

# Fire Safety Week Oct. 3-9

## Mayport FD Reminds Residents To Check Smoke Alarms

From NS Mayport Fire Department

In an effort to better educate communities throughout the U.S. about smoke alarm recommendations, the nonprofit National Fire Protection Association (NFPA) is promoting "Smoke Alarms: A Sound You Can Live With!" as the theme for this year's Fire Prevention Week campaign, Oct. 3-9, which Naval Station Mayport is supporting locally.

NFPA has been the official sponsor of Fire Prevention Week for 88 years.

"Many homes may not have any smoke alarms, not enough smoke alarms, alarms that are too old, or alarms that are not working," says First Coast Navy F&ES Fire Prevention Office. "We want residents to understand that working smoke alarms are needed in every home, on every level (including the basement), outside each sleeping area and inside each bedroom. And, if a smoke alarm is 10 years old or older, it needs to be replaced."

Smoke alarms can mean the difference between life and death in a fire. NFPA statistics show that working smoke alarms cut the chance of dying in a fire nearly in half. But they must be working properly to do so. The association's data shows that many homes have smoke alarms that aren't working or maintained properly, usually because of missing, disconnected or dead batteries. Roughly two-thirds of all home fire deaths result from fires in homes with no

smoke alarms or no working smoke alarms.

The First Coast Navy Fire & Emergency Services Department will be hosting activities during Fire Prevention Week to promote "Smoke Alarms: A Sound You Can Live With!" locally, and to help Naval Station Mayport residents understand NFPA's smoke alarm recommendations. Through these educational, family-oriented activities, residents can learn more about the power of

smoke alarms, newer options for installing and maintaining them properly, and ultimately, how to better protect their loved ones from fire.

NFPA and the First Coast Navy Fire & Emergency Services Department agree that interconnected smoke alarms offer the best protection; when one sounds, they all do. This is particularly important in larger or multi-story homes, where the sound from distant smoke alarms

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# SERMC Holds Change of Command

By Phillip Actkins

SERMC PAO

Capt. Ronald E. Cook relieved Capt. Peter E. Schupp as Commander, Southeast Regional Maintenance Center (SERMC) Mayport in a change of Command ceremony on Sept. 10. NAVSEA Deputy Commander for Logistics, Maintenance and Industrial Operations (SEA 04), Rear Adm. Joseph Campbell, was the guest speaker at the event.

Schupp received the Legion of Merit for his tour as Commander, Southeast Regional Maintenance Center. In addition to many ship maintenance accomplishments during his tenure, SERMC completed a successful 2010 Fleet Maintenance Activity Assessment, Technical Authority Audit and achieved OSHA Voluntary Protection Program "STAR" status. At the conclusion of the ceremony, Captain Schupp retired with 26 years of dedicated naval service.

Schupp, a native of Riverside,



-Photo provided by SERMC  
Capt. Peter E. Schupp (left) was relieved by Capt. Ronald E. Cook (center) as Commander, Southeast Regional Maintenance Center. Rear Adm. Joseph Campbell, NAVSEA (SEA 04) (right) was the guest speaker.

California, earned a Bachelor of Science degree in Mechanical Engineering from California State Polytechnic University and then attended Officer Candidate School. He became an Engineering Duty officer in

1990 and also earned a Master of Science degree in Mechanical Engineering from the Naval Postgraduate School in 1992.

His sea duty assignments include Boilers Officer and Combat Information Center Officer on USS Denver (LPD-9); Boilers, Main Propulsion and Auxiliary Equipment Inspector at the Board of Inspection and Survey Sea Detachment, Atlantic; Main Propulsion Assistant (MPA) on USS John F. Kennedy (CV-67); and Chief Engineer on USS Kitty Hawk (CV 63).

Schupp's previous shore assignments include Project Superintendent

on USS Ingersoll (DD-990), USS Cushing (DD-985) ROH's and Surface Ship Business Agent at Pearl Harbor Naval Shipyard; Repair Officer and Executive Officer of Supervisor of Shipbuilding, Conversion and Repair at Puget Sound; Maintenance Officer (N43) for Commander, Naval Surface Group Middle Pacific; and Waterfront Operations Officer (Code 300) at Mid-Atlantic Regional Maintenance Center at Norfolk, Virginia.

Cook reports from his previous assignment as Waterfront Operations Officer (Code 300) at Southwest Regional Maintenance Center in San Diego. A native of Casper, Wyoming, he is a graduate of the University of Wyoming with a Bachelor of Science degree in Petroleum Engineering. He also earned a Master of Science degree in Mechanical Engineering at the Naval Postgraduate School.

His sea tours include: Auxiliaries Officer / Main Propulsion Assistant on USS Whipple (FF 1062), Main

Propulsion Assistant in USS Tarawa (LHA 1) and Chief Engineer in USS Cleveland (LPD 7).

Cook's shore duty assignments include: Fireroom and Engineroom Inspector at CINCPACFLT Propulsion Examining Board (PEB); Project Manager, SUPSHIP, San Diego; COMNAVSURPAC Staff as Force Maintenance Office and Deputy ACOS for Maintenance and Engineering (N43), Repair Officer, SUPSHIP Jacksonville, Fla., Waterfront Operations Officer, Southeast Regional Maintenance Center, and OPNAV Staff (N431).

"I am honored to take command today and look forward to working with an already outstanding SERMC team. We will continue to improve and find new ways to better serve the Fleet. It's great to be home," said Cook.

# RAPIDGate Comes Online

From NS Mayport

Naval Station Mayport is taking part in a Navy-wide initiative that will provide individuals without Department of Defense-issued Identification Cards access to the installation via a system called RAPIDGate.

RAPIDGate will provide vendors, contractors and service/supply providers with the option of enrolling into an electronic security system database. The vendors will be able to acquire a permanent access card for the base, instead of waiting for a daily pass permit. With this ID card, vendors will simply have their I.D. card scanned with a handheld device and it will determine whether or not the individual will be authorized access to the base.

Naval Station Mayport Security Department regulates the hundreds of vehicles, work trucks and semi-trailers that request access through Gate Five from A1A. Currently, the process involves providing the proper credentials and getting an access pass from the staff at Bldg. 48A. After the pass is acquired, vendors, service providers/suppliers and contractors have to take their vehicles to get a thorough screening for any possible threats to the safety of the installation. This process is usually long and grueling for most contractors, not to mention taking a lot of security manpower to issue passes, conduct vehicle inspections, man the gate and keep the traffic moving.

RAPIDGate will change all of this.

All vendors will be required to undergo a background investigation to be eligible for ID card and base access. Each employee will be able to register at a kiosk located on base. The registration will take about 12-14 minutes to complete and then allow 14 days of enrollment time in which the information will verify employment, background/criminal check and to update the Entry Control Point database. Once completed RAPIDGate will issue an ID card that will be activated at Naval Station Mayport. Rapid Gate will also continually conduct background checks on the issued card holders

See RAPIDGate, Page 11

## RLSO SE Holds Change of Command



-Photo by Katie Calloway

Capt. David E. Grogan relieved Cmdr. Joseph Romero as commanding officer of Region Legal Service Office Southeast during a change of command ceremony on Sept. 17 at the RLSO SE Detachment Mayport main courtroom in Building 1868.

Get Ready For Flu Season  
NHBC Mayport Has Vaccines

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Hispanic Heritage  
Family Fun Celebration

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Get Jump On Week  
With MWR Activities

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**Capt. Aaron Bowman**

Welcome back shipmates! Last week more than 250 Sailors stationed on board USS The Sullivans (DDG 68) returned home after a seven-month deployment to the Arabian Gulf and the Mediterranean Area of Operations. While deployed, the ship participated in several maritime security operations with Saudi Arabia and Kuwait and participated in several community service projects in Bahrain and Malaga, Spain. Overall, the ship visited more than seven ports and countries, traveled more than 35,000 nautical miles and transited the Suez Canal twice during their seven and a half month deployment. All of you should be very proud of your accomplishments, and welcome back to Mayport! Heroes honored

## CAPTAIN'S COLUMN

Just as we welcomed home USS The Sullivans, a welcome of a different kind took place at our Ocean Breeze Conference Center as we paid tribute to the Marines that took to battle and those that paid for it with their lives during the USS Hue City (CG 66) hosted 18th annual Battle of Hue Memorial Service. The guest speaker this year marking the 42th anniversary of the battle was General (Ret.) George R. Christmas, who served as Commanding Officer of Company H, Second Battalion, Fifth Marines, First Marine Division. Gen Christmas is also a recipient of the prestigious Navy Cross for extraordinary heroism in connection with operations against the enemy in the Republic of Vietnam. The Battle of Hue began Jan. 31, 1968, during the Vietnamese holiday of Tet when the North Vietnamese Army launched an all-out offensive against the United States and Republic of Vietnam forces throughout South Vietnam. One target of the attack was the ancient Vietnamese imperial city of Hue. U.S. Marines immediately launched a coun-

ter-offensive called Operation Hue City. The ensuing struggle for Hue resulted in a significant American victory. Speakers needed The City of Jacksonville Office of Special Events is bringing back the Week of Valor Speakers Bureau for its second year. Building on the success of last year, the Week of Valor Speakers Bureau will educate the community on military history, contributions, members, and the vital role it plays in protecting our country. Members of the Week of Valor Speakers Bureau will speak at local schools, hospitals, senior centers, and community groups during the week leading up to Veterans Day, Nov. 3-10. The Week of Valor Speakers Bureau provides the community with a rare glimpse into the personal side of the military. Perhaps you would like to share an experience about touching lives, or how and why you joined the Navy. Whatever it is, this is your opportunity to educate the public firsthand about the group of men and women who protect and serve our country. If you are interested in being a part

of the Week of Valor Speakers Bureau, call Lauren Powell at lauren@coj.net or (904) 630-3690. Deadline is Oct. 4. Military Pride by way of Angels The skies will ring like thunder as Navy pride takes to the sky on Oct. 23-24 during the NAS Jax Air Show. This is a free family event featuring top military performers, including the Navy's Blue Angels. Gates will open at 9 a.m. Show will start sharply by 10 a.m. Parking is free and open to everyone. Come out and witness military and civilian aerobic demonstrations as well as the Super Shockwave Jet Truck race down the base runway at speeds reaching more than 300 M.P.H. Hope to see everyone there! MWR Fall Sports Challenge The gloves are off and this is my last sports challenge...let's get that trophy! The event kicks off as usual with a canoe race on Oct. 5 and the fun will run to Oct. 8 ending with a cook out at the Sea Otter Pavilion. For our teams, get your game face on... this year we claim the trophy! Help is here Our Fleet and Family Support Center and Navy Marine Corps Relief Society is standing by to help you. Please know that help in a variety of areas such

as counseling, budget preparation and financial education, deployment support for Sailors and families, and the list goes on. The point I am trying to make is help is here. You can receive that help anonymously and FREE. Please take advantage of it. Hubbard House Needs You October is Domestic Violence month and in support of that, our Fleet and Family Support Center is sponsoring a drive for the Hubbard House and personal care items are needed such as hair products, travel size lotions, shampoo, toothpaste, soap, feminine hygiene products and brushes and combs. Please bring all donations to the Fleet and Family Support Center in Building 1 by Oct. 28. Did you know... If you reduce the temperature setting of your water heater from 140 degrees to 120 degrees F, you could save more than 18 percent of the energy used at the higher setting. Even reducing the setting 10 degrees will save more than 6 percent in water-heating energy. A dripping faucet can waste up to 20 gallons of water a day. A leaking toilet can waste up to 200 gallons of water a day. If every gas-heated home were properly caulked and weather-stripped, we'd save

enough natural gas each year to heat about 4 million homes. Approximately 80 percent of the energy consumed by a dishwasher is used to heat water; a typical dishwasher uses 14 gallons of hot water per load. It is estimated that 50 percent to 80 percent of the tires rolling on U.S. roads are underinflated. Driving with tires that are underinflated increases "rolling resistance," wasting up to 5 percent of a car's fuel. We could save up to 2 billion gallons of gasoline annually simply by properly inflating our tires. If all the cars in the United States were equipped with the most efficient tires possible, the fuel savings would equal 400,000 barrels of oil per day. If everyone in the United States recycled one-tenth of their newspapers, we would save about 25 million trees every year. More than 500,000 trees are used to supply Americans with their Sunday newspapers every week. As always, if you see a better or SAFER way of doing business here I want to hear about it. YOUR concerns are my concerns so keep those suggestions rolling into the CO's suggestion box located at the base gallery, or e mail them to aaron.bowman@navy.mil

# Connecting With Your Child's School Counselor



**Judy Cromartie  
School Liaison Officer**

All students can learn. However, a student who is troubled cannot learn as easily. When students deal with physical illness, divorce, substance abuse, child abuse, and poverty it places them at-risk of educational failure and maybe dropping out of school. Military students have the added social stressor of deployment: transitions, family relo-

## KNOW THE ROPES

and extended separations. Students and parents report mobility as the most challenging aspect of the military especially for teenagers. Most young people report the greatest stress is anticipation of the move and then the first month of the move. Add to that academic adjustment and peer acceptance throughout the first year of the move and a family may be left with a sense of little control over their environment. Early intervention is essential, and parents and guardians play a vital role. Professional school counselors can also help. A school counseling program which provides direct services and is directed by a profession-

ally trained school counselor is a critical component of a school's prevention efforts in the 21st century. The professional school counselor is a certified/licensed educator trained in school counseling with unique qualifications and skills to address all students' academic, personal/social, and career development needs. As a parent, your past experiences with a school counselor may be vastly different than the experiences your child will have. Today professional school counselors advocate, mediate, coordinate, refer, lead and collaborate with teachers, administrators and parents to help students be successful.

