



-Photo by MC1(SW) Daniel Gay
A Jacksonville Jaguars' helmet sits on the Florida Blue Health and Wellness Practice Field as servicemembers listen to the Albany, Ga., Marine Corps Band during the Jacksonville Jaguars' final open practice and military appreciation night. Servicemembers from all over the Northeast Florida and Southeast Georgia area attended the practice. The ceremonies were concluded with a flyover from an SH-60B helicopter from Naval Station Mayport-based HSL-60 "Jaguars."

Jags 'Salute The Troops'

By MC2(SW) Jacob Sippel

Navy Public Affairs Support Element East Detachment Southeast

Hundreds of retired and active duty servicemembers, along with friends and family, attended the Jacksonville Jaguars "Salute the Troops Night" at the Florida Blue Health and Wellness Practice Fields on Aug. 5.

This was the last public training camp practice for the Jaguars before start of their season on Sept. 12, and the Jaguars wanted to acknowledge and thank local military for their support.

"I know they are doing this because they appreciate the things we do for them, and we are showing the Jaguars today that will support them this season," said Patrol Squadron (VP) 62 Command Master Chief (SW) Phil Rogers. "The support the Jaguars have shown us really means a lot and it is exciting to be here."

During the festivities, the crowd was treated to a live performance by the Albany, Georgia Marine Corps Band and many of the local Sailors of the Year were recognized for their dedication to

our country. Shortly after the performance of the band and tribute to the servicemembers, Jaguars tight end Mercedes Lewis spoke to the crowd.

"On behalf of the Jacksonville Jaguars organization, we want to give you a special thanks and really want to say that we appreciate everyone coming out here today," said Lewis. "We work hard, but you guys work even harder. We honestly can't thank you enough."

After the heart-felt speech, Jaguars General Manager Gene Smith also had a message to servicemembers in attendance.

"Today is a special day and a day that I am proud to be a Jaguar," stated Smith. "For me, living in a military city and raising my family here, I have great respect for what the military does for us on a daily basis."

The ceremonies concluded with a flyover by a SH-60B helicopter from Naval Station Mayport based Helicopter Antisubmarine Squadron Light (HSL) 60, just as the Jacksonville Jaguars took the field for practice.

Hard Work Pays Off For Carney

By Paige Gnann

The Mirror editor

USS Carney's (DDG 64) accomplishments throughout 2009 looks like a checklist of 'what-to-dos' for U.S. Navy ships.

Maritime Excellence award, check.

Engineering/Survivability Excellence award - check, check.

TYCOM Ship Safety Excellence award (third consecutive); Command, Control Communications and Information Warfare Excellence Award (fifth); Logistics Management Excellence award (sixth) - check, check, check.

And don't forget the ship also earned the Golden Anchor, Unit Tactics Award, CNO Safety Award, SecDef Maintenance Award, was runner-up for the Atlantic Fleet Phalanx CIWS Excellence Award and, of course, received the Battle "E."

Now the NS Mayport-based destroyer can add the Battenberg Cup award to that list, proving the ship was "the best of the best" in 2009.

Adm. J.C. Harvey Jr., Commander, U.S. Fleet Forces, was joined by Rear Adm. David Thomas, Commander, NAVSURFLANT, Rear Adm. Mark Buzby, Commander, Military Sealift Command and the commodores from both DESRON 24 and DDGRON to present Carney's crew with the award during an Aug. 6 ceremony on board the destroyer. Buzby is the commissioning officer of USS



Photo by Paige Gnann/The Mirror
Adm. J.C. Harvey Jr., Commander, U.S. Fleet Forces Command, presents USS Carney Command Master Chief, CMDCM(SW) Ross Cramer, with the 2009 Battenberg Cup during a shipboard presentation on Aug. 6 in Naval Station Mayport.

See Battenberg, 15

Ninth CO Joins Carney Nation



-Photo by Paige Gnann
Capt. Aaron Jacobs, Commodore, DESRON 14, congratulates Cmdr. Richard Field after he assumes command of USS Carney from Cmdr. Brendan McLane during a shipboard ceremony on Aug. 4.

By Lt.j.g. Peter Goodman

USS Carney Public Affairs

USS Carney (DDG 64) held a change of command ceremony on Aug. 4 on the flight deck while berthed at Naval Station Mayport. Cmdr. Richard J. Field relieved Cmdr. Brendan R. McLane as the ninth commanding officer of the ship named in honor of Adm. Robert B. Carney, a storied WWII Cruiser captain who later went on to serve as the Chief of Naval Operations.

Carney returned just days before to Mayport after completing a seven-month deployment to Fifth Fleet as part of the Dwight D. Eisenhower Strike

Group (IKESG).

Field reports to Carney after having served in the Office of the Secretary of Defense, where he served as a Naval Analyst focusing on cost assessment and program evaluations. His previous sea tours include time in USS Stephen W. Groves, USS Barry, USS Philippine Sea, and later USS Ross, where he served as her executive officer.

Capt. Aaron C. Jacobs, Commander, Destroyer Squadron 24, served as the guest speaker for the ceremony, highlighting in his remarks the rich history of Carney and the dedication of the crew which

See Carney, Page 14

Ready To Build



-Photo by MC1(SW) Daniel Gay

From left, Nelson Smith, J2 engineering superintendent, Jack Scott, project manager for AKEA, Cmdr. Mike Watson, Naval Station Mayport executive officer, Capt. Aaron Bowman, NS Mayport commanding officer, Lt. Jason Boatright, construction manager, and Frank Schaefer, NS Mayport business manager, break ground on the new P-190 aircraft refueling and POL Laboratory. Once completed, the new facility will stop the need to truck fuel to the flightline for refueling purposes.

Welcome Home
USS Farragut

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Find Out What's Happening
With MWR

Pages 8-9

Special Duty Assignment Pay
Adjustment Deadline Nears

Page 14

STREET TALK

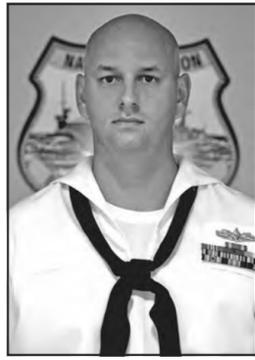
How Do You Prepare For Advancement Exams?



MASN Anthony Parks
Base Security
My rate manual, I also reiterate the pages a few times.



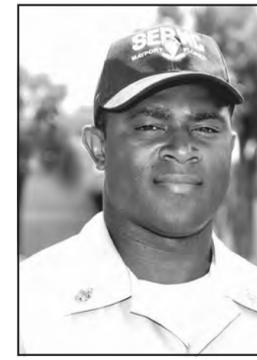
LS2 Keaton Briscoe
HSM 40
BIB's, pray, and make use of personal time.



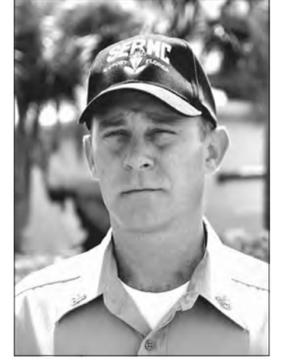
BM2 Trevic McAfee
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HSL-60
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EMCS Michael Spanks
SERMC
Utilize your BIB's.

Moving Can Be Easier If You Are Prepared



Judy Cromartie
School Liaison Officer

Most children and their families get excited about moving to a new community. It is an opportunity to start afresh, make new friends, explore different scenery, and maybe get their own bedroom. But the other side of a move for children is leaving friends and starting in a new school. "Who will be my teacher?" "Who will I sit with at lunch?" "Will I have to ride a bus?"

These are common questions, tinged with anxiety, which your children are now asking about this new community -

KNOW THE ROPES

Jacksonville, Florida. While you may be concerned about housing, a job, and new clothes due to a climate change, your children have honed in on what will have the greatest impact on them: school.

Moving is hard for the whole family, but it can be especially hard on kids. One of the keys to making it easier is preparation. Psychologist Gary Santavicca says, "In general, the more preparation you have, the easier a transition is."

But if you didn't have time to research this move, now is the time to get online to learn about Hanna Park, the fun things to do throughout the Beaches' community, the zoo, and their new school. If possible, have your children help you with this online research. Santavicca states that by "helping to make it happen," it becomes "a family

project," that creates a positive response to the move for all in the family.

By sending a positive message to your children about the good place where they are now living, the good people, and especially, the new school, your excitement will be transferred to your children. This helps them to feel confident about their new surroundings and the new school.

If you need help getting information about the new school, check with me, the School Liaison Officer at N.S. Mayport. Or you can find out school information by going to www.duvalschools.org and click on the tab "Parents." Then scroll down to "How to Enroll" to find enrollment forms, the start and end times, cost of the lunch, sports schedules, and answers to your transportation questions.

As you approach day one, which is Aug. 23 in Duval, establish a regular bedtime routine and morning routine. Decide if your child will pack a lunch or buy it. Make sure that

he has clothes which are appropriate for the school's dress code. Determine where he will keep his school ID, his books, and maybe that lunch so that each morning is hassle-free. With a little bit of effort at home, parents can establish a positive tone for this latest move which will result in a great year of learning. Parental involvement and enthusiasm may be all your child needs to have a great move and an outstanding year of academic success!

Websites to help make the first days and weeks easier:
Website for Duval Schools: www.duvalschools.org
Free Tutoring: www.SoarAtHome.com; www.tutor.com
Special Needs: www.militarystudent.org; www.stomp-project.com
Free SAT/ACT Prep: The software may be ordered online or by telephone. To order online follow these two simple steps:

•Go to www.eKnowledge.com/USA
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To order by phone call (951) 256-4076
Reference: Mayport SLO

There is a nominal charge of \$13.84 for the cost of materials, processing, distribution, and customer service. Military Teens on the Move: This program is supported by the Department of Defense and available at <http://dod.mil/mtom>. This website is designed to provide relocation and outreach support to military youth ages 6-18.

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 X1305 [office] or (904) 219-3894 [cell].

CHAPLAIN'S CORNER



Chaplain Jonathan Black
COMDESRON 14

Do not forsake her, and she will keep you.

Love her, and she will protect you.

Prize her highly and she will encourage you.

She will honor you if only you would embrace her.

Do not let her go, and she will give you life.

Make her the apple of your eye, your intimate friend.

Do you not hear her calling? There she stands along the road...

She waits for you on the heights...

She beckons to you from the entryway...

Who is she? Who is this lover that promises so much? Who is this lover that kings and princes long for? Who is this lover that is so highly sought after? Who is this lover that desires intimacy with you? Who desires to love you, protect you and encourage you? Her name is... *Wisdom*.

In the Book of Proverbs, *Lady Wisdom* is described using a bit of literary sleight of hand

called "personification." It's a figure of speech that applies human qualities to inanimate objects or ideas. Have you ever thought of wisdom in this way? Have you ever imagined wisdom as a quality that will encourage you, that will protect you and give you long life?

You see, I am at a point in my own life when I need to make some weighty decisions. It is a time when others are relying on me to make the right decision. It is a time when the decisions I make will have consequences, for better or worse. And, so, I need wisdom. Maybe you've been there. Maybe you are there. Maybe *Lady Wisdom* is the lover you've been waiting for.

Did you know that in the Book of Proverbs there are 31 chapters? And, wouldn't you know, there are 31 days in the month? Convenient don't you think? So, in my search for wisdom, I figured, why not read one chapter a day and see where it got me. It's been a good exercise for my mind and dare I say, for my spirit as well. One chapter a day for 31 days. *Lady Wisdom* is waiting for you.

I think you see my point so I won't belabor it any longer. We could all use a little *wisdom* in our lives. How we live our life and the decisions that we make not only affect us personally, but they impact our families, our friends, our shipmates and even our workspaces. I think it's time, to spend time, in the arms of *Lady Wisdom*, don't you? 31 Proverbs. 31 Days. What are you waiting for? *Lady Wisdom* is calling...

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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.

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For more information, call 270-5212.



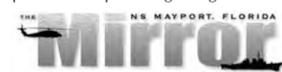
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Roosevelt Honors Vets With Burial At Sea



-Photo courtesy of USS Roosevelt

USS Roosevelt Sailors render a gun salute at the conclusion of a burial at sea ceremony held aboard the ship on July 27. The ashes of 10 Navy veterans were scattered at sea.

By Ensign Abigail Dixon
USS Roosevelt (DDG 80)

With the flag at half mast while off the coast of South Carolina, USS Roosevelt (DDG 80) conducted a Burial at Sea Ceremony on July 27 in honor of 10 Navy veterans who honorably served their country.

On the flight deck of Roosevelt an honor detail of 30 members of Roosevelt's crew stood at attention in summer whites awaiting the opportunity to honor their fellow Sailors. The arrival of the official party, Commanding Officer Cmdr. Robert Chadwick, Executive Officer Lt. Cmdr. Charles Perry, and Command Master Chief Paul Corey, marked the beginning of the ceremony. As the three official members stood at attention, Sonar Technician 2nd Class Stanley Albuquerque led those present in the reading of scripture, followed by a scripture lesson, and prayer.

For each of the Veterans, the

flag bearer presented the flag to Chadwick who rendered a salute, while Perry committed the ashes into the sea. While their ashes were being laid to rest, a prayer was read in accordance with the religious background of each of the service men and women. After the ashes were committed a gun salute was fired and TAPS was sounded.

"We were honored to commit the ashes of these veterans to the magnificent Sea that every Sailor comes to love and respect so deeply," stated Chadwick, "The reaction of the crew after the ceremony made it clear that it was a moving experience for all involved."

Roosevelt's crew would agree it was a somber morning, but the ship was honored to host such a memorable ceremony and the hearts of all of Roosevelt's Sailors go out to the families of those laid to rest.

