

## 2011 Aviation Battle 'E' winners announced

VP-10, VPU-1, HSL-42 selected

From CNAF Atlantic Public Affairs

Commander, Naval Air Forces (CNAF) announced the winners of the 2011 Aviation Battle Efficiency (Battle "E") awards Feb. 10.

The aviation Battle "E" is the Navy's top performance award presented to the aircraft carrier and aviation squadron in each competitive category that achieves the highest standards of performance readiness and efficiency. The award recognizes a unit's training and operational achievements while including a balance that incentivizes efficiency.

USS Carl Vinson (CVN 70) was the Battle "E" winner of the aircraft carrier category for the West Coast while the USS George H.W. Bush (CVN 77) won for the East Coast.

"The warfighting excellence shown by these squadrons and the Vinson and the Bush proves them to be the best of the best. I am incredibly proud of their accomplishments," said Vice Adm. Al Myers, CNAF commander. "In a time of increased demand and a constrained fiscal environment, these Sailors, Officers and Aviators continue to deliver combat effectiveness and to display the professionalism and pride that is the hallmark of naval aviation."

In the aviation squadron competitions, each aviation



Photo by Kaylee LaRocque

**VP-10 Flight Engineer AWF1 Gordon Richards waves the American flag as his P-3C Orion arrives home at NAS Jacksonville Dec. 2 after a six-month deployment to Bahrain, Qatar and Djibouti, Africa. The "Red Lancers" won the 2011 Battle "E" for the Atlantic maritime patrol category.**

Type-Commander selects a winner in every category, while CNAF selects the Navy-wide winners, resulting in three sets of recipients.

The 2011 Commander, Naval Air Force Atlantic squadrons selected as Battle "E" winners are:

Strike Fighter Squadron (VFA) 15, for the VFA-C category  
Strike Fighter Squadron (VFA) 136, for the VFA-E/F category  
Electronic Attack Squadron (VAQ) 141, for the VAQ CVW category  
Carrier Airborne Early Warning Squadron (VAW) 124, for the VAW category

Helicopter Sea Combat Squadron (HSC) 9, for the HS/HSC category  
**Helicopter Anti-Submarine Squadron Light (HSL) 42, for the HSL EXP category**  
Helicopter Sea Combat Squadron (HSC) 28, for the HSC EXP category

**Patrol Squadron (VP) 10, for the VP category**

The 2011 Commander, Naval Air

Forces Pacific Fleet squadrons selected as Battle "E" winners are:

Strike Fighter Squadron (VFA) 151 for the VFA-C category  
Strike Fighter Squadron (VFA) 2, for the VFA-E/F category  
Electronic Attack Squadron (VAQ) 131, for the VAQ CVW category  
Carrier Airborne Early Warning Squadron (VAW) 113, for the VAW category  
Helicopter Anti-Submarine Squadron (HS) 4, for the HS/HSC category

Helicopter Anti-Submarine Squadron Light (HSL) 37, for the HSL EXP category

Helicopter Sea Combat Squadron (HSC) 23, for the HSC EXP category  
Patrol Squadron (VP) 4, for the VP category

The 2011 CNAF squadrons selected as Battle "E" winners are:

Electronic Attack Squadron (VAQ) 132 for the VAQ EXP category  
Helicopter Maritime Strike Squadron (HSM) 77, for the HSM



Photo by Clark Pierce

**An HSL-42 rescue swimmer reaches out as the crew chief hoists him into the cabin of an SH-60B Seahawk during a training exercise over the St. Johns River near NAS Jacksonville. The "Proud Warriors" were named 2011 Battle "E" award winners for the Atlantic HSL expeditionary category.**

category  
Helicopter Mine Countermeasures Squadron (HM) 15 for the HM category  
Fleet Air Reconnaissance Squadron (VQ) 2 for the VQ EW category

Fleet Air Reconnaissance Squadron (VQ) 4, for the VQ TACAMO category

**Patrol Squadron Special Projects Unit (VPU) 1, for the VPU category**

Fleet Logistics Support Squadron (VRC) 30, for the VRC category

One of the most coveted awards in the fleet, the Battle "E" competition is conducted to strengthen individual command performance, overall force readiness, and to recog-

nize outstanding performance within the naval aviation force.

Grading metrics for attaining the Battle "E" award include: operational achievement, training, inspection accomplishments, material and personnel readiness, aviation safety, weapon systems and tactics development, and contributions to the aviation community.

Each member attached to a winning ship or squadron earns the right to wear the Battle "E" ribbon on their uniform, or if they already possess that ribbon, they can add an additional "E" device to the ribbon.

## Harvey talks 'trust' at town hall meeting

By Clark Pierce  
Editor

Commander, U.S. Fleet Forces Command (USFFC) Adm. John Harvey Jr. and USFFC Fleet Master Chief FLTCM(AW/NAC) Mike Stevens conducted a town hall meeting Feb. 15 at NAS Jacksonville with department heads and chief petty officers from the station and tenant commands. Topics of discussion included leadership, trust, standards and training.

"Today, my focus is on you, our deckplate leaders - which is where I always say, 'the rubber meets the road' - and the chain of command looks to you to carry out the orders, uphold the standards and make the training real," said Harvey to the standing-room-only crowd in the VP-30 Auditorium.

"I read the overnight reports

concerning the 135,000 people who work for me - and like any large organization, we have some issues that detract from where we need to be. Whether you're a maintainer, pilot, aircrew or NFO, the most important question at the end of the day is how well did you lead the people who were placed in your charge."

With more than 39 years of naval service, Harvey reminded the audience that the fundamental elements of leadership haven't changed much since the founding of America's Navy in 1775.

"Trust is the glue that holds everything together. It means, that at the moment of truth, you will do the right thing according to Navy standards, whether people are or are not watching you. There are three primary reasons why you must earn the trust of your people

in uniform. First, is your professional competence. Next is your practical wisdom - I call it common sense - on when to follow rules to the letter or write a new rulebook according to the situation. And third, is your respect for those you lead. Just like you, today's young Sailors raised their right hands to take the oath to 'protect and defend the constitution of the United States against all enemies' with no conditions. And, we reaffirm that oath at every promotion ceremony.

"We talk a lot about the importance of standards and consistently enforcing them. Each is time tested and combat proven to drive how we operate, maintain, inspect and certify commands in every community. At the practical level, standards are about a Sailor knowing something is not right - and then doing some-



Photo by Clark Pierce

**(From left) HSM-70 Commanding Officer Cmdr. Amy Bauernschmidt, AWR1 Brian Hartwick, Adm. John Harvey Jr. and Lt. Dan Seese discuss the "Spartans" recent deployment of MH-60R Seahawks on board the aircraft carrier USS George H. W. Bush (CVN 77).**

thing about it - because problems will not fix themselves. That's why deckplate leaders must develop smart, 'self-correcting' Sailors who solve problems before they become major issues. When you look

at successful squadrons and ships like our Battle 'E' winners, you see that they not only meet standards, but more likely, they raise the bar for trust and training within their unit."

See **HARVEY**, Page 15



Photo by MCI(SW/EXW) Peter Lawlor

Chief of Naval Operations (CNO) Adm. Jonathan Greenert, center, speaks next to Secretary of the Navy Ray Mabus and Commandant of the Marine Corps Gen. James Amos before the House Armed Services Committee to provide testimony and answer questions regarding the fiscal year 2013 budget submission from the Department of Defense.

## DoD releases fiscal 2013 budget proposal

From Department of the Navy

President Barack Obama sent Congress a proposed defense budget of \$613.9 billion for fiscal 2013, Feb. 13. The request for the Department of Defense (DoD) includes \$525.4 billion in discretionary budget authority to fund base defense programs and \$88.5 billion to support Overseas Contingency Operations (OCO), primarily in Afghanistan.

Of the discretionary budget, \$155.9 billion represents the Department of the Navy's budget request. This is a decrease of \$1.4 billion from last year's baseline appropriation.

Rear Adm. Joseph Mulloy, deputy assistant secretary of the Navy for budget, briefed media at the Feb. 13 DoD budget press conference about the Navy portion of the budget.

Mulloy said that during budget deliberations, a premium was placed on the Navy's presence in the Asia-Pacific region and the Middle East and took into account innovative methods to generate more forward presence with a smaller and leaner force while retaining the ability to surge as needed.

Following the Defense Strategic Guidance, Mulloy said Navy's budget was built by applying the tenets of war fighting first, operate forward, and be ready. As a result, he believes the force will be leaner, agile, flexible, ready and technologically advanced while retaining core Navy-Marine Corps war fighting capabilities to operate forward, preserve the peace, respond to crises, and protect U.S. and allied interests.

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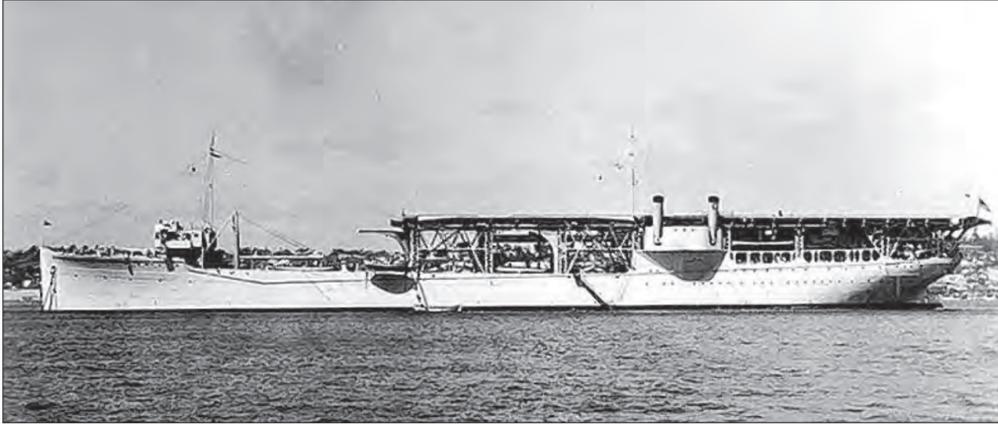


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U.S. Navy photo

USS Langley (CV-1/AV-3) was the Navy's first aircraft carrier after being converted from the collier USS Jupiter (AC-3) in 1920. Her career as a carrier ended in 1937 when she was converted to a seaplane tender and ordered to the 7th fleet in the Pacific. In 1942, she loaded 32 P-40 fighters for transport from Australia to Java. On Feb. 27, Langley was attacked by nine Japanese dive bombers and so badly damaged that her escorting destroyers were ordered to send her to the bottom.



U.S. Marine Corps photo

These three un-named Marines of the 28th Regiment, Fifth Marine Division, carried their American flag to the top of Mount Suribachi on Iwo Jima, and while the battle still raged on over other parts of the blood-stained island, they defiantly raised Old Glory in the very faces of the still-fighting Japanese. This picture was taken by Staff Sgt. Louis Lowery, staff photographer for the USMC publication, *Leatherneck*.

## This Week in Navy History

### From Staff

#### Feb. 21

1944 - Marines with support of naval bombardment and carrier aircraft secure Eniwetok atoll.  
1945 - USS Bismark Sea (CVE-95) struck by a kamikaze off Iwo Jima and sunk in 90 minutes with loss of 318 men. USS Saratoga (CV-3) struck by five kamikazes but survived with loss of 123. Bismark Sea was last carrier lost in combat during World War II.

#### Feb. 22

1865 - Rear Adm. Porter's gunboats bombard Wilmington, N.C. into surrender.  
1870 - After arriving on USS Nipsic, and supported by USS Guard and USS Nyack, the Darien Expedition, commanded by Cmdr. Thomas Selfridge Jr., begins active operations ashore at Caldonia Bay to survey the Isthmus of Panama for an interoceanic ship canal.  
1909 - Great White Fleet returns from round the world cruise to Hampton Roads, Va.  
1943 - USS Iowa (BB-61), the lead ship of the last class of

American fast battleships, is commissioned.  
1974 - Lt. j.g. Barbara Ann Allen becomes first Navy designated female aviator.

#### Feb. 23

1795 - U.S. Navy Office of Purveyor of Supplies is established. This is the Navy Supply Corps Birthday.  
1919 - Launching of Osmond Ingram (DD-255), first Navy ship named for an enlisted man.  
1944 - Carrier groups under Adm. Spruance attack Saipan, Tinian and Rota in the Marianas.  
1945 - Marines and a Navy hospital corpsman raise U.S. flag atop Mt. Suribachi on Iwo Jima.

#### Feb. 24

1813 - USS Hornet, under Capt. James Lawrence, captures HMS Peacock.  
1942 - A strike force composed of the carrier USS Enterprise and its cruiser and destroyer screen, and led by Vice Adm. William Halsey, attacked Wake Island.  
1944 - The first detection of a submerged enemy submarine by the use of MAD gear was made by PBYs of VP-63. On a MAD barrier patrol of the approaches to the Strait of

Gibraltar, they attacked the German U-761 with bombs. With the assistance of two ships and aircraft from two other squadrons, the submarine was sunk.

#### Feb. 25

1861 - USS Saratoga, member of U.S. African Squadron, captures slaver sloop Express.  
1933 - Commissioning of USS Ranger, first true aircraft carrier.  
1959 - USS Galveston fires first Talos surface-to-air missile.

#### Feb. 26

1811 - Congress authorizes first naval hospital.  
1913 - Approval of experimental wind tunnel for Navy.  
1944 - Sue Sophia Dauser, Superintendent of the Navy's Nurse Corps, is first woman in Navy to achieve rank of Captain.

#### Feb. 27

The seaplane tender USS Langley (AV-3), formerly the first aircraft carrier of the U.S. Navy, was sunk by Japanese air attack while ferrying 32 Army Air Force P-40s to Tjilatjap, Java.

## Pictures show the little things

By Sarah Smiley  
Special Contributor

Often we cannot see things until they are reflected back at us. Trust me on this; six years ago I wrote a memoir with portrayals of others that annoyed friends and relatives. Seeing yourself through the lens of another is jarring and sensitive, but ultimately, educational.

I never fully understood my relationship with Dustin until I saw it in a snapshot from our wedding 12 years ago. In the photo, which has a permanent spot on my dresser, Dustin and I are standing shoulder to shoulder. He is in his Navy dress whites. He has more hair, less body. I am in my wedding dress, and though I have the same amount of hair as I do now, in the pictures, I am thin and young.

We are holding hands, but the image doesn't show it - just our arms pressed together. I am smiling and laughing and looking just past Dustin. He is looking down and over at my profile. He is smiling with his eyes. There is a certain twinkle in his expression. For years I couldn't describe what that twinkle meant. Then one day, while I was grabbing a pair of socks from the dresser drawer, it occurred to me. Dustin was adoring me . . . just as he has always done since we met.

In life, I dance around Dustin while he stays steady. Or, in his words, "Without Sarah, I'd be more boring than I already am." All of this became clear to me in one snapshot.

More recently, I am working with artist Andrea Hand, the photographer for "Dinner With the Smileys," and on a weekly basis, my relationship with my three boys is reflected back at me.

Andrea is not your typical photographer. That's why I picked her. She is a storyteller. Her words are images.

But when Andrea told me that she likes to "capture the ordinary moments of a family," I grew a little concerned. There are few "ordinary" moments among my boys. Our moments usually involve lightsabers, tussles on the floor and fake Groucho Marx-like glasses and mustaches.

Was Andrea prepared to see how weird my family really is?

With patience, Andrea told me, I would see moments I never knew existed and that our mother-son relationship would unfold in the images.

At our first session, the only thing I saw was Lindell crawling on the floor, acting like a dog. All of the boys needed a haircut and I was shocked and embarrassed that I had in fact let them wear old, stained t-shirts to "Dinner With the Smileys."

## From The Homefront

Then Andrea put several of the photos together in a sequence. She played them for me as a slideshow. In the first image, Lindell was at the table with the family and our guest. In the next image, he was on the floor with the dog. The third and fourth images had him crawling into my lap, petting my face and laying his head on my shoulder. In the last photograph, he was on the floor again with the dog.

"It's like there's a rubber band between the two of you," Andrea said. Lindell eats, leaves the table, comes back to my lap and then leaves again. Andrea had dozens of pictures of this same "routine" from different evenings.

In my mind, I had it differently: Lindell left the table without asking and then bothered me in my lap while I was trying to talk. The pictures showed something else entirely. They showed a little boy who is beginning to think about the larger world but who always comes back to the safety of his mother's lap.

The photographs don't show my older boys doing this. Indeed, someday the rubber band between me and Lindell will also snap.

I usually hire photographers to capture the big moments, like at a wedding. Who knew that having one follow your family on a regular day could capture the even bigger moments?

