

Sun Sets on 30 Years Of McInerney Tradition



-Photo by Bill Austin

A Sailor aboard USS McInerney lowers the flag at twilight during the ship's decommissioning ceremony on Aug. 31 at Naval Station Mayport. The ship was commissioned as the Palestinian Navy Ship Alamgir following its decommission from the U.S. Navy. See the full story, Pages 4-5.

New Child Care Fees

By Bruce Moody

Commander, Navy Installations Command, Navy Family Readiness Program

Request to be posted as Top Story with photo: 090813-N-0413R-402

The Department of Defense establishes fee ranges for all military child development programs and recently released a policy addressing the fee adjustment. The adjustment brings the number of fee categories to nine, causing some people to move into different categories.

The Navy is adjusting its child care fees beginning Oct. 1, 2010, and adding categories for its highest income earners, to compensate for six years without fee range increases.

Under the new fee schedule, families with a total income of \$85,000 or less will see their child care cost rise by one dollar a week. Child care costs for families earning more than \$85,000 will rise between \$10 and \$16 a week. For a 50-hour week, child care costs will range from \$1.12 to \$2.74 per hour.

Here is the new fee schedule:

Category I – incomes of \$29,400 or below – will pay \$56 per week (no change)

Category II – incomes from \$29,401 to \$35,700 – will pay \$70 per week (+\$1.00 per week)

Category III – incomes from \$35,701 to \$46,200 – will pay \$83 per week (+\$1.00 per week)

Category IV – incomes from \$46,201 to \$57,750 – will pay \$99 per week (+\$1.00 per week)

Category V – incomes from \$57,751 to \$73,500 – will pay \$109 per week (+\$1.00 per week)

Category VI – incomes from \$73,501 to \$85,000 – will pay \$122 per week (+\$1.00 per week)

Category VII – incomes from \$85,001 to \$100,000 – will pay \$131 per week (+\$10.00 per week)

Category VIII – incomes from \$100,001 to \$125,000 – will pay \$134 per week (+\$13.00 per week)

Category IX – incomes of \$125,001 or above – will pay \$137 per week (+\$16.00 per week)

An optional high-cost fee may be used in areas where it is necessary to pay higher wages to compete with local labor or at those installations where wages are affected by non-foreign area cost of living allowances (COLA), post differential or locality pay. Three Navy installations utilize this high cost option: NMMC Bethesda, JB Pearl Harbor and PMRF Barking Sands.

"The Navy is committed to See Child Care, Page 9

CNRSE Shines In Energy Conservation

By Stephen Strickland
Navy Region Southeast Public Affairs

The commitment of Navy Region Southeast to reduce energy usage was recognized recently by the Secretary of the Navy with awards for all 16 of its non-BRAC installations.

"These awards reflect our significant progress in making energy and water conservation a high priority in our everyday mission of supporting the fleet, family and warfighter," Commander Navy Region Southeast Rear Adm. Tim Alexander said. "This marks the first time all non-BRAC installations in Navy Region Southeast have received recognition. Energy is one of Region Southeast's major focus areas, and installation efforts have positively positioned us to execute a comprehensive energy strategy that will help us leading the way was Naval Submarine Base Kings Bay, one of only seven Navy or Marine Corps shore commands worldwide to be recognized as a platinum level award winner, signifying an outstanding energy program and an exceptional year of energy project execution.

"Kings Bay is doing some innovative things to reduce energy and water consumption," Alexander said. "From a new wastewater treatment plant with water savings of \$60,000 a year, to the innovative use of solar technology to augment that plant with energy savings

of \$116,000 a year, the installation is realizing truly significant energy use reduction."

"Energy and water management are critical to the accomplishment of the Navy's mission and our nation's energy independence and security," Secretary of the Navy Ray Mabus said in a Navy-wide message. "Energy specifically is one of my top priorities and your performance has significantly advanced progress toward achievement of our goals."

Naval Submarine Base Kings Bay will be recognized at an award ceremony Oct. 6 at the Navy Memorial in Washington, D.C.

Other Secretary of the Navy Energy and Water Management Award winners in the Southeast Region included Naval Air Station Jacksonville, Fla.; Naval Air Station Key West, Fla.; Naval Air Station Kingsville, Texas; Naval Air Station Meridian, Miss.; and Naval Support Activity Panama City, Fla. These installations were all gold level award winners, indicating a very good to outstanding energy program.

The awards program also has a blue level award for commands with a well-rounded energy program. Navy Region Southeast commands winning awards in this category included Naval Construction Battalion Center Gulfport, Miss.; Naval Air Station Corpus Christi, Texas; Naval Air Station Joint

Reserve Base Fort Worth, Texas; Naval Air Station Joint Reserve Base New Orleans; Naval Air Station Pensacola, Fla.; Naval Air Station Whiting Field in Milton, Fla.; Navy Supply Corps School Athens, Ga.; Naval Station Guantanamo Bay, Cuba; Naval Weapons Station Charleston, S.C.; Naval Air Warfare Center Training Systems Division at Naval Support Activity Orlando, Fla.; and Naval Station Mayport, Fla.

"Leaders on every level of the Navy Region Southeast team have made great efforts to motivate team members, communicate energy initiatives, and push for execution of energy projects," Alexander said. "Your efforts reflect our commitment to the country and the goals set forth in the Energy Independence and Security Act and associated Executive Orders. The team effort of all of our Sailors, civilians, and contractors in the Southeast are making a difference. From the region's Energy Council, to Naval Facilities and Engineering Command Southeast, to the individual public works departments, to the deckplate Sailor – we all make a difference in conserving water and energy, and taxpayer dollars."

"Your excellence in energy and water conservation efforts are an example for all other commands to follow," Secretary Mabus said in the awards announcement.

Obama Urges Americans To Salute Troops, Families

By Elaine Wilson

American Forces Press Service

The combat mission in Iraq may have ended Aug. 31, but the gratitude of a nation for the service and sacrifice of U.S. servicemembers and their families lives on.

President Barack Obama is inviting all Americans to show their appreciation and support for our troops and their families by posting text and video messages on the White House site, "Saluting Service in Iraq."

Obama posted a video message of his own in which he thanks servicemembers who have served in Iraq and those who are currently serving there.

"Your dedication, your bravery, your courage has made America safer and has helped stand up democracy in Iraq," he said.

"On behalf of the American people, on behalf of [First Lady] Michelle [Obama], my daughters, our family, we just want to say how much we appreciate what you have done," he said, speaking to all servicemembers and their families. "It will not be forgotten.

Obama also pledged to care for troops and their families as they re-enter communities throughout the nation.

Dr. Jill Biden, wife of Vice President Joe Biden, also posted a message of appreciation.

"Thank you to all of you who are serving or have served in Iraq and Afghanistan," she said. "I'd like to encourage all Americans to commit an act of kindness for a military family."

The site already is overflowing with support from grateful Americans.

"All I have to say is that every single one of you are absolute heroes," one thankful American wrote.

"From one vet [Desert Storm] to all others, job well done!" another wrote.

To post a message of your own, visit <http://www.whitehouse.gov/salute>.

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A Healthy Marriage Is Based On Communication



Chaplain Rita Love
NS Mayport

QUESTION: My husband and I both work. However, I have been struggling with anger towards my husband for the past three months. All of sudden, he has become health conscious. Two evenings a week and on Saturday mornings, he goes to the gym to work out, leaving me with the chores and the kids. I finally exploded and now he doesn't want to talk. Please help!

CHAPLAIN'S CORNER

The good times you and your spouse experience do not make or break your relationship. Laughing together, as healthy and wonderful as it is, isn't likely to test your character, and in the midst of smiles and chuckles, no one is apt to get distressed. No, when we think about building and maintaining strong, intimate relationships, it is the angry moments that are most dangerous. It is when tempers rage and emotions are on edge couples who love and care for each other can damage one another. Unkind words can deeply wound a person's heart. The "silent treatment" can leave a person you love confused and frustrated—especially when the silent one emerges and says something like, "I don't want to talk about it anymore; let's

just go on." Telling the other person our point of concern in a judgmental manner like, "You didn't do what you promised." Or "You let me down"; "You disappointed me." All of these are condemning, judgmental statements that tend to incite warfare.

My recommendation is: sit down and express your need for understanding in a nonthreatening way. Try telling your husband, "I'm feeling frustrated (disappointed, hurt, angry, etc.), and I need your help. In this way you are telling your husband what's going on inside of you. Thus, you are requesting an opportunity to talk, not demanding or manipulating. Your husband will probably not respond well if you are demanding. Second, try

to stay focused on the events that provoked your feelings of anger: 1. Husband going to the gym three nights a week and on Saturday morning; 2. He does not offer to help with the chores or the kids homework. I strongly encourage you sit down with your husband and express your need for understanding in a nonthreatening way. Then listen to your husband's response; not to try to counter what he said but rather to understand what he said. Then together you both can develop a plan to create equity in the house.

Final note: You will throughout your relationship have full blown disagreements because the fact you love each other does not mean you will always see eye-to-eye or that you will never have reason to argue. In any intimate relationship, conflict is inevitable, but it does not have to be destructive. Disagreements don't need to

end in feelings of being devalued, mocked, or attacked. They should not become painful, and they don't need to be such bad experiences that you end up avoiding them just to keep the peace. It is okay to disagree. It is okay to maintain your own opinion and for that opinion to differ from your husband, wife, friend, or your significant other. It is not okay for your disagreements to cause damage to either party—physically, emotionally or mentally. Even in the best of relationships, disagreements will occur, but I believe that you can handle them in the spirit of love and understanding. One must make a conscious effort to make conflict constructive instead of destructive, and be strong enough and wise enough to let some potentially volatile situations simply fizzle out

Practice Tip

•Share information. Tell the other person about your con-

cern and ask to talk about it. Be sure to focus on the situation that sparked your emotion, rather than on the person.

•Gather information. What are the facts?

•Seek understanding. Express your feelings of anger or frustration; then listen to the other person's response. Be honest.

•Request change. As long as you neither demand nor manipulate for a change, this can have a positive outcome.

•Do not raise your voice or allow yourself to lapse into a sarcastic tone. Don't accuse. Use "I" statements rather than "you" statements.

•Do not use the words "always" and "never." They imply perfection, which human beings just don't attain. Statements including those words beg to be defended.

Homework Resources - TUTOR.COM And SOAR



Judy Cromartie
School Liaison Officer

In the last issue of *The Mirror*, I wrote an article on how to avoid homework hassles. This week I am sharing with you two super resources for homework assistance. Both of these programs are free and can be accessed from a computer 24/7.

Whether your child needs help with solving a specific type of math problem, writing an expository essay, or figuring out which state is produces more cattle, he can go online for help. The child and his tutor will work one-on-one in an online classroom using an interactive whiteboard, file sharing, and instant messaging to work through the particular problem. Sound too good to be true? It isn't. At www.Tutor.com professional tutors are available 24/7 to help with math, science, social studies, and English from elementary grades to advanced levels.

These tutors are screened, certified, and background-checked before allowing them to work with students. And the tutors only work with one student at a time. They will never "just give the answer." Whatever the problem, the tutors are trained to work step-

KNOW THE ROPES

by-step with the student to make sure that he really understands the problem. And like a parent emailed to me after her child had gotten help studying for a math test, "my child loves working with Tutor.com because he says 'the tutor never yells at me when I don't get it - like dad does.'"

An additional service provided by Tutor.com is their SkillsCenter Resource Library which provides access to thousands of worksheets, videos, lessons, and other resources. These resources cover math and science, citizenship, essay writing, test prep, and more. The family can even get involved through GED test prep, family budgeting, career help, resume writing, cover letters, and more.

This program is provided by the Department of Defense. Go to www.tutor.com/military/get-access to see a complete list of who is eligible to access the program. Remember: it's free! And it is available 24/7. So long after you have gone to bed, your child can still get help with that pesky geometry problem or even some advice on how to start that paper on Moby Dick which is, of course, due tomorrow.

Another exceptional resource which tailors instruction to address the specific needs of a student is the Student Online Achievement Resources program (SOAR). This internet-based program allows students in grades 3 - 11 to reinforce and review skills, practice what they

have learned, and even learn new skills. It is based on the curriculum standards of the state in which you are living. And best of all, this resource is also free!

Students take an assessment aligned to state standards, and SOAR directs them to individualized tutorials to improve skills where needed. Parents can monitor their children's prog-

ress from anywhere, and are provided with resource materials. Log on to www.soarathome.com and register for an account.

As the parent of two daughters who struggled through every math class all the way through high school, I love SOAR's parent portal. This portal instructs the parent how to teach the skill that their child is struggling with. How I would have loved this through two agonizing years of geometry! There are both video and printable tutorials available. You just login and click

Educational Resources, Parent Tutorials.

But SOAR can be used for more than just a homework help or an AP test study guide. Your child can use it for remediation if he has to stay home due to an illness. SOAR can provide engaging online activities to supplement the work sent home from school. It can also be used for enrichment. Students can search the Skill Resources from their home page to find activities on a specific math or reading topic they might be studying at that time.

Helping your child with

homework or projects is never easy. But hopefully these resources will provide you and your child the extra help needed to make your child successful in school.

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at [Judith.cromartie@navy.mil](mailto:cromartie@navy.mil) or by phone at (904) 270-6289 X1305 [office] or (904) 219-3894 [cell]. Or you can schedule a meeting in Building One.

CFC Coordinator Key Worker Training

Mandatory Combined Federal Campaign (CFC) key worker training will be held for all Mayport commands on Wednesday Sept. 22 at Building 460 classroom C. Training times are 9 a.m., 10:30 a.m. and 1 p.m. Each training session will be approximately one hour. All commands are required to have a representative attend.

Register For Chapel Religious Ed Programs

From NS Mayport Chapel

Naval Station Mayport Chapel has begun registration this month for its FY 10-11 Religious Education programs. Both the Protestant Sunday School and Catholic Religious Education will have their first classes on Sunday, Sept. 12.

