

# On Call In Haiti

By Ensign Kim Hanson  
USS Underwood Public Affairs

USS Underwood (FFG-36) has been providing critical medical assistance in support of Operation Unified Response since their arrival Jan. 16, helping people injured in a 7.0 earthquake in Haiti Jan. 12.

Twenty Underwood Sailors have been working at a triage center at Killick Joint Operations Center, located in Port-au-Prince. The Sailors have been helping treat patients with infections and minor injuries.

Underwood's Independent Duty Corpsman, Hospital Corpsman 1st Class (Surface Warfare/Fleet Marine Force) Joe Swanson, has been leading Sailors in the medical assistance efforts, which includes administering antibiotics, bandaging wounds, splinting and setting fractures, and minor surgical operations. The Sailors act as medical assistants, handing the doctors supplies, instruments, bandages, and some clean and sterilize wounds. Many other Sailors are transporting patients on stretchers either to medical wards or to wait for medical evacuation at the helicopter landing zone near the treatment center.

One of the patients Swanson treated was a woman with a large infected abscess above her left eye. He doctored, cleaned and disinfected the wound and gave the woman antibiotics. "She came back the next day 100 percent better, so happy. She came to find me immediately, gave me a hug, and said,

"Thank you very much," said Swanson.

Other minor surgeries included a woman with a large cyst on her chin and a man with an abscess in his knee.

"The big thing is the people know we're there," added Swanson. "No matter if [their injury] is earthquake related or not, they come to us because they know we're going to take care of them."

The triage center Killick was previously a minor first aid station. It is now being used as a treatment center and operating room for minor surgeries. The center treats more than 150 patients a day, providing them with medical care or evacuating them to the hospital ship USNS Comfort (T-AH 20) for more intensive care. Underwood Sailors treated more than 130 patients and performed 15 minor surgeries.

"I did what I could to comfort those in pain, especially the women and children," said Yeoman 1st Class (Surface Warfare/Air Warfare) Jeremy Campbell. "There was not much pain medicine to go around, so a hand to hold and a hug was all I could give. What was obvious to me was the thankfulness in their eyes. There was a graciousness and hope that cannot be overstated and it is something that I will carry with me forever. Helping the Haitians is undoubtedly my finest moment as a Sailor and an American."

The triage center at Killick Joint Operations Center was staffed by many different orga-



-Photo by OS2(SW) Marcus D. Alfonso  
Hospital Corpsman 1st Class (Surface Warfare/Fleet Marine Force) Joe V. Swanson of USS Underwood stabilizes, cleans and disinfects a wound on a woman who had a large infected abscess above her left eye. While ashore, Swanson saw more than 130 patients and performed more than 15 minor surgeries on victims of the Jan. 12 earthquake. Underwood, from Mayport, Fla., is conducting humanitarian assistance and disaster relief operations for Operation Unified Response under control of U.S. Naval Forces Southern Command and U.S. Fourth Fleet (NAVSO/CAF). NAVSO/CAF is directing all Naval assets and personnel in support of Joint Task Force Haiti, the joint command element directing U.S. military capabilities support to USAID and the U.N. Stabilization Mission in Haiti (MINUSTAH).

nizations, including Sailors from USS Gunston Hall (LSD-44), USS Higgins (DDG 76), Haitian caregivers, and doctors and nurses from Mexico.

Ensign Angela Duran from Underwood acted as a translator between ship personnel and the Mexican doctors to assist in communicating with the patients.

"It was incredibly uplifting to see people from different services and different countries, speaking different languages, coming together for the common goal of helping the Haitian people in their time of need," said Duran. "I feel privileged to have been able to be a part of that effort. I will never forget this experience."

Underwood Sailor Chief Quartermaster (SW) Karl G. Miller was deeply affected by

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-Photo by CTT2(SW) D'andre D. Jacobs  
USS Underwood (FFG-36) Sailors Operation Specialist 2nd Class Jeffrey D. Pettway, Sonar Technician 2nd Class Danny Arvizu, and Ship's Serviceman 1st Class (Surface Warfare) David Melton pick up a stretcher to transport a patient to medical hold after treatment. Underwood Sailors are supporting shore-based triage centers that provide care to Haitians injured in a Jan. 12 earthquake.

# Mayport Sailor Receives Bronze Star

By Lt. Cmdr. Edwin Howard  
DESRON 24 Intelligence Officer

Mosul, Iraq seldom makes the list of assignments Sailors recount when discussing their careers, but for Senior Chief Cryptologic Technician Technical (SW) James Misner, DESRON 24's Command and Control Warfare Officer, Iraq presented challenges and opportunities that were acknowledged today, when he was presented the Bronze Star Medal by Commander, Destroyer Squadron (COMDESRON) 24 Capt. John Kersh.

"We are thrilled to have Senior Chief Misner back with us and we are honored by his selfless service in Iraq as part of the counter-IED (improvised explosive device) effort. We could not be more proud of him and the work he did to save lives," said Kersh.

Misner, a Long Island, New York native and Electronic Warfare technician, began his sixteen years of naval service after working for the Disney Corporation in Orlando,



-Photo by MC2 Sunday Williams  
Commodore DESRON 24 John M. Kersh presents Senior Chief Cryptologic Technician Technical (SW) James Misner with the Bronze Star Medal for his service as the command's Command and Control Warfare Officer in Iraq. Misner served in Iraq as part of the counter-IED (improvised explosive device) effort.

Florida. Following A-School in Pensacola, Florida, Misner served as ship's company aboard USS Independence, which was then homeported in Japan, followed by a return to the United States and service aboard USS Duluth, SIMA Mayport and USS Philippine Sea. Following his service aboard Philippine Sea, Senior Chief Misner transferred to Destroyer Squadron 24.

Misner's journey as an Individual Augmentee (IA) began when he attempted to volunteer for an IA while assigned to the Philippine Sea. "In 2005 when Iraq was really blowing up, they asked for IAs and I volunteered, but was denied, so in March 2008, another IA (requirement) came out for someone in EW (Electronic Warfare)," said Misner.

Misner subsequently volunteered for the requirement and was accepted. Following a week of administrative processing and four weeks of Army ground training, Misner arrived in Mosul by way of Baghdad on

November 8, 2008.

Misner's nine months in Iraq afforded opportunities to apply all the skills and leadership he has acquired as a Senior Chief Petty Officer.

According to Misner, the necessity for Navy Electronic Warfare support in Iraq occurred because the Army had moved away from traditional Electronic Warfare skills following the end of the Cold War.

"The Army lost many of its EW skills, especially its jamming skills, so it turned to the Air Force and Navy. The unit I worked for had developed a program and was in the process of turning it over to the Army. The Army created a new MOS (Military Occupational Specialty) for EW and we trained and guided their personnel on radar theory, operations and management," said Misner, who stresses that his time in Iraq allowed him to apply all of the skills he acquired to become a Chief.

According to Misner, not only his EW proficiency, but other expertise he has gained at

sea paid dividends in Iraq.

"I also had a chance to apply my inventory and management skills since I was responsible for all of the systems that were being turned over from 2/3 ACR (Armored Cavalry Regiment) to the 2-82 Field Artillery."

When asked what it was like to be a Navy Chief among the Army, Misner's reply demonstrates an approach that makes the Navy run.

"I was treated really well. I was a Navy guy doing an Army job. When someone asked me a question, I gave an answer. If I did not have the answer, I went out and got the answer. That is what Chiefs do."

According to Misner, the ability to solve problems and get answers applies to all Sailors.

"We [Sailors] are well-equipped and respected in the joint environment. There are things you learn in the Navy, or even things you do not think you know, that have practical applications out there. We are

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USS Hue City Meets Stars Of 'Avatar'  
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Go 'RED'  
February is Heart Health Month  
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Super Bowl Sunday  
MWR Is Throwing A Party  
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# Chaplains Ease Patients With Words Of Faith

*Editor's Note: This article was written in collaboration with Lt. Christopher Brown, Public Affairs Officer Destroyer Squadron Four Zero, embarked on board USNS Comfort.*

A team of Chaplains has been busy aboard the USNS Comfort tending to the many patients in the care of the ship's Medical Treatment Facility. They spend their days walking the wards interacting with and caring for the injured. The Chaplains pastoral care has touched many patients. The patients are touching the Chaplains as well.

The following testimonies are just a small example of the very personal bonds developed during a pastoral relationship. No doubt, there will be many more in the near future aboard the Hospital Ship Comfort.

**Chaplain Joe Molina Lt. Cmdr., USN**  
**Destroyer Squadron Four Zero, Command Chaplain**

I first met eight-year-old Dave as he entered Casualty Receiving (CASREC) on board USNS Comfort. His right hand was seriously burned, expos-

## CHAPLAIN'S COLUMN

ing tendons and ligaments. His face was disfigured from the crushing blow of a cinder block. Direct and immediate intervention from medical staff stabilized and prepped him for surgery.

As of this morning (Jan. 22) eight-year old Dave was recovering from his surgeries in ICU and was not complaining from discomfort or pain, but his heart was broken because his daddy was nowhere to be seen. My interpreter, Ship's Serviceman Jeff Sanon, and I approached Dave and tried our hand at comforting this young man who had captured our hearts. He seemed to be inconsolable. He had memorized his father's and uncle's cell numbers and asked if we could attempt contacting them. We miraculously contacted the boy's family and conveyed assurances to the parents that young Dave was making

steady improvement.

To this day Dave cannot believe that he is onboard a hospital ship and to this moment still cannot deny it and thinks that we're making it up. Being bed-ridden he cannot get to a window or doorway of this huge ship. However, a small victory was won today when this broken-hearted young boy finally went to sleep knowing that he was in good hands and that he was one day closer to being reunited with his loved ones who are also alive and safe.

**Cmdr. David Oravec, CHC, USN**  
**USNS Comfort, Command Chaplain**

"Blessed are those who mourn for they shall receive Comfort". These words of Jesus from Matthew's Gospel have always been meaningful to me as chaplain in the United States



-Photo courtesy of DESRON 70

**Chaplain Joe Molina speaks to eight-year-old with the help of interpreter, Ship's Serviceman Jeff Sanon, during his time aboard USNS Comfort, currently deployed to the earthquake devastated Haiti.**

Navy but now I understand them in a new way.

The nation of the Haiti is in mourning. Perhaps 200,000 have died. An unknown (fearfully large) number injured. Many are now homeless and suffering. Into the midst of this, the United States has sent the USNS Comfort to bring, well, comfort. This is coming to

Haitians through medical care delivered with compassion, professionalism, grace, and a sturdy dedication that marks Navy medicine.

I am proud of our response and at the same time humbled to be working with patients who have been through so much and are often still able to share a smile through their tears.

**Chaplain John Franklyn, Cmdr., USN**  
**USNS Comfort, Staff Chaplain**

A preemie baby, Esther, was born yesterday by c-section. While the baby was taken to the pediatric ward and placed in an incubator the mom was in ICU recovering from surgery to repair a broken pelvis and other injuries. I had a prayer of blessing for Esther and then checked to see how mom was progressing.

Once I learned that mom was stable and that Esther was also doing well I grabbed a translator and went to ICU to let mom know that her baby was doing good and in the care of a specially trained nurse. A nurse trained to take care of babies. Through the interpreter I was able to pray for the mom and her baby to be united as soon as possible. It was evident that mom was greatly relieved to hear about her baby girl.

# Bystander Intervention - Look Out For Shipmates!



**FLTCM Tom Howard**  
**USFF**

A recent incident involving a female Sailor in San Diego has me very concerned, and at the same time, encouraged by the action of someone who stepped up to 'do the right thing'.

The Sailor from one of the local commands was being harassed by a male Sailor from

## FLEET TALK

another command while in a public area of a new single Sailor bachelor housing unit, and the situation quickly escalated to what could be defined as a physical sexual assault. Although others observed what was going on but weren't quite sure whether to involve themselves, a female bystander quickly intervened, removed the victim from the situation, and convinced the victim to report the incident to base police.

This is a perfect example of why 'Bystander Intervention' is a crucial element of sexual assault prevention and why every Sailor should be trained,

brought up to speed on the term and made aware of the affect it can have on this horrible yet avoidable assault.

I recall recently a situation where a young girl was sexually assaulted by a group of males while upwards of 20 people may have witnessed the assault but stood idly by and did nothing. I cringe each time I think about how this could happen.

There can be many forms of bystander intervention. It could be someone who witnesses an accident and calls for help, or perhaps someone who directly steps in or supports a shipmate when he or she is experiencing

some type of harassment.

The fact is, all of us may be bystanders at some point in one way or another to a broad spectrum of events leading to sexual violence. Each of us may be faced or may observe situations in which an individual makes an inappropriate comment or act of a sexual nature or perpetrates sexual harassment.

Incidents of sexual assault erode the very fabric of our Navy culture; shipmates take care of shipmates, and it's impossible to think that at one moment we can expect a shipmate to be there when we need them in the event of crisis or damage and the next moment attempt to assault them, in this case in a sexual nature. The two do not coexist.