On a different night, Andrea showed me a slideshow of Ford talking at the table. Ford always has had a larger-than-life presence. He can talk for hours if left unchallenged. So I try, as best I can, to manage his opportunities to talk and tell stories, leaving room for the other boys. It's a delicate balance, but my fear has been that Owen will resent his older brother for stealing the spotlight.

In Andrea's slideshow, one-by-one, I saw something else. When Ford speaks, Owen looks at him adoringly. His eyes twinkle. He hangs on every word. He smiles uncontrollably. He waits patiently for Ford to finish, whenever that might be.

I had never given it much thought, but this is the way Ford and Owen's relationship has always been. Ford takes center stage, and Owen loves him for it.

Someday, Owen will probably marry someone a lot like Ford. And he will look at his wife in the same way. He will be steady and patient, adoring her while she dances around him. His expression will give it all away.

I wonder if they will ever see it?



## Hey, MoneyChic!

### Hey, MoneyChic!

What types of loans that I should avoid? I am working on getting my finances straightened out and am wondering which loans could be dangerous for my credit rating?

**MoneyChic says:** In the last week's column, we discussed pawn shop loans. Now we are going to discuss high-LTV (loan-to-value) home equity loans. According to Leah Glinjewicz of bankrate.com these are loans secured by the equity in your home - but high LTV loans oblige you to pay more than what your equity is actually worth. Some home equity lenders allow the borrower to create a loan-to-value ratio as high as 125 percent. Taking out a loan for more than your property is worth is a real gamble especially in today's housing market where homes aren't as valuable as they were just a couple of years ago.

Right now, it is rare that a house ever sells for more than their fair market value.

"The interest rates on 125 percent LTV loans are usually higher than less-risky standard home equity loans," says Gerri Detweiler of Sarasota, Fla., author of *Slash Your Debt*. "Also consider that all of the interest paid on the loan may not be tax deductible. To be upside down on your house and then having to move is really frightening," Detweiler says. "Homeowners seldom think about all the things that can happen: divorce, a relocation or being forced to move before there is any equity in the home."

That's my two cents' worth. I hope it helps steer you away from risky real estate loans.

## Pass & ID office gets new hours

### From NAS Jax Security

The Pass & ID office at the Yorktown gate will have new hours beginning March 4. Decals and badges will be issued:

**Monday through Thursday - 7 a.m. to 4 p.m.**

**Fridays - 7 a.m. to 3 p.m.**

**Saturday/Sunday - 7 a.m. to 1 p.m.**

One-day passes will be issued when the Pass & ID office is not open.

Renewal of decals can be accomplished 30 days in advance online at <https://www.pid.cnmc.navy.mil>.

You must ensure that you have your vehicle license number, driver's license number and insurance information prior to starting the process. For more info, contact the base security office at 542-4529/30.

## Chapel Center Calendar

**Sunday Services**  
8:15 a.m. - Protestant Liturgical Worship  
9:15 a.m. - Catholic Mass  
9:45 a.m. - Protestant Sunday School  
10:45 a.m. - Catholic CCD  
11 a.m. - Protestant Worship  
**Daily Catholic Mass**  
11:35 a.m. (except Friday)  
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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](mailto:JaxAirNews@comcast.net) or write the Jax Air News, Box 2, NAS Jacksonville, Fla., 32212-5000.

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## Sailors recognized



Photos by Lt. j.g. Danae Moore

NAS Jax Commanding Officer Capt. Bob Sanders presents MASN Vernon Colbert of the NAS Jax Security Department the 2012 Blue Jacket of the First Quarter award on Feb. 17.



AC3 Kelly Haas of Air Operations is presented the 2012 Junior Sailor of the First Quarter from NAS Jax Commanding Officer Capt. Bob Sanders.



NAS Jax Commanding Officer presents MA2(SW) Ronald Hughes of the NAS Jax Security Department with the 2012 Sailor of the First Quarter award.



AC1 Larry Rose of the NAS Jax Air Operations Department accepts the 2012 Senior Sailor of the First Quarter award from NAS Jax Commanding Officer Capt. Bob Sanders.



Photo by Kaylee LaRocque

## GSA reps visit NAS Jax

NAS Jacksonville Commanding Officer Capt. Bob Sanders, left, greets a group of representatives from the General Services Administration who visited NAS Jacksonville Feb. 14. The group met with contract specialists here to determine how they could better support the station in the future.



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# CNRSE announces Senior, Junior Civilians of the Fourth Quarter

By MC2(SW) Greg Johnson  
Region Southeast Public Affairs

Patrick Powers and William Dodge were named Commander, Navy Region Southeast (CNRSE) Senior and Junior Civilian of the Fourth Quarter 2011, respectively, Feb. 4.

Powers, a mission sustainment analyst, is a key member of team ensuring that Region Southeast installations successfully execute their assigned missions. Throughout the quarter, he coordinated with local, state, federal and non-governmental agencies, as well as installations, in an effort to develop strategies to protect important Navy operational capabilities.

"Pat Powers is a senior expert who takes pride in mentoring junior Civilian Liaison Planning Officers (CPLOs) and staffers as they learn new



Patrick Powers

skills," said Dave Dahl, CNRSE mission sustainment supervisor. "His achievements are routinely recognized by peers and supervisors alike."

According to Powers, much of his success can be attributed to those who work around him.

"I try to give 100-percent



William Dodge

every day because I don't want to let my boss or co-workers down," he said. "We set a very high bar of task execution. It's a blessing to work each day with a supervisor and co-workers that are professional, dedicated and fun to be around."

In earning the Junior Civilian of the Quarter award,

Dodge served as the regional military working dog (MWD) trainer. He has spent countless hours developing MWD regional standard operating procedures and has established a new standard for regional program and installation MWD teams, said Bruce Toth, CNRSE Force Protection Program Director. In addition, he acts as a mentor to 49 Sailors and civilians and their MWDs throughout the region.

Dodge also cited his co-workers as a major source of inspiration and claimed they have been instrumental to his success at CNRSE.

"I'm very fortunate to be surrounded by subject matter experts who teach me, mentor me and guide me each and every day. Their personal initiative inspires me to be my best, and in turn, provide the CNRSE installations with the necessary tools to do their

jobs," he said.

According to Dodge, the most rewarding aspect of his work at the region is the impact he is able to have on junior Sailors who may someday follow in his footsteps.

"I would like to think that I can encourage young Sailors to make the Navy a career like I did," he said. "On my visits to installations, I always talk to the MWD handlers about what it takes to be a better handler and how that transfers over into being a model Sailor. In my three years at CNRSE, I've helped a countless number of Sailors become dog handlers, MWD trainers and kennel masters. In the future, they'll be regional trainers, regional kennel masters and MWD program managers. When I see these Sailors reach those milestones in their careers, it makes me feel like I've had some small part in their success."

## Jamming Enemy Air Defenses

The Fleet Readiness Center Southeast (FRCSE) Prowler team poses before an EA-6B on the flight line at NAS Jacksonville on Feb. 10. This aircraft is the last in the Prowler fleet to receive the Improved Capability (ICAP) III modifications at FRCSE to upgrade the AN/ALQ-99 to the 218 Tactical Jamming System's onboard receivers and processors. The Prowler's primary role has been to protect Fleet surface units and strike aircraft by jamming enemy radar and communications and performing electronic surveillance. It joined the fleet in January 1971.

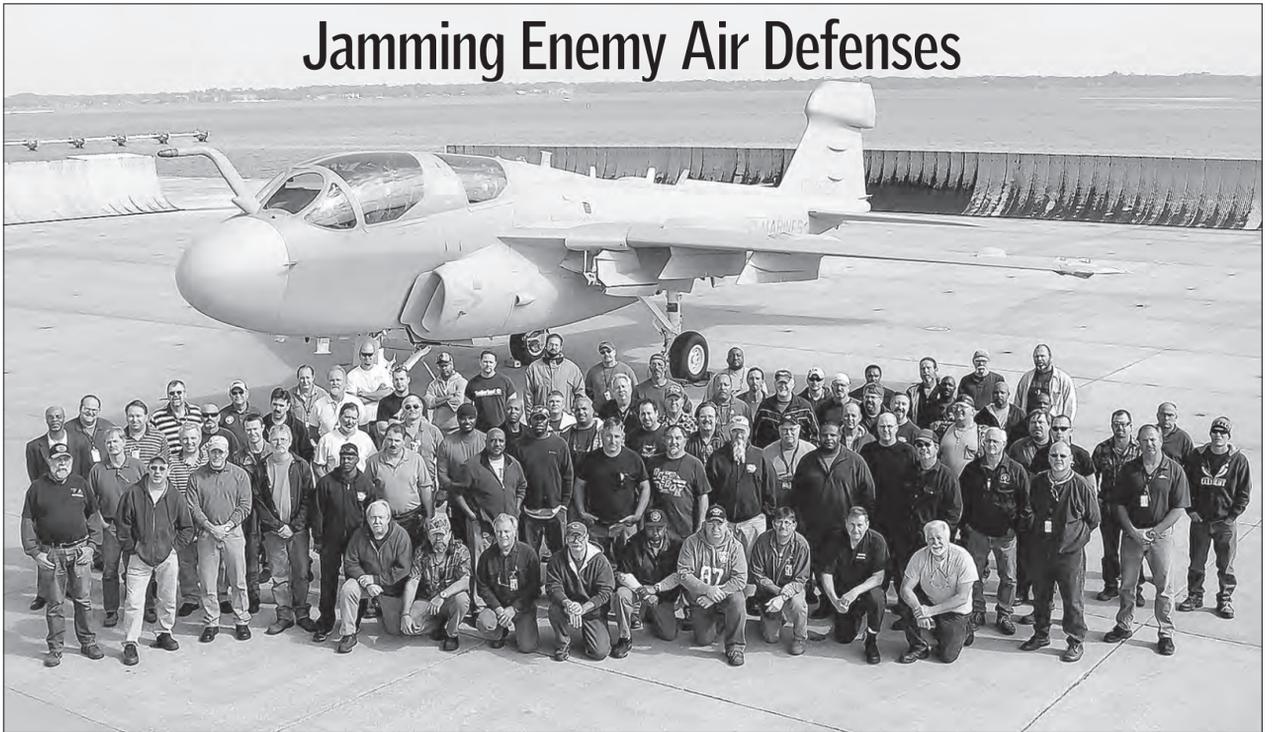


Photo by Victor Pitts



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Photo by Clark Pierce

The U.S. Navy flight demonstration squadron, the "Blue Angels," fly in ultra-close formation during the NAS Jax Air Show in November 2011.

## Blue Angels seek officers

By MC1 Eric Rowley  
Blue Angels Public Affairs

U.S. Navy Flight Demonstration Squadron, the "Blue Angels," encourages Navy and Marine Corps officers to apply for the 2013 team and follow-on seasons.

The Blue Angels team is seeking two Navy or Marine Corps F/A-18 demonstration pilots, a flight surgeon and one naval flight officer for the events coordinator position, for the 2013 and follow-on seasons. The team is also seeking one Marine Corps C-130 demonstration pilot, a public affairs officer and a maintenance officer.

"We are looking for highly motivated career-oriented officers who desire an opportunity to represent the finest men and women of the United States Navy and Marine Corps," said Blue Angels Opposing Solo Pilot Lt. Dave Tickle.

The opportunity to demonstrate the teamwork and dedication of our military to citizens across the country is a rare and unique privilege, Tickle added. It is important the individuals selected are well rounded and proficient in their fields.

"Applying is easy," Tickle said. "However, once we enter the decision-making process we take time to ensure the right applicants are selected to uphold the standards of excellence found throughout the fleet."

Once individuals are considered "active applicants," they are invited to attend any pre-show briefing during the normal show season and attend social functions at the air shows. This gives

prospective members insight into the overall routine of the Blue Angels and allows team members to meet the applicants.

Future Blue Angels must have a strong work ethic, exceptional communication skills, the enthusiasm to represent the men and women of the Navy and Marine Corps and the desire to uphold the traditions of the Blue Angels organization.

"My favorite part about being on this team is having the opportunity to talk to children at the show sites and see their faces light up with enjoyment," said Blue Angels Lead Solo Pilot Lt. C.J. Simonsen. "Our hope is to inspire them to pursue careers in the Navy and Marine Corps and focus their studies in math, science and technology."

Navy and Marine Corps F/A-18 demonstration pilots and naval flight officers are required to have a minimum 1,250 tactical jet hours and be carrier-qualified. Marine Corps C-130 demonstration pilots are required to have 1,200 flight hours and be an aircraft commander.

"The dedication and teamwork of the Blue Angels is absolutely amazing," said Blue Angels Flight Surgeon Lt. Cmdr. Jason Smith. "Applicants, if selected, can expect a challenging and rewarding experience."

Officers must be comfortable in dealing with groups and individuals while demonstrating professionalism, motivation and integrity.

For information on how to apply visit the Blue Angels at [www.blueangels.navy.mil](http://www.blueangels.navy.mil).

# FY-12 aviation officer bonus rates released

From Navy Personnel Command Public Affairs

Adjustments to the active duty and full time support (FTS) Aviation Career Continuation Pay (ACCP) program were announced via Navy messages, Feb. 14.

According to NAVADMINs 055/12 and 056/12, the ACCP program provides selected bonuses as an incentive to eligible pilots and naval flight officers (NFOs) through department head and command milestones.

Fiscal year (FY) 2012 active duty department head retention bonus annual rates have changed from FY-11 in the following aviation communities and designators:

- Helicopter Sea Combat pilots, \$15,000 per year;
- Helicopter anti-submarine light pilots/helicopter maritime strike pilots, \$5,000 per year;
- EA-18G and EA-6B electronic air attack (VAQ) pilots, \$25,000 per year;
- E-2C carrier airborne early warning (VAW) and C-2 fleet logistics support (VRC) pilots, \$10,000 per year;
- VAW NFOs, \$10,000 per year;
- P-3C patrol (VP) NFOs, \$15,000 per year;
- EP-3 air reconnaissance (VQ [P]) pilots, \$15,000 per year;
- E-6A airborne communications (VQ

- [T]) pilots, \$15,000 per year;
- VQ (T) NFOs, \$15,000 per year.

FTS annual rates vary by community from \$5,000 to \$25,000 for squadron department head/wing staff. The aviation commander command bonus has been removed.

The Navy expects roughly 310 active duty and 75 FTS aviators to take advantage of the ACCP program this year.

Department head retention bonuses will be paid in equal annual installments.

Additionally, the FY-12 program continues to authorize the payment of five-year contracts one year prior to the completion of the active duty minimum service requirement (MSR).

Long-term applicants are eligible if their MSR expires in FY-12 or FY-13. Payment will begin when an officer is within one year of completing their MSR.

Active duty ACCP applications must be received before Aug. 31, 2012.

FTS ACCP applications must be received before Sept. 24, 2012.

For more details regarding eligibility, administrative procedures and the application letter format, visit the ACCP Bonus Web Page at: [www.npc.navy.mil/officer/Detailing/aviation/OCM/Pages/ACCP.aspx](http://www.npc.navy.mil/officer/Detailing/aviation/OCM/Pages/ACCP.aspx).

## Military Saves Week

NAS Jacksonville Commanding Officer Capt. Bob Sanders signs the Military Saves Week proclamation during command quarters on Feb. 17. Military Saves Week runs from Feb. 19-26 to promote money saving initiatives to base personnel.



Photo by Lt. j.g. Danae Moore

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# STRIKE UP THE BAND



Retired Capt. George Thompson, a former conductor of the U.S. Navy Band, guest conducts the "Service Song Medley" at the close of the Navy Band Southeast Holiday Concert Dec. 17, 2011 in Palm Coast. The NBSE Wind Ensemble is a 40-piece group performing a variety of music -- from traditional marches and patriotic fare to classical favorites and Broadway tunes.

Photo by MCI(SW) James Kimber

## MAKING MARVELOUS MUSIC THE NAVY WAY

By Clark Pierce  
Editor

From feel-good Dixieland tunes, traditional jazz and ceremonial fanfares to quintets of woodwinds and brass, as well as rock 'n roll and hip-hop, Navy Band Southeast (NBSE) brings inspiring music to the fleet and communities.

NBSE is the musical representative for Commander, Navy Region Southeast, and is one of the Navy's 11 Fleet Bands. Established in 1995, the band provides musical support for Navy bases, tenant commands and community outreach events.

Under the leadership of Director Lt. Mike Corbliss and Assistant Director MUCS Patrick Detroit, the unit's exceptional musicians display their talents through a full repertoire of concerts at community events, patriotic ceremonies and parades. They also play a dynamic role in supporting Navy recruitment.

