

Guitar Hero Rocks

Takes Top Prize In NEX Contest

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THURSDAY, JULY 31, 2008

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JaxAir News

DEP Expo exceeds expectations

Recruits and their families learn about Navy lifestyle

By Clark Pierce
Editor

More than 900 Delayed Entry Program (DEP) recruits and their family members took part in the Family Day DEP Expo July 26 at NAS Jacksonville to increase their knowledge of the benefits and responsibilities that come with a Navy lifestyle.

Sponsored by Navy Recruiting District (NRD) Jacksonville, in conjunction with NAS Jax Morale, Welfare and Recreation (MWR), the expo was designed to answer questions or concerns that recruits and their families may have about Navy life.

"This event helps relieve anxiety that parents may have about sending their son or daughter off to boot camp," said Force Master Chief of Navy Recruiting Chris Penton.

"Our success comes from recognizing that we must positively influence the family in addition to the recruit. Today is the first time some of our guests have ever been on a military base, so it's important to show them that Sailors do more than work and stand watch. That's why we arranged for guests to climb aboard a bus at The Zone



Photos by Clark Pierce
(Above) Hundreds of DEP members and their families learned details about the opportunities of Navy life at the July 26 Family Day DEP Expo at NAS Jacksonville.



(At left) DEP recruit Gary Lusk of Cocoa, Fla., feels the jaws of Military Working Dog Nnick, handled by MA2 Robert Calabro of NAS Jax Security. After the drill, Lusk said, "I was laughing, but it was no joke. That dog can put a hurtin' on you!"

for a base tour that highlighted facilities like the gym and wellness center, Navy Exchange (NEX) and

See DEP EXPO, Page 13

NAS Jax Commanding Officer Capt. Jack Scorby Jr. (center), flanked by CMDCM(SW/SS) Jeffery Hudson, and FORCM(SW/AW) Chris Penton, prepares to welcome another wave of participants to the Family Day DEP Expo.



Lanier says farewell to NAS Jax after 35 years

By Kaylee LaRocque
NAS Jax Deputy Public Affairs Officer

Assistant Fire Chief of Operations and Training Fred Lanier retired yesterday from the NAS Jax Fire Department after working there for the past 35 years. The firehouse was filled with family, friends and co-workers as Lanier said his goodbyes and thanked those who have helped him achieve his highly successful and long career with the Federal Fire Service. After the ceremony, guests were treated to a typical firehouse feast.



Assistant Chief of Operations and Training Fire Chief Fred Lanier retired yesterday after working at the NAS Jax Fire Department for the past 35 years.

"I'm definitely going to miss it, but I'm ready to go. When you think 35 years of being away from your family; it's like being in the military – you are never home when something happens because you are always on duty. And, when we have big events such as hurricanes, you always have



Photos by NAS Jax Fire Department
Chief Fred Lanier (second from left) inspects one of many roof ventilation drills executed by NAS Jax fire fighting teams during a 2008 exercise that took place in condemned housing at Patriot's Point.

to worry about your family because we have to be here. Now, I'll be home more for them," said Lanier.

Lanier joined the NAS Jax Fire Department when he was 21 after deciding his first career choice as an automobile mechanic didn't quite suit him. "My dad was a firefighter at the NS Green Cove Springs base until it closed. Then he transferred here. So, I decided to follow in his footsteps and joined the NAS Jax team. Back then it was on-the-job training. I had no knowledge of being a firefighter but learned quickly and got all my certifications done. I worked hard to come

up through the ranks," said Lanier proudly. "I never worked with my dad because we were put on opposite shifts. About 10 years after I joined the department, my brother, David was also hired here as a firefighter and has worked his way up the chain. He's now at NS Mayport."

"The day I was hired there were 14 new firefighters. I'm the last one to retire. It's been a long time and I've seen a lot of changes here. I started in the main firehouse, went to crash

See LANIER, Page 13

TOUCHING BASE

The ribbon-cutting ceremony for the new Naval Facilities Engineering Command (NAVFAC) Southeast Engineering Operations Center will be Aug. 4 at 10 a.m., at NAS Jacksonville at Yorktown Avenue and Langley Street.

The building is registered with the U.S. Green Building Council for its leadership in energy and environmental design.

First "green design" building opens Monday



VOL. 66 • NO. 29 • NAS JACKSONVILLE, FLA.



Photo by Sue Brink

Naval Facilities Engineering Command (NAVFAC) Southeast Commanding Officer Capt. Michael Blount (right) greets Jacksonville Mayor John Peyton, as the mayor arrives at NAS Jacksonville July 23, to meet with the NAVFAC Southeast Civil Engineer Corps officers. Peyton spoke with the officers during the NAVFAC Southeast Operations Conference.

Jacksonville mayor shares vision of public works

By Sue Brink
NAVFAC Southeast PAO

Jacksonville Mayor John Peyton was welcomed on board NAS Jacksonville July 23 to share his public works experiences and insight with more than 85 Civil Engineer Corps (CEC) officers. Naval Facilities Engineering Command (NAVFAC) Southeast brings all of its CEC officers together twice a year to network, develop new processes, and enhance their team building and leadership abilities.

"Our city and the Navy are intertwined," said Mayor John Peyton. "Our men and women in the military are an integral part of the community."

Peyton went on to discuss how the city and the Navy public works departments are alike. "There are so many similarities with what we do. Both the city and Navy public works officers deal with environmental issues, monetary constraints and safety. Both are a little different, yet both are very much alike. You are all running cities."

He observed that both organizations work continuously to eliminate redundancy in their processes. The city has built major infrastructure, such as roads and highways, to support the military in Jacksonville – just as the Navy is investing in infrastructure improvements at NAS Jacksonville.

"The Navy is a valuable contributor to the economy of northeast Florida," said Peyton.

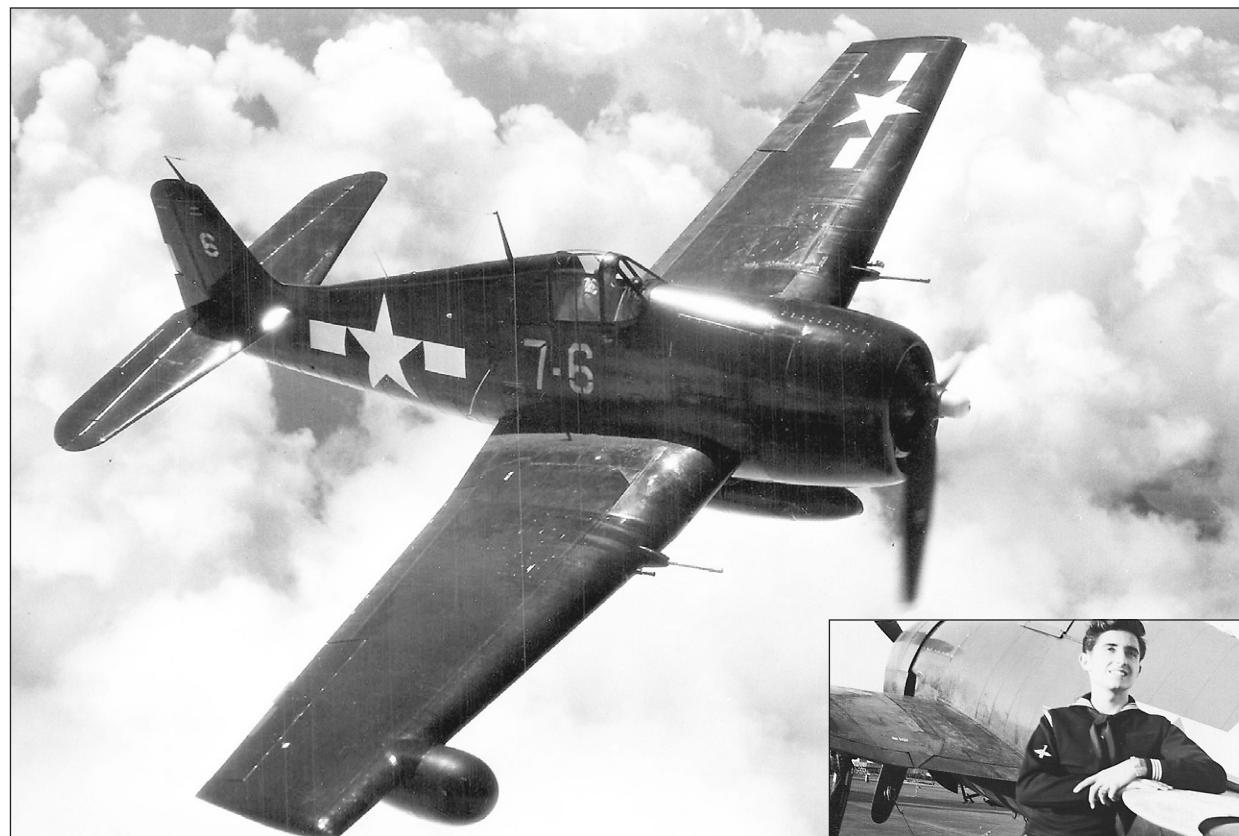
"We are proud of the investments the Navy has made here in Jacksonville."

NAVFAC Southeast is currently managing over \$350 million in projects at NAS Jax. Topping the list is the \$125.9 million hangar and apron project that will house five P-3C Orion squadrons and a C-130 Hercules logistics squadron. When completed, this structure – as long as three football fields – will be the largest aircraft hangar in the Navy.

The mayor also spoke about leadership qualities and asked the audience to set their sights on what is important. For him, it is the economy (more jobs), the river, and public safety for the community.

All of the officers in attendance could relate to the mayor's philosophy, because they deal with many of the same issues on installations throughout the Southeast. NAVFAC manages the planning, design, construction, contingency engineering, real estate, environmental, and public works support for U. S. Navy shore facilities around the world.

Looking back in time . . .



(Above) The Grumman F6F Hellcat first went into action in 1943 with the carrier force that attacked the Marcus and Wake Islands. Later, the aircraft fought in the Gilbert Islands and other Pacific battles.

(Right) An unidentified Sailor leans on the stabilizer of an F6F Hellcat at NAS Jacksonville on June 5, 1946. The Sailor previously completed Naval Air Gunnery School at the station.



MEET A SAILOR . . .

AC2 SHAWN J. CULLENS



Job title/command:
Air ops

Hometown: Little Rock, Ark.

Favorite duty station/
Why? USS Carl Vinson/It was a great experience.

Last book read: Owners manual on my new digital TV.

Favorite pastime: 4th of July in D.C.

Most interesting experience:
Liberty in Singapore.

Who is your hero?
Arnold Schwarzenegger

MEET A CIVILIAN . . .

ESTON BOWEN



Job title/command:
Housing Referral Assistant

Hometown: Bainbridge, Ga.

Favorite duty station/
Why? New Orleans/ Different cultures and the outstanding food.

Last book read: *The Richard Pryor Story*

Favorite pastime: Playing golf.

Most Interesting Experience: Meeting new people while serving with the U.S. Navy.

Who is your hero? My mother.



SUNDAY SERVICES

You are invited to the following Base Chapel Worship Services this Sunday:

Sunday -	8:15 a.m. -	Holy Eucharist Episcopal
	9:30 a.m. -	Catholic Mass
	11 a.m. -	Protestant Worship

Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-12:15 p.m.

JaxAirNews

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NAS Jacksonville Executive Officer Cmdr. Ellis Bowler
Command Master Chief CMDCM(SW/SS) Jeff Hudson
Public Affairs Officer Miriam S. Gallet
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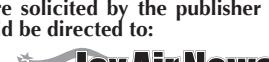
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The deadline for classified submissions is noon Monday. Questions or comments can be directed to the editor. The **Jax Air News** can be reached at (904) 542-3531, fax (904) 542-1534, email jaxairnews@comcast.net or write the **Jax Air News**, Box 2, NAS Jacksonville, Fla., 32212-5000.

The **Jax Air News** is published by The Florida Times-Union, a private firm in no way connected with the U. S. Navy under exclusive written agreement with the U. S. Naval Air Station, Jacksonville, Florida. It is published every Thursday by The Florida Times-Union, whose offices are at 1 Riverside Ave., Jacksonville, Fl 32202. Estimated readership over 32,000. Distribution by The Florida Times-Union.

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Dustin learns about being alone

By Sarah Smiley
Special Contributor

Our family lives apart as our PCS (permanent change of station) saga to Maine continues. My husband, Dustin, lives in the BOQ (Bachelor Officers' Quarters) as he finishes his tour in Pensacola, while the boys and I are staying with my parents in Virginia. None of this is really that important, except that our separation gives Dustin some interesting insights into what it's like to be alone when your spouse is deployed. These insights, for the most part, make me want to say to him, "Na-na-boo-boo, I told you so."

Here are Dustin's observations, which will take two columns to cover (because, yes, he really is learning that much).

Cooking for one is not much fun

Each night, when Dustin and I talk on the phone, I ask him what he ate for dinner. This is because women who are mothers have a need to make sure that everyone, even people who are not their children, is fed.

Dustin usually answers with something like, "I had a bag of peanuts and chips with salsa," or, "I warmed up a frozen dinner in the microwave." So I feel really bad when he asks what we ate, and we've had something homemade. I suggest that he go out to dinner, but he says that seems like a lot of trouble and it's kind of weird to sit alone.

Then, one night, I asked Dustin what he had for dinner, and he said, "John and Margaret had me over to their house to eat."

And, you know, I couldn't remember anyone having me over to dinner when I was living alone. Humph. But they probably thought that I – the woman who is a mother and likes everyone to be fed – was surely cooking for herself.

