

Ships Light Up NS Mayport Basin



-Photo by MC1 Leah Stiles

The guided-missile frigates USS Underwood (FFG 36) and USS Halyburton (FFG 40) participate in a Holiday Lighting Contest at Naval Station Mayport. Crew members decorated their ships in various ways to win bragging rights and a trophy. For more pictures, go to Page 5.

Navy League of Daytona Beach, Florida Area Council Adopts USS Gettysburg

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

More than 100 people gathered aboard USS Gettysburg (CG 64) for an adoption ceremony Dec. 15 with the Navy League of the United States' Daytona Beach Area Council (NLUS/DBAC).

Chas Folcik, president of the NLUS/DBAC said being able to adopt a ship means taking care of the people who take care of people.

"Most of the members of our organization have served in the military and we know what it's like to be away from family and friends as well as what it is like to worry about our families when we are away. This really allows us to help relieve some of those concerns," said Folcik. "These men and women put their lives on the line and take care of us each and every day and this is a small way we can help take care of them."

The ceremony was held in the tightly packed hangar bay aboard Gettysburg. Navy Chaplain Cmdr. Gerald Felder performed the invocation which was followed by a parade of colors performed by Civil War re-enactors, from the 15th Alabama Co. B 20th Maine, dressed in authentic Civil War uniforms.

The ceremony commenced with Folcik present-



-Photo by MC2 Sunday Williams

Chas Folcik, (right) president of the Navy League of the United States, Daytona Beach Area Council, presents the commanding officer of USS Gettysburg (CG-64) Capt. Patrick O. Shea a plaque representing a new and lasting relationship between the ship and the league during an adoption ceremony held aboard Gettysburg on Dec. 15. The league adopted the ship and will support the crew and their families through everything they do.

ing Capt. Patrick O. Shea, USS Gettysburg's commanding offi-

cer, with an adoption plaque. Shea said he was honored to

have the NLUS/DBAC as part of the Gettysburg family.

"Adoption is an entry into a family," said Shea. "This gives

us an opportunity to build relationships that will honor and appreciate what the Navy has done, is doing and will do in the future as well as bridge the gaps between the community and the military."

The ceremony included NLUS/DBAC's first act of support for the ship by honoring and recognizing some of Gettysburg's finest Sailors. Each Sailor of the Year, Junior Sailor of the Year, Sailor of the Quarter and Junior Sailor of the Quarter for 2010 was presented a plaque and letters from U.S. Senator Bill Nelson, Congressman John Mica, Congressman Ander Crenshaw and Representative Sandra Adams.

Operations Specialist 2nd Class (SW) Jeremy Murphy, as well as other Sailors being honored, was asked to say something about themselves and their time in the Navy to allow the league members to get to know a little about them.

"I am so humble," said Murphy. "I don't feel the need to be rewarded for what I do, but I am honored and I thank you all for taking the time to recognize us."

The Navy league and the crew look forward to working together in the future and building an everlasting relationship.

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CNO Issues Statement Following Vote To Repeal DADT

Special from Chief of Naval Operations Public Affairs

The Chief of Naval Operations, Adm. Gary Roughead, released the following statement following the vote to repeal "Don't Ask, Don't Tell":

"I am pleased the Congress voted to repeal of the "Don't Ask, Don't Tell" statute (section 654 of title 10, United States Code). "This Senate action



CNO Gary Roughead



does not immediately change the Don't Ask, Don't Tell policy.

"If the President signs the provision into law, there are still a series of steps that will take

place before Don't Ask, Don't Tell is repealed.

"First, the Department of Defense will prepare the necessary policies and regulations to implement the change. We

will also ensure that the force is provided training on the new policies.

"Second, the President, Secretary of Defense and Chairman of the Joint Chiefs of Staff must certify that the change can be made consistent with military readiness, military effectiveness, unit cohesion, and recruiting and retention.

"Finally, there is a 60-day period following certification

before repeal of Don't Ask, Don't Tell takes effect.

"As we move forward our Navy's superb leaders, both officer and enlisted, will be key to a successful transition to the new policy. Navy leadership will continue to keep all informed.

Do Your Part For 'Zero Tolerance' On Sex Assault

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

Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West released the following message on Sexual Assault to the Fleet Dec. 28.

"Shipmates, As this year comes to an end and we start to focus on priorities for 2011, I'd like to address a subject that is impacting our great Navy, and that is sexual assault. It is incomprehensible that a shipmate would commit such a horrible crime to another shipmate. Sexual assault in our Navy undermines teamwork, morale, unit cohesion, and operational readiness. Also, the long-term effects of sexual assault dramatically impact the victim for years to come.

For these reasons, sexual

assault does not belong in our Navy. We have a 'zero tolerance' policy for this criminal offense and it is each and every Sailor's responsibility to adhere to this policy and do your part to alleviate this crime within our ranks.

At the close of this year, reports of sexual assault have increased from last year, which could be attributed to victims' increased willingness to report the crime, but data also shows that sexual assaults are still occurring in our Navy. The highest risk group for victims over the past several fiscal years remains E-1 to E-4, ages 20 to 24, with most incidents occurring during the weekends. In most sexual assault incidents alcohol was a major factor impairing the judgment of predators, victims and bystanders.

Additionally, the most common sexual assault scenarios include off base parties, hotel rooms, barracks, night clubs and bars during liberty. Simply put, sexual assault knows no boundaries and the majority of victims know their offender. Sexual assault is a personal crime and we should all take it personally and think 'what if it was my sister/brother, my son/daughter or my wife/husband?' Wouldn't you do everything in your power to protect them? That's how we should think about our shipmates — we are a Navy family, we rely on each other every day. Shipmates should be looking out for Shipmates and getting involved when you see someone starting to steer into danger.

In order to remove sexual assault from our Navy we need

to ensure commands have a strong partnership with Sexual Assault Response Coordinators (SARC) and a robust Sexual Assault Prevention and Response (SAPR) Program which fosters an environment where 'shipmates help shipmates' by not allowing destructive behavior to occur.

One of the ways to encourage the idea of 'shipmates helping shipmates' is through the Coalition of Sailors Against Destructive Decisions (CSADD) peer mentoring program. The Navy launched the CSADD program June 24 with the focus on helping junior Sailors make better decisions.

CSADD's mission is: to provide Sailors with the best prevention and intervention tools possible to deal with the issues of drinking, reckless driving,

and other destructive decisions while maintaining good order and discipline; to assist Sailors in making life decisions that will maintain positive lifestyles in keeping with the Navy's core values; to guide Sailors away from making poor and destructive decisions by providing them with positive and dynamic training; and to show Sailors how to make quick positive decisions and put their training to use in moments of high stress and peer pressure.

Every command is encouraged to start a CSADD chapter with Sailors in the age group of 18-25 and enable them to take on a leadership role within their CSADD chapter.

For more information on starting a CSADD chapter, see OPNAVINST 1500.80 Coalition of Sailors Against

Destructive Decisions Peer Mentoring Program, or the CSADD Facebook page at: <http://www.facebook.com/#!/pages/Coalition-of-Sailors-Against-Destructive-Decisions-CSADD/299642495316>

We must continue to promote a positive command climate based on our Navy core values and Ethos in order to defend against sexual assault and continue to promote responsible, personal behavior. Eliminating sexual assault from our Navy is an All Hands effort, and I am confident that each of you will step up and take on this charge for the betterment of our Navy. Everyday you're making a difference and working hard in all corners of the world. YOU can put a stop to this crime!

HOOYAH!"

Make 2011 Your Chance For New Beginning



Chaplain Andre Trofort Surface Force Ministry Center



As we begin a new year, there are many things that cross our minds. New Year's resolutions are the focus. How much weight do I need to lose? What new exercise program will I begin? How much money will I save? What are the "new" goals for my life? Will I marry this year? Will I have children this year? Will I make rank and feel fulfilled? Where is my life going? Will I be a success?

New Year's resolutions are wonderful and offer us a framework upon which to place our hopes and dreams, but let me offer another focus. The Apostle Paul gives good advice in his letter to the Philippians.

First, **forget the past.** Today is a new day. There is nothing in the past that will affect today. Forget old hurts, burdens, and old mistakes.

Second, **focus on the future.**

Determine in 2011 to "Finish what you start," complete small milestones that will lead to a completed goal, and determine to be the most giving, helpful, hard working, and teachable person you can be.

Third, **guard your heart.** Paul says, "Brothers and sisters, always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect."

Fourth, **love your loved ones with abandon.** Determine everyday to tell your loved ones how much they mean to you. Words are so small, but

mean so much. When we are deployed our loved ones loom large in our thoughts and we long to be here with them. Let's act that way when we are home and at work. I am reminded of the song, "what the world needs now is love sweet love." Or as Paul wrote, "Now abides faith, hope and love, However, the greatest of these is love."

Finally, let's begin this new year with a prayer something like this: Dear God, help me to be thankful for being alive and in my right mind. Help me to be positive and remember I am not alone. Help me to be a

better listener. Help me to look for the good in everyone. Help me to occupy my time by helping others and not focusing on myself. Help me not to be so set in my ways that I am not willing to try something new. Help me to set a good example for my shipmates. May I realize that You, God, are always with me, to comfort, guide and protect me. May your love flow in my heart. May I believe You have a plan for my life, and that nothing happens to me without Your knowledge. Above all, give me peace, faith, patience, and love. AMEN

Holidays Are Official Over; Back To School . . . Again



Judy Cromartie School Liaison Officer

Proof of address. Acceptable documents include the following:

- a Jacksonville Electric Authority (JEA) bill,
- a credit card statement,
- a mortgage agreement,
- a lease agreement (from a company, not a private individual) or
- a piece of mail forwarded to the current address and containing a yellow U.S. Post Office forwarding address sticker.

Proof of all required immunizations (Florida certification of immunization, DH Form 690) or an exemption. Kindergarten and First Grade Students: Certified birth record. Acceptable birth records include:

- the original certified birth record;
- a duly attested transcript of the child's birth record filed according to law by a public officer charged with recording births;
- a duly attested transcript of a certificate of baptism showing the date of birth and place of baptism, accompanied by a sworn affidavit by the parents;
- an insurance policy on the child's life that has been in force for at least two years;
- a bona fide contemporary Bible record of the child's birth, accompanied by an affidavit sworn to by the parents;
- a passport or certificate of arrival in the United States showing the age of the child; or
- a transcript of record of age shown in the child's school

The holidays have ended, and students have returned to school. With one and one half weeks remaining in the second quarter, parents should encourage their children to quickly make the adjustment from a holiday schedule back to a school schedule. Nine weeks testing begins soon, and end-of-course exams began on Jan. 5 for those students taking semesterized high school courses. For example, Algebra I whether taken in middle or high school is a semesterized high school course.

When will second quarter report cards be issued?

- 2nd Quarter Elementary Report Cards Go Home, Feb 1
- Middle School Report Cards Go Home, Jan 31
- High School Report Cards Go Home, Jan 3

If your family has just moved to the Duval schools' attendance area, you'll need the following documentation to register your children for school.

Results of a physical (school-entry health exam) performed within one year of the date of enrollment.



record of a least four years prior to application and stating the date of birth.

Previously enrolled in another school: When a child has been enrolled in another school district, parents are asked to provide the latest report card from that district.

Optional: a Social Security

number.

Where can I find information about bus schedules? State law requires bus transportation for students who live two miles or more from the schools they currently attend. For bus stop information, go to the transportation website at <http://www.duvalschools.org/static/ourschools/studentinfo/bus->

stop/ The school district also provides special bus services for students in Exceptional Education programs, regardless of distance, under specific guidelines. For more information, contact the Transportation Department at 904-858-6200.

The new year affords parents the opportunity to either continue with an organized homework schedule or to establish now a homework schedule to insure a successful year of learning. Parental involvement, a specific schedule for homework, and

enthusiasm by may be all your child needs to have an outstanding year of academic success!

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.



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

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

Women's Bible Study
Wednesday 9:30 a.m.
Protestant choir
Wednesday 7 p.m.

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

Marriage
Contact Chaplain 6 months prior. PREP is required

For more information, call 270-5212.



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NS Mayport Resources Help With New Goals



Debbie Pound
NS Mayport Ombudsman

The New Year has always been a time for looking back to the past, and more importantly,

Ombudsman's OUTLOOK

forward to the future year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Some of the top New Year's resolutions year after year are getting into shape, getting out of debt, and quitting smoking. Everyone starts out great, but sticking to the goal on your own is difficult. However, I have great news for you. You are not on your own! Mayport can partner with you so that you can stick to and meet your goal in 2011.