Obama Reaffirms Commitment to Veteran Care

By Army Sgt. 1st Class Michael J. Carden

American Forces Press Service

Caring for veterans is a moral obligation, President Barack Obama said Aug. 2 in a speech at the Disabled American Veterans National Convention in Atlanta.

"Every American who has ever worn the uniform must know this: your country is going to take care of you when you come home," Obama said. "Our nation's commitment to our veterans - to you and your families - is a sacred trust."

The president lauded Veterans Affairs Secretary Eric K. Shinseki for "building a 21st century VA," calling the administration's commitment to the veteran community "historic."

"We need to keep our military strong, our country safe

and our veterans secure," the president said, noting VA's \$15 billion budget increase last year, the largest hike in 30 years. The additional budget is improving health care benefits for Vietnam War veterans suffering from Agent Orange-related illnesses. Gulf War veterans also now receive care for chemical exposure during Desert Storm.

Obama also noted the elimination of co-payments for "catastrophically" disabled veterans as well as proposed legislation that would allow severely disabled retirees to draw military retirement and VA disability benefits.

"It's the right thing to do," the president said. "We've drastically improved health care across the board."

Other VA initiatives include

efforts to create a single lifetime electronic medical record that veterans will be able to download from the VA website. This makes it easier for veterans to share their records outside the VA health system.

VA is also tackling records and claim application backlogs by hiring thousands of claim processors. VA officials are working to remove paper from the claims process, which they believe will end the backlog once and for all, Obama said.

Obama also recognized VA efforts to end homelessness among veterans and improve veteran employment opportunities. "We're not going to be satisfied until every veteran who has fought for American has a home in America," he said.

Shinseki has spoken candidly

many times during his tenure as VA secretary about his desire to end veteran homelessness. VA has initiatives with the Housing and Urban Development Department as well as new programs to treat drug addiction and psychological issues before homelessness can become an issue.

Initiatives such as the Post-9/11 GI Bill and job-placement programs also may help in keeping veterans off the streets, Obama said, noting directives he's given for the federal government to make hiring veterans a priority.

"Every business in America needs to know our vets have the training, they've got the skills, and they're ready to work," Obama said. "Our country is stronger when we tap the

incredible talents of our veterans."

Obama also spoke about improved care for wounded warriors and disabled veterans.

"We're continuing to direct unprecedented support to our wounded warriors in uniform - more treatment centers, more case managers and delivering the absolute best care available," he said. "For those who can, we want to help them get back to where they want to be - with their units. And that includes servicemembers with a disability, who still have so much to offer our military."

Still, the president acknowledged, much work remains for VA and his administration to further improve veteran care. Servicemembers and veterans, Obama said, have taught

Americans to remain vigilant and resilient in the face of challenges.

"You are the very essence of America - the values that sustain us as people and the virtues our nation needs most right now," he said.

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Bob Buehn, Capt. U.S. Navy (Ret.) shakes hands with Hospital Corpsman 1st Class Laurence Walker, stationed at Naval Hospital Jacksonville, as he is honored during a Purple Heart Day ceremony at EverBank Field in Jacksonville.

-Photos by MC2 Sunday Williams



Local veterans render honors during the parading of the colors Aug. 7 during a Purple Heart Day ceremony at EverBank Field.

Vets, Supporters Gather In Honor of Purple Heart Day

By MC2 Sunday Williams
Navy Public Affairs Support Element
East Detachment Southeast

Despite the rain and lightning, veterans, and supporters gathered outside EverBank Field in downtown Jacksonville, and the Jacksonville Veterans Memorial Wall to honor Purple Heart Recipients in a Purple Heart Day Ceremony, Aug. 7.

"God's tears pour from the sky as we all stand here today and remember not only those that are still here with us, but those that gave the ultimate sacrifice. I am honored to be here to witness these brave servicemembers being awarded the Purple Heart," said Peggy White, a Jacksonville resident and military supporter.

During the ceremony the Coast Guard Auxiliary Color Guard paraded the colors as Mrs. Jacqueline S. Davis sang the National Anthem.

A flag folding ceremony was then performed by members of Chapter 524 Military Order of the Purple Heart, Veterans



Hospital Corpsman 1st Class Laurence Walker, stationed at Naval Hospital Jacksonville, stands proudly as he is honored during a Purple Heart Day ceremony at Jacksonville FL's EverBank Field.

of Foreign Wars Post 197 and Florida Fallen Heroes.

A plaque presentation honoring the family members of recent Purple Heart recipients was the highlight of the event.

The Purple Heart is a combat medal for all servicemen and women who were wounded or killed in the line of duty.

Jim Holland, state commander of the Military Order of the Purple Heart, said that some people feel a medal is something that is won, while others feel it's earned. According to Holland, this medal is not one you strive for.

"I can assure you no one sets out to win this award, or receive it," said Holland.

Naval Hospital Jacksonville Sailor, Hospital Corpsman First Class (FMF) Laurence Walker, was also honored for the Purple Heart he received during his tour in Iraq.

"Being over there was hard, but being here with all of these people who care about the job we did, really means something.

Getting to meet other people who have had the same experience, lets me know that I'm not alone," said Walker as he looked up and smiled at another Purple Heart recipient.

Attendees said, even with the bad weather, the ceremony went well.

"I don't care if a hurricane was blowing outside, I would not miss being here for anything. The way I see it, these people weren't concerned with the weather conditions when they were taking bullets for you and me," said Marty Tolliver,

father of Marine Gary Tolliver, who recently returned from serving in Iraq.

Tolliver said it is important for people to learn and remember that our freedom is not free.

The Purple Heart is the oldest award that is still given to members of the U.S. military.

Chartered by the U.S. Congress, the Military Order of the Purple Heart of the U.S.A. Inc. was formed in 1932 for the protection and mutual interest of all who have received the decoration.



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Welcome Back, USS Farragut



-Photos by Paige Gnann

USS Farragut displays its own sign thanking friends and family for their support during the ship's seven-month deployment to the Fifth and Sixth Fleet area of operation.

Farragut Returns To Mayport After 7-Month Deployment

By FC1(SW) Rich Possert
USS Farragut Public Affairs

Farragut and the embarked HSL-42 Detachment Five "Misfits" got underway from Mayport on a chilly Saturday morning Jan. 2, 2010, as family and friends waved goodbye from pier C-2. Once leaving home, Farragut quickly joined up with the other assets of USS Eisenhower (CVN 69) Strike group and commenced exercises in multiple warfare areas to hone their skills prior to arriving in the Mediterranean Sea. The crew of Farragut had been focusing much of their training on their expected tasking, drilling heavily on Visit Board Search and Seizure (VBSS) and Anti-Terrorism/Force Protection (ATFP).

Once they passed through the Strait of Gibraltar into the Med, Farragut conducted more exercises with IKESTRIKEGRU units, en route to the Suez Canal. Although they didn't make any port visits, they did participate in multiple COMSIXTHFLT fleet level exercises prior to chipping into COMFIFTHFLT.

Shortly after transiting the

Suez Canal, the Red Sea, and the Bab al Mandeb (BAM), Farragut made a short stop in Djibouti to embark the CTF 151 Staff – becoming the first U.S. Destroyer to assume the duties as CTF 151 Flagship and the first U.S. ship to embark a Singaporean admiral. Adm. Bernard Miranda and officers from five nations of the Combined Maritime Forces embarked Farragut in support of CTF 151: Australia, New Zealand, France, Singapore, and South Korea. While in Djibouti, Farragut also embarked an Expeditionary Resuscitative Surgical System (ERSS) team, a United States Coast Guard Law Enforcement Detachment (LEDET), and personnel from Navy Combat Camera.

As CTF 151 Flagship, Farragut performed many duties to counteract the piracy threat from the Gulf of Aden around the Horn of Africa and along the Eastern coast of Africa in the Indian Ocean. Along with conducting Intelligence, Surveillance, and Reconnaissance (ISR), Farragut successfully interrupted five piracy attempts; one

of which the VBSS and ERSS teams apprehended eight suspected pirates and held them on board for more than three weeks. During another interdiction, a small pirate action group consisting of a dhow and two skiffs was stopped by the Misfit's SH-60B helicopters. After witnessing the suspected pirates dump multiple weapons off their small crafts, and noticing multiple "trip-wires" indicating the possibility of future piracy attacks, Farragut small arms gunners shot and sunk the dhow after placing the suspected pirates into one remaining skiff.

After spending 60 days at sea, by far the longest underway period in Farragut's four years of service, she enjoyed an unofficial yet traditional "morale day," where the Sailors were able to consume two beers each and enjoy a day of relaxation and recreation during a steel beach picnic. Shortly thereafter, the ship made a rewarding port visit in the tropical island country of Seychelles, pulling into Port Victoria. The crew experienced a variety of tours, shopping, resorts and beauti-



Olivia Silver, 8, makes sure her father, Boatswain's Mate Seaman Travis Silver of USS Farragut, has no problem picking her out of the hundreds of friends and family members gathered pierside during Farragut's homecoming on Aug. 3. Olivia stands with her 9-year-old sister, Zoe, and cousins Brinn Davis, 10, and Reeghan Davis, 3.

ful beaches that lie within the rich culture and hospitality of Seychelles.

On the northbound trip along the East African coast, Farragut Sailors participated in another traditional evolution: "Crossing the Line" ceremony. Many slimy "pollywogs" were indoctrinated into the realm of King Neptune and became "Trusty Shellbacks."

During their second port visit to the city of Salalah, Oman, Farragut conducted two changes of command. Cmdr. Philip

Sobeck turned over the Farragut reigns to Cmdr. William Daly, and Miranda wrapped up a successful tour as CTF 151, turning over to Republic of Korea Navy Rear Adm. Beom-rim Lee, embarked on ROKS Kang Gam Chan.

After relinquishing the duties as CTF 151 Flagship, Farragut joined up with USS Eisenhower and shifted gears to an entirely new mission mindset. Performing duties such as Regional Air Defense Commander, Horizon

Reference Unit (HRU), Plane Guard, as well as Maritime Security Operations (MSO) in support of Operation Enduring Freedom (OEF), Farragut Sailors performed their duties exceptionally.

After a brief stop in Bahrain, Farragut Sailors headed westward toward the "old stomping grounds" of the IRTC (Internationally Recognized Transit Corridor) in the Gulf of Aden where they rescued a vessel in distress; a welcome

See Farragut, Page 7



Friends and family members board the ship after the brow is opened to visitors.



Hundreds of friends and family members of USS Farragut wait pierside for the ship to secure so they can see their Sailors.



Master-at-Arms 1st Class (SW) Daniel Fuentes reunites with his 6-year-old son, Angel, on board the ship.



Information Systems Technician 3rd Class Quantavius Jones gives a kiss to his 20-month-old son, Kaden, after reuniting with the toddler pier-side.



Hospital Corpsman 3rd Class (SW) Amber Hollier gives a carnation to her 23-month-old daughter Charlotte while Amber's father, Don, facilitates the reunion.



Valerie Figueroa gets the first kiss from her husband, Gunner's Mate 2nd Class Orlando Figueroa.



Chief Fire Controlman Watson tears up as he reconnects with his daughters during USS Farragut's homecoming on Aug. 3.



Navy Counselor 1st Class (SW/AW) Tomeka McDonald plays with her 17-month-old daughter, Kimora, as her husband, Aviation Maintenance Administrationman 1st Class (AW) Chad McDonald, smiles at the reunion.



The crew of USS Farragut mans the rails and looks for their friends and family members during the ship's return to homeport.



Interior Communications Specialist 2nd Class (SW) Calvert Lee gets a welcome home kiss from his 4-year-old daughter, Natalie, during the ship's homcoming celebration on Aug. 3



Friends and family members hold signs to welcome back their Sailors and cheer at the arrival of USS Farragut from a seven-month deployment.



Sonar Technician Surface 2nd Class (SW) Bradle Hagerman kisses his wife, Lisa, before seeing his 4-month-old son, Nathan, for the first time and reuniting with his older son.

Farragut

From Page 6

change of pace from the usual operations in that area. Farragut provided aide in the form of fuel and a new battery, as well as providing medical care and food and water to the crew of the vessel in need.

After conducting operations with IKE, Farragut again headed north through the BAM, Red Sea, and the Suez, back into the COMSIXTHFLT AOR. While in the Mediterranean, Farragut conducted more ISR and MSO duties in support of Operation Poseidon Shield, an internationally cooperative aimed at stopping drug trafficking and international trafficking of persons.

Once complete with her time in the Mediterranean, Farragut sailed westbound through the Strait of Gibraltar on her way to her final two port visits of the deployment – Lisbon, Portugal and Santander, Spain. These were no ordinary port visits, as Farragut was conducting them as part of the Theater Security Cooperation (TSC) program, enhancing relations with our allies in Europe and across the globe. While in Lisbon, the crew participated in a Community Relations (COMREL) project at a school for disadvantaged children.

While in Santander, some crew members were able to take a trip to the culturally enriched Guggenheim Museum of Art in Bilbao, Spain.

Throughout this seven-month deployment, Farragut has:

- 213 days away from home port (187 at sea)
- 81,000 miles traveled
- 6 ports visited
- 15 children born
- 117 birthdays celebrated
- 7 piracy attempts disrupted
- 8 suspected pirates captured
- 6 Surface Warfare Officers qualified
- 46 Enlisted Surface Warfare Specialists qualified
- 112 "Wogs" converted to "Shellbacks"

Overall, it has been an extensive and demanding deployment, in which the officers and crew of Farragut are ecstatic to be home with their families. We remember that the families left behind while we are on deployment are just as much the heroes as the Sailors themselves.

Farragut will not be at rest for long, as she has major upcoming events: ULTRA-S this fall and INSURV scheduled for early next year.

