

THE MIRROR NS MAYPORT, FLORIDA

2008 CHINFO Award Winner

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THURSDAY, November 19, 2009



Commissary Holiday Hours Set

Mayport Commissary holiday hours for November is as follows: Nov. 22, 9 a.m.-6 p.m.; Nov. 23, closed; Nov. 24, 9 a.m.-7 p.m.; Nov. 25, 9 a.m.-7 p.m.; Nov. 26, closed; Nov. 27, 9 a.m.-4 p.m.; Nov. 28, 9-6 p.m.

Thanksgiving Schedule For The Mirror

The Thanksgiving edition of The Mirror, Nov. 26, will be delivered on Nov. 25 due to the holiday. All sea commands should pick up their two bundles of newspapers from the nearest 24-hour manned pier Gate Guard Shack. Also, all Fleet Market classified ads should be submitted to The Mirror no later than Nov. 25 for inclusion in the Dec. 3 edition. For more information about The Mirror, contact editor Paige Gnnan at 270-7817, ext. 1012 or e-mail mayportmirror@comcast.net.

'A' Report Card Could Earn Rewards

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

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card. To enter the drawing, stop by any NEX with a current report card and have a NEX associate verify the minimum grade average. Then fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to win a savings bond through its A-OK Student Reward Program since 1998.

Time To Crush Out Tobacco

From DoD

The U.S. Department of Defense (DoD) is urging young enlisted personnel to put themselves to the test on Nov. 19. That's the day smokers worldwide join the Great American Smokeout (GASO), stomping out their butts and taking on one of the biggest internal challenges they may face.

"Our service members are famous for being the toughest bunch of men and women out there, which means they are tough enough to quit tobacco if they commit to it. Nov. 19 is an excellent quit date. There's no better time to get the support and jumpstart needed to succeed," said Capt. David Arday, a physician and U.S. Public Health Service officer and chairman of the DoD Alcohol and Tobacco Advisory Committee.

The initiative is part of the DoD's tobacco cessation campaign, "Quit Tobacco. Make Everyone Proud."

"When you quit smoking, you show that you are tough enough to conquer what some claim is merely a bad habit, but what science and research tell us is a strong addiction.



-Photo by Bill Austin

Runners hit the street on Tuesday for the annual MWR 5k Turkey Trot and in recognition of The Great American Smokeout today. Runners got a chance to win Thanksgiving turkeys along reaping the benefits of physical activity.

But we can be stronger," Arday said.

Getting support is a powerful weapon in winning the battle against tobacco. In addition to the support at medical treatment facilities, prospective quitters can find cessation resources

at the "Quit Tobacco. Make Everyone Proud." Web site at <http://www.ucaquit2.org>. A special GASO section features an online pledge that enables service members to publicly announce that they can-and will-stop smoking on Nov. 19. In doing so, they

connect to others on their installation, across the country and around the globe in this annual worldwide event.

Health professionals can register their installation's GASO event to publicize it

See Tobacco, Page 13

Navy Past Goal

From Chief of Naval Personnel Public Affairs

Navy achieved 108 percent of its re-enlistment goals for fiscal year (FY) 2009, in addition to decreasing attrition rates due to "strong command and deckplate leadership," according to a Navy message released Nov. 2.

More than 30,000 Sailors serving in the first 14 years of their naval career, re-enlisted - surpassing Navy's overall re-enlistment goal by 2,175 personnel. Re-enlistment success in each zone contributed to the overall number.

In addition, attrition rates in each zone declined each year for the time period captured in the NAVADMIN. The largest decrease was in Zone A Sailors, whose attrition rate dropped by more than one percent.

On the heels of last year's success, the NAVADMIN also delineates FY10's retention goals, which have shifted in each zone to align community needs with the appropriate experience required to maintain a healthy force. Goals include:

- 55 percent retention for Zone A Sailors, those with up to six years of service;
- 60 percent retention for Zone B Sailors, those with six to 10 years of service;
- 71 percent retention for Zone C Sailors, those with 10 to 14 years of service.

"Command understanding of these individual goals is essential in influencing the desired re-enlistment behavior for our most critical ratings," said Vice Adm. Mark Ferguson, chief of naval personnel, in the message. "Proper tracking of first-term Sailors and timely submission of Perform to Serve applications are essential to maintaining a high-quality force."

The Navy has a variety of programs to encourage top-performing Sailors to remain on active duty, including Navy Credentialing On-line (COOL) which allows achievement of civilian equivalent occupational certifications and the Assignment Incentive Pay Program, which allows Sailors to bid on critical, hard-to-fill billets, allowing individuals more control over their own career path.

Information on objectives for each rating can be found on the enlisted retention dashboard at www.bol.navy.mil.

Shea Takes Helm Of Gettysburg

From USS Gettysburg

Capt. Patrick Shea relieved Capt. Rich Brown as commanding officer USS Gettysburg (CG-64) on Nov. 13 at Echo Pier, Naval Station Mayport.

Shea of Youngstown, Ohio is a 1987 graduate of the U.S. Naval Academy. Shea's service at sea includes tours aboard destroyers and cruisers. He served in the Engineering and Operations Departments in USS Fife (DD 991), the Combat System Department in USS Hue City (CG 66) and as Operations Officer in USS Shiloh (CG 67). He served as executive officer in USS Ramage (DDG 61) and served as the Flag Secretary to the Commander of Second Fleet and STRIKING Fleet Atlantic homeported in Norfolk, Va.

Gettysburg is Shea's second commanding officer tour as he previously commanded USS Carney (DDG 64) based in Mayport from 2005-2007.

Shea is a 2000 graduate of the University of Rhode Island and a 2001 Graduate of the Naval War College, holding Master's degrees in Business Administration and National Security Affairs. His shore assignment includes Instructor,



-Photo courtesy of USS Gettysburg

After assuming command of USS Gettysburg, Capt. Patrick Shea addressed the guests and crew.

Department Head Curriculum, Surface Warfare Officers School Command (SWOS) in Newport, Rhode Island. He also served as the Deputy Executive Assistant to the Deputy Chief of Naval Operations (Resources,

Requirements and Assessments) in the OPNAV Staff.

Shea's most recent assignment will be to the Joint Staff, Joint Chiefs of Staff in Washington, D.C.

Brown of Lowell,

Massachusetts, assumed command of Gettysburg in November 2007. A 1985 graduate of the U.S. Naval Academy, Brown's service at

See Gettysburg, Page 3

USS Doyle Holds Change Of Command

By Ensign Brandon Whigham

USS Doyle

Cmdr. Rolando C. Ramirez relieved Cmdr. John M. Zuzich as commanding officer of USS Doyle (FFG 39) during a change of command ceremony held on board the ship on Nov. 6.

Zuzich hails from Mt. Arlington, New Jersey, and graduated from the U.S. Naval Academy in 1990. He has served as the commanding officer for USS Doyle since January of 2008.

Zuzich recently finished a successful Southern Seas Deployment that included UNITAS Gold, Team Work South, and PANAMAX. Doyle won the Golden Anchor Award two years consecutively and earned the Gold SWO and Silver ESWS Excellence Pennant in 2008.

"Cmdr. Zuzich's leadership style aided his crew's will to win through his dedication to maintaining a high state of readiness at all times," said Senior Chief Gas Turbine System Technician Eric L. Ford, Propulsion Plant Manager on board Doyle.

Ramirez, a native of San Antonio, Texas graduated from the University of Notre Dame in 1992. Afloat, his tours include Executive Officer on

board USS Shoup (DDG 86), Materials Officer (N4) in Commander Destroyer Squadron 24, and Chief Engineer on board USS O'Bannon (DD 987). His shore tours include ballistic missile defense action officer for the OPNAV QDR cell at the Pentagon, instructor duty at Surface Warfare Officer's School, and J-3 plans directorate at U.S. Central Command.

"We welcome Cmdr. Ramirez on board, and look forward to a successful tour under him," said Lt. Donald Toso, Supply Officer on board Doyle.

USS Doyle is the 30th ship built in the Oliver Hazard Perry Class of Guided Missile Frigates. Named for Vice Admiral James Henry Doyle, Doyle boasts a proud tradition as the "Valiant Mariner."

Ramirez will be the 16th commanding officer of Doyle, as Commander Zuzich will be reporting for duty at the Surface Warfare Officer's School in Newport, Rhode Island.



-Photo courtesy of USS Doyle

Outgoing USS Doyle Commanding Officer, Cmdr. John Zuzich renders a salute to incoming Commanding Officer, Cmdr. Rolando Ramirez, as guest speaker Capt. Glenn Zeiders, COMDESRON 14, watches the exchange during the ship's change of command ceremony Nov. 6.

Chaplain's Corner

The information comes from one of many divorce courts in the country. It is the story of a psychoanalyst who wanted to create the perfect wife. He wanted to mold her mind and guide every action to make her the perfect wife. During the divorce proceedings the doctor testified that the "perfect" wife refused to wash the dishes. She wouldn't sweep the house and he often had to baby sit. The wife countercharged that he was not so perfect a husband either. She complained that while he earned \$150,000.00 per year, he only gave her \$10.00 per day for personal spending. That's what happened to the marriage of the psychoanalyst and the perfect wife that he desired to create.... And oh by the way, the doctor had made a critical mistake at the inception of his



Chaplain Joe Molina
CDS40 Staff Chaplain

great experiment. He admitted that he had failed to start by psychoanalyzing himself.

Indeed! The doctor realized that any effort in analyzing others must always begin with a close analysis of the self. But the million-dollar question is:

What is our standard of measurement? To what do we compare ourselves in making sure that we are being objective and accurate?

As you may have gathered, the topic at hand is "excellence." This is not an easy topic for me to write about because excellence is closely related to perfection and I'm not a subject matter expert on "perfection." I don't know if you've noticed, but I'm not perfect. If you thought I was perfect please speak with my wife some time. She will be glad to explain the error of your ways.

I chose this topic of "excellence" because I'm convinced that in each of us there exists an innate desire for excellence. Whether we like it or not or believe in it or not, it's

there! Optimists as well as pessimists share in this inner drive to excel. While the optimist will invent the optimal airplane the pessimist will invent the "perfect" parachute. For many, however, excellence is a dormant quality. Nevertheless, be assured that we all possess the inner conditions to strive for excellence and reach out for that which is true, noble, right, lovely, admirable and...excellent. Excellence implies that there is an absolute standard that lies beyond us.

Where does this desire come from? I believe it comes from our design as human beings, uniquely created. This desire is intuitive in us. I believe that it is a godly trait implanted in each of us and we can spend an entire lifetime striving for and developing

excellence.

How can we develop excellence? Think, speak and act in ways that are consistent with a person of integrity. A good place to start is The Golden Rule, "treat others as you would like them to treat you." Another natural point of reference is the time-tested core values of Honor, Courage and Commitment. Think honorably. Speak with the courage of your convictions and act in such a way as to express your commitment to the right values.

What is its purpose? Its purpose is none other than to bring out the very best that we have to offer the people around us, be it at home with family or in our chosen profession. Its purpose is to self actualize our potential and glorify God through self-development and

service. Achieving this purpose requires a fresh and spontaneous spirit in us. Abraham Maslow, famous behavioral psychologist, expressed it in this fashion: "The creativeness of self-actualizers is like that of unspoiled children."

Where does it lead us? The road towards excellence is sprinkled with diamonds. The pay-off comes as we acknowledge our ability to choose freely and thereby bring about positive changes in our lives. So... "Whatever is true, noble, right, pure, lovely...admirable - if anything is excellent and praiseworthy - think about such things." (Holy Bible, Epistle to the Ephesians 4:8)

Know the Ropes

Support Federal Funding Of Local Schools

Turn in Impact Aid forms

Public education is supported only by local (primarily property tax revenues), state, and federal funding. Most school districts rely heavily on these resources to support educational programming - classroom instruction, extracurricular activities, faculty training, transportation, administrative services and so much more. The recent dire economic conditions have placed most families, businesses, and government agencies in the difficult position of having to operate under severe budgetary constraints. Tighter budgets have placed people and organizations in the position of having to cutback, scale down, and in some cases eliminate services all together. School districts are no exception.

Like most states, Florida has suffered the loss of tax and federal revenues. As a result, Governor Crist and state legislators have looked for ways to maintain state programs and services while monitoring an ever-shrinking budget. The Duval County School System has had to bear its share of these budgetary woes. Districts were told to prepare for 10 percent to 15 percent cuts in anticipated revenue for 2009-10. Education leaders in the 16 states who are members of the Southern Regional Education



Judy Cromartie
School Liaison Officer

Board, including Florida and Georgia, are working on various ways to deal with the economic challenges - but it's not easy. "These are unprecedented times," said Gale Gaines, the board's vice president for state services. "I don't think anybody [in the current leadership] has had to deal with a situation this severe across the South and across the nation."

The federal government recognizes that districts like Duval County face added economic pressure because real property (land) in this area has been purchased for use by the military. This means that the county government is positioned to lose property tax revenue that it might otherwise have earned

if the federal government had not acquired the property. Compensation for this loss, known as Impact Aid, is paid for federal property that is used to support military installations, low-income housing, Indian lands, and for children whose parents who work on or live on federal lands. To be eligible to receive "Highly Impacted" federal funds, a school district must have at least 40% of its student population considered "federally connected."

In order to qualify for these funds, the local school district must verify the numbers of students served by its local schools. Each year, at the same time, local schools send home an Impact Aid form and ask parents to review the form and verify that the information provided is correct. There are some long standing concerns about the form and how it is used. Let's see if we can address some of those issues:

"The schools are making money off of our children" - NOT TRUE! Administered by the U.S. Department of Education, the Impact Aid program is one of the oldest education programs, dating from 1950. Like most federal programs, it was fully funded in its early years. However, since about the mid-1970's the program has been under funded.

This means that local school districts, while receiving some federal funding, are still NOT being fully compensated for the costs of the educational services they provide.

"They are collecting too much personal information one place." - NOT TRUE! In fact, the information that is provided on the form is basic contact information available from school records. Parents are not asked questions about salary or family income, nor are they asked to provide social security numbers or other important identifying data.

"If I do not return the Impact Aid form my child's school will know that I am angry about..." - NOT TRUE! Not completing the Impact Aid form does not affect a district's or school's decisions about policies or procedures. Parents who have educational issues to address should seek out other means of communicating with local school administrators and teachers such as joining parent-teacher organizations, attending local school board meetings, etc. Withholding the Impact Aid form only denies the local schools the much needed funding required to maintain programs and services.

"It's too much work to fill out all these forms again!" - NOT TRUE! Completing the

Impact Aid form will only take a moment. While it is true that EVERY child in a family will receive an Impact Aid form, parents will quickly realize there are a few simple questions that can be answered by simply checking the box that best suits their family. What else is needed? A signature!

The Impact Aid forms went home with Duval students on Oct. 27. Schools will be collecting completed forms Oct. 30 - Nov. 20. Parents need to complete a separate form for each child. Without accurate numbers, the schools could miss out on opportunities such as the one currently available to Mayport Middle School and Finegan and Mayport Elementary Schools.

DoDEA's Promoting Student Achievement at Schools Impacted by Military Force Structure Changes grant would allow participating schools to enhance student achievement in science, technology, engineering, mathematics, English language arts, and reading. A large portion of the grant will ensure integration of technology into the curriculum. Teachers will have opportunities to strengthen their content knowledge and instructional skills through professional development targeted to the new curriculum.

