

NEX Gets Ready For Holidays

From NEXCOM

This holiday season, the NEX wants to make returning gifts as easy as possible. Since gifts may be purchased well before they are given during the holidays, all NEXs will accept returns through Jan. 31, 2013. This extended return policy applies to original purchases made Oct. 28 - Dec. 24 either in a NEX or through the NEX web store, www.myNavyExchange.com. Customers are asked to include any packaging material along with the receipt when making a return. Any returns without a receipt will be placed on a NEX Gift Card.

"We know the holiday season can be hectic," said Michael Powers, Navy Exchange Service Command (NEXCOM) Director, Retail Operations. "We want to give our NEX customers

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USS Taylor Changes Hands

By Ensign Caitlyn Levinson

USS Taylor PAO

Command of the Mayport-based Guided Missile Frigate USS Taylor (FFG 50) changed hands on Thursday, Nov. 13 when Cmdr. Dennis J. Volpe relieved Cmdr. Jeremy R. Hill in front of the crew, friends and family and some very special guests.

USS Taylor was the proud host to the family its namesake, Jesse Junior Taylor. Twenty-three Taylor family members attended the change of command, including Jesse Jr. Taylor's widow, Barbara Taylor. The last time Mrs. Taylor was on board was 28 years ago for Taylor's commissioning ceremony. The family was able to participate in a ship tour and interacted with the Taylor crew.

During the ceremony, Capt. Paul E. Flood, Commander, Destroyer Squadron 14, spoke on behalf of Cmdr. Hill and presented him with an end-of-tour award. Cyndi Hill, Cmdr. Hill's wife, was also presented with a yellow rose.

Volpe, was previously assigned as the executive officer of USS



-Photo by Paige Gnam

USS Taylor new Commanding Officer, Cmdr. Dennis Volpe, right, holds a piece of cake baked by the ship's culinary specialists to resemble the American flag when cut as outgoing Commanding Officer, Cmdr. Jeremy Hill, middle, reaches for a plate.

Taylor. A 1996 graduate of the Naval Academy, Volpe served aboard destroyers and cruisers throughout his career. His first tour of duty was aboard USS Spruance (DD 963) from January 1997 until November 2000, where he served as Communications Officer,

Training Officer and First Lieutenant. In October 2004, he reported to USS Gettysburg (CG 64) and served as Weapons Officer and Combat Systems Officer until January 2008. His tours ashore include instructor duty at the United States Naval Academy as a member

of the Leadership, Ethics, and Law Department, and a student at the Naval Command and Staff College at the Naval War College in Newport, Rhode Island. He also served as a long-range operational planner at the ISAF Joint Command in Kabul, Afghanistan from

July 2009 until July 2010.

Volpe is a native of Long Island, New York and makes his home in Jacksonville, Florida.

Hill has taken orders for the Executive Assistant to Commander 6th Fleet in Naples, Italy.

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-Photo by MCC William Townsend

Capt. Paul Flood, Commander, Destroyer Squadron 14, left, watches as Cmdr. Chris Follin, middle, relieves Cmdr. Leonard Milliken as commanding officer of USS Simpson during a pierside change of command ceremony on Nov. 16.

New Captain For Simpson

From Staff

Cmdr. Chris Follin relieved Cmdr. Leonard H. Milliken as commanding officer of USS Simpson (FFG 56) during a change of command ceremony held pierside in front of the ship on Nov. 16 at Naval Station Mayport. Guest speaker for the event was Capt. Paul Flood, Commander, Destroyer Squadron 14.

Follin enlisted in the Navy in 1987 in the advanced electronics field. He served five years onboard USS

Birmingham (SSN 695) as a Electronics Technician Second Class and Navy Diver. While attached to the Chief of Naval Operations Special Project, Submarine Surveillance Equipment Program and ESM Certification team, he was selected for Admiral Boorda's first Seaman to Admiral Program.

After receiving his commission at Officer Candidate School and completing Surface Warfare Division Officer Course in 1996, he report-

ed to USS Chancellorsville (CG 62) where he served as the Main Propulsion Division officer and Strike Officer and earned the SURFPAC ship handler of the year award. In June 1998, Commander Follin reported to Mine Countermeasures Rotational Crew Bravo embarked onboard USS Pioneer (MCM 9) as the Operations Officer deploying to the Arabian Gulf in USS Ardent (MCM 12).

While attached to the Naval ROTC unit

in Jacksonville, Florida from December 1999 to December 2002, he earned a Bachelor of Science in History and a Master's Degree in Business.

Returning to Sea Duty for his Department Head tours, onboard USS Winston S. Churchill (DDG 81), Follin served as Weapons Officer and Combat Systems Officer.

Remaining on sea duty, Follin reported to Commander Strike Force Training Atlantic

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Navy At Its Best When Forward-Deployed

By Claudette Roulo

American Forces Press Service

With warfighting the central focus of the Navy's mission, the Navy is best when it is out and about, Navy Adm. Jonathan W. Greenert, chief of naval operations, said last week.

"Operating forward means using innovative ways to make sure the ships that we have are where we need them to be," the admiral said during a speech at a National Press Club luncheon.

Readiness to conduct forward operations requires more than just parts, maintenance and fuel, he added.

"It also means that we have competent and proficient crews that are ready to do the job," he said.

For about 10 years, around half of the Navy's ships have been forward-deployed in the Asia-Pacific region, Greenert said.

Half of those ships are home-ported there, he added.

That forward-leaning posture helps to build international relationships and reassure U.S. allies, he said.

Partnerships between the United States and Asia-Pacific nations are maturing and growing, Greenert said.

For example, in Japan and South Korea, U.S. Navy operations personnel are collocated with their host nation counterparts, he said.

In addition, a longstanding series of talks with the Chinese navy have been expanded to include flag officers, not just captains, Greenert said.

"We in the Department of Defense have now a deliberate strategy for engagement of the Chinese military," he said.

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Stevens Visits Ships

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Mayport New Moms Go On Hunt

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Thanksgiving Feast

All are invited to enjoy a Thanksgiving dinner prepared by Oasis Galley at 2 p.m. Beachside Community Center. Cos is \$7.50 and is open to civilians, DoD, Contractors, friends and family.

Check us out Online!



mayportmirror.com



Capt. Doug Cochrane

Shipmates,
A huge Mayport Bravo Zulu to everyone involved in the preparation and execution of the Navy-Marine Corps Classic Basketball Game held on the decks of USS Bataan (LHD 5) Nov 9. Lonnie Kenney and the entire MWR staff, CWO4 Chuck Mogle and the Security team, CDR Miguel Dieguez leading the Public Works efforts, and CAPT's Cook, Fuller and LCDR Socias of SERMC who "moved mountains to enable this national event to happen and happen

CAPTAIN'S CORNER

safely. Special thanks to the men and women of USS Bataan who hosted the game, the City of Jacksonville for their efforts, and those who went out to the local schools during the Week of Valor telling their stories to students about life in the Navy. This event reaffirmed the Navy's long-term partnership with the city of Jacksonville and the surrounding community and we are very proud that we were able to show Navy pride on a national level. Our Navy Public Affairs Center provided extensive photo coverage of the Navy and Marine Corps Classic, and many of those images are posted on the Navy Newsstand. Big thanks to those folks too for their photo and story coverage.

I want to remind all of the First Class Petty Officers that the E7 advancement

exam is just around the corner. I know that the CMC and the Chief's Mess are doing good things with the CPO 365 program. Make sure to study and be prepared. The exam will be administered Thursday, Jan. 17, 2013 at the Ocean Breeze Conference Center.

The holidays are here and now more than ever we need to keep in mind safety when hitting the roads to see loved ones, preparing Thanksgiving meals and holiday decorations. Keep in mind all the resources we have on hand at our Fleet and Family Support Center and Navy and Marine Corps Relief. Counseling, financial help and advice for example, are just some of the areas that you can find help and assistance right here at building one. We have a full staff of experts standing by to assist you. There is no problem to big or small that we cannot tackle together. Also keep in mind that the Navy's focus on sexual assault is still front and center and needs our daily attention. On aver-

age two of our shipmates are sexually assaulted daily throughout the fleet. One is too many. Take advantage of all the resources we have and sound off if, you or someone else has been sexually assaulted in any way, shape or form. The Sexual Assault Prevention and Response (SAPR) hotline number is 563-1254.

Tomorrow please come celebrate Thanksgiving with a full blown feast at our Beachside Community Center. Our award winning galley staff has worked very hard to prepare for those that won't be able to be with family this year, and the meal will be served at 1400 and end at 1630. The price is \$7.50 and all are invited; civilians, DoD, Contractors, friends and family.

Thanks to each of you for bringing your hard work and professionalism each day through our gates. It never goes unnoticed. Be safe and keep sending those suggestions to the CO's suggestion box or email them at douglas.cochrane@navy.mil.

Fla Bright Futures Online Application Open



Judy Cromartie
School Liaison Officer

For students anticipating graduation in June 2013, Saturday, December 1st marks the first day they can go online to complete the application for the Bright Futures Scholarships and other state loans and grants.

Go to www.FloridaStudentFinancialAid.org, select "State Grants, Scholarships & Applications" and then select "Apply Here." The completion of the *Initial Student Florida Financial Aid Application* gives the Florida Department of Education permission to evaluate the student's high school transcript and test scores for eligibility for state scholarships and grants.

General eligibility requirements include the following:

Knowing THE ROPES

- Be a Florida resident and a U.S. citizen or eligible non-citizen.

- Pursue an undergraduate degree at an eligible Florida postsecondary institution.

- Begin using the scholarship funds within **TWO years** of high school graduation (Unless enlist directly in the military after high school graduation. Then the TWO-year period begins upon date of separation from active duty.). **The requirement is a change to the eligibility requirements which previously allowed three years for reinstatement!**

- Have not been found guilty or have pled not contest to a felony charge.

