

THE MIRROR NS MAYPORT, FLORIDA

2002 CHINFO Award Winner

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www.mayportmirror.com

THURSDAY, November 15, 2007

OFF THE DECK

USO Taking Food, Toy Donations

The USO Mayport is looking for donations for its 22nd annual food and toy drive.

As part of the holiday tradition the USO is teaming with Naval Station Mayport, the Base Chapel, Mayport NEX and Commissary to help meet the needs of young military families.

The intent of the holiday food drive is to assist those military families with children experiencing a genuine need or hardship, usually E-5 and below.

The program is designed to help the active duty families with children that are physically stationed on Naval Station Mayport or the Coast Guard Station/Sector Mayport.

The military member must be in good standing with the military. This program includes all ashore/afloat commands. The success of the food drive is dependent upon the generosity of the local community, as well as NS Mayport.

For the third year in a row, Mayport USO will also be collecting toys and accepting nominations for the NEX Giving Tree.

For more information regarding donations to this very worthwhile program, contact the USO at 246-3481.

Command Challenge: Gingerbread

Naval Station Mayport is inviting all tenant commands to the first Gingerbread House Competition. Win bragging rights and the traveling trophy! The contest is open to active duty. Culinary Specialists are encouraged to participate. All gingerbread house competition submissions will be donated to local charitable organizations. For more information, contact Senior Chief Culinary Specialist Pabone at 270-5373.

NEX Sets Holiday Hours

Navy Exchange Mayport is gearing up for the holiday season and will adjust its hours to make it easier for shoppers to get what they need.

NEX holiday hours are as follows: Nov. 23, 5 a.m.-10 p.m.; Nov. 24, 6 a.m.-10 p.m.; Nov. 25, 9 a.m.-9 p.m.; Nov. 26-Dec. 21, 9 a.m.-9 p.m.; Dec. 22-23, 9 a.m.-10 p.m.; Dec. 24, 8 a.m.-5 p.m.

Torres Selected As CNIC EOY

Iviva Torres of NS Mayport Visitor Quarters was selected as Employee of the Year for the Housekeeping Category of CNIC's Visitor's Quarters.

CNIC flew Torres and other finalists to the International Hotel/Motel and Restaurant Show in New York City last week.



-Photo by MCSN Alan Gragg

Brazil's Deputy Chief of Operations, Naval Operations Command Staff, Rear Adm. Edlander Santos met with Commander, U.S. Naval Forces Southern Command (NAVSO) Rear Adm. James W. Stevenson Jr. and Navy Section Chief, U.S. Military Group Brazil, Cmdr. Dennis Quick, during a visit to NAVSO headquarters. Santos was in Mayport for the U.S. and Brazilian Operational Navy Committee Conference, an annual meeting to enhance professional exchanges and interoperability between the U.S. and Brazil to support maritime security in Latin America.

NAVSO Hosts '08 Bilateral Conference

By MC2(SW) Holly Boynton

U.S. Naval Forces Southern Command Public Affairs

Delegates from the U.S. Navy, Marine Corps, and Coast Guard met with members of the Brazilian Navy Nov. 5-6 to discuss interactions and cooperation between their navies for 2008 during the U.S. Navy and Brazilian Navy Operational Naval Committee (ONC Brazil) conference.

Hosted by U.S. Naval Forces Southern Command (NAVSO) in Mayport, ONC Brazil is an annual conference to plan and agree to the various exercises and theater security cooperation events the U.S. and Brazil intend to conduct for the upcoming year. The ONC brings together representatives from the U.S. and Brazilian Navy so they may meet in person to discuss their countries mutual

goals of maritime security in Latin America.

"ONCs are a key part of our ongoing engagement strategy with partner nations," said NAVSO Director of Exercises and Theater Security Cooperation (TSC) Capt. Steven Blaisdell. "These face-to-face meetings help us understand each other's priorities and needs so we can work together toward mutual interests, which include improving regional maritime security."

Brazil and the U.S. have a strong partnership in maritime security through many exercises and events. Cooperation and training events in the past have included Panamax and Unitas Atlantic exercises, and recent anti-submarine warfare training with the Brazilian submarine Tikuna (S 34). All of these interactions resulted from work done at previous ONC meetings.

Phil Sea Completes Force Protection Certification

By MC3 David Wycaver

Nassau Strike Group Public Affairs

Sailors with the Nassau Strike Group (NASSG) successfully completed its Anti-Terrorism/Force Protection certification exercise on Naval Station Norfolk Nov. 1-2 in an effort to enhance the strike group's security capabilities through training.

Sailors from USS Nassau (LHA 4), USS Ross (DDG 71), USS Philippine Sea (CG 58), USS Bulkeley (DDG 84), USS Nashville (LPD 13), and USS Ashland (LSD 48) experienced a variety of simulated terrorist events in real-world land, sea and air situations.

"This exercise included a series of drills to exercise our ability to protect ships and their crew members. Vehicle-borne IED's, suspicious packages and premeditated attacks were just a few of the incidents Sailors experienced during this training exercise," said Lt. Rodney Kelly, Philippine Sea weapons officer.

Commander, Strike Force Training Atlantic (CSFTL)

organized the exercise ensuring that each NASSG ship had the opportunity to partake in the events and receive a grade on their performance.

Once the ships successfully passed each of the outlined areas they received a certification highlighting their accomplishments throughout the training exercise. Of the ships tested, Nassau and Philippine Sea received perfect grades, prompting a "Bravo Zulu" from commander, 2nd Fleet.

"Each ship goes through this Force Protection exercise every two years," explained Chief Warrant Officer Tracy McIntyre, anti-terrorism force protection officer for NASSG. "They have to successfully pass 12 out of the 15 drills and get an 80 percent score to receive a Second Fleet certification."

"It's important for each of the ships to become certified because once they are overseas they're going to have to respond to a variety of situations similar to the ones they faced in the two-day exercise," said William Cohen, an engineering techni-

cian with CSFTL. "Our Navy has the same benefit as the U.S. Navy; we achieve much cooperation and that is a win-win for both our countries in this conference," said Rear Adm. Edlander Santos, Brazilian Navy, Operations Deputy, Naval Operations Command. "When we deepen our relationship, it benefits both our countries."

ONC Brazil resulted in a Memorandum of Understanding, signed this year by Blaisdell and Santos, which outlined the discussed plans for U.S. and Brazilian interactions for the coming year. Though ONCs have been held for years, the agreements they produce and engagements they lead to directly support the U.S. Navy's new Maritime Strategy, which emphasizes cooperative relationships with international partners.

Through this exercise, some Sailors were also given the opportunity to volunteer to play the role of a 'terrorist' and assist in testing the abilities of each ship's force protection. Without warning, these individuals would carry out mock terrorist activities and try to elude force protection members before eventually being apprehended.

"My role during the exercise was to create a diversion by distracting the watches so the simulated terrorists could carry-out their actions," said Electrician's Mate 2nd Class Earl Stagg of Bulkeley. "One thing I will take away from my role in this training is the importance of always keeping your eyes open and being aware of your surroundings. Anything can happen at anytime."

"This was a great opportunity for me and my shipmates to participate in the training evolution which allowed us to showcase our ability to demonstrate effective force-protection tactics in a

See Philippine Sea, Page 13

New CO For RGB

By Ensign Barry J. Cohen
USS Robert G. Bradley Public Affairs Officer

Cmdr. Clinton A. Carroll relieved Cmdr. James P. Cody as commanding officer at a ceremony held on Nov. 2 at Nauticus Maritime Museum in Norfolk, Va.

At an all hand's call following mooring at Naval Station Norfolk, Cody addressed the crew, thanking them all for their outstanding service during his tenure as commanding officer.

"I want to thank each one of you, personally, for the efforts you put forth during my time as captain," Cody said. "All of you answered the call during our training cycle, BALTOPS, CNT deployment, and every task we were assigned. I'm proud to have served with all of you."

Cody assumed command of Bradley in May 2006. Under his direction, Robert G. Bradley participated in Baltic Sea Operations, a six-month Counter Narco-Terrorism Operations deployment, and assisted in the training of various strike groups, including USS Kearsarge, USS Wasp, and USS Harry S. Truman.

During his speech, Cody gave thanks to the many officers that played an integral role throughout his career, but adamantly expressed his appreciation to the crew.

"Many times, I am given credit for all of your hard work," he said. "We were able to meet every challenge, complete all

assigned tasking, and respond to every bell called ordered. This tour could not have been as successful without you."

In attendance were guest speaker Capt. Mark R. Hagerott, Capt. Lang Reese Commander, Destroyer Squadron 14, Capt. Demeocq, French Naval Attache, Wayne Army, Deputy Assistant Secretary of the Navy, Cody's parents, wife, and three sons, friends and crew of Robert G. Bradley.

A native of Virginia Beach, Va., Carroll graduated from the Naval Academy with a Bachelor of Science in Political Science and commissioned in May 1989.

Carroll's sea assignments include USS Arthur W. Radford (DD 968 USS Briscoe (DD 977), USS Bunker Hill (CG 52), USS Nimitz (CVN 68).

Ashore, Carroll has served on the staff of the Chief of Naval Operations for the Quadrennial Defense Review 2006, as an Instructor and Fleet Schedules Officer at Tactical Training Group Pacific, and as a Company Officer and Instructor at the French Naval Academy.

Commander Carroll earned a Master of Business Administration from the Executive MBA Program at San Diego State University in 2002 and a Master of Science in National Security Strategy from the National War College in Washington, D.C. in 2007. He is fluent in French.

Brown At Helm Of Gettysburg

By Lt.j.g. Andrew Bonderud

USS Gettysburg PAO

Capt. Rich Brown relieved Capt. Bill McQuilkin as commanding officer of USS Gettysburg on Nov. 7 while underway in the Arabian Gulf.

Brown comes to Gettysburg from the Navy's Personnel Command (PERS 410) in Millington, Tennessee, where he served as Branch Head for Surface Warfare Commander and Lieutenant Commander assignments.

Originally from Lowell, Massachusetts, Brown graduated from the United States Naval Academy in 1985 with a Bachelor of Science degree in Mathematics. His sea tours include Navigator and Damage Control Assistant in USS Charles F Adams (DDG 2); Flag Lieutenant for Commander, Cruiser Destroyer Group 12; Operations Officer in USS Leyte Gulf (CG 55); Executive Officer in USS Mahan (DDG 72); and Commanding Officer in USS The Sullivans (DDG 68).

Ashore, Brown served as Flag Secretary for the Supreme Allied Commander, Atlantic/Commander in Chief, United States Joint Forces Command from February 2000 to July 2002.

McQuilkin is a graduate of the University of Florida and received his commission as Officer Candidate School, Newport, Rhode Island in June 1983. He is also a graduate of the Naval Postgraduate School, where he was awarded a Master of Science degree in



Capt. Rich Brown



Capt. Bill McQuilkin

Management Science, and a graduate of the Army Command and General Staff College where he was awarded a Master of Arts degree in Military History.

McQuilkin has served predominantly on cruiser and destroyer type ships including USS Elmer Montgomery (FF 1082), USS Dale (CG 19), USS Doyle (FFG 39), and USS Vicksburg (CG 69). He has also commanded the mine counter measures ship, USS Scout (MCM 8), and the

See Gettysburg, Page 3

CO Column

I can't tell you how proud I am of the entire Naval Station and its personnel for putting on the best airshow I have seen in my entire career.

The weather was perfect, the show was outstanding, the execution was flawless, and it was because of all of you behind the scenes. I was the fortunate one who got to hear more compliments than probably anyone about the quality of our station and its people. The compliments came from multiple sources such as the CO of the Blue Angels, Airshow Narrator, Airshow Coordinator, demo pilots and performers, Jacksonville Beach Police Department, Jacksonville Special Events Coordinator, people stopping me at the show and on the streets and the list goes on. I didn't see anything but smiles all weekend. Thanks to everyone for all your help.

Thank you to everyone who participated in the speaker's event at local schools and retirement facilities in honor of Veterans Day on Friday. It was so exciting for the kids and even more so for the folks at



Capt. Aaron Bowman

the retirement homes to listen to Sailors speak about what it means to be a veteran. I had the pleasure of speaking at Finegan Elementary last week and it was an honor to see so many young patriotic children honor our men and women in uniform. Special thanks to Principal David Pinter and his staff for hosting a great Veterans Celebration, and thanks to our own Command Master Chief Davidson who spear headed the military portion of the ceremony. Last but not least, thanks to the talented Fletcher High School Wind

Ensemble for providing exceptional music.

Naval Station Mayport's main gate will be closed to inbound and outbound traffic, due to construction, from Dec. 15 until Jan. 7.

As an alternative to the main gate, the Edwards Ave. Gate, which is located prior to the pass and ID office on Mayport Road, will be open. Inbound and outbound traffic will be routed through housing using the Edwards Avenue Gate. Traffic will exit the housing area across from the Housing Welcome Center. Residents in the housing area along Edwards Avenue and Everglades Street are requested to park all vehicles in their driveways during this period due to the increased traffic.

The Hanna Park/Seminole Gate will be open Monday through Friday from 5 - 8 a.m. for inbound traffic and 3 - 5 p.m. for outbound traffic and closed on weekends and holidays. Gate 5 will be open from 5 a.m. - 5 p.m. during the weekdays and closed on weekends. All personnel working on the aviation

side of the station and anyone using Wonderwood Drive are encouraged to turn onto A1A and use Gate 5 to avoid traffic delays. Because this timeframe covers the holiday period and school will be out, drivers must be extremely watchful for children and pedestrians in housing. Parking and traffic regulations will be strictly monitored and enforced during this period.

Naval Branch Health Clinic's staff at Health Promotion by the Ocean is recognizing "The Great American Smoke Out" during the month of November. Smokeless tobacco users are included in this month-long campaign. According to the American Cancer Society, more than 9,000 people die every year from oral cancers. Gum, cheek and tongue cancers are painful and unsightly. After expensive, often painful treatments, dying from cancer is still a tragic reality every year for thousands of smokeless tobacco users. Nobody starts out using smokeless tobacco expecting to become part of these statistics. I used to use smokeless and did it for 20 years until I quit in

August 2006 and I don't miss it. If you want to know how and why I did it, drop me an email. Call Health Promotion at 270-5251 for more information on becoming tobacco free.

The U.S. Navy Child and Youth Programs will launch Fit Factor, a new web based program that will reward youth for being active and making healthy choices everyday. Fit Factor encourages youth to be physically active for at least 60 minutes each day through a variety of activities and to make healthy eating selections. Fit Factor will be launched Navy-wide this month so if you have kids, join in the fun! Activities, games and registration will take place locally. Contact or visit your local youth center for more information.

Get ready for some great light shows on base this year. I'm ready to take the heat for burning up some kilowatts in order for this base to have some great Holiday spirit. We are planning a base tree village area, are coordinating with GMH and MWR on a house decorating contest, and will once again

have the ship decorating contest.

I had a sad moment this past Sunday. I drove up to the NEX Ameri-Store at 7:56 a.m. and was waiting in my car for the doors to open at 8 a.m. About that time another car with two Sailors drove up and they got out of their car to stand outside to wait.

As colors started, they both proceeded to joke about not taking their civilian ball caps off and talked and laughed during both the U.S. and our foreign ship anthems. After colors was over I don't think they were too happy to find out I watched the whole event.

One thing I do to ensure we honor our country is with every visitor I have on base I brief them what happens at 8 a.m. and sunset and tell them what they should do and what they will see everyone on this base do to respect our country and its guests. Everyone of you make this the best base in all of DoD.

Keep your thoughts coming at 270-5201 or aaron.bowman@navy.mil.

CREDO Corner

By Cmdr.

Jon C. Fredrickson

Spiritual Fitness Center Director

One of the neurotic rules that some of live by is that we must be responsible for the health, wealth and happiness of other people.

As we obey this rule through the years, "What must I do for others?" often becomes the consuming question of our lives.

In some marriages it works this way: "We know that Bonnie loves Ray because she worries about him so much. She anticipates his every wish, spares

him every inconvenience and binds his wounds before he even knows that he's been hurt. Managing Ray's life, in fact, is Bonnie's full time job. She works hard at it and she hasn't got time for much of anything else.

Most of the time Bonnie feels satisfied with the choices she has made in life. She's proud of the efficiency and order that reigns in their home. Bonnie doesn't like loose ends or unresolved situations, and in her world, they don't exist. Ray seems happier now than he did

when Bonnie first took charge. Until Bonnie convinced him to sit back and take it easy, he seemed strangely resentful and angry about every little aspect of her organizational plan. But he got over it. Now he dozes a lot in front of the TV while Mary works on her lists.

In the end, compulsive, slavish service is not a gift; it is a conditioned response to life. Trying to buy love with presents we can't afford is irresponsibility, not generosity. Totally expending ourselves in order to order our world is not love

but a lust for power. Strange as it may sound, our own mental health is no doubt the greatest gift we can give anybody, which means if we really want to give our loved one a favor, we will take care of ourselves.

Putting ourselves first is not a recipe for self-centeredness. We do live in a myopic, narcissistic society that elevates the pursuit of self-indulgence to an art form, yet a basic concept of personal growth, indeed, a basic concept of sanity is knowing how and where to draw boundaries in our lives.

It is a very easy thing to draw a box, live in it and decide to never let anyone in or never let any of us out. It is equally easy to let everyone and anything invade our space and suck whatever they want out of us. Balance is the key.

To give ourselves permission to say no when no is needed to safe guard ourselves is as necessary a lesson for living a full life as it is to say yes when yes is needed to stretch us beyond ourselves and know the satisfaction of having a purpose that bigger than ourselves.

CREDO exists to provide Sea Service married couples a retreat format that explores what a life giving relationship is all about. Too many of us fall into a category where a marriage feels like a trap and our significant other is anything but significant.

If you would like to spice up your marriage and find out what is really needed to enjoy a full and inviting relationship, give us a call at 270-6958.

Homefront in Focus

By Beth Wiruth

Military Spouse Support Contributor

In the past two weeks I have military friends or acquaintances that were affected by the apparent tornado in Pensacola, evacuated by fires in southern California, and lost their home to a tree felled in the Santa Ana winds. All of them are fine. All have similar comments, "We weren't prepared. We never thought it would affect us." One San Diego family stated they had about six minutes to evacuate. Not enough time to gather anything. "We left with just the clothes on our back and a few pictures.

As military families we regularly hear about the topic of 'readiness.' I recently had coffee with a seasoned wife who mentioned she was not going to the command pre-deployment night because she "would hear the same old stuff." And just last night I attended a meeting of ombudsmen who were asked by the base CO, "How many of you have a disaster kit?" The room was full but only two hands were raised.

I am going to be blunt, and in so doing I hope to help us all

avoid disaster compounded by a lack of readiness. It is OUR responsibility to be prepared for disaster. Our nation has experienced enough disasters/crisis in the past six years to realize a few things. The federal government is not God and therefore cannot redirect hurricanes, calm tornados, redirect flood waters to drought-stricken areas or disperse a blizzard. Further, they are NOT omnipresent and cannot be there within a three-minute response time. And it is not their job.