To qualify, a school must

have a significant military student population to meet the eligibility requirement. Specifically, elementary schools must have a military student population of at least 25 percent and secondary schools must have a military student population of at least 15 percent.

So before Duval Schools can submit a grant application to DoDEA, they must determine if these schools meet the eligibility criteria. Please complete your Impact Aid card. If you have misplaced it, please call the school for a replacement. Schools will begin returning cards to the district office on Nov. 23.

Mayport Middle School, Katrina McCray - principal, 247-5977

Finegan Elementary School, David Pinter - principal, 247-5999

Mayport Elementary School, Yvonne Ferguson - principal, 247-5988.

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at judith.cromartie@navy.mil or by phone at (904) 270-6289 ext. 1305.

Homefront in Focus

Last week we celebrated Veterans Day. Perhaps it is the elongation of our current conflicts or perhaps I'm just missing my WWII vet father; regardless I want to share with you resources I've discovered which impacts how I will honor our veterans this year.

There is a proverb that says "Give honor to whom honor is due." I think you will agree with me that our nation's vets, whether WWII, Vietnam, Bosnia, Gulf War, Iraq & Afghanistan, anyone who puts on a uniform in defense of our nation deserves acknowledgment and honor. As such I want to invite you to visit a website dedicated to showcasing and honoring our defenders and first responders. GreatAmericans.com (www.greatamericans.com) will amaze you with the videos of not only today's defenders of freedom but inspiring stories of heroes from WWII and Vietnam. I'd like to recommend that you search for



Beth Wilson

your favorite branch and check out the videos of Medal of Honor recipients.

Each generation has its heroes and WWII vets are so dear to my heart. I want to introduce you to a documentary about three members of "The Greatest Generation." The Way We Get By (www.thewaywegetbymovie.com) is a recently released documentary of three senior citizens, troop greeters, who gather daily at a small air

port in Maine to thank returning or deploying American soldiers. This is far more than a movie about troop greeters; it is a compassionate look at aging, loneliness, war, mortality and giving back. Joan is a grandmother of eight, one of which is serving in Iraq. Jerry faces mounting health and financial challenges but is heroic in his ability to keep his spirits up in the face of such challenges

while Bill struggles taking care of himself and freshly contemplates his mortality. You will not be the same after viewing this movie.

My final recommendation is Brothers at War (www.brothersatwarmovie.com); a movie for and about us, today's war-fighter and their family. Director Jake Rademacher hails from the heartland. His two brothers are soldiers serving in Iraq; one an

officer, the other enlisted. The documentary opens with Jake's motivation for the movie, "My two brothers are putting their lives on the line. I need to know why..." This movie follows not only the experience of those serving but the families they left behind. After seeing this movie my husband said, "This is my story, this is our story." Brothers at War will soon be released on DVD. Check the

website for release dates and to pre-order your copy, you will be glad you did.

As military families we are intimately acquainted with the price of freedom. As we approach and celebrate Veterans Day I want to thank each of you for your service, for your sacrifice. Thank you.

Contact Beth with questions or comments at beth@homefrontinfocus.com.



Chapel Call
Command Chaplain:
Cmdr. Jerome Dillon
SUNDAY

Sunday School.....9 a.m.
Morning Worship.....10:30 a.m.
Protestant Baptism.....As requested
TUESDAY
M O P S (M o t h e r s o f Preschoolers).....9:30 a.m.
(First and third Tuesday of the month)

WEDNESDAY
Women's Bible Study.....9:30 a.m.
Choir Rehearsal.....7 p.m.
SATURDAY
Men's Prayer Breakfast.....9 a.m.
Youth Group 2, 4.....6 p.m.

Catholic Services:
Friday Masses.....11:30 a.m.
CCD.....8 a.m.-8:45 a.m.

BAPTISMS
Please call 270-5212 to arrange a Baptism class.

SERVICES
For shipboard and Waterfront Services, call 270-5403. Personnel of other faiths seeking contact with specific religious groups should call the Chaplain's Office at 270-5212.



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

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Ride With CNO To Benefit Vets

From R2R

More than 180 injured veterans will set off across Florida on Dec. 12, starting the six-day, 350-mile Ride 2 Recovery (R2R) Florida Challenge. The event is presented by UnitedHealthcare.

Ride 2 Recovery Florida Challenge will raise funds to support indoor Spinning(r) Recovery Labs and outdoor cycling programs at Military and VA locations around the U.S., aiding the rehabilitation and recovery efforts of the injured veterans.

"We are very, very proud to be a part of this Ride 2 Recovery Florida Challenge," said David Lewis, CEO of UnitedHealthcare of Central/North Florida. "The sacrifices made by the men and women in our military are enormous, and when injury occurs,

they need the full measure of our support. We want those brave individuals to enjoy a return to the health and wellbeing they richly deserve."

The ride will begin Saturday, Dec. 12 from MacDill AFB and end on Thursday, Dec. 17 at the Jacksonville Jaguar's game vs. the Colts after a stop at Naval Station Mayport. The USO will again provide sup-



port for the daily rest stops with the USO Canteen being present each day. The American Legion Riders will provide a motorcycle escort during the event and several American Legion Posts will sponsor dinners and community events.

Notable participants include Chief of Naval Operations, Adm. Gary Roughead, Warrior Care and Transition Commander BGEN Gary Cheek, Jeremiah Workman - Recipient - Navy Cross, Nathan Hunt - National Spokesman R2R - double amputee, Greg Gadson - double amputee (Superbowl Giants' inspirational co-captain), and Mike McNaughton - National Spokesman R2R and Louisiana Dept. of VA The National Commander of the American Legion and the President of the American

Legion Auxiliary will also be on the ride. Several member of the USO will participate in the full ride in addition to the USO Canteen providing rest stop support.

The ride features stops at the Florida Gator's football stadium (The Swamp), World Golf Hall of Fame, and Naval Station Mayport before the ending ceremony at the Jag's Game. Other highlights along the route include school visits, welcome parades, and community events sponsored by the USO and the American Legion Family.

The Florida Challenge from Tampa to Jacksonville, presented by UnitedHealthcare, is set to be an exciting, fun, and life-changing event for everyone involved. To find out more or to sign up for an upcoming ride, please visit www.ride2recovery.com.

USS De Wert Assists Mariners In Distress

From Commander, U.S. Naval Forces Central Command/5th Fleet Public Affairs

A disabled Yemeni dhow was given assistance by the frigate USS De Wert (FFG 45) Oct. 27 while the ship was on routine patrol in the Red Sea.

At approximately 6 p.m., Oct 27, the crew of the Yemeni-flagged dhow Al Faris signaled the warship by flashing lights in their direction which were seen by Boatswain's Mate Seaman Robert Yancey on the ship approximately 4,000 yards away.

"Some of my friends are fortunate to have jobs and I'm on the other side of the world saving lives," said Yancey. "This is what being a Sailor in the U.S. Navy is all about."

A visit, board, search and seizure (VBSS) team launched a rigid-hulled inflatable boat (RHIB) and approached the dhow to investigate. Upon reaching the dhow, the team learned that the dhow and its 17 passengers had been at sea for seven days and were without food and water and hadn't had fuel for four days.

"The Chief of Naval Operations recently stated that our Navy is a global force for good," said Cmdr. Sean McLaren, De Wert's commanding officer. "The crew of De Wert was energized by the chance to do some good here."

Boxes of food and containers of potable water were then delivered to the dhow by De Wert Sailors who also gave the passengers flashlights, oil and fuel before the frigate escorted the dhow to its desired location.

"I am very proud of the way De Wert team worked together to ensure the Yemeni dhow made it to safety," said Lt. j.g. Brandon Schmidt, De Wert's weapons officer and VBSS boarding officer. "Any time you can help someone who's in such a dire situation and see how grateful they are for your help gives you a great deal of satisfaction," he said.

De Wert is on a regularly scheduled deployment to the Fifth Fleet area of responsibility (AOR) from its homeport of Naval Station Mayport, Fla.



-File Photo

USS De Wert is currently deployed to the Fifth Fleet area of responsibility.

Gettysburg

sea includes tours as Navigator and Damage Control Assistant in USS Charles F. Adams (DDG 2); Flag Lieutenant for Commander, Cruiser Destroyer Group 12; Operations Officer in USS O'Bannon (DD 987); Operations Officer in USS Leyte Gulf (CG 55); Executive Officer in USS Mahan (DDG 72); and Commanding Officer, USS The Sullivans (DDG 68).

Brown served as Flag Secretary for the Supreme Allied Commander, Atlantic/Commander in Chief, United States Joint Forces Command from February 2000 to July 2002. Prior to commanding Gettysburg, Brown was Branch Head for Surface Commander and Lieutenant Commander Assignments, Navy Personnel Command, PERS 410.

Brown holds a Master of Science degree in Operations Research from the Naval Post Graduate School and a Master of Arts degree in National Security and Strategic Studies from the Naval War College.

Brown led Gettysburg from the Fall of 2007, meeting the ship on deployment, through the current SRA period. During his tenure the ship traveled

From Page 1 around the world completing an Arabian Gulf deployment in 2007, a BALTOPS deployment in the summer of 2008 and most recently an international counter piracy deployment in the Gulf of Aden in 2009. While he commanded Gettysburg the ship was highly decorated winning the Old Crow's award, Battle E (2), and the Arizona Memorial trophy.

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Congressional, Senate Visitors At Mayport



-Photos by MC1 Heather Ewton

Above, U.S. Congressman Ander Crenshaw addresses NS Mayport Commanding Officer, Capt. Aaron Bowman, with questions concerning current and upcoming MILCON projects as U.S. Senator George LeMieux looks over the basin's map. Below left, USS The Sullivans Commanding Officer, Cmdr. Neil Funtanilla, welcomes LeMieux aboard the ship and presents him a ship's ballcap during a tour of NS Mayport. Below right, The Sullivans Combat Systems Officer, Lt. Kyle Kramer points out weapons systems aboard the ship during the tour.



Senator Tours FRCSE F/A-18 Hornet Line

By Marsha Childs

FRCSE Public Affairs

The day after Veterans Day, U.S. Senator George LeMieux (R-FL) visited Fleet Readiness Center Southeast (FRCSE) to tour the F/A-18 Hornet Strike Fighter line and learn about center barrel replacement, a program to extend the service life for these vital aircraft.

LeMieux serves on the U.S. Senate Armed Services Committee that oversees the armed forces, the development of weapons systems and military operations, and the acquisition of strategic and critical materials necessary for operational readiness and mission completion.

In October, the senator traveled to Afghanistan where he met with U.S. troops and the U.S. Commander in Afghanistan, General Stanley McChrystal to gain a fuller

understanding of their challenges and how LeMieux can best support their mission.

FRCSE Commanding Officer Capt. Paul Sohl explained the facility's maintenance mission and the importance of keeping these aircraft flying. "Our aircraft are returning after being put through some pretty harsh conditions. They are being flown in ways they were never intended, long past their service life expectancy."

Sohl gave high praise to the highly-skilled FRCSE artisans who are fabricating one-of-a-kind replacement parts and components not found in the Navy supply system or elsewhere.

"Our artisans perform the maintenance, repairs and overhaul on our critical aircraft and return them to the war effort as quickly and safely as possible," he said. "We want to provide optimal support for our troops on the ground."

Senator LeMieux was very impressed with the work taking place at the depot. He said, "I'm here to learn. I wanted to come here and see it for myself, to support the men and women who are defending our freedom."

As a legislature, he is also concerned with economic stability. "The military is such an important part of our economy." Military salaries and spending contribute about \$12 billion to Florida's economy.

FRCSE is the largest industrial employer in Northeast Florida and Southeast Georgia with a workforce of about 4,000.

On Aug. 28, LeMieux was appointed to the U.S. Senate to fill out the remainder of Senator Mel Martinez's unexpired term and was sworn in on Sept. 10.



-Photo by Vic Pitts

FRCSE Commanding Officer Capt. Paul Sohl (left to right) explains to Senator George LeMieux the Center Barrel Replacement Program designed to extend the service life of F/A-18 Hornet Strike Fighters as senate staff members look on.

Free Jaguar Tickets For Deployed Family Members

From Staff

Families of deployed Sailors can get free home game tickets to see the

Jacksonville Jaguars, thanks to the Mayport Sailors Aweigh program, an initiative set up by the Jacksonville Jaguars Foundation.

The tickets are available to the spouse and children. Children will also

receive \$10 in Jag dollars to spend along with a t-shirt.

An eligible parent must attend the game with eligible children. Transportation is provided free via a bus that departs from the base Fire Station parking lot two hours prior to the kick off.

If you wish to take your own trans-

portation you are responsible for those expenses. You must still come to the Fire Station parking lot to be issued your tickets, t-shirt and Jag dollars.

Due to the limited number of tickets, they are available on a first come, first serve basis.

All personnel receiving tickets will be asked to make an anti-abuse pledge

promising to abstain from the alcohol, tobacco, and illegal drugs.

Parental consent forms outlining rules and regulations for participants must be filled out prior to getting on the bus.

A ratio of one adult to five children is required.

The parent/volunteer must escort

their group at all times including trips to the concession stand and restrooms.

Reservations for the game will take place one week prior to the game.

Personnel wishing to attend games, contact Valentin at 904-329-6523 or email rayreyv@aol.com or Raymond.valentin@navy.mil.

Klaking Participates In Jax Veterans Day Parade



Photo by Kaylee LaRocque



Above, crewmembers from USS Klaking proudly march past the reviewing stand during the 2009 Veterans Day Parade in downtown Jacksonville. The ship was docked downtown and offered free tours as part of the city's Week of Valor to honor the nation's military. Right, NS Mayport Commanding Officer Capt. Aaron Bowman waves to the crowd during the annual Veterans Day Parade in downtown Jacksonville Nov. 11.

Ombudsman Go Through Basic Training



Photo by Mike Rivera

Twelve ombudsman from the tri-base area and NOSC Orlando completed a 15-hour training session hosted by Fleet and Family Support Center Mayport this week. The graduates were given basic information, referral techniques and went through family-building exercises for family members of deployed servicemembers.

On Base

Friday, Nov. 20

There will be yard sale of NAFI NGIS property at the Navy Gateway Inns & Suites, Bowman Hall, Building 1585, 1st floor from 9 a.m.-1 p.m. The items for sale have set prices from \$5 to \$50. All sales are cash only. This sale is open to military and civilian personnel. Sale items are as follows: microwave/refrigerator combo - \$50; 25-inch TV - \$25; DVD/VCR combo - \$15; 4-cup coffee-maker - \$5.

Wednesday, Dec. 2

Mayport Military MOPS (Mothers of Preschoolers) Invites all moms of children ages 0-5 to join us for "Life on Planet Mom." 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/mayport-mops

Wednesday, Dec. 16

Mayport Military MOPS (Mothers of Preschoolers) Invites all moms of children ages 0-5 to join us for "Life on Planet Mom." 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/mayport-mops

Out in Town

Thursday, Nov. 19

The Atlantic Beach Cultural Arts and Recreation Advisory Committee is hosting an Artisans' Holiday Faire featuring 15 Northeast Florida artists. The public is invited to the Adele Grage Cultural Center from 5 to 9 p.m. Unique and exceptional gifts are offered for the holiday season - with music, refreshments, and wine tasting. Come enjoy original artwork, pottery, blown glass, sculpture, woodturning, jewelry, photography, and mixed medium art. The Artisans' Faire is free and open to the public. Visit the Atlantic Beach website at www.coab.us/events.

