

THE MIRROR NS MAYPORT, FLORIDA

CHINFO Award Winner

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THURSDAY, November 20, 2008

NS Mayport Goes Nuclear

From Department of Navy

As part of an environmental impact statement (EIS), the Navy announced Monday its "preferred alternative" is to homeport a single nuclear powered aircraft carrier (CVN) at Naval Station (NAVSTA) Mayport, Fla.

The EIS examined potential consequences of constructing and operating facilities and infrastructure associated with homeporting additional surface ships at NAVSTA Mayport. The EIS evaluated resources in the Mayport area that may be affected by the proposed action, such as air and water quality, biological resources, marine mammals and threatened or endangered species, land use, cultural resources, and socioeconomic. The EIS also accounted for cumulative impacts from other activities in the Mayport area.

After consultation with the public, key individuals and numerous organizations, the Navy considered 275 official comments while assessing 13 EIS alternatives. Ultimately, the Navy concluded that homeporting a CVN at NAVSTA Mayport would increase operational readiness while affording the necessary environmental protections.

The last Navy aircraft carrier to be homeported in Mayport

was the conventionally powered USS John F. Kennedy (CV 67), which was decommissioned in 2007.

Mayport stands ready to support this decision and we welcome this great opportunity," said Captain Aaron Bowman, Naval Station Mayport Commanding Officer. "Effective utilization of Mayport helps the fleet to optimize access to naval training ranges and ensures effective support of fleet operational requirements through efficient use of waterfront and shore side facilities.

The Navy's preferred alternative involves homeporting one CVN and associated infrastructure modifications. These include dredging, infrastructure and wharf improvements, and construction of CVN nuclear propulsion plant maintenance facilities. Homeporting a CVN at NAVSTA Mayport reduces risk to fleet resources in the event of a natural disaster, man-made calamity, or attack by foreign nations or terrorists. This includes risks to aircraft carriers, industrial support facilities, and the people that operate and maintain these crucial assets.

A Notice of Availability for the Final Environmental Impact Statement will be published to the Federal Register

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-U.S. Navy Photo

USS John F. Kennedy (CV 67) makes her final transit into her homeport at Naval Station Mayport after a successful underway and farewell port visit to Boston, Mass. Kennedy was decommissioned in March 2007 in Mayport.

OFF THE DECK

The Mirror Has Early Delivery

Due to the Thanksgiving holiday, The Mirror newspaper will be delivered a day early, Nov. 26. All photos, stories and Fleet Market ads must be submitted by Nov. 20 to be included in the Nov. 26 edition. The Mirror will resume its regular delivery with the Dec. 4 paper. For more information, contact The Mirror editor Paige Gnann at 270-7817 ext. 1012 or email mayportmirror@comcast.net.

Thanksgiving Hours For MWR

MWR Mayport will hold Thanksgiving Day hours on Nov. 27. Closed MWR facilities include Auto Skills, Beachside Community Center, Business Office/Admin/Personnel, Child Development Centers, Child Development Home, Fast Lanes Bowling Center, ITT, Ocean Breeze Conference Center, CPO Club, Pelican Roost RV Park, Pool, Outdoor Adventures/SEDA, Recycling/ Vehicle Storage, Surfside Fitness, Vet, Youth Activities Center. Open MWR facilities are Bogey's, 6 a.m.-4 p.m.; Gym, 8 a.m.-6 p.m.; Pizza Hut, 10 a.m.-11 p.m.; Windy Harbor Golf Club, 7 a.m.-6 p.m.

Give Thanksgiving To Single Sailors

Planet Mayport Single Sailor Center in building 46 at Bravo Pier, is asking for desserts for Single Sailors at Mayport this Thanksgiving. Non-perishable items will be accepted on Nov. 26 from 11 a.m.-11 p.m. Refrigerated desserts should be dropped off from 10 a.m.-11 p.m. on Nov. 27. For more information, call 270-7788.

USO Pal Day Puts Sailors In St. Augustine

From USO

The USO and city of St. Augustine will honor members of the military and their families with free admission to attractions, trolley rides, parking and lunch during the 51st annual PAL Day on Dec. 6.

Members of the Elks Lodge #829 will cook and serve lunch, sponsored by the United Way of St. Johns County and USAA. Children will receive goodie bags provided by the Daughters

of the Confederacy.

"This is a terrific opportunity for all service members and their families to explore the history of and visit the numerous family venues in St. Augustine," said John Shockley, Executive Director Greater Jacksonville Area USO. "We appreciate the support of the United Way of St. Johns County, Elks Lodge and USAA to offer this free day of fun for the entire family, just remember to bring military

identification since wearing of uniforms is no longer required."

Armed forces personnel and their families may pick up free PAL Day lunch tickets by stopping by any Greater Jacksonville USO Center, including the Airport. Tickets are also available at the St. Augustine Visitor Information Center on Dec. 6. Tickets are not required for any attraction or lunch, but to estimate how many lunches to prepare. Personnel with questions

or desiring more information can call any USO Center: JAX: 778-2821; Mayport: 246-3481; Airport: 741-6655.

Contributing businesses include the Authentic Old Jail, Castillo de San Marcos and Fort Matanzas, Colonial Spanish Quarter Village, Florida Heritage Museum, Government House, Museum-Cathedral Place, Lightner Museum, Marineland of Florida, Mission of Nombre de Dios, Museum of

Weapons and American History, Old Florida Museum, Old St. Augustine Village, Old Town Trolley Tours, Oldest House Museum, Oldest Wooden Schoolhouse, Ponce de Leon's Fountain of Youth, Potter's Wax Museum, Ripley's Believe It or Not Museum, Alligator Farm, Lighthouse & Museum, Sightseeing Trains, and Spanish Military Hospital Museum.

HMS Weapons School Changes Command

From HMS Weapons School

Cmdr. Charles A. Armin relieved Cmdr. James R. Raimondo as Commanding Officer of Helicopter Maritime Strike Weapons School, Atlantic, at Naval Station Mayport during a change of command ceremony held on Nov. 7.

Helicopter Maritime Strike Weapons School, Atlantic, is responsible for ensuring that today's Helicopter Maritime Strike Wing, Atlantic detachments deploy with the most comprehensive and up to date training available. Additionally, the Weapons School is charged with ensuring the future combat success of all East Coast Helicopter Maritime Strike aircraft.

During his 15-month tour as commanding officer, Raimondo kept the Weapons School running at full speed. He led the charge by acting as Officer Conducting Exercise for numerous significant training events. These included GREYFOX Surface Warfare Hellfire missile shoots, Diesel Electric Submarine Initiative ASW exercises, and consolidated Atlantic Undersea Test & Evaluation Center training periods. Raimondo made immediate and lasting readiness improvements to combat aircrews preparing for



Cmdr. Charles A. Armin



Cmdr. James Raimondo

deployment, and postured the Weapons School to continue this training trajectory for seamless integration of the new MH-60R and future HSM squadron deployments.

Raimondo's next assignment will be to the Navy War College in Newport, R.I.

Armin graduated from the University of Kansas with a degree in electrical engineering and was commissioned through the Navy Reserve Officer Training Corps program in May 1990 after spending his formative years moving around the Midwest and overseas.

Armin reported to Chief of Naval Education and Training (CNET) at NAS Pensacola in June of 1990 for temporary employment while awaiting flight school. After completing flight school, he was winged in

May 1993 as an Unrestricted Naval Aviator, graduating on the Commodore's List with Distinction. By the first week of June 1993, he began training in the Sikorsky SH-60B Helicopter at Mayport Florida with the Airwolves of HSL-40.

In February of 1994, Armin transferred to the Proud Warriors of HSL-42 where he deployed in USS Klakring (FFG 42), USS Taylor (FFG 50) and the USS John L. Hall (FFG 32). His deployments included a Mediterranean Sea deployment, Counter Drug Operations (CDOPS) in the Caribbean/Eastern Pacific, Operations in the Baltic Sea, and a full Annual US-South American Allied Exercise (UNITAS). He also embarked Navy Warships to support both

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HSL-44 Has New Commander

By Lt.j.g. Adam R. Shreders

HSL-44 PAO

Cmdr. Richard Davis relieved Cmdr. Michael Patterson as commanding officer of HSL-44.

Patterson's tenure as CO was marked with more than 15,000 mishap-free squadron flight hours, sending nine detachments to sea supporting operations across the globe. During Skipper Patterson's tour, 44 detachments were responsible for the first helicopter-assisted seizure of a semi-submersible drug running vessel.

Under the leadership and guidance of Patterson, HSL-44 had its first Airborne Use of Force (AUF), capturing 12 narco-terrorist vessels, seizing 10 tons of cocaine valued at more than \$250 million.

Around the Horn of Africa, detachments provided airborne security allowing the re-taking of five merchant vessels held hostage by pirates, one of which held 20 hostages that were foreign nationals, prompting official recognition by the Korean State Department.

Davis is the son of a Naval Aviator and a graduate of Virginia Tech. He has deployed on several occasions to the Mediterranean, Arabian Gulf and the Caribbean. He has also served as the aide to the Commander, George Washington Battle Group and on the Joint Staff in Washington



Cmdr. Richard Davis



Cmdr. Michael Patterson

D.C. as part of the Strategy and Policy Directorate. He brings a wealth of knowledge to the Swamp where he has served two previous tours.

The newest arrival to the Swamp is Cmdr. Sean Haley having just completed the FRS as a Cat V Aviator. He is a seasoned aviator with over 2,700 hours. Haley was originally

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CO Column

Last week I had the honor and pleasure to attend Jacksonville's Veterans Day Parade and what an experience it was. Nearly 100,000 people lined the streets downtown to honor our veterans, and the city really put on a top notch event. I had the privilege of representing Mayport in one of the official vehicles (A 1944 Jeep complete with a machine gun-- my son keeps on asking me to buy one). I can't describe the feeling of driving through the city and having so many people saluting, holding signs and banners, yelling out thank yous, and waving their thanks and support to the military. Jacksonville is well known as a military town, and the support we receive cannot be appreciated enough. You also would not have believed the number of school aged children that chose to go downtown during a day off. Well done to the city, and anyone who had a hand in put-



Capt. Aaron Bowman

ting on this spectacular event. Over the past couple of weeks we have had several VIPs and retirees on board using our facilities. I was pulled aside by so many of them I lost count on them telling me how impressed they are with the appearance of the base. That's a tribute to all of us who call Mayport

our place of work or our home. Even though we have contractors and base services that work keeping the base clean, they can't come close to getting it all -- it's everyone of us having that self pride. We are doing the best we can painting some of our buildings that were starting to look a little weathered. Next time you drive by the MWR building and bowling alley, check them out. Beachside community center will be next. Appreciate all the hard work by base services in doing the no fun work.

The annual Army-Navy game is right around the corner on Dec. 6 at noon at Beachside Community Center. This year the Mayport Flag Football team will be taking on the local Army Recruiting Command at 0900 before the game. We will roll out our new 20 foot digital projection system at beachside for the game and also be serving

free burgers, dogs, and brats. Looking forward to a great turnout by all. Please invite any active duty, retired, and friends of army and navy. If base access is an issue, contact security to get them through the gates. MWR is also telling me that there will be several giveaways before, during, and after the game.

Speaking of things to do, the Salvation Army Bell Ringer "watch bill" is on the quarter-deck here at Building One, and there are still plenty of blanks that need to be filled. Ringing the bell is a great way to "ring in" the holiday season, and a very worthy cause. The people you meet and the holiday spirit you receive is well worth the time. The only thing I ask is that if you volunteer, please stand the watch. This year, more than ever, we need people volunteering to help during tough times.

You may have read in the

local newspapers that Finegan Elementary School is being considered to be closed and those students would be sent to Mayport Elementary School in the following school years. I am working closely with the Duval County School System and school board members to see what we can do to keep Finegan open and continuing to serve this base and local community. We are so fortunate to have an "A" school next to the base where our children can walk to school through a gate, be served by an administration that understands and caters to the Navy, and have the secure feeling of knowing our children are close by. There will be a public meeting concerning this consolidation on Dec. 2 at 6 p.m. at Mayport Elementary. I encourage you to attend the meeting and contact your local officials to voice your opinion. The School Board will vote on

the proposal on Feb. 3.

Before I close I want to give a last minute pitch for Combined Federal Campaign. The deadline for CFC contributions is November 25. Please see your CFC command representative if you haven't donated to this very worthy cause.

I also want to thank our security department for all that they do. Each and every one of you in that department plays an important role in the security and safety of our Naval station. When we are asleep, you are on patrol keeping us safe and secure. Thanks so much.

Please be safe on and off base, and keep those 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.

CREDO Corner

By Lt. Cmdr. Dorman "Curt" Dowling

Spiritual Fitness Division SECREDO
A bumper sticker read, "The early bird may get the worm, but the second mouse gets the cheese."

It is easy to get too serious about the holidays by worrying over who has the best turkey dressing or the better holiday decorations. You don't always have to be first,

or best. I remember as a kid that Thanksgiving was a time to relax, have some good fun and laughter together. We didn't care about winning, well, except for football.

In the spirit of frivolity, I share the following story I recently read on the internet entitled, "Thanksgiving Divorce" The story is about a man in Phoenix who calls his son in New York the day before

Thanksgiving and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough."

"Pop, what are you talking about?" the son screams. We can't stand the sight of each other any longer," the father says. "We're sick of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her."

Frantic, the son calls his sister, who explodes on the phone. "Like heck they're getting divorced," she shouts, "I'll take care of this."

She calls Phoenix immediately, and screams at her father, "You are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing. DO YOU HEAR ME?"

and hangs up.

The old man hangs up his phone and turns to his wife. "Okay," he says, "they're coming for Thanksgiving and paying their own way."

I encourage you to share fun times together. Make memories. As you prepare to celebrate Thanksgiving, prepare to have fun. Whether it is with family, friends or new acquaintances enjoy this time.

Thankfulness is a state of mind that can affect your life and those around you. Being thankful for the many blessings you have is energizing and attractive. Maybe you don't have to be the "early bird" to catch the worm, just a thankful one. However, don't let anyone call you a "turkey" this Thanksgiving!

DoD Encourages Participation In Smokeout

From Department of Defense

Drop and give yourself 24! Not push-ups, but hours—24 hours of being tobacco free. That's the message the U.S. Department of Defense (DoD) is sending to military members, urging them to join in the Great American Smokeout on November 20.

The smoking rate among 18 to 25 year olds in the military is 40 percent, significantly higher than that of their civilian counterparts or of older, higher-ranking military members. Alarmingly, a large number of these young enlisted men and women don't begin using tobacco until after they enlist. Nearly 39 percent of current smokers began smoking after they joined the military.

This is cause for great concern among military leaders, who point to problems such as detection in the field, slow wound healing, impaired night vision and decreased stamina as

impediments to military performance.

"Deciding to quit is taking responsibility for your health and taking responsibility as role models. Kicking an addiction is probably among the hardest things to do. It's an incredible feat," said Vice Admiral Adam M. Robinson, Jr., Medical Corps, Navy Surgeon General, and chief, Bureau of Medicine and Surgery, U.S. Navy.

Smokeless is not harmless. Nearly a quarter of 18- to 25-year-old enlisted men use smokeless tobacco—often referred to as chewing tobacco, spit tobacco, snuff, or "dip." It contains more than 20 cancer-causing chemicals. Many have erroneously touted smokeless tobacco use as a healthier option, but snuff and chewing tobacco have three to five times more nicotine than cigarettes, making them far more addictive. Like cigarettes, smokeless tobacco can cause cancer

and heart disease. In addition, physical dangers include gum disease, erosion of teeth, and cancer of the mouth and throat.

Why is tobacco use so prevalent in the military? For those facing the stress of being far away from home and preparing for possible deployment, the road to becoming tobacco free becomes much rougher. Using tobacco is cited as one way to relieve that stress. In addition, perceptions of tacit endorsement of smoking and using smokeless tobacco and the low-cost availability of smoking products in the military make breaking the addiction an even stiffer challenge.

Many people try, and many more try and try again to quit tobacco.

"It's not just a bad habit, it's a serious addiction. When you smoke or dip, it's tough to quit," said Chuck Watkins, chief, Communications and Research Requirements, TRICARE

Management Activity. Studies show that, on average, it takes 11 quit attempts before a person can win the battle against tobacco.

