

MWR Expo Is For You!

From MWR

The 9th annual MWR Expo and Travel Show will be held on March 14 from 10 a.m.-1 p.m. at Ocean Breeze Conference and Catering Center.

This free, yearly event features all the latest information from regional travel destinations including resorts, hotels and theme parks, along with MWR Mayport programs and services.

In addition to travel and recreation information booths, the Expo will also have popular base services on hand such as FFSC, Navy College, NEX, Commissary, Navy Lodge, *The Mirror* and Navy Federal Credit Union.

Event participants will enjoy free food and beverage samples from over 15 vendors as they visit the various information booths. Giveaway items, to include hotel stays, theme park tickets, recreation equipment, gift cards and baskets, will be available to those attending.

Mayport JAG Best In Navy

From Staff

Naval Station Mayport Staff Advocate Lt. Jesse Adams is the best at what he does, according to the Judge Advocate General and Commander, Naval Legal Service Command.

Adams was recently selected as 2012 Command Services Attorney of the Year for his work at NS Mayport.

"To put this into perspective... Lt. Adams is effectively considered to be the best Staff Judge Advocate serving the 66 shore installations throughout the Navy," said RLSO SE Commanding Officer, Capt. Richard Giroux when he announced Adams selection.

While serving as Staff Judge Advocate, Adams has processed more than 80 military justice cases, 45 administrative separations, 10 search and seizure authorizations, five punitive letters of reprimand, 74 demerit orders, 18 military protection orders, along with 150 Freedom of Information Act and Privacy Act requests and a host of commercial sponsorship agreements and fundraising requests, five congressional inquiries and 20 command investigations.

He has also served as



Naval Station Mayport Staff Advocate Lt. Jesse Adams, middle, stands with Region Legal Service Office Southeast Executive Officer, Cmdr. Robert Monahan, left, and NS Mayport Commanding Officer, Capt. Doug Cochran, after receiving a Navy-Marine Corps Achievement Medal for his selection as a 2012 Command Services Attorney of the Year for his work at NS Mayport during an awards ceremony at NS Mayport Chapel.

-Photo by ET3 Michelle Maltese

summary court-martial officer in six cases and legal advisor for administrative separations boards, a deposition officer and a recorder for an administrative separation board.

Adams also "proactively spotted and revised two erroneous provi-

sions in the Housing Referral Operations Supplemental Guide, brining it in line with federal and state law." according to the award. "He also identified an issue in the Navy Family Advocacy Program's Incident Determination Committee process, pro-

posing a solution with Navy-wide impact," according to the award.

"Lt. Adams has consistently displayed an extraordinary breadth of knowledge and expertise in a myriad of subject matters," said NS Mayport Commanding Officer, Capt. Doug

Cochran. "He has a pleasant and professional demeanor while working directly for the installation commanding officer. His being awarded the Command Services Attorney of the Year reflects the dual chains' of command confidence and pride in his work."

NMCRS Fund Drive Kicks Off



-Photo by Paige Gnann

Command Master Chiefs and Senior Chiefs from Naval Station Mayport and its tenant commands hold up fundraising envelopes with Navy/Marine Corps Relief Society Director Bill Kennedy. The NMCRS funddrive is officially underway. Each year, NMCRS provides approximately \$900,000 loans and relief to the Sailors and families of Naval Station Mayport, as well as retirees in the community.

Furloughs Can Begin April 26

By Jim Garamone
American Forces Press Service

Unless Congress acts to end sequestration, furloughs for Defense Department civilian employees can begin April 26, the department's comptroller said March 11.

Robert F. Hale discussed the furlough planning process with a Pentagon audience. The comptroller also took questions sent in via Facebook and Twitter.

DOD is the only agency in the U.S. government that has to notify Congress when it wants to impose furloughs. Officials did that Feb. 20. "There is a 45-day waiting period after we submit that notification before furloughs can start," Hale said.

The department asked commands to identify civilians who would be excepted from furloughs. That information is back in the Pentagon, Hale said, and officials are reviewing the recommendations. Their goal is to complete that review by March 15, he added.

After notifying Congress, the department began legally required bargaining with unions. About a dozen unions have national consultation rights, Hale said, and local commanders are

in the process of notifying several local unions. "The unions, in this case, don't have the right to bargain not to do the furloughs, he said. "They do have the right to bargain how they are implemented."

If Congress does not act on sequestration, later this month the department will send letters to the excepted employees and propose furloughs for the rest, Hale said. There is a seven-day period for people to reply to their letters, followed by a 30-day waiting period.

"At the end of that period, we can send decisions of furloughs, and those furloughs can start," he said.

When the formal notice is sent, civilian employees have the right to appeal to the Merit Systems Protection Board. "We've never done this," Hale said, "and I hope we never do. ... It's not quite clear what this appeal right will be, but the appeal right is there."

If Congress does not act, civilian employees will be furloughed without pay for 22 days - one day a week through the Sept. 30 end of the fiscal year. For affected civilian employees, this amounts to a 20 percent cut in pay from the beginning of furloughs through the end of the fiscal year.

Base Chapel Sponsors Easter Celebration For Families

From Staff

Naval Station Mayport Chapel is inviting Mayport families to enjoy a day of food, games and Easter celebration on March 30 from 11 a.m.-2 p.m. at the Chapel grounds on Massey Avenue.

The Easter Bunny will be hopping in to visit with children and

take photos. There will also be a Moonwalk, crafts, games and free food available at the event.

There will be an Easter egg hunt for children ages infant through 10 years old starting at 2 p.m.

This year's event will take the place of MWR's Easter Eggstravaganza which was can-

celled.

The Chapel is also hosting a Holy Saturday Easter Vigil Mass at 8 p.m. for its Catholic Congregation and 7 a.m. sunrise Mass at Sea Gull Pavilion, next to the CPO Club. A Protestant Sunrise Service is planned for 7 a.m. behind Ocean Breeze.

Want To See More?

Go online to www.mayportmirror.com photo gallery to see all the pictures that didn't make this week's *The Mirror*.

Farewell Fighting Devils

USS Underwood Decommissions

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Check us out Online!



mayportmirror.com



Capt. Doug Cochrane

It is a great time to be a Naval Station Mayport Sailor and I can prove it. Take a moment today to head over to the 9th annual MWR Expo and Travel Show at Ocean Breeze Conference and Catering Center and you'll be introduced to dozens of company and service reps catering to us. This is a great opportunity for Sailors and their families to get the latest information from regional travel destinations including resorts, hotels and theme parks, along with MWR Mayport programs and services. Popular base services such as FFSC, Navy College, NEX, Commissary, Navy Lodge, The Mirror and Navy Federal Credit Union will be

CAPTAIN'S CORNER

on hand at the Expo. There will be free food and beverage samples and receive giveaway items including hotel stays, theme park tickets, recreation equipment, gift cards and baskets. The event runs from from 10 a.m.-1 p.m.

A big Bravo Zulu goes out to Naval Station Mayport's Staff Judge Advocate, Lt. Jesse Adams, for winning Command Services Attorney of the Year. This means that he is the best Staff Judge Advocate serving the 66 shore installations throughout the Navy. I concur wholeheartedly. Lt. Adams is a great asset to Naval Station Mayport and am proud to have him on my team. Good job!

Naval Station Mayport said goodbye to an old friend Friday with the decommissioning of USS Underwood (FFG 36). Underwood was been stationed here in Mayport since its commissioning in 1983 and played key roles in several historically significant events, including search

and recovery efforts after the explosion of the Space Shuttle Challenger. And Bravo Zulu to the officers and crew of Underwood for going out in style - during the ceremony it was announced that the ship had once again earned a Battle 'E' for Battle Effectiveness for 2012. The Battle 'E' is awarded to the ships in the fleet that consistently perform in a highly effective manner for the given calendar year. Way to go! The true power of the "Fighting Devil" is in the 200 plus crew members on board, not the 4,000 tons of steel. The things you have learned being a part of such a fine crew are a great asset to this Navy and I am glad you can carry on the legacy of Underwood to your next commands. Next week, will be wishing the same 'Fair Winds and Following Seas' to USS Klakring (FFG 42) as it is decommissioned.

Tomorrow is the E5 exam and I wish all of the Third Class Petty Officers the best of luck. I appreciate all of the hard work you do each and every day here at Naval Station Mayport. It is our Sailors that make our Navy the finest in the

world and here at Mayport we deliver the Finest Service to the Finest Fleet. Also, good luck to those Second Class Petty Officers who took the E6 exam last week. I hope you were successful in your quest for rank advancement.

Come out this Saturday and help keep our Jetties clean during the 18th annual St. Johns River Celebration Cleanup. Volunteers are needed to collect litter and debris on the beach and along the Jetties at Naval Station Mayport. To learn more, call Keep Jacksonville Beautiful at (904) 630-3420 or visit www.coj.net (key words: St Johns River Celebration) or contact Naval Station Mayport Water Quality Program Manager, Scott Dombrosky at 270-6781.