The Mayport Fleet and

Family Support Center can help you get out and stay out of debt. They have Personal Financial Manager's who are eager to help you. They are highly trained and they understand how military pay and benefits. They can offer personal financial counseling or you can attend on of the many budgeting classes that they offer. The best part is that it is all free. The FFSC serves active duty members, retired personnel and family member and it is located in Building 1, on the corner of Massey Avenue and Baltimore

Street. You may reach the FFSC by calling 904-270-6600, DSN 960-6600 or toll free 1-800-626-5084. Hours of operation are 7:30 a.m. to 4:00 p.m., Monday through Thursday and 7:30 a.m. to 3 p.m. on Friday's.

Health Promotion by the Ocean can assist in kicking the habit of smoking once and for all. They offer lifestyle change classes, quitting aids (such as Nicorette), and many more tools to assist you. The programs are provided free of charge for all eligible beneficiaries. Clients may access Health Promotion services by self-referral or by a health care provider consult. Health Promotion is located in Building 2050, next to the Surfside Fitness Center. Its hours of operation

are 6 a.m.-4:30 p.m., Monday-Friday, for general customer service and classes. Special events may be held during other than normal working hours upon request.

To help get into shape this year, Mayport offers two fitness facilities Surfside Fitness Center and the Gymnasium. Both facilities are state of the art and they feature cardiovascular equipment, complete Nautilus Nitro strength training circuit, full slate of fitness classes, personal trainers. Surfside has an unrivaled view of the Atlantic Ocean and you can enjoy individual music and TV channels at your cardio station during your workout. For hours of operation, class times, and any questions call 904-270-

7718 for Surfside and 904-270-5451 for the Gymnasium.

There are so many great benefits that Mayport has to offer and the above are just a few. It is my desire that coupled with these incredible resources that you are able to blow this year's resolution out of the water. I hope that 2011 will be the best year ever for you and your family and Happy New Year!

If you would like to contact your Ombudsman please email me at nsmayportomb@gmail.com or call the Fleet and Family Support Center at 904-270-6600.

Welcome 2011! What Are Your New Resolutions?

By Beth Wilson
Military Spouse Contributor

Happy New Year! Over the holidays I was hanging out with a few friends and we, of course, talked about that dreaded 'new year's resolution.' We all laughed as we talked about our past attempts at changing our bodies, habits or lives with the start of each new year. Kayla summed up our sentiment confidently stating, "This year I resolve NOT to resolve."

I think you would have enjoyed our conversation. We talked about the struggles, foibles and triumphs of 2010. Not one of us accomplished

HOMEFRONT IN FOCUS

our 'resolution' but we realized that each one of us absolutely accomplished much by the end of 2010.

Katie and her Sailor purchased their first home. Sue polished up her resume and found a new job - that she loves. Tina and Jeremy welcomed their first child, Luke. Sherry went back to school and is over halfway to a degree in the career of her dreams. Laura launched a photography busi-

ness. I completed 3 of four classes. We all either moved or endured deployment or both... and we're on the other side. We watched our children grow and continue to develop and mature.

While our conversation started by scoffing at the idea of 'new year's resolutions' our conversation ended with the realization that there is a huge benefit to marking the end of one year and the beginning of another. Our conversation led

us through a snapshot of all that was accomplished in 2010. Reflecting on 2010, with its struggles, challenges, joys, triumphs and even our foibles, was encouraging! How was *your* year?

Perhaps you are part of the 1% that accomplishes their resolutions. Congratulations! But if you didn't make or keep a resolution I will bet that you can look back at over the last 365 days and see growth and change.

Each of my girlfriends realized that personally they were 'better' than they were January 1, 2010. Oh, we certainly had our 'moments,' our failures.

These are real women; with very real challenges. Sue has a severely handicapped child. Sherry watched her treasured father suffer with a chronic and terminal illness. Laura lost a sister in a tragic car accident. Kayla and her soldier moved and her soldier deployed 16 days later, he is still deployed. Yet here we are sitting around the table laughing, stronger, more confident; capable.

I know 2011 will bring its full measure of challenges and hurdles but it will also bear opportunities to grow, to share, to live. So I make no resolution this year. Instead I will strive to live each day fully, to laugh

often, to love deeply, and to expect that January 1, 2012 I will look back with a similar sense of purpose and accomplishment.

Welcome 2011!
Connect with Beth on Twitter (@Beth_Wilson), Facebook (EnlistedSpouseCommunity) or email her at beth@homefront-infocus.com. Check out Enlisted Spouse Radio at www.enlisted-spousecommunity.com/esr.

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Doyle Gives To Panama Orphanage

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

Young children surrounded USS Doyle Sailors as they walked through the newly repaired and repainted rooms of their orphanage, Divino Nino de Hogar, a small orphanage housing 42 children with ages ranging from 7 months to 7 years old.

Many of the children housed in the privately run orphanage were abandoned, abused and neglected, so when the call for help came, Doyle Sailors were quick to volunteer for the Community Relation project (COMREL). Through the making friends/preventing enemies principle, they gave back to the local community by helping the orphanage and spending time with the children.

COMREL is a program which enables Sailors to be involved with the local community through humanitarian efforts. Many of the programs involve rebuilding and repainting schools, orphanages and hospitals in communities of need, as well as providing supplies such as medical goods and hygiene products. School supplies and toys are also common goods given to the local community.

"I enjoy working as a volunteer abroad as well as at home," said CWO3 Matthew Chandler, as he held one of the small children at the orphanage. "Giving back to the community has been a big part of my life; as a recipient and now as volunteer. I believe we have left a lasting impression in Panama and I know of a few special children who have touched my heart back at Divino Nino de Hogar. Doyle's bond with the



-Photos courtesy of USS Doyle

Lt.j.g. Kassandra Richardt holds an orphaned baby during a community relations project conducted by the ship.

orphanage and acts of kindness will definitely strengthen our foreign relations with Panama. Given the opportunity, I would definitely help out in future COMRELS."

With 30 volunteers armed with tools and paint, Doyle

Sailors spent the day repairing windows, doors, walls and repainting the rooms and hallways of the orphanage. Doyle also gave two boxes of hygiene and medical supplies along with 100 stuffed animals, donated by Loving Hugs Incorporated.

After the repairs, the children put on a show where they dressed in local costumes and recited poems. Sailors played games with the orphans and celebrated a small Birthday party hosted by the orphanage staff, followed by the distribution of

stuffed animals as gifts for the children. For the children, this was no ordinary visit, as this was the first time many of them had seen an American Sailor.

"Being able to spend the day with orphaned children is a heart warming experience,"

said Fire Controlman 3rd Class Benardo Suarez. "It took the homesickness away from all of the participants. We intended to give to the community, but the children's laughter, love and appreciation was a gift the community ended up giving us."



Fire Controlman 2nd Class Daniel Thomas repaints the walls at the Divino Nino de Hogar, a small orphanage in Panama. Sailors participated in a community relations project that included rebuilding and repainting the orphanage.



Sailors from USS Doyle's air detachment, HSL-42 Detachment Eight, repair a window at the orphanage.

USS Doyle Hosts The U.S. Ambassador And Key Costa Rican Legislators In Golfito, Costa Rica

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

The United States Ambassador to Costa Rica, Anne Slaughter Andrew, along with members of the Costa Rican Congress, made an official visit on board USS Doyle (FFG 39) recently to tour the ship, meet the crew, and discuss the continued docking of U.S. ships in Costa Rican ports.

The visit began with a joint boarding demonstration from Doyle's embarked Law Enforcement Detachment 103 (LEDET) and the Costa Rican Coast Guard. This demonstration further illustrated the importance of working with Costa Rica to combat drug trafficking off the coast of Costa Rica.

Following the demonstration, Doyle's crew hosted a tour of the ship, showing the Ambassador and Costa Rican leadership a glimpse of the daily life onboard a Navy ship. Starting with the Central Control Station, the tour includ-



USS Doyle (FFG 39) conducted a visit with U.S. Ambassador to Costa Rica, Ann Slaughter Andrew, and members of the Costa Rican Congress during a port visit to the country. Doyle is currently on a deployment to South America.

-U.S. Navy photo

ed the Combat Information Center, the mess decks, the pilot house, and the 02 level. The tour concluded on the flight deck with an explanation of our helicopter capabilities, which are integral to Counter-Illicit

Trafficking Operations (CIT OPS).

Port calls to various ports on the Western coast of Central America are essential to many of the missions conducted in the Eastern Pacific. Ships

seize an average of 30 metric tons of cocaine per year in the waters off the coasts of Central America. In the last two years alone, more than 100 tons of cocaine were seized. Ships will routinely request entrance

to ports in order to accomplish critical repairs, re-fuel, restock food supplies and also give the crew rest from long periods underway. Doyle's tour with the U.S. Ambassador showed how a port visit to Costa Rica can further enhance the continued operations of a U.S. ship in the Pacific Ocean.

"We are very excited to both showcase Doyle to the Costa Rican government officials and Ambassador Andrew and promote coordination between our countries in an effort to stem the flow of drugs. The boarding demonstration presented by our LEDET and the Costa Rican Coast Guard personnel showed how our militaries can work together against drug traffickers," said Commander Rolando Ramirez, Commanding Officer of USS Doyle.

"Thank you to everyone on board USS Doyle for giving us an opportunity to let us and many key legislators visit the ship. The Costa Rican government has to get permission from the legislator to let U.S. Navy

ships come here for refueling so it's a great opportunity for us to see what the ships look like, to meet you all and to better understand the mission of the U.S. Navy," said Ambassador Andrew.

"The mission here is to patrol the waters with regards to Counter-Narcotics Efforts. The Narco-Trafficking has become the number one concern for Costa Rica, and the work that USS Doyle does in patrolling the waters is key to our efforts to partner with Costa Rica as it is an issue of great concern to both countries," said Andrew.

After the tour, the guests departed, leaving Doyle to prepare getting underway to continue patrolling the waters off Central America. Doyle's visit to Costa Rica left an impressionable stamp and will open up future visits from U.S. ships to Costa Rican ports. Doyle will continue to conduct CIT OPS and work towards their overall mission as a global force for good.

Doyle Seizes \$15M Cocaine Shipment

From U.S. 4th Fleet Public Affairs

A U.S. Coast Guard boarding team and Navy crew members operating from the USS Doyle (FG 39) discovered more than 600 kilos of cocaine during counter-illicit trafficking (CIT) operations in the U.S. 4th Fleet (C4F) Area of Responsibility Dec. 6.

Doyle intercepted the 60-foot long fishing vessel Rio Tuira in international waters of the Eastern Pacific Ocean approximately 180 miles off the

coast of Panama. A Navy-Coast Guard boarding team recovered 22 bales of cocaine, weighing approximately 499 kilos (1,100 pounds) worth an estimated \$15.4 million wholesale value.

The drugs were seized by a U.S. Coast Guard Law Enforcement Detachment from Tactical Law Enforcement Team South. Five suspected smugglers were taken into custody. Criminal prosecution of this case will be shared between the United

States and Panama.

Doyle is currently deployed under operational control to U.S. Naval Forces Southern Command (COMUSNAVSO)/C4F, conducting CIT operations in support of Joint Interagency Task Force – South, U.S. Southern Command (USSOUTHCOM) and U.S. Coast Guard District 11.

COMUSNAVSO is the naval component commander for

USSOUTHCOM and is responsible for all naval personnel and assets in the Area of Responsibility. COMUSNAVSO conducts a variety of missions in support of the U.S. Maritime Strategy, including theater security cooperation, partnership building, humanitarian assistance and disaster response, community relations and CIT operations.

U.S. law enforcement in the Eastern Pacific drug transit zone are conduct-

ed under the authority of U.S. Coast Guard District 11 headquartered in Alameda, Calif

For more information, visit www.public.navy.mil/comusnavso-c4f or visit COMUSNAVSO/C4F on Facebook at www.facebook.com/NAVSOU4THFLT or on Twitter at www.twitter.com/NAVSOU4THFLT.

USO 'No Dough' Dinner Helps Servicemembers



-MC2(SW) Jacob Sippel
Sonar Technician 1st Class Jeremy Fuller, assigned to USS Gettysburg (CG 64), receives plates of food for his family during Mayport USO's "No Dough" Dinner. The dinner provides servicemembers and their family free meals twice a month before each payday.

By MC2(SW) Jacob Sippel
Navy Public Affairs Support Element
East Detachment Southeast

Sponsored by the Mayport Navy League, the Mayport USO had their bi-monthly "No Dough" Dinner to give hundreds of military members and their families some relief before payday Monday, Dec. 13.

More than 200 guests arrived at the Mayport USO to the smell of fresh pizza and baked cookies.

"This is what you want to do when you want to put a smile on someone's face," said George Huchting, Mayport

Navy League member.

"This makes such a difference in many people's lives. We offer a free meal to military members and their families before each payday. This gives them a great opportunity to come out and meet some good people."

The "No Dough" Dinner is free to all servicemembers and their family throughout the year. USO staff member Pam Coates says they usually cook the meals themselves but decided to order 60 pizzas instead.

