 2009 (PE09) focused on the development of increased maritime safety and security through joint operations during the last five days of the exercise, which ended May 13.

PE09, a two-week exercise that began in Souda Bay, Greece, is designed to enhance regional stability in the region through increased interoperability and cooperation among regional allies from the United States, Africa, and Europe.

The underway portion of the two-part exercise has included training on visit, board, search and seizure, force protection, search and rescue, and helicopter operations.

In addition to enhancing maritime capabilities between maritime forces, the exercise also proved to help develop productive relationships by giving Sailors the opportunity to become familiar with other navies' operating procedures and practices.

PE09 is part of the overall U.S. Africa Command and Commander, U.S. Naval Forces Europe - Commander, U.S. Naval Forces Africa/Commander, U.S. 6th Fleet theater security cooperation strategy which works to improve maritime safety and security through information sharing practices and joint operations.

Participating countries include Morocco, Algeria, Tunisia, Libya, Senegal, Spain, Turkey, Greece, Portugal, Italy, France, Malta, Croatia, and the United States.



-Photo by MC1 Jenniffer Rivera
An Italian Marine participates in a cargo container inspection exercise during exercise Phoenix Express 2009. Phoenix Express is part of the overall U.S. Africa Command and U.S. Naval Forces Europe, U.S. Naval Forces Africa, U.S. 6th Fleet Theatre Security Cooperation strategy to enhance regional stability in the region through increased interoperability and cooperation.

F/A-18 Hornet Dedicated To Gulf War Aviator

By Mike O'Connor

Naval Air Station Pensacola Public Affairs

An F/A-18 Hornet was presented to the family of Capt. Michael Scott Speicher, a pilot shot down Jan. 16, 1991 on the first night of Operation Desert Storm- during the National Museum of Naval Aviation's Symposium 2009 in Pensacola May 8.

The F/A-18 Hornet was repainted with the squadron markings and insignia of Speicher.

It was believed that Speicher was the first combat casualty of the Gulf War. On March 10, 2009, the secretary of the Navy reclassified Speicher's official status as missing in action (MIA).

Aircraft maintenance specialists from Speicher's former squadron, the VFA-81 Sunliners, came to Sherman Field to apply the squadron's markings, Speicher's name and a POW/MIA insignia to the aircraft.

"I'm very proud to be asked to be a part of this," said VFA-81's Aviation Structural Mechanic 3rd Class (AW) Anthony Gist. "It's an absolute honor to take part in such a meaningful project for Captain Speicher and his family. We painted it with VFA-81 colors, stabs and the modex number he went down in. It's a 1991-era paint job."

"We think it's as close as we could get it," Sunliners' Aviation Ordnanceman Joanna Dillon added.

"All the stencils are how they were in 1991. It's a tribute to Captain Speicher; he deserves it."

Painting specialists from the Navy's Flight Demonstration Squadron, the Blue Angels, provided the base coat of aircraft gray.

"Everyone that wears wings of gold - Navy or Marine, officer or enlisted - starts out at NASC," said Naval Aviation Schools Command (NASC) Naval Aircrew Candidate School Division Officer Lt. Cmdr. Clay Hester, who served as volunteer coordinator for the project.

The idea for the restoration and dedication of the aircraft was a group effort on the part of NASC and the National Naval Aviation Museum.

"This event represents a lot of hard work by the NASC Sailors and the museum staff involved in the restoration," said NASC Commanding Officer, Capt. Patrick Dougherty.

The F/A-18 Hornet will be returned to its stand outside NASC where it is hoped that future generations of naval aviators in training will take note of the aircraft as a legacy never to be forgotten.

Military Continues To Monitor H1N1 Flu

By Gerry J. Gilmore

American Forces Press Service

The U.S. military has prepared for years to confront a public health challenge like the H1N1 influenza virus, a senior Defense Department official said.

"We have been preparing for a situation like this for more than five years and have plans, processes and procedures to respond to a pandemic incident," said Dr. Michael E. Kilpatrick, the Military Health System's director of strategic communications.

"We are confident that established protocols and treatments will be effective in treating this flu, which currently is no more serious than seasonal flu," Kilpatrick said.

Meanwhile, Kilpatrick said, Defense Department officials are closely monitoring the path of the H1N1 flu virus.

Yesterday, the Armed Forces Health Surveillance Center reported a total of 24 confirmed H1N1 cases in the U.S. military, including 13 military family members, 10 active-duty service members and one Marine recruit. The cases occurred in Texas and California.

As of today, there are 642 laboratory-confirmed cases of human H1N1 virus infection in 41 states in the United States, according to the Centers for Disease Control and Prevention.

CDC officials also said another 845 probable human cases of H1N1 virus infection have been reported from 42 states and the District of Columbia, for a total of 1,487 confirmed and probable cases in 44 states.

Two people in the United States have died from the H1N1 virus, according to the CDC. The World Health Organization said the virus has been reported in 22 other countries.

Symptoms associated with H1N1 flu include fever, cough, sore throat, body aches, headache, chills and fatigue, symptoms that are similar to those of common flu, Kilpatrick said. People who believe they may have contracted H1N1 should contact their health care provider, who will ascertain whether testing or treatment is required, he added.