Our weather is turning warm. This means mosquitos and sunshine. Please take care of yourselves with sunscreen and bug spray. Continue sending your suggestions to the CO's suggestion box or email them at douglas.cochrane@navy.mil.

More Military Families Choose To Homeschool



Judy Cromartie
School Liaison Officer

Homeschooling is an educational option which military families are choosing more and more frequently. Since a typical military family moves every two to four years, homeschooling can provide a continuity in education and eliminate the stress of leaving one school district and moving to another.

Knowing THE ROPES

The goal for the homeschooling parent is to identify how and when their child learns best and to adapt the teaching style to the child. Finding that special curriculum which works best for the child can sometimes be challenging. Also the costs associated with homeschooling may vary depending on the method and/or curriculum selected by the family. Listed below are few examples of the most popular types of homeschooling programs available to families:

I n t e r n e t
Homeschooling: Online curriculum programs,

public and private distance learning, and homeschooling support academies are available via the internet. Depending upon the program or tutors, expert advice and resources may be found to assist the parent with homeschooling their children.

Montessori Method: The Montessori Method emphasizes error-less learning in which children learn at their own pace to develop their full potential. The Montessori homeschooling curriculum emphasizes beauty and avoids things that are confusing or cluttered.

Learning material is kept well-organized and ready to use. Although Montessori materials are available for high school students, most homeschoolers use the Montessori Method for younger children.

School-at-Home: Most families follow the school-at-home approach which comes with textbooks, study schedules, grades, and record keeping. Also School-at-Home is the style most often portrayed in the media because it is so easy to understand and can be accompanied by a photo of the children studying around the kitchen table. In addition to being the most expensive method, it also requires much more work on the part of the parent in following a study

schedule and maintaining records.

Recently, many states have enacted legislation requiring public school access for homeschoolers. Related services such as speech and language, physical therapy, or assistance in traditional academic areas such as math and reading may be available in Florida. Parents should check with the individual district.

If you are not sure about which type of curriculum to select for your child, consider attending the H.E.R.I. Curriculum Convention June 28, 29. This will be held at the Prime Osborn Convention Center, 1000 Water Street, Jacksonville, FL 32204. Hours are from 9 a.m.-6 p.m. on June 28 and from 9 a.m.-5 p.m. on

the June 29. At this time convention planning is still in initial stages. But you can check out 2013 information and 2012 convention information on their website at www.herijax.com.

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) 993-5860 [cell]. Or you can schedule a meeting with her in her office in Building One.

Connecting With Children One Book At A Time



Chap Tom Bingol
Surface Force Ministry Center

Robert Fulghum boldly declared, "All that I really needed to know I learned in Kindergarten!"

Whether you prescribe to that premise or not, there is a timeless truth that these earliest lessons help to shape us. While deployed aboard USS Halyburton, I had the opportunity to read for a kindergarten class at Porter Ridge Elementary School in Indian Trail, North Carolina.

The experience of reading the familiar lines of Dr. Seuss books each week become woven into my weekly schedule. Other Halyburton Sailors also participated in the United Through Reading program. Founded in 1989, the United through Reading program allows deployed Sailors to record themselves reading books to their children, relatives, or school to watch.

In Mayport, the United Through Reading program is available for deploying ships through a partnership with the USO and COMNAVSURFLANT Ministry Center. I first became involved with the United Through Reading program or "UTR" while serving at the Navy Support Facility in Diego Garcia, in the

CHAPLAIN'S CORNER

British Indian Ocean Territory.

While many Sailors read to their children, one of our nurses would read to an elementary school that she had volunteered at.

The idea of reading for a kindergarten class was very intriguing for me and really helped demonstrate the flexibility of the UTR program. I believe that reading is a cornerstone of learning and any opportunity to engage children with reading is truly special.

It is important that volunteers coordinate with local schools to gauge the school or organization's interest before beginning.

P o r t e r R i d g e Elementary Principal Lisa Taylor and Kindergarten Teacher, Ms. Robbins were open to allowing her class to participate in the UTR program. Wimberly Kneisler, National Program Manager, Navy - East, reflected on how Sailors can stay connected with their families and relatives while deployed.

"For those without children of their own, UTR offers an opportunity to become active in the community by reading to local classrooms," said Kneisler.

"Service members who participate in United Through Reading stay connected to their families during deployment in a unique way. Recording stories on DVD, for families or classrooms to play over and over, enables service members to maintain family ties from a dis-

tance," said Kneisler.

Kneisler added that by participating in the program, Sailors are remaining an integral part of a child's life.

"You're fostering a love of reading, enriching imagination, and staying connected to your children," said Kneisler.

For me, traveling to Porter Ridge Elementary School after deployment was very rewarding. That first face-to-face encounter with the children that I had been reading to over deployment was a bit of a surprise. And because my nephew only knows me as "Uncle Tom," - that became the name that the other 19 students in the



-Photo submitted

Chaplain Tom Bingol and his wife Jennie visit Porter Ridge Elementary School, Indian Trail, North Carolina.

class adopted!

We spent about an hour answering questions and showing pictures of distant ports. Of course, there was a certain sense of irony as my wife and

I arrived on the school campus after completing a six-month anti-piracy deployment, to see a large sign in front of the school that read, "PORTER RIDGE ELEMENTARY -

HOME OF THE PIRATES!"

For more information about UTR, contact the USO, CNSL Ministry Center, or visit the UTR website at www.unitethroughreading.org.



Command Chaplain

Lt. Cmdr. Jerome Cayangyang

Roman Catholic Mass

Sunday 9 a.m.

Monday-Thursday 11:30 a.m.

Confessions: before & after mass or upon request

CCD, RCIA & Adult Ed: Sunday 10:30 a.m.

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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The Mirror is distributed without charge throughout Mayport's Navy community, including the Naval Station, on- and off-base Navy housing areas, and ships, squadrons and staffs homeported at NS Mayport. Copies are also available at the Naval Station's Public Affairs Office, Building 1, and The Florida Times-Union, 1 Riverside Avenue, Jacksonville, FL 32202.

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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McCusker Chosen Ombudsman Of Month

Jennifer McCusker is Mayport's Ombudsman of the Month for January 2013.

Jennifer has been the Ombudsman for the USS Roosevelt for more than a year, but previously served as the president of the ship's family readiness group.

She has been a Navy spouse for 12 years and has four beautiful girls, ages 9,7,6, and 3.

"I like being an ombudsman, because I love helping people," she said. "We all know what it is like to be a new military spouse and have no idea about what our husbands do or how the military works. It can be a lost and lonely feeling. I married my husband 12 days before Sept. 11 and he unexpectedly had to



-U.S. Navy Photo

Jennifer McCusker holds a Certificate of Appreciation from USS Roosevelt during the Ombudsman Appreciation Dinner held in September.

deploy right afterwards for nine months."

"I knew nothing about the military and I had

just moved from Virginia to San Diego to be with him," she continued. "I really wish I knew what an ombudsman was then, because I was definitely lost. I want to be available and known to all the families on Roosevelt so that they know that they are not alone; that there are tons of resources that the military offers, and camaraderie among the spouses."

Jennifer is active in the Ombudsman community and is always willing to lend a hand to events that support Navy families.

She is a strong advocate for spouses and Sailors and worked to help save several Sailors' careers when they were being involuntarily, and wrongly, separated due to PTS. She's also worked with Cinderella's Closet, a free formal gown giveaway event here at Mayport, and COMPASS, a spouse-to-spouse education program that teaches about Navy life, in addition to all her duties as Ombudsman.

We are proud of the positive influence that Jennifer is and are grate-

ful for all her hard work for the families of USS Roosevelt.

Congratulations Jennifer!



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Kiss Me, I'm Irish Today

The Meat & Potatoes OF LIFE



Lisa Smith Molinari
Military Spouse
Columnist

St. Patrick's Day is one of those ambiguous special occasions that can be quite confusing for non-Irish adults like me.

As a kid, the purpose of St. Patrick's Day seemed clear to me: wear something green to school and get my mom to take me to McDonalds for one of my all time favorite treats - The Shamrock Shake. Mildly green, with a hint of mint, I savored that delectable annual delight and looked forward to this little tradition every year.

As a college student, having Irish heritage was still pretty much irrelevant. No one I knew was interested in getting in touch with their roots. To the contrary, St. Patrick's Day was nothing but an excuse to drink green beer at the local bars until we made complete idiots out of ourselves.

But when I turned into a middle-aged adult, St. Patrick's Day's relevance in my life became muddled. My taste buds had lost their longing for fast food shakes, and it was inappropriate for a 46-year-old mother of three to be drinking pitchers of green beer at the bars, so I had a hard time figuring out what I should do.

