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Closing The Purse Strings

Defense Department Calls On Services, Components To Identify Real Savings

By Donna Miles

American Forces Press Service

The military services and defense components will receive official guidance in the coming days directing them to find ways to cut costs and improve efficiencies so the savings can be used to improve warfighting capabilities, Deputy Defense Secretary William J. Lynn III said June 4.

Lynn is leading Defense Secretary Robert M. Gates' crackdown on overhead, bloat and unnecessary spending, announced during a major speech last month at the Eisenhower Library in Abilene, Kan.

The initiative is a three-part process, Lynn explained. It

involves cutting non-essential programs, shifting the dollars saved to force structure and modernization accounts, and making those accounts more efficient.

But it also aims to make the department itself a flatter, more efficient organization, with fewer headquarters and smaller staffs.

Ultimately, the department aims to shave more than \$100 billion from existing programs over the next five years and to redirect those funds to maintaining and building the force's warfighting capabilities, Lynn said.

The Army, Navy and Air Force will be asked to find \$2 billion in cost savings in fis-

cal 2012. They'll all get to keep the savings they generate to improve their own capabilities - a carrot Lynn said he hopes will provide the incentive needed for them to take a long, hard look at their programs.

"This is not an effort to reduce the defense budget," or "top line," he emphasized. "This is about operating within a constrained top line and trying to get enough resources into that warfighting end, in addition to developing that operating capability."

History shows that the Defense Department needs 2 to 3 percent in real growth each year to service the force structure - refreshing its technology, recapitalizing and moderniz-

ing it and giving troops "what they need to do their very best," Lynn said.

That's more than defense planners expect to receive for the foreseeable budget cycles. The Defense Department received a 1.8 percent increase from fiscal 2010 to 2011, but beginning in 2012, it expects just 1 percent growth for the next five years.

"What we are trying to do here is to get that 2 to 3 percent in the accounts where it is needed - force structure and modernization - without asking for an increase in the top line," Lynn said.

Calling the targeted reductions "ambitious," Lynn said the cost-cutting will begin at

the Office of the Secretary of Defense level and continue throughout the department.

"We're going to the defense components looking for savings and initiatives," he said. "We're going to the combatant commands looking for efficiencies. And we have a cross-cutting set of groups that are looking at broad department-wide issues," including personnel policies, medical costs, Tricare, organizational restructuring, acquisition practices and logistical efficiencies.

Acknowledging that the Defense Department has a long track record of talking about cutting costs and increasing efficiency, Lynn said Gates' big focus and personal involvement

in the effort is exactly what's needed to make it succeed.

He cited progress already made on the acquisition front, including decisions last year to halt F-22 Raptor fighter jet production and cancellation of the VH-71 presidential helicopter program. This year, Gates' focus is on keeping Congress from funding an alternate engine for the F-35 Joint Strike Fighter aircraft or asking for more C-17 Globemaster III aircraft, neither of which the department wants or needs.

"The secretary has shown the ability to make the tough choices," Lynn said. "What distinguishes this effort is leadership."

Underwood, HSL-60 Support Relief Efforts In Stricken Guatemala



-Photo by Ensign Kim L. Hanson

Boatswain's Mate 2nd Class (SW) Christopher G. Ball directs a helicopter to land on the flight deck of USS Underwood (FFG-36). Underwood and HSL-60 are off the coast of Guatemala supporting Humanitarian Aid and Disaster Relief efforts.

By Ensign Kim L. Hanson
USS Underwood Public Affairs

USS Underwood (FFG 36), along with her embarked Helicopter Squadron Anti-Submarine Light (HSL-60) detachment, arrived off the coast of Guatemala May 31 to assist in Humanitarian Aid and Disaster Relief efforts.

Guatemala recently suffered through two deadly volcano eruptions and a tropical storm within only a few days time.

Underwood is using her HSL-60 embarked helicopter to transport food, water, and other supplies to the affected areas of Guatemala.

On her first day of relief efforts the pilots and crew of HSL-60 moved more than three tons of food and supplies to remote population

areas.

Underwood and HSL-60 are no strangers to the HADR mission.

In January and February of this year, Underwood was the third U.S. Navy ship on station to provide relief efforts in Haiti in the aftermath of the earthquake that shook the country in early January.

Flying 90 hours in the first nine days, HSL-60 delivered more than 800 cases of food, 800 cases of water, flew 87 MEDEVACs, moved close to 600 personnel, and transported more than 115,000 pounds of equipment.

This time as the lone U.S. naval vessel on station, Underwood will remain off the coast of Guatemala to provide relief as long as her

assistance is requested. After completing this mission she will depart Guatemala to continue with her deployment schedule.

"Being able to be a part of a humanitarian mission is a good experience for young sailors as they start their Navy careers," said Chief Fire Controlman (SW) Jason M. Richardson. "They get to see a side of the Navy they may not have known about when they joined."

Underwood, home ported in Mayport, Florida, along with her embarked SH-60B helicopter detachment, HSL-60, is deployed conducting counter-illicit trafficking operations in the Eastern Pacific.



-Photo courtesy of HSL-48

An SH-60B Seahawk helicopter from HSL-48 flies at twilight as a RHIB from USS Elrod conducts a search for narcotics in the Mediterranean Sea.

HSL-48 Detachment Makes Bust In Med

By Lt.j.g. Michael Moore
HSL-48

While transiting into the Mediterranean Sea, Norfolk-based frigate USS Elrod (FFG-55), and the crew of HSL-48 Detachment Three, based in Mayport, Fla., encountered an unexpected mission en route to deployment in the Horn of Africa. Quick reactions and diligent efforts from all personnel

involved resulted in a successful counter-narcotics interdiction for both ship and aircrew.

In the late afternoon of May 25, VENOM 515 launched on a Surface, Surveillance, and Control mission (SSC) during the ship's eastbound transit of the Strait of Gibraltar. At approximately 1810 local, VENOM 515 observed an unknown RHIB (Rigid Hull Inflatable Boat) dead in the

water containing three personnel onboard and stuffed with unknown packages.

Upon closer inspection, the packages appeared to be bales of illicit drugs, with numerous gas cans packed into the bow. Once alerted to the helicopter's presence, the small boat crew began to feverishly discard of all its packages over the side and into the Mediterranean.

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Ships Return
From New York Fleet Week

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Find Out What's Happening
This Week With MWR

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USS Taylor
Make Spanish Port Stop

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Capt. Aaron Bowman

Bravo Zulu

USS Underwood (FFG 36), along with her embarked Helicopter Squadron Anti-Submarine Light (HSL-60) detachment, arrived off the coast of Guatemala on May 31 to assist in Humanitarian Aid and Disaster Relief efforts. Guatemala recently suffered through two deadly volcano eruptions and a tropical storm within only a few days time.

Our own HSL-60 crew transported food, water, and other supplies to the affected area, and on the first day alone assisted in moving more than 3 tons of food and supplies to remote population areas.

Underwood and HSL-60 are no strangers to relief missions. In January and February of this year, Underwood was the third U.S. Navy ship on station to

CAPTAIN'S COLUMN

provide relief efforts in Haiti in the aftermath of the earthquake that shook the country in early January. Flying 90 hours in the first nine days, HSL-60 delivered more than 800 cases of food, 800 cases of water, flew 87 MEDEVACs, moved close to 600 personnel, and transported more than 115,000 pounds of equipment. Well done to all and we look forward to your return home.

Welcome back

Welcome back goes out to the crew of the USS Vicksburg who returned recently from several months of operating in the North Atlantic conducting maritime exercises. Your hard work enhances war fighting skills for everyone involved and the time you have spent on this vital training was well worth the effort. Well done and welcome back home.

Visitors

Last week we said goodbye to more than 2,000 Sailors on five ships that arrived May 28 for a port visit.

The visit by Her Majesty Ships (HMS) included the aircraft carrier, HMS Ark Royal, HMS Liverpool, RFA Fort

George, HMS Sutherland and the Norfolk, Virginia-based USS Barry (DDG 52).

The Strike Group was here to enjoy great liberty, and to prepare for "Auriga," a major Royal Navy deployment off the Eastern Seaboard of North America and in the Western Atlantic.

Deploying from the UK in April 2010, the Carrier Strike Group will initially consist of approximately 2,000 UK, U.S. and French Sailors in four Royal Navy and Royal Fleet Auxiliary ships, a French nuclear powered submarine, a U.S. Navy destroyer and several fixed wing aircraft. The deployment will focus on a series of exercises that will enhance operational capability by training with coalition partners in traditional war fighting areas of carrier strike, amphibious assault and anti submarine warfare operations.

We certainly enjoyed having our British counterparts in port, and I wish all of you a safe journey.

This week we have the Spanish tallship Juan Sebastian de Elcano in port. It is a mag-

nificent top sail schooner used primarily to train Spanish Midshipmen. The ship was built in 1927 and has circumnavigated the globe 10 times since her commissioning. She is a four-masted topsail, steel-hulled schooner. At 370 feet long, she is the third-largest tall ship in the world. Elcano is named after Spanish explorer Juan Sebastián Elcano, captain of Ferdinand Magellan's last exploratory fleet.

Prepare Now

The experts are predicting a busier-than-usual hurricane season for 2010. These early forecasts, however, will likely be modified depending on the evolving climactic conditions. If the early forecasts prove to be accurate, the 2010 hurricane season will stand in sharp contrast to the relatively mild season we had last year. Special concerns this year are whether a hurricane will hit the already-devastated island of Haiti and how a hurricane in the Gulf of Mexico would affect the giant oil slick created by the explosion on the BP offshore drilling platform. Another question is whether a hurricane will come ashore in the Louisiana, Mississippi, and Alabama coastal areas, some of which have not yet recovered from 2005's Hurricane Katrina. These pre-

dictions are to be taken seriously. Make sure you have a "hurricane plan" in place and know where you intend to evacuate if called to do so. Our Emergency Services Manager Steve Millican will be sending more information out as we go along. NOW is the time to look at you "grab and go" hurricane kits, and have a one on one talk with your families on your plan.

Scams

Scams are getting more and more tricky. Recently, our own Bill Kennedy (NMCRS) received an email concerning one of our Sailors who related that he was "stranded in London" and needed funds to get back to Mayport. Turns out (with a twist of odd luck), that the same Sailor was in the building seeking financial assistance at the time the email was received. We still have no idea how the scam artist got the right email address on the Sailor. These scams are clever and can fool the best of us. Please be on the look out and the rule of thumb is usually, if it sounds too good to be true, it probably isn't.

Sesame Street here tonight!

The Sesame Street/USO Experience for Military Families, a free traveling USO show based on Sesame Workshop's award winning

Talk, Listen, Connect initiative is back at NS Mayport after an around-the-world tour. The show, which is exclusively for military families, will perform tonight at the base gym.

Audiences will experience a 25-minute character performance and receive promotional items and outreach materials.

The Sesame Street Workshop/USO partnership debuted its first show at the Marine Corps Air Ground Combat Center at Twentynine Palms, CA in July 2008. Since then The Sesame Street/USO Experience for Military Families has traveled more than 45,000 miles to 76 bases in nine countries. More than 120,000 service members and families have been entertained during 176 shows. Two shows are scheduled for tonight at 5 p.m. and 7 p.m. Doors open 30 minutes prior to performance.

As always, don't hesitate if you see a better (or safer way of doing business around the base. YOUR concerns are my concerns so keep those suggestions rolling into the CO's suggestion box located at the base galley, or email them to aaron.bowman@navy.mil.

Military Family Services Web site Available



Judy Cromartie School Liaison Officer

A great, new website for military families has been created by the Florida Department of Education. The site can be found at <http://www.fldoe.org/military>. The website focuses on The Interstate Compact on Educational Opportunity for Military Children which is, in essence, an agreement among member states that they will address school transition issues for military children in a consistent manner. The Compact provisions specifically provide for flexibility and local discretion in course and program place-

KNOW THE ROPES

ment and on-time graduation within the criteria established by the state. Florida has not only adopted the Compact but adopted it into Florida School Law.

The mobile military lifestyle creates tough challenges for children who attend, on average, six to nine different school systems from kindergarten to twelfth grade. In addition, these children often endure the anxiety of parental separation during deployments. The Compact was designed to replace the widely varying treatment of transitioning military students with a comprehensive uniform procedure and policy to be followed in every school district of every state which joins.

Eligibility for Enrollment: During deployments, it is often necessary for students to stay with a non-custodial parent

or someone serving "in loco parentis." If the non-custodial parent or person serving "in loco parentis" lives outside of the student's current attendance area and is willing to transport the student back to the current school, the child may continue to attend his or her current school which will help provide much needed consistency for the child.

The Compact also stipulates that the power of attorney for guardianship given during deployment is sufficient for enrollment and all other actions requiring parental participation or consent.

