

# Jax Air News

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## Desert Shield/ Storm vets honored

By Kaylee LaRocque  
NAS Jax Public Affairs Specialist

NAS Jacksonville hosted U.S. Congressman Ander Crenshaw's 11th annual Special Veterans Recognition Ceremony Nov. 8 during which 97 Northeast Florida veterans were honored for their service during Operation Desert Shield/Storm. Chief of Naval Personnel Vice Adm. Scott Van Buskirk was the keynote speaker.

NAS Jax Commanding Officer Capt. Bob Sanders, also a veteran of Desert Shield/Desert Storm, welcomed those being recognized and their families.

"Today, we are here to honor our uniformed and civilian men and women and remember the devotion and gallantry of these veterans during these operations," said Sanders before introducing Crenshaw.

Crenshaw then took the podium, thanking the veterans in atten-



Photo by Kaylee LaRocque  
NAS Jax Command Master Chief (CMDM)(AW/SW) Brad Shepherd salutes after presenting the American flag to U.S. Congressman Ander Crenshaw during the flag passing ceremony.

dance. "There is a special significance in our recognizing the heroes assembled here today as

brave Americans continue to meet threats, new in kind and degree, See CEREMONY, Page 6



Photo by MC2 Thomas Rosprim  
Master Chief Petty Officer of the Navy (MCPON) Michael Stevens speaks to the Navy's Senior Enlisted Academy (SEA) in Newport, R.I. on Oct. 24. Stevens shared his priorities with the class and answered questions.

## MCPON: Zeroing in on Excellence

From Office of the Master Chief Petty Officer of the Navy

Master Chief Petty Officer of the Navy (MCPON) (AW/NAC) Mike Stevens released his 'Zeroing in on Excellence' initiative in the form of four letters to the Navy Chiefs' Mess Nov. 6.

The initiative consists of three focus areas: developing leaders, good order and discipline, and controlling what we own.

"Zeroing in on Excellence is a universal theme we can all apply in our respective positions," said Stevens. "It does not distract from or add to existing individual roles and responsibilities - it provides a sturdy framework around which we can build sound, durable readiness."

In his letters, MCPON clearly and concisely outlined his thoughts on the overarching theme of 'Zeroing in on Excellence' and how each of the three focus areas help create an environment where the Navy gets stronger.

"I believe developing leaders, fostering good order and discipline and controlling what we own help us get precisely that type of environment, now and down the road," said Stevens. "These are not single actions; they are deliberate mindsets that permeate our processes and procedures."

MCPON stated that his focus points could be powerful engines of influence, but assured the Mess it is their commitment to this vision that would help the ideas within it "become a heightened part of our consciousness."

"If we grab 'Zeroing in on Excellence' and maintain a steady strain on the ideas it entails, we will have a positive impact on readiness and get after some of the issues tainting our Navy, including sexual assault, suicide, domestic violence and alcohol/drug abuse," said Stevens.

In MCPON's letter on 'Zeroing in on Excellence: Developing Leaders', he discussed the importance of developing leaders through a combination of mentorship, practical experience and training.

"Without competent leadership, even the most routine tasks can become difficult," said Stevens. "If our Navy is going to continue climbing, then we as chief petty officers must always seek to increase our and our Sailors' ability to lead."

MCPON talked about the solid inventory of quality leadership training available to the enlisted community and how that combined with routine, daily, personal interaction will foster the kind of leadership that is necessary to ensure our Navy's continued success.

MCPON's letter, 'Zeroing in on Excellence: Good Order and Discipline', focused on the impact Good Order and Discipline has on warfighting, readiness and mission accomplishment.

"To me, it [good order and discipline] is about establishing, sustaining and enforcing professional standards that set the condition for individual and unit success," said Stevens. "Anything that interferes with or detracts from those conditions is contrary to Good Order and Discipline."

MCPON stated that by-and-large he believes we are doing well in this area, but there is always room for improvement. He emphasized chief petty officers own good order and discipline and every CPO, first

## HSM-70 supports CQ Det on USS Truman

By Lt. j.g. Michelle DeGrothy  
HSM-70 Public Affairs Officer

On the morning of Oct. 30, the "Spartans" of HSM-70 loaded trucks full of equipment and buses full of maintenance personnel and aircrews bound for Norfolk, Va.

HSM-70 Commanding Officer Cmdr. Christopher Herr was notified the day prior that USS Harry S. Truman (CVN 75) required helicopter support for a carrier landing qualification detachment. In true Spartan spirit, the squadron pulled together to prepare for the detachment, sending 60 personnel on a 12-hour bus ride.

"I couldn't be more proud of our squadron. Within 18 hours of the phone call from our carrier air wing commander, we were packed up and on our way to Norfolk," said Herr.

Two of the squadron's MH-60R helicopters, piloted by Herr and Lt. Cmdr. Shon Brown, HSM-70's maintenance officer, arrived on board the Truman shortly after she pulled out of port Nov. 1.

Due to other local air assets being otherwise engaged conducting disaster relief in the wake of Hurricane Sandy and preparing for upcoming deployments, HSM-70 answered the call on short notice.

The ship required helicopters to conduct plane guard duties on the ship in support of fixed wing carrier landing qualifications for an F-18 Fleet Replacement Squadron and several fixed wing training squadrons. Qualifying to land on the aircraft



Photo courtesy of HSM-70  
An MH-60R Seahawk helicopter assigned to HSM-70 conducts plane guard operations in support of carrier qualifications on board the aircraft carrier USS Harry S. Truman (CV 75).

See HSM-70, Page 6

## NAS Jax wins community service awards

By Kaylee LaRocque  
NAS Jax Public Affairs Specialist

NAS Jacksonville has again been recognized by Commander, Navy Region Southeast (CNRSE) for their dedication to helping the community.

In a recent message announcing the winners of the Regional Navy Community Service Program, NAS Jacksonville was selected the third place winner in the Personal Excellence Partnership Flagship category for Shore 500 or more; third place in the Health, Safety and Fitness Flagship category; second place in the Campaign Drug Free Flagship category; second place in the Project Good Neighbor Flagship category and third place

in the Environmental Stewardship Flagship category.

"Bravo Zulu to the winners and honorable mentions. Southeast region commands are commended for having active and successful command-sponsored volunteer community service programs. Their award submissions have been forwarded to Commander, Navy Installation Command and other flagship sponsors for Navy-wide competition," stated CNRSE Rear Adm. Jack Scorby Jr. in the message.

"My sincerest personal thanks to all commands and individuals who selflessly volunteered their time to improve the quality of life in their local community and for participation in this year's competition.

A total of over 277,976 volunteer service hours were contributed by commands in the Southeast region. You are an inspiration to us all."

According to NAS Jax Community Service Coordinator BMC(SW/AW) Maurice Mabry, it is truly a team effort to be recognized for these accomplishments.

"I really think this is wonderful because it demonstrates the great work that NAS Jax Sailors are doing for the community. They participate in such events as Campaign Drug-Free in the local schools, conducting clean ups in the community, building homes with Habitat for Humanity, mentor

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U.S. Navy photos

The Photographic Department of Photographic Squadron Sixty-Two (VJ-62) assembles in front of their North American AJ-2P Savage aircraft in 1952. The squadron would later become Heavy Photographic Squadron (VAP) 62. The Savage was the first naval combat aircraft designed to carry an atomic bomb. For a time, it was the world's largest carrier-based aircraft. The aircraft was retired from Navy service in 1960.



A Martin P5M-1 Marlin assigned to the "Pelicans" of VP-45 prepares for launch in 1954 from the sea plane ramp on the St. Johns River at NAS Jacksonville. The twin-engine, piston-powered flying boat entered service in 1951 and served until 1967. Marlins carried sensitive radars and underwater detection equipment. Most noticeable were the Magnetic Anomaly Detection (MAD) gear atop the tails. These flying boats were also equipped with the "Julie and Jezebel" system of droppable sonobuoys that broadcast reports back to a computerized Automatic Integrated Display System in the plane, which tracked targets for the crew's tactical coordinator. The bomb bay was altered to accommodate anti-submarine torpedoes.

## This Week in Navy History

### From Staff

#### Nov. 15

1882 - Lt. Cmdr. French Chadwick reports to American Legation in London as first Naval Attache.

1942 - Although U.S. lost several ships in Naval Battle of Guadalcanal, a naval force under Rear Adm. Willis Lee, on board battleship USS Washington (BB-56), turns back Japanese transports trying to reinforce Guadalcanal. The Japanese never again try to send large naval forces to Guadalcanal.

1960 - First Fleet Ballistic Missile Submarine, USS George Washington (SSBN-598), leaves Charleston, S.C., on initial fleet ballistic missile patrol.

#### Nov. 16

1776 - First salute to an American flag (Grand Union flag) flying from Continental Navy ship Andrew Doria, by Dutch fort at St. Eustatius, West Indies.

1856 - Barrier Forts reduction began at Canton China.

1942 - Navy's first Night Fighter squadron (VMF(N)-531) established at Cherry Point, N.C.

1963 - President John F. Kennedy on USS Observation Island witnesses launch of Polaris A-2 missile by USS Andrew Jackson (SSBN-619).

1968 - Operation Tran Hung Dao begins in Mekong Delta.

1973 - Launch of Skylab 4 under command of USMC Lt. Col. Gerald Carr. The mission lasted 84 days and included 1,214 Earth orbits. Recovery by USS New Orleans (LPH-11).

#### Nov. 17

1917 - USS Fanning (DD-37) and USS Nicholson (DD-52) sink first enemy submarine, U-58, off Milford Haven, Wales.

1924 - USS Langley, first aircraft carrier, reports for duty.

1941 - Congress amends Neutrality Act to allow U.S. merchant ships to be armed. Navy's Bureau of Navigation directs Navy personnel with Armed Guard training to be assigned for further training before going to Armed Guard Centers for assignment to merchant ships.

1955 - Navy sets up Special Projects Office under Rear Adm. William Raborn to develop a solid propellant ballistic

missile for use in submarines.

#### Nov. 18

1890 - USS Maine, first American battleship, is launched.

1922 - Cmdr. Kenneth Whiting in a PT seaplane, makes first catapult launching from aircraft carrier, USS Langley, at anchor in the York River.

#### Nov. 19

1813 - Capt. David Porter claims Marquesas Islands for the United States.

1943 - Carrier force attacks bases on Tarawa and Makin.

1943 - USS Nautilus (SS-168) enters Tarawa lagoon in first submarine photo reconnaissance mission.

1961 - At the request of President of Dominican Republic, U.S. Naval Task Force sails to Dominican Republic to bolster the country's government and to prevent a coup.

1969 - Navy astronauts Cmdr. Charles Conrad Jr. and Cmdr. Alan Bean are 3rd and 4th men to walk on the moon. They were part of Apollo 12 mission. Cmdr. Richard Gordon Jr., the Command Module Pilot, remained in lunar orbit.

During the mission lasting 19 days, 4 hours, and 36 minutes, the astronauts recovered 243 pounds of lunar material. Recovery by HS-4 helicopters from USS Hornet (CVS-12).

#### Nov. 20

1856 - Cmdr. Andrew Foote lands at Canton, China, with 287 Sailors and Marines to stop attacks by Chinese on U.S. military and civilians.

1917 - USS Kanawha, Noma and Wakiva sink German sub off France.

1933 - Navy crew (Lt. Cmdr. Thomas Settle and USMC Maj. Chester Fordney) sets a world altitude record in balloon (62,237 ft.) flight into stratosphere.

1943 - Operation Galvanic, under command of Vice Adm. Raymond Spruance, lands Navy, Marine and Army forces on Tarawa and Makin.

1962 - President John F. Kennedy lifts the Blockade of Cuba.

#### Nov. 21

1918 - U.S. battleships witness surrender of German High Seas fleet at Rosyth, Firth of Forth, Scotland, to U.S. and British fleets.

# Response to 'silver tooth' enlightening From The Homefront

By Sarah Smiley  
Special Contributor

I've learned many things from responses to last week's column about my youngest son's silver tooth, or "cap," as our dentist prefers:

I shouldn't be afraid of fluoride.

My kids' cavities might be my fault.

Then again, maybe not.

My son drinks too much juice.

And, most importantly, I'm not alone.

There are a lot of silver teeth out there, and even more fillings. I know because mothers wrote me to say, "me too" and "I'm glad I'm not alone."

Like a pregnant woman who suddenly thinks everyone else — from celebrities on magazines to virtually every single person she passes at the store — are also pregnant, I have noticed a great many silver teeth since my son got his.

Everywhere I look - Cavities! Decay! Silver! While talking to people, I've reflexively inspected their teeth and noticed every flash of color coming from their molars.

In any case, outside of mothers commiserating with me, I also received messages from seemingly every pediatric dentist in the world.

Not, not really. But I did have a lengthy conversation with Dr. Jonathan Shenkin, in Augusta, Maine, who read my column. He put my mind and my guilt to rest. But, like my own dentist, still won't allow me the comfort of falsely believing there wasn't more I could have done.

Shenkin believes parents often see the dentist too late - after the age when they could have received basic information to ensure good oral health and avoid dental treatment down the road. Preferably, children should go to a dentist when they are 12 months old, or 6 months after their first tooth erupts.

Did you know most children should start using fluoride toothpaste when they are two years old?

Did you know that 44 percent of children don't brush their teeth twice a day and that more than 50 percent of them will have cavities by the time they are in second grade?

Did you know that brushing your teeth isn't enough to prevent cavities?

Shenkin is on a mission to educate parents, as well as the medical community — gatekeepers of health information for most children — about basic preventative dental care before cavities appear.

He says that filling cavities without correcting behaviors

is like cutting limbs off diabetic patients and then saying, "Look at how good we are at treating diabetes."

The keys to good oral health, he says, are brushing twice a day with fluoride toothpaste and limiting sugar intake.

I complained that mornings are crazy and I can't always be sure my boys have brushed their teeth. "That's like putting a bicycle helmet on your child 50 percent of the time and then being surprised when he has an accident," he said. And the twice-a-day routine should begin as early as possible, like when the first tooth appears.

But baby breath smells so good, I said. I never thought their mouths could be dirty. Plus, I told Shenkin, in my 12 years as a parent I had begun to think fluoride was poison. There are so many warnings about not letting kids swallow it and only using a pea-sized amount. I let my children use "training paste" too long for fear they might die from the fluoride.

Shenkin said that before a child can spit, using a pea-sized amount of toothpaste is enough and safe.

Maybe my kids' teeth are just soft, I said, trying to cheer myself up.

Shenkin says there's no such thing. For most people, personal behaviors and hygiene are the sole causes of tooth decay. There is no evidence to support naturally occurring, cavity prone teeth.

I sighed. "So I messed up," I said.

"But you didn't know," he said again, "It is the system that fails, not necessarily the parents. If no one told you to get our child vaccinated and then he got sick, would you say that's your fault?"

Children's dental health, or the lack of it, is taboo in the culture of motherhood. Maybe that's because none of us really know what we're doing, and also because we're ashamed of the outcome (cavities). Shenkin hopes to change that by educating providers and the public.

But that won't fix my son's silver tooth, which he will have now until he's 11 or 12. The damage to his teeth was already done, long before I first took him to the dentist too late, at 3-years-old. Now I live with the silver reminder coming from his back molar.

Still, my son doesn't care. One day he smiled up at me, shrugged, and said, "Well, at least it's not a wooden tooth like George Washington."

Yes. There is that.