- Be enrolled for at least six non-remedial semester credit hours.

- Submit an *error-free* Free Application for Federal Student Aid (FAFSA). **This is another change to the eligibility requirements.**

The online *Florida Financial Aid Application* is a self-reported document. The student can use his transcript from last June at the end of his junior year to

complete the application. All information will be verified when the district uploads his first semester grades and courses in January of 2013. However, families sometimes need additional help when completing a FAFSA for the first time.

Last year's change requiring the submission of a *Free Application for Federal Student Aid* (FAFSA) now includes the word *error-free*. Florida has now joined several states and many school financial aid programs which require the FAFSA. However, completion of the FAFSA for Bright Futures does not determine whether a student receives the Bright Futures Scholarship. It DOES determine if the student will receive the money for the scholarship. Without this document on file, no Bright Futures money will be sent to the student.

To get help with the in's and out's of completing the FAFSA, plan to attend the Parent Program on Financial Aid, scheduled for Jan. 24 at the USO on Mayport Road from 6 p.m.-8 p.m. The speaker Clarence Richardson is a retired US Navy

Lt. Commander and enrollment specialist for FSCJ. He is the area expert on all aspects of financial aid. Andrea Reese, Military OneSource consultant, will present the military side of financial aid, and I will provide additional information on the available State of Florida loans, grants, and scholarships - especially Bright Futures.

In the meantime, go online to www.FloridaStudentFinancialAid.org for additional information on the Bright Futures Application. Some SAT/ACT score requirements increased for students graduating this year. Community service requirements increased for all three Bright Futures award levels. Learn how to create a PIN (Personal Identification Number) online. The State no longer sends acceptance letters by mail. Students MUST monitor their award status online.

In past years, students went to www.flvs.org to check their Bright Futures GPA. This information is now found on www.flvc.org. This website, Florida Virtual Campus for Students, is Florida's official online one-stop-shop in transitioning students from middle school through college. AND IT IS THE ONLY PLACE STUDENTS AND PARENTS CAN CHECK

THE STUDENT'S BRIGHT FUTURES GPA!!! It is not the GPA on the report card nor is it found on the transcript. You must go to www.flvc.org to find this important information.

Funding for the scholarship does not begin until the fall term following high school graduation. Scholarship recipients are not eligible for funding during the summer term immediately following high school graduation. The academic year begins in the fall and ends in the summer. By going online to www.FloridaStudentFinancialAid.org, you can check on the current year award amounts for each of the three Bright Futures Scholarships.

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about this article or concerns about an educational issue impacting your child, she can be reached via email at judith.cromartie@navy.mil or by phone at (904) 270-6289 X1305 [office] or (904) 219-3894 [cell]. Or you can schedule a meeting with her in her office in Building One.

Second Harvest Empty Bowls Full Of Hope

By Lt.j.g.
Patricia Kreuzberger
ATG

Thanksgiving is around the corner and as we prepare to arrange a feast for our families, we recall those in need. Jacksonville kicked off the season of giving at the 28th annual Empty Bowls Luncheon on Nov. 13 to benefit North Florida's Second Harvest.

Hundreds gathered downtown at the Prime Osborn Convention Center to pledge to end hunger in North Florida. This event reminds us that the hunger is not continents away - often it is right down the street. One in six Northern Floridians and one in

four children are food insecure, meaning that they do not have regular access to nutritious food. Second Harvest Food Bank, the event's host, serves 17 counties and 400 agencies locally. This year Second Harvest has already disturbed 24 million pounds of food.

The Empty Bowls Luncheon is truly an event. First, you select your own personal bowl from tables full of donated unique bowls hand-painted by local children, seniors and artists. Once you have found a bowl to call your own, you are served a simple meal of soup and a roll. Looking at the meager meal, you

know you will still be hungry after its consumption and you realize what so many face every day.

Celebrity hosts and live music help us focus on the most important part of this event: hope. Second Harvest can turn just one dollar into seven meals that impact men, women and children right here in Jacksonville. The luncheon makes you feel empowered and prepares you for your season of giving.



-Photo submitted

Bowls are set out at the Empty Bowls Luncheon event sponsored by Second Harvest. The fundraising event helps feed families throughout North Florida.

Holiday Hours For Commissary

Mayport Commissary will be closed on Thursday, Nov. 22. The Commissary will also be open on Monday, Dec. 24 from 9 a.m.-3 p.m. and closed on Tuesday, Dec. 25.



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Mary Tyler Moore,
International Chairwoman, JDRF

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Baptisms

3rd Sunday of month 10:30 a.m.
Catholic Youth Group

2nd & 4th Sunday 11:30 a.m.-1 p.m.

Protestant Worship
Sunday 10:30 a.m.

Sunday school 9:15 a.m.
Choir: Wednesday 7 p.m.

Baptism: For

information contact your chaplain

Women's Bible Study
Wednesday 10 a.m.

Protestant Youth Group
1st Friday Youth Quak Trip 6:30 p.m.

3rd Friday at Chapel 7-10:30 p.m.

PWOC
2nd Saturday 9:30 a.m.

PMOC
3rd Saturday Prayer Breakfast 9 a.m.

MOPS
1st & 3rd Thursday, 9:30 a.m.

For more information or other worship opportunities and religious organizations in Jacksonville, call 270-5212.



Naval Station Mayport

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Cmdr. Patrick Pickard..... Executive Officer
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The deadline for all submissions is Thursday at 4 p.m., one week prior to publication. News and articles should be submitted to the Public Affairs Office, or mailed to:

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CHAPLAIN'S CORNER

In Proverbs 22:6, the Bible states, "Start children off on the way they should go, and even when they are old, they will not turn from it."

The premise of this parental imperative is framed in the historical context of what the Hebrews knew as the "Shema."

The Shema is an affirmation of Judaism and a declaration of faith in one God. Thus, the first stanza of this avowal reads, "Hear, O Israel: The LORD our God, the LORD is one (Deuteronomy 6:4, NIV). Verses 5-9 of this passage offer the remaining contents of the Shema.

The obligation to recite the Shema is separate from the obligation to pray and a Jew is obligated to say Shema in the morning and at night (Deut. 6:7). As you can see, the imparting of spiri-

tuality was a serious matter.

Along with the spiritual and natural development of children, parents also have a responsibility to ensure they prepare their children for academic success. During a recent research venture, I came across some data that deserves our attention.

Those of us who have treaded the sacred grounds of parenthood and have children past the threshold of their genesis years can now only wish we possessed the wisdom of our current years. Those of you who have children who have not yet reached such a threshold should take heed and consider what I am about to share.

In a report titled "Early Warning! Why reading by the end of third grade matters," the Annie E. Casey Foundation research department concluded that as children progress through school, their failure to meet certain milestones is highly predictive of later drop-out.

Parents and educators should be particularly vigilant regarding each child's academic perfor-

mance. Recognizing the warning signs promptly is crucial to early and effective intervention.

By the third grade, it is very important for children to have mastered how to read since it underpins future learning in the upper elementary grades where more complex reading skills are required. They should have transitioned from "learning to read" to "reading to learn."

What is the point? Make your children read more - start young;

carve out time daily and make them stick to it. Anything we do for 21 days straight will become a habit. They may hate you now for making them do the uncomfortable, but they will love you later.

My third and fourth grade teachers told my mother I could not read. They were correct. My mother acknowledged their findings, but she would not allow them to label me. As you can imagine my summers and weekends were not fun, but they taught me how to do what I did not want to do.

If you have fallen off the horse concerning this issue, you can get back

on. Do not allow anyone to label your children, and press hard on this reading issue. Although this research only speaks to a single aspect of a child's educational development, it is nonetheless a very important one. Perhaps, a good Bible Story book

might be a good place to begin. Children love stories and it is also a means for introducing God into their lives.

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Medical Closed

Branch Health Clinic Mayport will be closed for Thanksgiving Holiday, Nov. 22-25

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STARTS WEDNESDAY, NOVEMBER 21

MCPON Zeroes In On Excellence At Mayport

By MC2 Thomas L. Rosprim
Office of the Master Chief Petty Officer of the Navy

Master Chief Petty Officer of the Navy (MCPON) (AW/NAC) Mike D. Stevens visited Naval Station Mayport, Fla., Nov. 8-10, to discuss his 'Zeroing in on Excellence' initiative.

MCPON met with area chiefs to discuss his initiative that he released in four letters to the Chiefs' Mess Nov. 6, and used this trip as his first opportunity to assess communication success.

"If you have seen, read or heard of the initiative that I recently sent out called 'Zeroing in on Excellence' raise your hand," said Stevens. Three quarters of the approximately 150 chief petty officers raised their hand. MCPON discussed the basics of the idea behind the initiative and the three focus areas of: developing leaders, good order and discipline, and controlling what we own.

"What the 'Zeroing in on Excellence' initiative provides you is the framework within which you



-Photo by MC2 Thomas L. Rosprim
Master Chief Petty Officer of the Navy (MCPON) Michael D. Stevens speaks to area command master chiefs and senior enlisted leaders at Naval Station Mayport, Fla. MCPON spoke about his 'Zeroing in on Excellence' initiative and answered questions.

can work," said Stevens. "It's my charge to every chief petty officer in the Navy to look at it, especially the leaders within the mess, and ask themselves, 'What is it we can

do to support this and sustain it?' I'm not interested in a flash in the pan, here-now-gone-tomorrow effort."

MCPON explained that if a leader is ineffective,

then the command is ineffective.

MCPON also visited commands and Sailors throughout the base including USS Philippine Sea (CG 58). While there,

a Sailor asked MCPON for advice on becoming MCPON.

"I have been in the Navy for 30 years," said Stevens. "After all that time, here is what I can

tell you about being successful; work hard, stay out of trouble and be a good and decent person. If you do those things, you will be a success in anything that you do."

