

The Players Championship Honors Military

By MC2 Daniel Gay

Navy Public Affairs Support Element
East, Detachment Southeast

A deafening round of applause burst from the crowd at The Players Club (TPC) Sawgrass May 5, but the applause was not for a professional golfer making an amazing shot, it was for the men and women of the Navy, Army, Air Force, Marine Corps and Coast Guard who were being honored during Military Appreciation Night.

The ceremony began with the national anthem followed by a fly over by jets from the Navy's Blue Angels.

"Military appreciation day is a fantastic deal," said Blue Angel's Command Master Chief Yoshimi Core. "The people here take care of the military and you can really see the effort by the community to make sure we know they appreciate us."

"It means a lot to us on the tour to be a big supporter of the military and it will continue to mean a lot to us," said professional golfer Fred Funk, who won the Players Championship at TPC Sawgrass in 2005.

Service members lined the balconies of the clubhouse at TPC Sawgrass for a performance by country music star

Tim McGraw. He was escorted to the stage by a Sailor and performed a special five-song concert for the troops.

"It's always an honor to represent the Navy and the military, but escorting someone whose music I love, made the event even more meaningful," said Mass Communication Specialist 1st Class Monica Nelson, who was previously selected as Commander, Navy Region Southeast 2010 Sailor of the Year.

The music performance by the three-time Grammy award winner was the final gesture of the night by the Players Championship and local community to show support.

"It's important that the community takes the opportunity to recognize the sacrifice of the men and women in uniform," said Rear Adm. Townsend Alexander, commander, Navy Region Southeast. "Tonight is a great event. The Players Championship and the PGA (Professional Golfers Association) tour are yearlong supporters of our armed services."

TPC Sawgrass representatives, as well as professional golfers such as Funk welcomed members of the Navy, Army,



Country music singer Tim McGraw performs a five-song musical tribute dedicated to the nation's military and their families at the TPC Sawgrass Players Stadium Course as part of The Players Military Appreciation Day.

Air Force, Marine Corps, and Coast Guard during the night.

"It's a really small thing that we can do. This is for every-

thing that our military does for us. If the military was not doing what they were doing, we could not do what we do."

The ceremony, which was attended by service members from military installations throughout the Florida and

Georgia area, was summed up by professional golfer Hal Sutton, "Wow, am I proud to be an American today."

More Room To Play At USO



-Photo by Paige Gnann

Sebastian Cow Watts-Fernandez, the 3-year-old son of Lt.j.g. Nick Watts-Fernandez currently deployed on USS Hue City, plays with a train table during the reveal of the newly revamped communications room and children's play area at the Mayport USO. The renovation was made possible through a contribution from Taco Bell franchisee Southeast QSR, Inc.'s Armed Forces Families Foundation.

Double The Appreciation On May 15

From Staff

USO, in conjunction with MWR, will host a Military Appreciation Day on May 15 at the Naval Station Mayport from 11 a.m.-5 p.m. at the Sea Otter Pavilion. There will be free food, door prizes and live music by Southern Rukus from 1-5 p.m. MWR will open the pool for a day of free swim as well.

Balfour Beatty Communities will be hosting its 3rd annual Resident Appreciation and Beautification Day on May 15 from 10 a.m.-3 p.m. at Ribault Bay Community Center.

There will be a bounce house to entertain the children, as well as other activities for the whole family to enjoy. The Balfour Beatty Communities staff will be grilling hamburgers and hot

dogs for you family to enjoy, along with snacks that range from chips to popcorn and even Sno Cones to help your family stay cool. There will also be a misting station as well as a water slide large enough for adults. Residents will have a chance to submerge many of your very own Balfour Beatty Communities staff members in a dunk tank.

In preparation for the Yard of the Month Program, we will have plants, shrubs, flowers and other items to help you with making your yards beautiful. While you celebrate Armed Forces Day don't forget to fill out a comment card for a chance to win one of our many door prizes. Two door prizes will be announced at the fol-

See Appreciation, Page 14

Memorial Honors Fallen Stark Crew

From Staff

The Naval Order of the United States and Naval Station Mayport will host the 23rd annual memorial service commemorating the crew members of USS Stark (FFG 31) killed on May 17, 1987, at Memorial Park, Naval Station, Mayport, Florida at 10 a.m. on Monday, May 17, 2010.

The Sailors were killed when two missiles struck the ship without warning after 9 p.m., while the ship was on patrol in the southern Persian Gulf. One missile exploded, causing immediate fires and tremendous damage in the forward part of the ship.

Fuel from the second missile intensified the fires, and the crew fought the inferno through the night and the next day. Aided by equipment and fire fighting teams from other Navy ships, the crew succeeded in saving the ship, but the cost was heavy: 37 shipmates were killed.

Restored and returned to service in 1988, USS Stark (FFG 31) since won two Battle 'E' awards as best ship in the squadron. After the ship was decommissioned in 1999, the Naval Order of the United States and Naval Station Mayport partnered to preserve the observance of this tragic incident that wrought so much misery for the crewmembers and their families.

Guest speaker for the memorial is Capt. John B. Mitchell, commanding officer or Naval Station Mayport during the 1987 attack.

Mitchell is a 1965 gradu-

ate of the United States Naval Academy. After commissioning, he served in three destroyers and commanded a minesweeper -- USS Engage (MSO 433). Early shore tours included Aide to the Commander, Naval Electronic Systems Command and as a student at the Naval Postgraduate School, where he earned a Master of Science Degree in ASW Systems Technology. After a tour in the Pentagon (OP 39), Captain Mitchell returned to sea as Executive Officer, USS Benjamin Stoddert (DDG 22). He then served as Surface ASW Officer on the staff of Commander in Chief, U.S. Pacific Fleet. In 1983, Captain Mitchell assumed command of USS Fahrion (FFG 22), beginning the first of five consecutive tours in Mayport. Subsequent tours included Chief Staff Officer, Destroyer Squadron Eight; Commanding Officer, Naval Station Mayport; Commander, Destroyer Squadron 12; and Chief of Staff, Commander Carrier Group Six. Mitchell retired in 1995 after completing his final tour as Head, Surface Trials Board, Board of Inspection and Survey (INSURV).

Mitchell spent six years with Bath Iron Works, opening the shipbuilder's Mayport Field Office, before moving to his current employer, Dexus Systems, Inc., of Vienna, Virginia.

Former crew and family members seeking information about the service are encouraged to contact starkmemorial@earthlink.net.

HSL-48 Sailor

Takes Advantage Of STA-21 Opportunity

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USS Vicksburg

Visits Stockholm, Lithuania

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USS Underwood

Stays Fit Underway

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Capt. Aaron Bowman

Wow. If you had any doubts that Naval Station Mayport is a happening place, then the past few weeks should have alleviated that. Between sports challenges and concerts, MWR has been busy pumping up the morale - and volume - on base.

Sports Challenge
I want to congratulate USS Gettysburg for their first place

CAPTAIN'S COLUMN

win during the 2010 MWR Sports Challenge held last week. Gettysburg won four of the events to just beat out SERMC Mayport and the Coast Guard. NavSta's MA2 Nicholas Fessler of Security was the MVP award winner. He represented NavSta's team in eight events over the four days of Challenge activities. This was one of the best Sports Challenges I've participated in and I want to thank the 12 commands who brought their game faces. Can't wait to see what the Fall challenge will bring in October. Thanks go out to MWR Sports Coordinator Rita Hammerstad and her team for putting that together.

Concert

Mayport got to rock out this May 1 with the 2010 Mayport Music Fest held at the Sea Otter Pavilion. Thousands of people showed up to listen to hometown band headliners Red Jumpsuit Apparatus, along with Augustana and Blessid Union of Souls. I had a great time personally and I want to thank MWR for pulling off such a fabulous event. All I saw was smiling faces and it was so successful that we are already planning the next major concert.

THE PLAYERS Championship

Did you make it to THE PLAYERS Championship last week? Thanks to TPC for its

generosity in opening up the week-long events for free to military, retirees and their families. Hopefully, you were able to make it to Wednesday's Military Appreciation Day, which included a performance by Tim McGraw and a fly-over by the Navy's very own Blue Angels. The TPC gave out almost 30,000 free tickets to active duty and retirees during the tournament and of course the Patriots Outpost with cool air, free food, restrooms, and a place to relax was second to none. I was with TPC leadership Saturday and they are already planning for next year to make it even better - I have no idea how they will accomplish that but I am sure they will. I'm not going to give out email addresses since we would shut them down, but if you want to say thank you, here

is the address: PGA TOUR, 100 PGA TOUR Boulevard, Ponte Vedra Beach, FL 32082. Let's show them in Mayport fashion how much we appreciate their kindness.

Fleet and Family Support Center

I also need to thank the Fleet and Family Support Center (FFSC) New Parent Support Program for their day of pampering expectant mothers from Naval Station Mayport. New Parent Support sponsored an English Tea on April 29 to help educate the soon-to-be moms about resources available to them through FFSC. It was the culmination of month-long events in recognition of the Month of the Military Child and Child Abuse Prevention.

Upcoming Events

We have a lot of activities happening within the next week

as well. The USO will hold its annual Military Appreciation Day at the Sea Otter Pavilion from 11 a.m.-5 p.m. on May 15. There will be free food, door prizes and live music. It will also be the opening day of the Mayport pool.

We will also recognize our fallen shipmates from USS Stark on May 17 at 10 a.m. at Memorial Park. We lost 37 of our finest Sailors 23 years ago - hope to see you there.

Write me a note and tell me how to make the Naval Station better. Been kind of quite lately and I hope that means we are doing everything right but there is always room for improvement. aaron.bowman@navy.mil

Summer Youth Activities Ready At NS Mayport



**Judy Cromartie
School Liaison Officer**

Two weeks ago I wrote an article about how to select a summer camp. If you have used the past two weeks to explore local camp options, you may have discovered that they are too pricey for your family at this time. Or your child is not quite ready for an over-night camp experience.

But there are so many good reasons to send a child to camp. Self-esteem develops from learning to be on your own, from trying new activities, and making decisions about what activities in which to participate. Parents report that when children return from camp their grades improved, they were more willing to help around the house, and most importantly they have improved social skills.

For these reasons and more, I want to provide you with some Mayport offerings which will provide the positives of the camp experience without break-

KNOW THE ROPES

ing the bank:

Mayport Naval Station's Sand Dollar Summer Day Camp 2010 will begin June 14 and run through Aug. 20. Camp sessions are for one week, and you can register your child for one week, several weeks of your choosing, or for the entire 10 week session. Registration is now open and will remain open until all spots are filled. There is a \$60 registration fee. Parents are invited to come to Camp Orientation (if they have already registered their child) on June 10 from 5:30-6:30 pm. At that time you can sign up your child for Fit Factor, Reading Club, and other activities. Camp shirts will be given out to the enrolled child.

Camp rates are charged on a weekly basis and are based on the parent(s) total income. The \$60.00 registration fee will only count towards the payment of the first session that your child will attend. If your camp rate is in a higher category, the difference for your first session will be due per the payment deadline for that session. [See attached camp flyer.]

Camp hours of operation are Monday-Friday from 0600-1830, closed on weekends. The camp staff will include the

Youth Activities Center's year round staff members who work in the center's before and after school programs. Additional staff will be hired to work alongside the regular, year round staff.

The camp's daily schedule of activities as well as a list of scheduled field trips and special events is now available. But generally children can expect to participate in interest areas, classroom activities, playground and outdoor activities, clubs, and sports.

Breakfast, morning, and afternoon snacks will be provided the entire summer. Lunch will be provided by the Jacksonville Children's Commission from June 14 - August 13. Students enrolled in Session 10 (August 16-20) will need to bring their lunches that week. For some field trips parents will be asked to purchase lunch for their child. These are usually for field trips which are off-base for the entire day.

The Open Recreation Program is free! It features the following:

- The Teen Center will be open this summer for open recreation from 1 pm to 6:30 pm Monday-Friday and Saturday 5-9 pm. Ages 12-17 can attend

the Teen Center.

- The Youth Center will be open this summer for open recreation from 3 pm to 5:30 pm Monday-Friday and Saturday 1-5 pm. Ages 6-11 can attend the Youth Center; however, children under the age of 10 must be signed in and signed out of open recreation by a parent or guardian.