Corbliss assumed command in January and is in the midst of learning the band's personnel and schedule of events. "I'd like to take the band in a direction where we increase our impact on communities outside the gate -- especially with master classes to middle and high schools. In addition to supporting Fort Lauderdale Fleet Week in April, you'll also see Navy Band Southeast performing at band shells in Jacksonville Beach, Green Cove Springs and Daytona Beach." Corbliss added, "When you see our Sailors in uniform doing their jobs, they are total professionals who represent Navy excellence much like the



The Navy Band Southeast brass quintet "Windward Brass" performed July 13, 2011 at NAS Jax Hangar 115 to welcome back the HS-11 "Dragonslayers" from deployment.

Photo by MU2 Diane Potts



Photo by Clark Pierce

"It's not a Sousaphone -- it's a tuba," explains MU3 Nathan Helvey. It serves as the bass for brass quintets and performs a range of musical styles, including jazz and patriotic fare.

Blue Angels. We are a dedicated, musically charged recruiting poster for the Navy."

NBSE Leading Chief Petty Officer MUCS Kenny Oliver (who plays the trombone and tuba) is on his second tour at NAS Jacksonville.

"I served here from 2003 to 2008, then did a tour in San Diego, and returned to NAS Jax last spring. While the San Diego musicians are an outstanding group of professionals -- Jacksonville seems more like home for me," said Oliver.

"And we've got a very deep pool of talent with this band."

NBSE is billeted for 45 musicians who perform in the traditional Ceremonial Band, as well

as seven other smaller ensembles. So when they are not performing, they're practicing with one of the "small bands" such as TGIF, VIP Combo, Fairwinds woodwind quintet, Windward Brass quintet, Orion, Pride, and the Wind Ensemble.

Many of the musicians play more than one instrument, which enables them to contribute in a variety of musical formats.

Two of the most-requested small bands are the Dixieland band, TGIF, and the rock band, Pride.

Oliver added, "Rounding out Navy Band Southeast, are a



Photo by Clark Pierce

The rock quintet "Pride" is one of Navy Band Southeast's most requested ensembles. They perform a popular mix of pop, hip-hop, classic and modern rock, and Motown. (From left) Keyboard player and vocalist MU1 Robbie Taylor, drummer MU3 David Estrada, bass guitar MU3 Luke Franco, guitar MU3 Aaron Borges, vocalist MU2 Laura Carey and engineer MU1 Chris Birkby.

See **BAND**, Page 7



The NBSE Ceremonial Band, led by MUC Charity Barron, performed for Military Appreciation Night at the NFL Jacksonville Jaguars training camp on Aug. 4, 2011. This 20-member ensemble performs conventional march music and patriotic favorites by composers such as John Phillip Sousa, Karl King and Irving Berlin.

Photo by Dan Van Slyke Jr.

The Navy Band Southeast Ceremonial Band – seen here under the baton of MUC Russell Canupp – performs at official military ceremonies, such as the recent NAS Jacksonville change of command in Hangar 117. The song list includes military marches, fanfares and patriotic favorites.



Photo by Clark Pierce



Photo by Lt. j.g. Danae Moore  
 MU1 Justin Benge on trumpet and MU3 Carlos Balandra on trombone practice in the Brass Quintet.



Photo by Clark Pierce  
 Practice makes perfect for the "Windward Brass" – a Navy Band Southeast quintet that performs pieces ranging from classical and military tunes to light pop. (From left) MU1 Justin Benge, MU3 Carlos Balandra, MU3 Nathan Helvey, MU2 Scott Farquhar and MU3 Shawn Reince.



Photo by Clark Pierce  
 MU1 Robbie Taylor plays the keyboard and MU2 Laura Carey is lead vocal during a Feb. 16 practice session that included "It's Only Rock 'N Roll" by the Rolling Stones.



Photo by Clark Pierce  
 Individual practice rooms give band members a private place to hone their musical skills. Trumpet player MUSN Jason Lucker recently completed his first year in the Navy. He holds a master's degree in Trumpet Performance from Butler University in Indianapolis.



Photo by Lt. j.g. Danae Moore  
 MUSN Andrew Cummings started playing the alto saxophone in 6th grade.

## BAND: 'NAVY BANDS ARE AN APPEALING ALTERNATIVE FOR CAREER MUSICIANS'

From Page 6

number of talented vocalists who perform as soloists and backup singers or as "a capella" harmonizers of songs such as the national anthem. They also perform as auxiliary percussionists."

How are musicians recruited?  
 Corbliss explained, "The Navy looks for people with proven talent who have the desire to perform music as a career. And with today's uncertain economy, comparable civilian jobs such as middle school, high school and college band directors, as well as symphony orchestras are cutting back – so Navy bands are an appealing alternative for career musicians."

The Navy School of Music (of which Corbliss is a former director) is located aboard the Naval Amphibious Base in Little Creek, Va. The school is the primary means of training musicians accepted into the music rating, and serves as not only the "A" school for Navy musicians, but offers further training and development as "C" schools for more senior Sailors and chiefs.

Oliver noted that the musician rating is one of the top three in the Navy for enlisted personnel who hold college diplomas.

"Many of our Sailors have master's degrees. Some, when they reach E-6, may go on to become bandmaster limited duty officers who command the Navy's Fleet Bands."

How do you book an NBSE event? The band takes requests up to 12



Photo by Lt. j.g. Danae Moore  
 MU3 Matthew Aiello started playing at the age of 8. He plays the flute and the piccolo.

months prior to an event. Military band performances must also meet the following criteria:

- Performances must be free and open to the public;
- Recording or filming of shows for commercial (resale) purposes is prohibited;
- Performances in support of fundraising events are prohibited;
- Performances that give the appearance of U.S. Navy endorsement of commercial establishments, religious causes, products or political causes are prohibited.

For more booking information, call 542-8059 or email [charity.barron@navy.mil](mailto:charity.barron@navy.mil).



Photo by Kevin McMahon  
 Congressional Medal of Honor recipient Staff Sgt. Jon Caviani renders a salute as the Navy Band Southeast Ceremonial Band performs the national anthem at Daytona International Speedway on July 2, 2011.



Photo by Lt. j.g. Danae Moore  
 MUCS Kenny Oliver conducts the NBSE Ceremonial Band at a retirement ceremony at NAS Jacksonville Hangar 117.

# Blue Angels announce enlisted opportunities for 2013

By MC1 Eric Rowley  
Blue Angels Public Affairs

The Navy Flight Demonstration Squadron, the "Blue Angels," encourage qualified Navy and Marine Corps enlisted personnel to apply for the 2013 and follow-on seasons.

Navy E-5 and above, and outstanding E-4 Sailors from multiple aviation platforms are considered for this type-two sea duty billet.

Blue Angels Command Master Chief Yoshimi Core explained the Blue Angels team is not locked into selecting Sailors solely based on naval enlisted codes (NECs) or F/A-18 experience. However, Marine Corps applicants must be F/A-18 specific electricians, communication/navigation (COMNAV), power plants or airframes. The squadron's Enlisted Applications Chief, AECs Patrick Hosterman, said the team has a variety of opportunities available for the following rates: aviation machinist's mate (AD), aviation electrician's mate (AE), aviation structural mechanic (AM and AME), aviation ordnance man (AO), aviation support equipmentmen (AS), aviation electronics technician (AT), aviation maintenance administrationman (AZ), aircrew survival equipmentman (PR), mass communication specialist (MC), logistics specialist (LS), and yeoman (YN). The team is also looking for a hospital corpsman (HM) with an 8406 NEC and E-7s in aviation maintenance ratings.

Core explained team members must have a strong work ethic, exceptional communication skills, the enthusiasm to represent the men and women of the Navy and Marine Corps and the desire to uphold the traditions of the Blue Angels organization.

"The Blue Angels Navy and Marine Corps members are all about team work," said Core. "Ultimately, you can be the best technician in the world but if you do not thrive on teamwork you are not the right fit for this team."

It is common to see Blue Angel HMs, YNs, MCs and LSs on the flight line servicing jets. Team members in different work centers help other shops with heavier or higher priority workloads. Each member adds their skills to the



Photo by MC2 Andrew Johnson

Members of the U.S. Navy flight demonstration squadron, the "Blue Angels," perform a ground demonstration on Feb. 8 before launching the squadron's first six-aircraft delta formation of winter training. The 10-week winter training evolution concludes in early March after the team completes a minimum of 120 flights.

team and they are refined in an intense training process. "Prospective chief, limited duty officer and Seamen to Admiral candidates benefit from sustained superior performance, and selection to the team is just another good bullet in their resume," said Core. "The Blue Angels are a small sample of the best Sailors and Marines in the fleet."

AMC (Safety Equipment) Brian Williamson, the Blue Angels detailer, says Sailors should not be concerned about getting penalized if they do not get picked for the team. They will be given one more look in Career Management System/Interactive Detailing (CMS/ID) before they are considered needs of the Navy.

"If you are accepted for the team, the exposure you get and the military bearing you learn will last the rest of your career," said Williamson. For more information on how to apply, visit the Blue Angels at [www.blueangels.navy.mil](http://www.blueangels.navy.mil) or contact Hosterman at [patrick.hosterman@navy.mil](mailto:patrick.hosterman@navy.mil).



Photos by CS2 Michelle Pereira

## Hospital symposium

Naval Hospital Jax Commanding Officer Capt. Lynn Welling addresses an audience of more than 100 guests during the fifth annual officers' symposium at the NAS Jax Officers' Club on Feb. 9.



Photo by HN Jason James

Rear Adm. (Select) Rebecca McCormick-Boyle, assistant deputy chief for medical operations at the Navy Bureau of Medicine and Surgery, discusses career management. McCormick-Boyle emphasized the importance of an up-to-date resume, fitness report and transcripts.



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# DoD: Fiscal 2013 budget proposal released

From Page 1

The \$525.4 billion for the base DoD budget includes cuts and other initiatives that will reduce planned spending by \$259 billion over the next five years and \$487 billion over ten years, levels that are consistent with the Budget Control Act. The budget adjusts programs that develop and procure military equipment; begins to re-size ground forces; slows the growth of compensation and benefit programs; continues to make better use of defense resources by reducing lower-priority programs, and restructures the defense organization to achieve more efficient approaches to doing business.

Highlights of the Navy budget proposal include:

- Investment of approximately \$13 billion per year in shipbuilding, resulting in 41 new-construction ships across the Future Years Defense Plan (FYDP). Although a decrease from the President's FY12 Budget, the investment strives to maintain a healthy industrial base.
- Overall battle force ships will be 284 in FY13. Shipbuilding budget changes will result in a Navy fleet size of more than 280 ships by the end of the five-year plan.
- The ordering date of the future John F. Kennedy (CVN 79) has not changed; signing of the detailed design and construction contract in FY13 remains on schedule. The construction schedule will be moved back two years in order to decrease pressure on the ship-building budget without impacting force structure. CVN 79 is the numerical replacement for USS Nimitz (CVN 68) and will be delivered no later than 2022 in order to maintain the 11-carrier force structure.
- The department remains committed to a 55-ship LCS class. Due to fiscal constraints, procurement is slowed across the FYDP, reducing LCS by two ships, one of each variant.
- The first year of full funding for LHA 8 will be moved from FY16 to FY17. The impact is minimal since LHA 8 also has advance procurement funding in FY15 and FY16. LHA 8 is anticipated to be operational one year after delivery in



Photo by Clark Pierce

In the Navy budget proposal, many aircraft programs have been delayed or reduced across the Future Years Defense Plan -- including the P-8A Poseidon and MH-60R Seahawk.

the FY25 timeframe.

- Retirement of seven guided missile cruisers: USS Cowpens (CG 63), USS Anzio (CG 68), USS Vicksburg (CG 69), USS Port Royal (CG 73), in FY13; and USS Gettysburg (CG 64), USS Chosin (CG 65) and USS Hue City (CG 66) in FY14. Two Amphibious Dock Landing Ships will also be retired during the FYDP: USS Whidbey Island (LSD 41) and USS Tortuga (LSD 46). All nine ships will be retired before the end of their service lives which is consistent with working more efficiently and cost-effectively in this resource-constrained environment.
- Support for development efforts for the Ohio-class replacement program continue, but at reduced levels. Virginia-class procurement was reduced in the FYDP from 10 SSNs to nine (delayed procurement of 1 SSN from FY14 to FY18). To mitigate the large undersea strike capacity lost when SSGN retires in 2026-2028, the Navy is investing in research and development for the Virginia Payload Module.
- DoD continues to procure aircraft at sufficient levels to meet fielding and combat requirements with manageable risk (765 aircraft across the FYDP). However, many programs have been delayed or reduced.
- Joint Strike Fighters (F-35 B/C) are reduced by nearly 50 percent across the FYDP (21 F-35B and 48 F-35C models reduced).

- Additional reductions include P-8A, MV-22B, MH-60R, and KC-130J.
- As funding for unmanned aerial vehicles has been reduced, it remains robust despite a delay in the Unmanned Carrier Launched Airborne Surveillance and Strike program and termination of the Medium Range Maritime Unmanned Aerial System.
- The proposed budget protects development of new sea-based intelligence, surveillance and reconnais-

sance (ISR) systems and other maritime capabilities (Fire Scout, Small Tactical Unmanned Air System, and Broad Area Maritime Surveillance).

The budget proposal reflects the department's commitment to taking care of its Sailors, Marines, civilians and their families and continues the investments needed to ensure they remain the world's premier maritime force. A 1.7 percent military basic pay increase that reflects the economic conditions of the country is proposed in FY13 and FY14. Pay growth is slowed in FY15 and beyond over the FYDP to achieve more control over personnel costs while also keeping pay competi-



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# Ask Dr. Joe: Great American Spit Out

**By Capt. Joseph McQuade**  
Naval Hospital Jacksonville director of public health and family medicine physician

Often a patient tells me they know about the risks of smoking tobacco but are less concerned about dipping or chewing tobacco.

About 1 in 10 American high school students start on a tough road to substance abuse by using smokeless tobacco. They probably don't know the risks of cancer associated with this habit, nor do they know the dangers of getting hooked on something that can only hurt them.

Many service members get hooked while deployed, where friends often tolerate the dip. Find friends who don't want to become dependent on any kind of drug and ask them to help you stay off the dip. Bad habits are never easy to change, but well worth the effort to be tobacco-free.

The Great American Spit Out is Feb. 23 this year, when health professionals try our best to get the word out on the dangers of smokeless tobacco.

**Q: What's the problem with smokeless tobacco, anyway?**

Smokeless tobacco is a significant health risk and is not a safe substitute for smoking cigarettes. Smokeless tobacco contains 28 cancer-causing agents (carcinogens). Smokeless tobacco use can lead to nicotine addiction and dependence.

Adolescents who use smokeless tobacco are more likely to become cigarette smokers.

The two main types of smokeless tobacco in the U.S. are chewing tobacco and snuff. Chewing tobacco comes in the form of loose leaf, plug or twist.

Snuff is finely ground tobacco that can be dry, moist or in sachets (like tea bags). Although some forms of snuff

can be used by sniffing or inhaling into the nose, most smokeless tobacco users place the product in their cheek or between their gum and cheek.

Users then suck on the tobacco and spit out the tobacco juice, which is why smokeless tobacco is often referred to as spit or spitting tobacco.

Smokeless tobacco is a known cause of human cancer, as it increases the risk of developing cancer of the oral cavity. It's also a risk factor for cardiovascular diseases and nicotine addiction.

Despite these adverse effects, smokeless tobacco is used commonly in the U.S. by young people, especially male high school students. Our dentists tell me the number of patients they see dipping tobacco is rising every year.

**Q: Who's at highest risk for problems with smokeless tobacco?**

Smokeless tobacco use in the United States is higher among young white males; American Indians/Alaska Natives; people living in southern and north central states; and people who are employed in blue collar occupations, service/laborer jobs, or are unemployed.

Data suggest that smokeless tobacco use is predominantly a public health problem among men, young adults (aged 18 to 24 years), and those with a high school education or less.

Nationally, an estimated three percent of adults are current smokeless tobacco users. But the number of active duty Sailors and Marines using smokeless tobacco may be as high as 40 percent. Smokeless tobacco use is much higher among men (six percent) than women (less than one percent).

Research suggests that persons who use multiple tobacco products might have a more difficult time quitting, which might result in longer dura-



Capt. Joe McQuade

tion of product use and an increased likelihood of tobacco-related morbidity and mortality.

Worrisome data also shows more use among youth. An estimated eight percent of high school students are current smokeless tobacco users.

Smokeless tobacco is more common among male (13.6 percent) than female high school students (2.2 percent). Estimates by race/ethnicity are 10.2 percent for white, 5.1 percent for Hispanic, and 1.7 percent for African-American high school students.

An estimated three percent of middle school students are current smokeless tobacco users. Smokeless tobacco is more common among male (4 percent) than female (2 percent) middle school students.

**Q: How can we prevent dependence on smokeless tobacco?**

Hopefully by clarifying that smokeless tobacco is not safe, we can help people make an informed decision about its use. School-based programs are an opportunity to discourage youth from using smokeless tobacco.