While visiting USS De Wert (FFG 45), MCPON met with the Chiefs' Mess and to discuss his initiative and team cohesion.

"I'm asking you, as chief petty officers, to be strategically smart," said Stevens. "Recognize where the world is at, where our economy is at, to recognize where the Navy is at and where we are going. You have to be smart. Think about the things you personally own in your organization that will ultimately impact those strategic decisions when we come together collectively as a Chiefs' Mess."

Fleet engagements are intended to provide senior leadership with a frontline assessment of Sailors and what they are doing in the fleet.



-Photo by MC2 Thomas L. Rosprim
Master Chief Petty Officer of the Navy (MCPON) Michael D. Stevens speaks with Sailors aboard the guided-missile frigate USS De Wert (FFG 45) at Naval Station Mayport, Fla.



-Photo by MC2 Thomas L. Rosprim
Stevens speaks with Seaman Joe Bridge while visiting the guided-missile cruiser USS Philippine Sea (CG 58) at NS Mayport.

Jacksonville Comes Out To Honor Veterans



-Photos by MCSN Damian Berg
Navy ROTC cadets from Jacksonville University march in the Jacksonville's Veterans Day Parade. The parade was an end to the city's Week of Valor tribute, honoring veterans, military members and their families.



Veterans and spectators salute during the Pledge of Allegiance during the City of Jacksonville's Veterans Day Parade.



Local spectators show their spirit and pride for the military during the city of Jacksonville Veterans Day Parade.



Naval Station Mayport Commanding Officer, Capt. Doug Cochran, waves at the crowds of people enjoying the city's Veterans Day Parade.



Jaxon deVille, the mascot for the Jacksonville Jaguars, and the expecting mothers pose for a group photo during the Greater Jacksonville Area USO Military Mom Diaper Dash. The diaper dash was held by the USO to help expecting mothers receive some of the essential items they will need for their newborn children.

-Photo by MCSN Damian Berg

On Your Marks, Get Set - Diaper Dash

By MCSN Damian Berg

Navy Public Affairs Support Element East, Detachment Southeast

Thirty expectant moms, who are active duty or whose spouses are deployed, were showered with recognition and gifts during the Greater Jacksonville USO third annual Military Moms "Diaper Dash" Nov. 14.

Winn-Dixie and Chevrolet sponsored the event and marks the third time the "Diaper Dash" was held in Jacksonville for military moms-to-be from Naval Station Mayport and surrounding installations.

"This is a day to celebrate expecting military mothers and we are going to give them an opportunity to come to our center today," said John Shockley, executive director of the Greater Jacksonville USO. "The moms to be will be escorted around in Chevrolet a



-Photo by MCSN Damian Berg

Jaxon deVille hands a goodie bags filled with diapers, formula, wipes and other products for a newborn baby to Ashley Fanning wife of Seaman Johnathon Fanning, USS Gettysburg (CG 64), during the Greater Jacksonville Area USO Military Mom Diaper Dash.

vehicles to three different Winn-Dixie's to gather up goodies for their expecting newborns here in the near future."

"Diaper Dash was created specifically because typically military moms are the ones who hold it all together at home," said

Shockley. "Without their spouses by their side, deployed to another part of the world, these moms deserve our support, our

thanks, our love and an opportunity to celebrate together."

"Diaper Dash" allowed the pregnant ladies to test drive new family-friendly Chevrolets, while they "dashed" around town to three different Winn-Dixie's, picking up shopping bags full of goodies along the way.

The crew headed back to the Mayport USO to enjoy lunch and door prizes. The ladies also received a crash course on how to properly install a car seat from Lesley Seator a representative from Safe Kids northeast Florida.

"Its imperative that these women get proper training on how to install a car seat properly," said Seator. "Safe Kids Northeast Florida wants to help the men and women that keep us safe keep their children safe."

The expectant moth-

ers also had the opportunity to meet Jaxon, the Jacksonville Jaguars mascot, who showed up and helped pass out the gift baskets.

"It was awesome to have Jaxon come and help out and entertain us military moms," said Master-at-Arms 3rd Class Sharon Berg, a participant in the "Diaper Dash."

Each mom received an array of unique, high-quality products and gift items for mothers and babies that have been donated by Winn Dixie and Chevrolet.

From onesies to diapers, diaper bags and formula, the gifts will go a long way toward raising the spirits of the moms-to-be, many of whom would not otherwise have the opportunity to experience a baby shower.



Lesley Seator, representative of Safe Kids Northeast Florida, explains how to properly set up a car seat during the Greater Jacksonville Area USO Military Mom Diaper Dash. The diaper dash was held by the USO to help expecting mothers receive some of the essential items they will need for their newborn children.



Christy Jackson Whigham, wife of Lt. j.g. Brandon Whigham USS Taylor (FFG 50), grabs a Diaper Dash onesie during the Greater Jacksonville Area USO Military Mom Diaper Dash.

K9S For Warriors

K9sforwarriors is located in Ponte Vedra Beach and they specifically offer service dogs for warriors medically diagnosed with Post Traumatic Stress. If you or someone you know would greatly benefit from having a canine companion, please visit www.k9sforwarriors.org for more information.

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USO NEWS

Hunting And Fishing License

Active-duty and retired military Florida residents can get a low cost (\$20) Military Gold Sportsman's License. The license covers hunting, freshwater and saltwater fishing and a variety of associated permits at a greatly reduced cost. The Military Gold Sportsman's License is available at tax collectors' offices only. Applicants must present a current military ID card plus a Florida driver's license or orders showing they are stationed in Florida as proof of eligibility. Military Gold Sportsman's License (includes same privileges as Gold Sportsman's License, Listed Below)

Available to Florida residents who are active or retired members of the U.S. Armed Forces, Armed Forces Reserve, Florida National Guard, Coast Guard or Coast Guard Reserve; upon submission of a current military identification card and proof of Florida residency. Gold Sportsman's License includes Hunting, Saltwater Fishing and Freshwater Fishing licenses; and Deer, Wildlife Management Area, Archery, Muzzleloading Gun, Crossbow, Turkey and Florida Waterfowl, Snook and Lobster permits.

Recycling

Recycling has come to the Greater Jacksonville Area USO. If you have

any office paper, shredded paper, old magazines, and newspapers that you would like to donate, please bring it to either the Mayport or NAS JAX USO Center. This will be a great fundraiser for the USO so please help us fill the bins. Help support the troops with your unwanted paper!

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

ing spouses of military veterans who have fallen in combat, will receive a lifetime family annual entrance pass at no charge. For information on qualifications and necessary forms to receive these discounts, visit www.FloridaStateParks.org/

United Through Reading program makes it possible to share in the enjoyment of reading to the children in your life, even while thousands of miles apart. The Mayport Center and NAS Center can record you reading a book to your children and send it to them after you have gone on deployment. It is a great way to make them smile on their special day even when you can not be there with them. Please contact your local USO center for more information.

There is a computer

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

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

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

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

FFSC Workshop, Class 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.

Nov. 21, 9 a.m.-noon, **Employment Seminar**, FFSC Room 607

Nov. 22, 9 a.m.-noon, **Tottle Tyme Playgroup**, USO

USO Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who

want their child to interact with other children their child's age. All children age four and below are invited to attend.

Nov. 26-29, 8 a.m.-4 p.m.,

TAP Separatee Workshop, Building 1 Room 1616

Designed for Military personnel within 90-180 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.

Nov. 27, 9-11 a.m., **Active Parenting**, FFSC Room 702

Nov. 27, 6-8 p.m., **Ombudsman Assembly**, Building 1 Room 104

Nov. 28, 9 a.m.-noon, **Employment Seminar**, FFSC Room 607

Nov. 28, 3-4:30 p.m., **Managing Anger Group**, FFSC Room 702

Nov. 29, 9 a.m.-noon, **Tottle Tyme Playgroup**, USO

USO Parents and children together meet to

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

Out in Town

Saturday, Nov. 24

Find out from a park ranger at 2 p.m. what a gopher is, where they live and why they are so important. 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.

The Jacksonville Light Parade will be held at 7 p.m. The event will be held in partnership with private organizations and local supporters, similar to the 2011 event. The City of Jacksonville invites boat captains and crews to register for the 2012 Jacksonville Light Parade. Registration is free; however, it is limited to the first 100 vessels. Boaters interested in participating can visit the website www.makeascenedowntown.com for registration information.

Wednesday, Nov. 28

The Cummer Museum of Art & Gardens is hosting an evening of art, live music and historical insight from 6:30 to 8:30 p.m. to celebrate the Lois Mailou Jones: A Life in Vibrant Color exhibition. Enjoy a lecture examining Jacksonville's artistic ties to the Harlem Renaissance. Join Director Hope McMath and Chief Curator Holly Keris as they discuss Florida's little known connection to the Harlem

COMMUNITY CALENDAR

Renaissance through James Weldon Johnson, Augusta Savage and other nationally-known artists of the period. The lecture will be followed by cocktails and live jazz by The Dixie/Swing Quintet, featuring vocalist Lisa Kelly and trumpeter JB Scott. Cost is members, \$25 and non-members, \$35. To purchase tickets or for more information, please call (904) 899-6004 or visit <http://www.cummer.org/programs-events/calendar-of-events/jazz-jacksonville-harlem-renaissance>

Tuesday, Dec. 4

The Police Athletic League of Jacksonville, Inc. (PAL) is hosting the eighth annual I Shot With The Sheriff Charity Fun Shoot at the Jacksonville Gun Club, 12125 New Berlin Rd. PAL is seeking supporting shooters to form five-member teams to participate in the shooting tournament event. The competition format consists of 110 targets with skeet, trap and a five-stand flurry. Team entries are \$1,000 each. Sponsors will also enjoy a post-tournament reception that includes light refreshment and an award ceremony. Registration and lunch begin at 11 a.m. and the tournament starts at 1 p.m. Proceeds of

this event will go to support PAL's nationally accredited afterschool, sports, mentoring and summer camp programs provided to more than 2,800 at-risk children throughout the community with the help of Jacksonville police officers. For more information on the Sheriff's Shoot, please contact Robbie Frietas at 251-5934 or rfreitas@fop530.com or visit www.jaxpal.com.

