



2008 CHINFO Award Winner

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THURSDAY, October 7, 2010

Enlisted Advance Pay Adjusted

By Chief of Naval Personnel Public Affairs

As part of the Navy's execution of the fiscal year 2011 manpower budget, the chief of naval personnel has announced Sailors selected for advancement will be advanced at increments of three percent per month starting Oct. 1.

"We were required to make some minor adjustments to our manpower

budget to ensure we continue to maintain a stable force; a force we have shaped over the last few years," explained Rear Adm. Tony Kurta, director of military personnel plans and policy division.

Under the previous policy, Sailors selected for advancement to the grades of E-4, E-5 and E-6 advanced at a rate of five percent per month for the first

five months of their bi-annual selection cycle, starting in January and July.

The remaining 75 percent advanced in June or December, respectively. Under the new plan, these Sailors will advance at three percent increments during the same time period, with the remaining 85 percent of Sailors advancing in the sixth month of their selection cycle.

With the new policy, advancement opportunity and frocking of enlisted Sailors will remain unchanged.

The boards for Sailors selected for advancement to E-7, E-8 and E-9 are completed once per year. Therefore, under the revised plan, these Sailors will be advanced at the three percent increment for the first eleven months of the cycle, with the remain-

ing 67 percent advancing in the final month. This aligns with the recently announced officer phasing plans.

The Navy remains committed to ensuring optimal advancement rates required to maintain a balanced manpower budget, while preserving steady career growth for Sailors. Accordingly, Navy leadership will revisit the plan annually.

USS Klakring Is Back

By MC1(SW)
Michael J. Scott

CTG 40 Public Affairs

Sailors assigned to the guided-missile frigate USS Klakring (FFG 42) and HSL-42 Detachment 10 completed a six-month deployment to South America and the Caribbean Sept. 29.

Klakring participated in the 51st iteration of UNITAS off the coast of Argentina during the first part of the deployment then moved on to Peru and participated in the UNITAS Pacific phase and SIFOREX exercises. The ship visited 13 countries, made 20 port calls, transited through both the Strait of Magellan and the Panama Canal, and made countless friendships along the way.

"The importance of the relationships – those made and those reaffirmed – cannot be understated," said Cmdr. Scott Smith Klakring commanding officer. "Everywhere we went throughout South America and the Caribbean there was a genuine warmth for our presence and it was our Sailors and those that have come before them on previous Southern Seas and other missions that made that possible. It was through the generosity of their time, their warfare expertise, and their quest to understand the individual cultures that made them welcome wherever we went. This was truly a once

See Klakring, Page 9



-Photo by Paige Gnann

Culinary Specialist Seaman Joshua Graby of USS Klakring plays with his 1-year-old son, Landon, as his wife, Danielle, shields the two from a downpour during the ship's homecoming celebration on Sept. 29.

Conversion Options Worth Consideration

By MC1(AW)
LaTunya Howard

Navy Personnel Command Public Affairs Office

With the merger of Perform-to-Serve (PTS) and Fleet Rating Identification Engine (RIDE) Oct. 1, Sailors are being advised to take full advantage of the program's conversion option in order to stay Navy as the force is shaped to provide future capabilities.

"What we have is 5,000 Sailors in overmanned ratings being looked at in PTS, but 6,000 vacancies in undermanned ratings not yet filled," said Mike Fair, Bureau of Naval Personnel deputy military community manager. "We have to match these Sailors up with these undermanned specialties by educating Sailors on how PTS and Fleet RIDE can keep them from becoming separated from the Navy because they aren't in ratings we need."

PTS was implemented in

March 2003 as a means for the Navy to match manning requirements with mission requirements. It is a centralized reservation system that balances overmanned and undermanned ratings, using reenlistments as its key tool. With Fleet RIDE integration, Sailors are provided the additional information of what other rating billets are open, and what he or she qualifies for outside of their current rating, based on their Armed Services Vocational Aptitude Battery.

"Most Sailors are loyal to their rating and are reluctant to change," said Senior Chief Navy Counselor (AW) Jermaine Rawls, Navy Personnel Command PTS Help Desk. "Career development boards are indispensable in raising the number of conversion requests through PTS."

The chain of command must

See Conversion, Page 8

Mayport Energy Project To Save \$100,000 Annually

From NAVFAC SE

Naval Facilities Engineering Command (NAVFAC) Southeast awarded a Utility Energy Services Contract (UESC) for work to be done at Naval Station (NS) Mayport that will provide an annual energy cost savings of \$100,000.

"This project is just one example of several energy conservation initiatives that we are currently working on," said Capt. Aaron Bowman, NS Mayport commanding officer. "We look forward to finding ways of reducing operating costs while continuing to pursue energy reduction policy initiatives."

The project, valued at \$904,000, was awarded to Peoples Gas of Tampa, Fla. and will be developed by Energy Systems Group (ESG). ESG will implement a number of energy conservation measures to reduce electrical energy usage.

These measures include lighting retrofits at the wastewater treatment plant; water

plant variable frequency drives and new motors for pumps; and wastewater plant positive displacement blowers and automated aeration controls. Many of the existing lighting fixtures utilize less efficient technologies.

Retrofitting these fixtures with compact florescent light (CFL) bulbs as well as T8s lamps and new ballasts will increase lighting efficiency, reduce energy consumption and provide improved working conditions for system operators. Operational efficiencies will be obtained at the Water Treatment Plant by installing variable frequency drives (VFD) and new motors for the existing pumps.

The existing configuration of the pumps are either "on" or "off," which require approximately five to seven times the normal current as the motor gains rotational speed. This configuration creates excessive electrical demand and motor-winding heating. VFDs permit the pumps to operate at slower speeds.

See Energy, Page 3

Doyle Leaves On Deployment

By Lt.j.g. Kassandra Richardt
USS Doyle PAO

USS Doyle (FFG 39) departed Naval Station Mayport Oct. 2 to conduct counter-illicit trafficking operations (CIT) during a scheduled deployment in the U.S. Southern Command's (USSOUTHCOM) area of responsibility.

Doyle will conduct CIT operations in the Caribbean, Central and South American region in support of the Joint Interagency Task Force-South (JIATF-S) mission to stem the flow of narcotics to the United States and its partners. HSL-42 Detachment 8 and a U.S. Coast Guard Law Enforcement Detachment (LEDET) are embarked aboard Doyle in support of the deployment.

In addition to participating in CIT operations, Doyle will visit various ports throughout Central and South America

to take part in community relations (COMREL) events and learn first-hand about the variety of cultures and histories of the countries in the region.

"I'm excited to see Central America and go to places that I've never seen or been to before," said Ensign Tyler Maness. "I will get to go where none of my friends or family has been. This will be my first extended deployment, and I'm going to take a lot of pictures to take the great memories with me."

During the CIT operations, Doyle will contribute to the National Drug Control Strategy by disrupting the flow of narcotics. In doing so, Doyle places emphasis on the overall goal to work side-by-side with Central and South American partners, so that the U.S. and partner nations learn from each other, sharing the best practices and

proving collective reliability for addressing future maritime challenges.

Doyle is currently deployed under operational control to U.S. Naval Forces Southern Command and U.S. 4th Fleet (COMUSNAVSO/C4F), conducting CIT operations in support of JIATF-S, USSOUTHCOM and U. S. Coast Guard District Seven.

COMUSNAVSO is the naval component command for USSOUTHCOM and is responsible for all naval personnel and assets in the area of responsibility. COMUSNAVSO conducts a variety of missions in support of the U.S. Maritime Strategy, including Theater Security Cooperation, relationship building, humanitarian assistance and foreign disaster response, COMREL, and CIT operations.

