

City of Jacksonville to host 'Week of Valor'

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

Jacksonville Mayor Alvin Brown and Commander, Navy Region Southeast Rear Adm. Jack Scorby Jr. held a press conference Oct. 4 to announce the City of Jacksonville's plans to host a "Week of Valor" to honor military members, veterans and their families.

Numerous events will be held throughout the city Nov. 5-12 to recognize the contributions and sacrifices of those serving or have served in the U.S. Armed Forces.

"Today, I'm proud to announce the City of Jacksonville's 2012 'Week of Valor' - a celebration of service and sacrifice by all those who have served and those currently serving," said Brown, during the press conference at Jacksonville City Hall.

"It is so important for us to take these opportunities to say 'thank you.' We must never forget just how much these brave men and women give. Valor is a



Photo by Kaylee LaRocque

Commander, Navy Region Southeast Rear Adm. Jack Scorby Jr. thanks the City of Jacksonville for their support of the military during a press conference on Oct. 4 promoting Jacksonville's "Week of Valor" which will honor the contributions of active-duty military members, veterans and their families the week of Nov. 5-12.

powerful concept. It represents unparalleled courage, selfless service and commitment to our nation."

The mayor then introduced Scorby to the podium.

"For the past year, I've had the privilege of leading the Navy's Southeast Region,

which includes Naval Air Station Jacksonville, Naval Station Mayport, and Navy Submarine Base Kings Bay. Every day, I see our young men and women who have made the commitment to serve our country in a way that most people cannot imagine," said Scorby.

"The men and women in uniform today are but the latest in a long line of heroes who have served their nation in times of conflict and in times of peace," he continued.

"To each of these heroes, both past and present, we owe a debt that we may never be able to fully repay. And for that reason, I am pleased to be here for the launching the City of Jacksonville's 'Week of Valor' initiative. This tribute is a true expression of the long-standing friendship we share between the Armed Forces of the United States and the City of Jacksonville."

During the "Week of Valor,"

See **VALOR**, Page 8

345th Combat Support Hospital unit deploys to Afghanistan

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

A deployment farewell ceremony was held Oct. 5 at NAS Jax to say goodbye to 71 members of the 345th Combat Support Hospital (CSH) who are headed to Afghanistan for the next year. The contingent of Soldiers and their families gathered for the short ceremony and some last minute family time before heading to Fort Hood, Texas for more training before deploying to Afghanistan.

The Soldiers' mission will focus on providing humane healthcare for detainees in U.S. custody; provide healthcare support to U.S. military policemen, Afghan police officers and foreign nationals; and offer medical training to Afghan National Security Force personnel. The hand-picked team consists of doctors, nurses, medics, pharmacists, X-ray technicians and mental health specialists from all over the country.



Soldiers from the 345th Combat Support Hospital Detachment 3 stand in formation during a deployment ceremony at the NAS Jax Reserve Center on Oct. 5. The group is deploying to Afghanistan for the next year following more training at Fort Hood, Texas.

"This mission is a challenging mission, but all of you are prepared. You have trained hard and you have the credentials, qualifications and experience to accomplish this mis-

sion," 332nd Medical Brigade Command Sgt. Maj. Robert Boudnik told the detachment members.

Boudnik also asked each of the Soldiers to look at the insig-

nia of the American flag on their right shoulders and then to their U.S. Army chest plate. "You are a team. You need each other so respect and support one other. Working together as

a team will make this a successful mission," he added.

In closing, Boudnik stressed to the families that they are

See **CSH**, Page 9

Dewey's All Hands Club now open

By Clark Pierce
Editor

Hundreds of active duty and civilian personnel gathered for the Oct. 4 ribbon-cutting ceremony celebrating the grand opening of Dewey's, the new all hands club developed by NAS Jacksonville Morale, Welfare and Recreation (MWR) Department.

"The unique exterior design of Dewey's evokes images of wings and aviation. Inside, the rooms and hallways will be decorated with photographs and art work celebrating our station's 72 years of support for the fleet, family and warfighter," said NAS Jacksonville Commanding Officer Capt. Bob Sanders.

The single story 25,000-sq.ft. multi-purpose facility cost \$8.2 million and

has a capacity of more than 500 patrons. It includes a semi-circular entry lobby, a grand ballroom, a Chief Petty Officers' Pub, a casual dining restaurant and lounge, as well as a full kitchen and catering service. Dewey's is located between Saratoga and Enterprise avenues at Keily Street.

Sanders added, "Dewey's was constructed using green building practices and will attain Leadership in Energy and Environmental Design (LEED) Silver certification as defined by the U.S. Green Building Council. Some of the items included in the certification are the permeable paving parking lot, extensive use of day lighting, and use of insulated concrete form technology for walls with high energy efficiency."

Dewey's Manager John Duncan invit-

See **DEWEY'S**, Page 10



The official opening of Dewey's All Hands Club was highly anticipated. (From left) NAS Jax Deputy Public Works Officer Dan Schickler, NAS Jax Commanding Officer Capt. Bob Sanders, Jeff Friedrich, owner, Friedrich Watkins Company, George Powell, principal of Powell Design Group, and Dewey's Manager John Duncan. The TGIF ensemble of Navy Band Southeast provided music at the event.

INSIDE →

MS RIDE
Team Navy Jax Cares
Page 6

BABY BASICS
Parents Do Baby Boot Camp
Page 18

Check us out Online!

SAFETY "S"
VP-30 Wins Aviation Award
Page 3



jaxairnews.com



Photo courtesy of Ron Williamson

Attendees at the NAS Jax Air Show in 1945, peer into the cockpit of the Grumman F7F Tigercat. The sleek Tigercat arrived too late to see combat in World War II. It was the first Navy and Marine Corps fighter designed with tri-cycle landing gear and was powered by two Pratt & Whitney R-2800 engines. The last of 364 Tigercats was delivered in November of 1946.



U.S. Marine Corps photo

Near Aden, Yemen on Oct. 29, 2000, the guided missile destroyer USS Cole (DDG 67), showing the results of the terrorist attack that killed 17 of her crew and injured 39 others, is towed to the open sea by the Military Sealift Command fleet ocean tug USNS Catawba (T-ATF 168). Two days later, she begins her return to the United States onboard the Norwegian heavy-lift ship S.S. Blue Marlin. On April 19, 2002, a repaired Cole is recommissioned in Pascagoula, Miss. In November 2003, Cole departs for its first six-month deployment since the terrorist attack.

This Week in Navy History

From Staff

Oct. 11

1776 - Battle of Valcour Island on Lake Champlain, New York. Although defeated, the American flotilla delayed the British advance and caused it to fall back into winter quarters.

1824 - Marquis de Lafayette visits the Washington Navy Yard during his year long tour of America.

1942 - Battle of Cape Esperance begins: In two-day battle, American task force stops Japanese attack on Guadalcanal and sinks two Japanese ships while losing only USS Duncan (DD-485).

1950 - Task Force 77 aircraft destroy North Korean vessels off Songjin and Wonsan and north of Hungnam.

1967 - Operation Coronado VI began in Rung Sat Zone.

1968 - Launch of Apollo 7, the first U.S. three-man space mission, commanded by Cmdr. Walter Schirra Jr., USMCR Maj. Ronnie Cunningham served as Lunar Module pilot. The mission lasted 10 days and 20 hours. Recovery was by HS-5 helicopters from USS Essex (CVS-9).

Oct. 12

1914 - USS Jupiter (AC-3) is first Navy

ship to complete transit of Panama Canal.

1944 - Aircraft from Carrier Task Force 38 attack Formosa.

1957 - Rear Adm. Dufek arrives at McMurdo Sound, Antarctica to command Operation Deep Freeze III during the International Geophysical Year of 1957-58.

1965 - End of Project Sealab II where teams of naval divers and scientists spent 15 days moored 205 feet below surface near La Jolla, Calif.

2000 - Terrorists in a boat make suicide attack on USS Cole (DDG-67) while the ship refuels in the port of Aden, Yemen. Seventeen Sailors are killed.

Oct. 13

1775 - Birthday of U.S. Navy. The Continental Congress establishes Continental Navy, later the U.S. Navy.

Oct. 14

1918 - Naval Aviators of Marine Day Squadron 9 make first raid-in-force for the Northern Bombing Group in World War I when they bombed German railroad at Thielt Rive, Belgium.

Oct. 15

1917 - USS Cassin (DD-43) torpedoed by German submarine U-61 off coast of Ireland. In trying to save the ship, Gunner's Mate Osmond Kelly Ingram

becomes first American sailor killed in World War I and later is awarded the Medal of Honor for his heroism. He becomes the first enlisted man to have a ship named for him, in 1919.

1948 - First women officers on active duty sworn in as commissioned officers in regular Navy under Women's Service Integration Act of June 1948 by Secretary of the Navy John Sullivan: Capt. Joy Hancock; Lt. Cmdr. Winifred Quick; Lt. Cmdr. Anne King; Lt. Cmdr. Frances Willoughby; Lt. Ellen Ford; Lt. Doris Cranmore; Lt. j.g. Doris Defenderfer and Lt. j.g. Betty Rae Tennant.

1960 - USS Patrick Henry (SSBN-599) begins successful firing of four Polaris test vehicles under operational rather than test conditions.

1965 - U.S. Naval Support Activity at Danang Vietnam, is established.

Oct. 16

1885 - Capt. Alfred Thayer Mahan becomes Superintendent of the Naval

War College.

1940 - Fifth group of 10 destroyers from the Destroyers for Bases Deal turned over to British at Halifax, Canada.

1942 - Carrier aircraft from USS Hornet (CV-8) conduct attacks on Japanese troops on Guadalcanal.

1943 - Navy accepts its first helicopter, a Sikorsky YR-4B (HNS-1) at Bridgeport, Connecticut.

Oct. 17

1922 - Lt. Cmdr. Virgil Griffin in Vought VE-7SF makes first takeoff from aircraft carrier USS Langley (CV-1) anchored in York River, Va.

1941 - U-568 torpedoes and damages USS Kearny (DD-432) near Iceland, resulting in 11 killed and 22 injured.

1944 - Naval Forces land Army rangers on islands at the entrance to Leyte Gulf in preparation for landings.

1989 - Following San Francisco earthquake, 24 Navy and Military Sealift Command ships rendered assistance.

Teachers, like military families, are valuable assets

By Sarah Smiley

Special Contributor

From The Homefront

Our 41st "Dinner with the Smileys" guest, former Maine governor and current candidate for Sen. Olympia Snowe's Senate seat, Angus King, lives in Brunswick, Maine. At dinner, between answering Ford's tough questions ("Why do people call Maine a liberal state when we always have Republican senators?"), King shared with us how much the Department of Defense Base Closure and Realignment Commission's decision to shut down NAS Brunswick has affected the community. In particular, King and his wife, Mary, spoke about feeling the loss of the positive cultural impact a military community brings to a region.

We military families usually focus on how our move-

every-three-years lifestyle positively influences our own lives. We acquire new tastes and interests. Our children are exposed to different ways of living around the world. We are introduced to different politics and regional concerns (what's politically critical in, say, San Diego, isn't necessarily critical in Omaha).

Too often, however, military families neglect to appreciate how much of an asset we are to the communities in which we live. Our experiences abroad become part of our identity, creating new demands for culturally diverse food. (You haven't seen a variety of ethnic food selections until you've been to a military commissary.) In schools, our military

dependents share stories from their travels. In states where many parents work in the same business — or even for the same company, factory or mill — military children bring new perspective about the working- and middle-class and what it means to be a family.

The flip-side to all of this, of course, is that military families don't stay in one place long enough to really make a lasting difference. Or so we think.

King's comments about what military families bring to a community came, coincidentally, on the heels of my decision to run for the school committee in Bangor. At first, I was hesitant about putting my name on the ballot. Bangor is a small town. Many

people involved in the local government have been in the area their whole lives. I don't know the complete history of the school department, and my kids have only been in the district for four years. What could I offer (besides my BS in Elementary Education)?

But King's comments sparked in me a new way of thinking because. I've seen schools in California, Florida, Virginia and Alabama. I've witnessed good districts and bad districts. In college, I worked at an inner-city school; in Florida, the school was rural. I've volunteered in countless classrooms and tutored at-risk students. In other words, I have a wide perspective.

And what I've always said, even before deciding to run for school committee, is that the difference between the good schools and the bad ones is

people. In all of these cases — big, little; rich, poor; well-funded and not — the difference is teachers. They are a school's best, most important resource. Teachers set the tone for the school. They bring culture, variety, perspective and influence. Schools (and parents) want to hang on to the good teachers. They jockey to make sure their children are in that teacher's class.

I hope other military spouses get involved in their communities as well. For too long we've second guessed our ability and our "right" to be involved in local politics. We've neglected all that we can give back and the chance to share our wealth of experiences and perspective.

As always, you can see pictures from our dinner with King by going to www.Facebook.com/DinnerWithTheSmileys.

IA Luncheon set for Nov. 1

From the Fleet and Family Support Center

NAS Jacksonville and the Northeast Florida Navy League Councils will host the semi-annual Individual Augmentee (IA) Luncheon Nov. 1 at 11 a.m. at the NAS Jax Officers' Club.

During this event, all NAS Jax Sailors who have returned from an IA assignment (within the last six months) will be recognized.

There is no cost for IAs and their spouses. The cost for other military and civilian guests is \$10. Tickets may be purchased at the Fleet and Family Support Center, Monday-Thursday from 7:30 a.m. to 4 p.m. and Friday from 7:30 a.m. to 3 p.m. The deadline to purchase tickets is Oct. 25.

Childcare will be provided at the Child Development Center (CDC) for children of all IAs and spouses in attendance. Call the CDC at 542-9075 to reserve childcare. Pre-registration is required.

Base commands and departments are asked to provide a list of attendees to Shannon Klein of the Fleet and Family Support Center at shannon.klein.ctr@navy.mil by Oct. 18. Please include rate/rank (warfare pin if applicable), command and full name of IAs and their spouse for plaque and certificate information.

Commands with IAs attending are also asked to submit photos of IAs on deployment to Miriam.gallet@navy.mil for inclusion in a multimedia show that will be shown during this event. Photos are needed by Oct. 25.

Navy Band Alumni invited to perform

From Navy Band Southeast

Navy Band Southeast is inviting all Navy Band Alumni to perform at the Alumni Concert at Jacksonville Beach Band Shell Oct. 20 at 12:30 p.m., in conjunction with the 2012 Jacksonville Sea and Sky Spectacular.

A rehearsal will take place at Navy Band Southeast's facility aboard NAS Jax on the evening of Oct. 19.

Anyone interested should contact Navy Band Southeast's Public Affairs Officer MU2 Scott Farquhar at scott.farquhar@navy.mil by Oct. 10.

The *Jax Air News* is an authorized publication for members of the Military Services. Contents of the *Jax Air News* do not necessarily reflect the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, or The Florida Times-Union, of the products and services advertised. Everything advertised in the publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or refractor of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

The deadline for all story and photo submissions is close of business the Friday before publication, and can be sent to jaxairnews@comcast.net.

The deadline for classified submissions is noon Monday. Questions or comments can be directed to the editor. The *Jax Air News* can be reached at (904) 542-3531, fax (904) 542-1534, email JaxAirNews@comcast.net or write the *Jax Air News*, Box 2, NAS Jacksonville, Fla., 32212-5000.

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

Advertisements are solicited by the publisher and inquiries regarding advertisements should be directed to:

Jax Air News

Ellen S. Rykert, Publisher
1 Riverside Avenue • Jacksonville, FL 32202

904-359-4168

Advertising Sales • 904-359-4336
Kim Brannen, Territory Sales Representative • (904) 345-1163

Jax Air News

Commanding Officer

Capt. Bob Sanders

Public Affairs Officer

Miriam S. Gallet

Public Affairs Specialist

Kaylee LaRocque

Editorial Staff

Clark Pierce

Design/Layout

George Atchley

Executive Officer

Capt. Roy Undersander

Command Master Chief

CMDCM(AW/SW)

Brad Shepherd



The "Pro's Nest" safety team receives the CNO Aviation Safety Award Sept. 28 in the VP-30 auditorium. (From left) VP-30 Commanding Officer Capt. Mark Stevens, VP-30 Safety Officer Lt. Lou Gerard, CPRG Safety Officer Lt. Cmdr. C.J. Kreier, VP-30 Safety Officer Lt. Lane Drummond, Ground Safety Officer Emily McKisick, ABHC Jerry Ortiz and Rear Adm. Brian Prindle.

Photo by Lt. Michael Garcia

VP-30 'Pro's Nest' earns CNO Aviation Safety Award

By Lt. Michael Garcia
VP-30 Public Affairs

Officers, enlisted and civilian personnel stood proudly in the VP-30 auditorium Sept. 21 as Commander, Navy Safety Center, Rear Adm. Brian Prindle presented the 2011 Chief of Naval Operations (CNO) Aviation Safety Award (also known as the Safety "S") to the VP-30 "Pro's Nest" aboard NAS Jacksonville.

The VP-30 Safety Team accepted their seventh Safety "S" award on behalf of all the Sailors assigned to the P-3 fleet replacement squadron, and who work to maintain VP-30's stellar safety reputation.

Prindle noted in his remarks that this exemplary record wasn't created by chance. "Representing the Navy's only maritime patrol fleet replacement squadron, the command has created a safety climate that does not tolerate any deviation from procedure because we know it takes us down a road where bad things happen," said Prindle.

The award citation commends VP-30's "superior leadership, superlative airmanship and proactive all-hands commitment to the principles of Operational Risk Management."

Along with his Safety Team, VP-30 Commanding Officer Capt. Mark Stevens, also made it clear that it was an all-hands effort that earned this prestigious award – and that he counts on every member's continued diligence to carry this standard into the future.

The award recognized the squadron's proven commitment to aviation safety. VP-30 aircrew surpassed 7,141 flight hours and 15,465 landings during 2011. This annual milestone contributed to the squadron's record of 452,000 mishap-free flight hours over the past 47 years.

Navy and Marine Corps aircraft squadrons that win this award receive engraved plaques and citations for permanent display. They are also entitled to paint a prominent green "S" on their aircraft until the next year's selections are announced.

The CNO Aviation Safety Award recognizes operational excellence and exemplary safety contributions that further the Naval Aviation Safety Program.

In addition to an outstanding safety record, commands and ships selected must have aggressive aviation safety programs that contribute new ideas in mishap prevention for the general benefit of naval aviation.

NAS Jax to host World Military Golf Championship

From MWR

NAS Jacksonville is hosting the seventh World Military Golf Championship, Conseil International du Sport Militaire (CISM) at the NAS Jax Golf Course Oct. 13-18. CISM began in 1948 with five participating nations. From those five "founder nations" CISM has grown to 126 member nations. The United States joined the organization in 1951.

The aim of CISM is the encouragement of military sports and the development of friendly relations between the armed forces of the various fields related to sport and physical readiness.

The official CISM motto is:

SPORT means peace.

SPORT is the opposite of war.

SPORT is a cure for war.

SPORT is international.

SPORT brings nations closer.

Friendship through sport

The following countries are planning to attend the 2012 CISM Golf Championships and registration is ongoing with a few more countries expected: Bahrain, Canada, Estonia, Germany, Italy, Namibia, Pakistan, Spain, Uganda, United States and Zambia.

CISM schedule of events

Opening ceremonies Oct. 13 at 9 a.m.