Local authorities are our first responders. In a disaster first responders include police, fire fighters, and medical personnel to name a few - and they are finite in their numbers and abilities. And they work miracles. But we must take personal responsibility seriously. Let me repeat that, we must take personal responsibility very seriously. Now is the time to create that disaster plan for you and your family. And it is not as difficult as you think!

A disaster plan involves three main areas: a communication plan, a disaster kit and an evacuation plan. An effective

communication plan is easy. Determine a family member or friend *outside* your local area to call to 'report in.' Often phone lines (including cell phone) and circuits are swamped in the affected area. By contacting grammy in Phoenix or Aunt Delia in Pittsburgh all family members can report in and all can be ascertain where they are and their status. For Navy families there is another number that needs to be part of that communication plan: 1-877-414-5358. This number is manned 24/7 and able to direct the right services to you for your situation. Put this number in your wallet; program it into your cell phone. This is the Navy's customer service hotline which during a crisis becomes the conduit to provide support and assistance to Navy families. Make sure all family members know who to call.

Step two is the disaster kit. Please check out the Red Cross site: www.arcventura.org/get-prepared.html for specific information on the items for your disaster kit. Remember to assemble these items in a closet or areas that everyone knows

where it is located. Make readiness a family effort. Check out this link for helping your children learn about readiness: (http://www.redcross.org/services/prepare/0,1082,0_85_00.html). Take the time to read and utilize the information on these two sites and remember the motto: Three days, three ways. Be prepared to survive for three days and have three ways to evacuate your home and neighborhood. Practice these evacuation plans.

Most importantly as Navy families, register your family - before disaster - at <https://www.navyfamily.navy.mil/>. This is the Navy Family Accountability and Assessment System. This system enables the Department of the Navy to assist each family affected by a national disaster/crisis or a personal situation, as well as IA's and their families. Logon to the site and complete the registration informa-

tion. In an emergency you may either call the toll free number (1-877-414-5358) or logon to update your status and indicate your needs if any. A case manager will be assigned and proper resources will be brought to bear to meet your needs; whether an ambulance to a chaplain.

Military Families (and all families) should assemble a "readiness binder" or folder or even a backpack with important papers (copies) that can be easily grabbed as you dash out the door. Papers and information to include in this binder would be a copy of your most recent orders, copies of driver's licenses, military ID's, medical information (medications and dosages), all account numbers (bank, credit card, insurance policies), copy of birth certificates and marriage license to name a few. And tuck into this same binder CASH. Put away \$15 per paycheck for one year

and you will have \$360 for gas, hotel, food, and other expenses in case you cannot access your bank account immediately.

Let's learn from those who recently endured much and help lessen the impact of a disaster on ourselves and our families. Join me in becoming a prepared Military family. Establish your disaster plan, and practice it, by Thanksgiving.

Note to readers from other branches of the service. For specific information on disaster services for your branch contact your local family service center or contact me at beth@homefrontinfocus.com and I'll be glad to give you contact information.

Questions or comments for Beth? Drop her a note at beth@homefrontinfocus.com or check out her internet talk show for Navy spouses, Navy Homefront Talk, at www.blogtalkradio.com/nht.

Wounded Warrior Project Helps Wounded Adjust

By Dennis Larson

MOAA

"The greatest tragedy is being forgotten." This could be a motto for the Jacksonville-based Wounded Warrior Project (WWP), a non-profit organization that has been working since 2003 to re-acclimate seriously wounded service men and women returning home from Iraq and Afghanistan.

At 12:30 p.m. on Nov.18, the Mayport Chapter of MOAA (Military Officers Association of America) and its guests will receive a program update from Steven Nardizzi, one of the organization's founders. Nardizzi serves as Deputy Executive Director, Operations. This meeting is open to the general public.

Nardizzi manages fundraising, financing and legal matters for the Wounded Warrior Project. He helped draft the original text for the Traumatic Injury Servicemen's Group Life Insurance Benefit Bill, which has processed over \$200 million in benefits. Nardizzi has more than ten years experience as an attorney representing disabled veterans for several veterans'

organizations. He also helped found Solder Ride, an affiliate charity to WWP which assists in the rehabilitation of injured service members by sponsoring a cross country cycling event.

The WWP organization strives to provide services for the injured and their families during the initial rehabilitation phase while on active duty until they transition to civilian life. To carry out this vital mission, the WWP offers free assistance to pursue benefits from the Department of Veterans Affairs and other agencies.

Reservations for the brunch are required and may be made prior to Nov. 15 on the chapter's website: <http://mpmoaa.org/> or by calling Ann Froehlich at 646-0944. The cost is \$15.

All active and retired members of America's uniform services are eligible for membership in MOAA. It is the nation's largest and most influential association of military officers.

For more information about the Wounded Warrior Project: www.woundedwarriorproject.org/



Chapel Call
Command Chaplain:
Cmdr. Phil Wyrick
SUNDAY

Sunday School.....9:15 a.m.
Morning Worship.....10:30 a.m.
Protestant Baptism.....As requested

TUESDAY
MOPS (Mothers of Preschoolers).....
.....9:30 a.m.
(First and third Tuesday of the month)
Nursery is provided.

WEDNESDAY
Women's Bible Study.....9:30 a.m.
Choir Rehearsal.....7 p.m.

FRIDAY
Catholic Mass.....11:30 a.m.
Confessions.....7 p.m.

SATURDAY
Men's Prayer Breakfast.....9 a.m.
Youth Group.....6 p.m.
(Second and Fourth Saturdays of month)

Catholic Services:
Sunday Masses.....9 a.m.
Confession.....Before and after mass
Religious Education.....10:30 a.m.

BAPTISMS
Please call 270-5212 to arrange a Baptism class.

SERVICES
For shipboard and Waterfront Services, call 270-5403. Personnel of other faiths seeking contact with specific religious groups should call the Chaplain's Office at 270-5212.



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Paige Gmann.....Editor

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P.O. Box 280032
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Commercial: (904) 270-7817 Ext. 1012 DSN: 960-7817 Ext. 1012
Commercial FAX (904) 270-5329 DSN FAX: 960-5329
Email: mayportmirror@comcast.net
CO Actionline: 270-5589 or 1-800-270-6307

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-Photo courtesy of HSL-42

Students from Jacksonville University get a closer look at an SH-60B helicopter from HSL-42 after the crew became a part of the university's homecoming celebration. HSL-42 flew over JU's football stadium to land and present the game ball during the coin toss at the university's homecoming game.

HSL-42 Helo Flies In For JU Homecoming

From HSL-42

The Proud Warriors of HSL-42 added to Jacksonville University's homecoming football game with a fly in and static display.

The crew of Lt. Cmdr. Tino de la Cruz, Lt. Brad Davenport, Aviation Warfare Systems Operator 2nd Class Jose Smith and Aviation Warfare Systems Operator 3rd Class James Davis flew Proud Warrior 433 over the stadium and landed to present the game ball during the coin toss.

It was a beautiful day and a perfect opportunity to showcase the LAMPS aircraft as de la Cruz, a 2002 graduate and former football player

for the Jacksonville University Dolphins, piloted the aircraft towards the stadium. With the National Anthem playing, he turned towards the field and timed the Proud Warrior fly over to highlight the song's conclusion. More than 2,000 fans stood and cheered as Proud Warrior 433 soared overhead the homecoming crowd and landed in the adjacent practice field. The aircraft was open for public viewing during the entire game which gave the students and alumni in attendance a chance to meet the crew and take pictures of the aircraft.

The JU Dolphins (2-4), a Div I-AA team in the Pioneer Football League, are coached

by Kerwin Bell, former quarterback of the Florida Gators. The Dolphins went on to win 34-24 against Morehead State Eagles (4-2) in a record-setting game. The quarterback for the Dolphins, Chris Horton, tied the previous school-record for completions with 27 while throwing for a school record, 450 passing yards.

The Dolphins clinched the victory with two minutes left in the game by completing a 90-yard touchdown, the longest pass in school history.

Jacksonville University hopes to build off this victory and continue on to a winning season as the young team gets better each week.

'The Great American Smoke Out' Today

From Health Promotion by the Ocean

Lung cancer is the leading cancer killer in both men and women, reports the American Lung Association. Lung cancer may also be the most tragic cancer because in most cases, it might have been prevented – 87 percent of lung cancer cases are caused by smoking. Cigarette smoke contains more than 4,000 different chemicals, many of which are proven cancer-causing substances, or carcinogens. Smoking cigars or pipes also increases the risk of lung cancer.

Many of the chemicals in tobacco smoke also affect the nonsmoker inhaling the smoke, making "secondhand smoking" another important cause of lung cancer. It is responsible for approximately 3,000 lung cancer

deaths annually.

Another leading cause of lung cancer is on-the-job exposure to cancer-causing substances or carcinogens. Asbestos is a well-known, work related substance that can cause lung cancer, but there are many others, including uranium, arsenic, and certain petroleum products.

Lung cancer may take years to develop. But changes in the lung can begin almost as soon as a person is exposed to the cancer-causing substance. Soon after the exposure begins, a few abnormal cells may appear in the lining of the lungs. If a person continues to be exposed to the cancer causing substance, more abnormal cells will appear. These cells may be on their way to becoming cancerous and forming a tumor.

Now that you know the facts about lung cancer, here are some things you may wish to consider. If you smoke cigarettes, think about giving it up now or in the near future for your health. In addition, try to avoid exposure to second hand smoke. Finally, if you work around cancer causing materials, follow the recommended safety precautions in your work space at all times.

Naval Branch Health Clinic's Health Promotion Department recognizes "The Great American Smoke Out" during the month of November. The staff at Health Promotion encourage you to abstain from tobacco use on this date. Please call Health Promotion at 270-5251 for more information on becoming tobacco free.

Smokeless Tobacco Has Harmful Side Effects

From Health Promotion by the Ocean

Naval Branch Health Clinic's staff at Health Promotion by the Ocean is recognizing "The Great American Smoke Out" during the month of November, including the smokeless tobacco users.

Just like cigarette smokers, spit tobacco users become addicted to nicotine. Nicotine is a powerful drug and a nicotine addiction is difficult to overcome. Some of the side effects

of using smokeless tobacco can include sores in the mouth, bad breath, stained teeth, gum disease, and tooth loss.

According to the American Cancer Society, more than 9,000 people die every year from oral cancers. Gum, cheek, and tongue cancers are painful and unsightly. When the cancer has spread into the throat, jaw, and esophagus, surgery and radiation become necessary, often leaving the patient's

face disfigured because of the removal of tissue, skin and bone that make the face what it is. After expensive, often painful treatments, dying from cancer is still a tragic reality every year for thousands of spit tobacco users. Nobody starts out using smokeless tobacco expecting to become part of these statistics.

Call 270-5251 for more information on becoming tobacco free.

From Page 1

Gettysburg

guided missile frigate, USS Halyburton (FFG 40). Ashore, Captain McQuilkin has served on the Staff of the Chief of Naval Operations assigned to the Surface Warfare Division. He assumed command of USS Gettysburg (CG 64) on June 2,

2006.

McQuilkin will now head to the Pentagon, where he will work for the J3 Directorate (Current Operations) at the Joint Chiefs of Staff in Washington, D.C. His primary area of responsibility will be East Asia.

USS Gettysburg is a Ticonderoga-class guided missile cruiser, homeported at Naval Station Mayport, Florida. She is currently deployed to the Arabian Gulf as the Air Defense Commander with the USS Enterprise Carrier Strike Group.

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MWR Happenings

Nov. 16: Freedom Friday - 80's Dance & Taco Night. 7-11 p.m. at the Youth Activities Center for grades kindergarten through 5th. Cost is \$7 in advance or \$9 the day of. Space is limited; early sign up is recommended. 270-5680 or 5421

Nov. 17: Family Game Day. 1-5 p.m. at the Youth Activities Center (part of the Youth Open Recreation program). 270-5680 or 5421

Nov. 28: Neon Ninja Show. 6 p.m. at the Youth Activities Center. Accomplished karate instructors perform live with choreographed martial arts

moves and a fascinating light show. 270-5680 or 5421

Nov. 30-Dec. 2: Open Water Dive Certification Course. \$290 complete (\$320 for guests). Don't be fooled by false advertisement. Our cost is for the complete PADI Open Water Dive Certification. This certification course includes certification, dive book, dive log book, dive tables, professional instruction, two days admission to the springs, two nights lodging, round trip transportation and use of all necessary scuba equipment. No upfront equipment purchase required. We

leave on Friday afternoon and come back certified, on Sunday. Pre-registration is required. 270-5541

Nov. 30: Freedom Friday - Ratatouille Movie & Pizza Night. 7-11 p.m. at the Youth Activities Center for grades kindergarten through 5th. Cost is \$7 in advance or \$9 the day of. Space is limited; early sign up is recommended. 270-5680 or 5421

Nov. 30: Deadline to Sign Up for Holiday 3-on-3 Basketball Tournament. Tournament is Dec. 8 at the Gym. Cost is \$30 per team. 270-5451 or 5452

Liberty Call

The following activities and events target single or unaccompanied sailors. For additional information on Liberty events, call Planet Mayport Single Sailor Center at 270-7788 or 7789. Planet Mayport is located in building 46 across from Bravo Pier. Hours of operation are weekdays 11 a.m.-11 p.m. and weekends 10 a.m.-11 p.m.

Nov. 18: Jacksonville Jaguars vs. San Diego Chargers Trip. Cost is \$5. Trip leaves Planet

Mayport at 11 a.m.
Nov. 19: Monday Night Football Frenzy. Catch the NFL Monday night action in Planet Mayport's movie theater on the big screen. Tennessee Titans vs. Denver Broncos. Game starts at 8:30 p.m.

Nov. 20: Nine Ball Tournament. Best two out of three games will be played in this single elimination tournament. Tournament starts at 6 p.m. sharp.

Nov. 21: Wii Wednesdays. Liberty is hosting a video game tournament like no other starting promptly at 6 p.m. Participants will test their bowling skills, Nintendo Wii style. Prizes will be awarded to first and second place winners.

Nov. 22: Happy Thanksgiving. Stop by Planet Mayport and indulge in all the holiday sweets and desserts.

MWR Fitness

Surfside Fitness Schedule
Mondays: 7 a.m. Victory PRT; 9:30 a.m. Lo Impact; 11:15 a.m. 3 B Burn Bosu/Balls/Bar; 11:30 a.m. Fitness Equipment Training (sign up); 1 p.m. Moms in Motion; 4 p.m. Advanced Pilates with Apparatus

Tuesdays: 7 a.m. Step & Kick; 9:30 a.m. Resistance; 11:15 a.m. Kickboxing; 11:30 a.m. Fitness Equipment Training (sign up); 2 p.m. Fitness Equipment Training (sign up); 6:45 p.m. Cardio, Combat and CORE

Wednesdays: 8:30 a.m. Fitness for Mature Audiences Only; 9:30 a.m. Intro to Resistance; 11:30 a.m. Intro to Pilates; 11:30 a.m. Fitness Equipment Training (sign up); 1 p.m., Moms in Motion; 4 p.m. Fitness Equipment Training (sign up); 5 p.m. BOSU & Kick; 6 p.m. Mommy, Daddy & Me

Thursdays: 7 a.m. Step

and Kick; 9:30 a.m. Pump & Grind; 11:30 a.m. Sculpt, Step and Stretch; 4 p.m. Fitness Equipment Training (sign up); 5 p.m. Kid's Clinic (sign up); 6:30 p.m. Tai Chi

Fridays: 7:30 a.m. Fitness Equipment Training (sign up); 9:30 a.m. Yoga

Saturdays: 8 a.m. Intro to Yoga/Kids Yoga; 11:30 a.m. Extreme Circuit Training for Kids

Gymnasium Fitness Schedule

Mondays: 6:30 a.m. Conditioning for Running; 8:30 a.m. Strength Solutions & Flexibility Fix-Ups for Injuries; 11:30 a.m. Indoor Cycling; 12 p.m. Fitness Equipment Training (sign up); 3:30 p.m. Fitness Equipment Training (sign up); 5 p.m. Yogalates

Tuesdays: 7 a.m. Command Cardio Pump; 11:30 a.m.

Lunch Crunch CORE Training (Raquetball Court 3); 3 p.m. Fitness Equipment Training (sign up); 4:30 p.m. Indoor Cycling

Wednesdays: 7 a.m. Beach Bootcamp (meets Field 6); 11:30 a.m. Fitness Equipment Training (sign-up); 11:30 a.m. Indoor Cycling; 2 p.m. Strength Solutions & Flexibility Fix-Ups for Injuries; 3 p.m. FEP Training

Thursdays: 6 a.m. Weight Training for Warfighters (meets weightroom); 7 a.m. Command Jump and Jab; 11:30 a.m. Indoor Cycling Interval Training

Fridays: 7 a.m. Indoor Cycling; 7 a.m. Beach Bootcamp (meets Field 6); 9 a.m. Strength Training Basics for Women (sign up); 9 a.m. Strength Solutions and Flexibility Fix-Ups for Injuries (meets at pool)



Members of the U.S. Coast Guard Mayport Southeast Land is the winner of the Intramural Flag Football Tournament, beating out the USS Underwood team by 14-6.

Mayport Coast Guard Wins Intramural Flag Football Tournament

From MWR

Under the watchful gaze of a veteran referee crew of Culinary Specialist 1st Class Jessie Hughes, Senior Chief Yoeman Nathan Crawford and Aviation Warfare Systems Operator 1st Class Desjon Spears, USS Underwood faced the USCG Mayport Southeast Land Corporation team in the finals of the intramural flag football tournament.

The Coast Guard team won the toss and elected to take the ball to start the game heading north to south under the bright lights of field #7 behind the gym.

The "Wood" set the tone for what would prove to be a defensive battle on the first play from scrimmage by "tackling" BM Paul Villarreal for a four-yard loss on a quick pitch. Chief Electrician's Mate Steve Madison amplified the Wood's defensive intensity by intercepting a pass thrown by MK Pierre Jones.

The Coast Guard defense mimicked the Wood's defensive effort by not allowing the turn over to translate into points and stopped them on four downs inside their own ten-yard line.

The Coast Guard were held in check on their first two downs, but responded on third down with a 30-yard completion from Jones to Villarreal.

The Coast Guard team was unable to keep the drive going and turned the ball over on downs at midfield.

BM Ryan Dewitt dropped Underwood back for a five yard loss on first down. The first quarter ended scoreless as MK Lamont Willis sacked quarterback Seaman Reginald Peterson.

The second quarter started with a punt with the Coast Guard taking over on their own 18-yard line. MK Chris LaRosa recorded a completion for a first down on the first offensive play of the quarter. Jones just missed connecting with OS Tony Bowen in the end zone on a 40-yard pass on second down.

Underwood's defense didn't fall for a double pitch trick play that left the Coast Guard with five yards to go for a first down. LaRosa caught a 12-yard pass on fourth down to keep the drive alive.

The Coast Guard team broke the deadlock on the next play with a flea flicker pass from Villarreal to Bowen. Jones ran up the middle for the extra point, and the Coast Guard led 7-0.

On the ensuing possession, Underwood picked up a first down and then was forced to

punt after a Villarreal sack, an incompletion and an interception by EM Jason Lockhart that was nullified by a penalty.