Mayport Ships Participate In International Fleet Week

From USS Gettysburg

After 10 days of international at sea exercises, June 25 began a week of Naval Festivities in Halifax, Canada. The harbour played a host to visiting warships from around the world, including USS Gettysburg and USS Robert G. Bradley. The International Fleet Review week was the first in 25 years. More than 5,000 sailors and over two dozen ships from eight countries came together for an International Fleet Week to celebrate the 100th anniversary of the Canadian Navy.

Queen Elizabeth II of England was in attendance as well. She reviewed the Naval ships on board HMCS St. John.

Naval assemblies date back to 1773, when King George III reviewed the British fleet following the Seven Year War. This will mark the ninth time there has been a fleet review in Canada. U. S. Navy ships from the west coast, and ships from Asia, Australia and New Zealand all formed up together to render honors to the Queen. In a review, all the ships anchor in two or more lines with an

open space between. As the ship carrying the reviewing official moves between the lines, each ship in turn salutes. The crew stands along the guardrails, gives three cheers and wave their caps. This was an extraordinary occasion, and Gettysburg was honored to take part.

While in Halifax, Adm. Gary Roughead, Chief of Naval Operations, visited USS Gettysburg.

His visit began with the reenlistment of 2 Sailors: Fire Controlman 3rd Class Shannon Hendricks and Chief Quartermaster Ephesus Hopkins.

"It was such an honor to have the CNO reenlist me. This is a once in a lifetime event, and I will cherish it for the rest of my career," stated Hopkins.

The CNO then addressed the crew. He spoke on many topics to include the future of our Navy, and how technology is improving the way we do things. He personally addressed Boatswain's Mate 3rd Class Ahmann Brooks, stating that it takes time to implement new changes. And at his young age

of 23, Brooks will probably be retired before some changes as far as weapons systems are able to be implemented. He also stated that he is aware that ships may be undermanned, due to changes implemented in the past, and stated that there are talks of improvements for the future.

Before leaving the ship, Commanding Officer Patrick O. Shea showed off the new Smart-Ship Pilot House set up to the CNO. He was very much intrigued and amazed.

"We have come a long way," the CNO stated as he glanced around at all of the computer.

While in Halifax CNO also visited USS Robert G. Bradley and commented on the great condition of the ship.

Prior to departing the CNO pinned two RGB Sailors, Petty Officer Arthur Underwood and Petty Officer Benjamin Walker, with their enlisted surface warfare specialist (ESWS) pins and two member of the HSM 70.2 air detachment, Petty Officer Eric Acosta and Petty Officer Don Hough, with their enlisted air warfare specialist (EAWS)



-Photo courtesy of USS Gettysburg

Adm. Gary Roughead, Chief of Naval Operations, talks with the crew of USS Gettysburg during a ship visit at the International Fleet Week in Canada.

pins.

During the presentation he spoke about the importance of Sailors to earning a warfare qualification.

He also presented RGB with the Meritorious Unit

Commendation award for the ship's highly successful 2009 AFRICOM deployment.

After the presentation he held an all hands call on USS Gettysburg. He addressed the future of the Navy and asked

all the Sailors to take the time to thank their families for their support. He entertained questions and provided informative feedback. For most the CNO visit was a once in a lifetime opportunity.



Queen Elizabeth II of England reviews the naval ships on board HMCS St. John during the annual International Fleet Week.



-Photo courtesy of USS Robert G. Bradley

Adm. Gary Roughead, Chief of Naval Operations, presents ESWS qualification to Petty Officer Benjamin Walker.

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Florida Sun Powers Vehicles On Base

NAVFACSE Adds Solar Car To Transportation Fleet

From NAVFACSE

Naval Facilities Engineering Command (NAVFAC) Southeast turns to solar powered slow moving vehicles (SMVs) to offset utility demands as the Navy moves into the electric vehicle market.

"The Navy, through executive orders and SECNAV instructions, is to reduce petroleum usage 50 percent by 2015 using a 2009 baseline," said Jesse Evans, NAVFAC Southeast transportation specialist. "This is a tall order based on our customers mission requirements so we must venture away from fossil fuel vehicles and move into a greener state."

Electric vehicles provide that capability; however, with the focus to reduce energy consumption NAVFAC is also looking seriously at future impacts on the electrical grid. NAVFAC is reaching out to new technologies and is hoping that solar technology will help offset utility demand to its customers.

"The new vehicles are electric powered with solar integration which is designed to increase the range capability and provide charging which will increase the life of the battery and reduce the electrical demand," claims Evans.

Capt. John J. Heinzel, commanding officer, NAVFAC Southeast, test drove a new



-Photo taken by Matt Simons, public affairs assistant, NAVFAC Southeast Naval Facilities Engineering Command (NAVFAC) Southeast Commanding Officer Capt. John J. Heinzel (center) takes a look at one of the new solar powered vehicles offered by NAVFAC Southeast as an alternative fuel "green" vehicle to its supported commands as a rental option throughout the Southeast.

solar powered truck July 29 to see what it was like now that they are available through NAVFAC Southeast's Transportation Department.

"I am impressed with the power it has," said Heinzel of the Greentruck he took for a spin around the block. "I am glad to see that we continue to bring new products like this to our transportation fleet. We need to be in the forefront

as technology changes and improves."

"SECNAV calls for over 2,500 SMVs to be in the Navy fleet," said Evans. "The Southeast has the third largest fleet in the Navy and our goal is a 750 SMV inventory fleet by 2015."

There are currently 314 SMVs in the Southeast inventory with 23 having solar integration. NAVFAC Southeast's

SMV fleet inventory includes: sedan, pickup, passenger van, cargo van, and maintenance utility configurations. They accommodate the majority of all mission requirements that are out there.

"By fiscal year 2012, NAVFAC Southeast will have a total of 412 electric SMVs with 121 of those having solar integration across the Southeast," said Evans. "A

majority of the solar integrated SMV's are going to Naval Submarine Base Kings Bay."

Evans explained that an SMV is not a "green substitute" for a fossil fuel vehicle. It is designed to meet the minimum requirements at a reduced rental cost. The fact that they are "green" is a bonus.

SMV's are economical, eco-friendly, versatile, and safe alternative to big engine gas vehicles. They produce zero-emissions and can be driven indoors (i.e. warehouses, hangars).

The overall benefit is the reduction in fossil fuels and Green House Gases that are obtained by operating SMV's. In addition, the solar integration reduces the demand on the already overburdened electric grid with minimal impacts to the mission.

The rental rate in fiscal year 2011 is the same for all SMVs (\$228 monthly/\$50 daily) with the exception of the 4X4 electric SMV (\$472 monthly/\$86 daily). Rental of an SMV runs at 44 percent of the cost of a sedan or pickup.

"For every 35 vehicles converted to SMV, customers would realize a savings of \$100,000 annually," said Evans. "Based on a typical half-ton pickup driving 15,000 miles annually, there would be a savings of over \$1,200 in fuel costs

each year."

It is estimated that maintenance costs will drop roughly 15-20 percent over the life of an SMV as the major cost is the batteries. The solar integration increases the life of the battery and in turn increases the life of the vehicle. These drivers will ensure rate changes will be minimal in the future.

The SMVs are designed (and speed-governed) for 20 to 25 mph operations and are confined to the installation, regardless of "street-worthiness." The solar powered SMVs come with standard equipment such as windshields, exterior mirrors mounted on driver and passenger side of the vehicles, head lamps, tail lamps, brake lamps, emergency flashers and turn signals, reflectors, parking brake, safety belts, vehicle ID numbers and horn or other warning device. They meet Federal, State, and local safety requirements.

An 80 percent charge can occur in 2 hours with a complete charge in 8 hours. A rapid charging system is available that provides a complete charge within 1 hour.

Commands interested in going green by renting any of the SMV models should contact their local Public Works Department Transportation Office.

Commissioning Ceremony Held Aboard USS Gettysburg

By Ensign William A. Salter

NRD Jacksonville

A special direct commissioning ceremony took place on Saturday, July 17 aboard USS Gettysburg (CG 64) at NS Mayport.

Cmdr. Joe Baxter, executive officer of Gettysburg, administered the oath of office to Dr. Saryn Hatcher (Ed.D.) of Jacksonville, Florida. Dr. Hatcher, 42, was commissioned under the Navy Reserve DCO program as an Ensign, Supply Corps. His first reserve assignment is with NR DLA-DRT at NAS Jacksonville. Dr. Hatcher is currently the Principal at Green Cove Springs Junior High school in Clay County.

Attending the ceremony were Dr. Hatcher's wife, Michele, daughter Regan, and son, Saryn II; Mr. & Mrs. Herman Floyd of Orange Park, Mr & Mrs. DeArmas Graham of St. John's, and Mr. & Mrs. Kurt Zamora of Jacksonville. Dr. Hatcher's Navy officer recruiter is Ensign William Salter, Navy Recruiting District Jacksonville.

The U.S. Navy Reserve

Direct Commissioning Program allows university-educated professionals, between ages 19 to 35 (or older, in some cases), the opportunity to be appointed as an officer in the Navy Reserve. Most DCOs hold advanced degrees (MA, MBA, JD, MD, DO, PharmD, and Ph.D) and/or significant civilian work experience.

In recent years, the number of direct commissions offered by the Navy Reserve has increased due to the need for skilled officers to augment Navy active duty forces. The Direct Commissioning Program serves the expanded needs of the Navy in certain officer skill areas such as law, science, medicine, pharmacy, dentistry, nurse corps, intelligence, supply-logistics-transportation, engineering, public affairs, chaplain corps, oceanography, merchant marine affairs, and others."



-Photo by Ensign William A. Salter USS Gettysburg Executive Officer, Cmdr. Joe Baxter, presents newly commissioned Ensign Saryn Hatcher with a framed letter of commission.

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2010 Schedule of Events
 Tuesday, 24 August 2010
 0630 Breakfast at Bogey's
 0700 Putting Challenge on the Putting Green \$5.00
 0830 Shotgun Start
 1330 Lunch... Jack Daniel's BBQ at the CPO Club
 1430 Awards Presentation and Giveaways

Registration Points of Contact
 BMC Ed Marroterero: 219-4757 or edward.marroterero@navy.mil
 BMC Tony Seward: 270-5179 ext. 205 or tony.seward@navy.mil
 ASC Robert Berg: 270-6361 ext. 247 or robert.berg@navy.mil
 ATC Kyle Delay: 270-6361 ext. 242 or kyle.delay@navy.mil

2010 Schedule of Events
TUESDAY, 31 AUGUST 2010
 0830 Shotgun Start at Windy Harbor Golf Club
4-Man Scramble

This year's event is brought to you by title sponsor **Jack Daniel's Old No. 7 and SARVIS, Inc.** along with additional support from Stanley Vidmar and Mac Tools.

CADDY AUCTION 25 AUG 0900-1200 at Beachside Community Center

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Women's Tennis
Tennis players needed Women's B (3.0-4.0) & C (2.0-3.0) divisions (ratings not necessary). Established teams looking for players. Matches played Tuesday (C) and Thursday (B). Some travel to local area tennis clubs. Practice in progress, League begins September. For more information contact Rita Hammerstad at the gym 904-270-5451

Women's Basketball
Women's Basketball players needed for SEMAC League. Some travel involved. League begins October. First scrimmage Sept. 25. Games played

MWR

Sports/Fitness

on Saturdays. Open to Active Duty, Retiree, Dependent and DOD. Must be 18 or older and have valid base ID. For more information contact Rita Hammerstad at 904-270-5451.

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**
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**
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 Training for Warriors**
 11:30 a.m., **Spinning**
 2:30 p.m., **Row-bics**
 3 p.m. **Victory PRT**
Tuesday
 11:30 a.m., **Steel Anchor Training**
 4:30 p.m., **Spinning**

Wednesday
 7 a.m., **Command Cardio Pump**
 11:30 a.m., **Spinning**
Thursday
 6:30 a.m., **Cardio, Combat and CORE**
 11:30 a.m., **Row-bics**
Friday
 6:30 a.m., **Command Spinning**
 11:30 a.m., **Strength Training Basics for Women**
 11:30 a.m., **Steel Anchor Testing**

2010 Youth Fall Sports at Naval Station Mayport Open to Military, DoD and Civilian Children

Military and DoD parents can register Mon-Fri 11:30am-6pm at the Youth Activities Center, located in on-base housing.

Civilian (non-military/non-DoD) parents should call the MWR Youth Sports Coordinator, Vic Miller, at (904) 270-5018 or e-mail victor.e.miller@navy.mil to arrange for registration.

Baseball (Ages 7-18) – Age determined as of April 30, 2010		
Baseball season starts in Sept. 2010.	Military/DoD Fees	Civilian Fees
Rookie (Ages 7-8)	\$55 per player	\$65 per player
Minor League (Ages 9-10)	\$55 per player	\$65 per player
Major League (Ages 11-12)	\$55 per player	\$65 per player
Junior (Ages 13-15) and Senior (Ages 16-18)	\$65 per player	\$75 per player

Soccer (Ages 4-11) – Age determined as of August 1, 2011*		
Soccer season starts in Sept. 2010.	Military/DoD Fees	Civilian Fees
U-6 (Ages 4-5) *Must be age 4 on Aug. 1, 2010	\$35 per player	\$45 per player
U-8 (Ages 6-7)	\$35 per player	\$45 per player
U-10 (Ages 8-9)	\$35 per player	\$45 per player
U-12 (Ages 10-11)	\$45 per player	\$55 per player

✓ Registration fee includes uniform and trophy to keep.
 ✓ Head coaches and assistant coaches are welcome.
 ✓ FOR CIVILIANS... Participation in the program will include access to Naval Station Mayport for practices, games and other activities associated with the MWR Youth Sports Program.

Deadline: Monday, Aug. 16

For more info, call (904) 270-5018.