The film industry can also influence the public by not glamorizing any form of tobacco use. More community-wide

efforts aimed at preventing and stopping smokeless tobacco use among young people are needed.

In addition, opportunities for intervention occur in all clinical settings and require knowledgeable and committed health care professionals. Training programs for health care providers should help make smokeless tobacco counseling a higher priority.

Recent tobacco industry advertising has encouraged cigarette smokers to use smokeless tobacco as an alternative product in locations where cigarette smoking is prohibited (e.g., smoke-free workplaces like submarines, airlines and theaters).

Continued surveillance of the co-use of tobacco products is needed to determine the effect of such marketing messages and the reasons for the high prevalence of smokeless tobacco use among cigarette smokers in some states.

Anti-tobacco media messages, policies and other interventions that prevent starting and encourage stopping of both products also are needed, particularly in states with a high prevalence of smokeless tobacco use and cigarette smoking.

Dentists and dental hygienists can be effective in identify-

ing smokeless tobacco use and advising users to quit.

To encourage quitting, health care providers—including dentists and dental hygienists—should: 1) ask patients about all forms of tobacco use, 2) advise them to quit using all forms of tobacco, 3) assess their willingness to quit, 4) assist them in quitting, and 5) arrange for follow-up contacts with Naval Hospital Jacksonville's Wellness Centers.

At Naval Hospital Jacksonville, we're trying a few "outside the box" approaches to help our patients quit smoking and quit smokeless tobacco. Our Central Appointments (904-542-4677) has an option for tobacco users to get the medical therapy they may need.

With our electronic health records, we can screen patients by phone and help them get the care that really does help them quit.

In 2011, over 5,600 patients made the decision to try to quit tobacco products with our help. Our quit rate is nearly 25 percent of those we enroll in our program. Give us a try. Call the Wellness Center at 542-5292. Remember, smokeless tobacco is not a safe alternative.

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# Maritime Patrol Association announces 2012 'Hall of Honor' inductees

From MPA Public Affairs

The Maritime Patrol Association (MPA) announced Feb. 10 the 2012 Maritime Patrol and Reconnaissance Force (MPRF) Hall of Honor inductees – naming Cmdr. Scott Carpenter, Capt. Arnold J. Isbell and Rear Adm. Daniel J. Wolkenstorfer as this year's honorees.

Chosen from a list of nearly 30 highly accomplished community members, Carpenter, Isbell and Wolkenstorfer were deemed by their peers to have made a significant contribution to the MPRF both in their actions and leadership.

"Reading the nomination submissions for these heroes seems like a lesson in history," said Lt. Cmdr. Andy Morrison, vice president of Symposium 2012 for MPA. "Their accomplishments have received praise for everything from helping to build the framework of our aviation community to enriching research and development for the Navy and NASA."

The MPRF Hall of Honor has set a precedent of honoring the men and women who have helped shape the heritage of this aviation community and/or displayed acts of heroism in and out



Photo courtesy of Bill Mick

In 2011, the NIPPI Corporation in Japan specially painted a P-3C Orion aircraft assigned to Commander, Patrol and Reconnaissance Wing 11 at NAS Jacksonville. The "Strawberry 5" paint scheme replicates that applied to the PBV-5A Catalina flying boat during World War II. The "Golden Pelicans" of VP-44 flew Strawberry 5 to locate the Japanese fleet shortly before the Battle of Midway in June 1942. Today, the P-3C still wears the Centennial of Naval Aviation color scheme and is assigned to Fleet Replacement Squadron VP-30.

of combat, during the following eras: WWII, Korea, Vietnam, The Cold War, Post Cold War, and Global War on Terror. Beginning in 2011, individuals were honored in conjunction with the Centennial of Naval Aviation events. New inductees will now be honored annually at the Heritage Dinner during the MPA Symposium.

During the inaugural 2011 Heritage Dinner at NAS Jacksonville Hangar 117, six Navy aviators were inducted into

the MPRF Hall of Honor: Capt. Fernald Anderson; Jay Beasley; AOC Carl Creamer; Capt. Norman "Bus" Miller, the most decorated naval aviator of WWII; Adm. Thomas Moorner and Vice Adm. Edward Waller.

The 2012 MPA Symposium is March 27-30, aboard NAS Jacksonville. Symposium attendees can register for

a host of events, including the P-8A Poseidon Roll-Out, Integrated Training Center dedication, a Flight Suit Social, golf tournament, 5K run, Heritage Dinner and others. The Heritage Dinner, which highlights the history and heritage of the last 50 years of the P-3 Orion aircraft, will also serve as a ceremony for three new MPRF Hall of Honor inductees from the Maritime Patrol and Reconnaissance community.

For more information about the 2012 MPA Symposium, as well as online registration, go to: [www.maritimepatrolassociation.org/2012symposium](http://www.maritimepatrolassociation.org/2012symposium)

A 501(c)(3) Florida non-profit corporation established in 2011 and headquartered in Jacksonville, Fla., the Maritime Patrol Association is a premier professional organization representing the U.S. Maritime Patrol and Reconnaissance community by promoting the use of the patrol and reconnaissance aircraft in the U.S. Navy. For more information, contact Executive Director September Wilkerson at (904) 563-4036 or [info@maritimepatrolassociation.org](mailto:info@maritimepatrolassociation.org).

## NEX patrons win gift cards



Photo by Kaylee LaRocque

NAS Jax Navy Exchange (NEX) Department Manager Tony Eugeni, center, gathers with NEX gift card winners, Merrill McCray Sr. who won \$200, left, and Felix Soto, who won \$400 during the Northeast Florida Sales Superbowl Promotion at the NEX Feb. 17.

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# K-9 companions assist Sailors with daily routines

By Kaylee LaRocque  
NAS Jax Public Affairs Specialist

When AWVC(NAC/AW) John Markee adopted a rescue puppy through a Jacksonville animal adoption agency, little did he know that she would be the one rescuing him. After serving several tours in Afghanistan, Markee returned home with post-traumatic stress disorder (PTSD) which has impacted his 18-year naval career and home life.

"After being diagnosed, my doctor told me about some programs that provide free canine companions to service members. Our family had just adopted Daisy because we our basset hound, Dallas had passed away. We found out that The Animal Rescue and Adoption Agency here had some puppies they named the 'Dallas' litter, after characters from the TV show. Daisy was originally named 'Lucy,'" said Markee.

As he was researching programs on canine companions, Markee learned about K-9s For Warriors in Ponte Vedra Beach.

"I contacted them and asked if I could go through the program with Daisy. After submitting 'our' application and meeting the trainers for an evaluation, Daisy and I were deemed 'trainable,'" he continued.

The team spent five weeks living on site at the facility, trained so Daisy could become a certified service dog.

"We spent the mornings in obedience training and the afternoons going on outings to expose us to the public. It was a bit difficult at first because Daisy was not very attentive and we were both uncomfortable but we graduated on Veteran's Day 2011 and make a great



Photo by Kaylee LaRocque

AWVC(NAC/AW) John Markee and his K-9 companion Daisy are currently assigned to the NAS Jax Admin Department.

team," Markee added.

Daisy is trained to keep Markee calm in stressful situations and provide comfort.

"She's always there and can sense when something is going on with me. She's a rescue dog but it's a question of who rescued who. I think she rescued me more than I rescued her," he said.

Markee is also quick to praise K-9s For Warriors which was started in 2010 by Shari Duval after she volunteered with the Wounded Warrior Project helping those with PTSD and her seeing her son, an Army contractor bomb dog handler, return home after a tour in Iraq with PTSD.

"After working closely with the Wounded Warrior Project, and seeing the amount of disabled warriors return home the conflicts of the wars suffering

from PTSD, our family decided start an academy to train service canines to aid veterans in their recovery," said Duval. "We spent two years researching canine assistance for PTSD and decided the best way to help was to start a non-profit organization to train and give service canines to assist our warriors efforts to return to civilian life with dignity and independence."

The academy is operated by Duval, her son-in-law, Todd Galley who serves as director of canine operations and Dog Training Specialists Brett Simon, who served two tours in Iraq as a dog handler contractor for the Army, and Bob Hammesfahr, a military veteran.

"My whole experience at K-9s For Warriors has changed my life for the better. You're there with other vets so you have a support network. Shari takes care of us like we are her sons and Brett was in Iraq so he can relate to what we are going through. It's like we are part of the family," said Markee.

The program is available to any military member either active duty or honorably discharged who has been diagnosed with PTSD as a result of the wars since 9/11. After submitting an application, including medical records and a doctor's letter of recommendation and they are approved for the program, they are scheduled into a class.

"Applicants live at our facility where they train their canines with our certified trainers. We believe that involving the warrior in the training of their new partner is helping them be part of their own recovery. We provide housing, a canine, training, equipment, meals, and full assistance with their issues and provide resources as necessary. Their

only cost is getting to and from our facility," said Duval.

Most of the dogs are rescue dogs that are also carefully screened before entering the program. Once they are accepted, the dogs are trained prior to be placed with a service member.

"After talking with each warrior personally and evaluating their individual needs, we are in a better position to determine the type of canine they require. We take into account their living arrangements, family, children, other pets, climate, etc. It is rare that the warrior does not approve of the canine we choose for them, however, we are prepared with other canines should this situation occur," Duval continued.

So far, 15 service member/dog teams have gone through the program with 14 successful placements. Many continue to return for refresher training or just because they enjoy visiting.

"Daisy and I go out to the 'dog house' quite often to help out or just visit our friends who continually offer us support," said Markee.

"This is an outstanding program. It's been life changing in the right direction - spiritually, mentally, physical - the full spectrum. I don't think I'd be where I'm at in my treatment now without K9s For Warriors."

Service canines are a medically proven recovery aid for warriors suffering from PTSD. These dogs are considered medical equipment and are recognized by the U.S. Department of Justice Civil Rights Division, and the American Disability Act of 1990 which means they are allowed into all public facilities.

For more information on K9s For Warriors, go to [www.k9sforwarriors.org](http://www.k9sforwarriors.org).

## Repairing the airfield apron

Construction workers dig up a disintegrating concrete slab on Feb. 10 in the apron outside the VP-30 Hangar. NAS Jax Deputy Airfield Facilities Manager Winston Rogers said, "This slab failure was caused by water damage from faulty storm water drains. Because our airfield is more than 70 years old, slab failure is a constant issue at NAS Jacksonville."



Photo by Clark Pierce



Photo by Clark Pierce

## A pair of eights

Two Boeing P-8A Poseidon test aircraft assigned to Air Test & Evaluation Squadron One (VX-1) rest on the NAS Jax airfield apron Feb. 10 prior to take-off for their home base of NAS Patuxent River, Md.



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# FRCSE Sailors repair armament equipment to protect war fighters

By Marsha Childs  
Fleet Readiness Center Southeast Public Affairs

In an unassuming and unmarked Quonset hut lining Yorktown Road at Naval Air Station Jacksonville, Sailors assigned to Fleet Readiness Center Southeast (FRCSE) are ensuring U.S. military aircrews have the firepower needed to deter, defend and defeat the enemy. In the FRCSE Aircraft Armament Equipment (AAE) Division, 18 Sailors inspect, troubleshoot and repair SH-60R/S Helicopter Hellfire Missile Launchers, P-3 Orion Bomb Rack Units (BRU) and other AAE for the Fleet.

AAE includes all equipment designed to suspend, release and launch ordnance from an aircraft. The ordnance maintenance function includes equipment inspection, calibration, corrosion treatment, wiring harness and cable repair, preservation, storage, inventory control and recordkeeping. "It can't be armed without us and without us, it's just another airliner," said AO1 Matthew Vock of the aircraft.

He said Lockheed Martin discovered a discrepancy with some card racks installed in Hellfire M299 Missile Launcher Electronics Assemblies (LEAs) that could potentially cause a failure. AAE Sailors pulled the discrepant LEAs from inventory and shipped them to Lockheed in June 2011.

There technicians made repairs and returned the LEAs to FRCSE in November for final testing. In response to a Lockheed Martin request, AAE division Sailors inspected and tested 15 Hellfire M299 Missile LEAs at the end of 2011.

"We put the LEAs in the launchers and tested them with CRALTS (Common Rack and Launcher Test Sets) to make sure they were RFI (Ready For Issue)," said Vock.

The M299 Hellfire Missile Launcher is procured by the Navy through the Army Joint Attack Munitions Systems (JAMS) Project Office in Huntsville, Ala.

"Lockheed Martin, who builds the LEA, the brains of the M299 launcher, discovered a discrepancy during production," said Bob Buckley, assistant program manager for AAE logistics, Naval Air Systems Command (NAVAIR) Precision Strike Weapons program, PMA-201. "Sailors from FRCSE and representatives from Lockheed Martin, with coordination between the Army JAMS office and logistics specialists from NAVAIR PMA-201, identified, staged and conducted repairs."

On another project, FRCSE Sailors also assisted Lockheed Martin and PMA-201, the program responsible for armament equipment, to repair, inspect and return to service 45 BRU-14. They completed 29 units in 2010 and 16 units in 2011.

Tim Zimmer with PMA-201 AAE logistics said these units are slated for new production MH-60S and MH-60R helicopters at Lockheed Martin's facility in Owego, N.Y. where the BRU-14 will be integrated onto the aircraft.

During Fiscal Year 2011, the AAE division also repaired for its Fleet customers about 50 standard and



Photos by Victor Pitts

AO3 Daisa Stanley services a Bomb Rack Unit (BRU)-14A at the Armament (700) division at Fleet Readiness Center Southeast on Jan. 24.



In the Armament (700) division at Fleet Readiness Center Southeast, AO3 Jesse Runnels removes a Bomb Rack Unit (BRU)-14 to wrap and preserve for later reissue to local P-3 Orion aircraft and H-60 helicopter squadrons.



AO3 Jesse Runnels (left) and AO3 Arthur Frisco place a 100-pound M299 Hellfire Missile Launcher on a shelf following inspection and maintenance at the Armament (700) division, Fleet Readiness Center Southeast. The unit hangs from a Bomb Rack Unit (BRU)-14 and launches anti-tank Hellfire Missiles from an H-60 helicopter.

Maverick weapons pylon assemblies used on P-3 Orion Maritime Patrol Aircraft. FRCSE is the only facility to repair these particular assemblies. The shop fields numerous calls from the Fleet requesting technical information and assistance.

AAE Division Officer Chief Warrant Officer Keith Turnipseed said the Sailors he serves with "are amazing."

"They never get behind, they never have rework, and they are keeping the squadrons happy," he stated.

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In the Fleet Readiness Center Southeast Armament (700) Division on Jan. 27, AO1 Terrance Simmons completes paperwork to ship Hellfire M299 Missile Launcher Electronics Assemblies back to a Lockheed Martin facility in Ocala.



At Fleet Readiness Center Southeast on Jan. 26, AO3 Arthur Frisco stores aircraft armament equipment wrapped in bubble wrap and sealed with a desiccant in a specialized bag that monitors moisture penetration. The equipment is ready for issue if H-60 helicopter or P-3 Orion squadrons need rapid rearmament.

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 Hummve Pull - April 5, 2 p.m. - NEX Convenience Store Parking Lot - Sign-ups begin at noon

Health Fair - April 6, 11 a.m. - 2 p.m. - NEX Convenience Store Parking Lot

Athletic shoe & apparel sale - April 5 - 7, 9 a.m. - 6 p.m. - NEX Convenience Store Parking Lot  
 Free give-a-ways, beverages and entertainment by the Navy Band Southeast after the race!  
 Sign-up in the base gym or fitness center.

Call (904) 542-2930/3239 for additional information

**I.T.T. EVENTS**  
 Call 542-3318.

22nd Annual ITT Travel Fair  
 NEX Courtyard  
 March 10, 9:30 a.m. - 1 p.m.  
 featuring ITT vendors and great door prizes!

Harlem Globetrotters  
 March 2 at Veteran's Memorial Arena - \$26

Funk Fest  
 May 11 & 12 at Metropolitan Park - \$57

Now booking all-inclusive Sandals Resorts vacations

The Gaylord Palms Resort offers a preferred rate for ITT customers. The resort is

located just one mile from Walt Disney World. Rates include Ice & Snow tickets.

Jacksonville Zoo - Adult \$12, Child \$7  
 Zoo Train & Carousel - now available at ITT!  
 MOSH \$7 - \$12

Jacksonville Symphony - \$27.50

The Artist Series Broadway in Jacksonville  
 First Orchestra seating available for Les Miserables.

Valdosta, Georgia historic sites bus tour  
 Feb. 11, \$20  
 Includes admission to Crescent House, the Art Center and the Historical Museum

Jacksonville Sharks - \$25 per person  
 Gatornationals  
 March 9, 10 & 11  
 \$10 - \$51

ITT is now offering cruises aboard the Celebration Cruise Lines from \$186.50 per person!

