

# THE MIRROR NS MAYPORT, FLORIDA

2008 CHINFO Award Winner

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THURSDAY, July 16, 2009



## EOQ Lunch On July 28

Naval Station Mayport Employee of the Quarter Presentation/Luncheon will be held at 11:30 a.m. on July 28 at Ocean Breeze. Cost is \$7 per person. Must RSVP by July 24 with the luncheon choice to Sandra Barrett, 270-5228 or sandra.barrett1@navy.mil. All are welcome to come out and support the nominees.

Nominated Employees are as follows:

John Venosh of Security Dept; Thomas Wheeler of Air Ops; Patricia Beasley of Housing; Sarah Thompson of MWR; David Burnett of PWD

## Help Clean Up Mayport Shore

Naval Station Mayport is cleaning up its shoreline with your help. Mayport's Environmental Department is looking for volunteers to participate in the 2009 Mid-Summer Shoreline Clean-up on July 16.

The goals of the 2009 Mid-Summer Shoreline Clean-up are to have a focused event in which military and civilian volunteers demonstrate their commitment as good stewards of our environment and to remove a significant quantity of debris that was washed up ashore here at NAVSTA Mayport. Floatable trash continues to be a major pollutant in our rivers and oceans and poses a significant hazard to the health of aquatic wildlife.

Volunteers may participate at one of three locations on Station: Reynolds Park (on river front across from the Recycling Center); west end of Jetties (north end of Bon Homme Richard Street, adjacent to Bldg. 1538); or the beach area (Beachside Community Center dune crosswalk). This is a one-hour event that will run from 9-10 a.m.

Gloves and plastic trash bags will be provided on site.

For additional information please contact Scott Dombrosky, NS Mayport Water Program Manager at 904-270-6730 ext. 211. Pre-registration is not required.

## Wedding Fair At NEX

Mayport Navy Exchange will host the 5th annual Wedding Fair on Aug. 1 at the Main Exchange Services Mall from 11 a.m.-2 p.m.

Come see how your NEX can assist you with all of your wedding plans. Representatives from MWR, the Navy Lodge, DECA, and the Navy Exchange Flower Shop, Beauty Shop, fine jewelry, cosmetics, and beverage departments will be on hand to answer your questions.

In addition, several private companies in wedding-related industries will be in attendance for consultations.

For more information, please call the Navy Exchange Flower Shop at 242-3257.

# New CDC Build Ok'd

From Naval Facilities Engineering Command, Southeast Public Affairs

Naval Facilities Engineering Command (NAVFAC) Southeast awarded a design-build indefinite delivery/indefinite quantity multiple award construction contract (IDIQ MACC) June 29 to five contractors in the Southeastern United States.

The contractors awarded

include Sauer Incorporated of Jacksonville, Fla.; The Haskell Company of Jacksonville, Fla.; Caddell Construction Company Inc. of Montgomery, Ala.; Roy Anderson Corp. of Gulfport, Miss.; and PCL Construction Services Inc. of Orlando, Fla. for general construction type projects at Department of

Defense activities within the NAVFAC Southeast area of responsibility of Northern Florida and Southern Georgia.

The work to be performed includes general building type projects such as new construction, renovations, alterations and repair of facilities and infrastructure, roofing, demolition

and routine renovation.

"This contract and the follow-on projects directly enable NAVFAC Southeast to continue our mission of supporting the Fleet, Fighter and Family," said Lt. Cmdr. Dan Stoddard, assistant operations officer. "Also, having IDIQ MACCs in place reduces execution lead time

by initiating task orders when work needs to be performed on Commander Navy Region Southeast (CNRSE) installations."

Facilities receiving the work include, but are not limited to, aviation and aircraft facilities, marine facilities, barracks and

See CDC, Page 11

# Enjoy Summer Months Safely



Jennifer McCusker applies suntan lotion to her daughter, Kailana, 2, while enjoying a day on Naval Station Mayport's beach Monday.

-Photo by Paige Gnan

## Protect Your Skin

By Laura Goldstein

Naval Branch Health Clinic Mayport

Skin cancer is the most common form of cancer in the United States, according to the Centers for Disease Control.

The two most common types, basal cell carcinoma and squamous cell carcinoma, are highly curable.

Melanoma, the third most common skin cancer, is more dangerous, especially among young people. In its advanced stage, it can cause serious illness and even death. Fortunately, melanoma rarely strikes without warning.

However, if it is recognized and treated early, it is nearly 100 percent curable. But if it is not, the cancer can advance and spread to other parts of the body, where it becomes hard to treat and can be fatal. While it is not the most common of the skin cancers, it causes the most deaths. Most melanomas are caused by exposure to ultraviolet (UV) light in sunlight or tanning beds.

Anyone can get skin cancer, but some things put you at higher risk, like:

- \*A lighter skin color.
- \*A personal or family history of skin cancer.
- \*Exposure to the sun through work and play.
- \*A history of sunburns early in life.
- \*Skin that burns, freckles, reddens easily, or becomes painful in the sun.
- \*Blue or green eyes.
- \*Blond or red hair.

Remember, try to seek shade, especially during midday hours. A good rule of thumb for decreasing ultraviolet light exposure is to avoid the sun between the hours of 9 a.m. and 3 p.m. or avoid the sun when

## Heat Stress: Be Aware, Take Precautions

By Lt. Hristos G. Tsingelis

Naval Branch Health Clinic Mayport

Heat stress can be a serious problem in hot operating environments, either work or recreation. High temperatures, high humidity, sunlight, and heavy workloads increase the likelihood of heat stress.

The core body temperature for a human being must be maintained within a very narrow range, regardless of work load or adverse environmental conditions.

The body initially responds to heat by evaporation through sweating and by circulating blood closer to the skin's surface to dissipate heat and lower the main body tem-

perature. Increased heat can also make exposed individuals lose their concentration or become fatigued or irritable, and thus the chance of accidents and injuries increases.

Individuals with heart, lung or kidney disease, diabetes and those on medications are more likely to experience heat stress problems.

Diet pills, sedatives, tranquilizers, caffeinated drinks and excessive alcohol consumption can all intensify heat stress effects.

Understanding how to deal with heat stress can help to prevent or reduce accidents

| Flag Color | WBGT Index (F) | Intensity of Physical Exercise   |
|------------|----------------|--|
|            | Less than 80   | Extremely intense physical exertion may precipitate heat exhaustion or heat stroke, therefore, caution should be taken.                                    |
|            | 80 - 84.9      | Discretion required in planning heavy exercise for unseasoned personnel. This is a marginal heat stress limit for all personnel.                           |
|            | 85 - 87.9      | Strenuous exercise and activity (e.g. close order drill) should be curtailed for new and unacclimated personnel during the first 3 weeks of heat exposure. |
|            | 88 - 89.9      | Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.  |
|            | 90 and Above   | Physical training and strenuous exercise suspended for all personnel (excluding operational commitment not for training purposes).                         |

and is important to exposed individuals' health and well-being. A victim of heat exhaustion may have some or all of these signs or symptoms:

- \*Heavy sweating, clammy, flushed, or pale skin, weak-

ness, dizziness, nausea, rapid and shallow breathing, headache, vomiting, fainting.

If heat stress has occurred, proper first aid must be administered immediately. First-aid

See Heat, Page 3

See Skin, Page 3

## Bush Heads Wing

From CHMSWL

In a ceremony scheduled to take place Thursday, 9 July 2009, Capt. Carl F. Bush relieved Capt. Glenn C. Doyle as Commander, Helicopter Maritime Strike Wing, U.S. Atlantic Fleet on July 9 at HSL-42 Hangar.

Bush, a native of Virginia Beach, VA, graduated from Florida State University in 1986 and was commissioned through the Aviation Officer Candidate School, Pensacola, FL.

Bush transitioned to the SH-60B Seahawk helicopter with the AIRWOLVES of HSL-40 in Mayport, FL. His first fleet assignment was with HSL-44 Swampfoxes, Detachment Four, aboard USS Carr (FFG 52) in the Arabian Gulf conducting oil tanker escort duties in support of Operation Earnest

Will. He participated in three Counter-Narcotics cruises and served as Squadron Assistant Operations Officer during Operation DESERT STORM. His first shore assignment was Instructor Pilot duty at HSL-40 as the Schedules Officer, SAR and NATOPS officer.

In 1996, Bush graduated from the Naval Postgraduate School, Monterey, Calif., with an MA in National Security Affairs and JPME Phase I. He then served as the pre-commissioning Assistant Air Officer (Mini-Boss) in USS Bataan (LHD 5).

In 1998, Bush returned to flying duty with the Vipers of HSL-48 as Detachment FIVE Officer-in-Charge aboard USS TAYLOR (FFG 50) patrolling the Arabian Gulf in sup-

See CHMSWL, Page 5



-Photo by Paige Gnan

Capt. Glenn Doyle salutes Capt. Carl Bush after the reading of the orders during the CHMSWL change of command ceremony last week. Rear Adm. R. J. O'Hanlon, Commander, Naval Air Force, U.S. Atlantic Fleet, watches the exchange.

## Street Talk

# What is your favorite vacation?



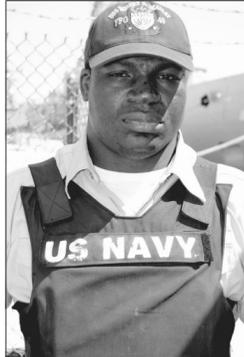
**YN3 Maria Wilson**  
NS Mayport Admin  
Where ever I am is good as long as I am with my family.



**DCFR Daniel Sakow**  
USS Robert G. Bradley  
I'd go to Jamaica, and hang out on the beach with my close friends.



**SN Shane Hart**  
USS John L. Hall  
I enjoyed snowboarding on MT. Whistler in Canada my 8<sup>th</sup> grade year.



**SHSN Kevin Williams**  
USS John L. Hall  
My favorite vacation was in May when I went on the Sun Cruise with my wife and won \$400.



**OS2 Christifer Johnson**  
USS Robert G. Bradley  
Two years ago when I went to Cancun Mexico with my wife.



**HM3 (FMF) Mark Strutton**  
NBMC Mayport  
My favorite vacation would be to take a week in Barbados with my fiancé.

## Chaplain's Corner

The following well-known anecdote makes the point:

A hen and a pig decided to take a long journey together. After walking for some distance they became pretty hungry and so they began to look for a restaurant. They finally came across a restaurant that had a large sign outside which read, "Ham and Eggs our Specialty."

Well, the hen was all eager to go in and go at it. She became impatient with her friend's hesitation and asked him why he was being so "pig headed" about going in the restaurant.

The pig looked up at the sign,



**Chaplain Joe Molina**  
CDS40 Staff Chaplain

looked at the hen and said, "My dear, it's easy enough for you to go in. All they expect from you is a contribution. But... from me...they will expect a total commitment."

"Total commitment," are two words that scare the wits out of the general public; two words that have become a rare commodity in modern times.

Many people suffer from a lack of long-term commitments to friendship. Many have forgotten the fine art and great pleasure that comes from building long-term meaningful relationships. Many of us have

become afraid of the commitment and afraid of the demands that meaningful friendships make on our lives. But, let's face it; we can agree that without meaningful friendships we are somehow incomplete as persons.

So, let us "embrace the moment" and recapture some principles on the art of building friendships.

**1. Take the initiative** – In building friendships one of the two parties must be prepared to take the initiative. Be the catalyst when the opportunity avails itself.

\*Become genuinely interested in other people.

\*Smile with sincerity. It takes less facial muscles to produce a smile than to create a grin.

\*Remember peoples' names.

\*Be a good listener.

**2. Make a Commitment**

– Through the identification of mutual goals create accountability and...

\*Be an encourager.

\*Be prepared to give and receive wise counsel.

\*Challenge your friend's potential.

**3. Love Selflessly** – Indeed, this is the glue that cements true

meaningful friendships. Once you start to put a dollar value or interjecting selfish motives into friendships, they become superficial and fragile. This principle is very likely impossible to achieve. It is a godly trait and the best living model that we have which exemplified this kind of love is quoted as having said the following:

"Greater love has no one than this that he lay down his life for his friends."

## Homefront in Focus

By Beth Wilson

Military Spouse Contributor

June is historically the month for weddings. Dating back to ancient Rome and Juno, the goddess of marriage, getting married in June was believed to be 'lucky' or 'blessed' for a happy, prosperous marriage. Today, June continues to be the popular and romantic month for weddings and that includes military weddings. Peruse the local paper and you will see wedding announcements that include military couples. This week's column is dedicated to welcoming our new fellow spouses to the 'MilSpouse Club.'

Congratulations on your recent marriage and welcome to military Spousedom! As a new spouse I am sure you are excited about this new lifestyle and building a life together with that man or woman in uniform. This column is offers a few basics to get you on the road to successful navigation of Navy spousedom.

The Basics: If you and your service member have not already done so, schedule a trip to the ID Office to obtain your military dependent ID. You will need a copy of your marriage license and birth certificate. Your dependent ID is the key to accessing services and benefits as a spouse. You will present it each time you go on [any military] base, at the medical clinic, commissary (grocery store), Navy Exchange or NEX (department store), base theatre, gym, bowling alley and other services on base. Guard it like your Driver's license and Social Security card. One note on your Dependent ID, many still list your service member's social security number. As you know identity theft is huge so please protect this information.

The next step is Pass & ID for decals for your car. You will need your driver's license, vehicle registration and proof of insurance. The decals go on your vehicle and permit you to drive

your vehicle on base.

Your service member will add you to DEERS (Defense Eligibility and Enrollment Reporting System). Once you are in the system you can enroll in TriCare (medical coverage) and United Concordia (Tricare Dental Program). You can enroll at the local military treatment facility (MTF) near you. There are several plan options available and you can read about them at the local TriCare office or online at www.tricare.mil. You can enroll for dental online at www.tricare dental program.com.

Know your resources: Many military marriages begin right before an upcoming move or deployment. Either event presents challenges. Knowing your resources will help you sail through them. The first resource is the Fleet and Family Resource Center (FFSC). Each base has an FFSC where you will find a helpful, highly trained and experienced staff offering classes and

individual support for you. Your base website will contain the contact information for your local FFSC. Make the FFSC one of your first stops. Pick up a "welcome packet," check out their classes and services which include, "Navy Spouse 101." The FFSC will introduce you to additional resources such as Military One Source, COMPASS, Navy-Marine Corps Relief Society, local resources and much more. Get to know your FFSC!

Get Connected: There are many organizations and fellow spouses who can assist you in building your new life as a Navy wife. The first person to contact is your Navy Family Command Ombudsman. This fellow Navy spouse is a volunteer that is interviewed and appointed by the commanding officer of your Sailor's command. They are trained as a resource for you with information, referrals, communication and support. Your Sailor can get their name and contact information from the

Plan of the Day/Week or many commands have this info on their website.

Each command has a Family Readiness Group or FRG. This is a group of spouses just like you who get together for friendship, projects, information and support. Again, your service member can obtain the contact information of your command FRG.

Entering the world of military spousedom is both exciting and a bit overwhelming but armed with resources and information we can 'navigate' even the roughest of seas. Welcome to the world of military spousedom...you are truly among friends.

Questions or comments for Beth? Email her at [beth@homefrontinfocus.com](mailto:beth@homefrontinfocus.com). Don't miss Beth's internet talk show, *Navy Homefront Talk!* at [www.blogtalkradio.com/nht](http://www.blogtalkradio.com/nht).

# Spouses Help Spouses In COMPASS Course

From COMPASS

A program aims to help spouses navigate the Navy will hold a mentor training session, followed by a basic course.