DoD has stepped up efforts to combat tobacco use through its Quit Tobacco—Make Everyone Proud education campaign, aimed at young enlisted men and women who are trying to quit tobacco or are thinking about it. The campaign site, <http://www.ucanquit2.org>, offers sound information and innovative tools to support their efforts.

Taking a high-tech, high-touch approach

A big draw to the Web site is the 18-hour a day availability of instant-message live help, staffed by trained tobacco Cessation Coaches.

"It's a lonely struggle and they need someone to talk to," reports one Coach. "I had a young serviceman come into chat every night for a week.

They all really seem to appreciate the personal touch they get through the live chat."

Another Cessation Coach describes the practical advice he gives live-help users, such as coping with triggers.

"I suggest they avoid coffee and alcohol while going through the initial quit stage and suggest they write down all the reasons they want to quit. Then read the list each time they feel an urge or experience a trigger that might make them smoke or chew."

The live-chat coaching team also includes a former marine and an ex-smoker who relishes his ability to gain the trust of those who turn to the live-help service.

He said, "They want encouragement from a real person who has been in their shoes. They ask me why I quit, and I tell them I got tired of coughing up phlegm and smelling like an ashtray."

Since January of this year, more than 600 live chats have taken place, spanning a few minutes to an hour in length. These private one-on-one sessions are anonymous and offer easy access to immediate assistance—something would-be quitters cannot find elsewhere.

A calculator on the Web site allows users to figure out how much they can save on a yearly basis by giving up tobacco. On average, enlisted personnel can save one month's salary a year. Other Web site features include games, such as Texas Hold 'Em, with embedded messages that reinforce the intention to quit and offer encouragement and tips to fight triggers.

DoD supports the military's participation in the annual Great American Smokeout, sponsored by the American Cancer Society, through free materials and registration at <http://www.ucanquit2.org>.

Sixth Fleet Explains Importance Of Navy Ethos

By MC1(SW) Dan Meaney
Commander, U.S. Naval Forces Europe-Commander, U.S. 6th Fleet Public Affairs

Following several months of a worldwide, Web-based survey of Sailors and civilians, the Chief of Naval Operations (CNO) Adm. Gary Roughead announced, Nov. 5, the creation of a new United States Navy Ethos.

The Oxford English Dictionary defines ethos as "the characteristic spirit, prevalent tone of sentiment, of a people or community; the 'genius' of an institution or system". The Navy Ethos is meant to identify the distinguishing character, culture, and beliefs of the Navy.

Approved as an underpinning to mission success Navywide, the Ethos reflects the values Sailors and Navy civilians around the world need to accomplish their many and varied missions.

"The Navy Ethos is intended

to be a statement of principles that recognizes the contributions of the military and civilian personnel who serve on the Navy team," said Adm. Mark Fitzgerald, commander of U.S. Naval Forces in Europe and Africa. "Our Ethos captures the fundamental principles stated in our core values and the Sailor's Creed."

The Ethos is entirely new and is meant to complement the written - and often memorized - Navy Core Values and Sailors' Creed. It is the first such statement in 25 years.

"Each member of the Navy team ñ military and civilian ñ plays a part in ensuring high standards of integrity and mission accomplishment," said Fitzgerald. "I have seen these principles at work every day since I first joined the Navy, and I am proud to play a part today in living these words."

"From the North Cape of Norway, through the waters

of the Baltic, Black and Mediterranean seas, Africa and parts of the Middle East, our Sailors play a critical role in maintaining the global sea lines of communication," he said. "Along with the more than 400,000 military and 180,000 civilian personnel worldwide, we share a common bond of service, regardless of background, personal experience, or

position."

The United States Navy Ethos reads:

We are the United States Navy, our Nation's sea power ñ ready guardians of peace, victorious in war.

We are professional Sailors and Civilians ñ a diverse and agile force exemplifying the highest standards of service to our Nation, at home and abroad,

at sea and ashore.

Integrity is the foundation of our conduct; respect for others is fundamental to our character; decisive leadership is crucial to our success.

We are a team, disciplined and well-prepared, committed to mission accomplishment. We do not waver in our dedication and accountability to our Shipmates and families.

We are patriots, forged by the Navy's core values of Honor, Courage and Commitment. In times of war and peace, our actions reflect our proud heritage and tradition.

We defend our Nation and prevail in the face of adversity with strength, determination, and dignity.

We are the United States Navy.





Roman Catholic Mass
Sunday 9 a.m.
Monday-Friday 11:30 a.m.
Confessions: before & after mass or upon request
CCD: Sunday 10:30 a.m.
Baptisms: class 3rd Sunday of month

Protestant Worship
Sunday 10:30 a.m.
Sunday school 9:15 a.m.
Baptism: For information contact your chaplain

Women's Bible Study
Wednesday 9:30 a.m.

Protestant choir
Wednesday 7 p.m.

Interdenominational MOPS (Mothers of Pre-Schoolers)
1st & 3rd Tuesdays each month 9:15 a.m.
For more information contact MOPS coordinator at mayportmops@yahoo.com

Marriage
Contact Chaplain 6 months prior. PREP is required

For more information, call 270-5212.



Naval Station Mayport

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

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Calendar

On Base

Thursday, Nov. 20
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.

Saturday, Dec. 6
USS Underwood family readiness group is looking for teen and adult volunteers to help out with their children's holiday party from 2-6 p.m. at the Ribault Bay Community Center. Contact Monica Flores 904-535-2125 or e-mail Mony325@comcast.net if you are interested in volunteering.

Thursday, Dec. 18
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.

Out in Town

Thursday, Nov. 20
The Beaches Museum & History Center continues their Lecture Series "Tracking Florida History: Lectures on the First Coast." Dr. Kevin McCarthy, Professor emeritus, University of Florida will speak on Florida Holiday traditions. The evening will begin with a reception at 6:30 p.m. followed by the talk at 7 p.m. The Lecture Series is free and open to the public. The Beaches Museum & History Center is located in Pablo Historical Park at the corner of Beach Boulevard and 4th Street North. The Museum is open Tuesday-Saturday, 10am to 4:30pm. For more information call 241-5657.

Friday, Nov. 21
The Fleet Reserve Association, Branch 290, is hosting a Seafood Dinner from 5-8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. The menu will include Seafood Chowder, Fried Fish, Fried Shrimp or Crab Cakes. Also included are French Fries, Corn Nuggets and Cole Slaw. A donation of \$10 is requested for each dinner. Carry-out orders are accepted. As always, the public is invited to attend. Happy Hour precedes the dinner from 4-6 p.m.; all drinks are 50¢ off. After dinner, enjoy the music of Doug Bracy until 1 a.m.

Join Wild Amelia for a look at the stars. The evening will include a star talk at 7 p.m. and the opportunity to observe the stars up close through telescopes. The program will take place at Fort Clinch State Park. The program fee is \$5 per person and no reservations are necessary. Be sure to bring your flashlight and bug spray.

Saturday, Nov. 22
Helping Hands Ministries and New Friendship Baptist Church, 1996 Mayport Rd., will hold a spaghetti dinner bake sale from 11 a.m.-5 p.m.

Join a park ranger at 11 a.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 ranger-guided hike along the salt marsh will help point out why these areas are one of the most productive ecosystems on Earth, the many roles the salt marsh plays, the plant and animal life found in this natural community, and the impacts humans have on this system. 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.

Sunday, Nov. 23
Fleet Reserve Association Branch 290 hosts Breakfast from 8-11 a.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. Menu includes eggs, bacon or sausage, grits or hash-browns, biscuits & gravy, pancakes or toast. Omelets are also available. Coffee is included with all meals. A donation of \$5 for a full breakfast, or \$3 for a breakfast sandwich, is requested. As always, the public is invited.

Saturday, Nov. 29
The city of Jacksonville invites boaters to celebrate the start of their holiday season at the 23rd annual Jacksonville Light Parade at 7 p.m. on the downtown riverfront. The St. Johns River will transform into a dazzling array of lights, sound and holiday spirit as the First Coast boating community deco-

rates their vessels from bow to stern to compete in the largest lighted boat parade. This event is part of the Make A Scene Downtown! series. For information about registering, please contact the Office of Special Events at (904) 630-3690 or visit www.coj.net and click on Light Parade.

Sunday, Nov. 30
Join a park ranger at 1 p.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion six on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Wednesday, Dec. 3
Atlantic Beach Women's Connection presents "A Festive Holiday Brunch" from 9:30-11 a.m., featuring beautiful holiday gift ideas from the Princess House collection followed by charming vocalist, author and speaker Tamra Nashman, who will lead you down the road of life, but wait... "Are You Wearing the Right Shoes?". \$12 inclusive Selva Marina Country Club. 1600 Selva Marina Drive AB. complimentary child care with reservations. E-mail reservations to atlanticbeachwc@yahoo.com or call Kate at 534-6784. All area women are invited.

Saturday, Dec. 6
Join a park ranger at 11 a.m. to learn about the difference between a conch and a whelk, or a cockle and a clam? Discover how to identify many of the frequently found shells that wash up on the Talbot Islands State Parks shores. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Sunday, Dec. 7
Join a park ranger at 1 p.m. to learn about the stinging animals of the ocean and discover where stingrays live, how jellyfish move, and why the Portuguese Man of War only stings and never bites. The program will take place at pavilion five on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

gram is free with regular park admission.

Thursday, Dec. 11
Just in time for the holidays. Join Mary Puckett, Duval County Extension Office staff and guest speaker, Master Gardener, Linda Cunningham, from 10 a.m.-noon for a make-and-take workshop at 1010 N McDuff Ave. You will take home your own strawberry pot with herbs and/or hanging basket with strawberry plants. The cost is \$15 for each pot or \$25 for both; \$5 to attend the lecture only. Please RSVP to Jeannie at 387-8850.

Sunday, Dec. 14
Join a Park Ranger at 1 p.m. for a leisurely paced hike to discover the island's natural communities. Participants are encouraged to bring bug spray and bottled water. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Tuesday, Dec. 16
Have fun creating a plant arrangement using material from your yard, learn how to care for traditional Christmas plants and find out what's hot for gardening gifts at 10 a.m.-1 p.m. with the Duval County Extension Office. Find out how to make a water hose wreath and decorate a gardening gift basket. Bring clippers and a bucket of flowers, foliage and long-stemmed twigs from your yard. Pre-register by Friday, Dec. 12 and mail check for \$10 made payable to DCOHAC to Becky Davidson, 1010 N. McDuff Ave. Jacksonville, FL 32254. Questions call 387-8850.

Saturday, Dec. 20
Join a Park Ranger at 11 a.m. and learn how to identify the most common snakes, their habitat and lifecycles. This interpretive program explores the snakes that are native to Florida and live at the Talbot Islands State Parks. Discover why these critters are important to a healthy and balanced natural community. 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 with regular park admission.

Wednesday, Dec. 24
Chabad @ the Beaches will sponsor a family oriented Chanukah Judaica, gift and fun Fair titled "Chanukah Wonderland", which will culminate in the lighting of a giant eight-foot public Menorah at the Hilton Garden Inn at 3 p.m. As in years past the event will include family entertainment, fun for children and adults, fabulous Arts and crafts fair, Menorah Making Workshop, and great traditional Chanukah foods. Beautiful gifts will be available for purchase, as well as boutique-jewelry, toys, Judaica and all your last minute Chanukah needs, all types of Chanukah toys and merchandise, Menorahs & Judaica. Children will also have the opportunity to get their face painted, C rated (Chanukah rated) Video, and fantastic balloon related fun filled activities, plus many new additions for this year. The event will conclude with the lighting of largest Menorah at the beaches at the Hilton Garden Inn. The entire community is welcome to join in the festivities. Event is open to the public and there is no admission charge. Chanukah is the eight-day Jewish "Festival of Lights," this year begins at sundown Sunday Dec. 21. Each evening at sunset an additional candle is lit to commemorate the rededication of the Temple in Jerusalem some 2,000 years ago. The holiday also celebrates the miracle of one day's worth of pure ritual oil burning for eight days until a new supply could be obtained. For more information about this or any other Chabad @ the Beaches activity or event, contact Chabad by phone at (904) 285-1588, by E-mail at info@chabadbeaches.com.

Sunday, Dec. 28
Join a park ranger at 1 p.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

are necessary and the program is free with regular park admission.

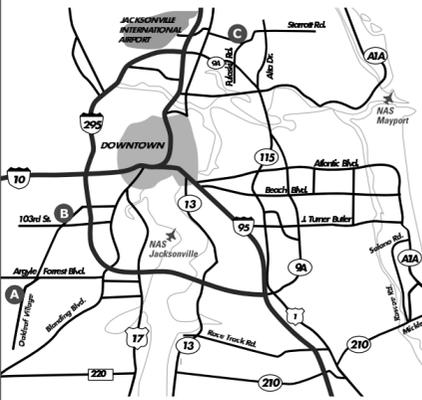
Thursday, Jan. 29
The 6th Annual Taste of Chocolate Challenge event is underway to fund programs at The Family Nurturing Center of North Florida that help keep children and families safe during times of crisis. The event will be held at 6 p.m. at the Haskell Building. The Chocolate Challenge is a critical event to The Family Nurturing Center of Florida's ability to continue to provide protection, support and guidance in North Florida for many families who have been separated. This year's Chocolate Challenge is selling sponsorships and individual tickets to the event, which will include a live and silent auction, a diamond giveaway from Miriam's Jewelers, and a raffle drawing for a Carnival Cruise. The event's theme challenges local celebrity chefs to create wonderful chocolate treats for guests to taste and vote for their favorite. For sponsorships, tickets or more information about how you can support Family Nurturing Center of Florida's 6th Annual Taste of Chocolate Challenge, please call Stella Johnson at 904.389.4244 ext. 204 or visit www.fncflorida.org.

Saturday, Feb. 28
Trail of Tails Pet Walk & Festival Join the Jacksonville Humane Society for the first annual "Trail of Tails: Pet Walk & Festival." Register at jaxhumane.org prior to the walk or at 8 a.m. on walk day. The walk kicks off at 10 a.m. and will start and end at Friendship Fountain Park. Entrance is \$30 per person, \$25 per person for team members. Animals walk with their owners for free. A festival featuring food, drinks and fun for the entire family follows the event. Registration for festival vendors is available by calling 904-725-8766 or visiting www.jaxhumane.org. All proceeds benefit the Jacksonville Humane Society, a non-profit adoption and animal education center.

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HSL-48 Provides Vets Day SAR Demo

By Lt.j.g. Kevin Vannieuwenhoven

HSL-48 PAO

The Vipers of HSL-48 demonstrated Search and Rescue (SAR) operations before a patriotic crowd at the Jacksonville Landing on Nov. 10.

The demonstration capped off the grand finale for the CSX railroad company's military appreciation day. The festivities were attended by State Representative Corrine Brown, and State Representative Ander Crenshaw, Jacksonville City Councilors, as well as Brigadier Gen. James L Hodge, deputy commanding general, U.S. Army Field Support Command. Along with the crowd of about 2,000, the various dignitaries bore witness to two different SAR scenarios utilizing the new rescue basket as well as the direct deployment technique.

The rescue basket came about after Hurricane Katrina and is now an essential tool utilized to allow SAR crews to complete a rescue without a rescue swimmer. It can also be used in an overland SAR situation. The direct deployment method was also demonstrated and is used in rough seas, allowing a swimmer to stay attached to the rescue hoist and affect a rescue quickly.

The whole evolution was carried out in downtown Jacksonville on the St. John's River between the Acosta and Main Street Bridges, with announcements provided by Aviation Warfare Systems Operator 1st Class Nate Bryant, USNR of CSX. Aircrew of Venom 500 included pilots Lt. Kevin Shikuma and Lt. John Harrington, as well as Aviation Warfare Systems Operator 1st Class Brian Trippett as the rescue hoist operator and swimmers Aviation Warfare Systems Operator 2nd Class Michael Todd and Aviation Warfare Systems Operator 2nd Class Mathew Daly. The U.S. Coast Guard facilitated the event, keeping various boating traffic out of the area.



-Photos by Lt.j.g. Kevin Vannieuwenhoven

Aviation Warfare Systems Operator 2nd Class Michael Todd and Aviation Warfare Systems Operator 2nd Class Mathew Daly are hoisted by Aviation Warfare Systems Operator 1st Class Brian Trippett after demonstrating direct deployment for the CSX SAR demonstration, downtown Jacksonville.