The Coast Guard threaten to double their lead driving inside the 20 behind two completions to Bowen.

With 30 seconds left in the half, Storekeeper 3rd Class Tavarus Simon intercepted Jones' pass in the end zone. Underwood ran out the half with two short pass completions, an incomplete pass and a short gain on a flea flicker.

Underwood would start the second half with the ball; Peterson completed a 10-yard pass to Madison on the first play from scrimmage.

The Coast Guard defense stiffened at midfield forcing Underwood to punt after great defensive plays from BM Alain Rodriguez and Jones.

Villarreal returned the punt 25 yards to midfield. The Coast Guard achieved one first down after a tipped pass completion on third down. On the next play, Simon intercepted a deep pass from Jones. Underwood was forced to punt after an incompletion and two short runs.

The Coast Guard team took over inside their own 20-yard line after a short punt return by Villarreal. Jones scrambled for a first down on the first play.

Simon cemented his reputation as an All-Pro safety by intercepting Jones' pass (his third of the game) on the next play and returning it to the 25-yard line.

Villarreal added impact to every facet of the game and sacked Peterson on the first play. Peterson scrambled for nine yards on second down, and then find Storekeeper 2nd Class Jason Gray for a short completion for a first down.

Underwood were less than 10 yards away from tying the game when Willis would record his third sack of the game. On third and goal, the Coast Guard would be whistled for encroachment moving Underwood closer to tying the game.

The teams switched ends for the start of the fourth quarter, and on the first play Peterson found Chief Electrician's Mate Terrence Sessoms alone in the end zone for a touchdown.

Willis stopped Peterson just short of the goal line on the extra point attempt making the score 7-6.

The Coast Guard team started their first possession of the fourth quarter with a one-point lead. After a couple of incomplete passes, Jones found Lockhart for an important third

down completion to keep the drive alive. On the next play, a scrambling Jones completed a 40-yard touchdown pass to Lockhart who had gotten behind Underwood secondary. Jones found Lockhart again for the conversion and took the score to 14-6 in favor of the Coast Guard.

Underwood took over with five minutes left to tie the game. They were forced to punt after two incompletions and a sack by Villarreal.

Willis converted a short pass from Jones into a first down taking the game down to the two-minute warning.

Peterson then found Villarreal for a good gain as precious seconds ticked off the game clock. Underwood almost found itself with a potentially tying touchdown when Sessoms just missed an interception with no one between him and the end zone.

Underwood's defense held their ground and forced a turnover on downs. Underwood's offense now had about 50 yards to go with a little more than a minute left to possibly tie the game.

Petersen threw three short completions for a first down as he attempted to lead the Underwood down the field for the tying score. Petersen eluded a sack, and two tacklers at the line of scrimmage to race down the sidelines 35 yards to the Coast Guard's five-yard line.

On first and goal, LaRosa made a great defensive play swatting the ball away from the Underwood receiver.

Petersen rolled to his left on second down and his pass attempt was caught out-of-bounds in the end zone. With two downs and five yards to prevent for the victory, the Coast Guard goal-line stand held as they successfully defended two passes including a fourth down pass knock-down by LaRosa that effectively ended the game.

Underwood finished as runners-up in both the regular season and in the play-offs. The USCG Mayport South East Land Corporation team had finished in fourth during the regular season and upset the regular season first place and undefeated HSLWEPSCOLANT Wing Eagles in the semi-finals of the tournament.

Navy Introduces New Youth Fitness Initiative

From MWR

Are you ready to "Get Up, Get Out and Get Fit!"

The U.S. Navy Child and Youth Programs will launch Fit Factor, a new youth fitness initiative that encourages physical activity, healthy eating selections and rewards youth between the ages of 6-18 years old for their efforts.

Fit Factor will stimulate interest and awareness of the importance of healthy lifestyle choices and encourage youth to "Get Up, Get Out and Get Fit!"

The goal of the Fit Factor program is to encourage healthy choices and teach youth to value their lives. Being healthy and fit will put youth in touch with their bodies, increase their self esteem and help them establish the desire to set personal goals.

The most important aspect of any exercise program is that it be fun! Fit Factor is an exciting web based program that will reward youth for being active and making healthy choices everyday.

SCION SLAM Returns To Jax

From MWR

Thousands of U.S. Military Personnel and their families will have the opportunity to experience and compete again in the SCION SLAM 3-on-3 Military Base Basketball Tournament touring the country this fall. The traveling tournament is visiting 12 locations around the country, including NAS Jacksonville on Dec. 1.

SCION, a brand that recognizes the value of the individual and the remix, will extend their brand identity to US Servicemen and their families. Military will be able to participate in an all-day 3-on-3 Basketball Tournament at each tour stop. In addition to the

tournament, SCION SLAM will feature interactive entertainment and ride & drive courses for test drives in the SCION xD, SCION xB and SCION tC. Scion will also offer a variety of other activities including a custom car show.

Army, Navy, Air Force and Marine Morale, Welfare and Recreation delivers leisure and support services to enhance the life of the Military community -- Soldiers, their families, civilian employees and military retirees. The 2007 SCION SLAM 3 ON 3 Basketball Tournament is proud to be an MWR event. Working closely with the MWR Divisions the event will feature on-line pre-registration, urban

hip-hop entertainment and family friendly activities.

The tournament is open to all authorized U.S. Department of Defense Morale, Welfare and Recreation Patrons (active duty, retired military, reservist, National Guard, Department of Defense civilians and other Department of Defense ID card holders, and their spouses and family members) who are 17 years of age or older at time of the tournament only at the aforementioned bases and may register at www.scion.com/scionslam. Attendees who wish to participate in the ride-and-drive activities must be at least 18 years of age and hold a valid driver's license.

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MWR Facilities

Auto Skills Center

Services at Auto Skills include service repair work (weekdays only), monthly specials and self help. Hours of operation are 9 a.m.-7 p.m. Tuesday-Friday, and 9 a.m.-5 p.m. Saturday and Sunday. 270-5392

Beachside Community Center

The Community Center features Computer Cove (free Internet access), a video game room and Castaways Lounge. At Castaway's, enjoy karaoke every Tuesday starting at 9 p.m. and movies and munchies on Wednesdays at 5 p.m. Castaway's welcome live bands every month and DJ entertainment is provided starting at 8 p.m. Wednesday through Monday. Bingo is offered Tuesday, Thursday and Friday from 6:15-10 p.m., Wednesday from 11:30 a.m.-12:30 p.m. and Sunday from 12:15-4:30 p.m. Pizza Hut and Dick's Wings are located inside the Community Center. The facility is available for private functions at competitive prices. 270-7198 (Community Center), 270-7205 (Castaway's Lounge), 270-7204 (Bingo), 249-9766 (Pizza Hut), 241-7825 (Dick's Wings)

Child Development Programs

The Child Development Centers offer full-time care and drop-in care (if space is available) for children infant to five years old. 247-7740 (Bldg. 1960, off base), 270-5339 (Bldg. 373, on base)
Voluntary Pre-Kindergarten program hours are 8:30-11:30 a.m. Monday-Friday at the on base and off base centers. Wrap-around care is available from 6 a.m.-6 p.m. at bldg. 1960, off-base. Parents pay for wrap-around care, at a reduced rate from the normal full-time care fees, and the state of Florida pays for the VPK hours. An afternoon session is 12:30-3:30 p.m. at the on base center only. 247-7740
Child Development Homes

(CDH) are independent business enterprises operated by Navy certified military family members in their own homes. CDH Providers are needed. 270-6961

Fast Lanes Bowling Center & Fast Lanes Grille

Fast Lanes features 24 lanes, weekly specials, pool tables, a video arcade and Fast Action Bingo. This is a terrific place to host your child's birthday party, Command Party, reenlistment or any other gathering. Catering services are available. Fast Lanes Grille serves lunch Monday-Saturday, and dinner all week. Breakfast is served 9 a.m.-10:30 a.m. Saturday. 270-5377

Foc'sle CPO Club/Lounge

The CPO Club is open to all hands for lunch 11 a.m.-1:30 p.m. Monday-Friday. The Club is also open until 10 p.m. daily for active duty, reservists and retired chief petty officers and their guests. The facility is available for special functions such as re-enlistments, retirement ceremonies and receptions, command socials and picnics, luncheons and hail and farewells. 270-5431/5432

Gymnasium

The gym is open 365 days per year and includes full-size basketball and volleyball courts, indoor racquetball courts, locker rooms with saunas, universal and free weights, a Nautilus strength training circuit, and a variety of cardio-vascular equipment including treadmills, step mills, stationary bicycles, and cross-trainers. A staff of certified personnel trainers is available for individual, command, and group appointments. Gym hours are Monday-Thursday 5 a.m.-11 p.m., Friday 5 a.m.-10 p.m., Saturday 10 a.m.-10 p.m. and Sunday 10 a.m.-9 p.m. 270-5451/5452.

Information, Tickets and Travel (ITT)

ITT offers hotel reservations, cruise bookings and discount

tickets for most major Florida attractions, as well as a few attractions in Georgia and North Carolina. ITT also has Western Union services. Discount souvenirs from Disney World are on sale daily. ITT hours are Monday-Friday 9 a.m.-5 p.m. Our mobile Recreation Ticket Vehicle (RTV) also offers terrific ticket prices in convenient locations. 270-5145

Ocean Breeze Conference and Catering Center

Ocean Breeze is one of Northeast Florida's premier catering facilities and the perfect place for your re-enlistment, commissioning, retirement ceremony and reception, wedding, reception, gourmet dinner, party, etc. Ocean Breeze can comfortably host parties of up to 500 people. Office hours are Monday-Friday 8 a.m.-4 p.m. and closed on holidays. 270-5313

Outdoor Adventures & Southeast Dive Adventures

More than 2,000 items are available for rental including Jon boats, boogie boards, canoes and kayaks, yard equipment, canopies and tents, fishing gear, campers, sleeping bags, tables and chairs, BBQ grills, moonwalk, coolers, bait and more. Southeast Dive Adventures is MWR's full service dive shop offering scuba equipment sales, equipment rental, repairs, instruction of all levels of scuba diving, dive trips and more at very low prices. Outdoor Adventures/Southeast Dive Adventures hours are 7 a.m.-4 p.m. Monday, 8 a.m.-5 p.m. Tuesday, Thursday and Friday, and 8 a.m.-12 p.m. Wednesday and Saturday. 270-5221/5541

Pelican Roost & Osprey Cove RV Parks

The "Roost" features 49 sites with electric, sewer, water and cable TV service. Roost lodge

amenities include kitchen, laundry, TV's, book/video swap library, high speed and wireless Internet, restrooms and shower facilities. Tent campers are also welcome. Fifty additional full service sites are available at Osprey Cove. 270-7808/7809

Pool

The 50-meter Olympic size swimming pool is open for recreation swimming, swim lessons and water aerobics May-September. Lap swim is 6 a.m.-8 a.m. and 11 a.m.-1 p.m. Monday-Friday during summer and 10:30 a.m.-1 p.m. Monday-Thursday during winter. 270-5425

Recycling Complex

MWR can recycle: paper products, aluminum and steel cans, cardboard, metal, wooden pallets and waste cooking oil. Recyclable materials can be dropped off at various drop-off boxes throughout the base and housing. Recyclables are also accepted at building 1624 (the Recycling Center) and building 412 (the Scrap Metal Yard and Vehicle Scale). For DITY moves, a vehicle scale is available at the Scrap Metal Yard office, Bldg. 412. Cost is \$5 (cash or check only) per weight. Facility hours are Monday-Friday 7:30 a.m.-4 p.m. 270-5095

Surfside Fitness Center

The Fitness Center features cardiovascular equipment, complete Nautilus Nitro strength training circuit, a full slate of fitness classes and personal

trainers. There is no charge for active duty, retirees, reservists, and their family members and DoD and NAF civilians. Guests are welcome with a sponsor for \$3 per day. Surfside also handles reservations for our Licensed Massage Therapist. Surfside hours are 5 a.m.-8 p.m. Monday-Friday, 8 a.m.-4 p.m. Saturday, and closed on Sunday and holidays. 270-7718/7719

Vehicle Storage Facility

Vehicle Storage provides a secure area to store vehicles, boats, trailers and recreational vehicles. Parking is free for deployed sailors for their primary automobile. Also included with this service is transportation from the storage location back to the command, free jump-starting and air for flat tires. Recreational vehicles are stored at a separate secure location for \$38 per month or \$456 per year. 270-7022

Veterinary Clinic

The Veterinary Clinic offers affordable quality pet care for all Active Duty, Retiree, Reservists and their families. The facility is a wellness vaccine clinic, offering annual exams including canine and feline vaccines, heartworm and fecal tests, and minor sick calls by appointment only. Vet Clinic hours are 8 a.m.-4 p.m. Monday-Friday. 270-7004

Windy Harbor Golf Club & Bogey's Restaurant

Windy Harbor Golf Club is an 18-hole, par 72 golf course located on Main Street with a driving range, practice green, pro-shop and men's and women's locker rooms. Hours of

operation are 7 a.m.-7 p.m. (closes at 6 p.m. in the winter) seven days per week. Located inside the clubhouse, Bogey's Restaurant is open to all hands seven days a week. Bogey's hours are 6 a.m.-dusk with "Premier Hour" held 4-6 p.m. every Wednesday and Friday. Private functions are welcome. 270-5380 (Golf Pro), 270-5143 (Bogey's)

Youth Activities Center (YAC)

YAC offers fully accredited School Age Care programs including before and after school care, Sand Dollar Day Camp, Spring Fun Camp, and Jingle Bell Day Camp. Partnering with Boys and Girls Club of America, the Youth Activities Center holds many additional programs such as Project Learn, Power Hour, Key Stone Club, Torch Club, Fine Arts and Fitness Authority. Movie days, dances, game room tournaments, field trips and other special events are also offered for children ages Kindergarten through High School at the YAC. Open recreation is held Monday-Saturday. Business hours are 9 a.m.-5 p.m. Monday-Friday, closed Sundays and holidays. 270-5680 for YAC

Youth Sports & Classes

Youth sports offered include tee-ball, baseball, soccer, and basketball. Instructional classes are offered in martial arts. 270-5680/5018 (Youth Sports), 270-5680 (instructional classes).

Looking For A Good Read



-Photo courtesy of Mayport Middle School
Megan Hamer and Ashlee Evans enjoyed browsing the annual Mayport Middle School book fair fund-raiser held Oct. 29-Nov. 5.

Stay Off The Phone While Driving On NS Mayport

From Staff

Driving on Naval Station Mayport is a privilege - for active duty, civilian and contractors.

During the past few years, NS Mayport and DoD have put a lot of focus on the responsibility of drivers while on base. Recently, the Department of Defense put out a regulation banning the use of non-hands free cell phones on military installations unless the vehicle is safely parked. This includes "Bluetooths."

Cell phones may only be used while on "Speaker" mode, according to Commander, Navy Installations Command guidance. The driver may talk while in speaker mode, but the phone must not be held by the driver and the driver may not dial or adjust the phone. Cell phones cannot be used with a hands-

free earpiece. This policy also includes text messaging and using the picture feature of a cell phone.

The Defense Department developed the regulation based on a study by the National Highway Traffic Safety Administration, which found cell phone use to be the fastest growing and most visible cause of automobile accidents caused by distracted driving.

Base police will pull over drivers caught talking on the cell phone.

A maximum of four points could be added to a motorist's driving record if cited for using a cell phone while driving.

If you accumulate 12 points over the course of one year, your base driving privileges will be revoked.

Service members who are caught will not only have these

points added, but they could face penalties for failure to obey an order or regulation under Article 92 of the Uniform Code of Military Justice.

The restriction not only applies to service members who drive on Navy installations, but also to their families, civilian employees and visitors to the base as well.

This regulation will be enforced inside the fence line of the base, and in the vicinity of the Navy Exchange and any other areas that are patrolled by Navy law enforcement.

Base personnel with questions about the procedures are encouraged to use their chain of command.

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Naval Station Mayport Participates

By Bill Austin

Naval Station Mayport took Veterans Day to the schools.

Representatives from NS Mayport and HSL-48 joined hundreds of students from Finegan Elementary and Alimicani Elementary, respectfully, honor U.S. service members and their work to protect the country.

Finegan Elementary's annual Veterans Day Celebration began with a full spread of food that ranged from donuts to sausage biscuits and kitsch.

"When we celebrate we like to bring plenty of food," said Penny Cooper, while giving a big bowl of cheese grits a stir.

Principal David Pinter, a long time supporter of Naval Station Mayport, said that the celebration was a small way to pay respect for our nation's military.

"We want to pay homage today to those who wear the uniform and for those who have been in uniform," said Pinter.

More than 95 percent of the students at Finegan are military dependants.

After the morning breakfast, students gathered outside in front of the school's flagpole for morning colors and stood with

hands at their hearts as Fletcher High School's Wind Ensemble played the National Anthem. A moment of silence followed as "Taps" echoed through the young crowd.

"You are all excellent students and model citizens," said Capt. Aaron Bowman, commanding officer of Naval Station Mayport as he addressed the children.

"We are proud as a naval station to have Finegan as our next door neighbor," added Bowman, who gave a short history lesson of Veterans Day and the meaning behind the observance.

After the morning ceremony, a somber reminder in the form of a white table was set up to honor those who sacrificed their life while serving their country. The students were already familiar with the white table ceremony as they had just read "America's White Table" by Margot Theis Raven, a children's book that describes the ceremony in terms they could all relate to.

"It's important that our children recognize the sacrifice our men and women in uniform have given for this country," said Naval Station Command Master Chief, Deborah

Davidson. "The white table ceremony with its symbolic table settings is an excellent way to show the children we will never forget those who sacrificed their life for their country."

Across the Intracoastal Waterway, the ground crew of HSL-48 gave the all clear for a fly by during Alimicani Elementary's observance. The children, faculty and parents watched the SH-60B helicopter fly over at the end of the "Pledge of Allegiance."

HSL-48 Commanding Officer, Cmdr. John Gumbleton, was guest speaker at the event.

Gumbleton said he did a quick survey of children throughout the school about the meaning of Veterans Day.

Amidst several "It's a day off," and "It means we're going out of town," Gumbleton said he was pleased to find a student who understood the true meaning.

"It's a day to remember those who served before us," he said. "That is what we're here to do."

After the formal ceremony, students and teachers were able to tour the helicopter and talk with members from the squadron.



-Photo by Bill Austin
NS Mayport Commanding Officer, Capt. Aaron Bowman, talks with children at Finegan Elementary School during their Veterans Day celebration where he was guest speaker.



-Photo by Paige Gnann
A helicopter from HSL-48 flies over Alimicani Elementary School on Friday during the school's Veterans Day ceremony.



-Photo by Bill Austin
Master-at-Arms 2nd Class Stephen Emerson prepares to raise the flag during the opening ceremony at Finegan.



-Photo by Bill Austin
Chief Air Traffic Controller Matthew Reak a white table was set up to honor those who sacrificed their life while serving their country.



-Photo by Paige Gnann
Lt. Kevin Friel shows a student the controls inside the helicopter.