It's easier for people with Irish blood. Even if your only connection is that your Great Uncle thrice removed was one-seventh Irish. Even if the closest thing you ever had to Irish culture was a bowl of Lucky Charms. Even if you were born and raised on a chili pepper farm outside of Albuquerque. As long as you are technically Irish, you have clear rights and privileges on St. Patrick's Day.

You pseudo-Irish Americans have carte blanche to suddenly speak with the rolling "Rs" and over-enunciated "Ts"

of Irish brogue. You're permitted to utter phrases like "Top O' the mornin' t'ya!" and "She's a fine young lassie!" You can unattractively fist pump to U2's "Sunday Bloody Sunday" even though all you know is the chorus. Without the slightest bit of credibility, you can suddenly develop a hankering for the blandest Irish Soda Bread, and Crockpots full of fatty corned beef and mushy cooked cabbage.

On the other hand, we non-Irish, despite our identical American upbringing, are not afforded the same indulgences and liberties as our pseudo-Irish friends. We must stand back, dazed and confused, repeatedly listening to that insensitive saying about the only two kinds of people in the world - "the Irish and those who wish they were."

The only way for the non-Irish to avoid this annual humiliation is to concede defeat, no matter how unjust it seems. And don't try to reason with them because it simply won't work. I once drew a comparison between my Welsh heritage, with its Celtic language and similar way of life, to the Irish culture. My analogy was met with indignant outrage, "Who cares? You're not Irish!"

I have learned that, in order for we non-Irish to enjoy St. Patrick's Day, we need to tell a little white lie - or green as it were - and exclaim that we wish we were Irish too. Like amnesty for illegal aliens, simple surrender will authorize us to wear tacky green beads and silly plastic hats, to guzzle Guinness and slop stew, to adorn ourselves with buttons that obnoxiously demand "Kiss me, I'm Irish!" and to shamelessly dangle shamrocks from our ears and rear view mirrors.

In other words, when dealing with the "fighting Irish" on St. Patty's Day, it's always best to roll with the punches.

Get more wit and observations from Lisa at her blog, The Meat and Potatoes of Life, www.themeatandpotatoesoffife.com

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Farewell USS Underwood

'Fighting Devils' Decommissions

By Lt.j.g. Kellye Quirk
USS Underwood Public Affairs

The guided-missile frigate USS Underwood (FFG 36) decommissioned March 8 at Naval Station Mayport, Fla.

The 27th ship in her class, Underwood was commissioned Jan. 29, 1983 and homeported in Mayport as part of Destroyer Squadron (DESRON) 14. With a crew of 17 officers and 198 enlisted, the ship could support a SH-60 LAMPS III detachment consisting of six officers and 15 enlisted personnel.

A 4,100 ton, 453-foot long, Oliver Hazard Perry-class frigate, Underwood was driven by a gas turbine powered propulsion plant with a variable pitch propeller that produces 41,000 horsepower. She contained a fully integrated combat system, two helicopter hangars, auxiliary propulsion units placed to maximize maneuverability, and a ship control console that provided steering and speed control from the bridge by a single helmsman.

Designed to provide local area protection to battle groups, underway replenishment groups, amphibious forces, and military and merchant shipping, Underwood's



-Photo by Paige Gnann

The crew of USS Underwood (FFG 36) man the rails during the decommissioning ceremony held at Naval Station Mayport Friday.

mission also included Anti-Submarine Warfare (ASW) operations. However, with the removal of her guided missile system, she shifted roles to conduct Enhanced Maritime Interception Operations (E-MIO) and Counter Narco-Terrorism

(CNT) operations. In 30 years of service, she had deployed all over the world. Her maiden deployment in 1985 was to the U.S. 6th Fleet area of operations in the Mediterranean Sea. In January 1986, she played a key role in the search

and recovery efforts following the explosion of the Space Shuttle Challenger, earning the Coast Guard Meritorious Unit Commendation. The ship participated in Operations Desert Storm and Enduring Freedom in the Arabian Gulf as

well as Counter-Narcotic deployments to Southern and Central America. In January 2010, Underwood provided humanitarian assistance and disaster relief in response to the earthquake in Haiti as part of Operation Unified

Response. The crew delivered 850 cases of food, 850 cases of water, and, with the aid of the embarked HSL-60 Helicopters, flew 84 medical evacuation missions, transported close to 600

See Underwood, Page 5



-Photo by Paige Gnann

The crew of USS Underwood (FFG 36) bow their heads during the benediction after disembarking the ship for the last time.



-Photo by Paige Gnann

The crew of USS Underwood (FFG 36) man the rails during the decommissioning ceremony held at Naval Station Mayport Friday.



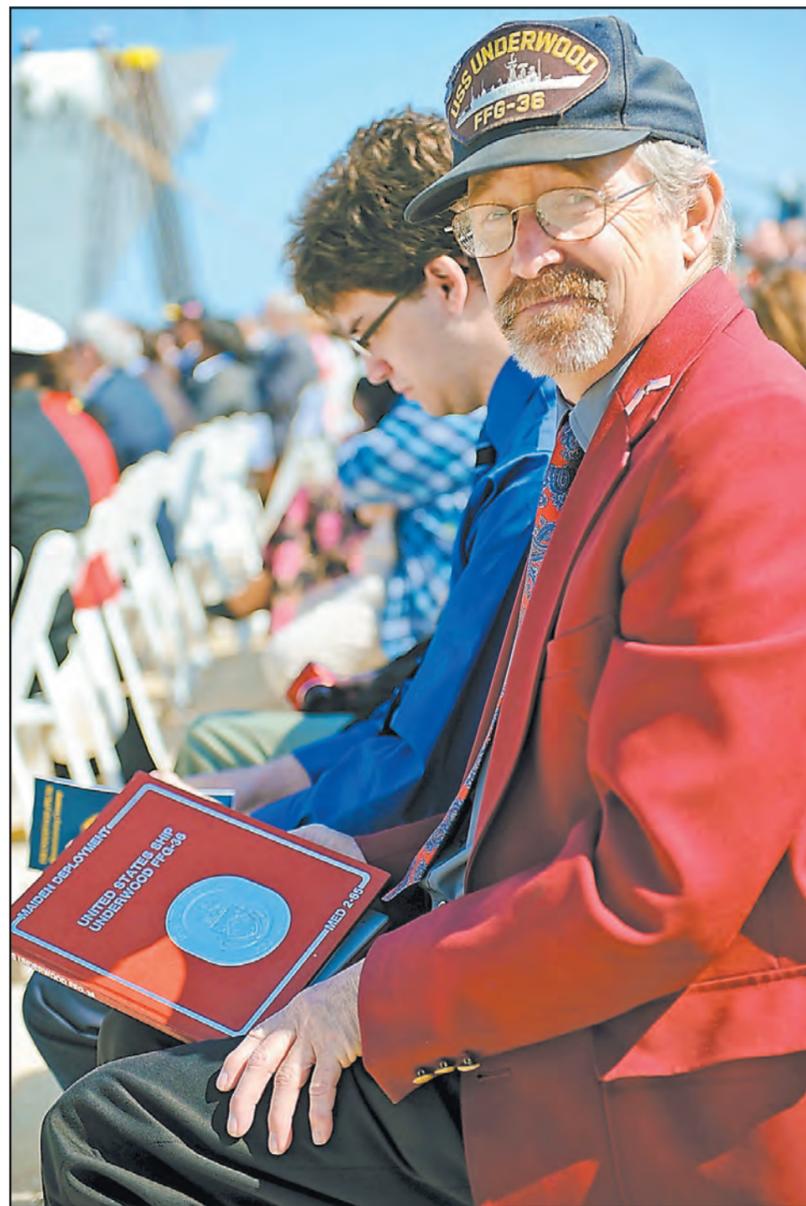
-Photo by Paige Gnann

Plankowners of USS Underwood (FFG 36) reunite for the ship's decommissioning ceremony on Friday. Underwood was homeported at NS Mayport since its commissioning.



-Photo by ET3 Michelle Maltese

USS Underwood (FFG 36) crewmembers say goodbye after completing the decommissioning ceremony for the ship on Friday.



-Photo by MC3 Damian Berg

Retired Senior Chief Petty Officer Frank Reiffenstein sits with his cruise book from the maiden voyage of USS Underwood FFG 36) during the decommissioning ceremony. Reiffenstein served aboard the ship as a Ship's Serviceman 2nd Class.



-Photo by MC3 Damian Berg

The first commanding officer of USS Underwood (FFG 36), Capt. Andrew C. Beck II, USN (Ret.), delivers remarks during the decommissioning ceremony for the guided-missile frigate USS Underwood (FFG 36) at Naval Station Mayport. Underwood, named for Captain Gordon Waite Underwood, was commissioned on Jan. 29, 1983 as the 29th ship of the Oliver Hazard Perry class of guided-missile frigates, it was on active service for more than 30 years.



-Photo by Paige Gnann

USS Underwood Sailors man the rail, as Beck speaks about his time as commanding officer.



