

THE MIRROR NS MAYPORT, FLORIDA

CHINFO Award Winner

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THURSDAY, July 31, 2008

OFF THE DECK

New Hours For PSD

PSD Mayport is changing its hours of operation beginning Aug. 4.

After a review of customer volume, PSD found that only 1.7 percent of the total customers were being served after 5 p.m. PSD is currently open from 7:30 a.m.-9 p.m., Monday-Friday and 7:30-11:30 a.m. on Saturday. The ID card lab is open from 7:30 a.m.-5 p.m., Monday-Friday. Given the demand of the high-volume hours from 7:30 a.m.-4 p.m., the department is changing its hours of operation to better utilize manpower and improve customer response.

The new hours in effect Monday will be 7 a.m.-5 p.m., Monday-Friday. This includes the ID card lab. Saturday hours remain the same. The department will be closed on Sundays and holidays.

Get Ship Shape At Health Promo

Now is the time to start your new lifestyle habits for a happy, healthier new you. The classes address many of the factors related to the life long battle with weight gain.

Ship Shape class is starting on Aug. 19 and Aug. 21 at NS Mayport. The class runs two hours for eight consecutive weeks. The Tuesday class is from 1-3 p.m. and the Thursday class is from 9-11 a.m.

A registered dietician is here to instruct the nutrition classes. The classes are open to active duty, retirees, and dependents, 17 years of age and older. Please call 270-5251 to sign up for the initial fitness assessment before the first class begins. Health Promotion is located at Building 2050, Marshal Couch Drive, next to Surfside Fitness and the Chief's Club.

To The Rescue



—Photo by Lt. Justin Cooper
Aviation Warfare Systems Operator 2nd Class Brian Leben, a search and rescue swimmer assigned to the guided-missile frigate USS McInerney (FFG 8), jumps from an SH-60B Seahawk assigned to HSL-44.

Stay Out Of The Dumpster

From MWR

Removing items from Naval Station Mayport dumpsters, often termed "dumpster diving," is illegal.

Though it may look like trash, it still belongs to the federal government. This includes everything from scrap metal and cardboard to your everyday garbage such as aluminum cans, paper and household cardboard. In fact, until it ends up at the county landfill, it is still considered federal property.

At Naval Station Mayport, some dumpsters are labeled individually for "metal only" and "cardboard only." Once an item is disposed of in any of these dumpsters, it is delivered to the base's MWR Recycling Program. There it is processed

further and eventually sold to market. The profits from these recycling efforts are a large part of what keeps MWR programs and activities operating.

"Scrap metal prices are currently at all time highs but so is scrap metal theft," says MWR Recycling Manager, Tim Hart. "Scrap metal thieves have gone so far as to disconnect air conditioner units from houses and even pull the wiring out of electrical panels. In one case, the thief was electrocuted and died."

This is not to say that everyone who collects scrap metal to sell is a hardened criminal. Many are just trying to make extra money and do not realize they are stealing. In fact, most

See Dumpster, Page 6

Mayport Part Of COMPTUEX First

By MC3(SW) Michael Starkey

Iwo Jima Expeditionary Strike Group Public Affairs

The Iwo Jima Expeditionary Strike Group (ESG) and the Brazilian Navy participated in a Composite Unit Training Exercise (COMPTUEX) July 8-18, marking the first time a Brazilian Navy surface unit fully integrated into a U.S. strike group.

The crew of the Brazilian naval ship (BNS) Greenhalgh (F-46) used this opportunity to increase interoperability with other navies and to prepare for possible future international naval missions.

"I think that working within the task group, this exercise proves that we can work together in the future," said Cmdr. Claudio Mello, commanding officer of Greenhalgh. "We'll probably have more Brazilian units coming and joining future exercises."

"I think that in the future if Brazil thinks about sending another unit, our experience will

prove that it has some issues to be solved, but it's not that hard. We have the right equipment and the right people to be able to come here and work together."

Greenhalgh's primary capabilities helped it integrate smoothly into the ESG for COMPTUEX.

"Our ship is an escort, and its main mission is anti-submarine warfare (ASW) but also has anti-ship-to-surface capability and air defense capabilities," said Mello. "We were used mostly for that type of defense and also in some specific missions that were carried out by the U.S. ships such as maritime interdiction operations and our visit and boarding teams."

"We participated in most of the same exercises that the U.S. ships were able to take part in."

Not only does this exercise help the U.S. with its training, but it's also significant to Brazil, specifically in how it works with the United States.

"This is a very important change in the way that

we've been working with the U.S. and exercises such as COMPTUEX," said Mello. "Eight years ago we had a frigate here as an opposition force, and the last two years we've had submarines working as opposition forces."

"I think the biggest change in this exercise is that we were able to work within the task group, so that's a different level of challenge. With an opposition force you have inputs from the people that are controlling the exercise, where we should be and what we should do. With Greenhalgh within the task group architecture, we had to be integrated with planning and the execution of the entire exercise. That's a different level of challenge."

Another first during the exercise was the fact that Greenhalgh and the amphibious assault ship USS Iwo Jima (LHD 7) were the first two ships to operate the new CENTRIX IANTL system at the tactical

See Roosevelt, Page 6



—Photo courtesy of MWR
A sign clearly states that contents inside the dumpster are illegal to remove. Naval Station Mayport is reminding residents and workers that all dumpster material, even though it is trash, is still federal government property.

JTFEX 08-4 Flexes Carney, Allied Force Training

From Commander, U.S. 2nd Fleet Public Affairs

More than 15,000 service members from four countries participated in Joint Task Force Exercise (JTFEX) 08-4 "Operation Brimstone," July 21-31 in North Carolina and off the eastern U.S. coast from Virginia to Florida.

JTFEX 08-4 serves as a ready-for-deployment certification event for the Theodore Roosevelt Carrier Strike Group (TR CSG) and the Iwo Jima Expeditionary Strike Group (IWO ESG). The exercise will also serve as a Joint Task Force Capable Headquarters sustainment event. In addition, JTFEX 08-4 will offer preliminary accreditation for 2nd Fleet's Maritime Headquarters with Maritime Operations Center (MHQ with MOC). MHQ with MOC is a new approach to command and control for fleet commanders.

"This exercise is a tremendous opportunity to train; not only as the Navy and Marine Corps team, but with our joint and coalition partners as well," said Commander, 2nd Fleet Vice Adm. Marty Chanik.

"JTFEX 08-4 will flex our warfighting capabilities from the operational level through expeditionary strike force and strike group operations with several of our coalition partners - France, Brazil and the United Kingdom."

The exercise also marks the first time that forces from Navy Expeditionary Combat Command are participating in an East-Coast JTFEX. NECC forces



—Photo by MCSN Matthew Williams
Guided-missile destroyer USS Carney (DDG 64) is currently underway with the Joint Task Force Exercise 08-4 of the eastern coast.

operating in the littorals and riverine environment are supporting integrated operations.

"Navy Expeditionary Combat Command provides a self-contained adaptive force package with a command element tailored to support the full spectrum of operations from major combat operations to unconventional and irregular warfare," said NECC commander Rear Adm. Mike Tillotson.

U.S. and coalition naval assets underway for the exercise include the U.S. aircraft carrier USS Theodore Roosevelt (CVN 71), the amphibious assault ship USS Iwo Jima (LHD 7) with associated units including the British aircraft carrier HMS Ark Royal (RO 7), the Brazilian Navy frigate Greenhalgh (F-46) and the French submarine FS Amethyste (S 605). BNS Greenhalgh is the first Brazilian Navy

ship to operate integrated in a U.S. strike group.

French Rafale fighter aircraft assigned to the 12th Squadron, and Hawkeye early warning aircraft assigned to the 4th Squadron will conduct carrier qualifications and cyclic flight operations with U.S. Carrier Air Wing 8 during Theodore Roosevelt Carrier Strike Group's Joint Task Force Exercise. This marks the first integrated U.S. and French carrier qualifications and cyclic flight operations aboard a U.S. aircraft carrier.

The TR CSG is made up of: USS Theodore Roosevelt (CVN 71); Commander, Carrier Strike Group 2 (CCSG-2); Carrier Air Wing 8 (CVW-8); Commander, Destroyer Squadron 22 (CDS-22); the guided-missile cruiser USS Monterey (CG 61); the guided-missile destroyers USS Mason (DDG 87), and USS Nitze (DDG 94) homeported in Norfolk; the attack submarine USS Springfield (SSN 761) homeported in Groton, Conn.; and the guided-missile destroyer USS The Sullivans (DDG 68) homeported in Mayport, Fla.

The IWO ESG consists of USS Iwo Jima (LHD 7), Commander, Amphibious Squadron Four (CPR-4) based at Little Creek, Va.; the 26th Marine Expeditionary Unit (26 MEU) based at Camp Lejeune, N.C.; the amphibious transport dock ship San Antonio (LPD 17); guided-missile cruiser USS Vella Gulf (CG 72);

and the guided-missile destroyer USS Ramage (DDG 61), homeported in Norfolk; the dock landing ship USS Carter Hall (LSD 50) homeported at Little Creek, Va.; the guided-missile destroyer USS Roosevelt (DDG 80) homeported in Mayport, Fla.; and the attack submarine USS Hartford (SSN 768) homeported in Groton, Conn.

The Navy Expeditionary Combat Task Group (NECTG) is made up of: Riverine Group 1 staff augmented with personnel from throughout the NECC force, Riverine Squadron 1, Maritime Expeditionary Security Squadron Ten, based in Jacksonville, Fla.; an air detachment from Naval Construction Forces Naval Mobile Construction Battalion 11 based in Gulfport, Miss.; Navy Cargo Handling Battalion 3, based in Alameda, Calif.; and Explosive Ordnance Disposal Unit 6 plus EOD Support Unit based at Little Creek, Va.

In addition, the following forces are participating in the exercise simulating opposition forces: the guided-missile destroyer USS Carney (DDG 64), homeported in Mayport, Fla.; the guided missile cruisers USS San Jacinto (CG 56), USS Anzio (CG 68) and USS Normandy (CG 60), the guided-missile destroyers USS Oscar Austin (DDG 79), USS Winston S. Churchill (DDG 81); and the guided-missile frigate USS Carr (FFG 52), all homeported in Norfolk.

CO Column

Let me start off by saying thank you to all of the volunteers that came out July 18 for the sea turtle release. With the help of Naval Station Mayport's Wildlife Officer, Art Burt, we released 98 hatchlings back into the ocean. We are definitely in the middle of nesting season and just had a new nest spotted this past Monday bringing our total to 11 nests overall. Turtle nesting takes place from now through Oct. 31. If you sight an unmarked nest, hatchling or stranded sea turtles, contact the NS Mayport Wildlife Office immediately at 219-2178 for the base beach and Hanna Park. Call the Beaches Sea Turtle Patrol at 613-6081 for all Jacksonville area beaches or the



Capt. Aaron Bowman
Florida Marine Patrol at 270-2500.
The base has been host to several foreign VIPs and ships lately, proving what a vital port

we are. It is important that we keep the grounds looking nicely. I know I have said this on several occasions, but it is up to all of us not to discard trash, and if seen to pick it up. We need to show them why Mayport is the Navy's most popular duty station!

Foc'sle CPO Club and Restaurant has a new all hands buffet. The buffet features two meat entree items, vegetables, a starch, soup, salad and dessert along with tea or water. Cost is \$7 Monday through Thursday. A special seafood buffet is available on Fridays for only \$8. If you are watching your weight and prefer a light meal, soup and salad is \$4.50. Foc'sle CPO Club is open to everyone for

lunch Monday-Friday from 11 a.m.-1:30 p.m. For more information, call 270-5431.

The USO has received an appeal from the new USO Balad Center in Iraq (Anaconda) for individual powdered flavored drink packets for our fighting troops. These individual packets produced by Crystal Light, Kool Aid, Countrywide, and other manufacturers, are in great demand to flavor the troops drinking water in the 120+ degree heat with their 60lb + packs. Individuals, or organizations are encouraged to drop off packets or fund donations at our local Mayport USO Center at 2560 Mayport road, or call Chuck Carroll 463-2884 for further information. The Mayport

USO Center will package and send these donations via USPS to USO Balad.

I was at the USO recently serving No Dough dinners to servicemembers and their families. With help from area service organizations, including Fleet Reserve Association, VFW, American Legion, MOAA and Lions Club, the USO is able to serve nutritious meals twice a month at no charge. The dinners start at 5 p.m. and space is limited. The next dinner will be held on Aug. 4.

We're nearing the end of summer and the beginning of the school year. If you haven't heard, Florida will not be offering its annual tax-free week for school supplies. There are a lot

of great deals of supplies going on so make sure not to miss them.

Speaking of schools, the advancement exams are coming up. If you haven't already begun to study, you need to crack open those books now!

Thanks to everyone for being part of this great Navy team on the best base in the Navy. Your hard work never goes unnoticed. Also, keep your great suggestions coming in at aaron.bowman@navy.mil or the CO's suggestion box located at the base galley. Your concerns are my concerns and I want to hear what you have to say.

