

Mayport Joins Rockettes For Charity



-Photo by Bill Austin

On Dec. 2, Sailors from Naval Station Mayport, Robert G. Bradley, USS Farragut, USS Simpson, HMS Weapons School and ATG volunteered to escort Radio City Rockettes into the Florida Times-Union Center for the first of 28 performances. For more pictures of the Rockettes and Mayport, see Page 6.

CNO Speaks On 'Don't Ask, Don't Tell'

By MC2(SW)
Kyle P. Malloy

Chief of Naval Operations Public Affairs

The Chief of Naval Operations (CNO) released a video message discussing the DoD comprehensive review of the issues associated with the repeal of 'Don't Ask, Don't Tell' (DADT) policy following his testimony before the Senate Armed Services Committee, Dec. 3.

In his message, Adm. Gary Roughead discussed how he used the input of the fleet to inform his position on the matter.

"...Your willingness to share your views has helped me as I was called upon to provide my best military advice to the secretary of defense and to the congress on this issue," said Roughead.

Roughead thanked all of the Sailors and their family members who participated in the survey.

He said he knows the Navy will continue to carry out the mission at hand with unwavering focus and professionalism.

"I have no doubt that should the law be repealed," he said.

"We as a Navy and as individuals will continue to exhibit the highest degree of profes-



-Photo by MCC Tiffini Jones Vanderwyst

Chief of Naval Operations (CNO) Adm. Gary Roughead testifies before the Senate Armed Services Committee about the Comprehensive Review Working Group report regarding the "Don't Ask, Don't Tell" policy. CNO has released a video message discussing the policy review and how he used input from the fleet to form his position. To watch or download CNO's DADT message, visit www.navy.mil.

sionalism and continue to treat one another with dignity and respect," said Roughead.

CNO reminded the fleet how much he appreciates each Sailor, their continued hard work and the support of their loved ones.

"During the course of

this review, as in all you do, you have demonstrated your thoughtfulness, your candor and your dedication to making our Navy the best the world has known," said Roughead.

To watch or download CNO's DADT message, go to www.navy.mil.

Repeal Would Require Training

By John D. Banusiewicz
American Forces Press Service

Training and education are key factors to overcoming resistance in the ranks if Congress repeals the law banning gays from serving openly in the military, Pentagon Press Secretary Geoff Morrell said Dec 1.

Morrell told MSNBC's Chuck Todd and Savannah Guthrie that while some resistance exists among servicemembers, especially in combat units, Defense Secretary Robert M. Gates doesn't see it as insurmountable.

Officials yesterday released the report of a working group Gates appointed to investigate the ramifications of a possible repeal of the "Don't Ask, Don't Tell" law. Though the panel found that the overall risk associated with repeal would be low, Morrell said, it also cited a need for training and educating the force to be prepared for the change.

"If we take the measures that are outlined in the report - that is, training and educating the force to be prepared

for this dramatic change - the secretary believes that although there clearly is some reticence among the combat arms units, those who have been fighting and dying over the past decade, it is not insurmountable, and that with the proper training and education, we can overcome that," Morrell said.

Citing results of a survey the working group sent to 400,000 active and reserve-component servicemembers, Morrell noted that 80 to 90 percent of servicemembers who believe they have served with a gay servicemember in a combat arms unit believe it has had a very good, good or neither good nor bad impact on their unit.

"So there are many statistics in here, none of which we believe to be evidencing such problems that we cannot overcome them with training or education," he said.

The working group also surveyed family members, and Morrell said getting a full range of input from military society was important for the

working group in determining the best course of action should there be a repeal of the "Don't Ask, Don't Tell" law.

"Until we know the attitudes of the force - both the servicemembers and their families - we don't know precisely what the issues are that we have to address through training and education," he said.

The surveys, he added, helped to provide the necessary road map.

"We needed to survey the force to figure out what they were most concerned about [and] where we need the most work in terms of educating and training," Morrell said. "What are going to be the biggest obstacles to a successful, least-disruptive change in this policy? We would not have known that had we not spent the last nine months and solicited 225,000 inputs from the force and their families."

The decision to survey the opinions and attitudes of servicemembers and their families.

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MCPON Sends 2010 Holiday Message To Fleet

Special from Master Chief Petty Officer of the Navy (SS/SW) Rick D. West

Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West released the following Holiday message to the fleet Dec. 1:

"Shipmates and Navy Families, In anticipation of the holiday season, I would like to take a few minutes to wish you 'happy holidays' and to thank you and our Navy families for the outstanding service and support that you provide our great Navy and nation every day. I could not be more proud of you!



MCPON Rick West

As you know I'm a competitor, and this holiday season I have a challenge for each of you. Are you up for it? The challenge is simple. Be mindful of your shipmates' holiday plans and don't leave any shipmate behind. Take the time to find out what plans your shipmates have over the holidays. No one should be left alone sitting aboard a ship, in the barracks or at home.

You've worked hard all year and so have they. Just as our nation supports us and our Navy, let's support each other

by making this season one where we are providing our shipmates with the best holiday memories that we can as a Navy family.

Take on this challenge and you'll receive the gift of pride knowing that we each contributed towards making this a memorable and joyous holiday season for our entire Navy family.

Additionally, I would be remiss if I didn't mention and thank those out doing the job. Today, thousands of our shipmates are deployed around the world vigilantly keeping the

watch and ready to answer our nations call. Thank you for working hard for our nation's freedom.

As we bring 2010 to a close, please remember to keep safety at the forefront of your daily activities both on and off duty. We've had a great year in safety, and I want to see you continue this trend throughout the end of the year and into 2011.

Happy Holidays, Shipmates, and HOOYAH!"

Unwrapping The Greatest Gift - Forgiveness



Chaplain Jonathan Black
Surface Force Ministry Center

"Forgiveness is the giving, and so the receiving, of life." -

CHAPLAIN'S CORNER

George MacDonald
Do you remember the greatest gift you received as a child? I do. It was a long time ago. I was five. When I was five years old my parents divorced. In December. When thoughts should be on hope and peace, my young life was anything but peaceful or hopeful. Shortly before Christmas, my mother, my brother and I packed up our car and drove as far and as fast as we could. I'm not even

sure my mother had a destination in mind when we left. All I knew was, it was going to be Christmas in a few days and we were not going to be home. We pulled into some unremarkable hotel in some unremarkable place on Christmas Eve. "How was Santa going to find us here," I asked? After all, Star Wars still ruled the day and my list consisted of every Star Wars figure and toy on the pages of the JCPenney

Christmas catalog. To say it was a "simplified" Christmas would be an understatement. Our "tree" was a little plastic tree, about 2' tall that sat on the table. But when I woke up, that didn't matter at all. There, in my stocking, was the one action figure I longed to add to my collection. Greedo. I have few memories of that tumultuous time, but Greedo will always remain. He was a symbol for me that all would be well in spite of my circumstances. He was something stable I could always take with me; put Greedo in one pocket with Han Solo in the other and I could enter another galaxy at

light speed.

As I grew up, however, Star Wars, Greedo and Hans Solo disappeared and inner emotional pain took their place. Like some of you, I wore bitterness like a badge of honor. I had a chip on my shoulder. I had an axe to grind. I would get "spun-up" faster than...well you guessed it, faster than light speed. That all changed when I had an opportunity to spend a weekend away in the mountains with a bunch of guys I had never met and would likely never see again. It was perfect. I went off grid. I unplugged. I simplified. I faced the pain. And

then, I forgave. I found freedom. I found life. *I gave the gift of forgiveness. I received the gift of life.*

This is the season for gift-giving. It is the season of hope and of peace. May you find time this season to un-plug. May you have the strength to offer the gift of forgiveness. And in doing so, may you receive the gift of life.

"To forgive is to set a prisoner free and discover that the prisoner was you." - Louis B. Smedes

Teaching Financial Responsibility To Your Children



Judy Cromartie
School Liaison Officer

The holidays are upon us, and our children will be asking for additional money to buy presents for teachers, for friends, and for family. Some families will hold the line at the amount the child has saved over the past year. Chores, allowances, special gifts may have gone into a special account which can now be tapped into for holiday buying.

In other homes, parents will provide those extra dollars for holiday purchases. Before you just hand over that money, consider this: Eighty-three percent of college students have at least one credit card with an average debt of over three thousand dollars. Brandon Elliot, a financial education consultant for Young Biz Magazine, thinks that, "this all stems from their earlier years in junior high and high school when mom and dad had a chance to sit down with their kids and talk to them point blank (and didn't)." Parents should be doing more to teach their kids to be financially independent starting as early as elementary school.

The American Savings Education Council agrees with Elliot that the importance of parents in teaching financial responsibility "should not be overlooked or underestimated." And in an address

KNOW THE ROPES

to the Federal Reserve Bank in Dallas, David W. Wilcox, US Treasury Assistant Secretary for Economic Policy, offered his own personal list of concepts parents can teach their children about personal finance:

- The concept of a budget constraint: Your child should understand that resources are finite, and accordingly, that choices have to be made. A dollar spent on something today means either that a dollar less is available for spending on other items, or that a dollar less is available for saving for a goal your child has established.

- The concept of present value: Your child should understand that a dollar today is worth more than a dollar in the future. This is difficult for most adults to understand much less children. That is why it is so important to talk to your children about the importance of saving and spending money wisely.

- The concept of risk: Your child should understand that the money market is a very uncertain place. When they do get a job, they could make more money than they expected, but with the declining value of the dollar and rising taxes, it might not be as much as it seems.

What else? These suggested financial principles to impress upon children from the Kids' Money Top Ten List:

- If you don't have the cash to pay for it, you can't afford it.

- A sale in a store is not a sale if you can't afford it.
- Save at least 10 percent of any money you receive whether it is from a gift or a paycheck.
- Always have and work toward a financial goal.
- Money isn't everything, and greed is not good.

So if you haven't been discussing financial responsibility with your children, this holiday season may be a good time to begin. Start with a few simple concepts which will explain the concept of financial responsibility. Then by the time your child finishes high school, he will understand those three concepts of personal finance outlined above.

For Additional Information on Financial Responsibility, check out

- Military OneSource at <https://www.militaryonesource.com>
- Navy Fleet and Family Support Center at http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetAndFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram
- Military Home Front at <http://www.militaryhomefront.dod.mil/>
- National Military Family Association at http://www.military-family.org/get-info/support-family/Judy_Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at judith.cromartie@navy.mil or by phone at (904) 270-6289 x1305 [office] or (904) 219-3894 [cell]. Or you can schedule a meeting with her in her office in Building One.

Nominations Open For 2011 Military Child Of The Year

From Operation Homefront

Operation Homefront announced the expansion of the 2011 Military Child of the Year Award and opening of the nomination period.

Beginning in 2011, the award will be given to an outstanding military child from each Service - Army, Navy, Air Force, Marine Corps, and Coast Guard. The winners, who each will receive \$5,000, will be flown with a parent or guardian to Washington, D.C., for special recognition ceremony on April 7, 2011. Nominations are being accepted online until January 31, 2011 at www.OperationHomefront.net/MCOY.

Ideal candidates for the Military Child of the Year Award demonstrate resilience and strength of character, and thrive in the face of the challenges of military life. They demonstrate leadership within their families and within their communities.

"The sons and daughters of America, Æ service members learn what patriotism is at a very young age," said Jim Knotts, chief executive officer, Operation Homefront. "Children in military families understand sacrifice and live with the concept of service. This is what the Military Child of the Year Award honors."

Nominees must:

- Must have valid military ID or currently be enrolled in DEERS
- Must be between the ages of 8-18
- Must be able to travel to Washington, D.C., for the ceremony on April 7, 2011

Finalists must have a background check to confirm legitimacy of information provided in the nomination and must provide references.

Operation Homefront provides emergency financial and other assistance to the families of our service members and wounded warriors. A national nonprofit, Operation Homefront leads more than 4,500 volunteers across 23 chapters and has met more than 267,000 needs since 2002. A four-star rated charity by watchdog Charity Navigator, nationally, \$.95 of total revenue watched to Operation Homefront goes to programs. For more information about Operation Homefront, please visit www.OperationHomefront.net.

Spread Holiday Cheer With Giving Tree

From Staff

The Giving Tree is a special military community outreach program designed to extend holiday warmth to special children in need throughout the Mayport military community. NEX patrons are asked to enhance the Christmas holi-

day and makes dreams come true for special children. All Navy Exchange customers are encouraged to participate in this worthwhile project.

This program will end on Dec. 18. The essence of the program is for individuals to sign up at the Giving Tree to

purchase and make a gift for a child who is represented by a handmade ornament on the Giving Tree. The ornaments were provided by the Child Development Center.

To participate, select an ornament with a child's description on it from the Giving

Tree. Register your name with a Giving Tree staff member. Purchase and/or make a gift for the child and then return it unwrapped and the ornament to NEX within seven days. Deadline for the return of gifts is Dec. 18.



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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Boone Visits Port Everglades



—Photo by MC1 Gino Flores
The guided-missile frigate USS Boone (FFG 28), homeported in Naval Station Mayport, arrives in Port Everglades on Dec. 2 for a routine port visit. During the visit, the crew will attend a Pearl Harbor Remembrance Ceremony in the local community.

Retroactive Stop Loss Special Pay Extended

From DoD

The Department of Defense announced Dec. 6 that the deadline for eligible service members, veterans and their beneficiaries to apply for Retroactive Stop Loss Special Pay (RSLSP) has been extended to Dec. 18. The last deadline was Dec. 3.

To apply, or for more information on RSLSP, including submission requirements and service-specific links, go to <http://www.defense.gov/stoploss>. The deadline extension is included in the continuing resolution signed by President Obama on Dec. 4, providing funding for federal government operations through Dec. 18.