-Photo by Paige Gnann

USS Underwood Commanding Officer, Cmdr. Peter Mirisola, thanks former Underwood crewmember and current Director, Navy Staff, Vice Adm. Richard Hunt, for serving as Guest of Honor at the ship's decommissioning.



-Photo by Paige Gnann

Jacksonville Mayport Alvin Brown serves as Guest Speaker at USS Underwood (FFG 36) decommissioning ceremony held at NS Mayport's Foxtrot Pier.



-Photo by MC3 Damian Berg

Sailors assigned to the guided-missile frigate USS Underwood (FFG 36) disembark the ship for the last time during the ship's decommissioning ceremony at Naval Station Mayport.

Underwood

From Page 4

personnel and moved more than 62,000 pounds of equipment in a little over two weeks resulting in more than 170 hours of flight time.

Underwood was named after Capt. Gordon Waite Underwood, commanding officer of USS Spadefish (SS-411), who, in just three patrols during World War II, was credited with the destruction of 76,000 tons of enemy shipping to include one aircraft carrier, the HIJMS Shinyo. He was awarded a Navy Cross for each of his war patrols, and, in recogni-

tion of the great successes of the first two patrols, Spadefish was awarded the Presidential Unit Citation. Underwood's record of success remains one of the most notable in the history of the United States Navy submarine service.

Cmdr. Peter Mirisola served as Underwood's final commanding officer. With her decommissioning, she will be towed to Naval Inactive Ship Maintenance Office Philadelphia and offered for foreign military sale.



-Photo by MC3 Damian Berg

Cmdr. Peter Mirisola, commanding officer of the guided-missile frigate USS Underwood (FFG 36), receives the command pennant from Command Master Chief Michael Bates during the ship's decommissioning ceremony at Naval Station Mayport.



-Photo by Paige Gnann

Mirisola stands with German Navy Master Chief Justen Volker after the decommissioning ceremony. Volker served aboard USS Underwood from 2004-07 as part of an exchange program.

FFSC Workshops Geared To Sailor, Families

From FFSC

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

March 14, 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.

March 18, 9-11 a.m.,

FFSC Plans Tea Party For Soon-to-be Moms

From FFSC

The New Parent Support Program is hosting an English Tea for expectant moms on April 25 from 1-3 p.m. at the base Chapel.

The program is honoring these women in recognition of April's Child Abuse Prevention Month. This is a special opportunity for moms-to-be to meet each other and have a grand day of pampering.

If you are pregnant, you are invited to come out and enjoy the food, tea and good company.

There is no charge for this event, however registration is required. There are limited seats available. Call FFSC at 270-6600 ext. 1700 to save your seat.

Active Parenting Class, FFSC Room 702

March 18-22, 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.

March 20, 9 a.m.-noon, **Employment Seminar**, FFSC Room 719

March 21, 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.

March 25, 8:30 a.m.-12:30 p.m., **Anger Management Workshop**, FFSC Room 702

What does *anger* do for you? Communicate for you? Keep people at a safe distance *from* you? Keep *you* in charge? For many people, anger serves them many uses, but all too often, it is at a

high cost...usually of relationships, unhappiness in the workplace, and a general feeling of disdain. If you want to be able to break out of the "get angry/get even" syndrome, come to this class. Participants learn how anger and judgment are related, about irrational beliefs and faulty self-talk, what "E + R = O" means, and the roles of stress and forgiveness in anger.

March 25, 9-11 a.m., **Active Parenting Class**, FFSC Room 702

March 25-29, 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.

March 26, 6-8 p.m., **Ombudsman Assembly**, Building 1, Room 104

March 27, 9 a.m.-noon, **Employment Seminar**, FFSC Room 719

March 28, 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.

Learn How To Market Yourself For Next Career

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 Thursday, April 4, 2013, at 9 a.m. in the Ocean Breeze Conference Center.

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 transi-

tion, 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 retired Capt. Jim O'Keefe, 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 percep-

tions, 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 Stephanie Hoppe at stephanie.hoppe.ctr@navy.mil for call 904-270-6600 ext. 1604.

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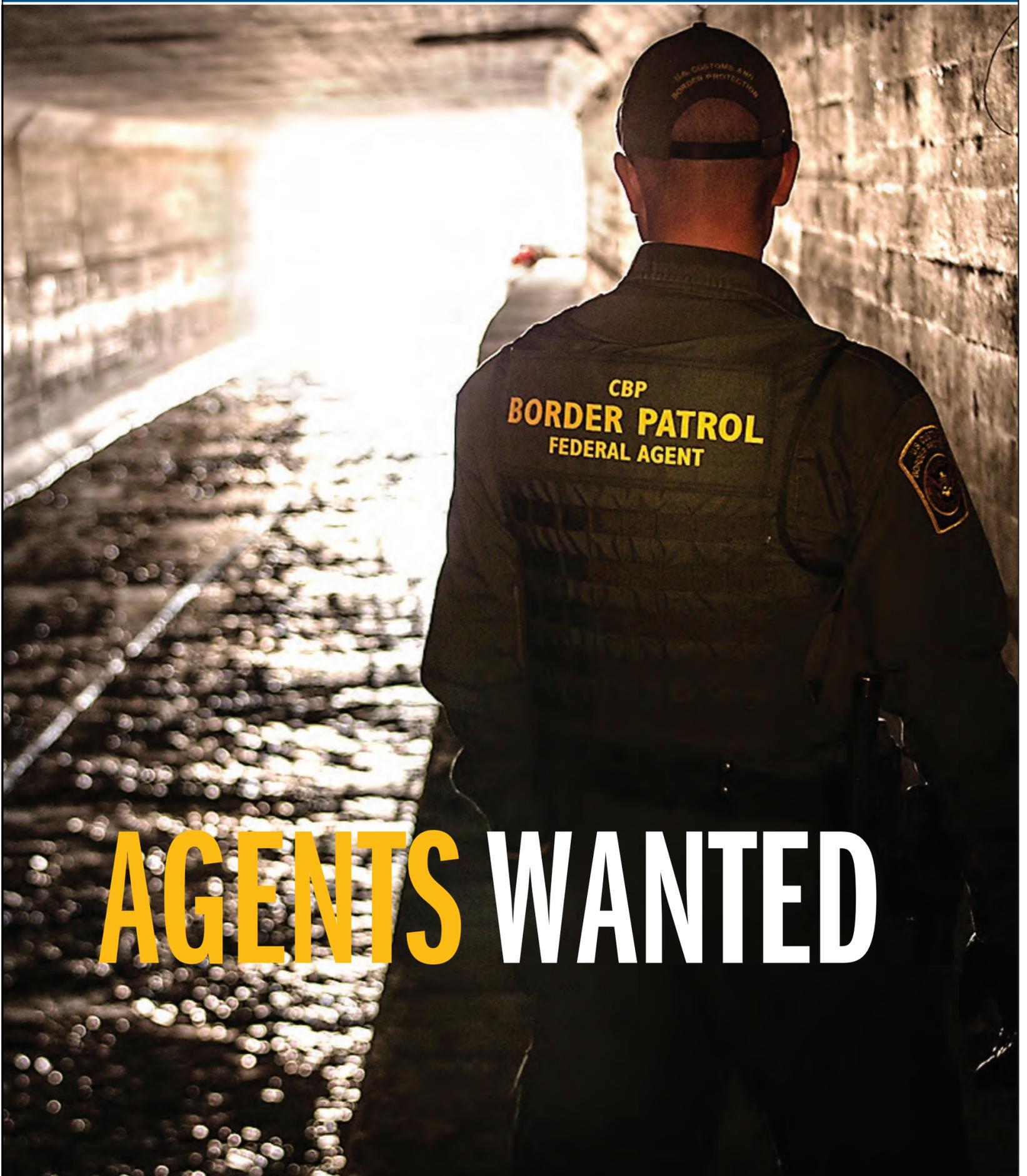
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Sailors, Airmen Deliver Loving Hugs

By Staff Sgt. Ashley Hyatt

Southern Partnership Stations public affairs

U.S. Navy and Air Force members in Belize for Southern Partnership Station 2013 delivered stuffed animals to the Liberty Children's Home on March 5. More than 700 stuffed animals were donated by Loving Hugs, Inc., and transported on High Speed Vessel-2 Swift to be delivered to children in Belize.

Southern Partnership Stations 13 is a U.S. 4th Fleet deployment designed to strengthen civil and maritime capabilities with regional partner nations in the Caribbean.

This stop for donations, however, is just the begin-



-Photo by Staff Sgt. Ashley Hyatt

U.S. Navy Sailors play with kids at Liberty Children's Home before handing out stuffed animals donated by Loving Hugs Inc. Loving Hugs donated over 700 stuffed animals that were transported on HSV-2 Swift and handed out by military members assigned to 4th Fleet's area of responsibility during Southern Partnership Station 2013. SPS is an annual deployment that exchanges training and expertise between U.S. military and civilian agencies with their counterparts in Central and South America and the Caribbean.

ning of the deliveries.