Energy Day At Mayport
October Is Energy Awareness Month

Page 3

USS Underwood
Returns From Deployment

Page 4-5

MWR Fall Fest
Find Out What's Happening This Month

Page 6-7

Don't Get Stuck At The 'Why?' Of An Event



Chaplain Philip Bagrow
Surface Force Ministry Center

Over the years I have been asked one type of question

CHAPLAIN'S CORNER

more than any other. It always begins and ends with "Why?"

Before I became a Chaplain in the Navy, this question would come a lot when I had to do funerals ~ "Why, Pastor, did my husband need to die?" or when people lost their jobs or when teenage children went astray.

When I came into the Navy 10 years ago the question was still there but now it had become "Why did I get this ship?" or "Why do I have to

deploy and be gone from my family?" or "Why did the detailer send me here when he told me I could go there?"

Asking 'why' is a normal, human thing to do when we are confronted with bad news or a dramatic change in plans that are not what we hoped for. It's okay to ask, 'why?' and it's even okay to question God and ask Him, 'why?' But here's the problem: what happens when we don't get the

answer we seek? Many people ask the same "why" question for years, never moving beyond their initial disappointment; at the same time growing angry or bitter and allowing this unanswered question of 'why?' to negatively affect every aspect of their lives.

So how do you resolve this? First, you allow yourself a little bit of time with 'why?' and when no answer is forthcoming you move to the next question, which is far more important: 'how?' Leaving the unanswered 'whys?' behind, maturity means that you move to asking God, yourself and others not 'why this or that?' but rather 'since I

am in this or that, *how* should I live my life?' For example, "Since I am on this ship, *how* should I live my life so that I come out ahead?" or "Since I *am* going on this seven month deployment, *how* should I use this seven months to my best advantage?" Or sometimes its just as simple as praying to God and saying, "God, I don't know why I am away from my family, but since I am, *how* do you want me to live out each day so that I am not eaten up with anger or bitterness?"

Moving from *why* to *how* is crucial to our good mental and spiritual health. Don't be a Sailor who spends five years

on a ship always asking, 'why?' Don't be a Sailor on deployment spending seven months asking, 'why?' Be a Sailor who says, "Alright, I *am* here; so now *how* do I make the best of it?"

LORD, sometimes you reveal to us the great "Whys?" in our lives, but most of the time you don't. Help me to trust You, even when you seem silent on certain issues. And help me to move beyond asking, 'why?' and move toward asking how ~ "How do you want me to live out my life, LORD, since I am right here, right now?" Amen.

Stop Bullying Before Bullying Stops Your Kid



Judy Cromartie
School Liaison Officer

Bullying is on the rise! Just last week in the national media it was reported that two more students took their lives because of bullying. You probably remember some bullying that took place at some time during your school days. You may even have experienced some level of bullying or maybe a friend did. Bullying is an all-too-common human activity that has existed since the beginning of recorded history and is present in most cultures. It is enacted by both boys and girls. Research suggests that somewhere between 30 percent and 60 percent of American schoolchildren report being bullied.

Bullying is about power. One psychologist is quoted as saying, "It's all about big on little, many on few, smart on less smart, older on younger." At some point you may have been the smaller one, the younger one, or had your interests and

KNOW THE ROPES

Correction to the list of parent programs in the Sept. 23rd Mirror:

2010-2011 MILITARY PARENT PROGRAMS. All programs will take place in Building 1 at 6:30 PM

Thurs., Oct 28: What is Response to Intervention (RtI), and Why Won't the School Test My Child?

Tues., Nov. 16: What Can I Do to Help My Child Be More Successful in School, and What Resources Are Available for Military Students?

Tues., Jan. 25: Helping Military Families Understand the Financial Aid Process -Scholarships, Loans, Grants, Work Study

Tues., Feb. 15: It Is Time for My Child to Select His Classes for the 2011-2012 School Year. What Should I Know to Help Him Make the Proper Choices?

feelings unfairly damaged by someone more powerful than you.

And this power can take different forms. Although girls are sometimes physically violent, it is boys who tend to be more physical. Florida law defines bullying as "systematically and chronically inflicting physical hurt or psychological distress on one or more students and may involve teasing, social exclusion, threat, intimidation, stalking, physical violence, theft, sexual, religious, or racial harassment, public humiliation, or destruction of property."

Harassment is "any threatening, insulting, or dehumanizing gesture; use of data or computer software; or written, verbal or physical conduct directed against a student that places the student in reasonable fear of harm to his person or damage to his property; has the effect of substantially interfering with a student's educational performance, opportunities, or benefits; or has the effect of substantially disrupting the orderly operation of a school."

All parents of school-age children should know the law. Florida Statute 1006.147, "The

Jeffrey Johnston Stand Up for All Students Act," prohibits bullying and harassment of any student or employee of a Florida public K - 12 educational institution. This law requires that each school district in Florida adopt a policy prohibiting bullying and harassment of any student or employee of a public K - 12 school.

The Duval County School Board has adopted an anti-bullying policy to address bullying in the district. If your child tells you he has been bullied, the incident should be reported to the school principal or another trusted adult. This report can be done anonymously. An investigation will be conducted by the school principal or his/her designee. Consequences will be in accordance with the Student Code of Conduct. If necessary, individuals involved will be referred for appropriate services.

Now that you know the law, consider the following tips to deter and diminish bullying at your child's school:

- Communicate to the school's designated administrator your concerns about bullying, such as issues with supervision and monitoring of students.
- Help your children build a social safety network, and encourage them to travel via the buddy system.
- Visit Florida's statewide anti-bullying campaign website

at www.stopbullyingnow.hrsa.gov to find ideas to prevent bullying to share with your children.

What about your children? Are they being bullied? Possible warning signs include the following:

- has torn, damaged, or missing belongings,
- has unexplained cuts or bruises,
- frequently makes up excuses to avoid attending school,
- begins to do poorly in school,
- complains of headaches, stomachaches, loss of appetite, trouble sleeping, or bad dreams, and/or
- suffers from low self-esteem.

If you recognize these symptoms in your child, trying talking to him about what is happening at school. If your child will not share the problem with you, call your child's school counselor and ask if he/she will talk to your child about your concerns. Sometimes children will open up to a trusted adult before they will share with a parent. It is vital that you work with the teacher or school officials to find a solution.

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at Judith.cromartie@navy.mil or by

phone at (904) 270-6289 X1305 [office] or (904) 219-3894 [cell]. Or you can schedule a meeting with her in her office in Building One.

For more information:

The "Jeffrey Johnston Stand Up for All Students Act" is a memorial to Jeffrey Johnston, son of Debbie and Robert Johnston. Jeffrey's story can now be found, with other "bullycide" stories, in the book, "Bullycide in America: Moms speak out about the bullying/suicide connection". The book can be ordered at www.bullycide.org.

- Stop Cyberbullying www.stopcyberbullying.org
- Available in schools:
- Pay It Forward (HS Character Education Library)
- 2000 Pocket Catherine Ryan Hyde
- Sarah and the Naked Truth (MS Character Education Library)
- 2002 Yearling Patricia MacLachlan
- Stand Tall Molly Lou Mellon (ES Character Education Library)
- 2001 G.P. Putnam and Sons
- Patty Lovell

Personal Security: It's That Important!

By Beth Wilson

Something that amazes me is the continued care and support for our military and families even after nine years into these conflicts. Below are opportunities for you and your family and I'm excited to bring them to you!

Build-a-Sign - Even if you ordered from them before Build-a-sign (www.buildasign.com/troops) is offering a free banner or jumbo card for you service member. Design your own holiday jumbo card or a welcome home banner or other event and get a free bumper magnet with your order. Their design widget is easy and versatile. You can even upload a logo or photo of your family, pet or service member. The banners/cards are free but you will need to cover the shipping (usually under \$10). And yes, they will ship to FPO/APO addresses.

Build-a-Sign is a partner and sponsor of the Year of the Enlisted Spouse. As such I've had the privilege of getting to know the staff. The employees love the troops and you, their family. They have a wall with all the letters we send them about how the cards or banners have impacted their lives. Order your banner or jumbo card today.

