

Jax Air News

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Photos by MC2 Amanda Cabasos

Individual Augmentees from NAS Jax, tenant commands, Blount Island Command and members of the Northeast Florida Navy League Council, Rotary Club of Orange Park and Rotary Club of Orange Park Sunrise gather for a group photo after the luncheon.

Individual Augmentees recognized during luncheon

By MC2 Amanda Cabasos
Staff Writer

NAS Jacksonville and the Northeast Florida Navy League Council hosted their 11th bi-annual Individual Augmentee (IA) Appreciation luncheon May 16 at the NAS Jax River Cove Catering and Conference Center.

More than 90 IAs from the base, tenant commands, Blount Island Command and several spouses were recognized at the event. The event was sponsored by the Northeast Florida Navy League, Rotary Club of Orange Park and Rotary of Orange Park Sunrise.

The luncheon kicked off with the singing of the national anthem by country western singer Paul Stewart, a work and family life consultant for Navy Fleet and Family Support Programs. The invocation

was delivered by NAS Jax Command Chaplain (Cmdr.) Shannon Skidmore. Music was provided by Navy Band Southeast.

As awardees and command representatives enjoyed their lunch, NAS Jax Commanding Officer Capt. Bob Sanders welcomed and thanked the IAs for their dedicated service. He then introduced Naval Hospital Jacksonville Commanding Officer Capt. Gayle Shaffer as the guest speaker.

Shaffer offered a brief perspective on what it was like working in a hospital in Africa during her IA tour.

"During the deployment there I realized that medicine is a language all nations understand," said Shaffer.

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Bill Dudley, national director, Navy League of the United States (left) thanks HM2(FMF) Xavier Davis of Naval Hospital Jacksonville for his service as an Individual Augmentee, as Naval Hospital Jacksonville Commanding Officer Capt. Gayle Shaffer and NAS Jax Commanding Officer Capt. Bob Sanders look on during the IA Luncheon May 16 at the River Cove Catering and Conference Center.

Clay County chamber honors service members

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

Service members from NAS Jax, Blount Island Command and the Florida National Guard were honored during the annual Clay County Military Appreciation Luncheon presented by the Clay County Chamber of Commerce and VyStar Credit Union May 17 at the Thrasher-Horne Conference Center.

The luncheon began with presentation of the colors by the Marine Corps League, singing of the national anthem, invocation and a short tribute to POW/MIAs.

Sen. Marco Rubio then gave a short message via video praising the service members in attendance.

"The military has long played an important role in Clay County history



Photo by Kaylee LaRocque

Military honorees gather with Clay County Chamber Chairman of the Board George Egan, (left) VyStar Credit Union President and CEO Terry West (center) and Jacksonville Jaguars President Mark Lamping (right) at the Clay County Chamber of Commerce Military Appreciation Luncheon on May 17 at the Thrasher-Horne Conference Center.

and in the Northeast Florida region. All across Florida, military installations and families are a strong part of our

community backbone. I'd like to thank all of our military members and their families for your continued support and

for what you do every day for our great nation," said Rubio.

Clay County Chamber of Commerce Chairman of the Board George Egan also thanked those in attendance for their service.

"Today we honor the service of not only the great men and women who currently serve in our armed forces from the Northeast Florida region, but also those who have served our country so boldly and so honorably at pivotal moments in our history," said Egan.

He then asked all veterans and those who serve publicly to stand for a round of applause.

VyStar Credit Union President and CEO Terry West also offered his grati-

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NAS Jax Sailors participate in Never Quit

By Miriam S. Gallet
NAS Jax Public Affairs Officer

More than 4,000 participants, including NAS Jax Sailors, civilian personnel and famed professional surfer Bethany Hamilton, who lost her arm to a shark attack in 2003 while surfing in Hawaii and Navy Lt. Brad Snyder, who was blinded by an explosion while deployed in Afghanistan



Photo by Miriam S. Gallet

NAS Jacksonville Honor Support Team members present the colors at the start of the fifth annual Never Quit Never Warrior Challenge event at Jacksonville Beach on May 19.

in 2011, enjoyed the various Never Quit Never beach events Sunday at Jacksonville Beach.

Snyder was a former Naval Academy swimmer and won gold in the

first Paralympic Games in London in 2012.

The beach event is held every year as a tribute to the former Jacksonville

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Photo courtesy of VR-62

A "Nomads" C-130T is parked on the ramp at NAS Sigonella, Italy during a recent EUCOM detachment.

'Nomads' home from EUCOM detachment

From VR-62 Public Affairs

The VR-62 "Nomads" returned last week from European Command (EUCOM) after a very successful detachment. Flying a C-130T logistics aircraft with 21 maintainers and aircrew, the VR-62 detachment flew 31

missions from 19 unique airfields during 11 weeks of detached operations.

The Nomads personnel include Selected Reserve and Full Time Support Sailors. The detachment

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U.S. Navy photos

A Douglas SBD Dauntless scout plane and dive bomber passes over Wake Island, a small atoll in the Central Pacific. Beginning at the Battle of Midway, the Dauntless did more than any other aircraft to turn the tide of the Pacific War. By VJ Day, Dauntless crews had destroyed 18 Japanese warships, including a battleship and six carriers.

From Staff

May 23

1850 - Navy sends USS Advance and USS Rescue to attempt rescue of Sir John Franklin's expedition, lost in Arctic.

1939 - USS Squalus (SS-92) sinks off Portsmouth, N.H., with loss of 26 lives.

May 24

1917 - First U.S. merchant marine convoy to cross North Atlantic during World War I leaves Hampton Roads, Va.

1918 - USS Olympia anchors at Kola Inlet, Murmansk, Russia, to protect refugees during Russian Revolution.

1939 - First and only use of Vice Adm. Allan McCann's rescue chamber brings up 33 men from sunken USS Squalus (SS-192).

1945 - Fast carrier task force aircraft attack airfields in southern Kyushu, Japan.

1945 - Nine navy ships damaged by concentrated kamikaze attack off Okinawa.

1961 - USS Gurke (DD 783) notices signals from 12 men near Truk who were caught in a storm, drifted at sea for two months before being stranded on an island for one month. USS Southerland (DD743) investigated, notified Truk, and provided provisions and supplies to



Battle of Midway – SBD Dauntless dive bombers from USS Hornet (CV-8) approach the burning Japanese heavy cruiser Mikuma to make the third set of attacks on her, during the early afternoon of June 6, 1942.



Dead in the water, the Japanese heavy cruiser Mikuma, photographed from a USS Enterprise (CV-6) SBD Dauntless bomber during the afternoon of June 6, 1942, after she had been bombed by planes from Enterprise and USS Hornet (CV-8).

This Week in Navy History

repair their outrigger canoe. The men would be picked up on 7 June by the motor launch Kaselehlia.

1962 - Launch of Mercury 7, piloted by Lt. Cmdr. Malcolm Scott Carpenter, who completed three orbits in 4 hours, 56 minutes at an altitude up to 166.8 statute miles at 17,549 mph. He was picked up by HSS-2 helicopters from USS Intrepid (CVS-11). The capsule was recovered by USS John R. Pierce (DD-753).

May 25

1952 - USS Iowa (BB-61) bombards Chongjin, Korea.
1973 - Launch of Skylab 2 mission, which was first U.S. manned orbiting space station. It had an all-Navy crew of Capt. Charles Conrad Jr., Cmdr. Joseph Kerwin, and Cmdr. Paul Weitz. During the 28-day mission of 404 orbits, the craft rendezvoused with Skylab to make repairs and conduct science experiments. Recovery by USS Ticonderoga (CVS-14).

May 26

1944 - USS England sinks fifth Japanese submarine in one week.

1952 - Tests from 26-29 May demonstrate feasibility of the angled-deck concept conducted on simulated angled deck on board USS Midway (CV 41).

1990 - USS Beaufort (ATS-2) rescues 24 Vietnamese

refugees in South China Sea.

May 27

1805 - Naval forces capture Derne, Tripoli; raise U.S. flag over foreign soil.

1813 - American joint operations against Fort George, Canada.

1919 - Navy NC-4 seaplane completes trans-Atlantic flight from Newfoundland to Lisbon, Portugal.

May 28

1813 - Frigate Essex and prize capture five British whalers.

1917 - First underway fueling in U.S. Navy, as USS Maumee (AO-2) fuels six destroyers in North Atlantic. Lt. Cmdr. Chester Nimitz served as Maumee's executive officer and chief engineer.

1957 - First of 24 detonations during Operation Plumbbob nuclear test.

1980 - 55 women among graduates from the U.S. Naval Academy.

May 29

1781 - Frigate Alliance captures HMS Atalanta and Trepassy off Nova Scotia.

1991 - Amphibious Task Force in Bangladesh for cyclone relief is redeployed.

Too fat for Abercrombie and Fitch

By Sarah Smiley
Special Contributor

When I first saw the resurrected news of Abercrombie and Fitch CEO Mike Jeffries' 2006 comments about "cool kids" and why they are the only ones who should wear his brand, I thought it was an article from The Onion – but I was wrong.

(The Onion is a satirical site with mostly fake news, and I thought that no other entity, except those in the vein of Saturday Night Live, would seriously allow their front man to tell the press that they don't sell to fat or un-cool kids.)

Let's review: In 2006, Jeffries told a reporter from Salon.com that A&F does not make any clothing beyond a size 10 or Large for women.

"In every school there are the cool and popular kids, and then there are the not-so-cool kids. Candidly, we go after the cool kids. We go after the attractive all-American kid with a great attitude and a lot of friends. A lot of people don't belong [in A&F] and they can't belong. Are we exclusionary? Absolutely . . . companies that are in trouble are trying to target everybody: young, old, fat, skinny. But then you become totally vanilla. You don't alienate anybody, but you don't excite anybody, either," said

Jeffries.

Abercrombie and Fitch does, however, make XL and XXL for men because, presumably, athletic and sexy men need larger clothing to accommodate their muscles.

Putting aside the fact that the average American woman wears a size 12 or 14 (just how small — no pun intended — of a market is Abercrombie targeting, anyway?) and that labeling a dress with "Size 0" says metaphorically, "Do I really want to be a zero? Does that mean invisible? Does that mean having no substance?"

Jeffries' comments add fuel to the growing fire of bullying and violence in our schools.

While teachers and guidance counselors work tirelessly to promote acceptance, compassion and the fact that beauty really is on the inside, Abercrombie and Fitch pushes against them by basically telling a large portion of the teenage population, "You don't belong. You're not cool. You are fat."

I don't belong in Abercrombie and Fitch either.

First, by their standards, I'm old. I can hardly read my iPhone without holding it in front of my face, so I certainly

From the Homefront

couldn't read the tags on clothes inside the dimly lit A&F stores.

Also, the music gives me a headache, and I feel uncomfortable being waited on, as is the case at the New York City A&F, by shirtless men (well, unless it's my shirtless man).

But even if I wasn't old, or if I had good vision and less sensitive ears, I couldn't shop at Jeffries' stores because I don't fit into the clothes. I'm one of those women who need something bigger than a size 10.

It hasn't always been this way. In fact, when I was four months pregnant with my first child, I did wear A&F.

I'm sure pregnant women are not on Jeffries' list of coveted customers, but if he's basing everything on outward appearances, well then, on paper I belonged. I weighed 113 pounds. I was 22 years old. I had long blonde hair, tan skin and zero wrinkles. I wore a size 2.

Yet, as we all know (or should know by now), everything that we are — the entirety of our worth — does not show up on paper, and it certainly does not show up on a scale.

I wasn't "cool" back then. I was awkward and self-conscious. (I mean, why else does a pregnant woman wear tight

A&F pants except to be something she's not?) I shopped at certain stores in order to have a certain look. I wanted to fit in.

I'm probably not "cool" now, according to Jeffries. But I don't need a certain brand or weight to make me feel important anymore. I'm comfortable in my own skin, and I wish Jeffries, and others like him, would move out of the way and help today's teenagers get to this point of confidence quicker than my generation.

Hey, what is Jeffries (in his 60s) known for except making ignorant comments to the press and selling clothes? Does anyone take him seriously? I doubt it.

So instead, let's listen to one of his peers who has been successful for something other than being "cool."

"You may not agree with a woman, but to criticize her appearance — as opposed to her ideas or actions — isn't doing anyone any favors, least of all you. Insulting a woman's looks when they have nothing to do with the issue at hand implies a lack of comprehension on your part, an inability to engage in high-level thinking. You may think she's ugly, but everyone else thinks you're an idiot," said Hillary Clinton.

VP-5 transition spotlight: AZAN Jessica Clackum

By Lt. j.g. Brian O'Bannon
VP-5 PAO

As VP-5 transitions to the P-8A Poseidon, the squadron is highlighting a transitioning "Mad Fox" each week. This week's "spotlight" shines on AZAN Jessica Clackum.

Clackum is from Cumming, Ga. She is from a small family with one younger sister. She was originally inspired to join the service by her grandfather who was in the United States Army. When she found out the tank driving position she desired was currently not available to women she decided to join the Navy. This eventually brought her to VP-5 for her first

tour. AZs are responsible for maintaining the logs of all work done on the aircraft by the various maintenance shops in the squadron. Where the P-3C utilized paper bound aircraft discrepancy books, the P-8A has moved to an all-digital version.