- Special Activities will be scheduled during open recreation and weekend activities will also be scheduled throughout the summer. Check out Monthly Calendars.

- Free summer lunch will be served from 11:30 am - 1 pm from June 14-August 13 at the Youth Center. Parents must accompany children under the age of 10.

- Free snack will be served from 3-4 pm from June 14-August 13 at the Youth Center. Parents must accompany children under the age of 10.

Summer lunch and snack are provided by the Jacksonville Children's Commission.

For more information about the Sand Dollar Summer Day Camp 2010 or the Open

Recreation Program and activities, you can call the Youth Activities Center at (904) 270-5680 or (904) 270-5421 or email Pam Larsen, Youth Activities Center Director, at pam.larsen@navy.mil.

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 or by phone at (904) 270-6289 X1305 [office] or 219-3894 [cell].

MWR Mayport's Youth Activities Center Presents...

Summer Sand Dollar Day Camp

Registration begins on Thursday, April 15 from 9 a.m.-6 p.m. and continues Monday-Friday, 11:30 a.m.-6 p.m. until all spaces are filled.

Families attending the Before and After School Program can register April 1-14 from 6-8 a.m. and 11:30 a.m.-6 p.m.

A non-refundable fee of \$60 per child will be charged at the time of registration and will count towards your first session of camp.
Please Note: Registration fee is PER CHILD and is non-refundable PER CHILD.

Camp Ages: Ages 6-14, Age 5 if attended Kindergarten during the 2009-2010 School Year
Camp Hours of Operation: Monday-Friday, 6 a.m.-6:30 p.m. (Closed Monday, July 5)

2010 Weekly Camp Sessions:

| | | | |
|--------------------------|---------------------|-------------------------|----------------------|
| Session 1 June 14-18 | Payment due June 2 | Session 6 July 19-23 | Payment due July 7 |
| Session 2 June 21-25 | Payment due June 9 | Session 7 July 26-30 | Payment due July 14 |
| Session 3 June 28-July 3 | Payment due June 16 | Session 8 August 2-6 | Payment due July 21 |
| Session 4 July 6-9 | Payment due June 23 | Session 9 August 9-13 | Payment due July 28 |
| Session 5 July 12-16 | Payment due June 30 | Session 10 August 16-20 | Payment due August 4 |

Sand Dollar Day Camp Info: (904) 270-5680

Do You Know Where You Are Aiming In Life And Beyond?



**Chaplain John Thomson
CDS14 Staff Chaplain**

In Austria-Hungary, an Empire that broke up around the end of World War I, there was an Emperor named Franz Joseph. He died before the war was over and led it throughout it's fighting with Italy, Russia, France and England (the United States would enter towards the end).

Anyway, the Emperor died and Vienna threw him the biggest funeral Europe had seen up to that point. The procession was miles long. The Emperor was pulled by a glass and wood hearse with large Belgian horses moving it. There were crowds of people thronging the streets to see their Emperor carried from the Cathedral to the cemetery.

The Archbishop, who led the

CHAPLAIN'S CORNER

service at the Cathedral, moved ahead of the procession and into the crypt, where he closed the gates. No one saw him enter, because he was far ahead of the procession.

The procession entered the cemetery and moved to the crypt, where the herald called out in a loud voice, "Open the gates!"

A voice from the crypt called back, "Who goes there?"

The herald replied, "Emperor Franz Joseph of the Austria-Hungarian Emperor. King of Hungary, Duke of..."

It went on for several minutes with his titles.

The voice replied from the crypt, "I do not know the man."

Taken aback, the crowd and herald looked shocked. Several minutes went by in silence and disbelief.

The herald called out again, "Open the gates!"

The voice replied, "Who goes there?"

The herald called out, "The Emperor Franz Joseph" and he continued to call out all his titles.

The voice from the crypt

replied, "I do not know the man."

The crowd stood in silence again, dumbfounded and confused.

A few minutes went by

before the herald cried out again, "Open the gates."

And the voice replied again, "Who goes there?"

In a rather meek voice, the herald replied, "Franz Joseph, a sinner saved by God's mercy."

Emperor and slave alike, we are all born into this world and leave this world without even a stitch of clothes. At the end of

our lives we leave everything behind that we've accomplished in this life, outside of our spiritual lives.

Many times, we spend our lives pursuing things that do not last or carry over to the next life. Many of us will never see a day when we don't have shelter, food, clothing or any other needs. We have definitely been

blessed by God, yet how much time do we spend toiling and worrying about the things of this world and forgetting to prepare for the next?

Please take a moment once in a while to consider the things of the world to come. You may want to adjust your aim, every once in a while, because of it.

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

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

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

Protestant choir
Wednesday 7 p.m.

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

Marriage
Contact Chaplain 6 months prior. PREP is required

For more information, call 270-5212.

THE MIRROR
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HSL-48 Martin Selected For Seaman To Admiral

By Lt.j.g. Kate Huppmann
HSL-48

Air Warfare Rescue 2nd Class Brady Martin, a Sailor from Helicopter Anti-Submarine Squadron Light 48, was accepted to take part in the STA-21 program.

Martin, from East Peoria, Illinois, enlisted in the Navy on October 4, 2006. He trained to become a Naval Aircrewman Tactical Helicopter (previously known as an Aviation Warfare Systems Operator) and a qualified rescue swimmer. After his training, he joined the ranks of the HSL-48 "Vipers." He found out about the Seaman to Admiral Program through some of his fellow Vipers and was encouraged to apply by his leadership. The application process is much like a college application, involving completing the SAT/ACT, writing a personal essay and participating in personal interviews. STA-21 provides Sailors an opportunity for commissioning with a scholarship to a university while maintaining the pay, benefits and privileges of an active duty



AWR2 Brady Martin

status.

Once selected, there are many options in STA-21, such as Pilot, Naval Flight Officer, Surface Warfare, Oceanography, Human Resources, Intel, Nurse Corps, Medical Corps, Special Warfare, Nuclear Warfare and others. Martin was interested in the flight program, and he met the ASTB (Aviation Selection Test Battery), physical, and age requirements for the pilot option of STA-21.

Martin received acceptance letters to the University

of Arizona, University of Colorado-Boulder, and the University of Illinois. He has decided to be a "Wildcat" and attend the University of Arizona, where he was accepted to study business at Eller College of Management. He will be a part of the NROTC unit at UA and following graduation, he will be commissioned as an Ensign in the United States Navy.

Martin said he is excited about furthering his education and continuing his career with the aviation community. Martin said he plans on taking things "one step at a time" and using his experience in the Navy and time in HSL-48 to help him excel in his path ahead.

New Master Chief At Mayport



-Photo by Paige Gnann
Senior Chief Boatswain's Mate Edward Marrero is frocked to Master Chief by NS Mayport Commanding Officer, Capt. Aaron Bowman, during a small ceremony at the Foc'sle Club.

RGB Top Enlisted Frocked To CM

From USS Robert G. Bradley

Leading from the front and always motivating his Sailors, on April 30, it was with great pleasure for the crew of Robert G. Bradley to witness an amazing career milestone as Command Senior Chief Antonio Perryman was pinned by his wife to the rank of Master Chief Petty Officer.

He was ranked one of four Quartermasters promoted to Master Chief. Immediately upon his pinning, CMDCM Perryman continued to lead the "Perryman way," positive attitude, high energy, and loud vocals.

Perryman reported to USS Robert G. Bradley (FFG-49) in January 2010. Since arriving aboard Robert G. Bradley, he has had a significant impact on all personnel, juniors, peers, and seniors alike.

Perryman, a native of Mobile, Alabama, entered the U.S. Navy in June of 1989. Upon completion of Quartermaster "A" School, he reported to USS Independence (CV-62), for his initial sea tour from 1989-1993. Subsequent sea tours include USS Monterey (CG-61), 1993-1995, as Navigation Leading Petty Officer and USS Enterprise (CVN-65), 1998-2002, where he earned his Enlisted Surface Warfare Specialist pin, Enlisted Air Warfare Specialist pin, and advanced to Chief Petty Officer.

He then reported to Pre-Commissioning Unit USS Farragut (DDG-99) from 2005-2007 as Operation Department Leading Chief Petty Officer. He served as Operation Department Leading Chief Petty Officer in USS Doyle (FFG-39) from 2007-2009.



Master Chief Petty Officer Perryman delivering his remarks following his pinning to Master Chief, accompanied his wife and by Cmdr. T.F. Sparks, commanding officer of USS Robert G. Bradley.



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WITH ALL THE BENEFITS OF BEING IN OUR FAMILY.

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USS Vicksburg Makes Trek Along European Coast

Vicksburg Hosts Swedish Navy CNO

By Ensign Marc D. Schron
USS Vicksburg Public Affairs

The guided missile cruiser USS Vicksburg (CG 69) hosted the Swedish Royal Navy chief of naval operations April 29 while the ship was underway to Stockholm, Sweden.

Swedish Chief of Naval Operations Rear Adm. Anders Grenstad embarked Vicksburg as the ship arrived in Sweden to conduct a four-day theater security cooperation (TSC) port visit to the country.

Grenstad, wearing a Vicksburg command ball cap, toured the ship, dined in the wardroom and visited with Sailors, welcoming them to Sweden.

Upon arrival, Capt. Tim Mahan, Vicksburg's command-

ing officer, hosted a reception aboard the ship, which was anchored in the downtown Stockholm harbor.

Distinguished guests included the Swedish Minister of Defense, liaison officers from various nations to Sweden and officers from the Swedish Royal Navy.

The events are part of a scheduled U.S. 6th Fleet TSC port visit, focused on promoting maritime safety and security through strengthened relationships with partner nations.

After departing Sweden, Vicksburg and other U.S. Navy ships led by DESRON 24 will conduct follow-on TSC port visits to countries in the Baltic Sea region.



-Photo by Ensign Marc D. Schron
Capt. Tim Mahan, commanding officer of the guided-missile cruiser USS Vicksburg (CG 69), inspects the Royal Palace guards in Stockholm, Sweden. Vicksburg is conducting theater security cooperation port visits in the U.S. 6th Fleet area of operation.



-Photo by Ensign Marc D. Schron
Mahan and Capt. Dan Lynch, U.S. Naval Attaché to Sweden render honors with officers from Vicksburg during changing of the Royal Palace guards in Stockholm, Sweden.



-Photo by Ensign Marc D. Schron
The guided-missile cruiser USS Vicksburg (CG 69) sits at anchor in Stockholm, Sweden. Her flags spell "Happy Birthday King" in honor of King Carl XVI Gustaf.



-Photo by Ensign Marc D. Schron
Lt. Cmdr. Michael "Ruckus" Ramsey of the Proud Warriors of Helicopter Anti-Submarine Squadron 42 explains unique features of the SH-60B Seahawk helicopter to Royal Swedish Navy Chief of Naval Operations Rear Adm. Anders Grenstad aboard the guided-missile cruiser USS Vicksburg (CG 69) while in transit to Stockholm, Sweden.



-Photo by Ensign Marc D. Schron
Ramsey explains unique features of the SH-60B Seahawk helicopter to Grenstad aboard the guided-missile cruiser USS Vicksburg (CG 69) while in transit to Stockholm, Sweden.



-Photo by Ensign Marc D. Schron
Grenstad discusses engineering practices with Lt. Cmdr. Jiwan Mack (center), chief engineer aboard the guided-missile cruiser USS Vicksburg (CG 69) while in transit to Stockholm, Sweden.



-Photo by Ensign Marc D. Schron
Mahan welcomes Grenstad to the ship's bridge while in transit to Stockholm, Sweden.

USS Vicksburg Makes Trek Along European Coast



Sailors from the guided-missile cruiser USS Vicksburg (CG 69) and the Lithuanian Navy work together in cleaning the Melrange Municipality beach in Klaipeda, Lithuania. Throughout the port visit, Vicksburg sailors participated in community-wide projects including beach cleanup and removal of debris from an orphanage. Vicksburg is conducting theater security cooperation port visits in the U.S. 6th Fleet area of operation.



USS Vicksburg (CG 69), work the grill during a cookout with the Lithuanian Navy at Palanga radar station outside Klaipeda, Lithuania.



