



2008 CHINFO Award Winner

Mayport Rocks Out



-Photo by Paige Gnann

Duke Kitchens of Red Jumpsuit Apparatus plays to the crowd with his band members as they headline the 2010 Mayport Music Fest held Saturday at Sea Otter Pavilion. Thousands of concert-goers joined Naval Station Mayport to enjoy the music of Blessid Union of Souls, Augustana and Red Jumpsuit Apparatus during the concert. The concert was sponsored by MWR and X102.9 FM. To see more photos from the concert, check out Naval Station Mayport's page on Facebook.

Navy's Only SH-60B/MH-60R FRS Changes Command

By Lt. Wendy Owczarek
HSM-40 Public Affairs Officer

Cmdr. Clayton L. Conley relieved Capt. Neil A. Karnes as Commanding Officer, Helicopter Maritime Strike Squadron 40 (HSM 40) during a Change of Command ceremony on April 29 at HSM 40's Hangar, Building 1552.

Reporting from Task Force 70/Carrier Strike Group Five as the Air Operations Officer in Yokosuka, Japan, Commander Conley hails from Lexington, Oklahoma and is a graduate of Oklahoma State University. He received his commission in September 1988 through the Aviation Officer Candidate School Program.

Upon designation as a Naval Aviator in October '89, Commander Conley's first operational aviation assignment was with the "Sea Snakes" of HSL-33 in San Diego, California, flying the SH-2F. While there, he served



Cmdr. Clayton L. Conley

as the Administrative and Operations Officer deployed aboard USS Copeland (FFG 25), Detachment Maintenance Officer aboard USS Reid (FFG 30) and Detachment Officer-in-Charge aboard USS Lewis B. Puller (FFG 23). He also served as the squadron ASW Officer, Quality Assurance Officer, and NATOPS Officer, completing his first operational tour with over 1,000 flight hours in the SH-2F.

Following a short assignment as Assistant Administrative Officer at Helicopter Anti-Submarine Light Wing, U.S. Pacific Fleet, Conley transitioned to fly the SH-60B. Commander Conley then reported as a flight instructor to the "Seahawks" of HSL 41, formerly the West Coast SH-60B Fleet Replacement Squadron. He served from '95 to '97 as Schedules Officer, Pilot Training Officer, and COMNAVAIRPAC SH-60B NATOPS Evaluator.

In November '97, Conley returned to sea duty onboard USS Essex (LHD 2) as the Flight Deck Officer and Assistant Air Officer. In 1998 he deployed to the Arabian Gulf in support of Operation Southern Watch.

Conley reported to the "Wolfpack" of HSL-45 in April of '00. While assigned, he served as Squadron's Operations Officer and Officer

in Charge of Detachment Three aboard USS Oldendorf (DD972), conducting counter-narcotic operations in the Eastern Pacific.

Following his tour with HSL-45, Conley reported to the Joint C4ISR Battle Center at U.S. Joint Forces Command (USJFCOM) in Norfolk, Virginia, where he was responsible for assessments of advanced C4ISR technologies. He also graduated from the Joint Forces Staff College while assigned to USJFCOM.

Selected for aviation command, Commander Conley reported as the executive officer of the HSL049 "Scorpions" and assumed duties as Commanding Officer from June 2006 to August 2007.

Karnes will report as the Deputy Commander, Amphibious Squadron Six following one year at the Industrial College of the Armed Forces, Washington, D.C.

Gates: Navy, Marines Need Adaptable People

By Jim Garamone

American Forces Press Service

The types and numbers of Navy ships will change, but the quality of the sailors and Marines aboard those ships and serving ashore must endure, Defense Secretary Robert M. Gates said here today. Gates spoke at the Navy League's annual Sea-Air-Space Convention at the Gaylord Convention Center.

Sailors and Marines "must have moral, as well as physical courage; they must have integrity; they must think creatively and boldly," the secretary said. "They must have the vision and insight to see that the world and technology are constantly changing and that the Navy and Marine Corps must therefore change with the times - ever flexible and ever adaptable. They must be willing to speak hard truths, including to superiors."

How the United States handles the increasingly complex security challenges of the future will depend less on the quality of its hardware than on the quality of the leaders, the secretary said, noting that he spoke about this at some length with midshipmen at the Naval Academy last month.

As examples, he used Marine Corps Lt. Gen. Victor Krulak, the visionary behind the Higgins boat who later contributed greatly to U.S. understanding of counterinsurgency in Vietnam. He also cited Navy Fleet Adm. Chester Nimitz, who as a young officer helped to develop the circular formation for carrier escorts, used to great effect in World War II and for decades after.

The secretary mentioned Navy Adm. Hyman Rickover, whose

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USO Appreciation Day
On May 15

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Don't Quit: Get Back Into The Race



Chaplain Rita Love
NS Mayport Chaplain

Q. I am so frustrated right now. Lately, it seems as if nothing I do ever turns out right. No sooner than I get one situation under control another pops up. I feel so powerless. What do I do?

CHAPLAIN'S CORNER

How we react, what we do or say, all depends on our attitude. It determines whether we'll be happy or sad. Attitude can help, or hinder us in all areas of our lives. If your thoughts are constantly of doom and gloom, you will receive the same in return. Your thoughts and your perception of a situation will influences all what you do, and all that you are, and all that you can be. Changing your attitude is really changing the way you see things. It is like a painter. The paint brush is in your hand and you can change the picture at anytime. You see the choice is

yours. To begin the change, you must start looking for the good in every situation, rather than the negative.

One way to have a better attitude is self-monitoring. Self-monitoring involves asking questions of self such as have I become content with my progress in life, could I have done a better job am I being too negative? For example, a salesman came out of his sales manager's office with a discouraged look on his face.

The secretary said, "What is wrong, Harry? Have you been fired?"

He said, "No, it's not that bad. But I sure got chewed out about my sales record. I can't figure it out. For the last month my sales have been high. I thought he'd compliment me—instead he ran me out!"

Later the secretary questioned her boss about the situation.

He laughed and said, "Harry is one of our best salesmen, and I'd hate to lose him. But he has a tendency to rest on his laurels. He becomes content with what he has done and satisfied with his past performance. If I didn't get mad at him once a month or so he'd never produce."

We have a tendency to become too easily satisfied and content with past accomplishments.

If you want to be successful you must have a spirit of

determination or an attitude of "I press toward a goal of higher standard." The verb "I press" comes from the Greek word which means literally "to follow after." The Greeks used it to describe a hunter who eagerly and relentlessly pursued after his prey. You see, a person does not become a winning athlete by listening to lectures, watching movies, or cheering at games. He becomes a winner only when he gets into the race with attitude to win.

Get back in the race. Do quit, don't turn back, and whatever you do don't throw in the towel. As you press towards your destination, look at each situation as just a little "bump in the road" and plan on arriving with a winning attitude.



Remembering USS Stark

The Naval Order of the United States and Naval Station Mayport will host the 23rd annual memorial service to commemorate our shipmates who were lost in 1987. The service will be held on Monday, May 17 at 10 a.m. at Memorial Park at Naval Station Mayport.

Diversity Committee Needs Ideas

Naval Station Mayport's Diversity Committee is considering having a potluck as part of our observance of Asian Pacific American Heritage Month. Please contact ETCS Prince or your divisional representative if you are interested in volunteering to cook one of your specialties according to this months theme. The observance is tentatively scheduled for May 26 from 10:30 a.m.-noon in Building 460.

Employment Workshop For Jax Military Spouses

The Military Spouse Corporate Career Network (MSCCN), in conjunction with the Fleet and Family Support teams from Naval Station Mayport and Naval Air Station Jacksonville, is holding an employment workshop for military spouses.

The "Employment Treasure Chest" workshop will be held at the River Cove Conference Center on Naval Air Station Jacksonville on Thursday, May 20.

Registration starts at 8:30 a.m. and the workshop is from 9 a.m. to 2:30 p.m. A complimentary lunch will be included. Attendees will "follow the clues" to learn ways to jumpstart and improve the effectiveness of their job search. Interested spouses should RSVP by May 12 to www.msccn.eventbrite.com. For further information contact Lisa Blevins, 904-619-2927, L_Blevins@msccn.org

NEX Rewards Good Grades

From NEXCOM

The Navy Exchange wants to help its customers pay for their children's college education through its A-OK Student Reward Program. Four times per school year, four students will be the recipients of a \$5,000, \$3,000 \$2,000 or \$1,000 U.S. savings bond, denominations at maturity. The next drawing will be held at the end of May 2010.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their

sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card and have a NEX associate verify the minimum grade average. Then fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to win a savings bond through its A-OK Student Reward Program since 1997. Since the program began, NEXCOM has awarded \$504,000 in savings bonds with the help of its generous vendor partners.

Become a Facebook fan and follow the NEX on Twitter.

Pearl Harbor Group Keeps Memories Alive

From PHSA

While the number of Pearl Harbor survivors continue to decrease, and, in just a few short years those from the "greatest generation" will no longer be with us, there remains a remnant of the local Pearl Harbor Survivors Association (PHSA) Chapter 6 in Jacksonville.

PHSA Chapter 6 members and members of the SDPHS Chapter 2 meet at 11:30 a.m. on the second Saturday of each month (except June, July, August) for lunch and business at GiGi's restaurant in the Ramada Inn on San Jose Blvd (SR 16) at the I-295 exit.

The members of SDPHS assist the PHSA members with their meetings, their state and National conventions, and in other areas as requested. This year 2010, will be the final Pearl Harbor Survivor Association reunion to be held at Pearl Harbor, Hawaii.

The events of 69 years ago has been the subject of many hundreds of books, movies and

TV programs, not to mention personal documentaries and testimonies.

It is something that not many of the younger generations know very much about or perhaps may not even care about. But those that survived it and those that have lived with those survivors, listened to their stories, looked at pictures, and have read and re-read their memorabilia, they know all to well. And they know how it changed so many people and our country as well."

The PHSA and the SDPHS extend an invitation to our meeting to any and all prospective members among the many hundreds of active/retired military, the veterans, and their family/spousal members throughout the area.

Please call Barry Reyelts (SDPHS) at 904-692-4722 for further information, and Deidre Kelley (SDPHS) at 904-225-0013 for menu choice prior to meeting.

Navy League Elects New Officers



-Photo courtesy of Navy League Mayport

On Thursday, April 15, the Mayport Council, Navy League of the United States held its monthly dinner meeting. The night was very special as our new President of the Council, John Vargowas, sworn in along with new treasurer, Bob Price. John had been serving as the Treasurer and took over the presidency from the out-going President

Diane Wright. J. Michael McGrath, the immediate past president of the Navy League of the United States, administered the oath of office.

The guest speaker for the evening was Cmdr. Sean G. McLaren, commanding officer of USS De Wert (FFG 45). USS De Wert just returned from a highly successful deployment to the Gulf of Aden and the Somali Basin. He updated Navy League on actions by the Navy and its allies in dealing with the Piracy threats in the area, helping the guests to understand the conditions that exist and the humanitarian assistance that is provided to mariners in distress at sea.

