



-Photo by MC2 Sunday Williams

USS Underwood (FFG-36) Command Master Chief Matt Miesle (right) holds on to U.S. Navy Veteran Bobby Smith (left) as he throws roses into the ocean during a ceremony commemorating the 69th anniversary of the Dec. 7, 1941, Japanese attack on Pearl Harbor. More than 200 veterans embarked USS Underwood to participate in the ceremony.

Former Base CO Lauded

Editor's Note: The following information was provided by the family of Capt. Dietz.

Capt. Donald Dietz, Mayport Commanding Officer from 1969-1971 died of natural causes on Nov. 20, 2010 at the age of 95.



Capt. Donald Dietz
Former NS Mayport CO

Dietz was born and raised in East Liverpool Ohio. He entered the Navy through the Naval Aviation Cadet program and was commissioned as a Naval Aviator on Oct. 1, 1941.

Through the years, qualified in some 72 different types of Navy aircraft from seaplanes, to helicopters, to fighters. Most of his 6,000+ hours as a Navy pilot were in single seat aircraft with the McDonnell Douglas F-4 Phantom being the last aircraft he was qualified in.

Dietz had an extensive photographic reconnaissance background. As Director of

Naval Photography, he was instrumental in the development of a camera small enough for internal carry in fighter aircraft. This camera was subsequently used in the Cuban

Missile Crisis. During the Korean conflict, Dietz was the officer in charge of a detachment of photo reconnaissance planes flying missions over Korea. Later, he commanded VC-62 operating out of NAS Jacksonville.

His photo background led to him being possibly the only Navy pilot to fly the CIA/USAF

U-2 and a backseat familiarization ride in the Mach 3+ SR-71 Blackbird.

See Pearl Harbor, Page 11

See Dietz, Page 5

Underwood Remembers Pearl Harbor

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

Men and women who gave the ultimate sacrifice were remembered Dec. 7 as more than 200 veterans embarked USS Underwood (FFG-36) to honor those who lost their lives 69 years ago at Pearl Harbor.

The annual event is orchestrated by Mayport's Fleet Reserve Association (FRA) Branch 290, and has been a tradition for the chapter since 1966.

"It's been an honor and a privilege to take part in this," said John Sutton of FRA 290. "Young people should know that when that first bomb dropped at Pearl Harbor, it changed the world forever."

As Underwood left port, veterans and Sailors gathered in the hangar bays to get to know each other over hot coffee and pastries. Some of the young Sailors said they learned a lot and have deep respect for those who have gone before them.

"I think it's very important

that we honor our veterans," said Electricians Mate 3rd Class Martin De La Fuente. "They have sacrificed so much more than I have, and we should always respect what they have given up for us."

The ship's observance of Pearl Harbor Day included a wreath laying, gun salute and burial at sea of 13 veterans.

"Today is just how he would have wanted it," said Dorothy Anderson, who watched her husband Harold J. Anderson's ashes drift into the ocean. The

couple had been married for 56 years.

"This is a day we honor our past and honor those who stood up against aggression," said USS Underwood Commanding Officer, Cmdr. Craig Bowden, who spoke to the crowd.

After the ceremony, more friendships were made over lunch. Men like Ed Kmiec, who served as a beach master when bombs were dropped on Kaneohe Bay, shared stories that so few are left to tell.

"When the bombs hit, I

thought it was the Army conducting maneuvers," said Kmiec. "Then I looked up at the sky and saw the red meatballs [Japanese insignia] on the airplanes. They were shooting at us as they flew by. The last fighter came so close that I could see his thin mustache. I also saw fuel leaking out and knew he was hit."

Kmiec said that shortly after the last fighter flew by, the low flying pilot hit the side of a

The Mirror Closes For Holiday

Due to the holiday season, The Mirror will not publish the weeks of Dec. 25 and Jan. 1. The Mirror office will be closed during this break.

The next edition of The Mirror will be published on Jan. 6, 2011.

All photos and story submissions can still be submitted to mayportmirror@comcast.net. Deadline for the Jan. 6 edition is Dec. 30.

The deadline for Fleet Market ads is Dec. 30. Fleet Market ads can be mailed to The Mirror office, dropped off at the PAO office in Building One or faxed to 270-5329.

Questions can be directed to the PAO office at 270-5226, ext. 1011 or 1013.

ER, Urgent Care or Same-Day Appointment: What's Appropriate? Avoid Being Billed, Policy Enforcement Begins

From TRICARE South & NH Jax Public Affairs

Naval Hospital Jacksonville (NH Jax) and TRICARE remind TRICARE Prime enrollees to access all non-emergent care through their Primary Care Manager, to only go to the Emergency Room (ER) for true emergencies, and in rare circumstances, before accessing care from any other provider to get a referral from their PCMs and an authorization from the Managed Care Support Contractor to avoid being billed under the expensive point-of-service option.

As of Dec. 1, no retroactive referrals for non-emergent care will be provided by the Naval Hospital or its branch health clinics. TRICARE beneficiaries should first call NH Jax Central Appointments at (904) 542-4677 to schedule an appointment with their Primary Care

Manager (PCM). Calls to that line roll over to the hospital's Nurse Advice Line after hours, where callers can get assistance on accessing appropriate care.

Emergency Room visits are the most expensive way to get your healthcare. While many TRICARE beneficiaries pay no out-of-pocket expenses themselves, this level of care is hardly free. It is passed on to all of us, with the bill for a single emergency room visit sometimes being 10 times more expensive than an urgent care visit. Inappropriately using the ER constantly feeds the ever-expanding cost of healthcare today and it overburdens ER staff as they try to focus on patients truly requiring emergent medical care. Patients have it in their power to help bring this under control, by carefully evaluating what level of access is appropriate to their medical

situation.

In most cases, TRICARE Prime beneficiaries should first call their Primary Care Manager (PCM) to schedule an appointment, either as a clinic visit at NH Jax or a TRICARE network provider. If beneficiaries enrolled to the Naval Hospital are unable to reach their PCM they should call NH Jax Central Appointments at 542-4677. Calls to that line roll over to the hospital's Nurse Advice Line after hours, where callers can get assistance on accessing appropriate care.

TRICARE defines "Urgent Care" as "medically necessary treatment for an illness or injury that would not result in further disability or death if not treated immediately but that requires professional attention within 24 hours." Examples of urgent care situations include; minor cuts, migraine headache, urinary tract

NBHC Mayport Holiday Closure Dates

From NBHC Mayport

NBHC Mayport will be closed on Dec. 24-25 and Dec. 31 - Jan. 1 in observance of the holiday season. For after-hours, urgent care, please contact the Central Appointments/Nursing Assistance Line at (904) 542-4677 or (800) 529-4677. For emergencies, please call 911. For other information, please contact NBHC Mayport Clinic Chief of the Day telephone number at 270-4446.

infection, sprain, ear-ache, rising fever.

In most cases patients can receive urgent care from their PCM by making a same-day appointment. However, if the PCM is unable to provide this care in a timely manner, patients may be referred to a network urgent care provider. As noted earlier, it is important that patients obtain a referral from their PCM before receiving urgent care from

anyone other than their PCM. If patients do not coordinate urgent care with their PCM or regional contractor, the care will be covered under the point-of-service option and the patient will incur higher costs.

Joan Head, NH Jax Department Head of TRICARE Operations, said that the Point-of-Service option allows beneficiaries enrolled in TRICARE Prime to self-refer and receive

See TRICARE, Page 19

Families Enjoy
Magical Christmas
Pages 6-7

Go Navy, Beat Army
Mayport Football Fever
Pages 8-9

IA Families
Enjoy Christmas Cheer
Page 13



Capt. Doug Cochrane

CAPTAIN'S COLUMN

assumed the watch.

On Dec. 7 the crew of USS Underwood (FFG 36) got underway with almost 200 of our nation's veterans and family members to commemorate the Anniversary of the Japanese attack on Pearl Harbor. I cannot tell you how many comments I have received on the support, the pride and the professionalism the crew displayed to everyone. One Pearl Harbor veteran, Ed Kmiec said it best when he was interviewed by the local news... "I've been to Pearl Harbor, let me tell you - Naval Station Mayport knows how to recognize us." Receiving a complement and testimonial like that meant the world to me, and the credit goes to the men and women in USS Underwood and everyone else that had a hand in this annual observance. Special thanks to the Mayport Fleet Reserve Association (Branch 290), who has orchestrated this Mayport tradition since 1966. Bravo Zulu to all!

Another HUGE Bravo Zulu goes out to Lt. Brian King and his team of professionals at Harbor Operations. Harbor Operations rolled up their sleeves and literally moved mountains for

the back-to-back arrivals of USS George H. W. Bush (CVN 77) and USS Enterprise (CVN 65) last week. The "Bush" made its second port stop here to transfer supplies and personnel as the ship conducted carrier qualifications and other training evolutions along the East Coast. Mayport was a working stop while the crew prepares for the ship's first combat deployment scheduled in 2011. I spoke with the ships Commanding Officer who was enthusiastic about coming back to Mayport for a port visit that would involve liberty for the crew. Likewise the Commanding Officer of "Enterprise" had high praise for everyone from the Harbor pilots to the line handlers and everyone in between, in supporting the port visit - that's what we do - support the Fleet!

My thanks and admiration go out to Guadalupe Pena, all the staff at Fleet and Family Support Center, Mayport USO and Naval Station Mayport MWR for hosting the IA kids Christmas party on December 10. It certainly isn't easy to have loved ones deployed during the holidays, and the IA are more difficult because you don't have entire units deploying, but the support that our IA's receive is awesome. USO and volunteers from the base and Northrup Grumman (St. Augustine) stuffed care packages heading overseas, prepared Christmas baskets and brought kids toys to the party. MWR chipped in for pizza, sodas, and

treats and there's nothing quite like seeing the face of a child as they receive a present from Santa Claus. Unbelievable event, but it's what we have come to expect from Guadalupe, and all the professionals in Mayport FFSC.