Educational Records: When a family leaves a school district in a member state, they may request a copy of a complete set of unofficial academic records to carry to the new school. The receiving school of

a member state agrees to accept the unofficial student records to enroll and place the student, pending receipt of official records. Once a student is enrolled, the new school will request official records. A school district in a member state must send these records within 10 days of receiving a request.

Kindergarten and First Grade Entrance Age: A student who moves to a member state may continue in the same grade in the receiving state regardless of the entrance age requirements in that state if he or she has already started kindergarten or first grade in a state accredited school in the sending state.

Immunizations: A child transferring to a member state who needs additional immunizations is allowed to immediately enroll then is given 30 days to obtain the needed immunizations. If a series of immunizations is required, it must be started within 30 days of enrollment.

Special Education Services: The Compact requires that students covered by the Individuals with Disabilities Education Act (IDEA) receive the same services (although not necessarily identical programs) identified in the student's Individual Education Plan (IEP) from the sending state. The receiving state may subsequently perform an evaluation to ensure the appropriate placement of the student.

Academic Placement: A receiving school district in a member state agrees to initially honor placement of a student based on the student's enrollment in the sending state as long as that school has a similar or equivalent program. However, the Compact allows the school to subsequently perform an evaluation to ensure the child is placed appropriately according to the new school's requirements. This provision ensures students will not be put in a "holding" class while they are awaiting assessment, thus missing out on valuable

instruction, but does not take away the new school's right to set their own criteria for placement in programs or courses. In addition, the Compact does not require the receiving school district to create a course or program that is not currently offered, but does require that the district demonstrate reasonable accommodation.

Absences Related to Deployment Activities: The Compact allows students to request additional, excused absences to visit with their parent/legal guardian during deployment, defined as one month before the Service member's departure from the home station through six months after return. As with other provisions, school districts are given leeway in determining whether to grant these additional absences. If a child already has excessive absences, a district may correctly feel additional time out of school would be educationally unsound. One state wrote in their Compact

See SLO, Page 6

Summer Is Near - Open A Book And Learn



Chap. Rita Love NS Mayport Chapel

Congratulations Mayport Youth you've earned it!

You've made through another school year. You have been promoted to the next grade. You've transitioned from elementary to junior high, and some of you have graduated from high school and are now preparing for the next phase of your life. All in all it hasn't been easy. But, now comes the moment you've been waiting for—summer break. You are more than ready to take off to summer camp, visit grandparents, visit colleges, go the movies, etc., and the last thing you want is another list of warnings and advice. Well! Let me make a suggestion.

Don't drop your anchor just

CHAPLAIN'S CORNER

yet! "Reading is to the mind what exercise is to the body," said Joseph Addison, and eighteenth century poet.

His words today are still on point. Regardless of your age or grade, reading consistently during summer breaks from school is critical to reading-comprehension, writing, and vocabulary. If you're beginning or reluctant readers try this: Watch your favorite movie or cartoon and put on the subtitles. You can't help but read. Read to, read on, read up, read around, read along, read with your parents, your sibling something of interest such as the history of your favorite sports, or the musical instrument you're learning to play, why we dance or sing, this summer. It's good for you and for them. Reading is associated with better achievement and exciting opportunity for an exciting new school year.

One final thought for our 2011 sophomore and seniors: Mark Twain once stated, "I have never let my schooling interfere with my education."

The summer is the best time to develop new strategies for

a better you. This is the time you can learn to plan rather than react to every situation and

stand up for you. What could be holding you back is you? It's up to you to take that initial risk and to stop being so fixed and rigid in the way you think, feel, and behave. If you want to be outstanding—no matter what it is you want to do—then you're

first going to have to stand up for you. You may find that the person who is truly holding you back is not your parents, or a teacher.

Change in your life can come slowly, but so what? What you'll realize is that the simple

small improvements are what's going to transform your life. To get started on that journey, all you have to be is willing to try. Be inspired by reading the autobiography of others.

Have a great summer be safe, be smart, and stay school.

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.

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UNITAS 51 Atlantic Phase Comes To Close

By MC1(SW)
Michael J. Scott

CTG 40.0 Public Affairs

Rear Adm. Vic Guillory, Commander, U.S. Naval Forces Southern Command and U.S. 4th Fleet thanked the Argentine navy for introducing another generation of officers and enlisted personnel to Unitas 51 as the Atlantic phase of the exercise came to a close May 26 at the Armada de la Republica Argentina headquarters in Buenos Aires.

Unitas, which is Latin for unity, develops and sustains relationships that improve the interoperability between maritime forces to achieve common goals. Starting in 1959, it is the U.S. Navy's longest-running annual multilateral exercise. Its enduring nature demonstrates the shared values of the Western hemisphere and the nations' commitment to countering regional challenges. The relationships that are formed during the course of the exercises are enduring and allow the maritime forces to grow together.

The Atlantic phase of Unitas 51 was hosted by Argentina and included participants from the U.S., Argentina, Brazil, Mexico and observers from Canada, Germany, Colombia, Uruguay, and South Africa. This year's exercise was unique in that Unitas included Argentina's Navy Day celebration and the bicentennial of their independence.

Unitas normally lasts about two weeks during which partner nations participate in a variety of professional and personnel exchanges, sporting and social events, and an at-sea phase where units train in a variety of maritime mission areas simulating real world circumstances. Both the in port and at-sea phases of the exercise contribute to and enhance relationships among the partner nations.

"This year built upon the great successes of Unitas Gold [Unitas Gold was the 50th iteration conducted last year]," said Capt. Brian Nickerson, commander, Task Group 40.0 and Destroyer Squadron (COMDESRON) 40. "The relationships that endure, the goodwill that is fostered, and the chance for the naval forces of the Americas – both South and North – to work alongside one another makes this one of the most unique exercises that the



-Photo by MC1 Darryl Wood

Gunner's Mate 2nd Class Joseph Christos loads a 76mm round into the main deck gun for a firing exercise aboard the guided-missile frigate USS Klakring (FFG 42) during the multi-national naval exercise UNITAS LANT 2010. 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.

U.S. Navy conducts."

For the United States, those fortunate units that participated in Unitas 51 Atlantic phase were Commander, Destroyer Squadron (COMDESRON) 40, USS Klakring (FFG 42) with Helicopter Anti-Submarine Squadron Light (HSL) 42 Det. 10, USCGC Spencer (WMEC 905), USS Memphis (SSN 69), and VP-8. Argentina contributed ARA Sarandi (D 13), ARA Robinson (P 45), ARA Patagonia (B-1), ARA Teniente Olivieri (A-2), ARA Suboficial Castillo (A-6), and ARA Salta (S-31) while Brazil sent BNS Constituicao (F-42) and BNS Tikuna (S-34). For Mexico, this year's Unitas presented them the first opportunity for their ship, ARM Baja California (PO 162) to participate.

Besides building cooperation at sea, Sailors got the opportunity to reach across cultures. USS Klakring Sailor Boatswain's Mate 3rd Class Andrew Ryland said he really loves the game of soccer, but playing in these kinds of games has given him a new perspective.

"I understand why this game is loved by so many people in the world," said Ryland. "It has a magical quality of bringing everyone together."

Sailors were also treated to an asado - a traditional Argentine barbecue by their hosts. During the meal, teams intermingled and share stories about their careers and the game.

"We are very honored and pleased to have the U.S. Navy

and the other navies visit our ship," said ARA Sarandi's (D 13) acting master chief, Operations Specialist Senior Chief Guillermo Lencina. "It is very important for our navies and sailors to develop closer relationships. If we didn't have these opportunities, we couldn't learn from or about each other."

Relationships are also enhanced by ship exchange programs that allow sailors from different nations to live and interact with each other. Not only do the participants gain an understanding of how another navy conducts its daily operations, but the experience cultivates lifetime friendships and relationships.

"All navies in the Americas do similar jobs," said Sarandi's Commanding Officer Carlos Maria Allievi. "What's most

important is meeting the people and getting to know one another. Unitas provides the vehicle for that to happen."

Brazilian helicopter maintenance supervisor Sgt. Jermed Martins of BNS Constituicao (F-42) echoed this sentiment.

"Not only do our ships look the same, but a sailor is a sailor in every navy," said Martins. "We all mirror each other."

At the closing ceremonies, Rear Adm. Pablo Vignolles, commander of the multinational force, talked about the will of countries.

"Our countries came with a will to work together; a will to make friends," said Vignolles.

"Two weeks ago, those aboard the ships had never met before."

Klakring, assigned to 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 (USSOUTHCOM)-directed operation implemented by U.S. Naval Forces Southern Command (COMUSNAVSO) 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 partner nations.

SS10 includes the guided-missile frigate, USS Klakring (FFG 42), HSL-42 Det. 10, and DESRON 40 serving as the command element.

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-Photo by MC1 Darryl Wood

The MK-76 gun aboard Klakring fires a round during the multi-national naval exercise UNITAS LANT 2010.

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23rd Annual Fleet Week New York Ships Out

By MCSN Richard J. Stevens
Navy Public Affairs Support Element,
Norfolk

Fleet Week New York came to a close June 2 as ships departed from the Empire State.

The 23rd annual Fleet Week New York welcomed more than 76,000 visitors, with an estimated 47,000 visiting Manhattan's Pier 88, where multipurpose amphibious assault ship USS Iwo Jima (LHD 7) was moored.

"I want to thank all of those who represent this fine city," said Capt. Jeffery C. Amick, commanding officer, USS Iwo Jima. Amick said it was an incredible visit for himself and the nearly 2,000 Sailors and Marines embarked aboard Iwo Jima.

"It was a very eventful week," said Master-at-Arms 3rd Class Monica R. Martinez, Navy Reserve Naval Security Force and Naval Medical Center San Diego. Martinez guarded the ship in port at the pier.

"This was my first time in New York and I met a lot of hospitable people," said Martinez. "I loved it and I had a great time. It was a good vacation from San Diego. I will come back to visit."

Some of the events this year included; the Parade of Ships entering the Hudson River, the kick-off Hard Rock Party, Iwo Jima Sunset Parade, Greenpoint Veterans Parade, closing bell for the NASDAQ

and NYSE Markets, Memorial Day Parades and a Ground Zero Memorial Run. Service members participated in several television shows including CBS Early Show, The View, NBC Today Show, and ABC's Good Morning America. Manhattan resident Matthew Sheller said the military presence in town is good for the city.

"I think it's encouraging having the [Sailors and Marines] here in town," said Sheller. "I think sometimes New York needs a rejuvenation of American spirit."

"Fleet Week in New York City is a big deal, not just in New York City, but all around the country," said Rear Adm. Mark Boensel, commander,

Navy Region Mid-Atlantic." This means that all the exposure that the Navy, Marine Corps and Coast Guard get country-wide this week is really significant."

"The city gets to see the Sailors, Marines and Coast Guardsmen who have been doing the job for this nation, this country, this city and around the world for the last 234 years," said Adm. J.C. Harvey Jr., commander, U.S. Fleet Forces.

"I think I speak for everyone here, when I say it is our fervent wish that all our men and women serving overseas return home safely and soon," said New York City Mayor Michael R. Bloomberg.

As It Begins...

By MCSN Morgan E. Dial
USS Iwo Jima Public Affairs

The 23rd Annual Fleet Week kicked off with USS Iwo Jima (LHD 7) making its way down the Hudson River for the traditional Parade of Ship May 26.

During the parade, Fort Hamilton fired a traditional 11-gun salute from its four-gun battery to honor Iwo Jima, USS De Wert (FFG 45), USS James E. Williams (DDG 95) and USCG Katherine Walker (WLM 552).

All ships paid honor to the site of the World Trade Center by manning the rails and rendering a hand salute by all Sailors topside as the ships passed the site.

The Fleet Week festivities from May 26 to June 2 will feature military static displays and ship tours, which gives the public a chance to experience firsthand the capabilities of the United States maritime services.

"It is important to portray the United States Navy and United States Marine Corps in a positive way," said Master at Arms 3rd Class Brian McCafferty. "It lets the public know that we are not only capable of war fighting, but we're also able to contribute to the well-being of the people we have the privilege of protecting."

While in town, the military will be able to volun-

teer with local community outreach organizations, experience the sights, sounds and hospitality of "the city that never sleeps" and visit places that are forever etched in our history.

"I am looking forward to going back to the World Trade Center Memorial. Last year, I left a message on a card and I want to see if my card was posted on the wall there," said McCafferty.

Sailors, Marines and Coast guardsmen will enjoy the local hospitality while visiting the Big Apple. The city is hosting over 3,000 maritime service members and organizing activities for service members such as Memorial Day parades and concerts, like the Staten Island Fleet Week Music Festival.

"Last year, I really appreciated the hospitality of the local citizens. New York is the friendliest city I've ever visited," said Air Traffic Controlman 2nd Class David W. Bohannon.

Fleet Week has been New York City's celebration of the sea services since 1984. It is an unparalleled opportunity for citizens of New York and the surrounding tri-state area to meet Sailors, Marines and Coast Guardsmen, as well as see, first-hand, the latest capabilities of today's maritime services.