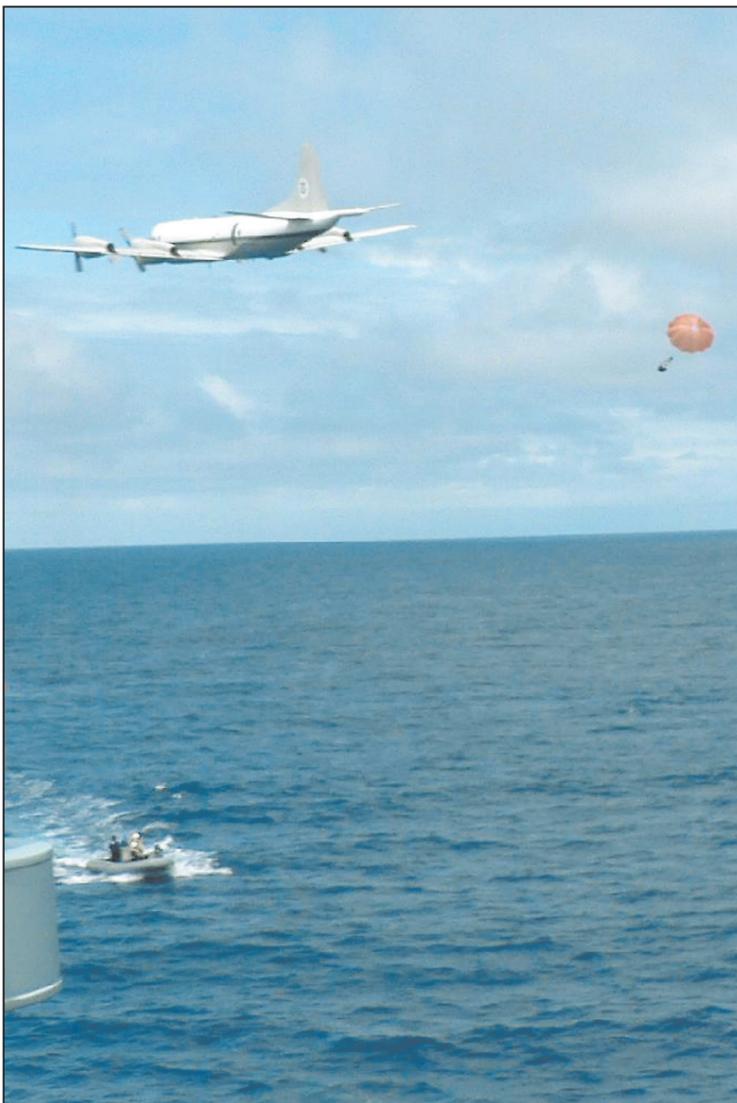


Venom 500 in a 10-foot hover for SAR deployment with the Main Street Bridge in the background, downtown Jacksonville.



Venom 500 in a hover over SAR swimmers Aviation Warfare Systems Operator 2nd Class Daly and Aviation Warfare Systems Operator 2nd Class Michael Todd at The Landing, Downtown Jacksonville on Nov. 10.

Underwood Gets Drop Off



-Photo courtesy of USS Underwood

USS Underwood (FFG36) receives vital part for helo from Marine Patrol Aircraft while underway during CNT deployment.



-Photo courtesy of HSL-48

HSL-48 Detachment Five BOHICA Air are currently underway for a seven-month deployment attached to USS Leyte Gulf (CG-55). The air crew has already enjoyed one port visit to Rota, Spain.

HSL-48 Detachment Five Underway With Leyte Gulf

By Lt. Helen Smith

HSL-48

HSL-48 Detachment Five BOHICA Air (Beware of Helicopters Intentionally Carrying Armament), departed Mayport recently to proceed to Norfolk, Virginia and embark USS Leyte Gulf (CG-55) for a seven-month deployment.

Venom 510 and 512 were flown to Norfolk by the Det's aircrew while all other personnel arrived via airlift the following day. BOHICA Air had not been onboard Leyte Gulf since May, and the detachment spent the final days in port settling in and purchasing last minute necessities. The ship departed Norfolk with crew and Air Detachment manning the rails to begin the long trek across

the Atlantic. This would be the first deployment for many of her crew.

BOHICA Air completed an abbreviated Week One Work-Up schedule in the initial days of the crossing. This included training in Helicopter In-Flight Refueling (HIFR) and Vertical Replenishment (VERTREP) evolutions, which were conducted to enhance ship and aircraft coordination and reinforce safety for all personnel involved. The detachment continued training on Surface Surveillance and Coordination (SSC) and Search and Rescue (SAR) flights for the duration of the "trip across the pond." The transit, though cloudy, was the smoothest Atlantic crossing more seasoned crewmembers

had ever seen.

The first port visit was to Rota, Spain, where the members of BOHICA Air spent three days procuring essential items, catching up on a little rest and relaxation, and getting an opportunity to call home. Everyone enjoyed great food and wine, namely paella and sangria, prior to the ship proceeding south for Joint operations off the west coast of Africa. The cohesive ship/air team of Leyte Gulf and Detachment Five will be participating in the Africa Partnership Station, working in cooperation with various African and European nations to enhance training and improve international relations.



-Photos by CTM2 Leslie Wiscovitch

Ensign Kelly Slaughter and Lt.j.g. Joe Bickel participate in one of the five competitions



Member of the chief's mess work at the pipe patching station.

USS Roosevelt Holds Damage Control Olympics

By Ensign Kyle Miller
USS Roosevelt

The stage was set and all participants were ready for USS Roosevelt's first annual Damage Control (DC) Olympics on Nov. 8.

The events included P-100 operation, FFE donning, pipe patching, basic firefighting, and a written exam. The participating teams consisted of Repair Locker 2, Repair Locker 3, Repair Locker 5, the Wardroom, and the Chief's Mess.

All teams gathered on the flight deck as the Damage Control Assistant, Lt.j.g. Brian Demell, explained the rules for each event. The teams were to move from station to station displaying their DC abilities, all the while being graded by the Damage Control Training Team (DCTT) members. The team with the highest score at the end of all five events would then face DCTT in a challenging DC obstacle course. The winner of the obstacle course

would become the 2008 USS Roosevelt DC Olympics Champion.

After the explanation of the rules, all teams went to their assigned stations and began their events. Water was spraying, equipment was flying, and a good time was being had by all. After the first couple of rounds the score was very close, with Repair 5 and the Wardroom tied for first place. Repair 2, Repair 3 and the Chief's Mess were not too far behind.

In the last round Repair 5 clocked the fastest time for donning their FFE's, giving them enough points to take the overall lead and the right to face DCTT in the DC obstacle course. Repair 5 locker leader, Damage Controlman 2nd Class Joseph "Gonzo" Gonzales, gathered up his team before the final challenge.

He victoriously shouted, "This is where we hold them! This is where we fight! This is where the fire dies!"

Although Gonzales's speech had his team jumping up and down with excitement before the final challenge, it was not enough to overcome the experienced DCTT team. Repair 5 ended with a DC obstacle course time of 5:02, whereas DCTT ended with a time of 5:00.

Even though none of the participating teams were good enough to beat DCTT this year, they all had a great time and improved their DC skills in the

process.

"I liked the written exam in particular; it allowed me to really show off my DC knowledge to the crew!" said Lt. Brandon Cornes, Roosevelt's Chief Engineer.

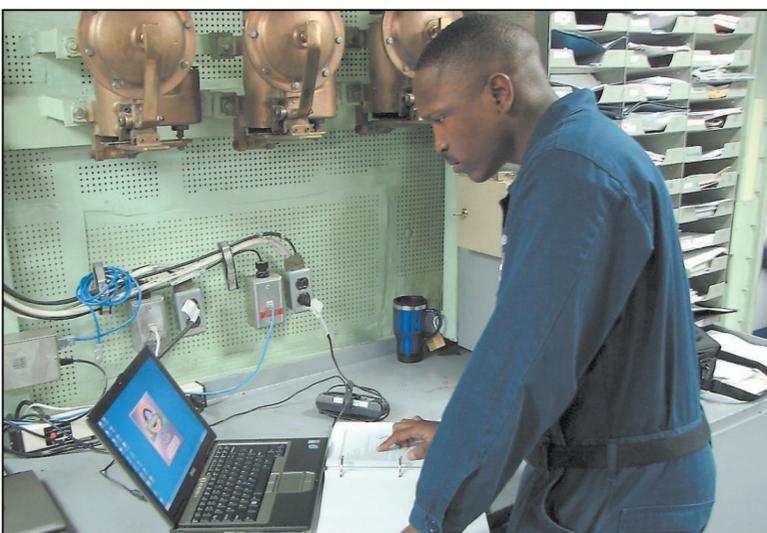
Roosevelt Sailors will continue to train throughout the year in Damage Control and maybe, just maybe, next year one team will be good enough to take down DCTT in the 2009 USS Roosevelt DC Olympics.



Damage Control teams try to move a barrel down a line with a spray of water.



To display their precision water spray skills, one Damage Control team tries pushing a barrel down the line, part of USS Roosevelt's Damage Control Olympics obstacle course.



-Photo courtesy of USS Vicksburg

Information Systems Technician 3rd Class (SW) Marcus Baugh troubleshoots profile errors on the new LAN.

Vicksburg Gets Multi-Million Dollar Computer Upgrade

By Ensign Leon Faison
USS Vicksburg

During a two-week period in October, USS Vicksburg began the rigorous process of upgrading hundreds of computers onboard.

This daunting task does not go unnoticed. The Information Systems Technicians (ITs) onboard are responsible for this install. The ITs are a technical rate whose major job is customer service. So when the Local

Area Network (LAN) shuts down for several days in order to upgrade computers, Radio Central receives more phone calls than JEA.

Throughout the weeks of installation, U.S. Navy Contractors from Atlas Technologies work side by side with the ITs. They perform On the Job Training (OJT), which is an important part of the process; this allows for each IT to get personalized training. Once the

Contractors depart, it is up to the Sailors to manage and maintain the new multi-million dollar equipment.

All Sailors on board USS Vicksburg rely on the ITs to keep that link with their loved ones back home. While on deployment when mail may be scarce, each Sailor still has the ability to talk to their families back home whether by phone or email.

De Wert Sailors Serve Lunch To Honor Students

From USS De Wert

USS De Wert (FFG 45) personnel headed to Kernan Middle School (KMS) to serve lunch to Honor Role students and to mingle with the sixth, seventh, and eighth-graders on Nov. 7.

The seven volunteers were ITSA Armando Benavides, Ensign Jon Greenwald, FCC (SW/AW) Scott Haas, GMC (SW) Blake Hundt, STGC (SW) Ben Pierson, FCC (SW) Mark Reynolds, and Lt.j.g. Ashley Wyckoff. The opportunity was set up through KMS's Parent/

Teacher/Student Association (PTSA), and De Wert was thrilled for the chance to do their part in honoring the students who earned straight As, or all As and Bs on their report cards.

The KMS students were also excited to have, as they referred to them, "Navy people" serving their lunch. There were several exclamations and questions like, "My dad is in the Navy! Do you know him?" heard throughout the afternoon. For lunch, the students had a

choice between hamburgers and hotdogs, various delicious side items, chocolate chip cookies, and four different sodas to drink. De Wert served lunch during all three lunch periods and, after everyone was served, visited with the middle-schoolers as they ate.

The volunteers agreed that serving lunch to the students was a great opportunity, and De Wert looks forward to participating in more volunteer-type events while the ship is in port for maintenance and repairs.

From Page 1

Weaps

Haitian and Cuban Operations, assisting in the rescue of refugees from both countries.

After completing his tour at HSL-42 in February 1997, CDR Armin transferred once again to the Airwolves of HSL-40, this time for duty as an SH-60B Fleet Replacement Squadron (FRS) instructor. This entire tour was spent training and preparing follow on generations of SH-60B fleet pilots. Armin completed this tour in September 1999.

Armin reported to the Commander Carrier Group Six that same month as the Assistant Air Operations Officer. He deployed to the Persian Gulf aboard the USS John F.

Kennedy (CV67) from late 1999 to early 2000. Following that deployment, he spent the next 14 months conducting Technical Evaluations and Operational Evaluation for the new Cooperative Engagement Capability (CEC) being introduced to the fleet.

In October 2001, Armin reported back to the Proud Warriors of HSL-42 for his Department Head/Officer in Charge (OIC) tour. He was made the OIC of the Detachment Nine JACKALS. The JACKALS deployed aboard USS Thomas S. Gates (CG 51) for a combined CDOPS/UNITAS, recovering over four tons of cocaine. Soon

after his return, Armin was sent to augment the Destroyer Squadron TWO's staff on board the USS Roosevelt (CVN 71) for the beginning of Operation Iraqi Freedom. He returned in April 03 and held the Squadron Maintenance Officer position until his departure in May 04.

Armin reported to United States Northern Command (USNORTHCOM) in Colorado Springs, Colorado in Jun 04. He was assigned as the Assistant Secretary for the Joint Staff at NORAD/USNORTHCOM. At the completion of that tour, he reported to HSMWSL and served as the XO until the change of command.

FFSC Workshop, Class Schedule Set

From FFSC

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

Nov. 20, 9 a.m.-noon, New Parent Support 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.

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

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

Nov. 20, 8-11 a.m., Anger Management, FFSC

What does *anger* do for you? Communicate for you? Keep people at a safe distance *from* you? Keep *you* in charge? For many people, anger serves them many uses, but all too often, it is at a high cost...usually of relationships, unhappiness in the workplace, and a general feeling of disdain. If you want to be able to break out of the "get angry/get even" syndrome, come to this class. Participants learn how anger and judgment are related, about irrational beliefs and faulty self-talk, what "E + R = O" means, and the roles of stress and forgiveness

in anger.

Nov. 21, 9-11 a.m., Credit Report, FFSC

Nov. 21, 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.

Nov. 25, 9-11 a.m., Parenting

Class, FFSC

Nov. 25, 9 a.m.-noon, Tottletyme Playgroup, USO

Nov. 26, 9-11 a.m., Resume Walk-in Review Assistance, FFSC

Dec. 2, 9-11 a.m., Parenting Class, FFSC

Dec. 9, 9-11 a.m., Parenting Class, FFSC

Dec. 16, 9-11 a.m., Parenting Class, FFSC

Dec. 23, 9-11 a.m., Parenting Class, FFSC

FCPOA Gets Mayport Wheels Turning



-Photo by Charlie Hafer

More than 100 people showed up at the first Car Show Event sponsored by Naval Station Mayport First Class Petty Officer Association on Nov. 15 at the base. Base personnel got a chance to show off their rides and receive awards for class and modern cars, along with trucks. There was an audio contest, inflatables for the kids and food.



Youth Winter Basketball

Ages 5-15*

Register Nov. 3-Dec. 1 at the MWR Youth Activities Center.

Season begins in January.

Coaches needed!

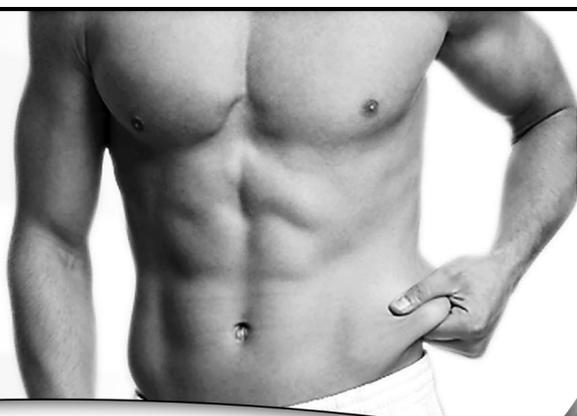
Uniform and trophy included!

