

# THE MIRROR NS MAYPORT, FLORIDA

## 2008 CHINFO Award Winner

Vol. 53 • Issue 3

www.nsmayport.navy.mil

www.mayportmirror.com

THURSDAY, January 21, 2010

# Mayport Joins Haiti Relief Efforts

From staff

USS Underwood (FFG 36) and HSL-46 Detachment Three embarked aboard USS Normandy (CG 60) have joined other U.S. Navy and Department of Defense forces

to provide relief to the Caribbean nation of Haiti after a massive earthquake devastated the country last week.

Underwood left Thursday to make their way south carrying supplies such as food, fuel

and water to Haiti.

"We've been preparing for a mission like this throughout our 20-week training cycle," said Cmdr. Frank Bowden, Underwood's commanding officer.

Normandy (CG 60) arrived off the coast of Port-au-Prince, Haiti Jan. 17 to support Operation Unified Response, the joint U.S. military relief effort for earthquake victims.

Normandy, homeported in Norfolk, Va., will support relief efforts by providing air surveillance for the heavy air traffic in the area.

The ship will also act as a ready deck, or an at sea platform able to accept helicopters on deck and provide refueling

services. Detachment Three has two SH-60B helicopters on board Normandy and will also contribute to the relief efforts with additional airlift support.

Detachment Three Officer-in-Charge Lt. Cmdr. Mike Hanson the detachment was in good spirits and looking forward to their mission.

The detachment was able to get encouraging words from Adm. James Stavridis, Supreme Allied Commander, Europe, Commander, United States

European Command during a Jan. 15 visit to the squadron.

"This is the best mission you can ever do, because this is a mission to save people's lives," he told detachment members. "I guarantee what you do over the next weeks and months you will never forget. I am really proud of you."

Hanson said the detachment does not know how long they will be deployed to Haiti.

## Haiti Effort Spans Agencies

By Gerry J. Gilmore  
*American Forces Press Service*

The Defense Department, other U.S. agencies, and international partners are teaming up in a major humanitarian relief operation for the people of Haiti, officials said Jan. 15.

Food, water, shelter and medical support already are pouring into Haiti, Philip J. Crowley, assistant secretary of state for public affairs, told reporters today at a State Department news conference. Haiti was stricken by a Jan. 12 earthquake that damaged much of Port-au-Prince, the country's capital.

"But even as we are focused on this disaster response," Crowley said, "we are also focused on the longer term: how to sustain this relief operation over weeks and months and how ultimately the United States, working with the international community, will help Haiti rebuild."

The United States today is mounting "a major relief operation" in Haiti, Rajiv Shah, administrator for the U.S. Agency for International Development, told reporters. USAID is a State Department-affiliated agency that extends

help to nations recovering from disasters.

The Haiti humanitarian aid operation, Shah said, is being conducted in close coordination among USAID, the Federal Emergency Management Agency, other U.S.-government organizations including the Defense Department, and civilian agencies.

Today's arrival of the Navy's aircraft carrier USS Carl Vinson off the coast of Haiti, Shah said, will "dramatically improve our capabilities to provide critically needed commodities and service support" to nongovernmental organizations and other partners providing aid to the Haitian people.

As stricken Haitians receive basic needs such as food, water, shelter and medical support, Shah said, urban search-and-rescue teams are busy combing Port-au-Prince to rescue people who may be trapped in the rubble.

The humanitarian relief effort also will lay the groundwork for a sustainable redevelopment of Haiti and of Port-au-Prince, with significant financial flows and significant partnerships to improve the development and

health outcomes for the Haitian population, Shah said.

Meanwhile, he said, the United States is brainstorming with its partners in Haiti to arrive at ways to expand the reach of humanitarian aid to the affected population.

The Carl Vinson, Shah said, is preparing to deliver 600,000 daily rations to stricken Haitians, and \$48 million worth of additional food assistance has been mobilized. The World Food Program and other sources, Shah said, are being mobilized to provide more food.

Also, 100,000 10-liter containers of drinking water have been allocated for Haiti's people, Shah said, with 20,000 of them slated to arrive in Haiti. Water-purification units also are en route to Haiti, Shah said.

The United States and other countries and agencies involved in the Haitian humanitarian relief effort are confident they'll be able "to send significant commodities, significant materials and significant supplies" to Haiti, Shah said, and are working together to identify the best ways to make sure aid supplies are distributed to Haitians in need.



-Photo by MC2 Gary B. Granger Jr.

Aviation Electricians Mate 1st Class Ithovani A. Diaz, assigned to Helicopter Anti-Submarine Squadron Light (HSL) 46, performs maintenance as naval air crewmen conduct preflight inspections at Naval Station Mayport before departing to embark aboard the guided-missile cruiser USS Normandy (CG 60). The ship and several Navy vessels are underway to provide humanitarian assistance in the aftermath of a 7.0 magnitude earthquake. See more about the relief efforts, Pages 4-5.

## VITA Open For Tax Help

From staff

The Mayport VITA Tax Center is open. The tax center is located in Building 707 (next to the thrift store and veterinary clinic on Everglades Street, off of Moale Road) and is open from Tuesday-Saturday, 9 a.m.-4 p.m. NS Mayport will offer free tax preparation services to active duty, dependents, retirees, and reservists on active duty for more than 30 days.

Through this program, service members not only can save hundreds of dollars on tax preparation fees, but they also get their refund in as little as eight days.

The only way to offer such a service free of charge is to enlist the aid of volunteers through the IRS-sponsored Volunteer Income Tax Assistance program. Through the VITA program, volunteers are trained by IRS employees using IRS-approved software.

You'll need to bring some things with you to the tax center.

1. You should bring a copy of your social security cards of everyone that is listed on the tax

return.

2. Bring a copy of your Leave and Earnings Statement. It could help you get a higher refund if you file Itemized Deductions on Schedule A.

3. If you do not itemize your deductions and you have paid property taxes, you can claim income reduction of your taxable income up to \$500 (for single) and up to \$1,000 for joint returns. That is a normal additional refund of around \$100 or \$200 or more.

4. You should bring a copy of your return from last year if you have it. It may contain information that will aid in filing your tax return.

5. Also have a copy of a check with routing and account numbers if you would like a direct deposit.

6. Do not forget, you must bring in a copy of all or your W2's, 1099's, and 1098.

If you have an education loan and pay interest on it, you should bring in a copy of the 1098 E. If you are a student in college or other educational organization, bring in a copy of your 1098 T.

See VITA, Page 3

## Mayport Names Top Employees



-Photo by MC1 Heather Ewton

Sandra Barrett from MWR and Charles Rusbridge of Air Operations were named the Civilian of the Year and Supervisor of the Year 2009, respectively, during a Civilian of the Year luncheon on Jan. 13. Barrett is also the Civilian of the Quarter, Fourth Quarter. Employee of the Quarter nominees were Robert Garis, Air Ops; John Rhoads, Fire Dept; Jimmie Owens, Security. Supervisor of the Year nominees were Pam Ottesen, FFSC; Charles Rusbridge, Air Ops; Pamela Schwartz, MWR. Employee of the Year nominees were Stephanie Edwards, MWR, EOQ 3rd Quarter; David Burnett, PWD, EOQ 2nd Quarter; Mark Anderson, IT Dept, EOQ 1st Quarter.



## January Is Healthy Weight Month; Keep Your Healthy Resolutions

January is recognized nationally as "Healthy Weight" month. Many people choose to make New Year's Resolutions related to diet and exercise. Health Promotion will be conducting an 8-week Nutrition and Weight Management course starting in February. The

class is called ShipShape and it is available to active duty personnel, adult dependents and retirees.

Before you pick a weight-loss plan, make sure you are truly ready to change your eating and exercise habits. And, ask yourself the following questions:

Are you willing to make regular physical activity a part of your routine?

Are you committed to making small gradual changes in your eating plan?

Do you have a realistic weight-loss goal in mind?

Can you control your food choices and meal prepara-

tion methods?

Are you losing weight to improve your health and feel better?

If you answered yes to all of these questions, congratulations. You are ready to adopt a weight-loss plan that you can comfortably follow and maintain for a lifetime.

Now, take the next step and make a plan that will work for you.

Call Health Promotion at 270-5251 for more information on ShipShape or to sign-up. Class starts on Feb. 2nd at 9 a.m.

# Chaplain's Corner

Some time back I remember reading about volunteerism in America. I remember reading about people that have gone the extra mile to help others. These were people that were just trying to make the world a kinder and gentler place. For instance, there was a man in New York City who gathered, repaired and handed out winter gloves to homeless people in the city. There was another in Virginia who collected farmers' discarded potatoes and delivered them to food kitchens for the poor.

Some were recognized for their tireless and selfless efforts. Most were not acknowledged. There was no financial pay-off. There were no fancy banquets in their honor attended by pol-



**Chaplain Joe Molina**  
CDS40 Staff Chaplain

iticians and other dignitaries. These were people that simply stuck their necks out and went the second mile. They went

beyond the boundaries of what was expected from them. Many still do. They may appear radical and some may seem a little eccentric in their focused zeal towards volunteerism. For them going the second mile is second nature.

When we examine volunteerism and the potential for liberating the human spirit we will discover that the volunteer is as much blessed as the recipient of his/her service. Indeed, the old adage becomes self evident in volunteerism: "it is more blessed to give than to receive."

Or how about this old expression of wisdom: "If some one forces you to go one mile, go with him two miles." Here is where we need to pay attention.

In this saying we find the over-riding ethic for helping those in need. I'll even go as far as stating that going the second mile is the ultimate measurement of "love" in action.

The historical origin of this saying is interesting. This aphorism originated during the Roman occupation of Palestine in the first century AD. At the time the common citizenry of Palestine could be forced into the service of the Romans. They could be compelled to supply food, lodging and even carry a soldier's gear while on a march. It could be a humiliating experience. The command to carry a soldier's pack for one Roman mile (1,000 paces) was legally binding. The adage

says: go the one-mile (compulsory) but then volunteer to go a second mile. Why? The second mile was an opportunity to make a friend and disarm your opponent. It's good, practical advice.

Going the extra mile takes us beyond the average and as we volunteer to help others it propels us to a new and higher level of living. When we volunteer in community programs it can overcome our drudgery. We'll become self-starters and we will see our lives change as well as the life of others.

When we become volunteers in our communities we'll rise above our limitations. When going the second mile becomes second nature in us it will con-

tribute to our personal growth and the progress of others.

It is interesting, but volunteerism tends to overthrow wrongs that may have been done to us. It will focus on and bring out what is true and right in us (individually). It will help us to put the past behind. We'll rise above any past resentment because we're focusing on the importance of doing good to benefit others. Volunteerism has the power of vindication.

Think about it. Our lives are truly blessed in so many ways. We possess good health, a steady income, a standard of living and time to enjoy it. Be a volunteer and go the second mile!

## Know the Ropes

If you are the parent of a high school senior, you are probably collecting information to complete your taxes so you can fill out the Free Application for Federal Student Aid form (FAFSA)! Parents all over the world who have students planning to enroll in a college or university next fall are getting ready to submit the FAFSA.

What's the rush? Many schools award aid on a first-come, first-served basis. Also, the student may not be eligible for state aid if the FAFSA isn't submitted until April. Many state aid deadlines are early in the calendar year (calendar year 2010 for the 2010-11 award year). While students are responsible for filling out the FAFSA, parents must also provide financial information if the student is their dependent. The form requires the previous year's tax return and other tax information for the student and parents. Once the FAFSA is received and processed, a Student Aid Report (SAR) will be provided. It will list all of the answers you provided on the FAFSA. This allows changes to be made which may be necessary if the form was sub-



**Judy Cromartie**  
School Liaison Officer

mitted before a tax return was completed. The SAR will also contain your Estimated Family Contribution or EFC. The EFC is NOT the amount of money your family will have to pay for college nor is it the amount of federal student aid to be received. It is a number used by the college to calculate the amount of federal student aid your child is eligible to receive.

Once the schools listed on the FAFSA receive this information, they will use this EFC to determine the amount of the federal grant, loan, or work-study award your child is eli-

gible for based on the school's cost of attendance. The student will receive a financial aid award letter from each school explaining the aid the school is offering.

While the FAFSA is not a difficult form to complete, sometimes families have unusual circumstances which make filling out the form more complicated. For example:

•What if the student cannot get the parent's tax data to report on the FAFSA?

•If the student lives with an aunt, uncle, or grandparent, should that relative's income be reported on the FAFSA?

•The student isn't sure at this time about taking out a student loan or working during the school year. What should be entered for the questions asking if the student is interested in student loans or work-study?

•The student is now a U.S. citizen but has an Alien Registration Number (A-Number). How is this indicated on the application?

•If the student's parents are divorced, whose information is used?

Ready to get started? Go to

www.fafsa.ed.gov. **NOTE: This not at a ".com" Web site.** If you go to a ".com" site, you will probably be asked to pay to submit the FAFSA. Remember, the first E in "FAFSA" stands for "free" – so use the official government site to submit your application.

Duval County Public Schools will be hosting Regional Financial Aid Nights to provide parents an opportunity to meet with financial aid experts from area postsecondary institutions, walk through the FAFSA, and ask questions of "the experts." The DCPS Regional Financial Aid Nights schedule is included.

Confused and need help with the financial aid process? On Tuesday, January 26th at 6:30 pm, a special program on financial aid and the FAFSA will be offered at the Youth Center for military parents and students as part of Duval's Financial Aid Nights. In addition to the FAFSA, an overview of the State's programs including the Bright Futures Scholarships will be provided.

Judy Cromartie is the School Liaison Officer for NS Mayport. If you have questions about

this article or concerns about an educational issue impacting your child, she can be reached via email at [Judith.cromartie@navy.mil](mailto:Judith.cromartie@navy.mil) or by phone at (904) 270-6289 ext. 1305.

SCHOOL	DATE	TIME
PAXON SCHOOL 3239 Norm Thagard Blvd., 32254, 693-7593	JANUARY 12	6:00 PM
FORREST HIGH SCHOOL 5530 Firestone Rd., 32244, 573-1170	JANUARY 12	7:00 PM
STANTON COLLEGE PREP 1149 W. 138 St., 32209, 630-6760	JANUARY 14	7:00 PM
WOLFSON HIGH SCHOOL 7000 Pavers Ave., 32217, 739-5267	JANUARY 12	6:00 PM
FIRST COAST HIGH SCHOOL 590 Duval Station Rd., 32218, 757-0080	JANUARY 14	6:30 PM
BALDWIN HIGH SCHOOL 291 Mill St. W., 32234, 266-1200	JANUARY 19	6:00 PM
FLETCHER HIGH SCHOOL 200 Seagate Ave., 32266, 245-5905	JANUARY 21	6:00 PM
AP RANDOLPH 1157 Golfair Blvd., 32209, 924-3011	JANUARY 21	7:00 PM
ALL ESOL STUDENTS/PARENTS Englewood HS, 4412 Barnes Rd., 32207, 739-5212	JANUARY 21	6:00 PM
RIBAUTL HIGH SCHOOL 3701 Womack Dr., 32202, 924-3092	JANUARY 26	6:00 PM
ALL MILITARY STUDENTS/PARENTS NS Mayport Youth Center, 270-6289 x. 1305	JANUARY 26	6:30 PM
MANDARIN HIGH SCHOOL 4831 Greenland Rd., 32258, 360-1911	JANUARY 28	6:30 PM

## Homefront in Focus

My column for this week was originally to cover a very different topic. As I was putting the finishing touches on that column a news alert crossed my screen: Massive Quake hits Haiti. My heart skipped a beat. In May 2009 I had the privilege of embarking upon the USNS Comfort on its humanitarian mission to several countries in the Caribbean. Haiti was one of the ship's port calls.

One of the purposes of this humanitarian mission was to develop and strengthen relationships with governments in these areas so as to have in place relationships and procedures to facilitate assistance in just such a crisis as this.

While the Comfort was in Haiti medical staff held clinics for citizens, the Seabees completed a construction project at

an orphanage and other efforts. My thoughts immediately went to this orphanage, the wonderful staff and beautiful children. I am awaiting news on their welfare.

Haiti is an incredibly impoverished country. Prior to this earthquake the nation had very poor infrastructure and services for its citizenry. For instance, I read an account that the total number of hospital beds in the Port Au Prince area numbered roughly 1,000. One hospital is reportedly destroyed in the earthquake. Haiti is a country in crisis and in need of support and assistance.

Prior to my embed experience I would have listened to this news report and felt bad for the citizens of Haiti. Now, however, I cannot listen dispassionately. Haiti is real to me. It

is impossible for me to express adequately how very, very rich even our most impoverished citizens are in comparison to the average citizen of this island country. The crew members of the Comfort who spent time in Haiti were deeply affected by the abject poverty they encountered so close to our shores.

The earthquake not only devastated homes and businesses but even those organizations in country positioned to respond to disaster were also damaged. The Presidential Palace, the Parliament building, the United Nations Building, the Red Cross building and many others were also damaged or destroyed which will further hamper and complicate recovery efforts.

Haiti will need support from the international community to recover. Our nation, including

the resources of our Navy, is mobilizing to support Haiti. The formerly Bremerton-based Carl Vinson is in route as I write this.

I would like to ask you to join me in helping the citizens of Haiti. There are many organizations and ways to help.

•Text 90999 from your cell phone to donate \$10 to the Red Cross Emergency Response. This \$10 donation will be added to your cell phone bill.

•Visit <http://redcross.org> for additional information on ways to support and donate to the Red Cross emergency response efforts.

•Doctors Without Borders ([www.doctorswithoutborders.org](http://www.doctorswithoutborders.org)) is mobilized to care for the injured.

Please consider donating to the Salvation Army: When disaster strikes the Salvation Army mobilizes their disaster response teams to work with the local chapter. They will send donated items from the US to the disaster area. These items help people in crisis start a new life. Donations can include clothing, other supplies or monetary gifts. The Salvation Army's presence in Haiti includes a school and clin-

ic. Both sustained damage but the Salvation Army is already mobilized and their response team is in action. You can donate funds at [www.salvationarmy.org](http://www.salvationarmy.org). Click on the disaster relief fund. Be sure to note that you want your donation to go to the Haiti Relief Fund. You can also drop off clothing and other supplies to your local Salvation Army chapter for shipping to Haiti.

Thank you for your prayers and concern for the people of Haiti. Even the smallest gift from all of us will add up to real, tangible help for many.

## Memorial Honors 4 Navy Chaplains

From American Legion Post 129

The American Legion/Sons of the Legion 5th District of Florida will hold a Four Chaplains memorial service on Feb. 7 at 2 p.m. at Post 129, 1151 South 4th Street, Jacksonville Beach. Guest speaker will be Capt. Aaron Bowman, commanding officer of NS Mayport.

At 12:30 a.m. on Feb. 3, 1943, the USAT Dorchester was tragically sunk. Of the 902 men on board, only 230 survived. Many of those survivors owe their lives to the courage and leadership exhibited by the heroic Four Chaplains, who, in sacrificing their lives, created a unique legacy of brotherhood. The Four Chaplains were Chaplain George L. Fox, Methodist, Chaplain Alexander D. Goode, Rabbi, Jewish Faith, Chaplain Clark V. Poling, Dutch Reformed Church & Father John P. Washington, Catholic Priest.

