

## 2010 Census Counts Deployed Sailors

From the Chief of Naval Personnel Public Affairs

Military personnel and civilians located on vessels April 1 will retain their right to ensure proper Congressional representation and their community's federal funding through participation in the shipboard enumeration phase of the Census, which includes all vessels assigned to a homeport in the United States and Puerto Rico.

Each ship received Census enumeration materials from the Census Bureau enabling them to conduct a complete enumeration of personnel assigned to each ship, even during at-sea periods such as deployment or work-ups.

"Congress and the Census Bureau understand the importance of, and the high operational tempo of naval forces and are committed to ensuring Sailors and Navy civilians and contractors have the opportunity to be

counted, even when executing missions at sea," said Tom Yavorski, Navy's Representative at the Joint Census Working Group. "Therefore they have provided two opportunities for deployed members to complete this year's census."

Sailors who maintain an onshore residence will receive both the standard Census questionnaire at their home address as well as a Shipboard Census Report (SCR) onboard the ship. The

completion of both forms is required to ensure appropriate representation. When completing the SCR, Sailors should include the full address of their primary onshore residence.

In addition to counting deployed Sailors and civilians, the Census remains focused on counting members serving closer to home. Naval personnel who reside in an apartment off base or family housing on base will receive Census questionnaires through the

U.S. Postal Service beginning Mar. 15. Completed forms should be returned in the envelope provided.

Sailors residing in group quarters will be contacted by their Census Project Manager to complete the Military Census Report, a sub-set of the standard Census questionnaire.

The 2010 Military Census Report and Shipboard Census Report contains six questions and takes less than five minutes to complete.

## Navy Updates Evaluations, Fitness Reports

From Navy Personnel Command Public Affairs

The Navy announced changes to the performance evaluation system and advancement policy on March 9 to better reflect service as an individual augmentee (IA)/Global War on Terror support assignment (GSA) and physical fitness assessment results.

The changes apply to all reports ending Aug. 1 or later and come as a result of Sailor feedback, according to NAVADMIN 083/10. Under the new policy, a new billet subcategory code will be added to performance evaluation and fitness reports to provide a mechanism for reporting seniors to identify Sailors performing an IA/GSA.

"The IA/GSA billet subcategory was added to ensure IA and GSA Sailors are recognized for their service away from their parent command and remain competitive with their counterparts," said Vice Adm. Mark Ferguson, chief of naval personnel. "Our Sailors are doing great work around the world, whether assigned to traditional billets, joint com-

mands or as an IA. We want to ensure all Sailors are properly recognized for superior performance."

Additionally, both concurrent IA/GSA and regular evaluations will be used to determine performance mark averages and time-in-rate waivers to ensure outstanding performance during an IA/GSA is properly rewarded.

The new policy also requires reporting seniors to document all physical fitness assessments (PFAs) conducted during the regular reporting period using new PFA codes on performance evaluation and fitness reports. The change supports Navy's culture of fitness and is another tool available to leaders to identify and reward top performers, according to the message.

The new policy applies to performance reports ending Aug. 1 or later. Timing of the change minimizes impact to selection board deliberations and the advancement process.

For more information, read NAVADMIN 083/10.

For more news from Navy Personnel Command, visit [www.navy.mil/local/npc/](http://www.navy.mil/local/npc/).

## Designer Drugs Added To Zero Tolerance Policy

From CNRSE

In response to a growing number of designer drugs available, Rear Adm. Tim Alexander, Commander, Navy Region Southeast, signed an instruction banning service members in the southeast region area of operations from possessing certain designer drugs which are contrary to Navy standards and policy.

The use of designer drugs to induce excitement or stupefaction of the central nervous system is incompatible with the Navy's core values of honor, courage, and commitment. These substances place shipmates in danger, are harmful to good order and discipline, and may threaten the health and life of the abuser.

Due to the health and safety concerns surrounding the abuse of substances and consistent with instructions signed by the Secretary of the Navy, the purchase, possession, introduction, distribution, or use of such substances, or any analogues or variants, is prohibited and punishable under Article 92 of the Uniform Code of Military Justice.

Navy Region Southeast installations have contacted local establishments asking them to take necessary precautions to ensure service members can frequent their place of business without exposure to an environment where illegal controlled substances are readily available. Service members provide an income to local businesses through their patronage. However, if street-level drug dealing continues at a place of business, installation officials could ask the CNRSE Armed Forces Disciplinary Control Board to place the establishment on a list making it off-limits to Navy personnel.

## A 'Comfort'-able Mission DESRON Returns From Haiti

By DESRON 40 Public Affairs

The Mayport-based staff of Destroyer Squadron Four Zero (DESRON 40), returned home Sunday March 14 after spending approximately 50 days on station in Haiti on board USNS Comfort (T-AH20) as part of Operation Unified Response.

The mission of helping the people of Haiti in its most critical time of need exemplified the Navy's role as a "global force for good."

The DESRON 40 staff, as Combined Task Group 41.8, played a critical role as the command element onboard Comfort. Their efforts were instrumental by coordinating operational requirements from both inside and outside the theater of operations so that the medical professionals could focus on caring for patients.

During the ship's mission, Task Group 41.8 worked closely with Haiti's Ministry of Health and health care professionals from the U.S. Agency for International Development (USAID), international relief organizations and NGOs to secure follow-on care for patients in recovery. Relationships were forged quickly and successfully by making connections between US and partner nation military organizations, other government organizations, and non-governmental organizations in the country.

DESRON 40's experience working in the United States' Fourth Fleet's area of focus was a definite help in successfully completing their mission. As part of Amphibious Southern Partnership Station 2009 embarked aboard USS Wasp (LHD 1), the staff had worked with the government of Haiti less than two months prior to the earthquake. The Comfort also had formed many critical ties with Haitian



- Photo courtesy of DESRON 40  
COMDESRON 40 Commodore Rudy Laco hugs his wife, Jennifer, after returning from Operation Unified Response Haiti.

See DESRON 40, Page 10

## Mayport Names 2009 Athlete of Year



- Photo by Paige Gnann

Master-at-Arms 2nd Class Nicholas Fessler of Security is the 2009 Mayport Athlete of the Year. Fessler has coached Fall and Summer Intramural and Greybeard Basketball, Spring Softball, helped with intramural flag football and acted as facilitator for the Spring Sports Challenge. He was presented with the award by NS Mayport Commanding Officer, Capt. Aaron Bowman and MWR Sports Coordinator Rita Hammerstad. Pictured from left is Bowman, runner up Chief Hospital Corpsman David Perry, Fessler, Air-Traffic Controller 2nd Class Carlos Sosa of Air Ops and Hammerstad.

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On NMCRS Fund Drive

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# Responsible, Practical, Stress-Free Living



**Chaplain Joe Molina**  
CDS40 Staff Chaplain

You go and check for the mail (snail mail). Sitting in the mailbox is this official looking letter addressed to you from the law firm of "Northam, Southern, Eastin, Westin and Fred." You open the envelope and read the contents. It contains both good and bad news. First the bad news: Your great aunt Lulu has passed away.

## CHAPLAIN'S CORNER

You remember meeting aunt Lulu some twenty years back at a family reunion. You had never seen her again but you never forgot her words: "I won't forget you, Charlie," she said.

Well, as it turns out your great aunt Lulu was a bit of an eccentric "fruit-cake." To your amazement the letter informs you that you have been named in her last will and testament!! The reading of the will takes place in two weeks at the attorney's office and your presence is requested. The next fourteen days go by very slowly. The anticipation is simply killing you. You keep dreaming

about the Mercedes you will drive, the new boat you will sail and the new wardrobe you will purchase with the inheritance money. You can't sleep at night. Nothing can squelch your excitement.

The big day finally arrives. You dress in your "finest" and make the pilgrimage to the attorney's office for the reading of aunt Lulu's will. It reads as follows: "I, Mrs. Lulu McIntosh, being of sound mind and body, am richer than anyone can possibly imagine. I am leaving my entire fortune to my cats with the exception of a few token gifts to the friends and relatives who least offended me during my lifetime. (The

lawyer pauses and swallows hard). To my sister Louise I leave my complete collection of ceramic Fidel Castro figurines. To my cousin Henry I leave the ball of string that I've been collecting since 1933. To my brother James, who was always telling me that health is far more important to a person than wealth, I now leave the entire contents of my third floor closet, my sun lamp and...to my great nephew whom I promised to remember...HI THERE CHARLIE!"

OUCH! What a cruel act of deception. But, it really has been an act of self-deception. That is usually how greed starts. We can lull ourselves into fantasizing about things that belong to us when in fact they do not. That's also how excessive indebtedness begins.

The moral of the story is very simple. That is, we can

never claim some things that were never ours to begin with. It is all about stewardship and responsible management of our personal financial and material resources. You see, you and I arrived in this world naked (nothing, zilch, "nada") and will leave this world with nothing, not even our tonsils.

In the meantime the Almighty, in all wisdom, has made us stewards (caretakers) over a variety of things. This would include our relationships, our physical body, our family, our moral and spiritual well-being and our financial and material resources. Responsible management of our finances can be especially challenging in our consumer-driven society. It requires personal discipline in planning and personally acknowledging the limits of our spending power. Faltering in this area typically happens

when we deceive ourselves into overspending and building up excessive debt.

Reality happens when we realize that there is still too much month left at the end of our paycheck. Reality happens when we realize that we can't claim some things that were never ours to begin with. The key to a responsible financial lifestyle is finding that fine balance between the use of money and its limits. To be sure, money can buy many things except love, character, freedom of the spirit and immortality.

Living within our means in the present and proper planning for financial success in the future is responsible, practical and stress-free.

# Resources For Military Families Are Available



**Judy Cromartie**  
School Liaison Officer

Over the last few months, several of my weekly The Mirror articles have referenced the services of **Military OneSource**.

The most recent one referred families seeking financial aid for college to call 1-800-342-9674 to speak with an educational consultant.

But there are so many more resources available for military families. To provide that infor-

## KNOW THE ROPES

### Military Family Resource Fair

Coming on March 23rd a special night for military families!

Presenters include

- 4-H Operation Military Kids
- American Red Cross
- Fleet & Family Service Center
- Mayport Youth Center
- Military Family Life Consultant
- Military OneSource
- Navy Marine Corp Relief Society
- Ombudsmen
- Operation Homefront
- School Liaison Officer (SLO)
- Student Online Achievement Resources (SOAR)
- USO

This special night is hosted by NS Mayport and the Beaches elementary, middle and high schools.

So mark your calendar for March 23, 6 p.m. at Mayport Middle School.

mation to you, N.S. Mayport and the Beaches schools have collaborated to offer a night of resources:

Military Family Resource Fair

All Family Members of Active and Retired Military, National Guard and Reserves

Tuesday, March 23<sup>rd</sup> at 6 p.m.  
Mayport Coastal Sciences School, 2600 Mayport Road, Atlantic Beach

Presenters will be given the opportunity to briefly introduce the services provided by their programs. Then each presenter will man a table in the cafeteria to answer individual questions and distribute program information.

The programs cover everything from student camps to emergency funds to improving academics for your student. The goal of each program is to improve the quality of life of military families and the overall effectiveness of the military community. The programs to be

featured include the following:

- American Red Cross
- Fleet & Family Services
- Military Family Life Consultant
- Military OneSource
- N.S. Mayport Youth Center
- Navy Marine Corp Relief Society
- Ombudsmen
- Operation Homefront
- Operation Military Kids
- School Liaison Officer
- Student Online Achievement Resources (SOAR)
- USO

Several of the programs offer training for stress management, weight loss, parenting, and financial planning. They may provide personalized consultations on issues such as deployment, career education, legal issues, and travel, as well as links to community resources and appropriate military referrals. Face-to-face counseling is also available to service members and their families.

But the focus will be on the

children. Camps, lock-ins, tutoring, sports, and dance represent just of the few opportunities available for children on or near the installation. And linkage to school information – enrollment, special needs, state testing, school choice – will give parents the support they need to insure the academic and personal/social success of their children.

Come join us for light refreshments, a performance by the Mayport Coastal Science Symphonic Band, and great information!

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](mailto:Judith.cromartie@navy.mil) or by phone at (904) 270-6289 ext. 1305 [office] or (904) 219-7891 [cell].

# Opportunities, Benefits That Make Military Life Easier

By Beth Wilson

Military Spouse Contributor

Military Spousedom comes with benefits we may not be aware of. Many of us know about military medical care (TriCare) but there are other many other benefits that make my life better. You are probably aware of most of them but if not, here is a partial list. I'll cover many of these more fully in future columns but here is the overview.

Commissary privileges: I love this one. To be honest, the Commissary benefit is a column all in itself but suffice it to say that the Defense Commissary Agency (DeCA; [www.commissaries.com](http://www.commissaries.com)) or 'commissary' is the 'grocery store' found on base. I recently learned that 80% of commissary patrons are the military spouse. This is the deal; want to save 30 percent on your food bill? Then shop at the commissary! Items are sold at cost plus 5 percent surcharge. The surcharge is not a

## HOMEFRONT IN FOCUS

tax but funds used to reinvest right back into the commissary.

Exchange privileges: Similar to the commissary, the Navy Exchange (NEX) or AAFES (PX) exchange is our department store. All items are sold tax-free and proceeds benefit MWR (Morale, Welfare and Recreation – more on them later). The exchange provides quality merchandise at comparable prices and offers a 'price match guarantee' with any competitor. Another great way to stretch your military dollar!

MWR: Morale, Welfare and Recreation (MWR) is definitely a column in itself. But to get you started enjoying this benefit, MWR runs many services on base for which you are eligible; including: gym access (enjoy a workout!), Movie

theatre (free movies including special previews), Bowling alley, Restaurants, IT&T (Information, Tickets and Tours – get discount tickets to attractions across town or across the country, MWR sponsored tours and more), Golf courses (on many bases), Rental equipment (everything from table & chairs to lawn equipment to recreational equipment like boats and campers), Cabins, resorts and Inns (for that needed getaway) and much more. Stop by

your MWR office to learn more and ENJOY! Log on to [www.mwr.navy.mil](http://www.mwr.navy.mil) for more information.