Friday, Nov. 20

Come join the Fleet Reserve Association for a night of Karaoke at the Branch Home, 390 Mayport Rd. Featured will be host DOUG BRACEY, from 9 p.m.-1 a.m.

Census jobs available. Call 1-866-861-2010.

Saturday, Nov. 21

The Cummer Museum of Art & Gardens, 829 Riverside Ave., is hosting Art Adventures on Saturdays from 10 a.m. to noon for children ages 6 to 12. This monthly children's class features instruction in painting, printmaking, collage and construction with changing themes. This particular class theme is A Timucua Feast where children will learn about the Timucua people. After the class, attendees can explore the historic engravings by Theodor de Bry based on Jacques Le Moyne's depictions of Timucuan culture in the exhibition, Voyages to the New World: Jacques Le Moyne and Theodor de Bry. The exhibition, on view through January 10, 2010, features 42 engravings by de Bry that tell the story of the French settlement at Fort Caroline.

Census jobs available. Call 1-866-861-2010.

A poker run bike ride will be held to benefit the family of Somer Thompson. Events begin at Bayard Rooster at 9:30 a.m., Kickstands up t 10:30 a.m. and last bike in at 5:30 p.m. at Whitey's Fish Camp. Cost of the ride is \$15 preregistered and \$20 the day of the event. Passengers are \$5. For more information, call Laura at 683-6372.

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.

The Jacksonville Genealogical Society, will hold their monthly meeting at the Webb-Wesconnett Branch Library, 6889 103rd street, Jacksonville, Fl. The time has been changed due to the library needed space to celebrate their 30th Birthday. The meeting will commence at noon and end at 2 p.m. Besides the election of officers, our program will consist of "Reminiscing". We are asking members to be prepared to discuss for two to four minutes, a memorable event in their life, which may be of interest to other members. For additional information please contact, Mary Chauncey, (904) 781-9300.

The Fleet Reserve Association Branch 290 is hosting a Steak Dinner from 5-8 p.m., at the Branch Home at 390 Mayport Rd. The menu will include a baked potato and salad. A donation of \$10 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.

Monday, Nov. 23

The Fleet Reserve Association, Branch 290, invites you to play Bingo on at the Branch Home, 390 Mayport Road, Atlantic Beach. Games start at 6 p.m. Snacks will be available for a small donation.

Wednesday, Nov. 25

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

Thursday, Nov. 26

The Fleet Reserve Association, Branch 290, invites you to an Open House and old-fashioned, traditional Thanksgiving Dinner from 2 to 6 p.m., at the Branch Home, 390 Mayport Rd. The menu will include turkey, ham, and all the fixin's. A donation for each dinner would be appreciated. The bar will be open for drinks.

Friday, Nov. 27

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

Saturday, Nov. 28

Join the Fleet Reserve Association for a night of music and dancing at the

Branch Home, 390 Mayport Rd. Featured will be SOUTHBOUND, from 9 p.m. to 1 a.m. The bar will be open for drinks and snacks.

Sunday, Nov. 29

Census jobs available. Call 1-866-861-2010.

Join a park ranger at 10:00 a.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.

Monday, Nov. 30

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.

Saturday, Dec. 5

Ocean Conservancy announces North Atlantic Right Whale Festival to celebrate return of Endangered Animals to the Southeast U.S. from 10 a.m.-4 p.m. at Sea Walk Pavilion, Jacksonville Beach. Join us on the shores of the only known right whale calving area at the beginning of their calving season. Many activities will be taking place, including a silent auction, kids' activities and exhibitions from many local organizations. Join a beach cleanup at 9 a.m., or the beach run at 3 p.m. Please register at www.performancemultisports.com/rightwhale5k.htm. Live music by Florida-based The Hip Abduction and Hours Eastly will be playing all afternoon. Exhibitors include National Oceanic and Atmospheric Administration, Jacksonville Zoo, Ocean Conservancy, Keepers of the Coast and many others.

Join a Park Ranger at 10 a.m. for a leisurely paced hike to discover the island's natural communities. Participants are encouraged to bring bug spray and bottled water. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

Sunday, Dec. 6

The 18th Annual "Carols by Candlelight" free concert at Deermeadows Baptist Church will be held at 7 p.m. at 9780 Baymeadows Road. This year's "Carols by Candlelight: A Celtic Christmas" theme will feature the Deermeadows Choir & Orchestra, as well as guest artists, Ceol Na Tiarna, a Celtic instrumental ensemble out of Nashville, TN, and Bowling Green, KY. The leader of Ceol Na Tiarna, Skip Cleavinger, is active in the Nashville recording industry, and he tours several weeks each year with Michael W. Smith and Amy Grant.

Monday, Dec. 7

The 18th Annual "Carols by Candlelight" free concert at Deermeadows Baptist Church will be held at 7 p.m. at 9780 Baymeadows Road. This year's "Carols by Candlelight: A

Celtic Christmas" theme will feature the Deermeadows Choir & Orchestra, as well as guest artists, Ceol Na Tiarna, a Celtic instrumental ensemble out of Nashville, TN, and Bowling Green, KY. The leader of Ceol Na Tiarna, Skip Cleavinger, is active in the Nashville recording industry, and he tours several weeks each year with Michael W. Smith and Amy Grant.

Sunday, Dec. 13

Join a park ranger at 2

p.m. to learn about the difference between a conch and a whelk, or a cockle and a clam? Discover how to identify many of the frequently found shells that wash up on the Talbot Islands State Parks shores. 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.

Monday, Dec. 14

In honor of Chabad @ the Beaches' sixth anniversary,

Chabad @ the Beaches will sponsor a family oriented Chanukah Judaica, gift and fun fair titled "Chanukah Wonderland," which begins at 4:30 p.m. at the Hampton Inn and will culminate in the lighting of a giant eight foot public Menorah at 6 p.m. A prize will be given to each child with a fully stamped passport! The event will include family entertainment, a fabulous Arts and Crafts Fair, and great traditional Chanukah foods.

Family Christmas BINGO

A fun-filled afternoon of Bingo for children and their parents.

Sunday, Dec. 13, 2009

12:30 p.m. start at Beachside Community Center

Admission: \$10 per person
Includes bingo, pizza, soda, cookies and one (1) ticket for the prize drawings.
All kids will go home with a goodie bag!

Tickets go on sale Friday, Nov. 13th at both ITT and Beachside Bingo (during normal Bingo hours).

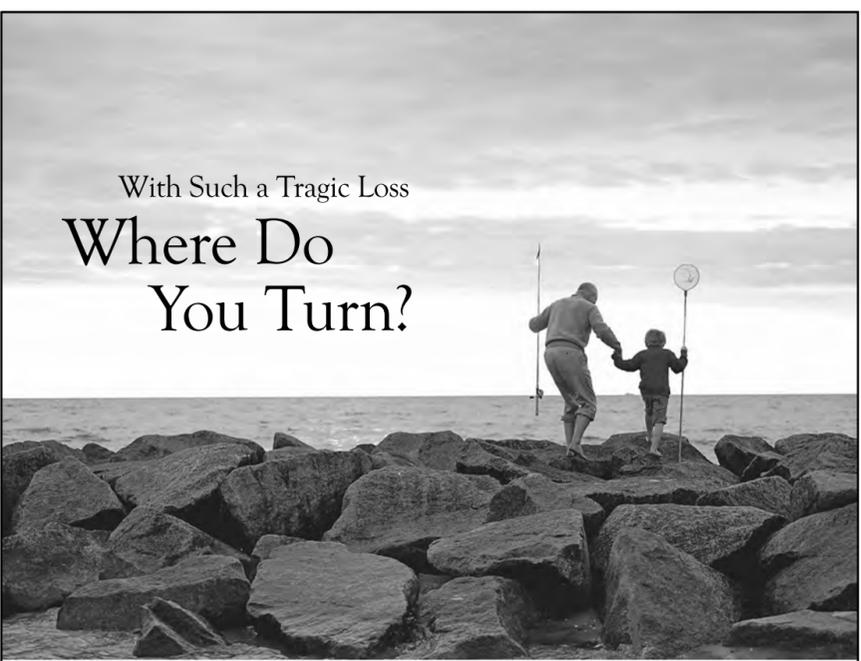
Ages 3-16* welcome!
***Children ages 3-9 must be accompanied by an adult guardian.**
Adults must be accompanied by a child.
Prizes will be awarded to both children and adults.

Santa will stop by with treats for all!

Event Info:
(904) 270-7204
(904) 270-5145

Everyone pays, everyone plays!

Space is limited... 300 tickets available.

With Such a Tragic Loss Where Do You Turn?

It's unnatural and unthinkable to outlive a child or grandchild. But sometimes it happens, as it did to Ron and Dorothy. Their eight-year old grandson Billy was lost to cancer. The same boy who played soccer in your backyard. The boy Ron and your husband took fishing so many times.

You find yourself wondering, "If it were my grandchild, what would I do? Where would I turn?"

You don't have to worry if you have made prearrangements for yourself with a Dignity Memorial® provider. In the unlikely event of such a tragedy, the Dignity Memorial network's Child and Grandchild Protection will also cover the cost of funeral services for your children and grandchildren*.

The Dignity Memorial network: America's leading funeral homes and cemeteries, united to bring you the services you need when it matters most.

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Away From Home Protection® | 24-Hour Compassion Helpline® | National Transferability
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 Veterans Benefits | Child & Grandchild Protection

Call today to learn what your Dignity Memorial provider can do for you.

Jacksonville locations include:

HARDAGE-GIDDENS FUNERAL HOME, BLANDING BLVD. (904) 777-5727
 HARDAGE-GIDDENS TOWN & COUNTRY FUNERAL HOME & RIVERSIDE MEMORIAL PARK (904) 781-9262
 HARDAGE-GIDDENS FUNERAL HOME, S. EDGEWOOD AVE. (904) 388-2711
 EDGEWOOD CEMETERY (904) 765-2484

* Child & Grandchild Protection included with select Dignity Memorial packages. Child or grandchild must be under 21 and unmarried. Not available in Maryland.

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2 BATH
Units**



\$830/month

Includes Washer / Dryer Rental

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 Mayport Naval Air Station

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— Canas, Solano County, Calif.
usaa.com/reviews, June 1, 2009

We've stayed strong by doing what's right for our members, not what's right for Wall Street. An average member who switches can save \$525 a year on auto insurance.² Maybe that's why we've been one of *BusinessWeek's* top two "customer service champs" the last three years running – and why members like Canas take the time to write about us on usaa.com. USAA. Recognized by *BusinessWeek*. Recommended by USAA member Canas.

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¹\$1,000 savings not typical. ²Based on countrywide survey of new customers from 12/1/07 to 11/30/08 who reported their prior insurers' premiums when they switched to USAA. Savings do not apply in MA. Property and casualty insurance products are available to military members and their former dependents who meet certain membership eligibility criteria. To find out if you are eligible, contact USAA. Underwriting restrictions apply. Use of the term "member" or "membership" does not convey any legal, eligibility, or ownership rights. Children of USAA members are eligible to purchase auto or property insurance if their eligible parent purchases USAA auto and property insurance. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, USAA County Mutual Insurance Company, San Antonio, TX, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. © 2009 USAA. 92289-1009

Fitness
Surfside Fitness schedule is as follows:

Monday
7 a.m., **Spartan Training**
Unconventional training for the unconventional warrior which centers on the art of developing the body through refined functional tactics. Spartan Training employs a combination of kettle bells, calisthenics, sprint and distance running, tire flips, sledge hammers, sled drags, and many other advanced training techniques. Meets behind Surfside Fitness Center.

9:30 a.m., **Resistance**
This class will reform the lower and upper body utilizing every fitness tool. Your body shape will take a 360-degree turn.

10:30 a.m., **Broken Hearts**
A fitness program for those who require cardiac rehabilitation. Program incorporates a wide variety of fitness tools. Blood pressure and heart rate are monitored while progress is charted.

11:30 a.m., **Step n Kick**
Step up the fat burn and kick down those keals with this combo class.

1 p.m., **Moms in Motion**
A monitored exercise program designed for pregnant women and new moms. This class helps improve muscle tone, ease stress, relieve back pain, and increase energy. All participants are required to submit a doctor's release to participate. Moms can bring babies in carriers to this class. Held at Surfside Fitness Center.

4:30 p.m., **Zumba**
A fusion of hot, sexy and explosive Latin American and International dance music. Caloric output, fat burning and total body toning are maximized through fun and easy to follow dance steps. Come experience the ultimate dance party in this high energy, motivating class that is great for both the body and the mind.

3:30 p.m. - 6:30 p.m., **Youth Fitness Factory**
5:30 p.m., **Yoga**
A dynamic blend of breathing, yoga postures, and relaxation techniques. This class increases vitality, energy, calm, agility, flexibility, mental and physical strength in the body, both internally and externally.

Tuesday
7 a.m., **Command TRX**
(weather permitting) Build functional strength and muscular endurance with this suspension training system developed by the Navy Seals. Now used on military installations all over the world, the TRX is a space saving, portable tool used to attain peak operational fitness. Mayport's TRX training area can be found behind the Surfside Fitness Center. Meets behind Surfside. Limited to 28 Active Duty only.

9:30 a.m., **LolImpact**
Designed for beginners. Easy to follow, low impact aerobic and strength-training moves provide something different than just walking on the treadmill.

11:30 a.m., **Intro TRX**
(weather permitting) Build functional strength and muscular endurance with this suspension training system developed by the Navy Seals. Now used on military installations all over the world, the TRX is a space saving, portable tool used to attain peak operational fitness. Mayport's TRX training area can be found behind the Surfside Fitness Center.

1 p.m., **Strength Solutions**
This class assists in preventing and overcoming injuries. Ride the road to recovery! Meets at Surfside Fitness Center lobby.

5:30 p.m., **Yoga**
A dynamic blend of breathing, yoga postures, and relaxation techniques. This class increases vitality, energy, calm, agility, flexibility, mental and physical strength in the body, both internally and externally.

4:30 p.m., **Zumba**
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3:30 p.m. - 6:30 p.m., **Youth Fitness Factory**
Wednesday
6:30 a.m., **Functional**

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

Flexibility
This class consists of a highly effective flexibility regimen that will strengthen, stretch and relax the body. Say good-bye to tense, tight aching muscles!

9:30 a.m., **Intro Mind Body**
Mind Body programs focus on improving flexibility, strength and balance while enhancing posture, mental focus and coordination. Deter injury and the effects of stress, burn calories and improve overall health. Mind Body is a fusion of *Yoga, Pilates and Tai Chi*.

10:30 a.m., **Broken Hearts**
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A monitored exercise program designed for pregnant women and new moms. This class helps improve muscle tone, ease stress, relieve back pain, and increase energy. All participants are required to submit a doctor's release to participate. Moms can bring babies in carriers to this class. Held at Surfside Fitness Center.

2:30 p.m., **Command/FEP TRX**
5:30 p.m., **Kids' Clinic**
5:30pm **Kickboxing**
Learn basic kicks, punches and balance moves in this calorie burning, sweat producing knock out of a work out.