"Most of the time, we have home-cooked meals for more



-MC2(SW) Jacob Sippel
Servicemembers and their family attend Mayport USO's "No Dough" Dinner. The dinner provides servicemembers and their family free meals twice a month before payday.

than 200 people, this time it was a little easier since we ordered pizzas," stated Coates. "This is a great opportunity to give someone a little relief from either cooking or just maybe they can just save money. I per-

sonally think this is a fulfilling event for the USO."

Coates went on to say that usually they average around 225 people in attendance every "No Dough" Dinner.

"They always do such an

amazing job here during this dinner," said Sonar Technician 1st Class Jeremy Fuller, Sailor on board USS Gettysburg (CG 64).

"They really help my family out when I'm on deployment.

It's a friendly place where my family can go and have a good time and relax or socialize."

For more information on the "No Dough" Dinners, please contact the Mayport USO at (904)246-3481.

Gettysburg Wins Ship Lighting Contest



-Photos by MC1 Leah Stiles
Santa Claus and his USS Gettysburg helpers hand out cookies and other sweets to judges during the NS Mayport Ship Lighting Contest. Eight commands participated in the contest with Gettysburg coming out as winner.



Jacksonville Jaguars cheerleaders pose with Sailors on watch during the Ship Lighting Contest. The cheerleaders were judges in this season's contest.



Sailors from USS Simpson laugh and talk with judges during The Ship Lighting Contest judging period.



Seven commands got into the holiday spirit by decorating their ships with lights to participate in the annual Ship Lighting Contest.

Naval Service Ends All Wet



Above, Friends, family, and co-workers watch a live video stream of Pauley's retirement ceremony. Right, Pauley jumps into the basin to end his naval career during an underwater retirement ceremony.



-Photos by MC1 Leah Stiles
Chief Navy Diver William Pauley retires underwater at the bottom of the Naval Station Mayport basin. Captain Ronald Cook, commanding officer of Southeast Regional Maintenance Center (SERMC) performed the underwater ceremony while friends, family, and co-workers watched a live video stream from the shore.

Mayport Sailor Reenlists At Mach 1 In Hornet

From FRCSE Mayport

Flying five miles above the Atlantic Ocean, a Mayport-based Sailor reenlisted while sitting in the backseat of an F/A-18 Hornet Strike Fighter aircraft traveling at supersonic speed Dec. 15.

Aviation Machinist's Mate 3rd Class Alfonso Tulavillanueva, assigned to the Fleet Readiness Center Southeast (FRCSE) Detachment Mayport, made his first reenlistment during the one-hour flight piloted by Cmdr. Mitchell Conover, the F/A-18 Product Officer.

Tulavillanueva, a native of Austin, Texas, and Conover flew from Naval Air Station (NAS) Jacksonville on the chilly, cloudless afternoon. Conover administered the oath during the flight. When Tulavillanueva recited the final words, the pilot pulled back on the "stick" and climbed skyward causing his passenger to feel just a little queasy.

"It's just one of those things I always wanted to do," said Tulavillanueva, "and it was an experience of a lifetime!"

He learned of the unique opportunity during a Captain's Call held at Mayport. Commanding Officer Capt. Paul Sohl offered FRCSE Sailors a chance to reenlist in a Hornet during flight, provided they complete the non-aircrew training and a two-seater aircraft was available.

In November, Tulavillanueva reported to the Naval Survival Training Institute at NAS Pensacola to attend the Naval Aviation Survival Training Program. For three days, he learned about aviation physiology and the effects of gravity on the body, and received water survival training and parachute training.

"They teach you how to properly eject from the seat; if you do it wrong you could break your arm or worse, die," he said. "They teach you techniques on how to deploy your parachute and how to untangle it if you land in water."

He also volunteered for the "dunker," a water simulator that allows a student wearing a helmet, gloves and a flight suit to experience a helicopter crash

while strapped in a seat upside down in the water.

For Tulavillanueva, it was all worth it for a ride in the Navy attack strike fighter. The things that impressed him the most were the "amazing view and "seeing the world from a different perspective."

Only five months earlier he returned from an eight-month deployment with the Navy Provisional Detainee Battalion (NPDB) 3 assigned to the U.S. Army 705th Military Police at Camp Taji about 20 miles north of Baghdad, Iraq.

While guarding detainees, he never imagined he would reenlist in a jet. He not only flew at the speed of sound but also flew the aircraft for a few minutes using the aft controls. On the return flight, they passed over Mayport and flew up the St. Johns River to the air base.

As Tulavillanueva signed his paperwork back on the ground, Sohl, who made Tulavillanueva's dream a reality, stopped by to congratulate him on his accomplishment. Sohl had planned to reenlist the Mayport Sailor but was not available due to a scheduling conflict.

"Thank you very much for reenlisting," said Sohl. "I have made this offer to hundreds of Sailors and only two have taken me up on my offer at this command. It was all on you to get your qualifications, and you did it."

For Tulavillanueva, his first reenlistment is just another stepping-stone to one day becoming a Naval officer and a "lifer."



-Photo by Vic Pitts
F/A-18 Pilot Cmdr. Mitchell Conover (left) witnesses the signature of AM3 Alfonso Tulavillanueva as he signs his first reenlistment contract that obligates him for four more years. He recited his oath given by Conover while flying in a high-speed jet Dec. 15.

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USS Taylor Enjoys Port Visit To Savannah

From USS Taylor

USS Taylor conducted a port visit to Savannah, Georgia to join the local populace in commemorating Pearl Harbor Day.

On its way to Savannah, Taylor hosted 20 civilians onboard for an overnight Tiger Cruise. A Tiger Cruise is a rare opportunity for family members of the crew to experience the lifestyle of their sailors while being underway.

During the Tiger Cruise, the family members were invited to participate in

various evolutions, including observing a live fire shoot and static displays of several departments. The Tiger Cruise was a successful event and set the tone for the rest of the weekend.

Taylor arrived in Savannah in the early afternoon on Dec. 2. While passing the Old Fort Jackson National Historic Landmark, Taylor received a cannon salute in their honor.

"This was a great welcome from the city of Savannah, said Ensign Gabriel, PAO for the Savannah visit.

Once moored in Savannah, the commanding officer and crew were involved with several events that supported the Navy League and the city of Savannah.

On Friday, Dec. 3, Taylor hosted a reception onboard for more than 100 local civilian and military officials and Navy League personnel. The reception was a great way to get the crew of Taylor involved with city.

The crew was also involved with the Riverfront Parade on Saturday. Twenty

crew members joined in the lighted parade along with several lighted floats and youth organizations around Savannah along historic River Street.

On Dec. 5, Taylor conducted a community relations project and remembered those military members who gave the ultimate sacrifice on Pearl Harbor Day. Taylor's Community Relations Coordinator, Ensign McWhorter, and several crew members spent the day at the Savannah Mall wrapping gifts and col-

lecting donations for the Greenbriar Children's Center. Commanding Officer, Cmdr. Lyle Hall, and other members of the crew attended a Pearl Harbor Remembrance Ceremony at the Mighty 8th Air Force Museum in Pooler County. Both events were a wonderful way to end the visit in Savannah.

The hospitality received by Taylor from the citizens of Savannah was unlike any other. Taylor recently returned from deployment in October.

Miss Florida Teen Visits Mayport



-Photo submitted

Miss Florida Teen USA Mikyle Crocket poses for a picture with Naval Station Mayport quarterdeck during a brief visit to the base during the holidays standdown. Pictured from left, Air-Traffic Controller 2nd Class Nathan Surratt, Crocket and Aviation Electronics Technician 3rd Class Aaron Dodson.

Carney Digs In Pockets For CFC Contributions

From USS Carney

This year \$12,400 was raised by USS Carney for this year's Combined Federal Campaign. The ER division raised the most money throughout the ship topping off at more than \$2,000. The money supports the charities that are selected by each individual.

It was organized and promoted by Fire Controlman 1st Class Adrian Marks and Ship's

Serviceman 1st Class Ledezman Johnson. This was Marks' first year taking on the task of raising money for the campaign and surpassed the initial goal of \$10,000.

"I enjoyed organizing it this year. I'm just glad Carney Nation was willing to contribute as much as we did to support the charities" said Marks.

Navy EOD Responds To Middle School Threat

From MCC(SW/AW) Katrin Albritton

Navy Expeditionary Combat Command

Explosive Ordnance Technicians from Explosive Ordnance Disposal Mobile Unit (EODMU) 6 responded to a suspicious device at Mayport Middle School, Dec. 2.

After notification from the Naval Station Mayport police dispatch, members of EODMU 6 assisted the Jacksonville Sheriff's Office (JSO). EODC Robert McAbee used an instrument designed for rapid identification of unknown solids and liquids to verify there were no explosive components.

Lt. Michael Simmons, the officer in charge of the EODMU 6 Mayport detachment, said they were glad ensure no students were injured and that the school was able to open for classes the following day.

"Normally, we do not respond to non-military ordnance off station," he said. "However, Mayport Middle School is one mile from the front gate of NS Mayport. Due to that short distance we were able to quickly take action and verify the suspicious item was not a hazard."

Once it was determined there was no threat, JSO took charge of the scene to conduct further investigations.

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and his daughter, Arianna,
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Fitness
Surfside Fitness schedule is as follows:

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

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

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

11:30 a.m., **Kickboxing**
1 p.m., **Moms in Motion**
A monitored exercise program designed for pregnant women and new moms. This class helps improve muscle tone, ease stress, relieve back pain, and increase energy. All participants are required to submit a doctor's release to participate. Moms can bring babies in carriers to this class. Held at Surfside Fitness Center.

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

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

11:30 a.m., **Zumba**
A fusion of hot, sexy and explosive Latin American and International dance music. Caloric output, fat burning and total body toning are maximized through fun and easy to follow dance steps. Come experience the ultimate dance party in this high energy, motivating class that is great for both the body and the mind.

1 p.m., **Strength Solutions & Flexibility Fix-Ups**
This class assists in preventing and overcoming injuries. Ride the road to recovery! Meets at Surfside Fitness Center lobby.

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

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

MWR HAPPENINGS

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

5:30 p.m., **Kids' Clinic**
5:30 p.m., **Zumba Basics**
Learn the basic dance steps in four Latin dances; salsa, cumbia, samba and merengue. This is a 30-minute instructional program, which will prepare you for the regular Zumba class. It is recommended you master the basics before joining the regular Zumba program.

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

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

11:30 a.m., **Step**
This class adds flavor to conventional step moves, resulting in high caloric burn and fun. Get fabulously fit!

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

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

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A fusion of hot, sexy and explosive Latin American and International dance music. Caloric output, fat burning and total body toning are maximized through fun and easy to follow dance steps. Come experience the ultimate dance party in this high energy, motivating class that is great for both the body and the mind.

Thursday
6 a.m., **Functional Flexibility**
This class consists of highly effective flexibility regimen that will strengthen, stretch and relax the body. Say good-bye to tense, tight aching muscles.

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

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

9:30 a.m., **20/20/20**
A fusion of our Low Impact, Resistance and Intro Mind Body classes. Twenty minutes will be devoted to cardio training, twenty minutes to strength training and twenty minutes to flexibility training.

11:30 a.m., **Zumba Basics & Toning**
Rhythmic strength training set to Latin music. Build muscles and burn fat. Mueve la colita.

11:30 a.m., **TRX**
(weather permitting) Build functional strength and muscular endurance with this suspension training system developed by the Navy Seals. Now used on military installations all over the world, the TRX is a space saving, portable tool used to attain peak operational fitness. Mayport's TRX training area can be found behind the Surfside Fitness Center.

1 p.m., **Strength Solutions & Flexibility Fix-Ups**
This class assists in preventing and overcoming injuries. Ride the road to recovery! Meets at Surfside Fitness Center lobby.

Friday
7 a.m., **Beach Bootcamp**
(weather permitting) This Commando PT utilizes various training techniques to achieve the highest fitness levels possible. Meets behind Surfside Fitness Center. Can accommodate 200+ personnel.

7:30 a.m., **Zumba**

The Gym Schedule is as follows:

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

11:30 a.m., **Weight Training for War Fighters**
An adrenaline producing 1-hour class devoted to building strength and stamina in active duty personnel. Emphasis is placed on sound, proven weight training techniques. Topics include squatology, supplements and muscle growth.

2:30 p.m., **FEP Spin & Row**
5:30 p.m., **Spinning**
Tuesday
7 a.m., **Cardio, Combat & Core**

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

11:30 a.m., **Spinning**
This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

New Program Aims To Get You Off Couch And Running



-Photo courtesy of MWR
Chaplin Lt. Cmdr. Philip Bagrow listens to running tips by fitness instructor Steve Pettitt during his afternoon workout on the treadmill.