Child and Youth Programs: Got kids? Your local base offers programs and services for your teen, youth and young children including: Child Development Centers (CDC – daycare for 6 weeks to five years old), Child Development Homes (CDH – childcare for 4 weeks to 12 years of age in a local home), School-Age care (SAC – before/after school care and day camps for ages 6 – 12 years), Youth and Teen Programs (YTP – sports programs, leisure classes, and much, much for

6-18 years of age), Education Services (transition assistance for our mobile children). Ok, this needs its own column as well. In the mean time, check out <https://qol.persnet.navy.mil/CYPWeb/Web/Home/Home.aspx>.

I want to speak with my sister spouses from the National Guard and Reserve. All of these resources are also available to you. Please check out the resources at the military installation nearest to you. You now have unlimited commissary and exchange privileges. You may already know this but it bears repeating. When it comes to 'services and benefits' the

military is "Purple." It does not matter what branch your spouse may be in you can utilize the resources and benefits as ANY installation. So, if your service member is in the National Guard, don't be a stranger to the Navy base in your town. We're all family!

Beth is hitting the road! Beth is making plans now to visit a base, installation or armory near you this summer. Contact her if you'd like her ([beth@homefrontinfocus.com](mailto:beth@homefrontinfocus.com)) to speak at your group or installation! Check out Navy Homefront Talk at [www.blogtalkradio.com/nht](http://www.blogtalkradio.com/nht).

# Babysitting Bootcamp Free For Military Teens

From American Red Cross

The American Red Cross is offering a two-day adventure designed to teach youth ages 11-15 about the responsibilities of a being a babysitter and opportunities to earn extra money. Students attending Red Cross' babysitting bootcamp will learn, Infant and Child CPR with First Aid, babysitter skills, and how to prepare for a job as a babysitter, including building a resume. The session will include lectures from the Police and Fire Departments and Poison Control.

Topics include how to: perform first aid and get professional medical help fast; identify common safety hazards and prevent injuries; make good, responsible decisions; super-

vised infants through school-age children; choose safe and age appropriate toys and games; perform basic care routines like diapering, feeding and dressing; prepare simple meals and snacks; handle bedtime issues; find and interview for babysitting jobs.

Classes will be held on April 5-6 at 751 Riverside Avenue or April 8-9 at the Mayport USO from 9:30 a.m.-5:30 p.m. and are free of charge for children in military families but spaces are limited. Registration is required by April 1<sup>st</sup> and proof of a military ID will be requested to enter class. Lunch is provided for both days. For more information or to register, please call (904) 246-1395.



**Roman Catholic Mass**  
Sunday 9 a.m.  
Monday-Friday 11:30 a.m.  
Confessions: before & after mass or upon request  
CCD: Sunday 10:30 a.m.  
Baptisms: class 3<sup>rd</sup> Sunday of month

**Protestant Worship**  
Sunday 10:30 a.m.  
Sunday school 9:15 a.m.  
Baptism: For information contact your chaplain

**Women's Bible Study**  
Wednesday 9:30 a.m.

**Protestant choir**  
Wednesday 7 p.m.

**Interdenominational MOPS (Mothers of Pre-Schoolers)**  
1<sup>st</sup> & 3<sup>rd</sup> Tuesdays each month 9:15 a.m.  
For more information, contact MOPS coordinator at [mayportmops@yahoo.com](mailto:mayportmops@yahoo.com)

**Marriage**  
Contact Chaplain 6 months prior. PREP is required

For more information, call 270-5212.



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# Daytona Hosts Roosevelt Reenlistment

By Lt.j.g. Charles Wood  
USS Roosevelt

Daytona International Speedway and Customer Care Specialist Stacy Springman hosted Sailors, friends and family from guided-missile destroyer USS Roosevelt (DDG 80) for a memorable re-enlistment. During pre-race ceremonies for the 2010 Budweiser Shootout in February, Interior Communications Specialist 2<sup>nd</sup> Class Jesse Weber and Electronics Technician 3<sup>rd</sup> Class Adam Williams re-enlisted in Campbell Suites on the Front Stretch of the Daytona International Speedway.

Weber checked onboard Roosevelt on April 7<sup>th</sup>, 2007, as a newly rated Interior Communications Specialist Fireman Apprentice (ICFA).

Nearly three years later, he is the lead technician and Work Center Supervisor for all shipboard Interior Communications with two deployments worth of experience under his belt.

Williams joined the Navy on Feb. 6<sup>th</sup>, 2006, from Philadelphia, Penn. In his tenure onboard, he has become the Work Center Supervisor for Shipboard Test Equipment



and is the lead Super High Frequency Communications Suite technician.

The Oath of Enlistment was administered for both parties by Lt.j.g. Charles

Wood, Roosevelt's Electronic Materials Officer.

Electronics Technician 2<sup>nd</sup> Class (SW) Dwight Black joined Wood in administering the oath to Williams Weber



-Photos courtesy of USS Roosevelt

Above, Weber's grandfather, retired Aviation Fire Control Technician 2<sup>nd</sup> Class John H. Scott, joined in re-enlisting his grandson at Daytona International Speedway. Left, Lt.j.g. Charles Wood congratulates Electronics Technician 3<sup>rd</sup> Class Williams after the Oath of Enlistment is administered.

chose to ask his grandfather, retired Aviation Fire Control Technician 2<sup>nd</sup> Class John H. Scott, to join Wood in re-enlisting him during this special occasion.

Both Sailors signed a four-year re-enlistment, signifying their continued dedication to the Navy against the backdrop of the Daytona International Speedway.

"The opportunity to re-enlist in Daytona for the Budweiser Shootout was a really unique experience," said Weber. "I'm proud to be able to share it with everyone who came."

## Landry Is NAVSEA Shore, SERMC SOY

By NAVSEA/SERMC

Naval Sea Systems Command (NAVSEA) and Southeast Regional Maintenance Center (SERMC) recently announced their Sailor of the Year. Gas Turbine Systems (Mechanical) First Class (Aviation Warfare/Surface Warfare) Jorrick Landry was named as NAVSEA Shore Sailor of the Year and SERMC Sailor of the Year.

He emerged as SERMC "best of the best." Landry is the leading petty officer of the Marine Gas Turbine Repair Shop at Southeast Regional Maintenance Center, Mayport, Fla. Born in Baton Rouge, La., and a



GSM1(AW/SW) Jorrick Landry

graduate of Istrouma High School and Technology

Academy in 1996, Landry completed Recruit Training Command in Great Lakes, Ill. Graduating as a CG-47 Gas Turbine Mechanical Maintenance Technician in January 2001, Landry earned Navy Enlisted Classification code 4124.

Landry earned his Surface Warfare qualification while deployed aboard USS Hawes (FFG 53), and earned his Aviation Warfare qualification while serving aboard USS Yorktown (CG 48). He later served on USS

Vicksburg (CG 69), USS Carney (DDG 64) and at the Navy and Marine Corps Reserve Center Marietta, Ga. Landry's personal awards include six Navy and Marine Corps Achievement medals, and the Military Outstanding Volunteer Service medal.

Landry will now continue to the next level of competition where he will represent NAVSEA at the Vice Chief of Naval Operations Shore Sailor of the Year Competition and the chance to be promoted to the rank of Chief Petty Officer.

### Holy Week Schedule

#### Roman Catholic

March 28, Passion (Palm) Sunday  
Mass: 8:45a.m. (gather in outside classrooms)

Monday, Tuesday & Wednesday;  
Mass: 11:30a.m. (in Small Chapel)

#### Sacred Triduum

April 1, Holy Thursday, Mass of the Lord's Supper: 7 p.m.

April 2, Good Friday: 3 p.m.

April 3, Holy Saturday, Easter Vigil Mass: 8 p.m.

Easter Sunday, April 4

Protestant Easter sunrise service:  
7 a.m.

Easter Sunrise Mass: 7 a.m.

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# Legends of Aerospace Visit USS Hue City



Rainbow Sideboys Boatswain's Mate Seaman Apprentice Brandon Wilson, Seaman Rutchel Mandafe, Seaman Danny Diaz, Seaman Nateisha Fairley salute retired Capt. Gene Cernan.

By Lt.j.g. Nicholas Watts-Fernandez  
USS Hue City

On March 9, 2010, USS Hue City (CG 66) was honored to host three very distinguished visitors as part of the Legends of Aerospace Tour.

David Hartman, retired Capt. Gene Cernan, USN (ret), and retired Capt. Jim Lovell, met with the Wardroom and Crew to share stories of space, answer questions, and take photos. Hartman, the tour moderator, is an Emmy award winner for his television news documentaries; was the original host of ABC's Good Morning America; currently hosts PBS's "Walk Through" series; is a retired Air Force officer; and is a renowned Aviation and Space writer.

Cernan is a retired Naval Aviator; an astronaut for the Gemini 9, Apollo 10 and Apollo 17 projects; is the only man to have descended to the moon twice; is the author of "Last Man on the Moon"; and was the last man to leave his footprints on the surface of the moon (December 14, 1972).

Lovell is best known as the Commander of the Apollo 13 mission; was an astronaut for the Gemini 7, Gemini 12, Apollo 8, and Apollo 13 missions; is a U.S. Naval Academy

Graduate, aviator, and test pilot; was a member of the first crew to orbit the moon; one of only three men to travel to the moon twice; and coauthored "Lost Moon" with Jeffery Kluger, which became the basis for the movie "Apollo 13."

The guests were greeted on the flight deck by Chief Master-at-Arms Anthony Sganga and were escorted to the mid-ships quarterdeck, where they were met by four rainbow side boys and an honor Boatswain's Mate, who piped them aboard. After meeting Hue City Commanding Officer Capt. A.W. Swain, Executive Officer Cmdr. Jack Rice, and Command Master Chief Kevin Blade, the guests were allowed to freshen up prior to meeting with Hue City's officers.

During a discussion with the Wardroom, Captains Cernan and Lovell were struck by the average young age of the officers of Hue.

After a joke about not being recognized, Cernan stated with all seriousness, "Too many young people today...those in your age group...are risk averse. You must be bold in order to succeed and achieve your dreams."

He complimented the young officers on having the drive to



Crew of Hue City with Captains Jim Lovell and Gene Cernan.

-Photos courtesy of USS Hue City

live a bold life and make the decision to answer the country's call to service. The discussion then turned to standard questions, prompted by Hartman asking Cernan to tell the Wardroom the last words spoken on the moon.

Cernan, after chuckling that he was being set-up, said, "The last words I spoke while standing on the moon...and that would be the last words anyone has spoke standing on the moon...were 'We now leave as we once came, and God willing, we will return.' What I said once we got into the capsule, forgetting that it was being broadcast across America, was 'Let's get this mother\*\* out of

here.'"

The discussion concluded with Lovell explaining that the second most asked question, one that has been asked by everyone from grade schoolers to an unnamed First Lady, is "How do you go to the bathroom in space?" to which he replied "Very carefully!"

The two then posed for photographs and small talk before going down to the mess decks for a similar conversation with the crew.

While speaking to the crew, Lovell reiterated the pride that he feels when meeting such "remarkable young people" and wanted to ensure that the crew knew that America is proud of

the sacrifices that are made by those in uniform. Cernan was then asked what the Earth looks like from space.

It was obvious by the far away look in his eyes that he was visualizing the picture in his mind as he answered, "We know the earth is rotating, but when you are flying away from it, you see it spinning, and you can see your land and the oceans and the clouds and the weather, and it is surrounded by a blackness beyond our understanding...a blackness that is nearly three dimensional... and we know that the earth moves with a purpose that is incomprehensible but beautiful."

Upon the conclusion of the

discussion, the group posed for photos and handshakes with the Crew.

It was evident that Lovell and Cernan and Hartman were very excited to be on board and were happy to interact with the crew, if even for a limited amount of time.

Their words of support, encouragement, and advice resounded through the passage-ways, and the crew of Hue City was honored and privileged to have three living members of history on board. Now when Hue Sailors look to the stars, they can feel a little more of a connection, as they have met the men who made space travel possible.

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# USS McInerney Spends Time Helping Others

By Ensign David Forman  
USS McInerney PAO

While in the SOUTHCOM AOF the Officers and Crew of USS McInerney have frequently involved themselves in needy communities, principally taking part in community service projects in Panama.

The projects they have been involved in range from the renovation of a century's old school building to improving the sanitary conditions of a neglected children's shelter. The hard work and dedication of McInerney Sailors is apparent in some of the most impoverished communities of Panama.

The successes of McInerney Community Relations Events (COMREL) have been a highlight of her historic final deployment and with the continued commitment of her Officers and Crew there will be many more successes to come.

On Oct. 31, 31 officers and crew of McInerney participated in their first COMREL of the 2009-2010 SOUTHCOM deployment. This COMREL took place in Vasco Nuñez de Balboa, Panama at Hogar Divino Niño; a home for children who were neglected and given up to foster care. The home houses more than 30 children whose ages range from newborn to five years old.

COMREL participants lent a hand to aesthetically improve the conditions of the home; painting several rooms inside, as well as several walls and structures outside. In addition to that, the volunteers spent time cleaning up the backyard and children's play areas. Also, a few COMREL participants were able to take the children to a nearby park and play games.

The next COMREL took place on Nov. 30. This day McInerney Sailors volunteered to assist an organization named *Fundacion Calicanto*; located in Old Town Panama City. *Fundacion Calicanto* is a non-profit organization, which develops programs to help people in the community find alternatives to gang life. The programs range from art and theater, which provide kids an outlet to express themselves, to re-education programs that help young women learn a trade, which will assist them in finding employment. The building that houses the organization has served several purposes over the years; from a convent to a school, this building has been a center for community involvement since it was constructed. To help this building continue its impressive history *Fundacion Calicanto* has been slowly restoring the building with the help of countless volunteers.

McInerney Sailors arrived ready and eager to lend a helping hand. They spent the day erecting the framework to hang dry wall, which created four new classrooms. The metal working skills and the manpower provided helped to ensure *Fundacion Calicanto* took tremendous strides towards their goal of a fully renovated landmark.