Weekends are the worst

When you are alone, three-day holiday weekends can drive a person insane. Theoretically, this is because the workweek provides distraction from loneliness. When Dustin was deployed, however, I wasn't working outside the home. There was no perceivable difference between Monday and Saturday. It didn't matter that I did the same things on Saturday that I did on Monday: I got up, fed the

FROM THE HOMEFRONT

baby, walked the dog, ate pizza, called my other lonely friends, thought about cleaning the bathrooms, chose not to clean the bathrooms, went to bed and fell asleep with the television on. When the day was Saturday, or even Sunday, it was always lonely, always boring and mostly awful. This was because, on a weekend, I had the hope (however misguided) of something more, something fun.

Weekends are meant for family and togetherness. Monday through Friday, I loved my neighbor next door, but when I saw her taking a walk with her husband on Saturday, I wanted to throw dirty diapers out my window at her. If I saw her walking with her husband on a Monday that was a holiday, I felt even more jealous. On those days, I closed all the curtains and tried to believe that everyone around me was just as annoyed about the three-day weekend as I was. "They really want to be at work," I'd tell myself.

Last Saturday, Dustin called me from his BOQ room and said, "Weekends are pretty lonely, huh?" I felt momentarily justified – like when Dustin gets the baby dressed and realizes that it really is difficult to make him stay still long enough to snap the 100 buttons on his shirt – until Dustin said, "So next weekend, I think I'll do a cross-country (the Navy's term for flying training missions to another state, usually one with sunny beaches, pro football teams, or lots of bars) to Pennsylvania to see a baseball game."

Huh?

When I was alone on weekends, I had children to tend to. The extent of my spontaneity was taking the boys to a restaurant without a clown or a "Kids Eat Free" sign hanging in the window. I didn't think it was fair that Dustin could just up and go to another state to escape the loneliness.

What I hadn't anticipated, however, was how a baseball game just wouldn't be the same for Dustin without the boys and me there. In-state or out-of-state, baseball game or no baseball game, weekends are still the hardest part.

HEY, MONEYMAN!

Hey, MoneyMan!

I had a credit card with an interest rate of 11 percent. I just noticed that the rate was raised to 24 percent and this new rate applies to all of my previous charges. I have never been late on payments to this card and I didn't think a credit card company could just raise my rate for no reason. Is this legal?

MoneyMan Sez:

Unfortunately, it is legal and it happens routinely. It is patently unfair, but currently legal. According to Consumer Action's annual 2008 Credit Card Survey, released last week, credit cards issuers can and do take action that will put even good consumers at risk.

Each in its own way puts consumers at greater risk of being charged higher interest rates, falling deeper in debt, and causing a ripple effect among issuers.

Here are some of those practices:



- Following you down. As consumers pay off large balances, the credit limit is reduced so that the balance is always close to the credit limit.
- Sorry, you're over limit. Credit limits are reduced to levels lower than the current balance, triggering over-limit fees and requiring a large "balloon" payment of the over-due amount. This practice also puts the consumer at risk of being hit with a penalty interest rate.
- Where's my credit limit? Cards

are declined at the point of purchase, and only then do cardholders find out that their limits have been reduced with no warning.

• Ganging up on consumers. One credit card lowers your credit limit, which lowers your credit score, which causes another of your cards to lower your credit limit.

Many card issuers have "anytime, any reason" clauses in the contract.

This means they can raise your rate at anytime, for any reason – even for reasons totally out of your control, such as "economic conditions" or "management strategies."

Bottom line: Be careful when using your credit cards and try to pay off the balance every month.

Do not go over your limit and never be late on your payments.

Credit cards are fine when used prudently and correctly.

They can also lead to financial disaster if not closely monitored.

Prepare for advancement by verifying your worksheet

From Personnel Support Detachment (PSD) Jacksonville

Before you can take the Navy-wide advancement exam, you must visit PSD to verify that your examination worksheet information is correct.

Have any discrepancies corrected before it goes forward.

E-6: July 20 – Aug. 1

E-5: Aug. 4 – 8

E-4: Aug. 11 – 14

Stragglers: Aug. 18 – 21 with approved request chit signed by E-7 or above.

2008 exam dates:

E-6 Exam Sept. 4

E-5 Exam Sept. 11

E-4 Exam Sept. 18

Local 'guitar hero' plays winning performance

By Clark Pierce
Editor

Navy Exchange locations across the United States recently hosted a competition for fans of the newly released "Guitar Hero: Aerosmith" that was won by Cary Cavanaugh, an MWR civilian employee at NAS Jax.

"After four days of competition in the Navy Exchange electronics department, we brought in the four top-scoring competitors for an Aerosmith play-off," explained Electronics Department Manager Robert Ream. "They played at the expert skill level and, at the end of the day, Cavanaugh took first place with 279,857 points."

His performance was forwarded to Navy Exchange headquarters in Virginia Beach, Va., where they reviewed top-scorers from

each participating store – and declared Cavanaugh the winner of a \$1,000 NEX gift card.

Cavanaugh was surprised when Ream called to tell him he was the winner. "It was pretty awesome to hear that my score held up and that I topped gamers from all around the country."

Cavanaugh took up Guitar Hero about two years ago. "I love music and testing my skills on video games, so Guitar Hero lets you do both. This was a tough, high-level competition," said Cavanaugh. "Of course, it helps to know the songs, to be able to sight-read when the notes are coming, and to learn the special techniques of the game, such as when to 'star power' for multiple points."

He added, "Musical accuracy is crucial. Every note you play correctly is worth 50



Photo by Clark Pierce
Cary Cavanaugh, a member of the NAS Jax MWR maintenance staff, took home first prize (\$1,000 NEX gift card) for winning the NEX Guitar Hero: Aerosmith Competition July 15-19.

points, and after hitting 10 notes in a row, you get a points multiplier of two, three and four times – and when you hit star power – it doubles the multiplier. But, should you miss a note, you lose your multipliers and have to start building all over again."

He said that Guitar Hero is popular with all age groups. "It's fun to play with friends and family. Two people can also play the same song against each other."

Cavanaugh said he had no immediate plans for using his gift card, "but I'm looking around."

Fleet Readiness artisans batting 1,000

By Frank Taormina
FRCSE Public Affairs Specialist

Fleet Readiness Center Southeast (FRCSE) artisans were recognized June 26 for completing 1,000 on-time deliveries of the Weapons Replaceable Assembly (WRA) for the AAS-44(V) Forward Looking Infrared (FLIR) Performance Based Logistics (PBL). The artisans maintained a 100 percent supply availability rate for 57 consecutive months.

FRCSE artisans have provided depot-level repair capability for this PBL since October 2003 in support of the Navy's H-60 Armed Helicopter fleet. They also incorporated 477 reliability growth kits, and reduced WRA depot repair hours per unit from more than 130 hours to less than 110 hours – eliminating depot repair cost growth for the last 40 months.

"This is an important milestone in the Raytheon-FRCSE partnership," said Mark Schroeder, Raytheon program manager. He added, "I want to point out that these deliveries were completed without defects, on time, and within cost."

The AAS-44(V) Infrared Laser Detecting-Ranging-Tracking Set is a high-performance multipurpose thermal imaging sensor. It provides long-range surveillance, target acquisition, tracking, range finding, and laser designation for laser-guided munitions. It features multiple fields of view and real-time image processing with contrast enhancement. It is deployed on Navy SH-60B and HH-60H helicopters and supports a variety of rotary and fixed wing platforms.

FLIR is a device that senses infrared radiation by detecting thermal energy to create a picture. In war-



Photo courtesy of FRCSE
FRCSE AWG 9/Radar Shop supervisor Barry Dean (back row from left) with shop artisans (back row, from left) Adam Perry, Derek Kirk, Paul Wojcik, Randy Moyer, (front row from left) Tom Sullivan, Kathy Wilborne, Scott Jenks, Cathy Cornioli and Jeff Brown.

fare, the FLIR has three distinct advantages. First, the imager itself is nearly impossible for the enemy to detect, as it detects energy that's already there and doesn't have to send out any energy of its own. Second, it sees heat, which is hard to camouflage. Third, FLIR systems can see through smoke, fog, haze, and other atmospheric obscurants better than a visible light camera can.

This PBL is the first Electro Optic Weapon System with a Public Private Partnership between FRCSE and Raytheon. This partnership has been recognized for delivering more than \$38 million in cost savings to the Naval Aviation Enterprise.

The AAS-44(V) PBL

is a 10-year, \$121.3 million fixed-price contract

between Raytheon and NAVICP Philadelphia, that

is designed to deliver 90

percent or better availability

and growth reliability by 50 percent.

This win-win public private partnership continues paying dividends to the Navy by reducing the overall cost of weapon system sustainment. These achievements result in higher combat readiness at

buying performance outcomes. It is procurement of a capability to support the Warfighter versus the individual parts or repair actions. This is accomplished through a business relationship that is structured to meet the Warfighter's requirements.

One of the most significant aspects of PBL is the concept of a negotiated agreement between the major stakeholders and the support provider that formally documents the performance and support expectations to achieve the desired PBL outcomes.

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Wednesday	Texas Hold 'Em Poker with \$3 Shooter specials
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4409 Roosevelt Boulevard (Roosevelt Square Shopping Center) www.tomandbettys.com	



The Comedy Zone



Reno Collier
Aug. 1st & 2nd

Reno has been on tour with Larry the Cable Guy and has performed with Jeff Foxworthy & Ron White.

For more information log on to www.comedyzone.com or call 292-HAHA (located inside the Ramada)

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Online ID card appointments

Appointments for ID Cards for active duty, reservists and family members may be made online to avoid the wait associated with walk-in service. Appointments can be made in advance by civilians, retirees and active duty members for all types of ID cards. Appointments are available from 9 a.m.–3 p.m. daily.

• Access the website at: www.cnic.navy.mil/jacksonville

• Click on "Programs"

• Click on "Personnel Support Detachment Jax"

If you require ID cards for more than one dependent, you must make individual appointments for each dependent.

Active duty sponsors must accompany family members or provide a command-verified DD-1172 form.

Retirees may provide a notarized DD-1172 form for family member ID card renewals.

Walk-in customers will continue to be served on a first come, first served basis; however, customers with appointments will have priority at the time of their appointment. Walk-in service will continue to be available Monday through Friday from 7:30 a.m.–4 p.m. for all customers.

Call (904) 542-4218 ext. 108 for more information.

Value-based helping: If it's good for the goose . . .

By Chaplain
(Lt. Cmdr.) Atticus Taylor

Orithologists (scientists who observes the behavior of birds) have revealed in their research an unusual sense of community among flocks of geese. It appears that the all too familiar V-shaped flight formations many of us are familiar with during migration season, is in reality a superior community support system.

According to research, the stronger and larger birds (i.e., ganders) position themselves at strategic points within the flight pattern in order to create an airflow or vortex that supports the weaker members of the flock. This in-turn allows the smaller birds to expend less energy throughout the duration of their long and dangerous journey.

The special qualities inherent among the members of this special unit are endurance, speed, strength, patience and courage. These noble virtues become most

evident in the unfortunate event that one of the birds takes a bullet from a hunter's gun and falls to the ground.

Some observers have reported a mysterious and peculiar practice involving the activities of this unique group. As their flock mate falls from the sky, some geese immediately break formation and dispatch to the aid of the victim. It seems that the flock recognizes the importance of providing encouragement to one another during these difficult times.

They also appear to place a high value on the life of every member of the flock, even the wounded ones. There is another act of caring that continues to baffle researchers where observers have witnessed this group splashing water with their wings on the injured bird. In addition,



Chaplain (Lt. Cmdr.) Atticus Taylor
the rescue group remains until it is determined whether the victim will die or is able to return to flight.

If it recovers, they encircle their flock member – creating a supporting airflow to sustain him/her in flight. Should it suffer a fatal wound, the rescue group is able to fly at top speed and overtake

the rest of the flock – and resume their positions in the formation.

Whether the preceding account is scientific fact or mere "marsh legend," there are those in our world today who might feel that only a "birdbrain" would risk the possibility of falling behind the group to assist someone else in trouble.

It is my hope that attitudes of this kind are representative of a vanishing species within our culture. I am inspired by the fact that the self-centered behavior we witness from time to time has not diminished the frequent notable acts of valuing others within our community and the Navy. Whether victims of floods, earthquakes, hunger, terrorist acts or daily crises – for assistance that typify the human enterprise, because it is from the birds, because our

overall quality of life is enhanced by affirming our neighbor's value.

Furthermore, life requires that we recognize the distinction between sympathy and compassion.

An unknown writer stated, "Sympathy sees, and says, 'I'm sorry.' Compassion feels, and whispers, 'I'll help.'"

It is a proven fact that people are happy to about the same degree that they are helpful.

We should always remember that in order to empower others, it is essential that we value ourselves, too. We should take a page from "the fowls of the air" and practice the virtues that equip us with the vitality to lift each other, without fouling up our lives through the fatal flaw of self-interest.

I will close with a quote from Albert Schweitzer, who summed it up this way, "Reverence for life is the ethic of love widened into universality."

Register your team for heart walk

From Staff

You can make big strides to build a healthier community when you join friends, family and shipmates at the 2008 First Coast Start! Heart Walk, scheduled for 8 a.m. on Sept. 13 at Jacksonville's Metropolitan Park.

The First Coast Start! Program is built on a simple premise – walk more, eat well and you'll live longer.

As the American Heart Association's signature fund-raising event, the First Coast Start! Heart Walk promotes physical activity and heart-healthy living in an entertaining family environment. More than 8,000 local walkers are expected to participate and raise funds to save lives from America's No. 1 and No. 3 killers – heart disease and stroke.

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HEART WALK.

Though individuals can register to walk, the organizers encourage military commands to create walk teams. It provides friendly competition and an opportunity to get fit by training for the walk.

Heart Walk Chairman Scott Whalen, president and CEO of St. Vincent's HealthCare, will lead the way and encourages all First Coast residents to register their team today. Register your team by calling 904-739-0197 or visit www.firstcoastheartwalk.kintera.org.