Summer Swing Racquetball



Lots of excitement in this year's Summer Swing Racquetball tournament as the 10-person tournament lasted five hours as the players battled it out for three position awards. AMAA Randolph Vasquez HSL-48 won the Novice Division and Retiree Jay Caffey won the Masters Division. Above, from left, Novice Division: second-place Midshipman Mark Livengood; Champion AMAA Randolph Vasquez; third-place Midshipman Michael Pollard.

From left, Masters Division: Navy Retirees third-place Jay Avent; Champion Jay Caffey; second-place Greg Kuaska

-Photos courtesy of MWR

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-Photo by Paige Gnnan

Representatives from Arlington Toyota and USS Carney's Team Salty Dogs do the "Scion Growl" with Southeast Toyota Distributors Scion Operations Manager Michael Kennedy, in front, and Scion Regional Marketing Manager Kathleen Kishi-Phillips during the official check and car presentation on Aug. 6 at the MWR Auto Skills Center.

'Salty Dogs' Rolling Up Sleeves, Getting Down To Business

By Paige Gnnan
The Mirror editor

Teammembers of USS Carney's "Salty Dogs" might be two weeks behind in the customization of a new Scion xB as part of the final stage of the "Battle of the Builds" contest, but they are used to working with a limited amount of time.

"We're ready for that," said Senior Chief Gas Turbine System Technician Electrical (SW) Louis Perez. "That was a concern when we gave Toyota the design, but we're used to working on a timetable."

Scion announced in July that the Salty Dogs were one of three finalists - and the only Navy finalist - to be chosen to bring their designs to

life, but the ship was still out to sea as part of a seven-month deployment. Carney returned on July 31 only to have to turn around and get ready for a Aug. 4 change of command and an Aug. 6 visit from Adm. J.C. Harvey, Jr., Commander, U.S. Fleet Forces.

Naval Station Mayport Morale, Welfare and Recreation (MWR) representatives joined USS Carney crewmembers on Aug. 6 to watch as the Salty Dogs were presented with a check for \$15,000 and a new Scion xB and set off to begin bringing plans for "The Squid" to life with a lot of sweat equity by the team and the mentorship of MWR's Auto Skills Center.

Battle of the Builds is a con-

test sponsored by Scion, in conjunction with MWR, to find a military team with the most creativity, teamwork and can-do attitude. The Salty Dogs were chosen out of 24 designs and have until October to complete their build.

"Team Salty Dogs - awesome guys," said Bill Cunningham, director of development for Military Marketing. "When we got your submission, that was one of those 'HOLY' submissions. It was clear Team Salty Dogs had thought this [build] through. You're going to take a piece of steal and put the pride and tradition of the Navy in it."

One car from the three finalists will be selected as the grand prize winner and the

team will be invited to the 2010 Speciality Equipment Market Association (SEMA) Show in Las Vegas to show off their customized xB.

"Thank you very much from Scion," said Scion Regional Marketing Manager Kathleen Kishi-Phillips. "We hope this is going to be something fun for not just you, but the entire base. Look forward to seeing you in Vegas."

The Salty Dogs will be working in their off time. Along with the build, the team is also getting ready to take USS Carney into a CNO-Selected Restricted Availability before beginning the inter-deployment training cycle this fall.

Aug. 12: 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

Aug. 13-15: Beach Lifeguards on Duty. MWR Mayport's Beach Lifeguards are currently on duty 10 a.m.-6 p.m. Fridays, Saturdays, Sundays and Federal Holidays. 270-5425

Aug. 13: Deadline for Summer Tennis Tournament. Tournament is Aug. 21 at 8:30 a.m. Singles and doubles welcome. Captain's Cup event. Sign up at the Gym. 270-5451

Aug. 13: Free Summer Outdoor Movie - Shrek 3 (PG). Start time is at sunset (approximately 9 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

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

Aug. 12: Formula D/Texas Hold 'Em Game Night. 8 p.m. start at Planet Mayport. (Free)

Aug. 13: Riverboat Cruise. Van departs from Planet Mayport at 5:30 p.m. Cost is \$20.

Aug. 14-15: Universal Orlando Trip. Trip departs from Planet Mayport at 6:30 a.m. and returns on Sunday. Cost is only \$80. Pre-registration is required at Planet Mayport.

Aug. 16: Commit To Quit. Sign-ups and check-in for those wanting to quit smoking. Snacks provided beginning at 4

MWR HAPPENINGS

Aug. 15: 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

Aug. 17: 5K/10K Fun Run. 8 a.m. start in front of the Gym. Free to participate. 270-5451

Aug. 17: Men's Softball Organizational Meeting. 11 a.m. in the Gym lobby. Season begins Aug. 30. 270-5451

Aug. 17: 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 6 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). 270-5431.

Aug. 19: Thursday CPO Social Hour. 3-7 p.m. at

Foc'sle CPO Club with thirty-five cent wings, drink specials and all-you-can-drink soft drinks for only \$1. Thursday night is reserved for active and retired Chief Petty Officers and their guests. 270-5431

Aug. 20: Deadline for Dusk to Dawn Softball Tournament. Tournament will begin at approximately 6 p.m. Aug. 27 and continue all night. Cost is \$125 per team. Register at the Gym. 270-5451

Aug. 20: Free Summer Outdoor Movie - Shrek Forever After (PG). Start time is at sunset (approximately 9 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

Aug. 22: Last Day for Swimming Pool Full Summer Hours. With school resuming,

the Base Swimming Pool will be open weekends only through Labor Day for recreation swim. Lap swim hours continue Monday-Friday 6-8 a.m. and 10 a.m.-1 p.m. 270-5425

Aug. 25: All Hands Family Steak Night. 4-7 p.m. at the CPO Club sponsored by CPO Spouses Association (CPOSA). Tickets \$10 in advance; Limited tickets available at the door. Kids hotdog meals are only \$3. For tickets, call Kandi at 465-7322 or Tracie at 536-4745.

Aug. 30: Men's Softball Season Begins. Sign up your team at the Gym. Season ends Oct. 25. 270-5451

Aug. 31: CPO Inductee Golf Tournament and BBQ Luncheon. For tickets, contact BMCM Ed Marrero at 219-4757 or BMC Tony Seward at 270-5179 ext. 205. Active and retired Chief Petty Officers are welcome.

Dinner Trip. Van departs from Planet Mayport at 5 p.m.

Aug. 24: Boardz Skate Park Trip. Van departs from Planet Mayport at 4 p.m. (Free)

Aug. 26: Trivia Night. 7 p.m. start at Planet Mayport. (Free)

Aug. 27-29: Ginnie Springs Camping Trip. Van departs from Planet Mayport at 4:30 p.m. Friday and returns Sunday. Cost is \$25 and includes all camping gear, transportation and food.

LIBERTY CALL

p.m. at Planet Mayport. Stop by to receive encouragement and encourage others. (Free)

Aug. 17: Beach Day Trip. Van departs from Planet Mayport at 10 a.m. for a day at Jacksonville Beach. (Free)

Aug. 18: Killer Bunny. 6 p.m. at Planet Mayport. Refreshments provided. (Free)

Aug. 19: Karaoke Night. 6 p.m. start at Planet Mayport. (Free)

Aug. 19: Deadline for White Water Rafting Labor Day Weekend. We're going on an adventure down the Chattooga River on Labor Day Weekend. Cost is \$110 for Single Sailors and Geo-Bachelors; \$225 for guests. Sign up at Planet

Mayport.

Aug. 20: Lock-In. A full night of games, movies, fun, and food at Planet Mayport starting at 11 p.m. (Free)

Aug. 21: Dave and Busters Trip. Van departs from Planet Mayport at 7 p.m. Cost is \$5.

Aug. 22: Conch House

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Sailors Get Paint Under Their Nails In Bulgaria



Aviation Machinist's Mate Airman Joseph Mandala and Logistics Specialist Second Class (SW) Earl Barber paint a fence at a Varna, Bulgaria kindergarten as part of a community relations project during a recent port visit.



Boatswain's Mate Seaman (SW) Charlie Moore and Boatswain's Mate Third Class (SW) Michael Horne participate in a community relations project at the Poppy Kindergarten in Varna, Bulgaria, during a recent port visit.

-Photos courtesy of USS John L. Hall

By Lt. j. g. TJ Orth
USS John L. Hall (FFG 32) Public Affairs

Sailors from USS John L. Hall (FFG 32) and embarked HSL-48 Detachment Nine participated in a community relations project at a kindergarten during a recent theater security cooperation port visit to Varna, Bulgaria.

While in Varna from July 19-20, more than 30 Sailors led by Chaplain Philip Bagrow and Religious Programs Specialist 1st Class (AW) Justin Kirby and accompanied by American

Embassy personnel visited the Poppy Kindergarten. The Sailors donated their time to paint a fence and clear out overgrown weeds and foliage on the school's grounds.

Over the course of two days, the Sailors were able to repaint a 180-foot fence and clear away weeds that had overtaken much of the school's perimeter. As part of the community relations program, all tools and supplies were given to the school to help with further upkeep and maintenance.

The event also included a

traditional Bulgarian meal prepared for the Sailors by the school's staff. After lunch, the group spent time playing with the students, who drew colorful pictures for each Sailor participating.

"The kids were great; they smiled and watched us as we worked. A few kids even came

up to us and gave us paintings that they had made, which was really special. You could tell they were happy that we were there," said Aviation Machinist's Mate Airman Joseph Mandala.

Community relations events are popular outings for the crew of John L. Hall, who have many

reasons for participating.

"The kids are always very excited to see us; they remind me of my own children and I love playing and interacting with them. It [the community relations events] helps the time away from my family go by quickly and I feel good about helping out," said Culinary

Specialist 1st Class (SW) David Cunningham, who has participated in numerous community relations events.

John L. Hall is conducting a scheduled deployment to the Sixth Fleet area of responsibility and is homeported at Naval Station Mayport, Fla.

Chief With Mayport History Retires After 24 Years

By AT2 Marco Mendoza
SERCC

Chief Electronics Technician (SW) Michael McClure of Southeast Regional Calibration Center (SERCC) at NAS Jacksonville, retired July 16 after 24 years of naval service.

McClure was born in Jersey City, N.J. and lived in Berwick, Pa., Orangeburg, S.C. and Midland, Mich. where he graduated from Herbert Henry Dow High School in 1983. After enrolling in a criminal justice degree program and employment as a law enforcement officer, he enlisted in the U.S. Navy in October 1986. He completed basic training in Great Lakes, Ill. and then attended Basic Electricity and Electronics School in San Diego, Electronics Technician "A" school in Great Lakes, Ill. and Cryptological "C" school at Mare Island, Calif.

After traveling back and forth



ETC Michael McClure

across the country he reported to USS Flatley (FFG-21), homeported at NS Mayport, Fla. in April 1988. While on board, he completed several counter narcotics operations responsible for seizing five metric tons of cocaine and marijuana bound for the United States, numerous port visits to the Caribbean and North Atlantic,

Fleet Week 1990 in New York City and a trip to Mardi Gras. McClure was advanced to third class petty officer in September 1989 and second class petty officer in August 1990.

McClure attended FFG-7 Navigation Pipeline training in Norfolk, Va. and then reported to Shore Intermediate Maintenance Activity, Mayport, Fla. in June 1992 as a radar repair technician and calibration team leader. He was advanced to first class petty officer in August 1993.

In November 1995, he reported to USS John F. Kennedy (CV 67) at NS Mayport where he served as the Radar Division leading petty officer and the lead micro-miniature technician. He completed a Mediterranean/Indian Ocean/Persian Gulf cruise, a North Atlantic Cruise and Fleet Week 1996 and 1998.

In June 1999, he transferred

to the Mobile Undersea Warfare Unit 112 in St. Louis, Mo. as the officer-in-charge. The unit provided coastal surveillance/harbor defense to littoral areas around the world. In September 1999, he was promoted to chief petty officer.

McClure reported to USS Klakring (FFG-42) at NS Mayport as the maintenance

material management coordinator in August 2002. He then transferred to Southeast Regional Maintenance Center, Mayport.

In July 2004, he reported back on board USS Klakring as the combat systems leading chief petty officer where he completed two deployments in support of the Global War

on Terrorism (including one NATO cruise) and re-enlisted at Ground Zero during Fleet Week 2006.

In August 2007, he transferred to SERCC serving as administration officer and electronics branch chief.

Chief McClure is married to Deb and together they have two sons, Thomas and Christopher.

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Special Duty Assignment Pay Deadlines Near

From Navy Personnel Command Public Affairs

Approximately 8,000 Sailors were impacted by revisions to the Special Duty Assignment Pay (SDAP) and the deadline for certification is Aug. 31. While the revisions adjust SDAP levels for active and Reserve component full-time support (FTS) Sailors, the majority of SDAP pay remains unchanged from 2009.



"This process is critical to ensure that the Navy is accurately compensating Sailors for serving in uniquely challenging assignments," said Operations Specialist 1st Class (SW) Ace Sutton, Navy

Personnel Command (NPC) Career Progression SDAP program manager. "Out of 133 line items, one single-level line item was deleted, one single line item was reduced. Twelve single line items were increased

and 199 remain unchanged." According to NAVADMIN 234/10, commanding officers are required to annually review and certify each Sailor's SDAP entitlement and that review is due by Aug. 31.

"Commands and Personnel Support Detachments are responsible for verifying each member is still eligible to receive SDAP and that each member is receiving the cor-

rect level," Sutton said. "Once the command has verified that everything is correct, they must submit their verification, signed by the commanding officer or officer-in-charge only to NPC's Active Enlisted Advancement/Conversions/Incentive Section (PERS-811). Failure to submit the annual recertification on time will result in the command having their members' SDAP shut off."

More than 26,000 Sailors receive SDAP each month. Those whose entitlements will be eliminated will receive half of their previous SDAP entitlement for 12 months, or until the Sailor completes their current tour, whichever comes first.

For more information on SDAP, visit www.npc.navy.mil, click on "Messages" and read NAVADMINs 230/10 and 234/10.