Daytona 500  
 Feb. 18 - 26, \$27 to \$199

Monster Jam - March 3, \$25 - \$41

Daytona Bike Week  
 March 10 & 17 - \$25

Blue Man Group in Orlando - \$48, includes CityWalk venue

Phineas and Ferb tickets, March 10, 3:30 p.m. & 6:30 p.m. shows - \$13 each!  
 Veterans Memorial Arena

Disney on Ice featuring Toy Story 3  
 April 6, 7:30 p.m.  
 April 7, 11:30 a.m. & 7:30 p.m.  
 April 8, 1 & 5 p.m.  
 Lower level seating for \$13

Orlando Magic - all home games - \$22.50 - \$383  
 Disney World Orlando, FL 4-day hopper Armed Forces Ticket - \$135.50 - \$162  
 Universal Circus - \$19.50  
 Tampa Zoo - \$19 adult, \$17.50 child

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**RECREATION CENTER**

Trips, activities and costs may be restricted to E1-E6 single or unaccompanied active duty members. Call 542-1335 for information.

Learn to Fly  
 February 26 at 8 a.m.  
 Free introductory lesson at the Navy Jax Flying Club

Walt Disney World Weekend Trip  
 March 2-4  
 \$100 per person includes 2-night lodging at Disney's All Star Sports Resort, 1-day park hopper and transportation.

Free Mall & Movie Trip  
 Orange Park Mall & AMC Theater  
 March 9 at 6 p.m.

Free Adventure Landing Trip  
 March 10 at 9 a.m.

**NAS JAX GOLF CLUB**

Golf course info: 542-3249  
 Mulligan's info: 542-2936  
 Military Appreciation Days  
 \$18 per person, includes cart & green fees  
 March 6 & 20 for active duty  
 March 8 & 22 for retirees & DoD personnel

February Golf Specials

Monday & Tuesday play 18 - holes for \$20  
 Monday - Friday after 12 p.m., play 18 - holes for \$17  
 Cart and green fees included  
 Not applicable on holidays

Twilight Golf League  
 March 20 - Aug. 30  
 \$20 entry fee

Rosters due by March 16

**MULBERRY COVE MARINA**  
 Call 542-3260.

Free Kayak & Canoe Rental  
 Every Thursday for active duty

**AUTO SKILLS CENTER**  
 Call 542-3227

22 work bays, wheel balancing, tool checkout, paint booth and welding!  
 ASE certified mechanic onsite!

**YOUTH ACTIVITIES CENTER**  
 Call 778-9772

Drop-in care and open recreation are available!  
 Family Fitness Center hours are Monday - Friday, 9 a.m. - 1 p.m. and Tuesday & Thursday 4 - 7 p.m.

Bring your child to work out with you!  
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 Ground School  
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**Captain's Cup Soccer League forming**

Open to active duty, command DoD, DoD contractors and selective reservists. Contact the base gym for rules and required paperwork.

**Captain's Cup Badminton Singles League forming**

Open to active duty, command DoD, DoD contractors and selective reservists. Matches play on Monday and Wednesday at noon and 12:30 p.m. Contact the base gym for rules and required paperwork.

**Captain's Cup Winter Bowling League forming**

Open to active duty, selective reservists, and command DoD personnel and DoD contractor personnel. Captain's Cup Softball League forming

• Greybeard League. Open to active duty, selective reservists and command DoD personnel age 30 and older. Games play Tuesday & Thursday at 11:30 a.m.  
• Intramural League. Open to active duty, selective reservists and command DoD and DoD

contractor personnel. Games play in the evening.

• Women's League. Open to active duty, selective reservists, military dependents over 18 and command DoD. Games play in the evening.

**Men's & Women's Open Racquetball Tournament – March 6-10**

Open to all gym patrons 18 and older. Choose the recreational division or competitive division, plus, an open division for women. Matches start at 5 p.m., with awards to winners. Call NAS Jax Gym to sign up by Feb. 29.

**Leprechaun Dash 5K Run – March 16, 11:30 a.m.**

This Captain's Cup event is free to all authorized gym patrons. Sign up at NAS Jax Gym or Fitness Source prior to the March 9 deadline and you may receive a T-shirt for registering early. The run is on Perimeter Road at

# NAS Jax Sports

the end of Mustin Road before the Antenna Farm at 11:30 a.m. Registration at the site is from 10:30-11:15 a.m. Awards go to the top-three male and female runners for age groups: 29 & under; 30-37; 38-44; 45-49; 50 & over.

**Men and Women's Singles Tennis Tournament – March 26, 5 p.m.**

Open to NAS Jax active duty, selective reservists, and command DoD men and women. Participants earn participation points for their command toward the Captain's Cup and can earn additional points for finishing first, second or third. Separate men's and women's division. Matches play at the Guy Ballou Tennis Complex. Call NAS Jax Athletics to sign up by March 23.

For more information, call Bill Bonser at 542-2930/3239 or e-mail bill.bonser@navy.mil.

Visit the MWR website at [www.cnic.navy.mil](http://www.cnic.navy.mil) or [www.facebook.com/nasjaxmwr](http://www.facebook.com/nasjaxmwr).

## Standings As of Feb. 17

4-on-4 Flag Football		
Teams	Wins	Losses
VP-30 Dirty 30	4	0
VR-62 Nomads	3	0
VP-5	4	1
HSM-70	3	1
VP-30 O's	3	1
VP-45	3	1
VR-58	3	1
USCG	3	1
FRC Mitz Fitz	2	3
VP-8	1	2
FACSFAC	1	3
HSL-42	1	3
NAVFAC	1	3
NHBC Jax	1	3
The Unit	1	3
CNATTU	1	5

Naval Hospital	0	4
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Greybeard Fall Basketball Teams	Wins	Losses
NCTS	9	1
Naval Hospital	6	1
VP-8	5	3
SERCC	4	3
CNATTU	3	7
FRCSE	2	7

Intramural Winter Golf Teams	Wins	Losses
NAVFAC National	2	0
PSD	2	0
VP-10	2	0
VPU-1	2	0
NCTS	1	0
VP-30	1	0
CBMU202	1	1
CNATTU Gold	1	1
HSM-74	1	1
RCC/NOSC	1	1
VP-62	1	1
Air Ops	0	1
CNATTU Blue	0	1
FRCSE	0	1
NAVFAC American O	0	1
SERCC A	0	2
SERCC B	0	2
VR-62	0	2

# HARVEY: Commander, U.S. Fleet Forces Command pays visit

From Page 1

Harvey also addressed what he called the increasing levels of "uncertainty" surrounding today's Navy.

"We've seen it by going through the involuntary separation process known as ERB (Enlisted Retention Board). Naturally, retained Sailors are looking at each other and wondering, 'Who's next? And what's next?' There's additional uncertainty about pay scales, retirement benefits and our force structure. So, I urge you to keep your Sailors focused on what they can control - work hard, get qualified, build trust and stay out of trouble."

Stevens relieved one point of uncertainty when he announced there would be no ERB in FY 13 or FY 14. He also spoke of chiefs' messes taking advantage of training to polish their leadership and communication skills.

"It's important for senior enlisted to reenergize their



Adm. John Harvey Jr., commander, U.S. Fleet Forces Command, addresses his town hall meeting on Feb. 15 at the VP-30 Auditorium. There was standing room only for NAS Jax and tenent command department heads and chief petty officers who asked questions on a variety of subjects.

focus on CPO responsibilities, team building and leader development. Key elements include: teamwork within the mess; communication with the wardroom; how chiefs can mentor junior officers; and how chiefs are managing key per-

sonnel programs," explained Stevens.

After the town hall meeting, Harvey's group visited the HSM-70 "Spartans," CPRW-11 Mobile Tactical Operations Center, the P-8A Integrated Training Center and the VP-10



(From left) Adm. John Harvey Jr., commander, U.S. Fleet Forces Command and VP-30 pilot instructor Cmdr. Jeff Spivey were pleased with Harvey's simulated landing of a P-8A Poseidon on the airstrip at NS Mayport. Harvey toured the P-8A Integrated Training Center at NAS Jacksonville.

"Red Lancers."

Harvey and Stevens also dined with command master chiefs at the NAS Jax Flight Line Café.

U.S. Fleet Forces Command supports both the Chief of Naval Operations and Combatant Commanders

worldwide by providing responsive, relevant, sustainable Naval forces that are ready for tasking.

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## ERB transition benefits

# Outplacement firm helps Sailors launch new careers

By MC3 Andrea Perez  
Navy Personnel Command  
Public Affairs

The Navy contract for job search and assistance to help Sailors separating by the Enlisted Retention Board (ERB) is well underway, an official said Feb. 17.

“Navy has contracted Challenger, Gray and Christmas Inc. (CGC), an outplacement service company, to personally coach and assist ERB-separating Sailors transition to the civilian workforce,” said Capt. Kate Janac, transition assistance program manager.

“The Sept. 1 separation date is approaching and ERB Sailors should immediately contact CGC via the toll-free number or email to begin their job placement process.”

An employment outplacement service assists clients in making the transition to reemployment. Founded in the early 1960s, CGC has more than four decades of experience in the career transition industry.



At his Post-ERB Brief Feb. 9 on board NAS Jacksonville, Capt. Steve Holmes, director of Military Community Management at Navy Personnel Command, urged Sailors to contact the outplacement firm of Challenger, Gray and Christmas Inc. to receive their personalized career coaching and job search assistance.

Photo by Clark Pierce

The CGC team provides Sailors with individualized career assessment and professional resume writing, job search and preparation

for interviews. The company assigns each Sailor a civilian coach who proactively works their case through each step of the process. The coach is also a

prior-military advisor to help in the transition.

“Our goal is to connect every ERB separating Sailor to this service. Command leadership

needs to encourage and provide Sailors the opportunity to enroll and move forward,” said Janac. “Those stationed overseas or deployed should also initiate contact and will receive support tailored to their unique situations. What really stands out is the high level of individual, professional service our Sailors will receive,” said Janac.

Sailors can engage with their coach to learn the skills needed to develop a personal marketing plan customized to their expertise and specific goals.

CGC began contacting ERB Sailors via email in December. Approximately 1,000 Sailors are using services provided by CGC, one third of eligible recipients. CGC representatives have joined Navy Personnel Command’s Fleet Engagement Team during its briefs in fleet concentration areas to facilitate enrollment.

ERB separating Sailors should contact CGC via their toll free number 1-800-971-4288 or email CGCUSNavy@challengergray.com.

# Spice and bath salts: Bad news for abusers

By Lt. Jesse Adams, JAGC, USN

Staff Judge Advocate,  
Naval Station Mayport

For too long, synthetic THC (the hallucinogenic chemical in marijuana) known as “Spice,” “K2,” and “Blaze,” as well as the synthetic stimulants commonly called “bath salts” or “plant food,” have plagued our military. Over the past several months, the Drug Enforcement Agency (DEA) has used its emergency scheduling authority to designate five synthetic THC chemicals and three synthetic stimulants as “Schedule I” controlled substances making their sale, possession and use illegal in the United States.

As most of the Navy already knows, use or possession of these substances by Navy personnel is forbidden and could possibly subject a Sailor to NJP, administrative separation, or even court-martial under UCMJ Art. 112a or UCMJ Art. 92 (for violation of OPNAVINST 5350.4D, SECNAVINST 5300.28E and/or NAVADMIN 108/10). However, in addition to the possible severe legal

consequences, individual Sailors and Navy leadership should understand the harmful and potentially deadly effects of using these drugs.

Many people have heard of a “Schedule I” substance but don’t know what it really means. A “Schedule I” substance is considered by the DEA to be the most restrictive category and is only reserved for unsafe and highly abused substances with no medical usage. Moreover, the DEA generally only uses its emergency scheduling authority to ban substances it believes could cause an “imminent public health crisis.”

The DEA states that they have received an increasing number of reports from poison control centers, hospitals and law enforcement that individuals using synthetic THC have experienced serious side effects such as convulsions, anxiety attacks, dangerously elevated heart rates, increased blood pressure, vomiting, and disorientation. Moreover, when discussing the side effects of synthetic marijuana, the Navy Surgeon General, Vice Adm.

Adam M. Robinson, Jr., stated that, “Serious side effects have been reported after its use including tremors, panic attacks, delirium, impaired coordination, seizures, paranoid hallucinations, and psychotic symptoms that can last for days, even months in some cases.” With regard to bath salts the reported side effects include agitation, paranoia, high blood pressure, hallucinations, chest pain, suicidality, and even psychosis!

Sailors should be aware that ingesting these synthetic drugs can lead to strange reactions and deadly results. Police in West Virginia recently arrested a man after they found him dressed in women’s clothing, standing with his pants down over a blood-soaked goat that he allegedly stole and killed—he blamed his bizarre action on bath salts use. Worse, Reuters News Agency reported claims from the European Union that mephedrone, a chemical often found in bath salts, was directly linked to the deaths of two people and is possibly tied to the deaths of 37 more! A quick search on the

Internet will reveal many similar stories.

Given these potential consequences, it’s also important for Sailors to know that ingesting these synthetic compounds is like playing Russian Roulette. Even the manufacturers themselves label most, if not all, of these substances as “not fit for human consumption!” Very few studies have been done on these synthetic drugs so the immediate and long term effects on the body and human brain are mostly unknown. Studies have shown that JWH-018, the compound generally found in Spice, is more potent and efficacious than THC. This means that lower concentrations of JWH-018 can have a greater and higher maximal psychological effect on the brain than that of THC. A recent article written by the Navy Surgeon General states that, “Spice-type products are more potent to the brain and other organs because they bind themselves more permanently to receptors. Spice could have multiple unknown chemicals including harmful metal residues, with unknown potency

potentially 5-200 times more potent than the THC in marijuana.”

What makes the problem worse is that most of the products sold are simply plant matter soaked in the synthetic compounds so it’s impossible for the Sailor to know how much of the synthetic drug he or she is actually ingesting. A scary thought when you consider that researchers admit that we know essentially nothing about the absorption and distribution kinetics of JWH-018!

The point is that Sailors need to understand that they are not “getting away” with abusing these drugs simply because they may not get caught by the Navy’s urinalysis program. It’s obviously important for Sailors and command leadership to understand the legal ramifications of drug abuse; but it’s equally, if not more important for Sailors to know the risks they take when putting these chemicals in their bodies, and for leadership to educate them on the potentially disastrous affects it may have on their career and their lives.

## Community Calendar

**Daily’s Ortega River Run**, Feb. 26 at 8:30 a.m. at St. Mark’s Episcopal Day School, 4114 Oxford Ave., Jacksonville. For more info visit [www.1stplacesports.com/ortega](http://www.1stplacesports.com/ortega).

**VP-47 Reunion** to be held in Pensacola April 11-14. The reunion is for the P3-C Sailors as well as the P5M seaplane Sailors. For more information, please contact Johnny Jackson at [jcksnj@att.net](mailto:jcksnj@att.net) or call (662) 801-8959.

Tree Hill Nature Center Annual **Joseph Strasser Butterfly Festival**, April 28 10 a.m. - 4 p.m., 7152 Lone Star Road, Jacksonville, 724-4646.

March of Dimes annual **March for Babies Walk** May 5 in downtown Jacksonville. Call 398-2821.

**USS Iwo Jima Shipmates Reunion** June 6-10 at the Crowne Plaza Hotel in McLean, Va. For more info, call (757) 723-0317.

**Military Officers Association of America** N.E. Florida Chapter meets the third Wednesday of each month, for lunch or dinner, usually at the NAS Officers’ club. Open to active duty and retirees of all branches of service. Contact Cmdr. George Allen at 264-0903 or [georgewallen@bellsouth.net](mailto:georgewallen@bellsouth.net)

**National Naval Officers Association** meets the fourth Thursday of each month at 5 p.m. at the Urban League, 903 W. Union Street. Contact Lt. Cmdr. Paul Nix at 422-8480 or email [Paul24navy@aol.com](mailto:Paul24navy@aol.com).

**Disabled American Veterans** Chapter 38 meets the second Tuesday of each month at 7 p.m. at 470 Madeira Dr., Orange Park. Service officers available Monday thru Friday 9 a.m. - 2 p.m. to help with VA claims, call 269-2945 for an appointment. Bingo every Thursday from 6:30-9:30 p.m. and Saturday from 10 a.m. - 3 p.m. The public is welcome. Navy Wives Clubs of America Jax No. 86 meets the first Wednesday of each month at 7 p.m. in Building 857 (at NAS Jax main gate behind Navy-Marine Corps Relief Society). Not So New Shop open Tuesday and Thursday (9 a.m. to 1 p.m.). Call 542-1582 for info.

**Navy Wives Clubs of America** DID No. 300 meets the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. Call 387-4332 or 272-9489.