CREDO Corner

By Lt. Cmdr. Dorman "Curt" Dowling, Chaplain
Spiritual Fitness Division SE/CREDO

On the floor of my "Candominium" sits a box of bottled water. Yes, I meant to write Candominium. It is a slang term used on Camp Lemonier for the Containerized Living Units (CLU) in which I now live while an Individual Augmentee in Djibouti. Anyway, back to the box of water.

Normally I am not too inter-

ested in, or amused by what is printed on a box of drinking water but by now you have probably figured out that my entertainment here is somewhat limited. What attracted me were the words "Pure," "Fresh," "Natural," "Original," and "Taste." Somehow these adjectives are everything I'd expect from bottled water, but the folks at Emirates Natural Drinking Water wanted to make sure people were clear about their water's attributes.

Printing those five words was not enough. The company had to say something about each one. Under "Pure" were the words, "Ingredient Water Purity." I'm not sure what that means, but it sounds like something I would like in water. Then under "Fresh" were the words, "Safe, Reliable and Sustainable Fresh Water." I like the idea of drinking safe water. "Natural" was described as "Recovery of valuable by-Products" Hmmm, your guess

is as good as mine as to what that means, but of course "natural" is, well, natural. And under "Original" (as opposed to water that is not) was printed "With Cutting Edge Technology." - OK, I'm not even going to try to figure that out! Finally, "Taste" was described as "Proven and Preferred by People." That sold me because I am people.

Trying to describe something we take for granted every day, seems like a waste of time and energy. Why go to all the

trouble. I was going to drink the water anyway so what's the difference? That got me thinking, "Do I do this with relationships?"

It is easy to take my spouse for granted. Hey, we are married. Why try to describe what my wife means to me? Why go to all the trouble. She knows how I feel.

The truth is: we should be as persistent as Emirates Natural Drinking Water. Our spouse is essential to our lives and needs

to know on a daily basis his or her attributes that attracted us in the first place.

Be corny! Be redundant! Tell your spouse what you may think seems to be the obvious. Tell your spouse how special they are. Advertise it so the whole world can see that the person you married is special. Make them stand out in a world where we too often take one another for granted--like my box of water lying on the floor.

By Beth Wilson
Military Spouse Contributor

Ninety-nine days after I married my handsome man in uniform he was gone. I found myself in a new city, as a new Navy wife. I barely understood this "military world", let alone understand the acronyms that now defined my life. This column is part one of a two-part look at some of our benefits we enjoy as spouses. While not exhaustive this will get you started.

The most widely known benefit the military provides is the medical care, called Tri-Care. You can opt to use an MTF (military treatment facility) or select other plans which enable you to choose civilian providers. www.tricareonline.mil outlines options and related fees. To enroll in medical coverage your service member must add you

to his record (called a 'page 2') to have you added to DEERS (Defense Enrollment Eligibility Reporting System). Enrollment in DEERS is the prerequisite to obtaining your medical coverage. Once in DEERS a quick trip to the local Tri-Care office (or MTF) will complete your medical enrollment. Many Tri-Care locations offer orientations for new spouses, contact your local Tri-Care office for more information.

Tri-Care provides a dental plan through United Concordia. www.tricareonline.mil provides information on the plan benefits and fees. Enrollment in the dental plan is separate from medical. Once in DEERS you can enroll in the dental plan right on this website.

Mentioned last week, the FFSC (Fleet & Family Service Center) and ACS (Army

Community Services) are there to offer support, education and resources to assist you in adapting to military life. All services, opportunities and classes provided by these organizations are free. Be a frequent visitor and utilize this great, free resource.

The DoD (Department of Defense) supports an organization called "Morale, Welfare and Recreation or MWR. MWR provides "quality support and recreational services that contribute to the retention, readiness, mental, physical and emotional well-being" of service members. Family members, retirees and their dependents are eligible to utilize these services and opportunities. Check out www.mwr.navy.mil for information about this benefit, and contact your base MWR office for specifics at your location. MWR manages the Gym

(yes, you can work out there for free), movie theatre (free or low cost movies including sneak previews and special shows), bowling (low cost, including classes, special events, parties and leagues) and much more. MWR provides rentals (everything from a barbecue to boats, tables & chairs, and campers to name a few), maintains resorts, cabins and RV parks across the world at great discounts. IT&T (Information, Ticket & Tours), a program of MWR provides discounted tickets to local and national attractions (Disney, etc) as well as discount tickets to local movies theaters. They sponsor trips to local attractions that often include a boxed meal, transportation at a low fee. Check them out!

The military offers shopping facilities as part of our benefit. The Commissary (DeCA or the

Defense Commissary Agency) operates grocery stores around the world. Mandated by congress all items are sold at cost plus a 4.5 percent surcharge (not a tax, reinvested for improvements and expansions). Recent independent (Market Basket) surveys indicate the commissary offers patrons a 35 percent savings overall compared to civilian grocery stores - yes, even discount stores.

Another shopping privilege is the Exchange System or the military department store. For the Air Force and Army it is administered by AAFES (Army-Air Force Exchange Service) and is commonly called the PX (Post Exchange). The Navy Exchange Service (NEX) is the Navy's counterpart and is referred to as 'the exchange' or 'the NEX'. These stores provide quality merchandise at an aver-

age 15% savings over civilian markets, and no sales tax - an added savings. In addition, both exchanges offer a 'price match' guarantee. If you see an item at another store for less, the NEX or PX will match that price. Both stores have an online presence (www.aafes.com or www.navy-nex.com)

We barely scratched the surface on this topic. Till next week, may I invite you to listen to Navy Homefront Talk (internet talk-show for military spouses - www.blogtalkradio.com) throughout the following week. This broadcast is dedicated to new spouses. We'll talk about resources, benefits and answer questions for new spouses.

Questions or comments for Beth? Email her at beth@homefrontinfocus.com.

Floatable Trash: From Your Hands To The Ocean

From NS Mayport Environmental

It is common to see a large assortment of floatable debris washed up along Mayport's beach and the shores of the St. Johns River, but how does it get here?

The simple answer is that the majority begins as trash, litter and other debris that is dropped or dumped by individuals here on land. While some of the trash is released from cargo and fishing vessels, studies have shown that approximately 80 percent of the floatable debris found in the world's oceans originates from sources found on shore. During storm events, floatable debris found on streets

and other impervious surfaces in urban areas is transported by stormwater runoff to nearby storm drains through ditches, into creeks and rivers, and eventually the ocean.

Some of the more common items found include plastic bottles and jugs, cigarette butts, plastic grocery bags, polystyrene foam cups, plastic utensils, fast food containers, glass bottles, and fishing nets and floats.

You may have heard reports in the media concerning the Great Pacific Garbage Patch. This is a vast swath of the Pacific, twice the size of Texas, which is covered in a collection of floatable trash primarily

composed of plastic. The North Pacific Patch is only one of five similar zones in the world's oceans. Others are in the South Pacific, the North and South Atlantic, and the Indian Ocean.

Floatable trash has become a major pollutant in the United States including right here in North Florida. Not only does the debris build up in the St. Johns River and the ocean, detracting from their natural beauty and our outdoor experience, it poses a threat to aquatic wildlife and marine habitats.

Countless deaths of marine mammals, sea turtles, fish and seabirds have been documented as caused by entanglement and

from consuming floating debris resulting in starvation and suffocation. Because of this, some municipalities are enacting new requirements to reduce floatable trash. In Los Angeles County, cities are required to implement new programs, such as directly intercepting and removing debris from urban stormwater runoff. Other California jurisdictions have or are contemplating enacting new rules such as a litter tax on fast food, prohibi-

tions on expanded polystyrene foam and disposable plastics, fees on litter-prone items, and smoke free beaches in order to alleviate the problem.

Obviously the best solution is for individuals to place trash where it belongs - in trash receptacles. Even though some organizations on board the Naval Station conduct organized trash collections, still people need to be mindful of the impact that dropping trash on the side

of the road or leaving it on the beach can have to the health of our river and ocean. Good practices to prevent floatable trash from impacting the environment include keeping litter bags in your vehicle, securing loads in trucks, keeping cigarette butts in your vehicle, and cleaning up after yourself when at outdoor events. Remember, the trash that you drop or let blow away will likely end up in our ocean.



Sailors Aweigh
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Please contact your coordinator for more information:

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Chapel Call
Command Chaplain:
Cmdr. Jerome Dillon
SUNDAY

Roman Catholic Mass.....9 a.m.
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.

SATURDAY
Men's Prayer Breakfast.....9 a.m.
Youth Group6 p.m.
(Second and Fourth Saturdays
of month)

Catholic Services:
Mass.....Monday-Friday, 11:30 a.m.
Confession.....Before and after mass
Religious Education.....10:30 a.m.

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

SERVICES
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religious groups should call the
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Aircraft Firefighting Trainer In Service



-Photo by Paige Gnann

Chief Damage Controlman Tim Spare stands under the aircraft firefighting trainer at the Firefighting School. The trainer has been down for the past two months while undergoing service life extension plan. Classes for required to certify in aircraft firefighting will resume Aug. 1.

From Staff

The aircraft firefighting trainer at the Firefighting School is ready for action after being under maintenance for the past two months.

Fire Field Director, Chief Damage Controlman Tim Spare, said the downtime was part of the trainer's service life extension plan (SLEP).

Ships with deployed aircraft are required to have aircraft firefighting training every two years. And with only a limited number of trainers available through the Center of

Naval Engineering, getting Mayport's trainer back in action was crucial, especially for ships soon to deploy that may have waited last minute to get recertified.

"They have to be certified to land helos on the ship," Spare said. "And with the bigger command, like Norfolk and San Diego, always full, we get people from all over the world who want to take our class.

Built in the 1990s, Spare said this is the first time the SLEP has been activated.

Grating, burner pipes and

pilot lights were just a few of the things that either were repurposed or replaced during the work. They also have new window-based computer programs to monitor and control the trainer and students, along with new computer screens.

The first class to benefit from the work will be held Aug. 1 with sixty students from Naval Station Mayport and other bases.

To request a quota in the class, Spare said contact TSD Mayport quota department at 270-5210 or email quota.mayport@navy.mil.

Underwood Completes Deployment Certification

By Lt.j.g. Kristofer Tester

USS Underwood PAO

USS Underwood (FFG 36) recently underwent a visit from the Board of Inspection and Survey, whose conclusion it was that the ship is fit and ready for sustained combat operations.

Following the successful evolution known to most as INSURV, Underwood completed its deployment certification as a member of the Iwo Jima Expeditionary Strike Group's Composite Training Unit Exercise.

The 10-day underway period included multiple events that are designed to ensure Underwood is prepared for its upcoming deployment in support of counter drug operations in the Fourth Fleet

area of operations. They included four successful Maritime Interdiction Operations boardings, two replenishment at sea evolutions alongside USNS Leroy Grumman, and Oil Platform defense operations in which Underwood maintained an impenetrable defense of the simulated platform.

Following four weeks of maintenance in Mayport, Underwood will host the families and friends of the crew during a family day cruise in August. The final preparations before deployment will conclude with a week-long journey to Key West, Fla. during which the crew and members of HSL-48 Detachment Two will conduct pre-deployment conferences and training.

HSL-48 Detachments One, Four, Six Return Home

From HSL-48

After spending more than seven months on deployment in the 5th and 6th Fleet operating areas, HSL-48's Detachments One, Four, and Six recently returned to Naval Station Mayport.

The detachments, or the 146th Rotary Strike Group as they were known collectively, flew 2,675 flight hours in support of Operation Enduring Freedom, Operation Iraqi Freedom, and promoting coalition partnerships while deployed with Carrier Strike Group 10 (CSG-10) and USS Harry S. Truman (CVN-75).

Detachment One, embarked on USS Hue City (CG-66), was led by Lt. Cmdr. Chris "Hewy" Hewlett, Lt. Cmdr. Torsten "Torch" Schmidt, and ADCS Jeff Smethers.

They led their 29 personnel of the "Venom Shockers" through 955 flight hours, which 48.6 percent were performed at night. There were also 1,194 shipboard landings with 57.7 percent at night and five phase maintenance inspections on Venom 513 and 514.

Their flight operations were primarily in support of Operations Enduring Freedom and Iraqi Freedom while USS Hue City was assigned as the "shotgun cruiser" for USS Harry S. Truman. Their intensive schedule resulted in spending only 24 of their 212 embarked days in port.

While on deployment, 12 Venom Shockers earned their EAWS wings and two earned Officer-of-the-Deck Underway qualifications. The detachment received 22 personal awards, one pilot passed the 1,000 flight hour milestone in the SH-60B, promoted six personnel, and conducted two reenlistments while underway.

Due to Hue City's close proximity to Harry S. Truman, Detachment One was kept extremely busy with logistical runs, performing 118 passenger trans-



-Photos courtesy of HSL-48

HSL-48 Detachment One was embarked on USS Hue City.

fers, and delivering more than 23,000 pounds of parts, mail, and cargo. Time spent away from the carrier was just as busy and productive, as the Venom Shockers flew more than 70 hours of surveillance and aerial reconnaissance in their role protecting the Iraqi oil platforms in the North Arabian Gulf.

Detachment Four, embarked in USS San Jacinto (CG-56) was led by Lt. Cmdr. Mark "Rebel" Yehl and ATC C. H. Wood. They led their 27 personnel of the "Flying Tanukis" through 774 flight hours with 38.3 percent at night. They conducted 1,275 shipboard landings with 58.3 percent at night and four phase inspections on Venom 507 and 515 while deployed in the Mediterranean.