Gates Puts Meat On Bone Of Efficiencies Initiative

By Jim Garamone
American Forces Press Service

Defense Secretary Robert M. Gates is putting meat on the bones of his initiative to reform the way the Pentagon does business and to eliminate duplicative, unnecessary overhead costs.

During a Pentagon news conference Aug. 9, Gates said the steps he is taking will help the U.S. military fight the wars it faces now, and help ready the force for the wars it may face in the future. With these moves, the secretary said, he wants to instill a culture of saving in the department.

Money saved with these efficiencies will go back into funding needed military capabilities.

"To be clear, the task before us is not to reduce the department's top-line budget," Gates said. "Rather, it is to significantly reduce its excess overhead costs and apply the savings to force structure and modernization."

President Barack Obama has programmed in real growth of between 1 and 2 percent into future years' defense budgets, but that is not enough to maintain today's warfighting capabilities and modernize, which requires roughly 2 to 3 percent real growth. The savings in overhead are crucial to making up that difference, Gates said.

Earlier this year, the secretary tasked the services to find \$100 billion in overhead savings over the next five years.

"This exercise is well under way, as the services are evaluat-



-Photo by Cherie Cullen
Secretary of Defense Robert M. Gates lectures on the use of military power to a class of midshipmen at the U.S. Naval Academy in Annapolis, Md.

ing their programs and activities to identify what remains a critical priority and what is no longer affordable," he said. "They are all planning to eliminate headquarters that are no longer needed and reduce the size of the staffs that remain."

Gates also authorized the services to consider consolidation or closure of excess bases and other facilities. It is a measure of Gates' determination to save money that he has proposed this, he noted, since Congress has made it almost impossible to close bases.

"But hard is not impossible, and I hope Congress will work with us to reduce unnecessary costs in this part of the defense enterprise," he said.

The secretary also announced a number of immediate steps he will take. Gates said he will reduce the funding for support contractor personnel by 10 per-

cent a year for the next three years.

Gates is freezing the number of office of the secretary of defense, defense agency and combatant command manpower positions at the fiscal 2010 levels for the next three years. He said this is just a first step to studying these leadership organizations.

"We will conduct a 'clean-sheet review' to determine what our people should be doing, where, at what level of rank in keeping with the department's most critical priorities," he said.

He is also freezing the number of senior Defense Department leaders at fiscal 2010 levels. He will appoint a senior task force to assess the number of positions for general and flag officers, senior executive service employees and political appointees.

"At a minimum, I expect this

effort to cut at least 50 general and flag officer positions and 150 senior civilian executive positions over the next two years," he said.

Gates also pushed the potential for economies of scale - especially in the information technology arena.

"All of our bases, operational headquarters and defense agencies have their own IT infrastructures, processes and application-ware," Gates said. "This decentralized approach results in large cumulative costs, and a patchwork of capabilities that create cyber vulnerabilities and limit our ability to capitalize on the promise of information technology."

The secretary directed the department to increase the use of common information technology functions.

The Pentagon is awash in reports; the secretary is freezing the overall number of required oversight reports, and he will immediately cut by a quarter the money allocated to the effort.

The department similarly has a number of boards and commissions that have outlived their usefulness. He directed that the department eliminate those boards no longer needed and an overall funding cut of 25 percent for these boards.

The secretary also is looking for efficiencies in the department's intelligence apparatus. He has directed an immediate 10 percent reduction in funding for intelligence advisory and assistance contracts and a freeze

in the number of senior executive service positions. He also is moving to end needless duplication in the intel business.

"I have directed a zero-based review of the department's intelligence missions, organizations, relationships and contracts to be completed by Nov. 1," Gates said.

James Clapper, the new director of national intelligence, has expressed interest in doing the same for civilian intelligence organizations, the secretary said.

Finally, the secretary is closing two defense offices and recommending the closure of a combatant command. The secretary is eliminating the offices of the assistant secretary of defense for network integration and the Joint Staff's section for command, control, communications, and computer systems.

"Their operational functions will be assigned to other organizations, and most of their acquisition functions will transfer to acquisition, technology and logistics," Gates said.

Gates also will eliminate the Business Transformation Agency. The agency - with 360 people and a budget of \$340 million - will transfer responsibilities to other offices.

The secretary is recommending eliminating U.S. Joint Forces Command. The command is the arbiter and proponent for joint training, doctrine and operations in the military,

he said, but it means an extra layer in the bureaucracy. It is one of five four-star commands that need to be involved in sending a military working dog team to Afghanistan, Gates said during a speech in Abilene, Kan., earlier this year.

But driven by joint experience in Afghanistan, Iraq and around the world, the secretary noted, the need for such a joint advocate has lessened. Training and generating joint forces still is important, as is developing and testing joint doctrine. But it does not "require a separate four-star combatant command, which, in the case of [Joint Forces Command] entails about 2,800 military and civilian positions and roughly 3,000 contractors of all kinds at an annual cost of at least \$240 million to operate," Gates said.

The secretary said the department will help employees affected by these closings.

Gates also wants military personnel and civilians to think outside the box. He wants them to submit their ideas for saving resources, reducing the layers of the organizations and eliminating duplication and overhead.

"Within the department, we are launching an online contest for the purpose of soliciting and rewarding creative ideas to save money and use resources more effectively," he said. "I would encourage all DoD employees to visit 'www.defense.gov.'"

PRT Bike Equation Changes Mean More Accurate Results

From Navy Personnel Command Public Affairs

The equation used to convert calories burned during the 12-minute physical readiness test (PRT) stationary bike test will change Jan. 1, 2011, the Navy announced in a message Aug. 5.

According to NAVADMIN 256/10, the revised equation will more accurately calculate outstanding performance. It will also require the Sailor to burn more calories to achieve a probationary or satisfactory score on their PRT.

The only stationary bikes approved for use on the PRT are the Life Fitness 95CI and Classic Series and both are now on the online Physical Readiness Information Management System (PRIMS) calculator drop down menu.

To access the bike calculator, go to the PRIMS homepage at <https://prim2008.bol.navy.mil>.

For more information, visit the Navy Personnel Command Web site at www.npc.navy.mil and click on "Messages."

Carney

Field was about to inherit.

The ceremony offered those gathered the chance to both look ahead to an exciting future, as well as reflect on the accomplishments of the crew during McLane's tenure, which included the 2009 Battle "E", Unit Tactics Award, Runner-Up to the Phalanx CIWS Excellence Award, CNO Safety Award, Navy nomination for the SecDef Maintenance Award, Golden Anchor, and the Battenberg Cup.

Reflecting on both the joys and challenges of serving as Commanding Officer, McLane remarked, "I am very fortunate to have served on the best ship in the Atlantic Fleet," adding "the crew, chiefs and officers are the nation's finest and it was an honor to be their commanding officer."

From Page 1

McLane will be moving to Germany in the coming months, where he will report to European Command (EUCOM) Headquarters in Stuttgart.

Carney is home ported in Mayport, where she is assigned to Commander, Destroyer Squadron 24. Beginning in late August, she will execute a CNO Selected Restricted Availability before beginning the inter-deployment training cycle this fall.



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Presented by Budweiser, Absolut, Buzz, WQIX

Friday, August 13th - Blackout Night, Whiplash the Cowboy Monkey & Friday Family Fireworks
Come dressed in black as the Suns attempt to blackout the Baseball Grounds. This game kicks off the Winn-Dixie Food Drive to benefit Second Harvest Food Bank - bring a canned good or non-perishable item in for a free souvenir program! Dodge RAM will also be showing off more of their best rides! Take a test drive and win a prize! Plus Whiplash the Cowboy Monkey will be performing in the first of three amazing rodeo-style shows at the Baseball Grounds this season. After the game, Friday Family Fireworks, courtesy of NAPA Auto Parts and your local NAPA Autocare Center Dealers.

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Saturday, August 14th - Logan Morrison Bobblehead Giveaway & Whiplash the Cowboy Monkey
The first 3,000 fans will receive a bobblehead of Suns first baseman and current Major League left fielder Logan Morrison. The Winn-Dixie Food Drive continues - bring an item in for a free program. Plus catch another performance from Whiplash

the Cowboy Monkey!
Presented by 102.9.com

Sunday, August 15th - Back to School Backpack Giveaway, Library Day, Whiplash the Cowboy Monkey & Kids Run the Bases
All kids receive a Suns backpack to get ready for back to school day! Also, one lucky boy and girl will win a new bicycle through the Jacksonville Public Library's summer reading program! Show your library card at the ticket windows for special admission to the game. Bring in a donation item for the Winn-Dixie Food Drive for a free ice cream treat! Kids can show their JTA youth summer card for a free general admission ticket. Plus catch an encore performance from Whiplash the Cowboy Monkey! After the game Kids Run the Bases presented by Captain D's. Stop by a participating Winn-Dixie for a \$5 off coupon while supplies last.

Presented by Winn-Dixie, Captain D's, 96.3

Monday, August 16th - St. John's County Night and Belly Buster Monday
\$20.00 gets a Homeplate Box seat and all-you-can-eat hot dogs, hamburgers, popcorn, ice cream treats and soft drinks! The Winn-Dixie Food Drive concludes - bring in a donation item for a \$5 off coupon for your ticket!

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Conformance Testing Begins For Newest NWU

By MC1(SCW/EXW/SW/AW/SG) James G. Pinsky
Naval Facilities Engineering Command
Public Affairs

Conformance testing of the Navy's newest working uniforms, Navy Working Uniform Types II and III (NWU Type II/III), began July 26 and will last six weeks. Norfolk will serve as the primary testing location for 150 Sailors, with smaller groups testing the uniform in Tampa Bay and San Diego.

The NWU family of uniforms is intended to replace multiple and less capable legacy uniforms, reduce the Navy's total ownership costs, modernize the warfighter, and complete the

vision of Task Force Uniform. As such, these two new uniforms in the NWU series have been developed for use in the tactical expeditionary mission of today's Navy, tailored for desert and woodland environments.

"The NWU Type II/III approval is a culmination of a four-year effort comprising all of the expeditionary stakeholders, ensuring we capture the true operational requirements our Sailors' need to succeed on the battlefield," said Master Chief Explosive Ordnance Disposal Technician Robert McCue, NWU Type II/III Conformance Test Monitor.

The NWU Type II (desert) uniform will be worn by Navy Special Warfare (NSW) operators and Sailors assigned to NSW units or units which directly support NSW operations. The NWU Type III (woodland) uniform will be the standard camouflage uniform for all personnel, to be worn in non-desert environments, including most stateside areas. The only difference between the two uniforms is the camouflage pattern.

The NWU Type III will replace the existing tri-colored woodland camouflage utility uniform, will be the standard camouflage uniform worn in

CONUS, and can be worn while deployed as prescribed by combatant commanders. Occasion for wear of the NWU Type III will be the same as the current woodland camouflage utility uniform per NAVADMIN 188/09. Commands and Sailors currently authorized to wear the woodland camouflage utility uniform (CUU) will continue to wear the CUU as their primary daily uniform until their transition to the new NWU Type III.

The Chief of Naval Operations' approval of the NWU Type II/III was announced in NAVADMIN 374/09, and

Program Management was assigned to Naval Facilities Engineering Command's Expeditionary Programs Office (NEPO). Norfolk was chosen as the primary testing location due to its heavy Navy population and concentration of expeditionary Sailors who will be primarily wearing the NWU Type II/III.

Norfolk participants will be issued Type III (woodland) uniforms at the Cheatham Annex, Naval Weapons Station Yorktown, and the other participants will receive their uniforms on an individual basis. Along with two sets of uniforms, the testers will be

given a user handbook, which explains the care and manner of wear of the uniforms. They will maintain a detailed log of their experience regarding the wear and care of their uniform and participate in interviews, focus groups and surveys both during and after the conformance test. At the completion of the testing, the results will be presented to the chief of naval operations. Contract preparations for the initial production of the NWU Type II/III are underway, with the roll out scheduled to begin in the summer of 2011.

For more information, visit www.navfac.navy.mil/nwu.

Battenberg

Carney.

"I flew down here to do one thing, and that was really to see you, look you in the eyes and tell you I made the determination that you were the best ship in the Fleet Forces - the best thing afloat in the Atlantic Fleet," Harvey told the crew. "That's a pretty big deal to me - and I hope it is to you - because the competition is pretty ferocious as you might expect. I'm looking at all the aircraft carriers, all the submarines, all the cruisers, all the destroyers, all the amphibious ships. We went through everything and we came down to Carney Nation as number one."

The Battenberg Cup is awarded each year to the ship or submarine with the greatest accumulation of crew achievements.

It was first presented to the U.S. Navy in 1905 by Prince Louis of Battenberg and was originally given to the victor of an annual rowing competition between the U.S. and Royal Navies.