-Photo by MC2 John Stratton

Sailors, right, pull Marines across a boundary line to win a tug-of-war contest live on the NBC Today Show as part of Fleet Week New York 2010. Approximately 3,000 Sailors, Marines and Coast Guardsmen participated in the 23rd Fleet Week New York, which took place through June 2. Fleet Week has been New York City's celebration of the sea services since 1984.



-Photo by MC3 Dominique Watts

Sailors wave to the camera during a broadcast of the CBS morning news program "The Early Show" in New York during a Fleet Week New York 2010 event.



-Photo by MC3 Kristin Grover

Sailors, Marines and Coast Guardsmen dance at the USO Fleet Week New York 2010 kickoff event, "Swingin' Salute to Our Troops," at the Union Square Ballroom.



-Photo by MC3 Dominique Watts

Dave Price, weather anchor for the CBS morning news program, "The Early Show," interviews Sailors during a broadcast in New York during a Fleet Week New York 2010 event.

USS De Wert Attends Fleet Week NYC

By Lt.j.g. Andrew T. Ashby
USS De Wert Public Affairs Officer

USS De Wert (FFG 45) and USS Philippine Sea (CG 58), homeported in Mayport, Fla. have recently returned from Fleet Week New York City 2010.

De Wert and Philippine Sea, along with five other U.S. Navy ships, attended the event and offered ship tours to the public.

Fleet Week, hosted by New York City, is an appreciation event held for the U.S. Navy, Marines, and Coast Guard.

In the course of her stay, USS De Wert hosted more than 1,000 guests as they toured the ship throughout the week.

The touring public included everyone from young children to military veterans to potential future Sailors.

Tour guides answered the public's questions about the Sailor life, deployment, and the ship's history.

Many young adults, having toured De Wert, left with their questions answered about Navy enlistment, Naval Reserve Officer Training Corps (NROTC), and the U.S. Naval Academy.

With their movements enabled by free transportation aboard the city's buses, subways, and ferries, the Sailors enjoyed the sights and hospitality of New York City.

Times Square was awash

with a sea of white uniforms flowing through its streets and along its sidewalks.

The aroma of fine cuisine led many Sailors to seek out Little Italy, Chinatown, and the South Street Seaport for dinner.

De Wert Sailors participated in many events during the week to include various sporting events, formal dinners, cookouts, television shows, and parades.

Sailors took part in the Memorial Day Weekend recordings of well-known shows to include "The View" and the CBS "Morning Show."

While the USS Iwo Jima was the overall winner for the Intrepid Cup, De Wert Sailors handily won the Flag Football tournament as part of a series of sporting matches involved with the event.

De Wert's sports fans also attended baseball games at the Mets and Yankee stadiums. Sailors were given free admission to the Statue of Liberty and the Empire State building as well.

While this trip marked their first time in New York for many Sailors, it was a welcome return home for several De Wert Sailors.

Quartermaster Second Class Canmu, a native New Yorker, was able to spot his high school during the sea and anchor detail while De Wert was en route



-Photo by OS2 (SW) Morgan
Fire Controlman 3rd Class Faiella of USS De Wert talks to the children from a local NYC public school on Staten Island during Fleet Week in New York City.

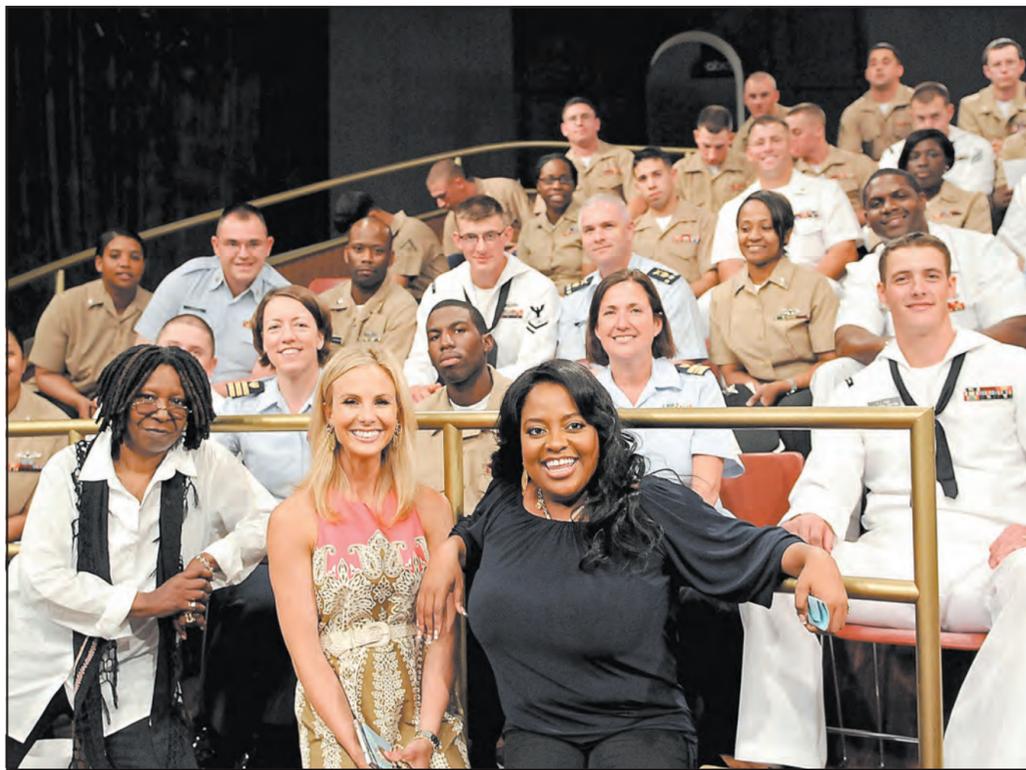
to her berth on Staten Island. Many Sailors brought visiting and local resident family members aboard the ship for tours.

Sailors found themselves being stopped throughout the week for a simple "thank you" from their fellow patri-

ots in New York City. De Wert savored the opportunity to contribute to the Navy's history in New York City - reaching back

even further than that old familiar photograph of the "Sailor Kiss," celebrating a victorious end to World War II.

Sailors Attend 'The View' During Fleet Week Activities



-Photo by MC3 Ash Severe
Whoopi Goldberg, left, Elisabeth Hasselbeck and Sherri Shephard, hosts of the ABC talk show, "The View," pose with Sailors, Marines, and Coast Guardsmen attending a live taping of the show during Fleet Week New York 2010.

By Mass Communication Specialist 3rd Class Ash Severe

Navy Public Affairs Support Element - East

Sailors, Marines, and Coast Guardsmen attended a live taping of the ABC talk show The View, May 27, during Fleet Week New York 2010.

The View is an American talk show created by Barbara Walters and Bill Geddie. The program features a panel of women as co-hosts, including moderator Whoopi Goldberg and panelists Joy Behar, Elisabeth Hasselbeck, and Sherri Shepherd.

The episode being filmed was a special Memorial Day show. The audience was made up of an all military crowd. The episode being taped featured guests Chris Colfer from the TV show Glee, actress and comedian Sarah Silverman, and musical guest stars 4Troops, a quartet of combat veter-

ans who served in Iraq and Afghanistan who now sing patriotic songs.

The show's hosts told the military audience how "thankful" and "honored" they were for each of the service member's service to their country.

"To all those serving our country, we just want to give a big thank you," said Elisabeth Hasselbeck, one of the show's hosts. "We are honored by your service, we depend on your service and we are forever grateful for what you give us every day."

"We send you tons of love from myself and the ladies of The View," said Whoopi Goldberg. "You're everything I could hope that I can be."

Approximately 3,000 Sailors, Marines and Coast Guardsmen participated in the 23rd Fleet Week New York.



-Photo by MCSN Morgan E. Dial
Rear Adm. Mark Bonsel, commander of U.S. Navy Mid-Atlantic Region, reenlists Sailors from various commands at the site of the World Trade Center during Fleet Week New York 2010. Approximately 3,000 Sailors, Marines and Coast Guardsmen participated in the 23rd Fleet Week New York, May 26 through June 2. Fleet Week has been New York City's celebration of the sea services since 1984.

Sailors Renew Commitment To Country At World Trade Center Site

By MC1(SW/AW)
W. B. Swoboda

Navy Public Affairs Support Element - East

A promotion and reenlistment ceremony was held at the World Trade Center (WTC) site for Sailors of all ranks participating in Fleet Week New York City 2010 May 27.

During the ceremony, six commissioned officers received a promotion, and more than a dozen Sailors from various commands participating in Fleet Week were reenlisted by Commander, Navy Region Mid-Atlantic, Rear Adm. Mark S. Boensel.

"It's a privilege to be here at the World Trade Center," said Boensel. "It is an honor to do this today, and of all places this site which is now syn-

onymous in America, to have Sailors agree to renew the commitment to the nation."

The 20 Sailors reenlisting and six officers receiving their promotion had family and friends on hand to witness this special time in their careers.

"Reenlisting for the first time; at this site, is a reaffirmation of my commitment to my country, family and friends," said Hospital Corpsman 3rd Class Lashaunda Guy, of Cleveland, stationed aboard USS Iwo Jima (LHD 7). "Being a HM, I was touched to reenlist at the World Trade Center Site." Guy hopes to receive orders overseas to Europe for next duty station.

Destination: New York For A Week of Fun, Service

By Ensign Andrew P. Learned

USS Philippine Sea PAO

The Mayport Cruiser USS Philippine Sea celebrated Memorial Day in style this year as she took a leading role in Fleet Week New York City 2010.

The newly modernized cruiser stole the show at her Staten Island pier where she played host to more than 9,000 inquiring visitors in less than one week's time.

"Fleet Week tours afford the citizens of New York the oppor-

tunity to see what their tax dollars provide," said Philippine Sea's Commanding Officer, Capt. Herbert Hadley. "This is where we get to show citizens how and why we operate."

Philippine Sea also hosted the Staten Island Sunset Parade on Friday night as a thank you to the local community who went out of their way to support the more than 3,000 Sailors who participated in the annual event.

Vice Adm. "Mel" Williams, Commander U.S. Second Fleet, provided the key note address, the USO Liberty Bells provided

entertainment, and the USCG Drill Team, Navy Band, and USMC Pipes and Drums set the mood at the gala.

In all, at least 280 Philippine Sea Sailors participated in the various organized events, and that wasn't the half of it. Sailors reported New Yorkers generously donating everything from Broadway and Yankee tickets to backstage tours at some of New York's most exclusive sights, free meals, and even the occasional Time Square photograph.

The USO definitely did their

part as well, hosting hundreds of Sailors at events ranging from comedy shows to cocktail receptions.

"Every Sailor seems to have been thoroughly impressed with the city and the people of New York," said Command Master Chief Scott Kircher of the Philippine Sea.

But not all the events were parties. Philippine Sea Sailors participated in numerous community service projects and public relations opportunities including appearances on the morning and late-night

shows, and most everything in-between.

Culinary Specialist 1st Class Keith Combo of Philippine Sea prepared his favorite Memorial Day grilled-chicken in front of an estimated five million viewers on ABC's "Good Morning America." Also, Fox News came aboard the Cruiser for a live airing of Defcon-3 which included interviews with the Commanding Officer and officers and crew members.

A reenlistment at Ground Zero provided a somber reminder that New York wasn't

entirely fun and games. Sailors from all supporting ships took oaths to continue their efforts at preventing future attacks in front of a gathering of first responders and construction crews.

"[Fleet Week] was an excellent opportunity for the City of New York and our Sailors to interact, for them to see our men and women doing great things, and for our Sailors to see a city with the size and diversity of New York; it was really very special," said the Captain.

USS Farragut On Deployment



-Photo by MC3 Jules Dean

The guided-missile destroyer USS Farragut (DDG 99) pulls alongside the Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) for an underway replenishment. The Eisenhower Carrier Strike Group is deployed as part of an ongoing rotation of forward-deployed forces to support maritime security operations in the U.S. 5th Fleet area of responsibility.



-Photo by AW3 Ruben N. Coss

Boatswain's Mate Seaman Amber Keener, left, hooks up the cargo pendant to a helicopter as Seaman Jason Grieger looks on during a vertical replenishment aboard the guided-missile destroyer USS Farragut (DDG 99). Farragut is part of the Eisenhower Carrier Strike Group and deployed as part of an ongoing rotation of forward-deployed forces to support maritime security operations in the U.S. 5th Fleet area of responsibility.

SLO

legislation that students could not take additional absences during state testing.

Extracurricular Participation: Member states agree to be creative in providing transferring students the opportunity for inclusion in extracurricular activities regardless of the deadlines for application *as long as the child is otherwise qualified*. The receiving school must demonstrate they are making reasonable accommodation for military students. However, some state student athletic associations are private organizations, not run by the state, and consequently do not fall under the umbrella of the Compact.