Oct. 14 first round of play

Oct. 15 second round of play

Oct. 16 third round of play

Oct. 17 fourth and final round of play

Oct. 18 cultural day and closing ceremonies

For more information, call 542-3111.

Don't accept defeat.

Fight deadly childhood diseases.

800-822-6344

www.stjude.org

A CFC Participant – provided as a public service.

St. Jude Children's Research Hospital
ALSAC • Danny Thomas, Founder

WALKING TOGETHER FOR STRONGER, HEALTHIER BABIES march of dimes march for babies marchforbabies.org

Provided as a public service

KINEKT GEAR RING™ moving gears you can wear

Great Gift Idea!

888-600-8494

watch our video at

www.kinektdesign.com



Dog Houses,
Shadow Boxes
Made to order

Manuel Bello
Woodworking

bellovincent1927@Att.net

904-645-7767

904-654-2665

www.JaxMilitaryShadowBoxes.com

CASH IN ON GREAT REWARDS.

We know it's nice to be rewarded, and our **cashRewards** credit card does just that. Earn cash back on every purchase, every time. Plus, there are no hidden fees, no caps on rewards, and rewards never expire. Now that's worth cashing in on.



NAVY FEDERAL®
Credit Union

ARMY MARINE CORPS
NAVY AIR FORCE
DoD

To sign up today, visit

navyfederal.org or call 1.888.842.6328.

Federally insured by NCUA. App Store® is a service mark of Apple, Inc. Android™ is a trademark of Google, Inc. © 2012 Navy Federal NCUA

Available on the App Store

Google Play

f t

Navy ombudsman at large visits NAS Jacksonville

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

Navy's Ombudsman at Large Monika French visited NAS Jacksonville Oct. 3 as part of her Southeast Region military installation tour to connect with base ombudsman and learn more about installation capabilities.

French's visit began with a briefing by NAS Jax Commanding Officer Capt. Bob Sanders, NAS Jax Executive Officer Capt. Roy Undersander and NAS Jax Command Master Chief (AW/SW) Brad Shepherd on family readiness.

"Being appointed as the United States Navy's Ombudsman at Large by the Chief of Naval Operations, Mrs. French is very interested in many issues regarding the family readiness of our military members and some of the different programs we offer through our Morale, Welfare and Recreation (MWR) Department, Fleet and Family Support Center (FFSC), base chapel and housing office," said Sanders.

"We realize that family readiness is a cornerstone of warfighting readiness," he continued. "Family readiness affects job satisfaction, performance and personnel retention. It is a key element to overall mission performance because a Sailor's strength and commitment originates from and remains with the family."

French also visited the NAS Jax FFSC where she was met by FFSC Director Myrna Wilson who highlighted the center's three functional areas including deployment readiness, crisis response and career support and retention.

Wilson also discussed the numerous programs available to assist military members and their families such



Photos by Kaylee LaRocque

NAS Jax Commanding Officer Bob Sanders greets Navy Ombudsman at Large Monika French during her visit to NAS Jax on Oct. 3. French met with base ombudsmen and visited numerous facilities while aboard the station.



NAS Jax Ombudsman Gi Teevan (left) talks about child care issues she's experienced as a Navy wife with Navy Ombudsman at Large Monika French, center and NAS Jax Child and Youth Program Manager Mary Grenier.

as the Family Employment Readiness Program, Relocation Assistance Program, Exceptional Family Member Program, New Parent Support, financial management and ombudsman support.

Several ombudsmen from various NAS Jax tenant commands also met with French to share their concerns about issues relating to military families.

"One of the biggest issues we discussed was spouse employment, which is an ongoing concern at most bases because military families move so often," stated Kandi Debus, ombudsman for Commander, Navy Region Southeast.

"We also praised the base CO, Capt. Sanders for all his support and how he listens to our concerns and continually provides positive feedback."

Other facilities French toured during her visit to NAS Jax included the base chapel, housing office, Child Development Center and Youth Activities Center.



NAS Jax command ombudsmen gather with Navy Ombudsman at Large Monika French, (front row, center) during her visit to NAS Jax. (From left, front row) HSL-42 Ombudsman Jessica Fowler, NAS Jax Ombudsman Gi Teevan, VP-16 Ellen Berry, French, Navy Education Training Command/Aviation Survival Training Center/Navy Drug Screening Lab and Navy Entomology Center of Excellence Ombudsman Marite Hoffman and Fleet Readiness Center Southeast Ombudsman Christine Vock. (Back row, from left) HSM-74 Ombudsman Juanita Harris, Commander, Navy Region Southeast Ombudsman Kandi Debus, VP-8 Ombudsman Selena Benjamin and Surface Rescue Swimmer School Ombudsman Shanel Morrow.

Fruits, veggies: More matter

By Shelley Torio
Naval Hospital Jacksonville Wellness Center

It's Fruits & Veggies — More Matters Month, raising awareness about fruits and vegetables in one's daily diet. Although people know that fruits and vegetables are associated with good nutrition, many still don't consume the recommended daily amount.



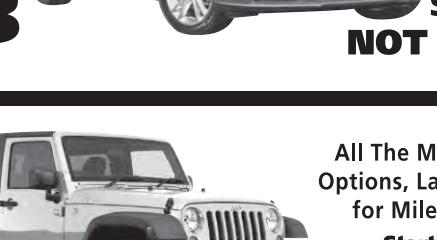
www.jaxcj.com



15% Military Discount off All Parts and Service

facebook
Follow Us On Facebook

Brand New 2012 Dodge Avenger
Starting at only
\$14,988



Dodge Avenger
0 DOWN \$209/MO*
NOT A LEASE.

ALL ACTIVE DUTY AND RETIRED MILITARY BUY THIS YEAR'S HOTTEST VEHICLE ON THE MARKET FOR INVOICE MINUS ALL APPLICABLE INCENTIVES.

0 DOWN \$299/MO*
NOT A LEASE.



All The Models, All The Options, Largest Selection for Miles and Miles.
Starting At Only
\$20,988

0 DOWN \$269/MO*
NOT A LEASE.



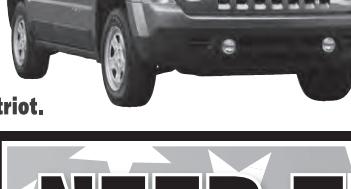
BRAND NEW 2012 Dodge Ram

Up To \$6,000 OFF MSRP



Auto, Power Windows Power Locks, Cruise Tilt, Legendary Jeep Quality at an Extraordinary Price
Starting At Only
\$25,988

Up To \$3,500 OFF MSRP



Every BRAND NEW 2012 Jeep Patriot.

CHECK ENGINE LIGHT ON?

Get it diagnosed here at no charge. This month only.

Must present coupon to dealer.

OIL CHANGE \$15.95

NOT IN CONJUNCTION WITH ANY OTHER OFFERS OR PREVIOUS PURCHASES. TAX AND SHOP SUPPLIES NOT INCLUDED. EXCLUDES HEMI'S, DIESELS AND SYNTHETIC OILS.

Must present coupon to dealer.

NEED TIRES?

WE WILL BEAT OR MATCH ANY TIRE STORES OR COMPETITORS PRICE, AND GIVE YOU A ROAD HAZARD POLICY ON THEM AT NO EXTRA CHARGE.

Must present coupon to dealer.

Mon-Sat 9am until 9pm, Sunday 10:30am-7pm. **904-493-0000**

All pictures are for illustration purposes only. Dealer retains all rebates and incentives. See dealer for additional details. All offers are valid on in stock units, while supplies last. Offers are not in conjunction with any other advertised special, and cannot be combined. All offers are plus tax tag and fees. Dealer has right to purchase tires from competitor, tires have to be same brand and model number. *All payments based on 84 month financing at 3.79% APR, with approved credit. Payments plus tax tag and fees. Minimum 725 beacon score to qualify. See dealer for details.

1308030

FRCSE nominated for prestigious manufacturing award

By Marsha Childs
Fleet Readiness Center Southeast Public Affairs

A team from the Manufacturers Association of Florida (MAF) conducted a site visit Oct. 2 at Fleet Readiness Center Southeast (FRCSE) to review the military depot's manufacturing capabilities as part of the evaluation process for this year's Florida Manufacturer of the Year Award to be named later this year.

The FRCSE Manufacturing Division fabricates, repairs and refurbishes aircraft components and sheet metal parts for a variety of military aircraft including the F/A-18 Strike Fighter, the P-3 Orion maritime patrol aircraft, the SH-60 Seahawk and the EA-6B Prowler Electronic Warfare aircraft.

FRCSE won the 2009 MAF Manufacturer of the Year Award for large category. MAF is an organization that serves to improve the business climate for manufacturers in Florida.

VP-10 supports Joint Warrior exercise in Scotland

By MC2 Foster Bamford
Navy Public Affairs Support Element West

Joint Warrior, a two-week exercise, designed and led by the Joint Tactical Exercise Planning Staff (JTEPS) in the United Kingdom, is the largest military exercise in Europe and began off the coast of Scotland, Oct. 1.

"The exercise is designed to test the skill, knowledge and equipment of the participants in a range of different environments," said Capt. Paul Titterton, director of JTEPS. "By training in this fashion, we are able to prepare for a whole range of potential and ultimately realistic tactical scenarios, from out-and-out warfare to rescuing fishermen captured by pirates."

Three U.S. Navy ships are taking part in the exercise, led by Commander Destroyer Squadron (COMDESRON) 26. They are guided missile cruiser USS Gettysburg (CG 64), guided missile destroyer USS Mitscher (DDG 57) and fleet replenishment oiler USNS Leroy Grumman (TAO 195).

Joining the ships is Detachment 2 from the Grandmasters of Helicopter Maritime Strike Squadron (HSM) 46 and U.S. maritime patrol and reconnaissance aircraft from Experimental

Evaluation Test Squadron (VX) 1, Patrol Squadrons (VP) 9 and VP-10.

"For us, it's kind of a special treat to be one of the ships that gets to go out there and do this exercise with our coalition partners," said Capt. Bob Hein, commanding officer of Gettysburg. "Most likely, these same folks that we are training with, I'm going to see out there in eight months doing operations."

Joint Warrior is designed to improve interoperability and help integrate coalition forces and prepare them for possible joint exercises in a real-world environment.

"Allied and Coalition operations are the standard when units deploy," said Capt. Nelson Castro, commander of COMDESRON 26.

"This exercise provides a venue for our Sailors to practice and learn NATO operating procedures."

Joint Warrior involves sea, ground and air assets from participating allied and NATO forces and aims to foster a spirit of teamwork between nations.

There are land, air and sea units participating from the U.S. and eight other countries: the United Kingdom, France, Canada, Holland, Belgium, Estonia, Norway and Sweden.

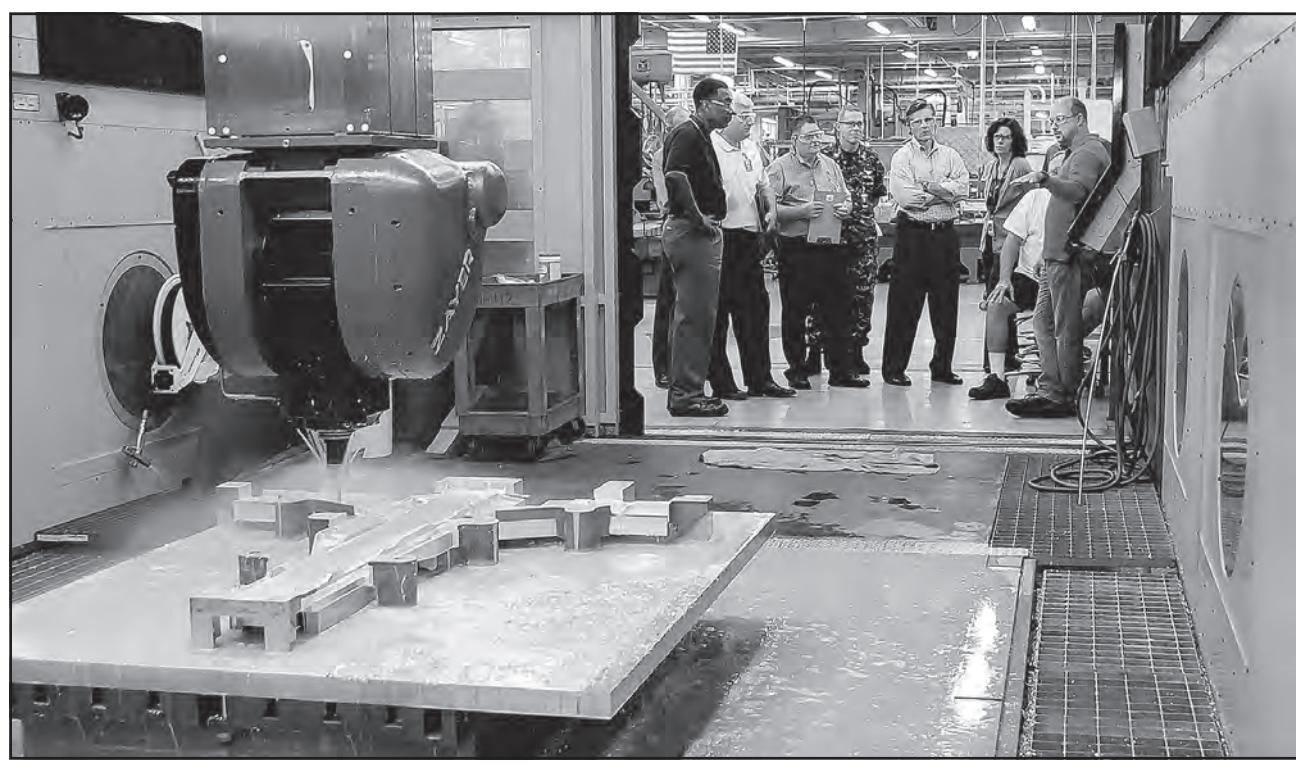


Photo by Victor Pitts

A team representing the Manufacturers Association of Florida (MAF), along with leaders from Fleet Readiness Center Southeast listen as Bryan Berry (right), a computer numerically controlled programmer, explains how artisans program the enormous spar mill to fabricate aviation components during a tour of the facility Oct. 2. The tour of the military facility is part of MAF's competitive process to select a recipient for this year's prestigious Manufacturer of the Year Award to be presented later this year.

First Coast Defense Expo Oct. 17 at Cecil Airport

From Staff

The Florida League of Defense Contractors and the Jacksonville Aviation Authority will launch the inaugural First Coast Defense Expo at Jacksonville Jetport at Cecil Airport on Oct. 17 from 9 a.m. to 5 p.m.

The one-day event will allow the First Coast community - including personnel from regional military installations such as Naval Station Mayport and Naval Air Station Jacksonville - the opportunity to see how the regional defense industry contributes to our national security and creates jobs on the First Coast.

The U.S. Navy, U.S. Coast Guard, and the Florida Air National Guard will have displays at the event, where local, regional and national defense contractors will exhibit their businesses.

In the afternoon, U.S. Rep. Ander Crenshaw, a member of the House Defense Appropriations Subcommittee, along with Florida Lt. Gov. Jennifer Carroll, Jacksonville Mayor Alvin Brown and key defense industry leaders, will participate in a town hall-style discussion on the

role and importance of the defense industry to our national security and economy.

"The First Coast is an anchor to our national security - a standing not possible without the dedication of our men and women in uniform and the support and expertise of the companies that make up our defense industrial base," said Crenshaw.

"The First Coast Defense Expo is a great opportunity to learn about Northeast Florida's contributions to our military. I'll be sharing the Capitol Hill perspective on how defense policy impacts Naval Station Mayport, Naval Air Station Jacksonville, the local industrial base, and our economy. Folks will be able to network, view exhibits, participate in workshops, and meet the people who play a central role in supporting our men and women in uniform in Florida and around the globe."

More information and admission tickets can be obtained on the Florida League of Defense Contractors website at www.fl-dc.org. The Jacksonville Jetport is located at Cecil Airport, 13446 Aerospace Way, in Jacksonville, Fla.

It's more than a car. It's your future.



The MILES® (Military Installment Loan & Educational Services) Program was created to help **educate Active Duty Service Members**. We help you get a great deal on a vehicle, and help you build positive credit for the future.

3 ways the MILES Program protects you.

- ① **Purchase protection.** Our buying protections help ensure that you get a fair deal on a quality vehicle.
- ② **Buyer education.** We provide one-on-one Vehicle Purchase Training to educate you about purchasing, financing and ownership.
- ③ **Building credit.** Responsible financing from a reputable lender can help you establish positive credit for the future.

We've protected over 100,000 Service Members and counting.



Buy quality, buy smart.
Learn more at usmiles.com



Train to Become A **SURGICAL TECHNOLOGIST**

CAREER OPPORTUNITIES:

- Hospital Operating Rooms
- Outpatient Surgery Centers
- Emergency Rooms
- Labor and Delivery Rooms
- Private Surgery Practice
- Many More Exciting Opportunities

Flexible Class Schedules
Financial Aid Available to those who Qualify
Career Placement Assistance for all Graduates
Accredited by ACICS • Approved for Veterans' Training

FORTIS
COLLEGE

Your Life. Powered By Learning

(888) 335-4260

www.fortiscollege.edu

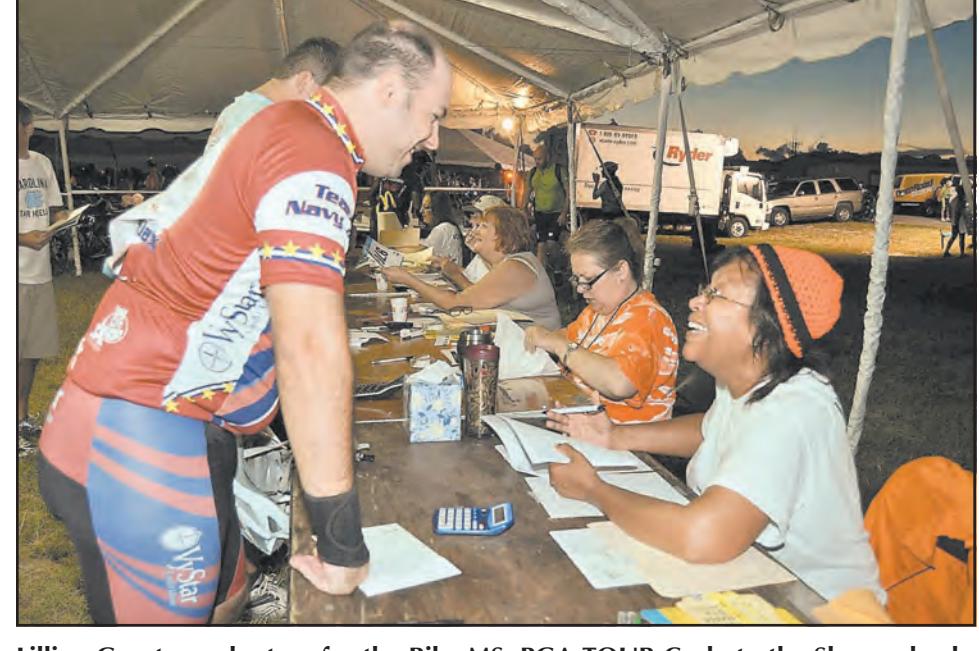
560 Wells Road, Orange Park FL 32073



Members of Team Navy Jax gather for a group photo at the starting line before heading out for the ride to Daytona Beach.



Team Navy Jax member Aaron Johnson fixes the chain on another team members bike.