In Local Veterans Day Activities



Lt. Micah Langley watches as an Alimicani student looks at the rotary blades on the helicopter.

-Photo by Paige Gnann



HSL-48 CO Cmdr. John Gumbleton speaks to students, teachers and parents during the Alimicani Veterans Day recognition.



Finegan Principal David Pinter presents Bowman with a copy of "America's White Table" by Margot Theis Raven as part of the day's events.

-Photo by Bill Austin



Students show their patriotism at Alimicani.

-Photo by Paige Gnann



Finegan students participate in the Pledge of Allegiance.

-Photo by Bill Austin



Students climb into the SAR basket on display at Alimicani.

-Photo by Paige Gnann

Jacksonville hosts Veterans Day parade



Navy Band Southeast salutes the reviewing stand.

-Photo by MCC Suzanne Speight



Sailors from NAS Jacksonville and NS Mayport enjoy the applause from the cheering crowd at the Veterans Day parade Monday.

-Photo by MCC Suzanne Speight

By MCC Suzanne Speight
Special Contributor

It was red, white and blue in downtown Jacksonville Monday as thousands lined the streets to pay tribute to service men and women past and present. The annual event kicked off at 11:01 a.m. and featured more than 95 participants including veterans' organizations, high school bands, ROTC units and military commands. As each unit strode past the official reviewing area, they acknowledged the dignitaries and special invited guests with performances or the command of "eye's right." Many threw candy to children in the audience.

But the festivities may have been most warming for the veterans themselves in attendance at the parade. "I appreciate the way this city always puts on a great show for Veterans Day," said retired Harold Harper who, at 94, was

the parade's official oldest veteran. "It's good weather, good people, a great day."

Harper served in World War II in the U.S. Army's 42nd Infantry and wore his uniform to participate in the parade.

A strong support of patriotism was evident as young and old alike watched and cheered, waving American flags as each unit passed. Veterans from all branches of the military proudly wore their uniforms, many reminiscing with strangers about their service to the country.

Paul and Angela Mrgich brought their children to the parade "to support our country." The young girls waved an American flag as floats and classic cars passed by and clamed for any flying candy tossed to the curb by parade participants.

"We're here today to make sure the veterans who have served this country are hon-

ored and made to feel the great heroes that they are," said Director of Military Affairs for City of Jacksonville Dan McCarthy. "Jacksonville, of course, is a Navy town, but there is a great presence from all the services here, including Army Recruiting, Marines at Blount Island Command, Air Force and Coast Guard."

McCarthy announced each unit as they passed the reviewing stand.

"I like watching the motorcycles drive in circles," said 10-year-old Sean Chapman as the Buffalo Soldiers motorcycles roared down the street in patterns.

Harris came to the parade with mother Pam Chapman, who said Veterans Day has always been important to the family. She was married on Veterans Day, and her parents wed on the holiday as well. Navy retirees were out in force

with a display of support.

"With our country at war, I think it's so important for folks to come out and show their support for our troops," said Sylvia Osewalt, who attended with a group of women veterans from the Women in Military Service for America Memorial Foundation. "It's great to see so many ROTC groups and young people out here today." Veterans Day is a national federal holiday, celebrated throughout the country. It started with the original celebration of Armistice Day at the end of World War I on Nov. 11, 1918. On every continent, formal events commemorated this historic moment, and so it was no surprise that Armistice Day would evolve into a national holiday that continued to be celebrated year after year.

In November 1919, President Woodrow Wilson issued his Armistice Day proclamation.

"To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory. Both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations...."

For 16 years, the United States formally observed Armistice Day with impressive ceremonies at the Tomb of the Unknown Soldier, where the president would place a wreath. In many other communities, the American Legion was in charge of the observance, which included parades and religious services. At 11 a.m., all traffic stopped, shots were fired and taps sounded. Slowly, the holiday that was to commemorate the end of World War I evolved into a general celebration of

all veterans. Leaders of veterans groups began to celebrate the original date of Nov. 11 to honor all who had fought in various American wars, not just World War I.

It was in Emporia, Kansas, Nov. 11, 1953, that a local veterans' group held the first "unofficial" Veterans Day celebration instead of Armistice Day. An Act of Congress changed the name to Veterans Day on May 25, 1954. In October of that year, President Eisenhower called on all citizens to observe the day by remembering the sacrifices of all those who fought for our country. Thus the celebration of Armistice Day was officially replaced with Veterans Day and American veterans of all wars were to be honored. This is in contrast to Memorial Day, which is devoted to those who have died in the service of their country.

...

Oasis Galley

Weekday hours for the Oasis Galley are 6-7:30 a.m. for breakfast, 11 a.m.-12:30 p.m. for lunch, and 4:30-6 p.m. for dinner. Weekend and holiday hours are 8-9:30 a.m. for breakfast, 11:30 a.m.-1 p.m. for brunch, and 4:30-6 p.m. for dinner. The Oasis Galley also offers a speedline and hot bars Monday through Friday. The menu line is 270-6857. For service assistance, call the Oasis Administration Office at 270-5373. The menu is subject to change by FSO due to food availability.

Friday, Nov. 16 Breakfast
Bacon
Corned Beef Hash
Pancakes
French Toast
Hash Browns

Lunch
Beef Rice Soup
Chicken Wings
Pizza

Grilled Tuna Melt
French Fries
Potato Chips
Green Beans
Corn

Dinner
Beef Rice Soup
Roast Beef
Baked Fish
Parsley Buttered Potatoes
Steam Rice
Brown Gravy
Broccoli
Carrots

Saturday, Nov. 17 Breakfast
Bacon
Turkey Sausage Links
Pancakes
French Toast
Baked Potato Rounds

Lunch
Chicken Rice Soup
Hot Dogs
French Fries
Cauliflower Combo
Turkey Sausage Links
French Toast

Potato Rounds
Dinner
Chicken Rice Soup
BBQ Chicken
Ravioli
Oven Brown Potatoes
Rice Pilaf
Brussel Sprouts
Mixed Vegetables

Sunday, Nov. 18 Breakfast
Ham Slices
Corned Beef Hash
Pancakes
French Toast
Hash Browns

Lunch
Cream of Mushroom Soup
Sloppy Joe
Onion Rings
Peas
Ham Slices
French Toast
Hash Browns
Grilled Cheese

Dinner
Cream of Mushroom Soup
Lemon Baked Fish

Beef Fritters
Steam Rice
O'Brien Potatoes
Squash
Broccoli Combo

Monday, Nov. 19 Breakfast
Cream Ground Turkey
Bacon
Pancakes
French Toast
Potato Rounds

Lunch
Old Navy Bean Soup
Yankee Pot Roast
Baked Chicken with Mushroom Gravy
Boiled Pasta
Steam Rice with Parmesan
Cheese
Broccoli
Corn
Natural Pan Gravy
Burgers
French Fries
Baked Beans

Dinner
Old Navy Bean Soup
Baked Pork Chops

Baked Fish
Steam Brown Rice
Beets
Peas
Brown Gravy
Oven Browned Potatoes

Tuesday, Nov. 20 Breakfast
Turkey Sausage Links
Bacon
Pancakes
French Toast
Hash Browns

Lunch
Vegetable Soup
Sweet & Sour Chicken
Teriyaki Beef Strips
Vegetable Fried Rice
Egg Rolls
Stir Fry
Asparagus
Chili Dogs
Onion Rings
Baked Beans

Dinner
Vegetable Soup
Roast Pork
Baked Yogurt Chicken
Steam Rice

Paprika Potatoes
Cauliflower
Spinach

Wednesday, Nov. 21 Breakfast
Bacon
Cream Ground Beef
Pancakes
French Toast
Baked Potato Rounds

Lunch
Cream of Broccoli Soup
Spaghetti with Meat Sauce
Italian Sausage
Boiled Pasta
Italian Roasted Potatoes
French Fried Cauliflower
Mixed Vegetables
Burgers
French Fries
Baked Beans

Dinner
Cream of Broccoli Soup
Creole Fish
Savory Baked Chicken
Steam Brown Rice
Mashed Potatoes
Green Beans
Corn

Brown Gravy

Thursday, Nov. 22 Breakfast
Corned Beef Hash
Sausage Patties
Pancakes
French Toast
Hash Brown

Lunch
Clam Chowder
Steam Ship Rounds
Snow Crab Legs
Mashed Potatoes
Rice Pilaf
Broccoli
Corn on Cob
Natural Pan Gravy

Dinner
Clam Chowder
Beef & Broccoli
Fried Catfish
Oven Brown Potatoes
Steam Rice
Peas
Carrots
Brown Gravy

Calendar

On Base

Thursday, Nov. 15
The USS Robert G. Bradley Family Readiness Group will be holding a bake sale from 11 a.m.-1 p.m. in front of the base Navy Federal Credit Union. If you would like to donate a baked good or your time, email rbgffg49pres@yahoo.com.

Friday, Nov. 16
USS DeWert FRG meeting and social is from 6:30-8 p.m. No childcare available at this meeting. Homecoming will be discussed as well as the upcoming fundraisers.

USS Philippine Sea family readiness group will have a meet and greet at Chic-fil-a on Atlantic Boulevard at Hodges Boulevard.

Join the Robert G. Bradley Family Readiness Group on the Sun Cruz Casino ship from 7:30 p.m.-1 a.m. Please RSVP at rgbffg49pres@yahoo.com. There will be Bradley Poker Tournaments with \$50 buy ins. Contact us to reserve your spot or to buy a "funbook" full of casino savings. Family and friends welcome! You must be 18 or older to participate. ID is

required.

Saturday, Nov. 17
USS DeWert FRG will hold a "Pillowcase Party" at the USO on Mayport Road from noon-4 p.m. Paint will be provided by the group. Potluck dinner and bring your favorite dish. Childcare will be available. Bring standard white pillowcases to construct a banner for the ship.

Tuesday, Nov. 20
The Mayport MOPS (Mothers of Preschoolers) will meet at the Base Chapel from 9:30-11:30 a.m. All moms with children birth through kindergarten are welcome. Childcare is provided and everything is free. For more information email mayportmops@yahoo.com or call 270-5212.

Monday, Dec. 3
The USS Philippine Sea family readiness group will hold its monthly potluck meeting to celebrate Thanksgiving and Christmas at 6:30 p.m. at the USO on Mayport Road. Free babysitting will be provided.

Tuesday, Dec. 4
The Naval Officers' Spouses' Association of Mayport will

meet at 9:30 am at the USO on Mayport Road. Babysitting is available for a nominal fee. NOSA of Mayport is open to all spouses of officers, active duty and retired, from all branches; Navy, Coast Guard, Marine Corps, Army and Air Force and spouses of Foreign Exchange Services. For more information, please check the NOSA website at www.orgsites.com/fl/nosamayport.

Tuesday, Dec. 11
The USS Carney family readiness group will meet at 6:45 p.m. at the USO on Mayport Road. Childcare will be provided.

Out in Town

Friday, Nov. 16
Fleet Reserve Association Branch 290 is hosting a "Club Mexicali Pork Chop Dinner" from 5-8 p.m., at the Branch Home at 390 Mayport Rd. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m., the music of DOUG BRACEY will entertain until 1 a.m.

Saturday, Nov. 17
Fleet Reserve Association Branch 290 is hosting a "Prime Rib Dinner" from 5-8 p.m., at the Branch Home at 390 Mayport Rd. A donation of \$12 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m., the music of DOUG BRACEY will entertain until 1 a.m.

The Jacksonville Genealogical Society will hold its monthly meeting at 1:30 p.m. at the Webb-Wescnett Branch Library, 6887 103rd Street, Jacksonville. This is a dual purpose meeting in that it is time to elect officers for the next two years. Additionally, November is our traditional "Show and Tell" meeting where members and guests are invited to bring family heirlooms and discuss their history. Refreshments will be served. For additional information please contact Mary

Chauncey at 781-9300.

Sunday, Nov. 18
Florida's natural environments accommodate a wide assortment of plants and animals and Fort George Island certainly has its share to explore. Join a Park Ranger at the Ribault Club on historic Fort George Island at 1 p.m. as they lead a leisurely paced hour long hike to discover the islands natural communities. It's free Do yourself a favor and allow some extra time to visit the interpretive displays inside the Ribault Club as well. Don't forget your bug spray and water bottle!

Friday, Nov. 23
Join Chabad and celebrate, "Shabbat of gratitude" dinner, following services at 6:30 p.m. The menu will feature an assortment of traditional favorites such as turkey, creamy mashed potatoes and other homemade delicacies. This event is free of charge, donations and reservations are greatly appreciated.

For more information about this or any other Chabad @ the Beaches activity or event, contact Chabad by phone at (904) 543-9301, by E-mail chabad@chabadbeaches.com.

Saturday, Nov. 24
Fuzzy, furry, or full of feathers, Florida's natural environments are home to an assortment of wildlife. Join one of Talbot's Park Rangers and learn about the many common, threatened, and endangered species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. This program will take place at 11 a.m. at pavilion number five on Little Talbot Island. No reservations are necessary and the program is free, however, non-campers will need to pay the park entrance fee (\$4 per vehicle) to attend. Call 251-2320 for more information.

FFSC Class Schedule Set

From FFSC
The following classes and activities are offered by the Fleet and Family Support Center (FFSC) and are free of charge. Pre-registration is required and childcare is not available. For more information about the classes or to register call 270-6600, ext. 110.

Nov. 15, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Nov. 15, 8-11 a.m., Anger Management Class, FFSC

Nov. 15, noon-4 p.m., Leadership Life Skills Workshop For E4, Bldg. 1

Nov. 15, 9 a.m.-noon, New Parent Support Playgroup, USO

Nov. 16, 9-11 a.m., Credit Report Review, FFSC

Nov. 20, 9-11 a.m., Parenting Class, FFSC

Nov. 20, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Nov. 20, 6-7 p.m., IA Family Discussion Group, USO

Nov. 20, 1-4 p.m., Leadership Life Skills Workshop for E7, Bldg. 1

Nov. 22, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Nov. 22, 9 a.m.-noon, New Parent Support Playgroup, USO

Nov. 26, 6-7 p.m., Ombudsman Assembly, USO

Nov. 26-29, 8 a.m.-4 p.m., TAP Separatee Workshop, RBCC

Nov. 26-29, 8 a.m.-4:30 p.m., SAVI Advocate/POC Training, Bldg. 460 Room A

Nov. 27, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Nov. 29, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Nov. 29, 9 a.m.-noon, New Parent Support Playgroup, USO

Nov. 30, 9-11 a.m., Considerations for Home Buying, FFSC

Nov. 30, 9 a.m.-noon, What About the Kids?, FFSC

Learn How To Be A Dad

From FFSC
Fleet and Family Support Center is offering an Expectant Dad's Class (So You're going to be a Dad) on Dec. 3 from 1-4 p.m. at the USO on Mayport Road.

This highly regarded program is designed for new Dads and Moms. Issues fathers face in today's world of competing demands will be reviewed. Participants will examine the dual roles of father and Sailor, caring for newborns and toddlers, and how to grow with your child. The program will increase the participant's knowledge about child development. Call 270-6600 to register.

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New Faces At Naval Station Mayport Calhoun Joins Chapel Diversity Council Tops New EOA Prince's List

From Staff

Lt. Rory Calhoun may have spent most of his career in the U.S. Army, but he found his calling in the Navy.

A former enlisted U.S. Army soldier and Army National Guard and Army Reserves officer, Calhoun has been at Naval Station Mayport's Base Chapel since August, where he serves as a protestant minister.

A native Texan, Calhoun joined the Army in August 1983 and served for eight years.

"I went into the Army, because I needed college money," he said. "I was 20 years old and half way through that [enlistment] I figured there was a higher calling for me."

Calhoun said when his eight years was up, he transferred into the Texas Army National Guard and went to Operation Desert Storm. He made Staff Sergeant in the Guard before he was sent to Officer Candidate School.

After graduating in 1994, he



Lt. Rory Calhoun

served as a 2nd lieutenant Signal Corps and as a platoon leader executive officer. In 1997 as a 1st lieutenant, Calhoun received his first call to join the ministry, although he wouldn't answer it for two more years.

He received his BA in Political Science in 1998 from the SW Texas State University, now known as Texas State University in San Marcos, Texas. In 1999, he joined the U.S. Army Reserves and sur-

rendered to his calling by starting at South Western Baptist Theological Seminary.

Calhoun graduated in 2004 with a Master's in Divinity. He also served as Deputy Chief of Staff of Information Management in the Army Reserves as a captain.

While attending seminary school his was approached by a Navy recruiter.

"He told me about the Navy," he said. "After 23 years of military, I knew I could relate to the Sailors, Soldiers and Marines on all the issues that they are facing. I have been prior enlisted and an officer. I'm better equipped to relate because of my background."

A protestant chaplain in the National Baptist denomination, Calhoun said that he is also willing to perform gospel services if he sees interest from the congregation.

Calhoun is married with four children and a granddaughter.

From Staff

Senior Chief Electronics Technician Mark Prince has a diverse job - he's the new Equal Opportunity Advisor (EOA) for Naval Station Mayport.

On the job for a little more than a month, Prince is already looking to expand the role of the base's diversity council by recognizing the different heritages and cultures found throughout the Navy on a monthly basis. Each month, the Navy celebrates a different culture, such as Native Americans in November. October was Hispanic Heritage month.

Prince's path to EOA started in Bangor, Washington while he was stationed at NAVCOMTELSTA, Puget Sound.

"That's where I was a member of the multicultural committee," he said. "It's where I gained my interest in EO. We had a lot of very nice events. Our multicultural committee was very active."

A native of Detroit, Michigan, Prince joined the Navy in 1986 and has spent time as a submariner aboard USS Sam Houston (SSN 609) in Pearl Harbor, Hawaii, to Washington, USS Alaska (SSBN 732), TRIDENT Training Facility in NSB Kings



ETCS Mark Prince

Bay, Ga. and USS Nebraska (SSBN 739).

While serving on Nebraska, Prince's path got closer to his current job with his role as Command Managed Equal Opportunity (CMEO) advisor. CMEO assists commands in supporting the Navy's equal opportunity policy.

After Nebraska, Prince served as the Navigation department senior enlisted advisor aboard USS West Virginia (SSBN 736) before going to the Defense Equal Opportunity Management Institute in Cocoa Beach at Patrick Air Force Base.

At Mayport, Prince said one of his goals is to make the diversity committee and EO program successful through increased

awareness of the programs.

"EO is Mission Readiness," he said. "I really do believe that. "By changing back to monthly celebrations, I think it will put the diversity council back into everyone's minds. Also it will help people realize the differences of the people serving in the Navy. It's important to learn that the Navy is made up of different types of people."

"Everything has become more diverse through globalization," he continued. "It behooves us to know more about those around us. It will not only help you with your job in the Navy, but your time out of the Navy."

Prince said that he highly encourages Sailors to join the base council by calling 270-7068 or emailing mark.h.prince@navy.mil. They can also call NC1 Grindstaff or CMEO Chief Petty Officer Theodore Lundy.

"[The diversity council] is your venue to voice your culture and share it with your command," he said.

Prince is located in Building 460. He is also available to serve as a Navy mediator. Other services offered through EOA include sexual harassment, fraternization and discrimination training.