Kilpatrick said service members and their families should look for the latest news about

the H1N1 virus at the Pandemic Influenza Watchboard at www.dod.mil/pandemicflu, the official Defense Department site for issues related to this topic.

Although the CDC indicates antiviral medications such as Tamiflu or Relenza can be effective, Kilpatrick said, the Defense Department "does not recommend their use unless prescribed by a physician."

"Inappropriate use of these medications could lead to a shortage for those who really need it," Kilpatrick added.

The CDC noted recently that the virus's spread seems to have slowed, and that its effects, for the most part, have been relatively mild, Homeland Security Secretary Janet Napolitano said May 4.

"As the Centers for Disease Control and Prevention noted over the weekend, we have started to see encouraging signs that this virus may be mild and its spread may be limited," Napolitano said.

Meanwhile, U.S. Office of Personnel Management Director John Berry has distributed CDC guidelines for preventing the spread of H1N1 flu to the federal work force. Berry also distributed guidance for federal agencies to protect their work forces and the public and to ensure continuity of operations in the event that they must institute their already-prepared pandemic influenza preparedness plans.

CDC recommends the following actions people can take to stay healthy:

-Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

-Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also are effective.

-Avoid touching your eyes, nose or mouth. Germs spread that way.

CDC also recommends avoiding close contact with sick people, particularly if they are coughing or sneezing, and to stay home if you're sick to avoid infecting others.

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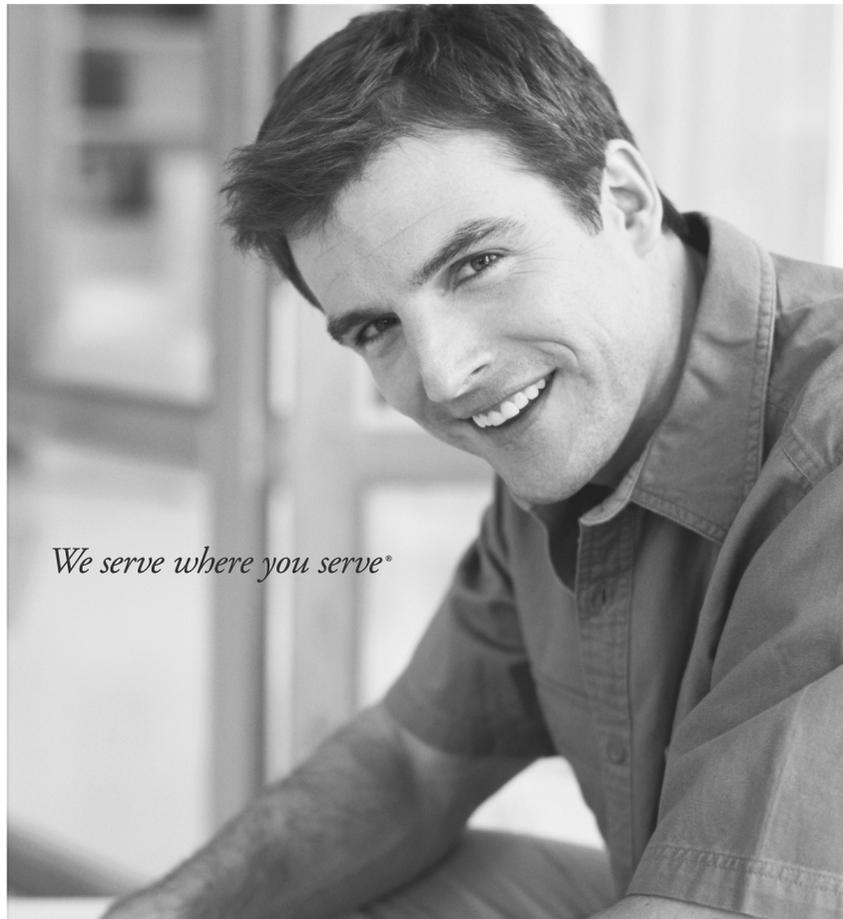


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Immunization Clinic Observes Consolidation

By Public Affairs

Naval Hospital Jacksonville (NH Jax) celebrated the consolidation of the Family Medicine and Pediatrics Immunization Clinics at a ribbon-cutting ceremony on April 20. The clinics were combined to form the Public Health Immunization Center located in the Family Medicine Department.

NH Jax Wellness Center Department Head Lt. Cmdr. Stacey Dawson who oversaw the implementation said, "This merger is designed to improve patient access in one centralized

location."

The move realigns the two clinics under the Public Health Directorate led by Cmdr. Joseph McQuade and expands clinic hours to ensure patients are immunized against a variety of diseases and conditions.

"This was truly a group effort and many people were involved," Dawson said. She credits the clinic staffs, Hospital Corpsman 2nd Class George Ladd, Facilities Manager Matt Coffee and his team for the smooth transition into the larger, renovated space.

The center now offers scheduled appointments Monday through Friday from 8 a.m. to 4 p.m. by calling Central Appointments at (904) 542-4677. All patients may walk-in Monday through Friday from 9 - 11 a.m. and 1 - 3 p.m. In addition to these walk-in hours, active duty patrons may be seen earlier on Monday, Tuesday, Wednesday and Friday starting at 7:30 a.m. For more information, call the immunization center at (904) 542-7810.