"This is our first delivery out of the 700 stuffed animals, and then we have 680 to give out to different orphanages and schools throughout Belize," Air Force Lt. Col. Christopher Walker, operations officer for the military liaison office at the U.S. Embassy.

While the children enjoy their new stuffed animals, the military members got a chance to have fun with the group, playing basketball, catch, and even repairing a few of their bicycles for them. The smiles weren't only going to the children, as the Sailors and Airmen also enjoyed bringing a little laughter to the children's day.

"It's nice to bring a smile to the kids' faces," said Steel Worker 3rd Class Lizette Cedillo, Construction Battalion Maintenance Unit 202. "I think it's nice for the kids to see the military out here interacting with them."

Not only did the visit brighten the day of children and service member alike, it also helped strengthen the bonds between U.S. and Belize.

"These sorts of events definitely fall right in line with what the State Department is trying to do here in Belize," said Walker. "It helps our overall relationship with the country of Belize."

'Banking' On Good Service



-Photo by Lt. Cmdr. Corey Barker

Commander, U.S. Naval Forces Southern Command/U.S. Fourth Fleet, Rear Adm. Sinclair M. Harris presents a command plaque to the Mayport branch of Navy Federal Credit Union, Feb 28, for the exceptional support provided to U.S. military service members. Receiving the plaque are Denise Campbell, Assistant Branch Manager; Marc Childers, Branch Manager and Katherine Lofton, Supervisor of Branch Operations.

Two-Day Watering Returns As Clocks Spring Ahead

From the City of Jacksonville

The City of Jacksonville Environmental Quality Division reminds Duval County residents that as they set their clocks forward one hour on Sunday, March 10 for Daylight Savings Time, they may once again set lawn and landscape irrigation to no more than two days per week.

Residential properties with an address that ends in an odd number and places without an address may water on Wednesday and Saturday. Addresses that end in an even number may water on Thursday and Sunday. Non-residential irrigation is only permitted on Tuesday and Friday.

Watering is allowed only before 10 a.m. or after 4 p.m. year-round. Some exceptions to the restrictions include the use of a hand-held irrigation tool, micro-irrigation systems, maintenance and repair or watering to establish new landscaping.

Violators of the irrigation schedule will be issued a warning ticket for the first observed offense with tickets for \$50 and \$250 for the second and third violations, respectively. Violators may also be subject to other enforcement.

Lawn watering will return to one designated day per week beginning

November 3, 2013.

Chapter 366 of the city's ordinance code limits watering to two days a week during Daylight Savings Time. It is designed to conserve Jacksonville's water supply and reduce the amount of contaminants flowing into the St. Johns River.

The University of Florida Extension offers Florida-friendly landscaping programs, with educational opportunities on plant and lawn maintenance that can reduce water consumption. More information about its programs can be found online.

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Tuning In



-Photo courtesy of COMUSNAVS0/4thFLT
 Electronics Technician 2nd Class Russell Heyden does a maintenance check on a portable antenna, as Electronics Technician 3rd Class Harold Holloway looks on, at U.S. 4th Fleet Headquarters on March 8.

Ask Kate Your Energy Questions

Dear Kate,
 What are energy vampires? Sounds scary, but I hear that a lot.
 Signed,
 An Energy Horror Story?
 Dear Horror Story,
 Look around your kitchen or living room. See all those little green or red dot lights showing the appliance or gadget is on, ready for you to use? These are the energy vampires. They suck energy, even when asleep!
 Energy vampires are one of the fastest growing components of home energy bills, so do the Vampire Elimination Tour: Walk around your house. What can be unplugged? How many gadgets can be plugged in just before you use it?
 Stay on top of your vampires and watch your electricity bill go down.
 Kate

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-Photo by MC2 Marcus L. Stanley

A Sailor assigned to Naval Station Mayport holds a mooring line on the pier as he assists Royal Navy Sailors from the destroyer HMS Edinburgh (D97) in mooring at the naval station for a scheduled port visit.



-Photo by MC1 Sean Allen

Rear Admiral Sinclair Harris, Commander U.S. Naval Forces Southern Command/U.S. 4th Fleet is rendered honors as he departs HMS Edinburgh (D-97) March 8 at Naval Station Mayport. Edinburgh was visiting Mayport, after returning from the 4th Fleet area of responsibility in the South Atlantic.



-Photo by MC2 Marcus L. Stanley

The Royal Navy destroyer HMS Edinburgh (D97) arrives at Naval Station Mayport for a scheduled port visit. Edinburgh, known as the "Fortress of the Sea", is the last Type 42 guided missile destroyer on active service in the Royal Navy.

HMS Edinburgh Visits Naval Station Mayport

By MC2 (SW)
Marcus L. Stanley
Navy Public Affairs Support Element East Det. Southeast

The Royal Navy destroyer HMS Edinburgh (D97) arrived at Naval Station Mayport, March 6 for a scheduled port visit.

Edinburgh is currently taking on a range of tasks across the Atlantic Ocean,

supporting counter-narcotic efforts and providing reassurance to U.K. territories and dependencies across the globe, according to the Royal Navy's official website.

"The British are great allies as well as our long time friends," said Chief of Staff, Commander

4th Fleet, Capt. Chuck Nygaard. "It's great to welcome Edinburgh to Mayport."

Edinburgh is known as the "Fortress of the Sea", and is the last Type 42 destroyer on active service in the British navy, Edinburgh will spend the next few days moored

at Mayport as its Sailors explore sights and attractions around northern and central Florida. "

"We've heard a lot of good things about this area and we received a nice warm reception," said Mike Watson, marine engineer in the Royal Navy. "So we're going to

go out and see the sites, see everything. My dad actually lives here, so it's a good chance for me to go and see him. I'm pretty excited about it."

Destroyers are part of the backbone of the Royal Navy, who are committed to hunting pirates, drug runners and subma-

rines around the world. Destroyers defend the fleet from air attacks and provide humanitarian aid after natural disasters.

For more information about the Royal Navy and the HMS Edinburgh (D97) go to <http://www.royalnavy.mod.uk>.

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Out in Town

COMMUNITY
CALENDAR

Friday, March 15

Duval County Extension is offering a Make and Take Rain Barrel Workshop on from 10 a.m.-noon. The cost is \$45. Pre-registration with payment is due by Monday, March 11. Please make check for \$45 payable to DCOHAC and mail to Rain Barrel Workshop, 1010 N McDuff Ave. The class is limited in size. Please bring a vehicle big enough to get the 55-gallon plastic drum home. Sorry, no deliveries. For questions, please call Becky at 904-255-7450.

Friday, March 22

The Cummer Museum of Art & Gardens, 829 Riverside Ave., is hosting a Fashion Show and Luncheon at 11:30 a.m. as part of Garden Month 2013. Preview the hottest Spring looks for men and women as Krista Eberle Boutique presents Nicole Miller and Timo Weiland. In addition, there will also be on display several organic or up-cycled pieces by local designers. The fashion show is part

of Garden Month 2013, a month long celebration of the historic gardens the Cummer family designed over 100 years ago and that are listed in the National Register of Historic Places. Events throughout the month of March include Garden Tours, activities and classes for children and adults, lectures, lunches and a Farm to Table Moonlight Dinner in the Gardens. Cost is \$65 for members and \$70 for non-members. For more information or to purchase tickets, please call (904) 899-6038 or visit www.cummer.org.

Saturday, March 23
The Ladies Auxillary Fleet Reserve Association #290 will hold a benefit BBQ dinner at 2 p.m. at the branch home, 390 Mayport Road. Donations are \$8. Take out orders welcome. The dinner is open to the public. For more information, call 246-6855.

Why are we fascinated

with monsters and the mysterious? They creep into our dreams and thoughts; we seek out souvenirs and keep our eyes on the horizon for a glimpse of them. Come learn about these mysterious creatures of the deep with a Park Ranger. Join a park ranger at 2 p.m. for a discussion on the different types of shark teeth that can be found on the area's beaches. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

Saturday, March 30
Go on a nature hike with a park ranger at 2 p.m. through the forests of Fort George Island and learn about the history, people, and places that once called this island home. This free program will be held at Ribault Club on Fort George Island Cultural State Park. Reservations not required.

Volunteers Needed To Clean Mayport Jetties

From Environmental

Volunteers are needed to collect litter and debris on the beach and along the Jetties at Naval Station Mayport for the 18th Annual St. Johns River Celebration Cleanup on March 16.

Participants should plan to meet at 9 a.m. on March 16 at Jetties Pavilion #3 (the eastern-most covered pavilion)

near Pelican Roost RV Park on Bon Homme Richard Street.

This event will run until approximately 11 a.m. - volunteers are welcome to participate for part or all of that time frame. Gloves and garbage bags will be provided. Community Service hours may be earned from participation in this event.

