



2008 CHINFO Award Winner

## SWG Exercises With South African Navy Submarine



—Photo by MC3 William Jamieson

The Oliver Hazard Perry-class frigate USS Stephen W. Groves (FFG 29) participates in exercises with the South African navy Heroine-class submarine SAS Charlotte Maxeke (S-102) off the coast of South Africa.

**By MC3 William Jamieson**  
Commander, U.S. Naval Forces Europe-Commander, U.S. Naval Forces Africa/Commander, U.S. 6th Fleet Public Affairs

The Oliver Hazard Perry-class frigate USS Stephen W. Groves (FFG 29) participated in a joint-maneuvering exercise with the South African Heroine-class submarine SAS Charlotte Maxeke (S-102) off the coast of South Africa, Feb. 10.

The exercise was part of a series of joint-training operations between South Africa and U.S. navies.

Cmdr. Matthew Rick, commanding officer of Stephen W. Groves, stated that the exercise allowed Stephen W. Groves' crew to test their ability to deal with real-life situations they might face during their military career.

"Training with another nation's vessel allows the crew to execute in real time," said Rick. "We train constantly using

simulations, but having an actual submarine to train with provides hands-on experience that is unmatched in anything we can do while independent steaming. Combine that with the chance to work with the South African navy and it was a win-win situation for both crews and nations."

The exercise focused on close quarters maneuvering which allowed watch standers to train in vessel avoidance and contact management.

"It is extremely rare to have the opportunity to train with a foreign navy's warship," said South African navy Cmdr. Darren White, commanding officer Charlotte Maxeke. "We met every objective, and were impressed with the precision with which the crew of Stephen W. Groves handled this exercise."

Two Stephen W. Groves Sailors, Lt. Shane Collins and Ensign Daniel

Stayton, had the unique opportunity to spend two days embarked aboard Charlotte Maxeke.

"It was really impressive to see the professionalism and efficiency with which Cmdr. White's crew went about their operations," said Collins. "They were great hosts, and the whole experience is one I will treasure."

"The crew of the Charlotte Maxeke brought us on board and helped us feel right at home," said Stayton. "I had a great time and walked away immensely impressed with the type of operational tempo and command climate they have aboard."

Stephen W. Groves also hosted numerous ship riders from the Charlotte Maxeke. This training was part of the U.S. Navy's initiative to strengthen military partnership nations throughout the continent of Africa.

## Meyer Takes Command Of John L. Hall

**By Ensign William Hughes**  
USS John L. Hall Public Affairs Officer  
"I relieve you."  
"I stand relieved."

With this exchange, Cmdr. Steven Petroff was relieved by Cmdr. Mike Meyer as commanding officer of USS John L. Hall (FFG 32) on Feb. 15 while moored at Naval Station Mayport.

Petroff assumed command of John L. Hall in July of 2010 midway through John L. Hall's Commander Sixth Fleet Theater Security Cooperation deployment. This was almost immediately after completing his first command tour on board USS Boone (FFG 28). Upon returning to Mayport in August, Petroff led the ship through a demanding training cycle including ULTRA-S, AVCERT, Force Protection Certification, SAR Certification, Week One Work Ups, and Composite Training Unit Exercise with the George H. W. Bush Carrier Strike Group.

During the change of command ceremony, Petroff thanked the officers, chief petty officers, and crew for their dedication to returning the ship to a like new condition and for preparing for a second deployment with only a seven month turnaround.

Petroff's next assignment is to the Office of Secretary of Defense, Test Resource Management Center.

Meyer, a native of Pittsburgh, PA, enlisted in the Navy in 1989 and was commissioned through the U.S. Naval Academy in 1994. His previous assignments include division officer tours onboard USS Vella Gulf (CG 72) as DCA and Strike officer and the staff



**Cmdr. Mike Meyer**  
USS John L. Hall  
Commanding Officer

of Commander, Destroyer Squadron 18 as the Surface Operations officer. He completed his Department Head tour as a plank owner aboard USS Mason (DDG 87) serving as the Operations Officer through the ship's maiden deployment. In January 2010, he completed a tour as Executive Officer aboard USS Shiloh (CG 67).

Meyer's assignments ashore include Surface Targets and Sinking Exercise Officer for Commander, US Atlantic Fleet (N73), Requirements Officer for Ballistic Missile Defense on the Staff of Director, Surface Warfare (OPNAV N865), Naval War College and Navy Air and Missile Defense Command Deputy Operations for Fleet Support.

Meyer assumed command as John L. Hall's 18<sup>th</sup> commanding officer on Feb. 18.

Meyer thanked Petroff for having turned over an exceptionally professional crew and expressed how proud and honored he felt for the privilege of having been given the opportunity to lead USS John L. Hall to many future successes.

## Burd Is New Commander Of Grandmasters

From HSL-46

On Feb. 18, the Grandmasters of Helicopter Anti-Submarine Squadron Light (HSL) 46 held a change of command ceremony at Naval Station Mayport where leadership of the squadron was passed from Cmdr. Brad Garber to Cmdr. Michael Burd.

Rear Adm. Michael Walley, former Commanding Officer of HSL-44 and HSL-40, was the guest speaker at the event presided by Capt. Douglas Hoopen, Commander, Helicopter Maritime Strike Wing Atlantic.

Garber, a native of Harrisonburg, Virginia and a 1992 graduate of the United States Naval Academy, leaves behind a legacy of excellence in mission readiness and tactical proficiency.

During his tenure, the Grandmasters deployed five detachments that executed more than 8,400 mishap-free flight hours in support of Carrier Strike Group operations and independent deployments.

His detachments successfully executed numerous missions including high profile anti-piracy interdictions and over 100 life saving medical evacuations during Operation Unified Response in Haiti.

The Grandmasters also earned the Battle "E", Sikorsky Golden Wrench, Talon award for tactical excellence, and the CNO Safety "S".

Burd, born and raised in Kentucky, is a 1993 graduate of the United States Naval Academy. He has completed six flying tours in the SH-60B and has amassed more than 3,400 flight hours.

He has completed Carrier Strike Group deployments to the 5th Fleet AOR and is a former Fleet Replacement Squadron Instructor Pilot and Squadron Weapons Tactics Instructor.

Burd has been recognized as Pilot and Officer of the Year in multiple squadrons. Additionally, he was the 2005

See HSL-46, Page 3



—Photo by Lt. Justin P Cooper

Rear Adm. Michael Walley speaks to the crowd of attendees at the HSL-46 change of command ceremony in which Cmdr. Michael Burd, second from left, relieved Cmdr. Brad Garber, fourth from left, as commanding officer of the helicopter squadron on Feb. 18.

**A New Face**  
At Base Chapel

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Celebration Features Food, Booths

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# MCPON Message To Fleet

## No Second Chances For Drug Abuse

**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 drug abuse, which focuses on "Spice," herbal products and other designer drugs, to the fleet, Feb. 11:

"Shipmates, There has been an alarming rise in the number of Sailors who are choosing to use 'Spice,' herbal products and other so-called designer drugs; and this must come to an immediate stop. More than 150 Sailors are currently being processed for 'Spice' use, possession or distribution, and this is UNSAT. Overall, the Navy has separated 1,374 Sailors in FY09; 1,308 Sailors in FY10;

and 302 Sailors during the first quarter of FY11, for drug abuse. These unexpected losses negatively affect our commands' manning levels, which in turn affects the commands' operational and warfighter readiness. The Navy's policy on drug abuse is simple and clear - zero tolerance, and there are no second chances.

NAVADMIN 108/10 states the following on drug abuse:

"Drug abuse includes the wrongful use, possession, manufacture, or distribution of a controlled substance. Drug abuse also includes the unlawful use of controlled substance analogues (designer drugs), natural substances (e.g., fungi, excretions), chemicals (e.g., chemicals wrongfully used as

inhalants), propellants and/or prescribed or over-the-counter drugs or pharmaceutical compounds with the intent to induce intoxication, excitement, or stupefaction of the central nervous system, and will subject the violator to punitive action under the UCMJ and/or adverse administrative action."

Some examples of substances mentioned above where the wrongful use constitutes drug abuse includes, but is not limited to the following: - Products that contain synthetic cannabinoid compounds, such as "Spice," genie, blaze, dream, ex-ses, spark, fusion, dark knight, yukatan fire, and K2.

- Natural substances such as salvia divinorum and mushrooms.

- Common items abused by inhaling or huffing, such as Dust Off, glue, paint thinner and gasoline.

- Over-the-counter products such as Robitussin and Coricidin HBP.

- Prescription medications such as Oxycodone, Vicodin, Adderall, and Valium.

If you didn't know, 'Spice' is a mixture of natural herbs and synthetic cannabinoids, that when smoked, produce a marijuana-like 'high' that decreases motor skills, impairs coordination and concentration, and effects short-term memory and senses. The effects of these substance is unpredictable when combined with alcohol, and since the chemical blends are continuously manipulated

and the strength of the synthetic chemical used is unknown, there is no way to know what you are getting in the drugs nor what the long-term health risks are if used.

Some of the side effects from these drugs included uncontrolled vomiting, excessive sweating, flushed skin, increased heart rate and high blood pressure, and loss of consciousness. If this sounds like a good time to you, then go ahead and hand over your rank and paycheck, and possibly your life. Bottom line: The use and even just the possession of 'Spice,' herbal products, designer drugs, chemicals used for huffing, salvia divinorum, or products containing synthetic cannabinoid compounds

are prohibited. Leadership, along with Naval Criminal Investigative Service, is aggressively working to catch personnel who are possessing, using, or distributing drugs; and when you get caught, your career will be over.

Drug abuse goes against our Navy's core values and ethos, and it is a threat to lives, unit and mission readiness and morale. It is every Sailor's responsibility to deter drug abuse. If you do the crime, you will do the time ... remember zero tolerance and no second chances. HOOYAH!"

## Coastal Magnet Programs Open At Mayport Schools



**Judy Cromartie**  
School Liaison Officer

Coastal Magnet Programs Open at Mayport Schools

Thanks to grants totaling more than \$1 million, Mayport Elementary School and Mayport Middle School will



each have magnet programs focusing on the coastal sciences. The locations of these two schools could not be more perfect for these programs. With the St. Johns River, Sherman Creek, the Intercoastal, and the Atlantic Ocean in their backyards, students will be afforded a hands-on approach to science.

While Mayport Middle has focused on marine science for the past two years, this grant "elevates it to 'official' magnet status - bringing with it \$1.4 million," according to Dr. Sally Hague, Executive Director of School Choice/Pupil

Assignment Operations for Duval County Public Schools.

Mayport Elementary's \$1.3 million will allow the two schools to collaborate on creating complimentary programs. The three-year grant will provide more hands-on experience for the students, which will enhance their classroom experience. Kathy Malz, Mayport Elementary's science resource teacher, reports that the "grant will help ensure that every child has a more interactive experience." Additionally, both schools will be able to invest in state-of-the-art science equip-

ment for the classroom, but will also have funds to explore the coastal areas around their schools.

Exploration of coastal areas will be enhanced by working with local organizations, post-secondary institutions, and area military installations.

Cheryl Mitchell, Environmental Director, and Art Burt, Security and Wildlife Officer, at NS Mayport are collaborating with the schools to develop activities for exploring the wetlands, the creeks, and area beaches. JU's Marine Science Research Institute, the St. Johns River Management District, and the St. Johns Riverkeeper have also joined with the schools to create field trips and to assist with curriculum development.

Are you interested in having your child attend one of these schools to participate in its magnet program? The deadline for submitting a magnet application is Feb. 28. You can go online to [www.magnetprograms.com](http://www.magnetprograms.com) to download an application to submit to the School Choice Office of Duval County Public Schools.

Remember that active duty military get their first choice for magnet selection if you make the Feb. 28 deadline. Questions? You can call Virginia Cope at the School Choice Office at 904.390.2082 for questions about the Military Dependent Student Transfers. The POC at the two schools are as follows:

Mayport Middle School, Angela TenBroeck,

904.247.5977 X1194 or [tenbroeck@duvalschools.org](mailto:tenbroeck@duvalschools.org)

Mayport Elementary School, Stephanie Stevenson, 904.247.5988 or [stevensons@duvalschools.org](mailto:stevensons@duvalschools.org).

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at [judith.cromartie@navy.mil](mailto:judith.cromartie@navy.mil) or by phone at (904) 270-6289 ext. 1305 [office] or (904) 219-3894 [cell]. Or you can schedule a meeting with her in her office in Building One.

## 'Military Saves' Reminds Sailors To Budget For Future

By Beth Wilson

Military Spouse Contributor

Tabitha's hours were cut. Melanie lost her job to workforce reduction. Tiffany PCS'd with her husband and cannot find a job. Her income is sorely missed. Jason and Melanie PCS'd. They owned their home in Norfolk and could not sell it prior to PCS'ing. Now they are paying a mortgage and rent. How are your finances? While our service members may be secure in their job, how secure is yours?

More than ever it is important to "pay yourself" first. Pay myself? Yup, pay ourselves... as in savings. There is a DoD supported initiative you should know about. Dana Ross, FFSC San Diego offers, "When we encounter hard times we can



ride them out when we have savings. Military Saves is an effort to change our [military] culture, to change the cycle of debt and start a cycle of wealth through savings. It is about the health of our military families."

Logon to [www.militarysaves.org](http://www.militarysaves.org) to find out more. You can join Military Saves to receive outstanding resources, information and support. You will find tools to help you establish a spending plan, reduce debt, and build wealth. You are encouraged to join the pledge to make wealth through savings and establish savings goals - and

there are opportunities to volunteer to help others.

While Military Saves is supported by the DoD, it is not a DoD driven initiative. It is voluntary and confidential and you will never, ever be asked to purchase anything. But, you WILL get support, reliable information and strategies to build wealth.

For some our budget is so tight there isn't room for savings. USAA's June Walbert, CFP, offers the following tips to begin the process of saving. And, she reminds us that income tax refund is a great

place to start but planning to use at least a portion of it to start saving.