The Navy League of the United States is a civilian organization open to all. The purpose is to support the Sea Services, Navy, Marines, Coast Guard and the Merchant Marine. The Navy League meets once a month for a dinner meeting and speaker at the Ocean Breeze Conference Center on the Mayport Naval Station. For information on membership, call Pat Pumphrey, 280-0941.

Pictured top from left, Diane Wright, immediate past president; John Vargo, new president; J. Michael McGrath, immediate past president, Navy League of the United States; and Bob Price, treasurer.

Pictured right, Wright presented McLaren with a copy of the book, Navy League of the United States, Civilians Supporting the Sea Services...for more than a Century.



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

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

Women's Bible Study
Wednesday 9:30 a.m.
Protestant choir
Wednesday 7 p.m.

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

Marriage
Contact Chaplain 6 months prior. PREP is required

For more information, call 270-5212.



Naval Station Mayport

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Cmdr. Mike Watson..... Executive Officer
CMDRCM David Anderson..... Command Master Chief

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MC1 Heather Ewton..... Deputy Public Affairs Officer
OS2 Shantae Salmon..... Assistant Public Affairs Officer
Paige Gnann..... Editor

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

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

The Mirror

P.O. Box 280032

Naval Station

Mayport, FL 32228-0032

Commercial: (904) 270-7817 Ext. 1012 DSN: 960-7817 Ext. 1012

Commercial FAX (904) 270-5329 DSN FAX: 960-5329

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Guillory Addresses ROTC Midshipmen

By MC2 Lily Daniels

U.S. Naval Forces Southern Command/U.S. 4th Fleet Public Affairs

Commander, U.S. Naval Forces Southern Command (COMUSNAVSO)/Commander, U.S. 4th Fleet addressed the Embry-Riddle Aeronautical University's (ERAU) Naval Reserve Officers Training Corps Unit (NROTC) midshipmen at the university's seventh annual Color Parade and Awards Ceremony April 22.

The ceremony, held at the Daytona Beach campus, wrapped up the academic year for the 153 midshipmen in the ERAU battalion. Rear Adm. Victory Guillory, who is the Flag Officer mentor for ERAU, was the guest of honor and guest speaker for the ceremony.

"It is an honor to have been invited back to this impressive university and to visit with the terrific young men and women who will lead our Navy and Marine Corps team well into the 21st century," said Guillory. "The color parade is not only an opportunity to recognize these impressive young leaders, but also a time to thank you as parents, friends, and dedicated organizations who inspire and support them all."

Guillory congratulated the midshipmen and

presented some of the awardees with various academic and performance ribbons, medals and certificates.

"He reminded our midshipmen that it was a different Navy they would enter, with a much less defined enemy," said Capt. Mark Leary, Commanding Officer, NROTC, ERAU. "He made it especially rewarding for the parents who attended, by asking each awardee midshipman if their parents were here and to point them out so they could face the parents for a photo."

Members of the U.S. Navy Southeast Region Band were also in attendance to perform traditional military music during the color parade.

COMUSNAVSO is the naval component command for U.S. Southern Command and is responsible for all naval personnel and assets in the area of responsibility. COMUSNAVSO conducts a variety of missions in support of the maritime strategy, including theater security cooperation, partner nation relationship building, humanitarian assistance and disaster response, community relations, and counter-illicit trafficking operations.

For more news from Commander, U.S. Naval Forces Southern Command, visit www.navy.mil/local/cusns/.

Adaptability

genius and persistence overcame the conventional wisdom that nuclear reactors were too bulky and dangerous to put on submarines.

Finally, he spoke of Navy Lt. Cmdr. Roy Boehm, who after World War II designed and led a special new commando unit that became the Navy SEALs. Boehm's legacy is at work every night, he said, tracking down America's most lethal enemies in Afghanistan and elsewhere around the world.

"The reason I wanted to talk to midshipmen about these leaders ... is not that they were always right, nor that they should be emulated in every way - to put it mildly," Gates said. "What is compelling about each of these

leaders is that they had the vision and insight to see that the world and technology were changing, they understood the implications of these shifts and then they pressed ahead in the face of often-fierce institutional resistance."

These qualities would come to the fore in any era, Gates said, but they are especially important today, given the pace of technological changes and the agile and adaptive nature of the most-likely and lethal U.S. adversaries. The enemy could run the gamut from modern militaries using asymmetric tactics to terrorist groups with advanced weapons.

"Our officers will lead an American military that must

have the maximum flexibility to deal with the widest-possible range of scenarios and adversaries," Gates said.

The emphasis in the Navy and the Marine Corps has to be on their people, the secretary told the group.

"Over the past three-and-a-half years, in the fury of two wars, I have seen the future of the Navy and Marine Corps onboard ships, on the ground in Iraq and Afghanistan, at Navy bases and Marine camps, and at the Academy," he said. "These young men and women fill me with confidence that the future of our sea services is incredibly bright and that our nation will be secure in their hands."

From Page 1

Getting Ready For Bad Weather



-Photo by MC2 Lily Daniels
Information Systems Technician 2nd Class (Surface Warfare) William Martinez (right) conducts training on how to use an ultra-high-frequency radio with other members of the U.S. Naval Forces Southern Command/U.S. Fourth Fleet Communication Information Systems Department. The training includes setting up an antenna and the radio with an operational test to prepare the department for the upcoming hurricane season. The equipment will enable them to re-establish communications in the event the command is required to evacuate.

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'07 Hyundai Santa Fe GLS	\$16,985
'06 Buick Lacrosse CX	\$16,995
'07 Hyundai Tiburon GS	\$16,995
'08 Hyundai Tiburon GS	\$16,995
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Gettysburg Takes Trophy - Again

From Staff

USS Gettysburg came out to win the 2010 MWR Spring Sports Challenge for the second time in a row - and did just that. The Guided Missile Cruiser team sailed past 11 other commands, including first-time participants U.S. Coast Guard, to take home this season's trophy.

The other commands didn't make it easy for Gettysburg, the team placed first with only 1050 points, followed closely by SERMC with 1000 points and U.S. Coast Guard in third with 975 points. Competing over four days, April 27-30, this season's Sports Challenge included several new events for the Sailors to participate in.

The first day was also the fifth win for HSL-48 in the CO/CMC Canoe Race. Naval Branch Health Clinic (NBHC) Mayport won the Experienced Canoe Race and USS Gettysburg brought home the first of many wins with 3 on 3 Basketball. Kickball went to U.S. Coast Guard and Bowling was NBHC, but the day ended with a rained out Softball.

On day two, Naval Station Mayport brought home a win with Dodgeball, SERMC got its first win in Swimming and later Strongman Competition. HSL-48 stayed competitive by winning Badminton.

USS Gettysburg picked up another win on day three with Golf and 8-Ball Pool. Naval Station Mayport won Cricket Darts.

The last day of competition would see Gettysburg through the competition with a win in Horseshoes and a tie with SERMC for Tug o War. HSL-48's three-man Volleyball team made short work of all the other teams. SERMC couldn't overtake Gettysburg even with their Simon Says win and FRCSE's Corn Hole win made it final.

Master-at-Arms 2nd Class Nicholas Fessler of Security was named MVP.



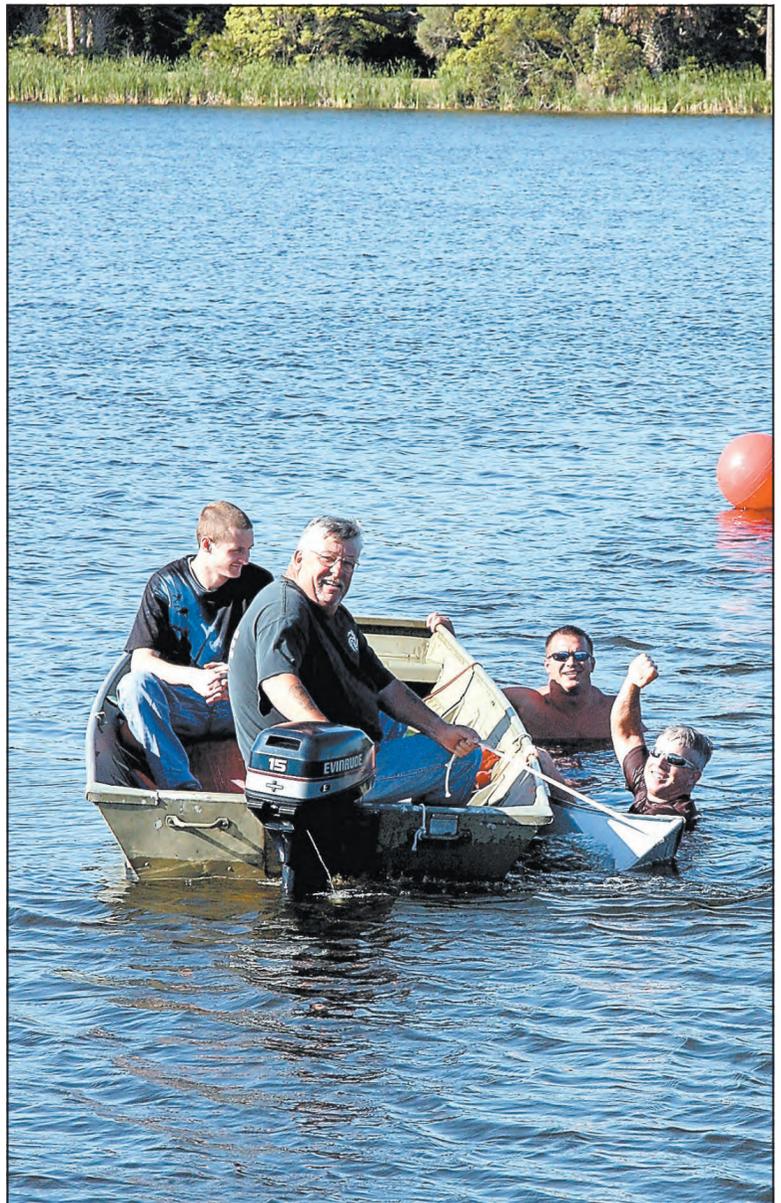
NS Mayport Commanding Officer, Capt. Aaron Bowman, presents the winning trophy to Senior Chief Cryptologic Technician Technical (SW) Jason Hunt of USS Gettysburg with help from Corinne Hundley with Navy Federal Credit Union.



Bowman presents Master-at-Arms 2nd Class Nicholas Fessler of Security with the MVP award. He participated in eight events.



HSL-48 Commanding Officer, Cmdr. Steve Banta and CMDM Buck Taylor win the CO/CMC Canoe Race. This is the fifth consecutive win for HSL-48.



-Photos by Paige Gnann

Chief Hull Technician Shannon Coen and Navy Diver 2nd Class Stephen Eide of SERMC get a lift back to dry land after their canoe is tipped during the Experienced Canoe Race during the 2010 MWR Springs Sports Challenge held April 27-30.



Commands go for a ringer during the Horseshoes competition behind Beachside Community Center.



