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Post 9-11 GI Bill Briefing

Steve Turbee from the Florida Department of Veterans Affairs will be presenting a Post 9-11 GI Bill Brief on Monday, Aug. 10 from 1-2:30 p.m. at the ATG Auditorium located in Building 1842. The briefing will last approximately one hour followed by a 30-minute question and answer session. Please call the Navy College Office at 270-6341 for additional information.

NEX Holds Fashion Show

Come see the latest in Men's, Ladies and kids fashions at your Mayport NEX on Aug. 15 at 1p.m. in the Main Navy Exchange Mall. NEX will introduce its Macy's brand clothing sold exclusively by Navy Exchanges world-wide. You can also receive a free complimentary make-over at the Estee Lauder, Clinique or Lancome cosmetic counters. Call 242-3256 for an appointment.

Get ShipShape With Mayport's Health Promo

The next ShipShape class will start on Aug. 11. The class is an eight-week long weight management course that covers many topics related to nutrition and health. A registered dietician is on board for some of these topics. The Tuesday class is from 9-11 a.m. It is open to active duty members, retirees, and dependents 17 years of age and older. Now is the time to be at a healthy weight for your long term good health. Call 270-5251 to sign up or get more information!

Sailors Encouraged To Take Sexual Assault Study

The Navy is encouraging active-duty Sailors to participate in a Sexual Assault Study to assess the effectiveness of the Navy's Sexual Assault Victim Intervention (SAVI) program. The Office of the Naval Inspector General is conducting the survey, which is available online at www.ig.navy.mil/sastudy.htm. The survey was designed for active-duty personnel, is confidential, anonymous, and will be available for participation through Sept. 30.

Hatchlings Head To Sea



-Photo by MC1 Heather Ewton
A crowd gathers on the beach at Naval Station Mayport Saturday to watch leatherback sea turtle nestlings make their way into the Atlantic Ocean. This is the first time in approximately 30 years that NS Mayport has had a leatherback nest on its shore. The rare species is the largest of the sea turtles. Mayport is the normal nesting site of up to 11 loggerhead sea turtle nests each year.

DoD To Move Undersea Range To Jax

From Navy Office of Information

The Department of the Navy has formally decided that it will locate an undersea warfare training range (USWTR) in the Jacksonville Operating Area.

BJ Penn, assistant secretary of the Navy for installations and environment, has signed the record of decision (ROD), which follows consultation with federal regulators and the completion of an overseas environmental impact statement/environmental impact statement (OEIS/EIS) in June.

While the Navy's OEIS/EIS thoroughly analyzed both installation and use of the USWTR for training, the Navy has decided to implement only a portion of the proposed action, installation of the USWTR. Because use of the USWTR for training is not anticipated to occur until at least 2014 due to its construction, the department will update the analysis contained in the OEIS/EIS and its consultations with federal agencies during that period, and decisions regarding the use of the USWTR will be conducted closer in time to the date when training will begin.

Installation consists of the range's planning, design and construction. When completed, the USWTR will cover an approximately 500-square-nautical mile area within the water-space commonly referred as the Jacksonville OPAREA, where a

variety of Navy training already occurs. The USWTR location is well outside the areas designated as critical habitat for the North Atlantic right whale.

The USWTR's instrumentation will gather real-time data that will allow the Navy to analyze and improve their anti-submarine warfare training scenarios, tactics and procedures. The range's location will provide ships, submarines and aircraft with a realistic and challenging littoral training environment that mirrors the areas in which the Navy finds itself increasingly operating.

"The Department of the Navy is committed to protecting the ocean while maintaining readiness in this critical mission area," explained Donald Schregardus, deputy assistant secretary of the Navy for environment. "Today's decision satisfies both of these vitally important objectives."

The department's decision conforms to the process outlined in the National Environmental Protection Act and Executive Order 12114, which requires analysis of the environmental consequences of federal actions such as the USWTR construction. Throughout the USWTR environmental impact analysis, Navy planners and scientists worked closely with federal regulators from the National Marine Fisheries Service.

Remains Identified As Local Gulf War Pilot

From the Department of the Navy

The Armed Forces Institute of Pathology (AFIP) has positively identified remains recovered in Iraq as those of Capt. Michael Scott Speicher.

Speicher was shot down flying a combat mission in an F/A-18 Hornet over west-central Iraq Jan. 17, 1991 during Operation Desert Storm.

"Our thoughts and prayers are with Captain Speicher's family for the ultimate sacrifice he made for his country," said Ray Mabus, secretary of the Navy. "I am also extremely grateful

to all those who have worked so tirelessly over the last 18 years to bring Captain Speicher



Capt. Michael "Scott" Speicher

home."
"Our Navy will never give up

looking for a shipmate, regardless of how long or how difficult that search may be," said Adm. Gary Roughead, chief of naval operations.

"We owe a tremendous debt of gratitude to Captain Speicher and his family for the sacrifice they have made for our nation and the example of strength they have set for all of us."

Acting on information provided by an Iraqi citizen in early July, U.S. Marines stationed in Al Anbar Province went to a location in the desert which was believed to be the crash site of Speicher's jet. The Iraqi citizen stated he knew of

two Iraqi citizens who recalled

an American jet impacting the desert and the remains of the pilot being buried in the desert. One of these Iraqi citizens stated that they were present when Speicher was found dead at the crash site by Bedouins and his remains buried.

The Iraqi citizens led U.S. Marines to the site who searched the area. Remains were recovered over several days during the past week and flown to Dover Air Force Base for scientific identification by the AFIP's Office of the Armed Forces Medical Examiner.

The recovered remains include bones and multiple skeletal fragments. Positive identification was made by

comparing Speicher's dental records with the jawbone recovered at the site. The teeth are a match, both visually and radiographically.

While dental records have confirmed the remains to be those of Speicher, the Armed Forces Institute of Pathology DNA Lab in Rockville, Md., is running DNA tests on the remains recovered in Iraq and comparing them to DNA reference samples previously provided by family members. Results will take approximately 24 hours.

Simpson Makes Mark In Panama

From USS Simpson Public Affairs

Guided-missile frigate USS Simpson (FFG 56) conducted Theater Security Cooperation (TSC) events in Panama during the ship's mid-deployment repair period, July 8-19.

Simpson's Sailors engaged the Panamanians in many different areas, from exchanges designed to improve the interoperability of each country's maritime forces, to projects aimed at improving the local community, all with the overall goal of furthering the United States' relationship with Panama and demonstrating a commitment to the region.

The port visit began with an operations and intelligence meeting during lunch between Simpson crewmembers and the Panamanian National Aeronautical and Naval Service (SENAN).

Key members from the SENAN attended the meeting to discuss counter-illicit trafficking (CIT) operations in the area and gave Simpson a brief on CIT operations from the Panamanian perspective. The luncheon served as an excellent opportunity to obtain intelligence information on the local area from the SENAN mem-

See Simpson Page 6



-Photo by BM2 Erskine Arnold
Guided-missile frigate USS Simpson (FFG 56) Commanding Officer Cmdr. Edwin Kaiser, Simpson Executive Officer Cmdr. Jason Haen, and Simpson Command Master Chief Bill Rogers, pose with students from School Republic of Guatemala during a port visit to Panama. The students performed a cultural dance at a donation presentation where Simpson donated four hygiene and medicinal pallets to health centers and toys and supplies to students of School Republic of Guatemala.

CO Column

Last week was a great week to welcome home four returning ships: USS Gettysburg, USS Klakring, USS Vicksburg, and USS Halyburton. Its great to have all the mighty warships back in the basin and I enjoyed all the welcome home signs and smiling faces around the Naval Station.

USS Gettysburg (CG 64) returned with more than 300 Sailors and helicopter squadron HSL-46 detachment nine after a six-month deployment with the Dwight D. Eisenhower Carrier Strike Group in support of operations in the Gulf of Aden, Arabian Gulf, and Operation Enduring Freedom. While deployed, the Gettysburg participated in several counter piracy operations and stopped a pirate attack in progress, which led to the capture of several suspected pirates who were actively patrolling the Gulf of Aden with a cache of weapons. Also returning last week were more than 500 Sailors on board USS Vicksburg (CG 69) and USS Halyburton (FFG 40). They too were part of the Strike Group, and so were embarked helicopter squadrons HSL-46 detachments two and four. While



Capt. Aaron Bowman

deployed, both ships conducted several international military exercises with more than 17 nations and maritime security operations, which included counter-piracy tasking. Last but certainly not least, I want to wish a warm welcome home to the men and women of USS Klakring. They returned from a successful deployment supporting Sixth Fleet Operations. While deployed, Klakring participated in several exercises with ships and submarines from France, Russia, United Kingdom, Israel and Greece. These operations included training for piracy operations and tactical maneuvers with allied ships. All of you should be very

proud of your efforts, and welcome home everyone!

Special thanks to our Security Department, Harbor Operations, Environmental, and Base Services for making a smooth embark for more than 1,500 tigers last week that rode USS Dwight D. Eisenhower back home. I bet the XO that there was no way that the Ike could be in and out in less than four hours - I lost the bet. Your efforts didn't go unnoticed. Fantastic job by all of you.

Congratulations to our newly selected Chiefs! You made the grade and the responsibility is in your hands to maintain your mentorship to our Sailors and be that Chief in your career that you always admired and respected. Please don't lose sight at what this position means. You are there at the deck plates to shape, mentor and see to it that your Sailors excel and "make a difference" as you have. Well done and I look forward to being there when you pin your anchors on and take that next step up in such an important community.

For those who are prepping for the September exams, make those preparations a pri-

ority. Making rate is not just more cash in your wallet, it is increased responsibility.

Today, we recognized our returning Sailors at the Individual Augmentation (IA) luncheon, and I can't tell you enough how proud I am of their service and dedication and the support they got from the homefront. The Individual Augmentee program is vital to our efforts overseas, and I want to welcome each and every one of you back. Well done. Thanks goes out to the Navy League for sponsoring the luncheon and Congressman Ander Crenshaw for taking the time in his busy schedule to attend the luncheon and welcome everyone home.

I had the honor of hosting the local school principals on base on Tuesday for a base tour and information session. We are truly fortunate to have such a great group of educators that care about our children and go the extra mile to take care of our military families. When you take your child in to school this coming year, take the time to get to know the teachers and the administration. We are fortunate that we have the best.

Have you heard about the

Post 9-11 GI Bill? If not you should get information about the program. It's an excellent opportunity to continue your education or transfer education credits to your dependants. On Monday, Aug. 10, there will be a brief on this great program by the Department of Veterans Affairs at the ATG auditorium from 1-2:30 p.m. The brief will be followed by a question and answer period. Please call the Navy College office for more information at 270-6341.

You know how much I love sea turtles and I am writing this article late Monday night because the turtles kept me out late. We released a Leatherback nest Saturday night and had planned to release one Loggerhead nest Monday night.

After we released the first nest, two more nests decided it was time to go - it felt like "Groundhog Day."

We got well over 300 turtles safely in the ocean Monday night. I want to take time out to recognize a lot of volunteers that help our wildlife Officer Art Burt and his wife Sharon - Capt. Glenn and Kathy Zeiders, Lt. Michael and Brenda Cetnarowski, Ms. Sarah

Trotter, and my favorite of all, Mrs. Debbie Bowman. They all give a lot of hours of their spare time to keep those great animals safe. Also thanks to those who walk the beach for notifying security when you see something involving turtles.

Speaking about the beach, I need some help from everyone.

Please make sure you leave the beach with at least as much as you brought down. It's very discouraging for me to see trash left on the beach - if you are doing it you better hope I don't catch you.

I also see some great users of the beach cleaning up other's trash - thank you, thank you, thank you.

Please keep an eye out while you go through your day and don't hesitate to let me know if you see a better (or safer way) to do business around the base.

Your concerns are my concerns, so keep those suggestions rolling in to the CO's suggestion box located at the base galley, or email them to aaron.bowman@navy.mil

Chaplain's Corner

This year (20 July) marked the 40th anniversary of the first U.S. moon landing. Indeed, the daring exploits of our courageous Apollo astronauts is the stuff of legend. Not only did they have "the right stuff," they also had the right equipment and data support that made ultimate success possible. As you know computers were absolutely essential to the success and survival of our astronauts. A lot of ingenuity and sporadic flashes of intuition were also key elements

But it wasn't all "smooth sailing." You may remember, or have read the account (or seen the movie) regarding the near fatal mission of Apollo 13. Apollo 13's mission was aborted because the spaceship



Chaplain Joe Molina
CDS40 Staff Chaplain

became crippled in space. The story goes that a computer spent 84 minutes discovering and correcting the problem of how to get the crew safely back to earth. What the computer calculated in 84 minutes, would

have taken a person with pencil and paper many years to solve. Such were the complexities of the problem.

To be sure, computers and the information they process have revolutionized society and have become an indispensable part of life. The quality of the information computers provide must be reliable, accurate and, many times, indisputable. The extent of a computer's dependability will either be enhanced or hindered by the quality of the data that is inputted into its memory. If you feed it garbage, it will give you garbage. Therefore, Garbage In, Garbage Out (GIGO... get it?). GIGO is the acronym used to describe a computer that is turning out bad or misleading information.