From MWR

Naval Station Mayport will be conducting a new "Conditioning for Running" program with fitness instructor Steve Pettitt who is a former 7-time Ironman competitor. The program will begin Monday, Jan. 10 at 3 p.m. in the Surfside Fitness Center lobby and again on Wednesday Jan. 12 at 7 a.m.

Participants will meet every Monday and Wednesday for training and group running workouts consisting of various distances. The program will introduce running techniques, time and distance improvements, proper stretching and flexibility.

Class participants may receive Navy Running Team gear. For more information on the Mayport Running Program, contact Steve Pettitt at Surfside Fitness Center 904-270-7718.

USBC Christmas Youth Bowling



-Photo courtesy of MWR
Congratulations are in order for NS Mayport's youth bowling program. On Sunday, Dec. 5, the Mayport Bowling Center hosted the United States Bowling Congress (USBC) Christmas Classic Youth Bowling Tournament for Jacksonville. There were 17 teams represented from various local bowling centers. Mayport entered two teams from its youth league under the direction of Bess Lachowicz. After three rounds of tournament competition, the Mayport Cruisers Team No. 1: Alexis Hubert, Rico Dodson, Jazmyin Simmons, Marisol Dodson were the Christmas Classic Champions.

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

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

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

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

plements and muscle growth. Meets at Gym weight room.

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

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

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

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

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Jan. 10: BCS Championships. 8:30 p.m. at Beachside Community Center. Watch the game on the big screen. Free Refreshments and T-shirts. Doors open at 7 p.m. 270-7197
Jan. 11: Celebration 5K Run/3K Walk. 8:10 a.m. in front of the gym. Free t-shirts for participants. 270-5452
Jan. 12: Military Appreciation Day every

MWR HAPPENINGS

Wednesday at Windy Harbor Golf Club. 18 Holes and a Cart Only \$15. Offer open to DOD, active duty, retired, and military dependents (Must provide proper ID)
Jan. 12: All Hands Steak Night. 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Purchase tickets in advance; limited tickets available at the door. For ticket information, call SHCM Watson at 270-7178.
Jan. 13: All-Khaki Gaming Night. 6 p.m. every Thursday

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.

Jan. 7: Dinner Trip to Carribee Key Island Grille. Van departs Planet Mayport at 6 p.m.
Jan. 8: Cosmic Ice Skating. Van departs Planet Mayport at 6 p.m. Cost is \$5.

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

Jan. 10: BCS Championships. 8:30 p.m. at Beachside Community Center. Watch the game on the big screen. Free Refreshments and T-shirts. Doors open at 7 p.m. 270-7197.
Jan. 12: Military Appreciation Day every Wednesday at Windy Harbor

Jan. 7: Just Dance Video Game and Music Night. 7 p.m. at the Teen Center. 270-5680
Jan. 12: All Hands Steak Night. 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Purchase tickets in advance; limited tickets available at the door. For ticket information, call SHCM Watson at 270-7178.
Jan. 14: Movie Night PJ Party. 7-11 p.m. at the Youth Center. Cost is \$7 in advance or \$9 day-of, space permitting. 270-5680
Jan. 14: Teen Cosmic

LIBERTY CALL

Golf Club. 18 Holes and a Cart Only \$15. Offer open to DOD, active duty, retired, and military dependents (Must provide proper ID)
Jan. 12: All Hands Steak Night. 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Purchase tickets in advance; limited tickets available at the door. For ticket information, call SHCM Watson at 270-7178.
Jan. 14: Movie Trip: The Green Hornet. Van departs Planet Mayport at 5 p.m. Cost is \$5.
Jan. 14: Paul Lundgren Band. 9 p.m. Live at Castaways. FREE. 270-7205
Jan. 15: Paintball. Van departs Planet Mayport at 9 a.m. Cost \$5 (includes paintballs, gear and transportation)

Jan. 16: Winter Bowling and Band Bash, featuring Jacksonville's own Big Engine. 8-11 p.m. at Mayport Bowling Center. Enjoy bowling, food, soda and a show for only \$12 (food and show only option \$8). 270-5377
Jan. 17: Martin Luther King Holiday Bowling Special. 11 a.m.-5 p.m. at Mayport Bowling Center. 2 hours of extreme bowling, shoes, 1/4 lb. burger or hot dog with fries and a soda for only \$10 (non-food option \$8). 270-5377
Jan. 21: Dinner Trip to Mimi's Sports Grill. Van departs Planet Mayport 6 p.m.
Jan. 22: Ringling Bros, Barnum & Bailey Trip. Van Departs Planet Mayport at 6:15 p.m. FREE
Jan. 23: St Augustine

KID ZONE

Bowling. 7:30-10:30 p.m. Cost is \$8 and includes shoes and 2 hours of bowling. Advanced sign-up and permission slip required. Minimum 16 years of age. 270-5680
Jan. 25: Free Parent Program: Financial Aid. 6:30 p.m. at building 1. Presented by the School Liaison Officer, Judy Cromartie.

(904) 270-NAVY x1305
Jan. 26: All Hands Seafood Boil. 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Purchase tickets in advance; limited tickets available at the door. For ticket information, call SHCM Watson at 270-7178.
Jan. 26: Teen Winter Dance. 7-11 p.m. at the Teen Center.

at Foc'sle CPO Club with 40-cent wings, drink specials and all-you-can-drink soft drinks for \$1. 270-5431
Jan. 14: Paul Lundgren Band. 9 p.m. Live at Castaways. FREE. 270-7205
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for only \$12 (food and show only option \$8). 270-5377
Jan. 17: Martin Luther King Holiday Bowling Special. 11 a.m.-5 p.m. at Mayport Bowling Center. 2 hours of extreme bowling, shoes, 1/4 lb. burger or hot dog with fries and a soda for only \$10 (non-food option \$8). 270-5377

Jan. 25: Free Parent Program: Financial Aid. 6:30 p.m. at building 1. Presented by the School Liaison Officer, Judy Cromartie. (904) 270-NAVY x1305
Jan. 26: All Hands Seafood Boil. 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Call Watson at 270-7178.

Day Trip. Van departs Planet Mayport at 10 a.m. FREE
Jan. 24: Liberty Committee Meeting. 3:30-4 p.m. at Planet Mayport. Come help decide what happens with your Liberty Program.
Jan. 26: Pool Tournament Finals. 6 p.m. at Planet Mayport.
Jan. 26: All Hands Seafood Boil. 4-7 p.m. at Foc'sle CPO Club. Cost is \$10 per person. Purchase tickets in advance; limited tickets available at the door. For ticket information, call SHCM Watson at 270-7178.
Jan. 27: Texas Hold'em Tournament. 6 p.m. at Planet Mayport.



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Jack's Pack Goes To Game



Above, Jacksonville Jaguars Coach Jack Del Rio stands with members of his "Jack's Pack," a group of students from Naval Station Mayport. The Jack Del Rio Foundation has sponsored 25 students whose parents are stationed at Naval Station Mayport to participate in education and sports-related activities for the past several weeks. The program culminated with a chance to go on the field during pre-game activities and watch the Jaguars play the Washington Redskins on Dec. 26. Right, Jacksonville Jaguars kicker Jack Scobee signs autographs before the game.

-Photos by ET1(SW/AW) Marty Parsons

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Jaguars Tour USS Gettysburg



-Photo by MC2 Sunday Williams
 Jacksonville Jaguar players Michael Hamlin, Kyle Bosworth and Don Carey listen to Sonar Technician (Surface) 1st Class (SW/SS) Jeremy Fuller as he explains sonar control during their tour aboard USS Gettysburg (CG-64). The players, along with Roar cheerleaders Caroline Petty, Kelli Schaible, Cara Cosmato and Cherise Edwards and three other Jaguar representatives, attended the tour.



-Photo by MC2 Sunday Williams
 Three Jaguar players and four of their Roar cheerleaders exit the USS Gettysburg (CG-64) after a tour of the ship. The Jaguars visited the ship as a way to say thank you to the Sailors for their service.

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Photo Courtesy of Dept. of Defense

FFSC Classes, Workshops Available In January

From FFSC

The following classes and activities are offered by the Fleet and Family Support Center (FFSC) and are free of charge. For more information about the classes or to register call 270-6600, ext. 1701. FFSC is located in Building One on Massey.

Jan. 6, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

Jan. 6, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC Room 702

Jan. 10, 9-11:00 a.m., **What About the Kids?** FFSC Room 719

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

Jan. 10, 1-3:00 p.m., **FERP-Starting your own Business** FFSC Room 702

Jan. 10-13, 8-4:00 p.m., **TAP Retiree Workshop** BLDG 1, Room 1616

Designed for Military personnel within 180 -90 days of leaving the military. The

seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed to the civilian job market and how to successfully compete in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

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

Jan. 11, 9-11:00 a.m., **Parenting Class (6 Sessions)** (Jan. 11, 18, Feb. 1, 8, 15, 22) FFAS Room 702

The program is based on Dr. Michael Popkin, PH.D ACTIVE PARENTING NOW 6 classes. This program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as some of the challenges that are faced by all families include:

- understanding yourself and your child,
 - the four goals of misbehavior, building courage and character in your child,
 - encouraging and listening to your child,
 - helping children cooperate, discipline that makes sense,
- Each week a different topic is thoroughly covered via discussion, video vignettes, and hand-book information. Participation in all 6 sessions is required.

Jan. 12, 9-11:00 a.m., **Credit Management**, FFSC Room 702

Jan. 12, 9-noon, **Tottle Tyme Playgroup**, USO

Jan. 12, 9-10:30 a.m., **Sponsor Training**, FFSC Room 719

Sponsors play a critical role in retaining newcomers and increasing overall productivity

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

Jan. 13, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

Jan. 13, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC Room 702

Jan. 13, 8-11:00 a.m., **Anger Management**, BLDG 1, Room 1616

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.

Jan. 18, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

Jan. 19, 9-11:00 a.m., **Car Buying Seminar**, FFSC Room 702

Jan. 19, 9-noon, **Tottle Tyme Playgroup**, USO

Jan. 20, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

Jan. 20, 8-12:00 p.m., **FAP Key Personnel Training** BLDG 1, Room 1124

Jan. 20, 1-3:00 p.m., **PFM Forum** BLDG 1, Room 1616

Jan. 20, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC

Give Blood, Save Lives



-Photo by MC1 Leah Stiles
Collection Technician Serena Rogers draws blood from Operations Specialist 2nd Class Shantae Poole during a blood drive given by American Red Cross at Naval Station Mayport.

Room 702

Jan. 22, 7:30p.m., **Individual Augmentee (IA) Family Outing at the Circus** Memorial Arena

Jan. 24-25, 8-4:00 p.m., **Ombudsman Basic Training**, FFSC Room 702

Jan. 24-27, 8-4:00 p.m., **TAP Retiree Workshop** BLDG 1, Room 1616

Designed for Military personnel within 180 -90 days of leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed to the civilian job market and how to success-

fully compete in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

Jan. 25, 9-11:00 a.m., **Resume Walk-In Review**, FFSC Room 701

Jan. 25, 8:30-2:00 p.m., **Military Spouse 101**, FFSC Room 607

The Fleet and Family Support Center offers this class to military spouses new to the area, and those new to the military way of life. Guest speakers from the mili-

tary and civilian communities will present useful information to help you have a pleasant tour here at Naval Station Mayport.

Jan. 25, 7:30-4:30 p.m., **SAPR Command Liason Training**, FFSC Room 719

Jan. 26, 8:30-4:00 p.m., **SAPR POC & DCC** BLDG 1, Room 1616

Jan. 26, 9-noon, **Tottle Tyme Playgroup**, USO

Jan. 27, 1:30-3 p.m., **Conflict Resolution For Women**, FFSC Room 702

Jan. 27, 4:30-6:30 p.m., **Banking and Financial Services** BLDG 1, Room 1616

Jan. 31, 8:30-noon, **FERP-Career & Job Readiness Class**, FFSC Room 702

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Keep Warm By Heating Your Home Safely

From NS Mayport Fire & Emergency

There has been a decline in home heating fires over the years, but heating fires are still the leading cause of home fires and home fire deaths.

One out of every six home fires is due to heating equipment. Heating equipment causes more than 62,000 home fires, 670 deaths, and 1,550 injuries annually along with more than \$900 million in property damage.

Due to the economy, people will use more dangerous ways to heat their homes in order to cut costs. Research shows that space heaters account for one-third of home related heating fires and three-fourths of home



-Photo submitted
A house fire shows how easily a toasty home can turn into a raging inferno.

heating fire deaths. People place space heaters too close to items that can easily burn, and are unfamiliar with how to use space heaters properly. People may also more on fireplaces and woodstoves.

Individuals need to take adequate precautions to make sure that they are using heating devices properly and safely. Fireplaces need to be inspected and cleaned annually prior to being used for the first time. Chimneys and chimney connectors accounted for the largest share of home heating fires and that "failure to clean" accounted for two-thirds of those fires.