Christmas spirit could also be seen and heard at the recent "Magical Christmas Celebration" at the base gym last week. The crowd (more than a thousand) enjoyed plenty of festivities thanks to Lonnie Kenney and his MWR team, and all enjoyed the holiday sounds of our own Navy Region Southeast Holiday Brass Band.

Please keep in mind that each of you are vital to this team and the dedication and talent you bring through these gates is the key component to supporting the Fleet. Power Projection and Global Presence start here! Plan smart for a safe upcoming Christmas holiday. As you head out for leave to enjoy the company of family and friends, keep safety in mind, call "Club 2000" if you need to. It is a resource that can save your life and others. No questions asked...if you are too impaired to drive, call 270-5401. We need each and every one of you back!

Merry Christmas everyone - have a wonderful Holiday season, and see you next year!

Please keep the suggestions coming into the CO's suggestion box or email them at douglas.cochrane@navy.mil.

Shipmates,

The Navy and Naval Aviation lost a Giant last month. Retired Capt. Donald Dietz, a former commanding officer of Naval Station Mayport, passed away on the 20th of November from natural causes. He is like many men and women from his era, patriots through and through, who dedicate their adult lives in service to the Nation, and did it humbly, without regret and extracted great pride from that service. A fighter pilot, photo reconnaissance expert and key player in the Cuban Missile Crises, CAPT Dietz undoubtedly influenced, motivated and mentored hundreds of sailors and officers over the course of his career, and his legacy will carry on through them. Rest In Peace CAPT Dietz, your shipmates have

Beat The Grinch By Opening Your Heart



Chaplain Rita Love Base Chapel

CHAPLAIN'S CORNER

the loss of my nephew. And so everyone's heart was reduced to tears of anguish and heart. One Saturday morning I so badly wanted to watch the movie the "The Grinch Who Stole Christmas." I knew the story well.

It was the story of a bitter green catlike creature who is lonely with a heart "two sizes too small. He lived high in a cave near the town of Whoville, a home of merry Whos. His only companion is his faithful dog. Envious of the Who's happiness, he stills their presents, holiday hams, and decorations to prevent Christmas from coming. Despite his success in stealing all the Christmas presents and decorations from the Whos, Christmas comes just the same. He realizes that Christmas is more than just gifts and presents. His heart grows three sizes larger,

he returns all the presents and trimmings, and is warmly welcomed into the community of the Whos.

If we don't fight the feelings of anger, bitterness, resentment and revenge we will simply rehearse them until they rule us, until we like the Grinch can think of about nothing else, even robbing us of our sleep. If those feelings are winning in your life, I can suggest three things.

Stop looking at yourself and start looking at charitable ways to reach others who are in need such as volunteering at a homeless shelter or hospital or find a warm church community like the Whos who are waiting to love and support you. The most important thing about difficult experiences is not that we get out of it, but what we get out of it. And what we can get out of bad experiences or

Mayport Naval Station Catholic Chapel's Christmas Schedule			
Dec. 18	Saturday	Greening of the Chapel	9:30 a.m. - 1 p.m.
Dec. 19	Sunday	Fourth Sunday Advent	9 a.m.
Dec. 24	Friday	Christmas Eve Mass	5 p.m.
Dec. 25	Saturday	Christmas Mass *Holy Day of Obligation	10 a.m.
Dec. 26	Sunday	Sunday Mass	9 a.m.
Jan. 1	Saturday	Blessed Virgin Mary Mother of God	10 a.m.
Jan. 2	Sunday	Epiphany of the Lord	9 a.m.

It's Christmas time again and all kinds of sounds reminds us of that...bells ringing, choirs singing, and music filling the air. But in the midst of all the joyous sounds of our "jolly, holly holiday" we often forget that anguish and suffering is a part of the Christmas story. There are many who are suffering, many who are lonely, and many who are grieving. And for that reason many find little joy in the Christmas season.

Dec. 6, 2006, my families Christmas season began with

negative feelings is a reminder that the Christmas story doesn't take away suffering and pain. It doesn't protect us from difficulties or uncertainties. It is story of promise and hope. It is a story wherein "God so loved" and we every year celebrate the birth of his son. The birth of a baby brings joy and laughter. Without realizing it we find ourselves planning for the

future hard pressed to remember the past and all it difficulties.

Fin ally, let the sound of holiday cheer and music grow your heart bigger so you can return to the community of love and fellowship. If your love ones are no longer here tell their story just as we tell the Christmas story. Stop looking at the past and look to the

future. If you look to a bad past, you'll look to a bad future, a hopeless future. Stop searching for reasons and start resting on promises. Our hope must rest solely on the character and promises of God. He has not called us to understand him rather to trust him. The Grinch needed hear the what we hear the sound of music resounding with Joy.

Need Financial Aid for College? Help May Be Here



Judy Cromartie School Liaison Officer

If you are the parent of a high school senior, you are probably wondering what information you will need to complete your taxes so you can fill out the Free Application for Federal Student Aid form (FAFSA)! Parents all over the world who have students planning to enroll in a college or university next fall are thinking the same thing.

What's the rush? It isn't even January yet. I don't have my W-2. What you may not know is that many schools award aid on a first-come, first-served basis. Also, the student may not be eligible for state aid if the FAFSA isn't submitted until April. Many state aid deadlines are early in the calendar year (calendar year 2011 for the 2011-12 award year). While students are responsible for filling out the FAFSA, parents must also provide financial information if the student is their dependent. The form requires the previous year's tax return and other tax information for the student and parents.

Once the FAFSA is received and processed, a Student Aid

Report (SAR) will be provided. It will list all of the answers you provided on the FAFSA. This allows changes to be made which may be necessary if the form was submitted before a tax return was completed. The SAR will also contain your Estimated Family Contribution or EFC. The EFC is NOT the amount of money your family will have to pay for college nor is it the amount of federal student aid to be received. It is a number used by the college to calculate the amount of federal student aid your child is eligible to receive.

Once the schools listed on the FAFSA receive this information, they will use this EFC to determine the amount of the federal grant, loan, or work-study award your child is eligible for based on the school's cost of attendance. The student will receive a financial aid award letter from each school explaining the aid the school is offering.

While the FAFSA is not a difficult form to complete, sometimes families have unusual circumstances which make filling out the form more complicated. For example:

- What if the student cannot get the parent's tax data to report on the FAFSA?
- If the student lives with an aunt, uncle, or grandparent, should that relative's income be reported on the FAFSA?
- The student isn't sure at this time about taking out a student loan or working during the school year. What should be entered for the questions asking if the student is interested in student loans or work-study?

KNOW THE ROPES

•The student is now a U.S. citizen but has an Alien Registration Number (A-Number). How is this indicated on the application?

•If the student's parents are divorced, whose information is used?

Before you get started, go to www.fafsa.ed.gov. NOTE: This not at a ".com" Web site. If you go to a ".com" site, you will probably be asked to pay to

submit the FAFSA. Remember, the first F in "FAFSA" stands for "free" - so use the official government site to submit your application. Read through the application to familiarize yourself with the information you and your child will be required to provide.

If it still seems difficult to you, there is free help for you. Duval County Public Schools will be hosting Regional

Financial Aid Nights to provide parents an opportunity to meet with financial aid experts from area postsecondary institutions, walk through the FAFSA, and ask questions of "the experts." The DCPS Regional Financial Aid Nights schedule is included.

On Tuesday, Jan. 25 at 6:30 p.m., a special program on financial aid and the FAFSA will be offered at Building 1 on Massey Avenue here at N.S. Mayport for military parents and students as part of Duval's Financial Aid Nights. In addition to the FAFSA, an overview of the State of Florida's

programs including the Bright Futures Scholarships, and Military Financial Aid will be provided.

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.



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CCD: Sunday 10:30 a.m.
Baptisms: class 3rd Sunday of month

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Baptism: For information contact your chaplain

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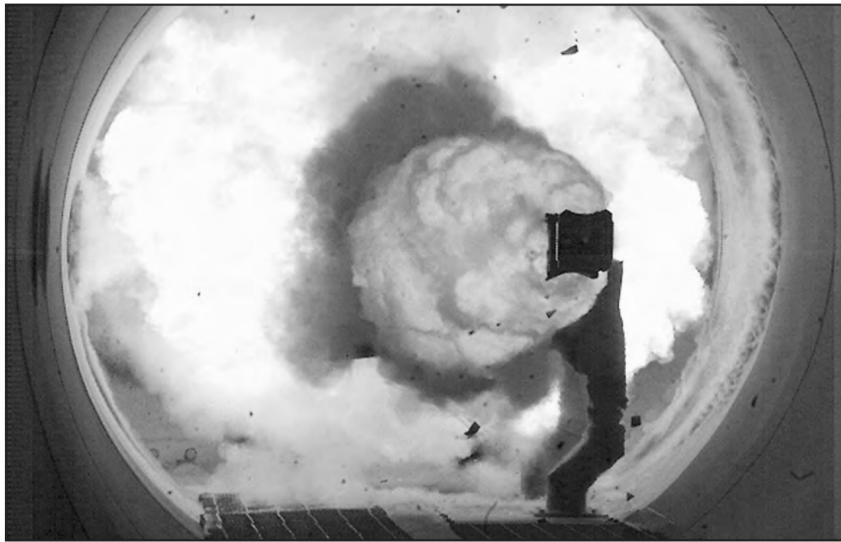
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-U.S. Navy photo

High-speed camera image of the Office of Naval Research Electromagnetic Railgun located at the Naval Surface Warfare Center Dahlgren Division, firing a world-record setting 33 megajoule shot, breaking the previous record established Jan. 31, 2008. The railgun is a long-range, high-energy gun launch system that uses electricity rather than gunpowder or rocket motors to launch projectiles capable of striking a target at a range of more than 200 nautical miles with Mach 7 velocity. A future tactical railgun will hit targets at ranges almost 20 times farther than conventional surface ship combat systems.

New World Record Set With Electromagnetic Railgun

By Geoff Fein

Office of Naval Research Public Affairs

The Office of Naval Research (ONR) achieved a milestone Dec. 10 when it successfully conducted a world-record 33-megajoule shot of the Electromagnetic Railgun aboard Naval Surface Warfare Center Dahlgren Division.