RSLSP was established to compensate military members whose service was involuntarily extended under Stop Loss between Sept. 11, 2001, and Sept. 30, 2009. Eligible members or their beneficiaries are required to submit a claim to their respective military service in order to receive the benefit of \$500 for each full or partial month served in a Stop Loss status.

When RSLSP began on Oct. 21, 2009, the services estimated 145,000 service members, veterans and beneficiaries were eligible. Because the majority of those eligible had separated from the military, the services have engaged in extensive and persistent outreach efforts throughout the year. Efforts including direct mail, engaging military and veteran service organizations, social networks and media outlets, will continue throughout the period of eligibility.

Hodge-podge Of Holiday Information For Military

By Beth Wilson

Military Spouse Contributor

Before we start I have to admit I am terrible at naming my own columns. This column is particularly troublesome to name as it – well, it is a hodge-podge of information for you and your holiday.

Kenmore and The Food Network's Sunny Anderson launched "Baking for the Troops" this week. They are baking and shipping 250,000 cookies on behalf of Americans who go to www.facebook.com/kenmore to send a personalized message with a dozen cookies. And to 'sweeten' the program – when they reach that goal of 250,000 cookies, Kenmore will donate \$50,000

HOMEFRONT IN FOCUS

to Sears' Heroes at Home Gift Registry to assist military families stateside. Once on the Facebook page click on the "Cookies4Troops" tab to send your message.

Build-a-Sign continues to be a blessing to military families with free vinyl banners or jumbo cards for our troops. Custom design yours today at www.buildesign.com/troops. Oh, and yes, they ship to APO/FPOs.

Are you looking for ideas for holiday gifts that are fun to give, fun to receive but gen-

tle to the bank account? June Walbert, Certified Financial Planner for USAA, offered great gift ideas on Enlisted Spouse Radio (www.enlistedspousecommunity.com/esr) today. Her list includes:

- Herb butter (garlic, rosemary, etc) spreads
- Pesto sauce
- Cookies and other confections
- Books – do you have great books on your book shelf that have been gently used but you're not going to read again? Gift it! Inscribe the title page

with a note about how much you enjoyed it and give it as a gift that others can enjoy.

•Contributions – consider giving a contribution to a favorite charity in the name of a loved one. Does Grandfather have everything he needs? Give a donation to his favorite charity in his name. This is a priceless gift to honor him and you get the tax break as well.

•Coupons – I love this! Create coupons for the gift of "time." A coupon good for a free car wash, two hours of childcare, a massage (for hubby), a meal delivered are a wonderful gift (I'll accept a coupon for bathing my dogs). One listener, Pam from Pensacola, shared she created 'coupon booklets' that were a big hit with her mother-

in-law and husband.

•Coupons part two – Do you have a coupon shopper in your circle? Taking time to print online coupons, clip Sunday's coupons and organize them is a great gift of both time and savings.

•Photos – many studios are offering special packages for military on photography. The gift of photos is priceless to family and friends.

In this season of giving I know many of you have great joy in giving to others. Please consider supporting the many, many organizations that bless us, the military community, throughout the year. In this time of economic uncertainty giving to non-profits is down. Every little donation means so much.

Please consider gathering the change from the laundry and about the house and car and support an organization such as the Sears Heroes at Home Gift Registry (http://www.sears.com/shc/s/dap_10153_12605_DAP_HAH+2010), USA Cares (www.usacares.org), or Blue Star Families (www.bluestarfamily.org).

Next week we'll look at tips for holiday safety. Till then happy shopping!

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

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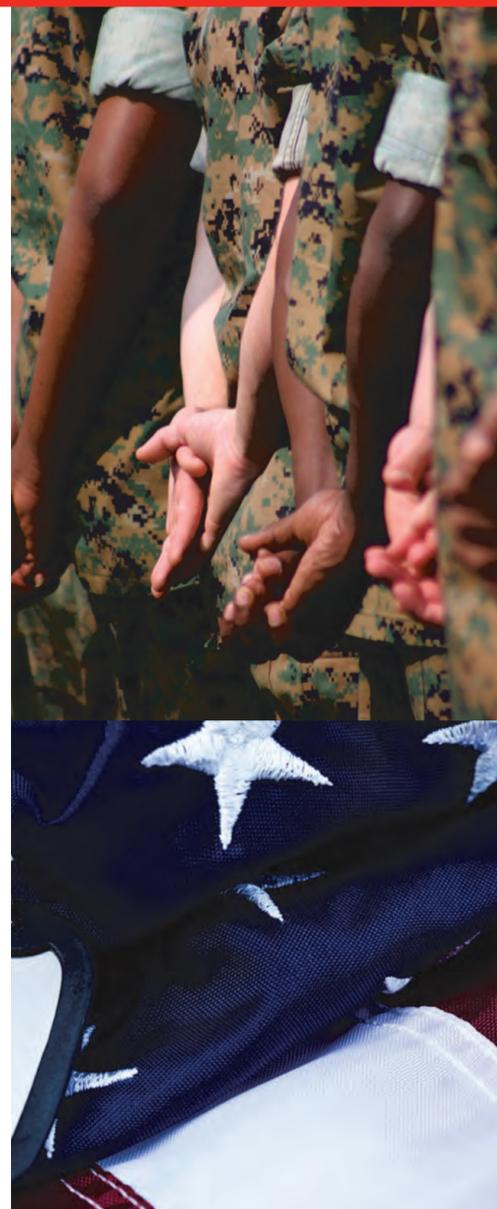
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USFF Launches 2nd IA Smartphone App

From U.S. Fleet Forces Command
Public Affairs

U.S. Fleet Forces Command (USFF), the executive agent for the Individual Augmentee (IA) Continuum, launched the Navy's second IA smartphone application Nov. 19, allowing more Sailors to deploy with the information they need from the Navy IA website through use of their mobile devices.

The new app uses Android

smartphone technology and joins the Navy IA app for the iPhone/iPod Touch, which has been downloaded more than 8,000 times since its launch more than a year ago.

"As our IA Sailors go through the deployment process we want to ensure they have all the information they need to ready themselves and their families," said Adm. J. C. Harvey, Jr.,

commander, USFF. "The new Android application is another step forward as we continue to provide tools for our Sailors."

Using the smartphone apps, IA Sailors have access to 95 percent of the Navy IA website content without the need for an internet connection. The Navy IA website provides information covering the entire IA process from receipt of

orders to redeployment/demobilization. It also includes IA-specific instructions, NAVADMINS, resources and frequently asked questions.

"The ability to have all IA reference material readily available is invaluable," said Expeditionary Combat Readiness Center Command Master Chief David Carter. "I am very happy this app is now

available for Android."

The Navy IA apps, as well as the Navy IA Facebook and Twitter sites, are components of USFF's overarching communication strategy to provide the latest information and resources to IA Sailors, families, commands, and civilian employers. The Navy IA apps for the iPhone and Android smartphones are free of charge.

A Navy IA app for Blackberry smartphones is in development.

For more information on the Navy IA mobile apps, visit www.ia.navy.mil.

Follow IA news and updates by becoming a fan at www.facebook.com/navyIA and a follower at twitter.com/Navy_IA.

For more news from U.S. Fleet Forces Command, visit www.navy.mil/local/clf/.

USS Jacksonville Returns To Pearl Harbor

From Commander Submarine Force, U.S. Pacific Fleet Public Affairs

The Los Angeles-class submarine USS Jacksonville (SSN 699) returned to Joint Base Pearl Harbor-Hickam after completing a scheduled deployment to the Western Pacific region Dec. 2.

Jacksonville originally left Pearl Harbor June 2, with 135 Sailors on board, many of which were experiencing their first Navy deployment. Jacksonville Sailors returned with a wealth of submarine experience and advanced qualifications - 34 enlisted and two officers completed their submarine warfare qualifications. The crew showed off their new dolphins and ribbons as they reunited with families and friends that had gathered on the pier.

"Jacksonville Sailors exceeded expectations for every mission we were assigned, whether it was fostering maritime partnerships with regional allies, participating in exercises that supported theater security cooperation, or simply representing the U.S. Navy while on liberty, the crew was spectacular," said Cmdr. Tyler Meador, commanding officer of Jacksonville.

During the deployment, Jacksonville conducted independent operations, participated in Exercise Cooperation Afloat Readiness and Training (CARAT) 2010, and the crew enjoyed port visits to Singapore, Japan, Malaysia and Guam.

"Jacksonville is approaching 30 years of commissioned service, but this crew takes pride in maintaining the boat mission ready," said Senior Chief



-Photo by MC2 Ronald Gutridge

The Los Angeles-class attack submarine USS Jacksonville (SSN 699) returns to Joint Base Pearl Harbor-Hickam after completing a scheduled deployment to the western Pacific region.

Fire Control Technician (SS) Joseph Bransfield, who has been on several Western Pacific deployments throughout his career. "We achieved an 85 percent operational tempo, meaning when we were needed, we were ready."

During CARAT 2010 Singapore, a bilateral exercise with the Republic of Singapore Navy, involving surface combatants, marine patrol aircraft, diesel and nuclear submarines, Jacksonville participated in an unprecedented number of diverse and complex activities which vastly improved the ability of both navies to operate together. A port visit to Yokosuka, Japan, provided unique opportunities

for the crew. Jacksonville was hosted by the Japanese submarine JS Yaeshio, who sponsored a picnic and several wildly entertaining games of softball between the two crews. Many Sailors took the train up to Tokyo to experience a day in one of the largest cities in the world and several participated in a Moral, Welfare and Recreation day-trip to climb Mount Fuji.

"We started early in the morning and the hiking was hard, but the scenery and the view from the summit was incredible," said Culinary Specialist Seaman (SS) Daniel Stiller, about his day on Mount Fuji. "You wouldn't expect it, but at the top was a small

stand that everyone bought Ramen noodles from; they tasted great after climbing most of the day."

While in Yokosuka, a special visit by Master Chief Petty Officer of the Navy (SS/SW) Rick West ended with one crew member, Electronic Technician 3rd Class (SS) Derrick Zulick, being presented his submarine qualification pin, or "dolphins."

"Getting my dolphins from the top enlisted man in the Navy was really special," Zulick remarked. "And once the pictures were posted on his Facebook page the next day, everyone knew about it."

Jacksonville was privileged to conduct a four-day visit to the Kota Kinabalu Naval Base in Malaysia, being only the third U.S. submarine to visit the rapidly growing city on the coast of Borneo. While moored at Kota Kinabalu Naval Base, Jacksonville hosted the Royal Malaysian Navy (RMN) staff and provided tours for more than 200 RMN personnel, local officials, business owners and their families. Also while there, Sailors repainted the Bukit Harapan-Therapeutic Community Center and entertained more than 40 children living at the orphanage. Moved by their experience, the crew took a collection and donated more than \$1,000 to support the care and education of the children.

As Jacksonville departed Malaysia, an underway orientation was conducted for two admirals and senior staff members from the RMN submarine force. This event provided the first U.S. submarine experience for the

RMN submarine force that is in its infancy with their first two diesel submarines based at Kota Kinabalu.

"Our Sailors took their roles as ambassadors very seriously," said Lt. Cmdr. Homer Ring, executive officer of Jacksonville. "Giving hundreds of tours of Jacksonville, hosting distinguished visitors, participating in athletic events with host country submarine crews, or simply enjoying liberty overseas, this crew set the standard. Everyone can take pride in how Jacksonville represented the submarine force and the U.S. Navy to our partners around the Pacific."

For Jacksonville, the pace on the homefront was as exciting as being overseas. While deployed the Jacksonville family grew by six, with the birth of three boys and three girls. One Sailor became engaged and another is getting married just days after deployment.

"The success of Jacksonville could not have been possible without the support of our families and friends," said Meador. "I cannot thank enough the efforts of our ombudsman and our Family Readiness Group president. Their incredible hard work and sacrifice helped the deployment go smoother for the families at home and for the Sailors at sea."



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Naval Exercise Wraps Up In South Korea

By Donna Miles

American Forces Press Service

As the United States and South Korean militaries wrapped up four days of joint naval exercises, the task force commander said he's "exceptionally satisfied" with capabilities demonstrated during operations that sent a strong deterrent message to North Korea.

"It certainly sends a message of collective and unified deterrence - that we are prepared, we are ready, collectively, as allies," Navy Rear Adm. Dan Cloyd, commander of Task Force 70 and Carrier Strike Group 5, said last night during a Pentagon Channel interview. "We certainly hope our activities here send a message that we are capable and we are ready to respond together to any potential contingency."

The exercise was the third in the "Invincible Spirit" series Defense Secretary Robert M. Gates and then-South Korean Defense Minister Kim Tae-young agreed to over the summer after

North Korea sank the South Korean navy ship Cheonan in March, killing 47 South Korean sailors.

The latest exercise, Cloyd said, was conducted to reinforce U.S. commitment to its alliance with South Korea, to reassure other allies in the region of that commitment and to demonstrate freedom of movement in international waters throughout the Western Pacific.

About 6,000 sailors aboard the aircraft carrier USS George Washington and embarked Carrier Air Wing 5, the cruiser USS Cowpens and destroyers USS Lassen, USS Stethem and USS Fitzgerald participated, along with South Korean navy ships and their crews. In addition, both countries' air forces participated.

Operating off South Korea's western coast, they conducted sustainability, readiness and interoperability training covering a broad spectrum of operations, from surface and anti-submarine warfare to air defense, Cloyd reported.

"By training and practicing these various types of capabilities and skills together, it allows us to be more prepared to operate and execute these kinds of missions should it be necessary to do so anywhere in the Western Pacific region," he said.

Cloyd said he's "extremely confident in our collective capabilities to be able to execute any number of missions we may be asked to do," from "higher-end" operations such as those practiced during the exercise to humanitarian assistance and disaster response.

The first Invincible Spirit exercise, conducted in July, focused on naval and air readiness. The second, in October, involved five days of anti-submarine warfare exercises.