Have A Worry-Free Winter

By Tom Claudio

Fire Prevention Chief

As the temperatures drop, the number of residential fires go up. The Naval Station Mayport Fire & Emergency Services Department wants you to have a worry free winter by taking the following precautions:

Before the home heating season begins, have a qualified serviceman inspect your furnace and change filters. Make sure that all papers, trash and flammable liquids are kept away from the furnace area.

If you have a fireplace or wood stove that you use for home heating, make sure it's cleaned and inspected by a qualified chimney sweep. Burn only dry, well-seasoned hardwoods such as oak, hickory and maple. Avoid wood that is green and moist. When using

your fireplace, make sure the opening is covered with a metal screen or glass doors, and never leave a fire unattended. A wood stove should have a minimum clearance of 36 inches between the stove and combustible walls and ceilings. Flammable liquids should never be used to start or accelerate any fire. Place ashes in a metal container and store outside away from the house.

Portable space heaters, electric or kerosene also need special attention. Make sure there is a minimum of 36 inches of clearance on all sides of the heaters. Small children should not be left unattended in a room with a portable heater. Follow the manufacturer's suggestions for proper operation and maintenance. Keep kerosene stored in approved metal containers in a well-ventilated area outside

the house, and never attempt to refuel a heater while it's operating or hot.

Frozen water pipes? Never try to thaw them with a torch or other open flame. Use hot water or UL-labeled device for thawing.

Make sure there are operating smoke detectors on each level of your home. Your family should have and practice regularly a home fire escape plan.

Contact the Naval Station Fire & Emergency Services Department, if you have any questions or for additional information.

Volunteer For Base Tax Center

From NLSO

Beginning in January, NS Mayport will offer free tax preparation services to active duty, dependents, retirees, and reservists on active duty for more than 30 days. Through this program, service members not only can save hundreds of dollars on tax preparation fees, but they also get their refund in just a couple of weeks.

The only way to offer such a service free of charge is to enlist the aid of volunteers through the IRS-sponsored Volunteer Income Tax Assistance program. Through the VITA program, volunteers are trained by IRS employees using IRS-approved software. Volunteers will attend an intensive week-long course from January 7-11, 2008 and upon successful completion of

the course volunteers will be certified tax preparers.

Volunteers are needed beginning Jan. 1 until the middle of April. Volunteers should be given no-cost TAD orders. Part-time volunteers will be considered on a case-by-case basis due to a shortage of available seats in the VITA training course. All potential volunteers should check with their supervisors before volunteering.

Even if you do not wish to volunteer, come have your taxes prepared at the tax center! Location and hours of operation will be promulgated at a later date.

If you want to sign up or have any questions please contact Lt.j.g. Jessica Wilcox at 270-5445 ext. 3018 or jessica.wilcox@navy.mil.

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-Photos by Cindie Badger

NS Mayport Commanding Officer, Capt. Aaron Bowman, and Mayport Middle Principal Katrina McCray present student Nathan Wray with tickets to the Blue Angels air show.

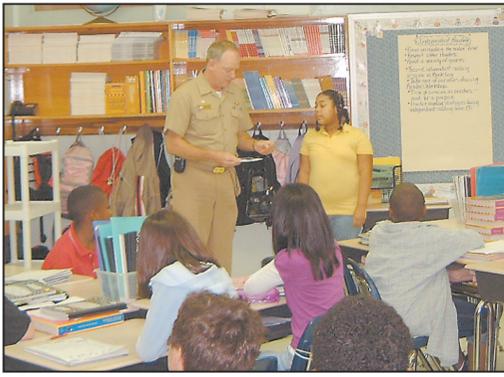
Tickets To The Show

From Staff

Naval Station Mayport Commanding Officer, Capt. Aaron Bowman, toured the local Mayport schools recently to present VIP tickets to the 2007 Sea & Sky Spectacular to special students throughout the schools.

Nathan Wray was selected from Mayport Middle School based on team teacher nominations, outstanding academics, citizenship and excellent attendance.

David DeSilva of Mayport Elementary School was selected based on an essay he wrote stating "What it means to be an American." Kelly Martin of Finegan Elementary School was also awarded a VIP ticket. Other area winners were Leah Robin of Atlantic Beach Elementary, Phillip Cone of Fletcher High, Shamara Scruggs of Fletcher Middle, Joshua Reynolds of San Pablo Elementary, Naiya Cheanvechai of Jax Beach Elementary, Logan White of Seabreeze Elementary and Danielle Snyder of Neptune Beach Elementary.



Above, Bowman presents Finegan Elementary student Kelly Martin with VIP tickets. Below, Bowman is joined by Mayport Elementary Principal Nancy Bragan in presenting David DeSilva with tickets.



-Photo courtesy of FISC JAX

Rear Adm. Michael Vitale, Commander, Navy Region Southeast, stands with Capt. Karl Rau, commanding officer of Fleet and Industrial Supply Center Jacksonville (FISC JAX) and staff during a recent visit to the command.

CNRSE visits FISC JAX

From FISC JAX

Rear Adm. Michael C. Vitale, Commander, Navy Region Southeast (CNRSE), visited Fleet and Industrial Supply Center Jacksonville (FISC JAX) Headquarters Oct. 29.

He met with key headquarters staff and FISC JAX Site Directors from across Navy Region Southeast. Capt. Karl Rau, FISC JAX commanding officer and CNRSE Program Director (PD) for Logistics, gave Vitale a command overview highlighting FISC JAX's successes in supporting the Fleet, Fighter, and Family across the Southeast Region.

"FISC JAX is the logistics leader in the Southeast Region. We support the Fleet in a myriad of ways including Aviation Industrial Support, Acquisition Support, Mail services, Fuel services, and Household Goods services," said Rau.

"Other important functions

we provide include the Navy Food Management Team, Contracting, and Inter-Service Supply Support Operations Program (ISSOP) management," he said. "These are just a fraction of the things we do to support the Warfighter. Once Enterprise Resource Planning (ERP) is in place, customers will see an improved level of support."

Navy ERP is a management system that standardizes Navy business operations to increase effectiveness and efficiency. Vitale was particularly interested in how FISC JAX would implement ERP and the possibility of using the successful components of ERP in the future for the Southeast Region.

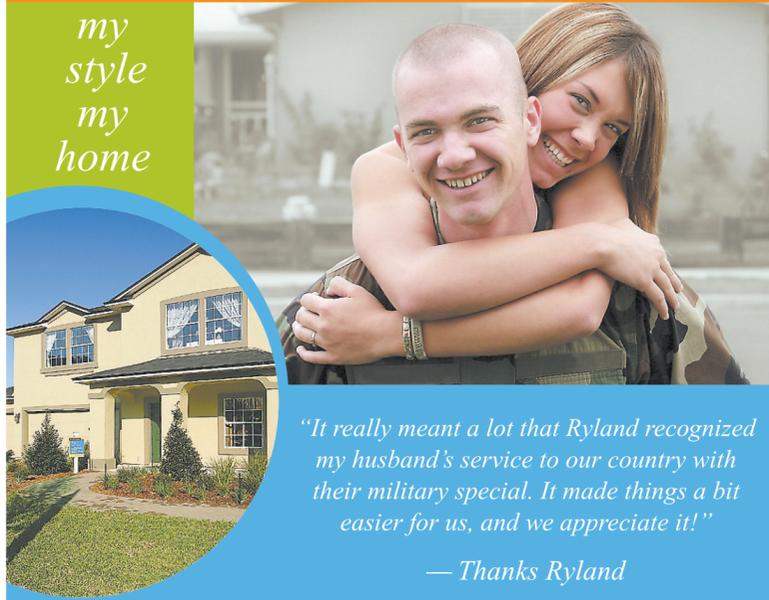
Throughout the presentation, Rau engaged Vitale in dialogue detailing FISC JAX's ongoing dedication to provide top quality logistics support to the 20-plus installations Vitale com-

mands. Rau assured Vitale that FISC JAX's workforce of nearly 1300 stands ready to meet the Southeast Region's challenges now and into the future.

After the briefing ended, Vitale spoke to the meeting attendees about his expectations of FISC and his role in keeping the Southeast Region mission ready. In particular, he lauded the Command's strategic initiative of using Lean Six Sigma to improve the Products and Services provided to its customers. The admiral closed by stating that "3 P's" drive his thought process: "Pragmatism, Parsimony, and Perseverance." He is data-driven, and focused on metrics. He is focused on the product produced, and if not up to par, he will focus on the process via which that product is produced. He will look for substance over form.

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The Sullivans' CICO Runs Marine Corps Marathon

From USS The Sullivans

More than 21,000 people gathered across from the Pentagon to run in the 32nd annual Marine Corps Marathon and USS The Sullivans' Ensign Jeff Milota and wife Rachel were among those braving cool weathers for a good cause.

Tamrat Ayalew, of Ethiopia, was the first to cross the finish line with a time of 2:22:18. The first Marine Corps Marathon began in 1976 with nearly 2,000 participants. It is the largest marathon in the world that does not offer prize money, earning its nickname, "The People's Marathon."

"Some were ready to walk as fast as they could while others had clean shaven bodies, equipped with the latest energy technology," Milota said. "My wife Rachel and I were in the middle, happy to be there, and ready to enjoy the day. We had 26.2 miles to go and we were ready."

The course is 26.2 miles long and winds around monuments in the Washington area, including those in the National Mall. Spectators were estimated to number near 100,000.

"The Marathon took us throughout the Washington, D.C. Mall," he said. "We ran through, over and around more than 70 percent of the city's memorials. For most of the run, the Washington Monument loomed above us as if it was watching over each participant. As we passed the half way landmark, we began wondering what possessed us to try something like this, but we pushed through. People lined the entire 26.2 miles cheering



-Photo courtesy of USS The Sullivans
USS The Sullivans' Ensign Jeff Milota and his wife Rachael joined more than 21,000 runners in completing the 2007 Marine Corps Marathon on Oct. 28.

us on and handing out snacks of all sorts to keep our energy high and spirits higher."

"Approaching mile 19 and the infamous 'bridge,' we new we had to finish the race," he continued. "Come broken bones, torn muscles, anything, we were going to finish. The next obstacle came at mile 25 with just over one mile remaining. It seemed to stretch on forever. It did, with a dreadfully steep 37 percent incline all the way to the finish line. The last two tenths of a mile were filled with the energy from the crowd as they cheered us on, and the joy of finally being done. Rachel

and I pushed out the last drop to finish strong and to finish together. We could not have been happier to hear the chirp of our computer chip as we crossed the line. We did it!"

"Many of the 30,500 people ran for someone or something other than themselves that day," Milota said. "They ran for a fallen shipmate, a friend or family member, a cure, a team, or loved ones who simply supported them in training. They all exemplified The Sullivans' motto of 'We Stick Together,' just as Rachel ran for me, I ran for her and we finished together. We stuck together."



-Photo courtesy of USS John L. Hall
Members of the reunion group for Commander Carrier Division Six stand at USS John L. Hall after a tour of the ship. The group was at NS Mayport 10 years after holding its first reunion on the base.

J.L. Hall Hosts Reunion

From USS John L. Hall

Commander Carrier Division Six Reunion Group returned to Mayport, Fla. on Nov. 3.

The COMCARDIVSIX reunion group was developed in 1991 by four Sailors who previously served in the command. Their first reunion was held in Mayport on Aug. 24, 1997, 30 years following

COMCARDIVSIX's nine month deployment to the Mediterranean in 1967.

The crew of the USS John L. Hall was proud and honored to give this group of veterans a tour. The group was led on guided tours through the central control station, combat information center, mess decks, galley and bridge where knowledge-

able chief and first class petty officers were standing by to give an overview of frigate systems and capabilities.

After the tour, guests socialized in the wardroom and regaled the crew with stories of the "good old days." John L. Hall is privileged to be included in the memories of these proud veterans.

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USO News

Free tickets are available to military during their Orlando Magic versus Charlotte Bobcats at 7 p.m. on Nov. 23 at the Amway Arena in Orlando. "Seats for Soldiers" is a partnership between the Orlando Magic and the Greater Jacksonville Area USO, in which free tickets are given to Active Duty military and their families for specific games. Requests for tickets are now being accepted and will be distributed the week of Nov. 19. Visit www.usojax.org to download a Ticket Request form or fax the form to 904-241-0463.

Mark your calendar – Saturday, Dec. 1 will be the 50th Anniversary of USO PAL Day in St. Augustine. PAL Day is an annual appreciation event in which many St. Augustine attractions offer free admission to active duty military personnel and their families. The Elks Lodge provides a free lunch and many other organizations take part in this wonderful day as their way of "Supporting Our Troops." Watch our "Info Blast" and refer to our website in the coming weeks for details.

Jacksonville Jaguars vs. San Diego Chargers: As with the Colts tickets, the Chargers tickets have generated tremendous demand. During regular business on Nov. 5, service members will be able to enter to win the chance to purchase up to four of these tickets. Winners will be drawn at 9 a.m. on Tuesday, Nov. 6 and will be notified by the USO. For additional information, please visit www.usojax.org.

The USO on Mayport Road is open from 9 a.m.- 9 p.m. USO NAS Jacksonville is open from 8 a.m.-4 p.m. To be eligible to enter into the lottery

for bring your valid active duty ID card. Spouses of active duty personnel may enter, too, but the active duty service member must pick up the tickets following payment of \$8 per ticket at either USO location. One entry form is permitted per active duty family.

The Sailors Aweigh program is a partnership of the Jaguars Foundation, USO and U.S. Navy through the Navy Region Southeast bases at NAS Jacksonville, NS Mayport and NSB Kings Bay, Ga. The program began during the 1997 Jacksonville Jaguars football season to benefit Navy children with a parent(s) on deployment. The Sailors Aweigh program allows these families to enjoy a family day together during a challenging time of being separated from a parent who is at sea or a post far from home. This unique program provides Southeast Region Navy children and their families a complimentary seat to a Jaguars home game, including transportation, a T-shirt and "Jag Dollars" for the children for food or merchandise. The USO and naval base personnel at NAS Jacksonville, NS Mayport and NSB Kings Bay help coordinate the program.

For more information on Sailors Aweigh, please visit www.usojax.org

The following free tickets are available at the USO at Mayport and NAS Jax on a first come, first serve basis. Jacksonville University vs. Georgia Southern Women's Basketball game on Nov. 9 at Jacksonville University and Jacksonville University vs. Butler Football game on Saturday, Nov. 10 at Swisher Gym at Jacksonville University.

Daytona 500 Experience is celebrating Armed Forces Month during November by offering free admission to all members of the military. Family members who attend with the military ID cardholder will receive \$10 off the admission price. For more information, visit www.daytona500experience.com. 2008 Daytona 500 Military Ticket Packages descriptions are available at www.usojax.org.

Tickets to Adventure Landing, on Beach Boulevard, are now available at the USO!

USO sells discounted tickets to AMC Movie Theatres, Disney World, Sea World, Busch Gardens, Wet N' Wild, Universal Studios, Islands of Adventure, and Adventure Landing.

There is a computer resource center available to all service members with email, Internet and word processing. Fax, copy and free notary service is also available.

Watch TV or a movie from the video library. Service members can also enjoy video games or use the sports equipment.

There is a full kitchen, showers, a quiet reading room and a meeting room available at the USO. The USO is available for meetings, support groups, receptions, parties and pre-deployment briefs. A TV, VCR and overhead projector are available for use.

For more information about activities or meeting availabilities, call 246-3481 or stop by the center at 2560 Mayport Road. USO is open from 9 a.m.-9 p.m., Monday-Friday and 9 a.m.-6 p.m., Saturday.



Photo courtesy of NMCRS

Bobbi Seidel, Chairman of Budget 4 Baby; Lori Morris, Chairman of Volunteers; and Julia Dixon, chairman of publicity for NMCRS have fun at the base Fall Festival. They gave out 150 balloons, plus mugs, layette items, memory CDs, pencils, stickers and much more. Want to know more about Navy-Marine Corps Relief Society or how you can donate your time? Call or look us up on the web: 270-5418, Ext. 3 or log onto www.nmcrsmayport.org.

Volunteer At NMCRS

From NMCRS Mayport

November is Volunteer Recruitment Month at Navy-Marine Corps Relief Society (NMCRS) Mayport. Want to make a difference? Have children and an odd schedule? Not sure what your talents are? No worries.

At Navy-Marine Corps Relief Society we have an open schedule, reimburse for childcare and mileage, plus they will train you in the area of your choice. You'll be a part of helping other Navy and Marine Corps families. NMCRS is an all volunteer helping hand organization. NMCRS Mayport volunteers help as caseworkers, receptionists, "Budget for Baby" and more.

You can set your own hours, be it two days a week or two days a month. NMCRS volunteers thrive in a caring community that makes a difference.

If you are interested in volunteering please contact Lori Morris or Bill Kennedy at 270-

5418 option 3. Visit NMCRS on Nov. 15 from 11 a.m.-2 p.m. NMCRS is located on the east side of Building One, across from the Post Office on Massey Avenue. For more information, go to www.nmcrsmayport.org.



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SURFLANT Hosts Symposium For Commander Training

By Naval Surface Force, U. S. Atlantic Fleet

Surface Force commanders from as far away as Korea and San Diego joined their counterparts from Mayport, Ingleside, Norfolk and New Jersey at a Commanders Training Symposium, held at Naval Amphibious Base Little Creek, Oct. 28-29.

Rear Adm. D.C. Curtis, Commander, Naval Surface Force, Atlantic, hosted the symposium, which focused on surface force readiness and the changes being made to the force, through the Surface Warfare Enterprise (SWE), to increase combat readiness and deliver Warships Ready for Tasking.

"The COs (commanding officers) got to hear directly from senior Navy leaders, to hold discussions with those leaders, and to ask questions about changes to the Surface Force that are having a big impact on improving current readiness."

Adm. James Stavridis,

Commander, U.S. Southern Command, kicked off the symposium by explaining how Navy missions in Central and South America differ from missions in places like the Persian Gulf. He stressed that operations in this theater are more about building relationships with friends than providing deterrence or presence.

"The linkages between the U.S. and the rest of the Americas are profound and important - and the Navy is part of that connecting tissue. We have more links here than anywhere else in the world," Stavridis said. "It is not America's back yard; it's part of a home we share together."

Vice Adm. Terrence Etnyre, Commander, Naval Surface Forces, followed with a "view from the bridge" of the surface force and the SWE. As SWE Chief Executive Officer, Etnyre started his discussion by describing the SWE and detailing how the organization is building a surface force

that "maximizes productivity to deliver the most warfighting capability to the fleet."

He also spelled out his priorities for the Surface Forces: improving current readiness and delivering "Warships Ready for Tasking," building a Navy for the future, and resetting the force by having a diverse mix of the right number of people with the right training in the right jobs.

The ship commanders' most frequent contact with the SWE probably comes through their interactions with the Class Squadrons (CLASSRONS), functional commands stood up earlier this year to enable the SWE to improve readiness across an entire class of ships. Commanders of the frigate, destroyer and amphibious assault ship CLASSRONS talked to the attendees and showed how their organizations have started improving force readiness by finding solutions to long-standing or challenging problems and implementing

processes and practices passed down from the SWE.