Graduation Requirements: The Compact encourages school districts to take extra

steps to determine if they can waive course or program prerequisites where similar coursework has been completed in the sending school district. This will allow students to take more advanced courses rather than repeating similar basic courses and allow for on-time graduation. Mandatory waiver of state exit exams or acceptance of alternative results is not required under the Compact and each state may determine what they are willing to accept or require.

These rules apply to dependents of 1) active duty service members, 2) service members or veterans who are severely injured and medically discharged or returned for a period of one year after medical discharge or retirement, and 3) ser-

vice members who die on active duty or as a result of injuries sustained in active duty for a period of one year after death.

The website contains additional information to that briefly outlined above. Please check out this evolving internet tool and provide your feedback on how it could better serve your family.

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at Judith.cromartie@navy.mil or by phone at (904) 270-6289 ext. 1305 [office] or (904) 219-3894 [cell].

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Rising Temps Are A Concern For Pets, Too

By MC1 Heather Ewton
NS Mayport Deputy Public Affairs Officer

The quickly-approaching summer heat is not just a major concern for humans, but for your furry friends as well.

Weather can play a big part in the health and welfare of your animal and being the owner makes you responsible to ensure they are taken care of.

The Humans Society offers these tips for pet owners to keep their beloved animals safe this summer.

-Heat Safety

Pets need exercise even when it is hot, but extra care needs to be taken with older dogs, short-nosed dogs, and those with thick coats. On very hot days, limit exercise to early morning or evening hours. Keep in mind that asphalt gets very hot and can burn your pet's paws. Pets can get sunburned too, and your pet may require sunscreen on his or her nose and ear tips. Pets with light-colored noses or light-colored fur on their ears are particularly vulnerable to sunburn and skin cancer.

Your pet can suffer from heat exhaustion and heat stroke. These conditions are very serious and could cause your pet to die. You should be aware of the signs of heat stress, which could include heavy panting, glazed eyes, a rapid pulse, unsteadiness, a staggering gait, vomiting, or a deep red or purple tongue.

If your pet does become overheated, you need to immediately lower his body temperature. Move your pet into the shade and apply cool (not cold) water over his body to gradually

lower his core body temperature. Apply cold towels or ice packs to your pet's head, neck, and chest only. Let your pet drink small amounts of water or lick ice cubes. Most importantly, get him to a veterinarian immediately.

-Never Leave Your Pet in the Car

In nice weather you may be tempted to take your pet with you in the car while you travel or do errands. But during warm weather, the inside of your car can reach 120 degrees in a matter of minutes, even if you're parked in the shade. This can mean real trouble for your companion animals left in the car.

Dogs and cats can't perspire and can only dispel heat by panting and through the pads of their feet. Pets who are left in hot cars even briefly can suffer from heat exhaustion, heat stroke, brain damage, and can even die. Don't think that just because you'll be gone "just a minute" that your pet will be safe while you're gone; even an air-conditioned car with the motor off isn't healthy for your pet.

To avoid any chance that your pet will succumb to the heat of a car this summer, be sure to play it safe by leaving your pet cool and refreshed at home while you're on the road. And if you do happen to see a pet in a car alone during the hot summer months, alert the management of the store where the car is parked. If the owner does not return promptly, call local animal control or the police department immediately.

-Watch Out For Fertilizers and Deadly Plants

Summer is often a time when people fertilize their lawns and work in their gardens. But beware: Plant food, fertilizer, and insecticides can be fatal if your pet ingests them. In addition, more than 700 plants can produce physiologically active or toxic substances in sufficient amounts to cause harmful effects in animals.

-Identification and Common Summertime Pests

Make sure your pet is always wearing a collar and identification tag. If you are separated from your pet, an ID tag may very well be his or her ticket home.

Check with your veterinarian to see if your pets should be taking heartworm prevention medication. Heartworm disease, which is transmitted by mosquitoes, can be fatal in both dogs and cats. Another summertime

threat is fleas and ticks. Use only flea and tick treatments recommended by your veterinarian. Some over-the-counter flea and tick products can be toxic, even when used according to instructions.

-Water Wisdom

Provide plenty of water and shade for your pets while they're enjoying the great outdoors so they can stay cool.

"In this heat, owners should not leave their animals out for an excessive amount of time," says Pam Werrline, Veterinary Technician at Naval Station

Mayport Treatment Facility. "Dogs tend to overheat faster than humans, so pay special attention to avoid exercise during peak heat hours."

Taking care of an animal is a big responsibility. They are, after all, part of your family. Take the precautions needed to make sure your pet stays safe and healthy for years to come.

For more information on pet safety, visit the Humane Society at www.hsus.org or feel free to contact the Naval Station Mayport Animal Treatment Facility at (904)270-7004.

K-9 Skills



-Photo by Kaylee LaRocque
Millie Canipe, a K-9 handler with the Naval Station Mayport Security Department praises Military Working Dog (MWD) Rex after he successfully completed a training session at the Naval Air Station Jacksonville Freedom Lanes Bowling Alley May 18. Handlers and MWDs from area bases frequently train together to give the dogs different scenarios and environments to stay proficient in their detection skills.

The COMEDY ZONE Presents

Upcoming Celebrity Performances



Jon Lovitz
June 17th - June 19th

Jon got his first real break as a regular on TV's "Saturday Night Live," where his characters such as Tommy Flanagan of pathological Liars Anonymous, the great Shakespearean ham Master Thespian, and the Devil himself became quite popular. His stint on "Saturday Night Live" put him in demand as a character actor and television guest star. His friendship with director Penny Marshall helped him get roles in some of her films such as "Big," and "A League of Their Own".



Nick Griffin
June 23rd - June 26th

Nick was a staff writer on the Keenen Ivory Wayans Show in 1996. And later a head writer for the Bobby Skayton/Sue Murphy radio show. But his first love was always stand up comedy. In 1998 he made his network television debut on "The Late Late Show" with Craig Kilborn, as well as Comedy Central's "Premium Blend". He now headlines America's best comedy clubs and is a regular guest on nationally syndicated radio's "The Bob and Tom Show".

For a complete listing of performance times & tickets visit:

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or call 292-HAHA
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(located inside the Ramada)

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THURSDAY ROCK CONCERT SERIES

Baseball fans, join your friends after the game!
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The Thursday ROCK CONCERT SERIES features awesome Rock Legend Tribute Bands like "CARNIVAL OF CRUE," "1984" (Van Halen) and "DESTROYER" (Kiss), plus local favorites like "Jim & Jerry", "Angel Evon" and "Swerved." Check the pub's website calendar for details...

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June 10: Thursday CPO Social Hour – Right Hand Man Night. 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

June 10: Kings and Queens Adult Bowling League. League meets every Thursday at 7:15 p.m. at Mayport Bowling Center. Cost is \$15 per week. 270-5377

June 11 & 12: Session 1 Swim Lesson Registration. 8-10 a.m. at the Base Pool. Session 1 meets Monday through Thursday June 14-24. Cost is \$40 per person, per session. Children's lessons avail-

June 10: Sesame Street USO Experience. Two free shows at 5 p.m. and 7:30 p.m. at the Base Gym. First come, first serve with floor and bleacher seating. 270-5228

June 11 & 12: Session 1 Swim Lesson Registration. 8-10 a.m. at the Base Pool. Session 1 meets Monday through Thursday June 14-24. Cost is \$40 per child, per session. For a complete 2010 swim lesson schedule, download the 2010 Aquatics Programs brochure at www.cnic.navy.mil/Mayport/Recreation or pick up a copy at the Base Pool. 270-5425

June 11: Teen Center Extended Hours. 7-9 p.m. at Club Teen. This free end of school year party is open to age 12 through grade 12. 246-0347 or 270-5680

June 11: Free Summer Outdoor Movie – The Blind Side (PG-13). Start time is at sunset (approximately 8:30 p.m.) at Sea Otter Pavilion. Bring your lawn chairs and/or blankets and bug spray, just in case. Snacks and beverages available for purchase. 270-7205

June 12-13: Swimming Pool Open Weekends. The base pool is now open Saturdays (11 a.m.-6 p.m.) and Sundays (1-6 p.m.). Admission fees apply. Season passes are on sale now at ITT. 270-5425

able in the morning; adult classes available in the evenings. For a complete swim lesson schedule, download the 2010 Aquatics Programs brochure at www.cnic.navy.mil/Mayport/Recreation or pick up a copy at the Base Pool. 270-5425

June 11: Free Summer Outdoor Movie – The Blind Side (PG-13). Start time is at sunset (approximately 8:30 p.m.) at Sea Otter Pavilion. Bring your lawn chairs and/or blankets and bug spray, just in case. Snacks and beverages available for purchase. 270-7205

June 12-13: Beach Lifeguards on Duty. MWR Mayport's Beach Lifeguards are currently on duty 10 a.m.-6 p.m. Saturdays, Sundays and Federal Holidays. Fridays will be added beginning June 18. 270-5425

June 12: Youth & Teen Pool Party. 6:30-8:30 p.m. at the Base Pool. Cost is \$2 per person and includes refreshments and admission. Ages 9 and younger must be accompanied by a parent throughout the event. 270-5680 or 5421

June 13: Bowling Family Fun Night. 4-7 p.m. every Sunday at Mayport Bowling Center. Cost is \$9 per person and includes spaghetti dinner, All-You-Can Bowl with shoes, dinner, music videos, light show and colored headpin bowling for prizes. 270-5377

June 14: Swimming Pool Full Summer Hours Begin. Summer pool hours are Sunday through Friday 1-6 p.m.; Saturday 11 a.m.-6 p.m. Admission fees apply. Season passes are on sale at ITT during normal business hours. 270-5425

June 15, 17, 22 & 24: Junior Golf Clinic (Session 1). 9-11

MWR HAPPENINGS

June 12-13: Swimming Pool Open Weekends. The base pool is now open Saturdays (11 a.m.-6 p.m.) and Sundays (1-6 p.m.). Admission fees apply. Season passes are on sale now at ITT. 270-5425

June 12-13: Beach Lifeguards on Duty. MWR Mayport's Beach Lifeguards are currently on duty 10 a.m.-6 p.m. Saturdays, Sundays and Federal Holidays. Fridays will be added beginning June 18. 270-5425

June 12: UFC 115 Only on PPV. 10 p.m. at Castaway's Lounge. (Free) www.ufc.com

270-7205

June 13: Bowling Family Fun Night. 4-7 p.m. every Sunday at Mayport Bowling Center. Cost is \$9 per person and includes spaghetti dinner, All-You-Can Bowl with shoes, music videos, light show and colored headpin bowling for prizes. 270-5377

June 14: Swimming Pool Full Summer Hours Begin. Summer pool hours are Sunday through Friday 1-6 p.m.; Saturday 11 a.m.-6 p.m. Admission fees apply. Season passes are on sale at ITT during normal business hours. 270-5425

June 15: All Khaki Wings and Trivia Night. 3-7 p.m. at Foc'sle CPO Club with 35-cent wings, drink specials and all-

you-can-drink soft drinks for \$1. Trivia begins at 5:30 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). 270-5431.

June 18: Free Summer Outdoor Movie – The Princess and the Frog (G). Start time is at sunset (approximately 8:30 p.m.) at Sea Otter Pavilion. Bring your lawn chairs and/or blankets and bug spray, just in case. Snacks and beverages available for purchase. 270-7205

June 16: GSA Expo. 10 a.m.-2 p.m. at the Base Gym. All government purchasing agents are invited for free information from GSA vendors. Free lunch to participants! 270-5228

June 20: Father's Day Bowling Special. 1-8 p.m.

at Mayport Bowling Center. Games are \$2 and shoe rental \$1. Colored pin bowling - bowl a strike with a colored headpin and win a free game pass. Food special is hot dog and fries for \$2. 270-5377

June 23: 4 vs. 4 Beach Volleyball Begins. 11:30 a.m. behind Beachside Community Center. Captain's Cup league; sign up your Command team at the Gym. 270-5451

June 25: CFL Course Deadline. Command Fitness Leader (CFL) certification course is July 12-16. Registration information packets are available at the Base Gym or Surfside Fitness Center. 270-7134

KID ZONE

a.m. Tuesday and Thursday for two weeks at Windy Harbor Golf Club. Ages 8-17 welcome. Cost is \$100 per child. Pre-registration required. 270-5380

June 15-July 8: The First Tee for Military Youth. 5-6:30 p.m. Tuesdays and Thursdays at Windy Harbor. Open to children of Active Duty only, ages 7-17. Limited to 15 youth. Pre-registration required at the Youth Activities Center, located in on-base housing. 270-5680 or 5421

June 18: Free Summer Outdoor Movie – The Princess and the Frog (G). Start time is at sunset (approximately 8:30 p.m.) at Sea Otter Pavilion. Bring your lawn chairs and/or blankets and bug spray, just in case. Snacks and beverages available for purchase. 270-7205

June 20: Father's Day Bowling Special. 1-8 p.m. at Mayport Bowling Center. Games are \$2 and shoe rental \$1. Colored pin bowling - bowl a strike with a colored headpin and win a free game pass. Food special is hot dog and fries for \$2. 270-5377

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.