\$30 per child, ages 5-10*
\$35 per child, ages 11-15*
\$5 discount for additional child, same family

Youth Sports: (904) 270-5680 / 5018

*Age determined by child's age as of Jan. 1, 2009

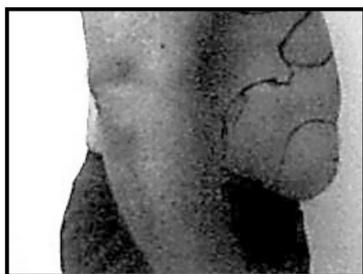
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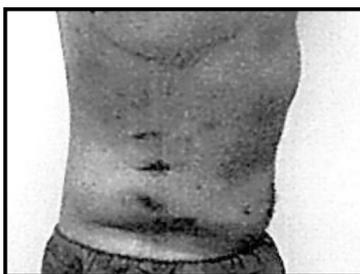
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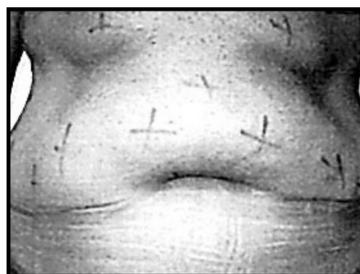
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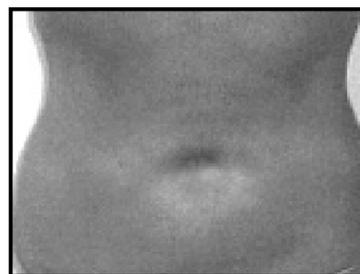
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MWR Happenings

Nov 20: Thursday Team Trivia. 7-9 p.m. at Bogey's. Free to play; everyone welcome. Order from the Bogey's menu starting at 6 p.m. 270-5143

Nov. 21: Navy Band Performance and Outdoor Movie. The Navy Band Southeast performs from 6-7 p.m. followed by an outdoor movie at Sea Otter Pavilion. Movie is Dark Knight, rated PG-13. Bring your own lawn

chairs, blankets and bug spray (just in case). 270-5228

Nov. 22: Fun Bowl Tournament. 2 p.m. at Fast Lanes Bowling Center. Bowl two games with each frame bowled in a different, fun way plus your choice of a 4 ounce burger or hotdog, fries and soda for only \$6. 270-5377

Nov. 24: Texas Hold 'Em (All Hands). 7 p.m. every Monday at Castaway's Lounge.

Free to enter. Everyone welcome. 270-7205

Nov. 27: Dessert Drop-Off for Single Sailors. Drop off homemade or store-bought desserts for Single Sailors at Planet Mayport between 10 a.m. and 11 p.m. Non-perishable desserts may be dropped off on Nov. 26, 11 a.m.-11 p.m. Refrigerated storage is very limited. 270-7788

Liberty Call

The following activities target single or unaccompanied Sailors. For more information, call 270-7788/89 or stop by Planet Mayport Single Sailor Center and pick up the monthly activity calendar with a complete listing of all upcoming Liberty events.

Nov. 14: Dinner and a Movie Trip. Cost is \$2 and includes pizza at Planet Mayport, transportation to the theatre and movie admission. Trip departs a

half-hour prior to first selected movie.

Nov. 15: FSU vs. Boston College Game Trip. Game time TBA. Cost is \$15 and includes transportation to and from Tallahassee and admission. Pre-registration required.

Nov. 16: Jaguars vs. Titans Trip. Trip leaves at 11 a.m. Cost is \$5. Pre-registration required.

Nov. 17: Texas Hold 'Em. 7 p.m. every Monday at Castaway's Lounge. Free to

enter. Everyone welcome.

Nov. 19: Mayport's Got Talent. 7 p.m. at Beachside Community Center. Come out and watch Mayport's talented personnel compete for big prizes.

Nov. 23: Jaguars vs. Vikings Trip. Trip leaves at 11 a.m. Cost is \$5. Pre-registration required.

Nov. 29: Carlos Mencia Trip. Trip leaves at 5:30 p.m. for the Florida Theatre. Cost is \$40.

Kid Zone

Nov. 21: Family Talent Show. 5-7:30 p.m. at the Youth Activities Center. Performances must include parent and child. Space is limited; sign up in advance. Trophies awarded for first, second and third places. 270-5680

Nov. 21: Navy Band Performance and Outdoor Movie. The Navy Band Southeast performs from 6-7 p.m. followed by an outdoor movie at Sea Otter Pavilion. Movie is Dark Knight, rated PG-13. Bring your own lawn chairs, blankets and bug spray

(just in case). 270-5228

Nov. 22: Fun Bowl Tournament. 2 p.m. at Fast Lanes Bowling Center. Bowl two games with each frame bowled in a different, fun way plus your choice of a four-ounce burger or hotdog, fries and soda for only \$6. 270-5377

Nov. 22: Family Fitness Day. 2-4 p.m. at the Youth Activities Center. Children should be accompanied by a parent. 270-5680

Nov. 22: Club Teen. 8-10 p.m. at Club Teen. Free for middle and high school ages. 270-5680

Nov. 27-29: No Youth Open Recreation. Applies to the Youth Activities Center and Club Teen. Open Rec for grades K-12 resumes Dec. 1. 270-5680

Dec. 1: Deadline for Youth Winter Basketball. Season begins in January for ages 5-15. Cost is \$30 for ages 5-10 and \$35 for ages 11-15 (includes uniform and trophy). Register at the Youth Center Monday through Friday 9 a.m.-5 p.m. 270-5680

MWR Sports/Fitness

A new fitness schedule is now in effect.

The Surfside Fitness schedule is as follows:

Monday
7 a.m., TRX with Ruthie and Emily

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

9:30 a.m., Broken Hearts with LaPlace

1 p.m., Moms in Motion with Traci

4:30 p.m., Zumba with Emily

Tuesday
6:30 a.m., Yoga with Mia

9:30 a.m., LoImpact with Emily

11:30 a.m., Advanced Mind Body with Mia, Ruthie and Emily

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

Wednesday
6:30 a.m., Functional Flexibility and Stress Management with Mia

9:30 a.m., Intro to Mind Body with Mia

Noon, Lunch Crunch with

LaPlace

1 p.m., Moms in Motion with Traci

3 p.m., TRX with Ruthie and Emily

5:30 p.m., Kids Clinic with Ruthie

5:30 p.m., Kickboxing with LaPlace

Thursday
9:30 a.m., Pump and Grind with Emily and Mia

11:30 a.m., Zumba with Emily

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

Friday
7 a.m., Beach Bootcamp with LaPlace

9:30 a.m., Broken Hearts with LaPlace

9:30 a.m., Fitness Equipment Training with Ruthie

The Gym schedule is as follows:

Monday
6 a.m., Weight Training for Warfighters with Ruthie

11:30 a.m., Circuit Senations with LaPlace

3 p.m., Command Row-bics with LaPlace

Tuesday
6 a.m., Command Cardio Pump with Traci

11:30 a.m., Resistance with Traci

3 p.m., Conditioning for Running with LaPlace

4:30 p.m., Spinning

5:45 p.m., Fitness Equipment Training with LaPlace

Wednesday
7 a.m., Cardio, Combat and CORE with Traci

11:30 a.m., Spinning with Traci

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

11:30 a.m., Row-bics with Ruthie

3 p.m., Victory PRT with Mia

Friday
6:30 a.m., Command Spinning with Ruthie

9:30 a.m., Intro to Spinning with Mia

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

Family Christmas BINGO

A fun-filled afternoon of Bingo for children and their parents.

Sunday, Dec. 14, 2008

12:30 p.m. start at Beachside Community Center

Admission: \$10 per person

Includes bingo, pizza, soda, cookies and one (1) ticket for the prize drawings. All kids will go home with a goodie bag!

Tickets go on sale Friday, Nov. 14th at both ITT and Beachside Bingo (during normal Bingo hours).

Ages 3-16* welcome!

*Children ages 3-9 must be accompanied by an adult guardian. Adults must be accompanied by a child. Prizes will be awarded to both children and adults.

Santa will stop by with treats for all!

Event Info:
(904) 270-7204
(904) 270-5145



Everyone pays, everyone plays!

Space is limited... 300 tickets available.

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Bronze Star Hard-Earned For NH Jax Nurse

By Loren Barnes
NH Jax Public Affairs

Individual Augmentee (IA) duty was truly a life-changing experience for Lt. Cmdr. Karen Stover, a Family Nurse Practitioner at Naval Hospital Jacksonville. In October she received a Bronze Star Medal recognizing her accomplishments and sacrifice during her service in Afghanistan from February to November 2006.

During that time, she was assigned as a medical mentor supporting an Afghanistan National Army (ANA) Garrison Clinic, as a Navy Embedded Training Team, operating in Southeastern Afghanistan near the Pakistan border.

Going well beyond her original assignment, Stover voluntarily mentored multiple positions including the 203rd Corps Surgeon, the 203rd Corps Garrison Clinic, the Afghanistan National Army Hospital and the Class VIII Medical Supply Warehouse to cover where there were no other Medical Team mentors.

As mentor to the Corps Surgeon, she oversaw the facility's money and manpower assets. Although she had been tasked with standing up a hospital, when Stover arrived the project was basically just "a piece of rebar sticking up out of the dirt."

"Now it is pretty much state of the art," Stover said proudly. "That was my baby." It was a huge deal. It is now a 50-bed hospital and one of four military hospitals in Afghanistan. Although she oversaw the project through its development, she wasn't able to be there when Afghan President Hamid Karzai toured the hospital and congratulated those involved. Stover, by that time, was out of the country.

The Kansas native knew she was in for a culture shock from her first moments at the forward operating base (FOB). She recalled stepping from her vehicle, just as more than 400 ANA troops had formed up. Just the second or third uniformed female to arrive there, she found herself the center of attention. Seeing her they



Photo by HM1(SW) Michael Morgan
Above, Nurse Practitioner Lt. Cmdr. Karen Stover is congratulated by Naval Hospital Jacksonville Commanding Officer Capt. Bruce Gillingham after he presented her the Bronze Star Medal recognizing her 2006 service in Afghanistan. Right, Lt. Cmdr. Karen Stover visits a village school during a Medcap exercise in which donated supplies were distributed to the local population. Afghanistan photos courtesy Lt. Cmdr. Karen Stover

rushed toward her weapons in hand to get a good close look. It was a bit unnerving she said to be surrounded a large number of armed Afghan men, she wasn't too sure of, as they ogled her but there wasn't much she could do but to just freeze and wait. It made for an interesting first day on the job.

She came to care and develop friendships with many of these soldiers. Reflecting, she said some of her saddest memories were when she would learn that a soldier had been killed by the enemy. She was also close to the "excellent" medical staff she worked with and came to know some of the leaders in the region. A tragic moment for her was learning that the governor of the Province of Paktia, a courageous leader, had been assassinated.

Not all the people she encountered were so upstanding. Within weeks of her arrival, she uncovered corruption within the Afghanistan medical department. This ultimately implicated some of the highest ranking officers within the medical department and ultimately high ranking officers within higher echelons of the Afghanistan military. Stover conducted a 100 percent inventory of more than \$2 million worth of medical supplies and equipment

for the regional hospital while exposing the theft of \$30,000 in medical supplies by an Afghan medical officer.

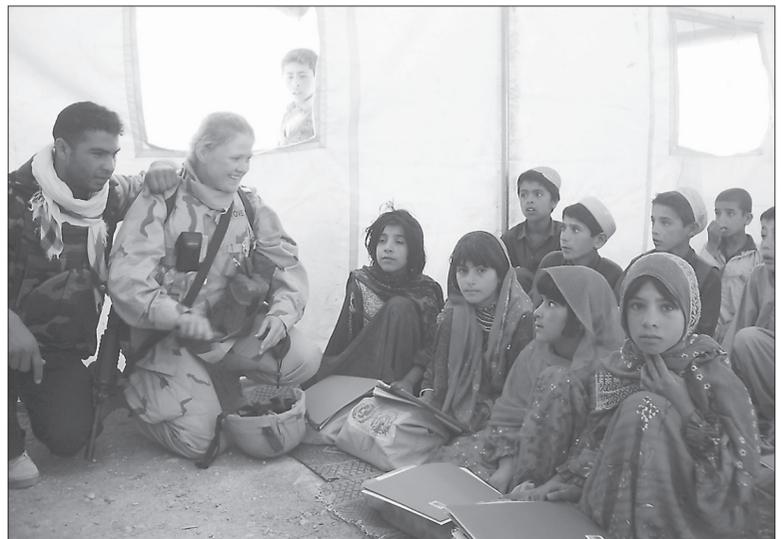
While dealing with corruption, Stover also brought a new level of care to the ANA soldiers under the hospital's care. She coordinated Afghanistan's first mass

immunization effort outside of the capital. She utilized ANA medical staff from the 203rd Corps and garrison clinics working with ANA hospital and Kandak (Afghani) medics to provide five different vaccines to 465 Afghani soldiers.

Stover's installation of practices and procedures that expedited the rapid treatment of soldiers, contributed directly to the increased operational capability of the units assigned to the 203rd Corps of the Afghanistan National Army.

All this was accomplished in a region still infiltrated with hostile Taliban insurgents. This was driven home by the fact that while she was stationed at Camp Lightning in Gardez, Afghanistan, she came under rocket attack 13 times. This included 107mm rockets fired by anti-coalition militants detonating as close as 50 meters to her position.

Despite the dangers and challenges of the environ-



ment, she helped provide aid through Cooperative Medical Assistance (Med Cap) operations to the civilian population. While assigned to the Gardez Embedded Training Team, Stover volunteered for many such missions throughout the 203rd area of responsibility (AOR), which included the provinces of Paktia and Paktika.

In one such mission, Stover and other medical staff attended to more than 275 men, women and children in a remote village. This mission took place within 3 km of 30 known Taliban safe houses making every trip a high-risk operation. Medical staff were always accompanied by security forces and interpreters who kept a close eye on what was going on around them.

Their impact was significant although it never seemed to be enough. For instance, among other donated goods she recalled distributing more than a thousand pairs of socks to children in the village. She said it was heart-wrenching "when you're grabbing little feet and they have no socks and shoes and it's so cold even though you have on your warm weather gear and you are freezing. The wind is cutting through you and you look and these people have nothing. You're out there in a

tent and the wind is whipping around and they're living in mud huts."

Even in their efforts to prevent illness there were the cultural differences that you had to adjust to she said. She remembered little kids lined up for care and they've put black all around their eyes, not to be decorative like you think but in their culture it seemed to have something to do with keeping away disease.

Unfortunately gender repression is also the cultural norm in Afghanistan. "In their society women are extremely repressed," Stover said. "They don't let the women come out, but when you're introduced to the women they're so glad to see you. They come into the tents with their burkha on, and when they get in they are talking away like you can understand them. It's like it is their few moments of freedom and they're just grabbing onto you to be heard." She said that shadowing all this is always the constraint that the Taliban will come back.

Even after experiencing corruption, violence and repression, Stover still holds hope for the people of Afghanistan. She said, "I think we made a huge difference. I think it takes a lot of people giving a lot of time

and effort, money and repetition to make a difference with the Afghans."

As far as the incidents of corruption, she said it is not easy to change a history of struggle. "You're dealing with 30 years of war and corruption and people struggling for everything they can get. So, even when they come into the military they may have the best of intent but it is their way. They know it's wrong but it's just the way they are. You're fighting an idea. They're all struggling to have something."

Stover doesn't regret her experience. "I would go back exactly where I was in a moment," she said. "I'd like to go see how things have progressed. I came back in November of 2006 but I've kept in touch with other personnel there and I think we're continuing to make a huge difference. At least the people were left a real lifeline," she said.

Today, Stover is caring for patients back home at Naval Hospital Jacksonville. Her time in Afghanistan netted her one more life-changing experience. She's now married to U.S. Army National Guard Captain Bill Elliott, who she met while both were serving in Afghanistan.

TRICARE Recognizes November As Warrior Care Month

From TRICARE

November is Warrior Care Month, and TRICARE seeks to educate wounded, ill and injured (WII) service members about their benefits.

"It is our goal to share with all service members as much information about their benefits as possible," said Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. "Currently, we are trying to educate our beneficiaries about what we are doing for severely wounded, ill and injured service members."

"Recently, I met a young husband and wife in Colorado. The

Keils are a great family with an amazing recovery story. The young man, an Army staff sergeant, was shot through the neck while establishing a patrol base in Iraq. I feel honored to have met them," said Granger.

"He just happened to be in town, heard about me and wanted to stop by," Retired Staff Sgt. Matthew Keil said. "General Granger said to us, 'if there's anything that TRICARE can do for you ... I'll make sure it gets done.'"

