

# THE MIRROR NS MAYPORT, FLORIDA

2008 CHINFO Award Winner

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THURSDAY, August 13, 2009



## Speicher Memorial Detailed

The city of Jacksonville Military Affairs, Veterans and Disabled Services Division (MAVDSD) will host a memorial ceremony for Capt. Michael "Scott" Speicher at the Veteran's Memorial Wall, 1145 E. Adams St., to honor the life and sacrifice of Captain Speicher. Friday, Aug. 14 at 9:45 a.m.

A memorial procession for Captain Scott Speicher will leave Naval Air Station Jacksonville at 9 a.m. on Friday, Aug. 14. It will proceed to the Jacksonville Veterans Memorial Wall before continuing to a number of other locations significant to Captain Speicher.

The remains of Capt. Scott Speicher will arrive at NAS Jacksonville Aug. 13, 2009, at 3 p.m. This arrival is not open to the public.

Capt. Speicher's casket will proceed from the Air Terminal to All Saints Chapel aboard NAS Jacksonville. All Saints Chapel will be open to all personnel with base access who wish to pay their last respects until Aug. 14, at 7 a.m.

A musical prelude at the Veterans Memorial Wall will begin at 9 a.m. with a posting of the colors by the Jacksonville Fire and Rescue Department at 9:15 a.m. It is anticipated that the procession will pass the location at between 9:15 and 9:45 a.m. The Jacksonville Sheriff's Office will conduct a 21-gun salute and play taps to conclude the ceremony. The public is invited to attend. Free parking available.

Other locations planned by the family along the route include Forrest High School, Lake Shore United Methodist Church and Cecil Field. The procession will be recognized by groups at these locations respectively. In addition, at the request of the family, MAVDSD is collecting the bracelets worn by those who supported the Speicher family over the years as they hoped for Captain Speicher's safe return.

For additional information, contact Bob Buehn or Harrison Conyers in the Military Affairs, Veterans and Disabled Services Division at 904-630-3680.

## Meeting With Health Promo

The Naval Station Mayport "Health Promotion Representative" meeting will be held on Aug. 19 at Building 2050, Marshall Couch Drive from 9:30-10:30 a.m. Mayport command fitness leaders are welcome to attend. Health Promotions will address information on commands obtaining the Blue H award and other health promotion issues. Call 270-5251 for more information.

# Get Your Grub On

## Oasis Galley Implements New Menu Initiatives

By Paige Gnnan

Editor

Hungry? Naval Station Mayport is implementing several new initiatives designed to tempt the tastebuds of its Sailors, according to the new Chow Boss, CWO3 Martinez Miller.

First on the list, Miller said are new menu items for the speed line.

"We're trying to cater to a younger crowd," he said. "The changes started on Aug. 3 and it's actually going pretty well. We need to provide a service to them that no one else can. Out in town, they pay \$8-9 for a meal. I can provide them variety for \$4.25."

On Mondays and Wednesdays, the speedline will feature grilled cheeseburgers, hot dogs with chili and cheese, hot wings, baked beans and french fries. On Tuesdays and Thursdays, the Galley will offer "Build Your Own" submarine sandwiches. Meats available include turkey, ham, roast beef and meatballs, as well as hot wings and assorted chips available.

The salad bar has also gotten an upgrade to include fresh and imitation crab meat, snow peas, letils, endive, sunflower seeds and more. They have also added a Pepsi Cola machine.

The changes are a direct result of a survey the Galley conducted earlier in the summer, a long with just going out and talking directly to the customers, he said.

The initiatives include more than just food items, Miller said. There is also a change in the way the Sailors get their food.

"At breakfast we're going to have make your own waffles. They can get pancakes off the grill to order - and french toast



-Photos by Paige Gnnan

Above, a Sailor gets fried chicken and french fries off of the speed line, part of a new initiative at the Galley. Right, the salad bar has been remodeled to include fresh crab meat, prepared salads, endives, sunflower seeds and more.

to order," he said. That way everything is hot coming off the grill."

Next, Miller said the Galley will begin to offer a Mongolian BBQ once a quarter and every second Wednesday of the month, will be a special lunch meal for Sailors celebrating a birthday. The next meal will be on Sept. 9. Identification is required.

Miller said he is also planning to set up a VIP line that

will celebrate a different command throughout a specified week.

"Say you're a part of NavSta," he explained. "You will have a separate line for that week that will feature things like shrimp, steak, baked potatoes, lobster tail. Only people from that command will be able to go through the line to get those items."

On Sept. 1, he said that the

See Galley, Page 4



## Housing Phase One Complete



-Photo by Paige Gnnan

Members of the Balfour Beatty Communities, Naval Station Mayport Executive Officer, Cmdr. Mike Watson, and CMDCM Debra Davidson stand with new residents CWO2 Kevin Holland, wife Lisa, and children Madison, 9, Lance, 7, and Tyler, 5. The Hollands moved into the last home accepted in Phase One of on base housing renovations. The Hollands moved into the residence from Bennett Shores West and transferred to the last ADA home. The home will also accommodate their daughter who has cerebral palsy.

## Energy Project Equals Savings

From Naval Facilities Engineering Command Southeast Public Affairs

Naval Facilities Engineering Command (NAVFAC) Southeast awarded a Utility Energy Services Contract (UESC) July 1 for work to be done at Naval Station (NS) Mayport that will provide an annual energy cost savings of \$100,000.

"This project is just one example of several energy conservation initiatives that we are currently working on," said Capt. Aaron Bowman, NS Mayport commanding officer. "We look forward to finding ways of reducing operating costs while continuing to pursue energy reduction policy initiatives."

The project, valued at \$904,000, was awarded to Peoples Gas of Tampa, Fla. and will reduce electrical energy usage by providing lighting retrofits at the water and wastewater treatment plants; water plant variable frequency drives and new motors for pumps; and wastewater plant positive displacement blowers and auto-

See Energy, Page 3

## Chaplain's Corner

Who can forget the remarkable exploits of Lucy and Charlie Brown? In one classic encounter we find Lucy chasing Charlie Brown and shouting at the top of her voice: "I'll get you, Charlie Brown! I'll catch you and when I do I'm going to knock your block off!" Suddenly, Charlie Brown, who is somewhat of a philosopher and student of human behavior, screeches to a halt. He whirls around and says to Lucy "Wait a minute. If you and I, as relatively small children with relatively small problems can't sit down and talk through our problems in a mature way... how can we expect that nations of the world to..." POW!! Lucy slugged him. After hitting him Lucy said: "I had to hit



**Chaplain Joe Molina**  
CDS40 Staff Chaplain

him quick...he was beginning to make sense!"

Well, maybe just maybe, we can identify with either Lucy or Charlie Brown's dilemma. That is, as the one clobbered or the one doing the clobbering.

Indeed, winning the peace is many times more difficult than winning the war. Peace is harder to keep than war is to fight. Recorded history speaks eloquently to this reality. It is the reconstruction, reconciling process after a confrontation that can make one painfully aware of the bitterness left behind.

Troubled times bring new opportunities to rediscover an inner peace and perhaps mend torn relationships and past misunderstandings. In a world that is anything but peaceful we can set a personal standard for a life of inner peace that is characterized by a spirit of forgiveness and reconciliation. However, when it comes to finding personal peace, how do you do it? After all, peace must be internal

before it can be external.

For starters, I believe that peace must be pursued. It must be worked-at. One has to strive for inner peace. Go after it. Chase it, vigorously! Seek out reconciliation and eliminate the roots of any bitterness or inner turmoil. Even if your overtures for peace are rejected you can have the inner peace that comes from knowing that you have sincerely tried to make things right. The consequences for not pursuing this inner peace will rob you of much needed energy. Lack of inner peace will dissipate you and rob you of opportunities to develop your life in positive ways. Inner turmoil can put you in a "survival" mode and can make you bitter about life and its experiences.

When bitterness takes hold it becomes easier to rationalize choices that are immoral and unethical, and sometimes illegal. When bitterness controls our emotions we may start to walk a very thin line between the truth and a lie. We can become "double-minded" giving up long term gains and pursue immediate choices that will not produce good fruit.

A story is told of three men adrift at sea who find a bottle with a genie in it. Naturally, the genie grants each one a wish. One selects a condo in the Bahamas and the other a chateau on the Riviera. They're both granted their wish. The third man requested the following with great bitterness: "My neighbor has a goat but I am

just as good a man as he is and I have no goat. I want you to kill his goat!" Imagine that! This man faces possible death and he still struggles with bitterness in his heart. Moral of the story: Bitterness can pursue us to our deathbed.

In Robert Fulghum's excellent book **All I Really Need to Know I Learned in Kindergarten** (Villard Books, 1988), there is a timeless quotation: "Peace is not something you wish for; it's something you make, something you do, something you are, and something you give away!"

Here's an even more timeless and timely quote for times of conflict: "Make every effort to live in peace with all men" (The Holy Bible, Hebrews 12:14).

# Navy Task Force Assesses Changing Climate

By Bob Freeman

Special to American Forces Press Service

Rapidly diminishing sea ice, melting glaciers, rising sea levels, increased storm severity - all are possible consequences of a climate that mounting evidence suggests is changing significantly.

As the scientific community works to understand the changing climate, the chief of naval operations has created a task force, headed by Rear Adm. David Titley, the Navy's senior oceanographer, to better understand and evaluate its implications for maritime security.

"Task Force Climate Change was initiated ... to assess the Navy's preparedness to respond to emerging requirements, and to develop a science-based timeline for future Navy actions regarding climate change," Titley explained in a July 28 interview on Pentagon Web Radio's audio webcast "Armed with Science: Research and Applications for the Modern Military."

"Because the Arctic is chang-

ing faster than any other place on the planet, our first deliverable will be a strategic roadmap proposing actions for the Navy regarding the Arctic region," Titley said.

This may include an assessment of how maritime strategy applies to the Arctic region, potential improvements in infrastructure, and recommended investments in force structure and capabilities to prepare for the challenges presented by the changing climate, he explained. Titley was interviewed while staying in Barrow, Alaska, the northernmost city in the United States, located 350 miles north of the Arctic Circle, where he was joining Rear Adm. Nevin Carr, chief of naval research, for a visit to the Coast Guard Cutter Healy, an icebreaker supporting scientific research in the Arctic Ocean. The visit was intended to observe retrieval of several bottom-moored buoy sensors funded by the Office of Naval Research.

"Observations from these buoys will give us a better

science-based and fact-based understanding of what is going on in the Arctic," Titley explained.

Global climate change may present many challenges to national security, Titley said. Rising sea levels from the melting of glacial and sea ice are of specific interest to the Navy due to the coastal location of many of its bases. "We need to understand what it will take to protect these valuable investments," he said. Increasing ocean temperatures may compound the problem.

"As the ocean temperature warms, thermal expansion may be a significant ... and underestimated component of sea level rise," Titley commented.

"We are also very interested in the distribution of extreme weather events," Titley said, explaining that while the mean global temperature may be rising, some regions may experience extreme heating while others are seeing colder-than-normal temperatures.

Titley explained that changing ocean currents and precipi-

tation patterns may produce regional droughts and floods that could have severe consequences for stressed and poor populations, who have the least ability to adapt to a quickly changing environment. "This could result in an increased potential for large-scale humanitarian assistance and disaster relief efforts," he noted. The Arctic already is experiencing dramatic changes.

"Since satellite observations began in 1979, we have seen a 40 percent decrease in perennial, or multiyear, sea ice," Titley said.

This decline in sea ice, he added, is opening up the Arctic for more human activity, including resource exploration and ecotourism in the near term, and the potential for increased commercial shipping and fishing in the decades to come. "As the climate changes and the sea lanes start to open, the United States Navy has a role to play in maritime security, working with our Coast Guard and international partners to ensure the sea lanes remain open and

navigation is free for all," Titley said. Titley discussed the intricate dynamics of ocean currents influencing the changes that are occurring in the Arctic.

"The more I learn about the complex Arctic environment," he said, "the more I realize that we still have significant aspects of the basic oceanography to understand before we are going to be able to accurately forecast and model these interactions."

The Navy has a long history of polar operations, Titley noted, and the earliest indications of decreasing ice thickness were reported by Navy submarines in the 1990s. Since then, he added, the Navy has funded various scientific studies there in collaboration with other federal agencies and numerous partners in the world of academia and research. Titley pointed out that another example of collaboration is the National Ice Center, a joint operation among the Navy, the National Oceanic and Atmospheric Administration and the Coast Guard. The center charts sea ice worldwide for

safety of navigation and operations, and their measurements have been crucial to quantifying the changes that are occurring in the Arctic, he said. Titley said the Navy has many assets that can assist in understanding the changing climate. From a wide array of data-gathering sensors and platforms to supercomputing facilities that process the data and create predictions, Navy assets continuously work to provide comprehensive knowledge of the physical environment.

"The naval oceanography program exists to provide environmental information to the operating fleet, allowing it to operate more safely and effectively," Titley said. "I like to say that we are operating in nature's casino; I intend to count the cards," he quipped.

(Bob Freeman works in the Office of the Oceanographer of the Navy.)

# Navy ERP Program Takes Major Step Forward

By Bob Coble

Navy Enterprise Resource Planning Program

The Navy's Enterprise Resource Planning (ERP) Program reached another successful milestone with the completion of the evaluation of the Follow-on Operational Test Agency Evaluation Report (OT-DIA).

The purpose of this report was to assess the operational effectiveness and operational suitability of Navy ERP System Release 1.0 to provide a fielding recommendation.

"Navy ERP System Release

1.0 is operationally effective and operationally suitable and I recommend full fielding in accordance with the current schedule" said Rear Adm. David Dunaway, commander, Operational Test and Evaluation Force (COMOPEVFOR).

The Department of Defense Operational Test and Evaluation office concurred with the COMOPEVFOR finding in a subsequent memorandum to the Under Secretary of Defense for Business Transformation.

The Navy ERP system standardizes and modernizes the Navy's business practices. It

provides commanders a significantly enhanced visibility into financial, program, workforce, and material management information across their areas of responsibility. The Navy ERP system is currently being used by more than 35,000 individuals in three major Navy systems commands.

The Naval Air Systems Command and the Naval Supply Systems Command are currently operating their business activities using Navy ERP as their financial system of record. The Space and Naval Warfare Systems Command

is using the system for training and preparation for an Oct. 1, Go-Live. The current Navy program of record calls for the SPAWAR implementation to begin October 2009, and the Naval Sea Systems Command implementation to begin October 2010.