'Portraits of Love' - JC Penney's Portrait Studio: JC. Penney's Portrait Studio is offering a free sitting, one traditional (8x10) portrait sheet of AND a free portrait sheet sent to your deployed service member. Additional sheets can be purchased \$3.99 or collections are available at 40% off - what

HOMEFRONT IN FOCUS

a great Christmas gift idea.

Your military ID is required at the time of the sitting and you must make a reservation in advance. To learn more, find a JC Penney near you or to book a reservation for a sitting log on to <http://www.jcportraits.com/offers/portraitsoflove.html>. Oh, one more thing...many studios will also do your pet. There are restrictions so call ahead for the details.

Bed & Breakfast for Vets: B&B owner Kathleen Panek of Shinnston, WV had an idea - give a free night to vets to honor them and Veteran's Day. That idea grew and B&B's and Inns across the country are offering a free night Wednesday, October 10th for active duty and veterans. Over 300 inns in over 40 states (and Canada) are participating.

To find participating Inns logon to <http://www.bnbsforvets.org/participants.html>. Reservations are to be made directly with the participating inn. Availability is limited so Inns may not have a specific room listed for the promotion. A valid military ID or DD214 is required at check-in.

"We just wanted to say thank you to the courageous men and women from our armed forces," says Panek. "These are trying times for anyone serving or who has served and a good night's rest is our way to say "Thank You."

I called a B&B to book a room and the owner was so glad I called and so kind... thanking me and my husband for our service and 'allowing' her to 'do this' for us. Well, I was choked up by the time our con-

versation was over. I hope you will have the opportunity to enjoy a night on one of these amazing Innkeepers.

Check out these links for your children and 'furry children' for more opportunities to enhance your lives. Halloween Contest - http://www.shopmyexchange.com/Patriot_Family/tag_me.asp; Navy Exchange pet photo contest- http://www.facebook.com/NavyExchange?v=app_6009294086.

I hope you'll enjoy these expressions of

support!

Connect with Beth on Twitter (www.twitter.com/Beth_Wilson), Facebook (www.facebook.com/EnlistedSpouseCommunity) or email at beth@homefrontinfocus.com.

Don't miss Beth's show, *Enlisted Spouse Radio*, at www.blogtalkradio.com/nht.



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

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

Women's Bible Study
Wednesday 9:30 a.m.

Protestant choir
Wednesday 7 p.m.

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

Marriage
Contact Chaplain 6 months prior. PREP is required

For more information, call 270-5212.



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OFF THE DECK

Survey Out For Barrack Satisfaction

During the months of September through November the Bachelor Housing Staff would like all Residents to participate in the Annual Resident Satisfaction Survey.

Building managers will be distributing surveys it only takes 10 minutes to complete. It's confidential and please know that your opinion matters!

This is your opportunity to tell us how well we are doing or what we need to improve on.

EOQ Lunch On Oct. 14

Naval Station Employee of the Quarter for 3rd Quarter, Luncheon/Presentation will be held on Oct. 14 at 11:30 a.m. at Ocean Breeze Conference Center. The nominees and Department Heads/Supervisors should attend. All Naval Station employees are encouraged to attend to support those nominated.

Please RSVP for the luncheon by 3 p.m. on Oct. 12 to Sandra Barrett, 270-5228 or email sandra.barrett1@navy.mil. Cost is \$8. Pay at the door.

Employee of the Quarter Nominees:

- Alan Sarge, Fire Dept
- Derek Pollock, Security
- Tawana Davis, MWR
- Anna Young, PWD/NAVFACSE

October Is Energy Awareness

From NS Mayport Public Works

October is Energy Awareness Month and this year's Energy Awareness Month theme, POWERING AMERICA; We're On Target.

The theme depicts how Federal agencies continue to zero in on energy targets to stimulate the economy, lower operating expenses, reduce greenhouse gas emissions, and achieve long-term energy and economic security.

Since 1991, the U.S. Department of Energy has been conducting energy awareness campaigns that promote the wise and efficient use of our nation's energy.

Public Works Department will kick off this annual event by placing large energy awareness banners at both gates and by putting up posters throughout the base promoting the need for energy conservation by all base personnel and visitors.

Energy Awareness Month is a great time to refocus our efforts to reduce our energy consumption.

Energy

Since slower speeds equate to lower capacities, the pumps can be adjusted to maintain a more consistent distribution pressure. Operators of the wastewater treatment plant currently use manual methods to control the level of dissolved oxygen (DO) in the aeration tanks.

This method of operation is labor intensive and much less responsive to changing conditions in the treatment process.

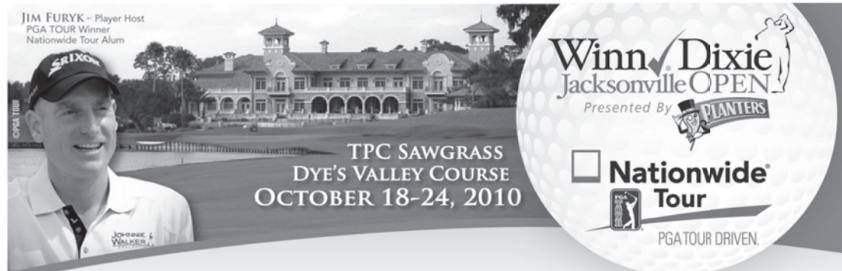
We can make energy conservation a part of our day-to-day activity through these simple but important actions.

- Switch off all unnecessary lights and equipment.
- Use efficient ENERGY STAR(r) products.
- Use compact fluorescent light bulbs.
- Use power-down or sleep mode feature for CPU's and monitors.
- At the end of the day, turn the copy machine and printer off.
- Keep government vehicles maintained and only drive when necessary.
- Walk, carpool or use public transportation to conserve fuel.

Our commitment at NASCC is greater than ever and during the month of October we ask that you become a knowledgeable steward of energy resources and begin conserving energy for a stronger future.

Installation of a more efficient VFD-controlled blower and motor, and automating the DO controls, will enable the operators to maintain DO concentration levels within tighter control limits and thus improve plant efficiency and effluent quality.

"This project is just one more example of the leadership, dedication and hard work involved to implement our regional commander's energy conservation



Winn-Dixie invites all active & retired military and their dependents to enjoy the inaugural Winn-Dixie Jacksonville Open presented by Planters!

Winn-Dixie is providing all military the opportunity to see the future stars of the PGA TOUR play in the first-ever Nationwide Tour event at TPC Sawgrass, home of THE PLAYERS Championship, October 18-24

As the official proving ground of the PGA TOUR, two out of three PGA TOUR members played on the Nationwide Tour. Nationwide Tour alumni include Jim Furyk, Tom Lehman, Matt Kuchar, Bubba Watson, Camilo Villegas, Tim Clark, Stewart Cink, Zach Johnson and many more.

TOURNAMENT ACCESS WITH YOUR MILITARY ID INCLUDES:

- Admission to the tournament for the day
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- TPC Sawgrass Clubhouse privileges

To download your parking & ticket voucher, please visit: www.winndixiejacksonvilleopen.com



From Page 1

priorities and national energy policy reduction goals," said Ralph Crist, Public Works Department Mayport Utilities and Energy supervisor.

Upon construction completion, the Navy will see a reduction of over 3,700 million BTUs and will contribute to the reduction of greenhouse gas emissions by eliminating 16.4 pounds of methane, 790 tons of carbon dioxide and 2,800

pounds of nitrogen oxides per year.

The expected completion date for all work on this contract is January 2010. **Energy Systems Group (ESG)** is an award-winning energy services company that specializes in delivering sustainable energy solutions which allow building owners to maximize their energy efficiency and operational performance, while reducing

their carbon footprint.

Through its core business of performance contracting, ESG provides customers with innovative energy efficiency, technology, and long-term financing solutions for modernization of their facilities and energy infrastructure. To learn more about ESG, visit www.energysystemsgroup.com.

