

# THE MIRROR NS MAYPORT, FLORIDA

2002 CHINFO Award Winner

Vol. 51 • Issue 6

www.nsmayport.navy.mil

www.mayportmirror.com

THURSDAY, February 14, 2008

## OFF THE DECK

### Want To Be A Nashville Star?

Think you have what it takes to be the next Nashville Star? MWR Mayport's Liberty Program will hold a local casting call from 6-9 p.m. Feb. 28 at Beachside Community Center. This contest is open to the following military and military-related personnel attached to Naval Station Mayport and its tenant commands: active duty, reservists, retirees and their family members, along with DoD civilians and DoD contractors. Minimum age is 18 years old. The top three winners at Naval Station Mayport will then compete for a chance to participate in the first ever All-Military casting call in Norfolk, Va., on April 12. Applications and contest rules can be picked up at Planet Mayport, Building 46 across from Bravo Pier, and Castaway's Lounge, located inside Beachside Community Center. Deadline for applications is Feb. 22. For more information call Planet Mayport at 270-7788/89.

### MWR Holds Military Saves Week Expo

Planet Mayport Offers Military Saves Week Expo on Feb. 27. All hands are invited to the Military Saves Week Expo at Planet Mayport from 6-9 p.m. Feb. 27. Topics will include "How to Save Money Wisely," "Paying Down Credit Card Dept.," "Be a Smart Consumer" and more. Representatives will be on hand from the Fleet and Family Service Center, Military One Source, Navy Marine Corps Relief Society, MWR Mayport, Navy Federal Credit Union and Bank of America, to answer questions and distribute helpful information. The Expo will also feature free food, prizes and giveaways. Planet Mayport is located in building 46 across from Bravo Pier. For more information on the Military Saves Week Expo, call 270-7788/89.

### Traffic Remains Slow Thru Base Main Gate

Traffic flow through Naval Station Mayport's Main Gate modification is expected to last through Feb. 22 with both inbound and outbound traffic lanes reduced to one lane each from 5-8 a.m. and 11:30 a.m. and 1 p.m. During this phase of construction, the Edwards Gate will be open to inbound traffic only from 5-8 a.m. to allow for a second lane of traffic to be open during the morning traffic rush. Gate 5, of SRAIA, is open to all vehicles with stickers and valid ID cards from 5 a.m.-5 p.m., Monday - Friday. No special ID card is required. Sentries will be posted on the islands to pass vehicles through. All commercial vehicles and trucks larger than a pickup truck must use Gate 5A. Seminole Gate will be open to inbound traffic from 5-8 a.m., Monday-Friday to vehicles with stickers and valid ID cards. The gate will be open to outbound traffic only from 3-5 p.m., Monday-Friday.

## Mayport Awarded For 'Green' Work

By Easter R. Thompson  
CNO Environmental Readiness Division  
Public Affairs

Naval Station Mayport was one of 27 winners selected in the 2007 Chief of Naval Operations (CNO) Environmental Awards competition, sponsored by the CNO Environmental Readiness Division (N45).

The annual CNO Environmental Awards program recognizes Navy people, ships and installations for their exceptional environmental stewardship. The FY 2007 competition categories included: Natural resources conservation, cultural resources management,

environmental quality, pollution prevention, environmental restoration and environmental excellence in weapon system acquisition.

The winners are:  
Environmental Quality Non-Industrial Installation Award:  
- Naval Station Mayport  
- Commander Navy Region Southwest Asia  
- Naval Air Engineering Station Lakehurst  
Natural Resources Conservation Small Installation Award:  
- Naval Air Engineering Station Lakehurst  
- Naval Air Station

Brunswick  
- Naval Weapons Station Seal Beach  
Natural Resources Conservation Individual or Team Award:  
- Naval Base Coronado, Natural Resources Conservation Team  
- Naval Undersea Warfare Center Division Newport, Natural Resources Conservation Team  
- U.S. Navy Support Facility Diego Garcia, Antenor Nestor A. Guzman  
Cultural Resources Management Installation Award:  
- U.S. Fleet Activities Sasebo, Japan  
Environmental Quality Individual or Team Award:  
- Fleet Readiness Center East, Command Monitoring Team  
- Naval Sea Systems Command, Environmental Information Management System, Preventative Measures Assessment Protocol Team  
- U.S. Naval Station Guantanamo Bay, Cuba, Environmental Quality Team  
Environmental Quality Large Ship Award:  
- USS Denver (LPD 9)  
- USS Enterprise (CVN 65)  
- USS George Washington

(CVN 73)  
Pollution Prevention Industrial Installation Award:  
- Commander Fleet Activities Yokosuka, Japan  
- Naval Base Kitsap  
- Portsmouth Naval Shipyard Environmental Restoration Installation Award:  
- Naval Air Station Fallon  
- Naval Weapons Station Seal Beach  
- Naval Weapons Station Yorktown  
Environmental Restoration Individual or Team Award:  
- Cecil Field BRAC Cleanup

See Green, Page 11

## Mayport Security Welcomes Home IAs

By MC2 Daniel Gay  
FLTPACEN SE

There are few things that will get a Sailor through an extended deployment as an Individual Augmentee (IA) better than the support of friends and family, and the support of their command. Naval Station (NS) Mayport's base security command lives by this idea, and does everything they can to support their IA Sailors.

Master-at-Arms 1st class Brian Lally was the most recent member of base security to receive that support. Upon his arrival to Jacksonville's International Airport, after a year of IA duty, Lally was surprised by 38 of his fellow shipmates.

"It was an amazing feeling seeing everybody here," said Lally. "None of these people had to be here but they chose to show up and meet me, we are more like a family than co-workers."

"The Navy is a family business, shipmate should be synonymous with family member," said Master Chief Master-at-Arms Ross Cramer, NS Mayport's base security Senior Enlisted Advisor.

Cramer has been one of the driving forces behind base security's excellent command support.

"We try to talk to our IA Sailors once a week, we send out care packages and keep in touch through E-mail," said Cramer. "We also look at the extended family, making sure spouses know what's going on, we compose letters to the sailors parents as well. It's not



-Photo by MC1 Daniel Gay

Master-at-Arms 1st Class Brian Lally greets his friends and shipmates after being surprised at Jacksonville international airport by his fellow Sailors from Naval Station Mayport base security. Lally's command came out to greet him as he returned from a year as an Individual Augmentee in Iraq.

hard to keep people in touch."

Sailors on IA duty will more than likely be supplementing Army forces in places where no ship would be able to reach.

"I got so much stuff from my command while I was in Iraq, packages and gifts, some had little jokes with them but that's what made it special, everything I received had a little

touch of the Navy in them," said Lally.

Lally, who has been in the Navy for 18 years, has been to a few commands throughout his time.

"I am still amazed by the support I received, from the very start of my IA to coming home, I have never had so much support by a command,

it's an amazing feeling," said Lally.

Command support is an important aspect of making Sailors feel up to the job of being an IA.

"As hard as we expect our sailors to work while they are on an IA assignment, it is just as important that their command works just as hard for

them," said Cramer.

Lally returned to Mayport for a few days of rest before going on leave and flying home to surprise his family in Boston.

NS Mayport also welcomed home Master-at-Arms 2nd Class Jeffrey Watson on Saturday after he returned from a year-long IA duty to GTMO working in detainee operations.

## Trying On A New Suit



-Photo by MC1 Jennifer A. Villalovos

Master Chief Joe R. Campa Jr, the Master Chief Petty Officer of the Navy (MCPON), is fitted for the new service dress khaki (SDK) uniform. MCPON is participating in the wear-test of the SDK and will evaluate the wear, appearance, functionality and comfort of the uniform.

## Don't Miss Doc Appointment

From NH Jacksonville Public Affairs

There is a big difference between Naval Branch Health Clinic (NBHC) Mayport and civilian sector clinics. Do you remember what the wait times out there are like? In many civilian doctors offices you might not be seen until 30-45 minutes past your appointment time. We DO NOT do that!

Why the difference? Some of our civilian counterparts double and, in some cases, triple-book their appointments in an effort to reduce the impact of "no-show" appointments, the result is longer wait times in their waiting room. At NBHC Mayport we realize your time is very valuable and therefore we will not double-book appointments, but there is a trade off that affects you and in turn affects our ability to serve you.

That trade off is quite simply that you MUST keep your appointments or call in early enough to cancel or re-sched-

ule! If an appointment is not cancelled it reduces our opportunities to help other beneficiaries who also have a healthcare need. This is a double hit to our system in that we not only had a time period that went unused but we also have to work you into a slot on a future date that would have gone to another patient. Both you and that patient would experience a delay in care because of your not showing up or cancelling.

Missed appointments impact clinic staffing and productivity. This creates the false perception of a shrinking need for care by Mayport beneficiaries. Therefore, staffing and resources could be reduced by higher authority. Again, this would result in longer wait times and perhaps the inability to provide service to all our patients effectively. Reductions in healthcare

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## Street Talk

# What does Valentine's Day mean to you?



**YNCS (SW/AW/FMF)  
Demarco Washington  
NS Mayport**

Valentine's to me is just day because you should show love and appreciation to your significant other everyday.



**GSE3 Mike Bustamonte  
NS Mayport**

The day I have to buy presents.



**CTM2 Brendan Higgins  
NS Mayport**

Commercial holiday set up for the masses and to encourage sales to stimulate the economy.



**OS2 Dustin Bishop  
NS Mayport**

Time with significant other.



**ABHC Mike Foster  
Center for Naval  
Leadership Mayport Site**

I practice the Japanese Culture that on Valentine's Day the woman gives the man chocolate.



**MA3(SW)  
Eldon Hammonds  
Base Security**

Special day to show my wife how much she really means to me.

## CREDO Corner

**By Cmdr.  
Jon C. Fredrickson**  
*Director, Spiritual Fitness Center  
Southeast*

George Bernard Shaw once wrote, "People are always blaming their circumstances for being what they are. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them."

That, of course, is easier said than done.

Yet some of us occasionally find ourselves stuck. We lament that if only the weather were better, people were friend-

lier, there were more job opportunities, less traffic, and the morning sun didn't shine on the wrong side of the house, then, we'd probably be happy right where we are. We tell ourselves and anyone else who will listen that the problem is there is too much pressure here, too many frustrations and irritations. The answers seem simple enough - move to another house or city, or even another country.

Whether we want to admit it or not, many of us joined military service because we were running away from something. Maybe at the time we told ourselves that we were running

to something, but some of us found ourselves jumping from a pot into the fire. I'd like a dollar for every time a Sailor or Marine has said to me that their recruiter lied to them. Being the wonderfully caring counselor that I am, I always respond to this insight by saying, "Yes, it snows in Minnesota in the winter, rains in Texas in the summer, and recruiters do at times leave out some important details about life in uniform—like the fact that it can often time be bone-crushing hard."

No one wants to hear the line, "Life is hard, get used to it." Yet, the exit from difficult does

not exist, and when we think that we can fix the problem by simply changing locations, a funny thing happens; we take ourselves along to the new place. And the kicker is, where we are is where we have chosen to be. If we don't "fix the chooser," we'll choose the same people and predicaments again and again.

When we pause to investigate how we make choices that shape our lives, we take a giant step in understanding and realizing our own personal growth. There is an enormous freedom in accepting this truth.

It really doesn't matter how

old someone is, in this respect no one ever really grows up. Growing up is a target, a process and a journey. No one ever arrives at it in this life. Sometimes we need the help of caring and trusting friends to help us take the hard look at who we are and why we make the choices that we do. We can't make the changes we need to make to create the new circumstances that we want until we see the road we travel and why.

CREDO exists to help military members and their families find life giving paths to freedom and growth, whether

that growth needs to be personal or in a marriage relationship or in understanding one's own unique sense of spirituality. The retreats are free, the food is good and the relationships one builds with other participants usually last a life time. If you are interested in giving your life a jump start, give us a call at 270-5968, option number 7, or go on line to <http://www.cnic.navy.mil/cnrse/programs/comanandstaff/religiousministries/CREDO/index.htm>.

## Warning: New Scams In IRS Name

*From IRS*

The Internal Revenue Service warned taxpayers to beware of several current e-mail and telephone scams that use the IRS name as a lure. The IRS expects such scams to continue through the end of tax return filing season and beyond.

The IRS cautioned taxpayers to be on the lookout for scams involving proposed advance payment checks. Although the government has not yet enacted an economic stimulus package in which the IRS would provide advance payments, known informally as rebates to many Americans, a scam which uses the proposed rebates as bait has already cropped up.

The goal of the scams is to trick people into revealing personal and financial information, such as Social Security, bank account or credit card numbers, which the scammers can use to commit identity theft.

Typically, identity thieves use a victim's personal and financial data to empty the victim's financial accounts, run up charges on the victim's existing credit cards, apply for new loans, credit cards, services or benefits in the victim's name, file fraudulent tax returns or even commit crimes. Most of these fraudulent activities can be committed electronically from a remote location, including overseas. Committing these activities in cyberspace allows scammers to act quickly and cover their tracks before the victim becomes aware of the theft.

People whose identities have been stolen can spend months or years — and their hard-earned money — cleaning up the mess thieves have made of their reputations and credit records. In the meantime, victims may lose job opportunities, may be refused loans, education, housing or cars, or even get arrested for crimes they didn't commit.

The most recent scams brought to IRS attention are described below.

### Rebate Phone Call

At least one scheme using the word "rebate" as part of the lure has been identified. In that scam, consumers receive a phone call from someone identifying himself as an IRS employee. The caller tells the targeted victim that he is eligible for a sizable rebate for filing his taxes early. The caller then states that he needs the target's bank account information for the direct deposit of the rebate. If the target refuses, he is told that he cannot receive the rebate.

This phone call is a scam. No legislation has yet been enacted that would allow the IRS to provide advance payments to taxpayers or that determines the details of those payments.

### Refund e-Mail

The IRS has seen several variations of a refund-related bogus e-mail which falsely claims to come from the IRS, tells the recipient that he or she is eligible for a tax refund for a specific amount, and instructs the recipient to click on a link in the e-mail to access a refund claim form. The form asks the recipient to enter personal information that the scammers can then use to access the e-mail recipient's bank or credit card account.

In a new wrinkle, the current ver-

sion of the refund scam includes two paragraphs that appear to be directed toward tax-exempt organizations that distribute funds to other organizations or individuals. The e-mail contains the name and supposed signature of the Director of the IRS's Exempt Organizations business division.

This e-mail is a phony. The IRS does not send unsolicited e-mail about tax account matters to individual, business, tax-exempt or other taxpayers.

### Audit e-Mail

Another new scam brought to IRS attention contains features not seen before by the IRS. Using a technique calculated to get almost anyone's attention, the e-mail notifies the recipient that his or her tax return will be audited. This is the first scam of which the IRS is aware that uses this to get the victim to respond.

Unusual for a scam e-mail, it may contain a salutation in the body addressed to the specific recipient by name. Most scam e-mails seen by the IRS are sent using the same technique used by spammers, in which hundreds of thousands of messages are sent to potential victims based on Internet address. Because of the volume, the typical scam e-mail is not personalized.

This e-mail instructs the recipient to click on links to complete forms with personal and account information, which the scammers will use to commit identity theft.

This e-mail is a phony. The IRS does not send unsolicited, tax-account related e-mails to taxpayers.

### Changes to Tax Law e-Mail

This bogus e-mail is addressed to businesses, accountants and "Treasury" managers. It instructs them to download information on tax law changes by clicking on a series of links to publications on businesses, estate taxes, excise taxes, exempt organizations and IRAs and other retirement plans. The IRS believes that clicking on a link downloads malware onto the recipient's computer. Malware is malicious code that can take over the victim's computer hard drive, giving someone remote access to the computer, or it could look for passwords and other information and send them to the scamster.

The urls contained in the link are not legitimate IRS Web addresses. All IRS.gov Web page addresses begin with <http://www.irs.gov/>.

### Paper Check Phone Call

In a current telephone scam, a caller claims to be an IRS employee who is calling because the IRS sent a check to the individual being called. The caller states that because the check has not been cashed, the IRS wants to verify the individual's bank account number. The caller may

have a foreign accent.

In reality, the IRS leaves it entirely up to the individual to choose to cash or not cash a paper check. The IRS has no business need to know, and does not ask for, bank account or similar information, except when taxpayers indicate on their tax return that they are opting for the direct electronic deposit of their refund. What to Do

Anyone wishing to access the IRS Web site should initiate contact by typing the IRS.gov address into their Internet address window, rather than clicking on a link in an e-mail or opening an attachment.

Those who have received a questionable e-mail claiming to come from the IRS may forward it to a mailbox the IRS has established to receive such e-mails, [phishing@irs.gov](mailto:phishing@irs.gov), using instructions contained in an article on IRS.gov titled "How to Protect Yourself from Suspicious E-Mails or Phishing Schemes." Following the instructions will help the IRS track the suspicious e-mail to its origins and shut down the scam. Find the article by visiting [irs.gov](http://irs.gov) and entering the words "suspicious e-mails" into the search box in the upper right corner of the front page.

Those who have received a questionable telephone call that claims to come from the IRS may also use the [phishing@irs.gov](mailto:phishing@irs.gov) mailbox to notify the IRS of the scam.

The IRS has issued previous warnings on scams that use the IRS to lure victims into believing the scam is legitimate. More information on identity theft, phishing and telephone scams using the IRS name, logo or spoofed (copied) Web site is available on the IRS Web site at [irs.gov](http://irs.gov).

## Homefront in Focus

**By Beth Wiruth**

*Military Spouse Contributor*

Valentine's Day is fast upon us. For many military couples it will be spent without our service member, without the candle-light, roses and romance. For us, many holidays are spent apart but it seems that our anniversaries and Valentine's Day can have a unique sadness.