"This evaluation is a major step forward for the program and the Navy," Dr. Jennifer Carter, Navy ERP program manager. "What has been a promise in development for several years is now an operating, functioning management system that is saving money

and providing better information right now to Navy commanders so they can efficiently provide the support Navy warfighters must have. These benefits will continue to increase as we implement the system in more Navy commands."

When the current deployment scheduled is complete, the Navy ERP system will support more than 64,000 users and be used to manage more than 53 percent of the Navy's total obligation authority, the money it is authorized to spend. The Navy directed the implementation of an ERP system as part of efforts

to transform its business affairs to more efficiently support warfighter readiness, part of the Navy's maritime strategy. ERP systems integrate management functions enabling all aspects of a business operation to use the same information, aligning activities and speeding information availability.

The Navy ERP program is part of the portfolio of the Program Executive Office for Enterprise Information Systems.

# What The Navy Wants You To Know Before You Go

By MCC(SW) Maria Yager

Navy Personnel Command Public Affairs

The Navy announced the establishment of the Career Transition Office (CTO) July 30 to assist Sailors transitioning between the Navy's active and Reserve components.

"The overall goals of the Career Transition Office are to ease the transition of personnel into active duty and Reserve billets, decrease transition processing times and error rates, and increase Reserve affiliation among qualified Sailors leaving active duty," said Vice Adm. Mark Ferguson, chief of naval personnel.

The CTO was established under the Navy's continuum of service initiative. It is designed to develop flexible service options to meet Sailors individual career objectives.

"The Navy Reserve offers excellent opportunities for Sailors to continue their Navy careers while pursuing their goals in the civilian world. By reaching out to those Sailors leaving active duty, the Career Transition Office will help them make informed decisions about the options available to them in the Navy Reserve. Navy Reservists often claim they have the best of both worlds," said Vice Adm. Dirk Debbink, chief of Navy Reserve.

According to NAVADMIN 229/09, the first of three spirals is to be phased in over the

next 14 months. The CTO is focusing on the 1,700 officers who depart the Navy annually. The CTO seeks to increase the number of departing officers who affiliate with the Reserves which will further fortify the Reserve component with experienced Navy veterans.

Spiral two will address enlisted personnel transitions, integrations with Career Management System Interactive Detailing and Sailors separating due to Perform to Serve. Spiral three will address Reserve component to active component flow.

"We are reaching out to officers every day. We talk to officers in Iraq, Japan, Germany, and on deployment at sea. Regardless of where you are in the world, we can help you," said Ensign Andrea Fallas, a Reservist recalled to work as a transition assistant assigned to the CTO.

Benefits for Reserve affiliation include inexpensive medical and dental coverage for Reservists and their families, up to a \$20,000 Reserve reenlistment bonus, up to \$75,000 in special pay for officers, and additional training if rating conversion is offered. Reservists also maintain base MWR, exchange and commissary privileges.

Additionally, Sailors departing after six years of active duty who are eligible for the Post-9/11 GI Bill may be eligible to transfer education benefits to their spouse or children by incurring and completing the

four-year additional Armed Forces service requirement in the Navy Reserve.

The Navy Reserve offers a two-year deployment deferment for Sailors who join the reserve within six months of leaving the

active component. Sailors who affiliate with the reserve after six months, but within one year of leaving active duty, qualify for a one-year deferment from involuntary mobilization.

Future program plans for

the CTO include managing all enlisted personnel by directing active to reserve transitions, centralizing administrative actions in processing and streamlining non-mobilization Reserve-to-active-duty transi-

tions. For more information, read NAVADMIN 229/09 and visit the CTO Web site at <http://www.npc.navy.mil/CareerInfo/Transition/>.



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# FRCSE AIRSpeed Working Toward Intermediate-Depot Merger

By AT2 (AW/SW) Reche  
Public Affairs Office

Fleet Readiness Center Southeast (FRCSE) continues on the cutting edge of improvements in aircraft maintenance repair and overhaul with the recent merging of six work centers.

In December 2006, Aircraft Intermediate Maintenance Departments (AIMD) and Naval Aviation Depots were combined into one organization, known as FRCSE, merging depot-level artisans and intermediate level Sailors into one all-star force for aviation maintenance.

In the past, AIMDs or Level II repairs were handled predominantly by Sailors because it mainly involved repairing relatively minor repairs on components, and the Depot level, which is essentially the deepest and most attentively detailed level of maintenance, was handled by civil service and civilian contractors, most of whom are former service members. As a result of the integration, Sailors and civilians are now working side-by-side to provide comprehensive aviation maintenance for Warfighter readiness.

FRCSE continues to improve as a result of the integration and leads the way in organizing the methods in which repairs are performed, and increasing in maintenance capacity and capabilities.

The most recent merger of Avionics, Hydraulics, Production Control, and Supply, allows Sailors and artisans to continually improve on their collaboration of redefining naval aviation maintenance for the benefit of the Warfighter.

"Combining these shops couldn't happen overnight," said Sara Branch, an Electronic Mechanic Work Leader. "As you can imagine, we've faced a few obstacles. There were sev-

eral factors to consider before implementation, including policy changes, cultural and organizational differences, and budgets," she continued.

Many of the successes at FRCSE can be attributed to using the continuous process improvement methodology known as AIRSpeed.

The process was used for this current project to minimize and eliminate difficulties, and improve turn around time and

repair efficiencies among the shops. By restructuring under this program and merging the work centers, it allowed FRCSE to combine assets that perform the same functions into one area, making way for more effective use of time and manpower. The overall objective is to provide a sharp reduction in maintenance time and cut excessive costs. This has proven very beneficial for the command as it allows an accurate

deadline for finishing scheduled work based on customer demand.

"We are half way moved in and ready at the Depot," said Lieutenant Commander Win Peregrino, Hangar 1000 Airspeed Division Officer. "The Hydraulics shop has moved into its new space, and with the exception of a few electrical issues, has gotten situated rather quickly," he continued.

According to Peregrino, the

Avionics shops are relocating between Hangar 1000 and Building 101U. "Our charter mandates that we complete all moves by October, and I am pleased that we are ahead of schedule," says Peregrino.

The merger provides a better balance, not only in manpower, but customer satisfaction. Thanks to the dedicated workforce at FRCSE, the future of naval aviation is bright.

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## Energy From Page 1

mated aeration controls.

Many of the existing lighting fixtures in these buildings utilize older fluorescent and incandescent technologies. Retrofitting these fixtures with compact fluorescent light (CFL) bulbs and new ballasts will increase lighting efficiency, reduce energy consumption and provide improved working conditions for system operators.

Operational efficiencies will be obtained at the Water Treatment Plant by installing variable frequency drives (VFD) and new motors for the existing pumps. The existing configuration of the pumps are either "on" or "off," which require approximately five to seven times the normal current as the motor gains rotational speed. This configuration creates excessive electrical demand and motor-winding heating. VFDs permit the pumps to operate at slower speeds. Since slower speeds equate to lower capacities, the pumps can be adjusted to maintain the distribution pressure at a more consistent pressure.

Operators of the wastewater treatment plant currently use manual methods to control the level of dissolved oxygen (DO) in the aeration tanks. This method of operation is labor intensive and much less responsive to changing conditions in the treatment process. Installation of a more efficient VFD-controlled blower and motor, and automating the DO controls, will enable the operators to maintain DO concentration levels within tighter control limits and thus improve plant efficiency and effluent quality.

"This project is just one more example of the leadership, dedication and hard work involved to implement our regional commander's energy conservation priorities and national energy policy reduction goals," said Ralph Crist, Public Works Department Mayport Utilities and Energy supervisor.

Upon construction completion, the Navy will see a reduction of 3,900 million BTUs and will contribute to the reduction of greenhouse gas emissions by eliminating 16.4 pounds of methane, 790 tons of carbon dioxide and 2,800 pounds of nitrogen oxides per year.

The expected completion date for all work on this contract is January 2010.

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# Getting Back To School

## Jax Principals Tour Mayport

By Seaman Daleth Darrington

Contributing Reporter

Nine principals, one Duval County School board member, and one U.S. Navy school liaison officer from Jacksonville and one U.S. Navy Regional School Liaison Officer were treated to a luncheon, and a series of tours on Naval Station Mayport and USS Halyburton. The tours gave the educators a small glimpse of what many of their student body's family members engaged in everyday.

The gathering was in support of building better ties between both the schools and the Navy, according to Naval Station Mayport Commanding Officer, Capt. Aaron Bowman.

"We are trying to better understand the Navy, and get a little information on what a U.S. Sailor is," said Debbie Appelman, assistant principal of Kernan Trail Elementary.

School administrations represented during for the tour event included Alimacani Elementary, Joseph Finegan Elementary, Jacksonville Elementary, Mayport Elementary, Mayport Middle School, Fletcher Middle School, Fletcher High School, and a member from the Duval School Board District 2 Nancy Broner. District 2 includes the Beaches and east Arlington schools.

Starting with a meet and greet with Bowman, he explained

some of the goals and missions of NS Mayport. Lunch was held at the Oasis Galley, where the guest had the chance to enjoy some of the Navy's cuisine. Guests also took a tour of the newly-renovated barracks rooms, giving them an insight on how young, single Sailors live. One of the highlights was a tour aboard Halyburton.

Crossing the brow on to the flight deck the guests were greeted by Halyburton's Executive Officer, Cmdr. Eric Lindfors, and Boatswain's Mate 2<sup>nd</sup> Class Eric Richardson. "Boats" explained some of the evolutions that took place on the flight deck.

Retired Navy officer, now Fletcher Middle School principal Don Nelson, said he knew all too well what was presented to him. He reminisced how he once landed on Halyburton while serving on active duty.

The tour then followed up to the boat deck, then to the foc's'le where Mayport Middle School Principal, retired Air Force officer Katrina McCray, said she enjoyed the information being presented. The tour then ended in the Wardroom, where they had the chance to talk with Lindfors about Navy life aboard a ship.

"One of our goals is to make sure that all students have the same opportunities during their time in the school system,"



Boatswain's Mate 2<sup>nd</sup> Class Eric Richards of USS Halyburton explains evolutions performed on the foc's'le to a tour group of area Duval County school principals. The principals spent the day at Naval Station Mayport talking with Sailors to get a better understanding of the needs of military families.

-Photo by SN Daleth Darrington

said Bowman. Dozens of kids that have military parents are not likely to spend most of their required 12 years of school in the same school system.

"Family is the most important," added Appelman.

Appelman explained some of the different ways that parents abroad keep in touch with their children with the help of the schools.

"Blogging is a helpful way

for parents to keep in tune with what is being instilled in the children," she suggested.

She also explained one devoted parent stationed in Bahrain often called the school during school hours to get up to date progress reports on his child. Considering that Duval County is home to two major Navy bases, most schools are prepared to cope with deployments, homecomings, and constant transfers.

"Last year we did a survey on the families in our school and out of about 1,000, 100 are associated with the military," said Principal Kathy Stalls of Alimacani Elementary.

Stalls also mentioned how her school is associated with HSL-48. Throughout the year, military personnel from the squadron come and help out with mentoring programs. In

November, the squadron participates in the school's Veterans Day ceremony, including a helicopter flyover and display.

The day was a success and the educators got a good idea on what is behind the gates. The ongoing goal is to continue to build stronger ties between the military and the education system and to remember that "Family" is important, the principals agreed.

## New Base School Liaison Officer Advocate For Military Students, Parents

By Paige Gnann

Editor

Have a child going to school and you don't know who Judith Cromartie is?

You should get to know her. Cromartie is the new School Liaison Officer (SLO) for Naval Station Mayport and it's her job to be an advocate for the military parent and students.

A 42-year veteran of the Duval County Public School system, Cromartie came to Naval Station Mayport on June 1 to provide a link between the base and the school systems of the surrounding counties, including Duval, St. Johns, Clay and Nassau.

Her background includes 27 years as an English teacher, six years as a school counselor at Mandarin High School and nine years as District Supervisor for Guidance with the Duval County School Board.

"I started with the Navy on June 1, because I knew that there would be a lot of parents



Judith Cromartie  
School Liaison Officer

that needed information for the upcoming school year," she said.

As a SLO, Cromartie is supposed to be a link between the base, military families and local schools - including public, private, home schools and online schools.

The role of a SLO is to act as primary advisor to the command on matters relating to schools, serve as an expert on education issues for youth and parents as well as help develop solutions with schools to overcome hinderances, according to the SLO pamphlet. Those hinderances could include special education, state requirements, graduation requirements, course sequencing, school schedules, deployment support, extracurricular activities, record transfer and school quality.

"I just try to hook people up and help with whatever they are having a problem with," she said. "It could be transportation or free back packs."

The role of a School Liaison Officer is also a role Cromartie said she is thrilled to fill.

"When I was working for the school board, I was always known as an advocate for the parent and children," she said. "Now I have a new client and it's the military child and making sure they receive equitable access and services [to education]. I think I've died and gone to heaven. This is what I enjoy doing."

A lot of the questions that Cromartie has answered so far include what a parent needs to do to enroll their child for the upcoming school year. She said a great tool for any military parent to access is Duval County School Board website, [www.duvalschools.org](http://www.duvalschools.org). Military OneSource is another great website, she said. That web address is [www.militaryonesource.com](http://www.militaryonesource.com).

"A lot of initial questions can be answered there," Cromartie said. But she is always just a

phone call away - even for a parent who might still be transferring from San Diego, Calif.

"I can lead them in the right direction," she said. "If they are concerned with the school system or their child won't get certain services, I can help them."

To speak with Cromartie, or to find out more about the SLO program, call her 270-6289 ext. 1305; email [judith.cromartie@navy.mil](mailto:judith.cromartie@navy.mil).

Cromartie will hold an upcoming child and youth programs parent workshop at the Youth Activities Center at 6:30 p.m. on Sept. 29. The workshop will be "The College Admission Process." Parents can learn what schools offer and what they are really like. Get answers to questions such as, "What majors/programs are offered?" "What is the admission criteria, like SAT, ACT and high school GPA?" "How much does it really cost?"

## Officials Urge Parents To Check Students' Immunization Records

By Samantha L. Quigley

American Forces Press Service

Department of Defense Education Activity officials are reminding parents to review their children's immunization records to ensure they're up to date by the first day of the school year.

"Updating students' immunizations is an important part of back-to-school preparations," said Mary Patton, chief of the activities' Pupil Personnel Services branch. "We want all students to be ready to learn, and in order for them to be ready to learn, they need to be healthy."