That is, someone fed bad data (garbage) into its memory and consequently the machine feeds back inaccurate information (garbage). Well, enough of this picture. I think you get the picture.

Like computers, we all need reliable data for determining good direction. Long before computers were common to our culture, humanity was "designed" to receive good data that would then create the output for abundantly good and healthy lives. Please note that the basic design is still there. Yes, we continue to long in our hearts to receive and know the truth. In each one of us lays the choice for deciding the quality of the data that will "program" our lifestyle, morals and sense

of spirituality. As we choose good data we will be able to fulfill the functions for which we were created. Consequently, we will live with a sense of purpose.

Now, when that purpose is not fulfilled there is a malfunction. We will start to experience the GIGO effect. Computers can malfunction and so can we. Are you with me so far? Like computers we will only be as smart and as effective as the "program or data" I choose to input. However, the difference between a computer and us is one of choice. We possess the privilege of picking our program, our data source. The data we choose will become the source for proper decision-making. Choosing

good, reliable data is a continuous process in life.

Well, here is my suggestion. If the all-knowing God, the source of all the data in the entire universal computer bank, can become our personal data source, then the human spirit will have an enormous capacity for brilliance. God's input will "stay put." I will have data that possesses eternal and positive consequences.

INPUT! INPUT! We all need good input. Without good input there is bad output (GIGO).

"Without the assistance of the Divine Being ... I cannot succeed. With That assistance, I cannot fail." (Abraham Lincoln)

'Clip' Excess From Your Grocery Bill

By Millie Slamin
DeCA public affairs specialist

Carmen Chapman saves more than 30 percent on her purchases every time she uses her commissary benefit, and just recently she learned she can save even more by downloading manufacturer's coupons from the Defense Commissary Agency's Web site: <http://www.commissaries.com>.

"I didn't know about being able to download coupons from DeCA's Web site," said Carmen, whose husband is an Army retiree and whose two sons are soldiers on active duty. "I'm going to have to tell my daughter-in-law about this!"

"I've been trying for years to get her to shop at the commissary, but I think after I tell her about being able to download coupons, she'll change her mind."

Although most customers know they can redeem coupons at commissaries, not many are aware that in addition to downloading them from the DeCA Web site, they can also pick them up at the store entrance and checkout counter, collect them from displays on store aisles, and use coupons that are attached to products.

Chapman admitted that she gets the majority of her coupons from the Sunday paper and collects a few here and there as she walks up and down commissary

food aisles. But now that she's armed with information about downloading coupons from <http://www.commissaries.com>, she said she'll be able to save even more than the \$10 to \$15 she now saves on her biweekly grocery bill.

Shuffling through her coupons, Chapman explained, "I have two sons who are deployed right now. One is in Iraq and the other one is in Germany. I like sending them the individual packets of cereal bars," she continued, plucking the right coupons from the stack. "They really appreciate getting those."

The beauty of being a coupon clipper is that you can redeem coupons at all commissaries, whether it be in the states or overseas. And, the coupons can be clipped out of newspapers and magazines, downloaded from the Internet, or manufacturer's coupons collected from store shelves.

In addition to customers overseas being able to use these same coupons, there is another perk: "We will redeem coupons for our customers overseas up to six months after the coupon expiration date," remarked DeCA's Director and CEO Philip E Sakowitz Jr., during a discussion about coupons on the Navy's radio talk show, Homefront, June 11.

"If it has a bar code on it so

we can scan it, we should be able to take it," he continued, reminding listeners that along with the 30 percent they save by shopping at the commissary, they can increase their savings to 41 percent or more by using coupons.

According to DeCA Europe store directors and zone managers, newly reported service members and their spouses are briefed on the use and advantages of using coupons at overseas commissaries.

Store associates at overseas

locations notice most patrons are aware of the added savings to be gained by using coupons, even though they do not have access to as many there, because there are no coupons available in daily newspapers like there are stateside.

Some customers never use coupons, while others come in equipped with well-organized boxes or envelopes full of them on every trip. Those who are avid "couponers" will most likely stop at the coupon display in the store's customer cor-

ner to see how many more they might add to their collection.

Thousands of coupons are redeemed at commissaries throughout the United States and overseas, daily. These money savers are not only honored at all stores, they are even accepted at Guard/Reserve on-site sales held at remote, off-base locations as well as at regular case-lot sales usually held on sidewalks outside the stores.

"My mother taught me to use coupons when I was little, and I have been using them

ever since," remarked Amber Cloclasure, an Air Force wife whose husband was stationed in England in 2006. "They are like free money. If I can save \$10 at the commissary, then that's \$10 more I have to spend on something else."

So remember to visit <http://www.commissaries.com>, click on "Links" and browse through the exciting offers and coupons before you take the trip that's worth taking - to your local commissary.



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 mayport-mops@yahoo.com

Marriage
Contact Chaplain 6 months prior. PREP is required
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USS Doyle Sailors Conduct COMREL In Peru

By MC3(SW) Patrick Grieco

Southern Seas Public Affairs

Guided-missile frigate USS Doyle (FFG 39) Sailors conducted a community relations (COMREL) project July 18 at a local pre-school in Pisco, Peru.

Doyle Sailors renovated the schools grounds by repainting the exterior of the building, pulling up weeds, and installed new energy efficient fluorescent lighting. All of this work and effort was conducted to accomplish their mission of strengthening relations between Peru and the United States.

"As opposed to other theater security cooperation events, a

COMREL has a different significance to it," said Ensign James Woodside, Doyle's morale, welfare and recreation (MWR) officer. "We're working with groups of people who are in need of a little help. It gives us a different sense of appreciation. The students saw that somebody was willing to come and improve their surroundings and make a better place for them to learn." COMREL projects like this show the U.S.'s commitment to work closely with our partner nation hosts to showing the local people how well we inter-operate together.

"I feel these COMRELS

are a big part of our mission," said Chief Operations Specialist (SW) Robert Harvey, assigned to Doyle's operations department. "It leaves a lasting impression on the community. It says a lot about how Americans conduct themselves. We go to these countries and they appreciate the fact that someone took time to think about their needs. It sends a language of love and friendship."

Harvey said he enjoys helping others and finds comfort in improving the lives of others.

"I feel at peace being able to help others," he said. "The biggest thing is when those students came into class last

Monday, they knew someone had been there and did something to improve their lives. They may not know it was us, but they'll know it was a partner nation. They'll have a sense of pride in their community now."

As the project was winding to a completion, some of the Doyle Sailors were able to take time and play a game of soccer with a group of neighborhood children.

"I think that was the most rewarding thing we did there," said Harvey. "We were actually able to interact and have some fun with the neighborhood children. For one moment,

it took those kids out of the atmosphere they were in. They didn't look at us differently anymore when we played with them, we were just people that were getting involved with their local community and they loved it. I think that was one of the major portions of the whole project."

Harvey said he feels the impression Doyle Sailors left with the community will inspire them to help others and continue a lasting friendship with the United States.

Doyle is on a six-month deployment to Latin America and the Caribbean as part of Southern Seas 2009 in support

of U.S. Southern Command (SOUTHCOM)'s Partnership of the Americas strategy.

Southern Seas is an annual deployment that focuses on conducting exercises, military to military engagements, and theater security cooperation engagements enhance relationships with partner nations in the region. This year's deployment includes Doyle, USS Kauffman (FFG 59), USS Ford (FFG 54), and is executed by DESRON 40 as Commander, Task Group 40.0.

Ike Stops At Mayport After Successful Deployment

By MC2 Elisha Dawkins

Navy Public Affairs Support Element Detachment Southeast

USS Dwight D. Eisenhower (CVN 69) (Ike) and embarked Carrier Air Wing (CVW) 7 stopped at Naval Station Mayport to drop off members of Helicopter Anti-submarine Squadron (HS) 5 and to pick up family members for their transit back to Naval Station Norfolk July 28.

The ship is returning to its homeport following completion of a successful five-month deployment.

"This is my seventh deployment and first with HS-5" said Cmdr. Mark Leavitt. "This is my first time on Eisenhower. The Sailors kept me very busy; it was a great experience."

Ike and the other units assigned to Carrier Strike Group (CSG) 8 deployed to the 5th and 6th Fleet Areas of Responsibility in support Operation Enduring Freedom conducting maritime security operations and theater security cooperation operations.

"I think everyone had a ful-

filling deployment; it was challenging at times and difficult to operate where we were at in the North Arabian Sea," said Leavitt. "The temperature was extremely hot; the humidity was extremely high, and the Sailors on the flight deck routinely were in a heat index over 115 and 120 degrees. But they worked very hard and should be very proud of what they did."

While deployed, CVW 7 provided combat support to coalition troops on the ground in Afghanistan flying, more

than 4,700 combat sorties and 17,000 combat flight hours.

"I couldn't be more proud of the nearly 6,000 men and women of the Eisenhower Carrier Strike Group," said Rear Adm. Kurt W. Tidd, commander, Carrier Strike Group 8. "Our Sailors have upheld the timeless traditions of our Navy when called upon. They delivered, providing persistent U.S. naval power, in perfect partnership with our joint and allied partners, delivering security and stability in uniquely important and remarkable parts of the world."

USS Bainbridge (DDG 96) and USS Halyburton (FFG 40) also assigned to CSG 8, assisted

in the rescue of Capt. Richard Phillips, the master of U.S. Motor Vessel Maersk-Alabama, following a pirate attack on board.

"I'm getting all choked up; I am very proud of my son and all the guys on the trip. We just don't know the price of freedom," said Ralph Balcom,

father of Chief Warrant Officer Michael Balcom.

Eisenhower Carrier Strike Group participates in military operations around the world in support of building partnerships with other navies and countries in an effort to maintain freedom of the seas.



-Photo by MC2 Elisha Dawkins

Sailors and Tiger Cruise participants gather aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69) as the ship departs Naval Station Mayport. Tiger Cruises provide the opportunity for the family and friends of Sailors to share the experience of being underway on a U.S. Navy ship. Eisenhower will return to homeport in Norfolk after completing a six-month deployment in the U.S. 5th and 6th Fleet Areas of Responsibility supporting Operation Enduring Freedom and conducting maritime security operations and theater security cooperation.

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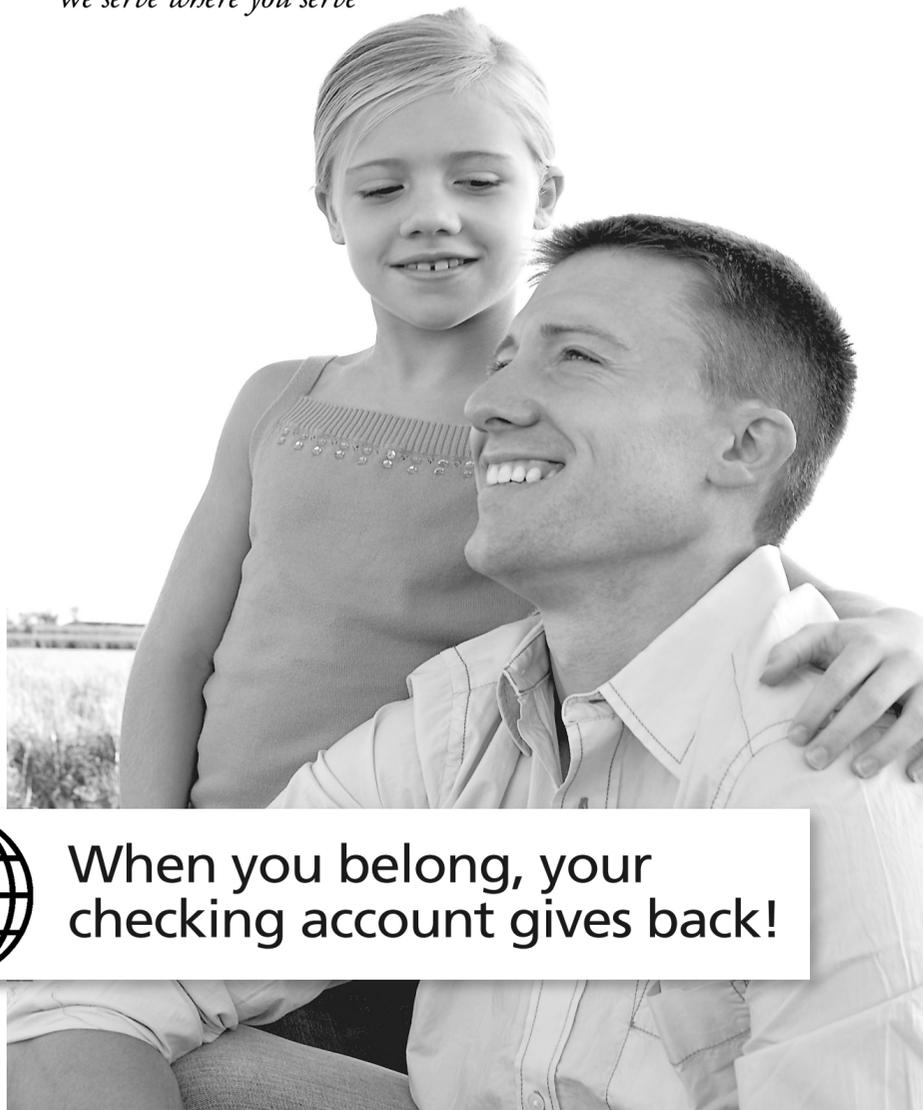
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Welcome Back, USS Vicksburg

By Ensign Marc Schron

USS Vicksburg Public Affairs Officer

Steaming majestically into the Mayport basin, USS Vicksburg (CG 69), USS Gettysburg (CG 64), USS Halyburton (FFG 40), and HSL 46 Detachments Two, Four and Nine returned from deployment this week after a highly successful 2009 deployment as part of the Dwight D. Eisenhower Carrier Strike Group.