Thursday
9:30 a.m., **Walking**
11:30 a.m., **Adv. Mind Body**
Mind Body programs focus on improving flexibility, strength and balance while enhancing posture, mental focus and coordination. Deter injury and the effects of stress, burn calories and improve overall health. Mind Body is a fusion of *Yoga, Pilates and Tai Chi*.

1 p.m., **Strength Solutions**
This class assists in preventing and overcoming injuries. Ride the road to recovery! Meets at Surfside Fitness Center lobby.

3:30pm - 6:30 p.m., **Youth Fitness Factory**
5:30 p.m., **Mommy, Daddy, Me**

Friday
7 a.m., **Beach Bootcamp**
(weather permitting) This Commando PT utilizes various training techniques to achieve the highest fitness levels possible. Meets behind Surfside Fitness Center. Can accommodate 200+ personnel.

11:30 a.m., **Spartan Training**
Unconventional training for the unconventional warrior which centers on the art of developing the body through refined functional tactics.

Spartan Training employs a combination of kettle bells, calisthenics, sprint and distance running, tire flips, sledge hammers, sled drags, and many other advanced training techniques. Meets behind Surfside Fitness Center.

The Gym Schedule is as follows:
Monday
11:30 a.m., **Adv. Weight Training for Warriors**
An adrenaline producing 1-hour class devoted to building strength and stamina in active duty personnel. Emphasis is placed on sound, proven weight training techniques. Topics include squatology, supplements and muscle growth. Meets at Gym weight room.

2:30 p.m., **Conditioning for Running**
Put your best foot forward and improve your 1.5-mile time, run a 5K or a marathon. Meets at Gym in the lobby. Can accommodate 200+ personnel.

4:30 p.m., **Spinning**
This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

Thursday
7 a.m., **Cardio, Combat and CORE**
In this heart-pounding full body workout we break a serious sizzlin' sweat. This fusion of cardio and resistance training will max out your exercise afterburn. Meets at Gym basketball court 1A.

11:30 a.m., **Spinning**
This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

3:30pm - 6:30 p.m., **Youth Fitness Factory**
Friday
6:30 a.m., **Command Spinning**
This 45-minute indoor cycling class will enhance your speed and strength and burn

mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

9:30 a.m., **Intro to Spin**
This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

11:30 a.m., **Strength Training Basics for Women**
This introductory weight training class is designed especially for women and includes educational material and program design. Meets at Gym weight room.

11:30 a.m., **Steel Anchor Testing**
Show your commitment and motivation by becoming a Steel Anchor. Successful completion of a percentage based combination of the bench press, squat, and dead lift will win you this prestigious award.

3:30 p.m., **Command Cardio Pump**
Various training regimens are used based on attendance number. Can accommodate 200 plus participants. Kickboxing, circuit training and sports drills are just a few of the fitness enhancement methods used. Discover how to become a lean, mean fighting machine! Meets at Gym basketball court 1A.

11:30 a.m., **Rowbics**
Learn to row on the Concept 2 rower used by Olympic rowing teams. The full body rhythmic nature of the rower makes it extremely efficient at burning fat with minimal stress to your legs, feet or joints. All fitness levels welcome. The com-

mand version of this class is great for Fitness Enhancement Personnel. Meets at Gym racquetball court 3.

2:30 p.m., **Conditioning for Running**
Put your best foot forward and improve your 1.5-mile time, run a 5K or a marathon. Meets at Gym in the lobby. Can accommodate 200+ personnel.

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This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

11:30 a.m., **Strength Training Basics for Women**
This introductory weight training class is designed especially for women and includes educational material and program design. Meets at Gym weight room.

11:30 a.m., **Steel Anchor Testing**
Show your commitment and motivation by becoming a Steel Anchor. Successful completion of a percentage based combination of the bench press, squat, and dead lift will win you this prestigious award.

3:30 p.m., **Command Cardio Pump**
Various training regimens are used based on attendance number. Can accommodate 200 plus participants. Kickboxing, circuit training and sports drills are just a few of the fitness enhancement methods used. Discover how to become a lean, mean fighting machine! Meets at Gym basketball court 1A.

11:30 a.m., **Rowbics**
Learn to row on the Concept 2 rower used by Olympic rowing teams. The full body rhythmic nature of the rower makes it extremely efficient at burning fat with minimal stress to your legs, feet or joints. All fitness levels welcome. The com-

mand version of this class is great for Fitness Enhancement Personnel. Meets at Gym racquetball court 3.

2:30 p.m., **Conditioning for Running**
Put your best foot forward and improve your 1.5-mile time, run a 5K or a marathon. Meets at Gym in the lobby. Can accommodate 200+ personnel.

4:30 p.m., **Spinning**
This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

Thursday
7 a.m., **Cardio, Combat and CORE**
In this heart-pounding full body workout we break a serious sizzlin' sweat. This fusion of cardio and resistance training will max out your exercise afterburn. Meets at Gym basketball court 1A.

11:30 a.m., **Spinning**
This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

3:30pm - 6:30 p.m., **Youth Fitness Factory**
Friday
6:30 a.m., **Command Spinning**
This 45-minute indoor cycling class will enhance your speed and strength and burn

mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

9:30 a.m., **Intro to Spin**
This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

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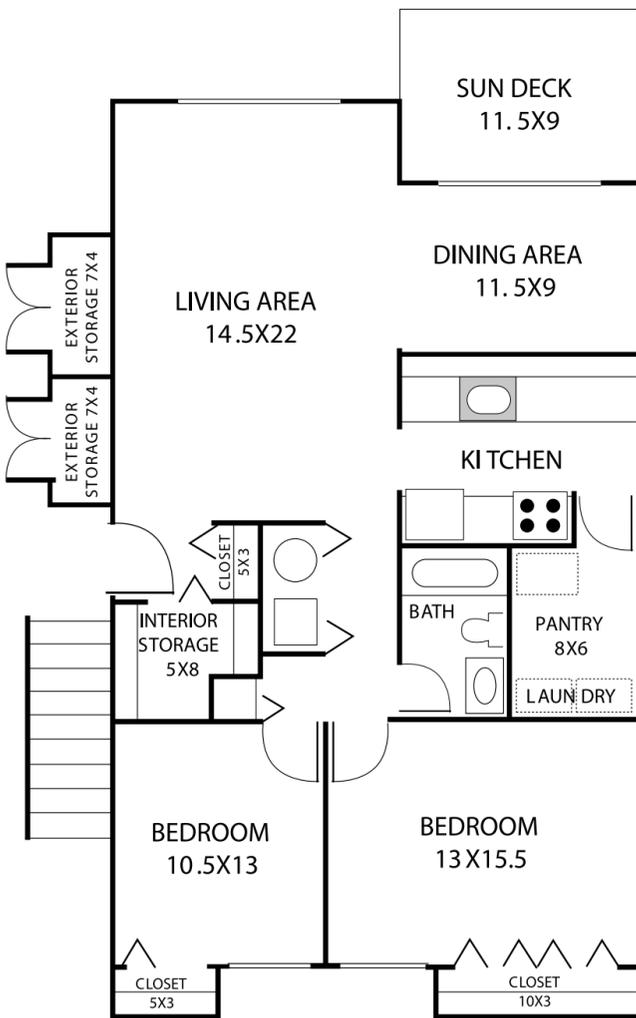
HSL-46 Wins 2009 Flag Football



-Photo courtesy of MWR

The HSL-46 Grandmasters came out to win this year in the Captain's Cup flag football league which ran from August through November. The league carried 23 teams and played nightly behind the gym. Coached by Quarterback Senior Chief Air Warfare Rescue John Goings, the Grandmasters finished with a 19-0 record to give them the League Champion title. Air Operations placed second in the league while Security stepped it up in the play offs to place third. Saturday the Air Operations coach Aviation Boatswain's Mate Fuel 3rd Class Johnny Penigar and Goings will head up the two N.S. Mayport teams heading to NAS JAX to participate in the Tri-Base tournament between NAS Jacksonville, NS Mayport and NSB Kings Bay.

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MWR Happenings

Nov. 19: CPO Social Hour (Spouse/Better Half Night). 3-7 p.m. at Foc'sle CPO Club with half-pound boiled shrimp for \$5, 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 CPO Club activity information, call AWRC Jon Abell at 850-748-5941.

Nov. 19: Mayport's Got Talent Contest. 7 p.m. at Castaway's Lounge. Registration has passed. Open to everyone to watch. (Free) 270-7205

Nov. 21: UFC 106 PPV (Ortiz vs. Griffin 2). 10 p.m. at Castaway's Lounge. www.ufc.com (Free) 270-7205

Nov. 22: Jaguar Sunday Golf Special. Golf with cart for only \$15 after 1 p.m. at Windy Harbor Golf Club. 270-5380

Nov. 22: Bowling Family Fun Night. 4-7 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

Nov. 23: Spaghetti Monday. 10:30 a.m.-1 p.m. at Fast Lanes Grille. Buffet includes spaghetti, garlic bread, salad and a drink for only \$6 per person.

Nov. 24: All Khaki Wings and Trivia Night. 3-7 p.m. at Foc'sle CPO Club with 35-cent wings, drink specials and all-you-can-drink soft drinks for \$1. Trivia begins at 5:30 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). For CPO Club activity information, call AWRC Jon Abell at 850-748-5941.

Dec. 1: Auto Skills Center December Specials. Take 10% off of a deluxe oil change. Free pre-trip vehicle inspection (by appointment only). 270-5392

Dec. 1: Outdoor Adventures December Specials. Take 10% off of any rental and 10% off of fishing and camping merchandise. Take an additional 10% off of scuba clearance items. 270-5221

Dec. 8: 5K/10K Fun Run. 8

a.m. start in front of the Gym. (Free) 270-5451

Dec. 12: Army Navy Event. Pre-game food and fun begins at 1:30 p.m. at Beachside Community Center. Kickoff is at 2:30 p.m. Hamburgers, hot-dogs, brats and sodas (while supplies last), event t-shirts to the first 100 attendees, trivia, contests and more. Watch the game in Hi-Def on our giant 20-foot screen! (Free) 270-5228

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.

Nov. 19: Trivia Thursday. 6:30 p.m. at Planet Mayport with pizza, soda and prizes. (Free)

Nov. 20-22: Camping Trip. Pre-registration required at Planet Mayport. Cost is \$20 and includes transportation, gear and meals.

Nov. 21: UFC 106 PPV (Ortiz vs. Griffin 2). 10 p.m. at Castaway's Lounge. www.ufc.com (Free)

Nov. 22: Jags vs. Buffalo

Trip. Trip departs at 11 a.m. for the stadium. Cost is \$5 and includes ticket and transportation. Limited space!

Nov. 23: Barracks Break-In. Pizza and Monday Night Football starting at 8 p.m. in the lounge of Barracks Bldg. 2105. (Free)

Nov. 24: Tweetin' Tuesdays. Join our online following at Twitter or Facebook and get entered to win prizes. To be eligible for prizes, stop by Planet Mayport anytime on Tuesdays during November. (Free)

Nov. 25: That Guy's Turkey Bowl. 4-7 p.m. at the Barracks Quad. Food, contests, prizes and more. (Free)

Nov. 26: Happy Thanksgiving. Planet Mayport is open 10 a.m.-11 p.m. for

Single Sailors and Geo-Bachelors.

Nov. 27: Black Friday Shopping. Shuttle service with two departure times (5 a.m. and 9:30 a.m.) from Planet Mayport. Sign up by Nov. 23. (Free)

Nov. 28: DIRECTV College Game Day. 12 p.m. start every Saturday at Castaway's Lounge. (Free)

Nov. 29: Survey for a Sundae. 6 p.m. start at Planet Mayport. Fill out a survey with information on programs/events you want to see Liberty provide and receive an ice cream sundae (while supplies last). (Free)

Nov. 22: Bowling Family Fun Night. 4-7 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

Nov. 30: Youth Winter Basketball Registration Deadline. Register Monday-Friday 10 a.m.-6 p.m. at the Youth Activities Center. Cost is \$30 for ages 5-10 and \$35 for ages 11-15. Playing age is determined by child's age as of January 1, 2010. Fee includes uniform and trophy. 270-5680 or 5018

Dec. 13: Family Christmas Bingo. 12:30 p.m. at Beachside Community Center. Ages 3-16 welcome (ages 3-9 must be accompanied by an adult guardian; adults must play with a child). Admission is \$10 per person and includes bingo,

pizza, soda, cookies and a goodie bag. Santa will also visit. Due to limited seating, everyone pays and everyone plays. Tickets on sale at Bingo and ITT during normal hours of operation. 270-7204

Dec. 18: Freedom Friday, Holiday Movie. 7-11 p.m. at the Youth Activities Center for ages 6-12 (age 5, if currently in Kindergarten). Cost is \$7 in advance or \$9 the day of, if space. Early registration is recommended. 270-5680

Dec. 18: Teen Holiday Dance. 8-11 p.m. at Club Teen for middle and high school ages. Admission is \$2 and includes punch, chips and mini-sandwiches. 270-5680 or 246-0347



-Photo courtesy of MWR

Team United is the winner of MWR's 3V3 Indoor Soccer program. Pictured from left, back row: ET3 Saber Annob, MWR Amie Waller, OS1 Robert Comrie; front row: AC2 Carlos Sosa, Lt. David Boyd. Not pictured is photo AO3 Mario Livolti, DoD Jon Emmerton.

Team United Finishes Strong In Indoor Soccer

From MWR
The MWR sports department introduced 3V3 Indoor Soccer this year to the intramural program.

This sport was a fast moving 3 V 3 Soccer game with no goal keeper. The goals were much smaller with an off limits area forcing the players to work the indoor arena with precise passing and ball handling. There were eight teams in the league including two MWR teams, two Coast Guard Teams, one HSL command, two Shore commands and one Sea command.

Team United, coached by MWR's Amie Waller, kept the game interesting staying undefeated in the first half of the season.

In the second half of the sea-

son Amie broke her leg and had to give up playing the game and take on the role as spectator/coach. Every time the team played you could hear her on the sidelines coaching the team and keeping the spirit of the game up.

Her team finished with a 10-1 record and continued their winning streak in the playoffs as they took first place in both the league and the playoffs.

This new sport was such an exciting added bonus to the 2009 calendar that we will be adding it to the Captain's Cup sports program. Look for this and many other new sports in the upcoming 2010 Sports Calendar coming out in the December MWR Command Meeting.

Youth Winter Basketball

Ages 5-10: \$30
Ages 11-15: \$35

Register at the Youth Activities Center
Nov. 2-30 (Mon-Fri 10 a.m.-6 p.m.).
Fee includes uniform and trophy.
Ages 5-15... Child's playing age is determined
by age as of January 1, 2010.

Info: (904) 270-5680 or 5018

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USS John L. Hall Visits Portsmouth, England

By Lt. j. g. T.J. Orth, PAO
USS John L. Hall (FFG 32)

USS John L. Hall (FFG 32) and embarked HSL-48 Detachment Nine recently completed a week-long and unexpected port visit to Portsmouth, England.

Storms in the Atlantic Ocean delayed John L. Hall's return to Mayport following participation in Exercise Joint Warrior 09-2 and port visits to Klaipeda, Lithuania and Copenhagen, Denmark. The ship was forced to seek shelter at Her Majesty's Naval Base Portsmouth until the weather cleared enough to begin the trans-Atlantic voyage.