The third exercise initially was slated for late October, but it was postponed due to scheduling issues. It began days after North Korea launched an artillery attack against the South Korean island of Yeonpyeong that left four dead, including two South Korean marines.

Program Increases Operational Stress Awareness

By Navy Lt. Jennifer Cragg

Emerging Media, Defense Media Activity

While high operational tempo and manning issues continue to remain in the forefront for deployed Sailors, the Navy's Operational Stress Control program is having success in helping Sailors and their families deal with related stresses, the program's coordinator said yesterday.

In a "DOD Live" bloggers roundtable, Navy Capt. Lori Laraway discussed the program, its success in increasing awareness of operational stress, and the need to build psychological resilience.

"Feedback from our 2010 behavioral health quick poll, [a] Naval Personnel Command poll, other surveys and focus groups indicated growing awareness of the Navy's stress continuum model and the importance of leaders and individuals recognizing stress at work and home," Laraway said. "However, while awareness and stress issues are improving, this year's quick poll respondents also indicated that longer deployments and manning issues continue to contribute

to increasing levels of their stress."

Laraway said the quick poll revealed a larger percentage of Sailors reporting positive ways they are coping with stress in their day-to-day lives. The survey indicated they are talking to family, friends, shipmates, counselors at fleet and family support centers and chaplains, and they're using their chain of command to constructively solve problems, she said.

While awareness of stress issues is improving, Laraway added, the Operational Stress Control program supports an aggressive education, training and communication campaign that integrates policies and initiatives under one overarching umbrella.

"Training has expanded this past year to include eight new e-learning courses designed for Navy leaders," Laraway said. These Web-based offerings are part of the Navy's effort to embed Operational Stress Control program concepts across all education and training programs, she explained. This new curriculum builds on courses already taught to 176,000 Sailors, family mem-

bers and health care providers to navigate stress for day-to-day operations, she added.

While the program is about helping commands, Sailors and families to become more resilient by increasing their ability to prepare for, recover from and adjust to life in the face of stress, adversity, trauma or tragedy, Laraway said, the expanded curriculum also helps families cope with stress.

"A mission-ready Sailor incorporates a mission-ready family," she said. "When things are going on in the home or in the family that are causing stress, it has an impact on the Sailor's ability to perform the mission."

Working with the fleet and family support centers, Laraway added, Operational Stress Control program officials developed training and a formal curriculum tailored for families that would complement and support existing programs and have found other ways to get the vital information to family members.

"Our curriculum has been translated into Spanish and American sign language, recognizing that English is not

only the primary language to get information out to families," she said.

Program officials also are working with the Navy Medicine Focus program to develop relationships with families who deploy more frequently. By doing so, Laraway explained, Operational Stress Control training components can better define stress zones for Sailors, Marines and their family members in the same, common language, which she said is vital to helping them understand those stress points.

"What we are teaching or presenting to Sailors and Marines is the same language that family members use here at the fleet and family support centers," she said. "That common language is very important when looking to change our culture."

Operational Stress Control program officials have developed four color-coded categories to assist in classifying and recognizing stress: green indicates a "ready" status, yellow indicates a "reacting" status, orange indicates an "injured" status, and red indicates an "ill" status.

"We recognize that for the most part, our Sailors and families are in the green zone," Laraway said. "They are physically fit, they have had good training, they have good communication skills, [and] they know what to do and how to go about doing it."

Laraway added that if Sailors and their families facing difficulty have resilience and life experience, as well as the training and knowledge, they can move back into the green zone. Occasionally, she added, something happens to shift the stress in the family, and it is perfectly normal to move across the continuum.

An important ingredient of

the Operational Stress Control program's success, Laraway said, is increasing the acceptance of seeking help for stress-related injuries and illnesses.

"Our work to change attitudes has begun with promoting Navy leadership's belief that asking for assistance and guidance is a sign of strength, and not weakness," she said.

She added that they are dedicated to using humor as a method to teach leaders and Sailors to recognize their stress zones, and established a social media presence with their blog and Facebook accounts.



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Mayport Sailors Promote Fitness To Youth

By AT3 Omari Janhrette
Naval Public Affairs Support Element
East Detachment Southeast

Sailors from Naval Station Mayport volunteered to help young students at San Pablo Elementary School prepare for their Presidential Fitness Training Test, Nov. 30.

Volunteers had the opportunity to show students how important physical exercise is to their health and demonstrated proper exercise techniques.

“Community service like this allows Sailors to get out and promote the Navy with a positive image,” said Electrician’s Mate 1st Class (SW) Claude Troullier. “With this new era of video games, kids are getting less exercise, so it’s important for us as military members to get out in the community and be a good example.”

More than 100 students, ranging from third to fifth-grade, participated in several different physical fitness tests.

The school’s Physical Education teacher, John Stringfellow, worked with volunteers at each station and said that his goal is to get the students ready by giving them the pre-test for each activity.

“With assistance from the Sailors, I’m able to get more pre-tests done and in less time. This will ultimately give the students a better chance to improve their scores,” said Stringfellow.

San Pablo Elementary is a Health and Fitness Magnet school. Presidential Fitness tests are taken annually on sit-ups, pull-ups, reaching ability, and speed.

Students are also required to finish a mile run.

Stringfellow said that the pull-ups are usually the most



Electricians Mate 1st Class Claude Troullier coaches a student from the fourth-grade class at San Pablo Elementary School on pull-ups. Sailors assigned to Naval Station Mayport are volunteering at the school to prepare children in achieving the Presidential Fitness Award.

challenging of the exercises and the speed tests are usually the kid’s favorite.

“Being able to complete these exercises and run a mile is great. If kids start now at a

young age, this will hopefully lower their chances of having less healthy lifestyles,” said Master-at-Arms 2nd Class Dustin Benton.

Even though some of the

exercises were very challenging, the Sailors were there every step of the way to provide encouragement and support.

Throughout the day, with the help from volunteers, a simple

pre-test became a fun competition.

Troullier stated that the volunteers felt like this opportunity was a success and that if the Navy keeps a consistent pres-

ence in the community, it will show that Sailors are serious about helping children become more successful both physically and mentally.



Electricians Mate 1st Class Claude Troullier coaches a student through a v-sit reach from the fourth-grade class at San Pablo Elementary School. Sailors from Naval Station Mayport are volunteering at the Jacksonville based school to prepare children in achieving the Presidential Fitness Award.



Master at Arms 2nd Class Dustin Benton and Master at Arms 3rd Class Jeffrey Stauble coaches a student on strength and endurance from the fourth-grade class at San Pablo Elementary School.

Radio City Rockettes Visit Gettysburg



Ensign Angela Washington greets The World-Famous Radio City Rockettes prior to their scheduled tour of USS Gettysburg (CG 64). The Rockettes were in Jacksonville last week as part of their holiday performance schedule.



Fire Controlman 1st Class Ross Stephen escorts The World-Famous Radio City Rockettes on board USS Gettysburg (CG 64) as they tour the ship during their meet and greet with the crew.



USS Gettysburg’s (CG 64) Executive Officer, Cmdr. John Gray, presents Jenelle Engleson and Alley Lear, of The World-Famous Radio City Rockettes, a memento from the ship during their scheduled visit.

-Photos by MC2 Gary Granger Jr.

Hyde Park Delegation visits USS Roosevelt

By Ensign Abigail Dixon
USS Roosevelt Public Affairs

Eleven representatives from various local and civic organizations in Dutchess County and Hyde Park, NY, the home town of the Roosevelt family, visited the guided-missile destroyer USS Roosevelt (DDG 80) on Nov. 22 at Naval Station Mayport.

The town of Hyde Park has sponsored Roosevelt since the ship's commissioning in October of 2000. In 2009, Dutchess County officially adopted Roosevelt and, by proclamation, designated her as the Official Warship of Dutchess County. In addition to presenting several historical gifts, the delegation's visit helped strengthen the bond between Roosevelt's crew and those most familiar with the history of the ship's namesakes, Franklin and Eleanor Roosevelt.

Carney Rhinevault, Hyde Park Town Historian, presented a slideshow featuring Hyde Park, Franklin and Eleanor Roosevelt and the town's war veterans. The highlight of Mr. Rhinevault's presentation was his introduction of Ralph Osterhoudt, a World War II veteran who served as a Private First Class during the Battle of the Bulge under the command of General George S. Patton.

After receiving a standing ovation for his service, Mr Osterhoudt addressed the officer's and crew, saying "There is a special kind of bond that occurs between people who fight in battle together. This crew may not have felt it yet, but you will and when you do, it will last forever."

Dr. Greer Fisher, Superintendent of Hyde Park Central School District, presented the ship with the Roosevelt High School Varsity Football team's game ball from their League Championship signed



-Photos courtesy of USS Roosevelt
Ralph Osterhoudt addresses the officers and crew of Roosevelt.

by all the team members as well as a program from both the original dedication of the school in 1940 and the rededication of the school seventy years later in 2010. Michelle Pape, who represented Girl and Boy Scout groups in Hyde Park, presented a framed Boy Scout Neckerchief embroidered with a patch of the famous profile picture of FDR to the crew. Linda Bouchey, representing the National Park Service, presented the captain with a Sago palm descended from plants grown on the Roosevelt estate. Retired Lt. Cmdr. James Monks, represented the American Legion and presented Cmdr. Robb Chadwick, Commanding Officer, with a resolution commending the officers and crew for their achievements and efforts. Bill Millard, a World War II veteran and member of Hyde Park's Historical Society, told a brief story about the time

he served during World War II. Other gifts presented to the crew included an illustration of the original Hyde Park school, pictures of Franklin and Eleanor, and a number of historical books for the ship's library.

Immediately following the presentation, the delegates were able to enjoy a Thanksgiving lunch prepared by the ship's Culinary Specialists and served to them by Cmdr. Robb Chadwick, Cmdr. Robert Thompson, Executive Officer and CMDMC Paul Corey, Command Master Chief. Their visit to Mayport concluded with a tour of a local helicopter squadron, HSL-46, before returning to the airport.

"We are proud of the strong relationship that we have established with the hometown of our ship's namesakes," Chadwick said. All of the members of the delegation were



Dr. Greer Fisher throws the League Championship Ball to CMDMC Paul Corey, Command Master Chief.



Cmdr. Robb Chadwick, Commanding Officer, carves the turkey for the Hyde Park delegation.

exceptional ambassadors of their great town and county. We look forward to continuing to build the relationship."

The bond Roosevelt shares with the people and town of Hyde Park is unique and irreplaceable. The crew of

Roosevelt was proud and honored to host the delegates from Hyde Park and Dutchess County, New York.

Cooler Weather Is Here



-Photo by ET1(SWAW) Marty Parsons
Below freezing temperatures and water sprinklers outside of Building One on Massey Avenue turn a patch of grass into grasshoppers on Tuesday morning.

Celebrating The Holidays With Club 2000

By HM1(SW/FMF)
Stephen H. Ramsdell

From NBHC Mayport, Fla. Public Affairs

Naval Branch Health Clinic (NBHC) Mayport's Health Promotion by the Ocean staff would like to take the opportunity to wish Mayport Sailors and their families Happy Holidays! Please celebrate responsibly this holiday season and always have a designated driver when you choose to drink alcohol.

Here are the latest statistics of why this is so important from the Centers for Disease Control (CDC).

Every day, 32 people in the United States die, in motor vehicle crashes that involve an alcohol impaired driver. This accounts to one death every 45 minutes. The annual cost of alcohol-related crashes totals more than \$51 billion.

How big is the problem? According to the latest annual statistics from the CDC, 11,773 people were killed in alcohol-impaired driving crashes, accounting for nearly one-third (32%) of all traffic-related deaths in the United States.

Of the 1,347 traffic fatalities among children ages 0-14 years of age, about one out of every six (16%) involved an alcohol-impaired driver.

Of the 216 child passengers ages 14 and younger who died in alcohol-impaired driving

crashes, about half (99) were riding in the vehicle with the alcohol-impaired driver.

Over 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics. That's less than one percent of the 159 million self-reported episodes of alcohol-impaired driving among U.S. adults each year.

But there are effective measures that can help prevent injuries and deaths from alcohol-impaired driving.

Plan Ahead. Think about how to avoid the risks of getting drunk. Plan how much you'll drink before you start.

Pace Your Drinks. Make your drink last. Switch between alcoholic and nonalcoholic drinks. Know what a standard drink is and keep track of your drinks.

Avoid Drinking Games. Drinking games are meant to get you drunk fast.

Know What's in Your Drink. Don't accept a drink when you don't know how much alcohol is in it. Don't leave your drink unattended. It's easy for someone to slip drugs or extra shots into a drink when you're not paying attention.

Avoid Drink Matching. People often match their drinking to those around them. They may not even be aware they're doing this.

Know How to Refuse a

Drink. You might say no to a drink because you're not drinking that night. You might say no because you're taking a break or have stopped for the night.

Do Not Drink and Drive. If you have made poor decisions about drinking, plan on calling a cab to take you home.

MWR Club 2000 was designed for the active duty sailors attached to NS Mayport. The purpose of this program is to promote responsible drinking practices in active duty Sailors attached to NS Mayport. This service is available to obtain a responsible ride home from Duval, Clay, Baker, Nassau or St. John's County. Please call the OOD's office at 270-5401 and they will call you a complimentary taxi. Your name and destination is logged for billing purposes only and you must show your military I.D. to the driver. This is to confirm that you are an authorized user attached to Naval Station Mayport.

Have a wonderful and safe holiday season with family and friends!

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Dec. 9: Comics on Duty. Enjoy four nationally-recognized comedians. 8 p.m. at Castaway's. 270-7205

Dec. 10: Paul Lundgren Band. 9 p.m. at Castaways. 270-7205

Dec. 11: Army Navy Football Party. Free tailgating. Flag football behind the gym. 12:30 p.m. Mayport vs. Army. 1:30 p.m. NAS JAX vs. Army. Army vs. Navy College Football Game at 2:30 p.m. at Beachside Community Center. 270-5451.