Commanded by Capt. Chuck Nygaard, Vicksburg's dedicated performance during a high operational tempo deployment included forward presence and power projection in support of Operations Iraqi and Enduring Freedom, Air Defense Commander for the entire 5th Fleet AOR, as well as deterrence (including Theater Security Cooperation), Maritime Security Operations, Counter-Piracy Operations, and the execution of multiple international military exercises from over 17 nations.

Teaming with allies and partners throughout the deployment, Vicksburg and the rest of Eisenhower Strike Group further promoted

US-French bilateral relations and interoperability during exercises with our French allies, which included a brief turnover of the coveted duties as Air Defense Commander to FS FORBIN. Operating at the tip of the spear, the collective contributions of four months of combat operations were punctuated by providing shotgun support during nearly 2000 Close Air Support, Reconnaissance, Electronic Warfare and Command and Control Missions. The 212 bombing and strafing runs, combined with the non-kinetic support provided by Carrier Air Wing 7 aircraft, directly and positively supported our coalition forces ashore.

Whether it was providing nighttime plane guard and horizon reference unit duties for the Landing Signal Officers on the carrier, conducting National-level Maritime Interdiction Operations, or showing the American flag and smiling faces of US Sailors across Europe and the Middle East, Vicksburg flawlessly accomplished all of her tasking.



Ensign Monica Cook gets a big hug from her fiancé, Ensign Mark Dress, after disembarking USS Vicksburg.



-Photos by Paige Gnann

A Sailor waves from the rail after USS Vicksburg pulls pierside at Naval Station Mayport on Friday. Vicksburg was deployed as part of the Dwight D. Eisenhower Carrier Strike Group and operated in the 5th Fleet area of operation and participated in counter-piracy operations and maritime security operations. Vicksburg was teamed with USS Gettysburg and USS Halyburton during the deployment.



Brendon Harvell, 7, sits on his father's, Alvin Harvell, shoulders and waves flags in anticipation of the arrival of his brother, Information Systems Technician 3rd Class Christopher Harvell.



Engineman 2nd Class Jason Harvey Bickham sees his new son, 4-month-old Jason Jr., and reunites with his wife, Emily, after returning to Mayport with USS Vicksburg.



Ashley Brunner gets a big kiss from her returning Vicksburg Sailor, Cryptologic Technician Collection 2nd Class (SW) Joseph Brunner, after reuniting pierside on Friday.



Chief Sonar Technician Surface (SW) Andrew Beuck gets a kiss from his wife, Natalia, and a hug from 4-year-old daughter, Sofia.



Chief Warrant Officer 2 Aaron Wheeler is reunited with his wife, Simona, and daughters, Emily, 3, and Kristina, 9.



Operations Specialist 3rd Class (SW) Demarcus Lewis is surrounded by his family.

Welcome Back, USS Halyburton

By Ensign Michael Hanna
USS Halyburton Public Affairs

USS Halyburton made its way back to Naval Station Mayport on July 31 after a very successful deployment, a fitting way to top the 25th anniversary of Halyburton's commissioning date.

Halyburton foiled numerous piracy attacks and escorted more than 30 merchant vessels along the International Recognized Traffic Corridor (IRTC) while being assigned to Standard NATO Maritime Group - 1 (SNMG-1).

In the month of April, Halyburton received orders to assist USS Bainbridge with the developing hostage situation of Captain Phillips. Off the coast of Somalia both USS Bainbridge and USS Halyburton secured a perimeter around the lifeboat to conduct hostage negotiations, prevent the pirates from reaching shore, and maintain the safety of Captain Phillips. Both

U.S. assets were successful in recovering Captain Phillips in excellent health and chalked up another win for the home team against piracy.

Halyburton was also privileged to represent the United States while conducting exercises such as Inspired Union with the Oman, Saudi Arabian, and Pakistani Navies. The exercises consisted of tactical formation shifts, fast incoming attack craft maneuvers, weapons employment exercises, war at sea scenarios as well as helicopter cross-decks between all participating Navies.

The command also made history in London, England as the crew took part in one of England's oldest traditions, the Constable's Dues. The ceremony dates back to the 14th Century and its premise is that a visiting ship is required to provide an offering to enter the city. Halyburton made history by being the first non-British ship to ever perform the Tower

of London ceremony.

The six-month deployment culminated in Halyburton pulling back into homeport and being greeted by the numerous whistle blasts from the warships in the basin.

Upon being moored the crew was welcomed by cheers from family and friends. Operations Specialist 1st Class Reggie Gladney and Master-at-Arms Seaman Geoffrey Goodwell were the first Sailors to leave the ship so that they could hold their newborn babies that they had never met. After the New Father's tradition had taken place, the remainder of the crew exchanged hugs and kisses with their family and friends, while providing tours of the ship. Halyburton completed an extremely successful and rewarding deployment, but the ship remains in homeport to conduct certifications until the next time it is called back to action.



-Photo by MC2 Gary B. Granger Jr.



-Photo by Paige Gnann

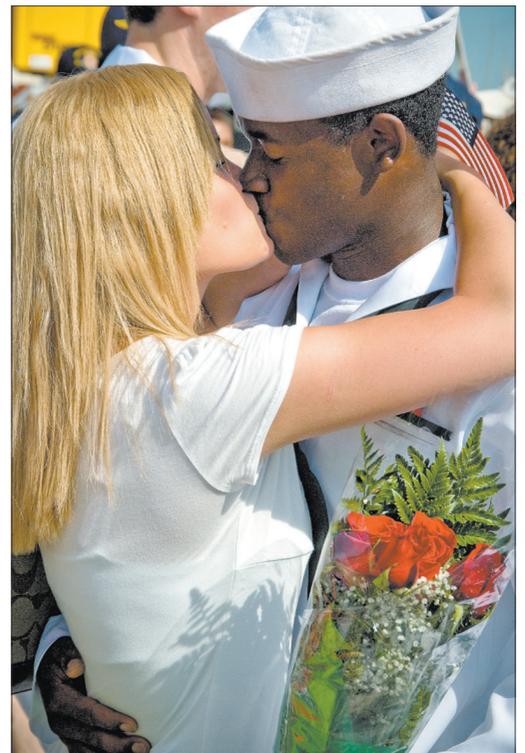
Hospital Corpsman 1st Class (SW/AW/FMF) Noel Martinez holds his 3-year-old son, Noel Jr., after returning to Mayport on deployment with USS Halyburton.

Sonar Technician Surface Seaman Joshua Moore gets a big hug and kiss from wife, Darla, on Delta Pier Friday after returning to Mayport with USS Halyburton. Moore's son, Wyatt, watches as his parents reunite.



-Photo by MC2 Gary B. Granger Jr.

Personnel Specialist 1st Class (SW) William C. Jones bends to pick up his 4-year-old son, Demoni, after disembarking USS Halyburton.



-Photo by MC2 Gary B. Granger Jr.

Seaman James Sheldu gets a welcome-home kiss from wife, Amber, during USS Halyburton's homecoming Friday.



-Photo by Paige Gnann

Culinary Specialist 1st Class Ronald Moody reunites with wife Jacquita and 2-year-old daughter Jaterrica.



-Photo by Paige Gnann

Engineman 2nd Class (SW) Jeffrey White gets a welcome-home kiss from his wife, Megan.



-Photo by Paige Gnann

Hospital Corpsman 2nd Class (SW) Chris Washington tries to catch the attention of his 6-month-old son, Logan, while mom, Leah, watches the reunion.

4th Fleet Sailors Visit Local Children's Hospital

By MC1(SW) Holly Boynton
U.S. Naval Forces Southern Command/
U.S. Fourth Fleet

Sailors from U.S. Naval Forces Southern Command (NAVSO) and U.S. Fourth Fleet visited the Wolfson Children's Hospital in downtown Jacksonville July 27 during a community relations (COMREL) project.

The six Sailors spent time with the patients and handed out toys and Navy ballcaps during the event, sponsored by the NAVSO White Hat Association

(WHA). WHA members have conducted several community relations projects in Jacksonville. NAVSO's WHA consists of Sailors in pay grades E-6 and below who volunteer their time to conduct events which build local relationships and strive to support the U.S. Navy's dedication to supporting community ties.

"I am very proud of the efforts of my 4th Fleet Sailors to bring the spirit of goodwill and partnership the Navy embodies," said Rear Adm.

Vic Guillory, Commander, U.S. Naval Forces Southern Command and U.S. Fourth Fleet. "Though our area of focus is hundreds of miles away in Central and South America and the Caribbean, I feel we have just as much of a responsibility to the Jacksonville area and our local community."

Fourth Fleet is responsible for a variety of humanitarian assistance/disaster relief deployments, and theater security cooperation projects such as COMRELS. As the headquar-

ters staff, Sailors at 4th Fleet relish the opportunity to experience the same type of community involvement they help the Naval units in the region accomplish.

"Attending the Children's Hospital COMREL brings to light the exacting efforts we are trying to accomplish at 4th fleet for our South American partner nations," said Quartermaster 1st Class Neil Gray. "I can imagine what the sailors and soldiers of our Cooperation events, and medical missions we do down

in South America feel when they complete a tour. I don't think we realize just how much of an amazing difference we make in the humanity of our world every day.

As the Navy component command of U.S. Southern Command, NAVSO's mission is to direct U.S. Naval forces operating in the Caribbean, Central and South American regions and interact with partner nation navies within the maritime environment. Operations include counter-

illicit trafficking, theater security cooperation, military-to-military interaction and bilateral and multinational training. U.S. 4th Fleet is the numbered fleet assigned to NAVSO, exercising operational control of assigned forces. U.S. 4th Fleet conducts the full spectrum of maritime security operations (MSO) in support of U.S. objectives and security cooperation activities that promote coalition building and deter aggression.

From Page 1

Simpson

bers. The group also discussed ways in which each country's maritime forces could work together more effectively in order to stem the flow of illicit trafficking.

Subject Matter Expert Exchanges were conducted between Simpson's crew and the SENAN in a range of fields, from medical to boarding and search procedures. Other areas included firefighting and damage control, small arms maintenance, fuel testing, diesel engine maintenance, outboard engine repair, and a leadership exchange where Simpson junior officers, chiefs, and petty officers met with their SENAN counterparts to discuss the commonalities of their experiences.

"It was nice to have a positive impact on the Panamanians and to know that the knowledge we passed on may help to prevent personnel or equipment casualties," said Chief Gunner's Mate (SW) Keith Novak on the weapons maintenance exchange. "These exchanges provided venues to share knowledge and experience with the Panamanians maritime force and will serve to improve the efficiency of our forces operating together in the future."

Simpson worked with the SENAN on other events to demonstrate their commitment



-Photos by BM2 Erskine Arnold

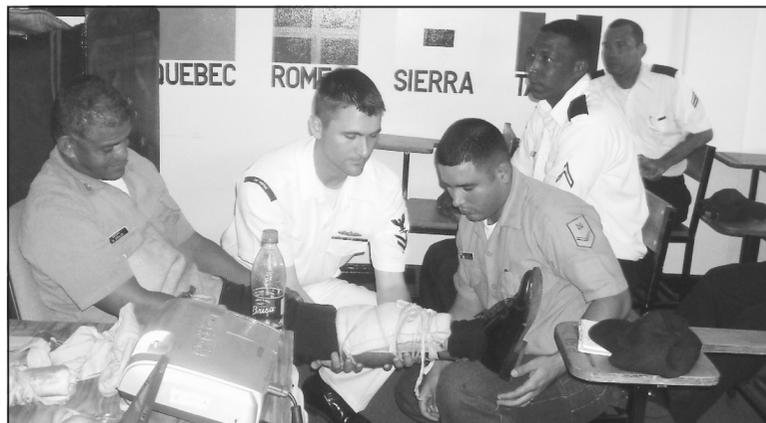
Above, Simpson Sailors pose alongside Panamanian Maritime Force members and students of School Republic of Guatemala during a Community Relationships project at the school. Right, Hospital Corpsman 2nd Class Michael Moore demonstrates the proper treatment for a compound fracture, one of the eight basic war wounds, to members of Panama's Maritime Force.

to the local community. The ship's crew presented Project Handclasp donations of one medicinal and two hygiene pallets to Ruices' Health Center, a local health center for the disadvantaged, and a medicinal pallet to the SENAN Health center. Project Handclasp is a collection of donated items delivered around the world by the U.S. military.