-Photo by HMI Scott Morgan
NH Jax Wellness Center Department Head Lt. Cmdr. Stacey Dawson (left), Linda Hightower, LPN and Commanding Officer Capt. Bruce Gillingham cut the ribbon on the Public Health Immunization Clinic, April 20.

FDA Warns Consumers To Stop Use Of Hydroxycut

From DoD

The U.S. Food and Drug Administration (FDA) is urging consumers to stop use of Hydroxycut products in order to avoid risk of health problems ranging from jaundice to liver damage.

Hydroxycut products, which are dietary supplements marketed as weight-loss aids, are made by Iovate Health Sciences Inc., of Oakville, Ontario, and distributed by Iovate Health Sciences USA Inc. of Blasdell, N.Y. Iovate has agreed to recall Hydroxycut products from the market.

Please see the FDA's news release for a list of the recalled products.

If you have used Hydroxycut products, please consult a health care professional if you are exhibiting symptoms of liver injury, including jaundice (yellowing of the skin or whites of the eyes) and brown urine.

The health of the men and women in uniform and their families, as well as the health of our retirees and their families, is important to the Department of Defense. These products are sold over-the-counter and DoD has no record of who may have purchased or is using these products. Please see FDA.gov for more information on Hydroxycut products.



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Ronald McDonald will visit NS Mayport's McDonald's on May 16 between 11 a.m.-2 p.m. There will also be a bounce house for the kids.

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MWR Happenings

May 14: CPO Weekly Social Hour. Free hors d'oeuvres every Thursday 3-5 p.m. at Fos'le 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

May 15: Summer Outdoor Movie (Marley and Me, PG). 8:30 p.m. every Friday at Sea

Otter Pavilion. Light refreshments available for purchase. Bring your lawn chairs or blankets and bug spray, just in case. 270-5228

May 16: Deadline for Deerfield Dive Trip. Dive Deerfield Beach Memorial Day Weekend (May 22-25). Trip includes three nights lodging, all diving equipment, three 2-tank boat dives, air fills and round-

trip transportation all for only \$465. Non-diver price is \$225. Sign up at Outdoor Adventures. 270-5541

May 16: Base Pool Opens for Weekends. The base pool will be open weekends only until Duval County Schools dismiss for summer break. Weekend hours are Saturday 11 a.m.-6 p.m., Sunday 1-6 p.m. and Memorial Day 11 a.m.-

6 p.m. Admission fees apply. 270-5425

May 18: Intramural Tennis Meeting. 11 a.m. in the Gym lobby. Singles and doubles; all levels welcome. 270-5451

May 19: All Khaki Steak Night. 4-8 p.m. at Fos'le CPO Club. Chief Petty Officers and Officers, active and retired, and their guests are welcome. Sponsored by HSL 46 and HSL

42. Cost is \$10 per person. Purchase tickets from AWRC Jon Abell at 850-748-5941 or jonabell@mac.com.

May 27: Intramural Lunchtime Bowling League. 11:15 a.m. warm-ups every Wednesday at Mayport Bowling Center. Cost is \$2 each week for Active Duty. 270-5377

June 12-14: Open Water Scuba Certification Course.

Course includes use of all dive gear, course study materials, professional instruction, two nights lodging, two days admission to the springs, round-trip transportation for only \$290 (\$320 for guests). Sign up at Outdoor Adventures. 270-5541



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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.

May 15: Stuff-A-Sailor (National Chocolate Chip Day). This chocolate eating contest begins at 6 p.m. at Planet Mayport.

May 16-17: Patriotic Movie Marathon. Happy Armed Forces Day. Enjoy free popcorn, soda and patriotic movies all weekend at Planet Mayport.

May 18: Barracks Break In. Free pizza and a movie in the lounge of Bldg. 2105 starting at 6 p.m. every Monday.

May 19: Texas Hold 'Em. This free, progressive tournament starts at 6 p.m. every Tuesday at Castaway's Lounge (Beachside Community Center).

May 19: Dollar Dining. Food options for only \$1 starting at 6:30 p.m. at Planet Mayport.

May 20: Rack and Run Pool Tournament. This free tournament starts at 6 p.m. at Planet Mayport with prizes for first and second places.

May 21: Battle of the Sexes. This trivia challenge tests your

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Kid Zone

May 15: Freedom Friday, Movie Night. 7-11 p.m. at the Youth Activities Center for elementary ages. Cost is \$7 in advance, \$9 the day of (if space). Space is limited; early sign up is recommended. 270-5680

May 15: Club Teen Extended Hours (Open Mic Night). Open 7-10 p.m. for

middle and high school ages. 270-5680 or 246-0347

May 15: Summer Outdoor Movie (Marley and Me, PG). 8:30 p.m. every Friday at Sea Otter Pavilion. Light refreshments available for purchase. Bring your lawn chairs or blankets and bug spray, just in case. 270-5228

May 23: Teen Lock-In. 7

p.m.-7 a.m. at Club Teen for middle and high school ages. Theme is "murder mystery". Cost is \$12 in advance or \$15 the day of (if space). A permission slip is required. 270-5680 or 246-0347

May 29: Freedom Friday, Japan Style. 7-11 p.m. at the Youth Activities Center for elementary ages. Cost is \$7

in advance, \$9 the day of (if space). Space is limited; early sign up is recommended. 270-5680

May 29: Club Teen Extended Hours. 7-10 p.m. for middle and high school ages. 270-5680 or 246-0347

Catching The Big One



-Photo submitted
Retired Senior Chief Fire Controlman Timothy Graves holds an 87-pound black drum caught on April 24 off the Jetties. Graves is currently employed at Navy Munitions Command Mayport.