I have spoken with many spouses who have had some of the most insensitive and -ok, I'm going to say it - downright STUPID comments sent their way during these seasons (ok, I've had them shot my way, too):

- "Well, you married him; you knew what you were getting into."
- "Well you should be used to it by now...he's been gone so long. It should be easy!"
- "I don't understand why you aren't protesting the war so your husband can come home sooner."

Or, my personal favorite:

- "Military marriages are not as close as 'real' marriages."

I fell in love with a man, a person, an incredible man of character and integrity. A quiet man of principle. He is a man who puts in long, hard hours in conditions I could never handle. A man who puts his family, friends and me before his own needs and desires. He is a man who weeps as the flag passes by in the Memorial Day parade.

That man, my husband, happens to be a member of our nation's armed forces. His career, like that of anyone, is a part of who he is. Why did I

marry him? Because I am so in love with him? Yes! Because I believe in him? Yes. Because I am incomplete without him in my life? Yes, Yes, Yes!

I chose this life because it is such a privilege to stand behind this man who sacrifices not just for his wife and family but for his neighbor and nation - whether they know it or not. It is a privilege to support him, to be his number one cheerleader, to be his Morale Officer. It is a privilege.

His small part in this military may not 'win' the war. But his part contributes to mission success and I have the privilege of living to support him.

Why did I marry him? Because through him I have learned the rich reward of living a life of service and sacrifice. There are no medals for serving by his side...I don't care about any medals for me. I care about this man, his happiness, his well-being, and his future. This Valentine's Day, whether together or apart, I will celebrate the love this man has for me and renew my love and support for him. It is a privilege...

To send a Valentine's Message to your service member logon to Beth's internet show, Navy Homefront Talk! on Wednesday, February 13<sup>th</sup> at 6:00pm to record a message. Send the link to the show to your service member and he can listen to your message time and time again! Logon to [www.blogtalkradio.com/nht](http://www.blogtalkradio.com/nht) for more information.



**Chapel Call  
Command Chaplain:  
Lt. Rory Calhoun  
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.



**Naval Station Mayport**

Capt. Aaron Bowman.....Commanding Officer  
Cmdr. Mike Watson.....Executive Officer  
CMDCM Deborah Davidson.....Command Master Chief

### Naval Station Mayport Editorial Staff

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IC3 Paul Fenn.....Assistant Public Affairs Officer  
Paige Gmann.....Editor

The Mirror is distributed without charge throughout Mayport's Navy community, including the Naval Station, on- and off-base Navy housing areas, and ships, squadrons and staffs homeported at NS Mayport. Copies are also available at the Naval Station's Public Affairs Office, Building 1, and The Florida Times-Union, 1 Riverside Avenue, Jacksonville, FL 32202.

The deadline for all submissions is Thursday at 4 p.m., one week prior to publication. News and articles should be submitted to the Public Affairs Office, or mailed to:

### The Mirror

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# Calendar

## On Base

**Tuesday, Feb. 19**

The USS John L. Hall family readiness group invites all Sailors' families and friends to our monthly family readiness group meeting at the USO on Mayport Road from 6:30-8 p.m. Childcare will be available at a cost of \$1 per child. Monthly meetings are scheduled for the third Tuesday of every month. Please come join us for an enjoyable time with friends. If you have any questions, please contact the FRG at ffg32frg@hotmail.com.

**Thursday, Feb. 21**

USS Philippine Sea FRG will meet and hold a potluck on the third Thursday of the month at 6:30 p.m. at the Mayport USO.

**Friday, Feb. 22**

USS McInerney family readiness group will hold a potluck dinner at the USO on Mayport Road at 6:15 p.m. Please bring in your favorite dish. Childcare will be provided.

**Tuesday, March 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](http://www.orgsites.com/fl/nosamayport).

**Thursday, March 20**

USS Philippine Sea FRG will meet and hold a potluck on the third Thursday of the month at 6:30 p.m. at the Mayport USO.

## Out in Town

**Saturday, Feb. 16**

Join a park ranger for bike ride along the nature trail to identify the native and migratory birds of the barrier islands at 5:30 p.m. at Little Talbot Island State Park. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission. For additional information, call the Talbot Islands Ranger Station at (904) 251-2320. For more information on Florida State Parks, visit [www.FloridaStateParks.org](http://www.FloridaStateParks.org).

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The Jacksonville Genealogical Society will hold their Spring Seminar from 9 a.m.-4 p.m., at Westside Christian Church, 10123 Normandy Blvd. Cost is \$30 for JGS members and \$35 for non-members. Price includes lunch, with registration prior to Feb. 9. Registration at the church will begin at 8:30 a.m. Guest lecturer and genealogy researcher is Ann Osisek. Her topics will be "Calico & Cornbread", Finding Your Female Ancestor; "Dead Men(And Women) Do Talk", Effective Cemetery Research; "Where Have All the Cousins Gone?", Connecting on the Internet; and "24/7", Making Time For Research. For additional information please contact Mary Chauncey at 781-9300.

The Fleet Reserve Association Branch 290 is hosting a "Prime Rib Dinner" from 5-8 p.m., at the Branch Home, 390 Mayport Road. 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 CAKEWALK will entertain until 1 a.m.

**Sunday, Feb. 17**

Join a park ranger to learn about the species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida at 1 p.m. The program will take place at the Ribault Club on Fort George Island. No reservations are necessary and the program is free. For additional information, call the Talbot Islands Ranger Station at (904) 251-2320. For more information on Florida State Parks, visit [www.FloridaStateParks.org](http://www.FloridaStateParks.org).

**Wednesday, Feb. 20**

Rabbi Simcha Weinstein, Brooklyn NY, an increasingly popular international lecturer and renown author, will present a lecture to the Jewish community at 7 p.m., at Chabad @

The Beaches. The lecture is titled "Up Up and Oy Vey, How Jewish History, Culture and Values Shaped the Comic Book Superhero."

Did you know that the Fantastic Four's Benjamin Jacob Grimm, a.k.a. The Thing, is Jewish? This is just one of many comic book secrets that Simcha Weinstein reveals in his lecture, Up, Up, and Oy Vey!

**Saturday Feb. 23**

Join a park ranger for an intriguing presentation and gain insight into the spider's world at 11 a.m. This program will take place at the Ribault Club on Fort George Island. No reservations are necessary and the program is free. For additional information, call the Talbot Islands Ranger Station at (904) 251-2320. For more information on Florida State Parks, visit [www.FloridaStateParks.org](http://www.FloridaStateParks.org).

**Friday, Feb. 29**

Community Hospice of Northeast Florida will hold a seminar "How to Care for Veterans at the End of Life"

As greater numbers of veterans are dying in Northeast Florida, Community Hospice recognizes that these heroes often require specialized care to address the impact their combat experience may have on their end-of-life experience. To help healthcare providers understand their needs and offer appropriate interventions, the organization will present a seminar dedicated to serving those heroes who have served us and sacrificed so much. Both sessions, 8:30 a.m. - noon; 1:30 - 5 p.m., will be held at Charles M. Neviasser Educational Institute at Community Hospice of Northeast Florida, 4266 Sunbeam Road, Building 100. The sessions will include two programs: "Wounded

Warrior: Their Last Battle" and "Successful Suffering: What Veterans Can Teach Us." Continuing education credit will be available for nursing staff and licensed mental health professionals. This event is open to area healthcare professionals. To RSVP, call 407-7184 or email [events@communityhospice.com](mailto:events@communityhospice.com). Please indicate which session you will attend.

The U.S. Coast Guard Auxiliary 14-04 as a public service is offering a Safe Boating Course program at the Captains Club, 13363 Beach Blvd. The program meets the Florida State requirement for a Boaters Safety Card that could result in a decrease in your insurance rate. Other dates include March 8, April 12, May 17, June 7, July 26, Sept. 13, Oct. 11 and Nov. 15. Contact Mike at 904-502-9154 for more information.

Tionna Davis and William Russell Hatchett, IV are proud to present the 2008 Treasures of the Heart Gala with Special Appeal Sponsor Jacksonville Fraternal Order of Police Foundation and a special appearance by State Representative Aaron P. Bean at 6:30 p.m. in the Masters Ballroom of the Sawgrass Marriott.

Experience a fabulous night of cocktails, dinner, live entertainment with roaming pirates, dancing and extraordinary silent and live auction booty. Dress is black tie with eye-patch optional. Corporate tables are \$5,000, Physician sponsors and Grand Patron sponsors start at \$3,500 and Individual Patron tickets are \$350. Call your local American Heart Association office at 739-0197 for further information.

**Saturday, March 1**

The Jacksonville Zoo and Gardens announced the next class in its series of gardening

classes, "Herbs for Gardening and Fun" from 9:30-11 a.m. at the Zoo's PepsiCo Education Foundation Campus. Guest speaker Linda Cunningham, member of multiple herb organizations, master gardener, and owner of Cunningham's Floral Designs, will be speaking on why herbs are a great addition to the garden and how to utilize them in every day life. The cost is \$15 per person for Zoo members and \$20 per person for non-Zoo members. Pre-registration is required, and seating is limited. For more information or to pre-register, visit the Zoo's Web site at [www.jacksonvillezoo.org](http://www.jacksonvillezoo.org).

**Friday, March 7**

One of the nation's most innovative vintage auto events, The Amelia Island Concours d'Elegance features more than 250 rare classics from seldom-seen private collections nationwide from March 7-9. The prestigious event will be held for the 13th consecutive year on Amelia Island, located in the northeastern tip of Florida. The island was recently named among the Top 10 North American islands by Conde Nast Traveler's Reader's Choice Awards The 2008 Concours d'Elegance will offer attendees an array of opportunities to enjoy classic cars, such as Henry Ford's Model T. The event will honor Parnelli Jones, whose incredible racing career has placed him in more than 20 automotive halls of fame. General Motors will be celebrating 100 years of automotive history with guests, in what is certain to be a birthday party to remember. The featured marque in 2008 is the iconic Thomas Flyer, which won the historic New York-to-Paris "Great Race" 100 years ago. A

seminar will be dedicated specifically to this grueling race on March 7. The event is located at the Ritz-Carlton, Amelia Island and The Golf Club of Amelia Island at Summer Beach, adjacent to the hotel, 5456 First Coast Highway, Amelia Island, Fla., 32034. For additional information, visit [www.ameliaincours.org](http://www.ameliaincours.org).

**Tuesday, March 11**

The Duval County Extension Service, 1010 N McDuff Ave., will hold a "make and take" rain barrel workshop from 10 a.m.-noon. Pre-payment of \$45 by March 6 is required. Make check payable to DCOHAC. Each participant will make their own rain barrel and be given instructions on how to hook it up and the best ways to use the rain water. For more information, call Becky at 387-8850. Class is limited.

**Saturday, March 15**

The city of Atlantic Beach and the Cultural Arts and Recreation Advisory Committee of Atlantic Beach will hold its third annual "Tour de Parks" family bike ride event with the first tour leaving at 9 a.m. at Russell Park. Tours will continue every 30 minutes until the last tour at noon. Participants enjoy an approximate seven mile bike ride that visits almost all of the public parks in Atlantic Beach. Anyone wishing to participate can start at any participating park in Atlantic Beach. Tour guides will be there to assist with the route and traffic officers will help with street crossing. Participants are urged to follow Florida law, which mandates helmets for anyone riding a bike under the age of 18.



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 8:30 A.M. START/FINISH  
 ON SAN PABLO ROAD

FOR COMPLETE INFORMATION ON TRANSPORTATION TO THE START/FINISH, TRAFFIC, WEEKEND ACTIVITIES, CURB CREWS AND MUCH MORE VISIT [BREASTCANCERMARATHON.COM](http://BREASTCANCERMARATHON.COM) OR CALL (904) 355-PINK (7465).

# Mayport Ships Enjoy Fat Tuesday Celebrations

## SBR Lets Good Times Roll In 'The Big Easy'

By Ensign Molly Harris  
USS Samuel B. Roberts PAO

After an eight-hour Sea and Anchor detail up the waters of the Mississippi River, USS Samuel B. Roberts moored at the mouth of Canal Street, a landscaped view of the New Orleans skyline visible from the foc'sle for the city's annual Mardi Gras celebration.

The sounds of Bourbon Street and the festivities of Mardi Gras could be heard wafting up from the French Quarter, as an eight-piece Navy Band belted out the traditional New Orleans theme song, "When the Saints Go Marching In."

The "Sammy B" and its crew enjoyed a five-day liberty port visit full of parades, sightseeing, and, as they say in New Orleans, laissez les bons temps rouler, letting the good times roll!

Members of the Wardroom were guests of Commander, Marine Forces Reserve, Lt. Gen. Bergman, and Commander, Navy Reserve Forces Command, Rear Adm. McDonald at the Parc St. Charles Hotel balcony to enjoy the parades and bask in the hopes of catching a few beads from masked members of New Orleans most elite social and philanthropic groups who put on the famed parades.

For many Sailors, the trip to New Orleans afforded them the opportunity to return to their hometowns in the New Orleans area, as well as the many Sailor's extended families who traveled from as far away as Houston, for the chance to visit the ship, many for the first time.

Sammy B's native New Orleanians taught their fellow shipmates the proper techniques to eating crawfish, as well as where the best po' boys, gumbo and of course, the famed Beignets, New Orleans' signature French donuts, could be enjoyed.

On Tuesday Feb. 5, also known as "Fat Tuesday" which is the last day of merriment and celebration before the official beginning of Lent, Fire Controlman 1st Class (SW) Anthony Teal chose the scenic French Quarter in front of the St Joan of Arc statue to reenlist. His reenlistment was witnessed by many tourists and bystanders, making it even more of a special occasion.

Overall, the visit to New Orleans afforded the Sailors of "Sammy B" another opportunity to see parts of the country and experience local culture, tradition, and celebrations that they otherwise may not have if not for the Navy. The "Sammy B," dressed in Mardi Gras-colored up-and-overs, was a fitting background on the Mississippi River to the revelry in New Orleans and the many people who traveled from near and far to partake in the holiday.



The skyline of New Orleans is visible to the crew as USS Samuel B. Roberts pulls into port and moors at the mouth of Canal Street during Mardi Gras week.



Photo by Sam Shore  
The Perry-class guided-missile frigate USS Samuel B. Roberts (FFG 58) is assisted by two tug boats as the ship docks at the Governor Nichols Wharf. Roberts is in New Orleans for a five-day port call.



Photo by Sam Shore  
Musician 3rd Class Jay Gillespie, assigned to the Navy Band New Orleans, plays his saxophone as the Perry-class guided-missile frigate USS Samuel B. Roberts (FFG 58) docks at the Governor Nichols Wharf. Roberts is in New Orleans for a five-day port call.

## Gettysburg Visits Mobile For Mardi Gras Party

By Lt.j.g. Andrew Bonderud  
USS Gettysburg PAO

USS Gettysburg (CG 64) pulled into the port of Mobile, Ala., on Feb. 1 for a port visit to celebrate Mardi Gras.

While in port, Gettysburg officers and crew participated in a variety of festivities, including two parades, a breakfast aboard the ship for the Mobile Carnival Association, a community relations project at USS Alabama and USS Drum memorials, and numerous other receptions and balls.

Mardi Gras in Mobile began in 1703 as a French Catholic activity and is the oldest traditional Carnival celebration in the United States. Traditionally, Mardi Gras is celebrated the weekend before Lent and continues until midnight on "Fat Tuesday."

Over the years the festivities evolved from a religious celebration into more of a secular, mainstream party that lasts for weeks. The celebrations are marked by parades, costumes, and elegant outfits.

After mooring pierside, Gettysburg Sailors were greeted in a Welcoming Ceremony, attended by the Mayor of Mobile, the Mobile Carnival Association, the Mobile Navy League, the Crewmembers of the USS Alabama battleship, the local Davidson High School marching band and JROTC unit,

and other local officials. Most festive of all at the Welcoming Ceremony were the Azalea Trail Maids and their southern belle attire. Captain Rich Brown, Gettysburg's Commanding Officer, gave remarks at the ceremony, thanking the city for its hospitality and speaking of the crew's excitement for the week's celebrations. That same evening, the Mobile Council of the Navy League held a reception at the Mobile Area Chamber of commerce building for Gettysburg's officers and Command Master Chief.

Lt.j.g. Wade Franklin, Gettysburg's Mobile Mardi Gras coordinator, spent weeks planning and coordinating activities to ensure that Gettysburg's Sailors made the most of their time in Mobile.

"The Gettysburg crew was thrilled to have this unique opportunity to visit Mobile," he said. "It was a great reward for having completed a six-month, Arabian Gulf deployment just over a month ago. We're thankful to the city of Mobile for having been so receptive and hospitable to our Sailors."

On Saturday, Gettysburg Sailors participated in the 5th Annual Floral Parade. Twenty-five Sailors marched in their service dress uniforms, four Sailors comprised a color guard, and Captain Brown rode in a convertible, along with his wife, Erin Brown, as the Grand



Photos courtesy of USS Gettysburg  
USS Gettysburg Commanding Officer, Capt. Rich Brown, presents a plaque to Sam Jones, the mayor of Mobile, Ala., after receiving a plaque from the mayor. The ship was in port as part of Mobile's Mardi Gras celebration.

Marshal of the parade. Later in the evening, Gettysburg officers participated in the "Coronation of the Mardi Gras Queen" and the "King's Dinner" in downtown Mobile. During Monday's "The King's Parade," two Gettysburg crewmembers, including their Sailor of the Year, Fire Controlman 1st Class (SW) Russel Keith, rode on the Mobile City Council's parade float.

Gettysburg Sailors also gave back to the city of Mobile by volunteering at the USS Alabama and USS Drum memo-

rials on Monday and Tuesday. Alabama was a World War II battleship and the Drum was a World War II submarine.

Both were turned into museums on Mobile Bay. Sailors volunteered their time, painting and preserving the two vessels. Soon the Drum will be used to film a movie and a TV documentary so the crewmembers who volunteered were even more proud of their contribution.