Odds of a child becoming a top fashion designer: 1 in 7,000

Odds of a child being diagnosed with autism: 1 in 150

Some signs to look for:
No big smiles or other joyful expressions by 6 months. No babbling by 12 months. No words by 16 months.

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Bridge to diversity needs your culture

From Staff

The NAS Jacksonville Multi-Cultural Awareness Committee (MCAC) is calling for Sailors, civilians, squadrons and command organizations to enter the 2008 MCAC Fair.

When: August 28, 10:30 a.m. - 3 p.m.

Where: NAS Jax BOQ Pavilion
All commands participating will select a culture or country to represent and display historic facts, points of interest and cultural-related information.

The MCAC will provide tables. Entrants must provide all materials.

Event rules:

• Entrants cannot have same country or

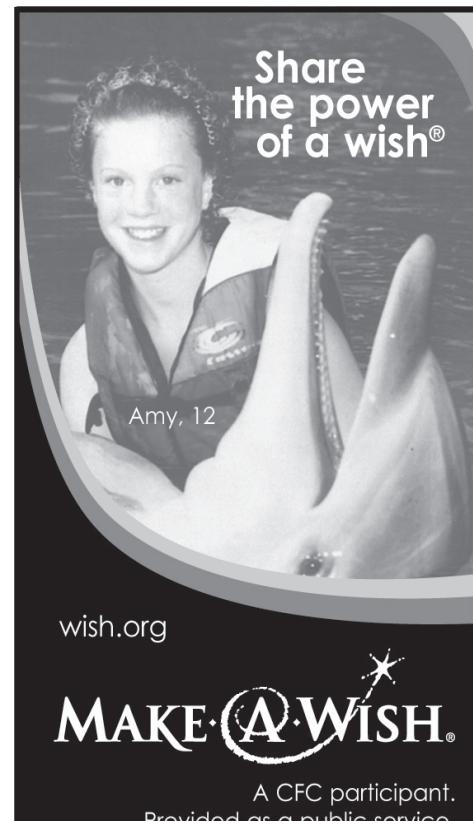
culture.

- Food cannot be served.
- Committee will set locations for exhibits.
- Multiple entries per command are authorized (i.e. different work centers/same command).

• Judges will be selected randomly from the crowd. Judging criteria will include creativity, info displayed, overall presentation and knowledge of culture by presenters.

Prizes awarded to judges' top-three presentations.

To register, contact: EN1(AW) Robinson, 542-2424x3009; or Sharon Teal, 542-5140x2612.



Voice your opinion on F&FR programs

From CNIC Marketing

Commander, Navy Installations Command (CNIC), Millington, Tenn., is conducting the annual Fleet & Family Readiness (F&FR) customer satisfaction survey through Aug 7.

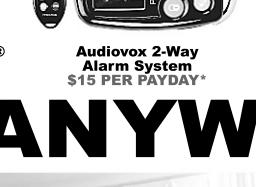
The CNIC encourages customers of F&FR programs to express their likes and dislikes on a variety of topics. Programs being surveyed include F&FR support programs, child and youth programs, MWR (Liberty, Fitness, ITT, movie theaters, library/resource centers) and Navy Gateway Inns and Suites.

The survey is being conducted online at: www.cfigroup.net/ffr. Customers can also complete the survey on paper while visiting an F&FR program location. Please take time to provide feedback to Navy leadership that will be used to enhance Navy quality of life.

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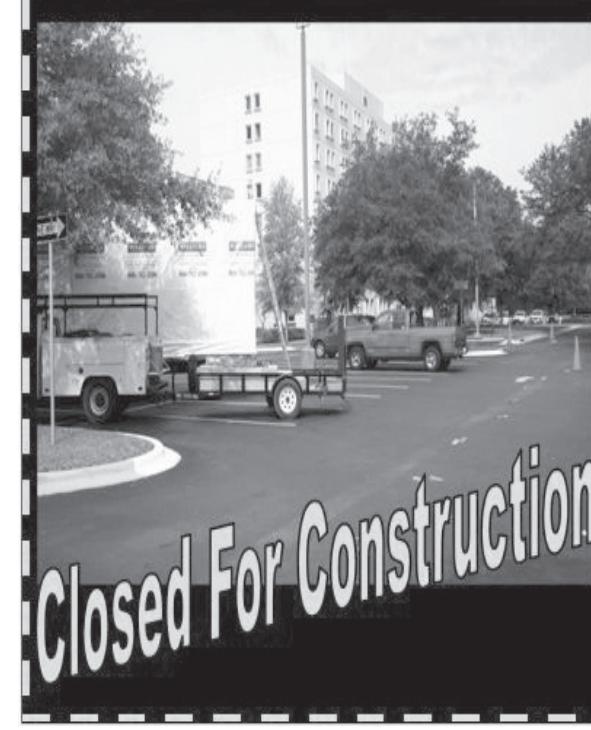
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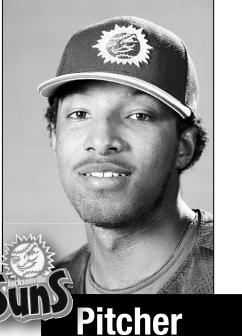
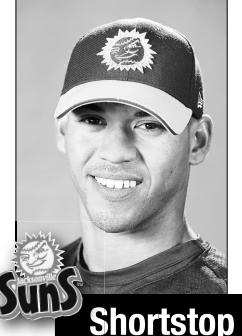
Construction means parking changes at Naval Hospital

As work begins on Naval Hospital Jacksonville's new 68,000 square foot addition, visitors to Naval Hospital Jacksonville will find some parking areas now closed. This is being carefully managed to minimize impact on patients and visitors. Effective July 1 the parking area in front of the hospital pharmacy entrance is closed for two years. Additional "patient parking only spaces" are designated in the main hospital patient parking lot in front of the main Outpatient Clinic entrance. The row closest to that entrance has been designated as ADA/handicapped parking and expectant mother's parking. Visitors are encouraged to use the shuttle carts driven by American Red Cross volunteers in the parking lot areas.





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	James McDonald Born: 10/19/1984 Birthplace: Long Beach, CA Height/Weight: 6' 5", 195 lbs Bats/Throws: L/R
	Ivan De Jesus Jr. Born: 05/01/1987 Birthplace: Guayanabo, Puerto Rico Height/Weight: 5' 11", 182 lbs Bats/Throws: R/R

Biography:
Named Southern League All-Star in 2008 and currently leads league in strikeouts...Rated as the #7 prospect in the Dodgers minor league system by Baseball America...Named Dodgers Minor League Pitcher of the Year in 2007...Had a combined record of 13-9 with a 3.07 ERA and 163 strikeouts in 134.2 innings between Jacksonville and Single-A Inland Empire in 2007

Biography:
Named Southern League All-Star in 2008...Represented Puerto Rico as member of the World Team in the 2008 Futures Game...Rated as the 13th-best prospect and as having the best strike zone discipline in the Dodgers organization by Baseball America...Reached a career high in RBI (52) in 2007

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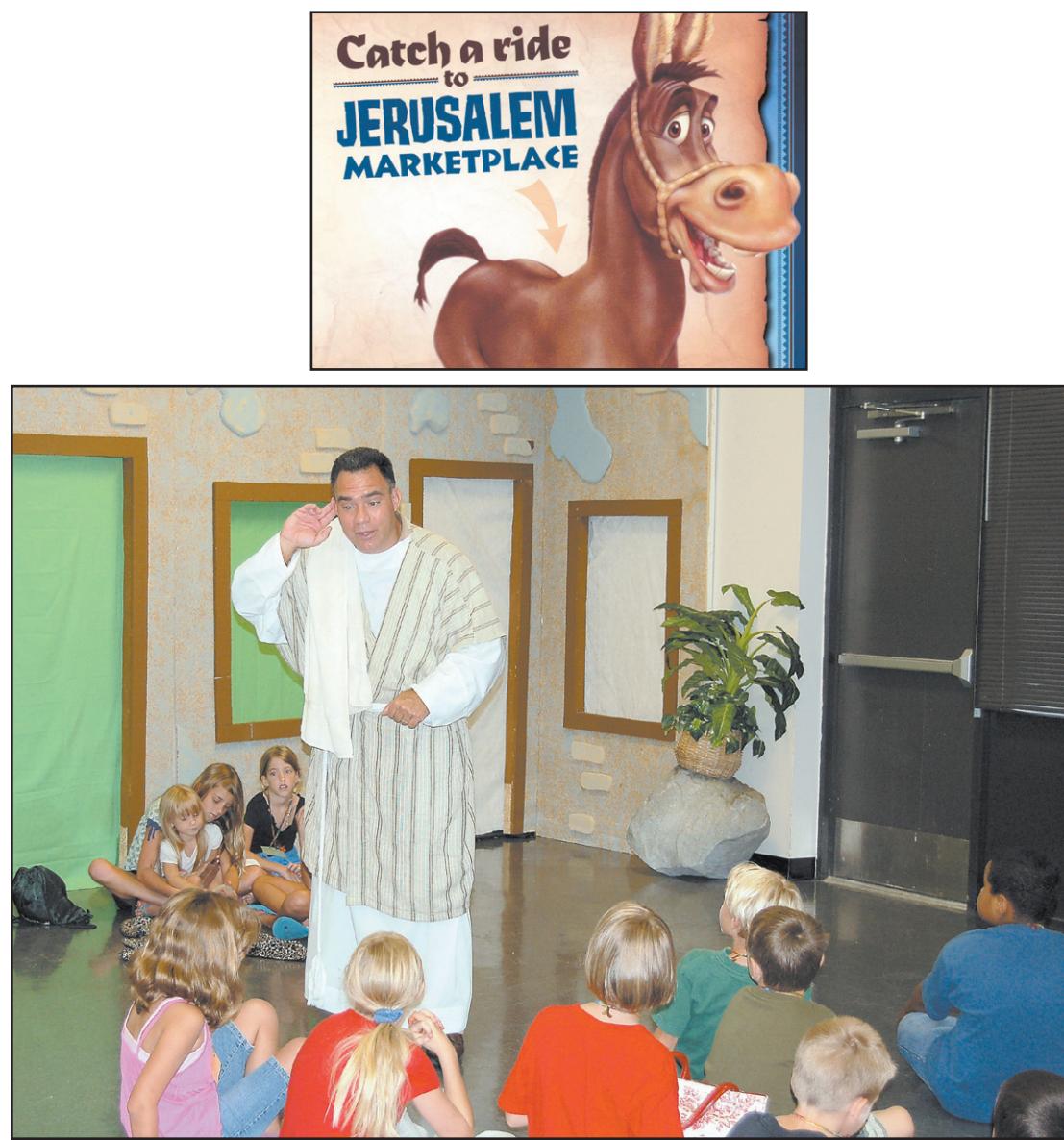
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(Above) Chaplain (Lt.) Tom Bingol explains the meaning of Jewish holiday Passover to the children during Vacation Bible School.

(At left) Vacation Bible School teacher Tony Larkin goes over the previous day's lesson with his students.



Seven-year-old J.P. Villanueva carefully paints a wooden box in the arts and crafts session of Vacation Bible School.

Children head to Jerusalem marketplace during VBS

By Kaylee LaRocque
Deputy Public Affairs Officer

It was another successful year for Vacation Bible School (VBS) at the NAS Jax Chapel last week as 92 military children participated in a wide variety of activities offered by a handful of dedicated volunteers.

This year's theme of "Jerusalem Marketplace" took the children on a journey through time teaching them about what life was like many centuries ago in Jerusalem. Some of the activities included arts and crafts, classroom lessons, music sessions and games.

"VBS is held each year for military children so they can spend a week in an atmosphere to learn about Christ and their salvation," said VBS coordinator Grace Heffner.

As each day began, the children were ushered into a main room where they were seated on the floor to participate in an energizing sing-along session, followed by the lesson of the day presented by Chaplain (Lt.) Tom Bingol. From there, they were split up according to age groups and sent to various places to create such arts and crafts as prayer boxes, crowns and butterflies, to music class to



Vacation Bible School teacher Lynn Hysmith explains the events that happened on the day Jesus died on the cross to her class.



Vacation Bible School volunteers Vanessa Pence (right) and Connie Rose Seeley lead a group of children in some songs.

prepare for a presentation for families and friends the last day of VBS or to their classrooms to learn their lessons. They also enjoyed a nutritious lunch each day, prepared by the male volunteers who again decided to commandeer the kitchen

this year.

"This is really fun being here. I like all the things we've been making in the art class. We made sand bottles and painted prayer

boxes," said 8-year-old Liana Carrion.

"I love it here. It's great because we get to learn

See VBS, Page 7



Eight-year-old Yelena Nunez (right) and Alyssa Lawry get some help with their painting project from teen volunteer Brya Gill.



A group of the younger children sing along as their teacher Charlene Sweat leads them with the motions.



(From left) Cheyenne Cheng, Wednesday Smith and Bailee Brookshire make necklaces in one of the arts and crafts classes.



The children enrolled in this year's Vacation Bible School perform some songs in the base chapel for their families and friends on the last day.

VBS: More volunteers help event succeed

From Page 6

about God in a fun way. I also like the singing and arts and crafts," added 11-year-old Meghan Doll.

VBS is run each year by volunteers who are given a curriculum to follow and who adapt each of their lessons to their own individual teaching style. This year, 38 adults and teens volunteered to help out with the program.

"This year, we have the highest number of volunteers ever. Every February, I choose several different curriculums that I think might work for us and present them to the chapel staff. They will choose the one that best suits our needs. After that, we determine how many volunteers we need and start recruiting," said Heffner. "Volunteers don't need to be experienced, the only criteria is that they have to love children."

Each year, the program holds a special mission project to collect items for an organization that helps others. This year's project was close to home as the children were asked to bring in canned goods and non-perishable items to be donated to a local agency. "In one of the lessons the chaplain pointed out that Jesus came not to rule, but to serve and that we are to serve one another. So we are collecting food items to be donated to a local food bank or homeless shelter," added Heffner.