AZAN Jessica Clackum

This allows maintainers and aircrew to access aircraft maintenance records from a variety of locations.

One of the tools that allow AZs to accomplish this is the Optimized Organizational Maintenance Activity (OOMA) system. OOMA is an automated information management system that assists AZs. As a new AZ, Clackum has been learning this system along with P-8A specific log keeping training at VP-30.

"VP-30 has been doing a great job teaching us this aircraft," Clackum praised. "So far this transition has been very smooth."

When Jessica isn't learning the art of maintenance log keeping on the P-8A she enjoys swimming, reading, and spending time at Jacksonville's beaches.

VP-5 has been transitioning to the P-8A Poseidon since Jan. 4, 2013.

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 at 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

NAS Jacksonville Chapel Center
Corner of Birmingham Avenue & Mustin Road
542-3051



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Executive Officer
Capt. Roy Undersander

Command Master Chief
CMDM(AW/SW)
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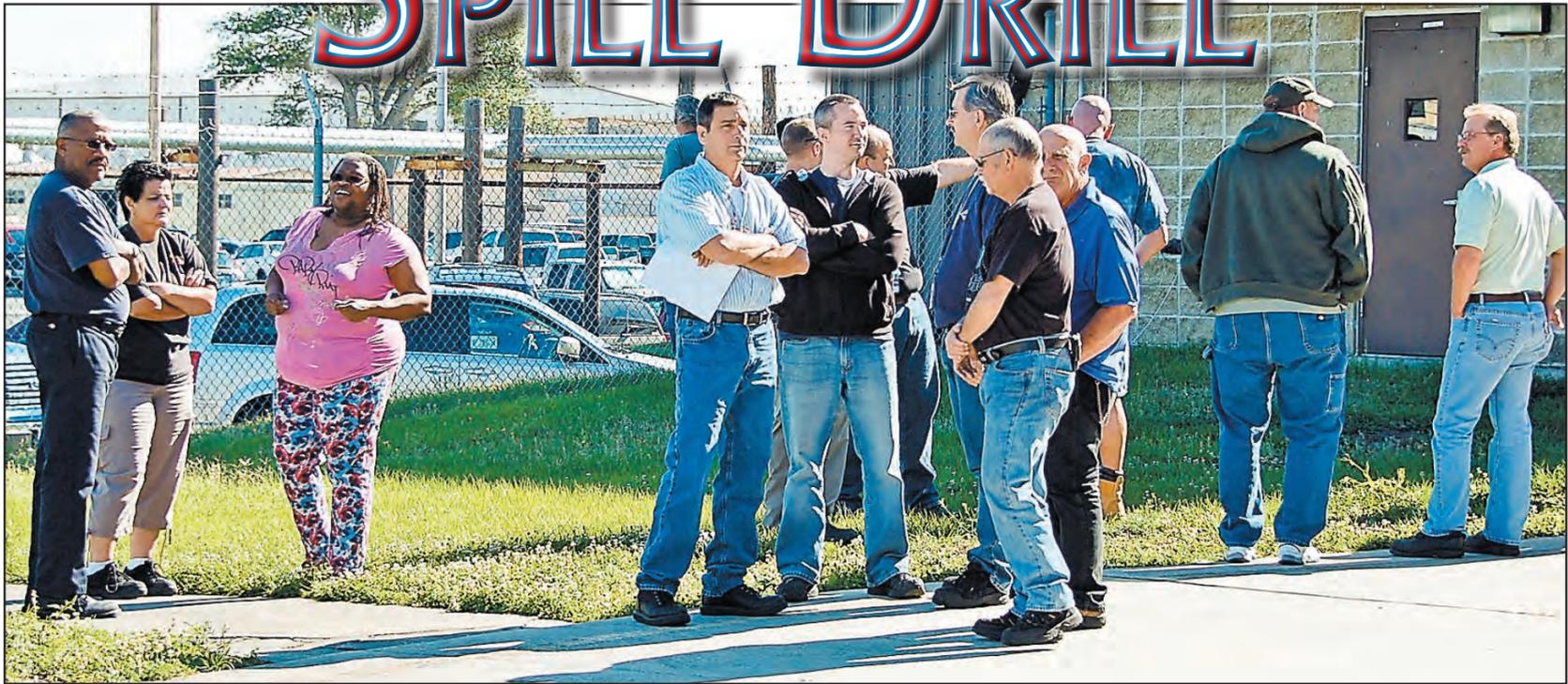
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Dedicated to those for whom every day is Memorial Day.



SPILL DRILL



Artisans of Fleet Readiness Center Southeast (FRCSE) meet at their outside muster point after hearing a fire alarm on May 14 at building 794.



NAS Jacksonville Police and First Coast Fire & Emergency Services coordinate their hazardous material emergency response at the incident command post.



NAS Jax Installation Training Officer Jim Butters (left) updates NAS Jax Executive Officer Capt. Roy Undersander during the hazardous chemical spill exercise.

EMERGENCY PREPAREDNESS TESTED AT FRCSE ENGINE FACILITY

By Clark Pierce
Editor

The “clean shop” in building 794 at Fleet Readiness Center Southeast (FRCSE) was the site of a chemical spill drill May 14, where a simulated drum of sulfuric acid was accidentally punctured as it was being moved to a storage area – spilling about five gallons and exposing DOD employees to hazardous fumes.

The drill began when a fire alarm was activated in response to the vapor cloud generated by the leaking chemical drum.

First responders included First Coast Navy Fire and Emergency Services, Naval Hospital Jacksonville and NAS Jacksonville Police Department, as well as environmental and safety managers from base public works and FRCSE.

First and foremost, the drill tested the ability of FRCSE personnel to immediately vacate the building when the alarm sounded.

“The key is to muster outside, away from the incident and make sure all personnel are accounted for,” said NAS Jax Installation Training Officer Jim Butters.

“Next, the hazardous chemical should be identified and information about the situation relayed to the NAS Jax command duty officer. The NAS Jax emergency operations center was also activated.”

To enter the chemical containment area, two firefighters geared up with full-body level A protective suits that allowed them to verify identification of the spilled chemical, isolate the spill, and stop the drum leak with a wooden damage control plug.

The drill also tested the emergency room response at Naval Hospital Jacksonville for treating survivors with compromised breathing symptoms.

They knew that the ER would be short of ventilators needed to treat the total number of injured – so their plan to obtain additional ventilators from medical facilities outside the gate was simulated.

Injured “role players” were scattered outside building 794 and escorted by firefighters to an impromptu decon-

tamination site. After decon, role players were transported to the hospital where they were subjected to yet another decontamination process before entering the ER.

FRCSE Environmental Director Bruce Mobley worked with Butters to incorporate the spill drill with a previously scheduled fire evacuation drill.

So, as NAS Jax Fire Prevention Officer Robert Winchester activated the fire pull box, FRCSE personnel were observed and accounted for as responding firefighters made their way to the scene.

Butters said, “By incorporating both drills together, it limited the time FRCSE personnel were away from their work. Once the fire drill met its objectives, employees were given a safe route back to their workspaces.”

Overall, Butters was satisfied with the event. “This was an eye-opener for everyone involved because they assumed that attacking the chemical spill was the top priority. In fact, our top priority was triage and treatment of medical casualties – because the building was evacuated and the spill was contained.”

The clean shop is where FRCSE artisans are responsible for chemically cleaning engine and aircraft parts to remove oil, corrosion and debris before they are sandblasted.

At the incident command post, NAS Jax Assistant Hazardous Waste Manager Jody Smith reviewed the Material Safety Data Sheet that provided the hazards identification and potential acute health effects of sulfuric acid:

- Very hazardous in case of skin or eye contact (corrosive, irritant) or ingestion and inhalation.
- Liquid or mist may produce burns or tissue damage, particularly on mucous membranes of eyes and mouth.
- Inhalation of the spray mist may produce severe irritation of respiratory tract characterized by coughing, choking or shortness of breath. Severe over-exposure can result in death.

Overall, the drill supported the various commands in working together to enhance their hazardous materials containment and life-saving skills.



Kim Almas, a sandblaster at Fleet Readiness Center Southeast, moves a drum of highly caustic (simulated) sulfuric acid that that was punctured during an emergency preparedness drill in the FRCSE Clean Shop. FRCSE artisans are responsible for chemically cleaning engine and aircraft parts to remove oil, corrosion and debris before they are sandblasted.



Personnel from First Coast Fire & Emergency Services promptly lay out the decontamination process outside of FRCSE building 794.



After assessing chemical exposure to workers at FRCSE, firefighters begin constructing a decontamination site to remove and neutralize hazardous materials.



LSSA Demarcus Langham, a contaminated role player, is subjected to a final rinse in the decontamination line during the chemical spill exercise.



(From left) NAS Jax Assistant Hazardous Waste Manager Jody Smith stands by Incident Commander and Assistant Fire Chief J.D. Gray as reports come in from the spill site.



(Left) Paramedic Nathan Hutchinson, of First Coast Fire & Emergency Services, assists a disoriented HA Andrew Echevarria to an ambulance for evaluation and treatment.

A group junior enlisted Sailors from Naval Hospital Jacksonville provided "injured role players" for the chemical spill exercise.



Two firefighters wearing protective face masks help guide role players who were injured by simulated noxious fumes to a triage area away from FRCSE building 794.



Putting on their encapsulated, vapor-protective Level A hazmat suits, Battalion Chief Scott Bloomer and firefighter Alan Byerly prepare to enter FRCSE building 794 to identify and contain the simulated chemical leak that occurred on May 14.



Role player HA Derek Ramos of Naval Hospital Jacksonville wears a trauma card around his neck that describes his symptoms. He was assisted to the triage area by Battalion Chief Scott Bloomer.



Firefighters secure the leaking container of simulated sulfuric acid and prepare to move it from the facility.

IA LUNCHEON

From Page 1

"It's one of the best ways to help people in need. Medicine builds bridges, builds trust, builds cooperation and enhances our ability to work together with other nations," she added.

Shaffer continued, "The medical, surgical and dental care that my team provided to our personnel at Camp Lemmonier, home to more than 20 tenant commands, was vital to the sustainability of our missions around that part of the world. Camp Lemmonier also served as a receiving and evac facility for the Horn of Africa. Djibouti's host nation support enabled us to provide routine and immediate care, preventive health care and 24/7 emergency and mass casualty support."

According to Shaffer, IA deployments are a life changing and career defining experiences and the work performed impacts more than just the IA Sailor or Marine.

"You, our IAs, are saving, healing and enriching lives and livelihoods," she said.

"Your work has lasting impact, not only to the local populace, but with our sister services who now rely on Navy and Marine Corps IAs for vital support to global operations."

IA guest speaker, LSC Sandra Mock of Commander, Navy Region Southeast, shared her deployment experiences during the luncheon.

"The hardest thing for any service member is to come home from work and tell their family they received IA orders. I was issued orders on Dec 6, 2011 and departed February 2012. As expected, my family was upset; we worked through the anger, tears and anxiety," said Mock.

"We knew we had to move forward and come up with a game plan for while I was gone, just as we had so many times through our career. I'm so lucky to have a supportive husband and two amazing daughters to help keep things together," she said.

Mock, spent her first IA tour in Kabul, Afghanistan and her second tour at Bagram Air



Naval Hospital Jacksonville Commanding Officer Capt. Gayle Shaffer discusses her Individual Augmentee (IA) tour during the IA Appreciation luncheon. Shaffer was the guest speaker for the bi-annual event that recognizes IAs for their contributions to our nation.

Base, Afghanistan. Despite the challenges she faced, Mock expressed her accomplishments. She ran her first marathon and earned her personal trainer certificate.

"IA tours are challenging and rewarding. Both of mine have helped me improve my leadership skills and enabled me to experience a different level of cooperation and diversity by working with other uniformed services and other nation's armed forces," said Mock.

"I have met some wonderful



Photos by MC2 Amanda Cabasos

LSC(SW/AW) Sandra Mock of Commander, Navy Region Southeast, speaks about her experience on two Individual Augmentee (IA) tours during the IA Appreciation luncheon.

people, worked alongside some incredibly talented and hard-charging Soldiers, Sailors and Airmen," she added.

To close out the luncheon, each IA was presented with a special plaque and Boots on the Ground coin by the Northeast Florida Navy League Council and thank-you letters from Senators Bill Nelson and Marco Rubio, and Congressman Ander Crenshaw. Each spouse received a rose courtesy of the Navy Exchange.

The IA Recognition Luncheon was first held at NAS

Jax in 2008 and initiated by the Northeast Florida Navy League Council.

"The Navy League has been privileged to honor more than 1,800 IAs over the past six years. Our IAs have left their families to take on a mission that was not expected of them, met the challenge and served honorably," said Bill Dudley, national director, Navy League of the United States.

"We feel very privileged to honor our IAs and their spouses for their sacrifice in the continuing War on Terrorism," added Dudley.

CLAY

From Page 1

tude to the service members. "We are honored to be part of this event to recognize the contributions you make. We truly appreciate everything you do, every day, to make our lives better. Thank you for your service," he said.

West then introduced the keynote speaker, Jacksonville Jaguars President Mark Lamping to the podium.