MWR Mayport's Summer Outdoor Movies
Every Friday at Sunset
8:30 p.m.* at Sea Otter Pavilion

Friday, May 15
Marley and Me (PG)

Friday, May 22
Inkheart (PG)

Friday, May 29
Race to Witch Mountain (PG)

Bring your lawn chairs or blankets and bug spray, just in case. Light refreshments will be available for purchase.
For more info, call (904) 270-5228

*The movies on May 22 and May 29 may start slightly later than 8:30 p.m. if it is not dark enough outside

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Coast Guard, Area Leaders Unite To Raise Boating Safety Awareness

From Seventh District Public Affairs
The Coast Guard and several Jacksonville area mayors signed a Proclamation of City Mayors at Jacksonville Beach, Fla., City Hall on Monday to raise awareness for boating safety.

The mayors of Jacksonville Beach, Atlantic Beach, Fla., and Neptune Beach, Fla., signed the proclamation to declare May 16 through May 22 National Safe Boating Week and begin a year-round effort to encourage safe boating. John Peyton, mayor of Jacksonville, had already signed the proclamation.

The Coast Guard and local community officials are team-

ing up to inform the public of the deadly risks involved with unsafe boating practices, and the importance of wearing a life jacket when participating in any water activity.

Approximately 700 people in the U.S. die every year in boating related accidents. A majority of the accidents are caused by poor judgment and human error, not equipment failure or weather conditions. Wearing a life jacket greatly increases your chance of survival in case of emergency.



-Photo by PA3 Michael Hulme
The mayors of Jacksonville Beach, Fla., Atlantic Beach, Fla., and Neptune Beach, Fla., signed a Proclamation of City Mayors at the Jacksonville Beach City Hall Monday morning May 11, 2009 to declare May 16 through May 22 National Safe Boating Week and begin a year-round effort to encourage safe boating. John Peyton, mayor of Jacksonville, had already signed the proclamation.



-Photo courtesy of USS John L. Hall
Master Chief Cryptologic Technician (Technical) (SW) Dion Beauchamp is USS John L. Hall's new command master chief after advancing too master chief recently.

Same Job, New Title For Hall CMC

By Ensign T.J. Orth
USS John L. Hall
Same face, same job, new title. Even though he has been on board almost two years, Master Chief Cryptologic Technician (Technical) (SW) Dion Beauchamp is USS John L. Hall's new command master chief. Since June 2007 he has filled the Command Senior Chief billet, but as of 1 May 2009 FFG-32 can once again claim a CMC.

Master Chief Beauchamp, who was one of only two CTT's in the Navy chosen for advancement to master chief, was frocked in a ceremony held on John L. Hall's flight deck. His wife Elsie, who also serves as the Command Ombudsman, son

Michael, daughter Jillian, and brother, Chief Aircraft Survival Equipmentman (AW) Darcy Beauchamp, pinned him with the Master Chief Petty Officer anchors and Command Master Chief pin.

In a short speech, Master Chief Beauchamp praised the crew of John L. Hall and his family for their support during this tour and acknowledged their role in his selection for advancement to master chief.

Beauchamp has served as John L. Hall's Command Senior Chief during two deployment training cycles, one deployment, and multiple multi-national exercises including Neptune Warrior 072, Phoenix Express 08, and UNITAS Gold.



Odds of a child becoming a top fashion designer: 1 in 7,000
Odds of a child being diagnosed with autism: 1 in 150

Some signs to look for:
No big smiles or other joyful expressions by 6 months. No babbling by 12 months. No words by 18 months.
To learn more of the signs of autism, visit autismspeaks.org

President Issues Military Spouse Day Proclamation

From American Forces Press Service

President Barack Obama signed and issued a proclamation May 8 designating the day as Military Spouse Day.

Here is the presidential proclamation:

"Military spouses share the sacrifices of service with our Nation's men and women in uniform. As members of the Armed Forces serve in the United States and across the world, military spouses also serve our Nation.

"When a servicemember goes to war, we know their spouse also shares in that sacrifice. I am inspired by their commitment to family and our Nation, and on Military Spouse Day, we honor these individuals for their contributions.

"Wives and husbands of servicemembers display an uncommon courage and strength as they steadfastly support their spouses during long and arduous deployments. While they endure separations that are filled with worry and anxiety, they face unique stresses. Foremost is the concern about the safety and well-being of deployed loved ones, but there are many other challenges. From managing household finances to comforting children impacted by a military parent's absence, military spouses take on the burdens of maintaining families largely on their own.