The subsequent COMREL took place on Dec. 31. *Nutre Hogar* is a clinic which provides care to malnourished children. In addition to being a clinic, it provides education, in reference to proper nutrition techniques, to the parents of the malnourished children. During the day, Sailors took turns playing with the children and work-

ing on improving *Nutre Hogar's* facilities. Some of the facilities repaired by McInerney Sailors were playground equipment, a sink, and an AC unit. Sailors also worked on general indoor and outdoor cleaning.

After the COMREL event concluded, McInerney Sailors returned to the ship to relax and enjoy the rest of their time in port; however, there was still work to be done. This being the case, two McInerney Sailors returned following day to install a sink and a ceiling fan, which the ship had purchased for *Nutre Hogar*. The actions of these Sailors demonstrated the commitment of the Officers and Crew to represent the United States Navy and the people of the United States honorably.

Although their time in Panama was limited, the improvements made to *Hogar Divino Niño*, *Fundacion Calicanto*, and *Nutre Hogar* helped create the memories of great days that will last for years to come. One often wonders if what has been done was enough to make a difference in the lives of those they strive to serve. It is not difficult to see the proof of McInerney's success; the smiles of those who were assisted are evidence enough.

McInerney Sailors will continue to serve the community, which has been such a gracious host throughout their time in Latin America.

# USS Bush Visits Mayport



-Photos by MC2 Gary Granger Jr.

Above, Sailors stand by for line handling as the aircraft carrier USS George H.W. Bush (CVN 77) approaches the pier at Naval Station Mayport for its maiden port call. George H.W. Bush stopped at Mayport to load supplies and personnel in support of upcoming carrier flight deck qualifications off the coast of Florida. Below, Bush approaches NS Mayport.



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# Sammy B Returns From Africa

From SBR Public Affairs

Family and friends of Sailors aboard USS Samuel B. Roberts (FFG 58) gathered on the pier to welcome the Sammy B back home March 15 from their 2009-2010 Africa Partnership Station deployment.

Roberts' most recent deployment took Sailors from Florida to the Western coast of Africa and back. Operating under the operational control of U.S. 6<sup>th</sup> Fleet, Sammy B traveled up and down the coast, visiting several nations along the way to provide military-to-military training and Community Relations (COMREL) project support.

Sammy B was also able to donate 10 pallets of Project Handclasp hygiene and recreation items to many children in the countries visited. All of these endeavors were in support of Africa Partnership Station (APS) West, the overarching mission of Sammy B's AFRICOM deployment.

APS is an international initiative developed by Naval Forces Africa to strengthen global maritime partnerships through training and other collaborative activities in order to improve maritime safety and security in the waters off the coast of West Africa.

The three focus areas are trafficking of drugs from South America thru Africa to destinations in Europe, ensuring the efficient movement and security



-Photo by Paige Gnnann

Operations Specialist 2nd Class (SW) Jamell Naylor is greeted by a crowd of friends and family members as he returns with USS Samuel B. Roberts Monday. The ship and crew returned from a four-month Africa Partnership Station deployment.

of natural resources so all can benefit, and anti-piracy, which is not only a major issue in the waters off Somalia, but is also a growing threat for other areas in Africa – especially in West and Central Africa.

APS achieves these goals by

addressing three main 'pillars' of maritime safety and security. Those pillars are maritime domain awareness (knowledge of what's happening on the water), military professionalism, and supporting infrastructure.

The deployment began with a 10-day transit across the Atlantic, during which Sammy B trained and made preparations for the upcoming partnership operations.

The transatlant was very valuable underway time used pri-

marily for planning the next several port visits. Sammy B pulled into Funchal, Portugal to take on fuel, and then was off again the same day to Rota, Spain. In Rota, stores and fuel were taken onboard, and crew members were able to get out,

see Rota, and enjoy Spanish culture.

Transiting south, Sammy B stopped for fuel once more in Dakar, Senegal, and then further south, kicked off the first of several Theater Security Cooperation (TSC) port visits, working with the Sierra Leonean Navy and the U.S. Coast Guard Maritime Security Response Team (MSRT). Several MSRT members embarked Sammy B in Rota to engage Sierra Leone in an African Maritime Law Enforcement Partnership (AMLEP) operation.

AMLEP operations utilized satellite imagery, Automatic Information System (AIS) technology, and radar and known fishing areas to find fishing vessels engaged in illegal activities.

Sammy B became the catalyst for Sierra Leone to be able to patrol her exclusive economic zone (EEZ), which extends 200 nautical miles out from the coastline, and in which Sierra Leone has exclusive claim to the natural resources. Combined with the technical expertise of the Coast Guard MSRT and Sammy B's watchstanding, communication, and small boat capabilities, Sierra Leone's Maritime Wing was able to patrol further than their resources alone have allowed in the past, in order to enforce their laws applicable to the

See Sammy B, Page 7



-Photo by Paige Gnnann

Sailors and officers of USS Samuel B. Roberts man the rails as the ship pulls into Mayport.



-Photo by Paige Gnnann

Ensign Beth-Ann Dick hugs her father, Richard, after finding him pierside during the ship's homecoming.



-Photo by Paige Gnnann

Sailors disembark the ship after returning from a four-month deployment with USS Samuel B. Roberts



-Photo by MC1 Heather Ewton

Family members and friends hold up signs welcoming back USS Samuel B. Roberts as the Navy band plays a welcome home song.



-Photo by MC1 Heather Ewton

A Sailor's family holds up signs welcoming him home.



-Photo by MC1 Heather Ewton

Friends and family members anxiously wait pierside for the ship to pull into port.



-Photo by Paige Gnnann

Lt. Jonathan Black holds his wife, Ginny, and 7-year-old son Ethan close as he listens to his 9-year-old daughter, Evelyn.



-Photo by Paige Gnnann

Fire Controlman 2nd Class (SW) Robert Duggan hugs his girlfriend, Katrina Gelfand, after reuniting pierside.



-Photo by Paige Gnnann

Electronics Technician 2nd Class (SW) Kyle Harris gets a welcome home kiss from girlfriend Priscilla Gonzalez.



-Photos by MC1 Heather Ewton

Above, Culinary Specialist 1st Class Keenum gets big hugs from his family after they are reunited pierside at the USS Samuel B. Roberts homecoming. Right, Carla Croushorn gets the first kiss from her fiancé, Sonar Technician Surface 2nd Class Robert Curry.



From Page 7

## Sammy B

EEZ. Sammy B embarked on similar operations with the Senegalese Navy prior to pulling into Dakar; for six days, Sammy B operated in close proximity to the Senegalese Patrol Boats BSC PODOR and BSC POPONGUINE, assisting them in detection, identification, and interception of small craft in their EEZ.

In those six days, the Senegalese ships boarded and inspected over 22 vessels. This was particularly exciting because the cooperation with Sammy B allowed Senegal to patrol her own waters more than ever before and enforce Senegalese Maritime law further out than their own resources have allowed in the past.

Following this very successful week, Sammy B proceeded back to Dakar to celebrate Christmas and engage in some well-deserved liberty and a COMREL project.

Many Sailors donated their time and efforts to the COMREL, which consisted of approximately 50 children from

two different orphanages visiting the ship for games, tours, lunch, and a donation of Project Handclasp hygiene and recreation items, as well as many stuffed animals.

For New Years, Sammy B found herself in beautiful Cape Verde, a former Portuguese territory. The country, consisting of five volcanic islands provided several days of liberty and relaxation for the crew, as well as a new culture to enjoy.

On Jan. 9, underway once again, at 000° 00.0' West and 000° 00.0 North, the crew of Samuel B. Roberts became honorable emerald shellbacks as they crossed both the equator and the prime meridian at the same time, in an arduous and time-honored ceremony over which King Neptune presided. This was a proud moment for every Sammy B crew member.

Shortly after christening many new emerald shellbacks, Sammy B pulled into Port Gentil, Gabon on Jan. 11, where she embarked on her first TSC port visit.

The visit consisted of mili-

tary-to-military training in visit, board, search, and seizure (VBSS), basic navigation, communications equipment, contact tracking with AIS technology, and small boat maintenance. Simultaneously, many Sailors participated in COMRELS aiding Two UNICEF Abandoned Children's Homes in basic construction and providing Project Handclasp hygiene and recreation items.

Throughout the port visit, Cmdr. Chuck Sellers, Sammy B's Commanding Officer, attended office calls with leading Gabonese officials, and presided over the Project Handclasp donations.

A Sammy B vs Gabon soccer game, with a Project Handclasp donation of soccer balls and jerseys afterwards, as well as a basketball game of Sammy B vs. a Gabonese civilian team, took place later in the week. Ultimately, the Gabonese team won, but not without a stout fight.

Sammy B hosted tours onboard the ship, as well as a reception on the flight deck, co-

hosted by the U.S. Ambassador to Gabon, Ambassador Eunice Reddick. During all of this, Sailors were able to experience Gabonese culture and enjoy some time off.

Following Gabon, Sammy B was warmly welcomed to Pointe-Noire, Republic of Congo by her top ranking military officials, military band, and members of the press.

During her stay in the Republic of Congo, Sammy B again held military-to-military training in combat lifesaving, AIS technology, and small boat maintenance and handling.

Office calls and ship tours took place, as well as another reception, this time hosted in conjunction with the U.S. Ambassador to the Congo, Ambassador Alan Eastham. And again, a Sammy B vs Congolese soccer game took place to build up relations, morale, and camaraderie, and have some fun. Again, the home team took the victory, but by a marginal difference in score.

In conjunction with all

of the TSC events, Sailors were out enjoying liberty and COMRELS. Both Project Handclasp items and soccer balls and jerseys were donated at the COMRELS and soccer game.

The whirlwind schedule of port visits continued with a week long visit to Sao Tome & Principe, where she commenced on more military-to-military training in basic navigation, contact tracking with AIS, basic seamanship, recruiting tactics, and small boat maintenance and engineering.

The week continued with the same basic schedule of events as the previous TSC port visits, but with different participants.

The reception in Sao Tome & Principe was held at one of the hotels on the island, rather than on the flight deck. The crew enjoyed themselves at the TSC events, as well as on liberty, but soon Sammy B was on her way once again.

Several days after departing Sao Tome, Sammy B pulled into Lagos, Nigeria, where office calls and tours were held, as well as a welcome reception for officers and chiefs at the Naval Base.

However, unlike the previous TSC visits, while there was military-to-military training in port in damage control, first aid, and VBSS, Sammy B went underway for two days of training with Nigerian Naval Ships BARUTU and NWAMBA.

The joint Sammy B and Nigerian VBSS teams had the opportunity to board both Nigerian vessels, providing unparalleled training.

This was the first instance of a U.S. ship working directly with the Nigerian Navy; great

leaps were made in solidifying relations with Nigeria and in bolstering future cooperation.

After the two day underway, Sammy B held a reception, attended not only by Nigerian officers and officials, but also by four U.S. Congressional Representatives, Representative Jack Kingston (R-GA), Gregory Meeks (D-NY), Melvin Watt (D-NC), and Bob Goodlatte (R-VA). Sailors from each of their districts were able to meet with their Representatives and share Sammy B with them.

Sailors participated in two more COMRELS, consisting of a great deal of painting, repairs, and electrical work, and another donation of Project Handclasp items to an orphanage and a maternity hospital in Lagos.

Upon completion of her TSC obligations, the crew was able to attend a cultural event, hosted by the Nigerian Navy, during which Sailors viewed, and sometimes participated in, traditional Nigerian dances, tasted various Nigerian food and beverage delicacies, and mingled with Nigerian Navy personnel.

The next day, Sammy B commenced her journey home. With all TSC port visits accomplished with flying colors, she began the trek back up the African coast, stopping once again in Dakar for fuel, Rota, Spain for liberty, fuel, and stores, and finally in Funchal, Portugal for a top off before embarking on the Transatlantic crossing taking her home to Mayport.

After some hard earned time off and leave, Sammy B will enter a planned maintenance and overhaul period.



-Photo by MC1 Heather Ewton

Gas Turbine Systems Mechanical 2nd Class Joshua Slaughter gets the first hug from his 14-month-old son Joshua and wife Jessica.



-Photo by MC1 Heather Ewton

Sailors wave to friends and family as the ship pulls pierside.



-Photo by MC1 Heather Ewton

A woman waves a U.S. Navy flag and U.S. flag in her hands as the ship pulls into Mayport.



-Photo by Paige Gnam

Damage Controlman 2nd Class (SW) Kareem Haughton hugs his fiancée, Brittan Rogers.



-Photo by MC1 Heather Ewton

Four-year-old Trenton Salvo holds up a sign welcoming home his father, Electronics Technician 2nd Class Lee Salvo.

# SWO Bonus Adjusted, Podcast Explains Change

From Chief of Naval Personnel Public Affairs Office

Adjustments to the Critical Skills Retention Bonus (CSRB) program for surface warfare officers (SWO) were announced the week of March 8 in NAVADMIN 084/10.

"As retention goals are achieved or personnel requirements change, CSRB award levels are adjusted to reflect Navy's manning and mission requirements to ensure we provide the fleet with skilled SWOs who possess the experi-



ence needed to execute today's global mission," said Rear Adm. Dan Holloway, director of Navy's personnel, plans and policy division, in a recent podcast. "We will continue to review all bonuses and pays in response to retention behavior and external market factors to properly compensate our force."

According to the message, the SWO critical skills bonus for O-4s will only be available for a three-year commitment; single-year agreements are no longer available. Eligible lieutenant commanders at the 12th year of commissioned service can receive a \$22,000 bonus paid on the second anniversary

of their promotion. Follow-on payments of \$12,000 will be disbursed on the third and fourth anniversaries.

O-4s currently under a single-year contract will not be eligible for bonus payments beyond their existing contract.

In addition, the senior SWO bonus for commanders and captains serving in senior-level command positions was adjusted. Authorized O-5 bonus levels will be reduced from \$15,000 to \$12,000 and O-6 bonus levels from \$20,000 to \$10,000 per

year.