During the presentation, Simpson's Wardroom, Chief Petty Officer's Mess, and First Class Association purchased and donated toys and sup-

plies to a local education center called School Republic of Guatemala. Students from the school attended the presentation and put on a performance of cultural dancing.

Earlier in the week, Simpson Sailors worked alongside SENAN members to conduct a community relations (COMREL) project at the School Republic of Guatemala. The project consisted of repainting the outside of the center as well as repairing a badly damaged fence surrounding the school, which will



increase the security of the area. The participants also repaired a bathroom and refurbished the library.

Along with all of the work, there was a donation of academic materials: puzzles, human body dummies, geometric figures, radio-recorders, and computers previously donated by the government were refurbished by Simpson's crew and restored to working condition.

This project was aimed at enhancing the quality of education for the more than 650 children who attend the education center. Lt.j.g. Brittney Tabb attended the project, spending her time interacting with the children.

"This reminds me of why I love my job," said Tabb. "Our presence here has made a positive impact on the community and will help to serve and strengthen our Nations' relationship for years to come. Our Sailors were truly honor, courage, and commitment personified today."

The parents and staff of the center cooked a traditional Panamanian dinner for the participants. During the dinner, a representative of the Panamanian Minister of Education who was in attendance, spoke to the group about the importance of the work that they were doing.

Simpson's crew also spent

a day playing SENAN members in softball and soccer and co-hosted a barbeque after the games.

All of the TSC events were setup by Simpson during a port visit to Panama two months earlier in deployment with the help of the U.S. Military Group and U.S. Embassy in Panama.

The events were conducted alongside the enormous amount of work that comes during a mid-deployment repair period. Simpson's crew experienced a busy, but fulfilling port visit.

Simpson's visit to Panama supported the U.S. Global Maritime Strategy by establishing and enhancing regional partnerships.

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ATG Mayport Helps Out Cummer Museum



-Photos courtesy of ATG

Nine members of Afloat Training Group Mayport participated in a volunteer project at The Cummer Museum of Art and Gardens on July 27. The volunteer work included landscaping, cleaning of the concourse, and to improve the physical appearance of the parking lot. Participating in the event were ABFC Rutherford James, BMC Pritchard Guy, BMC Schkrutz Nick, QM1 Richards Curtis, QMCS Richardson Duane, BMC Murray Donald, BMI Tiffany Shane, ABHCS Holt Jamie, BMC Baranski Larry.

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 CS1 Hopkins at 237-5808 or 270-5373 or Dianne Parker at 542-5380 or you can immediately sign-up online for opportunities using www.volunteer.gatewayjacksonville.org.

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 yvonne@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 CS1 Hopkins or call 270-5373 for more information.

YMCA of Jacksonville

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

Children's Home Society of Florida

Children's Home Society of Florida is getting ready to permanently place seven or eight children in loving homes within the next couple weeks. Seeking

children's furniture. Contact Nick Geinosky at 904-493-7738.

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! 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. 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. 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.

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MWR Happenings

Aug. 6: CPO Club Mug Night and Homemade Salsa Contest. 3-7 p.m. at Foc'sle CPO Club with free hors d'oeuvres 4-6 p.m., drink specials and all-you-can-drink soft drinks for only \$1. Thursday night is reserved for active and retired Chief Petty Officers and their guests. For contest information, call AWRC Jon Abell at 850-748-5941.

p.m.-1:30 a.m. at Castaway's Lounge. All Hands welcome. (Free) 270-5313

Aug. 7: Summer Outdoor Movie (Star Trek, PG-13). Start time is at sunset, or approximately 9 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. (Free) 270-5228

Aug. 9: Bowling Family Fun Night. 5-8 p.m. every Sunday at Mayport Bowling Center. Cost is \$9 per person and includes All-You-Can Bowl with shoes, spaghetti dinner, music videos, light show and colored headpin bowling for prizes. 270-5377

Aug. 11: 5K/10K Fun Run. 8 a.m. start in front of the Gym. (Free) 270-5451

Aug. 11: All Khaki Wings

and Trivia Night. 3-7 p.m. at Foc'sle CPO Club with all-you-can-drink soft drinks for only \$1, drink specials and 35-cent wings. All Khakis welcome (Chief Petty Officers, Officers and their guests). For CPO Club activity information, call AWRC Jon Abell at 850-748-5941.

Aug. 11: Men's Fall Softball Meeting. 11 a.m. in the Gym lobby. 270-5451

Aug. 13: Karaoke Night. 9:30 p.m.-1:30 a.m. at Castaway's Lounge. All Hands welcome. (Free) 270-5313

Aug. 14: Spades Tournament. 6 p.m. at Castaway's Lounge. (Free) 270-7788

Aug. 14: Live Band - Hith. 9 p.m.-1 a.m. at Castaway's Lounge. (Free) www.myspace.com/hith

Aug. 15: Texas Hold 'Em

Tournament. 6 p.m. at Castaway's Lounge. (Free) 270-7788

Aug. 15: Live Band - Hith. 9 p.m.-1 a.m. at Castaway's Lounge. (Free) www.myspace.com/hith

Aug. 18: Indoor 3 V 3 Soccer Meeting. 11 a.m. in the Gym lobby. 270-5451

Kid Zone

Aug. 7: Summer Outdoor Movie (Star Trek, PG-13). Start time is at sunset, or approximately 9 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. (Free) 270-5228

Aug. 8: Youth Pool Party. 6:30-8:30 p.m. at the Pool. Cost is \$2 per person or \$5 per family. Children age 9 and younger must be accompanied by a parent. 270-5680

Aug. 14: Freedom Friday, Dance. 7-11 p.m. at the Youth Activities Center for ages 6-12 (age 5 if completed kindergarten). Cost is \$7 in advance or \$9 the day of, if space. Early sign up

is recommended. 270-5680

Aug. 14: Teen Center Extended Hours (Water Wars). 7-10 p.m. at Club Teen for middle and high school ages. (Free) 270-5680

Aug. 18: Teen Adventure Landing Water Park Trip. 9 a.m.-3:30 p.m. for ages 12 and older. Cost is \$12 per person plus money for lunch. Permission slip required. Sign up at the Youth Activities Center. 270-5680

Aug. 22: Teen Lock-In. 7 p.m. Saturday until 7 a.m. Sunday. Cost is \$12 in advance or \$15 the day of, if space. Permission slip required. 270-5680

Registration In Progress For Fall Before/After School Care

From MWR

MWR Mayport is currently accepting registration for Fall Before and After School Care at the Youth Activities Center, located in on-base housing. The Before and After School Care Program at Naval Station Mayport (also known as School Age Care, or SAC) is nationally accredited and open to children in kindergarten through fifth

grade. Fees are based on total family income and a fee scale.

The program is held Monday through Friday during regular school weeks and opens each morning at 6 a.m. and closes at 6:30 p.m. In addition, the program is open on non-school days and early release days during the school week (closed federal holidays). Seasonal camps are available during

school breaks.

Transportation is available to and from both Finegan and Mayport Elementary Schools. Some additional elementary schools in the local area provide transportation to the base Youth Activities Center. For more information on this program, call the MWR Youth Activities Center at 270-5680.

Pool Update

The base swimming pool will be closed on Sunday, Aug. 9 for cleaning and maintenance. All regularly scheduled pool activities will resume on Monday, Aug. 10. For questions regarding MWR Mayport's outdoor swimming pool, call 270-5425.

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Officials Prepare to Launch MWR Survey

By Samantha L. Quigley
American Forces Press Service

Defense Department officials are preparing to launch the first militarywide survey to assess morale, welfare and recreation programs.

"We've established standards for all the services," said Arthur Myers, principal director for the deputy undersecretary of defense for military community

and family policy. "Now we want to get feedback from the [servicemembers] on how we're doing with our programs."

Myers' office is conducting the survey with the help of CFI Group, an international customer-satisfaction consulting firm with headquarters in Ann Arbor, Mich. It will be e-mailed July 27 to about 600,000 randomly

selected servicemembers and will appear as being from CFI Group "on behalf of DoD."

"So, remember, when you get that, it's not spam," Myers said.

Some 120,000 active duty servicemembers in each service will receive an invitation to participate, and another 120,000 surveys will be spread across the 26 joint-base installations.

Though the survey will collect data on participants' service branches and, if they choose to provide it, their ethnicity, the responses will be completely anonymous, Myers emphasized.

It's also important, he added, that those selected participate in the survey to ensure the best level of accuracy in the results.

Though the survey will be

sent only to active-duty servicemembers, Myers encouraged those selected to take their families' opinions into consideration when responding. As more data is gained, future surveys will be open to the reserve components, he added.

Those receiving surveys will have about three weeks to participate. When the responses

are collected and analyzed, the findings will be published on the Defense Department Web site, as well as on Military Community and Family Policy's Military OneSource and Military Homefront sites.

New Shoreline Fishing Requirement In Effect

From Florida Fish and Wildlife Conservation Commission

Florida's new shoreline fishing license requirement takes effect Aug. 1.

Resident anglers who fish for saltwater species from shore or a structure affixed to shore must have a \$9 shoreline fishing license or a \$17 regular saltwater fishing license.

Nonresident anglers need a regular nonresident saltwater fishing license to fish from

shore or from a vessel. Short-term and annual nonresident fishing licenses cost between \$17 and \$47.

The shoreline requirement allows exemptions for resident anglers who fish in their home county, using live or natural bait, on a line or pole without a line-retrieval mechanism. This exemption does not apply to anglers who use nets, traps, gigs, spears or who gather seafood by hand or any type of

gear other than hook and line.

Other exemptions apply for anglers who qualify for temporary cash assistance, food stamps or Medicaid. Also, resident anglers who are age 65 or older and children under age 16 may fish without a license. Active-duty military personnel may fish without a license while home on leave in Florida.

Licensed fishing piers have licenses that cover everyone who fishes from them.

The FWC suggests the \$17 regular saltwater fishing license may be the best option for most resident anglers unless they are certain they will fish only from shore or a structure affixed to shore all year.

By creating the shoreline fishing license, the Florida Legislature arranged for Florida anglers to be exempt from a more expensive federal angler registration requirement that will take effect in 2011.

The Military Gold Sportsman's License is available to active duty and retired military Florida residents. The cost is \$20 for \$83.50 worth of license and permit fees. The license covers hunting, freshwater and saltwater fishing, and a variety of associated permits.

The Military Gold Sportsman's License is available at Florida Tax Collector Offices only. As proof of eligibility, applicants must present

a current military ID card, and either orders showing a current assignment to Florida or a Florida driver license.

More information about fishing license requirements is available at MyFWC.com. Click on "Newsroom" and "Media Resources." For information about fishing on board Naval Station Mayport, contact MWR's Outdoor Adventures at 270-5221.

MWR Sports/Fitness

Sports

A Men's Softball Organizational meeting will be held Aug. 11 at 11 a.m. at the Gym.

The Summerfest 5k/10k Run will be held Aug. 11 with an 8 a.m. start in front of the Gym.

A 3v3 Indoor Soccer Organizational meeting will be held Aug. 18 at 11 a.m.

A Dusk to Dawn one-day softball tournament will be held Sept. 4 starting at 6 p.m. until dawn. Cost is \$225 per team Sign up by Aug. 25.

Fitness

The Surfside Fitness schedule is as follows:

Monday
7 a.m., TRX with Ruthie and Emily
10:30 a.m., Broken Hearts

The Fitness P.O.W. is Cardio: Elliptical; Strength: TRX; Stretch: Neck

11:30 a.m., Step n Kick
1 p.m., Moms in Motion
4:30 p.m., Zumba
Tuesday
7 a.m., IA Training
9:30 a.m. Lo Impact
11:30 a.m., Lunch Crunch
1 p.m., Strength Solutions & Flexibility Fix-ups
3 p.m., TRX
Wednesday

6:30 a.m., Functional Flexibility and Stress Management
10:30 a.m., Broken Hearts
11:30 a.m., Zumba
1 p.m., Moms in Motion
5:30 p.m., Kids Clinic
5:30 p.m., Kickboxing
Thursday
11:30 a.m., Mind, Body (Yoga, Pilates, Tai Chi)
1 p.m., Strength Solutions & Flexibility Fix-ups
2:30 p.m., Command Yoga

Friday
7 a.m., Beach Bootcamp
11:30 a.m., IA Training
The new Gym schedule is as follows:
Monday
6:30 a.m., Weight Training for Warfighters
11:30 a.m., Circuit Senations
2:30 p.m., Command Row-bics
Tuesday
6:30 a.m., Command Cardio Pump
11:30 a.m., Resistance

3 p.m., Conditioning for Running with LaPlace
4:30 p.m., Spinning
Wednesday
7 a.m., Cardio, Combat and CORE
11:30 a.m., Row-bics
2:30 p.m., Victory PRT
Thursday
7 a.m., Command Jump and Jab
11:30 a.m., Spinning
Friday
6:30 a.m., Command

Spinning
11:30 a.m., Strength Training Basics for Women with Traci
Water Aerobics schedule for the Base Pool is as follows:
Monday
9 a.m., Aqua Aerobics
Wednesday
9 a.m., Aqua Aerobics (Regular & Deep Water)
Thursday
9 a.m., Aqua Aerobics
Friday
9 a.m., Aqua Therapy



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Balfour Beatty Communities

Balfour Beatty Communities Strives for 5 in Annual Housing Survey



The Annual CEL Housing Survey time is upon Naval Station Mayport once again. In a few weeks, family housing residents will be receiving the CEL Resident Satisfaction Survey. Balfour Beatty Communities encourages residents to fill them out and return them.