## Chapel Center Calendar

### Sunday Services

8:15 a.m. - Protestant Liturgical Worship

9:15 a.m. - Catholic Mass

9:45 a.m. - Protestant Sunday School

11 a.m. - Protestant Worship

11:15 a.m. - Catholic CCD

**Daily Catholic Mass**

11:35 a.m. (except Friday)

**Weekly Bible Study**

Wednesdays, 7 p.m. at Chapel Complex Building 749 and Thursdays at 7 p.m. in the barracks

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# CNRSE announces Sailors of the Year for 2012

By MC1(SW) Greg Johnson,  
Navy Region Southeast Public Affairs

YN1(SW) John Felizpolanco and OS2(SW) Brandon Doctor were named Commander, Navy Region Southeast (CNRSE) Senior and Junior Sailor of the Year 2012, respectively, Nov. 2.

As CNRSE Administration Department leading petty officer, Felizpolanco directly supervises the daily efforts of three junior Sailors and serves as CNRSE flag duty petty officer.

He provides oversight and guidance in the completion of a number of administrative functions, utilizing Bureau of Personnel Online, Transaction Online Processing System, Navy Standard Integrated Personnel System, and the Contract Verification

System.

"He is one of the highest-performing petty officers I've ever worked with," said YNCS(SW/AW) Yolanda Walls.

"He is instrumental in our efforts to create an environment that allows junior personnel to grow, and he possesses perfect blend of administrative expertise and drive toward other areas of mission accomplishment."

"I am honored to be chosen to represent this command," Felizpolanco said.

"This is an outstanding staff with an outstanding group of Sailors. To have the opportunity to represent CNRSE is something that I think comes with a lot of responsibility."

In addition to his military accomplishments, Felizpolanco is an avid volunteer in the community.

He frequently volun-



OS2(SW)  
Brandon Doctor

teers for command-sponsored volunteer events and even gives up his free time to coach youth football and participate in the Big Brothers Big Sisters Program.

"Volunteer work has always been important to me because, for one, it's an opportunity to represent the Navy in a positive way, but more importantly, it just feels good to know that you have had a positive impact on others."

Doctor serves as a



YN1(SW)  
John Felizpolanco

watch specialist in the Regional Operations Center, where he collects and disseminates voice reports, e-mail reports and official message traffic for 16 major installations and more than 100 Navy activities throughout the region.

"Petty Officer Doctor is a role model who exemplifies the Navy's core values," said QMC(SW) Jeffrey Brebner, Doctor's supervisor.

"He consistently produces top-quality work

and I can rely on him to provide a complete report and maintain a meticulous log with all essential points. He's hands down my best watchstander."

Doctor attributed his success at CNRSE to the support he receives from his chain of command, as well as his family.

"My supervisors have been a major factor in my success. It's really their support that made it possible for me to be selected for this award," he said.

"I also owe a lot of gratitude to my wife, because without her encouragement and positive attitude, I don't think any of this would be possible."

While Doctor's performance in his work center was a major contribution to his selection, he is also extremely active throughout the command.

He is acting president of the CNRSE Petty Officers Association and

he constantly participates in command volunteer opportunities. In addition, he is the CNRSE building manager and is an active member of the Morale, Welfare and Recreation Committee.

"I think extracurricular activities are important," he said.

"I think it's important to step out of your comfort zone and continually take on new challenges. If you are constantly making an effort to better yourself, you can't go wrong."

Individual selection criteria for the awards was based upon exemplary performance of tasks, contributions that enhanced organization accomplishment of command objectives, mission, teamwork or public image, and one's professional attitude toward self and others.

## AWARDS

From Page 1

in schools and help the homeless in area shelters," said Mabry.

Mabry continued, "When we started the process for the award's package, we solicited the help of many Sailors and civilians to assist us. It took a lot of fact finding to determine what categories we qualified for based on our community service. I'm proud that our Sailors and civilians have been recognized for the hard work they do to make our community a better place."

For more information on community projects, call 542-1610.



Photos by MCSN Damian Berg

The Navy Band Southeast participates in the City of Jacksonville's Veterans Day Parade Nov. 12.



## Veterans Day Parade

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



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# MWR Military Family Appreciation Carnival



Children and parents alike enjoy the nice breeze during the swing ride at the Military Family Appreciation Carnival.



Sophia Alzate plays bag toss with the encouragement of MWR Fitness Director Tanya Henigman.



Student pilots Alisha Jones and Celeste Ware fly an old biplane at the MWR Military Family Appreciation Carnival.

## Military families take in fall carnival

By Shannon Leonard  
MWR Marketing Director

Thousands of children and parents enjoyed the annual MWR Military Family Appreciation Carnival and the beautiful, sunny weather Nov. 10 at the Allegheny Softball Fields across from the Navy Exchange/Commissary complex. Young and old alike enjoyed the spinning rides, a giant slide, a bull ride, a Ferris wheel, bungee jumping, swings and an airplane ride.

Other activities included a water race and camel race where the children and their parents could try their luck by rolling balls up a ramp into holes and shooting squirt guns. The Fleet and Family Support Center also provided free face painting for the children.

"It's a great way to celebrate the Month of the Military Family.

Many times we recognize our active duty Sailors, but sometimes the families and the sacrifices they endure often go unnoticed. They are here at home and holding the fort down while their loved ones are deployed fighting for our freedom. So this is our way to say 'thank you' to the families and let them spend some time together," said Youth Activities Center Director Aaron Long.

"We have some great carnival rides, games with prizes and lots of free carnival treats. We have been coordinating this event for months and it's really proven to be a popular event. I'd really like to thank our sponsors VyStar Credit Union, USAA, Navy Mutual Aid Association, Emby-Riddle Aeronautical University, First Command Financial Planning, University of Phoenix, Purchasing Power, Allied American



Chris Hajek takes a ride on the Fun Slide with his children, Aiden and Madison.

University and USA Discounters for their contribution and the many volunteers and workers who are absolutely essential to putting on this successful event," he continued.

"We came out today for the free activities on base. It is a beautiful day and my kid's are loving it! I am thankful that the base offers free events for families who are living on tight budgets. We really appreciate this," said Christina Weaver.

The families also enjoyed the free sno-cones, popcorn, funnel cakes and cotton candy.

The next MWR celebration for military families will be in April to celebrate the Month of the Military Child.

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



Emily Fox with the Fleet and Family Support Center paints Bella Bowder's cheek during the Nov. 10 carnival at the Allegheny Softball Field aboard NAS Jacksonville.



(From left) Wade Rindy, Walker Rindy, Teagan Rindy, Fionn Dailey and Payton Rindy are all smiles riding the Berry Go Round.



Juliana White has a blast playing the Camel Race game with her sister and dad.



Angie Osborn holds her daughter, Elly as they play the water race game at the Military Family Appreciation Carnival on Nov. 10 at the Allegheny Softball Field.



Laura Boyd and Liam Anderson take a chance and ride the bull – neither was bucked off.



Rachel Dawson flies high on the super bungee jumping contraption.



Jesse Olivieri enjoys bungee jumping.



The Mind Winder Ride was a big hit during the MWR Military Family Appreciation Carnival as thousands attended the free event.

## Photos by Shannon Leonard



Emily Fox, with the Fleet and Family Support Center, paints a design on Deven Boyette's arm during the Military Family Appreciation Carnival at NAS Jacksonville.



AS1(AW/SW) Kenneth Wood of Fleet Readiness Center Southeast gratefully accepts his veterans special recognition certificate from Congressman Ander Crenshaw as Chief of Naval Personnel Vice Adm. Scott Van Buskirk looks on.



Photos by Kaylee LaRocque

Members of the NAS Jax Honor Support Team conduct a 21-gun salute after the ceremony.

## CEREMONY

From Page 1

in the same basic Middle East area where you made a stand," he said.

The congressman continued, "America has always been blessed to have men and women like you, who are willing to put personal dreams on hold and serve our country. To the men and women of our armed forces, to our veterans honored today and to your families and friends, I thank you for your patriotism. Your sacrifices are priceless; your dedication is appreciated; and through you, our country's strength is resolute."

Sanders then welcomed Van Buskirk who also thanked the veterans for their service.

"The Soldiers, Sailors, Airmen, Marines and Coast Guardsmen who served in Desert Shield and Desert Storm not only achieved a significant military victory, but also renewed Americans' belief in their military and its ability to fight and win a major military action."

"To all of the veterans of Desert Shield and Desert Storm in attendance today, I commend you and thank you for your service and sacrifice and for the legacy you left behind



Chief of Naval Personnel Vice Adm. Scott Van Buskirk thanks a group of veterans who served during Operations Desert Shield and Desert Storm during a commemoration ceremony at the NAS Jax Officers' Club on Nov. 8.

for today's service members," said Van Buskirk.

Each individual Desert Shield/Desert Storm veteran was then recognized and presented with a certificate of Special Congressional Recognition in honor of their service to our country by Crenshaw and Van Buskirk.

After every veteran was recognized, Sanders read Old Glory as NAS Jax Sailors performed the passing of the flag. The flag was then presented to Crenshaw who in turn presented it to Desert Shield/Desert



Congressman Ander Crenshaw thanks YN2 Donna Leduc of Navy Operational Support Center Jax for her service during his 11th annual Congressional Special Veterans Recognition Ceremony at the NAS Jax Officers' Club on Nov. 8.

Storm veteran retired Adm. Stan Arthur, former commander, U.S. Naval Forces Central Command during Operation Desert Storm.

"This is a great event to honor veterans who took part in these operations. Our armed services were trained for these operations we were going into the unknown and had no idea of what we were facing. Fortunately, we preserved and won the battle and I'm very proud of the young men and women who participated in Operation Desert Shield/Storm," said Arthur.



Congressman Ander Crenshaw presents the national ensign to retired Adm. Stanley Arthur, former commander of U.S. 7th Fleet during the Persian Gulf War, who directed the operations of more than 96,000 Navy and Marine Corps personnel and 130 U.S. Navy and allied ships. Arthur also served as vice chief of naval operations from 1992-95.

The ceremony concluded with a 21-gun salute, the playing of Taps by members of Navy Band Southeast and the benediction.

"I think this is just outstanding that the congressman recognized us today for our dedicated service to our country and the support we provided during these operations," said retired CWO2 David Harvey, who was deployed on board USS Juett and was in the Persian Gulf when Iraq invaded Kuwait. "I really appreciate

this and it was an honor to be here today."

"This is one way to say thank you to men and women in the military who put their lives on the line to defend the freedom and democracy that we enjoy," said Crenshaw. "This is probably one of the most rewarding things I do as a member of Congress. We have honored a lot of the veterans from prior wars and we thought with this most recent war that it was appropriate to honor these folks."

## HSM-70

From Page 1

carrier is a critical part of training for new pilots. Helicopters assume search and rescue duties to mitigate the risk of pilot ejections during fixed-wing flight operations from aircraft carriers.

Although capable of search and rescue, the primary mission of HSM-70 is anti-submarine warfare (ASW) and surface warfare. The MH-60R is the Navy's most capable, combat-tested ASW air asset with a multitude of sensors.

These sensors make the MH-60R heavier than her MH-60S counterpart, the typical plane guard platform. To prepare HSM-70 for plane guard duties, Spartan maintainers worked tirelessly on two MH-60Rs, removing ASW equipment and conducting inspections to get the helicopters ready for deployment within hours of receiving tasking.

Remarking on the flexibility of the mission change, Herr stated, "The Spartans maintain a level of readiness that allows us to respond at a moment's notice. We fight as we train."

On Nov. 3, the Truman passed USS Enterprise (CVN 65) as she returned to Naval Station Norfolk, completing her final deployment after 51 years of service. Enterprise was the Navy's first nuclear powered aircraft carrier. Herr, Lt. j.g. Zachary Jackson, AWR2 Clayton Reed and AWR3 Matthew Ballard of HSM-70 were in the air when she passed by and were able to take photographs to commemorate the landmark occasion.

"It was an honor to fly and see one of the Navy's most historic carriers on her final voyage," said Herr.

For several of the newest Spartans, the detachment marked their first time underway on an aircraft carrier and for some, on a Navy ship, including AWR3 Bill Christensen. "It's a totally different experience," he

said. "It's been cool seeing the jets take off."

Some more seasoned members of the squadron were present for the maiden deployment of USS George H. W. Bush (CVN 77) with Carrier Air Wing Eight from May to December 2011. HSM-70 returned from the deployment with numerous awards including the Arnold J. Isbell Trophy and Adm. Thatch Award. Despite being a relatively new squadron, HSM-70 is quickly becoming well known throughout the fleet for upholding the highest Navy standards.

## Truman trainer gets light touch

In the Atlantic on Nov. 6, Sailors push back a T-45C Goshawk training aircraft attached to the Eagles of Training Squadron (VT) 7 on the flight deck of the aircraft carrier USS Harry S. Truman (CVN 75). The ship is underway supporting pilots' carrier qualifications.



Photo by MCSA Anthony Presley

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Photos by Lt. j.g. Kevin Wendt

## NAS Jax Sailors of the Quarter

NAS Jax Commanding Officer Capt. Bob Sanders presents ACAN Joseph Barry with the Blue Jacket of the Quarter award for the fourth quarter during command quarters on Nov. 9.



NAS Jax Commanding Officer Capt. Bob Sanders presents IT2 Tranette Harding with the Sailor of the Quarter award for the fourth quarter during command quarters on Nov. 9.



AC1 Amarilys Torres is presented the Senior Sailor of the Quarter award for the fourth quarter by NAS Jax Commanding Officer Capt. Bob Sanders on Nov. 9.

# NEX rewards students with its A-OK Student Reward Program

## From Navy Exchange Command

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

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grade. Dependent children without an individual Dependent Identification Card

must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card and have a NEX associate verify the minimum grade average. Then fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to pay for college through its A-OK Student Reward Program since 1997.

Since the program began, NEXCOM has awarded over \$600,000 in Series EE U.S. savings bonds and monetary awards with the help of its generous vendor partners.

## MCPON

From Page 1

and foremost, must set the conditions through personal example and integrity in their own actions.

In September, he approached his Leadership Mess, a group of fleet, force and command master chiefs, asking them to speak with their Messes and help pinpoint top areas where the CPO community could make positive and immediate impacts on good order and discipline.

"After reviewing hundreds of responses, it became overwhelmingly clear that four areas stand out above all others," said Stevens. "Leadership through personal example; accountability commensurate with responsibility; clear, unambiguous and personal communication throughout the chain of command; and excellence in the things we have rather than continuously inventing new solutions."

Discussing distractions beyond our control, MCPON outlined the concept of control and influence within our own sphere in his letter, 'Zeroing in on Excellence: Controlling What We Own.'

"There are many things that you and I do own and control, including good



Photo by MC2 Thomas Rosprim

Master Chief Petty Officer of the Navy (MCPON) Michael Stevens speaks to the current class of the Navy Senior Enlisted Academy (SEA) on Oct. 24 in Newport, R.I.

order and discipline, technical training, maintenance/administrative production, and the execution of orders," said Stevens. "We also have the ability to control much of our own lives by becoming and remaining physically, mentally, morally, and spiritually sound."

MCPON's 'Zeroing in on Excellence' letters lay the framework for individual Chiefs' Messes and commands to work within, allowing them to take his guidance and determine how to best employ the initiative to their specific commands and messes in order to functionally and effectively support CNO's Sailing Directions, build an environment where our entire Navy gets stronger, and follow the fundamental standard to work hard, stay out of trouble and be good and decent people.

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# Happy 237<sup>TH</sup> Birthday, United States Marine Corps

By Amaani Lyle  
American Forces Press Service

As the U.S. Marine Corps counted its 237th birthday in 2012, military officials gathered at the Pentagon Nov. 7 to enjoy a slice of both the service's storied history and its ceremonial cake.

Defense Secretary Leon Panetta and Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, were on hand, along with Marine Corps Commandant Gen. James Amos.

An excerpt of the annual birthday message written in 1921 by Gen. John Lejeune, the service's 13th commandant, reads, "Generation after generation of Marines have grown grey in war in both hemispheres and in every corner of the seven seas so that our country and its citizens might enjoy peace and security."

Amos explained the message's enduring relevance.