Throughout the week of their visit, Gettysburg crewmembers were frequently reported in the



USS Gettysburg Sailors stand by USS Drum, a World War II submarine turned into a memorial, during a community relations project by painting and preserving the sub.

news by television and radio stations. Mobile's local NBC news affiliate was on board Gettysburg during the inbound transit of Mobile Bay on Friday.

NBC Reporter Emily Turner toured the ship and recorded video footage of bridge watchstanders, topside linehandlers, and the main engine room monitors.

Additionally, she interviewed Lt. Jimmy Nelson, Gettysburg's Auxiliaries officer and a native of Mobile, about his homecoming.

Later in the week, the same television station featured three

Gettysburg Sailors live on their morning program, "Good Morning Mobile." Finally, on Fat Tuesday, Mobile's local CBS affiliate, Channel 5 News, interviewed Captain Brown live during lunch, where he spoke about the ship and her great crew.

Gettysburg departed Mobile on Wednesday morning, proud to have participated in the renowned celebrations of Mardi Gras, and with particular satisfaction for having served the community of Mobile and those who served on USS Alabama and USS Drum in World War II,

## USS McInerney, HSL-44 Completes WOWU

USS McInerney and HSL-44 Detachment Eight complete a successful round of Week One Work-ups. Far right, Magnum 455 performing a Helicopter Inflight Refueling (HIFR) and far right, the helicopter performs a Vertical Replenishment (VERTREP).



-Photo courtesy of USS McInerney

## SOUTHCOM Chiefs Meet To Talk 2008 Issues

By MC3 Alan Gragg

U.S. Naval Forces Southern Command  
Public Affairs

Navy section chiefs of the U.S. Southern Command (SOUTHCOM) area of focus gathered in Mayport Jan. 28-31 for the 2008 Navy Section Chiefs' Conference.

Navy section chiefs are U.S. Navy representatives working with the Military Group at U.S. Embassies worldwide to coordinate a variety of maritime programs within their host country.

The conference allows Navy section chiefs, supporting com-

mand and agencies in the area of focus the opportunity to meet and align their activities in support of the U.S. Navy and SOUTHCOM mission, goals and objectives for 2008.

SOUTHCOM's naval component command U.S. Naval Forces Southern Command (NAVSO) hosted the event this year.

On the first day of the conference, the Navy section chiefs met for a "round-table" discussion with NAVSO Commander, Rear Adm. James W. Stevenson Jr.

Participants expressed to Stevenson their concerns and upcoming issues in their respective host countries. Discussions ranged from planning future training evolutions, community relations projects, and other ways to build better relationships with the host countries as Stevenson listened and responded to each representative's main issue for 2008.

"The meeting provides us great synergy with NAVSO and everyone else in attendance," said Capt. Mark F. Morris, chief of the naval mission in

Colombia. "We have common issues, and can work together to solve them."

Morris also said one solution they came up with was for training to be combined for countries with similar needs so the military can work together and save money, while still accomplishing their objectives.

After hearing from each representative, Stevenson addressed the group about the importance of their meeting.

"I think these conferences have been very beneficial in the past," said Stevenson.

"What we're trying to focus on throughout the region is presence, humanitarian assistance, building relations and training."

The conference also discussed the new U.S. Maritime Strategy and how to use it to accomplish objectives in their respective host countries.

"For us downrange in Latin America, (the new Maritime Strategy) helps immensely," said Cmdr. Dom Dixon, Navy section chief, Peru. "Whether the situation deals with the Navy, Coast Guard or Marine Corps, it puts us all on the same

sheet of music as far as maritime activity goes."

The remainder of the conference consisted of various briefs on topics such as Force Protection issues, SOUTHCOM strategy and policy, the importance of the foreign affairs officer program, and laying groundwork for future events like Partnership of the Americas 2008.

The conference concluded with a summary of discussions, and planning for the 2009 Navy Section Chiefs' Conference.

## Foreign Area Officer Program Revitalized In Latin America

By MC1(SW)  
Holly Boynton

U.S. Naval Forces Southern Command  
Public Affairs

U.S. Navy, Army, Air Force and Marine Corps members stationed throughout Latin America learned about the reincarnation of the Navy's Foreign Area Officer (FAO) Program Jan. 28 during the Navy Section Chiefs conference hosted by U.S. Naval Forces Southern Command (NAVSO) at Naval Station Mayport.

The FAO program is in its second rendition. The program was originally conceived in the 1990s and was extremely small and considered a risky career move for many officers. The current version of the program was designed in 2005 and implemented in September 2006. A significant difference

between the old program and the new is the establishment of the FAO community, complete with its own career path and promotion opportunities. FAOs are trained to be region experts to include language skills and cultural insight.

"We are the enablers of the portion of the Maritime Strategy that says 'can't surge trust,'" said Cmdr. Bill Reynolds, FAO community manager. "We are the long-term relationship builders. We focus on an area, build relationships and return to that area to continue fostering those relationships."

For NAVSO, a main mission goal is building relationships with Latin American partner nations. NAVSO FAO, Lt. Cmdr. Pat Paterson's area of expertise includes the countries along the Andean ridge and the

Southern Cone.

"Navy Foreign Area Officers are part operator and part political advisor," said Paterson. "The majority of future Navy FAO assignments will be as attaches or military group officers who work in U.S. Embassies in overseas assignments and collaborate closely with partner nation navies."

Reynolds said FAOs offer area commanders important skills.

"(FAOs have) the cultural understanding and history of the countries we want to partner with and can use that understanding to shape our interactions and our message to achieve the commander's goals," added Reynolds.

NAVSO's area of focus includes the waters surrounding South America, Central

America and the Caribbean. NAVSO's primary mission is Theater Security Cooperation, or developing relationships with partner nations in the region to improve interoperability among our Navies. Interoperability directly affects the level of security maritime forces provide within an area.

"Our ability to communicate and build relationships with our partner nations is vital to ensuring theater security," said NAVSO Director of Exercises and Theater Security Cooperation, Capt. Steven Blaisdell. "As the FAO community grows, we look forward to integrating additional officers into the staff who possess this important skill set."

## Colombians Meet with U.S.

By MC1(SW)  
Holly Boynton

U.S. Naval Forces Southern Command

Representatives from the Colombian Armada, which includes coast guard and marine corps, met with their U.S. Navy, Army, and Marine Corps counterparts during the Colombian Operational Naval Committee (ONC) conference at Naval Station Mayport Feb. 4-5.

ONC's are hosted on a rotating basis between U.S. Naval Forces Southern Command (NAVSO) in Mayport, FL and the partner navy, meeting annually to plan for interactions between the U.S. Navy and partner nations in Latin America. The attendees discuss and plan for

upcoming activities in 2008, to include exercises, Foreign Military Sales and theater security cooperation issues.

At the conclusion of each ONC, the senior delegate from each country signs a Memorandum of Understanding (MOU). This is a summation of the various items discussed. The 2008 Colombia ONC MOU was signed by Colombian Coast Guard Commander Capt. Hugo M. Ortiz and Capt. Steve Blaisdell, NAVSO Director of Exercises and Theater Security Cooperation.

"This is another venue to focus on mutual cooperation and security and to further build upon personal friendships that bond our Navies together," said Blaisdell.

## HSL-48 Det. 1 Continues Ops In Persian Gulf

From HSL-48 Detachment One

Following a Thanksgiving port visit in Naples, Italy, the Venom Shockers of Helicopter Anti-Submarine Squadron Light Four Eight (HSL-48) made their way through the Suez Canal and into their area of responsibility in order to support Operations Enduring Freedom, and Iraqi Freedom.

Accompanying the USS Harry S. Truman Carrier Strike Group (HSTCSG) in USS Hue City (CG-66), the Detachment One Venom Shockers performed superbly and were extremely productive during the month of December.

Detachment One contributed to the missions of Hue City and the rest of the HSTCSG, providing more than 180 hours of surface search control, logistical support, and low slow flyer intercepts.

Seventy percent of the detachment's total flight time occurred at night, and the pilots logged 194 deck landings. In the month of November, the Venom Shocker's transported nine passengers and delivered 400 pounds of cargo vital to the strike group's missions.

In addition, Detachment One located a Pakistani Dhow in distress and assisted surface assets in rescuing five Pakistanis whose vessel was sinking.

The outstanding maintenance team of Detachment One, led by Lt. Nick "D-lux" Durgin and Senior Chief Aviation Machinist's Mate Jeffery Smethers, kept the detachment's

two Core B SH-60B helicopters operational throughout a demanding schedule.

Despite working in a cramped and challenging environment while supporting a full flight schedule, the maintenance team of Detachment One performed a Phase-D inspection on Venom 514. Specifically, the efforts of Aviation Ordnanceman 1st Class David Neidholdt did not go unnoticed, as he was awarded Viper Junior Sailor of the Year, and was subsequently capped to Petty Officer 1st Class.

Shortly after completing the D-phase maintenance, the Venom Shockers pulled into Manama, Bahrain on Christmas Eve, where they were greeted at the pier with Christmas packages and cards from home.

The Sailors of Detachment One enjoyed being in port for Christmas where they could relax, enjoy the local culture, and telephone family and friends. In addition, routine maintenance was completed while in port on the Detachment's two helicopters. Just before New Years Eve the sailors of Hue City and Detachment One departed Manama, Bahrain well rested and ready to return to their duties.

Detachment One celebrated New Year's Eve with the first flight for HSL-48 into the new 2008 year. The night before, Aviation Warfare Systems Operator 2nd Class Brendon Light, the detachment's junior



HSL-48 Detachment One is currently on deployment with USS Hue City in the Persian Gulf.

-Photo courtesy of HSL-48

crewman, took the oath of enlistment while airborne in the North Arabian Gulf from Lt. James "Stitch" Stachura who administered the oath to Light while Detachment One's officer in charge (OIC) Lt. Cmdr. Chris "Hewy" Hewlett was at the controls. Petty Officer Light re-committed himself to the Navy for another six years and will receive a \$38,000 selective re-enlistment bonus.

A few days into the New Year, three Venom Shockers earned the designation as

Enlisted Aviation Warfare Specialists (EAWS). Aviation Structural Mechanic 2nd Class Bryan Dockery, AE3 Douglas Harlson and Light received their EAWS wings from the Commanding Officer of HSL-48, Cmdr. John Gumbleton, and HSL-48's Maintenance Master Chief (MMCPO) AVCM Wayne Chislett. Gumbleton and Chislett were in theatre visiting the Venom Shockers and the rest of the deployed HSL-48 detachments.

Accompanying the CO and

MMCPO were three replacement crew members for Detachment One. Lt. Cmdr. Torsten "Torch" Schmidt, Lt. Kevin "Disease" Friel, and Aviation Warfare Systems Operator 3rd Class John Fekete joined Detachment One to relieve Hewlett, Lt. Jason "Clown" Dickerson, and AW2 Dominic Garcia. Schmidt, former maintenance officer of HSL-40, relieved Hewlett as Detachment One officer in charge. Hewlett will return to Mayport to finish out his

department head tour as HSL-48's maintenance officer. Friel relieved Dickerson who has orders to Naval Strike and Air Warfare Center in Fallon, Nevada. Fekete, fresh from the training pipeline, relieved Garcia who is reporting to the University of North Florida under the Seaman to Admiral Program.

The three new Venom Shockers will no doubt carry on the proud tradition of Detachment One, who continue to fly, fight, and win at sea.

## MWR Happenings

Feb. 14: Love Bug Special at Fast Lanes. Cost is \$12.50 per person for 3 games of bowling with shoes and choice of cheeseburger, chicken tenders, grilled chicken salad or chef salad and soda. Fries included with cheeseburger and chicken tenders only. 270-5377

Feb. 14: Valentine's Day Bingo. 6:15 p.m. at Beachside Community Center with double payouts on all hard cards and a dessert table. 270-7204

Feb. 18: Deadline for Night Light Golf Tournament. Tournament is Feb. 22 with a 2 p.m. shotgun start at Windy Harbor Golf Club. Format is two-person teams, 18 hold scramble. Cost is \$100 per team and includes night light golf package, cart, green fee, food, beverages and prizes. 270-5380

Feb. 19: Red Pin Bowling. 10:30 a.m.-1 p.m. at Fast Lanes Bowling Center. Bowl a strike with a red head pin and receive

a coupon for a free game of bowling (coupon must be used at a later date). 270-5377

Feb. 21: 8-Ball Pool Organizational Meeting. 11:30 a.m. at Fast Lanes Bowling Center. Captain's Cup league. 270-5451/52

Feb. 22: Night Light Golf Tournament. 2 p.m. shotgun start at Windy Harbor Golf Club. Format is two-person teams, 18 hold scramble. Cost is \$100 per team and includes

night light golf package, cart, green fee, food, beverages and prizes. Deadline to register is Feb. 18. 270-5380

Feb. 22: Live Band, Neurotic Butterfly. 9 p.m.-1 a.m. at Castaway's Lounge. All hands welcome. 270-7205

Feb. 23: Fun Bowl Tournament. This is not your ordinary bowling tournament. Each frame will be bowled in a different, fun and crazy way. Winner will receive a \$20 gift

certificate to the Fast Lanes Pro-Shop. All ages and skill levels welcome. 270-5377

Feb. 23: Live Band, Neurotic Butterfly. 9 p.m.-1 a.m. at Castaway's Lounge. All hands welcome. 270-7205

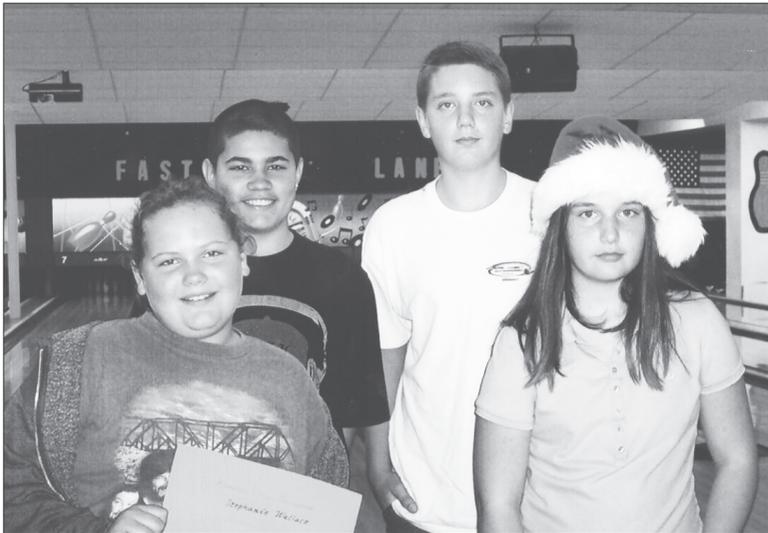
Feb. 25: Men's Softball Begins. Men's intramural softball season runs through May 19. Captain's Cup league. 270-5451/52

Specials  
The MWR Auto Skills Center

is offering 10 percent of a vehicle alignment service during February. Call 270-5392 to make an appointment.

Visit Outdoor Adventures where the February rental special is a v-hull boat with motor and trailer for the weekend (pick up Friday and return Monday) for only \$60. Cost is \$75 for Presidents' Day weekend (pick up Friday, Feb. 15 and return Tuesday, Feb. 19). Call 270-5221 for additional information.

## MWR Sports/Fitness



-Photo courtesy of MWR

From left, Stephanie Wallace, Daniel Brandt, Christopher Carroll and Kaitlynn Carroll were part of the winning team at the December Classic Tournament.

## MWR Bowls Strike With Youth Bowl League

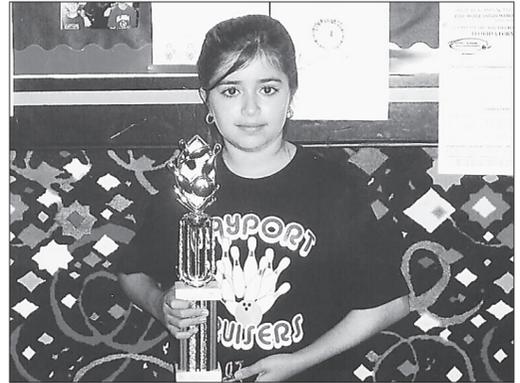
From MWR

Youth bowlers in the USBC Chapter at Fast Lanes Bowling Center onboard Naval Station Mayport have continued their winning ways in recent tournaments.

Marisol Dodson took first place in the 11-and-Under Division at the recent Fall Fest Tournament. At the December Classic Tournament, the team of Stephanie Wallace, Daniel Brandt, and Christopher and Kaitlynn Carroll finished in fourth place.

The Fast Lanes USBC Chapter has a long history of individual and team victories, and a number of the youth bowlers have accumulated college scholarship money through their participation and placing in various tournaments.

The chapter bowl every Saturday morning with a coaches' clinic at 9 a.m. followed by



-Photo courtesy of MWR

Marisol Dodson took first place in the 11-and-Under Division at the recent Fall Fest Tournament.

league bowling at 10 a.m.

League Director Bess Lachowicz says that she currently has a few openings for children, teens and young adults

ages 3-21. Please contact Fast Lanes Bowling Center at 270-5377 for more information.

## New Fitness Schedule Out

MWR has updated its class fitness schedule for Surfside Fitness and the Gym.