In a recent opportunity to

"define" what a shipmate is and means, Chief Aviation Electronics Technician Brown wrote: "Shipmate" is a term with inherent connotations of teamwork, camaraderie and belonging. It embodies duty, honor, courage, commitment and excellence. "Shipmate" exclaims the spirited commonality of all Sailors: One Team! One Fight! It illustrates hardships shared, victories won. "Shipmate" defines common purpose: ships, seas, defense of freedom. It carries echoes of war, heroes, and the fallen. "Shipmate" is a fire-hardened, selflessly earned title that boasts, "I am a United States Sailor"!

We, you and I, must strive for an environment where behavior of this nature [sexual assault]

is not tolerated and bystanders intervene when a shipmate is being forced to do something against their will.

Here are some ways to act through bystander intervention:

- Let your friends know that sexual assault or any form of sexual misconduct isn't going to work with you and you're going to engage if confronted with it.

- Don't hesitate to speak up upon an observation of a potential victim in a hostile situation. Make sure the victim is okay and seek assistance.

- If you are uncomfortable with approaching a situation alone, ask a friend, then ask them if he or she will accompany you while approaching the situation.

# Homeschooling... A School Choice Option For Families



**Judy Cromartie**  
**School Liaison Officer**

Homeschooling is an educational option which military families are choosing more and more frequently. Since a typical military family moves every two to four years, homeschool-

## KNOW THE ROPES

ing can provide a continuity in education and eliminate the stress of leaving one school district and moving to another.

The goal for the homeschooling parent is to identify how and when their child learns best and to adapt the teaching style to the child. Finding that special curriculum which works best for the child can sometimes be challenging. Also the costs associated with homeschooling may vary depending on the method and/or curriculum selected by the family. Listed below are few examples of the

most popular types of homeschooling programs available to families:

**Internet Homeschooling:** Online curriculum programs, public and private distance learning, and homeschooling support academies are available via the internet. Depending upon the program or tutors, expert advice and resources may be found to assist the parent with homeschooling their children.

**Montessori Method:** The Montessori Method emphasizes

easy to understand and can be accompanied by a photo of the children studying around the kitchen table.

In addition to being the most expensive method, it also requires much more work on the part of the parent in following a study schedule and maintaining records.

Recently, many states have enacted legislation requiring public school access for homeschoolers. Related services such as speech and language, physical therapy, or assistance in traditional academic areas such as math and reading may be available in Florida. Parents should check with the individual district.

**School-at-Home:** Most families follow the school-at-home approach which comes with textbooks, study schedules, grades, and record keeping. Also School-at-Home is the style most often portrayed in the media because it is so

Helpful websites include

<http://www.hslda.org> (provides homeschool laws by state and homeschool organizations)

<http://www.militaryhomeschool.com>

<http://www.militaryhomeschoolers.com>

<http://www.homeschoolcentral.com>

<http://www.homeschool.com> (lists support groups by geographic areas).

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:cromartie@navy.mil) or by phone at (904) 270-6289 ext. 1305.

# Memorial Service Honors 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**  
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Confessions: before & after mass or upon request  
CCD: Sunday 10:30 a.m.  
Baptisms: class 3<sup>rd</sup> Sunday of month

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

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

**Protestant choir**  
Wednesday 7 p.m.

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

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

For more information, call 270-5212.

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# Service Members Are The Elite One Percent

By Beth Wilson

Military Spouse Contributor

Did you know the United States military, Active Duty, National Guard and Reservists total less than 1 percent of the total population?

When I first married my Sailor I was astounded, okay and stumped, by the use of acronyms by not only service members but spouses, contractors, family members and everyone associated with the military. As a new Navy wife I sometimes felt like I was on the outside looking in on a private

## HOMEFRONT IN FOCUS

culture, a society that even had its own language: 'milspeak' (the ability to convey information and communicate through the use of acronyms and terms unique to the military).

Realistically every profession has its own lingo distinctive to them. But what does milspeak say about me, about us? The military, active duty, National

Guard and Reserve, comprises less than 1 percent of the total population of the United States. That makes us a very elite group. You and I, as military spouses and family members, are part of an amazing and exclusive group. It is fitting that we have our own vernacular, our own culture, for this group, this one percent, is entrusted

with the protection of the 99 percent. This one percent races to the forefront in times of peril, rushes to the relief of those in need. Whether fighting for Iraq's right to choose their own government or recovery from an earthquake, we are that one percent.

One Percent. The rarer an element the more priceless it becomes. Whether a diamond, gold, or a Picasso; its rarity only adds to its value. During WWI and WWII an estimated 14 percent of the population served in the military. Likewise

11 percent served in the military during Viet Nam. Today it is one percent.

This highly trained, specialized, exclusive sector of society; this one percent is tasked to do more with less – and they do it. Whether on the battlefield, from the skies above or the silent depths of the ocean this one percent accomplishes its mission, not without sacrifice, so all can go on with their lives, their pursuits.

Sometimes, in the midst of PCS moves, deployments, training, and 'milspeak' we might

forget who we are. We grow weary. Some can feel they 'lost themselves' or their distinctive when they became a military spouse. I say you added to your distinctive. May I remind you that you are a vital part of that pivotal, exclusive and amazing one percent? You are the elite, the exclusive and rare, the military spouse...

Contact Beth at [beth@homefrontinfocus.com](mailto:beth@homefrontinfocus.com). Kevin Bacon, creator of the Broadside cartoons, is her guest this week on Navy Homefront Talk ([www.blogtalkradio.com/nht](http://www.blogtalkradio.com/nht)).

# Jackson Hole, Wyoming – Thrills For Whole Family

By Kent Jensen

Military Travel Columnist

Imagine this - It's 7:30 AM on a Thursday morning, a weekday, and there are over 300 giddy diehards lined up in -21°F air, waiting for the 9 a.m. iconic "red box" tram to open the upper mountain. The first tram whisks up the mountain with a thunderous cheer from the crowd – that's the spirit of Jackson Hole, it has its own cult following addicted to the white gold that blankets the slopes. Jackson Hole is known for having the most continuous 'lift-served vertical' skiing in the U.S, more than 3,000 acres of backcountry access and large sections of inbound adrenaline pumping expert terrain. But even if that's not you, don't worry, Jackson Hole has a surprisingly mild alter ego.

Jackson Hole Mountain Resort (JHMR) rests beside the towering walls of the Tetons, you are within a stone's throw of the National Elk Refuge, Teton National Park, Yellowstone National Park and it's imbedded in the Bridger-Teton National Forest, arguably one of the best protected ecosystems in the world. Few places can boast such impressive vistas and terrain. The best

## GUIDE TO MILITARY TRAVEL

part is that you don't have to just look from behind a fence at a safe distance. This place has been designed for you to get up close and personal with nature.

I've visited JHMR seeking a rush many times in years past, but this time I brought my family - my wife, two kids and a new objective. I wanted a great family experience. I wanted to do more than just ditch the kids with the baby sitter. We're opening a new chapter of family skiing. JHMR rises to the challenge with half of the inbound acreage at beginner and intermediate levels. I could take a run, get my adrenaline fix, and then enjoy time alone with my wife without having to worry about the kids the whole time. The Kids' Ranch was fabulous. The staff started it out right, before our kids (ages 1 and 3) could even try to develop separation anxiety they were whisked away, given drinks, snacks and were happily waving goodbye as we walked away. Our 3-year-old loved every minute of ski school and had to be convinced to come

inside for a lunch break after hours of skiing in the cold.

We stayed in the Village Center Inn, a ski-in/ski-out condo 100 feet from the tram. With fully equipped kitchenettes, several beds and a living room, it is surprisingly affordable. The location made it easy to stop in and take a run with the kids. If you have a situation with a built in baby sitter or another family to take turns watching the kids, it's even easier to stay within a budget since you can make meals and get discounts. JHMR's full suite of military discounts include: 50 percent off single day lift tickets; 10 percent off rentals; 20 percent off class lessons; and 20 percent off lodging. Just make a note that if you're traveling with a child that needs a crib, you have to reserve a crib/pack-n-play through a 3rd party service, Baby's Away.

Although we explored the discount side, if you're planning a post-deployment family get away where you want to splurge and forget the world, JHMR has a full quiver of

choices up to and including the Four Seasons Lodge. It is pure decadence built on an epic mountain. This place is more opulent than I could believe – exquisite cuisine, hot tubs modeled after Yellowstone's natural hot springs, poolside warmed bathrobes, slope side lounge chairs around outdoor fireplaces, mmmm. Definitely worth the price if you want the best. Even if you don't spend the night, you can drop in for fine dining; the Westbank Grill had a breakfast to die for. If you're looking for a romantic dinner, you can't pass up an evening Gondola ride to the highly acclaimed mountaintop Couloir Restaurant, which overlooks the entire valley and feels like it's sitting in the midst of the stars on a clear night. You

don't have to worry about going downtown to find places to eat, there are over 10 restaurants to choose from, covering every price bracket right in Teton Village like the Mangy Moose, voted the #1 restaurant and entertainment complex of all North American ski resorts.

With direct flight access to seven major hubs, no rental car required, shuttle service to JHMR (5 miles away as the

crow flies) and downtown, this is a winter vacation package already put together requiring little additional planning. And if it's too late to work JHMR this year before the snow melts, remember it is not just a Winter Wonderland. Hotel bookings don't really decrease during summer months because there is even more to do then – but that's another article for another day.

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# USS Hue City Sees 'Stars'

## Director James Cameron, Michelle Rodriguez Tour Ship

By Ensign

Nicholas Watts-Fernandez

USS Hue City PAO

Stars from the highest grossing movie of all time, *Avatar*, recently visited Sailors aboard USS Hue City (CG 66).

Actress Michelle Rodriguez, actor Stephen Lang, and director James Cameron came aboard Jan. 27 to visit the crew and show their support and appreciation for the United States Navy. The celebrities screened the film aboard the aircraft carrier, USS Dwight D. Eisenhower (CVN 69) (IKE), and had the opportunity to come across to Hue City, which is deployed with the Eisenhower.

Hue City's Morale, Welfare, and Recreation director, known as the "Fun Boss," Master Chief Electronics Technician (SW/AW) Richard Klingler, helped coordinate the event with Hue City's Public Affairs Officer and IKE's Fun Boss.

"Both the *Avatar* visitors and ship's crew had a great oppor-

tunity to experience something fun and out of the ordinary. The *Avatar* visitors had a chance to experience a little of what it's like to be part of the Navy that stands guard on the horizon so America's aircraft carriers can carry out their mission," said Klingler. "It was a welcome break for Hue City's crew, and a great opportunity for some of Hollywood's stars to show the crew that their efforts here are recognized and appreciated."

Yeoman 2nd Class Christopher Jefferies followed the stars around and documented their time aboard, a task he readily accepted.

Rodriguez told him, "It's quite interesting and impressive that kids are controlling this ship. I mean, look how young you guys look."

The visit was a huge success with the crew and became the talk of the ship. The crew enjoyed being able to show off their ship to such celebrated film makers and actors.



-Photo by MC2 Gina K. Wollman

Actress Michelle Rodriguez signs autographs for fans while touring the guided-missile cruiser USS Hue City (66). Rodriguez, along with James Cameron, director of "Avatar," and actor Stephen Lang, toured the ship and spoke with Sailors. Hue City 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.



Helmsman Seaman Rutchel Mandafe and Michelle Rodriguez pose for a photo during the actress's visit to USS Hue City.



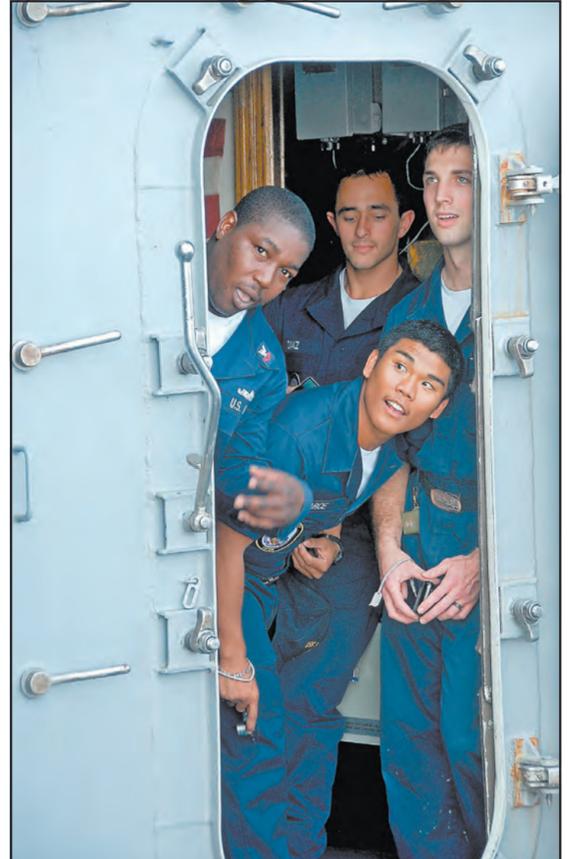
Culinary Specialist Seaman Apprentice Kiley Margeson and Michelle Rodriguez smile at Culinary Specialist Seaman Joseph Nadar.



USS Hue City Commanding Officer, Capt. A.W. Swain, Executive Officer, Cmdr. Jack Rice, and CMDCM Kevin Blade greet director James Cameron.