These Four Chaplains gave their life jackets to save four soldiers and, in so doing, gave up their only means of survival. They were last seen on the deck of the ship with their arms linked together and their heads bowed in prayer as they went to their watery graves in the North Atlantic off the coast of Greenland.

Each Chaplain received the Purple Heart and the Distinguished Service Cross posthumously. For more information about the chaplains go to [www.fourchaplains.org](http://www.fourchaplains.org) or [www.immortalchaplains.org](http://www.immortalchaplains.org).

The Englewood High School Army Jr. ROTC will perform the Salute of the Colors and the Beaches Honor Guard will perform the Retiring of the Colors and 21-rifle Salute. Guest singer will be Murray Goff and guest bagpiper will be Darryl Rogers.



### 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.



**THE MIRROR**  
NS MAYPORT, FLORIDA  
Naval Station Mayport

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

**Naval Station Mayport Editorial Staff**

Bill Austin ..... Public Affairs Officer  
MC1 Heather Ewton ..... Deputy Public Affairs Officer  
OS2 Shantae Salmon ..... Assistant Public Affairs Officer  
OS2 Harold Dudley ..... Assistant Public Affairs Officer  
Paige Gnann ..... Editor

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

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

**The Mirror**  
P.O. Box 280032  
Naval Station  
Mayport, FL 32228-0032  
Commercial: (904) 270-7817 Ext. 1012 DSN: 960-7817 Ext. 1012  
Commercial FAX (904) 270-5329 DSN FAX: 960-5329  
Email: [mayportmirror@comcast.net](mailto:mayportmirror@comcast.net)  
CO Actionline: 270-5589 or 1-800-270-6307

This DoD newspaper is an authorized publication for members of the Department of Defense. Contents of **The Mirror** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Navy. Published by The Florida Times-Union, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Station Mayport, Fla. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, U.S. Navy or The Florida Times-Union, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. The editorial content of this publication is the responsibility of the Naval Station Mayport, Fla., Public Affairs Office.

**THE MIRROR**  
NS MAYPORT, FLORIDA

Advertisements are solicited by the publisher. Inquiries regarding advertising should be directed to:  
Ellen S. Rykert • Military Publications Manager  
1 Riverside Avenue • Jacksonville, FL 32202  
(904) 359-4168  
Tom Castle • Advertising Sales Manager  
(904) 359-4336 • FAX: (904) 366-6230

**One Way 2 Play-Drug Free!**

# NAS Jacksonville Supports Haiti Relief Efforts

By Kaylee LaRocque

Naval Air Station Jacksonville Public Affairs

Naval Air Station Jacksonville (NAS Jax) personnel are working around the clock to support the Navy's humanitarian assistance/disaster relief operation for survivors of the massive earthquake that struck Haiti Jan. 12.

As Navy ships and personnel arrive in Haiti, with more on the way, NAS Jax military and civilian employees are refueling aircraft, off-loading trucks, building pallets for food, water and medical supplies and loading them onto the numerous Navy transport planes that have been arriving here from all over the country.

Also, hundreds of trucks supporting U.S. Southern Command (SOUTHCOM) Combat Task Force 43 have been arriving at NAS Jax loading docks with thousands of pounds of material to be transported to Naval Station Guantanamo Bay, Cuba – and ultimately to Haiti.

"The Navy is swiftly mobilizing all available resources to assist interagency and multinational efforts in relieving human suffering in Haiti," said NAS Jax Commanding Officer Capt. Jack Scorby Jr. "NAS Jax Sailors and civilians are working tirelessly to ensure the Navy's significant humanitarian assistance and disaster relief efforts run smoothly."

As an advanced logistics staging base for the relief efforts, NAS Jax plays a pivotal role in relief operations becoming the "distribution hub" for relief materials headed to the Caribbean.

"We were told January 14 to pack up because we were going to go down to support USS Carl Vinson – or as needed, from Naval Station Guantanamo Bay, Cuba – to help the survivors in Haiti," said Lt. j.g. James Sabin, maintenance officer for Fleet Logistics Support Squadron 40 Detachment 4, who arrived in one of the squadron's C-2A Greyhound logistics aircraft.

"We packed everything and 24 hours later, we arrived at NAS Jax. We have 22 personnel on our plane and another Greyhound coming behind us with 24 personnel. We'll do whatever we can to help," said Sabin.

The C-2A was quickly refueled, loaded with relief supplies and departed en route to Naval Station Guantanamo Bay two hours later.

"The devastation is just beyond comprehension," said U.S. 4th Fleet Operations Officer Capt. Gregory Parker while awaiting air transport at the NAS Jax terminal.

"It's always a challenge getting support to devastated areas, but the Navy's role has always been as a first responder for humanitarian relief. We're transporting supplies down to Guantanamo Bay. From there, they will be taken to USS Carl Vinson and then heloed into Haiti. I think you will see a huge impact from the Navy, beginning immediately."



-Photo by Miriam S. Gallet

Sailors and Airmen at Naval Air Station Jacksonville load supplies onto a C-17 Globemaster III transport aircraft from 317th Airlift Squadron, U.S. Air Force Reserve Command. The supplies are being transported to Haiti to support Operation Unified Response after a 7.0 magnitude earthquake cause severe damage near Port-au-Prince on Jan. 12, 2010.

## Florida Guard Establishes Flight Center for Haiti

By Air Force Lt. Col. Ron Tittle

Special to American Forces Press Service

The Florida Air National Guard's 101st Air and Space Operations Group in St Augustine is paving the way for air operations in the emergency response to Haiti.

Florida Guardsmen have been working to assist the Haitian government, Federal

Aviation Administration, and U.S. Southern Command in coordinating the flow of supplies into Haiti's Port-au-Prince Airport since Jan. 15.

The Florida Air Operations Group used its unique capabilities to estab-

lish the Haitian Flight Operations Coordination Center while operating from its center at Tyndall Air Force Base, Fla.

The model for the coordination center was developed after Hurricane Katrina to smooth the flow of relief supplies into a disaster area.

"We are supporting the AF South Air Operations Center, the air component of U.S. Southern Command, 24/7 to provide this capability," said Air Force Col. Randall Spear, the AOG commander. "Supplies from around the world are now flowing into Haiti as a direct result of this effort."

"Previously, aircraft flowing into Haiti had a gridlock of several hours because there was no place to park or unload aircraft," Lt. Col. Brad Graff, director of the coordination center and chief of the 601st Air Mobility Division, said. "Now relief supplies - medical, water, and food - are steadily flowing into Haiti."

People from all over the world are talking with the Florida airmen to get a slot time on the ramp, Spear said, adding that Haitian authorities are only allowing landings from those with a slot time with the coordination center. The Haitian authorities dictate their

priorities and needs to the coordination center through Southcom.

Florida Guardsmen also are assisting with the flow of air cargo into Homestead Air Reserve Base. They may pick up additional missions in other areas in order to maximize airlift to quake-ravaged Haiti.

"I am extremely proud of the professionalism of our Florida Guardsmen at the 101st AOG as well as the active duty airmen working beside them around-the-clock to ensure the protection of our homeland," said Air Force Maj. Gen. Douglas Burnett, Florida's adjutant general. "They are able to

take their daily, superb skills and rise to new heights to ensure an effective air response to a critical situation in Haiti."

Working in Florida, and particularly being Florida Guardsmen, the 101st AOG is experienced with natural disasters, enabling them to expedite the flow of critical resources into the area.

"We have become the experts in contingency response and planning when it comes to employing air support in disasters," Spear said.

### VITA

7. If you have sold stock or bonds and have received 1099 B, you must bring in information on that sale: Date of the sale, sale price and what your sold. Most of this information is located on the 1099 B. In addition, you must know the date you purchased the stock/bond, what you paid for it and fees that you may have paid at the time of the purchase.

Your purchase statement should provide that data.

8. If you have rental property, you need to know when your started renting the property (if in a prior year) and the amount of depreciation you have been taking. Most of this information is

on your prior year return but not all of it.

9. If you started renting property in 2009, we would need to know the basis of the property and the basis of the land it sits on. You need to have a complete list of all expenses (listed by item). You will also need to have the amount of rent you have collected.

So, wait a few days for a big savings. We will be taking calls on tax questions. Our Volunteers are Certified and Trained by members of IRS. We will be sending additional TIPS out as the filing season gets into full swing.

For more information or to make an appointment, call 270-5150. Walk ins are welcome.

From Page 1

**SHADOW BOXES  
DOG HOUSES**

Made to Order by  
**Manuel Bello  
Woodworking**

www.goatlocker.org/bellovincent

**904-645-7767**

LAYAWAY NOW AVAILABLE



**McGowan Firearms**

Hours: Tues - Sat 11 am - 7 pm

• Ammunition • Accessories  
• Pepper Spray  
• Concealed Weapons Classes

TAURUS Smith & Wesson LOCK PERFECTION

**904-372-0770**

701 Mayport Crossing Blvd., Atlantic Beach  
1 Mile South of NS Mayport in the Food Lion Shopping Center

756933

## ACHIEVE YOUR GOALS, YOUR DREAMS AND YOUR FINANCIAL PLAN



A great loan rate can make it happen. And Navy Federal is where you'll find it. Whether you're planning a wedding, buying a car, remodeling your home or taking a vacation, choose from a variety of loans—with rates that make your budget more manageable.

navyfederal.org • 1-888-842-6328 Join today! Serving the DoD and their families.

**NAVY  
FEDERAL**  
Credit Union

# Mayport Extends Helping Hand To Haiti

By Ensign Adam Cole

*USS Normandy*

A NS Mayport helicopter detachment embarked on USS Normandy (CG 60) completed its first set of humanitarian relief missions inside Port-au-Prince, Haiti Jan. 18, as part of Operation Unified Response.

HSL-46, "Grandmasters," Detachment 3 "Screaming Seagulls," have been tapped to help in the delivery of food and water as well as movement of personnel, to include troops and Haitian nationals needing medical assistance.

On their first day of humanitarian efforts, the Screaming Seagulls made 19 different runs - lifts - in and out of Port-au-Prince airport and throughout Haiti's capital. The SH-60B helicopter was able to load up and drop off 200 cases water - with 24 bottles each case - and 349 Meals Ready to Eat (MRE) cases - with 12 per case - to affected areas in Haiti; two medical transports for Haitian nationals to areas where they could get medical attention took place; 56 others were transported, most of them U.S. Army soldiers who will provide security at aid distribution drop points.

There are two helicopters from the detachment embarked onboard Normandy. Both will make flights simultaneously during their participation in the Unified Assistance humanitarian operation.

"It's a great feeling to contribute like this, to know what you are doing is directly going to assist the Haitian people," said Lt. David A. Hoopengardner, one of the pilots with the Screaming Seagulls who made the first set of aid deliveries for the det. "It is fulfilling to know that I am using my skills to greatly help someone."

Efforts on day one were concentrated primarily on stabilization of select areas; as more security gets to humanitarian distribution points, assistance looks to be even more impacting, said Hoopengardner.



-Photo courtesy of HSL-46

*CUTLAS 475 from HSL-46 Detachment Three "Screaming Seagulls" is stationed in Port-au-Prince picking up supplies for deliver. The detachment is heavily focused on lifting food/water and providing MEDEVAC assistance. Detachment Three is embarked on USS Normandy and is flying both aircrafts in support of Humanitarian Assistance/Disaster Relief Ops.*



-Photo by MCC Bill Mesta

*The guided-missile frigate USS Underwood (FFG 36) moores at Naval Station Guantanamo Bay to put on stores and refuel while en route to provide humanitarian aid and disaster relief to Haiti. Underwood was diverted from its mission to assist with relief efforts following a 7.0 magnitude earthquake in Haiti on Jan. 12.*



-Photo by MCC Bill Mesta

*The guided-missile frigate USS Underwood (FFG 36) arrives at Naval Station Guantanamo Bay to put on stores and refuel while en route to provide humanitarian aid and disaster relief to Haiti.*



-Photo by Ensign Adam R. Cole

*Landing signalman enlisted Boatswain's Mate Seaman Rueben Benders, a native of the Dominican Republic, helps guide an SH-60H Sea Hawk to land on the deck of the USS Normandy (CG 60) for a passenger transfer. Normandy The Norfolk-based cruiser arrived here the evening of Jan. 16 in support of Operation Unified Assistance. Operation Unified Assistance is the humanitarian assistance/disaster relief response to earthquake that occurred in Haiti on Jan. 12.*



-Photo by MC2 Gary B. Granger Jr.

*Aviation Support Equipment Technician Airman Phillip Kramer to Helicopter Anti-Submarine Squadron Light (HSL) 46, assists air crewmen with preflight checks at Naval Station Mayport as an SH-60 Sea Hawk helicopter prepares to departing to embark aboard USS Normandy.*



-Photo by MC2 Gary B. Granger Jr.

*An SH-60 Sea Hawk helicopter assigned to Anti-Submarine Squadron (HS) 7 lifts off from Naval Air Station Jacksonville to embark aboard the aircraft carrier USS Carl Vinson (CVN 70) en route to Haiti. The squadron and several Navy vessels are underway to render humanitarian assistance after a 7.0 magnitude earthquake struck the Caribbean nation.*



-Photo by MC2 Gary B. Granger Jr.

Naval air crewmen conduct preflight inspections at Naval Station Mayport before departing to embark aboard the guided-missile cruiser USS Normandy (CG 60). The ship and several Navy vessels are underway to provide humanitarian assistance in the aftermath of a 7.0 magnitude earthquake.



-Photo by MC2 Gary B. Granger Jr.

Lt. John Johnson, assigned to Helicopter Anti-Submarine Squadron Light (HSL) 46, performs preflight checks at Naval Station Mayport before departing to embark aboard the guided-missile cruiser USS Normandy (CG 60).



-Photo by MC1 Leah Stiles

The Military Sealift Command maritime prepositioning ship USNS 1st Lt. Jack Lummus (T-AK-3011) receives cargo from the U.S. Agency for International Development (USAID) and the U.S. Marine Corps at Blount Island Command. USAID provided more than 120 pallets of relief supplies and 400 bottles of propane.



-Photo by MC1 Leah Stiles

Marine Staff Sgt. Jonathon Thompson inspects cargo from the U.S. Agency for International Development (USAID) and the U.S. Marine Corps at Blount Island Command before loading it aboard the Military Sealift Command maritime prepositioning ship USNS 1st Lt. Jack Lummus (T-AK-3011). USAID provided more than 120 pallets of relief supplies and 400 bottles of propane. The Marine Corps cargo included vehicles and heavy equipment to support the distribution of supplies, water production, water distribution and fuel distribution. The Marines also provided limited earth-moving equipment, electrical-producing equipment, limited lumber, building materials, and medical supplies. The ship and supplies are bound for Haiti as part of Operation Unified Response following a 7.0 magnitude earthquake near Port-au-Prince on Jan. 12.

# DoD Authorizes Up \$20 Million In Haiti Relief

By John J. Kruzal

American Forces Press Service

The Defense Department has authorized up to \$20 million in immediate aid to Haiti as part of an international push to bring relief to the country in the wake of the 7-magnitude earthquake that struck Jan. 12.

The department's Haiti disaster relief execution order will provide funding for humanitarian disaster relief and civic aid that includes up to 600,000 humanitarian daily rations, food packages of about 2,300 calories designed to maintain a person's basic nutrition needs, according to officials.

The assistance is part of a substantial relief effort by the Defense Department that, as of last night, included 4,200 U.S. military personnel supporting task force operations within

## Donations To Haiti Relief

From DoD

The Navy is encouraging members of the community, community organizations, and local businesses to visit <http://www.usaid.gov/helphaiti/> on how they can donate money or items in support of Haiti earthquake relief. This web site provides links and detailed information on what are acceptable donations and how to make them.

For information on how to donate locally, please contact your local disaster relief and charitable organizations.

A special thanks to all who are donating their time, money, and goods in this time of need.

Haiti in addition to Navy and Coast Guard vessels offshore.

An additional 6,300 military personnel are scheduled to

arrive through the weekend and Navy Adm. Mike Mullen, the chairman of the Joint Chiefs of Staff, yesterday estimated that

up to 10,000 U.S. troops would be in Haiti by Monday.

"As you hear the numbers increase to some 9,000 to 10,000 by Monday, many of them will be offshore in the ships certainly providing this critical support as well and very focused on the medical needs, the food needs the water needs," he told Pentagon reporters yesterday, adding that the number of U.S. personnel in Haiti could increase over time.

White House officials today said 26 urban search and rescue teams from the U.S. continue operating in Haiti after rescuing 15 people, with Haitians and Americans among those rescued. An official noted that the prospect of finding additional survivors in operations lasting at least through tomorrow is still possible.

An official said 180 tons of food had been delivered as of yesterday, and that five emergency health centers are currently in operation. Other aid workers are engaged in distributing food, purifying water and providing sanitation.

The Red Cross estimates between 40,000 and 50,000 people were killed in what one official has called one of the greatest humanitarian emergencies in the history of the Americas.

Military efforts, which are in support of the U.S. Agency for International Development that is orchestrating U.S. government contributions to the relief mission, are focused on working with the United Nations Stabilization Mission in Haiti, international relief organizations and local responders to

provide search and rescue, distribute aid and assess damage to key infrastructure, officials said.

With approval from the Haitian government, U.S. Air Force air traffic control and airfield management personnel are managing air operations into the international airport at the national capital of Port-au-Prince. The airfield is open for 24-hour operations and has a 90-aircraft-per-day capability.

The aircraft carrier USS Carl Vinson and the U.S. Navy destroyer USS Higgins are operating off the Haitian coast in support of the task force. USS Carl Vinson has 19 embarked helicopters flying lift missions in support of relief efforts. The carrier also is delivering more than 30 pallets of relief supplies for distribution to affected areas.



-Photo by MC2 Laura A. Moore

Haitian citizens that were affected by the 7.0 magnitude earthquake on Jan. 12 stand in line to receive bottled.



-Photo by MC2 Justin Stumberg

An Aircrewman assigned to the Chargers of Helicopter Sea Combat Squadron (HCS) 26 drops humanitarian aid in support of earthquake relief efforts in Port-au-Prince.

## Out in Town

Thursday, Jan. 21

City of Atlantic Beach Recreation & Special Events will host its January exhibit, "Always New" - Rama Malone, painter and poet at the Adele Grage Cultural Center, 716 Ocean Blvd., from 6 to 8 p.m. until January 28. Gallery is open weekdays 8 a.m. to 4:30 p.m. Closed for lunch 12-1 p.m.

Kiwanis Club of Jacksonville Beaches will meet at noon at Crab Cake Factory, 1396 Beach Blvd., Jacksonville Beach. Speaker will be Lucy Croft, Volunteer for Kiwanis International who will speak about volunteering for the organization. Cost for non-members is \$15. For more information, contact James Lee, Past-President: †904-382-9646 or go to [www.beachskiwanis.com](http://www.beachskiwanis.com)

Friday, Jan. 22

Come join the Fleet Reserve Association for a night of Karaoke at the Branch Home, 390 Mayport Rd. Featured will be host DOUG BRACEY, from 9 p.m.-1 a.m.

First Coast families are invited to Blue Cypress Park to enjoy JaxParks "Movies in the Park" from 6-9 p.m. This free evening of cinema promises to be fun for the entire family. † Free refreshments will be available while they last. Featured Movies The Game Plan (Rated PG). For more information on events and activities hosted by JaxParks, call (904) 630-CITY or visit [www.jaxparks.com](http://www.jaxparks.com).