To learn more, call Keep Jacksonville Beautiful at (904) 630-3420 or visit www.coj.net (key words: St Johns River Celebration) or contact Naval Station Mayport Water Quality Program Manager, Scott Dombrosky at 270-6781. Pre-registration is not required.

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Saturday, May 4, 2013
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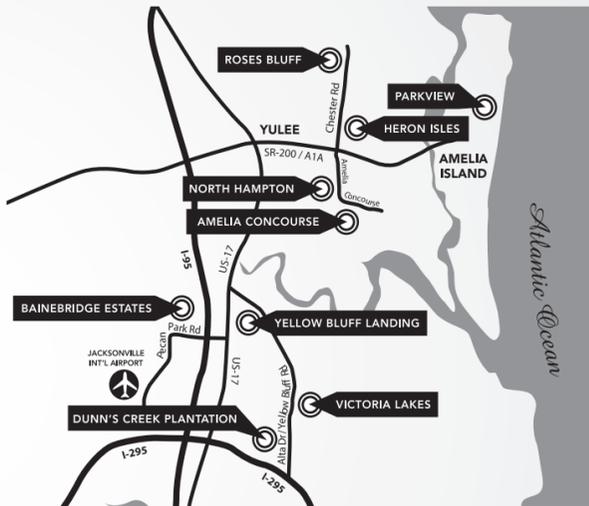
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-Photo by MC2 Matthew R. Cole

Senior Chief Culinary Specialist Ryan Albrecht rolls pizza dough in preparation for the crew's dinner aboard the guided-missile cruiser USS Hue City (CG 66). Hue City is on a deployment to support maritime security operations and theater security cooperation efforts in the U.S. 5th and 6th Fleet areas of responsibility.

Take Guesswork Out Of Meal Planning

From Navy Personnel Command Public Affairs

Navy Nutrition Month is a great time to focus on meal planning and ways to make it easier, said Lt. Cmdr. Jennifer Wallinger, a dietitian with the Navy Physical Readiness Office, March 8.

"Meal planning overwhelms many, but there are strategies that can keep it simple. The choosemyplate.gov website for example, shows you how a balanced plate will look and divides the plate into four components plus dairy," continued Wallinger. "Once you know what your plate will look like, it's just a matter of choosing foods within each category."

The choosemyplate.gov website walks you through building a great plate with about one-half fruits and vegetables, one-quarter whole grains, and one-quarter lean protein. Selecting the least processed foods low in added sugar, salt and fat will be among the best choices, but even if one chooses other foods, they can still strike a balance by filling the other components with good choices.

"Have fun in the kitchen when building your plate, involve your friends and family," stressed Wallinger. "Including your kids in selecting foods allows them to be part of the process and is a great

way to improve eating habits. Knowing more about our food and where it comes from tends to make healthful choices easier."

Navy Physical Readiness (www.npc.navy.mil/support/physical) has several nutrition resources to help people stay energized and create a positive impact to their body and mind. The Navy Operational Fueling card deck (www.npc.navy.mil/support/physical/Documents/NOFFS_Operational%20Fueling.pdf) offers guidance on how to choose foods and portions and also includes "nutrition rules to live by."

Additionally, the Navy and Marine Corps Public Health Center has launched its Healthy Living initiative (www.nmcphc.med.navy.mil/Healthy_Living), in conjunction with DoD's Operation Live Well (www.defense.gov/home/features/2012/0812_live-well/), underscoring the relationship between physical and emotional wellness.

For more information, visit the Navy Nutrition Web Page at www.npc.navy.mil/support/navynutrition/Pages/default2.aspx.



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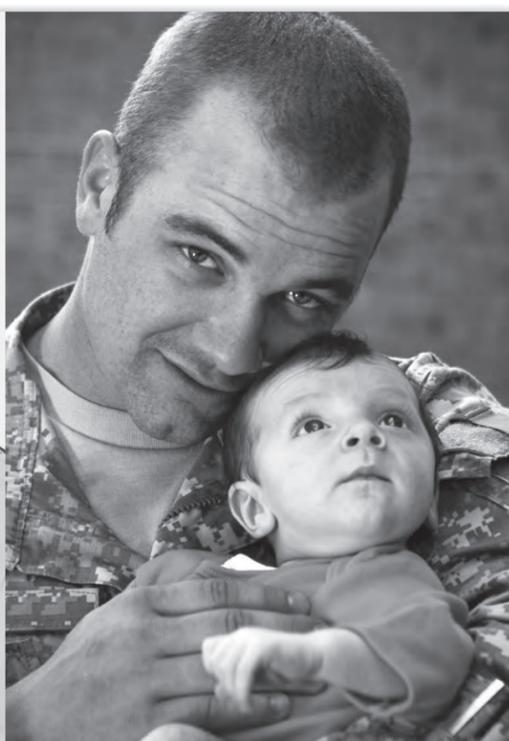
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USS Hué City, FGS Hamburg Depart Alicante

By MC2
Matthew R. Cole
USS Dwight D. Eisenhower Public
Affairs

Ticonderoga-class guided-missile cruiser USS Hué City (CG 66) and German frigate FGS Hamburg (F220) departed Alicante, Spain, March 10.

For the ships of the Dwight D. Eisenhower Carrier Strike Group 8 (CSG 8), Alicante was an opportunity to continue to build cooperative relationships with each other and with the Spanish community.

"Part of being in the Navy is being an ambassador for our nation," said Hué City Command Master Chief Raymond F. Charest. "The interactions between the Hamburg and Hué Sailors continue to contribute to a stronger relationship between the two of us."

Alicante marked Hué City's first port call since Hamburg joined CSG 8



-Photo by MC2 Matthew R. Cole
Capt. Daniel B. Uhls, commanding officer of the Ticonderoga class guided-missile cruiser USS Hué City (CG 66), right, speaks with Gen. Mir Arribas of the Spanish Army during a luncheon aboard Hué City. Hué City is on a deployment to support maritime security operations and theater security cooperation efforts in the U.S. 5th and 6th Fleet areas of responsibility.

in Norfolk Feb. 21. CSG 8 was at sea for most of the second half of 2012, deployed to the U.S. Navy's 5th and 6th Fleet areas of responsibility.

The crews of the two ships relaxed in Alicante with a steel beach picnic aboard Hamburg and made a few last-minute preparations for their deployment.

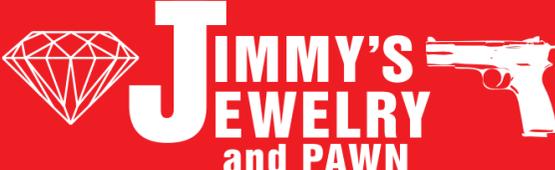
"We moored close to USS Hué City and it was a good opportunity for each crewmember to meet his or her counterpart in person," said Cmdr. Ralf Kuchler, commanding officer of Hamburg. "In the following weeks, we will face a lot of challenges and I believe this experience has enhanced our relationship."

Hué City Sailors also took the opportunity to sightsee and enjoy Spanish culture with tours provided by the ship's Morale, Welfare and

See Hué City, Page 15



-Photo by MC2 Matthew R. Cole
Uhls speaks to Sailors about mission objectives during an awards presentation on the ship's forecastle.



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-Photo by MC2 Matthew R. Cole
Sailors assigned to the guided-missile cruiser USS Hué City (CG 66) heave a line during a replenishment-at-sea with the Lewis and Clark-class dry cargo and ammunition ship USNS Medgar Evers (T-AKE 13).



-Photo by MC2 Matthew R. Cole
Fire Controlman 2nd Class Eric M. Blosser and Fire Controlman 3rd Class Lyndsey F. Baucom, assigned to the guided-missile cruiser USS Hué City (CG 66), load ammunition into a close-in weapons system (CIWS).



-Photo by MC2 Matthew R. Cole
Seaman Kenneth Wood, assigned to the guided-missile cruiser USS Hué City (CG 66), signals to the Lewis and Clark-class dry cargo and ammunition ship USNS Medgar Evers (T-AKE 13). Hué City is on a deployment to support maritime security operations and theater security cooperation efforts in the U.S. Navy's 5th and 6th Fleet areas of responsibility.

Hué City

From Page 14

Recreation department. "Mediterranean port visits are great for our Sailors to unwind before getting back to doing what we are paid to do," Charest said. "We considered it as sort of a reward

for all of the hard work our Sailors did in part one of deployment and for all of the hard work they will do in part two." The ships will now focus on training to maintain crew readiness. Hué

City and Hamburg are on a deployment to support maritime security operations and theater security cooperation efforts in the U.S. Navy's 5th and 6th Fleet areas of responsibility.