In 1978, the cup re-emerged as the honor given to the best ship on the East Coast. Carney is the second DDG ever to receive the honor, and the first since 1998, when it was award-

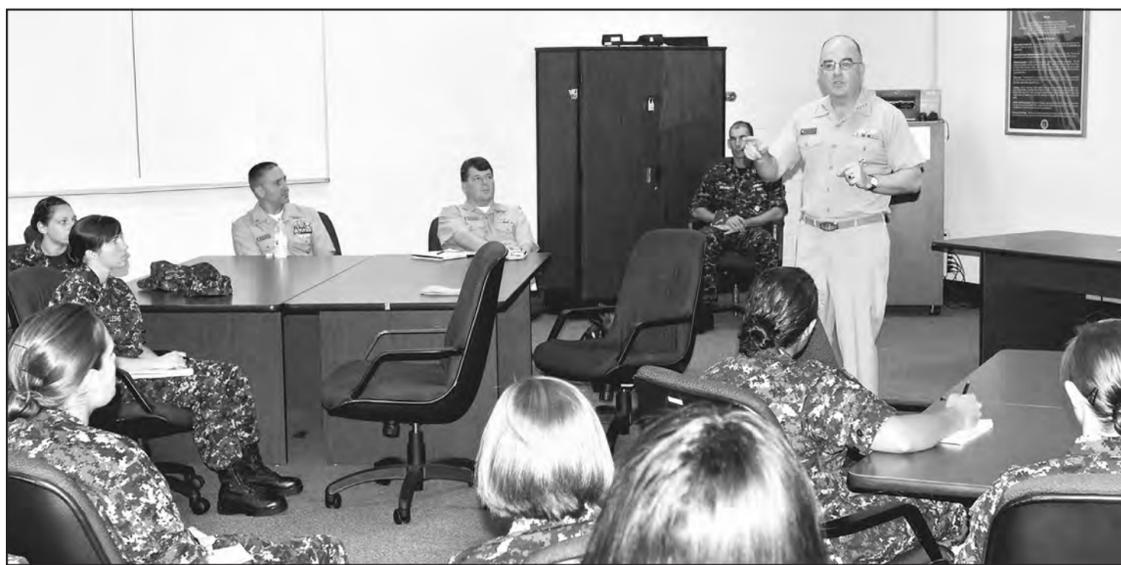
ed to USS Barry (DDG 52).

"There are a couple of ways you can look at this [selection]. You can hold up that nice Battenberg Cup and think about how great we are and how great we were and you were great and you are great," Harvey continued.

"But what I hope you do is that you put it on the mess decks and everybody gets a chance to look at it every day and that becomes a sign post for what you need to still be doing," he continued.

"Don't be looking back in the rearview mirror. I hope every Sailor, every chief petty officer, every officer goes by and says, 'What do I have to do today to keep us where we are? Keep Carney Nation where we are,'" Harvey told the crew. "I want you to internalize this and use it as the beacon that you follow for the future to keep this ship where it needs to be."

"It's very humbling," said CMDCM (SW/AW) Ross Cramer, USS Carney's command master chief, who accepted the award on behalf of the crew. "It puts the pressure on to keep it going. One thing that makes Carney successful is that we don't pat ourselves on the



Admiral J.C. Harvey, Commander, U.S. Fleet Forces Command (CFFC), talks to junior officers at a Mayport Surface Warfare Officers School indoctrination class. During the class, Harvey emphasized on communication and trust with Sailors.

back. So tomorrow is a new day and tomorrow we reset the counter and we start all over again."

Carney is assigned to Commander, Destroyer Squadron 24. The ship returned on July 31 from a seven-month deployment to Fifth and Sixth

Fleet area of operation as part of the Dwight D. Eisenhower Strike Group conducting counter-piracy and theatre security cooperation operations. The ship will execute a CNO Selected Restricted Availability before beginning the inter-deployment training cycle this

fall. After the Battenberg Cup presentation, Harvey spent an hour at a Surface Warfare Officers class, where 25 junior SWOs got the opportunity to ask him questions about the Navy. During the SWOS training Harvey said, "I felt positive

about the Navy from day one. I always enjoyed the people I was with and that's what helped me stay Navy. Tough times didn't seem that bad because I was surrounded by good people. I was always challenged and you will be challenged too."

From Page 1

-Photo by MC2(SW) Jacob Sippel

AUGUST 2010

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8	9 Community Harvest Food Bank 1 PM Monday Matinee 2 PM	10 Walk-n-Stroll 9 AM Twilight Book Club 4 PM	11 Sand Castle Contest 9 AM Back to School Party 1-3 PM	12 Smart Start for Mommy and Me 10 AM Community Harvest Food Bank 1 PM	13 Smores 2 PM	14
15	16 Community Harvest Food Bank 1 PM Monday Matinee 2 PM	17 Walk-n-Stroll 9 AM Twilight Book Club 4 PM	18 Safety 10 AM Minute to Win It! 5 PM	19 Smart Start for Mommy and Me 10 AM Community Harvest Food Bank 1 PM	20 Banana Split 2 PM	21
22	23 Community Harvest Food Bank 1 PM	24 Walk-n-Stroll 9 AM Twilight Book Club 4 PM	25 Recycle Dinner 5 PM	26 Smart Start for Mommy and Me 10 AM Community Harvest Food Bank 1 PM	27	28
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Navy Prepares Sailors For Seasonal Flu

From Bureau of Medicine and Surgery
Public Affairs

The Navy recognizes August as Immunization Awareness Month. With flu season quickly approaching, Navy leadership are urging service members, veterans and family members to be aware of the risks of seasonal flu and to receive their scheduled vaccinations.

Influenza or "flu" has the potential to significantly impact Navy force readiness and missions. In the United States, influenza results in more than 25 million reported cases, more than 150,000 hospitalizations



due to serious complications and more than 30,000 deaths annually.

According to the Navy Surgeon General Vice Adm. Adam M. Robinson Jr., immunization is one of the best ways to prevent the spread of seasonal influenza.

"Influenza is not the common cold," said Robinson. "It can be a severe to life-threatening

disease and getting an annual flu vaccine immunization protects us from getting the disease or becoming severely ill. The seasonal flu vaccine not only helps protect vaccinated individuals, but also helps protect entire communities by preventing and reducing the spread of the disease."

Navy medical officials anticipate the supply of vac-

cine to Navy medical treatment facilities will arrive by late September and do not anticipate any availability issues like those experienced last fall.

This year's seasonal influenza vaccine contains three inactive virus components based on an estimate of the most prevalent strains for the upcoming season. The 2009 H1N1 pandemic strain is incorporated as one of the three 2010-2011 seasonal influenza vaccine components. New influenza strains with the potential to become pandemic have not yet been identified for 2010-2011 but

the possibility remains that a new virus strain could emerge, become a pandemic and require an additional influenza vaccine. The Armed Forces Health Surveillance Center will closely monitor the emergence of potential new virus strains.

"Let me assure you that the vaccine is safe, effective, and will be widely available beginning next month," said Robinson. Robinson also states that all personnel and their family members can limit the effects of the seasonal and H1N1 flu by adopting some basic preventive health

practices such as covering their mouth when they cough, washing hands often, and avoiding touching your eyes, nose or mouth.

"Following these simple good practices will help us all stay healthy during this flu season," said Robinson.

For more information, NAVADMIN 255/10 details the Navy's Influenza Vaccination and Reporting Policy and is located at <http://www.npc.navy.mil/NR/rdonlyres/C24F4F7E-721A-4DC4-8796-96EACD4F7DEA/0/NAV10255.txt>.

Ribbons & Roses Decorated Bra Contest: *Fabulous!*

By Loren Barnes

NH Jax Public Affairs

Naval Hospital Jacksonville's Ribbons & Roses Breast Cancer Support Group sponsored their bi-annual decorated bra contest in July. There were 25 bra entries decorated by patients, staff and family members expressing the emotional, psychological and physical impact of cancer on self and others. These *fabulous* entries were decorated with feathers, sequins, embroidery and other amazing details.

Winning entries were determined in two ways. One winner was selected by votes cast by staff and hospital visitors during the month. The other was selected by a panel of judges present on July 9.

Judges included Jeannie Blaylock, Channel 12 News personality and founder of *Buddy Check 12*, then NH Jax Commanding Officer Capt. Bruce Gillingham, and local artist Waneta Araneo. Fellow judges from the NH Jax staff were Susan Ebbinghouse, medical librarian; NH Jax Breast Care Coordinator Nikki Levinson-Lustgarten, RN BSN OCN; radiologist Lt. Cmdr. Karen Craig; Capt. Michael Vernere, NH Jax executive officer; Cmdr. Eugenio Concepcion, surgeon; Customer Service Department Head Diane Troyano and Supervisory Contact Representative Charlene



Judges for the Ribbons & Roses Decorated Bra Contest assemble in front of the entries on July 9. Left to right are NH Jax staff member Susan Ebbinghouse; NH Jax Commanding Officer Capt. Bruce Gillingham; artist Waneta Araneo; NH Jax Breast Care Coordinator Nikki Levinson-Lustgarten, RN BSN OCN; Jeannie Blaylock, First Coast News reporter; radiologist Lt. Cmdr. Karen Craig; Capt. Michael Vernere, NH Jax executive officer; Cmdr. Eugenio Concepcion, surgeon and NH Jax staff members Diane Troyano and Charlene Johnson.

Johnson.

The winning entries were announced on July 27. The 'People's Choice Award' went to entry #21 or "Mardi Gras Time," made by an NH Jax staff Kathleen Veres. The Judge's Choice Award went to entry #12, "Butterfly Garden," made by Martha Drysdale. Both bras demonstrate the amazing ability to survive and thrive after a devastating diagnosis.

Hospital staff and visitors were able to view the bra displays in the outpatient clinic passageway and many placed bids to purchase their favorites. Proceeds support educational events by the Ribbons & Roses Support Group. If you made a bid for any bra, you will be contacted shortly. Levinson-Lustgarten thanked all who participated.

The next Ribbons & Roses Breast Cancer Support Group meeting is Tuesday, Sept. 14, at 7 p.m. in the hospital's General Surgery Clinic waiting area. She added that they are looking for team members to participate in the American Cancer Society's Making Strides Against Breast Cancer event, October 16 and the Susan G. Komen Race for the Cure, October 23. For additional information and registration forms, please contact Levinson-Lustgarten at (904) 542-7857.

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Cataract Awareness Month

You Don't Have To Live With Cataracts

By Loren Barnes

NH Jax Public Affairs

Members of The American Academy of Ophthalmology and eye M.D.s around the nation are observing Cataract Awareness Month through August. Naval Hospital Jacksonville (NH Jax) is also taking this opportunity to remind people they don't have to live with cataracts.

Cataracts are very common. Approximately 20.5 million Americans age 40 and older have cataracts. NH Jax's Ophthalmology Department Head and cataract surgeon Lt. Cmdr. Allan Steigleman said that most people, if they live long enough, will get cataracts. Academy statistics indicate that more than half of Americans will develop cataracts by age 80.

What are cataracts? A cataract is a clouding of the eye's clear lens, preventing the passage of light needed for vision. Steigleman said this is a condition that develops as people age. "It's a bit like a bathroom window. You can get light through it but it is so cloudy or foggy you can't see things through it clearly anymore."

The cloudy or fogginess finally gets to a point where it impedes vision—the crucial issue people face and typically the turning point that brings them in for consultations.

Since the surgery is elective, Steigleman said it's not something discussed until a patient is ready. He said ophthalmologists usually follow Medicare guidelines in determining if surgery necessary. Surgery may be indicated if vision is not correctable with glasses or contacts to better than 20/40, typically the legal limit to drive in most states.

Steigleman said there are



-Photo by HM1 (SW) Michael Morgan
Cataract Surgeon Lt. Cmdr. Walter Steigleman uses an indirect ophthalmoscope on an NH Jax patient being evaluated for cataract surgery.

exceptions to that rule. "The 20/40 level is considered a quantity of vision measure. There are also quality of vision issues that come into play in determining surgical necessity. Night driving issues are an example. "We have patients come in and they say 'Gee doc, it seems when I drive at night all the cars have their high beams on. I feel real unsafe trying to see the white line on the side of the road. At night I can't even leave the house after dark anymore.' We have equipment which can help gauge that glare phenomenon including a brightness acuity tester," Steigleman said.

Cataract surgery is the most frequently performed surgical procedure in the U.S., with more than 1.6 million procedures performed each year. NH Jax ophthalmology performs more than 100 cataract surgeries a year.

The hospital uses a state-of-the-art procedure called phacoemulsification, as an outpatient procedure. "This is a process to use ultrasound energy to break

up the cataract," Steigleman said. "We use this device to jack hammer up the old lens into small pieces which we can suck out with vacuum power removing them from the eye. We can then tuck the new plastic lens we use back into its place. Lasers are not currently used to remove cataracts. But they are sometimes used after cataract surgery to remove a film that can grow on the lens implant."

While jack hammering and vacuuming sounds dramatic, it's really not. Cataract surgery is usually done with conscious sedation. Local numbing agents are also used in or around the eye. Children typically go under general anesthetic for the procedure.

Recovery and greatly enhanced vision is usually realized within 24 hours. There likely will be some irritation for a couple of weeks, similar to having grit or an eyelash in the eye. Patients are given drops to limit inflammation and prevent infection and return for follow up visits. Steigleman said

patients generally must wait until the six-week visit to be fitted for glasses or contact lens.

NH Jax offers the procedure to active duty service members, military family members and retirees. While the nature of cataracts usually affects patients 50 years and older, younger patients may develop them due to medications or other medical conditions. Whether the patient is older or younger, the outcome of the surgery is usually markedly restored vision the next day. And for active duty patients, vision is often correctable to levels where they can successfully perform their previous duties.

Cataract surgery can be an extremely life-enhancing procedure and Steigleman said that is what makes his job so rewarding. He recalled one Navy fam-

ily member who, after recovering from the surgery, looked in the mirror and remarked with amazement that she never realized how many wrinkles she had. Her vision had been so compromised that she had been unable to see them in her reflection.

"For any surgery candidate there are risks to consider, especially for those involving sensory functions," Steigleman said. "But in cataract surgery, negative outcomes are rare but not zero. Negative outcomes ranging from infections, retinal detachments or blindness can happen and should be seriously considered in the patient/doctor discussion."

There are advancements being made in cataract treatment, especially in premium lenses which when implanted

during cataract surgery can actually restore vision to levels that the patient no longer requires glasses or contacts for distance or near vision. While cataract surgery is covered by TRICARE and Medicare, the more advanced lenses, which are available in the civilian community and typically, involve significant charges (above \$3,000 per eye) for the patients as they are not covered by TRICARE or Medicare. The more advanced lenses are also not yet available in Navy clinics.