Damage Controlman Second Class Gabriel Johnson demonstrates firefighting techniques to students from Klaipeda Gilijos Primary School aboard USS Vicksburg (CG 69) in Klaipeda, Lithuania.

Vicksburg Partners With Lithuania

By Ensign Marc D. Schron
USS Vicksburg Public Affairs

Sailors aboard the guided missile cruiser USS Vicksburg (CG 69) visited Klaipeda, Lithuania May 4-7 for a three-day theater security cooperation (TSC) port visit to the country.

Sailors took part in various events including community relations (COMREL) projects, school tours, sporting events and multiple receptions hosted both aboard Vicksburg and by the Lithuanian Navy.

Distinguished guests included various officials from the Lithuanian Ministry of Defense and Lithuanian Navy.

Melnrage Municipality was the center of COMREL efforts, where Sailors cleaned five kilometers of beachfront, dug out 15 beach accesses, cleared playgrounds and removed cement debris.

Following the clean-up, the Lithuanian and U.S. navies partnered to host a barbeque at the nearby Palanga radar station.

Crewmembers on Vicksburg's basketball and



-Photos by Ensign Marc D. Schron
Sailors from the guided-missile cruiser USS Vicksburg (CG 69) and the Lithuanian Navy work together in cleaning the Melrange Municipality beach in Klaipeda, Lithuania.

soccer teams also participated in games against Lithuanian Navy teams.

The events are part of a scheduled U.S. 6th Fleet TSC port visit, focused on promoting maritime safety and security through strengthened relationships with partner nations.



Ensign Eric Wynn demonstrates equipment to students from Klaipeda Gilijos Primary School in the Combat Information Center of the guided-missile cruiser USS Vicksburg (CG 69) in Klaipeda, Lithuania.



Aviation Mechanic Second Class Clyde Crysel, assigned to HSL-42, explains unique features of the SH-60B Sea Hawk to students from Klaipeda Gilijos Primary School in Klaipeda, Lithuania during a tour of Vicksburg.



Boatswains Mate 3rd Class Jeremy Anthony instructs students from Klaipeda Gilijos Primary School in the helm aboard the guided-missile cruiser USS Vicksburg (CG 69) in Klaipeda, Lithuania.



Ensign Jordan Bradford demonstrates the 25-millimeter remote-controlled machine gun system to students from Klaipeda Gilijos Primary School aboard the guided-missile cruiser USS Vicksburg (CG 69) in Klaipeda, Lithuania.

USS Boone Caps First Half Of Deployment

By Ensign George Naughton
USS Boone PAO

USS Boone wrapped up a very successful first half of its 2010 Standing NATO Maritime Group 1 (SNMG1) deployment by participating in Brilliant Mariner 2010.

Brilliant Mariner is a two-week exercise held in the North Sea, and it is a deployment certification exercise for the NATO Response Force (NRF).

Countries participating in this year's exercise included: France, Spain, Germany, Italy, Denmark, Norway, Sweden, Poland, and the United States. By the end of the second week the NRF proved its overall warfare proficiency and achieved certification as deployment ready.

The focus of this year's exercise was Maritime Interdiction Operations (MIO) and counter-piracy. Both areas have become increasingly important skills for the US and European navies. Missions such as NATO's Operation Ocean Shield and the EU's Operation Atalanta are aimed at stopping the piracy threat off the coast of Somalia and eastern Africa. Boone's next assignment, as part of Operation Active Endeavor, is focused on interdicting weapons and drug traffickers in the Mediterranean Sea.

The NRF units practiced hailing, querying and boarding merchant ships and tankers who agreed to participate in Brilliant Mariner as suspicious vessels.

The chance to board real world ships was an excellent training opportunity for Boone's Visit, Board, Search and Seizure (VBSS) team.

Ensign Dave Hooker, one of the team's boarding officers, explained why the training was superior, "It was good for us to deal with real issues that we could encounter on a boarding. The unknown layout of the ship, overcoming language differences, handling the crew,



-Photos courtesy of USS Boone
U.S. Ambassador Laurie S. Fulton visited USS BOONE during the ship's visit to Copenhagen, Denmark. Pictured from left to right: CAPT Christopher McDonald, Defense Attaché to Denmark, LCDR Rob Speight, Executive Officer, Ambassador Fulton, CMDCM(SW/FMF) Charles Slaton, Command Master Chief, and CDR Steven Petroff, Commanding Officer.

and climbing up the side of a large tanker are things we can't simulate in a shipboard training environment."

The realistic training could not come at a better time for the VBSS team—there is a high likelihood that they will be called upon for boardings in support of Operation Active Endeavor.

Though MIO and counter-piracy were the primary focus of Brilliant Mariner, the exercise did not get away from traditional warfare areas—surface, air, and undersea warfare. The units kept up a continuous tempo of daily training exercises to integrate and improve the NRF's proficiencies. Boone conducted anti-air warfare exercises with jets, patrol aircraft, and turbo-prop airplanes, and anti-submarine exercises with diesel and nuclear submarines.

The exercise was an impressive show of force for NATO allies, and the high level of participation made it a worthwhile experience for Boone.

Following Brilliant Mariner,

the ship was rewarded with a six-day port visit to Copenhagen, Denmark.

While in port the ship hosted the US Ambassador to Denmark, the Honorable Laurie S. Fulton for a ship tour. Boone's Commanding Officer, Cmdr. Steven Petroff offered his praise for the visit,



BM3 Julian Morales rappels down the side of HDMS Absalon during VBSS training.

"Copenhagen is a cultural hub of northern Europe and it was an interesting and enjoyable visit. Having Ambassador Fulton aboard for a tour was the highlight of our trip to Copenhagen."

The city of Copenhagen was a great liberty port for the crew to rest, relax, and enjoy some time ashore after a rigorous training schedule leading up to and during Brilliant Mariner.

Prior to Brilliant Mariner, Boone and HDMS Absalon, the flagship of SNMG1, were deployed off the coast of Somalia as part of Operation Ocean Shield.

From January until March, Boone patrolled the Internationally Recognized Transit Corridor (IRTC) in the Gulf of Aden. The mission was threefold: provide presence to reassure transiting ships, to deter and disrupt acts of piracy, and to educate the maritime community on anti-piracy best practices.

Boone used its VBSS team to carry out multiple approaches and visits to fishing skiffs and dhows in the IRTC. The VBSS team, working against a difficult language barrier, talked to the local fishermen about pirate

activity in the area and about building cooperation with international forces to fight piracy.

The fishermen were given fresh provisions to improve goodwill and in hopes that they would support the counter-piracy mission over tolerating or turning to piracy.

Several times, merchant ships in Boone's assigned patrol area called over bridge-to-bridge radio with reports of suspicious boats stalking their vessels. Each time Boone sprinted to their position and shadowed them until they were clear of the lurking boats.

Overall, there were no acts of piracy committed in Boone's assigned patrol areas during Operation Ocean Shield. Although the ship did not catch any pirates in the act, it is certain that the deterrence and disruption mission was successful.

After leaving the Gulf of Aden in March, Boone and Absalon undertook an around-the-clock training program to prepare for Brilliant Mariner. Boone's VBSS team received specialized training from a Danish Special Operations Forces (SOF) team embarked

on Absalon.

As part of the training, the VBSS team rappelled down the side of Absalon, fired various SOF weapons, raced on an obstacle course, participated in physical training, and concluded with a training scenario. The ships stopped for port visits to Aksaz, Turkey and Civitavecchia, Italy.

In Aksaz Boone hosted more than 100 Turkish and Danish officers and civilian guests for a flight deck reception.

Civitavecchia was only an hour-long train ride from Rome, and the crew took full advantage of the opportunity to see the historic sites in one of the most important cities in civilization.

As Boone moves onto the second half of her deployment, she will take part in Operation Active Endeavor in the Med before crossing the Atlantic for several events in Canada.

Boone will take part in Quebec's Rendezvous-Naval 2010, NATO Exercise HALCYON RV, and the International Fleet Review as part of Canada's Royal Navy Centennial celebration.



Members of Boone's VBSS team participate in a MIO scenario aboard HDMS Absalon while training with Danish Special Forces.

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USS Gettysburg Hosts WWII Reunion Group

By Ensign
Angela Washington
USS Gettysburg PAO

Approximately 40 World War II Veterans visited USS

Gettysburg (CG-64) on April 30.

These heroes were stationed onboard Landing Ship Medium (Rockets) (LSMRs) during the

war. LSMRs were shallow-draft vessels which carried both shorter range guns and rocket launchers that were able to propel 380 5-inch rockets a min-

ute up to 10,000 yards. During World War II, these heroes took part in the invasion of Okinawa, where they were assigned picket duty. Their primary mission was to draw the Kamakazis away from the Capitol ships. Out of 12 LSMRs, 3 were sank and others were either hit or damaged. Among the heroes were some that were injured and survived, as well as some of their descendants.

Jana Teehan of the St. Augustine Navy League, was the coordinator for the 2010 LSMR reunion. Her father was the executive officer of LSMR 198. As part of the reunion

the heroes requested to visit a modern day Navy warship, and were please to visit an AEGIS Cruiser. A ceremony was held on the flight deck where Commanding Officer, Capt. Patrick O. Shea, spoke a few words to welcome the heroes and express the crew's appreciation for the path that these WWII Sailors paved for today's Navy.

"It was a great experience to be apart of this ceremony," stated Ensign Amanda Slikker, USS Gettysburg's MWR Officer. "The gentlemen were so nice, and had many questions about how we do things in com-

parison to how they did things."

The ceremony concluded with one of the heroes tossing a flower over the side. This tribute, to all of the fallen Sailors of the LSMRs, was a testament to what the reunion was about.

"We continue to honor the memory of those who are no longer with us," stated Mrs Teehan, whose father passed away 5 years ago. "Please accept my heartfelt thanks (to the crew). These little ships and their brave crews are so often overlooked that it meant so much to them."



-Photos by OS2 Shantae Salmon

Approximately 40 World War II veterans who served aboard Landing Ship Medium (Rockets) vessels visited USS Gettysburg on April 30 as part of their 2010 reunion. Above, Gettysburg Commanding Officer, Capt. Patrick O'Shea, speaks to the group during a ceremony aboard the ship. Below, Senior Chief Operations Specialist Tracey Richardson talks to one of the veterans.



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ANNOUNCEMENT

Deadline for Academic Scholarships Applications has been extended to May 15th!

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Balfour Beatty Communities Foundation is accepting scholarship applications from high school and undergraduate students of our family housing residents for the 2010-2011 academic year. To apply for these scholarships go to the Foundation's website, bbcommunitiesfoundation.org, print out, complete, and submit the application and all required materials to Balfour Beatty Communities Foundation at 10 Campus Boulevard, Newtown Square, PA 19073. *Applications must be received by May 15, 2010.*

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De Wert To participate In Fleet Week New York

From COMNAVREG MIDLANT

USS De Wert (FFG 45) will be joining six other Navy ships for Fleet Week New York 2010. USS De Wert, an Oliver Hazard Perry-class frigate, is named for Hospitalman Richard De Wert. De Wert was posthumously awarded the Medal of Honor for his heroism while serving with the 7th Marines

during the Korean War. De Wert was laid down on June 14, 1982 by the Bath Iron Works, in Bath, Maine; launched on Dec. 18, 1982; and commissioned on Nov. 19, 1983. As of May 2009, De Wert is captained by Cmdr. Sean G. McLaren; she is part of the Atlantic Fleet's Destroyer

Squadron 14 and homeported at Naval Station Mayport, in Jacksonville, Fla. Hampton Roads-based ships still participating in this year's Fleet Week commemoration are the multi-purpose amphibious assault ship USS Iwo Jima (LHD 7), the guided-missile destroyer USS James E.