Another concern is deal-

ing with the dangers of carbon monoxide poisoning from devices that are not vented properly or vents blocked by snow, leaves or other types of debris. Unsafe levels of carbon monoxide gas can build up in homes and kill if devices are not vented correctly. Remember: carbon monoxide is odorless, colorless, tasteless and deadly in confined spaces.

At NS Mayport outdoor propane heaters are utilized by some commands. These units are more than six feet tall and operate off of a 20-pound propane cylinder. These heaters are for outdoor use only and prohibited from indoor use.

When operating them outdoors, follow manufactures directions for use. Before operating them for the first time, assure that all connections are in good working order, the propane tank hose connection is free of leaks and pliable.

Operate propane heaters only on firm, level surfaces to maintain the device's stability. Keep a minimum of three feet circumference from combustible items and debris including buildings and vehicles when propane heaters are operating.

For information, contact the Fire Prevention Office at 270-7440 ext. 1318, ext. 1317, ext. 1404 or ext. 1421.

Preventing Terrorist Attack How Can You Help?

From NS Mayport Security

This is a message that bears repeating, no matter where you live in the world: Your assistance is needed in preventing terrorist acts.

It's a fact that certain kinds of activities can indicate terrorist plans that are in the works, especially when they occur at or near high profile sites or places where large numbers of people gather—like government buildings, military facilities, utilities, bus or train stations, and major

public events. If you see or know about suspicious activities like the ones listed below, please report them immediately to the proper authorities. In the United States, that means your local police department or closest Joint Terrorism Task Force, located in an FBI Field Office. In other countries, that means your installation's Security Department or the host nation's law enforcement/counterterrorism agency.

Surveillance: Are you aware

of anyone video recording or monitoring activities, taking notes, using cameras, maps, binoculars, etc., near key facilities/events?

Suspicious Questioning: Are you aware of anyone attempting to gain information in person, by phone, mail, email, etc., regarding a key facility or people who work there?

Tests of Security: Are you aware of any attempts to penetrate or test physical security or procedures at a key facility/

event?

Acquiring Supplies: Are you aware of anyone attempting to improperly acquire explosives, weapons, ammunition, dangerous chemicals, uniforms, badges, flight manuals, access cards or identification for a key facility/event or to legally obtain items under suspicious circumstances that could be used in a terrorist attack?

Suspicious Persons: Are you aware of anyone who does not appear to belong in the work-

place, neighborhood, business establishment or near a key facility/event?

"Dry Runs": Have you observed any behavior that appears to be preparation for a terrorist act, such as mapping out routes, playing out scenarios with other people, monitoring key facilities/events, timing traffic lights or traffic flow, or other suspicious activities?

Deploying Assets: Have you observed abandoned vehicles, stockpiling of suspicious mate-

rials, or persons being deployed near a key facility/event?

If you answered yes to any of the above...if you have observed any suspicious activity that may relate to terrorism...again, please contact Base Security, Local Law Enforcement or the Joint Terrorism Task Force/counterterrorism agency closest to you immediately. Your tip could save the lives of innocent people, just like you and your family.

Navy Seeks Comments On Recent Household Goods Move

From Commander, Fleet & Industrial Supply Centers (COMFISCS) Public Affairs

Commander, Fleet and Industrial Supply Centers (COMFISCS) announced that customers who have recently moved on permanent change of station (PCS) orders are being asked to complete a customer satisfaction survey (CSS) to ensure the quality of future moves. The household goods

program manager asks customers to think of this an opportunity to present the government and industry organizations involved in recent moves with a scorecard or grade report.

"Whether this move was their best move ever, just average, or their worst, we encourage all our customers to complete the short 12-question survey to ensure Navy leadership is aware of how their move went,"

said Deborah McGlennon, COMFISCS household goods program manager.

The survey will arrive by e-mail between seven and 21 days following delivery of a service member's personal property. Customers can also select the Personal Property/POV link at www.SDDC.army.mil to access the survey; or they may contact their local personal property office for assis-

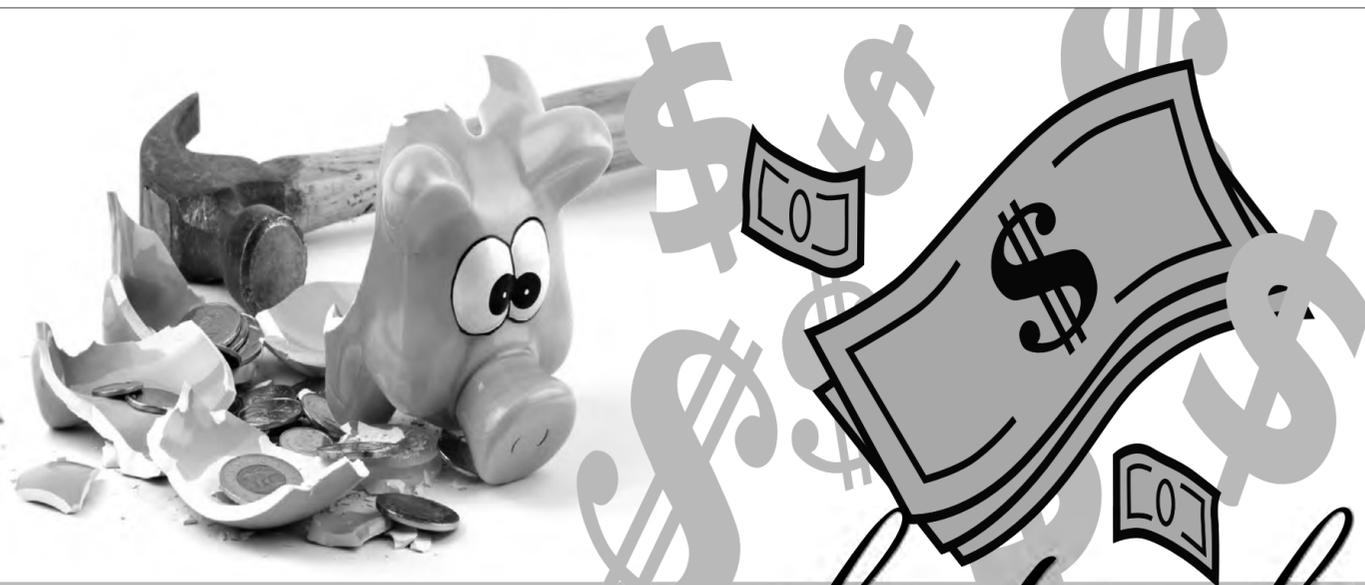
tance. The results are used in two ways. First, the military services use the results to determine how well the origin and destination personal property offices did in assisting customers. Additionally, the ratings on how well the commercial moving companies performed determine how much business they will get from the Department of Defense in the future.

COMFISCS provides an

array of integrated global logistics and contracting services to Navy and Joint operational units across all warfare enterprises.

COMFISCS is responsible for facilitating best business practices and efficiencies across the seven Fleet Industrial Supply Centers headquartered in San Diego, Calif.; Norfolk, Va.; Jacksonville, Fla.; Yokosuka, Japan; Pearl

Harbor, Hawaii; Bremerton (Puget Sound), Wash.; and Sigonella, Italy; and for optimizing the performance of base supply functions and standardizing levels of service across 11 regions and 70 Navy installations. Comprised of more than 6,200 military and civilian logistics professionals, contractors and foreign nationals, COMFISCS operates as a single cohesive team.



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NPC Launches New Records Review Tool

From Navy Personnel Command Public Affairs Office

NAVADMIN 398/10, released Dec. 15, announces that command leaders can now view their service members' Official Military Personnel File (OMPF) with OMPF-Command View, a new tool launched on BUPERS Online (BOL) by Navy Personnel Command (NPC).

According to Kathy Wardlaw, NPC records management and benefits division director, 83 percent of paper enlisted field service records have already been closed out, and OMPF-Command View fulfills the need for commands to review those records electronically.

"OMPF-Command View offers those with a need to



know secure access to service record documents not contained in the Electronic Service Record (ESR), such as enlistment documents, performance evaluations, DD 214 discharge certificates and others," Wardlaw said. "While much of the data itself is contained in ESR, OMPF-Command View combined with ESR Command View, gives command leaders the tools needed to review a Sailor's information found in the old field service record of both officers and enlisted."

"In the past, the paper ser-

vice records had to be pulled from the personnel department records vault in order to review them," said Chief Personnel Specialist Carol T. Fister, NPC records management policy branch senior enlisted advisor. "The OMPF and ESR Command View applications together make service record review more secure and convenient. Sailors' records can now be accessed and viewed online.

"Personnel data is secure with both command view tools," Fister said. "Not just anyone can look at a Sailor's

records. Access is limited to those with a legitimate need to view the Sailors' records and the command controls who has access."

Command leadership will have immediate access to OMPF-Command View. The command will also be responsible for delegating user access to others in the command, such as the Command Career Counselor.

Personnel and customer support detachments and other commands without a typical command structure will need to request access to OMPF-Command View.

The OMPF user guide, which outlines the request process, is posted on the NPC website at

www.npc.navy.mil/careerinfo/recordsmanagement/ompf_cmdv.htm.

OMPF-Command View is accessible via BUPERS Online at <https://www.bol.navy.mil>.

Questions from the fleet about OMPF-Command View can be addressed by the NPC Customer Service Center toll-free at (866) 827-5672.

ESR Command View, which has been available for more than four years now, gives command leadership secure online access to personnel data in the ESR in a manner similar to OMPF-Command View.

"ESR Command View is a popular and successful tool for commands," said Art Tate, Navy Standard Integrated

Personnel System (NSIPS)/ESR implementation manager. "With ESR Command View, leadership can review items in their Sailors' ESR such as Page 2 dependency data, emergency contact information, professional history, training, education, qualifications and much more."

ESR Command View can be accessed online through NSIPS at <https://nsips.nmci.navy.mil>.

Questions regarding ESR Command View can be answered by calling the NSIPS help desk toll-free at (877) 589-5991 or e-mail nsiphelpdesk@navy.mil.

Re-Enlistment Rules Benefit Fleet, Readiness

By MC1(AW) LaTunya Howard

Navy Personnel Command Public Affairs Office

Two new algorithms were developed for the Perform-to-Serve/Fleet Rating Identification Engine (PTS/Fleet RIDE) system and activated Oct. 1, to better identify top-performing Sailors.

The new algorithms benefit Sailors by including factors that distinguish them from their peers.

"These algorithms were built from fleet input," said Joe Kelly, PTS program manager. "One is specifically for in-rate applications, and the other is for rating-conversion requests.

Both algorithms were created with specific factors that better align the application with the Sailor's desires."

The algorithm ranks Sailors using the following performance indicators in order of priority:

- Highest Pay Grade – Senior pay grades will rank highest in the system.

- Selected-Not Yet Advanced – Frocked Sailors rank higher than those not yet picked for advancement.

- Average Ranking of Five Most Recent Evaluations – Early Promote, Must Promote, and Promotable have numeric values of 5, 4, and 3, respec-

tively. This is used instead of calculating trait averages.

- Critical Navy Enlisted Classification (NEC) – Critical NECs rank higher than non-critical NECs (The conversion algorithm substitutes Fleet RIDE scores for critical NECs).

- Fleet RIDE/Rank Score – Provides an indicator of potential success in the rating requested; largely based on a Sailor's ASVAB score (This applies to a conversion algorithm only).

- Physical Fitness Assessment (PFA) Results – PFAs are calculated based on the number of failures within the past four-year period. Only physically

ready Sailors can reenlist.

- Proximity to End-of-Obligated-Service (EAOS) – Sailors closer to their EAOS rank higher in PTS. This indicator would be the tie-breaker between otherwise equally qualified Sailors.

The new PTS/Fleet RIDE system includes the enlisted community managers (ECM) in the selection process by giving them the ability to review the algorithm results for content and accuracy. The Head ECM can then review all approved and denied quotas, forwarded from the ECMs, to ensure their list complies with end-strength goals set forth by the chief of

naval personnel, resulting in better program oversight and management.

Another improvement in PTS is the shift to year group management, vice zones.

"Year group management is advantageous for several reasons," said Capt. Hank Roux, head enlisted community manager. "It now compares Sailors with their contemporaries, Sailors who are in the same rating and entered the Navy in the same fiscal year. The pre-October legacy system compared those at extreme ends of each zone against each other."

For example, a hospital corpsman with four years of

service no longer has to compete against a corpsman with six years.

"We are constantly reviewing our processes to develop modifications that will provide the fleet with the best system to evaluate our Sailors for continued service," said Mike Dawson, enlisted community manager deputy.

For more PTS/Fleet RIDE algorithm information, read NAVADMIN 352/10 or contact the Navy Personnel Command Customer Service Center at 1-866-U-ASK-NPC or via e-mail at CSCMailbox@navy.mil.