People interested in learning more about available options to treat cataracts should talk to an ophthalmologist. At NH Jax, contact Ophthalmology at (904) 542-7680.

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Grammy-winning country act **Zac Brown Band** has teamed with Chrysler, Dodge, Jeep and Ram Truck dealerships to launch "Letters For Lyrics," participants write a letter to a member of the U.S. Military, in exchange for a copy of a special compilation CD, *Breaking Southern Ground*, from the **Zac Brown Band**. They'll also earn a free download of an exclusive live version of the band's latest single, "Free," and will have access to footage from the Zac Brown Band's USO tours.

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FFSC Classes Cater To Sailors, Families

From FFSC

The following classes and activities are offered by the Fleet and Family Support Center (FFSC) and are free of charge. Pre-registration is required and childcare is not available. For more information about the classes or to register call 270-6600, ext. 1701. FFSC is located in Building One on Massey Avenue.

Aug. 12, 9 a.m.-12 p.m. **Tottletyme Playgroup, USO**

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

Aug. 12, 9-11 a.m. **Resume Walk-In Review, FFSC, Room 701**

Aug. 16, 8:30 a.m. -12 p.m. **FERP-Career & Job Readiness Class, FFSC, Room 702**

Aug. 16, 1-3 p.m. **FERP-Federal Employment Class, FFSC, Room 702**

Aug. 16-19, 8 a.m. -4:30 p.m. **SAPR Victim Advocate Training, NAS Jacksonville Chapel**

Aug. 17, 9-11 a.m. **Resume Walk-In Review, FFSC, Room**

701

Aug. 19, 9-11 a.m. **Resume Walk-In Review, FFSC, Room 701**

Aug. 19, 9 a.m.-12 p.m. **Tottletyme Playgroup, USO**

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

Aug. 24, 9-11 a.m. **Resume Walk-In Review, FFSC, Room 701**

Aug. 19, 8-11 a.m. **Anger Management, Building One Room 1606**

What does *anger* do for you? Communicate for you? Keep people at a safe distance from you? Keep you in charge? For many people, anger serves them many uses, but all too often, it is at a high cost...usually of relationships, unhappiness in the workplace, and a general feeling of disdain. If you want to be able to break out of the "get angry/get even" syndrome, come to this class. Participants learn how anger and judgment are related, about irrational beliefs and faulty self-talk, what "E + R = O" means, and the roles of stress and forgiveness

in anger.

Aug. 23-26, 8 a.m.- 4 p.m. **TAP Separatee Workshop, Building One Room 1606**

Aug. 24, 6-8 p.m. **Home Buying Seminar, Building One Room 1606**

Aug. 24, 9-10 a.m. **TRACC Meeting, FFSC, Room 719**

Aug. 26, 9-11 a.m. **Resume Walk-In Review, FFSC, Room 701**

Aug. 26, 9 a.m.-12 p.m. **Tottletyme Playgroup, USO**

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

Aug. 26, 9-10:30 a.m. **Sponsor Training, FFSC Room 719**

Aug. 27, 9-10 a.m. **Establishing Sound Credit, FFSC, Room 719**

Aug. 30, 6-8 p.m. **Ombudsman Assembly, Building one Room 104**

Aug. 30-31, 9 a.m. -3 p.m. **Three is a Crowd, FFSC, Room 702**

Aug. 31, 9-11 a.m. **Resume Walk-In Review FFSC, Room 701**

Students Vets Receive Assistance Through Yellow Ribbon Program

From Jacksonville University

The Yellow Ribbon GI Education Enhancement Program (Yellow Ribbon Program) is a provision of the Post-9/11 Veterans Educational Assistance Act of 2008. Locally, Jacksonville University participates in the program.

Two JU aviation students currently attending JU under the Yellow Ribbon Program are Freshman Matt Walden and Sophomore Brendan Hughes.

"I've wanted to go back to school for a long time," said Hughes, who served in the U.S. Coast Guard and plans to start a career in aviation management after he graduates. "JU's participation in this program, along with the great education offered here, was specifically why I chose to attend."

Walden spent four years with the Marine Corps and plans to use his aviation education to become an airline pilot. Like Hughes, Walden is grateful to JU for participating in the program.

"It was important for us to offer this to our veterans," said President Kerry D. Romesburg. "These men and women have dedicated a part of

their lives to improving this country and it is now our turn to give back."

Walden and Hughes are also benefiting from the University's partnership with Delta Connection Academy, a flight training school partially owned and operated by Delta Air Lines. Students will train under the airline's high standards and be well prepared for jobs as flight instructors and pilots, among others. As qualified graduates, they are guaranteed an interview with a regional carrier.

Other features of the JU's aeronautics program include: Flight training at nearby Craig Municipal Airport, in Delta Connection Academy's state-of-the-art Cirrus SR-20 aircraft, air traffic control option under the FAA-CTI program leading to careers with the FAA; opportunities for advanced flight training students to work as flight instructors during their college studies; the JU student Flight Team that travels to regional and national competitions; and more.

For more information on JU and its Yellow Ribbon and Aeronautics programs, call Deirdre Willette at (904) 256-7088.

SIUC Achieves Another National Ranking

From SIU

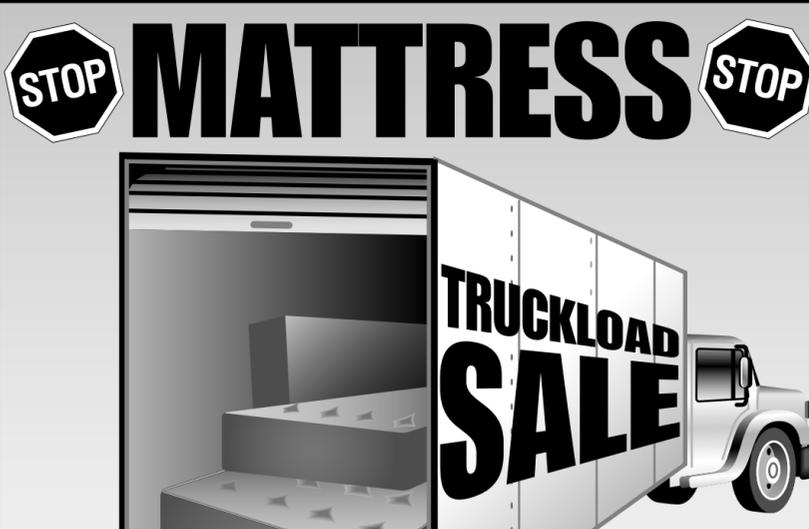
Southern Illinois University Carbondale's Workforce Education and Development (WED) program has earned national recognition from U. S. News & World Report as one of the top ten graduate programs, ranking No. 8 among specialty programs in education. SIU has been offering a WED Bachelor of Science degree at Mayport Naval Station since 1981. Additionally, the College of Education and Human Services at Southern Illinois University, which WED belongs to, was ranked No. 71 of 278 among Graduate School's of Education.

Dr. Beth Freeburg, WED Chair, said "This is the third time in four years that we have made the U. S. News & World Report list, and this is the highest ranking we have ever received...these are fabulous credentials and recognition for our programs. It has taken all of us to make this happen." And it is true. SIU utilizes top-notch faculty not only on its main campus in Carbondale but also on its 15 sites across the country that offer the Bachelor of Science degree.

The WED program is flexible enough to meet the demands of a busy lifestyle for military students and their adult family members, civil service employees and their family members, prior military members, and civilians. Many students complete the program in 12 to 18 months and even those students without prior credits can complete the program in 24 months—half the time of a traditional program. Classroom courses last eight weeks, are taught one at a time, and are offered every other weekend.

SIU accepts transfer credit from accredited colleges and universities as well as applying CLEP and DANTES test results to the general education requirements. Additionally, up to 44 semester hours of credit for work and formal training experience may be awarded, adding to the flexibility and accelerated completion time of the program. To date, over 20,000 individuals have completed the off campus degree since its inception in 1973 at Scott Air Force Base, Illinois. Many of these same students have continued their education at the master's and doctoral level, including Charles L. Sidell, site coordinator at Mayport Naval Station.

If you are interested in obtaining a first-rate education from one of top ranked programs in education in the country, please contact Dr. Charles Sidell or Sally Haynes @ 904-246-4549.



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Out in Town

Thursday, Aug. 12

Beach Marine Gone Fishin' Tournament, and Marine Expo will feature more than 50 marine related vendors and craftsmen in a festival like setting, several boat dealers, and the Salt Life Kid's Dock Tournament. For a \$10 entry fee, each kid accompanied by an adult will receive bait and a Salt Life shirt and will fish for some great prizes. Bring your lucky rod! The event Beach Marine Gone Fishin' Tournament & Marine Expo will be held at Beach Marine, Jacksonville Beach. For more information regarding the Marine Expo OR the Beach Marine Gone Fishin' Tournament, contact Tournament Director Frank Joura at FJoura@bellsouth.net or at 904-465-4552. Capt. Don Dingman and the Hook the Future crew will be on site filming the event all day on Saturday. Proceeds to benefit the "Hook the Future Foundation" www.takeakidfishing.org

Friday, Aug. 13

Fleet Reserve Association Branch 290 is hosting a Steamed Clams Dinner, from 5-8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach, FL. A donation of \$8 per dozen is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m. the music of DOUG BRACEY will entertain until 1 a.m. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off.

Saturday, Aug. 14

Christ United Methodist Church, 400 Penman Road, Neptune Beach, invites the community to an old-fashioned fish fry, hosted by the United Methodist Men, from 5-7 p.m. Dinners will include fish, hush puppies, cole slaw, grits, American fries, iced tea and dessert, all for only \$7. The fish will be jumping onto your plates starting from 4-7 p.m., so meet us in Wilson Hall of the church to reel yours in! Need info? Call the church at 249-

COMMUNITY CALENDAR

5370. We'll see you there!

Join a Park Ranger at 2 p.m. for a presentation and leisurely guided hike through different Florida ecosystems on a quest to characterize tracks left by an assortment of critters. 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.

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.

Sunday, Aug. 15

Fleet Reserve Association Branch 290 hosts Breakfast from 8 to 11 a.m. at the Branch Home, 390 Mayport Road, Atlantic Beach, FL. Menu includes eggs, bacon or sausage, grits or hash-browns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$5 for a full breakfast, or \$3 for a breakfast sandwich, is requested. As always, the public is invited.

Monday, Aug. 16

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

The Fortieth annual Aviation Boatwain's Mate Association (ABMA) sponsored Professional Working Group Conference will be held through Aug. 20 at the Hilton Pensacola Beach Front Resort, 12 Via De Luna Drive, Pensacola, FL 32561. The web site for the hotel is: www.pensacolabeachgulfhilton.com. Contact: CWO Ret. Ralph Layton at (904) 529-9200 for further information.

Tuesday, Aug. 17

The Adele Grage Cultural

Center in Atlantic Beach is featuring the bas-relief art of John Votel. The exhibit opens Aug. 17 with a reception for the artist on Aug. 19, 6 to 7:30 p.m. Bas-relief is sculptured design which is carved or raised from the background giving a low depth dimension from the surface. Votel's work is heavily influenced by the reflections and textures in our environment and in our imaginations. His work is created with his own invention of a flexible stone paste that can flex with the canvas yet feel like rock while appearing sheer, metallic, or glazed in a 3-dimensional textured work. John encourages touching his art. This exhibit is free and open to the public. The exhibit is open weekdays, 8 a.m.-noon, and 1-4:30 p.m., or drop-in during the North Beaches Art Walk, Aug. 19, 5-9 p.m. Adele Grage Cultural Center is located at 716 Ocean Blvd. in Atlantic Beach. Visit the AB website at www.coab.us/events for upcoming programs and events in July, August and September. Or call the Recreation and Special Events office at 904-247-5828.

Wednesday, Aug. 18

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

Saturday, Aug. 21

The Fleet Reserve Association Branch 290 is hosting a Steak Dinner from 5-8 p.m., at the Branch Home at 390 Mayport Rd. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m. the music of DOUG BRACEY will entertain until 1 a.m. Happy hour precedes the dinner from 4 to 6 P.M., all drinks are 50¢ off.

The Cummer Museum of Art & Gardens, 829 Riverside Ave., is hosting a morning of fun for children ages 6 to 12 from 10 a.m.-noon. Participants of Art Adventures: African Masks will gain inspiration for their projects by touring Collectors' Choice: Works of Art from Jacksonville Collections. The exhibition has a special selection of African masks, wooden sculptures, pottery and more, which students will use as inspiration when creating a mask of their own. Cost is \$10 per class for members and \$15 per class for non-members. For more information or to register, please call Art Connections at (904) 355-0630.

Join one of our knowledgeable park rangers at 2 p.m. for an informative talk on the natural history of sea islands and their important role in coastal ecology. The topics addressed will include beach erosion, island migration, island formation and the natural communities present on such barrier islands today. 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.

Monday, Aug. 23

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

Saturday, Aug. 28

The Jacksonville Genealogical Society will hold their monthly meeting at the Webb-Wescott Branch Library, 6887 103rd, Street, Jacksonville, FL., at 1:30 p.m. Please note the change of date from our regular time. We are lucky again in having Carolyn Hartman and Pam Oglesby, JGS members presenting a program that many have been asking about: How Science Has Changed Genealogy. DNA, Genes and Medicine will be discussed. This should prove to be a very informative meeting for all. Our speakers have first hand knowledge regarding the

subject matter. For additional information please feel free to contact, Jim Laird, (904) 264-0743.