June 10: Jacksonville Suns Baseball Trip. Van departs Planet Mayport at 5:30 p.m. (Free)

June 11: Movie Trip. Van departs Planet Mayport at 6 p.m. (Free)

June 12: Mud Mania. Van departs Planet Mayport at 4 p.m. (Free)

June 12: UFC 115 – Liddell vs. Franklin. 10 p.m. only on PPV at Castaway's Lounge. (Free) www.ufc.com 270-7205

June 14: Commit to Quit.

3:30 p.m. at Planet Mayport with smoking cessation info, goodies and free pizza. (Free)

June 16: USO Day at Adventure Landing Trip. Van departs Planet Mayport at 5:30 p.m. (Free)

June 17: Boardz Skate Park. Van departs Planet Mayport at 4 p.m. for this indoor skate park. (Free)

June 18: Dave and Busters Trip. Van departs Planet Mayport at 7 p.m. (Free)

June 19-20: Billie Swamp Safari. Van departs Planet Mayport at 9 a.m. Trip includes swamp buggies, air boat rides

and more. (Free)

June 21: Golf Outing. Van departs Planet Mayport at 3:45 p.m. or meet us at Windy Harbor Golf Club. Deadline to sign up is June 18. (Free)

June 22: Jacksonville Suns Baseball Game. Van departs Planet Mayport at 5:30 p.m. (Free)

June 23: Starlight Cinemas. Showing Shutter Island outside starting at 9 p.m. (Free)

June 26: Treasure Hunt and Pool Party.

GSA Expo Comes to Mayport

Discover what GSA has to offer! More than 100 GSA vendors will be on-site at the Base Gym June 16 from 10 a.m.-2 p.m. Supply Officers, government purchasing agents, government credit card holders, and all military and DoD personnel who use GSA products are invited to this free, informative event. GSA representatives will be available to answer questions about the many programs and solutions GSA has to offer. Lunch will be provided at no cost. For more info, call local GSA Rep, Linda Hosey at 542-1278 or MWR at 270-5228.

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Water Aerobics

Water Aerobics classes at the Base Pool, Bldg. 268/1425, will resume effective June 1. Weather permitting, Aqua Aerobics is a great way to gain strength and endurance all while staying cool in the summertime. Our fitness program includes shallow, deep, resistance and Aqua therapy classes. The schedule is as follows:

- Monday
 - 9:30 a.m., Aqua Aerobics
- Wednesday
 - 9:30 a.m., Aqua Aerobics
- Thursday
 - 9:30 a.m., Aqua Aerobics
- Friday
 - 8:30 a.m., Aqua Therapy

The aqua class is reserved for those rehabilitating injuries, overcoming arthritis, or who are unable to exercise out of the water. The hydro-therapy class will allow participants to gain muscular strength, increase cardiovascular health, and become more flexible.

Fitness

Surfside Fitness schedule is as follows:

- Monday
 - 7 a.m., Spartan Training
 - 10:30 a.m., Broken Hearts
 - 11:30 a.m., Advanced Mind

Body

- 1 p.m., Moms in Motion
- 5:30 p.m., Step n Kick
- Tuesday
 - 7:30 a.m., TRX
 - 9:30 a.m., 20/20/20
 - 11:30 a.m., Zumba
 - 1 p.m., Strength Solutions & Flexibility Fix-Ups
 - 4:30 p.m., TRX
 - 5:30 p.m., Yoga



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- Wednesday
 - 6:30 a.m., Command Yoga
 - 10:30 a.m., Broken Hearts
 - 11:30 a.m., Kickboxing
 - 1 p.m., Moms in Motion
 - 5:30 p.m., Kids' Clinic
 - 6:30 p.m., TRX
 - Thursday
 - 6:30 a.m., Functional Flexibility
 - 11:30 a.m., Zumba
 - 1 p.m., Strength Solutions & Flexibility Fix-Ups
 - 5 p.m., Zumba
 - Friday
 - 7 a.m., Beach Bootcamp
 - 9 a.m., 20/20/20
- The Gym Schedule is as follows:
- Monday
 - 6:30 a.m., Command Jump and Jab
 - 11:30 a.m., Adv. Weight
 - Tuesday
 - 11:30 a.m., Spinning
 - 2:30 p.m., Row-bics
 - 3 p.m., Victory PRT
 - Wednesday
 - 11:30 a.m., Steel Anchor Training
 - 4:30 p.m., Spinning
 - Thursday
 - 7 a.m., Command Cardio Pump
 - 11:30 a.m., Spinning
 - Friday
 - 6:30 a.m., Cardio, Combat and CORE
 - 11:30 a.m., Row-bics
 - Saturday
 - 6:30 a.m., Command Spinning
 - 11:30 a.m., Strength Training Basics for Women
 - 11:30 a.m., Steel Anchor Testing

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- Session 3: August 3, 5, 10, 12

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John Grzybek, PGA Apprentice

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Finish position

Day 2:
Review of Day 1 instruction
Hitting balls on the practice range

Day 3:
Chipping
Putting

Day 4:
Course review
Play golf!

Women's Intramural Basketball



-Photo courtesy of MWR
The women's basketball season came to a close as the NAVSTA team coached by RPC Kisha Madison finished undefeated. If you are interested in playing women's basketball in the upcoming SEMAC Travel league, please contact Rita Hammerstad at 270-5451.

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Friday, June 11th ~ 7:05pm - Twilight Night & Friday Family Fireworks. The first 2,000 fans receive vampire fangs and all fans can win great prizes and movie tickets! Fans are encouraged to donate blood from 4:30-7:30 at the Blood Alliance Bloodmobile, or donate blood at area Blood Alliance locations all week to receive a free reserved ticket while supplies last. Presented by

Saturday, June 12th ~ 7:05pm - US Army Birthday Celebration, Camouflage Hat Giveaway & Camouflage Jersey Auction. The first 3,000 fans receive a special camouflage Suns baseball cap! Plus, the Suns will wear special camouflage jerseys to celebrate the US Army's 235th birthday which will be auctioned during the game to benefit the USO. Presented by

Sunday, June 13th ~ 3:05pm - Bark in the Park #1. Bring your pooch to the Baseball Grounds for just \$1.50, with great prizes for dogs and owners given away during the game. Also, be sure to stop by the on-site pet expo. Register to win a trip for two to see the Florida Marlins, courtesy of Radio Disney! After the game, dogs are invited to stroll the bases with their owners and Kids Run the Bases presented by Captain D's. Kids can show their JTA youth summer card for a free general admission ticket. Presented by

Monday June 14th ~ 1:05pm - Matinee Monday & Camp Day. It's a special afternoon game for day campers. Plus, help celebrate Flag Day at the Baseball Grounds as all fans receive a free American Flag.

For more information or to purchase tickets call 904-358-2846 or visit www.jaxsuns.com

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The Sullivans' Sailor Celebrates Reenlistment With Helicopter Ride

From USS The Sullivans Public Affairs

Cryptologic Technician Technical 2nd Class (SW) Nicholas Hummel strapped into AGILE 74, an Army helicopter, on the deck of USS The Sullivans.

Shortly after, Hummel and the Army crew took off and circled The Sullivans, currently operating in the Northern Arabian Gulf.

While in flight, CWO3 Sheri Lung, one of Hummel's mentors, performed the reenlistment ceremony and Chief Cryptologic Technician Technical (SW) Garrett Warner, Hummel's Leading Chief Petty Officer, snapped numerous photographs.

The hundred feet high ceremony was complete with headsets and helmets to commemorate Hummel's commitment.

"I actually joined the Navy to fly," Hummel said. "I had never been in a helo before and thought it would be an awesome idea."

Hummel first enlisted in the Navy in May 2006.

"I joined the Navy to see the world," Hummel said.

Since being on The Sullivans, Hummel has traveled to over 30 different countries.

As a Cryptological Technician Technical, Hummel is a vital asset to The Sullivans air defense. His primary mission is anti-ship missile defense. His daily routine includes standing watch in the Combat Information Center, looking for radars that might be adversary to Coalition forces in the Arabian Gulf.

On May 4, Hummel took a break from watch standing and reenlisted for another six year term, extending his commitment to 2016. Although unable to celebrate with his family at home, Hummel made the most of his commitment by taking a ride he will remember for a lifetime.



-Photo courtesy of The Sullivans
Chief Cryptologic Technician Technical (SW) Garrett Warner and Cryptologic Technician Technical 2nd Class (SW) Nicholas Hummel pose for a photo in front of AGILE 74, the Army helicopter that Hummel reenlisted in high above USS The Sullivans (DDG 68).

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-Photo by MC1 Edward Kessler

Lt.j.g. Jim Hough of USS Taylor leads the honor platoon at cemetery ceremony in Port Mahon in Spain. It is the first time a U.S. Navy warship has visited the port since 1998.

USS Taylor Makes Historic Port Stop

By MC1 Edward S. Kessler
USS Taylor (FFG 50) Public Affairs

USS Taylor (FFG 50) recently visited Port Mahon, in the Balearic Islands of Spain to participate in Admiral David Farragut day ceremonies from June 3-7.

Taylor's historic visit to Port Mahon marks the culmination of months of work by the Madrid Council of American Navy League, and marks the first time that a U.S. Navy warship has visited the port since 1998.

"The United States Frigate Navy has enjoyed a special relationship with the Port of Mahon" said Commander Lyle Hall, USS Taylor commanding officer. "Many of America's first leaders were trained at the Port of Mahon."

The island of Menorca and its citizens were of critical importance in the early days of the U.S. Navy in its efforts to thwart the activities of Barbary Pirates, with Port Mahon serving as a protective port during the winter months for the fledgling U.S. Navy from 1815 - 1840 and now marks the final resting place for several American

Sailors who served aboard the Frigates Constitution, Java and Delaware.

"This has been one of the biggest public affairs relations that we have had on this island as far as the relation between the Spanish Navy and U.S. Navy" said George Ferrara, 2nd Vice President of the Madrid Council of the United States Navy League. "Before 9/11, ships of the United States Navy use to come here and the crews cleaned the cemetery."

During the visit, Taylor was invited by the Navy League to participate in the Farragut Day celebrations. Sailors from Taylor's color guard incorporated Spanish sailors into their unit to render honors during the event. The people of Menorca recognize a special connection to Admiral David Farragut because his father, Jorge Glasgow Farragut, emigrated from Menorca to Tennessee during the 1700s.

The celebrations concluded at the Embarcadero Cemetery, where a small ceremony was held to remember American Sailors buried there and to signify the friendship and bond between Menorca and the

United States Navy.

During this visit, Hall spoke at the Farragut Monument in Ciudadella, emphasizing the historical relationship of the U.S. and Spanish Navies and the operations in progress that continue to strengthen this relationship. Following the official ceremonies, USS Taylor hosted key civilian and military leaders on board Taylor for an evening social.

"Overall it was a wonderful experience," said Taylor's Command Master Chief (SW) Steven Allen. "It brought us back to our heritage, it was a once in a lifetime thing."

Taylor's visit also marks the first visit by a U.S. warship since the terrorist attacks of Sept. 11, 2001.

"The fact that the Taylor came here is significant," said Ferrara. "After 9/11, there was a void."

Taylor's current mission includes the continued cross cultural participation between Spain and the United States. Two Spanish midshipmen are currently serving onboard Taylor as part of their summer training and professional development.

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Troops' Opinions Matter In 'Don't Ask, Don't Tell'

By Army Sgt. 1st Class
Michael J. Carden

American Forces Press Service

Servicemembers' opinions are "absolutely critical" in implementing policy for a repeal of the law that bans gays and lesbians from openly serving in the military, the nation's top military officer said June 2 at Fort Bragg, N.C.

"Your view and opinion of [gays and lesbians serving openly] is absolutely critical to address those issues," Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen told 18th Airborne Corps soldiers during a town hall meeting.

Defense Secretary Robert M. Gates directed a military-



wide review of the impact of the repeal, including town hall meetings with servicemembers and their families. The review is to be completed by the end of December.

Gates and Mullen want to ensure troops are ready to make the change and can do so without hurting unit cohesion, military readiness, military effectiveness, and recruiting and retention.

"One of the reasons the study and review is so important is

because there isn't any subjective data out there, particularly from you and those who will be most effected," the admiral told the soldiers.

"Part of my testimony said how important the review Secretary Gates put in place is," he added, speaking to remarks he made before Congress last week. "That review continues to be critical; it continues to be one we will work our way through over the next many months."

Allowing gays and lesbians to serve openly, Mullen said, is a direction the military needs to move forward on.