Ensign Amanda Beierl and QM1 Eric Parrish explain the bridge to James Cameron and Michelle Rodriguez.



Seaman Recruit Davin Arce, Boatswain's Mate 2nd Class Alan Linton, BMSN Zachary Rogers, and Seaman Apprentice Daniel Diaz wait anxiously for the stars' arrival.

## 'Avatar' Stars Bring Hollywood To Sailors

By MC1(SW) Amy Kirk

USS Dwight D. Eisenhower (CVN 69) Public Affairs

Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) (IKE) Sailors were treated Jan. 27 to a visit by a movie director, whose storied career includes such movies as "Aliens," "The Terminator," "True Lies" and the top two highest-grossing films of all time, "Titanic" and "Avatar."

James Cameron and his "Avatar" companions, producer Jon Landau, actors Michelle Rodriguez and Stephen Lang, and Jim Cameron's brother John Cameron, a former Marine and the movie's military consultant, toured both the IKE and USS Hue City (CG 66) and signed autographs for sailors on both ships.

"This is truly a once-in-a-lifetime experience," said Cameron. "To see you all in action is wonderful and what you are doing is amazing. For us this is a real adventure, but for you guys it's just a typical Wednesday."

For Yeoman Seaman Stephanie Grawcock meeting Cameron and actor Stephen Lang was especially rewarding.

"I got to see 'Avatar' while I was on leave with my Dad, who was also on leave from the Marine Corps," explained Grawcock, one of the winners of an essay contest for reserved seating at the "Avatar" screening. "It is the first time we have been able to do something together in about three years. We watched it twice, back-to-back, the same day."

Grawcock added that getting to meet actor Stephen Lang, who appeared in such films as "Gettysburg," "Gods and Generals" and "The Men Who Stare at Goats," was an added bonus because he just happens to be her father's favorite actor.

After the tour, Cameron and company took time to sign autographs, pose for photos and talk with IKE Sailors.

Cryptologic Technician Technical 3rd Class Brandon Galbraith had the opportunity to explain to Cameron and the rest of the stars that on the day he went to see "Avatar" in Charlottesville, Va., the

roof to the theater caved in from the weight of a recent snow storm. Although he was offered a refund ticket, he was not able to go back before the ship deployed Jan. 2.

Galbraith, along with hundreds of other IKE Sailors, got the opportunity to see the blockbuster film in IKE's hangar bay.

Mewbourne greeted the crowd and introduced the special guests by saying he could not think of a more fitting movie for the Sailors to see on the beginning of IKE's Operation Enduring Freedom mission.

"The 'Avatar' movie is about good triumphing over evil," said Mewbourne. "That is essentially what we are here to help the people of Afghanistan do – triumph over the Taliban and al-Qaida."

Mewbourne added that he appreciated Cameron allowing the ship to screen his movie, as it is the little things like watching a movie that help Sailors feel closer to home.

Before the movie began, Cameron spoke to the crowd and praised them for the focus, dedication and commitment they show every day.

"All I can say after a day out here is, 'I like IKE!'" said Cameron, adding that Sailors had been thanking him all day for coming to visit. "We are not here to be thanked," said Cameron. "We are here to thank you. I respect what you do and the commitment you have and the sacrifices you make away from your families."

Producer Jon Landau echoed Cameron's comments, saying just like in movie making where there are no small parts, he came to realize on the IKE that every person aboard has a critical role for fighting what our country believes in.

"I just have to say – thank you, thank you, thank you," said Landau.

Actor Stephen Lang said he has been waiting five years for the opportunity to make another trip out to a carrier. Lang visited USS Carl Vinson (CVN 70) while promoting his one-man show

"Beyond Glory."

"I've seen the movie a lot," said Lang. "But no screening has been more gratifying than the one we are sharing with you."

Michelle Rodriguez, whose role in the film was inspired by a Navy helicopter pilot that Cameron flew with in Antarctica, told the crowd she wasn't good at saying mushy stuff.

"I am not big on words," she said. "But I hold a soft spot in my heart for all of you."

Finally, Cameron commented on the critics who said "Avatar" was anti-military. He disagreed completely, saying the movie's main character is a strong-willed Marine who is courageous and dedicated and demonstrates he can adapt and overcome the odds to fight for what he believes in – just like the military today.

The Eisenhower Carrier Strike Group (IKE CSG) is currently deployed in the Arabian Gulf as part of a routine rotation of U.S. maritime forces in the U.S. 5th Fleet Area of Responsibility in support of Operation Enduring Freedom, as well as conducting maritime security operations (MSO) in the region.

MSO sets the conditions for security and stability in the maritime environment as well as complement the counterterrorism and security efforts of regional nations. MSO denies international terrorists use of the maritime environment as a venue for attack or to transport personnel, weapons or other material.

IKE CSG is made up of Commander, Carrier Strike Group 8; the aircraft carrier IKE, homeported in Norfolk; Carrier Air Wing Seven 7; Commander, Destroyer Squadron 28; the guided-missile destroyer USS McFaul (DDG 74), homeported in Norfolk; and the Mayport, Fla.-based ships, guided-missile cruiser Hue City and guided-missile destroyers USS Carney (DDG 64) and USS Farragut (DDG 99).



Aviation Electronics Technician 1st Class Walter Mercado oversees maintenance to helicopters on the flight deck of the guided-missile cruiser USS Hue City (CG 66).



Sailors eat lunch on the mess decks of the guided-missile cruiser USS Hue City (CG 66).



Storekeeper Seaman William Selmon helps customers with purchases in the ship's store aboard the guided-missile cruiser USS Hue City (CG 66). Hue City is deployed with the Eisenhower Carrier Strike Group to support maritime security operations in the U.S. 5th and 6th Fleet areas of responsibility.



Seaman Walter Diaz-Arias stands the aft lookout watch aboard the guided-missile cruiser USS Hue City (CG 66).



Culinary Specialist Seaman Apprentice Kiley Margenson prepares lunch for the crew of the guided-missile cruiser USS Hue City (CG 66).



Gas Turbine Systems Technician (Mechanical) 1st Class Eli Miranda stands watch at the standard operating station unit during a damage control drill aboard the guided-missile cruiser USS Hue City (CG 66).



Electronics Technician 2nd Class Greg Rouzeau conducts maintenance the helm of the guided-missile cruiser USS Hue City (CG 66).

# DoD Releases Defense Review, 2011 Budget Proposal, 2010 Funding Supplemental Request

From Department of Defense President Barack Obama Feb. 1 sent to Congress a proposed defense budget of \$708 billion for fiscal 2011.

The budget request for the Department of Defense (DoD) includes \$549 billion in discretionary budget authority to fund base defense programs and \$159 billion to support overseas contingency operations (OCO), primarily in Afghanistan and Iraq.

This proposal continues the reform agenda established in the 2009 DoD budget request and builds on the initiatives identified by the 2010 Quadrennial Defense Review (QDR) and 2010 Ballistic Missile Defense Review



(BMDR).

The QDR examines DoD strategies and priorities. It assesses the threats and challenges that the nation faces and re-balances DoD's strategies, capabilities, and forces to ensure the U.S. military has the flexibility to address today's conflicts and tomorrow's threats. The BMDR evaluates the ballistic missile threat to the U.S. and its allies and articulates policy. It determines the appropriate role of ballistic missile defense in the country's national security and military

strategies.

"The fiscal 2011 budget request builds on the reforms begun in last year's defense budget," said Defense Secretary Robert Gates. "These substantial changes to allocate defense dollars more wisely and reform the department's processes were broadened and deepened by the analysis and conclusions contained in the Quadrennial Defense Review."

The fiscal 2011 base budget request represents an increase of \$18 billion over the \$531 billion enacted for fiscal 2010.

This is an increase of 3.4 percent, or 1.8 percent real growth after adjusting for inflation. The DoD needs modest real growth to maintain, train, and equip the forces that sustain our wartime efforts.

The fiscal 2011 OCO request will provide additional resources needed to sustain U.S. forces in Operation Enduring Freedom – in Afghanistan and elsewhere – and Operation Iraqi Freedom. Included are funds for pay and benefits, logistics and other support, force protection, continuing efforts to counteract improvised explosive devices, as well as funding to fully support the buildup in Afghanistan and to carry out a responsible drawdown in Iraq.

"The choices made and priorities set in these budget requests and strategic defense reviews reflect America's commitment to succeed in the wars we are in while making the investments necessary to prepare for threats on or beyond the horizon," said Gates.

Also accompanying the 2011 budget proposal is a fiscal 2010 supplemental request of \$33 billion to support the added costs of the President's new strategy in Afghanistan and strengthen U.S. force levels with approximately 30,000 additional troops. "To make sure we have the resources needed to support our troops deploying to the Afghanistan theater, I will be asking the Congress to enact the

supplemental by spring 2010," said Gates.

Key highlights of the proposed DoD budget are outlined in the attached summary and charts. For more information and to view the entire fiscal 2011 budget proposal, please visit <http://www.budget.mil> and download the "FY 2011 Budget Request Overview Book."

The 2010 QDR and BMDR are available online at [www.defense.gov/DefenseReviews](http://www.defense.gov/DefenseReviews). Transcripts from applicable budget and strategic defense review briefings can also be viewed at [www.defense.gov/transcripts](http://www.defense.gov/transcripts).

## Navy Announces Updates To SRB Award Levels

By Navy Personnel Command Public Affairs

The Navy announced revised Selective Reenlistment Bonus (SRB) rates Jan. 22 in NAVADMIN 028/10.

"Selective Reenlistment Bonuses are a dynamic, market-based incentive designed to retain those Sailors in our most critical ratings with critical NECs (Navy enlisted classification codes)," said Chief of Naval Personnel Vice Adm. Mark Ferguson. "These bonuses contribute to our efforts to provide the fleet with Sailors who have the right experience and skill sets."

SRBs enhance Navy's ability to size, shape and stabilize manning by using a monetary incentive to encourage Sailors with critical skills and experience to stay Navy. Award levels are strategically adjusted as

retention needs dictate.

The new message approves 38 increases in SRB award levels and four decreases. Seven awards were removed entirely, two were added and 132 remain unchanged.

Air traffic controllers in Zone A (less than six years of service) and surface force independent duty corpsmen in Zone C (between ten and fourteen years of service) were new to the SRB list this cycle. Seven hospital corpsman NEC awards were removed.

Sailors should consult NAVADMIN 028/10 to determine their SRB eligibility and award level.

The increased award levels are effective immediately and decreased levels are effective 30 days from the release of NAVADMIN 028/10.

Award levels are continual-

ly reviewed and evaluated to match reenlistment behavior. This NAVADMIN supersedes NAVADMIN 250/09.

Commands must submit SRB reenlistment requests for eligible Sailors 35-120 days prior to the requested reenlistment date. SRB requests submitted less than 35 days in advance without substantial justification will not be accepted. Sailors can reenlist for SRB no more than 90 days prior to their end of active obligated service. More than 1,300 Sailors have already received SRBs this fiscal year.

## Special Pay For Haiti Ops

From Chief of Naval Personnel Public Affairs

The Navy has clarified eligibility for Imminent Danger Pay (IDP) and Hardship Duty Pay-Location (HDP-L) for Sailors serving in support of Operation Unified Response providing humanitarian operations for Haitians following a 7.0 magnitude earthquake in Port au Prince on Jan. 12.

"Navy staffs have been collaborating on providing this guidance to ensure we are getting it right for our Sailors who are performing this vital lifesaving mission," said Jeri Busch, head of the military pay and compensation policy branch for the Chief of Naval Personnel. "The goal is to ensure that all commanding officers are using the same legal interpretation to determine the eligibility of their crews."

The land area of Haiti has been designated for payment of IDP at \$225 per month, and will not

be prorated for a partial month. The land area includes internal waters and waters landward of the baseline, in accordance with international law.

The guidance memorandum provided by Busch's office further clarifies that for purposes of IDP entitlements involving operations in Haiti, the term 'internal waters' is defined as any waters landward of the low-water line. Waters landward of the outermost harbor works are also considered internal waters.

Only those Sailors on temporary duty to the land area of Haiti for 30 or more consecutive days will be eligible for HDP-L. Those who work intermittently on land would not be eligible.

For example, flight crews or corpsmen who are frequently on land, but routinely return to the ship are not eligible. Those who are eligible will receive \$100 per month.

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# Go 'Red', Heart Disease Is A Lady Killer

From NH Jacksonville Public Affairs

According to the American Heart Association, heart disease is the number one killer of women ages 20 and over, and the disease kills approximately one woman every minute. More women die of cardiovascular diseases than the next five causes of death combined, including all forms of cancer.

Here are some of the most common warning signs for a heart attack, stroke and cardiac arrest:

Some heart attacks are sudden and intense and there is no doubt about what's happening. But, most heart attacks start slowly, with mild pain or discomfort. Often people affected

**Health Promotions by the Ocean will hand out pamphlets at NHBC Mayport and civilians are encouraged to wear red on Feb. 5 'National Red Dress Day' in recognition of February as National Heart Health Month.**

aren't sure what's wrong and they wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncom-

fortable pressure, squeezing, fullness or pain.

- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

- Shortness of breath with or without chest discomfort.

- Other signs may include breaking out in a cold sweat,

nausea or lightheadedness.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Call 9-1-1 or your local emergency response number immediately.

**Stroke Warning Signs**

If you or someone with you has one or more of these signs, don't delay!

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.

- Sudden confusion, trouble speaking or understanding.

- Sudden trouble seeing in one or both eyes.

- Sudden trouble walking, dizziness, loss of balance or coordination.

- Sudden, severe headache with no known cause.

Immediately call 9-1-1 or your emergency response number so an ambulance can be sent out to you.

**Cardiac Arrest**

Cardiac arrest strikes immediately and without warning. Here are the signs:

- Sudden loss of responsiveness (no response to tapping on shoulders).

- No normal breathing (the victim does not take a normal breath when you tilt the head up and check for at least five seconds).

If these signs of cardiac arrest are present, tell someone to call 9-1-1 or your emergency response number and get an AED (if one is available) and you begin CPR immediately if trained.

Eighty percent of cardiac events in women may be prevented if they make the right choices for their hearts, involving diet, exercise and abstaining from smoking. Health Promotion offers classes on weight management, tobacco cessation, cholesterol and hypertension.

Call 270-5251 for more information. Make healthy choices and keep your heart healthy!

## Sending Supplies To Haiti



-Photo by MC1 Holly Boynton

Contractors work to load pallets of supplies onto USNS Lewis and Clark (T-AKE 1) prior to its departure to join Operation Unified Response. FISC Mayport, NFMT and contractors unloaded more than 1,100 pallets of food, water and supplies in Mayport for delivery to people affected by a 7.0 magnitude earthquake in Haiti Jan. 12. Lewis and Clark is conducting humanitarian assistance and disaster relief operations for Operation Unified Response under control of NAVSO/CAF. NAVSO/CAF is directing all Naval assets and personnel in support of Joint Task Force Haiti, the joint command element directing U.S. military capabilities support to USAID and the U.N. Stabilization Mission in Haiti.

## Help Clean Up Mayport's Beaches On Feb. 11

**From Scott Dombrosky**

NS Mayport Environmental

Floatable trash continues to be a major pollutant in our rivers and oceans and poses a significant hazard to the health of aquatic wildlife.

The goals of the 2010 Winter Shoreline Clean-up are to have a focused event in which military and civilian volunteers demonstrate their commitment as good stewards of our environment and to remove a significant quantity of debris that has washed up ashore here at NAVSTA Mayport.

Volunteers should meet at the west end of the Jetties (north end of Bon Homme Richard Street, adjacent to Bldg. 1538).

This is a one-hour event that will run from 11:30 a.m.-12:30 p.m., Feb. 11. Organizations or ships wishing to adopt a specific section of the shore or Station for the clean-up should contact

the Water Program Manager at the number listed below. Gloves and plastic trash bags will be provided on site.

For additional information please contact Scott Dombrosky, NS Mayport Water Program Manager at 904-270-3188. Pre-registration is not required.

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# DESRON 40 Leads Comfort Task Group

From CTG 41.8 Public Affairs

Commodore Rudy Laco and Cmdr. Mark Stewart are leading Combined Task Group 41.8, Comfort Task Group. They are currently coordinating relief operations from the Baie-De-Port-Au-Prince.

Haiti was devastated by a 7.0 magnitude earthquake Jan. 12 that left more than 100,000 dead and innumerable more in need of food, water and medical supplies.

"This is a mission we can all be proud of," Laco said. "This group helping Haiti is composed of military,

civilian, non-governmental organizations and medical personnel from around the world. We all should be proud of the assistance that we have been able to give to the Haitian people. It will take all of these organizations to make a dent in this situation."

Laco said this has been his most rewarding tour of duty in over 25 years of naval service. Currently, his charge is the mission of the Military Sealift Command hospital ship USNS Comfort (T-AH 20), tasked to provide medical care for the uncountable many who were injured during the initial

earthquake and its aftershocks.

"We are here to help. Comfort was in Haiti last year and we are here to help friends during difficult times," Laco said. "Everyone is here to help."

Comfort was undergoing repairs in Baltimore Jan. 14 when President Barack Obama issued the executive order to get underway to assist in this humanitarian mission. The ship left only three days later. Laco and his staff flew down into the area operations and arrive onboard to coordinate operations Jan. 20.

"This is the quickest a group has

ever come together. The mission is hard work and there is much to do but it's uplifting," Laco said. "I have heard no complaints [from the crew of the Comfort]. I am proud of everyone on board. Everyone has an important job and we cannot accomplish our mission without everyone continuing to contribute their time and efforts."

"Comfort has never been tested like this before," said Chief Staff Officer Cmdr. Mark Stewart. "It is awe-inspiring how every able-bodied person has risen to the challenge."

Laco said the response from the peo-

ple of Haiti has been overwhelmingly positive. The optimistic attitude of the Haitians is driving the multinational effort to work hard and to achieve more in a shorter period of time.

"I cannot stress enough that this is not one group taking the lead, it is a worldwide network of friends that will help," Laco said. "Without the participation of everyone, we cannot succeed."

## Colombian Delegates Visit USNS Comfort

By MC3 Timothy Wilson

USNS Comfort Public Affairs

A delegation of Colombian naval officers from the Armada of the Republic of Colombia (ARC) logistics ship Cartagena de Indias (BM-161) visited the Military Sealift Command hospital ship USNS Comfort (T-AH 20) Jan. 31.

Combined Task Group 41.8 (CTF 48.1) and Mayport-based COMDESRON 40 Commodore Capt. Rudy Laco and Comfort Military Treatment Facility Commanding Officer Capt. James Ware greeted the delegation, who toured the ship and had dinner aboard.

"We are extending our welcome [to the Colombian officers] and renewing old friendships," said Laco, who is leading Comfort's efforts to provide care in Haiti. "It's good that we are not starting from scratch."

Comfort visited Tumaco, Colombia for ten days last year, providing medical and dental care as part of the humanitarian mission Continuing Promise 2009.

"Now, we are expanding this international partnership," Laco said. "Everyone is contributing

and helping out."

The Colombian navy and Red Cross of Colombia are working with other countries supplying and transporting food, water and medical supplies for Haitians after the Jan. 12 earthquake devastated the Caribbean nation.

"It is good to work together," said Comfort Staff Operations Officer Lt.j.g. Matthew Goetz. "To achieve mission accomplishment and save the lives of the Haitian people is important."

International forces from around the world are focused on assisting Haiti through Operation Unified Response, a multinational effort between military, civil and nongovernmental agencies to stabilize the country.

"We are looking forward to working with these countries again," Goetz said. "We are building skills to be more effective and efficient in order to support the people of Haiti."

For more news from USNS Comfort (T-AH 20), visit [www.navy.mil/local/tah20/](http://www.navy.mil/local/tah20/).

## DESRON 14 Doctor Uses Skills In Haiti



-Photo by MC2 Kristopher Wilson

Lt. Adrienne Lawton, from Destroyer Squadron (DESRON) 14 in Mayport, a physician temporarily assigned to the amphibious dock landing ship USS Fort McHenry (LSD 43), examines a Haitian infant at the Lifeline Christian Ministries Mission medical clinic in Grand Goave. Fort McHenry, the amphibious dock landing ships USS Gunston Hall (LSD 44) and USS Carter Hall (LSD 50), and the multi-purpose amphibious assault ship USS Bataan (LHD 5), are participating in Operation Unified Response as the Bataan Amphibious Relief Mission providing military support capabilities to civil authorities to help stabilize and improve the situation in Haiti following the 7.0-magnitude earthquake on Jan. 12.

## Underwood

From Page 1

his experience in Haiti.

"It was an eye opener. What you see on the news cannot prepare you for the devastation that you walk into when you step off the ship and onto shore. There was no end to the work that needed done or the help that could be given," said Miller.

Underwood, from Mayport, Fla., is conducting humanitarian assistance and disaster relief operations for Operation Unified Response under control of U.S. Naval Forces Southern Command and U.S. Fourth Fleet (NAVSO/C4F). NAVSO/C4F is directing all Naval assets and personnel in support of Joint Task Force Haiti, the joint command element directing U.S. military capabilities support to USAID and the U.N. Stabilization Mission in Haiti (MINUSTAH).

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# Business Spotlight



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THE MIRROR  
 NS MAYPORT, FLORIDA

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## Sammy B. Take Charge In Africa



-Photo by MC1 Terry Spain

Sailors assigned to the guided-missile frigate USS Samuel B. Roberts (FFG 58) join together with members of the Santomean defense forces to offload Project Handclasp supplies for a local hospital and orphanage as a part of a community relations project. Samuel B. Roberts is deployed in support of Africa Partnership Station (APS) West. APS is an international initiative to improve maritime safety and security with African partner countries.



-Photo by MC1 Terry Spain

Seaman Juan Garcia swings a sledge hammer to loosen the anchor chain aboard the guided-missile frigate USS Samuel B. Roberts (FFG 58) as she prepares for a port visit to Sao Tome Island, supporting Africa Partnership Station (APS) West. While in port, Samuel B. Roberts will provide training exercises and community relations projects. APS is an international initiative developed by Naval Forces Europe and Naval Forces Africa to improve maritime safety and security with African-partner countries.



-Photo submitted

Children wave goodbye to USS John L. Hall as it pulls out of Mayport for a seven month deployment to the Mediterranean and Black Seas.

## Hall Departs For 7-Month Deployment

By Lt.j.g. T.J. Orth

USS John L. Hall PAO

USS John L. Hall (FFG 32) and embarked Detachment Nine from HSL-48 departed Naval Station Mayport for a seven-month deployment to Africa, the Mediterranean and Black Seas on Jan. 22.

John L. Hall has several port visits scheduled, to include the island of Crete, Greece and Constanta, Romania. The ship expects to be involved in many Theater Security Cooperation (TSC) engagements, which include port visits, community relations projects, and military to military training with host nations both in port and at sea.

John L. Hall's crew has

recent experience with TSC visits, having completed a very successful stay in Klaipeda, Lithuania in October 2009.

"It's great to finally head out on deployment after all of the hard work the crew has done to prepare for today," said Cmdr. Derek Lavan, John L. Hall's commanding officer. "They have spent months training to head overseas again. We have a lot of exciting port visits scheduled where we will be able to work with NATO and other allies, conduct training with dozens of foreign navies, and meet Sailors just like us in other countries. All of that contributes to our shared Maritime Domain Awareness

in the European and African Command areas of responsibility, which improves maritime security for all of us."

John L. Hall's last deployment in 2008 was to the same areas. However, the crew also has many Sailors who have not completed a deployment before. "It's somewhat exciting. We're going to new places and get to have new experiences," said Information Systems Technician Seaman Apprentice David Samuels.

John L. Hall's 160 Sailors and 25 officers, as well as HSL-48 Detachment Nine's 25 Sailors and six officers are homeported at Naval Station Mayport, Fla.

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**Feb. 4: CPO Social Hour (Retiree 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.

**Feb. 6: UFC 109 PPV.** 10 p.m. at Castaway's Lounge. All hands welcome. (Free) www.ufc.com 270-7205

**Feb. 7: 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,

# MWR HAPPENINGS

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

**Feb. 7: Super Bowl Sunday.** Doors open at 5 p.m. Food served at 5:30 p.m. (while supplies last). Game begins at 6:25 p.m. Watch the game in hi-def on our mega 20-foot screen at Beachside Community Center. Food, trivia, giveaways and more. (Free) 270-5228

**Feb. 9: 5K Run/3K Walk.** 8 a.m. start at the Gym. (Free) 270-5451

**Feb. 9: Kickball Meeting.** 11 a.m.

in the Gym Lobby. League begins Feb. 22. Captain's Cup event. 270-5451

**Feb. 9: 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.

**Feb. 10: Deadline for Darts**

**Tournament.** Tournament is at 4:30 p.m. Feb. 17 at Mayport Bowling Center. Captain's Cup event. 270-5451

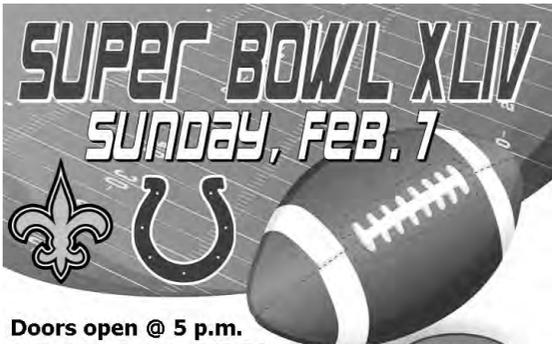
**Feb. 10: All Hands Seafood Boil.** 4-7 p.m. at Foc'sle CPO Club. Tickets are \$8 each. Limited tickets available at the door for \$10. To purchase, call AWRC Jon Abell at 850-748-5941.