Williams (DDG 95), and patrol coastal ships USS Tempest (PC 2), USS Monsoon (PC 4) and USS Squall (PC 7). Also participating is the guided-missile cruiser USS Philippine Sea (CG 58), homeported in Mayport, Fla. USS Iwo Jima will be berthed in Manhattan; and the rest of the Navy ships will be

berthed at Staten Island. Approximately 3,000 Sailors, Marines and Coast Guardsmen from the U.S. Navy, Marine Corps and Coast Guard will participate in the 23rd annual Fleet Week New York, which will take place May 26 - June 2. More information is available on the official Fleet Week

New York City website at <https://www.cnic.navy.mil/cnrma/Programs/FWNY/index.htm> and/or on Fleet Week New York's Facebook at <http://bit.ly/czUESg>. To find out more about what the Marines are doing go to their Facebook at www.facebook.com/nycmarines.

Klaking, Brazilian Sailors Unite For Soccer, Cookout

By MC1 Michael J. Scott
CTG 40.0 Public Affairs

When two navies come together, one usually thinks of grey ships, blue water and war games. On April 22, U.S. and Brazilian Sailors came together in Fortaleza, Brazil to play soccer, using sportsmanship as their vessel, and the only water present was in coolers.

Crewmembers from USS Klaking (FFG 42) and Helicopter Anti-Submarine Squadron Light (HSL) 42 Det. 10 joined Brazilian Sailors for a friendly game of soccer and post-game barbeque. Brazil won the game, 10-1.

The visit in Fortaleza was the second visit for Klaking during her Southern Seas 2010 deployment.

Once the game began, the language barrier was quickly overcome as everyone understood the rules of soccer.

Yeoman 1st Class Jorge Ulloa served as an interpreter for both sides. He and Brazilian Navy Corporal Cabo Borges shared stories of their careers and the similarities of both navies. He said KLAKRING Sailors definitely got something from the experience.

"We have a bond now, a friendship with our Brazilian counterparts," Ulloa said. "Friendly competition brings out the best in everyone, and what better time to be in each other's company than when we're at our best."

After the game, the two teams enjoyed an old-fashioned American barbeque complete with hamburgers, hot dogs and all the fixings. Klaking's Executive Officer Cmdr. Robin Smith and Culinary Specialist 1st Class James Lawton fired up the grill and did the cooking.

"I enjoy cooking. Whenever we light the grill on Klaking, I like to be there. I came here today to help CS1 and enjoy the game," Smith said.

Sailors from both teams posed with each other for pictures, and some exchanged shirts and more smiles.

"I'm very proud to have been part of this exchange," Ulloa said.

For the Klaking and Task Group 40.0, this event was one of many that will take place in the months to come.

Task Group 40.0 is on a six-month deployment to South America and the Caribbean as part of Southern Seas 2010 (SS10). Southern Seas is an annual U.S. Southern Command (SOUTHCOM)-directed operation implemented by U.S. Naval Forces Southern Command (NAVSOC) and executed by Commander, Destroyer Squadron (DESRON) 40 as Commander, Task Group 40.0. SS10 includes the guided-missile frigate USS Klaking (FFG 42), HSL-42 Det. 10, and DESRON 40 serving as the command element.



-Photo by MC1 Michael J. Scott
Electrician's Mate Chief Andrew Edeh, USS Klaking (FFG 42), closes in on the ball during a friendly soccer game with the Brazilian Navy in Fortaleza, Brazil. Brazil won the game, 10-1. Klaking is on a six-month deployment to Latin America and the Caribbean as part of Southern Seas 2010 in support of U.S. Southern Command's Partnership of the Americas Maritime Strategy.

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Underwood Stresses Underway Fitness

By Ensign Kim Hanson
USS Underwood PAO

USS Underwood (FFG 36) didn't lose any time getting into a workout routine after leaving Naval Station Mayport for six-month deployment. Less than a week after getting underway, Underwood kicked off several fitness programs.

The first of these was a CrossFIT Challenge. Underwood has consistently held these challenges underway, and this deployment will be no different. The first challenge, completed during week one, was a popular CrossFIT workout called "Fight Gone Bad". This workout consisted of an 18 minute fast-paced routine with six separate stations which each participant cycled through three times, spending one minute at each station.

The first station was "Wall Ball," in which Sailors squat with a 14-pound medicine ball, stand up and throw the ball 10 feet up against a bulkhead, catch the ball and repeat the process. The participant does this as many times as they can in one minute before rotating. The second station was the Sumu Dead-Lift High Pull, where the competitor squatted and pulled a 75-pound bar to



-Photo courtesy of USS Underwood
Fire Controlman 3rd Class (SW) James Elmore does a Sumu Dead-Lift High Pull while Hospital Corpsman 1st Class (SW/EMF) Joe Swanson does a Thruster. Underwood Sailors kicked off their deployment by holding a CrossFIT challenge on the flight deck.

their chin, counting the total repetitions in a minute. The next station was Thrusters, where a 75-pound bar was lifted to the chest and pressed over the head, locking out the arms

above the head.

The fourth station was Box Jumps, where each participant jumped or stepped up onto a 20-inch box, locking out their hips at the top as many times

as they could in one minute. Station five was a rowing machine, where each competitor rowed for a minute, trying to burn as many calories as possible. The sixth station was rest,

where one minute was used to rest and slow the heart rate before commencing the next cycle.

The goal of the challenge was to score as many points as possible in the 18-minute circuit. It was both a team and individual challenge. Traditionally, Underwood's Wardroom, Chief's Mess, and E-6 and below compete in teams against one another. But for this deployment, it is also an individual challenge. This competition and several others will be held frequently throughout the deployment and the individual whose score improves the most will be the winner of the ship's CrossFIT challenge.

The outcome of this competition finally knocked the Wardroom out of the lead. Underwood's Wardroom has won the last several challenges, but they were beaten by the E-6 and below

team. High scores came from Aviation Electrician's Mate 3rd Class Daniel Dolin, Logistics Specialist Seaman Joshua Davidson, Lt.j.g. Eric Priest, and Yeoman 1st Class (SW/AW) Jeremy Campbell. The Wardroom and Chief's Mess look for a rematch later in the deployment.

Underwood is also holding a "Biggest Loser" competition. Weigh-ins were held during week one, and the individual who loses the most weight during the next six months will be deemed the winner and will receive special liberty and other ship privileges.

The fitness program, while both ashore and underway, is an integral part of Underwood's day to day routine, and each member of ship's crew and embarked personnel are involved in making fitness a priority.

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May 13: Thursday CPO Social Hour – Right Hand Man 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. 270-5431

May 13: Kings and Queens Adult Bowling League Begins. League meets every Thursday at 7:15 p.m. at Mayport Bowling Center. An organizational meeting will be held at 6:45 p.m. Cost is \$15 per week. 270-5377

May 15: Military Appreciation Day. 11 a.m.-5

MWR HAPPENINGS

p.m. at Sea Otter Pavilion. Fun for the entire family including free food and free admission to the base swimming pool. This event is co-sponsored by the USO and MWR. 246-3481

May 15: Swimming Pool Opens for Weekends Only. The base pool will open on Saturdays (11 a.m.-6 p.m.) and Sundays/Holidays (1-6 p.m.) beginning May 15. Full summer hours begin on June 14 when local schools dismiss for summer break. Admission fees

apply. Season passes go on sale now at ITT. 270-5425 or 5451

May 16: 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

May 17: Deadline for Base Golf Championship. Tournament is May 22-23 at Windy Harbor for all active

and retired military, reservists, DOD employees and their dependents with established handicaps at Mayport. Cost is \$45 and includes a breakfast buffet Saturday, awards banquet Sunday and prizes (cart and green fees not included). Format is 36 hole stroke play; two flights, two championship trophies (gross/net). 270-5380

May 18: Summer Basketball Meeting. 11 a.m. at the Gym. 270-5451

May 18: Deadline for Tennis Tournament. Tournament is May 22, 8:30 a.m. at the Tennis Complex. Singles and doubles welcome; Captain's Cup event. 270-5451

May 18: 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). 270-5431.

May 19: All Hands Family Steak Night. 4-7 p.m. at Foc'sle CPO Club. A steak dinner is \$10 per person. Purchase in advance from AGCS Michael Smith at 270-7360. Limited tickets will be available for purchase at the door. 270-5432

May 21: Summer Outdoor Movies Begin – Alvin and the Chipmunks, The Squeakquel

(PG). Start time is at sunset (approximately 8:30 p.m.) at Sea Otter Pavilion. Bring your lawn chairs and/or blankets and bug spray, just in case. Snacks and beverages available for purchase. 270-7205

May 28 & 29: Live Band – Bread and Butter. 9 p.m.-1 a.m. both nights at Castaway's Lounge. All hands welcome; no cover charge. www.myspace.com/bnbjbx 270-7205

May 29: UFC 114 PPV. 10 p.m. at Castaway's Lounge. (Free) www.ufc.com 270-7205

South Pacific Comes To Ocean Breeze



-Photos by Stephanie Edwards

Retired Chief David Reynolds and wife, Pamela, pose for a picture with witch doctor, Dr. Cardoo, prior to dinner.



Performers from Orlando-based Lanakila's impressed a crowd at Ocean Breeze Conference and Catering Center as part of the MWR Mayport event "Polynesian Experience" on May 7. The Polynesian Experience event also featured a Hawaiian-inspired meal from Ocean Breeze. For more information on future MWR Mayport events, visit us online at www.cnic.navy.mil/Mayport/Recreation. Left, Polynesian dancers encourage audience participation by bringing a group up on stage.

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You have until June 11, 2010 to get us your proposals. Some finalist proposals will then be displayed on www.battleofthebuilds.com for your friends, family, and the world to vote on.

Three Finalists will receive a Scion xB and \$15K to make their vision a reality. One ultimate winning team will be flown to Las Vegas to show off their Scion xB at the 2010 Specialty Equipment Manufacturers Association Show. All three Finalists receive healthy cash prizes for the team and their local Auto Hobby/Hobby Center.

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Naval Station Mayport 2010 Base Golf Championship

8:30am Shotgun **May 22-23, 2010**

Cost: \$45
Includes breakfast buffet on Saturday, awards banquet following the Championship Round, and prizes. Cart and Green Fees NOT INCLUDED.

Eligibility
All active and retired military, reservists, DOD, and their dependents with established handicaps at Mayport.

Prizes

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| | 2 nd Place: \$90 G.C. |
| | 3 rd Place: \$60 G.C. |
| | 4 th Place: \$30 G.C. |

Certificates for both divisions. Based on your highest finish in either flight. Payout based on 40 players.

Format
36 Hole Stroke Play
2 Flights (Gross and Net)
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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.

May 13: Jacksonville Suns Baseball Trip. Van departs Planet Mayport at 5:30 p.m. (Free)

May 14: Movie Trip. Van departs Planet Mayport at 6

LIBERTY CALL

p.m. for the theatre. You choose which movie you want to see and we pay for it! (Free)

May 15: Military Appreciation Day. 11 a.m.-5 p.m. at Sea Otter Pavilion. Fun for all ages including free food and free admission to the base swimming pool. This event is co-sponsored by the USO and

MWR. 246-3481

May 15: MMA (Mixed Martial Arts) vs. Cage Fighting. Van departs Planet Mayport at 6:30 p.m. Cost is \$10.

May 17: RPG Night – Warhammer 40K. 4-10:30 p.m. at Planet Mayport. (Free)

May 19: Pool Tournament

Wednesday, 6 p.m. at Planet Mayport with prizes for the winner. (Free)

May 20: Comedian Jeff Dunham Trip. Van departs Planet Mayport at 6 p.m. Cost is \$25.

May 21: Madden Tournament. 6 p.m. at Planet Mayport. (Free)

May 22: Jacksonville Sharks Arena Football Trip. Van departs Planet Mayport at 5:30 p.m. Cost is \$5.

May 23: Big Screen Trivia.

6:30 p.m. at Planet Mayport. Come test your trivia knowledge against Faith, our “Trivia Queen”. (Free)

May 25: Golf Outing and Free Clinic. Van departs Planet Mayport at 3:45 p.m. or meet us there at 4 p.m. Free clinic with nine holes of golf including cart. Deadline to sign-up is May 10. (Free)

May 27: Jacksonville Suns Baseball Trip. Van departs Planet Mayport at 5:30 p.m. (Free)

May 28: Dave and Busters Trip. Van departs Planet Mayport at 7 p.m. Game card included. Deadline to sign-up is May 26. (Free)

May 29: UFC 114 – Rampage vs. Evans. 10 p.m. at Castaway’s Lounge. www.ufc.com (Free)

May 30: Ichetucknee Springs Tubing Trip. Van departs Planet Mayport at 7:30 a.m. Cost is \$5.