"This task is complicated even more as spouses work to maintain careers and a sense of community while moving to new duty stations around the country and the world.

"Despite these hardships, military spouses are an inexhaustible source of strength for our military families and donate their time generously to local communities. Military spouses offer the love and encouragement that help servicemembers endure the challenges of serving our Nation.

"Military spouses support one

another as friends and mentors. They serve in family readiness groups to keep fellow spouses informed and to provide mutual support. They contribute as volunteers to improve neighborhoods, military installations, and communities. These contributions strengthen both our Nation's character and its security.

"All Americans should express appreciation for military spouses and let them know they are not alone. To help those who need it, friends, co-workers, and neighbors can offer to help with the burden of daily tasks and thus give military spouses more time for themselves and their families. To assist spouses who are coping with the absence of a loved one, individuals can listen and offer their counsel. Americans can also volunteer through the many organizations that provide assistance to military families.

"Our Nation maintains a sacred trust with every individual who serves. My Administration is committed to showing our Nation's gratitude for them by honoring our obligations to their families.

"NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim May 8, 2009, as Military Spouse Day. I call upon the people of the United States to honor military spouses with appropriate ceremonies and activities today and in the future.

"IN WITNESS WHEREOF, I have hereunto set my hand this eighth day of May, in the year of our Lord two thousand nine, and of the Independence of the United States of America the two hundred and thirty-third."

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Wednesday - Ladies Night - \$1 Dom Drafts
Thursday - Trivia
Sunday - Beef On Weck
Setanta Sports - NHL Center Ice
While It Rains, We Pour \$1 Yuengling
Guinness 250th Anniversary brew now tapped for a limited time!
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You Can't Drink All Day If You Don't Start Early!

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Veterans Memorial Wall Ceremony

May 25, 2009 ★ 10 a.m.
Veterans Memorial Wall

An event honoring local heroes who gave the ultimate sacrifice for our country.



- ★ Presentation of Colors by the Florida Air National Guard
- ★ Family Tributes
- ★ Wreath Presentations
- ★ 21-Gun Salute and Taps
- ★ Patriotic Musical Performances by the St. Johns River City Band and the Jacksonville Mass Choir

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For more information, visit www.MakeASceneDowntown.com or call (904) 630-3690.

MAKE A SCENE
Downtown!

Calendar

Out in Town

Thursday, May 14
The Duval County Extension Agency will hold a free program "Honey Bees" from 6-8 p.m. at West Regional Library, 1425 Chaffee Road South. Come learn what flowers attract honey bees to your yard and the importance bees play in nature. Learn about the caste system (family) of bees in the hive and their role in the existence of the colony. Please call 387-8850 to pre-register.

Friday, May 15
The Fleet Reserve Association Branch 290 is hosting a Spaghetti Dinner from 5-8 p.m. at the Branch Home at 390 Mayport Road. The menu will include garlic bread and salad. A donation of \$8 is requested for each dinner. Carry out orders are accepted. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. The public is always invited to dinner. Starting at 9 p.m. the music of Doug Bracey will entertain until 1 a.m.

Saturday, May 16
The Jacksonville Genealogical Society will hold their monthly meeting at 1:30 p.m. in the Webb-Wesconnett Branch Library. Grace has received confirmation that Mr. Kevin Hooper will be our speaker. His topic will be the Seminole Indian Wars. This should be quite an informative and interesting meeting so please plan to attend. For additional information please contact, Mary Chauncey at (904) 781-9300. Please feel free to bring your four recipes for the JGS cookbook.

Join a park ranger at 10 a.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.

Join a Park Ranger at 1 p.m. for a leisurely paced hike to discover the island's natural communities. Participants are encouraged to bring bug spray and bottled water. This program will take place at the Ribault Club on Fort George Island Cultural State Park.

Sunday, May 17
Join a Park Ranger at 10 a.m. for a leisurely paced hike to discover the island's natural communities. Participants are encouraged to bring bug spray and bottled water. This program will take place at the Ribault Club on Fort George Island Cultural State Park.

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.

Wednesday, May 20
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. Then stay and enjoy the music of Doug Bracey from 9 p.m.-1 a.m.

Chamber At Noon, Ponte Vedra Chamber of Commerce Monthly Luncheon, Marsh Landing Country Club, 25655 Marsh Landing Parkway, Ponte Vedra Beach, FL 32082-1130 a.m.-1 p.m. The topic is

Sawgrass Village Renovations presented by Ellen Smith-Avery of Rogers Towers, P.A., Steve Lovett of Ervin, Lovett, & Miller, and Bill Baker of Endurance Properties, LLC. Sponsored by Rogers Towers, P.A.~\$20 For Members and \$25 for Guests-\$30 at door. Please RSVP by Monday, May 16

Thursday, May 21
New Friendship Baptist Church is hosting an Academic Awards Dinner at 7 p.m. to honor its graduating students and the achievements of the students of the Alternative Unlimited DBI Academy. Everyone is welcome. The church is located at 1996 Mayport Road in Atlantic Beach. RSVP by May 14 to James Stackhouse, 635-7065, jswahm@comcast.net

Thursday, May 28
In accordance with Jewish tradition, an all night session of Torah study will be held on the first night of Shavuot, beginning at 10 p.m. The event will be hosted by Chabad @ the Beaches, 521 A1A N, Ponte Vedra Beach. Separate study sessions will be conducted, a groups of Yeshiva Students from New York, Rabbi Kurinsky, as well as by lay members of the community. Coffee and refreshments will be served. The entire community is invited to attend.