Dec. 11: UFC 124- St. Pierre vs. Koscheck 2. 10 p.m. at Castaways. 270-7205

Dec. 12: Kids' Christmas

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.

Dec. 9: Trans-Siberian Orchestra. Van departs Planet Mayport at 6 p.m.

Dec. 10: Paul Lundgren Band. 9 p.m. at Castaways. 270-7205

Dec. 10: Mall and a Movie. Van departs Planet Mayport at 5 p.m.

Dec. 11: Army Navy Football Game. 2:30 p.m. Kickoff at Beachside Community Center

Dec. 11: UFC 124- St. Pierre vs. Koscheck 2. 10 p.m. at Castaways. 270-7205

Dec. 10: Holiday Dance. 7 p.m. at the Teen Center. Food and beverages will be provided. Cost \$2. 270-5680 or 246-0347

Dec. 12: Kids' Christmas Bingo. 12 p.m. at Beachside Community Center. \$10 per person (includes bingo, Pizza Hut Pizza, soda, cookies, and prize drawing). Special appearance by Santa. 270-7204 or 270-5145

Dec. 16: Charlie Brown Christmas performance. 4:15 p.m. at the Youth Center.

MWR HAPPENINGS

Bingo. 12 p.m. at Beachside Community Center. \$10 per person (includes bingo, Pizza Hut Pizza, soda, cookies, and prize drawing). Special appearance by Santa. 270-7204 or 270-5145

Dec. 15: Holiday Hold'em at Castaways. 270-7205

Dec. 17: Starry, Starry Night. 9 p.m. at Castaway's. 270-7205

Dec. 18: CPO club closed for the holidays. Will reopen Tuesday, Jan. 4. 270-5432

Dec. 27: Rockin' Resolution

Bingo Board Begins at Beachside Community Center. 270-7204.

Dec. 29: Ladies' Night. 7 p.m. at Castaways. 270-7205.

Dec. 31: Two Parties at Mayport Bowling Center. Warm-up Party 8-9:45 p.m. \$10 per person. Late Night Party 10 p.m.-12:30 a.m. \$15 per person. Reservations Required. 270-5377

Dec. 31: New Year's Eve Bash. 9 p.m. at Castaways. 270-7205

LIBERTY CALL

Dec. 12: Oakland Raiders vs. Jacksonville Jaguars. Van departs Planet Mayport at 11:30 p.m.

Dec. 15: Holiday Hold'em at Castaways. 270-7205

Dec. 18: Paintball. Van departs Planet Mayport at 9 a.m. Cost \$5 (includes paintballs, gear and transportation)

Dec. 19: Jacksonville Co-ed Flag Football. Van departs Planet Mayport at 9:30 a.m.

Dec. 24: Dirty Santa Gift Exchange at Planet Mayport. Bring a Wrapped gift (under \$25) for this fun gift exchange.

Dec. 26: Washington Redskins vs. Jacksonville

Jaguars. Van departs Planet Mayport at 11:30 a.m.

Dec. 29: Ladies' Night. 7 p.m. at Castaway's. 270-7205

Dec. 30: Texas Hold'em Tournament. 6 p.m. at Planet Mayport.

Dec. 31: Wii New Years Eve Party. Refreshments and Prizes. 10 p.m. - 12:30 a.m. at Planet Mayport.

Dec. 31: Two Parties at Mayport Bowling Center. Warm-up Party 8-9:45 p.m. \$10 per person. Late Night Party 10 p.m.-12:30 a.m. \$15 per person. Reservations Required. 270-5377

KID ZONE

270-5680 or 270-5421

Dec. 20: First Session: Jingle Bell Winter Camp at Youth Center. Drop-in days available. Parents must complete current registration packet. 270-5680 or 270-5421

Dec. 27: Second Session: Jingle Bell Winter Camp Begins. Drop-in days available.

Parents must complete current registration packet. 270-5680 or 270-5421

Dec. 31: Mayport Bowling Center New Year's Eve Warm-up Party. 8 p.m. - 9:45 p.m. \$10 per person or rent a lane for the whole family

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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 program 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 experience 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, cal-

MWR HAPPENINGS

isthenics, sprint and distance running, tire flips, sledge hammers, sled drags, TRX, and many other advanced training techniques. Meets behind 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., **Step**

This class adds flavor to conventional step moves, resulting in high caloric burn and fun. Get fabulously fit!

1 p.m., **Moms in Motion**

A monitored exercise program 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.

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**

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

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**

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 Basics & Toning**

Rhythmic strength training set to Latin music. Build muscles and burn fat. Mueve la colita.

11:30 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.

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.

Friday

7 a.m., **Beach Bootcamp**

(weather permitting) This Commando PT utilizes various training techniques to achieve the highest fitness levels possible. Meets behind Surfside Fitness Center. Can accommodate 200+ personnel.

7:30 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 experience the ultimate dance party in this high energy, motivating class that is great for both the body and the mind.

The Gym Schedule is as follows:

Monday

6:30 a.m., **Command Jump and Jab**

This class incorporates jumpin, jabbin and jiven! A prize-fighting workout that will roll back time and fight fat forever! Meets at Gym Basketball Court 1A. Can accommodate 200+ personnel.

11:30 a.m., **Weight Training for War Fighters**

An adrenaline producing

1-hour class devoted to building strength and stamina in active duty personnel. Emphasis is placed on sound, proven weight training techniques. Topics include squatology, supplements and muscle growth. Meets at Gym weight room.

2:30 p.m., **FEP Spin & Row**

5:30 p.m., **Spinning**
This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

Tuesday

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

In this heart-pounding full body workout we break a serious sizzlin' sweat. This fusion of cardio and resistance training will max out your exercise afterburn. Meets at Gym basketball court 1A.

11:30 a.m., **Spinning**

This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

Wednesday

7 a.m., **Command Cardio Pump**

Various training regimens are used based on attendance number. Can accommodate 200 plus participants. Kickboxing, circuit training and sports drills are just a few of the fitness enhancement methods used. Discover how to become a lean, mean fighting machine! Meets at Gym basketball court 1A.

11:30 a.m., **Weight Training for War Fighters**

An adrenaline producing 1-hour class devoted to building strength and stamina in active duty personnel. Emphasis is placed on sound, proven weight training techniques.

Topics include squatology, supplements and muscle growth. Meets at Gym weight room.

Thursday

11:30 a.m., **Row-bics**

Learn to row on the Concept 2 rower used by Olympic rowing teams. The full body rhythmic nature of the rower makes it extremely efficient at burning fat with minimal stress to your legs, feet or joints. All fitness levels welcome. The command version of this class is great for Fitness Enhancement Personnel. Meets at Gym racquetball court 3.

Friday

6:30 a.m., **Spinning**

This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health.

9:30 a.m., **Intro to Spinning**

11:30 a.m., **Strength Training Basics for Women**

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HSL-46, Normandy Group Sail



-Photo by MC3 Colby K. Neal

From left, the guided-missile cruiser USS Cape St. George (CG 71), the aircraft carrier USS Harry S. Truman (CVN 75), the Military Sealift Command fleet replenishment oiler USNS Big Horn (T-AO 198), the guided-missile destroyer USS Ross (DDG 71), the aircraft carrier USS Abraham Lincoln (CVN 72), and the guided-missile cruiser USS Normandy (CG 60) with embarked HSL-46 Detachment Three cruise together for a group sail. The Abraham Lincoln Carrier Strike Group and the Harry S. Truman Carrier Strike Group are deployed in the U.S. 5th Fleet area of responsibility supporting maritime security operations and theater security cooperation efforts to establish conditions for regional stability.

SPAWAR Responds To Fleet Needs, Develops Data Sharing

By Andrea Houck

Space and Naval Warfare Systems Command Public Affairs

The Space and Naval Warfare Systems Command (SPAWAR) responded to the fleet's needs and launched a website Nov. 30 for increasing product data availability, accuracy and accessibility.

The SPAWAR Acquisition Integrated Logistics Online Repository, known as SAILOR 2.0, was developed in response to fleet feedback about their inability to access current hardware and software configurations, and that their relevant product support documents were difficult to find and even acquire after systems had been installed.

"The SAILOR 2.0 team designed and created an easy to use Command, Control, Communications, Computers and Intelligence (C4I) enterprise tool that addresses the core issues in helping the fleet gain access to critical documents and configuration files for their C4I products on demand," said Margaret

Fellenbaum, SPAWAR's technical director of product data management.

SAILOR 2.0 also allows the fleet to exchange technical knowledge with subject matter experts through its blogs and technical exchange forum, which increases response time and transparency.

"SAILOR 2.0 is a critical and invaluable tool for the fleet," said Chief Warrant Officer Michael Bush, commander, Naval Air Forces/N6, Network Requirements.

"The fact that it offers one-stop shopping, tailored specifically for each ship, is a major breakthrough. It will do more than just benefit the ships but will make the Type commander's job easier."

SPAWAR's Fleet and Logistics Readiness competency worked with the Program Executive Office C4I to architect a solution to deploy critical logistics, configuration files, and technical documentation enterprise-wide and provide a single point of entry to

retrieve system support information for nearly 40 programs of record. As part of this critical tool, SAILOR 2.0 provides all the documentation tools necessary to properly operate and maintain equipment and software so the fleet can improve system performance and support. This translates to increased fleet readiness, reduces total ownership costs and improves information sharing.

SAILOR 2.0 makes it easier for the fleet to meet its mission and achieve operational excellence. SAILOR 2.0 improves effectiveness by delivering the following requirements:

- Provide the fleet with a self-help capability, reducing distance support and onsite support requirements
- Deliver real time access and updates of system-specific configuration, final issue technical and logistics documents, the latest security updates and baseline templates
- Deploy interactive elec-

tronic technical manuals in their native XML format, significantly reducing distribution time and reducing the cost of compact disk production and postage

• Minimize system downtime and troubleshooting time for support agents by providing the fleet a mechanism to exchange technical knowledge with SMEs through its blogs and technical exchange forum

• Reduce the need for onsite technical visits

• Diminish technical documentation hard copy production and delivery to shipboard users

• Decrease help desk infrastructure support for technical documentation issues

Team SPAWAR's SAILOR 2.0 deployment team will continue to provide the most technologically advanced data sharing capabilities to the fleet.

For more news from Space and Naval Warfare Systems Command, visit www.navy.mil/local/spawar/.

Training

From Page 1

lies was not about putting the question to a vote, Morrell said. Rather, he explained, it was about finding out what challenges the Defense Department would face if President Barack Obama's stated desire to repeal the law - echoed by Gates and by Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff - comes to pass.

"The president has made his position clear," Morrell said. "The secretary [and] the chairman endorse it. Now we need to find out if the Congress acts on it, how best to go about implementing this change."

The House of Representatives has passed legislation that would repeal the law once the president, the secretary of defense and the chairman of the Joint Chiefs of Staff certify in writing that new Defense Department regulations and policies related to repeal are consistent with unit cohesion, retention and recruitment.

The legislation requires Senate action before the president can sign it into law. Morrell wouldn't speculate as to whether the Senate would act, but reiterated the view Gates and Mullen have stated repeatedly that congressional repeal would be preferable to a court simply striking down the law.

"The big fear here is that the courts take action and we are forced to do this precipitously, and that would be disruptive," Morrell said. "The legislation as currently constituted requires certification from the secretary, the chairman and the president, which gives us the time to train and educate the force."



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-Photo by MC3 Nicholas Hall
 Engineman 2nd Class Robert Witting, assigned to the engineering department of the aircraft carrier USS George H.W. Bush (CVN 77), passes fuel to a sailor aboard a distressed civilian vessel. George H.W. Bush answered the distress call while conducting training operations in the Atlantic Ocean.

-Photo by MC3 Nicholas Hall
 Sailors assigned to the aircraft carrier USS George H.W. Bush (CVN 77) render aid to a civilian vessel that ran out of fuel.

USS George H.W. Bush Aids Vessel In Distress

By MC3 Brian M. Brooks
 USS George H.W. Bush Public Affairs

USS George H.W. Bush (CVN 77) delivered aid to a stranded sailboat in distress approximately 90 miles off the coast of Cape Hatteras, N.C., Dec. 3.

The aircraft carrier, currently conducting carrier qualifications in preparation for a 2011

deployment, was approximately 30 miles away from the sailboat Shangri-La when the distress call was received at 4 a.m.

The stranded boat, homeported in Norfolk, Va., ran out of fuel trying to return to Norfolk in high winds and lost its sail. George H.W. Bush assisted the ship by sending fuel over in one of its rigid hulled inflatable

boats.

"We were fortunate to be at the right place at the right time," said Capt. Chip Miller, commanding officer. "Assisting fellow mariners on the seas is one of the many missions Navy ships are always prepared to execute. Every time we go to sea or conduct an exercise, we train for the unexpected, and

today we had the opportunity to do just that."

The four crew members of the 65-foot catamaran sailboat left Norfolk on Monday to sail to the British Virgin Islands, but now plan to return home.

George H.W. Bush is in the Atlantic Ocean conducting training.

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Mustin, 7th Fleet Band Bring Joy To Community

By MC3(SW) Devon Dow
Navy Public Affairs Support Element
West Det. Japan

Equipped with trumpets, tubas, donated clothes, Hula-Hoops, toys and lots of energy, Sailors from USS Mustin (DDG 89) and the 7th Fleet Orient Express Band visited the Goodwill School in Sihanoukville, Cambodia Dec. 4.

From the moment the Sailors arrived, they engaged in activities with the children by playing games, coloring, drawing

pictures and entertaining them with a free concert while making new friends.