Protestant Sunday School has classes for ages K through adult. Classes are held each Sunday at 9:15 a.m. Protest worship follows at 10:30 a.m.

Catholic religious education has classes for Pre-K through High School. There is also a

Rite of Christian Initiation for Adults class for inquirers. Those students preparing for Confirmation must attend a Pre-Confirmation Class the year before. All classes are held each Sunday at 10:30 am, following the 9:00 am Mass. You may register for either program by contacting the Director of Religious Education, Alline Zwarycz, either before or after Sunday worship services or by contacting the chapel during regular working hours Monday thru Friday at 270-5212.

HSL-48 Pilots Speak At Camp G.O.A.L.S.

By Lt.j.g. Kate Huppmann
HSL-48 PAO

Two pilots from HSL-48 were ecstatic to find themselves in the middle of New York City recently. They were even more thrilled when they discovered themselves surrounded by 40 seventh and eighth grade girls who were eager to listen and learn all about being a pilot in the Navy.

Lt. Allyson Scholl and Lt.j.g. Kate Huppmann went to NYC to participate in Camp G.O.A.L.S. for Girls, a free four-week summer camp for girls from Title I schools in the boroughs of NY. The camp name stands for Greater Opportunities Advancing Leadership and Science and each week focuses on a different topic.

Title I schools are classified as schools where 60-80 percent of students receive funding for school meals. The first week's topic was Aviation, followed by Inventions and Engineering, Oceanography, and finally Space and Astronomy. The camp is generously sponsored and funded by the Motorola Corporation which also provides transportation to and from the USS Intrepid, where the camp is held. The ninth marked the end of the Aviation week culminating with a group of Aviation professional, which included Scholl and Huppmann, to speak with the girls.

The group of professionals represented all fields of aviation. There were aviation attorneys, insurance



Lt. Allyson Scholl and Lt.j.g. Kate Huppmann stand with the other guest speakers at G.O.A.L.S.; many of whom are also members of the New York Women's Aviation Chapter.

agent representatives, insurance brokers, student flight controllers and two Navy pilots. The two Navy pilots wore

their flight suits and the girls were extremely excited to get a chance to talk with them. After splitting the 40

girls into smaller groups of four to five, they girls rotated through a series of stations to talk with the women.

Scholl and Huppmann showed them some pictures of their helicopter and talked about what they had to focus on while they were in high school and college in order to become Naval Aviators.

Many of the girls had never heard of the different ways to become commissioned in the Navy. The two pilots taught them about all the different sources to become a Naval Officer and eventually earn their Wings of Gold.

On July 10, the New York Chapter, Inc. hosted a meeting honoring naval aviators which Scholl and Huppmann attended as guest speakers. The two aviators enlightened the New York Chapter, Inc., Vaughn College Chapter and York College Chapter members with their experiences in the Navy with regard to their education, flight training, deployment and personal experiences. The Chapter referred to the day as, "an inspiring meeting for all attendees," in their newsletter to members.

New York City is a world away from Mayport, sharing their story with fellow women in aviation while surrounded by 40 girls eager to learn, made the two Navy pilots feel right at home. HSL-48 was honored to be given the chance to participate and looks forward to the opportunity to send some representatives to the 3rd Annual G.O.A.L.S. Conference next summer.

-Photo courtesy of HSL-48

Sailors Can Offer Recruiting Assistance At Home

From the Navy Recruiting Command
Public Affairs Office

The U.S. Navy has several funded/non-funded recruiting assistance programs that focus on returning outstanding Navy personnel to their hometowns to temporarily assist local recruiters in locating, enlisting and/or commissioning qualified individuals. The four programs available are Hometown Area Recruiting Program (HARP), Officer Hometown Area

Recruiting Program (OHARP), Bluejacket Hometown Area Recruiting Program (BJHARP), and Senior Minority Assistance to Recruiting Program (SEMINAR).

NON-FUNDED

HARP is a program where enlisted personnel return to their hometowns for 12 days to assist local recruiters by relating their Navy experiences to their peers. Members who participate in the program may do

so either on permissive, no-cost Temporary Additional Duty (TEMADD) orders or while on leave in conjunction with Permanent Change of Station (PCS) orders.

Note: There are no age, pay grade, or rating restrictions for HARP.

OHARP program allows officers to return to their hometown areas for 14 to 90 days to assist officer recruiters in locating individuals for Navy

officer programs. Members who participate in this program may do so on permissive, no-cost Temporary Duty (TEMDU) or TEMADD.

FUNDED

BJHARP is where outstanding junior enlisted personnel are given the opportunity to return to their hometowns for a minimum of 10 workdays. Participants assist recruiters in contacting potential prospects, provide names of referrals and

accompany recruiters on referral visits. There is no available funding at this time for BJHARP.

SEMINAR is in conjunction with PCS orders that allows highly qualified black, Hispanic, and Asian/Pacific Islander officers and/or senior enlisted (E6 to O6) personnel to return to their hometowns for 20 days to meet with influential members of the community to discuss the vast educational,

career, and advancement opportunities the Navy offers.

For additional information on HARP/OHARP/BJHARP/SEMINAR program:

Policies and administrative procedures: BUPERSINST 1150.1C

Recruiter Assistance Program Web site: www.cnrc.navy.mil

Special screening forms: <https://navalforms.daps.dla.mil>

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*Average Auto Premiums/Savings are based on a countrywide survey of new customers from 10/1/08 to 9/30/09, who reported their prior insurers' premiums when they switched to USAA. Savings do not apply in MA.

Property and casualty insurance products are available to military members and their former dependents who meet certain membership eligibility criteria. To find out if you are eligible, contact USAA. Underwriting restrictions apply. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, USAA County Mutual Insurance Company, San Antonio, TX. Each company has sole financial responsibility for its own products. **CONSUMER DISCLOSURE: NO PURCHASE OR AUTO INSURANCE QUOTE NECESSARY TO ENTER OR WIN. A PURCHASE OR QUOTE WILL NOT INCREASE YOUR CHANCES OF WINNING. You have not yet won. Void outside the eligible areas and where prohibited by law.** To enter, you must be (18) years of age or older as of the date of entry, physically located and reside in the fifty (50) United States or District of Columbia and eligible for membership in the USAA Property and Casualty Insurance Group or the spouse of an individual who is eligible for membership in the USAA Property and Casualty Insurance Group. Three (3) prizes: \$10,000 awarded to each winner in the form of a check and winner's choice of ONE (1) of the following THREE (3) vehicles: a) 2010 Chevy Silverado Extended Cab LTZ (or similar); or b) 2010 GMC Acadia SLTI (or similar); or c) 2010 Cadillac CTS Sports Sedan 3.0L AWD (or similar). Total ARV of all prizes: \$150,000. Taxes are winners' sole responsibility. The odds of winning depend upon the number of eligible entries received. Sweepstakes starts 12:00:00 p.m. (noon) CT, on 7/9/10, and ends 11:59:59 p.m. CT, on 9/30/10. To enter by mail, hand-print or type your complete name, address, city, state, ZIP code, date of birth, daytime telephone number (including area code) and email address currently on file with USAA or your USAA number or military affiliation, including family or descendant of military, on a plain 3" x 5" piece of paper and mail to: USAA WIN-WIN Sweepstakes, Attn: Sponsorship Team, 9800 Fredericksburg Rd., San Antonio, TX 78288. Entry must be postmarked by 9/30/10 to be entered into the sweepstakes. Mail-in entries must be received by USAA no later than 10/8/10 to be valid. See Official Rules at www.usaa.com/win, which govern, for complete details. Sponsored by USAA, 9800 Fredericksburg Road, San Antonio, TX 78288. **General Motors is not a sponsor or participant in this sweepstakes.** No implied endorsement by General Motors. © 2010 USAA. 120763-0710

McInerney Transitions To Pakistan Navy

By MC2(SW) Jacob Sippel

Navy Public Affairs Support Element East Detachment Southeast

After more than 30 years of honorable service to the fleet, USS McInerney (FFG 8), the longest-serving Oliver Hazard Perry-class frigate in the U.S. fleet, officially decommissioned during a ceremony held at Naval Station Mayport, Aug. 31. The ship was then commissioned as PNS Alamgir (F-260) in the Pakistan Navy.

Commander, U.S. Naval Forces Southern Command and Commander, U.S. 4th Fleet, Rear Adm. Victor G. Guillory served as the guest speaker.

"This was an opportunity to recognize the tremendous contributions of USS McInerney for the past 30 plus years to our Navy and to our nation, but we also get the opportunity to recognize and appreciate the tremendous strategic relationship that the U.S. has with Pakistan," said Guillory. "This transfer will allow them to participate to an even greater extent in maritime coalition efforts in the region."

As McInerney Sailors manned the rails, the order to secure the watch and haul down the colors was announced. Soon after, the U.S. Sailors departed the ship for the last time and Cmdr. Paul D. Young, McInerney's commanding officer, transferred command to Capt. Naveed Ashraf of the Pakistan Navy.

"The relationship between our two countries is getting stronger and it's evident today. The United States has helped us in the past and most recently with the devastating floods," stated Ashraf. "Even though the U.S. is losing a fine ship, they are gaining so much more by strengthening their relationship with Pakistan."

Alamgir then hoisted their country's flag and played the Pakistan national anthem. This was the first hot ship transfer between U.S. and Pakistan.

This transfer of vessel occurs right after a ship decommissions and is immediately commissioned under the new flag.

"McInerney has had a long line of firsts in its rich history and this is a very important one that will have lasting impact on our Navy as well as the Pakistan Navy," said Young. "This occasion was heartfelt

and I'm going to miss the crew, the ship and everything that came with it."

After Alamgir undergoes a dry dock and pier side refurbishment, the ship and crew will to leave the United States for Pakistan. The ship will improve the Pakistan Navy's ability to safeguard territorial waters. Alamgir could also serve as part of the multi-national task force conducting maritime security operations in and around the Strait of Hormuz, Gulf of Aden, Gulf of Oman, Arabian Sea, Indian Ocean and the Red Sea.

"I think this is an impressive ending and also a significant milestone for this ship," said Guillory. "McInerney has a great history with the United States Navy and she is going to have a great future with the Pakistan Navy."

The Pakistani crew has been training with the U.S. Navy crew between May and Aug. 2010. The crew will continue to receive specialized training on the ship's engineering, navigation and combat systems while the ship is being refurbished.

McInerney's advanced systems and technology combined with a highly skilled crew and professional leaders set her apart as one of the most capable ships in the fleet. McInerney was the second ship of the Oliver Hazard Perry class of guided-missile frigates and was commissioned on Dec. 15, 1979.

"This crew has faced a lot of challenges since I've come aboard and they have met every one with great success," said McInerney Command Master Chief (SW/AW) John T. Lawry. "Tonight was a culmination of our final challenge which was to train the Pakistan Navy to man this vessel and also to say goodbye to our ship and shipmates. I want to thank all the Sailors who have served on McInerney throughout the years; they have done a great justice for our Navy and our nation."



-Photo by MC2 Sunday Williams
Boatswain's Mate 1st Class James Wallen, left, and Boatswain's Mate 3rd Class Taylor Branch fold the American flag for the last time during the decommissioning ceremony of the guided-missile frigate USS McInerney (FFG 8) at Naval Station Mayport.



-Photo by MC2 Gary Granger Jr.
USS McInerney (FFG 8) Cmdr. Paul D. Young, left, commanding officer of the guided-missile frigate USS McInerney (FFG 8), receives the ship's commissioning pennant from Command Master Chief John Lawry during the ship's decommissioning ceremony at Naval Station Mayport.



-Photo by Bill Austin
Ambassador Husain Haqqani, Pakistan Ambassador to the United States, cuts cake with Rear Adm. Victor Guillory, Commander, U.S. Naval Forces Southern Command, during a reception held after the commissioning of PNS Alamgir.

Sailors assigned to the guided-missile frigate USS McInerney (FFG 8) disembark the ship for the last time during the ship's decommissioning ceremony at Naval Station Mayport. During the ceremony, McInerney was commissioned into the Pakistan navy as PNS Alamgir (F 260).



-Photo by MC2 Sunday Williams



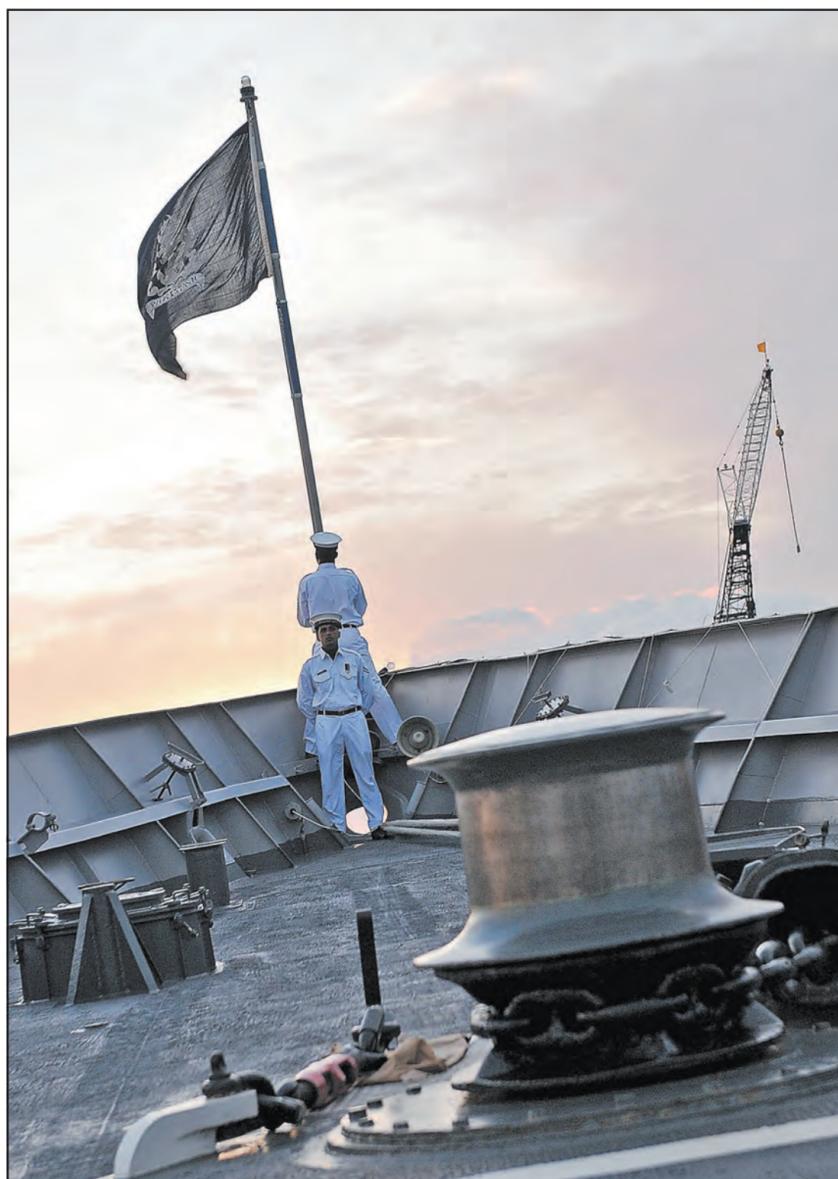
Sailors assigned to the guided-missile frigate USS McInerney (FFG 8) bow their heads while a Pakistani sailor stands by holding the holy Quran during the invocation of the ship's decommissioning ceremony at Naval Station Mayport.