1. Utilize resources to develop a spending plan. 'Fresh eyes' often find room to adjust your spending plan. FFSC offers confidential financial counseling as does the Army Relief Society and the Navy/Marine Corps Relief Society. Military One Source also offers financial planning assistance. They are holding two finance webinars this week ([www.militaryonesource.com](http://www.militaryonesource.com)).

2. We will receive approximately \$26 per month in tax cuts - direct it immediately to a new savings account.

3. Use coupons and redirect the savings to an account.

4. Cut out one Starbucks coffee per week and you will save

\$150 per year. One less soda per week will save \$100.

5. Check out your base/installation banks (armed forces member banks and credit unions) for special opportunities for high interest bearing savings accounts in partnership with Military Saves.

6. Check out USAA ([www.usaa.com](http://www.usaa.com)) for information and their recent webinar, "Tax strategies for now and the future."

Tia from Hawaii tells how saving money changed their marriage. "We were in debt and strapped with no savings. We fought all the time. Darrell said "We are going to get out of debt and start saving. I want to pay cash from now on. I laughed but he was serious." We started by cutting 'little extras' and putting that money in a jar

with change from our pockets and purses. Once a month we put that money in our savings account. We put our credit cards in the freezer. I started using coupons. We started paying cash for everything. Nine months later my car broke down. For the first time in our nine years of marriage we had the money in savings to pay cash for the repairs. WOW!" I hated it at first but now I love having money for necessities and luxuries - in the bank. And our marriage has never been better!

Contact Beth at [beth@homefrontinfocus.com](mailto:beth@homefrontinfocus.com). Check out Beth's internet talk show for military spouses at [www.blogtalkradio.com/nht](http://www.blogtalkradio.com/nht).

## Midway Dinner Tickets On Sale

From Navy League of Mayport

Tickets are now on sale for this year's Battle of Midway Commemoration Dinner, which will be held June 4 at the Renaissance Resort, World Golf Village. Guest speaker TBA and other veterans of the Battle of Midway will also attend this year's dinner. Come meet these "National Treasures" and hear their adventures first hand. The Navy League of Mayport is hosting the dinner.

The evening promises to be emotional and patriotic, and provides an excellent opportunity to connect with survivors of what historians call one of the U. S. Navy's greatest sea victories and the turning point of World War II in the Pacific.

Ticket costs are: Active Duty E-6 and below, \$25; E-7 to O3, \$35; O4 to O5, \$45, O6 and above, civilians, and retirees, \$55.

The evening includes fine dining and entertainment. Uniform will be O4 and above - dinner dress white jacket; O3 and below - dinner dress white/dinner dress white jacket optional and civilian is black tie or business attire. Cocktails begin at 1830, dinner at 1930. Reserved seating.

Make checks payable to NAVY LEAGUE MIDWAY DINNER. Tickets may be purchased from the following locations:

Navy League Mayport  
POC Bill McLoughlin, Phone 904-285-8731 or email: [huggy1074@aol.com](mailto:huggy1074@aol.com)  
Navy League St Augustine  
Bill Dudley, Phone 904-794-7814 or email: [anuday00@aol.com](mailto:anuday00@aol.com)



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CCD: Sunday 10:30 a.m.  
Baptisms: class 3<sup>rd</sup> 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)**  
1<sup>st</sup> & 3<sup>rd</sup> Tuesdays each month 9:15 a.m.  
For more information, contact MOPS coordinator at [mayportmops@yahoo.com](mailto:mayportmops@yahoo.com)

**Marriage**  
Contact Chaplain 6 months prior. PREP is required

For more information, call 270-5212.



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# New Command Chaplain Returns To Hometown

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

Naval Station Mayport recently received a new command chaplain to help with the everyday spiritual needs of the men and women on base.

Lt. Cmdr. Jerome Cayangyang relieved former command chaplain Cmdr. Jerome Dillon Feb. 11 and is excited about his new position.

"I grew up in Jacksonville and I am very excited to be here at Mayport!" exclaimed Cayangyang. "In fact my family lived on base while my Dad was stationed on board the USS Voge (FF 1047) and we worshipped at the chapel."

One thing that Cayangyang is looking forward the most is meeting the Sailors here.

"I look forward to interacting with Sailors every day. Our men and women in uniform

are fine Americans," expressed Cayangyang. "They wear our nation's cloth and are willing to make sacrifices everyday for our nation. I love serving and working alongside my shipmates."

Cayangyang previously served as Deputy Director of Operations at Office of the Chief of Navy Chaplains. He also deployed twice to Iraq with the Marines, serving with 1st Radio Battalion and Regimental Combat Team 5.

Cayangyang wants everyone to know that the chapel family is here for them.

"Our religious ministries team, the command religious program and the chapel family are here to support everyone," expressed Cayangyang. "We offer worship services, religious resources, counseling and community service opportunities. We are here for people of faith,

or no faith at all. I hope that people come to see the chapel and the command religious program as a beacon of hope to the naval station community. Hope for the fleet, hope for the fighter, hope for the family."

Roman Catholic and Protestant worship services and religious education programs are held each Sunday and on special religious holidays. Roman Catholic Mass is at 9:00 a.m. and Protestant worship at 10:30 a.m. Religious education classes are at 9:00 a.m. for Protestants and 10:15 a.m. for Roman Catholics. The chapel staff is also available to facilitate for other religious traditions and provide resources.



-Photo by (SW) Jacob Sippel

Lt. Cmdr. Jerome Cayangyang stands inside the base chapel complex at Naval Station Mayport. Cayangyang takes over as the command chaplain on base.

## Chairman's Corner: Ask The Chairman

By Navy Adm. Mike Mullen

Chairman of the Joint Chiefs of Staff

I am getting ready to launch my third installment of "Ask the Chairman: A Virtual Town Hall," and I need your support.

Over the next few weeks, I will be seeking and collecting your questions on any topic you want to raise.

This is a great opportunity for troops past and present, their families, and other concerned citizens to get to me directly and in an interactive manner.

For service members, especially those who have served abroad, this is your chance to address the decisions we make here in the Pentagon that affect you on a day-to-day basis.

Let me know what's working, and what's not. Let me help explain something that may

seem confusing to you now.

But, as I said, "Ask the Chairman" is not limited to our troops. I hope to hear from family members, other concerned Americans, and citizens of the world as well, because in these critical times, there are challenges across the globe which demand our attention and our steady focus.

To participate, just send your question via YouTube, Facebook, Twitter, Skype, or any other medium from now until the end of the month.

I will answer those questions in the next and future segments of "Ask the Chairman." Send your questions today. I'm waiting to hear from you.

From Page 1

### HSL-46

CHSMWL Rear Admiral Allan G. Paulson Award winner for inspirational leadership and was awarded the Commander, Naval Air Forces Leadership Award.

Cmdr. JP Dunn, a 1994 graduate of the United States Naval Academy, will assume duties as the Squadron Executive Officer. He has recently completed a Joint tour at the Joint Improvised Explosive Device Defeat Organization in Arlington, Virginia.

In the coming year HSL-46 will be the first expeditionary

squadron in Naval Aviation to transition to the MH-60R while concurrently supporting SH-60B detachments at sea. Burd stands ready to lead and guide the Grandmasters through this dynamic period while continuing to set the standards for maintenance and operational excellence across the fleet.

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# MWR HAPPENINGS

**Feb. 25: Bread and Butter Band.** 9 p.m. Live at Castaways. FREE. 270-7205

**Feb. 28: Captain's Cup Kickball Begins.** Season ends May 28. 270-5452

**March 1: Men's Volleyball Organizational Meeting.** 11 a.m. at the gym. 270-5452

**March 1: All Khaki Wings and Trivia Night.** 3-7 p.m. every Tuesday at Foc'sle CPO Club with 40-cent wings, drink specials and all-you-can-drink soft drinks for \$1. Trivia begins at 5:30 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). 270-5431

**March 2: Conditioning for Running.** 7 a.m. every Wednesday at Surfside Fitness Center. 270-7718

**March 2: After-Work Social Rock & Bowl.** 4:30 p.m. every Wednesday at Mayport Bowling Center. No commitments or league rules, just fun and a chance to meet people. Request your favorite music all night

long. Only \$5 for three games and shoe rental. 270-5733

**March 3: Showtime Video Rock & Bowl.** 10 p.m. to Midnight every Friday at Mayport Bowling Center. \$10 include 2 hours of blacklight bowling, shoe rental, prizes and dazzling laser light show. 270-5377

**March 7: Conditioning for Running.** 3 p.m. every Monday at Surfside Fitness Center. 270-7718

**March 7: Tennis Season Begins.** Season ends May 6.

**March 8: Catch a Leprechaun 5K Run/ 3K Walk.** 8 am in front of the gym.

**March 8: "First Tee" Spring Session Begins.** 6-week program designed to teach young people about the skills and basics of golf. Sign up at the

Youth Center. 270-5680.

**March 8: Men's Softball Organizational Meeting.** 11 a.m. at the gym. 270-5452

**March 9: 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. Sponsored by SERMC. For tickets, call Jeff Lawrence at 270-5126 x3115

**March 11-13: March Madness Basketball Tournament.** Sign-up deadline Feb. 25. 270-5452

**March 10: MWR Travel Expo.** 10 a.m.-1 p.m. at Ocean Breeze. 60 vendors, food samples, giveaways and more. 270-5228

**March 11: Bite The Bullet.** 9 p.m. Live at Castaways. FREE. 270-7205

**March 12: Showtime Video Rock & Bowl.** 10 p.m. to Midnight every Saturday at Mayport Bowling Center. \$10 include 2 hours of blacklight bowling, shoe rental, prizes and dazzling laser light show. 270-5377

**March 13: Bowling Family Fun Night.** 4-7 p.m. at Mayport Bowling Center. Cost is \$10 per person and includes spaghetti dinner, All-You-Can Bowl with shoes, music videos, light show and colored headpin bowling for prizes. 270-5377

**March 14: Captain's Cup Men's Volleyball Begins.** Season ends May 13. 270-5452

**March 15: Captain's Cup Intramural Soccer Organizational Meeting.** 11 a.m. at the gym. 270-5452

**March 15: Final Day of Youth Spring Baseball and Soccer Sign Ups.** Register at the Youth Activities Center. 270-5680.

**March 16: Captain's Cup Intramural Golf Meeting**

**Organizational Meeting.** Noon at Windy Harbor. 270-5380

**March 16: All Hands Fried Chicken Night.** 4-7 p.m. at Foc'sle CPO Club. Cost is \$8 per person for a 2-piece meal with sides. 7-piece box (no sides) \$7. Order your to-go order by 3 pm by calling 270-5431.

**March 16: Military Appreciation Day** every 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)

**March 17: St. Patrick's Day Specials.** 6:15 p.m. at Beachside Bingo. Free Leprechaun's Pot o' Gold game, double payouts, free dessert table, and more! Don't forget to wear green! 270-7204

**March 19: UFC 128: Shogun vs. Evans.** 10 p.m. at Castaways. FREE. 270-7205

**March 21-24: Men's Softball Pre-Season**

**Tournament.** Sign-up deadline is March 16. 270-5452

**March 23: 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. Sponsored by DESRON. For tickets, call OSCS Eugene Demers at 270-5801 x119 or ITCS Brad Compeaux at 270-5801 x148

**March 25: Neurotic Butterfly.** 9 p.m. Live at Castaways. FREE. 270-7205

**March 26-Apr. 1- Red Cross Lifeguard Certification Course.** Register at the Gym. Must be age 16 or older. For more information call the aquatics dept at 270-5101 or 270-5425.

**March 28: Captain's Cup Men's Softball Begins.** Season ends May 26. 270-5452

**March 28-31: Men's Pre-Season Soccer Tournament.** Sign-up deadline March 23. 270-5452

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.

# LIBERTY CALL

**Feb. 25: Bread and Butter Band.** 9 p.m. Live at Castaways. FREE. 270-7205

**Feb. 25: Movie Trip.** Van departs Planet Mayport at 5 p.m. Cost is \$5.

**Feb. 26: Monster Jam Monster Truck Rally.** Van departs Planet Mayport at 5 p.m. Cost is \$20. Sign-up deadline is Feb. 22 by Noon.

**Feb. 28: Captain's Cup Kickball Begins.** Season ends May 28. 270-5452

**Feb. 28: Liberty Committee Meeting.** 3:30-4 p.m. at Planet Mayport. Come help decide what happens with your Liberty Program

**March 2: Conditioning for Running.** 7 a.m. every

Wednesday at Surfside Fitness Center. 270-7718

**March 2: After-Work Social Rock & Bowl.** 4:30 p.m. every Wednesday at Mayport Bowling Center. No commitments or league rules, just fun and a chance to meet people. Request your favorite music all night long. Only \$5 for three games and shoe rental. 270-5733

**March 3: Showtime Video Rock & Bowl.** 10 p.m. to Midnight every Friday at Mayport Bowling Center. \$10 include 2 hours of blacklight bowling, shoe rental, prizes and dazzling laser light show. 270-5377

**March 4: St. John's Town Center Trip.** Van departs Planet Mayport at 5 p.m. Transportation only.

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

**March 7: Conditioning for Running.** 3 p.m. every Monday at Surfside Fitness Center. 270-7718

**March 7: Liberty Committee Meeting.** 3:30-4 p.m. at Planet Mayport. Come help decide what happens with your Liberty Program

**March 8: Catch a Leprechaun 5K Run/ 3K Walk.** 8 am in front of the gym.

**March 9: 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. Sponsored by SERMC. For tickets, call Jeff Lawrence

at 270-5126 x3115

**March 9: Kid Rock in Concert.** Van departs Planet Mayport at 5 p.m. Cost is \$30. Sign-up deadline is March 6.

**March 10: MWR Travel Expo.** 10 a.m.-1 p.m. at Ocean Breeze. 60 vendors, food samples, giveaways and more. 270-5228

**March 11-13: March Madness Basketball Tournament.** Sign-up deadline Feb. 25. 270-5452

**March 11: Bite The Bullet.** 9 p.m. Live at Castaways. FREE. 270-7205

**March 12: Sugarland in Concert.** Van departs Planet Mayport at 5:30 p.m. Cost is \$30. Sign-up deadline is March 6.

**March 12: Showtime Video Rock & Bowl.** 10 p.m. to Midnight every Saturday at Mayport Bowling Center. \$10 include 2 hours of blacklight bowling, shoe rental, prizes and dazzling laser light show. 270-5377

**March 13: Jacksonville Roller Girls Trip:** Van Departs 5:30 p.m. FREE

**March 14: Dart Tournament.** 6 pm at Planet Mayport.

**March 15: Spring Barracks Bash.** 4-7:30 p.m. in the quad between bldg. 1586 and 1587. Food, live band, DJ, paintball and more.