"Today's railgun test demonstrates the tactical relevance of this technology, which could one day complement traditional surface ship combat systems," said Rear Adm. Nevin Carr, chief of naval research.

"The 33-megajoule shot means the Navy can fire projectiles at least 110 nautical miles, placing Sailors and Marines at a safe standoff distance and out of harm's way, and the high velocities achievable are tactically relevant for air and missile

defense," he said. "This demonstration moves us one day closer to getting this advanced capability to sea."

Besides the extended ranges, the railgun also improves safety for Sailors and Marines because it will eliminate the need for a high-energy explosive warhead and traditional gun propellants. Removing explosives and chemicals will reduce the munitions logistic chain.

A megajoule is a measurement of energy associated with a mass traveling at a certain velocity. In simple terms, a one-ton vehicle moving at 100 mph equals a megajoule of energy.

In 2008, ONR conducted a 10-megajoule shot for media and visitors at Dahlgren. Today's demonstration showed researchers are steadily progressing toward developing a

gun that could hit targets almost 20 times farther than conventional ship combat systems. A 33-megajoule shot, for example, could potentially reach extended ranges with Mach 5 velocity, five times the speed of sound.

The Department of the Navy's Office of Naval Research provides the science and technology necessary to maintain the Navy and Marine Corps' technological advantage. Through its affiliates, ONR is a leader in science and technology with engagement in 50 states, 70 countries, 1,035 institutions of higher learning, and 914 industry partners.

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Security Speaks To Jax



-Photos courtesy of NS Mayport Security
Several members of Naval Station Mayport's Security K-9 team participated in this year's Week of Valor 21010 Speakers Bureau in November. The bureau allows service members to talk with the community about the military and their experiences serving in today's Navy. Pictured above, the K-9 team poses with members of University Christian Academy after performing Military Working Dog (MWD) demonstrations. Below, the team poses with students from Palm Avenue Exceptional Student Center.



Dietz

From Page 1

As commanding officer of the Naval Photographic Interpretation Center, he was a significant player in the Cuban Missile Crisis. History incorrectly records that the CIA detected the presence of nuclear capable IRBMs in Cuba. CIA U-2s did fly the first missions but cloud cover precluded actionable photos. Higher authority ordered Capt.

Dietz to assume operational command of the Navy's effort to determine what was in

Cuba. His executive officer was the on-scene commander of a detachment of VFP-62

RF-8 Crusaders flying out of NAS Key West.

Flying at very low altitudes and very high speeds, the Crusaders filmed the missile facilities. The Interpretation Center developed and interpreted the photos and Dietz briefed President J. F. Kennedy on two occasions. The Interpretation Center was awarded the Navy Unit Commendation, the first

time that award had been given to a shore command in peacetime.

Dietz's major commands included Commander Atlantic

Fleet Weapons Range/Fleet Air Caribbean.

Following retirement, Dietz lived in east Jacksonville for 38 yrs.



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Mayport Families Enjoy Magical Christmas

From Staff

Approximately 1,000 people crowded into the Base Gym on Dec. 7 to attend the annual MWR Magical Christmas celebration.

This year's festivities started off with music by the Navy Southeast Holiday Brass Band and introduction from Naval Station Mayport Commanding Officer, Capt. Doug Cochrane.

With help from the band and his Executive Officer, Cmdr. Pat Pickard, Cochrane detected the jingle of Santa's sleighbells and asked Old St. Nick to come inside to take pictures with Mayport's children.

Children also got a chance to enjoy free arts and crafts and mini-games at the event.

This year's event was moved from Beachside Community Center due to inclement cold weather.

For more information about events happening throughout 2011, call MWR at 270-5228.



Santa Claus poses for a picture with one of a child during MWR's Magical Christmas on Dec. 7 at the Base Gym.

-Photos by Paige Gnann



Logan Hartman, 4, gets a temporary tattoo while watching his brother, Cooper, 2, get a tattoo on his hand also.



Naval Station Mayport Commanding Officer, Capt. Doug Cochrane, left, and Executive Officer, Cmdr. Pat Pickard listen for the sound of Santa Claus' jingle bells with help from the Navy Southeast Holiday Brass Band.



Approximately 1,000 crowded into the Base Gym to attend this year's Magical Christmas.



Tanner Vaughn, 4, gets help from mom Jana picking out an arts and craft project.



Children and parents are excited as they wait patiently for Santa Claus to arrive at the annual MWR Magical Christmas. This year's event was moved to the Base Gym due to inclement cold temperatures. Approximately 1,000 people showed up to enjoy arts and crafts, musical performances and a chance to sit on Santa's lap.

LIBERTY CALL

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. 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

MWR HAPPENINGS

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

KID ZONE

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. 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



Aviation Ordnanceman 2nd Class (AW) Terry Deloof of HSL-46 helps his son Cameron, 4, pick out goodies to include in their bag of reindeer food.



Free arts and crafts were available to entertain the children while waiting for their picture with Santa Claus.



Cartland Sexton, 3, gets help from mom Marissa and sister Taylor, 8, to look for prizes buried in "snow."



Sixteen-month-old Aliea Taylor is fascinated with a large inflatable Christmas decoration as her parents, Jeanette and Ensign Dave Taylor of USS Halyburton watch her reactions.



Mitrell Fletcher, 4, lands himself a prize during the fishing game, one of several activities set up for children at the Magical Christmas.

Kids Christmas Bingo Fun



Around 100 children played Bingo for Christmas presents during the annual Christmas Kids Bingo held at Beachside Community Center on Saturday.

-Photo by MC1 Heather Ewton

MWR Mayport Releases Hours For Holiday

Friday, Dec. 24
Open MWR Facilities
 Beachside Community Center
 Castaways 11 a.m.-5 p.m./Computer Cove 11 a.m.-5 p.m.
 Pizza Hut 10:30 a.m.-5 p.m.
 Bogey's 6 a.m.-2 p.m.
 Gymnasium 8 a.m.-6 p.m.
 Pelican Roost 10 a.m. - 4 p.m.
 Planet Mayport 9 a.m.-11 p.m.
 Windy Harbor Golf 7 a.m.-2 p.m.
Closed MWR Facilities
 Auto Skills Center
 Bingo
 Business Office/Admin/Personnel
 Child Development Center (CDC) (on base)
 CDC (off base)
 Child Development Home
 CPO Club will be closed until 4 Jan 10
 Information Tickets and Travel/RTV
 Mayport Bowling Center
 Outdoor Adventures Closes
 Ocean Breeze
 Pool
 Recycling/Vehicle Storage/Metal Yard
 School Liaison Office
 Surfside Fitness
 Youth Activities Center
 Vet (Closed 23-24 Dec)
Saturday, Dec. 25
Open MWR Facilities
 Gymnasium 8 a.m.-6 p.m.

Mayport Bowling Center 3 p.m. - 11 p.m.
 Planet Mayport 9 a.m.-11 p.m.
Closed MWR Facilities
 Auto Skills Center
 Beachside Community Center
 Bingo/Castaways/Computer Cove/Pizza Hut
 Business Office/Admin/Personnel
 Child Development Centers
 Child Development Home
 Information Tickets and Travel (ITT)/RTV
 Ocean Breeze/CPO Club
 Pool
 Outdoor Adventures (Park reservations)
 Pelican Roost
 Recycling/Vehicle Storage/Metal Yard
 School Liaison Office
 Surfside Fitness
 Vet Clinic
 Windy Harbor Golf & Bogey's
 Youth Activities Center
Sunday, Dec. 26
Open MWR Facilities
 Beachside Community Center
 Castaways 2 p.m.-1:30 a.m./Computer Cove 11 a.m.-11 p.m.
 Pizza Hut 10:30 a.m.-11 p.m.
 Bogey's 6 a.m.-5 p.m.
 Gymnasium 8 a.m.-6 p.m.
 Mayport Bowling Center 1-8 p.m.
 Pelican Roost 10 a.m.-4 p.m.

Planet Mayport 10 a.m.-11 p.m.
 Windy Harbor Golf 7 a.m.-6 p.m.
Closed MWR Facilities
 Auto Skills Center
 Admin/Business Office/Personnel
 Bingo
 Child Development Centers
 Child Development Home
 Information Tickets and Travel (ITT)
 Outdoor Adventures
 Ocean Breeze/CPO Club
 Pool
 Recycling/Vehicle Storage/Metal Yard
 Surfside Fitness
 Vet Clinic
 Youth Activities Center
Friday, Dec. 31
Open MWR Facilities
 Beachside Community Center
 Bingo/Castaways 2 p.m.-1:30 a.m./Computer Cove 11 a.m.-11 p.m.
 Pizza Hut 10:30 a.m.-12:30 a.m.
 Bogey's 6 a.m.-6 p.m.
 Gymnasium 8 a.m.-6 p.m.
 Mayport Bowling Center 8 p.m.-12:30 a.m.
 Pelican Roost 10 a.m.-4 p.m.
 Planet Mayport 9 a.m.-11 p.m.
 Windy Harbor Golf 7 a.m.-6 p.m.
Closed MWR Facilities
 Auto Skills Center
 Admin/Business Office/Personnel
 CDC (on base and off base)
 Child Development Home

Information Tickets and Travel (ITT)/RTV (Close at 1300 30 Dec)
 Ocean Breeze/CPO Club
 Outdoor Adventures (Park reservations)
 Pool
 Recycling/Vehicle Storage/Metal Yard
 School Liaison Office
 Surfside Fitness
 Vet Clinic
 Youth Activities Center
Saturday, Jan. 1
Open MWR Facilities
 Beachside Community Center
 Castaways 2 p.m.-1:30 a.m./Computer Cove 2 p.m.-11 p.m.
 Pizza Hut 10:30 a.m.-10 p.m.
 Bogey's
 Mayport Bowling Center noon - 11 p.m.
 Gymnasium 8 a.m.-6 p.m.
 Planet Mayport 9 a.m.-11 p.m.
 Windy Harbor Golf 7 a.m.-6 p.m.
Closed MWR Facilities
 Auto Skills Center
 Bingo
 Business Office/Admin/Personnel
 Child Development Centers
 Child Development Home
 Information Tickets and Travel (ITT)
 Ocean Breeze/CPO Club
 Outdoor Adventures (Park reservations)
 Pelican Roost

Pool
 Recycling/Vehicle Storage/Metal Yard
 School Liaison Office
 Surfside Fitness
 Vet Clinic
 Youth Activities Center
Sunday, Jan. 2
Open MWR Facilities
 Beachside Community Center
 Castaways 2 p.m.-1:30 a.m./Computer Cove 11 a.m.-11 p.m.
 Pizza Hut 10:30 a.m.-11 p.m.
 Gymnasium 8 a.m.-6 p.m.
 Mayport Bowling Center 1-8 p.m.
 Planet Mayport 10 a.m.-11 p.m.
 Pelican Roost 10 a.m.-4 p.m.
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 Youth Activities Center
 Vet Clinic

Navy Takes to the Air to Beat Army, 31-17

By Gerry J. Gilmore
American Forces Press Service

Navy quarterback Ricky Dobbs today threw for 186 yards against an anemic Army pass defense as the Midshipmen beat the Black Knights, 31-17, at the Army-Navy football game at Lincoln Financial Field in Philadelphia.