"This entire event by the 7th Fleet Band and USS Mustin Sailors has been great," said Sabine Nerling, Goodwill School operations manager. "While I personally love the music the band is playing, I think it's far more important and so special for the children. I think in their lives, this might be the first time for many of them that they have ever heard

live music or been able to see first hand musical instruments, and the Sailors are just amazing with the children. I think this is an event that these young people will remember for their whole life."

Created in 2004, the Goodwill School initially served as a school to teach English to local children, it has sense evolved into a local community center where children can come and participate in educational and extra curricular

activities. While it is not a substitute for the public education system in Cambodia, it offers local children a place to study, learn social skills and participate in recreational activities.

For Vall Colle, the trustee of the Help the Cambodian Children, which the Goodwill School is supported by, said she was very pleased with the day's events.

"Just looking around at all of the smiling faces and seeing all of the high-five hand slaps between Sailors and the children, I think it is absolutely fantastic," Colle said. "We are really grateful, and it means an awful lot to our organization and to the children. What you have all done here today is quite

amazing. We are a very small organization and for you all to come spend your personal time and to donate all of the lovely things is greatly appreciated."

"This was awesome," said Chief Operations Specialist (SW) Stacy Johnson, from Chicago. "It was a great chance to meet the children - who were great - and it was a great opportunity for us to get out into the community and show some support while we are here as their guest. It is nice to know that we are making a difference when we visit ports, because every little bit helps, and just from the smiles I saw today, I think we've accomplished that."

Following the community service project, Mustin's Sailors

said they appreciated having the opportunity to visit the school and said that it was the interaction with the children and the feeling of making a difference that brought it all together for them.

"I could have stayed there all day," said Operations Specialist 2nd Class (SW) Edward Smith, from Jacksonville, Fla. "Today really opened my eyes up to what the Navy talks about when it says that we are ambassadors to our country. It makes me feel proud that I am assigned to a ship with Sailors who have just as big of hearts as me and want to make a difference in the world."



-Photo by MC3 Devon Dow

Members of the U.S. 7th Fleet band, Orient Express, dance with children during a community service project at Goodwill School. The school is supported by a local charity organization. Mustin is conducting a scheduled port visit to Sihanoukville and will conduct bilateral training with the Royal Cambodian Armed Forces.

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BUPERS Online 'OMPF – My Record' Gives Sailors Access

From Navy Personnel Command Public Affairs

The "Official Military Personnel File (OMPF – My Record)" was added to the Sailor Career Toolbox, an online collection of career management tools accessible through the BUPERS Online portal, Nov. 29.

Formerly called Web-Enabled Record Review, OMPF – My Record is one of the many career tools used to confirm personnel information featured in the Sailor Career Toolbox. This change aligns the Navy with the naming convention used by the National Archives.

"By selecting 'OMPF-My Record,' Sailors can view documents in their OMPF, previously known as the 'microfiche record,'" said Chief Personnel Specialist Carol T. Fister, Navy Personnel Command (NPC) Records Management Policy Branch senior enlisted advisor. "These are the same documents viewed by selection boards when considering candidates for advancement and special programs. Using OMPF - My Record is much easier and quicker than the old process of requesting to have a CD be mailed to you."

The Sailor Career Toolbox is posted on the NPC website at <http://www.npc.navy.mil/CareerInfo/CareerToolbox/>. There service members find information on the career management tools needed to enhance professional growth, verify personnel information and explore career opportunities. Some of the tools included in the

Sailor Career Toolbox are the Electronic Service Record, Career Management System/Interactive Detailing, Navy Knowledge Online and Navy Credentialing Online.

"With OMPF- My Record, Sailors can securely view, download and print documents, but they should be cautioned against downloading and saving these documents to a PC at work or at the library that others also use," Fister warned. "All of these documents contain personally identifiable information that could be used by others to steal a Sailor's identity. We do not want anyone to become a victim." In the Sailor Career Toolbox service members will also find another important resource, the Command Career Counselor Toolbox.

"The Command Career Counselor Toolbox is a 'must have' for counselors and leaders," said Senior Chief Mass Communications Specialist Maria R. Escamilla, assigned to the Sea Warrior Program. "The Command Career Counselor Toolbox provides eight online tools and the actions required to support Sailors, covering the areas of career information, retention and professional development programs. Some of the tools included are Career Information Management System, Perform to Serve/FleetRIDE and Navy Retention Monitoring System."

For more information, visit the above sites or go to the NPC website at www.npc.navy.mil.

Seabees Join SPS 2011

By MCI(SW) Jeffery Tilghman Williams
High Speed Vessel 2 (HSV 2) Swift Public Affairs

Nineteen Reserve Sailors assigned to Naval Mobile Construction Battalion (NMCB) 28 Detail Bravo, based in Shreveport, La., joined High Speed Vessel 2 (HSV 2) Swift Dec. 1 to participate in Southern Partnership Station 2011.

SPS is an annual deployment of U.S. ships to the U.S. Southern Command area of responsibility in the Caribbean and Latin America, involving information sharing with navies, coast guards and civilian services throughout the region.

NMCB 28 will participate in a variety of subject matter expert exchanges and information sharing ventures with partner nations during their four-month deployment in support of SPS.

"We will be assisting with several electrical, plumbing and construction projects at local schools and facilities in the partner nations we'll be visiting," said Lt. Rama Mutyala, NMCB 28 Detail Bravo officer-in-charge. "This is a great opportunity for the men and women in our unit, and we're glad to support."

"We welcome the Seabees to our team, because the expertise and engineering knowledge they possess will greatly enhance our mission effectiveness," said Cmdr. Mark Becker, SPS 11 mission commander. "They are a professional group of Sailors who I know will do great work out here."

NMCB 28 Detail Bravo will support SPS 11 until April and transition to USNS Comfort to support Continuing Promise 2011 during their eight-month mobilization.

Commander, U.S. Navy Southern Command (COMUSNAVSO) is the naval component command for U.S. Southern Command 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 disaster response, community relations, and counter-illicit trafficking operations.

DEPSECDEF Recognizes Naval Academy Officers With Newest Warfare Pin

From U.S. Naval Academy Public Affairs

Deputy Secretary of Defense William J. Lynn conducted a ceremony at the U.S. Naval Academy Dec. 2, recognizing seven officers for receiving the first ever information dominance warfare qualification.

Lynn also led a class discussion with midshipmen and joined the Brigade of Midshipmen for noon meal before taking a tour of the academy's Cyber Security Center and presenting the new information dominance officers with their qualification pins.

"You're at the cutting edge of what we're trying to do," Lynn said to the newly pinned officers. "You're at the forefront

of a real trend in warfare and in the way we're going to handle security. I want to thank you for what you're doing and congratulate you on this achievement."

The establishment of the Information Dominance Corps followed shortly after the Navy stood up 10th Fleet/Fleet Cyber Command in January. The IDC brings together officers, enlisted and civilian personnel in the information, intelligence, oceanography, cyber and space fields to develop dominant information capabilities in support of national cyber defense requirements.

The new qualification program encourages specialists in these fields to obtain a broader understanding of information

dominance beyond their particular area of expertise. Those who complete the qualification program receive the warfare insignia, approved for wear in February.

The new officer insignia is a two and three-quarter inches by one and one-eighth inches, gold matte metal pin showing a background of ocean waves, a crossed naval officer's sword and lightning bolt with a fouled anchor and globe. The enlisted insignia is silver with a crossed naval enlisted cutlass replacing the officer's sword.

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Enrique Ramirez, Petty Officer Second Class and his daughter, Arianna, a St. Jude patient



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Navy's Newest Littoral Ship Fort Worth Conducts Mast-Stepping Ceremony

From USS Fort Worth (LCS 3) Public Affairs

The crews of the Navy's newest littoral combat ship (LCS), USS Fort Worth (LCS 3), conducted a mast-stepping ceremony at the Marinette Marine Corporation in Marinette, Wis., Dec. 3.

Mast stepping, an ancient Greek and Roman practice of putting coins at the base of a mast of a ship under construction, has continued throughout history. In current naval tradition, coins and other items that highlight the heritage of the ship are placed in a container and welded into the mast.

Kay Granger, the ship's sponsor, joined the ship's commanding officers, Cmdr. Randy Blankenship (Blue Crew), Cmdr. Warren Cupps (Gold

Crew) and distinguished guests from the city of Fort Worth, Texas, and Marinette, Wis., placing coins and other artifacts representing the heritage of the ship and namesake city. The coins included half dollars minted in the birth years of the ship's matrons of honor totaling \$3, representing the ship's hull number; a coin from the 2nd Striker Cavalry Regiment, that trace their military lineage to the 2nd Dragoons, who founded Camp Worth; a coin from the 2nd Infantry Division representing Gen. William J. Worth's command of the 2nd Regular Division; and a coin from USS Fort Worth.

Military artifacts included a tunic button from one of the founding 2nd Dragoons, an arrowhead and arrow shaft from

the period when Fort Worth was founded and a piece of the external coating of the military's newest fighter, the F-35. The ship's sponsor included a U.S. House of Representatives' member pin, a Fort Worth All-American City pin and a key to the city of Fort Worth. The ship's crews added nametags representing the oldest and youngest Sailors of each crew.

Jim Renner, senior welder at Marinette Marine Corporation, sealed the mast-stepping container. It will be welded into the ship's mast at a later date.

The Navy christened Fort Worth Dec. 4 during a 10 a.m. CST ceremony at Marinette Marine Corp. shipyard in Marinette, Wis.

Former Deputy Defense Secretary Gordon England

delivered the principal address at the ceremony, and the ceremony was highlighted by Granger breaking a bottle of champagne across the bow to formally christen the ship, which is a time-honored Navy tradition. Designated LCS 3, Fort Worth is an innovative combatant designed to operate quickly in shallow water environments to counter challenging threats in coastal regions, specifically mines, submarines and fast-surface craft. It is capable of speeds in excess of 40 knots and can operate in water less than 20 feet deep. Fort Worth will address a critical capabilities gap in the littorals. Carrying out the Navy's mission, it will serve to enhance maritime security by deterring hostility in troubled waters, maintaining

a forward presence and by its ability to project power and maintain sea control.

A fast, agile and high-technology surface combatant, Fort Worth will be a platform for the launch and recovery of manned and unmanned vehicles. To meet increased demand for mission-tailored packages, its modular design will support interchangeable mission packages, allowing the ship to be reconfigured for antisubmarine warfare, mine countermeasures or surface warfare missions on an as-needed basis.

The LCS will be able to swap out mission packages piecemeal in a matter of days, adapting as the tactical situation demands. The modular approach also allows us to incorporate new or improved systems into the fleet as advanced technologies mature, providing flex-

ibility and evolving capability. These ships will also feature an advanced networking capability to share tactical information with other Navy aircraft, ships, submarines and joint units.

Fort Worth will be manned by two rotational crews, Blue and Gold, similar to the rotational crews assigned to Trident submarines. These core crews will be augmented by one of the three types of mission package crews as well as an aviation detachment.

The prospective commanding officer of the Blue Crew is Cmdr. James R. Blankenship, from Ironton, Ohio. The prospective commanding officer of the Gold Crew is Cmdr. Warren E. Cupps, from Fort Worth. Upon being commissioned in the future, Fort Worth will be homeported in San Diego.



The littoral combat ship Pre-Commissioning Unit (PCU) Fort Worth (LCS 3) is launched into the Menominee River during a christening ceremony for the navy's third littoral combat ship. Fort Worth will continue to undergo outfitting and testing at Marinette Marine before delivery to the Navy in 2012.



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FFSC Hosts Workshops For Sailors, Families

From FFSC

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

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

Dec. 9, 8 a.m.-4:30 p.m., **Financial Planning Seminar**, FFSC Room 1616

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

Dec. 10, 6-8 p.m., **IA Christmas Party**, USO

Dec. 13, 1-4 p.m., **Expectant Dads Class**, USO

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

Dec. 13-16, 8 a.m.-4 p.m., **TAP Workshop**, Bldg.1 Room 1616

Dec. 14, 9-11 a.m., **Resume Walk-In Review**, FFSC Room 701

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

Dec. 15, 9-noon, **Tottle Tyme Playgroup**, USO
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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.

Dec. 16, 8-11 a.m., **Anger Management**, Bldg.1 Room 719

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.

Dec. 16, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC Room 702

Dec. 21, 8-11 a.m., **Smooth Move**, FFSC Room 719

This workshop is designed for inexperienced, as well as experienced military members on permanent change of station (PCS) orders. The Personal Property Shipping Office will provide information on how to deal with movers and personal property entitlements. The travel section of Personnel Support Detachment (PSD) will pres-

ent a section on travel pay and allowances. FFSC staff will discuss the emotional cycles of relocation, budgeting for a PCS move and provide some strategies for families. Dec. 21, 9-11 a.m., **Resume Walk-In Review**, FFSC Room 701

Dec. 22, 9-noon, **Tottle Tyme 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.

Dec. 23, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC Room 702

Dec. 28, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

Dec. 29, 9-noon, **Tottle Tyme 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.

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

Lean Six Sigma Black Belt Training Offered For Military, Civilians

By Larry Coffey
NMSC PAO

Limited seats are available for Lean Six Sigma (LSS) Black Belt training for military and civilian employees for classes being held at Naval Air Station (NAS) Jacksonville beginning Jan. 10.

Navy Medicine military and civilian personnel will be given priority, and remaining seats will be offered to Navy personnel outside of Navy Medicine on a case-by-case basis, said Capt. Kathy Summers, NMSC director, Lean Six Sigma Program Management Office (LSS PMO).

"Navy Medicine's Lean Six Sigma training program is an investment in our people, with the goal of long-term sustainability in the areas of quality, patient safety and efficient business processes," Summers said.

This Black Belt training is funded by the Bureau of Medicine and Surgery (BUMED) and will require one week per month January through April. TAD costs are



the only expense to the command.