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¹Average auto premiums based on nationwide survey of new customers from 10/01/08 through 9/30/09, who reported their prior insurers' premiums when they switched to USAA. Savings do not apply in MA. Use of competitors' names does not imply affiliation, endorsement or approval. ²To qualify for the discount, the vehicle must not be driven and must be stored in a secure location. Other restrictions apply. ³Also known as Military Installation Discount, this is a reduction in your premium for comprehensive coverage, except in CA, where it applies to your premium for collision coverage. Not available in MA and NY. Other restrictions apply. Property and casualty insurance products are available to military members and their former dependents who meet certain membership eligibility criteria. To find out if you are eligible, contact USAA. Underwriting restrictions apply. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property Insurance Company, USAA County Mutual Insurance Company, San Antonio, TX. Each company has sole financial responsibility for its own products. © 2010 USAA. 122188-1010

Underwood, HSL-60 Return To Mayport

By Ensign Kimberly Hanson

USS Underwood Public Affairs

USS Underwood (FFG 36) and HSL-60 returned home Oct. 5 after a successful six-month deployment to the Eastern Pacific in support of counter-illicit trafficking operations.

While underway in the Eastern Pacific, Underwood was responsible for four counter-narcotic disruptions resulting in the seizure of 4.3 metric tons of cocaine with a wholesale value of \$86,200,000 and a retail value of \$301,700,000.

In addition to the completion of this mission, Underwood Sailors had the opportunity to strengthen foreign relations, volunteer to help the less fortunate, provide humanitarian aid, achieve career milestones, and meet personal and professional goals.

Underwood departed Mayport April 5 to begin her voyage to the Eastern Pacific. While transiting, she completed a joint training exercise with a U.S. Army Blackhawk squadron stationed out of Soto Cano Air Base near Comyagua, Honduras. During the course of two days, Underwood conducted 12 hours of Deck Landing Qualifications to certify 15 Army Pilots.



-Photos by Paige Gnann

Operations Specialist 1st Class (SW) Leron Parris reunites with his wife Danielle pier-side after returning to Naval Station Mayport with USS Underwood on Oct. 5. Underwood was deployed for six months to the Eastern Pacific in support of counter-illicit trafficking operations.

In May, Underwood Sailors completed a Theater Security Cooperation event with the

Colombian navy in Bahia Malaga, Colombia. In addition to the joint counter-illicit traf-

ficking exercise, Underwood hosted a reception on board, welcoming Admiral Willis,

Commander Colombian Pacific Fleet, Capt. Perez, Commander Fleet Training Command, and

25 Colombian navy officers and guests.

Underwood and HSL-60 Sailors were committed to volunteering during port visits. Underwood's most frequently visited port was Panama City, Panama. Underwood and HSL-60 Sailors volunteered their time at three community relations projects. At Instituto Comercial, a public school located just outside the city, Sailors worked with the U.S. Embassy to paint a basketball court, cleaned and put new plants in the school's garden, and engaged in language activities to help the students practice conversational English.

At Hogar Divino Nino Orphanage, Sailors played with children and gave the house a deep cleaning and fresh coat of paint. They also made repairs to the house including installing ceiling fans, re-wiring hallway lights, and fixing shower faucets. At the Foundation of Friends of Children with Leukemia and Cancer, Underwood bought paint to coat several large rooms. Their generosity and commitment to community relations was recognized and greatly appreciated by the people of Panama.

In addition to community See Underwood, Page 5



Lorena Gancerez gets first kiss from her husband Operations Specialist 1st Class (SW) Adan Gancerez.



CWO2 Miguel Aponte poses with his nephews and daughter after disembarking USS Underwood.



Hospital Corpsman 3rd Class Curtis Gardner gets a welcome home kiss from his wife, Ericka.



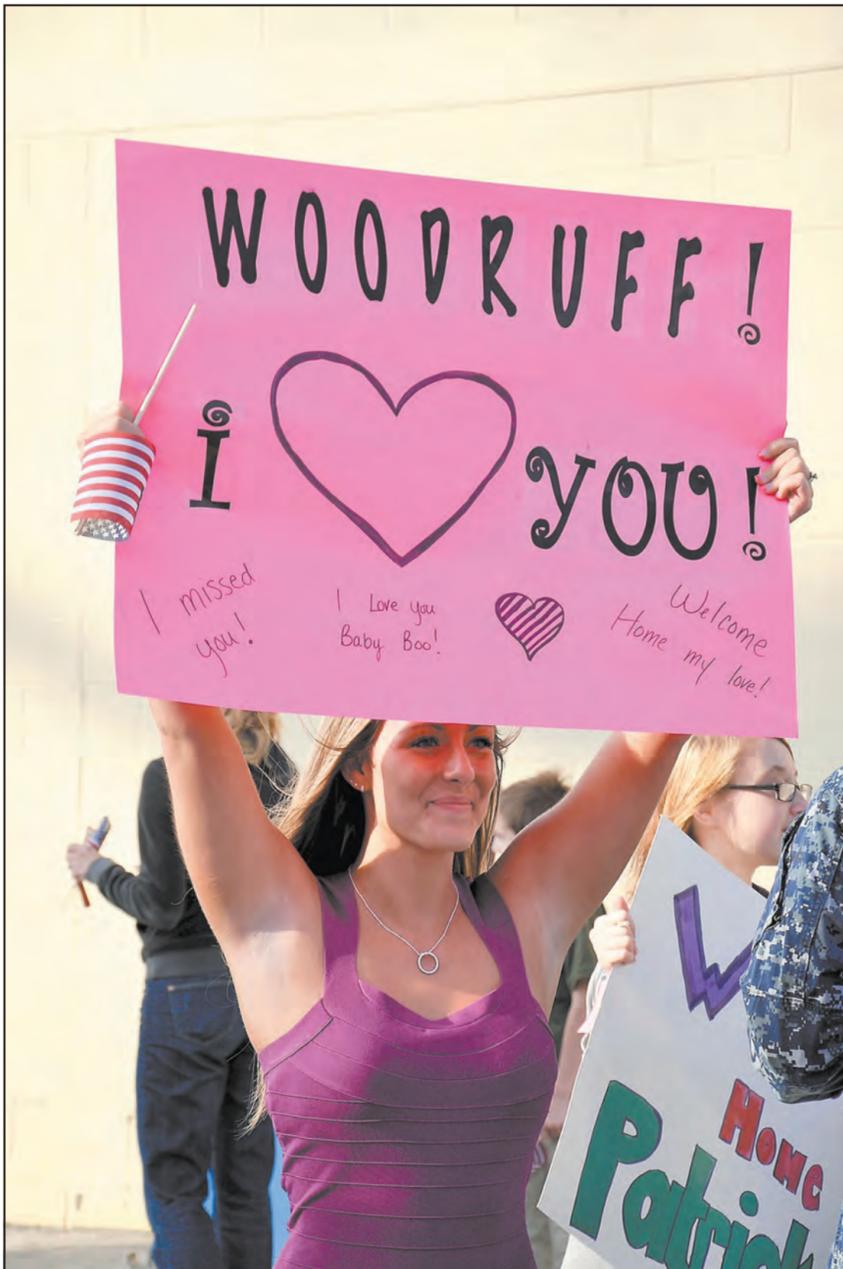
Hospital Corpsman 1st Class (SW/FMF) Joseph Swanson gets a welcome home kiss from his wife, Elena.



Kaleb, 8, and Ben Rushton, 9, hold up signs to welcome home their father, Electronics Technician 1st Class (SW) Michael Rushton.



Hundreds of friends and family members wave signs and wait at Delta Pier for Underwood to return.



Brandy Woodruff holds up a sign to welcome home her husband, Culinary Specialist 3rd Class (SW) Michael Woodruff.