If you were about to go on an extended journey to a foreign country, you would want to do research and learn as much as you could to make your trip enjoyable and successful.

COMPASS is a standardized Team-Mentoring program developed by spouses for spouses. COMPASS focuses on spouses new to the Navy, however; all spouses are welcome. COMPASS improves quality of life through education, enabling spouses to understand, experience and meet the challenges of the Navy lifestyle.

With this knowledge and realistic expectations, their journeys can be successful and rewarding. Sessions are held at Naval Station Mayport.

Mentors must have been married to their Sailors for at least three years, have taken the COMPASS course, and willing to be mentor trained.

Mentor Training will be held July 28-30 from 5:30-9 p.m. in Building 1, FFSC Conference Room. Other volunteer positions are available. Basic COMPASS course will be held Aug. 11-13 from 5:30-9 p.m. Building 1, FFSC Conference Room and Oct. 14-16, 9 a.m.-1 p.m. at Base Chapel.

If you would like to get

Basic COMPASS course will be held Aug. 11-13 from 5:30-9 p.m. Building 1

involved with Please contact Team Leader Melanie Cullum, 904-200-7751 or email [compassmayport@nsfamilyline.org](mailto:compassmayport@nsfamilyline.org). For more information or to register, go to [www.compass.org](http://www.compass.org). Babysitting reimbursement available for spouses of deployed Sailors.

**Volunteers Needed at NAS Jax!**

We are trying to bring together a COMPASS spouse mentoring team at NAS Jax!

COMPASS is a 12-hour team mentoring program developed by spouses for spouses. It is open to all Navy spouses and is presented over three days.

COMPASS covers material including: the mission, history, customs, and traditions of the Navy, rights and benefits, pay, deployments, moving, interpersonal communication and investing in self and the community.

COMPASS is free and babysitting is provided for participants and mentors.

We need a team of at least 15 spouses who are passionate about helping other spouses learn how to navigate the Navy lifestyle.

If you are positive, passionate, and empowered about your Navy life, share it with others.

Please become a mentor! To qualify to become a mentor, a spouse should be married for

at least three years, completed 1 deployment, and attended the Basic COMPASS course.

Please contact Molly at (904)240-1160 or email at [haller.2@osu.edu](mailto:haller.2@osu.edu)



**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 3<sup>rd</sup> 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)**  
1<sup>st</sup> & 3<sup>rd</sup> Tuesdays each month 9:15 a.m.  
For more information contact MOPS coordinator at [mayportmops@yahoo.com](mailto:mayportmops@yahoo.com)

**Marriage**  
Contact Chaplain 6 months prior. PREP is required

For more information, call 270-5212.



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Cmdr. Mike Watson..... Executive Officer  
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# New Hire At Branch Health Clinic Sheds Light On Pharmacy Benefits

By Kelly Branham

Naval Branch Health Clinic Mayport

Naval Branch Health Clinic (BHC) Mayport is always looking for ways to improve the services it provides to the military community. Karen Kayser, the Pharmacy's new Benefits Counselor, is a prime example. She provides guidance and assistance to patients who are filling prescriptions.

Her primary role is to make the prescription process simpler, faster and more convenient for patients. Patients entering the Pharmacy are greeted by Kayser's friendly smile backed by her wealth of knowledge, which she gladly shares.

"I have been serving the military community for over 25 years and one thing I have learned is that I truly enjoy helping people. With this new process I will be able to break down the insurance process for our clients. It simply doesn't have to be so hard. I look forward to seeing you at



-Photo by HM2(SW) Alfonso Respos

Karen Kayser, the NBHC Mayport pharmacy's new Benefits Counselor, serves Hospital Corpsman 2nd Class Jeff Rehn at the pharmacy help desk.

Naval Branch Health Clinic Pharmacy," said Kayser.

Kayser knows that each patient has different needs and she provides information geared to each patient's situation that can reduce the high out-of-pocket cost of medicines not available at the clinic.

If you would like to have your medications delivered to your front door, Kayser can explain the TRICARE Mail Order Pharmacy program and assist with the paperwork.

Not only will you receive your prescriptions at home but you will also receive a 90-day supply for most medications. This is very convenient, especially with rising fuel costs, and at a considerable saving when compared to retail pharmacy costs.

For patients with other health insurance, there is often confusion about how the private plan works with their military health plan. Kayser can shed light on how TRICARE and other health

insurance work in tandem.

She can also assist you with filling out the Third Party Payer form, which allows the Military

Treatment Facility (MTF) to collect fees from your other insurer for services provided at the facility.

Some patients are hesitant to admit they have other insurance for fear it will make their premiums go up, but billing your insurer in no way affects your premiums. In fact, it helps you to meet your private plan's deductible. Further, the money collected will be used to improve the medical services provided to all of our patients.

A visit with Kayser may reduce your pharmacy expenses, decrease your visits to the clinic and provided you with valuable information about your Pharmacy benefit. She is available Monday through Friday from 7:30 a.m. to 4 p.m. to assist you.

From Page 1

## Heat

treatment for heat exhaustion consists of:

- Move the patients to a cool area, place the patients supine (on their backs) with their feet elevated, loosen clothing and apply cool, moist cloths to the body, or fan the patient, slowly administer sips of salt water (plain water for those with heart or blood pressure problems), seek medical attention promptly, especially if patient faints or vomits.

## Skin

your shadow is shorter than your height. And, cover up with clothing to protect exposed skin. You should wear a hat with a wide brim to shade the face, head, ears and neck. Sunglasses should also be worn. Look for sunglasses that wrap around and block as close to 100 percent of both UVA and UVB rays as possible. Sunscreen should be applied that has an SPF factor of

The best prevention mechanism for heat stress is to avoid hot and humid environments. If operation under these conditions is necessary, then individuals should take proper steps to ensure acclimatization.

Acclimatization to heat is a process of adaptation that involves a stepwise adjustment to heat over a period of at least one week long. To achieve acclimatization, an individual must work in the heat at the

activity level required by his/her responsibilities.

Individuals should always drink plenty of water when operating in the heat. Simply relying on feeling thirsty will not ensure adequate hydration. To replace the four to eight quarts of sweat that may be produced in hot environments, individuals require to consume one-half to one cup of water every 20 minutes of the workday. Water at about 55 °F (cool)

is preferable to ice water or warm water.

Individuals should limit exposure time in hot and humid environments. They should schedule as many hot activities as practical for the coolest part of the day (early morning or late afternoon).

Additional help should be employed or mechanical assistance increased if possible. Individuals should minimize heat exposure by taking advan-

tage of natural or mechanical ventilation (increased air velocities up to 5 mph increase the rate of evaporation by means of convection and thus increase the rate of heat loss from the body) and heat shields when applicable. They need to take rest breaks at frequent, regular intervals, preferably in a cool environment, sheltered from direct sunlight.

Anyone experiencing extreme heat discomfort should rest

immediately. Wearing clothing that is permeable to air and loose fitting helps with the cooling process, and generally less clothing is desirable in hot environments.

From Page 1

15 or higher, and it should have both UVA and UVB protection. Avoid tanning salons and use of tanning beds or lamps.

Take precautions against sun exposure every day of the year, especially during midday hours (10 a.m.-4 p.m.), when UV rays are strongest and do the most damage. UV rays can reach you on cloudy days as well as sunny days. UV rays also reflect off

of surfaces like water, cement, sand and snow.

And most importantly, self exams for moles are very crucial in detecting the disease during the early stages. Moles that are irregular in color or shape are suspicious of a malignant or a premalignant melanoma. If such moles are detected, seek medical diagnosis immediately.

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**MAP**  
MILITARY ADVANCEMENT PROGRAM

# 4th Fleet Celebrates First Year

By MC1(SW)  
Holly Boynton

U.S. Naval Forces Southern Command/  
U.S. Fourth Fleet Public Affairs

U.S. Fourth Fleet celebrated its first anniversary with staff, family, and friends during a picnic July 10.

The officers, enlisted Sailors, civilian, and contractor staff and their family and friends enjoyed food, games and each other's company during the first anniversary of the re-establishment of 4th Fleet. Fourth Fleet was re-established July 12, 2008 after a 52-year deactivation at the end of World War II.

"It's an honor and a pleasure to share our triumphs over the past year with the 4th Fleet team - friends, family members, and representatives of our partner navies," said Guillory. "Our list of accomplishments as the newest fleet staff has been impressive and deserves to be recognized and celebrated. I particularly want to recognize the sacrifice and support by our family members who play a key role in 4th Fleet."

Guillory also announced the appointment of 4th Fleet's first family Ombudsmen, Ms. Arlene Mershell.

"Family readiness is directly linked to mission readiness and the Ombudsman is a critical link in getting important information to the families," said Guillory.



-Photos by MC1(SW) Holly Boynton

Left, Rear Adm. Victor Guillory, Commander, U.S. Naval Forces Southern Command and U.S. Fourth Fleet, 4th Fleet's Command Ombudsmen Ms. Arlene Mershell, and NAVSO/4th Fleet Command Master Chief CDMCM(Surface Warfare/Aviation Warfare) Mauricio Rueda cut the cake for the command staff and their family and friends during Fourth Fleet's first-anniversary celebration. Fourth Fleet was re-established July 12, 2008. Above, Guillory speaks to his staff and their family and friends during Fourth Fleet's first anniversary celebration.

"We are proud and pleased to have Ms. Mershell as our family liaison. I know she is eager to meet everyone and is looking forward to working together with our staff and their families," said Guillory.

Fourth Fleet was re-established

July 12, 2008 in recognition of the importance of the U.S. Southern Command area of focus, which included the Caribbean, Central and South America and the surrounding waters.

Fourth Fleet is the numbered

fleet assigned to NAVSO, exercising operational control of assigned forces. Fourth Fleet conducts the full spectrum of Maritime Security Operations (MSO) in support of U.S. objectives and security cooperation activities that promote coalition

building and deter aggression. As the Navy component command of SOUTHCOM, NAVSO's mission is to direct U.S. Naval forces operating in the Caribbean, Central and South American regions and interact with partner nation

navies within the maritime environment.

Various operations include counter-illicit trafficking, Theater Security Cooperation, military-to-military interaction and bilateral and multinational training.

## New 4th Fleet Commander Addresses Sailors

By MC1(SW)  
Holly Boynton

U.S. Naval Forces Southern Command/U.S. Fourth Fleet Public Affairs

Commander, U.S. Naval Forces Southern Command (NAVSO) and Commander, U.S. Fourth Fleet Rear Adm. Vic Guillory spoke to his staff during his first all hands call with them July 2.

Guillory gathered the officers, enlisted Sailors, and civilian staff together to discuss his vision for the command and provide a question and answer session with his new team just one week before the first anniversary of the re-establishment of 4th Fleet.

"What I have seen here at 4th Fleet in my first three weeks has truly impressed me," said Guillory. "The professionalism and dedication the mission by this staff noticed at the highest levels in our Navy and in the area of focus. In one week we will celebrate our first anniversary of the re-establishment of 4th Fleet and in that first year we have set the bar high with our accomplishments. As we go forward, I expect us to reach beyond those goals and achieve new

levels of cooperation and interoperability with our partners."

Guillory went on to recognize some Sailors for their contributions during UNITAS Gold, the 50th iteration of the longest running maritime exercise, hosted in Mayport April 20 - May 5. He also presented a few various awards, promoted Capt. Jim Roick, and announced the implementation of his new Executive Assistant, Lt. Cmdr. Kim Bynum.

After the awards and promotions, Guillory went on to announce to the staff his priorities for 4th Fleet.

"First, I want to ensure an environment of equality and promote diversity for every Sailor, civilian, and contractor on my staff," said Guillory. "I want to encourage personal growth for the staff, and stress the importance of change and moving 4th Fleet forward to include the continued implementation of our Maritime Operations Center construct. The 4th Fleet you see in a year will not be what we see now and I look forward to leading that growth."

Guillory relieved Rear Adm.

Joseph Kernan during a change of command ceremony June 12. Fourth Fleet was re-established July 12, 2008 in recognition of the importance of the U.S. Southern Command area of focus, which included the Caribbean, Central and South America and the surrounding waters.

Fourth Fleet is the numbered fleet assigned to NAVSO, exercising operational control of assigned forces. Fourth Fleet conducts the full spectrum of Maritime Security Operations (MSO) in support of U.S. objectives and security cooperation activities that promote coalition building and deter aggression.

As the Navy component command of SOUTHCOM, NAVSO's mission is to direct U.S. Naval forces operating in the Caribbean, Central and South American regions and interact with partner nation navies within the maritime environment. Various operations include counter-illicit trafficking, Theater Security Cooperation, military-to-military interaction and bilateral and multinational training.



-Photo by MC1(SW) Holly Boynton

Rear Adm. Victor Guillory, Commander, U.S. Naval Forces Southern Command and U.S. Fourth Fleet, speaks with his staff during his first all hands call. Guillory gathered the officers, enlisted Sailors and civilian staff together to discuss his vision for the command and to recognize some of his Sailors for their outstanding work and achievements. Fourth Fleet will celebrate its first anniversary July 12 following its re-establishment in 2008.

## Midshipmen Tour 4th Fleet During Fleet Orientation

By MC1(SW) Holly Boynton

U.S. Naval Forces Southern Command/U.S. Fourth Fleet Commander, U.S. Naval Forces Southern Command and U.S. 4th Fleet (NAVSO/4th Fleet) Rear Adm. Victor Guillory met with Midshipmen July 2 and July 7 during Summer Training 2009.

The Midshipmen, from the U.S. Naval Academy and various Reserve Officers Training Corps units, toured the 4th Fleet headquarters during their fleet orientation training. During their visit to the NAVSO/4th Fleet headquarters, the Midshipmen had a question and answer session with Guillory.

"What I see here today is my eventual relief, which is you," said Guillory. "As you go forward, what I hope you take from this visit to 4th Fleet headquarters is the strong partnerships we have with the region, the many different types of challenges we face as the Americas and the missions we plan and execute in conjunction with our partners to combat those challenges. I hope you get excited for the challenges that await you after you earn your commission and for what the U.S. Navy is doing, not just in this region, but worldwide."

The Midshipmen also met with 4th Fleet's Senior Enlisted Advisor, toured 4th Fleet's Fleet Command Center and Maritime Intelligence

Center, and interacted with NAVSO's Foreign Liaison Officers (FLO) from Brazil, Chile, Colombia, and Peru. Capitan de Fragata Augusto Ganoza, Peru FLO, spoke with the group about his time at the Naval Academy. Ganoza graduated from the Academy in 1993. He compared his time then with his tour at NAVSO now.

"Being a Midshipmen here was very easy, but now with a family it's a lot different," said Ganoza. "Lots of things to take care of but it's a great cultural experience for my family."

As the Navy component command of SOUTHCOM, NAVSO's mission is to direct U.S. Naval forces operating in the Caribbean, Central and South American regions and interact with partner nation navies within the maritime environment. Operations include counter-illicit trafficking, Theater Security Cooperation, military-to-military interaction and bilateral and multinational training.

Fourth Fleet is the numbered fleet assigned to NAVSO, exercising operational control of assigned forces. Fourth Fleet conducts the full spectrum of Maritime Security Operations (MSO) in support of U.S. objectives and security cooperation activities that promote coalition building and deter aggression.