**Feb. 14: Valentine's Day Bingo.** 12:30 p.m. at Beachside Community Center. Double payouts on all hard cards, extra \$500 games and potluck. Plus a dessert table provided by MWR. Bring your significant other and he/she will receive a free \$23 paper package. 270-7204

**Feb. 14: Bowling Family Fun Night (Valentine's Theme).** 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

**Feb. 15: President's Day Bowling Special.** 11 a.m.-5 p.m. at Mayport Bowling Center. Cost is \$10 per person and includes two hours of Xtreme bowling with shoes, quarter-pound hamburger or hot dog with fries and soda, and colored headpin bowling (win a free game pass). Or, rent-a-lane all day for \$30, shoes included, for up to five people (does not include food). 270-5377



**Doors open @ 5 p.m. Activities begin @ 5:30 p.m. Game starts @ 6:25 p.m.**

All Hands Welcome!

Watch the game in HI-DEF at **BEACHSIDE COMMUNITY CENTER** on our MEGA 20-ft screen!

Free pizza, wings and sodas! *While supplies last* Contests, giveaways and more! Cash bar available for those 21 and older.

Brought to you by MWR Mayport's Liberty Program... (904) 270-7788



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.

**Feb. 4: Big Screen Wii.** Wii on the big screen at Planet Mayport starting at 6:30 p.m. (Free)

**Feb. 5: Dane Cook Live.** Van departs from Planet Mayport at 6 p.m. Cost is \$20 and includes transportation and admission. Deadline to sign-up is Feb. 3.

**Feb. 6-7: Shuttle Launch Trip.** Watch the shuttle launch from the Astronaut's Hall of Fame. Van departs from Planet Mayport at 11 a.m. and returns Sunday morning. Cost is \$10 and includes transportation and admission. Shuttle launch is at 4 a.m. Sunday. Deadline to sign-up is Feb. 4.

**Feb. 6: UFC 109 PPV.** 10 p.m. at Castaway's Lounge. www.ufc.com (Free)

**Feb. 7: Super Bowl Sunday.** Doors open at 5 p.m. Food served at 5:30 p.m. (while supplies last). Game begins at 6:25 p.m. Watch the game in hi-def on our mega 20-foot screen at Beachside Community Center. Food, trivia, giveaways and more. (Free)

**Feb. 8: Barracks Break-In.** Food, soda and a movie starting at 6 p.m. in the lounge of Barracks Bldg. 2105. (Free)

**Feb. 9: Tuesday Bowling Night.** Depart Planet Mayport at 6 p.m. for Mayport Bowling Center. Cost is only \$2 and includes burger, fries, soda, 3 games of bowling and show rental.

**Feb. 10: Pool Tourney Wednesdays.** Pool tournaments at 11:15 a.m. and again at 6 p.m. with prizes for the winner. (Free)

**Feb. 11: Big Screen Trivia.** Trivia on the big screen at Planet Mayport starting at 6:30 p.m. (Free)

**Feb. 12: Car Show.** Trip departs from Planet Mayport going to the Prime Osborn at 5:30 p.m. Deadline to sign-up is Feb. 10. (Free)

**Feb. 13-14: Busch Gardens Trip.** Trip departs at 8:30 a.m. Saturday and returns mid-afternoon on Sunday. Cost is \$20 and includes transportation and one-night hotel stay (with use of free Busch Gardens military ticket). Deadline to sign-up is Feb. 11.

**Feb. 19: Movie Trip.** Van departs at 6 p.m. for the theatre. Transportation and movie admission included. (Free)

**Feb. 21: Paintball Trip.** Van departs at 10 a.m. for all-day paintball. Cost is \$5 and includes 500 paintballs, gun and field pass. Deadline to sign-up is Feb. 19.

# KID ZONE

**Feb. 1-26: Youth Spring Sports Registration Begins.** Tee-ball (ages 4-6), baseball (ages 7-18) and soccer (ages 6-11) registration is held at the Youth Activities Center. Fees based on age. 270-5680 or 5018

**Feb. 1-10: Valentine's Candy Grams On Sale.** Delivery is Friday, Feb. 12. For info, call 270-5680.

**Feb. 6: Teen Saturday Night Super Bowl Party.** 6-8 p.m. at Club Teen for age 12 through

grade 12. (Free) 270-5680 or 246-0347

**Feb. 7: 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

**Feb. 12: Youth Freedom Friday, Valentine's Dance.** 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

**Feb. 12: Teen Valentine Sweetheart Dance.** 7-11 p.m. at Club Teen for age 12 through grade 12. (Free) 270-5680 or 246-0347

**Feb. 13: Teen Movie Night.** 6-8 p.m. at Club Teen for age 12 through grade 12. (Free)

270-5680 or 246-0347

**Feb. 14: Bowling Family Fun Night (Valentine's Theme).** 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

**Feb. 13: Teen Movie Night.** 6-8 p.m. at Club Teen for age 12 through grade 12. (Free)

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**Feb. 13: Teen Movie Night.** 6-8 p.m. at Club Teen for age 12 through grade 12. (Free)

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

**1**

**GEORGETOWN UNIT 29B**

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 LOT 101**

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

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SEDA Construction Company - CC020808 Price & availability subject to change without notice. SEDA will pay up to \$8,000 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.

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\* \$15 minimum on Delivery orders.

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OFF-BASE PICKUP LOCATIONS			LOCATION	ADDRESS	CITY
LOCATION	ADDRESS	CITY	JIFFY LUBE	10430 ATLANTIC BLVD	JAX
ALLSTATE INSURANCE CO.	PAN AM PLAZA - MAYPORT RD.	JAX	JIFFY LUBE	13560 ATLANTIC BLVD	JAX
AMERICAN LEGION POST	316 ATLANTIC BLVD.	JAX	JIFFY LUBE	1067 ATLANTIC BLVD	ATL BCH
COAST GUARD STATION (EXCHANGE STORE)	A1A HWY	JAX	JIFFY LUBE	1672 S 3rd ST	JAXBCH
COMFORT INN	MAYPORT RD.	JAX	JIFFY LUBE	8379 BAYMEADOWS RD	JAX
COMMISSARY (INSIDE RACKS)	MAYPORT RD.	JAX	JIFFY LUBE	5295 SUNBEAM RD	JAX
DAYS INN	1401 ATLANTIC BLVD.	JAX	JIFFY LUBE	11099 OLD ST AUGUSTINE RD	JAX
FCE - SHELL	9115 MERRILL RD./9-A	JAX	JIFFY LUBE	9699 SAN JOSE BLVD	JAX
FCE - SHELL	1539 S 3rd ST	JAX BCH	JIFFY LUBE	2837 TOWNSEND BLVD	JAX
FCE - SHELL	7150 MERRILL RD	JAX	KANGAROO	10100 GRANITE PLACE	JAX
FCE - SHELL(DAILY'S)	13490 ATLANTIC BLVD./SAN PABLO	JAX	KANGAROO	1031 BEACH BLVD.	JAX BCH
FLEET LANDING	MAYPORT RD.	JAX	KANGAROO	1403 N 3rd ST	JAX BCH
FLEET RESERVE ASSOC. BRANCH # 290	390 MAYPORT RD.	JAX	KANGAROO/BP	10910 ATLANTIC BLVD.	JAX
FLETCHER HIGH SCHOOL ROTC		JAX BCH	KANGAROO/SMOKERS EXPRESS	2615 ST. JOHNS BLUFF/ALDEN	JAX
GATE	1900 MIZELL RD	STAU	LA CRUISE GIFT SHOP	A1A HWY	JAX
GATE	220 A1A N	PVB	LIL CHAMP	9615 HECKSCHER DR. - FT. GEORGE	JAX
GATE	619 A1A N	PVB	LIL CHAMP	8804 LONE STAR/MILL CRK	JAX
GATE	10970 US 1/SR210	ST AUG	LIL CHAMP	12020 FT. CAROLINE RD./FULTON	JAX
GATE	2350 SR 16	STAU	LIL CHAMP	13967 McCORMICK RD(MT PLEASANT RD)	
GATE	463779 SR 200/A1A	YUL	JAX		
GATE	3230 EMERSON ST	JAX	LIL CHAMP	5001 HECKSCHER DR. - BLOUNT	JAX
GATE	3938 HENDRICKS AVE	JAX	LIL CHAMP	1310 S. 3rd ST.	JAX BCH
GATE	8070 ATLANTIC BLVD	JAX	MALLARD COVE OFFICE	A1A HWY / WONDERWOOD	JAX
GATE	1721 UNIVERSITY BLVD N	JAX	NAVY HOUSING APARTMENTS	ATLANTIC BLVD / CRAIG FIELD	JAX
GATE	5617 BOWDEN RD	JAX	NEX (OUTSIDE RACKS NEAR ATM)	MAYPORT RD.	JAX
GATE	570 BUSCH DR	JAX	OTTER RUN OFFICE	ASSISSI LANE	JAX
GATE	12548 SAN JOSE BLVD	JAX	RAINBOW CENTER CHILD CARE	NAVY HOUSING OFF ASSISSI LANE	JAX
GATE	10946 FT CAROLINE RD	JAX	RIBAULT BAY COMMUNITY CENTER	ASSISSI LANE	JAX
GATE	1001 MONUMENT RD	JAX	SINGLETON'S SEAFOOD SHOP	A1A HWY	JAX
GATE	10044 ATLANTIC BLVD	JAX	SOUTHTRUST BANK	1301 ATLANTIC BLVD.	JAX
GATE	4100 HECKSCHER DR	JAX	SPRINT	1202 US-17	YUL
GATE	2520 S 3rd ST	JAXBCH	SPRINT	8838 ATLANTIC BLVD	JAX
GATE	319 S 3rd ST	JAX BCH	SPRINT	3051 MONUMENT RD/ COBBLESTON	JAX
GATE	9144 BAYMEADOWS RD	JAX	SPRINT	1209 MONUMENT RD./LEE	JAX
GATE	11461 OLD ST AUGUSTINE RD	JAX	SPRINT	12743 ATLANTIC BLVD./GIRVIN	JAX
GATE	10455 OLD ST AUGUSTINE RD	JAX	SPRINT	301 ATLANTIC BLVD.	ATL BCH
GATE	9540 SAN JOSE BLVD	JAX	SPRINT	2810 SR A1A N	ATL BCH
GATE	1605 RACETRACK/SR13	JAX	SPRINT	14376 BEACH BLVD./SAN PABLO	JAX BCH
HOME FINDER'S REALTY	2550 MAYPORT RD.	JAX	SPRINT	300 BEACH BLVD./3rd ST.	JAX BCH
JAX FEDERAL CREDIT UNION	664 ATLANTIC BLVD.	JAX	SPRINT	1601 PENMAN RD.	JAX BCH
JIFFY LUBE	3212 UNIVERSITY BLVD S	JAX	U.S. COAST GUARD OFFICE	A1A HWY	JAX
JIFFY LUBE	6135 ST AUGUSTINE RD	JAX	USO MAYPORT	BEHIND 2550 MAYPORT RD.	JAX
JIFFY LUBE	11620 SAN JOSE BLVD	JAX	Updated: FEBRUARY 1, 2007		

PICK UP YOUR COPY OF THE MIRROR AT ANY OF THESE LOCATIONS

**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**

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**

**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**

**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**

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

**1 p.m., Strength Solutions**

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

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

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

**Wednesday**

**6:30 a.m., Functional Flexibility**

**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**

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

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

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

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

**5:30pm Kickboxing**

**Thursday**

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

**11:30 a.m., Adv. Mind Body**

**1 p.m., Strength Solutions**

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

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

**Friday**

**7 a.m., Beach Bootcamp**

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

The Gym Schedule is as follows:

**Monday**

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

**Training for Warriors**

**2:30 p.m., Command**

**Rowbics**

**3 p.m. Victory PRT**

**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**

**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**

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

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

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

**Thursday**

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

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

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

**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**

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

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

This introductory weight training class is designed especially 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.

**On sale February 1<sup>st</sup> - 10<sup>th</sup>...**

# VALENTINE'S GRAMS

A Valentine's Gram contains:

- ♥ Teddy Bear
- ♥ Balloon
- ♥ Card
- ♥ Candy

**\$5 each**

Valentine's Grams will be delivered on Friday, Feb. 12. Delivery is available on base (except ships) and to Mayport's off-base housing.

**Deadline to Purchase: Wednesday, Feb. 10**

Purchase at the MWR Youth Activities Center, located in on-base housing, Mon-Fri 11:30 a.m.-6:30 p.m. (904) 270-5680




The top four finalists in the King of the Hill bowling tournament are (from left) Don Cook (winner), Debbie Greene, Dennis Posey and Mike Henly.

## Mayport Bowlers Are King Of Hill

From MWR

Mayport Bowling Center held the finals for the King of the Hill bowling tournament on Jan. 3.

Sixteen bowlers that qualified during November and December for the leader board squared off against each other in a single elimination format.

After two games of competition, the remaining four bowlers competed in a step ladder format to determine the King of the Hill. The final four bowlers were Don Cook, Debbie Green, Dennis Posey and Mike Henly with the King of the Hill champion crown going to Don Cook.

## BALFOUR BEATTY COMMUNITIES

*welcome home*

Balfour Beatty Communities welcomes you to family housing at Naval Station Mayport where improvements are being made daily to create a community that you are sure to be proud to call home.

Applications are being taken for all active duty service members. Call today for more information.