A young child holds up flags provided by Navy League as USS Underwood pulls pierside at Naval Station Mayport.



The family of Chief Logistics Specialist Turner hold a sign welcome home their Sailor.



Ensign Jeffrey Macy receives first hugs from his one-year-old twin sons Jack and Maddox as wife, Megan, waits to welcome him home.



Interior Communications Electrician 2nd Class (SW) Michael Bean meets his new daughter, Allison, after returning from a six-month deployment with USS Underwood.



USS Underwood Sailors man the rails as they pull pierside after a six-month deployment.

Underwood

From Page 4

relations projects, Underwood distributed donations provided by Project Handclasp. Underwood delivered these donations to representatives from Accion Integral in Bahia Malaga and Cartagena, Colombia to be distributed throughout the country. Underwood was well received by the representatives from Accion Integral and their delivery of medical and hygiene products was greatly appreciated.

After two deadly volcanoes and tropical storm Agatha hit Guatemala in late May, Underwood sped to the coast to provide relief. Underwood and HSL-60's support resulted in more than 11,000 pounds of supplies delivered into Guatemala in their time of need. Underwood was also responsible for locating and rescuing three Ecuadorian fishermen during the tropical storm.

While underway, Underwood Sailors met many personal and professional goals. Underwood was proud to welcome to the Navy two new master chiefs, Master Chief Electronics Technician (SW/AW/FPJ) Matthew T. Miesle and Master Chief Fire Controlman (SW/AW) Donald P. McColl, one new senior chief, Senior Chief Operations Specialist (SW/AW) Laconia McIntosh, and three new chiefs, Chief Yeoman (SW/AW) Jeremy A. Campbell, Chief Logistics Specialist (SW) Larry J. Turner, and Chief Aviation Electronics Technician (AW) Robert L. Neeley.

Many challenging qualifications were earned during the course of six months. While deployed, Underwood qualified three Tactical Action Officers, 10 Combat Information Center Watch

Officers, six Officer of the Decks, five Engineering Officers of the Watch, and held boards for four Surface Warfare Officers. Thirty-six Sailors earned their Enlisted Surface Warfare Specialist qualification, including four personnel from HSL-60.

Underwood's fitness program on board was a large part of daily underway life. Underwood fitness leaders coordinated several competitions for Sailors. The first was "The Biggest Loser" competition. Weigh-ins were held the first and last weeks of the deployment, and like the reality television series, the individual who lost the most weight was deemed the winner. Four Sailors lost more than 25 pounds and total weight lost by all participants was 525 pounds.

Underwood also held several CrossFIT challenges. CrossFIT workouts are intense workouts focused on mental toughness and common movements that strengthen the body and core. Participants were able to gauge improvement by tracking scores from various competitions held throughout the deployment. Underwood also participated in the Fleet Around the Globe Circumnavigation Challenge. Three fitness-minded Sailors logged more than 400 miles each.

Underwood returned to her homeport of Mayport on Oct. 5. Their safe return marked the conclusion of a demanding and highly successful deployment.

MWR HAPPENINGS

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 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. 11: Columbus Day Federal Holiday.

Oct. 12: Domestic Violence Awareness 5K Fun Run and 3K Walk. 8 a.m. start in front of the Gym. (Free)

Oct. 12: 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. 13: 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. 14: Thursday CPO Social Hour - Right Hand Man Night. 3-7 p.m. at Foc'sle CPO Club with thirty-five cent wings, drink specials and all-you-can-drink soft drinks for only \$1. Thursday night is reserved for active and retired Chief Petty Officers and their guests. 270-5431

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. 18: Fall Intramural and Greybeard Basketball Meeting. 11 a.m. in the Gym lobby. 270-5451

Oct. 18: Jaguars vs. Titans Limited tickets are available (while supplies last) at ITT. 270-5145

Oct. 18: 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. 19: 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. 20: 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. 20: All Hands Family Steak Night. 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Purchase tickets in advance; limited tickets available at the door. For tickets, call STGC Miree at 270-5126 ext. 5873 or Jeff Lawrence at 270-5126 ext. 3115.

Oct. 21: 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. 23: UFC 121 - Lesnar

vs. Valasquez. 10 p.m. only on Pay-Per-View at Castaway's Lounge. (Free) 270-7205

Oct. 24: 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. 24: 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. 26: 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. 27: 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. 28: Thursday CPO Social Hour - Boss's Night. 3-7 p.m. at Foc'sle CPO Club with thirty-five cent wings, drink specials and all-you-can-drink soft drinks for only \$1. Thursday night is reserved for active and retired Chief Petty Officers and their guests. **Oct. 29 & 30: Xtreme Bowling Halloween Weekend Special.** 8-11 p.m. both nights at Mayport Bowling Center. Bowlers in costume will receive free shoe rental and can win sweet treats with a colored headpin strike. 270-5377

Oct. 29 & 30: Live Band - Liquid Blue. 9 p.m.-1 a.m. both nights at Castaway's Lounge. No cover charge. www.myspace.com/liquidbluerocks 270-7205

Oct. 31: 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. 31: Halloween Bowling

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.

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.

Special. 1-8 p.m. at Mayport Bowling Center. Kids 12 and under bowl for free with a paying adult. Limit one child per adult. Not valid with the Family Fun Night special. 270-5377

Oct. 31: 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.

LIBERTY CALL

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. Van departs from Planet Mayport at 8:30 a.m.

ATM Machine At Beachside



-Photo courtesy of MWR
NS Mayport Commanding Officer, Capt. Aaron Bowman joins Navy Federal Credit Union Manager Eeva Pakarinen and Mayport MWR Director Lonnie Kenney in cutting a ribbon to officially open a new ATM machine installed at Beachside Community Center.

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- AutoCrafters Collision - Macclenny: 180 S. Lowder St. Macclenny, FL 904-259-3001
- AutoCrafters Collision - O. Park: 629 Park Ave. Orange Park, FL 32073. 904-269-8101
- AutoCrafters Collision - Phillips: 8417 Phillips Hwy. Jacksonville, FL 32256. 904-464-0044
- AutoCrafters Collision - St. Augustine: 2120 State Road 16 St. Augustine, FL 32095. 904-829-3769
- AutoCrafters Collision - Blanding: 1011 Blanding Blvd. Orange Park, FL 32095. 904-298-2982
- AutoCrafters Collision - Cassat: 1340 Cassat Ave. Jacksonville, FL 32205. 904-361-6530
- AutoCrafters Collision - Regency: 1638 Debutante Dr. Jacksonville, FL 32246. 904-721-7781

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USS Carney "Salty Dogs" team leader Gas Turbine System Technician Mechanical 1st Class Joseph Johnson, right, and Master-at-Arms 1st Class Javier Santiago put final touches on the team's custom designed Scion xB before it heads off to judging. Carney is up against two other military teams to find out who will wind the first "Battle of the Builds" sponsored by Scion. The team spent approximately 12 weeks outfitting the car's interior and exterior. Winners will be announced Oct. 18.

-Photo by Paige Gnan

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 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

KID ZONE

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. For tickets, call STGC Miree at 270-5126 ext. 5873

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Roosevelt Pins Four New Chief Petty Officers

By Ensign Abigail L. Dixon
USS Roosevelt PAO

Four Chief Selectees onboard guided-missile destroyer USS Roosevelt (DDG 80) were presented their Chief Petty Officer anchors and covers at a traditional pinning ceremony on Sept. 16 at the Afloat Training Group Auditorium in Mayport, Florida. The ceremony was attended by family and friends of the selectees, as well as the entire crew of USS Roosevelt.

The transition from Petty Officer to Chief is one of the most significant rank changes that occur in the U.S. Navy each year. This accomplishment is a testament of the hard work, dedication to service, and leadership qualities that each of the Chief Selects has exhibited over the course of their Naval careers. The ceremony is a celebration of their completion of the four week long Chief training period and their promotion to Chief.