Black Belt students must attend each of the four one-week training sessions being held Jan. 10-14, Feb. 14-18, March 21-25 and April 25-29. Prerequisites for Black Belt training are completion of the LSS Training Nomination Form and the Navy E-Learning White Belt course, *ETC-LSSWB-1.0*.

Summers said commanding officers and Navy leaders, like corporate leaders, are continuously seeking ways to save money and streamline processes while improving customer satisfaction.

"That is what Lean Six Sigma is about," Summer said. "One of the primary drivers of Lean Six Sigma is that unnecessary complexity adds cost, time and waste. Lean Six Sigma facilitates asking questions such as, 'What is the cost of quality?'"

"Are we performing processes that add value to the delivery of quality health care?" "Is there variation in our processes," and "What is the cost of rework?"

A properly executed LSS program with appropriate certification benefits the command, the customer and the individual qualified service member or civilian employee, said Summers. She recommended leaders use care in the selection process.

"Several key aspects of a successfully implementing LSS throughout the Navy Medicine enterprise include careful selection of candidates for the appropriate level of training - Champion, Black Belt, Green Belt," she said. "Commands should nominate both current and future leaders of Navy Medicine. It's a great opportunity for front runners to per-

For civilian employees, Black Belts are typically hired by Department of Defense at the GS-13 to 15 levels. In the private sector, the average annual salary for a Black Belt is about \$97,000. Summers added that Black Belt training is worth 160 Continuing Medical Education (CME) credits or Continuing Education Units (CEU).

"The health care delivery system is transactional and complex, Summers said. "The Lean Six Sigma toolbox allows leaders to target vulnerable areas where there are defects and variation with the goal of improving 'critical to quality processes' for our health enterprise and beneficiaries."

To sign up or learn more about Lean Six Sigma or NMSC's no cost Lean Six Sigma Black Belt training, contact CAPT Kathy Summers at 904-542-7200 ext. 8255, kathryn.summers@med.navy.mil or Ms. Melinda Canady at 904-542-7200, ext. 8285, Melinda.Canady@med.navy.mil.

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Out in Town

Thursday, Dec. 9

Fleet Reserve Association, Branch 290, will host dinner from 5 to 8 p.m. The menu this week will be Scallops over Fettucini Alfredo with salad, bread 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, Dec. 10

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

Saturday, Dec. 11

The City of Atlantic Beach hosts its annual Holiday Sing-Along from 6-8 p.m. at Bull Memorial Park. A disc jockey will spin holiday tunes for the karaoke-style singing. Santa will arrive for a visit and refreshments will be offered to celebrate the winter season. Adults and children of all ages are welcome to join in and see if it will SNOW! Bull Park and the Adele Grage Cultural Center are located at 716 Ocean Blvd. and East Coast Drive in Atlantic Beach. The event is free and open to the public. Visit www.coab.us/events for City of Atlantic Beach events.

The St. Augustine Community Chorus will present its traditional Christmas Concert at 8 p.m. and on Sunday, December 12, at 2 p.m. Both performances will be held in the beautiful Cathedral Basilica on the plaza, downtown St. Augustine.

Shannon McKay will offer a prelude by French composer Alexandre Guilment on the Cathedral's organ, and the sweet voices of The St. Augustine Children's Chorus, directed by Kerry Fradley, will fill the Basilica with several international carols.

The program will be conducted by Dr. Theodore K. Mathews, who is in his sixth season with the ensemble. The Chorus will be accompanied by pianist Bryant Miano, organist Shannon McKay and The Concert Artists of Jacksonville will provide the orchestral accompaniment.

Tickets are \$20 at the door and \$15 if purchased in advance. Students with ID and those 12 & under are \$5 each. Advance tickets may be ordered by going to the website www.staugustinecommunitychorus.org.

Monday, Dec. 13
Fleet Reserve Association, Branch 290, invites you to play Bingo at the Branch Home, 390 Mayport Rd. Games start at 6 p.m. and are usually finished by 8 p.m. Snacks will be available for a small donation.

Tuesday, Dec. 14
The Cummer Museum of Art & Gardens, 829 Riverside Ave., is hosting a free Family Night from 4 to 8 p.m. to celebrate the Art Ventures: Supporting the Arts in Jacksonville for 20 Years exhibition. Join us and create art worthy of receiving a grant! Family Night will consist of studio projects, live music, demonstrating artists and fun abound in this family evening for all ages. For more information, please call (904) 355-0630.

Fleet Reserve Association,

COMMUNITY CALENDAR

& Gardens, 829 Riverside Ave., is hosting Handbuilding in Clay Workshop for adults from 10 a.m. to 4 p.m. with University of North Florida instructor and Art Ventures grant recipient, Nofa Dixon. Dixon will teach her slab-construction method for creating both sculptural and functional forms. The focus will be on creating unique abstract pieces and the pieces will be fired. Lunch and materials are provided. Cost is \$45 members and \$50 for non-members. Pre-registration is required. For more information or to register, please call Art Connections at (904) 355-0630.

Sunday, Dec. 12

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

The St. Augustine Community Chorus will present its traditional Christmas Concert at 2 p.m. Both performances will be held in the beautiful Cathedral Basilica on the plaza, downtown St. Augustine.

Shannon McKay will offer a prelude by French composer Alexandre Guilment on the Cathedral's organ, and the sweet voices of The St. Augustine Children's Chorus, directed by Kerry Fradley, will fill the Basilica with several international carols.

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Fleet Reserve Association,

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

Wednesday, Dec. 15

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

Saturday, Dec. 18

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

Sunday, Dec. 19

The 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.

Celebrate Christmas at 11:30 a.m. with the second annual Cookie Cantata at Christ United Methodist Church, 400 Penman Road, Neptune Beach. Homemade cookies will be sold to support our various ministries. Craft activities, coffee bar, pictures and other activities will be available for children and their families. A visit from the jolly old elf himself will highlight the day. Join us in Wilson Fellowship Hall immediately following the choral cantata during the worship service. Call the church office at 249-5370 for information.

Friday, Dec. 24

Join Christ United Methodist Church, 400 Penman Road, Neptune Beach, as they celebrate the birth of our Savior. Two services will be available to bring your family and friends to usher in Christmas morn. 7 p.m. - Children's Christmas Eve Service; 11 p.m. Candlelight Communion Service. Services will be held in the sanctuary.

Saturday, Jan. 8

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

Friday, Jan. 14

Ever wonder what is look-

ing back at you just beyond the campfire light? That noise that you keep hearing in the bushes; what is it? Come join a park ranger at 6:30 p.m. and find out what animals are at the Talbot Islands that may go "bump in the night. The program will take place at the campground fire circle. This program is free with campsite reservation.

Saturday, Jan. 15

Join a park ranger at 2 p.m. for a walk on the beach as they explain the importance of undeveloped beach habitat, including many interesting facts

about sea creatures and common shells found in the area. The program will take place at pavilion one on Little Talbot Island.

Saturday, Jan. 22

Join a park ranger at 2 p.m. and discover the importance of estuarine systems that surround the inshore sides of barrier islands like those of the Talbot Islands State Parks complex. This ranger-guided hike along the salt marsh will help point out why these areas are one of the most productive ecosystems on Earth, the many roles the

salt marsh plays, the plant and animal life found in this natural community, and the impacts humans have on this system. This program will take place at the Ribault Club on Fort George Island Cultural State Park.

Saturday, Jan. 29

Join a park ranger at 2 p.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion one on Little Talbot Island.

Veterinarian Open House

12- 6 pm Wednesday, Dec. 8
At the Mayport Veterinarian Clinic

Stop by and find answers to your questions about your cat or dog's health.

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REACHING OUT

VITA Tax Volunteers Needed

Are you interested in making a difference and learning a new skill? The 2010/2011 tax season is rapidly approaching. Once again, the Volunteer Income Tax Assistance (VITA) program is looking for dedicated and enthusiastic volunteers. Volunteer as a tax preparer for January through April, and you'll be trained by the IRS and given an opportunity to provide much needed help to your fellow sailors.

Interested? To learn more contact Lt. Patrick Jackson at (904) 270-5445, or e-mail patrick.o.jackson@navy.mil.

The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call NS Mayport volunteer coordinator CS1 Terry Jackson at 270-5373 and AC1 Chandra Chaney at 270-6130 or Dianne Parker at 542-5380 or you can immediately sign-up online for opportunities using www.volunteer.gatewayjacksonville.org.

Guardian ad Litem
Be the voice for children abused, neglected, or abandoned. These children have no ability to participate in decisions affecting their lives. When children are removed from their homes, the courts can appoint a special advocate to make sure that the best interests of the child is given appropriate consideration. This advocate is known as a Guardian ad Litem. In the 4th Judicial Circuit, which includes Clay, Duval and Nassau Counties, there are more than 2,000 children who need an advocate to help them navigate the Dependency system. As we build our volunteer base we are asking members of our community to consider being a Guardian ad Litem. These guardians do not provide direct care for the children; the guardians ad litem visit the child at least once per month, interview family members, gather information from medical, mental health, and education professionals, and attend court hearings to ensure the best interests of the children are maintained. The work is compelling. To become a Guardian ad Litem, candidates need a compassionate heart, be at least 19 years old, complete 30 hours of initial training and undergo a background check. The process begins with a screening interview so you can learn more about this opportunity to make a difference in the life of a child. If this kind of volunteer opportunity sounds like something you would like to participate in, please visit the Guardian ad Litem website, www.guardianadlitem.org, or call 904-630-1200 to schedule a screening interview.

First Coast "No More Homeless Pets"

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

Mayport Lions Club Volunteers

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

Jacksonville International Airport Volunteer Ambassador Program

We are looking for volunteer to assist travelers with locating arrival and departure gates, telephones, baggage claim and ticketing areas. The Ambassadors provide vital customer assistance and a lot of smiles to ensure a pleasant and memorable experience while traveling through our airport. Benefits of being in the Ambassador program include gratitude of the passengers served each day, invitations, to volunteer appreciation events, free parking at the airport, meal voucher for every four-hour period worked,

service recognition and the opportunity to meet people from all over the world. Contact Yvonne Pooler at 904-741-2006 or email yvonne@jaa.aero.

Jacksonville Zoo
The Jacksonville Zoo is asking for volunteers. Volunteers are needed to educate varied audiences about the natural world, teach conservation messages, beautify the grounds, assist guests in various areas of the park, input data, lend a hand in animal care areas, answer questions, drive trains and enhance guests' experiences. You provide the interest and enthusiasm, and the zoo will provide the training. Scheduling is flexible. Volunteers receive special discounts, free admission, newsletters and special programs only available to employees and volunteers. Take this opportunity to meet others who share your interests in the animal kingdom. New Adult Volunteer Orientations are held at the Pepsico Foundation Education Campus. All interested personnel please CS1 Hopkins or call 270-5373 for more information.

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

Children's Home Society of Florida

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

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

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

Big Brothers Big Sisters Mentoring

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

Navy-Marine Corp Relief Society Needs You

The Navy Marine Corp Relief Society is in need of Volunteers to give a couple of hours of their time each week to help others in need. The mission of the Navy-Marine Corp Relief Society is to provide emergency financial help and educational assistance to members of the

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

St. Johns County Habitat For Humanity Needs Volunteers!

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

Lea's Place

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

NS Mayport Retired Activities Office

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

I.M. Sulzbacher Center for the Homeless

Volunteering at the I.M. Sulzbacher Center for the Homeless The I.M. Sulzbacher Center for the Homeless serves more than 1,000 well-balanced, nutritious and delicious meals per day, every day of the year. These meals are prepared and served with the help of more than 100 civic, religious and business organizations from

the Jacksonville community. Annually, these Volunteer Meal Groups provide over one hundred thousand dollars in support and more than 13,000 hours of volunteer time. Serving meals at the Center is a fun and feel-good way to give back to the community. For information about volunteering at the I.M. Sulzbacher Center for the Homeless call 904.394.1356. Also, see www.imshomeless-center.org/volunteers.html

Dignity U Wear

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

Children's Home Society

Children's Home Society (CHS) has been providing services to children and their

families since 1902. Started in Jacksonville, CHS is a state-wide non-profit agency providing services such as foster care, adoption, child abuse prevention, group shelters, and mentoring. CHS's MODEL (Mentors Opening Doors Enriching Lives) Program matches volunteers with children ages 4-18 who have a parent incarcerated in prison.

We are seeking volunteers that will commit to a minimum of one hour per week for one year with a child. Volunteers need to be at least 21 years old and complete an interview and background screening. We provide training and ongoing support for all volunteers. Volunteers build a friendship with a child while engaging in community activities such as going to the library, beach, park, or playing sports.

For anyone interested in additional information or becoming a mentor, please contact Christine Small at 904-493-7747.

The holidays are just around the corner!