The junior SWO bonus remains unchanged and continues to provide eligible lieutenants \$25,000 to remain in the community upon completion of their minimum service requirement through the ninth year of commissioned service and the completion of two department head tours.

Applications for the SWO bonus received after the NAVADMIN release date of Mar. 9 will be processed under the new levels and require-

ments.

To listen to the complete podcast, visit <http://www.navy.mil/media/audio/cnp/RADML%20Dan%20Holloway%20on%20SWO.mp3>.

For more information on the changes to SWO bonuses, review NAVADMIN 084/10 at [www.npc.navy.mil](http://www.npc.navy.mil).

Information on all incentive pays for the surface warfare community can be found at <http://www.npc.navy.mil/Officer/SurfaceWarfare/PayIncentives/>.

# Care Plan to Encompass More Military Families

By Elaine Wilson

American Forces Press Service

The Defense Department's family care plan policy will be expanded in the coming months to encompass a wider population of military parents, a defense legal expert said.

The new policy will require military parents with custody of children from a previous relationship to file a family care plan, said Army Col. Shawn Shumake, director of the Pentagon's office of legal policy. The requirement already is in place for dual military couples and single parents with custody.

Family care plans are used to ensure dependents are cared for while the servicemember is away for an extended period of time, whether it's for training, a deployment or a remote assignment, Shumake explained. The document includes everything from designation of temporary guardianship to arrangements

for financial and logistical support, including relocation and medical care.

While the family care plan always has been a required and useful planning tool for dual-military couples and single parents, the lack of inclusion of "blended" families represented a "gaping hole" in the policy, Shumake said, prompting the first policy update since 1992.

"What we're trying to do is put these servicemembers in the best possible position before they leave," he said.

In recent years, Shumake said, he has seen an increase in custody disputes involving blended families that mostly arose from a lack of prior coordination. The deploying parent may designate guardianship to the step-parent, for instance, only to have the biological parent intercede while the custodial parent is gone. And the biological parent has every right to custody of that child, he

explained, unless extenuating circumstances exist.

This situation can put a deployed parent in a tough, stressful spot while far from home, he noted.

"The worst possible thing is when things come to a head while the servicemember is gone," Shumake said. "The servicemember is going to be overseas, and that biological parent is going to pop up and be able to walk away with that kid." Requiring servicemembers with a blended family to have a family care plan will lead to anticipating some of these potential problems early on, he said.

Shumake noted that although it's helpful, the family care plan isn't a legally binding document. But if it's prepared early enough, the servicemember generally would be able to take the plan to court and petition for a court order to enforce it.

Servicemembers who antici-

pate that they won't be able to reach an agreement with or trust the noncustodial, biological parent should visit their legal assistance office so they understand the legal ramifications of not involving the biological parent, Shumake advised.

The new policy also will address issues that affect all parents required to have a care plan. For instance, if a catastrophic circumstance arises - a temporary guardian refusing to care for the child or getting into an accident and being unable to provide care, for example - the new policy allows for a deployment deferment until the issue is resolved. Commanders also will be sensitive to those circumstances, Shumake said.

"It would shock me if there was any commander out there who would not allow a military parent the opportunity to deal with that and figure out a good response," he said. "We have no interest in ripping a service-

member away from a child and sending the servicemember to Iraq or Afghanistan. No commander is going to want that to happen."

In extreme cases, when the servicemember just can't piece together a family care plan, the commander has the option of separating the servicemember from service. "The commander needs to rely on his people and needs to know they'll be there," Shumake said.

The commanders also are tasked with advising servicemembers of the risks involved with designating a nonviable guardian or leaving a biological parent out of the equation, he explained. The new policy will outline this increased responsibility for commanders, he added.

Family care plans are extensive and can take some time to fill out, Shumake acknowledged, further underscoring the need to start well in advance

of a departure. Legal assistance offices are a valuable resource for help with a plan, as well as Military OneSource at <http://www.militaryonesource.com> or Military Homefront at <http://www.militaryhomefront.dod.mil>.

For parents needing more extensive assistance, such as those seeking court orders to establish guardianship, Shumake advised they first check with their legal office for advice. Local legal offices can help to point them to free legal assistance, such as that offered through the American Bar Association's Military Pro Bono Project.

Above all, the aim is to avoid problems in the first place, Shumake said. "We want to mitigate or avoid the problems before they happen," he said. "Deployments are stressful enough without the added worry of care for your children back home."



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# myPay Users Have Better Pay Options

From DFAS

A year after the Defense Finance and Accounting Service first launched the myPay Web-based pay account system in 2000, less than 500,000 military, military retirees, annuitants and federal civilian employees were listed as online users. Today that number has increased to approximately 3.7 million users with access to pay account information, tax statements and the ability to update their bank, personal and allotment information instantly and, most importantly, securely.

To date, more than 2.6 million myPay users have accessed their 2009 tax statements online, avoiding the delays and possible security risks of regular mail delivery.

Last November, DFAS implemented a myPay security enhancement requiring users to establish new login credentials, including personalized login IDs and passwords. The agency has posted step-by-step instructions in both text and video at the myPay site (<https://mypay.dfas.mil/mypay.aspx>) and its public Web site ([www.dfas.mil](http://www.dfas.mil)) to help customers set up their new information. Currently, 82 percent of myPay accounts have been updated with new login information.

"While some might view 82 percent as a positive, I'm concerned that some of our customers don't appreciate what myPay provides," said DFAS Principal Deputy Director Richard Gustafson. "We want to provide a tool for our customers that is both useful and gives them a feeling of confidence that their information is protected. We want to help our customers become educated customers, to partner with us to make sure all aspects of their pay - from what they are due to how it is delivered - are as accurate as possible."

Users of myPay have greater control over their pay accounts and can make changes to vital information in a very secure environment. Some of the options within myPay include:

- Download, save and print pay account information from military retired or annuitant account statements, or military/federal employee leave and earning statements.
- Download, save and print annual tax statements such as W-2s and 1099Rs.
- Verify and update postal and e-mail addresses.
- Verify and update bank account information for direct deposit.
- Start, change or stop financial allotments.
- Make changes to federal or state tax withholding amounts.
- Change user names and passwords to keep

accounts secure.

While the options may vary from one customer category to another, all myPay users can establish alternate login credentials for use by family members, tax preparers or others they trust to view account information and download tax statements.

"The myPay system has been with us for a while," Gustafson said. "Our security enhancements have been developed to counter threats to our customers' personal and financial information. The growth in what can be accomplished has reflected the needs and wishes of many recipients of our payroll services. In short, myPay gives them a way to avoid the risks of postal delivery of their information, and a way to really shorten the amount of time it takes to update information in our pay systems."

"But the bottom line is still how these users view the importance and worth of myPay. Do they understand their role in keeping their financial information current and accurate?"

While DFAS maintains some of the more traditional methods of submitting changes to customer information or inquiring about pay issues such as fax, call centers and mail, the myPay system provides a faster and more efficient means to communicate with their payroll service provider.

Another benefit of the system is reduced costs in delivering pay information to customers. This year, DFAS has saved taxpayers approximately \$1.5 million in postal fees by electronically distributing 2009 tax statements via myPay.

"The changes customers submit via myPay are effective immediately," said Dawn Coulter, the agency's e-Commerce director. "Rather than waiting for the fax machine or mail to get the information to DFAS, then waiting for a payroll technician to input that information into the pay system, address changes, new bank account information or other data become effective the moment the customer hits the submit button."

DFAS officials have advised all eligible myPay users to establish their new login credentials and keep that information secure. Once able to access the online application, they are encouraged to review their pay account information and make sure it is accurate.

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## New York Comes To Mayport



-Photo by MC1 Corey Lewis

USS New York Commanding Officer, Cmdr. F. Curtis Jones, points out places of interest to PGA Golf Pro Fred Funk, NS Mayport Commanding Officer, Capt. Aaron Bowman, and Jacksonville dignitaries during a tour of the ship.



-Photo by MC2 Gary Granger Jr.

The amphibious transport dock ship USS New York (LPD 21) approaches Naval Station Mayport for a scheduled port visit after supporting fleet training operations in the Atlantic Ocean.

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# USS Doyle Hosts Vets

By Ensign Cassandra Richardt

USS Doyle PAO

A group of veterans and their wives proudly boarded USS Doyle (FFG-39) and fondly remembered their experiences and times at sea onboard USS Buchanan (DDG-14).

USS Buchanan was one of three Adams Class DDG's commissioned during the Centennial of the Civil War and provided major support during the Vietnam Eastern Defensive in 1972. Many of veterans, retired now for almost 30 years, were active during the late 1960's and early 1970's, and were heavily employed in Vietnam providing gunfire support for amphibious forces.

"I miss the excitement of being in the Navy and being part of the crew. We served during a major time in history," said former Sonar Technician 1st Class Rob Browning as he looked at the weapons systems on Doyle.

The tour, led by Ensign Bernhardt consisted of a walk through Doyle's Combat Information Center (CIC), the Pilot House and the 0-2 level, where Doyle's main weapons systems are locat-

ed. Coming from a diverse range of rates, the veterans noted changes in the equipment on board, from the ships supply services, the radars and the weapons systems.

"I remember we used to paint the mast black due to the diesel smoke while we were underway," commented Browning, as he gazed up the mast. "It was pointless to have them gray since the smoke would make them black."

In Doyle's CIC, Operations Specialist 1st Class, Richard Tarsitano, described Doyle's radars, weapons systems, the capabilities of a frigate, and our missions when deployed. The veterans remarked on the new technology available to Navy ships and reminisced about their experiences sailing through the Southern Pacific without some of the technology we use today.

USS Buchanan decommissioned October 1, 1991 after spending 31 years active. She was finally used as a target ship during RIMPAC 2000 and was sunk in 1999. Her final resting place is now 2540 fathoms under the sea.

## Testing The Limits



-Photo by Paige Gnann

Aviation Boatswain's Mate Handling 3rd Class Jason Brown of Air Ops runs his Ford Mustang on a road course set up at Hangar C-12 as part of the Amelia Island Concours d'Elegance automobile show.

## Dr. Seuss Is In The House



-Photo by Bill Austin

The Cat in the Hat, a character created by author Dr. Seuss, entertains children from the off-base Child Development Center at the Ribault Bay Community Center. The event was held in conjunction with Dr. Seuss' birthday and "Read Across America." It was sponsored by Balfour Beatty Communities.

## DESRON 40

From Page 7

contacts during its participation in Continuing Promise 2009 when it spent two weeks in Port-Au-Prince providing medical care to the Haitian People. The friendships forged by the task force team in the recent past laid a great groundwork from which to begin tackling their challenging mission. The task force was combined team of professional all driven toward a common goal: helping Haiti. It took more than doctors, nurses and corpsmen to ensure that the 843 surgeries performed were successful. Along with the 25 DESRON 40 personnel, there were more than 1,400 Navy medical professionals and support personnel, ranging from culinary specialists to engineers that came together with civil mariners and

nongovernmental volunteers to provide critical support to the multinational effort in Haiti. The hospital ship ran 10 operating rooms at full capacity to care for injured Haitian and American earthquake victims requiring surgical care.

The amount of work accomplished on the Comfort was remarkable.

"It is all the support from people at home that helped to make this possible," said Capt. Rodelio Laco, Commodore, DESRON 40. "I would be proud to serve with any of these Sailors, any time, any where."

After a rewarding, yet arduous mission Haiti the staff is happy to be home with their family and friends. "It was a great mission, a mission that changed us all. The long hours

and time away from our loved ones is always tough, but this was definitely a very rewarding. The Haitian people that we were able to help make it all worth it," said Lcdr. Tony Mortimer.

DESRON 40 is already busy at work preparing for its next mission, Southern Seas 2010. Beginning in early April, the staff will be the command element embarked on USS Klakring (FFG 42). The deployment will include UNITAS Atlantic, UNITAS Pacific and Peruvian Silent Forces Exercise 2010, along with numerous other passing exercises, theater security cooperation events, and community relations projects, throughout the Fourth Fleet area of focus.

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# USS Roosevelt Ends 3-Month Drydocking

By Ensign Charles Davenport and Lt.j.g. Geof Zann  
USS Roosevelt

Like the arrival of spring and the need for deep cleaning that comes with, in the life of a ship there comes a point when it is time for it to go high and dry, up on blocks in a drydock so major overhauls and repairs can take place. For guided-missile destroyer USS Roosevelt (DDG 80), commissioned in 2000, this point came this past fall when she entered into her second major drydock period, known as a Docking Selected Restricted Availability (DSRA).

While Oct. 28, would be the big day that she came out of the water, preparations for that event began over six months before that as her crew and Sean McMurray of South East Regional Maintenance Center (SERMC), her Port Engineer, began figuring out how to make the most of this opportunity.

Work Center Supervisors began submitting all sorts of jobs to be accomplished ranging from simple refinishing of decks all the way to complete overhauls of the ship's Connected Replenishment (CONREP) stations. As the jobs were submitted, evaluated, and approved, drafting of the DSRA contract began.

As October rolled around, much of the preparatory work was completed and it was time for the work to begin. Contractors began checking in at the quarterdeck and fanning out around the ship to remove lagging, rig hoses, and complete the assessments that would make for a smooth transition from Mayport Naval Station to Atlantic Marine Drydock. At the same time, the crew moved onto YRBM-L 45, a berthing barge that would be their temporary home for the next three and a half months.

Finally, the big day arrived. With most of the various fuel and water tanks emptied, Roosevelt sat very high in the water as the tugs arrived and made up to her bow and midships to tow her up the St. John's River to drydock. With all hands in place, moor-

ing lines were cast off and Roosevelt left Mayport basin for what would turn out to be over three months of intense shipyard work.

While the concept of using a drydock as a means for repairing a ship has been in place for hundreds of years, it still does not negate the fact that each one requires complete preparation, careful calculation and a commitment to safety of men and machine over keeping to a set timetable.