Members of the U.S. Coast Guard team compete in the Strongman Competition behind Surfside Fitness Center. The competition includes agility, as well as muscle.



Above, Bowman and team Mayport compete in the Tug o War competition. Below, Gettysburg shouts for their team to pull to victory.



Women from HSL-46 made history as the first all-women team to compete in the Tug o War event during Sports Challenge.



Chief Aviation Structural Mechanic Michelle KilPatrick of NS Mayport doesn't budge from first base even with a little goading from USS Stephen W. Groves' team during the Dodgeball competition.



Corn Hole was one of three new competitions added to the Spring Sports Challenge.



Naval Station Mayport brings home the win in Darts.



USS Gettysburg adds to its total with a win in 8-Ball Pool at Mayport Bowl.



HSL-48's team wins in Badminton.



The Mayport Gym is filled with teams competing during the 3 on 3 Basketball competition for Sports Challenge.



HSL-48's three-man team ruled the sand during the Volleyball competition.



Sailors try to take direction during Simon Says.

May 6: Thursday CPO Social Hour. 3-7 p.m. at Foc'sle CPO Club with thirty-five cent wings, drink specials and all-you-can-drink soft drinks for only \$1. Thursday night is reserved for active and retired Chief Petty Officers and their guests. 270-5431

May 7: Deadline for Mountain Bike Trail Race. This timed trial is at 11 a.m. May 14 at Sea Otter Pavilion. Sign up at the Gym. (Free) 270-5451

May 8: UFC 113 PPV. 10 p.m. at Castaway's Lounge. (Free) www.ufc.com 270-7205

May 9: Mother's Day

May 7: Youth Luau. 5:30-9:30 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

May 8: Summer Youth Bowling League Registration. 12 p.m. at Mayport Bowling Center. Summer Youth Bowling begins May 22 at 10 a.m. Cost

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

May 8: UFC 113 - Machida vs. Shogun 2. 10 p.m. at Castaway's Lounge. www.ufc.com (Free)

May 11: Golf Outing and Free Clinic. Van departs Planet Mayport at 3:45 p.m. or meet

MWR HAPPENINGS

Bingo. 12:30 p.m. at Beachside Bingo (potluck and bingo). Includes double payouts on all hard cards, an extra \$1,000 game, Bingo "Mother of the Year" drawing, extra drawings and surprises. 270-7204

May 9: Mother's Day Bowling Special. 1-8 p.m. at Mayport Bowling Center. Lane rental special for \$25 includes two hours of bowling with shoes and colored headpin bowling for up to five people

per lane. 270-5377

May 9: Bowling Family Fun Night. 4-7 p.m. every Sunday at Mayport Bowling Center. Cost is \$9 per person and includes All-You-Can Bowl with shoes, spaghetti dinner, music videos, light show and colored headpin bowling for prizes. 270-5377

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

May 11: All Khaki Wings

KID ZONE

is \$9 per week for ages 8-21 and \$4 for ages 3-7. 270-5377

May 9: Bowling Family Fun Night. 4-7 p.m. every Sunday at Mayport Bowling Center. Cost

is \$9 per person and includes All-You-Can Bowl with shoes, spaghetti dinner, music videos, light show and colored headpin bowling for prizes. 270-5377

LIBERTY CALL

us there at 4 p.m. Free clinic with nine holes of golf including cart. Deadline to sign-up is May 10. (Free)

May 13: Jacksonville Suns Baseball Trip. Van departs Planet Mayport at 5:30 p.m. (Free)

May 14: Movie Trip. Van departs Planet Mayport at 6 p.m. for the theatre. You choose which movie you want to see

and we pay for it! (Free)

May 15: MMA (Mixed Martial Arts) vs. Cage Fighting. Van departs Planet Mayport at 6:30 p.m. Cost is \$10.

May 20: Comedian Jeff Dunham Trip. Van departs Planet Mayport at 6 p.m. Cost is \$25.

May 22: Jacksonville Sharks Arena Football Trip.

and Trivia Night. 3-7 p.m. at Foc'sle CPO Club with 35-cent wings, drink specials and all-you-can-drink soft drinks for \$1. Trivia begins at 5:30 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). 270-5431.

May 12: Intramural Golf Begins. For more info, call Windy Harbor Golf Club at 270-5380.

May 13: Kings and Queens Adult Bowling League Begins. League meets every Thursday at 7:15 p.m. at Mayport Bowling Center. An organizational meeting will be held at 6:45 p.m. Cost is \$15 per week.

May 14: Freedom Friday - Outdoor 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

May 14: Teen Center Extended Hours. 7-11 p.m. at Club Teen for age 12 through grade 12. (Free) 270-5680 or

270-5377

May 15: Swimming Pool Opens for Weekends Only. The base pool will open on Saturdays (11 a.m.-6 p.m.) and Sundays/Holidays (1-6 p.m.) beginning May 15. Full summer hours begin on June 14 when local schools dismiss for summer break. Admission fees apply. Season passes go on sale May 3 at ITT. 270-5425 or 5451

May 17: Deadline for Base Golf Championship. Tournament is May 22-23 at Windy Harbor for all active and retired military, reservists, DOD employees and their dependents with established

246-0347

May 15: Swimming Pool Opens for Weekends Only. The base pool will open on Saturdays (11 a.m.-6 p.m.) and Sundays/Holidays (1-6 p.m.) beginning May 15. Full summer hours begin on June 14 when local schools dismiss for summer break. Admission fees

handicaps at Mayport. Cost is \$45 and includes a breakfast buffet Saturday, awards banquet Sunday and prizes (cart and green fees not included). Format is 36 hold stroke play; two flights, two championship trophies (gross/net). 270-5380

May 18: Summer Basketball Meeting. 11 a.m. at the Gym. 270-5451

May 18: Deadline for Tennis Tournament. Tournament is May 22, 8:30 a.m. at the Tennis Complex. Singles and doubles welcome; Captain's Cup event. 270-5451

apply. Season passes go on sale May 3 at ITT. 270-5425 or 5451

May 22: Youth Summer Bowling Leagues Begin. 10 a.m. at Mayport Bowling Center. Cost is \$9 per week for ages 8-21 and \$4 for ages 3-7. 270-5377

Mother's Day

Join us at Gigi's Restaurant for our Mother's Day Brunch on Sunday, May 9th from 11am-4pm.

Featuring Chef Carved Items such as Carved Roast Beef with Au Jus & Creamed Horseradish & Smoked Cherry Wood Ham with Raisin Sauce.

Also featuring Breakfast served til 2pm, including omelets made to order & blueberry pancakes served with hot syrup.



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Machida VS Shogun 2

SATURDAY, MAY 8 10PM

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UFC 114
Rampage VS Evans

SATURDAY, MAY 29 10PM

Only on PPV at Beachside Main Hall

MWR Info? (904) 270-7205

Mother's Day Family Bowling Special

Sunday, May 9, 2010
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Mayport Bowling Center

\$25 Lane Rental Special

Two hours of bowling. Limit 5 people per lane.
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For info, call (904) 270-5377.



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MWR

SPORTS/FITNESS

Fitness

Surfside Fitness schedule is as follows:

Monday
7 a.m., **Spartan Training**

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

9:30 a.m., **Resistance**

This class will reform the lower and upper body utilizing every fitness tool. Your body shape will take a 360-degree turn.

10:30 a.m., **Broken Hearts**

A fitness program for those who require cardiac rehabilitation. Program incorporates a wide variety of fitness tools. Blood pressure and heart rate are monitored while progress is charted.

11:30 a.m., **Step n Kick**

Step up the fat burn and kick down those kcals with this combo class.

1 p.m., **Moms in Motion**

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

4:30 p.m., **Zumba**

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

Tuesday
9:30 a.m., **LoImpact**

Designed for beginners. Easy

to follow, low impact aerobic and strength-training moves provide something different than just walking on the treadmill.

11:30 a.m., **Intro TRX**

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

1 p.m., **Strength Solutions & Flexibility Fix-Ups**

This class assists in preventing and overcoming injuries. Ride the road to recovery! Meets at Surfside Fitness Center lobby.

5:30 p.m., **Yoga**

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

Wednesday
9:30 a.m., **Intro Mind Body**

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

10:30 a.m., **Broken Hearts**

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

2:30 p.m., **Command/FEP TRX & Conditioning for Running**

5 p.m., **Zumba Basics**

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

5:30 p.m., **Kids' Clinic**

5:30pm **Kickboxing**

Thursday
9:30 a.m., **Power Walking**

11:30 a.m., **Adv. Mind Body**

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

1 p.m., **Strength Solutions &**

Flexibility Fix-Ups

This class assists in preventing and overcoming injuries. Ride the road to recovery! Meets at Surfside Fitness Center lobby.

Friday
7 a.m., **Beach Bootcamp**

(weather permitting) This Commando PT utilizes various training techniques to achieve the highest fitness levels possible. Meets behind Surfside Fitness Center. Can accommodate 200+ personnel.

10:30 a.m., **Zumba Basics**

11:30 a.m., **Spartan Training**

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

The Gym Schedule is as follows:

Monday
11:30 a.m., **Adv. Weight**

Training for Warriors

An adrenaline producing 1-hour class devoted to building strength and stamina in active duty personnel. Emphasis is placed on sound, proven weight training techniques. Topics include squatology, supplements and muscle growth. Meets at Gym weight room.

2:30 p.m., **Command Rowbics**

3 p.m. **Victory PRT**

Want to score Outstanding on the PRT? Attend Victory PRT and experience effective, highly motivating PRT oriented workouts. A variety of training methods are utilized. Meets at Gym basketball court 2A.

Tuesday
6:30 a.m., **Command Jump and Jab**

This class incorporates jumpin, jabbin and jiven! A prize-fighting workout that will roll back time and fight fat forever! Meets at Gym basketball court 1A. Can accommodate 200+ personnel.

11:30 a.m., **Steel Anchor Training**

Show your commitment and motivation by becoming a Steel

Anchor. Successful completion of a percentage based combination of the bench press, squat, and dead lift will win you this prestigious award. Get your name on the wall and the coveted Steel Anchor award t-shirt.

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**

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

11:30 a.m., **Spinning**

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**

Sign Up For Summer Bowling League

From MWR

Looking for something to do this summer to beat the summer heat? Singles and couples are invited to join our Thursday night adult bowling league beginning May 13 at 7:15 p.m.

Cost is \$15 per week. Relax and enjoy an evening of fun with friends in our air-conditioned center. Skill level is not important.

For the kids, our Junior Bowling Program is the best of the best in Jacksonville. Under the direction of Bess Lachowicz and Assistant Coach Don Cook (recently voted Jacksonville's Coach of the Year) children

receive quality bowling instruction while competing against each other as well as traveling to local tournaments to earn scholarship money.

The Summer Youth Program begins May 22 at 10 a.m. Pre-registration is available at the Bowling Center on May 8 at 12 p.m. New bowlers who pre-register will receive a coupon for one free hour of bowling. Weekly cost is \$9 for ages 8-21 and \$4 for ages 3-7.