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Auto Skills Center
March Special: Tire Balance, pay for 3, get the fourth one free and 4-wheel brake job \$150 (most vehicles). 270-5392
Tire Special: Buy four tires and receive free alignment on those tires for life (must show receipt to receive alignment). 270-5392

Beachside Bingo
Tuesdays: Special Pricing! Every Tuesday at 6:30 p.m. at Beachside Bingo. \$18 for a 3 pack, \$20 for a 6 pack, and computers are just \$50 for a 3-6 pack. Plus door prizes nightly, lots of surprises and an additional \$5 off for all active duty military (must show valid ID). 270-7204

Wednesdays: Lunchtime Bingo. Every Wednesday at 11:30 a.m. at Beachside Bingo. Two \$500 payouts every week. Buy two, get one free. Still only \$13 per pack. 270-7204

March 31: Beachside Bingo will be closed for Easter Sunday

Castaway's Lounge
March 15: Luck O' the Irish St. Patrick's Day Weekend Party. 8 p.m. at Castaway's Lounge. Wear your best green outfit and enjoy DJ entertainment,

drink specials, and more. 270-7205

Beginning March 19: March Madness. Watch all your favorite teams at Castaway's Lounge! 270-7205

Foc'sle Lounge CPO Club

Every Tuesday: 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

Chicken Wednesdays. Every Wednesday, 11 a.m.-2 p.m., at Foc'sle Lounge. Enjoy a two-piece fried chicken plate with two sides for only \$7.00. 270-5431

ITT

Discover Disney Florida Resident Special: 3-Day Discovery Disney pass starts at \$117. Tickets valid through June 17, 2013. Blackout dates apply. 270-5145

Universal Military Salute: All active duty military, retirees, reserves or national guard can receive one complimentary Park-to-Park pass for Universal Studios

Orlando or Islands of Adventure (while supplies last). All three days must be used within a 14 consecutive day window. Tickets valid through June 30, 2013. Must have valid military ID to activate ticket at front gate. 270-5145

Blue Man Group at Universal Studios: Active duty, retirees, reservists and children only pay \$29 per ticket; Regular tickets \$44 per person. 270-5145

St. Augustine Trolley Tours: Adult tickets buy one, get one free. 270-5145

Wet 'n Wild Special: Purchase any one-day ticket to Wet 'n Wild Orlando From your local ITT office and upgrade for free to a Length of Stay Pass (unlimited visits within a 14-day consecutive window). FL residents can buy a one day admission ticket at their local ITT office and get the rest of the year for free (formerly called a splash pass)! Unlimited visits good until Dec. 31, 2013; some restrictions may apply, upgrades must be done on first visit of stay. Proof of residency must be shown if necessary. 270-5145

MWR Employment Program For Teens

From MWR

MWR is opening up its Summer Teen Employment Program to active duty and retiree dependent teens age 15-17.

Teens will get real world working experience in different MWR facilities like the Youth Center, ITT, the Gym and more. In addition, this program provides training for all applicants on the steps and procedures of getting a job including the interview skills, resume writing, dressing for a professional environment and more.

The program begins on March 20 with the Teen Employment Orientation from 4-5 p.m. at the Teen

Center. This orientation will provide an in-depth look at the entire employment process and more information. This event is followed by the Teen Career Launch on March 26 and 27 from 9 a.m.- 3:30 p.m. at the Teen Center. Applicants are highly encouraged to attend both these trainings.

In order to be selected, it is required that all applicants attend the Teen Job fair on Friday, April 5, from 10 a.m.- 1 p.m. at Beachside Community Center. This event provides teens a chance to meet MWR managers and ask questions about the different

programs and departments.

The Teen Employment Program runs from June 10-Aug. 16. Applications for the Teen Employment Program are available at the MWR Personnel Office March 20-April 2. Applications must be received by the MWR Personnel Office by April 2 by close of business to be considered. All applicants must be at least 15 years old by April 30, 2013. If selected, applicants must attend two required trainings: Money Matters on May 18 and First Aid/CPR on June 8.

For more information, please call (904) 270-5680.

Kid Zone

March 15: Freedom Friday- Rock Your Shamrock. 7-11 p.m. at the Youth Center. Wear your green and dance with DJ Derek! Cost is \$8 advanced sign-up and \$10 day of, space permitting. 270-5680

March 20: Teen Employment Orientation. 4-5 p.m. at the Youth Center. This orientation will provide you an overview of the employment program, hiring process, resume



Child and Youth Programs

help, and more. This orientation is highly recommended to any teen interested in our Teen Employment Program. Open to all active duty dependents ages 15-17 by Apr. 30, 2013. 270-5680

March 26-27: Teen

Career Launch. 9 am-3:30 pm at the Youth Center. Teens will learn the ins and outs of the hiring process including how to write a resume, mock interviews, judging experience and skills and much more. This program is highly recommended for anyone interested in the Teen Employment Program. Open to all active duty dependents ages 15-17 by Apr. 30, 2013. 270-5680

Liberty Call

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.

March 19: Snag Golf. 4 p.m. at Liberty Center. Learn the basics, hone your skills, or just have some fun.

March 20: Liberty Programmer Meeting. 4 p.m. at the Liberty Center. This is a chance to tell the programmer what you want on YOUR



Naval Station Mayport, Florida

Liberty Calendar. Stop by and bring your ideas! Free food for all attendees.

March 21: Help Feed the Homeless. Van departs 3:15 p.m. Sign up deadline March 18

March 22: Mall Trip: Town Center. Van departs Liberty Center at 5 p.m.

March 27: Help Feed the Homeless. Van

departs 3:15 p.m. Sign up deadline March 22

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

March 29: Movie Trip. Van departs 6 p.m. Cost \$5.

March 30: Billiards Tournament. 6 p.m. at Liberty Center.

Car Trouble? Check Out Auto Skills

Whether you are a vehicle care novice or a pro-“Gearhead”, Mayport’s Auto Skills Center (ASC) has service and products you need to keep your car in great condition.

Offering the most up-to-date and state-of-the-art equipment repairs at competitive rates, the ASC not only fits your budget but also your life, located conveniently right here on base on Massey Avenue, behind the MWR Main Office building 414.

For anyone who is into do-it-yourself car care, the ASC has three buildings and 11 automotive lifts as well as all the tools you would need for any vehicle repairs. If you are interested in doing any long-term vehicle restorations, they also offer monthly rentals on any of their 12 indoor or 30 out-

door stalls. The ASC also offers a full retail store of automotive parts available to you at affordable prices. If the part you want is not in stock, the staff can get it to the shop normally within one hour.

For those without much car-care know-how, the ASC also offers vehicle repair services such as brake jobs, tire alignment and balancing and transmission flushes.

They are a certified Napa Car Care center with staffed ASE certified mechanics on duty to perform the repairs for you. They offer a “24 month, 24,000 mile” warranty on all repairs and can be honored at any Napa Car Care center coast-to-coast. If a service member is leaving on a deployment, the ASC also offers pre-deployment car care

clinics for deploying ship dependents on request.

Let’s not forget what keeps your vehicle rolling: The ASC sells tires of all sorts, from standard to performance. Plus, if you buy four tires you will receive free alignment for the life of the tires. All that is required is showing your receipt from the original purchase.

The Mayport Auto Skills Center is open Tuesday through Saturday from 9 a.m.-5 p.m.; closed Sundays, Mondays and federal holidays. For more information, please call (904) 270-5392



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Is Your Command Ready To Take On MWR Challenge?

From Staff

Naval Station Mayport and tenant commands will go head to head once again to find out who is the best on base at the annual MWR Spring 2013 Sports Challenge on April 16-19.

This year's challenge includes a new event and the return of obstacles not performed in awhile. Ships might to start making their Sailors walk the plank to get ready for the new event, 4-Person

Plank Walk, on April 19. The Strongman Competition and Arm Wrestling are also returning to the Spring event. Other events include the Canoe challenges, Swim relay, Basketball, Tennis, Balloon Launch and Tug-o-War.

Commands must turn in their sign-up sheets by April 5 at noon so that brackets can be made and events can start on time. For additional information, contact Rita Hammerstad at 270-5451.

On The Messdeck

Bogey's Specials Thursday, March 14

Buffalo Chicken Wrap with a Side, \$ 6.50

Blackened Tilapia Sandwich with a Side, \$ 6.95

Spinach, Turkey, Avocado Wheat Wrap with a Side, \$7.95

Blackened Chicken Salad, \$7.95

Soup: White Chicken Chili

Friday, March 15
BBQ Pulled Pork Sandwich with a Side, \$ 6.50

Blackened Tilapia Sandwich with a Side, \$6.95

Pot Roast with Potatoes, Vegetable and a Roll, \$7.95

Egg Salad Sandwich with a side, \$4.25

Soup: Crab Bisque
Monday, March 18
Chicken Philly with a Side, \$8.95

BBQ Pulled Pork Sandwich with a Side, \$6.50

Blackened Tilapia Sandwich with a Side, \$6.95

Steak Caesar Salad, \$10.95

Soup: Clam Chowder

Tuesday, March 19

Western Burger with Side, \$7.95

BBQ Pulled Pork Sandwich with Fries, Chips Or Slaw, \$ 6.50

Blackened Tilapia Sandwich with Fries, Chips Or Slaw, \$ 6.50

Steak Caesar Salad, \$7.95

Soup: Creamy Chicken Noodle

Wednesday, March 20

8 Oz NY Strip Steak, Whipped Potatoes and Gravy, Vegetable & Roll, \$10.95

BBQ Pulled Pork Sandwich with Fries, Chips Or Slaw, \$ 6.50

Blackened Tilapia Sandwich with Fries, Chips Or Slaw, \$ 6.95

Chicken Cobb Salad, \$ 7.95

Soup: Beef Vegetable

Mayport Bowling Center Specials

Thursday

Cheeseburger with lettuce, tomato, pickles, onions, fries and 20 oz soda, \$6

Friday

2 chili dogs, fries, and 20 oz. soda, \$5

2-pieces fish, fries, and 20 oz. soda, \$6.25

Fish sandwich (2 pieces), fries, and 20 oz. soda, \$6.25.