Lillian Grant, a volunteer for the Bike MS: PGA TOUR Cycle to the Shore, checks in Team Navy Jax member Tim Gardner for the ride on Sept. 29.

Sailors, civilians cycle to the shore to benefit MS Society

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

Members of Team Navy Jax gathered with more than 2,000 cyclists at the St. Augustine Airport Sept. 29 to participate in the 26th annual Bike MS: PGA Tour Cycle to the Shore benefiting the National Multiple Sclerosis (MS) Society.

This is the eighth consecutive year the team has participated in the event, a Combined Federal Campaign-supported charity.

Team members arrived before dawn to prep their bicycles, check in, grab a quick breakfast and prepare themselves for the challenging, but scenic, 86-mile ride on Day 1.

The Saturday portion of the event took the riders on the back roads of North Florida to their destination in Daytona Beach.

While some chose to ride only one leg of the race, many spent the night in Daytona and got up the next morning to pedal back to the finish line. Several members of the team chose to ride the Century course of 100 miles.

"I've lost 135 pounds over the past three years so it's pretty exciting for me personally to be participating in this ride. And, it's for such an important cause. Anything we can do to help while having fun is definitely a good thing," said Team Navy Jax member Tricia Johnson, a first-time rider in the event.

"We've been training pretty hard and I'm ready for this."

"I'm out here to support the MS Society and am thrilled to be part of Team Navy Jax. I rode last year and it's really a great event," added LS1(SW) John Jinenez of Commander, U.S. Naval Forces Southern Command.

"When we participate in events like this, everyone wins. However, we could not do it without the support of our sponsor, VyStar Credit Union and our families and friends. I am thrilled to be part of such a



AWFAN Katy Turner (right) and AWOAN Diane Cagle of VP-30 pump up their tires before heading to the starting line for the Bike MS: PGA TOUR Cycle to the Shore, at the St. Augustine Airport.

great team. This year, we raised \$15,000 in support of the MS Society

"Team Navy Jax is a pleasure to associate and ride with. Never have I seen so many people from so many different backgrounds and careers come together for a common cause. We raised more than \$14,000 to support the MS Society. This

is only one of many events we participate in each year supporting charities to find cures for diseases that in some way affect us all," said Team Navy Jax Co-Captain Jerry Dryden.

After safety announcements, the horn was blown and the riders took off heading down U.S. Highway 1 South to Daytona. After hours of pedaling, team members arrived in Daytona to rest and enjoy a special dinner with the other riders.

"This ride today was awesome. Even though I haven't been on a road bike for 10 months, I had a great team that really helped push me to

continue. During my recent deployment to Afghanistan, I took a lot of spin classes because you can't go out and ride there," stated Lt. Cmdr. Maria Barefield of Naval Hospital Jax after completing the Century Ride to Daytona.

"I really think this year's team was the strongest we've ever had."

The next morning the team members headed back to St. Augustine towards the finish line.

"We love Team Navy Jax. It's a great team which has really grown over the years. They are very supportive of this event and the team members are always very concerned about cycling safety and rules of the road. They are a great influence on other riders," said Cara O'Reilly, vice president of development for Bike MS PGA Tour Cycle to the Shore.

For more information on Team Navy Jax and the charity rides they participate in, call 318-7242.



Teresa Godinez, left, and Stacey Myers of Team Navy Jax tape their numbers on their bikes before heading to the starting line.

Neither the U.S. Navy, nor any other part of the federal government officially endorses any company, sponsor or its products or services.



Bob Gardner of Team Navy Jax carries his bicycle to the starting line at the St. Augustine Airport.



Team Navy Jax members Judy Lind, left in pink, Martha Guardardo, front, and Stan Champion hit the road on the way to Daytona on Sept. 28.



Team Navy Jax member Dr. Curt Standish gives a thumbs-up as he makes his way to the finish line in Daytona Beach.



Team Navy Jax members take a water break while making their way to Daytona on Day One of the ride.



(From left) Team Navy Jax members Aaron Johnson, Tricia Johnson, Teresa Godinez, Lt. Cmdr. Maria Barefield and Bill Davis gather in the team's tent in Daytona Beach after the ride on Sept. 29.

Photos by Kaylee LaRocque and Jerry Dryden



(From left) Team Navy Jax riders Hank Gibson, Lisa Gibson and Stacy Myers make their way up the board walk to the finish line in Daytona Beach after riding 86 miles from the St. Augustine Airport during the 2012 Bike MS: PGA TOUR Cycle to the Shore.



Debbie Harrison of Team Navy Jax heads to the starting line for day two of the ride which will take the cyclists back to St. Augustine.



A group of Century riders from Team Navy Jax happily ride up the boardwalk at Daytona Beach after a grueling 100-mile ride from the St. Augustine Airport. (From left) Bill Davis, Tricia Johnson, Teresa Godinez, Lt. Cmdr. Maria Barefield and Aaron Johnson.

VP-30 aircrewman classes graduate

By Lt. Michael Garcia

VP-30 Public Affairs

VP-30 Executive Officer Commander David Gardella recognized recent graduates of the P-3C CAT I (initial training syllabus) Acoustic and Non-Acoustic Operator Class 1205, Flight Engineer Class 1204, and In-flight Technician Class 1203 Sept. 28.

The honor graduates for the classes were: AWF3 Stephan Johnson (Naval Aircrewman Mechanical Class 1204), AWV3 Derek Rustick (Naval Aircrewman Avionics Class 1203), AWO3 Melissa Goodyear (Naval Aircrewman Operator Class 1205-Non-Acoustic), and AWO3 Blake Pockrandt (Naval Aircrewman Operator Class 1205-Acoustic).

All graduating Sailors were advanced to their listed rank during the ceremony.

These naval aircrews will now report to their assigned operational squadrons to begin their initial sea tour.

Class 1205 - CAT I Acoustic Operator

AWO2 Erich Kohler
AWO2(AW) Michael Toenies
AWO3 Alec Darson

AWO3 Jerle Dungan
AWO3 Zachary Haney
AWO3 Daniel Phillips
AWO3 Blake Pockrandt
AWO3 Cassandra Powell
AWO3 Edward Vandervoort, Jr.
AWO3 Edward Weber

Class 1205 - CAT I Non-acoustic Operator

AWO1(AW) Russell Furgason
AWO3 Melissa Goodyear
AWO3 Robert Hawkins
AWO3 Howard Heim III
AWO3 Jonathan Hull
AWO3 Andrew Montenegro

Class 1204 - CAT I Flight Engineer

AWF3 Derrick Chalk
AWF3 Stephan Johnson
AWF3 Kirsten Jones

Class 1203 - CAT I In-flight Technician

AWV3 Thomas Murillo
AWV3 David Stones
AWV3 Derek Rustick
AWV3 Jaimeson Whiteley



Photo by Lt. Mike Garcia

(From left) Honor Graduates AWO3 Blake Pockrandt, AWO3 Melissa Goodyear and AWV3 Derek Rustick are recognized during the ceremony. Not pictured, AWF3 Stephan Johnson.

VALOR

From Page 1

the following events will be held to pay tribute to the military:

Nov. 5, 11:30 a.m. - Military Appreciation Luncheon at the Prime Osborn Convention Center

Nov. 5-12 - Active duty military and veteran school visits

Nov. 7, 10 a.m. to 2 p.m. - Veterans Summit - University of North Florida University Center

Nov. 8, 8:20 p.m. - Jacksonville Jaguars vs. Indianapolis Colts Military Appreciation Game

Nov. 9, 8:30 a.m. - Veterans Job Fair - Prime Osborn Convention Center

Nov. 9, 4:30 p.m. - Mayport Music Concert - NS Mayport

Nov. 9, 9 p.m. - Navy-Marine Corps Classic, Florida vs. Georgetown - NS Mayport

Nov. 12, 9 a.m. - Veterans Recognition Breakfast - Times Union Center

Nov. 12, 11:01 a.m. - Veterans Day Parade - Downtown Jacksonville

"The Department of the Navy is particularly excited to be part of the Navy-Marine Corps Basketball Classic, which will be played on board USS Bataan at Naval Station Mayport. Ships such as the Bataan are part of America's Away Team, ready to deploy around the world to defend our nation's interests, giving

the United States a "home-court advantage" that cannot be duplicated," said Scorby.

"Bataan will be coming to Mayport along with USS Mesa Verde and USS Carter Hall, two other amphibious warships that constitute a representative amphibious ready group that will match the ships that Secretary of the Navy Ray Mabus announced would be homeported in Mayport beginning in 2013," he added.

"These ships not only reinforce the importance of Northeast Florida in the Navy's strategic dispersal, but demonstrate the value of the Navy-Marine Corps team."

Scorby concluded by praising the City of Jacksonville for their continual support of the military.

"The City of Jacksonville has publicly declared itself as the most military-friendly city in the nation. While the "Week of Valor" is more of a public demon-

stration of support; the city has put in place numerous programs and initiatives that provide tangible benefits to our veterans and active duty service members. This can be seen by the fact that many of our Sailors and Marines

who come to Jacksonville often stay in Jacksonville, even after they leave the military service."

For more information on the City of Jacksonville's "Week of Valor" events, go to: www.coj.net/MilitaryAffairs.



Jacksonville Mayor Alvin Brown announces a series of events to honor military members, veterans and their families during the City of Jacksonville's "Week of Valor" during a press conference on Oct. 4. (From left) Aaron Bowman of the Jacksonville Chamber of Commerce, Jacksonville Jaguars Senior Vice President of Sales Mackey Weaver, Commander, Navy Region Southeast Rear Adm. Jack Scorby Jr., Brown, Jacksonville Director of Military Affairs Victor Guillory and Jacksonville Director, Sports and Entertainment Alan Verlander.

You receive it on Graduation Day. But it's never handed to you. Because when it's a degree from Columbia College, it's a degree that demands effort and rewards hard work. That's a notion our students at 18 campuses on military bases truly understand.



Offering Associate, Bachelor's and Master's Degrees. Online. On Campus. Or both.

GoForGreater.org

(904) 778-9769
110 Yorktown Ave.

(904) 338-9150
7077 Bonneval Rd.



Come join us for Happy Hour!
Tuesday through Saturday 4:30pm-7pm.
John Michael plays from 6:30pm to close!

**\$2.00 Domestic Beers
\$3.50 Glasses of Wine
2 for 1 Call and Well Drinks
Specialty Appetizers**

Double Espresso Chocolate Martini \$8.00

Van Gogh Double Espresso Vodka, Chocolate Liqueur, half & half

Tincho \$6.00

New Age on the rocks w/a squeeze of lime.

The Hilltop Blues \$8.00

Van Gogh Acai Blueberry Vodka, Blueberry Schnapps and fresh blueberries

Russian Standard Original Cosmo \$8.00

Russian Standard Vodka, Cointreau, Cranberry Juice & Fresh Squeezed Lime

Snickerdini \$8.00

Van Gogh Dutch Chocolate Vodka, St. Brendan's Irish Cream and Frangelico

Dutch Chocolate Martini \$8.00

Van Gogh Dutch Chocolate Vodka, Amsterdam Chocolate Liqueur, Crème de Cocoa

Watermelon Cosmopolitan \$8.00

Van Gogh Melon Vodka, Watermelon Schnapps & Sour Mix, Sprite

Pomegranate Martini \$8.00

Van Gogh Pomegranate Vodka & Pomegranate Liqueur w/a splash of Pomegranate Juice



Gift Certificates Available!!

Make Everyday A Special Occasion

Reservations Only

2030 Wells Road, Orange Park • 272-5959 • www.hilltop-club.com

The Hilltop Staff would like to salute all military personnel.

PLEASE DRINK RESPONSIBLY!



Photos by Kaylee LaRocque

Spc. Eduardo Torres of the 345th Combat Support Hospital Detachment 3 says goodbye to his wife, Wendy, and 6-month-old son, Ivan, before heading out on deployment. "I'm going to be missing a lot in the next year, he will be walking when I return home. But I'm proud to be part of such an important mission," said Torres.

Lt. Col. Sandra Hetzel, commander, 345th Combat Support Hospital Detachment 3, praises her team and stresses the importance of the mission during the deployment ceremony for the Soldiers and their families.



chosen for this deployment."

This is the third tour with the unit for Staff Sgt. David Nyholm, non-commissioned officer in charge of the mission, who is a paramedic in his civilian job. "I've deployed twice to Iraq and now we're headed to Afghanistan. I look forward to the challenge. This is a highly skilled mission and the taskings keep changing but we have an outstanding team. We need to succeed and will succeed and come home safely," he said.

Many of the Soldiers were heartbroken to be leaving their families but realized the importance of the mission.

"This is very emotional but it's something I have to do and definitely have a lot of support from my family," said Spc. Eduardo Torres, who was deploying for the second time with the unit. "This time is quite a bit different. Last time, I was single and now I'm married and a dad. I think this deployment will be much harder."

The detachment is expected to return home in August 2013.



Spc. Matthew Medvecky of the 345th Combat Support Hospital Detachment 3, enjoys a quiet moment with his daughter, Emmalyn, before leaving on deployment.

CSH

From Page 1

all part of the Army team and encouraged them to use available resources to help them while their loved ones are deployed. "Thank you for your support and dedication for this mission," he said.

Lt. Col. Sandra Hetzel, commander, 345th CSH Detachment 3, praised her team and thanked them for their service.

"We had a long vetting process for this mission. We had to look for not only specific skill levels, but the personality traits of Soldiers who could qualify for this unique and challenging tasking," said Hetzel. "I am so proud of them and appreciate them and their families. They came together from across the country and have gone through some extremely intense training for many months. This is such a complex mission and these are highly skilled individuals who volunteered and were specifically

YUKON DAYS



YUKON STATION
32230
JACKSONVILLE, FLA.

"IT AIN'T BEVERLY HILLS"

Car and Motorcycle Show
Bike and Auto Swap meet Celebrating the Community of YUKON
November 3rd, 2012
Roosevelt Blvd. at 120th Street
across from NAS JAX

Music ~ Food ~ Beverage ~ Vendors
Awards for top three cars and bikes
Door Prizes

\$ FREE registration - Shine It Up and Bring It In \$

Hosted by: Sunshine State Chevelles



American Muscle
Chevelles

FOR MORE INFO: CALL 904-619-7954 OR E-MAIL: YUKONLTD@COMCAST.NET

Yukon Industries LTD. ♦ J.L. Trents Seafood ♦ Murray's Tavern
Patriot Mania ♦ Urban Treasures ♦ Builders First Source

Evelyn Fowler - Owner "Make Tape"

It works - Wraps for body toning

PRT Time

904-699-3657 \$65⁰⁰

myitworks.com evelynfowler@yahoo.com

THE STORAGE BIN

3 MONTHS FREE RENT

w/ 1 Year Lease

10% Discount for Active & Retired Military

Climate Controlled Units Available

THANK YOU FOR SERVING OUR COUNTRY

5361 Timuquana Road • Jacksonville, FL 32210 • 904-777-0868

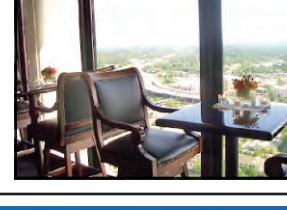
• Resident Manager on Site •



The Only Thing We Overlook is the City!

We specialize in Military Events! Preferred rates are available.

The University Club at www.uc-jacksonville.com



- Squadron Events
- Wedding Receptions
- Rehearsal Dinners
- Retirement Celebrations
Contact 904-396-1687 or denise.brilli@ourclub.com to receive a complimentary lunch & site tour!

Your Future Begins Today!



Classes Start Monthly!

DADE MEDICAL COLLEGE

Enroll Today!

(904)345-5678
DadeMedical.edu

BSN Online • Ultrasound • Nursing
LPN-RN Bridge • Medical Billing & Coding Online





Photos by Clark Pierce

The \$6.4 million Dewey's All Hands Club includes a distinctive roof line and entry lobby. Outside the entrance is a stage for performers.

DEWEY'S

From Page 1

ed those in attendance to tour the all hands club - and enjoy complementary appetizers, desserts and beverages.

"It was a little overwhelming at times, but our MWR club team has really pulled together to create a first-class dining and entertainment experience for our Sailors. We've gotten great feedback from NAS Jax chiefs, petty officers and retirees that we'll incorporate into our operation in the months ahead," said Duncan.

"And our state-of-the-art BINGO system is generating a lot of excitement among players. On Oct. 7, we continue our grand opening celebration with a super BINGO session. We're expecting up to 200 or more players."

Duncan also announced that recently retired Navy culinary specialist Shannon Sonnier had joined Dewey's as executive chef.

In addition to being mess specialist for a number of admirals - including CNRSE Rear Adm. Jack Scorby Jr. - Chef Sonnier also created menus featured at the presidential retreat at



Dewey's Chief Petty Officers' Pub bartender Kat Vanlith takes her first orders for ice cold beer from (right) Nick Sikes, Ken Jones and his wife, Fran, during the Oct. 4 grand opening celebration.

Camp David, Md. In the near future, diners will be seeing delicious new products and flavor combinations from Dewey's kitchen, thanks to Chef Sonnier," said Duncan.

MWR Installation Program Director John Bushick said the both the architect, Powell Design Group, and the general contractor, Friedrich Watkins Company, have previously worked with the Walt Disney Company.

"You can see some of that Disney kind of style when you approach the facility with its soaring roofs that emulate wings," said Bushick.

"We're very proud of the Chiefs' Pub that utilizes a modern brew house concept - and features a number of interesting branded tap handles behind the bar. As for the all hands dining area, we listened to focus groups that wanted a more light, colorful and



In Dewey's casual dining restaurant, server Jodie Laird entices Tommy Walker with a complementary appetizer.

family friendly atmosphere with a low-key approach to alcohol service," explained Bushick.

"Right now, our plan is to smoothly transition our staff from The Zone to this outstanding new facility by offering familiar and proven menu items. Within six months, Chef Sonnier and the Dewey's culinary team will evaluate the menu and customer comment cards to see what new directions can be explored with our food and beverage service. Patrons can expect a number of tasty surprises," said Bushick.

Career Intermission Pilot Program presented

By Ensign Amber Lynn Daniel
Navy Office of Diversity and Inclusion Public Affairs

slots each year.

The Navy Office of Diversity and Inclusion recently presented an overview of the Career Intermission Pilot Program (CIPP) to more than 1,000 Sailors during the 24th Navy Career Counselor Symposium.

The presentation, briefed by Lt. Cmdr. Chris Muller, Career Intermission program manager, discussed current CIPP requirements, future potential changes, and how CIPP can provide balance to a Sailor's career, by setting them on a path to long-term life/work success.

"CIPP is not a one-size-fits-all program. It's not supposed to be," said Muller. "For those Sailors looking to take a break from active duty service to pursue other career-enhancing options, it can be a great way to meet their needs - but they need to know about the program."

Muller said Sailors have heard the acronym CIPP but have a misconception that the program is only open to women who want to take time off to start a family. CIPP can also be used to pursue higher education, better align dual-military careers, care for an ill family member, or even travel the world.

"CIPP is not just a program for women who want to take time off to have children, although for those that want a break in service to do so, it can be a viable option," said Muller. "Sailors are using CIPP for a variety of reasons, the biggest being pursuit of higher education. CIPP is a great program to use for educational opportunities that wouldn't normally be as compatible with full-time active duty service."