They provide services not only to students in need but to all students: parent nights, academic planning programs, interpretation of assessment results, exploration of college/career options, and one-on-one conferencing for example. The beginning of a school year is an excellent opportunity to initiate contact with your child's school counselor, and by doing so you help to provide a positive school experience for your child. Depending on the grade your child is in, whether he is in a special program, a magnet school, or on a special diploma track, the beginning of the year is the perfect time to determine what needs to happen when. You'll be in the loop of important dates/deadlines for the rest of the school year. At part of this conference, discuss your child's challenges

and concerns, especially if this is your child's first year in this school. As a parent, you know your child best. However, school counselors can offer options for dealing with concerns, including better ways to communicate with your child. By sharing information with each other, you begin to establish a helping relationship. School counselors are excellent resources; however, they do not provide therapy or long-term counseling. Referrals to outside agencies may be initiated at the school. But remember that parent-school collaboration takes time and work. This collaboration requires tenacity because things don't always go perfectly at first. But when parents work with schools, their children tend to have greater social adjustment. They get along better

with fellow students and teachers. They communicate more effectively, and believe it or not, sometimes they do their homework more willingly. By taking advantage of all the school counseling department has to offer, you can help your child start off on the right foot – and stay there – this school year. Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at [Judith.cromartie@navy.mil](mailto:Judith.cromartie@navy.mil) or by phone at (904) 270-6289 ext. 1305 [office] or (904) 219-3894 [cell]. Or you can schedule a meeting with her in her office in Building One.

# Understanding Is Path To Finding True Love



**Chaplain Peter W. Dietz  
Surface Force Ministry Center**

"I'd like to see you out in the moonlight  
I'd like to kiss you, baby,  
way back in the sticks  
I'd like to walk you through a field of wild flowers  
And I'd like to check you for ticks  
Oh, I'd sure like to check you for ticks."  
This is the chorus to the song 'Ticks' sung by Brad Paisley. I hope you find these words as funny as I do. Do you remember the days of going out and

## CHAPLAIN'S CORNER

trying to meet that special someone? Maybe that is what you have planned this weekend. What are some of the cheesiest pick-up lines you have heard? As a chaplain I might have to go with, "Are you religious? Cause you are the answers to all my prayers." But I am also particularly fond of, "You must be Jamaican, because Jamaican me crazy." Being young and single is both really exciting and really frustrating. There is this deep desire to be in love and sometimes folks try just a little too hard and experience that crash and burn disappointment. The struggle I see in many people, who are in search of 'the one' is a struggle between the heart and the head. For example: when the heart says "yes" and the head says 'no', there is sure to be a problem, because most often the heart wins, and it doesn't take long for the head to say, "I told you so." So why

do people cave-in to their 'feelings' when their 'head' or their friends are telling them "don't do it"? Maybe it is the 'carpe diem', live for the moment, or the 'don't worry about the consequences' mentality. Whatever it may be, the fact is the 'head'

will win in the end. What I mean is long-term, successful relationships require both the emotional feelings from the heart as well as knowledge of each other intellectually. You need to 'know' each other, and I don't mean in the Biblical sense. You need to know what motivates the other person, what are their goals, what kinds of relationships have they had in the past. The irony is that when you

have been in a relationship for a long time you do know each other intellectually and you need to work on getting back the passion that was felt during those days of going out and having those first awkward and exciting dates. Folks that have been married for a while need to work on getting to 'know' each other, and this time I do mean in the Biblical sense. In closing, don't get too frustrated about love. Remember,

knowing someone and understanding them are two very different things. The Bible says, "Three things are too wonderful for me; the fourth I do not understand: the way of an eagle in the sky, the way of a serpent on a rock, the way of a ship on the high seas, and the way of a man with a maiden." -Proverbs 30:18-29.

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# Personal Security – It’s That Important!

By Beth Wilson

Military Spouse Contributor

I have to admit while I think I am ‘OPSEC’ conscious (makes my family and friends crazy) that I never realized how careless I was on PERSEC or Personal Security. Maybe like me you have said or posted something similar to the following. “My countdown calendar is getting smaller!”

From an OPSEC perspective I didn’t reveal a thing about my service member’s command, area of operation, movement or return, right? So from an OPSEC perspective I was ‘good.’ However from a PERSEC view – well, I just announced that my husband is gone...inferring that I am home alone. Now what if I then post

## HOMEFRONT IN FOCUS

“I’m meeting the girls for a movie.” Now I have announced that I live alone and my home is going to be empty. See where we are heading here? PERSEC takes a different mindset.

So let’s talk about personal safety at home. The Department of the Army offers the following to spouses:

- Consider owning a dog. If that is not possible, give the appearance of owning a dog. Post a ‘beware of dog’ sign, set large dog bowls outside and inside the house.
- Consider stronger doors, a

security alarm system, peepholes in all doors, black-out drapes/curtains. Most alarm companies will conduct a free home inspection and make safety recommendations regardless of purchase of their products.

-Have adequate lighting outside your house.

-Create the appearance that the house is occupied while you are away:

- Use timers to control lights and radios (yes, radios)
- Have a trusted neighbor/relative pick up deliveries (news-papers, mail, etc.)

•Have trusted neighbor/relative put your trash out and return containers to proper place...and cut your grass.

-Never admit strangers to your home without proper identification (think about all the service providers in our home with each PCS move). If not expecting a service tech call the company to verify the official visit.

-Do not unnecessarily divulge your home address, phone number or family info. Teach children to do the same.

-Personally destroy all paperwork and other items that reflect personal information (bank statements, credit card offers, etc). A good cross-cut shredder is around \$30 and is worth it.

-Develop a ‘code’ to talk about deployment with your family and friends (Joe returns on the 10<sup>th</sup> of Carnation).

-Help children understand the importance of safety, especially keeping our service member’s status as a ‘secret’ from unauthorized individuals (authorized: teachers, clergy, etc).

Car Safety:

-Always lock your car, even if you are only going to be a moment. Think this isn’t important? Your base access tags announce you are military, your vehicle registration and insurance cards provide your address. More info than any stranger has a right to access.

-Never leave bills or other correspondence in your car,

again this reveals your address.

Internet Safety:

Remember once you post it on the internet it is there forever! A clue given today, coupled with a clue yesterday and another tomorrow can potentially put you, your family or service member at risk. PERSEC – Your Personal Security – yup, it really is important.

Connect with Beth on Twitter (@Beth\_Wilson), Facebook (www.facebook.com/enlisted-spousecommunity) and www.enlistedspousecommunity.com. Actor John Ratzenberger joins Beth’s show Sep 28<sup>th</sup> on www.blogtalkradio.com/nht.

## MAYPORT MILESTONES

### Navy/Marine Corps Commendation Medal

CS1 Tamika Smith, USS Roosevelt

### Navy/Marine Corps Achievement Medal

LS3 Michael Dinkle, USS Roosevelt

CSSN Sherman Crutchfield, USS Roosevelt

SH1 Crystal Frank, USS Roosevelt

CS2 Andre Davis, USS Roosevelt

SHSN Jovan Smith, USS Roosevelt

SHSN Sonia Sidberry, USS Roosevelt

SH2 Isaac Smith, USS Roosevelt

SH3 Torey Robinson, USS Roosevelt

CSSN Riccardo Works, USS Roosevelt

LSSN Kyle Brown, USS Roosevelt

CS3 Cortez Walters, USS Roosevelt

OS2 Steven Gross, USS Roosevelt

### Letter of Commendation

SHSN Jeff Sanon, USS Roosevelt

CSSN Jeremy Skipper, USS Roosevelt

CSSA Jasmine Richardson, USS Roosevelt

CSSA Daniel English, USS Roosevelt

CS3 George Reynolds, USS Roosevelt

OS3 Joshua Beekman, USS Roosevelt

OSSN Daphne Baker, USS Roosevelt

### Letter of Appreciation

DC1 Edward DeLeon, USS Roosevelt

CMDCM Paul Corey, USS Roosevelt

### Good Conduct

HM3 Travis Tucker, USS Roosevelt

QM2 Ian Bishop, USS Roosevelt

CSSN Sherman Crutchfield, USS Roosevelt

SH3 Torey Robinson, USS Roosevelt

CS3 Cortez Walters, USS Roosevelt

OS2 Gregg Tansey, USS Roosevelt

CTR2 Ryan Davis, USS Roosevelt

OS2 Christopher O’Larry, USS Roosevelt

## Mayport Can Make Difference

From Balfour Beatty

With Oct. 23, marking the 20th anniversary of Make a Difference Day, the largest national day of community service, Balfour Beatty Communities together with its residents, is looking to make a great difference in the lives of many through Second Harvest Food Bank.

Until Oct. 22, members of Naval Station Mayport can place non-perishable foods in collection bins located at Bldg. 289 and Bldg. 350 or at the Ribault Bay Community Center. Balfour Beatty will deliver the goods to Second Harvest Food Bank on Make a Difference Day, Oct. 23.

“If every member of Naval Station Mayport donates just one non-perishable food item, imagine the number of people or families we can help,” says Heather Gaskins, LifeWorks Coordinator for Balfour Beatty Communities, “it’s about neighbors helping neighbors and everyone can participate.”

Created by USA WEEKEND Magazine and HandsOn Network, Make a Difference Day is an annual event that takes place on the fourth Saturday of every October and millions have participated. In 2009 alone, 3 million people cared enough about their communities to volunteer on that day, accomplishing thousands of projects in hundreds of towns.

“We can make an impact on our community – no, on the world,” continues Gaskins, “those we help may very well turn around and help others, continuing what we started.”

Balfour Beatty Communities shares USA WEEKEND Magazine and HandsOn Network’s vision of Make a Difference Day that one day, every person will discover their power to make a difference, creating healthy communities.

The results of the collection will be published at the conclusion of the drive. In the meantime, anyone wishing to know more about this charity drive is encouraged to contact the Balfour Beatty Community Management Office at 904-372-4702.



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# MWR Hosts Barracks Bash



-Photos courtesy of MWR  
ATAN Roy Sanchez of HSM-40 and ASAN Joe Sexton of FRCSE stop by the Liberty Program's prize table and enter for a chance to win some great items including a new laptop computer.



Boatswain's Mate 3<sup>rd</sup> Class Thomas Duffey of USS Hue City is served a steak by Ocean Breeze staff.



Sailors from HSM-40 pose for a photo before starting a round of paintball. Shown left to right are Aviation Structural Mechanic Airman Paul Harris, Aviation Electronics Technician Airman Hector Perez, Aviation Maintenance Administrationman Airman William Davison, and Aviation Electrician's Mate Airman Blain Lee.



Intelligence Specialist Seaman Andrew Hoffman, COMUSNAVSO, tries to sneak up on a paintball opponent as he crouches behind a barrier.

## Single Sailors Enjoy Afternoon Of Fun

From MWR

MWR Mayport's Liberty Program hosted the Fall Barracks Bash on Sept. 23 behind Barracks Buildings 1586 and 1587.

Single Sailors and Geo-Bachelors, E1-E6, were treated to a delicious steak dinner and the chance to win great prizes including a new laptop com-

puter. The event also featured paintball and DJ entertainment.

Fall Barracks Bash was sponsored in part by Navy Federal Credit Union and USAA. For more information about upcoming Liberty events, call 270-7788 or stop by the MWR Single Sailor Center in Building 46, across from Bravo Pier.



Sailors at Barracks Bash visit event sponsor USAA's tent.

# SERVMART, Navy Celebrate Anniversary

By MC2 Jacob Sippel  
NPASE Mayport

For 15 years, the Servmart program has been working with the Navy to provide on-base mission critical support and provide all consumable supplies in order to meet the customers' mission objectives.

The partnership between Servmart and the Navy reached their 15-year anniversary Sept. 15, and a small ceremony was held at the Naval Station Mayport Base Servmart to honor the longstanding relationship between the store and the base.

Servmart is a community based non-profit agency and its mission is to provide training and employment opportunities to adults with disabilities. Their partnership with the Navy through various contracts and Servmart stores provide the means for meeting this mission.

"The relationship between Servmart and the military really helps us fulfill our mission of employing the blind and also selling our manufactured products to support the military," said Jeff Schwartz, LC Industries Chief Operating Officer.

The importance of having a one-stop-shop for equipment and supplies is something that is not lost on the base that is home to the U.S. Navy's 4th Fleet.

"This is huge for us here. It is a convenience issue and Servmart knows exactly what products we need here on base," stated Capt. Aaron Bowman, Naval Station Mayport commanding officer.

Hitting the 15-year mark is no small feat and Schwartz said that it is Servmart's unique relationship with the military that keeps the company rolling.

"Our focus is on our customers, and we are going to support them any way we can," said Schwartz. "We have access to over a million different products, so when a customer comes in and needs something, we are able to get it to them, and get it to them when they need it."