"Requiring children to be immunized protects the rest of the school, and the staff and other families as well," she added.

All the usual childhood vaccinations are required including those used to protect against measles, mumps and rubella, polio and diphtheria, tetanus

and pertussis.

The DoDEA Immunization Requirements Form, available on the activity's Web site, includes a list of required immunizations for students enrolled in an activity school.

"The one vaccine that we don't require right now ... is the HPV [to prevent] cervical cancer," Patton said. "The reason for that is pretty simple. It's not a communicable disease in schools."

If a school nurse notifies a principal that a student is not up to date on immunizations, the principal will send a letter to the student's parents informing them. Students won't be allowed to attend school until they have received the needed immunizations or an appointment is scheduled to receive them.

Military treatment facilities provide students with needed immunizations, and parents can coordinate with their child's

physician to obtain the required vaccinations prior to the start of the school year. If required vaccines are temporarily unavailable, the military treatment facility will notify the school superintendent, and students will be allowed to attend school until the vaccine becomes available.

Students may attend school without being immunized due to religious beliefs.

"Parents can write a letter," Patton said. "They don't have to give us their religious beliefs, but [just say] that they do believe it is against their religion."

The minute there's an outbreak of anything, though, children who have not been immunized have to be sent home, she added. The same is true of those children who have a medical waiver for immunizations, Patton said.

## Registration In Progress For Fall Before, After School Care With MWR

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.

### Galley

Galley will also start serving speedline items on the patio for Sailors that are in PT gear who could not normally come inside the Galley.

And when football season gets into full swing, don't be surprised to see a Culinary Specialist wearing his or her favorite team jersey or ball cap. It's another new item the Galley is bringing to the table - atmo-

sphere.

"Atmosphere makes a big difference," Miller said. "We want the Sailors to feel comfortable, want to come in to the Galley."

Miller said his team is planning to go all out decorating the Galley for college and professional teams.

And the ideas don't stop there. Miller said he is con-

stantly looking from input from his Galley team and its patrons. He is holding a food show next month for customers to be introduced to possible new menu items, as well as looking for participants with the monthly Menu Review Board.

To find out more, or to participate in the board, contact Miller at 270-5373.

From Page 1

## USS Hue City Hosts Tigers For Day



-Photos courtesy of USS Hue City  
Damage Control Fireman Thiele off USS Hue City helps a tiger put on Fire Fighting Ensemble. The ship hosted a recent tiger cruise for family members.

Damage Control Fireman helps a tiger get fitted for a Fire Fighting Ensemble.



Damage Control Fireman helps a tiger get fitted for a Fire Fighting Ensemble.

Capt. A. W. Swain offers advice to the Navigator and Chief Engineer on how to prepare the barbecue chicken.

## Capt. Scott Speicher Search Details Announced



U.S. Marine Corps Photo  
Marines from Task Force Personnel Recovery (TF MP) of Multi-National Force-West conduct recovery efforts at the crash site of U.S. Navy Capt. Michael Scott Speicher, whose F/A-18 was shot down over Anbar province, Iraq, Jan. 17, 1991.

Marines from Task Force Personnel Recovery (TF MP) of Multi-National Force-West conduct recovery efforts at the crash site of U.S. Navy Capt. Michael Scott Speicher, whose F/A-18 was shot down over Anbar province, Iraq, Jan. 17, 1991.

From the Department of Defense  
The Navy announced Aug. 7 additional details regarding the recent discovery of the remains of Navy Capt. Michael "Scott" Speicher in Iraq.

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.

Acting in part on information provided by an Iraqi citizen in early July, Multi National Force West's (MNF-W) personnel recovery team went to a location in the desert, which was believed to be the crash site of Speicher's jet. The Iraqi, a Bedouin, was 11 years old at the time of the crash and did not have direct knowledge of where Speicher was buried but knew



Marines from Task Force Personnel Recovery (TF MP) of Multi-National Force-West conduct recovery efforts at the crash site of U.S. Navy Capt. Michael Scott Speicher, whose F/A-18 was shot down over Anbar province, Iraq, Jan. 17, 1991.

of other Bedouins who did. He willingly provided his information during general discussion with MNF-W personnel and stated he was unaware of the U.S. government's interest in this case until queried by U.S. investigators in July.

The Iraqi citizens led MNF-W's personnel recovery team to the area they believed Speicher was buried. The area where the remains were recovered was located approximately 100 kilometers west of Ramadi, in Anbar province. There were two sites that teams searched. One site was next to the downed aircraft that was discovered in 1993, and the other site was approximately two kilometers away. The second site was where Speicher's

remains were recovered.

The recovery personnel searched two sites July 22-29. The personnel recovery team consisted of approximately 150 people, mostly Marines and other forces under MNF-W.

The recovered remains include bones and multiple skeletal fragments. Based on visual examination of the remains and dental records at the site, a preliminary assessment was reached that the remains were that of Speicher. After searching the site another day, no further remains were recovered.

On July 30, the remains were turned over from the recovery team to MNF-W mortuary affairs at Al Asad. The remains were then transported to Dover

Port Mortuary at Dover Air Force Base, Del. They were examined by the Armed Forces Institute of Pathology's (AFIP) Armed Forces medical examiner who positively identified them as those of Speicher Aug. 1.

Positive identification by AFIP was made by comparing Speicher's dental records with the jawbone recovered at the site. The teeth were a match, both visually and radiographically. AFIP's DNA Lab in Rockville, Md., confirmed the remains to be Speicher on Aug. 2 via DNA comparison tests of the remains by comparing them to DNA reference samples previously provided by family members.

# MWR Happenings

**Aug. 13: CPO Social Hour (Right Hand Man/Boss's Night).** 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.

**Aug. 13: Karaoke Night.** 8 p.m.-12 a.m. at Castaway's Lounge. All Hands welcome. (Free) 270-7788

**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. 14: Summer Outdoor Movie (Daddy Day Camp, PG).** 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. 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. 16: 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. 18: Indoor 3 V 3 Soccer Meeting.** 11 a.m. in the Gym lobby. 270-5451

**Aug. 18: CPO Selectee Steak Night.** 4-8 p.m. at Foc'sle CPO Club. Steak dinner \$10; kid's hotdog meal \$3. Tickets must be purchased in advance. All hands welcome. Deadline is 4 p.m. Aug. 17. Contact AWRC Jon Abell for tickets at 850-748-5941.

**Aug. 20: CPO Social Hour (Spouse/Better Half Night).** 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.

**Aug. 25: Deadline for Dusk to Dawn Softball Tournament.** Tournament is Sept. 4 starting at 6 p.m. until dawn Sept. 5. Cost is \$225 per team. Register at the Gym. 270-5451

## Liberty Call

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

**Aug. 13: Karaoke Thursday.** 8 p.m.-12 a.m. every Thursday at Castaway's Lounge. (Free)

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

**Aug. 15: Texas Hold 'Em Tournament.** 6 p.m. at Castaway's Lounge. (Free)

**Aug. 16: Beach Clean-Up**

**Volunteer Opportunity.** 8:45 a.m. Call 270-7788 for details.

**Aug. 17: Barracks Break In.** Free food and a movie in the lounge of Barracks Bldg. 2105 starting at 6 p.m.

**Aug. 18: Free Nacho Day.** 6 p.m. at Planet Mayport (FREE, while supplies last).

**Aug. 20: Jacksonville Suns Baseball Game.** 6:15 p.m. departure from Planet Mayport. (Free)

**Aug. 21: Comedy Zone Trip Featuring Pauly Shore.** 6 p.m. departure from Planet Mayport. Cost is \$15. Sign up early. Space is limited.

**Aug. 22: Kayaking Trip.** 7 a.m. departure to Guana

Reserve. Cost is \$35. Sign up at Planet Mayport.

**Aug. 23: Deep Sea Fishing Trip.** Cost is \$65. Call 270-7788 for trip departure time.

**Aug. 24: Drowning Pool Concert.** Drowning Pool, Cold, Andy Griggs and Colt Ford performing live at NAS Jacksonville. Free transportation provided.

**Aug. 25: Girls Gone Golfing.** Free girls only golf outing at Windy Harbor Golf Club. Sign up at Planet Mayport.

## Kid Zone

**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. 14: Summer Outdoor Movie (Daddy Day Camp, PG).** 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. 16: 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. 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

**Aug. 24: First Day of School.** Before and After School Care offered for grades Kindergarten through Fifth at the Youth Activities Center. Limited space remaining. 270-5680

**Aug. 29: Youth Fall Bowling Early Registration.** Register 11 a.m.-2 p.m. at Mayport Bowling Center for USBC Fall Youth Bowling League. League meets Saturdays at 10 a.m. starting Sept. 12. 270-5377 or 223-5935 (ask for Beth)

## 2009 CPO Inductee Golf Tournament



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0830 Shotgun Start  
~1330 Lunch... Jack Daniel's BBQ at the CPO Club  
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Registration Points of Contact

CMC Deb Davidson 270-5688  
deborah.davidson@navy.mil

BMC Tony Seward 270-5179 x205  
tony.seward@navy.mil

Your Hometown Morning Show



LIVE @ Windy Harbor Golf Club

## MWR Sports/Fitness

### Sports

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  
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 Spinning  
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

## Mayport Cruisers Bowl To Win

From MWR Bowling Center  
The Mayport Cruisers Youth Bowling League traveled to Port St. Lucie in June to participate in the 44<sup>th</sup> Florida State USBC Youth Tournament.

The Cruisers had 40 bowlers entered in all divisions and brought home 10 awards. Jeremy Morosetti was the big winner with first and second place awards. Other winners included: Alexis Hubert, Jacob Lubas, Jazmyn Simmons, James Simmons, Paige Lyman,

Ryan Sessoms, Rashaud Sessoms and Kylie Sharp.

The Youth Winter League begins on Sept. 12 at Mayport Bowling Center with registration at 9 a.m. Participants may pre-register on Aug. 29 from 11 a.m.-2 p.m. For more information on Youth Bowling Programs at Naval Station Mayport, please call Bess Lachowicz at 223-5935.



Foster Family Services are located in Washington, D.C., N. Florida, Iowa, Nebraska, Texas and Rhode Island.

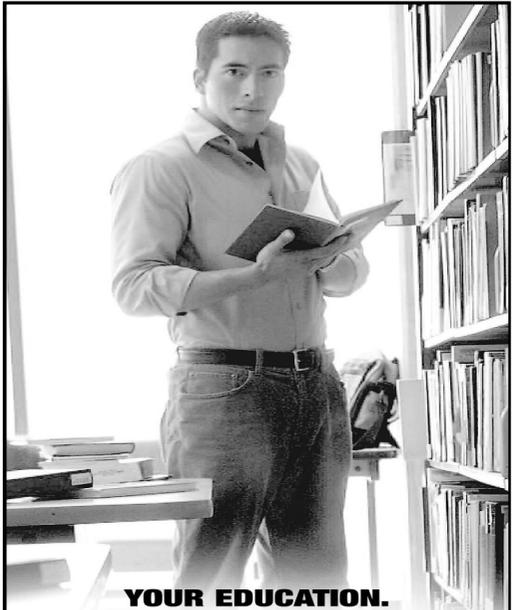
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# Officials Look To Solve Social Network Risks

By John J. Kruzel  
American Forces Press Service

As Pentagon officials weigh the benefits and risks of social networking sites such as Twitter and Facebook, they hope to craft a policy that shores up security vulnerabilities without requiring a ban.

Meanwhile, the Marine Corps has clarified its guidelines on social networking, and officials said they would consider the findings gleaned in the Pentagon policy review due out in late September.

Defense officials have said the policy review will attempt to balance the pros of social networking - such as its value for recruiting, public affairs and communication between troops

and their families - against the potential security risks they create, which include violations of operations security, network vulnerability and bandwidth drain.

Asked if the Pentagon is leaning toward a policy that doesn't require a departmentwide ban, Pentagon spokesman Bryan Whitman replied, "I think certainly it is."

"We need to do this comprehensive review, determine what the vulnerabilities are, match that against the benefits we receive from being able to use these new tools and capabilities, and then try to establish a policy that will accommodate all of that," Whitman said in an interview yesterday.

Defense Secretary Robert M. Gates is slated to receive a report on the threats and benefits of Web 2.0 tools before the end of the month, and a departmentwide policy is due in late September. Both Gates and Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, have embraced the new technologies.

The Pentagon's chief information officer is taking the lead on the review, which was prompted by concerns raised at U.S. Strategic Command, officials said. Stratcom is responsible for overseeing the use of the "dot-mil" network.

For many junior-ranking troops, Youtube, MySpace and Facebook are more than mere

diversions; they are the primary means through which young servicemembers communicate with friends and families while on deployments. They also represent avenues for recruiting efforts and dialogue between commanders and military personnel and families, Whitman said.

"So it is a part of our society; it is pervasive," he said. "But we also have to be mindful that we don't do things that will impede our ability to do our core missions here."

Concern for maintaining operations security exists in cyberspace as it does in other social arenas, Whitman said. He added that the military's operations security training regimen - which emphasizes practicing security at the source - also translates to social networking.

Whether I'm communicating over the Internet or I'm talking to somebody at a local establishment socially," he said, "I should be mindful of [operations security] and what I say, and whether or not it's going

to compromise any aspect of a military operation."

In the midst of underlying tension between social networking's pros and cons, the absence of a standing Defense Department policy has led to differing interpretations of how to mitigate threats, Whitman said.

"It's an unevenness in the way in which people have applied - locally - policies associated with how they have assessed the threat," he said. "And it reflects the tension that exists between wanting to use these social networking tools and wanting to protect our networks."

"I think that tension ... is important for us to resolve at a department level so that commanders have some guidance when they're looking at how to use these tools, as well as how to protect the networks," he added.

No departmentwide directives ban the use of social networking and other Web 2.0 applications. But the Marine Corps

block on social networks underscores the unevenness Whitman described.

Since early 2007, the Corps has blocked Marines from accessing sites such as Twitter, Facebook and YouTube through the Marine network. While Marines at home and abroad may use the sites on nonmilitary networks, only those with a waiver are exempted from the standing policy, Marine Corps officials said.

"Right now, the [Defense Department] has yet to come up with a policy on this," said Ray Letteer, senior information assurance official for the Marine Corps. "So we ... are just maintaining what has been the policy since 2007."