CIPP is currently authorized through FY 2015, providing 20 officer and 20 enlisted program application

participants transfer out of the active component and directly into the Individual Ready Reserve (IRR). Participants can utilize the program from one to three years, incurring an active duty obligation of two months for every month of program participation following their return to active duty. While in CIPP, participants retain full medical and dental benefits for themselves and their dependents, full Navy Exchange and Commissary benefits, a monthly stipend equal to 1/15 of the participant's active duty basic pay, and a one-time CONUS permanent change of station (PCS).

During CIPP, participants electronically muster for accountability purposes, but remain in IRR status. All CIPP participants are exempt from consideration for promotion or advancement during intermission.

Upon returning to active duty, the CIPP participant's date of rank is adjusted, allowing the participant to remain competitive with those people at the same experience level. For officers, the date of rank is adjusted to a later date based on the length of the participant's intermission. For enlisted Sailors, enlisted Time in Rate (TIR) and effective date of paygrade are adjusted to a later date based on length of the participant's intermission.

Muller emphasized that applicants are encouraged to apply for CIPP during their normal orders negotiation period, approximately six to nine months in advance of their projected rotation date. Sailors in receipt of PCS orders, Full Time Support (FTS), Sailors currently receiving a CSRB or Sailors who have not completed their first active duty fleet utilization tour are not eligible for CIPP by congressional mandate.

The Blackford Group

Providing insurance solutions in Northeast Florida since 1985

Service Oriented Insurance Solutions

Home Owner, Life, Auto, RV, Trailer, Motorcycle, Business, Health, Medicare, Supplements

THANKS TO ALL OF OUR MILITARY!

904-886-4293 • 11481 OLD ST. AUGUSTINE RD., #201

9117-01

AUCTION DIRECT USA

GIVES YOU THE BEST!

BEST PRICE BEST SELECTION BEST FINANCING OPTIONS BEST EXPERIENCE!

JOIN US FOR OUR SALUTE TO THE MILITARY WEEKEND

THURSDAY OCT. 11TH – SUNDAY OCT. 14TH

SPECIAL
MILITARY FINANCING
AVAILABLE
FOR ALL RANKS AND CREDIT



INTEREST RATES
AS LOW AS

1.69%*

LENDERS ARE
ON SITE
NOW!



SHOP AND COMPARE OUR LOW PRICES TO ANY OTHER DEALER DURING THIS EVENT!

PRIZE GIVE-A-WAYS GOING ON ALL WEEKEND LONG!

WE ARE GRILLING OUT SATURDAY OCT. 13TH FROM 12PM – 4PM

JOIN US FOR FOOD, DRINKS AND PRIZES

AUCTION
DIRECT
USA
USED VEHICLE SUPERSTORE

6400 BLANDING BLVD. JACKSONVILLE, FL, 32244

1-800-399-1925 • AUCTIONDIRECT.COM

OPEN 7 DAYS A WEEK

98%
Customer
Approval
Rating!

98% figure is based on customer survey of people who purchase a car from Auction Direct USA from 1/2012 to 7/2012. Dealer not responsible for errors and omissions.

* 1.69% financing available for 36 months W.A.C. and credit score of 730 & higher. See dealer for details.



THE LOWEST PRICE...THE BEST EXPERIENCE!



NAS Jax hosts three golf championships

By Clark Pierce
Editor

The NAS Jacksonville Golf Course hosted the stroke play All-Navy Golf Camp Sept. 29 - Oct. 2. The next week, inter-service teams competed in the stroke play Armed Forces Golf Championship Oct. 6-9, followed by the CISM World Military Golf Championship, being held here Oct. 13-16.

"One of the things that makes our golf course ideal for championship play is that riverfront lodging and dining are within walking distance of the clubhouse," said Mike McCool, operations manager of the NAS Jax Morale, Welfare and Recreation (MWR) Department that manages the golf course. "We've hosted the All-Navy event several times over the years. This is our first Armed Forces championship and our second time for CISM (Conseil International du Sport Militaire). Hosting these three golf championships at NAS Jacksonville is a lot of work for MWR – but it simplifies logistics and helps control travel costs for the players," said McCool.

The All-Navy Golf Camp consisted of 20 men and three women, with the top-six men and top-three women advancing to the inter-service Armed Forces Golf Championship. All-Navy Golf is an opportunity for Sailors with the appropriate skill set to compete at the highest level outside of the service academies.

"At the Armed Forces competition, each foursome is made up of one player from each service branch (Army, Air Force, Navy, Marine Corps). At the end of play, the top-six men and top-two women will advance to the CISM World Military Golf Championship," said McCool.

He explained that CISM, founded in 1948, supports military sports and physical fitness through the development of friendly relations between armed forces in various fields of sports.

CISM President for Asia, Lt. Col. Hakeem Al-Shino of Bahrain, is the on-site CISM representative. He will join all participants, chiefs of missions and team captains to play the practice round on



Photos by Morgan Kehnert

(From left) PN3 Adam Dickey (1st place), MASN Curtis Smither (6th place), Lt. Scott Digiusto (3rd place), and Lt. j.g. Bryson Carter (2nd place) prepare to tee off during the All-Navy Golf Trials on Oct. 1 at the NAS Jacksonville Golf Course.



U.S. Coast Guard BM1 Michael Bradshaw demonstrates excellent form while teeing off.

NAS Jacksonville Golf Director Joe Carreiro said despite the abundance of summer thunderstorms, the tees, fairways, roughs and greens are in good shape for the tournaments.

"Players will compete each day over the nine holes of the red and white courses that are each par 36. Our grounds-keeping staff has worked tirelessly to maintain the courses' appearance and functionality for these tournaments," said Carreiro.

What's the most challenging hole on the course?

"So far, players have agreed that the back nine (white course) was the most

Saturday.

Countries represented in the championship include Bahrain, Canada, Italy, Netherlands, Pakistan, Namibia, Germany, Spain, Uganda, Zambia and the United States.

NAS Jacksonville Golf Director Joe Carreiro said despite the abundance of summer thunderstorms, the tees, fairways, roughs and greens are in good shape for the tournaments.

challenging. It's a more narrow, more target-oriented course that rewards precision. Spectators will enjoy watching players on the white course, par 4, no. 9," said Carreiro.

Stroke play, also known as medal play, is a scoring system in golf where players record the number of strokes taken at each hole and total them up at the end of a given round. The player with the lowest total is the winner.



All-Navy Golf Camp champs display their new golf bags. (Front row, from left) Women's first place finisher Lt. Nicole Johnson, Men's first place finisher PN3 Adam Dickey and Cmdr. Jaqelyn McClelland. (Back row, from left) Cmdr. Karen Griffith, Cmdr. Antonio Mauro, MASN Curtis Smither, Lt. j.g. Bryson McClelland, Lt. j.g. Charles Lyon and Lt. Scott DiGiusto.

SECDEF releases voting guidance

From Department of Defense Public Affairs

Secretary of Defense Leon Panetta released the following message Oct. 5.

"On November 6th, Americans will have the opportunity to exercise the most important responsibility we have in a democracy – the right to vote. Voters will choose from candidates at every level – from the commander-in-chief, to legislative representatives, to county commissioners, city council members and others."

I don't have to tell you that your vote can determine the future. It really counts. And that's why it's so important to participate in this process – no matter where you are in the world, no matter who you plan to vote for. Please exercise the very privilege that you're willing to fight and die for in order to protect.

But there isn't much time. If you're overseas or away from home, request your absentee ballot immediately, and mail it back in time so that your vote will count. And if you need help, visit your Installation Voter Assistance Office, or see your unit's voting assistance officer, or visit the website www.fvap.gov.

Every day, your efforts make this country safer and its people more secure. You have more than earned the right to vote. So please participate in the democratic process that sustains the blessings of liberty that we work so hard to protect.

This election day I encourage you and your family to play an important part in our great democracy. Your vote will help determine the future of our nation, and the future of a government of, by, and for all people. Thank you."

Explore your opportunities.
 Enjoy your new home.
 Enrich your family life.

Single Family Homes
From the \$140's | 1,266 - 2,371 sq. ft.

Forest Hammock at OakLeaf Plantation

**VA Loan Payments
from
\$938.23
per month***



**Pulte[®]
Homes**

**904-406-7255
pulte.com/foresthammock
 423 Kirkland Court
 Orange Park, FL 32065**

*Closing cost offer available through participation in the Preferred Buyer Rewards Program which includes financing through Pulte Mortgage LLC. Buyers participating in the Preferred Buyer Rewards Program will receive a credit at closing in an amount that is up to \$8,000 for the payment of approved closing costs and prepaids. Based on this example, any buyer, including a buyer not participating in the Preferred Buyer Rewards Program, will receive at closing a credit up to \$3,050, which credit may be used for the payment of approved closing costs and prepaids. Any unused amount of either of these credits is the property of the seller, and may not be applied to purchase price. Total of credits not to exceed 6% of the sales price of the home. Any unused amount of this credit is the property of the seller, and may not be applied to purchase price. The example is based on a VA 30 year fixed rate mortgage, sales price \$164,990, loan amount \$168,537 which includes a 2.15% VA Funding Fee. Note rate 3.500%/3.671% Annual Percentage Rate effective 10/02/12. The monthly payment of \$938.23 includes principal, interest, and estimated property taxes and hazard insurance. Loan must be for a primary residence. All loans are subject to underwriting and loan qualifications of the lender. Rates, terms, and conditions are subject to change without notice. Pulte Mortgage LLC is an Equal Opportunity Lender. NMLS Entity #1791. CGC1519936 ©2012 Pulte Homes



Red Cross volunteers honored

By Jeanne Casey
Deputy Public Affairs Officer,
Naval Hospital Jacksonville

The American Red Cross Northeast Florida Chapter hosted a luncheon Oct. 4 to recognize its volunteers at NAS Jacksonville. In addition to honoring years of dedicated service by each volunteer, the event included live music by Helen Donahoe and Gigi Mitchell, remarks by Red Cross North Florida Region CEO Jack Morgan and NAS Jacksonville Commanding Officer Capt. Bob Sanders, and keynote speaker Naval Hospital (NH) Jacksonville Commanding Officer Capt. Gayle Shaffer.

Red Cross volunteers have served Northeast Florida since 1914, when the national organization was first chartered by President Woodrow Wilson.

For NH Jacksonville's 57,000 patients, a tireless team of 55 Red Cross volunteers plays an invaluable role across 16 departments. Under the leadership of Chair Helen Donahoe and Co-Chair Anne Owen, this team contributes about 1,900 hours each month — or almost 23,000 hours each year.

Volunteers provide vital services, including: counseling patients on personal and family problems; helping with plans for emergency or convalescent leave; getting background information from patients for use by medical staff in diagnosis and treatment; comforting families of seriously ill



(From left) NAS Jacksonville Commanding Officer Capt. Bob Sanders and Red Cross North Florida Region CEO Jack Morgan join NH Jacksonville Commanding Officer Capt. Gayle Shaffer (right) to recognize two-year volunteers (center, left) Terry Miles, William Walsh and Mary Miciano.

patients; and serving as NH Jacksonville ambassadors — lifting the spirits of patients, visitors and staff.

Just a few of these outstanding volunteers include: Donahoe, who has served 39 years; Owen, who has served 13 years; Gwenda Baldwin, with 14 years in the Maternal Infant Unit; Thelma Trutna, with 30 years in Pharmacy; Podiatrist Dr. Jeffrey Schoen, who's new to the team; Terry Miles, who leads the Junior Red Cross volunteer program; George Perry, who volunteers in the Pharmacy five days per week; and husband-wife teams Epifania and Fred Cabales (with a combined 24 years) and Teresa and Robert Wheeler (with a combined 25 years).

Whether driving the parking lot shuttle; welcoming and



patients; and serving as NH Jacksonville ambassadors — lifting the spirits of patients, visitors and staff.



NAS Jacksonville Command Chaplain (Cmdr.) Shannon Skidmore thanks Thelma Trutna, who has volunteered for 30 years in pharmacy and is celebrating attaining U.S. citizenship this year.

checking-in patients in the clinics, emergency room and pharmacy; providing lactation counseling for new moms and babies; filing medical records; delivering cookies on the inpatient units; or providing direct patient care as physicians or nurses — these volunteers, like American Red Cross founder Clara Barton, demonstrate an abiding faith in "the possibility of something better."

Shaffer concluded, "Thank you so much for being part of the Naval Hospital Jacksonville family. We truly could not accomplish our mission without you. I know that you all do this out of generosity of heart and devotion to country. On behalf of Naval Hospital Jacksonville and from my own heart, thank you!"

Red Cross North Florida Region CEO Jack Morgan, NH Jacksonville Red Cross Chair Helen Donahoe and NH Jacksonville Commanding Officer Capt. Gayle Shaffer celebrate Donahoe's 39 years and more than 23,000 hours of service.

Navy doctors speak at Pink Ribbon Symposium



By Deputy PAO Jeanne Casey
Naval Hospital Jacksonville

Naval Hospital (NH) Jacksonville physicians spoke at the annual Pink Ribbon Symposium in Jacksonville on Oct. 6.

Capt. Joseph McQuade, director of public health, addressed the role of exercise in cancer prevention and Cmdr. Carlos Godinez, general surgeon, spoke at a Spanish-language session.

NH Jacksonville's Ribbons & Roses breast cancer support group also attended.

The event is held to help educate the Northeast Florida community on advances in detecting, treating and surviving breast cancer. This year's special guest was Olympic skating gold medalist and cancer survivor Peggy Fleming.

To learn more about NH Jacksonville resources, contact Breast Care Coordinator Nikki Levinson-Lustgarten at 542-7857.

Hospital to host 'Breastival' on Oct. 17

By Deputy PAO Jeanne Casey
Naval Hospital Jacksonville

Everyone is welcome at Naval Hospital (NH) Jacksonville's "Breastival" on Oct. 17, from 9 a.m. to 1 p.m., near the hospital's first floor pharmacy. The event features numerous community organizations that provide tools and education to prevent and manage breast cancer.

The hospital is also accepting entries for the "Calling All Flags" contest through Oct. 15.

The contest welcomes flags that feature patients' stories about how cancer has touched their lives.

For information about both events, contact NH Jacksonville Breast Care Coordinator Nikki Levinson-Lustgarten at 542-7857.



**Thank you for serving us.
Now let us serve you.**

Cash Rebate*
& FREE Home
Staging services
when you buy or
sell your home.

Certified Military Housing
Specialist, Military on the
Move, & Operation Move.

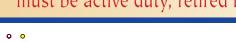
Professional home staging can save up to 78% time on market
and yield up to 15% higher offers and there is NO COST TO YOU!



Melissa Marro
904-466-2093
marro.melissa@gmail.com
nasjaxhomes.com



*must be active duty, retired military, or wounded warrior and register with Military on the Move.



NAVY BPA #N00189-11-A-0049

GSA Packaged Office Contract GS-28F-00274

corporateINTERIORS
furnishing the modern office
A Service-Disabled Veteran-Owned Small Business (SDVOSB)

**C A Service-Disabled
Veteran-Owned Small Business**

A FULL SERVICE CONTRACT OFFICE FURNITURE DEALER

- Space Planning & Design
- Ergonomics
- Installation Services
- Project Management

1660 Prudential Dr., Ste 103, Jacksonville, FL 32207 • 904-345-5510 • www.ci-jax.com

DUNS#:11-866-5033 • NAICS CODES: 3423210, #442110, #423420, #423450, #337214, #337211

FSC: #7110, #7125, #6530 • CAGE CODE: OJSA7

1383129

ZAXBY'S® DAYZ

MONDAY

is Free Beverage Day

Order any Zalad and receive
a FREE 22 oz. beverage

Limit one free beverage per order.

TUESDAY

is Hero Appreciation Day

All EMTs, firefighters, police and military
receive 10% off any meal.*

Kidz Night 5pm-8pm

WEDNESDAY

.99 cent NIBBLERS.

THURSDAY

is Hero Appreciation Day

All EMTs, firefighters, police and military
receive 10% off any meal.*

SATURDAY

22oz. DRINKS for .99 cents

SUNDAY

is Family Day

4 Meal Dealz and
6 Cookies for \$20 All Day



OFFERS VALID AT THIS LOCATION ONLY:
6351 Roosevelt Blvd. • Jacksonville • 904.778.2007

Limited-time offer. Offer valid at this location only. Each restaurant independently owned and operated.

© 2012 Zaxby's Franchising, Inc. "Zaxby's" and "Meal Dealz" are trademarks of Zaxby's Franchising, Inc.

*Must present proper ID or be in official uniform to receive discount.

1395101

VP-8 on deployment



Photos by MC2 Pedro Rodriguez
A P-3C Orion aircraft assigned to the 'Fighting Tigers' of VP-8, approaches the runway at Naval Air Facility Misawa, Japan, on Oct. 2. VP-8 is on a scheduled six-month deployment in support of U.S. 7th Fleet.



AT3 Michael Mitchell (front) and AWV3 William Dorsheimer recover a P-3C Orion aircraft assigned to the 'Fighting Tigers' of VP-8. Both Mitchell and Dorsheimer are with VP-8 on a six-month scheduled deployment to Northern Japan.



AE3 David Perez assigned to the 'Fighting Tigers' of VP-8, connects the cannon plugs on an engine, during an engine change of a P-3C Orion aircraft while on deployment to Northern Japan.



Photos by Clark Pierce



EO2 Dustin Walters signals loader operator EO3 Chris Herrick to raise a pile of rotted railroad ties and logs before transporting them to a nearby recycling dumpster.

HAMMER HALL GAMING
New and Better Game Store in Murray Hill

Featuring: Free tournaments and Game room, Magic the gathering tournaments and singles, Heroclix, L5R league, pathfinder, board game play, Yu-Gi-Oh and much more!

3325-12 Plymouth St. • Jacksonville, FL 32205
On Roosevelt near Five Star Pizza
904-240-1011 • www.hammerhallgaming.com
Your Friendly Neighborhood Game Store.

Military Discount 15% off ALWAYS!!



There's pink. And then there's...
KOMEN PINK

KOMEN NORTH FLORIDA RACE FOR THE CURE.[®]
Saturday, October 20, 2012 • Metropolitan Park
5K Walk/Run • 2K Fun Walk

Not all pink is created equal. So when you run or walk with Komen North Florida, you **know** at least 75% of the money raised will support **local underserved women — and men — in our community** who need screenings and services they could not otherwise afford. The balance helps fund national groundbreaking research projects making major breakthroughs in breast cancer treatment (with \$10 million in research funding currently active in Florida alone).



NATIONAL SERIES SPONSORS



The American dream comes in all shapes and sizes, and so do Lennar homes.

- Everything's Included[®] pricing makes buying a Lennar home easy.
- All Lennar homes are Environments for Living[®] certified, so they're more comfortable for you and better for the environment.

For more information on communities near NAS Jax, call 904.380.0774 or visit LennarJXMP.com.