-Photo by MC2 Sunday Williams



The U.S. and Pakistan national anthems are played during the decommissioning ceremony of the guided-missile frigate USS McInerney (FFG 8) at Naval Station Mayport.

-Photo by MC2 Sunday Williams



Pakistan sailors hoist the ship's flag for the first time aboard the Pakistan navy frigate PNS Alamgir (F 260) during the ship's commissioning ceremony at Naval Station Mayport. Alamgir was decommissioned from the U.S. Navy as USS McInerney (FFG 8).

-Photo by MC2 Gary Granger Jr.



Cmdr. Paul D. Young, commanding officer of the guided-missile frigate USS McInerney (FFG 8), presents a certificate of transfer to Pakistan navy Capt. Naveed Ashraf during the ship's decommissioning ceremony at Naval Station Mayport.

-Photo by MC2 Sunday Williams



Pakistani and U.S. sailors stand at attention during the decommissioning ceremony of the guided-missile frigate USS McInerney (FFG 8) at Naval Station Mayport.

-Photo by MC2 Sunday Williams

Being Active Can Produce Long-Term Health Benefits

By Karen Hawkins

DeCA dietitian

Fall is right around the corner, and there is still time to pull out the lawn mower, bike, roller blades, bowling ball and the swimsuit and be active your way. Want to lose a few pounds, maintain your weight, lower your blood pressure, or manage diabetes and feel better? Start today with being active according to the Physical Activity Guidelines for Americans. The guidelines are designed to provide information and guidance on the types and amounts of physical activity for Americans aged 6 years and older.

The main idea behind the guidelines is that regular physical activity over months and years can produce long-term health benefits. When my sons ask me why we use a push mower instead of a riding mower I tell them it's to help them be healthier by being active when mowing the yard.

Adults need to be active

Adults should do a minimum

of two-and-a-half hours of moderate-intensity aerobic activity a week by doing activities like brisk walking, ballroom dancing or general gardening. Adults can choose 75 minutes a week of vigorous-intensity aerobic physical activity by doing exercises like jogging, aerobic dancing and jumping rope. Adults also may choose combinations of moderate- and vigorous-intensity aerobic activity.

Aerobic activity should be performed in episodes of at least 10 minutes, and preferably spread throughout the week. For additional and more extensive health benefits, adults should increase their aerobic physical activity to five hours (300 minutes) a week of moderate-intensity or two-and-a-half hours a week of vigorous-intensity aerobic physical activity or an equivalent combination of moderate- and vigorous-intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.

Adults should also do muscle-strengthening activities on two or more days a week to achieve the unique benefits of strengthening activities.

Consider the President's Challenge

Often, getting started is the hardest part, so to make it a little easier for you, sign up for the President's Challenge at <http://www.presidentschallenge.org> and track your activity. Your local commissary is taking the challenge with the Department of Defense and invites you to join today.

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.

Taylor Performs Varied Training Ops



-Photos by MC1 Edward Kessler

Cmdr. Lyle Hall, commanding officer of the Oliver Hazard Perry-class frigate USS Taylor (FFG 50), and Executive Officer Cmdr. Jeremy Hill listen as J. Gardeitchik, director of Transport & Environmental Safety for the Port of Rotterdam, describes the display system used to manage port traffic during a tour of the building. Taylor is on a scheduled deployment in the U.S. 6th Fleet area of responsibility.



Boatswain's Mate Seaman Daniel Waller, from Dayton, Ohio, signals as Sailors lower a rigid-hull inflatable boat during a night evolution of a man overboard drill aboard the Oliver Hazard Perry-class frigate USS Taylor (FFG 50).

MWR FALL 2010 SPORTS CHALLENGE

OCTOBER 5

- 0830 - **CO Challenge Canoe Race (Lake Wonderwood)
- 0900 - Experienced Canoe Race (Lake Wonderwood)
- *0930 - 3 on 3 Basketball (Gym)
- 1100 - Bowling (Mayport Bowling Center)
- *1700 - One Pitch Softball (Softball Complex)

OCTOBER 7

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

FREE

OCTOBER 6

- *0800 - Mini Biathlon (Gym & Pool)
- *0830 - Strongman Competition (Surfside Fitness Center)
- *930 - Kickball (Softball Complex behind Medical field 1 & 2)

OCTOBER 8

- *0900 - Volleyball (Beachside Community Center)
- *0900 - Horse Shoes (Beachside Community Center)
- 1130 - Simon Says (Sea Otter Pavilion)
- *1200 - **Tug-o-War (Beach behind Sea Otter Pavilion)
- 1230 - Awards Presentation (Sea Otter Pavilion)
- 1230 - Cook Out (Sea Otter Pavilion)

IN THE EVENT OF AN OVERALL TIE, A TIE BREAK EVENT WILL DETERMINE THE WINNER.
 *SIGN UPS FOR THESE EVENTS **MUST** BE TURNED IN BY NOON WEDNESDAY 29 SEPTEMBER, SO THAT BRACKETS CAN BE MADE AND EVENTS CAN START ON TIME.
 ** BONUS POINT EVENT

FOR ADDITIONAL INFORMATION CONTACT RITA AT 904- 270-5451

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PHOTOS: Bobby King, Jacksonville.com

Pentagon Urges Employees To 'Leap' Into Fitness

By Lisa Daniel

American Forces Press Service

The Pentagon has adopted a new civilian employee fitness challenge that officials say is not only good for employees and the Defense Department, but also for the nation.

The Department's civilian personnel policy office is sponsoring the "Leap Into Fall" campaign, which runs through Oct. 31, Kathleen Ott, acting deputy undersecretary of defense for the office, said during an interview yesterday.

"We consider this part of readiness," Ott said. "We want our employees to be fit and be productive. If we pay attention to our employees and their needs, it makes us a better employ-

er, better able to recruit and retain employees, and retain our reputation as a model employer."

The campaign is an extension of an awareness campaign the office began in January that posts health information on its Website, www.cpms.osd.mil/wellness. The site highlights one health issue each month - smoking cessation, nutrition, fitness, mental health, and stress have been covered - with information that can easily be downloaded, Ott said.

"As part of readiness, the department feels strongly that our employees should have at their fingertips the information that helps them live a healthy lifestyle," she said.

But they also wanted to do more

than provide information. The office started the "Leap Into Fall" challenge as a call to action to get people moving, Ott said. The challenge supports First Lady Michelle Obama's "Let's Move" campaign for children, she said. "We needed to put into practice some of the theories we were espousing," Ott said. The campaign, she added, allows employees to serve as role models to get their family and friends moving, too.

The campaign goal is for employees to record 1.5 million hours of physical activity over the 10-week period, Ott said.

"You may think that's a lot," she said, "but if everyone in the department spends 30 minutes on physical

activity five times a week, we will easily meet that goal." The department, she added, has about 750,000 civilian employees.

Employees may compete as individuals or part of a team. Physical activity doesn't have to be strenuous, Ott pointed out. It could include walking, biking, gardening, or golfing - "anything that gets you up and moving," she said.

Employees can record their activity by logging into The President's Challenge Website at <http://presidentschallenge.org>, and recording their hours of physical activity. Individuals with 25 hours logged, or teams in which all members log 25 hours, will receive a certificate of achieve-

ment. The top three individuals and top three teams will be recognized on the civilian personnel management office's Website, Ott said. More than 5,000 employees have logged onto the site so far, some from as far away as Afghanistan, she said.

"We're excited," she said. "We think this is something our employees are really going to embrace and enjoy."

"It's going to be fun," Ott added, "and it's going to be contagious, especially if you're part of a team. One person will beget another person who will beget another person."

"Embarking on a healthy lifestyle can happen at any stage of a person's life," she said. "It's never too late to start."

Raising Bar On Physical Readiness Requirements

By Cat DeBinder

National Naval Medical Center Public Affairs

Like all Navy commands, Naval Support Activity Bethesda is gearing up for the fall Physical Fitness Assessment (PFA), running Sept. 27 to Nov. 5, and reminding Sailors of the recent changes to readiness requirements.

For this year's PFA as in the past, the assessment includes physical readiness testing and body composition assessment, with Sailors having the option of completing a 1.5-mile run, a 500-yard swim, or a 12-minute fixed-time test on the elliptical trainer or stationary bike, burning as many calories as possible on either machine. Sailors must also do a set number of push-ups and sit-ups, depending on their age and gender.

As of Jan. 1, 2011, the requirements for Sailors who opt to take the bike test must use a more vigorous calorie conversion equation, equating the activity to a 1.5-mile run, according to NAVADMIN 256/10 announced Aug. 10.

Also making requirements more stringent, according to NAVADMIN 073/09, as of March 2009, active-duty Sailors who have had three or more PFA failures in the last four years may not re-enlist, transfer or extend their service without a waiver from the Navy

Personnel Command.

"If anyone has three failures in a four-year period, they run the risk of being administratively separated," said Chief Hospital Corpsman Leonardo Carbonel, head of National Naval Medical Center's PFA Office.

Sailors who have failed once or twice are also ineligible for promotion, advancement or frocking.

For more information about physical readiness and policies, visit www.navy-prt.com or www.npc.navy.mil.

Naval Station Mayport Fitness Schedules



Surfside Fitness Center, Bldg. 242 (904) 270-7718 or 7719				
Mon through Fri 5 a.m.-8 p.m. ♦ Sat 8 a.m.-4 p.m. ♦ Closed Sun/Holidays				
Monday	Tuesday	Wednesday	Thursday	Friday
7:00 a.m. TRX	9:30 a.m. 20/20/20	7:00 a.m. Spartan	6:00 a.m. Functional Flexibility	7:00 a.m. Beach Bootcamp
9:30 a.m. Intro TRX	11:30 a.m. Zumba	10:00 a.m. Broken Hearts**	7:00 a.m. NOFFS Nutrition & Fitness Series	7:30 a.m. Zumba
10:00 a.m. Broken Hearts**	1:00 p.m. Strength Solutions & Flexibility Fix-Ups**	11:30 a.m. Step	9:30 a.m. 20/20/20	11:30 a.m. Advanced Mind Body
11:30 a.m. Kickboxing	2:00 p.m. NOFFS Nutrition & Fitness Series	1:00 p.m. Moms in Motion**	11:30 a.m. Zumba Basics & Toning	
1:00 p.m. Moms in Motion**	2:30 p.m. FEP Bootcamp Basics	5:00 p.m. TRX	11:30 a.m. TRX	
6:45 p.m. Yoga	5:30 p.m. Kids Clinic	5:30 p.m. Zumba	1:00 p.m. Strength Solutions & Flexibility Fix-Ups**	

** These classes require a physician referral and/or physician clearance prior to participating

Gymnasium, Bldg. 1391 (904) 270-5451 or 5452				
Mon through Thu 5 a.m.-11 p.m. ♦ Fri 5 a.m.-10 p.m. ♦ Sat 10 a.m.-10 p.m. Sun/Holidays 8 a.m.-6 p.m.				
Monday	Tuesday	Wednesday	Thursday	Friday
6:30 a.m. Command Jump & Job	7:00 a.m. Cardio, Combat & Core	6:30 a.m. Command Cardio Pump	11:30 a.m. Row-bics	6:30 a.m. Spinning
11:30 a.m. Weight Training for War Fighters	11:30 a.m. Spinning	11:30 a.m. Weight Training for War Fighters		9:30 a.m. Intro to Spinning
2:30 p.m. FEP Spin & Row				11:30 a.m. Strength Training Basics for Women
5:30 p.m. Spinning				

NOTE: For all "Command" classes, preference will be given to Active Duty personnel when space is an issue.

COMMAND FITNESS CLASSES... Command fitness classes are designed for groups of all sizes and all fitness levels. Make the mundane Command PT more motivating with the help of Mayport's certified Navy Fitness Instructors. Classes are designed to meet the specific needs of Active Duty personnel, whether preparing for PRT, improving overall individual fitness levels (cardiovascular endurance, muscular strength and flexibility) or maintaining healthy fitness habits throughout the year.

SCHEDULES EFFECTIVE SEPT. 7, 2010

Martial Arts Classes

Classes instructed by 3rd Degree Black Belt, Sensei Daniel Benalitz

Monday and Wednesday: 6-7 p.m. Ages 5-9
7-8 p.m. Ages 10-17

Monthly Fee:
\$40 1st Family Member
\$25 2nd Family Member
\$20 3rd Family Member
\$15 4th Family Member

*\$5 late payment fee after 1st week of class. See Instructor for uniform and insurance fees.

Tiny Tigers

Karate Classes for Ages 3-5

Classes instructed by Sensei Michele

Classes Offered:
Tuesdays 6:15-7 p.m.
or
Thursdays 6:15-7 p.m.