-Photos by MC1(SW) Holly Boynton

Commander, U.S. Naval Forces Southern Command and U.S. Fourth Fleet Rear Adm. Victor Guillory spoke with a group of Midshipmen from the Naval Academy and various Reserve Officers' Training Corps units. Guillory discussed the missions of 4th Fleet and his vision for the future in the region for Naval assets. The Midshipmen stopped at 4th Fleet during their tour of Naval Station Mayport for Summer Training 2009, annual fleet orientation.



Midshipmen from the Naval Academy and various Reserve Officers' Training Corps units met with Foreign Liaison Officers from Brazil, Chile, Colombia, and Peru assigned to U.S. Naval Forces Southern Command (NAVSO) and U.S. Fourth Fleet. The Midshipmen stopped at 4th Fleet during their tour of Naval Station Mayport for Summer Training 2009, annual fleet orientation.

# HSL-40 Leads 'Helos In High Schools' Initiative

From HSL-40

The "Helos in High Schools" Initiative was developed by the Navy to increase awareness of the Navy Aviation Air Rescue (AIRR Rating) in support of Navy Recruiting Command's recruiting efforts to find more AIRR candidates.

In conjunction with HSC-2, HSC-3, HS-10 and HSM-41, HSL-40 participated in local high school fly-ins to assist the Recruiting Commands with their efforts. HSL-40 lead the effort, with contact to more than 60 percent of all the schools visited, mostly in the Orlando, Florida area.

During the initiative, HSL-40 flew SH-60B helicopters to Oviedo High School, Lake Mary High School, Lake Howell High School and Allen D. Nease Senior High School, where they landed on each school's football field as the students looked on from the stands. Local law enforcement and fire departments played a large part in the safety of the mission, stationed at each field where a helicopter landed. At each school, the crew shut down and stood by for a static helicopter display where students could look in

and around the helicopter, and talk to the pilots, Naval aircrewmembers and local recruiters.

Navy Recruiting Command deemed the program hugely successful, with approximately 6,000 civilian attendees contacted directly and much more awareness with the follow-up media coverage. The events generated immeasurable leads and community awareness of the US Naval Aviation community and particularly the Aviation Rescue Swimmer community, and also had a large impact on the development of future successful relations with local communities.

Several areas are currently requesting more events of this type, and the plans are in motion to continue the "Helos in High Schools" Initiative as a yearly program. HSL-40 was dubbed the "model squadron" in this effort, as they were integral in the planning and development of a new initiative that proved to be extremely successful.



Naval Aircrewmembers of HSL-40 show Search and Rescue gear to students

-Photos courtesy of HSL-40



Airwolf helicopter lands on the football field at Lake Mary High School.



Airwolf helicopter departing football field.

## CHMSWL

port of Operations Northern and Southern Watch. He served as Squadron Operations Officer and was selected as the HSL-48 Officer-of-the-Year for 2000.

Bush earned JPME Phase II at the Joint Forces Staff College, Norfolk, VA, and reported to United States Southern Command, Miami, FL, as the Current Naval Operations Officer.

He conducted operational planning for increased U.S. counter-terrorist support to Colombia; detention facil-

ity operations at Guantanamo Bay, Cuba; defense of the Panama Canal during Operation Enduring Freedom and, after Sept. 11, 2001, he served as the Navy component to the Commander's Crisis Action Planning Cell.

Bush assumed duties as executive officer of HSL-46 in September 2003 and as commanding officer in December 2004. Under his command, HSL-46 was awarded the CNAL Battle Efficiency "E" for 2005.

His next assignment was

as the Helicopter Community Commander Detailer and the Aviation Head Placement Officer at the Navy Personnel Command in Millington, Tenn.

Doyle is a native of Rockville, Connecticut. He graduated from The Pennsylvania State University in 1984, earning a Bachelor of Science degree in Science (Mathematics and Physics) and was commissioned as an Ensign in the U.S. Navy.

Following designation as a naval aviator in 1986, he reported to HSL-41 in San Diego

for training in the SH-60B Seahawk.

Doyle's first operational squadron was HSL42. He deployed to the Mediterranean Sea aboard USS Doyle and to the Arabian Gulf aboard USS Robert G. Bradley.

Doyle has served as Flag Lieutenant at Commander, Naval Base Philadelphia, Mini-Boss aboard USS Peleliu before returning to Mayport as an instructor pilot at HSL-40 in November 1994.

He transferred to HSL-42

for his Department Head tour and deployed as OIC in USS Leyte Gulf, as well as serving as squadron Training Officer and Maintenance Officer before reporting to Naval Personnel Command in 1998 as HSL Placement Officer and Assistant Aviation Captain Detailer. In January 2002, he returned to HSL-42 as executive and commanding officer.

Next, he served aboard USS Nassau as the Aviation Officer and was subsequently assigned to the Pentagon as

assistant director in the Navy's Office of Budget (N82/FMB). In July 2006, Doyle was assigned to HMSWL as Deputy Commodore.

Doyle assumed command of Helicopter Maritime Strike Wing, U.S. Atlantic Fleet on Sept. 18, 2007.

He will assume the position of Deputy Director of Officer Programs at Naval Service Training Command Great Lakes, Pensacola, Florida.

From Page 1

## Mayport Rules Triathlon



-Photo submitted

Several Mayport personnel participated in the Final Beaches Triathlon of the Season on July 11. Pictured are Lt. Dustin Crawford of USS Farragut, 1st place in military division; Capt. Aaron Bowman, 2nd place military division; and Dustin's wife, Angie, who placed third in her division. Also participating were Andy Stone from Public Works; Lt. Cmdr. Michael Smith from Fourth Fleet; and Lt. Chester Wyckoff from public works. Crawford won the military division in all three races of the series.

## Jax Sheriff Visits Mayport



-Photo by Bill Austin

Chief Explosive Ordnance Disposal Technician Steven Fellman shows off robotics used by the explosive specialists unit at Mayport to Jacksonville Sheriff John Rutherford and other members of the Jacksonville Sheriff's Office during a tour of Naval Station Mayport last week. Rutherford also toured USS Carney during his visit.

# FFSC Workshops, Classes Available In July

From FFSC

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

July 16, 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.

July 16, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

July 17, 9-11 a.m., **Credit Report**, FFSC

July 20, 9-11 a.m., **What About the Kids**, FFSC

July 20-23, 8 a.m.-4:30 p.m., **SAVI Training**, Base Chapel

July 21, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

July 22, 9 a.m.-noon, **Tottletyme Playgroup**, USO

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

July 22, 1-4 p.m., **Leadership & Life Skills E7 & Above**, Building 460 Room A & C

July 23, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

July 24, 9-11 a.m.,

**Establishing A Sound Family Budget**, FFSC

July 27, 8 a.m.-4 p.m., **TAP Retiree Workshop**, Building 1, Room 104

Designed for Military personnel within 180 -90 days of leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed to the civilian job market and how to successfully compete in the civilian employment arena;

learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

July 27, 6-7 p.m., **Ombudsman Assembly**, USO

July 27, 8 a.m.-noon, **FERP-Career & Job Readiness Class**, FFSC

July 27-30, 7:30-4 p.m., **Executive TAP Workshop**, Building 1 Room 104

Designed for Military personnel within 180 -90 days of

leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed to the civilian job market and how to successfully compete in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

July 27, 1-2:30 p.m., **FERP-Federal Employment Class**, FFSC

July 28, 9 a.m.-noon, **Tottletyme Playgroup**, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact

with other children their child's age. All children age four and below are invited to attend.

July 28, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

July 29, 6-7 p.m., **IA Family Discussion Group**, USO

July 30, 9-11 a.m., **Resume Walk-In Review Assistance**, FFSC

July 30, 8 a.m.-noon, **FAP Key Personnel Training**, Building One Executive Conference Room

July 31, 9-11 a.m., **Home Buying**, FFSC



## COMMERCIAL APPRECIATION DAYS

FREE LUNCH - FRIDAY, JULY 17 FROM 11AM - 2PM

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LIMITED-TIME SPECIAL VALUES JULY 16<sup>TH</sup> - JULY 20<sup>TH</sup>



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2" x 4" x 92-5/8" Kiln-Dried Whitewood Select Stud #6003

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20% off

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SPECIAL VALUE!

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4-1/2" Thin Cutting Wheel

SPECIAL VALUE!

now \$1.68 was \$1.97

4-1/2" Thin Cutting Wheel

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20% off

ALL IN-STOCK POWER GABLE AND POWER ROOF VENTS

Offer valid 7/16/09 - 7/20/09. Discount taken at register.

SPECIAL VALUE!

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SPECIAL VALUE!

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4-1/2" Thin Cutting Wheel

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10% FOR MILITARY PERSONNEL AND IMMEDIATE FAMILIES

Offer available for all active, reserve, honorably discharged, and retired military personnel and their immediate families. Must show valid military ID or other proof of service. Offer is good for the purchase of any in-stock or Special Order merchandise only up to \$5000 (Maximum discount \$500). Offer is not redeemable for cash and is nontransferable. Not valid on sales via Lowes.com, previous sales, purchase of services or gift cards. This offer is valid in the U.S. only. Offer valid 7/16/09 - 7/20/09.

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## Exec TAP Class Available

From FFSC Mayport

The Fleet and Family Support Center, Naval Station Mayport will be hosting an Executive TAP Class for senior enlisted personnel E9 and above and Officers O5 and above.

The Executive TAP class is designed to promote network expansion, sharing business expertise, and special presentations featuring senior level experts.

The class will also provide information on executive resumes, interviewing skills, financial management, veteran's benefits, TRICARE information and other relevant topics germane to transitioning senior level personnel.

The Fleet and Family Support Center believes that the separation and career transition of a top executive presents a complex set of considerations both for the organization and for the individual.

Whether the departure of a key player is voluntary, involuntary, or negotiated, the event needs to be managed, along with its impact and the resulting implications.

Transition assistance considerations need to be addressed positively to create the best situation for our senior level personnel. The Executive TAP class is developed around this belief and will host business professionals who have an in-depth understanding of and personal experience in the senior executive community.

The workshop will be conducted July 27-30 at Naval Station Mayport, Building 1, Massey Ave., Jacksonville, Fla.

For more information or to register, please contact the FFSC at 270-6600 ext. 1701. Seating is limited to 40 participants.

# Calendar

## Out in Town

**Friday, July 17**  
 Medical Partners of America presents... The 2009 Beaches Party and Seaside Shindig to benefit the Beaches Women's Partnership starting at 6:30 p.m. at Casa Marina at Jacksonville Beach. The casual beach-side event will feature music and dancing to the sounds of the Johnston Duo. Plus, there will be a live and silent auction featuring a wide array of fabulous beaches experiences - dining, entertainment, art,

clothing, spa services and more. Event Chair Kathie McGuinness of MPA will be joined by Honorary Co-Chairs Atlantic Beach Mayor John Meserve, Neptune Beach Mayor Harriet Pruitt and Jacksonville Beach Mayor Fland Sharp. This year, BWP will recognize beaches resident and world renowned motivational speaker Pegine Echevarria as its first annual "Pearl of the Beaches" honoree for her outstanding work on behalf of women's issues and causes.

**Saturday, July 18**  
 The Fleet Reserve

Association, Branch 290, is hosting a dinner from 5-8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. The menu will include Liver & Onions or Hamburger Steaks. A donation of \$8 is requested for each dinner. Carry-out orders are accepted. Happy hour precedes the dinner from 4-6 p.m.; all drinks are 50¢ off. After dinner, enjoy the music of SOUTHBOUND until 1 a.m. As always, the public is invited to attend.

**Sunday, July 19**  
 The Fleet Reserve Association, Branch 290, invites

you to participate in its Trivia Game starting at 6 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. Snacks will be available for a donation of \$1.50 to \$5. The bar will be open.

Join a park ranger at 2 p.m. for a walk on the beach as they explain the importance of undeveloped beach habitat, including many interesting facts about sea creatures and common shells found in the area. 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, July 21**  
 Greater Jacksonville Chapter #372 National Association of Women in Construction will hold its Summer Social from 5:30-7:30 p.m. at Divine Diva's Apparel & More, 5230 Baymeadows Rd., Jacksonville, Fla. Call 732-7053 or go to www.twodivinedivas.com for map and directions. Cost is \$5 for members and \$10 for guests. There will be food! There will be drinks! There will be wine tasting! There will be door prizes! There will be free color consultations! There will

be economic stimulus coupons from Divine Divas for all participants! There will be trivia! And of course socializing with the amazing women of NAWIC! Please RSVP to Ellen Manus at 941-915-6234 or just reply to this email.

**Wednesday, July 22**  
 The Fleet Reserve Association, Branch 290, invites you to participate in its "Wings-N-Things" from 5-8 p.m., at the Branch Home, 390 Mayport Rd. Snacks will be available for a donation of \$1.50 to \$5. Then stay and enjoy the music of Doug Bracey from 9 p.m. to 1 a.m.

**Saturday, July 25**  
 Join a park ranger at 2 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 five on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

The Ladies' Auxiliary of the Fleet Reserve Association, Branch 290, presents CHRISTMAS IN JULY at the Branch Home, 390 Mayport Rd. Christmas Dinner of Turkey and Ham with the traditional Christmas side dishes will be served from 4-7 p.m. A donation of \$10 is requested for each dinner. The Branch Hall will be decorated with a Christmas Tree and other seasonal ornamentation. Santa Claus will visit, and there will be a Gag Gift exchange - bring a Gag Gift and receive one in exchange. Other games and activities are also planned. For more information please call the Branch at 246-6855.

**Sunday, July 26**  
 The Fleet Reserve Association, Branch 290, invites you to participate in its Trivia Game starting at 6 p.m. on, at the Branch Home, 390 Mayport Rd. Snacks will be available for a donation of \$1.50 to \$5. The bar will be open.

**Monday, July 27**  
 The Fleet Reserve Association, Branch 290, invites you to play Bingo at the Branch Home, 390 Mayport Rd. Games start at 6 p.m. and are usually finished by 8 p.m. S

**Saturday, Aug. 1**  
 Join a park ranger at 2 p.m. and learn about the lifecycle of the sea turtle and the importance of these creatures. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission. For additional information on any of these programs, call the Talbot Islands Ranger Station at (904) 251-2320. For more information about Florida State Parks, visit www.FloridaStateParks.org.

**Saturday, Aug. 1**  
 Attend a Butterfly Gardening Workshop from 9:30 a.m.-12:30p.m. at the Duval Extension Office on 1010 N McDuff Avenue. Learn from Dr. Jaret Daniels, U of FL Lepidoptera expert, about Florida butterflies and conservation efforts.. Purchase plants to attract butterflies at the workshop. The cost is \$10 to attend and you must call 387-8850 to register.

**Hanna Park Clean Up**  
 Hanna Park Bike Trails Maintenance Day will be held July 19 starting at 8:30 a.m. Volunteers are needed to clear brush along the trails. Wear closed toe shoes, protective clothing, gloves, sun protection, and bring drinking water. Please bring manual hand tools, clippers, limb loppers, rakes, (no power tools or chainsaws). Authorized trimming on designated trails only as directed by Hanna Park Maintenance staff.  
 Volunteers should meet at the front parking lot of Hanna Park. Participants must also bring a signed City of Jacksonville Volunteer Agreement form to enter and work. Minors must have their forms signed by a parent and notarized. Forms are available on Station by contacting Scott Dombrosky, Environmental Department at 270-6730 ext. 211.