The new Surfside Fitness schedule is:

**Monday**  
7:30 a.m., Cardio, Combat and CORE with Ruthie

9:30 a.m., Resistance with LaPlace

11:30 a.m. Yogalates with Mia

11:30 a.m. Fitness Equipment Training with Ruthie (sign up)

1 p.m., Moms in Motion with Mia

4 p.m., Advanced Pilates with Apparatus with Emily

5:30 p.m., Step & Kick with Glinda

**Tuesday**  
9:30 a.m., LoImpact with Emily

11:30 a.m., Step & Kick with Glinda

11:30 a.m., Fitness Equipment Training with Mia (sign up)

1 p.m., Conditioning for Golf with LaPlace

2 p.m., Fitness Equipment Training with Glinda (sign up)

5 p.m., BOSU with Mia

6 p.m., Advanced Yoga with Mia

**Wednesday**  
7 a.m., Step & Kick with Glinda

9:30 a.m., Pump & Grind with Emily

11:30 a.m., Kickboxing with LaPlace

1 p.m., Moms in Motion with Glinda

6 p.m. Circuit Sensations with Ruthie

**Thursday**  
9:30 a.m., Power Walking with Ruthie

11:30 a.m., Zumba with Emily/Glinda

4:30 p.m., Fitness Equipment Training with Mia (sign up)

5:30 p.m., Kickboxing with LaPlace

**Friday**  
7 a.m., Beach Bootcamp (meets behind Surfside)

9:30 a.m., Intro to Yoga

9:30 a.m., Fitness Equipment Training (sign up)

**Saturday**  
10:30 a.m., Kids Clinic (ages 10-14), Family Friendly

11:30 a.m., Extreme Circuit Training for Kids, Family Friendly

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.

The new Gym schedule is:

**Monday**  
5:30 a.m., Fitness Equipment Training with LaPlace (sign up)

7 a.m., Conditioning for Running with LaPlace

11:30 a.m., Indoor Cycling with Glinda

1 p.m., Strength Solutions & Flexibility Fix-Ups for Injuries with LaPlace

3 p.m., Weight Training for Warfighters with Ruthie (meets

in weight room)

**Tuesday**  
6:30 a.m., Weight Training for Warfighters with LaPlace (meets in weight room)

11:30 a.m., Lunch Crunch CORE Training with Ruthie (Racquetball Court 3)

1 p.m., Strength Solutions & Flexibility Fix-Ups for Injuries with LaPlace

3 p.m., Command Circuit Sensations with Ruthie

**Thursday**  
7 a.m., Command Jump and Jab with Ruthie

11:30 a.m., Fitness Equipment Training with Mia (sign up)

11:30 a.m., Indoor Cycling with LaPlace

2 p.m., Victory PRT with Mia

**Friday**  
7 a.m. Indoor Interval Cycling with LaPlace

1:30 a.m., Strength Training Basics for Women with LaPlace

1 p.m., Confined Spaces (on waterfront by appointment)

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.

## 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 11 a.m.-11 p.m. Monday-Friday and 10 a.m.-11 p.m. Saturday and Sunday.

Feb. 14: Happy Valentine's Day. Get hit with the love bug at Planet Mayport today. Free Hugs and Kisses candy today at Planet Mayport, while supplies last.

Feb. 16: International Truck and Car Show. Located at the Prime F. Osborn III Convention Center, the Jacksonville International Car & Truck Show is the premier showcase of the newest model year import and domestic vehicles - cars, vans, crossovers, hybrids, light trucks and sport utilities. Trip will depart from Planet Mayport promptly at 10 a.m.

Feb. 18: President's Day. Pay

homage to our founding fathers today as we celebrate their accomplishments in history.

Feb. 19: Dinner and a Movie. Join the Liberty Program on a trip to Regal Cinemas to catch some of the newest box office hits. Pizza will be served at Planet Mayport prior to departing to the theater (departing around 5:45 p.m.). Cost of this trip is only \$2 and includes food, admission and transportation.

Feb. 20: Nine Ball Tournament. Join the Liberty Program in a free, single elimination tournament starting at 6:15 p.m. sharp at Planet Mayport. Prizes will be awarded to first and second places.

Feb. 23: Monster Jam Show at the Jacksonville Municipal Stadium. Catch infamous trucks such as the Gravedigger, Madusa, Gunslinger and Avenger battle it out at the stadium all for only \$8. Cost of the trip includes transportation and admission. Trip will depart from Planet Mayport promptly at 6

p.m. Sign up at Planet Mayport.

Feb. 25: The Ultimate Lunch Break. Try your luck in this lunchtime competition and win big. All contestants get free lunch at Planet Mayport. Contest starts at 12 p.m.

Feb. 26-29: Don't Forget the Lyrics Game Show. In this show, a single contestant is prompted to complete song lyrics for increasing amounts of prizes. After each correct answer, the contestant can continue playing, risking what has already been earned, or quit the game and take home all the money he or she has already earned. If the contestant continues playing and correctly completes nine song lyrics, he or she will be given a lyric from a No. 1 hit to complete. If the contestant completes the final lyric correctly, he or she wins the grand prize. Game show will start promptly at 6 p.m. at Planet Mayport.

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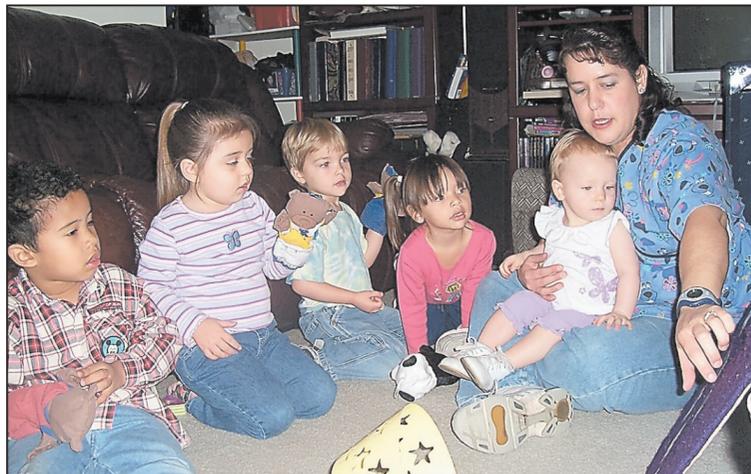
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## Navy Caregivers Get Credentials



-Photo by Stephanie Edwards

**Congratulations to Dinah Van Hoose on completing her Child Development Associate (CDA) credential for working with infants, toddlers and preschoolers. Pictured from left is Dakoda DeMers, 2, Lindsay Macymski, 3, and Tyler Surowiec, 3. Dinah, shown reading to the children, is a Navy Childcare Home Provider. For more information about Navy Childcare Homes, call 270-6961.**



-Photo by Stephanie Edwards

**Congratulations to Tammy White on achieving Navy accreditation as a Navy Childcare Home Provider. Steps to achieve accreditation include numerous training modules and multiple professional on-site observations. Shown here, Tammy and the children in her care use puppets and a storyboard as they read during story time. Pictured from left is Justin Straw, 3, Isabella Rentría, 3, Charles Seidel, 3, Faith Centeno, 3, Cassidy Thomulka, 15 months and provider, Tammy White. For more information on Navy Childcare Homes, call 270-6961.**

## Kids Corner

Club Teen, "Rap Battle," is 8-11 p.m. Feb. 23 at the Teen Center. Admission is \$2. This event is open to middle and high school ages only. 270-5680/5421

Freedom Friday, Movie Night, is 7-11 p.m. Feb. 29 at the YAC. The scheduled movie is "Bee Movie." Freedom Fridays are open to children in grades kindergarten through fifth. Cost is \$7 in advance or \$9 the day of. Early sign up is recommended; space is limited.

Open Recreation for teens is 2:30-6:30 p.m. Monday-Friday at the Teen Center, located next door to the YAC. Activities at the Teen Center include pool tables, air hockey, foosball, computers, video games, music, TV and movies, plus monthly special events. The Teen Center is open for middle and high school ages only and is free of charge.

Open Recreation for elementary school ages is 4-5:30 p.m. Monday, Wednesday and Friday at the YAC, located in on-base housing. Boys and Girls Club programs (Fine Arts, Fitness Authority and Power Hour) are offered in lieu of Open Rec on Tuesdays and Thursdays from 4-5:30 p.m. Open Rec is also held from 1-5 p.m. on Saturday for all ages at the YAC.

The YAC offers a nationally accredited Before and After School Program (also known as School Age Care) for children in grades kindergarten through fifth. The program is offered Monday-Friday during regular school weeks as well as early release days and non-school days. Seasonal camps are available during school breaks including winter, spring and summer. Fees are determined by total family income. Transportation is available to and from Finegan Elementary School and Mayport Elementary School.

Registration is being held until Feb. 15 for spring baseball (ages 4-18) and soccer (ages 9-12). Cost is \$60 for the first child and \$55 for each additional child of the same family. Registration is taken at the Youth Activities Center Monday-Friday between 10 a.m. and 5 p.m.

The Youth Fitness Factory is open Monday-Thursday 3:30-6:30 p.m. for ages 10-15. If under 10 years old, child must be at least four feet tall and accompanied by a parent. The Youth Fitness Factory features two treadmills and a 12-piece Strive Kidz Smart Strength training equipment line specially designed for kids and teens. This facility is located next door to the YAC. For Youth Fitness program information, call 270-7134.

Martial Arts classes are offered at the YAC on Monday and Wednesday from 6-8 p.m. for ages 6-17. Cost is \$40 per month for the first child, \$25 for the second child, same family, \$20 for the third child and \$15 for the fourth child. Sign up at the YAC. There is currently a waiting list for Tiny Tigers Karate (ages 3-5) at the YAC.



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\*One-year non-deployment tours available in all states. Some states also offer two-year non-deployment tours.



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## Health Beat

# TRICARE Health Benefits For Medicare-Eligible Patients

By Marsha Childs  
NHJ Marketing

Many TRICARE patients believe they lose their military health coverage when they become Medicare-eligible, usually at age 65, or with a qualifying disability regardless of age. Enrolling in Medicare Part B ensures that military beneficiaries will retain their TRICARE coverage as a supplement to Medicare.

In fact, when a military retiree or an eligible family member reaches age 65, his or her health care coverage changes from TRICARE Prime or Standard to Medicare and TRICARE for Life (TFL), if they qualify for Medicare Part A and purchase

Part B, the coverage that pays the physician's fees and other outpatient services. TFL acts as a Medicare supplement. In most cases, the patient has little or no out-of-pocket costs.

For those who live near a military treatment facility (MTF), beneficiaries may also be eligible for TRICARE Plus. This is a primary care access program rather than a health plan offered at Naval Hospital Jacksonville (NHJ). Enrolled patients receive all of their primary care at the MTF with specialty care provided on a space-available basis. If not available, patients may seek care from any authorized Medicare provider. Unlike the TRICARE Prime

options, TRICARE Plus is not an HMO-like program and there are no enrollment fees.

TRICARE Plus enrollment is based on the hospital's capacity and mission requirements. NHJ Commanding Officer Capt. Raquel Bono is making every effort to accommodate these requests and looks for ways to increase enrollment; however, operational readiness and troop support are the hospital's primary mandates.

Patients who are currently enrolled in TRICARE Prime at the MTF are not automatically eligible for the TRICARE Plus program. Patients may apply and will be considered based on current enrollment capaci-

ties. For those who wish to use a Medicare provider in the civilian community, they may visit the website for a list of authorized providers at [www.medicare.gov/physician/home.asp](http://www.medicare.gov/physician/home.asp).

Monthly TRICARE Plus workshops open to all military families. Health Benefits Advisors explain how Medicare and TRICARE work together to provide a full-coverage health plan. Workshops are held at the NHJ main conference room from 2-3 p.m. as follows: Feb. 28 and March 27. Reservations are not required. For upcoming workshops, visit or call the NHJ Health Benefits Center at (904) 542-9164 or visit the website at [navalhospitaljax.med.navy.mil](http://navalhospitaljax.med.navy.mil).

## State Rep Lauds Mayport Pharmacy

From Naval Hospital Jacksonville  
Public Affairs

Cmdr. Darin Rogers, Naval Branch Health Clinic (NBHC) Mayport Officer in Charge recently received a letter from Stan Jordan, Florida House of Representatives, thanking Al Cheiken, CTR, for his efforts in the NBHC pharmacy.

Rogers described Cheiken as "a tremendous ambassador for the clinic, the Naval Hospital Jacksonville command and Navy Medicine." Rogers noted that his office has received numerous BZs from area veterans on the quality service that Cheiken and the pharmacy team delivers. The letter read in its entirety:

"Dear Commander Rogers, Let me express my appreciation on behalf of the military community and the Committee on Military and Veterans Affairs for the efficiency and service rendered by your pharmacy.

Regardless of the complicated issues, your staff, especially Al Cheiken, always works to seek the best resolution possible. Their attitude of respect and courtesy is a tremendous asset.

I commend you and your staff and I trust you will share my commendation with them.

Sincerely,  
Stan Jordan  
Member

# Do You Know Your Cardiovascular Disease Risks?

From Health Promotion by the Ocean

The term "cardiovascular disease" is often used interchangeably with heart disease because both terms refer to diseases of the heart or arteries. By whatever name you call it—cardiovascular disease or heart disease—it's clear that diseases of the heart and blood vessels are serious problems. Cardiovascular disease is the No. 1 worldwide killer of men and women, including in the United States.

Cardiovascular disease is responsible for 40 percent of all

the deaths in the United States, more than all forms of cancer combined.

Cardiovascular disease is a broad term used to describe a range of diseases that affect your health or blood vessels. The various diseases that fall under the umbrella of cardiovascular disease include coronary artery disease, heart attack, heart failure, high blood pressure and stroke.

You may be surprised how many different diseases fall under the umbrella of cardio-

vascular disease. The thing to remember is most forms of cardiovascular disease are often related to preventable risk factors:

### Cigarette and Tobacco Smoke

Smoking is the most important risk factor for Coronary Heart Disease (CHD) that is changeable. Smoking increases blood pressure, decreases exercise tolerance, and increases the tendency for blood to clot. About 180,000 of the 400,000 smoking-related deaths are from CHD. Furthermore, approxi-

mately 35,000 non-smokers die from CHD due to second-hand smoke each year.

**High Cholesterol**—People who have high cholesterol are more likely to develop atherosclerosis (the hardening of the arteries due to plaque build-up in the artery walls). This hardening of the arteries can lead to CHD.

### High Blood Pressure

High blood pressure causes the heart to work harder, leading to a greater risk of CHD. If blood pressure is lowered to a normal measurement, chances

of a heart attack are lowered by 20-25 percent.

### Physical Inactivity

Jogging, cycling, swimming, fitness, walking, aerobic dancing, and other such activities will contribute to a healthy heart.

### Obesity

Obesity greatly increases the risk of high blood pressure and high cholesterol. These factors, in turn, increase your risk of developing heart disease.

### Diabetes

People with Diabetes are two

to four times more likely to develop CHD than other people. This is because they are more likely to develop risk factors that increase the risk of heart disease such as high blood pressure, high cholesterol, obesity, and lack of physical activity.

If you are interested in more information on cholesterol, nutrition, high blood pressure, and tobacco cessation, please contact Health Promotion by the Ocean at 270-5251.

# TRICARE Responds To Possible Risk To Beneficiary Data

From TRICARE

A limited amount of TRICARE beneficiary data has been placed at risk through unauthorized access to claims information. Proactive measures are being taken to ensure that affected TRICARE beneficiaries are informed. Analysis thus far has not produced indications of the beneficiary data being misused.

Patient data was found to be accessible in a manner that did not meet stringent security specifications for the Department of Defense or TRICARE's information technology services provider Electronic Data Systems (EDS). The data included personal information such as the full or partial Social Security number of the primary ben-

eficiary, and for a dependent, name, birth date and limited health information. The data was held on a Web application server that allowed external entities an unauthorized level of access without going through the required authentication process if the Web address was known. That situation has since been remedied.

EDS has sent out approximately 4,700 notification letters informing affected beneficiaries of the risk. The envelopes contain a cover letter from Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. They also contain an informational letter about the incident from EDS, including identity protection information.

EDS has established a specific "help line" to handle questions and concerns. The beneficiary notification letters contain a toll-free number—(800) 556-3195—that can be used in the U.S. and from overseas. Those located outside the United States must dial the country's AT&T USADirect access number first.

EDS is offering beneficiaries put at risk a free, one-year subscription to a credit monitoring and protection service. Through this service, beneficiaries will have access to specialists with a leading identity theft and mitigation firm. These specialists will be able to respond to concerns about any actual identity theft as well as provide more detailed information on credit,

fraud and identity theft matters. Additionally, those affected will receive up to \$20,000 identity theft protection coverage with no deductible as it relates to this matter.

Additional information about the incident can be found at the TRICARE Web site press room at [www.tricare.mil](http://www.tricare.mil).

Information on steps TRICARE beneficiaries can take to protect themselves from

identity theft is available at [www.tricare.mil/tmaprivacy/itpr.cfm](http://www.tricare.mil/tmaprivacy/itpr.cfm).

About TRICARE Management Activity and the Military Health System

TRICARE Management Activity, the Department of Defense (DoD) program that administers the health care plan for the Uniformed Services, retirees and their families, serves more than 9.1 million

eligible beneficiaries worldwide in the Military Health System (MHS). The mission of MHS is to enhance DoD and national security by providing health support for the full range of Military operations. MHS provides quality medical care through a network of providers, military treatment facilities, medical clinics, and dental clinics worldwide.

## 'Lap-Band' Surgery Get OK For Coverage From TRICARE

From TRICARE

TRICARE beneficiaries whose weight poses a serious health risk now have a new surgical alternative available. For those who medically qualify, TRICARE now covers laparoscopic adjustable gastric banding, also commonly called Lap-Band surgery. Although the TRICARE policy change has only recently been made, coverage is retroactive to February 1st, 2007.

"We at TRICARE are careful to only cover procedures that have been proven safe and effective, and are accepted by the medical community," said Maj. Gen. Elder Granger, dep-

uty director of the TRICARE Management Activity. "We've added this procedure because, for some beneficiaries, it may be the right course of action to preserve their health."

Granger adds that, like gastric bypass, gastric stapling or gastropasty, Lap-Band surgery is only for those suffering morbid obesity. In medical terms, that means their body weight is 100 pounds over ideal weight for their height and bone structure, and their weight is associated with severe medical conditions known to have higher mortality rates. Body weight that is more than twice the ideal weight for the person's height and bone

structure may also indicate morbid obesity.