The Navy football team's win provided its ninth-straight victory over the Army squad in the annual contest.

The game began somewhat clumsily when both teams experienced running-game fumbles - one by Dobbs - in the first quarter.

Navy, however, quickly scored a field goal, making the score 3-0. Then, an energized Dobbs began to find his receivers about midway into the first quarter. He first hit Navy slot back John Howell for a 77-yard touchdown. The extra point

made the score Navy 10, Army 0.

About a minute into the second quarter, Dobbs struck again, tossing a 32-yard touchdown pass to wide receiver Brandon Turner. The extra point put Navy ahead of Army 17-0.

Army got on the scoreboard in the second quarter after recovering a Navy fumble. After gaining 23 yards, Trent Steelman tossed a five-yard touchdown pass to slot back Malcolm Brown in the end zone. The extra point made the score Navy 17, Army 7.

The Navy struck back late in the second quarter when Steelman fumbled the ball during a quarterback sneak play on the Midshipmen's goal line. Navy safety Wyatt Middleton recovered the fumble and ran it back for a 98-yard touchdown. The Navy squad made the extra point.

At halftime, Navy led Army 24-7.

Both teams tried and failed to gain any momentum in the third quarter. However, the Black Knights kicked a field goal in the third quarter to make the score Navy, 24, Army 10.

In the fourth quarter, Midshipmen running back Gee Greene rushed 25 yards into the end zone for another Navy touchdown. The extra point made the score Navy 31, Army 10.

Yet, the Black Knights refused to surrender. With four minutes left in the game, Steelman completed a pass to Brown, who ran into the end zone for a touchdown. The extra point made the score Navy 31, Army 17.

The Navy victory ups their season's record to 9-3. The Army's record drops to 6-6.



-Photo by MC2 Kevin S. O'Brien
Midshipman Slotback John Howell outruns Army defenders for a touchdown in the first quarter of the 111th Army-Navy college football game. The Midshipmen defeated the Golden Knights, 31-17.

USS Nimitz Shifts Homeports To NS Everett

From the Department of Defense

The Navy announced Dec. 9 that the nuclear aircraft carrier USS Nimitz (CVN 68)

will be homeported at Naval Station Everett, Wash., upon completion of the ship's docking planned incremental avail-

ability (DPIA) maintenance at Bremerton, Wash., in December 2011.

After a thorough analysis and review of related factors, Secretary of the Navy Ray Mabus decided to homeport Nimitz in Everett following the departure of USS Abraham Lincoln (CVN 72) in early fiscal 2012 for a four-year refueling complex overhaul (RCOH) in Hampton Roads, Va. Abraham Lincoln is presently deployed to the Central Command Area of Responsibility.

Nimitz was homeported in San Diego from Nov. 13, 2001, to Dec. 6, 2010, when the ship administratively shifted homeport to Bremerton for the duration of its year-long maintenance period.

The Navy's decision to homeport Nimitz in Everett ensures long-term strategic dispersal of aircraft carriers on the West Coast and yields estimated cost savings and avoidance totaling more than \$100 million.

"Many factors were considered here, including the quality of life for our Sailors and

their families, and the considerable cost savings to the American taxpayers," said Mabus. "Maintaining a carrier in Everett will ensure long-term strategic dispersal and operational readiness of our fleet which is critical to our national security."

Nimitz crew members who opted not to move family members during the extended maintenance period in Bremerton will be afforded the opportunity to conduct permanent change of station moves for eligible family members from San Diego to

Bremerton and, subsequently, to Everett after completion of the DPIA.

The first in its class of 10 nuclear-powered aircraft carriers, Nimitz was commissioned May 3, 1975, and was homeported in Bremerton from 1987 to 1997. With a planned 50-year service life expectancy, Nimitz conducted a RCOH at Newport News, Va., from 1998 to 2001.

Nimitz is commanded by Capt. Paul O. Monger.



-Photo by MCSA Alexander A. Ventura II
The aircraft carrier USS Nimitz (CVN 68) pulls pierside for an administrative homeport change from Naval Base Coronado to Naval Base Kitsap. Nimitz is conducting a docking planned incremental availability in Bremerton.

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Go Navy, Beat Army!



-Photos by MC1 Heather Ewton
Above, families enjoy watching the Army-Navy game on the big screen at Beachside Community Center during a tailgating party sponsored by MWR. Below, Mayport Hurricanes play defense during the Army-Navy flag football game. Right, Army and Navy service members show good sportsmanship after Mayport beats the Army team.



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-Photo by Paige Gnann
Financial Coach Peter Bielagus talks about doubling money every 10 years during his financial education course at Beachside Community Center on Thursday, sponsored by Fleet and Family Support Center Mayport.

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. 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 present 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 con-

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

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.

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

Culinary Specialist First Class Michele P. Taylor retired on Dec. 10. In May of 1988 on a truth or dare with one of her closest friends Michele found herself in the Recruiter's office. She then departed to Orlando, Florida to attend Boot Camp June 21st 1988. After graduation from Boot Camp in January 1989, she reported to Mess Management Specialist "A" School in San Diego, California.

In April 1989 she was sent to her first command. Naval Technical Training Corry Station, Pensacola, Florida while in Pensacola she attended MS "C" School to further her knowledge of the Mess Management Specialist rate. After a short stay at her first command she terminated shore duty for sea duty in August 1991.

MAYPORT MILESTONES

She reported to the USS Yosemite AD-19, Mayport, Florida in September 1991. She then married another service member. Due to U.S. Navy regulations if dual military are on sea duty. The member with the most sea time must come off because of that regulation and in November 1991, she transferred to Naval Hospital Jacksonville, Florida.

After completing her tour at the Naval Hospital, in October 1994, she transferred to VP-10 (Red Lancers), Brunswick, Maine for her sea tour. I would have to say this Command was the highlight of my Career. In October 1998 she decided to

go Special Programs and with her Commanding Officer's endorsement she received orders to Naval Air Station Jacksonville Brig Staff, but before reporting she was sent to Brig Staff "A" School in San Antonio, Texas at Lack land Air Force Base.

She officially reported to NAS Jacksonville Brig in December 1998 after a short stay there. In March of 1999 she transferred to Naval Air Station Transient Personnel Unit. In November 1999, she received orders to Naval Air Station Jacksonville Bachelor Enlisted Quarters.

In November 2002 she

was placed on the Temporary Disability Retirement List and was medically Retired. While on medical retirement something else changed. Mess Specialist were now called Culinary Specialist. Her condition was rendered stable and she then reported back to active duty in June 2005 to finish her active duty time.

In June 2005, she reported to Naval Air Station Transient Personnel Unit Staff. In October 2006 she received orders to Naval Support Activity Norfolk, Virginia. Once she completed her tour in Virginia. She received orders in October 2008 to Mayport, Florida Bachelor Housing.

Culinary Specialist Petty Officer 1st Class Michelle P. Taylor is currently assigned as a Building Manager for Bachelor Housing, Mayport, Florida

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-Photos by MC2 Sunday Williams
Above, USS Underwood's (FFG-36) Commanding Officer, Cmdr. Craig Bowden receives a plaque from John Sutton from the Mayport Fleet Reserve Association Branch 290. Right, Bowden presents the American flag to one of the 13 family members of military veterans that had their ashes scattered into the ocean at a mass burial at sea during a Pearl Harbor Day Ceremony.



Pearl Harbor

From Page 1

mountain and blew up. Kmiec also stated the Navy took his body and flew it back to Japan to his parents.

When asked what he thought of men and women in the Navy today, Kmiec didn't hesitate.

"I'm proud of them," Kmiec said swollen with pride. "They are well trained and better equipped for the Navy's current mission."

Kmiec and the other veterans and guests gathered and watched the new generation of servicemen and women dock the ship and they bid farewell until next year.