The survey is part of a performance assessment program. Balfour Beatty Communities ranks "extremely" satisfied and "very good" a passing grade on the survey and any score that is less than this is considered unacceptable.

"We truly strive to exceed our resident's expectations and hope that every resident enjoyed their home and the services that we provided," explained John A. Armstrong, Community Manager for Balfour Beatty Communities.

Once residents complete their surveys and seal them in the postage paid envelopes provided, they can simply bring it to the Balfour Beatty Communities Management Office and drop it in the authorized locked mailbox. Only CEL employees will open the returned envelopes. Survey results are completely confidential and anonymous.

"The survey allows us to see where we are succeeding and where there is room for improvement," said Armstrong, "it's important for residents to fill them out honestly."

The survey deadline date is October 7, 2009.

Military Prepares For Varied Threats

By Gerry J. Gilmore
American Forces Press Service

2010 Quadrennial Defense Review now under development envisions a U.S. military with the wherewithal to confront current threats such as al-Qaida as well as having the capacity to meet future security challenges, a senior Defense Department official said July 28.

The future security environment "is going to be more challenging" and will "involve a mix of adversaries," David Ochmanek, deputy assistant secretary of defense for force development, told reporters attending a Defense Writers Group breakfast. Ochmanek is heavily involved in the development of the 2010 review.

The congressionally mandated Quadrennial Defense Review is conducted by the Pentagon every four years to assess the threats and challenges faced by the United States and to rebalance the Defense Department's strategies, capabilities and forces necessary to confront today's conflicts and predicted future security challenges, according to a Defense

Department fact sheet. "There is still a lot of deliberation going on," Ochmanek said, regarding the ultimate capacity of U.S. forces envisioned in the 2010 review, which is due to Congress by February.

Ochmanek said Defense Secretary Robert M. Gates has "explicitly" acknowledged throughout the process that the United States has important security interests in multiple regions of the world, and therefore needs to retain the capacity and capability to project power to defend those interests.

"So, there's very much a desire to keep something like a 'two-war' or multi-engagement capacity in the force," Ochmanek said, noting that he envisions a U.S. military with the necessary force structure to conduct possible wars simultaneously on the Korean peninsula and against Iran.

Gates also believes that the United States requires flexible forces that can engage in the full spectrum of plausible challenges offered by potential foes, Ochmanek said. U.S. forces deployed in Afghanistan

and Iraq now are battling radical extremists, Ochmanek said, while future threats could involve enemies that employ hybrid warfare - a mix of irregular and conventional tactics and weaponry. For example, the fighting that occurred in southern Lebanon in the summer of 2006 pitted Israeli troops against Hezbollah terrorists who used improvised explosive devices as well as state-of-the-art anti-tank and surface-to-air missiles. Ochmanek also observed that the existence of North Korean and Iranian ballistic missiles and those countries' nuclear arms programs present new and different security challenges than what the United States faced during the Cold War. However, the U.S. military will be prepared to meet those and future challenges, he said.

"We're going to field capabilities better suited to this uncomfortable, hybrid environment; we're going to have the capacity to do multiple things at once," Ochmanek said.

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Calendar

Out in Town

Thursday, Aug. 6

American Legion Post 129, 1151 S. 4th St, Jacksonville Beach, will host a general meeting at 7:30 p.m. Lunch menu is served Monday-Thursday, from 11 a.m.-2 p.m. and is open to the public. Dinner menu is available from 5:30-7:30 p.m.

The Fleet Reserve Association Branch 290 will hold their monthly General Assembly meeting at 8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach, FL. All members and prospective members are invited to attend. The Fleet Reserve Association is a world wide veteran's organization that represents nearly 165,000 active duty and retired Navy, Marine Corps and Coast Guard members. The FRA Branch 290 is called the "active duty Branch" because of the number of active duty members. If you have served in any of the maritime services - Navy,

Marine Corps or Coast Guard - no matter how long, stop by the Branch Home, 390 Mayport Road, Atlantic Beach, FL or call 246-6855. New members are always welcome.

Friday, Aug. 7

Come join the Fleet Reserve Association for a night of Karaoke at the Branch Home, 390 Mayport Road, Atlantic Beach. Featured will be host DOUG BRACEY, from 9 p.m.-1 a.m. The bar will be open for drinks and snacks.

Saturday, Aug. 8

Come join the Fleet Reserve Association for a night of Karaoke at the Branch Home, 390 Mayport Road, Atlantic Beach. Featured will be host DOUG BRACEY, from 9 p.m.-1 a.m. The bar will be open for drinks and snacks.

The UF/IFAS Northeast Florida Beef and Forage Group in association with South Prong Plantation will host an educational program entitled "Managing Wildlife and Habitat: A Hunters Guide" on

9 a.m.-noon at the South Prong Plantation located off Hwy 229 South in Baker County, Florida. This hands-on program will provide participants with practical skills needed to better manage wildlife and habitat. Topics will include wildlife health, weed control as well as food plot establishment and maintenance. Participants will be encouraged to ask any questions they may have about wildlife or habitat management. The program will be lead by land managers, wildlife biologists and university faculty. Farm Credit of North Florida will provide a light lunch and local sponsors will have door prizes at the end of the program. If you would like to see a more detailed agenda and directions you can visit: <http://nfbfg.ifas.ufl.edu>. Space is limited and pre-registration is required by Thursday, Aug. 6. If you would like to register please call the Baker County Extension Office at 904-259-3520.

Join a Park Ranger at 10 a.m.

for a presentation and leisurely guided hike through different Florida ecosystems on a quest to characterize tracks left by an assortment of critters. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free. For additional information on any of these programs, call the Talbot Islands Ranger Station at (904) 251-2320. For more information about Florida State Parks, visit www.FloridaStateParks.org.

Monday, Aug. 10

The Fleet Reserve Association, Branch 290, invites you to play Bingo at the Branch Home, 390 Mayport Road, Atlantic Beach. Games start at 6:00 PM and are usually finished by 8 p.m. Snacks will be available for a small donation, and the bar will be open.

Wednesday, Aug. 12

The Fleet Reserve Association, Branch 290, invites you to participate in

its "Wings-N-Things" from 5-8 p.m., at the Branch Home, 390 Mayport Rd. Snacks will be available for a donation of \$1.50 to \$. Then stay and enjoy the music of Doug Bracey from 9 p.m.-1 a.m.

Saturday, Aug. 15

The Fleet Reserve Association Branch 290 is hosting a Chicken-Fried Steak Dinner from 5-8 p.m. at the Branch Home at 390 Mayport Rd. Dinners will include mashed potatoes and a vegetable. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m. the music of DOUG BRACEY will entertain until 1 a.m. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off.

Sunday, Aug. 16

Join a park ranger at 10 a.m. and discover the importance of estuarine systems that surround the inshore sides of barrier islands like those of the Talbot Islands State Parks

complex. This ranger-guided hike along the salt marsh will help point out why these areas are one of the most productive ecosystems on Earth, the many roles the salt marsh plays, the plant and animal life found in this natural community, and the impacts humans have on this system. 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. For additional information on any of these programs, call the Talbot Islands Ranger Station at (904) 251-2320. For more information about Florida State Parks, visit www.FloridaStateParks.org.

Monday, Aug. 17

The Fleet Reserve Association, Branch 290, invites you to play Bingo at the Branch Home, 390 Mayport Rd. Games start at 6 p.m. and are usually finished by 8 p.m. Snacks will be available for a small donation, and the bar will be open.

FFSC Classes, Workshops Available In August

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.

Aug. 6, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Aug. 7, 9-11 a.m., **Car Buying Tips**, FFSC

Aug. 10-13, 8 a.m.-4 p.m., **TAP Retiree Workshop**, Building 1, Room 104

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

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

Aug. 11, 9-11 a.m., **Parenting Class**, FFSC

Aug. 11, 1:30-3:30 p.m., **FERP-Troops to Teachers**, FFSC

Aug. 12, 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.

Aug. 13, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Aug. 13, noon-4 p.m., **Leadership & Life Skills (E4 & Below)**, TBD

Aug. 14, 9-11 a.m., **Credit Report**, FFSC

Aug. 17-20, 8:30 a.m.-4:30 p.m., **SAVI Training**, NAS Jacksonville Chapel

Aug. 18, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Aug. 18, 9-11 a.m., **Parenting Class**, FFSC

Aug. 19, 8-11:30 a.m., **Stress Management**, Wellness Center

Stress is a normal part of everyone's life. It can be energizing and a factor in motivating us. But too much stress, without relief, can have debilitating effects. This program is designed to provide participants with an understanding of what stress is and how it affects them. It will also help participants begin to look at their own lives and ways they currently cope with stress. Participants will be challenged to develop behavior and lifestyle changes that will improve their ability to cope with stress.

Aug. 19, 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.

Aug. 20, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Aug. 20, 8-11 a.m., **Anger Management**, FFSC

What does anger do for you? Communicate for you? Keep people at a safe distance from you? Keep you in charge? For many people, anger serves them many uses, but all too often, it is at a high cost...usually of relationships, unhappiness in the workplace, and a general feeling of disdain. If you want to be able to break out of the "get angry/get even" syndrome, come to this class. Participants learn how anger and judgment are related, about irrational beliefs and faulty self-talk, what "E + R = O" means, and the roles of stress and forgiveness in anger.

Aug. 20, 1-4 p.m., **Leadership & Life Skills (E7 & Above)**, TBD

Aug. 21, 9-11 a.m., **Establishing A Sound Family**

Budget, FFSC

Aug. 22, 8-11:30 a.m., **Smooth Move**, FFSC

This workshop is designed for inexperienced, as well as experienced military members on permanent change of station (PCS) orders. The Personal Property Shipping Office will provide information on how to deal with movers and personal property entitlements. The travel section of Personnel Support Detachment (PSD) will present a section on travel pay and allowances. FFSC staff will discuss the emotional cycles of relocation, budgeting for a PCS move and provide some strategies for families.

Aug. 24, 9-11 a.m., **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.

Aug. 24-27, 8 a.m.-4 p.m., **TAP Separatee Workshop**, Building 1, Room 104

Designed for Military personnel within 180 -90 days of leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed to the civilian job market and how to successfully compete

in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

Aug. 25, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Aug. 25, 9-11 a.m., **Parenting Class**, FFSC

Aug. 26, 6-7 p.m., **IA Family Discussion Group**, USO

Aug. 26, 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.

Aug. 27, 9-11:30 a.m., **Sponsor Training**, FFSC

Sponsors play a critical role in retaining newcomers and increasing overall productivity and morale by making a newcomer's arrival at the command easier. The Sponsor Program is designed to help facilitate the relocation of Navy service members and their families creating a link between the service member and their new command. The primary goal is to ease difficulty and reduce the apprehensions normally associated with a Permanent Change of Station (PCS) move.

Aug. 27, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Aug. 27, 8:30 a.m.-4 p.m., **Leadership & Life Skills (E5 & E6)**, TBD

Aug. 28, 9-11 a.m., **Home Buying**, FFSC

Aug. 31, 8 a.m.-noon, **FERP-Career & Job Readiness Class**, FFSC

Aug. 31, 1-2:30 p.m., **FERP-Federal Employment Class**, FFSC

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Navy News

Navy Christens Newest Ship Jason Dunham

From Defense Media Activity

The U.S. Navy christened the newest Arleigh Burke-class guided-missile destroyer, USS Jason Dunham (DDG 109), Aug. 1 during a ceremony at Bath Iron Works, Bath, Maine.

"I can tell the crew of the USS Jason Dunham, that you can not have a better namesake, nor a better sponsor. This ship, USS Jason Dunham, will always remind individuals that freedom is in fact not free. It is paid for by those great young men and women who wear the cloth of our nation," said retired general and former commandant of the Marine Corps Michael Hagee, who served as guest speaker.

Deborah Dunham served as the sponsor of the ship named for her late son. In accordance with Navy tradition, she broke a bottle of champagne across the ship's bow and christened the ship.

She said her son would be very proud of the honor to have a ship named after him.