**Fleet Reserve Association** Branch 290 monthly meeting is the first Thursday at 8 p.m., 390 Mayport Rd., Atlantic Beach. Call 246-6855.

**COMPASS Spouse-to-Spouse Military Mentoring Program** by Naval Services Family Line. Help others help themselves. Call Melanie at 904-200-7751 or email: [COMPASSMayport@NSFamilyLine.org](mailto:COMPASSMayport@NSFamilyLine.org)

**Association of Aviation Ordnancemen** meets the third Thursday of each month at 7 p.m. at the Fleet Reserve Center on Collins Road. For information, call AOC John Newman at 683-5407 or visit [www.aa09.com](http://www.aa09.com).

**Retired Activities Office (RAO)** at NAS Jax Fleet and Family Support Center (FFSC) needs volunteers to assist military retirees and dependents. Work three hours a day, one day per week. Call 542-2766 ext. 126 from 10 a.m. to 2 p.m. weekdays to volunteer.

**Navy Jacksonville Yacht Club** meets the first Wednesday of every month at 7:30 p.m. at the clubhouse (Building 1956) adjacent to Mulberry Cove Marina. Open to active duty, reserve and retired military, plus, active or retired DoD civilians. Call 778-0805 or email [commodore@njyc.org](mailto:commodore@njyc.org).

**Orange Park Lions Club** meets the second and fourth Monday at 7 p.m. at 423 McIntosh Avenue, Orange Park, Fla. For more information, call 298-1967.

**National Active and Retired Federal Employees** Westside Jacksonville Chapter 1984 meets at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. Call 786-7083.

**National Active and Retired Federal Employees** Clay County Chapter 1414 meets at 12:30 p.m. on the second Tuesday of each month at the Orange Park Library, 2054 Plainfield Avenue. Call 276-9415.

**Ladies Auxiliary of Fleet Reserve** Unit 126 meets the second Thursday of each month at 10 a.m. at the Fleet Reserve Building, 7673 Blanding Blvd. Call 771-6850.

**Retired Enlisted Association** meets the fourth Wednesday of each month at 1 p.m. at the Fleet Reserve Hall at 7673 Blanding Blvd. Call 772-8622 or 771-8696.

## Crenshaw accepting service academy nominations

From Staff

U.S. Rep. Ander Crenshaw, of Florida’s 4th Congressional District, announced Feb. 6 that his office is accepting applications for the class of 2017 to the nation’s service academies. The application deadline is October 13.

“I strongly encourage interested students to reach out to my Jacksonville office for more information on how they can be a part of one of our nation’s finest educational institutions. Attending the U.S. Military Academy at West Point, the U.S. Naval Academy at Annapolis, the U.S. Air Force Academy at Colorado Springs, or U.S. Merchant Marine Academy at Kings Point is a distinct honor that can help lead a student down a path of success in life and to being a good citizen,” said Crenshaw.

“Our service academies are vital in preparing today’s youth to assume the responsibility and leadership required

to become our future military leaders. Northeast Florida students have been some of the best and the brightest, and I am always proud to nominate them to attend our nation’s service academies.”

Details of the application process can be found on Congressman Crenshaw’s official web site at [www.crenshaw.house.gov](http://www.crenshaw.house.gov) or by calling his Jacksonville office at 904-598-0481 and asking for District Representative Nathan Riska.

Congressman Crenshaw’s Military Academy Selection Committee will interview candidates in November. Selected nominees will be notified by the end of the year, and nominations will then be submitted to the academies. service academy admissions officers then review nominees’ applications and select appointments in late spring. Note: No nomination is required to attend the U.S. Coast Guard Academy at New London, Conn.

## Scholarships available

From the Navy Wives Club of America

The Navy Wives Club of America offers numerous scholarships to assist Navy, Marine Corps or Coast Guard enlisted spouses and children of active duty, retirees or deceased service members to continue their education.

These scholarships are awarded to assist eligible applicants in obtaining a college education, vocational training, business or other training.

For more information or to download an application, go to: [www.navywivesclubofamerica.org/scholarships](http://www.navywivesclubofamerica.org/scholarships).

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# Free tax preparation center

From Naval Legal Service Office Southeast

The Naval Legal Service Office Southeast/NAS Jacksonville Tax Resource Center is now open in Building 13 at the main gate for free "self-service" resources for active duty and retired personnel to prepare federal and state income tax returns.

This year, the Navy is providing a "self-service" Tax Resource Center. The Volunteer Income Tax Assistance Program (VITA) center will be equipped with eight computer stations where customers prepare their own tax returns using free online programs with the assistance of volunteers.

The recommended program for use by the U.S. Navy is Military OneSource's H&R Block at Home.

Unlike previous years, no electronic filing will be done on behalf of customers.

Some of the websites include:  
 Turbotax.intuit.com/Taxfeedom  
 WWW.Taxslayer.com/Military/Default.aspx

WWW.FILE2011TAXES.newt/?cd=filing\_Military

Who is eligible to use the Tax Resource Center?

- all active-duty service members and their dependents
- all retirees and their dependents
- reservists on active duty for more than 30 days
- reservists within 30 days of demobilization
- and reservists involved in pre-mobilization

What to bring to the Tax Resource Center:

- all 2011 W-2's and 1099's
- copies of social security cards for taxpayers and dependents
- taxpayer(s) military ID cards
- bank account numbers and routing numbers
- any other tax records including copies of 2010 tax returns if available

Where and when:  
 The resource Center is located in top of Building 13 (outside the Yorktown Gate):

Monday, Wednesday, and Friday from 8 a.m. - 4 p.m.  
 Tuesday and Thursday from 9 a.m. - 5 p.m.

Note: Computer access at the Tax Resource Center will be purely on a walk-in basis.

For more information, call 542-8039.

# Improve your life skills with free knowledge

From FFSC Public Affairs

Your NAS Jacksonville Fleet and Family Support Center (FFSC) Life Skills Education and Support Program is the foremost preventive measure for growth in personal and family issues. All FFSC workshops and classes are free to service members and their families. Pre-registration is required at 542-5745. If special accommodations or handicapped access is required, please notify FFSC upon registration.

• Ombudsman Basic Training - Feb. 27-29 (8 a.m.-4 p.m.), May 14-17 (5:30-10 p.m.), Aug. 13-15 (8 a.m.-4 p.m.), Nov. 13-16 (5:30-10 p.m.)

• Transition Assistance Program (TAP) Separation Workshop March 12-16, April 9-13, May 7-11, June 4-8, July 9-13.

• Transition Assistance Program (TAP) Retirement Workshop (7:30 a.m.-4:15 p.m.) - Feb. 27- March 2, March 26-30, April 23-27, May 21-25, June 18-22, July 23-27.

• Executive Transition Seminar for O-5 & above (7:30 a.m.-4:15 p.m.) July 30-Aug. 2.

• Federal Employment Workshop (9 a.m.-noon) - March 21, April 18, May 3, June 1, July 19, Aug. 3, Sept. 5, Oct. 12, Nov. 14.

• Job Search & Interview Techniques Workshop (8-9:30 a.m.) - March 19, May 2, July 18, Sept. 4, Nov. 19.

• Resumes & Cover Letters Workshop (9:40 a.m.-noon) - March 19, May 2, July 18, Sept. 4, Nov. 19.

• Million Dollar Sailor Workshop (7:30 a.m.-4 p.m.) - April 30-May 1, Aug. 27-28, Nov. 20-21.

• Command Financial Specialist Training - (7:30 a.m.-4 p.m.) March 5-6, June 11-15, Sept. 17-21, Dec. 10-14.

• Money, Debt & Credit Management Workshop (8-11 a.m.) - April 20, July 16, Oct. 3.

• Strategies for First-time Home Buyers (1-3:30 p.m.) - March 20, May 30, Sept. 6.

• Strategies for Best Deals in Car Buying (9-10:30 a.m.) - May 4, Aug. 29, Nov. 13.

• PCS Sponsor Training (1:30-3 p.m.) - Apr. 3, June 5, Aug. 7, Oct. 2, Dec. 4.

• PCS Smooth Move Workshop (1:30-4 p.m.) - March 13, May 8, July 10, Sept. 13, Nov. 11, Nov. 13.

• Military Spouse 101 Workshop - March 28 (5-7 p.m.), May 19 (10a.m.-noon), July 16 (1-3 p.m.), Sept. 12 (5-7 p.m.), Nov. 17 (10 a.m.-noon).

• What About the Kids (9-11 a.m.) - March 12, April 9, May 14, June 11, July 9, Aug. 6, Sept. 10, Oct. 15, Nov. 19, Dec. 10.

• Stress Management 101 Workshop (9-10 a.m.) - March 7, April 4, May 2, June 6, July 11, Aug. 1, Sept. 5, Oct. 3, Nov. 7, Dec. 5.

• Anger Management Workshop (8 a.m.-noon) - March 20, April 17, May 15, June 19, July 17, Aug. 21, Sept. 18, Oct. 16, Nov. 20, Dec. 18.

For more information or to register, call 542-5745.



## Challenge 4 Life

Monthly Challenge. Weekly Goals. Total Wellness.

Naval Hospital Jacksonville's holistic approach to wellness — for your total readiness. This program makes use of the latest research-based techniques to improve your physical, emotional, spiritual and relationship health.

FEBRUARY CHALLENGE:

**Challenge yourself**

Daily exercise is one of the most important keys to long life, happiness and success. With your doctor's permission, make realistic goals to get in the habit of effective exercise and push yourself outside of your comfort zone.

**Week 4 Goal: Get a partner**

An accountability partner is someone who checks in with you several times a week to ensure you're staying on track. And they help motivate you by working out with you when you lose motivation. Choose your partner wisely.

FEBRUARY CHALLENGE:

**Increase your motivation**

In order to be successful in life, you need to learn how to motivate yourself to initiate change and commit to consistent action.

**Week 4 Goal: Enlist the help of others**

You'll be more likely to achieve your goal when others support and depend on you. Tell them about your goal and ask them to remind and support you. You can ask them to join you in your goal, or just have them issue rewards and/or punishments.

FEBRUARY CHALLENGE:

**Share quality time**

Time is the currency of love. The more you enjoy being together, the better your relationship will be. Find ways to increase the quantity and quality of time you spend together doing things that make you feel close.

**Week 4 Goal: Be physically active together**

TV can suck the life out of a relationship. Being active together can keep the relationship healthy on many levels. Go on walks or bike rides, play a sport together, or work together to get in better shape.

FEBRUARY CHALLENGE:

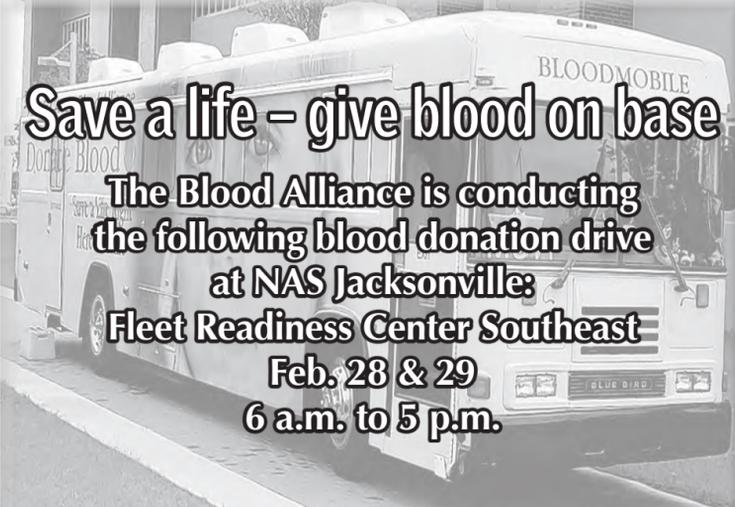
**Quiet your mind**

In a noisy, stressful world, it's important to take time to quiet your mind and focus so that you can receive and understand spiritual guidance.

**Week 4 Goal: Focus your thoughts**

Once you learn to quiet your mind, you can begin to focus your thoughts and feelings to take control of your life and happiness. As you sit quietly each day, ponder your life, your goals, and overcoming challenges.

To get involved, send an email to: [challenge4life@med.navy.mil](mailto:challenge4life@med.navy.mil)



## Save a life - give blood on base

The Blood Alliance is conducting the following blood donation drive at NAS Jacksonville:

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# Historian explains War of 1812's impact on national defense

By Bradley Cantor  
Emerging Media, Defense  
Media Activity

**Editor's note - Beginning in April and continuing through 2015, the Navy, Marine Corps and Coast Guard will commemorate the Bicentennial of the War of 1812 and The Star Spangled Banner. The Navy has partnered with the International Council of Air Shows, the Navy League, the Naval Historical Foundation, and Operation Sail to create world-class events around the country, with signature events in New York, Baltimore, Norfolk, New Orleans, Boston, Chicago and Cleveland, and smaller events in other cities. These events will include Blue Angels air shows, visits by ships of the U.S. Navy and international navies, parades of tall ships and "Galley Wars" cooking events.**

The War of 1812 was a watershed moment in the nation's development of a strong national defense system, a military historian said this week, as it provided justification for building up the Navy and changed the nation's attitude toward strengthening the central government.

Michael Crawford, a senior historian at the Naval History and Heritage Command, made that observation Feb. 7 during a "DoD Live" bloggers round-table.

Crawford said the United States declared war against the United Kingdom because "It wanted to end impressments of its citizens into the Royal Navy."

"[The United States] wanted to obtain recognition of the maritime rights of its merchantmen against illegal blockades, searches and seizures, and it wanted to stop British support of hostile Native Americans against the United States," he said.

At the time, President James Madison and his war planners developed a strategy to achieve these goals. That strategy largely focused on a land-troop invasion of British-owned Canada, ignoring a naval strategy.

It was expected to be a quick and decisive victory for the Americans, Crawford said, as British attention was focused on engagements with Napoleon.

But as the Canadian campaign began, it became clear that it wouldn't go as Madison and his war planners had hoped it would. By 1815, two and a half years after the initial engagement, all attempts to invade and occupy Canada had failed.

During that time, Crawford said, the United States adopted a largely defensive posture against the British. The U.S. military had repulsed major invasions at Plattsburgh, N.Y., and in New Orleans.

But the United States suffered a "ravaging of the shores of the Chesapeake Bay, a major agricultural region, and the capture and burning of our capital," Crawford said.

"Furthermore," he added, "a tight British blockade of the American coast had brought the U.S. government to the brink of financial collapse."

The war eventually ended with the signing of the Treaty of Ghent, which restored America to its prewar conditions with no loss or gain, Crawford said, and the conversation turned toward the role the War of 1812 played in strengthening the Navy.

At the onset of the war, he said, the Navy had a small fleet and focused largely on harbor defense. However, he added, it became increasingly apparent that the United States needed to develop naval power to avoid defeat.

"Early in the war, we lost an army," Crawford said. "And so the people in Washington - the war planners - quickly came to understand that the conquest of Canada depended on control of the waterways, especially Lake Ontario."

The result was a build-up of Navy vessels on the Great Lakes. By late 1814, the Navy had 400 men on ships at sea and 10,000 men on ships on the Great Lakes.

This buildup allowed for some important victories during the war, Crawford said, but those victories also drew attention to losses that that resulted from insufficient naval power. He cited



The frigate USS Constitution escapes from a British squadron in 1812. This painting by F. Muller, depicts USS Constitution being towed by her boats in an evening calm off New York City harbor, July 18, 1812, while being chased by the British warships Africa (64 guns), Shannon (38), Guerriere (38), Belvidera (36) and Aeolus (32). Constitution was commanded by Capt. Isaac Hull. The British squadron commander was Capt. Philip Vere Broke. By daylight, the enemy was so far astern that they gave up the pursuit of Constitution. Realizing that the presence of the strong British squadron would keep him out of New York, Hull sailed instead for Boston, where he arrived on July 26 to begin preparations for another cruise.

conflicts at Lake Champlain and along the Chesapeake Bay as examples.

The British had an army of 10,000 invading upstate New York. An American naval victory in Lake Champlain threw that army back into Canada, Crawford said, because without control of Lake Champlain, British supply lines were vulnerable. But a lack of U.S. naval power allowed the British to wreak destruction up and down the Chesapeake Bay, he added.

"All of these events convinced the nation's leaders, as well as the nation's people, that we needed both an adequate navy and an adequate army if we wanted to be an adequate nation," he said.

But before the end of the war, congressional Republicans didn't support building a strong Navy, Crawford said, believing that an ocean-going Navy would draw the United States into war unnecessarily and require high taxes that would corrupt the political system, benefit mainly financiers, and hurt the common people.

But by the end of the war, he said, people of all political stripes witnessed the importance of having a strong, centrally controlled military.

"Many Republicans and all Federalists were committed to a strong Navy, an adequate, professional Army, and the financial reforms necessary to support them," Crawford said.