Saturday, Jan. 23

The Jacksonville Genealogical Society will hold their monthly meeting at the Webb-Wescott Branch Library, 6887 103rd Street, at 1:30. Please note this is a date change from our normal meeting time. Our speaker will be Mr. Dick Cardell, the society's historian and parliamentarian. His topic will be his latest genealogical trip to Europe. Mr. Cardell has always given our members and guests an informative and fun program. Please plan to attend. For additional information, please contact, Jim

Mayport Military MOPS (A.K.A. Mothers of Preschoolers) invites mothers of children ages 0-5 to join our group for "Life on Planet Mom." The group meets every first and third Wednesday at the Mayport Base Chapel from 9:15-11:30 a.m. Free childcare, playdates, games, crafts, refreshments and more!

Join us for some Mommy-time! For more info please visit: [www.myspace.com/mayportmops](http://www.myspace.com/mayportmops) or find our "Mayport MOPS" group on Facebook! Mayport MOPS invites everyone to join us 10-11:30 a.m. for Monday Playdates at the Mayport USO.

Laird, (904) 264-0743.

The Fleet Reserve Association Branch 290 is hosting a BBQ Pork dinner, from 5 to 8 p.m. at the Branch Home at 390 Mayport Rd. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m. the music of DOUG BRACEY will entertain until 1 a.m. Happy hour precedes the dinner from 4 to 6 p.m., all drinks are 50¢ off.

Join one of our knowledgeable park rangers at 10 a.m. for an informative talk on the natural history of sea islands and their important role in coastal ecology. The topics addressed will include beach erosion, island migration, island formation and the natural communities present on such barrier islands today. 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.

Monday, Jan. 25

The Fleet Reserve Association, Branch 290, invites you to play Bingo at the Branch Home, 390 Mayport Road, Atlantic Beach. Games start at 6 p.m. and are usually finished by 8 p.m. Snacks will be available for a small donation.

Tuesday, Jan. 26

The Cummer Museum of Art & Gardens, 829 Riverside Ave., presents an artist talk from 1 to 2 p.m. with author and illustrator Paul Rogers as he discusses his successful career as a commercial graphic and book illustrator and talks about his

inspiration and visual references in his work. This event is in correlation with Jazz ABZ: An A to Z Collection of Jazz Portraits by Paul Rogers with poems by Wynton Marsalis. The exhibition, on view through August 8, 2010, features 27 paintings of famous jazz musicians by Rogers. This exhibition includes selected poems by Marsalis and highlights jazz legends from A (Louis Armstrong) to Z (Dizzy Gillespie) through art and poetry. The Cummer is the first museum or gallery to display this exhibition. For more information, please call (904) 355-6030.

Wednesday, Jan. 27

The Fleet Reserve Association, Branch 290, invites you to participate in its "Wings-N-Things" from 5 to 8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. 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.

Friday, Jan. 29

The Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners, from 5 to 8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. We'll do the cooking for you. A donation of \$5 to \$8 is requested for each dinner, and depends on what is ordered. Carry out orders are accepted. The public is always invited to dinner. Happy hour precedes the dinner from 4 to 6 p.m., all drinks are 50¢ off. After dinner, enjoy the music of SOUTHBOUND from 9 p.m. to

1 a.m.

First Coast families are invited to show their creativity at JaxParks' next installment of the Arts on the Go series at Murray Hill Art Center, 4327 Kerle St., from 6-8 p.m. This free art event offers hands-on activities including drawing, painting and crafting. Art instructors will be on hand to assist. Participants are encouraged to take their creations home to display and enjoy. Arts on the Go is a two-hour program that travels monthly to parks and community centers throughout Duval County. The program's goal is to introduce families to various forms of art. It also provides an opportunity for families and neighbors to join for an evening of free entertainment and fun. Art instructors work with the participants to expand their experience and offer instruction. For more information on events and activities hosted by JaxParks, call (904) 630-CITY or visit us at [www.jaxparks.com](http://www.jaxparks.com).

Saturday, Jan. 30

Join the Jacksonville Humane Society for a celebration of the organization's 125th anniversary from 10 a.m.-4 p.m. at 8464 Beach Boulevard. Enjoy fun children's activities, great food, treats for pets and people and meet adoptable dogs and cats. Event is free and open to the public. More information is available at [www.jaxhumane.org](http://www.jaxhumane.org) or by calling 904-725-8766.

Join a park ranger at 10 a.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Monday, Feb. 1

The Fleet Reserve Association, Branch 290, invites you to play Bingo at the Branch Home, 390 Mayport Road, Atlantic Beach. Games start at 6 p.m. and are usually finished by 8 p.m. Snacks will be available for a small dona-

tion.

The Fleet Reserve Association, Branch 290, invites you to play Bingo at the Branch Home, 390 Mayport Road, Atlantic Beach. Games start at 6 p.m. and are usually finished by 8 p.m. Snacks will be available for a small donation.

Friday, Feb. 5

SPRING RUMMAGE SALE at Christ United Methodist Church Neptune Beach, 400 Penman Road, Neptune Beach. The United Methodist Women will be hosting their annual Spring Rummage Sale on from 9 a.m.-3 p.m. Looking for shoes, linens, clothing, purses, luggage, toys etc? Join us and find your special treasure! For more information, please contact the church office at 904-249-5370

Saturday, Feb. 6

SPRING RUMMAGE SALE at Christ United Methodist Church Neptune Beach, 400 Penman Road, Neptune Beach. The United Methodist Women will be hosting their annual Spring Rummage Sale on from 9 a.m.-3 p.m. Looking for shoes, linens, clothing, purses, luggage, toys etc? Join us and find your special treasure! For more information, please contact the church office at 904-249-5370

Thursday, Feb. 11

RecruitMilitary Opportunity Expo: A free employment, entrepreneurship, and educational opportunity event for veterans, personnel who are transitioning from active duty, Reserves, Guard, and military spouses presented by RecruitMilitary, the President's National Hire Veterans Committee (DOL), the American Legion, and the MSCCN (Military Spouse Corporate Career Network) will be held in Jacksonville at Jacksonville Municipal Stadium from 11 a.m. to 3 p.m. For more info or to register as a job-seeker, visit <http://www.recruitmilitary.com>

Friday, Feb. 12

The hottest new and exotic automobiles will steer

towards North Florida when the Jacksonville International Car and Truck Show returns at the Prime Osborn Convention Center. The show highlights more than 150 vehicle brands from more than 20 manufacturers, with dealer and factory representatives on hand to help compare prices and features and to answer any questions.

Additionally, the show features the Kid's Stop Pit Stop-a video gaming arcade center- and a motorcycle showcase. Show visitors can skip the lines and purchase tickets in advance by visiting [www.jaxautoshow.com](http://www.jaxautoshow.com). Groups of 10 or more can save \$3 with online purchase. In recognition of our troops, this year active military are admitted free with proper ID. Show hours are Friday from noon-9 p.m.; Saturday from 10 a.m.-9 p.m.; and Sunday from 10 a.m.-6 p.m. Admission is \$8 for adults; \$6 for seniors; \$4 for children ages 6-12; and free for children under 6. Discount coupons for \$2 off admission are available at area Gate gasoline stations. The Jacksonville International Car and Truck Show is presented by The Florida Times-Union and sponsored by the Jacksonville Automobile Dealers Association. For more information, please call toll free 800-261-6498 or visit [www.jaxautoshow.com](http://www.jaxautoshow.com).

Saturday, Feb. 13

Join a Park Ranger at 10 a.m. for a leisurely paced hike to discover the island's natural communities. Participants are encouraged to bring bug spray and bottled water. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and programs are free with regular park admission. For additional information on any of these programs, contact the Talbot Islands Ranger Station at (904) 251-2320. For more information about Florida State Parks, visit [www.FloridaStateParks.org](http://www.FloridaStateParks.org).

## GREAT NEWS: Homebuyer Tax Credit is Now EXTENDED & EXPANDED!

Second chances don't come along very often. Now, first-time home buyers and existing homeowners have the chance of a lifetime!

UP TO \$8,000!<sup>\*</sup>  
FOR FIRST-TIME HOMEBUYERS  
Extended through April 30, 2010



UP TO \$6,500!<sup>\*\*</sup>  
FOR CURRENT HOMEOWNERS  
Through April 30, 2010

FOR MEMBERS OF THE MILITARY ON  
ACTIVE DUTY OUTSIDE THE UNITED  
STATES FOR AT LEAST 90 DAYS

Between January 1, 2009  
& April 30, 2010

THE TAX BREAK WILL REMAIN  
IN EFFECT AN ADDITIONAL YEAR



## CLAY COUNTY

\* COVENTRY AT OAKLEAF PLANTATION  
Townhome-style Condos  
From the '120s  
15 miles from Jax Naval Air Station

\* HAMILTON GLEN AT OAKLEAF PLANTATION  
Single-family homes  
From the '190s  
15 miles from Jax Naval Air Station

## DUVAL COUNTY

\* WYNNFIELD LAKES  
Single-family homes  
From the mid '200s  
10 miles from Mayport Naval Station

\* LEXINGTON PARK  
Single-family homes  
From the upper '100s  
25 miles from Mayport Naval Station

## ST. JOHNS COUNTY

\* CHANCELLOR'S RIDGE  
Single-family homes  
From the mid '200s

\* WILLOWCOVE AT NOCATEE  
Single-family homes  
From the '300s

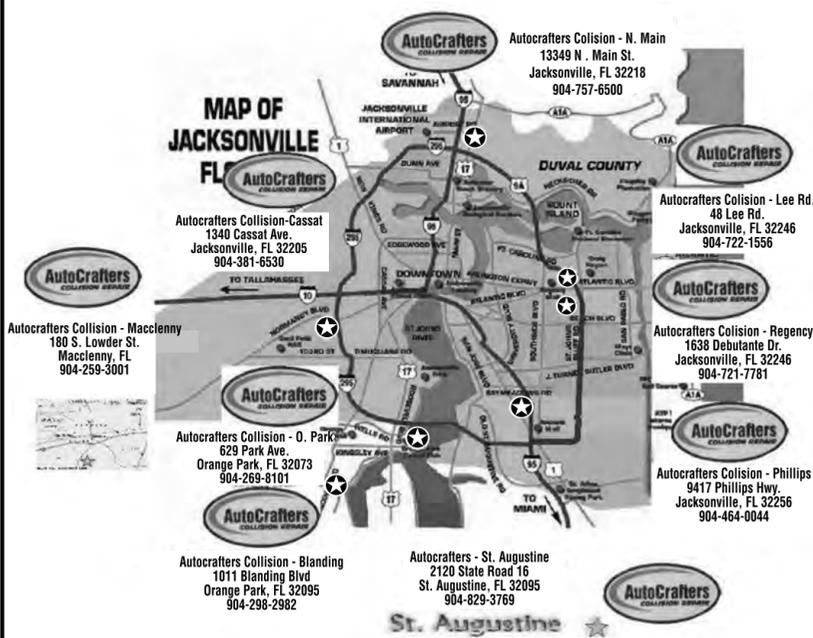
\* JOHN CREEK II  
Single-family homes  
From the '200s

[LennarJacksonville.com](http://LennarJacksonville.com)

877-746-9830

\*First-time homebuyer is any individual (excluding a non-resident alien) who has not owned a principal residence during the past three years and is purchasing the new home as their primary residence. Tax Credit is subject to eligibility requirements. Lennar cannot provide guarantees of actual savings and does not guarantee the homebuyer's qualification for the federal tax credit. Credit is subject to 3-year ownership requirement. No tax advice; homebuyers should consult with their tax advisor. Tax laws are subject to change. \*\*To be eligible to claim the \$6,500 credit buyers who have owned and resided in a home for any 5-consecutive year period during the last 10 years, must close after the date of enactment (November 6, 2009), and prior to July 1, 2010. ©2009 Lennar Corporation and Universal American Mortgage Company, LLC. Lennar, the Lennar logo, Universal American Mortgage Company and UAMC logo are registered service marks or service marks of Lennar Corporation and/or its subsidiaries. CBC#1257529 11/09

## WE ARE THE DIRECT AUTHORIZED COLLISION REPAIR SHOP FOR THE #1 AUTO INSURER OF THE MILITARY!



MAKE THE RIGHT CHOICE...  
CHOOSE AUTOCRAFTERS COLLISION REPAIR!

[www.AutoCraftersCollision.com](http://www.AutoCraftersCollision.com)

# THINK CREATIVE FUTURE

THINK CREATIVE WAYS  
TO EARN YOUR DEGREE.

## Straight talk about your creative education.

There's never been a better time to pursue your degree in the creative and applied arts. We're talking about the art of making a living, doing what you love, and taking advantage of the fascinating career opportunities that exist in all kinds of industries.

Maybe you see yourself being part of the team that creates the next sci-fi shooter. Or let's say your passion is cuisine and you want to own a restaurant of your own one day. Or maybe there's an interior design or graphic design firm waiting for someone just like you. Our graduates are making their mark every day—and everywhere. So can you.

YOUR MILITARY BENEFITS  
CAN HELP YOU EARN YOUR  
**BACHELOR'S OR  
ASSOCIATE'S DEGREE.**  
WE CAN SHOW YOU HOW.

Yellow Ribbon  
Program participant



**Ai** The Art Institute of Jacksonville<sup>SM</sup>

*A branch of Miami International University of Art & Design*  
8775 Baypine Road, Jacksonville, FL 32256-8528

Think you're ready to pursue the fulfilling career you want? Let's get started right now.

[artinstitutes.edu/jacksonville](http://artinstitutes.edu/jacksonville) 1.800.924.1589

# Admiral Stavridis Visits Mayport Commands

**By Ensign Marc Schron**

*Vicksburg Public Affairs Officer*

Adm. James G. Stavridis, Supreme Allied Commander, Europe and Commander, United States European Command, spent time at two NS Mayport commands on Jan. 14 to talk with them about upcoming missions.

Stavridis made his first stop at HSL-46, where he administered the Oath of Enlistment to Aviation

Electrician's Mate Craig West and presented a Navy/Marine Corps Commendation Medal to Lt. Cmdr. Dan Leonard. Stavridis also took the opportunity to talk with crewmembers from two of the squadron's detachments. Detachments from HSL-46 have participated in several high-priority missions recently, including assisting with the rescue of Richard Phillips, the captain of the U.S.-flagged cargo ship Maersk Alabama in April

and the current humanitarian mission in Haiti. After HSL-46, Stavridis visited USS Vicksburg (CG 69). Vicksburg will be participating in the NATO exercise Joint Warrior later this year, operating in Europe under the purview of Stavridis. The first stop on the tour was a meeting with several officers in the Wardroom, followed by a tour of the Combat Information Center and Central Control Station. Stavridis spoke with Sailors

from divisions represented in their departmental spaces, sharing thoughts on the accomplishments of the crew during the 2009 Arabian Sea Dwight D. Eisenhower Carrier Strike Group deployment. Stavridis' final visit was to the bridge, where he presented four members of the crew with Navy Achievement Medals.



-Photo by Paige Gnann



-Photo by Paige Gnann

Adm. James Stavridis, Supreme Allied Commander, Europe, Commander, United States European Command stands with crewmembers from HSL-46 Detachment Three before the detachment's deployment to Haiti embarked on USS Normandy (CG 60). USS Normandy and HSL-46 Detachment Three will be performing humanitarian missions in the earthquake-devastated country as part of the United States relief efforts.

Stavridis, Supreme Allied Commander, Europe, Commander, United States European Command talks with crewmembers on the bridge of NS Mayport, Fla. based USS Vicksburg (CG 69) prior to a brief awards ceremony. Stavridis visited Vicksburg on Jan. 14 to talk to the crew about the ship's upcoming deployment as part of multinational, multiwarfare Exercise Joint Warrior.



-Photo by Paige Gnann

Stavridis looks down the barrel of a .50-caliber sniper gun that can be used during joint missions with the Navy during a short demonstration with Coast Guard Petty Officers John Gonzales and Steve Doty of USCGC Tactlet South. The demonstration was part of a tour for of HSL-46.



-Photo by Paige Gnann

Stavridis talks to Operations Specialist 1st (SW) Geraldo Anzaldo, Chief Operations Specialist (SW/AW) William Laird Chief Cryptologic Technician Technician (SW/AW) William Devlin all of NS Mayport, Fla.-based USS Vicksburg (CG 69).



-Photo by Paige Gnann

Stavridis talks with HSL-46 pilots Lt. Cmdr. Shawn Blickley and Lt. Jean-Paul Cristophe during a tour of the NS Mayport, Fla.-based SH-60B "Seahawk" helicopter squadron. The pilots were part of the HSL-46 detachment embarked with USS Halyburton (FFG 40) and assisted in the rescue of Richard Phillips, the captain of the U.S.-flagged cargo ship Maersk Alabama in April.





Jeffrey J. Sneed, P.A.

- Board Certified Civil Trial Attorney
- Automobile Accidents Injuries
- Fall Down Cases
- Product Related Injuries

Eakin & Sneed 247-6565

Conveniently located in Atlantic Beach

## Business Spotlight

www. *Seduction* PHOTOGRAPHY.COM

MAKING YOU INTO A WORK OF ART,  
FOR THE GIFT HE'LL LOVE!

MILITARY DISCOUNTS

Kiss your ordinary Valentine's Day gifts goodbye.

Life is full of celebrations, and there's just one delicious way to bring joy to all of them. Available for pickup or delivery nationwide.

Happiness is always in season!

Call or visit the location nearest you:  
The Shoppes of Avondale - 3651 St. Johns Avenue, Jacksonville, FL 32205. Phone: 904.384.5217  
The Shoppes at Barrtram Park - 13760 Old St. Augustine Road, Suite 117, Jacksonville, FL 32258. Phone: 904.262.6632



Another Reason to Celebrate!  
**SAVE \$5**  
on your next order.

Offer valid on select products. Cannot be combined with any other offers. Offer code must be used when placing this order. Excludes cakes, 2/11/10. Coupon Code: MARG11

Valentine's Day • Dinner Parties • Anniversaries • Birthdays • Congratulations

TO SPOTLIGHT YOUR BUSINESS PLEASE CALL 904-359-4680

# Gettysburg Receives Retention Excellence Award

From USS Gettysburg

USS Gettysburg (CG 64) was awarded the Fleet Forces Command Retention Excellence Award for fiscal year 2009 on Dec. 30.

"This is an excellent honor for our ship," stated Chief Navy Counselor(SW) Debra Grindstaff, Command Career Counselor on board Gettysburg.

The award recognizes commands with a proven record of retaining the Navy's best Sailors, and serves as a symbol of that command's commitment to the growth and development of her Sailors. The credit not only goes to the Command Career Counselor, but the individual chain of commands of each Sailor.

"From the Work Center Supervisors, all the way to the Department Head, Gettysburg Sailors know their chain of command will provide the mentorship and guidance necessary to ensure career success," stated Grindstaff.

It is with their tireless efforts to support, and lead these Sailors down the path to success, that these Sailors decide to "Stay Navy" and pay it forward to other Sailors, so that the cycle may continue.