# COMMERCIAL APPRECIATION DAYS



**FREE LUNCH - FRIDAY, JULY 17 FROM 11AM - 2PM**

## LIMITED-TIME SPECIAL VALUES JULY 16<sup>TH</sup> - JULY 20<sup>TH</sup>

**\$25-\$50 GIFT CARD available VIA MAIL-IN REBATE**

\$25 gift card on purchases of \$99-\$198  
 \$50 gift card on purchases of \$199 or more.  
 with purchase of any in-stock Werner ladder products via mail-in rebate. Offer valid 7/16/09 - 7/20/09. Offer applies to Werner ladder products only. Cannot be combined with any other offers or prior purchases. Rebate form will print on receipt once purchased with detailed redemption instructions included. See store for details.



**BUY ONE GET ONE FREE**  
**CARTRIDGES AND CASES ALEX ULTRA 230 WHITE CAULK #219593**  
 Discount taken at register. Offer valid 7/16/09 - 7/20/09. See store for details.

**15% off ALL EXTENSION CORDS**



**10% off**  
**80 LB. CONCRETE MIX, TYPE N AND S MORTAR AND 60 LB. SAND MIX**  
 Discount taken at register. Offer valid 7/16/09 - 7/20/09. See store for details. Items and brands vary by market.

**20% off ALL IN-STOCK FIBERGLASS INSULATION**



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**Carry-On 5' x 10' Trailer with Gate**  
 •1,350 lb. maximum load capacity #185886

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**Carry-On 4' x 6' Trailer with Gate #145557**

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**Dremel Multi-Max Oscillating Kit**  
 •Powerful 1.5 amp motor #35904 While supplies last.

**SPECIAL VALUE!**  
**Bosch 12-Volt Multi-X™ Cutting Kit with Case #307770**  
**now \$159 was \$179**  
 While supplies last.

**SPECIAL VALUE!**  
**now \$19 was \$26.34**  
**3-Pack 15-Amp Ground Fault Circuit Interrupter**  
 #37625 (Ivory) #158860 (Almond) #158883 (White)

**SPECIAL VALUE!**  
**now \$1344 was \$2689**  
**3-Piece Electrical Tester Kit**  
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**15% off ALL IN-STOCK COLUMNS AND PORCH POSTS**  
 Discount taken at register. Offer valid 7/16/09 - 7/20/09. See store for details.

**15% off TOOL BELTS, TOOL BAGS AND KNEE PADS**  
 Discount taken at register. Offer applies to soft-sided tool storage only. Offer valid 7/16/09 - 7/20/09. See store for details.

**20% off ALL SAFETY EYEWEAR**  
 Discount taken at register. Offer valid 7/16/09 - 7/20/09. See store for details.

**10% off FOR MILITARY PERSONNEL AND IMMEDIATE FAMILIES**

Offer available for all active, reserve, honorably discharged, and retired military personnel and their immediate families. Must show valid military ID or other proof of service. Offer is good for the purchase of any in-stock or Special Order merchandise only up to \$5000 (Maximum discount \$500). Offer is not redeemable for cash and is nontransferable. Not valid on sales via Lowes.com, previous sales, purchase of services or gift cards. This offer is valid in the U.S. only. Offer valid 7/16/09 - 7/20/09.

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# MWR Happenings

**July 16: CPO Spouse/Better Half Night.** 3-7 p.m. at Foc'sle CPO Club with free hors d'oeuvres 4-6 p.m., all-you-can-drink soft drinks for only \$1 and drink specials. Thursday night is reserved for active and retired Chief Petty Officers and their guests. For CPO Club activity information, call AWRC Jon Abell at 850-748-5941.

**July 17: Summer Outdoor Movie (Pride, PG).** Start time is at sunset, or approximately 9 p.m. every Friday at Sea Otter Pavilion. Light refresh-

ments available for purchase. Bring your lawn chairs or blankets and bug spray, just in case. 270-5228

**July 19: Bowling Family Fun Night.** 5-8 p.m. every Sunday at Mayport Bowling Center. Cost is \$9 per person and includes bowling, shoe rental, spaghetti dinner and prizes. 270-5377

**July 20-23: FASE Challenge.** 7-9:30 a.m. daily behind Foc'sle CPO Club. Military personnel are challenged to test their fitness, athletics,

strength and endurance in this annual competition. Individual and Command awards. 270-5451

**July 21: All Khaki Steak Night Sponsored by USS Dewert.** 4-8 p.m. at Foc'sle CPO Club with \$10 steak dinners and kids' specials available. All Khakis welcome (Chief Petty Officers, Officers and their guests). Purchase tickets from STGC Ben Pierson at 270-7949.

**July 23: CPO Retiree Night.** 3-7 p.m. at Foc'sle CPO Club with free

hors d'oeuvres 4-6 p.m., all-you-can-drink soft drinks for only \$1 and drink specials. CPO Retirees bring in a cruise book to show off and receive one free domestic draft. Thursday night is reserved for active and retired Chief Petty Officers and their guests. For CPO Club activity information, call AWRC Jon Abell at 850-748-5941.

**July 24 & 25: Register for Session 4 Swim Lessons.** Register 8-10 a.m. Friday and Saturday at the Base Pool. Session 4 begins July 27 and meets

Monday through Thursday for two weeks. Children's and adult lessons are available. For complete details visit: [www.cnic.navy.mil/Mayport/Recreation](http://www.cnic.navy.mil/Mayport/Recreation) 270-5425

**July 24 & 25: Live Band: The Ron Perry Connection.** 9 p.m.-1 a.m. both Friday and Saturday at Castaway's Lounge. No cover charge; everyone welcome. For band information: [www.ronperryconnection.com](http://www.ronperryconnection.com). 270-7205

## 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.

**July 16: Jacksonville Suns Trip.** Trip departs Planet Mayport at 6:15 p.m. Space is limited.

**July 17: NCAA Tournament.** Earn bragging rights and prizes.

Pizza served at 6 p.m. at Planet Mayport.

**July 18 & 19: Shopping Trip.** Transportation provided to and from the St. Augustine Outlet Mall. Trip departs from Planet Mayport at 10 a.m. both days.

**July 20: Barracks Break In.** Free pizza and a movie in the first floor lounge of Barracks Bldg. 2105 starting at 6 p.m.

**July 21: Dinner and a Movie Trip.** Pizza served at Planet Mayport prior to departing to

for the theatre around 6:30 p.m. Cost is only \$2 for pizza, transportation and admission to a movie of your choice.

**July 23: Ultimate Karaoke.** Time TBD at Castaway's Lounge.

**July 24: Breakfast-To-Go.** Planet Mayport staff will be passing out free breakfast outside the Barracks starting at 6:30 a.m.

**July 25: Paintball Trip.** Trip departs Planet Mayport at 1 p.m. Cost is \$15 for field

and air pass, 500 paintballs and transportation. Sign up early. Space is limited.

**July 31: Miami Weekend Trip.** Trip departs Planet Mayport at 10 a.m. on Friday and returns Sunday evening. Cost is \$40 and includes round-trip transportation and lodging at the Hotel Claremont. Come and go as you like all weekend or take advantage of our trip itinerary. Sign up early. Space is limited.

## Kid Zone

**July 17: Freedom Friday.** 7-11 p.m. at the Youth Activities Center for ages 6-12 (age 5 if completed Kindergarten). Cost is \$7 in advance; \$9 the day of, if space. 270-5680

**July 17: Teen Center Extended Hours (Neighborhood Scavenger Hunt).** 7-10 p.m. at Club Teen for middle and high school ages. 270-5680 or 246-0347

**July 17: Summer Outdoor Movie (Pride, PG).** Start time is at sunset, or approximately 9 p.m. every Friday at Sea Otter Pavilion. Light refreshments available for purchase. Bring your lawn chairs or blankets and bug spray, just in case. 270-5228

**July 21: Adventure Landing Water Trip.** 9 a.m.-3 p.m. for ages 12 and older. Cost is \$12 per person plus money for lunch. Sign up at the Youth Activities Center. 270-5680

**July 24 & 25: Register for Session 4 Swim Lessons.** 8-10 a.m. Friday and Saturday at the Base Pool. Morning and evening lessons available. Session 4 begins July 27 and meets Monday through Thursday for two weeks. Cost is \$40 per child. For complete details visit: [www.cnic.navy.mil/Mayport/Recreation](http://www.cnic.navy.mil/Mayport/Recreation) 270-5425

**July 25: Teen Dance Party.** 8-11 p.m. at Club Teen for middle and high school ages. 270-5680 or 246-0347

**Aug. 4: Junior Golf Clinic Begins.** This golf clinic for ages 8 and older meets Tuesdays and Thursdays from 9-11 a.m. for two weeks. Cost is \$100 per child. Sign up at Windy Harbor Golf Club. 270-5380

## MWR Hosts Drama, Dance Camps

Players by the Sea School of the Arts will offer a unique two week Drama Camp at the MWR Youth Activities Center, located in on-base housing. Camp will run Monday through Friday, Aug. 3-14 from 1-4 p.m. daily. This free workshop is open to rising third graders through eighth graders. Space is limited to provide individual attention.

Youth Dance Classes at the Youth Activities Center have resumed after a brief summer

break. Instruction is provided by the Polly B Dance Academy. Classes offered include ballet and tap for ages 2 1/2 and older and jazz and hip hop for ages 7 and older. Cost is \$38 per month with a \$5 discount for additional children of the same family or additional classes.

Registration for both programs is currently in progress at the MWR Youth Activities Center between 10 a.m. and 6 p.m. Monday-Friday.

**MWR Mayport's Summer Outdoor Movies**  
Fridays at Sunset (approx. 9 p.m.) at Sea Otter Pavilion

**J** Friday, July 17  
Pride (PG)

**U** Friday, July 24  
Hannah Montana (G)

**L** Friday, July 31  
Open Season (PG)

Bring your lawn chairs or blankets and bug spray, just in case. Light refreshments will be available for purchase. For info, call (904) 270-7198

**Youth Dance Classes**  
Register NOW at the Youth Activities Center, located in on-base housing.

Classes are forming NOW!

Instructors: Polly Boeneke and Dayna Williams from Polly B Dance Academy

**Mondays:**  
3:45-4:45 p.m. Ballet and Tap (Ages 5-7)  
4:45-5:45 p.m. Ballet and Tap (Ages 3-5)

**Wednesdays:**  
9:30-10:30 a.m. Ballet and Tap (Ages 2 1/2-3)  
10:30-11:30 a.m. Ballet and Tap (Ages 4-5)  
3:45-4:45 p.m. Ballet and Tap (Ages 7+)  
5:00-5:45 p.m. Jazz and Hip Hop (Ages 7+)

**Class Fees: \$38 per month**  
No discounts for holidays or missed classes. \$5 discount for additional child and/or class.

**Class Attire:** Black leotard, pink tights, pink ballet shoes and tan tap shoes. Items can be purchased from Instructor.

**Additional Details:** Minimum of 5 children per class to start; Maximum of 12 children per class. Class schedule is subject to change depending on enrollment and demand.

For more info, call the MWR Youth Activities Center at (904) 270-5680 or 5421. Instructors can be reached via e-mail at [PBDB@aol.com](mailto:PBDB@aol.com).

**Command Steak Night**  
At Foc'sle CPO Club, NS Mayport

4pm 'til 8pm  
Tuesday, July 21, 2009

All Khaki and their guests welcome

Sponsored by USS Dewert

Tickets must be purchased in advance

Deadline to purchase tickets: Monday, July 20 @ 4pm

**Steak Dinner: \$10 per person**  
Steak, baked potato, corn on the cob, side salad and a dinner roll

**Kid's Hot Dog Meal: \$4 per child**  
2 hotdogs and chips

Tickets? STGC (SW) Ben Pierson (904) 270-7949 [piersobj@ffg45.navy.mil](mailto:piersobj@ffg45.navy.mil)

**SUNS VS FENDESSER'S**

July 16th vs. Tennessee - 7:05 PM  
Thursday Night Throwdown!  
Enjoy Buds for a Buck and other great drink specials at the hottest spot in Jacksonville during the summer! The Winn-Dixie Canned Food Drive continues - bring a canned good in for \$1 off a regular-price ticket. After the game, visit the Ivy Bar on Bay Street for the Official after party of Thursday Night Throwdown.

July 17th vs. Tennessee - 7:05 PM  
St. Patrick's Day Eight Months Away!  
The first 3,000 fans will receive green baseball caps identical to those being worn by Suns players on the field! Stick around for a post-game Leprechaun World Wrestling Championship on the field! After the game and before the wrestling, Friday Family Fireworks, courtesy of NAPA Auto Parts and your local NAPA Autocare Center Dealers. Bring in a canned good for the Winn-Dixie Canned Food Drive for a free Suns souvenir program.

July 18th vs. Tennessee - 7:05 PM  
Ivan DeJesus Bobblehead Giveaway and ZOOpsters Appearance!  
The first 3,000 fans will receive a bobblehead of 2008 Futures Game participant and former Suns shortstop Ivan DeJesus. It's your second and last chance this season to catch the ZOOpsters' animated antics in action at the Baseball Grounds! Bring in a canned good for the Winn-Dixie Canned Food Drive for a free Suns souvenir program.

July 19th vs. Tennessee - 5:05 PM  
Winn-Dixie Day, Mini-Bat Giveaway & Kids Run the Bases  
The first 3,000 fans will receive a mini-bat courtesy of Winn-Dixie. Stop by any area Winn-Dixie store for a special \$5 discount coupon while supplies last! Kids can show their JTA youth summer card for a free general admission ticket. After the game, Kids Run the Bases presented by Lay-Z-Boy. The Winn-Dixie Canned Food Drive concludes. Bring in a canned good for a free ice cream treat.

For more information or to purchase tickets, call 358-2846 or visit [www.jaxsuns.com](http://www.jaxsuns.com)

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# MWR Sports/Fitness

## Sports

A Flag Football meeting will be held Aug. 4 at 11 a.m. at the Gym Lobby. This is a Captain's Cup event.

A Men's Softball Organizational meeting will be held Aug. 11 at 11 a.m. at the Gym.

The Summerfest 5k/10k Run will be held Aug. 11 with an 8 a.m. start in front of the Gym.

A 3v3 Indoor Soccer Organizational meeting will be held Aug. 18 at 11 a.m.

A Dusk to Dawn one day softball tournament will be held Sept. 4 starting at 6 p.m. until dawn. Cost is \$225 per team. Sign up by Aug. 25.

The Intramural Volleyball Luncheon League game time is 11:30 a.m., Monday-Thursday,

**The Fitness P.O.W. is Cardio:  
Nu Step;  
Strength: Rectus Abdominis;  
Stretch: Low Back**

behind Beachside Community Center. This is a Captain's Cup activity.