"After the war, Congress ... approved an ambitious naval expansion program and a regular Army of 10,000 men," he continued. "They raised taxes to pay for these, and they created the Second National Bank as a tool for government financing."

The War of 1812 also changed the U.S. position on the global stage, Crawford said.

"Before the war," he explained, "the United Kingdom considered the United States to be a commercial rival and potential enemy, to be thwarted through confrontation wherever possible. After the war, the United Kingdom sought accommodation with the United States, considering the friendship of the United States as something to be curried as an asset."

This change in thinking, Crawford said, was a direct result of the British recognizing that the United States had newfound political unity, a strong Army and Navy, and sound fiscal underpinnings.

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**Engineer's Week Events**

Speaker: Clara Wright  
February 23, 1100 @ NAS Jax Chapel  
*Bring your 3-D glasses!!!*

Although Clara Wright had to learn a new language and adapt to a different culture at the age of 8, when her family moved from Colombia to the United States, she was always fluent in the language of hard work, perseverance, and integrity - thanks to the example set forth by her parents. Today, Ms. Wright supports failure analysis of metallic components at Kennedy Space Center, and assists fire and mishap investigators to provide recommendations that are used to prevent future failures and ensure personnel and equipment safety and reliability. Even though she has the "job of her dreams," she admits that her participation in outreach programs and in talking to young students about NASA are the most gratifying aspects of her work. In fact, she has been such an inspiration that her father now cites her as an example of how to succeed. "One of the degrees that my dad received was in counseling for multicultural children, and he uses my story to show them that the sky is the limit, or better yet, that they too can reach the stars." Ms. Wright holds a bachelor's degree from the University of Florida and master's degrees from Pennsylvania State University in materials science and engineering with a media specialty.

Open House  
February 23, 1000 - 1400 @ NAVFAC Southeast HQ  
Building 903, Yorktown & Langley

Stop by and embark on a self-guided tour of the various engineering disciplines, engage members of the engineering community and learn more about the diversity of the engineering field and NAVFAC Southeast.

POC: John McCoy  
john.mccoy@navy.mil  
942-6696

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## CLASSIFIED INDEX

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 Office/Warehouse 1500-5400sf. In park like setting. 1 mi from I-95. Keith 904-704-8529

**TO LIST YOUR DEALERSHIP, PLEASE CALL 904-359-4193**

<p><b>BUICK</b>  <b>KEY BUICK-GMC</b>                  4660 Southside Blvd. 642-6060  <a href="http://www.atlanticeep.com">www.atlanticeep.com</a></p> <p><b>NIMNIGHT BUICK-GMC</b>                  11503 Phillips Hwy 685-8820</p> <p><b>CADILLAC</b>  <b>CADILLAC-SAAB OF ORANGE PARK</b>                  7999 Blanding Blvd. 778-7700  <a href="http://www.cadillacoforangepark.com">www.cadillacoforangepark.com</a></p> <p><b>CLAUDE NOLAN CADILLAC</b>                  4700 Southside Blvd. 642-5111  <a href="http://www.claudenolan.com">www.claudenolan.com</a></p> <p><b>CHEVROLET</b>  <b>NIMNIGHT CHEVY</b>                  1550 Cassat Ave. 904-647-4220  <a href="http://www.nimnightchevy.com">www.nimnightchevy.com</a></p> <p><b>JERRY HAMM CHEV</b>                  3494 Phillips Hwy. 398-3036  <a href="http://www.jerryhamm.com">www.jerryhamm.com</a></p> <p><b>CHRYSLER</b>  <b>ATLANTIC CHRYSLER</b>                  www.atlanticeep.com                  2330 US1 South 354-4421</p> <p><b>JACKSONVILLE CHRYSLER</b>  <b>JEEP DODGE</b>                  9A &amp; BAYMEADOWS. 493-0000</p> <p><b>RICK KEFFER</b>                  I-95 Exit 373, Fern Bch. 1-800-228-7454  <a href="http://www.rickkeffer.com">www.rickkeffer.com</a></p> <p><b>HONDA</b>  <b>DUVAL HONDA</b>                  1325 Cassat Ave. 899-1900</p> <p><b>LOU SOBH HONDA OF THE AVENUES</b>                  11333 Phillips Hwy. 370-1300</p>	<p><b>DODGE</b>  <b>ATLANTIC DODGE</b>                  www.atlanticeep.com                  2330 US1 South 354-4421</p> <p><b>JACKSONVILLE CHRYSLER</b>  <b>JEEP DODGE</b>                  9A &amp; Baymeadows 493-0000</p> <p><b>ORANGE PARK CHRYSLER</b>  <b>JEEP DODGE</b>                  7233 Blanding Blvd. 777-5500  <a href="http://www.orangeparkdodge.com">www.orangeparkdodge.com</a></p> <p><b>RICK KEFFER</b>                  I-95 Exit 373, Fern Bch. 1-800-228-7454  <a href="http://www.rickkeffer.com">www.rickkeffer.com</a></p> <p><b>PAUL CLARK FORD-MERCUY</b>                  I-95 N. Exit 129 (Yulee) 225-3673</p> <p><b>MIKE SHAD FORD</b>                  At The Avenues 10720 Phillips Hwy. 904-292-3325</p> <p><b>MIKE DAVIDSON FORD AT REGENCY</b>                  9650 Atlantic Blvd. 725-3060</p> <p><b>MIKE SHAD FORD OF ORANGE PARK</b>                  7700 Blanding Blvd. 777-3673</p> <p><b>CHRYSLER</b>  <b>ATLANTIC CHRYSLER</b>                  www.atlanticeep.com                  2330 US1 South 354-4421</p> <p><b>JACKSONVILLE CHRYSLER</b>  <b>JEEP DODGE</b>                  9A &amp; BAYMEADOWS. 493-0000</p> <p><b>RICK KEFFER</b>                  I-95 Exit 373, Fern Bch. 1-800-228-7454  <a href="http://www.rickkeffer.com">www.rickkeffer.com</a></p> <p><b>ORANGE PARK CHRYSLER JEEP DODGE</b>                  7233 Blanding Blvd. 777-5500  <a href="http://www.orangeparkdodge.com">www.orangeparkdodge.com</a></p> <p><b>HONDA</b>  <b>DUVAL HONDA</b>                  1325 Cassat Ave. 899-1900</p> <p><b>LOU SOBH HONDA OF THE AVENUES</b>                  11333 Phillips Hwy. 370-1300</p>	<p><b>HYUNDAI</b>  <b>KEY HYUNDAI</b>                  4660 Southside Blvd. 642-6060  <a href="http://www.atlanticeep.com">www.atlanticeep.com</a></p> <p><b>ATLANTIC JEEP</b>                  www.atlanticeep.com                  2330 US 1 South 354-4421</p> <p><b>JACKSONVILLE CHRYSLER</b>  <b>JEEP DODGE</b>                  9A &amp; BAYMEADOWS. 493-0000</p> <p><b>RICK KEFFER</b>                  I-95 Exit 373, Fern Bch. 1-800-228-7454  <a href="http://www.rickkeffer.com">www.rickkeffer.com</a></p> <p><b>ORANGE PARK CHRYSLER JEEP DODGE</b>                  7233 Blanding Blvd. 777-5500  <a href="http://www.orangeparkdodge.com">www.orangeparkdodge.com</a></p> <p><b>KIA</b>  <b>KIA OF ORANGE PARK</b>                  6373 Blanding Blvd. 771-6078</p> <p><b>LINCOLN</b>  <b>NORTH FLORIDA LINCOLN</b>                  4620 Southside Blvd. 642-4100</p> <p><b>MIKE SHAD FORD LINCOLN</b>                  7700 Blanding Blvd. 777-3673</p> <p><b>SAAB</b>  <b>SAAB OF ORANGE PARK</b>                  7999 Blanding Blvd. 302-5373  <a href="http://www.saaboforangepark.com">www.saaboforangepark.com</a></p>	<p><b>TOYOTA</b>  <b>KEITH PIERSON TOYOTA</b>                  6501 Youngerman Circle. 771-9100</p> <p><b>ERNE PALMER TOYOTA</b>                  1310 Cassat Ave. 389-4561</p> <p><b>VOLKSWAGEN</b>  <b>O'STEEN VOLKSWAGEN VISIT OSTEENVW.COM TODAY!</b>                  904-322-5100</p> <p><b>TOM BUSH VOLKSWAGEN</b>                  VISIT TOMBUSHVW.COM 904-725-0911</p> <p><b>VOLVO</b>  <b>O'STEEN VOLVO</b>                  www.osteenvolvo.com 396-5486</p> <p><b>PRE-OWNED VEHICLES</b>  <b>AUTO LINE</b>                  A Family owned Business <a href="http://autolinepreowned.com">autolinepreowned.com</a>                  2126 Mayport Rd., Atlantic Beach 904-242-8000</p> <p><b>AUTOS BEACH BLVD. AUTOMOTIVE</b>                  Family Owned Since 1967 <a href="http://beachblvdautomotive.com">beachblvdautomotive.com</a>                  6833 Beach Blvd. 724-3511</p> <p><b>DARCARS WESTSIDE PRE-OWNED SUPERSTORE</b>                  1672 Cassat Ave. 904-384-6561  <a href="http://www.westsidedodge.net">www.westsidedodge.net</a></p>	<p><b>PRE-OWNED VEHICLES</b>  <b>DARCARS WESTSIDE PRE-OWNED SUPERSTORE</b>                  1672 Cassat Ave. 904-384-6561  <a href="http://www.westsidedodge.net">www.westsidedodge.net</a></p> <p><b>O'STEEN VW CERTIFIED PRE-OWNED CENTER VISIT OSTEENVW.COM TODAY!</b>                  904-322-5100</p> <p><b>WORLD IMPORTS CERTIFIED PRE-OWNED AUTO CENTER</b>                  www.worldimportsusa.com                  11650 BEACH BLVD. 998-9992</p> <p><b>SUPPORT YOUR LOCAL DEALERSHIPS BY SHOPPING LOCALLY. READ DRIVE EVERY SATURDAY IN THE TIMES-UNION OR GO TO DRIVE.JACKSONVILLE.COM FOR GREAT LOCAL DEALS. LET'S SHOP LOCAL!</b></p>
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**• FREE • FREE •**

**Navy Classified Ads**

**THE FLEET MARKET**

**ADVERTISING RULES**

**Please fill out this form in black or blue ink.**

**DEADLINES**

**THE MIRROR**

**Noon Friday**

Rank/Grade: \_\_\_\_\_ Work Phone# \_\_\_\_\_ Organization: \_\_\_\_\_ Date Submitted: \_\_\_\_\_

Name(please print): \_\_\_\_\_ Signature: \_\_\_\_\_

- Free advertising in the Fleet Market is restricted to active duty and retired military personnel (or their dependents) and civilian employees assigned to the Mayport Naval Station.
- Advertising in the Fleet Market is a free service provided by the publisher to help qualified personnel dispose of unwanted personal articles. **Service ads such as sharing rides to work or on leave, announcing lost and found items, and garage sales will be accepted. ADS PERTAINING TO GUN SALES WILL NOT BE ACCEPTED. CHILD OR PET ADS WILL ONLY BE ACCEPTED IF THE ANIMALS ARE OFFERED FREE. CHILD CARE PROVIDERS CANNOT DISCRIMINATE. REAL ESTATE ADS WILL BE LIMITED TO ANNOUNCEMENT OF HOMES FOR SALE OR RENT BY QUALIFIED INDIVIDUALS WITH PERMANENT CHANGE OF STATUS (PCS) OR "OFFICIALLY REASSIGNED" ORDERS. REAL ESTATE ADS MUST CONTAIN ONE OF THOSE STATEMENTS IN THE BODY OF THE AD- OTHERWISE THEY WILL BE BILLED.**
- All information requested must be included and readable. All ads should be written independent of other information contained on this form.
- Ads received after the above time will run in the following week's issue.
- Completed forms should be delivered or mailed to the Fleet Market, Jax Air News, Bldg. 1, Naval Air Station Jacksonville, Jacksonville, FL 32212, or to Jax Air News, One Riverside Avenue, Jacksonville, FL 32202.
- Ads appearing to be in the promotion of a business or which do not meet the above requirements will be billed. The publisher reserves the right to omit any or all ads.
- Additional readership in other publications can be arranged for a nominal fee by calling 1-800-258-4637 (toll free), or enclosing your phone number.
- Faxed ads will be accepted at 904-366-6230, however, they must be completed on an original form.

Select the number of weeks ad is to run:  1 wk  2 wks  3 wks  4 wks

To renew your ad after the allotted time, you must re-submit your ad to The Mirror. NOTE: (1) This form must be clipped (not torn) along the outside border. (2) No more than one word (or abbreviation for one word) per block. (3) Only two free ads per family, per week. (4) Select the category for the ad by referring to the Classified Index.

Category: \_\_\_\_\_

**FREE • FREE •**

One Riverside Avenue, Jacksonville FL 32202

## Employment

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

### Child Care

**24 HOUR Family Day Care**  
DCFC, CDA, First Aid,  
CPR Infant-school age + VPK.  
Mrs. Mosby 904-868-6518  
Middleburg

**Compassionate Childcare**  
Service. Over 20yrs exp.  
Numerous references  
available on request.  
Please call Barbara 912-673-6792

### Lawn Service / Landscaping

**A SOD REPAIRS**- Removal & install  
\$275 per pallet. Sod, labor, fertilizer  
incl'd. No up-front fee. 904-868-7602

This is how I work  
to make critical repairs  
to support my crew  
to support my ship.  
This is how I work to  
build my future  
and take command of my career  
with Military Sealift Command.

Military Sealift Command is actively  
recruiting for all departments.  
See [www.sealiftcommand.com](http://www.sealiftcommand.com)  
for a complete list of positions.  
Call 866-834-0049 to speak with a recruiter  
or visit us at this upcoming event.

## Active Duty Event

Thursday, March 1, 2012

11:00 a.m. – 3:00 p.m.

Fleet and Family Support Center (FFSC)

Naval Station - Mayport

Jacksonville FL



**MILITARY SEALIFT COMMAND**

Take Command of Your Career®

CIVILIAN CAREERS

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DEPARTMENT OF THE NAVY

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100% online degree programs in exciting, in-demand fields

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- SOC Member
- One class a month
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- Associate, bachelor's, master's and doctoral degrees

**KEISER UNIVERSITY JACKSONVILLE**

**1.877.919.9015**

Admissions Hours (EST): Mon - Thur 7:30a.m. - 8p.m.,  
Fri 7:30a.m. - 5p.m., Sat 9a.m. - 1p.m.

Keiser University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award certificates and degrees at the associate, baccalaureate, masters, and doctoral levels. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Keiser University.

[KeiserSuccess.com/Military](http://KeiserSuccess.com/Military)

## Merchandise

AC, Heating, Fuel  
Antiques  
Appliances  
Arts & Crafts  
Auctions  
Building Supplies  
Business/Office Equipment  
Clothes  
Collectibles  
Computer  
Craft/Thrift Stores  
Electronics  
Estate Sales  
Farm/Planting  
Fruits/Vegetables  
Furniture/Household  
Garage Sales  
Garden/Lawn  
Hot Tubs/Spas  
Jewelry/Watches  
Kid's Stuff  
Machinery & Tools  
Medical  
Miscellaneous Merchandise  
Musical Merchandise  
Photography  
Portable Buildings  
Public Sales  
Sporting Goods  
Tickets  
Trailers  
Wanted to Buy or Trade

### A/C / Heating / Fuel

**Carrier LCA061P A/C Unit** still in box. Low profile, 6000 BTU. Em: ogoods11@yahoo.com for pic and more info. 270-569-7847

**Carrier LCA061P A/C unit.** Low profile unit & still in box. Asking \$100 obo. Orange Pk. Call 270-569-7847 or email for pics/info: ogoods11@yahoo.com

### Antiques

**AMERICAN INDIAN ITEMS WANTED** - Old rugs, Pottery, Jewelry, Bead work, Paintings, etc. Pre-1960. Please call FL 352-466-3013 or N.M. 505-228-5974

### Appliances

Appliances, buy, sell, trade & repair  
W/Ds, Refrigs, stove, sbs-up wrnry.  
Mon-Sun 9-7. Delivery 904-695-1412

**Gas Grill, Weber "Genesis"**  
model E320, side burner,  
assembled, never used w/tank  
cover & manuel \$400. 904-268-2482

### Auctions

**AUCTIONS BY B LANGSTON'S LLC**  
Guns, coins, furn., sterling, art,  
knives, jewelry, glass, Coll's.  
1671 Atlantic Blvd. in San Marco  
Sunday 1 pm preview at 12N  
BP 13%, cash, check 10%, 642.1003  
blangstons.com Au4237/Ab3056

### Clothes

**Carhartt Men's Sandstone**  
Ridge Coat. Sz-X-lrg. Camel  
color w/wray sherpa lining.  
Asking \$75 obo. E.M.:  
ntfwm@yahoo.com. 270-569-7847

**KIDSWEAR** - name brands - GAP,  
OSHKOSH, POLO, TOMMY HIL-  
FIGER, ADIDAS, GUESS and  
more. Lowest price, you won't find  
higher quality kidswear anywhere.  
We have expertly tailored designer  
fashions, sassy new looks, every-  
thing from basic to casual.  
Just log on to our website:  
[www.majickidsusa.com](http://www.majickidsusa.com)  
You will need discount code  
MK06327 for huge savings.