The Marines this week issued a statement clarifying the service's policy on social networking sites and spelling out guidelines for obtaining waivers in cases where access to such social networks is essential for a Marine's military job.

As the Defense Department strives to find the right balance in its policy, the Corps also seeks to find harmony between security concerns and the Web capabilities' legitimate use.

"We want to balance that security to protect our Marines on the network [and] at the same time start looking into using this new technology, this exciting capability of communication," Letteer said, "but do it in a way ... where we move in smartly, carefully and do it the right way the first time."

He added that the Marines also will strive to balance the Defense Department's study results with its own social networking policy.

"As with all directives from the Department of Defense, we will have to adapt and take a look at the impacts on this and be able to execute it in a way that will meet with what the [Defense Department] wants us to do," Letteer said, "and still, of course, meet our Marine Corps mission."

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# FFSC Mayport Classes Workshops Available

From FFSC

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

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.

## 'Family Matters' Blog Offers Support to Military Families

From American Forces Press Service

American Forces Press Service has launched a military blog called "Family Matters" dedicated to helping military families deal with the challenges and situations unique to a military lifestyle. The blog features tips from experts, useful resources and timely responses to comments and questions. Upcoming topics include back-to-school tips, education benefits, dealing with deployments, childcare and more. Read "Family Matters" at <http://afps.dodlive.mil/category/family-matters/>.

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 per-

sonnel 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

Learn how to do an effective job search to find the "perfect job!" Topics presented are: Career Exploration, Job Search Strategies, Resume Writing, Interviewing Skills, Self-Employment and the Federal Employment System.

Aug. 31, 6-7 p.m., **Ombudsman Assembly**, USO

Sept. 1, 9-11 a.m., **Parenting Class**, FFSC

Sept. 8, 9-11 a.m., **Parenting Class**, FFSC

Sept. 15, 9-11 a.m., **Parenting Class**, FFSC

Sept. 22, 9-11 a.m., **Parenting Class**, FFSC

## Calendar

### On Base

Wednesday, Sept. 2

Mayport Military MOPS (Mothers of Preschoolers) Invites all moms of children ages 0-5 to join us for "Life on Planet Mom" beginning Sept. 2. MOPS meets every first and third Wednesday at the Mayport Base Chapel 9:15-11:30am. Free Childcare! No fees. Come see what it's all about! For more info visit: [www.myspace.com/mayportmops](http://www.myspace.com/mayportmops)

Wednesday, Sept. 16

Mayport Military MOPS (Mothers of Preschoolers) Invites all moms of children ages 0-5 to join us for "Life on Planet Mom" beginning Sept. 2. MOPS meets every first and third Wednesday at the Mayport Base Chapel 9:15-11:30am. Free Childcare! No fees. Come see what it's all about! For more info visit: [www.myspace.com/mayportmops](http://www.myspace.com/mayportmops)

### Out in Town

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. Christ United Methodist

Church invites the community to an old-fashioned fish fry, hosted by the United Methodist Men, from 4-7 p.m. Dinners will include fish, chips, hush puppies, cole slaw, beverages and dessert. Dinners are \$7 for adults and \$4 for children ages 12 and under. The fish will be jumping onto your plates from 4-7 p.m., so meet us in front of the church to reel yours in! 400 Penman Road, Neptune Beach. Need info? Call the church at 249-5370.

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](http://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.

Wednesday, Aug. 19

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

Saturday, Aug. 22

The Jacksonville Genealogical Society, Inc., will hold their monthly meeting at the Webb-Wescott Branch Library, 6887 103rd Street, Jacksonville, FL, at 1:30 p.m. We are extremely pleased to have as our speaker Mr. James Mitchell Brown, MA. Mr. Brown's program will be "Federal-Land States and Their Land Records." These records often contain critical evidence that can be used in serious genealogical investigation. MBrown will have a powerpoint presentation and provide a detailed syllabus. For additional information please feel free to contact Mary Chauncey, (904-781-9300).

Join one of our knowledgeable park rangers at 2 p.m. for an informative talk on the natural history of sea islands and their important role in coastal ecology. The topics addressed will include beach erosion, island migration, island formation and the natural communities present on such barrier islands today. The program will take place at pavilion one on Little Talbot Island. No reservations

are necessary and the program is free with regular park admission. 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](http://www.FloridaStateParks.org).

The Fleet Reserve Association Branch 289 is hosting a Spaghetti Dinner from 5-8 p.m. at the Branch Home at 390 Mayport Rd. The menu will include garlic bread and salad. A donation of \$8 is requested for each dinner. Carry out orders are accepted. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. The public is always invited to dinner. Starting at 9 p.m. the music of Bill Bissonett will entertain until 1 a.m.

Monday, Aug. 24

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.

Saturday, Aug. 29

The Ladies Auxiliary of the Fleet Reserve Association, Unit 290, will host a bus trip to the gambling ship at Port Canaveral, Fla. The bus leaves the Fleet Reserve Home, 390 Mayport Rd., promptly at 6:30 a.m. The cost is \$43 per person, and includes transportation to and from the Port, snacks and drinks on the bus, and the fare on the ship. Payment must be made in advance, on or before Friday, Aug. 21. Please call Ruth Tenn at 249-0931, or tick-

ets are available at the Fleet Reserve Branch Home.

Sunday, Aug. 30

Join a park ranger at 2 p.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission. 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](http://www.FloridaStateParks.org).

Saturday, Sept. 5

Join a park ranger at 2 p.m. and learn about the life-cycle of the sea turtle and the importance of these creatures. The program will take place at pavilion two on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Sunday, Sept. 13

Join a Park Ranger at 10 a.m. for a leisurely paced hike to discover the island, natural communities. Participants are encouraged to bring bug spray and bottled water. This program

will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

Sunday, Sept. 20

Join a park ranger at 2 p.m. for an intriguing presentation and gain insight into the spider, world. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Sunday, Sept. 27

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



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# USS Carney Sailors Fly With VP-30



-Photo courtesy of USS Carney

Carney Sailors enjoy a flight with the VP-30 "Prosnest" training squadron.

## Single-Coat, Rapid-Cure Tank Coating Authorized

By Frank Shay

Naval Surface Force U.S. Atlantic Fleet Mechanical Engineer

Thanks to the approval of a single coat paint system now authorized for use Sailors will spend less time performing the challenging and decidedly un-fun task of painting tanks and voids. The new system also cures faster than previously used systems, requiring less down time for the spaces in question.

In the past, ultra-high solid coating systems used in tanks and voids required a three-coat system (i.e., prime, stripe, and top coats) taking about 24 hours between coats and seven days for final curing before they could be placed back in service. The total time could be 10 or more days.

That process added a significant

amount of time to already tight production schedules and increases costs due to manpower, dry dock time, materials, equipment, application supplies, inspection and rework. Missed overcoat windows and loss of adhesion between coats can lead to failure. The current process slows production and is costly to the shipyards and the Navy.

The new single-coat, rapid-cure tank coating system combines the three coating steps (prime, stripe, and top coats) into a single evolution. Application during a single coating evolution in a tank, the cure time is four hours before touch-up and eight to 24 hours before service. Tanks coated with single-coat, rapid-cure technologies are ready for service within 48 hours after the

initial application, thus drastically reducing production time. Time in dry dock will be greatly reduced, and manpower and material costs will be minimized.

Single coat has been authorized in accordance with NAVSEA 05P letter 05P/294 of 11 Sept 08 - Technical Authorization to Install "Single Coat" Paint Systems on New Construction and In-Service Ships and Submarines, NAVSEA 05P letter 05P/416 of 11 Dec 08 - Technical Authorization to Install "Single Coat" Paint Systems in Fuel Tanks and Compensating Fuel Tanks on New Construction and In-Service Ships and Submarines and NAVSEA Standard Item 009-32, FY10 CH-1, dated March 9, 2009.

By Ensign Emily Rhatigan  
USS Carney PAO

Four USS Carney (DDG 64) Sailors had a unique opportunity to cross-deck for the day and enjoy a flight in a P-3 Orion, hosted by the VP-30 "Prosnest" training squadron.

Carney routinely trains with P-3 Orions while conducting anti-submarine warfare training missions, and Ensign Ryan Branham, Ensign Patrick Amundson, Sonar Technician 2nd Class Nathan Dunlap, and Operations 2nd Class Kevin Boxer were the lucky Carney

Warriors to observe the anti-submarine warfare platform from a new angle. The flight was especially

pertinent training for Boxer, who is one of Carney's Anti-Submarine Tactical Air Controllers (ASTAC). As an ASTAC, OS2 Boxer controls the anti-submarine air assets under Carney's tactical control, including the employment of weapons and sonobuoys on board P-3 Orions, as well as SH-60B Seahawks.

Boxer had an "amazing experience. It was fascinating to get the viewpoint of the pilot in the cockpit and to see how they line up on the runway for landing."

In addition to the cockpit, Boxer surveyed other stations in the P-3 to observe all the different jobs of the flight crew, including radar operation, nav-

igation, tactical coordination, piloting, acoustic operation, sonobuoy handling, electrician, and engineer.

Boxer noted that, much like Carney, the P-3 "requires many people doing various tasks to come together as one."

After flying with the P-3, Boxer is better equipped to control and direct its anti-submarine warfare capabilities.

"I'm a better ASTAC now because I have a better understanding of how P-3 personnel operate," he said.

"I am better prepared to give the flight crew the most pertinent information that will enable both them and us to complete the mission."



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## NAVSO Hosts Reserve Admiral



-Photo courtesy of COMUSNAVSO

Commander, Navy Reserve Forces Command, Rear Adm. (lower half) John G. Messerschmidt, center, visits with Capt. Al Collins, Chief of Staff, U.S. Naval Forces Southern Command (NAVSO), U.S. 4<sup>th</sup> Fleet, left, and Capt. Gregory S. Parker, NAVSO, 4<sup>th</sup> Fleet Maritime Operations Center implementation director, right, during a visit to Naval Station Mayport. Messerschmidt also met with Jacksonville-based operation support officers and staff members from Commander, Navy Region Southeast, NAVSO, 4<sup>th</sup> Fleet, Maritime Expeditionary Security Squadron (MSRON) 10, and Destroyer Squadron (DESRON) 40 to discuss reserve support issues.

## NAVSO Says Goodbye To SEA



-Photo courtesy of COMUSNAVSO

Capt. Al Collins, Chief of Staff, U.S. Naval Forces Southern Command (NAVSO), U.S. 4<sup>th</sup> Fleet, right, congratulates Senior Chief Quartermaster (SW/AW) Kevin L. Clark, NAVSO, 4<sup>th</sup> Fleet's Senior Enlisted Advisor (SEA) after presenting him with the Meritorious Service Medal during Clark's end-of-tour award ceremony. Clark was awarded the Meritorious Service Medal for his service as the command's first SEA, where he represented the command's enlisted personnel needs to the commander. NAVSO, 4<sup>th</sup> Fleet appointed Clark to SEA to fill in for the command master chief, who frequently travels throughout Latin America. Clark is scheduled to report aboard the Mayport-based guided-missile cruiser USS Hue City (CG 66) for his next assignment.

# Fourth Fleet FLO Has Ties With Endeavor Crew

By MCI(SW)  
Holly Boynton

U.S. Naval Forces Southern Command/  
U.S. 4<sup>th</sup> Fleet

Capitan de Fragata Augusto Ganoza, Armada de Peru, Foreign Liaison Officer at U.S. Naval Forces Southern Command (NAVSO) and U.S. 4<sup>th</sup> Fleet, shares a special connection with the Endeavor mission that launched July 31.

Ganoza, a Peruvian naval officer currently stationed in Jacksonville, Fla., attended the U.S. Naval Academy from 1989 to 1993.

For three of his four years at the Academy, Ganoza shared a room with Cmdr. Chris Cassidy, currently in space onboard

the shuttle Endeavor. Cassidy served as a Navy SEAL for 10 years before joining the space program.

"He is just in the beginning of a wonderful career serving this country," said Ganoza. "He did as a Seal and now as an astronaut."

Ganoza recalls his surprise and pleasure at reconnecting with Cassidy after many years. Ganoza returned to Peru following his graduation from the Naval Academy and only recently returned to the United States.

"It is incredible how far is he getting on his life and how life brought us together again during my tour here in

Jacksonville," Ganoza explains. "We found ourselves as Commanders now and it seems just not so long ago that we were mids at the Academy. We just spent several days visiting Chris's family and seeing again my company classmates during the launch attempts. It was so rewarding to see them all and especially Chris's family."

NAVSO and 4<sup>th</sup> Fleet have liaison officers from Brazil, Chile, Colombia, Ecuador and Peru on staff who act as subject-matter experts for their respective navies and provide feedback and guidance critical to the success of NAVSO's many exercises and operations with partner nations.

As the Navy component command of SOUTHCOM, NAVSO's mission is to direct U.S. naval forces operating in the Caribbean, Central and South American regions and interact with partner nation navies within the maritime environment.

Operations include counter-illicit trafficking, theater security cooperation, military-to-military interaction and bilateral and multinational training. U.S. 4<sup>th</sup> Fleet is the numbered fleet assigned to NAVSO, exercising operational control of assigned forces.

U.S. 4<sup>th</sup> Fleet conducts the full spectrum of maritime security operations (MSO) in sup-

port of U.S. objectives and security cooperation activities

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# Navy Region Southeast Announces 2009 Iron Chefs



-Photos by MC1 Rebecca Kruck  
Food Network Chef Robert Irvine gives Culinary Specialist 2nd Class Andre Keith, assigned to Naval Hospital Jacksonville, pointers during the cooking portion of the 2009 Commander, Navy Region Southeast Iron Chef Competition at Naval Air Station Jacksonville. Keith's team took second place during the competition.

By MC1(SW/AW) Rebecca Kruck

Naval Air Station Jacksonville Public Affairs

Naval Air Station Jacksonville's Flight Line Café hosted an iron chef competition July 30 for six culinary specialists teams from various Command Navy Region Southeast installations.

Teams from Naval Station Mayport, Naval Air Station Jacksonville, Naval Submarine Base Kings Bay, Naval Hospital Jacksonville, Naval Base Guantanamo Bay, Cuba and Naval Construction Battalion Center (NCBC) Gulfport participated in the competition.

Robert Irvine, a Food Network chef and a judge for the competition, judged the teams on work ethic, ingredients, presentation and dish taste.