### Fitness

A new fitness schedule for Sufside and the Gym is in effect. Water Aerobics schedule has also been added for the summer season. The new Surfside Fitness schedule is as follows:

**Monday**

7 a.m., TRX with Ruthie and Emily

10:30 a.m., Broken Hearts

11:30 a.m., Step n Kick

1 p.m., Moms in Motion

4:30 p.m., Zumba

**Tuesday**

7 a.m., IA Training

9:30 a.m. Lo Impact

11:30 a.m., Lunch Crunch

1 p.m., Strength Solutions & Flexibility Fix-ups

3 p.m., TRX

### Wednesday

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

10:30 a.m., Broken Hearts

11:30 a.m., Zumba

1 p.m., Moms in Motion

5:30 p.m., Kids Clinic

5:30 p.m., Kickboxing

**Thursday**

11:30 a.m., Mind, Body (Yoga, Pilates, Tai Chi)

1 p.m., Strength Solutions & Flexibility Fix-ups

2:30 p.m., Command Yoga

**Friday**

7 a.m., Beach Bootcamp

11:30 a.m., IA Training

The new Gym schedule is as follows:

**Monday**

6:30 a.m., Weight Training for Warfighters

11:30 a.m., Circuit Senations

2:30 p.m., Command Row-

**Tuesday**  
6:30 a.m., Command Cardio Pump

11:30 a.m., Resistance 3 p.m., Conditioning for Running with LaPlace

4:30 p.m., Spinning  
**Wednesday**

7 a.m., Cardio, Combat and CORE

11:30 a.m., Row-bics 2:30 p.m., Victory PRT

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

11:30 a.m., Spinning  
**Friday**

6:30 a.m., Command

Spinning with Ruthie

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

Water Aerobics schedule for the Base Pool is as follows:

**Monday**  
9 a.m., Aqua Aerobics

**Wednesday**  
9 a.m., Aqua Aerobics

(Regular & Deep Water)

**Thursday**  
9 a.m., Aqua Aerobics

**Friday**  
9 a.m., Aqua Therapy

## MWR Holds Soccer Championships



-Photos courtesy of MWR

Above, USS De Wert pulls in just in time to win the end of the season Soccer Playoffs. Below, HSL-48 wins the 2009 Intramural Soccer league and places 2nd in the end of the season Soccer Playoffs.



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# Gettysburg Holds Suez Canal Transit Run

From USS Gettysburg

USS Gettysburg transitioned from 5<sup>th</sup> Fleet to 6<sup>th</sup> Fleet via the Suez Canal on July 6. The Suez Canal is an international canal in Egypt between the mainland and the Sinai Peninsula which links the Red Sea and Mediterranean Sea. The canal transit is approximately 120 miles in length and at 200 meters wide it was challenging, full-day navigation evolution. In addition to the navigation challenge the ship was also required to man additional force protection watches due to the restricted nature and location of the channel.

In spite of the additional watches and heightened alert Gettysburg participated in the unique tradition of "Running the Ditch." While transiting the Suez Canal, Gettysburg Sailors were allowed to run topside laps in an effort to run a cumulative total of 120 miles. The turnout was very impressive with 63 runners participating during their off times from standing



Ensign Mark Dress running through the port break during the afternoon heat.

watches throughout the 10 hour transit.

Running topside on a ship presents unique challenges with the many obstructions and narrow decks, but every runner was excited by the opportunity and took to the Gettysburg track with great vigor. On the

Gettysburg track it takes seven laps around the main deck to equal a single mile and in spite of its relatively short length, the average distance ran by each runner was 5.5 miles! With runners on deck all day Gettysburg was able to far surpass its goal of running the ditch by completing 2,446 laps for a total distance of 350 memorable miles.

The effort by all Sailors was commendable but a few stood out for accumulating impressive numbers. The leading runner for the day Lt.j.g. Chad Lapp who ran a full marathon in under four hours, even after standing the 0300-0700 watch. Other top distance participants were Master Chief (CMC) David Rudd with 13.1 miles, Lt. Dennis Panos with 13.5 miles and the top female Lt. Lentesia Hill with 11.5 miles.

Gettysburg ran the ditch and then some in her transition from 5<sup>th</sup> Fleet to 6<sup>th</sup> Fleet. It was an unforgettable event that will no doubt be a great story for years to come.



-Photos courtesy of USS Gettysburg



Top, Lt.j.g. Dave Cook running very seriously before being overtaken by the marathoner Lt.j.g. Chad Lapp. Bottom, Chief Gunner's Mate Frank Magnotta having a better time the most during the morning run.

## CDC

personnel housing, administrative facilities, warehouses and supply facilities, training facilities, personnel support and service facilities and security level facilities. Abatement and handling of hazardous or regulated materials will also be included.

Each contract will be for one base year with four one-year option periods at a maximum amount of \$250 million for all five contracts. The work will be concentrated at, but not limited to Naval Air Station (NAS) Jacksonville, Fla.; Naval Station Mayport, Fla.; Naval Support Activity Orlando, Fla.; Naval Submarine Base Kings Bay, Ga.; and surrounding supported commands in Northern Florida and Southern Georgia.

As part of the contract, Sauer Incorporated was awarded a \$6.9 million task order for the design and construction of the Child Development Center at NAS Jacksonville (CDC Jacksonville). The nearly 31,000 square foot, one-story facility will include storage, shade structures, playground and equipment, fencing, paving and site improvements. Work on this project also includes demolition of the existing CDC Jacksonville buildings and foundations.

"We are very excited that this new Child Development Center

(CDC) is being built as NAS Jacksonville and finally moving forward. This new center will increase our capacity and allow us to better serve our sailors and their families in a state of the art facility with the latest amenities," said NAS Jacksonville Morale Welfare and Recreation Director John Bushick.

"This CDC will be the largest center that will be constructed in Navy with a capacity of 302. The infant (6 weeks -12 months) capacity will increase from 40 to 56, the pre-toddler (12-24 months) capacity will increase from 30 to 60, toddler (24-36 months) capacity will increase from 56 to 70, pre-school (3 to 5 years) capacity will decrease from 120 to 116," he continued. "This will make the total increase from 246 to 302 children. We currently do not have any excess capacity in other rooms to accommodate infant and pre-toddler children. Once the new CDC is open I believe the wait list will be very short and we should be able to accommodate most children in the CDC."

The CDC Jacksonville is scheduled to be completed by November 2010.

The expected completion date for all work on this contract is June 2014.

From Page 1



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AUGUST 14TH

7-11PM

\*AT THE OFF BASE CDC\*

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\$5 PER FAMILY  
E-7 & UP  
\$12 PER FAMILY

All children must be pre-registered with the CDC. For this night only, the CDC will waive the \$56 registration fee! Mention NOSA. This is a first paid, first serve event. Spaces are limited, so act fast. Sorry, but no refunds.

Go to [www.nosamayport.org](http://www.nosamayport.org) to sign-up & pay.

These dates coincide with the YAC's Freedom Fridays—contact YAC to sign-up for their event.

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# Exercise Focused On Mission Capabilities

**By Ensign  
Kassandra Richardt**

*USS Doyle Public Affairs*

USS Doyle (FFG 39) hosted a closing ceremony to commemorate the end of a two-week Team Work South (TWS) 2009 exercise July 8.

Exercise participants from Brazil, Chile, France, the United Kingdom and the United States were in attendance at the ceremony.

TWS 2009 is a multinational exercise that includes surface warfare, anti-submarine warfare, anti-air warfare, maritime interdiction operations, littoral operations and anti-piracy events. The exercise is focused on creating a multinational task group that operates together in a

multi-threat environment.

"During this exercise, you realized what a group effort many of the warfare exercises are. I was able to see different tactics thanks to participating with other navies and observed warfare from a different viewpoint," said Ensign Tasha Bernhardt, Doyle's assistant operations officer.

French Midshipman Lucille Gaultier was aboard Doyle during the exercise.

"It was a long week, but the experience was incredible. I saw everything from a different perspective. There were many differences between the French and U.S. Navy. I feel extremely fortunate to have had the opportunity to do this," said Gaultier.

TWS 2009 enhanced friendly relationships and mutual cooperation among participating Navies.

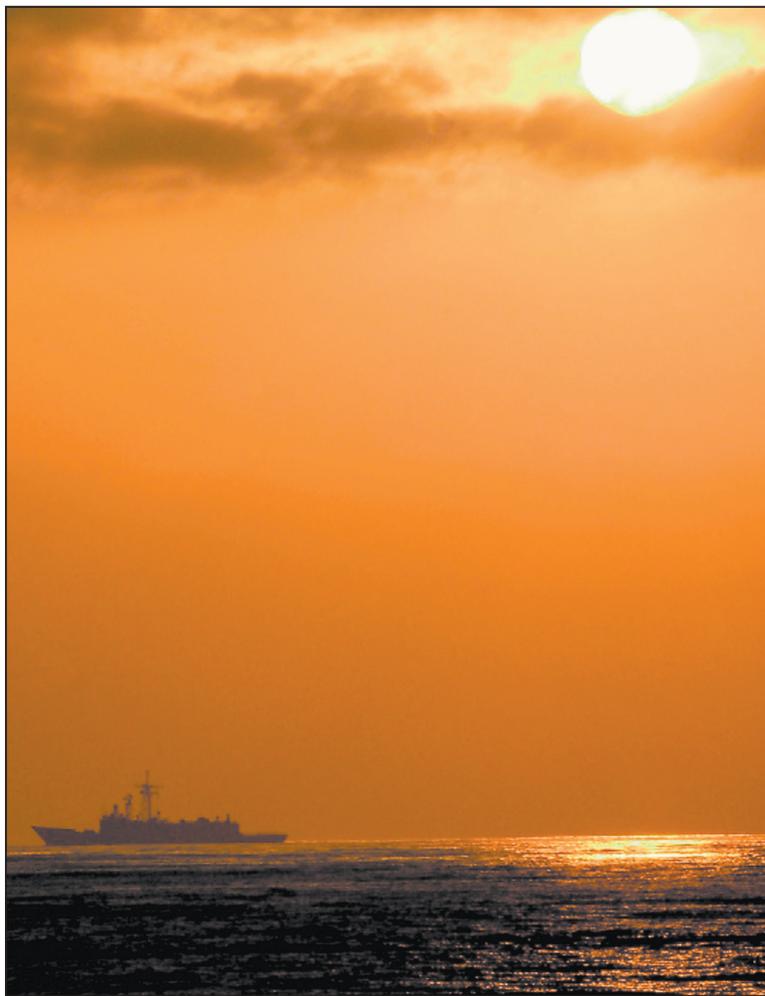
TWS 2009 is part of the Southern Seas deployment being conducted by Task Group 40.0. The task group, commanded by Destroyer Squadron 40, consists of Doyle, USS Kauffman (FFG 59) and USS Ford (FFG 54) with embarked Helicopter Anti-Submarine Squadron (Light) 43 Detachment 4.

Southern Seas is part of U.S. Southern Command's Partnership of the Americas strategy and focuses on conducting exercises to enhance relationships with partner nations in the region.



-Photo by MC3 Patrick Grieco

Another round bursts from the guided missile frigate USS Doyle's (FFG 39) saluting battery as Gunner's Mates render a time-honored 21-gun-salute to the entombed Chilean sailors in the sunken 19th warship, turned memorial, Esmeralda. The captain and crew of the Esmeralda are national maritime heroes for their courage and determination to never surrender their ship during the Battle of Iquique in the late-1800s War of the Pacific between Chile and the combined forces of Peru and Bolivia. Doyle is on a six-month deployment to the 4th Fleet Area of Operations in support of US Southern Command's Southern Seas 2009 Partnerships of the Americas strategy.



-Photo by MC3 Patrick Grieco

The sun rises on a new day for the crew of the guided missile frigate USS Doyle (FFG 39) as she sails through the Pacific Ocean. Doyle is on a six-month deployment to Latin America and the Caribbean as part of Southern Seas 2009 in support of U.S. Southern Command's Partnership of the Americas strategy.

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# VBSS Teams Train To Board Vessels Of Interest

By MC2 Coleman Thompson  
USS Harry S. Truman Public Affairs

In addition to protecting and accompanying USS Harry S. Truman (CVN 75), the other ships in Truman Strike Group have the duty of inspecting suspicious vessels with highly trained Visit, Board, Search and Seizure (VBSS) teams.

The purpose of a VBSS team is to conduct inspections on vessels of interest and to combat terrorism and piracy.

During the Composite Training Unit Exercise (COMPTUEX), the teams worked with several Navy ships in the area conducting boarding operations, detaining and processing prisoners, and taking control of ships that posed a threat.

"These training operations are key," said Ensign Shawn Toth, the boarding officer for the VBSS team on board guided-missile destroyer USS Carney (DDG 64). "The more training we can get the better. We've already had a few dry runs. We

ran across some problems along the way, but we addressed them and are better prepared for the real thing."

The VBSS exercises offered the Sailors involved a chance to practice something that is not usually prevalent on larger decks.

"I think it's unique," said Engineman 2nd Class (SW) Chad Zandi, a member of Carney's VBSS team. "You don't really get to do things like this in most parts of the fleet."

Repeated training is essential to maintaining mission readiness for the group, and the team must be ready for any situation since the need and opportunity to board another vessel may present itself at any time.

Once a vessel of interest comes into range of the strike group, queries are made to various agencies about the vessel's purpose and cargo.

If anything is suspicious, the team will launch a small craft and move to board the ship.

From there, the team will gather more information on

the crew and inspect the ship's cargo. If any crew member's information comes in as a threat or the cargo is found to be contraband, the team will assess the situation and move forward accordingly.

With the recent rash of pirate attacks, it's more important than ever that these teams remain ready in the event that they encounter a pirate threat.

They train to be ready for any possible situation by mastering weapons and non-lethal tactics in order to easily subdue hostile threats.

"We've done a lot of good training out here," said Toth. "We did a few dry runs, all involving different players and scenarios. It's always different when you're against somebody that's unpredictable, and the guys out here posing as the opposition have been doing just that."

The team trained with former Navy SEALs who worked as evaluators and simulated crew members on the ships participating in the exercise.



-U.S. Navy Photo

USS Carney VBSS team was able to inspect suspicious vessels during training with the Harry S. Truman Strike Group.

"I've been getting a lot of great mentorship out here," said Zandi. "I'm learning new things

each day from the people above and below me." The teams will continue to

train after COMPTUEX in preparation for the strike group's upcoming deployment.

# Task Group Renders Salute To Chilean Memorial

By MC3 Patrick Grieco  
DESRON 40

While pulling into Iquique, Chile, June 28, Sailors from Task Group 40.0 on board the frigates USS Doyle (FFG 39) with Destroyer Squadron Four Zero embarked, USS Ford (FFG 54) with HSL-46 detachment Four, and USS Kauffman (FFG 59) rendered honors to the sailors who died on board the Chilean wooden corvette CNS *Esmeralda* which sank during the 19th century Battle of Iquique after a heroic fight with the Peruvian ironclad BAP *Hudscar*.

During the battle, the Chilean

national hero Captain Arturo Prat Chacon ordered the immediate boarding of *Huascar* and died trying after three rounds hit him. His courage inspired the crew and, despite the damage to the *Esmeralda*, First Lieutenant Luis Uribe Orrego ordered a man to climb the mast and nail the remains of a Chilean flag so the enemy would know he refused to surrender. As the ship sank into the ocean, *Esmeralda* fought bitterly for survival, but eventually sank taking 140 people to their graves.

"Every navy has a hero that represents its values, commitment and honor," said Chilean

Lt. Alberto Guerro of the Chilean Naval Training Center and embarked Chilean staff on board Doyle. "For the U.S. Navy it would be John Paul Jones, for the Chilean navy you have a war hero from a century ago, a captain who never surrendered and never gave in. He never gave up his flag. The U.S. Navy is probably the most powerful navy today, their acknowledgement of our heroes is a sign of our friendship and lasting relationship. By seeing the ship's company salute our hero, the man I hope to be someday, I am deeply grateful."

"It's the Chilean version of

our USS *Arizona* memorial," said Gunner's Mate 1st Class Donald Cisco. "I felt a sense of reverence and honor for the men who fought here. This was the site of a very significant and historical battle."

After the honor ceremony, the ship rendered a 21 gun salute to the country of Chile to signify the respect and mutual cooperation that Chile and the United States have for each other.

Guerro and multi-national staff members from Chile and France augmented the Destroyer Squadron Four Zero staff embarked on board Doyle to support the 2009

*Teamwork South* exercise operations. *Teamwork South* is a multinational exercise hosted by Chile, and included participating navies from Brazil, France, United Kingdom, and the United States. The purpose of the exercise was to build interoperability among the participating navies in a multi-threat environment.