"One of the things we really never ... want to atrophy is our history in the minds and hearts and souls of everybody that wears the eagle, globe and anchor," Amos said.



Secretary of the Navy Ray Mabus and Gen. James Amos, Commandant of the Marine Corps, cut the cake at the Marine Corps 237th birthday celebration at the Pentagon on Nov. 7.

In August, Amos said, he and his wife visited Guadalcanal, site of the 1942-1943 campaign that marked the first

major offensive in the World War II Pacific theater.

"That was a spiritual experience for

us, and we were mindful of all those 1,300 Marines that give their lives there," Amos said of wading into the waters there.

He read the account of a young Marine from George Company, 2nd Battalion, 5th Marines, who said a non-commissioned officer at Guadalcanal did manage to read Lejeune's birthday message to some platoons, while cooks prepared a cake from rice flour for the birthday celebration.

"As each man went through the chow line, besides a thin slice of Spam with a hard biscuit, we all received a thin portion of cake," Amos quoted from the Marine's account.

The 28th Marine Corps commandant, retired Gen. P.X. Kelley, described during the ceremony how his Vietnam experiences and the loss of his father in World War II still inspire his visits to the Vietnam Veterans Memorial. He imparted advice to spectators.

"Go at night," he said. "That's where you see the real hard-core people with their hand on a name or a bended knee."



Photo by Clark Pierce

## Local Marines celebrate

(Above) NAS Jax Executive Officer Capt. Roy Undersander (right) and NAS Jax CMDCM(AW/SW) (left) join U.S. Marines assigned to the Center for Naval Aviation Technical Training Unit Jax on Nov. 9 to celebrate the 237th Marine Corps birthday at the NAS Jax Flight Line Café.



(At left) Lance Cpl. Malcom Burks and Lance Cpl. Robert Kerr make the first slice of Marine Corps birthday cake with a ceremonial cutlass.

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Photos by MCSN Damian Berg

Workers prepare USS Bataan (LHD 5) for the Nov. 9 Navy-Marine Corps Classic NCAA basketball game between University of Florida Gators and Georgetown University Hoyas at Naval Station Mayport.



Construction workers assemble bleachers on the flight deck of the USS Bataan (LHD 5).

# NAVFAC Southeast integral to Navy-Marine Corps Classic prep

By Earl Bittner  
NAVFAC Southeast Public Affairs

Naval Facilities Engineering Command (NAVFAC) Southeast employees worked hard on the largest event ever produced by the U.S. Navy and the City of Jacksonville. The Navy-Marine Corps Classic NCAA basketball game was played Nov. 9 on board USS Bataan (LHD 5), at Naval Station (NS) Mayport.

The Bataan, a multipurpose amphibious assault ship, would seem at first glance to be a strange place to hold a NCAA college basketball game, but that's exactly happened, along with a concert featuring the group "Little Big Town."

"This is absolutely a first in my career, a really unique opportunity," said NS Mayport Public Works Officer Cmdr. Miguel Dieguez. "To both see a production like this get put together, and to do it on a Navy warship of this size is extraordinary."

Dieguez, NAVFAC Southeast's project officer for the game, has been point man for the project since May.

Set-up for the event included construction of approximately 3,500 tem-



Construction workers assemble bleachers on Nov. 6 on the flight deck of amphibious assault ship USS Bataan (LHD 5) for the Navy-Marine Corps Classic NCAA basketball game.

porary seats, an NCAA regulation basketball court, and infrastructure to support TV production (sound, video display boards, lighting) and broadcast (camera towers).

Since, Nov. 2, a contractor workforce of nearly 60 people worked 10-12 hour days, in close coordination with Bataan and NS Mayport personnel, to put the

site together.

The game between the University of Florida Gators and the Georgetown University Hoyas is just part of the 'Week of Valor,' a weeklong celebration hosted by the City of Jacksonville and the Florida Blue corporation, honoring veterans, reservists and active duty, for their service to the nation.



Construction workers assemble bleachers on Nov. 6 on the flight deck of the USS Bataan (LHD 5).

Dieguez became involved in preparations early on when the idea was first presented to the Secretary of the Navy to hold a college basketball game on a U.S. Navy warship at NS Mayport.

His team also worked the utilities and infrastructure support - basically anything that touches the physical plant of the base. His team also coordinated

See NAVFAC, Page 11

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Photo by MC2(SW) Marcus Stanley

In less than three days, NAVFAC Southeast Sailors and contractors constructed the basketball court, seating and lighting for the Florida Gators and Georgetown Hoyas who would play in the inaugural Navy-Marine Corps Classic NCAA basketball game.

## NAVFAC

From Page 10

with engineers from Naval Sea Systems Command (NAVSEA) to ensure the game-day complex (bleachers, basketball court, sound system, etc.) were safe and built to specifications.

"It makes me feel proud," said Dieguez. "This is such a huge opportunity for both the U.S. Navy and the City of Jacksonville to put their best foot forward."

Last year's "Quicken Loans Carrier Classic" was hosted on board the aircraft carrier USS Carl Vinson (CVN 70) in San Diego.

In addition to the basketball game, the evening also featured a concert and fan fest with food and beverage vendors, and military static displays in the parking lot adjacent to the Bataan's mooring. Thirty-five hundred fans got a bird's-eye view of the basketball game from bleachers on Bataan's flight deck, but another 12,000 or so spectators enjoyed the game on large video monitors set up at the concert and static display venue below.

Danny Williams, NS Mayport Crane Program Manager and NAVFAC Southeast employee, directed the approximately 200 crane lifts required

to get the equipment needed aboard Bataan. Williams said it took about 30 hours using two cranes to lift the disassembled bleachers, basketball court and other items to the flight deck. He said that it was a unique task compared to normal port operations.

"We were happy to support this spectacular event Nov. 9," said PWD Mayport Production Officer Lt. Cheron Thornton. She was responsible for working the support issues between the

Bataan and the base. Her team provided cranes, vehicles and utilities (power) to the ship.

"This is the first time the Navy has done something like this in coordination with a city government," said Dieguez. "In this case, the City of Jacksonville is putting up the financial resources to make this happen. It really speaks well of our local citizens - they really love having the military as part of their community."

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Photo by MC2 Pedro Rodriguez

In the "Fighting Tigers" hangar aboard Naval Air Facility Misawa, Japan, AEAN John Verran, left, purchases baked goods during a fundraiser organized by VP-8 First Class Petty Officers Association to benefit those affected by Hurricane Sandy. The funds collected Nov. 7 were donated to the American Red Cross disaster relief fund.

## 'Aces' raise funds for Hurricane Sandy victims

By MC2 Pedro Rodriguez  
VP-8 Public Affairs

The VP-8 "Fighting Tigers," on deployment in Misawa, Japan, once more showed their solidarity, compassion and generosity during a Nov. 7 fundraising event for those recently affected by Hurricane Sandy in the northeastern United States.

The squadron's First Class Petty Officers Association (FCPOA) conducted a two-day bake sale - an idea suggested during one of the association's meetings by AE1 Joshua Eason.

"When a fundraiser to aid the Red Cross Hurricane Sandy relief efforts was suggested, everyone jumped on board with ideas and suggestions. As always, the FCPOA embraced the idea and made the fundraiser a reality," said NC1 Deborah Spinner.

All the baked goods were donated by the squadron's first class petty officers, commonly known as the "Aces," who also organized and executed the sale.

"The Tigers came out in full support, eager to help in any way they could," said AM1 Angela Berrios, the squadron's FCPOA secretary.

Because VP-8 is deployed to Japan's

northern region - which was heavily damaged during the 2011 tsunami - they have seen first hand the need for long-term support for those affected by natural disasters.

The Aces will take the \$881 raised from the bake sale and transmit the money electronically to the American Red Cross.

"Our thoughts and prayers are with the families that have been uprooted, and those that are currently dealing with the aftermath. As a military member, it is our job to protect our nation, and I feel powerless being so far away. This is our way of helping to support the cause and hope that it will make an impact in someone's life," said Spinner.

The FCPOA reminded their shipmates that they can still donate by visiting [www.redcross.org](http://www.redcross.org), calling 1-800-RED CROSS (1-800-733-2767) or texting the word "REDCROSS" to 90999 to make a \$10 donation. Any donation enables the Red Cross to provide shelter, food, emotional support and other assistance to those affected.

The NAS Jacksonville-based Fighting Tigers are on a six-month scheduled deployment in support of U.S. 7th Fleet.

# Fleet commanders' message on personal conduct

From U.S. Pacific Fleet Public Affairs

The commander of the U.S. Pacific Fleet and the commander of U.S. Fleet Forces recently released a 'personal for' (P4) message to leaders under their command to address how poor judgment and destructive behavior by Navy personnel is unacceptable and negatively impacts warfighting readiness.

In the message, Adm. Cecil Haney, commander of the U.S. Pacific Fleet, and Adm. William Gortney, commander of U.S. Fleet Forces Command, directed commanders to get more actively involved in preventing destructive behavior by ensuring their Sailors are aware of, and abide by, the rules of conduct established by the Navy Ethos.

The goal is that every Sailor, down to the deckplate level, makes a commitment to recognize potential problems and have the courage to intervene before bad behavior occurs.

"It is the responsibility of every commander to make sure their Sailors are properly representing the U.S. Navy regardless of where they are or what they are doing," the message read.

There were 496 sexual assaults reported in fiscal 2012, more than half involving alcohol. Because of these types of incidents, the Navy held a focused Sexual Assault Awareness campaign in April during National Sexual Assault Awareness month. The Navy has also implemented more training programs aimed at educating and encouraging Sailors to speak out against these crimes.

Warfighting readiness is predicated on the relationships forged between Sailors and with partners. One instance of poor personal judgment in the workplace or on liberty can put these crucial relationships and readiness at risk.

"Our warfighting strategy relies in part on the willingness of host nations to provide our forces access to their ports," Haney and Gortney wrote in their message. "To support this mission area, our Sailors must be exemplary ambassadors of our Navy and

our nation."

In conjunction with the release of the P4 message, U.S. Pacific Fleet Master Chief John Minyard addressed Sailors from Navy Region Hawaii. During two separate calls with junior and senior enlisted personnel, Minyard emphasized the opportunity for all Sailors to be leaders in preventing shipmates from making poor decisions.

"We have to own good order and discipline within our commands, at every level of leadership, and I believe we can do that," Minyard said. "You need to know your people, you need to lead your people, and you need to be involved in their decisions."

"Every Sailor, E-1 thru O-10, has a responsibility to look out for the safety of their shipmates and to always hold themselves to the highest levels of accountability for their actions at home and abroad," he said. "If we have the moral courage to step in and stop destructive behavior before it occurs, we can eliminate these incidents."

The admirals concluded that the U.S. Navy has been a global force for good and that our conduct shapes our ability to position forces forward, to be ready, and to fight and win when required.

"We must strive to eradicate sexual assaults and other destructive behavior by identifying problems and intervening early," they wrote. "Respect for others is fundamental to our character and part of our Navy ethos."



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

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Photo by Clark Pierce

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Extreme Boot Camp  
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Wednesday at 6:30 p.m.

**I.T.T. Events**

Call 542-3318.  
Kennedy Space Center - Adult \$40, child \$31

Entertainment Books - \$30

Gatorland - military member is free, tickets available for family members at ITT

\$19.25 adult, \$12.50 child, \$54.25 zipline

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

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

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February 23, 2013  
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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

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

Universal Studios Special  
Complimentary tickets for active duty and retirees, free 3 day, park-to-park ticket with valid military ID. Admission is valid for up to 14 days from first use. Tickets are available at ITT through March 31, 2013 and must be redeemed by June 30, 2013.  
Ask about our special discounted tickets for family members.

Gator Bowl tickets - \$35  
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Capital One Bowl - \$85  
Russell Athletic Bowl - \$70

Wild Adventures Theme Park - 1 day \$29.50, 2 day \$40, Gold pass \$71

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

Islands of Adventure Weekend Trip  
Nov. 17 & 18

\$40 per person

Mall & Movie Trip  
Orange Park Mall & AMC Theater  
Nov. 23 at 6 p.m.

Kennedy Space Center Trip  
Nov. 24 at 9 a.m.

**NAS Jax Golf Club**

Golf course info: 542-3249  
Mulligan's info: 542-2936

Military Appreciation Days  
\$18 per person, includes cart & green fees  
Nov. 27 for active duty  
Nov. 15 & 29 for retirees & DoD personnel

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Call 778-9772 for more information.

Dashing Through The Grove  
Saturday, Dec. 8  
4-8 p.m. at Patriot's Grove  
Free snow sledding, photos with Santa, tree lighting, musical entertainment and more!

**NAS Jax Sports**

**Standings**

As of Nov. 9  
Captain's Cup 7-on-7  
Flag Football

Team	Wins	Losses
FRCSE	6	0
VP-30	5	0
VP-30 Pro's	5	0
AIR OPS	4	0
VR-58 Sunseekers	4	1
HSM-70 Spartans	3	2
VP-10 Red Lancer	3	2
VP-16 Red	3	2
VP-45 Pelicans	3	2
VP-26	3	3
NAVHOSP	2	2
NMC Bombers	2	3
VP-16 Black	2	3
FRC-U	1	3
NBHC	1	3
NOSC/NAR	1	3
FACSFAC/NAVAFAC	1	4
HITRON	1	4
HSL-42 Proud Warriors	1	4
TPU/PCF	1	4
VR-62	1	4
NCTS	1	5

**Intramural Fall Softball**

Team	Wins	Losses
VP-16	7	1
VP-26	7	1

VR-58 Sunseekers	7	1	FRCSE 900	4	5
FRCSE Angry Dolphins	6	2	VR-62	4	5
NCTS	6	2	CNRSE	3	5
VP-30 Dirty 30	6	2	DLA Scared Hitless	2	5
HSM-70	4	2	VP-10 Lancers	2	6
CORIVRON 10	4	3	CBMU202	1	5
NAVHOSP Dirty Birdz	4	3	HSL-42 Proud Warriors	1	6
FRCSE Rabid Possums	3	4	NBHC	0	7

**AEROBATHON**  
Saturday, Nov. 17<sup>th</sup>  
Base Gym  
9 a.m. - noon  
The Aerobathon will include five 45 minute segments of Kickboxing, Zumba, R.I.P.P.E.D, Pilates and Yoga  
Sponsored by ALLIED AMERICAN UNIVERSITY

**Turkey Trot 5k - Nov. 16**

The run is free and open to all 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 Fitness Source prior to the Nov. 13. The run will be held on Perimeter Road at the end of Mustin Road near the Antenna Farm at 11:30 a.m. Registration will also be held at the run site from 10:30-11:15 a.m.

**Intramural Fall Golf League forming**

The league is open to all NAS Jax active duty, command DoD, DoD contractors and selective reservists. All interested personnel should contact the gym to obtain the rules and to get the required paperwork to join the league. The league will be played on Wednesdays at 1130 a.m. Teams are comprised of four players using a best ball format. Rosters and entry forms are due by Nov. 2.

**4-on-4 Flag Football League meeting - Dec. 5**

This league is open to all NAS Jax active duty, command DoD, DoD contractors and selective reservists. The meeting will be held at 12:00pm at the base gym. Commands having their athletic officer or designated representative attend the meeting will receive five captain's cup points. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

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

**Teen driving class**

From NAS Jax Safety Office

A Driver Improvement Class designed specifically for dependent drivers between 15 and 21 years of age will be held Nov. 19 from 8 a.m. -1 p.m. in Building 1.

There will be no time behind the wheel of a vehicle - it is a classroom session only. Those who pass the multiple-choice test will receive AAA Driver Improvement Class completion certificates.

If you believe your teen can benefit from driving tips by professional driving instructors, sign them up for the Teen Driver Improvement Class. Contact Linda at 542-3082 or Cindy at 542-2584.