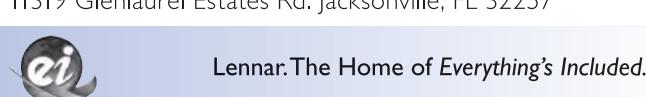


Hamilton Glen at OakLeaf Plantation
Single-family homes from the \$170s
3803 Chasing Falls Road, Orange Park, FL 32065

Eagle Landing at OakLeaf Plantation
Single-family homes from the low-\$200s
2270 Club Lake Drive, Orange Park, FL 32065

Benton Lakes
Single-family homes from the mid-\$200s
4577 Benton Lakes Drive, Jacksonville, FL 32257

Glenlaurel Estates
Single-family homes from the mid-\$200s
11319 Glenlaurel Estates Rd. Jacksonville, FL 32257



LENNAR

Features vary by community. Prices, features and specifications subject to change without notice. See a Lennar New Home Consultant for details. Copyright © 2012 Lennar Corporation. Lennar, the Lennar logo and Everything's Included are registered service marks or service marks of Lennar Corporation and/or its subsidiaries. 9/12

F34021



REGISTER TODAY AT WWW.KOMENNORTHFLORIDA.ORG

Navy Surgeon General charts strategic course for Navy Medicine

By Shoshona Pilip-Florea

Navy Bureau of Medicine and Surgery Public Affairs

The U.S. Navy's top doctor released his strategy map for the future of Navy Medicine on his Falls Church, Va. headquarters website, Oct. 1. Readiness, value and 'jointness' were the three clear priorities laid out for Navy Medicine in the plan, "Navy Medicine: Charted Course."

Vice Adm. Matthew Nathan, U.S. Navy surgeon general and chief, Bureau of Medicine and Surgery, chose the release date to coincide with the new fiscal year for the Department of Defense - representing a new way of thinking and a new way of conducting business for the community he leads.

Navy Medicine is the second largest community in the Navy with more than 63,000 personnel dispersed around the globe. "We live in dynamic times," said Nathan to the top military and civilian health care executives in the Navy, during a workshop aimed at fine-tuning his priorities. "We must concentrate on bringing more value and 'jointness' while maintaining the high state of medical readiness. When the world dials 9-1-1, it is not to make an appointment."

Each of the goals - value, readiness and jointness - have metrics assigned to track their success. They will be assessed and evaluated over the next year. For example, one of the metrics for the value goal includes enrollee network costs and the ability of Navy medical treatment facilities to recapture out of network care.

All three goals also have strategic enabling objectives. According to the plan, "Strategic enablers help

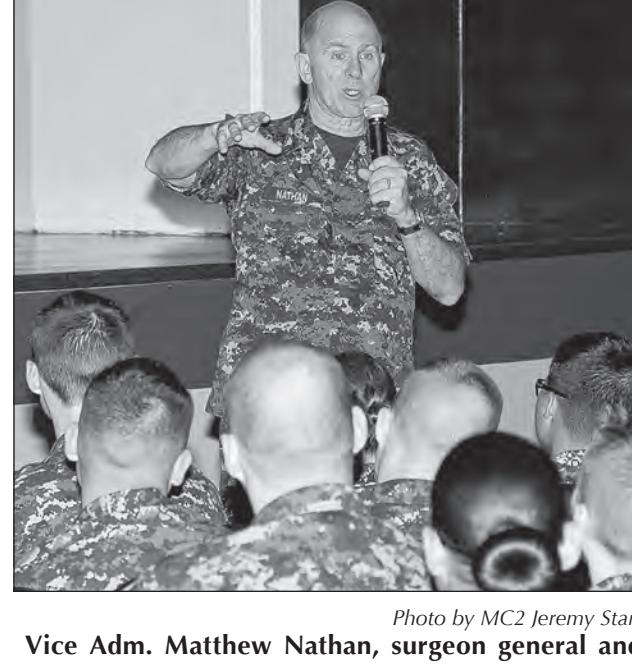


Photo by MC2 Jeremy Starr

Vice Adm. Matthew Nathan, surgeon general and chief of the Navy Bureau of Medicine and Surgery, addresses Sailors during his admiral's call at U.S. Naval Hospital Guam in 2012.

organizations achieve the success of a goal or objective. For example, Navy Medicine is a strategic enabler for the Department of the Navy because it delivers force health protection and a ready force able to meet missions," explained Nathan.

The plan maps out a course for achieving the value, readiness and jointness goals by optimizing the use of medical informatics, technology and telemedicine,

standardizing clinical, non-clinical and business processes, and improving strategic communication and message alignment across the enterprise.

"Medical informatics and use of telemedicine solutions will create efficiencies and improve responsiveness to the needs of [Navy Medicine's] stakeholders and customers. This in turn adds value and improves overall readiness," according to Nathan, who also used the plan to reiterate his guiding principles for Navy Medicine, that he conveyed to the enterprise in a video message earlier this year.

"I want to talk about the philosophy I've had ever since I've been in command and if you've worked for me before, you've heard it," said Nathan in his video message. "It's ship, shipmate, self - take care of the ship, take care of each other, take care of yourself."

According to Nathan, the "ship" is the mission, whether it's caring for patients, creating new vaccines or training new corpsmen. He said "shipmate" represents his expectation that Navy Medicine personnel be vigilant to the needs of those they serve with, always preserving the ethos and professionalism that are the pinnacle of Navy Medicine.

Finally, the "self" is important because Nathan believes Navy Medicine personnel cannot care for others and meet the mission if they are not first caring for themselves. "Asking for help is a sign of strength," according to the guiding principles laid out in the Navy Medicine plan. You must constantly reflect on your own needs and those of your family. Speak up so we can better equip you to meet the challenges you are facing," said Nathan.

Desert Shield/Desert Storm Recognition Ceremony set for Nov. 8

From the Office of Congressman Ander Crenshaw

U.S. Rep. Ander Crenshaw, a member of the U.S. House Defense Appropriations Subcommittee, announced that his 2012 Veterans Special Recognition Ceremony will honor Fourth Congressional District Operation Desert Shield and Desert Storm veterans.

Those eligible for the honor will receive certificates of special recognition in a ceremony at NAS Jacksonville Nov. 8.

"All service branches were involved in a joint effort during Desert Shield and Desert Storm operations, serving our country on land, in the air and in territorial waters in Kuwait, Saudi Arabia, Qatar, Turkey, Syria and beyond," said Crenshaw. "Like the veterans before them, they deserve recognition and thanks for putting their lives at stake for our country."

On Nov. 8, I look forward to honoring eligible Desert Shield and Desert Storm

veterans during my annual Veterans Special Recognition Ceremony at NAS Jacksonville. The program is always one of the highlights of my year."

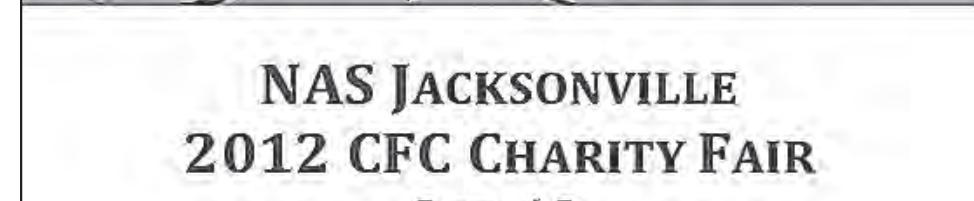
Desert Shield and Desert Storm veterans who live in the Fourth Congressional District and would like to participate are urged to contact Crenshaw's district offices in Jacksonville at (904) 598-0481, on the mobile office phone at (386) 365-3316, or on the district toll-free line from the 850 area code at 888-755-5607.

The application can also be obtained on Crenshaw's official website at www.crenshaw.house.gov. Go to Constituent Services, then Special Events & Notices, and lastly the Veterans Recognition Ceremony to download the press release and application.

Completed applications and documentation should be mailed to: 1061 Riverside Avenue, Suite 100, Jacksonville, FL 32204.

To determine eligibility for the certificate, veterans must complete an

application and submit a copy of their DD-214. Veterans who received the Southwest Asia Service Medal qualify for this program.



NAS JACKSONVILLE 2012 CFC CHARITY FAIR

OCT. 18,
11 A.M. – 1 P.M.

LANGLEY STREET BETWEEN
NAS JAX BUILDING 1 AND NAVFAC BUILDING 903
FOOD, MUSIC, PRIZES

More than 30 charities will attend to thank federal employees for their previous generous contributions and share stories of the how CFC donations impact their charities!



For more information, call 542-5270 or email tanya.hickey@navy.mil.

From the School Liaison Officer

For students anticipating graduation in June 2013, the eligibility requirements have changed for Florida Bright Futures scholarships.

General eligibility requirements include:

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

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

- Begin using the scholarship funds within two - not the previous three - years of high school graduation. This is a 2012 legislative change.

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

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

A major change implemented in 2011 was the submission of a Free Application for Federal Student Aid (FAFSA).

This is still a requirement for Bright Futures eligibility. New language states students must submit an error-free FAFSA.

The FAFSA is also required in the submission of a Florida Resident Access Grant and Access to Better Learning and Education Grant.

Students, after the initial submission of the FAFSA, must then annually submit the FAFSA for renewal of the scholarship prior to disbursement of funds.

Another 2011 change was the increased community service requirements for all three Bright Futures award levels.

FAS - 100 hours (increased from 75 hours)

FMS - 75 hours (increased from 0 hours)

GSV - 30 hours (increased from 0 hours).

Nan Worsowicz, supervisor of guidance for Duval County Schools, indicated this new requirement caused the most problems for 2012 graduates.

Ensure this information is given to the child's school counselor or designee by the end of the first semester of the senior year for seventh semester evaluation or by graduation for eighth semester evaluation.

SAT and ACT test score requirements also changed for this year's graduating class.

2011-12 FAS

SAT - 1270, ACT - 28

2012-13 FAS

SAT - 1280, ACT 28

2011-12 FMS

SAT - 980, ACT - 21

2012-13 FMS

SAT - 1020, ACT 22

The Florida Gold Seal Vocational (GSV) Scholars Award

Scholars Award is no longer funded for an AA or BA degree program.

The GSV award is now limited to 72 semester hours towards an AS,

AAS, CCC, and PSAV.

However in the Applied Technology Diploma it is limited to 60 semester hours.

GSV no longer rolls over to the Medallion level award.

For more information, go to: www.FloridaStudentFinancialAid.org.

or attend the free National Association of College Admissions Counselors National College Fair at the Prime

Expert Watch Repair
Outstanding Service

ring sizing
stone setting
watch repair

bracelet repair
fast service
& much more

In the Fine Jewelry Department

We Are Proud to Offer

Professional Jewelry Repair

Expert Watch Repair

Outstanding Service

ring sizing
stone setting
watch repair

bracelet repair
fast service
& much more

In the Fine Jewelry Department

We Are Proud to Offer

Professional Jewelry Repair

Expert Watch Repair

Outstanding Service

ring sizing
stone setting
watch repair

bracelet repair
fast service
& much more

In the Fine Jewelry Department

We Are Proud to Offer

Professional Jewelry Repair

Expert Watch Repair

Outstanding Service

ring sizing
stone setting
watch repair

bracelet repair
fast service
& much more

In the Fine Jewelry Department

We Are Proud to Offer

Professional Jewelry Repair

Expert Watch Repair

Outstanding Service

ring sizing
stone setting
watch repair

bracelet repair
fast service
& much more

In the Fine Jewelry Department

We Are Proud to Offer

Professional Jewelry Repair

Expert Watch Repair

Outstanding Service

ring sizing
stone setting
watch repair

bracelet repair
fast service
& much more

In the Fine Jewelry Department

We Are Proud to Offer

Professional Jewelry Repair

Expert Watch Repair

Outstanding Service

ring sizing
stone setting
watch repair

bracelet repair
fast service
& much more

In the Fine Jewelry Department

We Are Proud to Offer

Professional Jewelry Repair

Expert Watch Repair

Outstanding Service

ring sizing
stone setting
watch repair

bracelet repair
fast service
& much more

In the Fine Jewelry Department

We Are Proud to Offer

Professional Jewelry Repair

Expert Watch Repair

Outstanding Service

ring sizing
stone setting
watch repair

bracelet repair
fast service
& much more

In the Fine Jewelry Department

We Are Proud to Offer

Professional Jewelry Repair

Expert Watch Repair

Outstanding Service

ring sizing
stone setting
watch repair

bracelet repair
fast service
& much more

In the Fine Jewelry Department

We Are Proud to Offer

Professional Jewelry Repair

Expert Watch Repair

Outstanding Service

ring sizing
stone setting
watch repair

bracelet repair
fast service
& much more

In the Fine Jewelry Department

We Are Proud to Offer

Professional Jewelry Repair

Expert Watch Repair

Outstanding Service

ring sizing
stone setting
watch repair

bracelet repair
fast service
& much more

In the Fine Jewelry Department</p

**Dewey's**

Call 542-3521

Now open in Bldg. 608 between Gillis St. and Keily St. off of Enterprise Ave. Enjoy Dewey's full-service menu, bar and a friendly atmosphere that is great for all ages!

Monday - Friday 10:30 a.m. - 10 p.m.

Saturday & Sunday 4-10 p.m.

CPO Pub

Monday, Tuesday & Friday 11 a.m. - 2 p.m.

Wednesday - Thursday 11 a.m. - 6:30 p.m.

Freedom Lanes Bowling Center

Call 542-3493.

10th annual PBA South Region Adult Pro-Am 9-Pin Tap Oct. 12, 6:30 p.m. & 8:30 p.m. \$25 entry fee

Wednesday

Free bowling for active duty 11 a.m. - 1 p.m.

Wednesday Evening Bowling Special 4-10 p.m. - All you can bowl for \$5.95 Shoe rental not included

Saturday Night Extreme Bowling 7 p.m. - midnight

\$11 per person for two hours of bowling Shoe rental included

Fall Bowling Leagues now forming! Mixed league - Monday - 7 p.m.

After-work league - Wednesday - 4:30 p.m.

Seniors league - Thursday - 9 a.m.

Mixed league - Thursday - 6:30 p.m.

Intramural (Captain's Cup) league - Friday - 11:45 a.m.

Friday night league - 7:30 p.m.

Rising Stars youth league - Saturday - 10:30 a.m.

Navy 237th Birthday 5k - Oct. 11 at 11:30 a.m.

Free to authorized gym patrons. Runners can sign up at the NAS Jax Gym or the Fitness Source before Oct. 5. The run will be held on Perimeter Road at the end of Mustin Road before the Antenna Farm. Registration will also be held at the run site from 10:30-11:15 a.m.

Monster Dash 5k - Oct. 26 at 11:30 a.m.

Free to authorized gym patrons. Runners will earn captain's cup points for their commands for participating. Runners can sign up at the NAS Jax Gym or the Fitness Source before Oct. 19. The run will be held on Perimeter Road at the end of Mustin Road before the Antenna Farm. Registration will also be held at the race site from 10:30-11:15 a.m.

Open Mixed Doubles Tennis Tournament - Oct. 29 at 5 p.m.

Free to NAS Jax authorized men and women, MWR patrons ages 18 and up. Matches play at Guy Ballou Tennis Complex starting at 5 p.m. Call NAS Jax Athletics to sign up by Oct. 26.

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

SPICE

From Page 15

painless head pressure, panic attacks, time distortion and delirium. Psychotic symptoms can last for days, even months in some cases. Long-term effects from this mind-altering drug can include permanent physical impairment, mental illness or death.

These products aren't approved for human consumption and there is no oversight of the manufacturing process. Similar to other drugs on the street, experts warn that you never know what mixture of chemicals could be present in the drugs and users are experimenting with the combination of multiple products which can dramatically change or increase its effects on a case-by-case basis.

In San Diego, one of our major fleet concentration areas, multiple patients have been treated at Naval Medical Center San Diego for using

Spice, some resulting in months of inpatient treatment for persistent psychotic symptoms.

According to the Drug Enforcement Agency, increased dosage, addiction and use of synthetic marijuana has led to a surge in emergency room visits and calls to poison control centers. It saddens me that even though they know that the odds are against them, some of our Sailors continue to gamble with their lives, playing Russian roulette with no possible way to win.

Regrettably, simple message traffic can't portray the negative impact the use of this man-made drug has on unit cohesion. Drug abuse puts lives and missions at risk and undercuts unit readiness, morale and esprit de corps. On flight lines, onboard ships and on bases around the world, we put our lives in the hands of our shipmates. We trust that the Sailor or Marine we are working with

is focused and capable. If they have used Spice, their readiness for duty and their professional judgment is in question.

I also can't adequately express the drug's impact in terms of permanent personal consequences including criminal charges, discharge, and long-term medical issues, not to mention the impact to the Sailor's family. Those most painful and private elements often go untold.

The Navy's implementation of synthetic drug testing is a necessary step in putting a halt to Sailors and Marines using these outlawed and hazardous substances. If unclear of the Navy's policy on drug abuse, it's straightforward and to the point - zero tolerance and illegal. Using Spice, or other trendy drugs and artificial compounds by any member of our Navy and Marine Corps team is incompatible with the guidelines for performance, military discipline, and ready-

ness characterized by today's Sailors and Marines.

In 2011, close to 400 Sailors were processed out of the Navy because they chose to use these drugs.

As shipmates we must all watch out for each other and remind each other that abusers will be caught, they will be separated, lose benefits and will let down the Navy team.

With that gloomy forecast said, I want you to understand that I'm only identifying a very small population of misguided individuals and that an overwhelming majority of our Sailors and Marines conduct themselves honorably.

There are also signs that we are winning the battle. The Navy's history of Zero Tolerance clearly shows dramatic gains in reducing illegal drug use. In 1982, the first year of urinalysis screening, the percent of positive samples was 7.21 percent. For FY 2011, that number was less than one per-

cent, with a total of 1,515 out of 1,184,160 samples testing positive.

At Naval Education and Training Command (NETC) headquarters and throughout our domain, we understand that fleet readiness starts here and we go the extra mile to make sure that our students are equipped to succeed in the fleet. Our instructors and staff are charged with their training, mentoring, setting a personal example, and are committed to good order and discipline. As a team, we take on challenges by developing situational awareness, coaching our shipmates, taking advantage of resources and providing positive leadership. We also faithfully help our shipmates navigate through rough seas, and go the extra mile to prevent a shipmate from making a bad decision that could ruin their lives. If you or someone you know needs help, all you have to do is ask.



Photo by Bill Bonser

Tennis champs

Ensign Matt Oates (left) and Ensign Andy Hinkley of VP-30 defeated HN Tyler Brown and HM2 Jason Fekete of Naval Hospital Jax to win the 2012 Captain's Cup Doubles Tennis Tournament on Sept. 24.

Fitness & Aquatics

Call 542-2930

Family Fitness Center (located above the Youth Center Gym)
Open Monday - Friday 9 a.m. - 1 p.m.
For more information please contact Melissa Luehrs at (904) 542-3518/4238

Extreme Boot Camp
Behind the fitness center
Wednesday at 6:30 p.m.

Outdoor pool
Open for lap swimming
Monday - Friday
5:30 - 8 a.m. & 11 a.m. - 1 p.m.
Recreational swimming Monday - Friday 4:30 - 8 p.m.

Saturday & Sunday 11 a.m. - 2:30 p.m.

I.T.I. Events

Call 542-3318.

Entertainment Books - \$30

Spanish Military Hospital Museum in St. Augustine
Adult \$4.50, Child \$3

Victory Casino Cruise in Port Canaveral
Meal/slot play \$25

Monster Truck Jam
Feb. 23, 2013
Preferred seating - \$41, lower level seating \$22

Trapeze High Florida
Fleming Island
\$35 per person

Scenic St. Augustine Cruise
Adult \$11.75, child \$5.50

2012 - 2013 Live Broadway Series
West Side Story - Dec. 8
Mary Poppins - Jan. 26
Billy Elliot - March 2
Rock of Ages - April 6



Photo by Morgan Kehnert

Children visit ITT

A group of children from the NAS Jax Child Development Center visit Information, Tickets and Travel for the Halloween Horror Nights Vendor Day Oct. 5. Tickets are available for the annual event at the ITT office located near the Navy Exchange. For more information, call 542-3318.