As Roosevelt approached the entrance to the now ballasted-down USNS Sustain drydock, the tugs that had towed her from Mayport handed her over to a team of five civilian tugs that would turn her stern towards the mouth of Sustain and carefully guide her, with the help of previously-placed centering guides on the flight deck, back into the drydock.

Once in place, the dock began to ballast up, with divers constantly checking to ensure that Roosevelt was properly aligned on the massive blocks that would support her 9,000 tons. After nearly eight hours of careful efforts, Roosevelt was finally high and dry and her crew was able to go home for the night.

While the crew, with the exception of each day's duty section, would go home each night, crews of workers would end up working around the clock to ensure that the timeline for completion was adhered to every step of the way.

Despite complications that arose, not the least of which was the cold and sometimes rainy weather, every effort was made to ensure that all work was conducted with the highest standards of quality maintained.

Though a monumental effort, through the cooperation of the ship's crew, SERMC personnel, the shipyard and drydock, and outside contractors, the work was accomplished in a safe and timely manner.

Time in drydock introduced a variety of new stresses to the crew of Roosevelt and as February arrived nearly every member of the crew was ready



-Photo courtesy of USS Roosevelt

USS Roosevelt (DDG 80) and her crew during the drydock period.

to get back in the water and back to Mayport. The morning of Feb. 4, the entire crew came aboard their warship and the drydock began to ballast back down as the water of the St. Johns picked up Roosevelt.

In a process almost reversed from three months before, tugs returned Roosevelt to Mayport basin and brought a newly refitted destroyer one step closer to returning to full combat ready status.

"It was a great accomplishment that would not have been made possible without the cooperation, communication and teamwork of everyone involved," said Ensign Charles Davenport, the Officer of the Deck for Roosevelt's transit back to Mayport. "The crew is excited to be done with this major milestone and as Roosevelt's keel rose off the blocks you could almost feel everyone's hopes rise as well as everyone looks forward to the day when Good Ship Roosevelt returns to sea where she belongs."

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**APRIL 28**

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- \*0830 - Dodgeball (Gym)
- \*0930 - Strongman Competition (Surfside Fitness Center)
- \*1030 - Badminton (Gym)

**APRIL 29**

- \*0830 - Golf (Windy Harbor Golf Club)
- \*0900 - Darts Cricket (Mayport Bowling Center)
- \*1100 - 8 Ball Pool (Mayport Bowling Center)

**APRIL 30**

- \*0900 - Horse Shoes (Sea Otter Pavilion)
- \*0900 - Volleyball (Beachside Community Center)
- \*0930 - Corn-Hole (Sea Otter Pavilion)
- 1130 - Simon Says (Sea Otter Pavilion)
- \*1200 - \*\*Tug-o-War (Beach behind Sea Otter)
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# Carney Boarding Team Builds Goodwill At Sea

By Ensign Emily Rhatican  
USS Carney

The Visit, Board, Search, and Seizure (VBSS) Team on board USS Carney (DDG 64) has been hard at work building relationships with commercial mariners to ensure a safe and secure maritime environment in the Fifth Fleet area of operations.

Carney's VBSS Team has conducted numerous approach and assist visits with vessels in the Red Sea, Gulf of Aden, and Arabian Sea in the first two months of her deployment. Approach and assist visits are a valuable method of gaining information on the patterns of life in an area and raising awareness of the United States'

role in the region. "The crews of these vessels have been very appreciative of our presence," said Boarding Officer Lt.j.g. Kurt Albaugh. "They invite us to visit and talk face to face, which gives us a better view of the challenges facing the commercial mariners in the region. They say they feel more secure in the knowledge that we are operating in these waters."

VBSS teams conduct a wide range of operations, from approach and assist visits to non-compliant boardings, all part of a larger effort to increase maritime security and deter or disrupt use of the maritime environment for criminal or terrorist activity.

Boarding Officer Ensign Shawn Toth adds, "The visits give us the opportunity to say 'we're here, and we care about your security.' Hopefully, they will spread the word back to their communities that we are friends if they ever need assistance."

Merchant mariners and fishermen ply their trade amongst numerous dangers at sea, including human trafficking, slavery, weapons and narcotics smuggling, and piracy.

Carney deployed with the USS Dwight D. Eisenhower (CVN 69) Strike Group on 2 January, and is currently operating with Combined Task Force 150 conducting maritime security operations.



-Photo courtesy of USS Carney  
Boatswain's Mate 2nd Class Dustin Foster drives the RHIB that provides coverage for Carney's VBSS team.



Fire Controlman 1st Class James Iko maintains the "tactical bubble" on a dhow visited by Carney's VBSS team while USS Carney and her RHIB provide additional coverage.



Boatswain's Mate 2nd Class Dustin Foster is one of the coxswains who drives the RHIBs as Carney's VBSS team approaches a fishing dhow for a visit.



The Visit Board Search and Seizure (VBSS) team on board USS Carney (DDG 64) is busy conducting daily missions for Combined Task Force 150 in the Northern Arabian Sea.

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# 2010 NMCRS Fund Drive In Full Swing

By Ray Mabus

Secretary Of The Navy

For 106 years, the Navy-Marine Corps Relief Society's (NMCRS) work has improved the lives of Sailors, Marines and their families.

Young parents grappling with new responsibilities, Sailors and Marines struggling with bills they cannot pay and unexpected car repairs, families grieving the loss of loved ones, and widows on limited incomes have all been touched by the kindness, compassion and efficiency of this private, non-profit charity. Through it all, the society's array of programs and services has assisted the Navy and Marine Corps in caring for our most precious resource - our people.

And as a direct result of the NMCRS efforts, countless men and women in uniform have been able to focus fully on their commitment to protect our nation, knowing there is a safety net at home to care for their loved ones.

Beginning March 1, 2010, active duty Sailors and Marines will be encouraged to give generously to the active duty fund drive in support of the NMCRS. At the same time, I will be communicating directly with more than 500,000 retired Sailors and Marines - reminding them that they, and their family members, remain eligible for financial assistance from the society. I will also encourage them to continue their generous financial support of this wonderful

organization.

The financial assistance NMCRS offers is in the form of interest-free loans and grants. Since its founding in 1904, the NMCRS has been the first organization our Sailors and Marines have turned to when they need help. During the past year, the NMCRS responded to the financial needs of Sailors, Marines, and families 91,418 times - up 17 percent from a year ago - and provided over 47.4 million dollars in interest-free loans and outright grants. Those numbers are higher than anytime since 1993 when the size of our Navy-Marine corps team was significantly greater.

The society's popular quick assist loan (QAL) program, designed for Sailors and

Marines who need just a little help, accounted for nearly half the casework and one-fourth of all the financial assistance provided by the society in 2009. The QAL program provides an alternative to high interest, predatory lenders, and has been a tremendous success story.

The society's 48 registered visiting nurses continue to support our wounded and injured Marines, Sailors, and their families, providing long term case management for as long as needed. These nurses make face-to-face contact with the injured and their families while they are being treated in military medical facilities, then remain in close personal contact following their recovery or discharge, traveling anywhere

in the United States to make personal house calls. They currently follow more than 750 service members injured in Iraq, Afghanistan and the Arabian Gulf and made 9,338 contacts over the last 12 months with this important segment of our sea service population.

NMCRS has always had a special relationship with Sailors and Marines. Your contributions are the primary funding that enables the Society to deliver high quality services. The NMCRS web site at [www.NMCRS.org](http://www.NMCRS.org) shows the scope and variety of assistance they

Offer as well as a complete listing of office locations, hours of operation, and more.

In 2009, your generosity resulted in donations of \$10.1

million. Given the unstable economy, that level of giving was commendable. However, across the Navy and Marine Corps, less than one-third of uniformed members contributed to the campaign. I ask you to consider this: this year, if just 50 percent of our active duty Sailors and Marines make a commitment of \$5 per month, the 2010 Campaign will generate 16 million dollars in funding for the society.

Please continue the tradition of taking care of our own by helping make this year's campaign the most successful ever. Thank you for supporting your shipmates and fellow Marines.

USO  
NEWS

Jacksonville USO Centers will be collecting gently used ball caps for the "Stand Down" for the Homeless Veterans being held at the Jacksonville Agricultural Fairgrounds on Saturday, April 17. If you would like to help, just bring your donation into any one of our three USO Centers and drop them in the box. We will end our campaign on April 9.

Everyone is invited to another great event in Palencia Friday, March 26 at 5:00 pm. This is a free event with D.J. entertainment, arts & crafts, Caf© on the Green outdoor BBQ, Vendor Street Fair, Farmers Market and Art Walk. There will be special appearances by The Easter Bunny, Smokey the Bear and Jaxson De Ville. Kids will enjoy bouncy houses, Disney games, dancing and prizes. Please bring non-perishable goods for donation to the St. Francis House. For more information visit [www.palenciaclub.com](http://www.palenciaclub.com)

5th Annual Captain Chuck Cornett 10k Run & 5k Walk race will be held on the Naval Air Station Jacksonville, Saturday, April 3 at 8 a.m. Entry fees for this race are as follows \$15 for Military until March 26, \$20 for Authorized base personnel, and \$25 after March 27 through the day of the race. For more information visit [www.enic.navy.mil/jacksonville](http://www.enic.navy.mil/jacksonville).

FRA Branch #91, Collins Road, Orange Park (down the road from NAS JAX) will host its 2nd Annual USO benefit motorcycle Poker Run or "Fleet Fun Run," on March 20. Costs/registration info for motorcycle ride participants will be forthcoming. You do not have to ride a motorcycle to enjoy the day. FRA Branch #91 is a great, family-friendly environment with that focuses on family activities/socials. This event is great fun for everyone! There will be door prizes, food, and live band entertainment, and much, much more. This is a great way to spend the day with your family. For those who ride - enjoy the challenges of

what promises to be an exciting Poker Run. More info to follow.

Disney's "Armed Forces Salute," is being held through July 31, 2010. Active Duty and retired military (including Coast Guard, National Guard and Reserves). Military I.D. Card-carrying Spouses may also purchase Disney's 4-Day Military Promotional Tickets for \$99 plus tax for themselves and up to five family members for use at Walt Disney World Resort. The Park Hopper and Water Park Fun & more options may be added for an additional \$26, plus tax. No more than six Disney's 4-Day Military Promotional Tickets (with or without options) may be purchased by any eligible member. You may also save up to 40 percent on rooms at select Disney Resorts! This offer is good for stays most nights, with the exception of 3/28 - 4/10, and 7/1 - 7/5, and may be booked through July 31, 2010. (The number of rooms allocated for this offer is limited. Minimum length of stay requirements may apply for Friday or Saturday arrivals. Valid Military ID required upon check-in. No group rates or other discounts apply. Advance reservations required. For information regarding Disney's 4-Day Military Promotional Tickets, or to make room reservations, call (407) 939-7830 or participating U.S. military base ticket offices (ITT). Also, visit [www.disneyworld.com/military](http://www.disneyworld.com/military) for more information.

Watch TV or a movie from the video library. Service members can also enjoy video games or use the sports equipment.

There is a full kitchen, showers, a quiet reading room and a meeting room available at the USO. The USO is available for meetings, support groups, receptions, parties and pre-deployment briefs. A TV, VCR and overhead projector are available for use.

For more information about activities or meeting availabilities, call 246-3481 or stop by the center at 2560 Mayport Road.

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# What's Your Goal For National Nutrition Month?

By Chris Halagarda

Navy fitness, performance enhancement dietitian

March is National Nutrition Month! What are you going to do this month to improve your nutritional health? Try to lose weight? Increase your fruit and vegetable consumption each day? Eat less red meat? Drink more water? What about trying out some new herbs and spices?

Most people don't think of herbs and spices as improving their nutritional health, but they are some of the best sources of nutrition known to man. For example, if you look at the Department of Agriculture's Database for Oxygen Radical Absorbance Capacity, you'll find a listing of the antioxidant levels of common foods. Despite the belief that herbs and spices have

no nutritional value, there are many herbs and spices that top the ORAC list. For example, ground cinnamon rates higher than blueberries or pomegranate juice, while oregano and turmeric rate above powerhouses like raspberries, strawberries and asparagus, all extremely healthy foods.

Also, "standing tall" on this list include paprika, rosemary, ginger and thyme, to name a few. So, for National Nutrition Month this year, how about putting down the salt shaker and sprinkling some herbs and spices on your food? Consider the following:

- Add a teaspoon of cinnamon to your oatmeal, toast with peanut butter, fruit cup or yogurt and granola.
- Sprinkle some ground ginger into a shrimp and vegetable stir-fry.
- Chop a tablespoon of thyme and rosemary into

your omelet.

•Make your own hummus, experimenting with different amounts of cumin, coriander, red pepper and paprika. (Always experiment with smaller amounts, such as 1/2 teaspoon.)

•Try yellow curry in your whole-grain rice.  
•Sprinkle meats with thyme, rosemary or oregano. For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on [www.twitter.com](http://www.twitter.com) and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection.

# Avoid The Dinnertime Rush Hour

By Lt. Col. Karen E. Hawkins  
DeCA dietitian

Do you find yourself struggling to decide what to have for dinner 30 minutes before it needs to be on the table? An all too familiar sound in many homes around dinnertime is the kids saying, "Mom, I'm hungry - what's for dinner?" Many families find themselves peering into the refrigerator or stopping off at the closest fast-food restaurant to grab something to eat.

To help make life a little easier when it comes to eating, try using a meal planner. Something as simple as a weekly calendar with a shopping list attached to it will work. To help make that shopping list a little easier to fill in, keep a list of foods you use almost every day beside the planner on your refrigerator.

### Getting started

Pick a day to fill out your weekly menu and involve the family. Allow your children to help plan the menu; have each child plan a dinner along with adding necessary items to the shopping list. This is a great time for children to share what they may be learning about nutrition in school - depending on their age. You can use this time to talk about choosing foods that help children grow, according to [www.MyPyramid.gov](http://www.MyPyramid.gov).

### Tools to use

Using tools can help your menu planning go smoothly, along with helping save money and time. With a little organization, using these tools to help create a menu can greatly reduce the stress level around dinnertime for everyone.