The week concluded Friday with a special musical presentation highlighted by a slide show of the week's activities for the children's families and friends in the base chapel.

Next year's VBS is already being planned. It is held each year in July and is open to ages 5-12. Participants do not have to be members of a congregation here. Volunteers are always needed. If you would like to volunteer as a teacher or in some other capacity, contact Heffner at 542-3051.



It's the boys vs. girls in a game of "Pass the Ball" to learn about teamwork. The girls beat the boys in the game.



Vacation Bible School (VBS) volunteer Anthony Crews (left) and VBS Coordinator Grace Heffner find name tags for Christian and Aaron Villanueva on the second day of VBS.



A group of children learn about teamwork as they try to "get out of the pickle" during one of the classroom sessions.

Photos by Kaylee LaRocque



Katie Shaneyfelt thinks of something about her self to tell her classmates during a game of "All My Friends."

Deadly flu outbreak: Can it happen here?

**Marsha Childs
& HM3 Jessica Anderson**
Naval Hospital Jax Public Affairs

The 1918-1919 Spanish influenza (flu), the most devastating short-lived epidemic in world history, killed an estimated 40 million people worldwide, including 675,000 in the United States.

To plan for such a catastrophic disaster, state public health officials, NAS Jacksonville emergency responders and Naval Hospital Jacksonville (NH Jax) personnel met July 15 to evaluate current response plans and capabilities for improving installation preparedness. The group also discussed methods to expand health care capacity and disseminate information during a pandemic influenza outbreak.

According to the Centers for Disease Control and Prevention (CDC), a pandemic is a global disease outbreak that "occurs when a new influenza virus emerges in which humans have little or no immunity, and for which there is no vaccine. The disease spreads



from person to person and can sweep through a country and around the world in a very short period of time."

Dr. Amy Lafreniere, the conference keynote speaker, is a senior public health analyst with Battelle, an international enterprise that explores emerging areas of science and develops technology. She said, "Pandemic flu will be

a novel strain of influenza that's completely different from seasonal flu. Seasonal flu happens on an annual basis, which is something we deal with pretty well, but pandemic flu will be something for which we have no immunity."

One virus that runs the possibility of becoming pandemic is H5N1, better known as the avian flu. Currently, the CDC has confirmed isolated cases affecting human populations in smaller areas, mostly in Asia, Europe and Africa. This virus is found mainly in birds, but the risk of humans contracting the virus is low. Nevertheless, in half of all reported cases, the patients died. "So far, the avian flu has not gone pandemic. It could go pandemic be next year – or 50 years from now. It might not even be in our lifetime," said Lafreniere.

Dana Shropshire, head of homeland security emergency management for NH Jax said, "Planning, training and exercising for all types of disasters (natural or man-made) is one of the things that the Naval Hospital prides itself

on. We want to be prepared for any and all contingencies that our staff, beneficiaries and visitors may face. The ability to respond effectively to protect and mitigate suffering is our goal one."

While pandemic flu can occur anytime, seasonal flu usually strikes in the fall and winter months in the United States. Once identified, a vaccine for pandemic flu may not be available for four to six months. Vaccines for seasonal flu, however, are based on guidance from the CDC's Advisory Committee on Immunization Practices.

Naval Hospital Jacksonville's head of Preventive Medicine Department and CNRSE Public Health Emergency Officer Lt. Cmdr Celeste Santana described the symptoms of pandemic flu as very similar to seasonal flu: fever, cough, runny nose and muscle pain. Pandemic flu symptoms, however, are more severe and complications more frequent and longer lasting. Deaths are usually caused by respiratory complications such as pneumonia. She

said, "More people are likely to die from pandemic flu than from seasonal flu. The most effective strategy for preventing seasonal influenza is annual vaccination."

Simple measures to protect yourself and others from influenza include frequent hand washing with soap and water and covering your nose and mouth with your sleeve or a tissue when you cough or sneeze. Use alcohol-based sanitizers and avoid large groups and public gatherings.

The U.S. was overwhelmed by the 1918-1919 Spanish flu, the worst epidemic in U.S. history. The flu virus erupted during the final throes of World War I and spread with the massive movement of armies.

The U.S. Department of Health predicts, "If a pandemic of similar severity occurred today, 90 million Americans could become ill, and approximately 2 million Americans could die." For more information on pandemic flu and ways to protect yourself, visit www.cdc.gov/pandemicflu.gov.

People are driving less, saving more

Seven-month decline in travel reflected in highway trust fund

From Staff

New Federal data showing further steep declines in the number of miles Americans are driving is additional proof that the country needs new means – other than the gas tax – to finance the nation's transportation infrastructure, U.S. Secretary of Transportation Mary Peters said today.

"By driving less and using more fuel-efficient vehicles, Americans are showing us that the highways of tomorrow cannot be supported solely by the federal gas tax," Secretary Peters said. "We must embrace more sustainable funding sources for highways and bridges through more sustainable and effective ways such as congestion pricing and private activity bonds."

Secretary Peters said that Americans drove 9.6 billion fewer vehicle-miles traveled (VMT) in May 2008 than in May 2007, according to the Federal Highway Administration data. This is the largest drop in VMT for any May, which typically reflects increased traffic due to Memorial Day vacations and the beginning of summer, and is the third-largest monthly drop in the 66 years such data have been recorded. Three of the largest single-month declines – each topping 9 billion miles – have occurred since December.

VMT on all public roads for May 2008 fell 3.7 percent as compared with May 2007 travel, the Secretary added, marking a decline of 29.8 billion miles traveled in the first five months of 2008 than the same period a year earlier. This continues a seven-month trend that amounts to 40.5 billion fewer miles traveled between November 2007 and May 2008 than the same period a year before, she said.

As Americans drive less and rely increasingly on mass transit, carpooling or other options, the federal Highway Trust Fund receives less revenue from gasoline and diesel sales – 18.4 cents per gallon and 24.4 cents per gallon,



Photo courtesy of mcismowski-stock

respectively.

"Less driving means less money for the Highway Trust Fund," said Acting Federal Highway Administrator Jim Ray. "The status quo cannot and will not work in the 21st century."

To review the FHWA's "Traffic Volume Trends" reports for May 2008, visit <http://www.fhwa.dot.gov/ohim/tvtw/tvtpage.htm>.

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TRICARE urges preparedness for 2008 hurricane season

By Annemarie Felicio
TRICARE Management Activity

Summer is here, and so are the risks associated with the season. TRICARE wants to remind beneficiaries to prepare for the unexpected.

A natural disaster, like a hurricane, is just one of the unpredictable weather patterns that can disrupt life at any time.

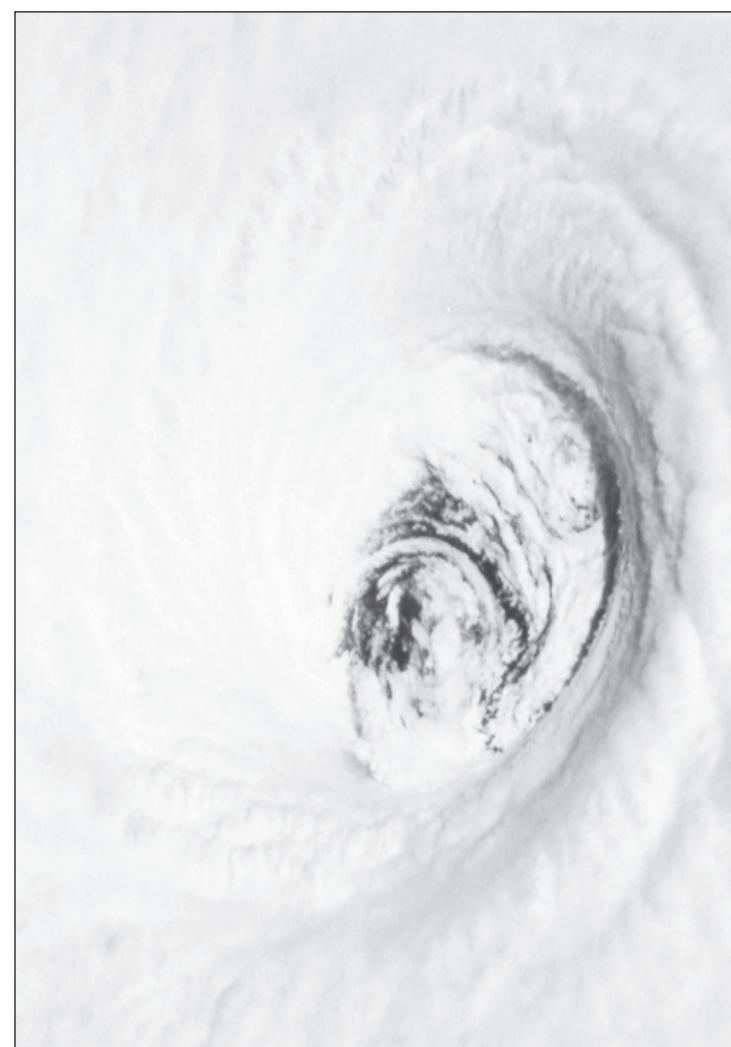
The recent tornadoes, wildfires and floods that have swept across the nation in the past month emphasize the importance of uniformed service families being prepared for disaster.

Having a complete emergency kit is essential for emergency preparedness. Families are encouraged to keep emergency kits up-to-date, making sure they have basic items such as food, water, a battery operated weather radio, flashlights and first aid supplies so they can be ready for any disaster.

When preparing emergency kits, healthcare needs are often overlooked. Since medical assistance may not be immediately available after a disaster, TRICARE wants to stress some simple steps to make sure medical necessities are included in everyone's emergency preparedness kit. Store these items in a waterproof container, and keep them with you in the event you have to evacuate the area.

Below is a list of health-related items to include in kits for each family member:

- Copies of each family member's uniformed services ID card (or sponsor's name and Social Security number), Medicare card or other health insurance



card, if applicable

- Copies of family members' names, addresses, phone numbers, etc.
- Copies of medical records for each family member
- A list of primary care managers, other doctors' names and phone numbers
- Emergency contact names and phone numbers
- Regional and pharmacy contractors and Medicare contacts which can be downloaded on one handy flyer at: <http://www.tricare.mil/tricaresmart/product.aspx?id=425&s=disaster>
- A list of known prescription medications and doses
 - A list of each family member's allergies
 - A properly stored 30-day supply of prescription

medications

- Non-prescription drugs such as pain relievers, anti-diarrhea medication, antacids, laxatives, itch control creams, etc.
- Style, model and serial numbers for any medical devices
- Extra batteries for wheelchairs and hearing aids
- Any personal items such as eyeglasses and other special equipment

For more information and more valuable tips on disaster preparedness please visit the Department of Homeland Security's Web page at: <http://www.ready.gov/> or TRICARE's disaster relief Web page at: <http://tricare.mil/mybenefit/home/LifeEvents/PreparingForADisaster>.



Photo by QM2 Nicole Soto

IT2 Theresa Robles of NAS Jacksonville's security manager's office helps keep Building One "green" by choosing Ecosafe biodegradable trash bags.

Servmart offers green merchandise

By QM2 Nicole Soto
Assistant Editor

NAS Jacksonville's Servmart, which is owned and operated by L.C. Industries, has been stocking environmentally friendly products for years, from light bulbs that use less electricity to biodegradable dinnerware.

During a recent Servmart run for NAS Jacksonville Building One, IT2 Theresa Robles opted for biodegradable trash can liners. "It's important that we all take the proper precautions to protect our environment – not only for ourselves but for our children as well."

One of the many green products available at Servmart is bio-based flatware. Bio-based resin uses wheat to replace 50

percent of polypropylene, which is synthetic resin. The sturdy flatware will decompose by half within 90 days.

Other popular green products include biodegradable dinnerware comprised of a mixture of limestone and potatoes, compact fluorescent light bulbs, cotton mop heads and recycled plastic clipboards.

Dave Bardnell is assistant manager of L.C. Industries Servmart at NAS Jax. "L.C. Industries has long been an advocate of the Go Green campaign. I feel that it is essential to not only use these products but to re-use them. We all need to do our part to preserve our environment for future generations," said Bardnell. "Ask for our 'Green Shopping Made Simple' catalog the next time you shop. Or visit www.buyLCI.com."

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Keep water safety in mind

From Navy Office of Information

"We're halfway through the Critical Days of Summer, a time when there is the potential for increased mishaps," said Rear Adm. Arthur Johnson, commander, Naval Safety Center.

"This is especially true for activities such as swimming, boating, snorkeling, and other enjoyable pastimes that personnel are more likely to enjoy during the summer than at other times of the year. The vast majority of Sailors and their families have done a great job of managing recreational risks, but there's still a lot of warm weather ahead. This is no time for complacency."

The following basic swimming precautions can keep you and your loved ones from harm:

- If you can't swim, stay out of the water.

- Swim in areas supervised by a lifeguard. Read and obey all rules and posted signs.

- Children or inexperienced swimmers should take precautions such as wearing a Coast Guard approved personal floatation device.

- Check the depth of any body of water—pool, lake, river, ocean—before you dive into it.

Beware of rip currents:

- A rip current is a strong surface flow of water which has been trapped behind a sandbar and is flowing seaward from near the shore. It can occur at any beach with breaking waves, including oceans, seas, and Great Lakes.

- Many swimmers are surprised by rip currents because they are found in unusually calm waters. The water in a rip current may appear darker than the surrounding area.

- Rip currents drag swimmers away from the beach, leading to drowning deaths when they attempt to fight the



Photo courtesy of LucieG-Stock

current and become exhausted. The strongest rip currents can pull swimmers eight feet per second.

- While not a rip current, the regular undertow from strong, breaking waves can also exhaust and disorient weak swimmers. Stay out of rough surf.