"Teamwork South has been a long lasting exercise and every year we learn something new," said Guerro. "The interoperability between our two navies continues to increase and internationally, the safety of the oceans continues to be improved. I am

looking forward to seeing the U.S. Navy here again in 2011."

Doyle is on a six-month deployment to the 4th Fleet Area of Operations as part of Southern Seas 2009 as part of U.S. Southern Command's Partnership of the Americas strategy to improve interoperability and strengthen relations between partner nations. Doyle is joined by the frigates USS Kauffman (FFG 59) and USS Ford (FFG 54) with Destroyer Squadron Four Zero (DESRON 40) as the command element.

# DESRON 40 Participates In Team Work South

By Cmdr. Rob Rafford  
DESRON 40 Chief Staff Officer

Twelve Navy Reserve Sailors integrated into Destroyer Squadron FOUR ZERO (DESRON 40) staff operations June 21- July 4 as they participated in the Chilean led, Multinational Team Work South exercise in Northern Chile.

The exercise, conducted every two years by the Chilean Navy, included 22 ships, 15 aircraft, and more than 3,000 Sailors. Participating countries included Brazil, Chile, France, Great Britain, and the United States.

Reservists from DESRON 40 units in Houston and Pensacola served aboard the three U.S. ships participating: USS Doyle (FFG 39) with embarked DESRON 40 staff, USS Kauffman (FFG 59) and USS Ford (FFG 54) with embarked Helicopter Anti Submarine Squadron (Light) (HSL) 43 detachment 4. The Sailors were responsible for integrating with their active duty counterparts in Radio and in the Combat Information Center to form a cohesive multinational staff. Duties included implementing numerous communications plans required for the exercise and working as watchstanders. Onboard Doyle, the

reserve Sailors implemented the DESRON watch team and served in the planning cell as the Air Operations Officer responsible for coordinating the movement of the three helicopters and one P-111 assigned to DESRON 40.

"Working as Air Operations and coordinating air tasking made this exercise a satisfying and worthwhile AT (active duty time) as I was able to use my flight experience to relieve some of the workload from the DESRON staff and make a positive contribution," commented Lt. Cmdr. William Sipperly.

Chief Operational Specialist Richard McCullough commented "The hands-on training is invaluable because I only get to do this two weeks a year. Working as part of a multinational staff as a reservist gave me great pride in myself, DESRON 40, and the U.S. Navy, knowing that we are working to improve interoperability with all these countries."

As part of their annual Southern Seas deployment, the DESRON 40 staff relies on reserve integration to complete their mission. This year, Reserve Chaplain Lt. Cmdr. Jose Molina is embarked as the Command Chaplain responsible

for coordinating all Community Relations (COMREL) projects and Project Handclasp deliveries during the 13 visits to 9 countries.

In addition, Reserve Lt. Reginald Desaga is embarked onboard Kauffman serving as the staff liaison officer. "The work that these two Officers do is vital to the Total Force concept for the Navy. They have fully integrated into the active duty staff and play a critical role in allowing us to complete our mission" commented DESRON 40 Commodore Rudy Laco.

DESRON 40 is assigned as the task group commander for Task Group 40.0, executing the Southern Seas Deployment. Southern Seas is part of U.S. Southern Command Partnership of the Americas strategy and focuses on building interoperability with partner nations in Central America, South America, and the Caribbean through Naval exercises, military to military training engagements, and COMREL projects.





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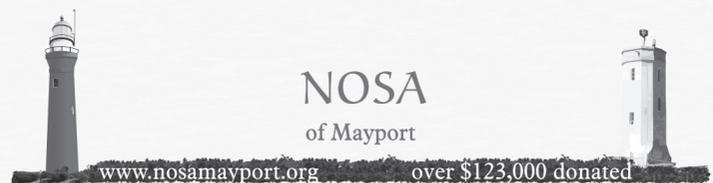
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# Navy Unveils Self-Apply Option For PCS Orders

From Navy Personnel Command Public Affairs

The latest upgrade to the Navy's detailing system empowers Sailors by allowing them to submit their own job applications when negotiating for permanent change of station (PCS) orders, according to NAVADMIN 200/09, released July 7.

Career Management System Interactive Detailing (CMS/ID), is a Web-based system that allows Sailors to view available job assignments and make applications through their command

career counselors when looking for PCS orders. Beginning with the July 9 CMS/ID application cycle, many Sailors will have the ability to submit applications on their own.

"More senior Sailors already understand the detailing system and know what they should be looking for. The self-apply option is good for them. This frees up the career counselor to work with junior Sailors who may have never negotiated orders before and need help navigating the system," said Chief Warrant Officer Samuel

Kirkland, assigned to OPNAV N16 Fleet Introduction team.

The OPNAV N16 Fleet Introduction Team tests and validates manpower, personnel, training and education applications currently being used by Sailors. CMS/ID Self-Apply option was tested at 15 different commands including ships, shore units and squadrons during a five-month period.

"The feedback has been very positive. We found that Sailors liked the empowerment," said Kirkland.

"Sailors have been asking for it, and the Navy really delivered," said Senior Chief Navy Counselor (SW) Veronica Holliday, assigned to Navy Region Southwest in San Diego. Holliday's command participated in the CMS/ID Self-Apply operational test earlier this year.

"We love it. It is like what a lot of major businesses already do, where you apply online or at an application kiosk," said Holliday.

While this new option allows Sailors to apply for jobs on their own, the career counselor will still retain the option to review

and modify requests.

"It does not take the command out of the process because we have to review the applications to make sure Sailors apply to the right jobs for their career path," said Holliday, who verifies applicants at her command meet physical readiness standards, sea-shore flow requirements and other factors.

Before getting started, Sailors must meet Perform to Serve requirements as outlined in NAVADMIN 017/09 and 161/09 and be within their orders negotiation window in order

to submit applications. Sailors can access CMS/ID online at <https://www.cmsid.navy.mil>. A common access card (CAC) and a card reader are required to log in.

Sailors without Internet access should continue to communicate with their detailers through the career counselor and the chain of command.

For more details read NAVADMIN 200/09.

# Mayport Crew Member Conducts First Rescue As Coxswain On First Coast

By PO3 Cindy Beckert  
Public Affairs Detachment Jacksonville, Fla.

Petty Officer 2nd Class Robert M. Kroll, a boatswain's mate from Coast Guard Station Mayport, Fla., and a Keystone Heights, Fla., native, was still awake when the call came in after midnight.

Early Sunday morning Station Mayport crewmembers had just responded to one false-alarm distress call and were getting ready for bed when the second call came in.

Approximately 20-miles offshore of St. Marys, Ga., a small coastal town about 30-miles north of Station Mayport, a boat had capsized with three people aboard.

Kroll who earned his coxswain qualification just five days earlier, led the search crew to the scene of distress. Coxswains serve as the boat driver and is charged with man-

aging the crew aboard the small boat including the search and rescue operation.

The coxswain qualification process can take up to a year to complete, and includes mastering practical qualification standards such as boat handling, navigation, team coordination and engineering.

This was going to be Kroll's first mission as coxswain at Station Mayport and he said he was nervous, but really more excited than anything.

Kroll joined the Coast Guard in August 2001 and knew he wanted to become a boatswain's mate.

"I've been around boats my whole life, my father is a charter captain, it was a natural choice," Kroll said.

As Kroll, and the four other 47-foot motor lifeboat crewmembers, approached the capsized boat, he said the sinking boat was almost completely

submerged. A helicopter crew from Coast Guard Air Station Savannah, Ga., had already rescued one man from the water, while the other two men were struggling to stay aboard the sinking boat's hull.

There was yelling, he said. As the helicopter crew threw down a heaving line and a life raft, I pulled the boat up towards the men and my crew rescued them from the water, he added.

This was not Kroll's first rescue ever. He said he couldn't even begin to guess how many rescues he has been involved with while stationed at other Coast Guard units throughout the nation.

However, this was his first rescue as coxswain along the First Coast.

No matter how good or bad a rescue mission turns out, the crew sits down afterwards and does an evaluation. We talk about how everything went,



-Photo by PO3 Cindy Beckert  
Petty Officer 2nd Class Robert Kroll, a boatswain's mate assigned to Coast Guard Station Mayport, Fla., poses on the floating pier here on July 1. Kroll is a coxswain of the 47-foot motor lifeboat.

what was good and was wrong, Kroll said.

In this case, the distressed boaters had survived.

It is how we stay in-check and continue to be successful, he said.

Kroll said he is proud to serve

in the Coast Guard, whether he is wearing his uniform or not, he honors the core values of honor respect and devotion to duty. He holds the Coast Guard close to

his heart. He looks down to his chest, while referring to his hidden tattoo and quietly chuckles.

"Actually," he said, "I literally have USCG on my chest."

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# SBR Enjoys Windjammer Days In Boothbay

From USS Samuel B. Roberts PAO

USS Samuel B. Roberts (FFG 58) recently anchored in Boothbay Harbor, Maine to help the city celebrate the annual Windjammer Days Festival.

The festival is held the week of June 22 and is a celebration of tall early 1900 replica sailing ships and Sailors in general. Sammy B. was welcomed by the Knickerbocker Group, host of Windjammer Days, and city official representatives. Sammy B.'s Commanding Officer, Cmdr. Chuck L. Sellers, presented a plaque of appreciation to the city of Boothbay.

The next several days were full of liberty, events, and great food. Sammy B. Sailors enjoyed the great seafood that Maine had to offer during their well earned liberty, met many 'townies,' and summer residents, and interacted with the windjammer crews.

On the morning of June 23, a small group of Sailors took a tour of Bath Iron Works, in Bath, Maine, a premier ship yard for the Navy. Bath Iron Works graciously showed the crew around her expansive facilities, including the Panel Line, the Unit Assembly and Outfit I, the Blast and Paint Building, the Ultra/Pre-Outfit II Building, and Building Ways, the buildings which house the five major stages of building a warship.

"It was really awesome to see the huge scale of the project of building a ship, and all the different stages required. The tour was both informative and fun," said Ensign Beth-Ann Dick.

The tour was especially meaningful for the group who was able to see where their ship was built and again repaired after the 1988 mine blast in the Persian Gulf.



-Photo courtesy of USS Samuel B. Roberts  
Sammy B. received the honor of being able to march in the Windjammer Days Festival, expertly led by their Color Guard, consisting of Quartermaster 2<sup>nd</sup> Class Small, Damage Controlman 2<sup>nd</sup> Class Houghton, Operations Specialist 2<sup>nd</sup> Class Sanchez, and Operations Specialist Seaman Apprentice Englert."

That same day, a separate group of volunteers traveled to St. Andrews Retirement Village to participate in a Community Relations (COMREL) effort to visit and converse with the residents and exchange stories. The

retirement home was happy to have the company of such a fine group of Sailors. Later in the day, another COMREL took place during which several Sailors volunteered at the Cabbage Island Clambake, a daily affair during

the summer. This clambake however, was an exclusive event for the crews of the Windjammers. The volunteers helped set up, serve food and drinks, and clean up afterwards. They also engaged many of the mariners in con-

versation and the exchange of sea stories. Even though it was a volunteer effort, the volunteers were provided excellent food for their time.

"It was a really good time; and the food was excellent," said Chief Fire Controlman Ryan Lee.

Simultaneously, as the COMREL group was leaving the ship, a group of VIPs, sponsors, Knickerbocker Group committee members, and Boothbay Chamber board members arrived on the ship for a special tour to learn a little bit about the ship's mission, history, and what life is like as a Sammy B. Sailor. On June 24, another tour group arrived which included a State Office Representative for Senator Susan Collins, POA for the Navy from SUPSHIP Bath, and Sammy B. veterans from DD 823, Harold Goodwin, John T. Grzybowski, and John LaFlamme, also a plank owner, and a local Boothbay editor and photographer.

These tours began another full day for the crew, after which a reception for the Sammy B. wardroom and all Windjammer Festival VIPs was held at one of the premier inns in Boothbay. Following the reception was the Windjammer Days Street Parade, "Salute to the Working Waterfront," in which 30 Sailors, including the Color Guard had the honor of representing Sammy B. and the Navy in the gracious town of Boothbay. It was an impressive spectacle, and an auspicious occasion for the crew.

The city of Boothbay proved a hospitable host and every Sailor enjoyed the liberty opportunities. USS Samuel B. Roberts is currently in homeport Mayport.

## CPOSA

Chief Petty Officer Spouse Auxiliary is a group of spouses providing support and networking opportunities for E7-E9 spouses, and supporting the Mayport Chief community. CPOSA hosts an annual "Meet and Greet" social for new incoming Chief-select spouses at the beginning of transition season. The next meeting is July 22 6-7 p.m. at the Foc'sle Lounge.



Len Hackett  
Former CAPT US ARMY

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# DeCA Publishes Commissary History

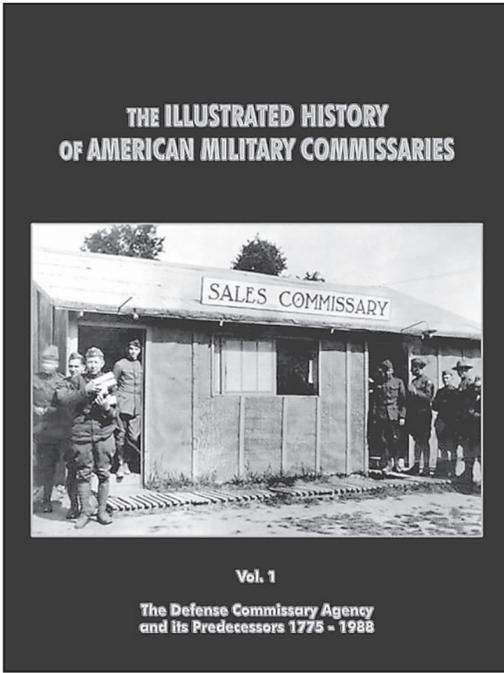
By Benjamin Rouse

DeCA public affairs intern

The Defense Commissary Agency has published "The Illustrated History of American Military Commissaries," a two-volume set that is the first comprehensive history ever compiled about the commissaries that serve the U.S. armed forces.

"It's exciting," says Philip E. Sakowitz Jr., DeCA director and CEO. "The book provides a wonderful history of this great benefit, which goes back 234 years and is interwoven with the histories of agriculture, business, economics, marketing, technology, the United States itself and the nation's armed forces. It will bring about an awareness of what the commissaries do today, as well as what they have gone through since their creation. It helps us realize that today, more than ever, the commissary is worth the trip."

The history of the commissary benefit stretches back to the establishment of the Army's Subsistence Department in 1775. The department began selling items "at cost" from its warehouses to officers in 1825, to officers' families in 1841,



and to enlisted men in 1867. The last date is considered to be the birthday of the modern commissary system.

Research for "The Illustrated History" began 22 years ago when DeCA's historian, Dr. Peter Skirbunt – who at the time was the historian of the Air Force Commissary Service – began assembling data and information for what he thought would eventually become a history of Air Force commissaries. The creation of DeCA in 1991 merged the stores of all the services, and Skirbunt adjusted the scope of the book to include the Army, Navy and Marines. He also included Coast Guard stores in his research, even though most of them are under the direction of the Department of Homeland Security, not DeCA.