Monthly Fee:
\$30 per child
\$5 discount for additional family members in the Tiny Tigers class only.

*\$5 late payment fee after the 1st week of class. See Instructor for uniform and insurance fees.

Register for all Martial Arts Classes at the MWR Mayport Youth Activities Center, located in on-base housing.

For more information, call (904) 270-5680 or 5421.

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Sept. 10: Freedom Friday. 6-11 p.m. at the Youth Activities Center for grade K through age 12. Cost is \$10 per child if paid in advance or \$12 the day of, if space. Dinner is included. Register in advance at the Youth Center, located in on-base housing. Space is limited. 270-5680 or 5421

Sept. 10: Free Summer Outdoor Movie – The A-Team (PG-13). 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

Sept. 12: 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

KID ZONE

prizes. 270-5377

Sept. 14: New Session of The First Tee Begins. Session meets 5-6 p.m. Tuesday and Thursday for six weeks at Windy Harbor Golf Club. Youth of active duty, ages 7-17, are eligible. Sign up at the Youth Activities Center. 270-5680 or 5421

Sept. 17: Free Summer Outdoor Movie – Toy Story 3 (G). 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

Sept. 24: World Wide Day of Play. 4-5:30 p.m. at the Youth Activities Center. Event

features outdoor fun with races, relays, kickball, and fitness challenges. Free water, Gatorade and fruit will be available. Grade K-12 welcome. (Free) 270-5680 or 5421

Sept. 24: Free Summer Outdoor Movie – The Last Airbender (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

Sept. 25: Day for Kids. 1-4 p.m. at the Youth Activities Center. This carnival event will also include free hotdogs, chips and punch. (Free)

Salty Dogs Scion Update



-Photo courtesy of MWR
Members of Team Salty Dogs trailer their 2011 Scion xB and leave NAVSTA Mayport headed to the paint shop. Due to the complexity of the paint scheme, estimated completion time is three to four weeks. The Salty Dogs, comprised of six Sailors from the USS Carney (DDG-64), are finalists in the Toyota Scion Battle of the Builds military design challenge.

A FREE program for children of active duty military, ages 7-17.

WHAT PARTICIPANTS LEARN...
Fun, integrated golf and life skills lessons help young people discover how skills essential to success on the golf course can help them succeed in everyday life. These skills include identifying and overcoming challenges, managing emotions, interpersonal communication, goal setting, effective conflict resolution, and others.

These FREE sessions meet on **Tuesday and Thursday 5-6 p.m. for six (6) weeks** at Windy Harbor Golf Club.

FALL 2010 SESSIONS:
September 14, 16, 21, 23, 28, 30
October 5, 7, 12, 14, 19, 21

Limit 15 participants per session.
REGISTER AT THE MWR YOUTH CENTER... 904.270.5680

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Then head over to Gator Gully Splash Park where a good soak in' is guaranteed! This wet zone is sure to be fun for kids of all ages to splash, squirt, and play in truckloads of cool H2O.

And don't miss the Gatorland Express Train Ride with non-stop service through the swamps of Central Florida. This fun-filled journey is full of surprises around every corner.

Show your military ID (active or retired) and receive FREE admission to Gatorland for the service man or woman.
See your local MWR/ITT office to purchase additional discounted tickets.

A valid military ID must be shown at time of purchase. Offer valid September 1, 2010 through November 30, 2010 or visit your ITT office for discounted tickets.

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Sept. 9: 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

Sept. 10: Free Summer Outdoor Movie – The A-Team (PG-13). 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

Sept. 10 & 11: Event Horizon Band - Live. 9 p.m.-1 a.m. both Friday and Saturday at Castaway's Lounge. www.myspace.com/eventhorizoninc (Free) 270-7205

Sept. 12: 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,

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.

Sept. 9: MacGyver Games. 8 p.m. start at Planet Mayport. (Free)

Sept. 10: Movie Trip. Van departs from Planet Mayport at 6 p.m. (Free)

Sept. 11: Never Forget. Tribute to 9/11/01. (Free)

Sept. 12: Jacksonville Jaguars vs. Denver Broncos. Van departs from Planet Mayport at 11:30 a.m. Cost is only \$5 and includes round-trip transportation and ticket to the game. Pre-registration required.

Sept. 13: Wii Game Night: The Price is Right. 6 p.m. start at Planet Mayport. (Free)

Sept. 14: Texas Hold 'Em. 7 p.m. start at Planet Mayport.

MWR HAPPENINGS

music videos, light show and colored headpin bowling for prizes. 270-5377

Sept. 13: Monday Night Football Starts at CPO Club. Foc'sle CPO Club will open at 6 p.m. for Monday Night Football. 270-5431

Sept. 14: 5K Fun Run and 3K Walk. 8 a.m. start in front of the Gym. (Free) 270-5451

Sept. 14: All Khaki Wings and Trivia Night. 3-7 p.m. at Foc'sle CPO Club with 35-cent wings, drink specials and all-you-can-drink soft drinks for \$1. Trivia begins at 5:30 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). 270-5431.

Sept. 15 & 16: Foc'sle CPO Club Open for Lunch Only. All Hands lunch is available 11 a.m.-1:30 p.m. Evening hours are reserved for CPO Induction Season activities. 270-5431.

LIBERTY CALL

(Free) **Sept. 15: Goodwill Hunting.** Van departs from Planet Mayport at 3:45 p.m.

Sept. 16: Trivia Night. 7 p.m. at Planet Mayport. Come test your trivia knowledge. (Free)

Sept. 16: Sweethearts for Soldiers Calendar Signing. 5-7 p.m. at Bogey's (Windy Harbor Golf Club). Free calendar for all military. 270-5143

Sept. 17: Dave and Busters Trip. Van departs from Planet Mayport at 7 p.m. Cost is only \$5.

Sept. 18: Global Cage Fighting at the UNF Arena. Van departs from Planet Mayport at 5 p.m. Cost is only \$5.

Sept. 20: The Book Mine

Sept. 16: Sweethearts for Soldiers Calendar Signing. 5-7 p.m. at Bogey's (Windy Harbor Golf Club). 270-5143

Sept. 17: Deadline for 8-Ball Pool Tournament. Tournament is Sept. 22 at Mayport Bowling Center starting at 4:30 p.m. Captain's Cup event; Free to enter. Sign up at the Gym or Bowling Center. 270-5451

Sept. 17: Deadline for Military Classic Flag Football Tournament. Tournament is Sept. 25. Sign up your team at the Gym. Cost is \$125 per team. Eligible players include active duty, military retirees, Reservists, DOD employees, and dependents. 270-5451

Sept. 17: Free Summer Outdoor Movie – Toy Story 3 (G). Start time is at sunset (approximately 9 p.m.) at Sea Otter Pavilion. Bring your lawn

LIBERTY CALL

Trip. Van departs from Planet Mayport at 4 p.m. Come get lost in this book warehouse.

Sept. 23: Barracks Bash. 4-7 p.m. behind Barracks 1586 and 1587 with food, fun, and prizes. (Free)

Sept. 24: Glow in the Dark Putt-Putt Golf. 10 p.m. at the Planet Theatre. (Free)

Sept. 26: Jaguars vs. Eagles Trip. Van departs from Planet Mayport at 2:30 p.m. Cost is \$5. Pre-registration required.

Oct. 8-11: Key West Trip. Join the Liberty Program on a trip to the beautiful Key West on Columbus Day Weekend. Cost is only \$80. Pre-register no later than Oct. 4 at Planet Mayport.

chairs and/or blankets and bug spray, just in case. Snacks and beverages available for purchase. 270-7205

Sept. 20: Monday Night Football at CPO Club. Foc'sle CPO Club will open at 6 p.m.

for Monday Night Football. 270-5431

Sept. 22: All Hands Steak Night. 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Purchase tickets in advance; Limited tickets available at the

door. 270-5228

Sept. 24: Deadline for Fall Sports Challenge. The Fall Sports Challenge is Oct. 5-8. Commands may pick up registration packets at the Base Gym. 270-5451

Hats Off To CPO Club



-Photo by Paige Gnann
Equadorian Rear Admiral Marco Salinas, Commodore of CTF 801, receives a plaque from Chief Petty Officer Association President Senior Chief Aerographer's Mate Michael Smith of COMUSNAVSO/4th Fleet after presenting the Chief's Club with an Equadorian navy ball cap to hang in the foyer of the club. The admiral was at Naval Station Mayport to participate in PANAMAX 2010, hosted by USNAVSO.

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Child Care

From Page 1

providing affordable child care to our military families," Chuck Clymer, Child and Youth Program Manager at Commander, Navy Installations Command, said.

For the first time in six years, fee ranges have been revised to account primarily for inflation, increased incomes, and increased caregiver salaries. Competitive salaries help to recruit and retain quality staff. Retaining high quality staff contributes to continuity of caregivers – stability that is very important to the young child's emotional development."

The fee policy revision represents a balanced solution to the issue of adjusting fees to pay caregiver salaries while limiting the financial impact to the family, Clymer said.

"The Navy has a lifelong commitment to protecting the well-being of our Sailors and their families," he said. "Ensuring the health, safety, and well-being of the military children entrusted to the Navy's care is a number one priority."

The Navy supports our

Service members and families by caring for nearly 52,000 children ages six weeks to 12 years, in 132 child development centers, 86 school-aged care programs and 3,115 on- and off-base licensed child development homes.

The Navy recently expanded its Child and Youth Program to include 7,000 child care spaces fleet wide for children ages 12 and under and 31 new Child Development Centers. The expansion will reduce a child's time spent on waiting lists to three months or less to meet 80 percent of the potential need across the Navy by the end of 2011.

Navy Child and Youth programs are among the highest quality in the nation. Navy Child Development Centers are accredited with the National Association for the Education of Young Children. Our Child Development Home Providers are certified by the Department of Defense, applicable state licensing agencies, and are currently accrediting with the National Association for Family Child Care.

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Monthly All Hands Events
Steak Nights & Seafood Boils
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CPO CLUB HOURS: (904) 270-5431
Open for Monday Night Football starting Sept. 13 @ 6 p.m.
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Chief Select Hospital Corpsman Luis Martinez of CENSECFOR LS Mayport rakes the sand trap of footprints while Chief Air Warfare Rescue Scotot Watson, Chief Gas Turbine System Technician Electrical Carlos Morales and CMDCM Dion Beauchamp work the green during the 2010 CPO Inductee Golf Tournament at Windy Harbor Golf Club on Aug. 31. Martinez worked as the caddy as part of a fundraising event for the CPO Ball later this year.

-Photo by Paige Gnann

2nd Fleet Deputy Commander Presents Roosevelt's SOQs

By Lt.j.g. Michele V. Rollins

USS Roosevelt Public Affairs

Rear Adm. Scott E. Sanders visited guided-missile destroyer USS Roosevelt (DDG 80) on Aug. 31 as part of his visit to Mayport to attend the decommissioning ceremony for USS McInerney (FFG 8) and her subsequent transfer to the Pakistani Navy.

While on board Roosevelt, Rear Admiral Sanders spent time speaking with Roosevelt Commanding Officer, Cmdr. Robb Chadwick, had lunch in the wardroom with Roosevelt's junior officers, and presented Sailor of the Quarter awards to three deserving Roosevelt Sailors.

From August 2009 to January 2010, Sanders commanded Combined Task Force 151, a multi-national counter-piracy coalition operating primarily in the Gulf of Aden. As Roosevelt prepares for a deployment to the Fifth Fleet area of operations,

Sanders offered valuable advice in the counter-piracy mission as well as the use of Scan Eagle, an unmanned aerial vehicle that Roosevelt will embark for her upcoming deployment.

With Roosevelt's crew gathered on the flight deck, Sanders presented the Senior Sailor of the Quarter award to Personnel Specialist 1st Class (Surface Warfare/Air Warfare) William Guzman. As Roosevelt's leading PS and deputy disbursing officer, Command Individual Augmentee Coordinator, and Leading Petty Officer for executive division, Guzman's leadership and attention to detail led to high inspection scores and top-notch customer service.

Operations Specialist 2nd Class (Surface Warfare) Aaron Tuttle received the Junior Sailor of the Quarter award for his stellar performance as Surface Warfare Coordinator and Anti-Submarine Tactical Air Controller during Roosevelt's basic

training phase.

Roosevelt's Bluejacket of the Quarter award was presented to Fire Controlman 3rd Class Marvin Aquino for his role as Tactical Tomahawk Weapons Control System technician during Roosevelt's recent Cruise Missile Tactical Qualification and as a Food Service Attendant, maintaining a clean and pleasant atmosphere for his shipmates in Roosevelt's crew's mess.

"I really enjoyed speaking with him and getting his viewpoint," said Ensign Grant Olman, Roosevelt's Gunnery Officer. "He's just a normal guy, and had some great advice for new officers."

Sanders is a 1980 Naval Academy graduate and earned his wings as an E-2 pilot in 1982. He has been affiliated with the Naval Reserves since 1987. Roosevelt is homeported out of Mayport, Fla., and assigned to Destroyer Squadron 24.

Cleaning For Fire Safety In Your Home

From NS Mayport Fire Department

A thorough cleaning can do more than simply give the good feeling of having a clean house. If done properly, cleaning can also improve the safety of your home and family in the event of a fire.

One of the most important ways cleaning around the house can improve fire safety is if you spend the time to reduce the clutter inside and around your home and garage. While clutter does not start fires, it can become the fuel for a fire. More fuel makes fires more difficult for the fire department to extin-

guish. Clutter may also make it more difficult for those in your home to escape when a fire breaks out.

Take a few minutes to plan your fire safety clean up day. Check each room in your house, including the attic and basement. Don't forget the garage, yard and storage shed!

Another important step in the cleaning process is to reduce or eliminate hazardous chemicals in your home. Cleaners, paint and other common household chemicals can fuel a fire and are often hazardous to your health.