"It's an honor to be able to do this for Jason. I appreciate the fact that they chose to name the ship after Jason, but I like the idea that they'll be able to carry his name on in history. I'm hoping that somebody, a child in school some day, will see the name 'Jason Dunham' and look it up and find out what he did with his citation. Maybe, that will encourage them to go to the Medal of Honor Society Web site and find out what other men have done for our nation, also.

"These men carry on their heroic actions very quietly and very humbly. So, if this is a way of putting it out there, of what this whole entire fraternity of men have done for our country, I'm glad that he could be a stepping stone for that," said Dunham.

The new destroyer honors the late Cpl. Jason Dunham, the first Marine awarded the Medal of Honor for his actions during Operation Iraqi



-Photo courtesy Michael C. Nutter

Deb Dunham christens the Arleigh Burke-class guided-missile destroyer Jason Dunham (DDG 109) at General Dynamics Bath Iron Works in Bath, Maine. The ship is named for her son, U.S. Marine Cpl. Jason Dunham, who was posthumously awarded the Medal of Honor for his actions in Operation Iraqi Freedom.

Freedom. On April 14, 2004, Dunham's squad was conducting a reconnaissance mission in Karabilah, Iraq, when his battalion commander's convoy was ambushed. When Dunham's squad approached to provide fire support, an Iraqi insurgent leapt out of a vehicle and attacked Dunham. As Dunham wrestled the insurgent to the ground, he noticed that the enemy fighter had a grenade in his hand.

Dunham immediately alerted his fellow Marines, and when the enemy dropped the live grenade, Dunham took off his Kevlar helmet, covered the grenade, and threw himself on top to smother the blast. In an ultimately selfless act of courage, in which he was mortally wounded, he saved the lives of two fellow Marines.

In November 2006, at the dedication of the National Museum of the Marine Corps in Quantico, Va., then-President George W. Bush announced

that the Medal of Honor would be awarded posthumously to Marine Cpl. Jason Dunham.

During his speech, Bush said, "As long as we have Marines like Cpl. Dunham, America will never fear for her liberty."

Bush presented Cpl. Dunham's family with the Medal of Honor during a ceremony in the East Room of the White House on Jan. 11.

"Today, Jason takes his rightful place in naval history alongside his storied legacy in the annals of the Marine Corps," said Secretary of the Navy, Ray Mabus.

"Though Jason is no longer with us, his name will live on in this magnificent warship that represents the best our nation has to offer. Jason's spirit -- as a warrior, fighter, and one who never gave up, even in the face of great challenges - lives on to lead all of the men and women who will ever serve aboard USS Jason Dunham, in home waters and abroad. In the fighting spirit

of its namesake, the men and women of USS Jason Dunham will never back down from any challenge put before them," said Mabus.

"It's clear that having 'Jason Dunham' written on the stern of this ship will always force the crew to think about why they're serving and what they're giving and what they expect of themselves. So, what Jason taught the rest of us is something that they can always think about as they serve on that ship, wherever it may take them," said Michael M. Phillips, author of "The Gift of Valor: A War Story," a book about Cpl. Dunham and actions leading up to his Medal of Honor.

The ship's prospective commanding officer is Cmdr. Scott Sciretta who will lead the crew of 276 officers and enlisted personnel of the 9,200-ton vessel.

"This ship as far as the maritime strategy is the most capable warship in the world," said Sciretta. "It can do anything. You name the mission, our Navy is ready to meet the maritime strategy. This ship is the most capable warship in the world."

"This is the greatest honor of my life. I cannot stress with anything greater in my heart anything that I feel, to have the opportunity to meet Dan and Deb Dunham and their lovely family, the sacrifice that Jason made for this country, the sacrifice that Dan and Deb continue to make for this country on a daily basis. I'm deeply honored," continued Sciretta.

In the spirit of this Marine, USS Jason Dunham will continue protecting America's liberty by providing a dynamic multi-mission platform to lead the Navy into the future. Utilizing a gas-turbine propulsion system, the ship can operate independently or as part of carrier strike groups, surface action groups, amphibious ready groups, and underway replenishment groups. The ship's combat systems center on the Aegis combat system and the SPY-Ld(V) multifunction phased array radar. With the combination of Aegis, the vertical launching system, an advanced anti-submarine warfare system, advanced anti-aircraft missiles and Tomahawk cruise missiles, the Arleigh Burke-class continues the revolution at sea.

"I feel incredibly honored to be here today to christen the USS Jason Dunham," said Mabus. "To honor a Marine who made the ultimate sacrifice, so that others Marines could live and so that America could continue to represent the values that we do. To have a Navy ship named after such a Marine is in the great tradition of our naval forces. And

USS Jason Dunham is going to represent us well, around the world, in a lot of different capacities, for decades to come.

"This is one of the most capable ships that the Navy has. It's one of the most capable types of ships that any navy has ever had. It can mount simultaneous defenses and attacks. Air, sea, underwater. It is truly an integrated fighting machine. And it's got other things too. It can deliver humanitarian aid. It can deter some aggression. It can reassure allies. It is an incredibly capable ship, in an incredibly capable navy, in an incredibly complex world. And it's something that we need, and it's something that's going to serve us well.

"It shows what values we have in the United States. Not only in the Navy and Marine Corps, but as a country. The values of character, of honor, of sacrifice, of the willingness to give to something bigger than ourselves. And I think that the name Jason Dunham on this ship, what he stood for, the character that he had, the actions that he took, will represent us well as this ship sails in our fleet for a long time to come," said Mabus.

"He would think it was an absolute hoot, and he would just enjoy it to no end. I do think Jason would find it a huge honor," said Dunham's mother.

"It would be our duty and pleasure to be with the ship and be a part of the ship for the rest of the ship's life or my life and the children's lives, and I'm really looking forward to a family cruise," said Dunham.

Additional information on Arleigh Burke class destroyers is available at http://www.navy.mil/navydata/fact_display.asp?cid=4200&tid=900&ct=4

Aegis Ballistic Missile Defense Test Successful

From Missile Defense Agency Public Affairs

In conjunction with the Missile Defense Agency (MDA), U.S. Pacific Fleet ships and crews successfully conducted the latest Aegis Ballistic Missile Defense (BMD) at-sea firing event on July 30.

During this event, entitled Stellar Avenger, the Aegis BMD-equipped ship, USS Hopper (DDG 70), detected, tracked, fired and guided a Standard Missile-3 (SM-3) Block (Blk) IA to intercept a sub-scale short range ballistic missile.

The target was launched from the Kauai Test Facility, co-located on the Pacific Missile Range Facility (PMRF), Barking Sands, Kauai. It was the 19th successful intercept in 23 at-sea firings, for the Aegis BMD Program, including the February 2008 destruction of the malfunctioning satellite above the earth's atmosphere.

Stellar Avenger was part of the continual evaluation of the certified and fielded Aegis BMD system at-sea today.

At approximately 5:40 pm(HST), 11:40 pm (EDT), a target was launched from PMRF. Three U.S. Navy Aegis BMD-equipped ships, the cruiser, USS Lake Erie (CG 70) and destroyers USS Hopper (DDG 70) and USS O'Kane (DDG 77) detected and tracked the target with their SPY radars. Each developed fire control solutions. At 5:42 pm(HST), 11:42 pm (EDT) the crew of USS Hopper fired one SM-3 Blk IA missile. The USS Hopper's Aegis BMD Weapon System successfully guided the SM-3 to a direct body hit, approximately two minutes after leaving the ship. The intercept occurred



-U.S. Navy photo

During exercise Stellar Avenger, the Aegis-class destroyer USS Hopper (DDG 70) launches a standard missile (SM) 3 Blk IA, successfully intercepting a sub-scale short range ballistic missile, launched from the Kauai Test Facility, Pacific Missile Range Facility (PMRF), Barking Sands, Kauai. This was the 19th successful intercept in 23 at-sea firings, for the Aegis BMD program, including the February 2008 destruction of a malfunctioning satellite above the earth's atmosphere.

about 100 miles above the Pacific Ocean.

USS O'Kane conducted a simulated engagement of the target. USS Lake Erie, with its recently installed upgraded Aegis BMD 4.0.1 Weapons System, detected and tracked the same target.

After Stellar Avenger, the same three ships participated in the first live engineering evaluation of Aegis BMD's next system upgrade. Engineers and

ships crews recently completed installation and evaluation of an advanced version of the Aegis BMD weapon system. For the first time, the USS Lake Erie used this advanced system during a live firing to evaluate all fire control functions, including launch of a simulated SM-3 Blk IB. This is a typical step in the evaluation of

any advancement in the Aegis weapon system. The USS Lake Erie will fire the new SM-3 Blk IB using this advanced weapon system in late 2010. This advanced Aegis BMD system will improve the probability of kill against advanced threats.

MDA and the U.S. Navy cooperatively manage the Aegis BMD Program. Lockheed Martin Maritime Systems and Sensors of Moorestown, New Jersey is the Combat

System Engineering Agent (CSEA) and prime contractor for the Aegis BMD Weapon System and Vertical Launch System installed in Aegis equipped cruisers and destroyers. Raytheon Missile Systems of Tucson, Arizona is the prime contractor for the SM-3 missile and all previous variants of Standard Missile.

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Photos courtesy of Department of Defense

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Welcome Back, USS Klakring

By Lt.j.g. Peter Goodman
USS Klakring Public Affairs

USS Klakring (FFG 42) returned to Naval Station Mayport on July 29th with families and friends looking on, after completing a successful six-month deployment supporting Commander, Sixth Fleet.

Klakring's deployment began with assignment to Standing NATO Maritime Group – One (SNMG-1), along with German ship, FGS Emden, and Portuguese ship, NRP Alvares Cabral; together, they served as the Ready Response Force for NATO in the region. While part of SNMG-1, Klakring participated in exercises INSTREX 09, FANAL 09, and Loyal Mariner 09.

Klakring continued the lineage of frigates serving as instruments of diplomacy as she entered the Black Sea Region, and visited the countries of Bulgaria, Ukraine, Georgia, and Turkey. The Black Sea operations were highlighted by a visit from the President of Georgia during Klakring's time in the city of Batumi. Klakring's efforts greatly contributed to strengthening long-term US relations with partners in the region.

Klakring also hosted the President and Cabinet of Montenegro during a similar mission in the Adriatic Sea. Additionally, Klakring played host to numerous Ambassadors, Chiefs of Defense and Navy, and other government representatives in the countries of Croatia, The Netherlands, Germany, and Belgium.

The crew also enjoyed opportunities to exercise their tactical skills in exercises spanning the Mediterranean Sea and Atlantic Ocean. Participating in Caya Green 09 with ships



-Photo by Gary B. Granger Jr.

Lt.j.g. Peter Goodman of USS Klakring (FFG 42) greets his wife during a homecoming ceremony. Klakring completed a deployment in the U.S. 6th Fleet area of responsibility conducting theater security cooperation engagements with regional nations.

and submarines from Israel and Greece, Klakring's crew sharpened their ASW proficiency, and at the same time expanded US interoperability with vital allies. Klakring also participated in FRUKUS 09, with ships from France, Russia, and the United Kingdom. FRUKUS 09 took place in the port of Brest,

France, and in the waters of the Bay of Biscay where operations focused on a threat common to all countries: piracy.

Returning home from his ninth and final deployment, Operations Specialist 1st Class (SW) Jeremy Reynolds remarked, "pulling in wearing your dress uniform, seeing your

friends, family, and other sailors on the pier waiting for you...it lets you know you have made a difference in someone's life and that you are a hero to someone in the world."

Completing his first deployment as the CO of Klakring, Cmdr. Scott M. Smith remarked, "the crew performed

brilliantly whether it was rebuilding steps at an orphanage in Georgia, steaming in formation 200 yards away from the Russian Federation Navy ship Severomorsk, or providing a tour to the President of Montenegro. They are only half the story though; the other heroes stayed at home and took

care of the children, the house, and the life put on hold. It takes everyone – at home and abroad – to make a deployment like this successful."

Klakring will be undergoing a routine maintenance availability before beginning preparations for her 13th deployment next year.



-Photo MC2 Gary B. Granger Jr.

Kinsey Wellington holds a welcome-home banner for her uncle, Sonar Technician Surface 2nd Class Garrett Ryan, stationed on board USS Klakring (FFG 42).



-Photo MC2 Gary B. Granger Jr.

Kelly Viola and Lieutenant Junior Grade Brian Viola of USS Klakring (FFG 42) have the honor of winning the first kiss after deployment during a homecoming ceremony.



-Photo Paige Gnann

Seaman John DeFrank reunites with his wife, Nicole, pierside after disembarking USS Klakring.