Friday, Dec. 7

Mayor Alvin Brown invites residents to attend the inaugural Holiday at St. James celebration. The event will feature a craft bazaar from 11 a.m.-3 p.m. in Hemming Plaza, carolers, crafts for kids, an evening open house at City Hall, 117 West Duval St., and will culminate with a lighting of the St. James Holiday tree in Hemming Plaza from 4:30-7 p.m. Everyone is encouraged to come and experience St. James for the holidays. Event is free and open to the public. Vendor opportunities are available. Call (904) 630-3690 for application information.



HOLIDAY BAZAAR

Hosted by NOSA MAYPORT

Saturday, December 1, 2012

Please join us for holiday shopping with local artists and vendors!

What: Holiday shopping bazaar

When: Saturday December 1, 2012

Where: USO
2560 Mayport Rd. Atlantic Beach, FL

Time: 9am to 3pm
Vendor space is still available. Please contact Jennifer Wilsnack at jennifer.wilsnack@gmail.com for further details

There will be children's activities and FREE holiday pictures for the entire family! Lunch and other treats will be available for purchase. All NOSA proceeds will be donated to the USO to help support their holiday programs for local service members and their families.



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Military Sealift Command's First Mobile Landing Platform Ship Floated From Dry Dock

By Sarah Burford

Military Sealift Command Pacific Public Affairs

Military Sealift Command's first Mobile Landing Platform ship completed its first float out operation at the General Dynamics NASSCO shipyard in San Diego Nov. 13. Designated T-MLP-1, the ship will be named USNS Montford Point, honoring African American Marine Corps recruits who trained at Camp Montford Point, N.C., from 1942 to 1949. The first of three MLPs planned for construction at NASSCO, Montford Point is scheduled to be christened in March 2013 and delivered to MSC in May 2013.

"This ship, and the others in its class, will be



-Navy photo illustration courtesy of NASSCO
An artist concept of a mobile landing platform (MLP) ship under construction at the General Dynamics National Steel and Shipbuilding Company (NASSCO) shipyard in San Diego, Calif. MLP-1 will be the first-of-class ship, delivering a flexible platform to support Maritime Prepositioning Ship squadrons.

imperative to MSC's role in supporting Navy and Marine Corps warfighters worldwide," said Rear Admiral Mark Buzby,

commander, Military Sealift Command.

"It was exciting to witness this important milestone - getting MLP 1

into her element today brings us one step closer to being mission-ready in 2013," he said.

The MLP is a new class of auxiliary support ship, scheduled to join MSC's Maritime Prepositioning Force (MPF). These ships will be the centerpiece of the Navy's "Sea Base" concept, and will serve as a transfer point for Marine Corps amphibious landing forces between large ships and small landing craft. They will provide the capability to transfer vehicles and equipment at-sea, improving the U.S. military's ability to deliver equipment and cargo from ship to shore when land bases do not exist.

"The MLP class of ships will fill a critical role in enabling U.S. forces

to be delivered safely and effectively around the world using mobile, sea-based strategies in areas where secure harbor facilities ashore are not readily available," said Tim McCully, deputy commander, Military Sealift Command Pacific. "By remaining at sea as floating logistics support bases, these ships enhance the independence of U.S. forces to operate near global hot spots without entering their ports," he said.

Unlike the traditional ship launch, the process for "un-docking" the 784-foot-long MLP is a slow, methodical and technical evolution. The launch consists of slowly flooding the building dock, stopping the flood-

ing, balancing the ship, inspecting the ship, and then balancing it again before continuing the flooding. The sequence is repeated several times until the ship is level to the water outside the dry dock, then completed by pulling the ship from the building dock and moving it pier side with tug boats.

MSC operates approximately 110 non-combatant, civilian-crewed ships that replenish U.S. Navy ships, conduct specialized missions, strategically preposition combat cargo at sea around the world and move military cargo and supplies used by deployed U.S. forces and coalition partners.

DOD Issues Request For New Mobility Applications, Devices

By Jim Garamone

American Forces Press Service

Service members could be downloading applications for government BlackBerrys, iPhones, Androids and other "mobility devices" by the beginning of next year, said Air Force Maj. Gen. Robert E. Wheeler, the deputy chief information officer for the department.

The goal, he said, is to have the "military app store" set up by early 2013.

"It all depends on if we get a good bid," Wheeler explained in an interview. The request for procurement closes out at the end of the year, and "it should not take long" to put the store in play once the decision is made, he added.

Wheeler said the needs of the department are at the core of the request.

"We're looking at things from a 'three-bin' perspective," he added.

The first bin, he said, contains mobility devices that don't need to connect with a DOD official or classified network. These include devices used for training, communications in an unclassified nonsecure realm, research and so on, he said.

He said the second bin holds those devices that are connected to the secure but unclassified network. Today, these are mainly BlackBerrys, Wheeler said, but there are pilot programs incorporating Androids, iPhones and tablets in this bin.

The third group connects with the classified network, he said.

The department's future "app store" will

feature applications appropriate for each bin, the general said, and he expects the security performance of these items will change to encompass DOD's strict needs. DOD personnel use 271,000 BlackBerrys alone, he noted, and Research In Motion - the Canadian company that developed BlackBerrys - has a security protocol the department approves.

"We hope other companies develop this," Wheeler said.

Overall, he said, the larger issue is "as we move forward with technology, we're trying to make sure we are making it less costly to DOD, we're trying to make it more secure and we're trying to jump the productivity curve here."

Jumping the curve is key for the department and to do that, Wheeler

said, the department needs to get these devices into the hands of the young men and women to whom they are second nature. The so-called digital generation is developing new uses for these devices every day, the general noted, and this has bridged into the tactical world, as well. These devices have uses "far beyond just talking to each other and e-mail," he said.

The department is "basically going for diversity in our products, and that goes back to trying to get the best price for the government and finding the most secure device," he said. "So we will have a family of options that don't favor any one device."

Registration Open For Joint Women's Leadership Symposium

From SSLA

The Sea Service Leadership Association (SSLA) opened registration for its 26th annual Joint Women's Leadership Symposium, the largest gathering of military women in the nation. Women from each of the five service branches are invited to register. The two-day symposium will be held March 10-12, 2013, at the Gaylord National Hotel & Convention Center in National Harbor, Md. Attendees may register at www.sealeader.org.

With the theme, "Stronger Self, Stronger Service," the symposium will provide participating servicewomen with tools for both their personal and professional lives, to make

them better leaders.

The symposium will feature a robust agenda on a variety of topics such as Bystander's Intervention, Combating Sexual Assault, Improving Communication Skills, and an Executive Female Flag Session.

Established in 1978, SSLA is the only non-profit, non-political organization recognized by the United States Sea Services dedicated to providing professional development through networking, education, and mentorship of women from the United States Navy, Marine Corps, and Coast Guard.

Planning For Partnership



-Photo by Lt. Cmdr. Corey Barker

Commander U.S. 4th Fleet, Rear Adm. Sinclair M. Harris welcomes military and civilian planners to the opening of the Southern Partnership Station planning conference. The high speed vessel SWIFT (HSV-2) will again be the flagship for the annual deployment to the 4th Fleet operating area.

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-Photo by MCSN Darien G. Kenney

Hué City Drills Keeps Crew Prepared

Information Systems Technician Seaman Erika Bortree, Ship's Serviceman Seaman Apprentice Corey Gabbard and Yeoman 3rd Class Michael Kirkman practice applying a splint during a medical training team drill aboard the guided-missile cruiser USS Hue City (CG 66).



Visit OPSEC on NKO opsec@navy.mil

Navy To Track ITEMPO Reporting

From Navy Personnel Command Public Affairs

The Navy has reestablished a formal Individual Personnel Tempo (ITEMPO) Program Management Office to administer the program, train commands and provide assistance to the Fleet with compliance, according to a message released, Nov. 9.

The term ITEMPO means the amount of time Sailors are engaged in their official duties at a location or under circumstances that make it infeasible for them to spend off-duty time in their residence. These absences are defined in ITEMPO as deployment events and non-deployment events. Individual units are responsible for reporting data to the ITEMPO reporting system.

"As deployment lengths and schedules change based on world events, the impact to Sailors and families is of paramount

interest to Navy leadership," said Mark Gill, ITEMPO program manager, Navy Personnel Command (NPC). "ITEMPO is the centralized tool to track this information so reporting compliance is essential."

According to NAVADMIN 335/12, commands must track all deployment events in ITEMPO. Deployment events are defined as operations, exercise, unit training, home station training and mission support temporary duty. An ITEMPO User Guide is available at <http://www.public.navy.mil/bupers-npc/support/itempo/pages/default.aspx>.

The Navy waived the requirement to track non-deployment ITEMPO events in the ITEMPO System. ITEMPO non-deployment events include TAD to schools, hospitalizations within the local permanent duty station and brig prisoners.

All Navy commands and activities are required to report ITEMPO deployment events using the ITEMPO system via BUPERS Online (BOL) at www.bol.navy.mil.

Commanding officers, or the command ITEMPO representatives, can also log on to BOL under the NavPers Legacy & ITEMPO page and review the user guide for instructions on how to document ITEMPO.

The ITEMPO Program Management office is available to provide training, advice and assistance to the fleet regarding ITEMPO policies and procedures. They can also provide system access and feature a help desk to support the Fleet.

According to the message, NPC plans to issue ITEMPO reporting compliance scorecards to budget submitting offices each month to track compliance.