Saturday, May 30
As a public service, U.S. Coast Guard Auxiliary 14-04, Jacksonville Beaches, is offering a one-day Safe Boating Program on the following dates: June 27, Sept. 12, Oct. 3, or Nov. 14. Program runs from 7:30 AM to 5 PM and will be held at the Captain's Club, 13363 Beach Blvd. in Jacksonville. Course fee of \$25 includes materials.

This course meets the Florida State requirement for a Boaters Safety Card that could result in a decrease in your boat insurance. For more information, please contact Mike Christnacht at 904-502-92154 or log on to www.uscgjaxbeach.com.

Saturday, June 6
U.S. Senator Mel Martinez (R-FL) today announced a First-Time Homebuyer Forum from 10 a.m.-1 p.m. to be held at the University of North Florida in Jacksonville. The workshop will provide information about first-time homebuyer programs, applying for a FHA loan, first-time homebuyer tax credits, and credit counseling. This forum is open to the public. An RSVP is required to attend the workshop due to limited space. Please call 904-398-8586 or email rsvpvent@martinez.senate.gov.

Sunday, June 7
Join a park ranger at 2 p.m. and learn about the lifecycle of the sea turtle and the importance of these creatures. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Saturday, June 13
A diversity of plant and animal species survive in Florida's tropical environment, including both native and exotic species. Join a park ranger at 2 p.m. to learn how to identify exotic, non-native animals and what you can do to help Florida's natural communities thrive with native plants and animals. This program will take place at the Ribault Club on Fort George

Island Cultural State Park. No reservations are necessary and the program is free.

Sunday, June 21
Join a park ranger at 2 p.m. and learn how you can help Florida's environment stay natural and healthy by planting native species, eradicating exotic species, and creating an earth-friendly mini-environment on your property. This program will take place at the Ribault Club on Fort George

Island Cultural State Park. No reservations are necessary and the program is free.

Saturday, June 27
Join a park ranger at 2 p.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion one on Little Talbot Island. No reservations necessary and the program is free with park admission.

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When, How To Cancel Sale

By LNC (SW/AW)
M.A. Champagne

ALSO SE
This week's topic is called the "Cooling-Off Rule." Here's the situation: You're at home watching the ballgame on a Saturday afternoon, when you get a knock on your door. It's a salesperson who convinces you to buy a lifetime supply of haze-gray paint. Sounds like a good idea at the time, and you would rather get back to the ball game than try to convince him to leave you alone, so you agree. The next day you realize you don't need any more haze-gray paint in your life, and you want to back out of the deal. Can you?

Yes. Under the Cooling-Off Rule, if you buy something at your home or at a location that is not the seller's permanent place of business, you may be able to back out of the deal and get a full refund. But you only have three days to back out, and this only works for purchases of \$25.00 or more.

The rule does not apply if you make a purchase at the seller's primary place of business (e.g., if you went to the hardware store to buy the paint). There are also other exceptions, for example you cannot back out if the sale was for less than

\$25, the buyer initiates contact with the seller to make personal property repairs, or if the sale was made over the phone or by mail. You also can't use the Cooling-Off Rule to back out of sales that involve real estate, insurance, securities, or vehicles sold at temporary locations if the seller has at least one permanent place of business (e.g. that car you bought at the tent sale from a dealer who has his own permanent dealership).

There are other exceptions and some specific rules you have to follow, and every case is unique. But if you wake up one morning with "buyer's

remorse," and you think the Cooling-Off Rule may be your way out, stop by the Legal Assistance Office for some help: Jacksonville, Florida at (904) 542-2565 ext. 3006; Mayport, Florida at (904) 270-5445 ext. 3017; Kings Bay, Georgia at (912) 573-3959; Charleston, South Carolina at (843) 764-7642/44; Gulfport, Mississippi at (228) 871-2620; Pensacola, Florida at (850) 452-3734; New Orleans, Louisiana at (504) 678-4692; Corpus Christi, Texas at (361) 961-3765; and Fort Worth, Texas at (817) 782-6009. This article is not intended to substitute for attorney's advice.

\$8,000 Home Buyer Tax Credit

Now's the Time to Make Your Move!

Here's an extraordinary opportunity to own an affordable new Drees home. With free closing costs, incredible low fixed-rate financing, and an \$8,000 tax credit for qualified home buyers, now's the time for you to fulfill your dream of home ownership. The tax credit is limited to homes purchased and closed before December 1, 2009, so start living your dream today in a gorgeous new Drees home.

Visit www.federalhousingtaxcredit.com for qualification rules and details.