"The law needs to change," he said. "Fundamentally, it's an issue of our values. It's very critical for us as an institution, and I'm hard-pressed not to support policy and a law that forces individuals to come in and lie everyday."

Mullen's remarks on the topic were sparked by a senior non-commissioned officer's question. The soldier expressed his concern for the possibility of hate crimes and increased cases of sexual harassment if the law changes.

Mullen told the soldier that

disciplinary issues regarding sexual harassment have nothing to do with the change in the law and should not be tolerated, period.

"Certainly any change in the laws is not an excuse for anything like that to ever happen," the admiral said. "We are a disciplined force. We have standards. Maintaining those standards, sustaining that discipline is our job, no matter what happens."

"I have every expectation that not only we will do this, but we will lead in a way [so] it gets done," Mullen continued. "[But] that doesn't mean we won't have challenges."

Ultimately, he said, troops

and leaders need to have a greater understanding of the impact openly gay and lesbian servicemembers will have on the military.

"I want to understand what the possibilities are ... what it's going take to implement this and, in that regard, address the leadership challenges and implementation with expectations that at the small-unit level, not exclusively, it will be led and led well," Mullen said. "I have a lot of faith in you that that's doable."

In The Fight



-U.S. Marine Corps photo by Cpl. Michael J. Ayotte
Hospital Corpsman 3rd Class Bradley Erickson, assigned to 1st Platoon, India Company, 3rd Battalion, 6th Marine Regiment, Regimental Combat Team 7, cleans facial wounds for Lance Cpl. Timothy Mixon after an improvised explosive device attack during a patrol. The unit is deployed supporting the International Security Assistance Force.

HSL-48

From Page 1

The aircrew promptly reported the development and Elrod altered course and increased speed to close the contact.

Upon intercepting the small boat, Elrod launched its own RHIB (Hammerin Hank) in an effort to retrieve the jettisoned cargo. Elrod maintained watch over the suspect vessel with its manned force protection team topside. Aided by the aircrew of VENOM 515, the boat crew and embarked SAR swimmer recovered seven bales of narcotics and two packages containing communications equipment. The packages were transferred onboard Elrod, where the bales were positively identified as hashish. All told, more than 475 pounds of narcotics were

confiscated from the drug runners.

After the package recovery and transfer, Hammerin Hank was redeployed with a seven-man VBSS (Visit, Board, Search, and Seizure) team to confront the suspect vessel. The three suspects were found to be unarmed. Efforts to retrieve further information proved difficult from the non-English speaking personnel. A Moroccan ship arrived in the early morning hours of May 26 to assume custody of the prisoners and drugs.

The mission proved to be an early success for USS Elrod and HSL-48 Det Three, as they began their six-month deployment. The experience gained

by the operation will certainly aid them as they transition to areas of known pirate activity. The aircrew for VENOM 515 included Lt. Benjamin Farwell, Lt.j.g. Michael Moore, Air Warfare Rescue 1st Class (AW/SW) Matt Haydu, and Air Warfare Rescue 3rd Class Tyler Alderman.



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'Critical Days' Safety Message Turns Personal

By Donna Miles
American Forces Press Service

The military services have geared up their summer safety campaigns, encouraging troops and their families to enjoy the season without becoming statistics during a period historically marred by a spike in off-duty accidents.

Ninety-five servicemembers died last year during the "Critical Days of Summer" season that kicks off Memorial Day weekend and extends through Labor Day. One hundred fifteen troops were killed in off-duty accidents during the same period in 2008.

As in previous years, car, truck and motorcycle accidents claimed the heaviest toll.

This year, as servicemembers receive their unit safety briefings before being cut loose for the weekend, an airman at Lackland Air Force Base, Texas, is imploring them to take heed.

Staff Sgt. Aron Lee, the 737th Training Group's unit training manager, remembers the days when his eyes would glaze over during safety briefings.

"I used to be like everybody



-Courtesy photo

Mourning at the grave of Air Force Tech. Sgt. Audra Britt are, from left, her sister, Anika Lee; her son, Nathaniel Alexander Britt; her brother, Air Force Staff Sgt. Aron Lee; and his daughter, Kennedy Misarah Amaya Lee. Air Force Tech. Sgt. Audra Britt, and her husband, Tech Sgt. Maurice Britt, died at the hands of a drunk driver in April 2009, leaving behind a 4-year-old son and a family committed to ensuring they didn't die in vain.

else in the Air Force," he said. "When you get a safety briefing, it's usually on a Friday, and what you're thinking about is, 'When is this going to be over? I've got things to do.'"

"I used to be that person," he said.

That was before Lee's sister, Air Force Tech. Sgt. Audra Britt, and her husband, Tech Sgt. Maurice Britt, died at the hands of a drunk driver in April 2009.

Avid motorcyclists stationed at Lackland, they were return-

ing home from a motorcycle rally in Austin when their lives were snuffed out by a drunk driver going the wrong way on a one-way street.

Lee remembers the early-morning call that there'd been an accident. Soon after, he received the crushing news that his brother-in-law had died instantly and his sister was in intensive care. He remembers rushing to her bedside as she fought for life, a steady stream of visitors from Lackland helping keep vigil with prayers and encouragement.

Six days later, Britt lost her battle. She left behind a 4-year-old son to grow up without his parents and a family that vowed to protect others from the kind of pain they'd endured.

"We know that our mission is to educate people on the effects of alcohol and drugs and to try to get people to turn their lives around," said Lee, who received a compassionate reassignment to Lackland to help his parents raise their grandson.

They founded EVADE 411 - for "Empowering Victory through Alcohol and Drug Education," followed by the

date of Audra Britt's death, April 11, 2009. The whole family is taking steps toward becoming licensed chemical dependency counselors.

Now, when Lee sits through standard military safety briefings, he sees through the impersonal statistics displayed on PowerPoint slides. Each number represents a person who, just like his sister and her husband, left behind hopes and dreams and loving families to go on without them.

Lee has now set out to share that message with as many servicemembers as possible. He keeps one of his brother in law's old motorcycle helmets in his office to spark conversation, and volunteers to address groups to share his story. When he talks, he forgoes PowerPoint slides and speaks straight from the heart.

"My mission now is to touch as many people as I can," he said. "I want to make sure

they are aware of how alcohol affects the body, what happens if they drink and drive, and how it has an exponential effect beyond the person injured."

As he delivers his safety message, Lee said he doesn't expect servicemembers to give up alcohol - just to drink responsibly. That includes having a designated driver and, should that person decide to imbibe, a Plan B.

"If you are going to drink, have a plan," Lee said. "Then, have a backup plan to your plan, and a backup plan to that."

And Lee's realistic enough to recognize that not everyone will be receptive to his message.

"But if I talk to a group of 50 people and am able to impact one person, that is a success for me," he said.

"My soul will be happy, because I would never wish on my worst enemy to go through one bit of what my family has been through."

Navy Ops Concept Explains Ways To Meet Maritime Challenges

By Judith Snyderman
Defense Media Activity

A bloggers roundtable was held June 2 to discuss the Naval Operations Concept (NOC) 2010 released to ensure U.S. maritime assets line up with overall defense strategy.

"The goal of the document is to coordinate with the QDR (Quadrennial Defense Review)," said Capt. Mark Montgomery, Navy Strategy branch head, during the DoD Live Bloggers Roundtable.

While the QDR guides decisions for the size and structure of the overall military force, the NOC focuses on roles that the Marine Corps, Navy and Coast Guard play.

Montgomery said the NOC describes how sea-based forces will confront contemporary threats and challenges including, "enhancing security, preventing conflict and if necessary, prevailing in war."

He added that it builds on the naval services' overarching strategy document, A Cooperative Strategy for 21st Century Seapower.

What is new about the NOC, Montgomery said, is a "whole of government approach."

In addition to working in partnership with other U.S. agencies, the NOC supports working with allies to avoid duplicating efforts, "so that we are wisely spending what are increasingly scarce resources." Capt. John McLain, of the Navy Strategy and Policy Division, also participated in the discussion.

He said that in many ways, the updated vision for the Maritime Strategy is already being realized.

"We typically are engaged as part of a whole of government effort within usually an international framework," he said.

As one example, McLain recounted the fast response and contributions made by naval forces to multi-agency and international aid efforts after a massive earthquake erupted in Haiti in January. The NOC document, McLain explained, elevates the role of humanitarian assistance and disaster relief as, "not just reactive disaster response but also proactive humanitarian assistance."

Montgomery added that the NOC includes sections on confronting irregular challenges and on expanding the definition

of deterrence.

He acknowledged that some external audiences expected to see specifics in terms of force size and ship numbers in the NOC, but he said it is not intended to be a requirements document. Montgomery added that Navy analysts will take part in upcoming Defense future warfighting campaign scenarios which could shape the future size and structure of maritime forces.

"We wouldn't want to pre-judge the results of these war fighting campaign scenarios, nor would we want the operational concept of the Navy tied to a change in any one threat," Montgomery said.

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He added the main audience for the NOC is internal and the content aims "to explain to the officers and sailors down on the deck plates what the naval operational concept is [and] how we execute the 'ways' associated with the ['means'] of the Maritime Strategy."

Instead, McLain said the NOC acknowledges that naval forces are rebalancing resources, and that "we have to perform our core missions with one Navy and [it] must be able to operate across a full spectrum of operations."

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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.

June 10, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

June 10, 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.

June 14-17, 8 a.m.-4:30 p.m., **SAPR Victim Advocate Training**, NAS Jax Chapel

June 14, 6-7 p.m., **IA Family Discussion Group**, USO

June 14, 8:30 a.m.-noon, **FERP- Career & Job Readiness Class**, FFSC

June 14, 9-11 a.m., **What About The Kids Workshop**, 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, 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. June 14, 1-3 p.m., **FERP- Federal Employment Class**, FFSC

June 14, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

June 14, 8 a.m.-4:30 p.m., **Ombudsman Basic Training**, Building 1 Room 719

June 21-24, 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 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.

June 22, 8 a.m.-4:30 p.m., **Ombudsman Basic Training**, Building 1 Room 719

June 22, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

June 23, 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.

June 15, 9-11 a.m., **Resume**

Walk-in Review Assistance, FFSC

June 16, 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.

June 17, 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.

June 17, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

June 17, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

June 17, 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.

June 21, 8 a.m.-4:30 p.m., **Ombudsman Basic Training**, Building 1 Room 719

June 21-24, 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 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.

June 22, 8 a.m.-4:30 p.m., **Ombudsman Basic Training**, Building 1 Room 719

June 22, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

June 23, 9 a.m.-noon, **Tottletyme Playgroup**, USO

Parents and children together meet to share parenting con-

cerns, 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.

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

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

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

June 24, 8-11 a.m. **Anger Management**, FFSC

June 28, 6-8 p.m., **Ombudsman Assembly**, Building 1 Room 104

June 28, 1-3 p.m., **Starting Your Own Business Class**, FFSC

June 29, 9 a.m.-noon, **Couples Communication Workshop**, 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.

June 29, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

June 30, 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.

Medal of Honor Recipients Promote Mental-Health Support

By Donna Miles

American Forces Press Service

Twenty-eight Medal of Honor recipients recently launched the "Medal of Honor - Speak Out" campaign to encourage troops struggling with post-traumatic stress disorder, traumatic brain injuries and other health problems to take advantage of services to help them.

The Army, Navy, Air Force and Marine Corps Medal of Honor recipients dating back to World War II echo a common theme in video messages for today's returning combat veterans: Take advantage of the resources now available to treat the unseen scars of war.

"Make use of them," they encourage today's troops. "Stay strong, and don't let the enemy defeat you at home."

The Medal of Honor recipients, many who have endured harrowing wartime experiences, acknowledge in individual videos the emotional challenges many returning combat veterans experience.

"I know firsthand the challenges of war," said former Army Staff Sgt. Drew Dix, who received the Medal of Honor for his actions as a Special Forces adviser in Vietnam. "Your experiences in combat are so powerful that very few will or can understand what you went through."

Retired Army Maj. Gen. Pat Brady, a heli-

copter ambulance pilot who received the Medal of Honor for his actions in Vietnam, said he and his crewmembers treated the physical wounds of the warriors they rescued, but recognized that their unseen scars of combat ran deeper.

"There were other wounds - wounds that went beyond flesh and blood; wounds that could not be rescued by helicopters," Brady said. "Those enemy scars followed our troops home."

George E. "Bud" Day, an Air Force forward air controller in Vietnam, encouraged today's troops to seek help that wasn't available when he returned from combat.

"Back in those days, they didn't have the services, resources and tools that are available today to help servicemembers and their families deal with the challenges of adjusting after deployment," Day said. "The tools and resources are there now. Please make use of them."

The Medal of Honor recipients expressed pride in today's servicemembers who are following in their footsteps.

"Thank you for your service to our country," said Hershel "Woody" Williams, a former Marine who received a Medal of Honor for his actions during World War II. "We are so proud of you."