**March 16: All Hands Fried Chicken Night.** 4-7 p.m. at Foc'sle CPO Club. Cost is \$8 per person for a 2-piece meal with sides. 7-piece box (no sides) \$7. Order your to-go order by 3 pm by calling 270-5431.

**March 16: Military Appreciation Day** every 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)

**March 18: Jax Sharks Arena Football.** Van Departs Planet Mayport at 6:45 p.m. Cost \$5.

**March 19: Monster**

**Supercross Trip.** Van Departs Planet Mayport at 5 p.m. Cost \$15.

**March 19: UFC 128: Shogun vs. Evans.** 10 p.m. at Castaways. FREE. 270-7205

**March 21-24: Men's Softball Pre-Season Tournament.** Sign-up deadline is March 16. 270-5452

**March 23: Joe's Crab Shack Dinner Trip.** Van departs Planet Mayport at 5 p.m. Transportation only.

**March 23: 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. Sponsored by DESRON. For tickets, call OSCS Eugene Demers at 270-5801 x119 or ITCS Brad Compeaux at 270-5801 x148.

**March 25: Neurotic Butterfly.** 9 p.m. Live at Castaways. FREE. 270-7205

**March 25: Movie Trip.** Van departs Planet Mayport at 5 p.m. Cost is \$5.

# Key

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| <br><b>2007 BUICK LACROSSE CXL</b><br>Stock# P210785<br><b>\$13,995</b>    | <br><b>2008 BUICK LACROSSE CXL</b><br>Stock# P198618<br><b>\$16,995</b>  | <br><b>2008 GMC ACADIA SLT-1</b><br>Stock# P131876<br><b>\$29,990</b>     |
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**Feb. 25: Youth Performance:** A Cinderella Story. 4:15 p.m. at the Youth Center. 270-5680

Feb. 26: Teen Event at Beachside Community Center. Details to come soon. 270-5680

**March 4: Freedom Friday Mardi Gras Party.** 7-11 p.m. at the Youth Center. Cost is \$7 advanced sign-up and \$9 day of, space permitting. 270-5680  
**March 4: Teen Masquerade Ball.** 6-10 p.m. at the Teen Center. \$2 admission. Refreshments available for purchase. 246-0347  
**March 8: "First Tee"**

# KID ZONE

**Spring Session Begins.** 6-week program designed to teach young people about the skills and basics of golf. Sign up at the Youth Center. 270-5680.

**March 12: Teen Center Girls Only Night.** 5-10 p.m. at the Teen Center. Hair, nails, make-up and more. Snacks provided. 246-0347

**March 13: Bowling Family Fun Night.** 4-7 p.m. at Mayport

Bowling Center. Cost is \$10 per person and includes spaghetti dinner, All-You-Can Bowl with shoes, music videos, light show and colored headpin bowling for prizes. 270-5377

**March 15: Final Day of Youth Spring Baseball and Soccer Sign Ups.** Register at the Youth Activities Center. 270-5680.

**March 18: Freedom Friday**

**St. Patrick's Day Party.** 7-11 p.m. at the Youth Center. Cost is \$7 advanced sign-up and \$9 day of, space permitting. 270-5680  
**March 19: Teen Italian Dinner Night.** 6-9 p.m. at the Teen Center. Pasta, salad and breadsticks; make your reservation by March 16. 246-0347  
**March 25: Celtic Children and River Dance Performance.** 4 p.m. at the Youth Center. 270-5680

**March 26: Teen Center Boys Only Night.** 5-10 p.m. at the Teen Center. Video Game Extravaganza. Snacks provided. 246-0347  
**March 26: March Madness 3 vs. 3 Teen Basketball Tournament.** 10 a.m. at the Gym. Cost is \$10 per person; limit of 5 per team. 246-0347  
**March 26-Apr. 1- Red Cross Lifeguard Certification Course.** Register at the Gym.

Must be age 15 or older (must show proof of age at time of registration and first day or course). For more information call the Aquatics Dept. at 270-5101 or 270-5425.  
**March 28: Youth Spring Break Camp Begins.** Camp runs March 28-Apr. 1. Sign up at the Youth Center. 270-5680.

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**Thursday, March 10, 2011**  
**10am 'til 1pm**  
**Ocean Breeze Conference Center**

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# Groves Spends Time With African Students

By MC3 William Jamieson  
USS Stephen W. Groves

USS Stephen W. Groves Sailors paint the town red on South African COMREL.

Sailors from Oliver Hazard Perry-class frigate, USS Stephen W. Groves (FFG 29), in partnership with South African sailors participated in a community relations project (COMREL) at Buck Road Primary School in Lotus River, South Africa Feb. 15.

U.S. and South African navies joined forces to give the school a badly needed coat of paint and demonstrate a healthy, working partnership between the two nations.

Commanding officer of Stephen W. Groves, Cmdr. Matthew S. Rick, said this was an opportunity for his crew to give back and see new perspectives.

"In the U.S., we have so much to be thankful for," said Rick. "It is always a great thing for the ship's crew to be able to extend those blessings to other countries, and to work jointly with the South African Navy as a team on this project made the whole experience even more rewarding."

Buck Road Primary School, which opened in 1973, enrolls more than 750 K-7<sup>th</sup> grade students.

School principal, GurardineHerbet, said the school had faced many difficulties with funding and crime in the area, but volunteers, like the U.S. and South African navies among others, help keep the school up and running.

"Our teachers work tirelessly to ensure our students receive the best possible education," said Herbet. "But, without volunteers we wouldn't be able to provide the crucial services we now offer or even upkeep for our facilities."

Information Systems Technician 2<sup>nd</sup> Class Christopher M. Neef said the COMREL was a great experience and left him wanting to do more.

"This was my first COMREL with the Navy," said Neef. "It felt good to be able meet and help the kids. I've already contacted my church and we are going to try and get some more supplies over to them. Helping



-Photo by MC3 William Jamieson  
Above and right, Electronics Technician 2nd Class Corey N. Strumbaugh, assigned to Oliver Hazard Perry-class frigate, USS Stephen W. Groves (FFG 29), plays with children Buckroad Primary school during a Community relations project. The project was a joint operation between U.S. and South African naval forces.

people is why I joined the Navy, and it feels good to get to do something like this where you can see the good you are doing."

Herbet said she was thankful for the U.S. and South African efforts at the school.

"They've [U.S. and South African navies] given us the start we need to accomplish more with the facilities we have," said Herbet. "To see the school painted will improve the morale among the teachers, parents and students."

Herbet said she hoped that projects such as these would show some of the good the U.S.

does around the world.

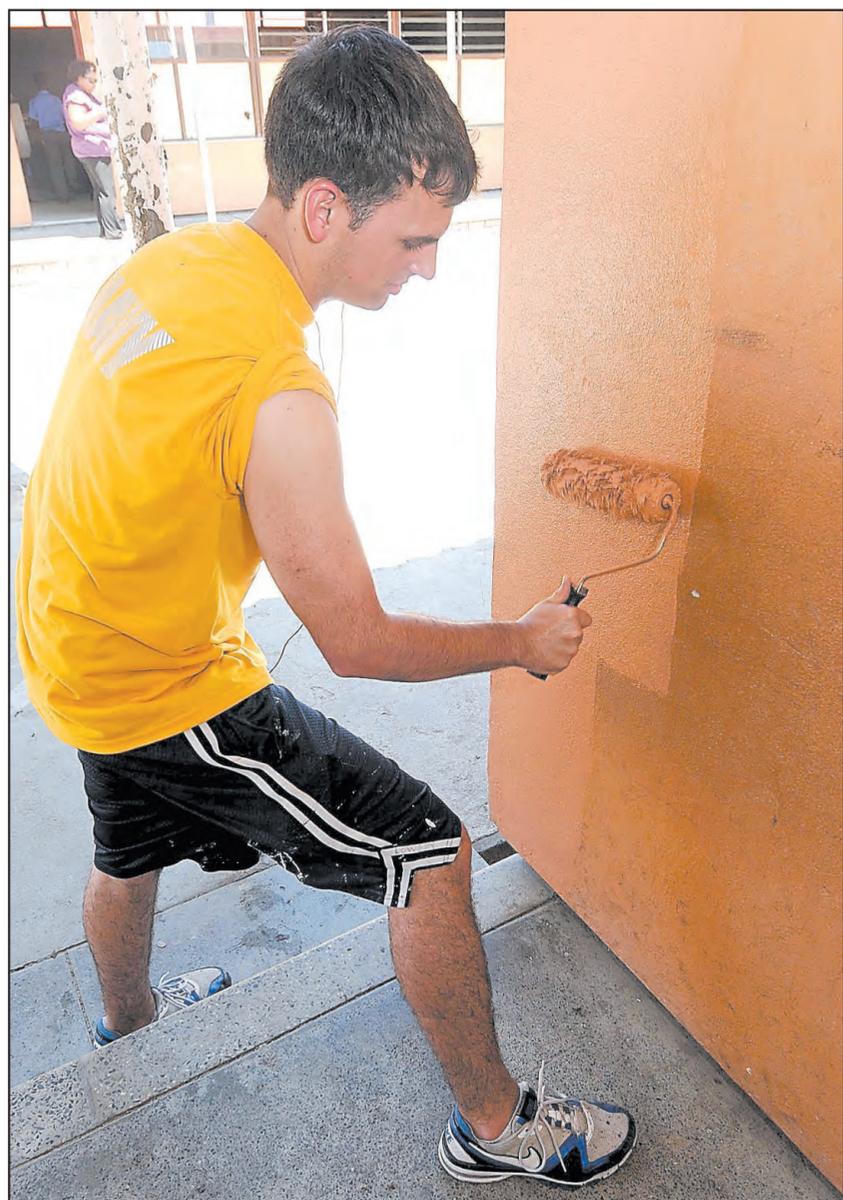
"I hope people see that the U.S. does try to help their neighbors," said Herbet. "You don't always hear the positive thing U.S. troops do around the world, but we are very thankful they came to Buckroad, and hope they can visit again whenever they are in South Africa."

Stephen W. Groves' visited South Africa to strengthen the military partnership of U.S. and South African naval forces through joint-military exercises and training.

Stephen W. Groves, is on a regularly scheduled deployment to the U.S. 6<sup>th</sup> Fleet AOR.



-Photo by MC3 William Jamieson  
Buckroad Primary School Principal, Gurardine Herbet, speaks to Sailors from Oliver Hazard Perry-class frigate, USS Stephen W. Groves (FFG 29) before work begins on a community relations project. The project was a joint operation between U.S. and South African naval forces.



-Photo by MC3 William Jamieson  
Operations Specialist 2nd Class Brandon J. Lowery, assigned to Oliver Hazard Perry-class frigate, USS Stephen W. Groves (FFG 29), paints Buckroad Primary school as part of a Community relations project. The project was a joint operation between U.S. and South African naval forces.



-Photo by MC3 William Jamieson  
Musician 2nd Class Tony Carter, assigned to U.S. Naval Forces Europe-Africa Brass Band performs for children at Buckroad Primary School Feb. 15. The concert was part of a joint-community relations project with the South African navy.



-Photo by MC3 William Jamieson  
Sailors assigned to Oliver Hazard Perry-class frigate, USS Stephen W. Groves (FFG 29) work with South African sailors to paint Buckroad Primary School as part of a community relations project. The project was a joint operation between U.S. and South African naval forces.



-Photo by MC3 William Jamieson  
Boatswain's Mate Seaman Apprentice Juan J. Felix, assigned to Oliver Hazard Perry-class frigate, USS Stephen W. Groves (FFG 29), paints Buckroad Primary school as part of a Community relations project. The project was a joint operation between U.S. and South African naval forces.



-Photo by MC3 William Jamieson  
The U.S. Naval Forces Europe-Africa Brass Band performs for children at Buckroad Primary School Feb. 15.



Sailors assigned to Oliver Hazard Perry-class frigate, USS Stephen W. Groves (FFG 29) work with South African sailors to paint Buckroad Primary School as part of a community relations project.



-Photo by MC3 William Jamieson



-Photo by MC3 William Jamieson  
Topside Bandleader, Musician 2nd Class Vincent Beard, assigned to U.S. Naval Forces Europe-Africa Brass Band performs for children at Buckroad Primary School Feb. 15.



-Photo by MC3 William Jamieson  
Seaman Leslie Butler, assigned to Oliver Hazard Perry-class frigate, USS Stephen W. Groves (FFG 29), paints Buckroad Primary school as part of a Community relations project.



-Photo by MC3 William Jamieson  
A student from the Cape Academy, a school for math and science in Cape Town, South Africa, inspects the 76-mm cannon aboard the guided-missile frigate USS Stephen W. Groves (FFG 29) during a tour of the ship as part of Africa Partnership Station (APS) East.

# Operational Stress Control Serves As Key Resource For Sailors, Families

From Defense Media Activity - Navy

Preventing and limiting the effects of operational stress on Sailors is a top priority for the U.S. Navy, a priority being met through the Operational Stress Control (OSC) Program.

Established Nov. 2008, the program seeks to help create an environment where Sailors, commands and their families are able to thrive during stressful operations.

All military services are feeling the strain of war, decreased unit manning, extended deploy-

ments, and myriad situations brought on by the country's current economic crisis. These coupled with the normal stresses of household moves, deployments and separations, family issues and job responsibilities, magnify the stress Sailors and their families are experiencing.

"We work cooperatively with other Navy and family, and personal readiness programs to build a foundation of prevention to be able to mitigate and prevent [stress related] injuries and illnesses before they ever affect

our Sailors and their lives," said Captain Lori Laraway, OSC coordinator.