Navy Steps Up Protection Of Sailor Information

From Navy Personnel Command Public Affairs

To comply with a Nov. 23 Department of Defense directive aimed at protecting Sailors' personal information, Navy Personnel Command (NPC) will change the method for posting official messages containing partial social security numbers (SSN) on its public website.

"All messages to be reviewed were pulled from the Web in December (2010), and NAVADMINS from 2009 and 2010 were scrubbed of personally identifiable information (PII)," said NPC Webmaster Don Koehler. "We reposted

the recent ones to the 'NPC Messages Page' after the partial SSNs were removed."

According to Koehler, messages from 2008 and earlier that contain PII are not being reposted. These include selection and promotion messages dating back to 2000 that contain partial SSNs and had been available online for many years.

Visitors to the public website, www.npc.navy.mil, attempting to open these messages will receive the following response: "The message you have requested has been removed due to a Nov. 23 OSD (Office of the Secretary of Defense) directive prohibiting

the posting of the last four digits of a person's social security number on public facing websites (OSD 13798-10)."

"This change is a safeguard directed by the Office of the Secretary of Defense in directive 13798-10," said Koehler. "Specifically the OSD ordered that '(Social Security Numbers) shall not be posted, in whole or in part, on any public-facing and/or open government website in any form.'"

Beginning in 2011, selection and promotion messages will be posted without partial SSNs. Given that there is the potential for service members with the same name to be up for

the same selection or promotion board, Sailors may go to BUPERS Online to check their personal selection or promotion status.

Access the "NPC Messages

Page" at <http://www.npc.navy.mil/ReferenceLibrary/Messages>.

To access pre-2009 messages that have been removed for PII, or for other questions

about this change, call the NPC Customer Service Center at 1-866-U-ASK-NPC (866-827-5672).

Navy Workforce Programs Gain National Recognition

From Chief of Naval Personnel Public Affairs

Competing against Fortune 500 companies, the U.S. Navy earned 15 national awards in 2010 for workforce management, training, diversity and life-work balance.

Representing a significant increase in the second year of efforts to showcase the Navy as an employer of choice, this year's award winners come from both large and small commands, as well as units in the United States and overseas.

"These awards confirm something I have known throughout my service - that our Navy is dedicated to improving the lives of our Sailors," said Vice Adm. Mark Ferguson, chief of naval personnel. "The commands and programs receiving these awards highlight a small fraction of the policies and programs Navy employs to attract, train and retain the nation's best and brightest."

Fiscal year 2010 began with the Navy winning Workforce Management Magazine's Optimas Award in "General Excellence." As the first in the Department of Defense and the second government agency to win the award in 19 years, the Navy joined past winners such as Google, Hewlett-Packard and AT&T. By providing competitive pay, flexible career options and innovative programs such as Credentialing Opportunities Online and assignment incentive pay, the Navy has established itself as a leader in workforce management.

In the area of training, the Navy took home eight separate awards in 2010, including entering Training Magazine's "Top 125" list at number 17, the second highest initial entry in that award's history. Some of the Navy training programs nationally recognized in 2010 include Professional Apprenticeship Career Tracks, Voluntary Education and Language Skills, Regional Expertise and Cultural Awareness. Each of these programs represent Navy's goal of providing Sailors with the training and skills needed to be successful during their military careers and beyond.

"Education and training opportunities are some of the most important factors Sailors take into account when deciding to join the Navy," explained Mr. Scott Lutterloh, director, Training and Education Division. "Our goal is to provide the best and most flexible opportunities for our workforce to gain the expertise needed to prepare them for the challenges of today and tomorrow."

The Navy was also honored in 2010 as an organization that is dedicated to diversity. Diversity Inc. Magazine recognized the Navy in March 2010 as a top federal agency for excellence in leadership commitment, human capital, communications and diversity.

Also in March 2010, the Association of Diversity Councils selected the Navy as the eighth Best Diversity Council in the United States. In April 2010, Diversity/Careers in Engineering and Information Technology Magazine described the Navy as a forward looking company that values and supports diversity in the technical workforce. Finally, in May 2010 BDPA.com and WorkplaceDiversity.com declared Navy was one of 14 companies excelling in community outreach, diversity recruiting programs and for promoting significant numbers of African Americans into the information technology management ranks.

"The awards reflect Navy's goal of providing the fleet with the best training, flexible work environments and a talented and diverse workforce. Looking to the future, we must continue to excel in these areas in order to be an employer of choice and compete with the civilian market for the nation's best talent," said Ferguson.

For more information on Navy's "Top 50" awards program, visit <http://www.npc.navy.mil/AboutUs/BUPERS/Top50/>.



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Defense.gov Names Top Stories Of 2010

By Navy Lt. Jennifer Cragg
Emerging Media, Defense Media Activity

In 2010, Defense.gov published nearly 3,000 stories ranging from TRICARE health care benefits to the status of gays serving openly in the military to the Defense Department budget. The top 10 stories most viewed on Defense.gov may surprise you.

The top 10 stories most viewed on Defense.gov this year are:

10. "Pentagon Changes Don't Ask, Don't Tell Enforcement," posted March 25, further explains Defense Secretary Robert M. Gates' announcement regarding changes to the Pentagon's regulation on gays serving openly in the military.

9. "Obama to Award Medal of Honor to Afghan War Vet," posted Sept. 10, highlights the significance of this award. The Medal of Honor would be bestowed for the first time to a living veteran of the wars in Iraq or Afghanistan. Army Staff Sgt. Salvatore Giunta received a phone call from President Barack Obama Sept. 9, thanking him for his service. Obama informed the infantryman that he would receive the nation's highest award for his service and extraordinary bravery in battle.

The event occurred Oct. 25, 2007, in eastern Afghanistan's Korengal Valley. Giunta was a specialist at the time and rifle team leader. He served in Company B, 2nd Battalion, 503rd Airborne Infantry Regiment, 173rd Airborne

Brigade Combat Team, based out of Vicenza, Italy.

8. The Defense.gov story, "Wikileaks Has Yet to Contact 'Competent Authorities,'" posted Aug. 18, provides an update on the website that published tens of thousands of classified documents.

7. "Legislation Extends Special Stop-Loss Pay Deadline," posted on Oct. 1, references Obama's signed legislation extending the Retroactive Stop-Loss Special Pay deadline.

6. "TRICARE Meets Health Care Bill's Standards, Gates Says," posted March 22, explained how the health-care reform bill that the House of Representatives passed meets the military standards of health care. Calling their health and well-being his highest priority, Defense Secretary Robert M. Gates reassured servicemembers and their families that the legislation wouldn't have a negative effect on Tricare, which "already meets the bill's quality and minimum benefit standards."

5. The Defense.gov story "Obama Reaches out to Veterans 'You Earned It,'" posted on Sept. 15, featured Obama's message encouraging servicemembers and veterans who were involuntarily retained in the military under the so-called "stop loss" program to get the retroactive pay they deserve.

4. "Researchers Examine Video Game Benefits," posted Jan. 25, examined research

under way by the Office of Naval Research that indicates video games can help adults process information faster and improve their fundamental abilities to reason and solve problems in novel contexts.

It once was widely believed that after the age of 20, most humans had achieved their brain cell capacity, and that new brain cells were acquired at the expense of existing ones. But conventional beliefs about brain plasticity and aging are changing.

3. "'Don't Ask, Don't Tell' Online Box Goes Live," posted May 5, explains a new online inbox that enables servicemembers and their families to comment anonymously about the impact of a possible repeal of the law that bans gays and lesbians from serving openly in the military.

2. The Defense.gov story "Gates Puts Meat on Bones of Department Efficiencies Initiative," posted Aug. 9, highlighted Gates' effort to put meat on the bones of his initiative to reform the way the Pentagon does business and to eliminate duplicative, unnecessary overhead costs.

1. The Defense.gov story "Gates, Mullen Urge Participation in Survey," posted July 8, highlighted the importance of getting the opinions of those who would be most affected by a possible repeal of the so-called don't ask, don't tell law. Gates urged servicemembers to provide their input.

Involuntary Separation Pay Not Authorized For PFT Failures

From Chief of Naval Personnel Public Affairs

To comply with DOD-wide policy, members separated from the Navy after Jan. 1 solely for failing the physical fitness test (PFT) portion of the physical fitness assessment (PFA) will not be authorized involuntary separation pay, according to a NAVADMIN released Dec. 29.

Policy for involuntary separations before Jan. 1 did not distinguish between separations for failing the PFT and separations relating to weight control.

Members separated for failing the body composition assessment (BCA) in any of three PFA failures may receive one-half involuntary separation pay as long as they are eligible for such pay in all other respects, including the requirement, if qualified, to serve in either the selected reserve or individual ready reserve.

Members who have been involved in misconduct or who are not performing satisfactorily must be separated for those reasons, not for weight control.

To read NAVADMIN 420/10, visit <http://www.npc.navy.mil/ReferenceLibrary/Messages/>

LDO, CWO Under Review

From Commander, Navy Personnel Command Public Affairs

In an effort to ensure the right specialists are in the right place, the Bureau of Naval Personnel (BUPERS) announced Dec. 29 that it has been conducting a review of its technical leadership since August and will brief Navy leadership in early January 2011. The Navy's limited duty officer (LDO) and chief warrant officer (CWO) communities are being evaluated so that the right technical specialists are doing technical leadership jobs, said Capt. John Jones, LDO/CWO community manager at BUPERS.

"We want to make sure that we have the right balance within our pay-grade structure to allow the opportunity for upward mobility without bottlenecks or even a lack of opportunity at a particular pay grade," said Jones. "Correcting our structure will ensure better opportunities for advancement, manage expectations and improve opportunity for many designators – particularly CWOs."

The chief of naval personnel ordered the review of both LDO and CWO designators and billets. "The assumption is that all of the billets reviewed are valid work, so what we have done is identify very small designators where the work is done by both LDOs and CWOs," said Jones. "Billets that look like division officer work were transferred from LDO to CWO. Billets that had significant senior positions were transferred from CWO to LDO."

Additionally, Jones explained that current senior LDOs and CWOs in positions that may transfer will be continued on active duty. "This 'aging of the workforce' will ensure the Navy gets the technical experts it needs in the future," said Jones.

LDOs and CWOs are technical leaders who are selected from the enlisted ranks based on merit, technical knowledge and sound leadership. LDOs are selected from E-6 to E-9 with eight to 16 years of service. Because they are more technically centered than LDOs,

CWOs are only selected

from E-7s and above with 12 to 22 years of service. Selection boards for both LDO and CWOs are held in January.

"I think most people, when first hearing of this review, thought that it was all doom and gloom," said Jones. "But the reality is that it's a necessary evolution that will leave us stronger."

"A big problem we had in the past is that we select the numbers we need by designator to keep a balanced entry into each technical field," said Jones. "Later on, we promote with everyone in one large pot and some designators with less sea duty are disadvantaged. We are evaluating a move toward promotion by designator to ensure we get the right balance at the senior level as well – this fits in well with the initiative to keep the communities viable and sustainable."

"The future is bright for the LDO/CWO community," said Jones. "This very necessary review, the largest since our collective inception in 1948, is long overdue."

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Out in Town

Thursday, Jan. 6

Fleet Reserve Association, Branch 290, will hold its monthly General Assembly meeting at 8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. All members and prospective members are invited to attend. The Fleet Reserve Association is a worldwide veteran's organization that represents nearly 165,000 active duty and retired Navy, Marine Corps and Coast Guard members. The FRA Branch 290 is called the "active duty branch" because of the number of active duty members. If you have served in any of the maritime service - Navy, Marine Corps or Coast Guard, no matter how long - stop by the Branch Home or call 246-6855 for more information. New members are always welcome.

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

Friday, Jan. 7

Fleet Reserve Association Branch 290 is hosting dinner from 5 - 8 p.m., at the Branch Home at 390 Mayport Rd. The menu will be Reuben Sandwich with French fries. A donation of \$6 is requested for each dinner. Carry out orders are accepted. The public is always

There will be a No Dough Dinner on Jan. 10 from 5-7 p.m.

USS Stephen W. Grovesand USS Robert G. Bradley family readiness groups will meet from 6:30-8:30 p.m. on Jan. 6.

USS Gettysburg family readiness group will meet on Jan. 11 from 6-9 p.m. and USS Farragut family readiness group will meet from 6:30-7:30 p.m.

USS Simpson family readiness group will meet from 6:30-9 p.m. on Jan. 13.

HSL-48 family readiness group will meet from 6-8 p.m. on Jan. 17.

USS The Sullivans family readiness group will meet from 5:30-8:30 p.m. on Jan. 18.

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

COMMUNITY CALENDAR

invited to dinner. Starting at 9 p.m., the music of Doug Bracey will entertain until 1 a.m. Please call 246-6855 for more information or to place an order.