Jacksonville Ice & Sportsplex will be hosting RADIO DISNEY'S BACK TO SCHOOL BASH, a day of sports clinics, family fun activities, sports celebrity meet and greets, and lots of music and games. The event is a family fun event featuring all of the sports offerings at Jacksonville Ice & Sportsplex, as well as a fundraiser for Let Us Play. The fun starts at 10 a.m. and goes until 3 p.m. The day will feature a series of 45-minute sports clinics, starting at 10 a.m. Clinics will happen throughout the day and will feature learn to ice skate, hockey, football kicking (by Mike Hollis), fencing (by Fioretto Fencing Academy), soccer (by Pure FC Soccer), and more. Bounce houses, hands on activities, and area mascots will be part of the fun activities to round out the day. Radio Disney will be on hand to spin the hits, play games, and give-away lots, and lots of prizes, including free ice skating passes, various gift certificates, and an eight week learn to skate or play class. Admission to the event is free, although a \$5 suggested donation per participant is suggested, which will directly benefit Let Us Play. For more information on the Jacksonville Ice & Sportsplex, Radio Disney's Back to School Bash, or to schedule a function or book a class, please go to www.jaxiceandsportsplex.com or call (904) 399-3223.

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

Saturday, Sept. 4

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 one on Little Talbot

Island. No reservations are necessary and the program is free with regular park admission.

Saturday, Sept. 11

Join a park ranger at 2 p.m. for a leisurely paced hike to discover the island's natural communities. Participants are encouraged to bring bug spray and bottled water. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

Saturday, Sept. 18

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

Friday, Sept. 19

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

Saturday, Sept. 25

The Talbot Islands have a rich cultural history that dates back over 5,000 years. Join a park ranger at 2 p.m. for a look into these past cultures and the artifacts they left behind. 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.

National Public Lands Day is the nation's largest hands-on volunteer effort to improve and enhance the public lands Americans enjoy. Help us keep the park clean by coming out and volunteering your time. Registration for the clean-up will be at pavilion one on Little Talbot Island at 9 a.m. No reservations are necessary. Please let the ranger know you are there for the clean-up.

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By Chris Halagarda
Navy fitness and performance enhancement dietitian

Traveling is one of the biggest nutrition barriers I hear about from clients – especially with active-duty military members who always seem to be on the go. While it's true that eating healthy while traveling offers unique challenges, it doesn't have to be a nutritional disaster. Some simple steps of planning and adjusting can lead to creating a healthier environment than when you're at home!

Call ahead: Always call your hotel in advance to see what appliances they offer in the room. Most military installations have guest lodging facilities that are equipped with small refrigerators, microwaves and coffee pots. Some of the rooms even

have stove tops. There's no excuse for eating poorly there! Some hotels will also place a microwave or refrigerator in the room upon request, but be sure to ask if there's a fee associated with the added appliance.

Bring breakfast: Unless you are going to have "eating meetings" every day, be sure to bring your own breakfast. I don't leave home without a bag of oatmeal and a jar of natural peanut butter. Make sure to pack it in your checked luggage as airport security can confiscate your peanut butter. I've learned this the hard way.

If your room doesn't have a microwave, simply run hot water through the coffee pot to mix with your oatmeal. And, don't forget a spoon. I leave a spoon and fork in my luggage. I've learned this the hard way, too.

Stash healthy snacks: Always get into a habit of bringing healthy snacks in your carry-on luggage. It prevents poor choices at the airport and on the plane. If you have extra space in your check-in luggage, try to bring extra snacks such as granola, granola bars and plenty of fruit. A box of healthy cereal is helpful, too. These snacks are great for hungry times in your room, but also for midmorning and afternoon snacks when you are not at an eating meeting.

Of course, to have a bowl of cereal you'll have to stop by the commissary for a jug of milk. Milk is also a great pre- and post-exercise beverage. The combination of casein and whey protein helps to repair muscles and the lactose begins to replace glycogen. If you worked out real hard or long, have some cereal with your

milk to add more carbohydrate for refueling.

Water: Many people don't like to drink tap water, especially while traveling. If this is the case, buying jugs of water at the commissary to refill a water bottle you traveled with is a greener and more cost-efficient way to go than buying individual bottles. This is especially true if you are very active and need a lot of fluids.

Meals on demand: For those nights that you're not obligated to eat out, it's a great idea to eat in your room. Who said a bowl of granola and milk is only a breakfast food. Some microwaveable TV dinners have come a long way, too. With less sodium and saturated fat and more vegetables and whole grains in some brands than ever before, these choices are often better than eating out. A simple com-

missary trip can also set you up with all the fixings needed for a great salad or sandwich.

If going out to eat is inevitable, whether it's to schmooze or celebrate, try to choose your entree wisely and ask for substitutions if you would like a healthier side option. Fish is always a great choice while on the road. Americans don't eat enough fish and as a result, we miss out on all the benefits of Omega-3 fatty acids. Just be sure to ask for the sauce on the side. Most of the time, the sauce lowers the nutrient quality of the meal. Substitutions to ask for are a side salad with dressing on the side, fresh fruit, steamed vegetables or whole-grain rice.

Certainly, traveling for work or on vacation offers challenges, but with some easy planning and simple questions to the

waiter at the dinner table, you'll be on your way to a healthy trip.

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

-- Chris Halagarda is the Navy fitness and performance enhancement dietitian. Feel free to contact him with your questions at (202) 433-3472 or Chris.Halagarda@Navy.Mil.

Look For Less Sodium, More Potassium In Diet

By Karen Hawkins
DeCA dietitian

Most of us know that eating too much sodium is not good for us, as doing so may increase the risk for high blood pressure, which can lead to a variety of diseases. Nearly one in three U.S. adults have high blood pressure and almost as many have pre-hypertension or slightly elevated blood pressure. Not sure what your blood pressure is or haven't had it checked in awhile? If so, then it is time to get it checked.

Eating less sodium, as well as making other lifestyle changes, may prevent or delay getting high blood pressure and may help lower elevated blood pressure. These changes include eating more potassium-rich foods, losing excess weight, being more physically active, eating a healthy diet and limiting alcoholic beverages, if you choose to drink them.

Hidden sodium in food

Sodium is found in many of the processed and prepared foods we eat every day, such as canned vegetables, soups, luncheon meats and frozen meals. Food manufacturers also use

sodium-containing compounds to preserve food and improve its taste and texture.

A new report from the Institute of Medicine recommends that sodium content of foods be reduced to help reduce the risk of hypertension and cardiovascular disease. The report urges the U.S. Food and Drug Administration to set maximum sodium levels for different foods so, over time, average consumption would drop by about half a teaspoon. As the government moves forward in addressing the issue of sodium in food you buy, there are many things you can do to eat less sodium.

To kick the sodium habit

The U.S. Department of Health and Human Services recommends that you get no more than 2,300 milligrams of sodium each day. People with high blood pressure, African-Americans and people who are middle-aged or older should get no more than 1,500 milligrams of sodium each day and should get potassium through foods.

Tips for eating less salt:

- Look for low-sodium products when shopping in the com-

missary. When you're choosing packaged foods, check the sodium content on the nutrition facts label. Use the percent Daily Value (percent DV) to help limit your sodium intake — 5 percent DV or less is low and 20 percent DV or more is high.

- Compare sodium content for similar foods. This can really make a difference. Use the nutrition facts label to select brands that are lower in sodium.
- Eat more fresh foods and fewer processed foods. Fresh meat is usually lower in sodium than luncheon meat, bacon, hot dogs, sausage and ham. When possible, buy fresh and frozen poultry or meat that hasn't been injected with a sodium-containing solution.

Eat more potassium

Adults should try to consume 4,700 milligrams of potassium each day in foods and beverages. On average, children need 3,000 to 4,500 milligrams of potassium each day, depending on their age.

Foods high in potassium include the following items noted by food serving size and potassium (mg):*

- Apricots, dried, 10 halves, 407
- Avocados, raw, 1 ounce, 180
- Bananas, raw, 1 cup, 594
- Beets, cooked, 1 cup, 519
- Brussels sprouts, cooked, 1 cup, 504
- Cantaloupe, 1 cup, 494
- Dates, dry, 5 dates, 271
- Figs, dry, 2 figs, 271
- Kiwi fruit, raw, 1 medium, 252
- Lima beans, 1 cup, 955
- Melons, honeydew, 1 cup, 461
- Milk, fat-free or skim, 1 cup, 407
- Nectarines, 1 nectarine, 288
- Orange juice, 1 cup, 496
- Oranges, 1 orange, 237
- Pears, fresh, 1 pear, 208
- Potatoes, baked, with flesh and skin, 1 potato, 1,081
- Prune juice, 1 cup, 707
- Prunes, dried, 1 cup, 828
- Raisins, 1 cup, 1,089
- Spinach, cooked, 1 cup, 839
- Tomato products, canned,

- sauce, 1 cup, 909
 - Winter squash, 1 cup, 896
 - Yogurt plain, skim milk, 8 ounces, 579
- For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the *Commissary Connection*.
- (*United States Department of Agriculture Nutrient Database for Standard References, Release 15 for Potassium, K (mg) content of selected foods per common measure.)

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ACROSS

- Transport for school kids
- Monastery superior
- Female horse
- Poisonous snakes
- A, B, C, D or F
- Abbr. following many poems
- Authentic
- Clutches
- Actor Fox
- Playwright
- Fills with wonder
- Snack
- St. Joan of
- Surrounded by
- Heartbreaking
- Passageways
- King who sent out the Magi
- Tin Tin
- In the distance
- Indian lute
- Refuses to
- and tuck
- Sink
- More modern
- Writer who exposes follies with sarcasm
- weezy; tiny
- Four qts.
- Abbr. in some school names
- Bank offering
- Woman who dances on her toes
- One opposed
- Pacific
- Zero
- Thin opening
- Improve
- Saucer-shaped bell
- Extravagant publicity
- Experiments
- Carping spouse

DOWN

- Tavern
- Secondhand
- Ship's pole
- Shocked
- Thin soup
- Indonesian island
- Chances
- One who dies leaving a will
- Gourd used as an instrument
- Once again
- Went as a passenger
- Wraps up
- Defame
- Velvety green growth
- of; free from
- Alda and Arkin
- Subject of TV's "The Sopranos"
- Not suitable
- four; small cake
- Iraq's neighbor
- Charlie of "Peanuts"
- Horizontal rows
- Gate
- Asp's greeting
- Clipper or yawl
- In tears
- Undergarment
- At no time, to a poet
- Enkindle
- General tendencies
- Flower or tree
- Whip
- Solely
- Perched on
- Highest point
- Bruce & Spike
- Midday
- Actress Paquin
- Word with nog or plant

THIS WEEK'S ANSWERS

8/12/10

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REACHING OUT

The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call NS Mayport volunteer coordinator CSI Terry Jackson at 270-5373 and 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.

National Multiple Sclerosis Society of North Florida

The National Multiple Sclerosis Society of North Florida needs volunteers for the "Bike MS PGA Tour Cycle to the Shore 2010" on Oct. 2-3. This is a great opportunity to get community service hours and help out for a great cause. The society is looking for individuals, groups and organizations to help with pre-event preparations/set up; general help; registration; customer service; clean up crew; food preparation/service; medical; safety; luggage handling/transportation; and bike handling. If you are interested, contact Jason Henika at Jason.henika@fln.nmss.org

Beach Rescue

Barefoot Wine Beach Rescue Project is looking for volunteers to clean up Jacksonville Beach on Aug. 7 from 9-11 a.m. Volunteers will meet at the Lifeguard Station, 2 Oceanfront North. Look for the Barefoot Tent. For more information, visit www.barefootwine.com/beachrescue.

Guardian ad Litem

Be the voice for children abused, neglected, or abandoned. These children have no ability to participate in decisions affecting their lives. When children are removed from their homes, the courts can appoint a special advocate to make sure that the best interests of the child is given appropriate consideration. This advocate is known as a Guardian ad Litem. In the 4th Judicial Circuit, which includes Clay, Duval and Nassau Counties, there are

more than 2,000 children who need an advocate to help them navigate the Dependency system. As we build our volunteer base we are asking members of our community to consider being a Guardian ad Litem. These guardians do not provide direct care for the children; the guardians ad litem visit the child at least once per month, interview family members, gather information from medical, mental health, and education professionals, and attend court hearings to ensure the best interests of the children are maintained. The work is compelling. To become a Guardian ad Litem, candidates need a compassionate heart, be at least 19 years old, complete 30 hours of initial training and undergo a background check. The process begins with a screening interview so you can learn more about this opportunity to make a difference in the life of a child. If this kind of volunteer opportunity sounds like something you would like to participate in, please visit the Guardian ad Litem website, www.guardianadlitem.org, or call 904-630-1200 to schedule a screening interview.

First Coast "No More Homeless Pets"

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

Mayport Lions Club Volunteers

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

Jacksonville International Airport Volunteer Ambassador Program

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

ers who share your interests in the animal kingdom. New Adult Volunteer Orientations are held at the Pepsico Foundation Education Campus. All interested personnel please call CSI Hopkins or call 270-5373 for more information.

YMCA of Jacksonville

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

Children's Home Society of Florida

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

Homeless Pet Shelter

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

St Augustine Amphitheatre Seeks Volunteers

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

Big Brothers Big Sisters Mentoring

Big Brothers Big Sisters is

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

Navy-Marine Corp Relief Society Needs You

The Navy Marine Corp Relief Society is in need of Volunteers to give a couple of hours of their time each week to help others in need. The mission of the Navy-Marine Corp Relief Society is to provide emergency financial help and educational assistance to members of the Naval Services - active, retired, and family members - when in need: to assist them achieve financial self-sufficiency and to find solutions to emergent requirements. Navy-Marine Corp Relief Society firmly believes in personal financial responsibility. By helping the service member and family through difficult times and by assisting them to develop their own problem solving capabilities, they will achieve financial stability, increase self-worth and reduce the need for future financial assistance. Without their volunteers, the Society could not meet the needs of so many. If you are interested in volunteering and would like more information, contact Bill Kennedy at 270-5418, 9 a.m.-3:30 p.m., Monday-Friday.

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.

NS Mayport Retired Activities Office

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

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