"The Navy does such an amazing job of training their culinary specialists and putting them through the [American Culinary Federation] program," said Irvine. "Anybody that comes out of the service has a discipline, they have the focus

and they have the training. If someone came up to me and said I was a culinary specialist in the Navy, they would be hired on the spot."

Prior to the competition, David Bearl, a chef from First Coast Technical Institute's School of Culinary Arts, gave the teams some guidelines to follow.

"You will need to demonstrate four classical cuts, a vinaigrette and at least two sauces," said Bearl. "We will also be looking for sanitation and safety and organization skills. We don't want to see you wasting anything. If you waste food, you waste money."

The competition began at 7:30 a.m. with the revealing of the mystery proteins, fresh shrimp and beef tenderloin. The six teams then had 30 minutes to write a menu and three hours to prepare a salad, appetizer, and main entrée dish for each of the four judges as well as for the presentation table.

Robert Tulko, Winn Dixie's

executive chef, also served as a judge for the competition.

"One of the entree meats is a beef tenderloin. You use different cuts of this meat for different dishes. So I want to see them using it appropriately," said Tulko. "We're looking for creativity. They're taking these ingredients and making something special."

At the close of the competition, Irvine announced the winners. Commander, Navy Region Southeast Rear Adm. T. Alexander and Naval Air Station Jacksonville Commander Capt. Jack Scorby presented the awards.

Naval Base Guantanamo Bay, Cuba's team, consisting of Culinary Specialist 1st Class Horace Rodney and Culinary Specialist 2nd Class Victor Silas, won first place.

"I'm shocked," said Silas. "I can't believe it!"

"We put 60 to 70 hours in the kitchen after hours getting ready for this," said Rodney. "We prepared a list of 'secret' ingredients that would go with any meat, which helped us put



Navy Culinary Specialists rush to prepare their dishes before the clock runs out during the 2009 Commander, Navy Region Southeast Iron Chef Competition.

together our menu." Their menu consisted of a warm bacon salad, Key West lemon-grilled shrimp, stuffed beef tenderloin, German potatoes and sweet glazed carrots.

Naval Hospital Jacksonville's team, consisting of Culinary Specialist 2nd Class Brandon Robinson and Culinary Specialist 2nd Class Derrick Victor, took home second place.

NCBC Gulfport's team, consisting of Culinary Specialist 2nd Class Brandon Robinson and Culinary Specialist 2nd Class Derrick Victor, took home third place.

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# Six Easy Ways To Stretch Your Food Budget

By Kay Blakley

DeCA home economist

The Military Saves campaign encourages service members and their families to develop financial fitness habits that lead to personal financial stability, and ultimately, to mission readiness. To help attain those goals, there's hardly a better habit to embrace than choosing the commissary for all your grocery and household needs. After all, "Extending the paychecks of military members with savings of 30-percent or more is the reason the commissary benefit exists," said DeCA Director and Chief Executive Officer Philip E. Sakowitz Jr. So, it should come as no surprise that No. 1 on our list of six easy ways for military families to stretch their food budget is *shop the commissary!*

**1. Shop the commissary:** We may look like a retail grocery store, but we're actually a government agency charged with delivering a non-pay benefit for military members and their

families. Commissaries make no profit – you pay the same price DeCA pays for products, plus the 5-percent surcharge, which goes directly to funding the new construction or renovation of commissaries.

Government agencies aren't allowed to advertise, so you won't have a splashy grocery circular screaming daily specials at you each time you walk through the door. Instead, take note of the red, white and blue "Savings You've Earned" shelf signs, or visit the Savings Aisle at <http://www.commissaries.com> to view prices and percent savings of specific sale items in the store where you shop.

Consistently shopping the commissary provides an average savings of more than 30-percent over retail grocery store prices. We know this from database comparisons of commissary prices versus retail grocery prices, plus recurring typical market basket surveys. But do your own comparisons and see the proof for yourself.

**2. Plan ahead:** Sound meal planning and eating more meals at home will go a long way toward reducing your overall food expenditures. Don't forget to include leftovers in your plan. A large, inexpensive roast served on Sunday can provide the makings for sandwiches on Monday and a protein source in a chef salad served on Tuesday.

**3. Make a list:** Having a definite list when you shop helps avoid impulse buys. If you find an item on sale that you know you'll use later, feel free to add it to your cart. But beware of pretty displays that don't fit into your plan, and never shop when you're tired or hungry. You'll fill your cart with all kind of items – everything looks good when you're starving and trying to hurry.

**4. Read labels and compare prices:** When comparing prices of competing brands, compare the number of servings per container. A cheaper price on a larger size is only a savings if you actually use those extra

ounces. It's no bargain if you end up throwing them away. Don't automatically assume that a larger-size container is always a better buy. Sometimes it is, but often it's not. Always check the unit price shelf tag, or do the math yourself. Sometimes huge savings can also be found by comparing the same product in different forms.

For example, at my local commissary's prices today, a half-cup serving of oatmeal from an 18-ounce box of quick-cooking oats costs 7 cents, but from a box of 12 single-serving packets it costs 26 cents. Serving size and microwave cooking instructions are exactly the same. The price of a 12-ounce package of smoked ham in the cold cuts section worked out to be \$4.61 per pound. The same product, from a competing brand, was available in the deli section for less than half that price – \$2.17 per pound. Plus, I could have it custom sliced to my satisfaction and purchase exactly the num-

ber of ounces I needed.

**5. Do it yourself:** The higher price for "convenience" items reflects the labor required to pre-cook, pre-cut, or pre-measure. Most of the time, substantial savings can be had by making these preparations yourself. Coleslaw is on my menu for dinner tonight, so I compared the difference between buying a head of cabbage (22 cents per pound) and shredding it myself versus buying a 1-pound bag of coleslaw mix (\$1.99). What a huge difference! I can easily spend a few minutes with my food processor for that kind of savings. Keep your math skills sharp and your calculator close at hand as you shop, because occasionally, you'll be surprised. Shredded cheddar cheese, another item on my shopping list today, was exactly the same price per pound whether shredded or in a 1-pound block. In that case, I'll take the shredded version and save myself the extra effort at home.

**6. Redeem coupons:**

Coupons and rebate savings can add up fast. All commissaries honor Internet coupons these days, and most commissaries make paper coupons available near the store entrance, in the checkout area or sometimes attached to the products themselves. Keep an eye out for those you use most often. And remember, coupons redeemed in overseas commissaries are good six months past their stateside expiration date.

Savings through consistent shopping in commissaries year round can also add up fast. Yearly savings for a family of four averages \$3,400, a family of three saves more than \$2,600, a couple more than \$2,100 and a single service member saves nearly \$1,200. With savings like those you'll be financially fit and mission ready in no time.

# Commissaries Ask: 'What's In Your Pantry?'

By Millie Slamin

DeCA public affairs specialist

You can plan for a summer outing, but you can't plan for a natural or man-made disaster. This month, the Defense Commissary Agency wants to help you plan for both.

"Our focus is on delivering a premier commissary benefit to our armed services community," said DeCA Director and CEO Philip E. Sakowitz Jr., "and we do that by ensuring our customers have what they need, whether it is for a backyard barbecue or an emergency."

Beginning in June, and continuing throughout the summer months, commissaries are stepping up efforts to promote disaster preparedness through DeCA's "What's in Your Closet" campaign. This initiative prompts customers to check their medicine and kitchen cabi-

nets, garages, and wherever else they may keep their "survival kits," and purchase items that are missing.

"Our 'What's in Your Closet' disaster preparedness campaign is just one of the many ways in which we enhance our customers' quality of life," said Sakowitz.

"It also serves to reassure our troops, whether they are at home or in the field, that we are not only providing their families with the finest service possible, we are also taking the very best care of them."

During the campaign, commissaries will run their "Summer Water Program," and offer "Summer Club Packs" that include disaster preparedness items like nonperishable foods, toiletry items, flashlights and batteries.

Sakowitz noted that com-

missary patrons throughout the United States and overseas experience a myriad of climate changes throughout the year that sometimes cause disasters, most typically occurring at the onset of summer.

"It is now hurricane season for some of our customers, while others will experience lightning storms, floods, tornadoes or earthquakes," he remarked. "Then, too, there are the regions where dry summers bring grass and forest fires."

"Because shifts in weather conditions can bring about a natural disaster, it's important for us to heighten preparedness awareness and provide customers with items that will sustain them during a crisis."

To avoid the risk of not having all items on hand, DeCA recommends that customers check their emergency pre-

paredness status and use their commissary benefit to stock up on emergency provisions at savings of 30 percent or more.

"With the help of our suppliers, we keep our shelves fully stocked with products that can sustain customers who are coping with a disaster," said Charlie Dowlen, promotions manager for DeCA's sales directorate.

"We are fortunate to have suppliers who will expedite the delivery of large quantities of critically needed items that will sustain those who have gone through a crisis."

DeCA recommends customers have the following items in their "closet":

- Water – at least one gallon, daily, per person for three to seven days.
- Nonperishable foods – canned meats, fruits, vegeta-

bles, dried fruits, nuts, raisins, cereal, crackers, cookies, energy bars, granola, peanut butter, and foods for infants and the elderly.

• Paper goods – writing paper, paper plates, paper towels, toilet paper.

• Cooking items – pots, pans, baking sheet, cooking utensils, charcoal, a grill and a manual can opener.

• First-aid kit – including bandages, medicines and prescription drugs.

• Cleaning materials – bleach, sanitizing spray, and hand and laundry soap.

• Specialty foods – diet and low-calorie foods and drinks.

• Toiletries – personal hygiene items and moisture wipes.

• Pet care items – food, water, muzzle, leash, carrier, medications, medical records, and identification and immunization

tags.

• Lighting accessories – flashlight, batteries, candles and matches.

"Our stores are stocked and ready with emergency-essential items, and motivated staffs are standing by to provide exceptional customer service," said Sakowitz. "So don't wait until disaster strikes. Visit your commissary today, and you will see that – it's worth the trip!"

For more information about how to best prepare for emergencies and natural or man-made disasters, visit the Federal Emergency Management Agency Web site: [www.fema.gov](http://www.fema.gov); the Department of Homeland Security Web site: [www.dhs.gov](http://www.dhs.gov); and the American Red Cross Web site: [www.redcross.org](http://www.redcross.org).

# 'Going Mediterranean' Can Be Good For Your Health

By Lt. Col. Karen E. Hawkins

DeCA dietitian

Once again evidence demonstrates that following the Mediterranean Diet can be good for your health. A recent study published online June 24 in the British Medical Journal is one of the first to look at links between foods and longer life. This study reviewed data from more than 23,000 men and women who took part in the Greek section of the European Prospective Investigation into Cancer and Nutrition research.

Those who participated in the study completed questionnaires

about diet and lifestyle and were interviewed regularly for eight and half years afterward. Participants were asked whether they smoked, how active they were, and whether they had ever been diagnosed with diabetes or cancer. One of the most important findings was that there was a significant reduction in deaths among those who followed a Mediterranean Diet.

So for your good health, you can buy the following foods (except for the red wine) found in the diet at your commissary where your savings can amount to 30 percent or more:

**Lots of fruits and vegeta-**

**bles.** Eat five or more servings a day to get the antioxidants and fiber. This summer try grilling some vegetables along with your meat and chicken.

**Fish several times a week.** Include fish several times a week. Certain fish such as salmon, trout and albacore tuna are high in omega-3 fatty acids and protein, which are beneficial for heart health.

**Olive oil.** Virgin or extra-virgin oils are the least processed oils and have more antioxidants. Try using olive oil mixed with balsamic oil for salad dressing and in marinades.

**Small portions of nuts.** Nuts

are low in saturated fats and high in good fats. Add some to salads and snacks.

**Drinking red wine in moderation.** Red wine has antioxidants and can help reduce the blood's ability to clot due to an aspirin-like effect. No more than one 5-ounce glass of wine daily for women (or men over age 65), and no more than two 5-ounce glasses of wine daily for men under age 65 are recommended.

**Very little red meat is eaten.** Try to substitute fish or chicken for red meat when possible. Lean red meat is OK to eat.

**Whole grain bread and**

**pasta.** Choose whole grain breads and pastas for the health benefits.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's

Voice archive. Sign up with the DeCA Dietitian on [www.twitter.com](http://www.twitter.com) and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the *Commissary Connection*.



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# Health Beat

## August Is Cataract Awareness Month

By Lt. Hristos G. Tsingelis  
NBHC Mayport- Health Promotion by the Ocean

Health Promotion by the Ocean recognizes the month of August as Cataract Awareness month. According to the American Academy of Ophthalmology, about 20.5 million Americans age 40 and older have cataracts. More than half of all Americans develop cataracts by age 80.

Cataracts cloud the eye's clear lens, similar to a window that is "fogged" with steam. When the lens becomes cloudy, light rays cannot pass through it easily and vision becomes blurry. Cataracts start out mildly and have little effect on vision at first. But as the cataract becomes denser, so does the impact on vision.

See your eye doctor if you

experience; painless blurring of vision, sensitivity to light and glare, double vision in one eye, poor night vision, fading or yellowing of colors or frequent changes in glasses or contact lens prescriptions.

Although cataracts usually develop as part of the aging process, they can also result from other factors too. Currently, there are no medica-

tions or exercises that will help cataracts to disappear. When they do begin to interfere with daily activities, they can be treated surgically. According to the American Academy of Ophthalmology, cataract surgery is one of the safest and most frequently performed surgeries in the United States, with more than 1.6 million surgeries performed each year. After sur-

gery, vision is improved in most patients.

Remember, cataracts are detected through a comprehensive eye exam. Early treatment may save your sight. According to the American Optometric Association Clinical Practice Guidelines for Comprehensive Adult Eye and Vision Examinations, people between the ages of 18-60 should get

an eye exam every two years. And, people 61 and older should be screened annually. A person should see the eye doctor more frequently than the recommended re-examination interval if new ocular, visual, or systemic health problems develop. A comprehensive eye exam is an important part of your preventative health care needs!

## Psoriasis Health Highlighted In August

By Alexis D. Washington  
TRICARE Management Activity

Did you know that according to the National Institutes of Health as many 7.5 million Americans, or 2 percent of the population, have psoriasis? Did you know that each year, one in five people with psoriasis report being discriminated against at a public pool? Also, did you know that up to 30 percent of people with psoriasis also develop psoriatic arthritis and psoriasis is associated with other serious conditions such as diabetes, heart disease and obesity?

TRICARE is using August to increase awareness about the

disease and inform beneficiaries that psoriasis is not contagious.

What is Psoriasis?