Other briefers included Rear Adm. Jim McMananon, director of Naval Sea Systems Command's "Team Ships," an organization focused on addressing SWE issues at the NAVSEA level; and Rear Adm. Gerry Hall, Commander, Expeditionary Strike Group Two, who came to the conference with the latest information about maritime security operations in the Persian Gulf, and why those operations are important to national security.

Several commanders brought their spouses to the Spouses Conference, where Mrs. Ingrid Etnyre and Mrs. Towanda Curtis led them through briefings and discussions on a variety of subjects, including military etiquette and protocol, legal requirements for the CO's spouse, and ombudsman training.

Don't Be Statistic

From National Fire Protection Association

Thanksgiving is the peak day for home cooking fires and the National Fire Protection Association (NFPA) is urging the public to keep safety in mind when preparing holiday meals.

Cooking fires are more likely to happen on Thanksgiving than any other day of the year. In 2005, cooking fires were involved in roughly 1,300 reported home structure fires on Thanksgiving - that's almost three times the daily average. NFPA studies show cooking fires are the number one cause of home fires and home fire injuries. Hundreds of Americans are killed each year due to home cooking fires and thousands more are injured. Annually, cooking fires cause more than half a billion dollars in direct property damage to homes and the belongings inside.

It can be easy to get wrapped up in entertaining guests, but it is important to remember to monitor meal preparation closely as most cooking fires start because cooking has been left unattended.

NFPA offers these tips for safer cooking:

Stay in the kitchen when you are frying, grilling, or broil-

ing food. If you must leave the home for even a short period of time, turn off the stove or oven. If you are simmering, baking, boiling or roasting food, check it regularly and remain in the home while food is cooking. Use a timer to remind you that the stove or oven is on. Stay alert. Don't cook if you are sleepy, have been drinking alcohol or have taken medicine that makes you drowsy. Keep things that burn - pot holders, oven mitts, paper or plastic - off your stovetop. Don't store things that can burn in an oven, microwave, or toaster oven.

Clean food and grease off burners, stovetops and ovens. Wear clothing with sleeves that are short, close fitting, or tightly rolled up. Keep kids away from cooking areas by enforcing a "kid-free zone" of three feet (1 meter) around the stove. Use the stove's back burners whenever possible, and turn pot handles inward to reduce the risk that pots with hot contents will be knocked over. Never hold a small child while cooking.

Visit NFPA's Web site, <http://www.nfpa.org> for more statistics and safety information.

Ricky's Tour

By Mike Jones mikejones43@hotmail.com



Philippine Sea

variety of circumstances," said Kelly.

Force protection plays a vital role in the everyday lives of service members and the over-

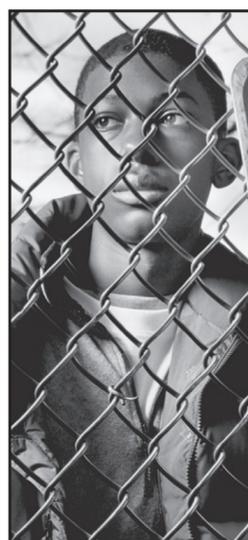
all mission of the military. In order to maintain the safety and the well-being of all, service members must ensure they can handle any situation with a

moment's notice.

"There are people out there that unfortunately want to do us harm. These types of exercises give us as Sailors the opportuni-

ty to enhance our force protection abilities as a strike group and prepare for real-world situations," said Kelly.

From Page 1



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Sea-based Multiple-Missile Defense 'Hit to Kill' Intercept Achieved

From Missile Defense Agency

Missile Defense Agency (MDA) announced the successful completion, Nov. 7, of a multiple simultaneous engagement involving two ballistic missile targets.

Air Force Lt. Gen. Henry 'Trey' Obering, director of MDA said that this was MDA's latest "hit to kill" intercept flight test conducted jointly with the U.S. Navy off the coast of Kauai.

For the first time, the operationally realistic test involved two unitary "non-separating" targets, meaning that the target's warheads did not separate from their booster rockets. This was the 32nd and 33rd successful "hit-to-kill" intercepts since 2001.

Designated as Flight Test Standard Missile-13 (FTM-13), it marked the 10th and 11th

successful intercepts, of 13 targets in 12 scheduled flight tests for the Aegis Ballistic Missile Defense (BMD) Program, a sea-based component of the Agency's Ballistic Missile Defense System (BMDS).

Aegis BMD is designed to intercept and destroy short to intermediate-range ballistic missile threats. The mission was completed by the cruiser USS Lake Erie (CG 70), using the tactically certified 3.6 Aegis Ballistic Missile Defense ship-board weapon system and the Standard Missile-3 (SM-3) Block IA interceptor.

At approximately 6:12 p.m. Hawaii Standard Time (11:12 p.m. EST), a target was launched from the Pacific Missile Range Facility (PMRF), Barking Sands, Kauai, Hawaii. Moments later, a second, identical target was launched from the

PMRF. The Lake Erie's Aegis BMD Weapon System detected and tracked the targets and developed fire control solutions.

Approximately two minutes later, the Lake Erie's crew fired two SM-3 missiles, and two minutes later they successfully intercepted the targets outside the earth's atmosphere more than 100 miles above the Pacific Ocean and 250 miles northwest of Kauai. The intercepts used "hit to kill" technology, meaning that the targets were destroyed when the missiles collided directly with the targets.

A Japanese destroyer also participated in the flight test. Stationed off Kauai and equipped with the certified 3.6 Aegis BMD weapon system, the guided missile destroyer JS Kongo (DDG 173) performed long-range surveillance and

tracking exercises.

The Kongo used the test as a training exercise in preparation for the first ballistic missile intercept test by a Japanese ship planned for later this year. This event marked the fourth time an allied military unit participated in a U.S. Aegis BMDS test.

MDA and the Navy cooperatively manage the Aegis BMD Program. Lockheed Martin Maritime Systems and Sensors of Moorestown, New Jersey is the Combat System Engineering Agent and prime contractor for the Aegis BMD Weapon System installed in Aegis-equipped cruisers and destroyers. Raytheon Missile Systems of Tucson, Arizona is the prime contractor for the SM-3 missile and all previous variants of Standard Missile.



-U.S. Navy photo
A Standard Missile-3 (SM-3) is launched from Pearl Harbor-based guided-missile cruiser USS Lake Erie (CG 70) to intercept a threat representative target as part of a Missile Defense Agency test of the sea-based capability under development.

Navy Strike Groups Exercise Capabilities In Region

From U.S. Naval Forces Central Command/U.S. 5th Fleet Public Affairs

United States naval forces assigned to Commander, U.S. 5th Fleet, will begin several exercises in the Persian Gulf during November to demonstrate a wide range of capabilities, including humanitarian assistance and disaster relief assistance.

Contingency planning helps prepare forces for real-world events that can happen unexpectedly. USS Wasp (LHD 1) began a crisis response exercise Nov. 1, involving amphibious, air and medical forces in the Persian Gulf.

Commander Task Force (CTF) 59 is leading the exercise, focusing on furthering the region's humanitarian and disaster response capability.

"The scenario is challenging but prepares us for a real-world event," said Cmdr. Jay Chambers, CTF 59 plans officer.

"From the table-top discussions, which drew up plans for how our forces will assist, to turning those plans into action, this exercise allowed us to examine the best way to proceed, and to proceed quickly, with providing assistance to any requesting nation."

The exercise is designed to practice and evaluate the ships' ability to serve as "first responders" after a natural disaster. The five-day training exercise ensures 5th Fleet is capable of responding to any crisis in this region and is part of United States commitment to the people of the region.

"The purpose of the exercise is to continually improve the 5th Fleet skills in completing complex missions that require capabilities broader than one ship or unit," said Vice Adm. Kevin Cosgriff, commander, U.S. 5th Fleet.

This exercise tests the ability to rapidly flow personnel and supplies from the sea to an affected area within the first 72 hours, similar to U.S. Navy assistance for natural disasters during the Indonesia tsunami, relief efforts for the Pakistan earthquake, and most recently the volcano eruption in Yemen.

Crisis response exercises also develop the capabilities of military personnel to respond to hazards affecting maritime infrastructure. For instance, a problem on an oil platform could cause an oil spill that, if not contained, could cause follow-on problems to the environment or other infrastructures.

An important part of this exercise will be to test oil spill response capabilities, which will involve a spill response and initial clean-up.

In addition to the Wasp training, Enterprise Carrier

Strike Group and Kearsarge Expeditionary Strike Group are also operating and training in the region. Multiple strike groups are capable of executing a broad range of operations.

"Naval forces deployed here contribute to building stronger relationships that in turn help

underwrite security and stability," said Cosgriff. "Counter piracy operations off the coast of Somalia demonstrate our commitment to keeping sea lanes open for legitimate commerce and shipping."

Commander, U.S. 5th Fleet area of operations encompass-

es about 2.5 million square miles of water and includes the Persian Gulf, Arabian Sea, Red Sea, Gulf of Aden, Gulf of Oman and parts of the Indian Ocean. This expanse includes three critical waterways: Suez Canal, Strait of Hormuz and Strait of Bab al Mandeb.



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Navy News

MCPON Leadership Mess Examines Key Issues

By MCC Rhonda Burke
Navy Region Midwest Public Affairs

Master Chief Petty Officer of the Navy (MCPON)(SW/FMF) Joe R. Campa Jr., asked members of his MCPON Leadership Mess Working Group to look at four key issues facing Sailors during a two-day "roll-up your sleeves" session at Naval Station Great Lakes, Nov. 8-9.

The MCPON Leadership Mess Working Group consists of the fleet and force master chiefs as well as various command master chiefs serving on flag officer staffs. The senior leaders broke into four working groups to discuss: improving the individual augmentee (IA) process, the surface and air warfare programs, defining the role of the first class petty officer and the chief petty officer's role in family support.

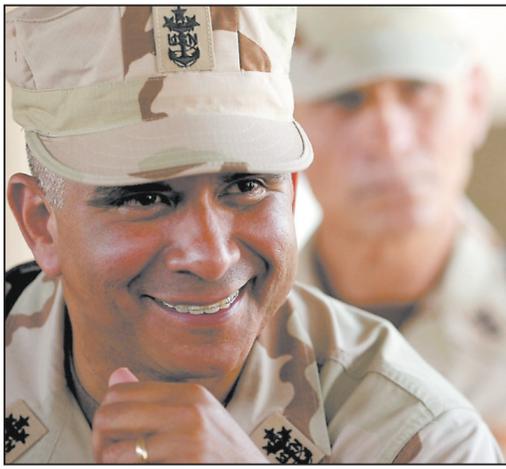
"I have very high expectations of the group and have asked them to look at each of these issues with an eye toward how to improve these processes and do the work of the Navy better," Campa said. "The chief's mess is a very flat organization with lots of voices and experiences to be shared."

Campa said there is much value in the senior enlisted leaders drawing on their individual experiences in these discussions and making recommendations for setting the course and developing Sailors.

IA process
Campa asked the working group to look at the issue of IA assignments and how to best support Sailors and their families while examining the gaps in the process and where the Navy can do better in achieving the IA mission, while supporting Sailors and their families.

Currently about 6,000 Sailors are serving in IA positions, a number Campa does not expect to change in the near future. What will change is the detailing process for IA assignments.

The Global war on terrorism (GWOT) Support Assignment (GSA) detailing system will



-Photo by MC2 Jennifer A. Villalovos
Official U.S. Navy file photo of Master Chief Petty Officer of the Navy (MCPON) Joe R. Campa Jr. visiting with Sailors during a recent visit to Iraq.

provide Sailors and their families greater predictability in IA assignments as Sailors will negotiate the assignments as part of Permanent Change of Station (PCS) orders.

The GSA system launched phase 1 this summer, with 27 percent of the total GSA validated and uploaded. Phase 2, which will bring 73 percent of all GWOT support assignments under the new process, begins in January 2008.

"The new detailing process is a logical move. We have been in the IA business for a while now and there is predictability in many of the assignments," Campa said.

Detailing IAs as part of the PCS process will allow Sailors to make career decisions about serving as an IA and also create more consistent manpower for shore-based commands, which have been tasked with filling the IA requirements.

Currently there are two pillars of support for Sailors serving in an IA capacity; their parent command and the Expeditionary Combat Readiness Center,

whose mission is to support Sailors deploying for non-traditional expeditionary missions in support of GWOT.

The working group is examining the level of support from these two pillars and is making recommendations on continuous process improvement, designed to ensure Sailors and their families are well supported.

Under the GSA detailing process, a Sailor's detaching command will remain his parent command for support purposes.

"IAs bring a capability to the fight that is highly valued across the AOR (area of responsibility)," Campa said.

While the requirement for IAs will not diminish in the near future, Campa doesn't foresee all Sailors serving in such a capacity. He believes the new detailing process will give many Sailors an opportunity to choose such an assignment in a way that compliments their career goals.

"Sailors who have an opportunity to serve in an IA learn a great deal about working in a joint environment and building relations with other branches of the service," Campa said.

ESWS/EAWS
A second topic being tackled by the working groups is a review of the Enlisted Surface Warfare Specialist (ESWS) and Enlisted Air Warfare Specialist (EAWS) programs.

"I am asking them to look at the programs, what we are doing well and what can be improved," Campa said. His desire is that the senior enlisted leaders will discuss how the programs are managed on board various platforms; lessons learned and engage in a discussion about the mandates of the programs and validity.

Campa believes chief petty officers have a responsibility to Sailors to ensure these programs are strong, viable and foster professional development and growth.

Role of the First Class Petty Officer

Campa, a vocal advocate of deckplate leadership, also asked the working group to examine the role of the first class petty officer and define expectations.

"Traditionally the chief and the division officer have been that deckplate team that brings leadership to the division," Campa said. "I want to take a close look at the chief's role with the first class petty officers, and what the expectations are."

MCPON believes first class petty officers should be Sailors the Navy can tap into for leadership skills and that they should expect to lead other junior Sailors. He has asked the working group to look beyond the role of the leading petty officer to define the expectations of all first class petty officers and particularly what leadership skills should be expected of them serving in the paygrade.

"All Sailors need to feel like they are making a difference," Campa said, adding that he wants to "define expectations of the first class petty officer" and then guide Sailors in meeting those goals.

Family Support
The fourth topic MCPON asked his working group to examine is the chief petty officer's role in family support.

"We are asking and will continue to ask more and more of our Sailors and their families," Campa said, explaining there is a direct impact on families from deployments, IA assignments and other demands associated with Navy life.

"Families are proud of their service, too," Campa said. "I was just on board [USS] Enterprise, which is deployed to the 5th Fleet; the newly-pinned

chiefs shared comments about how their spouses had written to them about the pride they felt in their earning their anchors. It is a team effort."

Campa believes chief petty officers have a responsibility not just to their Sailors but also to their Sailor's families to ensure they are taken care of and kept informed.

Campa added that family support carries with it a responsibility on the part of every Sailor.

"Chiefs need to hold our Sailors responsible for the responsibilities they have to their families," Campa said.

The MCPON Leadership Working Group generally meets twice yearly to address issues facing Sailors around the fleet. MCPON chose to hold this panel at Naval Station, Great Lakes in part so the senior enlisted leaders would have an opportunity to see Sailors in training.

The working group also visited USS Trayer and Battle Stations 21, the Navy's newest Arleigh Burke Class destroyer simulator and trainer where Recruit divisions solve shipboard problems in a grueling 12-hour experience. Battle Stations 21 is a comprehensive test of the skills and teamwork learned during their eight weeks of basic training at Recruit Training Command.

"Great Lakes is a great place to be, it is the quarterdeck of the Navy," Campa said.



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Remember Food Safety During Holiday Season

By Kay Blakley

DeCA
Sharing holiday meals with friends and family is an important part of the holiday season. Do partake of the season's merriment, but don't invite food poisoning to join the party by using careless food-handling practices. With a little bit of care and knowledge, foodborne illness is almost entirely preventable. Consider these four tips:

Cook thoroughly: If a golden-brown, whole turkey will be the centerpiece of your holiday table, a meat thermometer should be among your "must-have" kitchen utensils. It's the only sure way to tell if food has reached the desired state of doneness and a temperature high enough to destroy harmful bacteria. Use an oven temperature no lower than 325 degrees Fahrenheit and continue to roast until the thermometer shows a minimum internal temperature of 165 degrees. This is the lowest temperature at which bacteria and viruses are destroyed, according to food safety experts. However, for reasons of personal preference, consumers may choose to cook turkey to the traditional temperature levels of 175 to 180 degrees Fahrenheit in the thigh and 165 to 170 in the breast. Check the temperature in the innermost part of the thigh and wing and in the thickest part of the breast. Make sure the thermometer is not touching bone, fat or gristle. For safety sake, it is best not to stuff the turkey, but to bake the stuff-

ing separately in a casserole. If you simply must cook the stuffing inside the bird, check the stuffing temperature separately. Even if the turkey itself has reached the desired temperature, cooking must continue until the center of the stuffing has reached 165 degrees.

Keep it clean: Wash your hands, including under your fingernails, thoroughly and often with soap and water. Remember that bacteria can enter the picture from numerous sources—handling the telephone, petting the dog, taking a bathroom break, wiping the baby's runny nose or brushing her hair out of her face, even handling dirty dishes. Wash up again after any of these or other interruptions, and dry hands thoroughly with a clean towel or paper towel. Change kitchen towels, sponges and dish cloths often. Bacteria can linger on linen used repeatedly between launderings. Always launder these items in hot water, because the cold water wash may not kill all the bacteria. Use paper towels to wipe counters and floor spills. Wash countertops, cutting boards and utensils in hot soapy water between each step in food preparation. Be sure dishes are fully clean and dry before putting them away. Even tiny bits of food soil along with moisture trapped between the dishes sets up a perfect environment for bacteria to grow.

Separate raw and cooked foods: Experts agree that accidental food-to-food or surface-to-food cross contamination is

one of the biggest culprits in the spread of foodborne illness. For example, say some juice from your thawed turkey seeps onto the countertop or onto your cutting board. You wipe up the spill with a paper towel, then cut lettuce and other vegetables on the same contaminated countertop and cutting board. Although the surface may look clean, bacteria from the poultry may still be present—and may have transferred to the salad makings. Your friends and family eat the salad and now run the risk of becoming ill.

Even more common is the following scenario. You prepare the turkey for roasting by removing the giblets and neck from inside the bird. You rub the inside cavity with salt, using your fingers and generously apply butter to the outside of the bird with, you guessed it, your bare hands! (We'll assume your hands and nails have been thoroughly scrubbed beforehand.) You lift the turkey into the roasting pan, wiping your hands on the kitchen towel several times throughout the process. You use that same towel to open the oven door and slide the turkey in. The pan of potatoes on top of the stove starts to boil over, so you use the towel as a potholder to lift the lid. As you turn down the heat with one hand, you pick up a spoon with the other hand, and give the pot a good stir. As you stir, you notice the yeast rolls set to rise on the back of the stove look a little dry, so you dampen the notorious towel with a little

water from the faucet, and carefully lay it over the rolls. We could carry this on and on, but by now I'm sure you have the picture. You've contaminated half the kitchen by transferring any microscopic beings residing on or in the turkey, first to your hands, then to the towel and finally to the numerous other items you touched. We won't even mention the fire hazard you've created with the flammable towel so close to the heat of the stove.