The program aims to teach Sailors that asking for help and guidance for stress issues is not a sign of weakness, but is instead a sign of strength. It accomplishes this mission by educating Sailors, families and command leaders to take care of themselves by remaining fit and healthy, to look after one another, and to take action if they see others reacting negatively to stress.

"Leaders are our first line of defense," Laraway said. "Maybe they need a more experienced chief or a senior mentor to help them discover options, or to identify things to mitigate their stress that may not even involve seeing a mental health professional."

The program is improving awareness of stress related illness as well. A survey taken in 2010 revealed a seven percent increase of awareness among enlisted Sailors, and an 11 percent increase among officers.

Sailors are also showing more drive to use positive methods to cope with stress, such as thinking of a plan to solve problems or exercising or playing sports.

There are many tools and resources available to aid Sailors in the management of operational stress. These include:

- Navy and Marine Corps Public Health Center (NEHC) Leader's Guide for Managing Personnel in Distress Web page <http://www-nmcpchc.med.navy.mil/lguide/>.

- Military OneSource hot line 1-800-342-9647 and Web site [www.militaryonesource.com](http://www.militaryonesource.com).

- Navy Suicide Prevention Program web-site: [www.suicide.navy.mil](http://www.suicide.navy.mil).

- Support personnel such as chaplains, medical personnel and mental health professionals can assist leaders in operational stress control functions.

For more information about OSC and its related programs, visit <http://navynavstress.com/>

# VA Provides Benefits To Veterans' Caregivers

From a White House News Release

The Veterans Affairs Department is launching the first of a series of new and enhanced services supporting family caregivers of seriously ill and injured veterans.

President Barack Obama signed the Caregivers and Veterans Omnibus Health Services Act of 2010 legislation in May, authorizing VA to establish a wide range of new services to support certain caregivers of eligible post-9/11 veterans.

"Caregivers make tremendous sacrifices every day to help veterans of all eras who served this nation," Veterans Affairs Secretary Eric K. Shinseki said. "They are critical partners with VA in the recovery and comfort of ill and injured veterans, and they deserve our continued training, support and gratitude."

In addition to the new benefits and services for eligible veterans who were disabled in the line of duty since Sept. 11, 2001, VA also will begin providing enhanced benefits and services to caregivers of veterans of all eras who already are enrolled in VA

care, including:

- Access to VA's toll-free Caregiver Support Line at 1-855-260-3274;
- Expanded education and training on caring for Veterans at home;
- Other support services such as counseling and support groups and referral services; and
- An enhanced website for caregivers.

Some of the new benefits of the Caregivers and Veterans Omnibus Health Services Act are restricted by law to the caregivers of the most seriously ill and injured post-9/11 veterans. Those additional benefits include:

- A monthly stipend;
- Health care coverage;
- Travel expenses, including lodging and per diem, while accompanying veterans undergoing care;
- Respite care; and
- Mental health services and counseling.

VA will report to Congress in the future on the feasibility of expanding the enhanced services to family caregivers of veterans of all eras, officials said.

While some of these enhanced benefits are available now, many of the other significant newly enacted benefits will require the issuance of regulations. These additional benefits include monthly stipends, pay for travel costs, medical coverage, training, counseling and respite care designed to prevent institutionalization of veterans whenever possible.

The law requires detailed regulations for determining eligibility, designating and approving caregivers, and providing stipends and health care coverage to primary family caregivers. The complex process required to implement these regulations will provide veterans, caregivers and the public the opportunity to provide comments before those regulations are finalized.

Each VA medical center has designated caregiver support coordinators who will assist eligible veterans and caregivers in understanding and applying for the new benefits. VA also has a caregiver support website, <http://www.caregiver.va.gov>, which will provide general information.

# FFSC Schedule Set

From FFSC

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

Feb. 24, 3-4:40 p.m., **Managing Anger Group**, FFSC Room 702

Feb. 24, 9-11 a.m., **Resume Walk-In Review**, FFSC Room 701

Feb. 24, 1:30-3 p.m., **Conflict Resolution for**

**Women**, FFSC Room 702

Feb. 24, 9 a.m.-noon, **Thrifty Savings Plan Seminar**, Building 1 Room 1616

Feb. 28, 6-8 p.m., **Ombudsman Assembly**, Building 1 Room 104

Feb. 28, 8:30 a.m.-noon, **FERP-Career & Job Readiness Class**, FFSC Room 702

Feb. 28, 1-3 p.m., **FERP-Federal Employment Class**, FFSC Room 702

Feb. 28-March 3, 8-4:00 p.m., **TAP Separatee Workshop** BLDG 1, Room 1616

Designed for Military per-

sonnel 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.

## Learn To Market Yourself

From FFSC

The Fleet and Family Support Center is sponsoring a once-a-year lecture regarding transition here at Naval Station Mayport. It will be presented by The Military Officers Association of America (MOAA), and is entitled "Marketing Yourself for a Second Career." The event will be held on Wednesday, March 2, at 9-11:30 a.m., in the Ocean Breeze Conference Center Grand Ballroom.

This top-shelf presentation is a great professional development opportunity. Transition is of course ultimately a part of all military careers. Therefore, the lecture is perfect for those who are contemplating retirement in one to five years. However, it doesn't stop there. Regardless of whether any particular officer or senior enlisted member has reached the point of being in their own transition, they should be educated about the process in order to mentor and counsel those who work for them and are contemplating or going through their transitions. This "executive summary" presentation can prepare them for that role as well as many multi-day programs. Simply stated, it's a great fit for any commander, officer, or senior enlisted supervisor - from the most senior, to the

most junior.

The lecture will be given by Colonel Dan Koslov, USAF (Ret), now a deputy director of transition services on MOAA's national staff. The presentation, given annually at over 150 military installations of all Services worldwide, is universally praised by audiences as, "up-to-date, hard-hitting, and sharply focused—a must see." It includes comprehensive information on the retirement decision itself, employer perceptions, your competition, resumes, cover letters, job search, networking, career fairs, interview techniques, salary negotiation, benefits packages, the current job market, and other relevant and important transition topics.

The presentation is geared toward officers and senior enlisted, but those of all ranks are warmly welcomed. SPOUSES are highly encouraged to attend as well! All who attend will receive a free copy of the lecture's companion book, also titled "Marketing Yourself for a Second Career." It is an in-depth, all-in-one resource for the transition process.

For further information, contact Pamela Ottesen, at [pamela.ottesen@navy.mil](mailto:pamela.ottesen@navy.mil), or call 904-270-6600, Ext. 1700 or 1701.

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# USS Gettysburg Completes COMPTUEX

By MCSN

**Betsy Lynn Knapper**

*USS Gettysburg Public Affairs*

USS Gettysburg (CG 64) and embarked Helicopter Maritime Strike Squadron (HSM) 70, completed a successful Composite Training Unit Exercise (COMPTUEX) as part of the George H.W. Bush Strike Group, Feb. 10.

A critical step in pre-deployment training, COMPTUEX is designed to train the ship,

embarked air wing and carrier strike group for combat readiness by simulating scenarios the strike group may face while deployed.

"If you don't prepare the Sailor while you are preparing the ship, you are preparing for failure," said Capt. Patrick O. Shea, USS Gettysburg commanding officer. "We organized our family readiness group, educated the families through the Ombudsman, plugged into

the community support structures, and took a mindful look at all the Sailors' individual lifestyles to support the eventual longer periods underway."

During COMPTUEX, Gettysburg's primary mission was air defense. The ship was tasked to support Rear. Adm. Nora Tyson, commander, Carrier Strike Group Two; and maintain air superiority.

"We work very closely with the aircraft carrier itself, the air

wing that is embarked and the other ships that are like us with air defense capabilities," said Shea. "We are able to coordinate all our activities in such a way that Adm. Tyson can move the aircraft carrier wherever she needs to move it in order to conduct missions that national tasking would have us do."

Completing COMPTUEX qualifies Gettysburg for open-ocean operations.

"COMPTUEX is essen-

tial," said Shea. "It proves to the Sailors that they have the endurance and fundamental skills. If they bring that together as a team, we can remain adaptable to changing circumstances, applying our skills to the mission ahead; regardless of what mission that might be."

Following the completion of COMPTUEX, Gettysburg pulled into Port Canaveral, Fla., for a weekend of liberty.

Because the port visit was

close to their homeport of Mayport, Fla., Sailors were able to meet with family and friends. A tour of the Kennedy Space Center was made available.

Gettysburg Sailors were also able to spend time in nearby Cocoa Beach.

Gettysburg returned to sea Feb. 14, to conduct Joint Task Force Exercise (JTFEX).

# USS John L. Hall Completes COMPTUEX with Bush Strike Group

By Ensign William Hughes

*USS John L. Hall Public Affairs Officer*

As the Sailors of the USS John L. Hall (FFG 32) pulled into port on Friday afternoon, they did so knowing that they had completed not just a three-week underway period, but also one of their final certifications for their upcoming deployment.

Composite Unit Training Exercise (COMPTUEX) is an eighteen day training and evaluation cycle that culminates in a three day final battle problem. The exercise brings together all assets of a Carrier Strike Group in order for the ships to certify prior to deployment. COMPTUEX gave the officers and crew of the John L. Hall a chance to gain valuable experience working with the strike

group.

The ship put to sea on Jan. 18 and joined up with the USS George H. W. Bush (CVN 77) Carrier Strike Group. From day one, John L. Hall was involved with a myriad of events involving all warfare areas.

Every day at sea was another training opportunity or evaluated event. Evolutions included live fire exercises of both the 76mm cannon and the crew served weapons, mine swept channel transits, electronic warfare exercises, air defense exercises, several anti-submarine warfare events, and surface warfare exercises.

John L. Hall also conducted numerous Maritime Interdiction Operation (MIO) events. Suspect vessels, por-

trayed by the TSV-1 Prevail, the NS Hunter, and the NS Hugo, were repeatedly boarded by the ship's Visit, Board, Search, and Seizure (VBSS) team. The VBSS team also conducted counter piracy events with other strike group ships.

During the exercise, John L. Hall brought along HSL-48 Detachment 2. The helicopter was a tremendous asset to the ship, providing over the horizon intelligence on a day to day basis and support during the multiple anti-submarine warfare exercises.

John L. Hall is in the final stages of work ups for an April deployment to the Caribbean and the Eastern Pacific with the United States Fourth Fleet.

## Carriers Working Together



-Photo by MC2 Matthew D. Williams

The aircraft carriers USS George H.W. Bush (CVN 77), front, and USS Harry S. Truman (CVN 75) conduct an ordnance transfer. Truman has spent the last three weeks supporting fleet replacement squadron carrier qualifications for Naval Aviation Training Command and suitability testing for the E-2D Advanced Hawkeye. George H.W. Bush is conducting a joint task force exercise.

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# Robert G. Bradley Departs Togo

**By Ensign Sean McMahon**  
*USS Robert G. Bradley Public Affairs Officer*

USS Robert G. Bradley (FFG 49) departed from Lomé, Togo, after completing its first Africa Partnership Station (APS) West 2011 training hub mission, Feb. 11.

Lomé was the first ever hub for Africa Partnership Station and focused on training with the navies of partner countries to improve maritime security.

While in port, Bradley's Sailors, along with the Togolese military, joined forces to conduct two community relations (COMREL) projects. The projects focused on conducting repairs on the Neonatal Intensive Care Unit wing at the Chu Tokoin Hospital and improving the condition of Terre des Hommes Orphanage.

"It felt good to be involved in something that I knew would contribute to saving the lives of babies born prematurely," said Information Systems Technician Seaman Corey Wisdom, a COMREL participant. "I wish we had time to do more. I look forward to helping out at the future COMRELS in our upcoming ports."

Robert G. Bradley's visit, board, search and seizure team taught a class on boarding operations to 19 students from Togo, Ghana, and Benin, providing skills on boarding practices and safety.

"Working with our African partners from Togo, Benin, and Ghana was just as educational for us as it was for them," said Ensign Zachary Lukens, one of the boarding operations class instructors. "I feel that they have expanded their Maritime Operations capability, and will be able to conduct operations in a safer and more efficient manner."

Bradley's Sailors also volunteered their time to work with Togolese sailors to improve high frequency communications by 50 percent, restoring its automatic identification system which improves maritime surveillance, improving the overall capability of the Togo Navy Base.

Robert G. Bradley will continue her tour and is scheduled to visit Cape Verde, Senegal, Gabon, São Tomé and Príncipe, Sierra Leone, Cameroon, Angola and Nigeria during the next four months. During these visits, the ship will embark African students in order to conduct professional exchanges in many areas including seamanship, maritime law enforcement, medical readiness, oil spill management, non-commissioned officer development and navigation. The ship also carries, at the request of several NGOs, a large quantity of relief goods for the African coastal countries to include educational, humanitarian and goodwill material.

Robert G. Bradley, an Oliver Hazard Perry-class frigate, is homeported out of Mayport, Fla., and is on a scheduled deployment to the U.S. Naval Forces Africa area of responsibility.

APS is an international security cooperation initiative, facilitated by Commander, U.S. Naval Forces Europe-Africa, aimed at strengthening global maritime partnerships through training and collaborative activities in order to improve maritime safety and security in Africa.



-Photo courtesy of USS Robert G. Bradley  
 Senior Chief Boatswain's Mate Lyndon Jones and Boatswain's Mate 2nd Class Jeremy Allan show African sailors from Sierra Leone and Liberia how to repair mooring lines during African Partnership Station.



-Photo by MC1 Darryl Wood  
 Cmdr. Darryl Brown, commanding officer of the guided-missile frigate USS Robert G. Bradley (FFG 49), speaks to media during the graduation ceremony of the first African Partnership Station (APS) West 2011 class trained by Robert G. Bradley crew and embarked APS staff. APS is an international security cooperation initiative, facilitated by Commander, U.S. Naval Forces Europe-Africa, aimed at strengthening global maritime partnerships through training and collaborative activities in order to improve maritime safety and security in Africa.