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# Ready to quit smoking, dipping or chewing?

Get started during Great American Smokeout

From Staff

“Smoking cessation is a two-part process: the first is stopping and the second is staying stopped.

Because nicotine is one of the world’s most powerfully addictive drugs – it’s also one of the toughest addictions to overcome. And that’s not to mention the fact that tobacco use can shorten the average lifespan by 15 years,” said Brook Keen, a health promotion specialist at the Naval Hospital Wellness Center.

She is a former smoker who understands both the challenges and rewards of smoking cessation.

“Our four-week tobacco cessation program is available for active duty, retirees and other TRICARE-eligible beneficiaries. No appointment is required, so walk-ins at building 867 on Enterprise Avenue are always welcome,” said Keen.

The program is run by two certified smoking cessation facilitators who work under direction of Naval Hospital Jacksonville Director of Public Health Capt. Joseph McQuade, M.D.

Program participants may choose individual or group sessions. Participants attend one session per week for four weeks, with unlimited follow-up counseling for relapse pre-



**Brook Keen, Naval Hospital Jacksonville Wellness Center health promotion specialist, reviews the consequences of smoking with Megan Heim (left), Aircrewman Kristian England and AT2 Amanda Anderson at a Nov. 8 support class. The display includes a container of the tar found in a typical smoker's lungs. The Wellness Center supports smokers with tools to quit—including medication, nicotine replacement therapy and cessation classes.**

Photo by Jacob Sippel

vention available.

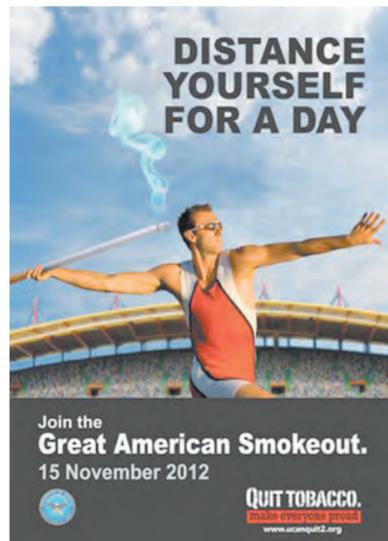
“Whether you smoke, chew or dip, you can improve your health through our tobacco cessation program. The educational component of our program helps quitters deal with challenges such as stress, weight gain and alcohol use,” explained Keen.

Participants may choose from a variety of nicotine replacement aids,

including the transdermal patch, nicotine lozenges and nicotine gum. Other aids include prescription medications such as Zyban and Chantix.

Active duty members of the aviation and submarine communities are not allowed to use the prescription medications, but may use any of the nicotine replacement aids.

“This is a comprehensive three-



month program where we maintain communications with participants on a weekly basis by telephone or email. As an added support component, participants may join in any of our group sessions that take place three times a week to reinforce positive behavior changes,” said Keen.

The weekly tobacco cessation support group sessions are: Monday at 9 a.m.; Tuesday at 2 a.m.; and Thursday at noon.

Regardless of the amount of your nicotine usage or length of addiction – you can overcome one of the most powerful drugs – with help from the Naval Hospital Wellness Center. Call 542-5292 for more information.



Photo by Jacob Sippel

## Gaining diabetes knowledge

Nyvea Tinajero, Naval Hospital Jacksonville registered nurse, explains prevention measures to avoid complications of diabetes with patients Dorothy Davis, Tony Rodriguez and Tawana McKinney during a diabetes education class. November is American Diabetes Month. The primary goal of diabetes education is to provide knowledge and skill training, help individuals identify barriers, facilitate problem-solving and coping skills to achieve effective self-care behavior and behavior change.



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# NAVFAC Southeast energy partnership meeting

By Earl Bittner  
NAVFAC Southeast Public Affairs

Naval Facilities Engineering Command (NAVFAC) Southeast hosted its quarterly energy partnership meeting aboard NAS Jacksonville, Nov. 8, at the Gateway Inn and Suites Conference Center, to learn about the latest in eco-friendly and energy saving technology.

"It's a great opportunity for us as the government to partner with industry, the experts out there, to find ways together to meet our energy goals," said Lt. Cmdr. Doug Herrin, NAVFAC Southeast energy team leader, in his opening remarks.

Herrin said in fiscal year 2012 (FY12), NAVFAC Southeast awarded 34 energy projects. Navy Region Southeast is scheduled to



Lt. Cmdr. Doug Herrin (center), NAVFAC Southeast energy team leader, welcomed attendees to the quarterly energy partnership meeting where they discussed the latest in eco-friendly and energy saving technology.

award 53 energy projects in FY13. Herrin also noted the region is making strides in energy conservation stating electrical use was down 4.7 percent and natural gas use was down 15.2 percent in FY12 compared to FY11.

Eight vendors, including six presenters, were on hand

to discuss a diverse collection of environmentally friendly and energy saving products and services available to help NAVFAC Southeast personnel better evaluate current energy consumption patterns to effect efficiency planning, as well as green technologies to effect savings of dollars, and the pre-

vious resources we currently expend.

Some of the products and services presented included metering equipment used to evaluate energy consumption and efficiencies, 'green' solar powered lighting technologies and biomass 'gasification.' Heating and air condi-

tioning energy saving devices, advanced metering and Navy SMART Grid and power management and voltage conditioning were also discussed.

NAVFAC Southeast takes great strides to remain current on technology advancement in energy conservation and sustainment for capital improvement and renovation projects.

"This event gives us the opportunity to learn from industry professionals what their latest technology and services offer to help the Navy reach its energy goals in the Southeast," said Leigh Adams, NAVFAC Southeast energy program engineer and the event organizer.

Vendors interested in presenting at future quarterly energy partnership events may contact the program coordinator at (904) 542-6760.

Photo by Earl Bittner

# FRCSE production director retires with 33 years of distinguished service

By Marsha Childs  
Fleet Readiness Center Southeast  
Public Affairs Specialist

During his retirement ceremony at Fleet Readiness Center Southeast (FRCSE) Nov. 8, the production director received the Navy's third highest civilian award for his last seven years of distinguished service, ending a notable 33-year career.

Capt. Robert Caldwell, the FRCSE commanding officer, presented Bobby Stroud, Jr. with a Meritorious Civilian Service Award for his contributions to the production of EA-6B Prowler, F/A-18 Hornet, H-60 Seahawk, P-3 Orion, T-34 and T-44 Trainer aircraft, four engines types and numerous components.

Caldwell said when he arrived at FRCSE in September 2006 at the 21-year mark in his career, he had never served in a facility with a predominately civilian workforce. He said he was fortunate to have Stroud "as his mentor, friend and professional advisor to figure out how a depot works dealing with capital funds, private industry partners and the unions."

During his lengthy career in federal service at FRCSE, Stroud has held numerous positions and has seen many changes as a result of world events, such



Photo by Victor Pitts

**Fleet Readiness Center Southeast (FRCSE) Commanding Officer Capt. Robert Caldwell (left), presents Bobby Stroud, Jr., the FRCSE production director, with a Meritorious Civilian Service Award for his contributions as the FRCSE aviation maintenance production officer, during his retirement ceremony held at the facility Nov. 8. During his 33-year career, Stroud has held numerous positions at the industrial facility responsible for maintaining, repairing, overhauling and modifying military aircraft.**

as the Cold War, Operations Desert Shield and Desert Storm, the 9/11 terrorist attacks and Operation Enduring Freedom. His focus has always been on what is best for the taxpayer and the warfighter.

"The business decisions we've made over the years have not always been

popular, but they have always been based on what's best for the Fleet," said Stroud during an earlier interview. "That's something to be proud of. We produce products; we produce hardware. When you see an F/18 (Hornet strike fighter) on TV, I can actually say I had something to do with that."

Stroud started his career in February 1978 stripping paint from aircraft, a temporary Wage Grade 06 position that lasted only 10 months. He was subsequently rehired for the same job and picked up for permanent service in September 1980. He was next selected for a career progression ladder, General Schedule (GS) 5/7/9, in the Methods and Standards Department where he worked his way up to section supervisor. His success landed him a management analyst job in a GS-11 position.

In the early 1990s, he transferred to the Business Office where he was tasked with writing J52 engine proposals for public/private competition, answering Base Realignment and Closure (BRAC) data calls and working on BRAC implementation. Under the command's reorganization, Stroud competed and was

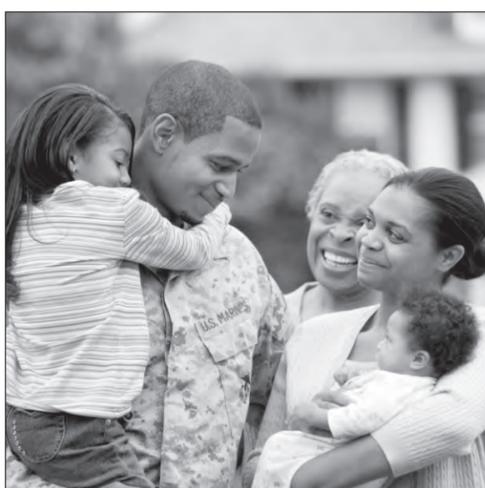
selected as the Business Department head.

Stroud moved to production support when Capt. David Beck assumed command in 2003 of FRCSE, then called Naval Air Depot Jacksonville. In August 2005 when Capt. John Scanlan, II took the helm, Stroud landed the production director position where he has served since.

Under Stroud's direction, FRCSE Implemented Franklin Covey's 4 Disciplines of Execution® methodology. This radically changed the leadership culture in the command by developing Wildly Important Goals and establishing a system to ensure accountability within FRCSE. This enabled FRCSE to reduce execution costs from Fiscal Year (FY) 08 through FY12, resulting in an average annual cost avoidance of \$48 million, which directly improved Naval Aviation Enterprise readiness by increasing the fleet's buying power.

In addition, Stroud developed a reduced component unit price (CPU) initiative that was adopted by

See **FRCSE**, Page 23



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# Navy-Marine Corps Classic played on Bataan flight deck

Weather interferes with second half

By MC2 Erin Lea Boyce  
USS Bataan Public Affairs

Sailors and civilians on board the multipurpose amphibious assault ship USS Bataan (LHD 5) attended the Navy-Marine Corps Classic NCAA basketball game between the University of Florida Gators and the University of Georgetown Hoyas, Nov. 9.

The flight deck was transformed from launching and landing six different types of aircraft during flight quarters, to a basketball court with seats holding more than 1,000 people. The Navy-Marine Corps Classic was the highlight of the City of Jacksonville's Week of Valor.

Jacksonville and the surrounding communities have a long tradition of supporting Sailors and Marines. The Week of Valor honors veterans, active and reserve service members, as well as military families.

"Jacksonville has always been a great Navy town," said Secretary of the Navy Ray Mabus. "We are moving an amphibious ready group, including a ship like this, to Jacksonville. It is one of the ways we connect



Photo by MCSN Rob Aylward

Country music band Little Big Town performed at the Navy-Marine Corps Classic pre-basketball game concert for service members and their families at the Naval Station Mayport as part of a Week of Valor tribute. The game honored veterans, active and reserve service members, and military families.

the ship to the city and the U.S. Navy to the American people, because when we are doing our job we are usually a long way from home."

During half time at the game, the audience got an inside look at Navy life when Mabus reenlisted seven Sailors. After the re-enlistment oath, players from both teams shook the hands of the enlistees.

"Fewer than one percent of America serves in uniform, yet they keep the other 99 percent of us safe,"

See BATAAN, Page 19



Photos by MC2(SW) Marcus Stanley

Sports commentators (from left), Liam McHugh, Stacey King and Stan Van Gundy prepare to call the game between the Florida Gators and Georgetown Hoyas on board the USS Bataan.



The University of Florida Gators and Georgetown University Hoyas go for the tip-off.

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Photos by MC2 Marcus Stanley

Secretary of the Navy Ray Mabus (center) talks with Jacksonville Mayor Alvin Brown (left) and retired Rear Adm. Victor Guillory, director of military affairs for the city, in the hangar bay of the amphibious assault ship USS Bataan (LHD 5) during a reception for the University of Florida Gators and Georgetown University Hoyas basketball players at Naval Station Mayport.



Photo by MC2 Gary Prill

The University of Florida Gators and the Georgetown University Hoyas played round ball on the flight deck of USS Bataan (LHD 5). Fans were treated to a close first half – but disappointment ensued when the game was halted due to condensation on the hardwood.



USMC Sgt. Alpha Gainous (right) poses with veterans from the Munford Point Marine Association, who served courageously in World War II.



Photo by MCSN Rob Aylward

Sailors, veterans and civilians react to a great pass and a slam dunk by the Georgetown University Hoyas in the first half of the inaugural Navy-Marine Corps Classic Nov. 9 at NS Mayport.



The popular country music band Little Big Town sang the national anthem from the flight deck basketball court of the USS Bataan (LHD 5).



University of Florida Gators center Patric Young autographs a basketball for Ensign Romeo Garcia in the hangar bay of the amphibious assault ship USS Bataan (LHD 5).

# BATAAN

From Page 18

said Mabus.

“These seven Sailors who reenlisted are some of the best we have.”

Unfortunately, before the players could finish the game, condensation covered the court and officials stopped the game to ensure the players safety. The game came to a close after 20 minutes of playing time with the Florida Gators leading 27 to 23.

“Thank you everyone for making this event possible,” said John Thompson III, head coach, Georgetown University. “Thank

you for hosting us, and to all the Sailors who represent us out here. It’s been an unbelievable experience for our guys just to be a part of this event and the fact that the game is ending doesn’t take away from that.”

Several players said participating in the game was a small way to give back to the Sailors who defend America.

“It’s an amazing experience just to have the opportunity to come out here on a ship,” said Otto Porter, team member of the Georgetown Hoyas. “It’s just one of those things where we got to come out here and support the Navy and soldiers back home.”

Sailors also savored the experience of the Navy-Marine Corps Classic basketball game.

“I thought the game was wonderful,” said CTSN(SW) Brianna Williams, a Bataan Sailor. “I was amazed that they turned our ship into a stadium so quickly.”

The Week of Valor presented Bataan Sailors with many lasting experiences, including watching the NFL Jacksonville Jaguars practice and play a game Nov. 8 against the Indianapolis Colts, as well as participating in a community relations project, and enjoying at a free concert by country band Little Big Town at NS Mayport prior to the game.

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Photos by Clark Pierce

Cardio and weight training equipment, along with gym admin office will temporarily move to building 798 (formerly The Zone) from Jan. 14 to June 30.

## Gymnasium and indoor pool operations change for renovation

From MWR

NAS Jacksonville has received funding in the amount of \$2.6 million from the Office of the Secretary of Defense to renovate the base gymnasium. The facility will be closed Dec. 17 through June 30, 2013.

Cardio and weight training equipment, gear issue, and the

gym and administration operations will be temporarily relocated to Building 798 (old location of The Zone) from Jan. 14 through June 30.

Unfortunately, showers and locker storage will not be available during this temporary move, however, bathroom facilities are available on site. Due to the lack of laundry facilities in

Building 798, towels will not be available.

- Zumba classes will continue at this location Monday and Wednesday at 11 a.m.

- The Fitness Source has expanded the hours of operations from 5 a.m. - 9 p.m. Monday through Friday and 7 a.m. - 5 p.m. Saturday and Sunday.

- The gym closure will also cancel indoor winter basketball and badminton leagues.

- The indoor basketball and racquetball courts will also be closed until project completion.