For more information

and a complete list of ITEMPO points of contact read NAVADMIN 335/12 or contact the ITEMPO System Help Desk at helpdesk@persnet.navy.mil.

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Mayport Celebrates Native American, Alaska Native Heritage Month



-Photo by Katie Callaway
Alaskan native, Yeoman 1st Class Eileen Nelson of U.S Coast Guard, talk about her Aleut heritage and growing up in a small community of 35 people.



-Photo by Paige Gnann
Vickie Franco, a descendent of Mescalero Apache and Hopi Native American, speaks at the NS Mayport Native American and Alaska Native Heritage Month celebration at the Base Chapel on Nov. 15.

Simpson

From Page 1

from October 2006 to September 2008 as the Assistant Maritime Operations Officer responsible for designing maritime composite unit training exercises for Carrier and Expeditionary Strike Group certifications.

His most recent shore assignment was to U.S. Joint Forces Command, Joint War fighting Center, responsible for enabling the creation of invaluable Joint Training solutions that supported all Uniformed Services, Combatant Commands, Multi-National Partners, and U.S. Inter-agency and Non-governmental agencies.

Follin is slated to report as Executive Officer aboard the USS SIMPSON (FFG 56) in April of 2011 under the XO/CO fleet up program.

Milliken is a native of Pasadena, Maryland and is a 1995 graduate of the United States Naval Academy where he earned a Bachelors of Science in Political Science.

Upon graduation, he attended Surface Warfare Officer Division Officer Course in Newport, RI. His first ship was the USS Nicholas (FFG 47) in Norfolk, Va. While assigned to Nicholas he served as the Main Propulsion Assistant. His

second Division Officer tour was USS Nimitz (CVN 68) in Newport News, VA where he served as the Electrical Officer. Following his Division Officer tours he transferred to the Naval Safety Center, Norfolk Va., where he was a member of the Safety Survey team and taught Operational Risk Management Fleet wide.

His first Department Head tour was onboard USS Elrod (FFG 55) in Norfolk, Va. While assigned to Elrod he served as the Chief Engineer until his transfer to USS Normandy (CG 60) in Norfolk, VA where he also served as Chief Engineer. After com-

pleting his Department Head Tours, Commander Milliken transferred to the Naval War College (NWC) in Newport, R.I.

Following the NWC, he transferred to a Joint position inside the Defense Intelligence Agency (DIA), in Washington,

D.C. He served 18 months as executive officer of USS Simpson (FFG 56) before assuming command in May 2010.

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Financial Planning To Survive The Holidays

By MC2 Andrea Perez

Navy Personnel Command Public Affairs

Sailors should create a holiday spending plan now to avoid post-season financial hardship, said a Navy financial specialist, Nov. 15.

"Examine holiday priorities and figure out what is most important to you," said Stacy Livingstone-Hoyte, financial counselor, Fleet and Family Support Center (FFSC). "Instead of spending your hard-earned money on something just because it's a holiday tradition; make sure it's a tradition that is important to you and your family. Do not spend out of habit, obligation or guilt."

Tracking expenses when paying for holiday purchases will help Sailors and families stay true to their priorities and objectives, said Livingstone-Hoyte.

"Determine your holiday spending limit by making a list of what you will spend on different categories or purchases. Be realistic and make sure that whatever you elect to spend will not exceed what you can afford," said Livingstone-Hoyte. "A little research of market prices, retailer ads and deals around town can go a long way toward understanding how you can match your purchase dollars with items for sale and don't forget to clip, cut and stack coupons for the best results."

Livingstone-Hoyte said Sailors should also consider alternative gift-giving options like making homemade gifts or cooking food, volunteering as a family to help neighbors, friends and relatives or making a coupon to give as a present that is redeemable for babysitting, lawn care, etc.

Financial matters that occur from overspending or bad budgeting, such as failure to pay bills, bad credit, bankruptcy and foreclosures can negatively impact a Sailor's career, and affect mission readiness

and the Navy's ability to transfer or retain Sailors.

Command financial specialists (CFSs) provide financial education and training, counseling, and information referral at the command level at no cost to Sailors and their families. FFSCs located worldwide provide financial education and counseling for Sailors and families as well.

Sailors experiencing financial challenges should notify their chain of command and work with their CFS to development a budget and explore additional options such as military relief societies, eligibility for interest rate reductions and other relief. For more information about financial planning, budgeting or investing, contact the CFS, local FFSC or call the Navy Personnel Command customer service center at 1-866-U-ASK-NPC or email CSCMailbox@navy.mil

NEX Bonus Bucks Are Back

From NEXCOM

Bonus Bucks are back at NEX Mayport this holiday season. On Dec. 8, from 8 a.m. - 1 p.m., customers will receive one \$10 Bonus Bucks coupon for each \$100 of merchandise/service purchased, while coupon supplies last. A maximum of five Bonus Bucks will be issued to customers per single transaction.

"NEX customers have responded very positively to this promotion since we started it three years ago, so we're bringing it back again this year," said Mike Powers, Navy Exchange Service

Command (NEXCOM) Director Retail Operations. "We know there are many places our customers can shop during the holiday season. NEX Bonus Bucks are our way of thanking customers for shopping at their NEX and to encourage them to come back for extra savings."

NEX Bonus Bucks will be redeemable in any NEX from December 26, 2012 - January 1, 2013, on all merchandise and services except uniforms, gasoline, tobacco, alcohol, NEX and third party Gift Cards and concession merchandise. Purchases

made on the All Services Catalog or myNavy-Exchange.com do not apply. One coupon will be redeemable on a transaction of \$50 or more. A maximum of five coupons can be used on a transaction of \$250 or more.

NEX Bonus Bucks are available to customers shopping at NEX Norfolk, Oceana, Portsmouth and Little Creek, Va.; NEX Bethesda, Annapolis and Patuxent River, Md.; NEX Mitchel Field, N. Y.; NEX Pearl Harbor, Hawaii; NEX San Diego, Lemoore, North Island, Monterey and Port Hueneme, Calif.; NEX Great Lakes,

Ill.; NEX Memphis, Tenn.; NEX Mayport, Orlando, Pensacola, Key West, Whiting Field and Jacksonville, Fla.; NEX Kings Bay, Ga.; NEX New London, Conn.; NEX Newport, R.I.; NEX Gulfport and Meridian, Miss.; NEX Corpus Christi, Texas; NEX New Orleans, La.; NEX Charleston, S. C.; NEX Fallon, Nev.; NEX Whidbey Island, Bremerton, Everett and Bangor, Wash.; and NEX Guam.

Shoplifting Can Cost You A Lot

From NEXCOM

The prevention and detection of theft at NEX locations throughout the world is serious business. During 2011, NEX Loss Prevention/Safety associates investigated and resolved 1,320 shoplifting cases with a total dollar amount of \$258,032. Of those 1,320 cases, 31 percent were juveniles and 19 percent were active duty military.

The 2011 National Retail Security Survey, conducted by the University of Florida in conjunction with America's top retail chains indicates for a second year in a row, stealing by shoppers cost American retailers a staggering \$10.94 billion.

"Our customers and associates continue to play a vital role in preventing theft from our stores," said Tom Ruane,

NEXCOM's Corporate Loss Prevention/Safety Manager. "We encourage anyone to report suspicions of theft activity to NEX management, loss prevention/safety personnel or for our associates, through the anonymous Alertline program."

The top five departments for shoplifting at the NEX in 2011 were costume jewelry, mass cosmetics, prestige cosmetics, video games and fashion accessories.

While the NEX continues to be proactive in apprehending shoplifters, NEX Loss Prevention/Safety associates work hard at preventing theft before it happens. NEXs worldwide use electronic article surveillance (EAS) systems for electronic and high value merchandise as well as extensive closed circuit surveillance systems (CCTV) to try

and deter as well as catch shoplifters. The CCTV systems, coupled with digital video recorders and remote viewing technology, gives the NEX the ability to see everything within the store and identify incidents of theft.

If shoplifting is suspected, NEX Loss Prevention/Safety associates turn all incidents over to base police and /or local law enforcement. In addition to possible disciplinary action and criminal prosecution, the Federal Claims Collection Act allows NEXCOM to enact a flat administrative cost or Civil Recovery of \$200 for each incident of theft.

Shoplifting can account for about one-third of the total inventory shrink. Shrink is the retail industry term for the difference between the recorded book inventory and the actual physical inventory

counted at the end of the year. Shrink is generally attributed to shoplifting, associate theft, administrative errors or vendor fraud. Over the past nine years, NEXCOM has seen its inventory shrink below one percent to sales compared to the national average of approximately 1.42 percent to sales.

"Shoplifting from the NEX hurts everyone," said Ruane. "People involved in shoplifting get caught, prosecuted and possibly banned from the NEX or end a military career. But the NEX and base lose out as well because 70 percent of our profits are given to Navy Morale, Welfare and Recreation (MWR) to support quality of life programs. In 2011, that contribution totaled over \$43 million. If our profits decline, so do our contributions to MWR."

NEX Rewards Students With A-OK Program

From NEXCOM

The NEX wants to help its customers finance their children's college education through its A-OK Student Reward Program. All qualified students will participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter. The next drawing will be held at the end of November 2012.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Eligible students include

dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card and have a NEX associate verify the minimum grade average. Then fill out an

entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to pay for college through its A-OK Student Reward Program since 1997. Since the program began, NEXCOM has awarded over \$600,000 in Series EE U.S. savings bonds and monetary awards with the help of its generous vendor partners.

NEX

From Page 1

enough time to enjoy the holidays with their friends and families and still have time to return any gift purchases.

One gift that won't be returned is the NEX Gift Card. It can be used just like cash for most merchandise and service purchases, make lay-away payments or place special orders. NEX Gift Cards have no fees and don't expire. NEX Gift Cards can be purchased in varying amounts from \$5 at any NEX by both exchange-authorized and non-authorized customers.