To register by phone for adult or youth bowling leagues, or for more information, call Mayport Bowling Center at 270-5377.



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 Gary Crews, USMC Ret. Jody Ward, USMC - 4 Yrs.

INVESTIGATORS:
 Brian Schroeder, USN Ret.
 Brian Wyatt, USN Ret.

Haly Participates In 20th Anniversary Of Fleet Week Port Everglades Event

By MC2 Sunday Williams
Fleet Week Port Everglades Media Center

More than 2,500 American Sailors, Marines, Coast Guardsmen and German Sailors arrived in Port Everglades April 26 to participate in the 20th Anniversary Fleet Week Port Everglades, Fla.

Guided-missile destroyer USS Porter (DDG 78) led USS Iwo Jima (LHD 7), USS Independence (LCS 2), USS Newport News (SSN 750), USS Halyburton (FFG 40), USCGC Key Biscayne (WPB 1339) and German multipurpose frigate FGS Hessen (F 221) into the port.

Marine Staff Sgt. Michael Bower stood by as the ships moored and said he gets excited about seeing the military interact with communities.

"This is my third fleet week, but it is my first in the Fort Lauderdale area; so I am really excited to get out in the community and represent the Marine



-Photo by MCSN Travis J. Kuykendall
Vice Adm. Mel Williams Jr., commander of U.S. 2nd Fleet, salutes sideboys aboard the guided-missile frigate USS Halyburton (FFG 40) during a ship visit while Halyburton is in port for Fleet Week Port Everglades. This is the 20th annual Fleet Week in Port Everglades, South Florida's annual celebration of the maritime services.

Corps," said Bower. "We have a way of impacting people, and that's a cool feeling."

Weather was not the typical sunny Florida day, but a sudden deluge of wind and rain didn't keep Sailors like Cryptologic Technician Technical 1st Class (SW/AW) Mavis Milligan from Porter from being excited about being in the area which is also her home.

"It feels awesome to be here at home where my family can see what I do," said Milligan. "I can't wait to take my family aboard my ship to show them around and introduce them to my friends and coworkers."

The weather was a hard hit to the day but Sailors said the "All Hands on Deck Welcoming Party" at the Seminole Hard Rock Hotel and Casino more than made up for it. At the Welcoming Ceremony, Sailors were formally welcomed to the city by the Mayor of Ft. Lauderdale John P. Seiler

"On behalf of the city of Ft. Lauderdale let me welcome you," said Seiler.

The opening ceremony was not only the official kick off for Fleet Week Port Everglades but also a time to welcome and recognize everyone involved.

"It's fantastic, I mean it's a chance to hear from Admiral Howard, Admiral Alexander, some of the other folks here. Obviously a huge number of supporters here and organizations that put forth a lot of effort to make sure that this port visit is going to be a success and that our Sailors are really going to enjoy themselves," said Cmdr. Kent Coleman, commanding officer of Independence.

More than 2,500 American service members and German sailors, will participate in a number of community outreach activities and enjoy the hospitality and tourism of South Florida.



-Photo by MC1 Leah Stiles
Chief Gas Turbine System Technician Gregory Reynolds, assigned to the guided-missile frigate USS Halyburton (FFG 40), paints at a Habitat for Humanity site as part of Fleet Week Port Everglades. Habitat for Humanity builds affordable homes for low-income families. This is the 20th annual Fleet Week in Port Everglades, South Florida's annual celebration of the maritime services.



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Halyburton Welcomes Women Of Tomorrow

By MC2 Daniel Gay
Fleet Week Media Center

More than 50 students and mentors from the Women of Tomorrow Mentor and Scholarship Program toured the guided-missile frigate USS Halyburton (FFG 40) April 27, as part of Fleet Week Port Everglades, South Florida's annual celebration of the maritime services.

The group was invited to tour Halyburton to learn about the Navy and the opportunities it offers, and they also had an opportunity to speak with Rear Adm. Michelle Howard, commander, Expeditionary Strike Group 2.

"I loved the tour," said Pam Edwards, program coordinator for Miami Dade County Public Schools. "These sorts of things really give our students the awareness of the opportunities and it helps to possibly direct them toward career paths."

One of the first stops on the tour was to see the ship's propulsion control console. Chief Gas Turbine System Technician Mechanical (SW) Gregory Reynolds, Halyburton's engineering department leading chief petty officer, enjoyed talking to the students.

"It's awesome to talk to these kids, they always ask the most interesting questions," said Reynolds. "It's good for them. They need to see first hand what we do and how we live, especially if they are thinking of ever joining the Navy."

After the tour Howard, who in 1999 became the first African



Chief Gas Turbine System Technician (Mechanical) Gregory Reynolds explains the propulsion control console to members of the Women of Tomorrow Mentor and Scholarship Program during a tour of the guided-missile frigate USS Halyburton (FFG 40). Halyburton is participating in Fleet Week Port Everglades. This is the 20th annual Fleet Week in Port Everglades, South Florida's annual celebration of the maritime services.

-Photo by MC2 Sunday Williams

American woman to command a Navy ship, spoke to the young women about the military and the importance of education.

"The Navy is a 'Global Force for Good' and part of that is

reaching out to our younger generation and making sure they know what opportunities exist for them in the military service," said Howard. The Women of Tomorrow

members who visited expressed their thanks for the experience.

"We appreciate the tours and hearing from the admiral," said Edwards. "The students are getting the exposure they need to

shape their future."

The students visited Halyburton during the 20th anniversary of Fleet Week Port Everglades, in Ft. Lauderdale, Fla. More than 2,500 American

and German Sailors, Marines and Coast Guardsmen will be participating in a number of community outreach activities and enjoy the hospitality and tourism of South Florida

Crews Vie For Top Spot In Fleet Week DC Olympics

By MC1 Leah Stiles
Fleet Week Media Center

Sailors and Coast Guardsmen came together for a bit of friendly competition at the Damage Control (DC) Olympics, an event held as part of the 20th Anniversary Fleet Week Port Everglades last week.

DC Olympics is an annual tradition at the south Florida-based fleet week, pitting damage control teams against each other. The timed multi-stage event is designed to test all aspects of damage control aboard a ship. The events in this year's competition included fire attack, search and rescue, p-100 race, dress out relay, and pipe patching.

"This is stuff we do on our ship on a daily basis, now we get to come out and do it for fun," said Fireman Aubry Rupp,



-Photo by MC1 Leah Stiles

Sailors fight a fire during Damage Control Olympics, a competition held during Fleet Week Port Everglades. This is the 20th Fleet Week Port Everglades, South Florida's annual celebration of the Maritime Services. More than 2,500 American and German sailors, marines and coast guardsmen will participate in a number of community outreach activities and enjoy the hospitality and tourism of South Florida.

from the USS Iwo Jima (LHD 7) team.

Teams from multipurpose

amphibious assault ship USS Iwo Jima, guided missile

destroyer USS Porter (DDG

78), guided missile frigate USS Halyburton (FFG 40), USCGC Key Biscayne (WPB 1339) and German multi-purpose frigate FGS Hessen (F 221) gave it their all.

"It gives them something to do besides remain on the ship. It's a great day to be outside, to have a little fun, and cheer on their teammates," said Bob Corbett, Lead Instructor at Resolve Marine Group.

The marine services company has a facility located at Port

Everglades, and they have hosted the Fleet Week DC Olympics for the past several years.

The competition requires speed, technical skill, damage control knowledge and communication, and though the competition is more about fun and camaraderie, it is nice to be the winner, as the Iwo Jima team

learned when they took the first place trophy. The German ship Hessen placed second, and the Coast Guard cutter Key Biscayne took third place.

The event was held as part of the 20th anniversary of Fleet Week Port Everglades.



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USS Klakring Conducts Military-to-Military COMREL Project In Fortaleza, Brazil

By MC1 Darryl Wood
CTG 40.0 Public Affairs

Sailors from USS Klakring (FFG 42) and Helicopter Anti-Submarine Squadron Light (HSL) 42, Det. 10 had the opportunity to work side-by-side with the Brazilian Navy, performing maintenance at a nearby school while in Fortaleza, Brazil on April 22.

25 crewmembers of the guided-missile frigate volunteered to assist in a joint Brazilian / United States Navy-led community relations (COMREL) project. This allowed Sailors from both the United States and Brazilian navies to come

together and provide assistance to the community.

The COMREL project in Fortaleza was located at Escola Helenita Mota, a small school with an enrollment of about 400 students. Using volunteers from the both countries, the project focused on painting and grounds maintenance, and also spoke with the students about naval service.

"This COMREL is excellent in terms of integrating both forces and allowing us to work together as partners," said Lt.j.g. Alejandro Reginald of the Brazilian Navy. "A cooperative project like this builds

great confidence. It is not just military-to-military working together, but this also impacts the students and the professors that teach at the school. Seeing us come together like this is inspiring."

Yeoman 3rd Class Emmanuel Rivera, who is assigned to Klakring, realized the impact that assisting in this COMREL has had. "The COMREL was a team effort. The yard work required everyone to help out and we finished because we took turns," said Rivera. "I also feel it was important for the children at the school to see us doing the work we did, because

it allows them to see us [U.S. military] for who we are."

From start to finish, both navies helped each other by giving a hand where needed. Groups were assigned individual tasks but as each task was completed that group would join in and help out on another project. No one stopped until all jobs were complete.

Reginald reflected on the days events with great satisfaction. "As we exchange opinions and experiences it helps us to grow closer together," he said.

Task Group 40.0 is on a six-month deployment to South

America and the Caribbean as part of Southern Seas 2010 (SS10). Southern Seas is an annual U.S. Southern Command (SOUTHCOM)-directed operation implemented by U.S. Naval Forces Southern Command (NAVSO) and executed by Commander, Destroyer Squadron (DESRON) 40 as Commander, Task Group 40.0. Southern Seas focuses on conducting a variety of exercises and multinational exchanges to enhance interoperability, increase regional stability, and build and maintain regional relationships with our partner nations. SS10 includes the guid-

ed-missile frigate USS Klakring (FFG 42), HSL-42 Det. 10, and DESRON 40 serving as the command element.

NAVSO is the naval component command for SOUTHCOM and is responsible for all Naval personnel and assets in the area of responsibility. NAVSO conducts a variety of missions in support of the Maritime Strategy, including Theater Security Cooperation, relationship building, humanitarian assistance and disaster response, community relations, and counter-illicit trafficking operations.



-Photos by MC1 Darryl Wood

Sailors aboard the guided-missile frigate USS Klakring (FFG 42) participate with the Brazilian Navy in a Community Relation project held at a local school in Fortaleza, Brazil while on Southern Seas 2010 deployment. Klakring is on a six-month deployment to Latin America and the Caribbean as part of Southern Seas 2010, a U.S. Southern Command-directed operation that provides U.S. and international forces the opportunity to operate in a multi-national environment.



Sailors assigned to the guided-missile frigate USS Klakring (FFG 42) dig up a portion of the grounds with help from the Brazilian Navy during a Community Relations project in Fortaleza.