While on deployment, eight Flying Tanukis earned their EAWS wings and two earned ESWS wings. The detachment received 13 personal awards, one pilot and one aircrewman passed the 2,000 flight hour milestone in the SH-

60B, two pilots and two aircrewmen passed the 1,000 flight hour milestone, they promoted seven personnel and conducted two reenlistments.

Their flight operations were primarily in support of promoting coalition partnerships in the 6th Fleet, including the Romanian, Ukrainian and Senegalese Navies, as well as observing the Russian Kuznetsov Strike group. Detachment Four spent 62 of their 212 embarked days in port.

Detachment Six, embarked in USS Winston S. Churchill (DDG-81) was led by Lt. Cmdr. David "Fook" Loo, AEC Michael Presley, and AEC Pablo Espinal. They led their 29 personnel of the "Dirty Dragons" through 946 flight hours with 51.8 percent at night, 1,574 shipboard landings with 69.1 percent at night, and five phase inspections on Venom 503 and 504. Their flight operations were primarily in support of

See HSL-48, Page 5

Off-loading Drugs On Boone



-Photo by MC1 Holly Boynton

U.S. Customs agents offload bales of cocaine from the guided-missile frigate USS Boone (FFG 28). Boone interdicted more than a metric ton of narcotics while deployed on a counter illicit trafficking operation for U.S. Naval Forces Southern Command/U.S. 4th Fleet in conjunction with Joint Interagency Task Force South in the U.S. Southern Command area of responsibility.

HSL-46 Detachment Returns From BALTOPS

By Lt.j.g. Eric Hinojos

HSL-46

The Grandmasters from HSL-46 Detachment Nine returned home after seven weeks in the Baltic Sea and participation in Baltic Operations (BALTOPS) 2008. BALTOPS is a multinational exercise conducted in the spirit of "Partnership for Peace." U.S., NATO and non-NATO countries perform exercises that enhance international interoperability in the areas of subsurface, surface, and air warfare.

Detachment Nine was attached to USS Gettysburg (CG 64) and was utilized as the primary anti-submarine warfare (ASW) air platform during BALTOPS. Two submarines participated in the exercise, a German U-15, Type 206A and the Polish ORP ORZOL, a Kilo class. On multiple ASW missions, the SH-60B Seahawk and the Russian Helix helicopter worked together to successfully track the submarines. These exercises proved to be challenging and rewarding for the Gettysburg and Detachment Nine.

Along with the multiple ASW missions, Detachment Nine was the primary Surface Surveillance and Control (SSC) asset; extending the sensor range of the ship and further contributing to the success of BALTOPS. Detachment Nine

also conducted a Medical Evacuation (MEDEVAC) while underway. The aircrew was praised by ship's company for the timely execution of the mission, demonstrating their professionalism and adaptability to any mission tasked at a moments notice.

Russian pilots, along with French and Danish pilots, were invited to come aboard Gettysburg to discuss the details of the exercises during BALTOPS. After the meeting, the European pilots were given a tour of the hangar and the SH-60B Seahawk. The pilots finished their visit by exchanging pleasantries and taking photos. The Russian pilots later invited the Detachment Nine pilots to visit the Russian ship, RFS Neustrashimyy, and view their helicopter, the Helix, while stored in the ship's hangar. The Grandmasters were grateful for the experiences and knowledge exchanged with their Russian friends.

This exercise also provided the aircrew with an amazing opportunity to visit three European countries. Their first stop was in Gdynia, Poland, followed by Kiel, Germany and lastly Oslo, Norway. For a few of the aviators from detachment nine, it was their first time going underway and experiencing a European port.

All ports welcomed Gettysburg with open arms and were quite warm to their arrival. When they moored in Kiel, Germany, a military marching band welcomed the ship with American Folk Songs. Just hours after Gettysburg pulled into Oslo, Norway, three tour groups of enthusiastic Norwegians were ready to come aboard. Visiting these three countries made a great impression on the members of Detachment Nine.

The Grandmasters were tremendously fortunate to participate in BALTOPS 2008. The exercise was a learning experience for many of the junior personnel on the detachment.

One of the aviators from Detachment Nine, Lt.j.g. Dylan Beyer said, "This international exercise was a great introduction to joint operational relations, and prepared me for deployment."

The Danish pilot onboard also commented on the exercise.

Lt. Rune Kohler said, "I liked working with different forces, especially being aboard a U.S. naval warship, because we have a lot of the same standards and procedures. Operating in a joint combined environment proved to be challenging but all nations came together to accomplish a common goal."



HSL-48 Detachment Four "Flying Tanukis" was embarked on USS San Jacinto and conducted 1,275 shipboard landings while on deployment to the Mediterranean Sea.



HSL-48 Detachment Six was embarked on USS Winston S. Churchill and performed flight operations in support of Operations Enduring Freedom and Iraqi Freedom.

'FASE'-ing The Challenges



Above, MWR Sports Coordinator Rita Hammerstad encourages Naval Station Mayport Executive Officer, Cmdr. Mike Watson, during the annual MWR FASE Challenge. This athletic competition tests active duty service members in fitness, athletics, strength and endurance. Awards were given to the top two individuals, along with the fastest team and command with the most participation. Top right, Aviation Electronics Technician Airman Apprentice Bonnie Swisher of FRCSE Mayport accepts a plaque for fastest female from NS Mayport Commanding Officer, Capt. Aaron Bowman and Bank of America Manager Erin McHale-Smith. Electronics Technician 2nd Class Earline Houser of NS Mayport came in second in the event. Aviation Electronics Technician 3rd Class Evan Emerson of HSL-46 received a plaque as fastest male, followed by Aviation Structural Mechanic Airman Roger Jones of FRCSE Mayport. HSL-46 was the fastest team for the challenge, followed closely by HSL-48. Bottom right, Senior Chief Aviation Structural Mechanic Tony Brummitt of FRCSE Mayport accepts a plaque on behalf of his command for most command participation from Bowman and McHale-Smith.

-Photo by MC1 Heather Ewton

NASCAR Honors USS The Sullivans At Daytona

By FCC(SW)
Kenneth J. Ward

USS The Sullivans

Eight Sailors from USS The Sullivans (DDG 68) received a once in a lifetime invitation where they were honored at the Daytona International Speedway on July 4th, participating in the NASCAR Nationwide Series Winn Dixie 250.

The Mayport-based Destroyer Sailors were selected to represent The Sullivans as part of the Navy's Fleet honoree program, getting an up close and personal look at the Navy No. 88 "Accelerate Your Life" Chevy Monte Carlo, driven by Brad Keselowski of JR Motorsports.

The Sullivans name was decaled on the hood of the No. 88 car and the Sailors enjoyed a behind the scenes tour of the garage, car inspection stations, and the No. 88 hauler, with a

bonus look inside of the ESPN Dish Tech Center, where host Tim Brewer gave a personal tour.

Before the race, they met with driver Brad Keselowski, taking photographs and getting autographs from the rising star of JR Motorsports.

Later, at track side, they met team owner Dale Earnhardt Jr., then moved to the Navy No. 88 car's pit where they had the opportunity to talk with and learn from the pit crew, sit up on the pit box with crew Chief Tony Eury Sr. and enjoy the view of the track from pit row.

"Meeting with Dale Jr. and Brad Keselowski was a once in a lifetime experience," said Chief Engineman Tim Dozier. "Being an honorary crew member for the Navy 88 car was an exceptional experience that will never be forgotten."

Ship Serviceman 3rd Class Allen Reiner said, "My experience at Daytona for the Winn Dixie 250 was definitely unforgettable. Being in the pit and feeling the adrenaline you get from the pit crew, drivers, and fans are definitely one of a kind and you can only experience that at a NASCAR race. It was fitting for the 4th of July weekend as well, hearing all of the horsepower around the track definitely was the sound of America."

The evening came to an end as fireworks lit up the sky and the field of cars crossed the finish line. Keselowski led the most laps and placed fifth in a green/white checkered finish and moved to second in the points standings for the NASCAR Nationwide Series.



-Photo courtesy of USS The Sullivans

USS The Sullivans Sailors getting an up close and personal look at the Navy No. 88 "Accelerate Your Life" Chevy Monte Carlo, driven by Brad Keselowski of JR Motorsports as part of a Navy Fleet honoree program.

HSL-42 Det One



-Photo by MCSM Chad R. Erdmann

Aviation Electrician's Mate Airman Mario Smiley, assigned to Helicopter Anti-Submarine Squadron Light (HSL) 42 Det. 1, performs a corrosion prevention wash down on an SH-60B helicopter aboard the guided-missile cruiser USS Vella Gulf (CG 72) during the Iwo Jima Expeditionary Strike Group composite unit training exercise (COMPTUEX). COMPTUEX provides a realistic training environment to ensure the strike group is capable and ready for its upcoming scheduled deployment.



-Photo courtesy of HSL-44

Sam Kouvaris of News Channel 4 stands with Aviation Warfare Systems Operator 2nd Class Ryan Quinn of HSL-44 during a visit to the squadron.

HSL-48

Operations Enduring Freedom and Iraqi Freedom, with only 26 of their 212 embarked days spent in port.

While on deployment, 10 Dirty Dragons earned their EAWS wings. The detachment also received 30 personal awards, one pilot passed the 2,000 flight hour milestone in

the SH-60B, two pilots and one aircrewman passed the 1,000 flight hour milestone, they promoted 10 personnel and conducted one reenlistment.

A vast majority of the Dirty Dragons' operational time was split between the Arabian Gulf and the Horn of Africa, where they flew missions ranging

from oil platform defense to anti-smuggling, anti-piracy, and presence operations.

While deployed in areas from the Aegean Sea to the coast of Pakistan, the 146th Rotary Strike Group of HSL-48 safely and effectively accomplished their assigned missions with professionalism and Viper pride.

From Page 4

Local Media Celeb Flies Helicopter With HSL-44

From HSL-44

The Swampfoxes of HSL-44 hosted local sportscaster Sam Kouvaris of News Channel 4, for a front seat ride in a SH-60B Helicopter on July 24.

HSL-44 Commanding Officer M.D. Patterson was the Aircraft Commander, with AW2 Ryan Quinn as Crewmember for the

event. Magnum 450 took off at 10 a.m. and started the event with a hover demonstration over Pad One, followed by a River Run through Downtown Jacksonville.

Kouvaris is a native of Baltimore, Maryland and a graduate of the University of Maryland, he began his broad-

casting career in Charleston, S.C. as the Sports Director at the ABC affiliated station, WCBD. In June of 1981, Sam joined CBS in Jacksonville and was promoted to Sports Director in March of 1982, and is currently now the Managing Editor of the sports department at WJXT. ...

CREDO Corner

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.

Thursday, July 31

Breakfast

Corn Beef Hash
Sausage Gravy
Pancakes
French Toast

Lunch

Clam Chowder
Steamship Round
Baked Stuffed Fish
Mashed Potatoes
Rice Pilaf
Broccoli
Corn

Dinner

Clam Chowder
Veal Parmesan
Pork Adobo
Boiled Pasta
Steamed Brown Rice
Brown Gravy
Lima Beans
Corn
Friday, Aug. 1
Breakfast
Ham Slices
Turkey Sausage Links
Pancakes
French Toast
Potato Rounds
Lunch
Corn Chowder
Pizza

Chicken Wings
French Fries
Potato Chips
Grilled Tuna & Cheese
Baked Beans
Dinner
Corn Chowder
Salisbury Steak
Mustard Dill Baked Fish
Mashed Potatoes
Sicilian Brown Rice
Lima Beans
Corn
Brown Gravy
Saturday, Aug. 2
Breakfast
Comed Beef Hash
Bacon
Pancakes
French Toast
Hashbrown
Lunch
Chicken Rice Soup
Steak & Cheese Sandwich
French Fries
Corn Bacon
French Toast
Hashbrown
Dinner
Chicken Rice Soup
Italian Sausage
Hot & Spicy Chicken
Rice Pilaf
Oven Brown Potatoes
Carrots
Cabbage
Sunday, Aug. 3
Breakfast
Bacon
Turkey Sausage Patties
Pancakes
French Toast
Potato Rounds
Lunch
Carrot Soup
Chicken Fillet Sandwich
French Fries
Peas & Carrots
Bacon
Pancakes
Potato Rounds
Dinner

Carrot Soup
Yankee Pot Roast
Bbq Chicken
Rice
Pilaf
Potato Wedges
Asparagus
Cauliflower
Natural Pan Gravy
Monday, Aug. 4
Breakfast
Comed Beef Hash
Pancakes
French Toast
Hashbrown
Lunch
Chicken Gumbo Soup
Bbq Ribs
Fried Chicken
Macaroni & Cheese
Long Grain & Wild Rice
Collard Greens
Burgers
French Fries
Baked Beans
Dinner
Chicken Gumbo Soup
Polish Sausage
Beef & Broccoli
Paprika Potatoes
Rice Pilaf
Squash
Peas
Tuesday, Aug. 5
Breakfast
Bacon
Turkey Sausage Links
Pancakes
French Toast
Hashbrown
Lunch
Beef Noodle Soup
Roast Turkey
Baked Ham
Mashed Potatoes
Combread Dressing
Corn
Green Beans
Knockwurst With Hog Dog
Buns
Dinner
Baked Beans

Onion Rings
Dinner
Beef Noodle Soup
Cajun Roast
Bbq Chicken Breast
Steam Rice
Mashed Potatoes
Mixed Vegetables
Carrots
Brown Gravy
Wednesday, Aug. 6
Breakfast
Bacon
Combeef Hash
Turkey Sausage Links
Pancakes
French Toast
Hashbrown
Lunch
Cream Of Mushroom Soup
Spaghetti With Meatsauce
Parmesan Fish
Boiled Pasta

Italian Roasted Potatoes
Marinara Sauce
Breaded Okra
Peas & Carrots
Burkers
French Fries
Baked Beans
Dinner
Cream Of Mushroom Soup
Swedish Meatballs
Breaded Catfish
Mashed Potatoes
Steam Rice
Corn
Peas With Mushrooms
Thursday, Aug. 7
Breakfast
Bacon
Turkey Sausage Patties
Pancakes
French Toast
Potato Rounds

Lunch
Clam Chowder
Grilled Steaks
Crab Legs
Rice Pilaf
Baked Potato Halves
Corn On Cob
Broccoli
Natural Pan Gravy
Dinner
Clam Chowder
Caribbean Chicken Breast
Veal Parmesan
Islanders Rice
Boiled Pasta
Marinara Sauce
Tangy Spinach
Mixed Vegetables

Dumpster

scrap metal theft is usually from an employee's own jobsite.