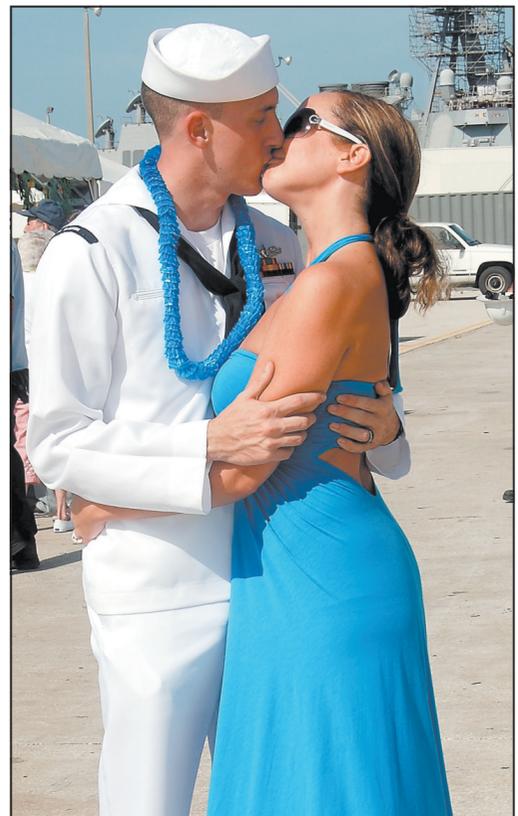
-Photo Paige Gnann

Gunner's Mate 1st Class (SW) John Leach holds on tight to 4-year-old son Carson after finding the boy and his mother, Ami, on the pier.



-Photo Paige Gnann

Sailors aboard Klakring wave to friends and family members after pulling pierside.



-Photo Paige Gnann

Gas Turbine System Technician Mechanical 2nd Class (SW) Tim Rackler is greeted by wife Andrea.

HSL-46 Welcome Back Detachments

From HSL-46

HSL-46 welcomed home three of its detachments last week. Detachments Two, Four, and Nine returned after five months underway in support of the Eisenhower Carrier Strike Group. All three detachments were deployed to 5th Fleet where they participated in evolutions ranging from joint training with allied countries to anti-piracy operations off the coast of Somalia.

USS Halyburton (FFG 40) and the embarked Chupacabras of Detachment TWO departed Mayport and made three brief port stops in Rota, Spain; Souda Bay, Greece; and Larnaka, Cyprus. After transiting the Suez Canal, Halyburton joined forces with Standing NATO Maritime Group One (SNMG-1). The presence of SNMG-1 immediately had an impact on pirate activity in the Gulf of Aden (GOA) as Detachment Two's helicopter quickly located several suspicious skiffs and stopped a pirate attack on a merchant vessel. Over the duration of the deployment, Halyburton and Detachment Two stopped five attacks, prevented numerous others, and aided hundreds of refugees stranded in the GOA and the Horn of Africa (HOA). The Chupacabras also participated in several joint exercises including Noble Eagle with the country of Oman and Inspired Union with the Pakistani Navy.

The highlight of the deployment was the rescue of MAERSK Alabama Captain, Richard Phillips. Detachment Two played a large role in the stand off between the United States Navy and the four pirates holding Captain Phillips hostage on board a small lifeboat. Detachment Two, flying their SH-60B Seahawk helicopters provided real time intelligence to Halyburton and USS Bainbridge (DDG 96). On numerous occasions the aircrews were able to position their helicopter directly in front of the fleeing pirates, preventing them from reaching shore before help arrived. The Chupacabras flew nearly around the clock for three



-Photos by Lt.j.g. Anthony Bomba

Aviation Electrician's Mate 3rd Class Walter Trancyger of HSL-46 Detachment Nine is greeted outside the squadron hangar after the detachment returned to NS Mayport with USS Gettysburg.

days during the standoff. Their efforts were crucial to securing the safe release of Captain Phillips.

After leaving the GOA in early July, Halyburton, Chupacabras, and SMNG-1 returned to Rota, Spain for a final NATO exercise and port visit followed by a stop in London, England. While there, they participated in "Constable Dues," a British Naval tradition since 1784 where ships moor at Tower Wharf to pay their dues to the con-

stable and the Tower's guns that historically provided protection to passing cargo ships. After three days in England, the ship departed and made best speed for its home port in Mayport, Florida.

"It has been a very successful and rewarding deployment for Detachment Two. There were challenges along the way, but I am proud of each and every member of the Detachment and their families. It was a long deployment and

I am glad to get back home," said Lt. Cmdr. Shawn Blickley, Detachment Officer in Charge.

Similarly, Detachment Four returned home from a productive five-month deployment to the Northern Arabian Sea in support of Operation Enduring Freedom. Detachment FOUR "Varsity" deployed back in February with two hellfire missile capable SH-60Bs and 28 highly skilled "Grandmasters" aboard USS Vicksburg (CG 69). Vicksburg, under the command of Captain Chuck Nygaard, was tasked to provide air defense for Carrier Strike Group Eight (CSG8), and USS Dwight D. Eisenhower (CVN 69). "Varsity" lived up to its name, providing nightly surface search and classification for CSG 8. The SH-60B's sensor capabilities and mission flexibility proved an invaluable asset to the Strike Group. Detachment Four's highly skilled aircrew kept the Strike Group safe and aware of its surroundings with the aid of radar, Forward Looking Infrared (FLIR), and night vision goggles. The steadfast vigilance of the detachment aircrew allowed the Carrier Airwing to rest worry free for their next day's sorties into Afghanistan.

The detachment's Officer in Charge, Lt. Cmdr. Kathleen Mullen led her detachment to accomplish Captain Nygaard's one rule, to "be awesome." In addition to nightly sorties, Detachment FOUR provided scout aircraft for multiple transits including six transits through the Strait of Hormuz, two transits of the Strait of Babb-al-Mandeb, and two transits to the Strait of Gibraltar. They also supported logistical flights in support of the Strike Group, provided Landing Safety Officer training for HS pilots, and coordinated anti-submarine warfare training with Helicopter Anti-Submarine Squadron Five. The detachment's success was a testament to the professionalism, technical and tactical prowess of all "Grandmasters."

The "Wreckin Crew" of Detachment NINE, was embarked with USS Gettysburg (CG 64). They were ordered to the coast of Somalia to participate in Combined Task-Force (CTF) 151's ongoing anti-piracy efforts. The deployment began with a quick trip across the pond to the first liberty port of Civitavecchia,

Italy. After transiting the Suez Canal, Gettysburg "chopped" into 5th Fleet under CTF 151's command.

The very first day on-station, the detachment participated in the tracking and interdiction of a suspected pirate vessel loitering in the International Recommended Transit Corridor (IRTC). At that time, CTF-151 flag ship was USS Boxer (LHD 4) under Rear Admiral McKnight, which allowed for a rare joint persecution of the suspect vessel involving AH-1 Cobras, AV-8 Harriers and the "Wreckin Crew's" own SH-60B Seahawk. This first interdiction resulted in the capture of suspected pirates. The following three months of surveillance in the IRTC would result in the capture of 39 additional suspected pirates and the confiscation of 21 machine guns, 6 RPGs, numerous cell phones, charts, and other intelligence.

In early May, USS Gettysburg was called upon to depart the op-area and proceed to the Port of Bahrain to embark the new CTF 151 staff, led by the Turkish admiral, Rear Admiral Bener, the first Turkish Leader to command the Force. USS Gettysburg was then christened the CTF 151 flagship for counter-piracy operations in the GOA. Fate was once again smiling on the "Wreckin Crew", as the first day back on station after liberty in Bahrain, a distress call was overheard and with USS Gettysburg the detachment participated the interdiction of a pirate mother ship, the first bust of its kind. It was also the first counter-piracy operations under the newly Turkish led CTF-151. Seventeen suspected pirates were captured and are currently awaiting prosecution in Mombasa, Kenya.

The "Wreckin Crew" and USS Gettysburg turned over counter-piracy duties as well as CTF-151 staff with USS Anzio and the "Guard Dogs" of HSL-48 Detachment Seven. USS Gettysburg returned safely from deployment on July 28.

For the first time in over a year, the hangar of HSL-46 is completely filled with SH-60B helicopters. Morale is high as family, friends and squadron mates are reunited. However, the celebration is short lived as Detachments Five and Three enter the final phases of their training toward deployments in support of national tasking.



-Photos by Lt.j.g. Anthony Bomba

Lt. Brian Fojt stands with his wife, Heather, and infant son, Tucker, after reuniting during the detachment's homecoming.



-Photos by Lt.j.g. Anthony Bomba

Lt. Dylan Beyer is greeted by his wife, Joanna, after returning to Mayport from deployment.



-Photos by Lt.j.g. Anthony Bomba

Anne Mage, fiancée of Lt. Jamie Powers, holds flowers in her hand presented by the returning helicopter pilot after his deployment into the Arabian Gulf.



-Photos by Lt.j.g. Anthony Bomba

Lt. Cmdr. Kathleen Mullen is greeted by her family after returning to Naval Station Mayport with HSL-46 Detachment Four aboard USS Vicksburg.

USO News

All three USO Centers have "Support the Troops" bracelets available in pink or yellow with adjustable bands for \$10. If you are interested visit a Center near you.

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!

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.

BVA Provides Dinner For Service Families

From BVA

The Beaches Veterans Association (BVA) sponsored a No Dough Dinner (NDD) for 237 family members of

our deployed service people, Monday evening held at the USO Mayport Center.

They were served by Pam Coats and Janet Fitzwater of the

Center staff. These young families endure many months alone when their spouses are away at sea, or overseas under hostile fire. During these periods when

between paychecks, many find themselves short of funds, and in need of a small "boost" to provide a hot nourishing meal for their kids, Thus, the USO ND Dinners came into existence in early 2008.

Assisted by the Mayport Chapter of the Military Officers Association of America, who reached out to Fraternal, Veterans, and Service Organizations, who in many cases were uniformed of what

the Jacksonville Area USO contributed to Service Life, the

Mayport USO Center organized the NDD to support these families. The Community responded by underwriting these dinners, and many other USO programs, including the Drinks for Balad, where the USO collects donations for the purchase and mailing flavored drink packets to supplement the hot, tasteless water our fighting men endure in desert fighting. All contributions would be greatly appreciated by our troops.

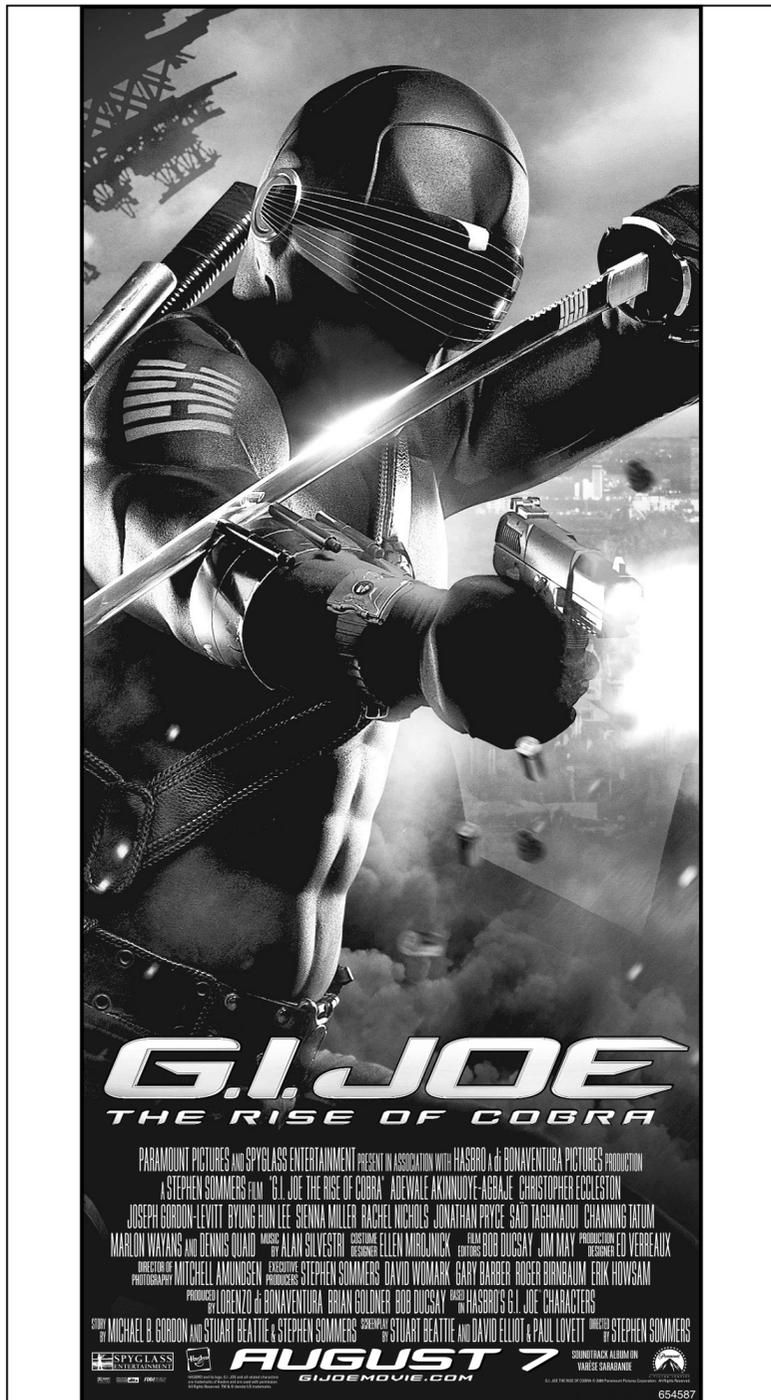
Last Mondays dinner was funded by the BVA cookouts,

which are held monthly at the various Post Homes, and are open to the public. ALL proceeds go to the USO NDD's. The members of the BVA include American Legion Posts 233, 316 and 129; The Fleet Reserve Association 290, and VFW 3270, who contributed over \$1300 to fund future dinners. The Public is encouraged to bring the family to these monthly BBQ to help the USO support our troops, and their families, during those lonely days when Dads away....