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Carney Celebrates Half-Way With 'Carney-val'

From USS Carney

While deployed in Fifth Fleet, USS Carney (DDG 64) celebrated the half-way point of her deployment with a week-long carnival-style celebration. The carnival consisted of various fun and entertaining events, including a triathlon, skeet shoot, swim call, karaoke, and a talent show.

Carney kicked-off "Carney-val" week on Monday morning with an impromptu drag race with USS Cole (DDG 67), who was also transiting through the Gulf of Aden. Both ships raced at full power, with their Battle

Ensigns flapping in the wind, until Carney pulled ahead of Cole and then peeled away in her characteristic Carney "C."

Carney Sailors participated in many events throughout the week, but three of the most popular were the triathlon, skeet shoot, and karaoke. The triathlon was a week-long race on the bike, elliptical, and treadmill. Sailors signed up in groups of three, with each team member competing on one of the three machines. The winning team consisted of Ensign Will Cannon, Ensign John Sadrak, and Ensign Sam Curlee:

Cannon ran five kilometers on the treadmill in 16:39; Sadrak raced three miles on the elliptical in 17:20; and Curlee pedaled four miles on the bike in 9:13.

"A lot of people have been working really hard to get in better shape," Cannon noted, "and the triathlon was a great event for everyone to come out and participate and cheer on their shipmates."

CG Division hosted the skeet shoot, and the Gunner's Mates launched clay pigeons for the participants to blast out of the air with shot guns. Chief Gas Turbine System Mechanical Vidal Bing shot down four of four clay pigeons to win the trophy.

"Carney-oke" karaoke was also hugely popular: Carney Sailors took turns belting out their favorite tunes on the flight deck, including "Boom

Boom Boom" by Fergie, "Super Freak" by Rick James, and "Maria" by Carlos Santana. The embarked Jordanian VBSS team received "Best Group" Carney-oke award for their synchronized song and dance.

Throughout the week, Carney Warriors also participated in Trivial Pursuit games, played in the Madden Tournament, swam in the ocean, and watched a movie on the flight deck. But the grand finale of Carney-val was Saturday afternoon's steel beach picnic, talent show, and shoebox auction: after feasting on burgers and Girl Scout cookies prepared by the Second Class Petty Officer Association, the well-fed Carney Sailors settled down to watch the "Carney Got Talent" show, which included both singers and comedians. Culinary Specialist 2nd Class Jeremy Payne received 10 out of 10

points from each of the three judges (CO, XO, and CMC) after singing "His Eye is on the Sparrow" acappella-style to win the event. Fire Controlman 2nd Class Eric Wingfield's stand-up comedy routine lightly poked fun of various crew members and also received high scores from the judges.

"The talent show was a great way to show another side of our talents," Payne said. "It was a lot of fun to see the many things people could come up with. It was definitely one of the highlights of deployment thus far."

The shoebox auction followed the talent show and was a huge success. Carney's Family Readiness Group donated more than 40 wrapped shoeboxes and mailed them to Carney with written clues and pictures for each shoebox, e.g. "for when you miss the chow line and the ship's store is closed" and "for

a great movie night." Carney Sailors bid on the mysterious shoeboxes in an auction, with the highest bidder paying \$400 for the last shoebox.

"The shoebox auction was a huge success," said Engineman 3rd Class Eric Crugnale, an active member of Carney's MWR committee. "I personally bid on around 12 boxes, but only came away with two. Everyone who joined us on the flight deck had an awesome time bidding against one another. We have a great Family Readiness Group, and I can't wait to see what they have planned for us when we return home."

With the half-way week behind her, Carney continues on her mission for Combined Task Force 50 in the Northern Arabian Sea and anticipates returning to homeport in late July.



Carney Sailors leap off the aft missile deck during swim call in the Northern Arabian Sea.



Carney Sailors play Trivial Pursuit after the ice cream social celebrating Carney's half-way point of deployment.

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Mayport Sailors Volunteer At Local School

By MC2 Elisha Dawkins
Contributing Writer

Sailors from Naval Station (NAVSTA) Mayport volunteered at Mayport Middle School, April 29 in an effort to enhance awareness about educational opportunities the military has to offer upon completion of high school.

"There are roughly about 20 to 30 people from my command

who volunteer on monthly basis. We do a lot of volunteer work around the community, we helped out Neptune Beach Elementary with their field day last week, helping the kids play games at each station. We routinely go out to Mayport Village and help with the beach clean up, it's a multitude of things we do whenever the opportunity arises," said Navy Counselor

1st Class Jonathan Dingler, Command Career Counselor at NAVSTA Mayport.

For students at Mayport Middle School, this is an opportunity for them to not only to make a distinction between the different jobs offered by the Navy, but also to learn about what being in the military is all about.

"It is important for the stu-

dents to recognize the different fields the military has to offer while serving our country, everything from air traffic control to culinary specialist," said Judy Sheklin, Mayport Middle School's Counselor. "It is important for us to keep up communication and involvement with the military, because 30 percent of our school's population are from military fami-

lies."

The sixth, seventh and eighth grade students who participated have been inspired by the military either due to the military's involvement in the community or from their family.

"A lot of my family are in the Navy and I want to join the Navy too so I can travel the world," said Lawon Thorton, a student at Mayport Middle

School.

Helping students excel academically and scholastically is the Navy's key purpose for their volunteer service. Volunteerism such as this is an opportunity for students to broaden their views of the military and to consider service to their country as a prospect for their future.



-Photos by MC2 Elisha Dawkins

U.S. Navy Lt.j.g. Charles Roman and Lt.j.g. Brandon Sargent of Navy Legal Service Office Southeast, speak to students about their job at Mayport Middle School on April 29.



Master-at-Arms 3rd Class Scott of Security Department at Naval Station Mayport, speak to students about her job at Mayport Middle School on April 29. Naval Station Mayport's volunteer service consists of being a mentor and role model to children in the community.

On May 15, USO will host a Military Appreciation Day at the Mayport Naval Station from 11 a.m.-5 p.m. This is our way of saying thank you to the military for all you do. There will be lots of free food, fun, door prizes and live music! Best of all it is free for you and your family. The event will be held at the Sea Otter Pavillion next to the pool (opening that day) and the beach.

USO has rented the Adventure Landing Park at 1944 Beach Blvd. for June 16 for exciting night of fun. The park will be closing early and will be reopened from 6-11 p.m. exclusively for the military. There will be more information announced at a later date.

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 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 for more information.

A tribute program that has provided free admission to SeaWorld and Busch Gardens for more than 4 million members of U.S. and coalition armed forces and their families has been extended through 2010. "Here's to the Heroes," a program sponsored by Anheuser-Busch, was launched in February 2005 to celebrate the service of military men and women and the sacrifices made by their families.

Any active duty, active reserve, ready reserve service member or National

Guardsman representing any of the five service branches is entitled to free admission under the program. He or she need only register, either online at www.herosalute.com or in the entrance plaza of a participating park, and show a Department of Defense photo ID. Also included in the offer are members of foreign military forces serving in the coalitions in Iraq or Afghanistan or attached to American units in the U.S. for training.

Inactive, standby and retired reserve members, military retirees, U.S. Merchant Marine and civilian Department of Defense workers are ineligible for the program. The program does not include Discovery Cove or SeaWorld's waterpark, Aquatica.

The Veterans History Project First Coast is dedicated to honoring the many veterans of Northeast Florida and those who supported war efforts. We record the memories of those who have served our country by conducting interviews. These stories are placed on our website for others to listen and learn: www.vhpfirstcoast.org. We are a partner with the Library of Congress in Washington, D.C. where the

memories of those we interview are archived for future generations: <http://www.loc.gov/vets/>.

Our goal at VHPFC is to reach the more than 200,000 veterans in our area. If you are interested in volunteering to help us achieve this goal, please visit our website for more information on how you can enrich your life and honor a veteran.

United Through Reading program makes it possible to share in the enjoyment of reading to the children in your life, even while thousands of miles apart. The Mayport Center and NAS Center can record you reading

a book to your children and send it to them after you have gone on deployment. It is a great way to make them smile on their special day even when you can not be there with them. Please contact your local USO center for more information.

There is a computer resource center available to all service members with email, Internet and word processing. Fax, copy and free notary service is also available.

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

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

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

DeCA Helps With Nutrition

By Cherie Huntington
DeCA public affairs specialist

In its role as nutritional leader for the armed forces, the Defense Commissary Agency has rallied behind the Army's new Comprehensive Soldier Fitness Program to help soldiers and their families get fit by making healthy food choices at their commissary – and at savings of 30 percent or more on their purchases.

The new inspirational program calls for multidimensional fitness in the realms of physical, emotional, social, family and spiritual health.

"Good nutrition plays a critical role in every facet of fitness," said DeCA Director and CEO Philip E. Sakowitz Jr. "Your commissary can provide you with the tools you need to eat healthy."

The agency plans a TV spot for airing on military media educating DeCA customers about the program, as well as posting program information in commissaries worldwide. DeCA's dietitian, Karen Hawkins, herself a lieutenant colonel in the Army Reserve, will not only talk about the

program's importance on various radio shows, she'll also be available to answer questions from soldiers and their families about diet and nutrition.

Commissary shoppers can

contact the dietitian via "Ask the Dietitian" on DeCA's web page, <http://www.commissaries.com>. There, they can read her weekly columns, current and archived, or post questions.

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FFSC Workshops Are For Sailors, Families

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.

May 6, 9-10 a.m., **TRACC**, Building On Room 719

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

May 10, 6-7 p.m., **IA Family Discussion Group**, USO

May 10, 9-11 a.m., **What About The Kids?**, FFSC

Children who witness family violence are often forgotten as the unintended victims. A wide range of child adjustment problems has been found to be associated with exposure to domestic violence. Parent's need to see and understand the effects of domestic violence on children as encompassing behavior, emotion, development and socialization. Parents need to understand that there is an intergenerational cycle of violence and they may be creating a legacy for their child of learned violent behavior. The purpose of this program is not to shame parents for events that have already happen, but to instill hope that things can change. The knowledge that the

violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention.

May 10-13, 8 a.m.-4 p.m., **TAP Retiree Workshop**, Building One, Room 1616

Designed for Military personnel within 180 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.

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

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

May 12, 9 a.m.-noon, **Tottletyme Playgroup**, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to

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

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

May 13, 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.

May 13, 9-11:30 a.m., **Smooth Move**, Building One Room 719

May 17, 8:30 a.m.-noon, **FERP-Career & Job Readiness Class**, FFSC

May 17, 1-3 p.m., **FERP-Federal Employment Class**, FFSC

May 17, 8 a.m.-4 p.m., **CONSEP**, Building 460 Room C

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

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

May 19, 9 a.m.-noon, **Tottletyme Playgroup**, USO

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

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

May 24, 6-8 p.m., **Ombudsman Assembly**, Building 1 Room 104

May 24-27, 8 a.m.-4 p.m., **TAP Separatee Workshop**, Building One, Room 1616

Designed for Military personnel within 180 days of leaving the military. The seminar focuses on benefits for ser-

vice 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.