Be aware of cross-contamination possibilities every step of the way, beginning in your grocery basket, continuing to your meat or poultry thawing in the refrigerator and all the way through the meal preparation process. Wash hands and utensils often with soap and water. Use paper towels and dispose of them immediately after handling raw meat or poultry, and change cloth kitchen towels often.

Refrigerate, thaw, serve and store foods properly. Keep hot foods hot and cold foods cold: No doubt you've heard this at least a hundred times, but good advice bears repeating. Follow these guidelines to assure food safety when preparing the holiday feast.

Thaw the turkey completely before cooking. Thawing in the refrigerator is best, but requires some planning—allow a minimum of five hours per pound thawing time. If planning failed, do a quick thaw by placing the turkey, in its original wrapper, in cold water. Allow 30 minutes per pound for thawing to

take place and change the water every 25 to 30 minutes.

Egg-based desserts such as pumpkin, pecan or sweet potato pie can be made a day ahead, but must be stored in the refrigerator.

Cornbread dressing can be partially prepared a day ahead, as long as you refrigerate the ingredients separately—bread crumbs and crumbled cornbread in one container, sautéed onions and celery in another and crisp crumbled bacon in yet another. Combine all ingredients with eggs, seasonings and broth the next day. Bake and serve immediately.

Even deviled eggs can be made ahead following these safety precautions. Boil, peel and slice the eggs lengthwise. Refrigerate the egg whites in one container and the yolks in a separate container. Three to

four hours before mealtime, mash the yolks with a fork and combine with mayonnaise and seasonings. Fill the egg whites with the yolk mixture and chill till serving time.

If serving buffet style, keep foods warm with chafing dishes or warming trays. Cold foods should be kept on ice, if possible.

Cover and refrigerate leftovers within two hours of serving.

Store leftover meats or poultry in their own separate containers. Do not combine with other items such as gravy, dressing or vegetables in the same container.

Use leftovers in a timely fashion. For most items this means within one to three days.

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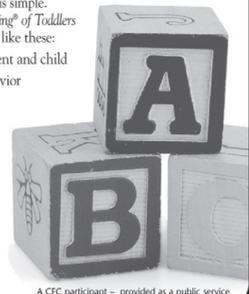
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The Weekly Crossword

By Alan P. Olschwang Huntington Beach, CA

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R155867 11/08/07

Health Beat

MRSA: Navy Pharmacist Addresses Public's Concerns About Antibiotic Resistant Bacteria

By Lt. Cmdr. Louis V. Guarno
NBHC Key West Pharmacist

One cannot help hearing the term "MRSA" (MHER-sah) when turning on the evening news or picking up a newspaper these days. MRSA, the abbreviation for Methicillin Resistant Staphylococcus Aureus, is part of a growing number of common bacteria that have mutated, or changed, over the years. The ability of these bacteria to change enables them to avoid being killed by antibiotics which in the past were effective to eradicate them.

There are two distinctions to be made with MRSA. There is a Hospital Acquired Strain (MRSA-HA) and a Community Acquired strain (MRSA-CA). MRSA-HA is a serious infection that is acquired in a hospital treatment setting and requires prolonged hospitalization, very high potency antibiotics and other treatments to eradicate. MRSA-CA is an infection acquired outside of a hospital setting and can be treated on an outpatient basis with oral antibiotics, drainage of "boils" and topical antibiotics. This is the one that has primarily been in the news lately.

Many types of bacteria have the ability to change, or mutate, and in doing so avoid destruction by antibiotics that

were designed to kill them. Therefore, mutated bacteria may require the use of not so common antibiotics, multiple antibiotics and minor surgical procedures to treat an infection. Resistance can be caused when a patient is prescribed an antibiotic, but did not complete the entire prescription regimen.

A viral infection cannot be treated with an antibiotic. Some patients feel that if they are sick, they need to be prescribed an antibiotic. However, if a patient is adamant that a provider prescribe antibiotics or if he/she takes some other patient's antibiotic when one was not needed, this too contributes to resistance. Always follow the exact directions while taking your medications and strictly follow the medical advice of your healthcare provider.

Who is at risk for MRSA? Anyone can get MRSA-CA even if they are not sick or have not been recently hospitalized. Areas of higher risk include places with continued close contact with persons such as prison inmates, athletes, military members (particularly recruit training situations) and children in day care centers or schools. Other risk factors include being in close contact with someone who has MRSA, living in a long term facility (i.e. nursing home), living with the elderly

or someone on dialysis or diabetic, living with someone who has tubes going into their body (especially a catheter) or have any hardware (metal implants), artificial joint, pacemaker, screws, plates, and living with an intravenous drug user.

How do I know if I have MRSA? Typically, infections by MRSA-CA enter your body through a cut in the skin, followed by swelling like a "big pimple" or an abscess or have drainage at the infection site, cause pain, redness and warm skin around the infection site. On occasions it may elevate body temperature (fever) and cause fatigue, nausea and vomiting. If you are being treated for an infection and your infection is not responding to the medication, notify your healthcare provider. The only positive determination of a MRSA infection is through laboratory culture ordered by your healthcare provider.

How do I keep from getting MRSA? If you acquire a bacterial infection, treat it with an antibiotic prescribed by a healthcare provider and take exactly as prescribed for the entire duration. Even if you are feeling better, do not stop taking your prescribed antibiotic until the course of therapy is complete. Keep all cuts clean and covered until fully healed.

Wash your hands thoroughly and often, especially after each bathroom use, before touching food, and after sneezing or coughing. Wash your hands with soap and warm water for at least 15-20 seconds, and don't forget to cover the back of the hands and rinse thoroughly. If soap and water are not available, waterless soap or hand sanitizer would be a suitable substitute.

Should you have any questions with regards to MRSA, please feel free to contact your Primary Care Manager (PCM).

Tips to help prevent the spread of infection (From NBHC Kings Bay)

- Wash hands with soap and warm water
- Keep cuts and scrapes clean with soap and water
- Avoid skin contact and sharing personal items with people suspected of being infected
- Clean athletic equipment that is shared with other people
- If you think that you have a skin infection, consult your doctor or healthcare provider. Early treatment will prevent the infection from getting worse. If you are told that you have MRSA:
- Keep the infected area clean and covered with dry bandages, dispose of bandages properly
- Wash hands frequently with soap and warm water
- Clean your bathroom, kitchen, etc. regularly

television controls.

• Wash clothes with hot water/bleach and dry using hot dryer

• Inform any healthcare provider that you seek for treatment that you have a MRSA infection

• The best prevention against the spread of MRSA infections is good personal hygiene.

Good Housekeeping in the Barracks

• The following recommendations should be implemented in sailors quarters and among shipmates to contain the spread of MRSA infections:

• All common-use surfaces in the barracks or berthing area need to be disinfected daily with a general purpose disinfectant. A general cleaner only removes dirt, and will not kill germs. • Therefore, a disinfectant must be used.

• Some examples of good disinfectants are:

Pine Oil Disinfectant
Lysol Disinfectant
Bleach/water in a 1:100 dilution (one tablespoon per quart of water)

Common use surfaces include door knobs, sinks, shower stalls, faucets, phone receivers, games,

Good Personal Hygiene Among Sailors

• WASH YOUR HANDS - use soap and water and friction for 15 seconds to really clean your hands. Wash often, but especially after going to the rest room, and before eating.

• Keep a bottle of hand sanitizer with you to use when soap and water is not available.

• Shower every day with a good antibacterial soap. Dry your skin thoroughly after the shower. • Bacteria grow and multiply on warm, moist surfaces.

• Launder your clothes on a regular basis. Wet, dirty clothing can cause skin irritation and increase the risk of infection.

• Also important is remembering to be selfish with your personal items - DO NOT SHARE linens and razors, or any other personal items.

• Do not share bar soap. If possible, does not use bar soap.

For more information, contact your healthcare provider or call the Centers for Disease Control and Prevention at 800-CDC-INFO (232-4636).

DoD Looking For Marrow Donors

From TRICARE

Every 15 minutes someone in the United States is diagnosed with a medical condition that requires treatment with bone marrow or a blood stem cell transplant. Every day more than 6,000 men, women and children around the world search the National Donor Program Registry for a life-saving donor. Thousands of lives are lost because a match is never found.

"Each year more than 35,000 people in the United States are diagnosed with leukemia, lymphoma, aplastic anemia (marrow failure), and other life-threatening blood disorders. Seventy-five percent of patients in need of a marrow transplant cannot find a match within their own family," said Army Major General (MG) Elder Granger, Deputy Director, TRICARE Management Activity.

November is National Marrow Awareness Month, and The C.W. Bill Young/Department of Defense (DoD) Marrow Donor Program, named for Congressman C.W. Bill Young who initiated and supported its development, is working hard to provide hope and help to patients waiting to find a marrow donor. The C.W. Young Donor Program is only for Military donors.

The C.W. Young Program works in conjunction with the National Marrow Donor Program (NMDP) which brings donors together, within the U.S.

and from across the world, in a confidential and secure data search system. "Humanitarian support is a part of our commitment and Uniformed Service members can help save lives by enrolling in the National Donor Program Registry," said MG Granger.

In addition to the NMDP in the U.S., there are numerous organizations around the world that share this database, working together to find matches for any individual requiring a transplant. Since the creation of the NMDP in 1986, more than six million Americans, including more than 400,000 Service members, have registered as marrow donors.

Hundreds of marrow donor drives are conducted on Military installations and ships each year. In addition, The C.W. Bill Young/DoD Marrow Donor Program, in cooperation with participating commands, has established "walk-in" registration programs for eligible personnel who wish to join the DoD Marrow Donor Program Registry.

Joining the registry is almost effortless and completely painless. Participants fill out a short two-page DoD consent form and a swab is taken from inside their mouth. Potential donors receive an official card signifying they have registered as a bone marrow donor. They are added to the NMDP National Registry through the DoD

Marrow Donor Program. To be eligible to join the registry through the DoD program you must be:

- Age 18 to 60 and in good health
- Active Duty Military, Coast Guard, National Guard or Reservist

• Immediate family member of an Active Duty Service Member

• A DoD civilian employee

For more information on the C.W. Young Donor Program, as well as a list of walk-in locations or to establish a walk-in registration program go to www.dodmarrow.org.

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Don't Get Stuck

From TRICARE

When a TRICARE beneficiary needs hospital care, he or she can usually be confident that the benefit will cover everything involved with inpatient care. Doctors may order lab tests, X-rays, or medication. And afterwards, they may call for Magnetic Resonance Imaging (MRI). But wait, too much confidence could mean that the patient ends up paying for that MRI. Why?

Because in some cases, TRICARE beneficiaries need preauthorization to get the health care their doctors recommend. Those who are in TRICARE should ask their regional contractors about the specific medical care being considering before scheduling an appointment to be sure TRICARE coverage will apply.

TRICARE beneficiaries may need preauthorization for any procedure that is not routine, and such things aren't always obvious. For example, TRICARE now covers anesthesia services and associated costs for dental treatment for beneficiaries with developmental,

mental, or physical disabilities, and children age five or under. This is a valuable new benefit, but it's not routine and requires preauthorization.

Standard beneficiaries in particular may forget to seek preauthorization because they are used to self-referral. They book their own appointments with primary care providers and specialists. There is no all-inclusive list of procedures that call for preauthorization, however some common examples include MRIs, adjunctive dental care, some medications, home health care and inpatient admissions for substance abuse or behavioral health. Each region has its own requirements, so services that need preauthorization in one region, may not in another.

If beneficiaries have other health insurance they need to follow the rules of the other plan. To verify if preauthorization is necessary, beneficiaries may contact their regional contractors: North Region: 1-877-TRICARE (1-877-874-2273); South Region: 1-800-444-5445; West Region: 1-888-874-9378.

THE MIRROR NS MAYPORT, FLORIDA

OFF-BASE PICKUP LOCATIONS

LOCATION	ADDRESS	CITY	LOCATION	ADDRESS	CITY
ALLSTATE INSURANCE CO.	PAN AM PLAZA - MAYPORT RD.	JAX	JIFFY LUBE	10430 ATLANTIC BLVD	JAX
AMERICAN LEGION POST	316 ATLANTIC BLVD.	JAX	JIFFY LUBE	13560 ATLANTIC BLVD	JAX
COAST GUARD STATION (EXCHANGE STORE)	A1A HWY	JAX	JIFFY LUBE	1067 ATLANTIC BLVD	ATL BCH
COMFORT INN	MAYPORT RD.	JAX	JIFFY LUBE	1672 S 3rd ST	JAXBCH
COMMISSARY (INSIDE RACKS)	MAYPORT RD.	JAX	JIFFY LUBE	8379 BAYMEADOWS RD	JAX
DAYS INN	1401 ATLANTIC BLVD.	JAX	JIFFY LUBE	5295 SUNBEAM RD	JAX
FCE - SHELL	9115 MERRILL RD./9-A	JAX	JIFFY LUBE	11099 OLD ST AUGUSTINE RD	JAX
FCE - SHELL	1539 S 3rd ST	JAX BCH	JIFFY LUBE	9699 SAN JOSE BLVD	JAX
FCE - SHELL	7150 MERRILL RD	JAX	JIFFY LUBE	2837 TOWNSEND BLVD	JAX
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	10100 GRANITE PLACE	JAX
FLEET LANDING	MAYPORT RD.	JAX	KANGAROO	1031 BEACH BLVD.	JAX BCH
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX	KANGAROO	1403 N 3rd ST	JAX BCH
FLETCHER HIGH SCHOOL ROTC		JAX BCH	KANGAROO/BP	10910 ATLANTIC BLVD.	JAX
GATE	1900 MIZELL RD	STAU	KANGAROO/SMOKERS EXPRESS	2615 ST. JOHNS BLUFF/ALDEN	JAX
GATE	220 A1A N	PVB	LA CRUISE GIFT SHOP	A1A HWY	JAX
GATE	619 A1A N	PVB	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
GATE	2350 SR 16	STAU	LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX
GATE	463779 SR 200/A1A	YUL	LIL CHAMP	13967 MCCORMICK RD/(MT PLEASANT RD)	JAX
GATE	3230 EMERSON ST	JAX	LIL CHAMP	5001 HECKSCHER DR. - BLOUNT	JAX
GATE	3938 HENDRICKS AVE	JAX	LIL CHAMP	1310 S. 3rd ST.	JAX BCH
GATE	8070 ATLANTIC BLVD	JAX	MALLARD COVE OFFICE	A1A HWY / WONDERWOOD	JAX
GATE	1721 UNIVERSITY BLVD N	JAX	NAVY HOUSING APARTMENTS	ATLANTIC BLVD / CRAIG FIELD	JAX
GATE	5617 BOWDEN RD	JAX	NEX (OUTSIDE RACKS NEAR ATM)	MAYPORT RD.	JAX
GATE	570 BUSCH DR	JAX	OTTER RUN OFFICE	ASSISSI LANE	JAX
GATE	12548 SAN JOSE BLVD	JAX	RAINBOW CENTER CHILD CARE	NAVY HOUSING OFF ASSISSI LANE	JAX
GATE	10946 FT CAROLINE RD	JAX	RIBAULT BAY COMMUNITY CENTER	ASSISSI LANE	JAX
GATE	1001 MONUMENT RD	JAX	SINGLETON'S SEAFOOD SHOP	A1A HWY	JAX
GATE	10044 ATLANTIC BLVD	JAX	SOUTHTRUST BANK	1301 ATLANTIC BLVD.	JAX
GATE	4100 HECKSCHER DR	JAX	SPRINT	1202 US-17	YUL
GATE	2520 S 3rd ST	JAXBCH	SPRINT	8838 ATLANTIC BLVD	JAX
GATE	319 S 3rd ST	JAX BCH	SPRINT	3051 MONUMENT RD/ COBBLESTON	JAX
GATE	9144 BAYMEADOWS RD	JAX	SPRINT	1209 MONUMENT RD./LEE	JAX
GATE	11461 OLD ST AUGUSTINE RD	JAX	SPRINT	12743 ATLANTIC BLVD./GIRVIN	JAX
GATE	10455 OLD ST AUGUSTINE RD	JAX	SPRINT	301 ATLANTIC BLVD.	ATL BCH
GATE	9540 SAN JOSE BLVD	JAX	SPRINT	2810 SR A1A N	ATL BCH
GATE	1605 RACETRACK/SR13	JAX	SPRINT	14376 BEACH BLVD./SAN PABLO	JAX BCH
HOME FINDER'S REALTY	2550 MAYPORT RD.	JAX	SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH
JAX FEDERAL CREDIT UNION	664 ATLANTIC BLVD.	JAX	SPRINT	1601 PENMAN RD.	JAX BCH
JIFFY LUBE	3212 UNIVERSITY BLVD S	JAX	U.S. COAST GUARD OFFICE	A1A HWY	JAX
JIFFY LUBE	6135 ST AUGUSTINE RD	JAX	USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX
JIFFY LUBE	11620 SAN JOSE BLVD	JAX			

Updated: FEBRUARY 1, 2007

PICK UP YOUR COPY OF THE MIRROR AT ANY OF THESE LOCATIONS

Reaching Out

The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call Dianne Parker at 542-5380 or you can immediately sign-up online for opportunities using www.volunteer.gatewayjacksonville.org.

Bellringers Wanted

The Duval County Salvation Army is looking for bellringers for its 2007 Kettle Bells Project. Kettle shifts are normally two hours. Full day group blocks are available. To sign up, contact SharonHoffman at 366-9222 ext. 100 or sign up online at www.ringbells.org.

St. Johns County Habitat For Humanity Needs Volunteers!

Habitat for Humanity is in need for volunteers every Friday and Saturday to help build homes in St. Augustine. No skill is necessary. Must be 16 or older. They are starting a new home every month and need help on the construction site. Please call 826-3252 ext. 2006 to sign up.

St Johns County Housing Partnership

Volunteers Needed to build Wheel Chair Ramps in St. Johns County. Please call Greg with St Johns County Housing Partnership at 222-1548 if you would like to help.

Lea's Place

Lea's Place is a volunteer program, on-call 24 hours a day, 7 days a week to help the Department of Children and Families take care of children who have been removed from abusive or neglectful situations or who have been abandoned. Volunteers assist Child Protective Investigators with feeding, bathing and playing with the children. They may also assist in the clothes closet, providing the children with clean clothing. 360-7091.

NS Mayport Retired Activities Office

Naval Station Mayport is currently searching for committed volunteers to serve the local retiree community in the Retired Activities Office (RAO)

located in the Fleet and Family Support Center (FFSC). RAO volunteers maintain the vital link between the retiree, local military communities and other government and non-government agencies. Anyone interested should contact the FFSC for an application or to get more information about the duties and responsibilities of the RAO volunteers. Call the FFSC at (904) 270-6600 ext. 110.