"I was much honored to meet a hero like Matt," Granger said. "He's a fine example of what

we do for our service members and families in the TRICARE network. These men and women give so much for us, to protect us. It continues to be our goal to provide the best care possible," said Granger.

WII service members have many benefits available to them. The National Defense Authorization Act includes several sections that discuss new or developing benefits designed to address specific needs of service members who may have been severely wounded, ill or injured as a result of supporting contingency operations.

Some of these benefits are retroactive.

"Wounded, ill or injured service members must pay attention to their benefits as they process out of the military," reminds Granger. "Service members have given so much, the last thing we want to see happen is for benefits to be a challenge or for service mem-

bers to lose benefits because of lack of information."

Because his disability is so recent, Matt is not yet enrolled in Medicare. In early 2009 he will receive information concerning Medicare enrollment.

At that time, Matt will have to enroll in Medicare Part B in order to keep his TRICARE benefits. A local TRICARE

benefits counselor is working with Matt and Tracy to help answer all their questions.

For more information about other TRICARE benefits log on to <http://www.tricare.mil>. Also, by going to http://www.tricare.mil/pressroom/press_article.aspx?fid=450 you can view a feature length story about the Keils' journey for recovery.

Increase In TRICARE Mental Health Reimbursement Rate

From TRICARE

TRICARE has increased mental health reimbursement rates by 5 percent for 24 mental health services. The psychiatric therapeutic procedures impacted by this change range from Current Procedural Terminology (CPT) codes 90804-90829 which include:

*Individual psychotherapy, insight oriented, behavior modifying and/or supportive, using verbal techniques provided in an office or other outpatient

facility, an inpatient hospital, partial hospital or residential care facility.

*Individual psychotherapy, interactive using non-verbal techniques in an office or other outpatient facility, an inpatient hospital, partial hospital or residential care facility.

"TRICARE providers should be encouraged about this positive change," said Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. "The mental health

reimbursement increase will enhance service in an area of increased focus and benefit wounded warriors and their families."

With the exception of mental health services as listed above, other TRICARE payment rates for providers will continue to stay the same until February 2009. Rates are reviewed semi-annually.

Rates for all procedures by locality can be found at <http://www.tricare.mil/cmact/>.



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Jazzed Up, Slimmed Down Holiday Side Dishes

By Kay Blakley

DeCA home economist

Just mention the word Thanksgiving and most of us envision a beautifully roasted turkey taking center stage on the holiday table. The turkey is actually the easiest part of the entire menu, but if you've never done it before you're likely to be drowning in a sea of questions. For reliable answers to what size turkey to buy, how long does it take to thaw that huge bird, what oven temperature to use, plus step-by-step roasting instructions come to Kay's Kitchen online at <http://www.commissaries.com>. You'll also find plenty of tempting recipes for side dishes to accompany your masterpiece, but here are just a few to whet your appetite.

Sweet potatoes are as much a "must have" as the turkey, but if the marshmallow-topped version sends you into sugar overload, try the Whipped Sweet

Potatoes with Caramelized Apples. They're brimming with flavor and delicately sweet, with each serving containing only a respectable 2 teaspoons butter, 1 teaspoon cream and 1 1/2 teaspoons of added sugar.

Your guests won't be able resist a festive-looking dish like the Holiday Brussels Sprouts. Even those who claim to dislike Brussels sprouts will like them prepared this way. They taste even better than they look.

Finally, if you've been eating healthy all year long and really hate to blow it on high-calorie holiday sweets, be sure to try the Low-Fat Pumpkin Pie. You'll save 70 calories and more than 8 grams total fat per slice with this slimmed down version, but it's still flavorful enough that you won't feel like you're missing a thing.

Whipped Sweet Potatoes with Caramelized Apples (Serves 6)

4 large sweet potatoes, cleaned and pierced several

times with the tines of a fork
1/4 cup (1/2 stick) unsalted butter, divided
2 tablespoons heavy cream
1/2 cup applesauce
2 teaspoons fresh ginger, peeled and grated
1 teaspoon coarse salt
Freshly ground black pepper
2 apples (about 1 pound), peeled, cored, and cut into 1-inch pieces
3 tablespoons granulated sugar

Preheat oven to 375 degrees. Arrange potatoes on a baking sheet and bake until tender, about 1 hour 10 minutes to 1 hour 20 minutes. Remove from oven and let stand until cool enough to handle.

Cut each potato in half lengthwise, and scoop the flesh into a large mixing bowl. Discard potato skins.

Add 2 tablespoons butter and the cream to the potatoes and beat with an electric mixer at medium speed, until smooth.

Mix in the applesauce and ginger; season with salt and pepper
Transfer potato mixture to an ovenproof dish and bake until heated through, about 10 minutes.

Meanwhile, toss the apples with the granulated sugar in a bowl. Melt the remaining 2 tablespoons butter in a large skillet over medium heat. Add apples and cook, stirring occasionally, until apples are caramelized to a golden brown, about 10 minutes.

Remove potato mixture from the oven, top with the caramelized apples, and serve.

Note: If oven space is at a premium, cook the sweet potatoes in the microwave. Prink potatoes generously with a fork, arrange in a "spoke" configuration on a paper towel, and cook at HIGH power until soft to the touch, about 13 to 14 minutes total. Continue according to recipe directions.

Holiday Brussels Sprouts (Serves 6)

2 tablespoons olive oil
1 (16 oz.) bag frozen Brussels sprouts, thawed and sprouts sliced lengthwise in half
1/2 cup smoked whole almonds
1/4 cup dried apricots, sliced
1/4 cup dried cherries
1 orange (1 tablespoon of the zest and all of the juice)

Heat oil in a large skillet over medium heat; add Brussels sprouts, cut side down, and cook until golden brown, about 6 to 8 minutes.

Stir in smoked almonds, dried apricots, dried cherries, and orange zest, and continue to cook for about 1 minute.

Squeeze all the juice from the orange, and add to the vegetable mixture. Season with salt and pepper, and serve.

Low-Fat Pumpkin Pie (Serves 8)

1 (15 oz.) can solid-pack pumpkin

1 (14 oz.) can fat-free sweetened condensed milk
1/2 cup egg substitute
1/2 teaspoon salt
1/2 teaspoon ground ginger
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1 (9-inch) unbaked pastry shell

Preheat oven to 425 degrees. In a large mixing bowl, beat the first 7 ingredients just until smooth.

Pour into pastry shell. Bake for 15 minutes; reduce heat to 350 degrees and continue to bake for 25 to 30 minutes more or until knife inserted near the center comes out clean.

Cool completely on a wire rack. Refrigerate any leftovers.

Nutrient Analysis: One piece or 1/8 of 9-inch pie contains 246 calories, 6g fat (2g saturated fat), 3mg cholesterol, 334mg sodium, 42g carbohydrate, 3g fiber, 8g protein.

Holiday Shipping Deadlines Released For Virtual Commissary

By Ta'Lisha Brown

DeCA corporate communications

The Defense Commissary Agency's Virtual Commissary currently has 53 items available for purchase including seasonal holiday packages.

Cutoff dates for holiday ordering are as follows:

Dec. 15 for orders to arrive by ground transportation

Dec. 15 for orders to APO addresses

Dec. 22 for orders within the United States to arrive by two-day air

Dec. 23 for orders within the United States to arrive by next-day air

Most items can be shipped to any address in the continental United States, including APO addresses. Gifts containing cheese items have restrictions

noted on the Web site.

To access the extended commissary, shoppers must pass through a secure portal found under the shopping link at <http://www.commissaries.com>. Personal information entered by the customer is validated against data to ensure they are an authorized shopper. Access is dependent on whether the customer is entered in the Defense Enrollment Eligibility Reporting System, known as DEERS.

Authorized customers, which include command-sponsored DoD civilians assigned overseas, can make selections and fill in their payment and shipping information in one easy and secure step, before being transferred to the manufacturer's site where they can get total cost for the product (including

shipping) and finalize their purchase.

Shipping and handling charges are paid by the customer, just as at most other Internet shopping sites, and charges will vary depending on the item size or weight, method of shipping, location and speed of delivery. Customers can check for availability of delivery to APO and FPO addresses as well as get more information on what's in the gift baskets by clicking on the image of the gift basket at Virtual Commissary. Payment for orders can be made with any credit card accepted in actual commissaries. Customer information is not archived by DeCA.

About DeCA: The Defense Commissary Agency operates a worldwide chain of com-

missaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices - savings worth about \$3,000 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

11 Tips To Get Fit Without The Hype

By Chris Halagarda

U.S. Navy fitness and performance enhancement dietitian

Physical training is a must for all active-duty military personnel to help maintain high fitness levels, mental acuity and overall health. With that being said, it's also important to understand that it's not just about the hour or two spent in the fitness center. In truth, our overall fitness and well-being are influenced by several other factors.

The following are some "rules for results" that can help you align your exercise regimen with your diet to achieve better results:

Eat ample calories. Multiply your body weight in pounds by 15-17 to get an estimate of how many calories you need to consume each day from carbohydrates, fat and protein. As your cardio increases, so should your calories. A person weighing 150 pounds should consume at least 2,250 to 2,550 calories each day for a start. If you're trying to lose weight, multiply your body weight by 10-11 and that represents your desired daily calories.

Think carbohydrates and protein. Weightlifters should get about 4 to 6 grams of carbohydrate and 0.6 to 0.9 grams of protein for every pound of body weight. A 150-pound person needs to consume about 120 to 135 grams of protein.

Stay hydrated. Even weightlifters that may not sweat as much as endurance athletes need more fluids than sedentary individuals. Losing just 2 liters of water or 3 percent body weight in water will decrease strength and speed, and the person will have difficulty concentrating and breathing. This loss can occur from just 30 minutes to an hour of sweating.

Eat breakfast. Be sure to eat a small meal prior to physical training, especially weightlifting, to prevent muscle breakdown. Try to include carbohydrate and protein. Head to your commissary to load up on whole grain cereal with skim milk, a peanut butter and jelly sandwich, oatmeal with fruit and a cup of milk, or egg whites with toast.

Eat immediately after exercise. It's the window of opportunity and the one time during

the day when simple sugars are OK. Simple sugars will store as glycogen for your next workout and prevent muscle breakdown. The protein and carbohydrate will promote muscle building and energy replenishment. Great choices for post-exercise right at your commissary are chocolate milk, low-fat milk or just a turkey and whole wheat bread sandwich.

Graze like a cow. It's ideal to graze rather than "pig out." Avoid going more than three or four hours without eating a small carbohydrate, protein and healthy-fat meal or snack. Avoid eating carbohydrate, fat or protein only.

Eat fat to look phat. Eat mono- and polyunsaturated fats like flaxseed, fish, olive oil, canola oil, nuts, seeds and nut butters. Even skinny guys have to worry about heart disease. Avoid trans and saturated fats. Choose low-fat dairy, lean beef, and chicken and turkey breasts.

Legs, legs, legs. Weight train legs, too. Running and other cardio exercise does not replace a leg workout. Leg muscles are huge and huge muscles release growth hormone and testosterone when

worked. Strengthening legs will also maintain balance of your body and prevent imbalances on endurance athletes, which can help prevent injury. It will also improve your power and functional strength.

High-intensity exercise. High-intensity exercise, such as a dynamic warm-up, sprinting or running sports, just one or two days a week will increase the release of growth hormone. If you're well-rested this will increase strength, power and endurance while helping to build and repair muscle.

Rest and sleep. Muscles get big while you rest, not while you lift. Try for seven or more hours of sleep each day. If that is a "twinkle in your eye," then

take "baby steps" toward that ultimate goal. Try getting to bed 15 minutes earlier and wake up 15 minutes later.

Be patient. First, most males don't reach maximum testosterone levels until their late 20s. Secondly, lean muscle mass increases slowly and differently on everybody. Be patient and realize that putting on lean muscle takes months and years, not hours and days.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com>. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection.

An Apple A Day

By Kay Blakley

DeCA home economist

It's apple picking time at your commissary. No chilly weather to worry about, no stooping and climbing required, and no orchard hopping necessary, since all your favorite apple varieties are just-picked fresh, and conveniently displayed side-by-side on the produce aisle.

Red Delicious is the most common variety picked by commissary shoppers - it can't be beat for a ready-to-eat snack. Number two is Golden Delicious, also known as the "all-purpose apple" because it performs just as well in a cooked dish as it does in a salad or eaten out of hand. Relative newcomers like Gala, Fuji, Honey Crisp and Pink Lady are all gaining in popularity. Whatever variety you favor, get them at the commissary while they're in season and at peak quality.

If you find them at a particularly good price, don't be afraid to buy plenty. Apples will keep for four to six weeks, as long as they are properly refrigerated. Apples emit ethylene, a naturally occurring gas that pro-

motes ripening, so keep them away from other produce by giving them a crisper drawer of their very own or store them in a plastic bag. Check them often and discard any apples showing signs of decay. One rotten apple spoils the whole bunch, you know.

Apples are as nutritious as they are delicious. One medium apple has only about 80 calories and is a good source of potassium and fiber. Enjoy them just as they are, slice or dice them into a salad, stew them into applesauce to enjoy either as a dessert or as a side dish with ham or pork chops, bake them into a pie, the list goes on and on. A bushel of apple recipes are waiting for you in Kay's Kitchen at <http://www.commissaries.com>, and a bushel of savings awaits you at the commissary.



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Doyle Strengthens Relations With Lithuania

**By Ensign
Kassandra Richardt**
USS Doyle PAO

USS Doyle pulled in to Klaipeda, Lithuania, for a week of sporting events and traditional ceremonies, including joining Lithuanians in a celebration of All Saints Day. Through soccer matches to receptions, Doyle demonstrated continued support to Lithuania and strengthened vital partnerships in the Baltic region.

After a warm welcome by

local press on the pier, the crew organized soccer and basketball teams to play against Lithuanian teams in the city. Although kick off began with rainy weather and a field of puddles, a hard fought match finished with Doyle winning 2-1 in a friendly competition. Doyle's basketball team did not fare as well against their hosts, who consider basketball their national pastime, losing a close contest 58-49. Both games brought Sailors together to share other common

interests.

Doyle's Commanding Officer, Cmdr. John Zuzich, made an official call to the Klaipeda County Governor, Vytautas Rinkevicius, the Klaipeda City Mayor, Rimantas Taraskevicius, and the Commander of the Lithuanian Navy, Capt. Oleg Marinic. Accompanying Zuzich on all official calls was Doyle's Electrical Officer, Lt.j.g. Patrick Shouvliv.

"Being part of an official call made me realize how Doyle's

visit to Lithuania was a big deal. I saw first hand how building a partnership works, as the discussions we had made it evident that both us and Lithuania need each other's support to be successful in our goals," explained Shouvliv.

A wreath laying ceremony at a POW camp in Macikai, Lithuania, gave Doyle a chance to honor three fallen American POWs in a Lithuanian cemetery. Doyle's representatives were joined by other U.S. military representatives, as well as the Lithuanian military. Prayers were recited in both English and Lithuanian, followed by the laying of wreaths.

"I felt deeply heartened to dedicate a little of my time to honor fallen Soldiers and Airmen. The event was a phenomenal success, rich in both American and Lithuanian military tradition and heritage. Chills ran through my body as I stood stiffly at attention while the Lithuanian bugler played Taps. It was truly a humbling experience," said Yeoman 1st Class Adrien Clark, who laid a wreath on the memorial site.

A beautiful reception for the American Ambassador to Lithuania, Ambassador John

Cloud, and the Lithuanian Navy's new commander, Marinic, was held on Doyle, where a bountiful meal, drinks, and an elegant ice sculpture created the perfect atmosphere for both nations to socialize and build friendships.

"The reception went extremely well," said Lt. Ronald Toso, the Supply Officer for Doyle. "It was a great opportunity for the Lithuanian Navy to interact with the U.S. Navy. We put on an amazing spread as well. The crew put a lot of hard work into the event and was the main reason the reception was a success."

A reception held the following day onboard the Lithuanian ship LNS Jotvingis enabled the host country to share their story and help build the relationship with the United States. "The reception gave us an opportunity to talk to each other outside of the operational and military restraints. Instead of being a random grey silhouette on the horizon, it personalized our relationship with Lithuania and brought faces, stories and names to their country," explained Lt. Cmdr. Jeffery Hill, the HSL-44 Detachment Six Air Department Head on board Doyle.