Schwartz said that Servmart serves many purposes; from supporting the military's needs to providing employment for people who are blind, and that he looks forward to continuing supporting Mayport in the years to come.



AE1 Michael Tweedie and AD3 Brad Sexton of HSL-48 shop for supplies at Servmart. The store's consumer-friendly layout makes it easy for Sailor to find what they need.

-Photos by MC1(SW) Heather Ewton



LC Industries employees keep the Servmart organized and customer friendly.



Servmart customers enjoy the day of celebration.

## Jack's Pack Meets Jack Del Rio



-Photos by Paige Gnann

Above, Members of Jack's Pack, a Naval Station Mayport military youth group sponsored by Jacksonville Jaguars coach Jack Del Rio, meet the NFL coach at the Jaguars stadium Sept. 14. The children toured the stadium and talked with several football players, trainers and coordinators. They also got a chance to visit the team's locker room before receiving signed footballs, running shoes and Nike backpacks filled with goodies. Left, Jacksonville Jaguars players Don Carey and Rashad Jennings talk with Melany Karcher. Below, Tyler Parsons gets his picture taken at Maurice Jones-Drew's locker while visiting the Jaguars locker room



# FFSC Offers Parenting, Conflict Resolution Classes

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

Sept. 30, 9-11 a.m., Resume Walk-in Review, FFSC Room 701

Oct. 4, 1-3 p.m., FERP-Starting Your Own Business, FFSC, Room 702

Oct. 4-7, 8 a.m.-4 p.m., SAPR Advocate Training, Building 1, Room 1616

Oct. 4, 9-11 a.m., What About The Kids?, FFSC, Room 719

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.

Oct. 5, 9-11 a.m., Resume Walk-in Review, FFSC, Room 701

Oct. 5, 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 thor-

## Relationship Doc Speaks At Mayport

From FFSC

Fleet and Family Support Center will host Dr. David Wesler on Sept. 30 from 8 a.m.-noon at Beachside Community Center.

Wexler has been featured on the Dr. Phil Show, the TODAY show, in the Washington Post, "O" magazine, Cosmopolitan, Redbook, Men's Health and on dozens of radio and TV programs throughout America to help educate the public about relationships in conflict and how to resolve them.

Wexler will speak on the topic of "The Big Five Myth-Shattering Trends In Domestic Violence That Everyone Needs To Know" with a book signing immediately following the event. Wexler has authored four books including *When Good Men Behave Badly: Change Your Behavior, Change Your Relationship* and *The Adolescent Self: Strategies for Self-management, Self-soothing, and Self-esteem in Adolescents*.

To register for the event, call 270-6600 ext. 1700. Seats are limited.

oughly covered via discussion, video vignettes, and handbook information. Participation in all 6 sessions is required.

Oct. 6, 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.

Oct. 6, 8-11:30 a.m., Stress Management, Wellness Center

Stress is a normal part of everyone's life. It can be energizing and a factor in motivating us. But too much stress, without relief, can have debilitating effects. This program is designed to provide participants with an understanding of what stress is and how it affects them. It will also help participants begin to look at their own lives and ways they currently cope with stress. Participants will be challenged to develop behavior and lifestyle changes that will improve their ability to cope with stress.

Oct. 7, 1:30-3 p.m., Conflict Resolution For Women, FFSC,

Room 702

Oct. 7, 9-11 a.m., Resume Walk-in Review, FFSC, Room 701

Oct. 12, 9-11 a.m., Resume Walk-in Review, FFSC, Room 701

Oct. 12-15, 8 a.m.-4 p.m., TAP Retiree Workshop, Building 1, Room 1616

Oct. 12, 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.

Oct. 13, 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.

Oct. 13, 6-7 p.m., IA

Discussion Group, USO

Oct. 14, 1:30-3 p.m., Conflict Resolution For Women, FFSC, Room 702

Sponsors play a critical role in retaining newcomers and increasing overall productivity and morale by making a newcomer's arrival at the command easier. The Sponsor Program is designed to help facilitate the relocation of Navy service members and their families creating a link between the service member and their new command. The primary goal is to ease difficulty and reduce the apprehensions normally associated with a Permanent Change of Station (PCS) move.

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

Oct. 15, 9-11 a.m., CO/XO Spouse Information Session, FFSC

Oct. 18-19, 8 a.m.-4:30 p.m., Ombudsman Basic Training, Building 1

Oct. 18-21, 8 a.m.-4 p.m., CONSEP, Building 1, Room 1616

Career Options & Navy Skills Evaluation Program (CONSEP) - This 4-day workshop introduce participants to the techniques of parallel career development modeled from commercial business plans. They create their own company and use sound business principals to formulate a personal mission statement, vision, product improvement resources, and marketing techniques to advance their product on the global economy.

Oct. 18, 8:30 a.m.-noon, FERP-Career & Job Readiness Class, FFSC, Room 702

Oct. 18, 1-3 p.m., FERP-Federal Employment Class, FFSC, Room 702

Oct. 19, 9-11 a.m., Resume Walk-in Review, FFSC, Room 701

Oct. 19, 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.

Oct. 20, 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.

Oct. 20, 8 a.m.-4 p.m., PFM Forum, FFSC, Room 719

Oct. 21, 1:30-3 p.m., Conflict Resolution For Women, FFSC, Room 702

Oct. 21, 9-10:30 a.m., Sponsor Training, FFSC, Room 719

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

Oct. 25-28, 8 a.m.-4 p.m., TAP Separatee Workshop, Building 1, Room 1616

Oct. 26, 9 a.m.-noon, Couples Communication, FFSC, Room 719

Whether you've been dating for 6 months or married for 20 years, effective communication is critical to keeping your relationship happy, healthy and strong. Come learn new techniques which will help you build on the strengths of your relationship and learn to identify barriers to effective communication.

Class is a one-time three-hour class. Couples are encouraged

but not required to attend class together.

Oct. 26, 9-11 a.m., Resume Walk-in Review, FFSC, Room 701

Oct. 27, 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.

Oct. 27, 8-11 a.m., Anger Management, Building 1, Room 1615

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.

Oct. 28, 1:30-3 p.m., Conflict Resolution For Women, FFSC, Room 702

Oct. 28, 9-11 a.m., Resume Walk-in Review, FFSC, Room 701

Oct. 28, 8 a.m.-noon, FAP Key Personnel Training, Building 1, Room 1615

## Florida State College On Base Classes For October

From Florida State College Florida State College fall term continues with classes available at Naval Station Mayport beginning Oct. 25 and running through Dec. 17. Classes are open to any interested students. On base classes include:

CGS1100 Microcomputer Applications for Business (Tue)

EUH1000 Western Civilization through 1589 (Mon)

ECO2023 Economics II (Tue)

ENC1101 English Composition I (Thur)

PSY1012 General Psychology (Tue)

HUM2450 Humanities in the Americas (Thur)

REL2300 World Religion (Mon)

SLS1103 Strategies for Success (Tue)

ENC1102 English Composition II (Wed)

SPC2608 Speech (Tue)

All classes begin at 5 p.m., except SLS1103 which begins

at 3:30 p.m. All of the classes are hybrid and require the use of a computer.

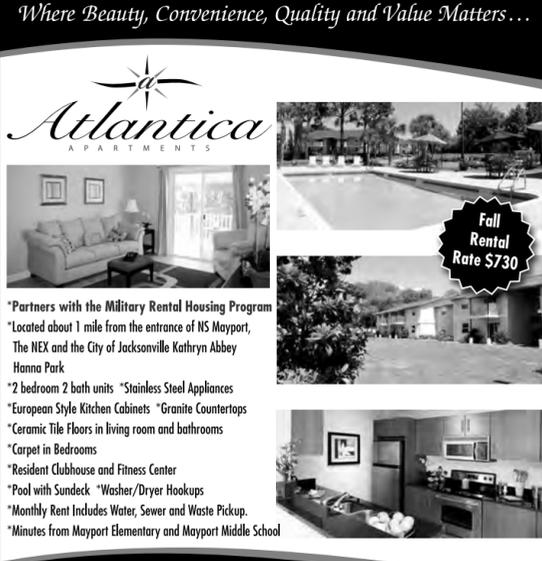
For more information on these classes or any Florida State College issue, contact Jeff or Lorena at the NS Mayport FSCJ Office by calling 249-7311.

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# Farragut Molds New Chief Petty Officers

By FC1 (SW) Rich Possert  
USS Farragut Public Affairs

*Lead From the Front. Always Ready. Tried and True. Ask the Chief.* These are all phrases; the mindset of the Chief Petty Officer.

Six USS Farragut First Class Petty Officers have been selected to be advanced to Chief Petty Officer. To most everyone outside of the "Chief's Mess," the "induction" the selectees go through is a mystery, which will never change. I recently interviewed the Chief in charge of Farragut's Chiefs' induction, Chief Fire Controlman (SW) Donnie Watson, a 19-year veteran and one of the most experienced Sailors on board Farragut.

"The process is a way to prepare the selectees for acceptance into the CPO Mess," Watson stated. "[Induction] breaks the selectees' paradigms of the CPO mess and prepares them to lead their Sailors above and beyond the way they have led them in their previous ranks and positions (Leading Petty Officer, Work Center



-Photos by CTM1(SW) Keith L. Hanks  
The Chief Petty Officer Selects of USS Farragut lead the ship's 9-11 anniversary ceremony.

Supervisor, etc.)." Throughout the induction process, leading up to Sept. 16, when the Selectees will be pinned in a time-honored ceremony, many of us will continue

to see the perspective Chiefs holding fundraisers and running and conducting PT at the crack of dawn, their cadence loud and proud. It is good to know that these few induction activities

we see are only a few of the proven ways our Chief selectees are seasoned into fine Chief Petty Officers. Congratulations to all of Farragut's selectees and their families: Chief



Senior Chief Sonar Technician Surface Christiansen mentors Chief Select Information Systems Technician Christopher Hay with his Chief uniforms.

Engineman Robert Sharp, Chief Gas Turbine System Technician Electrical Robert Pfirman, Chief Operations Specialist Kevin Wyche, Chief

Fire Controlman Bert Wall, Chief Information Systems Technician Christopher Hay and Chief Electronics Technician Tyrone Matthews.

# Farragut Holds Ceremony To Thank Ombudsman

By YNSN Brian R. Filippin  
USS Farragut Public Affairs

Being an Ombudsman is a job that requires dedication and the ability to communicate on multiple levels. The ability to not only "Navy Speak," but understand and translate our requirements and relating those terms to civilians who may not have ever heard of "Shotgun Duties" or "VERTREP."

The amazing people who do the job of Ombudsman for Navy ships do it with an unwavering fervor. Dawn Garl, wife of Chief Electronics Technician Chris Garl, the Ombudsman for USS Farragut, is no different.



Photo taken by CTM1 (SW) Keith L. Hanks  
USS Farragut Commanding Officer, Cmdr. William Daly, presents Dawn Garl a plaque from Farragut and crew in appreciation for her dedication as Ombudsman.

During Farragut's latest deployment, she was the liaison between the crew and their families. Dawn corresponded with Farragut Commanding Officer, Cmdr. William Daly, on items such as the ship's schedule and how the crew is performing in the various tasks they accomplished while overseas.

In some instances when the ship had limited communication channels with loved ones due to operational security, Dawn would pass information from the captain to the families to keep them apprised of what their loved ones were doing and where they were going.

The crew of Farragut took

time on Sept. 10 to hold a special ceremony honoring Dawn and all of the hard work that she did and continues to do for Farragut.

Standing up on the podium giving his words of appreciation, Daly spoke with conviction when he said, "[Dawn] is one of those people who do so much for others with no expectations of recognition from anyone, and she has a big heart for the Farragut family."

Numerous Farragut Sailors and their families reaped the benefits of the long hours and hard work of the Ombudsman during deployment; the most strenuous time for Sailors, their

families and the Ombudsman.

"Dawn is a dedicated volunteer that is well-suited to her duties, because her calm attitude makes her very approachable. And, she truly cares!" Command Master Chief Clarence Mitchell described Farragut's Ombudsman.

Standing in front of the crew of Farragut, receiving her plaque and a few other gifts, Dawn was appreciative of them, but according to her.

"I'm just honored just to serve the crew - that was the real gift," she said.

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# DESRON 24 Departs For Exercise Joint Warrior

By Lt. Zachary Harrell

Destroyer Squadron 24 Public Affairs

Four ships led by Commander, Destroyer Squadron (COMDESRON) 24 departed Norfolk, Va. Sep. 21, to participate in Joint Warrior, a coalition exercise designed and led by the Joint Tactical Exercise Planning Staff (JTEPS) in the United Kingdom and staged off the coast of Scotland.

Sailors from USS Stout (DDG 55), USS Nitze (DDG 94), USS Bainbridge

(DDG 96) and Fleet replenishment oiler USNS Leroy Grumman (T-AO 195) will be representing the United States in the exercise that will also include sea, air and land forces from Belgium, Germany, Greece, Estonia, Italy, Netherlands, Norway, Poland, Spain, Sweden, Turkey, United Kingdom and NATO.

"Joint Warrior will allow our Sailors the opportunity to practice operating with our coalition partners so that we

are better prepared to support multinational operations in real-world missions," said Capt. Aaron Jacobs, DESRON 24 commander. "Our Sailors will gain essential training and experience by operating as part of a multinational force in a multi-warfare environment."