- 2, 3, 4 and 5 bedroom floor plans
- BAH is transferred monthly as rent
- Utility payments are included\*
- NO application fee
- NO pet deposit
- NO security deposit
- 24 hour service/trouble call response
- Pets are welcome\*
- Enjoy FREE community events, activities and programs designed for you
- Your neighbors are military families- just like you

**AMENITIES**

**NAVAL STATION MAYPORT**  
Building 289 Moale Avenue  
Jacksonville, FL 32228  
**904.270.8870**

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

\* some restrictions may apply

## 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!\***  
FOR FIRST-TIME HOMEBUYERS  
Extended through April 30, 2010

**UP TO \$6,500!\*\***  
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Through April 30, 2010

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* HAMILTON GLEN AT OAKLEAF PLANTATION Single-family homes From the \$190s 15 miles from Jax Naval Air Station	* LEXINGTON PARK Single-family homes From the upper \$100s 25 miles from Mayport Naval Station	* WILLOWCOVE AT NOCATEE Single-family homes From the \$300s
		* JOHN CREEK II Single-family homes From the \$200s

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\*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. Not 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 8 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

# Out in Town

Thursday, Feb. 4

Fleet Reserve Association, Branch 290, will hold its monthly General Assembly meeting at 8 p.m. at the Branch Home, 390 Mayport Road, Atlantic Beach. All members and prospective members are invited to attend. The Fleet Reserve Association is a worldwide veteran's organization that represents nearly 165,000 active duty and retired Navy, Marine Corps and Coast Guard members. The FRA Branch 290 is called the "active duty branch" because of the number of active duty members. If you have served in any of the maritime service - Navy, Marine Corps or Coast Guard, no matter how long - stop by the Branch Home or call 246-6855 for more information. New members are always welcome.

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

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.

Saturday, Feb. 6

Children and their fami-

# COMMUNITY CALENDAR

lies are invited to visit Jacksonville's Museum of Science and History (MOSH) free of charge for the 11th annual Water Education Festival. The festival will fill MOSH with dozens of interactive displays and activities, designed to teach the importance of Florida's water and natural resources in ways to appeal to children. Highlights include making crafts, playing water education games, and interacting with water animals from the Jacksonville Zoo. Fun features include a marine animal touch tank, a scavenger hunt, a "wacky weather science" presentation, and MOSH's newest exhibit, the A-Mazing Sea. Admission is free throughout the event, which runs from 10 a.m.-4 p.m.

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

Sunday, Feb. 7

Fleet Reserve Association, Branch 290, will host a Super Party during the Big Game. There will be Door Prizes each quarter. A shall donation is requested for snacks. Happy

Hour will be effect during the Game - all drinks will be 50 cents off.

Monday, Feb. 8

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.

Wednesday, Feb. 10

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

The City of Jacksonville Canning Center in cooperation with the Duval County Extension Service will offer a workshop on from 9 a.m.-noon and another from 1-4 p.m. Get ready for Valentines Day by learning how to make Sweetheart Jam and take some home for the family to enjoy. The cost is \$20 per person which includes all materials. Space is limited and you must pre-pay to register. Send your \$20 check made payable to DCOHAC and mail to Canning, 1010 N. McDuff Ave., Jacksonville, Fla., 32254. Deadline is Feb. 8. Call Jeannie at 387-8850 to register.

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 Fleet Reserve Association Branch 290 is hosting a "Fish Fry" from 5 to 8 p.m. at the Branch Home at 390 Mayport Road, Atlantic Beach. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9:00 pm, 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.

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.

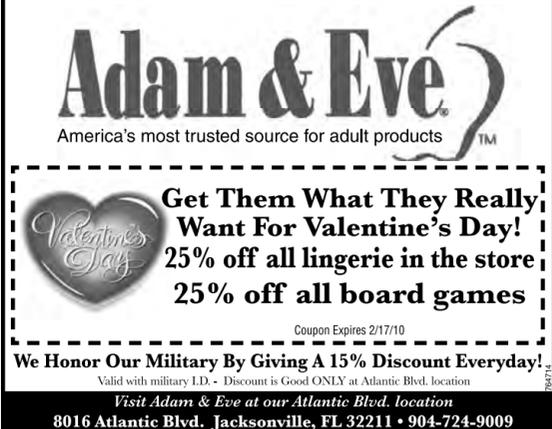
Additionally, the show features the Kid's Stop Pit Stop-a video gaming arcade center- and a motorcycle showcase. Show visitors can skip the lines and purchase tickets in advance by visiting [www.jaxautoshow.com](http://www.jaxautoshow.com). Groups of 10 or more can save \$3 with online purchase. In recognition 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

Come join the Fleet Reserve Association for a night of Karaoke at the Branch Home, 390 Mayport Road, Atlantic Beach. Featured will be host Doug Bracey, from 9 p.m. to 1 a.m. The bar will be open for drinks and snacks.

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.



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## Bronze Star

a can-do group. We are Sailors. If you drop a Sailor into a group of Soldiers, he will do well, always rise to the top because that is how we are trained, to be SMEs (subject matter experts)," said Misner.

Misner's observation of the Army illustrates many parallels to his impression of Sailors.

"The Army is a highly motivated group of patriots. They don't whine. If they are dealt a

bad hand, it does not bother them. They just go out and do it," said Misner who also remarked that he would do another IA if given the opportunity.

"It (the IA) was a good deal. It was a good tour. It was a challenge and a chance to make a difference. I'd do it again," said Misner, whose next assignment is well-deserved shore duty in Pensacola.

From Page 1

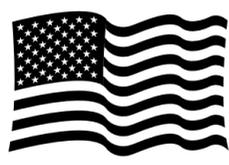


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GMCS (SW) John P. Wilson  
ATE Mayport



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## THE Daily Commuter Puzzle by Jacqueline E. Mathews

- ACROSS**
- Hunted animal
  - Glide over ice
  - Optimism
  - Wander
  - Apple drink
  - Grew old
  - Works by Keats
  - More bizarre
  - Dressed
  - Maybe
  - Derision
  - Anger
  - Blood component
  - Relish tray item
  - Auction offer
  - Walked the floor
  - Unconscious state
  - Cribbage marker
  - Sixty seconds
  - Policeman
  - Iraq's capital
  - Hobo
  - Serving a purpose
  - Facial twitch
  - Venetian beach
  - Take it easy
  - \_\_\_ as a beet
  - Like Cheerios
  - Carried
  - Arrest
  - Took for granted
  - Like glasses used for close-up & distance
  - Explorer Marco
  - \_\_\_ committee; group formed for a particular purpose
  - Italy's capital
  - Jacob's brother
  - French river
  - \_\_\_ out a living; gets by
  - Heavy drinkers
  - Go in
  - Fender-bender memento
- DOWN**
- \_\_\_ up; support
  - Went as a passenger
  - At any time
  - Jewish seminary
  - Viewing instrument
  - Children
  - Put together
  - Abounded
  - Mistake
  - Actor Gene
  - Eye flirtatiously
  - "...a partridge in a \_\_\_ tree."
  - Whirlpool
  - "Car 54, Where \_\_\_ You?"
  - Valentine's Day card figure
  - Noticed
  - Happen
  - Unchained
  - Force abolished
  - Plead
  - Ark measure
  - Piano piece
  - Evil spirit
  - Companion

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### THIS WEEKS ANSWERS

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| 36 PC alternative | 50 More pleasant |
| 38 Voluptuous     | 51 Ridicules     |
| 39 ___ away with; | 52 Unexceptional |
| abolished         | 53 Bench piece   |
| 42 Silly          | 54 Femur or ulna |
| 44 Toiled         | 55 Soft drink    |
| 46 Blush          | 56 "So be it!"   |
| 47 Clumsy fellow  | 57 For fear that |
| 49 Rib            | 60 Big success   |

# FFSC Classes, Workshops Available At Mayport

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.

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

## Market Yourself For Next Career

From FFSC Mayport

The NS Mayport Fleet and Family Support Center is sponsoring a once-a-year lecture regarding transition. It will be presented by The Military Officers Association of America (MOAA), and is entitled "Marketing Yourself for a Second Career." The event will be held on Feb. 23 from 9-11:30 a.m. at the Ocean Breeze Conference Center Ballroom on NS Mayport.

This top-shelf presentation is a great professional development opportunity. Transition is of course ultimately a part of all military careers. Therefore, the lecture is perfect for those who are contemplating retirement in one to five years. However, it doesn't stop there. Regardless of whether any particular officer or senior enlisted member has reached the point of being in their own transition, they should be educated about the process in order to mentor and counsel those who work for them and are contemplating or going through their transitions. This "executive summary" presentation can prepare them for that role as well as many multi-day programs. Simply stated, it's a great fit for any commander, officer, or senior enlisted supervisor -- from the most senior, to the most junior.

The lecture will be given by Colonel Dan Koslov, USAF (Ret), now a deputy director of transition services on MOAA's national staff. The presentation, given annually at over 150 military installations of all Services worldwide, is universally praised by audiences as, "up-to-date, hard-hitting, and sharply focused-- a must see"

It includes comprehensive information on the retirement decision itself, employer perceptions, your competition, resumes, cover letters, job search, networking, career fairs, interview techniques, salary negotiation, benefits packages, the current job market, and other relevant and important transition topics.

The presentation is geared toward officers and senior enlisted, but those of all ranks are warmly welcomed. SPOUSES are highly encouraged to attend as well! All who attend will receive a free copy of the lecture's companion book, also titled "Marketing Yourself for a Second Career." It is an in-depth, all-in-one resource for the transition process.

For further information, contact Pamela Ottesen, FFSC, 904-270-6600 ext. 1606.

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

## Learn How To Start Your Own Business

From FFSC

Do you want to become a successful entrepreneur? Come to the Starting Your Own Business seminar at the Fleet and Family Support Center (FFSC) on Feb. 8 from 9-11:30 a.m. You will learn about every stage of business development, including training, mentoring, networking and consulting.

Representatives from the U.S. Small Business Administration and the Jacksonville Womens Business Center will guide you through the exciting process of business planning and set up.

Military ID card holders and military family members are welcomed to attend the seminar. FFSC is located in the back of Building One, Massey Ave. (across the street from the Post Office). To sign up for the seminar, please call 270-6600 ext. 1701.

## Troops to Teachers Seminar In February

From FFSC

The Florida Troops to Teachers Program Office will conduct a Second Career in Teaching seminar on Feb. 2 from 1:30-3:30 p.m. at the Fleet and Family Support Center, Bldg. 1, Conference Room.

The seminar will explain the requirements and benefits of the Troops to Teachers Program, outline factors to consider if you contemplating entering the teaching profession, and explain all options available for obtaining a Florida teaching certificate.

If you are considering teaching as a second career, you should attend this seminar. Spouses are also encouraged to attend.

USO  
News

The No Dough Dinner will be held on Feb. 8 from 5-7 p.m. The menu for that evening is fried chicken, mashed potatoes, gravy, corn, salad and a dessert.

The World Golf Village is offering all active, retired, & reserve military free admission to the World Golf Hall of Fame & 18 hole natural grass putting course. This offer is valid Feb. 13-15 for all military personnel and one guest. Must present military ID on arrival. Visit [www.wgv.com](http://www.wgv.com) for more information.

The NAS Jacksonville Yacht Club will host its 2nd Annual "Sweethearts for the USO Regatta" on Saturday, Feb. 13. This promises to be a fun-filled, family day event with numerous classes of sailboats from other Jacksonville Area Yacht Clubs participating. The sailing course will be set-up in front of NAS JAX's Marina on the St. Johns River. Bring your lawn chairs and/or blankets, enjoy the great weather, sailing, food, live entertainment, and BRING YOUR VALENTINE! You do not have to sail to have a great day - enjoy watching the races and mingle. Sail Boat registration will be from 9:30-11 a.m., NAS JAX Yacht Club (next door to the Marina). Cost for sailboats participating is \$30 - registration may be completed in advance. Again, there is no cost for coming on out with your special Valentine and enjoying a fun-filled day with the family. Visit [www.sailjax.com](http://www.sailjax.com) for more information.

FRA Branch #91, Collins Road, Orange Park (down the road from NAS JAX) will host its 2nd Annual USO benefit motorcycle Poker Run or "Fleet Fun Run," on March 20. Costs/registration info for motorcycle ride participants will be forthcoming. You do not have to ride a motorcycle to enjoy the day. FRA Branch #91 is a great, family-friendly environment with that focuses on family activities/socials. This event is great fun for everyone! There will be door prizes, food, and live band entertainment, and much, much more. This is a great way to spend the day with your family. For those who ride - enjoy the challenges of what promises to be an exciting Poker Run. More info to follow.

Disney's "Armed Forces Salute," is being held through July 31, 2010. Active Duty and retired military (including Coast Guard, National Guard and Reserves). Military I.D. Card-carrying Spouses may also purchase Disney's 4-Day Military Promotional Tickets for \$99 plus tax for themselves and up to five family members for use at Walt Disney World Resort. The Park Hopper and Water Park Fun & more options may be added for an additional \$26, plus tax. No more than six Disney's 4-Day Military Promotional

Tickets (with or without options) may be purchased by any eligible member. You may also save up to 40 percent on rooms at select Disney Resorts! For information regarding Disney's 4-Day Military Promotional Tickets, or to make room reservations, call (407) 939-7830 or participating U.S. military base ticket offices (ITT). Also, visit [www.disneyworld.com/military](http://www.disneyworld.com/military) for more information.