"There have been multiple court cases in which, upon taking items from a trash receptacle located on a military installation, the service member has been charged with larceny," states Naval Station Mayport Judge Advocate, Lt. Janelle Lokey.

Scrap metal recycling has been around for years but with high market prices and a strug-

gling economy, more people are taking notice. The fact is, removing anything from dumpsters and trash receptacles onboard government property, including scrap metal, is illegal.

Don't let the chance to make a "quick buck" cost you your job, your Naval career or even your freedom. To learn more about the Recycling Program at Naval Station Mayport contact Tim Hart at 270-5095 or e-mail him at timothy.s.hart@navy.mil.

From Page 1

The Comedy Zone



Reno Collier
Aug. 1st & 2nd

Reno has been on tour with Larry the Cable Guy and has performed with Jeff Foxworthy & Ron White.

For more information log on www.comedyzone.com or 292-HAHA (located inside the Ramada)

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Roosevelt

level. This communications system allowed the exchange of classified messages and chat.

With the completion of the COMPTUEX, the Iwo Jima ESG and Greenhalgh will now participate in the USS Theodore Roosevelt's (CVN 71) upcoming Joint Task Force Exercise (JTFEX) 08-4.

The Iwo Jima ESG consists of Iwo Jima, with the embarked 26th Marine Expeditionary Unit (26 MEU); the amphibious dock landing ship USS Carter Hall (LSD 50); the amphibious transport dock ship USS San Antonio (LPD 17); the guided-missile cruiser USS Vella Gulf (CG 72); the guided-mis-

sile destroyer USS Ramage (DDG 61); all homeported at Norfolk, Va.; the guided-missile destroyer USS Roosevelt (DDG 80), homeported at Mayport, Fla.; and the fast attack submarine USS Hartford (SSN 768), homeported at Groton, Conn.

From Page 1

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King	\$89 EACH PIECE	King	\$114 EACH PIECE
Veranda Pillowtop		Charlestown Memory Foam	
Twin	\$99 EACH PIECE	Twin	\$149 EACH PIECE
Full	\$124 EACH PIECE	Full	\$199 EACH PIECE
Queen	\$149 EACH PIECE	Queen	\$249 EACH PIECE
King	\$109 EACH PIECE	King	\$199 EACH PIECE

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Green Roots Help Increase Interoperability For Iwo Jima Expeditionary Strike Group

By MC3(SW)
Michael Starkey

Iwo Jima Expeditionary Strike Group
Public Affairs

After completing the "blue" phase of its Composite Unit Training Exercise (COMPTUEX), the Iwo Jima Expeditionary Strike Group (ESG) began supporting the 26th Marine Expeditionary Unit (26 MEU) July 19 in the "green" phase of its pre-deployment certification effort.

The "green" phase of the exercise forces the 26 MEU to prepare for any mission a

MEU could be called upon to execute, and many of the missions require heavy coordination between the Iwo Jima ESG and the 26 MEU.

"Military response is a joint effort on the part of all the armed services. We all bring different capabilities to the fight," said Capt. Brian T. Smith, commander, Iwo Jima ESG.

"The Navy-Marine team, as we see between Iwo Jima ESG and 26 MEU, provides mutually-supportive, full-spectrum crisis response options employing all available maritime, land

and air assets."

The 26 MEU is capable of conducting a wide variety of missions on land - ranging from full-scale combat, to humanitarian assistance, and disaster relief - but teamed with the Iwo Jima ESG, the unit is able to conduct these missions ship-to-shore anywhere in the world.

"Our amphibious ships provide a unique capability serving as platforms to support Marine movements and operations ashore," said Smith. "This capability is significantly enhanced by our cruiser and

destroyer escorts which provide a very robust, additional set of warfighting capabilities."

Currently preparing for its upcoming regularly-scheduled deployment, the Iwo Jima ESG is made up of more than 5,000 Sailors and Marines and projects sea power ashore by maintaining the capability of landing amphibious forces by helicopters, amphibious track vehicles, air cushion landing craft and assault craft whenever and wherever the need arises.

Smith, a former Marine aviation ordnanceman, says his

entire career, including his time in the Marine Corps, has helped prepare him for his current assignment.

"Being a former Marine gives me a better understanding of how Marines operate and what challenges they face. Having an appreciation of their culture and way of life is valuable when working so closely with an embarked MEU. The better we understand each other's needs, the better we work together."

The Iwo Jima ESG consists of the amphibious assault ship USS Iwo Jima (LHD 7) with

the embarked 26 MEU; the amphibious dock landing ship USS Carter Hall (LSD 50); the amphibious transport dock ship USS San Antonio (LPD 17); the guided-missile cruiser USS Vella Gulf (CG 72); the guided-missile destroyer USS Ramage (DDG 61); all homeported at Norfolk, Va.; the guided-missile destroyer USS Roosevelt (DDG 80), homeported at Mayport, Fla.; and the fast attack submarine USS Hartford (SSN 768), homeported at Groton, Conn.

New CMC On Underwood

By Lt.j.g. Kristofer Tester
USS Underwood PAO

USS Underwood (FFG 36) hosted a time honored tradition on the flight deck July 8 during the Change of Charge Ceremony between Command Master Chief Stephen Roberts and his relief, Command Senior Chief Matthew Miesle.

Miesle enlisted in the Navy in the spring of 1990 and attended basic training in Orlando following which he reported to ET "A" School.

Following graduation, he reported to PCU USS Vicksburg (CG 69) where he served as primary surface search radar and navigation technician, Interior Communications WCS, and completed two deployments to the Mediterranean and Persian Gulf.

Ashore Miesle served at the Naval Special Warfare Development Group (DEVGRU) and served as the Mobility Squadron Leading Petty Officer where he was selected as Senior Sailor of the Year for 2002.

While at DEVGRU he was advanced to Chief Petty Officer and served as Communication Detachment Teams LCPO until July 2005.

In April 2007 he was advanced to his current rank of



-Photo courtesy of USS Underwood
Command Senior Chief Matthew Miesle addresses the crew of USS UNDERWOOD for the first time

Senior Chief Petty Officer and graduated as an honor graduate from the Senior Enlisted Academy in January 2008 when he was selected as a Command Senior Chief.

Miesle is the recipient of the CY 2007 Master Chief Rodger Dumont Leadership Award. He is married to the former Nicole Schneider and has four children.

Roberts reported as CMC in Underwood in November 2006 and his leadership was a key factor in the ship's success during her 2007 deployment to the Northern Arabian Gulf in support of Operation Iraqi Freedom where Underwood was assigned duties defending the Iraqi Oil Platforms.

Following a demanding deployment, CMC Roberts aided in spearheading the

ship's efforts in the Unit Level Training Phase, including completion of EOC, ULTRA-C, ULTRA-E, and FEP. Under his leadership the ship also performed remarkably well in a 3M Certification and INSURV.

Roberts has been assigned to a GSA assignment as CMC for a command in Bahrain. His leadership and deck plate presence will be sincerely missed.

American Legion Supports Military

American Legion Posts 129 and 316, as members of the Beaches Veterans Association (BVA) are supporting the Mayport USO No Dough dinners for families of deployed service members. To join American Legion and more than three million Legioners, you must have served on active duty during any war era and be honorably discharged. All present military members are eligible. Both posts are active in the local community, supporting Scouts, ROTC units, overseas troops, as well as the Mayport USO center. To join Post 316, located on the corner of Mayport Road and Atlantic Boulevard, call the post at 249-0202 or just stop by. To join Post 129, located at 1151 4th Street, just drop by or call 249-2266. Full lunches are served from 11 a.m.-1 p.m. at both post homes. Post 316 is hosting the BVA monthly barbeque on Aug. 17, between 1-5 p.m. Mark your calendar and bring the family to support the No Dough Dinners for families of deployed shipmates. All proceeds go to the USO for these dinners.

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MWR Sports/Fitness

MWR Sports will hold a Flag Football meeting on Aug. 5 at 11 a.m. at the Base Gym lobby. This is a captain's cup event.

The Men's Softball organizational meeting will be held on Aug. 12 at 11 a.m. at the Base Gym.

A 'Dusk to Dawn' one-day softball tournament will be held on Sept. 5 from 6 p.m. until dawn. Cost is \$225 per team.

The Summerfest 5K/10k run will be Aug. 12 at 8 a.m. in front of the gym.

For more information about any of these events, call 270-5451.

The Surfside Fitness schedule is as follows:

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

11:30 a.m., Yogalates with Mia

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

1 p.m., Moms in Motion with Mia

4:30 p.m., Zumba with Emily and Glinda

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

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

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

5 p.m., 3B Burn with Mia

6 p.m., Advanced Yoga with Mia

Wednesday
7 a.m., Victory PRT with Glinda

11:30 a.m., Pilates with Apparatus with Emily and

Ruthie

1 p.m., Moms in Motion with Glinda

Thursday
7 a.m., Conditioning for Running with Mia

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

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

6 p.m., Kickboxing with LaPlace

Friday
7 a.m., Beach Bootcamp with Ruthie and Glinda

9:30 a.m. Introduction to Yoga with Ruthie

Saturday
This is a Family Friendly Day where kids ages 10-14 are invited to attend.

11 a.m., Kids Clinic with Mia
The Gym schedule is as follows:

Monday
6 a.m., Fitness Equipment Training (sign up) with LaPlace

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

Tuesday
6 a.m.

Weight Training for Warfighters with LaPlace

7 a.m.

BOSU with LaPlace

11:30 a.m., Lunch Crunch with Ruthie

Noon

Row-bics with LaPlace

3 p.m., Fitness Equipment Training (sign up) with Ruthie

4:30 p.m., Indoor Cycling

Wednesday
7 a.m., Command Cardio Pump with Mia

11:30 a.m., Kickboxing with LaPlace

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

3 p.m., Command Circuit Training with Ruthie

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

Thursday
7 a.m.

Command Jump and Jab with Glinda

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

11:30 a.m., Resistance with Ruthie

Noon

Row-bics with LaPlace

4:30 p.m., Indoor Cycling with LaPlace

Friday
6:30 a.m., Indoor Cycling with LaPlace

11:30 a.m., Strength Training Basics for Women with LaPlace

1 p.m., Confined Space (on waterfront)

Aqua Aerobics
Monday at 8:30 a.m. with Ruthie

Tuesday at 9 a.m. with LaPlace

Wednesday at 8:30 a.m. with Mia

Thursday deep aqua at 9 a.m. with Emily and Glinda

Friday rehab aqua at 9:30 a.m. with LaPlace and regular aqua with Glinda

Calendar

On Base

Wednesday, Aug. 6

USS De Wert family readiness group will have their monthly meeting and social at the USO on Mayport Road from 7-8:30 p.m. Childcare is provided.

Thursday, Aug. 21

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

USS Samuel B. Roberts family readiness group will meet at 7 p.m. at the Mayport USO. Across from Sonics on Mayport Dr. Don't forget to bring a friend. Come to the meeting and receive information from our Ombudsmen as well as the board members. We are also looking for donations for a garage sale. All proceeds will go to the family readiness group for upcoming events. They have to call me to arrange a pick up time.

Out in Town

Thursday, July 31

The Duval County Extension Office will hold an educational seminar for youth and adults 'Horsin' Around' from

5:30-9:15 p.m. at Jacksonville Equestrian Center, 13611 Normandy Blvd. Topics covered include stretching your hay supply, emergency preparedness for horses, guide to basic vet care (signs and symptoms), riding trails in Florida and Composting 101. Please call Brad Burbaugh at 387-8850 to pre-register.