There are many Navy-wide programs such as Perform to Serve and the Mentorship program, that are utilized to ensure that commands have a tight hold on a Sailors path. Career Retention

Teams, Career Development Boards and even personal counseling sessions are some of the ways that Gettysburg was able to personally retain so many of its crew.

"What some people do not realize, is that a reenlistment ceremony is not just for the reenlisting member and their family. It can be a motivation tool for other sailors, by reminding them of why they joined the Navy and why they may want to stay. Often, one public reenlistment ceremony, leads to many reenlistment requests," declares Grindstaff.

"It was an easy decision for me to reenlist," states Sonar Technician Surface 2nd Class (SW) Oyler. "My professional reasons included the options I might receive for possible shore duty. My personal reasons include the current state of the economy. But overall my chain of command motivated me to Stay Navy."

All Retention Excellence Award winners are required to win a minimum of two out of the four quarterly honor rolls. Each command has to meet or exceed specific percentages for reenlistment zones A, B and C or meet an attrition rate of 6.2 percent or lower.

USS Gettysburg is now allowed to paint her anchor gold, a symbol that only the Retention Excellence awardees are allowed to do.



-Photo courtesy of USS Gettysburg

USS Gettysburg's Command Career Counselor team helped the command earn the Fleet Forces Command Retention Excellence award for 2009.

## CSG2 Visits Gettysburg

From USS Gettysburg

Rear Adm. David M. Thomas Jr., Commander Carrier Strike Group Two, visited USS Gettysburg (CG 64) on Jan. 5 to present Team Gettysburg's Junior Sailor of the Quarter, Fire Controlman 2nd Class (SW) Stephen Ross, Senior Sailor of the Quarter, Fire Controlman 1st Class (SW) Scott Altis, and Senior Sailor of the Year, Fire Controlman 1st Class (SW) Charles Thomas, their awards.

Ross joined the Navy June 15, 2005 from Tatum, Texas. He wanted to show his patriotism by defending our country's freedom. When asked how he felt about being presented Junior Sailor of the Quarter by Thomas he said, "I was surprised! I was motivated by his words to live by the core values."

Altis hails from Chino Hills, California. He joined the Navy 11 years ago to keep a promise to his grandfather.

"It is a family tradition," Altis stated. When asked about



-Photos courtesy of USS Gettysburg

Rear Adm. David M. Thomas Jr., Commander Carrier Strike Group Two presents USS Gettysburg Senior Sailor of the Year Fire Controlman 1st Class (SW) Charles Thomas with his award during a recent visit to the ship.

his selection as Senior Sailor of the Quarter he replied, "It was a humbling experience. It is a great opportunity and I was honored to be in the company of my fellow shipmates FC2(SW) Ross and FC1(SW) Thomas."

FC1 Thomas is originally from Columbia, South Carolina. He joined the Navy, June

4, 1997, and has been on the road to success every since. He has had the opportunity to serve at the Pentagon, and even completed an IA tour in Guantanamo Bay, Cuba.

Rear Adm. Thomas concluded his visit with tours of machinery and combat systems spaces receiving upgrades in the current SRA.



Rear Adm. Thomas presents Senior Sailor of the Quarter, Fire Controlman 1st Class (SW) Scott Altis, top, and Gettysburg's Junior Sailor of the Quarter, Fire Controlman 2nd Class (SW) Stephen Ross with their awards.

In one visit, you'll see why.

**KB HOME BUILT TO ORDER IS BETTER**

The sky's the limit with Built to Order™. So make a list of what you want most in a new home. Then come sit down with a KB Home sales consultant and learn how you can create a home that fits your life and, most of all, your budget. You'll see there's no comparison.

### BUILT TO ORDER HOMES

A one-of-a-kind home at a great price. More choice. More value.

- you select the floor plan, home design and features **that are right for you**
- you **decide** the best way to spend your money to get the best value
- you **ensure** you get quality construction, energy-efficient design and a 10-year limited warranty
- you create a home that's truly **one of a kind**

See It to Believe It!  
Price Comparison

See for yourself. There's no better way to build a home.

888-KB-HOMES

Building quality new homes since 1957.

kbhome.com

### INTRACOASTAL WEST Waterleaf

From the \$180s

1,403-3,385 sq. ft., 3-6 bedrooms,  
low HOA and no CDD fees

Amazing new prices just announced! Beautiful homesites are now selling. Enjoy a short drive to the beaches, 9A, shopping and dining. Waterleaf offers a pool, clubhouse, water park and playground!

From 9A, head east on Atlantic Blvd. for approx 2.2 mi. Turn left on Kernan Blvd. and go approx. 1 mi. to community on left. (904) 645-6724



### SOUTHEAST JACKSONVILLE Villages of Bartram Springs

From the \$120s

1,445-1,788 sq. ft., 2-4 bedrooms,  
low HOA and no CDD fees

Model homes are now open! This established community offers world-class amenities, highly rated schools, a convenient location and much more. Have your dream home Built to Order.

From I-95, exit St. Augustine Rd. heading east. Turn right on US 1, go approx. 4 mi. and turn right on Racetrack Rd. to Bartram Springs on right. Enter community and continue to townhomes ahead on left. (904) 880-4703



For more information about all Northeast Florida KB Home communities, visit [kbhome.com](http://kbhome.com) or call the Home Finding Center at (866) 596-6813.

Broker Cooperation Welcome. ©2010 KB Home (KBH). Payment of Broker Co-op requires Broker to accompany and register buyer on first visit and comply with Broker Co-op Agreement. See Built to Order™ options and upgrades offered at KB Home Studio. All options/upgrades require additional charges, may require ordering at predetermined stages of construction and are subject to change/discontinuation anytime by KB Home. KB Home is not a custom homebuilder and Built to Order only applies to appliances/options available at KB Home Studio. Plans, pricing, financing, terms, availability and specifications subject to change/prior sale without notice and may vary by neighborhood, lot location and home series. Additional charges apply for lot premiums, options/upgrades. Buyer responsible for all taxes. Price shown does not include insurance and other fees. Sq. footage is approximate. HOA applies. Photos show upgraded landscaping/options and may not represent communities' lowest-priced homes. See sales representative for details. CRC057509 JAX-83526



# Military Air Assets Exhibition & Conference

Rotorcraft • Fixed Wing • UAV

Register today at [www.maasec.com/Register](http://www.maasec.com/Register)

## Registration is FREE!

Stovepiped air operations are a thing of the past. Joint service personnel are working together to get the job done, and IDGA is supporting your effort by introducing MAASEC. It's the first free joint-service exhibition and conference serving the universe of air assets - rotorcraft, fixed wing and UAV / UAS, all under one CONUS roof. MAASEC is an opportunity to view hundreds of the latest products and services, and learn from industry experts speaking on hot topics such as: maintenance, repair and overhaul (MRO), upgrading avionics systems, communications and weapons systems, and performance-based logistics best practices. Go to [www.maasec.com/Register](http://www.maasec.com/Register) for more information including free registration.

MAASEC | Prime F. Osborn III Convention Center, Jacksonville, FL | March 30-31, 2010

Platinum  
Sponsor:



Silver  
Sponsor:



## USS Carney Passes The Rock



-Photo by MAC Anthony Sganga

Above, Waves crash over the bow of the guided-missile destroyer USS Carney (DDG 64). Carney is part of the Eisenhower Carrier Strike Group and is deployed as part of an on-going rotation of forward-deployed forces to support maritime security operations in the U.S. 5th and 6th Fleet areas of responsibility. Below, a rainbow is seen of the side of USS Carney.



-Photo by CMDCM Ross Cramer

## Frozen Over



-Photo by MC2 Daniel Gay

Ice and palm trees are an unusual sight on Naval Station (NS) Mayport's golf course. The ice has been forming on NS Mayport during record setting cold weather. The freezing weather, that threatens local Florida crops like oranges, has been freezing the base for over 10 days.

## Test Your Emergency Exits

From NS Mayport Fire Prevention

More people die from home fires than any other kind. Over 5,000 people perish every year in home fires because they don't know what to do. Hopefully your family has prepared and practiced a home fire escape plan. One important part of such a plan is locating and learning to use emergency ways out and alternate routes to safety. The Mayport Naval Station Fire & Emergency Services Department suggests that you practice using emergency exits to make sure they are usable. It's too late to discover your window is stuck shut and won't open when a fire has occurred.

In most homes and apartments, emergency exits are usually windows or stairways. Make sure windows can be opened and that screens and storm windows can be removed from the inside. Make sure you can operate locks and know to get out quickly, not to wait for you. If they cannot get out, they should know to wait at the window for help, where the firefighters can see them. Make

sure everyone learns to stay low and crawl to the nearest exit.

If bedrooms are on the second floor, provide folding ladders. Most fatal home fires begin at night while we are asleep. Escape ladders can be made of light rope. Metal ladders made for escape can be purchased at most hardware stores. Although most people plan to tie bed sheets together to form a rope, there is usually no time to form a rope, there is usually no time to do that in a fire. Jumping second story windows can cause severe injuries.

If you live in an apartment or condominium and your enclosed stairways are your emergency exits, practice finding these in the dark. First, count the number of doors, from your room to the exit stairway. Once in the stairway, go down to the outside.

Your family may have several alternate routes to take in case of fire. Make sure you practice all of them as much as possible.



**BOYS TOWN NATIONAL HOTLINE**  
**1-800-448-3000**

A crisis, resource and referral number for kids and parents.

Saving Children, Healing Families. [www.boystown.org](http://www.boystown.org) **BOYS TOWN** National Hotline

# We Raise Our Flags TO YOU!



## \$1 Military Move-In!\*

D·R·Horton wishes to show our support and gratitude for the hard work and sacrifice of our country's military personnel. In addition to your VA benefit of 100% financing\*\*, D·R·Horton will pay ALL of your closing costs AND Prepaid items!\*\*\* Move into your new D·R·Horton home for only one dollar!\*

### EAGLES HAMMOCK / VICTORIA LAKES

**New Homes from the \$150's!**

904-751-3614 | Yellow Bluff Rd. North or Alta Dr. & 9-A

- Minutes from I-95, I-95, JIA, great shopping, dining & entertainment at the brand new River City Marketplace
- Family oriented community - pool, tennis courts & playground
- Excellent location, convenient to Kings Bay & Mayport



### BARRINGTON COVE

**New Homes from the \$130's!**

904-854-0249 | Dunn Ave. just West of I-295 in North Jax

- Beautifully landscaped community . Large, estate sized lots with lake and conservation views available
- Close to schools, shopping, easy access To I-95 & I-295
- Community Playground



### YELLOW BLUFF LANDING

**New Homes from the \$120's!**

904-537-8552 | US-17 just North of Pecan Park Road

- Minutes from I-95 and 9-A, Jacksonville International Airport, Brand New River City Marketplace
- Fabulous amenities including sports fields, basketball, pool & clubhouse
- Excellent location, convenient to Kings Bay & Mayport Naval Station



### WINDSOR FALLS

**Condos from the \$110's!**

904-854-9544 | I-95 & J Turner Butler Blvd at Bonneval Rd

- Distinctively designed 2 & 3 bedroom condos **with attached garages**
- Minutes from I-95, JTB Blvd, shopping, dining, entertainment at new St. Johns Town Center
- Gated community with pool & playground



Models Open  
Mon-Sat 10am-6pm  
Sun 12pm-6pm



**D·R·HORTON** DHI Listed NYSE  
*America's Builder*

It's the place  
you call home

\*\$500 deposit requirement at contract signing, \$499 refunded at closing. Program is subject to VA loan eligibility and qualification. Not all buyers will qualify. Offer expires 3/31/09, not valid with other offers. Offer valid only in DR Horton North Florida communities. Offer valid on new contracts only, fully executed after 11/20/2009. \*\*Subject to VA loan eligibility and qualification, not all buyers will qualify. \*\*\*Closing costs and lender required prepaid items are paid with the use of a D.R. Horton preferred lender, limitations apply depending on financing program. Closing costs are limited to customary lender closing costs and do not include points, origination fee, or certain extraordinary closing costs. All items paid are at seller's discretion. Pre-paid items include pre-paid interest, hazard insurance premium & escrow, and tax escrow. Prices, specifications, incentives and availability subject to change without notice. Please see your New Home Consultant for details. CBC058997 © 2010 DR Horton, Inc. All rights reserved.





# Happenings

**Jan. 21: CPO Social Hour (Right Hand Man/Boss's Night).** 3-7 p.m. at Foc'sle CPO Club with thirty-five cent wings, drink specials and all-you-can-drink soft drinks for only \$1. 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 or 270-5431.

**Jan. 22: Comics on Duty World Tour.** 8 p.m. at Castaway's Lounge. All Hands welcome. (Free) www.comicsonduty.com 270-5228

**Jan. 23: Live - The 7 Street Band.** 9

p.m.-1 a.m. at Castaway's Lounge. All Hands welcome. (Free) www.myspace.com/the7streetband 270-7205

**Jan. 24: Bowling Family Fun Night.** 4-7 p.m. every Sunday at Mayport Bowling Center. Cost is \$9 per person and includes All-You-Can Bowl with shoes, spaghetti dinner, music videos, light show and colored headpin bowling for prizes. 270-5377

**Jan. 25: Spaghetti Monday.** 11 a.m.-1 p.m. at Fast Lanes Grille. Buffet includes spaghetti, garlic bread, salad and a drink for only \$6 per person. 270-5377

**Jan. 25: Badminton League Begins.** Captain's Cup league for singles and doubles. (Free) 270-5451

**Jan. 26: All Khaki Wings and Trivia Night.** 3-7 p.m. at Foc'sle CPO Club with 35-cent wings, drink specials and all-you-can-drink soft drinks for \$1. Trivia begins at 5:30 p.m. All Khakis welcome (Chief Petty Officers, Officers and their guests). For CPO Club activity information, call AWRC Jon Abell at 850-748-5941 or 270-5431.

**Jan. 27: Post-Holiday Fitness Meltdown.** 6:30-8:30 a.m. at the Gym

for Active Duty. 4:30-6:30 p.m. at Surfside Fitness Center for all authorized patrons. Melt off that holiday weight gain and sample a variety of fitness classes offered by Mayport Navy Fitness Trainers. (Free) 270-7718

**Jan. 29: MWR Quarterly Command Meeting.** 10 a.m. at Planet Mayport. Send your Command MWR Rep for the latest MWR information. (Free) 270-5228

**Jan. 27: Family Steak Night.** 3-7 p.m. at Foc'sle CPO Club. Cost is \$10 in advance or \$12 at the door (limited tickets available at the door). All

Hands welcome. Sponsored by HSL 42 Chief's Mess. For tickets, contact AWRC Spence Wait at 270-6122 ext. 112.

**Jan. 27: Wednesday Bowling Special.** 5-10 p.m. every Wednesday during January at Mayport Bowling Center. All-You-Can-Bowl is only \$15 per lane for up to five people per lane. 270-5377

**Jan. 31: Women's Volleyball Begins.** Sundays at the Gym. (Free) 270-5451

## 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.

**Jan. 21: Big Screen Tournament.** 6:30 p.m. start at Planet Mayport. This gaming tourney for prizes will be held on the big screen. Food

and soda served. (Free) **Jan. 22: Comics on Duty World Tour.** 8 p.m. at Castaway's Lounge. All Hands welcome. (Free) www.comicsonduty.com 270-5228

**Jan. 23: Mystery Trip.** Van departs Planet Mayport at 1:30 p.m. Liberty will call 72 hours in advance to tell you what to bring.

**Jan. 25: Barracks Break-In.** Food, soda and a movie starting at 6 p.m. in the lounge of

Barracks Bldg. 2105. (Free) **Jan. 27: Pool Tourney Wednesdays.** Pool tournaments every Wednesday starting at 6 p.m. with prizes for the winner. (Free)

**Jan. 29-30: Liberty Lock-In.** Planet Mayport is locking its doors at 11 p.m. Friday night and will not reopen until 7 a.m. Saturday. Event features free food, games, prizes, movies, music and more all night long. (Free)

## Kid Zone

**Jan. 23: Circus Trip.** 11:30 a.m. show time. Cost is \$12 per person. Trip is open to school age children and their parents. Parents are welcome to attend with younger children. Deadline to sign-up and pay is Jan. 20. A minimum of 12 sign-ups are required for trip to go. 270-5680 or 5421

**Jan. 24: Bowling Family Fun Night.** 4-7 p.m. every Sunday at Mayport Bowling Center. Cost is \$9 per person and includes All-You-Can Bowl with shoes, spaghetti dinner,

music videos, light show and colored headpin bowling for prizes. 270-5377

**Jan. 26: Parent Workshop - The Financial Aid Process.** 6:30 p.m. at the Youth Activities Center hosted by Mayport's School Liaison Officer. Workshop will include an overview of federal and state student aid programs (scholarships, loans, grants, work study), including the Bright Futures Scholarships. (Free) 270-6289 ext. 1305

**Jan. 29: Youth Freedom**

**Friday, Movie Night.** 7-11 p.m. at the Youth Activities Center for grade K through age 12. Cost is \$7 if advance sign-up or \$9 the day of, if space. 270-5680 or 5421

**Jan. 29: Teen Center Extended Hours, Movie Night.** 7-11 p.m. at Club Teen for age 12 through grade 12. Hotdogs, nachos, snacks and drinks available for purchase. Movie starts at 8 p.m. (Free Admission) 270-5680 or 246-0347

# New Hourly Care Offered At Child, Youth Programs

By Bruce Moody

Fleet and Family Support Program, Commander, Navy Installations Command

A new hourly child care service is now offered at Navy child and youth programs.

The service is intended to support military families who have an occasional need for child care. It will be available to all families who are eligible to receive care in the Child Development Center or School Age Care programs.

While "drop-in" care has historically been offered throughout the Navy, the hourly service differs in several ways.

Reservations for hourly care can be made up to 30 days in advance, on a first-come, first-served basis. Families can rely on the dates and times of the reservation and do not need to call the morning of the visit to determine whether space is available. The staff creates the reservations using a newly developed tool which calculates Navywide trends of vacancy rates and absences, making it possible to accurately predict absences and accept and guarantee reservations in advance. It is possible to make "stand-

ing" reservations for child care, such as Tuesday or Thursday of every week, though up to 30 days in advance and on a first-come, first-served basis.

Hourly care does not impact the wait list or the number of spaces needed for children who require full-time care. Hourly care children are incorporated into existing classrooms, filling spaces of children who are enrolled in the program but not present on that day. They do not require a dedicated hourly room or dedicated hourly spaces.

The priorities used to place full-time children are not relevant to hourly care families. The service is available to any eligible family, regardless of the reason. Because hourly care can be used in any situation for any reason, it ultimately helps meet the child care needs of parents who require care other than full-time care. This includes parents who have an intermittent need for child care because of work schedules, doctor visits, personal illness, and illness within the family. Hourly care also enables stay-at-home parents to take advantage of quality child care programs for their children as

well as an opportunities to tend to personal needs.

There is growing demand for occasional child care for families living across the United States and overseas. Given the demands placed on military families, the need for occasional care can be particularly relevant among this population.

For example, military families may live far from their extended families and not have other support systems to assist with child care. When a military member is deployed, one parent must assume all child care responsibilities.