Maintain only the amounts you need and be sure to use, store and dispose of household hazardous materials in a safe manner as outlined on the product. Never mix chemicals, even when disposing of them.

Pay attention to lint build-up in clothes dryer vents and in the exhaust ducts. Lint build-up blocks the flow of air, causing excessive heat which can result in fires.

Have your air conditioner and heating unit, inspected and cleaned on an annual basis. Buildups there can cause over-

heating of the unit, leading to fire.

Make sure your smoke alarms are in working order and review your home escape plan so that if in the event of a fire, everyone in your household knows how to get out quickly and safely. If you do not have an escape plan, make one. Get the family involved.

If you have any questions about reducing the risk of fire in your home, call Fire Prevention at 270-5647.

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Classes Help Sailors, Families With Navy Life

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

Sept. 9, 1:30-3 p.m., **Conflict Resolution for Women**, FFSC, Room 702

Sept. 9, 9-11 a.m., **Resume Walk-in Review**, FFSC Room 701

Sept. 11, all day, **Individual Augmentee (IA) Family Trip**, Summer Waves in Jekyll Island

Sept. 13-16, 8 a.m.-4 p.m., **TAP Retiree Workshop**, Building One, Room 1616

Sept. 13, 8:30 a.m.-2 p.m., **Military Spouse 101**, FFSC Room 719

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

Sept. 13, 1-4 p.m., **Expectant Dad's Class**, USO

This program is designed for new Dads and Moms. The program will address, investigate, and discuss issues facing fathers in today's weird world. The attendees will look at being a father in the military, on care of newborns and toddlers and how to grow with your child and become the Dad you really want to be. The program will increase the participant's knowledge about child development and will also address relationship changes that accompany the birth of a child.

Sept. 13, 9-11 a.m., **What About The Kids Workshop**, FFSC Room 607

Children who witness family violence are often forgotten as the unintended victims.

A wide range of child adjustment problems has been found to be associated with exposure to domestic violence. Parent's need to see, understand the effects of domestic violence on children as encompassing behavior, emotion, development and socialization. Parents need to understand that there is an intergenerational cycle of violence and they may be creating a legacy for their child of learned violent behavior. The purpose of this program is not to shame parents for events that have already happen, but to instill hope that things can change. The knowledge that the violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention.

Sept. 14, 1-3:30 p.m., **Overseas Living**, FFSC, Room 719

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

Sept. 14, 9-11 a.m., **Resume Walk-in Review**, FFSC Room 701

Sept. 14, 9-11 a.m., **Parenting Class**, FFSC Room 702

The program is based on Dr. Michael Popkin, PH.D ACTIVE PARENTING NOW 6 classes. This program is designed to assist you and your family put into practice the skills learned in the class. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook

Thanking Ombudsmen



-NS Mayport photo

Ombudsman from Naval Station Mayport commands gather after the monthly Ombudsman meeting on Aug. 30. The group will gather again on Sept. 10 to celebrate 40 years of the program at the annual Ombudsman Appreciation Dinner. At the Aug. 30 meeting, speakers CMDCM Dion Beauchamp of DESRON 14, Morgen ten Hoopen and Miranda Sheppard spoke about Leadership highlights. Dinner tickets are still available for purchase at CMC's office, Building One.

information. Participation in all 6 sessions is required.

Sept. 15, 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.

Sept. 16, 1:30-3 p.m.,

Conflict Resolution for Women, FFSC, Room 702

Sept. 16, 9-11 a.m., **Resume Walk-in Review**, FFSC Room 701

Sept. 16, 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.

Sept. 20-21, **SAPR Advocate Refresher Training**, 8 a.m.-4 p.m., NAS Jax Chapel

Sept. 20, 8:30 a.m.-noon, **FERP-Career & Job Readiness Class**, FFSC Room 702

Sept. 20, 1-3 p.m., **FERP-Federal Employment Class**, FFSC Room 702

Sept. 20-24, 8 a.m.-4 p.m., **CFS Training**, Building One, Room 1616

Sept. 21, 9-11 a.m., **Resume Walk-in Review**, FFSC Room 701

Sept. 21, 9-11 a.m., **Parenting Class**, FFSC Room 702

The program is based on Dr. Michael Popkin, PH.D ACTIVE PARENTING NOW 6 classes. This program is designed to assist you and your family put into practice the skills learned in the class. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 6 sessions is required.

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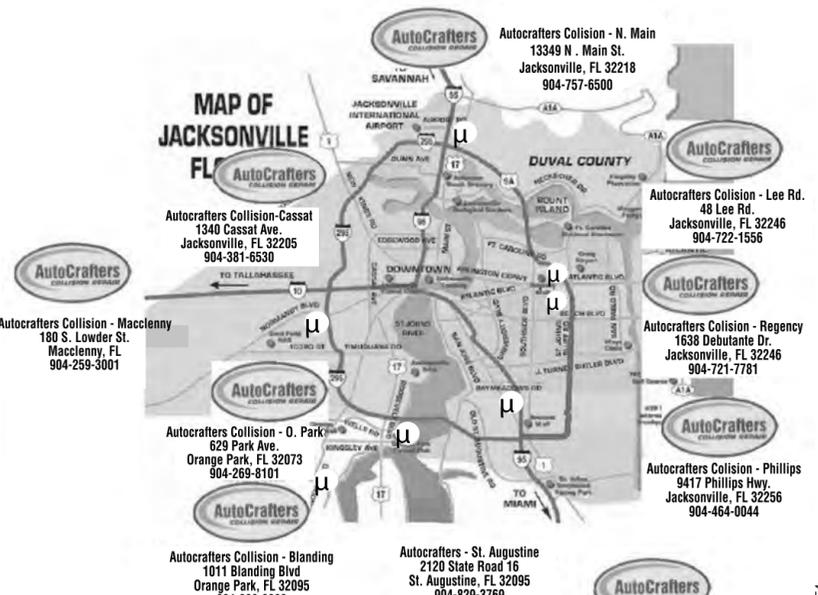
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Mullen: Veterans Offer 'Enormous' Potential

By Army Sgt. 1st Class
Michael J. Carden

American Forces Press Service

Military veterans bring a wealth of skills and life experience to their communities, the chairman of the Joint Chiefs of Staff said Aug. 25, underscoring his desire to ensure a better future for veterans returning from the Iraq and Afghanistan wars.

Navy Adm. Mike Mullen met with local business executives, veterans who own small businesses and Chicago Mayor Richard Daley, advocating the "enormous" potential of veterans.

Today's veterans are of a "generation who is flat-out wired to contribute, flat-out wired to serve," he told the Executives' Club of Chicago. "They are the foundation of our country. They represent the best of the best."

Chicago was the first stop for the chairman on a three-day "Conversation with the



DoD photo by Navy Petty Officer 1st Class Chad J. McNeeley
Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, addresses members of the Executives' Club of Chicago on Aug. 25. Mullen was on a three-day Midwest tour to meet with civic and business leaders to discuss the needs of returning troops and their families. He calls the tour "Conversations with the Country."

Country" tour across the Midwest. The trip is geared toward helping community

leaders, business leaders and academics realize the talents today's veterans have to offer as

they integrate into the nation's work force and education systems.

"[Veterans] have an enormous amount of potential and an enormous amount to offer," the admiral said. "What I hope to do is inspire local leadership to put together a model to meet the needs of those [veterans] who are coming back."

The same outreach plan probably won't work in every community, he added, but each plan should be centered on education, employment and health needs.

Communities across the nation want to reach out to the veteran community, Mullen said, and veterans want the opportunity for education and employment to take care of their families.

Officials of the Defense and Veterans Affairs departments are actively seeking new initiatives to help this cause, Mullen said, but that's not enough.

"We transition veterans to VA

for benefits, then to their communities," he explained. "Too often, we do that and say, 'Have a nice life.'"

Getting America's communities involved is the only way to reach out effectively to veterans and their families, he said. The Defense Department, VA and local communities need to be better linked for the sake of the veterans, he added.

"Veterans are returning from these wars, and their dreams haven't changed a bit," he said. "They'd like to get an education. They'd like to raise a family. They'd like to own a home, and certainly they'd like to be contributing members of society."

Most of these veterans are in their 20s with highly valued experience and discipline, Mullen said, and can have a positive effect in their work settings and their communities for many years to come.

"These are individuals with matchless life experience,"

Mullen said. "I need local leadership to not let them fall through the cracks."

Mullen said his goal is to inspire community leaders to connect with the Defense Department and VA and to streamline their efforts to facilitate the transition for servicemembers returning to civilian life.

Americans support their servicemembers even though they may not support the wars they fight in, the chairman noted, and the sacrifices servicemembers make inspire him to work hard to reach out to their communities.

"There's more than 1 million who have served in Afghanistan and Iraq, and thousands and thousands come back to communities and can contribute so much," he said. "Those who serve are extraordinary people. Those that don't know us, take a chance. It's worth the risk."

Toolkit Helps Separating Servicemembers Land Jobs

By Lisa Daniel

American Forces Press Service

Soldiers, Sailors, Airmen and Marines separating from the military can get extra help in finding a job from a new Defense Department resource.

The Pentagon's Wounded Warrior Care and Transition Policy Office, part of the Office of Personnel and Readiness, recently developed the Career Decision Toolkit to help the 400,000-plus servicemembers who separate from the military each year have a smoother transition into civilian work, John R. Campbell, deputy undersecretary for wounded warrior care

and transition policy, said in an interview with American Forces Press Service today.

Campbell, a Vietnam War-era Marine who joined the department earlier this summer after working for decades in private industry, said too many civilian managers and hiring officials today don't have enough familiarity with the military to know the skills developed from a few years of service.

"Most employers today have never served, and that wasn't true when I got out" in 1970 and entered the banking industry, he said.

That, coupled with the bad

economy - unemployment for people younger than 30 hovers around 15 percent nationally - makes getting hired an uphill battle, especially for former servicemembers who may never have competed in the private sector market, Campbell said.

Servicemembers applying for civilian jobs need to be able to explain how their military experience translates into the skills needed for jobs they are applying for. Many struggle with that, he said.

"One of the things I know, because I work with younger servicemembers, is that they don't realize how valuable they

are," Campbell said.

Servicemembers, even as young enlisted members, serve in strategically important places and have opportunities and experiences beyond most of their civilian peers, Campbell said.

"They're warfighters, but they also work on civilian projects," he noted. "They're community activists; they meet with imams."

The toolkit helps separating servicemembers "write the narrative" of their experiences,

Campbell said. It includes a CD and supportive documents, its portability allows it to be used anywhere the servicemember is located, he said.

Designed by Defense Department officials in collaboration with officials from the Labor and the Veterans Affairs departments, the toolkit is available in the military transition course for separation, at Transition Assistance Program centers, and at soldier-and-family and fleet-and-family support offices.

The toolkit includes information on job interviews, resumes and cover letters, and negotiating pay and benefits, among other things, Campbell said. It also has special sections for wounded warriors.

"We have used what we think are the best tools for civilians, as well as military - the best practices out there," he said. "And it's still evolving."

More resources are expected to become available in the fall, Campbell said.

TRICARE Retired Reserve Healthcare Launches

From TRICARE Management Authority

For the first time, members of the Retired Reserve who are not yet age 60, the so-called "gray area" retirees, can purchase TRICARE health coverage for themselves and their eligible family members with the Sept. 1, 2010 launch of TRICARE Retired Reserve (TRR).

"This new program offers a health coverage opportunity for "gray area" Guardsmen and Reservists who served America honorably, setting a proud example for today's forces," said Rear Adm. Christine Hunter, deputy director of the TRICARE Management Authority. "TRICARE Retired Reserve will provide an outstanding health benefit."

Retired Reservists may qualify to purchase TRR coverage if they are under the age of 60 and are not eligible for, or enrolled in, the Federal Employees Health Benefits (FEHB) program. They must also be members of the Retired Reserve of a Reserve component and quali-

fied for non-regular retirement. For instructions on how to qualify for and purchase TRR go to www.tricare.mil/trr.

For calendar year 2010, the TRR member-only monthly premium is \$388.31 (\$4,659.72

yearly), and the member and family monthly premium is \$976.41 (\$11,716.92 yearly). Premiums will be adjusted annually.

For more information, visit www.tricare.mil/trr.



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VA Works to Reduce Claims Backlog

By Army Sgt. 1st Class Michael J. Carden

American Forces Press Service

The Veterans Affairs Department is making great strides in its efforts to reduce the backlog of veterans' claims, VA Secretary Eric K. Shinseki Aug. 31 told thousands of veterans attending the 92nd Annual American Legion National Convention in Milwaukee.

"We intend to break the back of the backlog this year," Shinseki said.

The average time taken to process claims in VA is about 160 days. But by the end of the year no claim will take longer than 125 days, Shinseki said. VA doesn't plan to stop once the claims are processed by that mark, he added.

"Our goal is not an average," Shinseki said. "It's not just going to be faster; also better and more accurate. There's nothing magical about 125

days, especially because when we get there, we'll be looking at another target."

VA received more than 1 million claims in 2009 for the first time in the department's 80-year history. Disability claims for VA increased 75 percent between 2000 and 2010. That's an average of nearly 100,000 new claims each month, with no signs of slowing down, the secretary said.

VA health care professionals expect to treat and provide care for more than 6.1 million veterans in 2011, Shinseki said, including nearly half-a-million Iraq and Afghanistan war veterans.

In order to meet those veterans' needs, he said, VA hired more than 3,500 claims workers this year in the Veterans Benefits Administration. VA also invested more than \$130 million toward establishing a paperless claims process,

which, Shinseki said, will be ready in 2012.

More than \$110 million this year, he added, was invested in tele-health technology, which includes technology for the virtual lifetime electronic records system. VA expects to spend \$163 million on these programs next year, Shinseki said.

"We see this as the way to link [the Defense Department] and VA in a seamless transition as youngsters take off the uniform," he said.

Among VA's accomplishments this year, Shinseki noted improved care for veterans who suffer from Agent Orange- and Gulf War-related illnesses. Three new diseases were determined to be connected to Agent Orange, while nine new diseases were included in the Gulf War illness group, he said.