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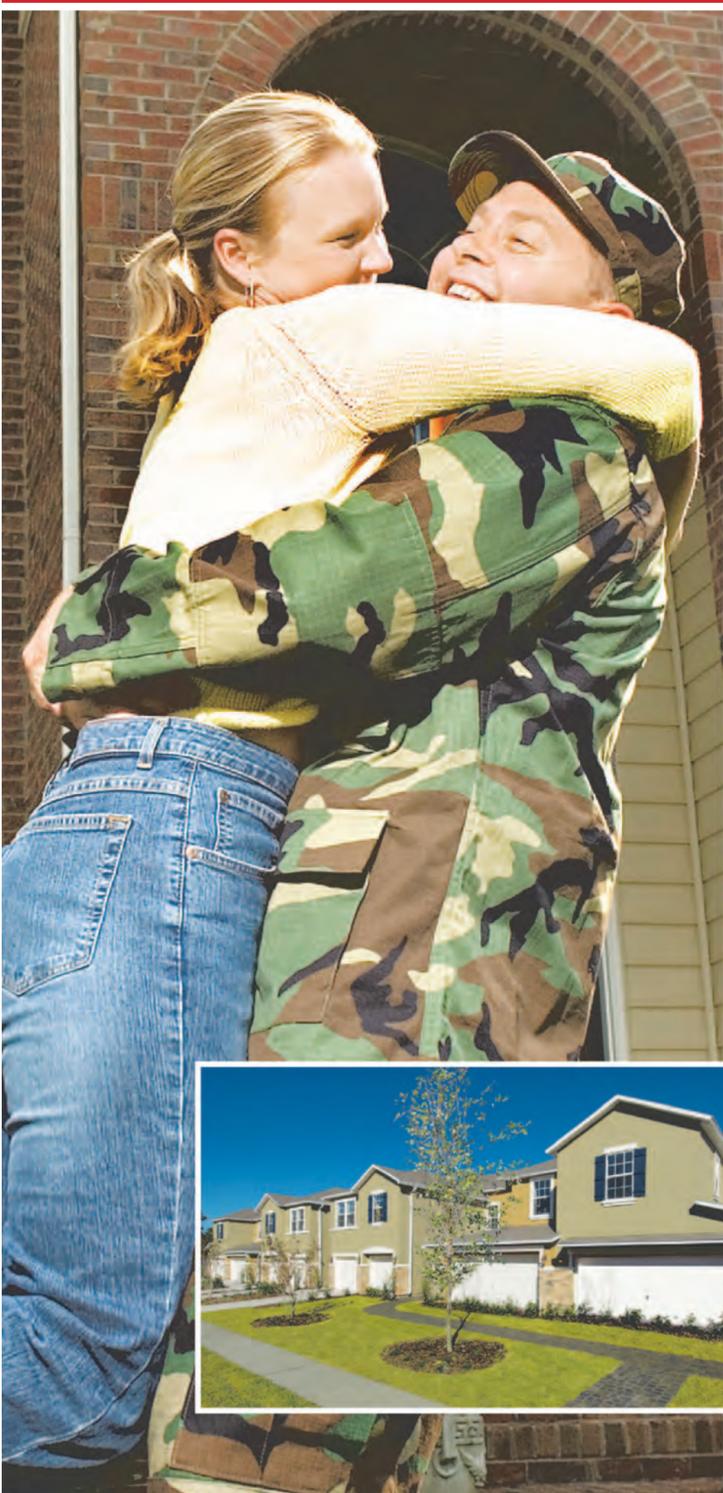
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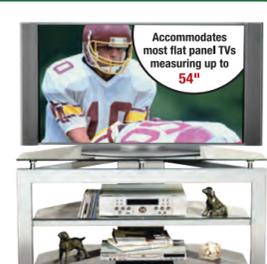
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USS Enterprise Visits Mayport During JTFEX

By MC1Rebekah Adler

USS Enterprise (CVN 65) Public Affairs

USS Enterprise (CVN 65) made a brief stop in Mayport, Fla., Dec. 10 before completing the last phase of Joint Task Force Exercise (JTFEX). During Enterprise's visit, the crew conducted an operational check of the ship's degaussing system.

The procedure was completed by transiting over cables embedded underwater, operated by Mayport's Magnetic Silencing Facility. After receiving the ship's magnetic signature, the facility can determine whether the system functions properly. To complete the process, the ship must conduct a pass over the degaussing range both when entering and exiting port.

The purpose of degaussing is to neutralize the ship's magnetic field while operating in restricted and narrow bodies of water such as the Strait of Hormuz or Suez Canal. Deflecting magnetic sources in the water prevents



-Photo by MCC Stephen M. White

Sailors prepare to man the rails aboard the aircraft carrier USS Enterprise (CVN 65) as the ship pulls into Naval Station Mayport. The Enterprise Carrier Strike Group is participating in a joint task force exercise in preparation for an upcoming deployment.

the ship from experiencing devastating results.

"Degaussing helps to mask the magnetic signature of the ship so it can prevent devices or influences such as mines and torpedoes from detecting

or causing damage, such as blowing a hole in the side of the ship," said Lt. Cmdr Erik Copeland, Enterprise's maintenance officer. "It's like having a coat of magnetic camouflage."

While the degaussing range

is tested on the outside of the ship, the actual degaussing system is contained inside, with cables wrapped around the entire 2,300 foot circumference of the ship.

According to Chief Electrician's Mate Clyde Morrow, Enterprise's electrical distribution chief, degaussing can be conducted in any part of the world by using the ship's four degaussing coils, which are powered by a generator specific to the system.

Upon the assessment's completion, Enterprise received a grade of satisfactory, which served as a testament to the durability of the world's first nuclear-powered aircraft carrier, which recently celebrated its 49th birthday in November 2010.

"Our degaussing system is very old, but there are several ships much younger than Enterprise that didn't do as well as us when going through the magnetic range," said Copeland.

While the ship was conducting their testing, Sailors took advantage of the opportunity to familiarize themselves with a time-honored Navy tradition called "manning the rails," which will prepare the ship to make a grand entrance during port visits. During Enterprise's deployment, the ship serves not only a strategic purpose, but a diplomatic one as well.

"Manning the rails provides a great opportunity for Sailors to get a practice run and ensure we have all the details worked out before deploying," said Enterprise Command Master Chief Keith Oxley. "Our focus today was on coordination and safety, with each department having its own set position on the flight deck."

The custom evolved from a British naval tradition called, "manning the yards." During this evolution, Sailors stood evenly spaced on all the yards supporting the main mast and

gave three cheers to honor a distinguished person.

Within less than five hours, Enterprise was on its way back to its homeport of Norfolk and onto their next mission of getting Sailors back to their families.

Enterprise Carrier Strike Group consists of Enterprise, the guided-missile cruiser USS Leyte Gulf (CG 55), the guided-missile destroyers USS Bulkeley (DDG 84), USS Barry (DDG 52) and USS Mason (DDG 87), USNS Arctic (T-AOE 8), Carrier Air Wing 1 and Destroyer Squadron 2.

Enterprise Strike Group is conducting JTFEX as part of its work-ups in preparation for an upcoming deployment. For more information about Enterprise, Carrier Strike Group 12 or Carrier Air Wing 1 visit www.Enterprise.navy.mil, www.cesg12.surfor.navy.mil and www.cvw1.navy.mil.

USS George H.W. Bush Visits Mayport

By Lt. j.g. Ann Jefferson

USS George H.W. Bush Public Affairs

USS George H.W. Bush (CVN 77) made its second port stop at Naval Station Mayport, Fla., Dec. 9 to transfer supplies and personnel as the ship conducted Carrier Qualifications (CQ) and other training evolutions along the East Coast.

The ship off-loaded embarked Fleet Replacement Squadron (FRS) crew members and on-loaded additional Training Command (TRACOM) personnel, who will be conducting CQ on board the carrier in the coming days.

Port stops in Florida are standard operating procedure for East Coast-based aircraft carriers conducting CQ due to its homeport status for many Florida-based squadrons.

Mayport was a working port stop for George H.W. Bush Sailors as the ship departed for sea approximately five hours after arrival in Mayport to continue training.

USS George H.W. Bush (CVN 77) is preparing for the ship's first combat deployment scheduled in 2011, and is homeported in Norfolk, Va.

For more information on USS George H.W. Bush (CVN 77), visit the ship's website at www.cvn77.navy.mil.



-Photo by MC1 Daniel Gay

The Navy's newest aircraft carrier USS George H.W. Bush (CVN 77) pulls into the Naval Station Mayport basin. The Nimitz class carrier was commissioned in Norfolk, Va., Jan. 10, 2009.



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Out in Town

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 pub-

COMMUNITY CALENDAR

lic 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.

Tuesday, Dec. 21

Fleet Reserve Association, Branch 290, will host Dinner from 5 to 8 p.m. The menu this week will be Stuffed Cabbage with corn and bread. A dona-

tion 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. 22

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

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 looking 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 unde-

veloped 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 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.

Friday, Dec. 31

New Year's Eve is a special day for everyone. So come and join the celebration at the Fleet Reserve, Branch 290, at the Branch Home, 390 Mayport Road, Atlantic Beach. Social Hour begins at 6 p.m. Then comes a Prime Rib Dinner at 7 p.m. There will be party favors for everyone. The bar will be open for all drinks. At 9 p.m. dance to the music of SOUTHERN MAGIC. At midnight enjoy a Champagne toast to the New Year. A Continental Breakfast will also be served, including Danish pastries, bagels, muffins, and fresh fruit. The cost of this special evening is \$30 per person. Tickets are available now from any of the bartenders, or by calling 246-6855.

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

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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 peo-

ple 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#discountsforveterans.

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 serv-

ing 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 com-

pleted 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

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Christmas cheer found at Mayport USO

By Bill Austin

NS Mayport PAO

Christmas tree in the lobby of the Mayport USO was a small indication of the true holiday spirit that lay beyond its shiny branches.

On Dec. 10, the center held a Christmas party for Individual Augmentee (IA) children, and when the festivities began, so did the Christmas spirit.

Just before the party started volunteers sorted what seemed like mountains of joy in the form of toys, bikes and other gadgets destined for young hands.

"What you see here is a whole lot of generosity," said John Shockley, who serves as manager for the center. "Take a look over here, its amazing," he said, as he guided a nickel tour. Walking over to a bench overflowing with toys, he picked up a four poster bed in the palm of his hand, complete with a hand made colorful bedspread quilt. "This is a Barbie bed made and donated by the Jacksonville woodworkers club."

The club, according to Shockley, donates hand crafted toys each year and recently sent more than 1,000 wooden puzzles to troops overseas.

While volunteers continued to work in this meg shift Santa's shop, Guadalupe Pina scurried around putting final touches to the tables out in the center's main hall and getting the center ready for the IA families and kids that would soon come to the Christmas party. She also made a chocolate cake for the occasion big enough to feed an army.

Pina is Naval Station Mayport's IA coordinator, and it is her job to serve as a link between the Sailor deploying overseas and the family that stays at home.