Lamping, who moved to Jacksonville in January, stressed the importance of realizing what a huge impact the military plays on the Jacksonville community.

"Our organization strives to give back to the community, especially to our military members. The military draws people here for a lot of reasons - to serve, to support those who serve and those who retire in the area," he said.

"When new Jacksonville Jaguars owner Shad Khan came to Jacksonville, he looked at our team branding because NFL teams are a reflection of the community. After thinking about it for a couple of moments, he decided that nothing defines Jacksonville more than the military."

"So we've incorporated that into our new uniforms with a patch over the heart that serves as a tribute to our city's military service members. We also love to pay tribute to the military by holding surprise homecomings for service members with their families and the annual military appreciation game

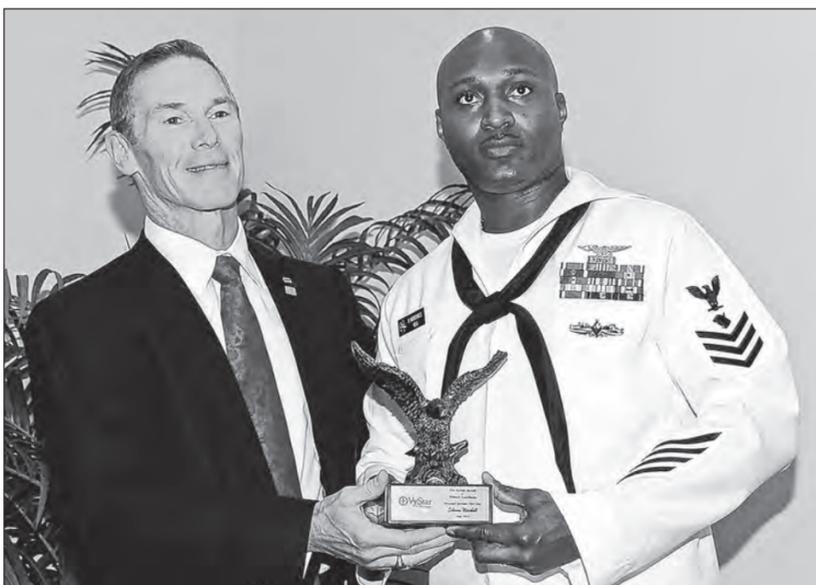


Photo by Kaylee LaRocque

in November. It's important to us and we are proud to host these events," he added.

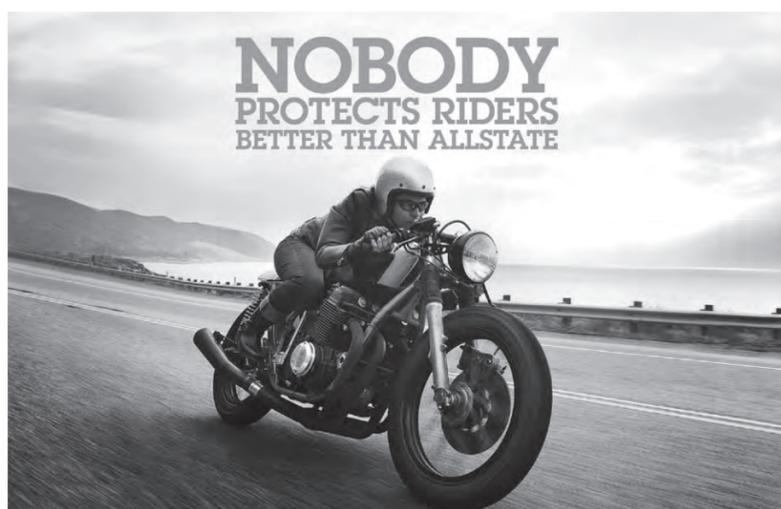
After Lamping concluded his remarks, Clay County Chamber of Commerce Chairman of the Board George Egan and West announced PS1(AW/SW) Solomon Marshall of VP-5 as the recipient of this year's VyStar Award for Military Excellence.

They also recognized another 16 Sailors from NAS Jacksonville and its tenant commands, as well as several Marines from Blount Island Command and a Soldier from Camp Blanding Joint Training Center. Each was presented plaques and gifts from Clay County area businesses recognizing their outstanding service.

"I would really like to thank Clay County Chamber of Commerce, VyStar Credit Union and all the other sponsors for recognizing us today. It was a real shocker to be selected for this award. I'm extremely grateful," said Marshall, after the event.

MU1 Robert Booker of Navy Band Southeast added, "I think it's great how Clay County supports the military. I live here so it's nice to see that they are recognizing us for our service to the Navy and community."

VyStar Credit Union President and CEO Terry West (left) presents PS1(AW/SW) Solomon Marshall of VP-5 with VyStar's Award for Military Excellence during the Clay County Chamber of Commerce Military Appreciation Luncheon.



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1st Runner Up - Wild Adventures Theme Park Adventure
Wild Adventures 2 day admissions for 4

La Quinta Inn & Suites in Valdosta, Georgia 2 nights stay

2nd Runner Up - Tampa Weekend Excursion
Busch Gardens Tampa admission for 2
Crowne Plaza Tampa Westshore 2 nights stay

3rd Runner Up - Orlando Adventure
Wet n' Wild admission for 4
Clarion Inn & Suites in Orlando, FL 2 nights stay

The Navy may use some part of the federal government's authority to endorse any company, service, or their products or services. Some restrictions apply. See details for details.

VP-5 'Mad Foxes' hold change of command

By Lt. j.g. Brian O'Bannon
VP-5 PAO

On May 17, the VP-5 'Mad Foxes' paused from their transition to the P-8A Poseidon to observe the time-honored change of command ceremony at NAS Jacksonville as Cmdr. Matthew Pottenburgh assumed command from Cmdr. Erin Osborne.

Pottenburgh is from Galena, Ohio, and graduated from Ohio State University with a Bachelor of Science in Industrial Design.

He also earned a Master of Science in Operations Management from the University of Arkansas.



Cmdr. Erin Osborne

His previous tours include instructor tactical coordinator in VP-40, instructor naval



Cmdr. Matthew Pottenburgh

flight officer at VP-30, flag aide to Commander, U.S. 6th Fleet and Strike Forces NATO,

VP officer detailee with Navy Personnel Command, department head in VP-47, branch chief and chief of staff for the C4/Cyberspace Functional Capabilities Board at the Joint Chiefs of Staff, and executive officer of VP-5.

In the coming year, Pottenburgh will finish transitioning to the P-8A Poseidon with the Mad Foxes.

Afterwards, he will lead them through a demanding inter-deployment readiness cycle as they prepare to become the second squadron to take the Poseidon to the 7th Fleet area of responsibility in Okinawa, Japan.

Osborne previously served as

VP-5's executive officer before becoming the first woman to assume command of a patrol squadron on May 4, 2012.

She led the Mad Foxes through a challenging 7th Fleet deployment which included a total of 22 exercises, operational detachments, and typhoon evacuations. At the conclusion of this deployment she flew home VP-5's last P-3C Orion - ending the Mad Foxes 39 years in the airframe and setting them forward on the transition to the P-8A Poseidon.

Osborne's next assignment will be executive assistant to Commander Naval Air Forces.

The incoming VP-5 executive officer is Cmdr. Greg Petrovic.

NAS Jax Bids Farewell To NMCRS Director



Navy-Marine Corps Relief Society (NMCRS) President and Chief Executive Officer Steve Abbot (left) reads a letter of appreciation from NMCRS during a retirement ceremony on May 18 for NAS Jax NMCRS Director Dave Faraldo.



Photos by Kaylee LaRocque

NAS Jax Navy-Marine Corps Relief Society (NMCRS) Director Dave Faraldo (right) is thanked for his service by Commander, Patrol and Reconnaissance Wing Eleven Capt. Eric Wiese as VP-30 Commanding Officer Capt. Mark Stevens (center); Commander, Patrol and Reconnaissance Group Rear Adm. Sean Buck (holding photo); and retired Rear Adm. Mike Holmes look on. The commanders presented Faraldo with memorabilia of the patrol squadrons based at NAS Jacksonville as a token of their appreciation for always looking out for and assisting their Sailors. Faraldo's retirement ceremony was hosted by Commander, Navy Region Southeast Rear Adm. Jack Scorby Jr. and his wife, Chris, NMCRS honorary chair of volunteers, on May 18. Faraldo will retire May 31 after serving 20 years with the society.



Photo by Jacob Sippel

Hospital IAs Recognized

(From left) The Oakleaf Club of Naval Hospital Jacksonville's President Nichol Lee and members Amanda Wiltshine, Kristi Glover and Allison Yoder, along with Naval Hospital (NH) Jacksonville Commanding Officer Capt. Gayle Shaffer, welcome home HM3 Amelia Lopez, HM3 Michael Stevens and Lt. Betsy Hoyos de Albers. These three Sailors are among many NH Jacksonville staff returning from individual augmentee (IA) deployments overseas. The Oakleaf Club hosted a breakfast reception for IA deployers and their families to show appreciation for their service.

Women's Expo set

From Balfour Beatty Communities

Balfour Beatty Communities is sponsoring a Women's Expo May 23 from 5-7 p.m. at the Chapel Complex Building 749.

More than 25 vendors will be in attendance.

The event is open to all military spouses and women who have base access.

www.med.navy.mil/sites/NavalHospitalJax

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Photos by Miriam S. Gallet

About 2,500 runners participate in the first of two 5K races during the 2013 Never Quit Never beach event at Jacksonville Beach on May 19.

NEVER

From Page 1

resident Navy Capt. Gerard "Jerry" Petroni, who battled hypertension, brain bleeds and several strokes and ultimately died in 2009. Just before dying, Petroni related a strong message to his son, Erik, in a written note that read, "never quit never."

The event drew many performers and Navy Band Southeast was one of the crowd favorites.



PR3 Kristina Thomas of Fleet Readiness Center Southeast at NAS Jacksonville sings the national anthem in front of more than 4,000 people at the start of the 2013 Never Quit Never beach event at Jacksonville Beach. Jacksonville resident Randy Warren and his 4-year-old son, Luke, listen as Warren proudly holds his American flag.

\$1,000 college scholarship deadline June 15

From the NAS Jax All Officers' Spouses Club

The NAS Jax All Officers' Spouses Club is sponsoring two \$1,000 scholarships based on scholarship merit and community service.

Eligibility: U.S. Navy active/reserve duty and active/reserve duty dependents who are currently in their senior year of high school or a high school graduate, attached to NAS Jacksonville and planning to attend

an accredited college in the fall of 2013 or spring of 2014.

To request the scholarship application, visit <https://www.fcef.com/>. Application deadline is June 15. You may submit the application by mail to: NAS Jax All Officers' Spouses Club, 4109 Eagle Landing Pkwy, Orange Park, FL 32065.

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

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VR-62

From Page 1

flew high-priority missions supporting Combined Task Force 63 (CTF-63). They provided fast and flexible transport in the short-fused, high-stress environment of the EUCOM AOR - delivering more than 700,000 pounds of high-priority cargo while flying 360 plus hours.

The Nomads flew missions supporting units such as Naval Mobile Construction Battalions One and Four, Explosive Ordnance Disposal Mobile Unit Eight, and Underwater Construction Team One, to name a few.

"We were very busy, but busy is good for us" said AZCM Karen Quinn, operations master chief. In addition to supporting Navy and Marine Corps units, the Nomads also supported units from the Air Force and Army.

VR-62 Commanding Officer Cmdr. Tony Scarpino said, "We are providing flexible, responsive and effective air logistics capability to our Navy customers and other branches while supporting Combined Task Force 63. I am really proud of the work we are doing in EUCOM supporting CTF-63."

VR-62 is one of five Navy Reserve C-130 squadrons serving the Navy's global logistics needs and is based at NAS Jacksonville.



AD2 Shane Preston inspects the propeller assembly on the C-130T assigned to VR-62 while on detachment recently in EUCOM.

Photos courtesy of VR-62



AWFAN Joseph Olmstead checks clearances as a K-Loader is slowly driven off of VR-62's Lockheed C-130T in EUCOM.



U.S. Marines use an articulated forklift to unload material from the Lockheed C-130T logistics aircraft of VR-62 at a base in European Command.



Photo by Clark Pierce

FOD Mystery

NAS Jacksonville Airfield Facilities Manager Doug Chaney asks for your help in identifying these three pieces of foreign object damage (FOD) recently found on the main runway. The objects are approximately 2x2 inches and mostly non-metallic. Call 542-3176 if you can identify the FOD.

Teen driving class offered

From the NAS Jax Safety Office

The NAS Jacksonville Safety Office is offering a driver improvement class specifically for dependent young drivers between the age of 15 and 21 years old June 14 from 8 a.m. to 1 p.m. The class will be held in the Safety Conference Room in Building 1. Participants do not have to have a driver's license to attend.

The class will offer safety tips such as how to respond to driving emergencies and distracted driving while bringing awareness to risks of driving and much more. The class consists of videos, chapter quizzes and concludes with a multiple choice question test. There will not be any time behind the wheel; this is classroom only. The teens will receive an AAA - Driver Improvement Class completion certificate.

If you feel your teen could benefit from this class, sign them up by calling Linda at 542-3082, Cindy at 542-2584 or Kristen at 542-8810.