FREE TICKETS TO ALL SHOWS ADULT COMEDY

STEVE MAZAN WWW.STEVEMAZAN.COM

PAUL OGATA WWW.PAULOGATA.COM

SCOTT HENRY WWW.SHENRY.COM

TOM FOSS WWW.TOMFOSS.NET

at&t

MWR

THAT GUY

WWW.COMICSONDUTY.COM

PROUDLY SERVING ALL WHO SERVE SINCE 1992

What does HOPE look like?

Hope looks like Mary Tyler Moore, International Chairman, JDRF

She has type 1 diabetes and her hope for a cure lies in the progress of research.

To learn more, call 800.533.CURE or visit jdrf.org.

JDRF

A CFC participant. Provided as a public service.

America's most trusted source for adult products

Get Them What They Really Want For Valentine's Day!

Shop early and get 25% off all "Fantasy Series" merchandise and 25% off all wigs!

All DVD's are Buy 2, Get 1 FREE!

(Of equal or lesser value) Coupon Expires January 27, 2010

We Honor Our Military By Giving A 15% Discount Everyday!

Valid with military I.D. - Discount is Good ONLY at Atlantic Blvd. location

Visit Adam & Eve at our Atlantic Blvd. location

8016 Atlantic Blvd. Jacksonville, FL 32211 • 904-724-9009

Adults and Children

EVELYN L. HERRERA, D.M.D., P.A.

"A Navy family serving Military families since 1988"

WELCOMING NEW PATIENTS!

TRICARE PARTICIPANT

Most Insurance accepted

We accept Dental Insurance for Active Duty Dependents and Retired Military & Their Dependents

In front of Mayport NEX/Commissary

(904) 249-1302

Pan-Am Plaza Suite 17 • 2292 Mayport Rd. Jacksonville, Florida 32233

Office Hours Tues. - Fri. 8:30 a.m. - 5:30 p.m. • Sat 8:30-4:00pm

The Beaches Freshest!

La Pizzaria

"Game Day Specials" Sat., Sun., and Mon.

16" Cheese Pizza or 15 Wings - \$10.00

Family Restaurant

3pm-5pm Cheese Slice & Soda \$2.00

Dine-In, Take-Out or Delivery!

All of our food is made fresh to order on premises—Sauces, soups, dressings, desserts, breads, Pizza dough and more!!

Military, Request 10% discount-Dine in Only!

Italian & More

Catering Also Available!

Now Delivering to Mayport NS\*

(904) 246-9926 www.lapizzaria.net

2158 Mayport Rd #5, Atlantic Beach, FL 32233

\* \$15 minimum on Delivery orders.

# \$1 Military Move-In

plus receive a refrigerator, washer, dryer & window blinds!

1 GEORGETOWN • 904-998-3628

located off of Brighton Blvd. at the St. Johns Town Center

unit 29B	2 bed/2+ ba/ retreat	\$199,990
unit 29D	3 bed/2+ ba/ retreat	\$220,000
unit 29E	2 bed/2+ ba/ retreat	\$220,000

2 CRESTWICK SOUTH • 904-696-3201

located on Duval Station Rd. on the Northside

lot 4	4 bed/2 ba	\$194,170
lot 16	4 bed/3 ba	\$236,550
lot 91	3 bed/2 ba	\$210,440
lot 101	4 bed/3 ba	\$230,450

SEDA Construction Company

"Get the \$1 Military Move-In Too!" -Thurman

www.SEDA new homes.com

SEDA Construction Company—CGC020880 Price & availability subject to change without notice. SEDA will pay up to \$6,000 toward total closing costs with SEDA approved lender. See agent for \$1 Military Move-In information. House photos are representative of the elevation and may not be the actual house for sale.

# MWR Sports/Fitness

## Fitness

Surfside Fitness schedule is as follows:

### Monday

#### 7 a.m., Spartan Training

Unconventional training for the unconventional warrior which centers on the art of developing the body through refined functional tactics. Spartan Training employs a combination of kettle bells, calisthenics, sprint and distance running, tire flips, sledge hammers, sled drags, and many other advanced training techniques. Meets behind Surfside Fitness Center.

#### 9:30 a.m., Resistance

This class will reform the lower and upper body utilizing every fitness tool. Your body shape will take a 360-degree turn.

#### 10:30 a.m., Broken Hearts

A fitness program for those who require cardiac rehabilitation. Program incorporates a wide variety of fitness tools. Blood pressure and heart rate are monitored while progress is charted.

#### 11:30 a.m., Step n Kick

Step up the fat burn and kick down those kcals with this combo class.

#### 1 p.m., Moms in Motion

A monitored exercise program designed for pregnant women and new moms. This class helps improve muscle tone, ease stress, relieve back pain, and increase energy. All participants are required to submit a doctor's release to participate. Moms can bring babies in carriers to this class. Held at Surfside Fitness Center.

#### 4:30 p.m., Zumba

A fusion of hot, sexy and explosive Latin American and International dance music. Caloric output, fat burning and total body toning are maximized through fun and easy to follow dance steps. Come experience the ultimate dance party in this high energy, motivating class that is great for both the body and the mind.

#### 3:30 p.m. - 6:30 p.m., Youth Fitness Factory

##### 5:30 p.m., Yoga

A dynamic blend of breathing, yoga postures, and relaxation techniques. This class increases vitality, energy, calm, agility, flexibility, mental and physical strength in the body, both internally and externally.

### Tuesday

#### 7 a.m., Command TRX

(weather permitting) Build functional strength and muscular endurance with this suspension training system developed by the Navy Seals. Now used on military installations all over the world, the TRX is a space saving, portable tool used to attain peak operational fitness. Mayport's TRX training area can be found behind the Surfside Fitness Center. Meets behind Surfside. Limited to 28 Active Duty only.

#### 9:30 a.m., LoImpact

Designed for beginners. Easy to follow, low impact aerobic and strength-training moves provide something different than just walking on the treadmill.

#### 11:30 a.m., Intro TRX

(weather permitting) Build functional strength and muscular endurance with this suspension training system developed by the Navy Seals. Now used on military installations all over the world, the TRX is a space saving, portable tool used to attain peak operational fitness. Mayport's TRX training area can be found behind the Surfside Fitness Center.

#### 1 p.m., Strength Solutions

This class assists in preventing and overcoming injuries. Ride the road to recovery! Meets at Surfside Fitness Center lobby.

#### 5:30 p.m., Yoga

A dynamic blend of breathing, yoga postures, and relaxation techniques. This class increases vitality, energy, calm, agility, flexibility, mental and physical strength in the body, both internally and externally.

#### 4:30 p.m., Zumba

A fusion of hot, sexy and explosive Latin American and International dance music. Caloric output, fat burning and total body toning are maximized through fun and easy to follow dance steps. Come experience the ultimate dance party in this high energy, motivating class that is great for both the body and the mind.

#### 3:30 p.m. - 6:30 p.m., Youth Fitness Factory

### Wednesday

#### 6:30 a.m., Functional

## Flexibility

This class consists of a highly effective flexibility regimen that will strengthen, stretch and relax the body. Say good-bye to tense, tight aching muscles!

#### 9:30 a.m., Intro Mind Body

Mind Body programs focus on improving flexibility, strength and balance while enhancing posture, mental focus and coordination. Deter injury and the effects of stress, burn calories and improve overall health. Mind Body is a fusion of *Yoga, Pilates and Tai Chi*.

#### 10:30 a.m., Broken Hearts

A fitness program for those who require cardiac rehabilitation. Program incorporates a wide variety of fitness tools. Blood pressure and heart rate are monitored while progress is charted.

#### 11:30 a.m., Zumba

A fusion of hot, sexy and explosive Latin American and International dance music. Caloric output, fat burning and total body toning are maximized through fun and easy to follow dance steps. Come experience the ultimate dance party in this high energy, motivating class that is great for both the body and the mind.

#### 1 p.m., Moms in Motion

A monitored exercise program designed for pregnant women and new moms. This class helps improve muscle tone, ease stress, relieve back pain, and increase energy. All participants are required to submit a doctor's release to participate. Moms can bring babies in carriers to this class. Held at Surfside Fitness Center.

#### 2:30 p.m., Command/FEP TRX

##### 5:30 p.m., Kids' Clinic

5:30pm Kickboxing  
Learn basic kicks, punches and balance moves in this sweat-inducing workout.

### Thursday

#### 9:30 a.m., Walking

11:30 a.m., Adv. Mind Body  
Mind Body programs focus on improving flexibility, strength and balance while enhancing posture, mental focus and coordination. Deter injury and the effects of stress, burn calories and improve overall health. Mind Body is a fusion of *Yoga, Pilates and Tai Chi*.

#### 1 p.m., Strength Solutions

This class assists in preventing and overcoming injuries. Ride the road to recovery! Meets at Surfside Fitness Center lobby.

#### 3:30pm - 6:30 p.m., Youth Fitness Factory

##### 5:30 p.m., Mommy, Daddy, Me

### Friday

#### 7 a.m., Beach Bootcamp

(weather permitting) This Commando PT utilizes various training techniques to achieve the highest fitness levels possible. Meets behind Surfside Fitness Center. Can accommodate 200+ personnel.

#### 11:30 a.m., Spartan Training

Unconventional training for the unconventional warrior which centers on the art of developing the body through refined functional tactics. Spartan Training employs a combination of kettle bells, calisthenics, sprint and distance running, tire flips, sledge hammers, sled drags, and many other advanced training techniques. Meets behind Surfside Fitness Center.

The Gym Schedule is as follows:

### Monday

#### 11:30 a.m., Adv. Weight

## Training for Warriors

An adrenaline producing 1-hour class devoted to building strength and stamina in active duty personnel. Emphasis is placed on sound, proven weight training techniques. Topics include squatology, supplements and muscle growth. Meets at Gym weight room.

#### 2:30 p.m., Command Rowbics

Learn to row on the Concept 2 rower used by Olympic rowing teams. The full body rhythmic nature of the rower makes it extremely efficient at burning fat with minimal stress to your legs, feet or joints. All fitness levels welcome. The command version of this class is great for Fitness Enhancement Personnel. Meets at Gym racquetball court 3.

#### 3 p.m. Victory PRT

Want to score Outstanding on the PRT? Attend Victory PRT and experience effective, highly motivating PRT oriented workouts. A variety of training methods are utilized. Meets at Gym basketball court 2A.

#### 3:30pm - 6:30 p.m., Youth Fitness Factory

##### 5:30 p.m., at YFF KidsYoga

### Tuesday

#### 6:30 a.m., Command Jump and Jab

This class incorporates jumpin, jabbin and jiven! A prize-fighting workout that will roll back time and fight fat forever! Meets at Gym basketball court 1A. Can accommodate 200+ personnel.

#### 11:30 a.m., Steel Anchor Training

Show your commitment and motivation by becoming a Steel Anchor. Successful completion of a percentage based combination of the bench press, squat, and dead lift will win you this prestigious award. Get your name on the wall and the coveted Steel Anchor award t-shirt.

#### 3:30 p.m. - 6:30 p.m., Youth Fitness Factory

### Wednesday

#### 7 a.m., Command Cardio Pump

Various training regimens are used based on attendance number. Can accommodate 200 plus participants. Kickboxing, circuit training and sports drills are just a few of the fitness enhancement methods used. Discover how to become a lean, mean fighting machine! Meets at Gym basketball court 1A.

#### 11:30 a.m., Rowbics

Learn to row on the Concept 2 rower used by Olympic rowing teams. The full body rhythmic nature of the rower makes it extremely efficient at burning fat with minimal stress to your legs, feet or joints. All fitness levels welcome. The command version of this class is great for Fitness Enhancement Personnel. Meets at Gym racquetball court 3.

#### 2:30 p.m., Conditioning for Running

Put your best foot forward and improve your 1.5-mile time, run a 5K or a marathon. Meets at Gym in the lobby. Can accommodate 200+ personnel.

#### 4:30 p.m., Spinning

### Thursday

#### 7 a.m., Cardio, Combat and CORE

In this heart-pounding full body workout we break a serious sizzlin' sweat. This fusion of cardio and resistance training will max out your exercise afterburn. Meets at Gym basketball court 1A.

#### 11:30 a.m., Spinning

#### 2:30 p.m., Intro to Weight Training for Warriors

An adrenaline producing 1-hour class devoted to building strength and stamina in active duty personnel. Emphasis is placed on sound, proven weight training techniques. Topics include squatology, supplements and muscle growth. Meets at Gym weight room.

#### 3:30pm - 6:30 p.m., Youth Fitness Factory

##### 5:30 p.m., at YFF Mommy, Daddy, Me

### Friday

#### 6:30 a.m., Command Spinning

This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.

#### 9:30 a.m., Intro to Spin

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

This introductory weight training class is designed espe-

cially for women and includes educational material and program design. Meets at Gym weight room.

#### 11:30 a.m., Steel Anchor Testing

Show your commitment and motivation by becoming a Steel Anchor. Successful completion of a percentage based combination of the bench press, squat, and dead lift will win you this prestigious award. Get your name on the wall and the coveted Steel Anchor award t-shirt.



**Post-Holiday** 

**FITNESS MELTDOWN**

**Wednesday, Jan. 27**

**Active Duty Military**  
**6:30 a.m. - 8:30 a.m.**  
**Gymnasium**

**All Authorized Patrons**  
**4:30 p.m. - 6:30 p.m.**  
**Surfside Fitness Center**

Melt off that holiday weight gain with an intense workout that continues until no person is left standing.

Sample a variety of group fitness classes in limited intervals and meet Mayport's Navy Fitness Trainers.

**Info? (904) 270-7718**

All Ranks \* All Services

## A military-focused job fair!

### MOAA / Corporate Gray Job Fair

January 29, 2010 \* 10 am - 2 pm  
(Plus career planning seminars at 9 am )

Jacksonville - Morocco Shrine

Meet face-to-face with great employers, including Lockheed Martin, ManTech International, Aramark, BAE Systems, Allstate Insurance, Blue Cross and Blue Shield of Florida, AAR Corporation, Defense Intelligence Agency, Department of Homeland Security, United States Secret Service, Department of Veterans Affairs, Transportation Security Administration, U.S. Department of State, Defense Contract Management Agency, U.S. Army Command and General Staff College, Mission Essential Personnel, Omega Protein, Overseas Military Sales Organization, Wyle, and more!

Open to all active duty, retired, and former military officers and enlisted personnel; members of the Guard and Reserve; Government employees; and spouses. Bring plenty of resumes!

For more information, please visit:

[www.moaacareerfair.org](http://www.moaacareerfair.org)  
[www.corporategray.com](http://www.corporategray.com)



## IMMEDIATE MOVE IN AVAILABLE

### January Military Special

**2 BDRM**  
**2 BATH**  
**Units**



**\$800/month**

**Includes Washer / Dryer Rental**

**904-241-3855**

**2760 Mayport Road in Atlantic Beach,**  
approximately one-half mile north of  
Mayport Naval Air Station

M-F 10am-6pm; Sat 9am-5pm; Sun By appt only

756615

# FFSC Holds Workshops For Sailors, Families

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. 1701. FFSC is located in Building One on Massey Avenue.

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

Jan. 21, 9-11:30 a.m., **Smooth Move**, FFSC

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

Jan. 22, 9-11 a.m., **Establishing A Sound Family Budget**, FFSC

Budgeting means using dollars with sense... making sure there's enough money available at the right time. Money is needed for food, fun, clothes, savings, shelter, emergencies, transportation and charity. So it's never too early to learn the basic skills you'll need...for today and in the future. INVEST your time and learn some basic budgeting skills, how to set financial goals, and begin planning for your future. The "school of hard knocks" has a high tuition. Instead of paying for your mistakes, come to this training.

Jan. 25-28, 8 a.m.-4 p.m., **TAP Separatee 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.

Jan. 25, 9-11 a.m., **What About the Kids?**, FFSC

Children who witness family violence are often forgotten as the unintended victims. A wide range of child adjustment problems has been found to be associated with exposure to domestic violence. Parent's need to see and understand the effects of domestic violence on children as encompassing behavior, emotion, development and socialization. Parents need to understand that there is an intergenerational cycle of violence and they may be creating a legacy for their child of learned violent behavior. The purpose of this program is not to shame parents for events that have already happen, but to instill hope that things can change. The knowledge that the violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention.

Jan. 25, 6-7 p.m., **IA Family Discussion Group**, USO

Jan. 25, 6-7 p.m., **Ombudsman Assembly**, Building 1, Room 104

Jan. 25-26, 8:30-3:30 p.m., **Three is a Crowd**, FFSC

Jan. 25, 8:30 a.m.-2 p.m., **Military Spouse 101**, FFSC

The Fleet and Family Support Center offers this class to military spouses new to the area, and those new to the military way of life. Guest speakers from the military and civilian communities will present useful information to help you have a pleasant tour here at Naval Station Mayport.

Jan. 26, 9-11 a.m., **Parenting Class**, FFSC

The program is based on Dr. Michael Popkin, PH.D ACTIVE PARENTING NOW 6 classes. This program is designed to assist you and

your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as some of the challenges that are faced by all families include: understanding yourself and your child, the four goals of misbehavior, building courage and character in your child, encouraging and listening to your child, helping children cooperate, discipline that makes sense. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 6 sessions is required.

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

Jan. 26, 9-11 a.m., **Overseas Living**, FFSC

Overseas Living is a class designed to prepare you for living in new and different setting. This class will provide helpful information about living on the economy to dealing with potential terrorist activities. You will have a chance to understand the emotional cycles of overseas living to making this tour the best part of your Navy career. Specific information about visas and absentee voting will be discussed.

Jan. 27, 9 a.m.-noon, **Tottletyme Playgroup**, USO

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

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

Jan. 28, 8 a.m.-noon, **FAP Key Personnel Training**, Building 1 Room 1616

Jan. 29, 9-11 a.m., **Home Buying**, FFSC

Feb. 1, 8:30 a.m.-noon, **FERP-Career & Job Readiness Class**, FFSC

Feb. 1, 1-3 p.m., **FERP-Federal Employment Class**, FFSC

Feb. 1-4, 8 a.m.-4:30 p.m., **SAVI Victim Advocate Training**, FFSC

Feb. 1-4, 8 a.m.-4 p.m., **CONSEP**, Building 460 Room A

Career Options & Navy Skills Evaluation Program (CONSEP) - This 4-day workshop introduce participants to the techniques of parallel career development modeled from commercial business plans. They create their own company and use sound business principals to formulate a personal mission statement, vision, product improvement resources, and marketing techniques to advance their product on the global economy.

Feb. 2, 9-11 a.m., **Parenting Class**, FFSC

The program is based on Dr. Michael Popkin, PH.D ACTIVE PARENTING NOW 6 classes. This program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as some of the challenges that are faced by all families include: understanding yourself and your child, the four goals of misbehavior, building courage and character in your child, encouraging and listening to your child, helping children cooperate, discipline that makes sense. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 6 sessions is required.

Feb. 2, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Feb. 2, 1:30-3:30 p.m., **Troops to Teachers**, FFSC

Feb. 3, 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.

Feb. 3, 8-11:30 a.m., **Stress Management**, Wellness Center

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

Feb. 4, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Feb. 5, 9-11 a.m., **Car Buying Tips**, FFSC

Feb. 8, 9-11:30 a.m., **FERP-Starting Your Own Business**, FFSC

Feb. 8-11, 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.