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# Department Of Navy Announces FY12 Budget

By MC1 Stephen Murphy  
Defense Media Activity-Anacostia

Deputy Assistant Secretary of the Navy for Budget, Rear Adm. Joe Mulloy, briefed the Fiscal Year 2012 Department of the Navy budget roll-out at the Pentagon, Feb. 14.

"The FY12 budget request reflects the Navy's continued commitment to Sailors, Marines, civilians, and their families," said Mulloy. "It reaffirms the valuable contribution our assets make across the full spectrum of warfare and increases the capability of our fleet. While military pay will increase 1.6 percent, additionally, reenlistment bonuses for key rates are being maintained, and selective reenlistment bonuses

are being offered."

President Barack Obama's budget for Fiscal Year 2012 was submitted to Congress Feb. 14, with an overall request for the DoN of \$161.4 billion, which is an increase of \$1.0 billion over last year's baseline appropriations. FY12 budget also includes an additional request for overseas contingency operations in the amount of \$15 billion. The Department of the Navy has been fully engaged across all facets of ongoing contingency operations while transforming itself to provide the nation with rapid, flexible and agile options to deal with new security challenges.

The proposed budget focuses on improving capabilities to

fight today's wars and investing in capabilities to counter future threats while continuing to care for Navy and Marine Corps service members, civilians, and their families.

"The FY12 budget reaffirms the need for procurement while reforming how we buy and operate," said Mulloy. "The Navy and Marine Corps continue to sustain levels of readiness to deliver exactly the right combat capabilities - access, speed, agility, adaptability, persistence, awareness and lethality - for exactly the right cost."

Mulloy also pointed out that even with the streamlining of the DoN budget and through captured efficiencies, the Navy will still be able to

purchase five more ships than planned, extra F/A-18 fighter jets to help modernize the aviation warfare, and more P-8 aircraft. The total DoN efficiencies will save \$35 billion over five years. Themes consistent throughout the DoN budget are:

- Taking care of people
- Rebalancing and enhancing military capabilities
- Addressing efficiencies and reforms
- While supporting our troops

Defense Secretary Robert

Gates announced Jan. 6, a series of efficiencies decisions designed to save the Department of Defense more than \$178 billion during the next five years, primarily by reducing overhead costs,

improving business practices and culling excess or troubled programs.

For more information on the FY12 budget, visit <http://www.finance.hq.navy.mil/fmb/12pres/BOOKS.htm>.

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## Tent City Facilitates Joint Training



-Photo by MC2 Gary Granger Jr.

Army Sgt. Gregory Edward and Information Systems Technician 1st Class Christopher Rasmussen operate a communications system as part of a "tent city" joint training event for a deployable joint command and control system designed as a joint task force headquarters for Operation Integrated Advance 2011 at Naval Station Mayport. The tent served as the site for U.S. Naval Forces Southern Command's training exercise focusing on the maritime aspects of humanitarian assistance and disaster response scenario.

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# Enterprise Strike Group Transits Suez Canal

By Enterprise Strike Group Public Affairs

Enterprise Carrier Strike Group (CSG) transited the Suez Canal and entered the U.S. 5th Fleet area of responsibility (AOR), Feb. 15.

Enterprise transited the canal along with guided missile cruiser USS Leyte Gulf (CG 55) and fast combat support ship USNS

Arctic (T-AOE 8).

"Our ability to use the Suez Canal in a routine manner and according to long-standing plans demonstrates the ongoing stability of this important waterway," said Rear Adm. Terry B. Kraft, commander, Enterprise CSG.

The 120-mile Suez Canal, constructed in 1869, runs north

to south across the Isthmus of Suez in northeastern Egypt. It connects the Mediterranean Sea with the Gulf of Suez, a northern arm of the Red Sea, and is overseen by the Egyptian military.

The canal provides a shortcut for ships operating between ports in the Mediterranean and Atlantic with ports located in

the Indian and Pacific Oceans, by avoiding the need to sail around the Cape of Good Hope in Southern Africa. The canal sees more than eight percent of global trade pass through its waters annually.

The process of getting through the canal is not easy for the 90,000-ton aircraft carrier. With an average width of 673

feet and only 79 feet in depth, the canal was not designed to accommodate ships of its size.

"It is an all-hands effort to safely transit the Suez Canal," said Cmdr. Christopher Saindon, the ship's navigator and senior watch officer. "Every department has a role to play. It requires teamwork and vigi-

lance by all crew members."

Enterprise and Carrier Air Wing One are deployed to the U.S. 5th Fleet AOR to conduct maritime security operations and to provide support to operations Enduring Freedom and New Dawn.



-Photo by MC3 Brooks B. Patton Jr.

The aircraft carrier USS Enterprise (CVN 65) transits the Suez Canal before sunrise. Enterprise and Carrier Air Wing (CVW) 1 are in the U.S. 5th Fleet area of responsibility on a routine deployment to conduct maritime security operations and to provide support to operations Enduring Freedom and New Dawn.

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Photo Courtesy of Dept. of Defense

# Bush Receives Presidential Medal Of Freedom

By MCCS(SW) Misty Trent  
USS George H.W. Bush Public Affairs

The namesake of the U.S. Navy's newest aircraft carrier, former President George H.W. Bush, received the Presidential Medal of Freedom in a ceremony at the White House, Feb. 15.

The Presidential Medal of Freedom is the nation's highest civilian honor, awarded for "an especially meritorious contribution to the security or national interests of the United States, world peace, cultural or other significant public or private endeavors."

"His life is a testament that public service is a noble call," said President Barack Obama, referring to nearly 70 years of service ranging from Bush's years as a Navy pilot in World War II, U.S. Ambassador to the United Nations, Director of the



-Photo by MC3 Brent Thacker  
Former President George H.W. Bush speaks to the crew of the aircraft carrier USS George H.W. Bush (CVN 77) in the ship's hangar bay. Bush and his wife, Barbara, spent their time aboard watching flight operations, touring the ship and visiting with the crew. George H.W. Bush is conducting training in the Atlantic Ocean.

Central Intelligence Agency, U.S. Envoy to China, and ultimately as the 41st President of the United States.

mately as the 41st President of the United States.

The Presidential Medal of Freedom was initially established in 1945 by President Harry S. Truman as the Medal of Freedom to honor civilian service during World War II.

"His humility and his decency reflect the very best of the American spirit," said Obama. "This is a gentleman inspiring citizens to become points of light in service to others."

Obama awarded the Presidential Medal of Freedom to 15 individuals, including investor and philanthropist Warren Buffett; the Honorable John Lewis, civil rights activist and Congressman from Georgia; Yo-Yo Ma, renowned cellist and member of the President's Committee on Arts and Humanities; author and poet Dr. Maya Angelou; and former U.S. Ambassador

to Ireland and sister of former President John F. Kennedy, the Honorable Jean Kennedy Smith.

Obama quoted former President Kennedy in his opening remarks, stating that "a nation reveals itself not only by the men and women it produces, but by the men and women that it honors, the people that it remembers."

Bush was honored for exemplary diplomatic skill, "ending the Cold War without firing a shot," as well as the humanitarian relief efforts following the Asian tsunami and Hurricane Katrina.

The Presidential Medal of Freedom is awarded annually, with recipients selected by the president or recommended by the Distinguished Civilian Service Awards Board. Bush

joins five other U.S. presidents who have received the award, including Kennedy, Lyndon B. Johnson, Gerald R. Ford, Jimmy Carter, and Ronald Reagan.

USS George H.W. Bush (CVN 77) is the U.S. Navy's 11th and final Nimitz-class aircraft carrier. Commissioned in January 2009, she is having her combat readiness evaluated by Strike Force Training Group Atlantic in a Joint Task Force Exercise.

Following certification by 2nd Fleet, USS George H.W. Bush expects to depart on its initial combat deployment in the spring of 2011.

## Chairman: Military Must Plan for Future Transition

By Karen Parrish  
American Forces Press Service

Special operations forces today are the best America has ever had, and are a good example of the military's need to plan now for continued success in the future, the nation's highest-ranking officer said Feb. 8.

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, spoke during the awards banquet of the National Defense Industrial Association's 22nd Annual Special Operations and Low-intensity Conflict Symposium.

Mullen said he has learned "an incredible amount" about service and sacrifice from the special operations community, noting that special operations forces have been decisive in the nation's wars since 2001.

As someone who serves alongside those forces, Mullen said, "I would want to just say thanks: thanks to you who serve, thanks to you who did, thanks to you who still support

the community."

Those who serve now in special operations are "the best we've ever had," the chairman continued, "and we need the best we've ever had."

Special operations forces typically are the first ones in, and will be the last to come out when U.S. forces leave Iraq, Mullen said. And the work special operations forces have done in Iraq, he added, has helped to pave the way ahead in Afghanistan.

"We are heavy into Afghanistan," Mullen said, "and we need everything we learned in Iraq to do what we're doing in Afghanistan."

Afghanistan demands great effort across the full spectrum of special operations missions, Mullen said: capturing and killing enemy fighters, conducting civil affairs missions and engaging with local populations, and training indigenous forces.

Looking ahead, Mullen said,

the question becomes one of endurance. "We're in our tenth year," he noted. "How long can we do it? Somehow we've got to figure out how to create a little more balance as we look to the future."

Budget pressure also is increasing, the chairman said, and no one is immune to that pressure.

"Every dollar counts and we have to figure out how to spend our money wisely," he said. "At some point in time - and I certainly don't speak to the wars that we're in, because we can't back off there - but at some point in time, we have to ask ourselves, 'What are we going to stop doing?'"

The health of the force and economic reality will require the military to eventually scale back, the admiral said. The military's challenge in dealing with decreased funding, he added, will be to approach available resources with a team mentality. "We've got to go through it

together," Mullen said. "And we've got to come through actually a stronger force, ready to continue to meet the challenges that are out there."

Navy Adm. Eric T. Olson, commander of U.S. Special Operations Command, has spoken of the nation's special operations forces "fraying around the edges" as a result of ever-increasing demand for their contribution to the war effort over the past decade, Mullen said, and that's something the Defense Department has to take into account.

"We are built to run through walls, or as we say in the Navy, bulkheads," he said. "We are not built to stop, ever. We are built to succeed in these missions, which we must continue to do." But leaders have to decide how to prioritize and balance missions to sustain the force for the long run, the chairman added.

Special operations forces typically tell him their families are

"doing well," even after nine or 10 deployments, Mullen said, noting that he often gets the same answer from their spouses.

But his wife, Deborah, hears a different reality from the spouses, he said.

"They're pushed," he said. "I don't care if it's down in Tampa, or at [Fort] Bragg, or out in San Diego, that's the reality of where we are."

Mullen said he doesn't underestimate the challenges ahead, either in the fight or at home.

"We can't wish them away, because they're not going to go away," he said. "They're only going to grow in time."

The chairman said the approach taken by Special Operations Care Coalition, which tracks, supports, and advocates for special operations forces' wounded, ill, and injured service members and their families, must expand across the entire military.

The Care Coalition is the

gold standard for the wounded, their families, and the families of the fallen, he said.

"But I would extend that to the community writ large," the admiral said. "We need to make sure we have reached wide and deep to the community - one, to be able to finish what we've started, and two, to be ready for the future."

Mullen said over the next four or five years, special operations forces and the military in general will have to answer questions about how to come out of the fight and wind down, but still keep the best noncommissioned officers and officers in the force to be ready for the future.

"It's not that far off, and that's not something that we should deal with in terms of a crisis," he said. "We ought to recognize that's out there - and [ask ourselves], 'How are we going [to] transition?'"

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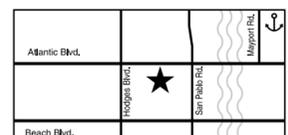


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The Enclave

# MCPON Designates Bill Cosby Honorary Chief

By MCC(SW/AW)  
Sonya Ansarov

Office of the Master Chief Petty Officer of the Navy

Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West, along with Secretary of the Navy (SECNAV) Ray Mabus recognized actor/comedian and former Sailor, Bill Cosby, as an honorary chief petty officer in a ceremony held at the U.S. Navy Memorial and Naval Heritage Center Feb. 17.

Cosby began his relationship with the Navy in 1956 when he joined as a hospital corpsman and attended recruit training at Naval Training Center Bainbridge, Md. During his four-year tour, he was stationed at Marine Corps Base Quantico, National Naval Medical Center Bethesda, Naval Hospital Argentina, Newfoundland, USS Fort Mandan (LSD 21), and Philadelphia Naval Hospital. During his time at Quantico and Bethesda, Cosby worked in Physical Therapy helping to rehabilitate Korean War veterans, a duty he liked and excelled at. He was also an athlete for the Navy playing football, basketball, baseball, and running track and field. Cosby said that the Navy transformed him from an aimless, uneducated kid into a man with drive, discipline and self-respect.

"Bill Cosby is not just a comedian and an actor, although he's pretty good at both, he's also been a tireless advocate for social responsibility and education – and a constant friend to the Navy," said Mabus. "Last year was the highest compliment I've ever received – being made an honorary chief petty officer, and now Dr. Cosby – you're about to get the same honor."

MCPON and SECNAV displaced the Chief anchors on Cosby in front of a huge gather-



-Photo by MC2 Kevin S. O'Brien  
Master Chief Petty Officer of the Navy (MCPON) Rick West, left, and Secretary of the Navy (SECNAV) the Honorable Ray Mabus congratulate Honorary Chief Hospital Corpsman Bill Cosby during his pinning ceremony at the U.S. Navy Memorial in Washington, D.C.

ing of Chief Petty Officers and Sailors. MCPON helped Cosby don a Chief Hospital Corpsman service dress blue jacket and SECNAV presented Cosby with a Chief's cover.

"I will tell to you like I tell all of our new chiefs ... when I pin these anchors on you, your job isn't over and your journey is just beginning," said West. "There is no greater honor than having earned the title 'Chief' and the responsibility to our Sailors and our Navy that comes with it and we will expect more of you."

"Thank you all," said Cosby. "The years I spent in the Navy and so many moments remembering that the Navy gave me a wake-up call. The Navy showed me obedience and that's the thing that pushed me to realize the mistakes I had made in my young life at 19-years-old and that I could do something with myself and become somebody."