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OFF-BASE PICKUP LOCATIONS			LOCATION	ADDRESS	CITY
LOCATION	ADDRESS	CITY	JIFFY LUBE	10430 ATLANTIC BLVD	JAX
ALLSTATE INSURANCE CO.	PAN AM PLAZA - MAYPORT RD.	JAX	JIFFY LUBE	13560 ATLANTIC BLVD	JAX
AMERICAN LEGION POST	316 ATLANTIC BLVD.	JAX	JIFFY LUBE	1067 ATLANTIC BLVD	ATL BCH
COAST GUARD STATION (EXCHANGE STORE)	A1A HWY	JAX	JIFFY LUBE	1672 S 3rd ST	JAXBCH
COMFORT INN	MAYPORT RD.	JAX	JIFFY LUBE	8379 BAYMEADOWS RD	JAX
COMMISSARY (INSIDE RACKS)	MAYPORT RD.	JAX	JIFFY LUBE	5295 SUNBEAM RD	JAX
DAYS INN	1401 ATLANTIC BLVD.	JAX	JIFFY LUBE	11099 OLD ST AUGUSTINE RD	JAX
FCE - SHELL	9115 MERRILL RD./9-A	JAX	JIFFY LUBE	9699 SAN JOSE BLVD	JAX
FCE - SHELL	1539 S 3rd ST	JAX BCH	JIFFY LUBE	2837 TOWNSEND BLVD	JAX
FCE - SHELL	7150 MERRILL RD	JAX	KANGAROO	10100 GRANITE PLACE	JAX
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	1031 BEACH BLVD.	JAX BCH
FLEET LANDING	MAYPORT RD.	JAX	KANGAROO	1403 N 3rd ST	JAX BCH
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX	KANGAROO/BP	10910 ATLANTIC BLVD.	JAX
FLETCHER HIGH SCHOOL ROTC		JAX BCH	KANGAROO/SMOKERS EXPRESS	2615 ST. JOHNS BLUFF/ALDEN	JAX
GATE	1900 MIZELL RD	STAU	LA CRUISE GIFT SHOP	A1A HWY	JAX
GATE	220 A1A N	PVB	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
GATE	619 A1A N	PVB	LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX
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
GATE	5617 BOWDEN RD	JAX	NEX (OUTSIDE RACKS NEAR ATM)	MAYPORT RD.	JAX
GATE	570 BUSCH DR	JAX	OTTER RUN OFFICE	ASSISSI LANE	JAX
GATE	12548 SAN JOSE BLVD	JAX	RAINBOW CENTER CHILD CARE	NAVY HOUSING OFF ASSISSI LANE	JAX
GATE	10946 FT CAROLINE RD	JAX	RIBAULT BAY COMMUNITY CENTER	ASSISSI LANE	JAX
GATE	1001 MONUMENT RD	JAX	SINGLETON'S SEAFOOD SHOP	A1A HWY	JAX
GATE	10044 ATLANTIC BLVD	JAX	SOUTHTRUST BANK	1301 ATLANTIC BLVD.	JAX
GATE	4100 HECKSCHER DR	JAX	SPRINT	1202 US-17	YUL
GATE	2520 S 3rd ST	JAXBCH	SPRINT	8838 ATLANTIC BLVD	JAX
GATE	319 S 3rd ST	JAX BCH	SPRINT	3051 MONUMENT RD/ COBBLESTON	JAX
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
HOME FINDER'S REALTY	2550 MAYPORT RD.	JAX	SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH
JAX FEDERAL CREDIT UNION	664 ATLANTIC BLVD.	JAX	SPRINT	1601 PENMAN RD.	JAX BCH
JIFFY LUBE	3212 UNIVERSITY BLVD S	JAX	U.S. COAST GUARD OFFICE	A1A HWY	JAX
JIFFY LUBE	6135 ST AUGUSTINE RD	JAX	USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX
JIFFY LUBE	11620 SAN JOSE BLVD	JAX			

Updated: FEBRUARY 1, 2007

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

The NAS JAX Liberty Center will once again have a free shuttle service to and from the airport for the single sailors on the base. Please call 542-1335 to set up a time or for more information. The Mayport Single Sailors Center is also offering the free shuttle service to the airport. Please call 270-7789 to set up a time or for more information.

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

The Combined Federal Campaign is underway and we would appreciate you considering your Greater Jacksonville Area USO for your donation. Our CFC number is 97347 and your generosity helps us keep the doors open and continue to

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provide outstanding programs and services for all branches of the military and their families.

Your Greater Jacksonville Area USO is now on Facebook.

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

thingstoknow/annualpass.cfm#discountsveterans.

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

The U.S. Department of Veterans Affairs has announced the launch of its new and improved online form, "Application for Health Benefits," which will make it

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

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

The Veterans History Project First Coast is dedicated to honoring the many veterans of Northeast Florida and those who supported war efforts. We record the memories of those who have served our country by conducting interviews. These stories are placed on our website for others to listen and learn: www.vhp-firstcoast.org. We are a partner with the Library of Congress in Washington, D.C. where the memories of those we interview are archived for future generations: <http://www.loc.gov/vets/>.

Our goal at VHPFC is to reach the more than 200,000 veterans in our area. If you are interested in volunteering to help us achieve this goal, please visit our website for more information on how you can enrich your life and honor a veteran.

United Through Reading program makes it possible to share in the enjoyment of reading to the children in your life, even while thousands of miles

apart. The Mayport Center and NAS Center can record you reading a book to your children and send it to them after you have gone on deployment. It is a great way to make them smile on their special day even when you can not be there with them. Please contact your local USO center for more information.

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

Watch TV or a movie from the video library. Service members can also enjoy video games or use the sports equipment.

There is a full kitchen, showers, a quiet reading room and a meeting room available at the USO. The USO is available for meetings, support groups, receptions, parties and pre-deployment briefs. A TV, VCR and overhead projector are available for use.

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

Sesame Street, Blue Star Families Partner With Google to Help Military Families Stay Connected

From Sesame Street

Sesame Street and its free social network website for military families, Sesame Street Family Connections, along with Blue Star Families, a nonprofit network of military families, are partnering with Google to make it easy and free for military families to stay in touch with loved ones who won't be home for the holidays.

Google will provide complimentary \$10 call credits to families of U.S. service members registered with Blue Star Families or Sesame Street Family Connections who sign up at goo.gl/voicemilitary

between now and December 22nd, 2010.

The call credit can be used to make international calls with Google Voice, Google's communications management service, or from right inside Gmail, Google's web-based email service, where phone calls to U.S. numbers are free.

The \$10 credit will provide families with roughly 30 minutes of call time to Afghanistan, 60 minutes to Iraq, or hundreds of minutes to many countries in Europe and around the world. Registration with both Sesame Street Family Connections and Blue Star Families is free.

"We're pleased to be teaming up with Sesame Street and Blue Star Families to make it easier for military families to stay in touch during the holidays," said Michael Bolognino, Product Marketing Manager at Google. "We recognize the sacrifices military families make while their loved ones are far away, and we can't think of a better way to use Google's communication tools, "Google Voice and Gmail calling," to help them stay connected."

"Hearing the voice of a loved one who has been deployed is one of the most reassuring things to a military family and

during the holidays it's even more crucial that our service members feel connected," said Gary E. Knell, Sesame Workshop CEO and President.

Sesame Street has a long-standing commitment to our troops and their children and we are proud to have Sesame Street Family Connections partner with Google and Blue Star Families to bring the spirit of the season to military families at home and abroad."

"The holidays can be difficult for military families and service members, with loved ones deployed or stationed far from home," said Mark

D. Smith, Blue Star Families Executive Director. "Blue Star Families' mission is to support, connect and empower military families.

That's why we're excited to team with Google and Sesame

Street to ensure that our military families are able to share the holiday season with their loved ones around the world."

At this time, Google Voice and calling in Gmail are available in the U.S. only.



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Michelle Obama Dedicates NNMC Fisher Houses

By Sarah Fortney

National Naval Medical Center Public Affairs

First Lady Michelle Obama visited National Naval Medical Center (NNMC) Bethesda, Md. Dec. 3, to dedicate the first of three new Fisher Houses aboard the facility.

The Fisher House program, established in 1990 by Zachary and Elizabeth Fisher, provides military families a place to stay at no cost while their loved one is in treatment. The three new 16,000 sq. ft., two-story buildings at Bethesda are in addition to two others currently in operation on campus. Each house consists of 20 suites, which include private, handicapped-accessible bathrooms. Additionally, the houses have common areas, offering large communal dining and family rooms and a multi-cooking station kitchen.

"It is a privilege, and it is an honor to join you as you open the doors of this beautiful house," the First Lady said during the ribbon-cutting ceremony. "Every day, this house and others like it across this country, remind us of a simple truth that when our men and women in uniform are called to serve, their families serve too. Their sacrifice is their family's sacrifice as well."

When a loved one is receiving treatment far away from home, she added, there are many prohibitive costs of hotels and transportation that have kept many family members apart and placed a tremendous burden on others.



First lady Michelle Obama and Fisher House Foundation Chairman Ken Fisher cut a ribbon during a dedication ceremony for the first of three new Fisher Houses at the National Naval Medical Center. The new houses will be in addition to the two houses currently on campus.

-Photo by Cat DeBinder

Since the Fisher House program was established, it has served more than 130 families, providing nearly three million days of lodging and saving families an estimated \$100 million in lodging and transportation expense.

"These numbers don't even begin to capture the impact these houses have had - the late nights families have spent in those kitchens, laughing and

crying and praying together, the lifelong friendships they've maintained and the gratitude and relief they feel knowing that wherever they are, they'll have a place to call home," the First Lady said. "We know the sacrifices these folks are making, putting their careers on hold, putting their own dreams aside, often working around the clock to care for those they love."

"We're fortunate to have places like this medical center that provide world class care for our men and women in uniform," she said.

Additionally, in order to heal, she said, service members need more than just medical treatment, they also need "their loved ones who will travel on the road with them - the spouse that sits by their bedside and serves as their champion and

their voice, day after day, the parent who pushes and encourages them week after week, the son or the daughter who reminds them of everything they have to look forward to ... That is what Fisher House provides for so many military families, that chance to be together when they need each other the most."

While in treatment at NNMC during the past year, David

Chirinos said he has been grateful the Fisher Houses have provided a place for his family to stay. He couldn't imagine going through treatment without them. While serving in Kuwait a year ago, Chirinos was diagnosed with type IV cancer - an advanced stage in which the cancer spreads through multiple areas of the body.

"It makes you feel at home, and that's one of the greatest things," said Chirinos. "It's been so great. They make these houses ready for anybody to move in. You can rest and [providers can] focus on the patient, which I think is most important."

Though the Fisher family was not a military family, the First Lady noted, they had the upmost respect for those who served and they spent their lives showing their gratitude.

"They remind us that even if we're not a part of a military family, we're all a part of the American family," she said. "Every single one of us has an obligation to support the men and women who protect us and the families who love them."

"My family has instilled in us a tremendous respect and admiration for those who have dedicated their lives through service in our armed forces," said Fisher, foundation chairman and chief executive officer. "We are grateful to be joined in our efforts by thousands and thousands of patriotic and concerned Americans who are looking for a tangible way to express their thanks and support for our military families."

Mullen Praises Newman's Own, Military Charities

By Terri Moon Cronk

American Forces Press Service

The chairman of the Joint Chiefs of Staff Dec. 1 praised the Newman's Own Foundation and nine military charities that shared a \$2.5 million award from the foundation.

At the annual "Newman's Own Awards" ceremony here, Navy Adm. Mike Mullen said the foundation's role as a funding stream in an era when caring for servicemembers and their families is critical allows military charities to focus on making a difference.

The sacrifices U.S. servicemembers have made to the nation constitute a debt that must be addressed and repaid, Mullen said.

"We as a country must recognize the debt these young people have created can never be repaid, and it ought to be our consideration as the first check we write, [to] do as much as we can to repay that debt," the chairman said.

"We in the military feel privileged to be the focus of his organization," Mullen said of late actor Paul Newman's foun-

datation. Newman died in 2008.

Nine military service charities were selected for contributions from a \$2.5 million award to continue their work supporting servicemembers and their families before, during and after deployment. The foundation made the awards to the Armed Services YMCA, Fidelco Guide Dog Foundation, the Fisher House Foundation, the National Military Family Association, Operation Homefront, Outward Bound for Veterans, Tragedy Assistance Program for Survivors, the USO and Warrior

Gateway.

The charities honored last night and others like them provide the "life-sustaining requirements" of today's servicemembers, Mullen said.

"Their lives have changed while their dreams have not," he said. But the path to reaching those goals has changed, he added, and the charities provide essential help.

"Enabling them - because they have given so much - is

absolutely vital," he said.

Mullen cited a recent increase in battlefield injuries comparable to the rate of those in 2004 and 2005 and noted the spirit that makes wounded warriors worthy of the efforts on their behalf.

"There isn't one young soldier, sailor, airman or Marine who wouldn't get back in the fight," he said. "[They knew] they were serving in something bigger than themselves."

Paul Newman and the Newman's Own Foundation donated more than \$300 million to thousands of charities around the world, according to its website, which also notes that Newman was "committed to helping make the world a better place."

The foundation donates all net royalties and profits after taxes it receives from the sale of Newman's Own products to charities worldwide.

NEX Offers Bonus Bucks

From NEXCOM

This holiday season, Navy Exchange (NEX) Mayport customers can once again earn Bonus Bucks.

For every \$100 spent at select NEXs on December 22 - 24 from 7 a.m. - 1 p.m., customers will receive one \$10 Bonus Bucks coupon, until supplies last. A maximum of five Bonus Bucks will be issued to customers per single transaction. No rounding up will be allowed and multiple transactions cannot be combined to reach the threshold amount.

"We offered Bonus Bucks for the past three years during the holiday seasons," said Mike Powers, Navy Exchange Service Command (NEXCOM) Director Retail Operations. "Our customers really appreciate the Bonus Bucks, so we're offering again this year. NEX Bonus Bucks are our way of thanking our customers for

shopping at their NEX during the holidays and to encourage them to come back in January for extra savings."

NEX Bonus Bucks will be redeemable in any NEX from January 3 - 31, 2011, on all merchandise except uniforms, gasoline, NEX and third party Gift Cards and concession merchandise. One coupon will be redeemable on a transaction of \$50 or more. Multiple coupons can be used when the transaction is for full multiples of \$50. A maximum of five coupons can be used on a transaction of \$250 or more.

NEX Bonus Bucks are available to customers shopping at NEX Norfolk, Oceana and Little Creek, Va.; NEX Pearl Harbor, Hawaii; NEX San Diego, North Island and Port Hueneme, Calif.; NEX Mayport, Pensacola and Jacksonville, Fla.; NEX Whidbey Island, Wash.; and NEX Guam.