A COMREL event at Juodkrante Orphanage let the Doyle crew get an inside look at life inside a local orphanage. The orphanage is structured around building children up to be a part of the Lithuanian Navy.

"I was very impressed by their nautical skills and the program was rigorous but structured. It was a blessing being able to interact with the orphans here and see the schools vision. It's a successful program and I'm glad I was a part of it," said Lt. Deirdre Green, a Chaplain who coordinated the event.

With the majority of the country being Roman Catholic, Doyle celebrated All Saints Day at a local cemetery in remembrance of the departed. A candle lighting vigil took place and the crew experienced the importance of tradition that many Lithuanians still hold.

Overall, the visit to Klaipeda, Lithuania was beneficial in strengthening the United States ties and relationship with a Baltic State. Doyle also experienced a new culture and country while displaying U.S. support for Lithuania.



-Photo courtesy of USS Doyle

The lube oil leak and the delivery of the part needed by the Royal Navy. Included in the picture is Chief Storekeeper (SW) Jamison Jones, Petty Officer Marine Engineer Arificer James Skila of HMS Ark Royal, Engineering Technician Erin Marnier of HMS Ark Royal, and Gas Turbine System Technician Mechanical 1st Class Michael Gibson.

Two Countries, One Solution

**By Ensign
Kassandra Richardt**
USS Doyle PAO

Thanks to expeditious movement from the crew, swift communication with South East Regional Maintenance Center in the United States and aid from the British Royal Navy, USS Doyle (FFG-39) received two Lube Oil pipes to repair a major line leak in one of the Gas Turbine Engines while conducting Joint Warrior in Northern Scotland.

An evident leak was found by GSM2 Phillip D. Wolfe, during a standard Gas Turbine Module Inspection (GTMI). He noticed lube oil spray in the turbine module and immediately contacted his Work Center Supervisor. "I saw the spray and instantly knew we had a

problem. If the leak in the lines had gone unnoticed, it would have caused major damage to the Gas Turbine Engine," said Wolfe.

Working rapidly with South East Regional Maintenance Center (SERMC) in Mayport, Florida, two lube oil lines were flown directly to Mildenhall U.S. Air Force Base in Suffolk, Great Britain. The lines were then taken to Faslane, Scotland, the headquarters for Joint Warrior, flown to the British Aircraft Carrier, HMS ARK Royal and immediately taken via a British Merlin helicopter to Doyle.

Engineer Technicians from ARK Royal who delivered and assisted in repair of the engines were also able to enjoy a tour of Doyle. "We enjoyed our time

onboard immensely and found the crew to be very welcoming. It was pleasing to see that our Navies are not too dissimilar to each other in respect to equipment and routines," said Petty Officer James A. Skila, a Propulsion Aft section Leader on ARK Royal.

The rapid communication between Doyle and SERMC and tremendous help from the British Royal Navy enabled Doyle to repair the lube oil leak in record time, preventing what would have been a major problem to Doyle during Joint Warrior and follow-on Baltic port visits. Assistance from both SERMC and HMS ARK Royal showed the incredible support from both home and abroad.

Son Accepts Deployed Dad's Award



-Photo by MC2 Daniel Gay

Seaman Apprentice Devin Brooks accepts an award for Command Support Person of the Quarter for his father, Aviation Maintenance Administrationman 2nd Class (AW) Anthony S. Brooks, during general quarters at HSL-44 on Nov. 4. SA Brooks is with the First Coast High School JROTC Program. AZ2 Brooks is currently deployed with HSL-44 Detachment Three attached to USS Mason. Cmdr. Michael Patterson, HSL-44's commanding officer, presented the award to SA Brooks.

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Landlocked Sailors Keep Coalition Wheels Rolling In Afghanistan

By Navy Lt. Neil Myers
Special to American Forces Press Service

Landlocked sailors of the provincial reconstruction team in Afghanistan's Konar province keep the wheels of coalition forces' vehicles rolling to accomplish the mission of security, reconstruction and development in the country's eastern-most province.

The task of keeping the engines running falls on the shoulders of three sailors: Petty Officer 1st Class Lee Chandler, a reservist from Naval Reserve Center Minneapolis; Petty Officer 2nd Class Edward Jimenez, a reserve construction mechanic from Naval Amphibious Base San Diego, and Seaman Daniel Elliot, an active-duty aviation mechanic stationed at Mayport, Fla.

The Navy mechanics work for long hours every day in a shop that is never closed. They service vehicles for every organization within 50 miles of Camp Wright.

"We currently have over 95 percent of all the vehicles running, which is a tall order under these conditions," Chandler

said. It has taken a lot of work for these mechanics to reach that high level of readiness. When the team arrived in Asadabad in March, the motor pool was a small, two-bay facility.

"In the old shop, we had to rack and stack vehicles," Chandler said. "We worked on two vehicles in the shop and others outside in the hot sun. It was like 'Musical Trucks.'"

The mechanics recently moved to a new indoor motor pool that allows them to service nine vehicles simultaneously.

"We have more space, so safety has improved," Chandler said. The new shop is air-conditioned, so the danger from heat injury is minimized, he added.

Six contractors augment the Navy mechanics and perform shop-level support for the more complex work. Jimenez and Elliot agree the contracted mechanics are a big help and said the motor pool could hardly function without them. Three soldiers from Headquarters and Headquarters Company, 1st Battalion, 26th Infantry Regiment, also assist with the demanding workload.

The mechanics have improved their troubleshooting and diagnostic skills during their short time on the ground. Most vehicles are returned to operational status within 24 hours.

A major challenge for the mechanics is the harsh terrain and climate, which ranges from rugged mountains to sweltering desert valleys with extreme summertime heat. Operations in this kind of environment can take its toll on vehicles.

"The rough terrain keeps us busy," Elliot said. "We are always working on ball joints, brakes and [air-conditioning] units. There is a lot of work going on here."

Being Navy personnel in an Army environment, the sailors had something to prove, they said.

"When we first got here, we got no respect," Elliot said. "By working shoulder to shoulder and being willing to help any unit in need, we've earned some respect."

The sailors reported that the best part of their day is seeing a vehicle roll out the shop with a happy driver.

"I want people to have confi-

dence in the work we do," Elliot said. "There is nothing that you can give us that we can't fix."

The soldiers and sailors of the Konar PRT and Task Force Spader are grateful for the work that the mechanics are doing and agree that the mechanics are essential to mission success. The mechanics know the importance of their work.

"My biggest fear is that someone will get hurt because I didn't do my job properly," Jimenez said.

"The mechanics of PRT Konar are just one of the many vital parts of the team," said Navy Cmdr. Daniel Dwyer, Konar PRT commander.

Without their commitment and hard work the PRT could not connect with the population, Dwyer added.

"When we make contact with the enemy, I know our vehicles are up for the fight," he said.

Navy Lt. Neil Myers serves with the Konar Provincial Reconstruction Team.

Sailors Connect Through Fun



-Photo by MC2 Maddelin Angebrand
Lt. Carmen Harmon, a Navy nurse embarked aboard the amphibious assault ship USS Kearsarge (LHD 3), shares a computer game with children at a medical civil assistance project in Santa Rosa during the humanitarian and civic assistance mission Continuing Promise 2008.



-Photo courtesy of USS Doyle
Lt. j.g. Geoffrey Hensley, DCA giving a tour to Ambassador Charles Larson of Riga, Latvia.

USS Doyle Waves The Flag To Riga, Latvia

From USS Doyle

Riga, Latvia provided a great opportunity for USS Doyle to represent the United States Navy and show support to a valuable and vital NATO ally. The port visit included a number of high visibility tours coordinated by the U.S. Embassy and staff consisting of tours given to local orphanages and civilians, an official call to the Riga Mayor, and a COMREL event for a local park.

Twenty-six orphans and seven chaperones from Auseklitis and Priedite Orphanages enjoyed tours of Doyle given by both Officers and Enlisted personnel. Present during the tour was the U.S. Ambassador, Charles Larson and the Defense Attaché for Riga, Lt. Col. David Holahan.

"I thought the tours went great," said Operations Specialist 1st Class (SW) Douglas Sawyer, a tour guide during the visit. "We developed friendships with them. They were so friendly and interested in what we do. We definitely put a smile on their face."

The visit ended with a plaque, ball cap and ship coin presented to each orphanage and the Ambassador.

Throughout the port visit, tours were also given to personnel from the Office of Defense Cooperation, Embassy personnel, the Latvian Maritime Academy and a special tour given to Arturs Ivanovs, who suffers from muscular dystrophy and his family.

"He smiled during the entire tour. He was especially happy when we placed him in the Captain's chair," said Boatswain's Mate 2nd Class James Patterson, who carried Ivanovs during the entire tour. "I was glad to give something to him; I felt like I was a part of something special."

A Community Relations Effort, known as COMREL, enabled the COMDESRON 24

Chaplain, Lt. Deirdre Green and volunteers to collaborate with the environmental organization Pedas. The group worked together to pick up trash in the local Bolderaya Park. Participants included Latvian High School students and Doyle Sailors of all ranks.

Local media covered many of the events on Doyle, such as Dautkom TV and Newspaper Seicas. Doyle was warmly received in Riga and the regional news interviewed the crew while enjoying a tour of the ship.

"The publicity on Doyle was amazing and the visits were featured on the local television. It's a great outlet for Doyle to impress upon the host country our support for their nation," said Ensign Cassandra Richardt, the public affairs officer on Doyle.

Although the crew remained busy with tours and visits from Latvians, there was some down time to enjoy the beautiful city of Riga, Latvia. The third largest city in the Baltic region, the city is mostly known for its extensive Art Nouveau architecture. For some sailors, this was their first time being in a foreign port.

"The visit to Riga was amazing. It was interesting being able to see a different culture and country. I felt that the Latvians were friendly and hospitable," said SR Gregory Grantham, and new seaman on board Doyle.

The visit to Riga was an excellent way to showcase the United States Navy to the civilians. Although the visit was a routine port visit, it demonstrated the continued support for Latvian independence and participation in NATO.

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Shop Mayport Commissary For Thanksgiving Deals



By Kay Blakley

DeCA home economist

If you've ever wondered whether shopping the commissary really saves you money, wonder no more – the answer is a resounding yes! And, the best part is, it's backed up by cold hard facts. Each year the American Farm Bureau Federation, an independent, nongovernmental organization representing agricultural producers at all levels, performs an annual survey of the cost of classic items found on the Thanksgiving Day dinner table.

The shopping list includes turkey, bread stuffing, sweet potatoes, rolls with butter, peas, cranberries, a relish tray of carrots and celery, pumpkin pie with whipped cream and beverages of coffee and milk, all in quantities sufficient to feed a

family of 10. A total of 179 volunteer shoppers conducted the survey in retail grocery stores throughout 38 states. The retail price tag for this year's shopping basket was \$44.61.

Using the same shopping list and instructions given to the volunteer shoppers, the same survey was conducted in commissaries located in Vogelweh, Germany; Fort Lee, Va.; Tyndall Air Force Base, Fla.; and San Diego, Calif., and resulted in an average cost of only \$35.11. That's a difference of almost \$10, which is high priority on my list any day of the week. If you're still not convinced, consider this – the last time the AFBF survey cost was in the \$35 range was in 2001.

So what's the bottom line? Shop your commissary – it really is worth the trip!

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Thursday, Nov. 20
Breakfast
 Creamed Ground Beef
 Bacon
 Pancakes
 French Toast
 Hashbrowns
 Oatmeal
Lunch
 Clam Chowder
 Stuffed Baked Fish
 Steamship Round
 Baked Potato Halves
 Rice Pilaf
 Broccoli

Corn on the Cob
 Natural Pan Gravy
Dinner
 Clam Chowder
 Beef Stroganoff
 Chicken A La King
 Lyonnaise Potatoes
 Boiled Pasta
 Cauliflower
 Corn
Friday, Nov. 21
Breakfast
 Bacon
 Corn Beef Hash
 Pancakes
 French Toast
 Tater Tots
 Oatmeal
Lunch
 Cream of Mushroom
 Pizza
 Spicy Chicken Wings
 Waffle Fries
 Potato Chips
 Baked Beans
 Tuna Melts
 Green Beans
 Carrots
Dinner
 Cream of Mushroom
 Herbed Baked Chicken
 Ravioli
 Steamed Rice
 Oven Browned Potatoes
 Tangy Spinach
 Corn
 Chicken Gravy
Saturday, Nov. 22

Breakfast
 Bacon
 Turkey Sausage Links
 Pancakes
 French Toast
 Hashbrowns
 Grits
Lunch
 Chicken and Rice Soup
 BBQ Pork Sandwich
 Onion Rings
 Peas and Carrots
 Pancakes
 Hashbrowns
 Bacon
Dinner
 Chicken and rice soup
 Meat Loaf
 Chicken Tetrazzini
 Steamed Rice
 Mashed Potatoes
 Succotash
 Green Peas
 Brown Gravy
Sunday, Nov. 23
Breakfast
 Turkey Sausage Patties
 Ham Slices
 Pancakes
 French Toast
 Tater Tots
 Oatmeal
Lunch
 Corn Chowder
 Grilled Chicken Sandwiches
 Waffle Fries
 Carrots
 French Toast

Tater Tots
 Turkey Sausage Patties
Dinner
 Corn Chowder
 Veal Patties
 BBQ Chicken
 Steamed Rice
 Mashed Potatoes
 Brown Gravy
 Cabbage
 Corn
Monday, Nov. 24
Breakfast
 Sausage Links
 Bacon
 Pancakes
 French Toast
 Tater Tots
 Grits
Lunch
 Asian Stir Fry Soup
 Sweet and Sour Chicken
 Teriyaki Beef Strips
 Fried Rice
 Lyonnaise Potatoes
 Vegetable Stir Fry
 Sesame glazed Green Beans
 Grilled Cheese Burgers
 Baked Beans
 French Fries
Dinner
 Zesty Bean Soup
 Braised Pork Chops
 Meatloaf
 Steamed Rice
 Mashed Potatoes
 Beets
 Asparagus

Tuesday, Nov. 24
Breakfast
 Corned Beef Hash
 Turkey Sausage Links
 Pancakes
 French Toast
 Hashbrowns
 Oatmeal
Lunch
 Chicken Noodle Soup
 Tacos
 Chicken Fajitas
 Steamed Rice
 Parsley Buttered Potatoes
 Chicken gravy
 Mixed Vegetables
 Cauliflower
 BBQ Pork Sandwich
 Baked Beans
 French Fried Onion Rings
Dinner
 Chicken Noodle Soup
 Braised beef Cubes
 Dijon baked Pork Chops
 Egg Noodles
 Steamed rice
 Broccoli
 Squash
Wednesday, Nov. 26
Breakfast
 Bacon
 Ham Slices
 Pancakes
 French Toast
 Tater Tots
 Grits
Lunch
 Cream of broccoli

Meat Sauce
 Italian Sausage
 Boiled Pasta
 Italian Roasted Potatoes
 Marinara Sauce
 Mixed Vegetables
 Cauliflower
 Cannon Ball Sandwiches
 French Fries
 Onion Rings
Dinner
 Cream of Broccoli
 Chicken Pot Pie
 Roast Pork
 Steamed Rice
 Lyonnaise Potatoes
 Brussel Sprouts
 Wax beans
 Brown Gravy
Thursday, Nov. 27
Lunch
 Lobster Gumbo
 Roast Turkey
 Steamship Round of Beef
 Virginia Bakes Ham
 Garlic Mashed Potatoes
 Savory Bread Dressing
 Candied Sweet Potatoes
 Corn Bread Dressing
 Seasoned Pea's and Carrots
 Sesame Glazed Green Beans
 Turkey gravy
 Natural Pan Gravy
 Lobster Salad
 Hot Dinner Roles
 Assorted Pie's and Cheese
 Cakes

Are You Eligible For Interest Rate Reduction?

By Lt.j.g. Ryan Charles
 RLSO SE

Servicemembers paying interest rates in excess of 6 percent per year may be entitled to relief under federal law. Section 527 of the Servicemember's Civil Relief Act (SCRA) provides that "[a]n obligation or liability bearing interest at a rate in excess of 6 percent per year that is incurred by a servicemember, or the servicemember and the servicemember's spouse jointly, before the servicemember enters military service shall not bear interest at a rate in excess of 6 percent per year during the period of military service." This means that if you incurred a debt in the form of a mortgage, car loan, credit card balance, or just about any other financial liability, prior to entering military service, you may be entitled to reduce your interest payments to 6 percent during the entire period of active duty service. Please note, however, that the reduction does not apply to federally guaranteed student loans.