May 14: Freedom Friday – Outdoor Movie Night. 7-11 p.m. at the Youth Activities Center for grade K through age 12. Cost is \$7 if advance sign-up or \$9 the day of, if space. 270-5680 or 5421

May 14: Teen Center Extended Hours. 7-11 p.m. at Club Teen for age 12 through grade 12. (Free) 270-5680 or 246-0347

May 15: Military Appreciation Day. 11 a.m.-5 p.m. at Sea Otter Pavilion. Fun for the entire family including free food and free admission to the base swimming pool. This event is co-sponsored by the USO and MWR. 246-3481

May 15: Swimming Pool Opens for Weekends Only. The base pool will open on

Saturdays (11 a.m.-6 p.m.) and Sundays/Holidays (1-6 p.m.) beginning May 15. Full summer hours begin on June 14 when local schools dismiss for summer break. Admission fees apply. Season passes go on sale May 3 at IIT. 270-5425 or 5451

May 16: 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

KID ZONE

May 21: Summer Outdoor Movies Begin – Alvin and the Chipmunks, The Squeakquel (PG). Start time is at sunset (approximately 8:30 p.m.) at Sea Otter Pavilion. Bring your lawn chairs and/or blankets and bug spray, just in case. Snacks and beverages available for purchase. 270-7205

May 22: Youth Summer Bowling Leagues Begin. 10 a.m. at Mayport Bowling Center. Cost is \$9 per week for ages 8-21 and \$4 for ages 3-7. 270-5377

Flag Finds New Home



-Photo by MC1 Heather Ewton

Elizabeth Neville of Atlantic Beach and Chief Builder Eric Elliot of Naval Station Mayport stand in front of the WWII 32nd Seabee Battalion flag that was donated to the Foc’sle Club five years ago. Neville donated the flag after locating it amongst her deceased husband’s belongings. Her husband, Thomas Neville, was a retired senior chief who served in WWII, then went on to the Seabees Reserves. Recently, Neville came across some old check stubs that were written by her late husband as donations to the Seabee Museum in Port Hueneme, Calif. It was then that she decided the flag that was so dear to her husband, and had represented years of history, should be moved to the museum. “I feel so badly taking the flag from the CPO Mess,” she said. “However, I know that my late husband is thankful for the respect and care that the chiefs of Naval Station Mayport has provided her.” NS Mayport Command Master Chief David Anderson reassured Neville to have no remorse for relocating the flag. “We had the watch and are proud to return her back to you,” said Anderson. “It is going to a place where it will continue to contribute to history and the tradition of the flag can be preserved safely.”

Take Short CYP Survey!

From MWR

The Child and Youth Program (CYP) needs to hear from you if you have a child (or more than one) who lives with you at any time during the year and who is eligible to participate in Navy children’s programs. Please enter this link into your web browser to take a short survey: <https://www.surveymonkey.com/s/7QMFPBY>

The survey covers such areas as child care

needs, hours of care you might need, school transportation, youth programs, and youth sports options. It will only take about 10 minutes and will help to determine the needs of all eligible patrons aboard the base.

If you wish to fill out a written survey instead of the on-live survey, you may get a printed copy at any of the installation CYP facilities.



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Obama Signs Veterans, Caregivers Legislation

By Jim Garamone

American Forces Press Service

President Barack Obama signed legislation May 5 to improve health care for veterans and to recognize the important role that family caregivers play in the recovery of wounded personnel.

Obama recognized retired Army Sgt. Ted Wade and his wife, Sarah, during his remarks before signing the Caregivers and Veterans Omnibus Health Services Act during a White House ceremony.

A roadside bomb wounded Wade when he served in Iraq in 2004, and his wife was an important reason why the sergeant made it through, Obama said.



The legislation expands mental health counseling and services for Iraq and Afghanistan veterans, including reserve-component servicemembers.

"We're authorizing the [Veterans Affairs Department] to utilize hospitals and clinics outside the VA system to serve more wounded warriors ... with traumatic brain injury," the president said before signing the bill.

The new law also increases support for veterans in rural areas with the transportation and housing needed to reach

VA hospitals and clinics. It also expands health care for women veterans to meet their unique needs, including maternity care for newborn children, and it allows VA to launch a pilot program to provide child care for veterans receiving intensive medical care.

The legislation also eliminates co-payments for veterans who are catastrophically disabled, and it helps veterans who are homeless.

"We're expanding support to homeless veterans, because in the United States of America,

no one who has served this nation in uniform should ever be living on the streets," Obama said.

The president said the legislation marks a major step forward in America's commitment to families and caregivers who tend wounded warriors every day.

"They're spouses like Sarah," he said. "They're parents, once again caring for their sons and daughters. Sometimes they're children helping to take care of their mom or dad.

"These caregivers put their own lives on hold, their own careers and dreams aside, to care for a loved one," he continued. "They do it every day, often around the clock. As

Sarah can tell you, it's hard physically and it's hard emotionally. It's certainly hard financially. And these tireless caregivers shouldn't have to do it alone."

The law gives caregivers a stipend to care for a severely injured veteran from Afghanistan or Iraq. They also will receive lodging allowances and get the training they need to care for their loved ones.

"If you need counseling, you'll receive it," Obama said. "If you don't have health insurance, it will be provided. And if you need a break, it will be arranged. Ai up to 30 days of respite care each year."

The president said the new law recognizes the obligation

Americans have for those who served.

"Just as we have a responsibility to train and equip them when we send them into harm's way," he said, "we have a responsibility to take care of them when they come home."

The president said his administration has dramatically increased funding for veterans' health care, especially for those with the signature wounds of today's wars: post-traumatic stress and traumatic brain injury. He also mentioned that VA has received its largest budget increase in history last year.

First Female Officers Selected To Serve On Subs

FROM DON

Eleven female midshipmen from the Naval Academy's Class of 2010 have been selected for submarine service upon graduation, following the Department of the Navy's announcement two weeks ago that female officers now have the option to serve on board subs.

"I heard about the opportunity to go on subs and thought wow, what a chance that would be to challenge myself and be able to do something different," said Midshipman 1st Class Rachel Lessard, of Newburyport, Mass.

All of the midshipmen had previously been assigned other warfare communities in preparation for graduation. Of the 11 selected, eight had already gone through the screening for service in the nuclear surface community. The other three had been selected for the conventional surface, Navy aviation and Marine Corps ground communities.

Many of the selected midshipmen first became interested in submarine warfare after spending 24 hours on board a submarine, something all midshipmen have the opportunity to experience as part of their summer training.

"I was really impressed by the enlisted crew. They all loved their jobs and wanted to teach you about them," said Midshipman 1st Class Laura Martindale, of Roselle, Ill. "It was a unique environment that we hadn't been exposed to before as women."

For Midshipman 1st Class Kayla Sax, of Richland, Wash., the Submarine force appealed to her because of the amount of responsibility assigned to junior officers.

"You jump in really quick and qualify to operate a nuclear reactor," said Sax. "And you're trying to qualify on all the watches at the same time that you're trying to lead your division."

Sax said the challenges inher-

ent in the submarine community appealed to her for the same reason she was drawn to the Naval Academy. Midshipman 1st Class Jessica Wilcox agreed.

"It's a challenge, which is exciting, but I'm in it because of what it offers for your development as a leader and for you to help the Navy in the best way possible," said Wilcox, of Honesdale, Pa.

The midshipmen said they have received strong support, both from mentors in the submarine community and from their peers.

"I've gotten a lot of support from classmates through this entire process to help me get ready for my technical interview and talking to me about their experiences on their sub cruises during the summer," said Midshipman 1st Class Marquette Ried, of Fort Collins, Colo. "They're excited to have us going to [nuclear] power school with them and to have us on the boat with them."

Ultimately, these women are

eager to serve and looking forward to the challenges that lie ahead.

"I'd like to serve however the Navy can best use me," said Midshipman 1st Class Elizabeth Hudson, of Plymouth, Mass. "If this is a skill set I can offer and I was selected, then outstanding."

The first two Naval Reserve Officers Training Corps (NROTC) female midshipmen have been selected to serve aboard U.S. Navy submarines.

North Carolina State University Midshipman 1st Class Megan Bittner, from Chesapeake, Va., and North Carolina State University Officer Candidate Karen Achtyl, from Rochester, N.Y., were interviewed May 3 by Adm. Kirkland Donald, the director of naval nuclear propulsion and the top Navy officer in the submarine force, in Washington, D.C. After the extensive interview, Bittner and

Achtyl were selected for submarine service.

"I had always been told that I'd never serve on board a submarine," said Achtyl, who joined the enlisted ranks in May 2004 and worked to the rank of second class petty officer as an electrician's mate. "I was told that this was just how it was, even though I had worked with submariners in the past they would always say you'll never do this. When we started hearing about the possibility of woman on submarines, that's when I said 'yes I can.' I then looked into the processes of making it happen."

"When I heard about the possibility of women on subs last October (2009), I knew this was the opportunity I was looking for in the Navy. I'm excited to be given this opportunity and hope to thrive in a very challenging environment," said Bittner.

Both Bittner and Achtyl are scheduled to be commissioned

as ensigns May 14. The two students will graduate from North Carolina State University in Raleigh, N.C., magna cum laude May 15.

Following their commissioning and graduation May 15, Bittner and Achtyl will attend Nuclear Power School in Charleston, S.C., Prototype (Nuclear Power Training Unit) at one of several locations in the country and Submarine School in Groton, Conn., before being assigned to their first submarine. The whole training process is expected to take 15 to 18 months.

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May Is Physical Fitness, Sports Month

By Health Promotion by the Ocean

May is recognized at Mayport's Health Promotion as physical fitness and sports month.

Participating in a variety of fitness activities and sports provides a wealth of benefits to overall health. Yet, many people find starting and maintaining a regular fitness program to be a challenge.

Basic recommendations from the American College of Sports Medicine and the American Heart Association include performing 30 minutes of moderately intense cardiovascular exercise five days per week or vigorously intense cardiovascular exercise for 20 minutes a day three days a week and



8-10 strength training exercises, 8-12 repetitions of each exercise twice a week.

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

Before beginning any exercise program, make sure that you discuss this with your

health care provider. And, remember that your main goal is to boost your health by meeting the basic physical activity recommendations. Listed are some tips for meeting these guidelines:

- Do it in short time segments. Research shows that moderate-intensity physical activity can be accumulated throughout the day in 10-minute bouts, which can be just as effective as exercising for 30 minutes straight. This can be useful when trying to fit physical activity into a

busy schedule.

- Mix it up. Combinations of moderate- and vigorous-intensity physical activity can be used to meet the guidelines. For example, you can walk briskly for 30 minutes twice per week and jog at a higher intensity for the other two days.

- Set your schedule. Maybe it's easier for you to walk during your lunch hour, or perhaps hitting the pavement right after dinner is best for you. The key is to set aside specific days and times for exercise, making it just as much a regular part of your schedule as everything else.

- The gym isn't a necessity. It doesn't take an expensive gym

membership to get the daily recommended amount of physical activity. A pair of athletic shoes and a little motivation are all you need to live a more active, healthier life.

- Make it a family affair. Take your spouse, your children, or a friend with you during exercise to add some fun to your routine. This is also a good way to encourage your kids to be physically active and get them committed early to a lifetime of health.

- Choose activities that you enjoy, such as swimming, biking, or playing basketball with friends to get your daily physical activity.

Health Promotion is avail-

able to assist with your short and long term health goals. If you need assistance with weight loss, nutrition education, high blood pressure or cholesterol education and/or tobacco cessation, please call 270-5251.

Naval Station Mayport has a gym and a fitness center. These facilities are open to active duty, adult dependents, retirees and reservists.

Please call the gym at 270-5451 or Surfside Fitness at 270-7718 for more information on services available and child attendance rules.

TRICARE Schools Parents On Nutrition With Article Series

From TRICARE

How do we prevent overweight or obese children from becoming overweight or obese adults? According to the U.S. Surgeon General, Vice Adm. Regina Benjamin, obese children are more likely than children of normal weight to become overweight or obese adults. Overweight or obese adults are more at risk for several health problems, including heart disease, type 2 diabetes, stroke, several types of cancer and osteoarthritis.