-Photo courtesy of BVA

Shown here are some of the more than 230 families of deployed Service members who attended the free No Dough Dinner provided by the Mayport Center USO and funded by the BVA. The BBQ dinners are held monthly.



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THE Daily Commuter Puzzle

by Jacqueline E. Mathews

ACROSS

- 1 Prank
- 6 Waiter's item
- 10 Boorish person
- 14 "...from ___ shining sea"
- 15 Assistant
- 16 Interlaced
- 17 Late singer Carpenter
- 18 Financially supported the plans of
- 20 Yrbk. section
- 21 Tabby and tiger
- 23 Actress Ryan
- 24 Immaculate
- 25 Got rid of
- 27 "Look out!"
- 30 Resort hotels
- 31 Q-U connectors
- 34 ___ arms; angry
- 35 1 of 2 for the circus tall man
- 36 Female sheep
- 37 Oliver in "Green Acres," for example
- 41 Conducted
- 42 Saying
- 43 Is sick
- 44 Curvy letter
- 45 Very urgent
- 46 Cloak
- 48 Atkins, for one
- 49 Leave the car
- 50 Steeple
- 53 Departed
- 54 Pie ___ mode
- 57 Persistent false beliefs
- 60 Work of fiction
- 62 Saudi or Kuwaiti
- 63 Campus org.
- 64 Unattached
- 65 Openers
- 66 Stitches
- 67 Transmits

DOWN

- 1 Invites
- 2 Close by
- 3 Street pavers' substances
- 4 Suffix for favor or meteor
- 5 Agree
- 6 Take a bite of
- 7 Tears
- 8 Commotion
- 9 Craving
- 10 Knight's weapon
- 11 Traditional learning
- 12 Microwave
- 13 Venerable historian
- 19 Nap
- 22 Exist
- 24 Gasp
- 25 Backbone
- 26 Fifty percent
- 27 "Taps" instrument
- 28 Fencing swords
- 29 Breezes
- 30 Theatergoer's focus
- 31 Send payment
- 32 Expand in size
- 33 Brief; succinct
- 35 Intelligent
- 38 Women
- 39 Actress Falco
- 40 Smelly
- 46 Gent
- 47 Amphitheaters
- 48 Beats big-time
- 49 Pillars
- 50 Pierre's state: abbr.
- 51 French father
- 52 "Now ___ me down to sleep..."
- 53 Chew
- 54 Stratford-on-___
- 55 Give for a time
- 56 Pub orders
- 58 Suppositions
- 59 Miner's discovery
- 61 Bullfight cheer

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8/6/09

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Credit Repair Can Be Self-Help Project

By Lt. Ayana Pitterson
RLSO SE

You see the advertisements in newspapers, on TV, and on the Internet. They all make the same claims:

"Credit problems? No problem!"
"We can erase your bad credit—100% guaranteed."
"Create a new credit identity—legally."
"We can remove bankruptcies, judgments, liens, and bad loans from your credit file forever!"

Do yourself a favor and save your money. Don't believe these statements. Indeed, attorneys at the nation's consumer protection agency, the Federal Trade Commission (FTC), say they've never seen a legitimate credit repair operation making those claims. The fact is there's no quick fix for credit-worthiness. You can improve your credit report legitimately, but it takes time, a conscious effort, and sticking to a personal debt repayment plan. **Recognizing a Credit Repair Scam**

Everyday, companies nationwide appeal to consumers with poor credit histories. They promise, for a fee, to clean up your credit report so you can

get a car loan, a home mortgage, insurance, or even a job. It's illegal: No one can remove accurate negative information from your credit report. So after you pay them hundreds or thousands of dollars in fees, you're left with the same credit report and someone else has your money.

The Warning Signs
Beware of companies that:

- Want you to pay for credit repair services before any services are provided;

- Do not tell you your legal rights and what you can do—yourself—for free;

- Recommend that you not contact a credit bureau directly;

- Advise you to dispute all the information in your credit report, regardless of its accuracy or timeliness; or

- Advise you to dispute all information in your credit report or to take any action that seems illegal, such as creating a new credit identity.

If you follow illegal advice and commit fraud, you may be subject to prosecution.

The Credit Repair Organizations Act

By law, credit repair organizations must give you a copy of the "Consumer Credit File

Rights Under State and Federal Law" before you sign a contract. They also must give you a written contract that spells out your rights and obligations. The law contains specific protections for you. For example, a credit repair company cannot:

- make false claims about their services;
- charge you until they have completed the promised services; or

- perform any services until they have your signature on a written contract and have completed a three-day waiting period. During this time, you can cancel the contract without paying any fees. Your contract must specify:

- the payment terms for services, including their total cost;
- a detailed description of the services to be performed;
- how long it will take to achieve the results;

- any guarantees they offer; and
- the company's name and business address.

Your Rights Regarding Credit Repair
No one can legally remove accurate and timely negative information from a credit report. The law allows you

to ask for an investigation of information in your file that you dispute as inaccurate or incomplete. There is no charge for this. Anything a credit repair clinic can do legally, you can do for yourself at little or no cost. According to the Fair Credit Reporting Act (FCRA):

- You're entitled to a free report if a company takes "adverse action" against you, like denying your application for credit, insurance, or employment. You have to ask for your report within 60 days of receiving notice of the action. The notice will give you the name, address, and phone number of the consumer reporting company. You're also entitled to one free report a year if you're unemployed and plan to look for a job within 60 days; if you're on welfare; or if your report is inaccurate because of fraud, including identity theft.

- Each of the nationwide consumer reporting companies — Equifax, Experian, and TransUnion — is required to provide you with a free copy of your credit report once every 12 months, if you ask for it. The three companies have a central website, a toll-free telephone number, and a mailing

address for consumers to order the free annual credit reports the government entitles them to. To order, online go to <http://www.annualcreditreport.com/> or call 1-877-322-8228, or complete the Annual Credit Report Request Form found at <http://www.ftc.gov/credit.com> and mail it to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, Ga., 30348-5281

You may order reports from each of the three consumer reporting companies at the same time, or you can stagger your requests, ordering one from each company throughout the year from the central address. Don't contact the three nationwide consumer reporting companies individually or at another address because you may end up paying for a report that you're entitled to get for free. In fact, each consumer reporting company may charge you up to \$10.50 to purchase an additional copy of your report within a 12-month period. It doesn't cost anything to dispute mistakes or outdated items on your credit report. Under the FCRA, both the consumer reporting company and the information provider (that is,

the person, company, or organization that provides information about you to a consumer reporting company) are responsible for correcting inaccurate or incomplete information in your report. To take advantage of all your rights under the FCRA, contact the consumer reporting company and the information provider.

Have You Been Victimized?

Many states have laws strictly regulating credit repair companies. States may be helpful if you've lost money to credit repair scams. If you've had a problem with a credit repair company, don't be embarrassed to report them. While you may fear that contacting the government will only make your problems worse, that's not true. Laws are in place to protect you. Contact your local consumer affairs office or your state attorney general (AG) if you believe you have been the victim of a scam. This article is not intended to substitute for the personal advice of a licensed attorney.

How Do I Get My Security Deposit Back?

By Lt.j.g. Molly Dennison
RLSO SE

It has probably happened to everyone at some point. Move out day arrives. You have a million things to think about: packing, traveling to your new home, checking in at a new base, personal property office paperwork... You think the place looks fine. That "normal wear and tear" clause will probably cover that little scuff on the wall but the place looks great, clean, no damage. You paid your rent on time. You were a model tenant. You're sure that the check for your security deposit will be coming to you in about a week.

But it doesn't. A month goes by. You start to make some calls. Finally the check comes but it is missing \$100 or \$200. Or even worse, it doesn't come at all. Instead you are cited a list of damages that never happened; charged for damage to common areas of the building that were not covered in your lease; or charged \$250 to clean a refrigerator. These are just a few examples of the stories I've heard or experienced myself. So what can servicemembers, who are constantly on the move, do to prevent this in the future?

Get all the facts up front.

Many leases state "normal wear and tear" will not result in loss of security deposit. This vague phrase can be interpreted in many different ways and often to the servicemember's detriment. Get a list of what the landlord expects from you upon move-out and an accounting of what it will cost you if these things are not completed. Ask about hanging pictures and painting walls. Do this during the lease negotiation and make this part of the lease itself. You are equal parties to the lease agreement so don't be afraid to ask questions and follow your instincts. Does it sound odd that it would cost \$300 to clean a refrigerator? If the price seems high, discuss something more reasonable with your potential landlord.

Think about protecting your deposit on the day you move in.

Many people may not even think about getting their deposit back until after they've moved out. As pessimistic as it may sound, assume that this is a very real possibility from the beginning. On the day you move-in before the landlord hands you the keys, do a walk-through, together. Insist upon it. Make sure you and the landlord both note, in writing, every part of the home that is damaged and

cannot be attributed to you.

Pictures, pictures, pictures...

Even if you've both agreed on paper that pre-existing damages are not your responsibility, no evidence is more compelling than pictures. Take photos (or video tape) and date them. Take pictures when you move in and pictures when you move out.

Fix what you break and be in contact with your landlord throughout the repair.

Sometimes damages will happen. Take responsibility for them and fix what you break. This way you will be in control of the cost and will be able to find the best price. Talk to your landlord throughout the process. Let him/her see the repairs and document that they've been approved. Remember you only have to restore the damaged item to the state it was in before it was damaged. Damage to a Formica countertop is not a free ticket for the landlord to insist on a granite replacement. Take pictures and document the landlord's approval.

Do two move-out walk-throughs.

Walk through #1: I know, like you don't have enough to do in that last month before you move out. But this is crucial. Have the landlord come to the home before you've paid your last month's rent. The fact that you still owe rent to him/her will put you on equal footing with your landlord. Tell the landlord to note in writing anything that needs to be cleaned or repaired. Have the lease and the list of what is expected upon move-out with you at this time. Be fair, friendly and reasonable about the landlord's requests. Don't squabble over whether something is "clean enough."

Walk through #2: On the day you hand over the keys, do your final walk-through. Have the landlord acknowledge that everything you had discussed at the last meeting has been taken care of. Then discuss the deposit. If your landlord is willing, ask that he/she bring the check that day. This is often not required by law and the landlord may refuse. If you do not get the check that day, ask that you be given a date when it will be sent to you and make sure, the landlord has your new address.

Know the laws.

Most states have laws that set requirements on when landlords have to return deposits. Know these laws. Below is a summary of the state laws here in the Southeast region.

Alabama:

The landlord may not charge more than 1 month's rent for the security deposit (this excludes pet deposits or changes to the premises or increased liability). Within 35 days of lease termination, the landlord must return the deposit or provide an accounting of why the deposit was not fully refunded. If the landlord fails to do this he/she can be liable to you for double the amount. However, the tenant must provide a forwarding address. Failure to do so for 180 days can lead to forfeiture of the deposit. Code of Ala. § 35-9A-201.

Florida:

If the landlord does not intend to make a claim on the deposit, it must be returned to you within 15 days of the end of your lease. If the landlord does intend to make a claim on the deposit, he/she has 30 days to impose the claim and justify the claim in writing by certified mail. If the landlord does not give notice during those 30 days, he/she has forfeited the right to make a claim on the deposit and it must be returned to you. Section 83.49, F.S.

Georgia:

It is required that the landlord provide a list of existing damages that the tenant is not responsible for upon move-in and that the two parties sign this document. The law also requires that the two parties sign a list of damages within 5 days of move-out. The landlord then has 30 days to return the deposit to the tenant. State of Georgia Landlord Tenant Law, Official Code 44-7.

Louisiana:

The landlord has one month from lease termination to return the deposit or to itemize the withholding of the deposit under the Rent Deposit Return Act. La. Rev. Stat. 9:3251. The landlord may only withhold funds for "unreasonable wear and tear" to the premises. However, this protection only exists if the tenant gives a forwarding address and so long as the tenant has not abandoned the property. Failure by the landlord to comply with this statute may entitle the renter to \$200 in damages and attorney's fees.

Please consult your local Legal Assistance office at the following locations if you have questions about your security deposit or any other landlord/tenant issue: Jacksonville, Florida at (904) 542-2565 ext. 3006; Mayport, Florida at (904) 270-5445 ext. 3017; Kings Bay, Georgia at (912) 573-3959.

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