The exercise scenarios will challenge the coalition navies in major warfare areas such as air defense, anti-surface warfare and anti-submarine

warfare. Particular emphasis will be placed on maritime security operations including boarding and searching vessels suspected of illegal activities and defending against small boat attacks.

"The safety and security of the world's seas is a responsibility shared by all of the coalition navies," said DESRON 24 operations officer, Lt. Cmdr. Greta Densham. "Joint Warrior allows us to realize that responsibility by working with our allies to improve

the way we counter illegal activity and defend against acts of terrorism on the high seas."

Joint Warrior is scheduled to begin in early October. The exercise, which will last approximately two weeks, will also serve to certify the U.S. ships for deployment.

For more news from DESRON 24, visit [www.cds24.surfor.navy.mil](http://www.cds24.surfor.navy.mil).



-Photo courtesy of MCC Edward Kessler  
Sailors onboard the Oliver Hazard Perry class frigate USS Taylor (FFG 50) man the rails as she pulls into Brest, France for a quality of life visit for her crew. Taylor is on deployment operating in the 6th fleet area of responsibility.

## Taylor Arrives France

By MCC Edward Kessler

USS Taylor (FFG 50) Public Affairs

USS Taylor (FFG 50) arrived in Brest, France, Sept. 26 for a quality of life port visit nearing the end of a six-month deployment.

Taylor's visit to Brest is a chance for the ship's crew to relax and experience French culture.

"This is our second stop in France during this deployment," said Yeoman 3rd Class Jeremy Tenney. "I am really looking forward to some down time and a chance to experience the

French culture."

The highlight of the visit for Taylor's crew members will be a tour of Normandy hosted by the ship's Morale, Welfare and Recreation committee, which will include a visit to a local museum, cemetery, battlefields and beaches.

Normandy was the site of the allied invasion June 6, 1944, which marked the beginning of the end of Germany's conquest of Europe during World War II.

"It is very humbling to walk in the footsteps of those who played such a key part in the

liberation of Europe," said Navy Counselor 1st Class Rob Ehrhart. "Especially since my grandfather served in the Army during World War II in the European theater."

Upon completion of the ship's visit to Brest, Taylor expects to begin the final leg of its six-month deployment.

Taylor, an Oliver Hazard Perry-class frigate, is home ported in Mayport, Fla., and is currently on a scheduled six-month deployment in the 6th Fleet Area of Responsibility.

## Hands On Training At CNE



-Photo courtesy of CNE Mayport  
Center for Naval Engineering Mayport, conducted its inaugural A-Plus training course. Chief Machinist's Mate Joseph Bevels and Machinist's Mate 1st Class Thomas Orf were the lead instructors for the A-plus Training Course. Sailors from USS Gettysburg and USS Halyburton Engineering department participated in the pilot course. The course was focused on hands on training in: valve maintenance, tag-out, 3-M maintenance, safety and Quality Assurance. The course focused on the junior Sailors with less than six months to a year on board. Pictured from left is Chief Machinist's Mate Joseph Bevels, Engineman Fireman Jason Grimmert of USS Gettysburg, Engineman Fireman Apprentice Glen Wright of USS Gettysburg, Engineman Fireman Dustin Fort of USS Halyburton, Gas Turbine System Technician Mechanical Fireman Apprentice Steven Ballard of USS Halyburton, Gas Turbine System Technician Mechanical Fireman Dmante Thompson of USS Halyburton, Machinist's Mate 1st Class Thomas Orf.

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# 2010 Flu Vaccines Available At NBHC Mayport

By HMI(SW/FMF)  
Stephen H. Ramsdell  
NBHC Mayport

It is that time of year again, when the leaves start to change color, the temperature drops, and the flu bug attacks. It is time for you to receive your annual gift from Medical, the Influenza Vaccination. Why do I have to get vaccinated you ask? The answer is that influenza or flu is a contagious disease. It can be spread by coughing, sneezing, and also by nasal secretions. Anybody can get the flu, but rates of infection are found to be higher in children. Symptoms of influenza include; Headache, Chills, Muscle aches, and Fatigue.

Other illnesses can mimic the symptoms and could be mistaken as influenza.

Who is more susceptible to the flu? Infants, children, elder-

ly people and pregnant women and those with certain health conditions such as heart, lung, kidney, or immune suppression may suffer more serious illness due to the influenza virus.

What types of influenza vaccine are there? There are two types of Influenza vaccine. There is a live attenuated vaccine, and an inactivated vaccine. The live vaccine contains the weakened influenza virus and is administered directly into the patient's nostrils. The Inactivated vaccine is the actual "shot" and is administered into the muscle, usually in the upper arm via needle and syringe.

The 2010-2011 vaccination will provide protection against the H1N1 and two other forms of influenza. Getting your vaccination every year is always recommended so that you are protected against the flu. The

immunization is good up to a year and takes two weeks for your body to process and develop resistance to the flu virus.

Is the influenza vaccination safe? Like any medicine, there may be a small risk for allergic reactions or other side effects. Some people may experience some symptoms after receiving the inoculation such as sore throat, runny nose, cough, fever/chills, tiredness and weakness. Other symptoms that can be experienced are nausea, vomiting, diarrhea, and head or muscle aches. However, the risk of serious or permanent injury is extremely small.

What if I experience a severe reaction, what do I do? If you have an adverse reaction to the influenza vaccine, you should be aware of the signs and symptoms that may present themselves, for example; high fever

or behavior changes, difficulty breathing, hoarseness or wheezing, hives, paleness, weakness and/or a fast heart beat are all unusual reactions and if experienced, you should seek medical attention at the nearest emergency treatment facility. Notify the doctor of when and where the shot was given.

Where can I get the influenza shot or mist? Conveniently, our Preventive Medicine Staff are currently coordinating visits to all tenant commands on board Naval Station Mayport. This will better provide customer service to all hands in an effort to limit lost man hours from work centers due to the influenza vaccination being a mandatory requirement. However, if you miss the shot calls at your place of work, you may still receive your flu shot/mist by visiting our Immunizations

clinic here at NBHC Mayport. The operating hours of our Immunizations Clinic are Monday through Thursday from 7:30 a.m. to 3 p.m., and Friday from 7:30 to 11 a.m. If you still miss the flu shot at our clinic, other facilities out in town that accept TriCare can provide the immunization at no cost to you and your dependents and other TriCare beneficiaries. They are the Minute Clinic, located at just about any CVS Pharmacy, and Solantic Urgent Care Clinics. These facilities

are conveniently located throughout the Jacksonville area. Please keep in mind that if you miss the chance to receive this annual gift from Medical or TriCare accepting clinics, you may be asked to pay up to \$30 per shot at any other pharmacy or non-TriCare accepting enterprise.

When will the flu vaccine be available for my family or other military beneficiaries (retirees)? As of right now, the main focus is to provide the flu vaccine to all active duty and deploying personnel as well as mission-essential civilians. Flu shots will become available later toward the end of September as more vaccine is delivered to Naval Hospital Jacksonville.

Where can I find additional information regarding this year's flu shot? If you would like to find more information regarding the 2010 Influenza Vaccine, please ask your Primary Care Manager, or you can call your state health department or the Centers for Disease Control and Prevention at 1-800-232-4636 (1-800-CDC-INFO) or visit [www.cdc.gov/flu](http://www.cdc.gov/flu).

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# Don't Leave Your Dog's Mess Behind, Pick It Up!

By Scott Dombrowsky  
NS Mayport Environmental

Naval Station Mayport's latest investment in "being the solution to water pollution" has popped up at several strategic locations around the base. Pet waste stations have been installed at both RV Parks and at the entrances to a number of the beach dune crossovers.

Dog waste left on park grass, the beach, and along trails is a common problem that generates many complaints. While the majority of dog owners act responsibly by picking up after their pets, the few who don't cause a very significant problem.

Besides being smelly, visually unappealing, and messy to step in, pet waste is also an environmental and health issue.

Pet waste is one of the leading causes of bacterial contamination of waterways in Duval County. Pet waste can also contribute to problems of



-Photo by Scott Dombrowsky  
**Pat Bonavia with her pet Shelly Chloe in front of one of the pet waste stations. Pat and husband were staying at Pelican Roost RV Park. She thinks the stations are a great idea and had noticed other RV Park pet owners making use of them.**

excess nitrogen in the St Johns River. Roundworms, *E. coli*, and *Giardia* are a few of the harmful microorganisms that can pollute surface waters and

possibly be transmitted in pet waste to humans or even other pets.

Microorganisms from pet waste left on the ground don't

just go away. They may stay viable in the environment for several months. Children who play outdoors and adults who work in their gardens are at the greatest risk for contacting pet waste and contracting infection. Surface waters with bacterial contamination may become unusable for such activities as fishing, shellfish harvesting, and swimming.

Naval Station Mayport has recently partnered with the Florida Department of Environmental Protection, the City of Jacksonville, JEA, and the beach communities on a management plan to reduce bacterial contamination in Sherman Creek, which runs through the Station. Provision of the pet waste stations is one of the projects initiated to support that plan.

Prior to the installation of the stations, many pet owners were already bringing their own plastic bags with them when they

walked their dogs. There are times, however, when the pets would do their business unexpectedly and the owners would be caught without something to pick up the waste.

The pet waste stations are provided in recreational areas to make it easier for pet owners to clean up after their dogs by having bags available where they are most likely to be needed. Dumpsters were already located in these areas so that after use, the bags would only have to be carried a short distance for disposal.

The key is for residents and visitors to use the bags to significantly reduce pet waste. The waste stations have been in place for a few months and many positive comments have been received from pet owners. Large quantities of the bags are being used, especially at the RV Parks. Still, not everyone is cooperating with the program.

Even with the installation of

pet waste stations, a few pet owners still resist cleaning up after their dogs. Dog piles have been observed within just a few feet of the stations.

Station residents who own pets can also contribute to the effort to reduce bacterial pollution in local surface waters such as Sherman Creek by properly disposing of their pet's waste. Proper disposal consists of collection and placement of pet waste in the trash.

Dog waste is acceptable in household trash as long as it's bagged and in a trash can. Pet wastes may never be placed down a storm drain and shouldn't be tossed into the bushes.

The solution to pollution from pet waste is easy: Scoop the poop, bag it, and place it in the trash. For further information, contact the Station Water Quality Manager, Scott Dombrowsky, at 270-3188.

## Fire Safety

may be reduced to the point that it may not be loud enough to provide proper warning, especially for sleeping individuals.

"Most people have a sense of complacency about smoke alarms because they already have one in their homes. Fire Prevention Week provides an excellent opportunity to re-educate people about smoke alarms, new technologies and expanded options for installation and maintenance," says Judy Comoletti, division manager for NFPA public education.

"Ultimately, we want this year's campaign to serve as a call to action for households nationwide to inspect their homes to ensure that their families have the full smoke alarm protection that's recommended."

The First Coast Navy Fire & Emergency Services Department offers the following tips for making sure smoke alarms are maintained and working properly:

- Test smoke alarms at least

once a month using the test button, and make sure everyone in your home knows their sound.

- If an alarm "chirps," warning the battery is low, replace the battery right away.

- Replace all smoke alarms, including alarms that use 10-year batteries and hard-wired alarms, when they're 10 years old (or sooner) if they do not respond properly when tested.

- Never remove or disable a smoke alarm.

The following activities are scheduled to help promote this year's Fire Prevention Week (Feel free to contact the Fire Prevention Office at 270-5647 ext. 1318 if you have any questions concerning the schedule):

**Oct. 3-9, 9:30 a.m.-4 p.m.,** Fire Department "Open House" tours

**Oct. 4, 9:30 a.m.,** "Kickoff" Fire Prevention Week at Bldg 1960, Off-Base Child Development Center w/ Sparky

Pumper and Engine Company.

- 10:45 a.m., Engine Company to visit Bldg 373, On-Base Child Development Center w/ Sparky Pumper and Engine Company.

**Oct. 5, 11 a.m.-1 p.m.,** Static Display at Off Base Navy Exchange/Commissary complex

**Oct. 6, 9:30 a.m.-2 p.m.,** Base-wide 'unannounced' fire drills.

- 11 a.m.-noon, Family Home Care Provider 'Home

From Page 1

Evacuation Drills'

**Oct. 7, 9-10 a.m.,** NAVAIR 80-R-14 Annual Flight Line Fire Extinguisher Training (150-pound Halon Flight Line extinguishers) - HSL Wash Rack (near Bldg 1607 - Crash Fire Station)

**Oct. 8, 10 a.m.-noon,** Fire Safety Trailer and Main Fire Station tour by St. Paul Elementary School.

## RAPIDGate

From Page 1

every 92 days.

Identity validation includes a 10-year address history, a social security number check, felony convictions, registered sex offender checks, and anyone having an outstanding criminal warrant.

This is a voluntary program for the vendors and contractors. If the company chooses to join, they will pay an annual fee to be given access into the RAPIDGate Program. If they choose not to, the contractors will have to undergo the grueling daily pass requirements at Building 48A via Gate Five.

All Commander, Navy Installations Commands (CNIC) will have this program fully enacted. Mayport is second in the Southeast Region to get this program underway.