Psoriasis is a skin disease that causes itchy or sore patches of thick, red skin with silvery scales. They usually appear on elbows, knees, scalp, back, face, palms and feet, but they can show up on other parts of the body. It occurs when the immune system sends out faulty signals speeding up the growth cycle of skin cells. In a process called cell turnover, skin cells that grow deep in your skin rise to the surface. Normally, this takes a month. In psoriasis, it happens in just days because the cells rise too fast.

The most common form, plaque psoriasis, appears as raised, red patches or lesions covered with a silvery white buildup of dead skin cells called scale and it can occur on any part of the body.

Treatment Options for Psoriasis

Treating psoriasis is critical to good disease management and overall health. Working with a doctor is key to finding a treatment-or treatments-to reduce or eliminate symptoms. A psoriasis treatment that works for one person might not work for another.

Psoriasis can be mild, moderate or severe. According to the

National Psoriasis Foundation, a moderate case of psoriasis involves 3 percent to 10 percent of the body's skin. Less than 3 percent is mild and more than 10 percent is considered severe. For example: The palm of the hand equals 1 percent of the body's skin.

However, the severity of psoriasis is also measured by how it affects a person's life. Psoriasis can have a serious impact on daily activities, even if it involves a small area such as the palms of the hands or soles of the feet. Treatment options for mild psoriasis include: over-the-counter topicals, topical non-steroids, topi-

cal steroids and light therapy.

Moderate to severe psoriasis treatment usually involves a combination of treatment strategies. Besides topical treatments, a doctor may prescribe light therapy or phototherapy and/or systemic or biologic medications. Light therapy/phototherapy involves regularly exposing the skin to light, and systemic medications are prescription drugs administered orally or by injection that work throughout the body.

Biologic drugs, or "biologics," are a relatively new class of treatment for psoriasis and psoriatic arthritis treatments. They are given by injection or

intravenous infusion. Biologics are prescribed for individuals with moderate to severe cases of psoriasis and psoriatic arthritis. They are a viable option for those who have not responded to or have experienced harmful side effects from other treatments. Some biologics have also been shown to reduce the progression of joint damage in psoriatic arthritis.

For more information refer to the following link: <http://www.psoriasis.org>

## Prescription Crosscheck Program Helps Tricare Beneficiaries

By Navy Lt. Jennifer Cragg  
Special to American Forces Press Service

The Tricare military health plan is ensuring patient safety for its 9.2 million beneficiaries through a revolutionary drug utilization program, a senior Tricare official said.

"We cover about 2.2 million prescription medication claims per week - that's about 120 million prescriptions per year," Navy Rear Adm. Thomas J. McGinnis, chief of Tricare's pharmaceutical operations directorate, told "Dot Mil Docs" listeners Feb. 26 on BlogTalkRadio.com. "That data comes into the Pharmacy Data Transaction System, ... and the purpose of PDTS is to provide a safety net via electronic drug utilization reviews."

McGinnis said the software notes any new medication com-

ing into a patient's profile and compares it to other medications in that patient's profile. The software looks for duplications in therapy or possible drug interactions.

"If it notes a serious interaction, PDTS sends a message to the pharmacist, who will call the prescriber to discuss what the patient should do," McGinnis explained. "Our ultimate goal here at Tricare is to identify safety concerns in our beneficiary population before the number of serious adverse events triggers a concern at [the Food and Drug Administration]."

He added that the Defense and Veterans Affairs departments have made great strides in collecting medical and pharmaceutical data in a way that potentially can identify safety issues quickly. The departments

have formed a partnership with FDA in a new initiative called "The Sentinel Network," an advanced adverse-event surveillance system.

"We also need this capability to assess the negative risk of medications vs. their benefit in the population at large," McGinnis said. "Any medications you take has risks. Our goal is to assess the risk and notify the providers and patients so that they can make informed decisions about how they should take their medications."

McGinnis added that the system is able to see clinical data, such as laboratory results, for patients under the care of a military treatment center.

"The military treatment centers use an electronic medical record called 'Altha,' but not all doctors' offices in the private sector use an electronic medical

record yet," he added.

But the use of electronic medical records will increase in the private sector over the next five years, he said, and this will help Tricare to capture data and to be able to do robust, clinical studies.

"That's coming soon with a big push now from the government to capture these data in an electronic medical record," he said. "That data will not only flow to Tricare, but it will flow from Tricare to providers who see our patients so they can see what laboratory or radiology studies were done in the military treatment facilities." "We also plan to provide patients with this same data in an electronic 'personal health record' if they would like to have it," he continued. "That, too, is coming soon."

## TRICARE Lowers Diabetic Supply Cost

From TRICARE

The Department of Defense Pharmacy and Therapeutic committee (DoD P&T) has reviewed and selected a limited number of blood glucose monitor test strips that will save money for beneficiaries and DoD.

Four self-monitoring test strips are included in the DoD Uniform Formulary. The Uniform Formulary is a standardized list of covered prescription medications available to the 9.4 million beneficiaries of the Military Health System (MHS). Co-pays are determined by "tier."

The four approved test strips are now available to beneficiaries at a co-pay of \$9 (Tier 2). The test strips reviewed and chosen are: Precision Xtra, Accu-check Aviva, Bayer Contour, Freestyle Lite

Accuracy of blood sample size, alternate site testing, result time, memory capacity, manufacturer customer support, and ease of use were some of the criteria taken into consideration for the review. The preferred test strips are the newest technology and the most cost-efficient according to the DoD P&T.

"The review by the committee of all the available glucose strips, which included a review of respective meters, allowed us to select several strips that we feel meets the needs of our diverse patient population," said Army Medical Corps COL John Kugler, Chairman of the DoD P&T Committee, TRICARE Management Activity. "Our analysis also drives down the

cost to the government by narrowing the number of options in Tier 2 and moving others to Tier 3 on the Uniform Formulary list."

TRICARE officials are encouraging beneficiaries to switch to the preferred test strips, which offers them a choice in strips and saves money for beneficiaries and the DoD. Additional options for test strips on Tier 3 are still available for the \$22 co-pay.

Beneficiaries who choose to use the preferred strips will have the opportunity to order a new meter that corresponds with their test strips. There is no cost for the new meter. Beneficiaries who have used glucose test strips within the past year should have received a letter communicating details of the change. For more on glucose test strips click the medication tab, then over-the-counter medications and supplies at <http://www.tricare.mil>/pharmacy. Beneficiaries making the switch have many options including contacting a Military Treatment Facility pharmacy or clinic for information on how to receive a new no-cost formulary meter. To contact the companies directly:

Bayer Contour meter: to receive one free meter call 1-800-348-8100 or visit <http://www.bayerdiabetes.com/us>. To receive a free meter using the Web site click on the "home" tab then click on "Contour."

Precision Xtra, Freestyle Lite or Freestyle Freedom Lite meters: to receive one of these three meters call 1-800-224-8892, weekdays from 8 a.m. to

10 p.m. EST; or by E-mail at [OrderFulfillment@abbottcustomercare.com](mailto:OrderFulfillment@abbottcustomercare.com); or visit <http://www.meters.abbottdiabetes-care.com>.

Accu-check Aviva meter: to receive one free meter call 1-800-858-8072 or visit <http://www.accu-check.com>.



	<b>August 17 vs. Carolina - 7:05 PM</b> <b>Nassau County Night &amp; Belly Buster Monday!</b> \$20.00 gets a Homeplate Box seat and all-you-can-eat hot dogs, hamburgers, popcorn, ice cream treats and soft drinks! It's also Nassau County Night! Nassau County residents are invited to the Baseball Grounds for a night celebrating Fernandina and surrounding areas. Discounted tickets can be purchased through participating Nassau County merchants. Plus, bring your church bulletin in from the prior Sunday to receive \$5.00 off a regular-price ticket!
	<b>August 18 vs. Carolina - 7:05 PM</b> <b>Fifty-Cent Family Feast Night</b> Fifty-cent hot dogs, peanuts and ice cream treats! Also, take advantage of KRAFT Singles Tuesday Night Tickets! Fans can bring in a KRAFT Singles package wrapper to the Baseball Grounds box office, buy one ticket and get one free from KRAFT Singles! Visit <a href="http://kraftsingles.com">kraftsingles.com</a> for details.
	<b>August 19 vs. Carolina - 7:05 PM</b> <b>Christmas in August!</b> The first 1,500 fans will receive a Suns Christmas baseball ornament. The Salvation Army will be on hand and catch a special appearance from Santa Claus! Kids can show their JTA youth summer card for a free general admission ticket.
	<b>August 20 vs. Carolina - 7:05 PM</b> <b>Final Thursday Night Throwdown of the Season</b> Enjoy Buds for a Buck and other great drink specials at the hottest spot in Jacksonville during the summer! After the game, visit the Ivy Bar on Bay Street for the Official after party of Thursday Night Throwdown.
	<b>August 21 vs. Carolina - 7:05 PM</b> <b>Used Car Giveaway Night &amp; Friday Family Fireworks</b> Some lucky fans will win quality used cars that will be raffled away during the game! After the game, Friday Family Fireworks, courtesy of NAPA Auto Parts and your local NAPA Autocare Center Dealers, followed by a postgame wrestling match on the field!

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# Joint Forces Command Interagency Experiment Prepares For Crises

By Navy Petty 2nd Class Katrina Parker

Special to American Forces Press Service

U.S. Joint Forces Command and its partners, including the Department of Homeland Security, have completed an experiment designed to enhance national security by providing joint force commanders with a better capability to share information with interagency, multinational and nongovernment agencies during crisis operations.

During the Interagency Shared Situational Awareness (Limited Objective Experiment, Joint Forces Command's joint concept development and experimentation directorate conducted a series of experiments last week to address standards, policies and procedures involving sharing of information over a wide area.

"What we are trying to do here is create an environment and come up with a concept of operations that will enable seamless information sharing between [the Defense Department and] interagency and multinational partners," said Navy Cmdr. Chad Hixson, the project lead. "Often times, there are policies and procedures that stand in the way of doing that."

Hixson said that even when leadership is willing to share information with agencies, the people who actually are sitting at the desk might misunderstand existing policies or be impeded by barriers limiting trust between the organizations, thus interfering with information sharing.

The experiment identified policies, procedures, cultural and trust issues that can block information shar-

ing, Hixson said. Participants included the Joint Staff, National Guard Bureau, U.S. Northern Command, U.S. Southern Command, U.S. Pacific Command, U.S. European Command, U.S. Africa Command, U.S. Special Operations Command, the State Department, the Virginia Emergency Operations Center and the aircraft carrier USS Harry S. Truman.

"All the key players in national security are represented," said Navy Capt. Timothy Spratto, the experimentation directorate's capabilities solutions group lead. "There is a large coalition of the willing coalescing around this experiment to explore their information-sharing techniques."

Spratto said such operations and experiments build trust among participants by providing first-hand experience in the

value of sharing information with partners while achieving their own objectives.

"This experiment is a great opportunity for those organizations to get together and look at the policies and procedures that impede information sharing," said Navy Cmdr. Gregory Sleppy, Joint Staff action officer and observer. "Each organization and department has their own rules on how they share things, and those rules are not always the same. We are trying to figure out what those things are that impede the progress and flow of information."

Sleppy cited problems in 2005's Hurricane Katrina response as an example of the need to share information between agencies and government to support the people involved with the disaster relief effort.

"People may not realize that

right now those organizations do not operate on the same network and cannot share information effectively," Sleppy said. "There is no common depository or situational awareness between those organizations. As a decision maker, it is difficult to make good decisions without all the information. This experiment pulls all those organizations together down to the tactical level to see how we might come up with solutions for the future."

The interagency shared situational awareness experiment focused on three areas of information sharing: geospatial, file sharing and text chat. It used computer models and long-distance virtual connections that provided participants with a continuously evolving environment to simulate a crisis.

"All the agencies who participated saw an immediate

improvement in their ability to share and receive information and build better situational awareness," Spratto said.

An analysis of the information gathered will determine the value of taking this new approach of information sharing into the field, he added.

"We will determine if what we have accomplished is an improvement on existing information sharing architectures, methodologies, policies and processes," Spratto said. "If there is something we can deliver directly to present operators now to put into use immediately, we will look to move that into theater."

(Navy Petty 2nd Class Katrina Parker serves in the U.S. Joint Forces Command public affairs office.)

# Gates Establishes New Cyber Subcommand

By Donna Miles

American Forces Press Service

Defense Secretary Robert M. Gates signed a memo June 23 establishing a subcommand focused on cyber security, Pentagon Press Secretary Geoff Morrell told reporters.

Details about the new U.S. Cyber Command, which will report to U.S. Strategic Command, still are unfolding. But Gates reportedly plans to recommend Army Lt. Gen. Keith B. Alexander, director of the National Security Agency, to receive his fourth star and take on the additional responsibility of commanding the cyber command.

Initial indications are that the

cyber command will have its headquarters at Fort Meade, Md., pending results of an environmental impact statement.

"This is not some sort of new and necessarily different authorities that have been granted," Morrell told reporters June 24. "This is about trying to figure out how we, within this department, within the United States military, can better coordinate the day-to-day defense, protection and operation of the department's computer networks."

Morrell emphasized that the new command will focus solely on military networks.

Deputy Defense Secretary William J. Lynn III noted the importance of cyber security to

national defense last week at the Center for International and Strategic Studies.

"Just like our national dependence, there is simply no exaggerating our military dependence on our information networks: the command and control of our forces, the intelligence and logistics on which they depend, the weapons technologies we develop and field — they all depend on our computer systems and networks," Lynn said. "Indeed, our 21st century military simply cannot function without them."

Because cyberspace is critical to joint military operations, it's critical that the Defense Department ensure they're

protected, Air Force Lt. Col. Eric Butterbaugh, a Defense Department spokesman, told American Forces Press Service.

"To do this, the Department of Defense needs to ensure it has the right balance of integrated cyber capabilities," Butterbaugh said. "We're increasingly dependent on cyberspace, and there's a growing array of cyber threats. To effectively address this risk to its networks, the Defense Department requires a command possessing the required technical capability and which remains focused on streamlining cyberspace operations."

Morrell called the standup of Cyber Command an inter-

national reorganization that will consolidate and streamline its cyber capabilities within a single command. The effort in no way represents any attempt by the department to "militarize" cyberspace or take over the responsibility for defending civilian networks, he said, noting that responsibility falls to the Homeland Security Department.