Become a Facebook fan and follow the NEX on Twitter.



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Citgo-Express Lube

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Mayport Tavern

Mayport Rd., Mayport

Singleton's Seafood Shop

Mayport Rd., Mayport

Coast Guard Station Exchange Store

Mayport

Coast. Guard Main Gate Sec Check-In

Mayport

USO Center

2560 Mayport Rd., Mayport

Dick's Wings

Mayport Rd., Mayport

Otter Run Apts.

Assisi, Mayport

Community Center

Assisi At End, Mayport

Rainbow Child Development

1137 Cove Landing Mayport

Navy Exchange/Commissary

2292 Mayport Rd., Mayport

Home Finder's Realty

2294 Mayport Rd., Mayport

Subway

2294 Mayport Rd., Mayport

Brass Anchor

Mayport Rd., Mayport

Terry's Country Store

2198 Mayport Rd., Mayport

Fleet Reserve Assoc. #290

390 Mayport Rd., Mayport

American Legion Post 316

1127 Atlantic Blvd., Mayport

Advance Auto Parts

14045 Beach Blvd., Jax Beach

2350 3rd St. S., Jax Beach

Beach Diner

501 Atlantic Blvd., Atlantic Beach

Beside Publix

600 Sawgrass Village Dr., Ponte Vedra Beach

Best Western

2389 Mayport Rd., Atlantic Beach

BP Food Shop

7961 Arlington Expwy, Jax

BP Food Shop

14070 Beach Blvd., Jax

BP Food Shop

1628 N 3rd St. @ 16th Ave., Jax Beach

BP Food Shop

605 New Berlin Rd., Jax

Cap'n Odies

2206 Mayport Rd., Atlantic Beach

Chevron

1540 Mayport Rd., Atlantic Beach

Comfort Inn Mayport

2401 Mayport Rd., Atlantic Beach

Days Inn

1401 Atlantic Blvd., Neptune Beach

Family Dollar

10732 Atlantic Blvd., Jax

Famous Amos

1111 Cesery Blvd., Jax

FCE - Shell

7150 Merrill Rd., Jax

10716 Atlantic/St. Johns Bluff, Jax

1001 2500 Mayport Rd/A1A, Atlantic Beach

1539 3rd St. S., Jax Beach

FCE - Shell (Daily's)

9115 Merrill Rd./9-A, Jax

13490 Atlantic Blvd./San Pablo, Jax

14294 Beach Blvd./San Pablo, Jax Beach

4755 Hodges Blvd./JTB, Jax

Gate

1721 University Blvd. N., Jax

7211 Merrill Rd., Jax

1001 Monument Rd., Jax

10044 Atlantic Blvd., Jax

8070 Atlantic Blvd., Jax

2520 3rd St. S., Jax Beach

220 A1A N., Ponte Vedra Beach

619 A1A N., Ponte Vedra Beach

319 S 3rd St., Jax Beach

570 Busch Dr., Jax

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12777 Atlantic Blvd. #2, Jax

Holiday Inn Express

1101 Beach Blvd., Jax Beach

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2040 Mayport Rd., Atlantic Beach

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2837 Townsend Blvd., Jax

10430 Atlantic Blvd., Jax

1672 3rd St. S., Jax Beach

13560 Atlantic Blvd., Jax

1067 Atlantic Blvd., Atlantic Beach

La Pizzeria

2158 Mayport Rd., Jax

Navy Exchange (Side Of Pan Am Plaza)

2294 Mayport Rd., Atlantic Beach

T's Stop & Shop

2051 Mayport Rd., Atlantic Beach

Walgreen

4715 Hodges Blvd., Jax

Wok Express

1301 Monument Rd., Jax

Taylor

A native of Caguas, Puerto Rico, Lt. Cmdr. Joel Rodriguez, recently joined the ship as executive officer. He graduated from the U.S. Naval Academy in 1998 with a Bachelor of Science Degree in Aerospace Engineering.

He has served at sea in guided missile cruisers, a guided missile frigate and a mine warfare ship. As a Division Officer he assigned as Electrical Officer and Auxiliaries Officer in USS Port Royal (CG 73) from 1999 to 2001 and as Fire Control Officer in USS Kauffman (FFG 59) from 2001 through 2002. Following Department Head School in late 2005, he served as Engineer Officer in USS Guardian (MCM 5) in Sasebo, Japan, and USS Normandy (CG 60) in Norfolk, Virginia.

At sea, he most recently served in the U.S. Seventh Fleet Staff in USS Blue Ridge (LCC 19) from 2009 to 2011.

From Page 1

Spouse Honored With Yellow Rose For Volunteering

From USS Taylor

Cynthia Hill, a native of Midland Texas, was commissioned a Yellow Rose of Texas, under the laws of the State of Texas, for her longstanding volunteer services to military members, past and present, from Texas, Florida, other states, and out of country U.S. and foreign individuals in need.

Cynthia Hill was presented the award on behalf of the Texas Governor Rick Perry by Lt. Cmdr. Joel Rodriguez, Taylor's executive officer, Nov. 15, during a change of command ceremony for her husband. Cmdr. Jeremy Hill, Taylor commanding officer, was relieved on Nov. 15 by Cmdr. Dennis Volpe.

Since August 2009, when she moved to Florida with her husband, Mrs. Hill has been volunteering with the Navy and Marine Corps Relief Society, USO, Taylor Family Readiness Group and other volunteer activities. She was recognized for her volunteer services in support of our Nation's military service members and those in need.

"She is a very special lady and an invaluable asset," said Bill Kennedy, Director of Navy-Marine Corps Relief Society. "She is a volunteer that leads and inspire others and makes the organization tick, helping Sailors, Marines, retirees, and family members during difficult times when they need support the most."

The 'Yellow Rose of Texas' award is named for Emily Morgan, a 20-year-old slave who was instrumental in the battle to win Texas' independence, as she gave General Sam Houston's troops Santa Anna's location. It is the highest state award for a woman.

Deploy

The Asia-Pacific region has been a longtime focus for the Navy, the admiral said, so it makes sense that the U.S. defense strategy would include a rebalance toward the region. Part of the rebalance includes Spain's recent agreement to allow four Aegis missile-equipped Arleigh Burke-class ships to home-port in Rota, effectively freeing up six ships to deploy elsewhere, Greenert said.

In addition, more ships will be based on the West Coast. By 2020, 60 percent of the Navy's ships

will be based on the West Coast or elsewhere in the Pacific, he said.

To send one ship forward, Greenert said, requires four other ships: one in the region, one that has just returned, one that is preparing to deploy and one that is in maintenance. It makes better economic sense to keep ships home-ported in those regions, he said.

About a third of the deployed ships are in the Middle East and the Arabian Gulf, and about 18 are in the Mediterranean Sea, the

admiral said.

That arrangement helps to ensure access to maritime crossroads such as the Suez Canal and the straits of Hormuz, Malacca and Gibraltar, he said.

"We have to have access to those places. That's where the lifeblood of our world economy travels through," he said.

It can take several days, sometimes two or three weeks, to reach these places from the U.S., he noted, underscoring the importance of operating from forward locations.

From Page 1

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RGB In Greece



-Photo by Paul Farley

The Oliver Hazard Perry-class guided-missile frigate USS Robert G. Bradley (FFG 49) arrives for a scheduled port visit in Souda Bay, Greece. Robert G. Bradley is homeported in Mayport, Fla., and is deployed conducting maritime security operations and theater security cooperation efforts in the U.S. 6th Fleet area of responsibility.



The Oliver Hazard Perry-class guided-missile frigate USS Robert G. Bradley (FFG 49) is guided into port by tugs.

Dillard's

MILITARY APPRECIATION DAYS

Wednesday, November 28 & Thursday, November 29, 2012

At Dillard's, we recognize with continuing gratitude the sacrifices our military forces and their families make daily for our country. In appreciation, we are extending a

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to military personnel on purchases** made at Dillard's on Wednesday, November 28 & Thursday, November 29, 2012

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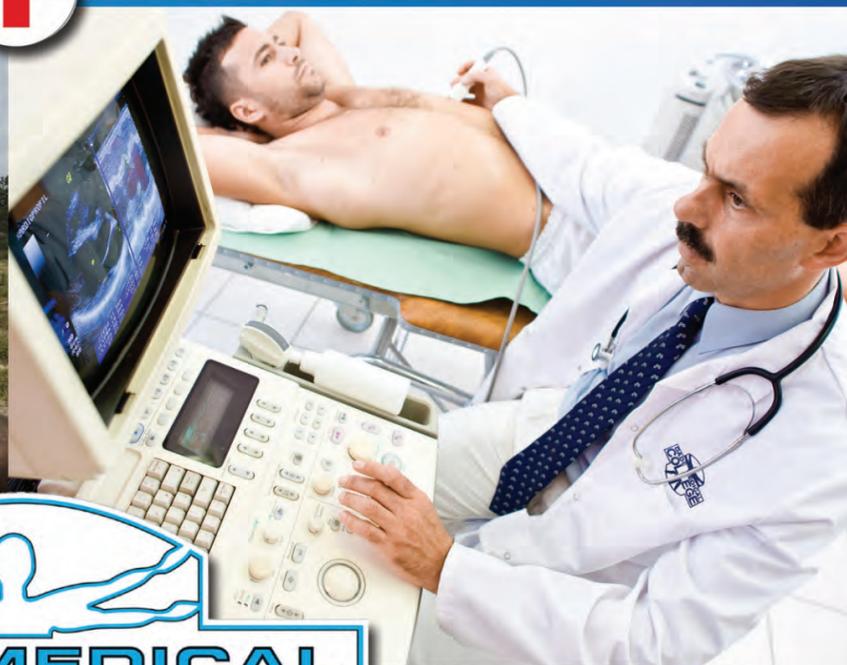
Make your list and shop for the holidays in your favorite Dillard's store on **November 28 & November 29, 2012**. Enjoy extra savings as Dillard's honors our military heroes & their families! **Thank you for your service to our country!**

- These individuals and/or a representative from their immediate family are cordially invited to shop any area Dillard's store on either or both days.
- Guests from the military are asked to SAVE their sales receipts.
- Upon completing their shopping, guests are asked to take these receipts to the Customer Service area and show their valid active duty military I.D.
- We will gladly deduct the discount from participants' total purchases in the same form of payment they chose to use for those purchases. Dillard's stores accept cash, debit cards, Dillard's Credit Cards and other major credit cards.
- Immediate family members shopping on behalf of members of the military who are not present will be asked to present their I.D. which notes that they are family of such military personnel.