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Save the last dress

VR-58 Sailors give back to local school

From VR-58

Every lifetime is marked by a series of milestones, personal and professional, that are forever held in the memory of those that experienced them.

For many high school students one of these rites of passage is the prom, but for some students the cost of the formal outfits worn at prom can be prohibitive.

With this in mind, a few Sailors from VR-58 chose to help some local high school students participate in their prom by starting the VR-58 Prom Dress Drive.

The idea began when VR-58 Selected Reservist AWFC S Deyaniris Santiago, was spring-cleaning her house. "I was looking at all of these dresses my daughters wore, just sitting in my closet, and I thought that I could do something good with them."

When Santiago brought this idea to VR-58, it was quickly taken up by several other Sailors in the command, who expanded it into a prom dress drive.

"Prom is a once-in-a-lifetime experience," said PS2 Shanna Tripp.

"I didn't want to see someone miss out on that."

For three months donations consisting of dresses, accessories and other formal wear were accepted at VR-58. Fifty dresses and various other items were then delivered to the students of The Foundation Academy in Jacksonville.

Foundation Academy is an arts-based private school with an enrollment of approximately 250 students, 85 percent of which are on needs-based scholarships. The dresses were happily accepted by the students and giving back to the community proved to be a rewarding event for the Sailors of VR-58.

"We were excited to deliver the dresses," said PS2 Wendy Tetreault.

"They were very appreciative for the opportunity to try



Photo courtesy of VR-58

(From left) AZ2 Mennel Horton, PS2 Wendy Tetreault and PS2 Shanna Tripp deliver donated prom dresses to The Foundation Academy in Jacksonville after VR-58 held a prom dress drive.

on dresses and find something they liked."

Santiago already has plans for the prom in 2014. "We are making this a yearly event. Next year, we are going to

expand it to include suits and tuxedos for the guys. It was a lot of fun for everyone and I can't wait to do it again," she said.

Navy's public works pros celebrate contributions to readiness

From NAVFAC Southeast Public Affairs

Approximately 1,800 Naval Facilities Engineering Command (NAVFAC) Southeast public works professionals are celebrating National Public Works Week May 19-25.

Started in 1960 by the American Public Works Association, the week-long event seeks to raise awareness about public works employees who are dedicated to improving the quality of life for future generations. This year's theme is "Because of Public Works..."

"When you think of this year's theme, it relates to every Navy installation we touch," said NAVFAC Southeast's Public Works Business Line Coordinator Jeff Killian.

"One never has to ask how clean the water

is, has the grass been mowed, or does the air conditioning system work? The public works team manages things like this every day on every base."

NAVFAC has provided management and leadership of Navy public works for over 170 years. Globally, the Navy's Civil Engineer Corps officers lead 68 Navy and Marine Corps public works departments (PWD) providing comprehensive shore installation facility engineering, acquisition, environmental and transportation services to many supported commands and missions.

"In the Southeast, our team works hard to maintain the short infrastructure at 22 Navy and Marine Corps installations in the southeastern United States," said Killian.

"They are vital in making sure the homefront

is maintained for Navy families as well as ensuring our Warfighters are ready to serve."

"The essential work of our public works department usually goes unnoticed - but the behind-the-scenes work performed in providing vital public works services such as electricity, water and wastewater management is the lifeblood of our base and tenant commands," said NAS Jax Commanding Officer Capt. Bob Sanders.

He added, "Our public works professionals are at the forefront of cutting-edge energy projects that help meet the Secretary of the Navy's energy goals. Advanced metering, renewable energy, and residential energy conservation projects are helping to reduce the demand for energy both on and off base."

"Our public works team supports the fleet, fight-

er and family with the highest possible shore installation capability and quality of life within the frameworks of mission effectiveness, safety, environmental stewardship and resource management," said Killian.



Photo by Sue Brink

The Public Works Department at NAS Jacksonville is celebrating National Public Works Week May 19-25.

Electronic material now being recycled at DLA

From Staff

NAS Jacksonville and Defense Logistics Agency (DLA) are working together to provide electronic material recycling to station departments and tenant commands.

Instead of taking electronic material to NAS Jax Environmental at Building 1948 on Thursdays, please contact DLA at 542-3411, Ext. 102 to schedule a day and time to take materials to DLA on Roosevelt Boulevard near Collins Road.

DLA will assist commands with

requirements, including submitting the necessary paperwork (DD Form 1348) for turn-in of items.

Remember that electronic material is regulated, so please ensure that no recyclable materials are disposed of in station dumpsters.

NAS Jax is subject to significant fines and penalties when electronic items are found in station dumpsters.

Anyone finding electronic items in dumpsters should call NAS Jax Environmental at 542-5251/5789.

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Hagel orders retraining of recruiters, sexual assault responders

American Forces Press Service

Amid a spate of allegations of criminal behavior by military recruiters and service members involved in the Defense Department's efforts to prevent sexual assaults and help that crime's victims, Defense Secretary Chuck Hagel ordered May 15 that the services retrain, re-credential and rescreen all sexual assault prevention and response personnel and military recruiters.

In a statement, Pentagon Press Secretary George Little said Hagel was informed yesterday about allegations of criminal behavior against an Army sergeant first class who was a sexual assault prevention and response coordinator at Fort Hood, Texas.

"I cannot convey strongly enough his frustration, anger and disappointment over these troubling allegations and the breakdown in discipline and standards they imply," Little said.

Hagel met with Army Secretary John M. McHugh and directed him to fully investigate the matter rapidly, to discover the extent of the allegations, and to ensure that all of those who might be involved are dealt with appropriately, the press secretary added.

Little said Hagel directed the retraining, re-credentialing and rescreening to address the broader concerns that have arisen out of these allegations and other recent events.

"Sexual assault is a crime, and will be treated as such," the press secretary said. "The safety, integrity, and well-being of every service member and the success of our mission hang in the balance. Secretary Hagel is looking urgently at every course of action to stamp out this deplorable conduct and ensure that those individuals up and down the chain of command

who tolerate or engage in this behavior are appropriately held accountable."

Army officials announced yesterday that the Army Criminal Investigation Command is investigating the Fort Hood soldier for pandering, abusive sexual contact, assault and maltreatment of subordinates.

In a statement, Defense Department officials said the soldier had been assigned as an equal opportunity advisor and sexual harassment and sexual assault response and prevention program coordinator with a 3rd Corps battalion at Fort Hood when the allegations surfaced. The soldier was immediately suspended from all duties by the chain of command once the allegations were brought to the command's attention, officials said, adding that charges had so far not been filed or preferred.

During testimony last week before the House Appropriations Committee's defense subcommittee, McHugh expressed anger over sexual assaults and sex abuse crimes in the military.

"This is so contrary to everything upon which the Army was built," he said. "To see this kind of activity happening in our ranks is really heart wrenching and sickening."

McHugh told members of Congress that Army lead-

ers are focused on efforts to prevent sexual assaults.

"As I said to our new brigadier general corps when I spoke to them about two weeks ago, 'You can do everything from this point forward in your military career perfectly, but if you fail on this, you have failed the Army,'" he said.

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Household goods summer peak moving system begins

From Navy Supply Systems Command

Approximately 65 percent of all Department of Defense (DoD) household goods moves occur between May 15 and Aug. 1. What can you do to ensure a smooth move? Plan!

With the decline in moving companies' capacity and DoD budget cuts, the sooner you start working with the local Personal Property Office the greater your chance of getting the desired pack out date.

Don't wait until a week or two before the desired pack out date to complete the process in www.move.mil, enter all your data and paperwork now. For Navy information on getting started with the move process, go to www.navsup.navy.mil/household.

Another tip is to organize your house and belongings. Go through all your rooms and boxes from the last move to make sure you still need the items. If it hasn't been worn or used in the last year, do you still need it? Sort your items by the type of shipment: household shipment; unaccompanied baggage, if authorized; professional gear and what is going in your suitcase or car. By sorting you may find out what needs to be sold, donated or disposed of. Keep in mind, if you exceed your authorized weight allowance it can be expensive.

Household goods terms and what they mean:

Household shipment is your main shipment: furniture, dishes, washer/dryer, BBQ grill, outdoor furniture, children's play furniture, majority of your clothes, etc.

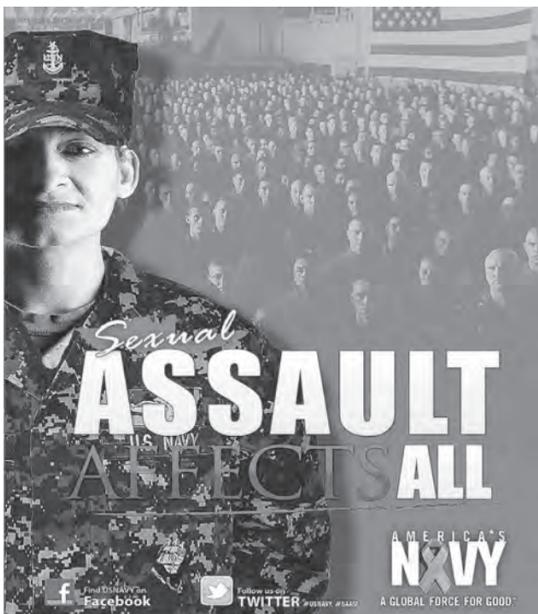
Unaccompanied baggage, if authorized: this is the small shipment of items that you will need to survive until your big household good shipment arrives. This is normally only authorized with overseas orders. Items to include would be enough kitchen ware/dishes to use daily (not your china), crib, clothes, some uniforms, some DVDs not your entire library, etc.

Professional gear: Professional books and equipment includes Household goods in a member's possession needed for the performance of official duties at the next or a later destination.

Service members items could be: work manuals, awards, specialty work uniforms (Band uniforms, navy divers, flight suits, helmets, chaplain's vestments and other specialized apparel), reference materials, instruments, tools, and equipment peculiar to technicians, mechanics.

Spouse: may be authorized for a licensed profession, i.e. doctor, dentist, lawyer or community support activities at the next or a later destination, example would be a command ombudsman. Any other profession may be considered if the appropriate documentation can be provided. Selling Avon or Pamper Chef does not count as licensed profession.

Excluded items are: commercial products for sale/resale used in conducting business, sports equipment, and office, household, or shop fixtures or furniture (such as bookcases, study/computer desks, file cabinets, and racks).



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Photo by Morgan Kehnert

During week five of the Dewey's Spring Concert Series, the 7th Street Band warms up just before the crowd gathers on the outside stage at Dewey's.

11 a.m. - 1 p.m.

4:30-7 p.m.

Saturday & Sunday (recreation swim-
ming)

11 a.m. - 6 p.m.

2013 Learn to Swim Program

Session 1: June 10-20

Session 2 July 8-18

Session 3 July 22 - Aug. 1

I.T.I. Events

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11, 11 a.m. - 2 p.m.

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\$5.50 - \$11.50

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Subway Firecracker July 5 and Coke 400

July 6

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section 100

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panied active duty members. Call 542-
1335 for information.

Jacksonville Suns Baseball Game

May 23 at 6 p.m.

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June 1 at 9 a.m.

Jax Sun's Baseball Game

June 6 at 6 p.m.

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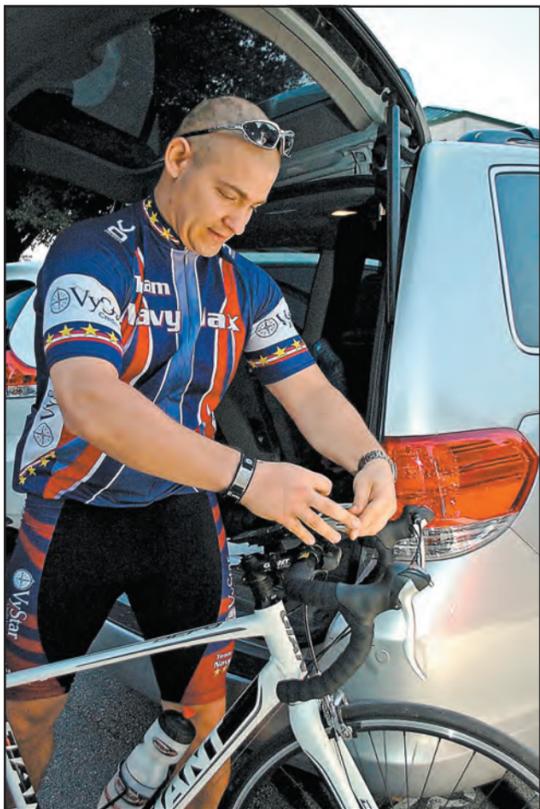
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Ensign Will Velasco of Naval Hospital Jacksonville checks his digital cycling computer before heading to the starting line to meet other Team Navy Jax members riding in the Tour de Cure on May 18.



Team Navy Jax members gather at the starting line of the Tour de Cure before the ride. Cyclists had the option of riding 30, 50, 71 or 100 miles in the annual event.

Photos by Kaylee LaRocque

See more photos from Team Navy Jax and the Jacksonville Tour de Cure on Page 17.