A servicemember intending to invoke the 6 percent interest rate cap must strictly comply with the SCRA's notification procedures. The servicemember must provide the creditor with written notice and a copy of the military orders calling the servicemember to military

service. Generally, the written notice should be a letter to the creditor setting forth: (1) the basis of the servicemember's qualification for the 6 percent interest cap, (that the debt giving rise to the interest payment was incurred before the servicemember went on active duty); and (2) a request that the creditor reduce the servicemember's interest rate to 6 percent pursuant to the SCRA. The military orders must show that the servicemember was called to military service after the debt or obligation was incurred.

A court may grant a creditor relief from the interest rate reduction if the creditor can show that the servicemember's ability to pay interest in excess of 6 percent is not materially affected by reason of the servicemember's military service. However, the burden is on the creditor to prove that this is the case. Still, it is a good idea for a statement in the written notice to the creditor that his or her ability to pay interest in excess of 6 percent has been "materially affected" by reason of entry into military service.

The SCRA imposes a timeline within which requests for interest rate reductions must be submitted. The servicemember has until 180 days after termination or release from military service

to submit written notice to the creditor. This means that the interest rate reduction applies retroactively where a servicemember has been paying interest in excess of 6 percent after being called to military service. The creditor should account for any interest payment in excess of 6 percent made by a sevice-member since the date of active duty. However, it is preferable to provide written notice as soon as possible after being called to active duty in order to avoid disputes with creditors and complications in calculating over interest payments. Also, it is the servicemember's obligation to inform a creditor if military service is subsequently terminated. Otherwise, the former servicemember is liable for any interest forgiven by the creditor after being released from military service.

The SCRA mandates that interest in excess of 6 percent is "forgiven," and cannot simply be deferred until the period of military service ends. Also, the SCRA broadly defines "interest" to include service charges, renewal charges, fees, or any other charges, except bona fide insurance. This protects servicemembers from creditors trying to cleverly disguise the forgiven interest as "legitimate" charges and fees. Moreover, the SCRA forbids creditors from

taking adverse action against a servicemember's credit report for requesting an interest rate reduction pursuant to the SCRA.

Remember, the interest rate reduction does not apply to debt incurred by a spouse alone. As a second practice point, some creditors are willing to lower interest rates below 6 percent (even to 0 percent) for pre-military debt. Therefore, servicemembers should contact each individual creditor to find out its policy before sending written notice and locking in the 6 percent cap. As a final word of caution, debts incurred by a servicemember after entering military service are not subject to the 6 percent interest cap and will incur interest at the normal percent.

If you believe you might qualify for an interest rate reduction, visit a legal assistance attorney. Call them at the following numbers: Jacksonville, Florida at (904) 542-2565 ext. 3006; Mayport, Florida at (904) 270-5445 ext. 3017; Kings Bay, Georgia at (912) 573-3959; Charleston, South Carolina at (843) 764-7642/44; Gulfport, Mississippi at (228) 871-2620; Pensacola, Florida at (850) 452-3734; New Orleans, Louisiana at (504) 678-4692; Corpus Christi, Texas at (361) 961-3765; and Fort Worth, Texas at (817) 782-6009. This article is not intended to substitute for the personal advice of a licensed attorney.



Cmdr. Sean Haley
HSL-44 From Page 1 from Norristown, PA, is a Naval Academy Alumni, and was designated a Naval Aviator May 1994. He and has completed tours with HSL-48 (SWTI), 40, 46, a joint tour with the USAF, and was the Action Officer for the Joint Operations Division at the Pentagon.

Nuclear From Page 1 Friday, Nov. 21. The Record of Decision is expected in late December. Additional information about the EIS for the proposed homeporting of additional surface ships at NAVSTA Mayport is available online at <http://www.mayporthomeportingeis.com/>. Media are asked to direct queries to Navy public affairs at 703-697-5342.

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Battle Stations 21 Honored As Best 2008 Design-Build

By Bill Couch

Naval Facilities Engineering Command
Midwest Public Affairs

The Navy's unique, high-tech simulator of shipboard emergencies to test Recruits at Recruit Training Command (RTC) Great Lakes won a national award for construction project excellence Nov. 3.

Battle Stations 21's USS Trayer, a life-like mockup of an Arleigh Burke-class destroyer and its surrounding 157,000-square-foot building, was recognized by the Design-Build Institute of America (DBIA) as the best overall design-build project in the United States for 2008, cited for exemplary interdisciplinary teamwork, innovation and problem-solving in creating the one-of-a-kind facility.



-Photo by MCC Shawn P. Eklund
Secretary of the Navy (SECNAV) the Honorable Dr. Donald C. Winter walks through a simulated damaged berthing space, aboard USS Trayer (BST 21). Battle Stations 21, the Department of Defense's most cutting-edge trainer, prepares recruits for life at sea.

The project won "best overall" over 29 winners in 13 categories for DBIA's annual competition.

"It's such an honor to accept this award and represent the Navy side of the team that brought such an important, complex project to life," said Capt. Jake Washington, commanding officer of Naval Facilities Engineering Command (NAVFAC) Midwest. "Thanks to a tremendous amount of hard work, innovation and attention to detail by people from NAVFAC, McHugh Construction, and NAVAIR (Naval Air Systems Command), the Navy has a cutting-edge, utterly convincing simulator that prepares our Sailors better than ever before to face emergency situations at sea."

DBIA's National Design-Build Project Awards recognize public and private construction-related projects that successfully demonstrate design-build principles including collaboration, integration and finding unique solutions for project challenges.

Constructing Trayer, its support systems and its surrounding building, which also houses RTC headquarters and Recruit Division Commander School, took more than three years of close coordination between construction and contracting agent NAVFAC, the simulation and training experts at NAVAIR, and Chicago-based James McHugh Construction Company.

In addition to conventional building requirements, Battle Stations 21 also has to sup-

port special effects technology from the theme park industry to simulate shipboard scenarios including fire, flooding and mass casualty events.

"This is a wonderful recognition by industry of the groundbreaking work done by the Navy and our commercial partners to support our Sailors with the best training possible," said Washington. "Thanks to some superb, sustained teamwork by project managers, engineers, design experts, construction professionals and many others, we have a uniquely effective facility that will serve the Navy's needs for many years to come."

Supreme Court Rules For Navy Sonar Use In SOCAL

From Department of the Navy

On Nov. 12 the Supreme Court ruled for the Navy on the challenge to Navy's use of sonar for the 14 anti-submarine warfare (ASW) combat certification training exercises off the coast of Southern California (SOCAL).

In a strongly worded opinion, supported by a majority of the Justices, the Court recognized both the public interest and the Navy's interest in effective realistic training to ensure the Navy is able to track and target enemy submarines. The Supreme Court vacated the two training restrictions in the preliminary injunction that Navy told the court unacceptably restricted our Sailors' ability to conduct realistic combat training in SOCAL with mid-frequency active sonar (MFAS). The majority opinion concluded that "the balance of equities and consideration of the overall public interest in this case tip strongly in favor of the Navy."

"This case was vital to our Navy and nation's security, and we are pleased with the Supreme Court's decision in

this matter. We can now continue to train our Sailors effectively, under realistic combat conditions, and certify our crews 'combat ready' while continuing to be good stewards of the marine environment," said Donald C. Winter, Secretary of the Navy.

This decision enables the nation to achieve a balanced, responsible approach to meeting the Navy's dual obligation for maintaining a trained and effective force and environmental stewardship.

The original injunction, handed down in August 2007 by a U.S. District Court in Los Angeles and later amended, was affirmed by the Ninth Circuit Court of Appeals in February. The Supreme Court granted the Government's Petition for Certiorari in June and heard the oral argument Oct. 8.

The decision vacated two training restrictions - the 2,200-yard shutdown zone and the mandatory power reduction when significant surface ducting conditions are encountered. The 2,200-yard shutdown zone is 11 times greater than

the existing shutdown distance developed in consultation with the National Marine Fisheries Service (NMFS), the Federal Regulator, and supported by science. The 2,200 yard shutdown zone effectively imposes a 4.9-square mile shutdown zone around each U.S. Navy ship. The Court noted that the courts below had not given sufficient weight to the views of several top Navy officers, who explained the serious impact of these two measures on effective training.

The Navy implements extensive measures designed to protect marine mammals during ASW training. As the Court observed, the Navy has conducted exercises similar to those at issue in this litigation in SOCAL for 40 years, without a single marine mammal stranding linked to MFA sonar usage.

This injunction and this decision concern 14 major training exercises off Southern California. The last of these exercises will be completed this December. For the final SOCAL exercises, the Navy will continue to train while

applying a number of mitigation measures set forth by a National Defense Exemption and additional requirements imposed by the President's Council on Environmental Quality (CEQ), and other mitigation measures ordered by the District Court that were not challenged by the Navy.

These measures were established in cooperation with NMFS and the CEQ, and since they were instituted in January 2007, no marine mammal strandings have been linked to the United States Navy use of sonar anywhere in the world. The Navy will continue to employ successful mitigation measures.

"We are pleased with the Supreme Court's decision on this case of vital importance to our national security. We will continue to train realistically and certify the Sailors and Marines of our Navy strike groups in a manner that protects our nation's security and the precious maritime environment," said Chief of Naval Operations Adm. Gary Roughead.

The Navy expects to com-

plete an Environmental Impact Statement (EIS) under the National Environmental Policy Act (NEPA) for all training activities on the Southern California Range Complex early next year. Starting in January, the Navy's decision on this EIS will provide full environmental compliance for all training activities on the SOCAL range complex, including training with MFAS. The Supreme Court decision does not affect the completion of the EIS and efforts to obtain required letters of authorization and biological

opinions which will set the mitigation measures to be observed in the future.

Beyond environmental compliance and marine mammal protection measures, the Navy has also invested more than \$100 million in the past five years to increase scientific knowledge about the location, abundance, habitat, physiological characteristics and acoustic sensitivity of marine mammals.

For more information about the Navy's environmental stewardship efforts, visit <http://www.navy.mil/oceans>.

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USO News

The Mayport will be collecting canned food items. These items will be used to prepare food baskets that will be distributed to Junior Sailors and their families before Thanksgiving.

For Jaguars games that have a high demand for tickets, we will be selling the tickets via lottery. These games may include the Packers on sale Dec. 1 and the Colts on sale Dec. 8. On the day the tickets go on sale, you will be required to go into your USO no earlier than 9 a.m. (both Mayport and NAS JAX) and fill out a lottery request slip. This slip enters your name into the drawing for a chance to buy two tickets only. If your name is drawn, you will be called and required to come into your USO within 24 hrs to purchase your tickets with money in hand. Cost is \$20 for two tickets. As with all Jaguars tickets, these are for Active Duty Only.

Pick up your FREE Pal Day tickets in St. Augustine at the USO. Pal Day is free for all Active Duty Personnel (UNIFORMS are preferred for active duty but not required) and their immediate family

members. Families of deployed personnel admitted free to all attractions upon presentation of valid military ID card. This is immediate family only. Free Parking is available at the USO Pal Day Headquarters: The Visitor/Preview Center, 10 Castillo Drive. Complimentary Lunch will be served from 11am-2pm by the USO Courtesy of the Elk's Lodge #829, across the Bridge of Lions on A1A South (next to the Amphitheatre). The Following Attractions welcome military families for a free day of enjoyment: Alligator Farm-A1A South, Authentic Old Jail-167 San Marco Avenue, Castillo de San Marco (Old Fort), Florida Heritage Museum-167 San Marco Avenue, Fort Matanzas-A1A South, Fountain of Youth, Government House Museum-Cathedral Place, Lighthouse and Museum-81 Lighthouse Avenue, Lightner Museum-City Hall, Marineland of Florida-A1A, Mission of Nombre de Dios-27 Ocean Street, Museum of Weapons and American History-81C King Street, Old Florida Museum-254 San

Marco Avenue, Oldest House-14 St. Francis Street, Oldest Schoolhouse-14 St. George Street, Old St. Augustine Village-149 Cordova Avenue, Potter's Wax Museum-17 King Street, Ripley's Believe it or Not- 19 San Marco Avenue, Spanish Military Hospital-3 Aviles Street, Spanish Quarters-North St. George Street, Whetstone Chocolates-2 Coke Road

Bono's Supports the military and their families on Thanksgiving Day with free meals. The Bono's is located at Gate Parkway and JTB (10065 Skinner Park Drive, Jacksonville, FL 32246), their phone number is (904)998-1997. They can accommodate 100 people per seating, the seatings will be at 11 a.m. and 12:30 p.m. You will need to stop by your local USO to pick up a voucher for the meal (only for planning purposes). Families of deployed personnel have first choice to attend followed by all other local active duty personnel and their families. Contact any USO Center for more information. It is a traditional

Thanksgiving meal completely donated by Bono's and their employees have volunteered to come in and serve it.

There are free tickets available for the 20th Annual Christmas made in the South, while supplies last. (This is an Arts and Craft Festival.) There are also coupons for \$1 off admission, while supplies last. The event will be held Nov. 28-30 at the Prime Osborn Convention Center.

Cadillac Invitational Golf Tournament will be held on Dec. 15, at the Hidden Hills Country Club. Golfers are needed for this very important USO charity. For more information, please call the NAS (904.778.2821) or Mayport (904.246.3481) USO. Visit our website at www.jaxuso.org to download an entry form.

The new Priority Mail Large Flat Rate Box is now 50 percent larger (12 x 12 x 5 1/2) and for the first time in history, the U.S. Postal Service is offering a \$2 discount when sending the new larger box to an APO/FPO address, enabling customers to send more with one flat price of

\$10.95. There are two versions of the new box; one branded with 'America Supports You' (a Department of Defense-sponsored organization that supports overseas military forces) and includes an APO/FPO address block. Either version of the new Priority Mail Large Flat-Rate Box is eligible for the \$2 discount. The boxes can be ordered at <http://www.usps.com> free of charge.

All University of North Florida athletic events are free to active duty service members and their dependents. Just show your military ID card at the gate.

Mayport USO is looking for volunteers to help with visitors, answer phones, copying, filing and light administrative assistance. A working knowledge of Excel and Word is preferred. Email wendy@usojax.com for more information. Be sure to indicate Mayport Volunteer in the subject line.

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

USO sells discounted tickets to AMC Movie Theatres,

Disney World, Sea World, Busch Gardens, Wet N' Wild, Universal Studios, Islands of Adventure, and Adventure Landing.

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

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

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

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

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.

Thanksgiving Day at Pete's Bar

Eight volunteers to help the USO on Thanksgiving Day on Nov. 27 at Pete's Bar in Neptune Beach. Every year they host a party in the street to meet up with friends and family. They block off the street in front of the bar and this year the USO will have a booth to help raise awareness for us and collect donations. Also, eight additional volunteers are to help with crowd control. The volunteers will get a cool Thanksgiving T-shirt courtesy of Pete's Bar and they will be helping the USO in the process. Contact for this event is Wendy, Center Director of Mayport USO. Please email her at wendy@usojax.com

Jacksonville Zoo

The Jacksonville Zoo is asking for volunteers. Volunteers are needed to educate varied audiences about the natural world, teach conservation messages, beautify the grounds, assist guests in various areas of the park, input data, lend a hand in animal care areas, answer questions, drive trains and enhance guests' experiences. You provide the interest and enthusiasm, and the zoo will provide the training. Scheduling is flexible. Volunteers receive special discounts, free admission, newsletters and special programs only available to employees and volunteers. Take this opportunity to meet others who share your interests in the animal kingdom. New Adult Volunteer Orientations are held at the Pepsico Foundation Education Campus. All interested personnel please call CSI Hopkins or call 270-5373 for more information.

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.