In addition, TRICARE will cover the surgery if a patient has had an intestinal bypass or other surgery for obesity and, because of complications, requires a second surgery.

Details of the coverage are available in the TRICARE Policy Manual, which beneficiaries can view online at <http://manuals.tricare.osd.mil/index.cfm?fuseaction=TMAMannuals.DisplayManualSeriesInfo&MannualSeries=POLICY&TP02=67#TP02>. A search for "morbid obesity" goes directly to the correct section.

From Page 1

•Ensure your contact information is up-to-date – Our clinic is technology savvy! We provide a courtesy automated appointment reminder call to our beneficiaries, but it is useless if we don't have your most current telephone number and address.

Cmdr. Darin Rogers, officer-in-charge, NBHC Mayport explained, "We are dedicated to providing premier healthcare services that is timely, effective, and efficient. We realize that it begins with a partnership with you, our beneficiaries. Our success is contingent upon your input and satisfaction in the care and services you receive."

Help us, serve you! We want to ensure we can maintain and provide you the conveniences of the Military Healthcare System but we need your help.

but your help is needed. Here's what you can do:

•Cancel appointments as soon as possible – We realize there are circumstances where an appointment will need to be cancelled. If at all possible, please cancel an appointment at least 24 hours prior to the appointment time. Call the specific clinic or our central appointing line: 542-4677, option 2, from 6 a.m.-7 p.m. Monday-Friday and 7 a.m.-3:30 p.m. on Saturdays, Sundays and holidays.

•Be on time for your appointment – When scheduling an appointment, our appointing staff will ask you to arrive 15 minutes prior to your appointment. An early arrival will help to ensure you are seen on-time for your appointment.

## Appointment

assets at NBHC Mayport might equate to patients being forced to drive to other less convenient healthcare facilities in the area.

Alright, there is also the dollar factor. The average cost of an appointment is \$81. Excessive no-show appointments could have a direct impact on the facility's budget in the form of budget reductions. So is it really a big deal here? Yes! In 2007, NBHC Mayport experienced 14,700 no-show appointments. That's \$1.2 million in wasted resources! Of those 14,700 appointments, 67 percent were scheduled for or by an active duty service member. (So don't blame the spouse!)

It is our goal at NBHC Mayport to ensure prompt access to quality and cost-effective health and wellness services

**Does Your Command Have An IA Sailor Returning Soon? Contact, *The Mirror* at 270-7817 Ext. 1012.**



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Thomas Flyer photo courtesy of the National Automobile Museum, The Harrah Collection, Reno, Nevada  
Parnelli Jones' Trans-Am Mustang photo by Peter Luongo

# New Classes To Help Sailors Develop Skills

By MC3(SW) David Danals

Fleet Public Affairs Center, Atlantic Center for Personal and Professional Development (CPPD) and Training Support Command (TSC) are teaming up to offer ongoing classes through which Sailors can improve their skills while becoming greater assets to their commands. The courses help Sailors from all paygrades and ratings develop a variety of skills needed in the fleet. "We take our first term Sailors, E-5 and below, who are not performing to the highest standards and take them through this two-week course to teach them some team building and trust building exercises," said Lt. Cmdr. Leon Higgins, officer in charge at CPPD Detachment Norfolk. "It's been pretty successful; we've had an 86 percent retention rate with Sailors that have gone through the program." Some of the courses available include: Bearings class, drug and alcohol program advisor and command managed equal opportunity (CMEO). Bearings is a two-week course that focuses on building upon areas such as self awareness, professional relationships, strategies for success and personal values. "The Navy changes constantly and we get Sailors from all different aspects, and each

one of our courses provide something different," said Senior Chief Navy Counselor (SW/AW/IUSS) Cynthia L. Reynolds, director of career counselor course. Navy leadership recognizes that equal opportunity is essential to every command, and the CMEO course supports that belief. The course focuses on techniques and guidelines that Sailors in leadership positions can use to ensure every Sailor is treated fairly. "The CMEO course is where we teach more senior Sailors to go back [to their commands] and be the equal opportunity advisor and manage the opportunity program, and to be that independent person, not associated with any particular division, which the Sailors [can] come to for any problems they need [help with]," said Reynolds. CPPD and TSC school houses are teaming up to help Sailors all across the Navy. "The most rewarding part is watching the students graduate and come up to me telling me they really enjoyed this class and that they really learned something here," said Aviation Support Equipment Technician 1st Class (SW/AW) Daniel Rivers, Equal Opportunity advisor. For more information on the courses available visit [www.nko.navy.mil](http://www.nko.navy.mil) under personal development.

# Navy Judge Science Creations

By Bill Austin

Staff  
Poster boards filled with detailed science projects filled the media center at Twin Lakes Academy Middle School on Feb. 29, as young minds stood proudly by to present their work to visiting judges.

"The students put a lot of time and effort in their projects, and seemed to have a good time showing off their hard work to the judges," said Kelly Wirfel, who teaches science at the school.

Wirfel, a former naval officer, invited several Navy volunteers to serve as judges for the fair, and several showed up to lend a hand.

"The second I heard about this opportunity I said sign me up," said Ensign Rob Leclerc, who serves on the Mayport-based USS Halyburton.

Leclerc, Ensign Josh Kempinski and Lt. Kevin Dean, also from Halyburton, joined fellow officers Ensign Jason Bilbro and Ensign Pat Shouvlín from USS Doyle to judge the event.

A wide variety of projects peppered the media center that ranged from meticulously calculated comparisons of hitting



-Photo by Bill Austin

Lt. Kevin Dean and Ensign Rob Leclerc, both of USS Halyburton, look over Twin Lakes Academy Middle School student Hannah Brodie's solar oven project during the school's science fair. The officers served as judges during the event.

strengths of wood and aluminum baseball bats to calculating the effect of wing span on flight distance.

"I discovered many things about rust," said Zachary Damiano, as he explained his project to the judges. "I got my idea because my bike started to rust and I wanted to learn more about rust and what kinds of

liquids cause it."

At the end of the evening, the results were tabulated, and 13 finalists will go on to a district wide competition in late February, according to the school's principal Don Nelson. "This science fair was a culmination of more than two months of hard work, and this project really meant something to all of the

participants," said Nelson, who added that the Navy presence at the science fair brought back some familiar memories of his time in the service. Nelson is a retired Navy lieutenant commander and served at Naval Station Mayport.

"It was great to see some of the judges in uniform, the kids really liked that," said Nelson.

# Get Rewarded For Good Grades

From NEXCOM

Paying for a child's education can be a daunting task. Let your Navy Exchange make it easier for you through its A-OK Student Reward Program. Four times per school year, four students will win a drawing for a \$5,000, \$3,000 \$2,000 or \$1,000 U.S. savings bond, denominations at maturity. The next drawing will be held at the end of February 2008.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Eligible students include dependent

children of active duty military members, reservists and military retirees enrolled in first through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawings, stop by your Navy Exchange with your current report card and have a Navy Exchange associate verify your minimum grade average.

# ERAU Grad Degree Available At Mayport

From ERAU

Embry-Riddle Aeronautical University - Worldwide's Jacksonville Campus is accepting new students for the Master of Science in Management degree (MSM) program at the Naval Station Mayport Teaching Site. The MSM targets graduate students who are looking for a focused management degree with a more operational approach than the traditional MBA.

The MSM program is built upon a strong management core curriculum and offers the opportunity for several areas of specialization, to include air transportation management, integrated logistics, aviation/aerospace industrial management, aviation enterprises in the global environment, and general management.

All MSM students will gain quantitative analytical skills, a familiarity with formulating and managing budgets, knowledge of ethical and regulatory requirements, an understanding

of organizational structure and a solid grasp of the theory and practice of good communications.

"The MSM is an excellent program for preparing students to enter the corporate world as managers. Furthermore, it is a superb academic credential from the premier provider of off-duty education for members of the armed forces," said Arsenio Rehrig, associate director of academic support for Embry-Riddle's Mayport office.

Military tuition assistance covers nearly 80 percent of the per-course cost of the program, while military personnel using the graduate education voucher program can expect 100 percent of the tuition to be paid by the government.

For further information on Embry-Riddle Aeronautical University's programs at Naval Station Mayport, contact Arsenio Rehrig at (904) 249-6700 or [mayport.teaching.site@erau.edu](mailto:mayport.teaching.site@erau.edu).

# ACT, SAT Tests At NCO Every Month

From NCO

The Navy College Office (NCO) is currently offering the ACT and SAT testing on a monthly basis. The scheduled testing dates are as follows: ACT: Fridays: March 7, April 4, May 2, June 6. SAT: Fridays: Feb. 15, March 21, April 18, May 16, June 20.

For either the SAT or ACT for active duty service members.

Special testing is available upon request for commands with 10 to 15 Sailors who need tests for STA-21 program.

For reservations and more information please call NCO at 270-6341. NCO is located in Building 460.

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# Workshops, Classes Available At FFSC

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. FFSC is located in Building One on Massey Avenue.

Feb. 14, 9-11 a.m., Resume Walk-in review Assistance, FFSC

Feb. 14, 9 a.m.-noon, New Parent Support Playgroup, USO

Feb. 14, 9 a.m.-noon, Smooth Move Workshop, FFSC

This workshop is designed for inexperienced, as well as experienced military members on permanent change of station (PCS) orders. The Personal Property Shipping Office will provide information on how to deal with movers and personal property entitlements. The travel section of Personnel Support Detachment (PSD) will present a section on travel pay and allowances. FFSC staff will discuss the emotional cycles of relocation, budgeting for a PCS move and provide some strategies for families.

Feb. 15, 9-11 a.m., Credit Report Review, FFSC

Feb. 19, 9-11 a.m., Resume Walk-in review Assistance,

FFSC

Feb. 19, 9 a.m.-noon, Parenting Class, FFSC

Feb. 20, 8-11:30 a.m., Stress Management, Wellness Center

Stress is a normal part of everyone's life. It can be energizing and a factor in motivating us. But too much stress, without relief, can have debilitating effects. This program is designed to provide participants with an understanding of what stress is and how it affects them. It will also help participants begin to look at their own lives and ways they currently cope with stress. Participants will be challenged to develop behavior and lifestyle changes that will improve their ability to cope with stress.

Feb. 20, 8:30 a.m.-4 p.m., Leadership Life Skills for E-5 & E-6, Building One Room 104

Feb. 21, 8-11 a.m., Anger Management, FFSC

What does anger do for you? Communicate for you? Keep people at a safe distance from you? Keep you in charge? For many people, anger serves them many uses, but all too often, it is at a high cost...usually of relationships, unhappiness in the workplace, and a general feeling of disdain. If you want to be able to break out of the "get angry/get even" syndrome,

come to this class. Participants learn how anger and judgment are related, about irrational beliefs and faulty self-talk, what "E + R = O" means, and the roles of stress and forgiveness in anger.

Feb. 21, 9 a.m.-noon, New Parent Support Playgroup, USO

Feb. 21, 9-11 a.m., Resume Walk-in review Assistance, FFSC

Feb. 22, 9-11 a.m., Considerations for Home Buying, FFSC

Feb. 25-28, 8 a.m.-4 p.m., TAP Separatee Workshop, RBCC

Feb. 25, 6-7 p.m.,

Ombudsman Assembly, USO

Feb. 25-28, 8 a.m.-4 p.m., SAVI Advocate Training, NAS Jacksonville

Feb. 26, 9-11 a.m., Resume Walk-in review Assistance, FFSC

Feb. 26, 9 a.m.-noon, Parenting Class, FFSC

Feb. 27, 6-7 p.m., IA Family Discussion Group, USO

Feb. 27, 9-11:30 a.m., Marking Yourself for a Second Career, Ocean Breeze Conference Center

Feb. 28, 9 a.m.-noon, New Parent Support Playgroup, USO

Feb. 28, 9-11 a.m., Resume Walk-in review Assistance,

FFSC

Feb. 29, 9 a.m.-noon, What About The Kids?, FFSC

Children who witness family violence are often forgotten as the unintended victims. A wide range of child adjustment problems has been found to be associated with exposure to domestic violence. Parent's need to see and understand the effects of domestic violence on children as encompassing behavior, emotion, development and socialization. Parents need to understand that there is an intergenerational cycle of violence and they may be creating a legacy for their child of

learned violent behavior. The purpose of this program is not to shame parents for events that have already happen, but to instill hope that things can change. The knowledge that the violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention.

Feb. 29, 1-4 p.m., Leadership Life Skills for E-7 & Above, Building One Room 104

## Want To Become A Teacher?

From FFSC

The Troops to Teachers and Spouses to Teachers programs are referral and placement assistance services that help eligible military personnel and spouses begin a new career as teachers in public schools.

The Troops to Teachers (TTT) program is available to the following:

- Military personnel who separate from military service on or after Oct. 1, 1990 with at least six years of active duty, or
- Members of the National Guard and Selective Reserves with six or more years of creditable service.

The Spouses to Teachers (STT) program is a pilot program in fourteen states:

California, Colorado, Florida, Georgia, Kansas, Louisiana, Nevada, Nebraska, New Mexico, North Carolina, South Carolina, Texas, Utah and Virginia. This program is available to spouses of military personnel on active duty, members of National Guard, members of Selected Reserves, and members of the Individual Ready Reserves recalled to active duty.

The Troops to Teachers and Spouses to Teachers Programs are not certification programs, nor employment services. Each state has authority over certification requirements, and usually, each district has authority over the employment process. Therefore, each participant must complete

the certification requirements for the state in which they desire to teach and apply for jobs as any other teacher. Each state office provides information regarding certification requirements, programs leading to certification, and assistance in identifying teaching positions.

Plan to attend the next TTT and STT seminar to learn more about making a successful transition to your next career in teaching! The seminar will be held on Tuesday, March 4 from 1:30-3:30 p.m. at the Fleet and Family Support Center, Building 1. Please call to sign up for the seminar at 270-6600 Ext. 1701.

## Market Yourself For Next Career

From Fleet and Family Support Center

The NS Mayport Fleet and Family Support Center will sponsor the Military Officers Association of America (MOAA), formerly The Retired Officers Association - TROA, job search presentation entitled "Marketing Yourself for a Second Career."

Colonel Daniel K. Koslov, USAF, Retired, Deputy Director, Officer Placement Service, MOAA, an expert on transitioning from military to civilian employment, will present his two-and-a-half hour presentation at the NS Mayport Ocean Breeze Conference Center, Ballroom on Feb. 27 from 9-11:30 a.m.

Koslov will introduce the audience to the realities of

the competition in the civilian job market, the perceptions civilian employers have of military personnel, a plan for the job search, tips for strengthening the resume, networking plans, preparing for and conducting a successful interview, salary negotiations and benefit packages.

The lecture is presented annually at over 100 U.S. military bases worldwide. It is up-to-date, hard-hitting, and sharply focused. It has a reputation as a "must attend" for those 2-3 years or less from separation or retirement.

Military spouses are cordially invited to attend. Call the NS Mayport Fleet and Family Support Center, Building 1, 270-6600 ext. 1701 for information.

## Interest-Free Loans For Undergrads

From MOAA

More than 1,600 students will receive up to \$5,000 each in interest-free loans from the Military Officers Association of America's (MOAA), Scholarship Fund for the 2008-2009 school year. Over 500 of the 1,600 students will be first-time recipients.

Students can apply online at MOAA's web site for the loans, which are awarded annually for up to five years of undergraduate study. Students (under age 24), who are children of former, active or retired officers or active or retired enlisted military personnel, are eligible to apply. Active duty, retired, Reserve and National Guard officers and warrant officers of the seven uniformed services are eligible for MOAA membership.

If such a child served in a Uniformed Service before completing college, however, his or her maximum age for eligibility

will be increased by the number of years he or she served, up to five years. Applicants may be graduating high school seniors or full-time college students working toward their first undergraduate degree.

In addition to the more than 1,600 interest-free loans, MOAA will award 37 grants to college seniors who are current loan recipients in the Program, 12 grants to children of deceased retired officers, and at least 50 grants to children whose military parent died in active service. All of the 37 senior grants will be for at least \$5,000 each. Also, 844 of those receiving the interest-free loan are Designated Scholars who

receive a \$4,500 interest-free loan and a \$500 grant.

For MOAA Scholarship Fund applications for the 2008-2009 school year, or for more information on making a contribution to the Fund, please visit

MOAA's web site at [www.MOAA.org/education](http://www.MOAA.org/education) or email [edassist@MOAA.org](mailto:edassist@MOAA.org).

Students may apply online. The application deadline is noon on March 3.

## A 'Dramatic' Mission



-Photo courtesy of Mayport Middle

St. Jude foundation representatives visited Mayport Middle School recently to share with students the mission of the foundation and the importance of giving back. Mayport Middle School drama club students are pictured with Associate Directors Danielle Prestipino and Toni Mineo, center top row, from St. Jude Children's Research Hospital. The Drama Club students are preparing for the production of "Free to Be . . . You and Me," which was conceived by Marlo Thomas, a spokesperson of St. Jude Children's Research Hospital. The students are excited about donating a portion of their proceeds to the St. Jude Children's Research Hospital. The production will be on April 24 and April 25 at 6:30 p.m. at Mayport Middle School, on Mayport Road.

## Sailors Tell Navy 'Why We Serve'

By MC2 Lewis S. Hunsaker  
Navy Office of Community Outreach  
Public Affairs

The Navy is soliciting nominations for participation in the April through June 2008 "Why We Serve" program.

"Why We Serve" is the Department of Defense's premier speaking program, which connects the men and women of the Army, Marine Corps, Navy and Air Force to the American public. Participants will talk about their personal experiences in schools, businesses and community forums across the country.

"Americans want a way to hear directly from the men and women in uniform who have served," said Jennifer Giglio, the program's deputy director.

"They want to hear personal stories and experiences firsthand. By providing the public one-on-one interaction with their military, Why We Serve creates that opportunity."