"This is part of a holistic, governmentwide effort to better organize and situate ourselves to deal with this very real threat," he said. "And it is a complement to efforts that are taking place elsewhere within the United States government."

Marine Corps Gen. James E.

Cartwright, vice chairman of the Joint Chiefs of Staff, indicated during a June 4 address at the Center for International and Strategic Studies that a decision on the new subcommand was in the works.

"There will be a cyber capability at the tactical level, and ... we do deploy it forward," Cartwright said. "There is an operational level, which tends to be based regionally, and there is a strategic capability. And we will, over the next few days, start to roll out the organizational constructs associated with that."

# Poseidon Rollout Unveils Next Maritime Patrol Aircraft

From Naval Air Systems Command Public Affairs

The U.S. Navy and Boeing unveiled the next maritime patrol and reconnaissance aircraft, the P-8A Poseidon, during a rollout ceremony July 30 at Boeing's manufacturing facility in Seattle.

"This is a tremendous day to recognize the outstanding efforts of the U.S. Navy, Boeing and the entire industry team on a job extremely well done," said Rear Adm. Bill Moran, commander, Patrol Reconnaissance Group. "It has been more than forty years since the maritime patrol community has seen a new aircraft; delivery of this aircraft cannot come soon

enough." The admiral said the aircraft's greater situational awareness, open systems architecture and higher operating altitude will bring a greater punch to the fight, across all warfare mission areas and will be a significant force multiplier.

The Poseidon will replace the P-3C Orion as a long-range anti-submarine warfare, anti-surface warfare, intelligence, surveillance and reconnaissance aircraft. It will maximize the experience and technology of the Orion but with significant growth potential, greater payload capacity, advanced mission systems, software and communications.

"The P-8A Poseidon program is an outstanding example of evolutionary acquisition at work. We have established a very solid baseline for initial operational capability, while concurrently making upgrade increments for future insertion as technology matures," said Maritime Patrol and Reconnaissance Aircraft Program Manager Capt. Mike

Moran. "The team has worked hard to stay on schedule and within cost in this developmental effort; we all should be extremely proud of the results."

Boeing was awarded a contract in 2004 to deliver five test vehicles. This acquisition phase provides three flight test aircraft, one full-scale static loads test airframe, and one full-scale

fatigue test airframe. The Navy plans to purchase 117 production aircraft.

All five test aircraft are in various stages of assembly and ground test; two of the flight test aircraft have already successfully flown as part of a Boeing relocation and system flight check process. Testing on the static loads airframe is underway and the Navy will

begin formal flight testing later this year.

In April, the Australian Department of Defence signed an agreement with the U.S. Department of Defense to join a cooperative partnership in the development of follow-on capabilities to be added to the Poseidon after it enters the fleet in 2013.



-Photo courtesy Boeing

A Boeing P-8A Poseidon test aircraft T-1 conducts a test flight April 25. The aircraft completed a series of tests during the 3 hour, 31 minute flight and reached an altitude of 25,000 feet before landing at Boeing Field in Seattle.



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FCE - SHELL	1539 S 3rd ST	JAX BCH	JIFFY LUBE	2837 TOWNSEND BLVD	JAX
FCE - SHELL	7150 MERRILL RD	JAX	KANGAROO	10100 GRANITE PLACE	JAX
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	1031 BEACH BLVD.	JAX BCH
FLEET LANDING	MAYPORT RD.	JAX	KANGAROO	1403 N 3rd ST	JAX BCH
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX	KANGAROO/BP	10910 ATLANTIC BLVD.	JAX
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GATE	619 A1A N	PVB	LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
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GATE	2350 SR 16	STAU	LIL CHAMP	13967 McCORMICK RD.(MT PLEASANT RD)	
GATE	463779 SR 200/A1A	YUL			
GATE	3230 EMERSON ST	JAX	LIL CHAMP	5001 HECKSCHER DR. - BLOUNT	JAX
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Updated: FEBRUARY 1, 2007

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# Navy News

## NETC Advancement Exam Development Conferences Announced For FY10

By Ed Barker

Naval Education and Training Command Public Affairs

The Naval Education and Training Command (NETC) announced July 30 the schedule for Advancement Examination Development Conferences (AEDC) for fiscal year 2010 and requested nominations of subject matter experts (SMEs) for their respective ratings.

Detailed in NAVADMIN 227-09, the conferences are held at Naval Education and Training Professional Development and Technology Center (NETPDTCC) on board Saufley Field in Pensacola, Fla.

Active-duty chief petty officers (E-7 to E-9) are encour-

aged to volunteer for the appropriate AEDC to serve as the SMEs in their respective ratings. Temporarily assigned SMEs from fleet and shore-based commands will review and develop rating exam materials for the next cycles of advancement examinations.

"Participating in these advancement examination conferences gives you a direct input toward shaping your community," said Master Chief Electrician's Mate (SS) Jeromie Cook, NETPDTCC command master chief. "Your knowledge provides the relevance and currency required to construct an exam that identifies a Sailor with the right skills to select for

advancement. You will have a say in who your replacement will be."

The AEDC schedules for FY10 are as follows:

Oct. 18-31, 2009: Aviation Boatswain's Mate Fuel, Aviation Support Equipment Technician, Machinery Repairmen, Fire Control Technician, Cryptologic Technician Collection.

Nov. 29-Dec. 12, 2009: Interior Communications Electrician, Aviation Boatswain's Mate Equipment.

Jan. 24-Feb. 6, 2010: Culinary Specialist, Engineman, Construction Mechanic, Naval Air Crewman

Operator.

Jan. 31-Feb. 13, 2010: Naval Air Crewman Mechanical.

Feb. 21-March 6, 2010: Yeoman, Air Traffic Controller, Naval Air Crewman Tactical Helicopter, Quartermaster

March 7-20, 2010: Ship's Serviceman, Builder, Operations Specialist, Special Warfare Operator

Mar. 21-Apr. 3, 2010: Naval Air Crewman Avionics.

Nominations must be endorsed by the commanding officer or officer in charge as well as the command master chief, senior chief or chief of the boat for submission to NETPDTCC. Six nominees will be selected for each rating

scheduled during the AEDC.

Careful consideration should be given to the availability of a nominee to serve on an AEDC, including deployment schedules and upcoming temporary duty or change-of-station moves. Commanding officers and chiefs must understand that once selected, conference duty is not optional. Selected AEDC members will not be excused except in the most extreme cases.

NETPDTCC will coordinate with respective rating learning centers and community managers to select the best nominees. Selections of SMEs for the AEDCs will be made 45 days prior to each confer-

ence and selectees will be notified by NETPDTCC via e-mail. Temporarily Assigned Duty funding will be provided by NETPDTCC.

For more information, read NAVADMIN 227-09. Application forms and additional requirements and information are available on the Navy Advancement Center Web site at <https://www2.netc.navy.mil/advancement>.

For more news from Naval Education and Training Command, visit [www.navy.mil/local/cnet/](http://www.navy.mil/local/cnet/).

### A Sea Hawk Flyover



-Photo by MCSN Oliver Cole

An MH-60S Sea Hawk helicopter assigned to the Black Jacks of Helicopter Sea Combat Squadron (HSC) 21 flies over the Military Sealift Command fast combat support ship USNS Rainier (T-AOE 7) during a replenishment at sea. Rainier is conducting a replenishment with the aircraft carrier USS Ronald Reagan (CVN 76) during operations in the U.S. 5th Fleet area of responsibility.

### A Warrior's Welcome



-Photo by MC2 Joshua Valcarcel

Capt. Andrew Cully, Pacific Partnership 2009 mission commander, and Paul Berg, Charge d'Affairs for the United States, receive a traditional warrior's welcome from Malaita Island villagers during a Pacific Partnership event in the Solomon Islands. Pacific Partnership is a humanitarian assistance mission in the U.S. Pacific Fleet area of responsibility.

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# New Hull Coatings Cut Fuel Use, Protect Enviro

By Office of Naval Research Corporate Strategic Communications

New hull coatings being developed by the Office of Naval Research (ONR) are showing promise in reducing the build-up of marine crustaceans - namely barnacles - on ships' hulls, optimizing vessel performance and dramatically reducing fuel costs.

Marine growth adds weight and increases drag reducing a vessel's fuel efficiency. The practical problem for ships is simply that biofilm can add up to 20 percent drag and barnacles more than 60 percent. This increases fuel consumption and green house gas emissions. ONR-sponsored biofouling prevention coatings provide an environmentally safe alternative for protecting naval ship hulls, which could also benefit the commercial shipping industry.

"The ultimate solution is to stop the barnacle settlement process before it happens,"

says Steve McElvany, Ph.D., program manager for ONR's Environment Quality program. "We are really trying to look very far forward to get the ultimate solution that's good for the U.S. Navy and the oceans."

The Naval Surface Warfare Center at Carderock estimates that biofouling reduces vessel speed by up to 10 percent. Vessels can require as much as a 40 percent increase in fuel consumption to counter the added drag. For the Navy, that translates into roughly \$1 billion annually in extra fuel costs and maintenance to keep its ships free of barnacles, oysters, algae and other debris.

High-performance naval warships and submarines rely on critical design factors such as top speed, acceleration and hydroacoustic stealth. Previous biofouling prevention methods used toxic coatings, or biocides, to clear barnacle colonies from the ship exteriors. Although effective in the short-term, biocides exact a heavy environ-

mental burden.

By studying the environment, researchers are learning from nature how it beats the "crusty fouler" naturally. And that's where ONR's investment in biofouling prevention technologies has made significant gains.

On the East Coast, ONR is funding research at the University of Florida where Anthony Brennan, Ph.D., professor of material science and engineering, has been investigating why some marine animals, such as whales, harbor barnacles and others, such as sharks, stay relatively clean. Brennan discovered that the unique pattern of shark skin contributed to its ability to fend-off microorganisms.

With this insight, Brennan started modeling shark skin patterns in his lab. The idea led to the development of a new biomimetic technology called Sharklet, which has shown extremely positive results in inhibiting marine growth. The significance of his work really

hit home during a visit to Pearl Harbor.

"I saw a Navy ship going by ... flowing with green algae," Brennan said. "I thought that's why we are doing this research, to stop that biofouling - to give our Navy the ability to perform at a higher level."

The biodiversity of different ocean environments also creates unique challenges. So, across the country on the West Coast, ONR is working with Dr. Shaoyi Jiang, Boeing-Roundhill, professor at the University of Washington, on biofouling prevention coatings that incorporate zwitterionic or mixed-charge compounds.

"The marine environment is very complicated," said Jiang. "It is as complex as the human body."

Zwitterionic compounds are stable, alternating perfectly between positive and negative charges and easy to handle in both laboratory and field tests. They've shown excellent resistance to the attachment

of biomolecules and micro-organisms. The result is that naturally occurring proteins, bacteria, algae, barnacles and tube worms do not bind to this unique surface.

ONR's innovation in hull coatings will optimize ship performance with an eye toward environmental stewardship. Inventive biofouling prevention systems will help conserve fuel, minimize the Navy's carbon footprint, reduce the risk of transporting invasive aquatic species and prevent toxic biocides from entering surrounding environments.

While both the Sharklet pattern and Zwitterionic coating inhibit the settlement of barnacles, they also inhibit the growth of bacteria. This unique attribute has applications in hospitals and high-touch areas in health care where it is critical to inhibit the survival and transference of bacteria to protect patients from infections.

"This technology spreads beyond the hull of the ship -

there is a great opportunity to extend this technology to the public," said Brennan.

Jiang and Brennan acknowledged the open environment and multidisciplinary research approach that the Office of Naval Research and its program managers encourage from principal investigators.

"The ONR program provides an excellent environment and infrastructure for collaborations," said Jiang.

"ONR has brought together biologists, geneticists, chemists, material engineers, chemical engineers, physicists and we end up sharing.

"It says a lot of our Navy to have that forethought to reach beyond what everybody sees in front of them and go for something new and innovative that will help the Navy and benefit the world."

# Building Up Southeast To Have Greenest Fleet

By Sue Brink

NAVFAC Southeast Public Affairs Officer

Naval Facilities Engineering Command (NAVFAC) Southeast started to replace 25 percent of its Federal Fleet Vehicles July 6 with hybrids funded by the American Reinvestment and Recovery Act (ARRA). The first vehicle, a Chevrolet Hybrid Malibu, will be assigned to the "C" pool as VIP or will replace an older "B" Pool vehicle on board Naval Air Station Jacksonville.

Government Services Administration (GSA) received \$300 million in ARRA funds to replace agency owned vehicles with new, more fuel efficient vehicles. NAVFAC Southeast will utilize approximately \$5 million for fleet vehicle replacement, throughout the southeast.

The vehicles will arrive in two phases.

"GSA approved replacement

of 58 light fleet vehicles in the first phase and 201 assets in the second phase," said John Joneikis, NAVFAC Southeast Base Support Vehicles and Equipment product line coordinator.

The first phase hybrid sedans and SUVs have started to arrive while all other vehicles are currently in production and expected delivery will begin toward the end of July.

The new vehicles are all considered "green" vehicles and meet Environmental Protection Agency (EPA) requirements for 28 miles per gallon (mpg) or better and less green house gas emissions.

"We will have the most 'green' fleet in the Navy," remarked Jeff Killian, NAVFAC Southeast Public Works Business Line coordinator.

The addition of the new 'green' vehicles to the Navy fleet will help the Navy in

achieving better fuel economy, reduced petroleum consumption and contribute to a cleaner environment through green house gas emission reductions.

This supports the President's focus on energy conservation and energy independence. Executive Order 14323 dated January 24, 2007 puts forward the direction "Strengthening Federal Environmental, Energy, and Transportation Management." Requirements include improving energy efficiency, reducing energy intensity, reducing water consumption and acquiring goods and services using sustainable environmental practices (energy-efficient, water-efficient and recycled-content products), etc.

"We are following the new policy statement that requires that commands take prescriptive actions to adhere to the Navy's Energy Consumption Guidelines," said Killian.

"Our Public Works Officers are working directly with the Installation Commanding Officers (ICOs) to support them as they implement the President's newly published guidelines on energy conservation."

The Navy is to receive close to 1,000 Alternative Fuel

Vehicles (AFV) and hybrid vehicles through GSA's ARRA stimulus funding to replace Navy-owned assets.

Existing Navy-owned assets will be traded for the new vehicles at designated exchange centers, the old vehicles will be auctioned off by GSA and the funding will be used to pur-

chase a third round of vehicles in the July/August timeframe.