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 serves more than 1,000 well-balanced, nutritious and delicious meals per day, every day of the year. These meals are prepared and served with the help of more than 100 civic, religious and business organizations from the Jacksonville community. Annually, these Volunteer Meal Groups provide over one hundred thousand dollars in support and more than 13,000 hours of volunteer time. Serving meals at the Center is a fun and feel-good way to give back to the community. For information about volunteering at the I.M. Sulzbacher Center for the Homeless call 904.394.1356. Also, see www.imshomeless-center.org/volunteers.html

Dignity U Wear

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

Children's Home Society

Children's Home Society (CHS) has been providing services to children and their families since 1902. Started in Jacksonville, CHS is a statewide 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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THE Daily Crossword

Edited by Wayne Robert Williams

ACROSS

1 Unruly looks

5 Korbut and others

10 No-no

14 Beige shade

15 Apply blusher

16 Bad day for Caesar

17 At the peak of

18 Districts

19 Zippo

20 Start of practical advice

23 Sound setup

24 Mets stadium

25 Turkey mister

28 Theda of silents

30 Free from restraint

32 McBain and McMahon

35 Give credit to

37 Electrical unit

38 Part 2 of advice

43 Pelvic bones

44 Mafia leader

45 B'way sign

46 Napoleon's birthplace

50 British knights

52 Half an African fly?

53 Board joint

55 Violent weather

59 End of advice

61 Manicurist's tool

64 "Jurassic Park" star Sam

65 Skater Lipinski

66 Coll. major

67 Clarinetist Shaw

68 Uptight

69 Tanginess

70 Acapulco bread?

71 Bread choices

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By Stanley B. Whitten 11/20/08

Madison, WI

DOWN

1 Stands for

2 Quartet doubled

3 Verify

4 Excellent

5 Sacred story set to music

6 Folk tales

THIS WEEKS ANSWERS

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THE MIRROR NS MAYPORT, FLORIDA

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.

GENERAL INFORMATION

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

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

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

MasterCard VISA Discover Novus

904-366-6300

ONLINE
Classified line ads are online at jaxairnews.com
FREE online advertising!
Your Classified in-column ad automatically appears online at **no additional charge.**

Announcements

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

Lost and Found
LOST - Fem. Schnauzer puppy, Kentucky 1.D. tags, 1146 Lamorche Drive off Normandy, REWARD! 270-993-2248

Notices
Leaving from Cleveland OH to Jax, FL on 11/27 & returning CAA haul house - hold furniture 330-990-4930

NEED A LAWYER? Accident? Arrest? Divorce? AAA Attorney Referral 5vc 1800-733-5342, 24 HRS.

PURSUANT TO CHAPTER 83, PART IV
Notice is given pursuant to the self-storage facility act, Florida Statutes, Chapter 83 Part IV, that auction 9-A will sell by auction to the highest bidder the following described property stored by the following lessor:
GAIL KELLER THE SALE WILL BE HELD AT 10416 NEW BERLIN RD JACKSONVILLE, FL 32226-2211 (THE ADDRESS OF THE SELF-STORAGE FACILITY) AT 10:00AM ON 11/20/2008

To advertise in the military publications distributed at the local bases in the area, Please call 904-359-4336, Fax 366-6230.

Arlington
7469 International Village Dr, Jax, 32277-32 with fenced backyard on manmade lake. Great room w/fp, sep DR, all appl stg, 2-car gar #187,499. Contact Keller Williams Agent, Amy Wilson, 904-955-0700. Visit AnyWilsonSells.com for virtual tour. MLS#442217-46889

Beaches
AVAILABLE THRU FHA JARDIN DE MER Walk or Bike To Shops, Restaurants or Beach. New 2 & 3 Bdrm Condos Beach Blvd. & 15th St. FPLC, all appls, garage Open TP.M., SP.M. OR CALL FOR APPT. 904-241-2270 or 246-9268

For Sale: Pre-Inspected 3b/3b/1 car garage home 1282 sq. ft. Cypress Cove Subdivision off Assisi Lane & Mayport Rd. \$159,000 OBO contact Moury 246-2433 Home or 923-3776 Cell.

Intracoastal West
BAKER COUNTY 1-3 ac High & Dry! Fish pond, homes or AH's Owner financed call 904-249-0256 www.figolandsales.com

Georgia Real Estate
Folkston, Ga off of Hwy. 121- *All wooded* 8 acres for Sale. Or 5 acres. Or 3 acres. Or all 8 for \$80,000 904-768-2036.

NEW HOMES LARGE LOTS LOW 200'S
BUY NOW & RECEIVE:
* WASHER
* DRYER
* REFRIGERATOR
* GOURMET KITCHEN PACKAGE
* AND MUCH MORE!!!

\$2,000 GIFT CARD*
ASK ABOUT OUR CLOSING COST SPECIAL. FINANCING AVAILABLE!
493-6922 or 571-3865
SEDA OFFSITE DIVISION
www.sedaconstruction.com

Buying a Home? Contact your VA Home Loan Expert-Laurie M. Potter NYCM (USN Ret)
Buying, Selling or refinancing? Contact Laurie for any of your financing needs, including VA, FHA, home equity or conventional loans.
(904) 256-2051 Cell (904) 463-2065 Email: laurie_potter@countrywide.com Website: www.countrywidecal.com/lauriepotter
4601 Touchton Rd # 2190 Jacksonville, FL 32246

Thank you! Besides protecting our country, military personnel stationed in our communities donated **650,620** hours of volunteer service in Northeast Florida and Southeast Georgia last year. Their time was given to community organizations, church groups, youth activities, scouting and more.

Real Estate For Sale

Open Houses
Argyle
Arlington
Avondale/Ortega
Beaches
Downtown
Fernandina/Amelia Island
Intracoastal West
Keystone Heights/Melrose
Mandarin
Middleburg
North Jacksonville
Orange Park/Clay County
Riverside
San Marco
Southside
Springfield
Westside
Waterfront
Condominiums
Manufactured Homes
Lots
Farm Acreage

Orange Park/Clay County
Spacious ranch style home in quiet neighborhood. 1.2 acre in Orange Park. New flooring and freshly painted walls. New granite counter tops in kitchen and bath. Features include separate family room with a fireplace, living room, dining room, 2 car garage with utility area, covered back porch overlooking a 30,000 gallon in-ground pool, storage building, swing set and fenced yard. Conveniently located in Orange Park in quiet neighborhood with a park. Half a mile from the Moody Road YMCA and in an excellent school district. Within easy walking or biking distance from Publix, post office, churches, and many other business, yet seemingly secluded. 3518 Fortuna Drive (904)318-8636.

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

Westside
Across from NAS 37.5 1584sqft block home \$152,000. 4 bedrooms, 2 bathrooms, 2 car garage. 7234 Pineville Dr. forsalebyowner.com DR# 21899976.

Manufactured Homes
\$0 DOWN!
If you have land or own family land, your land is your CREDIT!!!
LUV HOMES 904-772-8031

Lots for Sale
BAKER COUNTY 1-3 ac High & Dry! Fish pond, homes or AH's Owner financed call 904-249-0256 www.figolandsales.com

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* WASHER
* DRYER
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Buying a Home? Contact your VA Home Loan Expert-Laurie M. Potter NYCM (USN Ret)
Buying, Selling or refinancing? Contact Laurie for any of your financing needs, including VA, FHA, home equity or conventional loans.
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4601 Touchton Rd # 2190 Jacksonville, FL 32246

Apartment/Industrial For Rent

Atlantic Beach \$50 Move - In. Newly renovated, 728 sq ft. "Beach living at it's best" 904-241-5737
ATLANTIC BEACH 2br's starting at \$699/mo. Ask about our Specials! Monique 904-249-1833
AVONDALE 1/1 near park and FCCJ, carpet, off street parking, \$507. 904-537-8235
RIVERSIDE/5 PTS. 2/2 1200 sq ft, oil unit incl, w/d h k up, bar, fp, \$975/mo 904-537-8235
SAN MARCOSI, Nicholes 2/2, 1500 sq ft, apt klt, Indry fac., comm. pool. \$750/m. 904-803-6603
Southside/Intracoastal LEASE TODAY!!!
HILLWOOD POINTE APTS 32.5 TOWNHOMES CALL FOR SPECIALS 904-642-8878

Condos for Rent
ORANGE PK - 1yr Old 2/2 Condo, boat lift, 2 twnhse, W/Bonus Rm, low incl. \$900. 465-1318
S. JACKSONVILLE BCH Oceanfront furnished Penthouse 2/2. Extraordinary view, newly renovated, pool, gym \$1500/mo. 904-642-0200
Southside- Sudan Park Ave The Preserve 3/2 twnhse. Gated, 24 hr sec, pool, gym, tennis, \$1200/mo. Bkgrnd check & ref's read. 904-502-8128
Southside 1/1-Southbrook Gated, security, pool, tennis, \$675/m + \$400dp. Abraham 904-636-0351
Westside Waterfront 2/2 Condo, boat lift, ramp, priv pkng, 1st flr, sec, \$1095. 904-757-0775 251-4778

Houses Unfurnished
ARGYLE Newer 3/2, new cap/pt, lg open kit, w/wop appls, lake view, \$1150/m. 904-486-5200
INTRACOASTAL W-4/2 1/2, new pnt/crpt/55 appl, fom rm w/fp RTO option \$1900 2050 sf 904-559-5051
INTRACOASTAL W-3/2 new pnt, c/c, fenced grt rm w/fp, fncd yd, \$1100/m. Broker 724-0135
MAYPORT 3/2, vaulted great rm, eat-n-klt, util, rm, fenced yard, \$900/m. Broker 904-724-0135
Murray Hill - 2 Months Free Rent! 2/1, 1000 sq ft, tub, hwd flrs, remod, detached gar, \$795/m. 3053 Plum St. 716-7766

Rooms for Rent
Jacksonville Beach 4br/2ba house, newly remod, new appls, rooms, 2nd roomate ideal for J.O.'s PCSing. 931-215-5117

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

Commercial/Industrial For Rent
Downtown - sm whrse / retail/office space, 3500 sqft, heat, A/C, close to stadium, \$1000. Ken 904-307-1481
Office/Warehouse Space. Phillips/Bowden area. 1000-4500sf, 16ft door, 18ft ceilings, nr I-95 & JTB, \$5/psf. +\$2 Com. 904-247-5334.
Retail space on Beach Blvd near University, 1300sf, high visibility area, \$10 PSF + \$3 Com. Call 904-247-5334.

Houses Unfurnished
Ponte Vedra Sawgrass- Soil Crk 3/2, 2 car gar, landscaping incl. \$2000/m 678-525-0168
SANS SOUCI - Cul de sac, 3 bdrm, 1 ba, w/wop car, pets, kitchen equip, fenced bkvd, no cats, JC green 904-431-5382
WESTSIDE/Northside FREE 1st month rent 3br & 4br starting at \$550/mo. 904-237-7248

Signature Realty & Mgmt Rentals
AVAILABLE FROM \$700-\$3000/MO.
Beach 241- 5221, Mand 268- 0035
Wside 482- 1099
www.signaturerealestatejacksonville.com

Houses Unfurnished

Murray Hill - 2 Months Free Rent! 3/2, 1000 sq ft, 1 car gar, 3049 Plum St. Builders Special! \$899/mo. 716-7766
Manufactured Homes
MANDARIN (2-SW's) nr Avenues Mall-2/2 for \$650 & \$750 + dep on priv lots, new catpnt, 992-2762
WESTSIDE-TIMQUANA MOVE IN SPECIAL, 550 sq ft 2 & 3br's \$425-550 + dep. 904-771-3811

Roommates
SAN PABLO Nice neighborhood with pools and tennis courts, \$500/mo includes BR, private bath, half of 2 car gar, utilities. Call 904-223-1843, 571-5215
Westside - Share nice 3/2 home, M or F, \$550/mo incl util. 904-472-0975

Rooms for Rent
Jacksonville Beach 4br/2ba house, newly remod, new appls, rooms, 2nd roomate ideal for J.O.'s PCSing. 931-215-5117

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Commercial/Industrial For Rent

Retail space on Mayport Rd. 600-2000sf available. Walking distance to Naval Base & Hannah Park. \$9/PSF. +\$2.50 Com. Call 904-247-5334.

Office Space For Rent
BAYMEADOWS at 195, \$400-\$800 3F Office space, 9140 Golfside Dr, start at \$500. 904-731-8574

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

St. Johns County Office Space For Rent
JACKSONVILLE BEACH 1000 sf with kitchen, \$1000 per month + CAM. Short term lease available. Call 904-629-0100

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.

Janitorial Franchise
Jan-King
#1 in 2008 FOR THE 21ST TIME OWN YOUR OWN JANITORIAL FRANCHISE FREE BROCHURE & VIDEO CALL 346-3000

"BEACHES"
Celebrate the Holidays Living at the Beach Starting at \$550
eff. 1, 2, & 3 Bedroom Apts, Clubhouse, 3 Pools, Balconies
CALL NOW (904) 249-5611
Neptune Beach (Corner of Penman & Seagate)

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

COUNTRYSIDE AFFORDABLE LARGE 1,2,3 BEDROOM HOMES
EASTWOOD OAKS APARTMENTS 1000 Eastwood Rd • Hilliard (904) 845-2922

Business & Financial

Business Opportunities
Distributions/Franchises
Fictitious Names
Financial Services
Money to Lend/Borrow
Mortgages Bought/Sold

Business Opportunities
Be in business for yourself - not by yourself
Stratus guarantees:
*Accounts
*Partial Financing
*Training & Support
Accounts available now!
Call 904-222-8405

Commercial Cleaning
Be in business for yourself - not by yourself
Stratus guarantees:
*Accounts
*Partial Financing
*Training & Support
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Business Opportunities

Sales
Area Sales
COME ON PEOPLE
This is ridiculous! Week after week I run ads for different departments in my organization & get limited response. There are no gimmicks, no surprises & no hidden factors. We have everything anybody else can offer, in other words, not just a great income, but all the good things too! Commissions & incentives, vacations, trips, rewards, health, dental, life & vision insurance and a 401(k). Starting income, up to \$45K - \$75K per year. You can even qualify for a \$2,000.00 signing bonus. Sounds good so far, doesn't it? That's why I can't understand why in the world you wouldn't investigate this opportunity. This week I'm hiring for one of our Jacksonville office: No Experience necessary, we will train you. Call Harold, 680-6577, or email your resume to hrdept@abmrktg.com

Business is GREAT!!!
WHY WAIT TO MAKE A CHANGE
START EARNING \$45,000 TO \$85,000 ANNUALLY

Why wait until next week, next month or next year, to start a new career? Paid training, Guaranteed income your first 30 days, then earn \$250 to \$1417 per sale, make 2 - 3 - 4 or more sales weekly, NO LIMITS!!! Ask about our \$2,000. BONUS. Are you high energy, friendly, money motivated, with a can do attitude? Then you need to look into this money making career. Full time only. Must have reliable transportation.
For more information & a personal interview
Call 268-5163 ask for Harold

Thank you!
Besides protecting our country, military personnel stationed in our communities donated **650,620** hours of volunteer service in Northeast Florida and Southeast Georgia last year. Their time was given to community organizations, church groups, youth activities, scouting and more.

Transportation
DRIVERS/ TRAINEEES NEEDED
Covenant needs OTR Truckers NOW!
No exp needed! \$700+/wk earning potential. No CDL? No problem! Training Available! CALL NOW 800-820-4521

AC & Heating
HEATING & AIR
Retired Mill Owned/ Operated. CAC# 1815374. Res/Comm'l Sales & Svc. Free Est. 904-755-7760.

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

Building Supplies
TRAVERTINE, Beige Med., 16 boxes of 5, 12x24, \$80. 7in tile wet saw, 3/4HP, \$80. New in box. Both \$150. 904-664-6509 before 7pm.

Collectibles
Stamp Collections wanted by collector. Old envelopes and postcards too. Ref's available. No dealers. 904-716-5255.

Furniture/Household
BED A Bargin Queen Pillow Top Brand New 904-674-0405
BED King Size Set New in plastic, Must sell 674-0405
Light Pine Rectangle 5 pc Dining Room - \$80.00 Call 904-226-6236.
MATTRESS FULL Size NEW Must Sell Call Carter 674-0405 \$140
MATTRESS A Queen Set. Brand New in plastic \$150 904-674-0405

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

Pets and Supplies
Australian Shepherd Blue Merles -4M/purebred, \$350. 904-282-4524/505-1710
Beagles to Yorkies PUPPY BONANZA SALE \$299 & UP
www.petworldpets.com 904-262-4646 Open 7 days
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