In January alone "Why We Serve" had 31 engagements in 15 cities. From a Veterans Organization in Sarasota, Fla., radio interviews in Riverside, Iowa to Military Academy in San Diego.

A soon to be released NAVADMIN will outline the specific requirements of the "Why We Serve" program.

You may also contact Lt. Cmdr. John Daniels at (703) 697-3290 or [john.m.daniels@navy.mil](mailto:john.m.daniels@navy.mil) for more information.

Some of the requirements include: Superior communi-

cation skills, be an outstanding Navy ambassador and the nominee must have recently returned from an operation in Afghanistan, Iraq or the Horn of Africa.

Packages for Navy nominations must be received by Feb. 27, via e-mail in PDF format, to [john.m.daniels@navy.mil](mailto:john.m.daniels@navy.mil) or mailed to:

Navy Officer of Information, 1200 Navy Pentagon, Room 4B463, Washington, D.C., 20350-1200.

For more information about the "Why We Serve" program or to inquire about guest speakers, visit [www.whyyeserve.dod.mil](http://www.whyyeserve.dod.mil).

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**Does your child qualify for free or reduced lunch?**  
The CTC scholarship program offers private school vouchers to families who qualify based on income. [www.scholarshipfunding.org](http://www.scholarshipfunding.org)

Both programs are sponsored by The Florida Department of Education. Apply on-line, then choose The Beaches School. Your child will benefit from a private school education offering opportunities you never imagined possible.

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# 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](http://www.volunteer.gatewayjacksonville.org).

**2008 MDA Summer Camp**  
The Muscular Dystrophy Association is searching for summer camp volunteers to assist young people with neuromuscular diseases and help them enjoy a fun-filled MDA summer camp June 7-12 at Epworth by the Sea, St. Simon's Island. Applicants must be at least 16 years old and able to lift and care for a young person between the ages of 6 and 21. Each volunteer counselor becomes a companion to a camper with a neuromuscular disease and helps them with daily activities such as eating, bathing and dressing. Counselors will also assist campers with recreational activities such as arts and crafts, swimming and horseback riding. To obtain a volunteer application or learn about other ways to support MDA's summer camp program, call your local MDA office at (800) 572-1717. More information about summer camp volunteers can

be found at [www.mda.org/clinics/camp](http://www.mda.org/clinics/camp).

**Big Brothers Big Sisters Mentoring**

Big Brothers Big Sisters is providing an in-school mentoring program at Mayport Elementary School. Little Brothers and Sisters are needed just as much as Big Brothers and Sisters! If you are interested in this opportunity, please visit our website for more information: [www.usojax.com](http://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, increase self-worth and reduce the need for future financial assistance. Without their volunteers, the Society could not meet the needs of so many. 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.

**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](http://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 statewide non-profit agency provid-

ing 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. Volunteers need to be at least 21 years old and complete an interview and background screening. We provide training and ongoing support for all volunteers. Volunteers build a friendship with a child while engaging in community activities such as going to the library, beach, park, or playing sports. 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.

## Contract Weather Observers New Norm

By George Lammons  
*Naval Meteorology and Oceanography Command Public Affairs*

Military weather observers at all 25 U.S. Navy continental United States air fields will be replaced by civilian contracted observers this year, in response to a Navy efficiency study.

The turnover began this month at five air fields - Naval Air Station Lemoore, Naval Air Station North Island (including San Clemente and Imperial Beach) and Naval Air Station Meridian. The other 22 Navy air fields will change in a phased approach to accommodate Sailors' scheduled transfers and reenlistments.

er observers also will have a one-month turnover with the military observers to ensure a smooth transition. The majority of the transition will take place this year and should be complete by January 2009.

"We're still going to have qualified (weather) observers at our air fields, the only difference is they will be civilians," said Capt. Grant Cooper, Director of Operations for Aviation Weather at the Naval Oceanography Operations Command (NOOC).

NOOC is a subordinate of the Naval Meteorology and Oceanography Command (NMOC), based at Stennis Space Center, Miss.

If you are a Sailor or a DoD civilian running or volunteering in the Inaugural Donna Hicken Breast Cancer Marathon and 1/2 Marathon on Feb. 17 at Jax Beach, please call *The Mirror* at 270-6163 ext. 1012.

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# Navy News

## MCPON Outlines Expectations Of PO1s

**By MCCS(SW/AW) Bill Houlihan**  
*Master Chief Petty Officer of the Navy Public Affairs*

Following up on remarks he made to the Surface Navy Association (SNA) National Symposium on Jan. 15, Master Chief Petty Officer of the Navy (MCPON)(SW/FMF) Joe R. Campa Jr., has specifically outlined the expectations of a Navy first class petty officer.

On Jan. 29, in communication with the Navy's chiefs mess through his regular newsletter titled, "To the Deckplates,"

Campa listed those expectations as: First line leadership, rating expertise, professionalism, communication, loyalty, and heritage. To view the newsletter, visit [www.navy.mil/navydata/mcpon/Expectations\\_of\\_the\\_PO1.pdf](http://www.navy.mil/navydata/mcpon/Expectations_of_the_PO1.pdf).

Over the past several months, Campa had been stressing the important role played by first class petty officers in his discussions with Sailors around the Navy. At the same time senior enlisted leaders from the fleet were providing their input.

In his remarks to the SNA, Campa emphasized that the Navy doesn't have "a single Sailor to spare," and said that taking greater advantage of the leadership talents of the senior petty officers is critical to Sailor development in the fleet. He reemphasized that in the letter.

"As our Navy moves forward, we must be able to leverage the leadership and talent that lies within our first class community. The increased demands on our maritime forces and non-traditional missions make it

imperative that we strengthen the leadership that we provide our Sailors on the deckplate," said Campa.

Campa said that formalizing the expectations is only the first step. Now it's up to the Navy's first class mess to use that guidance as a means to evaluate their own effectiveness as leaders. Critical to this deckplate initiative will be the involvement of the chief's mess.

"None of these concepts are new and I would say the great majority of our first classes are

on board already. Defining clear expectations provides a structure our chiefs can train to and our Sailors can strive for," said Campa.

Campa deliberately inserted the phrase "deckplate triad" into the "Expectations of the First Class Petty Officer" and said he expects it to become a reality in the fleet. Under "Communication," he stated: "First class petty officers clearly communicate standards to the Sailors they lead, while consistently keeping the chain of

command informed. The deckplate triad of division officer, chief petty officer and first class petty officer is only effective with their input and deckplate perspective."

Campa told the SNA audience that the relationship between the chief and the division officer has always been strong, and should remain that way.

"But," he added, "consider how much more effective that leadership team could be if it evolves into a triad to include first class petty officers."

## Navy Demonstrates World's Most Powerful EMRG

*From Office of Naval Research Public Affairs*

The Navy's Office of Naval Research (ONR) successfully conducted a record-setting firing of an electromagnetic rail gun at Naval Surface Warfare Center, Dahlgren.

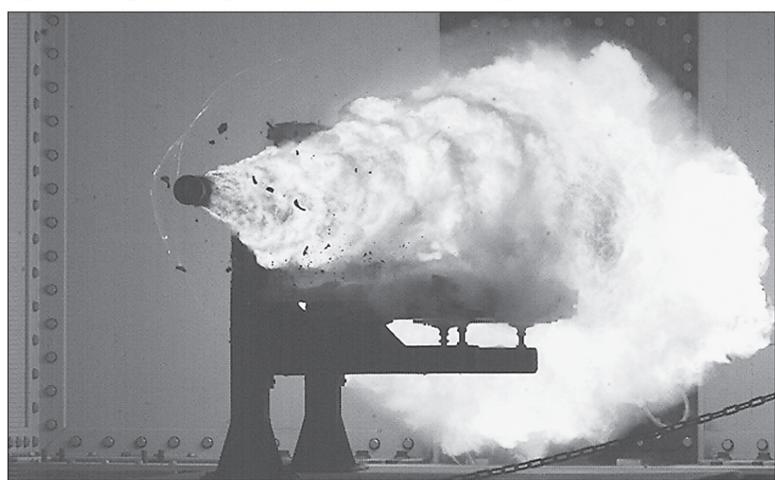
An invited audience, including the Chief of Naval Operations Adm. Gary Roughead, who witnessed this revolutionary technology in action.

Roughead noted, "We should never lose sight of always looking for the next big thing, always looking to make our capability better, more effective than what anyone else can put on the battlefield."

He emphasized, "I never ever want to see a Sailor or Marine in a fair fight. I always want them to have the advantage."

ONR's Electromagnetic Rail Gun (EMRG) program is part of the Department of the Navy's Science and Technology investments, focused on developing new technologies to support Navy and Marine Corps war fighting needs.

ONR has facilitated a key partnership between leading scientists and engineers from Boeing, Charles Stark Draper Lab, Inc., General Atomics, Department of Energy (Lawrence Livermore National Laboratory), U.S. Naval Academy, Naval Postgraduate School, Naval Sea Systems Command (PMS 500), Naval Surface Warfare Center - Carderock and Dahlgren Divisions, the U.S. Army and United Kingdom.



-U.S. Navy Photo

Photograph taken from a high-speed video camera during a record-setting firing of an electromagnetic railgun (EMRG) at Naval Surface Warfare Center, Dahlgren, Va., on Jan. 31, firing at 10.64MJ (megajoules) with a muzzle velocity of 2520 meters per second. The Office of Naval Research's EMRG program is part of the Department of the Navy's Science and Technology investments, focused on developing new technologies to support Navy and Marine Corps war fighting needs. This photograph is a frame taken from a high-speed video camera.

"We are seeing the culmination of years of research coming together to bring focus to exciting new technology," said Chief of Naval Research, Rear Adm. Bill Landay. "Here at ONR we are striving to move S&T from vision to results."

The technology uses high power electromagnetic energy instead of explosive chemical propellants (energetics) to propel a projectile farther and faster than any preceding gun. At full capability, the rail gun will be able to fire a projectile

more than 200 nautical miles at a muzzle velocity of mach seven and impacting its target at mach five.

In contrast, the current Navy gun, MK 45 five-inch gun, has a range of nearly 20 miles. The high velocity projectile will destroy its targets due to its kinetic energy rather than with conventional explosives.

The safety aspect of the rail gun is one of its greatest potential advantages, according to Dr. Elizabeth D'Andrea, ONR's Electromagnetic Railgun

Program Manager. Safety on board ship is increased because no explosives are required to fire the projectile and no explosive rounds are stored in the ship's magazine.

Science and technology challenges met by ONR in the development of the rail gun include development of the launcher, pulse power generation and the guided projectile design. The program's goal is to demonstrate a full capability, integrated railgun prototype by 2016-2018.

## DoD Budget Is Released

*From the Department of Defense*

President George W. Bush sent to Congress his Defense budget for fiscal year (FY) 2009 on Feb. 4.

The budget provides \$515.4 billion in discretionary authority for the Department of Defense, a \$35.9 billion or 7.5 percent increase over the enacted level for FY 2008.

The FY 2009 budget reflects the president's priorities and sustains his commitment to prevail in the war on terrorism; increase ground combat capabilities; improve force readiness; develop the combat capabilities needed to meet future threats; and improve the quality of life for service members and their families.

Defense Secretary Robert M. Gates said, "The president's budget for FY 2009 provides the resources necessary to maintain an agile, highly trained, and lethal fighting force, increase Army and Marine Corps end strength, and sustain the United States' technological advantage over current and potential enemies."

Specifically, the Department's request:

- Maintains a highly trained fighting force of 2.2 million soldiers, sailors, airmen, and Marines;
  - Recruits, trains and equips 65,000 additional active duty soldiers and 27,000 additional Marines over five years;
  - Provides pay increases of 3.4 percent for military members, improves benefits for the all-volunteer force, and increases pay 2.9 percent for the civilian workforce;
  - Provides world-class health care for 9.2 million eligible Service members, families, and retirees;
  - Procures and maintains an arsenal of the world's most advanced weapon systems;
  - Improves warfighting capabilities and invests in science and technology to maintain U.S. advantage over the nation's enemies;
  - Maintains 545,000 facilities at 5,300 sites in the U.S. and around the globe; and
  - Maintains vital intelligence capabilities.
- The FY 2009 budget is posted at [www.budget.mil](http://www.budget.mil).

## Sailors Meritoriously Advanced For Combat

**By MC2 Trevor Andersen**  
*Navy Personnel Command Communications Office*

With the continuing need for Sailors to serve Individual Augmentee (IA) and war on terrorism support assignments, the Navy recognizes the importance of rewarding these Sailors for their heroism. One of the rewards for these Sailors is meritorious advancement.

Since 2005, when the combat meritorious advancement program (CMAP) was announced in NAVADMIN 077/05, more than 150 Sailors have been advanced for their actions in combat situations; many of them for actions during an IA.

"Most advancements approved have been for actions in Iraq and Afghanistan," said Lt. Cmdr. Kimberly Pizanti the enlisted advancement planner for enlisting force-shaping and advancements. Master-at-Arms 2nd Class Brian Mullis, of Strategic Communications Wing 1, earned

the promotion to petty officer 2nd class through CMAP, following a successful tour with the Asadabad Provincial Reconstruction Team in the Kunar Province of Afghanistan from May 2006 to May 2007.

"This feels pretty good," Mullis said after his advancement ceremony. "CMAP is a great program for those guys that go over there and go above and beyond to put themselves in danger. There were times where it was real dangerous, and things could have gotten pretty ugly. To go over there and be recognized like this makes you feel like it was all worth it."

In order to qualify for the program, Sailors must currently be in pay grades E1 through E5 as the program is not authorized to promote Sailors to E7 or above.

The Sailor's command must submit a request through their chain of command to be approved by the commanding officer and sent on to the awarding authority. Full instructions

on the requirements and submission process can be found in BUPERSINST 1430.16F.

"The packages we receive are absolutely impressive," said Pizanti. "There are Sailors out there every day going above and beyond in the most trying of circumstances. "They are responding to urgent situations with professionalism, maturity, courage, sacrifice and dedication. Package upon package comes in with stories about shipmates placing themselves in harm's way for their fellow warriors, be they American or foreign, and the citizens of foreign countries."

According to Pizanti the Sailors advanced under this program are being recognized as leaders, and "they are an exam-

ple for all to follow. I personally am honored to facilitate the advancement of these outstanding, well-deserving Sailors."

Sailors who may deserve advancement through CMAP and think their command may not know about the program should not be afraid to bring it up with their supervisors.

"Just ask. It can't hurt. Commands need to be aware of this program and in-theater commands should already know," Pizanti added. Advancement through CMAP does not limit the Sailor from receiving any additional awards for their actions.

For more information, visit [www.npc.navy.mil](http://www.npc.navy.mil) and read NAVADMIN 077/05 or BUPERSINST 1430.16F.

## Find It In The Mirror Classifieds



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# Navy News

## U.S. Navy Introduces Next-Generation UBA

By Dan Broadstreet  
Naval Surface Warfare Center Panama City Division Public Affairs

Accomplishing a System Certification in January has paved the way for the U.S. Navy to begin improving its closed-circuit MK 16 MOD 1 Underwater Breathing Apparatus (UBA) making diving safer, easier and more efficient for explosive ordnance disposal (EOD) divers.

According to Wes Hughson, customer advocate for Diving at the Naval Surface Warfare Center Panama City Division (NSWC PCD), the newly modified diving rig is known as the Next-Generation Underwater Breathing Apparatus or NUBA.

"Also known as the UBA MK 16 MOD 2, the first 20 NUBAs are due to be delivered this March for checkout dives prior to issuing follow-on units for EOD use," Hughson said.

"This is a self-contained diving rig, a re-breather that is ideal for Mine Countermeasures operations and an improvement over-the-older rig because its electronics have been modernized to increase reliability and better automate oxygen concentrations; it reduces pre-dive setup times; and, it has been streamlined to allow for ease of mobility," said Chief Navy Diver (SW) Jeffrey Landry, stationed at NEDU, Panama City.

ITT Contractor Neil Patterson, senior UBA technician and consultant for the EOD Program Management Office, said the rig's improved electronics and

consolidated display readings made diving with the rig much easier.

"This rig will be configured to enable EOD divers to dive deep and to dive on specific mine threats," Patterson said. "All the diver has to do is put the rig on his back, insert the mouthpiece, start breathing, and the rig will do everything on its own."

Terry Adams, NSWC PCD Project Manager for EOD Fleet Diving, explained that due to recycling, a closed-circuit UBA re-breather was more efficient than Self-Contained Underwater Breathing Apparatus or (SCUBA) gear, whereas with open-circuit SCUBA only a portion of the oxygen in each breath is used by the diver and the rest is exhaled as bubbles.

"In a re-breather, the diver is recycling the majority of his gas. Carbon dioxide is removed and oxygen is added to maintain a breathable mix," Adams said, adding that this makes the rig ideal for low-noise operations, because it can operate with few or no bubbles released into the water column.

According to Hughson, NUBA also demonstrated "outstanding" reliability during testing.

"The MK 16 MOD 2 did not experience a single operational failure during 514 hours of underwater testing," Hughson said.

Mike Palmer, NSWC PCD's head of the Diving Systems Branch, said the facilities

required for developing NUBA's system specifications and testing were all centrally located at the Naval Support Activity Panama City (NSA PC).

"Located at NSA PC, we have NSWC PCD, NEDU and NDSTC (Naval Diving and Salvage Training Center)," Palmer said. "This helped us conduct manned and unmanned testing at the same site in a huge savings of taxpayers' dollars."

NEDU's Chief Navy Diver (SW) Charles Patterson, who participated in the actual manned phases of testing NUBA, said that "huge savings" were also due in part because NDSTC was open to sharing their facilities.

"Because our Ocean Simulation Facility was undergoing a scheduled overhaul, NDSTC and their staff of experts allowed us to bring our divers and equipment over and use their recompression chambers, or wet pots, which is what we actually call them," Patterson said. "They also contributed by transporting us out to deep sea in one of their diving boats to conduct the deep-dive phase of our manned testing - another significant cost savings when you consider what costs would have been to charter a vessel for those dives."