Jacksonville Jaguar Tickets - \$58.50 sections 146 & 147
Jaguar game shuttle - \$12

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

Upcoming ITT Trips:
Mt. Dora - Oct. 27
Lakeridge Winery - Nov. 10

New Armed Forces Disney Salute:
\$153.25 for 4 day ticket with hopper option
\$153.25 for 4 day ticket with water park fun & more
\$180.75 for 4 day ticket with both park hopper and water park fun & more

Universal Studios Special
2 day 1 park each day w/ 3rd day free
\$101.75

2 day park to park w/ 3rd day free
\$120.50

Tickets valid through December 14, 2012

Universal Studios Halloween Horror Nights - \$41.25 - \$71

Order Gator Bowl tickets now - \$35
Fl Classic \$37.50 & \$52.50
Capital One Bowl - \$85
Russell Athletic Bowl - \$70

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

Fall Barracks Bash

Oct. 11, 4-9 p.m.

Free food, entertainment, games & prizes!

Tim Meadows Comedy Show
Oct. 13 at the Comedy Zone
Free admission, soda and appetizers!
Departs Liberty at 7 p.m.

Free Bowling Night

Oct. 17, 7-10 p.m.

NAS Freedom Lanes

NAS Jax Golf Club

Golf course info: 542-3249

Mulligan's info: 542-2936

Military Appreciation Days

\$18 per person, includes cart & green fees
Oct. 23 for active duty

Oct. 11 & 25 for retirees & DoD personnel

Twilight Special

Play 18-holes with cart for only \$16 after 2 p.m. every day!

Monday & Tuesday

Play 18-holes for \$20

Cart and green fee included.

Open to military, DoD and guests. Not applicable on holidays.

CFC Golf Tournament

Oct. 25, 12:30 p.m. shotgun start
\$60 per person

Mulberry Cove Marina

Call 542-3260.

Free Kayak & Canoe Rental

Every Thursday for active duty

Free Stand-up Paddle Board Lesson

Thursday, 11 a.m. - 1 p.m.

Mulberry Cove Marina

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

The Sesame Street / USO Experience

Nov. 13 at 6 p.m.

Youth Center Gym

Tickets will be available beginning Oct. 9, 8 a.m. - 2 p.m.

Drop-in care and open recreation are available!

Family Fitness Center hours are

Monday - Friday, 9 a.m. - 1 p.m.

Bring your child to work out with you!

Call 778-9772 for more information.

Flying Club

Call 777-8549

Ground School

Oct. 29 - Dec. 10

\$500 per person

NAS Jax Sports Standings**As of Oct. 5****Badminton Doubles**

Team	Wins	Losses
NOSC/NAR	0	0
FRC-U	0	1
Naval Hospital	0	0
TPU/PCF	0	0
VP-16 Black	0	0
VP-16 Red	0	0
VP-26	0	0
VR-58	0	0
VR-62	0	0
HSM-70	0	1
HITRON	0	1
NBHC	0	1
NCTS	0	1
NMC Bombers</		



Photos by Lt. j.g. Kevin Wendt

Carl Bennett, rider coach for Navy Traffic Safety with Cape Fox Professional Services at NAS Jax (right) directs students through an obstacle course designed to enhance cornering, breaking and hazard avoidance skills.



Riders enrolled in the new NAS Jacksonville Advanced Rider Course (ARC) practice cornering techniques at the ARC range off of Birmingham Rd. on Oct 2.



A student rider enrolled in the Advanced Rider Course (ARC) navigates the obstacle course at the ARC range. ARC is a level two training class and is designed to be eight hours long, covering rider safety for all two wheeled motorcycles.

bilities related to cornering, breaking and hazard avoidance.

The eight-hour ARC is considered a level-two training class, being equivalent to the Experienced Rider

Course (ERC), Basic Rider Course 2 (BRC2) and the MSRC. The prerequisite is completion of level-one training.

Students will meet at the second deck motorcycle training room at the NAS Jax Auto Hobby Shop. In addition to students wearing proper Personal Protective Equipment (PPE), all bikes must be in good working condition.

For ARC registration, contact Cindy at 542-2584 or Kristen at 542-8810.

New advanced rider motorcycle safety course

From Staff

Cape Fox Professional Services at NAS Jacksonville is offering a new motorcycle safety class called the Advanced Rider Course (ARC).

Designed by the Motorcycle Safety Foundation, this class is nearly identical to the Military Sport Bike Course (MSRC), except that it is open to all types - standard street, touring, chopper and dual-sport - of two wheeled motorcycles.

Beginning in a classroom environment where students learn how to improve perception skills and hazard awareness, the course will also promote an open group setting. Students will work together by analyzing their riding decisions and understanding their risk skill levels.

The driving range, located off of Birmingham Avenue., will focus on enhancing performance capa-



U.S. Navy photo

USS Enterprise memory

After 51 years of distinguished service, USS Enterprise (CVN 65) will inactivate Dec. 1 in a ceremony to be held at Naval Station Norfolk, Va. On the flight deck in 2004, AMAN Mathew Castleberry and AMAN Carissa Boyce prepare to fold the rotor blades of an SH-60F Seahawk assigned to the "Dragonslayers" of HS-11. The squadron, part of Carrier Air Wing (CVW) 1, was supporting Enterprise during carrier qualifications in the Atlantic Ocean.

Basic Rider Course for ladies

From Staff

A two-day Basic Rider Course (BRC) will be offered Nov. 19-20 for female riders only (active duty have priority, dependents/civilians will be accepted on standby status) at NAS Jax. Be the first to sign up for this skill-building class. If you have always wanted to ride a motorcycle, or have tried to learn from someone else, now is the time to enroll and learn from the Motorcycle Safety Foundation female instructors.

Motorcycles, helmets, and gloves are provided, although you may bring your own if you wish - just ensure you wear long sleeve shirts, long pants and over-the-ankle footwear. We will teach this two-day class rain or shine so dress appropriately for the weather. You will have classroom and riding time each day with a written exam and range riding to test your knowledge and skill.

There are only 12 slots available, so contact your command motorcycle safety representative, self enroll on ESAMS, or call Cindy at 542-2584.

RNR
TIRES - FOR YOUR CAR, TRUCK OR VAN

RENT-N-ROLL - Rent to Own*

AS LOW AS **\$10** PER WEEK COMPLETE SET OF 4

- FREE INSTALLATION
- LIFETIME ROTATE & BALANCE
- NO CREDIT HASSLES
- FREE NITROGEN

JUST SOME OF THE BRANDS WE OFFER:

BF Goodrich

Continental

Bridgestone

Pirelli

Michelin

Uniroyal

Goodyear

Kumho Tires

Nexen
Performance Tires

General Tire

Falken

Uniroyal

And More...

- NO CREDIT HASSLES
- TOP BRAND NAMES
- FREE FLAT REPAIR
- ROADSIDE ASSISTANCE PROGRAM

- LIFETIME ROTATE & BALANCE
- EXPERIENCED TIRE EXPERTS

For a Limited Time!
With A New RENT-N-ROLL Tire Agreement!

Get Included For 12 Months...

ROAD WARRIOR
ROADSIDE ASSISTANCE PROGRAM

- LOCK YOUR KEYS IN YOUR CAR? WE WILL HELP!
- RUN OUT OF GAS? WE GOT YOU COVERED!
- IF YOUR BATTERY GOES DEAD, WE GOT YOUR BACK!
- NEED A TOW? NOT A PROBLEM.
- DAMAGED TIRE? WE WILL REPLACE IT FOR FREE!
-ADDITIONAL SERVICES INCLUDED.

mcs
Military Credit Services
AVAILABLE

FREE WEEK

Bring in this coupon and get your second week free on any new RENT-N-ROLL tire agreement. Offer valid on most tires. Not valid with any other special offer or coupon. Some restrictions may apply. See store for details. Offer expires 9/29/12

RNR Wheels & Tires 2012

www.RNRWheels.com

RNR

*Pricing subject to change without notice. Military discount given at time of purchase with valid military ID. Military Credit Services (MCS) - Product and finance terms may vary by state. This is a MCS offer. See store for details of MCS program and finance options. Road Warrior Auto Club services may vary. Additional fee required after promotion period. Ownership of product is obtained once the agreed payment program has been completed. This may be a rental agreement transaction. All pictures in ad are representative only. Not responsible for typographical errors in ad. Guaranteed Lowest Price is on identical item in-stock plus installation with written quote. See store for details.

Rotate & Balance for Life is available every 3000-6000 miles for the life of the tires.

RNR Custom Wheels & Tires Copyright 2012 ©

**THANK YOU
FOR YOUR SERVICE**
**MILITARY
DISCOUNT***

Naval Hospital Jacksonville conducts Baby Boot Camp

By MC1(SW/AW)

Toiete Jackson

Navy Public Affairs Support Element

East, Detachment Southeast

Expectant parents received a crash course on infant care during a Baby Boot Camp class at Naval Hospital Jacksonville (NH Jax) Oct. 3.

Baby Boot Camp focuses on the newborn and what to expect the first few days and weeks at home, as well as prepare them for a positive parenting experience.

"There is a lot of information that parents don't know they need until they need it. Parents are on a very steep learning curve, especially with a first child, so it's important to give them as much information ahead of time," said Alisa Davis R.N., prenatal nurse educator at NH Jax, where two to three babies are born each day. "It makes it a little less overwhelming when they bring their newborn home."

Father-to-be, AE2 Jonathan Musick, assigned to Fleet Readiness Center Southeast, found the class to be very informative. He particularly enjoyed the Happiest Baby on the Block section teaching a five-step method used to soothe infants and greatly reduce crying time.

"I had no idea what swaddling was, let alone how to swaddle a baby. It gives me the confidence to feel at ease, and know I can care for my child. I feel better

"I feel the classes helped us to be more positive about the



STG3 Kimberly Campbell and her husband, Brandon enjoy a calm moment with their five-week old son prior to a Baby Boot Camp class at Naval Hospital (NH) Jacksonville on Oct. 3.

prepared," said Musick.

Participants received information on basic baby care, pediatric dental health, tobacco cessation, Navy-Marine Corps Relief Society Visiting Nurse Program, Happiest Baby on the Block, injury prevention, car seat safety and a demonstration of infant CPR.

A pediatric provider was also on hand to discuss the importance of immunizations and answer other questions.

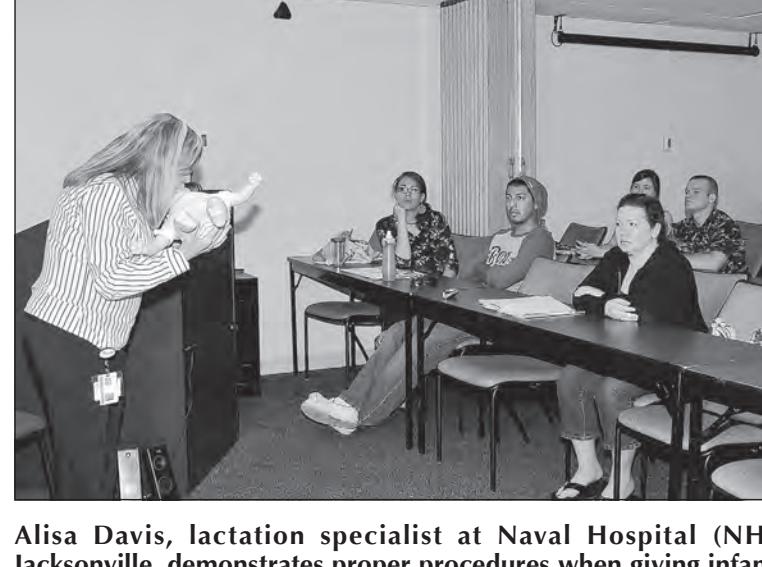
STG3 Kimberly Campbell of VP-30, and her husband, Brandon, attended other classes before Baby Boot Camp and feel all parents should participate in the prenatal classes.

"I feel the classes helped us to be more positive about the

pregnancy and work better together," said Campbell. We received a lot of information that helped us prepare for the delivery."

NH Jax is the first hospital on Florida's First Coast — military or civilian — to earn "Baby Friendly" designation from United Nations Children's Fund (UNICEF) and World Health Organization. It's the third hospital in DoD and fourth in Florida with the certification. Baby Friendly hospitals seek to improve the health of babies and moms by promoting breastfeeding.

If you want to develop a prenatal education plan can, call 542-BABY (542-2229) to register for classes.



Alisa Davis, lactation specialist at Naval Hospital (NH) Jacksonville, demonstrates proper procedures when giving infant CPR to expecting parents during a Baby Boot Camp class at NH Jacksonville.



First time dad AT2 Jonathan Musick, assigned to Fleet Readiness Reserve Southeast, learns how to swaddle a baby with help from his wife, Amber, during a Baby Boot Camp class at Naval Hospital Jacksonville.

Community Calendar

Community volunteers needed immediately to staff concession stand for NFL Jaguars football games at EverBank Field. Call Kathy Cayton at 254-4971.

Operation Kidsafe, a free child safety event, Oct. 12 from 1-7 p.m. and Oct. 13 from 10 a.m. to 4 p.m. at Garber Chevrolet Buick GMC in Green Cove Springs. Free digital fingerprints for children will be offered along with valuable safety tips. Operation Kidsafe founder Mark Bott will be on site to discuss the program. Call 264-2442.

NAS Jax Navy Ball is Oct. 13 at the NAS Jax Officers' Club. Call 542-3530 or email steven.david@navy.mil.

First Coast Defense Expo, Oct. 17, Jacksonville Jetport at Cecil Airport. Information at <http://fedexpo.eventbrite.com/>.

Jacksonville Area Supply Corps Association (JASCA) Golf Tournament, Oct. 26 at 9 a.m. at Eagle Harbor Golf Course. Contact Cmdr. Wade Rindy at wade.rindy@navy.mil. The registration deadline is Oct. 19.

World Golf Hall of Fame & Museum, Nov. 9-11, celebrates Veterans Day with free admission for veterans and dependents. All Hall of Fame guests Nov. 9-11 will enjoy a special scavenger hunt highlighting golf's relationship with the military. In addition, active duty military members and dependents receive free admission Nov. 9-30. For more information, go to www.worldgolfhof.org.

[WorldGolfHallofFame.org](http://www.worldgolfhof.org).

Cecil Pines Antique Car Show and Open House, Nov. 10 from 10 a.m. to 2 p.m. at Cecil Commerce Center. For more information, call 771-8839 or go to www.cecilpines.org.

10th annual Greater Jacksonville Veterans Ball, Nov. 19 at the Hyatt Regency Jacksonville Riverfront. Hosted by Visayas and Mindanao Association. Call Del Papel at 610-2066 or Julieta Wilde at 349-2820.

Military Officers Association of America N.E. Florida Chapter meets the third Wed. of each month. Open to active duty and retirees of all military branches. Contact

Johnnie.walsh@gmail.com or call 282-4650.

National Naval Officers Association meets the fourth Thurs. 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.

Association of Aviation Ordnancemen meets the third Thurs. of each month at 7 p.m. at the Fleet Reserve Center on Collins Road. For information, visit www.aoa9.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.



NEW MODEL NOW OPEN!

FOREST HAMMOCK

At OakLeaf Plantation

- Convenient to NAS Jacksonville, I-295, Branan Field Rd, shopping and dining at OakLeaf Town Center
- Extravagant amenity center featuring community pool, pavilion, playground, volleyball & tennis courts and a lighted soccer field
- Paved walking paths, pocket play parks & over 100 acres of conservation area

HOMES FROM THE \$120's*
NO CDD FEES!

For more information please (904) 375-2151

Directions: From I-295, take exit 12 and head south on Blanding Blvd. Take the second right onto Argyle Forest Blvd and travel 6.4 miles. Argyle Forest Blvd will turn into OakLeaf Plantation Parkway and travel approx 2.5 miles on OakLeaf Plantation Parkway. At the clock tower roundabout, turn right into Forest Hammock, on Plantation Oaks Blvd.

10 D.R.Horton Communities Convenient To NAS Jacksonville!



D·R·HORTON®
NYSE Listed
America's Builder

WWW.DRHORTON.COM/NFL



*Home and community information, including pricing, included features, terms, availability and amenities are subject to change and prior sale at any time without notice or obligation. See your new home consultant for details. Pictures, elevations, features, sizes and colors are approximate for illustration purposes only and will vary from the homes as built. CBC058997 ©2012 DR Horton, Inc. All rights reserved.

Understanding how utilities bill customers

From NAS Jax Energy Team

Utility companies want us to use energy in a predictable way – in a way that makes it easier for them to guarantee they can provide the energy we want. When we call for more energy than they can easily provide, they are usually able to deliver, but the cost can be very high for the last little bit that gets everyone through a cold snap in the winter or a heat wave in the summer.

It is not cost effective for the utility to produce power at maximum capacity all of the time, when the maximum demand is not continuously required.

When the maximum demand is placed on the grid, the utility company may need to start up inefficient and dirty generators for awhile, or purchase from another utility pro-



vider, or pay some customers to use less until the shortage is over.

This is why utility bills can be complicated. Today, more home accounts are charged in a similar fashion to the way commercial accounts have been charged for years. This method rewards using energy at a steady rate, as well as using energy at night when the overall demand is low. Energy used during the peak demand

period is charged at a higher rate, because it is more expensive for the utility to meet that demand.

There are three ways utilities encourage stable energy use:

Time-of-use rates are different rates for different times of day. Higher "on-peak" rates encourage us to use less on weekdays during the day when people are using the most energy. Your utility company will set "on-peak" and "off-peak" times based on typical energy use patterns in your area.

Demand charges are charges based on your single highest peak use during the billing period. These charges encourage us to fit periodic high energy consuming processes into lower energy use periods. Most Navy bases pay demand charges, and they can be substantial in high electric rate areas. Some utility companies

are so serious about encouraging us to limit our highest use that they charge for the highest demand on the system for an entire year. Demand charges can also be called transportation charges, and are starting to show up on natural gas bills as well as electricity bills. These charges help the utility have confidence that the capacity of their transmission lines will be adequate to deliver the required energy to customers.

Tiered rates use one rate for the first so many kilowatt-hours used during the billing period, then a higher rate for the next so many kilowatt-hours used, and so on. Tiered rates require us to pay more for what we use that's above a basic minimum allotment of energy, and, again, encourage us to try to stay within an ener-

gy budget.

Understanding how utility companies bill for their services can help us make wise choices regarding energy use, both at work and at home.

If you have questions about utility bills, stop by the NAS Jax Energy Awareness Month display located near the Navy Exchange food court on Oct. 12-13, from 8 a.m. - 1 p.m. each day. The NAS Jax Energy Team will be there to discuss energy saving opportunities and answer any questions. A lighting comparison board, water saving showerhead display and solar photovoltaic demonstration will also be on display. Also, the energy conservation mascot, BRITE, will be available to silently act out energy conservation practices – just like a mime who looks like a light bulb!

Save energy Oct. 12-13 at NEX courtyard

From Staff

October is Energy Awareness Month, a national effort to underscore how important energy is to our national prosperity, security and environmental well-being.