John L. Hall's Sailors were able to enjoy liberty in Portsmouth, home of the main base for the Royal Navy for the past several hundred years, and the launching point for thousands of warships and landing craft during the Invasion of Normandy on D-Day, 06 June 1944. The city of Portsmouth is on England's southern coast and is approximately 60 miles southwest of the capital London. Many Sailors also took advantage of tours

or traveled on their own to London, Stonehenge, Bath, and Salisbury.

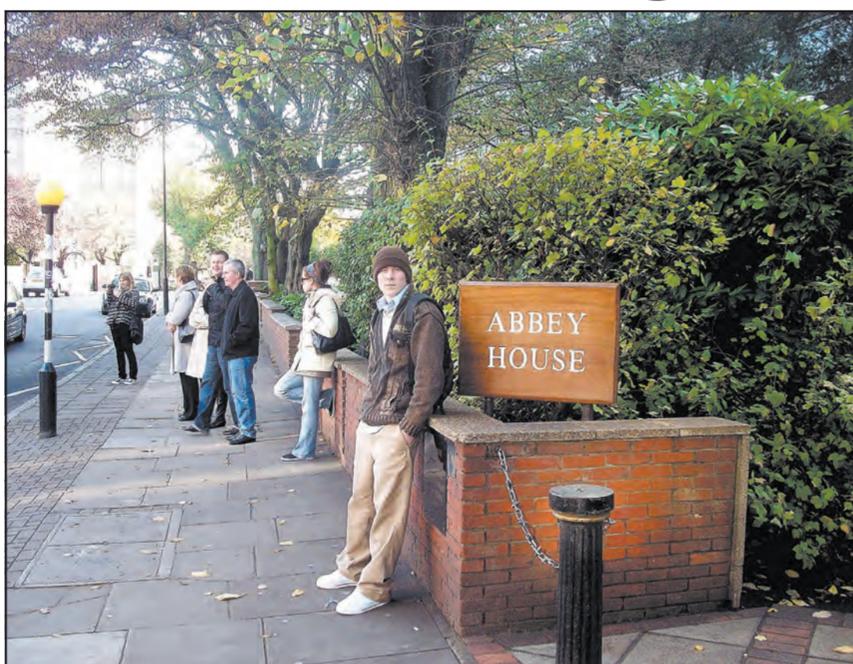
The staff at Naval Base Portsmouth extended their hospitality by opening up their Wardroom (Officer's Mess), Senior Ratings Mess (CPO Mess) and Junior Ratings facilities. In addition, they arranged several private tours of HMS Victory for John L. Hall's crew. HMS Victory, a 100-gun ship of the line, served as flagship for Vice Admiral Lord Nelson at the battle of Trafalgar in 1805, was completed in 1765 and is the world's oldest commissioned warship. "I was amazed to see the living conditions of sailors of the past, as I was equally amazed at the level of commitment to fight for country under such conditions. The craftsmanship of that great vessel and the attention to detail to use every square inch is astounding. I now understand why the British are proud of their naval heritage." Hospital Corpsman 1st Class (FMF) Lennard Smalls of the Admin Department commented after his tour of HMS VICTORY.

The ship's MWR sponsored trips to London and Stonehenge for a minimal cost to the Sailors.

"London is a wonderful city which proudly displays its history and culture," said Chief Petty Officer Tony Jones, of Combat Systems Department. "The people were very warm and helpful making me and the liberty party feel at home. I would definitely consider revisiting London in the future."

The crew had many favorite sights in London that had a personal connection. had this to say

"The whole underway period was worthwhile just to get to go to Abbey Rode in London; a world-famous recording studio where both the Beatles and Pink Flood recorded their first albums," said Electrician's Mate 2nd Class (SW) Steven Selsor of Engineering Department. "Just to stand out in front and sign the wall with 40 years of aspiring musicians was one of the most rewarding experiences of my life, next to my child being born."



-Photo courtesy of USS John L. Hall

Electrician's Mate 2nd Class (SW) Steven Selsor outside of Abbey House where the Beatles recorded their Abbey Rode album.

JL Hall Ends Exercise With Trip To Copenhagen

By Lt j.g. T. J. Orth
USS John L. Hall PAO

USS John L. Hall (FFG 32) and embarked HSL-48 Detachment Nine recently completed a port visit to Copenhagen, Denmark. John L. Hall visited Copenhagen from Oct. 26-29, following participation in Exercise Joint Warrior 09-2 and a theater security cooperation visit to Klaipeda, Lithuania. She is the first U.S. warship to visit Copenhagen this year.

John L. Hall's Sailors were able to enjoy several days of liberty in Denmark's capital

while also having the opportunity to show off their ship to visiting dignitaries and foreign military officials. The ship hosted a reception on the evening of Oct. 27 for U.S. and NATO dignitaries, including the new U.S. Ambassador to Denmark, Ambassador Laurie Fulton, members of the Danish Ministry of Defense, numerous officers of the Royal Danish Navy and Army, and military and naval attachés from other countries posted in Copenhagen.

"It was a great opportunity to be able to host a recep-

tion onboard in support of our Allies and the Theater Security Cooperation mission," said Culinary Specialist 1st Class (SW) James Holmes, the ship's leading Culinary Specialist. "We enjoyed showcasing our ship and culinary skills."

John L. Hall also hosted several tours while in Copenhagen. One well-attended tour was for members of the U.S. Embassy and their families which included visits to the ship's main controlling stations and static displays of damage control equipment and one of HSL-48's two embarked SH-60B Seahawk

helicopters. A local Danish Boy Scout troop also toured the ship; since there are no Royal Danish Navy ships stationed in Copenhagen, this was the first time many of the had toured any warship.

"The groups were very interested in our ship and what we do, so it made the tour more engaging and a lot more fun," said Ensign Kelly Pisano, John L. Hall's Fire Control Officer, and one of the designated tour guides.

Cmdr. Derek Lavan, Commanding Officer of USS John L. Hall (FFG 32), as well

as Ensign Joseph Fasanello, and Ensign Scott Melanson, paid several official calls. After a call on the Lord Mayor of Copenhagen, they were given a guided tour of the "Radhus," the massive city hall building built in 1904 to resemble an Italian palace.

Following that, they watched the Royal Life Guards ceremonial "changing of the guard" and paid a call on the Commandant of the Copenhagen Military District, who is also the Commander of the Royal Life Guards. The Royal Life Guards serve as

both the Danish royal family's personal guard, and provide a battalion of combat troops of whom one company is continuously serving in Helmand Province, Afghanistan, as part of the NATO International Security Assistance Force (ISAF).

John L. Hall's 160 Sailors and 25 officers and HSL-48 Det. 9's 25 Sailors and six officers are home ported at Naval Station Mayport, Florida.



-Photos courtesy of USS John L. Hall

Visitors tour USS John L. Hall and get a closer look at an SH-60B Seahawk helicopter during the ship's port call to Copenhagen, Denmark.



USS John L. Hall hosts a reception for visiting dignitaries and foreign military officials while in Denmark.

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ARRA Project Brings AMI Metering To Southeast

From NAVFAC Southeast Public Affairs

Naval Facilities Engineering Command (NAVFAC) Southeast is bringing advanced metering to region installations saving approximately two percent of energy costs through energy monitoring and replacing many outdated systems with the latest technology.

The Naval Facilities Engineering Service Center (NFESC) has been forming the structure and requirements for an integrated Advance Metering Infrastructure (AMI) that will enable Commander, Navy Region Southeast (CNRSE) bases, NAVFAC Southeast and NAVFAC headquarters to manage utility commodities more effectively and efficiently.

"AMI is one of the basic building blocks of the Smart Grid initiatives we have been reading so much about recently," said Tom Grant with URS Corporation, the design contractor. Smart Grid is the wave of the future in building controls such as HVAC control. When the meter recognizes that peak charges are occurring the meter can tell the thermostat to increase by one degree in order to save on energy cost.

American Recovery and Reinvestment Act (ARRA) program provided NFESC a way to

secure funds that are now accelerating the implementation of the Navy's AMI Program.

As a result, three Design-Build contracts were awarded in the fourth quarter of fiscal year (FY) 2009. These contracts were regional contracts targeting the Northwest, Southwest and Southeast.

"Here in the Southeast region Square D was awarded \$23 million in September 2009, to install a comprehensive AMI system throughout the Southeast at 12 bases to include 2,177 smart meters," said Don Shaver, NAVFAC Southeast AMI program manager.

Shaver further stated that Naval Weapons Station Charleston, Naval Air Station (NAS) Joint Reserve Base New Orleans, and NAS Ft. Worth were not included in this initial ARRA funded AMI effort and that Naval Submarine Base Kings Bay was on the short list to be added to the ARRA list.

In addition, NFESC is utilizing non-ARRA funding to implement an AMI system in OCONUS locations such as Guam and in the Southeast at Guantanamo Bay, Cuba.

"Setting up the AMI program is complicated," said Grant. "It will require a phased process that will involve many people at the bases that are

receiving the new system."

There are four phases to the project. The first phase, Initiation or Inception, were the team visits the sites to develop the functional requirements. This is accomplished by sampling current metering programs and defining the scope of work.

During the second phase, the Development phase, the contractor will develop the final design for the Southeast region installations, each being unique in terms of size, location, mission, occupants, environment, etc. Specific meter installation requirements (pipe size, flow rates, indoor vs. outdoor) will be confirmed when the contractor develops the design surveys.

The third phase of the project is Implementation. Typically, this is the most visible phase of the project because it is during this time that equipment is actually installed.

"Because the primary utility commodity metered will be electricity, outages may mean interruption of computers, lights, air conditioning, etc., for short periods of time," said Shaver. "If an electricity outage is necessary, base personnel will be asked to shutdown equipment in the affected area as a precaution to protect the

equipment or any stored data." Outages will be closely coordinated between installation public works and tenant commands to minimize impact to daily operations.

The fourth and final phase of the project is the Close Out. The importance of the Close Out phase cannot be over-emphasized. During this period, the newly installed meters and system will be tested and validated.

"AMI is here and the success of the program will rely on everyone's participation, commitment and support of the project activities," said Shaver. "The benefits will include dramatically improved accuracy in billing for all tenants on our bases and provision for real time data that will improve our ability to generate energy consumption reductions and consequently life cycle budget savings."

This effort will further enhance the CNRSE's ability to implement its energy strategy as the Regional Commander considers metering as vital component to this strategy.

Klaking Heads Downtown

By Ensign Kevin Killeen

USS Klaking Assistant PAO

Downtown Jacksonville was host to USS Klaking, one of the focal points of the Jacksonville "Week of Valor" celebration last week.

The ship made the trip upriver Nov. 6 and moored in downtown Jacksonville south of the Main Street Bridge. Klaking departed Naval Station Mayport for the cruise up the St. Johns River. The ship was able to accommodate more than 150 guest riders on that cruise, including members of the St. Augustine and Mayport Naval Leagues, Jacksonville media, family and friends of the crew. Throughout the ship, static displays highlighted some of the tools that Sailors use aboard the ship, including small arms, damage control equipment, the ship's small boat (RHIB) with search and rescue equipment, and flight operations.

Pictures from Klaking's most recent deployment adorned several of the bulkheads, and steamers were



-Photo courtesy of USS Klaking

Friends and family members sit topside and enjoy a day cruise down St. Johns River on Nov. 6 as part of the city of Jacksonville's Week of Valor.

festooned along the lifelines. Klaking was also lucky to have the Jacksonville River-master's Educational Outreach Officer aboard, who was able to present the prominent historical and ecological landmarks along the river to riders who were seated on the second level.

The trip upriver was executed safely and Klaking enjoyed visits throughout the week by

hundreds of visitors.

During her last deployment, Klaking played host to many foreign dignitaries and military officials, and played a key role in allied war-games in the North Atlantic.

Recently having returned from that six-month tour, Klaking is already getting ready for her next deployment to South America.

Rewarding Good Work



-Photo courtesy of Mayport Elementary

Gavin Kenney, son of Hospital Corpsman 1st Class Kenney of USS Taylor, receives the Navy Honor Award from NS Mayport Commanding Officer, Capt. Aaron Bowman, at Mayport Elementary School, for earning All "A" Honor Roll, "A" Citizenship, and met his Million Word Reading Campaign goal for the 1st quarter. Pictured is Bowman, Mayport Elementary Principal, Yvonne Ferguson, and Gavin's parents.

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Experts Answer H1N1 Questions Online

By Samantha L. Quigley
American Forces Press Service

Experts did their best to answer questions and allay fears over H1N1 flu and the associated vaccine during a Nov. 10 online town-hall meeting hosted by the Military Health System.

Questions - submitted via a special Web site - included concerns such as whether it's possible to distinguish between seasonal or H1N1 flu based on symptoms. The answer, provided by Army Col. (Dr.) Ted Cieslak, the Defense Department's liaison to the Centers for Disease Control and Prevention, was simple.

"You cannot differentiate seasonal flu from H1N1 based on symptoms," he said.

He later emphasized that it's tough to make a claim that one version of the flu is more dangerous than another.

"'Dangerous' can be defined

in many different ways," Cieslak said. "This particular strain does not appear to produce more severe disease in most people, but it does affect certain subgroups [such as pregnant women and people with some underlying medical conditions] disproportionately."

"Moreover," he continued, "susceptibility to the H1N1 strain is almost universal in persons under 50 years of age, which is not always the case with seasonal flu."

The topic of alcohol-based hand sanitizer versus good old soap and water as a way to keep from preventing the spread of H1N1 was broached, as well. Soap and water wins out, one doctor said, because that method removes and kills organisms.

"Alcohol-based hand gel can and should be used when soap and water are not available," said Navy Capt. (Dr.)

Tanis Batsel Stewart, director of Emergency Preparedness and Contingency Support for the Bureau of Medicine and Surgery. "Use enough to fully wet your hands, and rub them together."

Some participants were concerned with the content of the H1N1 vaccine and its safety overall, especially for children.

Navy Lt. Cmdr. (Dr.) Tom Shimabukuro offered assurances that the vaccine is safe, contains no squalene, and was licensed in the same way that seasonal flu vaccines are licensed every year. Squalene, a substance found in some vaccines, has been the subject of some controversy, with opponents to its use claiming a link between the substance and Gulf War Syndrome.

"The H1N1 vaccines were licensed as a strain change to an existing biologic license

application with the [Food and Drug Administration]," he said. "There was no fast track or waiver provided to the vaccine manufacturers, and the vaccine is not experimental. H1N1 vaccines are licensed flu vaccines, and [people should] expect them to have a safety profile similar to regular flu vaccines."

Shimabukuro is the pandemic influenza vaccine coordinator for the immunization services division of the CDC's National Center for Immunization and Respiratory Diseases.

Army Col. (Dr.) Wayne E. Hachey addressed the effects the H1N1 vaccination might have on small children in response to a participant's question about the controversy over childhood vaccinations and links to autism.

Hachey, director of preventive medicine and surveillance in the Military Health Affairs

force health protection and readiness division, said no evidence exists that the H1N1 vaccine - in either its injectable or mist forms - poses a threat to the neurodevelopment of children.

The experts also provided guidance on the spacing of vaccinations for the seasonal flu and H1N1, and age restrictions for the mist version of the vaccine.