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make a difference

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*We Nourish Hope*

In support of **National Make a Difference Day**, October 23, Balfour Beatty Communities and Naval Station Mayport Chapel are partnering to make a difference and we invite you to join us! We are taking on the fight against hunger by collecting canned and packaged foods for the Second Harvest Food Bank.

Statistics regarding poverty in the Second Harvest Food Bank's 18-county service area:

- More than 250,000 people live in poverty
- More than 80,000 of those living in poverty are children
- More than 100,000 people live in poverty in Duval County

Hunger is not isolated to one event, one day or one season. Hunger does not discriminate by race, faith, ethnicity age or sex; it exists throughout our community and can affect anyone. In America today, one in eight people is "food insecure" - defined as someone who is hungry or is living in fear of hunger.  
**Let's MAKE A DIFFERENCE and give back to those in need!**

**HOW CAN YOU HELP?**  
The Second Harvest Food Bank needs non-perishable grocery items. The following is a list of our most frequently requested items by our member agencies and clients:

Meals in a Can	Boxes of Pasta/Macaroni	Peanut Butter
Canned Meat/Poultry	Rice	Canned Veggies
Canned Tuna	Nonfat Dry Milk	Canned Fruit
Dry Beans	Macaroni and Cheese	Diapers
Oatmeal	Canned Soup	
Baby Food	Evaporated Milk	

\* Please note that Second Harvest Food can only accept unopened, unexpired items. We also cannot accept "homemade" canned jellies, jams or vegetables.

**WHERE ARE DROP OFF DONATIONS?**  
Please bring all donations to a Balfour Beatty Communities office or Naval Station Mayport Chapel. There will be a barrel provided for you to drop off your donation.

- Office Location: Bldg 289 Moale Ave or Bldg 350 Massey Ave; you may also drop off at 1201 Assisi Lane (Off Base Community Center).
- Office Hours: Monday - Friday, 0800 - 1700

**WHEN DO COLLECTIONS START?**  
The food drive will begin on 13 September 10 and run until 22 October 10.

**Balfour Beatty Communities and Naval Station Mayport Chapel appreciate your contributions!**

# Latina Symposium Celebrates Hispanic Heritage, Honors Navy Members

By Lt. Laura K. Stegherr  
Diversity Directorate Public Affairs

The Navy participated in the 7th annual National Latina Symposium in Washington, D.C., Sept. 9. Hosted by LatinaStyle Magazine, the day's events included professional seminars and workshops geared towards Latina working women in both the public and private sector.

Assistant Secretary of the Navy for Manpower and Reserve Affairs, Juan Garcia, gave the opening keynote for the symposium and made reference to the tremendous strides made by Hispanics in the Navy and in the nation.

"Five hundred thousand Hispanics served in World War II," said Garcia. "And when they came back to a nation, which in some regions, didn't allow them to vote, didn't allow them to serve on juries, to own property, for their children to attend certain schools or use certain public accommodations, they knew something had changed. They knew they had definitively earned their place at the American table."

"They used their GI bill to go to school, used their VA (veterans assistance) loan to buy a home or hang out a shingle and start a small business, served on local school boards, coached



little league, joined the local service club and ran for office," continued Garcia. "Service in the military built the Hispanic middle class, because it brought opportunity - a chance to earn a place at the American table. It's how America's supposed to work. It is America at its best."

Garcia also noted how the challenges of our Navy today demand a diverse workforce.

"Your Navy, Marine Corps and Coast Guard team have never been called on by the nation to address a more diverse, wide array of challenges and threats," said Garcia. "And those challenges and threats accordingly require a diverse and wide array of ideas and capabilities to meet them. America, in 2010, cannot afford to overlook any talent."

The conference culminated with a military awards luncheon honoring recipients of LatinaStyle's 2010 Distinguished Service Award. Lt. Cmdr. Nieva Brock, deputy director of national security litigation for the office of the Judge Advocate General (OJAG), and Glenda Leon, of

Naval Undersea Warfare Center Newport, R.I., received accolades for their contributions to the DoD mission and commitment to core values.

Brock was recognized for her service in support of Operation Iraqi Freedom, during which she established and led a joint team of judge advocates, master-at-arms and civilian linguists who collected criminal evidence against 3,000 insurgents. Additionally, she serves as the chairperson for the OJAG and the Naval Engineering Facilities Command Diversity Committee.

"I am extremely honored to be considered a successful Latina leader in the Navy," said Brock. "Having been raised in the foster care system of New York, who would have guessed that I would be recognized as a leader in the world's greatest Navy? It is very humbling."

Brock also shared her perspective on the importance of diversity to the mission.

"Our Navy's prime mission is to protect and defend the rights, lives and liberties of the American people. This mission

simply cannot be adequately completed unless the Navy reflects the people it is bound to protect," continued Brock.

According to Robert Bard, president of LatinaStyle, the focus of the day was truly on the military award winners.

"Today, we gather here

because we have some incredible Latinas that have opened doors for all of us," said Bard. "Today we get to recognize this group of ladies all around you that really represent the very best that our community has to offer. And those are the Latinas that are in the military service.

So this is their day."

With a population of more than 48 million, Hispanics comprise the nation's largest ethnic or racial minority. Today, more than 63,000 Hispanic and Latino Sailors and civilians serve in the Navy total force.

## Mayport NEX Selling CFC Tix

From NEXCOM

NEX Mayport and NAS Jacksonville are now selling a Combined Federal Campaign (CFC) benefit sale ticket to customers for \$5. The money collected from the sale of each ticket will be paid to the local base CFC Office. When purchased, the sale ticket will entitle customers to specific percent-off discounts for a one-time purchase on either Oct. 4 or 5.

The benefit sales ticket entitles customers to 10 percent off merchandise storewide with the exception of: tobacco, alcoholic beverages, electronics, cameras, home office, Coach, Dooney and Burke, Omega watches, prestige cosmetics and fine fragrances, video games and systems, uniforms, gas, DVDs, CDs, NEX Gift cards and concession departments. It does not apply to merchandise previously purchased, exist-

ing layaways or special orders. Other percent-off discounts may not be combined with storewide offer. It also gives customers 10 percent off regularly priced furniture, major appliances, tires and merchandise at NEX Autoport locations; 20 percent off entire stock of apparel, shoes, and reguarly priced diamonds, watches, and fine jewelry; and 30 percent off already reduced furniture ending in .94, .96 and .97 prices.



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# DoD Launches Absentee Voting Week

By Karen Parrish

American Forces Press Service

The Department of Defense announced Absentee Voting Week through Oct. 4, to help servicemembers and civilians serving outside their home states make their votes count.

With all U.S. House of Representatives and some U.S. Senate seats at stake during the mid-term elections Nov. 2, the department's Federal Voting Assistance Program has launched a new set of tools to connect voters with their state election processes.

Bob Carey, FVAP director, said the program's online electronic voting support program and federal write-in absentee ballot are designed to ensure voters get the appropriate ballot and can submit it before deadline.

FVAP's voting support program, launched this year, offers precinct-specific online ballots and submission instructions for the 19 states so far participating: Virginia, Utah, Montana, New Jersey, Nevada, Kansas, Mississippi, Washington, New Mexico, Indiana, Nebraska, Missouri, New York, Delaware, West Virginia, Idaho, Arkansas, Colorado and Tennessee.

Through the online program, located at [www.FVAP.gov](http://www.FVAP.gov),

"We can actually give you a direct link to your state's ballot delivery system," Carey said. "Or if your state doesn't happen to have that, then we have an online ballot that has all your federal candidates. You can select online and print out the ballot online. It will give you a pre-addressed envelope and complete instructions about

how to get the ballot back home."

Some states allow ballots to be returned by fax or online, Carey said, but the military postal service will express-mail any ballots military members or their spouses submit from overseas.

"So Bear County, Texas, has already gotten back two ballots from Korea that were sent back by the express mail," he said. "E-mailed out on Friday, and the voter got it, put it right in the mail, it got express-mailed back, was back in San Antonio's hands on that Tuesday. Four-day turnaround."

FVAP also relies on unit commanders and voting assistance officers worldwide to help troops and civilians get their ballots back on time.

"We have over 9,500 vot-

ing assistance officers in the military," Carey said. "They're doing a good job; they got the military registered at a higher rate than the general population. What we're finding, though, is that while 91 percent of the absentee ballots in the general population are returned, only 63 percent of the military ballots were returned [during the last election cycle]."

In the past, ballots were sent by mail, which slowed the voting process and meant some absentee ballots weren't received before voting deadlines, Carey said.

"Now they're being sent by e-mail or being posted online. We've taken a 30-day transmission process and reduced it to 30 milliseconds," he said. "Hopefully that's going to be one of the biggest things we can

get out there - let people know they don't have to wait."

For troops deployed to remote locations where computers and printers aren't generally available, Carey said, units may need to make special arrangements.

"What we're urging all the units to do during Absentee Voting Week [is] to maybe set up one day where they have a computer available that has a printer available," he said, "so anyone can come on in and at least get their ballot printed out if it's being delivered by e-mail or online delivery."

Carey said FVAP also is using social networking tools to reach potential voters.

"FVAP is on Facebook, and we have a tool, an invitation for people to send to all their friends to say, 'Hey, here's how

you can get your ballot now.' And if they go to the Federal Voting Assistance Program Facebook page, they can find out all that as well," he said.

The program's goal is to make the FVAP Web site the only tool that Defense Department absentee voters need, he said.

"We're trying to make the FVAP Web site the single portal to be able to go to any state, any system, and it will be seamless and intuitive for the voter," Carey said. "The experience of a California voter may be very different than the experience a New York voter has, because of the technology used. But hopefully, the experience in terms of the ease of voting is the same."

## Panel Discusses Women's Roles, New Policies

By MC3 Shannon Burns

Defense Media Activity - Anacostia Public Affairs

Military and civilian experts held two panel discussions concerning new policies for women and women's roles in the military during the 7th Annual Fall Leadership Symposium and Career Workshop held at the Women in Military Service for America Memorial at Arlington National Cemetery Sept. 25.

Experts shared updates and their perspectives on how policy is evolving to address modern military issues during the panel-style forum discussion,

entitled "Military Women's Policy Update."

One of the key topics discussed during the forum is the policy change regarding women serving aboard submarines. Rear Adm. Barry Bruner, commander, Submarine Group 10, said it is imperative for the Navy's future that women serve aboard submarines.

"I am absolutely convinced that putting women on submarines is the right thing to do," he said. "There's no doubt in my mind. It's not because it's politically correct. It's because the mission of a submarine is to

put ordnance on target - that's what a submarine is supposed to do. In 1966, men earned 75 percent of the technical degrees. In 2006, women earned 51 percent of the technical degrees. To be a nuclear trained officer you have to have a technical background."

Bruner also said that even though diminishing recruiting goals have impacted the submarine community, maintaining quality officers and Sailors remains paramount for the Navy, regardless of gender.

"The playing field that we in the nuclear Navy have been

able to draw the very best and brightest from to crew our submarines has been diminishing," he said. "In two of the past five years we haven't met our goals. We need to open up the aperture to make sure we really do get the best and brightest."

The second panel, entitled "Leading Ladies: Peak Performers Shattering Boundaries", was comprised of a distinguished panel of women leaders including Rear Adm. Katherine Gregory, commander, Naval Facilities Engineering Command.

The panel centered on lead-

ership challenges and strategies for success. A qualified Seabee Combat Warfare officer, Gregory encouraged female service members during the panel, stressing the importance of taking advantage of opportunities, accepting the most difficult of assignments and remembering adversity will only increase individual capabilities.

The Fall Leadership Symposium and Career Workshop was sponsored by Academy Women, a nonprofit organization offering programs supporting and enabling women from the United States'

officer development programs in reaching full potential as leaders. The organization, comprised of current and former female military officers, cadets, midshipmen and candidates, provides supplemental sources of education, leadership development opportunities and resources to achieve better personal and professional balance for military women and women veterans.

## Officers Required To Have Full-Length Photo On File

From Navy Personnel Command Public Affairs

Officers are still required to have a full-length photo in their military records.

NAVADMIN 103/07, released in April 2007, reinstated the requirement for officers to submit photographs for their permanent service records.

"While there may be limited opportunities for officers to have a photo taken professionally, there is a simple way to accomplish this requirement using materials and equipment available [a white board, a digital camera, and a plain wall]," said Capt. Leo Falardeau, Navy Personnel Command (NPC) assistant commander for Career Progression.

Per the instruction, write the required information

on a piece of paper, poster board or white board in two-inch letters (can be handwritten). LAST NAME, FIRST NAME, MIDDLE INITIAL GRADE/SSN LAST FOUR/DESIGNATOR(S) DD/Month abbreviation/YY (for example: 09 OCT 10) Take the white board, poster or paper along with a digital camera and a shipmate into the passageway. Stand up against the bulkhead (left shoulder forward), while a shipmate takes the full-length photo.

The photograph (per MILPERSMAN 1070-180) must be in color and display a include a full-length, three-quarter view of the member, left shoulder forward. A plain, flat background provides sufficient

contrast to highlight details of the uniform. The photo must be four inches in width and six inches in height.

Save the picture to a hard drive, then copy and paste it into the submission form (link below). Type in requested information, print the form with the picture and sign the form.