Cosby was honorably discharged in 1960 as a Hospital Corpsman 3rd Class. His

awards included Navy Good Conduct Medal and National Defense Service Medal. He also received the 2010 Lone Sailor Award from the U.S. Navy Memorial.

## Expo Features LCS Simulator



-Photo by Scott A. Thornbloom  
Attendees of the 2011 Training Magazine Conference and Expo take turns on a littoral combat ship (LCS) simulator at the Littoral Combat Ship Shore Based Training Facility at Naval Station San Diego. About 40 visitors participated in hands-on demonstrations through the use of the LCS simulators or mock-ups of both the littoral combat ship USS Freedom (LCS 1) and USS Independence (LCS 2).



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# Take Prevention To Heart With TRICARE

By Kristin Shives

TRICARE Management Activity

February is American Heart Month, a good reminder for TRICARE beneficiaries to practice healthy habits and use preventive medical services to reduce the risk of heart disease.

The most common cause of death in the United States is heart disease. About every 25 seconds, someone will have a heart attack and about one person every minute will die from one, according to the Centers for Disease Control and Prevention (CDC).

People often think heart attacks are sudden and intense, however many heart attacks start out with mild pain or dis-

comfort. Knowing the signs and symptoms of a heart attack is important for getting help as soon as possible. The CDC offers the following symptoms to be aware of:

- Chest discomfort; pressure, squeezing, fullness or pain
- Arms, back, neck and/or jaw discomfort
- Shortness of breath
- Breaking out in a cold sweat
- Nausea, stomach pains
- Light-headedness

Some conditions can increase risk for heart disease, including arrhythmia, heart failure and peripheral artery disease. High cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet, physi-

cal inactivity and secondhand smoke are additional risk factors associated with heart disease.

While some may think of heart disease as a "man's disease" it is actually the number one cause of death among men and women in the United States. In fact, women account for nearly 50 percent of heart disease deaths.

Fortunately, there are ways beneficiaries can lower their chances of developing heart disease. The National Institutes of Health recommends six key steps to help reduce the risk of having a heart attack; stop smoking, lower high blood pressure, cut high cholesterol,

manage diabetes, aim for a healthy weight and be physically active each day.

"An Institutes of Medicine report shows that smoking and breathing in second-hand smoke from those around you increases your risk of heart problems," said Cmdr. Aileen Buckler (USPHS), TRICARE population health physician. "If you or someone you care for needs help quitting smoking, visit [www.ucanquit2.org](http://www.ucanquit2.org) for interactive tools, quit plans and a 24/7 Web chat line."

Beneficiaries looking to improve cholesterol levels, control high blood pressure and manage weight can find the answer in exercise. TRICARE

beneficiaries should talk with their primary care manager (PCM) before starting an exercise program. Visit [www.tricare.mil/getfit](http://www.tricare.mil/getfit) for information and links to better nutrition, exercise and more.

A heart-healthy eating plan is also a good idea. It should include portion-control, foods with little or no salt, limiting alcohol and cutting back on foods high in cholesterol. Beneficiaries can work with their PCM to develop an action plan to help ensure success towards a healthy diet and lifestyle. Check out the newly released 2010 Dietary Guidelines for information on healthy eating [www.cnpp.usda.gov/dietaryguidelines.htm](http://www.cnpp.usda.gov/dietaryguidelines.htm)

[gov/dietaryguidelines.htm](http://www.cnpp.usda.gov/dietaryguidelines.htm)

Prevention is the key in maintaining good health. Early discovery and treatment of disease can lead to better health. Beneficiaries should discuss their individual and family medical histories as well as concerns about preventive screening with their health care provider.

Changes made in 2009 allow TRICARE Standard beneficiaries to get screenings for blood pressure, cholesterol and body measurement. To learn more on other preventive health services, visit [www.tricare.mil/preventiveservices](http://www.tricare.mil/preventiveservices).

# TRICARE Improves Online Communication, Access

By Donna Miles

American Forces Press Service

Additions to the TRICARE military health plan's website are giving beneficiaries easier access to their personal health data, more convenient appointment scheduling and better communication with their health care providers, the top TRICARE official reported.

TRICARE Online, the military health system's patient portal, already enables users who get care at a military treatment facility to schedule appointments, track their medications, order prescription refills and view and even download their personal health records, Navy Rear Adm. (Dr.) Christine S. Hunter told American Forces Press Service.

Later this year, patients also will be able to get their laboratory and X-ray results through the portal, along with secure messaging from their health care providers, Hunter said.

"You will be able to go there and it will say you have two messages from your doctor," she explained. "You will click on it, and it may be the nurse telling you that you are overdue

for something, and maybe a lab result and an explanation of the findings."

The next goal will be to expand these capabilities so beneficiaries can track what immunizations they received and when, and get a "heads up" from their health care provider when they're due for their next one, she said.

Meanwhile, TRICARE plans to increase the number of clinics that offer online appointment scheduling and tailor the process to offer the broadest selection of openings so beneficiaries can select what's most convenient for them.

In addition, health care providers will begin using the portal to get patients to fill out forms and questionnaires at their convenience before they arrive for their appointments.

TRICARE Online offers the best of both worlds, Hunter said. It helps to build a closer relationship between beneficiaries and their health care providers while taking advantage of technology and health care tools to make that relationship more convenient and accessible 24/7.

Beneficiaries increasingly are taking advantage of the new capability. Almost 311,500 active users have logged into the system over the past year, officials reported, with an average of 2,800 new user registrations each week.

Since January 2010, beneficiaries have scheduled almost

200,000 medical appointments and requested more than 61,500 prescription refills through the system. During the week of Jan. 9 to 16 alone, they scheduled almost 3,000 appointments and refilled more than 1,000 prescriptions.

TRICARE officials also report increased use of the

"blue button" feature that enables beneficiaries to access their personal health data and, if they choose, save it to a file on their computer. Since Sept. 25, 2010, officials reported more than 4,000 downloads in .pdf format and more than 1,700 downloads in .txt format. Last week's figures show 486 .pdf

downloads and 187 .txt downloads.

Hunter said this feature is particularly helpful because it enables beneficiaries to download their records when they need to seek medical care away from their regular health care facility.



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# Navy Raises Awareness Of Bed Bugs While Traveling

By MC2 Gary Granger Jr.  
Navy Public Affairs Support Element  
East Detachment Southeast

With increased deployments in today's Navy, domestic and international travel, living in close quarters, and limited use of insecticides have all contributed to the bed bugs' unwelcome return in various areas of the fleet.

The small, brown, nocturnal insects survive on the blood of their hosts, which are usually sleeping humans. Bed bugs are not exclusive to beds but can live just about anywhere, including clothing, carpets, cracks, and crevices. While they are not known to carry diseases like mosquitoes or ticks, they can be difficult to eliminate and can make life miserable for anyone who experiences an infestation as well as the high cost to remove them. These unpleasant characteristics have made the bed bug an object of fear for many, including military members and their families. Lt. Anthony Hanley, an Entomologist stationed at the Navy Entomology Center of Excellence (NECE) at Naval Air Station Jacksonville, studies the common bed bug to provide the Navy with the knowledge of knowing what they are, where they come from, and how to treat and prevent them.

"Currently there are no known diseases that are spread by bed bugs," said Hanley. "But when they bite, they can cause physical or psychological discomfort and this can impact mission readiness."

Depending on the individual, a person can develop an allergic reaction in their skin from the proteins in the saliva in the bed bugs, which may cause severe swelling or an area of redness in



-Photo by MC2 Gary Granger Jr.  
Lt. Tracy Mejeomov, an entomologist at the Navy Entomology Center of Excellence at Naval Air Station Jacksonville, examines a bed bug sample under a microscope to identify the species to provide a better understanding of the insect.

the skin.

Bed bugs and their eggs are transferred from location to location in a variety of ways; most commonly on bedding, moving boxes and furniture. Travelers are especially vulnerable to picking up bed bugs on both their luggage and clothing. "In the last year we've had two instances," said Hanley. "One on board a ship in the berthing areas and also in a barracks on a base in bachelor housing." Most of the time, concerns about the bites drive people to seek information and help. "The barracks residence have no problem letting you know that they think they've been bitten by a bed bug," said Naval Station Mayport Bachelor Housing Manager David Hixon. "I've emphasized to my staff to not ignore a reported bed bug incident and let me or one of my senior personnel know and we will go investigate it."

Hixon also said that it's very important that they report the incident immediately to medical, Public Works Center, NECE, and a pest control service.

Sailors and their families can take a number of steps to keep bed bugs out of their homes. Traveling Sailors can treat luggage with a commercially available, EPA-labeled pesticide developed specifically for these insects. Check hotel rooms for bed bugs and inform the management if any are detected and they will have a qualified person investigate. Keep luggage and personal items off of the floor and hang clothing that is not being worn. When returning home, avoid bringing bed bugs into the home by checking belongings for bugs or eggs,

which are both readily visible. Wash affected clothing in hot water followed by drying in a hot dryer, which will kill bed bugs in all states of development. Vacuum bed bugs from box springs and mattresses with a high-energy particulate air (HEPA) filtered vacuum. Enclose mattresses and box springs in commercially available plastic covers, which will prevent bed bugs from entering and entomb any bugs that are already present.

All this information and more can be found by contacting your nearest NECE or Navy Environmental and Preventive Medicine Unit.

Understanding bed bugs and how to deal with them, will bring peace of mind and a better night's sleep.

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\*Showcase Townhome located at unit 29B



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## Out in Town

**Thursday, Feb. 24**

Fleet Reserve Association, Branch 290, will host Dinner from 5 to 8 p.m. The menu this week will be BBQ Ribs. 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, Feb. 25**

Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners, from 5 to 8 p.m., at the Branch Home at 390 Mayport Rd. We'll do the cooking for you. A donation of \$5 to \$8 is requested for each dinner, and depends on what is ordered. Carry out orders are accepted. The public is always invited to dinner. After dinner, enjoy the music of Doug Bracey from 9 p.m. to 1 a.m.

**Saturday, Feb. 26**

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 Chicken with yellow rice. 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.

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.

Jacksonville University is pleased to present the First Coast Wind Ensemble in concert with the Jacksonville Private Schools Honor Band at JU at 7:30 p.m. The concert is free and open to the public. The concert features composer Dr. David Holsinger, who will guest conduct the 60-member First Coast Wind Ensemble in three of his compositions: "Abram's Pursuit," "Homage: Three Tapestries," and "Scootin' on Hardrock." Holsinger is a celebrated American wind composer whose works have won four national competitions. His music is performed frequently throughout the United States and abroad. He currently serves on the faculty of Lee University in Cleveland, Tennessee. More information is at [www.davidholsinger.com](http://www.davidholsinger.com).

**Sunday, Feb. 27**

Fleet Reserve Association, Branch 290, hosts Breakfast from 8:00 to 12:00 AM at the Branch Home, 390 Mayport Rd. Menu items include eggs, steaks, bacon, sausage, grits, hash-browns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$3 to \$6 for a basic four-item breakfast, or \$3 for a breakfast sandwich, is requested. Additional side items are avail-

# COMMUNITY CALENDAR

able for a donation of \$1 to \$5. Call the Branch at 246-6855 to have a full menu faxed to you. As always, the public is invited.

**Saturday, March 26**

Ride with Me for Autism is a charity bicycling event to raise funds for the Jessica Green Foundation, Inc. (a non-profit organization) whose vision is to provide persons with Autism with an assisted living facility in a safe and loving environment. Challenge rides include 62-miles (100k), 29-miles and 10-mile ride plus a family fun ride. Complete safety and mechanical support is available throughout the route. After the ride, participants are encouraged to enjoy live entertainment and lunch at the post ride celebration. Raffle prizes and awards for top fundraising achievers and largest team. The event takes place at 7:00 a.m. at historic Camp Milton, Jacksonville-Baldwin Rail Trail. Online registration is now open at [www.active.com/triathlon/jacksonville-fl/ride-with-me-for-autism-2011](http://www.active.com/triathlon/jacksonville-fl/ride-with-me-for-autism-2011). For details, visit [www.ridewithme-forautism.org](http://www.ridewithme-forautism.org).

Runners will get dirty for a good cause on as they slosh their way toward a world free of MS in the third annual Mud Run MS Jacksonville, a 10K military-style obstacle course gushing with mud. Mud Run MS Jacksonville, presented by Suddath, is one of the National Multiple Sclerosis Society North Florida Chapter's main annual fundraisers. All proceeds raised by participants will benefit the National MS Society. The race will take place at the Taye Brown Regional Park Sports Complex in Jacksonville, attracting military members and serious athletes to thrill-seeking civilians. The opening ceremony begins at 8:30 a.m. Waves will commence at 9 a.m. so competitive racers can track their times and those running just for the thrill can take their time. The course ends in a giant mudslide with Jacksonville Fire & Rescue on standby to hose down participants. Bystanders can watch their friends and family—sometimes decked out in costume—get muddy within a lively festival atmosphere complete with food, beverages, music and more. Children ages 7-12 can run a 3/4 mile Fun Run. Registration is currently \$50 and each runner is required to raise at least \$100 for the National MS Society North Florida Chapter to participate. Registration will cost \$60 beginning February 14, 2011. Runners can register at [mudrun-jax.com](http://mudrun-jax.com).

**Tuesday, March 1**

Fleet Reserve Association, Branch 290, will host dinner from 5 to 8 p.m. The menu this week will be Shrimp & Steak Fajitas. 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.

**Wednesday, March 2**

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, March 3**

Fleet Reserve Association, Branch 290, will host dinner from 5 to 8 p.m. The menu this week will be Beef Brisket. 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.

Fleet Reserve Association, Branch 290, will hold its monthly General Assembly meeting at 7:30 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 world-wide 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.

**Friday, March 4**

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 Shepherd's Pie. 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.