Saturday, Aug. 2

Join a park ranger at 11 a.m. and learn about the life-cycle of the sea turtle and the importance of these creatures. The program will take place at pavilion four on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Sunday, Aug. 3

Join a Park Ranger at 1 p.m. for a presentation and leisurely guided hike through different Florida ecosystems on a quest to characterize tracks left by an assortment of critters. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

Monday, Aug. 4

Beaches Photography Club meeting will be held at the Neptune Beach Library, 600

3rd Street, Neptune Beach. This month's speaker is Rebecca Schoen-Kiewert showing us how to restore damaged photographs. For more information see www.beachesphotography-club.com.

Saturday, Aug. 9

The Ladies Auxillary Fleet Reserve Association Unit 290 will hold a surf and turf dinner from 5-8 p.m. at the branch home, 390 Mayport Rd. The public is invited and take out orders are welcome. Cost is \$12. For more information, call 246-6855.

Tuesday, Aug. 12

The Duval County Extension Office is holding a Rain Barrel Workshop from 10 a.m.-1 p.m. at its office, 1010 N. McDuff Ave. Pre-payment of \$50 is due

by Aug. 7. Make check payable to DCOHAC and mail to Rain Barrel Workshop, 1010 N. McDuff Ave. Jacksonville, Fla. 32254. This is a "make and take" workshop. Each participant will make their own 55 gallon rain barrel and be given instructions on how to hook it up and the best ways to use the rain water. For more information, please call 387-8850. Class is limited.

Saturday, Aug. 16

Join one of our knowledgeable park rangers at 11 a.m. for an informative talk on the natural history of sea islands and their important role in coastal ecology. The topics addressed will include beach erosion, island migration, island formation and the natural commu-

nities. The program will take place at the Bluffs pavilion on Big Talbot Island. No reservations are necessary and the program is free with \$2 vehicle entrance fee.

Sunday, Aug. 24

Join a park ranger at 1 p.m. and discover the importance of estuarine systems that

surround the inshore sides of barrier islands like those of the Talbot Islands State Parks complex. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

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MWR Happenings

July 31: Low Dough Lunch. 10:30 a.m.-1 p.m. at Fast Lanes Grille. Lunch options for \$4 or less. 270-5377

July 31: Free Shoe Thursday. Free bowling shoe rental all day at Fast Lanes Bowling Center. 270-5377

Aug. 1: Summer Outdoor Movies. "Iron Man" (PG-13) will start at sunset (approximately 8:45 p.m.) at Sea Otter Pavilion. Bring your lawn chairs or blankets and bug spray, just in case. Light refreshments will be available for purchase. 270-5228

Aug. 4: Texas Hold 'Em

(All Hands). Every Monday at 6 p.m. at Castaway's Lounge. Free to enter with prizes for first and second places. Everyone welcome. 270-7788

Aug. 5: Flag Football Meeting. 11 a.m. in the Gym lobby. 270-5451

Aug. 5: Texas Hold 'Em (CPOs). Every Tuesday 5-8 p.m. at Foc'sle CPO Club for CPOs and their guests. Hors d'oeuvres available for purchase. 270-5431

Aug. 6: Wii Wing Wednesdays (CPOs). Every Wednesday 5-8 p.m. at Foc'sle CPO Club for CPOs and their

guests. Bring the entire family out for Wii Sports and wings. 270-5431

Aug. 8-10: Open Water Scuba Certification Course. \$290 complete (\$320 guests); includes gear, study materials, instruction, certification, lodging and round trip transportation. Pre-registration required. 270-5541

Aug. 9: Basic Car Care Class. 10 a.m.-12 p.m. at the Auto Skills Center. \$30 per person includes professional instruction, oil change and emergency roadside kit. Pre-registration required. 270-5392

Liberty Call

The following activities target single or unaccompanied Sailors. For more information, call Planet Mayport Single Sailor Center at 270-7788/89.

July 31: Comedy Zone Trip. This free trip departs from Planet Mayport at 6 p.m. Transportation, appetizers and your first non-alcoholic drink are included. Pre-registration required.

Aug. 1: Boys Like Girls, Good Charlotte with Metro Station Concert. \$15 includes transportation and admission to the St. Augustine Amphitheatre.

Trip leaves Planet Mayport at 5:30 p.m. Pre-registration required.

Aug. 4: Texas Hold 'Em. Every Monday at 6 p.m. at Castaway's Lounge. Free to enter with prizes for first and second places. Everyone welcome.

Aug. 5: Cardboard Boat Regatta. Design and build a cardboard boat capable of going the distance of the base pool and back. Every Tuesday in August; 5:30 p.m. at the base pool.

Aug. 7: Dinner & a Movie Trip. Cost is only \$2. Pizza

served at Planet Mayport at 5:30 p.m. Trip departs for the movie theatre shortly after.

Aug. 9: Jacksonville Jaguars vs. Atlanta Falcons Trip. \$5 includes transportation and admission. Trip leaves Planet Mayport at 5:30 p.m.

Aug. 14: Jacksonville Suns Trip. This free trip leaves Planet Mayport at 5:30 p.m.

Aug. 23: River Tubing Trip. Cost is \$10 and includes transportation, admission, equipment and lunch. Trip leaves Planet Mayport at 8:30 a.m.

Kid Zone

Aug. 1 & 2: Register for Session 5 Swim Lessons. Register 8-10 a.m. Friday and Saturday at the base pool. Session 5 meets Monday through Thursday Aug. 4-14. Morning and evening classes are available. Cost is \$40 per child (\$35 for children enrolled in summer day camp at the Youth Activities Center); check or cash only. 270-5425

Aug. 1: Registration begins for Fall Youth Baseball. Season begins after Labor Day for ages 7-18. \$60 per child (\$5

discount for children of same family). Sign up at the Youth Activities Center. 270-5680

Aug. 1: Summer Outdoor Movies. "Iron Man" (PG-13) will start at sunset (approximately 8:45 p.m.) at Sea Otter Pavilion. Bring your lawn chairs or blankets and bug spray, just in case. Light refreshments will be available for purchase. 270-5228

Aug. 5: Bubblemaker. 5:30-7 p.m. at the base pool for ages 8-12. Experience the underwater world of scuba diving for only

\$20 (includes all gear). Sign up at Outdoor Adventures/SE Dive Adventures. 270-5541

Aug. 11-14: Seal Team. 9-11 a.m. at the base pool for ages 8 and older. This four-day scuba mini-camp is only \$129 (includes all gear). Sign up at Outdoor Adventures/SE Dive Adventures. 270-5541

Aug. 15: Teen Adventure Landing Trip. 9 a.m.-3 p.m. for middle and high school ages. Cost is \$18 in advance; \$20 the day of. 270-5680

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- Friday, August 1: Iron Man (PG-13)
- Friday, August 8: Indiana Jones and the Kingdom of the Crystal Skull (PG-13)
- Friday, August 15: Chronicles of Namia, Prince Caspian (PG)
- Friday, August 22: Speed Racer (PG)
- Friday, August 29: Kung Fu Panda (PG)

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Mayport JOs Seek Out New Training Opportunity

By Ensign Peter Goodman
USS Klakring Public Affairs Officer

It's not everyday that junior officers onboard Naval Station Mayport's ships have the chance to tour a submarine, let alone an Italian one.

On July 17, 16 JO's were treated to an in-depth tour of ITS Todaro, the Italian Navy's newest submarine, as it sat pier-side during its historic visit to Mayport.

The ensigns and lieutenant junior grades from USS Klakring (FFG 42), USS Samuel B. Roberts (FFG 58), USS Robert G. Bradley (FFG 49) and USS Carney (DDG 64) met the ship and crew in the early afternoon for their tour. They were led around by senior enlisted members of the crew. The tour began with a brief explanation of hull characteristics and the various equipment located topside.

Split into multiple groups, the JO's then went below decks, quickly gaining an appreciation for the comparatively expansive spaces they enjoy onboard ship



-Photo courtesy of USS Klakring
Ensigns from USS Klakring take a quick break during their tour of Todaro. Pictured from left is David Caballero, Rachel Gray, Peter Goodman, and Alexander Lawton.

and the unique demands placed on the crews of diesel submarines.

The first stop inside the submarine was a view of the galley and berthing areas. Underway, Todaro employs one cook to feed its 27 person crew, and due to the limited amount of seating space, both officers and enlisted share the same tables during meals.

The tour was a welcome training opportunity for the JO's working towards qualifying as Surface Warfare Officers. Newly reported Ensign Rachel Gray, Klakring's Electronic Warfare Officer remarked, "the ship was incredibly maintained and very clean. It was great to learn more about undersea warfare as well as how other navies conduct business."

The officers were then led around Todaro's Combat

Information Center, engine, and torpedo rooms. In each space, the aspiring SWO's were treated to an in-depth discussion of the equipment and watchstanding requirements, and how the systems are integrated to support the operational employment of Todaro.

The U.S. Navy officers left the sub with a newfound appreciation for not only the life of a submariner, but with a greater respect for the capabilities of Italy's new state-of-the-art undersea warfare platform.

ITS Todaro departed NS Mayport July 20 for a port visit in Norfolk, Virginia and follow-on integrated training events in the Virginia Capes and Narragansett Bay operating areas.



Web Site Available For Families To Link Up With Deployed Loved Ones

From LIFELines Public Affairs/American Forces Press Services

The families of deployed Navy and Marine Corps personnel are invited to sign up for a new Web site, www.websites-forheroes.com, which allows them to maintain close family ties with their loved ones beyond the occasional phone call or e-mail.

These family Web sites provide a safe and secure online environment for a military family through a portal on the front page of the LIFELines Services Network, the Navy Department's official Quality of Life Web site at www.lifelines.navy.mil and www.lifelines.usmc.mil.

Each personalized family Web site includes innovative features such as two hours of streaming video so parents can see

what the family is doing back home, unlimited photo albums, interactive calendars and message boards that ensure military families don't miss life's special moments.

Last year, the Pentagon cut off U.S. military personnel's access to several popular social networking sites used by troops overseas to communicate with family and friends due to potential security and bandwidth issues.

Websitesforheroes.com is a Linux-based Web environment which means it is secure and password-protected, to ensure a level of privacy not found in most public sites.

"Deployments are hard on families," said Terry Gniffke, CEO of Caliber Media Group who co-founded websitesforheroes.com. "When you're

away and you're in harms way, it's a lonely place. You miss home, and the greatest thing is to be connected in some way. Websitesforheroes allows that to happen."

Gniffke knows from experience just how important something like web sitesforheroes can be. The former Marine served in Vietnam, and he explained he waited up to three weeks for a single letter from home. "It's tough on the home front, and it's tough on the other side," he said. "What a difference [websitesforheroes.com] would have made."

"We want as many Navy and Marine families as possible to take advantage of this fantastic resource," said retired commander Rudolph Brewington, director of LIFELines. Brewington learned of Gniffke's

invention and worked with him to have the site cleared through DoD's "America Supports You" program which now has the site among its public-to-military support projects.

Under the program, websitesforheroes keeps families connected at no cost to the family. There are currently 1,200 families enjoying a family Web site that has been graciously sponsored by an individual or a corporation at a cost of \$99 per year per family. Specific families cannot be sponsored; the sites are awarded on a "first come, first served" basis to protect anonymity.

The goal for websitesforheroes.com is to keep military families connected and let them know that someone cares.

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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.

July 31, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

July 31, 9 a.m.-noon, New Parent Support Playgroup, USO

Aug. 1, 9-11 a.m., Car Buying, FFSC

Aug. 4-8, Command Financial Specialist Training, Base Chapel

Aug. 4, 11 a.m.-3 p.m., FERP - Operation Re/Max, FFSC

Aug. 4-7, 8 a.m.-4 p.m., TAP Retiree Workshop, RBCC

Aug. 5, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Aug. 5, 9-11 a.m., Parenting Class, FFSC

Aug. 6, 9 a.m.-noon, Tottletyme Playgroup, USO

Parents and children together meet to share parenting con-

cerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

Aug. 7, 9 a.m.-noon, New Parent Support Playgroup, USO

Aug. 7, 8:30-11:30 a.m., Smooth Move, FFSC

Aug. 7, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Aug. 11, 8:30-9:30 a.m., Career Advancement Account Workshop, FFSC

Aug. 11-14, 8 a.m.-4 p.m., CONSEP Workshop, RBCC

Aug. 12, 9-11 a.m., Parenting Class, FFSC

Aug. 12, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Aug. 13, 9 a.m.-noon, Tottletyme Playgroup, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group

invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

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

Aug. 14, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Aug. 14, 8-11 a.m., Anger Management, FFSC

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

Aug. 19, noon-4 p.m., Leadership Life Skills for E4 & Below, Base Chapel

Aug. 19, 9-11 a.m., Parenting Class, FFSC

Aug. 19, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Aug. 20, 9 a.m.-noon, Tottletyme Playgroup, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address

specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

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

Aug. 20, 8:30 a.m.-4 p.m., Leadership Life Skills for E5 & E6, Base Chapel

Aug. 21, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

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

Aug. 21, 9-11 a.m., Overseas Living, FFSC

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

Aug. 25, 6-7 p.m., Ombudsman Assembly, USO

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

Aug. 26, 9-11 a.m., Resume

Walk-in Review Assistance, FFSC

Aug. 27, 6-7 p.m. Individual Augmentee (IA) Family Discussion Group, USO

Aug. 27, 9 a.m.-noon, Tottletyme Playgroup, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group

invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds.