"Let's start with healthy choices. Eat nutritious foods and exercise regularly," Dr. Benjamin said.

The first step in fighting childhood obesity is to cultivate an environment of healthy eating. Good nutrition is essential to good health and the best time to begin healthy eating habits is at birth. The food parents choose for their children provides

the energy and nutrients kids need to grow up healthy. Making the right dietary choices supports and protects a child's health and can help establish healthy habits lasting a lifetime.

The first lady, Michelle Obama, is leading a national public awareness effort to tackle the epidemic of childhood obesity. She launched Let's Move, a comprehensive, collaborative and community-oriented campaign that includes strategies to address the various factors that lead to childhood obesity.

The Department of Defense Healthy Choices for Life campaign includes a weight management component and TRICARE is arming parents with the information to prevent, rather than to treat, obesity with a series of nutritional articles. Available at www.tricare.mil/mediacent

ter, each article in the series examines a stage of a child's development, explains the best food choices, how food contributes to growth and why it's of continuing importance.

The series includes "Nutrition for Healthy Babies and Mothers," "Solid Choices When Choosing Solid Foods" and "Fighting Adult Obesity Begins With Preventing Childhood Obesity."

Information about the ongoing TRICARE campaign to raise awareness of childhood obesity and encourage children to eat right and exercise is available at www.tricare.mil/getfit. The website contains a little something for users of all ages including articles, video messages from the surgeon general, links, games and "widgets".

Popular Children Liquid Medicines Are Recalled

From Naval Branch Health Clinic Mayport

McNeill pharmaceuticals have recalled Brand name liquid Tylenol®, Motrin®, Zyrtec®, and Benadryl®. The company and FDAs advice to parents is to stop using these brand name products. Please examine your medicine cabinet to determine if you have any of these brand name products. Generic acetaminophen, ibuprofen, cetirizine, and diphenhydramine are not recalled and may be used.

NH Jax and its clinic stock generic diphenhydramine, ibuprofen, and cetirizine, which are not affected by this recall.

For further information on the web, please visit www.mcneilproductrecall.com or www.fda.gov click on "Popular Children's Medicine Recalled." You may also call or stop by your local MTF pharmacy.

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USO has rented the Adventure Landing Park at 1944 Beach Blvd. for June 16 for exciting night of fun. The park will be closing early and will be reopened from 6-11 p.m. exclusively for the military. There will be more information announced at a later date.

Build-A-Bear Workshop Salutes U.S. Troops in Celebration of Military Appreciation Month. Build-A-Bear Workshop, the interactive entertainment retailer of customized stuffed animals, announced that it is celebrating Military Appreciation Month by supporting local USO and offering troops and their families a 20 percent military discount on their purchase. Coupons are available at all three Greater Jacksonville USO Centers. The Build-A-Bear Workshop Foundation will invite Guests to donate \$1 at checkout registers through June 7 in any Build-A-Bear Workshop retail location in the United States to support Local USO Centers. For more information please visit www.buildabear.com. There is a store in Jacksonville at The Avenues Mall (10300 Southside Blvd).

Moe's Southwest Grill is teaming up with The Greater Jacksonville Area USO during the month of May (Military Appreciation Month) to raise funds to send "Goodie Boxes" to local Florida troops currently overseas defending our freedoms. The promotion concludes on May 31. Each "Goodie Box" that is sent from the Jacksonville Market will be mailed directly to a troops from the Jacksonville area. Moe's Southwest Grill goal is to donate as many boxes as number of troops currently deployed from the Jacksonville market. Each package costs \$12.50 in postage. There are

USO NEWS

three easy ways to collect donations for these "Goodie Boxes."

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! This offer is good for stays most nights, with the exception of 7/1 - 7/5, and may be booked through July 31, 2010. (The number of rooms allocated for this offer is limited. Minimum length of stay requirements may apply for Friday or Saturday arrivals. Valid Military ID required upon check-in. No group rates or other discounts apply. Advance reservations required. 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 for more information.

A tribute program that has provided free admission to SeaWorld and Busch Gardens market for more than 4 million members of U.S. and coalition

armed forces and their families has been extended through 2010. "Here's to the Heroes," a program sponsored by Anheuser-Busch, was launched in February 2005 to celebrate the service of military men and women and the sacrifices made by their families.

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

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

The Veterans History Project First Coast is dedicated to honoring the many veterans of Northeast Florida and those who supported war efforts. We record the memories of those who have served our country by conducting interviews. These stories are placed on our website for others to listen and learn: www.vhpfirstcoast.org. We are a partner with the Library of Congress in Washington, D.C. where the

memories of those we interview are archived for future generations: <http://www.loc.gov/vets/>.

Our goal at VHPFC is to reach the more than 200,000 veterans in our area. If you are interested in volunteering to help us achieve this goal, please visit our website for more information on how you can enrich your life and honor a veteran.

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

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

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

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

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

USO/MWR Military Appreciation Day 2010

Fun Activities for Military Personnel & Families

Beer & Wine offered for sale by MWR

LIVE MUSIC!!!
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NS Mayport - Sea Otter Pavilion
Saturday May 15 * 11 AM til 5 PM

Sponsored by MWR * B.A.E. Systems * The Supply Source

FREE BBQ 11:30-4:30 * Games * Pool/Beach * Prizes

Appreciation

From Page 1

lowing times: 11 a.m., noon, 1 p.m., and 3 p.m.

Three grand prizes will be announced following the event by logging onto www.nsmayporthomes.com. The prizes are as follows: two Gas Grills; 22-inch Television; Keurig Coffee Maker; two lucky will receive a \$250 rent concession and another five will receive \$100 rent concession. There will be two residents who receive a one time maid service, three garden hose reels, and three more residents will receive a \$25 American Express Card.

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The COMEDY ZONE Presents

Upcoming Celebrity Performances



Henry Cho
May 20th - May 22nd

Cho often uses his childhood experiences as an Asian American in the South in his comedy. "I'm an Asian with a Southern accent," remarks Cho. "To a lot of people, that right there is funny." Cho appeared on many television shows in late-1980s and early-1990s including Bob Hope's Young Comedians Special, MTV's 1/2 Hour Comedy Hour and VH-1's Stand-Up Spotlight. His other TV credits include guest roles on various sitcoms such as Designing Women, Lenny, The New WKRP in Cincinnati and a starring role in the TV movie Revenge of the Nerds III: The Next Generation.



Sherrrod Small
May 26th - May 29th

With his witty commentary on politics, culture and city life. Small consistently receives rave reviews for keeping audiences entertained with his remarkable comedic talent and improvisation. He recently performed on "Jimmy Kimmel Live" and previously appeared on Comedy Central's "Premium Blend" and NBC's "Showtime at the Apollo", and has written for and performed on Comedy Central's "Tough Crowd with Colin Quinn".

For a complete listing of performance times & tickets visit:

www.comedyzone.com
or call 292-HAHA
1-295 & San Jose Blvd
(located inside the Ramada)

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9440 ATLANTIC BLVD. MV-26275 (Across from Regency Square Mall)... 724-0945
1509 COUNTY RD. 220 MV-52467 (Eagle Harbor, next to Wal-Mart) .. 682-0017
13840 BEACH BLVD. MV-63147 (1/2 mile East of Hodges)..... 821-0982
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Mosquito Season Returns To NS Mayport

From Mayport Environmental

Mosquito season is fast approaching at Naval Station Mayport. While there has been much talk that the extended cold temperatures this winter will greatly reduce or delay mosquito populations this year, this is a false hope according to mosquito control professionals. As temperatures warm and the rains come, mosquito populations will be right back to where they usually are during spring and summer months. There are a number of measures that people can take to help reduce the likelihood of being bitten by mosquitoes, and the chance of contracting a mosquito-borne



Dozens of pesky little mosquitoes attack pants legs in hopes of finding an opening to the skin.

disease.

A variety of mosquito spe-

cies inhabit the Station. While all mosquito larvae develop in water, each species favors a different type of water in which to breed. A number of mosquito species prefer man-made containers, such as tires, discarded cans, buckets, pools, and containment areas. Still others prefer to breed in stagnant water, while some species breed primarily in swamps and marshes, some in fresh water, and others in salt water. Development from egg to adult can be completed in as little as 6-7 days in the summer. Residents and workers on the Station should be on the look-out for potential mosquito breeding containers

and drain them, remove them, or store them so they cannot hold water. Standing or stagnant water issues should be reported to the Public Works Department.

The best ways to avoid mosquito bites are to avoid infested areas, wear protective clothing, and wear insect repellent. While avoiding infested areas isn't practical in many areas of the Station due to the large amount of surrounding wetland, proper clothing and insect repellents can go a long way to reduce mosquito bites. There are several effective insect repellents on the market for personal use, however

only those registered by the US Environmental Protection Agency should be used.

At certain times, mosquito populations become so large that even with personnel taking personal measures to prevent exposure, they become such a nuisance that they interfere with the mission or prevent enjoyment of the outdoors. There are several mosquito light traps locations on the Station that monitor mosquito populations. Personnel from Preventive Medicine at the Branch Health Clinic evaluate the number and type of mosquitoes caught in the traps to determine when mosquito control treatments are

necessary.

Another important component of tracking mosquito populations and determining the need for treatment is mosquito bite complaints from individuals. To report issues with mosquito populations that are interfering with the mission of your organization or quality of life, contact Preventive Medicine at: mayport.prevm@med.navy.mil. Preventive Medicine will confirm the problem and arrange for appropriate control measures to be applied through the Public Works Department.

Insulation: Primary Factor In Energy Efficient Homes

By David Reed

JEA Conservation and Efficiency Specialist

Insulation material is a key component of any home and plays a major factor in determining the home's energy efficiency and comfort level. Insulation slows the rate of heat transfer across a medium due to radiation, convection, and most importantly conduction.

This helps determine the "thermal load" on the home, which affects the size and run time of the HVAC system, and therefore the overall energy consumption of the home. Poor insulation also affects the home's ability to achieve Energy Star® certification.

Energy Star® certified homes are 15% to 20% more efficient than homes built to current Florida Energy Code standards and the insulation plays a key role in achieving this certification.

There are a number of insulation materials available for use in residential applications, so many issues such as cost, personal preference and insulation

requirements need to be considered when determining which type of insulation to use on a project. A good overview of the various types of insulation can be found at <http://www.mme.state.va.us/de/hbchap3.html>. The following is a brief explanation of the most widely used materials in Northeast Florida.

Fiberglass Insulation products mainly come in batt, roll, and loose fill form and are by far the predominant insulation material used. For our hot and humid climate, unfaced batt (no paper vapor retarder) insulation should be used to prevent moisture buildup behind the walls and ceiling.

Cellulose insulation is primarily made from post consumer recycled newsprint that has been chemically treated for fire retardation. The main application procedure is by damp spray, so it needs to dry thoroughly before being covered up with wallboard.

Expanded or Extruded Polystyrene also known as "beadboard" is a rigid foam product made from molded

plastic beads. It is an excellent product for below grade applications since it is very resistant to water penetration.

Closed cell, high density spray polyurethane is a spray foam product used to fill cavities, walls and roof decks.

Open cell, polyisocyanate is a spray foam product used to fill cavities, walls and roof decks.

Insulated Concrete Forms (ICF's) are basically Styrofoam blocks that can be interconnected and filled with concrete to form the walls of the home.

There are a number of other insulation materials such as mineral wool, cotton, hemp, aerated concrete, Faswall, vermiculite, and many more that were not discussed but should be considered as viable alternatives to those that are most commonly used.

The insulation's resistance to heat transfer is the R-value. The R-value of the insulation is determined by the type of material, the thickness and its density.

So, for a particular type of material, the thicker it is, the

higher the R-value. Although the higher the R-value the better, it is important to note that there are diminishing returns on the investment of insulation at higher R-values.

The benefit of going from R-10 to R-20 is not the same as going from R-20 to R-30. A good rule of thumb is that upgrading insulation values above R-30 in the attic and R-19 in the walls should be evaluated for the effectiveness of the cost involved.