**Saturday, March 5**

Join a park ranger at 2 p.m.

for a leisurely paced hike to discover the island's natural communities through a historical perspective. Participants are encouraged to bring bug spray and bottled water. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

**Sunday, March 6**

Palm Valley Baptist Church, 4890 Palm Valley Road, Ponte Vedra Beach, FL 32082 will be celebrating Homecoming Day at 10 a.m. The church is over 100 years old. The pastor is Rev. Jeffrey R. Witt. Dr. John Sullivan of the Florida Baptist Convention will be the guest speaker and a gospel group,

Southern Joy, will provide the entertainment. A potluck luncheon will follow the service.

Fleet Reserve Association, Branch 290, hosts breakfast from 8 a.m.-noon at the Branch Home, 390 Mayport Rd. A donation of \$3 to \$6 for a basic four-item breakfast, or \$3 for a breakfast sandwich. Call the Branch at 246-6855.

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**Game On** — The young and young-at-heart will want to spend time in the Home Arcades gaming area. Old school video games meet today's hottest games in an area designed for all to take a break from the stresses of modern life. On Sunday, compete in the video game competition to be crowned the ultimate "top scorer".

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For the complete stage schedule visit [JacksonvilleHomeShows.com](http://JacksonvilleHomeShows.com)  
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| Saturday | March 5 | 10am - 9pm |
| Sunday   | March 6 | 10am - 6pm |

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| OFF-BASE PICKUP LOCATIONS            |                                |         | LOCATION                     | ADDRESS                            | CITY    |
|--------------------------------------|--------------------------------|---------|------------------------------|------------------------------------|---------|
| LOCATION                             | ADDRESS                        | CITY    | JIFFY LUBE                   | 10430 ATLANTIC BLVD                | JAX     |
| ALLSTATE INSURANCE CO.               | PAN AM PLAZA - MAYPORT RD.     | JAX     | JIFFY LUBE                   | 13560 ATLANTIC BLVD                | JAX     |
| AMERICAN LEGION POST                 | 316 ATLANTIC BLVD.             | JAX     | JIFFY LUBE                   | 1067 ATLANTIC BLVD                 | ATL BCH |
| COAST GUARD STATION (EXCHANGE STORE) | A1A HWY                        | JAX     | JIFFY LUBE                   | 1672 S 3rd ST                      | JAXBCH  |
| COMFORT INN                          | MAYPORT RD.                    | JAX     | JIFFY LUBE                   | 8379 BAYMEADOWS RD                 | JAX     |
| COMMISSARY (INSIDE RACKS)            | MAYPORT RD.                    | JAX     | JIFFY LUBE                   | 5295 SUNBEAM RD                    | JAX     |
| DAYS INN                             | 1401 ATLANTIC BLVD.            | JAX     | JIFFY LUBE                   | 11099 OLD ST AUGUSTINE RD          | JAX     |
| FCE - SHELL                          | 9115 MERRILL RD./9-A           | JAX     | JIFFY LUBE                   | 9699 SAN JOSE BLVD                 | JAX     |
| FCE - SHELL                          | 1539 S 3rd ST                  | JAX BCH | JIFFY LUBE                   | 2837 TOWNSEND BLVD                 | JAX     |
| FCE - SHELL                          | 7150 MERRILL RD                | JAX     | KANGAROO                     | 10100 GRANITE PLACE                | JAX     |
| FCE - SHELL(DAILY'S)                 | 13490 ATLANTIC BLVD./SAN PABLO | JAX     | KANGAROO                     | 1031 BEACH BLVD.                   | JAX BCH |
| FLEET LANDING                        | MAYPORT RD.                    | JAX     | KANGAROO                     | 1403 N 3rd ST                      | JAX BCH |
| FLEET RESERVE ASSOC. BRANCH # 290    | 390 MAYPORT RD.                | JAX     | KANGAROO/BP                  | 10910 ATLANTIC BLVD.               | JAX     |
| FLETCHER HIGH SCHOOL ROTC            |                                | JAX BCH | KANGAROO/SMOKERS EXPRESS     | 2615 ST. JOHNS BLUFF/ALDEN         | JAX     |
| GATE                                 | 1900 MIZELL RD                 | STAU    | LA CRUISE GIFT SHOP          | A1A HWY                            | JAX     |
| GATE                                 | 220 A1A N                      | PVB     | LIL CHAMP                    | 9615 HECKSCHER DR. - FT. GEORGE    | JAX     |
| GATE                                 | 619 A1A N                      | PVB     | LIL CHAMP                    | 8804 LONE STAR/MILL CRK            | JAX     |
| GATE                                 | 10970 US 1/SR210               | ST AUG  | LIL CHAMP                    | 12020 FT. CAROLINE RD./FULTON      | JAX     |
| GATE                                 | 2350 SR 16                     | STAU    | LIL CHAMP                    | 13967 McCORMICK RD(MT PLEASANT RD) |         |
| GATE                                 | 463779 SR 200/A1A              | YUL     | JAX                          |                                    |         |
| GATE                                 | 3230 EMERSON ST                | JAX     | LIL CHAMP                    | 5001 HECKSCHER DR. - BLOUNT        | JAX     |
| GATE                                 | 3938 HENDRICKS AVE             | JAX     | LIL CHAMP                    | 1310 S. 3rd ST.                    | JAX BCH |
| GATE                                 | 8070 ATLANTIC BLVD             | JAX     | MALLARD COVE OFFICE          | A1A HWY / WONDERWOOD               | JAX     |
| GATE                                 | 1721 UNIVERSITY BLVD N         | JAX     | NAVY HOUSING APARTMENTS      | ATLANTIC BLVD / CRAIG FIELD        | JAX     |
| GATE                                 | 5617 BOWDEN RD                 | JAX     | NEX (OUTSIDE RACKS NEAR ATM) | MAYPORT RD.                        | JAX     |
| GATE                                 | 570 BUSCH DR                   | JAX     | OTTER RUN OFFICE             | ASSISSI LANE                       | JAX     |
| GATE                                 | 12548 SAN JOSE BLVD            | JAX     | RAINBOW CENTER CHILD CARE    | NAVY HOUSING OFF ASSISSI LANE      | JAX     |
| GATE                                 | 10946 FT CAROLINE RD           | JAX     | RIBAULT BAY COMMUNITY CENTER | ASSISSI LANE                       | JAX     |
| GATE                                 | 1001 MONUMENT RD               | JAX     | SINGLETON'S SEAFOOD SHOP     | A1A HWY                            | JAX     |
| GATE                                 | 10044 ATLANTIC BLVD            | JAX     | SOUTHTRUST BANK              | 1301 ATLANTIC BLVD.                | JAX     |
| GATE                                 | 4100 HECKSCHER DR              | JAX     | SPRINT                       | 1202 US-17                         | YUL     |
| GATE                                 | 2520 S 3rd ST                  | JAXBCH  | SPRINT                       | 8838 ATLANTIC BLVD                 | JAX     |
| GATE                                 | 319 S 3rd ST                   | JAX BCH | SPRINT                       | 3051 MONUMENT RD/ COBBLESTON       | JAX     |
| GATE                                 | 9144 BAYMEADOWS RD             | JAX     | SPRINT                       | 1209 MONUMENT RD./LEE              | JAX     |
| GATE                                 | 11461 OLD ST AUGUSTINE RD      | JAX     | SPRINT                       | 12743 ATLANTIC BLVD./GIRVIN        | JAX     |
| GATE                                 | 10455 OLD ST AUGUSTINE RD      | JAX     | SPRINT                       | 301 ATLANTIC BLVD.                 | ATL BCH |
| GATE                                 | 9540 SAN JOSE BLVD             | JAX     | SPRINT                       | 2810 SR A1A N                      | ATL BCH |
| GATE                                 | 1605 RACETRACK/SR13            | JAX     | SPRINT                       | 14376 BEACH BLVD./SAN PABLO        | JAX BCH |
| HOME FINDER'S REALTY                 | 2550 MAYPORT RD.               | JAX     | SPRINT                       | 300 BEACH BLVD./3rd ST.            | JAX BCH |
| JAX FEDERAL CREDIT UNION             | 664 ATLANTIC BLVD.             | JAX     | SPRINT                       | 1601 PENMAN RD.                    | JAX BCH |
| JIFFY LUBE                           | 3212 UNIVERSITY BLVD S         | JAX     | U.S. COAST GUARD OFFICE      | A1A HWY                            | JAX     |
| JIFFY LUBE                           | 6135 ST AUGUSTINE RD           | JAX     | USO MAYPORT                  | BEHIND 2550 MAYPORT RD.            | JAX     |
| JIFFY LUBE                           | 11620 SAN JOSE BLVD            | JAX     |                              |                                    |         |

Updated: FEBRUARY 1, 2007

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

**No Dough Dinner**

The Mayport USO will host a No Dough Dinner on Feb. 28 from 5-7 p.m. Come out and enjoy a free meal.

**USO 70th Anniversary**

Tell us your fondest memories of your experiences with the USO to help celebrate our 70th anniversary, include a photo if you'd like, and you may see your name in our magazine "ONPATROL" or on one of our websites. [http://www.uso.org/uso\\_70th\\_anniversary\\_stories.aspx](http://www.uso.org/uso_70th_anniversary_stories.aspx)

**Upward Sports Flag Football**

Upward Sports a first-class sports experience that emphasizes healthy competition, sportsmanship, skills building and fun. This program is FREE FOR MILITARY CHILDREN who have a parent or legal guardian currently deployed or is soon to be deployed.

-Flag Football is open to boys and girls from Kindergarten through 12th grade.

Cheerleading is open to girls from Kindergarten through 6th grade.

-Registration begins on Feb. 13 and continues until March 6.

-Practices begin on March 6.

-The season starts on March 20, 2011 and runs until May 22.

-All games and practices are held on Sunday afternoons at Patton Park, which is located off Hodges Blvd. between Atlantic Blvd. and Beach Blvd.

Two ways to sign up:

1. Go online to [www.neptunebaptist.org](http://www.neptunebaptist.org) and click on the Upward Football icon. This is the registration form. Print it out, complete the information and then drop it off at the church office which is located at 446 3rd. Street, Neptune Beach, FL between 9:00 am and 5:00 pm.

2. In person registration will be held at Fletcher High School Gym, which is located at 700 Seagate Ave., Neptune Beach, FL from 1-3 p.m.

on Sunday, Feb. 27. Registration forms will be available.

For military families who

**USO NEWS**

do not have a parent or legal guardian deployed but would like to participate, the charge for the program is \$80, however, partial scholarships are available to anyone who requests one. If you are interested please contact Beth Grant - Upward Flag Football/Cheerleading Commissioner (904)616-9596.

**8th Annual Bob Coonan Memorial USO Golf Tournament**

It is time for the 8th Annual Bob Coonan Memorial USO Golf Tournament! This great event will be held Thursday, March 31 at the NAS Jacksonville Golf Club. Check-in time is 11 a.m. with a shot gun start at 12:30 p.m. Following play there will be prizes, raffles, food and fun. The player entry form is attached to this email or you can pick one up at a USO Center near you and the NAS Jacksonville Golf Club.

**5th Annual Fleet Reserve #91 St. Patty's Day Poker Run**

The Fleet Reserve Branch 91 at 5391 Collins Road is hosting the 5th annual St. Patty's Day Poker Run on Saturday March 19. Registration is from 11 a.m.-1 p.m., last bike in by 5:30 p.m. The cost is \$10 for the driver and \$5 for the passenger. Each registration includes a meal ticket (sheppards pie, corn beef & cabbage, Irish soda bread). There will be live music by Rosco Cane starting at 5 p.m. There will also be a 50/50 drawing at 7 p.m., door prizes. The stops for the run are as follows: Rehab Saloon, VFW Middleburg Post 8255, VNV/LV Clubhouse, Steel Pony, and back to the Fleet Reserve #91. All proceeds to benefit your Greater Jacksonville Area USO. Make sure to wear an FRA Red Shirt to Fleet Reserve Association # 91 off of Collins Road on any Friday and they

will donate \$5 to Greater Jacksonville Area USO! It's a great way to have a good time and help support a great cause.

**Spring Break Festival at Palencia**

The Palencia Club (LOCATED ON US 1 NORTH OF SAINT AUGUSTINE) will host a "Spring Break Festival" on Friday, March 26 beginning at 5 p.m. This event is Free and open to the public. There will be over 100 participating vendors showcasing including Radio Disney, Fun Food & Beverages, Dancing and much, much more. Please bring non-perishable goods to donate to the St. Francis House.

**2011 Birdies For Charity Campaign**

Your Greater Jax Area USO is excited about the upcoming 2011 PLAYERS Championship Birdies for Charity Program. This yearly community-based fundraising is held in conjunction with THE PLAYERS Championship at TPC Sawgrass, May 9-15, 2011. Donations to Greater Jax Area USO will be accepted until May 11. This will give us four months of fundraising with the hope of making the 2011 Birdies For Charity drive the best ever in support of your USO!

Please visit [www.birdiesforcharity.playerschampionship.com](http://www.birdiesforcharity.playerschampionship.com), where you can have an opportunity to continue supporting Greater Jax Area USO. You may donate ONLINE and become eligible to win a fabulous grand prize. Upon mak-

ing your donation, you will be asked to guess the total number of birdies that will be made during the competition rounds of the tournament. The individual making the correct or closest guess will win A Trip For Two to the 2011 Presidents Cup in Melbourne, Australia! Deadline for all donations/entries is Wednesday, May 11.

Greater Jax Area USO is fortunate to have fantastic supporters whose continued help allows us to fund the many important programs that support our local 250,000 plus active duty military population. Please visit [www.birdiesforcharity.playerschampionship.com](http://www.birdiesforcharity.playerschampionship.com). Donations can be made online with a credit card. If you do not wish to donate via credit card, a "cash or check" Donation Form is included on the website. In this case, your donation may be mailed directly to: Greater Jax Area USO, P.O. Box 108, Bldg. 1050, NAS Jacksonville, FL 32212-0108.

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- Website for ease of donating.
- Elimination of the "per birdie" pledge. All donations will be flat donations with a minimum of \$20.