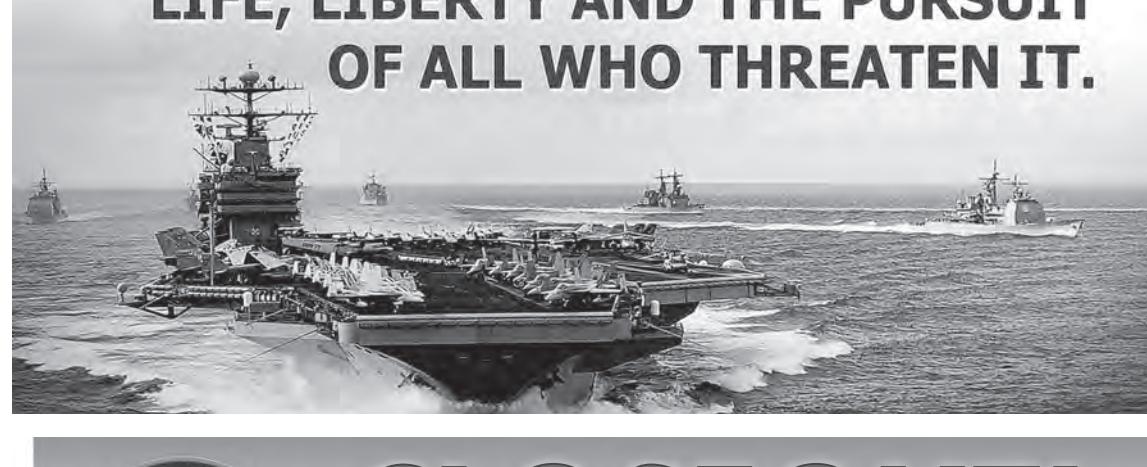
In commemoration of Energy Awareness Month, NAS Jacksonville is kicking off a month of energy saving events and activities. NAS Jacksonville Energy Manager Joshua Bass will be highlighting products and projects that can help you position your household for a more

sustainable future.

Bass will contribute weekly energy tips articles to *Jax Air News*, including:

- Money saving cooling and heating tips;
- Money saving lighting tips;
- Food safety and refrigeration tips;
- When to turn off your personal computer.

Meet Bass in person, Oct. 12 - 13 at the NEX Courtyard. Check out his display of energy efficient products, including a solar-powered GEM low speed vehicle.



MORE
than a **MOVIE**

OCTOBER 18, 1900

FREE Pizza and movie on the BIG SCREEN

THIS Month:

BATTLESHIP



CLOSEOUT!

Price Slashed! \$97,000 in Savings!

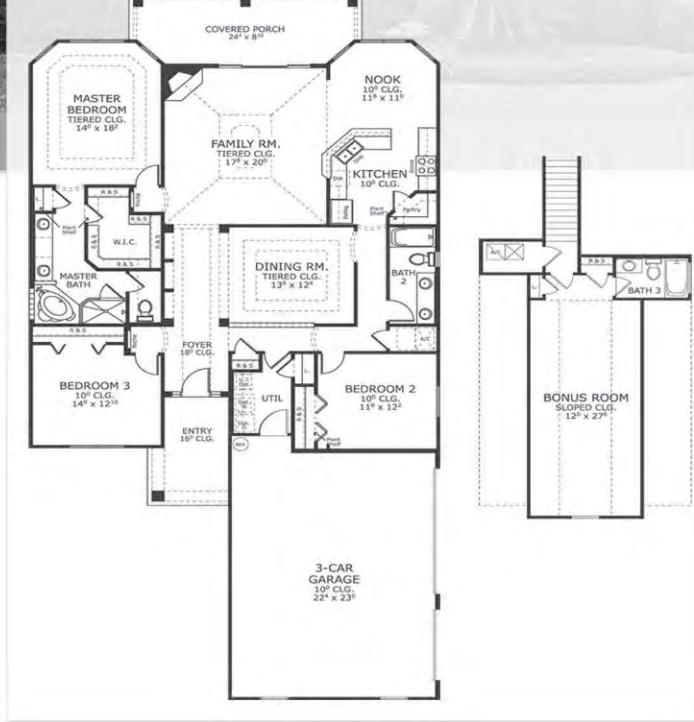


The Princeton I

Supersized gathering room adjoins a wide open casual eating area and corner kitchen layout to make family gatherings a delight. Formal dining space is also available for special occasions.

4 Bed - 3 Bath
Living Sq. Ft.: 2,667
Total Sq. Ft.: 3,469

only \$239,900



Tidewater Offers

Located near Interstate 95 and the I-295 Beltway, Tidewater feels like it is country living in a casual setting but is convenient to shopping, schools, military bases and services. Tidewater is surrounded by the natural beauty of the Timucuan Preserve and the shores of Clapboard Creek that leads into the vast St. Johns River. The clubhouse recreation center within the gated community features a resort style pool, tot lot, sports courts and an outfitters room. Tidewater offers a variety of nature front, lakefront, and creek side sites. Tidewater is the perfect setting for your new custom home in Jacksonville. Homes square footage ranges from 1700 sq. to over 4,000. Each home can be customized for your lifestyle.



ICI HOMES
Florida's Custom Home Builder



855.202.5546
5330 Clapboard Creek Drive
Jacksonville, FL 32226
ICIHomes.com

Indoor pool roof replacement underway

By Ensign Blaine Henning
NAS Jax Public Works Department

A \$925,000 contract was recently awarded for the roof replacement of the NAS Jax indoor swimming pool (building 614) at Enterprise Ave. and Gillis Street. This past August, deteriorated pieces of roof decking began to fall from the ceiling into the pool and surrounding areas – forcing a complete closure of the building. This affects not only recreational swimmers, but also the U.S. Navy Surface Rescue Swimmer School (SRSS).

The roof replacement project is scheduled for completion no later than December. The old gravel roof is being replaced with a “torch-down” modified bitumen roofing system. Deteriorated corrugated steel decking is also being replaced.

The replacement surface is called a “cool roof” because it is covered with a white finish coating that reflects sunlight – resulting in a more energy efficient building by lowering the amount of energy required to cool and heat the space.

In addition to the roof replacement, the east and west sides of the building will get new energy efficient windows.

This project is part of a larger \$3.4 million contract that has already replaced the roofs on



The NAS Jax indoor swimming pool (right) was closed in August due to deterioration of the roof and its supporting structure. The Navy Surface Rescue Swimmer School put its classes on hiatus until January 2013.

buildings 4, 850, 851 and 858. All of these buildings now have the new cool roof that helps contribute to an overall more energy efficient building.

Lt. Kevin Harrington, officer in charge of the SRSS at NAS Jax, said the school's instructors have been flexible.

“When the pool was closed for safety concerns in August, we had a class on board that was only two days away from graduating. We worked with the MWR fitness staff to schedule the students' final in-water pool evaluation at the station's outdoor pool on Allegheny

Road,” said Harrington. “Fleet readiness is not being affected because we worked with SRSS at San Diego and they were able to absorb our scheduled classes through December.”

Harrington explained, “Our four-week CAT I course for surface (ship-borne) swimmers uses the pool to teach basic life-saving procedures and how to use lifesaving equipment. Every Navy ship is required to have two qualified rescue swimmers on board before it can pull away from the pier, so our graduates are considered mission essential.”

The SRSS staff includes 18 rescue swimmer instructors, a hospital corpsman and a parachute rigger. During the pool project, staff are volunteering at elementary schools, helping MWR to install new exercise equipment at the fitness center, and working with Seabees and the NAS Jax Environmental Department to improve base nature trails.

MWR Fitness Director Tanya Henigman said before the indoor pool was closed, it was available to lap swimmers from 5:30 to 8 a.m. and 11 a.m. to 1 p.m. Recreational swimming



Lt. Kevin Harrington, officer-in-charge of Navy Surface Rescue Swimmer School, gestures to areas of corrosion in the roof beams above the NAS Jax indoor pool. He said the roof repairs should be completed no later than December.

is 4:30 to 8 p.m. Water aerobics is Tuesday and Thursday at 11 a.m.

“Fortunately, the recent warm weather has allowed patrons to swim those same hours at our outdoor pool. This also enables MWR to keep supporting base and tenant commands for their Physical Readiness Tests, as long as the water temperature is 70 degrees or higher, to avoid hypothermia. We're glad to accommodate swimmers during the construction project,” said Henigman.

CDC study shows 54 percent decrease in teen drinking and driving since 1991

From CDC Office of Communication

The percentage of teens in high school (aged 16 and older) who drove when they had been drinking alcohol decreased by 54 percent between 1991 and 2011, according to a Vital Signs study released Oct. 2 by the Centers for Disease Control and Prevention. Nine out of 10 high school teens (aged 16 and older) did not drink and drive during 2011.

“We are moving in the right direction. Rates of teen drinking and driving have been cut in half in 20 years,” said CDC Director Thomas Frieden, M.D., M.P.H. “But we must keep up the momentum -- one in 10 high school teens, aged 16 and older, drinks and drives each month, endangering themselves and others.”

For the study, CDC analyzed data from the 1991-2011 national Youth Risk Behavior Surveys (YRBS). These national surveys asked high school students if they had driven a vehicle when they

had been drinking alcohol one or more times during the 30 days before the survey; CDC researchers focused their analysis on students aged 16 and older.

The study also found that:

- Teens were responsible for approximately 2.4 million episodes of drinking and driving a month in 2011.
- Some engaged in the dangerous behavior more than once a month.
- High school boys ages 18 and older were most likely to drink and drive (18 percent), while 16-year-old high school girls were least likely (6 percent).

• Eighty-five percent of teens in high school who reported drinking and driving in the past month also reported binge drinking. For YRBS, binge drinking means five or more drinks during a short period of time.

“Teens learn from adults,” said Pamela Hyde, the Administrator of the Substance Abuse and Mental Health Services Administration.

“That is why it is critically important

that parents, teachers, coaches and all caring adults in a young person's life talk with them early and often about the dangers of underage alcohol use as well as drinking and driving.”

Many efforts have been helping to reduce teen drinking and driving. Some of the proven, effective strategies include the laws in place in every state that make it illegal to sell alcohol to anyone under age 21 and for those under age 21 to drive after drinking any alcohol.

In addition, the graduated driver licensing systems in some states allow teens to gain privileges, such as driving at night or driving with passengers, over time.

Parents also have a crucial role to play in keeping their teens safe on the road. They can model safe driving behavior and can consider using tools like parent-teen driving agreements with their teens. Safe driving habits for teens include never drinking and driving and wearing a seat belt on every trip.

Fire prevention facts

From the NAS Jax Fire Prevention Division

In 2011, a home fire was reported every 87 seconds, killing 2,565 people and injuring

12,650 and causing \$7.6 billion in direct damage. Many fatalities, injuries, and property losses can be prevented by planning ahead and integrating fire safe behaviors into your daily activities. Don't be a statistic... be smart.

Put a smoke alarm on every level of the home outside each sleeping area, and in every bedroom.

Smoke alarms can be battery-operated or electrically hardwired in your home and are available at

a variety of price points. If you have hearing problems, use alarms with flashing strobe lights and vibration. Test smoke alarms

See FIRE, Page 21

Lia Sophia We're GROWING rapidly & we want YOU to join us!

If you love fashion jewelry & are looking for a great way to earn extra income with flexible hours, Contact me TODAY! Great HOSTESS benefits TOO!

Erin Sturgill Sturgill.Erin@gmail.com **912.674.8987**



TWO MEN AND A TRUCK
28 Binninger Drive
St. Augustine, FL 32095

Simplify your move.

We'll move as much or as little as you need

- Home or business moves
- Boxes and packing supplies
- Licensed, insured and bonded
- Senior discounts

904-429-0283

SERVING FLORIDA'S ABSENT VOTERS



[www.OURMISSIONYOURVOTE.US](http://www.ourmissionyourvote.us)

Serving nearly every military installation in Florida

- | | | |
|------------|------------|------------|
| ★ Baker | ★ Duval | ★ Pinellas |
| ★ Bay | ★ Escambia | ★ Putnam |
| ★ Bradford | ★ Leon | ★ Sarasota |
| ★ Clay | ★ Nassau | ★ Wakulla |
| | ★ Okaloosa | |

DISCLAIMER: This effort is funded through a grant from the Federal Voting Assistance Program (FVAP). The content of this information does not necessarily reflect the position or policy of the Government, and no official Government endorsement should be inferred.

**With Allstate life insurance,
love wins.**



**I can help you protect your growing family
at an affordable price.**

As your family grows, so does your need for life insurance. The right coverage can help keep them financially secure. Call me for affordable options.



Elna Crittenden Coble
(904) 771-1404

6011-8 103rd Street

Jacksonville



Allstate

You're in good hands.

Life insurance offered by Allstate Life Insurance Company: Northbrook, IL, and Lincoln Benefit Life Co., Lincoln, NE and American Heritage Life Insurance Co., Jacksonville, FL. In New York, Allstate Life Insurance Company of New York, Hauppauge, NY. © 2009 Allstate Insurance Company.

Navy Legal Office changes name, services remain intact

**From Judge Advocate General Corps
Public Affairs**

The Naval Legal Service Command realigned its offices Oct. 1, but its legal services to the fleet did not change.

Legal assistance services were previously provided by Naval Legal Service Offices (NLSOs).

As a result of the realignment, a service member seeking legal assistance with an issue such as a will, power of attorney, family law advice or any similar personal legal matter can now find assistance at the closest Region Legal Service Office (RLSO). The provision of legal assistance will continue at all prior NLSO locations, but will now be delivered by RLSO commands.

There are legal assistance offices in fleet concentration areas, and at or near most Navy bases around the world, with legal support providers prepared to assist service members, their families, retirees, and other eligible clients. All legal assistance services are provided free of charge to those eligible.

RLSOS will continue to prosecute courts-martial and provide legal advice to commands around the globe. Command services include advice on military justice, ethics, JAG Manual investigations, administrative law, and other legal issues involving Navy commands.

On Oct. 1, eight NLSOs headquar-

tered in Pensacola; Norfolk; Bremerton; Jacksonville; San Diego; Washington, D.C.; Naples, Italy; and Yokosuka, Japan, realigned to become four Defense Service Offices (DSOs) headquartered in San Diego; Washington, D.C.; Norfolk; and Yokosuka, Japan. The DSOs' mission is to defend service members in military justice proceedings, represent them at administrative boards, and provide other representative services, including advice on non-judicial punishment and adverse personnel actions.

This realignment also changed the way service members receive defense services in 12 locations around the fleet where former NLSO detachments were closed. In those locations, service members will receive personal defense services in a manner similar to the way service members at sea are supported.

Service members requesting defense services, such as representation for courts-martial or administrative boards, will make initial contact with a DSO attorney by telephone or other remote communication technology, with subsequent in-person consultation if necessary.

The 12 locations are Everett, Whidbey Island, Port Hueneme, Lemoore, Corpus Christi, New Orleans, Millington, Kings Bay, Guantanamo Bay, Newport, Earle, and Sagonella.

Red Ribbon Week contest to help schools

From the National Family Partnership

The National Family Partnership announces the national contest for its 27th annual Red Ribbon Week®, Oct. 23-31. Red Ribbon Week is the oldest and largest drug prevention campaign in the country. In 1985 after the murder of a DEA agent, parents, youth and teachers in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the destruction caused by drugs.

This year, families can get involved by entering a contest to promote awareness in their neighborhoods and win a drug prevention grant for their schools. Families can enter Red Ribbon Week's contest to win a \$1,000 grant for their school and a new iPad for their home.

To participate in the contest families and students will decorate the front of their homes with this year's

message: "The Best Me Is Drug Free." Here's how students and their families can enter to win \$1,000 for their K-12 school and a new iPad: Students bring the Red Ribbon Week message home by working alongside parents to decorate their front door, mailbox, fence, etc. with this year's theme "The Best Me Is Drug Free".

Take a photo with the family and their Red Ribbon Week® decoration, then upload to www.redribbon.org/contest or www.facebook.com/RedRibbonWeek by Nov. 2 (must be parents or 18+ to upload photos). The voting begins!

Ask family and friends to vote for your entry at www.redribbon.org/vote Nov. 2-16. Ten lucky winners from regions across the U.S. will win. Winners will be announced at events at their winning schools in December.

Improve your life skills with free knowledge

From FFSC

The following are upcoming Fleet and Family Support Center classes for military members and their families:

- Ombudsman Basic Training – Nov. 13-16 (5:30-10 p.m.)
- Transition Assistance Program (TAP) Separation Workshop – Oct. 15-19, Nov. 5-9, Dec. 3-7.
- TAP Retirement Workshop (7:30 a.m.-4:15 p.m.) – Oct. 22-26, Nov. 26-30, Dec. 17-21.
- Federal Employment Workshop (9 a.m.-noon) – Oct. 12, Nov. 14.
- Job Search & Interview Techniques Workshop (8:30-9:30 a.m.) – Nov. 19.
- Resumes & Cover Letters Workshop (9:40 a.m.-noon) – Nov. 19.

- Million Dollar Sailor Workshop (7:30 a.m.-4 p.m.) – Nov. 20-21.
- Command Financial Specialist Training – (7:30 a.m.-4 p.m.) – Dec. 10-14.
- Strategies for Best Deals in Car Buying (9-10:30 a.m.) – Nov. 13.
- PCS Sponsor Training (1:30-3 p.m.) – Dec. 4.
- PCS Smooth Move Workshop (1:30-4 p.m.) – Nov. 11, Nov. 13.
- Military Spouse 101 Workshop – Nov. 17 (10 a.m.-noon).
- What About the Kids (9-11 a.m.) – Oct. 15, Nov. 19, Dec. 10.
- Stress Management 101 Workshop (9-10 a.m.) – Nov. 7, Dec. 5.
- Anger Management Workshop (8 a.m.-noon) – Oct. 16, Nov. 20, Dec. 18.

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

VA help available

From Staff

If you are retiring or separating from active duty and need assistance with submitting your claim for disability and compensation to the Veteran's Administration (VA), you can start up to one year prior to retiring/separating with getting our medical information in order.

AMVETS is the Veterans Service Organization advocate for separating or retiring service members and their families providing assistance with submission of claims to the VA for benefits, disabilities and compensation.

All assistance is free and you are not required to become a member of AMVETS to use their services.

For more information and to make an appointment, call David Sanders at 542-2834 or e-mail david.d.sanders@navy.mil.



NAS JACKSONVILLE
2012 CFC GOLF TOURNAMENT
OCT. 25
12:30 P.M. SHOTGUN START
NAS JAX GOLF COURSE - RED AND WHITE COURSES

Entry Fee: \$60 per person
Includes: range balls, golf, one complimentary round of golf, prize purse, on course prizes, Box lunch prior to play, Food following play.

Format: Four player scramble
 Each player's tee shot must be used a minimum of 2 times during the round.

Eligibility: Any authorized military or DoD patron and their invited guests. Field limited to the first 120 paid players. Please indicate average score or handicap index.

Entry Deadline: Oct. 23. Entry must be accompanied by payment. Make check payable to MWR Golf.

For more information, call 542-3249.





Photo by MC3 Nicolas Lopez

New Navy 'Air Boss'

Adm. Cecil Haney, commander of the U.S. Pacific Fleet, and Vice Adm. David Buss arrive at the Oct. 4 change of command ceremony aboard the aircraft carrier USS Nimitz (CVN 68). Buss relieved Vice Adm. Allen Myers as commander of Naval Air Forces, which mans, trains, equips and maintains a worldwide naval air force that is reliable, flexible and ready. America's Sailors are warfighters, a fast and flexible force deployed worldwide.