The ceremony began with each selectee marching on to the stage, followed by their sponsors who have guided them thus far in their Chief selection process. Command Master Chief Paul Corey opened the ceremony with the declaration of the Sailor's Creed and the introduction of each of the individual selectees. This



-Photo by Lt. Adam Borsman

Selectees and their families line up for a picture immediately following the ceremony. Pictured from left Chief Engineman Jason Mozer, Fiona Mozer, Stacie Mozer, Amelia Mozer, Carina George, Chief Culinary Specialist Cordelia Vernon, Catrina George, Kenneth Horne Jr., Chief Intelligence Specialist Kenneth Horne, Lynette Horne, Jaedon Ali, Chief Damage Controlman Shimran Ali, and Cherisa Ali.

was followed by a prayer led by Boatswain's Mate 1st Class Veronica Davis and the playing of the National Anthem. Cmdr. Robert Chadwick, Roosevelt's commanding officer, stated in his opening remarks how significant this milestone is for the Chief Selectees and how a great deal of this accomplishment is due to the loving sacrifice of

their families.

After the opening remarks, it was time for the pinning to begin. One by one family members of all ages approached the stage with the CPO pins in hand. It was a proud moment for all the families involved as well as the sailors and officers who supported the selectees all throughout their time in the

Navy.

Chief Engineman Jason Mozer stated, "The whole experience was eye opening and I never thought I would learn so much about myself. The emphasis was on team building and unity and it really made me proud to be a part of the mess."

Chief Mozer's daughter, Amelia, was also very proud

and exclaimed, "You get to wear the funny hat now!"

Once each selectee was pinned, Chief Hospital Corpsman Richard Tomlinson spoke of the importance of the USN on their Chief covers. The "U" stands for "unity", "S" stands for "service" and "N" stands for "navigation" all of which represent what being a Chief is all about. After the reminder of the ceremony's significance, the selectee's sponsors stepped forward and placed their new Chief covers on the selectees. Then, the selectees led all the attendees in the singing of "Anchors Aweigh." At this time all of the selectees' supporters came up to congratulate them on their accomplishment and the wearing of their new rank.

The more seasoned Chiefs in Roosevelt have a lot of faith in the abilities of these new Chiefs and look forward to seeing them execute their advanced leadership roles. Chief Fire Controlman Steven Scott said, "Seeing the new Chief Petty Officer's go through the four-week process makes us reflect and feel proud to be a part of the mess. Being the chief may look easy to some, but there are a lot of challenges ahead for us and the new Chief Petty Officer's. Something we all

learn in the Chief Petty Officer community is to use the Chief's mess to assist in problem solving. That is a teambuilding concept that we learn during the training period."

Corey stated, "This is certainly one of the proudest days in any enlisted Sailor's career when they don the uniform of a Chief Petty Officer. The entire transition is a very humbling time for all Chief Petty Officers and it reminds us why we are Chiefs, to serve our Navy, our Country and our fellow Chiefs."

Chadwick said he is extremely proud of each of the new Chief Petty Officers. He said, "This was a great day for the Navy, for Roosevelt and for these four great Sailors and their families. The transition to Chief Petty Officer is unique among all of our Armed Forces and we could not be promoting four more deserving new Chief Petty Officers."

The Chiefs recognized at the ceremony include Chief Damage Controlman Shimran Ali, Chief Engineman Jason Mozer, Chief Culinary Specialist Cordelia Vernon, and Chief Intelligence Specialist Kenneth Horne.

From Page 1

Conversion

counsel Sailors before they enter the PTS window to clarify the importance of applying for both in-rate and conversion quotas.

"Some advantages that accompany a rating conversion are advancement, selective reenlistment bonus, formal training, college credit, and the opportunity to stay Navy," said Rawls.

Sailors considering conversion can review their Career

Reenlistment Objective (CREO). CREO refers to the manning levels for all Navy ratings and is a consideration for Sailors requesting PTS approval. CREO categories are identified in one of three levels:

CREO 1 rates are undermanned

CREO 2 rates are manned at desired levels

CREO 3 rates are overmanned

The command career coun-

selor can assist Sailors with understanding the benefits of reviewing their CREO information and can provide Sailors with guidance throughout the PTS process.

"PTS and Fleet RIDE helps us keep our best and brightest Sailors in the Navy in their current rating, conversion to undermanned rating our by direct affiliation into our SELRES," said Fair.

"There are many untold

happy endings. For example, a machinist's mate third class was approved for conversion. His old rating was overmanned with advancement opportunity to E-5 less than 7 percent. The Sailor converted to cryptologic

technician collection (CTR); attended A School; graduated; converted to CTR 3rd Class; received a standard re-enlistment bonus for a six-year reenlistment; and is now assigned to a Navy Information Operations

Command. CTR advancement opportunity for E-5 is nearly 100 percent. We want to get the word out to Sailors about the power of PTS and Fleet RIDE. We believe a satisfied Sailor makes a better Navy," said Fair.

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Matthew, 8
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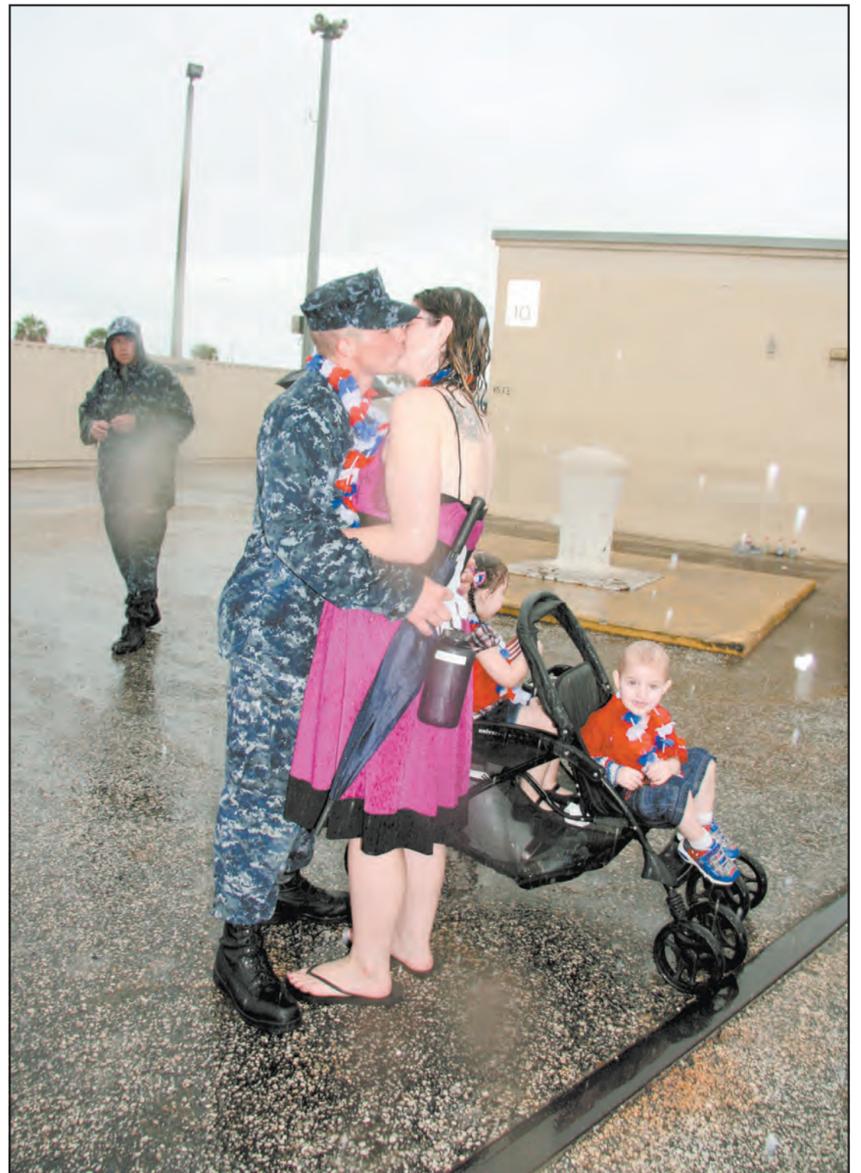
ATTORNEYS: Ronald Sholes, USN - 10 Yrs.
Mike Quimby, USN - 8 Yrs.
Garry Crews, USMC Ret.