A person can receive two injectable flu vaccines or one nasal-spray vaccine and one injectable vaccine at the same time, Shimabukuro said. But someone who gets nasal spray vaccines for both strains should separate those vaccines by at least 28 days, he added.

The nasal vaccine is available only to people age 2 to 49, said Air Force Lt. Col. (Dr.) Philip Gould, chief of preventive medicine operations for the Air

Force Medical Support Agency.

"There are three injectable vaccines," he added, each with different ... age limits: one from 6 months and older, one from 4 years and older, and one from 18 years and older."

Those over the age of 49 must get the injectable vaccine, he added.

A replay of the town-hall session is available on the Military Health System's Web site. The Military Health System is a worldwide partnership of medical educators and researchers, health-care providers and support personnel, including Defense Department and military officials, combatant command surgeons and Tricare providers.

Navy Public Health Web Offers Flu-Related Info

By MCI(SW)
Arthur N. De La Cruz
Navy Medicine Support Command
Public Affairs

The Navy and Marine Corps Public Health Center (NMCPHC) in Portsmouth, Va., manages a comprehensive influenza Web site that offers up-to-date guidance about influenza infection.

The site provides situational awareness and responses to the continuously evolving and ongoing information about influenza, as well as guidance for the prevention and control of infection.

The publicly accessible site is geared toward healthcare and non-healthcare professionals, military members and those eligible for military health benefits.

"The influenza Web site was designed to consolidate all the

influenza information, from policy and recommendations to guidelines both on the military and civilian sides of the house," said Lt. Cmdr. Linda Dunn, a medical corps officer who initiated and maintains the site's information.

NMCPHC receives guidance, policies and memos from such entities as the Centers for Disease Control and Prevention, the Department of Defense, the Department of Homeland Security and the Department of the Navy.

As NMCPHC receives updates about influenza, Dunn posts and categorizes pertinent information.

"We're trying to keep the Web site up-to-date with new policies, clinical updates for treatment and other resources about influenza prevention," said Dunn.

A portion of the site is designed specifically for healthcare professionals and non-healthcare professionals both in and out of the military.

"The majority of the policy and instructions area is for healthcare professionals like physicians or an independent duty corpsman," explained Dunn. "But, it's also for the healthcare administrator or anyone else who needs to coordinate different influenza prevention and education programs and needs to understand what types of vaccinations and protocols they need to support those programs. Visitors can find

guidance on all the different policies and instructions outlining proper protocol for successful programs."

The site provides information such as who receives immunizations first, when to implement different guidance throughout the year, when to increase surveillance and how to report influenza-related events held at commands and activities.

"Whether you're a healthcare professional or a dependant who knows nothing about medical health information, anyone visiting this site can find basic information about influenza and how to prevent its infection,"

said Dunn.

Along with a description of signs and symptoms of infection, the site also explains concerns about pregnant women and infection, and specific issues regarding people with special needs.

The site includes a link to Commander, Navy Installations Command which provides information to family members, explained Dunn.

Of special interest is a link that graphically outlines how infections travel.

Dunn explained that some areas were specifically geared toward beneficiaries and other

areas toward professionals, but anyone and everyone visiting the site can benefit from the range of information.

"Whenever we find something that's big news that healthcare people need to know, we'll follow up with it and either post that information or add a link as necessary," said Dunn.

For more information and resources, visit the influenza Web site at

http://www.nehc.med.navy.mil/Diseases_Conditions/influenza_resources.aspx.



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head this program. We are approximately 30 minutes from all 3 military bases in the area," adds Tucker.

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Health Beat

NH Jax Will Be Tobacco Free Campus

Coinciding with the *Great American Smokeout* the week of Nov. 16 Naval Hospital Jacksonville has proclaimed they will become a tobacco free campus beginning on Jan. 1, 2010. The Commanding Officer Capt. Bruce Gillingham signed a document directing that no one be allowed to smoke or chew tobacco on the grounds of the Naval Hospital.



Capt. Joseph McQuade

I have received many questions from smokers and non smokers alike as to what this means to them. This is a step many of the hospitals in our community have already taken to limit the exposure to second hand smoke and to help the sick patients we care for to get better faster.

Q: Why go tobacco free?
Tobacco dependence is our nation's most preventable cause

of death and disease, including cancer. The decision to have a tobacco-free hospital campus supports our commitment to providing a healthy environ-

ment for our patients and to improving the health of our community. We not only provide wonderful medical treatment and patient care, but we work very hard to promote wellness and disease prevention. The goal for all of Navy Medicine is to become tobacco free someday. We are heading in this direction.

Q: What does this mean, a "tobacco free" campus?

No tobacco may be smoked or chewed while within the posted boundaries of the Naval Hospital or any of our Branch Health Clinics. This goes for all active duty service members, all civilian employees, and all visitors including inpatients and outpatients. We ask all tobacco users to not smoke in their cars, nor in the parking lots or in the gazebos on the property.

Q: Is this policy in effect after hours or only during regular working hours?

This policy is in effect all the time. We ask the visitors who come to see patients or escort patients to our Emergency Room after hours to honor our request to help the patients best by not smoking or chewing tobacco on the hospital campus.

Q: Why do this? Does it really work to help anyone?

Smoking bans do reduce heart attack risk. Researchers found that the risk of having a heart attack was reduced by more than 26 percent in studies of places that had enacted bans on smoking versus places that had no such bans. Caring for you as patients means more to us than just helping you while you are seen at an appointment. We know the importance of set-

ting a good example and we know the importance of quitting tobacco.

Q: If I see someone smoking on the hospital campus what should I do?

Remind them gently that there is no tobacco use on the hospital property and direct them to use their tobacco products off base or where designated on the base. Let them know we are not targeting smokers or dippers but we are targeting the nasty habit that causes so much sickness and suffering.

Q: What are you doing at the hospital to help the employees and staff to quit?

Our tobacco cessation program at the Naval Hospital Jacksonville, Wellness Centers and Branch Health Clinics is huge. We follow more than 3,000 patients per year with

pharmaceutical therapy, behavioral therapies and good old fashioned moral support helping them to quit. Our Wellness Center is opening up its doors to non beneficiary employees who may desire help with medications and behavioral therapies in the month of December.

Becoming tobacco free is a great stride forward for us at the Naval Hospital and Branch Health Clinics. We hope all our patients dependent on tobacco products take a moment out of their day to consider quitting with us. We are standing by to help!

Capt. Joseph McQuade is Naval Hospital Jacksonville's Director for Public Health. This column contains information from the American Diabetes Association's ADA's Public Relations Team.

TRICARE Options For Patients Dealing With Weight

From TRICARE

TRICARE beneficiaries whose weight poses a serious health risk have surgical alternatives available to them. For those who medically qualify, TRICARE covers gastric bypass, gastric stapling and gastroplasty procedures including vertical banded gastroplasty and laparoscopic adjustable gastric banding, commonly known as Lap-Band surgery.

These procedures are covered for non-active duty beneficiaries who suffer from morbid obesity and meet specific medical criteria. For a TRICARE beneficiary to medically qualify he or she must weigh 100 pounds or more over their ideal weight for height and bone structure, and the excess weight must be associated with a severe medical condition. Beneficiaries who weigh more than twice their ideal weight for height and bone structure are also eligible.

Additionally, TRICARE covers surgery for beneficiaries who had a previous intestinal bypass or other surgery for obesity and, because of complications, require a second surgery.

"TRICARE covers procedures that have been proven safe and effective, and are accepted by the medical community," said John Kugler, chief medical officer, TRICARE Management Activity. "For some beneficiaries, gastric surgery may be the right course of action to preserve their health."

Nonsurgical treatment of obesity, morbid obesity, dietary control or weight reduction, biliopancreatic bypass and gastric bubble or balloon for the treatment of morbid obesity are not covered by TRICARE.

Bariatric surgery represents a major and permanent change in the digestive system and beneficiaries are required to maintain a strict adherence to a specific dietary regimen, which may interfere with the operational deployment of active duty service members (ADSMs). Because of this, ADSMs are not allowed to have bariatric surgery and may be separated from the service if they choose to have the procedure. If an ADSM has bariatric surgery without Military Health System authorization-e.g., by using other health insur-

ance carried by a spouse-he or she is permanently non deployable and may be considered for separation.

Before gastric bypass or Lap-Band procedures are considered, TRICARE encourages beneficiaries to use healthy diets and exercise to prevent obesity. Military personnel, retirees and their families can use the tools provided by TRICARE at the Healthy Living Web site at www.tricare.mil/getfit/ or the Defense Commissary Agency, www.commissaries.com, including dietary advice columns, recipes and information on making healthy food choices. The Department of Agriculture's "MyPyramid" tool at www.mypyramid.gov can help in creating personalized meal and physical activity plans.

Physical activity is important for physical health and weight management. Exercise reduces the risk of cardiovascular disease, diabetes and other diseases. Consistent physical activity is helpful in weight loss and helps prevent regaining the weight.

The Centers for Disease Control and

Prevention recommends 30 minutes of daily physical activity for adults and 60 minutes for children. Everyday activities provide opportunities for being more active. Visit the CDC Healthy Living Web Page at <http://www.cdc.gov/healthy-living> and try a few of these suggestions:

- Walk, cycle, jog, skate, etc., to work, school, the store or place of worship.
- Park the car farther away from your destination.
- Take the stairs instead of the elevator or escalator.
- Use leg power by taking small trips on foot to get your body moving.
- Take fitness breaks by walking or doing desk exercises instead of taking cigarette or coffee breaks.
- Perform gardening or home repair activities.

Details of TRICARE's coverage of surgical treatments for morbid obesity are available in Chapter 4, Section 13.2 of the TRICARE Policy Manual, and can be found at <http://manuals.tricare.osd.mil>.

Is Family Size Changing? Update DEERS Records

By Patricia Opong-Brown
TRICARE Management Activity

Families around the world are constantly growing and changing and this includes military families. There are blended families; where one or both partners have been married before and may have children from their previous marriages. And some families grow by adopting children.

TRICARE reminds sponsors to enroll adopted or stepchildren in the Defense Enrollment Eligibility Reporting System (DEERS) as soon as possible so the children can receive TRICARE health care benefits through the military health sys-

tem (MHS).

Adopted and stepchildren of active duty service members are eligible for TRICARE. Stepchildren who are not adopted by the sponsor are covered by TRICARE as long as the sponsor and the mother or father of the stepchildren stay married. There is a caveat: If the couple divorce, and the children were not adopted by the sponsor, their TRICARE eligibility ends on the date the divorce decree is final. If the sponsor adopted the stepchildren, but the couple gets a divorce, the children remain eligible for TRICARE benefits within the normal limits. These

limits are:

- Unmarried up to the age of 21
 - Unmarried up to the age of 23 if the stepchild is enrolled in a college or university full time and the sponsor provides 50 percent of the child's financial support
- A stepchild or adopted child, including an adopted stepchild, may receive TRICARE coverage past the normal limits if he or she is severely disabled and the disability existed prior to age 21, or the disability occurred between the ages of 21 and 23 while enrolled in a college or university.
- The Department of Defense

requires all TRICARE eligible beneficiaries including adopted and stepchildren to be registered in DEERS. TRICARE encourages parents and guardians to register the pre-adopted and adopted child in DEERS as soon as possible once assigned legal temporary or permanent custody of the child.

According to TRICARE policy, if an active duty sponsor adopts a child in the United States, the child is considered enrolled in TRICARE Prime on the day of the adoption. The sponsor then has 60 days to formally enroll the child in Prime before the enrollment converts to TRICARE Standard. If the

child is adopted overseas, the sponsor has 120 days to enroll their new addition in TRICARE Overseas Prime or TRICARE Global Remote Overseas before the child's enrollment converts to TRICARE Standard Overseas.

Sponsors can register family members in DEERS at the nearest military personnel office or uniformed services identification (ID) card issuing office. The following forms are required to register a child in DEERS: Certificate of live birth issued by the hospital/birthing center or finalized adoption forms.

DD Form 1172: Application

for Uniformed Services Identification and Privilege Card. The sponsor's signature is required to register the adoptee/stepchild in DEERS. If the sponsor is not able to sign the DD Form 1172 in person, the form must be notarized.

Legal forms, as specified by the member's branch of service, for pending or permanent adoptions.

If a child is not registered in DEERS after one year of birth or adoption, TRICARE will not extend their health benefits until they are registered.

Tobacco

locally and across the country. Free GASO materials are available for them to order or download to help stage events, including customizable fact sheets. Visitors will find specially designed e-cards to send to encourage friends and family to give up tobacco. Military personnel can send e-cards to announce their intention to join the Smoke Out, submit Tobacco

Tales testimonials or start quit blogs to both give and seek support.

The award-winning Web site offers resources, peer support, games and live help with trained tobacco cessation coaches, as well as personalized, downloadable quit tools. Users can also find social networking links to Twitter, <http://www.twitter.com/ucanquit2>,

Facebook and YouTube.

For those who want their own private area to concentrate on tobacco cessation, the campaign Web site provides users with My Quit Space, where they can create a customized quit plan and calendar.

The Great American Smokeout is the American Cancer Society's nationally rec-

ognized day when it advocates for people to put down their cigarettes, cigars, spit tobacco and other tobacco products.

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COMNAVSO Hosts First Maritime Senior Enlisted Leaders Conference

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

Commander, U.S. Naval Forces Southern Command (NAVSO), in conjunction with the Dominican Republic, hosted representatives from 12 for the First Maritime Senior Enlisted Leaders Conference Nov. 10-12.

NAVSO Commander, Rear Adm. Victor Guillory, sent a letter to partner nation participants, welcoming them to the conference.

"The Senior Enlisted Leaders Maritime Conference will offer you the opportunity to discuss the role of non-commissioned officers in maritime operations and professional development," he said in the letter.

Participants from Antigua, Argentina, Bahamas, Belize, Brazil, Colombia, Dominican Republic, Guyana, Paraguay, Peru, United States, and Uruguay came together to focus on the enlisted personnel in their respective maritime forces. Presenters offered information on a variety of subjects, including Human Rights, women in the Navy, Mentorship programs, and several on leadership development.

"We are having this conference for the first time based on a common goal: develop professional leaders to support the needs of our organizations," said NAVSO Command Master Chief CMDCM (Surface Warfare/Aviation Warfare)



-Photo by MC1(SW) Holly Boynton

U.S. Naval Forces Southern Command (NAVSO) Command Master Chief CMDCM (Surface Warfare/Aviation Warfare) Mauricio Rueda welcomes participants from Antigua, Argentina, Bahamas, Brazil, Colombia, Dominican Republic, Guyana, Paraguay, Peru, United States, and Uruguay to the First Maritime Senior Enlisted Conference. The conference, held Nov. 10-12 in the Dominican Republic, brought together representatives, mostly senior enlisted servicemembers, from partner nations in the U.S. Southern Command area of focus. The participants focused on building relationships and furthering cooperation between nations, particularly in leadership development and the role of the non-commissioned officer in maritime operations.

Mauricio Rueda, Conference Coordinator. "The interaction we have when we meet face to face like this is invaluable because we can share and learn from each other, which benefits us all."

While this is the First Senior Enlisted Leaders Conference, NAVSO hosts and participates in many conferences throughout the year to share information with partner nations and promote relationships.

Through these relationships, the U.S. Navy is able to work together with the nations in the Caribbean, Central and South America to ensure maritime security in the region.