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THE Daily Commuter Puzzle by Jacqueline E. Mathews

ACROSS

- Not on
- Like a knife
- Hold on to
- Speaker's platform
- Casanova
- Carousel, e.g.
- Bit of numerical info
- Castle or Ryan
- Pub orders
- Criteria
- Part of a three-piece suit
- Namesakes of a Stooge
- Sault __. Marie
- __ down; become calm
- Sweetheart
- Fish holder
- Portion
- Peace: Lat.
- Lion's noise
- Backbone
- Ready to be picked & eaten
- Small insect
- Assigned task
- Man in Mexico
- __ up; mentally preparing oneself
- Distract; amuse
- Egg layer
- Marsh bird
- Jest
- Well-mannered fellow
- Mayberry kid
- January: Sp.
- Obama's title: abbr.
- Liq. measures
- Name for a dog
- Look for
- Blackthorn
- Exchanges
- Suffix for honor or comment

THIS WEEK'S ANSWERS

A	R	V		S	d	V	M	S		E	O	T	S	
K	E	S		H	E	A	O	H		S	T	V	G	
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P	I	R		E	P	L	O	T		S		E	F	O

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5/14/09

51 Well-mannered fellow
52 Enough, for Omar
53 River in St. Petersburg
54 Region
55 At no time, to a poet
59 Blue expanse



-Photo by Paul Farley

Sailors aboard the guided-missile submarine USS Florida (SSGN 728) salute the national ensign after arriving in Souda Bay for a routine port visit. Florida is nearing the end of a one-year deployment to the U.S. 5th and 6th Fleet areas of responsibility.

USS Florida Returns From Maiden Deployment

From Commander Submarine Group 10 Public Affairs

Naval Submarine Kings Bay welcomed USS Florida (SSGN 728) (Gold) home from its maiden deployment as a guided missile submarine to May 8.

Florida is the first ever Atlantic Fleet Ohio-class SSGN to be forwarded deployed. Florida began its maiden deployment on April 26, 2008 and the arrival of Florida marked the first time the submarine returned to its homeport in 13-months.

Florida has two crews, Blue and Gold, which alternated manning the submarines while on deployment. Each crew completed two deployment periods, swapping crews in Diego Garcia.

Florida achieved a number of milestones for a SSGN, including the first transit of the Suez Canal and visits to Gibraltar, Jebel Ali, Souda Bay, and Diego Garcia.

Florida Gold chief of the boat, Command Master Chief Randy Huckaba, commented on the significance of port visits, including the three-day port call in Souda Bay, which is the first time a submarine that size visited the port.

With the new forward deployed mission of the SSGN, Sailors have the ability to communicate with their families more frequently.

"We do not have the communications restrictions that other platforms have and we do have the latest technology, with

the ability to send and receive emails," said Capt. Randy Crites, commanding officer Florida Blue.

Florida conducted operations in the 5th and 6th fleets area of responsibilities. Their missions comprised mostly of littoral operations.

"We put a lot of hard work into what we did," said Huckaba. "I'm very proud of the crew. They are an incredible crew, top-notch."

Florida is the first submarine and the sixth United States Navy ship to bear the name of the state. Florida is the second submarine to complete the conversion from a ballistic missile submarine to a guided missile submarine, completing the conversion in 2006.

NMCI Rolls Out DoD Online Chatting Capability

By NMCI Public Affairs Office

The Navy Marine Corps Intranet (NMCI) now offers its users Instant Message capability. Users can now collaborate with other members of the Department of Defense (DoD) community in real-time directly from their desktop. Additionally, they will know when their colleagues are online available for chatting.

The chat programs are part of a suite of tools available through the Defense Information Systems Agency (DISA)'s Net-Centric Enterprise Services (NCES). DISA has procured two commercially managed services to meet DoD enterprise collaboration requirements. NMCI users are able to utilize web-based services to collaborate with users across the DoD and are encouraged to take advantage of both services.

"DoD chat provides an additional tool for members of the DoD community to communicate and collaborate with each other," said Tom Scruggs, NMCI Program Office Technical Director.

The software is being delivered to users via a Radia software push and the roll out will continue through May. Once the capability is pushed to the NMCI user, they will see either Jabber or IBM Sametime on their Start-Programs menu. Users may register for one or both of the tools. Individual commands must decide to standardize on one or both.

Users will need to register for the services via the appropriate web site. eCollabcenter is built on an IBM Lotus Sametime platform that includes

web conferencing and instant messaging capabilities. Defense Connect Online includes Adobe Acrobat Connect and Jabber Instant Messenger.

In addition to instant messaging, both programs include a number of online collaboration capabilities. Web Conferencing supports one-to-one and one-to-many Web conferencing sessions. It allows white-boarding and annotation for all session participants (e.g., image sharing and image annotation). The program also provides collaborative workspaces - a place where a group of users can publish, manage, retrieve and share information of all file types. Additionally, application sharing and broadcasting allows authorized users the ability to share an application running on a user's workstation simultaneously with other users.

Finally, the suite's person discovery capabilities allow secure use of a global directory service to find registered DoD users within the DISA NCES Collaboration network.

NMCI users can find additional resources on the NMCI portal website Homeport as well as the DISA website.

NMCI is part of the program portfolio of the Program Executive Office for Enterprise Information Systems (PEO-EIS). For more information contact Denise Deon, PEO-EIS Public Affairs Officer, at denise.deon@navy.mil.

FFSC Classes Available

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.