Congress last year appropriated \$13.4 billion to begin benefits payments for some 2,000

veterans expected to claim Agent Orange-related diseases.

"It was the right decision," Shinseki said, "and the president and I are proud to finally provide this group of veterans, our Vietnam [War] veterans, the care and benefits they've long deserved."

Also, the claims process is now easier for those affected by post-traumatic stress, Shinseki added. Veterans no longer have to provide documentation of the event that may have caused their stress, he said.

"This decision ends decades of focusing on documenting the stressor event," Shinseki said. "Instead, we're streamlining the delivery of medical care and benefits for veterans suffering from verifiable PTS from combat."

"This is not a generational issue," he continued. "This is not Iraq or Afghanistan; it is all who have served in combat."

VA boosted its staff of mental health providers by 20,000 since Obama took office, Shinseki said.

"Our priority here is to diagnose, treat and cure," he continued. "If cure is not possible, then diagnose, treat and care will be the standard."

During his address, Shinseki also noted VA's work to end homelessness among veterans by 2015. Since 2004, VA has reduced the number of homeless veterans by 90,000. At least 107,000 veterans remain on the streets today.

Shinseki also emphasized the importance of good fiscal stewardship. He highlighted VA's successes and improvements under President Barack Obama's administration.

Obama proposed \$25 billion in budget increases for the VA since 2009. Such support "underscores the president's commitment to transform-

ing VA and fixing persistent problems that have plagued this department for decades," Shinseki said.

The president proposed \$125 billion for VA's fiscal 2011 budget, Shinseki said, which will focus primarily on the ending the claims backlog and homelessness.

"VA must be without hesitation an advocate for veterans," Shinseki said. "This is part of a culture change that's under way. We need to make permanent the gains of the past 19 months."

"There will always be unfinished work," he added. "That's the nature of the mission, but for all of us, it is to continue to establish priorities, fight for resources and take care of veterans. That's what we intend to do."

Homefront In Focus: Pausing To Reflect ...

By Beth Wilson

Military Spouse Contributor

I have a confession; I have had a hard time writing this week's column. This week I should be reflecting on the events, nine years ago, that launched us as a nation and a military into a conflict that continues today.

I am reflecting on the day four planes changed our lives forever. The day four planes on routine flights took the lives of almost 3,000 civilians merely on their way to work. Twelve men changed the world. Twelve evil men.

So why the difficulty? It may just be me but... Well, I have eight invitations to events taking place on 9/11. They range from a fund raiser for an animal rescue league to a church seminar to a party. I don't know

but, 9/11 seems sacred to me. I am not saying we should all don black and sit in mourning the entire day. But should there not be some acknowledgment, recognition - yea, observance of the day our country was attacked. Should we not call to mind the reason we are still at war, fully engaged in the longest conflict in our nation's short history.

Oh, I know - "It's the economy, stupid." I am very aware of the impact of the economy. My family is highly impacted by this economic recession. But my family is also impacted, highly, by the terrorist attack on the United States. My nephew is about to deploy with his National Guard unit to Afghanistan, my husband will also be deploying [again] in the near future.

I think I'm afraid as a nation we are 'over' 9/11. I'm concerned that the nation has 'moved on.' I'm concerned perhaps we not only got over the pain over those who perished on 9/11 but those who have sacrificed their lives, their bodies, their families, even their emotional health, to take the battle to those who still wish to do us harm.

As a Navy wife, a Navy family, my reflection on 9/11 is also impacted by the recent decision by our government that, yet again, those responsible for the bombing of the U.S.S. Cole will not be brought to trial. That justice is again denied for the victims and families of our brothers and sisters of the 'Cole.'

We are still engaged in a great conflict. The Fort Hood shooting, the Underwear

Bomber (really? Underwear?), and the Times Square attempted bombing remind us again, that we are a nation at under attack. That the price of freedom is paid in the blood of not only innocently and cruelly attacked civilians but the bravest among us, our military.

To the families of the 2,700 victims of 9/11 - you are in my heart this day. You are in my prayers and your loved ones are not forgotten. To the families of the Cole, the Marine barracks in Beirut, the Khobar Towers, the Achille Lauro, Pan Am Flights 103, 110, and 73, TWA flight 849, the families of the American embassy bombings in Kenya and Tanzania...you are not forgotten. You remain in my thoughts and prayers. To the many military families of our fallen...you are in my heart,

always.

To my fellow military spouses, I know it has been a long conflict and many of us have been here from the start. When 'Murphy's Law of Deployment' hits, when the loneliness seems consuming, when even the word 'deployment' brings waves of emotion...remember why we are here. When we've had enough of a part-time, long-distance marriage, let us recall the resolve we held in our

hearts on September 11, 2001 and the days following. Yes, we are older, we are weary, but we are also the privileged. Let us remember...and resolve...

Join me in observing 9/11... take this week to post a blog of support to family members, write a note or card...proudly display your flag. We can take the lead in commemorating 9/11. Contact me at beth@homefrontinfocus.com.



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On Base

Thursday, Sept. 9

USS Simpson FRG Meeting/ Back To School Bash will be held at the Mayport USO from 6:30-8:30 p.m. Childcare will be provided.

Out in Town

Thursday, Sept. 9

The Fleet Reserve Association, Branch 290, will host dinner from 5 to 8 p.m. The menu this week will be Fish & Chips with stewed okra and tomatoes, and dessert. A donation of \$8 is requested for each dinner. Carry-out orders are accepted. The bar will be open for drinks. As always, the public is invited to attend. Please call 246-6855 for more information or to place an order.

Friday, Sept. 10

Fleet Reserve Association Branch 290 is hosting a Hawaiian Dinner, or BBQ Chicken, from 5-8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach, FL. 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 4-6 p.m., all drinks are 50¢ off. Please call 246-6855 for more information or to place an order.

Christ United Methodist Church Neptune Beach will be hosting our annual Fall Rummage Sale at the Church at 400 Penman Road from 9 a.m. - 3 p.m. Come join us to search for your special treasures! For information, please contact the church office at 249-5370.

Saturday, Sept. 11

Christ United Methodist Church Neptune Beach will be hosting our annual Fall Rummage Sale at the Church at 400 Penman Road from 9 a.m. - 3 p.m. Come join us to search for your special treasures! For information, please contact the church office at 249-5370.

Fleet Reserve Association Branch 290 is hosting a Mystery Dinner (that means, whatever there is in the freezer!) 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. The bar will be open for all drinks. Starting at 9 p.m., the music of DOUG BRACEY will entertain until 1 a.m. Please call 246-6855 for more information or to place an order.

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.

The Jacksonville Genealogical Society will hold their September meeting at 1:30 p.m. at the Webb-Wesconnett Branch Library, 6887 103rd St., Jacksonville, FL. (Please note that this is a change in date from our regular meeting date.)

Ann Staley will be our speaker. Her lecture will be "Claws or Clues-Scratching for the

COMMUNITY CALENDAR

Elusive Ancestor!"----If you are encountering "dead ends" and "brick walls," you may need to stop, regroup, check where you have been and where you need to go. This lecture is designed to start the thought processes with a systemic research approach. We will discuss applying a Systemic Research Approach, Analyzing the Research Problem, Criteria for Judging Reliability of Evidence, Timelines, Spreading you "net" Wider, etc. For additional information please feel free to contact Jim Laird, (904) 264-0743.

Join a local Librarian at 10 a.m. for the reading of a beach themed children's book with a beach walk led by a park ranger after the reading. This program will take place at pavilion 6 on Little Talbot Island. No reservations are necessary and the program is free with regular park admission. September 10 through 12, if you show the ranger at the ranger station a library card or a library book or donate a new or gently used book you will receive free admission to the park.

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.

Sunday, Sept. 12

The Fleet Reserve Association, Branch 290, hosts breakfast from 8 a.m. to noon at the Branch Home, 390 Mayport Rd. 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.

Join a ranger at 10 a.m. for an interactive reading of the delightful children's book A Day in the Salt Marsh by Kevin Kurtz. Learn about what happens in a salt marsh hour by hour as the tide rises and falls. Enjoy illustrations of the animals that inhabit the salt marsh, and learn how they go about their lives in their ever changing environment. Try your hand at games and activities featuring the salt marsh or take a walk on your own to see some of the plants and animals of the marsh first hand. 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 and listen to local speakers from 10 a.m.-1 p.m. as they talk about nature related topics including The St. Johns River, outdoor photography, Florida friendly landscaping, and green living. 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, Sept. 13

All children ages 5-18 and parents, are invited to the Duval County 4-H Round Up to be held at 7 p.m. at the Extension Office at 1010 North McDuff Ave. Families can explore different clubs and activities kids love to be a part of in 4-H programs all over Jacksonville. 4-H is the largest boys and girls club in the United States and provides age appropriate educational materials to youth through over 50 projects and activities like: bicycle safety, photography, leadership, sewing, rabbits, hunter safety, and marine science plus many more. Duval 4-H has over twenty-five 4-H clubs that meet all across Jacksonville at different days and times. We have clubs that serve home school groups and as well as traditional school students. Duval 4-H has members that participate in district, state and national 4-H activities and events. Duval 4-H Clubs and The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information, and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions, or affiliations. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A&M University Cooperative Extension Program, and the City of Jacksonville Cooperating. For more information or information about how to join 4-H go to <http://duval.ifas.ufl.edu/4-H.shtml> or contact Rick Godke, 4-H Agent at (904) 387-8850 or rgodke@coj.net at the Duval County 4-H Extension Office.

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.

Beaches Photography Club - The club will meet at the Beaches Library, 600 3rd St., Neptune Beach, from 6-8 p.m. This month's program is Michael Glinski sharing his off-camera flash photography techniques in a presentation and demonstration. Attendees will have an opportunity to participate in a hands-on experience. For more information, go to www.beachesphotographyclub.com. This is a Free event with people of all ability levels and camera types welcomed and encouraged to come and learn more about photography.

Come to a make and take canning class from 9 a.m. - noon and 1-4 p.m. on Kiwi-Pineapple Orange Jam at Jacksonville Canning Center, 2525 Commonwealth Ave. The cost is \$20. Payment must be received by September 7. Mail to Canning Class, 1010 N McDuff Ave. Jacksonville, FL 32254. Make check payable to DCOHAC. Pre-registration is

required with payment. Please call Jeannie at 904-387-8850 to register. Class is limited.

Tuesday, Sept. 14

Fleet Reserve Association, Branch 290, will host Dinner from 5 to 8 p.m. The menu this week will be BBQ ribs with pasta salad and baked beans, and dessert. A donation of \$6 is requested for each dinner. Carry-out orders are accepted. The bar will be open for drinks. As always, the public is invited to attend. Please call 246-6855 for more information or to place an order.

Wednesday, Sept. 15

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

The City of Atlantic Beach reopens the Mid-Week Market in Bull Park. The Market brings fresh produce, baked goods, and local musicians at this family-friendly event that is open to the public. The market is open from 4-7 p.m. Bring a grocery bag, basket or cart, enjoy the music and the art exhibit at the Adele Grage Cultural Center. Bull Park is located between Ocean Blvd. and East Coast Drive at 7th Street. This event is sponsored by the Atlantic Beach Cultural Arts and Recreation Advisory Committee with Jeff Wight coordinating. Visit the AB website at www.coab.us/ events for upcoming programs this fall. The City of Atlantic Beach Recreation and Special Events office is located at 716 Ocean Blvd at Bull Park.

Thursday, Sept. 16

Fleet Reserve Association, Branch 290, will host dinner from 5-8 p.m. The menu this week will be fried shrimp with french fries, cole slaw, hush puppies and dessert. A donation of \$8 is requested for each dinner. Carry-out orders are accepted. The bar will be open for drinks. As always, the public is invited to attend. Please

call 246-6855 for more information or to place an order.

Friday, Sept. 17

Fleet Reserve Association Branch 290 is hosting a Shepherds Pie 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 1:00 am. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. Please call 246-6855 for more information or to place an order.

Saturday, Sept. 18

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. The bar will be open for all drinks. Starting at 9 p.m., the music of Doug Bracey will entertain until 1 a.m. Please call 246-6855 for more information or to place an order.

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. to Noon. Participants of Art Adventures: Portrait Collagraphs will spend two hours exploring the galleries, art making and time in Art Connections. Participating individuals will create a positive and negative impression of their face by drawing and painting with ink. Attendees will tour the permanent collection of The Cummer and be inspired by the beautiful portraits and works of art found in the American collection. Cost is \$10 per class for members and \$14 for non members. Pre-registration is required. For more information or to register, please call Art Connections at (904) 355-0630.

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.

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

Fleet Reserve Association, Branch 290, hosts Breakfast from 8 a.m.-noon at the Branch Home, 390 Mayport Rd. 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.

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

Join the Springfield Animal Care & Rescue Club (SACARC) for Dog Days in the Park 2010, celebrating fun for the whole family -including the four-legged members. Bring the kids and the dogs to Confederate Park in Springfield (956 Hubbard Street) from 10 a.m. to 4 p.m. for live popular music by the Sweet Low Down, food, beer, wine and the world-famous Disc-Connected K9 Frisbee Team. Event features vendors, adoptable animals and more. Admission is free, and all proceeds benefit SACARC. More information at www.sacarc.org.



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Celebrate Labor Day Weekend At Cummer

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The Cummer Museum of Art & Gardens celebrates Labor Day weekend with free admission for military personnel and their families.

Military and family will enjoy our permanent collection, historic gardens, Art Connections and current exhibition Collectors' Choice: Works of Art from Jacksonville Collections.

Collectors' Choice, on view through Sept. 12, features 70 pieces from private collections across Jacksonville, including porcelain, paintings, photographs, works on paper, sculptures, African Art, ethnographic objects and pottery. The exhibition not only showcases mag-

nificent works of art in private collections in the Jacksonville area.