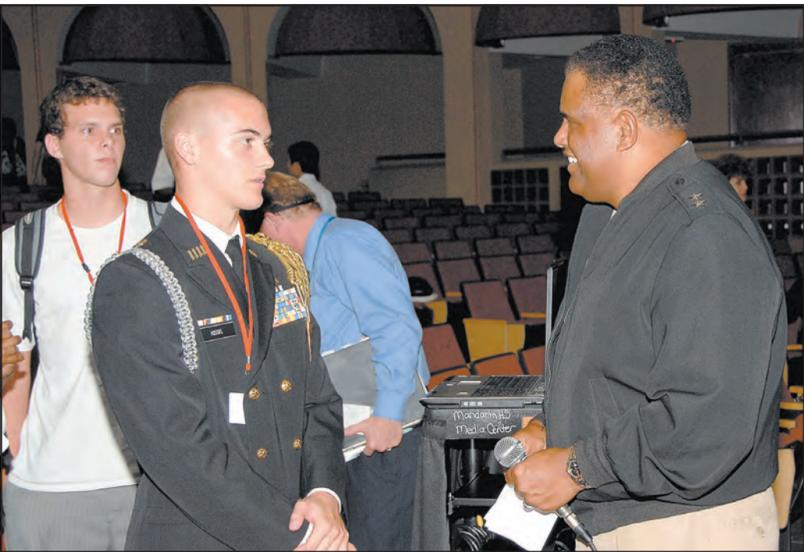
NAVSO is the Naval com-

ponent command for U.S. Southern Command and is responsible for all Naval personnel and assets in the area of focus.

NAVSO conducts a variety of missions in support of the

Maritime Strategy, including Theater Security Cooperation, relationship building, humanitarian assistance and disaster response, community relations, and counter-illicit trafficking operations.

Going Back To School



-Photos by MC1(SW) Holly Boynton

Rear Adm. Vic Guillory, Commander, U.S. Naval Forces Southern Command and U.S. Fourth Fleet, speaks with Cadet Cmdr. Dylan Kissel, Mandarin High School Navy Junior Reserve Officer Training Corps during his visit to Mandarin High School. Guillory spoke with Government students during his visit to speak about his experiences in the Navy with the Caribbean, Central and South America.



Guillory speaks with Government students at Mandarin High School.

Gateway for Cancer Research
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A CFC Participant Provided as a public service.

Imagine being diagnosed with an incurable disease. Kids like Will deserve more to look forward to than daily injections and incurable disease. Although insulin can help, it is not the cure. At last, there's hope. Research funded by the Juvenile Diabetes Research Foundation is closer than ever to a cure.

JDRF Juvenile Diabetes Research Foundation International
Call 1.800.533.CURE
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Workshops, Classes Available At FFSC Mayport

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. 1701. FFSC is located in Building One on Massey Avenue.

Nov. 19, 9-11 a.m., **Resume**

Walk-in Review Assistance, FFSC

Nov. 19, 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.

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

Nov. 24, 9-11 a.m., **Overseas Living,** FFSC

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

Specific information about visas and absentee voting will be discussed.

Nov. 25, 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. All children age four and below are invited to attend.

Nov. 30, 6-7 p.m.,

Ombudsman Assembly, USO
Nov. 30, 8:30 a.m.-noon, **FERP- Career & Employment Readiness Class,** FFSC

Nov. 30, 1-2:30 p.m., **FERP-Federal Employment Readiness Class,** FFSC

ATG Mayport Volunteers At Timucuan



ATG Mayport held a volunteer project on Nov. 16 at the Timucuan Ecological and Historic Preserve. Navy and Coast Guard unite in some much needed preservation and up keep of the visitors' picnic and rest area at Timucuan Ecological and Historic Preserve. Participating in the project were Chief Electrician's Mate Morra David; Chief Boatswain's Mate Murray Don; Chief Electrician's Mate Swanson Eric; Boatswain's Mate 1st Class Olivio Javier; Chief Boatswain's Mate Jackson Tirus; Senior Chief Boatswain's Mate Green Troy; Gunner's Mate 1st Class Livingston Yvonne; Lt. Cmdr. Tucker Steven; Lt. Cmdr. Devereux Paul; Senior Chief Quartermaster Richardson Duane; Air Warfare Rescue 2nd Class Kelley Johnnie; Senior Chief Boatswain's Mate Jones Lyndon; Chief Boatswain's Mate Sandy Jane; Chief Boatswain's Mate Baranski Larry; Chief Boatswain's Mate Schkrutz Nick; and Chief Air Warfare Rescue Perry Paul.

-Photo courtesy of ATG

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D-R-Horton is America's largest builder and wants to help America's Heroes build a solid foundation for their future. Start living your dream today in one of 4 communities convenient to Mayport!

Payments from
\$725
Per Month!*

PLUS take advantage of up to **\$8000** in TRUE Tax Credit!**
THIS IS NOT A LOAN!

EAGLES HAMMOCK / VICTORIA LAKES
New Homes from the \$150's!+
904-751-3614 | Yellow Bluff Rd. North or Alta Dr. & 9-A

- Minutes from 9-A, I-95, JIA, great shopping, dining & entertainment at the brand new River City Marketplace
- Family oriented community - pool, tennis courts & playground
- Excellent location, convenient to Kings Bay & Mayport



BARRINGTON COVE
New Homes from the \$130's!+
904-854-0249 | Dunn Ave. just West of I-295 in North Jax

- Beautifully landscaped community . Large, estate sized lots with lake and conservation views available
- Close to schools, shopping, easy access To I-95 & I-295
- Community Playground



PRITCHARD POINT
New Homes from the \$120's!+
904-378-9859 | Imeson Rd. just South of Pritchard Rd off I-295

- Less than two miles from I-295, 15 minutes from NAS Jacksonville
- Less than one mile from 13 mile Baldwin Rail Trail jogging/bike path
- Community pool with Cabana and playground



SUMMER KEY
New Homes from the \$105's!+
904-996-2625 | AC Skinner Pkwy. at JTB & Southside Blvd.

- Resort-style amenities - pool, picnic, clubhouse featuring indoor basketball, fitness center & billiards, jogging trails
- Convenient, hassle free living minutes from I-95, JTB, shopping, dining & entertainment!



Models Open
Mon-Sat 10am-6pm
Sun 12pm-6pm



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Closing Costs PAID When Using Preferred Lender!

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*\$725/month estimated payment is based on a Sales Price of \$126,990 for the Anastasia in Pritchard Point with Zero Downpayment, VA 30 year fixed rate of 5.375% (5.886% APR) with loan amount of \$29,530 which includes a \$2540 VA Funding fee. Must have VA eligibility and meet other qualifications to qualify for VA loan. This payment does not include property taxes, homeowners insurance or HOA fees. Interest rates are subject to change without notice and may vary based on credit score. Not all buyers will qualify. **Federal tax credit of up to \$8,000 available to first-time homebuyers (or up to \$6,500 for repeat buyers) who close escrow on or before April 30, 2010 (or before July 1, 2010 if a binding contract is signed by April 30, 2010). Income limitations apply. Amount of tax credit, if any, is not paid to buyer upon close of escrow. Buyer must claim the tax credit on buyer's federal income tax return. Not all buyers will qualify. This information is provided for general guidance only and does not constitute tax advice. Please consult an accountant or attorney for your particular situation. Visit www.federalhousingtaxcredit.com for complete details. *Prices, specifications, incentives and availability subject to change without notice. Please see your New Home Consultant for details and a list of qualifying homes. CBC058997 © 2009 DR Horton, Inc. All rights reserved.



Reaching Out

The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call NS Mayport volunteer coordinator CSI Terry Jackson at 270-5373 and ACI Chandra Chaney at 270-6130 or Dianne Parker at 542-5380 or you can immediately sign-up online for opportunities using www.volunteer.gatewayjacksonville.org.

Help Keep The Park Clean

The Florida Department of Environmental Protection's Talbot Islands State Parks need your help to clean-up the parks. After a long summer and many storms, the Talbot Islands receive a lot of trash that gets washed onto our beaches. Volunteer your time to help protect this pristine landscape on Saturday, Nov. 28 at 9 a.m. at Talbot Islands State Parks, 12157 Heckscher Drive, Jacksonville. Come prepared to take a leisurely walk around the southern point of Amelia Island while cleaning up the beach. Garbage bags and gloves will be provided and no reservations are necessary. Remember to bring water and sunscreen. The Florida Park Service is dedicated to providing programs that are accessible to all. Persons with special needs which may limit participation or enjoyment of any program should advise the park in advance so assistance with reasonable accommodations can be provided. For additional information, call the Talbot Islands Ranger Station at (904) 251-2320. For more information about Florida State Parks, visit www.FloridaStateParks.org.

BEAM

BEAM is asking beaches families, churches, groups, and clubs to join in the season of Thanksgiving by donating a food basket for a needy beach family. A "basket" can be any container- a box, basket, laundry basket, roasting pan, or grocery bag-- and suggested contents include several cans of vegetables, stuffing, cranberry sauce, and a \$10 gift card from

a grocery store for a turkey. The complete list is available on BEAM's website at jaxbeam.org.

Guardian ad Litem

Be the voice for children abused, neglected, or abandoned. These children have no ability to participate in decisions affecting their lives. When children are removed from their homes, the courts can appoint a special advocate to make sure that the best interests of the child is given appropriate consideration. This advocate is known as a Guardian ad Litem. In the 4th Judicial Circuit, which includes Clay, Duval and Nassau Counties, there are more than 2,000 children who need an advocate to help them navigate the Dependency system. As we build our volunteer base we are asking members of our community to consider being a Guardian as Litem. These guardians do not provide direct care for the children; the guardians ad litem visit the child at least once per month, interview family members, gather information from medical, mental health, and education professionals, and attend court hearings to ensure the best interests of the children are maintained. The work is compelling. To become a Guardian ad Litem, candidates need a compassionate heart, be at least 19 years old, complete 30 hours of initial training and undergo a background check. The process begins with a screening interview so you can learn more about this opportunity to make a difference in the life of a child. If this kind of volunteer opportunity sounds like something you would like to participate in, please visit the Guardian ad Litem website, www.guardianadlitem.org, or call 904-630-1200 to schedule a screening interview.

First Coast "No More Homeless Pets"

First Coast No More Homeless Pets brand new high capacity Spay /Neuter Clinic opens this month. The new facility will be able to help

thousands of pets and owners as well as stray and feral cats -each year, with free or low cost spay/neuter and low cost vaccinations. We still need lots of volunteers for the clinic at the new location on Norwood Avenue. No medical experience needed. For more information, email Debbie Fields at dlfields@bellsouth.net

Mayport Lions Club Volunteers

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

Jacksonville International Airport Volunteer Ambassador Program

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

Jacksonville Zoo

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

is flexible. Volunteers receive special discounts, free admission, newsletters and special programs only available to employees and volunteers. Take this opportunity to meet others who share your interests in the animal kingdom. New Adult Volunteer Orientations are held at the PepsiCo Foundation Education Campus. All interested personnel please call CSI Hopkins or call 270-5373 for more information.

YMCA of Jacksonville

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

Children's Home Society of Florida

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

Homeless Pet Shelter

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

St Augustine Amphitheatre Seeks Volunteers

St. Augustine Amphitheatre seeks volunteers to be used as ushers, checking tickets, and pointing out seats. As a volunteer, you get to see the entire

show. For more information, contact Lisa Tomkins at 209-3750.

Big Brothers Big Sisters Mentoring

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

Navy-Marine Corp Relief Society Needs You

The Navy Marine Corp Relief Society is in need of Volunteers to give a couple of hours of their time each week to help others in need. The mission of the Navy-Marine Corp Relief Society is to provide emergency financial help and educational assistance to members of the Naval Services - active, retired, and family members - when in need: to assist them achieve financial self-sufficiency and to find solutions to emergent requirements. Navy-Marine Corp Relief Society firmly believes in personal financial responsibility. By helping the service member and family through difficult times and by assisting them to develop their own problem solving capabilities, they will achieve financial stability, increase self-worth and reduce the need for future financial assistance. Without their volunteers, the Society could not meet the needs of so many. If you are interested in

volunteering and would like more information, contact Bill Kennedy at 270-5418, 9 a.m.-3:30 p.m., Monday-Friday.

Lea's Place

Lea's Place is a volunteer program, on-call 24 hours a day, 7 days a week to help the Department of Children and Families take care of children who have been removed from abusive or neglectful situations or who have been abandoned. Volunteers assist Child Protective Investigators with feeding, bathing and playing with the children. They may also assist in the clothes closet, providing the children with clean clothing. 360-7091.

I.M. Sulzbacher Center for the Homeless

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

Drees Welcome Home Event!

Come Discover Our "Homes Ready Now" and Help Us Spread Joy by Donating a New Toy to a Deserving Tot.

Great prices and low interest rates have combined to make this the best season ever to buy a new Drees home. In addition, if you're looking to move quickly, Drees has a great selection of "Homes Ready Now." Finally, while shopping for your new home, Drees invites you to bring a new, unwrapped toy for "Toys for Tots." Hurry! All toys must be collected by December 12. For a complete list of Drees' communities and our designated toy drop-off centers, visit dreeshomes.com

Homes now from the \$120's-\$300's






dreeshomes.com
or visit us on your phone at mobile.dreeshomes.com

GREAT NEWS:

Homebuyer Tax Credit is Now EXTENDED & EXPANDED!

Second chances don't come along very often. Now, first-time home buyers and existing homeowners have the chance of a lifetime!

UP TO \$8,000!

FOR FIRST-TIME HOMEBUYERS

Extended through April 30, 2010

UP TO \$6,500!