May 24-25, 8:30 a.m.-3:30 p.m., **Three Is A Crowd**, Building 1 Room 702

As you seek to recover from a marital affair, this workshop will guide you and your spouse toward five outcomes: Stabilize the marriage in the initial crisis. Provide structure for this emotionally volatile environment. Bring closure to the "old" marriage - the marriage prior to the affair. Set established skills necessary for the "new" marriage pattern. Answer the questions: "How could you do this to me?" "Why did you do it?"

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

May 25, 9-noon, **Couples Communication**, FFSC

Whether you've been dating for 6 months or married for 20 years, effective communication is critical to keeping your

relationship happy, healthy and strong. Come learn new techniques which will help you build on the strengths of your relationship and learn to identify barriers to effective communication. Class is a one-time 3 hour class. Couples are encouraged but not required to attend class together.

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

May 26, 9 a.m.-noon, **Tottletyme Playgroup**, USO

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

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

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

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

FFSC Pampers Expectant Moms With Tea Party



-Photos by MC2 Elisha Dawkins
Rebecca Cox wife of CTSN Joseph Cox and Anabel Ybarra wife of Chris Ybarra, both of USS De Wert, attend the fifth annual English Tea meeting at Naval Station Mayport on April 29, 2010. The event is held to honor many expecting mothers in awareness of child abuse prevention.

By MC2 Elisha Dawkins
Contributing Writer

Expectant mothers from Naval Station Mayport donned a hat and settled in for a bit of pampering during the 5th annual English Tea party at Naval Station Mayport on April 29.

Sponsored by Naval Station Mayport's Fleet & Family Support Center (FFSC), the center offers education and assistance to service members and their families through the Navy New Parent Support Program. New Parent Support is designed to decrease deployment stressors and encompass valuable resources for the parent and child.

"[New Parent] serves anyone that has children. There is a variety of people that are involved like community

resource, military resources, like our Navy Recovery Relief. If we need food, assistance or anything we can help our families with, there are opportunities out there," said Jaye Meyer, a Support Specialist at FFSC.

The tea party centered on child abuse prevention and promotion of healthy delivery and postpartum care for infants. In many different occasions husbands are deployed before or after delivery for many months or up to year that can trigger stressors for both the mother and father.

"I am happy the Navy provides resources for us expecting mothers who are Sailors," said Seaman Rochelle Cole.



Helen Williams the Fleet and Family Support Specialist, speaks to mothers about the resources they have for expecting mothers at the 5th annual English Tea.

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2 CRESTWICK SOUTH LOT 64	CRESTWICK SOUTH • 904-696-3201 located on Duval Station Rd. on the Northside	lot 72 3 bed/2 ba \$192,210 lot 64 4 bed/2 ba \$190,200 lot 91 3 bed/2 ba \$205,950 lot 94 4 bed/2 ba \$197,800	SEDA NEW HOMES "Get the \$1 Military Move-In Too!" -Thurman

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Solid Choices When Choosing Solid Foods

By Alexis D. Washington

TRICARE Management Activity

There are many developmental milestones as babies grow into toddlers, and one of the most important is the transition to solid foods.

It's critical parents know and understand when the time is right to move to their child to solid foods because, if it's done too soon, it can result in overfeeding. The transition can begin between 4-to-6 months of age, but parents should make sure a child is physically ready for solid foods to avoid choking hazards.

The National Institute of Health (NIH) lists developmental milestones indicating an infant is physically ready for solid foods:

- The birth weight has doubled

HEALTH BEAT

- The baby has good control of head and neck

- The baby can sit up with some support

- The baby can show fullness by turning the head away or by not opening the mouth

- The baby begins showing interest in food when others are eating

Iron-fortified baby rice cereal mixed with breast milk or formula with a thin consistency is a good starting point for solid foods. A thicker consistency may be mixed as the baby learns to control it in his or her mouth. Initially, offer cereal two times per day in servings of 1-to-2 tablespoons (dry

measurement) and gradually increase to 3-to-4 tablespoons. NIH also suggests parents only introduce one new cereal per week to watch for an intolerance or allergy.

At 6-to-8 months infants should continue drinking breast milk three-to-five times a day. Babies will drink less as the solid foods become a greater source of nutrition. After a baby has tried a variety of baby cereals, it's OK to try strained fruits and vegetables. The amount of fruits and vegetables eaten each day by a baby will vary between two tablespoons and two cups depending on the child's size and how well the

child eats the fruits and vegetables. As with cereal, the consistency of foods may be gradually increased with the child's tolerance. NIH guidelines for introducing fruits and vegetables are:

- For strained fruits and vegetables, introduce one at a time waiting two-to-three days in between to check for any allergic reaction

- Start with plain vegetables such as green peas, potatoes, carrots, sweet potatoes, squash or beans and plain fruits such as bananas, applesauce, pears, peaches or melon

- Give fruits and vegetables in 2-to-3 tablespoon servings and offer about four servings per day.

During the 6-to-8 months stage finger foods may be introduced. Soft cooked vegetables,

washed and peeled fruits, graham crackers and noodles are good finger foods. Avoid salty, sugary and hard foods. Also, be careful with foods like chunks of uncooked vegetables, apple chunks or slices, grapes, peanut butter, popcorn, nuts, seeds and round candies because they may cause choking. Teething foods, such as toast strips, unsalted crackers, bagels and teething biscuits may also be introduced at this time.

The 8-to-12 months range is the stage when a baby is ready for strained or finely chopped meats. For breast-fed infants, start meats at 8 months. Breast milk is not a rich source of iron and infants only have enough iron stores to last until this age.

Offer only one new meat per week in a 3-to-4 tablespoon-sized serving. Use strained and

finely ground meats, frankfurters, or meat sticks. Also increase fruits and vegetables serving sizes to 3-to-4 tablespoons, four times per day. Eggs may now be given three or four times per week, but only use the yolk until the baby is older than 12 months because some babies are sensitive to egg whites.

Proper nutrition for babies and toddlers is essential to healthy growth and development. For more information about infant and toddler nutritional needs or age appropriate diets visit www.nlm.nih.gov/medlineplus/ency/article/002455.htm. Also get additional information about children's nutrition and obesity at www.tricare.mil/getfit.

Ask Dr Joe Doctors Can Help Teach Kids Preventative Care

Q: What may be the most important preventative care topic to tell a parent bringing their child for an appointment?

Last month was the month of the military child. Children of military parents are a special breed that grow up often uniquely different from their peers. They can tell stories of climbing Mt. Vesuvio or running across the sands of Waikiki unlike their friends who have never lived in such diverse places. They do however face many of the same risks that their friends out in town face. I like to tell parents bringing their children to see me for visits about the best preventative health measures they should know about.

Immunizations may be the most important medical intervention that every child should get on time.

Preventing them from ever wanting to smoke cigarettes may be the most important long term measure that a doctor can help to instill in the child.

But car accidents may end up hurting our children the most. Every hour, 150 children between ages 0 and 19 are treated in emergency departments for injuries sustained in motor vehicle crashes. More children ages 5 to 19 die from crash-related injuries than from any other type of injury. In the United States during 2008, 968 children ages 14 years and younger died as occupants in motor vehicle crashes, and approximately 168,000 were injured.

What are the risk factors?

- Fifteen percent of occupant deaths among children ages 0 to 14 years involved a drinking driver.

- More than two-thirds of fatally injured children were killed while riding with a drinking driver.

- Children see then do. Restraint use among young children often depends upon the driver's seat belt use. Almost 40 percent of children riding with unbelted drivers were themselves unrestrained.

- Child restraint systems are often used incorrectly. One study found that 72 percent of nearly 3,500 observed car and booster seats were misused in a way that could be expected to increase a child's risk of injury during a crash.

How can injuries to children in motor vehicles be prevented?

- Child safety seats do work. They reduce the risk of death in passenger cars by 71 percent for infants, and by 54 percent for toddlers ages 1 to 4 years.

- The National Highway Traffic Safety Administration recommends booster seats for children until they are at least 8 years of age or 4'9" tall.

- According to researchers at the Children's Hospital of Philadelphia, for children 4 to 7 years, booster seats reduce injury risk by 59% compared to seat belts alone.

- All children ages 12 years and younger should ride in the back seat. Riding in the back seat is associated with a 40 percent reduction in the risk of serious injury for children

ages 16 and younger. Putting children in the back seat eliminates the injury risk of deployed front passenger-side airbags and places children in the safest part of the vehicle in the event of a crash. Adults should avoid placing children in front of airbags.

- Overall, for children less than 16 years, riding in the back seat is associated with a 40 percent reduction in the risk of serious injury.

Overall data collected by the CDC has shown many doctors fail to discuss vehicle safety rules with parents when they come in with their children. The findings suggest that, although the prevalence of pediatric injury-prevention counseling remains low, such counseling was associated with safer behaviors among children, including use of bicycle helmets

while biking and use of car seats and seat belts while riding in motor vehicles.

Prevention Tips

One of the best protective measures you can take is using seat belts, child safety seats, and booster seats that are appropriate for your child's age and weight.

Know the Stages

- Typically, babies should be placed in rear facing car seats until they are at least 1 year old and weigh 20 pounds.

- When babies move into front-facing car seats, they should remain in these seats until they are at least 4 years old or weigh 40 pounds.

- Children should be seated in booster seats from about age 4 to age 8, or until they reach 4'9" tall.

- All children ages 12 and under should be seated in the

back seat of vehicles.

A Tip for Parents of Teens

If you're a parent of a teen who is learning to drive, sign an agreement with them to limit risky driving situations, such as having multiple teen passengers and driving at night.

Helmets do help when children operate their own vehicles...their bikes!

Children should wear motorcycle or bike helmets any time they are on a motorcycle or bicycle.

Example means much to children riding in our cars with us. We should always buckle up to teach the kids as well as keeping the driver safe. Kids need their booster seats until they are 8 and should be happy riding in the backseat until their 12th birthday!

AMA Top Doc Visits NH Jax



-Photo by HM1(SW) Michael Morgan

American Medical Association (AMA) President elect Dr. Cecil Wilson, MD, takes questions from a gathering of healthcare providers at Naval Hospital Jacksonville on April 26. Wilson was accompanied by Dr. Yank Coble, MD, director, University of North Florida (UNF) Center for Global Health & Medical Diplomacy; Dr. John "Jack" Kilkenny, MD, Duval County Medical Society (DCMS) president; Dr. Jay Millson, DCMS executive vice president; Dr. Alan Harmon, MD, Florida Medical Association (FMA) treasurer; and Dr. Russ Jackson, FMA senior vice president. This distinguished group of physicians was hosted by NH Jax Commanding Officer Capt. Bruce Gillingham, MC, USN. Wilson, a former Navy doctor, among other topics, shared insights with the group on the AMA's involvement with healthcare reform, particularly how it might impact military healthcare. He described the passage of the healthcare reform legislation as "Not the end - just the end of the beginning." He said, "I look forward to being involved."