This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

Aug. 27, 8:30 a.m.-4 p.m., Leadership Life Skills for E7 & Above, Base Chapel

Aug. 28, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

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

Aug. 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.

FFSC Holds CFS Training

From FFSC

NS Mayport's Fleet and Family Support Center (FFSC) will present a special Command Financial Specialist (CFS) training course on Aug. 4-8.

This is a 40-hour course designed for the military service member to provide training and education, information and referral, and counseling and assistance to other service members within their command, department, and/or detachment.

Qualifications for CFS class attendees include military members in pay grade E6 and above - including officers.

CFS candidates must be highly motivated and financially stable as indicated in the above reference. CFS candidates must meet the financial overseas screening standards, paragraph 2i of the above reference. For assistance with the CFS screening process, CO's may refer to the FFSC Personal Financial (PFM) staff for guidance. Screening shall be completed prior to training.

E5 CFS candidates require special authorization from Commander, Navy Installations Command (CNIC) PFM Program Manager. Refer to the

above reference or contact NS Mayport the FFSC Personal Financial (PFM) staff for guidance.

The CFS class is also open to all Naval Career Counselor and all command or department Ombudsman.

To Sign up for the CFS class the service member should call NS Mayport's Fleet and Family Support Center at 270-6600, ext. 1701

For any further questions please call 270-6600 Kevin Hansen at ext. 1718 or Mike Rivera at ext. 1722.



Meet Your Jacksonville Suns

 Pitcher	James McDonald Born: 10/19/1984 Birthplace: Long Beach, CA Height/Weight: 6' 5", 195 lbs Bats/Throws: L/R	 Shortstop	Ivan De Jesus Jr. Born: 05/01/1987 Birthplace: Guaynabo, Puerto Rico Height/Weight: 5' 11", 182 lbs Bats/Throws: R/R
Biography: Named Southern League All-Star in 2008 and currently leads league in strikeouts...Rated as the #7 prospect in the Dodgers minor league system by Baseball America...Named Dodgers Minor League Pitcher of the Year in 2007...Had a combined record of 13-9 with a 3.07 ERA and 168 strikeouts in 134.2 innings between Jacksonville and Single-A Inland Empire in 2007		Biography: Named Southern League All-Star in 2008... Represented Puerto Rico as member of the World Team in the 2008 Futures Game...Rated as the 13th-best prospect and as having the best strike zone discipline in the Dodgers organization by Baseball America...Reached a career high in RBI (52) in 2007	

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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 NS Mayport volunteer coordinator CSI Hopkins at 237-5808 or 270-5373 or Dianne Parker at 542-5380 or you can immediately sign-up online for opportunities using www.volunteer.gatewayjacksonville.org.

YMCA of Jacksonville
YMCA of Jacksonville is looking for volunteers for their outreach programs geared towards males. For more information, contact Terra Herzberger at 265-1820.

Children's Home Society of Florida
Children's Home Society of Florida is getting ready to permanently place seven or eight children in loving homes within the next couple weeks. Seeking children's furniture. Contact Nick Geinosky at 904-493-7738.

Homeless Pet Shelter
Jacksonville Homeless Pet Shelter seeks volunteers. The new Homeless Pet Shelter is seeking help at a Temporary Clinic on surgery days. Days and hours vary. Contact dfields@bellsouth.net.

St Augustine Amphitheatre Seeks Volunteers
St. Augustine Amphitheatre seeks volunteers to be used as ushers, checking tickets, and pointing out seats. As a volunteer, you get to see the entire show. For more information, contact Lisa Tomkins at 209-3750.

2008 Puerto Rican Parade
Volunteers are needed for participation and planning of the 2008 Jacksonville's Puerto Rican Parade planned for Sept. 13 at the Jacksonville Landing. The event is sponsored by the Council of Spanish Speaking

Organizations. For more information, contact Nila Alejandro at 291-3101 or elconciliojax@yahoo.com.

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

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.

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.imshomelesscenter.org/volunteers.html

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

Children's Home Society
Children's Home Society (CHS) has been providing services to children and their families since 1902. Started in

Jacksonville, CHS is a state-wide non-profit agency providing services such as foster care, adoption, child abuse prevention, group shelters, and mentoring. CHS's MODEL (Mentors Opening Doors Enriching Lives) Program matches volunteers with children ages 4-18 who have a parent incarcerated in prison. We are seeking volunteers that will commit to a minimum of one hour per week for one year with a child. 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.

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

Updated: FEBRUARY 1, 2007

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Navy News

Navy Leaders Stress Brilliant On The Basics

From Navy Personnel Command Public Affairs

More than 900 Navy counselors, command master chiefs and career counselors learned to be "brilliant" at the 20th Annual Navy Counselor Association (NCA) Symposium, June 21-25 in San Diego.

The symposium's theme, Brilliant on the Basics, addressed sponsorship, indoctrination, career development

boards, mentorship, individual recognition and a rigorous ombudsman/family outreach program.

"Brilliant on the Basics is a fundamental tenet on how we should treat each and every one of our Sailors. Every Sailor in the Navy is responsible for brilliant on the basics," said Rear Adm. Sonny Masso, command-

er Navy Personnel Command (NPC) during his opening remarks.

Masso stressed the positive impact leaders can have by mastering these six principles. For example, conducting and documenting career development boards sets a course for an individual Sailor's success and can be tailored throughout their career for continued growth.

Another basic principle, providing positive recognition, should not be limited to Sailor of the Quarter and end of tour awards, according to Masso.

"You should tell your Sailors right away when they are doing the good things," he said.

The Navy introduced Brilliant on the Basics earlier this year in NAVADMIN 043/08.

"I think it is a necessity. I

think you have to be brilliant on the basics to build your foundation in order to have a good program at your command," said Navy Counselor 1st Class Deirdre Reed, Navy Operational Support Center Atlanta.

The NCA symposium is an opportunity for advanced training for career counselors and other members of the Navy's career management team.

The week-long symposium also featured presentations from the Master Chief Petty Officer of the Navy, Joe R. Campa Jr. (SW/FMF) and Navy Recruiting Command, as well as tailored training for career counselors. For more information about Brilliant on the Basics read NAVADMIN 043/08.

Crenshaw Invites Vietnam Vets To Ceremony

From the office of Congressman Ander Crenshaw

Congressman Ander Crenshaw announced he will again recognize the contributions of Vietnam War veterans living in the 4th Congressional District of Florida by presenting them with certificates of Special Congressional Recognition in honor of their service to our country. Last year's ceremony acknowledged 269 veterans. This year's recognition ceremony will be held on Nov. 7, 2008, at Naval Station Mayport, but to participate, all eligible veterans must register before Oct.

3, 2008.

Members of the armed forces who were awarded either the Vietnam Service Medal or the Vietnam Campaign Medal are eligible for this year's ceremony. The Vietnam Service Medal was awarded to those who served in Vietnam and its contiguous waters and airspace between 3 July 1965 and 28 March 1973. In addition, personnel serving in Thailand, Laos or Cambodia in direct support of operations in Vietnam during the same time period were also eligible for the medal. Armed Forces members who

qualified for the Armed Forces Expeditionary Medal by service in Vietnam between July 1, 1958 and July 3, 1965 will also be recognized.

The Vietnam Campaign Medal was awarded to those who served for six months in South Vietnam during the period March 1, 1961 to March 28, 1973 or served outside the geographical limits of South Vietnam and contributed direct combat support to the RVN armed forces for an aggregate of six months. Criteria for both medals are set by the Department of Defense

and recipients should have the medal listed on their DD-214s.

If you are a Vietnam veteran and were eligible to receive either the Vietnam Service Medal or the Vietnam Campaign Medal and live in the 4th Congressional District, please contact Congressman Crenshaw's office or go to his website to obtain an application.

"Vietnam veterans served our country with honor during one of our most tumultuous times as a nation," said Congressman Crenshaw. "They answered the call of duty, but when they returned home many

did not receive the recognition they properly deserved. These brave individuals helped fight for freedom and democracy at a time when their country needed them - this ceremony will help show our appreciation."

To determine eligibility for the certificate, veterans must complete an application and submit a copy of their service discharge document. Veterans must be a current resident of the 4th Congressional District of Florida to participate in this program.

The deadline for submitting applications for this year's

ceremony is Oct. 3, 2008. Applications can be obtained on Congressman Crenshaw's website, which can be found at <http://crenshaw.house.gov/>, or by contacting his local offices at 904.598-0481 or 386.365-3316 or for those in the 850 area code, 888.755-5607. Completed applications and documentation should be mailed to the following address: 1061 Riverside Avenue, Suite 100, Jacksonville, FL 32204.

New Ship Class Begins Operations In 7th Fleet

From Sealift Logistics Command Far East Public Affairs

Military Sealift Command dry cargo/ammunition ship USNS Richard E. Byrd (T-AKE 4) entered the waters of the U.S. Navy's 7th Fleet July 24, marking the first Lewis and Clark-class multi-product combat logistics support ship in service in the 52 million-square-mile region.

Byrd replaces MSC combat stores ship USNS Niagara Falls (T-AFS 3), which has been forward deployed supporting 7th Fleet since 1994.

Though the entry into the fleet's territorial waters was unceremonious, it signals a significant change for Logistics Group Western Pacific, also known as Commander Task Force 73, which will operationally control the ship while in theater.

"This ship will enable our command to provide the warfighter with a level of support that is unprecedented," said Rear Adm. Nora Tyson, CTF 73 commander. "It brings a much more robust capability to the fight."

The 689-foot-long underway replenishment vessel, known as a T-AKE, replaces the current capability of the Kilauea-class ammunition ships and Mars-class combat stores ships, and it also possesses the capability to refuel ships at sea.

"The combat stores ships are extremely capable and have developed a real 'can-do' culture for any mission in 7th Fleet. However, having the T-AKE as a one-stop logistics ship in the Navy's largest theater will significantly improve the flexibility of our operations," said Capt. Jim Smart, CTF 73 assistant chief of staff for logistics.

"While we say a sad farewell to Niagara Falls and honor her many years of fine service and her reputation for professional excellence, we welcome and are glad to have Byrd and its crew on the Navy team in the Western Pacific."

Byrd has a crew of 124 civil service mariners working for MSC as well as a military detachment of 11 Sailors who provide operational support and supply coordination. When needed, Byrd can also carry a supply detachment.

MSC operates approximately 110 noncombatant, merchant marine-crewed ships that replenish U.S. Navy ships, conduct specialized missions, strategically preposition combat cargo at sea around the world and move military cargo and supplies used by deployed U.S. forces and coalition partners.



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

ACROSS

- 1 In good health
- 5 Banned orchard spray
- 9 Woo
- 14 Jai
- 15 Evans or Earnhardt
- 16 "Lou Grant" star
- 17 Bro's bros
- 18 Start of Samuel Johnson quote
- 20 Waste maker?
- 22 Disturb
- 23 Attends
- 24 Model Macpherson
- 26 Takes umbrage
- 28 Part 2 of quote
- 32 Beer holders
- 33 Hot time in Le Havre
- 34 Palliating
- 39 Danger
- 41 Hosp. readout
- 43 Cowboy's showcase
- 44 People with pads
- 46 Satisfied sigh
- 48 Love handles
- 49 Part 3 of quote
- 52 Take that!
- 56 Draw breath
- 57 Guarded
- 58 "Eyeless in ___"
- 60 Battery terminal
- 64 End of quote
- 67 Apple device
- 68 Orderly stored
- 69 Singer James
- 70 Back of the neck
- 71 Romanov rulers
- 72 Speak roughly
- 73 Secluded valley

DOWN

- 1 Bathe
- 2 Writer/director Kazan
- 3 Scientists' workplaces
- 4 Eavesdrops
- 5 Pt. of speech
- 6 Honored poet
- 7 In addition
- 8 Become a pensioner
- 9 Sedan or roadster
- 10 Missouri feeder
- 11 Merger
- 12 Correct a clock
- 13 Lock
- 19 West Point beginner
- 21 Pipe around a corner
- 25 Caustic substance
- 27 Have the lead role
- 28 Diminutive devils
- 29 Tallow material
- 30 Fairy tale villain
- 31 Low-boost coffee?
- 35 Toning down
- 36 Like a couch potato
- 37 At one's elbow
- 38 Elapse
- 40 Ear part
- 42 Gents
- 45 Sudden rush
- 47 Yokohama affirmative
- 50 Puzzling problem
- 51 Dam-building grp.
- 52 Speedy
- 53 Desert greenery
- 54 Refrain syllables
- 55 Too high-strung
- 59 Greek letter
- 61 Fiery birthstone
- 62 Latest info
- 63 Idyllic place
- 65 Hwys.
- 66 Spigot

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71						72				73		

By Alan P. Olschwang Huntington Beach, CA 7/31/08

Last Week Answers

D	R	O	P	M	I	N	O	S	I	D	E	S		
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7/24/08

420293

Grilling, Chilling During The Summer With DeCA

By Maj. Karen E. Fauber
DeCA dietitian

As you fire up the grill this summer and kick back with a cool one, try adding a little variety to your drinks. There are so many choices, in either bottles or cans, to help you quench your thirst while at the same time helping you control your calorie intake.