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.

Fleet Reserve Association Branch 290 is hosting dinner from 5 - 8 p.m., at the Branch Home at 390 Mayport Rd. The menu will be Chili with a grilled sandwich. A donation of \$6 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9:00 pm, the music of Doug Bracey will entertain until 1 a.m. Please call 246-6855 for more information or to place an order.

Sunday, Jan. 9

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

ed. As always, the public is invited.

Tuesday, Jan. 11

Fleet Reserve Association, Branch 290, will host Dinner from 5 to 8 p.m. The menu this week will be Chicken Alfredo. A donation of \$6 is requested for each dinner. Carry-out orders are accepted. As always, the public is invited to attend. Please call 246-6855 for more information or to place an order.

Wednesday, Jan. 12

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.

Thursday, Jan. 13

Fleet Reserve Association, Branch 290, will host Dinner from 5 to 8 p.m. The menu this week will be Fried Shrimp. A donation of \$8 is requested for each dinner. Carry-out orders are accepted. As always, the public is invited to attend. Please call 246-6855 for more information or to place an order.

Friday, Jan. 14

Fleet Reserve Association Branch 290 is hosting dinner from 5 - 8 p.m., at the Branch Home at 390 Mayport Rd. The menu will be Meatloaf

with sides. A donation of \$6 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m., the music of Doug Bracey will entertain until 1 a.m. Please call 246-6855 for more information or to place an order.

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 undeveloped beach habitat, including many interesting facts about sea creatures and common shells found in the area. The program will take place at pavilion one on Little Talbot Island.

Fleet Reserve Association Branch 290 is hosting dinner from 5 - 8 p.m., at the Branch Home at 390 Mayport Rd. The menu will be Taco Salad with Spanish Rice and refried beans. A donation of \$6 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m., the music of Doug Bracey will entertain until 1 a.m. Please call 246-6855 for more information or to place an order.

Sunday, Jan. 16

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

Monday, Jan. 17

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

Saturday, Jan. 22

Join a park ranger at 2 p.m. and discover the importance of estuarine systems that surround the inshore sides of barrier islands like those of the Talbot Islands State Parks complex. This ranger-guided hike along the salt marsh will help point out why these areas are one of the most productive ecosystems on Earth, the many roles the salt marsh plays, the plant and animal life found in this natural community, and the impacts humans have on this system. This program will take place at the Ribault Club on Fort George Island Cultural State Park.

Saturday, Jan. 29

Join a park ranger at 2 p.m. to learn about the many common

species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion one on Little Talbot Island.

Saturday, Feb. 5

Join a park ranger at 2 p.m. for a presentation and leisurely guided hike through different Florida ecosystems on a quest to characterize tracks left by an assortment of critters. This program will take place at the Ribault Club on Fort George Island Cultural State Park.

Saturday, Feb. 12

Join a park ranger at 2 p.m. for a leisurely paced hike to discover the island's natural communities. Participants are encouraged to bring bug spray and bottled water. The program will meet at pavilion one on Little Talbot Island.

Saturday, Feb. 19

Join a park ranger at 2 p.m. for an introduction to the basics of hiking. Weather, wildlife tracking, trail safety and proper gear will all be discussed. This program will take place at the Ribault Club on Fort George Island Cultural State Park.

Saturday, Feb. 26

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.

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

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

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



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.

Your Greater Jacksonville Area USO is now on Facebook.

Honorably discharged veterans, active-duty service and reserve members will receive a 25 percent discount on the purchase of a Florida State Park annual pass. The discount provides a savings of \$15 on an individual annual pass and \$30 on a family annual pass, which allows up to eight people in a group to access most of Florida's 160 state parks. In addition, honorably discharged veterans who have service connected disabilities, and surviving spouses of military veterans who have fallen in combat, will receive a lifetime family annu-

al 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 serving abroad and their families to create 20-page personal photo books and ship them to any APO/FPO address for free. These full-color, customized photo books are small enough to fit in a soldier's cargo pockets yet can hold more than 60 photos of loved ones. RocketLife prints the books for free, and the USO pays for the shipping. To get started, visit <http://uso.myphotoproducts.com>.

The U.S. Department of Veterans Affairs has announced the launch of its new and improved online form, "Application for Health Benefits," which will make it easier and faster for veterans to apply for their health care

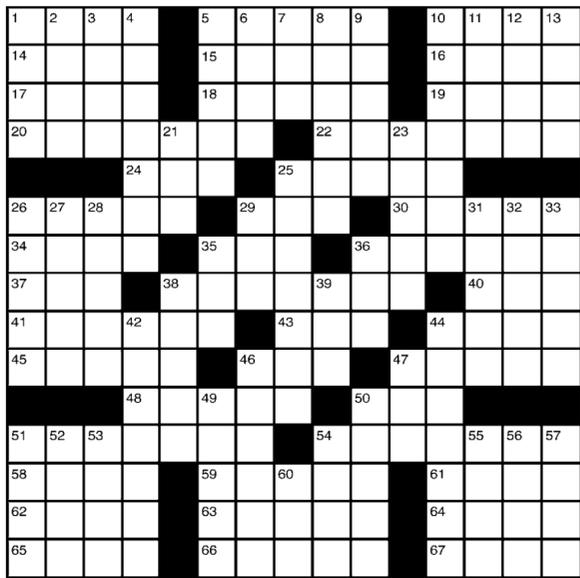
benefits. This revised online application form (10-10EZ) provides enhanced navigation features that make it easier and faster for veterans to use. The new version also allows veterans to save a copy of the completed form for their personal records. The most significant enhancement allows veterans to save their application to their local desktop and return to the application at any time without having to start over. Previously, veterans had to complete the form in a single session. This updated online form, along with the revised VA Form 10-10EZ, reduces the collection of information from veterans by eliminating some questions. In addition, there are minor changes to

simplify the wording of questions and provide clarity in the instructions. Further enhancements to the online application are expected to be delivered in increments throughout 2010. Veterans may complete or download the 10-10EZ form at the VA health eligibility website at <https://www.1010ez.med.va.gov/sec/vha/1010ez/>. Veterans may also contact the VA at 1 (877) 222-VETS (8387) or visit the VA health eligibility website at www.va.gov/healtheligibility.

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

THE Daily Commuter Puzzle by Jacqueline E. Mathews

- ACROSS**
- Canisters
 - Huge horned animal of Asia or Africa, for short
 - Fumbler's word
 - Aid a thief
 - Large sea duck
 - Scheme
 - Precious
 - Audibly
 - Soccer great
 - No longer existing
 - Small cafe
 - Large barrel
 - Brink
 - Nerd
 - Evergreen
 - Out of the way
 - Victories
 - Source of light and heat
 - Book used at Mass
 - Donkey
 - Segment
 - Most common conjunction
 - Corned beef sandwich
 - Upper limb
 - Filly trimming
 - Weirdo
 - Grow gray
 - More pleasant
 - Silly as a ___
 - Tiny amount
 - National songs
 - Became soft and juicy, as fruit
 - Nourishment
 - Enthusiastic
 - Ill-mannered
 - ___ and the King of Siam"
 - "Jack and the Beanstalk" villain
 - Related
 - Rex or Donna
 - Substance made of blended metals
 - "Why don't we!"



THIS WEEKS ANSWERS

- DOWN**
- Commanded
 - Mountain goat
 - Orderly
 - Tries hard
 - Respond to a stimulus
 - To the ___; fully
 - Wedding words
 - "Spay and ___"; ASPCA advice
 - Mandate
 - Keep down; crush
 - Margarine
 - Explorer Marco
 - Wineglass part
 - Arrest
 - Once more
 - Antique
 - Sneezy or Doc
 - Smarter
 - Follow
 - Animal's coat
 - Sir ___ Newton
 - Hula or twist
 - Firstborn of 2
 - Male child
 - May honoree
- 38 Tea variety
39 Indignation
42 Iraq's capital
44 ___ arts; general college studies
46 Attack
47 Siesta
49 Fraternity letter
50 Soiled
- 51 In the distance
52 Zero
53 Muscle quality
54 City in Nevada
55 Cook in the microwave
56 Correct a text
57 Comfy rooms
60 "My ___ Sal"

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VA Seeks To Eliminate Claims Processing Backlog, Official Says

By Lisa Daniel

American Forces Press Service

The Veterans Affairs Department is on its way to eliminating its claims-processing backlog within four years, a senior VA official said Dec. 17.

Under the guidance of VA Secretary Eric K. Shinseki, VA will deem claims as "backlogged" if they take longer than 125 days to process, John Gingrich, the department's chief of staff, said during a confer-

ence call with reporters.

Today, the average claim takes 165 days to process, and department officials plan to drop that average to 80 to 90 days, he said.

The department has about 250,000 claims older than 125 days, Gingrich said. It has reduced the backlogged claims and plans to eliminate the logjam by 2015, he said.

"It's a huge leap, but we're going to get there," he said.

"Over the next couple months, [VA officials] will be able tell you how we'll get there."

The reduction has come even as claims are rising, mostly due to policy changes with regard to post-traumatic stress and Vietnam-era Agent Orange chemical exposure, Gingrich said.

More than 100,000 claims are filed with VA every month - about 14,000 each month for post-traumatic stress - resulting

in 1.2 million new claims filed this year, Gingrich said. The department received 974,000 claims in 2009, he added.

VA has 45 pilot programs in place to help reach its goal of meeting President Barack Obama's directive "to transform the VA into a 21st century, people-oriented department with established metrics and is forward-looking," Gingrich said.

"Our leadership is not looking at how things were, but how

things are going to be," he said. "I've watched this entire leadership chain say, 'How do we move forward?'"

Making that transformation requires a culture change in the department and a focus on accountability, smarter technology, re-engineered business processes and closer collaboration with stakeholders, Gingrich said. Increased budgets are helping the department make the necessary changes, he

noted.

"Not only are we working on culture, we're putting the resources behind it," he said. "The whole VA is behind it. We've got VA support, congressional support, and presidential support. We're going to make a dramatic change in VA processing in the coming years. With the secretary's help, we've turned a corner."

Help For TRICARE Families in Challenging Times

By Gabrielle Kirk

TRICARE Management Activity

Whether dealing with separation anxieties because of long-term deployments or child behavior issues because of frequent moves, military families regularly face unique challenges. Having a family member injured or even killed while serving can also add a lot of trauma within the family unit. The Department of Defense (DoD) has a wealth of programs aimed at supporting military families facing both ordinary and extraordinary stressors.

A parent's emotional problem or a child's behavioral problem can affect an entire family. Having an emotional or behavioral health condition or supporting a loved one's struggle is difficult. There are treatment options available through TRICARE to assist military families.

TRICARE covers family therapy for families facing emotional and or behavioral health challenges. Family therapy may involve all or some members

of a family and is used as part of treatment for a diagnosed behavioral health disorder. The family generally includes the spouse of the patient with the diagnosed behavioral health condition and his or her children. In the case of a child patient, it may include the parents, stepparents, guardians and siblings. Family therapy is intended to improve the functioning of the whole family.

Beneficiaries can see any TRICARE network provider for their first eight outpatient family therapy visits each benefit year (Oct. 1-Sept. 30) without prior authorization. TRICARE covers up to two outpatient therapy sessions each week for individual therapy, family therapy or a combination of the two. All visits beyond the first eight visits require authorization from their regional contractor. Learn more about finding a TRICARE network provider at www.tricare.mil/mentalhealth.

TRICARE beneficiaries also have access to counseling services at home. The TRICARE

Assistance Program (TRIAP) uses online video chat to access counseling services for eligible beneficiaries. TRIAP counseling is ideal for short-term adjustment to life issues including stress management, family difficulties, relationship issues and resolving communication problems.

Confidential TRIAP services are available without referral or prior authorization to active duty service members, their spouses of any age and family members 18 or older. Also, beneficiaries 18 or older who are enrolled in TRICARE Reserve Select and the Transition Assistance Management Program may use TRIAP. Learn how to access TRIAP at www.tricare.mil/triap.

Military OneSource is a free information and referral service available to active duty, National Guard and Reserve service members and their families at 800-342-9647 or www.militaryonesource.com. Military OneSource consultants can help service members

and their families with lifestyle issues from emotional to financial difficulties, fitness, education, work life and military life concerns. Military OneSource can also provide referrals to other appropriate DoD resources, including referrals for up to 12 sessions of short-term, confidential counseling. Military OneSource is intended to help with adjustment issues related to stress in daily life. It is not designed to address long-term issues such as child or spouse abuse, suicidal ideation and those diagnosed with mental health conditions. Service mem-

bers or family members who need long-term care are referred to a military treatment facility or TRICARE for services.