Team Navy Jax rides for annual charity event

By Kaylee LaRocque
NAS Jax Public Affairs Specialist

Twenty-three members of Team Navy Jax participated in the eighth annual Jacksonville Tour de Cure, which is held each year to benefit the Jacksonville Chapter of the American Diabetes Association (ADA). The cyclists braved the 80-plus degree temperatures; pedaling 30, 50, 71 or 100 miles during the event.

Wearing jerseys and shorts courtesy of VyStar Credit Union, the team gathered early Saturday morning with about 550 other riders to participate in the event.

"This is my third year serving in the capacity of team captain. The team spirit that I've seen this year has far exceeded past years. The riders were all concerned with everyone doing the ride safely and returning to the finish line with their group. No one was left behind," said Team Navy Jax captain Jerry Dryden. "I rode sweep for the team and was able to lead a (non-team rider) back to the finish line safely. A young guy about 13 years old, was stranded at the second rest stop. I was asked to bring him home safely. Several times I would correct his riding ability, but we had a successful 30-mile ride."

Team Navy Jax cyclists spend numerous hours preparing for events by participating in team rides and attending spinning classes at the NAS Jax Morale Welfare and Recreation Department's Fitness Source. Many spend their free time raising funds to participate in the events.

For team member AE3 Tracie Burrows of Fleet Readiness Center Southeast, this ride was much more than just another ride on her bicycle. "I have several family members who have diabetes. It's really an awful disease. I think there is there is a stigma of being

overweight for those who have diabetes but in reality, anyone can have this disease. So I'm here today to support the cause in an effort to find a cure," she said before setting out for a 30-mile ride.

New Team Navy Jax member AN Stewart Touchton of VP-26, along with his dad, Paul Touchton, were each planning to ride 100 miles in support of a cure for diabetes. "We have several family members who have diabetes and we love to ride so that's why we are here today," said AN Touchton, who was invited to join the team after meeting Dryden during a ride on the Rail Trail. "This really is a great team. It's well organized, there are a lot of opportunities to ride together and everyone is so supportive."

According to Tour de Cure Coordinator Kimberly Lewis, Team Navy Jax members are a huge part of the annual event. "We love Team Navy Jax! I think they are our longest participating team since we started this event in 2005. They have stuck with us through the



Team Navy Jax member Dale Nanny warms up before heading to the starting line of the eighth annual Tour de Cure.

years and do an amazing job not only with their service to our country but in our fight to stop diabetes," she said.

"The Tour de Cure staff and volunteers would like to thank Team Navy Jax for all they do," she added.

The Tour de Cure is a series of cycling events held in more than 80 cities nationwide to benefit the ADA. The tour is a ride, not a race, with routes designed for everyone from the occasional rider to the experienced



Lt. Cmdr. Chris Sanchack of Naval Hospital Jacksonville attaches his Tour de Cure number on his bike before the ride. Sanchack recently joined Team Navy Jax and it was his first ride with the group. "I just moved here from Seattle and thought this would be a great sport to take up here so I joined the team," he stated. "And, they ride for some great causes."

cyclist.

For more information about Team Navy Jax, email Jed2004@bellsouth.net. Neither the U.S. Navy, nor

any other part of the federal government officially endorses any company, sponsor or its products or services.



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Team Navy Jax members join other cyclists leaving the starting line of the annual Tour de Cure on May 18.

Photos by Kaylee LaRocque

More photos from
Team Navy
Jax and the
Jacksonville
Tour de Cure

Team Navy Jax captain Jerry Dryden hits the road on his unique bicycle during the Tour de Cure.



Team Navy Jax member Bill Davis holds his tire steady at Tom Schneider, owner of Open Road Bicycles pumps in air after repairing the tire.



Tour de Cure volunteer Mandy Intravaia (right) checks in Team Navy Jax member Cecilia Hennig before the ride. Approximately 550 riders participated in the event.



Team Navy Jax members AE3 Zach Watson and AE3 Tracie Burrows of Fleet Readiness Center prepare their bikes before heading to the starting line to ride 30 miles for the Tour de Cure.



Photos by MC2 Amanda Cabasos

MASN Orin Olds of the NAS Jax Security Department shows Petty Officer Third Class Casey Morgan how to properly adjust the straps of an infant car seat before putting it in her vehicle. Florida law requires children under 5 years of age to be properly restrained no matter where they are seated in a vehicle. Infants must ride rear-facing until they are at least one year old and weigh 20 pounds or more. Children who weigh 40-80 pounds who are under 4 feet, 9 inches should ride in a booster seat. Never place a child safety seat in front of an air bag.



NAS Jax Patrolman Luis Jusino writes a citation to a Sailor for failure to wear a seat belt while driving on base. Drivers are reminded that the Click-It or Ticket Campaign runs May 24 through June 3.

Click-It or Ticket Campaign starts May 24

From NAS Jax Security Department

The NAS Jacksonville Police Department will participate in the 2013 nationwide annual "Click-It or Ticket" Campaign which runs May 24 - June 3. NAS Jax police officers will be staged at numerous locations throughout the installation to check for seatbelt violations. Wearing a seatbelt is one of the safest things you can do while driving a vehicle.

Most fatal crashes occur at speeds below 40 mph and within 25 miles of an individual's home. If you're in a crash and are thrown from the vehicle you have a 75 percent chance of being killed.

When worn correctly, seatbelts reduce the risk of moderate to critical injury by 50 percent. Death rates are more than eight times higher when the occupant is not buckled or restrained inside the vehicle. Statistics show that in 60 percent of all fatal crashes, the victim was not properly buckled in

the vehicle. When worn, seatbelts can reduce the risk of fatal injury to front seat occupants by over 45 percent.

It all adds up to one overwhelming decision - your personal and families' safety. Everyone is safer in a car when they're properly buckled up. A seatbelt is the best defense against reckless, impaired or distracted drivers. Adults who don't buckle up are sending children the message that it is all right to not wear a seatbelt. Remember children model adult behavior.

Another grave statistic is that 70 percent of the time when a driver isn't buckled in, you can bet the children riding in that vehicle aren't buckled up either.

Wearing a seatbelt is required by law in the State of Florida and aboard NAS Jax for the simple reason - "It Saves Lives."

Drivers are also reminded that is illegal to text or talk on a cell phone while driving aboard NAS Jacksonville.

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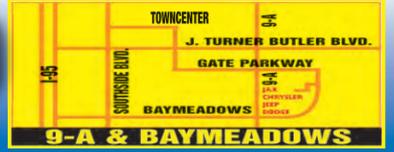
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Firefighters show career opportunity to wounded warrior

By Clark Pierce
Editor

Wounded Warrior Project® (WWP) recently placed a disabled army veteran with First Coast Navy Fire and Emergency Services for 90 days, to provide an inside view of what being a firefighter or paramedic is all about. WWP serves veterans who incurred a physical or mental injury associated with their military service.

Rhode Island native and infantry veteran Paul Marsolais explained, "If you were hurt overseas, the Wounded Warrior Project, headquartered here in Jacksonville, can help you get reintegrated into civilian life - including college. The program I'm doing right now is called WPP TRACK and I'm currently in the externship phase at NAS Jax and NS Mayport."

"It's cool because this externship gives me the chance to work shoulder-to-shoulder with firefighting and EMS professionals. It's training that will help me decide if this profession is a good fit for me in the future. I especially like the emergency medical part of this program. I administered first aid to a number of my comrades in Afghanistan, so I know I can stay calm and focused when dealing with trauma situations," he said.

Marsolais, 24, enlisted in the Army fresh out of high school when he was 17. Trained as a front-line infantryman, he deployed with the 2nd Infantry Division to Iraq in 2007-08 (Operation Iraqi Freedom). He later deployed with the 4th Infantry Division to Afghanistan in 2009-10 (Operation Enduring Freedom).

"While in Afghanistan, I was tossed pretty good by an IED (improvised explosive device) - but, fortunately, I was not hit by any shrapnel," said Marsolais.

Assistant Fire Chief Jamie Sherer said, "Paul is the first WPP TRACK program enrollee that First Coast Navy Fire and Emergency Services has hosted - so this will be a learning process for everyone involved."

"We worked with WWP to determine firefighting and EMS activities that Paul could safely take part in with our crews. He's expressed an interest in the firefighter/paramedic career track, so we're providing lots of exposure for that over his 90-day stay with us."

"Marsolais will spend his first month at NAS Jax working regular shifts, followed by two weeks training with our fire prevention inspectors, and ending with four weeks of shift work at NS Mayport," said Sherer. "If we can help this veteran get back into America's workforce and be productive - that makes it a win/win for everybody."



Assistant Fire Chief Jamie Sherer explains the semi-annual crash crew training with live fire to Army veteran Paul Marsolais, who is beginning his 9-month Wounded Warrior Project® TRACK program with First Coast Navy Fire & Emergency Services.

Chris Rick is the WWP TRACK manager in Jacksonville. "This program stood up in 2008 to serve warriors with various types of injuries - ranging from the physical to the invisible wounds of war. Our job is to guide warriors on an educational pathway to earn their degree and pursue a successful civilian career. Paul is our first placement at First Coast Navy Fire and Emergency Services. Previously, we placed two other veterans at Fleet Readiness Center Southeast - and they were both hired after they completed the TRACK program."

Training Chief David Rickel, along with the assistant fire chiefs and captains, is responsible for guiding the hands-on training of Marsolais.

"We'll make sure he gets the required classes and knowledge. And we're proud to help out a former warfighter who gets that adrenalin rush when the station bell sounds for an emergency call," said Rickel.

On May 7, First Coast Navy Fire and Emergency Services conducted semi-annual crash crew training with live fire in a Mobile Aircraft Fire Trainer that offers several training scenarios, from simple to more complex. It allows the operator to inject only fire, fire and smoke, or only smoke from a combination of locations. Marsolais was present during the training and found it very realistic.

"Paul observed what we do and how we do it, so he can decide if firefighting or emergency medical services would be a favorable career path for him. If he says 'yes' then we've given him a bit of a head start. Many of our crew are retired military - so we may have an understanding some of the stuff he went through in Iraq and Afghanistan," said Rickel.

"When I complete my TRACK program, I plan on moving back north and enrolling in a college where I can earn my associate of science degree and get certified as an EMS," said Marsolais.



Photos by Clark Pierce

(From right) Army veteran Paul Marsolais, Training Chief David Rickel and Assistant Fire Chief Jamie Sherer observed NAS Jax firefighters during MAFTD training on May 7. Wounded Warrior Project® serves veterans who incurred a physical or mental injury, illness, or wound associated with their military service.



Crash crew personnel demonstrate how to suppress a jet fuel fire during semi-annual certifications using the Mobile Aircraft Fire Trainer Device.



The Mobile Aircraft Fire Trainer Device offers several training scenarios, allowing the operator to inject only fire, only smoke, or fire and smoke, from a combination of locations. Here, a crash crew at NAS Jax attacks flames with a hand line.

Army reservists conduct yellow ribbon program

From Staff

Members of the 257th Transportation Battalion from Gainesville, Fla., presented a yellow ribbon reintegration program for 68 soldiers and family members of the 993rd Transportation Company that recently returned from deployment.

"This event offers information and answers questions about all the resources available to make a smooth transition for returning warfighters," said Sonya Clemmons, family readiness support assistant for the battalion.

"We scheduled this event for NAS Jacksonville because we have many ser-



Photo by Clark Pierce

(From left) Spc. Kelly McMullen, Pfc. Travis Fender, Cadet Zachary Gibbs, Spc. Mingnon Jones, Spc. Brandon Gill, Spc. Wilfredo Acosta and Sgt. Takiyah Thomas provided reintegration information to soldiers and family members on May 17 at NAS Jax Hangar 117.

vice members family members who live and work in Northeast Florida.

Yellow ribbon presenters include a military chaplain, the American Red Cross, TRICARE, legal assistance, child and youth services, and family advocacy counselors.



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Look twice? Better think twice!

May is motorcycle safety month

By Michael Kyser
Cape Fox Professional Services

It can be quite frustrating and distressing for motorcyclists when other motorists don't see them. Near-miss events leave many riders with the idea that motorists don't look or respect motorcyclists. Some riders organizations have even tried to be proactive and educate car and truck drivers through advertising.

Ever notice the bumper sticker asking motorists to, "Look twice - motorcycles are everywhere?" It's a wonderful notion that we motorcyclists hope other motorists will take to heart - but is it realistic? The truth is, there are many reasons, both physical and mental, why drivers may not perceive a motorcyclist's presence. What can a rider can do to keep from being hit? Perhaps, but first we need to understand why they may not see us. Let's consider how often a motorist has the opportunity to see a motorcycle.

Recent U.S. Department of Transportation data show more than 246 million non-motorcycle vehicles registered in the U.S. versus almost 8 million motorcycles. That averages out to one motorcycle for every 31 other vehicles. So, even if all registered motorcycles were on the road at the same time, would they be visible to other motorists? Not if we ride in the motorist's blind spot.

Blind spots are caused by mirror settings and the physical design of vehicles. Many set their side-view mirrors so that they can see the side of their vehicle - but this setting actually increases the blind spot.

Note: Learn how to set your car or truck mirrors properly at this website: <http://tinyurl.com/7ob3mlm>.