May 14, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

May 15, 9-11 a.m., **Establishing A Sound Family Budget**, FFSC

May 18-21, 8 a.m.-4 p.m., **TAP Separate Workshop**, Building 1 Room 1044

May 18, 8 a.m.-noon, **FERP-Career & Job Readiness Class**, FFSC

May 18, 1-2:30 p.m., **FERP-Federal Employment Class**, FFSC

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 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., **Resume Walk-In Review Assistance**, FFSC

May 20, 9 a.m.-noon, **Tottletyme Playgroup**, USO

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

moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

May 20, 8-11:30 a.m., **Stress Management**, Wellness Center

May 21, 8-11 a.m., **Anger Management**, FFSC

May 21, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

May 22, 9-11 a.m., **Home Buying**, FFSC

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.

May 26, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

May 26, 1-3 p.m., **Smooth Move**, FFSC

May 27, 9 a.m.-noon, **Tottletyme Playgroup**, USO

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

May 27, 6-7 p.m., **Individual Augmentee (IA) Family Discussion Group**, USO

May 27, 8:30 a.m.-4 p.m., **Leadership Life Skills for E5 & E6**, Base Chapel

May 28, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

May 29, 8 a.m.-noon, **Leadership Life Skills for E4 & Below**, Base Chapel

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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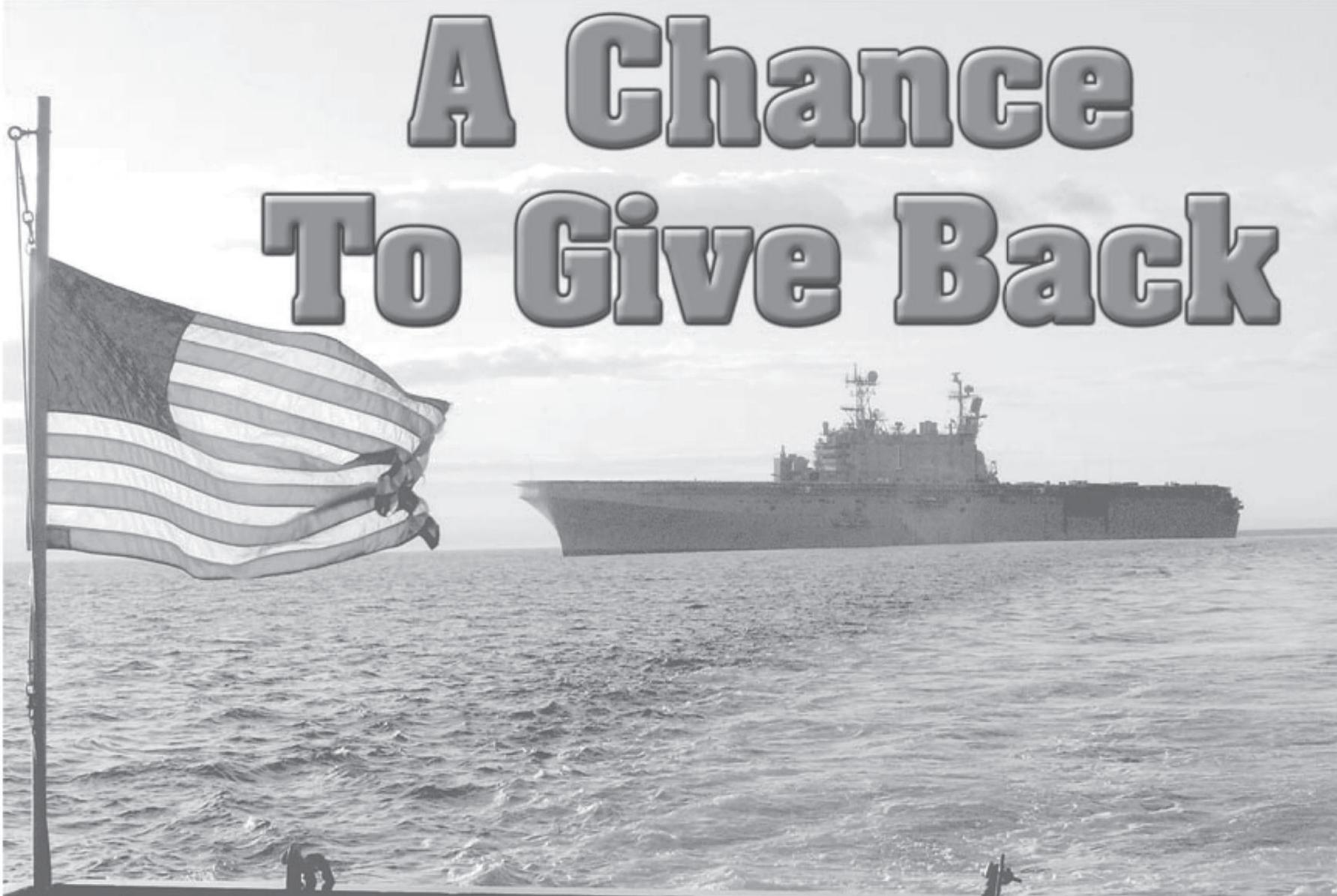
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