In 2002 Skirbunt began putting all that information together and writing the text. His research continued even as he wrote, so portions of the book were revised to include newly discovered information. Editor Kevin Robinson – like Skirbunt, a member of DeCA's office of corporate communications – joined the project and provided the book's editing, design and layout. Together, Skirbunt and Robinson sorted through thousands of photographs and

chose nearly 800 to place in the book. "The photos really tell a great story," Robinson says. "Many of them have never been published, and others were last published 50, 60 or 70 years ago. Even longtime commissary employees will be pleasantly surprised by the visual archives presented in this book."

"The book is large but very reader-friendly," says Skirbunt. "The photos are terrific all by themselves, but they are accompanied by a tremendous amount of written information. There are chronologies to help place events in a logical sequence, 17 appendices full of detailed information, a big bibliography and a large, detailed index that makes things easy to find – all to make life easier for the reader and researcher."

Skirbunt and Robinson expect to receive additional information and photos once people have had a chance to read the book. Skirbunt says, "I'm sure some readers will be surprised at how long ago, and where, commissaries originated. But others who are more familiar with the system may wonder why we didn't mention one store or another, or they may

realize that we could have used some of the old photos they have stashed away in their attic. We'll wait a while and accumulate new information and photographs, the best of which we'll include in an updated edition. We anticipate publishing that second edition some time before the 150th anniversary of the modern commissary system – July 1, 2017."

Anyone wishing to obtain a personal copy can order online from the Government Printing Office Web site, [bookstore.gpo.gov](http://bookstore.gpo.gov). By typing the word "commissaries" into the search prompt, they will be taken directly to the page from which the book can be ordered. If asked, they should refer to ISBN 978-0-16-081785-4. Proceeds from the book's sale go to the Government Printing Office.

## Common Ingredients Produce Hours Of Summer Fun

By Kay Blakley

DeCA home economist

School's out and children are free for endless hours of summer fun! Yeah, right. Maybe for a week or so, then come those pitiful whines of, "Mom, I'm bored. There's nothing to do." This year, be prepared to turn a boring afternoon into a total summer blast with a few common kitchen ingredients purchased at the commissary at savings of 30 percent or more.

Want to make some huge, sturdy bubbles that float for an amazingly long time before they pop? Dish washing liquid, corn syrup and water are all it takes to make a whole tub full. Cornstarch, food coloring and a pinch of soap flakes make a great batch of finger paints. Cornstarch and white glue become Silly Putty in a snap, and a roll of toilet paper and a bar of soap easily transform into

Clean Mud – as long as you've got the recipe.

While the children are mesmerized with the batch of Big Bubbles, mom can stir together a recipe of Melon Bubbles for dessert, or let the older children try their hand with Kool Colored Angel Cake, Ice Cream Muffins, or even Coffee Can Ice Cream. Of course, they all will want to be involved in that one. Better start saving coffee cans now, so you'll have enough to go around.

Let the older children have some quality kitchen time as they produce fun dishes like Incredible Edible Veggie Bowls, mix, knead and bake their own pretzels, whip up some Awesome Applesauce in the blender or food processor, or even make their own Homemade Peanut Butter.

To find all of the recipes associated with this article, go to Kay's Kitchen at <http://www.commissaries.com>.



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**THE Daily Commuter Puzzle** by Jacqueline E. Mathews

**ACROSS**

- Inst. in Cambridge, MA
- Mosque prayer leader
- Gladden
- Alpha's follower
- Shoe bottom
- Nonconformist
- Type of school: abbr.
- Toss dice
- Concur
- Enticements
- Jeep producer, once: abbr.
- TV's "\_\_\_ Street"
- Requires
- European mountain range
- Get there
- Rear of a boat
- On \_\_\_ with; equivalent to
- Wicked
- Unconscious state
- Copper-and-zinc alloy
- Peddle
- Dry
- Give a value to
- Curvy letters
- Dwell
- Indira's robe
- Ouchie spots
- Iron deficiency
- Luau paste
- Gives out, as medicine
- Have \_\_\_ at; examine
- Sale tag words
- Warmth
- British change
- \_\_\_ Descartes
- "¿Cómo \_\_\_ Usted?"
- Helpers: abbr.
- Pegs for Tiger
- Actor Majors

**DOWN**

- Group of diamonds
- Articles
- City in west Florida
- Netanyahu's nation
- Debatable
- "\_\_\_ want for Christmas is my two front..."
- Honeydew \_\_\_
- Pencil's end
- Knee's place
- Emery boards
- Abound
- Utility bill: abbr.
- Wagers
- Govt. agent
- Approaches
- Gown
- Prefix for medic or graph
- Arguments
- Contemptible
- Building wings
- Mark left after surgery
- Ripped
- Substances discharged from a car
- Nightstand item
- On the ocean
- Animal classification
- German one
- Male ducks
- Elevates
- Intelligent
- Lucy's landlady
- Attorney General Edwin
- Furious
- Dog on "The Thin Man"
- Father
- Bullfight cheers
- Words of understanding
- Four and five
- Autumn mo.

**THIS WEEK'S ANSWERS**

7/16/09

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# Understanding The Post 9/11 GI Bill

By Risie Howard

JAGC Summer Intern

Since Sept. 10, 2001, there have been increasing monetary benefits for you and your immediate family members. On June 30, 2008, President Bush signed into law a new Veterans Education Assistance Act called the Post 9/11 GI Bill. The new bill is transferable. Transferability is a retention tool and is based on time in the armed forces whether active duty or selected reserves. Members on active duty who separate or are discharged prior to September 10, 2001 and subsequently affiliate with the selected reserves may qualify for transferability if all other criteria are met. Read on for more details.

What are the minimum requirements for eligibility?

Servicemembers must have served 90 aggregate days or more of active duty, beginning on or after Sept. 10, 2001.

Are there exceptions to the minimum requirements for eligibility?

Yes. Individuals honorably

discharged for a service-connected disability who served 30 continuous days after Sept. 10, 2001, may also establish eligibility.

So what exactly do I qualify for under the Post 9/11 GI Bill?

(1) Tuition and fees paid directly to the institution, not to exceed the most expensive in-state undergraduate tuition in your chosen state of study (active duty individuals may receive the total amount of tuition and fees); (2) A monthly stipend paid based on the BAH of an E-5 with dependents, in same zip code as the school (education online or by correspondence may not qualify); (3) Up to \$1,000/yr. for books and supplies; (4) Up to \$2,000 toward licensure or certification tests; and (5) Up to \$1,200/yr. for tutorial assistance. Individuals will generally receive 36 months of full-time educational benefits. The benefits are only payable for approved training and education programs offered at colleges and universities.

Okay, so I qualify for all of

these benefits if I served at least 90 days of active duty after Sept. 10, 2001?

Not exactly, the maximum basic benefit is earned after serving 36 months of active duty or after 30 days with a service-connected disability discharge. Benefits are pro-rated to a minimum of 40 percent of the basic benefits based on time served, from 90 days to 36 months.

Service Academy commitments, ROTC scholarship graduate commitments, and active duty served as a requirement for student loan repayment does not count toward the minimum eligibility requirements.

I heard something about being able to transfer benefits to my dependants... is that true?

Yes. However, there are additional requirements that must be satisfied before benefits can be transferred. Transferring benefits to a spouse requires six year of active service with a commitment to serve an additional four years of active service. Transferring benefits to a child requires 10 years of active

service with a commitment to serve an additional four years of active service. Members with at least 10 years of active service yet either standard policy or statute prevent them from committing another four years may transfer benefits if they commit for the maximum time allowed by policy or statute.

Members with 20 years or more of active service before Aug. 1, 2010 require no additional service to transfer benefits. Members eligible for retirement after Aug. 1, 2009 and before Aug. 1, 2012 have reduced additional service requirements.

Individuals who transfer benefits and thereafter fail to meet the additional service obligation may be liable to the VA for the amount of used benefits.

Benefits may also be divided between the servicemember and a dependant, or between two or more dependants. Keep in mind that the individual transferring the benefit retains the right to revoke or modify the transfer at any time.

May my dependant(s) or I use

the Post 9/11 GI Bill while I'm on active duty?

Yes, however you or your spouse will only be entitled to tuition and fees; not the monthly stipend, books and supplies. If the benefit is transferred to an eligible child the monthly stipend, books and supplies are included.

How long do I have to use Post 9/11 GI Bill?

Generally, benefits are payable for 15 years following the individual's release from active duty. If the benefits are transferred to a dependant child, there is no time limit, but the child may not use them after reaching age 26.

May I use the Post 9/11 GI Bill for education already completed?

No. The Post 9/11 GI Bill is only applicable for active duty members of the armed forces for education pursued on or after Aug. 1, 2009.

What if I already qualify for benefits under the old Montgomery GI Bill or another GI Bill?

Look before you leap. While

you may be entitled to more than one educational benefit, you may also be required to make an irrevocable choice of which benefit you wish to receive. The Post 9/11 GI Bill is not always the most financially beneficial selection, so compare GI Bill benefits before deciding.

So, how much does it cost to enroll in the Post 9/11 GI Bill?

Enrollment is free. In fact, if you have already paid \$1,200 under the Montgomery GI Bill and elect the Post 9/11 GI Bill, a portion of your contribution will be refunded in your last monthly housing allowance payment.

Any individual considering the Post 9/11 GI Bill should first contact their Education Service Officer. Additional information may be found at <http://gibill.va.gov/> or by calling 1-888-442-4551. This article is not intended to substitute for the personal advice of a licensed attorney.

## Getting An Annulment Is Not As Easy As You Think

By Lt. Joanna Mastny

RLSO SE

The famous last words of many servicemembers spoken just before rushing into marriage. Some individuals, servicemembers and civilians alike, seem to think that an annulment is a simple way to get out of a marriage that hasn't lasted very long. After all, Britney Spears and that first guy she married in Vegas did it!

In most states it is actually much easier to get a divorce than to have a marriage annulled. In Texas, for example, a simple divorce can be accomplished in as little as 61 days, without having to do much more than ask for the divorce and tell the court how you've agreed to divide your assets. To have a marriage annulled you have the burden of proving to the court that your situation fits into one of the limited grounds for annulment. The court will usually need to divide your assets and debts even when an annulment is granted.

Although grounds for annulments vary by state, this article will examine the seven general grounds for annulment recognized in Texas in order to demonstrate the limited situations in which annulments apply (if you are outside of Texas, consult with a licensed attorney in your state to determine grounds for annulment). If the facts surrounding your marriage fit one of the categories listed below, you can petition (ask) a court to annul your marriage. If you don't meet any of these guidelines, then you must petition the court for a divorce instead.

**Underage Marriage**

If a person between the ages of 16 and 18 gets married without the consent of their parent, the parent may ask the court to annul the child's marriage. Annulment in this situation is not automatic - the court will look at all of the circumstances

to decide whether an annulment is best for the child.

**Marriage while under the Influence of Alcohol or Narcotics**

A person who gets married while under the influence of alcohol or narcotics may ask the court for an annulment. This type of annulment can only happen if the person asking for the annulment did not voluntarily live with (and/or have sexual relations with) their spouse after the effects of the alcohol or drugs wore off. The party seeking the annulment must prove to the court that he or she was so intoxicated that they did not understand their actions at the time of the marriage.

**Impotency**

A marriage can be annulled if either spouse was permanently impotent at the time the marriage occurred, and the other spouse didn't know about it. Only the non-impotent spouse can request an annulment - and only if they did not voluntarily live with their spouse after learning of the impotency.

**Marriage due to Fraud, Duress or Force**

A person who enters into marriage due to fraud, duress or force of the other spouse may seek to have the marriage annulled. Again, the annulment may only be granted if the person asking for the annulment did not voluntarily live with their spouse after learning of the fraud or being released from the duress or force. Do not look at this as a "catch all" category for annulment. A court will not grant an annulment because one person lied about something along the lines of how much money they make. However, if a person lies about their identity or forces the other person into marriage at gunpoint - an annulment could be granted.

**Marriage while Mentally Incompetent**

If a person enters into a mar-

riage while they are mentally incompetent, either they, or the mentally competent spouse, may ask for an annulment. If the mentally incompetent person (or their legal representative) asks for the annulment, it can only be granted if the person didn't voluntarily live with their spouse after regaining mental competency. If the mentally competent person requests the annulment, it can only be granted if that person didn't know their spouse was mentally incompetent at the time of the marriage and did not voluntarily live with their spouse after learning of the mental incompetency.

**Concealed Divorce**

In the state of Texas, a person who gets divorced may not remarry within 30 days of their divorce date. If they do remarry within those 30 days, the new spouse may seek an annulment. The annulment may only be granted if the new spouse did not know of the recent divorce at the time of the marriage, and did not voluntarily live with their spouse after learning of the recent divorce.

**Marriage within 72 Hours of Receiving the Marriage License**

Texas law requires that a couple apply for and receive a marriage license at least 72 hours before the marriage ceremony takes place. If a couple gets married during the 72 hour waiting period, either member of the couple may ask to have the marriage annulled. Please note that this 72 hour waiting period does not apply to active duty servicemembers. Texas law permits a person on active duty to get married as soon as the marriage license is received. Therefore, a servicemember or their spouse cannot have a marriage annulled on the grounds that the ceremony took place within 72 hours of receiving the license.

Remember that the categories for annulment listed above are for the State of Texas only, and your state may have more, less or different qualifications for annulment. If you feel your situation may qualify you for an annulment, or you have any other questions about terminat-

ing your marriage, contact your local Legal Assistance Office at: 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.

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## Are You Eligible For The 'Boomer' Deduction?

By Lt.j.g. Lea Tietje

RLSO SE

Servicemembers who are assigned to a two-crew submarine are eligible to claim certain deductions on their income taxes due to their unique situation.

For those not in the submarine community, the Ohio class of submarines (aka "boomers") are manned by two separate crews, the blue crew and the gold crew. When one crew is out to sea, the other is on shore duty. Under section 162 of the Internal Revenue Code taxpayers are allowed to deduct "ordinary and necessary expenses" including "traveling expenses while away from home in the pursuit of a trade or business."

Boomers are eligible for this deduction because of the two-crew rotation. In 1967, the IRS ruled that a naval officer assigned to a ship or submarine that has eating and living facilities is entitled to claim the vessel as "home" for the purposes of deductions under section 162. The IRS recently clarified that

this ruling applies to both officers and enlisted servicemembers. For the boomers, when the gold crew goes out to sea, the blue crew remains on shore away from their "home." This means the shore crew is entitled to deduct traveling expenses for work since they are away from home, hence the "boomer deduction." These travel expenses can include travel to and from the shore duty location to the home of the servicemember. Other deductible expenses can be utilities in the home.

Now, no one wants to be audited by the IRS. A servicemember claiming the boomer deduction must be certain that they are only claiming the amount of deductions they are entitled to. It is important to remember that the deduction is only available to the servicemember, not their family. For example, if claiming a deduction for the amount of the electric bill, a servicemember who resides with their family can only deduct their share of the bill and not the entire utility

bill. Additionally, the deduction can only be claimed for unreimbursed expenses, thus rent or mortgage payments cannot be deducted if a servicemember is reimbursed for those expenses through their BAH. Also, if the sub is in dry dock crewmembers assigned to the sub cannot claim the boomer deduction during that time.

If you believe you qualify for this tax deduction, but want some help wading through the tax forms, utilize the Volunteer Income Tax Assistance Program (VITA) which is offered on many bases. VITA volunteers may be able to help you determine if you qualify for this deduction. If VITA is unable to assist you, you can also go to [irs.gov](http://irs.gov) and contact an IRS representative who is knowledgeable about this deduction.