Be prepared when heading out for a day on the boat:

- Anyone participating in boating activity should know how to swim.

- Use Coast Guard approved life jackets for yourself and every passenger in the boat.

- Take a Coast Guard boating course, which will teach you about navigation rules, emergency proce-

dures, and the effects of weather on water conditions.

- Know local weather conditions and head back to the boat launch as soon as you see or hear a storm.

Practice risk management skills when relaxing at the pool:

- Never leave a child unsupervised around the pool. A child can drown in just a few inches of water.

- Keep toys away from the pool when not in use. Toys can attract young children to the pool.

- Enclose the pool completely with a self-locking, self-closing fence with vertical bars. Openings in the fence should be no more than four inches wide.

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Be a star at NMCRS

From Staff

Volunteering at your local Navy-Marine Corps Relief Society (NMCRS) is a rewarding experience that makes a difference in the lives of others.

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Answers for veterans at AMVETS

By Clark Pierce
Editor

Dealing with the U.S. Department of Veterans Affairs (VA) can be confusing and frustrating for veterans, service members and their families. Many turn to AMVETS for a range of initiatives and professional services that cut through red tape to improve veterans' quality of life.

"AMVETS acts as an advocate for veterans. We understand the VA because our organization helped shape much of the federal legislation affecting veterans affairs," explained David Sanders, the AMVETS national service officer at NAS Jacksonville.

"Our office provides information, counseling and claims service to honorably discharged veterans and their families. We are accredited by the VA to ensure our clients receive the maximum benefits to which they are legally entitled," said Sanders.

AMVETS is now answering questions about the recently passed "Post-9/11 Veterans Educational Assistance Act

VA benefits and services include:

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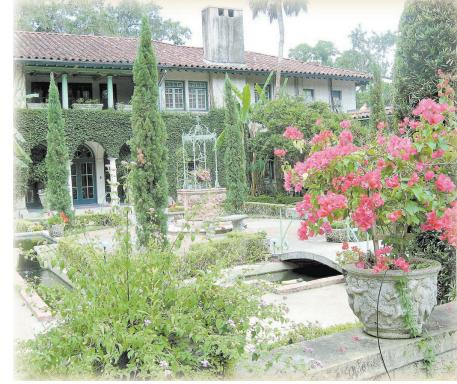
of 2008" which will be effective Aug. 1, 2009.

"We are also urging veterans to call or stop by for a review of their VA compensation. If it's been 12 months or more since filing a disability claim through AMVETS, you could be eligible for an increased benefit," said Sanders. "There's always the possibility that something was overlooked when your claim was initially filed."

For information or assistance, contact David Sanders at (904)-542-2834 or david.d.sanders@navy.mil — or visit the AMVETS office in room 225 of building one at NAS Jacksonville.



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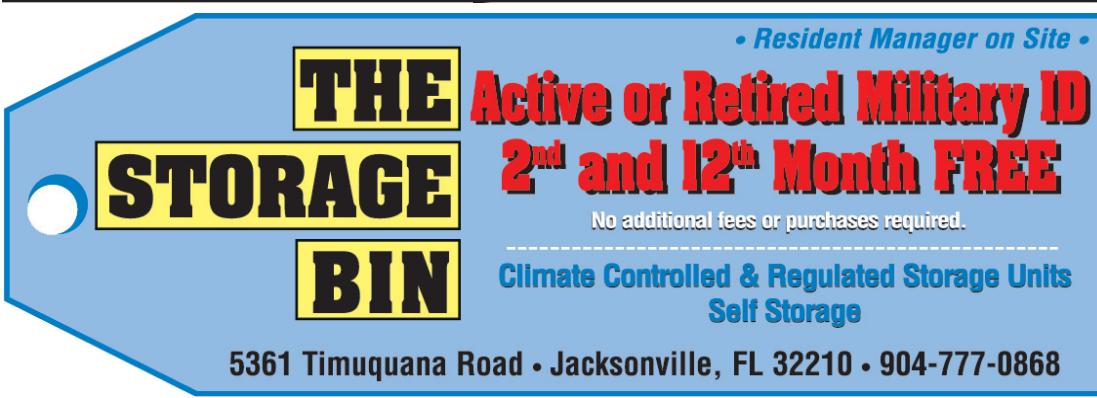
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DEP EXPO: Went off without a hitch

From Page 1

commissary, Chapel Center, Mulberry Cove Marina and ITT office," he explained.

After six months of planning by NRD and NAS Jax MWR, the expo was executed without a hitch. Beginning at 8:30 a.m., a new wave of attendees was welcomed every 30 minutes at The Zone by Cmdr. Tom McNeerney, commanding officer of NRD Jacksonville, NAS Commanding Officer Capt. Jack Scorby Jr., and CMDCM(SW/SS) Jeffery Hudson. Each group spent up to five hours at the expo where they took in a career fair, complementary chow, bus tour, military demonstrations in the parking lot, and a shopping trip to the NEX.

Penton added that off-duty education and recreation opportunities are important to parents. "The family sees that the Navy cares about the whole person."

A part of Navy life that Penton is somewhat reticent to speak about is his role in "Carrier," the 10-part series filmed on board USS Nimitz that aired on PBS. "That was a whole different duty station that doesn't directly relate to my current duties at Navy Recruiting. That said, I believe recruits can view Carrier and see an honest assessment of what goes on day to day – because it's told from the young Sailors' perspective that today's recruits can really relate to," said Penton.

With 27 years in, Penton said he loves the challenges of recruiting. "I've been a boot camp drill instructor



Photo by Clark Pierce

(From left) Master Chief Jose Velazquez, Center for Personal and Professional Development, explained Navy educational opportunities to MWR Liberty Cove Manager Danny Calhan, Navy veteran Louis Smigelski, and his son, Chris, who said, "This is a great way really learn about the Navy and the different directions it can take your life."

and served in the fleet, so I could tell you about everything from basic training to retirement. Now, I understand all the time and effort it takes to capture the interest of a potential recruit and deliver him or her to boot camp, ready to succeed," said Penton.

NCCS Nelson Santiago, NRD Jax assistant chief recruiter, explained the DEP requirements. "You must be a high school senior to sign up and then you have up to 12 months before you report to boot camp. DEP gives us more time to prepare recruits for basic training. We make them familiar with Navy history and career options.

Physical fitness training is another area where we work with DEP participants to help assure they're ready and motivated for boot camp. Our goal is to enlist an informed recruit with no surprises about what Navy life entails."

Influencing parents at the expo was important to Cmdr. McNeerney. "When parents learn all the benefits that the Navy offers, such as MWR, education, recreation and the Navy Exchange it really helps reassure the whole family

that their son or daughter is making a good decision."

McNeerney said there are currently 260 recruiters at NRD Jax, who cover more than 51,000 square miles, extending south from Savannah, Ga., to Melbourne, Fla., and west to Tallahassee and Albany, Ga. "Our district does very well. We consistently meet our recruiting goals. Part of our success stems from the presence of bases such as NAS Jax, NS Mayport, NSB Kings Bay and Patrick AFB to the south. That means

more paperwork now than

there used to be, especially

now that we are using computers.

We are required to

do a lot more reports than

we did several years ago,"

he stated.

"But, this job is exciting and different every day. One good thing about working for the federal fire service is that we get to do it all, aircraft firefighting, hazmat, we are trained to do everything."

When asked what his most memorable experience is, Lanier happily replied, "When I was selected firefighter of the year in 1988 for the Navy and Marine Corps. I worked hard to accomplish this goal. I started the hazmat team here and got them trained and also volunteered in the community including teaching CPR to the staff at the Florida School for the Deaf and the Blind in St. Augustine."

LANIER: Fire chief extinguishes career for retirement

From Page 1

and rescue on the airfield, then to the Station 2 Firehouse near the Navy Exchange, which was demolished a couple years ago, and then back to the main firehouse," he continued.

As the assistant fire chief of operations and training, Lanier's job has been to run the shift and handle the daily operations of the department. As the training chief he also coordinated all the training for firefighters including the base disaster drills.

With 35 years under his belt, Lanier has seen many changes. "We've gone through a lot of stages here. First it was mostly firefighting, then we got into hazmat and weapons of mass destruction and now it's mostly medical calls. There is definitely a lot more paperwork now than

there used to be, especially

now that we are using computers.

We are required to

do a lot more reports than

we did several years ago,"

he stated.

He will also continue to

stop by the base every so

often to visit and check on

a project that he hopes will

help the base firefighters in

the future.

"I started a project here to

build a firefighting building

out by the airfield that the

Seabees are working on, so

I want to see that finished.

It will provide a place for

do everything."

Lanier also spends his free time volunteering at St. Augustine High School helping the chorale director by building props for their performances and traveling with the band.

"My daughter, Rebecca has been involved in these groups so I wanted to help out," he said.

In the future, Lanier will continue volunteering and working part-time.

"I work part-time at Northrop Grumman on the crash crew and also teach firefighting at the First Coast Technical College. So I'll continue to stay busy. I'll just have more time to spend with my family and fishing in the new boat my wife, Linda, bought me as my retirement present. My family has endured a lot because I haven't been home that much, now I will be," said Lanier, enthusiastically.

He will also continue to

stop by the base every so

often to visit and check on

a project that he hopes will

help the base firefighters in

the future.

"I want to thank everyone. From the former admirals, commanding officers, executive officers, fire chiefs and all those people

who brought me along to

all my junior firefighters – thank you. I wouldn't be here today without you!"

said Lanier.

our firefighters to train in a realistic setting," he said.

As for his advice for the junior firefighters here, Lanier simply looks back on his experiences of serving the past 35 years here.

"If you want to get promoted, get your certifications done and work hard because the technology nowadays is getting much more complicated. It takes a little more knowledge of how to operate things than it used to. As firefighters, we do it all – from cooking and cleaning to carpentry and electrical work," stated Lanier.

"And, remember it's all a team effort. You can't be self-centered in this job, everyone has to work together, if not, we couldn't get accomplished what we need to get accomplished."

Of course, Lanier would also like to thank those who have guided him through his illustrious career.

"I want to thank everyone. From the former admirals, commanding officers, executive officers, fire chiefs and all those people who brought me along to all my junior firefighters – thank you. I wouldn't be here today without you!"

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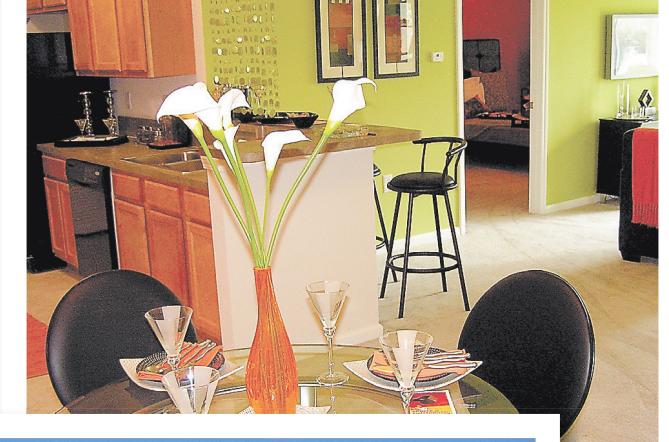
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The benefits of military 'spousedom' – Part 1

By Beth Wilson
Special Contributor

Ninety-nine days after I married my handsome man in uniform — he was gone. I found myself in a new city, as a freshly minted Navy wife. I barely understood this military world, let alone the acronyms that now defined my life. This column is part one of a two-part look at the spousal benefits we enjoy. While not exhaustive, this will get you started.

The most widely used military benefit is medical — known as TRICARE. You can opt to use an MTF (military treatment facility) or select other plans that let you choose civilian providers. Go to www.tricareonline.mil for options and related fees. To enroll in medical coverage, your service member must add you to his or her record (called a 'page 2') to have you added to DEERS (Defense Enrollment Eligibility Reporting System). Enrollment in DEERS is the prerequisite to obtaining your medical coverage. Once in DEERS, a quick trip to the local TRICARE office (or MTF) will complete your medical enrollment. Many TRICARE locations

offer orientations for new spouses, so contact your local TRICARE office for more information.

TRICARE also provides a dental plan through United Concordia. Go to www.tricare dentalprogram.com for plan benefits and fees. Enrollment in the dental plan is separate from medical. Once in DEERS, you can enroll in the dental plan at the website.

The FFSC (Fleet & Family Service Center) and ACS (Army Community Services) are there to offer support, education and resources to assist you in adapting to military life. All services, opportunities and classes provided by these organizations are free. Be a frequent visitor and utilize this great resource.

The DOD (Department of Defense) supports an organization called 'Morale, Welfare and Recreation, or MWR, that provides "quality support and recreational services that contribute to the retention, readiness, mental, physical and emotional well-being" of service members. Family members, retirees and their



Beth Wilson

dependents are eligible to utilize these services and opportunities. Check out www.mwr.navy.mil for information about this benefit, and contact your base MWR office for specifics at your location.

MWR manages the base gym (yes, you can work out there for free), movie theatre (free or low cost movies, including sneak previews and special shows), bowling (low cost, including classes, special events, parties and leagues)

and much more. MWR provides rentals (everything from a barbecue to boats, tables & chairs, and campers to name a few), maintains resorts, cabins and RV parks across the world at great discounts. ITT (Information, Ticket & Tours) is a program of MWR that provides discount tickets to local and national attractions (Disney, etc) as well as discount tickets to local movies theaters. They sponsor trips to attractions that often include a boxed meal and transportation at a low fee. Check them out!

Military shopping facilities are another benefit. The Commissary (DeCA or the Defense Commissary Agency) operates grocery stores around the world. Mandated by Congress, all items are sold at cost plus a 4.5 percent surcharge (not a tax, reinvested for improvements and expansions). Recent independent (Market Basket) surveys indicate the commissary offers patrons a 35 percent savings overall compared to civilian grocery stores — yes, even discount stores.