The hottest new and exotic automobiles will steer towards North Florida, Feb. 12-14, 2010, at the Prime Osborn Convention Center for the Jacksonville International Car and Truck Show. The show highlights more than 250 vehicles with dealer and factory representatives on hand to help compare prices and features, and to answer any questions you may have. Honoring Our Troops - active duty military with valid I.D. card are admitted free. Tickets may be purchased in advance by visiting [www.jaxautoshow.com](http://www.jaxautoshow.com). 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 age 6. Discount coupons for \$2 off admission are available at participating area Gate Gas Stations.

RealSense, a United Way Initiative, would like to help you save money by filing your taxes for free. There are over 50 sites available in seven counties (Duval, Nassau, Baker, St. Johns, Clay, Putnam and Bradford). Sites are open now. If interested, call (904) 632-0600 for more information, hours of operation and appointment availability. Maximum household income must not exceed \$49K.

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. Register 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.

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.

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

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777881

## PLACE YOUR MILITARY CLASSIFIED AD CLASSIFIED INDEX

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

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

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

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

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

### CANCELLATIONS, CHANGES & BILLING

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

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

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

### GENERAL INFORMATION

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

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

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

**904-366-6300**

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

**FREE online advertising!**  
Your Classified in-column ad automatically appears online at no additional charge.

### Announcements

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

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

### Real Estate For Sale

Open Houses  
Argyle  
Arlington  
Avondale/Ortega  
Beaches  
Downtown  
Fernandina/Amelia Island  
Intracoastal West  
Keystone Heights/Melrose  
Mandarin  
Middleburg  
North Jacksonville  
Orange Park/Clay County  
Riverside  
San Marco  
Southside  
Springfield  
Westside  
Waterfront  
Condominiums  
Manufactured Homes  
Lots  
Farm Acreage  
Investment Property  
Retirement Community  
Baker County  
Georgia Real Estate  
Nassau County  
Putnam County  
St. Johns Open Houses  
St. Johns Homes  
St. Johns Waterfront  
St. Johns Oceanfront  
St. Johns Intracoastal  
St. Johns Marshfront  
St. Johns Condos  
St. Johns Duplex/  
Townhouses  
St. Johns Manufactured  
Homes  
St. Johns Lots/Acreage  
St. Johns Active Adult  
Com.  
St. Johns Investment  
Income Property  
Miscellaneous  
Out of Area/Town/State  
Real Estate Wanted

### Georgia Real Estate

**KINGSLAND, GA.**  
208 Grassmere St.  
In The Meadows.  
1633sf 3/2 home for  
sale or rent. Open fir  
plan, oversized rms,  
cobblestone flr, 2car,  
fncd bkvd, 400sf scrn  
porch & much more.  
Reduced to \$149,900 or  
\$1000/mo rent! Visit  
[www://infotube.net/190940](http://www.infotube.net/190940)  
for details. Call Stacy at  
912-882-3507 w/questions  
or to schedule a viewing.

### Intracoastal West

**7 MILES TO MAYPORT**  
•New home  
•Move-in ready  
•Large lot  
•\$5000 paid in  
closing costs  
\*\*CLOSE IN 30 DAYS\*\*  
**\$219,900**  
Call 571-3865  
SEDA Construction  
"Builds on your Lot"  
CGC020880

### Westside

Beautifully maintained 3/2 home. N.A.S.-Jax area. Covered lanai, on pond. For sale \$188,000. Call 904-224-6012 - PCS.

### Beaches

Neptune Beach Oceanfront, 102 Magnolia St., 5/3.5, 2 story cedar shake, almost 4,000sf, huge lot. Reduced almost \$1M from orig. listing. \$1,799M F5B0 904-509-5296 for inquiries.

[www.5280qualifiedrive.com](http://www.5280qualifiedrive.com)  
Updated, move-in ready! Intracoastal Beach 3/2 Townhome near base, shopping and ocean. \$150,000  
MLS#515305  
Watson Realty Corp. 904-757-8800

### Home loan solutions from Bank of America

• Competitive rates  
• A wide range of home financing solutions  
• Easy application process  
Contact me today:  
**Laurie Potter (YNCR Ret.)**  
Mortgage Loan Officer  
904.463.2065  
laurie.potter@bankofamerica.com  
<http://mortgage.bankofamerica.com/lauriepotter>

### Middleburg

**Won't Last! Best Buy in Clay**  
Like new builder owned 1400+sf, 3/2 on 1.13 acres, comp. remod, new appls/counter/cabinets/baths & flooring must see. Real estate welcome \$3k closing allowance, \$1000's below market at \$119K. CALL NOW! 904-887-7848

### Nassau County

**YOUNG AMERICAN HOMES** @ Heron Isles has 2 new homes ready for move-in. 0 Down 0 closing costs for Military or ACR. Call 904-994-6100, 904-641-6754

### Manufactured Homes

**WESTSIDE**  
JUST pay sales tax and take over payments no credit needed call now 904-695-2255

### Farms/Acreage

**TEXAS LAND FORECLOSURES!**  
20/40 acre tracts. Near growing El Paso. Proposed travels/Space center. No Credit. Checks/Owner Financing. Money Back Guarantee. 9 Down. Take over \$159 per/mo -1-800-843-7537  
[www.sunstranches.com](http://www.sunstranches.com)

### Investment Property

**Northside 2 DUPLEXES**  
each unit has 2br/1ba chka, w/d conn. All units are tenant occupied. Yearly income is \$26,760. Selling for \$140,000 for both units. 904-294-3961

### Real Estate For Rent

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

### Apartment Unfurnished

**ARLINGTON** Adobe Apts  
S P E C I A L \$1 Studio  
\$399mo. 1br/1ba \$450mo.  
745-0450 1110 Caliente Dr.

### LAKES OF MAYPORT

2br Starting @ \$699mo. 999  
pays move-in fees 904-249-1833

### ORANGE PARK S.

2bd/2ba, 2car gar \$800mo  
\$300dep available NOW!  
Move-In 904-868-5496

### Walk to the Beach!

Free Rent For the month of January!  
Ocean Oaks 904-249-5611

### WESTSIDE 103RD ST.

1, 2 & 3br's \$500-\$700  
No app. fee. \$200 dep.  
Call 772-7684 or 868-5496

### Condos for Rent

**ARLINGTON-9A/ Merrill**  
2/2 Gated, 1150sf, pool,  
11ke new, w/d, fir \$850/mo. 904-445-8892

### WESTSIDE Riverview 2/2

gated, 1st fir, boat slip,  
ramp, priv pkng  
no crdt ✓ \$895mo 251-4778

### Houses Unfurnished

**Atlantic/Kernan- The Woods**  
Gated Comm: 4/3, pool,  
office \$1475mo 3/2.5,  
2cr, \$1300mo 901-830-5440

### AVAILABLE NOW!

4br/2ba, 2-car garage,  
on the Marsh "Great  
View" screened back  
porch with iacuzzi,  
corian countertops,  
stainless appliances,  
recently painted  
inside & out, carpet &  
ceramic tile floors  
less than 2 years.  
1572 Cove Landing Dr  
Atlantic Beach  
\$1300mo +  
\$650 damage dep.  
No Credit Check.  
Call Brenda 247-1728

### CLOSE TO MAYPORT

Off Girvin 3/2 Ranch,  
2 car garage, fenced  
back yard, \$1100 month.  
Call 478-314-3917

### EAGLE HARBOR/OP

1904 Stillwind Ct  
4/3, 2681sf, \$1900mo.  
No pets Call 904-262-0903

### E. ARLINGTON (2) units

Townhomes of the Dunes  
2/2.5, min's from NAS  
Mayport. \$900m+dep.  
Call Ray 904-779-2590  
904-343-7488/904-704-8558

### HISTORIC SPRINGFIELD 2/1

cent air,  
fridge, stove, wood flrs  
\$600mo. 803-4103

### KINGSLAND, GA.

208 Grassmere St.  
In The Meadows.  
1633sf 3/2 home for  
sale or rent. Open fir  
plan, oversized rms,  
cobblestone flr, 2car,  
fncd bkvd, 400sf scrn  
porch & much more.  
Reduced to \$149,900 or  
\$1000/mo rent! Visit  
[www://infotube.net/190940](http://www.infotube.net/190940)  
for details. Call Stacy at  
912-882-3507 w/questions  
or to schedule a viewing.

### Mandarin for Rent. 3bd

2ba Home in \$975 mo.  
Charming home with  
above ground pool, large  
screened in porch. Call  
904-402-9839 for appt.

### MANDARIN'S side/W side

3 & 4BR homes starting  
at \$1050mo. Great  
n'hoods. 904-866-9598

### Northside Highlands Area

3br house for rent \$800,  
\$700 military low traffic  
route to Mayport, 1018,  
10418 Lovola. 904-993-3654

### SOUTHSIDE 3/2 731 Grove

Park Blvd. 1800sf, 2c gar.  
\$1150/mo \$1150 dep. 904-629-0269

### Westside 2 & 3BR's \$550+

low deposit, E-Z qualify,  
chka, w/d conn, no pets  
NICE! Hud Ok 699-5454

### Manufactured Homes

A \$1.00 A DAY GIVES  
YOU A PLACE TO STAY!  
Woodland Estates  
904-771-9055

### Sales

**COME ON PEOPLE**  
This is ridiculous! Week  
after week I run ads for  
different departments in  
my organization & get  
limited response. There  
are no gimmicks, no  
surprises & no hidden  
factors. We have  
everything anybody else  
can offer, in other  
words, not just a great  
income, but all the good-  
ies too! Commissions &  
incentives, vacations,  
trips, rewards, health,  
dental, life & vision  
insurance and a 401(k).  
Starting income, up to  
\$45K - \$75K per year.  
You can even qualify for  
a signing bonus. Sounds  
good so far, doesn't it?  
I'm hiring for sales in our  
Jacksonville office. No  
Experience necessary, we  
will train you.  
Call Harold, 680-0577  
or email your resume  
hrl@hbrmktr.com  
or fax your resume to  
904-268-3170.

### Animal Services

**Indigo Farms Mobile Canine Veterinary Services.** We come to you! Discounts for breeders, kennels, & senior citizens. 1-year Rabies: \$12 (3-6) 853-5038  
[www.indigofarms.org](http://www.indigofarms.org)

### Child Care

**LICENSE IN-HOME Before & After School Care.** Call 779-7718

### MOSSBY FAMILY DAYCARE HOME INC.

Offers FREE  
Private In-Home Child Care.  
Meals & Snacks incl.  
904-573-0271/868-6518  
F04DU1049

### 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

### Appliances

GE Electric Range  
w/ w o 2 - s p d  
Free Del. w/L.T. Works well.  
Creme \$100. 904-781-2760

### Rooms for Rent

Private Bed/Bath  
\$350/M + Utilities,  
Amenities center  
located 2m from 95,  
Yulee/Fernandina Fl.  
904-338-1931

### GE Electric Range

w/w o 2 - s p d  
Free Del. w/L.T. Works well.  
Creme \$100. 781-2760

### Kenmore Electric Dryer

HD, works  
located 2m from 95,  
\$10-\$15. White.  
\$50.00. 904-781-2760

### Electronics

**KORG M5061 Music**  
workstation w/sequencer  
\$1200. 5'x11m  
850-559-5141 for info

### Philips 21" Big Scrn TV, great cond.

Dove 904-446-7448.  
Pictures are avail.