FOR CURRENT HOMEOWNERS

Through April 30, 2010

FOR MEMBERS OF THE MILITARY ON ACTIVE DUTY OUTSIDE THE UNITED STATES FOR AT LEAST 90 DAYS

Between January 1, 2009 & April 30, 2010

THE TAX BREAK WILL REMAIN IN EFFECT AN ADDITIONAL YEAR



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Townhome-style Condos From the \$120s
15 miles from Jax Naval Air Station

*HAMILTON GLEN AT OAKLEAF PLANTATION
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DUVAL COUNTY
*WYNNFIELD LAKES
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10 miles from Mayport Naval Station

*LEXINGTON PARK
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25 miles from Mayport Naval Station

ST. JOHNS COUNTY
*CHANCELLOR'S RIDGE
Single-family homes From the mid \$200s

*WILLOWCOVE AT NOCATEE
Single-family homes From the \$300s

*JOHN CREEK II
Single-family homes From the \$200s

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*First-time homebuyer is any individual (excluding a non-resident alien) who has not owned a principal residence during the past three years and is purchasing the new home as their primary residence. Tax Credit is subject to eligibility requirements. Lennar cannot provide guarantees of actual savings and does not guarantee the homebuyers' qualification for the federal tax credit. Credit is subject to 3-year ownership requirement. Not tax advice; homebuyers should consult with their tax advisor. Tax laws are subject to change. **To be eligible to claim the \$6,500 credit buyers who have owned and resided in a home for any 5 consecutive year period during the last 8 years, must close after the date of enactment (November 6, 2009), and prior to July 1, 2010. ©2009 Lennar Corporation and Universal American Mortgage Company, LLC. Lennar, the Lennar logo, Universal American Mortgage Company and UAMC logo are registered service marks or service marks of Lennar Corporation and/or its subsidiaries. CBCF1257529 11/09

THE Daily Commuter Puzzle

by Jacqueline E. Mathews

ACROSS

- 1 That woman
- 4 Neck scarf
- 9 Move quickly
- 13 Faucet problem
- 15 Push
- 16 Biblical birthright seller
- 17 Knitter's purchase
- 18 Business transactions
- 19 Departed
- 20 ___ test; entering student's exam
- 22 "Beware the ___ of March!"
- 23 Weathercock
- 24 Pub order
- 26 Elevate
- 29 Archeological find
- 34 Idaho's capital
- 35 Scout group
- 36 Nick the surface of
- 37 Sworn statement
- 38 Cake ingredient
- 39 Entice
- 40 Highest club
- 41 Zsa Zsa or Eva
- 42 Squander
- 43 Intimidate
- 45 School break
- 46 J. Edgar Hoover's org.
- 47 Submissive
- 48 Tip one's cap
- 51 Rising
- 56 Make eyes at
- 57 ___ out; say without thinking
- 58 Part of speech
- 60 Swamp reptile, for short
- 61 Tee shirt size
- 62 Puncture
- 63 Retained
- 64 Diminished
- 65 Ding-a-ling

DOWN

- 1 Wily
- 2 Pile
- 3 Actor Holliman
- 4 Agreement
- 5 Humiliation
- 6 Nat King ___
- 7 Kill
- 8 One who leaves a will
- 9 Vanishing of pain or distress
- 10 Secondhand
- 11 Out of danger
- 12 Shacks
- 14 Tricky
- 21 Coffee shop
- 25 Cold sore spot
- 26 German submarine
- 27 Cook eggs in water
- 28 Metric unit of capacity
- 29 Inert gas found in the air
- 30 Laugh loudly
- 31 Entertain
- 32 Pony-drawn wagons
- 33 Poem by Joyce Kilmer
- 35 Toothpaste container

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11/19/09

THIS WEEK'S ANSWERS

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11/19/09

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73224

For Budget Holiday Feasts, Shop Commissary

By Kay Blakley

DeCA home economist

If money is so tight this year you're thinking of skipping the traditional holiday meal, consider this: All you need to do is shop the commissary and you'll be in surprisingly fine shape. Would you believe it's possible to purchase ingredients for the entire meal for eight to 10 people for just \$50? I'm here to tell you the answer is yes – I just did it!

I recently helped a young military couple, Chelsea and Dion Kirton, who wanted to stick to their \$50 limit, didn't want a lot of leftovers, didn't want to spend a lot of time in the kitchen, and wanted to keep all the preparation as simple and easy as possible.

Our menu consisted of:
 A 6-pound, bone-in turkey breast
 A 5-pound, "quarter"-spiral sliced ham
 Turkey gravy (made with the gravy packet included with the turkey breast)
 Dressing (celery, onion and chicken broth added to a bag of stuffing mix)
 Southern-style marshmallow yams (using canned yams)
 Spiced, fresh, green beans with walnuts
 Cranberry sauce (canned)
 Hot rolls (ready-to-serve)
 Pumpkin pie (ready-to-serve)
 Pecan pie (ready-to-serve)
 Whipped topping for the pumpkin pie
 Total cost: \$48.06 plus 5 percent surcharge of \$2.40 = grand

total of \$50.46.
 We used ingredients such as milk, butter and spices the couple already had on hand. A \$4 coupon they had for the ham allowed us to buy the ready-to-serve pies, which saved a lot of preparation time. And, we used leaves harvested from the celery, along with two apples and a lemon the couple had on hand to garnish the meat platters.
 To make sure both the ham and turkey were ready at the same time, we roasted the turkey breast in the oven, but cooked the ham in the slow cooker. It worked like a charm!
 Lots of people spend a whole lot more, but that's usually because they buy more than is actually needed and several extras that happen to be among

their holiday favorites. Adding favorites is absolutely fine, and your commissary has stocked just about any holiday favorite imaginable. However, if sticking to a budget is top priority, shop with a detailed list, and buy only what you need.
 Don't know how much turkey or ham it takes to feed the number of guests you're inviting? Come to Kay's Kitchen at <http://www.commissaries.com> for the answer. Need to know how long it takes to thaw or roast the turkey you choose? We've got that answer, too, plus a collection of holiday recipes that is sure to include just what you're looking for.



-Photo courtesy of DeCA

Dion and Chelsea Kirton and DeCA home economist Kay Blakley present a holiday feast that they prepared for \$50.46.

Scholarships For Military Children Program Open

By Tammy L. Moody

DeCA marketing and mass communication specialist

The holidays are fast approaching, and they can be a fun family time as children away at college come home, and other students get their holiday break. It's also a time for students and parents to apply for the 2010 Scholarships for Military Children Program that opens in November.

Scholarship applications are available in commissaries worldwide and online through a link at <https://www.commissaries.com> and directly at <http://www.militaryscholar.org>. Since the program began in 2000, it has awarded \$7.3 million in scholarships to almost 5,000 children of service members.

The Nov. 3 scholarship kickoff coincides with National Military Family Month, and is an example of commissaries supporting their local communities by helping to improve the quality of life for military families, said Defense Commissary Agency Director and CEO Philip E. Sakowitz Jr.
 "Being part of something that

makes higher education more affordable for military families is thrilling, as we feel it makes a better future possible for their children," he said. "The program awards \$1,500 scholarships to well-rounded, accomplished service members' children, enabling these families to save some on their children's tuition."
 Only dependent, unmarried children, younger than age 21 (age 23 if enrolled as a full-time student at a college or university) of active duty personnel, Reserve, Guard and

retired military members, survivors of service members who died while on active duty, or survivors of individuals who died while receiving retired pay from the military may apply for a scholarship. Eligibility is determined using DEERS, the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card. The applicant must be planning to attend, or already be attending, an accredited college or

university full time in the fall of 2010, or be enrolled in a program of studies designed to transfer directly into a four-year program.
 Applicants should prepare to submit an essay on the following topic: "You can travel back in time; however, you cannot change events. What point in history would you visit and why?" Applications must be turned in to a commissary by close of business Feb. 17. At least one scholarship will be awarded at every commissary location with qualified appli-

cants.
 The scholarships program is administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families. Scholarship Managers, a national, nonprofit, scholarship management services organization, manages and awards the scholarships. Commissary vendors, manufacturers, brokers, suppliers and the general public donate money to the program, and every dollar donated goes directly to funding the scholarships.

New Crop Of Apples Abound At Commissary

By Kay Blakley

DeCA home economist

Each year as the trees begin to turn brilliant, beautiful colors, and those crisp, cool autumn days are filled with a decided chill, the urge to spend some "quality time" in a warm and cozy kitchen overwhelms me. To me, quality kitchen time means producing dishes that provide an aroma that's every bit as delectable as the taste of the finished product. The one food that fills both those requirements is apples! Baked apples, apple pie, and applesauce are all surprisingly easy to make. And, your commissary has the very best of this year's apple crop ready and waiting for you.



Americans consume an average of more than 45 pounds of apples and apple products each year. That's a lot of apples, but who could object? They're fat free, only about 80 calories each for a medium-sized fruit, and they're a great source of fiber. The most popular varieties include Red and Golden Delicious, Granny Smith, Fuji, and Gala. Our larger commissaries carry them all, plus a few others such as Pink Lady, Jonagold, Braeburn and Honey Crisp. If you've been stuck in the Red Delicious rut, afraid to try new varieties, refer to the chart below for a preview of what the others have to offer.
 Then experiment to your heart's content.
 Whatever variety you choose, look for apples that are free of bruises and firm to the touch. Store them in the refrigerator; they'll last up to 10 times longer than if stored at room temperature. Apples emit ethylene, a naturally occurring gas that promotes ripening, but can damage ethylene sensitive items such as asparagus, broccoli, cucumbers, and lettuce. For this reason, it's best to store them in a refrigerator crisper drawer of their very own, or in a plastic bag. They also absorb odors easily, so store them away from foods with reputations as "stinkers." If one apple develops signs of spoilage, remove it from the rest right away. The old saying "one rotten apple spoils the whole bunch" is defi-

nately true.
 Enjoy apples just as they are or go to http://www.commissaries.com/kays_kitchen.cfm to try them in any of this week's featured apple recipes:
 Homemade Applesauce
 Instant Applesauce
 Waldorf Sandwiches
 Pork with Onions and Applesauce
 Whole Wheat Flax'N Apple Muffins
 Slow-Cooked Praline Apple Crisp
 Easy Microwave Applesauce
 Caramel-Apple Gingerbread
 Apple Pie
 Honey of an Apple Pie
 Apple Cake (German) Apfel Cake
 Apple Strudel – Traditional
 Apple Strudel – Quick and Easy
 Baked Apple

Add Some Spice To Your Life

By Lt. Col. Karen E. Hawkins

DeCA dietitian

Remember eating cinnamon and sugar on toast or in your oatmeal as a child? Well, cinnamon is not just for breakfast anymore. Tired of eating the same foods with the same dull flavors every day? Try adding a little spice to your food and enjoy the flavors along with numerous health benefits. Spices are full of antioxidants similar to many fruits and vegetables. We know that adding spices to food enhances flavor while allowing you to cut down on salt, fat and sugar when cooking. Growing evidence supports the health benefits of using spices in your everyday meals along with trying some new dishes. And, remember, you can get these spices at your local commissary and save more than 30 percent on your purchase.

Cinnamon
 Cinnamon is one of the oldest spices known. When used in baking, the aroma is mesmerizing. Not only does it smell and taste good, research has shown that it may be good for your health. The cinnaldehyde in cinnamon helps prevent blood clotting which is beneficial for blood circulation. Several studies have also shown that small amounts of cinnamon, about one teaspoon, can lower blood sugar in people with diabetes.

Ginger
 Ginger soothes a queasy stomach. Several studies show that eating about 1/2 to one teaspoon of ground ginger curbed nausea for pregnant women. So even if you're not pregnant, give it a try for an upset stomach. Most ginger ale has little ginger in it, so drinking it may not help. It can provide much-needed fluid and calories though

when you are sick, especially for small children. Growing evidence shows that ginger may also help prevent cancer and has been useful for treating headaches.
Turmeric
 Turmeric contains curcumin, the compound that makes it yellow. Evidence shows that lab rats given curcumin get fewer breast, skin, mouth and colon cancers. The verdict is still out in people. More research is needed to see if it has the same effect at preventing cancer. Research on curcumin and the human brain is just beginning. However, it is known to protect the brain cells in animals, with strong indications for helping prevent Alzheimer's and stroke. It is important to note that only about 2 percent of turmeric is curcumin. Curry powders vary greatly in how much curcumin they contain; eating curry will not guarantee that you get the health benefits. Eating mustard which contains turmeric is one way to get curcumin in your diet.
Spice it up
 Sprinkle cinnamon in your coffee, tea, yogurt, oatmeal, cereal and milk, fresh or canned fruit, ice cream and pudding. Add turmeric to rice, potatoes and pasta. Mix it into egg salad.
Dice it up
 Peel and dice up some fresh ginger, add it to soups, stir fry and salad dressing.
Bake it up
 Add some cinnamon when baking bread, brownies and cookies. Add ground ginger when making cookies, bread and bars.

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GLEN STRICKLAND THE SALE WILL BE HELD AT 10416 NEW BERLIN RD JACKSONVILLE, FL 32226-2216 (THE ADDRESS OF THE SELF-STORAGE FACILITY) AT 10:00AM ON 12/30/2009

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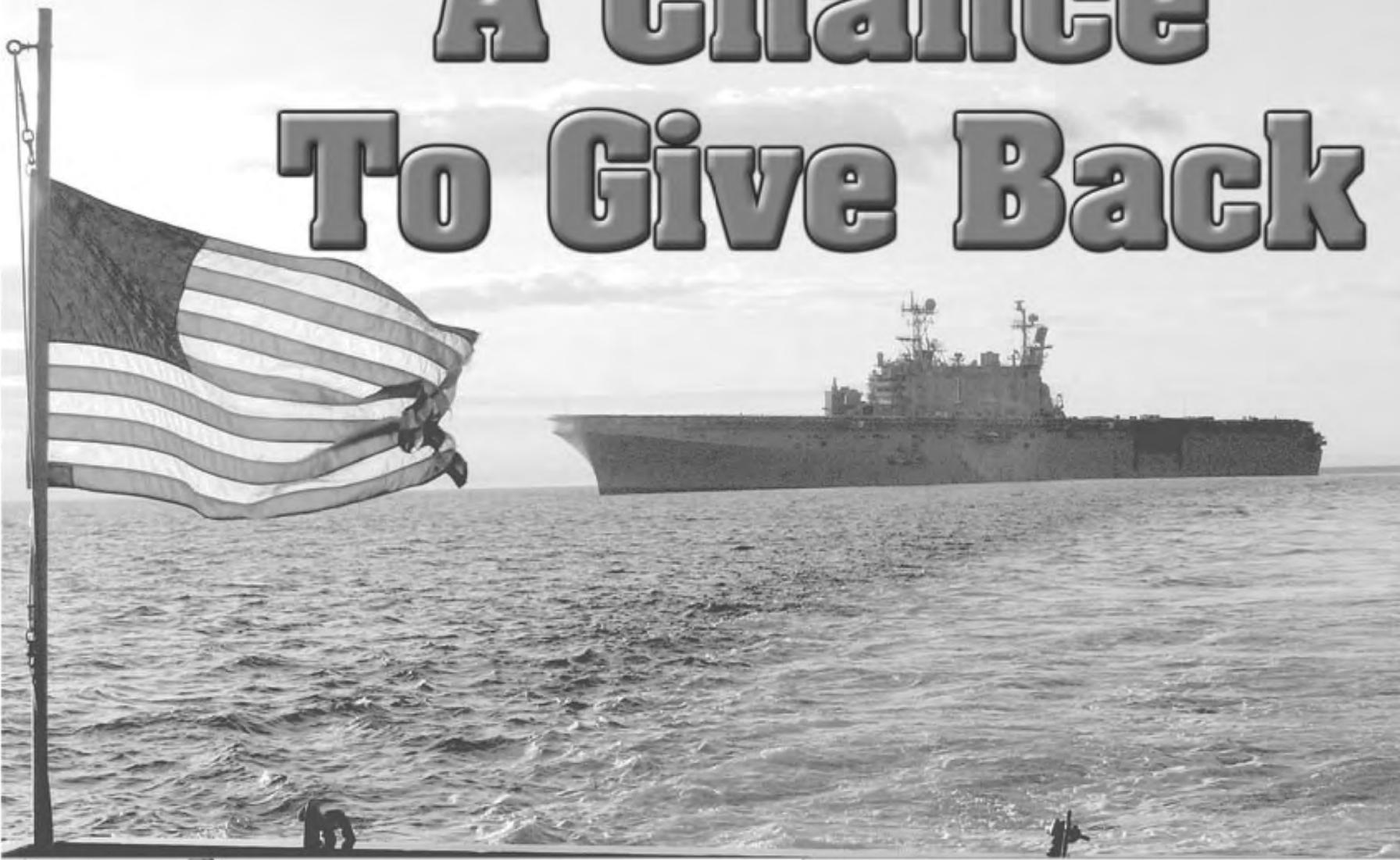
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