Feb. 9, 9-11 a.m., **Parenting Class**, FFSC

The program is based on Dr. Michael Popkin, PH.D ACTIVE PARENTING NOW 6 classes. This program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as some of the challenges that are faced by all families include: understanding yourself and your child, the four goals of misbehavior, building courage and character in your child, encouraging and listening to your child, helping children cooperate, discipline that makes sense. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 6 sessions is required.

Feb. 9, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Feb. 10, 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. Feb. 11, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Feb. 12, 9-11 a.m., **Credit Report**, FFSC

Feb. 16, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Feb. 17, 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. Feb. 18, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Feb. 18, 8-11 a.m., **Anger Management**, FFSC

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

faulty self-talk, what "E + R = O" means, and the roles of stress and forgiveness in anger.

Feb. 19, 9-11 a.m., **Establishing A Sound Family Budget**, FFSC

Feb. 22, 6-7 p.m., **IA Family Discussion Group**, USO

Feb. 22, 6-7 p.m., **Ombudsman Assembly**, Building One, Room 104

Feb. 22-25, 8 a.m.-4 p.m., **TAP Separatee 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.

Feb. 23, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Feb. 23, 9-11:30 a.m., **MOAA-Marketing Yourself For A Second Career**, Ocean Breeze Conference Center

Feb. 24, 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. Feb. 25, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Feb. 26, 9-11 a.m., **Home Buying**, FFSC

## Three Is A Crowd

From FFSC

Can a marriage survive an affair? Yes, and not only can it recover, but it can grow. Join the Fleet and Family Support Center (FFSC) for a two-day seminar facilitated by licensed counselors.

This workshop will give participants an opportunity to explore their marital styles and begin the work of rebuilding their lives. The program will consist of fun, hands on exercises. The workshop will be held Jan. 25-26 from 8:30 a.m. - 3:30 p.m. at FFSC Building 1.

To register for the "Three is a Crowd" Class contact Rose Ann Lickenbrock, FFSC Mayport, at (904) 270-6600, ext 1712 or Wendy Snee, FFSC Mayport, (904) 270-6600, ext 1713.

## Learn How To Have A Smoother Move

From FFSC

The Mayport Fleet and Family Support Center (FFSC) is presenting a Smooth Move Workshop designed for inexperienced as well as experienced military members on permanent change of station (PCS) orders.

The program is scheduled for 9-11:20 a.m. on Jan. 21 in the Building One FFSC Conference Room. The Personal Property Shipping Office will provide information on how to deal with movers and personal property entitlements. The Travel section of Personnel Support Detachment will present a section on travel pay and allowances.

FFSC staff will discuss the emotional cycles of relocation and relocation strategies for families. The program will also present information on how to budget for a PCS move. The class is limited to 16 participants.

For further information or to register for the class, please contact the FFSC at 270-6600 ext. 1701.

## Learn What You Need To Know About Overseas Duty

From FFSC

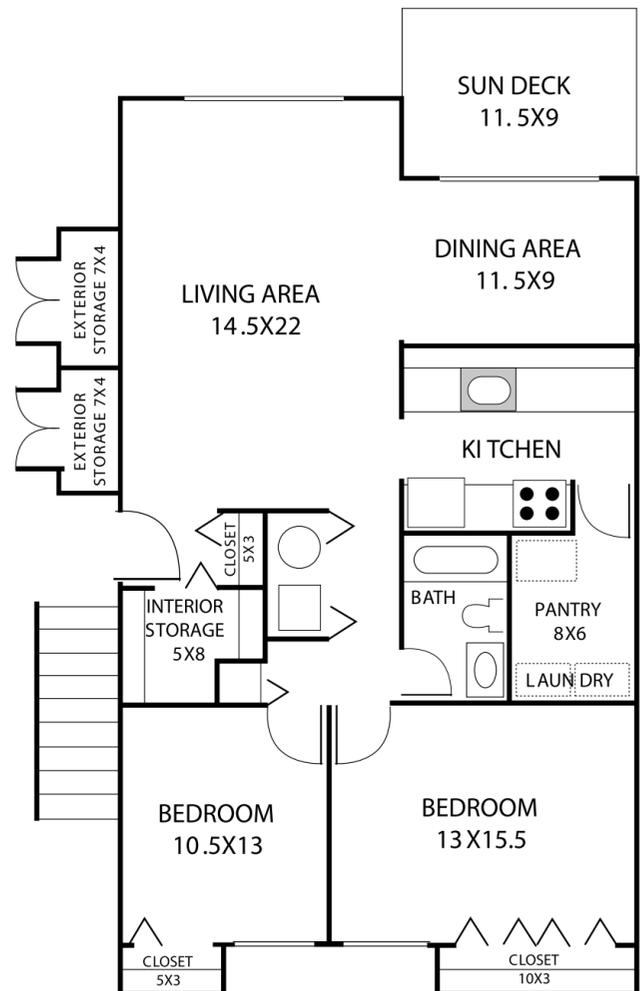
Fleet and Family Support Center will hold an Overseas Living workshop on Jan. 25 from 9-11:30 a.m. at FFSC in Building One.

Learn information and services related to a Permanent Change of Station (PCS) overseas move. Find out what are realistic and attainable goals for household good shipments, securing Visa and passports and arranging for transportation to the new destination. Family members will also receive safety/anti-terrorism training. You will also receive culturally sensitive support and encouragement to family members.

For more information or to register, call FFSC at 270-6600 ext. 1701.

**DON'T ACCEPT DEFEAT.**  
Help fight childhood cancer.  
A CFC Participant - provided as a public service. 800-822-6344 - www.stjude.org  
St. Jude Children's Research Hospital  
ALABAMA - MISSISSIPPI - TENNESSEE

## Pines of Mindanao



**2-bedroom • Sun lit  
Spacious • Oversized**

1700 Mindanao

Call

904-646-3699

**Pool & Club**

**\$699**

www.pinesofmindanao.com

**South of Atlantic Blvd.  
East of Saint Johns Bluff**

# FRCSE Sailor Selected For STA 21 Program

By Marsha Childs

FRCSE Public Affairs

Aviation Electrician's Mate 2<sup>nd</sup> Class Joshabel Lopez-Arellano of Fleet Readiness Center Southeast (FRCSE) Level II has been selected for the Seaman to Admiral-21 (STA-21) Commissioning Program, Supply Corps Option.

Lopez joined the Navy in April 2004 looking for financial security and educational opportunities. She was the single mother of a one-year-old son, Ambrose, living in San Bernardino, Calif. with few prospects. "I had a little kid and no job," she explained.

In November 2004, she reported to Navy Patrol Squadron (VP) 16 at Naval Air Station Jacksonville. Lopez completed two six-month deployments to provide maintenance support for the P-3C Orion aircraft before transferring to FRCSE in March 2009.

Lopez' sister, Marine Corps 1<sup>st</sup> Lt. Veronica Sebastian became an officer through a similar program, Broadened Opportunity for Officer Selection and Training (BOOST). Sebastian encouraged her younger sister to apply for one of the Navy commissioning career paths.



-Photo by AT1 Mark Whittlesey

**Aviation Electrician's Mate 2<sup>nd</sup> Class (AW) Joshabel Lopez-Arellano disassembles an aircraft part at FRCSE's Level II Sealed Instruments Repair Shop. She has been selected for the Seaman to Admiral-21 Commissioning Program, Supply Corps Option and will be assigned to a Reserve Unit while pursuing her bachelor's degree.**

Although Lopez earned an associate's degree in Liberal Arts from her hometown community college, she had doubts.

"I sat on the application for two years," she said. "I didn't have the guts to apply for fear of failure."

The STA-21 selection results were due out in October, but she had to wait another month before receiving the good news.

"You never know unless you try. And sure enough, I got picked up on my first try," Lopez said.

Although not a Logistics Specialist, Lopez applied for the Supply Corp program because of the business aspect: the movement of supplies and people. She said, "Not only is the Navy going to train me but also provide me with experience, so when I retire I'll get a pretty good job."

Lopez must first attend the Naval Science Institute (NSI) for nine weeks at Naval Station Newport in Rhode Island and complete naval science courses. She will then be assigned to the Naval Reserve Officer Training Corps Unit at Jacksonville University.

Her coursework toward earning a bachelor's degree in Business Administration at the University of North Florida begins this summer. All courses must be finished in 36 months to complete the commissioning program.

While earning her degree, Lopez will remain on active duty at her current enlisted pay grade and will still be eligible for enlisted advancement while in the program. In addition, she will receive up to \$10,000 per

year to cover tuition, books and fees.

Lopez is excited about this unique opportunity. She has provided shipmates with copies of her STA-21 package and warns completing the application is cumbersome. Yet, she urges them to go for it. "The worst they can say is no," she said.

Aviation Maintenance Administrationman 2<sup>nd</sup> Class Sarah Finney was selected as an alternate for the Surface Warfare Officer/Oceanography Option. Also applying for the first time, she plans on reapplying if she doesn't get a coveted spot.

Sailors completing STA-21 receive a top-notch college education and become a commissioned officer in an Unrestricted Line. The Navy has combined most of the current commissioning paths under STA-21.

The program was named by the 25<sup>th</sup> Chief of Naval Operations (CNO), Adm. Jeremy "Mike" Boorda, and the first CNO to have risen to the distinguished position from the enlisted ranks. He reinvigorated the accession program renaming it "Seaman to Admiral" in the 1990s.

# NKO Web Site Is One-stop Shopping For Sailors

By Ed Barker

Naval Education and Training Command Public Affairs

Sailors preparing for advancement examinations are getting a new tool to make their quest easier: Navy Knowledge Online (NKO) Web pages will begin offering links to the material in advancement bibliographies.

The Navy Advancement Center (NAC) pages will provide links directly to exam bibliography documents, offering virtual 'one-stop shopping' for Sailors who previously had to track down numerous publications and references in order to get ready for exams.

"We plan to launch the Advancement Center NKO pages in early 2010, making

the information easily reachable for most Sailors," said Kirk Schultz, operations and analysis division head for the Navy Advancement Center in Pensacola. "All of the Professional Military Knowledge (PMK) links will be available for each rank and rating, and we've targeted the phase-in for occupational reference links to start in March."

These PMKs include references such as: NAVEDTRA 14325, Military Requirements, Basic (BMR) and NAVPERS 15665, U.S. Navy Uniform Regulations.

The PMK links were made available in August 2009, but Sailors could only reach them through the NAC Web site. It was up to the individual Sailor

to track down all of the occupational reference bibliographies (BIBs), and that could be a significant research task. For example, the March 2010 mass communication specialist E-4 exam lists 32 occupational references and eight separate PMK references. Occupational references include: (For master-at-arms) NTTP 3-20.6.29M, Tactical Boat Operations and OPNAVINST 3591.1 Small Arms Training and Qualification.

"We've had outstanding feedback from the fleet on our PMK links," said Schultz. "But we started getting questions almost immediately on the availability of the rest of the BIBs. With the launch of the NKO pages and the addition of the occupational

BIB links taking Sailors directly to the document, Sailors can save even more time."

The BIB links take Sailors to the PDF files for the applicable instruction or publication where they can be viewed, downloaded or printed.

Not all of the BIB references can be linked, as many rates have occupational references from classified, commercial or copyrighted sources, but the majority of the references will have links to PDF files.

"We're working to get the rights to as many of the copyrighted references as possible," said Schultz.

"There will always be some that we won't be able to get, and we will do our best to provide Sailors with the informa-

tion they need to obtain those references, but we should have the vast majority available through the links on the NKO BIB pages.

"It's important that Sailors review their BIBs before every exam," said Master Chief Electrician's Mate (SS) Jeromie Cook, Naval Education and Training Professional Development Technology Center command master chief. "Each cycle's exams are different, and the BIBs that will be listed and linked through NKO are tailored specifically for that exam cycle. If a Sailor is relying on BIBs from past exams, then he or she may miss some important references. Publications and instructions are also constantly being updated,

so it's important to have the information that corresponds to that specific cycle's exam."

Cook also added that the BIBs on the NKO and NAC reference pages are the exact same material subject matter experts use to develop the tests at the Advancement Exam Development Conferences.

Classified ratings will have their unclassified BIBs linked on NKO, and in the near future the classified BIBs will be available through the SIPRNET (classified) sites.

NKO already offers several links to government and commercial publications, some of which are used to develop advancement exams.

## RYLAND HOMES®

Live Life. Even Better.®

ryland.com



Ask us about the  
*even better!*  
**TAX CREDIT**  
EXTENDED

**\$1 Moves In**  
**Military Personnel**

**Pine Ridge**  
Clay County • 904-282-0092  
Single Family Homes New Priced From \$130s

COME BY TODAY!

**New Floorplans,**  
**Better Features and**  
**Lower Prices!**

**Durbin Crossing**  
St. Johns County • 904-278-9418  
Single Family Homes New Priced From \$150s

**RYLAND HOMES®**  
Live Life. Even Better.®

In the Jacksonville division, prices, plans and specifications are subject to change without notice. Photographs are for illustrative purposes only. VA promotion of "\$1 Moves You In" is available at select communities for a limited time and promotion may be withdrawn without notice. Promotion available to anyone with VA eligibility (active, reserve or retirees). Not all inventory homes may be available for VA promotion. Buyer is required to pay a 1% deposit on purchase price at time of contract. An additional deposit is due on options and upgrades selected at My Style Design Center in an amount set forth in the contract. Interest rate on loan is determined on date of lock based on 0 points and 1% origination. Buyer must make application and meet loan eligibility criteria. Maximum loan amount of \$417,000 applies. VA "\$1 Moves You In" promotion includes closing cost assistance, which is available only to buyers financing through Ryland Mortgage Company and closing through Ryland Title. Closing cost assistance for this promotion includes 1% origination fee, prepaids and all other customary closing costs. Amount financed will be 100% of total sales price and VA funding fee less. At closing, Ryland Homes will refund to buyer the deposits previously paid less \$1. VA "\$1 Moves You In" promotion may not be combined with any other available offer(s) and promotion(s). Inventory homes are subject to prior sale. Other restrictions and limitations may apply. See Ryland Mortgage loan officer for more details. First-time home buyers or buyers who haven't owned a home in the past three years may be eligible to receive a tax credit equal to ten percent of their home's purchase price up to a maximum of \$8,000. Home owners who have lived in their home for at least five years may qualify for a tax credit of \$6,500. Tax credits apply to single taxpayers with incomes under \$125,000 and couples with incomes under \$225,000. If income exceeds these levels, a homebuyer may be eligible for a partial tax credit. The tax credit only applies to purchase with contracts written by April 30th 2010 that close on or before June 30th 2010. Some tax credit restrictions apply. The new tax credit does not have to be repaid if you keep your home for three years. The information provided is a summary only and does not constitute legal or tax advice. See your tax professional for details. For more information visit <http://www.federalhousingtaxcredit.com/>. Information believed to be accurate but not warranted. See sales counselor for details. © 2010 The Ryland Group, Inc. Florida (0811846)

# Reaching Out

The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call NS Mayport volunteer coordinator CS1 Terry Jackson at 270-5373 and ACI Chandra Chaney at 270-6130 or Dianne Parker at 542-5380 or you can immediately sign-up online for opportunities using [www.volunteer.gatewayjacksonville.org](http://www.volunteer.gatewayjacksonville.org).

## Guardian ad Litem

Be the voice for children abused, neglected, or abandoned. These children have no ability to participate in decisions affecting their lives. When children are removed from their homes, the courts can appoint a special advocate to make sure that the best interests of the child is given appropriate consideration. This advocate is known as a Guardian ad Litem. In the 4<sup>th</sup> Judicial Circuit, which includes Clay, Duval and Nassau Counties, there are more than 2,000 children who need an advocate to help them navigate the Dependency system. As we build our volunteer base we are asking members of our community to consider being a Guardian ad Litem. These guardians do not provide direct care for the children; the guardians ad litem visit the child at least once per month, interview family members, gather information from medical, mental health, and education professionals, and attend court hearings to ensure the best interests of the children are maintained. The work is compelling. To become a Guardian ad Litem, candidates need a compassionate heart, be at least 19 years old, complete 30 hours of initial training and undergo a background check. The process begins with a screening interview so you can learn more about this opportunity to make a difference in the life of a child. If this kind of volunteer opportunity sounds like something you would like to participate in, please visit the Guardian ad Litem website, [www.guardianadlitem.org](http://www.guardianadlitem.org), or call 904-630-1200 to schedule a screening interview.

## First Coast "No More Homeless Pets"

First Coast No More Homeless Pets brand new high capacity Spay/Neuter Clinic opens this month. The new

facility will be able to help thousands of pets and owners as well as stray and feral cats -each year, with free or low cost spay/neuter and low cost vaccinations. We still need lots of volunteers for the clinic at the new location on Norwood Avenue. No medical experience needed. For more information, email Debbie Fields at [dlfields@bellsouth.net](mailto:dlfields@bellsouth.net)

## Mayport Lions Club Volunteers

The Mayport Lions Club is looking for Volunteers to help with various projects. If you are interested (military & civilian), please contact either Bob Krepps, Senior Chief Petty Officer, USN(Ret) 509-4945 or Chuck Carroll, Commander, USN(Ret) 463-2884.

## Jacksonville International Airport Volunteer Ambassador Program

We are looking for volunteer to assist travelers with locating arrival and departure gates, telephones, baggage claim and ticketing areas. The Ambassadors provide vital customer assistance and a lot of smiles to ensure a pleasant and memorable experience while traveling through our airport. Benefits of being in the Ambassador program include gratitude of the passengers served each day, invitations, to volunteer appreciation events, free parking at the airport, meal voucher for every four-hour period worked, service recognition and the opportunity to meet people from all over the world. Contact Yvonne Pooler at 904-741-2006 or email [yvooler@jaa.aero](mailto:yvooler@jaa.aero).

## Jacksonville Zoo

The Jacksonville Zoo is asking for volunteers. Volunteers are needed to educate varied audiences about the natural world, teach conservation messages, beautify the grounds, assist guests in various areas of the park, input data, lend a hand in animal care areas, answer questions, drive trains and enhance guests' experiences. You provide the interest and enthusiasm, and the zoo will provide the training. Scheduling is flexible. Volunteers receive special discounts, free admission, newsletters and special programs only available to employees and volunteers. Take this opportunity to meet others who share your interests in

the animal kingdom. New Adult Volunteer Orientations are held at the Pepsico Foundation Education Campus. All interested personnel please CS1 Hopkins or call 270-5373 for more information.

## YMCA of Jacksonville

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

## Children's Home Society of Florida

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

## Homeless Pet Shelter

Jacksonville Homeless Pet Shelter seeks volunteers. The new Homeless Pet Shelter is seeking help at a Temporary Clinic on surgery days. Days and hours vary. Contact [dlfields@bellsouth.net](mailto:dlfields@bellsouth.net).

## St Augustine Amphitheatre Seeks Volunteers

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

## Big Brothers Big Sisters Mentoring

Big Brothers Big Sisters is providing an in-school mentoring program at Mayport Elementary School. Little Brothers and Sisters are needed just as much as Big Brothers and Sisters! If you are interested in this opportunity, please visit our website for more information: [www.usojax.com](http://www.usojax.com)

## Navy-Marine Corp Relief Society Needs You

The Navy Marine Corp Relief Society is in need of Volunteers to give a couple of hours of their time each week to help others in need. The mission of the Navy-Marine Corp Relief Society is to provide emergency financial help and educational assistance to members of the Naval Services - active, retired, and family members - when in need: to assist them achieve financial self-sufficiency and to find solutions to emergent requirements. Navy-Marine

Corp Relief Society firmly believes in personal financial responsibility. By helping the service member and family through difficult times and by assisting them to develop their own problem solving capabilities, they will achieve financial stability, increase self-worth and reduce the need for future financial assistance. Without their volunteers, the Society could not meet the needs of so many. If you are interested in volunteering and would like more information, contact Bill Kennedy at 270-5418, 9 a.m.-3:30 p.m., Monday-Friday.