A tractor-trailer blind spot is huge. If you've ever taken a look at an illustration of what the trucking industry calls the "no zone" you could see that a group of motorcycles could be hidden from the driver's view.

Mirrors aren't the only things that contribute to blind spots.



Photos by Lt. j.g. Kevin Wendt

Rider Coach Michael Kyser of Cape Fox Professional Services reminds Sailors and their families to contact the NAS Jax Safety Office at 542-3082 to sign up for basic, sport bike and advanced motorcycle classes.



Carl Bennett, a rider coach for with Cape Fox Professional Services at NAS Jax, directs a student through an obstacle course designed to enhance cornering, breaking and hazard avoidance skills.

Physical obstructions such as the roof pillars can completely mask your presence at a given moment.

Anything hanging from rear view mirrors, decals on windows, cargo inside cars, as well as GPS placement can all hinder a driver's visibility. Given the narrow visibility profiles of motorcycles, they can completely disappear behind these obstructions.

In the Navy Basic Rider Course, students are advised to pick a lane position that affords the ability to see and be seen. Buildings, trees and other vehicles can hide your presence, too. You can't reposition

them; you can only reposition yourself or ride cautiously past them.

When the sun is behind you and your shadow extends in front, beware! Your headlight will be dwarfed the sun and motorists facing the sun will likely not see you until the last second.

Darkness doesn't help either. Most motorcycles have only one taillight and one headlight to compete with the other vehicles on the road.

Rain only serves to make a bad visibility situation worse, both day and night.

So, motorcyclists' relatively small numbers, narrow pro-

file, limited lighting, as well as physical obstructions - all contribute to not being easily seen by car and truck drivers. I'm sure some of you experienced a situation where a motorist looked straight at you - and violated your path of travel anyway. Surely if they're looking straight at you, they should've seen you right? If only it were that simple. The things previously mentioned are only half of the reasons that a driver may not notice you.

If you graduated from a Motorcycle Safety Foundation (MSF) Rider Course, you learned that motorcycling is more a skill of the eyes and mind than of the hands and feet.

Nevertheless, the eyes and mind can also fail to perceive critical information.

Physically, our eyes are subject to macular degeneration as we get older.

It is a condition that attacks your central vision which provides you detail, and occurs gradually so that that a person may not even be savvy to it. It's the leading cause of vision loss in older adults, most whom drive. To understand the significance of optic nerve's blind spot, visit this website for a fun test to show the influence of the blind spots on your vision: <http://www.blindspottest.com/>.

When you take the blind spot test, you discover an interesting phenomenon - the brain will fill in what it believes should be there, whether or not it actually is. The eyes only

relay visual information to the brain which then processes it. The mind can fail to accurately analyze that data, and it can happen at precisely the worst moment in traffic. Of course, fatigue, alcohol and medication can affect the mind and contribute significantly to diminished visual acuity.

Even if you are awake and sober, you can still fall victim to boredom.

Vigilance reduction is basically the decline in our ability to remain alert during prolonged activities. Can you recall times when you "zoned out" and couldn't remember driving the last X-number of miles? Experienced drivers are more susceptible to vigilance reduction than beginners. Think of how hyper-alert/paranoid you were as a student driver.

However, most drivers' education courses do not discuss sharing the road with motorcycles to student drivers, and that can be a problem too.

"Blindness" caused by inattentive drivers is a growing problem that's also known as "distracted driving" because the driver's attention is engaged on another task besides driving.

Driving a vehicle is complicated enough, without people treating their vehicles like phone booths and fast-food restaurants. It can happen to anyone regardless of their driving skills and familiarity with motorcycling.

So, is a slogan on a bumper sticker likely to make a difference? I wouldn't count on it. After all, a motorcycle that is larger and louder with a state-of-the-art lighting system can still be "unseen" by other motorists for a variety of reasons.

In MSF Rider Courses, you'll learn that accidents happen due to a combination of factors - mostly by inattentive drivers who fail to perceive motorcycles.

There are many more car and truck motorists than motorcyclists on the road, and all of us must contend with the many reasons blind spots occur. So what's a rider left to do?

Time and space - the more you give yourself, the better off you'll be.

Naval aviator participates in Mandarin Middle School career day

From CPRW-11 Public Affairs

Mandarin Middle School held an eighth-grade career fair May 7 before they graduate soon and begin their journey through high school.

Lt. Eric Frank, commander, Patrol and Reconnaissance Wing 11 public affairs officer, had the opportunity to represent the professionals of naval aviation at this career fair by setting up an informational exhibit.

Alongside many other professionals from the Jacksonville area, this career fair was deemed highly successful by the school's principal and teaching staff.

Throughout the day, more than 500 students attended the career fair to learn about some of their potential career opportunities.

The main questions asked by the chil-

dren included, "What are the potential earnings in your career?" and "Do you think your job will be in demand when I am ready to enter the workforce?"

Naval aviation offers positive answers to both questions and the students were very open to learning about careers in this field because of the job prospects it offers.

As the school day progressed, it became obvious to some of the other professionals representing their fields that naval aviation was one of the main interests of the students.

Naval aviation provides a healthy balance of school, advanced degrees, monetary compensation and job opportunities and the students appreciated the opportunity to learn all of the facts about naval aviation.



Photo courtesy of the NAS Jax CDC

Appreciating Providers

The NAS Jacksonville Child Development Center celebrated its employees during National Childcare Provider Appreciation Day May 10. This year's theme was "We Love Our Teachers to Pieces." Providers Michelle Muhammad and Rachel Watson check out some Reeses Pieces notes written by parents to show their appreciation of their child's teachers. During the special day, NAS Jax Commanding Officer Capt. Bob Sanders signed a proclamation designating May 10 in honor of the providers and Navy Band Southeast's Brass Quintet "Windward Brass" stopped by to play several numbers during lunch.

Experience Navy Medicine as a Junior Red Cross volunteer

Apply by May 31

By Naval Hospital Jacksonville Public Affairs



The American Red Cross—Northeast Florida Chapter at Naval Hospital (NH) Jacksonville is currently recruiting for this summer's Junior Red Cross volunteers. This offers an excellent opportunity for students interested in health careers to train with highly skilled Navy Medicine professionals—physicians, nurses, pharmacists, therapists and technicians—as well as contribute to a positive experience for patients.

The program is open to a limited

number of high school students age 16 to 18 who have base access. Volunteers work four to 20 hours per week in locations throughout the hospital, and receive CPR training. Apply online—by May 31—at www.nefloridaredcross.org.

At the website, click on "volunteer," "join us," "youth volunteer application" (or "adult volunteer application" for 18 year-old students). Fill out the application, select Northeast Florida Chapter, and create a Volunteer Connection account. After submitting the applica-

tion, complete the online orientation. All applicants are required to attend a kick-off event (which includes an interview) June 8 from 10 a.m. to 12:30 p.m. in the hospital's 2nd deck conference room in the central tower (next to the

chapel). For more about this opportunity, contact Junior Red Cross volunteer coordinators Terry Miles or Mary Miciano at 542-7525 or jaxredcrossoffice@med.navy.mil.

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Midway – before the battle

From Naval History & Heritage Command

After the first recorded landing on the atoll in 1859, Midway became a United States possession in 1867. A trans-Pacific cable station was established in 1903. In 1935, Pan American Airways used Sand Island as a stopover on its new seaplane route between the U.S. and Asia. In 1939, a study of U.S. defense needs recommended Midway as a base for Navy patrol planes and submarines. Soon thereafter, construction began on a seaplane hangar and other facilities on Sand Island and an airfield on the smaller Eastern Island.

Midway occupied an important place in Japanese military planning. According to plans made before Pearl Harbor, the Japanese fleet would attack and occupy Midway and the Aleutian Islands in Alaska as soon as their position in South Asia was stabilized. Two Japanese destroyers bombarded the Navy base on Midway on December 7, 1941, damaging buildings and destroying one patrol plane. In the spring of 1942, flush with victory after victory in the Pacific, Japan prepared to establish a toehold in the Aleutians; to occupy Midway and convert it into an air base and jumping off point for an invasion of Hawaii – and to lure what was left of the U.S. Pacific Fleet into the Midway area for a decisive battle that would finish it off.

The Americans had their own plans for the atoll. With the fall of Wake Island



U.S. Navy photo
Pilots of the four PBY-5A Catalina patrol bombers that flew the torpedo attack mission against the Japanese fleet's Midway Occupation Force during the night of June 3, 1942. (From left) Lt. j.g. Douglas Davis (VP-24), Ensign Allan Rothenberg (VP-51), Lt. William Richards XO of VP-44, who flew in a VP-24 aircraft on this mission, and Ensign Gaylord Propst (VP-24).

to the Japanese in late December 1941, Midway became the westernmost U.S. outpost in the central Pacific. Defenses on the atoll were strengthened between December and April. Land-based bombers and fighters were stationed on Eastern Island. U.S. Marines provided defensive artillery and infantry. Operating from the atoll's lagoon, sea-

planes patrolled toward the Japanese-held Marshall Islands and Wake, checking on enemy activities and guarding against further attacks on Hawaii. There were occasional clashes when planes from Midway and those from the Japanese islands met over the Pacific.

Adm. Chester Nimitz, Commander of the U.S. Pacific Fleet, inspected

Midway in early May 1942, conferring with the local commanders, Navy Capt. Cyril Simard and Marine Col. Harold Shannon.

Based on U.S. intelligence reports, Nimitz believed the Japanese were planning an attack on Midway. Top Naval officers in Washington were not so sure. They could not believe that the Japanese would send a huge fleet to take a small atoll. It would be like fishing for minnows with a harpoon.

Nimitz asked Simard and Shannon what they needed to hold the islands. They reeled off a long list.

He asked Shannon: "If I get you all these things you say you need, then can you hold Midway against a major amphibious assault?"

The reply was a simple "Yes, sir."

Within a week, anti-aircraft guns, rifles, and other war materiel arrived at Midway. Eastern Island was crowded with Marine Corps, Navy, and Army Air Force planes – fighters, dive bombers and larger B-17 and B-26 bombers. Every piece of land bristled with barbed wire entanglements and guns, the beaches and waters were studded with mines.

Eleven torpedo boats were ready to circle the reefs, patrol the lagoon, pick up ditched airmen, and assist ground forces with anti-aircraft fire.

Nineteen submarines guarded the approaches from 100 to 200 miles northwest and north. By June 4, 1942, Midway was ready to face the approaching Japanese.



Members of VA-37 "Ragin' Bulls", along with their spouses, enjoyed dinner at the NAS Jax River Cove Catering and Conference Center on April 26.



Photos by Lt. Kevin Wendt
Members of VA-37 "Ragin' Bulls" gather during their reunion at the NAS Jax Officers Club on April 26.

VA-37 'Ragin' Bulls' hold reunion

By Lt. Kevin Wendt
Staff Writer

Nearly 40 years after their operational tour in the Vietnam War, members of VA-37 "Ragin' Bulls" reunited April 26 at the NAS Jax River Cove Catering and Conference Center to share fond memories and honor fallen friends and heroes.

Originally established on July 1, 1966 at Cecil Field to fly the new A-7 Corsair II, VA-37 became operational in 1967, going on to support operations in the Mediterranean as well as their notable tours during the Vietnam War, flying nearly 2,800 missions and dropping over 3,100 tons of ordnance.

In 1972, VA-37 was also the first squadron to use an A-7 to establish a sonobuoy field off the coast of North

Vietnam.

The reunion was extremely heartfelt, with members recalling stories of their times together.

Retired Rear Adm. Mike Johnson explained the significance of VA-37 and recalled his experiences on board USS Kitty Hawk during his time with the squadron.

"We were a tight knit group, always supporting each other. While we lost good friends during that time, it's phenomenal to be here with this group again. Everyone here has gone on to become real estate agents, lawyers, CEO's, you name it. We reunited here from all walks of life, from all around the country," Johnson commented.

"The experience being close to 40 years ago, we thought this was the most appropriate time to host this reunion."

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Cyclist strives to become 'elite'

By MC2 Amanda Cabasos
Staff Writer

While staying dedicated to maintaining the highest standards of fitness, which is a requirement for all U.S. Armed Forces, AWO1(NAC/AW) Mark Anthony Sanchez continues to chase his passion in competitive cycling.

Born and raised in Colorado Springs, Colo., Sanchez joined the Navy right out of high school as an aircrewman in 2002.

"I first started riding a bike as a toddler," said Sanchez. When he reached school age, he added, "I used to ride my Diamondback mountain bike on the Santa Fe Trail 15 miles to and from school every day."

Throughout his childhood, Sanchez implied he had always been very active and competitive in sports, especially track and field and cross-country.

"I seem to excel more at longer distances," said Sanchez. "The longer they are and the harder they are, I seem to do better."

According to Sanchez, his engaging thrill and interest for competitive cycling was influenced by his uncle, Kevin Apodaca, an instructor and competitive rider for Trek Bicycle Corporation in Wisconsin.

Sanchez started his cycling career in 2012 peddling first for the Velo Brew Cycling Club in Jacksonville, and in 2011,



Photos by MC2 Amanda Cabasos

VP-30 AWO1(NAC/AW) Mark-Anthony Sanchez (3rd from left) participates in a cycling competition as a rider for the U.S. Military Cycling Team. The U.S. Military Cycling Team consists of service members from all branches of the armed forces who are on active duty, National Guard, or reserve status.

he was selected to ride for the U.S. Military Team. The U.S. Military Cycling Team consists service members from all branches of the armed forces who are on active duty, National Guard or reserve status.