Mail the completed, signed form to: Navy Personnel Command Pers-312C 5720 Integrity Dr. Millington, TN 38055-3120 NAVPERS form 1070/884 is available at <http://www.npc.navy.mil/ReferenceLibrary/Forms/NAVPERS/>.

Board schedules can be viewed at [www.npc.navy.mil](http://www.npc.navy.mil).

## House Reviews Quality of Military Off-duty Education

By Karen Parrish

American Forces Press Service

A House Armed Services Committee panel heard testimony from Defense Department officials yesterday on the quality of off-duty servicemember voluntary education opportunities.

During 2010, an estimated 380,000 soldiers, sailors, airmen and Marines will receive \$580 million in DOD tuition-assistance funding for college programs.

Robert Gordon, deputy undersecretary of defense for military community and family policy, stressed to the committee's oversight and

investigations subcommittee the importance of education opportunities to the military community.

"Education helps prepare our servicemembers to be ... better thinkers, better analysts, and better leaders who will continue to make valuable contributions to our nation," he said.

Gordon outlined voluntary education oversight programs already in place and initiatives to more closely monitor distance-learning programs. While maintaining stringent guidelines for post-secondary schools operating on mili-

tary installations, he said, the department has instituted a Military Installation Voluntary Education Review, which provides a third-party, independent review of on-installation programs.

"DOD is proactively taking this approach to quality one step further to include those programs not on our installations," Gordon said. "To that end, in the future, we will use improved quality criteria to review programs of those institutions receiving [tuition assistance] dollars that operate on and off our installations."

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**Sept. 30: Thursday CPO Social Hour.** 3-7 p.m. at Foc'sle CPO Club with thirty-five cent wings, drink specials and all-you-can-drink soft drinks for only \$1. Thursday night is reserved for active and retired Chief Petty Officers and their guests. 270-5431

**Oct. 1-29: Auto Skills Center Service Special.** Four-wheel brake job, turn rotors, tire rotation, and tire balance only \$225 (most vehicles). Service work performed Monday-Friday only. Appointment recommended. 270-5392

**Oct. 1-20: Outdoor Adventures Rental Special.**

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. 30: Liberty Committee Meeting.** 5-6 p.m. at Planet Mayport. Come share your ideas for the Liberty (Single Sailor) Program. (Free)

**Oct. 1: Command Break-In.** See you at the Galley during lunch. We'll be passing out treats and the October Liberty calendar. (Free)

**Oct. 2: Paintball Trip.** Van departs from Planet Mayport at 9 a.m. Cost is \$5 and includes transportation, equipment, paint, and field rental. Pre-registration is required.

**Oct. 3: Jaguars vs. Colts Trip.** Van departs from Planet Mayport at 2:30 p.m. Cost is \$5. Pre-registration is required.

**Oct. 4: Warhammer 40K Game Night.** 4-10:30 p.m. at Planet Mayport. (Free)

**Oct. 4: Deadline for Key**

**Oct. 1-30: Club Teen's Passport to Disney:** Ages 13-17 can earn a free trip to the Magic Kingdom with the Teen Center by attending Club Teen events and volunteering their time at Youth Center events during the month of October. Trip is Nov. 6. 270-5680 or 246-0347

**Oct. 3: Bowling Family Fun Night.** 4-7 p.m. every Sunday at Mayport Bowling Center. Cost is \$9 per person and includes spaghetti dinner, All-You-Can Bowl with shoes, music videos, light show and colored headpin bowling for prizes. 270-5377

**Oct. 6: All Hands Family Seafood Boil.** 4-7 p.m. at

## MWR HAPPENINGS

Rent a jon boat with eight horsepower motor and trailer for the weekend for \$40 (\$50 for Columbus Day weekend). 270-5221

**Oct. 3: Jaguars vs. Colts** Limited tickets are available (while supplies last) at ITT. 270-5145

**Oct. 3: Jaguars Golf Special, "Bring A Buddy".** Buy one round of 18 holes with a cart after 12 p.m. on any Jaguars game day and get

one free. Individuals without a buddy receive \$5 off the regular rate. 270-5380

**Oct. 3: Bowling Family Fun Night.** 4-7 p.m. every Sunday at Mayport Bowling Center. Cost is \$9 per person and includes spaghetti dinner, All-You-Can Bowl with shoes, music videos, light show and colored headpin bowling for prizes. 270-5377

**Oct. 5: 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.

**Oct. 5-8: Fall Sports Challenge.** Sign up your command at the Gym for this bi-annual, four-day, multi-event challenge. (Free) 270-5451

**Oct. 6: Colormania Bowling Special.** Get a strike with different colored pin combinations and win a prize every Wednesday during October (dollar games all day). 270-5377

**Oct. 6: All Hands Family**

**Seafood Boil.** 4-7 p.m. at Foc'sle CPO Club. Cost is \$8 per person. Purchase tickets in advance; limited tickets available at the door. For tickets, call ATCS Barry Wheeler at 270-6100 ext. 122.

**Oct. 7: Halloween Horror Nights Day at ITT.** The military sales rep from Universal Orlando will be at Mayport's ITT office from 10 a.m.-2 p.m. to answer your questions about HHN at Universal Orlando. Enter to win tickets and hotel accommodations. No purchase necessary to win. 270-5145 ext. 5

**Oct. 7: Thursday CPO**

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

**Oct. 10: Jaguars Golf Special, "Bring A Buddy".** Buy one round of 18 holes with a cart after 12 p.m. on any Jaguars game day and get one free. Individuals without a buddy receive \$5 off the regular rate. 270-5380

**Oct. 10: Bowling Family Fun Night.** 4-7 p.m. every Sunday at Mayport Bowl

## LIBERTY CALL

**West Trip.** Join the Liberty Program on a trip to the beautiful Key West on Columbus Day Weekend, Oct. 8-11. Cost is only \$80. Pre-register at Planet Mayport.

**Oct. 5: Starlight Cinema.** 7:30 p.m. start with an outside movie on the Planet Mayport back deck and popcorn. (Free)

**Oct. 6: Pool Tournament.** 6 p.m. semi-final round one at Planet Mayport. (Free)

**Oct. 7: Madden Tournament.** 6 p.m. start at Planet Mayport (Free)

**Oct. 8-11: Key West Trip.** Deadline to register is Oct. 4 at Planet Mayport. Cost is \$80.

**Oct. 12: Texas Hold 'Em.** 7 p.m. at Planet Mayport. (Free)

**Oct. 14: Killer Bunny.** 4:30 p.m. at Planet Mayport with refreshments. (Free)

**Oct. 15: Call of Duty.** 6 p.m. at Planet Mayport. (Free)

**Oct. 16-17: Universal**

**Orlando Halloween Horror Nights Trip.** Van departs from Planet Mayport at 3:30 p.m. Saturday. Cost is \$50 and includes transportation, one night lodging, and admission for HHN at Universal Orlando. Pre-registration is required.

**Oct. 18: Jaguars vs. Titans Trip.** Van departs from Planet Mayport at 7 p.m. Cost is \$5. Pre-registration is required.

**Oct. 19: Big Screen Trivia.** 6:30 p.m. at Planet Mayport with refreshments. (Free)

**Oct. 20: Pool Tournament.** 6 p.m. semi-final round two and finals at Planet Mayport. (Free)

**Oct. 22: Movie Trip.** Van departs from Planet Mayport at 6 p.m. Cost is \$5.

**Oct. 23: UFC 121 - Lesnar vs. Valasquez.** 10 p.m. only on Pay-Per-View at Castaway's Lounge. (Free)

**Oct. 24: 2010 Air Show Trip.**

## Sweetheart For Sailors



-Photo courtesy of MWR  
Interior Communications Electrician 3<sup>rd</sup> Class Chris McDonald of USS Vicksburg receives a free 2010-2011 calendar from members of the Sweethearts for Sailors at MWR's Bogey's Restaurant. This group of former NFL and NBA cheerleaders provided free autographed calendars to Mayport personnel to thank Naval Station Mayport for hosting their recent photo shoot.

## KID ZONE

Foc'sle CPO Club. Cost is \$8 per person. Kid's hotdog meal is \$3. Purchase tickets in advance; limited tickets available at the door. For tickets, call ATCS Barry Wheeler at 270-6100 ext. 122.

**Oct. 9: Teen Lock-In.** 7 p.m. Saturday until 7 a.m. Sunday at Club Teen. Ages 12-17 are welcome; age 18 is welcome, if currently in high school. Cost is \$12 in advance or \$15 the day of, if space. Early registration

is recommended. 270-5680 or 246-0347

**Oct. 10: Bowling Family Fun Night.** 4-7 p.m. every Sunday at Mayport Bowling Center. Cost is \$9 per person and includes spaghetti dinner, All-You-Can Bowl with shoes, music videos, light show and colored headpin bowling for prizes. 270-5377

**Oct. 15: Freedom Friday - Scary Movie Night.** 7-11 p.m. at the Youth Activities Center.

Ages 6-12 are welcome; age 5 is welcome, if currently in kindergarten. Cost is \$7 in advance or \$9 the day of, if space. Early registration is recommended. 270-5680 or 5421

**Oct. 16: Fall Fest 2010.** 2-6 p.m. at Sea Otter Pavilion. Free activities include a haunted house, games, rides, bounce houses, face painting, caricature artists, entertainment, and take your own pictures in the pumpkin patch. Food and beverages will be available for purchase. A variety of vendors will be on-hand selling arts and crafts, baked goodies, and more. Purchase your seasonal pumpkin from the pumpkin patch.

270-5228

**Oct. 17: Bowling Family Fun Night.** 4-7 p.m. every Sunday at Mayport Bowling Center. Cost is \$9 per person and includes spaghetti dinner, All-You-Can Bowl with shoes, music videos, light show and colored headpin bowling for prizes. 270-5377

**Oct. 20: All Hands Family**

**Steak Night.** 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Kid's hotdog meal is \$3. Purchase tickets in advance; limited tickets available at the door. For tickets, call STGC Miree at 270-5126 ext. 5873 or Jeff Lawrence at 270-5126 ext. 3115.

**Oct. 24: Bowling Family Fun Night.**

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FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	1031 BEACH BLVD.	JAX BCH
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FLETCHER HIGH SCHOOL ROTC		JAX BCH	KANGAROO/SMOKERS EXPRESS	2615 ST. JOHNS BLUFF/ALDEN	JAX
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GATE	619 A1A N	PVB	LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
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GATE	2350 SR 16	STAU	LIL CHAMP	13967 McCORMICK RD(MT PLEASANT RD)	
GATE	463779 SR 200/A1A	YUL	JAX		
GATE	3230 EMERSON ST	JAX	LIL CHAMP	5001 HECKSCHER DR. - BLOUNT	JAX
GATE	3938 HENDRICKS AVE	JAX	LIL CHAMP	1310 S. 3rd ST.	JAX BCH
GATE	8070 ATLANTIC BLVD	JAX	MALLARD COVE OFFICE	A1A HWY / WONDERWOOD	JAX
GATE	1721 UNIVERSITY BLVD N	JAX	NAVY HOUSING APARTMENTS	ATLANTIC BLVD / CRAIG FIELD	JAX
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GATE	12548 SAN JOSE BLVD	JAX	RAINBOW CENTER CHILD CARE	NAVY HOUSING OFF ASSISSI LANE	JAX
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GATE	9144 BAYMEADOWS RD	JAX	SPRINT	1209 MONUMENT RD./LEE	JAX
GATE	11461 OLD ST AUGUSTINE RD	JAX	SPRINT	12743 ATLANTIC BLVD./GIRVIN	JAX
GATE	10455 OLD ST AUGUSTINE RD	JAX	SPRINT	301 ATLANTIC BLVD.	ATL BCH
GATE	9540 SAN JOSE BLVD	JAX	SPRINT	2810 SR A1A N	ATL BCH
GATE	1605 RACETRACK/SR13	JAX	SPRINT	14376 BEACH BLVD./SAN PABLO	JAX BCH
GATE	2550 MAYPORT RD.	JAX	SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH
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JAX FEDERAL CREDIT UNION	3212 UNIVERSITY BLVD S	JAX	U.S. COAST GUARD OFFICE	A1A HWY	JAX
JIFFY LUBE	6135 ST AUGUSTINE RD	JAX	USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX
JIFFY LUBE	11620 SAN JOSE BLVD	JAX	Updated: FEBRUARY 1, 2007		

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**Fitness**

Surfside Fitness schedule is as follows:

**Monday**  
7 a.m., **TRX**

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

9:30 a.m., **Intro TRX**  
(weather permitting) Build functional strength and muscular endurance with this suspension training system developed by the Navy Seals. Now used on military installations all over the world, the TRX is a space saving, portable tool used to attain peak operational fitness. Mayport's TRX training area can be found behind the Surfside Fitness Center.

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

11:30 a.m., **Kickboxing**  
1 p.m., **Moms in Motion**  
A monitored exercise pro-

**MWR**  
Sports/Fitness

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

6:45 p.m., **Yoga**  
A dynamic blend of breathing, yoga postures, and relaxation techniques. This class increases vitality, energy, calm, agility, flexibility, mental and physical strength in the body, both internally and externally.