The key to an effective insulation system is the proper installation of quality products. A building should have a continuous layer of insulation around the entire build-

ing envelope. For an Energy Star® certified home, a state certified Class 1 Energy Rater will conduct a Thermal Bypass Checklist to ensure that the thermal barrier of the home has been installed properly.

This is important because improper installation procedures can reduce performance by 30 percent or more. To prevent this, follow these simple guidelines for optimum performance of the insulation material.

•Seal all air leaks between conditioned and unconditioned areas.

•Obtain complete coverage of the insulation.

•Minimize air leakage

through the material with air sealing measures.

•Avoid compressing insulation.

•Avoid lofting (installing too much air) in loose fill products.

By understanding the properties of insulation, its effects on a home and how to properly install it, homes can become more energy efficient and provide a healthier, more comfortable living environment for the occupants.



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FFSC Schedule Set

From FFSC

The following classes and activities are offered by the Fleet and Family Support Center (FFSC) and are free of charge. Pre-registration is required and childcare is not available. For more information about the classes or to register call 270-6600, ext. 1701. FFSC is located in Building One on Massey Avenue.

May 13, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

May 13, 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.

May 13, 9-11:30 a.m., **Smooth Move**, Building One Room 719

May 17, 8:30 a.m.-noon, **FERP-Career & Job Readiness Class**, FFSC

May 17, 1-3 p.m., **FERP-Federal Employment Class**, FFSC

May 17, 8 a.m.-4 p.m., **CONSEP**, Building 460 Room C

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

May 18, 9-11 a.m., **Parenting Class**, FFSC

May 19, 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.

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

May 24, 6-8 p.m., **Ombudsman Assembly**, Building 1 Room 104

May 24-27, 8 a.m.-4 p.m., **TAP Separatee Workshop**, Building One, Room 1616

Designed for Military personnel within 180 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.

May 24-25, 8:30 a.m.-3:30 p.m., **Three Is A Crowd**, Building 1 Room 702

As you seek to recover from a marital affair, this workshop will guide you and your spouse toward five outcomes: Stabilize the marriage in the initial crisis. Provide structure for this emotionally volatile environment. Bring closure to the "old" marriage - the marriage prior to the affair. Set established skills necessary for the "new" marriage pattern. Answer the questions: "How could you do this to me?"

Why did you do it?"

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

May 25, 9-noon, **Couples Communication**, FFSC

Whether you've been dating for 6 months or married for 20 years, effective communication is critical to keeping your relationship happy, healthy and strong. Come learn new techniques which will help you build on the strengths of your relationship and learn to identify barriers to effective communication. Class is a one-time 3 hour class. Couples are encouraged but not required to attend class together.

May 25, 9-11 a.m., **Parenting Class**, FFSC

May 26, 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.

May 27, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

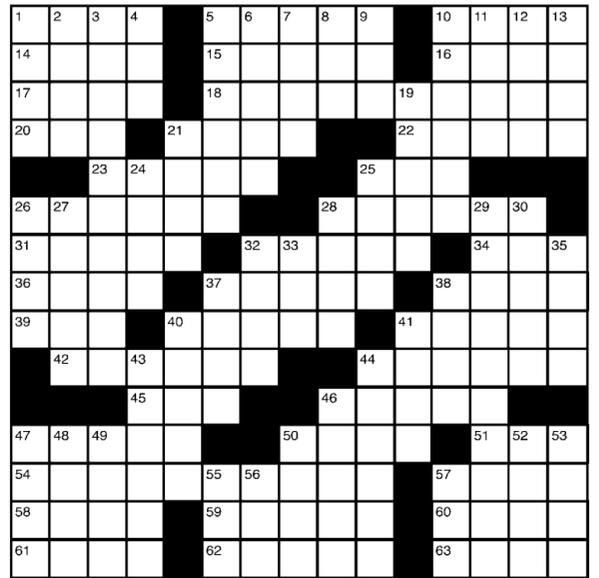
June 1, 9-11 a.m., **Parenting Class**, FFSC

June 8, 9-11 a.m., **Parenting Class**, FFSC

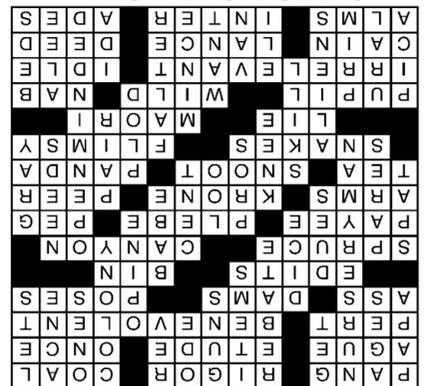


THE Daily Commuter Puzzle by Jacqueline E. Mathews

- ACROSS**
- Spasm of pain
 - Severity
 - Fuel, for many
 - Malarial fever
 - Musical composition
 - ___ in a while; occasionally
 - Smart-alecky
 - Generous
 - Donkey
 - Grand Coulee and Hoover
 - Says "Cheese!"
 - Reviews a manuscript
 - Canister
 - Evergreen tree
 - Gorge
 - Check academy
 - Naval Academy newcomer
 - Nickname for Margaret
 - Upper limbs
 - Danish dollar
 - Equal
 - Actress Leoni
 - Nose
 - Black-and-white mammal
 - Adders & asps
 - Poorly constructed
 - Commit perjury
 - Original New Zealander
 - Student
 - Out of control
 - Arrest
 - Off the topic
 - Just sitting there
 - Abel's brother
 - Cavalry spear
 - Action
 - Charity
 - Bury
 - Lemony drinks
- DOWN**
- Father
 - Gets old
 - One who cares for and sells plants
 - Acquire
 - Partial return of a payment
 - Articles
 - Weapons
 - ___ on a Grecian Urn
 - Gun the engine
 - Virginia or Delaware, once
 - Individuals
 - Undesirable spots
 - Permits
 - Give one's two cents' worth
 - Gaming cubes
 - Member fees
 - Baseball's Ruth
 - Argument
 - Whittles
 - Penny
 - Liberal
 - Requirements
 - Major leaguers
 - British lavatory
 - ___ matter; brains
 - Part of the leg
 - Couple
 - Dexterity



THIS WEEK'S ANSWERS



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| '05 Hyundai XG350 L.....\$9,995 | '06 Buick Lucerne CXL V6.....\$16,895 |
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| '05 Hyundai Sonata LX.....\$10,995 | '06 Buick Lacrosse CX.....\$16,995 |
| '05 Hyundai XG350 L.....\$10,995 | '07 Hyundai Santa Fe Limited.....\$16,995 |
| '05 Buick Lacrosse CXL.....\$11,995 | '08 Hyundai Tiburon GS.....\$16,995 |
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| '03 Jeep Wrangler X Freedom Edition.....\$12,995 | '06 Buick Lucerne CXL V6.....\$18,995 |
| '05 Buick LeSabre Limited.....\$12,995 | '06 Mini Cooper S.....\$18,995 |
| '05 Hyundai Tucson LX.....\$12,995 | '07 Toyota Avalon Touring.....\$18,995 |
| '07 Honda Civic LX.....\$12,995 | '09 Hyundai Sonata Limited V8.....\$20,995 |
| '09 Hyundai Accent GLS.....\$12,995 | '06 Nissan 350Z Enthusiast.....\$21,995 |
| '09 Hyundai Accent GLS.....\$12,995 | '08 Honda Ridgeline RT.....\$24,995 |
| '09 Hyundai Accent GLS.....\$12,995 | '08 Hyundai Veracruz SE.....\$25,995 |
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4660 Southside Blvd., Jacksonville, FL 32216
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Out in Town

Friday, May 14

Fleet Reserve Association Branch 290 is hosting a Spaghetti Dinner from 5 to 8 p.m. at the Branch Home at 390 Mayport Rd. The menu will include garlic bread and salad. A donation of \$6.00 is requested for each dinner. Carry out orders are accepted. Happy hour precedes the dinner from 4-6 p.m., all drinks are 50¢ off. The public is always invited to dinner. Starting at 9 p.m. the music of GUITAR RED will entertain until 1 a.m.

Saturday, May 15

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

The 11th Annual Riding Into History will be held at the World Golf Village near St. Augustine, Florida. The event is one of America's premier vintage motorcycle shows and it features a Concours d'Elegance, Charity Rides and the Biker's Ball. All proceeds go to the Wounded Warrior Project. Craig Vetter will host free seminars at the Concours, and Clement Savadori noted writer and world motorcycle traveler serves as Grand Marshal. For more information go to: RidingIntoHistory.org.

Join a park ranger at 10 a.m. for a discussion on the different types of shark teeth that can be found on the area's beaches. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

COMMUNITY CALENDAR

essary and the program is free with regular park admission.

Join the Jacksonville Humane Society for the 11th annual "Fur Ball Gala: A Night at the Oscars" from 7-11 p.m. at the Omni Jacksonville Hotel. This year's black-tie fundraiser will feature dinner, live and silent auctions and the crowning of the four-legged best actor and best actress. Tickets are \$150 per person, \$1,000 for a half table, \$1,500 for a personal table and \$1,700 for a corporate table. Pets are admitted for free with their owners. Tickets can be purchased at www.jaxhumane.org or by calling 904-725-8766.

The Cummer Museum of Art & Gardens, 829 Riverside Ave., is hosting a morning of fun for children ages 6 to 12. Participants of Art Adventures: ABZ Books will spend two hours exploring the galleries, art making and time in Art Connections. Participating individuals can gain inspiration for their ABZ alphabet collage book by touring Jazz ABZ: An A to Z Collection of Jazz Portraits by Paul Rogers with poems by Wynton Marsalis. The exhibition, on view through August 8, 2010, features 27 paintings of famous jazz musicians by Rogers. This exhibition includes selected poems by Marsalis and highlights jazz legends from A (Louis Armstrong) to Z (Dizzy Gillespie) through art and poetry. This marks the first time these works have been presented in a museum exhibition. Cost is \$ 10 for members and \$15 for non members. Pre-registration is required. For more information or to register, please call

Art Connections at (904) 355-0630.

Monday, May 17

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

Wednesday, May 19

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

Friday, May 21

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

Saturday, May 22

Join a park ranger at 10 a.m. for a walk on the beach as they explain the importance of undeveloped beach habitat, including many interesting facts about sea creatures and common shells found in the area. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Join a Park Ranger at 1 p.m. for a leisurely paced hike to discover the island's natural communities. Participants are encouraged to bring bug spray and bottled water. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

ations are necessary and the program is free.

Sunday, May 23

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. This program will take place at the Ribault Club on Fort George Island Cultural State Park. No reservations are necessary and the program is free.

Join a park ranger at 1 p.m. for a walk on the beach as they explain the importance of undeveloped beach habitat, including many interesting facts about sea creatures and common shells found in the area. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

Monday, May 24

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

The City of Jacksonville

Canning Center in cooperation with the Duval County Extension Service will offer a workshop from 9 a.m.-noon or from 1-4 p.m. Learn how to make cranberry apple walnut relish and take some home for the family to enjoy. The cost is \$20 per person which includes all materials. Space is limited. You must pre-pay to register. Send your \$20 check made payable to DCOHAC and mail to Canning, 1010 N. McDuff Ave., Jacksonville, FL 32254. Deadline is March 27. Call Jeannie at 387-8850 to register.

Saturday, May 29

Join a park ranger at 1 p.m. for a program about jellyfish, Portuguese Man of War, and stingrays that are frequently seen along Talbot's Beaches and some basic first aid if you should unfortunately meet one of these Talbot residents. The program will take place at pavilion one on Little Talbot Island.

Saturday, June 5

Join a park ranger at 3 p.m. and discover the importance of estuarine systems that surround the inshore sides of barrier islands like those of the Talbot

Islands State Parks complex. This ranger-guided hike along the salt marsh will help point out why these areas are one of the most productive ecosystems on Earth. Participants will also learn about the many roles the salt marsh plays, the plant and animal life found in this natural community, and the impacts humans have on this system. This program will take place at the Ribault Club in Fort George Island Cultural State Park.

Saturday, June 12

Join a park ranger at 3 p.m. and learn about the life-cycle of the sea turtle and the importance of these creatures. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free.