The author of this article wishes to acknowledge the informational paper written by George F. Reilly, Navy Tax Counsel, as a valuable starting point to understanding this complex topic.

THE NS MAYPORT, FLORIDA

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

904-366-6300

### ONLINE

Classified line ads are online at [jaxairnews.com](http://jaxairnews.com)

**FREE online advertising!**

Your Classified in-column ad automatically appears online at no additional charge.

### Announcements

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

**Notices**  
A Bankruptcy \$150  
Divorce \$75 - \$125  
424-6066 Eric  
18 years EXPERIENCE.

### 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  
Investment Property  
Retirement Community  
Baker County  
Georgia Real Estate  
Nassau County  
Putnam County  
St. Johns Open Houses  
St. Johns Homes  
St. Johns Waterfront  
St. Johns Oceanfront  
St. Johns Intracoastal  
St. Johns Marshfront  
St. Johns Condos  
St. Johns Duplex/  
Townhouses  
St. Johns Manufactured  
Homes  
St. Johns Lots/Acreage  
St. Johns Active Adult  
Com.  
St. Johns Investment  
Income Property  
Miscellaneous  
Out of Area/Town/State  
Real Estate Wanted

### Arlington

US Treasury Dept.  
**PUBLIC AUCTION**  
Fri. July 24 at 11 AM  
4314 N. Terry Parker Dr.  
3 BR, 1.5 BA, 28 X 15 ft.  
interior storage room.  
Near the University &  
the Bay.  
**OPEN:** Sun 7/19, 1-4pm.  
Deposit: \$5K cashiers  
check red. to bid.  
Pay to EG&G Tech Svcs  
Auction to be held at:  
3721 Via de la Reina  
[www.treas.gov/auctions/tr](http://www.treas.gov/auctions/tr)  
703-273-7373  
sale# 09-66-183  
CWS Auction Lic #2056

### Avondale/Ortega

**SAWGRASS/Oakbridge**  
4BR/2BA, 1773SF.  
Private wooded lot.  
\$259K MLS 482168  
Call Frank Scannello  
904-543-0808  
FL Coastal Jax Realty  
[www.FrankSellsJax.com](http://www.FrankSellsJax.com)

READY TO MOVE IN  
Fully renovated 3/1.5 in  
Ortega, 5 min from NAS  
Jax, new kitchen and  
appliances, new CH&A,  
W/D & Freezer in  
attached garage, fenced  
yard, well and irrig svcs.  
FSBO, \$215K 904-868-1451

### Beaches

**ABSOLUTE CLOSOUT**  
**MAKE US AN OFFER**  
**2 NEW 3BEDROOM 2 BA**  
**JARDIN DE MER UNITS**  
**WALK OF BIKE TO BEACH**  
All appliances-Attached Garage  
Sales Office Open 1PM to 5PM  
For Directs & Appr. 241-2270

### Middleburg

Middleburg-  
House for sale,  
3 brm, 2 bath, 2  
acres, 1.5 x 1.5  
shed, brand  
new, 2005.  
Country, quiet setting.  
Call 904-254-1503. Asking  
\$265K.

### Southside

US Treasury Dept.  
**PUBLIC AUCTION**  
Fri. July 24 at 11 AM  
3721 Via de la Reina  
3 BR, 2 BA, Fl. Room  
OPEN: Sun 7/19, 1-4pm  
Deposit: \$5K cashiers  
check red. to bid.  
Pay to EG&G Tech Svcs  
[www.treas.gov/auctions/tr](http://www.treas.gov/auctions/tr)  
703-273-7373  
sale# 09-66-184  
CWS Auction Lic #2056

### Westside

Reduced,  
Reduced,  
Reduced.  
Above  
The Rest!!!  
3/2 cute brick/  
block home. Ains from  
NAS. Ceramic hard-  
wood floors, new roof,  
split floor plan, 16x18  
in closed sunroom, big  
deck, 1100sf. Priced to  
sell \$120K. Call 904-735-1330  
5145 Seagoin Ave.

### Condominiums

San Jose to San  
Clerie Golf & Golf-  
view Condos.  
1st fl. 1 br.,  
1 bath, approx 900 sq. ft.  
If move in  
ready, small complex,  
clubhouse, tennis  
\$50,000. 502-425-0075 or  
904-210-4379.

### COLEMAN TRAVEL

| Tours • Travel Military Discounts • Cruises |               |        |
|---|---------------|--------|
| Acapulco.....                               | 4 Nights..... | \$799  |
| Aruca.....                                  | 3 Nights..... | \$799  |
| Bermuda.....                                | 4 Nights..... | \$959  |
| Bahamas (Atlanta).....                      | 3 Nights..... | \$979  |
| Belize.....                                 | 3 Nights..... | \$1199 |
| Caracas.....                                | 3 Nights..... | \$699  |
| Cayman.....                                 | 3 Nights..... | \$799  |
| Costa Rica.....                             | 5 Nights..... | \$899  |
| Jamaica (Sandals).....                      | 5 Nights..... | \$989  |
| St. Thomas.....                             | 5 Nights..... | \$679  |
| San Juan, PR.....                           | 4 Nights..... | \$699  |
| Pto. Vallarta.....                          | 4 Nights..... | \$699  |
| <b>CRUISES</b> from Jax.....                | 5 Days.....   | \$369  |
| Alaska.....                                 | 7 Days.....   | \$699  |
| Canada/New England.....                     | 4 Days.....   | \$379  |
| Hawaii.....                                 | 7 Days.....   | \$849  |
| E. Caribbean.....                           | 5 Days.....   | \$329  |
| W. Caribbean.....                           | 4 Days.....   | \$279  |
| Mediterranean.....                          | 7 Days.....   | \$699  |
| <b>TOURS</b> Italy, Escorted.....           | 10 Days.....  | \$1199 |
| Ireland Fly+Drive.....                      | 10 Days.....  | \$1199 |
| England+France.....                         | 10 Days.....  | \$1399 |
| Greeces+Turkey.....                         | 9 Days.....   | \$1999 |
| Scotland+Wales.....                         | 10 Days.....  | \$1299 |

\*P.P.D.O. Some Restrictions apply-Airfare from JAX, Lodging & Transfers. \*Taxes not included  
904-733-7071 Call for details 1-877-677-7749 \*Toll Free

### Getting Transferred & Want to Sell Your Home?

If you owe more on your home than you can sell it for - **WE CAN HELP!**  
Introducing the...

### Military Short Sale

- Save your credit
- NO closing costs required from the seller\*
- NO realty commission paid by the seller\*
- Faster, easier bank approvals
- No need to rent out your property
- No need to risk foreclosure
- Preserve your ability to purchase another home at your new duty station

**(904) 997-1810**  
for more information or go to  
**IntegrityHomeandFinance.com**  
(\*For more details & conditions. Integrity is a licensed Florida real estate & mortgage broker)

### Condominiums

**HIDDEN HILLS CC-Golf**  
course view, 43.5, 3000sf,  
master suite on ground  
level, 2nd & 3rd BRs each  
w/bath, Gas fl., 2car,  
18mins to Atl. Bch. By  
owner \$359,900. 904-564-2383

### Manufactured Homes

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

### Westside

CALL NOW about our  
New RTD program on  
All our homes. Call  
Sandy @ 695-2255

### Lots for Sale

**BAKER COUNTY 1-3 ac**  
High & dry! Fish pond,  
homes or MH's Owner  
rentals, \$50 & Up. 249-5411.  
[www.flainglandssales.com](http://www.flainglandssales.com)

### Laurie Potter (USN Retired)

**Mortgage Loan Officer**  
904.256.2051 Direct  
904.463.2065 Cell  
laurie.potter@bankofamerica.com

### CRUISES from Jax

|                                   |               |        |
|-----------------------------------|---------------|--------|
| Acapulco.....                     | 4 Nights..... | \$799  |
| Aruca.....                        | 3 Nights..... | \$799  |
| Bermuda.....                      | 4 Nights..... | \$959  |
| Bahamas (Atlanta).....            | 3 Nights..... | \$979  |
| Belize.....                       | 3 Nights..... | \$1199 |
| Caracas.....                      | 3 Nights..... | \$699  |
| Cayman.....                       | 3 Nights..... | \$799  |
| Costa Rica.....                   | 5 Nights..... | \$899  |
| Jamaica (Sandals).....            | 5 Nights..... | \$989  |
| St. Thomas.....                   | 5 Nights..... | \$679  |
| San Juan, PR.....                 | 4 Nights..... | \$699  |
| Pto. Vallarta.....                | 4 Nights..... | \$699  |
| <b>CRUISES</b> from Jax.....      | 5 Days.....   | \$369  |
| Alaska.....                       | 7 Days.....   | \$699  |
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| W. Caribbean.....                 | 4 Days.....   | \$279  |
| Mediterranean.....                | 7 Days.....   | \$699  |
| <b>TOURS</b> Italy, Escorted..... | 10 Days.....  | \$1199 |
| Ireland Fly+Drive.....            | 10 Days.....  | \$1199 |
| England+France.....               | 10 Days.....  | \$1399 |
| Greeces+Turkey.....               | 9 Days.....   | \$1999 |
| Scotland+Wales.....               | 10 Days.....  | \$1299 |

### Farms/Acreage

**Taylor Co. Ga. Exc. hunt-**  
ing alone, cabin, sm pond,  
13mi to 1600ac natural  
area. \$147K. 229-686-5410

### Apartments Furnished

**Southside**  
\$549 monthly, no lease at  
Value Plus. Ask about  
paying weekly. Newly  
built, furnished studios,  
full kitchens, free utilities  
w/cable. 8341 Dames  
Point Crossing Blvd.,  
904-743-7100 Stay less than  
a month & weekly rate  
applies. Must present ad.  
Based on availability  
Offer expires 8/1/09

### Apartments Unfurnished

**ARLINGTON Adobe**  
Apts, Studio \$499. 1/1  
\$450 2/1 \$625. 904-745-0450  
1110 Caliente Dr.

### Orange Park

Orange Park,  
nature Hide-  
away, 2 br/2ba  
3850 sq. ft., 1.5 bath,  
security dep.  
Gated, quiet,  
near mall,  
NAS 770-979-1305, avail-  
able now, nice condo.

### St. Augustine Beach

Oceanfront 1BR condo,  
furnished, \$1000/mo + dep.  
904-727-9243

### Westside

Duplex near Kent  
Comps, 1/1, W/D,  
h/kup, clean, quiet,  
flp, new appl's,  
porches, fenced yd, \$495,  
406-9544 Deposit.

### Houses Furnished

**CLAY COUNTY- 4/2 or 3/2**  
2 fully furnished  
houses, yards, comm.  
pool Avl now 410-526-6111

### Houses Unfurnished

Arlington East,  
2BR/2.5 BA, W/D,  
like new, no  
pets, no smkg,  
furnished now  
\$795/mo PH  
904-608-5129 or  
561-622-7671

### Apartments Unfurnished

**\*NO RENT 1ST MONTH\***  
Across \$7000 worth  
apt. 103 16th Ave S. Jax  
Bch. \$995/mo.  
**J&K Beach 1/1 apt.**  
211 N. 8th St. No doos.  
\$650/mo.

### Northside

**Northside 5599 Spacious 2/1**  
CH&A, water incl. HUD Ok  
Ask about our Senior  
Discounts. Call 764-7801

### Westside

**WESTSIDE 2/1, CH&A**  
Clean, quiet in country  
setting, water included.  
\$545/MO. 904-783-0288

### ARLINGTON- 3, & 4br

**\$25.00 Move's You In**  
1 Month Free Rent.  
Azalea Ridge 904-735-8155

### Orange Park

Orange Park,  
nature Hide-  
away, 2 br/2ba  
3850 sq. ft., 1.5 bath,  
security dep.  
Gated, quiet,  
near mall,  
NAS 770-979-1305, avail-  
able now, nice condo.

### St. Augustine Beach

Oceanfront 1BR condo,  
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houses, yards, comm.  
pool Avl now 410-526-6111

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Arlington East,  
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like new, no  
pets, no smkg,  
furnished now  
\$795/mo PH  
904-608-5129 or  
561-622-7671

### MADISON APARTMENT GROUP

- Madison @ Savannah Oaks**  
6017 Roosevelt Blvd.  
Jacksonville, FL 32244  
866-715-2655  
Located in Orange Park - right next to NAS
- Madison @ Bay Pointe**  
4500 Baymeadows Rd.  
Jacksonville, FL 32217  
866-721-8505  
Located in Baymeadows Area - Off 295
- Madison @ Spring Woods**  
445 Monument Rd.  
Jacksonville, FL 32225  
866-722-5547  
Located In Arlington Area - Off 9A

### Houses Unfurnished

**Arlington, 3/1, \$800/mo +**  
\$800 dep, fenced back  
yd, convenient location.  
No pets. 904-724-1041

### Atlantic Beach/Mayport

**Atlantic Beach/Mayport**  
3/2, fncd bk yrd, patio,  
gar, tile/hwd flrs, avl  
inmvd \$1200/mo 463-9052  
Pets OK 904-868-1992

### Westside

**WESTSIDE 3/1, Newly**  
Renov, carpet, fenced,  
air, about our \$1,000  
For Appt. 540-226-9490

### Westside

**WESTSIDE - 2006, 3 BR, 2**  
BA, 2 car gar, fenced  
yd, \$895/mo, \$440 MO  
Rent. 386-649-8544

### Westside

**WESTSIDE White House**  
2/1 duplex, CH/A, W/D  
hookup, 19 yd, \$550/mo  
+\$300dep. 904-289-7603

### Northside

**NORTHSIDE - 4/2**  
264 Peach Dr, 700SF  
\$995 rent NO HUD,  
No dogs. Call 636-0269

### Westside

**WESTSIDE - 2006, 3 BR, 2**  
BA, 2 car gar, fenced  
yd, \$895/mo, \$440 MO  
Rent. 386-649-8544

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### Westside

**WESTSIDE - 2006, 3 BR, 2**  
BA, 2 car gar, fenced  
yd, \$895/mo, \$440 MO  
Rent. 386-649-8544

### Houses Unfurnished

**Southside-Nice 3/2, lg den,**  
gor, hrdwd flrs, \$1195/mo  
Furn 2/1 & 2/2, clean &  
shaded \$695/mo. 737-0537

### Southside

**SOUTHSIDE 3/1 remod-**  
eled, new CH/A & kitch,  
w/d h/kup, nice street,  
\$800/mo \$600 904-393-9031

### ST. Augustine

**ST. Augustine- Deerwood**  
Acres 3br/2ba, 2.5 acres  
on lake, frpic, W/D, DW,  
micro., 1700sf, \$1150/mo.  
Pets OK 904-808-1992

### Westside

**WESTSIDE 3/1, Newly**  
Renov, carpet, fenced,  
air, about our \$1,000  
For Appt. 540-226-9490

### Westside

**WESTSIDE - 2006, 3 BR, 2**  
BA, 2 car gar, fenced  
yd, \$895/mo, \$440 MO  
Rent. 386-649-8544

### Westside

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2/1 duplex, CH/A, W/D  
hookup, 19 yd, \$550/mo  
+\$300dep. 904-289-7603

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264 Peach Dr, 700SF  
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BA, 2 car gar, fenced  
yd, \$895/mo, \$440 MO  
Rent. 386-649-8544

### Westside

**WESTSIDE - 2006, 3 BR, 2**  
BA, 2

# AUTOMOTIVE DIRECTORY

To list your dealership,  
please call  
**904-359-4321**

**Before you buy, shop these local dealerships first!**

|  |  |   |   |  |  |   |   |
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