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# Make This Year's Resolution 'SMART'

**By Chris Halagarda**  
Navy fitness and performance enhancement dietitian

This is the season when millions of Americans will choose to lose weight as their New Year's resolution. If you are one of those people who vowed to lose weight last year and the year before and the year before that, I ask you, "What will you do differently this year? What will you do this year that you didn't do last year or the year before?"

Weight loss is one of the most difficult challenges one will take on in their life and unfortunately, nine out of 10 people fail to reach their weight loss goals! For many people, it has become a social pastime to talk about their weight loss attempts. "What diet are you on?" "Oh, I can't eat bread on my diet," or "I'm going to drink this solution for three days, then I'll avoid sugar for two weeks, then I'll..." Does any of this sound familiar? If so, it's time to strategize and simplify your goals this year, and start living your life at a healthy weight.

The first step is to write down your goal and post it on your refrigerator or computer screen. Writing down your goal and placing it where you will see it will remind you regularly of it and keep you motivated.

Next, write down 5-10 reasons why you want to reach your goal and 1-3 changes that you will make to support your goal. How do you write a good goal? Follow the SMART principle of goal setting: specific, measurable, adjustable, action-oriented, realistic and time-based. For example, a common resolution that I hear is, "I want to lose weight." Although this is a goal, there is no way to measure the status and outcome. Remember, the ultimate

goal is to reach a healthy weight and then maintain that weight for your life. An example of a SMART revision of this same goal is: "I want to lose weight. Ultimately, I want to lose 20 pounds by Aug. 1."

Small goals on the way to losing 20 pounds could be: "To measure my status on the way to my larger goal, I will lose 10 pounds by April 1 and 15 pounds by June 1." By documenting these smaller goals, it allows you to adjust your bigger goal or adjust your behaviors. If on April 1 you have lost only eight pounds, you haven't failed at your ultimate goal, but you now know you need to exercise more or reduce the amount or types of food you are eating.

So, now you have your ultimate goal and your smaller goals, how are you going to reach your goal? By having a realistic, time-based goal you will succeed this year by making small habit changes or "baby steps."

Clients I have worked with have succeeded by applying simple changes that don't require much effort, such as reducing or eliminating sugar from their morning coffee, walking for a couple of minutes every half hour at work, trying a new fruit or vegetable from the commissary every week, lifting weights (any resistance training) once or twice a week for 15 minutes during lunch, eating a fruit or vegetable with every meal, making a "vegetarian food" day every week, packing a brown-bag lunch three days a week, decreasing the number of times you eat out by two trips each week or choosing only whole grains for breakfast.

Finally, it's really important to not take on too much. Despite having witnessed many successful health improve-

ments, I have also seen many people fail at their weight loss attempts. The No. 1 reason for not succeeding was trying to change their lifestyle too drastically. So, this year, try learning from your mistakes and other's mistakes.

Choose one or two habits and follow them for a month. If after four weeks you're still following those two habits, then and only then, should you add another lifestyle change. With these baby steps, maybe next year your New Year's resolution could be to save more money.

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

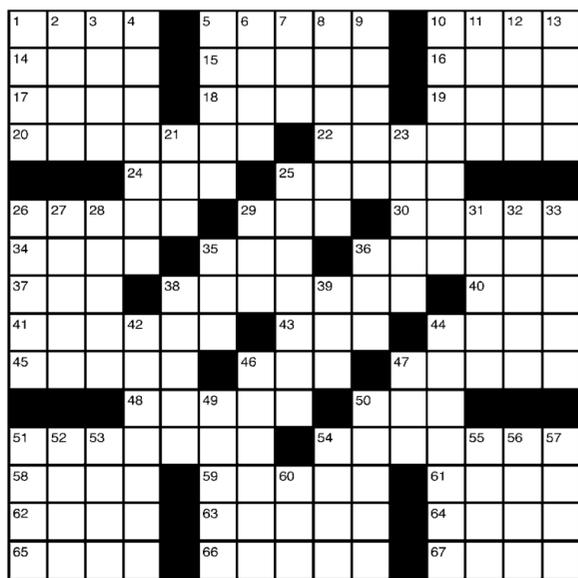
-- Chris Halagarda is the Navy Fitness, Performance Enhancement Dietitian. Please feel free to contact him with your questions at (202) 433-0721 or [Chris.Halagarda@Navy.Mil](mailto:Chris.Halagarda@Navy.Mil).



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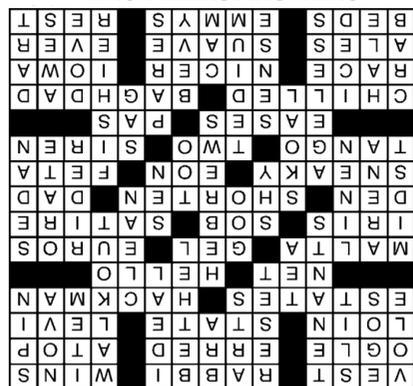
## THE Daily Commuter Puzzle by Jacqueline E. Mathews

- ACROSS**
- Part of a three-piece suit
  - Synagogue leader
  - Achieves victory
  - Make eyes at
  - Went astray
  - Perched on
  - Cut of pork
  - Ohio or Maine
  - Mr. \_\_\_ Strauss
  - Lands on which mansions are located, often
  - Actor Gene \_\_\_
  - Tennis court divider
  - "Hil" alternative
  - Island nation near Sicily
  - Become firm
  - Dollars abroad
  - Part of the eye
  - Cry
  - Contemptuous piece of writing
  - TV room, often
  - Abbreviate
  - Father
  - Underhanded
  - Long, long time
  - Greek cheese
  - Ballroom dance
  - Deuce
  - Ambulance's blare
  - Relaxes
  - Faux \_\_\_; boner
  - Refrigerated
  - Iraq's capital
  - Marathon
  - More pleasant
  - Des Moines, \_\_\_
  - Tavern orders
  - Debonair
  - At any time
  - Cots and cribs
  - TV show awards
  - Siesta
- DOWN**
- Small rodent
  - Senses of self-esteem
  - Long, thin cut
  - Renters
  - Adjust a clock
  - \_\_\_ and crafts
  - Feminine undergarment
  - Sailors' chapel
  - Perfect
  - Leave suddenly
  - Object; article
  - \_\_\_ Scotia
  - Revolve
  - Brewed drink
  - Spotless
  - New Testament book
  - In the \_\_\_ of; surrounded by
  - Sports building
  - Fine tablecloth fabric
  - Sticky stuff
  - Equestrian
  - Give a speech
  - Prius or Sonata
  - Bashful
  - McCain or Feinstein: abbr.
  - Toaster's cry
  - Also
  - Never seeming to grow old
  - More questionable
  - Boredom
  - Droop
  - Taste or sight
  - Whittles
  - Grouchy one
  - Healthy
  - Frosted
  - Group of quails
  - Bird of peace
  - Fills with reverent wonder
  - Move suddenly
  - Machine wheel



2/24/11

### THIS WEEK'S ANSWERS



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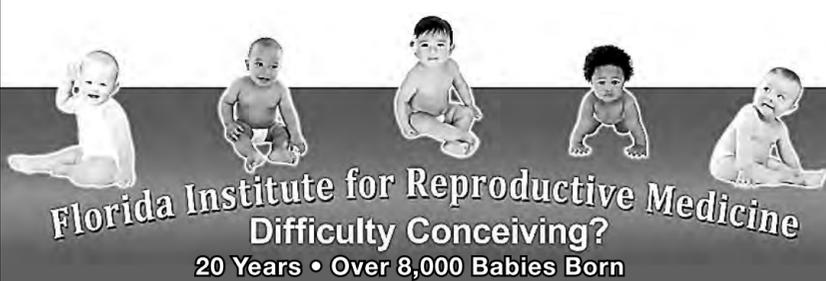
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# DOD Takes Steps to Combat Childhood Obesity

By Elaine Wilson  
American Forces Press Service

The Defense Department has joined forces with the nation to combat a childhood obesity epidemic that not only is a matter of health or nutrition, but also is a national security issue, a Pentagon official said.

"When the nation as a whole lacks in this issue, it's pervasive," Barbara Thompson, co-chair of DOD's working group to combat obesity, told American Forces Press Service, noting obesity's impact on everything from recruiting to the nation's health system.

Today, First Lady Michelle Obama marked the one-year anniversary of her "Let's Move" campaign, a nationwide initiative to promote making healthy food choices and increasing physical activity within homes, schools and communities. The aim, Obama has said, is to solve America's childhood obesity epidemic within a generation.

"The physical and emotional health of an entire generation and the economic health and security of our nation is at stake," Obama said at the Let's Move launch last year.

America's childhood obesity rates have tripled in the past 30 years, according to the Let's Move website. Today, nearly one in three American children and about one in four military children are overweight or obese. This issue has a tremendous impact on the health system, and from a military standpoint, it can affect everything from recruiting and retention to the force's ability to fight, said Thompson, who also serves as the director of the Pentagon's office of family policy, children and youth.

Thompson cited a report called "Too Fat to Fight," which states that 75 percent of Americans ages 17 to 24 are unable to join the military for various reasons, with being

overweight or obese the leading medical cause.

"When you take into account that 50 percent of military youth enter the military or consider entering the military, that's a huge pool we need to be focused on," Thompson said.

Spurred on by the first lady's efforts, the Defense Department formed a childhood obesity working group in August, with a committee of nearly 30 helping professionals from a variety of military backgrounds and expertise, Thompson said. The group includes pediatricians, family medicine physicians, dietitians, nurses, public health professionals, military and civilian personnel experts, family and child and youth professionals, and representatives from the Defense Commissary Agency, the Department of Defense Education Activity, and morale, welfare and recreation.

To tackle a daunting task, the group divided into four subcommittees: nutrition and health for children from birth to age 18, the Military Health System, food and fitness environments and education and strategic communications.

The committee then set out on a mission to improve the health and nutrition of military families, Thompson said. "We're developing a strategic action plan that cuts across the DOD's food environment," she explained. "We have to look at our food courts, our school menus, how physically friendly is the installation so children can walk to school and bike to school to increase their physical activity, for example."

"It's a very comprehensive look at what we can do as a department to help our families make the right choices for their families," she added.

They've already made considerable progress, Thompson noted. With the Army taking the lead, officials are creating standardized menus for child devel-

opment centers to ensure the centers are meeting children's nutritional needs. They're also working with vendors who supply the centers' food to ensure they're getting the freshest vegetables, lower-fat cuts of meat and less processed food laden with fats, salt and sugar.

Since children receive about two-thirds of their daily nutrition requirement while in military child care centers, these efforts are poised to have a significant impact, Thompson said, also noting that military youth and child development centers serve about 700,000 military youth on any given day.

"It's a wonderful opportunity to impact the way they think about healthy lifestyles," she said.

Additionally, the committee is working to develop community gardens, healthy cooking classes and classes on the relationship between finances and food. Eating at home, for example, generally is less expensive than eating out, Thompson said.

Thompson also cited progress within the civilian sector that the military can adopt. The first lady is working with a major "super store" chain to reduce the number of products high in fat, salt and sugar and to boost the number of fruits and vegetables it offers, she explained, and commissary officials are looking into this as well. Commissaries already have increased the sales of fresh fruits and vegetables, she noted.

Additionally, the department is working to offer more healthy choices in vending machines, schools, dining facilities, clubs, bowling centers, food courts, and any other on-base locale that offers food, she said.

These changes not only will affect children in the short term with better stamina and well-being, but also will have a significant impact on their long-term health, Public Health Service Cmdr. (Dr.) Aileen

Buckler, working group co-chair and TRICARE population health physician, told American Forces Press Service.

When a child is overweight or obese, particularly obese, she explained, they're at a much higher risk of cardiovascular risk factors such as high blood pressure and elevated cholesterol, as well as increased blood sugars, which can lead to higher rates of Type 2 diabetes at younger ages than what was seen in the past.

Weight issues often follow children through the years, Buckler noted. Studies show that about 85 percent of children ages 10 to 15 who were overweight became obese by age 25, she said. And children who are obese before age 8 are more likely to have more severe obesity as an adult, which can lead to greater risks of cardiovascular disease, stroke, certain types of cancer, osteoarthritis and even infertility, she added.

To keep these health issues from snowballing, Buckler's Military Health System subcommittee is taking action within health care offices nationwide. Members are working on a policy memo aimed at helping pediatricians, family physicians and civilian health care providers properly diagnose overweight and obesity in children, track trends and offer parents ideas of how they can help at home.

They're also evaluating civilian and military toolkits on childhood obesity so they can develop a standardized toolkit for military and civilian providers, she added. This will ensure they reach the widest scope of children, including those of National Guard and Reserve families.

Along with new initiatives, the committee is taking current, effective programs into account, Thompson said. The committee has gathered an inventory of current service programs to learn from effective practices with an aim to expand those programs across the department, she said.

But the department can't accomplish this alone, Thompson noted. "It takes a village to make good change," she said. "We need to bring the message to the important adults in their lives. And as adults, we need to be good role models for our children."

Thompson summed up a healthy family goal with the aid of a few numbers: five-two-one-zero. People, she explained, should aim for five servings of fruits and vegetables a day, two hours or less of screen time, one hour of physical activity and zero sugary drinks.

About 40 percent of children's calories are empty ones, she noted. "That is a real concern that they're not getting enough vitamins and fiber," she

said.

The working group is factoring in the additional challenges military families face, Buckler noted, such as multiple deployments and frequent moves. During a deployment, for example, the at-home parent may find it more difficult to find time to shop for healthy foods or take children to physical activities such as soccer or basketball, she said.

"It probably makes eating healthy and getting activity into your life harder," she acknowledged.

But military parents can take smaller steps toward change to start, she noted. They can choose skim milk instead of whole or reduced-fat milk or take a family walk or bike ride after dinner rather than turning on the TV.

"You can go play kickball or throw a ball around," she suggested. "The goal is to get out of the house, get moving and away from the television."

Thompson said she's optimistic about the changes that have occurred and what is yet to come.

For more information on a healthy lifestyle, people can visit a service health and wellness facility, check in with a base fitness center or visit the Let's Move campaign website at <http://www.letsmove.gov> or Military OneSource at <http://militaryonesource.com>.

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