If you're trying to watch your weight, taking in 100 less calories a day can help you lose up to 10 pounds a year. An easy way to do this is by drinking lower-calorie beverages instead of guzzling that beer or 16-

ounce soda.

Those sport, energy or vitamin drinks you might reach for as the sweat starts to trickle down your back can help replenish sodium, potassium, magnesium and a few vitamins, but you really only need them — especially the sports drink — when you exercise for an hour or more. Most people get all the nutrients they need from the food they eat every day. For a refreshing change, try one of the low-calorie sports drinks.

Another refreshing low-calorie drink, brimming with antioxidants, is a glass of iced tea,

with a sprig of mint for flavor. Recent research shows that drinking green tea may also help you lose weight and keep the pounds at bay. Yet, green tea is not a magic pill for weight loss; portion control and exercise are what help shed the pounds.

A fruit smoothie is another refreshing way to get your fruit along with all its vitamins, minerals and antioxidants. However, the average smoothie you buy has 300-700 calories and 60-70 grams of sugar. You can make your own in a blender with low-fat yogurt; fresh, frozen or canned fruit; and low-fat

milk. An 8-ounce smoothie has about 150 calories, along with some ice for a real chill.

Of course, the greatest chill of all is water, especially on a hot summer day. Zero calories, no additives and every cell in your body loves it. Add some lemon, lime, orange slices or mint leaves to a pitcher of water, chill it in the refrigerator and watch how fast it disappears. You can also help the environment, too, by using a faucet water filter or a pitcher with a filter to get your water, instead of buying bottled water.

You can use the chart with

calories below as a guide to help you "choose your chill" this summer.

Regular beer, 150 calories
Lite beer, 100 calories
White/red wine, 110 calories
Wine spitzer (2 ounces wine/4 ounces of carbonated water), 40 calories
Frozen margarita, 300 calories
Cola or soda, 200 calories
Diet cola or soda, 0 calories
Energy drink, 200 calories
Sports drink, 100 calories
Low-calorie sports drink, 50 calories
Water, 0 calories

Whatever your choice, if its nonalcoholic you'll find it at your commissary, where you can save 30 percent or more on your purchase.

For more information about healthy food choices and other nutrition topics, go to <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. You can also access other useful information in the Dietitian's Voice archive.

Don't Forget Food Safety With Picnics, Cookouts

By Kay Blakley

DeCA home economist

Knowing how to prepare, handle and store food properly is important all year long, but higher summer temperatures kick spoilage actions into high gear. Under normal circumstances, for example, the rule of thumb for safely allowing foods to remain at room temperature while the meal is being served and consumed is two hours. At temperatures above 90 degrees Fahrenheit it's only one hour. That's why it's so important to know the summer food safety rules and apply them properly.

Keep it Clean: Wash hands with soap and water often while you're handling food, and do the same for any surfaces the food comes into contact with. On a picnic, take along paper towels and hand sanitizer or a

spray bottle filled with soapy water to accomplish the task. Don't forget to give fresh fruits and vegetables a bath too. Do it just before your ready to use them, and don't use soap. Just rinse them good under cold running water, scrubbing briskly with your hands or a soft brush, then dry well with paper towels. Even items like cantaloupe and watermelon, with a rind you don't intend to eat, need this same washing routine to prevent any harmful organisms from contaminating the fruit's flesh when sliced open with a knife.

Separate so you don't Contaminate: This caution starts in the cart at the commissary and carries through to refrigerator storage, to packing a cooler, to cooking and serving. Always keep raw meat,

poultry and seafood, and any of their leaking juices away from already cooked, ready-to-eat foods and fresh produce. Use soap and water to wash hands, utensils and cutting boards that have come into contact with raw meat, poultry and seafood before handling other foods. And, never put these foods, after they have been cooked, back on the same plate that held them raw. Always use a clean plate. If raw meats, poultry or seafood must share space in the same cooler as other foods, carefully pack each of them in sealed, leak-proof containers.

Chill Perishable Foods Promptly and Thaw Foods Properly: Nothing will give you a faster start toward growing some nasty, illness-causing germs than thawing foods on the kitchen counter at room temper-

ature. Don't do it! Thaw foods in the refrigerator, allowing 24 hours for each five pounds of frozen food to be thawed. For quick thawing, submerge foods wrapped in airtight packaging in cold water, changing the water every 30 minutes. Thaw foods in the microwave, only if you'll be cooking them immediately.

Refrigerate perishable foods immediately upon returning home from the commissary, placing raw meat, poultry and seafood on the bottom shelf to eliminate the possibility of accidental drips contaminating other foods.

Cook it Safe — Test the Temperature: If you're not in the habit of using a meat thermometer to verify that everyday items like hamburgers, pork chops or chicken breasts have reached a safe internal temper-

ature, please, do yourself and your family a favor by changing that bad habit. Even though the accepted advice used to be "cook ground beef patties until the center is no longer pink," judging when the food is done based on color alone has been proven to be unreliable. As a matter of fact, a USDA study found that one out of every four hamburgers turns brown in the center BEFORE it reaches a safe internal temperature. So, break out that meat thermometer, and make temperature taking a regular habit.

To learn more visit <https://www.commissaries.com>, click on Food Safety Information, then follow the links to "Four Easy Lessons in Safe Food Handling." Apply all you've learned next time you're in the mood to grill some rib eye

steaks, and use the recipe below to put any leftovers to good use.

Pepper Steak Salad (Serves 4 to 6)

½ pound cooked beef rib eye steak, thinly sliced

1 each small green, yellow, orange, and red bell peppers, julienned

1 (6 oz.) can pitted ripe olives, drained

1/3 cup Italian salad dressing

Mixed salad greens

Combine the steak, pepper strips and olives in a large bowl. Add the Italian dressing and toss to coat evenly.

Portion the salad greens on individual serving plates, top with the steak mixture and serve immediately.

Who Will Get Your SGLI \$?

By Lt.j.g.

William Bloomfield, JAGC
RLSO Mayport

Most servicemembers have at least one significant asset at the time of their death: their Servicemembers' Group Life Insurance (SGLI) policy. The majority of servicemembers who elect coverage opt for the full \$400,000 amount, but a smaller payout may be selected to reduce monthly premiums. Additional coverage, on the other hand, is available through the family SGLI option. Unfortunately, you can't take the money with you when you go, but you can control who gets paid. What you do, or don't do, when you fill out the designation worksheet will determine who your beneficiaries, the people who receive the proceeds from the insurance on your life, will be.

Servicemembers should update their SGLI beneficiary information regularly, especially after a significant life event such as marriage, birth, or divorce. If you don't keep a check on your beneficiary designation form, your SGLI proceeds may go to the wrong person, may be divided in incorrect amounts, or may be paid in a manner you didn't intend. The following example, (with names courtesy of Bill Shakespeare), illustrates the point.

HM3 Portia hastily marries Cpl. Shylock. She diligently heads to the Personnel Support Detachment (PSD) and updates

her SGLI beneficiary information to name her new husband Shylock as the sole principal beneficiary. After a few months, Portia begins to notice some serious character flaws in Shylock. Portia concludes that it is in her best interest to dissolve the marriage. In the divorce judgment, Portia's civilian attorney includes a provision cutting off Shylock from all life insurance proceeds, and specifically saying that Shylock is not to receive such money. Relying on this provision, Portia decides there is no reason to rush to PSD to update her SGLI beneficiary information, and in fact never changes the names on her form. On the rebound, Portia marries a civilian, John Bassanio. On the honeymoon, however, Portia tragically slips off the balcony and falls to her death. Following the funeral, Bassanio files a claim as Portia's husband for the \$400,000 in SGLI proceeds, only to discover that they have already been paid out to Shylock. Bassanio sues Shylock for the proceeds, based on the provision of the divorce decree. The court rules in Shylock's favor, holding that the beneficiary designation form trumps the divorce decree.

As unfair as the above example may seem, federal courts have definitively ruled on the matter and determined that whoever is named as a beneficiary of a SGLI policy, including a former spouse, will receive the proceeds of that policy. The

outcome may be different if the insurance policy at issue is a private, commercial insurance policy, as these types are governed by state law. Don't take your chances relying on state laws, as they vary from state to state. It's better to keep track of who you list as your beneficiaries and to quickly update them as necessary. Name your SGLI beneficiaries at PSD by using SGLV Form 8286. Merely changing your Page 2 and other personnel files does NOT update your SGLI beneficiary designation. For the sake of those you leave behind, make sure your real intentions are on paper.

Your local legal assistance attorneys can answer your questions and help draft your form. Their phone numbers are: Jacksonville, Florida (904) 542-2565 ext. 3006; Mayport, Florida (904) 270-5445 ext. 3017; Kings Bay, Georgia (912) 573-3959; Charleston, South Carolina (843) 764-7642/44; Gulfport, Mississippi (228) 871-2620; Pensacola, Florida (850) 452-3734; New Orleans, Louisiana (504) 678-4692; Corpus Christi, Texas (361) 961-3765; and Fort Worth, Texas (817) 782-6009. This article is not intended to substitute for the personal advice of a licensed attorney.

How To Handle A Lawsuit While Your In The Military

By Lt.j.g. Cara Addison

RLSO Mayport

There is relief for servicemembers involved in a civil lawsuit, whose military service does not allow them to fully participate or which otherwise places them at a disadvantage. A previous article explained the process for vacating default judgments under the Servicemembers' Civil Relief Act (SCRA). A separate section of this Act provides for stays of proceedings. A stay of proceedings is a pause in the action, a "time-out" which prevents continuation of the case. It does not dismiss the case; it merely suspends action until an appropriate time. Like the other section, this one applies only to civil, not criminal cases.

Section 522 of the SCRA is intended to prevent the military obligations of servicemembers from interfering with both pursuing and defending a civil suit. It allows either side to ask for a stay at any time during the proceedings before final judgment. A stay of 90 days is automatic if the following two items are submitted to the court: (1) a

letter from the servicemember explaining why his or her military service materially affects his or her ability to appear AND stating a date when he or she would be available to appear; and (2) a letter from the servicemember's commanding officer stating that military service prevents the servicemember's appearance and that leave is not authorized. Both letters are needed to invoke Section 522.

If the servicemember wishes to request a stay longer than 90 days, he or she may do so either at the time of the initial stay request, or at a later date after discovering that a 90 day stay is insufficient. If a second stay request is appropriate, the same procedure outlined above must be followed, and two new letters must be filed with the court. Section 522 includes a unique protection for servicemembers: if his or her request for an additional stay is denied, the court must appoint counsel to represent him or her.

The standard which must be met is that military service and duty "materially affect" the ability to appear, not just

that the individual is a member of the Armed Forces. This is most often the case with deployments, temporary assignments, and training assignments because the servicemember is not in the area to be able to appear. The opposite is true: if the servicemember is present, or if the servicemember is authorized to take leave, his or her military service does not materially affect his or her ability to appear, and the stay request will likely be denied.

Those plaintiffs or defendants who may use Section 522 to request a stay of proceedings include any active duty servicemember, or any individual whose military service terminated less than 90 days from the date of the request. Once the servicemember is able to appear, the stay expires and the case continues. It is protection for military members whose service legitimately warrants it, and for whom it would be unfair to go on in their absence.

Legal assistance attorneys can help you with filing stay requests and with drafting correspondence.

"WE BRING THE MILITARY MARKET TO YOU!"



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IN THE
MILITARY
PUBLICATIONS**

- Reach 74,000 Readers
- Internet Advertising (Included in Rate)
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- Distributed on three Naval Bases and off-site locations
- Published Thursday weekly

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\$7.8 billion/year**

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

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

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

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

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

THE MIRROR
NS MAYPORT, FLORIDA

JaxAir News

PERISCOPE
KINGS BAY, GEORGIA

Published by
The Florida Times-Union

THE MIRROR, NS MAYPORT, FLORIDA

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 prepayment. For your convenience, we welcome you to place your classified ad at The Florida Times-Union from 7:30 a.m. - 5:00 p.m., Monday-Friday at One Riverside Avenue (at the foot of the Acosta Bridge).

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

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

CANCELLATIONS, CHANGES & BILLING

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

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

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

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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.

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Auctions	Employment
Real Estate for Sale	Services
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Commercial Real Estate	Pets/Animals
Financial	Transportation

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FOR SALE

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 Arlington
 Avondale/Ortega
 Beaches
 Downtown
 Fernandina/Amelia Island
 Intracoastal West
 Keystone Heights/Melrose
 Mandarin
 Middleburg
 North Jacksonville
 Orange Park/Clay County
 Riverside
 San Marco
 Southside
 Springfield
 Westside
 Waterfront
 Condominiums
 Manufactured Homes
 Lots
 Farms/Acreage
 Investment Property
 Retirement Comm.
 Baker County
 Georgia Real Estate
 Nassau County
 Putnam County
 St. Johns Open Houses
 St. Johns Homes
 St. Johns Waterfront
 St. Johns Oceanfront
 St. Johns Intracoastal
 St. Johns Marshfront
 St. Johns Condos
 St. Johns 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

Arlington

LAKE VIEWS Immaculate 3/2 home, only 11 miles from Mayport Base. Built in 2000 w/ upgrades, spacious back yard. Offered below appraisal @ \$194,500. Call Real Florida Real Estate. 904-238-5188

MOVE IN FOR JUST ONE PENNY DOWN!
NO KIDDING!
CALL 591-4858
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*subject to borrower meeting all lender requirements for a new FHA loan

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Call Tom Harris
 Realtor/Broker-Owner (904) 307-8491
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Beaches

ATLANTIC BEACH Must sell, relocating. 42, custom kitchen, many upgrades, 3mi from Mayport. N.A.S. \$219,000 nego. Call 904-238-5322 rental pos. Ask for Mary.