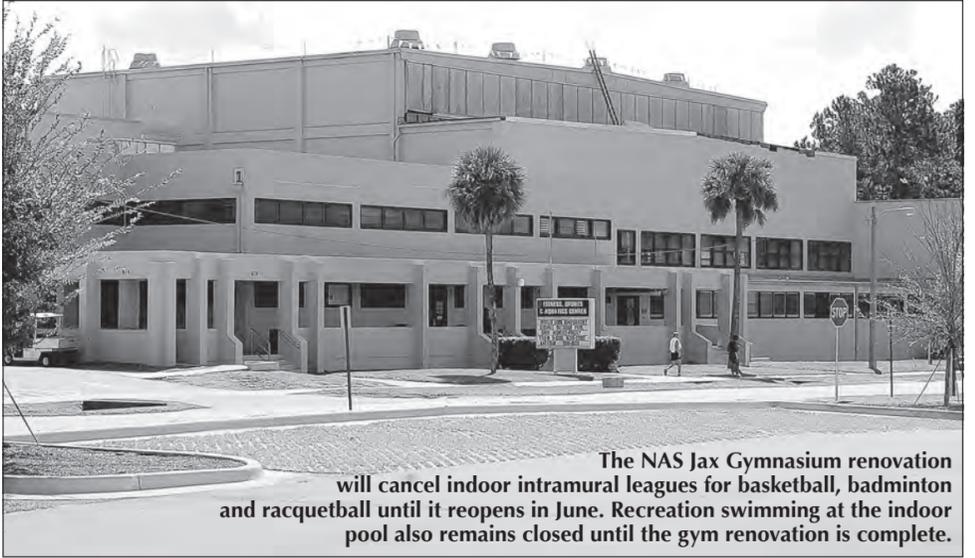
- The indoor pool renovation will be complete Jan. 1 and will support Surface Search and Rescue classes and command physical readiness testing until April 1.

- Due to the lack of shower facilities and locker rooms, recreation swimming at the indoor pool will remain closed until the gym renovation project is completed.

pleted.

- The outdoor pool will be open on April 1 for lap swimming from 5:30-8 a.m.; 11 a.m.-1 p.m.; 4:30-8 p.m., Monday through Friday. Additionally, the outdoor pool will be available for Reserve units on drill weekends for physical fitness training if requested.

For more information, contact MWR Program Director John Bushick at 542-4768 or e-mail john.bushick@navy.mil.



The NAS Jax Gymnasium renovation will cancel indoor intramural leagues for basketball, badminton and racquetball until it reopens in June. Recreation swimming at the indoor pool also remains closed until the gym renovation is complete.



Photo by Clark Pierce

## Coming attraction

A construction crew assembles the new base marquee sign on Nov. 9, located near the intersection of Yorktown Avenue and Allegheny Road.

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# World-renowned Budweiser Clydesdales to visit NAS Jax

From Staff

The world-famous Budweiser Clydesdales, the symbol of quality and tradition for Anheuser-Busch since 1933, are scheduled to make several appearances in the area Nov.14-18, including one at NAS Jacksonville to honor our serving military members and their families.

The eight-horse hitch will be harnessed and hitched to the famous red beer wagon at the Navy Exchange Nov. 15 from 10 a.m. to 1 p.m.

The Clydesdales' appearance in Jacksonville is one of hundreds made annually by the traveling hitches. Canadians of Scottish descent brought



Photo courtesy of Anheuser Busch

**The world famous Budweiser Clydesdale horses will visit the NAS Jax Navy Exchange on Nov. 15 from 10 a.m. to 1 p.m.**

the first Clydesdales to America in the mid-1800's. Today, the giant draft horses

are used primarily for breeding and show.

Horses chosen for the Budweiser Clydesdale hitch must be at least three years of age, stand approximately 18 hands - or six feet - at the shoulder, weigh an average of 2,000 pounds, must be bay in color, have four white legs, and a blaze of white on the face and black mane and tail. A gentle temperament is very important as hitch horses meet millions of people each year.

A single Clydesdale hitch horse will consume as much as 20-25 quarts of feed, 40-50 pounds of hay and 30 gallons of water per day.

Each hitch travels with a Dalmatian.

In the early days of brewing, Dalmatians were bred and trained to protect the horses and guard the wagon when the driver went inside to make deliveries.

The Budweiser Clydesdales can be viewed at the Anheuser-Busch breweries in St. Louis, Mo.; Merrimack, N.H.; and Ft. Collins, Colo. They also may be viewed at Grant's Farm in St. Louis and at Warm Springs Ranch, the 300-plus acre Clydesdale breeding farm located near Boonville, Mo.

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

## USS Bataan marches on in honor of the fallen

By MC3 Desiree Green

Navy Public Affairs Support Element Det. Southeast

Sailors and Marines paid homage to two survivors of the World War II Bataan Death March during a ceremony held on board USS Bataan (LHD 5) as a part of the City of Jacksonville's Week of Valor, Nov. 8.

"This ship was commissioned in 1997 to honor the sacrifices of those who have gone before us," said Capt. Erik Ross, the ship's commanding officer.

"This ceremony honored Donato Abalos and Patricio Ganio, both of whom marched nearly 60 miles during a forcible transfer of more than 70,000 Filipino and American prisoners of war by the Imperial Japanese Army. The march followed the three-month Battle of Bataan in the Philippines."

"These two individuals sacrificed," said Ross. "Their dedication, their courage, their perseverance, and most remarkable in my opinion, their humility in a time where humility was rare. Both of you are true heroes."

During the march, many prisoners died from abuse, murder or exhaustion, while others were not given food or water until they had reached Balanga, the capital of Bataan. These acts of heroism were not lost on the crew attending the ceremony.

"I felt very honored to see them because everything they went through was extremely dangerous," said ABAA Elizabeth Blanco.

"The reason we honor them today is

not only because our ship is named after their struggle, but because there is a sense of pride and you have to be proud. Being in the Navy, I am proud to serve my country, proud to wear the uniform. Whether it's speaking to others about serving in the military or working long hours during flight operations. I want to thank them for giving us an example to do the same. I am happy to be here."

After the ceremony, service members were able shake hands with the survivors and many were moved by the experience.

"I was extremely humbled and honored to be in the presence of war heroes," said Lance Cpl. Ian Delacruz stationed in Camp Lejuene, N.C.

"To have the opportunity to hear what they have gone through and survived is very heartwarming. I'm infantry, so our job is to be on the frontlines and put ourselves at risk. To hear what they did, I'm just honored to be able to shake their hands and when I did, I don't know if this is the right way to say it, but it just felt right. I feel like we are in the same line of work and they are my predecessors. I'm proud to be here today to pick up where they left off."

The Bataan is the second ship to be named in honor of the march. The first was USS Bataan (CVL-29/AVT-4), which was originally planned as USS Buffalo, but was renamed on June 2, 1942 after the tragedy occurred. A translator added that Ganio and Abalos were proud to be recognized after all of these years and were very thankful for the opportunity to attend.

## Chamber hosts 10th military appreciation luncheon

By MC2 Marcus Stanley

Navy Public Affairs Support Element Southeast

More than 800 people attended the Jacksonville Chamber of Commerce kick off its 10th Military Appreciation Luncheon, Nov. 5, at Prime Osborn Convention Center in downtown Jacksonville, kicking off the "Week of Valor" to honor military members, veterans and their families.

"Today is the first day of ... a week long salute to the service and the sacrifice of our military members, our veterans and family who support them," said Jacksonville Mayor Alvin Brown. "I believe that is very appropriate, that the first of what will be terrific events planned this week is led by JAX Chamber."

During the luncheon, Brown pledged the city's continued dedication to the military, highlighting that the military is a large part of Jacksonville's economy and way of life.

"The military delivers an economic impact of 12.2 billion dollars here in Jacksonville," said Brown.

"In the City of Jacksonville, the military helps define who we are and the high value we place on civic responsibility, service and sacrifice. My administration is focused on making Jacksonville the most military friendly city in the nation."



Photo by MC2(SW) Marcus Stanley

**Lt. Gen. William Faulkner, Deputy Commandant for Installations and Logistics, gives a speech during the 10th Military Appreciation Luncheon.**

Keynote speaker Lt. Gen. William Faulkner, deputy commandant for Installations and Logistics United States Marines Corps, took the podium and highlighted programs the city provides for service members and veterans. He thanked the Mayor and the city for their work on behalf of the military.

"Initiatives like your 'Jobs for Vets' Web site designed to connect job seeking veterans to veteran-friendly employers in the city, is an impressive template for other cities around the United States to emulate," said Faulkner. "With the support of a grateful nation and proud and faithful Americans, such as the citizens of Jacksonville who recognize the sacrifice of our brave warriors, we're confident that we will continue to be ever faithful in meeting the nation's need for military crisis response."



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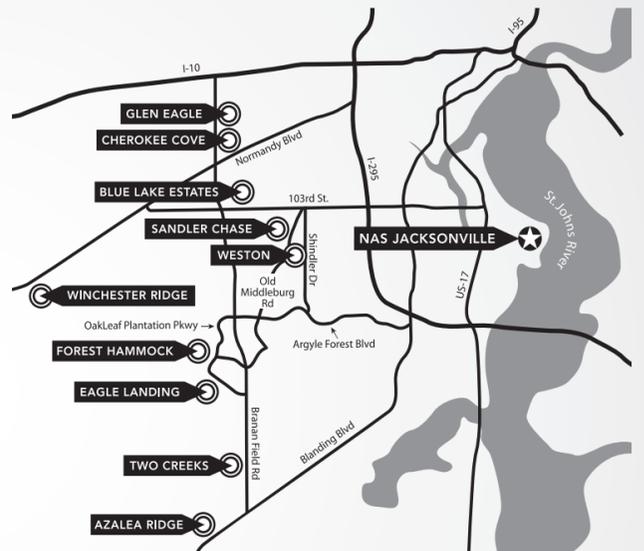
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# Sailor surprises family with homecoming during Jaguars game

By MC1(SW) Greg Johnson,  
Navy Region Southeast Public Affairs

The Jacksonville Jaguars hosted a military appreciation game at EverBank Field Nov. 9.

While the action on the field was the main focus as the Jaguars took on the Indianapolis Colts for more than 60,000 screaming fans, a moment that had nothing to do with football may have produced the loudest cheers. The entire stadium was on its feet as CM1(SCW) William Cook ran out of the tunnel to meet his wife and daughters during halftime.

Cook, who is assigned to Construction Battalion Maintenance Unit (CMBU) 202 at NAS Jacksonville, spent the last 10 months deployed to Afghanistan as an Individual Augmentee (IA). He had not seen his family since last Christmas, and his family was completely unaware that he was coming home. But thanks to the Jacksonville Jaguars and his chain of command, he was able to reunite with his family earlier than expected. The event was even more special to Williams and his family because it just happened to be his daughter's 21st birthday.

"I'm still in shock. I really never expected to see my father tonight," said Kasey, Cook's daughter. "It's definitely a really special thing to be able to get together tonight because I didn't expect to be able to cel-



Photo by MCSN Rob Aylward  
CM1 William Cook is greeted by his family after surprising them at half-time during Military Appreciation Night at the NFL Jacksonville Jaguars football game. Cook is attached to Construction Battalion Maintenance Unit 202 based at NAS Jacksonville.

brate this birthday together. But this is as good of a birthday present as I could ask for."

The military appreciation game was sponsored by the City of Jacksonville and the Jaguars as part of the Week of Valor, a city-sponsored initiative designed to showcase Jacksonville as one of the most military-friendly cities in the country. Cook was informed by his senior enlisted advisor about three weeks ago that he was selected to come home early and participate in the event. He was originally scheduled to return next week, but arrived in Jacksonville Wednesday, instead.

"The whole thing was overwhelming . . . it really took me

by surprise," he said. "I wasn't really sure if my daughter was going to be able to make it because she's in the process of moving, but I think it was really cool for her to have me home for her birthday."

According to Cook, it was a real challenge to keep his family from realizing that he was still overseas throughout the past two days, but thanks to social media, he was able to pull it off. They thought he was in Kuwait going through the Navy's Warrior Transition Program, which is designed to ease the transition for Sailors returning from deployment.

"Social media came into play because the guys over there kept tagging me in their posts,

saying, 'Hey, we're in Kuwait hanging out watching movies with Lt. O'Connell and Chief Berg,' you know, so we were able to keep it a big secret until the game."

The post-deployment family reunion was the third of its kind since Cook enlisted in the Navy in 1995. He was deployed twice previously to Iraq and Afghanistan, including a tour in 2005 where he was awarded the Combat Action Ribbon.

A native of Hopactong, N.J., Cook said he never really considered the Navy as a career when he first enlisted.

"I didn't have a great job and I wanted to do something better with my life. I heard about the Seabees, thought that it was something I could do and I've been doing it now for 17 years. I've had some pretty good tours and I look at it as probably the best thing that ever happened to me," he said.

Throughout his career, Cook has been stationed in Norfolk, Va., Charleston, S.C., Guantanamo Bay, Cuba, and served multiple times in Port Hueneme, Calif., and Okinawa, Japan. He volunteered for his third IA assignment shortly after reporting to his current position at CMBU 202.

"I was the maintenance manager for the detachment here, and I don't like sitting for too long. I heard about these provincial reconstruction teams (PRT) that go out

and do a lot of stuff with the Department of Agriculture and USAID (United States Agency for International Development), going out and trying to make Afghanistan a better place," he said.

After completing PRT training, Cook reported to Afghanistan, where he spent most of the past year supporting reconstruction efforts. After a long 10 months, he finally flew into Naval Construction Battalion Center Gulfport on Wednesday for out-processing and then on to NAS Jacksonville the following day.

"I'm grateful for the opportunity to come home a week early, and I'd like to thank the city of Jacksonville for making this happen," he said. "I think the NFL Salutes the Military is a really great program. It's an honor to be selected. You don't get many of these opportunities and I thank them for their efforts to get me home."

Now that he is home, Cook is looking to take some time off and relax, but life at home also comes with its own challenges, he said.

"I'm planning on taking a lot of time off, but I do have a kitchen to remodel and my wife is waiting for me to get home and get on that. I've got a back yard to finish up and some housework to do, but I thoroughly enjoy doing that stuff, so I'm looking forward to getting started."

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# Southeast Region Sailors, veterans support 'Week of Valor'

By MC1(SW) Greg Johnson  
Navy Region Southeast Public Affairs

More than 50 active duty service members and veterans from NAS Jacksonville, Naval Submarine Base Kings Bay, Naval Station Mayport and other area military commands visited 70 elementary, middle and high school classrooms Nov. 5-9 in support of the Week of Valor, a city-sponsored initiative designed to showcase Jacksonville as one of the most military-friendly cities in the country.

Volunteers visited classrooms in small groups and spoke to students about what it means to serve in the military and stressed the importance of observing Veterans Day.

According to Suzanne Speight, a public affairs specialist with Navy Region Southeast who coordinated the visits, the efforts of those who volunteered are invaluable to maintaining a good relationship with the community.

"The Navy and the military are such a big part of the First Coast community and it is so important for people to know who we are and what we do," she said.

Speight said she appreciated the efforts of service members from Blount Island Command and Coast Guard Sector Jacksonville, as well.

"This was a tremendous joint effort with Sailors, Marines and Coast Guardsmen, along with veterans from the retired community," she said.

Throughout the week, the



Photo courtesy of City of Jacksonville

Sailors from NAS Jacksonville and NS Mayport visited several local schools on Nov. 5 in support of the City of Jacksonville's Week of Valor. From left, front row, AC1 Floyd Nichols of NAS Jax, Jacksonville Mayor Alvin Brown, Highlands Middle School Assistant Principal Carlene Smith and Teacher Michaela Watford. From left, back row, IT1 William Hales, Highlands Middle School Principal Dr. Tyrone Blue and IT2 Jonathan Beckham from Commander, U.S. Naval Forces Southern Command.

groups spoke to students in dozens of schools, sharing personal experiences in the military, views on Veterans Day and their own school-day experiences.

They also answered hundreds of questions about their careers and the military in general.