Another shopping privilege is the exchange system or the military department store. For the Air Force and Army it is administered by AAFES (Army-Air Force Exchange Service) and is commonly called the PX (Post Exchange). The Navy Exchange Service (NEX) is the Navy's counterpart and is referred to as 'the exchange' or NEX. These stores provide quality merchandise at an average 15 percent savings over civilian markets, and no sales tax — an added savings. In addition, both exchanges offer a 'price match' guarantee. If you see an item at another store for less, the NEX or PX will match that price. Both stores have online at: (www.aafes.com or www.navy-nex.com)

We barely scratched the surface on this topic. I invite you to listen to Navy Homefront Talk (internet talk-show for military spouses — www.blogtalkradio.com) throughout the following week. The broadcast is dedicated to talking about resources and benefits — and we'll answer questions from new military spouses.

Questions or comments for Beth? Email her at beth@home-frontinfocus.com.

Get a personal coach for lifestyle issues

From TRICARE Management Activity

If you are an overweight, stressed-out smoker who may drink too much — the Department of Defense (DOD) and TRICARE are ready to help you change for the better.

They support your commitment to embrace a healthier lifestyle by offering new programs and expanding existing initiatives.

High-quality programs are available to beneficiaries on weight management and fitness, stress reduction, tobacco cessation and responsible alcohol use.

Military OneSource at www.militaryonesource.com — provided by the DOD — has



added new programs and a more robust menu of services.

Military OneSource now provides weight management (iCanChange), stress management (iCanRelax) and cardiovascular health (iCanThrive) as part of the new, Healthy Habits Health Coaching Program. Available to all military service members and their families, the program offers the right tools to take charge of your health — including a personal health coach available by phone and e-mail.

Your dedicated health coach provides expertise in nutrition, exercise physiology and behavioral health. Coaching takes place over a number of scheduled sessions and continues as needed.

Participants can also access their coach at any time with a voice messaging service.

To keep the flame burning in the award-winning smoking-cessation initiative, "Quit Tobacco. Make Everyone Proud," the [ucanquit2.org](http://www.ucanquit2.org) web site has been redesigned and expanded.

The DOD created articles and materials to highlight content specific to each of the uniformed services, with service-specific statistics.

The expanded features include the availability of both general usage and service-focused materials at www.ucanquit2.org. This content is designed to be used in newsletters, e-blasts and other promotional vehicles produced by surgeon generals, cessation class program managers, commanders and installations.

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Expectant dad: Preparing for your baby's arrival

From Fleet and Family Support Center

America's finest are trained to respond at a moment's notice to any contingency. No challenge is too great, no obstacle too far out of reach. Or is it?

It's unlikely that they taught you in boot camp how to change a dirty diaper, walk a fussy baby, or measure formula in the middle of the night. Nothing will fully prepare you for parenthood, but you can learn what to expect and how to handle your new bundle of joy — whether you're on land or at sea.

What to Expect as a Rookie Father

In your first few months as an expectant father, it may seem as if nothing has really changed. As far as you can see, your wife's belly is getting a little larger, your grocery bill has gone up, and you're spending all your free time giving massages.

So where do you fit in? Often, fathers feel unsure of what their role is during pregnancy and the first few months after the baby is born. But just because you're not the pregnant one doesn't mean you don't have concerns and fears of your own.

"I want to make sure that the baby and my wife are in good health," says Marine Staff Sergeant Winiberto Garcia of Camp Pendleton, California. "And I worry about having everything to provide for my family."

Health and finances may not be your only worries. It's also normal to feel any of the following:

- Concern about what type of father you will be
- Added responsibility, and pressure to balance your time
- Curious about relationship changes with your partner
- Mood changes (hers and yours)
- Changes in the way you view the world and others around you

Rest assured, this is all part of adjusting to fatherhood and understanding the changes in your life during the



Storm season is here again: Is your yard ready?

From Florida Power & Light

With hurricane season in full swing, Florida Power and Light (FPL) offers hurricane preparation advice to help residents save their trees while reducing the risk of tree-related outages.

"We love our trees here in Florida," said Steve Anderson, vegetation specialist for FPL. "But the last two storm seasons claimed many, and some knocked over power lines, causing power disruptions and safety hazards. A little planning will go a long way toward protecting our trees, our property and our safety," said Anderson.

FPL recommends the following tips to prepare Florida residents - and their trees - for the upcoming storm season while minimizing the likelihood that trees will interfere with power lines and disrupt electrical service:

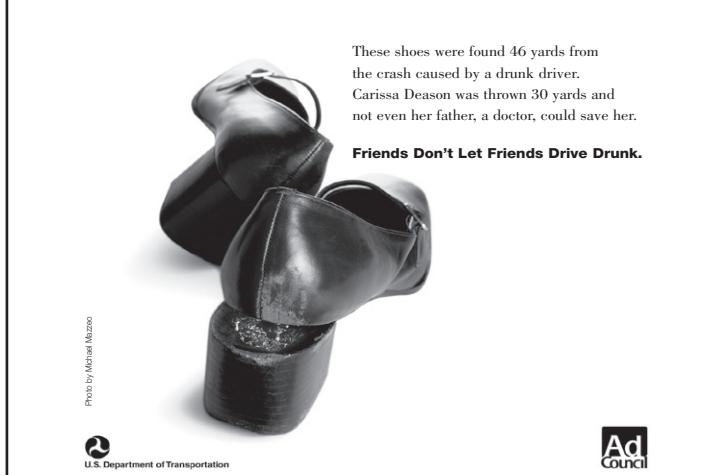
Now is the time, before a hurricane threatens, to survey and prepare your yard. Look for dead or weakened branches that could snap during a storm and begin pruning to help trees better withstand high winds.

If you do see a tree tangled in or too close to a power line, don't try and trim it yourself. Only specially trained line clearing professionals should work around power lines.

If a tree or branch has damaged a pole or line, creating sparks or a power outage, call 1-800-4-OUTAGE to report the problem.

The best way to keep trees from interfering with power lines is prevention: choose the right tree and plant it in the right place to begin with. Consider the mature height of a tree when planting near overhead electric lines. FPL offers specific tips on the selection and proper placement of trees through its Right Tree Right Place program. Visit www.FPL.com/trees for a list of recommended trees and suggested setbacks from overhead utilities, as well as those to avoid planting near power lines. Trees planted in the right place are also given the room they need to achieve proper form and height without posing a safety hazard.

Customers may also request FPL's Right Tree Right Place guide by calling FPL's customer care center number listed on their electric bill.



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From Staff

Voluntary Pre-Kindergarten (VPK) classes begin Aug. 18.

Registration for four-year-olds is now taking place. Visit <http://www.elcofdubal.org/> for required information and to register with the Early Learning Coalition of Duval.

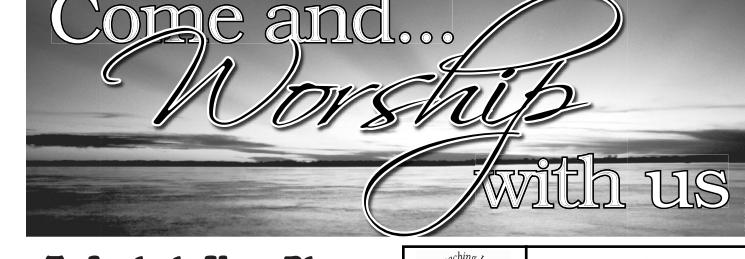
Once registered, bring your paperwork and sign-up at the Youth Activities Center, Monday-Friday, from 8:30 to 11:30 a.m.

Call 778-9772 for more information or email to: megan.elliott@navy.mil.

A special online community for families of babies in neonatal intensive care
Find help and hope at shareyourstory.org



a CFC participant Provided as a public service



To Include Your Place of Worship Here...

Call Lori Jachimiak at 359-4031

A CHURCH ALIVE IS WORTH THE DRIVE!
MANDARIN ASSEMBLY OF GOD
3423 Loretto Road • www.mandarinog.org
904-268-2244 • Office Hours: M-F, 8:30-5:00
Sunday Services 10:15 am & 6:30 pm
School of the Bible: 9:10 am
Wednesdays, 7:00 pm Family Night
STEPHEN POWERS, SENIOR PASTOR

Sunday Services held at Mandarin Middle School Auditorium 5100 Hood Road Jacksonville, FL 32257 Sunday School 9:00 am Coffee and Fellowship 9:00 am until 9:45 am Holy Eucharist 10:15 am until 11:00 am Noon Administrative Offices (904) 388-4669 allsoulsj@bellsouth.net www.allsoulsjax.org

St. Peter's Ev. Lutheran Church (LC-MS)
1614 Blanding Blvd. 282-8876 Middleburg, FL 32068 Saturday "Sunday School" 8pm all ages Saturday Contemporary Service 6 pm Sunday School 9:20 am age 3-adult Sunday Worship 8am and 10:30am Rev. Marc A. Kappel

St. Anthony's National Catholic Church

LOVE WITHOUT JUDGMENT FOR ALL

PRAY THE MASS SUNDAY, 10:30AM

All Sacraments Available Upon Request

1140 S. McDuff (Corner of Remington)

Chapel thru Back Gate on Day Avenue

573-9309 • 403-8328

sancrccmb@aol.com

www.nationalcatholicchurch.org

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It's time to move to the top of the class

A+ home
A+ school
A+ price



Purchase now & be in your new home for the new school year! Sale extended to Aug. 9th

Sandy Creek



lot 92
save \$59,000 now \$209,990

Trails at Bent Creek



lot 154
save \$44,010 now \$199,990

Gentle Woods



lot 4-114
save \$28,010 now \$167,990

Old Plank Plantation



lot 162
save \$55,000 now \$193,990

SANDY CREEK • 904-810-5912 • great St. Johns County schools

lot 89	3 bed/2 ba	was \$270,990	save \$54,000	NOW \$216,990
SOLD lot 90	3 bed/2 ba	was \$270,990	save \$54,000	NOW \$216,990
lot 91	4 bed/3 ba	was \$289,990	save \$56,000	NOW \$233,990
lot 92	4 bed/2 ba	was \$268,990	save \$59,000	NOW \$209,990
lot 95	4 bed/3 ba	was \$299,990	save \$48,000	NOW \$251,990
lot 112	4 bed/2 ba	was \$267,990	save \$54,000	NOW \$213,990
lot 114	4 bed/2 ba	was \$264,990	save \$45,000	NOW \$219,990
SOLD lot 117	4 bed/2 ba	was \$278,990	save \$50,000	NOW \$228,990

TRAILS AT BENT CREEK • 904-573-6026 • located in Bent Creek

lot 112	3 bed/2 ba	was \$244,990	save \$55,000	NOW \$189,990
lot 121	3 bed/3 ba	was \$270,500	save \$59,150	NOW \$210,990
lot 124	4 bed/3 ba	was \$267,800	save \$56,810	NOW \$210,990
lot 154	3 bed/2 ba	was \$244,000	save \$44,010	NOW \$199,990

GENTLE WOODS • 904-908-0050 • convenient to Blanding Blvd.

SOLD lot 4-76	3 bed/2 ba	was \$200,000	save \$30,010	NOW \$169,990
lot 4-114	4 bed/2 ba	was \$196,000	save \$28,010	NOW \$167,990
lot 4-162	3 bed/2 ba	was \$190,190	save \$26,200	NOW \$163,990

OLD PLANK PLANTATION • 904-573-6387 • builder closeout!

lot 2-86	3 bed/2 ba	was \$247,000	save \$47,010	NOW \$199,990
lot 2-162	3 bed/2 ba	was \$248,990	save \$55,000	NOW \$193,990
lot 2-165	4 bed/2 ba	was \$255,500	save \$55,510	NOW \$199,990

MAGNOLIA WEST • 904-284-2559 • close to Magnolia Golf & Country Club

lot 34	3 bed/2 ba	was \$246,900	save \$51,990	NOW \$194,990
lot 44	3 bed/2 ba	was \$224,990	save \$55,000	NOW \$169,990
lot 145	4 bed/2 ba	was \$232,990	save \$50,000	NOW \$182,990
lot 148	3 bed/2 ba	was \$251,990	save \$63,000	NOW \$188,990
lot 170	4 bed/2 ba	was \$252,000	save \$53,010	NOW \$198,990

SEDA
Construction Company
www.sedaconstruction.com

Photo by Michael McLean
U.S. Department of Transportation
Ad Council

CGC020880. Price & availability subject to change without notice. Contract must be written by 8-9-08. Can not be combined with any other offers.

438266

**BOWLING CENTER**

For more information call 542-3493.

Wednesday
Active duty bowl for free
11 a.m. - 1 p.m.
Dollar Night
6-10 p.m.

Saturday
Extreme Bowling
9 p.m. - midnight
\$10 per person, includes shoe rental
Reservations are accepted!

Sunday
Family Day Special
\$1 Games
11 a.m. - 5 p.m.

80 Days of Summer
Now through Sept. 1

Youth bowlers 17 and younger receive one free game daily
until 5 p.m.
Free give-a-ways throughout the summer!

Winter Bowling Leagues now forming!
Call 542-3493 for more information.

THE ZONE COMPLEX

Call 542-3521 for more information.

Texas Hold'em Tournaments
Budweiser Brew House
Every Monday and Thursday, 7 p.m.
Open to all authorized patrons and guests.
Zone gift certificates awarded!

Trivia Night
Budweiser Brew House
Every Tuesday
7:30 p.m.

Karaoke
Budweiser Brew House
Every Wednesday and Friday
7:30 p.m. - until close

Lee Maskery Comedy Stage Hypnotist
The Zone
August 14, dinner at 6 p.m., show starts at 7 p.m.
\$10 per person, includes dinner and admission

FITNESS & AQUATICS

For more information on aquatics call 542-2930.