Tools include: Find out what is on sale for the week on [www.commissaries.com](http://www.commissaries.com), and use the coupon sites there. Gather your coupons and keep them in the car for the shopping trip. This means less chance of forgetting them when you are in a hurry. Check your pantry and refrigerator to see what foods are already on hand, and make sure to include these foods in your weekly menu to help save even more money.

### Going for the gold

Take it a step further and decide who is going to prepare different foods for different dinners. Of course, this depends on your children's ages, skill levels and after-school activities. Involving your children with the smallest tasks to the most advanced food preparation tasks can be a learning experience that begins at a young age and advances as they grow. With a little help, very young children can wash vegetables, set the table, and pour, measure and stir ingredients. Older children can prepare simple foods and help guide younger children, too. Learning how to cook can be fun and educational for everyone, while providing many opportunities to share and appreciate real food together as a family.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on [www.twitter.com](http://www.twitter.com) and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the *Commissary Connection*.

# Commissaries Kick Off 'Your Pet, Your Family' Campaign

By Tammy L. Moody

DeCA marketing and mass communications specialist

Whether you feel a distinct comfort when Fido greets you at the door with full-body wagging, or laugh hilariously when playing laser light chase with Socks, or marvel at Petey's ability to mimic sounds as he makes you answer a nonringing phone, you believe your furry and feathered friends are family.

The Defense Commissary Agency agrees with you as it kicks off its "Your Pet, Your Family" campaign March 27, at Randolph Air Force Base in San Antonio, Texas. This campaign recognizes that in many military families, pets are thought of as family members and need as much care as the adults and children in the family.

"Our military community is made up of a variety of people, many of whom treasure the comfort of companion animals in their lives," said DeCA Director and CEO Philip E. Sakowitz Jr. "We want our customers to know that not only do we support them and their family members, but also the pets in their family."

The "Your Pet, Your Family" campaign emphasizes that the 30 percent or more customers save on grocery purchases at their commissary extends to all kinds of pet foods as well, from the new "fresh refrigerated" items most commissaries carry, to the more high-end name brands for pets.

"Pets are wonderful additions to households, as they bring a lot of joy to our lives," said Linda Callery, a pet category buyer. "They're a great form of companionship for many people, so selecting the right mix of pet products is an essential part of my responsibility for DeCA."

Callery also understands how pets deserve treats now and then, so customers can find a variety of those in commissary pet aisles, as well as pet toys - all at great commissary savings.

Shopping at the commissary can also help customers with their battle against fleas and ticks on pets, as DeCA stocks high-end pet health products specially developed to keep bugs away from furry family members.

The "Your Pet, Your Family" campaign will help customers think of the commissary the next time they're looking to provide for their family pets," said Sallie Cauthers, DeCA's chief of marketing.

"So, if you bristle a bit when someone says

Your Pet, Your Family

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your pet is 'just a pet,' remember the commissary knows they are never 'just a pet,'" Cauthers added. "We know your pets are your family, so look for pet promotions throughout the year in your commissary, as part of our commitment to your companions."

# 'Let's Move!' Campaign Helps Families Tackle Childhood Obesity

By Lt. Col. Karen E. Hawkins

DeCA dietitian

Making healthy choices for children and families is getting easier with the newly released "Let's Move!" campaign. Nearly 20 percent of children and teens in Department of Defense families are considered obese. Across the nation, the numbers are even greater as one child in three is overweight.

To help address this issue, Let's Move! provides a coordinated effort that involves families, schools, private industry and the government. You are encouraged to join First Lady Michelle Obama and others in this campaign to tackle the challenge of childhood obesity. Let's Move! is committed to solving the childhood obesity epidemic within a generation through supporting parents; providing healthier food in schools; helping children to be more physically active; and making healthy, affordable food available across the nation.

### Obese children may become obese adults

Overweight children and adolescents are more likely to have risk factors associated with heart disease, high blood pressure, high cholesterol and Type 2 diabetes. Obese children and adolescents also are more likely to become obese as adults. According to the Centers for Disease Control, one study found that about 80 percent of children who were overweight at ages 10 to 15 were obese adults at age 25. Another study found that 25 percent of obese adults were overweight as children. This study also found that if a child is overweight by age 8, obesity in adulthood is likely to be more severe.

### Let's Move! is helping parents

The Food and Drug Administration is developing and providing guidance for retailers and manufacturers to include new nutritionally sound and consumer-friendly, front-of-package labeling.

The American Academy of Pediatrics, along with mem-

bers of the medical community, will educate doctors and nurses across the country about obesity. Doctors will regularly monitor your child's body mass index and educate you about healthy eating habits and physical activity.

To help families make healthier food and physical activity choices, U.S. Department of Agriculture plans to revamp the food pyramid. The Web site: <http://www.MyPyramid.gov>, will make available several different tools to put the Dietary Guidelines into practice.

### Let's Move! is helping schools

During the next school year, the USDA will work with schools and the private sector to double the number of schools that meet the Healthier U.S. Schools Challenge Program and add 1,000 schools each year for the next two years. The program includes standards for food quality at schools, participation in meal programs, physical activity, and nutrition education. It also provides recognition for schools that meet these standards.

To help meet the goal of increasing the number of schools that meet the challenge, major school food suppliers have agreed to meet the Institute of Medicine's recommendations within five years to decrease the amount of sugar, fat and salt in school meals; increase whole grains; and double the amount of produce they serve within 10 years.

### Let's Move! with physical activity

Children need 60 minutes of active and vigorous play every day to grow up to a healthy weight category, according to the Centers for Disease Control and other resources.

The Presidential Active Lifestyle Award is provided through the President's Council on Physical Fitness and Sports. This challenge for children and adults is to build healthy habits by committing to regular physical activity five days a week, for six weeks. The council plans to double the number of children in the 2010 to 2011 school year who earn a Presidential Active Lifestyle Award by engaging in regular physical activity.

### Let's Move! is helping provide access to healthy, affordable food

As many as 6.5 million children live in areas that do not have adequate access to a supermarket. These communities - where access to affordable, quality and nutritious foods is limited - are known as food deserts and can be found on the USDA's new interactive Food Atlas. So, Let's Move! is working to ensure that all families have access to healthy, affordable food in their communities.

### Coming this spring

As part of the national campaign, Let's Move! will look for tools and strategies to help increase physical activity and help increase access to healthy, affordable food throughout the nation.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Sign up with the DeCA Dietitian on [www.twitter.com](http://www.twitter.com).

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**The COMEDY ZONE Presents**

**Upcoming Celebrity Performances**

**Mark Curry**  
Mar 18th - Mar 20th  
Actor/comedian Mark Curry is best known for portraying Mark Cooper on the hit ABC-TV sitcom "Hangin' With Mr. Cooper" for five seasons as well as hosting "Showtime at the Apollo". He makes regular stand-up appearances on "The Tonight Show," "Late Night With Conan O'Brien," "The Oprah Winfrey Show" and Comedy Central.

**Ralphie May**  
Apr 8th - 10th  
Veteran comedian Ralphie May's popularity exploded after the success of the first season of NBC's hit reality series, "Last Comic Standing". Ralphie's special brand of humor and incredible timing has allowed him to cross social, cultural, and ethnic barriers and has earned him roles in such films as FOR DA LOVE OF MONEY and GAS.

**For a complete listing of performance times & tickets visit:**

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**1-295 & San Jose Blvd**  
(located inside the Ramada)

# Congratulations US Navy Seabees on your 68<sup>th</sup> Anniversary!



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The Mission of FCNS is to support the Fleet and to provide safe, clean and functional working and living environments for our Navy customers. We exist to serve our customers and to support the NAVFAC Southeast mission to provide world-class facilities support services to Navy and Marine installations in the Jacksonville region and to provide the highest quality of life for our Sailors, Marines and their families.



[www.FirstCoastNavalServices.com](http://www.FirstCoastNavalServices.com)

*“We Serve Those Who Serve”*

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.

**March 18: Train Concert Trip.** Van departs from Planet Mayport at 6:30 p.m. Cost is \$20. Deadline to sign-up is

**March 20: Teen Scavenger Hunt.** During open recreation hours, 5-9 p.m. at Club Teen. Age 12 through grade 12 welcome. (Free) 270-5680 or 246-0347

**March 26: Youth Freedom Friday, Movie Night.** 7-11 p.m. at the Youth Activities Center for grade K through age 12. Cost is \$7 if advance sign-up or \$9 the day of, if space. 270-5680 or 5421

**March 26: Teen Extended Hours, Movie Night.** 7-11 p.m. at Club Teen for age 12 through grade 12. (Free) 270-5680 or 246-0347

**March 27: Easter Eggstravaganza.** 10 a.m.-1 p.m. at the ball fields behind the Gym. The annual egg hunt for ages 9 and younger begins promptly at 10 a.m. Bring

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**March 18: Train Concert Trip.** Van departs from Planet Mayport at 6:30 p.m. Cost is \$20. Deadline to sign-up is March 11.

**March 19: Movie Trip.** Van departs at 6 p.m. for the theatre. Transportation and movie admission included. Deadline to sign-up is March 17. (Free)

**March 20-21: Tampa Trip.** Trip departs at 11 a.m. and includes transportation, hotel and ticket to see the Tampa Bay Lightning versus the Washington Capitals hockey game. Cost is \$30. Deadline to sign-up is March 15.

**March 22: Call of Duty**

## Free PLAYERS Tickets Available

From MWR

All active duty, Reserves, retired military members and their dependents are invited to be guests of THE PLAYERS Championship (TPC) and see the best professional golfers in the world compete at TPC Sawgrass May 3-9. Military members and their families can receive complimentary tickets by going online to <http://www.ticketmaster.com/promo/t0p06r> and downloading their free tickets.

The complimentary tickets will be valid Monday through Sunday. Guests must show a valid CAC card upon arrival at the appropriate gate. Parking

## MWR HAPPENINGS

March 11.

**March 19: Movie Trip.** Van departs at 6 p.m. for the theatre. Transportation and movie admission included. Deadline to sign-up is March 17. (Free)

**March 20-21: Tampa Trip.** Trip departs at 11 a.m. and

includes transportation, hotel and ticket to see the Tampa Bay Lightning versus the Washington Capitals hockey game. Cost is \$30. Deadline to sign-up is March 15.

**March 22: Call of Duty Modern Warfare Online**

## KID ZONE

a basket or bag for collecting eggs. All other activities, including carnival games, prizes and inflatables, begin after the egg hunt. (Free) 270-5228

**April 4: Deadline for Lifeguard Training Certification Class.** Class will be held during Spring Break. Ages 15 and older are eligible. Candidates must attend one of two pre-qualification sessions on either April 5 or 6. Register at the Base Gym. Completion of the course does not guarantee employment with MWR Mayport. 270-5425 or 5451

**April 5-9: Spring Break**

**Youth Day Camp.** 6 a.m.-6:30 p.m. daily at the Youth Activities Center for grade K through age 12. Fees based on total family income and a fee scale. Register Monday through Friday 11:30 a.m.-6 p.m. at the Youth Activities Center until all spaces are filled. 270-5680 or 5421

**April 5, 6, 8: Junior Golf Clinic.** 9-11 a.m. daily at Windy Harbor Golf Club for ages 8 and older. Cost is \$100 per child. Pre-registration is required at Windy Harbor Golf Club. 270-5380

## LIBERTY CALL

**Modern Warfare Online Tournament.** 6 p.m. start at Planet Mayport. Deadline to sign-up is March 21. (Free)

**March 23: Bowling Night.** Depart Planet Mayport at 6 p.m. for Mayport Bowling Center. Includes burger, fries, soda, three games of bowling and shoe rental. (Free)

**March 24: Pool Tournament Wednesdays.** 6 p.m. start at Planet Mayport. Prizes! (Free)

**March 25: Spring Barracks Bash.** 4-7:30 p.m. behind Barracks Buildings 1586 and 1587. Food, games, giveaways, DJ entertainment and more. (Free)

**March 26: Dave and Busters Trip.** Van departs

Planet Mayport at 7 p.m. Game card included. Deadline to sign-up is March 24. (Free)

**March 27: Monster Motocross Trip.** Van departs at 4 p.m. Deadline to sign-up is March 25. (Free)

**March 29: RPG Warhammer 40K.** 4-10:30 p.m. at Planet Mayport. (Free)

**March 30: Golf Outing to Windy Harbor Golf Club.** Van departs from Planet Mayport at 3:45 p.m. or meet us there at 4 p.m. Free clinic, nine holes of golf including cart and clubs, and a box lunch. Deadline to sign-up is March 15. (Free)

**Tournament.** 6 p.m. start at Planet Mayport. Deadline to sign-up is March 21. (Free)

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### For A Good Cause



-Photo by MC1 Heather Ewton  
 CMDCM (SW/AW) Dave Anderson of NS Mayport wipes down the counter at the Foc'sle Lounge Friday after a fundraiser at the club to benefit the CPO Scholarship Fund and Navy-Marine Corps Relief Society fund drive.

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### Kicking off the Month of the Military Child at Naval Station Mayport

## 2010 Easter Eggstravaganza

**\*Egg Hunt**  
 (Age 9 & Under Only)  
 Starts promptly at 10 a.m.  
 Bring a basket or bag for collecting eggs.

**Saturday, March 27**  
 10 a.m.\* 'til 1 p.m.  
 Behind the Gym

**FREE!**

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## MWR Brings Activities, Services To Sailors



Above, hundreds of active-duty service members, family members, retirees and civilians look at booths set up at the annual MWR Expo at Ocean Breeze Conference Center on March 11. The four-hour event featured military friendly activities and services on base and the surrounding communities. Right, Sandra Barrett of MWR helps an attendee find a booth on a Expo chart.