NO COST TO YOU FOR 1 FULL YEAR BRAND NEW BEACH CONDO- Jardin De Mer Beach Blvd. & 15th St. Fp/c, all appls, open 1am-5pm Thur-Mon. or call for appt. 904-241-2270 or 246-9268

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Orange Park Country Club

This Property is ready to move in!
 Country club living is a must in this beautiful 4 bedroom, 2 1/2 bath home with beautiful teak wood floors, tile floors, carpeted bedrooms. Huge master with lovely garden tub in master bath. Formal living and dining room, eat-in kitchen with breakfast bar, nice pantry, Jenn Aire Range, and great utility closet in hall. Large family room with bank of windows overlooking lovely wooded lot where deer and turkeys visit. Gas fireplace. 3 car garage.
 New tile in baths, wonderful lanai with screened pool, and gas hookup for outdoor grill or range.
 Bring all offers today!
 Call 904-349-6706 for more information on this exceptional offer
 (Realtor overseeing sale of this home.)

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Investment Property

1531 Logan St - 3/1, wd frame, 1000sf heated, comp renov needed, \$10,000. 813-833-9338

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House on 29 ac S Ga 2800 sf 3br 4ba, pool pond \$290,000 (912)345-2793

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 Email: laurie_potter@countrywide.com
 Website: home.countrywide.com/lauriepotter
 4601 Touchton Rd E #3190 Jacksonville, FL 32246

Countrywide HOME LOANS

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Hawthorn 2 acres w/100' on an 800ac lake \$39,900 firm. 386-758-830, email mvanitie@vahoo.com

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 Cell (904) 463-2065
 Email: laurie_potter@countrywide.com
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Pinetta, FL 11.8 ac, 3/2, 2000 SF, shop, pond, greenhouse. www.3wv.us \$275K 850-929-2074

Mountains of N.C. Owners Loss Your Gain Must sell log cabin on 3.72 acs \$89,500. Deck overlooking Lg. creek ez to finish, wooded, private 828-286-1666 Brkr



Real Estate for Rent

Apartment Furnished

Apartment Furnished
 Apartment Unfurnished
 Condominiums
 Retirement Communities
 Houses Unfurnished
 Manufactured Homes
 Mobile Home Lot Rentals
 Rooms to Rent
 Beach Home Rentals
 Beach/Vacation/Resorts
 Storage/Mini-Lockers
 Management/Rental Services
 Wanted to Rent
 St. Johns Apartments
 Furnished
 St. Johns Apartments
 Unfurnished
 St. Johns Condominiums
 St. Johns Duplex/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
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 Mini-Lockers
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Locations convenient to Mayport, NAS JAX, Blount Island & Kings Bay
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For Reservations, Please Call 904-733-6100 • 888-855-0010

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Historic Avondale RIVIERA PARKWAY APTS. 389-3179 2798 St. Johns Ave.

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EASTWOOD OAKS APARTMENTS 1000 Eastwood Rd • Hilliard (904) 845-2922

Apartment Unfurnished

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WESTSIDE 2 MONTHS FREE RENT!

Starting at \$572
 Move-in by Aug 10th and receive a FREE FLAT SCREEN TV!
 New Courter Tops, Cabinetry, Lighting Fixtures, and More!
 Under New Management
Fountain Oaks Apartments
 6870 103rd St
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MAYPORT - Near Base Save \$ on gas! Huge 2br, 1200sf w/d, no pets \$835. 904-241-6232, 994-3793

CHARMING COTTAGE \$269,000

Beautiful turn of the century 2 1/5 cottage in the Riverside district.
 • Fully renovated
 • New plumbing
 • New electrical wiring
 • New heat & air
 • New paint (exterior and interior)
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 • Crown molding
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 • Granite countertops
 • Luxurious hardwood cabinetry in kitchen and bathrooms
 • Large newly added custom deck with pergola planted with beautiful climbing vines and wild roses
 • Well manicured and landscaped front and back yards with citrus tree in the back yard with 6 foot high privacy fence
 • New architecturally correct storage shed.
 This home sets on a quaint street with a five minute scenic drive to downtown Jacksonville, Florida. Close to everything, schools, church, shopping, museums, downtown St. Johns riverfront, etc. This house has too much to offer to list it all, You just must see it.

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Mayport Condo - \$900/mo Recently Renovated- Shows Great. Minutes from the Beach & Base Unfurn. or Partially furn. options. No Pets, No Smokers. 2BR/1.5BA Call Daniel at 904-472-8610

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Southside, 7333 Beach Blvd. Lg 2/2, gated, pool, gym, W/D, night security \$825/mo. 636-0351

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Houses Unfurnished

ATLANTIC BEACH Oak Harbor, beautiful renov. 3/2, gar, new cpt & tile, fncd, \$1095/m. 904-434-4499

Atlantic Beach/Mayport Oak Harbor 1129 Seaborg Ave. S, 3/2, all new, beautiful inside, fenced yd, \$1095/mo. 612-8868

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20 out of a 100

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

Get your message to them by advertising in one or all of the publications distributed at the local bases in the area.
For advertising information, call 904-359-4336, Fax 904-366-6230.

Houses Unfurnished

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Ponte Vedra -Avail nov 3/2, Fiddler's Marsh, all new crpt, S/S appl, kitch cabinets, top schools, tennis/pool, short run to beach, lawn care, \$1,450m+dep. Ref req. 285-8325 ev. 403-9297

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IMPROVE YOUR VEHICLE'S FUEL ECONOMY WITH A FREE 23-POINT INSPECTION

FUEL EFFICIENCY TIPS

- ✓ Properly working oxygen sensors can improve gas mileage by as much as 40% - Saving **\$1.48 /gallon**
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- ✓ Properly inflated tires improves fuel economy by as much as 3% or up to **12¢/gallon**
- ✓ Each 5 mph over 60 mph you drive is like paying an additional **20¢/gallon**

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INCLUDES INSPECTION OF THESE AND ADDITIONAL ITEMS (NOT LISTED). ASK YOUR SERVICE ADVISOR FOR ADDITIONAL DETAILS.

- Tires/ tire pressure
- Windshield wipers
- Exhaust system
- Oxygen Sensors
- Exterior lamps
- CV joint boots (where applicable)
- Cooling system mixture/ leaks
- Air filter
- Steering components
- Fluid levels
- Shocks/ Struts
- Belts/ Hoses
- Suspension
- Brake Inspection

Free

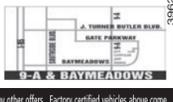
Price does not include repairs that may be required after inspection. Any necessary repairs can be completed in our Service Department.

THANK YOU FOR YOUR SERVICE! **15% OFF**

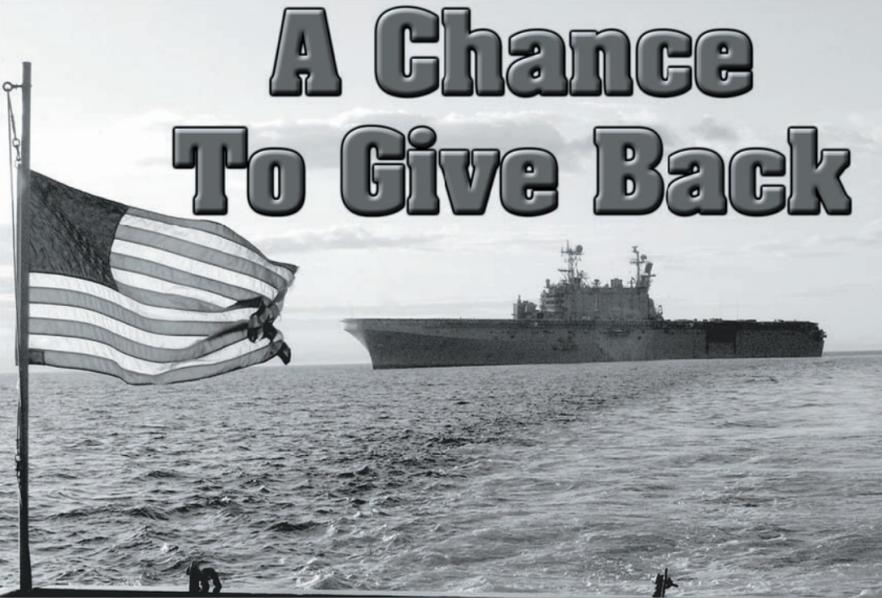
ALL ACTIVE DUTY & RETIRED MILITARY RECEIVE ANY PART OR SERVICE

Service M-F 7am-7pm • Sat 8am - 5pm • SHUTTLE SERVICE AVAILABLE MV# 52549

1-888-724-9499



All pictures are for illustration only and are subject to prior sale due to publishing deadlines. Offers are exclusive and may not be combined. Must present ad above to receive offers. Select units, not in conjunction with any other offers. Factory certified vehicles above come with a 3yr/50k mile warranty. See dealer for details. All prices plus tax, tag & fees. *Fuel economy tips from Dodge owner's magazine April 2008. †Available miles per year based on a maximum number of gallons which varies depending on model. ‡Visa/Mastercard credit card account required. Allow 4 to 6 weeks for activation on select models only. Excludes small fleet accounts, SRT, Chrysler Crossfire, Challenger, Viper and Jeep Wrangler and all other offers. See dealer for additional details. 99¢ gas valid on select Dodge Rams, Dodge Durangos, Jeep Grand Cherokees, Jeep Commanders, 300C's, Charger RT's, Chrysler Town & Country's, Dodge Grand Caravans, Dakotas, Magnum RT's & Aspens. No offers are in conjunction with one another. *Receive a 2008 Chrysler PT Cruiser Program Car free with purchase of any 2008 Dodge Ram 1500 Quad Cab Laramie pick up. Customer responsible for tax, tag, and fees on 2008 Chrysler PT Cruiser. In stock units only. Offer not valid with any discounts, rebates, incentives, advertisements or offers. Offer good while supplies last.



A Chance To Give Back



The Military is the largest employer in Northeast Florida and Southeast Georgia!

- Regional Payroll (all 3 bases) \$2.04 Billion per year
- Retiree Payroll \$810 Million per year
- Goods & Services (all 3 bases) \$709 Million per year
- Tuition Assistance Authorized \$5,137,440



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OF JACKSONVILLE

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Summer Sale

WEEKEND SPECIAL



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If you purchase a new Honda in stock, present this ad and you will receive an authentic NFL Game Ball autographed by Paul Spicer and an invitation to an autograph session.

NO FINE PRINT HIDDEN FEES HIDDEN COSTS HIDDEN CHARGES

HERE ARE JUST A FEW OF THE MODELS ON SALE:

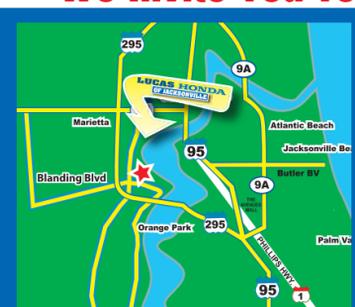
A C C O R D				
	'08	'08	'08	'08
	AUTO	AUTO	AUTO	AUTO
	Accord LX \$21,470⁵¹	Accord LXP \$22,437³⁹	Accord EX \$24,081¹⁰	Accord EXL \$26,017⁸⁸
C I V I C				
	'08	'08	'08	'08
	AUTO	AUTO	AUTO	AUTO
	CIVIC LX \$18,440⁸⁸	CIVIC EX \$20,158³³	CIVIC EXL \$21,336⁰²	CIVIC EXL NAV \$23,053⁴⁸
C I V I C				
	'08	'08	'08	'08
	AUTO	AUTO	AUTO	AUTO
	CIVIC LX \$17,984	CIVIC LX \$18,240	CIVIC EX \$19,987	CIVIC EXL \$21,150
C R V				
	'08	'08	'08	'08
	AUTO	AUTO	AUTO	AUTO
	CRV 4 DR LX \$21,534⁶³	CRV 4 DR EX \$23,767³⁴	CRV 4 DR EXL \$26,297⁷⁵	CRV 4 DR EXL/Nav \$27,984⁶⁹

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01 CHEVY BLAZER LS\$6,495	Loaded, Roof, Low Miles	Auto, Loaded, 37,000 Miles	Only 97,000 Miles, Loaded	6 speed Loaded, Low miles
4,000 Miles, 2Dr, Loaded	03 ACCORD 4DR LX\$12,980	06 HONDA CIVIC 2DR.....\$14,650	07 HONDA ACCORD EX-LV6.....\$21,970	05 LEXUS ES 330\$21,970
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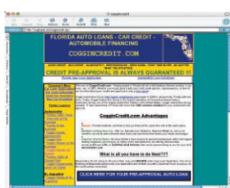
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