Saturday, June 26

Join a park ranger at 3 p.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park admission.

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 Matthew, 8 I wish to be a pilot
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 \$7.50 Shrimp Baskets, \$1.50 Hot Wings 'til 9pm.
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5 pm Tuesday
 Ladies drink FREE drafts and wells, Martinis and Long Islands all night. New Orleans-style cuisine, two bands play Rock, Blues & Funk Music.

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 Baseball fans, join your friends after the game!
 Across from the Baseball Grounds 3rd base gate.

The THURSDAY ROCK CONCERT SERIES features popular local bands like JIM & JERRY, OUT OF HAND, CIRCLE OF INFLUENCE, STRESS and SWERVED - plus awesome national Tribute Bands like "CARNIVAL OF CRUE" (Motley Crue), "1984" (Van Halen) and "DESTROYER" (KISS)! - Check the website calendar.

LATIN 1ST FRIDAY
 1st Friday of the Month
HOT 'N SPICY
 Music AND food
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Many people prefer to place classifieds in person and some classified categories require prepayment. For your convenience, we welcome you to place your classified ad at The Florida Times-Union from 7:30 a.m. - 5:00 p.m., Monday-Friday at One Riverside Avenue (at the foot of the Acosta Bridge).

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

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

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

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

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

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Happy Ads
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Rides/Travel
Notices
Personals
Dating and Entertainment

Clubs and Organizations

Train Collectors Assoc.
Train Show, Sat, May 15
11a-4p, Marriott Court-
yard Hotel, 610 Wells Rd,
Orange Park. Admission
\$5, kids under 12 FREE. E-
1-295 exit 10 S (US-17).
Turn R on Wells Rd, 1/4
mi to hotel. For more info,
call Chuck Bryner at
904-542-3500 ext. 8833.

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.
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Miscellaneous
Out of Area/Town/State
Real Estate Wanted

Georgia Real Estate

PCS - F50 Property Kingsland. Built '06. 4/2 home w/ 1995 Sub. Like new must see! 912-510-0287. Open House May 22nd, 1-4

San Marco

LAKEWOOD SAN JOSE AREA
6115 Duke Rd.
Brick home, Move in condition! Convenient to everything! Minutes from downtown. 3 Br / 1 Ba, 1100 SqFt, New Windows, New Roof, Remodeled kitchen with custom cabinets, Remodeled bathroom, Beautiful hardwood floors, New driveway, Brick exterior with maintenance-free vinyl overhang, Huge fenced backyard, Tiled Sunroom overlooking backyard and patio, Attached one-car garage, Fire-escape, plus more... Will Co-op. Reduced to \$143,900. Call 904-254-8797

Westside

FOR SALE

4/2, 2005SF New kitchen, roof, A/C & bthrms, hrdwd flrs, 1 car gar \$109,900 Lic. Agent 904-673-4660

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Paxon- 3/1, 2828 W. 5th St. Major repairs \$12,000 obo \$1000 down Must Sell!! Call 710-8009

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Get It Sold! List your property with our Get It Sold program and get results. For as low as \$99, your ad will appear in print every Thursday through Sunday for 30 days as well as online. To sign up, or for more info, call Mike Jewett at

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North Jacksonville

PCS - NORTHSIDE 4/2.5, 2800sf, B11 '07, w/19 patio, 2car garage, liv/din, fam, kit, w/bkfst nook \$249,900. 904-881-2767

PCS 3/2 \$1250, Victoria Lakes, Northside. Large fenced yard, water view, community pool, playground, 20min to airport. Scott 904-424-0280

Waterfront

DEEP WATER

Black Hammock Isl., Jax Nassau River, owned by Pro angler. 3BR, 2.5BA including 4535ft sports bar, 904-424-9900. Asking \$674,900. Call Bingemann Realty Sales Inc. 904-945-3265

Camden Co.

2.5ac 12' deepwater frontage on Satilla River, 50 mi to Jax. Highbowl, well & septic, dock permit. \$110,000 912-281-1544

Condominiums

FOR SALE

Middleburg-The Ravines Golf, 904-282-6264. remodeled efficiency, \$25k. Call 904-282-6264.

Manufactured Homes

Fairways Forest - 3325 Sara Dr. 4/2 5 all brick. Updated eat-in kit, w/new lrg tile flr, granite cnts, S/S app's. New carpet in the BRs. FR LDR Family rm, inside Indry reduced \$11K to \$189K for 2060sf. A 20min. drive from the base. University Park - 3940 Moss Oak Dr. 3/2.5, Contemp. 2story w/an upstairs MBR suite. Boasts a wrap around scrm deck in the back. Fyter, 2story stone FR, eat-in kit, w/lrg tile flring, inside Indry m. Formal DR, side entry gar, open flr plan w/2story vaulted ceiling in the Family room. Just reduced to \$192K for 2450sf. Call Kathy Jaeger at 904-616-2319

Refurbished 3BR/2BA

5mins from Mayport Naval Base \$700mo Call 904-242-9404

Farms/Acreage

54 ACRES in SW Brantley Co., near Hoboken 70 mi to Jax, mostly high land w/ scattered pines. exc hunting! Will divide in half \$2100/ac. in avail. Call 912-281-1544

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Rooms to Rent
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St. Johns Houses Unfurnished
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Rental
St. Johns Lots
St. Johns Roommates
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Mandarin/Del Rio - 2br/2ba

w/ gar, fncd bkrd, lawn srvc & wtr incl. \$800mo Call Bob 465-6998

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rm, new cpt, CHIA, all new, \$825/mo+dep. HUD OK 904-514-4872

off Arlington Rd., 2BR,

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Orange Park - 3/2, 2 car

gar, fncd corner lot, ch&o, great wtr w/FP, \$875mo+dep. 272-1674

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over 1300sf, carpet, fireplace, large screened room & shed, huge fenced yard, all appliances, \$900mo +dep. 407-474-2878

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PCS - NORTHSIDE 4/2.5, 2800sf, lg bkrd w/patio, 2cg, appl's, paved parking \$900,000 \$1500mo. 904-881-2767

PCS 3/2 \$1250, Victoria Lakes, Northside. Large fenced yard, water view, community pool, playground, 20min to airport. Scott 904-424-0280

WESTSIDE - 3/1 on lrg

priv fncd lot, ch&o, tile floors, 2 bonus rms, \$1050mo+3850dp 777-9372

WESTSIDE - 2 br, 2 ba

home, CH&A, clean, new carpet, 750mo+dep. 904-463-1947

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ATLANTIC BEACH Mobile Homes Avail For Rent 2 & 3BR's Call 904-242-9404

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Businesses For Sale

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Office Space For Rent

Retail For Sale

St. Johns Commercial/Industrial For Sale

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St. Johns Businesses For Sale

St. Johns Office Space For Sale

St. Johns Office Space For Rent

St. Johns Retail For Sale

St. Johns Retail For Rent

Commercial/Industrial For Sale

8550 Arlington Expressway 3.6 acres, 40,000sf, paved parking \$900,000 Call Art 904-641-3133

Commercial/Industrial For Rent

WESTSIDE - office bldg 2100sf, + lrg detached garage, approx. 2000sf, \$1850mo. 904-272-1304

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Mandarin Office Condo \$155/mo Firm Call 904-509-1744

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Fictitious Names

Financial Services

Money to Lend/Borrow

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Education & Training

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Schools

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Schools

Cambridge Medical Institute is currently enrolling for *Associate in Science Nursing Program *Patient Care Tech Program & *Phlebotomy Program Classes are starting May 24. Call 904-750-9996 for more info

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3.0 Ton HP Installed \$2495 All Prices Listed Online Get Instant AC Quote now www.FLCooling.com Call 904-302-9507 CAC1813316

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Kid's Stuff
Machinery & Tools
Medical
Miscellaneous Merchandise
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Portable Buildings
Public Sales
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Trailers
Wanted to Buy or Trade

Appliances

AIR CLEANER Hunter floor model, w/tonizer & precipitator, 3 speed timer, filter, indicator. Works great. \$45. 268-2482

Arts and Crafts

Charity Event May 22 Vendors/Crafters Wanted www.floridajuniorcivitan.org Call 866-415-8020

Craft/Thrift Stores

Charity Event May 22 Vendors/Crafters Wanted www.floridajuniorcivitan.org Call 866-415-8020

COMMUNITY HOSPICE

THRIFT SHOP 10771-406 Beach Blvd. 1/2 OFF original prices on dining room furniture. Artwork 1/2 Price. 998-1718

Estate Sales

FULL HOUSE!! BR, DR, LR Furn, China, Cedar Chest, TV, Kitchen items, Antas & Collect. Fri & Sat, May 14-15, 8a-2p, Pine Run- 8651 Deerwood Way, E. 32217

Furniture/Household

QUEEN SIZE Mattress Set Still in the Factory Sealed Plastic \$100.00 (904) 644-0498

Bdrm SET 5-PC CHERRY MUST SELL. \$250 (904) 644-0498

Garage Sale

Arlington - 2 family Garage sale. Furniture, dollhouse, nice HH items Fri & Sat, 8a-4p, 1336 Brookmont Ave. E.

INTRACOASTAL

YARD SALE Sat 5/15, 8-4 Springtree Village of Jax owners assoc. off Fouraker Rd & Springtree Rd. follow signs.

WESTSIDE Giant Comm.

Garage Sale: Cecil Pines, 6008 Lake Cove Ave. Sat. 5/15, 8am-1pm only! Located on Cecil Field. Collectibles available & much more!

BARGAIN HUNTERS GALEORE

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

Garden

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Models Open
Mon-Sat 10am-6pm
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904-996-2625 | 2 Convenient Southside Communities!

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- Excellent Southside locations, minutes from I-95, J Turner Butler Blvd, shopping, dining, entertainment



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

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



YELLOW BLUFF LANDING New Homes from the \$120's!++

904-683-4772 | US-17 just North of Pecan Park Road

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



HERON ISLES Homes from the \$120's!++

904-335-5032 | Chester Road North of A1A in Nassau County

- Convenient to I-95, Jacksonville International Airport, great shopping, dining & entertainment
- Highly rated Nassau County Schools
- Close to Amelia Island and the Beach
- Tranquil, quiet natural setting
- Great location, convenient to Kings Bay Naval Station



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Glen Murchison and Bill Drury are two of the best in the business when it comes to helping the Military folks find a comfortable bed at an extremely low price in Jacksonville. Murchison, the owner, and Drury, his district manager, operate Beds Beds Beds located at 9843 Beach Blvd. The concept of Beds Beds Beds is simple: To offer all of the best brands at the best prices, everyday.

Beds Beds Beds' Southside location is one of three stores in the area. And closest to Mayport naval Station. Other locations serve residents close to NAS in Orange Park and Lake City.

Outside of Florida, Beds Beds Beds operates throughout the country with a total of 40 different stores, which gives it the opportunity to sell its beds at rock-bottom prices — 50 to 70% off competitors' retail prices.

"What we do here is, basically, factory seconds. That's what sets us apart," Drury said. "They (the beds) may be mismatched, overstocked, discontinued, have a blemish or something like that. That's what makes us different from the regular big box or discount department stores."

Beds Beds Beds' inventory is extensive, with hundreds of beds to choose from with famous Name Brands and off-name brands in its 4,500-square-foot Southside location. Beds Beds Beds carries a variety of brands, including Simmons, Sealy, Carolina and Restonic, posturepedic, comfort pedic just to name a few.

"We carry a little bit of everything — if somebody's looking for something, that we don't have we can get it," Drury said. "Not only do we carry a huge selection of box springs and traditional mattresses, but we also carry memory foam, latex, pillow top and more. If it has to do with a mattress, we can get it. We have special sizes too."

Beds Beds Beds' has been serving the Military Communities in Jacksonville for the past 35 years, with the Southside location in business since 1988. With that experience, Murchison and Drury have been able to help the military folks and their families find what they want at a very reasonable price.

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Beds Beds Beds also has an outside service that delivers its beds, which Drury said can usually accommodate same-day delivery. "The best concept of being an outlet store, we really do save customers 50 to 70% on every purchase," Murchison said. "That can equate to thousands of dollars." Won't that give you a goods night sleep???

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