### Collectibles

**SERAPHIM CLASSICS ANGELS** - Exclusively by  
Romana. Set of 6 Angels.  
Francesca, Samantha, Isabel  
Seraphina, Grace. 904-264-6814

### Electronics

**Aiva 3-disc Stereo system.**  
5spkrs & sub \$30; HP 15" LCD  
flat-screen monitor \$20; Log-  
itec Webcam \$10; cordless  
mouse \$15. 912-673-7388

**Buick AM/FM CD Factory**  
Radio \$175. New. LL Bean Hol-  
ster case camera telephoto  
lens \$25. Taking Zoom \$30.  
904-264-6814

**Klipsch Home Theater 5.1 spkr**  
sys. incl: (2) SB-2 Front Spkrs  
w/grillills (2) SS-1 rear Surr.  
Spkrs w/grills. (1) SC-1 Center  
Channel Spkr w/grill (1) KSW-12  
Subwoofer w/wpr cards still hooked  
up so you can check out before  
purchasing. Exc. cond. Asking \$500  
OBO. Orange Pk. 270-569-7847 Em:  
ogoods11@yahoo.com for pic.

**Olympus Zoom DLX Camera**  
\$20. Minolta Auto 280PX Flash  
\$15. Tokina 115. Tokina Dou-  
bler Minolta M/M/D Body \$30.  
904-264-6814

### Estate Sales

**B. Langston's Presents**  
60 YEARS OF ACCUMULATION  
Toys, tools, mid century, art,  
collect's, furn. Fri./Sat. 9-5  
5029 Alpha Ave. blangstons.com

**B. Langston's Presents**  
Beaucerc / San Jose  
Very full home. Furn, linens,  
Porcelains, chandeliers, jewelry++  
Thurs. 10-6. Fri./Sat. 9-5  
9501 King Colony Rd. blangston.com

### Furniture / Household

**55 gallon aquarium complete**  
set-up, all supplies \$150.  
912-576-3130

**Beautiful 55" Round Solid**  
Wood Dining Table w/4 Side  
Chairs (Minor Dents &  
Scratches). Will e-mail pic. -  
\$450. Keith 904-418-2379

**BED FRAME** Full sz, iron,  
Free Mattress, post & rail/brass  
globes, very old, restored \$175.  
904-268-2482

**BED ~ A Bargain.** Brand new  
Queen Mattress Set. \$140 644-0498

**BED- NEW 6 Piece Cherry**  
Bed Sets, chndlr \$90 912-576-4037

**DESK 59"W 29"D 55"H pull-**  
out for keyboard, lots of stor-  
age cubby holes, great cond.,  
\$95. 264-6814/874-6814

**GUN CABINET-Lighted**  
Accommodates twelve 52" long  
guns & two hand guns.  
43"x74"x14". Bottom storage  
17"x41"x12". Awesome \$295.  
904-264-6814

**Ivy League Bedrm set,**  
dresser, mirror, headbrd,  
nightstands, tobrb, mattress,  
solid wood entertainment set,  
exc cond 904-206-0607/583-2307

**King solid wood cherry fin.**  
headboard & frame for extra  
heavy deep mattress & box  
spring. \$350. 904-278-9177

**LAWN MOWER \$40.**  
Gas Weasler & dryer \$300.  
904-755-6977

**NEW Simmons Leather sofa**  
Can deliver \$375 904-524-6037

**Vintage Maple dining table**  
(needs refinishing) \$100 OBO  
Lrg mirror cherry fin. frame  
\$50 OBO. Country style wooden  
potato/onion keeper \$25 Desk chair  
(black, cloth ex. cond.) \$35 Em:  
ntfwm@yahoo.com. 270-569-7847

**DINNER SET** - 4 chairs, table, \$100.  
904-755-6977

**Wicker & Rattan oval cafe tbl**  
w/2 chrs & glass top. Pd \$295.  
Asking \$100obo. 904-891-8460

**WALL UNIT ENT. CTR**  
99.5"W 75"T 20.5"D Lighted  
storage CDs, etc. Glass drs.  
Adjustable. Like new \$299.  
264-6814

**Wardrobe Armoire-black, 5**  
drawer, upright mirror,  
floor. Asking \$75 obo. Ross  
904-405-4193

### Garage Sale

**Eagle Harbor**  
Produce and Art Market,  
Feb. 25th from 10am-2pm  
at the Eagle Harbor Golf Club.  
Free to the public. Over 50  
vendors with fresh produce,  
honey, jewelry, arts & crafts,  
and more! Enjoy our live band  
and complimentary parking at  
Fleming Island Elementary.  
Please remember to bring cash!

**MANDARIN Multi-Family**  
Craft supplies, collectibles,  
grill, 225, 2725, 80-4p.  
Marbon Rd. to Wilderness.  
Signs to 12166 Blackfoot Ct.

### Garden / Lawn

**LAWN SERVICE EQUIPMENT**  
Toro 42" 9 turn rider. Toro com-  
mercial 21" self propelled w/behind,  
Honda 21" EZ start w/behind, 2  
Troy built weed wackers  
w/attachments, 1 Shindawa Back-  
pack blower, 1 Troybuilt w/behind  
edge call 904-291-0489

### Misc. Merchandise

**7.4 cu. ft. Maytag Gas Dryer**  
Model#MDG600BW. Almost  
new. Ross 904-405-4193

**Adult full sized black drums**  
w/symbols & music stand \$200.  
270-5126 x3006 M-F.

**CHARBOIL 5/5 GAS GRILL**  
cond. \$80. 379-4588

**DIABETIC TEST STRIPS NEEDED**  
\$1 BUY 10/ unexpired boxes \$  
Call Bob at (904) 712-9015

### Misc. Merchandise

**FREE 4'X7' POOL TABLE**  
All equipment incl.  
904-241-2052

**(2) Sewing Machines Singer**  
New Home Commander AB-PRO  
Circle. New fishing rods, reels  
& Nova Rollator Walker  
Explorer red 223-6733

**Giant stuffed Pikachu.** New  
with tags. Asking \$100 OBO.  
Near N.A.S. Jax. E.M.:  
ntfwm@yahoo.com 270-569-7847

**MOTORHOME TIRES (2)**  
Michelin good used size:  
255/80R 22.5XRV. \$75-both.  
904-282-3840

**Two Burial spaces, crypts,**  
vault, openings, marker, Riv-  
erside Memorial Park, Jack-  
sonville. Retail \$18K+. Asking  
\$16,000. Willis 904-304-8185

**Wii game system w/4games,**  
2 Wii wheels. \$90.  
379-4588

### Musical

**FOR SALE: '65 Fender Deluxe**  
Reverb Reissue. About 1yr old  
w/less than 20hrs of play time. Per-  
fect condition-all stock. \$650 FIRM.  
Call Tom @ 904-891-9781

Steinway med. grand, xInt cond.  
Apprsd>\$24k best offer 863-944-3654

### Sporting Goods

**CLUB CAR GOLF CART**  
\$750obo. Well maint. w/batl.  
chgr. 912-673-6888 lv msg

**CRAFTSMAN LAWN**  
TRACTOR 21.0hp 42" \$450.  
912-673-6888 lv msg

**GUN SHOW SCHEDULE** . . . .  
Feb 25 & 26 Ocala  
March 3 & 4 Dade City  
March 17 & 18 Tallahassee  
GunTraderGunShows.com  
352-339-4780

**Tan color Detrek**  
Golf bag mint cond. \$40.  
Wait 778-9167

**PERFORM STRIDE-CLIMBER**  
490 Elliptical sells  
for \$900. Asking \$300.  
912-674-7089

**SCHWINN BEACH CRUISER**  
womans, 7spd, hand brakes,  
\$40. 379-4588

**WORKOUT BENCH.** Exc.  
cond. Uses weights not bands.  
Asking \$300 OBO If interested  
email: ogoods11@yahoo.com  
for more info and pic. 270-569-7847

### Wanted To Buy or Trade

**Buying Comic Books.**  
Call 904-631-9439

**NEEDED Home School &**  
other current text books, grade  
school through University &  
College level 904-445-0233

## Pets & Animals

Adopt a Pet  
Pets & Supplies  
Livestock & Supplies  
Animals Wanted

### Pets and Supplies

**BEAGLE PUPS.** AKC Beagles  
8 weeks \$300 ea. 904-598-4647

## Transportation

Aviation  
Boats  
Sailboats  
Boat Dockage & Rentals  
Marine Equipment  
& Supplies  
RV Rentals  
RV's & Suppliers  
Motorcycles & Mini Bikes  
Auto Brokers  
Auto Parts  
Antiques/Classics  
Automobiles  
Trucks/Trailers/SUVs  
Vans/Buses  
\$2000 or Less  
Commercial Vehicles  
Misc. Auto  
Autos/Trucks Wanted  
Auto Rent/Lease

### Boats

**2009 Carolina Skiff 21.8' Elite.**  
Immaculate and loaded for  
fishing. Custom T-Top w/full  
Electronics including Simrad  
Chartplotter, Boregond Radar and  
Sounder, VHF, Stereo, separate  
Electronics Battery and Switch,  
instruments, wired for trolling  
motor and Mercury Outmax 115  
hp, Loadmaster Aluminum Trailer.  
\$21,900. Call 904-806-1522 or email  
abcrc@att.net for details.

**'97 SEASPORT CC 19' Suzuki**  
140E F1 3 blade S/S Prop.  
Bimini top, many extras, \$5k  
under B/B. Jim 905-7455

**JET SKI & Trailer \$1200obo.**  
HD Sportster exc cond \$6800.  
904-430-3321

### RVs and Supplies

**16K Reese 5th Wheel Hitch**  
Complete with rails & all  
mounting hardware \$275.  
Location Naval Station Mayport  
321-298-1147

**5th Wheel \$350, 14"x40" wood**  
lathe \$155. Werner ladder jack  
set \$100. Leather cycle jacket  
40R, \$40. 904-476-7544/786-9651

**VRI TRAVEL TRAILER Lg.**  
slide out, tow eapt, lg bath,  
TV's, 30" ex. shape, cover,  
642-0881/716-1968. \$18K. Tire cover's

**WESTLAK COLEMAN**  
POP-UP CAMPER \$3,000.  
Slips 6-8, Cartridge toilet  
w/shwr. Outside shwr. Outstanding  
A/C & heat. Very hot wtr htr. Sway  
bar. Awning. Removable tbl. Fits  
in standard garage. Good cond.  
rarely used. 904-525-1538

**WINNEBAGO '07 ITASCA**  
SUNOVA 35L Class A,  
19,118mi's w/2 slideouts, work  
horse, cust. chassis, 8.1 liter,  
Vortech eng., 340hp w/455ft lb  
torque 5500 Onan generator, \$62K.  
712-269-8923

**Winnebago Itasca Sunova 2007**  
35J  
w/2 slideouts  
19,118mi.,  
5500 Onan  
generator  
\$58,000. Call  
712-269-8923

**'07 Yamaha R6 10kmi's, exc.**  
cond., akropovic slip on muff-  
ler, frame sliders, integrated  
undertail turn signal/break  
light, 18 mont. service just per-  
formed at dealership. Dunlop  
Sportmax G2 tires front/back only  
3k mi's on them, \$6,000 OBO.  
713-487-9082

**Motorcycles/Mini Bikes**

**'07 Yamaha R6 10kmi's, exc.**  
cond., akropovic slip on muff-  
ler, frame sliders, integrated  
undertail turn signal/break  
light, 18 mont. service just per-  
formed at dealership. Dunlop  
Sportmax G2 tires front/back only  
3k mi's on them, \$6,000 OBO.  
713-487-9082

### Motorcycles/Mini Bikes

**'09 H-D ROAD GLIDE**  
3700mi's. ABS sec cruise low-  
ered Klokwork windshield  
Badlander seat upgrades ask-  
ing \$18,350. 904-716-7197

**2007 Suzuki M109 Motorcyle**  
4515mi's Only \$8,000.  
Call Hartly 904-495-3410

**2007 HONDA SHADOW Spirit**  
Motor cycle, black, 294mi's,  
\$4000. Hartly 904-495-3410

### Auto Parts

**Michelin P225/60R-17 \$130.**  
2 P275/55-R18 109T \$200. Each  
used P225/70R16 exc cond \$85.  
King Cobra golf bag w/cover  
\$50. 904-384-7809

### Automobiles

**'00 Chrysler Town Country**  
146k, exc. cond, 3.8L, v6,  
\$4500obo. Jim 904-505-7455

**1995 FORD ASPIRE 35/40mpg**  
2 P275/55-R18 109T \$200. Each  
used P225/70R16 exc cond \$85.  
King Cobra golf bag w/cover  
\$50. 904-384-7809

**1997 GMC Safari Van, V6,**  
auto, new tires, avrg miles,  
Dual A/C, P.W., P.L. Tom  
904-891-2569 after 4pm.

**1999 PLYMOUTH BREEZE**  
4dr, 4cvc, silver \$1800obo. 1995  
Toyota Camry 4dr, red, 4cvc,  
\$3400obo. 912-467-3376

**2002 LINCOLN - Exc.** Black-  
wood, one owner, garaged, 99k  
miles, \$18,000. Extra tow  
hooks, new tires, manuals,  
separate 904-384-7809

**2002 PORSCHE BOXSTER,**  
Retiring, desire travel no room  
for wife & golf clubs, must sell  
\$11K. 904-966-1231

**2003 PONTIAC SUNFIRE 2.2L,**  
AT, yellow, 115kmi, runs  
great, new tires, new brakes,  
\$3500obo. 904-860-2202

**2005 Crown Victoria LX fully**  
ided, exc. cond. w/rammer  
Ford premium warr. \$9K.  
904-239-0371

**2007 JEEP PATRIOT 59k mi's,**  
25 avg mpg, manual trans,  
Asking \$10,500. Very good  
cond. Nadio 770-783-1897

**2007 Dodge Charger 74,414mi's,**  
\$11k, grey inter, & exter, w/tint  
24" rims, well maint, reliable,  
Marnika 352-217-3977

**2007 Ford Mustang**  
for sale by owner.  
904-542-3441

**'97 GMC Safari Van V6 AT,**  
new tires average mi's, dual  
AC P.W PL Tom 891-2659 after 4

**CHRYSLER PT CRUISER '02**  
1td Edt-Silver w/frames, 1thr,  
moonr, PS/PW, CC 124kmi's,  
exc. cond. \$4500. 904-291-7918

### Trucks / Trailers / SUVs

**'04 Chevy Colorado Crew Cab**  
127k mi's, new tires, Tonneco  
cover, tow hitch, i-pod ready,  
radio, exc. \$8,994. 904



**Moscow Festival Ballet:**  
**Cinderella**  
March 2

Tickets start at \$16.00



**WOMEN OF IRELAND**  
March 9

Tickets start at \$15.00



Tickets start at \$15.00

**Peking**  
**ACROBATS**  
March 24

**Thrasher-Horne Center for the Arts**  
For tickets: 904-276-6750  
or [THcenter.org](http://THcenter.org)

# Jacksonville Florida's Biggest Administrative Educational Events



**27<sup>th</sup>**  
Annual  
**ADMINISTRATIVE  
PROFESSIONALS**  
Conference & Expo

**ONE DAY ONLY**  
**Wednesday, April 25**  
**8 a.m. – 4:30 p.m.**

Special  
registration  
promotion.  
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**Join us for the 2012 UNF Administrative Professionals Conference & Expo, April 25 at the UNF University Center, Jacksonville.**

Fifteen information-packed workshops will develop your skills and prepare you for workplace challenges. Choose the programs that will benefit you most:

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- Putting Your Best Self Forward
- Finding Peace & Tranquility
- Delegating 101 Unleashed!
- Boost Your Self Esteem
- How to Stay Calm & Control Your Emotions
- Clear & Assertive Communication
- Improving Internet Search Skills
- Writing Effective E-mail Promotions
- It's Your Time – Control Those Who Abuse It
- iPad, iPhone and the App Store
- My Key Still Works – Guess it's Gonna be a Good Day

WOW!  
15 workshops!  
← Look!

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in a fun  
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- Executive Assistants
- Secretaries, Clerks
- Office Managers
- Paralegals

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