Outdoor Pool Open
Tuesday through Saturday 11 a.m. to 6 p.m.
Sunday 1-5 p.m.
Free for all active duty, dependents, Department of Defense employees, retirees & reservists.
\$3 for all civilian contractors & guests.

Aqua Aerobics
Monday, Wednesday & Friday
11 a.m. - noon

Summer Slim Down
12-week exercise program
Now through Aug. 31
Prizes awarded!
Call 542-3518 for more details.

America's Kids Run
August 8 at 9 a.m.
Corner of Gillis St. and Saratoga Avenue
Register at the Base Gym

I.T.T. EVENTS

For more information about I.T.T. trips or ticket prices please call 542-3318.

Jacksonville Suns Baseball
Tickets on sale now at I.T.T.
\$4.50 - \$10.50

Jacksonville Jaguars Tickets On Sale Now
Pre-season Atlanta Falcons on August 9 - section 147 - \$58.25
Pre-season Miami Dolphins on August 16 - section 147 - \$58.25
Regular season tickets \$42 - \$59 for 400-level, 200-level & section 147

Add 6 months to the Universal Studios Preferred Annual Pass for only \$19.50!
Pass must be purchased at the ITT office by Aug. 31 and redeemed by Sept. 30.

Bruce Springsteen;
August 15 at 7:30 p.m. - \$115.50

Kenny Chesney
August 30 at 7:30 p.m. - \$86

Pro Bull Riding
September 20 at 7:30 p.m. - \$31.50

Miami Heat vs. Orlando Magic
Pre-season game October 18 at 7 p.m.
Club seats - \$65.50

Carnival Fascination coming to JaxPort in September.
Book your 4-day and 5-day cruise to Freeport, Nassau and Half Moon Clay today.

FCCJ Broadway Series ticket pre-sale begins Aug. 1
Avenue Q, Dec. 13 at 8 p.m. - \$62
RiverDance, Feb. 14, 2009 at 2 p.m. - \$66.25
Happy Days, Feb. 28 at 8 p.m. - \$61.25
Fiddler on the Roof, March 28 at 8 p.m. - \$64
Wicked, April 25 at 2 p.m. & 8 p.m. - \$85
Wicked, May 9 at 2 p.m. & 8 p.m. - \$85

LIBERTY COVE RECREATION

Trips, activities and costs may be restricted to E1-E6 single or unaccompanied active duty members. Call the Liberty Cove Recreation Center for more details, 542-3491.

Sky Diving Trip
July 20
\$150 per person

Evening Paintball Trip
Tomorrow
\$10 per person

Comedy Zone Trip
Tonight
Free admission and appetizers!

Daytona Beach Trip
August 2
Free

Free Lesson and Nine Holes of Golf
August 6
NAS Jax Golf Course

Boys Like Girls and Good Charlotte Concert
St. Augustine Amphitheater
\$15 includes admission and transportation

MOVIES

Movies are shown at the base theater and open to all hands. For details call 542-3491.

Tomorrow, 7 p.m. - Deception (R)
Saturday, 5 p.m. - Tyler Perry's: Meet the Browns (PG-13)

Saturday, 7 p.m. - The Ruins (R)
August 8, 7 p.m. - Shine a Light (PG-13)
August 9, 5 p.m. - Prom Night (PG-13)
August 9, 7 p.m. - Unbreakable (PG-13)
August 15, 7 p.m. - Street Kings (PG-13)
August 16, 5 p.m. - Leatherheads (PG-13)
August 16, 7 p.m. - The Other Boleyn Girl (PG-13)
August 22, 7 p.m. - Never Back Down (PG-13)
August 23, 5 p.m. - Superhero Movie (PG-13)
August 23, 7 p.m. - Man of Honor (PG-13)
August 29, 7 p.m. - Ironman (PG-13)
August 30, 5 p.m. - Nim's Island (PG)
August 30, 7 p.m. - Smart People (R)

Movie Under The Stars
August 8 at 8:30 p.m.
Patriot's Grove
Kung Pu Panda (PG)

NAS JAX GOLF CLUB

Golf course info: 542-3249

Mulligan's info: 542-2936.

Military Appreciation Days at NAS Jax Golf Club
New rates! \$15 per person, includes cart and 18-holes green fee.
Aug. 12 for active duty.

Today and Aug. 14 for retirees and Department of Defense personnel.

Junior Summer Clinic
3rd session age group (11-17), Aug. 4-8
8:30 a.m. - 10:30 a.m. Monday - Friday
\$95 per week-long session

O'CLUB & T-BAR

For information on booking command or private functions at the O'Club or T-Bar, call the Officers' Club main office, 542-3041.

T-Bar Social Hours
Monday - Friday, 3-7 p.m.
Reserve Drill Weekends, 3-7 p.m.

MULBERRY COVE MARINA

Call 542-3260.

Skipper "B" Sailing Class
\$150 per person
August 8-10 and 16-17
September 5-7 and 13-14
October 17-19 and 25-26

10% off select fishing rods and fishing combos until tomorrow.

YOUTH ACTIVITIES

For more information, call 778-9772.

Voluntary Pre-Kindergarten (VPK) registration going on now!

Open to children 4 years of age.
VPK classes start Aug. 18.

For more information please call 778-9772.

Ladies Night
Every Monday through August 4
6:45-8 p.m.
Dinner, manicures, games and prizes!

Before and After School Registration
Going on Now!
Ages 5K - 12

Registration packets available at the Youth Center

Girls Self Defense Class
August 4, 6:30 - 7:30 p.m.
Ages 11 - 17

Creative Movement Dance Class
Advanced learning through creative movement
Classes start August 5
Ages 3 - 10

AUTO SKILLS CENTER

For more information call 542-3227

Women Fixing Cars Auto Skills Class
Tonight, 5 - 7 p.m.
\$5 per person

Learn how to change your oil, rotate your tires, replace your air filter and more!

**JaxAir News**

OFF-BASE PICKUP LOCATIONS					
LOCATION	ADDRESS	CITY	LOCATION		
ABC LIQUORS	5541 ROOSEVELT BLVD.	JAX	JIFFY LUBE	2692 BLANDING BLVD	MDG
AMERICAN LEGION	5443 SAN JUAN AVE.	JAX	JIFFY LUBE	1445 S 6th ST	MACCL
BONOS BBQ	1179 PARK AVE.	OP	JOHNSON FAMILY FLEA MARKET	5800 RAMONA BLVD	JAX
BONUS DOLLAR	7628 103RD ST.	JAX	KANGAROO	2688 OLD MIDDLEBURG	JAX
BP	6842 WILSON BLVD	JAX	KANGAROO	7603 103rd ST./RICKER	JAX
CECIL PINES ADULT COMMUNITY	6008 LAKE COVE AVE.	JAX	KANGAROO	3137 SR 220/RUSSELL	MDG
CHAMBER OF COMMERCE	1734 KINGSLY AVE.	OP	KANGAROO	2584 SR220 & COLLEGE	MDG
CHEVRON GAS STATION	206 PARK AVE.	OP	KANGAROO	5105 SR218W/MALLARD	MDG
CITGO	1313 BLANDING/KNIGHT BOXX	OP	KANGAROO	2816 BLANDING/PEPPERGRASS	MDG
COMFORT INN	341 PARK AVE.	OP	KRYSTALS	4305 HWY 17 & RAGGEDY PT	OP
ECKERD DRUGS	1952 PARK AVE.	OP	LIBRARY	208 BLANDING BLVD.	OP
FAMILY DOLLAR	4603 BLANDING BLVD.	JAX	LIL CHAMP	KINGSLEY AVE.	OP
FCE - BP	6510 NORMANDY BLVD.	JAX	LIL CHAMP	9763 103rd ST./CONNIE JEAN	JAX
FCE - SHELL	6409 SAN JUAN AVE	JAX	LIL CHAMP	636 McDUFF AVE. S. NEAR I-10	JAX
FCE - SHELL	6970 103rd ST	JAX	LIL CHAMP	770 N McDUFF NEAR BEAVER	JAX
FCE - SHELL (DAILY'S)	11 BLANDING BLVD	OP	LIL CHAMP	102 SUZANNE	OP
FIDDLERS GREEN GOLF COURSE	620 CHAFFEE RD	JAX	LIL CHAMP	2468 BLANDING & SCENIC	MDG
FLEET RESERVE	CECIL FIELD	JAX	LIL CHAMP	338 COLLEGE & OLD JENNINGS	OP
FOOD LION	5391 COLLINS RD.	JAX	LIL CHAMP	1312 BLANDING/OAK	OP
FOOD LION	6260 103RD ST.	JAX	MOVIE STOP	8635 BLANDING BLVD	JAX
GATE	7900 103RD ST.	JAX	MURRAY'S TAVERN	4527 120TH ST.	JAX
GATE	1670 WELLS RD.	OP	POST OFFICE	1335 KINGSLEY AVE.	OP
GATE	5480 COLLINS RD	JAX	RAE'S DINER	CECIL FIELD	JAX
GATE	511 BULLS BAY HWY	JAX	ROWE'S	5435 BLANDING BLVD	JAX
GATE	10980 NEW KINGS RD(US 1)	JAX	SAFECO	6407 103RD ST.	JAX
GATE	4511 SAN JUAN AVE	JAX	SAMS ST. JOHNS SEAFOOD	1464 PARK AVE.	OP
GATE	7023 103rd ST	JAX	SPRINT	10401 NORMANDY BLVD.	JAX
GATE	640 STOCKTON ST	JAX	SPRINT	4152 OLD MIDDLEBURG	JAX
GATE	277 BLANDING BLVD	OP	SPRINT	8181 103rd ST.	JAX
GATE	500-60 HWY 17 & CR 220	OP	SPRINT	4856 PARK ST./CASSAT	JAX
VYSTAR CREDIT UNION	4420 WABASH AVE.	JAX	SPRINT	3895 OLD JENNINGS/LONGBAY	MDG
VYSTAR CREDIT UNION	4441 WESCONNELL BLVD.	JAX	SPRINT	2682 BLANDING/218	MDG
VYSTAR CREDIT UNION	7254 103RD ST.	JAX	SPRINT	4486 MIMOSA/218	MDG
VYSTAR CREDIT UNION	CECIL FIELD	JAX	SPRINT	804 BLANDING/CAMP JOHNSON OP	
VYSTAR CREDIT UNION	182 BLANDING BLVD.	OP	SPRINT	2816 HENLEY RD - LK ASBURY	GCS
JIFFY LUBE	1441 DUNN AVE	JAX	SPRINT	3075 HWY 17/MAHAMA	GCS
JIFFY LUBE	821 BLANDING BLVD	JAX	STAR FOOD	6935 HWY 17/HIBERNIA	GCS
JIFFY LUBE	7313 LEM TURNER RD	JAX	VFW	756 PARK AVE.	OP
JIFFY LUBE	132 BLANDING BLVD	OP	WESCONNELL LIBRARY	187 ARORA BLVD.	OP
JIFFY LUBE	1548 PARK AVE	OP	WINN DIXIE	103RD ST. / HARLOW	JAX
JIFFY LUBE	634 BLANDING BLVD	OP	WOODY'S BBQ	5647 ROOSEVELT BLVD.	JAX
JIFFY LUBE	1585-B ISLAND LANE	OP	YELLOW WATER HOUSING	4291 ROOSEVELT BLVD.	JAX

Updated: FEBRUARY 1, 2007

PICK UP YOUR JAX AIR NEWS AT ANY OF THESE LOCATIONS

412302

JAX SPORTS

Intramural Fall Volleyball League

Meeting Aug. 13

Open to all NAS Jax active duty, command DOD personnel and select reservists. Meet at 11:30 a.m. at the base gym to discuss rules and to get the required paperwork to join the league. Commands whose athletic officer or designated representative attend will receive five captain's cup points.

Men's & Women's Racquetball

Tournament Aug. 25-29

Sign up at NAS Jax Athletics by August 20. Open to active duty, select reservists and command DOD personnel. Players earn participation points for their command toward the captain's cup and can earn additional points by finishing 1st, 2nd or 3rd. There are separate men's and women's divisions.

Fall Softball League Meetings

Aug. 20

• 11:30 a.m. – Greybeard League meeting – open to active duty, select reservists and command DOD personnel ages 30 and up. Games play Tuesday & Thursday at 11:30 a.m. Commands whose athletic officer or designated representative attend will receive five captain's cup points. Interested personnel should attend to discuss rules and to get the required paperwork to join the league.

• Noon – Intramural League meeting - open to active duty, select reservists and command DOD personnel ages 30 and up. Games play in the evening. Commands whose athletic officer or designated representative attend will receive five captain's cup points. Interested personnel should attend to discuss rules and to get the required paperwork to join the league.

• 12:30 p.m. – Coed League meeting – open to active duty, select reservists, military dependents over 18, and DOD personnel. Games play in the evening. Interested personnel should attend to discuss rules and to get the required paperwork to join the league.

Open Softball League

Meeting Aug. 21

Meet at the base gym at 3:30 p.m. – open to active duty, military dependents over 18, retirees, select reservists and DOD personnel. Games play weekdays at 3:30 p.m.

Navy Southeast Regional Running & Triathlon Team

Attention competition runners! You can represent the Navy in 5K, 10K, marathons and triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided as well as transportation, entry fees and lodging costs. Interested runners must compete in a sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) race and your time must be one of top 10 regional qualifying times. For more information, call 270-5451.

Southeast regional qualifying times:

5K	Men 19:00	Women 24:00
10K	Men 34:00	Women 46:00
Marathon	Men 3 hours, 30 min.	
	Women 4 hours	
Triathlon	Men 2 hours, 30 min.	
	Women 3 hours	

Triathlon times based on 1.5k swim, 10k run, &40k bike

Sports officials

& scorekeepers needed

The North Florida Military Officials Association is looking for sports-minded individuals to officiate soccer, softball, football and volleyball at NAS Jax. Basketball scorekeepers are also needed. No experience required, contact the NAS Jax Gym at 542-2930/3239.