"We were treated to a wonderful Veterans Day presentation during our community's Week of Valor," said Khaki Hager, an eighth-grade history teacher at Mandarin Middle School.

"Lieutenant Wilhelm, Lieutenant Commander Lazenka and Lieutenant Verducci spoke to our team of

students and gave a fantastic presentation filled with valuable information. Our students learned so much and we know they are better prepared today for their futures."

Southeast Region Command Master Chief Mack Ellis said he takes great pride in knowing that his Sailors had a positive impact on the students.

"In my opinion, our Sailors and Marines wear the cloth of our nation. We're role models and mentors for our youth," he said.

"We need to realize the impact and the difference we can make by providing inspiration to the youth of our country. They are our future leaders



(U.S. Navy photo by MC2Salt Cebe

MC3(SW/AW) Desiree Green speaks to a group of fifth graders at Don Brewer Elementary School as a part of the Week of Valor Nov. 5. The Week of Valor is hosted by the city of Jacksonville which, along with its surrounding communities, has a long tradition of supporting Sailors and Marines.

and we need to be at the forefront of their development."

Jacksonville Mayor Alvin Brown spoke in a similar tone during his opening remarks at a military appreciation luncheon Nov. 8.

"Our military and veterans community already has given so much to our nation. It's an inspiring sight to see these brave men and women continue to give back in our schools," Brown said.

"This outreach effort is about pairing the leaders of today with the leaders of tomorrow."

He also expressed his gratitude to the 900-plus veterans, active duty military members and military leaders in attendance.

"It's always a humbling thought to think about the sacrifices made by the men and

women of our military," he said.

"I'm honored to work with so many dedicated business leaders and community partners to say thank you for their service and dedication."

This year's Week of Valor was the first time Jacksonville has hosted such an event, but the city plans to make it an annual occasion.

In addition to school speaking engagements, the Week of Valor also featured a military appreciation luncheon, a job fair, a Veterans Day Parade, the Navy-Marine Corps Carrier Classic NCAA college basketball game between Florida and Georgetown aboard USS Bataan (LHD 5), and a military appreciation football game between the NFL Jacksonville Jaguars and Indianapolis Colts.

## Another Great American Smokeout – who smokes now?

By Capt. Joseph McQuade, M.D.  
Naval Hospital Jacksonville  
director for public health

### Ask Dr Joe

Last week, I saw a retiree who was about my age in Naval Hospital (NH) Jacksonville's family medicine clinic. He grew up knowing how bad tobacco could be, and still, he told me he had a hard time quitting. He tried using medications to help, with some success, but said that stress had led him to start smoking again. He was obese and had pre-diabetes and unhealthy cholesterol levels.

What should a doctor – or a friend or family member – do for a person in this situation? We celebrate the Great American Smokeout on Nov. 15 and it gives everyone a chance to stop, even if just for a minute, to think about how to help tobacco users – like this patient – who need some help.

In recent years, ideas about how to help tobacco users has matured somewhat – to identify tobacco use as a chronic, relapsing medical condition and not just a bad habit. Tobacco use is a disease, an addiction to nicotine that is very difficult to break. Treatment needs to be approached in a systemic fashion, with patients being asked about tobacco use at every medical or dental visit, and being offering medications at every visit. It should be as easy to get started on a medication to quit as it is to buy a pack of cigarettes.

Clinical guidelines direct providers to consider tobacco users for a wide range of screenings. All smokers should be immunized with a flu shot every year and a pneumonia vaccine once before age 65. All smokers over age 40 should be referred for lung function measurement to help diagnose emphysema earlier. At age 65, smokers should be screened for aortic abdominal aneurysms using ultrasound. Skin exams should be more frequent and more extensive for smokers, as the risk of skin cancer is increased in people with a smoking history. Bone scans should be considered earlier to document calcium loss for patients who continue smoking. Hip fracture rates are markedly increased among people who continue to smoke.

Smokers should also be screened far more closely for other conditions, such as depression and anxiety. People with mental illnesses smoke at rates nearly twice as high (44 percent) as the general public (22.5 percent) in the U.S. – and nearly half the cigarettes smoked in this country are consumed by people with psychiatric or addictive disorders.

Life expectancy is dramatically improved among women who quit smoking compared to those who don't quit, according to a recent study in Great Britain. This sounds like something we already know, but it's very important to be clear that continued smoking triples the risk of dying at age 50 in the more than one million women studied. The study also showed that even light smokers (fewer than 10 cigarettes a day) were at substantially increased risk of death relative to never-smokers.

So, as we celebrate the Great American Smokeout, I encourage and support my fellow providers – and the public – in treating the disease of smoking as a chronic, long-term condition that can take eight or nine attempts to quit for good.

Tobacco use is hard. Tobacco users need consistent, firm and impartial commitment over time to help them quit for good. Every November, we should all take time to support our friends and family who continue to smoke, and help them choose to quit... one more time, in the hope that it's the final time.

We're standing by to help you quit at NH Jacksonville's Wellness Center (next to the base fitness center) at 542-5292, or at your next visit to any provider at NH Jacksonville, including Branch Health Clinic Jacksonville. We have tools to help you successfully quit once and for all, including prescription medication, nicotine gum and classes.

Additional resources include the Department of Defense "Quit Tobacco – Make Everyone Proud" website at [www.ucanquit2.org](http://www.ucanquit2.org), TRICARE's Quitline at 877-414-9949, and Tobacco Free Florida at 877-U-CAN-NOW (877-822-6669). Start making your quit plan today!

## Renting: Protect yourself when signing a lease

By Lt. James Mosimann  
Special Contributor

When entering into a residential lease, both landlords and tenants alike hope that everything runs smoothly. While this is usually the case, sometimes problems arise. The following are ways to protect yourself when entering into a residential lease.

### Read your lease before you sign

Always read your lease in its entirety before signing. A lease may seem like a bunch of legal jargon, but remember, you will be bound by its terms. Do you have to upkeep the lawn? Do you have to give notice when you move out? If so, how much—14, 30, 60 days? What is the procedure for notifying your landlord about repairs?

Taking an hour to review the lease before signing could save you a lot of time—and money—in the future.

### Get everything in writing

Scenario: Lease says you must pay \$40 a month for lawn service. You tell the landlord that you do not want this service. They tell you not to worry about it because they will not charge you and to just sign the lease.

What should you do? Before signing anything, get the landlord's promise in writing and make sure it is incorporated into the lease.

All promises/agreements should be in writing. If an agreement is made in person or over the phone after you sign the lease, follow up with an e-mail confirming the details of the conversation. This is to avoid having to prove the existence of an oral agreement in court if a dispute arises.

### Conduct a thorough inspection

Upon moving in, make sure you inspect your new place thoroughly. Take pictures, make a list of defects, and provide a copy of the list to your landlord immediately. This will prove that you are not responsible for pre-existing conditions. Similarly, upon moving out, be present during the final inspection and take pictures of the condition in which you are leaving your place. If the inspector does not see any problems, make sure you get that in writing.

### Security deposits

What does your lease say about security deposits? Is the pet deposit non-refundable? Under what conditions

could the landlord retain the deposit? Once you have moved, the landlord is most likely required to return the deposit or provide a list of deductions for damages within a certain period of time. This requirement varies state-by-state.

In Florida, your landlord has 15 days to return your deposit, or 30 days to give you written notice by certified mail explaining the amount they're keeping and why. If your landlord doesn't give the required notice, they must return all of your deposit. If they do give you notice, you then have 15 days to dispute the claim. Each state has different rules.

### Military clause

The Servicemembers Civil Relief Act (SCRA) is a federal law that allows a service member to terminate a lease before its expiration date, but only after providing written notice and a copy of PCS orders to the landlord. Even if there is not a military clause in your lease, you are still protected under the SCRA. Under the SCRA, the termination date of your lease will be 30 days after the next payment is due. For example, if you give written notice on 15 February and you pay rent on the first of each month, then your termination date is no earlier than 30 March. Some states have their own versions of the SCRA that give servicemembers additional protections; one of those states is Florida.

In Florida, you can terminate a lease for a variety of reasons. The big ones are: you get PCS orders requiring you to move at least 35 miles away; you receive orders requiring you to move into government quarters; you become eligible to live in government quarters and opt to move into them; or you are released from active duty after having leased your place while on active duty and it is at least 35 miles from your home of record.

To terminate your lease, give your landlord: written notice, including a termination date that is at least 30 days after the date you deliver the notice to your landlord, and a copy of your orders or a letter signed by your commanding officer. Once you do this, your landlord must prorate any rent you pay to the termination date.

Visit the Region Legal Service Office Southeast Legal Assistance Office for more information.

## FRCSE

From Page 16

Commander, Fleet Readiness Centers Governance Board as a pilot enterprise initiative to achieve strategic cost and readiness goals. The initiative was prototyped at FRCSE.

As a result, Sailors were integrated into depot-level work centers to perform

intermediate maintenance tasks with civilian artisans providing them with valuable training.

FRCSE was able to lower the CPU price charged to its warfighting customers.

"I'm proud that we operate in an environment of business, where we support the fleet. I'm proud of how we have taken all the change over the years with

external pressure to drive costs out the equation at a time when that is more important than ever."

Stroud said he has accompanied many distinguished visitors during FRCSE tours over the years and always enjoys seeing the amazement register on their faces when they see the facility's full capabilities.

"When they see an F/18 spread apart

in three pieces, yeah, that is something," he said. "We can build anything; we can do anything. It's a capability that only exists in one location, a military depot. Private industry doesn't have what we have."

Holly Martinez, the deputy production director has been chosen to succeed Stroud as the FRCSE production director.

# TRICARE office moves

From TRICARE

Humana Military is contracted with the federal government to manage the TRICARE contract for the South Region. The TRICARE office in Orange Park has moved from its Kingsley Avenue location to 769-1 Blanding Boulevard.

There are approximately 170,000 TRICARE beneficiaries in the Jacksonville area.

TRICARE is the Department of Defense's worldwide health care program available to eligible beneficiaries in any of the seven uniformed services - the Army, Navy, Air Force, Marine Corps, Coast Guard, Commissioned

Corps of the U.S. Public Health Service, and Commissioned Corps of the National Oceanic and Atmospheric Administration.

TRICARE eligible beneficiaries may include active duty service members and their families, retired service members and their families, National Guard and reserve members and their families, survivors, certain former spouses, and others. TRICARE brings together military and civilian health care professionals and resources to provide high-quality health care services.

For more information about TRICARE benefits, call 1-800-444-5445 or visit [www.tricare.mil](http://www.tricare.mil).

## Community Calendar

**AARP** is offering a free driver safety course to military veterans Nov. 15-16 from 9 a.m. to noon at the Trinity Lutheran Church, 1415 South McDuff Ave., Jacksonville. For more information, call 777-8059.

**Arts & Crafts Holiday Event**, Nov. 16-17 at Penney Farms Retirement Community. Open 9 a.m. to 4 p.m. on Friday and 9 a.m. to noon on Saturday. Penney Farms is located on State Road 16 and County Road 218. Call 529-1496 for more info.

**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.

**Wild Adventures Theme Park** is offering free admission to military members with ID cards (active, retirees, disabled veterans, military reservists and their families) Nov. 23-25. For more information, go to [www.wildadventures.com](http://www.wildadventures.com).

**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](mailto: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 retired Lt. Cmdr. Paul Nix at 542-2518 or email [paul.nix@navy.mil](mailto:paul.nix@navy.mil).

**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.aao9.com](http://www.aao9.com). Retired Activities Office (RAO) at NAS Jax Fleet and Family Support Center (FFSC) needs volunteers to assist military retirees and dependents. Work three hours a day, one day per week. Call 542-2766 ext. 126 from 10 a.m. to 2 p.m. weekdays to volunteer.

**Navy Jacksonville Yacht Club** meets the first Wed. of each month at 7:30 p.m. at the clubhouse (Building 1956) adjacent to Mulberry Cove Marina. Open to active duty, reserve and retired military, plus, active or retired DoD civilians. Call 778-0805 or

email [commodore@njvc.org](mailto:commodore@njvc.org).

**Disabled American Veterans** Chapter 38 meets the second Tues. of each month at 7 p.m. at 470 Madeira Dr., Orange Park. Service officers available Mon. thru Fri., 9 a.m. - 2 p.m. to help with VA claims, call 269-2945 for an appointment. Bingo every Thursday from 6:30-9:30 p.m. and Saturday from 10 a.m. - 3 p.m. The public is welcome.

**COMPASS Spouse-to-Spouse Military Mentoring Program.** Helping others help themselves. Call Melanie at 200-7751 or email: [www.gocompass.org](http://www.gocompass.org)

**Navy Wives Clubs of America** Jax No. 86 meets the first Wed. of each month at 7 p.m. in Building 857 (at NAS Jax main gate behind Navy-Marine Corps Relief Society). Not So New Shop open Tues. and Thurs. (9 a.m. to 1 p.m.). Call 542-1582 for info.

**Navy Wives Clubs of America DID** No. 300 meets the second Thurs. of each month at 7 p.m. at Lakeshore Methodist Church, 2246 Blanding Blvd. Call 272-9489.

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

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

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

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

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

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

## 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. 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.

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](mailto: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.



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- Bill's Food Store**  
4010 Confederate Point Rd., Jax
- BP Food Shop**  
201 Park Ave., Orange Park  
1102 Blanding Blvd., Orange Park  
6842 Wilson Blvd., Jax  
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- Bus Stop At Celebrations Diner**  
7035 Phillips Hwy #3 (N Of JTB), Jax
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- Chevron**  
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1576 Wells Rd., Orange Park
- Famous Amos Restaurant**  
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6315 San Juan Ave., Jax  
10339 San Jose Blvd., Jax
- FCE - Shell**  
5971 Ramona Blvd., Jax  
7890 103rd St., Jax  
11 Blanding Blvd., Orange Park  
200 Blanding Blvd., Orange Park  
890 Blanding & Ridgecrest,  
Orange Park  
1201 Blanding & Tanglewood,  
Orange Park
- FCE - Shell (Daily's)**  
620 Chaffee Rd., Jax  
4225 Roosevelt Blvd., Jax
- Fina Express Mart**  
201 Orange Ave, Green Cove Spr
- First Coast Deli & Grill**  
6082 St Augustine Rd., Jax
- Fred's**  
1435 S. Orange (17), Green Cove Spr
- Gate**  
5617 Bowden Rd., Jax  
4120 Belford Rd., Jax  
3230 Emerson St., Jax  
3938 Hendricks Ave., Jax  
4259 Southside Blvd., Jax  
8251 Southside Blvd., Jax  
9144 Baymeadows Rd., Jax  
9540 San Jose Blvd., Jax  
10455 Old St Augustine Rd., Jax  
11461 Old St Augustine Rd., Jax  
12705 Durbin Lk Dr (I-95&Old St. Aug),  
Jax  
12548 San Jose Blvd., Jax  
1605 Racetrack Rd. Jax  
3210 Hwy 17, Orange Park  
5000-60 Hwy 17 & CR-220,  
Orange Park  
277 Blanding Blvd., Orange Park  
5480 Collins Rd., Jax  
8020 Collins Rd., Jax  
7023 103rd St., Jax  
4511 San Juan Ave., Jax  
640 Stockton St., Jax  
7924 Devoe St., Jax  
511 Bulls Bay Hwy, Jax  
1900 Mizell Rd., St. Aug  
2350 SR-16, St. Aug  
4234 Dunn Ave., Jax  
10980 New Kings Rd. (US-1), Jax  
10970 US-1 N /Sr210, St. Aug
- Gina's Deli**  
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5435 Blanding Blvd., Jax
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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
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# Cyber security involves allies, federal and industry partners

By Cheryl Pellerin  
American Forces Press Service

The world's \$110 billion-a-year cyber economy has never been more vulnerable to crime and other threats. Securing the Internet against attacks demands the expertise of government agencies, industry and allies, said the commander of U.S. Cyber Command on Nov. 8 in Washington D.C.