According to Adams and Hughson, pending approval of the first 20 production MOD 2s, fleet, fill and training will proceed in accordance with the established production schedule.

## Leap Frogs Play In Key West



-Photo by MC3 Rachel McMarr  
Chief Special Warfare Boat Operator J.C. Ledbetter, a member of the Navy Parachute Team "Leap Frogs," jumps out of an Air Force C-130J over Naval Air Station Key West. The Leap Frogs practice for two months out of the year and choose Key West because of the challenging wind conditions in the area.

## Blue Angels Flying In 2008

From Navy Flight Demonstration Squadron (Blue Angels) Public Affairs

The Navy Flight Demonstration Squadron, The Blue Angels, has announced its show schedule for the 2008 season.

Following winter training, the team begins the season at Naval Air Facility El Centro, Calif., March 8 and will conclude the season Nov. 16 at Naval Air Station Pensacola, Fla. The Blue Angels are scheduled to perform 68 shows at 35 locations throughout the United States and Canada.

"We are extremely excited to begin our new season and represent the Navy and Marine Corps team with a safe and exciting show for 2008," said Cmdr. Kevin Mannix, the squadron's commanding officer.

Demonstration sites are

selected in support of U.S. Navy, U.S. Marine Corps and Department of Defense objectives with safety as a primary consideration. Performances greatly assist in the recruiting and retention goals of the military services, enhance esprit de corps among uniformed men and women, and demonstrate the professional skills and capabilities of the Naval Services to the American public and U.S. Allies.

The Blue Angels schedule for the first half of the year is:

- March 8: NAF El Centro, Calif.
- March 15-16: Sacramento, Calif.
- March 29-30: NAS Meridian, Miss.
- April 5-6: NAS Kingsville, Texas

- April 12-13: Smyrna, Tenn.
- April 19-20: Peoria, Ill.
- April 26-27: Vidalia, Ga.
- May 3-4: Fort Lauderdale, Fla.
- May 10-11: Barksdale AFB, Bossier City, La.
- May 16-18: Andrews AFB, Md.
- May 21: USNA, Annapolis, Md.
- May 23: USNA Fly-By, Annapolis, Md.
- May 24-25: Jones Beach, N.Y.
- June 7-8: MCAS Cherry Point, N.C.
- June 14-15: Quebec City
- June 21-22: Davenport, Iowa
- June 28-29: Huntsville, Ala.
- July 5-6: Traverse City, Mich.
- July 11: Pensacola Beach, Fla.
- July 19-20: Duluth, Minn.



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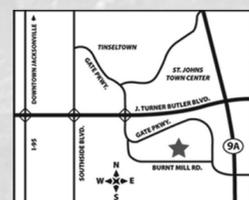


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# Oasis Galley

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. Breakfast costs \$2.10, lunch and dinner is \$3.85. The menu is subject to change by FSO due to food availability. Oasis Galley will be open to all civilians and retirees, along with active duty, on Feb. 22 in recognition of President's Day and Feb. 27 in recognition of Black History Month.

## Thursday, Feb. 14

**Breakfast**  
Turkey Sausage Links  
Sausage Gravy  
Pancakes  
French Toast  
Hashbrowns  
Biscuits  
**Lunch**  
Clam Chowder  
Grilled Steaks  
Snow Crab Legs  
Rice Pilaf

Mashed Potatoes  
Corn On The Cob  
Broccoli  
Natural Pan Gravy  
**Dinner**  
Clam Chowder  
Veal Parmesan  
Roast Pork  
Boiled Pasta  
Steamed Rice  
Brown Gravy  
Wax Beans  
Corn

## Friday, Feb. 15

**Breakfast**  
Ham Slices  
Turkey Sausage Links  
Pancakes  
French Toast  
Potato Rounds  
**Lunch**  
New England Fish Chowder  
Pizza  
Chicken Wings  
French Fries  
French Chips  
Grilled Tuna Sandwich  
Baked Beans  
**Dinner**  
New England Fish Chowder  
Salisbury Steak  
Mustard Dill Baked Fish  
Mashed Potatoes  
Sicilian Brown Rice  
Broccoli  
Corn  
Brown Gravy

## Saturday, Feb. 16

**Breakfast**  
Corned Beef Hash  
Bacon  
Pancakes  
French Toast  
Hashbrown  
**Brunch**  
Chicken Rice Soup  
Steak & Cheese Sandwich  
French Fries  
Corn  
Bacon  
Pancakes  
Hashbrown  
**Dinner**  
Chicken Rice Soup  
Chicken Cordon Bleu  
Lemon Baked Fish  
Tossed Green Rice  
Oven Browned Potatoes  
Carrots  
Cabbage

## Sunday, Feb. 17

**Breakfast**  
Bacon  
Turkey Sausage Patties  
Pancakes  
French Toast  
Potato Rounds  
**Brunch**  
Carrot Soup  
BBQ Pork Sandwich  
Onion Rings  
Peas & Carrots  
Turkey Sausage Patties  
French Toast

Potato Rounds  
**Dinner**  
Carrot Soup  
Yankee Pot Roast  
BBQ Chicken  
Rice Pilaf  
Potato Wedges  
Asparagus  
Cauliflower  
Natural Pan Gravy  
**Monday, Feb. 18**  
**Breakfast**  
Corned Beef Hash  
Bacon  
Pancakes  
French Toast  
Hashbrown  
**Lunch**  
Chicken Gumbo Soup  
BBQ Ribs  
Fried Chicken  
Macaroni & Cheese  
Long Grain & Wild Rice  
Collard Greens  
Blackeyed Peas  
**Dinner**  
Chicken Gumbo Soup  
Knockwurst With Sauerkraut  
Beef & Broccoli  
Paprika Buttered Potatoes  
Rice Pilaf  
Squash  
Peas

## Tuesday, Feb. 19

**Breakfast**  
Bacon  
Turkey Sausage Links  
**French Toast**  
Hashbrown  
**Lunch**  
Cream Of Broccoli Soup  
Chicken Alfredo Sauce  
Italian Sausage  
Boiled Pasta  
Italian Roasted Potatoes  
Marinara Sauce  
Cauliflower

French Toast  
Potato Rounds  
**Lunch**  
Beef Noodle Soup  
Beef Fajitas  
Chicken Enchiladas  
Spanish Rice  
Refried Beans  
Mexican Corn  
Broccoli  
Chili Dogs  
Onion Rings  
Baked Beans  
**Dinner**  
Beef Noodle Soup  
Cajun Roast Beef  
Chicken In Orange Sauce  
Steam Rice  
Oven Browned Potatoes  
Mixed Vegetables  
Carrots  
Brown Gravy

## Wednesday, Feb. 20

**Breakfast**  
Corned Beef Hash  
Turkey Sausage Links  
Pancakes  
French Toast  
Hashbrown  
**Lunch**  
Cream Of Broccoli Soup  
Chicken Alfredo Sauce  
Italian Sausage  
Boiled Pasta  
Italian Roasted Potatoes  
Marinara Sauce  
Cauliflower

Peas & Carrots  
Steak & Cheese Sandwich  
Baked Beans  
French Fries  
**Dinner**  
Cream Of Broccoli Soup  
Swedish Meatballs  
Roast Turkey  
Mashed Potatoes  
Steam Rice  
Corn  
Peas With Mushrooms

## Thursday, Feb. 21

**Breakfast**  
Bacon  
Turkey Sausage Patties  
Pancakes  
French Toast  
Potato Rounds  
**Lunch**  
Clam Chowder  
Grilled Steaks  
Baked Stuffed Fish  
Rice Pilaf  
Baked Potato Halves  
Broccoli  
Corn On Cob  
Natural Pan Gravy  
**Dinner**  
Clam Chowder  
Caribbean Chicken Breast  
Veal Parmesan  
Islanders Rice  
Boiled Pasta  
Marinara Sauce  
Tangy Spinach  
Mixed Vegetables

## Navy Conducts Pregnancy, Parenthood Survey Out

By Lt. Cmdr. Kim Dixon  
Chief of Naval Personnel Diversity Directorate

The Navy is looking for input from more than 50,000 Navy men and women to help understand the impact of pregnancy and parenthood on Navy readiness by asking them to participate in the biennial Pregnancy and Parenthood Survey.

In a Navy first, nearly every woman in the Navy, more than 41,000, along with 9,000 men, will receive a letter inviting them to participate in the survey. This 2008 survey is particularly important as it includes questions to gauge reaction to the June 2007 revision of OPNAVINST 6000.1C, Pregnancy and Parenthood instruction.

"Participating in the survey is one of the ways to truly have an impact on Navy policy," said Lt. Stephanie Miller, head of the Navy's Women's Policy office. "Many of the changes we made in the recent revision to the Pregnancy and Parenthood instruction were the result of

the data we received from the 2003 and 2005 surveys."

The Pregnancy and Parenthood survey has been held since 1988, covering topics such as family care plans, the impact of individual augmentee assignments, single parenthood, sexual health training, family planning, birth control, and pregnancy.

"Changes such as the operational deferral, adoption leave, and mandated command support for breastfeeding service women (as outlined in OPNAVINST 6000.1C) all came from survey feedback," she said. "We're hoping to use this year's survey as a way to gauge reaction to those changes in our effort to improve quality of life for military families," said Miller.

The survey will be open for approximately eight weeks, until the end of March. As in previous versions, men and women will receive the same questions, except where minor gender-appropriate wording changes were required. Men

will not receive pregnancy-specific questions.

While usernames are required to log into the web survey, all identifying information will be deleted from the data set during analysis to maintain the anonymity of the respondents. Results will be statistically weighted by pay grade and gender to be representative of the Navy population.

The survey results will be used to review related pregnancy and parenthood policies for potential revision and to update the Navy's sexual health training GMT programs.

The Navy Personnel Command's Navy Personnel Research, Studies and Technology office is conducting the survey. Questions on the survey may be sent to the project director, Zannette Uriell, at DSN 882-4641, (901) 874-4641, zannette.uriell@navy.mil.

For more news from Chief of Naval Personnel - Diversity Directorate, visit [www.news.navy.mil/local/cnp-diversity/](http://www.news.navy.mil/local/cnp-diversity/).

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## USO News

Monster truck club seats and pit passes are \$27 each and are available at both the NAS Jax and Mayport USOs. The event is planned for Feb. 23. Please visit [usojax.org](http://usojax.org) for more information, or drop by either of the Mayport of Jax USO Centers and buy your tickets.

The USO is gearing up for its fifth annual Bob Coonan Memorial USO Golf Tournament on April 3. Go to [www.usojax.org](http://www.usojax.org) for more information.

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 availability, 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.

## Join New Mayport Lions Club

From MOAA

Want to help out your community? A new Lions Club is being established to support Naval Station Mayport.

The new Mayport Lions Club will be chartered to provide support for service personnel and families by donating fundraising proceeds to the Mayport USO.

The Mayport USO will host regular Lions Club meetings on the second and fourth Tuesday of each month at 7 p.m. Anyone over 18 can join and become a member.

The Mayport club will be guided by Lions from other area clubs (Arlington Lions Club and

the Beaches Lions Club) who will help hold election for the first officers and will continue support while the club learns the procedures of club management.

Lions Clubs International sets the order of business for Lions Clubs and has created a vast amount of support, which aids in getting a club up and running. Visit the Lions International website for more information.

All clubs have their own identity when it comes to their charities and community support in accordance with Lions International guidelines and club bylaws. Another facet of

Lionism is that you can transport your membership if you move. Large cities may have multiple clubs. Active duty advancement may require community service.

Membership in a Lions Club qualifies and should be included in an evaluation or submitted for selection board consideration. Networking with your fellow Lions provides members with some excellent connections. As membership grows, the club may elect to support other needs in the community, nationally and internationally.

Questions? Contact Lion Pete Sarmie at 838-1125.

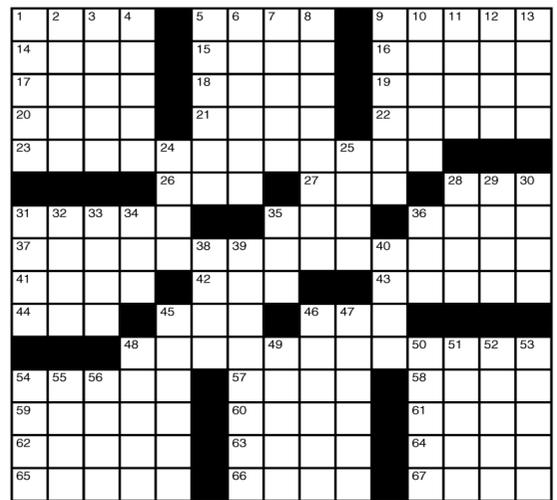
## The Weekly Crossword By Alan P. Olschwang Huntington Beach, CA

### ACROSS

- Vegas quote
- Ensnare
- Prepared to take notice?
- Tabby's comment
- Sister/wife of Zeus
- Try to get one's goat
- Stridex target
- Villainous
- Duck down
- Zola novel
- Hosiery feature
- Sheriff's band
- Start of a quip
- Founded: abbr.
- Jogged
- Above, to a poet
- Theatrical comment
- Poetic contraction
- Ray of "Battle Cry"
- Part 2 of quip
- Dad's sister
- Vichy water
- Rhone tributary
- "Soffel"
- Shell propeller
- Fast flier's letters
- End of quip
- Fen
- "Jane Shore" dramatist
- Parasites on people
- Type of potato
- Magazine founder Eric
- Garfield's pal
- Type of orange
- Female servant
- Oregon city
- Prevailing tide
- ID info
- Tense

### DOWN

- Man from Muscat
- Low-boost coffee?
- Prima
- Perspiration
- Proposition maintained by argument
- Backslide
- Opera highlights
- Date producer
- Trample
- Kindergarten quintet
- Small boys
- Manipulates
- Dijon dad
- Leg ends
- Word after Scotland
- Highly spiced stew
- Idyllic place
- Memorizing process
- First of billions
- Go off, as milk
- Overnight travelers' stops
- E-mail address symbol
- Old French coin
- Oklahoma town
- Study



By Alan P. Olschwang

2/14/08

- |                      |                       |
|----------------------|-----------------------|
| 39 Sound sensors     | 51 Assisted           |
| 40 Como __ Usted?    | 52 Frosting           |
| 45 Postponed         | 53 Indigent           |
| 46 Like some linings | 54 Money maker?       |
| 47 Proud mounts      | 55 Hebrew month       |
| 48 Pale              | 56 Speak incoherently |
| 49 Tiny bits         |                       |
| 50 Spherical map     |                       |



326285 2/07/08

**MISSION: HEALTHY BABY**  
A free program of support and information about pregnancy and newborn health especially for military families. Created by March of Dimes, with the VFW and the Ladies Auxiliary VFW.  
[marchofdimes.com/vfw](http://marchofdimes.com/vfw)  
a CFC participant  
Provided as a public service

# Mirror Classified

## PLACE YOUR MILITARY CLASSIFIED AD CLASSIFIED INDEX

**BY PHONE** 366-6300  
 Mon.-Thurs. 7:30a.m.-6:00p.m.  
 Fri. 7:30a.m.-5:30p.m.

**Toll Free** 800-258-4637  
**BY FAX** 904-359-4180  
**IN PERSON**

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

**Deadlines**  
**Run date** Call by Fax by  
 Thursday Tue, Noon Tue, 11 a.m.

Please note: Fax deadlines are one hour earlier. Holiday and Legal deadlines vary and will be supplied upon request. Cancellation and correction deadlines are the same as placement deadlines.