I.M. Sulzbacher Center for the Homeless

Volunteering at the I.M. Sulzbacher Center for the Homeless The I.M. Sulzbacher Center for the Homeless serves more than 1,000 well-balanced, nutritious and delicious meals per day, every day of the year. These meals are prepared and served with the help of more than 100 civic, religious and business organizations from the Jacksonville community. Annually, these Volunteer Meal Groups provide over one hundred thousand dollars in support and more than 13,000 hours of volunteer time. Serving meals at the Center is a fun and

feel-good way to give back to the community. For information about volunteering at the I.M. Sulzbacher Center for the Homeless call 904.394.1356. Also, see www.imshomeless-center.org/volunteers.html

Dignity U Wear

Volunteers are needed to help process clothing in order to fulfill the needs of our clients. Volunteers are needed Monday thru Friday 8:30 a.m.-4 p.m. and 9 a.m.-2 p.m. on Saturday. They also can help raise awareness of our mission, introducing us and our cause to their friends. Contact a Michelle Charron at (904) 636-9455 for information on volunteering.

Children's Home Society

Children's Home Society (CHS) has been providing services to children and their families since 1902. Started in Jacksonville, CHS is a state-wide non-profit agency providing services such as foster care, adoption, child abuse prevention, group shelters, and mentoring. CHS's MODEL (Mentors Opening Doors Enriching

Lives) Program matches volunteers with children ages 4-18 who have a parent incarcerated in prison. We are seeking volunteers that will commit to a minimum of one hour per week for one year with a child. For anyone interested in additional information or becoming a mentor, please contact Christine Small at 904-493-7747.

Cultural Center At Ponte Vedra Beach

Cultural Center At Ponte Vedra Beach is looking for volunteers to help mentor children in an after school arts program at Mayport Elementary school. If you are interested in this opportunity, please contact Mary Marx, Executive Director of the Cultural Center of Ponte Vedra Beach at 904-280-0117.

Big Brothers Big Sisters Mentoring

Big Brothers Big Sisters will be providing an in-school mentoring program at Mayport Elementary School. If you are interested in this opportunity, please visit our website for more information: www.usojax.com

Navy-Marine Corp Relief Society Needs You

The Navy Marine Corp Relief Society is in need of Volunteers to give a couple of hours of their time each week to help others in need. The mission of the Navy-Marine Corp Relief Society is to provide emergency financial help and educational assistance to members of the Naval Services - active, retired, and family members - when in need: to assist them achieve financial self-sufficiency and to find solutions to emergent requirements. Navy-Marine Corp Relief Society firmly believes in personal financial responsibility. By helping the service member and family through difficult times and by assisting them to develop their own problem solving capabilities, they will achieve financial stability and increase self-worth. If you are interested in volunteering and would like more information, contact Bill Kennedy at 270-5418, 9 a.m.-3:30 p.m., Monday-Friday.

Final Multiple Scores Increase For Sailors With Degrees

By Ed Barker

Naval Education and Training Command Public Affairs

Recognizing the importance of a strong educational foundation for career progression, Vice Adm. John C. Harvey Jr., Chief of Naval Personnel (CNP) announced on Nov. 8 the introduction of education points into the E4-E6 Final Multiple Score (FMS) for advancement.

Beginning with advancement cycles in August 2008, E3-E5 Sailors will be awarded two points for an accredited associate degree, and four points for an accredited baccalaureate degree. For those going before the E7-E9 selection board, education will be recognized by including an emphasis on education in the selection board precepts.

"The implementation of these points towards advancement for E-4 through E-6 and in the precept language for E-7 to E-9 selection, reflects the importance the Navy places on education," said Harvey. "As the Navy continues to develop highly-technical capabilities, Sailors will be called on to perform in new and challenging ways. Adapting to these challenges requires leaders that have strong educational foundations, both professionally and personally."

Documentation is required for degree completion to count towards advancement. Official transcripts that indicate proof of degree completion must come directly from the degree granting institution to the Navy College Center in Pensacola, Fla.

Sailors eligible for advancement to E4-E6 must ensure official transcripts are received by the NCC no later than the first of the month in which their advancement exam takes place.

Transcripts for Sailors competing for advancement to E-7 to E-9 must be received by the Navy College Center by the cut-off dates specified in the corresponding selection board NAVADMIN.

"It's always been important to document education in your records," said Cmdr. Sharon Bemis, Naval Education and Training Command (NETC) Voluntary Education Program Manager. "CNP's announcement makes documentation even more crucial. This new policy should give Sailors a greater incentive to validate all of their education records and ensure they have the highest FMS possible toward advancement."

To assist Sailors in pursuing a degree, the Navy has developed an education roadmap that is available through Navy Knowledge Online (NKO).

Sailors using the roadmap will first verify their existing academic transcripts contained in their Electronic Training Jacket on NKO. This information is compiled from the individual's Sailor/Marine American Council on Education Registry Transcript.

Once this information has been verified, Sailors can consult with their local Navy College Officer or the Navy College Center to develop their specific education plan.

"Taking advantage of Navy Voluntary Education opportunities is now more important than ever," said Master Chief Electrician's Mate (SW) Tom Smith, Enlisted Education Coordinator for NETC. "There are numerous programs in place that allow Sailors, whether deployed or on shore, to work toward their degree, and get those advancement points."

The Navy's educational initiatives are designed to support a continuum of learning and development throughout a Sailor's career, including distance learning available in multiple formats almost anywhere around the globe.

Under the Navy College Program, several opportunities are available that give Sailors a head-start in earning their college degree. A visit to the local NCO is a logical first step to learn about the wide variety of college level examinations available, such as the Defense Activity for Non-Traditional Education Support (DANTES) Examination Program, the College Level Examination Program and the DANTES Subject Standardized Tests program.

In these programs and others, Sailors can take tests in a variety of subjects and receive recommended college credit for each test successfully completed. There are also several college admission tests given through the NCOs, including the Scholastic Assessment Test, and the American College Test assessment program. The Graduate Record Exam may be taken at certain testing sites off-base and DANTES will reimburse the Sailor for the cost of the test. The Sailor must personally fund the test administration fee.

There is a great chance for Sailors to earn college credit for things they already do in their job. Rating-relevant degrees are offered and supported by the Navy College Program Distance Learning Partnerships (NCPDLP), as part of the Service members Opportunity College (SOC).

NCPDLP degrees maximize acceptance college credit recommended for Navy Training

and experience as well as credit by examination, and offer distance learning opportunities to complete the remainder of degree requirements.

The Tuition Assistance (TA) program is one of the Navy's most popular educational assistance programs. Through TA, Sailors can apply for financial support to help them complete their college degree.

The Navy funds 100 percent of tuition and mandatory course fees (max of \$250 per semester hour) for up to 16 semester hours per fiscal year. The \$250 per semester hour (or semester hour equivalent) payment applies only to tuition and mandatory course fees related to course enrollment. TA does not cover books or other expenses, and this policy applies to all pay grades.

Another Navy College Program designed to help Sailors continue their education while on sea-duty assignments is the Navy College Program for Afloat College Education (NCPACE).

All NCPACE college courses are provided by accredited colleges and universities, and both undergraduate and graduate level courses are available. NCPACE courses are funded by the Navy with the individual Sailor only paying for books.

For additional information on advanced education programs, the best place to start is the local Navy College Office or online at <https://navycollege.navy.mil>.

For additional information on educational programs and eLearning through Navy Knowledge Online, visit www.nko.navy.mil.

For more information on the Naval Education and Training Command, visit <https://www.netc.navy.mil>.

For more news from Naval Education and Training Command, visit www.navy.mil/local/cnet/.

Send Messages To Deployed

From Stars and Stripes

Stars and Stripes Brings Families Together with Free Holiday Message Program

Stars and Stripes, independent daily newspaper of the U.S. military, will host a free Holiday Message posting service online at Stripes.com.

Messages received by Nov. 30 will be published in the Dec. 22 editions of Stars and Stripes (Europe, Pacific and Middle East), just

in time for the holidays. Messages received from Nov. 30 until Dec. 21 will be displayed online only at Stripes.com beginning Dec. 22, for the benefit of our military servicemembers and their families, many of whom may be separated over the holidays. To send a free greeting, visitors may go to Stripes.com and click on the Holiday Messages button.



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Innovative used vehicle clearinghouse is the first of its kind in Florida.

Auction Direct USA Inc has announced it will open its first dealership in Jacksonville, Florida this November. The business, the first of its kind in America, will allow consumers to purchase a large selection of pre-owned cars, trucks, vans and SUV's at our reserve price plus a flat \$399.00.

"These are all top shelf, prime vehicles that will be available through our facility" says John Iannone, Chief Executive Officer of Auction Direct USA. Vehicles will be on a first come first served basis and consumers can purchase them before we make them available to be auctioned.

We are committed to pricing that is typically \$2,000 to \$5,000 LESS than traditional retailers. The public can now purchase any vehicle for the auction reserve price plus an additional flat \$399. For instance each vehicle sold at Auction Direct USA comes with a three day 500 mile money back guarantee and can be purchased with an extended warranty. In addition our operation will allow consumers to trade in their existing vehicles toward their purchases and we will even offer a full array of financing options.

The corporation, which plans to launch franchises nationwide, has selected Jacksonville as its first location in Florida because of its huge population growth within the past several years. The Jacksonville market ranks number one in America's fifty hottest cities for manufacturing expansions and relocations according to *Expansion Magazine*. Another compelling reason bringing Auction Direct USA to North Florida; Jacksonville ranks 36th in the nation with over

6.8 billion dollars in motor vehicle sales. The auction center, which will be located in a newly renovated 37,000 square foot building, is located at 6400 Blanding Boulevard just north of I-295.

"Auction Direct USA visited 20 cities and decided to make Jacksonville the third location for its national expansion" says CEO John Iannone. John Iannone has worked for two decades in the automotive community. Iannone and other partners in Auction Direct USA promise to revolutionize the used car buying process here and across the United States. They have established a buying group consisting of over a dozen large national auction houses. Only the best vehicles are selected to be sold daily at Auction Direct USA. Consumers can view, test drive and purchase the various vehicles at the Jacksonville location just like at any other car dealership.

Auction Direct USA will have one of this areas largest and best selections of quality pre-owned vehicles including up to 2007 models. The entire inventory of available vehicles can be searched at its website which is auctiondirectusa.com. Our website features at least 30 pictures of each vehicle. "The time has come to introduce a new generation of auto sales centers" says Iannone. "Just in the same way that the deep discount retailers have revolutionized the way consumers can purchase day to day essential products, Auction Direct USA plans to do the same with vehicle purchases" Consumers wishing to learn more about Auction Direct USA can go the website AUCTIONDIRECTUSA.COM or call 1-800-399-1925.

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

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

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 Charming 2 Bdr/2.5 BA townhome, 1220 sqft. Just minutes from downtown or the beach! Scnd Back Porch overlooking water and golf course; peaceful cov pond in front. All appl, W/D incl., ceiling fans, wood-burning FL, wet bar with built-in wine rack, and plenty of storage space. Located in a quiet neighborhood with community pool, tennis courts and walking paths. \$1200 month, available December 1st. 315-243-2923

Houses Unfurnished
 Atlantic Beach 2/1.5 DUPLEX close to beach fenced yard \$995mo. + Dep. Call 904-365-0864
FLEMING ISLAND - 5/4, 2600sf, \$1800, 2/2 1050sf, \$950. 3/2, 2600sf \$2000. Maxxum RE. 505-6203
MAYPORT - Kendall Town 2/2.5 Condo w/Free Cable & Internet! \$995mo No Pets; Ashley Woods 4/3 \$1450; Ashton Park 2/2 \$900. Call 904-249-7676 press 2. Realty Executives, Ponte Vedra
MAYPORT 1br/1ba Mobile Hm, lrg oak trees, priv., scrnd porch. \$650mo 708-4022
MAYPORT Duplex 3/2 wrap around porch ldrly rm fen bck yd. \$1250mo all util incl. 708-4022
MAYPORT Duplex 3/2 wrap around porch ldrly rm fen bck yd. \$1250mo all util incl. 708-4022

Houses Unfurnished
ORANGE PARK COLLINS RD. New 3/2.5 TH w/gar, all appl incl. Chatham Woods 954-673-7354 or 954-309-5638
Ponte Vedra - Ocean Links Condos, Unit #921. 3/2/1, 2nd floor, end unit. Ceramic tile in living areas. Screened patio. \$1200mo. Ocean Breeze Mgmt 270-8805 or www.oceanbreezemgmt.com
San Marco 1528 Larue 2/1 totally remod-move in ready! \$1000mo. no pets. Call for viewing 886-9711
SOUTH SIDE 3br/1ba, fenced back yard, off I-95 & Emerson. \$775/mo 904-765-1264
Southside 4527 Clairmont St. 3/2 NEW Construction home \$1000mo. Call Josh 904-237-5706
SOUTH SIDE 2200sf 4/2, POOL, ch&s, near Regency \$1200 mo. \$1200 dep. Call 904-880-3282
WESTSIDE -3/1, large home, w/d conn. 868 Westbrook. \$750mo. Call 693-6092

Manufactured Homes
 WESTSIDE-TIMUQUANA MOVE IN SPECIAL. \$50 off 2 & 3br's \$425 - \$675 + dep. 904-771-8811
Roommates
 SAN JOSE Very private home with bath All utilities included \$725mo, no dep, no lease. Ph. 737-5458
SOUTH SIDE 3/2 Private, newly remod, internet, pool, \$550mo. 904-940-9642
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 BY OWNER -3/2, \$183,000, 1366sf, new kit, new roof, newly painted, fncd yd. widely 838-1408
PCS SALE 3BR/2BA home in Mandarin. New kitchen, tiles, carpet, roof. \$205,000. 904-521-8888. Call by February

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Southbrook Condo - 7333 Beach Blvd 2BR/2BA, 1st flr, W/D incl'd. \$825/mo + \$225 dep 273-8741
BEACHES 3/2 fully furn. \$800w/\$2100/mo. lease. Pool, patio, steps from beach. 904-608-4325

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ARLINGTON Ashley Greens 2/2 dbl garage, fen bk yd, W/D, wtr soft-ener, 20 mins from Mayport NS, 3 mins to PA, 35 mins to NAS Jax. For information contact Anna Lopez 904-655-3165
ARLINGTON RENEY -2/1, W/D, new bathrm, \$800mo \$600 dep. No Pets. fncd yd. 923-1040
ATLANTIC BEACH 3br/3ba, 2 car gar, W/D, \$1599/mo. Immediate occupancy 904-710-9656
ATLANTIC BEACH 3 BR/3BA + bonus loft, Selva Marina walk to beach \$1800mo. 219-0603

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NORTHWEST -Jax, clean 2br CH&A no pets. priv lot, unfurn, call 838-4183

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

North Jacksonville
DAYBREAK WOODS: RENT TO OWN 3/2, 1601SF, built 2003, convenient to both Mayport and NAS Jax. \$233,000, \$1250 mo. w/\$500mo. rent credit Surfside Real Estate 422-7653

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Orange Park/Clay County
97% Financing
 Florida Finance Corp. Mark 904-233-4231

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Low mi, like new. \$23,890. 998-0012
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20 out of a 100

The military community makes up 20 percent of the total population for Northeast Florida and Southeast Georgia. That means that 20 out of every 100 people you meet are somehow connected with the military.

Get your message to them by advertising in one or all of the publications distributed at the local bases in the area.

For advertising information, call 904-359-4336, Fax 904-366-6230.

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\$8990, \$139mo 797-8800
Lighthouse Toyota

\$7.8 Billion

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

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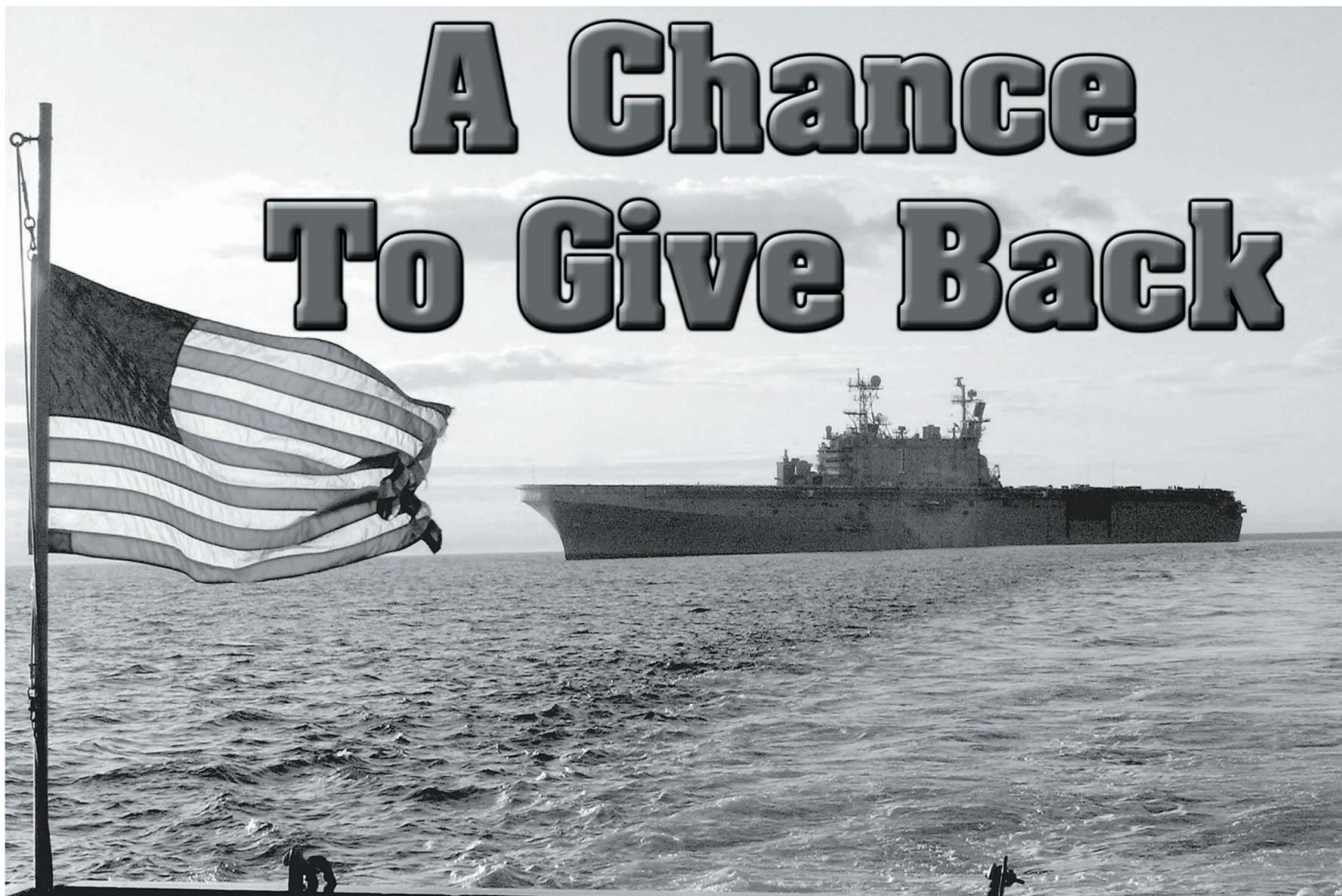


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