According to Sanchez, the U.S. Military Team has two categories, the Elite and Development (Devo) programs. There are only six cyclists on the elite level and 24 on the Devo.

"I hope to get on the elite squad next year," said Sanchez. "It's my goal before I retire from the Navy."

Along with a full-time work schedule as a Poseidon Fleet Replacement Squadron instructor for VP-30, Sanchez trains year-round with his

coach, Jeb Stewart, in preparation for racing. The intense endurance training consist of two to three hours of cycling combined with strength training at the gym during the week and four to five hours of brisk riding on weekends. Sanchez added that he runs 10-15 miles a week to maintain his eight-minute 1.5-mile run when the Navy's biannual fitness test comes around.

Sanchez has participated in more than 30 cycling competitions ranging from 60-100 miles including various terrains and weather conditions. Cycling speeds vary between 25-32 miles per hour, depending on the condition of the trails and weather.

"Competitions can be fairly dangerous due to accidents at



AWO1(NAC/AW) Mark Anthony Sanchez of VP-30 pedals hard during one of the many races he participates in as a member of the U.S. Military Cycling Team. Sanchez was selected for the team in 2011.

high speeds," said Sanchez.

"I like going fast. I like feeling human performance, human being creating that speed and power," said Sanchez.

"Anyone can step into a car and step on a gas peddle, but it's something else when you're creating that much speed. Wind going over you and just racing is fun. It's a nice adrenalin rush," he added.

According to Sanchez, he will be participating in the Tour of America's Dairyland at the end of June, an 11-day race in Wisconsin.

Despite a schedule filled with working hours and a cycling career, Sanchez manages to participate in as many charity rides as he can and currently has engaged in more than eight. He was inspired to

become involved with charity rides after losing his best friend, Cody Bloise, to multiple sclerosis. MS-150, a two-day ride, was his first ride. Other charity events he has participated in are the Bike 26.2 with Donna and the 100-mile Tour De Cure.

Sanchez has won two medals for the Bike 26.2 with Donna race and anticipates winning a third time this year.

"I like doing the charity rides because it's a way for me to connect

with the community through sports and raise funds for a good cause," said Sanchez.

Spare time is limited for Sanchez, however, during his leisure time he spends it with his girlfriend and hangs out with his dogs.

Indoor Volleyball League meeting – June 5

The league is open to all NAS Jax active duty, command DoD, DoD contractors and selective reservists. The meeting will be held at noon at the base gym. Commands having their athletic officer or designated representative attend the meeting will receive five captain's cup points. The matches will be played at lunchtime.

Summer Intramural Golf League – June 12

The league is open to all NAS Jax active duty, command DoD, DoD contractors and selective reservists. The league will start June 12 at 11:30 a.m. Rosters and entry forms are due by May 31. All interested personnel should contact the base gym to receive a copy of the rules and to get the required paperwork to join the league.

Badminton Singles League meeting – June 12

The league is open to all NAS Jax active duty, command DoD, DoD contractors and selective reservists. The meeting will be held at noon at Dewey's. Commands having their athletic officer or designated representative attend the meeting will receive 5 captain's cup points. The matches will be played at lunchtime.

Greybeard Basketball League meeting – June 19

The league is open to all NAS Jax active duty, command DoD, DoD contractors and selective reservists age 30 and up. The meeting will be held at noon at Dewey's. 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.

Intramural Basketball League meeting – June 19

The league is open to all NAS Jax active duty, command DoD, DoD contractors and selective reservists. The meeting will be held at 12:30 p.m. at Dewey's. Commands having their athletic officer or designated representative attend the meeting will

NAS Jax Sports

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 or e-mail bill.bonser@navy.mil.

Standings

As of May 17

Greybeard Spring Softball Final Standings

Teams	Wins	Losses
CNATTU	5	1
NECE	4	2
NAVAFAC	2	3
NCTS	2	3
VP-8	0	4

Intramural Spring Softball

Teams	Wins	Losses
CNRSE	8	1
NAVHOSP Dirty Birdz	9	2
VP-16 War Eagles	8	2
VP-30	8	3
HSM-70	7	3
FRCSE 900	9	4
CRS-10	6	3
VP-8	8	4
HSM-72 Proud Warriors	7	4
VP-5 Mad Foxes	6	5
FRCSE Angry Dolphins	7	6
HSM-74 Magnum	3	3
VR-62	5	7
FRCSE Rabid Possums	3	7
NAVY BAND	3	8
NCTS	2	9
NBHC Narwhals	1	9
HS-11	0	9
NAVHOSP Diamond Aces	0	9

Captain's Cup 3-on-3 Sand Volleyball

Teams	Wins	Losses
NAVAFAC White	5	0
NAVHOSP Super Smash Bros	5	0

NAVAFAC Red	4	1
NBHC Trap House	3	1
FRCSE B	4	2
FRCSE A	3	2
NBHC Tortugas	2	3
NCTS Blue	2	3
NBHC Dig Dugs	1	3
FRCSE C	1	4
SERCC	0	3
NAVAFAC Blue	0	4
NCTS Gold	0	4

Captain's Cup Soccer

Teams	Wins	Losses
FRCSE	6	0
VP-8	5	0
NAVHOSP	6	1

HS-11	6	2
HITRON	5	2
VP-30 E's	4	2
NAVAFAC	4	3
VP-16 War Eagles	2	3
VP-30 O's	3	5
NCTS	2	5
VP-5 Mad Foxes	2	5
HSM-74	1	2
NBHC Twerk Team	2	5
VR-58	1	4
FACSFAC JAX	1	4
VR-62	0	6

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X-47B catapult launch is pivotal moment in naval aviation

From Naval Air Systems Command Public Affairs

The X-47B Unmanned Combat Air System demonstrator (UCAS-D) completed its first carrier-based catapult launch May 14 from USS George H.W. Bush (CVN 77) off the coast of Virginia.

"Today we saw a small, but significant pixel in the future picture of our Navy as we begin integration of unmanned systems into arguably the most complex warfighting environment that exists today - the flight deck of a nuclear-powered aircraft carrier," said Vice Adm. David Buss, commander, Naval Air Forces, the Navy's "Air Boss."

The unmanned aircraft launched from the deck of George H.W. Bush at 11:18 a.m. It executed several planned low approaches to the carrier and safely transited across the Chesapeake Bay to land at NAS Patuxent River, Md., after a 65-minute flight.

Buss called the launch a "watershed event" in naval aviation and said he expects that decades from now, a future Air Boss will have a picture of the X-47B launching from Bush behind his or her desk just as he has a picture of aviation pioneer Eugene Ely's first-ever



Photo by Erik Hildebrandt

An X-47B Unmanned Combat Air System (UCAS) demonstrator flies near the aircraft carrier USS George H.W. Bush (CVN 77) on May 14 in the Atlantic. Bush is the first aircraft carrier to successfully catapult launch an unmanned aircraft from its flight deck.

landing on the deck of a ship in 1911 behind his desk today.

Completing another important first for the UCAS-D program, the team demonstrated the ability to precisely navigate the X-47B within the controlled airspace around an aircraft carrier at sea and seamlessly pass control of the air vehicle from a "mission operator" aboard the carrier to one located in the Mission Test Control Center at NAS Patuxent River for landing.

"The flight today demonstrated that the X-47B is capable of operation from a carrier, hand-off from one mission control station to another, flight

through the national airspace, and recovery at another location without degradation in safety or precision," said Matt Funk, lead test engineer for the Navy UCAS program.

Prior to the catapult launch, the UCAS test team also conducted deck-handling and ship-integration testing to demonstrate the capability to safely operate the X-47B in the dynamic, unforgiving environment of an aircraft carrier flight deck.

"This event is a testament to the teamwork, professionalism and expertise of everyone involved with X-47B program,"



Photo by Alan Radeck

An X-47B Unmanned Combat Air System (UCAS) demonstrator launches from the aircraft carrier USS George H.W. Bush (CVN 77), the first aircraft carrier to successfully catapult launch an unmanned aircraft from its flight deck.

said Rear Adm. Mat Winter, program executive officer for Unmanned Aviation and Strike Weapons.

"Their work will positively impact future unmanned aviation development for years to come."

Over the next few weeks, the X-47B will fly approaches to the ship multiple times and

eventually land on the pitching flight deck, said Navy UCAS Program Manager Capt. Jaime Engdahl.

The UCAS team will conduct additional shore-based testing with the X-47B at NAS Patuxent River in the coming months before its final carrier-based arrested landing demonstration later this summer.

Navy suspends official spending on 'presentos'

From Navy Office of Information

The Navy released new guidance to commanders May 16 suspending the expenditure of official funds on "presentos" - those presentation items such as plaques, ball caps, coins, etc.

"We have significantly reduced our rate of expenditure of appropriated funds to preserve mission-essential operations," said Vice Chief of Naval Operations Adm. Mark Ferguson in NAVADMIN 128/13 that suspends authority to purchase presentation items until further notice.

According to the NAVADMIN, previously purchased items may be distributed in accordance with existing policy. Additionally, the new guidance does not apply to items purchased with personal funds or to the purchase of items with the use of official representation funds, following appropriate review and approval.

Ferguson expressed his appreciation for the continued support of commanders as the Navy looks for ways to reduce expenses while maintaining readiness. He also said he would provide updated guidance as the situation warrants.

Get ready for hurricane season at your NEX

From Navy Exchange Command

Hurricane season runs June 1 - Nov. 30. Now is the time to check make a preparedness kit that contains extra batteries, water, nonperishable food and first aid kits.

For those customers who are thinking of purchasing a generator, from May 29 - June 11, purchase any generator valued at \$299 or more with a Military Star® Card and make no down payment, no interest and no payments for one year.

The Military Star® Card offers many benefits including 10 percent off the first day's purchases (up to the customer's credit limit), no annual fee, low interest rate and 24-hour customer service including online access.

Military Star® Card applications are available at any NEX.

The application can be processed the same day at the NEX customer service desk.

Make sure police know who to notify when disaster strikes

From the Florida Department of Highway Safety and Motor Vehicles

As the state braces for the 2013 Hurricane Season and families create disaster preparedness plans, it is also a good time to make sure police know who to notify if you are in an emergency.

This is especially true for military families, who may relocate often or have family members deployed.

The Florida Department of Highway Safety and Motor Vehicles (DHSMV) offers Emergency Contact Information registration online for free at <https://services.flhsmv.gov/eci/> and in driver license offices (to include driver license offices operated by county tax collectors).

Floridians who hold a current driver license or identification card can enter up to two contacts into the ECI database.

Even if you have registered your information previously, it is a good idea to update your contacts periodically.

It takes only a few minutes, and there is no fee to register.

The information you register is only available to law enforcement officers in the event of an emergency, such as a crash.

"Registering your emergency contact information can provide families and loved ones with added peace of mind," said DHSMV Executive Director Julie Jones.

"We are pleased that more than 7 million Floridians have registered their contacts, but that leaves 10 million whose contact information is not available to police."

"The Florida Highway Patrol has run into situations where a motorist involved in a crash had registered their emergency contact information but failed to update it," said FHP Director Col. David Brierton.

"Outdated information can significantly delay our efforts to provide quick notification to families and loved ones."

The Florida Department of Highway Safety and Motor Vehicles provides highway safety and security through excellence in service, education and enforcement. The Department is leading the way to a safer Florida through the efficient and professional execution of its core mission: the issuance of driver licenses, vehicle tags and titles and operation of the Florida Highway Patrol. To learn more about DHSMV and the services offered, visit www.flhsmv.gov.

Customers pass six months, 4.5 million mark in downloads of Commissary Rewards Card coupons

By Cherie Huntington

DeCA Public Affairs Specialist

Six months of service, the Commissary Rewards Card continues winning prominence in customer wallets and purses worldwide.

The card gives customers access to digital coupons redeemable at any of the Defense Commissary Agency's 247 stores.

"Our customers love the Commissary Rewards Card," said Acting Director of Sales Joyce Chandler. "It's hard not to! It saves you time, effort and money, plus reduces the number of paper coupons you have to clip and carry."

More than 600,000 cards have been registered by shoppers, who have downloaded more than 4.5 million coupons so far. That means bigger savings for them, on top of the commissary's usual savings of 30 percent or more.

"We're averaging more than 120 coupons available at any given time," said Marye Carr, DeCA's Rewards Card program manager. "New coupons are loaded

almost daily! Our industry partners are stepping up with great coupons on all kinds of items everyone uses every day. If you're not using your card, you could be throwing away significant savings."

One of the first "rewards" being offered by manufacturers to Rewards Card users is the posting of two different coupons each week for a free item, Carr said.

The free item coupons remain available for redemption for one week from the posting date.

A limited number of coupons are available; when the coupon reaches the maximum allowed electronic clips, the coupon disappears from the website. The free item rewards run through May 26.

Carr said many customers find it handy to print a list of their coupons before making the trip to the commissary to help them keep track of their savings.