## St. Johns County Habitat For Humanity Needs Volunteers!

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

## Lea's Place

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

## NS Mayport Retired Activities Office

Naval Station Mayport is currently searching for committed volunteers to serve the local retiree community in the Retired Activities Office (RAO) located in the Fleet and Family Support Center (FFSC). RAO volunteers maintain the vital link between the retiree, local military communities and other government and non-government agencies. Anyone interested should contact the FFSC for an application or to get more information about the duties and responsibilities of the RAO volunteers. Call the FFSC at (904) 270-6600 Ext. 110

## I.M. Sulzbacher Center for the Homeless

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

## Dignity U Wear

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

## Children's Home Society

Children's Home Society (CHS) has been providing services to children and their families since 1902. Started in Jacksonville, CHS is a state-wide non-profit agency providing services such as foster care, adoption, child abuse prevention, group shelters, and mentoring. CHS's MODEL (Mentors Opening Doors Enriching Lives) Program matches volunteers with children ages 4-18 who have a parent incarcerated in prison. We are seeking volunteers that will commit to a minimum of one hour per week for one year with a child. Volunteers need to be at least 21 years old and complete an interview and background screening. We provide training and ongoing support for all volunteers. Volunteers build a friendship with a child while engaging in community activities such as going to the library, beach, park, or playing sports. For anyone interested in additional information or becoming a mentor, please contact Christine Small at 904-493-7747.

## You simply can't afford to wait.



**With a tax credit up to \$8,000 on homes ready now, you simply can't afford to pass up a Drees home.**

With the recent \$8,000 first-time homebuyer tax credit extension and the \$6,500 credit for current homeowners, the time is now to find your dream home. Drees has a variety of homes ready now offering you the chance to still earn the tax credit by the April 30, 2010 deadline. And with prices starting from the \$120's, buying a new Drees home is more affordable than ever. Turn the key to your American dream. Visit a model today and learn more about the value of buying a quality home from Drees.

**Homes from the \$120's to \$300's**



[www.dreeshomes.com](http://www.dreeshomes.com) or visit us on your phone at [mobile.dreeshomes.com](http://mobile.dreeshomes.com)  
Learn more about the tax credits at [www.federalhousingtaxcredit.com](http://www.federalhousingtaxcredit.com)




# USO News

A tribute program that has provided free admission to SeaWorld and Busch Gardens for more than 4 million members of U.S. and coalition armed forces and their families has been extended through 2010. "Here's to the Heroes," a program sponsored by Anheuser-Busch, was launched in February 2005 to celebrate the service of military men and women and the sacrifices made by their families.

Any active duty, active reserve, ready reserve service member or National Guardsman representing any of the five service branches is entitled to free admission under the program. He or she need only register, either online at [www.herosalute.com](http://www.herosalute.com) or in the entrance plaza of a participating park, and show a Department of Defense photo ID. Also included in the offer are members of foreign military forces serving in the coalitions in Iraq or Afghanistan or attached to American units in the U.S. for training.

Inactive, standby and retired reserve members, military retirees, U.S. Merchant Marine and civilian Department of Defense workers are ineligible for the program. The program does not include Discovery Cove or SeaWorld's waterpark, Aquatica.

Your Greater Jacksonville USO has signed up to participate in the Give a day program with Disney. We have a limited number of spots available to volunteer for January and February. If you are interested please go to [www.Disneyparks.com](http://www.Disneyparks.com)

com to register. Once you have completed your opportunity and we verify your attendance you will be eligible for a ticket to Disney. Please see complete rules at [Disneyparks.com](http://Disneyparks.com). You do not receive the tickets from our Centers and you must register online to participate.

**Jacksonville Morocco Shrine Job Fair** is presented by Corporate Gray/ Military Officers Association of America on Friday, Jan. 29, 2010 from 10 a.m.-2 p.m. This event will be held at the Morocco Shrine 3800 St. Johns Bluff Road, South Jacksonville, FL 32224-2620. Meet with military- friendly companies and government agencies. This is open to all military personnel and spouses. Business attire recommended, bring plenty of resumes. For more information please visit [www.corporategray.com](http://www.corporategray.com) or [www.moaa.org/career-fair](http://www.moaa.org/career-fair).

The Veterans History Project First Coast is dedicated to honoring the many veterans of Northeast Florida and those who supported war efforts. We record the memories of those who have served our country by conducting interviews. These stories are placed on our website for others to listen and learn: [www.vhpfirst-coast.org](http://www.vhpfirst-coast.org). We are a partner with the Library of Congress in Washington, D.C. where the memories of those we interview are archived for future generations: <http://www.loc.gov/vets/>.

Our goal at VHPFC is to reach the more than 200,000 veterans in our area. If you are interested in volunteering to

help us achieve this goal, please visit our website for more information on how you can enrich your life and honor a veteran.

Troops overseas are in need of Mach-3 replacement razor blades and wet wipes. If anyone would like to donate just bring them into the nearest USO and we will send them to the troops.

United Through Reading program makes it possible to share in the enjoyment of reading to the children in your life, even while thousands of miles apart. The Mayport Center and NAS Center can record you reading a book to your children and send it to them after you have gone on deployment. It is a great way to make them smile on their special day even when you can not be there with them. Please contact your local USO center for more information.

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

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

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

For more information about activities or meeting availability, call 246-3481 or stop by the center at 2560 Mayport Road.

## THE Daily Commuter Puzzle by Jacqueline E. Mathews

**ACROSS**

- 1 Wicked
- 5 D-sharp
- 10 Baby bears
- 14 Change the decor
- 15 Perfume
- 16 Sailing
- 17 Pirates' drink
- 18 Poison
- 19 Employee benefit, for short
- 20 "Much \_\_\_!"; grateful reply
- 22 Come up again
- 24 "60 Minutes" network
- 25 Artist's stand
- 26 Big cats
- 29 Companion
- 30 Passes out 52
- 34 October's gem
- 35 That girl
- 36 Motherly head of a clan
- 37 Curvy letter
- 38 Retiree's check
- 40 Cow's remark
- 41 Dilemmas
- 43 Jump
- 44 Office note
- 45 Lieu
- 46 Put on
- 47 Center
- 48 Pleasure boat
- 50 PC alternative
- 51 Yogurt flavor
- 54 Dawn
- 58 College town on the Thames
- 59 Ann \_\_, MI
- 61 Reason to bathe, perhaps
- 62 Disk-shaped instrument
- 63 Kiss
- 64 Wagers
- 65 King Kong's kin
- 66 \_\_-panky
- 67 Vane direction

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
20			21			22			23			
24					25							
26	27	28			29				30	31	32	33
34				35				36				
37			38				39			40		
41			42			43			44			
45					46				47			
48				49				50				
51	52	53					54			55	56	57
58					59	60			61			
62					63				64			
65					66				67			

**DOWN**

- 1 Thus
- 2 Part of speech
- 3 Baal or the Golden Calf
- 4 Sensible

**THIS WEEKS ANSWERS**

I	S	V	E	Y	K	N	V	H	S	E	A	V
S	L	E	B	K	C	V	M	S	G	N	O	G
H	O	D	O	R	O	B	R	V	N	O	L	E
E	S	I	R	N	U	S	V	T	I	N	V	A
C	V	A	M	A	L	H	C	A	V	A		
I	S	D	I	N	O	D	D	V	E	L	S	
O	W	E	M	P	O	H	S	E	S	S	E	M
O	O	M	N	O	I	S	N	E	P	S	S	E
N	O	R	I	A	M	R	E	H	S	V	A	P
S	T	V	E	D	L	V	A	L	S	M	U	P
L	E	S	V	E	S	B	C					
E	G	R	U	S	E	R	D	E	G	I	T	B
K	R	E	D	W	O	N	E	L	G	O	R	G
V	A	L	C	V	W	O	R	V	O	D	E	R
S	S	U	C	T	A	T	E	F	F	L	E	A



Share the Power of a Wish®

[wish.org](http://wish.org)

A CFC participant. Provided as a public service. 2009 Make-A-Wish Foundation of America.



Michael, 6  
I wish to fly in a military helicopter

# Take Weight-Loss Challenge With DeCA

By Lt. Col. Karen E. Hawkins

DeCA dietitian

A new year and a new decade are here, and many of us want to lose a few pounds or try to get in shape. There are many diets out there that promise to help you lose weight, yet not all are safe. Are you ready for a new you? Ready to diet?

As a dietitian, I know that most fad diets people begin at this time of year are bound to fail. Why? They simply are not realistic in their goals and don't focus on how we really eat.

Now that's no reason not to try to diet. Medical research shows that if you are overweight, losing as little as 5 to 10 percent of your body weight (that's about 8 to 15 pounds if you weigh 150) may leave you with better blood pressure, improved cholesterol levels and a lower risk of diabetes.

To lose weight gradually and keep it off, here are 10 tried and true tips that

you can live with while losing weight and getting in shape.

Go slowly. Set a realistic goal for weight loss and write it down. Losing 2 to no more than 3 pounds a week is generally recommended by the experts. Remember how long it took to gain the weight? Give yourself time to lose it gradually and you are more likely to keep it off as you change your lifestyle habits.

Be active. Calories in, calories out or what you eat is what you get. This means be active. Go walking, swimming, jogging, bicycling and dancing to burn those calories. The key is to make physical activity a part of your everyday life.

Go small. Use the small plate and small bowl at meals instead of the large ones. It's too easy to eat too much when you use a big dinner plate or a large bowl, especially for that nighttime ice cream.

Eat fiber. Aim for 25 to 35 grams of fiber a day. Fiber fills you up and helps you feel full for a long time between meals. Easy ways to get more fiber include eating cereal for breakfast that has 10 or more grams per serving; eat a pear or an apple for a snack; add beans to your meals, soups, and salads; and add a few nuts as a snack or on a salad.

Eat protein. Do not skimp on protein; this includes chicken, fish, turkey, lean beef and pork. It also includes dairy foods like skim milk, yogurt, low-fat cheeses, beans and nuts, all found in your commissary at savings of 30 percent or more. The average person needs 0.8 grams of protein per kilogram of body weight, about 60 to 90 grams protein a day.

Portion control. A serving that is bigger than your fist is probably too much to eat – unless it's vegetables, which is the next tip.

Eat your veggies. Eat vegetables at

lunch and dinner. Portions are not so important here. In fact, eating vegetables is a good place to cheat if you need to. Make sure to fill up half your plate at meals with vegetables. The fiber, water content and nutrients in vegetables help the body lose weight. Fresh, canned or frozen veggies are all great choices. Avoid the sauces, though, as they add many extra calories.

Eat your fruit. Fresh, canned or frozen, they all make great snacks and a nice dessert. Dried fruit is OK, too, as long as you control the portion sizes.

Get support. Get support from your family and friends to stay on track with your weight loss. How about creating your own biggest losers contest and invite others to join? Support goes a long way with weight loss.

Celebrate your success! Give yourself a pat on the back and more as you continue to lose weight. It's no easy

task. As you reach a weight loss goal, how about something special to reward yourself? Make it something that you really can enjoy like a new outfit, season tickets for your favorite sport or a special vacation. You decide what it is and write it down with your goal.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on [www.twitter.com](http://www.twitter.com) and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection.

## Lose Holiday Weight With Low-Cal Soups

By Kay Blakley

DeCA home economist

If your pants seem to have shrunk over the past couple of months, and you've jotted a note to yourself to check the heat settings on your water heater and clothes dryer, try stepping on the bathroom scales instead. It's true – most of us pack on a few extra pounds over the holiday season.

Just how much weight the average person gains is still up for debate, with estimates ranging from about half a pound all the way to 10. But really, whether or not you fit the "average" is of no significance – shedding whatever you gained

before it has a chance to form a permanent attachment to your waistline is what counts.

If you like soup, be sure to work it into your meal plan often. Studies conducted at Penn State University and elsewhere demonstrated that people who regularly ate broth-based soup felt more satisfied, less hungry, and consumed fewer calories from other foods throughout the day.

The studies also concluded that broth-based soups were preferable to those based on cream or a starchy puree, and that chunky soups were more satisfying than strained soups. Use soup as a first course to

help you eat less overall or add a reasonable amount of protein to the soup and enjoy as a main course, but don't even think about living on soup alone. According to the study's primary researcher, "Soup-only diets don't work. But soup does."

Come to Kay's Kitchen at <http://www.commissaries.com> and give one of our featured soup recipes a try. They're all easy to make, and low in calories, but high in good nutrition and great taste. All the necessary ingredients are ready and waiting for you at your local commissary.

## Keep Leftover Meals Safe

By Kevin L. Robinson

DeCA public affairs specialist

Commissary customers are saving more money by cooking their own meals at home and munching on the leftovers for days after that initial meal. But there are limits to a good thing.

The Defense Commissary Agency is advising customers to monitor how long they keep food in their refrigerators to ensure the items are safe to eat.

"Food Safety at home revolves around keeping storage areas such as the refrigerator clean and using, freezing or disposing of leftover foods that have been held chilled for two to three days," said Col. David R. Schuckebrock, DeCA's director of health and safety. "Most items don't hold up well and begin to spoil if held longer chilled. Without good rotation practices, finding a snack in the refrigerator becomes an adventure with unintended health risks."

Checking those leftovers is part of the "Be Food Safe" campaign developed by the Partnership for Food Safety Education to promote proper food handling techniques at home – clean cooking areas, separate foods that may cross contaminate, cook food thoroughly and chill leftover food at the right temperature.

With more food being tucked into refrigerators after meals, DeCA's food safety officials want commissary customers to remember the following tips on storing and heating leftovers:

Wash hands with warm water and soap for 20 seconds before and after handling food.

Refrigerate cooked leftovers promptly – within two hours. Use an appliance thermometer to ensure your refrigerator is at 40 degrees Fahrenheit or below.

Divide leftovers into smaller portions and store in shallow containers in the refrigerator.

Reheat cooked leftovers to 165 F as measured with a food thermometer.

When microwaving leftovers, make sure there are no cold spots in the food (where bacteria can survive). Cover food, stir and rotate for even cooking. If the microwave has no turntable, rotate the dish by hand once or twice during cooking.

"Our customers can count on the commissary to be a safe food source, but we cannot safeguard their food once it leaves the store," said DeCA Director and CEO Philip E. Sakowitz Jr. "By following these guidelines for handling refrigerated leftover food, our customers can protect themselves from the bacteria that can make them sick."

For more information on food safety, go to the DeCA Web site at <http://www.commissaries.com> and click on the Food Safety section to access links to various consumer safety sites. The DeCA Web site is also a good source to find out about any recalls affecting products sold in commissaries. For more information on Be Food Safe, go to <http://www.befoodsafe.org/>.

## Save Time Cooking Slowly

By Kay Blakley

DeCA home economist

Almost any food purchased at the commissary and prepared at home offers the advantage of better nutrition at a lower cost, but where will you find the time to cook? Just dust off your slow-cooker, spend 10 minutes filling it with ingredients before you head off to work, or school, or a day full of running errands, and come home to a meal that's already made.

Keep the ingredients few, and keep them simple, to ensure they go together in a flash.

All the recipes featured in this week's collection fit those requirements. And, if you think slow-cookers are only good for roasts and stews, think again. They can also produce tasty desserts like the Hot Fudge Sundae Cake, and flavorful vegetarian main dishes like Red Beans and Rice or Lentil and Mixed Vegetable Casserole.

Slow-cooker cooking is pretty basic, but do be sure to follow any special instructions pertaining to your specific model. Add these few "rule-of-thumb" tips and you're good to go!

**High temperature or low?**

It's always best to use the heat setting a recipe recommends, but if you need it done in a shorter or longer amount of time use the general guideline that 1 hour on high is equivalent to 2 to 2.5 hours on low. If your recipe calls for 8 to 10 hours on low heat, cook it on high instead, for 4 to 5 hours.

**Keep the lid on or off?**

Nearly all recipes are cooked with the lid on, so keep it covered unless instructed to do otherwise. Don't be tempted to peek, either. Each time you remove the cover adds another 15 to 20 minutes to the total cooking time.

**How full to fill the pot:** For best results, a slow cooker should be between one-half and three-fourths full.

**Other good-to-know tips:** Vegetables like potatoes and carrots take longer to cook, so slice or cut them into small pieces, and place them in the bottom of the pot.

For safety reasons, always brown and drain ground meats before adding to the slow-cooker. Browning other meats and poultry isn't necessary, but adds

to flavor and appearance, especially with beef.

Use dried leaf herbs instead of ground – their flavor holds up better over the extended cooking time.

Go to [http://www.commissaries.com/kays\\_kitchen.cfm](http://www.commissaries.com/kays_kitchen.cfm) to access the recipes mentioned in this article or click on the following links:

Lentil and Mixed Vegetable Casserole: <http://tinyurl.com/yzzprn7b>

Beans and Rice: <http://tinyurl.com/ykbypxm>

Sue's Amazing Beef: <http://tinyurl.com/yjzskvd>

Hidden Valley Pot Roast: <http://tinyurl.com/yhs7szd>

Pulled Pork Sandwiches: <http://tinyurl.com/yzn4e8>

Barbeque Beef: <http://tinyurl.com/yhr8yag>

Pot Roast Olé: <http://tinyurl.com/ygdkmog>

Sweet and Saucy Thighs with Stir Fried Cabbage: <http://tinyurl.com/yjwhd06>

French Vegetable Ratatouille: <http://tinyurl.com/yg56j9o>

Hot Fudge Sundae Cake: <http://tinyurl.com/y17hz97>

## Bake A Loaf Of Love

By Kay Blakley

DeCA home economist

It's the season of good cheer and best wishes, you know. Regardless of how stressful your corner of the world might be, a slice of homemade banana nut or pumpkin bread can soothe jangled nerves like no other medicine on earth. It's not really medicine, of course, it's just a little loaf of love.

These flavorful loaves are called "quick breads" because you typically just stir ingre-

dients together quickly, and pop the batter straight into the oven. No lengthy rising time and no kneading is required, as with yeast breads. Baking powder, baking soda, steam, or air, rather than yeast cause quick breads to rise as they bake.

After baking, turn breads out of the pan onto a wire rack to cool, then wrap tightly in foil or plastic wrap and let them rest overnight before serving. The overnight "cure" does wonders for fla-

vor development. If the loaf cracks down the center, don't worry about it, that's typical. Serve nut breads cut in very thin slices with simple spreads like butter, cream cheese or jelly, if you like.

Come to Kay's Kitchen at <http://www.commissaries.com> and choose from our collection of holiday favorite quick bread recipes to bring some cheer to your own home or bake several loaves to give as gifts.