**Tuesday**  
7:30 a.m., **20/20/20**  
A fusion of our Low Impact, Resistance and Intro Mind Body classes. Twenty minutes will be devoted to cardio training, twenty minutes to strength training and twenty minutes to flexibility training.

11:30 a.m., **Zumba**  
A fusion of hot, sexy and explosive Latin American and International dance music. Caloric output, fat burning and total body toning are maximized through fun and easy to follow dance steps. Come expe-

rience the ultimate dance party in this high energy, motivating class that is great for both the body and the mind.

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

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

2 p.m., **NOFFS Nutrition & Fitness Series**

NOFFS (Navy Operational Fitness and Fueling Series) is a program designed to improve the operational performance of Navy personnel through fitness and nutrition. Emphasis is placed on injury prevention via tissue management and refueling.

2:30 p.m. **FEP Bootcamp Basics**

Bootcamp-style workout regimens designed to improve PFA scores, help you meet body composition standards, and heal and deter injuries. Get off the FEP program quick when you join this PT program. Meets behind Surfside Fitness Center.

5:30 p.m., **Kids' Clinic**  
5:30 p.m., **Zumba Basics**  
Learn the basic dance steps

in four Latin dances; salsa, cumbia, samba and merengue. This is a 30-minute instructional program which will prepare you for the regular Zumba class. It is recommended you master the basics before joining the regular Zumba program.

**Wednesday**  
7 a.m., **Spartan**

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

10 a.m., **Broken Hearts**  
11:30 a.m., **Step**  
1 p.m., **Moms in Motion**  
5 p.m., **TRX**

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

5:30 a.m., **Zumba**

**Thursday**  
6 a.m., **Functional Flexibility**

This class consists of highly effective flexibility regimen that will strengthen, stretch and relax the body. Say good-bye to tense, tight aching muscles.

7 a.m., **NOFFS Nutrition & Fitness Series**

NOFFS (Navy Operational Fitness and Fueling Series) is a program designed to improve the operational performance of Navy personnel through fitness and nutrition. Emphasis is placed on injury prevention via tissue management and refueling.

9:30 a.m., **20/20/20**  
11:30 a.m., **Zumba Basics & Toning**  
11:30 a.m., **TRX**  
1 p.m., **Strength Solutions &**

**Flexibility Fix-Ups**

**Friday**  
7 a.m., **Beach Bootcamp**  
7:30 a.m., **Zumba**

The Gym Schedule is as follows:

**Monday**  
6:30 a.m., **Command Jump and Jab**  
11:30 a.m., **Weight Training for War Fighters**  
2:30 p.m., **FEP Spin & Row**  
5:30 p.m., **Spinning**

7 a.m., **Cardio, Combat & Core**

11:30 a.m., **Spinning**  
**Wednesday**  
7 a.m., **Command Cardio Pump**  
11:30 a.m., **Weight Training for War Fighters**  
**Thursday**  
11:30 a.m., **Row-bics**  
**Friday**  
6:30 a.m., **Spinning**  
9:30 a.m., **Intro to Spinning**  
11:30 a.m., **Strength Training Basics for Women**

**SPORTS**  
STANDINGS

**Intramural Golf Results**

9/22/2010

Rank	Points	
1 FRC	-12	4500
Anthony Dunbar		
Jeremy Barnett		
2 HSL-46	-11	2700
Jessie Barton		
Rick Boswell		
T3 HSL-46	-10	1450
Daniel Rosenbach		
Scott Marcille		
T3 ATG	-10	1450
Michael P Bates		
Roy Hooper		
5 ATG	-7	1000
Shane Brewer		
Ted Ballas		
T6 NBHC	-2	1000
Dave Perry		
T6 SERMC	-2	1000
Gentry Stewart		
Terrill Tatum		
8 ATG	Even	1000
Nelson Bulseco		
9 SERMC	+11	1000
Thomas Liddy		

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-From MWR

Thirty-year-old John Ellis, a graphic designer, has been bowling at Mayport Bowling Center for 23 years. On Aug. 31, 2010, John bowled his third perfect game in the last year at Mayport Bowling Center. In addition, he recently bowled perfect games on Aug. 3, 2010 as a part of Thursday's Kings and Queens League and Nov. 5, 2009 with the Tuesday Headpin Hunters League. John Ellis, a former youth league bowler at Mayport, now has five perfect games to his credit and a high series of 804. He currently averages 229. Mayport Bowling Center offers league bowling for adults on Tuesday and Thursday evenings and youth league bowling on Saturday mornings. For more information about bowling programs and special events, call 270-5377.



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**Sports Challenge**

4-Day Command Competition  
**OCT. 5-8, 2010**

**Tuesday, Oct. 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)

**Wednesday, Oct. 6**

- 0800\* Mini-Biathlon (Gym & Pool)
- 0830\* Strongman Competition (Surfside Fitness Center)
- 0930\* Kickball (Softball Fields 1 & 2, Behind Medical)

**Thursday, Oct. 7**

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

**Friday, Oct. 8**

- 0900\* Volleyball (Behind Beachside Community Ctr.)
- 0900\* Horseshoes (Behind Beachside Community Ctr.)
- 1130 Simon Says (Sea Otter Pavilion)
- 1200\* \*\*Tug-o-War (Beach Behind Sea Otter Pavilion)
- 1230 Awards Presentation (Sea Otter Pavilion)
- 1230 Cookout (Sea Otter Pavilion)

\*Sign-ups for these events must be turned in by 12 noon Wed. Sept. 29 so brackets can be made

\*\*Bonus point event

In the event of an overall tie, a tie-breaker event will determine the winner.



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# Out in Town

## COMMUNITY CALENDAR

### Thursday, Sept. 30

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, Oct. 1

Fleet Reserve Association Branch 290 is hosting Dinner featuring Baby Back Ribs with beans, slaw, etc., from 5 - 8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach, FL. A donation of \$10 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.

### Saturday, Oct. 2

The St. Johns Cooperative Extension Service and St. Johns Master Gardeners have planned your weekend, Oct. 2-3, and filled each day with food, games, education, plant sales, hourly lectures, and vendors of things to improve your home and garden. Get your gardening questions answered. Take the kids to the new Family Fun Zone with Petting Zoo, games, crafts, and the Potato Dig. Spend an hour or two or three as our experts share their favorite subjects with you. Best of all, it's FREE! Free admission. Free parking. Free classes. Free games for the kids and much more. Mark your calendar for, at the St. Johns County Agriculture Center, 3125 Agricultural Center Drive, just south of SR 16 and west of I-95 in scenic St. Augustine. Make it a day trip the oldest city in these United States. Spend the day with us and then take a tour around town. Call 904-209-0430 for more information.

### Sunday, Oct. 3

Isle of Faith United Methodist Church, 1821 San Pablo Rd., will hold its pumpkin patch daily from 9 a.m.-8:30 p.m. There will be hay tunnels, Children's play area, scarecrow maze, concessions, photo opportunities, prizes for children

Special Pumpkin Patch events:

Oct. 9-Fall Festival, 11 a.m.-1 p.m. SpaceWalks, sno cones, food, games, prizes

Oct. 16-Craft Fair and Multi-

Family Yard Sale, 9 a.m.-1 p.m.

Oct. 23- "Hoe Down" featuring Big Jeff Band, 6-9 p.m.

Oct. 30- Contest Day: Pumpkin Carving Contest, Pie Baking Contest and more.

Oct. 31- Trunk or Treat Halloween Alternative, 6-8:30 p.m.

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

### Monday, Oct. 4

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 on at the Beaches Library, 600 3rd St., Neptune Beach, from 6-8 p.m. This month's presenter is Gary Granger a U.S. Navy Photographer. For more information, go to [www.beaches-photographyclub.com](http://www.beaches-photographyclub.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.

### Wednesday, Oct. 6

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

### Thursday, Oct. 7

Fleet Reserve Association, Branch 290, will host Dinner from 5-8 p.m. The menu this week will be Baked Fish with butter rice, steamed veggies 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.

Fleet Reserve Association, Branch 290, will hold its monthly General Assembly

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

### Saturday, Oct. 9

The Cummer Museum of Art & Gardens, 829 Riverside Ave., is hosting a morning of fun for children ages 3 to 5 and their favorite adult from 10:30 a.m. to Noon. Participants of Art for Two: Eat Your Vegetables! will tour the colorful posters in The Art of War exhibition, talk about food in the 1940s and create a poster with collage, urging others to Eat Your Vegetables. Members cost \$10 per pair, per class. Non-members costs \$15 per pair, per class. Pre-registration is required. For more information or to register, please call Art Connections at (904) 355-0630.

Pumpkins arrive at Christ United Methodist Church Neptune Beach, 400 Penman Road at 9 a.m. Over 3,000 pumpkins will be coming to our pumpkin patch as the Beaches communities celebrate this annual tradition. For more information, contact the Church Office at 249-5370.

### Sunday, Oct. 10

The Fleet Reserve Association, Branch 290, hosts Breakfast from 8 a.m.-noon at the Branch Home, 390 Mayport Road, Atlantic Beach, FL. Menu includes eggs, bacon or sausage, grits or hash-browns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$5.00 for a full breakfast, or \$3 for a breakfast sandwich, is requested. As always, the public is invited.

### Monday, Oct. 11

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.

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.

### Saturday, Oct. 16

Fall Festival & Craft Fair: Christ United Methodist Church, 400 Penman Road, Neptune Beach. Come join us at the Pumpkin Patch from 10 a.m.-2 p.m. for this annual event for family fun, food, games, and those very special hand-made gifts and home-made goodies for the holidays. For information, please contact the Church Office at 249-5370.

### Friday, Oct. 22

American Legion Post 129 will hold its 27th annual Croaker Fishing Tournament. The entrance fee is \$60 with up to four persons per boat. Guaranteed about \$160 in free benefits, plus \$1,000 in prizes. Call 242-0544 for more details.

The City of Jacksonville presents the campy cult classic, *Rocky Horror Picture Show*, at the Times-Union Center for the Performing Arts at midnight. Rocky Horror enthusiasts will come alive when the street festival kicks off at 8 p.m. on the Northbank Riverwalk directly behind the Times-Union Center for the Performing Arts. The Rocky Horror Tribute Band, a costume contest, food, beverages, activities and fun will all be part of this "strange journey." Theater doors open at 11 p.m. Tickets and prop packages are on sale now and can be purchased online at [www.MakeASceneDowntown.com](http://www.MakeASceneDowntown.com) or at the City of Jacksonville Office of Special Events, 117 W. Duval Street Suite 280, Monday through Friday 8:30 a.m.-5 p.m. Tickets will also be on sale the day of the show at the Times-Union Center for the Performing Arts beginning at 7 p.m. Space is limited and is first come, first seated. All patrons 16 years and under must be accompanied by an adult. The City of Jacksonville encourages all enthusiast to "Say it!" with props. Movie fans can purchase or bring their own props to participate. Accepted props include rice, newspapers, water pistols, flashlights, glow

sticks, rubber gloves, noisemakers, confetti, toilet paper, toast, party hats, bells and/or keys and cards. Prohibited items include candles, lighters and other open flames.

Experience true Italian hospitality and cuisine at FESTA ITALIANA with Italian American Club of Jacksonville at its clubhouse, 2838 Westberry Road in the Mandarin area of Jacksonville Oct. 22-24. Times are Oct. 22, 6-9 p.m.; Oct. 23, 10 a.m.-9 p.m.; Oct. 24, noon-6 p.m. This fun-filled family event is IAC's gift to the community - no admission fee. Activities include interactive Karaoke, Italian trivia fun, kids bounce houses, souvenirs and the very best Italiano food. Savor all your favorite taste treats: pizza, pasta, hoagies, Italian ices, zeppoli and yummy home-made desserts. Be Italian for a day at 21st ANNUAL FESTA ITALIANA, Jacksonville's only authentic Italian festival. For more information, call (904) 268-2882 or visit [www.iacof-jacksonville.com](http://www.iacof-jacksonville.com).

### Saturday, Oct. 23

Registration Opens for AB Campout Under the Stars  
The City of Atlantic Beach

Family Fun Day and Campout under the Stars returns to Jack Russell Park from 2-10 p.m. This event is one of the City of Atlantic Beach's most popular events so reserve your campsite early! Campers can reserve a 12 x 12 campsite for a \$10 fee with fire ring and wood. Russell Park field is located on Plaza St., north of Atlantic Beach City Hall on Seminole Rd. This year features fun activities for all ages - Kid Zone with bounce houses, obstacle course, train ride, and ferris wheel. The afternoon includes a magic show, Working Warrior demonstration, and Prince Pele Polynesian show. The day concludes at twilight with a movie, "How to Train your Dragon." All afternoon and evening events are free and open to the public. Bring your blankets, chairs, picnic basket, suntan lotion, bug spray, and spend the afternoon and camp overnight! Registration forms are on the City website. Campers can register by mail or come by the AB Recreation Office at 716 Ocean Blvd. and choose your site. Call 247-5828 for more information or visit [www.coab.us/events](http://www.coab.us/events) for a schedule of events throughout the afternoon.