-Photo by OS2 Shantae Salmon

Surfside Fitness schedule is as follows:

- Monday**  
 7 a.m., Spartan Training  
 9:30 a.m., Resistance  
 10:30 a.m., Broken Hearts  
 11:30 a.m., Step n Kick  
 1 p.m., Moms in Motion  
 4:30 p.m., Zumba
- Tuesday**  
 9:30 a.m., LoImpact  
 11:30 a.m., Intro TRX  
 1 p.m., Strength Solutions & Flexibility Fix-Ups  
 5:30 p.m., Yoga
- Wednesday**  
 9:30 a.m., Intro Mind Body  
 10:30 a.m., Broken Hearts  
 11:30 a.m., Zumba  
 1 p.m., Moms in Motion  
 2:30 p.m., Command/FEP TRX & Conditioning for Running  
 5 p.m., Zumba Basics  
 5:30 p.m., Kids' Clinic  
 5:30pm Kickboxing

### MWR SPORTS/FITNESS

- Thursday**  
 9:30 a.m., Power Walking  
 11:30 a.m., Adv. Mind Body  
 1 p.m., Strength Solutions & Flexibility Fix-Ups
- Friday**  
 7 a.m., Beach Bootcamp  
 10:30 a.m., Zumba Basics  
 11:30 a.m., Spartan Training  
 The Gym Schedule is as follows:
- Monday**  
 11:30 a.m., Adv. Weight Training for Warriors  
 2:30 p.m., Command Rowbics  
 3 p.m. Victory PRT
- Tuesday**  
 6:30 a.m., Command Jump and Jab  
 11:30 a.m., Steel Anchor
- Training**
- Wednesday**  
 6:30 a.m., Functional Flexibility  
 7 a.m., Command Cardio Pump  
 4:30 p.m., Spinning
- Thursday**  
 7 a.m., Cardio, Combat and CORE  
 11:30 a.m., Spinning  
 2:30 p.m., Intro to Weight Training for Warriors
- Friday**  
 6:30 a.m., Command Spinning  
 9:30 a.m., Intro to Spin  
 11:30 a.m., Strength Training Basics for Women  
 11:30 a.m., Steel Anchor Testing

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## Out in Town

### Saturday, March 20

The 2010 Great Atlantic Music and Seafood Festival will "celebrate the Salty Way of Life in all of us" at the ocean-front SeaWalk Pavilion in Jacksonville Beach. Beginning at 11 a.m.-10 p.m., this free festival on the ocean will present 10 hours of non-stop live music by national recording artists and regional touring bands, performing rock, blues, Americana, and newgrass sounds. Headlining the festival is Anders Osborne. The festival food court will present a variety of Florida Seafood and other assorted fun foods. The Festival Market Place will host dozens of unique and interesting original arts, crafts, home-made goods and Professional Services. There will be fun, friendly, family rides, games and kids activities to please all ages.

Jacksonville Mayor John Peyton and the Jacksonville Children's Commission invite all members of Mayor Peyton's Book Club and their families to the sixth annual Museum Hop, a free reading celebration at four Jacksonville museums from 10 a.m.-2 p.m. at Jacksonville Museum of Science and History (MOSH), 1025 Museum Circle; The Ritz Theatre and Museum, 829 N. Davis St.; Museum of Contemporary Art Jacksonville (MOCAJ), 333 N. Laura St.; The Cummer Museum of Art and Gardens, 829 Riverside Ave.

The Jacksonville Genealogical Society will hold its monthly meeting at the Webb-Wesconnett Branch Library, 6887 103rd St., Jacksonville, FL, at 1:30 p.m. We will have two guest speakers. First, Mr. Charles Felder, has a "project" he will take a few minutes discussing with the members. Next we are delighted to have Kathleen Krizek, Senior Librarian, Government Documents/Genealogy

## COMMUNITY CALENDAR

Collection with the Main Library, discussing how federal documents, not just the census, can assist all of us in tracing our family history. For additional information please contact, Jim Laird, (904) 264-0743.

The North Florida Chapter of the National Multiple Sclerosis Society (NMSS-NFL) will hold its annual MS Mud Run Jacksonville at Cecil Commerce Center. The MS Mud Run Jacksonville is a 10K, military-style obstacle course race, with most of the obstacles surrounded by (or consisting entirely of) mud. Individuals, teams of two and teams of five will compete for prizes and the satisfaction of a doing a dirty job very well. The MS Mud Run Jacksonville will be held from 9-3 p.m.. New this year is the Mud Run Fun Run for Kids event, which will be held at 2 p.m. Boys and girls ages 7-12 will run a three-quarter of a mile course featuring three to five obstacles, including the large Slip n' Slide. The registration fee for this event is \$30 per child and a signed notarized waiver by a parent/guardian will be required. Teens 13-18 may run the full course if accompanied by a parent or guardian at all times. Complete information about the MS Mud Run Jacksonville is available at [www.mudrunjax.com](http://www.mudrunjax.com), where you may also register for the event. Registration fees are \$45 per person and each participant agrees to raise a minimum of \$100 for NMSS-NFL. For information about volunteering or the event in general, visit [www.mudrunjax.com](http://www.mudrunjax.com), send an email to [Jessica.Eichhorn@fln.nmss.org](mailto:Jessica.Eichhorn@fln.nmss.org) or call (904) 332-6810.

The Jacksonville Humane Society is offering adoption specials at a party in honor of St. Patrick's Day from 10 a.m. to 4 p.m. at 8464 Beach Boulevard. Enjoy fun children's

activities, great food and meet adoptable dogs and cats. Event is free and open to the public. More information is available at [www.jaxhumane.org](http://www.jaxhumane.org) or by calling 904-725-8766. This event is part of the organization's year-long celebration of its 125th anniversary.

### Sunday, March 21

Palm Valley Baptist Church located at 4890 Palm Valley Road, Ponte Vedra Beach, Florida will be hosting Homecoming Day. The service will start at 9:15 a.m. followed by a covered dish luncheon. Rev. Virgil Courts, a former pastor, will present the message and Mark Shaw, former music director, will provide the music. Rev. Jeffrey Witt is the current pastor. For more information, please call the church at 285-2447.

Join a park ranger at 10 a.m. for a discussion on the different types of shark teeth that can

be found on the area's beaches. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and programs are free with regular park admission. For additional information on any of these programs, contact the Talbot Islands Ranger Station at (904) 251-2320. For more information about Florida State Parks, visit [www.FloridaStateParks.org](http://www.FloridaStateParks.org).

Join Keith Ashley, archaeologists from UNF, for a presentation about local natives and the influences of outside cultures from 1-3 p.m. The presentation will be followed by a question and answer period. The presentations will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the presentations are free.

### Wednesday, March 24

Fleet Reserve Association, Branch 290, invites you to participate in its "Wings-N-Things" from 5 to 8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. Snacks will be available for a dona-

tion of \$1.50 to \$5. Then stay and enjoy the music of Doug Bracey from 9 p.m. to 1 a.m.

### Friday, March 26

Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners, from 5 to 8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. 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, March 27

Fleet Reserve Association, Branch 290, will host a dinner featuring Shepherd's Pie from 5 to 8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. A donation of \$6 is requested for each dinner. Carry out orders are accepted. As always, the public is invited to attend. Happy hour precedes the dinner from 4 to 6 p.m. The

starting at 9 p.m. the music of SHELL GAME BAND will entertain until 1 a.m.

Join a park ranger at 1 p.m. for an interpretive program that discusses the various types of bird species that can be found across the natural communities of the Talbot Islands. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and programs are free with regular park admission. For additional information on any of these programs, contact the Talbot Islands Ranger Station at (904) 251-2320. For more information about Florida State Parks, visit [www.FloridaStateParks.org](http://www.FloridaStateParks.org).

### Sunday, March 28

Palm Sunday Festival - Everyone is welcome to Isle of Faith's Annual Festival, 1821 San Pablo Rd., on from 11:45 a.m.-2 p.m. Dress casually and bring your own chair. Isle of Faith is located at 1821 San Pablo Road, Jacksonville FL, 32224. Go to [www.isleoffaith.org/](http://www.isleoffaith.org/) for directions.

Come Join us for a Night in Tuscany  
Saturday, April 17th at Fleet Landing 6:00 to 9:00 PM

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March 15th, Fellowship Hall, Base Chapel  
Meet & Greet: 6:00 - 6:30  
Program: 6:30 - 8:00

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# New FFSC Classes, Workshops In March

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.

March 18, 1-3 p.m., **Establishing A Sound Family Budget**, FFSC

March 18, 9-11 a.m., **Smooth Move**, FFSC

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

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

March 18, 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.

March 22-26, 7:30 a.m.-

**THE NEW PARENT SUPPORT PROGRAM**

invites you to

**An English Tea For Expectant Moms**

You are cordially invited to an English Tea at The Chapel on April 29 from 1-3 pm

We are honoring our expectant moms in recognition of April's Child Abuse Prevention Awareness Month.

Come and enjoy two-hours of pampering, good food and good company!

We hope to see you there!

There is no charge for this event. Child care will not be available

Registration is required call the Fleet and Family support Center at: (904) 270-6600 ext 1701

4 p.m., **Command Financial Specialist Training**, Building 1 Room 1616

March 22-25, 8 a.m.-4 p.m., **TAP Separatee Workshop**, Building 1 Room 104

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

March 23, 1-3 p.m., **Overseas Living**, FFSC

Overseas Living is a class designed to prepare you for living in new and different setting. This class will provide helpful information about living on the

economy to dealing with potential terrorist activities. You will have a chance to understand the emotional cycles of overseas living to making this tour the best part of your Navy career. Specific information about visas and absentee voting will be discussed.

March 23, 9-11 a.m., **Parenting Class**, FFSC

The program is based on Dr. Michael Popkin, PH.D "ACTIVE PARENTING NOW" classes. This program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills are discussed as well as some of the challenges that are faced by all families. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all six sessions is required.

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

March 24, 9 a.m.-noon, **Tottletyme Playgroup**, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend. March 25, 1-3 p.m., **Home Buying**, FFSC

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

March 29, 6-9 p.m., **Ombudsman Assembly**, USO

March 29, 8:30 a.m.-2 p.m., The Fleet and Family Support Center offers this class to military spouses new to the area, and those new to the military way of life. Guest speakers from the military and civilian communities will present useful information to help you have a pleasant tour here at Naval Station Mayport.

March 30, 9-11 a.m., **Parenting Class**, FFSC

The program is based on Dr. Michael Popkin, PH.D "ACTIVE PARENTING NOW" classes. This program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills are discussed as well as some of the challenges that are faced by all families. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all six sessions is required.

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

March 31, 9 a.m.-2 p.m., **Tri-base Job Fair**, Morocco Shrine Center

March 31, 9 a.m.-noon, **Tottletyme Playgroup**, USO

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

April 6, 9-11 a.m., **Parenting Class**, FFSC

The program is based on Dr. Michael Popkin, PH.D "ACTIVE PARENTING NOW" classes. This program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills are discussed as well as some of the challenges that are faced by all families. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all six sessions is required.

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- ACROSS**
- 1 Sparkled
  - 6 "\_\_\_ la Douce"
  - 10 \_\_\_ around;
  - 14 Baseball great Hank \_\_\_
  - 15 Drop of sweat
  - 16 Easy gait
  - 17 Opinions
  - 18 Horseback rider's pouch
  - 20 Goose \_\_\_; zero
  - 21 Consumer
  - 23 Kelly Clarkson and Carrie Underwood
  - 24 Harness strap
  - 25 Smooch
  - 27 Way out
  - 30 History
  - 31 Ford or Chevy
  - 34 College official
  - 35 Holy book
  - 36 Hairy beast
  - 37 Unimportant
  - 41 Foot digit
  - 42 Cancel
  - 43 Killer whale
  - 44 Unhappy
  - 45 Grape bearer
  - 46 Small bus
  - 48 Salt Lake \_\_\_
  - 49 Rational
  - 50 Think the world of
  - 53 Rower's items
  - 54 Body of water
  - 57 Crescent roll
  - 60 Aids in crime
  - 62 Cloudy vapor
  - 63 Typewriter type size
  - 64 Approaches
  - 65 Water pitcher
  - 66 "So be it!"
  - 67 Wading bird
- DOWN**
- 1 Keep
  - 2 Former Secretary of State Alexander \_\_\_
  - 3 Calif.'s neighbor
  - 4 Currently
  - 5 Follows
  - 6 "A Doll's House" playwright Henrik \_\_\_
  - 7 Bring up
  - 8 Angry
  - 9 Find a total
  - 10 Toboggans
  - 11 Tramp
  - 12 Translucent gem
  - 13 Tiny cylindrical wooden pins
  - 19 Hear
  - 22 Eva, to Zsa Zsa
  - 24 Nevada city
  - 25 Capital of Afghanistan
  - 26 \_\_\_ of Wight
  - 27 Blue-pencils
  - 28 Italian seaport
  - 29 Ran
  - 30 Arouse, as the curiosity
  - 31 \_\_\_ terrier;
  - 31 \_\_\_ Scottish dog
  - 32 Quickly
  - 33 \_\_\_ race
  - 35 \_\_\_ Goodman
  - 38 Military fleets
  - 39 In a \_\_\_; miffed
  - 40 Carry
  - 46 Jelly container
  - 47 Loony
  - 48 Emotional one
  - 49 "Prince of Lies"
  - 50 \_\_\_ for; crave
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  - 52 Seep out
  - 53 A single time
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  - 56 Helper: abbr.
  - 58 Mineral spring
  - 59 Shoot carefully
  - 61 Plead

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**THIS WEEKS ANSWERS**

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P	O	H	S											

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# 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](http://www.volunteer.gatewayjacksonville.org).

## The 15th Annual St. Johns River Celebration Cleanup Saturday, March 20

Volunteers are needed to collect litter and debris at Helen Cooper Floyd Park (Little Jetties Park) in support of The 15th Annual St. Johns River Celebration. The Park is located at 3600 S.R. A1A near Sherman Point on the St. Johns River, west across from Naval Station Mayport.

The event will occur from 8-11 a.m. on March 20. Gloves and trash bags will be provided.

Following the clean-up, volunteers are invited to gather from noon - 2 p.m. at Metropolitan Park in downtown Jacksonville for a celebration where free refreshments, a commemorative t-shirt, and live entertainment will be provided (as supplies last).