FIRE FACTS

From Page 1

at night to see if your child will wake up and respond to the alarm. Children sleep more deeply and may not wake up. If your child does not wake up to the alarm, try an alarm where you can program your voice to alert them.

Mount smoke alarms high on the walls or ceilings since smoke rises. Ceiling-mounted alarms should be installed at least 4 inches away from the nearest wall. Wall-mounted alarms should be installed 4 to 12 inches away from the ceiling.

Replace all smoke alarms every 10

years, or sooner if they don't respond properly.

Consider installing both ionization alarms, which are better at sensing flaming fires, and photoelectric alarms, which are better at sensing slow, smoky fires, or dual sensor alarms.

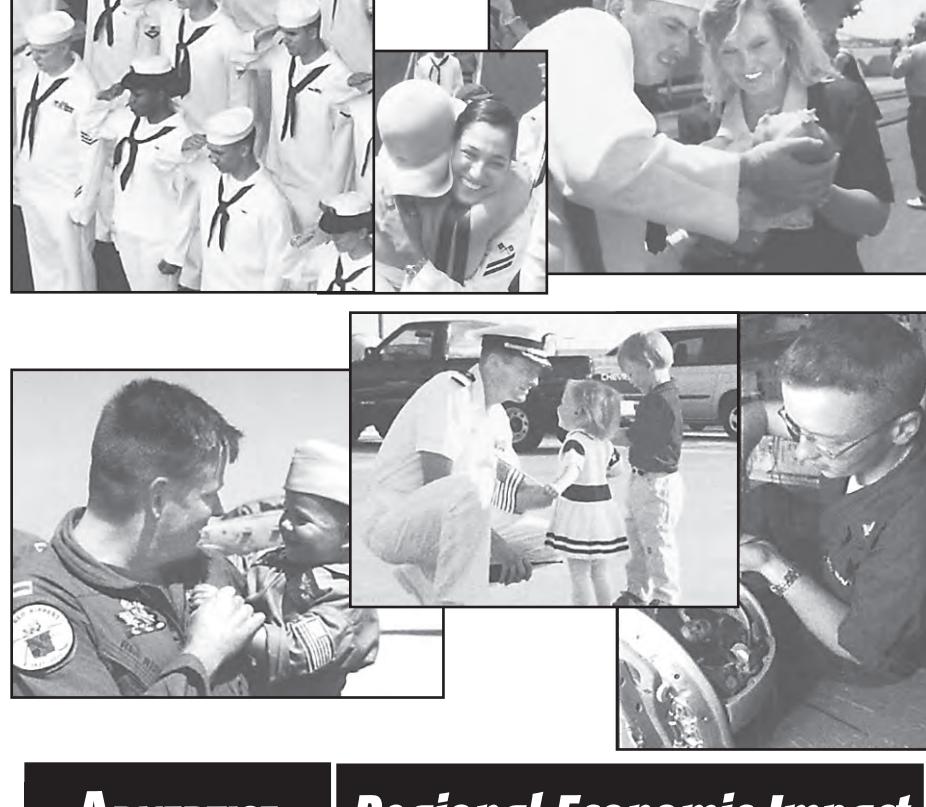
Cooking is the No. 1 cause of home fires and injuries. Unattended cooking is the leading cause of cooking fires.

Keep anything that can catch fire away from the stovetop.

Don't use the oven or stovetop if you are sleepy or have consumed alcohol.

Stay in the kitchen when frying, grilling or boiling food. If you have to leave, even for a short time, turn off the stove.

"WE BRING THE MILITARY MARKET TO YOU!"



**ADVERTISE
IN THE
MILITARY
PUBLICATIONS**

**Regional Economic Impact
\$7.8 billion/year**

**Military Publications reach
81% of the military community**

**Regional Payroll (all 3 bases)
\$2.04 billion/year**

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

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

**Working On Base -
50,631
Active-Duty, Reserves, Civilians, Contractors**

Mirror

JaxAir News

Periscope

Published by

The Florida Times-Union

1037045

Jacksonville Jaguars tickets available at USO

From the USO

The NAS Jax, NS Mayport and NSB Kings Bay USO offices are now selling tickets to all Jacksonville Jaguars home games. All tickets are located in the 200 Section, lower area in the north end zone.

Nov. 4, 1 p.m. - Jags vs. Detroit Lions (Tickets on sale Oct. 22)

Nov. 8, 8:20 p.m. - Jags vs. Indianapolis Colts (Tickets on sale Oct. 29)

Nov. 25, 1 p.m. - Jags vs. Tennessee Titans (Tickets on sale Nov. 12)

Dec. 9, 1 p.m. - Jags vs. New York Jets (Tickets on sale Nov. 26)

Dec. 23, 1 p.m. - Jags vs. New England Patriots (Tickets on sale Dec. 10)

Jaguars ticket sales will begin at noon per the above schedule. Tickets are first come, first served. Price is \$15 per ticket (cash only). All active duty members including Florida National Guard, Reservists on active duty orders and family members are eligible to purchase/use these tickets.

Retirees and Veterans/DoD employees are eligible to purchase tickets for New York Giants and Atlanta Falcons

games.

Military personnel with authorized dependents may buy a maximum of four tickets if member and dependents equal four. If you have less than four, you may only purchase total for family.

Spouses may purchase tickets for military personnel, but under no circumstances are dependent children authorized to represent the service member/spouse to purchase tickets.

Larger families desiring to purchase in excess of four tickets must be approved by the USO Center director.

Single service members may purchase a maximum of two tickets, one for their use and one for a guest. No exceptions.

For deployable commands, a request for a "block of game day tickets" may be requested by CO/XO/CMC only to the executive director. These blocks may be approved for commands either deploying or returning during the season. Requests, with justification, must be sent to John Shockley at jshockley@usojax.com .

If anyone is caught purchasing excess tickets or reselling tickets he/she will be prohibited from buying any more tickets for the entire season.

Select Navy Lodges offer greater savings this holiday season

From Navy Exchange Command

Select Navy Lodges will be offering even greater savings this holiday season. From Dec. 3 to Jan. 7, guests who stay at select Navy Lodges will receive 20 percent off their lodging.

Guests can book their lodging now through Jan. 2, 2013.

"Navy Lodges are a great place for guests of military members to stay during the holidays," said Mike Bockelman, vice president, Navy Lodge Program.

Navy Lodges normally offer a value up to 45 percent less than comparable civilian hotels. With this additional 20 percent savings, guests will really get a good value for their money."

To take advantage of these savings, guests must make their reservation online at www.navy-lodge.com. Reservations will not be accepted through the Reservation Center or the local Navy Lodge for this promotion. All rooms must be booked in advance.

Every Navy Lodge guest room offers queen-sized beds, high-speed Internet

access, and a kitchenette complete with microwave and refrigerator.

Guest laundry facilities are on site, breakfast is offered daily in the lobby where free Wi-Fi access is available as well as free newspapers.

Navy Lodges also offer convenient on-base parking as well as handicapped accessible and non-smoking rooms. As an added convenience, many Navy Lodges allow dogs and cats up to 50 pounds in weight to stay when traveling with their owners.

Check with the Navy Lodge for more details.

Navy Lodges participating in the holiday promotion include Navy Lodge Patuxent River, Annapolis and Bethesda, Md.; Navy Lodge Fort Worth and Corpus Christi, Texas; Navy Lodge and Navy Inn Memphis, Tenn.; Navy Lodge Mayport, Fla.; Navy Lodge Kings Bay, Ga.; Navy Lodge New London, Conn.; Navy Lodge Washington, DC; Navy Lodge Everett, Wash.; Navy Lodge Moffett Field and Staten Island, NY; and Navy Lodge Great Lakes, Ill.

Send your nomination for Military Child of the Year

From Operation Homefront

Operation Homefront, the national nonprofit dedicated to providing emergency financial and other assistance to military families, has announced that nominations for the Military Child of the Year Awards are being accepted online at MilitaryChildOfTheYear.org through Dec. 15. Winners will be recognized in April 2013.

The Military Child of the Year Award recognizes children who stand out among their peers. Ideal candidates for the award demonstrate resilience, strength of character, and thrive in the face of the challenges of military life. These young heroes embody leadership within their families and communities.

This award is presented to an outstanding child from each branch of service - Army, Navy, Air Force, Marine

Corps, and Coast Guard. The winners each receive \$5,000 and a laptop, and are flown with a parent or guardian to Washington, D.C., for a special recognition ceremony on April 11. In previous years, recipients have had the honor of meeting Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey and First Lady Michelle Obama, who were guest speakers for the event awards ceremonies.

"With so much uncertainty living in a military family, from constantly having to move to knowing that a parent is fighting for our country, it is amazing to see how strong these young people are to excel in the face of these challenges," said Jim Knotts, president and CEO of Operation Homefront. "It's not just the military members who serve, but their families as well. We think these young patriots deserve to be honored for their sacrifice and their leadership."

NEXCOM improves its customer return policy

From Navy Exchange Command

The Navy Exchange Service Command (NEXCOM) is making improvements to its return policy. Merchandise purchased at a NEX or from myNavyExchange.com can be returned to any NEX store within 45 days of purchase for a refund or even exchange.

"We made this improvement to our return policy make it more convenient for our customers," said Richard Dow, NEXCOM's senior vice president store operations. "By extending our return policy to 45 days, it gives our customers more time to bring back an item to our store. In today's busy world, that's important to our customers."

The standardized 45 day return policy on merchandise eliminates the pre-

vious exclusions including the 14 day return policy on certain items, such as computers, software and digital cameras.

Now, the only exception to the 45 day NEX Customer Return Policy are pre-paid cards, such as financial, music, phone and gift cards, which are not returnable. The refund will be processed in the same payment form as the original purchase. A return without a receipt will be issued on an NEX Gift Card at the item's current NEX price. Refunds made without a receipt can only be made at the NEX's Customer Service desk.

Finally, diamond jewelry returns may be subject to an IGI appraisal prior to issuing a refund.



Don't Miss An Issue Of Your JaxAir News

Pick up your copy at any of these off-base sites

Jacksonville Checkcashers

5410 Blanding Blvd., Jax

Jiffy Lube

3212 University Blvd. S., Jax

6135 St. Augustine Rd., Jax

11620 San Jose Blvd., Jax

11099 Old St. Augustine Rd., Jax

1548 Park Ave., Orange Park

4821 Blanding Blvd., Jax

8379 Baymeadows Rd., Jax

5295 Sunbeam Rd., Jax

Johnson Family Flea Market

5800 Ramona Blvd., Jax

Julie's Café

5100 Sunbeam Rd., #4, Jax

Koko's Japanese Restaurant

1560 Business Center Dr., #14, Orange Park

Lil Bambinos Pizza & Subs

1241 Blanding Blvd., Orange Park

Luna Food Store

511 Luna St., Jax

5266 Beach Blvd., Jax

Maytag Laundry

1014 Margaret St., Jax

Powers Discount Beverage

6125 Powers Ave., Jax

Ramirez Restaurant

1237 Park Ave., Orange Park

Rowe's

8595 Beach Blvd., Jax

Rowe's

5435 Blanding Blvd., Jax

S&G Food

270 College Dr., Orange Park

Safeway Discount Beverage

8402 103rd St., Jax

Sheik Sandwiches

2708 Main St. N., Jax

Sp Discount Beverage

7821 103rd St., Jax

Speedway Food Store

230 McDuff Ave., Jax

St. Johns Food

3980 Herschel St., Jax

Stan's Sandwich Shop

7146 Beach Blvd., Jax

Subway (Edgewood Plaza)

2261 Edgewood Ave. W., Jax

Tax Collector

231 E. Forsyth St., Jax

Welcome Food Mart

6401 Wilson Blvd., Jax

Library

Kingsley Ave., Orange Park

Chamber Of Commerce

1737 Kingsley Ave., Orange Park

Post Office

Kingsley Ave., Orange Park

Island Realty

Kingsley Ave., Orange Park

Murph's Tavern

VyStar

4220 Wabash Ave., Jax

Chevron

Roosevelt, Jax

Krystal

Roosevelt, Jax

Comfort Inn

Park Ave., Orange Park

Cecil Pines

6008 Lake Cove Ave., Jax

VyStar

7795 Blanding Blvd., Orange Park

VFW

187 Arora Blvd., Orange Park

Business Park

Park Ave., Orange Park

Yellow Water Mini-Mart

Bldg. 3073, Jax

Cecil Pines Adult Community

6008 Lake Love, Jax

American Legion

5443 San Juan Ave., Jax

Fleet Reserve

5391 Collins Rd., Jax

Wesconnett Library

103rd St., Jax

1037003

Houses Unfurnished

MANDARIN 2br/1ba 11483 Godfrey Way
Patio home, quite neighborhood
close to I-295 and shopping, freshly
painted, new windows, flooring,
refrig. & blinds, 1 car garage,
fenced bk yd, lawn service \$900mo.
Call Buddy Newman (904)945-1392

OAKLEAF PLANTATION-
3 bedromms, 2 bath. 1,450 sq. ft.
Beautiful, Huge Laundry Center
Including Large Laundry Room. Pet
Too Many Amenities to List. Within
Walking Distance. Security Gated.
Pleasant, Safe Community. With
A rated Schools. \$925/mo. Melvin
904-982-7292 or Shawn 774-226-5577

ORANGE PARK - 3 & 4BR Homes
near OP mall w/family rm, ch&a,
lrg indoor laundry room, fenced
yrd, great neighborhood. Starting
at \$825mo.+ dep. 904-287-7600

ORANGE PARK 3/2
Great shape, fenced back yard,
vaulted ceiling, 2 car garage,
washer dryer hook up, ch&a,
fireplace. \$1000mo + \$1000dep
Call James 904-403-6238

SPRING PARK/ST NICHOLAS-
3 Bedrooms 2 Bath. Washer/dryer
hookups. Central heat and A/C all
the floors. attached garage, large
yard. Nicely quiet, neighborhood.
2715 Ripley Ave. \$875/month. Tak-
ing applications \$45. Security
deposit \$875. Call for walk through
appointment 904-476-4342 904-234-8160

Westside Cassat/Normandy 2br
1.5ba Twinhome, fenced bk yd, w/d
hkup, ch&a, frpl \$700mo+dep.
3br/2ba fenced bk yd, w/d hkup,
\$750mo+dep no pets. 904-449-5832

WESTSIDE
Very nice Hud / Homes
3br/2ba @ 4621 Hunt St. 32254
Call 904-778-1091

WESTSIDE - 2 Bedroom- CLEAN
Starting at \$775mo. CH&A, carpet,
tile fenced, w/d hookup. 384-2944

650,620 HOURS

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

Thank You!

**The Times-Union**
drive
DEALER DIRECTORY

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

**BUICK**

KEY BUICK-GMC

4660 Southside Blvd.

642-6060

NIMNIGHT**BUICK-GMC**

11503 Phillips Hwy

685-8820

**CADILLAC**

CLAUDE NOLAN CADILLAC

4700 Southside Blvd.

**CHEVROLET**

NIMNIGHT CHEVY

1550 Cassat Ave.

904-647-4220

www.nimnightchevy.com

JERRY HAMM CHEV

3494 Phillips Hwy.

398-3036

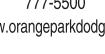
www.jerryhamm.com

RON ANDERSON**CHEVROLET BUICK GMC**

464054 State Rd. 200

Yulee, FL 32097

904-261-6821

**CHRYSLER**

ATLANTIC CHRYSLER

www.atlanticjeep.com

2330 US 1 South

354-4421

JACKSONVILLE CHRYSLER

JEEP DODGE

9A & Baymeadows 493-0000

ORANGE PARK CHRYSLER

JEEP DODGE

7233 Blanding Blvd. 777-5500

www.orangeparkdodge.com

RICK KEFFER

I-95 Exit 373, Fern Bch.

1-800-228-7454

www.rickkeffer.com

MIKE SHAD FORD

At The Avenues

10720 Phillips Hwy.

904-292-3325

MIKE DAVIDSON FORD

AT REGENCY

9650 Atlantic Blvd. 725-3060

MIKE SHAD FORD OF ORANGE PARK

7700 Blanding Blvd. 777-3673

RICK KEFFER

I-95 Exit 373, Fern Bch.

1-800-228-7454

www.rickkeffer.com

RON ANDERSON**CHEVROLET BUICK GMC**

464054 State Rd. 200

Yulee, FL 32097

904-261-6821

CHRYSLER

ATLANTIC CHRYSLER

www.atlanticjeep.com

2330 US 1 South

354-4421

JACKSONVILLE CHRYSLER

JEEP DODGE

9A & Baymeadows 493-0000

RICK KEFFER

I-95 Exit 373, Fern Bch.

1-800-228-7454

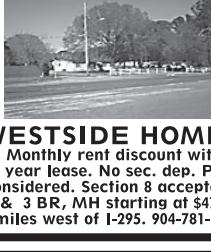
www.rickkeffer.com

ORANGE PARK**CHRYSLER JEEP DODGE**

7233 Blanding Blvd.

777-5500

www.orangeparkdodge.com

Manufactured Homes**WESTSIDE HOMES**

Monthly rent discount with
1 year lease. No sec. dep. Pets
considered. Section 8 accepted.

2 & 3 BR, MH starting at \$475.

4 miles west of I-295. 904-781-5645

Mobile Home Lot Rentals

RV Lots or Mobile Home Lots -
Ask about a free months rent!
\$288 lot rent only.

\$385 lot rent includes electricity.
4 miles west of I-295. 904-781-5645

Roommates

Green Cove Springs - 90 years young
gentleman with small dog wanting
to share 3br/2ba home. Must have
transportation and provide assistance
with meals, lawn upkeep & house
cleaning. **LOW RENT!!** 904-891-2288

ROOMMATE needed for my
3brdm house in Orange Park.
\$500/mo., incl's r/o, both+shared living area. Dish
network w/all the channels, &
wireless internet throughout the
house. Call 770-530-9358

Rooms to Rent

ARLINGTON/W'side/N'side - Furn,
ph, TV, w/d, \$100-\$130 wk 838-4587

ARLINGTON Luxury exec. room
cable, electric, swim, exercise, wi-fi,
furn, \$120/wk last wk free 904-647-7378

Northside nr bus route furn. rm, ch&a, w/d
\$125wk empl verif/bkrd 672-5337, 219-3902

Part-Time

LEADS-LEADS-LEADS
\$75,000. 904-361-8755

AC and Heating

AC/Heat pump repairs, sales, service
Call today for 10% off Service.
Call 755-7760 CAC1815374

Carpentry

DAVE'S Carpentry - Int/Ext doors,
Trim, Wood rot & Drywall
repairs, painting. Refs: 904-755-6898

Child Care

Now Enrolling! Preschool &
PK. We're located with your
Home away from Home, while learning. Because
we believe in Fostering In Home
Education. Meals & Snacks
included. All day/night pro-
pries. For more information
contact Mosby Family (Home)
Day Care at 904-469-9426. We are
located near Middleburg High
School 218 & 220 (32068). Lic#
F04C0147

Plumbing

Flush N' Save - Save \$\$\$! Change
toilets to low flow \$29.95 up to 2.
\$10 for each add'l!. Call 904-508-5943

**Support
your military
newspaper.**

JaxAir News

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

Garden/Lawn

Hot Tubs/Spas

Jewelry/Watches

Kid's Stuff

Machinery & Tools

Medical

Miscellaneous

Musical Merchandise

Photography

Portable Buildings

Public Sales

Tickets