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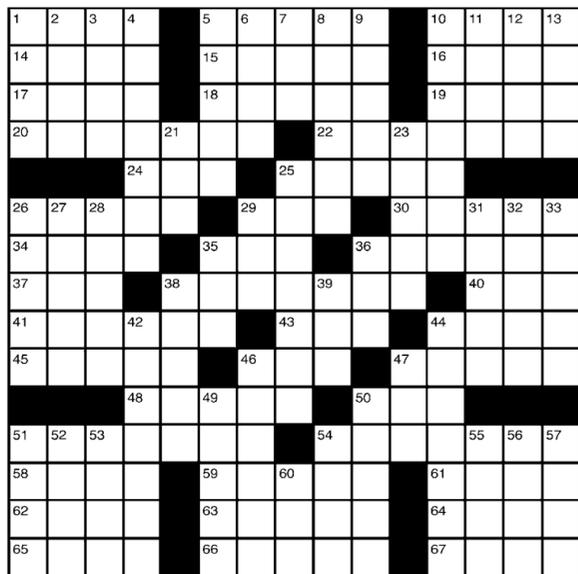
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## THE Daily Commuter Puzzle by Jacqueline E. Mathews

### ACROSS

- 1 "Ali \_\_\_ and the Forty Thieves"
- 5 Hindu teacher
- 10 Ariel, Verdana or Trebuchet
- 14 Wood choppers
- 15 Nut variety
- 16 Notion
- 17 Swat
- 18 Playful action
- 19 Chess piece
- 20 Strangest
- 22 Swiss city
- 24 Male sheep
- 25 \_\_\_ firma; solid ground
- 26 Modify
- 29 Curtain holder
- 30 Of the city
- 34 Warty amphibian
- 35 Fraternity letter
- 36 Channel changer
- 37 Holiday or Hampton
- 38 Shoulder bag
- 40 Ginger \_\_\_; sweet drink
- 41 Official envoy
- 43 Owned
- 44 Actor Garrett
- 45 Collection of treasures
- 46 Jewel
- 47 Full of lather
- 48 Dog-\_\_\_; like the pages of a well-read book
- 50 Boy
- 51 Defamation
- 54 Fish of the cod family
- 58 Orangey drink
- 59 German sub of WWII
- 61 Middle East nation
- 62 Zits
- 63 Move furtively
- 64 Appointment
- 65 Peruse
- 66 Firstborn of two
- 67 Delight



### THIS WEEKS ANSWERS

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
20				21			22		23			
		24				25						
26	27	28			29			30		31	32	33
34				35			36					
37				38			39			40		
41			42			43				44		
45					46				47			
				48		49			50			
51	52	53					54			55	56	57
58					59		60			61		
62					63					64		
65					66					67		

- 2 Wheel support
- 3 Yogi or Smokey
- 4 Had high hopes
- 5 Pang
- 6 Departed
- 7 Pretense
- 8 Sent via USPS
- 9 Bring down upon oneself, as a debt
- 10 Gun, for one
- 11 Whiff
- 12 Gas in bright orange lights
- 13 Accept
- 21 In one \_\_\_ and out the other
- 23 Sadistic
- 25 Emotionally moved
- 26 Lopsided
- 27 Recluse
- 28 Ballroom dance
- 29 Traitor
- 31 Two-by-four
- 32 Book of maps
- 33 Impoverished
- 35 Edison's initials
- 36 \_\_\_ as a beet
- 38 Place; lieu
- 39 Showoff
- 42 Retaliated
- 44 Blossoming
- 46 Small pet
- 47 Depressed
- 49 Find a new purpose for
- 50 Down the road
- 51 Night twinkler
- 52 Frilly trim
- 53 Actress Paquin
- 54 Hearty
- 55 Spoken
- 56 Arrived
- 57 Leg joint
- 60 Unusual

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## Healthier school lunches

# Recipe Challenge Allows Nutritionists, Teachers, Parents, Students, To Help Create Better Meals

By Karen Hawkins

DeCA dietitian

As your children return to the classroom, wouldn't it be nice if they could enjoy their favorite healthy foods at school? Of course. Well, you can pack it in their lunch bag, but now you may also be able to have it made for them at school.

If the recipe includes whole grains, dark green or orange vegetables, or dry beans and peas then consider entering it in the *Let's Move!* recipe challenge. The *Let's Move!* campaign, started by First Lady Michelle Obama, is attempting to draw national attention to solving the challenge of childhood obesity.

*Let's Move!*, along with the U.S. Department of Agriculture, is challenging school nutrition professionals, chefs, students, parents and others to create tasty, healthy new recipes for inclusion on school lunch menus across the country. So consider sharing that favorite healthy family recipe to help support the fight against childhood obesity, and your family may just win the challenge. You may also send it to the DeCA Dietitian to have it



posted at Kay's Kitchen. We will share your favorite healthy recipe made with ingredients from your local commissary on <http://www.commissaries.com>.

### The challenge

The recipe creations will be served in school cafeterias and rated by students. Fifteen semifinalist teams will have their recipe evaluated by the

*Let's Move!* judging panel during events held at school, and the top three teams will compete in a national cook-off to determine the grand-prize winner. Semifinalists' recipes will also be posted for online voting by the public to determine a "Popular Choice Winner." Winning teams will be invited to create their recipes with

White House chefs.

### How to enter

Until Dec. 30, you may form teams that include each of the following: a chef, school nutrition professional, at least one student currently enrolled in grades 4 to 12 and at least one parent or community member. Your team will create, document and prepare a nutritious and delicious recipe that features one of the three categories: Whole Grains, Dark Green and Orange Vegetables, or Dry Beans and Peas. This recipe will be prepared in the school's cafeteria and served to the majority of those students who participate in the National School Lunch Program.

Teams can register online at <http://www.RecipesforKidsChallenge.com> by clicking "Sign Up" at the top of the page at any time during the submission period. However, before that period ends teams must submit the following via the Submit Recipes tab to enter their recipe for consideration: their recipe, using standard U.S. measurement units and weights; a statement affirming the recipe's originality; description of the student

taste testing on school letterhead — with quotes from some participating students; a nutrient analysis; and a photograph of their prepared recipe.

Make sure to check out the rules section at the website for more information.

More information on whole grains, dark green and orange vegetables, and dry beans and peas can be found at <http://www.mypyramid.gov>.

Below is a list of some of the foods found in each of these groups to help get you started with creating and preparing your recipe. You can also buy most of these nutritious foods at your commissary at savings of more than 30 percent:

**Whole grains** (whole grains contain the entire grain kernel — the bran, germ and endosperm): brown rice, buckwheat, bulgur (cracked wheat), oatmeal, popcorn, whole grain barley, whole grain cornmeal, whole rye bread, whole wheat bread, whole wheat crackers, whole wheat pasta, whole wheat sandwich buns and rolls, whole wheat tortillas and wild rice

**Less common whole grains:** amaranth, millet, quinoa, sor-

ghum and triticale

**Orange and green vegetables:** bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens and watercress

**Orange vegetables:** acorn squash, butternut squash, carrots, pumpkin and sweet potatoes

**Dry beans and peas:** black beans, black-eyed peas, garbanzo beans (chickpeas), kidney beans, lentils, lima beans, navy beans, pinto beans, soy beans, split peas, tofu (bean curd made from soybeans) and white beans.

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

## 'Hola!' Help Celebrate Hispanic Heritage Month With Some Tasty Mexican Treats

By Kay Blakley

DeCA home economist

Hispanic Heritage Month presents a perfect opportunity to cook and serve all things Mexican. Tacos, nachos, burritos, guacamole, pico de gallo and many, many more are on my list of favorite foods. Chances are they find their way onto your plate pretty often, too.

From Sept. 15 through Oct. 15 America celebrates the rich culture and traditions of those who can trace their roots to Spain, Mexico and the Spanish-speaking nations of Central and South America and the Caribbean. While delightful dishes are common to all those countries and cultures, this week's Kay's Kitchen focus is on Mexican-American cuisine. After all, according to the Census Bureau, 66 percent of Hispanic-origin people in the United States are of Mexican background. And, as of 2008, 1.1 million people of Hispanic or Latino origin 18 years or older were veterans of the U.S. military.

That statistic is no surprise to those of us in the commissary business. We take great care to tailor a "taste of home" to a widely diverse patron base, which translates to plenty of Mexican-American favorites in stock at your local commissary no matter where in the world that may be.

There's no need to spend lots of cash by going out for prepared Mexican food. You can make it at home for a whole lot less, especially with ingredients purchased at the commissary — you'll save 30 percent or more.

Most Mexican fare is very easy to make, and I've gathered several of my personal favorite recipes for you at Kay's Kitchen at <http://www.commissaries.com>. Don't miss the Mexican Street

Corn recipe — it's absolutely wonderful! Invite your friends, put on some mariachi music and get cooking!

Mexican Street Corn (makes six ears)

### Ingredients

6 large ears fresh corn, husks and silks removed  
1 tablespoon olive oil  
1/2 cup mayonnaise  
2 tablespoons minced fresh cilantro leaves  
1 tablespoon juice from 1 lime  
1 medium garlic clove, minced or pressed through a garlic press  
1 teaspoon chili powder  
1 ounce queso fresco, farmer's cheese or feta cheese, crumbled (about 1/4 cup)  
Salt and ground black pepper  
1 lime, cut into wedges (for serving)

### Directions

Adjust oven rack 5 inches from the broiler element and heat the broiler. Brush corn on all sides with the olive oil and place on a foil-lined baking sheet. Broil corn until well-browned on one side, about 10 minutes. Turn corn over and broil until browned on opposite side, about 10 minutes more. Meanwhile, stir together the mayonnaise, cilantro, lime juice, garlic, chili powder and 1/2 teaspoon salt until well-blended. Stir in the cheese and set aside. Remove corn from the oven and brush on all sides with the mayonnaise mixture. Return corn to the broiler and broil until the mayonnaise/cheese coating is warm and slightly browned on top, about 1 minute. Season with salt and pepper, to taste, and serve with the lime wedges and any remaining mayonnaise mixture.

## Exotic Ingredients, Creative Combos Liven Up Winter Menus

By Kay Blakley

DeCA home economist

Tired of the same old soups, stews and casseroles that typically anchor your menus? Kick it up a notch or two with unusual ingredients and creative combinations that are sure to keep all those at your dinner table begging for more. This week's recipe collection features out-of-the-ordinary ingredients you might have never tasted before. Some might seem a little pricey at first glance, but they're all affordable if you get them at the commissary.

Fuyu persimmon, for example, is gaining in popularity, but if you've never tasted one, do it now. It plays a leading role in the Persimmon and Pomegranate Salad with Pecan-Coated Goat Cheese recipe. That name alone just oozes "healthy," doesn't it? Be sure to choose a Fuyu persimmon for this dish — it will look like an orange tomato. Fuyu persimmons have an apricot-like, sweet taste even when they're still firm and crisp, while other

varieties are sure to cause a decided pucker unless they are totally ripe and soft.

The goat cheese this recipe calls for can be found, usually vacuum packed, in a log shape. Its dense, smooth texture and tangy taste pair perfectly with toasted pecans, which you roll the cheese in before warming shortly in the oven. The dressing is based on extra virgin olive oil, which your commissary is sure to stock, and champagne vinegar, which they might not have. Substitute white wine vinegar instead, if needed.

The fontina cheese in the Fontina and Basil Pizza recipe may be hard to find. Be sure to check your commissary's deli selection, if you don't find it on the refrigerated aisle with other cheeses. It is well regarded for its mild but interesting flavor, and it melts like a charm, making it a good ingredient for pizza. Substitute mozzarella or even provolone, if needed.

You'll also need ricotta cheese, but be sure to put any

that's left over to good use right away, as it will only keep for a day or two after opening. Did you know you can eat it straight from the tub with fresh fruit? It's sweeter and smoother than cottage cheese and is higher in calcium, as well.

Other exotic ingredients you'll need for these recipes include fish sauce and oyster sauce, which we have plenty of in the Asian section of your commissary's international aisle, as well as Asian chili sauce, which we also carry. Look for a red sauce in a see-through bottle with a white rooster on the label, and the word Sriracha. It's a key ingredient in the Chicken-Stuffed Spuds recipe. Sriracha has been described by some as the Asian ketchup, so it will come in handy anywhere you want to add a spicy zing.

Come to Kay's Kitchen at <http://www.commissaries.com> and check out our featured recipes for Persimmon and Pomegranate Salad with Pecan-Coated Goat Cheese, .

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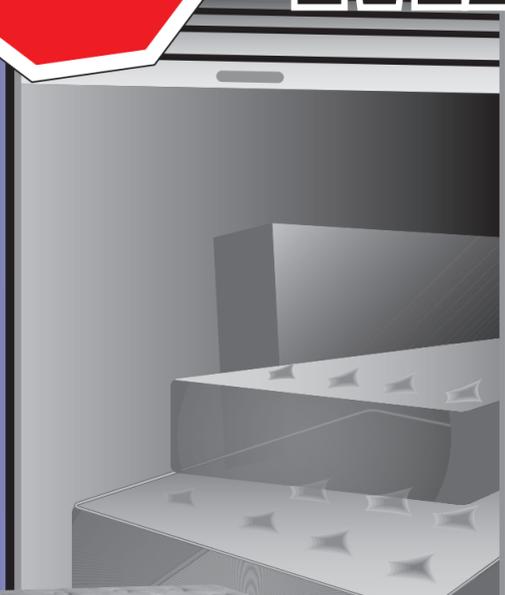
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