Balfour Beatty Communities

Balfour Beatty Communities Foundation

bbcommunitiesfoundation.org

ANNOUNCEMENT

Deadline for Academic Scholarships Applications has been extended to May 15th!

BALFOUR BEATTY COMMUNITIES FOUNDATION SCHOLARSHIP PROGRAM

Balfour Beatty Communities Foundation is accepting scholarship applications from high school and undergraduate students of our family housing residents for the 2010-2011 academic year. To apply for these scholarships go to the Foundation's website, bbcommunitiesfoundation.org, print out, complete, and submit the application and all required materials to Balfour Beatty Communities Foundation at 10 Campus Boulevard, Newtown Square, PA 19073. Applications must be received by May 15, 2010.

OUR MISSION:

- To assist returning service members who have become disabled and now require specially-adapted homes
- To provide educational scholarships to children of its active duty service members that live in Balfour Beatty Communities family housing
- Build remembrance areas

bbcommunitiesfoundation.org

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Out in Town

COMMUNITY CALENDAR

Thursday, May 6
Fleet Reserve Association, Branch 290, will hold its monthly General Assembly meeting at 8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. All members and prospective members are invited to attend. The Fleet Reserve Association is a worldwide veteran's organization that represents nearly 1,650,000 active duty and retired Navy, Marine Corps and Coast Guard members. The FRA Branch 290 is called the "active duty branch" because of the number of active duty members. If you have served in any of the maritime service - Navy, Marine Corps or Coast Guard, no matter how long - stop by the Branch Home or call 246-6855 for more information. New members are always welcome.

The Duval County Extension Agency will host "Spring Into Summer" from 6:30-8:30 p.m. at West Branch Library, 1425 Chaffee Road South. This free program will teach you how to select the proper turf, and how to maintain it. You will also learn how to use containers for planting summer herbs and vegetables. Pre-registration is required to Becky Davidson at (904) 387-8850 or email beckyd@coj.net.

Friday, May 7
Come join the Fleet Reserve Association for a night of Karaoke at the Branch Home, 390 Mayport Road, Atlantic Beach, FL. Featured will be host Cindy, from 9 p.m.-1 a.m. The bar will be open for drinks and snacks.

Saturday, May 8
Come join the Fleet Reserve Association for a night of Music and Dancing at the Branch Home, 390 Mayport Rd. Featured will be The Moody Brothers, from 9 p.m. to 1 a.m. The bar will be open for drinks and snacks.

Join a park ranger at 1 p.m. and learn about the life-cycle of the sea turtle and the importance of these creatures. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

The Cummer Museum of Art & Gardens, 829 Riverside

Ave., is hosting a morning of fun for children ages 3 to 5 and their favorite adult from 10:30 a.m.-noon. Participants of Art for Two: ABZ Books will spend an hour together exploring the galleries, art making and time in Art Connections. Participating individuals can gain inspiration for their ABZ alphabet collage book by touring Jazz ABZ: An A to Z Collection of Jazz Portraits by Paul Rogers with poems by Wynton Marsalis. The exhibition, on view through August 8, 2010, features 27 paintings of famous jazz musicians by Rogers. This exhibition includes selected poems by Marsalis and highlights jazz legends from A (Louis Armstrong) to Z (Dizzy Gillespie) through art and poetry. This marks the first time these works have been presented in a museum exhibition. Cost for members is \$10 per pair, per class. Non-members is \$15 per pair, per class. Pre-registration is required. For more information or to register, please call Art Connections at (904) 355-0630.

Monday, May 10
Fleet Reserve Association, Branch 290, invites you to play Bingo at the Branch Home, 390 Mayport Road, Atlantic Beach. Games start at 6 p.m. and are usually finished by 8 p.m. Snacks will be available for a small donation.

Tuesday, May 11
The Duval County Extension Agency will host "Butterflies For Your Garden" from 6:30-8:30 p.m. at Webb Wesconnett Regional Library, 6887 103rd St. This free program will teach you about the basic needs of the Lepidoptera butterfly family, plants that attract butterflies and butterfly pest management. Pre-registration is required to Becky Davidson at (904) 387-8850 or email beckyd@coj.net.

Wednesday, May 12
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 Rd. Snacks will be available for a donation of \$1.50 to \$5. Then stay and enjoy the music

of Doug Bracey from 9 p.m. to 1 a.m.

Friday, May 14
Fleet Reserve Association Branch 290 is hosting a Spaghetti Dinner from 5 to 8 p.m. at the Branch Home at 390 Mayport Rd. The menu will include garlic bread and salad. A donation of \$6.00 is requested for each dinner. Carry out orders are accepted. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. The public is always invited to dinner. Starting at 9 p.m. the music of GUITAR RED will entertain until 1 a.m.

Saturday, May 15
Fleet Reserve Association Branch 290 is hosting a Shepherd's Pie dinner from 5 - 8 p.m., at the Branch Home at 390 Mayport Rd. A donation of \$6 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m. the music of Guitar Red will entertain until 1 a.m. Happy hour precedes the dinner from 4 - 6 p.m., all drinks are 50¢ off.

The 11th Annual Riding Into History will be held at the World Golf Village near St. Augustine, Florida. The event is one of America's premier vintage motorcycle shows and it features a Concours d'Elegance, Charity Rides and the Biker's Ball. All proceeds go to the Wounded Warrior Project. Craig Vetter will host free seminars at the Concours, and Clement Savadori noted writer and world motorcycle traveler serves as Grand Marshal. For more information go to: RidingIntoHistory.org.

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.

Join the Jacksonville Humane Society for the 11th annual "Fur Ball Gala: A Night at the Oscars" from 7-11 p.m. at the Omni Jacksonville Hotel. This year's black-tie fundraiser will feature dinner, live and silent auctions and the crowning of the four-legged best actor and

best actress. Tickets are \$150 per person, \$1,000 for a half table, \$1,500 for a personal table and \$1,700 for a corporate table. Pets are admitted for free with their owners. Tickets can be purchased at www.jax-humane.org or by calling 904-725-8766.

The Cummer Museum of Art & Gardens, 829 Riverside Ave., is hosting a morning of fun for children ages 6 to 12. Participants of Art Adventures: ABZ Books will spend two hours exploring the galleries, art making and time in Art Connections. Participating individuals can gain inspiration for their ABZ alphabet collage book by touring Jazz ABZ: An A to Z Collection of Jazz Portraits by Paul Rogers with poems by Wynton Marsalis.

The exhibition, on view through August 8, 2010, features 27 paintings of famous jazz musicians by Rogers. This exhibition includes selected poems by Marsalis and highlights jazz legends from A (Louis Armstrong) to Z (Dizzy Gillespie) through art and poetry. This marks the first time these works have been presented in a museum exhibition. Cost is \$10 for members and \$15 for non members. Pre-registration is required. For more information or to register, please call Art Connections at (904) 355-

0630.
Monday, May 17
Fleet Reserve Association, Branch 290, invites you to play Bingo at the Branch Home, 390 Mayport Rd. Games start at 6 p.m. and are usually finished by 8 p.m. Snacks will be available for a small donation.

Saturday, May 22
Join a park ranger at 10 a.m. for a walk on the beach as they explain the importance of undeveloped beach habitat, including many interesting facts about sea creatures and common shells found in the area. The program will take place at pavilion one on Little Talbot Island.

Saturday, May 22
Join a Park Ranger at 1 p.m. for a leisurely paced hike to discover the island's natural communities. Participants are encouraged to bring bug spray and bottled water. This program will take place at the Ribault Club on Fort George Island Cultural State Park.

Sunday, May 23
Join a Park Ranger at 10 a.m. for a leisurely paced hike to discover the island's natural communities. Participants are encouraged to bring bug spray and bottled water. This program will take place at the Ribault Club on Fort George Island Cultural State Park.

Join a park ranger at 1 p.m.

for a walk on the beach as they explain the importance of undeveloped beach habitat, including many interesting facts about sea creatures and common shells found in the area. The program will take place at pavilion one on Little Talbot Island.

Saturday, May 29
Join a park ranger at 1 p.m. for a program about jellyfish, Portuguese Man of War, and stingrays that are frequently seen along Talbot's Beaches and some basic first aid if you should unfortunately meet one of these Talbot residents. The program will take place at pavilion one on Little Talbot Island.

Saturday, June 5
Join a park ranger at 3 p.m. and discover the importance of estuarine systems that surround the inshore sides of barrier islands like those of the Talbot Islands State Parks complex. This ranger-guided hike along the salt marsh will help point out why these areas are one of the most productive ecosystems on Earth. Participants will also learn about the many roles the salt marsh plays, the plant and animal life found in this natural community, and the impacts humans have on this system. This program will take place at the Ribault Club in Fort George Island Cultural State Park.

Jacksonville Suns vs. Birmingham Barons

Monday, May 10th ~ 7:05pm - Golf Night with Jim Furyk and First Belly Buster Monday. Catch an appearance from the #2-ranked golfer in the world and Hometown Hero Jim Furyk, presented by Salty Rock Cantina and The Florida Times-Union. Plus, enjoy the first Belly Buster Monday of the season, where \$20.00 gets a Homeplate Box seat and an all-you-can-eat buffet of hot dogs, hamburgers, popcorn, ice cream treats and soft drinks from 6-8pm! Presented by

Tuesday, May 11th ~ 7:05pm - PTA Night, KRAFT Singles Tuesday Night Tickets and Fifty-Cent Family Feast Night The best area PTAs and individual volunteers will be recognized on the field and ticket discounts are available for all PTA members at the ticket windows. Plus, fifty-cent hot dogs, peanuts and ice cream treats all night! Bring a KRAFT Singles package wrapper to the box office for a steal of a deal! Visit kraftsingles.com for more info. Presented by

Wednesday, May 12th ~ 1:05 pm - Businessperson Special \$14.50 buys a box seat, large hot dog and large beverage of choice. Baseball in the SUNSHINE! Presented by

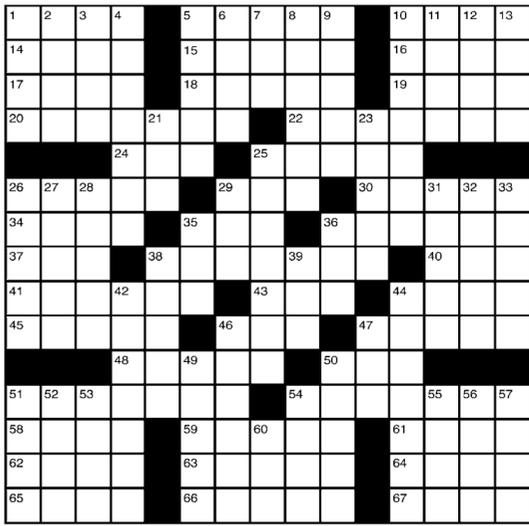
Thursday, May 13th ~ 7:05pm - Thursday Night Throwdown and Nurses Night Enjoy Buds for a Buck and buy one, get one cocktails at the hottest spot in Jacksonville during the summer! Also, join us as we celebrate the end of Nurses Week. Nurses receive half-off Homeplate Box tickets with employee ID. Presented by