Scott Burleigh, USN - 8 Yrs.
Jody Wade, USMC - 4 Yrs.





Above and below, friends and family members brave black skies and wet weather to welcome home USS Klakring during its homecoming on Sept. 25.



Gunner's Mate 2nd Class Joseph Christos kisses his wife, Tammy, on the rainsoaked pier during USS Klakring's homecoming.

Klakring

From Page 1

in a career deployment and I'm glad that we were selected to make it."

Every port visit included military-to-military subject matter expert exchanges (SME), community relations (COMRELS) projects and sporting events. Deliveries of Project Handclasp donations, which included medical and hygiene supplies, were also made during various port visits.

Klakring's deployment to Latin America and the Caribbean was part of Southern Seas 2010, a U.S. Southern Command-directed operation that provides U.S. and international forces the opportunity to operate in a multi-national environment. Southern Seas focuses on working with partner nations in the region conducting exercises, military-to-military engagements, and theater security cooperation engagements to enhance interoperability. This year's deployment included Klakring and HSL-42 Det 10, and were executed by Destroyer Squadron (DESRON) 40 as CTG 40.0.

COMUSNAVSO is the naval component commander for USSOUTHCOM and is responsible for all naval personnel and assets in the area of responsibility. COMUSNAVSO conducts a variety of missions in support of the U.S. Maritime Strategy, including Theater Security Cooperation, partnership building, humanitarian assistance and disaster response, community relations and CIT operations.

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FFSC Schedule For Families, Sailors

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

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 con-

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

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.

Children Learn More from Do's than Don'ts

Young children will be better behaved when they know clearly what you expect of them. Instead of just saying, "Don't do that," show and tell your child what you want him or her to do.

1. Teach your child the steps of the desired behavior.

It is unreasonable to expect your child to do something if you haven't taught it to him or her.

2. Have your child describe the behavior back to you.

This will tell you whether or not your child understands your expectations.

3. Ask your child to demonstrate the behavior to you.

If your child can demonstrate the behavior reasonably well, then you know that it is within the child's abilities.

4. Model the behavior yourself.

Children are always watching you and trying to imitate your behavior.

For more tips on parenting, visit www.parenting.org or call the Boys Town National Hotline, 1-800-448-3000.

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Vets Invited To Take Part In Special Ceremony

From the Office Of Congressman Ander Crenshaw

Fourth-Congressional District veterans who served in the military between 1941 and 1979 and have not already been recognized are invited to apply to receive certificates of Special Recognition from Congressman Ander Crenshaw in a ceremony slated for this fall at Naval Station Mayport. The application deadline to receive the honor is October 8.

"It is my desire to honor all who served in our armed forces," said Crenshaw. "These men and women answered the call of duty. Some served during war time; some kept the peace. All were willing to put their lives at risk to protect our freedom and democracy. This ceremony will help show our appreciation."

Over the past eight years, Crenshaw has recognized hundreds of veterans who served

during the periods of World War II, Korean War and Vietnam. This year, the ceremony will recognize the contributions of all who served in the U.S. Armed Forces, including the Coast Guard, Merchant Marines, and National Guard during the dates of 1941 and 1979. If you were not recognized by Congressman Crenshaw in past years for your service during WW II, Korea or Vietnam, or if you served during periods when the United States was not at war, then you are eligible for recognition.

If you are a veteran who was honorably discharged, live in the 4th Congressional District, and would like to participate, please contact Congressman Crenshaw's district offices in Jacksonville (904-598-0481) or Lake City (386-365-3316) or call toll free 888.755-5607 if you live in the 850 area

code. You may also go to the Congressman's web site at www.Crenshaw.house.gov to obtain an application. Click on Constituent Services, then Special Events & Notices, and lastly on the Veterans Recognition Ceremony to download the press release and application. Completed applications and documentation should be mailed to the following address: 1061 Riverside Avenue, Suite 100, Jacksonville, FL 32204. The application deadline is Oct. 8.

To determine eligibility for the certificate, veterans must complete an application and submit a copy of their service discharge document or proof of service in the Diplomatic Corps or Merchant Marines. Veterans must be alive and a current resident of the 4th Congressional District of Florida to participate in this program.

Vets Park Becoming Reality

By Jack Berry

BVMP Public Relations

The first concrete steps were taken to make a veterans memorial park a reality at The Beaches Veterans Memorial Park (BVMP) Board meeting last week.

Jackie Smith, Congressmen's Crenshaw's assistant, representing the Oceanside Rotary, and VFW 3270 Post Commander Gary Sevick, presented their combined \$25,000 checks for the purchase of an 80-foot flagpole, lighting and 20x30-foot flag to Atlantic Beach Mayor Mike Borno.

The park, located adjacent to the Atlantic Boulevard at the Mayport Road cutoff, will contain a children's public playground, restrooms, stage area for memorial events, plaza area for participants, and landscaping.

Donations by the Rotary and VFW have allowed a Jacksonville Community Grant to take effect allowing the City to begin groundwork this week. A property survey, engineering design, and permitting have all begun, in preparation for the placing of the flagpole and stage, to be completed by mid October. Opening dedication is planned for Veterans Day, Nov. 11 at 2 p.m.

The park will also contain a Chaplains Memorial Garden, with a monument inscribed with the names of the more than 123 Military Chaplains who have died in combat in our Nations conflicts, the only memorial to these heroic men known to exist.

The park was formally incorporated, as a nonprofit entity, in June of this year and is

applying for an IRS 501 3 C designation, so that all donations will be nontaxable by contributors. In the interim, donations may be made to the City of Atlantic Beach (BVMP) for tax purposes. The Park is privately funded, with no public money involved, other than the original Community grant. Donations are being solicited from civic, fraternal and veterans organizations to complete this \$1,000,000 community park, a salute to all veterans past present and future. Call Mayor Mike Borno 246-9383 or BVMP President Bill Reno 318-0363, for further information or go to the BVMP web site www.beachesveteransmemorialpark.org.

HSL-48 Manuevers



-Photo by MC1 Molly A. Burgess

The guided-missile destroyer USS Stout (DDG 55) cruises through the Atlantic Ocean while two SH-60B Sea Hawk helicopters assigned to the Vipers of Helicopter Anti-Submarine Squadron (HSL) 48, hover close by during routine maritime training operations. Stout is preparing to participate in Joint Warrior 10-2, a multinational exercise designed to improve interoperability between allied navies and prepare participating crews to conduct combined operations during deployment.



Halloween Horror Nights Day at ITT: Thursday, Oct. 7

Visit Mayport's ITT Office on Thursday, Oct. 7th for a chance to win two (2) weeknight tickets to Halloween Horror Nights at Universal Studios and a two (2) night stay at Coco Key Resort. Universal's Military Sales Rep will be available for information on this year's creepy event from 10 a.m. – 2 p.m.



For more info, call Mayport's ITT at (904) 270-5145.