ARRA projects are intended to modernize Navy and Marine Corps shore infrastructure, enhance America's energy independence and sustain a steady and robust Maritime Force for decades.

# CNP Discusses Future Of Navy Personnel

From Chief of Naval Personnel Public Affairs

In a podcast released Aug. 4, the chief of naval personnel discussed programs, policies and the way ahead for Navy personnel next year.

Vice Adm. Mark Ferguson highlighted his key focus areas to include rewarding performance and emphasizing learning and development.

"A top priority will remain performance. We will continue to reward our very best performers and adjust our incentives and benefits to keep those with the most critical skills in order to sustain a balanced force, in terms of seniority and

experience, as we move forward to meet new requirements," said Ferguson.

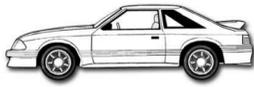
Ferguson also talks about individual augmentee assignments and the shift of work from contractors to in-house government workers, which is expected to begin in 2010.

To listen to the complete podcast, visit [www.navy.mil/media/audio/cnp/CNP%20ON%20NAVY%202010%20web.mp3](http://www.navy.mil/media/audio/cnp/CNP%20ON%20NAVY%202010%20web.mp3).

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Vehicle Info: Year \_\_\_\_\_ Make \_\_\_\_\_ Model \_\_\_\_\_

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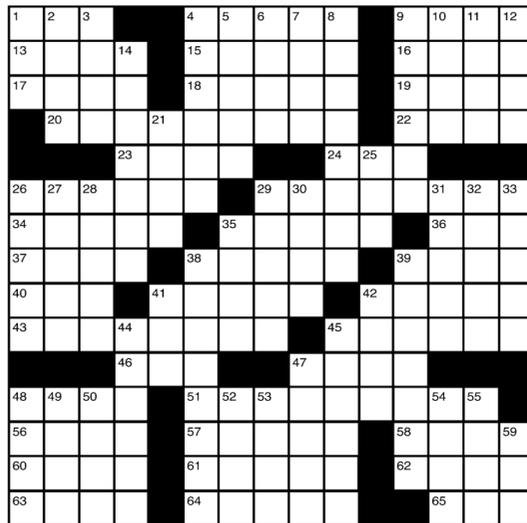
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## THE Daily Commuter Puzzle by Jacqueline E. Mathews

### ACROSS

- 1 \_\_\_ a Wonderful Life"
- 4 "...a poem as lovely as \_\_\_."
- 9 Longest river
- 13 Small bottle
- 15 Chicago team
- 16 Actress Barbara
- 17 Rim
- 18 Eva Marie \_\_\_
- 19 Remain undecided
- 20 Atlantic Coast resident
- 22 Sombreros
- 23 Wills and Harry, to Charles
- 24 Certain vote
- 26 Distribute into categories
- 29 Solitary person
- 34 Court reporter
- 35 Spasms of pain
- 36 Up to, for short
- 37 Without
- 38 Holy book
- 39 Sicilian volcano
- 40 Sense of self-esteem
- 41 Actress Sagal
- 42 Narrow stream
- 43 Bus station
- 45 Full of difficulties
- 46 Bizarre
- 47 Go first
- 48 Saudi or Kuwaiti
- 51 Agreeing
- 56 The Wise Men
- 57 Wanderer
- 58 Fiddling emperor
- 60 Wicked
- 61 Lariat's feature
- 62 Equipment
- 63 Three threes
- 64 Rage
- 65 Bread variety



8/13/09

### THIS WEEK'S ANSWERS



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### DOWN

- 1 "\_\_\_ Got a Secret"
- 2 Rise and fall of the waves
- 3 Heroic tale
- 4 Not here
- 5 Rips
- 6 Drops from the sky
- 7 Sea eagle
- 8 Alienate
- 9 Sister's son
- 10 Concept
- 11 Loaned
- 12 Finishes
- 14 Schoolbook divisions
- 21 Bull: Sp.
- 25 Affirmative
- 26 Thing of value
- 27 Actor's spot
- 28 Hombre's title
- 29 Can wrapping
- 30 No more than
- 31 Semi-aquatic mammal
- 32 Bedsheets
- 33 Unreliable
- 35 Pocket bread
- 38 Kerchief for the head or neck
- 39 Wearing away
- 41 Young goat
- 42 Talk informally
- 44 Item hung over a baby's crib
- 45 Like a good steak
- 47 Tenant's agreement
- 48 Prayer ending
- 49 Sitarist
- 59 Raw mineral
- 50 Opposed to, informally
- 52 Before long
- 53 Polluted air
- 54 At no time, to a poet
- 55 Elephant's color

# Protect Yourself From Identity Theft

By Lt.j.g. Roni Beasley

RLSO SE

Imagine being deployed for a year. During your deployment your sole focus is your mission, leaving little time to ponder anything else. Then, the day finally arrives and you are scheduled to return home. Upon your return you are notified that your home is in foreclosure, your Honda Accord has been repossessed and you owe Citibank \$10,000 on an outstanding credit card along with attorney's fees from the lawsuit in which a judgment was entered against you. This scenario is very hard for anyone to digest. Now, just imagine having to digest it all knowing that you have never owned a home, a Honda Accord or a Citibank credit card. Your new reality is that you are a victim of identity theft.

Identity theft occurs when someone uses your name, social security number, credit card number or other

personal information without your permission to obtain credit or commit fraud. According to the Federal Trade Commission (FTC), at least 9 million Americans have their identities stolen each year.

Unfortunately, military members are more susceptible to identity theft than members of the general public. For example, it is easier for someone to become privy to a service member's social security number and other identifying information. For years the military has used social security numbers as personal identifiers, printing the number on military and dependant I.D. cards. Additionally, service members are often deployed for extended periods of time, making it difficult to closely monitor their credit.

However, the Department of Defense (DOD) is taking measures to minimize the risk of identity theft against service members. For instance,

a plan has been put into play to reissue all military I.D. cards with only the last four digits of the social security number printed on the I.D. Additionally, DOD has partnered with the FTC to launch The Military Sentinel (<http://www.ftc.gov/sentinel/military/>). This online complaint system allows military members and DOD civilian employees to report identity theft and other consumer frauds directly to the FTC.

Identity theft can cost a victim a lot of time and money, but if you are a service member having your identity stolen could cost you your security clearance or even your job. In order to avoid security clearance issues, careful steps can be taken to ensure that your credit and identity do not become compromised. First, keep a close watch on your credit history. Make sure you take advantage of services that offer yearly free credit reports such

as, [www.annualcreditreport.com](http://www.annualcreditreport.com). This is an online service that provides you with credit reports from Experian, Trans Union and Equifax.

Second, if you are deploying or are an active duty service member who moves around a lot, place an active duty alert on your credit report. An active duty alert is effective for one year and requires creditors to go the extra mile to verify your identity before granting credit in your name. This alert can be obtained by contacting any of the three credit reporting agencies or other identity protection services such as TrustedID, Lifelock, and IdentityGuard.

Finally, be cognizant of everyone around you and to whom you disclose your personal information. When I say disclose, I don't just mean who you knowingly disclose information to, also make sure that the person(s) or entities you are disclosing information

to are in fact creditable. Be careful and check everything you dispose of and, pay careful attention not to discard anything with identifying information. Hence, if you don't currently own a shredder now is as good a time to invest because everything from pre-approved credit cards to bank statements should be shredded before being tossed into the dumpster.

When it comes to identity theft an ounce of prevention really is worth a pound of cure. However, if you are already past the point of prevention and have been a victim of identity theft then file a police report, contact the credit bureaus and submit a complaint to the FTC. If you have any other questions your local legal assistance office can be reached at Mayport, Florida at (904) 270-5445 ext. 3017. This article is not intended to substitute for the personal advice of a licensed attorney.

## If One Of Your Loved Ones Is Physically Or Mentally Disabled, Consider 'Special Needs Trust'

By Lt.j.g. Brent Johnson

RLSO SE

If one of your loved ones is physically or mentally disabled, and no Special Needs Trust is created, did you know that leaving them an inheritance of \$2,000 or more could possibly cause them to lose certain government benefits? Worse yet, did you know that the government could require a disabled adult receiving an inheritance to spend that money before it would pay for residential care or other services?

Assuming you desire to avoid interfering with public benefits potentially available to a disabled family member, you should consider consulting your local legal assistance attorney about Special Needs Trusts. A "Special Needs Trust" (sometimes called a Supplemental Needs Trust) is a type of trust designed to hold assets in trust for a disabled beneficiary and simultaneously protect that person's eligibility for public assistance programs such as Supplemental Security Income (SSI) and Medicaid.

SSI is a government program

providing monthly cash disability payments to individuals who are medically disabled, have no current Social Security Disability Income (SSDI), and have few assets and little income. Disabled individuals who receive SSI are automatically provided with Medicaid health insurance benefits. The problem – generally speaking – is that one loses Medicaid health insurance coverage if they lose SSI. The good news, however, is that a properly drafted Special Needs Trust can help you avoid endangering SSI and Medicaid benefits for a disabled family member. Additionally, Special Needs Trusts can help protect an inheritance from being exhausted on food, clothing and shelter – expenses covered by government programs. Equally as important, trust funds placed in Special Needs Trusts give your beneficiaries protection should they ever be sued in a personal injury or other lawsuit.

Special Needs Trusts are a highly complex type of trust. A trust is essentially a legal arrangement regulated by state

law in which one party holds property for the benefit of another. Special Needs Trusts are used so that the property left to a disabled family member *supplements*, not supplants, impairs, or diminishes any benefits or assistance of any governmental entity for which the beneficiary may otherwise be eligible or already receiving.

Examples of the kind of supplemental, non-support disbursements that your trustee may make for your disabled beneficiary if you have setup a Special Needs Trust include: medical expenses like supplemental nursing care, medical, dental, rehabilitative and diagnostic work or treatment for which there are not private or public funds available, special education, trained medical assistance staff (24 hours or as needed), and differentials in the cost between housing and shelter for shared and private rooms in institutional settings. Furthermore, monies placed in Special Needs Trusts can help your loved one enjoy non-medical expenses. This means Special Needs Trusts can help

your loved ones attain the therapeutic benefits of education, vocational training, hobbies, vacations, transportation (including vehicle purchase), equipment, travel to visit friends and family, summer or day camps, and other needs and/or luxuries the beneficiary may have to enjoy life to the fullest.

In sum, Special Needs Trust can assist you in protecting access to Medicaid health

insurance coverage and other governmental benefits for a disabled person, improve that person's quality of life, help manage their inheritance money, and provide for their future security.

Please keep in mind that not all legal assistance offices will be able to draft Special Needs Trusts. Due to their complex nature, it may be necessary that you consult a civilian estate planning attorney. If you are

interested in more information regarding Special Needs Trusts, local legal assistance offices can be reached as follows: Jacksonville, Florida at (904) 542-2565 ext. 3006; Mayport, Florida at (904) 270-5445 ext. 3017; Kings Bay, Georgia at (912) 573-3959. This article is not intended to substitute for the personal advice of a licensed attorney.

## Scams: Don't Fall For The Easy Money

By Lt.j.g. David Welch

RLSO SE

Scenario One: So you're fresh out of boot camp or you're a balding middle-aged man hitting that mid-life crisis. Either way you are looking for a sweet new ride to impress your friends. You're cruising AutoTrader one day when you see a \$25,000 yellow Mustang GT listed for only \$3500. You think to yourself, "this must be some kind of mistake, but man what a deal." You send an e-mail to find out if this is for real. Turns out, the person selling it is going through a divorce and looking to really get at her husband. Thankfully, you are there to help her, all you have to do is send a \$3500 money order to a friend of hers (she doesn't want her husband to get half that money after all) and the car is all yours. This is a deal that you can't just pass up, so an hour later and the money order is on the way. Two weeks later, you haven't heard a thing so you contact the money order service only to find out that the money order was picked up and there is no way to get it back.

Scenario Two: You arrive

home and you check your mail. A letter from Award Grant informs you that you've recently been selected for a cash grant. Incredible! You don't even remember applying for a grant, but who are you to tell them what to do? It seems some benevolent benefactor that gives billions away to charities and individuals has identified you as the kind of good soul that deserves this free money. You have in your hand a check for \$4,500.00, with the guarantee of another, and all you have to do is cash the check and pay the broker's "commission" of \$900.00 by going to their website and providing your credit card number.

You cash the check. You get \$4,500.00 in cash. You pay the \$900.00. No additional check arrives, and your bank comes a calling. It seems the check was bogus, and you're on the hook for the \$4,500.00 (plus an additional \$900 that you've mailed away) not to mention the fact that you've given your credit card number and other personal information away.

The thing these scenarios have in common is, quite obvi-

ously, that they are scams. Despite the fact that you're probably saying to yourself, "no one would fall for that," people do every day. Not all scams prey on an individual's greed, many exploit sympathy. One woman lost her entire life savings paying what she believed to be legal fees for the adoption of two children whose mother, she was told, was dying from AIDS. Neither the mother nor the children existed, just the scam artist.

If you were to ask anyone who has fallen victim to one of these scams whether they wish they had consulted with a lawyer before they got sucked in, the answer would invariably be "YES!" The old adage, "If it sounds too good to be true, it probably is," holds true today as much as it ever has. So before you consider taking "free money," consider the fact that as a servicemember you have the ability to receive FREE LEGAL ADVICE. Stop by any base with legal assistance and run it by a JAG. We're always free, and we want to help (it's job security for us).

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## NEX Web Offers Photo, Video Sharing Service

From NEXCOM

Military customers shopping the NEX online store now have one more service to choose from at the online shopping mall. MyPhotoAlbum Inc., a photo and video sharing service, is now available and offering great deals for NEX customers at [www.navy-nex.com](http://www.navy-nex.com).

"Military families often have to endure long separations or live away from loved ones for an extended period of time," said Phil Austin, Navy Exchange Service Command's (NEXCOM) Services Specialist. "Being able to share photos online is very important so families can stay connected even when they aren't together. This photo and video sharing service will allow NEX customers to do just that – stay connected."

MyPhotoAlbum Inc. offers unlimited photo and video sharing, personalized online photo albums, photo prints and photo keepsakes as well as security, privacy and online storage back-up.

NEX members receive one free year of MyPhotoAlbum Club membership, a \$29.99 value, with no obligation or credit card required. In addition, NEX customers receive nine cent photo prints for themselves and their family and 10 percent savings on all photo books, gifts, prints and posters.

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