Using the card is simple. Once patrons pick up a card at their commissary, they visit DeCA's website to register it, and then load digital coupons directly to their account.

When the cashier scans the card, the coupons are matched to items purchased, and savings are auto-

matically deducted from the total bill.

Rewards Card digital coupons disappear from your account when they expire. Like paper coupons, they can't be combined with other coupons on the same item, and they have expiration dates and other redemption terms and conditions.

To learn more about the card or sign up to be notified of updates, including new coupon alerts, go to http://www.commissaries.com/rewards_subscribe.cfm.

A customer service hotline can be reached at 855-829-6219 or through email at commissarysupport@inmar.com.

Ask Switch4Good: The scoop about fans

Dear Switch4Good,

Do fans increase cooling in my house?

Signed,
Cool Home

Dear Cool Home,

Although it may not be completely intuitive, fans cool people, not homes. Fans move air to create a cool breeze - but they do not lower the temperature of the air in the room. Use fans to cool the people in a room, but remember to turn them off when you leave the room. Whether you have standing, window or ceiling fans, they provide a great energy efficient way to cool people. Use fans with your air-conditioner and turn up the AC temperature in order to use less energy.

Signed,
Switch4Good

Ask Switch4Good is presented by Balfour Beatty Communities and WattzOn as a way to help military residents save energy & money.

Balfour Beatty Communities has partnered with WattzOn to establish the Switch4Good program to support energy consciousness as an attempt to "switch" behaviors and make a difference. Switch4Good is an energy savings program, funded by the Department of Energy and Balfour Beatty Communities, for residents on selected military bases. To learn more about the program, visit <http://switch4good.org/>.

Summer Splash Outdoor Pool Party

Saturday, June 29
11 a.m. - 6 p.m.

Boat Regatta
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Financial advice for those facing income loss during sequestration

From NFCU Credit Union

Navy Federal Credit Union (NFCU) is sharing financial advice for members and U.S. federal government employees facing a loss of income due to sequestration.

"Being prepared as early as possible and making sure your finances are in order can help you adjust to a reduced paycheck," says Claudia Warszawski, personal finance manager at NFCU. "It's so important to follow a sound budget plan. It won't be easy, but every dollar saved can help you live comfortably within your new means."

NFCU offers the following expert advice for individuals and families faced with a sudden loss of income in the upcoming weeks and months:

1. Set a budget and cut unnecessary expenses

The first step when anticipating a loss of income is to assess your current financial situation. Review your new monthly income and subtract all anticipated, recurring living expenses, including credit payments. Adjustments are necessary if the resulting number is negative or too low for your comfort.

"Examine your weekly expenditures for areas where you can cut expenses such as dining out or entertainment," says Warszawski. "Eliminating daily coffee trips, cable subscriptions and take-out lunches can put more money back into your wallet."

For necessities such as groceries, cut costs by buying generic items, eliminating junk food and shopping at discount stores. Look for other areas that can be trimmed, too, like refinancing major loans and lowering monthly payments.

2. Adjust your means of transportation

"With gas prices hovering near \$4 per gallon (depending on your location), your commute to work can be costly. Taking public transportation or finding a carpooling partner can help you save," says Warszawski.

For instance, paying \$40 a week in gas totals \$160 each month. Cutting the weekly cost in half to \$20 by taking public transportation or carpooling amounts to \$80 per month. Over six months, that's a saving of \$480. Over a year, you'll save \$960. Additionally, less driving also means less 'wear and tear' on your vehicle and fewer trips for costly maintenance and repairs.

If carpooling or public transportation is not an option, seek out ways to get better mileage on your current vehicle or trade for a more fuel-efficient one. The U.S. Department of Energy's website <<http://energy.gov/public-services/vehicles/fuel-economy>> features a variety of fuel economy tips and vehicle comparisons.

3. Make it a family goal

Teaching the value of a dollar can be more meaningful when the entire family gets involved. If you have a spouse and children, it's extremely important that they understand and assist in the new savings goal.

"Share with them your new financial challenges, stressing that everyone can play an important role. Bringing bag lunches to school, game nights at home, and free outdoor activities can all help the family save," says Warszawski.

If there are teenagers in the house, their involvement is even easier. With summer approaching, help them find a part-time job where a portion of their income can be contributed to family expenses. Additionally, everyone can participate in organizing a yard sale. Plan one, and you'll end up reducing clutter and getting paid in the end.

Having a family discussion about finances isn't easy. But, it will be a valuable lesson – especially for younger children – in teaching solid money habits.

4. Talk to creditors

If in the end you find yourself still unable to pay some or all of your bills, contact your creditors immediately. Explain to them your financial situation and request information about their hardship programs where you may be eligible for temporary deferment or payment reductions.

"NFCU understands the difficulty that a federal government furlough could pose to families. To better serve our own members during this period of uncertainty, we've been asking them to call us on our special Sequestration Hotline at 1-877-874-0042," said Warszawski.

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



Photo by MC2 Amanda Cabasos

Using Downed Trees For Unique Creations

Forestry Technician Bobby Simmons of the NAS Jacksonville Environmental Department, makes benches from downed trees putting the wood to good use. Simmons carved a fawn and turtle on two of the benches, which will be used for various school and scouting groups that visit the Black Point Interpretive Center for nature-related activities and tours at NAS Jacksonville.

NEX expands price match policy to now include major online retailers

From Navy Exchange Command

The Navy Exchange (NEX) is committed to offering its customers low prices every day. As part of that pledge, the NEX has made a big change to its price match policy. The NEX will now match prices to Walmart.com, Target.com, Amazon.com, BestBuy.com, Sears.com, ToysRUs.com and BabiesRUs.com.

"We expanded our Price Match Policy to be more responsive to our customers," said Robert Bianchi, chief executive officer, Navy Exchange Service Command (NEXCOM).

"More people are shopping online for their purchases and we want to assure them that they can get the same price at their NEX, so we are now matching major online retailers."

The qualifying competitive online price may be presented on a mobile device such as a tablet computer or smartphone. If the price difference is \$10 or less, the price will be matched on the spot. No proof is required. If the lower price on one of the online sites listed above is more than \$10, the price may be verified by a NEX associate or supervisor.

As before, the NEX will continue to match the regular, everyday shelf price or advertised price in a local competitor's current advertisement. Customers should pres-

ent the advertised price in the form of a printed advertisement or displayed on a mobile marketing device such as a tablet computer or smartphone.

The NEX also has a 14-day price guarantee, so if you find the identical item for less at the NEX within 14 days of the original purchase we will match the lower price. The same 14-day price guarantee applies to a local competitor's advertisement or at a qualifying online retailer; the NEX will match the price.

Items already on layaway also qualify for a price reduction due to a competitor's lower price or the NEX 14-day price guarantee.

"This new and improved price match policy is the best in the retail business," said Tess Paquette, senior vice president, chief merchandising officer, NEXCOM.

"The NEX is the only retailer to match everyday shelf prices and major online retailers as well as offer the 14-day price guarantee. We want our customers to know they will find the products they need at the best possible price when they shop our stores. We are excited to offer this new policy which will help ensure that they do."

For details and more information about the price matching policy and all NEX policies, log onto www.mynavyexchange.com/command/customer_service/price_match.html or stop in and speak with a NEX associate.

Documentary portrays Marine Corps aviation disaster

From Staff

The Public Broadcasting Service will feature the documentary, *The Flintlock Disaster* – based on the worst aviation disaster in the history of the U.S. Marine Corps.

The documentary will air May 24 at 9 a.m. and offers a historical perspective of VMF-422's 23 F4U Corsair aircraft which arrived at Tarawa Atoll in January 1944. Fearing an attack by the Japanese, the squadron was directed to fly the island of Funafiti, 469 miles away.

A failure in pre-flight planning led them to fly directly into a major storm. Ten of the aircraft were lost during the flight and the remaining 13 were forced to crash land in the ocean.

The survivors spent three days at sea in life rafts before being spotted by a Navy PBY Catalina from Patrol Squadron 59. After taking on survivors, the patrol boat was too heavy and had to radio for help.

Later that evening, they were met by the destroyer USS Hobby (DD-610) who ushered the men to safety. In all, the squadron lost 22 aircraft and six pilots were killed.

Four pilots are still living including retired Col. John Hansen of Fleming Island and retired Lt. Cmdr. George Davidson who helped rescue the pilots lost at sea.

To access the film, go to:

<https://vimeo.com/53437571>. Enter the following password: flintlock (all lower case).

Community Calendar

Battle of Midway Commemorative Dinner, June 1 at 6 p.m. Hosted by Mayport Council Navy League of the United States at Renaissance Resort World Golf Village. For ticket and reservation info, call Bob Price 904-246-9982 or bprice4@comcast.net

VP-8 Reunion, June 3-8, 2013, in Dayton, Ohio. Contact Bill Stewart at (410) 661-8377 or go to: <http://www.vp8alumni.org/reunion1.html>.

The Second (Indianhead) Division Association is searching for anyone who ever served in the Army's 2nd Infantry Division at any time. For information about the national association and annual reunion in Columbus, Ga. Sept. 17-21, contact Bob Haynes at 2idahq@comcast.net or 224-225-1202.

Aviation Boatswain's Mates meet every third Thursday at 1 p.m. in the NAS Jax Air Facilities Management Building (666) conference room. For more info, call Doug Chaney at 542-3955.

Military Officers Association of America N.E. Florida Chapter meets the third Wednesday of each month. Open to active duty and retirees of all military branches. Contact Johnnie.walsh@gmail.com or call 282-4650.

National Naval Officers Association meets the fourth Thursday of each month at 5 p.m. at Naval Hospital Jacksonville. Contact CWO3 Lionel Jeffcoat at 594-6908 or lionel.c.jeffcoat@uscg.mil or retired Lt. Cmdr. Paul Nix at 542-2518 or paul.nix@navy.mil.

Association of Aviation Ordnancemen meets the third Thursday of each month at 7 p.m. at the Fleet Reserve Center on Collins Road. For information, visit 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 is open to active duty, reserve and retired military, plus, active or retired DoD civilians. Call 778-0805 or email commodore@njyc.org.

Disabled American Veterans Chapter 38 meets the second Tuesday of each month at 7 p.m. at 470 Madeira Dr., Orange Park. Service officers available Monday through Friday, 9

a.m. – 2 p.m. to help with VA claims, call 269-2945 for an appointment. Bingo every Thursday from 6:30-9:30 p.m. and Saturday from 10 a.m. - 3 p.m. The public is welcome.

COMPASS Spouse-to-Spouse Military Mentoring Program. Helping others help themselves. Call Melanie at 200-7751 or email: www.gocompass.org

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

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

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

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

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

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

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

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

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Appliances

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

Collectibles

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

Electronics

XBOX 360- Won as prize, too old to play, controller, cables, two games \$100. Joe 904-247-1453

Estate Sales

B. LANGSTON'S PRESENT Fleming Island Modern & contemporary furn. Art & acc. to match. 2241 S. Brook Dr. Thurs 5-7 Fri/Sat 9-5. blangston.com

B. LANGSTON'S PRESENT Jose Sale Modern & antique & retro furn. Oriental, loads of jewelry, glass, linens, tools, more. 6751 La Loma Dr Wed 5-7, Thur/Fri/Sat. 9-4 blangston.com

ARLINGTON- 12354 Hidden Hills Ln. Thurs 1p-5p, Fri 9a-4p and Sat 9a-? www.pleasantcove.net 904-631-1278

SAN MARCO HOME -Furn, collectible dolls & plates, accessories, pictures & much much more. 5/22-5/25, Wed. 2-7, 8-4 Thurs, Fri, Sat., 4211 Oro Place.

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TRUCKLOAD MATTRESS SALE
PILLOWTOP SETS
King \$200. Queen \$150 Full \$140
Negotiable - No Reasonable Offer Refused
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A Queen Pillowtop Mattress for \$150
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Garage Sale
WESTSIDE - Blue Lake Estates Community Garage Sale Sat. May 25th 8a - 11a last patron leaves. Rain date Sun. May 26th. Off 103rd St. behind Bishop Snyder High School.

Garden / Lawn

RIVER BIRCH TREE 9', 3 trunks, attractive peeling bark. I bought too many. In container \$95. 904-268-2482

SAGO'S POTTED \$7 & up. Maple Tree 5'-6' \$6. Fig Trees \$7. Acacia Name New \$65. Girl's Bike \$45. 904-384-7809

Jewelry / Watches

Ladies Diamond Solitaire 1 1/2ct Princess Cut 14K white gold I-I Clarity I-J Color Size-6 Free Sizing \$5500. 904-269-1478

Machinery and Tools

Craftsman 10" Band Saw & Delta Bench Drill Press w/laser & access. like new \$100 each. 904-525-2814/264-0969

RYOBI Oscillating spindle sander & KOBALT Compound Mitre Saw 10" w/laser almost new \$100 each. 904-525-2814/264-0969

Medical

DIABETIC TEST STRIPS NEEDED \$ BUY sealed / unexpired boxes \$ Call Bob at (904) 712-90150

Misc. Merchandise

CARPET - indoor/outdoor approx. 6' 10" x 11' 10". Beige w/gray. Rated for high traffic. Reduced \$60. 904-268-2482

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