Army Gen. Keith Alexander, Cybercom chief and director of the National Security Agency, spoke before a large audience at the Symantec 2012 Government Symposium.

The symposium examines a fundamental question: how to protect sensitive information while enabling collaboration across jurisdictions, nations, and the private sector?

"Government ... operations depend on the network. If we lose that network we can't communicate, and ... what happens when [adversaries] disrupt our network or the power grid or our banking institutions," Alexander asked, adding that the U.S. must work with its partners in industry and its allies to solve the problem.

"Many will ask about the roles of [the National Security Agency and Cybercom in this, and how can we ensure civil liberties and privacy [as well as] the security of cyberspace? We can do both," he said.

One of the first things industry and government must decide is how to make sure all companies involved in U.S. critical infrastructure -- including financial and information services and the defense industrial base -- institute the highest possible levels of computer security.

"How many companies in the United States and among our allies are at this level?" Alexander asked.

"We actually do inspections," he added. "We inspect our government networks to see how many are at 100 percent cybersecurity. And the answer is, very few."

Companies in some sectors, like banking and the high end of the defense industrial base, are "right there at the



Army Gen. Keith Alexander  
Commander of U.S. Cyber Command

top" of computer security, the general said.

"Then you go out to some companies that are being [by adversaries in cyberspace] and they don't know what the threat looks like nor what they should do, and some of them are in critical infrastructure," he added.

Nobody wants to make such an effort hard, costly or bureaucratic, Alexander said.

"The question is how do we help them?" he said. "What's the right forum for government and industry to work together to help those companies get to the right level of security?"

Another imperative for government-industry collaboration involves gaps in computer security exploited by what are called "zero-day" attacks -- those that exploit vulnerabilities in computer applications.

Eventually, patches are created to plug the security holes, but not before adversaries have entered and damaged the network or stolen intellectual property.

Alexander used an analogy to explain how Cybercom or the NSA could help industry identify what the general called "bad packets," or those that carry destructive payloads out on the Internet.

"Internet service providers see packets out there. We want them to be able

to see bad packets and do something about them. We'll have [an examination process] for every packet. And we'll say, 'Did you see a bad packet in the network? Tell us where it's coming from and going to, and stop it because [it's carrying] a destructive payload,'" the general explained.

"When they see that bad packet, we don't need to know what was in the communications," he added. "All we need to know is a dangerous packet went from point A to point B right now, and that we may need to act."

The federal government "is not looking at the traffic," Alexander said.

"Industry is looking at the traffic and they have to do that to own and operate these networks. We're going to help them with signatures and other things, and they need to tell us when they need our help. But it's got to be done in time for us to help, and that's part of the key issue."

At Cybercom, the general said, experts are training the cyber workforce of the future, determining roles and responsibilities of the federal agencies involved in cyber security and exploring a defensible architecture for the Defense Department.

"The DoD architecture, in my opinion, is not defensible per se. We're doing our best to defend it, but we've made this really hard," Alexander said. The department has 15,000 enclaves, each run by separate system administrators and each with its own firewalls, he added.

Cybercom and other agencies are also working on issues related to their authority to respond to a problem, Alexander said.

The key question, he added, is what can the Department of Homeland Security, the FBI, Cybercom and the NSA do to defend the country against a cyber attack, and when can they do it?

Alexander said that he, DHS Secretary Janet Napolitano, and FBI Director Robert Mueller "have laid out lanes in the highway for the government entities."

The FBI is responsible for investigation, attribution and domestic problems. DHS is responsible, along with partners like NSA, the National Institute for Standards and Technology and the SANS Institute, for cyber security standards.

NSA and Cybercom have a couple of roles and responsibilities, Alexander said, including foreign intelligence.

"NSA has the best folks in the world," the general said. "They have special skills and we want to leverage those skills to help secure cyberspace for our country and for our allies."

Cybercom's role "is not only to operate and defend DoD networks but to defend the country," he said, noting Cybercom would step in if America came under cyber attack.

In the meantime, the general said, he's concerned that attacks like the destructive August attack on computers at Saudi Arabia's government-owned oil company Aramco are happening and "we're spending a lot of time talking about what we should do and when we should do it."

While there is still time, he said, "while you're all in the room together with us ... we ought to argue it out just like we did in the election [on Tuesday], come to a solution and then get going."

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**Brunch-7-10 a.m. / Holiday Meal-1-4 p.m.**  
**E1-E4 and military family members: Brunch-\$4.50 Dinner- \$6.40**  
**E5 and above and military family members :Brunch-\$5.20 Dinner- \$7.50**

**Brunch**  
Eggs to order  
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Bacon  
Sausage Gravy w/ Biscuits  
Home Fried Potatoes  
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Glazed Carrots  
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**Thanksgiving Meal**  
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Potato Salad  
Waldorf Salad  
Oven Roasted Turkey  
Spiral Baked Ham  
Turkey Gravy  
Pineapple Sauce  
Cranberry Sauce  
Corn Bread Dressing  
Mashed Potatoes  
Candied Sweet Potatoes  
Southern Style Green Beans  
Corn on the Cob  
Assorted Breads & Pastries  
Cheese Cake  
Apple Pie  
Pecan Pie  
Sweet Potato Pie  
Ice Cream Bar  
Egg Nog  
Hard Candy and Nuts

**WHO:**  
For officer and enlisted spouses of the Military Community.

**WHAT:**  
Main Speaker: Dr. Tracy Hejmanowski  
• Clinical psychologist and former active duty Navy  
• Naval Hospital Jacksonville Deployment Health Center Program Manager  
• Wife to a former Navy ER doc who deployed to Iraq, and mother to four young children

Guest Speaker: Dawn Mills  
• Naval Air Station Jacksonville, School Liaison Officer

Free lunch provided. Childcare is available at the CDC (\$4/hr. per standard rates). Registration by Nov. 15, recommended (542-9075)

**WHEN:**  
Thursday, Nov. 29th | 10 a.m. - 12:30 p.m.  
RSVP kindly requested by Nov. 26th to: jaxoodea@gmail.com

**WHERE:**  
NAS Jacksonville, Building 751  
The fellowship hall behind the chapel

**CHILDREN AND DEPLOYMENT**  
HELPING CHILDREN COPE  
WITH THE CHALLENGES OF DEPLOYMENT





# Classified

## PLACE YOUR MILITARY CLASSIFIED AD

## CLASSIFIED INDEX

**BY PHONE** 366-6300  
 Mon. - Thurs. 7:30 a.m. - 6:00 p.m.  
 Fri. 7:30 a.m. - 5:30 p.m.  
**TOLL FREE** 800-258-4637  
**BY FAX** 904-359-4180

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

**Deadlines**  
**Run date Call by Fax by**  
**Thursday** Tue, Noon Tue, 11 a.m.  
 Please note: **Fax deadlines are one hour earlier.**  
 Holiday and Legal deadlines vary and will be supplied upon request. Cancellation and correction deadlines are the same as placement deadlines.

### CANCELLATIONS, CHANGES & BILLING

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

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

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

### GENERAL INFORMATION

Advertising copy is subject to approval by the Publisher who reserves the right to edit, reject or classify all advertisements under appropriate headings. Copy should be checked for errors by the advertiser on the first day of publication. Credit for Publisher errors will be allowed for the first insertion for that portion of the advertisement which was incorrect. Further, the Publisher shall not be liable for any omission of advertisements ordered to be published, nor for any general, special or consequential damages. Advertising language must comply with Federal, State or local laws regarding the prohibition of discrimination in employment, housing and public accommodations. Standard abbreviations are acceptable; however, the first word of each ad may not be abbreviated.

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

### Announcements Instruction

**Auctions Employment**

**Real Estate for Sale Services**

**Real Estate for Rent Merchandise**

**Commercial Real Estate Pets/Animals**

**Financial Transportation**

**904-366-6300**

**ONLINE**  
 Classified line ads are online at [jaxairnews.com](http://jaxairnews.com)  
**FREE online advertising!**  
 Your Classified in-column ad automatically appears online at **no additional charge.**

### Announcements

Happy Ads  
 Lost and Found  
 Clubs and Organizations  
 Rides/Travel  
 Notices  
 Personals  
 Dating and Entertainment

### Lost and Found

**FOUND SILVER BRACELET** of Mayport Commissary on 11/9-07-12. Call to identify 904-758-2122

### Orange Park/Clay County

### HOME FOR THE HOLIDAYS



Prestigious 3BR/2BA Open Floor Plan Located in Pace Island Community. Separate Dining Room, Large Family Room With Fireplace. Gorgeous Wood Floors Luxurious Spa Feeling Master Bath.  
**\$1,295/Month**

**Island Realty, Inc.**  
 904-215-2910

### Waterfront

PRICE FREE FALL \$59K \$59K \$59K



St. Johns 100' River Frontage. Putman Co. **REDUCED \$59K**; Adjacent 125' Frontage w/Rental Income \$89K. Worth The Drive! 904-814-4915

### Out of Area/Town/State

**SEE LEAF COLOR IN NORTH CAROLINA MOUNTAINS** 8 hours from Jacksonville 3br/2ba no close neighbors, cathedral ceilings, stone fireplace. Modern, large kitchen, paved road close to 4 lanes, 15 minutes to downtown Murphy. Motivated owner offering this home for \$129,999. Call 904-683-3132



Western NC Mtn log cabin on 1.6 level acres \$137,900. Hdwd floors, stone flr, 2bdrm 2ba, new appl, lg porches, add'l acreage avail. 828-286-2981

### Manufactured Homes

**MIDDLEBURG** 3 Bedroom, 2 Bath, Mobile Home on 1 acre. Owner Financing\*\* Easy Qualifying\*\* \$3,000.00 Down\*\* \$598.00 per month Call 325-212-4915 Today!

Get a new home for The holiday's!!  
**3BR HOMES STARTING AT ONLY \$4,900!!!**  
 3mo's before first home payment  
**E-Z FINANCING! CALL TODAY!**  
 (904)-222-8028  
[www.NormandyEstatesFL.com](http://www.NormandyEstatesFL.com)

Westside Must See '97 3br/2ba - Quiet, beautiful, Crystal Springs Estate a gated comm. Pool, fishing lake & comm. Center. Churches, restaurants, shops close by. Insured for \$39K Will sacrifice for fast sale \$25.7K. Special discount price for cash sale Call 904-233-8060

### Lots For Sale

**WESTSIDE** 5 builders lots on cul-de-sac, high and dry ready to build, nice subdivision. City Water or Call 904-545-6797

### Farms/Acreage

**COTTAGE in the Woods** 7.6 acres. "Close the gate and lock out the world" Very private 3br/2ba w/40ft screened in front porch. Also includes large barn, fishing pond. Located in Yulee, Nassau county area. Make offer call 904-225-0380

### \$7.8 Billion

**The economic impact of the military in Northeast Florida and Southeast Georgia is \$7.8 billion.**

Local businesses benefit from the military and civilian personnel who buy and rent homes and who purchase goods and services. Let them know what your business has to offer by advertising in one or all of the military publications distributed at the local bases in the area.

For advertising information, please call 904-359-4336. Fax 904-359-6230.



### Real Estate For Rent

Apartments Furnished  
 Apartments Unfurnished  
 Condominiums  
 Retirement Communities  
 Homes Furnished  
 Homes Unfurnished  
 Manufactured Homes  
 Mobile Home Lots  
 Roommates  
 Rooms to Rent  
 Beach Home Rentals  
 Beach/Vacation/Resorts  
 Storage/Mini-Lockers  
 Management/Rental Services  
 Wanted to Rent  
 St. Johns Apartments Furnished  
 St. Johns Apartments Unfurnished  
 St. Johns Condominiums  
 St. Johns Duplex  
 Townhomes  
 St. Johns Retirement Communities  
 St. Johns Houses Furnished  
 St. Johns Houses Unfurnished  
 St. Johns Mobile Home/Lot Rental  
 St. Johns Lots  
 St. Johns Roommates  
 St. Johns Rooms to Rent  
 St. Johns Oceanfront/Waterfront  
 St. Johns Vacation Rental  
 St. Johns Storage/Mini-Lockers  
 St. Johns Wanted to Rent

### Apartments Furnished

**Orange Park \$150/wk all utils paid**, no deposit, mcrwv, frtg incld 264-1211

**RIVERSIDE Quiet 1br on peaceful park \$695mo. ELECTRIC & WATER INCLUDED.** Call 737-8194 616-3367

**SOUTHSIDE** Fully furnished, 1br condo, all utilities included. 422-7635

### Apartments Unfurnished

**KERNAN/ATLANTIC** 1 mi from UNF, 2br/2.5ba, gated, pool, new tile upgrades, avail now, qualified student, no sec. dep. Call 772-529-3855

### SPRINGFIELD HISTORIC AREA

2br/1bath 1000sf upstairs flat w/10x25 porch, finished hardwood floors. Washer & major appl incl. Also have similar downstairs duplex \$600/mo+dep, and a 1br/1bath 2nd flr apt in 3 unit apt bldg. secluded, fenced, new windows and renewed bath & kitchen. \$400+dep. Water/sewer incl. Call Conrad 904-343-2438

### WESTSIDE

2/1 CH&A Clean, quiet in country setting, washer/dryer hookup, water included. \$475MO. 904-783-0288

### WESTSIDE / MURRAY HILL

**PEPITAL** 1BR \$425.00 \$99.00 Security Deposit 904-329-1985

### WESTSIDE 1-295 & 103rd

Nice & quiet 2br/1ba, ch&a, w/d hkup, downstairs available. HUD OK. Start at \$650mo + \$400. sec dep. Fresh paint. No pets. Available now. Call Today 904-553-2599

### Westside VENETIA 3/2,

ground floor, new kitchened large pool great neighbors schools and shopping nextdoor, \$900/mo. Call 904-504-5769

### MIDDLEBURG For Sale By Owner- Offered at \$258,000

STUNNING Exec. custom brick built in 2004. loc. in gated upscale Ravines comm., .34 acre, circular drive, sprinkler system, lovely landscaping, porcelain tile, wood & carpeted flrs, natural woodwork 3 LARGE BR's (each w/ own bath- 3.5 baths total). Master bath has walk in shower & garden tub. Great rm w/ cathedral ceiling, skylights, gas frplc. Custom kit, w/ cherry cabinets w/ crown molding, SS opt/granite counter tops, eating nook, formal dining w/ chandelier, office/library, lrg inside laundry w/ 1/2 bath. Lrg scrnd lanai w/ fountain overlooking priv. bkryd. Oversize 3 car gar w/ sep. heating/cooling system. App 2400 sf living space. \$258,000 Realtor co-op of 3%. Call 904-214-9983 or 904-305-4509 for appt.