To learn more about how to join this effort or other participating locations, go to: [www.coj.net](http://www.coj.net), keywords: St. Johns River Celebration; or contact Naval Station Mayport Water Program Manager, Scott Dombrosky at 270-3188.

Pre-registration is not required; an adult must accompany youth under age 18.

### 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 ad 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](http://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 [dfields@bellsouth.net](mailto:dfields@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 [ypooler@jaa.aero](mailto:ypooler@jaa.aero).

### Jacksonville Zoo

The Jacksonville Zoo is asking for volunteers. Volunteers are needed to educate varied audiences about the natural world, teach conservation messages, beautify the grounds, assist guests in various areas of the park, input data, lend a hand in animal care areas, answer questions, drive trains and enhance guests' experiences. You provide the interest and enthusiasm, and the zoo will provide the training. Scheduling is flexible. Volunteers receive special discounts, free admission, newsletters and special programs only available to employees and volunteers. Take this opportunity to meet others who share your interests in the animal kingdom. New Adult

Volunteer Orientations are held at the Pepsico Foundation Education Campus. All interested personnel please 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.

### Homeless Pet Shelter

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

### St Augustine Amphitheatre Seeks Volunteers

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

### Big Brothers Big Sisters Mentoring

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

### NS Mayport Retired Activities Office

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

### I.M. Sulzbacher Center for the Homeless

Volunteering at the I.M. Sulzbacher Center for the Homeless The I.M. Sulzbacher Center for the Homeless serves more than 1,000 well-balanced, nutritious and delicious meals per day, every day of the year. These meals are prepared and served with the help of more than 100 civic, religious and

business organizations from the Jacksonville community. Annually, these Volunteer Meal Groups provide over one hundred thousand dollars in support and more than 13,000 hours of volunteer time. Serving meals at the Center is a fun and feel-good way to give back to the community. For information about volunteering at the I.M. Sulzbacher Center for the Homeless call 904.394.1356. Also, see [www.imshomeless-center.org/volunteers.html](http://www.imshomeless-center.org/volunteers.html)

### Dignity U Wear

Volunteers are needed to help process clothing in order to fulfill the needs of our clients. Volunteers are needed Monday thru Friday 8:30 a.m.-4 p.m. and 9 a.m.-2 p.m. on Saturday. They also can help raise awareness of our mission, introducing us and our cause to their friends. Contact a Michelle Charron at (904) 636-9455 for information on volunteering.

### Children's Home Society

Children's Home Society (CHS) has been providing services to children and their families since 1902. Started in Jacksonville, CHS is a state-wide non-profit agency providing services such as foster care, adoption, child abuse prevention, group shelters, and mentoring. CHS's MODEL (Mentors Opening Doors Enriching Lives) Program matches volunteers with children ages 4-18 who have a parent incarcerated in prison. We are seeking volunteers that will commit to a minimum of one hour per week for one year with a child. Volunteers need to be at least 21 years old and complete an interview and background screening. We provide training and ongoing support for all volunteers. Volunteers build a friendship with a child while engaging in community activities such as going to the library, beach, park, or playing sports. For additional information or becoming a mentor, please contact Christine Small at 904-493-7747.

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Many people prefer to place classifieds in person and some classified categories require prepayment. For your convenience, we welcome you to place your classified ad at The Florida Times-Union from 7:30 a.m. - 5:00 p.m., Monday-Friday at One Riverside Avenue (at the foot of the Acosta Bridge).

**Deadlines**  
**Run date** Call by Fax by  
**Thursday** Tue, Noon Tue, 11 a.m.

Please note: **Fax deadlines are one hour earlier.** Holiday and Legal deadlines vary and will be supplied upon request. Cancellation and correction deadlines are the same as placement deadlines.

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**Ad Cancellation** - Normal advertising deadlines apply for cancellation. When cancelling your ad, a cancellation number will be issued. Retain this number for verification. Call 366-6300.

**Billing Inquiries** - Call the Billing Customer Service Department at 359-4324. To answer questions about payments or credit limits, call the Credit Department at 359-4214.

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Advertising copy is subject to approval by the Publisher who reserves the right to edit, reject or classify all advertisements under appropriate headings. Copy should be checked for errors by the advertiser on the first day of publication. Credit for Publisher errors will be allowed for the first insertion for that portion of the advertisement which was incorrect. Further, the Publisher shall not be liable for any omission of advertisements ordered to be published, nor for any general, special or consequential damages. Advertising language must comply with Federal, State or local laws regarding the prohibition of discrimination in employment, housing and public accommodations. Standard abbreviations are acceptable; however, the first word of each ad may not be abbreviated.

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Announcements	Instruction
Auctions	Employment
Real Estate for Sale	Services
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424-6066 ERIC  
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Argyle  
Arlington  
Avondale/Ortega  
Beaches  
Downtown  
Fernandina/Amelia Island  
Intracoastal West  
Keystone Heights/Melrose  
Mandarin  
Middleburg  
North Jacksonville  
Orange Park/Clay County  
Riverside  
San Marco  
Southside  
Springfield  
Westside  
Waterfront  
Condominiums  
Manufactured Homes  
Lots  
Farm Acreage  
Investment Property  
Retirement Community  
Baker County  
Georgia Real Estate  
Nassau County  
Putnam County  
St. Johns Open Houses  
St. Johns Homes  
St. Johns Waterfront  
St. Johns Oceanfront  
St. Johns Intracoastal  
St. Johns Marshfront  
St. Johns Condos  
St. Johns Duplex/  
Townhouses  
St. Johns Manufactured  
Homes  
St. Johns Lots/Acreage  
St. Johns Active Adult  
Com.  
St. Johns Investment  
Income Property  
Miscellaneous  
Out of Area/Town/State  
Real Estate Wanted

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San Jose 3/1.5 comp renov  
1242sf, new ch&a, alarm  
Reduced \$149K. 4217  
Marianne Rd. 904-881-4538

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Arlington-New Lake Lucina  
3/2, ch&a, new crpt &  
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Ft. Caroline 3/2 \$161,900  
Pondfront Beach  
Move in ready, seller  
owned. Close in time for  
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tained. 10 mins to base.  
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<http://mortgage.bankofamerica.com/lauriepotter>

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Bank of America**  
• Competitive rates  
• A wide range of home financing solutions  
• Easy application process

**Bank of America**  
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### Orange Park/ Clay County

**DREAM FINDERS**  
Pine Ridge  
3br/2ba, 1300-sqft,  
\$129,000  
All Military receives  
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ALL closing cost paid  
Contact us at  
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### Nassau County

**BUILT AMERICAN  
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WITH AMERICAN  
PRODUCTS  
YOUNG AMERICAN  
HOMES**  
- is offering  
0 Down 0 Closing  
2 new homes @ Heron  
Isles. Move-in ready  
starting @ \$134,900.  
904-994-6100, 441-6754

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**Neptune Beach Oceanfront,**  
102 Magnolia St., 5/3.5,  
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almost 4,000sf, huge lot.  
Reduced almost \$1M from  
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**FT CAROLINE**  
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1344 sq. ft. 3br/2ba mobile home  
completely covered in cement siding  
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Kathy Jaeger • 904-616-2319  
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Nice renov. 1 1/2 bdr, cover  
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### Bay Meadows/9A

Great enviro, 3 BR, 2 BA, 2  
master suites, tiled,  
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Avail 4/1. 904-673-8288

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32.5 TH, gar, scrn lanai,  
equip kit, tile & crpt,  
gym, pool and other  
amenities, grt schls  
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2/2, 1244sf, 1st flr, W/D,  
luxury amenities! \$875  
Call 904-724-8020, 704-3682

### ARLINGTON, Adobe Apts

S P E C I A L S T U D I O  
\$399mo. 1br/1ba \$450mo  
745-0450 1110 Caliente Dr.

### ARLINGTON Spanish

Point move in ready 3/2  
eat in kitchen, great  
room, newly remodeled  
interior utility room, no  
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+ dep. call 904-707-3072

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Software/Programming  
Construction  
Customer Service  
Dental  
Domestic Services/  
Caring/Delivery Driver  
Education/Teaching/  
Engineering  
Entertainment  
Executive/Management  
Finance/Investment  
General Employment  
Hotel/Hospitality/Tourism  
Industrial Trades  
Insurance  
Landscape/grounds  
Maintenance  
Law Enforcement/  
Security/Safety  
Legal  
Maintenance/Janitorial  
Services  
Management/Professional  
Marketing  
Mechanics  
Medical/Health Care  
Marine/Trade  
Nurses/Nurses Aides  
Office/Clerical/  
Administration  
Part-Time  
Personal Services/Beauty  
Real Estate/Property  
Management  
Recreation/Sports/Fitness  
Restaurant/Bar/Club/  
Food/Beverages  
Retail  
Sales  
Science/Research  
Social Services/Counseling  
Technical Support  
Telemarketing  
Transportation  
Warehouse/Inventory  
Work at Home  
Positions Wanted

### Rooms for Rent

**ARLINGTON** Atlantic &  
Kernan - new exc  
w/catv, swim/exercise  
rm \$149/wk. 904-221-8581

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Commercial/Industrial  
For Sale  
Commercial/Industrial  
For Rent  
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Office Space For Rent  
Retail For Sale  
Retail For Rent  
St. Johns Commercial/  
Industrial For Sale  
St. Johns Commercial/  
Industrial For Rent  
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For Sale  
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Electronics  
Estate Sales  
Farms/Planting  
Fruits/Vegetables  
Furniture/Household  
Garage Sales  
Garden/Lawn  
Hot Tubs/Spas  
Jewelry/Watches  
Kid's Stuff  
Machinery & Tools  
Medical  
Miscellaneous Merchandise  
Musical Merchandise  
Photography  
Portable Buildings  
Public Sales  
Sporting Goods  
Tickets  
Trailers  
Wanted to Buy or Trade

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rose/mauve fabric  
carved front on  
couch \$225. Love  
seat couch pink/blue  
fabric \$165. 269-5883

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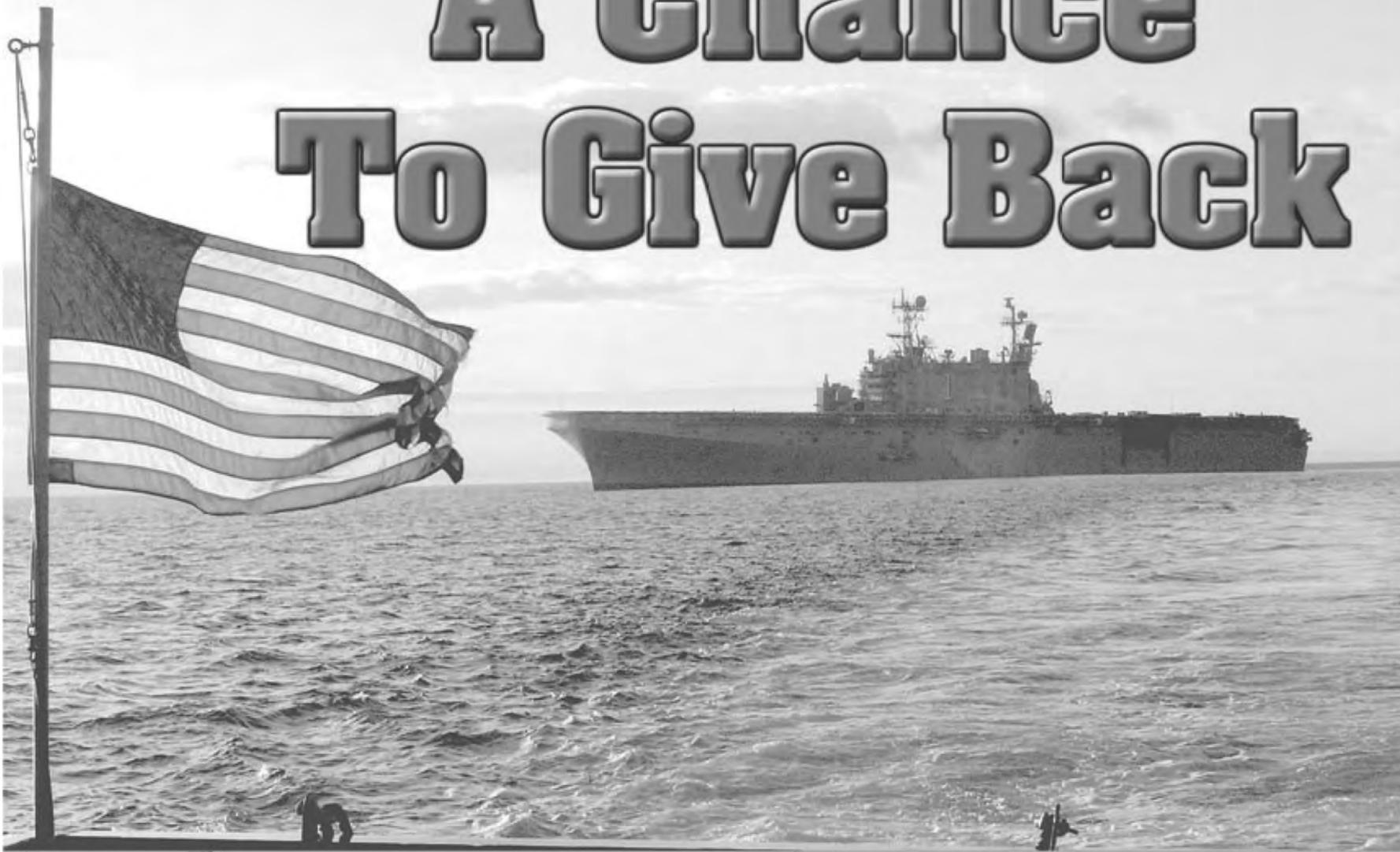
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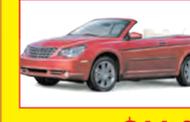
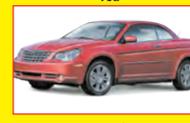
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