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GATE	1605 RACETRACK/SR13	JAX	SPRINT	14376 BEACH BLVD./SAN PABLO	JAX BCH	
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JAX FEDERAL CREDIT UNION	664 ATLANTIC BLVD.	JAX	SPRINT	1601 PENMAN RD.	JAX BCH	
JIFFY LUBE	3212 UNIVERSITY BLVD S	JAX	U.S. COAST GUARD OFFICE	A1A HWY	JAX	
JIFFY LUBE	6135 ST AUGUSTINE RD	JAX	USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX	
JIFFY LUBE	11620 SAN JOSE BLVD	JAX	Updated: FEBRUARY 1, 2007			

PICK UP YOUR COPY OF THE MIRROR AT ANY OF THESE LOCATIONS

412806

The Scion Battle of the Builds is a military design challenge giving you the opportunity to construct your ideal xB. If you think you have the chops to build something special.

Put together a team of 5 to 8 service members with the same incredible vision (2 MWR-eligible civilians may also be included) Read the official contest rules Download the mission brief Upload a basic sketch of the car you would like to build (no fancy design tools needed) and some info about your team, your auto hobby/skills center and your car design.

For more information check out the following website: www.battleofthebuilds.com Ends June 11.

Jacksonville's 6th Annual Putt N' Crawl event is scheduled for June 12. Please visit www.puttncrawl.com for more information on the event and where to purchase tickets. If you would like to volunteer to help in the event, please contact us.

The Mayport USO will host a No Dough Dinner on Monday June 14 from 5-7 p.m. Our wonderful volunteers will serve tacos, rice, beans, salad, and dessert. This service is only for active duty and their immediate family. Please come out and enjoy some food and fun.

The World Golf Hall of Fame & The Hope Legacy honors our heroes. They are offering free admission to all active, retired, & reserve military through July 4. This includes the 18-hole natural grass putting course. You must present your military ID on arrival. For more information please visit: www.worldgolfhalloffame.org

The Jacksonville Axemen Season is underway and your Greater Jacksonville USO has season tickets available for only \$15 for five matches and children 12 and under is admitted free. Tickets are now on sale at Mayport and NAS JAX USO Centers. All home games are played at Hodges Stadium, UNF, parking is free, the Axe Maiden Cheerleaders

USO NEWS

perform at every game. Please visit www.jaxaxe.com for more details.

Blue Star Museums is a partnership among Blue Star Families, the National Endowment for the Arts, and more than 700 museums in all 50 states to offer free admission to active duty military personnel and their families through Sept. 6. If you are active duty military personnel and/or an immediate family member, all you need to do is show your ID card at the museum admissions desk. Immediate family members under the age of 10 must be accompanied by an appropriate ID holder. For more information please visit: <http://www.arts.gov/national/bluestarmuseums/index.php>

Effective July 1, 2010, honorably discharged veterans, active-duty service and reserve members will receive a 25 percent discount on the purchase of a Florida State Park annual pass. The discount provides a savings of \$15 on an individual annual pass and \$30 on a family annual pass, which allows up to eight people in a group to access most of Florida's 160 state parks. In addition, honorably discharged veterans who have service connected disabilities, and surviving spouses of military veterans who have fallen in combat, will receive a lifetime family annual entrance pass at no charge. For information on qualifications and necessary forms to receive these discounts, visit www.FloridaStateParks.org/thingstoknow/annualpass.cfm#discountsforveterans.

The USO and RocketLife, have partnered to deliver a heart-warming opportunity for the men and women of the armed forces and their families. The Personal Photo Book program enables troops serving abroad and their families to create 20-page personal

photo books and ship them to any APO/FPO address for free. These full-color, customized photo books are small enough to fit in a soldier's cargo pockets yet can hold more than 60 photos of loved ones. RocketLife prints the books for free, and the USO pays for the shipping. To get started, visit <http://uso.myphotoproducts.com>.

The U.S. Department of Veterans Affairs has announced the launch of its new and improved online form, "Application for Health Benefits," which will make it easier and faster for veterans to apply for their health care benefits. This revised online application form (10-10EZ) provides enhanced navigation features that make it easier and faster for veterans to use. The new version also allows veterans to save a copy of the completed form for their personal records. The most significant enhancement allows veterans to save their application to their local desktop and return to the application at any time without having to start over. Previously, veterans had to complete the form in a single session. This updated online form, along with the revised VA Form 10-10EZ, reduces the collection of information from veterans by eliminating some questions. In addition, there are minor changes to simplify the wording of questions and provide clarity in the instructions. Further enhancements to the online application are expected to be delivered in increments throughout 2010. Veterans may complete or download the 10-10EZ form at the VA health eligibility website at <https://www.1010ez.med.va.gov/sec/vha/1010ez/>. Veterans may also contact the VA at 1 (877) 222-VETS (8387) or visit the VA health eligibility website at www.va.gov/healtheligibility.

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 pro-

gram. Register, either online at www.herosalute.com or in the entrance plaza of a participating park, and show a Department of Defense photo ID.

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

also available.

There is a full kitchen, showers, a quiet reading room and a meeting room available at the USO. For more information about activities or meeting availabilities, call 246-3481 or stop by the center at 2560 Mayport Road.

USO Rents Out Adventure Landing

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. Wristbands are on sale at the Mayport and NAS Jax USO centers for \$2.50. This is for active duty and immediate family members only, including National Guard. Retirees, friends and relatives are not eligible to attend.

Space is limited. Wristbands will be sold on a first come, first serve basis. Adventure Landing Season Passes are not valid for this day.

The Sesame Street/USO Experience for Military Families



Sesame Street and the USO are bringing the furry, fuzzy and friendly muppets to military families around the world.

PROGRAM HIGHLIGHTS:

- » Free admission for military families and their children
- » Mini-show and giveaways
- » For tour information visit www.sesamestreet.org/TLC and www.uso.org

DATE: Thursday, June 10, 2010	TIME: Two Shows! 5:00 PM & 7:30 PM	PLACE: NS Mayport Gym, Bldg. 1391	TO SIGN UP: First come, first serve... Floor & bleacher seating
--	--	--	--

USO Worldwide Strategic Partners:

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On Base

Monday, June 21

USS Simpson family readiness group will meet from 6-8 p.m. at the Mayport USO. Childcare will be provided. For more information about the event, email Ombudsman Whitney Watson at simpsonombd@gmail.com or Simpson FRG President Marla Hynes at ussimpsonfsg@yahoo.com

Out in Town

Friday, June 11

Come join the Fleet Reserve Association for a night of Karaoke at the Branch Home, 390 Mayport Rd. Featured will be host Doug Bracey, from 9 p.m. to 1 a.m. The bar will be open for drinks and snacks.

First Coast families are invited to Julian Barrs Park, 10151 Crystal Springs Rd., to enjoy this Winn Dixie presentation of JaxParks, Movies in the Park at 10:30 p.m. Don't miss Paul Blart: Mall Cop, rated PG. Free refreshments are available while they last. This event is free and open to the public. For more information on events and activities hosted by JaxParks, call (904) 630-CITY or visit www.jaxparks.com.

Saturday, June 12

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. to Noon. Participants of Art for Two: A Collagraph of Me will spend time together exploring the galleries, art making and time in Art Connections. Participating individuals can gain inspiration for their unique collagraph by touring Collectors' Choice: Works of Art from Jacksonville Collections. The exhibition on view through September 12, 2010, features 70 pieces from private collections across Jacksonville, including porcelain, paintings, photographs, works on paper, sculptures, African art, ethnographic objects and pottery. Cost is \$10 per pair, per class for members and \$15 per pair, per class for non-members. Pre-registration

COMMUNITY CALENDAR

is required. For more information or to register, please call Art Connections at (904) 355-0630.

Join a park ranger at 3 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 Fleet Reserve Association, Branch 290, elected new officers at their May General Assembly. Installation will be at 7:30 p.m. at the Branch Home, 390 Mayport Rd. For more information on membership in either FRA-290, or the Ladies' Auxiliary, LAFRA-290, call 246-6855. The Branch Home is located at 390 Mayport Road, Atlantic Beach, Florida, 32233.

Monday, June 14

Fleet Reserve Association, Branch 290, will conduct an Official United States Flag Retirement Ceremony. The public is invited to bring damaged American Flags to the Branch's home, 290 Mayport Rd., before June 14 and they will be Officially Retired at no cost to the owner.

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.

Wednesday, June 16

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

Sunday, July 18

11th Annual Cutting for Kids Cut-A-Thon to Benefit Locks of Love

Change a style to change a life will be held at Orange Park

Mall from noon - 4 p.m. Hair donors and volunteer stylists are needed for the 11th Annual Cutting for Kids event. Come enjoy live music and free entertainment while supporting Locks of Love in their mission to return a sense of self, confidence and normalcy to children suffering from hair loss. Free haircuts for persons with ponytails 10 inches or longer. This event will benefit Locks of Love, a public non-profit organization that provides vacuum fitted hairpieces to financially disadvantaged children suffering from long-term medical hair loss from any diagnosis. They meet a unique need for children by using donated human hair to create the highest quality hair prosthetics. Most of the children helped by Locks of Love have lost their hair due to a medical condition called alopecia areata, which has no known cause or cure. Others have suffered severe burns or injuries or endured radiation treatment to the brain stem or other dermatological conditions that result in permanent hair loss. Monetary donations to Locks of Love are tax deductible. For more information, please email the Events Coordinator at volunteer@lockslove.org

Saturday, June 19

The City of Atlantic Beach continues the Wild Wonders adventure with Prehistoric Pals, including the endangered Alligator Snapping Turtle, along with reptiles and other creatures from around the world. The programs will be offered at 11 a.m. at the Dutton Island Preserve Pavilion. Learn about reptile behavior, survival, feeding habits, and adaptations. Adults and children will enjoy this one-hour program of information and up-close encounters with our planet's wild wonders. This event is free and open to the public. Dutton Island Preserve is located at the west end of Dutton Island Dr. W. off Mayport Rd. in Atlantic Beach. Visit the AB website at www.

coab.us/events for upcoming programs and events. The City of Atlantic Beach Recreation and Special Event office is located at 716 Ocean Blvd., Atlantic Beach.

Monday, June 21

VBS is the "Best week of the year. Come join the fun for the Galactic Blast: A Cosmic Adventure Praising God which will be from 6-8:30 p.m. at Isle of Faith United Methodist Church, 1812 San Pablo Rd., Jacksonville, Fla., 32224. There will be a performance by the children on Sunday, June 27 at 9-10:30 a.m. The camp is free. Children need to be in the age group entering kindergarten through 5th grade. To see this year's theme go to www.cokesburyvbs.com/galactic-blast/. Register online at www.iofumc.org/. Click on the Grow button to find the registration form. For more information, please contact Anne Knapp at 221-1700 ext. 204.

Saturday, June 26

Join a park ranger at 3 p.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

sion.

Saturday, June 26

Learn the University of Florida nine principles for Florida Yards and Neighborhoods and how they can save you time, energy, and money from 2-3 p.m. at South Mandarin Regional Library, 12125 San Jose Boulevard.

Take home a handout of Florida-Friendly tips that explain ways to calibrate sprinklers, calculate fertilizers, as well as fertilizer schedules, and how to measure mulches for your landscape. You will also hear about attracting wildlife and more. This is a free program. Registration is requested. Call Becky at the Duval County Extension Office 387-8850.

Saturday, July 3

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

Saturday, July 10

Join a park ranger at 2 p.m. for a discussion on the different types of shark teeth that can be found on the area's beaches. This program will take place at the Ribault Club on Fort George Island Cultural State

Park. No reservations are necessary and the program is free.

Saturday, July 17

Join a park ranger at 2 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 begin by pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Saturday, July 24

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

Saturday, July 31

Join a Park Ranger at 2 p.m. for a program that will introduce you to bird watching. Topics include the basic tools available to birdwatchers, and the basics of bird habitat, behavior, and identification. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

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ACROSS

- Tartan pattern
- MasterCard alternative
- Drinks slowly
- Bird of prey
- Follow orders
- Mixture
- Cranium
- Paul Masson or Julio Gallo
- Casual shirt, for short
- Utilizes
- Separated
- Mild oath
- Belonging to that girl
- ___ oneself; got ready for a jolt
- Insect stage
- Expert
- Eyelid hair
- Copy
- ___ off; rob
- Unwilling to talk
- Self-esteem
- Alleviated
- Star of TV's "I Dream of Jeannie"
- "Ready, __, go!"
- Passed away
- Contemptuous looks
- Pieces of cookware
- Dull sound
- Become tangled
- Landing place
- ___ of; rather
- Rumba shaker
- Dejected
- Canyon sound
- Muggy
- Heroic narrative
- Ray Charles' music style
- Stove
- Racecourse site in England
- Longed
- Haightiness
- Nile or Danube
- Unlocks
- Ponders

DOWN

- Nuisance
- Tahoe or Huron
- Feverish condition
- "___ Be Home for Christmas"
- Flood
- Took an oath
- Long-legged bird
- Lieberman or Feinsein: abbr.
- Positive vote
- Caress & Dial
- Actress Chase
- Landing place
- ___ of; rather
- Rumba shaker
- Dejected
- Canyon sound
- Muggy
- Heroic narrative
- Ray Charles' music style
- Stove
- Racecourse site in England
- Longed
- Haightiness
- Nile or Danube
- Unlocks
- Ponders

THIS WEEKS ANSWERS

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38 Olympic prizes	52 Over again
39 Primary	53 German senora
40 ___ off; angry	54 Mix in a bowl
46 Pronoun	55 Behaves
47 Tiny acorn	56 You, biblically
48 Practical joke	58 Running game
49 Lovers' meeting	59 Elbowed part of a pipe
50 Polluted air	61 Beer's cousin
51 ___ Scotia	

The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call NS Mayport volunteer coordinator CSI Terry Jackson at 270-5373 and AC1 Chandra Chaney at 270-6130 or Dianne Parker at 542-5380 or you can immediately sign-up online for opportunities using www.volunteer.gatewayjacksonville.org.