### MIDDLEBURG For Sale By Owner - Offered at \$399,500

Exec. custom built (2006) home on a 5/8 acre secluded cul-de-sac lot in Ravines Comm., only gated comm. in M'burg, block construction & stucco, 4BR/2.5BA, full 3 car gar, open flr plan for entertaining, gas log in grt rm, lrg 15'x20' covered lanai room, lrg master BR w/ sitting area & gas log overlooking a beautiful 14'X28' solar heated scrnd pool w/ soothing fountain, gourmet wooded flr kit. w/ GE Profile SS appls, tiled flrs w/ carpeted BR's, granite countertops & crown molding throughout, only 10 min from new St. Vincent hospital being built on Bronnen Field and Blanding, 75'x75' fncd rear yrd, nicely landscaped w/ palms, crepe myrtle & ligustrum trees. Realtor co-op of 3%. Shown by appointment only. Please allow 24 hours notice if possible. (904) 406-5673 or (904) 773-3795

### Condominiums

2/2 Upper level rental Natures Hide away, Gated comm, pool, amenities. Close to NAS JAX \$700m 904-217-7150 www.stjohnsrealtypm.com

**BAYMEADOWS & SOUTHSIDE** 3Bd/2Ba, New carpet & paint; FR, DR, Fireplace, Eat in Kitchen; Screen porch; W/D area; Security Svcs; \$1095/mo; No Smoking; No Pets; Great location; Quiet area. Call: 904-505-3648

### I-95/Baymeadows DRASTIC REDUCTION \$895mo. !

Los Lagos on lake, 2/2.5 Town-home, W/D, eat in kit, new appls, Avail. Now! 904-824-1005

### Westside VENETIA 3/2,

ground floor, new kitchened large pool great neighbors schools and shopping nextdoor, \$900/mo. Call 904-504-5769

### Houses Unfurnished

**Arlington 3BR / 1.5BA, living rm, dining rm, family rm, washer/dryer, storage shed, large fenced yard, quiet street. \$850/mo. \$850 security dep. Pet fee. Military discount. Call 904-449-3277**

**Beautiful 4/5 Bedrm, 2 Bth home in Mandarin near I-295. \$1,500/mo. Appliances included. Garden shed, wood playset, granite & tile in kit. & baths. Call 904-880-3602 for appt.**

**Mandarin 5015 Tan St. 3br/2ba fireplace, tile floor, 2 car garage, lrg fenced back yard, washer/dryer hookup, all appliances. Available NOW. \$1250mo + security dep., pets nego. No realtors 386-447-1832**

### NORTHSIDE/HARBOR VIEW

3br/1.5ba, ch&a, w/d hkup, tile throughout, screened porch, carport, \$800mo + \$300dep Call 904-703-3662

### NORTHSIDE, EASTSIDE & WESTSIDE

1, 2, 3 & 4 BR Houses HUD Approved 904-504-9421

**ORANGE PK-3/2 close to NAS Jax.** 1306sf of living space + 16x20 FL Room & 16x21 workshop, 2car, ch&a, w/d hkup, fp/ce, kitch w/hardwd flrs & granite cntertops. Beautifully landscaped, fncd back yd, quiet street, great schools, & shopping. \$1200mo or \$1100m w/2yr lease, \$1000sec. dep. Kathy 904-254-4971 or 904-272-9489.

### ORANGE PARK- near mall

3br /1.5ba with family room, carport, fenced yard. Great neighborhood. 411 Parkwood Dr. \$825 + dep. Call 904-287-9760

### Orange Park 3/2 brick house

with pool, all appliances including washer/dryer, in nice neighborhood, available 11/15. \$1,250mo. 2311 Foxwood Dr., Orange Park 32073 Call 843-715-0287

**Orange Park Townhse 3br/2.5ba, w/d, new, community pool \$850. incld water+sec dep. 305-282-2103**

### WESTSIDE

4849 Elizabeth Terrace 3br/1ba hardwood in living room, carpet in 3 bedrooms, ch&a \$725mo+\$725 dep. no pets, call 904-352-9676

**WESTSIDE 3/1, New Point, Quiet Neighborhood, Large Yard Carport Fenced Yard. \$685/mo. 860-8478**



# WE BRING THE MILITARY TO YOU

Together, our communities of service members and their families, and your business, can spell SUCCESS.

Not only will your business benefit while the families are stationed here, many military families retire to the area, with the tri-base area being one of the most sought-after assignments in the U.S. Navy.

To advertise, or to find out more information, please call 904.359.4168.



## • FREE •

**Navy Classified Ads**

**THE FLEET MARKET**

**ADVERTISING RULES**

Please fill out this form in black or blue ink.

**DEADLINES**

**THE MIRROR**

**Noon Friday**


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

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

1. Free advertising in the Fleet Market is restricted to active duty and retired military personnel (or their dependents) and civilian employees assigned to the Mayport Naval Station.

2. Advertising in the Fleet Market is a free service provided by the publisher to help qualified personnel dispose of unwanted personal articles. **Service ads such as sharing rides to work or on leave, announcing lost and found items, and garage sales will be accepted. ADS PERTAINING TO GUN SALES WILL NOT BE ACCEPTED. ANIMAL OR PET ADS WILL ONLY BE ACCEPTED IF THE ANIMALS ARE OFFERED FREE. CHILD CARE PROVIDERS CANNOT DISCRIMINATE. REAL ESTATE ADS WILL BE LIMITED TO ANNOUNCEMENT OF HOMES FOR SALE OR RENT BY QUALIFIED INDIVIDUALS WITH PERMANENT CHANGE OF STATION (PCS) OR "OFFICIALLY REASSIGNED" ORDERS. REAL ESTATE ADS MUST CONTAIN ONE OF THOSE STATEMENTS IN THE BODY OF THE AD- OTHERWISE THEY WILL BE BILLED.**

3. All information requested must be included and readable. All ads should be written independent of other information contained on this form.

4. Ads received after the above time will run in the following week's issue.

5. Completed forms should be delivered or mailed to the Fleet Market, Jax Air News, Bldg. 1, Naval Air Station Jacksonville, Jacksonville, FL 32212, or to Jax Air News, One Riverside Avenue, Jacksonville, FL 32202

6. Ads appearing to be in the promotion of a business or which do not meet the above requirements will be billed. The publisher reserves the right to omit any or all ads.

7. Additional readership in other publications can be arranged for a nominal fee by calling 1-800-258-4637 (toll free), or enclosing your phone number.

8. Faxed ads will be accepted at 904-366-6230, however, they must be completed on an original form.

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

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

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

**FREE • FREE •**

One Riverside Avenue, Jacksonville FL 32202

**Houses Unfurnished**

**WESTSIDE**  
3/2 Townhouse  
7617 Melissa Ct. ch&a, fenced  
bk yd, home security sys  
\$700mo. \$750dep. Pet fee.  
Call 386-365-8543

**WESTSIDE RENTALS**  
Hunters Lake 2 stry 4bd/3ba  
\$1100mo. Melissa Ct. 3bd/2ba  
\$775mo. Indian Lakes 2/bd/2ba  
\$550/mo. HUD  
ok on all properties  
Call Andre Robinson 226-4459  
www.westsiderentalproperty.com

**WESTSIDE 3br/1ba**  
New in and out, with family  
room, tile floors, \$850mo.  
5227 Anchor Ave. 904-472-7140

**WESTSIDE**  
Very nice Hud / Homes  
3br/2ba @ 3208 Warrington  
St. 32254 Call 904-778-1091

**WESTSIDE**  
Rent to own \$3000 down owner  
financing after 2 years, 3br/2ba  
new baths, new kitchen cabinets,  
new tile floors \$995/mo. Call  
904-472-7140 7819 Austin Rd. 32244

**Manufactured Homes**

**3Br/2Ba's STARTING AT \$645mo**  
What a deal! Only 4 units  
Left, get 1st mo FREE if you  
Sign in NOV. Many amenities  
Onsite & great location.  
CALL (904) 222-8028

**NORTHSIDE - Lem Turner Rd.**  
16x80 mobile home 3br/2ba on 1  
acre. Large metal building. YG  
location. No pets or smoking  
indoors. \$750. First and last.  
Owner will work with you on  
deposit. 765-6778 or 703-8082

**Manufactured Homes**

**Orange Park SINGLE WIDE  
Mobile Home '05 on Leased  
Lot 3BR/2BA, New CH&A in Fall  
2012, Dble Carport, Outside Stor-  
age Shed. Asking \$33,000 OBO. Call  
904-644-7636 or 904-910-7061**

**Your New Home Awaits at  
Woodland Estates 904-771-9055**

**Mobile Home  
Lot Rentals**

**RV Lots or Mobile Home Lots -  
Ask about a free months rent!  
\$285 lot rent only.  
\$385 lot rent includes electricity.  
4 miles west of I-295. 904-781-6645**

**Rooms to Rent**

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

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

**Orange Park \$150/wk all utls paid,  
no deposit, mcrwv, frtg incld 264-1211**

**Child Care**

**NIXON FAMILY CHILD CARE  
HOME - Lic. Overnight care 9p-7a.  
Voucher accepted. Ages 6wks - 4yr.  
Near Ricker Rd & 103rd.  
F04DU0862. Mariah 904-635-7288**

**Cleaning Service**

**Meleahs HOUSE CLEANING.** Honest,  
reliable & Reasonable. Call  
412-3379 Christian owned & operated.

**Health / Beauty**

**Need To Lose Weight?**  
Drop The Extra Pounds and  
Transform Your Body in 90 Days!  
For Details Call 1-877-397-5345

**Merchandise**

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

**A/C / Heating / Fuel**

**Season Oak Firewood - Full Size Truck  
Load \$100 delivered 904-259-8985**

**Appliances**

**72" whirlpool Washer/Dryer, 3  
years old, excellent condition,  
\$400. 904-375-0652**

**Appliances, buy, sell, trade & repair  
W/Ds, Refrigs, stove, \$85-up wrry.  
Mon-Sat 9-7. Delivery 904-695-1412**

**Auctions**

**PUBLIC AUCTION  
Restaurant Equipment  
Thursday, November 15th, 11AM  
1801 W. 1st St. (SR46)  
Sanford, Florida  
Great selection of late model new  
& used equipment for all aspects  
of the food service industry.  
Full service restaurants, Pizzerias,  
Deli & Sandwich shops, Bar, Bakery,  
Ice Cream, BBQ, Coffee Shops,  
Caterers, Convenience stores, etc.  
100's of items. Inspect: Wed.,  
Nov. 14th, 9am-5pm & 9am day of  
sale. Terms: cash, cashier check,  
MC, Visa, Disc, 13% buyers  
premium, 3% discount for cash  
or qualified checks. For details,  
map & photos go to auctionjnc.com  
enter auctioneer ID#21770  
D.M. Dennett & Assoc.  
"AUCTIONEERS" 407-322-1464  
Fl. Lic. au 293/au454/ab154**

**Collectibles**

**WANT TO BUY - U.S. Military  
patches & medals. German &  
Japanese Souvenirs. Antique swords  
guns and knives. Call 477-6412**

**Electronics**

**MAGEILAN GPS  
ROADMATE 1700 7"  
SCREEN \$100. 778-4951**

**Estate Sales**

**B. Langston's Presents  
San Marco Proper  
Art galore, fine furn, bronzes, silver,  
glass, decorative acc. 1702 River Rd  
Thur 4-7p Fri/Sat 9-5. blangston.com**

**Coastal Creek Condo - Condo Full!!  
3434 Blanding Blvd. #101 Jax 32210  
Sat 9-5; Corvette, BMW X5  
www.yesterdayschildinc.com**

**ESTATE SALE TODAY  
3237 Fruitwood Ln. 32277  
www.pleasantcove.net 904-631-1278**

**ESTATE SALE TODAY  
7525 Galveston Ave. 32211  
www.pleasantcove.net 904-631-1278**

**Furniture / Household**

**Brown Leather Rocker  
Recliner \$120. Celery green  
Rocker Recliner \$120. Both  
great shape 904-779-7327 or  
704-640-6886**

**Bed - A Bargain Mattress Set New  
Queen Only \$125 904-644-0498**

**~ BEDROOM SET - New Cherry  
Still in cartons \$275. 904-484-6177**

**Beautiful dark brown genuine  
leather chair & ottoman. Looks  
brand new. Almost never used.  
\$325. 904-772-4301**

**Oak Full size Bedroom Set,  
dresser, mirror, nightstand,  
head/foot board, corner wrap  
around desk, great cond.  
904-206-0941 AIP.**

**SOFA \$55. DINETTE SET \$75.  
PR LAMP \$25. COFFEE  
AND END TABLES \$45.  
ROCKER \$25. 321-514-8173**

**XBox 360 4GB New in box  
never opened \$125.  
Call 912-882-5960**

**Garage Sale**

**BAYMEADOWS / SAMPLE SALE  
Thur. & Fri., 8a-4p. 11691 Magnolia  
Estates Rd. Antiques, glassware,  
kitchen items & much more!!**

**Mandarin - Garage Sale knickknacks  
furniture, jewelry, kitchen and  
baby items. 10544 Roxbury Ln. in  
Natures Walk Sat. 11/17, 8am-1pm**

**MANDARIN - Moving Sale  
Thur. & Fri., 8a-4p. 11691 Magnolia  
Estates Rd. Antiques, glassware,  
kitchen items & much more!!**

**WESTSIDE - Huge Multi-Family Sale  
Sat., 11/17/12, 8a-2p 4615 Lexington  
Ave. Need Directions? 307-5249**

**Westside - Open House  
Yellow Water Community  
Tuesday, November 20, 12-5pm.  
3 Bedroom for \$999/Bedroom for  
\$1075 All UTILITIES included!  
Dir: From I-295, exit 103rd St. W  
Travel 7 mi, Turn R at dead end.  
Turn L onto Normandy Blvd.  
Comm. Is 1.5 mi on R. PH:  
904-779-2818**

**Hot Tubs / Spas**

**HOT SPRINGS SPA, \$595.  
Perfect cond., recently  
serviced. 904-272-1526.**

**Machinery and Tools**

**TROY BUILT 2-cycle Trimmer  
Premium bike, back, holds 2  
batteries, fully adj. brand new  
\$175. 904-508-2163**

**Medical**

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

**Misc. Merchandise**

**2012 TOW DOLLY 80" wide  
(widest on market), ramps, tie  
downs, spare tire \$1300.  
912-617-1272**

**GPS Garmin model 2555LM  
w/traffic alert used 6mo's 5x3"  
screen bright display Univ.  
mount. \$100. 771-0457**

**THULE RACEWAY 9001  
Bikes, fully adj. brand new  
\$175. 904-508-2163**

**Vinyl 45rpm records mostly  
from 1970s, about 150, more or  
less, rock, pop, easy, etc. some  
still in paper jackets used but  
look very playable, \$45 for all, in  
St. Marys, 912-576-4989**

**Wine Cooler, very nice tall  
black tower for 18 bottles \$100.  
Original cost \$295. 904-635-1654**

**Wine Stand-wrought iron holds  
16 bottles \$50. Paid \$149.00.  
904-635-1654**

**WOOD LATHE w/stand 7"disc.  
4rpm's ilek new \$150. 1-set  
Werner Ladder Jacks, like  
new \$95. 786-9651/476-7544**

**Musical**

**GRAND PIANO 5'8" Mason & Ham-  
lin Grand Piano, appraised \$12,000  
asking \$7000 VG cond. 904-285-9056**

**Sporting Goods**

**HAMILTON COUNTY DOVE HUNT  
planted fields we are loaded with  
doves, booking all weekends  
\$100 per shooter call 386-938-4153**

**PREDATOR MODEL  
AL-700 Tree Climber \$100.  
912-576-3130**

**Tickets**

**JAGS vs JETS (Tim Tebow).  
4 tickets \$100 ea; 2 tickets for  
UF vs FSU \$125 ea. 264-6979**

**Pets & Animals**

**Adopt a Pet  
Pets & Supplies  
Livestock & Supplies  
Animals Wanted**

**Pets and Supplies**

**BICHON FRISE PUPPIES  
Ready 12/15/12, AKC. 904-466-2235.**

**LAB Pups AKC  
Yellow & Black, POP,  
HC, Ready to Go!  
OFA, all warranties.  
386-365-3094**

**TOY POODLE PUPS Cream & Apricot,  
CKC S&W up to date \$400 912-550-9360**

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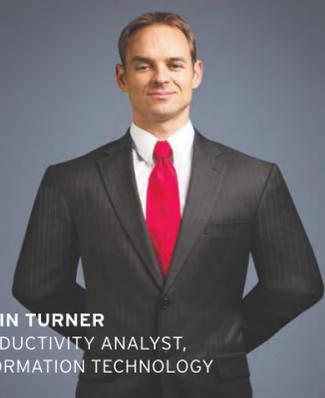


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