### Furniture/Household

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

### BED A BARGAIN QUEEN SETS \$135

**KINGS \$195 365-0957**

### China, Setting for 12.

Coronado pattern by Monarch (Japan). A green edge w/multi-floral sprays. Superb. \$180. 904-268-2482

### 2" Foam mattress

zipper 65x5 full sz  
11" x 11" 5" H. 3 pillow cases  
5each; stainless steel  
sink faucet \$50.  
771-2917

### Full headboard and frame \$40.

Dresser w/mirror \$150.  
904-277-8205

### KING Mattress

w/foundation & 6 legs  
steel frame. \$200.  
508-801-1897

### KING SIZE PILLLOW MATTRESS SET \$200

New 904-644-0498

### Leather Sectional w/cocktail & end

table, lamps, computer desk chair. A must GO! 904-757-2837

### Queen EuroTop Mattress

Set Still in Plastic \$130  
904-644-0498

### Simmons Baby Beauty Rest

mattress for crib. Exc. cond. \$500. Was \$100. Call 904-781-2760

### 47" Sony Grand Wega HDTV & 6pc.

Ent. Ctr \$400 for TV  
3 Form downstgng. Coll.  
both. 912-729-6494

### Miscellaneous Merchandise

**Bar stools (3)**  
w/back & wood  
arms \$200, or 3 for  
\$50. 269-4312

### Car tires matching

set of 4, good tread,  
size P225 55 R16  
\$100. 904-803-9942

### UNDERCOVER FITS 04-08 F150

F O R D . \$ 3 5 0 .  
642-0881

### Sporting Goods

**TRAIL STAR GO-CART 04-**  
3 (custom) \$700.00.  
Cash only. 6.0HP  
Tecumseh engine. Exc.  
cond. Helmet incl. Kyc.  
904-556-6385

### Tickets

Daytona 500, Orlando Magic  
Monster Jam, MLB Baseball  
[www.sstickets.com](http://www.sstickets.com)  
904-725-5045

### Wanted to Buy or Trade

Looking for large  
dog kennel prefer  
metal, must have  
bottom tray. Any-  
one with a cover ap-  
preciated. Call 469-441-4247

### Pets & Animals

Adopt a Pet  
Pets & Supplies  
Livestock & Supplies  
Animals Wanted

### Pets/Adopt/Lost/Found

**FREE TO GOOD HOME**  
Basset Hound 3yr neutered female 612-0603

### Pets and Supplies

**AMERICAN BULLDOG PUPPIES** CKC reg. shot & records 600. 904-614-0958

### Garage Sale

**Beauler/Mandarin- 3026 Indian Hill, Sat. 8a-1p**  
3 Form downstgng. Coll.  
China, decorative items

### The Nearly New Shop,

the "only" thrift store  
located on Mayport  
Naval Base, open to  
active, retired &  
civilians w/base access.  
Open every Tues. & Thurs.  
of the month and Saturday  
FEB. 6TH 9AM - 1PM  
709A Everglades Ct.  
Supported by the N.W.C.A.  
Mayport Chapter #201 a  
non-profit organization.  
Donations welcome.  
904-270-6067.

### BARGAIN HUNTERS GALORE

This Sat & Sun Have  
Your Garage Sale at  
The Market Place  
7059 Ramona, 786-FLEA

### Jewelry/Watches

Turquoise gem-  
stone 3pc matching  
jewelry set. Lrg  
style necklace, pear  
shape dangle earrings,  
8" Bracelet. \$299.90.  
904-803-9942

### Pets and Supplies

**BOXER PUPS** AKC regist  
fawn & flashy, POP,  
S&W, 25min N. of Jax  
Airport. 912-552-2031

### Chihuahua Puppies- 3

males, 2 females, \$100 cash.  
904-743-6576 call after noon.

### Doberman Pinscher AKC,

reds-fawns, current  
shots, worming, \$350.00,  
912-427-0214

### Dog house, Irg Precision Pet Outback

# 650,620 Hours

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.

## Thank you!

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

**Jax Air News** JACKSONVILLE, FLORIDA **Mirror** 5 NS MAYPORT, FLORIDA THE **Periscope** KINGS BAY, GEORGIA

# AUTOMOTIVE DIRECTORY

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

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

### BMW

**TOM BUSH BMW  
JACKSONVILLE**  
9850 Atlantic Blvd.  
725-0911

**TOM BUSH BMW  
ORANGE PARK**  
6914 Blanding Blvd  
777-2500

### BUICK

**GARBER BUICK**  
Green Cove Springs  
264-4502  
www.garberautomall.com

**KEY BUICK**  
4660 Southside Blvd. 642-6060

**JACK WILSON BUICK**  
2250 US1 South  
797-4577

### CADILLAC

**CADILLAC-SAAB OF  
ORANGE PARK**  
7999 Blanding Blvd. 778-7700  
www.cadillacfororangepark.com

**CLAUDE NOLAN CADILLAC**  
4700 Southside Blvd. 642-5111  
www.claudenolan.com

### CHEVROLET

**NIMNIGHT CHEVY**  
1550 Cassat Ave.  
425-6312  
www.nimnichtchevy.com

**GARBER CHEVY**  
Green Cove Springs 264-4502  
www.garberautomall.com

**GORDON CHEV**  
1166 Blanding Blvd. 272-2200

**JACK WILSON CHEVROLET**  
2255 US1 South 797-4567

**JERRY HAMM CHEV**  
3494 Phillips Hwy. 398-3036

### CHRYSLER

**ATLANTIC CHRYSLER**  
www.atlanticjeep.com  
2330 US1 South 354-4421

**GARBER CHRYSLER**  
Green Cove Springs 264-2416  
www.garberautomall.com

**JACKSONVILLE CHRYSLER  
JEEP DODGE**  
9A & BAYMEADOWS. 493-0000

**RICK KEFFER**  
I-95 Exit 373, Fern Bch.  
1-800-228-7454  
www.rickkeffer.com

### DODGE

**ATLANTIC DODGE**  
www.atlanticjeep.com  
2330 US1 South 354-4421

**JACKSONVILLE CHRYSLER  
JEEP DODGE**  
9A & BAYMEADOWS. 493-0000

**GARBER DODGE TRUCK**  
Green Cove Springs 264-2416  
www.garberautomall.com

**ORANGE PARK DODGE**  
7233 Blanding Blvd. 777-5500

**RICK KEFFER**  
I-95 Exit 373, Fern Bch.  
1-800-228-7454  
www.rickkeffer.com

### FORD

**PAUL CLARK FORD-MERCURY**  
I-95 N. Exit 129 (Yulee)  
225-3673

**GARBER FORD-MERCURY**  
Green Cove Springs 264-4502  
www.garberautomall.com

**MIKE SHAD FORD**  
At The Avenues  
10720 Phillips Hwy.  
904-292-3325

**MIKE DAVIDSON FORD  
AT REGENCY**  
9650 Atlantic Blvd. 725-3060

**MIKE SHAD FORD  
OF ORANGE PARK**  
7700 Blanding Blvd. 777-3673

### GMC TRUCKS

**NIMNIGHT PONTIAC-GMC**  
11503 Phillips Hwy 854-4826

**GARBER GMC TRUCKS**  
Green Cove Springs  
264-4502  
www.garberautomall.com

**JACK WILSON PONTIAC  
BUICK GMC**  
2250 US1 South  
797-4577

### HONDA

**DUVAL HONDA**  
1325 Cassat Ave. 899-1900

**LOU SOBH HONDA  
OF THE AVENUES**  
11333 Phillips Hwy. 370-1300

### HYUNDAI

**KEY HYUNDAI**  
4660 Southside Blvd. 642-6060

### INFINITI

**ATLANTIC INFINITI**  
10980 Atlantic Blvd. 642-0200

### JEEP

**ATLANTIC JEEP**  
www.atlanticjeep.com  
2330 US 1 South 354-4421

**GARBER JEEP**  
Green Cove Springs 264-2416  
www.garberautomall.com

**JACKSONVILLE CHRYSLER  
JEEP DODGE**  
9A & BAYMEADOWS. 493-0000

**RICK KEFFER**  
I-95 Exit 373, Fern Bch.  
1-800-228-7454  
www.rickkeffer.com

### KIA

**KIA OF ORANGE PARK**  
6373 Blanding Blvd.  
771-6078

### LEXUS

**LEXUS OF JACKSONVILLE**  
10259 Atlantic Blvd. 721-5000

**LEXUS OF ORANGE PARK**  
7040 Blanding Blvd. 777-5100  
www.lexusoforangepark.com

### LINCOLN MERCURY

**NORTH FLORIDA  
LINCOLN MERCURY**  
4620 Southside Blvd. 642-4100

**MIKE SHAD FORD  
LINCOLN MERCURY**  
7700 Blanding Blvd. 777-3673

### MAZDA

**TOM BUSH MAZDA**  
9850 Atlantic Blvd. 725-0911

**MAZDA CITY**  
6916 Blanding Blvd. 779-0600

### MERCEDES BENZ

**BRUMOS MOTOR CARS INC.**  
10231 Atlantic Blvd. 724-1080

**MERCEDES BENZ  
of ORANGE PARK**  
7018 Blanding Blvd. 779-5900

### MINI

**TOM BUSH MINI**  
9875 Atlantic Blvd. 725-0911

### NISSAN

**MIKE SHAD NISSAN OF JAX**  
1810 Cassat Ave.  
389-3621

**MIKE SHAD NISSAN OF OP**  
7447 Blanding Blvd. 269-9400

### PONTIAC

**JACK WILSON PONTIAC  
BUICK GMC**  
2250 US1 South  
797-4577

### PORSCHE

**BRUMOS MOTOR CARS INC.**  
10100 Atlantic Blvd. 725-9155

### SUBARU

**SUBARU OF ORANGE PARK**  
6999 Blanding Blvd. 777-1800

### TOYOTA

**KEITH PIERSON TOYOTA**  
6501 Youngerman Circle.  
771-9100

**ERNIE PALMER TOYOTA**  
1310 Cassat Ave. 389-4561

### VOLKSWAGEN

**TOM BUSH VW**  
9850 Atlantic Blvd. 725-0911

### VOLKSWAGEN

**O'STEEN VOLKSWAGEN**  
11401 Phillips Hwy. 322-5100

### PRE-OWNED VEHICLES

**TOM BUSH MINI USED CAR  
SUPER CENTER**  
9875 Atlantic Blvd. 371-4877

**O'STEEN VW CERTIFIED  
PRE-OWNED CENTER**  
11401 Phillips Hwy.  
322-5100

### PRE-OWNED VEHICLES

**WORLD IMPORTS CERTIFIED  
PRE-OWNED AUTO CENTER**  
www.worldimportusa.com  
11850 BEACH BLVD.  
998-9992

### VOLVO

**O'STEEN VOLVO**  
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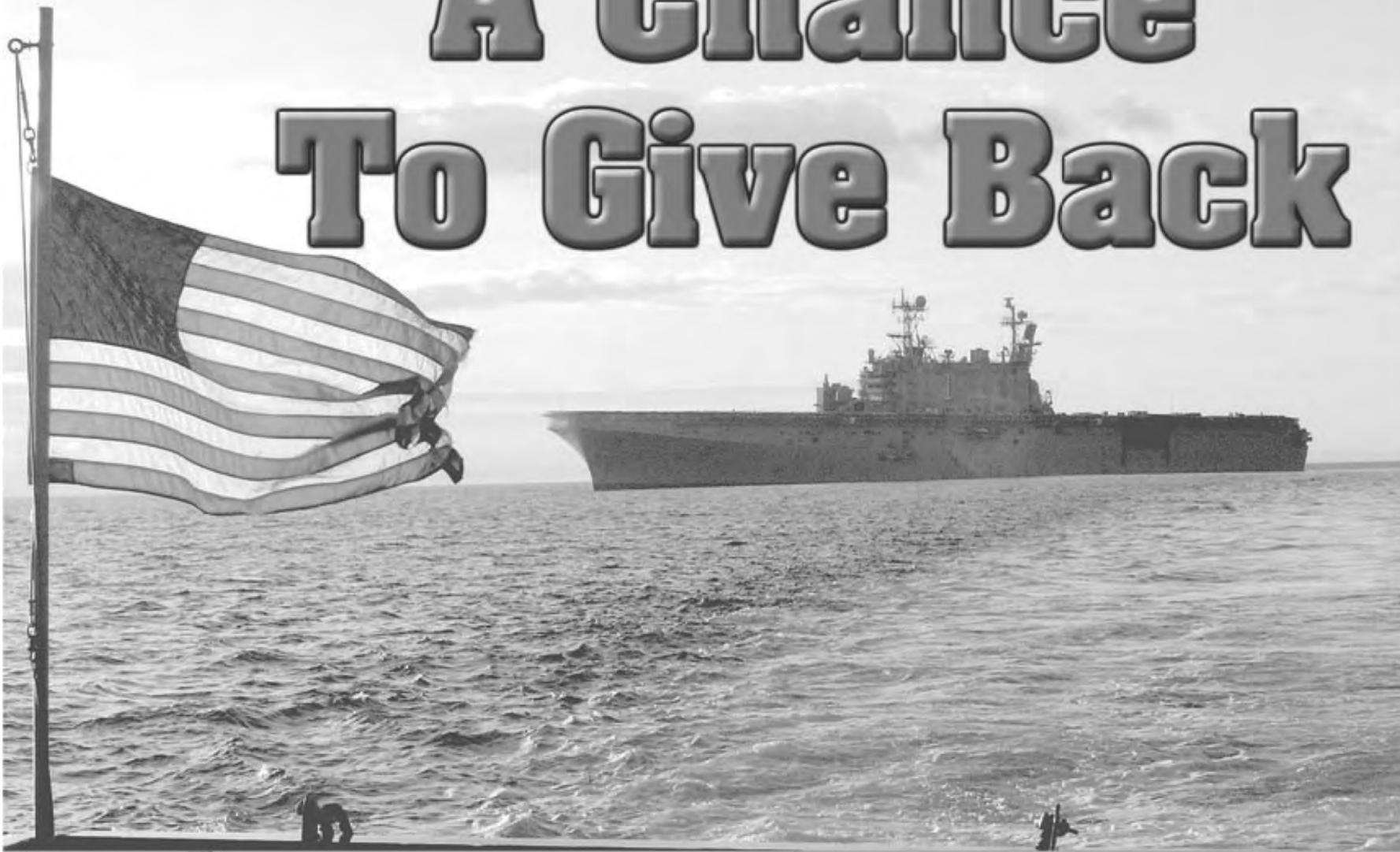
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