The support that both parties have in place is something that hasn't gone unnoticed or appreciated. "This is the second year I brought my kids here and this is just awesome," said Lindsey Yetter, while her three kids fidgeted at the table waiting for Santa to arrive and pass out toys. Her husband has been in Iraq for ten months and won't be home for another eight. "This party teaches my kids that they aren't the only ones without a dad this holiday, and the support we receive from the base has been great. Especially Guadalupe, she takes care of us," said Yetter with a smile.

As parents and kids arrived, so did hot pizzas purchased by the base MWR.

"This is awesome, said Capt. Doug Cochran, Naval Station Mayport Commanding Officer as he picked up a box of pizza



Above, a young boy gets a gift from Santa Claus during a Christmas party for the children of IA service members held at the Mayport USO. Below, a family socializes before supper begins.



-Photos by Bill Austin



NS Mayport Commanding Officer, Capt. Doug Cochran, left, serves pizza to the families of IA service members.

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and hand delivered to the tables filled with families.

After pizza, it was Santa's show, and the mound of presents were passed out to the open hands of children who seemed to at least for a moment, forget about missing their mom and dads overseas. "Tonight is a kind of comfort for my kids," said Lisa Meyers, who has three months left before her husband returns from Iraq. "This means a lot."

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

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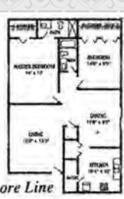
Wreaths adorn each gravestone at the Jacksonville National Cemetery. The wreaths were placed during the annual "Wreaths Across America" event on Dec. 11. Organized by the Patriot Guard Riders, dozens of volunteers placed wreaths in honor of the veterans' service to their country.

-Photos by ET1 (SWAW) Marty Parsons



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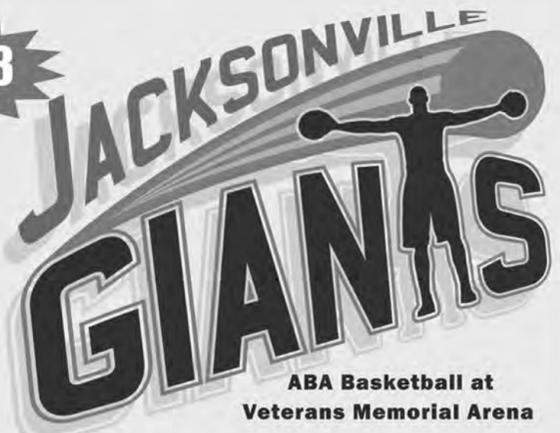
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Challenge Offers Holistic Approach To Wellness

By Loren Barnes

NH Jax Public Affairs

Do you ever feel that you just can't get it all together? Maybe it's your physical health that you've been neglecting. Or it could be you're having problems with your relationships or your feeling a little down, angry or lethargic. You might be trying to work out some spiritual questions that affect your perspective on life or maybe you just need to get into a good physical work-out regime geared to your health requirements. All of this is just pulling you down. Getting to work on all the varied aspects of your well-being and getting them aligned could be a significant challenge for you. In fact, this could be your Challenge 4 Life.

Naval Hospital Jacksonville (NH Jax) working with other base resources such as Morale, Welfare and Recreation's (MWR) Fitness Centers and Gyms, the base chaplains and the Fleet & Family Support Center is set to kick off its Challenge 4 Life program the first week of January.

It is available to active-duty, retirees, their families and DoD employees across the bases where NH Jax is located.

"Total wellness involves much more than being fit and eating well. It includes emotional strength, spiritual awareness and fulfilling relationships. Each of these parts of our life interacts with the others and has a powerful effect on our level of happiness, well-being and life satisfaction," explains NH Jax Chaplain Lt. Justin Top - who co-founded the program along with NH Jax Wellness Center Department Head Lt. Candice Heck. "In order to find joy, balance, and fulfillment in life we are encouraging people to promote wellness in each of these four areas."

Along with Top, a team of experts from wellness, disease management, pastoral care, fitness, nutrition, mental health, occupational health and medication management have come together to provide a holistic approach to wellness. Each month, individuals will be asked to challenge themselves to grow by participating in monthly challenges in each of these four important areas: physical health, emotional health, spiritual health, and relationship health. In order to help them complete the monthly challenges, they can use the weekly goals designed to help build up to completion of the challenge in each area. Participants can also access a variety of resources related to each challenge, including classes, health & fitness events, presentations, a monthly newsletter (send an e-mail request to Challenge4Life2011@yahoo.com to sign-up) and monthly challenges, weekly goals and helpful articles published in local base papers. Most importantly, it empowers participants with a plan that pulls all the pieces of their wellness goals together to achieve overall health and well-being. Program resources will soon be accessible through the NH Jax web site - making them available to anyone with internet access.

The opportunity to communicate the holistic approach to total wellness will take place when people visit any member of the Challenge 4 Life team of experts. While Top handles the overall management of the program and also coordinates the "spiritual" and "relationships" components, Heck, and NH Jax Clinical Dietitian Ens. Leslie Fiala together focus on "body" and Lt. Sandra Jimenez, NH Jax Mental Health Department psychologist approaches those for "mind."

People often need long-term lifestyle changes, verses one or two meetings with someone in wellness. That's where Challenge 4 Life can help. "Through Challenge 4 Life, we can help them develop a plan, get them engaged and working on those things needed to support a healthier, happier lifestyles, says Top. "While someone might be visiting the



chaplain for spiritual guidance, they will also be introduced to the body, mind and relationship areas to promote total wellness."

Challenge 4 Life - Spirit

The first monthly challenge of Challenge 4 Life is to quiet your mind. "In a noisy, stressful world, it is important to take time to quiet your mind and listen so that you can receive and understand spiritual guidance," describes Top. "The first weekly goal is to spend at least 5 minutes each day in quiet contemplation because it's important to take time to stop the busy flow of life in order to get our bearings and focus on what is important. Find a quiet place to relax your mind and allow yourself to feel peace."

This program empowers people to find and maintain their own spirituality and becomes a tool for everyone whether they are looking for life direction, fitness or looking to improve their family or romantic relationship and just needs a little guidance.

Taking time for such moments is very important in today's frantically paced, high-stress environment, to achieve spiritual and mental health. Studies have shown that spiritual grounding can have an impact on your physical well-being. Top noted a *Times* magazine article which related recovery rates for people with active spiritual beliefs to those who did not have such faith. The studies in the article, he said, indicated faster recovery times for those who had such spiritual grounding.

In addition to the numerous religious resources available such as worship and Bible studies, Challenge 4 life will offer a weekly Relaxation & Meditation Class on Fridays at noon in the NH Jax chapel.

Challenge 4 Life - Relationship

In the "Relationship" area, the initial challenge is to share quality time. "Time is the currency of love. The more you enjoy being together, the better your relationship will be," says Top. "Here we want people to find ways to increase the quan-

tity and quality of time they spend together doing things that make them feel close."

The first weekly goal is to spend at least 10 minutes each day emotionally connecting," he continues. "Make it a daily routine to sit down and give each other full attention. Show interest and excitement about being with your best friend through words and body language."

He also said the Challenge 4 Life program offers a lot of resources including a weekly relationship class held every Wednesday at noon in the hospital Chapel. Other activities being planned include guided relaxation sessions, relationship improvement classes and other therapeutic events and exercises.

Challenge 4 Life - Mind

The "Mental Health" aspect of the program aims to help people gain an increased sense of contentment and self-confidence as well as improve their relationships with others.

"Gaining understanding of the mental aspect is important as it deals with thoughts and emotions that ultimately affect all the other human aspects in life," describes Jimenez. "January's monthly challenge in this area, for example, is to increase motivation. In order to be successful in life you need to learn how to motivate yourself to initiate changes in your life and to commit to take consistent action. The first step to motivating yourself to achieve your goals is to make a plan of action. Make monthly, weekly, and daily goals, and keep track of your progress. Plan ahead about how you will deal with failure and what you will do to recommit to the change."

To support this challenge, a monthly workshop will also be held in the hospital's conference room on the 2nd floor. The first one will be: Increasing Motivation and Effectiveness.

Although the mental health component of Challenge 4 Life intends to get people more proactive about mental health issues, it is not designed to replace individual or group therapy for those who can benefit from these interven-

tions, points out Jimenez. The purpose is to get people more familiarized about mental health issues as well as to increase their comfort requesting professional help," she said.

Challenge 4 Life - Body

Heck and Fiala are tackling the "Physical" component of Challenge 4 Life. They are experts in helping you get a handle on your physical wellness. Heck manages many programs available either at the base Wellness Centers or through collaboration with the base MWR gym and fitness centers, while Fiala has a wealth of information and support lined up to guide participants to better health through properly managing their diet.

The first "body" challenge is: make a change, challenge yourself. "Daily exercise is one of the most important keys to long life, happiness and success," says Heck. "With your doctor's permission, make realistic goals to get you in the habit of effective exercise."

And the first weekly goal for people is actually to talk to their doctors.

"After doctor approval, as exercise increases, the diet becomes more important. Those participants will learn how to change the bad eating habits learned across the years to better nutritious meal planning. Protein, carbohydrates, and fats become an important part to the diet

plan. Each one of these is needed to life and a healthy change of lifestyle," Fiala said.

Heck added, "Most people living normal, average lives want to be a little fit, a little happier and healthier on all levels. Often by the time they

come for counseling they've gotten into bad habits and are developing problems. "We're trying to encourage people to look at what free resources."

they have available to them on base, particularly through the MWR fitness facilities. "

Events will play a big part of the "body" quadrant of Challenge 4 Life. Upcoming events will include a Walk to Run. MWR also works with the Wellness Center providing resources such as the gym, Fitness Source, weight-lifting classes, Zumba classes and more.

"We partner with the base MWR on such things as the monthly runs on base, and will be partnering with them on organized Challenges throughout the 2011 year. Melissa Burns, Fitness Manager, is bringing her years of experience and creativity to the table and helping us look at different kinds of events that will promote variety and challenges for physical change throughout the year," Heck said.