Scion Offers Holiday Care Packages To U.S. Servicemen

From Scion

In the spirit of the holiday season, Scion, a division of Toyota Motor Sales, has launched the Scion Holiday Mail Drop. This program offers active duty U.S. military personnel the opportunity to receive a Scion cinch sack filled with complimentary clothing and accessories.

While supplies last, men and women of active military status can log on to www.Scion.com/MailDrop to register for their holiday pack.

The Scion Holiday Mail Drop program is part of a larger military initiative for the brand which has, thus far, included an earlier military care package program, 2009's holiday

gifting program, and the Battle of the Builds military design challenge completed earlier this year. To support U.S. troops, Scion is working closely with Morale, Welfare and Recreation (MWR) of the Army, Navy, Air Force, and Marine Corps commercial sponsorship units as well as base Auto Skills Centers.



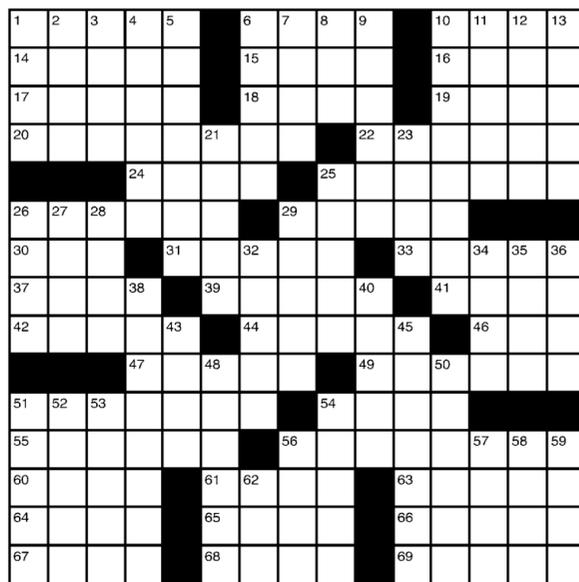
THE Daily Commuter Puzzle by Jacqueline E. Mathews

ACROSS

- 1 Fixed gaze
- 6 Terror
- 10 Venomous snakes
- 14 Ladies
- 15 Tie up a corset
- 16 Boyfriend
- 17 Haywire
- 18 Thingamajig
- 19 Urgent
- 20 Desert nomads
- 22 Made amends
- 24 Cheerful tune
- 25 Slender, short-haired cat
- 26 Resident of a Red Sea nation
- 29 "Don't ___ Me In"
- 30 Flurry; turmoil
- 31 Rhett Butler's portrayer
- 33 Assume a reverent posture
- 37 Children
- 39 ___ appropriate; judges suitable
- 41 Be frugal
- 42 Take illegally
- 44 High-powered surgical beam
- 46 McCain's title: abbr.
- 47 Light bulb measures
- 49 Adequate
- 51 Boxes up
- 54 Formal dance
- 55 Measuring devices
- 56 Crazy
- 60 Lasso
- 61 Puncture
- 63 Entertain
- 64 Kuwaiti leader
- 65 Seep
- 66 Memos
- 67 Orderly
- 68 Yuletide song
- 69 Give first aid to

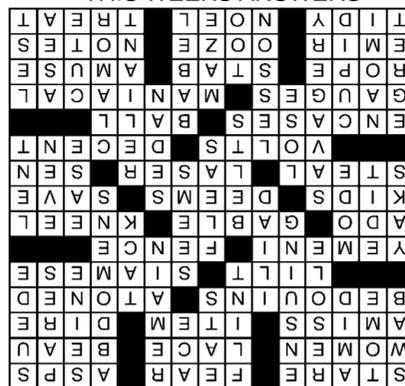
DOWN

- 1 Q-tip
- 2 Heavy book
- 3 Surrounded by
- 4 Put in a new shoe bottom
- 5 Following
- 6 City in Michigan
- 7 Dines
- 8 Hole in one
- 9 Stay
- 10 Stomachs
- 11 River in France
- 12 Whittles
- 13 Brushed leather
- 21 Classic by Homer
- 23 Carpet nail
- 25 Appears
- 26 Long-haired oxen
- 27 Correct a manuscript
- 28 Apple pie à la ___
- 29 Small, wingless insects
- 32 Accessories for the waist
- 34 At ___; relaxed
- 35 Smooth; level
- 36 Period before Easter



12/9/10

THIS WEEK'S ANSWERS



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12/9/10

- 38 Viciousness
- 40 Family car
- 43 Suffer defeat
- 45 Dependent
- 48 Textbook
- 50 Racket; din
- 51 Wading bird
- 52 Singer ___ Judd
- 53 Figure on a Valentine card
- 54 Tower of ___; Genesis edifice
- 56 Labyrinth
- 57 ___ as a button
- 58 Bewildered
- 59 In case
- 62 Also

2011 Military Children Scholarships Open

By Tammy L. Reed

DeCA marketing and mass communication specialist

As families and friends come together to celebrate their favorite winter holidays, it's also time for parents to remind students to apply for the 2011 Scholarships for Military Children program.

Scholarship applications are available in commissaries worldwide and online at <http://www.commissaries.com> — choose the "News & Info" tab and then the "Scholarship Info" tab. Applications are also available at <http://www.militaryscholar.org>.

Since the program was announced in 2000, it has awarded \$8.3 million in scholarships to more than 5,400 chil-

dren of service members.

"The Scholarships for Military Children program was created to recognize the contributions of military families to the readiness of the fighting force," said the Defense Commissary Agency's Acting Director and CEO Thomas E. Milks. "It also celebrates our role in the military community, as the scholarships are awarded annually through each commissary operated by DeCA."

Only dependent, unmarried children, younger than 21, or 23 if enrolled as a full-time student at a college or university, of a service member on active duty, a reservist, guardsman or retiree, or survivor of a service member

who died while on active duty or while receiving military retirement pay, may apply for a scholarship. Eligibility is determined using the Defense Enrollment Eligibility Reporting System database.

Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current military ID card.

The applicant must be planning to attend, or already be attending, an accredited college or university, full time in the fall of 2011 or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants must submit an essay

on the following topic and answer the question: "Our nation has a goal of improving health and wellness. What are your ideas and, more importantly, how do you propose to put these ideas into action in your local community?"

Applications must be turned in to a commissary by close of business Feb. 22, 2011. At least one scholarship will be awarded at every commissary with qualified applicants.

Scholarship awards will be based on funds available, but the scholarship program anticipates awards of at least \$1,500.

If there are no eligible applicants from a particular commissary, the funds designated for that commissary

will be awarded as an additional scholarship at another store.

Scholarship Managers, a national, nonprofit, scholarship-management services organization, manages and awards these military scholarships.

If you have any questions about the scholarship program application, call Scholarship Managers at 856-616-9311 or e-mail them at militaryscholar@scholarshipmanagers.com.

Commissary vendors, manufacturers, brokers, suppliers and the general public donate money to the program, and every dollar donated goes directly to funding the scholarships.

Commissary Can Help With Cookie Exchange

By Kay Blakley

DeCA home economist

Whoever thought up the idea of a cookie exchange was one smart cook. What a great way to amass an assortment of holiday treats by baking only one of the treats yourself! The idea, of course, is to host an informal gathering of friends, each of whom brings a specified number of cookies, say a dozen or even a half dozen of a single kind of cookies for each person attending.

You'll need to apply a bit of math so the numbers turn out correctly. For example, if you have eight people participating, each person will contribute

eight dozen cookies. That may sound like a lot, but most cookie recipes make at least three dozen cookies, so you'll only be baking a few batches. If that still sounds like too much, make it a contribution of a half-dozen cookies each. Everybody will still go home with a total of 48 cookies made up of eight different varieties.

Who could be disappointed with that?

Whatever the amount requested, you want your contribution to be the highlight of the event, don't you? So, here are a few baking basics to ensure your success:

- Measure carefully. Fluff the flour in your bag or canister with a spoon, then spoon loosely into a dry measuring cup. Level off with a spatula or the straight edge of a knife. Use the same leveling technique with other dry ingredients such as baking soda, baking powder and spices. Use a liquid measuring cup for liquids. Set the cup on a flat surface, such as the counter, and check for accuracy at eye level.

- Unless your recipe directs otherwise, use unsalted fat both in the recipe and to grease the baking sheets, if called for.

- Try to make all cookies

in the batch the same size to ensure more uniform baking.

- If baking just one cookie sheet at a time, use the center rack of the oven. If baking two sheets at a time, place the oven racks so the oven is divided into thirds.

- Use a baking sheet that is smaller than your oven rack. Allowing 2 inches of space on all sides of the baking sheet will allow heat to circulate evenly and cookies to brown correctly.

- If you only have one baking sheet, let it cool before filling with cookie dough for the next round in the oven. Placing the dough on a warm sheet will

cause it to spread too quickly and result in uneven baking.

- Check cookies at the minimum baking time — try not to over bake. Unless your recipes direct otherwise, remove the cookies from the baking sheet immediately. They will continue to cook if left on the baking sheet.

- To prevent cookies from becoming tough and soggy, always cool completely on a wire rack before storing.

- Take care when transporting your contribution to the cookie exchange. You don't want to arrive with a plate of broken pieces and bunches of crumbs.

You'll be a real smart cookie if you bake from scratch — these will cost you about 3 to 5 cents per cookie, on average. Those made from refrigerated cookie dough run about 12 cents or more per cookie.

You'll be the smartest cookie of the entire batch if you purchase all your ingredients from the commissary. We have just what you need, all at a savings of 30 percent or more.

To check out a great collection of classic holiday cookie recipes, come to Kay's Kitchen at <http://www.commissaries.com>.

5 Reasons To Keep A Food Diary During Holidays

By Karen Hawkins

DeCA dietitian

It's possible to lose weight — or at least keep from gaining — during the holidays, if you keep a food diary. You might even find that you lose a few pounds, according to research.

The Kaiser Permanente's Center for Health Research found that one of the most important things you can do is write down what you eat. When they followed more than 2,000 dieters, researchers found that the keeping a food diary was the greatest predictor of successful weight loss. It was even greater than exercise habits, age and body mass index. The number of pounds people lost was directly related to the number of days they wrote in their log.

To take it a step further, participants were asked to follow the DASH diet — Dietary Approaches to Stop Hypertension — which is high in fruits and vegetables and low in fat; attend weekly education sessions; and be physically active for at least 30 minutes a day. So if you really want to avoid the weight "creep" of five pounds or more this holiday season, consider keeping a food diary.

Keeping a food diary helps you see how much and what you eat throughout the day and night. It also lets you see what you eat over a period of time. Eating those holiday cookies or a few pieces of candy here and there add up when you see them on paper. Writing down what you eat and drink, along with how you are feeling at the time, helps you identify your eating habits. Do you eat during stressful times or when you're bored? Figuring out if and when you overeat is helpful with maintaining and losing weight.

Keeping track of what you eat and drink also

Commissary Holiday Hours

Mayport Commissary will be open the following hours:

Monday, Dec. 20: 9 a.m.-7p.m.

Friday, Dec. 24: 9 a.m.-3 p.m.

The Commissary will be closed on Dec. 25 and New Year's Day.

allows you to enjoy a treat once in a while. If you know you've got calories to spare for the day, and no chocolate has passed your lips for several days, you can indulge a little at the holiday party.

Knowing you have to write down everything you eat makes you think twice about eating that second plate of fried chicken at a buffet. Even if you're the only person who'll see your diary, writing down what and how much you eat helps with your self-control.

Carry your food diary in your pocket or your purse. Whether you use one of the latest phone apps for your cell phone or just write it down on paper, keep your diary with you at all times. That way you're writing down what you eat immediately after the meal, rather than trying to remember at the end of the day.

Keeping a record of your daily food intake will help you stay on track when trying to lose weight or maintain a healthy weight and activity level. So during the holidays, give yourself the gift of not gaining a few pounds by keeping a food diary. And, you might even lose a few pounds.

Stock Up On Healthy Foods To Prepare For A Disaster

By Karen Hawkins

DeCA dietitian

It is possible to choose healthy foods for you and your family during hurricane season. There are a wide variety of nutrient-dense, delicious, non-perishable meals that you can pull together in a matter of minutes with a little planning and preparation.

During a disaster, choosing to eat healthy, nutritious foods will help keep your energy and blood-sugar levels stable during stressful times. And, while you are stocking up on your family disaster supplies, be sure to include healthy food choices.

Stock a two-week supply for disaster conditions

Bottled Water. This is a real must for drinking, washing, brushing teeth, cooking and mixing with food as needed.

Canned beans. Beans provide a good source of protein, fiber and complex carbohydrates.

Canned and packaged

chicken and seafood. Go for the salmon for your heart health. Canned and packaged meats provide great sources of protein.

Instant oatmeal. All you need is some hot water and a little cinnamon to make a satisfying meal or snack.

Nut butters such as peanut butter, almond butter or cashew butter. These are great sources of protein and monounsaturated fats, which are good for your heart.

Whole-wheat crackers. Read the label and choose whole wheat or whole grains for the benefit of the whole grains. If it says "wheat" and not "whole wheat," then it is a more processed food.

Low-sodium, canned products. Many canned items are high in salt. Rinsing the contents can remove some of the sodium.

Canned and dried fruits. Choose canned fruits that are packed in fruit juice and not

syrup. For dried fruits, there are a variety to choose from, including raisins, cherries, mangoes and blueberries. There are also some freeze-dried fruits that are low in calories and high in nutrients available in your commissary. Some that are available include apples, pears and bananas. It is important to eat fruits as they provide many nutrients and fiber your body needs.

Don't forget the fruits and veggies. Fresh vegetables and fruits can be kept without refrigeration for a couple of days, so remember to eat them after the storm has passed.

In addition to the list above, commissary customers can also go to http://www.nhc.noaa.gov/HAW2/english/disaster_prevention.shtml for information on creating a disaster kit from the National Weather Service, the National Oceanic and Atmospheric Administration, and FEMA.

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