For more information on NAS Jax sporting events, call Bill Bonser at 542-2930/3239 or email bill.bonser@navy.mil. Visit the MWR website at www.nasjax@navy.mil.

STANDINGS

Greybeard Summer Basketball As of July 25

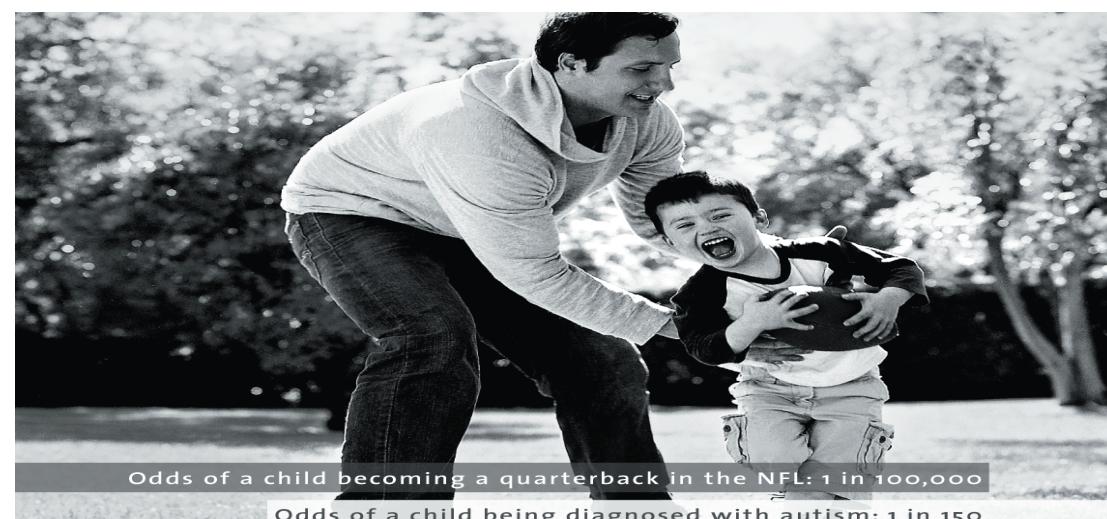
Team	Wins	Losses
NOSC/CNRSE	5	0
CMO-11	5	2
FRCSE	5	3
Naval Hospital	4	3
Air Operations	2	5
Weapons	0	6

Intramural Summer Basketball As of July 25

Team	Wins	Losses
VP-5	8	0
VP-30	8	2
Naval Hospital	7	3
FRCSE 400	4	4
HS-11	4	6
HS-15	4	2
HS-7	2	8
Air Operations	0	5
VR-58	0	7

Sand Volleyball Standings As of July 25

Team	Wins	Losses
Over The Hill	7	0
Young Guns	5	3
VR-58	4	2



Some signs to look for:

No big smiles or other joyful expressions by 6 months.

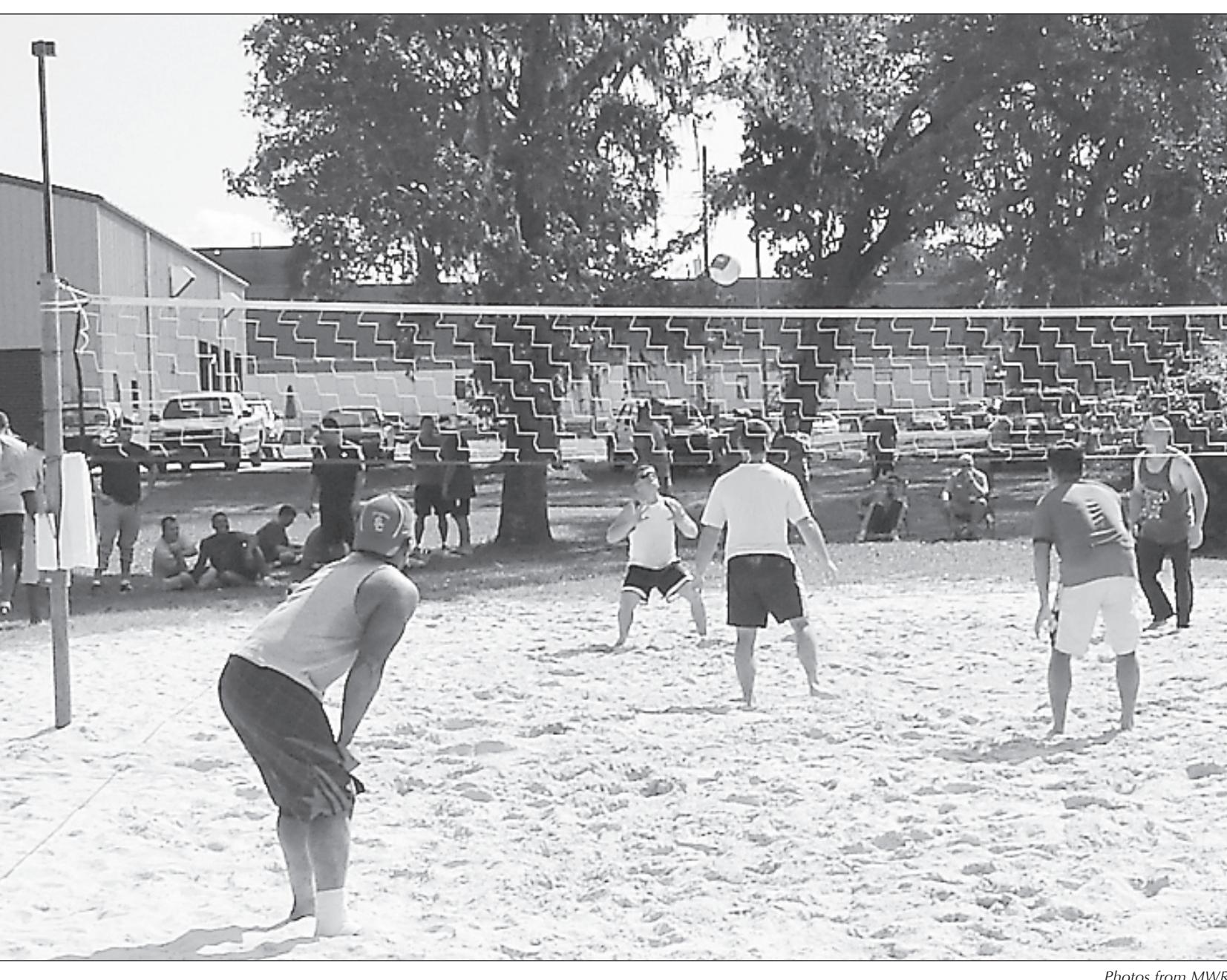
No babbling by 12 months.

No words by 16 months.

To learn more of the signs of autism, visit autismspeaks.org



AUTISM SPEAKS
It's time to listen.



Photos from MWR

The NAS Jax Sand Volleyball League is a great way to sweat off some pounds this summer.

"WE BRING THE MILITARY MARKET TO YOU!"



The action between Air Ops and VP-5 never slowed down during a recent Intramural Basketball League game at NAS Jax Gym.

SAR School	4	2
ASD	4	2
Spartans	3	2
SERCC	3	3
Balls Of Fury	2	3
CNATTU	2	4
FRCSE	1	6
FISC	0	3

Intramural Summer Golf Standings As of July 25

Team	Wins	Losses
Air Ops	3	1
CMO-11	3	1
Naval Hospital	3	1
CV-TSC	2	1
VR-58	2	2
CNATTU BLUE	1	2
CNATTU GOLD	1	2
VP-30	1	3
NCTS	0	3

Flag Football Standings As of July 25

Team	Wins	Losses
Air Ops	2	0
Black Tips	2	0
Weapons	2	0
VP-5	1	0
VP-30 AW	1	0
VS-32	1	0
VP-30 E	1	1
VR-58	0	0
Brig	0	1
CBMU202/NAVFAC	0	1
HS-15	0	1
Naval Hospital	0	1
TPU	0	1
VP-30 O	0	2
VP-45	0	2

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81% of the military community**

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**Military Community
Includes 92,103 Active-Duty, Reserves, Retirees and Contractors**

The Navy is the largest employer in Northeast Florida and Southeast Georgia

**Working On Base -
50,631**

Active-Duty, Reserves, Civilians, Contractors

THE MIRROR
NS MAYPORT, FLORIDA

JaxAirNews THE Periscope
KINGS BAY, GEORGIA

Published by
The Florida Times-Union

312830

Ad Council

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Jax Air News

Classified

PLACE YOUR MILITARY CLASSIFIED AD

CLASSIFIED INDEX

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Mon.-Thurs. 7:30a.m.-6:00p.m.

Fri. 7:30a.m.-5:30p.m.

Toll Free 800-258-4637

904-359-4180

BY FAX

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

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Run date Call by Fax by

Thursday Tue, Noon Tue, 11 a.m.

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

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Ad Errors - Please read your ad on the first day of publication. We accept responsibility for only the first incorrect insertion and only the charge for the ad space in error. Please call 366-6300 immediately for prompt correction and billing adjustments.

Ad Cancellation - Normal advertising deadlines apply for cancellation. When cancelling your ad, a cancellation number will be issued. Retain this number for verification. Call 366-6300.

Billing Inquiries - Call the Billing Customer Service Department at 359-4324. To answer questions about payments or credit limits, call the Credit Department at 359-4214.

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The anchor indicates the ad is a FREE Fleet Market Ad placed by military personnel.

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Organizations
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UNCONTENDED
DIVORCE PAPERS
Without kids (if you
wait) with kids (a little
longer) \$95 - \$180
Since 1981 by Appt. only
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Seeking gestational surrogate to have
a child. Please email
surrohelp7@yahoo.com

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AAA Attorney Referral Svc
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Estate
for
Sale

Open Houses
Argyle
Arlington
Avondale/Ortega
Beaches
Downtown
Fernandina/Amelia Island
Intracoastal West
Keystone Heights/Melrose
Mandarin
Middleburg
North Jacksonville
Orange Park/Clay County
Riverside
San Marco
Southside
Springfield
Westside
Waterfront
Condominiums
Manufactured Homes
Lots
Farms/Acreage
Investment Property
Retirement Comm.
Baker County
Georgia Real Estate
Nassau County
Putnam County
St. Johns Open Houses
St. Johns Homes
St. Johns Waterfront
St. Johns Intracoastal
St. Johns Marshfront
St. Johns Condos
St. Johns Duplex/
Townhouses
St. Johns Manufactured
Homes
St. Johns Lots/Acreage
St. Johns Active Adult Comm.
St. Johns Investment
Income Property
Miscellaneous
Out of Area/Town/State
Real Estate Wanted

REduced
TO
\$332,900
appraised at \$346,000

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bath home with beau-
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tile floors, carpeted
bedrooms. Huge
master with lovely
garden tub in master
bath. Formal living
and dining room,
eat-in kitchen with
breakfast bar, nice
pantry, Jenn Aire
Range, and great
utility closet in hall.
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with bank of win-
dows overlooking
lovely wooded lot
where deer and tur-
keys visit. Gas
fireplace. 3 car
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wonderful lanai with
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today!

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Waterfront

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S-Roof CD
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**For advertising
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**JaxAir News****Mirror****Periscope**

650,620 Hours

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CIVIC		'08	AUTO	CIVIC LX 4 DOOR \$18,440 ⁸⁸		'08	AUTO	CIVIC EX 4 DOOR \$20,158 ³³		'08	AUTO	CIVIC EXL 4 DOOR \$21,336 ⁰²		'08	AUTO	CIVIC EXL NAV 4 DOOR \$23,053 ⁴⁸
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CIVIC		'08	AUTO	CIVIC LX 5 SPD, 2 DOOR \$17,984		'08	AUTO	CIVIC EX 2 DOOR \$18,240		'08	AUTO	CIVIC EXL 2 DOOR \$19,987		'08	AUTO	CIVIC EXL 2 DOOR \$21,150
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CRV		'08	AUTO	CRV 4 DR LX \$21,534 ⁶³		'08	AUTO	CRV 4 DR EX \$23,767 ³⁴		'08	AUTO	CRV 4 DR EXL \$26,297 ⁷⁵		'08	AUTO	CRV 4 DR EXL/Nav \$27,984 ⁶⁹
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150 USED CARS IN INVENTORY!

UNDER \$12,995	01 CHEVY BLAZER LS	\$6,495	02 ACCORD EX-L V6 4Dr	\$11,995	03 HONDA CIVIC 4DR LX	\$13,980	06 HONDA PILOT EX	\$18,980	06 NISSAN 350 Z	\$18,980
	4,000 Miles, 2Dr, Loaded		Loaded, Roof, Low Miles		Auto, Loaded, 37,000 Miles		Only 97,000 Miles, Loaded		6 Speed Loaded, Low miles	
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	01 ACCORD ER -LVG 2Dr	\$10,995			04 HONDA ACCORD EX-LV6 4DR	\$15,950			08 ACURA RDX	\$28,980
	Low Miles, Loaded, Roof				Auto, Leather, Roof, Loaded				Navigations, 10,000 Miles, Loaded	
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					Auto, 27,000 Miles, Loaded					

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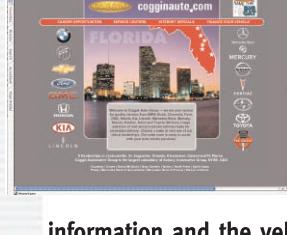
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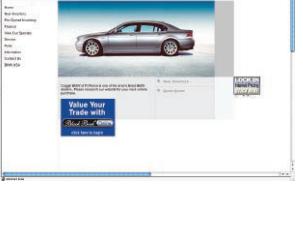
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