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Nov. 21: Just For Fun Wednesdays. Every Wednesday at Mayport Bowling Center. It's not about how good you bowl, it's about how much fun you can have! \$1 Colormania Bowling, drink specials, request your favorite music all day long and more. 270-5733

Nov. 23: Day After Thanksgiving Bowling Specials. 3 different specials, all day at Mayport Bowling Center. Daytime Special: 10:30 a.m.-5 p.m. 2 hours of Red Pin Bowling, plus one item of Fast Lanes Grille Menu and a soda \$13. Late Night Special: 8-11 p.m. 2 hours of Showtime Rock & Bowl, laser light show, and special drink specials \$10.

MWR HAPPENINGS

Bowling, plus a ¼ lb. burger or hot dog with chips and a soda \$10. Evening Special: 5-8 p.m. 2 hours of Red Pin Bowling, plus one item of Fast Lanes Grille Menu and a soda \$13. Late Night Special: 8-11 p.m. 2 hours of Showtime Rock & Bowl, laser light show, and special drink specials \$10.

270-5377

Nov. 23: Black Friday at Beachside Bingo. 6:30 p.m. Join us on "Black Friday" for specials, double payouts and more. 270-7204

Nov. 16: No Shave November. 9 p.m. at Castaways Lounge. Featuring live band Upper Limit, free food, give-

aways and best/worst mustache contest. 270-7205

Nov. 28: All-Hands Steak Night. 4-7 p.m. at Foc'sle CPO Club. Cost is \$12 per person. Purchase tickets in advance; limited tickets available at the door. To purchase tickets in advance, please call (904) 270-5431.

Nov. 30: Family Game Night. 7-9 p.m. at the Youth Center. Child must be accompanied by a parent. Snacks and beverages will be served. 270-5680

CPO Club Build-Your-Burger Competition



Find Foc'sle Lounge CPO Club on Facebook

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The Burger with the most "likes" at the end of the month, will get added our Foc'sle Lounge's Menu as our **Burger of the Month!** Plus, it will be named after you!

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For more information, Please Call (904) 270-5431

The following activities target single or unaccompanied Sailors. For more information, call 270-7788/89 or stop by the Mayport Liberty Center and pick up the monthly activity calendar with a complete listing of all upcoming Liberty events.

LIBERTY CALL

Nov. 21: Pool Tournament. 6 p.m. at Liberty Center.

Nov. 21: Just For Fun Wednesdays. Every Wednesday at Mayport Bowling Center. It's not about how good you bowl, it's about how much fun you can have! \$1 Colormania Bowling, drink specials, request your favorite music all day long and more. 270-5733

Nov. 22: Black Friday Shopping. Van departs 11 p.m. Transportation Only.

Nov. 23: Day After Thanksgiving Bowling Specials. 3 different specials, all day at Mayport Bowling Center. Daytime Special: 10:30 a.m.-5 p.m. 2 hours of Red Pin Bowling, plus a ¼ lb. burger or hot dog with chips and a soda \$10. Evening Special: 5-8 p.m. 2 hours of Red Pin Bowling, plus one item of Fast Lanes Grille Menu and a soda \$13. Late Night Special: 8-11 p.m. 2 hours of Showtime Rock & Bowl, laser light show, and special drink specials \$10.

Nov. 24: Kennedy Space Center Trip. Van

departs 8 a.m. FREE. Sign up deadline Nov. 20.

Nov. 25: Jacksonville Jaguars vs. Tennessee Titans. Van departs 11 a.m. Cost \$10.

Nov. 26: Laser Tag. 7-9 p.m. at Sea Otter Pavilion.

Nov. 28: Ping-Pong Tournament. 6 p.m. at Liberty Center.

Nov. 28: All-Hands Steak Night. 4-7 p.m. at Foc'sle CPO Club. Cost is \$12 per person. Purchase tickets in advance; limited tickets available at the door. To purchase tickets in advance, please call (904) 270-5431.

Nov. 29: Texas Hold'em

Tournament. 7:30 p.m. at Castaways.

Nov. 30: Movie Trip. Van departs 6 p.m. Cost \$5.

YOUTH TENNIS CLASSES



Tuesdays
Ages 5-12 5:30-6:30 pm

All classes held at NS Mayport Tennis Courts*. Register and pay at the Youth Activities Center. Monthly Fee is \$40 per child; \$5 discount for each additional child in the same family.

WITH INSTRUCTOR RON LAQUE



To register, please call the Youth Activity Center at (904) 270-5680.

For more information, please call the instructor, Ron Laque at (904) 403-4004 or email at ron.laque@comcast.net

*If weather does not permit classes to be held at the tennis courts, class will be held at the Youth Activities Center in the Instructional classroom

MWR Closed For Thanksgiving

From MWR

Several MWR facilities will be closed on Nov. 22 in observance of the Thanksgiving holiday. Closed facilities include Auto Skills, Beachside Community Center, Castaways/Computer Cove, Bingo, Business Office/Admin/Personnel, Child

Development Centers/Child Development Homes, Mayport Bowling Center, ITT/Recreation Ticket Vehicle, Ocean Breeze Conference Center/CPO Club, Pelican Roost RV Park, Pizza Hut, Pool, Outdoor Adventures, Recycling/Vehicle Storage, Surfside Fitness, Youth Activities/

Teen Center. Facilities closed on Nov. 23 include Auto Skills, Business Office/Admin/Personnel, ITT/Recreation Ticket Vehicle, Ocean Breeze Conference Center/CPO Club, Outdoor Adventures, Pool, Recycling/Vehicle Storage and Surfside Fitness.

Mayport Auto Skills Center



November Specials

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Monday
11:30 a.m., Pilates
4:30 p.m., Cut N Core
5:30 p.m., Flex 'N Stretch

Tuesday
10:30 a.m., Intro to Yoga
11:30 a.m., Zumba
4:30 p.m., Yoga

Wednesday
6:30 a.m., NOFFS Nutrition & Fitness Series
NOFFS (Navy Operational Fitness and Fueling Series) is a program designed to improve the operational performance of Navy personnel through fitness and nutrition. Emphasis is placed on injury prevention via tissue management and refueling. This is a 4-week program for CFLs and ACFLs only.
11:30 a.m., Strength Training For Women
12:30 p.m., Flex 'N Stretch
4:30 p.m., Zumba

Thursday
9:30 a.m., Strength Fundamentals
Learn basic strength training with focus on form and proper technique utilizing dumbbells, barbells, resistance bands and medicine balls. The

MWR SPORTS/FITNESS

ARMY FOOTBALL PARTY NAVY

Saturday, Dec 8 at Beachside Community Center

Enjoy Free Tailgating Party, Cash Bar, Trivia, Football Pool, Giveaways & More!

Flag Football Behind the Gym 12:00 pm
Mayport vs. Army 1:00 pm
NAS Jax vs. Army

Army vs. Navy Kick-off 2:30 pm
Watch all the Action on the 20 ft. Screen!

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results will be an overall increase in energy and endurance, a more efficient metabolism, healthier posture and much more!

11:30 a.m., Zumba
4:30 p.m., Kickboxing

Friday

9:30 a.m., Zumba Basics
11:30 a.m., Yoga

Mayport Sandbox
The Mayport Sandbox is a high intensity (H.I.T.) outdoor workout area located oceanfront behind Surfside Fitness Center. The area includes

a Pull-up Bar and Ring rig, Kettlebells, Sleds, Tires, TRX Suspension Frame, Slam Balls, Ropes, Ab Mats, Sledge Hammers, Farmers Walk, Olympic Lift area and equipment, Monkey Bars, Low Crawl, Sprint and Drag area. H.I.T. training involves functional programming that will take your workout to the next level. Both open Sandbox hours and instructor led classes are provided by Olympic Lift and Crossfit certified Mayport Fitness Team members.

Monday
7 a.m., HIT
7 a.m., Command Bootcamp
8 a.m., Intro to HIT
9:30 a.m., Bootcamp Basics
11 a.m., HIT
Noon, HIT Skill Review

Tuesday
7 a.m., Command Bootcamp
11 a.m., HIT
Noon, Intro to HIT
2 p.m., HIT
3 p.m., Intro to HIT

Wednesday
7 a.m., HIT
8 a.m., HIT Skill Review
9:30 a.m., Intro to TRX Suspension Training
Learn how to train

using the unique and innovative TRX Suspension Training System. This class is reserved for those entirely new to TRX training. This class will result in increased strength, coordination, balance and CORE-power. Class size limited to 25. Class is held at Mayport Sandbox behind Surfside Fitness Center.

11 a.m., HIT
Noon, Intro to HIT

Thursday
7 a.m., Sunrise Yoga
7 a.m., HIT
8 a.m., Intro to HIT
11:30 a.m., HIT for Women
3 p.m., HIT
4 p.m., Intro to HIT

Friday
7 a.m., HIT
7 a.m., TRX Suspension Training
8 a.m., HIT Skill Review
11 a.m., HIT
Noon, Intro to HIT
The new Gymnasium class schedule is as follows:

Monday
11:30 a.m., Spinning
5:45 p.m., Kids Clinic
This clinic is designed for children ages 10-14. It teaches how to safely use fitness equipment and

provides general information on exercise and fitness workouts. Held at Surfside Fitness Center. After completion of the course, participants will be issued a card which will allow them to use the facility when accompanied by a parent or legal guardian.