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'06 Nissan Altima.....	\$10,995	'10 Hyundai Sonata GLS	\$16,995
'06 Dodge Grand Caravan SXT.....	\$11,995	'10 Hyundai Sonata GLS	\$16,995
'06 Hyundai Sonata GL	\$11,995	'10 Hyundai Sonata GLS	\$16,995
'09 Hyundai Accent GLS	\$11,995	'06 Toyota Highlander.....	\$17,995
'02 Lexus GS 300	\$12,995	'08 Chevrolet Malibu LT	\$17,995
'05 Hyundai Santa Fe GLS.....	\$12,995	'07 Hyundai Santa Fe GLS.....	\$18,995
'06 Hyundai Santa Fe GLS.....	\$12,995	'07 Buick Rainier CXL.....	\$19,995
'09 Hyundai Accent SE.....	\$12,995	'07 Buick Rendezvous CX.....	\$20,995
'06 Ford Mustang V6 Deluxe	\$13,995	'08 Chevrolet Colorado LT.....	\$20,995
'07 Hyundai Sonata GLS	\$13,995	'09 Hyundai Santa Fe GLS.....	\$21,995
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'09 Hyundai Sonata GLS	\$13,995	'06 Lexus RX 400H.....	\$25,995
'10 Hyundai Sonata GLS	\$14,995	'07 Nissan Pathfinder LE	\$25,995
'10 Hyundai Sonata GLS	\$14,995	'09 Hyundai Genesis 3.8L V6	\$25,995
'10 Hyundai Sonata GLS	\$14,995	'10 Buick Lacrosse CXL	\$28,995
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SECOND HARVEST

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!

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welcome home

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Taking The Bite Out Of Bed Bugs

By Mary Anne Broderick Tubman

Navy Region Southeast Public Affairs

In recent years, a worldwide resurgence of a long-forgotten nemesis - the bed bug - has invaded public consciousness. The way we live today, with increased domestic and international travel, living in close quarters, and limited use of insecticides, have all contributed to the bed bugs' unwelcome return. While the mere mention of the pint-sized pest is enough to make anyone's skin crawl, knowing what they are, where they come from, and how to treat and prevent them are important to calming fears about their significance as a threat to public health.

What exactly are bed bugs? They're small, brown, nocturnal insects that survive on the blood of their hosts, which are usually sleeping humans. "Bed" bug is something of a misno-

mer as they can live just about anywhere, including clothing, carpets, cracks, and crevices. While they are not known to carry diseases like mosquitoes or ticks, they can be difficult to eliminate and can make life miserable for anyone who experiences an infestation. These unpleasant characteristics have made the bed bug an object of fear for many, including military members and their families.

Dr. Harold J. Harlan, a board-certified Entomologist of the Information Services Division of the Armed Forces Pest Management Board in Washington, D.C., has studied *Cimex lectularius* L., the common bed bug, for more than 38 years. In his dealings with both the insects and with people, including those bitten by them and those tasked with controlling them, he's ready and willing to address the common per-

ceptions about bed bug behavior and their effect on quality of life.

"The most common public misconception about bed bugs is that they are only present in unsanitary conditions," Harlan said. "The reality is that bed bugs have been found in just about every place you find people, including hotels, apartment buildings, cruise ships, movie theaters, trains, and long-term care facilities."

How do they get around in the first place? Bed bugs and their eggs are transferred from location to location in a variety of ways, most commonly on bedding, moving boxes, and furniture. Travelers are especially vulnerable to picking up bed bugs on both their luggage and clothing.

Reactions to bed bug bites vary from individual to individual. While bites often go

undetected, they can cause skin reactions after repeated bites that are the result of proteins in the bed bugs' saliva. Very often, people will seek medical attention for bed bug bites because of their general fear of the insect.

"Another common misconception that bed bug bites cause terrible and long-lasting medical problems for their victims," Harlan added.

Most of the time, concern about the bites drives people to seek information and help.

"Usually, we hear from individuals who have stayed somewhere and been bitten," said Lt. Cmdr. Craig Stoops, acting officer in charge of the Navy Entomology Center of Excellence (NECE), a field activity of the Navy and Marine Corps Public Health Center, located on board Naval Air Station Jacksonville, Fla. "We

receive anywhere from one to two inquiries about bed bugs every month."

What is the best way to keep bed bugs out of your home and property? Travelers can treat luggage with a commercially available, EPA-labeled pesticide developed specifically for these insects. Check hotel rooms for bed bugs and inform the management if any are detected. Keep luggage and personal items off of the floor and hang clothing that isn't being worn. When returning home, avoid bringing bed bugs into the home by checking belongings for bugs or eggs, which are both readily visible. Wash affected clothing in hot water followed by drying in a hot dryer, which will kill bed bugs in all states of development. Vacuum bed bugs from box springs and mattresses with a high energy particulate air (HEPA) filtered vac-

uum. Seal any openings where they have access to the home. Enclose mattresses and box springs in commercially available plastic covers, which will prevent bed bugs from entering and entomb any bugs that are already present.

If a bed bug infestation is discovered, seek the services of a qualified pest management professional. They use a variety of extermination methods, including pesticide placement, heat, cold and steam.

Many detailed resources about bed bug control are available through both government and university Web sites. Another good place to get objective information is with state agricultural extension services. Understanding bed bugs and how to deal with them will bring peace of mind, and a better night's sleep.

Halloween Weekend of Ghoulish Fun at Mayport Bowling Center

Fri. Oct. 29 & Sat. Oct. 30 (8pm-11pm)
Xtreme Bowling... Bowlers in costume will receive free shoe rental and can win sweet treats with a colored headpin strike!

HALLOWEEN, Sun. Oct. 31 (1pm-8pm)
Kids 12 and under bowl for FREE with a paying adult. *Limit 1 child per adult. Not valid with Family Fun Night special.*

Info? (904) 270-5377

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Out in Town

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

COMMUNITY CALENDAR

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.

Tuesday, Oct. 12

Fleet Reserve Association, Branch 290, will host dinner from 5-8 pm. The menu this week will be Pot Roast with veggies and bread. A donation of \$6 is requested for each dinner. Carry-out orders are accepted. The bar will be open for drinks. As always, the public is invited to attend. Please call 246-6855 for more information or to place an order.

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.

Wednesday, Oct. 13

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. 14

Fleet Reserve Association, Branch 290, will host Dinner from 5 to 8 p.m. The menu this week will be Spaghetti and Meatballs with Garlic Bread and Caesar Salad. 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. 15

Fleet Reserve Association Branch 290 is hosting a Shrimp Dinner from 5 - 8 p.m., at the Branch Home at 390 Mayport Rd. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9:00 pm, the music of DOUG BRACEY will entertain until 1:00 am. Happy hour precedes the dinner from 4 to 6:00 P.M., all drinks are 50¢ off. Please call 246-6855 for more information or to place an order.

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.

The Jacksonville Genealogical Society will hold their monthly meeting at 1:30 p.m. at the Webb-Wescott Branch Library, 6887 103rd, Jacksonville, FL. Our speaker will once again be Ann Staley, CG., CGL., with her topic: Genealogical Research and the Internet. The Internet is just another tool that is there for the researcher to use; it is not the only thing that is used. It is not the beginning of our research nor is it the end. In this presentation we will be discussing just what the Internet is, and is not, and then show how to find and use a few of the many genealogy links that are available on the World Wide Web. We will discuss Search Engines, Primary Search Sites for Genealogists, Mail Lists and Newsletters, On-line Libraries and some other interesting sites.

The U.S. Coast Guard Auxiliary 14-4 as a public service is offering an About Boating Safely program today and Nov. 13 at the Captain's Club located at 13363 Beach Blvd. between Hodges and Kernan Blvd. These are the final two classes until next April. The program will start

at 7:30 a.m. and end at 5:00 p.m. Program meets the Florida State requirement for a Boater's Safety Card and costs \$25 including materials. Contact Mike at 904-502-9154 for more information or to register. Log onto our website at www.uscgajaxbeach.com

Fleet Reserve Association Branch 290 is hosting a Steak & Chicken Kabob Dinner from 5 - 8 pm, at the Branch Home at 390 Mayport Rd. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. The bar will be open for all drinks. Starting at 9 p.m., the music of DOUG BRACEY will entertain until 1 a.m. Please call 246-6855 for more information or to place an order.

Sunday, Oct. 17

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

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. Call 242-0544.



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