Friday, May 14th ~ 7:05pm - Scout Night #2 & Friday Family Fireworks Boy and Girl Scouts are invited for a special Scout night featuring a post-game campout and midnight movie. After the game, Friday Family Fireworks, courtesy of NAPA Auto Parts and your local NAPA Autocare Center Dealers. Presented by

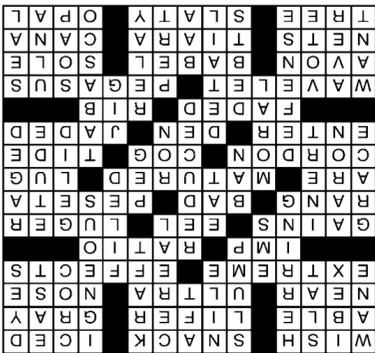
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THE Daily Commuter Puzzle by Jacqueline E. Mathews

- ACROSS**
- "When You ___ Upon a Star"
 - Bite to eat
 - ___ tea
 - Qualified
 - One who won't leave prison
 - Hair color
 - Close by
 - Prefix for violet or marine
 - Schnoz
 - Excessive
 - Consequences
 - Mischief maker
 - Numerical comparison
 - Acquires
 - Snakelike fish
 - Sled racer
 - Pealed
 - Wicked
 - Spain's dollar before the Euro
 - "___ you kidding?"
 - Ripened
 - Schlep
 - ___ off; surround with police tape
 - Gear tooth
 - Neap ___
 - Penetrate
 - Cozy room
 - Made apathetic by experience
 - Lost color
 - Curved bone
 - Ripple
 - Mythological winged horse
 - Cosmetic name
 - Biblical tower city
 - Shoe bottom
 - New Jersey basketball team
 - Jeweled crown
 - Biblical wedding town
 - Maple or fir
 - Gray like fine-grained rock
 - Gemstone
- DOWN**
- Dwindle
 - Wild goat
 - Bench piece
 - Red ___; distraction
 - Sink suddenly
 - Longest river
 - Fore and ___
 - Oatmeal
 - Packaged macaroni-and-cheese brand
 - Like molten rocks
 - Swamp reptile, for short
 - Direction
 - Recolors
 - 13th letters
 - Used an emery board
 - Decreased
 - ___ Kelly
 - Burr or Spelling
 - Motionless
 - Dine
 - Very cold
 - Piano piece
 - Stormed
 - Prohibit
 - Cribbage piece
 - Ethical
 - Actor Howard
 - Safeguard
 - Hot pepper sauce
 - Fine point
 - Irish dance
 - Obligations
 - ___ race
 - Desire
 - Declare
 - Cast a ballot
 - Saucy
 - Cleansing bar
 - Arm bone
 - Barking animal
 - Sheep's cry



THIS WEEK'S ANSWERS



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Don't Get In Trouble With Dance Studio, Health Studio, Martial Arts Studio Contracts

By Thomas E. Wallace, Esq.,
NLSE

A common fact pattern seen in our legal assistance offices is the individual who has entered a dance studio, health studio, or martial arts studio contract and who then subsequently wants to cancel the contract before completing the contract term. The desire for canceling the contract can come from many reasons; physical injury, transfer, or just being tired of the activity to just name a few. The problem is that these contracts, like many commercial contracts, do not often provide an easy way to terminate the contract.

First, there is no statute, either on the federal level (e.g. the Servicemember's Civil Relief Act) or state level in Florida, which allows servicemember's or their family members to terminate such contracts due to a permanent change of station transfer or some other military justification. If a servicemember or family member wants such a provision in these contracts, it must be negotiated and put in writing into the contract before signing the contract. Occasionally, these studio contracts do have a right to cancel within three days of signing the contract. Health studio contracts must have this provision in Florida. However, most of clients with this issue have a reason or desire to terminate such contracts well after the three days to terminate have expired.

Another reason that may allow termination of these contracts is the buyer's inability to

perform the physical activity required due to a physical injury or illness. The request for termination must be accompanied by the written opinion of a medical doctor who is licensed to provide such diagnosis of the physical inability of the buyer to continue the physical activity. A buyer can also terminate the contract if the studio goes out of business and ceases operating or relocates to a geographic area outside of where the buyer resides. Some of these studios will allow a buyer to terminate if the buyer relocates and there is not another affiliated studio in the location to which the buyer transfers, but again any consumer should ensure that this right to terminate for this or any reason is in writing in the contract before the contract is signed.

Termination laws on health studios, martial arts studios and dance studios vary from state to state. While Florida may not have a statute that allows a military member to exit such studio contracts, other states may. You should consult your local legal assistance office if you want to terminate such a contract to determine what methods for termination may exist in the state in which you are located. Moreover, a state may have laws regulating one of these studios but not the other. For example, the State of Florida regulates health studios in sections 501.12 to 501.019 of the Florida Statutes and regulates dance studios in section 501.143 of the Florida Statutes. However, a common mistake in Florida is to assume that a

martial arts studio is also regulated by the same statutes that regulate health studios. This is not so unless the martial arts studio can also be considered a health studio because of the existence of separate physical fitness equipment in the martial arts studio. Currently, Florida has no separate statute for regulating a pure martial arts studio.

One thing that everyone must remember about health studio, martial arts, or dance studio contracts is that there is no provision in such contracts or in the law for simply terminating the contract because the buyer gets tired or bored of the activity and just wants to quit. Thus, if the contract is being entered for the extended family, including the children, you must make sure that everyone is going to maintain an interest in the activity. If not, you should probably not enter such a contract.

The contacts with these studios are often sold for long periods of time and have automatic renewal periods that often extend beyond the timeframe that a servicemember and their family may be stationed in a particular area. Again, as with any contract for a term, you must scrutinize the contract for how you may terminate the contract. As there is no special statute in this area that allows servicemembers to terminate these contracts early, any servicemember would have to have termination provisions clearly specified in the contract. If the studio is not willing to do that the servicemember should consider not signing the contract and finding another stu-

dio with which to do business. And, as with any contract, a servicemember should never sign a contract in which they waive their protections under the Servicemember's Civil Relief Act or any other act that specifically affords servicemembers protections.

Another issue with these contracts is that the buyer will not realize that special programs, such as dance competitions or testing for various martial art belts, are extra additional costs over and above the fee for membership at the studio that may not be revealed to the buyer when the contract is originally signed. These hidden costs can greatly increase the overall cost of the particular activity. Servicemembers and their family members should determine if the activity is provided for low or no cost on the base. As with any service, if it is not available on the base, shop around for the best deal

and have any contract scrutinized by your local legal assistance office before signing the contract. If you must go out in town and buy the service on the local economy, please consult the Better Business Bureau online at <http://www.bbb.org/> or other consumer complaint sites to determine the history of a particular health, dance or martial arts studio in resolving consumer complaints and the overall rating of the studio. Please consult your local legal assistance office for assistance with a martial arts studio, health studio or dance studio contract or any other legal issue.

Legal assistance attorneys are available to help. Call them at the following numbers: Jacksonville, Florida at (904) 542-2565 ext. 3006; Mayport, Florida at (904) 270-5445 ext. 3017; Kings Bay, Georgia at (912) 573-3959; Charleston, South Carolina at (843) 764-7642/44; Gulfport, Mississippi

at (228) 871-2620; Pensacola, Florida at (850) 452-3734; New Orleans, Louisiana at (504) 678-4692; Corpus Christi, Texas at (361) 961-3765; and Fort Worth, Texas at (817) 782-6009. This article is not intended to substitute for the personal advice of a licensed attorney.

Wallace is the assistant officer-in-charge of the Naval Legal Service Office Southeast, Detachment Naval Air Station Jacksonville Office. He is the senior civilian legal assistance attorney for Naval Legal Service Office Southeast. He is also a Commander in the Navy Reserve. He is licensed to practice law in the States of Florida and Wisconsin as well as licensed before the Federal District Courts in the Eastern District of Wisconsin, the Middle District of Florida and the United States Supreme Court.



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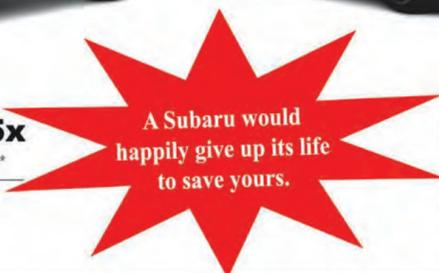
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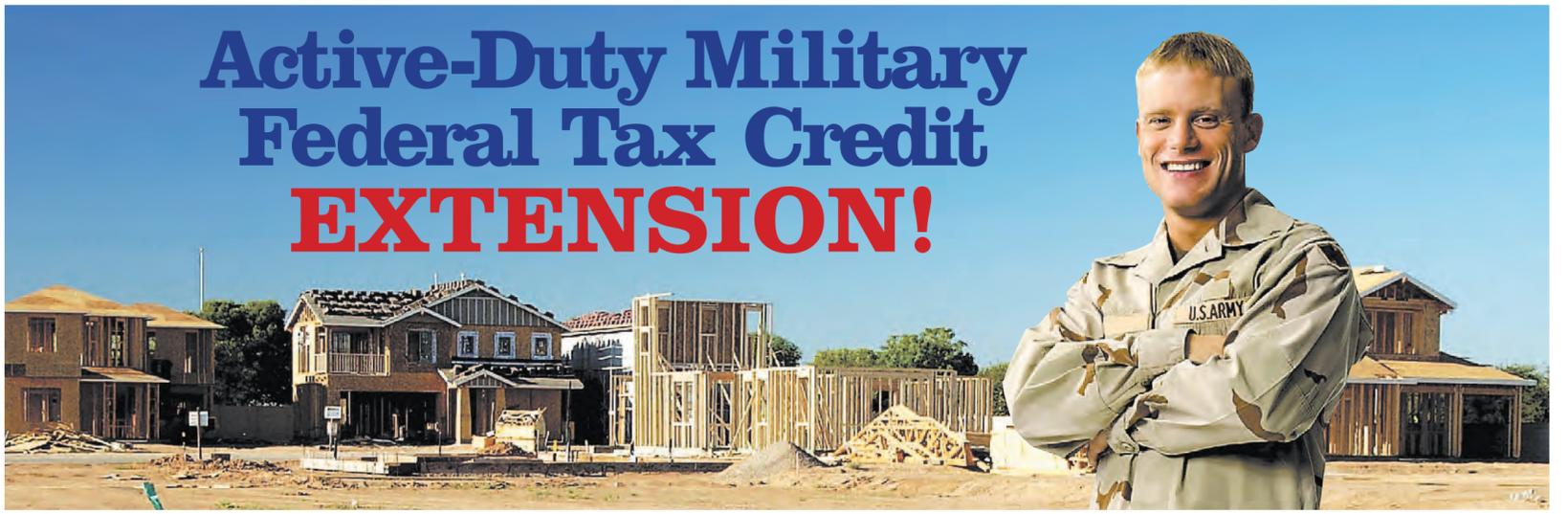
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