Tuesday
11:30 a.m., Steel Anchor
This incentive program develops muscular strength and power needed to attain the Steel Anchor Award. Structured and progressive training targets muscles to increase your bench press, squat, and dead-lift. Participants will utilize multiple pieces of free weight, selected and plate loaded strength equipment in the gym. Steel Anchor award includes a shirt and plaque recognition.
5:30 p.m., Spinning

Wednesday
11:30 a.m., Rowing 101
4:30 p.m., Weight Training For Warfighters

Thursday
11:30 a.m., Steel Anchor
5:30 p.m., Spinning

Friday
7:30 a.m., Spinning
11:30 a.m., Rowing 101

Mission Nutrition

MWR Fitness Specialists Keep Sailors On Course

By MCC
Monique K. Hilley
Commander, Navy Installations Command Public Affairs

With fitness failure discharges up 40 percent and the Navy continuing to increase its focus on physical readiness, it is more important than ever for a Sailor to ensure they are maintaining their physical condition through a lifestyle of fitness and nutrition.

The times of Sailors being able to get by passing the physical readiness test (PRT) and getting a waiver for the body composition assessment (BCA) are long gone. Also long gone are the visuals of a gaggle of chubby Sailors out running along the waterfront in whatever clothes they throw on that morning, sweating heavily and breathing even more heavily, as they finish their mandatory mile and a half for the second time that year.

Secretary of the Navy Ray Mabus has made physical fitness one of the key components of his 21st Century Sailor and Marine initiative. There is a laser-sharp focus on current PRT regulations, frequency and type of command fitness sessions, and Navy resources available to provide Sailors with the information they need to maintain peak physical readiness both at sea and ashore.

This information is provided through two invaluable tools offered by Commander, Navy Installations Command's (CNIC) Navy Fitness Program. Both the Mission Nutrition course and the Navy Operational Fitness and Fueling Series (NOFFS) offer Sailors information in a classroom setting, as well as an individually tailored program to put that knowledge to use in their daily lives.

In this case, knowledge is power. By fueling properly, Sailors will increase their fitness capabilities and will be far more likely to reach their overall physical readiness goals.

Mission Nutrition is a standardized, science-based nutrition education workshop designed to educate Sailors, family

Helpful Resources

All Mission Nutrition course attendees receive a certificate and a workbook to continue to work on their nutrition goals long after completing the course. They also receive information on many resources, which anyone can access, including the Navy Operational Fitness and Fueling System, which includes a Virtual Trainer and Virtual Meal Builder. NOFFS is available at www.navyfitness.org/noffs.

Other useful resources include:
* Performance nutrition articles: http://www.navyfitness.org/nutrition/All-Navy_Sports_Nutrition
* Healthy Recipes: http://www.navyfitness.org/nutrition/healthy_recipes
* SHAPE (for those over 40): <http://www.navyfitness.org/shape/newsletters>

www.navyfitness.org/shape/newsletters
* Navy Fitness Programs: www.navyfitness.org
* Local Navy Fitness Centers for a variety of fitness and nutrition course offerings

"The website provides information in each of our program areas, a one-stop shop, if you will," said Lisa Sexauer, CNIC Fitness, Sports and Deployed Forces Support program manager.

Upcoming changes to the website include adding a nutrition tip of the week which will be broadcast via the Navy Fitness Facebook page as well, located at <http://www.facebook.com/pages/Navy-Fitness/368681091650>.

members and retirees on nutrition topics that affect them including obesity, the impact of sedentary lifestyles, weight gain prevention and weight loss, eating for optimal health and performance, mindless and emotional eating, fad diets, supplements, eating on the go, performance nutrition, meal planning, grocery shopping strategies and food preparation safety.

"Being a former Sailor, I feel this course provides relevant and applicable information for the Sailor and their families to use in a variety of situations. Whether Sailors are looking to improve their performance, overall health, trying to lose weight, become a better food shopper, or simply trying to be more educated in nutrition, this course has it covered," said Nicholas Aures, CNIC Navy fitness performance enhancement dietitian.

CNIC offers Morale, Welfare and Recreation (MWR) fitness specialists and culinary specialists a four-day Facilitator Course that provides facilitators with increased knowledge and skills to teach their installation population. The facilitators' course is offered twice a year by Aures, a registered dietitian and certified strength and conditioning specialist who joined Navy Fitness as the performance enhancement dietitian in June 2012.

Mission Nutrition is offered to Sailors, family members and retirees

through certified mission nutrition instructors at Navy fitness centers worldwide. Currently, there are more than 100 certified instructors at 55 different bases within the 12 Navy Regions.

"I am writing to commend you and your staff for the Mission Nutrition Program," wrote Sharon Eugene, the wife of a retired service member. "I found the information provided in the classes informative and relevant for anyone looking to improve their eating habits and also make healthier food choices. I do believe when programs like this one is provided to Navy personnel and their families, the benefits will be toward Navy Fitness."

Obesity and Health According to the Center for Disease Control and Prevention, research has shown that those that are considered overweight or obese (body mass index of 25 or higher) are at a greater risk for the following: coronary heart disease, liver and gallbladder disease, Type 2 diabetes, sleep apnea and respiratory problems, cancers, hypertension, dyslipidemia stroke, osteoarthritis, and gynecological problems.

The 2008 DoD Survey of Health Related Behaviors Among Active Duty Military Personnel states that 60 percent of all active duty service members are classified as overweight. It goes further to state that 62 percent of all Sailors are considered overweight, with 14 per-

cent of those considered obese. Mission Nutrition is working to reverse the growing trend of overweight and obese Sailors through education and awareness.

"The instructors for the February sessions, Emily Deason, fitness coordinator; Angela Rudd, fitness specialist; and Mia Kuhn, fitness specialist, made the sessions clear and easy to understand," said Eugene. "They each brought a different personal spin to the classes that were well prepared and refreshing from their different perspectives. Emily's view of the medical benefits of good nutrition, Angela's suggestions as a Navy wife and mother of the importance of shopping habits and meal planning, and Mia's input of being in control of our choices. I felt they wanted to arm me with the Mission Nutrition program for my well-being."

Fad Diet and Exercise Programs

Faced with the increased crackdown on physical readiness standards and a push to lose weight or be discharged from the military, many Sailors are looking for quick weight loss methods, many of which can be harmful or even fatal.

"Many fad diet programs don't provide the "whole picture" when it comes to nutritional information, and often times only focus on shaping a desirable "body image" for the short term with no emphasis on long term health," said Aures.

Many for-profit fitness companies, such as CrossFit, P90X, Insanity, Gym Jones and others, add scientifically unproven nutrition programs to their offerings to seemingly increase the value of their product. As a result, many Sailors and family members seek information from companies who market potentially harmful dietary supplements, fad diets, and other weight loss products.

"In contrast, Mission Nutrition gives Sailors the knowledge and tools to make their own decisions on a variety of nutrition topics," said Aures. "It also concentrates on forming a number of healthy habits that can be sustained throughout their lifetime. With so many programs charging fees for information that is far too often inaccurate, Mission Nutrition provides an abundance of reliable resources for the Sailor to utilize free of charge."

Benefits Realized
In a three-month post course survey conducted on base attendees in September:

* 88 percent agreed or strongly agreed that the Mission Nutrition course helped them create an effective plan for their personal weight and nutrition goals

* 96 percent would recommend the course to someone else

* 98 percent would recommend the instructor to someone else

* 92 percent rate the overall course experience as Excellent

* 65 percent report information learned in the course impacted their productivity at work

* 88 percent believe their attendance at Mission Nutrition has positively impacted the foods they eat

* 78 percent say their course attendance has positively affected the foods their family eats

* 80 percent have increased their physical activity since attending Mission Nutrition

* 94 percent report a better understanding of nutrition due to attending the course

* 78 percent have increased how often they eat meals prepared

at home Also, the vast majority of course attendees report that they have increased their fruit and vegetable intake, reduced their sodium intake, paid more attention to pre- and post-exercise meals, reduced saturated and Trans fat consumption, monitored their hydration status more closely, prepared more meals and eaten more meals from home, adjusted their caloric needs to more appropriate levels, reduced their soft drink consumption, increased their physical activity, paid more attention to portion size and have become more aware of why they are eating.

"My knowledge of food choices, serving size, good carbohydrates, and the correct ratio of protein to carbs were sharpened from the classes, as well as many other interesting topics that were discussed," said Eugene. "I went in the sessions being a person who avoided carbohydrates and graduated a person knowing the right ones for me. The result for me is I have a more energized workout that keeps me on the road to fitness."

Also, the NOFFS virtual meal builder will be further enhanced so users will be able to populate their daily meal plan with their favorite high octane foods via the site or app and the healthy recipe section will continue to grow.

"Quite frankly, the potential is endless and we have no intention to allow this website to become stagnant," said Sexauer.

With the plethora of information available to Sailors and their families, the potential to meet nutrition and fitness goals is also endless. CNIC encourages all service members to use the resources available to ensure they are working toward a lifestyle of fitness which will improve their overall health and increase personal readiness, in turn improving the Navy's readiness as a Global Force for Good.

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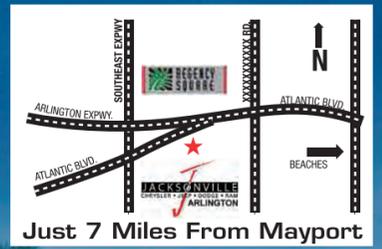
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