Heck explained that it is natural for the Wellness Center and MWR's fitness facilities to be involved in Challenge 4 Life. "Lt. Top and I got together and decided that instead of having three or four groups out there tackling the same issues from different angles, it would be better to pool our resources in one spot, so that the new family that comes to this base or even the families who have been here can say 'Oh I didn't realize you had X, Y and Z,'" Heck said.

Heck said, "This is a 'holistic approach' to lifestyle change, you can't have one lifestyle component without the other. It's like taking all the broken

pieces and putting them back together and each piece affects the other. A lot of time people have stress that leads to over-eating, which leads to the obesity. If they ignore the underlying stress factor, if they don't fix that, they're never going to change the way they respond and they're always going to have the weight issues. Relationship issues can also lead to stress which can lead to weight issues which come from unhealthy life choices, whether it's from extremes of eating or not eating. It's really just a cycle if you look at all the areas. So if you heal the heart you heal the body."

Because everyone is an individual, goals can be customized to meet individuals' needs and circumstances. This program is a resource tool to help everyone live a happier, more productive life. So participants are encouraged to take it, use it, share it, add to it, and change it to help them be successful.

Challenge 4 Life underscores NH Jax's commitment to readiness. "Challenge 4 Life is about life readiness, about building resilience," Top concluded. "This program has so much to offer for everyone. Participants are encouraged to take it, use it, share it, add to it, and change it to help them be successful."

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MRC units are community-based and function as a way to locally organize and utilize volunteers—medical professionals and others—who want to donate their time and expertise to promote healthy living throughout the year and to prepare for and respond to emergencies. MRC volunteers supplement existing local emergency and public health resources.

MRC volunteers include medical and public health professionals such as physicians, nurses, pharmacists, dentists, veterinarians, and epidemiologists. Other community members, such as interpreters, chaplains, office workers and legal advisors, can fill other vital support positions.

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- ★ Allows for national recognition of local public health and emergency response efforts

To volunteer, contact the
MRC Duval County Health Department at
904-253-1795 or log on to Servfl.com



www.medicalreservecorps.gov

TRICARE Makes Holiday Travel Easy

From TRICARE

The holiday season is here, which means travel time for many TRICARE beneficiaries. Holidays are a time to relax and enjoy, not to worry about a sudden illness or accident. From minor stomach aches to potentially life-threatening allergic reactions, there is a whole range of illnesses that can dampen holiday travels. Beneficiaries traveling during the holidays should know they have the

same comprehensive TRICARE benefits while traveling as they do at home.

To reduce the chance of health care problems while traveling, beneficiaries should see their doctor to take care of any regular office visits or treatment for ongoing conditions before leaving town. TRICARE Prime beneficiaries get routine care from their primary care manager (PCM), while TRICARE Standard beneficiaries can go

to any TRICARE-authorized provider. Regardless of the TRICARE plan, it's a good idea to get routine care before leaving home.

For urgent care while traveling, beneficiaries should contact their PCM for a referral or call their regional health care contractor for assistance before receiving care. For Prime beneficiaries, failure to obtain a referral may cause care to be covered under the point-of-ser-

vice option, which means higher costs. When using TRICARE Standard, beneficiaries can see any TRICARE-authorized provider.

If beneficiaries need emergency care while away from home, they should seek treatment immediately by calling 911 or going to the nearest hospital emergency room. Prime beneficiaries do not need prior authorization for emergency care, but they should notify

their PCM within 24 hours or on the next business day so follow-up care can be coordinated. TRICARE Standard beneficiaries have no follow-up requirements after receiving emergency care.

Before traveling, TRICARE beneficiaries should make sure their Defense Enrollment Reporting System (DEERS) information is accurate. For more information about DEERS and how to

update DEERS records go to www.tricare.mil/DEERS or call 1-800-538-9552.

Beneficiaries who take prescription medicine should order refills before their trip. If it's necessary to get a refill on the road, the nearest network pharmacy in the U.S. can be found www.express-scripts.com/TRICARE/.

For more information about traveling with TRICARE, go to www.tricare.mil.

Chiropractic Care Services At NBHC Mayport

By Eileen C. Farley

NBHC Mayport Chiropractic Assistant

Naval Branch Health Clinic (NBHC) Mayport welcomes all active duty service members to Chiropractic Care at the Chiropractic Clinic.

The Chiropractic Clinic is located within the Physical Therapy Department on the first

floor.

Chiropractic Care addresses the source of musculoskeletal problems in the cervical spine (neck), thoracic spine (upper back), lumbar and sacral spine (or low back), hips and buttock regions. Staff at the Chiropractic Clinic treat soft tissue injuries sustained from

motor vehicle accidents, sport injuries and structural pregnancy pain. Pain associated with pregnancy may be referred via the Obstetrics and Gynecology Clinic, or may be self referred by the patient.

Clinic Hours are from 7 a.m. to 3 p.m., Monday through Thursday, and on Friday from 7

a.m. to noon. The Chiropractic Clinic is a self-referral clinic and also accepts referrals from NBHC Mayport providers such as an Independent Duty Corpsmen, medical doctors, physician assistants, nurse practitioners, doctors of Podiatry Medicine utilizing the electronic booking system. The provid-

er referral acceptance includes acute patient referrals the day of an injury or incident and is coordinated by the chiropractic assistant at 270-4373. Self-referral patients can call Central Appointments at 542-4677 or

approach the Physical Therapy front desk window in person to schedule an appointment.

For more information, contact the Chiropractic Clinic staff at 270-4373.

TRICARE

non-emergency, TRICARE covered services from any TRICARE-authorized provider, resulting in higher out of pocket costs and higher deductibles. However, when Prime enrollees choose to use the option, i.e., to obtain non-emergent health care services from other than their PCMs or without a referral from their PCMs, all requirements applicable to TRICARE Standard apply except the requirement for a Non-Availability Statement (NAS). Point-of-Service claims are subject to higher deductibles and cost-shares even after the enrollment/fiscal year catastrophic cap has been met. Point-of-Service is not an option and does not apply to active duty service members."

For patients away from home who cannot wait until they see their PCM for non-routine care,

they must contact their PCM for a referral before receiving services.

Emergency Room visits should be made for true emergencies. TRICARE provides the following guidance, "An emergency is defined as a medical, maternity or psychiatric condition that would lead a "prudent layperson" (someone with average knowledge of health and medicine) to believe that a serious medical condition exists; that the absence of immediate medical attention would result in a threat to life, limb or sight; when a person has severe, painful symptoms requiring immediate attention to relieve suffering; or when a person is at immediate risk to self or others. Examples of emergencies include; no pulse, severe bleeding, spinal cord or back injury, chest pain, severe eye

injury, broken bone, inability to breathe."

DO NOT put life or limb at risk debating whether to get to an Emergency Room. Patients do not need to call their PCM or regional contractor before receiving emergency medical care. However, in all emergency situations, patients must notify their PCM (or regional contractor if no PCM has been assigned) within 24 hours of or on the business day follow-

ing admission to coordinate ongoing care and to ensure you receive proper authorization.

For more information, go to www.tricare.mil or call the TRICARE South Region contractor toll free at (800) 444-5445. You can also visit or call the TRICARE Health Benefits Advisors at NH Jax, (904) 542-9164 or visit the TRICARE Service Center, 1210 Kingsley Avenue, Orange Park, Fla.

From Page 1



What does HOPE look like?

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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

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 new location on Norwood Avenue. No medical experience needed. For more information, email Debbie Fields at dfields@bellsouth.net

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 ypooler@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 inter-

ested personnel please CS1 Hopkins or call 270-5373 for more information.

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.

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 com-

mitted 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.imshomelesscenter.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.

First Coast Works On A Vision For The Region

From Northeast Florida Regional Council

The recession has not stopped our beautiful Northeast Florida from working on a vision for growth and development in the region for the next 50 years.

Regional visioning efforts kicked off with Reality Check First Coast in May 2009. Since then, the Reality Check Lego® brick and yarn visioning exercise has been repeated in each of the seven counties of the region, as well as in a youth-only forum.

These exercises resulted in six Guiding Principles, recommended to guide how we develop and grow for the next 50 years, and four Growth Patterns, that could describe the way that we grow.

Since then, a lot has been happening. Region First 2060, the partnership that put on Reality Check First Coast, is committed to implementing the Guiding Principles, and sponsored a "Sustainable First Coast Workshop" in May 2010 and co-sponsored the St. Johns River Summit in September.

Two additional events will be scheduled next year, as ways to further explore how to implement the Guiding Principles in the First Coast.

The Regional Community Institute is working on First Coast Vision, a vision for growth and development in

the seven County First Coast region for the next 50 years. Using data from Reality Check First Coast and other sources, Regional Community Institute committees are recommending what to measure, the goals and objectives for a vision for 2060, and what that vision might look like.

In order to determine what residents see as the future of the region, polling is underway on citizen's values and possible growth patterns. At the end of 2010, the committee drafts of goals and objectives for First Coast Vision will be available for public input.

First Coast Vision is projected to be complete by Fall 2011. The Northeast Florida Regional Council will consider the vision as it updates the plan for the region, the Strategic Regional Policy Plan, which is also its guiding document

The region came together in August 2010 to file an application for a HUD Sustainable Communities Regional Planning Grant. While we were not funded, we did form First Coast Consortium, a diverse group of organizations with a common interest in the future of the region, that will provide input into First Coast Vision from their unique perspectives and share data and program information.

The input of residents in the

military is needed!

Getting the input of as many residents of the region as possible is important to the Regional Community Institute and to creating a First Coast Vision that we all can believe in.

The military is important to Northeast Florida, and the input of military personnel is needed to ensure that First Coast Vision recognizes the issues important to them.

Two surveys are currently being conducted. One asks for preferences on growth patterns for the region. Examples of the patterns are to the left. The other survey, Grow Smart 2.0, is a citizen's values survey that can help us to understand what is important to those who live and work in the region.

We need your input, and that of your friends and neighbors. Please take both surveys at: <http://www.firstcoastvision.com/Survey.html> and help us to spread the word!