Monday

Chicken patty sandwich with fries and 20 oz. soda, \$6.25

Tuesday

BBQ beef sandwich, fries and 20 oz. soda, \$5

Wednesday

Hamburger with jalapenos, grilled onions, fries and 20 oz soda, \$5.75

Foc'sle Lounge

S m a s h e d Sandwich, \$8

Chicken Breast & Spinach Panini, \$8

S t r a w b e r r y Chicken Salad, \$7.50

Big Chief Grilled Cheese Sandwich, \$7

Shrimp & Bacon Pita, \$8.50

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619 A1A N., Ponte Vedra Beach

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570 Busch Dr., Jax

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463779 SR 200/A1A, Yulee

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12777 Atlantic Blvd. #2, Jax

Holiday Inn Express

1101 Beach Blvd., Jax Beach

Holiday Inn Express

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

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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

MWR Sports/Fitness

March 16: Doubles Tennis Tournament. Sign up by March 8. 270-5451

March 23: Women's Beach Volleyball Tournament. Volleyball Courts behind Beachside Community Center. All-military teams \$40, military/civilian teams \$45, all-civilian teams \$50. Register by March 1. Check in 8:30 a.m.; games start at 9 a.m. 270-5451.

Mayport Bowling Center

Friday Nights: Xtreme Bowling. 8 p.m. to Midnight every Friday at Mayport Bowling Center. \$10 include 2 hours of black light bowling, shoe rental, prizes and dazzling laser light show. 270-5377

Saturday Nights: Xtreme Bowling. 8-11 p.m. every Saturday at Mayport Bowling Center. \$10 include 2 hours of black light bowling, shoe rental, prizes and dazzling laser light show. 270-5377

Sunday Nights: Bowling Family Fun Night. 4-7 p.m. at Mayport Bowling Center. Cost is \$10 per person and includes your choice of a ¼ lb hamburger or a hot-dog with fries and a soda, All-You-Can Bowl with shoes, music videos, light show and colored head-pin bowling for prizes. 270-5377

March 20: Command Bowling Challenge. 4 p.m. at Mayport Bowling Center. Open to all military and civilian employees assigned to commands at NS Mayport. is a Free Bowling Party (up to 120 people) + 100 Instant Party Bowling Coupons (over \$2500 value). Teams will play 3 games of bowling: 8 Pin No Tap, 9 Pin No Tap and Conventional Scoring. Total pins knocked down wins the Grand Prize! Captain's Cup Points awarded. Cost is \$75 per team. 270-5377.

Windy Harbor Golf Club

Wednesdays: 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)

Naval Station Mayport has updated its fitness classes effective immediately for Surfside Fitness and the Gymnasium.

The new **Surfside Fitness class schedule** is as follows:

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

Tuesday
9:30 a.m., Intro to Yoga
11:30 a.m., Zumba
4:30 p.m., Yoga

Wednesday
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 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 p.m., Kickboxing

Friday

9:30 a.m., Zumba Basics

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

11:30 a.m., Strength Training For Women

12:30 p.m., Flex 'N Stretch

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

7:30 a.m., Command Bootcamp

11:30 a.m., TRX Suspension Training

Tuesday

7-8:30 a.m.

Open Sandbox

2:30-4:30 p.m.

Open Sandbox

Wednesday

7 a.m., NOFFS

9:30 a.m., Intro to TRX

Suspension Training

11 a.m.-1 p.m.

Open Sandbox

Thursday

7 a.m., Sunrise Yoga

7-8:30 a.m.

Open Sandbox

11 a.m.-1 p.m.

Open Sandbox

2:30-4:30 p.m.

Open Sandbox

Friday

7 a.m., Command Bootcamp

HIT At the Sandbox

Monday
7 a.m., HIT

8 a.m., Intro to HIT

11 a.m., HIT

12 p.m., HIT Skill Review

Tuesday

7:30 a.m., HIT Skill Review

11 a.m., HIT

12 p.m., Intro to HIT

3 p.m., Intro to HIT

Wednesday

7 a.m., HIT

8 a.m., Intro to HIT

Thursday

11:30 a.m., HIT for Women

3 p.m., Intro to HIT

Friday

7 a.m., HIT

8 a.m., HIT Skill Review

11 a.m., HIT

12 p.m., Intro to HIT

Saturday

9:30 a.m., HIT

10:30 a.m.

Intro to HIT

The new **Gymnasium class schedule** is as follows:

Commercial Real Estate

Commercial/Industrial For Sale
Commercial/Industrial For Rent
Businesses For Sale
Office Space For Sale
Office Space For Rent
Retail For Sale
Retail For Rent
St. Johns Commercial/Industrial For Sale
St. Johns Commercial/Industrial For Rent
St. Johns Businesses For Sale
St. Johns Office Space For Sale
St. Johns Office Space For Rent
St. Johns Retail For Sale
St. Johns Retail For Rent

Commercial/Industrial For Rent

Warehouse w/Offices - 3.80 SF and under Great for Ind/Svc/Dist. Grade Level. 545ft NNN & under! Near JIA, 95, 295 & 9A. Units have access to Common Area Ramps, 3 phase power Call Lisa 493-5555

Business & Financial

Business Opportunities
Distributionships/Franchises
Fictitious Names
Financial Services
Money to Lend/Borrow
Mortgages Bought/Sold

Financial Services

Be Prepared. ObamaCare will effect every single American, but few know what the 2700 page law says or how it will impact their finances and lives. If you don't want to be caught off guard by the coming changes and how this new law will effect Medicare, Medicaid, Doctors, Business Owners, and Senior Citizens, join us for this free informative meeting. Wednesday, March 20th, 7:00 PM Belfort Parkway Jacksonville, FL 32256 2pm-3:30pm e-mail paul@paulpent.com or Call Paul Pent & Associates to reserve your seat, directions, and details. 904-460-1100

Education & Training

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Schools
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Schools



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Software/Programming
Construction
Customer Service
Dental
Domestic Services/
Caregiving
Delivery Driver
Education/Teaching/
Training
Engineering
Entertainment
Executive/Management
Finance/Investment
General Employment
Hotel/Hospitality/Tourism
Industrial Trades
Insurance
Landscaping/Grounds
Maintenance
Law Enforcement/
Security/Safety
Legal
Maintenance/Janitorial
Services
Management/Professional
Marketing
Mechanics
Medical/Health Care
Marine/Trade
Nurses/Nurses Aides
Office/Clerical/
Administration
Part-Time
Personal Services/Beauty
Real Estate/Property
Management
Recreation/Sports/Fitness
Restaurant/Bar/Club/
Food/Beverages
Retail
Sales
Science/Research
Social Services/Counseling
Technical Support
Telemarketing
Transportation
Warehouse/Inventory
Work at Home
Positions Wanted

Industrial Trades

PLUMBERS - DRAIN CLEANER OR TRAINEES NOW HIRING
Good FL Drivers Lic. required. Drug/background check.
Call Shawn 904-370-0798 or apply at www.osagaply.com
Text JAX14811164

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Talecris Plasma
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650,620 HOURS

Besides protecting our country, military personnel stationed in our communities donated 650,620 hours of volunteer service in Northeast Florida and Southeast Georgia last year. Their time was given to community organizations, church groups, youth activities, scouting and more.

Thank You!



Auctions

PUBLIC AUCTION
VAR Electric, Inc.
Saturday, March 16th, 11AM
10501 S. Orange Ave. Ste 125
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Owner of this well maintained full service electrical contracting concern has commissioned our firm to sell all equipment, inventory & office equipment at public auction. Most items are less than 2 years old and all is in excellent condition.
Scissor lift, forklift, bending/threading & test equip., trucks, generators, transformers, tools, office electronics & furniture, shop & field equipment, items to numerous to list.
Inspection: Fri., March 15th 10am-3pm & 9am day of sale.
Terms: cash, cashier check, MC, Visa, Disc, 13% buyers premium, 3% discount for cash or qualified checks. For more info, map & photos go to: Auctionzip.com enter auctioneer ID# 21770
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