For younger beneficiaries and their families, Sesame Workshop's Talk, Listen, Connect program provides educational materials that aid discussion and understanding of the more difficult aspects of military life. Children ages 2 to 5, and their families who have experienced deployments, multiple separations or injuries may benefit from Talk, Listen, Connect. The videos and materials feature the familiar Sesame

Street characters and real-life stories of military families who have overcome challenges. The Talk, Listen, Connect materials are designed to help families understand and cope with challenges and learn to express their feelings and concerns. Visit www.sesameworkshop.org/tlc to watch Talk, Listen, Connect videos and access materials.

While most military families and children manage their lives successfully, those that don't can depend on TRICARE and other DoD programs to help get them through some of the most challenging times.

Emergency Dental Help With TRICARE

From TRICARE

While dental emergencies occur far less often than other health-related traumas, it is wise for TRICARE beneficiaries to be prepared and know their dental options.

Beneficiaries fit into one of three programs for care: the TRICARE Dental Program (TDP), the Active Duty Dental Program (ADDP) or the TRICARE Retiree Dental Program (TRDP).

TDP allows beneficiaries traveling within the 50 United States, the District of Columbia, Puerto Rico, Guam and the U.S. Virgin Islands to visit any participating network dentist for emergencies. Beneficiaries can find a participating dentist online or call United Concordia at 1-800-866-8499. If traveling outside the United States, beneficiaries can select a dentist using the Overseas Host Nation Provider Directory Search Tool (www.tricaredentalprogram.com/tdptws/enrollees/hnp/hnp_search.jsp). Beneficiaries may have to pay up-front for care and file a claim with United Concordia for reimbursement.

Active duty service members (ADSMs) should first seek emergency dental care at the nearest military dental clinic. If service members are traveling on leave or duty-related orders, they can get care without a referral. ADSMs can receive emergency treatment from any civilian dentist; however the recommendation is to get care from a network dentist as follow-up care with a non-network dentist is not authorized. ADSMs should contact United Concordia at 1-866-984-2337 to let them know about the treatment.

Retirees enrolled in the TRDP can visit any licensed dentist within the service area for treatment. Selecting a dentist from the dentist network saves money and the dentist will file the claims. If traveling overseas, beneficiaries should search a list of dentists and dental clinics in every country, provided through Delta Dental's international dentist referral service. For more information, contact Delta Dental, at 1-888-838-8737 or visit the website (www.trdp.org/).

Some tips TRICARE beneficiaries can use when dealing with dental emergencies include:

- Broken Tooth - Rinse mouth with warm water to clean the area surrounding the affected tooth. Apply a cold compress to reduce the swelling. See a dentist as soon as possible.
- Cut/Bitten Tongue or Lip - Clean the area with a cloth. Apply a cold compress to reduce the swelling. If the affected area continues to bleed or swell, the beneficiary should see a local emergency room physician immediately.
- Food/Objects Caught Between Teeth - Use dental floss to try gently removing the object. If this is not successful, the beneficiary should consult a dentist.
- Knocked-Out Tooth - Retrieve the tooth, if possible, and hold it by the crown. Do not try to clean the tooth or touch the root. If possible, place the tooth back in its socket. If not, place the tooth in a container of milk or water and immediately see a dentist. Baby teeth (primary teeth) should not be reinserted.
- Toothache - When experiencing a toothache, beneficiaries should rinse their mouth with warm water and check to make sure that food or other objects have not become lodged in the area surrounding the affected tooth. Also, be sure not to rub aspirin or painkillers on the area surrounding the toothache as this can result in a burn on the mouth. See a dentist as soon as possible.

For information on preparing a "dental emergency kit" go to www.tricaredentalprogram.com/tdpforms/DentalERKit.pdf.

For specific information about TRICARE dental coverage, visit www.tricare.mil/mybenefit/home/Dental/MyDentalCoverage.

ShipShape With Health Promotions

From Health Promotion by the Ocean

The next ShipShape class will start on Jan. 25.

The class is an eight-week-long weight management course that covers many topics related to nutrition and health. The class runs eight consecutive Tuesdays from 9 a.m.-11 a.m. It is open to active duty members, retirees, and dependents 17 years of age and older. Now is the time to be at a healthy weight for your long term good health. Call 270-5251 to sign up or get more information!

Scholarships Available For Nurse Assist

From American Red Cross

Full scholarships available to qualifying military members and their families

The Northeast Florida Chapter of the American Red Cross is extending full scholarships for participation in Nurse Assistant Training (NAT) for eligible applicants through a grant from the Florida BrAive Fund established at The Community Foundation in Jacksonville.

Applicants must demonstrate financial hardship, and/or lack of other available resources due to participation in the Iraq or Afghanistan conflicts.

For more information, please call the SAF Mayport Service Center at 904-246-1395.

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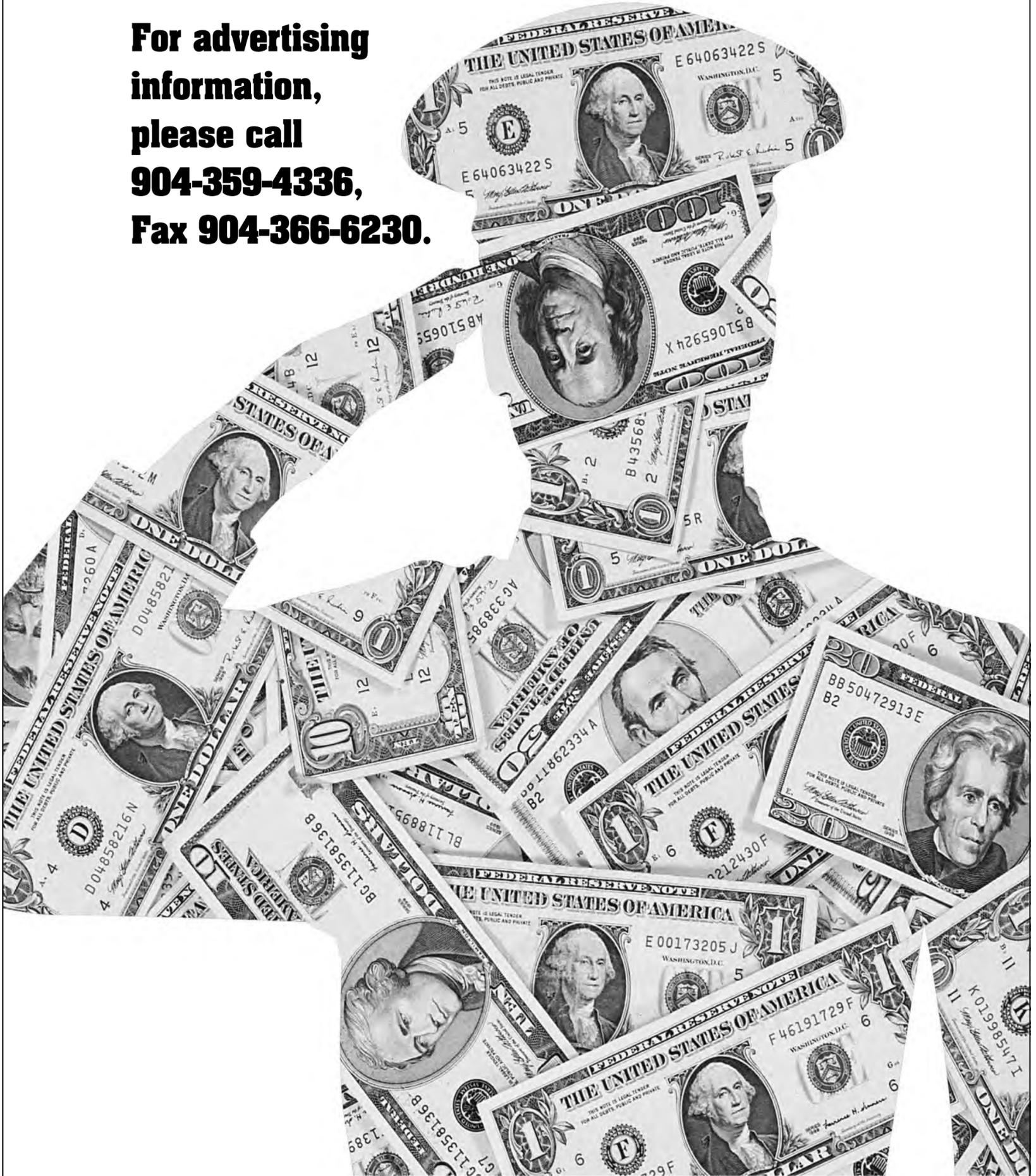
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The economic impact of the military in Northeast Florida and Southeast Georgia is \$7.8 billion.

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Many people prefer to place classifieds in person and some classified categories require prepayment. For your convenience, we welcome you to place your classified ad at The Florida Times-Union from 7:30 a.m. - 5:00 p.m., Monday-Friday at One Riverside Avenue (at the foot of the Acosta Bridge).

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Run date Call by Fax by
Thursday Tue, Noon Tue, 11 a.m.

Please note: **Fax deadlines are one hour earlier.** Holiday and Legal deadlines vary and will be supplied upon request. Cancellation and correction deadlines are the same as placement deadlines.

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opportunities as well.
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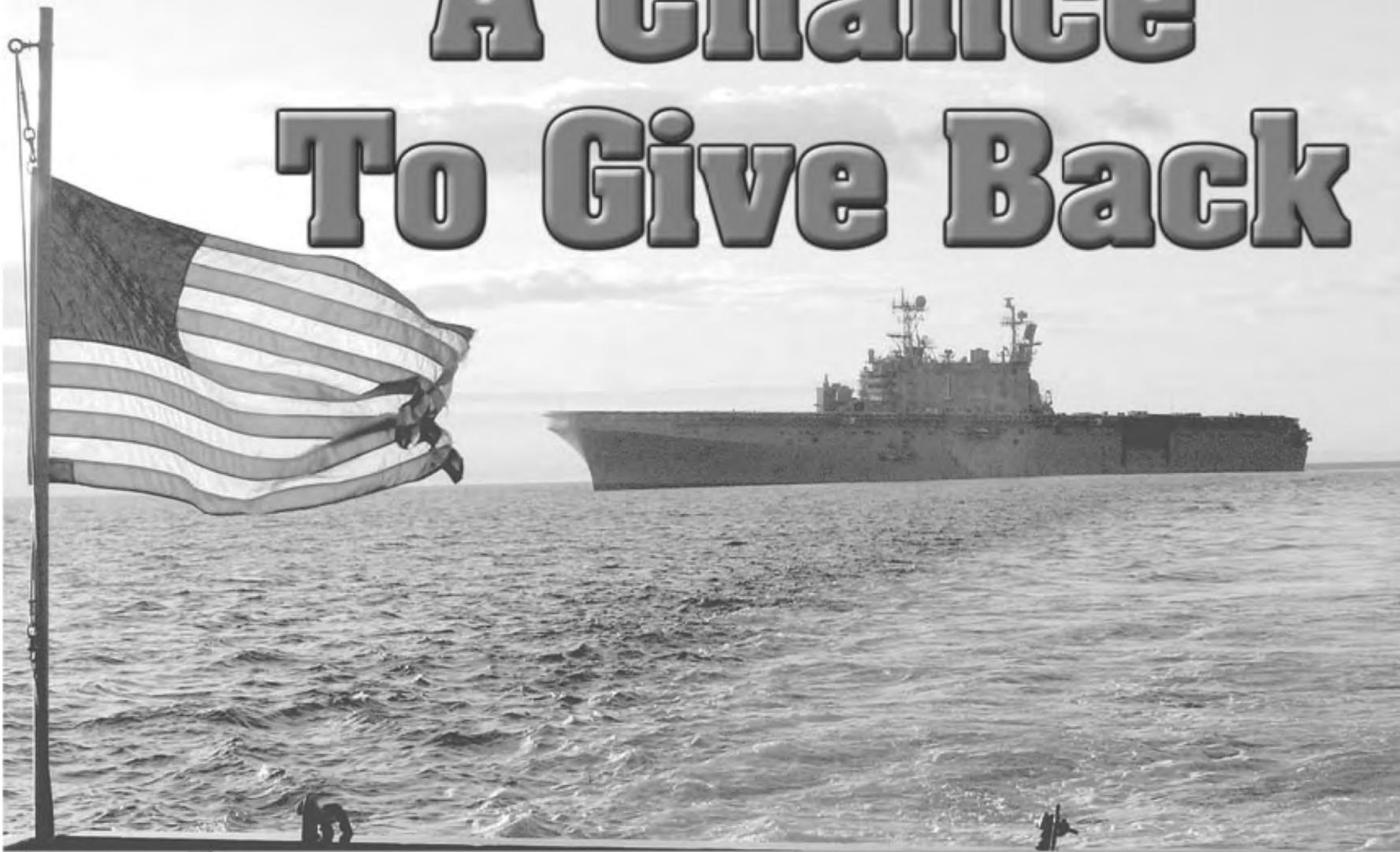
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