### CANCELLATIONS, CHANGES & BILLING

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

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

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

### GENERAL INFORMATION

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

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

<b>Announcements</b>	<b>Instruction</b>
<b>Auctions</b>	<b>Employment</b>
<b>Real Estate for Sale</b>	<b>Services</b>
<b>Real Estate for Rent</b>	<b>Merchandise</b>
<b>Commercial Real Estate</b>	<b>Pets/Animals</b>
<b>Financial</b>	<b>Transportation</b>

**904-366-6300**

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

## Announcements

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

## FOR SALE

**Real Estate for Sale**

Open Houses  
 Argyle  
 Arlington  
 Avondale/Ortega  
 Beaches  
 Downtown  
 Fernandina/Amelia Island  
 Intracoastal West  
 Keystone Heights/Melrose  
 Mandarin  
 Middleburg  
 North Jacksonville  
 Orange Park/Clay 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  
 St. Johns Manufactured  
 Homes  
 St. Johns Lots/Acreage  
 St. Johns Active Adult Comm.  
 St. Johns Investment  
 Income Property  
 Miscellaneous  
 Out of Area/Town/State  
 Real Estate Wanted

## Waterfront

**Westside Gated Riverfront**  
 1/1 Condo Reduced \$30K to \$171,500  
 Coastal Creek Condos and Marina, Boat Slip Avail.  
 Call Angela 771-3434  
[www.CoastalCreekCondos.com](http://www.CoastalCreekCondos.com)

## Condominiums

**MANDARIN Sunbeam Rd**  
 Gated, Osprey Branch 3/2, 1 1/2, apps, grand lev. \$165K Prem Lot. 891-5200

**Ponte Vedra Beach**  
 2/1 with Garage, Gated, Pool Fitness, Private Beach Access convenient to Mayport \$169,900 call 904-645-0630

## Beaches

**Adorable Almost New 2 story country charmer**  
 near Dunton Island preserve. Mayport Naval Station & close to beaches. 3/2.5 with many upgrades on a large fenced in lot. Realtor/Owner \$249,900 Call 904-236-0519

**South Jax Beach**  
 2/2 Townhouse \$260k 1275 call Brian 853-6020

## Intracoastal West

4/2 2400sq ft. lake, pool, culdesac Asking 284,900 will pay closing cost or cash back 904-742-6240

## FOR SALE

**INTRACOASTAL E. ARLINGTON, SOUTHWEST**  
 N. JAX THE BEACHES HOMES, CONDOS, TOWN HOMES FOR SALE  
 ALSO NEW HOMES...CALL HOME FINDER REALTY 221-1711 OR 241-5501 or visit [www.homefinderrealty.net](http://www.homefinderrealty.net)

## LUXURY HOME

In desired ICW Large lot, very private, 4/3 3200sf. Open floor plan, Gourmet Kitchen, Granite Baths, Wood Floors - Tons of Upgrades, Park your Boat! RV here! A Must See! Hodges \$416k. 904-219-9469

## Middleburg

Middleburg new construction 1 acre lot 3/2 hte bath, kitchen, inside laundry Masterbath jacuzzi tub. \$209,000 904-626-0873

Middleburg new construction 1 acre lot 3 bedroom 2 bath hte bath, kitchen, inside laundry Masterbath jacuzzi tub. \$209,000 904-626-0873

### Georgia Real Estate

**JENKINS CO., GA**  
 1,203 AC - \$1,550/AC  
 Ogeechee River! Hardwoods, pine, excellent Redbreast Bream fishing and great hunting.  
 404-362-8244  
 St. Regis Paper Co. [www.stregispaper.com](http://www.stregispaper.com)

### Nassau County

**Amelia Island**  
 4/2 Dining room, Living room, tile Berber planton Shufflers owners.com APD1412 Brick 4yr new \$359,000 904-491-7996

### St. Johns County Oceanfront

**SALE REQUIRED!**  
 Present Beach, Oceanfront 4BR/3BA 2 Full Kitchens. Elevated spectacular views! \$1.2M by owner 352-359-1226

### Miscellaneous

**5X10 Utility Trailer**  
 new tires \$500 200cc Baja Dirt Bike \$800 5 HP Hot tub \$1200 542-2445 ext 118

### FOR SALE POOL HOME!

3 br 2 bath 1800 sq ft 1/2 acre 40 x 6 detached game room 2 car garage mls # 411038 Officially Reassigned 894-8740

### Shopsmith wood working machine

with many extras paid over \$4000 will sell for \$1300 OBO call 213-7563 or 239-0646

### Out of Area/Town/State

**FSBO 3/2 Single Family House**  
 across from Navy Base asking \$155,000 all Appliances stay with the house 912-552-2825

### Pensacola Beach

**Florida Home for sale 4/2**  
 appx 2000 sq ft Gulf View \$899,000 Please call 904-215-0327

### Real Estate for Rent

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

### Apartments Unfurnished

**SAN MARCO**  
 1 & 2 BR SPECIALS! \$50 off  
 CALL 904-398-9492  
[www.SanMarcoVillages.org](http://www.SanMarcoVillages.org)

### CONDOS for Rent

**AMELIA/FERNANDINA**  
 2/2 Deluxe lakefront unit w/frpl. Gated comm. w/tennis & volleyball courts, Pool, gym etc. \$975/mo. Great location. Nr Target & Wal-Mart; 5 mins to beach; 15 min to Jax Airport & River City Marketplace \$975/mo. Call 619-254-4377

### Fleming 1st. Riverfront

condo 4/3, full live, den kit, study, pool access, \$1500m. 904-716-4153

### For rent 2/2 Condo

all appliances W/D close to base \$1000dn/1000mo. Balcony. Pet considered alarm Call 425-4392

### INTRACOASTAL WEST

3/2, 1st flr, granite kit, w/d, gated, pool, gym, \$1200m. Lou 904-687-4632

### MANDARIN - CONDO

2 BR, newly remodeled, 1st flr, on lake, \$950/mo, \$950 sec. 229-9131

### Orange Park condo

for Rent 2 rooms 1 1/2 bathroom \$75 per month 904-233-3366

### SOUTHWEST 2/2 Full kit

W/D Gated comm w/pool & clubhouse Alarm sys \$900mo 424-2210

### SOUTHWEST 2/2+1 left for opt.

3rd floor, 2cs, pool, hot tub, tennis crts, gated \$1150m. 614-325-2698

### Houses Furnished

3/2 In quite Shadow lawn. See Views of river. Quite street \$895/mo \$500 dep call 912-673-7978

### Eagles Hammock

Northside (9A and Alt) 4/2 2114 SF 2 Car Garage Lakefront Brand new \$1300. call 904 613-3474

### PCS Orders

Home for Rent 3/2 w/d, tile floors new A/C \$1250.00. 635-1344

### Houses Unfurnished

3 & 4 BR HOMES - Rent to own or owner finance. Low down pmnt. Low monthly payments. Easy qualify 693-6092

ARLINGTON - 2/1.5 TH, \$375mo. No Deposit if Qualify. CH&A. 693-6092

### Houses Unfurnished

**BEACH ATLANTIC**  
 3/2, w/d hkp, great area, like new, no pets, \$1300mo 246-5165

### GREEN COVE SPRINGS

Exec. 3/2, Magnolia Pl Golf & CC, 2100sf, \$1350m. 904-514-1038

### MANDARIN patio home

2/2, 1 car garage, lake view, fenced yard, very nice, \$1050 mo. + \$500 dep. Call Chris 226-3466

### MANDARIN Immac. 3/2

2 Cg, tp, 1500sf, 10176 Summer Pines Ct. \$1175m+dp. 904-710-6933

### MANDARIN TwnHS- 3/3

9925mo. MH Disc Avail. Fnd back yrd, app & dep req. Call 220-9956

### MAYPORT Duplex 3/2

wrap around porch idry rm fen bck yd. \$1150m all util incl. 708-4022

### MAYPORT 3/2,

fenced yard, Mayport Village, \$1050 per mo. avail NOW Call 904-221-0612

### NORTH SIDE

2 bedroom, 1 bath, clean, quiet neighborhood, no pets, 904-751-9855

### JACKSONVILLE RENTAL HOMES

\*BEACHES \* ICW ARL\* SOUTHWEST \*OCEANWAY\*  
 \*N. JAX & O.P.\*  
 FROM CONDO'S TO LARGE HOMES...  
 SOME BRAND NEW CALL FOR INFO HOME FINDER REALTY 221-1711 or 241-5501 or 877-629-4663 Toll Free Or Visit, se habla espanol [www.homefinderrealty.net](http://www.homefinderrealty.net)

### 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.

### TEMPORARY CORPORATE HOUSING

Jacksonville's Government Friendly Corporate Housing Provider

- Locations convenient to Mayport, NAS JAX, Blount Island & Kings Bay
- Full-Size Washer & Dryer included
- All Utilities included
- High Speed Internet available
- Within government per diem
- Courtyard Swimming Pools & State-of-the-Art Fitness Centers

Contact Terri Bradley-Pa'ala 904-733-6100 • 888-855-0010

### Houses Unfurnished

**Orange Park 7 mile**  
 from NAS Jax \$795 2 rooms and 1 1/2 Bath Condo Washer and Dryer included Luis 233-3366

### PALM VALLEY Walden

Chase 3/3.5, 3cg, fncd bk yd, culdesac, \$2350m. comm. pool 904-370-4844

### PCS west

Side Dream 3/2 2100 sq ft \$1500. month wood floors vaulted ceilings upgraded alarm sprinkler system 360-535-8894

### Southside, Atlantic/Kernan

3/2, lawn service, W/D, great area, \$1200/mo. Call 407-222-5459

### Wonderwood

4br/2ba, office, 2200sf, cul-de-sac, Kernan/Wonderwood, 10 min to Mayport, close to school/shopping, \$1,600mo \$1,600dep 651-2747/651-2737 Jonh/ Cheri

### NEW HOMES for lease

World Golf Village, 210, Fruit Cove, Green Cove, Beauclerc. Call Emory Hagler at 904.386.6592

### Manufactured Homes

**EXCEPTIONAL Mobile Home**  
 2/2 Must see, \$795mo. + dep. No pets 904-291-6950

### Kings Bay Share

Nice quiet 3/2 home single male non-smoker \$400mo. total Dog, Pool, Park, Cable, Internet. 912-882-1676

### Room For Rent Prof. M/F

3Br, 2Ba Nice comm. \$500mo + 1/2util 720-3730

### Rooms for Rent

**JACKSONVILLE BEACH** - 1rg br, furnished, con. priv ba, Military preferred \$400/mo, call 904-246-3079

### Orange Park Furnished Room

Lease All utilities included 20 minutes from NAS Jax \$480 month call 375-1814

### Manufactured Homes

**WESTSIDE-TIMUQUANA**  
 MOVE IN SPECIAL. \$50 off 2 & 3br's \$375 - \$500 + dep. 904-771-3811

### WESTSIDE

New. A home we have E-2 qualifying and Low Down Pmts. Call Sandy 695-2255

### WHY RENT?

First time home buyers. Great Specials. Call Emma 771-9055 962-1086

### TAX TIME

**Owner will finance!**  
 New, used or repo 5% down moves you in. Call Emma 771-9055 962-1086

### WOW!! 99\$ MOVES YOU IN !!

3 1/2's 2 1/2's Call Emma 771-9055 962-1086

### YULEE 2/2 on 1 ac lot

big oak trees, no pets \$650mo + \$650dep. Call 904-225-8275/318-0712

### Roommates

**INTRACOASTAL WEST**  
 Great sub div. off San Pablo \$550mo. incl. BR, private bath, half of 2 car gar, util's, male preferred. Call Sandy 223-1843 571-5215

### Kings Bay Share

Nice quiet 3/2 home single male non-smoker \$400mo. total Dog, Pool, Park, Cable, Internet. 912-882-1676

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### Orange Park Furnished Room

Lease All utilities included 20 minutes from NAS Jax \$480 month call 375-1814

### Beach Home Rentals

**For Rent 3/2 House**  
 mins from the Beach \$900 Security \$1000 a month call 541-0827 or 553-8313 PCS

### St. Johns County Duplex/Townhome for Rent

**Julington Crk Clean 3/2.5**  
 +1of1, 1cg, gated, all appl pool, Race Track Rd crnk unit, \$1275/m. 904-249-4146

### Commercial/Industrial For Sale

**WAREHOUSE**  
 For Sale. 8000sf, 8650sf, 12,200sf, 16,000sf, 17,400sf, and 35,000sf. Easton, Sanderson & Co. 356-2228 Realtor

### Commercial/Industrial For Rent

**WAREHOUSES**  
 For Lease - 1800sf, 3350sf, 6075sf, 9000sf, 11,350sf, 16,000sf, 17,400sf and 20,000sf. Easton, Sanderson & Co. 356-2228 Realtor

### Businesses For Sale

**PIZZA ITALIAN REST'S**  
 (2) set 70ea, well est., exc loc, 904-234-0696

### Office Space For Rent

**MANDARIN New 1244sf/6**  
 sep. ofcs upgraded. 12443 San Jose #302. SPECIAL 1st 3mo. \$900m. 860-5564

### Commercial Real Estate

Commercial/Industrial For Sale  
 Commercial/Industrial For Rent  
 Businesses for Sale  
 Office Space For Sale  
 Office Space For Rent  
 Retail For Sale  
 Retail For Rent  
 St. Johns Commercial/Industrial For Sale  
 St. Johns Commercial/Industrial For Rent  
 St. Johns Businesses for Sale  
 St. Johns Office Space For Sale  
 St. Johns Office Space For Rent  
 St. Johns Retail For Sale  
 St. Johns Retail For Rent

### Business Opportunities

**Commercial Cleaning**  
 Be in business for yourself - not by yourself  
 \*Stratus guarantees - \*Customers - No Sales \*Partial Financing \*Training & Support \*Flexible Hours PT/FT Accounts available now! Call 904-222-8405

### ONSTAGE RETAIL

571 E. Turn Key Call 904-768-4435

### EDUCATION AND TRAINING

Private Instruction  
 Schools  
 Specialty Training/Events

### Schools

**REAL ESTATE**  
 1 Week Day Class Mar 3  
 8 Week Eve Class Mar 19  
 Superior Instruction [www.mfrl.com](http://www.mfrl.com) (904) 269-2555  
 Florida Real Estate Institute

### THE BEAT OF LIFE

You could train for a career in SONOGRAPHY and help save lives! Call for more information 888-432-2433 Sanford-Brown Institute 10255 Fortlune Parkway, Suite 501 Jacksonville, FL, 32256

### Prepare for a New Life!

**General Employment**

**MYSTERY SHOPPERS**  
- Earn up to \$150/day.  
- Exp. not req. Under-  
cover shoppers need to  
judge retail and dining  
establishments.  
Call 888-493-1958

**NAT'L ORGANIZATION**  
NOW HIRING  
Avg. Pay \$20/hour  
or \$57K/yr. including  
Federal Benefits and  
OT. Offered by  
USWA  
1-866-519-9026

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& Service. Free  
Est. on new equip.  
Fin & credit cards accepted  
CAC#1815374 Chris 755-7760

**Health and Beauty**

**\$\$\$AVON/MARKSS\$**  
**\$10 Start up fee**  
**50% commission**  
**1-800-806-1558**  
youravon.com/BBecca

**Furniture/Household**

Dining Room Set  
Ethan Allen Coun-  
try Style Rnd Table  
w/2 Leaves 6 chrs  
Hutch and buffet \$ 550  
859-5034

For Sale Round  
office Table \$ 75  
Computer desk \$50  
computer chair \$10  
Microwave \$40  
269-4312 Leave message

For Sale Matching  
Chest Queen Double  
Headboard \$400 Call  
542-2609 ex 143

Glass table six  
chairs \$70 sofa  
with chaise and  
Loveseat \$ 300  
OBO call 322-8555

Leather Massage  
Chair Hand made  
furniture from Italy  
DVD, CD holder  
armoire moving must  
go call for price  
904-910-3710

Longaberger Spice  
Rack with add-on  
\$100 3 tier stand  
w/wooden shelves  
\$100 576-4416

**Furniture/Household**

**MOVING SALE**  
Dining  
Chairs, Sofa, Tables  
Lamps Antiaue  
Dresser Singer Sewing  
Machines, Bike Lawn  
Mower, Grills, Garden  
Equipment Middleburg  
Call 904 254-1503

Moving Sale Dining  
Room Set  
Table Hutch  
Server Six chairs  
four pictures  
E-mail:  
adwightg@comcast.net

Queen Bed with  
Sealy Mattresses  
Like new \$500  
Mexican Pine  
Media Cabinet \$650  
Graco Baby Swings \$35  
PH 264-3127

Sofa, Loveseat,  
excellent condition  
\$300.00 Baby swing  
\$15 Baby exerciser  
\$10 bath excellent  
condition, umbrella  
Stroller \$ 10 ph 771-8930

Solid Oak Cal-King  
Waterbed Suite, two  
nightstands, arm-  
oire 12 drawer ped-  
estal headboard frame  
mattress heater, \$ 800  
OBO 729-5265

**Furniture/Household**

Solid Wood White  
Twin Headboard  
Footboard, night-  
stand full dresser  
Stand-up dresser, rails  
mattress excellent  
condition asking \$500  
904-91-0554

Suede Leather Sofa  
and Loveseat; Wing  
Chair, Two end  
tables, coffee table,  
(lane), two brass lamps  
\$425 Bargain 241-6170

TV w/stand \$300  
Sony Trinitron \$300  
759-5034

TV w Stand 32 Sony  
Trinitron \$300  
859-5034

Wicker Chairs 2  
\$125 pair, Wicker  
plant stand \$ 75  
Wicker shelves \$75  
8 foot plack plant \$40  
904-269-2258

Wicker Loveseat  
and Chair two  
cushions great cond.  
Blue cushions never  
outside \$125 call 662-7425

**Garage Sale**

Bartram Springs Moving  
Sale. Sat 8-12 Furn, baby  
clothes, toys, boating  
supplies, kite, books, air  
hockey tbl, scrapbook-  
ing, etc. 14533 Fenney Ct  
904-553-6433

Couple looking to  
rent room in house  
\$350 Per month  
Military preferred  
contact Alicia at  
530-321-5752

Mandarin Thur, Fri, 8-3  
lots of goodies, off Haley  
Rd. behind Village Inn.

**SOUTHSIDE MOVING**  
SALE! Everything must  
go! Tools & various  
hsehold items! Sat 8-12N  
10382 Walden Glen Ct.

**BARGAIN HUNTERS**  
GALEORE  
This Sat & Sun Have  
Your Garage Sale at  
The Market Place!  
7059 Ramona, 786-FLEA

**Hot Tubs/Spas**

**HOT TUB**- Like new, vita  
spa, seats 6, \$3500,  
www.BuyMyHotTub.info  
or call 904-553-6433

**Jewelry/ Watches**

QBOS Diamond  
Jewelry Set new  
249.99 asking 50.00  
John 904-612-9998

**Machinery and Tools**

Tool Sale 387-3015

**Miscellaneous Merchandise**

20 inch rims and  
tires 245 35z, R20  
95Y, YW must see to  
Believe call Kim  
778-2464

2 Van Haten Tick-  
ets FEB 16th Sec-  
tion 303 Row J  
Seats 9&10 \$ 300.  
call 303-9042

Antique Brick Pav-  
ers approx 100  
yards for 100  
Patio various mark-  
ings \$1.00 each 268-8656

Atari 2600 Like new  
condition 2 control-  
lers 2 joystick  
manuals and misc items  
John 904-612-9998

Boat Couch Dining  
Room Stove Stove  
Deer Stands Hunt-  
ing camping eqp  
Tent Scooter 250 cc call  
277-4673

China Service for  
12, 116 pieces Cora-  
do By Monarch  
Multi Floral Spray  
green edging superb  
cond. \$525 268-2482

For Sale set of 4  
rims size 17 of a  
2008 Mitsubishi  
Elipse only 300  
miles \$ 595 call  
793-9107

**Miscellaneous Merchandise**

Milk can with Lid  
Old but in Great  
Shape. Used as  
Umbrella holder \$25  
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