Military personnel and family will be admitted free on Friday, Sept. 3 from 10 a.m.-4 p.m., Saturday, Sept. 4 from 10 a.m.-5 p.m. and Sunday, Sept. 5 from noon-5 p.m. This special offer extends only to military (active, retired, veterans and reserves) and family, therefore identification will be required. Non-member guests will pay regular admission prices. The Cummer will be closed for Labor Day, Monday, Sept. 6.

For more information, please call (904) 356-6857 or visit www.cummer.org.

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Greater Jacksonville USO has partnered with Coastal Cab to get you great rates on rides to and from the Airport, Mayport, Cecil Field and areas in between. Coastal Cab is happy to give a 15 percent discount from the meter to all addresses and locations not listed for all passengers that show their Military ID cards. To set up a ride or for more information please call 904-779-9999 (NAS Jax & JIA) or 904-246-9999 (Mayport).

Join in the largest USO ride in the state of Florida and one of the largest police escorted benefit rides in Central Florida. Attached you will find a flyer with all the information on this event including local lodging specials. SARAH EVANS will be in concert on Sept. 17! Visit www.usobenefitride.com for more details.

The Marine Corps Marathon/Freedom 5K is set for Saturday, Oct. 2, which begins at the Memorial Wall next to Everbank Field. For more information or to register for this event please visit: www.1stplacesports.com or www.jaxmarinecorpshalfmarathon.com. Special discounted entry fees for teams!

The First Tee is pleased to provide no cost services to children of active duty National Guardsmen and Reservists. Children between the ages of 5-17 are invited to participate in a free golf and life skills instruction program. To locate the nearest chapter of The First Tee go to www.thefirsttee.org and download the coupon at www.thefirsttee.org/military. Bring the coupon to the chapter and your child could be enjoying a new experience of learning the game of golf.

The Jacksonville Air show is set for Oct. 23-24 onboard NAS Jacksonville. This is a great family event featuring top military and civilian performers, including the US Navy Blue Angels! Gates open at 9 a.m., Show begins at 10 a.m., free parking, admission and Kid's Zone! Open to the public!

USO NEWS

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

The USO and RocketLife, have partnered to deliver a heart-warming opportunity for the men and women of the armed forces and their families. The Personal Photo Book program enables troops serving abroad and their families to create 20-page personal photo books and ship them to any APO/FPO address for free. These full-color, customized photo books are small enough to fit in a soldier's cargo pockets yet can hold more than 60 photos of loved ones. RocketLife prints the books for free, and the USO pays for the shipping. To get started, visit <http://uso.myphotoproducts.com>.

The U.S. Department of Veterans Affairs has announced the launch of its new and improved online form, "Application for Health Benefits," which will make it easier and faster for veterans to apply for their health care benefits. This revised online application form (10-10EZ) provides enhanced navigation

features that make it easier and faster for veterans to use. The new version also allows veterans to save a copy of the completed form for their personal records. The most significant enhancement allows veterans to save their application to their local desktop and return to the application at any time without having to start over. Previously, veterans had to complete the

form in a single session. This updated online form, along with the revised VA Form 10-10EZ, reduces the collection of information from veterans by eliminating some questions. In addition, there are minor changes to simplify the wording of questions and provide clarity in the instructions. Further enhancements to the online application are expected to be delivered in increments throughout 2010. Veterans may complete or download the 10-10EZ form at the VA health eligibility website at <https://www.1010ez.med.va.gov/sec/vha/1010ez/>.

Veterans may also contact the VA at 1 (877) 222-VETS (8387) or visit the VA health eligibility website at www.va.gov/healtheligibility.

United Through Reading program makes it possible to share in the enjoyment of reading to the children in your life, even while thousands of miles apart. The Mayport Center and NAS Center can record you reading a book to your children and send it to them after you have gone on deployment.

It is a great way to make them smile on their special day even when you can not be

there with them. Please contact your local USO center for more information.

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

There is a full kitchen, showers, a quiet reading room and a meeting room available at the USO.

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

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October 9, 2010
Cocktails 6:00 pm Dinner 7:00 pm
Hyatt Regency Jacksonville Riverfront
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Self parking \$8 or \$15 valet. For special room rates / reservations, contact the Hyatt Regency @ (904) 588-1234 ask for Navy Ball block.

Entertainment: DJ Marvelous
Military: Service Dress White or Mess Dress
Civilians: Business Attire

Limited Seating of 800
The evening will include a seated dinner of Basil Chicken w/roasted red pepper sauce & Seared Flat Steak w/ peppercorn Bordelaise.

Tickets Available through Command Representatives
E-4 & Below \$10.00
E-5 \$15.00
E-6 \$20.00
E-7 / O-3 \$35.00
O-4 & Above \$45.00
Civilians \$45.00

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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.

Meals On Wheels For Pets

The Council on Aging of Nassau continues its partnership with *Meals On Wheels For Pets*, in promoting their second annual *Rollin' on the River Cruise* on Sept. 12. Proceeds from their event will help fund our one year old partnership with them, which currently serves 49 eligible Council on Aging Meals On Wheels clients. Our Council on Aging clients own 55 cats, 66 dogs, and one cockatiel, and have been the recipient of over 9,000 lbs. of donated pet food that have been delivered through our volunteers as they conduct their regular "people food" meals deliveries. These pet meals contribute to our Council on Aging of Nassau clients' wellbeing and prevents the need of the client to feel obligated to share the meal intended for them with their pet, insuring better nutrition for both people and pets. The Council on Aging of Nassau has pet food collection boxes in the lobby of both facilities: 1367 South 18th Street, Fernandina Beach, FL 32034; 37002 Ingham Road, Hilliard, FL 32046 We welcome the public to drop off of sealed containers of pet food during business hours. Plans are currently in development for Nassau County Animal Services to bring adoptable cats and dogs on the 2nd Friday of every month to our Fernandina location and the 3rd Friday to our Hilliard location for "pet therapy" benefiting both pets and people. This pet interaction enhancement to our existing program will kick off on Sept. 10. The Council on Aging of Nassau is a 501c3 non-profit agency that delivers critical services to Nassau County seniors in five categories including Meals on Wheels, COA Transportation, In-Home Care, and Adult Day Health Care, while operating two

senior recreation centers. More information about our services is available on our website www.coanassau.com.

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

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 recog-

ognition 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 others who share your interests in the animal kingdom. New Adult Volunteer Orientations are held at the Pepsico Foundation Education Campus. All interested personnel please call CS1 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. 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 about the duties and responsibilities of the RAO volunteers. Call the FFSC at (904) 270-6600 Ext. 110

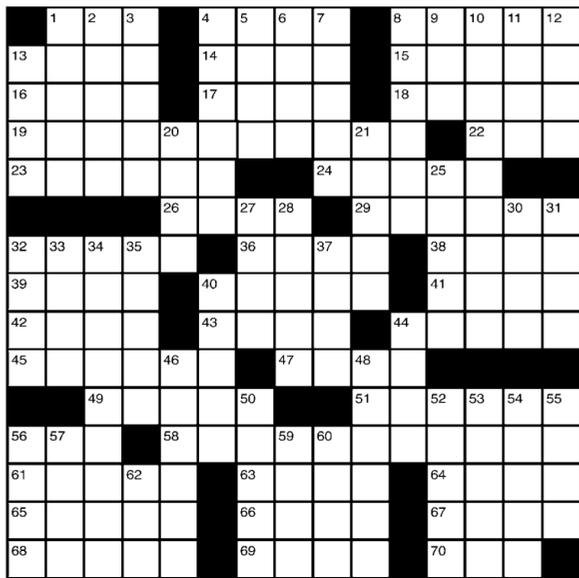
I.M. Sulzbacher Center for the Homeless

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

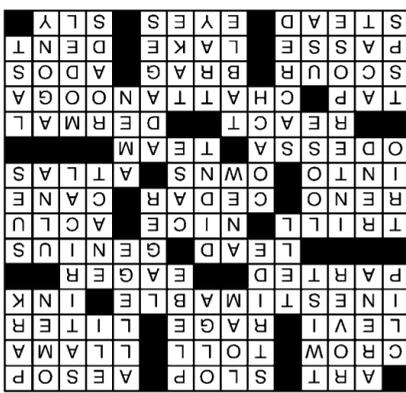
THE Daily Commuter Puzzle by Jacqueline E. Mathews

ACROSS

- 1 Mr. Linkletter
- 4 Pigsty dinner
- 8 One known for his fables
- 13 Noisy, black bird
- 14 Bridge crosser's fee
- 15 Camel's smaller cousin
- 16 One of the 12 Tribes of Israel
- 17 Violent anger
- 18 Slightly more than a quart
- 19 Too valuable to be measured
- 22 Pen contents
- 23 Separated
- 24 Enthusiastic
- 26 In the ___; ahead
- 29 Einstein, for one
- 32 Warble
- 36 Pleasant
- 38 Controversial rights org.
- 39 Nevada city near Lake Tahoe
- 40 Fragrant wood
- 41 Sugar plant
- 42 Vanished ___ thin air
- 43 Possesses
- 44 Book of maps
- 45 Ukrainian port
- 47 76ers or 49ers
- 49 Respond to a stimulus
- 51 Of the skin
- 56 Touch lightly
- 58 Tennessee city
- 61 Scrub
- 63 Boast
- 64 Hubbubs
- 65 Obsolete
- 66 Erie or Huron
- 67 Fender blemish
- 68 Lieu
- 69 Peepers
- 70 Underhanded



THIS WEEKS ANSWERS



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DOWN

- 1 Stadium
- 2 Name for a dog

- 3 1960s dance
- 4 Talk long steps
- 5 Rich soil
- 6 Gymnast ___ Korbust
- 7 USNA freshman
- 8 Assert without proof
- 9 Inventor Whitney
- 10 Ironical; lampooning
- 11 Harbinger
- 12 Buena ___, CA
- 13 Cut coupons
- 20 Relate
- 21 Beer
- 25 Make laws
- 27 Once more
- 28 "___ We Almost Have It All"
- 30 Arm bone
- 31 Takes to court
- 32 Threesome
- 33 Tear apart
- 34 Come between
- 35 Not tight
- 37 In ___; lest
- 40 Team director
- 44 Prayer closing
- 46 Holy
- 48 Maxims
- 50 Eating surface
- 52 Highways
- 53 Replica
- 54 Intense pain
- 55 Go on and on
- 56 Amts. of vanilla extract to add
- 57 "There's more than one way to skin ___"
- 59 Waiter's item
- 60 Snatch
- 62 Mexico's neighbor: abbr.



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Knowing A Product's Origin Is 'COOL'

By Kevin L. Robinson
DeCA public affairs specialist

Commissary customers who purchase fruits and vegetables, ginseng root, and nuts such as peanuts, pecans and macadamias can know the country of origin of these products thanks to a new policy implemented by the Defense Commissary Agency.

"At DeCA, we want our customers to know as much as possible about the source of the products they buy," said Acting DeCA Director and CEO Thomas E. Milks. "And, we want them to rest assured that wherever the products originate, the items will continue to pass through an increasingly stringent food-safety inspection process before they arrive on commissary shelves."

On March 15, 2009, the U.S.

Department of Agriculture placed into effect the final regulation for retailers classified as full-line grocery stores, supermarkets and club warehouse stores to adhere to the country of origin labeling law, also known as the COOL program, said the agency's director of performance and policy, James J. Hudson Jr.

Because DeCA isn't required to be licensed by the USDA, the agency is exempt from the labeling law, Hudson said. However, since May, military commissaries have been displaying country of origin information either on the product packaging or at the point of sale for produce, certain nuts such as peanuts, pecans and macadamias, and ginseng root. "If our industry suppliers haven't already done so, we display this information to the greatest

extent possible in our stores as a service to our customers," he said.

The majority of the country of origin information is placed on the product by the supplier in the form of stickers or package labeling, or it's placed on the item by commissary personnel who affix COOL labels provided by suppliers. Stores also are displaying signs in areas that allow "customers to clearly read and understand" country of origin information, Hudson added.

The COOL program does not affect processed foods defined by the U.S. Department of Agriculture as retail items that have undergone specific processing resulting in "a change in character," or have been combined with at least one other covered commodity or food component such as chocolate, breading or tomato sauce.

A change of character means an item has been cooked – such as frying, broiling, grilling, boiling, steaming, baking and roasting – or cured, smoked or restructured. Examples of processed foods are roasted peanuts, fish sticks, canned tuna and flank steak with Portabella stuffing or marinated garlic shrimp.

According to the USDA, food service operations also are exempt from the COOL program. This means restaurants, cafeterias, bars, delicatessens, food stands and any places that offer "ready-to-eat" foods are not required to use the country of origin labeling. Commissary deli-bakery operations are included in this group.

Under the COOL program retailers are bound to tell customers what country their products came from.

However, knowing where a product comes from is only part of the equation for military commissaries, said Army Col. David R. Schuckenbrock, director of DeCA's public health and safety directorate. "We work with the military services to ensure the safety and security of the groceries that are sold in our commissaries."

"Everything sold in military commissaries comes from approved sources that are continually inspected by Army and Air Force food safety specialists to ensure compliance with the highest food safety standards," Schuckenbrock said. Approving authorities for these sources include the Food and Drug Administration, the USDA and the U.S. Army Veterinary Command.

Brown Bagging It For Back To School Lunches

By Karen Hawkins
DeCA dietitian

It's back to school time again, so when planning meals and snacks, teach young children about making healthy choices by explaining how "grow-and-go" foods will help them feel good and have fun at school. Grow-and-go foods are foods high in complex carbohydrates, good sources of protein, include vitamins and minerals and a moderate amount of fat.

Here are some quick and easy ideas for lunch and snacks that are grow-and-go foods. Look for these in your commissary at savings of 30 percent or more:

Mix and match back to school brown-bag lunches

B-n-B wrap (Banana and nut butter wrap). Mash a banana and mix with any nut butter. Here is an opportunity to try a different butter – like almond butter, which is high in vitamin E and protein. If your child prefers, sprinkle with dried fruit or coconut for a different flavor. Spread it on a whole-wheat wrap or flat bread, roll it up, cut it up and bag it.