## "WE BRING THE MILITARY MARKET TO YOU!"



**ADVERTISE  
IN THE  
MILITARY  
PUBLICATIONS**

- Reach 74,000 Readers
- Internet Advertising (Included in Rate)
- Military Publications on [www.Jacksonville.com](http://www.Jacksonville.com) which receives 11 million views per month
- Distributed on three Naval Bases and off-site locations
- Published Thursday weekly

Call Advertising Today  
**904-359-4336**

**Regional Economic Impact  
\$7.8 billion/year**

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

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

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

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

**Working On Base -  
50,631**

**Active-Duty, Reserves, Civilians, Contractors**



Published by  
**The Florida Times-Union**

**DON'T ACCEPT DEFEAT.**  
Help fight childhood cancer.





Indigo Farms Mobile Canine Veterinary Services. We come to you! Discounts for breeders, kennels, seniors and students. 1-year Roberts: \$12 (3 & 3) \$23 (5 & 3) www.indigofarms.org

### Merchandise

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

**New Beautiful 5 pc Cherry Bedroom Set \$300**  
904-644-0498

**BED A BARGAIN QUEEN SETS \$135**  
KINGS \$195 365-0957

**KING SIZE PILLOW TOP MATTRESS SET \$200**  
New 904-644-0498

**Leather Sectional w/cocktail & end table, lamps, computer desk w/chair. A must GO!** 904-757-2837

**Queen EuroTop Mattress Set Still in Plastic \$130** (904) 644-0498

**Sofabed - b/k 1thr \$110** - Brenda 614-4148

**LA-Z-BOY Couch & chair \$350 both liv- ing room tables.** 904-307-3040

**Cute Country Kitchen Dining set. Solid wood table, 3 chrs, wood bench seat. Only 1yr old. Pristine** 904-553-6015

**Complete RTG Living room set. Sofa Love seat 3 tables like new. Moving must sell.** 904-553-6015

**(2) Twin trundle beds. Exc cond. You pick up.** 904-608-6437. \$230.00

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

**Garden/Lawn**  
Rotary Lawnmower 650 Series purchased 2007, \$200. Brenda 904-614-4148

**Jewelry/Watches**  
Turquoise gemstone 3pc matching jewelry set. Lrg style necklace, near shape dangle earrings, 8" Brocelet. \$299.99. 904-603-9942

**Miscellaneous Merchandise**  
Car tires matching set of 4, good tread, size P225 55 R16 \$100. 904-803-9942

**STEP LADDER 10' aluminum. Heavy duty. Werner brand. Exc. cond.** \$75.00. 268-2482

**UNDERCOVER FITS 04-08 F150 FORD. \$350.** 642-0881

**Photography**  
SONY S90 Cyber-Shot Digital Camera. Orig. box, instructions & access. Simple to use. Great photos. Only \$55. 268-2482

**Drivers & Taylor**  
made Callaway Nice Wilson Adams Irons & Ben Hogan Callaway Ring MacGregor Nigkenl Hybrids. Gory 904-264-5744/910-8709

**9-ft Oilhausen Pool table \$1200.00.** Ashley Bunk beds \$500.00. Couch Loveseat \$150. Other misc. items 904-652-5550

**Tickets**  
Daytona 500, Orlando Magic Monster Jam, MLB Baseball www.istickets.com 904-725-5045

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

**Pets and Supplies**  
Bichon Frise, Boxer, Morkie, Wheaten Terrier, Puggle, T-cup Yorkie & etc. **BIG PUPPY SALE!** Starting @ \$199. 997-9999 www.pamparedpawsonline.com

**DOBERMAN PUPS CKC**  
Oversized Euro, champ lines, ACA. 3M \$800ea. 904-365-9354

**English Bulldog Pups AKC**  
Champion lines, all colors avail now. \$1400 904-607-4488

**Good News For Your Pets!**  
Healing Touch for Animals JAX CLASSES FEB 26-28 sign up for early discount Healingtouchforanimals.com OR CALL 904-310-6610

**Old English Bulldog**  
male pups 14 Weeks old Brindle markings. Registered current shots \$1200. 904-314-7048

**PERSIAN KITTENS CFA**  
shots, many colors, sweet kittens \$175-\$275. 724-9620

**POODLES TOY AKC**  
Taking deposits. Ready 2/2 males \$500. 2 fem \$700 334-4058 www.plumprettypoodles.com

**ROTTI PUPS AKC- Hihh**  
cert., shots, dewormed. POP. Call Doug 378-0351

**Rottweiler German Male**  
12 months old, AKC, serious inq. 904-449-4944

**Shih-tzu - Poodles - Poms**  
Min Pins - Blue Pits -Yorkies Delivery to Jax 904-389-9814

**YORKIE PUP AKC Male**  
Tinv, h/c, 1st shots, \$600 Call 904-229-1605

**Yorkies CKC Small 10**  
WKS OLD, IM 1F, HC AVAIL \$550 EA CALL 995-2211 OR 703-7860

**Transportation**  
Aviation Boats Sailboats Boat Dockage & Rentals Marine Equipment & Supplies RV Rentals RV's & Suppliers Motorcycles & Mini Bikes Auto Brokers Auto Parts Antiques/Classics Automobiles Trucks/Trailers/SUVs Vans/Buses \$2000 or Less Commercial Vehicles Misc. Auto Autos/Trucks Wanted Auto Rent/Lease

**2007 27' Keystone Springdale TT.** Sleeps 6, full kitchen, full bathroom w/shower, central heat & air, large slide out, built in A/V, CD/DVD stereo system, 20' outside canopy, plenty of storage, NICE C.A.W.F.E.R., A MUST SEE! SEE PICTURES ONLINE. 904-509-3930

**Motorcycles/Mini Bikes**  
HARLEY DAVIDSON V-Rod 2003 1100th Anniversary ed. Only 3000mi's. Like new. Extras. \$9500. 904-264-1001/904-349-5573

**YAMAHA WAR-RIOR '87.** YFAS350 \$1000.00. Many new parts included. Add'l parts & tires. 757-748-8405/8403-speedo.22@yahoo.com

**Automobiles**  
BMW 335i '07. blue w/31kmi's. Call Kim for info 850-559-5141

**BMW 335i '07. 4dr.**  
blue, 10 mi's, gar. kept. Call Kim 850-559-5141

**Chevy Cavalier '03**  
2dr coupe, 76kmi's, blk, AC, CC, PW, P.D., Funs, good. C: 904-888-2417. Kingsland \$2250.

**CHEVY LUMINA EURO**  
3.1 - 1991 model, runs great, tires good for another 50k miles. \$1,000 firm. Reliable transportation. Call 386-2006.

**MERCURY COUGAR '00.**  
bik, sport, 11000 mi's, 11000 mi's, new tires, \$3800. Norman 757-748-8405/8403

**TOYOTA CAMRY SE '07**  
by owner, clean \$13,700. Call Rod 321-508-9004

**Volvo 2001 Wagon 2.4T**  
Exc cond. Very well maintained - all records. Fully loaded leather seats, cd player, leather seats in rear seat, Sunroof, roof rack, alloy wheels. 92,500 miles. \$7,750 - below blue book value. 904-247-2867

**Trucks/Trailers/SUV's**  
FORD RANGER PU '09 7K mi, no A/C, 5spd, warr \$11,500. 904-607-6870

**Mitsubishi Montero Sport**  
2002 Silver, leather, new struts/breaks, 122K Great condition! \$5700 obo. 422-5162

**Vans/Buses**  
TOYOTA SIENNA MINIVAN '98-159,460mi's, \$3500. Great cond. A/C. Scott 904-264-3618

**Autos/Trucks Wanted**  
CASH FOR JUNK CARS Alive or Dead Free Pickup 723-1657

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

...serving our country...  
**THANK YOU!**  
Call Us Today and let us **EARN your business!**



**GMC SIERRA**



**JEEP WRANGLER**



**HONDA CROSSTOUR**

**NALLEY AUTO**  
We have a great Special Financing Dept.  
178 ALTAMA CONNECTOR • BRUNSWICK  
(912)267-7000 • (866) 201-0363 • www.NalleyAuto.com

**ZOE UNIVERSITY**  
**DISTANCE LEARNING**  
STUDY IN THE PRIVACY OF YOUR HOME

**DEGREES AREAS OF STUDY**

- Associate
- Bachelor
- Master
- Specialist
- Doctorate
- Christian Counseling
- Christian Psychology
- Domestic Violence Ministry
- Ministry
- Theology

**ACCREDITED**

- Open Enrollment
- Enroll online
- Begin any day (Tuesday - Friday)
- Veterans Training Approved

**ENROLL TODAY**

6504 Arlington Road  
Jacksonville, Florida 32211  
Phone: (904) 743-6166  
FAX: (904) 743-6266  
E-Mail: zoe@zoeuniversity.org  
Website: www.zoeuniversity.org

**MILITARY VETERANS & DEPENDENTS ENROLL TODAY**

**A/C, Heating, Fuel**  
Weather King A/C Condenser 3 ton, like new, not a heat pump. \$400.00. 904-786-4591

**Appliances**  
GE Electric Range w/wd 2-spd fan w/LT. Works well. Creme \$100. 781-2760

**Kenmore Electric Dryer HD.**  
works but needs blade. \$10-\$15. White. \$50.00. 904-781-2760

**Collectibles**  
COCA COLA 8oz. Jax. Jaguar Collectible Bottles. Old logo, new logo. Other. \$3.00 ea. 268-2482

**Computers**  
Dell 17" Monitor \$60. Olin 190C/M SKIS Binding & Poles \$125. 50x30 wood coff. 1bl \$150. Call 904-725-2090

**Dell Inspiron 1010**  
Mini Laptop w/USB Microsoft Office Suites. Brand new. Call Kim 850-559-5141

**DELL 1209s DLP**  
Projector Brand new. Call Kim 904-501-9428 for more info \$399.00

**Electronics**  
KORG M561 Music workstation w/case \$1200. Kim 850-559-5141 for info

**Furniture/Household**  
China. Setting for 12. Coronado pattern by Monarch (Japan). A green edge w/multi-floral sprays. Superb. \$180. 904-268-2482

# AUTOMOTIVE DIRECTORY

To list your dealership, please call 904-359-4193

Before you buy, shop these dealerships first!

<p><b>BMW</b></p> <p><b>TOM BUSH BMW JACKSONVILLE</b> 9850 Atlantic Blvd. 725-0911</p> <p><b>TOM BUSH BMW ORANGE PARK</b> 6914 Blanding Blvd 777-2500</p> <p><b>BUICK</b></p> <p><b>GARBER BUICK</b> Green Cove Springs 264-4502 www.garberautomall.com</p> <p><b>KEY BUICK</b> 4660 Southside Blvd. 642-6060</p> <p><b>JACK WILSON BUICK</b> 2250 US1 South 797-4577</p> <p><b>CADILLAC</b></p> <p><b>CADILLAC-SAAB OF ORANGE PARK</b> 7999 Blanding Blvd. 778-7700 www.cadillacfororangepark.com</p> <p><b>CLAUDE NOLAN CADILLAC</b> 4700 Southside Blvd. 642-5111 www.claudenolan.com</p> <p><b>CHEVROLET</b></p> <p><b>NIMNIGHT CHEVY</b> 1550 Cassat Ave. 425-6312 www.nimnightchevy.com</p> <p><b>GARBER CHEVY</b> Green Cove Springs 264-4502 www.garberautomall.com</p>	<p><b>GORDON CHEV</b> 1166 Blanding Blvd. 272-2200</p> <p><b>JACK WILSON CHEVROLET</b> 2255 US1 South 797-4567</p> <p><b>JERRY HAMM CHEV</b> 3494 Phillips Hwy. 398-3036</p> <p><b>CHRYSLER</b></p> <p><b>ATLANTIC CHRYSLER</b> www.atlanticjeep.com 2330 US1 South 354-4421</p> <p><b>GARBER CHRYSLER</b> Green Cove Springs 264-2416 www.garberautomall.com</p> <p><b>JACKSONVILLE CHRYSLER</b></p> <p><b>JEEP DODGE</b> 9A &amp; BAYMEADOWS. 493-0000</p> <p><b>RICK KEFFER</b> 1-95 Exit 373, Fern Bch. 1-800-228-7454 www.rickkeffer.com</p> <p><b>DODGE</b></p> <p><b>ATLANTIC DODGE</b> www.atlanticjeep.com 2330 US1 South 354-4421</p> <p><b>JACKSONVILLE CHRYSLER</b></p> <p><b>JEEP DODGE</b> 9A &amp; BAYMEADOWS. 493-0000</p> <p><b>GARBER DODGE TRUCK</b> Green Cove Springs 264-2416 www.garberautomall.com</p>	<p><b>ORANGE PARK DODGE</b> 7233 Blanding Blvd. 777-5500</p> <p><b>RICK KEFFER</b> 1-95 Exit 373, Fern Bch. 1-800-228-7454 www.rickkeffer.com</p> <p><b>FORD</b></p> <p><b>PAUL CLARK FORD-MERCURY</b> 1-95 N. Exit 129 (Yulee) 225-3673</p> <p><b>GARBER FORD-MERCURY</b> Green Cove Springs 264-4502 www.garberautomall.com</p> <p><b>MIKE SHAD FORD</b> At The Avenues 10720 Phillips Hwy. 904-292-3325</p> <p><b>MIKE DAVIDSON FORD AT REGENCY</b> 9650 Atlantic Blvd. 725-3060</p> <p><b>MIKE SHAD FORD OF ORANGE PARK</b> 7700 Blanding Blvd. 777-3673</p> <p><b>GMC TRUCKS</b></p> <p><b>NIMNIGHT PONTIAC-GMC</b> 11503 Phillips Hwy 854-4826</p> <p><b>GARBER GMC TRUCKS</b> Green Cove Springs 264-4502 www.garberautomall.com</p>	<p><b>JACK WILSON PONTIAC</b></p> <p><b>BUICK GMC</b> 2250 US1 South 797-4577</p> <p><b>HONDA</b></p> <p><b>DUVAL HONDA</b> 1325 Cassat Ave. 899-1900</p> <p><b>LOU SOBH HONDA OF THE AVENUES</b> 11333 Phillips Hwy. 370-1300</p> <p><b>HYUNDAI</b></p> <p><b>KEY HYUNDAI</b> 4660 Southside Blvd. 642-6060</p> <p><b>INFINITI</b></p> <p><b>ATLANTIC INFINITI</b> 10980 Atlantic Blvd. 642-0200</p> <p><b>JEEP</b></p> <p><b>ATLANTIC JEEP</b> www.atlanticjeep.com 2330 US 1 South 354-4421</p> <p><b>GARBER JEEP</b> Green Cove Springs 264-2416 www.garberautomall.com</p> <p><b>JACKSONVILLE CHRYSLER</b></p> <p><b>JEEP DODGE</b> 9A &amp; BAYMEADOWS. 493-0000</p> <p><b>RICK KEFFER</b> 1-95 Exit 373, Fern Bch. 1-800-228-7454 www.rickkeffer.com</p>	<p><b>KIA</b></p> <p><b>KIA OF ORANGE PARK</b> 6373 Blanding Blvd. 771-6078</p> <p><b>LEXUS</b></p> <p><b>LEXUS OF JACKSONVILLE</b> 10259 Atlantic Blvd. 721-5000</p> <p><b>LEXUS OF ORANGE PARK</b> 7040 Blanding Blvd. 777-5100 www.lexusoforangepark.com</p> <p><b>LINCOLN MERCURY</b></p> <p><b>NORTH FLORIDA LINCOLN MERCURY</b> 4620 Southside Blvd. 642-4100</p> <p><b>MIKE SHAD FORD LINCOLN MERCURY</b> 7700 Blanding Blvd. 777-3673</p> <p><b>MAZDA</b></p> <p><b>TOM BUSH MAZDA</b> 9850 Atlantic Blvd. 725-0911</p> <p><b>MAZDA CITY</b> 6916 Blanding Blvd. 779-0600</p> <p><b>MERCEDES BENZ</b></p> <p><b>BRUMOS MOTOR CARS INC.</b> 10231 Atlantic Blvd. 724-1080</p> <p><b>MERCEDES BENZ of ORANGE PARK</b> 7018 Blanding Blvd. 777-5900</p> <p><b>MINI</b></p> <p><b>TOM BUSH MINI</b> 9875 Atlantic Blvd. 725-0911</p>	<p><b>NISSAN</b></p> <p><b>MIKE SHAD NISSAN OF JAX</b> 1810 Cassat Ave. 389-3621</p> <p><b>MIKE SHAD NISSAN OF OP</b> 7447 Blanding Blvd. 269-9400</p> <p><b>PONTIAC</b></p> <p><b>GARBER PONTIAC</b> Green Cove Springs 264-4502 www.garberautomall.com</p> <p><b>JACK WILSON PONTIAC BUICK GMC</b> 2250 US1 South 797-4577</p> <p><b>PORSCHE</b></p> <p><b>BRUMOS MOTOR CARS INC.</b> 10100 Atlantic Blvd. 725-9155</p> <p><b>TOYOTA</b></p> <p><b>KEITH PIERSON TOYOTA</b> 6501 Youngerman Circle. 771-9100</p> <p><b>ERNIE PALMER TOYOTA</b> 1310 Cassat Ave. 389-4561</p> <p><b>TOM BUSH VW</b> 9850 Atlantic Blvd. 725-0911</p> <p><b>O'STEEN VOLKSWAGEN</b> 11401 Phillips Hwy. 322-5100</p>	<p><b>VOLVO</b></p> <p><b>O'STEEN VOLVO</b> 2525 Phillips Hwy. 396-5486</p> <p><b>LEASING</b></p> <p><b>GT LEASING</b> Commercial Leasing Since 1955 2810 St. Augustine Rd. 398-5000 www.gtleasing.com</p> <p><b>PROFESSIONAL AUTO LEASING</b> 10231 Atlantic Blvd. 722-1694</p> <p><b>PRE-OWNED VEHICLES</b></p> <p><b>AUTO LINE</b> A Family owned Business autolinepreowned.com 2126 Mayport Rd., Atlantic Beach 904-242-8000</p> <p><b>AUTOS BEACH BLVD. AUTOMOTIVE</b> Family Owned Since 1967 beachblvdautomotive.com 6833 Beach Blvd. 724-3511</p> <p><b>BRUMOS MOTOR CARS PRE-OWNED AUTO CENTER</b> 10211 Atlantic Blvd. 724-1080</p> <p><b>LEXUS OF JACKSONVILLE PRE-OWNED CENTER</b> 10384 Atlantic Blvd. 998-0012</p>	<p><b>PRE-OWNED VEHICLES</b></p> <p><b>TOM BUSH BMW CERTIFIED PRE-OWNED</b> 9910 Atlantic Blvd. 371-4381</p> <p><b>TOM BUSH MINI USED CAR SUPER CENTER</b> 9875 Atlantic Blvd. 371-4877</p> <p><b>WORLD IMPORTS CERTIFIED PRE-OWNED AUTO CENTER</b> www.worldimportsusa.com 11650 BEACH BLVD. 998-9992</p> <p><b>O'STEEN VW CERTIFIED PRE-OWNED CENTER</b> 11401 Phillips Hwy. 322-5100</p>
---	--	---	---	--	---	--	---

Before you buy, shop these dealerships first!

# \$7.8 Billion

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

Local businesses benefit from the military and civilian personnel who buy and rent homes and who purchase goods and services. Let them know what your business has to offer by advertising in one or all of the military publications distributed at the local bases in the area.

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