Want more information? Go to firstcoastvision.com or contact Margo Moehring, Director of Policy at the Northeast Florida Regional Council at 904 279 0885 ext.161 or mmoehring@nefrc.org.

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Systems Engineer in Jacksonville, FL to develop, architect, design & implement VMware ESX/ESX2. BS in CS, engineering or related field (willing to accept foreign edu equiv) & 5 yrs network engineering/admin exp. Also requires exp w/ implementation of full VMware project life-cycle (design, architecture, implementation, config, testing, migration, go-live) utilizing VMware ESX/ESX2. VMware View; MS Windows Server 2000, 2003, 2008; SAN admin (Hitachi, EMC, SPAR); Windows LDAP admin; evaluation, testing, recommendation of new products, incl iSCSI documentation; Storage Area Networks; iSCSI & NAS Solutions; routing protocols (TCP/IP, DHCP, DNS, Frame Relay, MPLS). Send resume to Modis, Inc., J. Ghizzoni, 1 Independent Dr., Jacksonville, FL 32202. Job Code/SE1

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Sofa-Sleeper, Chair, \$200/\$50. green Print. Call 264-3486 or 264-8907

Garage Sale

COMMUNITY HOPIEC THRIFT SHOP 10771-406 Beach Blvd. 10 Anniversary Sale-A-Bration
Take an extra 10% off all purchases Dec 13 through Dec 18
Daily great prizes, hunts for great prizes. Bid on fabulous items in our Silent Auction. Proceeds benefit Community Hospice. Call 904-998-1718

Westside-Moving Sale!! Fri/Sat 9a-6p 3504 Pinecrest St corner of Pinecrest and West Palm off Edgewood Ave

Jewelry/Watches

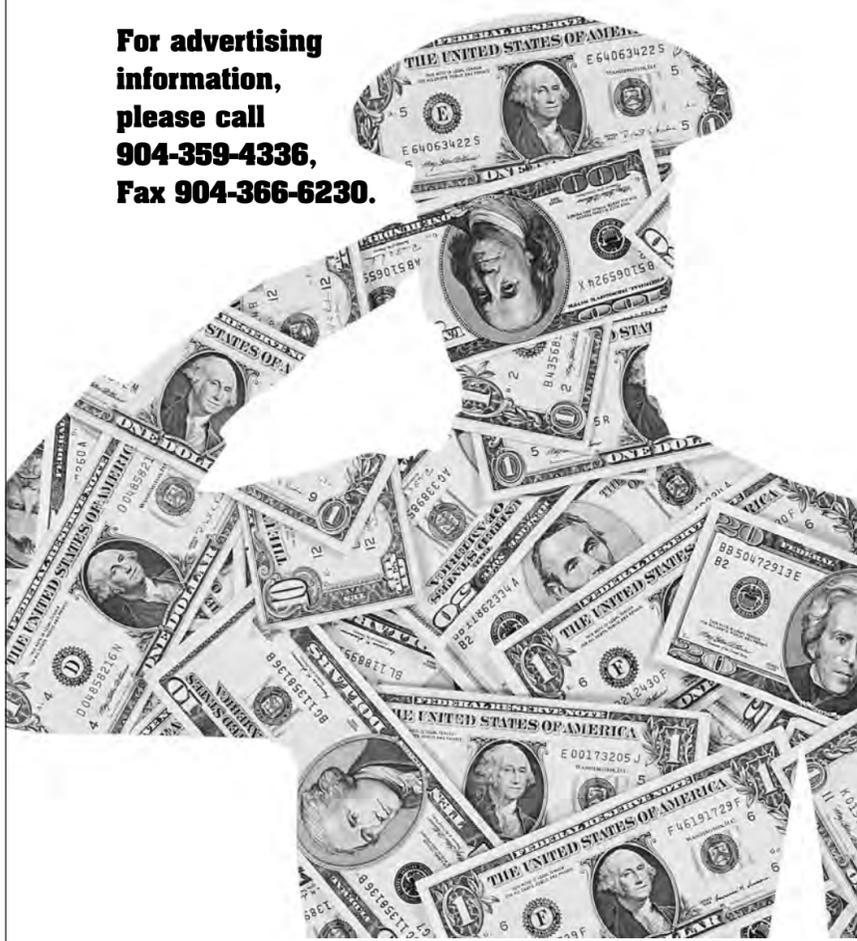
High Quality Ladies Ring, 1ct. Mar-queise center stone +.21cts. additional diamonds. appraised \$200. Sell \$2600. 904-220-9276

\$7.8 Billion

The economic impact of the military in Northeast Florida and Southeast Georgia is \$7.8 billion.

Local businesses benefit from the military and civilian personnel who buy and rent homes and who purchase goods and services. Let them know what your business has to offer by advertising in one or all of the military publications distributed at the local bases in the area.

For advertising information, please call 904-359-4336, Fax 904-366-6230.



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20 out of a 100

The military community makes up 20 percent of the total population for Northeast Florida and Southeast Georgia. That means that 20 out of every 100 people you meet are somehow connected with the military.

Get your message to them by advertising in one or all of the publications distributed at the local bases in the area.

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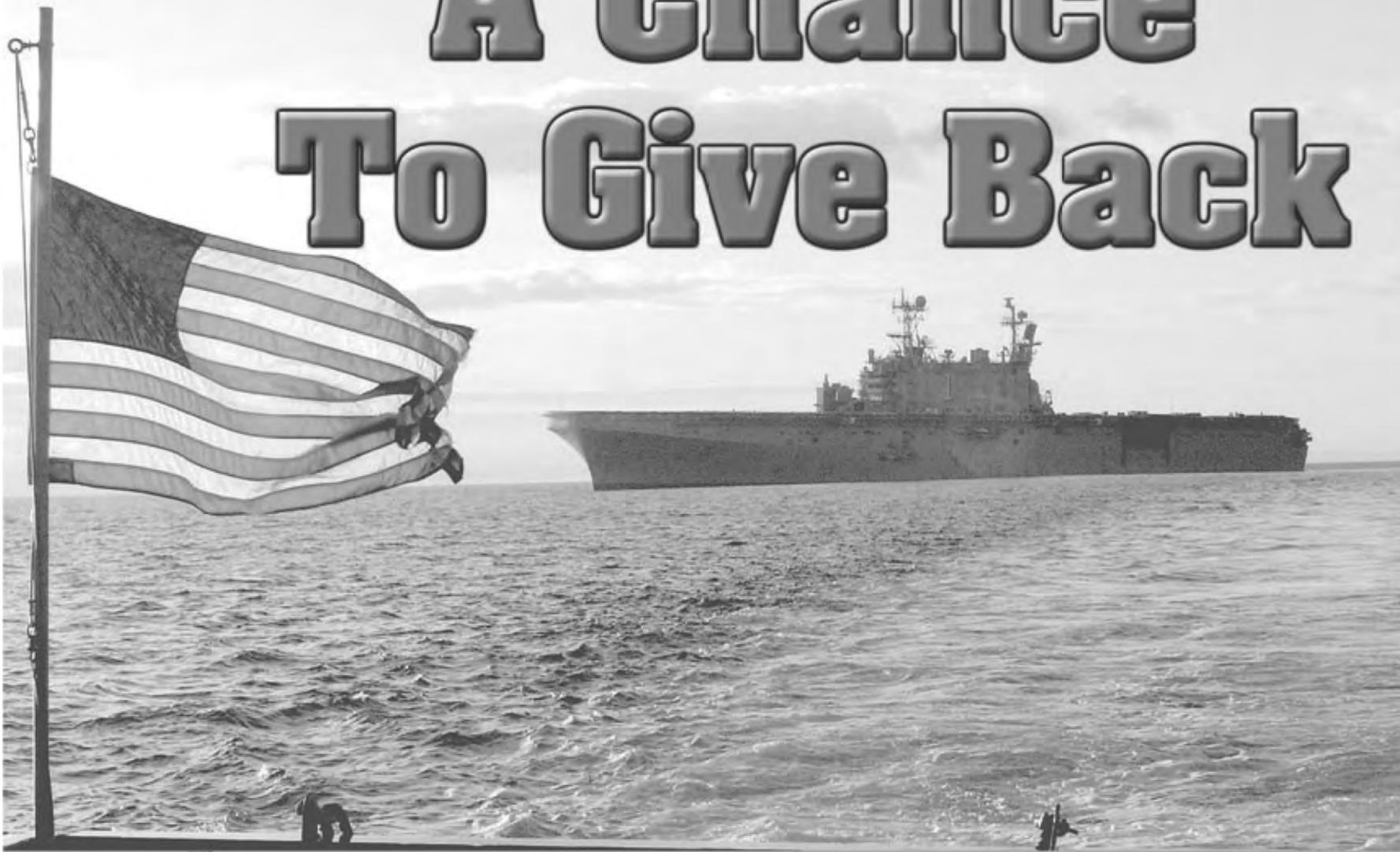
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*Holiday Finance Credit is being made by BMW of North America, LLC and only applies to specific new 2011 BMW Models leased or financed through BMW Finance Services through December 31, 2010 W.A.C. 2011 BMW 128i Convertible monthly purchase payment \$399 at 2.9% for 60 months based on MSRP \$39,550. Final Select Payment amount \$16,215.50 due at end of term. 2011 BMW 328i Sedan monthly purchase payment \$399 at 2.9% for 60 months based on MSRP \$36,300. Payment amount \$13,794.00 due at end of term. Payments based on 700 credit score. Taxes, licensing and registration fees additional. **All BMWs come with BMW Ultimate Service and Warranty standard for 4 years/50,000 miles. See bmwusa.com for full details on \$0 Maintenance, certain exclusions may apply. Not responsible for typographical errors. Pictures are for illustrative purposes only.

A Chance To Give Back



The Military is the largest employer in Northeast Florida and Southeast Georgia!

- **Regional Payroll (all 3 bases)**
\$2.04 Billion per year
- **Retiree Payroll**
\$810 Million per year

- **Goods & Services (all 3 bases)**
\$709 Million per year
- **Tuition Assistance Authorized**
\$5,137,440

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