Turkey, ham or chicken with hummus or Greek yogurt wrap. Spread some plain hummus or Greek yogurt

Mayport's Case Lot Sale

Mayport Commissary will hold its Annual September Case Lot Sale on Sept. 10-12. Hours will be from 9 a.m.-5:30 p.m. Many great bargains will be available with savings only available in the Case Lot Tent out front of the commissary. We will also be having Manager Specials throughout the store.

on a wrap, add meat slices, any cheese (optional), lettuce or spinach and cucumber slices. Roll it up and bag it. Hummus or Greek yogurt adds a unique flavor, so if your children do not like it, use mustard or a little mayonnaise.

M-n-C roll up (Meat and cheese roll ups). Take any thinly sliced luncheon meat and your children's favorite cheese, roll it up and bag it. Also pack some whole grain crackers or pita chips for energy-packed carbohydrates.

Pita pocket with curry chicken salad. Take chopped chicken and mix it with a little curry, Greek yogurt, chopped

celery and chopped carrots. Put it in a whole wheat pita pocket with spinach or romaine lettuce.

Flat bread or bagel pizza. Toast a flat bread or 1/2 bagel pizza with spaghetti sauce, shredded cheese and your choice of vegetables such as spinach, tomato slices, squash or broccoli.

Baby carrots, cucumbers chunks, grape tomatoes, hummus, whole-grain crackers and pita chips. Put some hummus in a small container to use as a dip. Bag the carrots, cucumber chunks and grape tomatoes. Also pack some whole grain crackers or pita chips for energy-packed carbo-

hydrates.

Low-fat yogurt, cheese, sandwiches. Keep low-fat yogurt, cheese and sandwiches cold by using an ice pack, frozen juice box or frozen milk box.

Tortilla chips, plain yogurt and salsa. Cut up tortillas in quarters, sprinkle a little salt on them and heat them in the microwave for a minute or two. Mix the yogurt, for protein and calcium, with salsa or just put plain salsa in a small container

for a dip.

Trail mix. Mix almonds, peanuts, dried fruit and whole-grain cereal for a nutrient dense, energy-packed food and bag it. This is a great "take it anywhere" kind of food.

Great snacks. Cheese sticks, nuts, frozen yogurt, 100-percent juice in boxes, dried fruit, fresh fruit and canned fruit all make great snacks and additions to lunches.

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.

Go For Good Stuff: Nutritious Food That Tastes Great

By Kay Blakely
DeCA home economist

The Dietary Guidelines for Americans tell us to focus on fruits, vary our veggies and make half our grains whole. But, when it comes to making smart choices from every food group, I say add one more easy reminder – go for the good stuff.

Food that's good for you should look appealing, taste great and leave you feeling satisfied. That's the goal for all the recipes in this week's collection. You can ramp up your consumption of Omega-3s and lignans by sprinkling flaxseed over your morning cereal, but I've got a much tastier way to get it done. Transform a little whole wheat flour, ground flaxseed, rolled oats and dark chocolate chips, which are all "good stuff," into a batch of Thin and Chewy Oatmeal-Flax Cookies. Hmm, hmm! Healthy eating never tasted so good!

Whole wheat pasta tastes okay with a traditional tomato-based sauce, but when paired with complimentary ingredients that highlight its nutty taste and chewy texture, it becomes a

dish to make again and again. The Whole-Wheat Spaghetti with Zucchini and Sun-Dried Tomatoes is just such a dish. Try it once and you'll be convinced it's a keeper.

Papayas, which are loaded with plenty of good nutrients, may be one of the first fresh fruits to reach your commissary this spring. Just two papayas, plus a few ingredients you probably already have on hand, come together in delicious fashion to produce Hot Papaya Sundaes.

If a vegetarian burger holds appeal try the Wheat Germ Burger recipe. It's vastly supe-

rior to any ready-made version available. And, if all you need is a really tasty side dish go for the Tricolor Pepper Sauté. All necessary ingredients are ready and waiting for you at your local commissary. So let's get cooking!

Come to Kay's Kitchen at <http://www.commissaries.com> and check out our featured recipes for Hot Papaya Sundaes, Tricolor Pepper Sauté, Wheat Germ Burgers, Thin and Chewy Oatmeal-Flax Cookies, and Whole Wheat Spaghetti with Zucchini and Sun-Dried Tomatoes.



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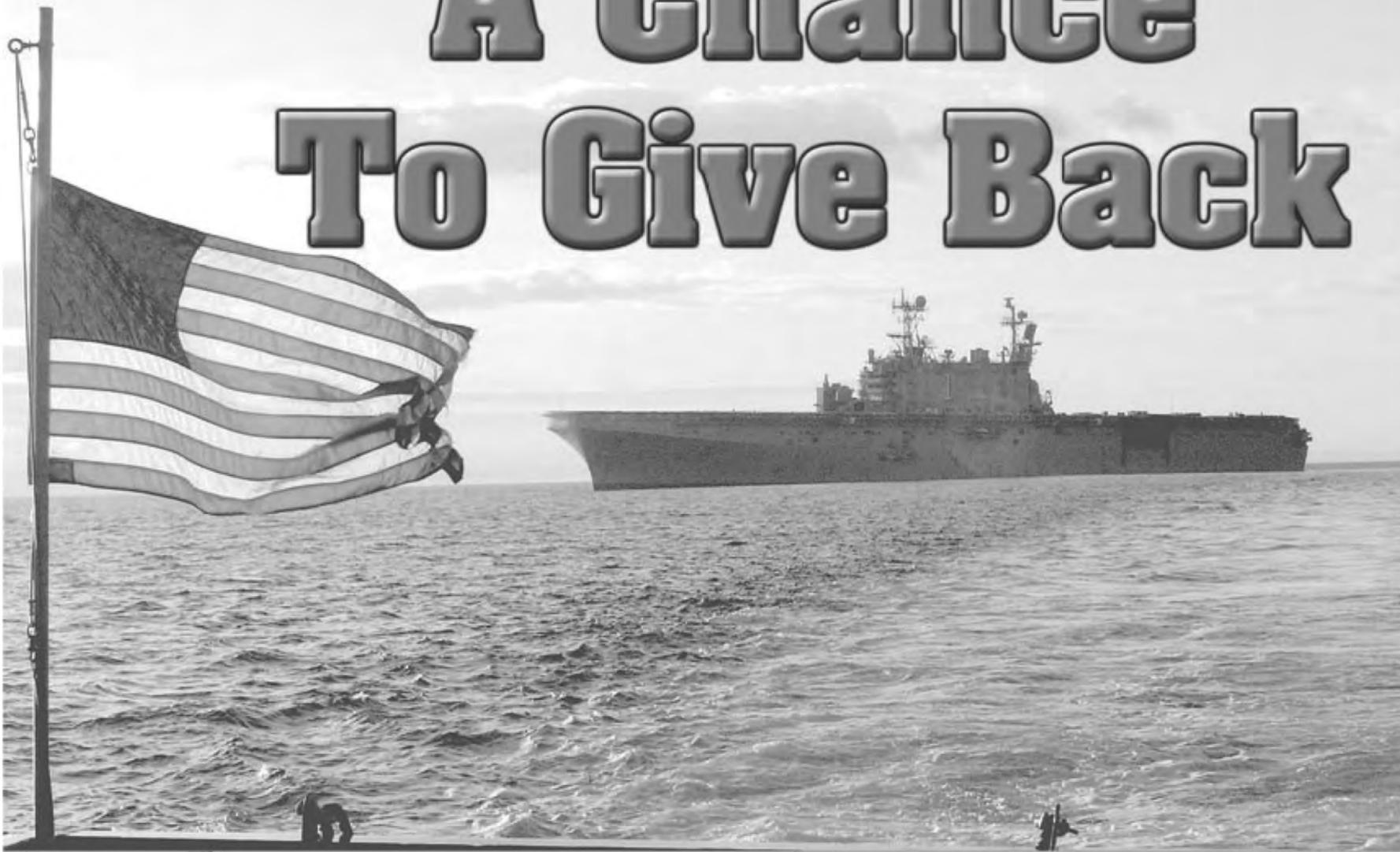
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St. Johns Marshfront
St. Johns Condos
St. Johns Duplex/
Townhouses
St. Johns Manufactured Homes
St. Johns Lots/Acreage
St. Johns Active Adult Com.
St. Johns Investment
Income Property
Miscellaneous
Out of Area/Town/State
Real Estate Wanted

Georgia Real Estate

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Appling County 2 acres
River access with 2006
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point, roof, plumbing \$195K.
Make Offer 904-535-3982

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FOR SALE
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1800sf, 2 car gar,
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behind \$175K
1831 Willesdon Dr E.,
32246. 904-996-3381

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Home Site 349 - The Augustine
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Was: \$297,490 NOW: \$279,900*

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Home Site 244 - The Brio
2,358 Sq. Ft. - 4 Bed, 2 1/2 Bath, full
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Land For Sale

NEW LAND HOME 3-4BD/2BA, Just Reduced! 772-8031

Portside at the Beaches

1995 Weston by Fleetwood
Priced to sell \$9,995. obo. 2br/1ba nice floor plan, lrg kitchen appliances included, bath has garden tub w/ separate shower, laundry room with washer/dryer, chkd 3 years old. 904-742-3837

Land For Sale

Baldwin County GA. Oconee River Estate Sale 762 acres, 2.5 mi river front, mature hardwood timber. Bid Sale Oct. 5th. Contact Bill 478-452-5180. Mosley Properties 478-453-3528

Investment Property

Gator Getaway. 3-20 acre trks @ \$6500 per ac, 1-30 acre @ \$4950 per ac, 2-30 acre min. Near Gainesville, deer/turk, lrg oaks owner fin. 352-528-2406

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Condominiums
Retirement Communities
Homes Furnished
Homes Unfurnished
Mobile Home Lots
Roommates
Rooms to Rent
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Riverside & Westside 1BR Starting at \$450 2 & 3 BR's also avail \$35 App. Fee! Call 771-1243 \$200 OFF 1st Month Rent

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1, 2 & 5 ACRE FARMS Property located in So. Ga, near Waycross Wooded or cleared, very private. Owner fin. Call 912-285-7516 or 912-288-1939

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14,476 acres located in Nahant, Georgia. The property is platted for 9 individual lots and includes a 2003 14'x52' single wide. Asking price is \$115,900. Call 912-283-0001 Ext 12 for additional information.

Land For Sale

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Investment Property

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Apartments Unfurnished
Condominiums
Retirement Communities
Homes Furnished
Homes Unfurnished
Mobile Home Lots
Roommates
Rooms to Rent
Beach Home Rentals
Beach/Vacation/Resorts
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Westside Private DW 3/2, chkd, no pets \$650mo + dep. 813-8713/655-0457

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Mandarin no pets, free cable, N/S \$400/mo. 1/2 unit. 434-4713

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Westside- 3/2, 2cgr, 1500sf, new crpt & paint, avail now \$950mo + dp. 7219 Mimosa Rd Trl 553-4371

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WONDERWOOD 2/2.5 Twtnshe, appls incl, hwdwd flrs in bdrms, fp, new kitchen, fenced yd, 10mins to Mayport. Call Randy 553-2657

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Roommates

Mandarin no pets, free cable, N/S \$400/mo. 1/2 unit. 434-4713

Roommates

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Rooms for Rent

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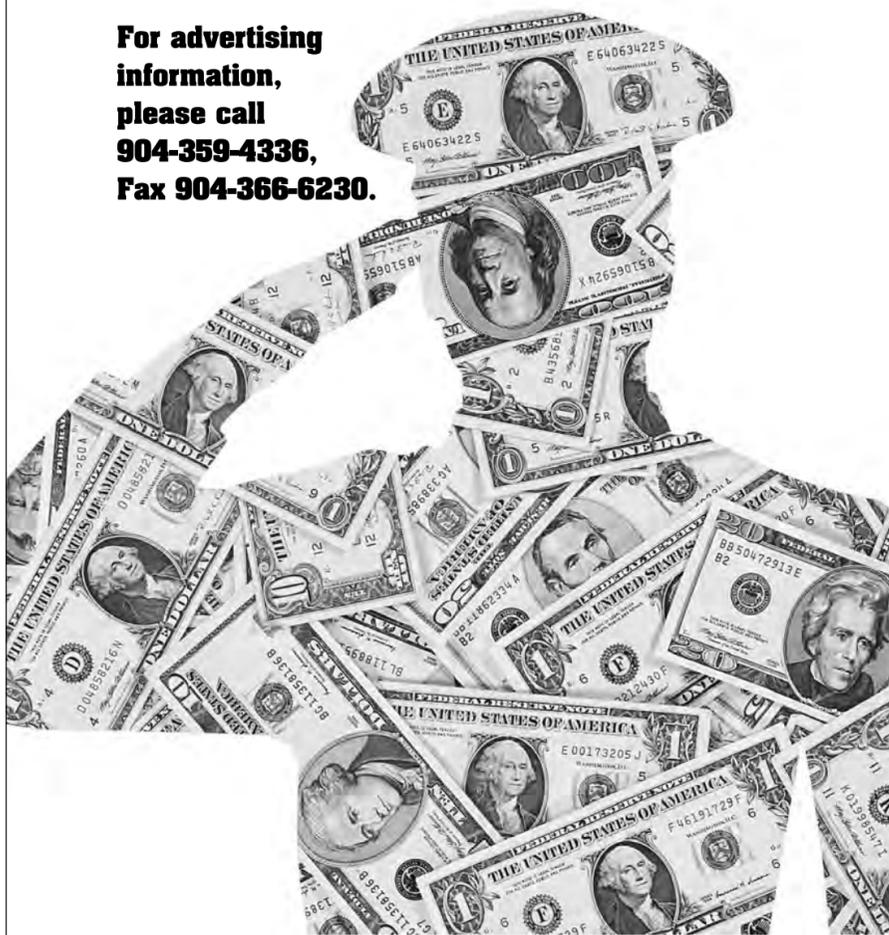
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