Guardian ad Litem

Be the voice for children abused, neglected, or abandoned. These children have no ability to participate in decisions affecting their lives. When children are removed from their homes, the courts can appoint a special advocate to make sure that the best interests of the child is given appropriate consideration.

This advocate is known as a Guardian ad Litem. In the 4th Judicial Circuit, which includes Clay, Duval and Nassau Counties, there are more than 2,000 children who need an advocate to help them navigate the Dependency system. As we build our volunteer base we are asking members of our community to consider being a Guardian ad Litem. These guardians do not provide direct care for the children; the guardians ad litem visit the child at least once per month, interview family members, gather information from medical, mental health, and education professionals, and attend court hearings to ensure the best interests of the children are maintained.

REACHING OUT

The work is compelling. To become a Guardian ad Litem, candidates need a compassionate heart, be at least 19 years old, complete 30 hours of initial training and undergo a background check. The process begins with a screening interview so you can learn more about this opportunity to make a difference in the life of a child.

If this kind of volunteer opportunity sounds like something you would like to participate in, please visit the Guardian ad Litem website, www.guardianadlitem.org, or call 904-630-1200 to schedule a screening interview.

First Coast "No More Homeless Pets"

First Coast No More Homeless Pets brand new high capacity Spay/Neuter Clinic opens this month. The new facility will be able to help thousands of pets and owners as well as stray and feral cats - each year, with free or low cost spay/neuter and low cost vaccinations. We still need lots of volunteers for the clinic at the new location on Norwood Avenue. For more information, email Debbie Fields at dfields@bellsouth.net

Mayport Lions Club Volunteers

The Mayport Lions Club is looking for Volunteers to help with various projects. If you

are interested (military & civilian), please contact either Bob Krepps, Senior Chief Petty Officer, USN(Ret) 509-4945 or Chuck Carroll, Commander, USN(Ret) 463-2884.

Jacksonville International Airport Volunteer Ambassador Program

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

Jacksonville Zoo

The Jacksonville Zoo is asking for volunteers. Volunteers are needed to educate varied audiences about the natural world, teach conservation messages, beautify the grounds, assist guests in various areas of the park, input data, lend a hand in animal care areas,

answer questions, drive trains and enhance guests' experiences. You provide the interest and enthusiasm, and the zoo will provide the training. Scheduling is flexible. Volunteers receive special discounts, free admission, newsletters and special programs only available to employees and volunteers. Take this opportunity to meet others who share your interests in the animal kingdom. New Adult Volunteer Orientations are held at the Pepsico Foundation Education Campus.

YMCA of Jacksonville

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

Children's Home Society of Florida

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

Homeless Pet Shelter

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

St Augustine Amphitheatre Seeks Volunteers

St. Augustine Amphitheatre seeks volunteers to be used as ushers, checking tickets, and

pointing out seats. As a volunteer, you get to see the entire show. For more information, contact Lisa Tomkins at 209-3750.

Big Brothers Big Sisters Mentoring

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

Navy-Marine Corp Relief Society Needs You

The Navy Marine Corp Relief Society is in need of Volunteers to give a couple of hours of their time each week to help others in need. The mission of the Navy-Marine Corp Relief Society is to provide emergency financial help and educational assistance to members of the Naval Services - active, retired, and family members - when in need: to assist them achieve financial self-sufficiency and to find solutions to emergent requirements. Navy-Marine Corp Relief Society firmly believes in personal financial responsibility. By helping the service member and family through difficult times and by assisting them to develop their own problem solving capabilities, they will achieve financial stability, increase self-worth and reduce the need for future financial assistance. If you are interested in volunteering

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

St. Johns County Habitat For Humanity Needs Volunteers!

Habitat for Humanity is in need for volunteers every Friday and Saturday to help build homes in St. Augustine. No skill is necessary. Must be 16 or older. They are starting a new home every month and need help on the construction site. Please call 826-3252 ext. 2006 to sign up.

Lea's Place

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

Dignity U Wear

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

Poison Safety For Summer

From Florida/USVI Poison Information Center - Jacksonville

Summer is approaching; be poison safe

School will soon be out and families will be on the move making plans for summer! Whether traveling, hosting guests in your home, or just enjoying the weather outdoors, children are at greater risk of accidental poisoning during the summer months.

During last year's summer months, June-August, there were more than 30,000 poisoning emergency calls placed to the poison centers in the state of Florida. Although we commonly see calls concerning sedative/hypnotic drugs, cardiovascular drugs, cosmetics, topical preparations and foreign body ingestions, pesticides, insecticides, plant ingestions and insect bites/stings seem to always peak this time of year. Of the total number of poison emergency calls, approximately 14,000 calls statewide were for children age six and under.

It is difficult to maintain a poison-proof environment during the summer season, but a few simple tips can help reduce the chance of accidental poisoning emergencies, especially in children. The Florida/USVI Poison Information Center - Jacksonville offers the following tips to help keep you safe during the summer. For poisoning emergencies, call the Poison Center emergency number at 1-800-222-1222.

•When using insect repellents, always follow the directions carefully as some repellents are not meant to be applied to the skin. However, when applying appropriate insect repellents apply only to exposed skin. When applying to the face, spray on the hands and rub onto face, being careful to avoid the eyes and mouth. DO NOT spray on children's hands as they tend to rub their eyes and/or place their hands or fingers in their mouths. Wash all sprayed areas with soap and water when finished playing outdoors, as the repellent is

Call the Poison Control
Emergency Hotline toll free
24 hours a day, at
1-800-222-1222

no longer necessary. Repeated applications may be dangerous; wash with soap and water before reapplying repellent.

•IMMEDIATELY call the Poison Control Center if you believe you have been bitten or stung by any of the following: snakes, spiders, fire ants, jellyfish, or Portuguese man-o-war.

•Many chemicals used to control insects, rodents and weeds are also toxic. When ingested or inhaled, even in very small amounts, most are capable of producing illness. Avoid using products that require leaving powder or pellets in areas where children and pets may have access to them.

•For pool chemicals safety, read and follow the labels and directions carefully before you use the product; these products should only be opened and used outdoors. Do not store pool chemicals where other flammable items may mix with them; i.e., a mixture of pool chemicals and fertilizer can cause a fire or explosion. Never use metallic utensils to dispense pool chemicals; instead use clean and dry plastic, glass, china or enamelware utensils and buckets.

•Use caution when petroleum-based products, such as gasoline, kerosene, motor oils, paint thinner, furniture polish or mineral spirits, are used. If ingested, the chemical can get into the lungs to cause coughing, difficulty in breathing, and lung damage. If ingested, call the Poison Control Center immediately. DO NOT induce vomiting.

•Children are fascinated with mushrooms. A mushroom cannot usually be judged safe by sight, by the area in which it grows, or by witnessing ani-

mals eating it. Many species of mushrooms are capable of causing illness, poisoning or death. ALL wild mushrooms ingested should be considered potentially dangerous.

•To avoid food poisoning, wash all counter tops, utensils and hands with warm, soapy water prior to and after food preparation, and thaw meat and poultry in the refrigerator. Avoid leaving perishable food out of the refrigerator for more than two hours.

•When traveling, store medications, personal items, insect repellent or sunscreen, in suitcases locked in the vehicle's trunk away from children in the back seat. Avoid bringing along "A few pills, A few unmarked containers; these are not child-resistant and they are unlabeled as to content or quantity. For visitors who are not used to the activity of children, remind them to properly store all personal belongings, especially prescription items, out of the reach and sight of children.

•If camping, be careful of the underbrush, as it could contain poison ivy. Remember, "Leaves of three, let it be." If someone touches poison ivy, immediately rinse with plenty of running water for at least five minutes and call the Poison Control Center emergency number at 1-800-222-1222 for more treatment information.

For summer poisoning emergencies or for poisoning related questions, call the Poison Control emergency hotline toll free 24 hours a day, at 1-800-222-1222, and a Specialist in Poison Information will immediately respond. When the problem is poison, the answer is poison control.

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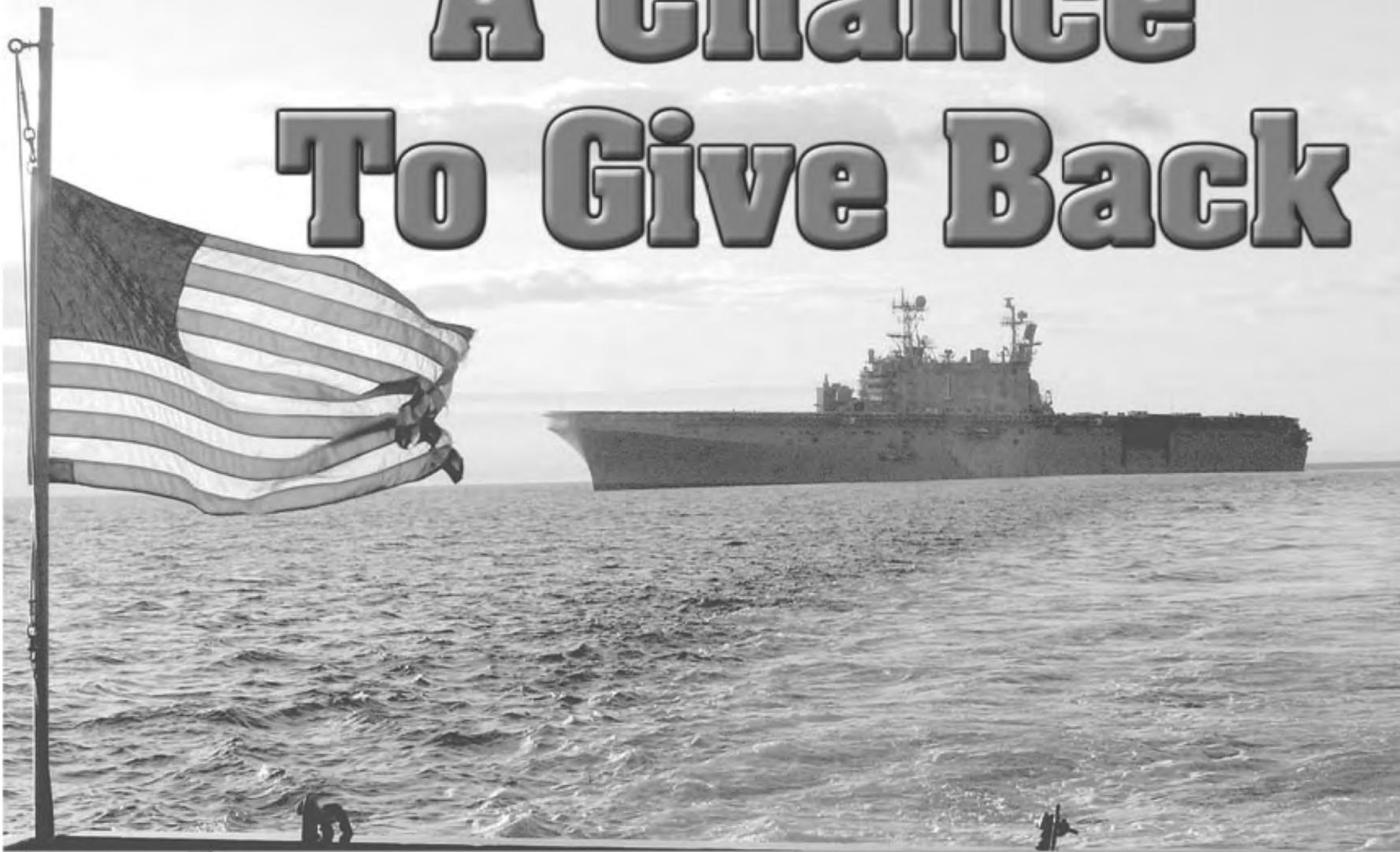
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