

Sea Services Release Naval Ops Concept

From Navy Office of Information

Similar to the collaborative signing of the Maritime Strategy, “A Cooperative Strategy for 21st Century Seapower,” the Chief of Naval Operations and Commandants of the Marine Corps and Coast Guard released the Naval Operations Concept 2010 (NOC 10) <http://www.navy.mil/maritime/noc/NOC2010.pdf>, which guides implementation of the strategy and describes how, when and where U.S. naval forces

will contribute to enhancing security, preventing conflict and prevailing in war.

NOC 10 describes the ways with which the sea services will achieve the ends articulated in the Maritime Strategy, signed in October 2007.

“The Naval Operations Concept charts more precisely how our naval forces can and do put into motion our Maritime Strategy,” said Adm. Gary Roughead, chief of naval operations. “Free from territorial boundaries, naval forces can

responsively maneuver to meet global needs and challenges when and where they happen.”

NOC 10 states who the naval forces are, what they believe, where they operate, what they provide the nation, and what capabilities they employ to meet the demands of a complex, evolving security environment.

NOC also describes how naval forces use the sea as maneuver space and are employed across the range of military operations.

NOC 10 recognizes that naval forces continuously operate forward—and surge additional forces when necessary—to influence adversaries and project power.

For more information on the Maritime Strategy go to: www.navy.mil/maritime. For more information on NOC 10 go to: www.navy.mil/maritime/noc.

Swim Call At Mayport



-Photo by Paige Gnann

Aquatics Director Ashley Itzen watches swimmers practice the back stroke during the first day of the Novice Swim Team for children 6-16 years old. The swim team is still open for new members. Cost is \$25 and includes six swim meets and the River City Championship meet. Practice and instruction is free. For more information, go online to www.rscl.org or call Coach Bob Anderson at 626-1905. The base pool opened last week for open recreation swim on the weekends and holidays. It will be open from 11 a.m.-6 p.m. on Saturdays and 1-6 p.m. on Sundays. Memorial Day hours are 11 a.m.-6 p.m. The pool will open for weekday swim on June 14. Season passes are on sale for \$120 for families and \$60 for individuals and can be purchased at MWR ITT office. Water aerobics classes will begin June 1 and taught by Mayport's fitness instructors. Classes are free and will be held from 9:30-10:30 a.m., Mondays, Wednesdays and Thursdays.

Sea Turtle Nesting Season At NS Mayport

From NS Mayport Security

Naval Station Mayport beaches are a great place to live and visit for both people and endangered species of sea turtles.

It is just a little tougher to find a good place to “nest” if you are an endangered sea turtle.

Turtle nesting takes place May 31 through Oct. 31. However, their safety depends on you. Hatchlings find their way to the sea by light clues, such as brightness. They instinctively crawl towards the brightest light and become disoriented if artificial lights are shining from behind.

Artificial light from beachfront homes, streetlights or even flashlights can attract the hatchlings away from the safety of the water and lead them to their

deaths.

Lights and people disorientate female turtles coming ashore to nest. If one is sighted coming ashore, contact the base Wildlife officer and remain clear, stay quiet, do not use a light source and don't allow anyone near her to disturb her nesting.

How can you help? By simply keeping our beaches as dark and quiet as possible throughout the nesting period. Consider the following suggestions:

- Turn off all unnecessary lights and do not use flashlights without a red lenses.
- Reposition the source of any light fixture so it is not visible from the beach.
- Use motion detectors on outside lights for security purposes.
- Place timers on lights so

See Sea Turtle, Page 12

Make Plans For Hurricanes

By Steve Millican

NS Mayport Emergency Manager

June 1 marks the official beginning of the 2010 hurricane season and Sailors, DoD civilians, and their families need to get ready.

To ensure readiness, Sailors, civilian employees, and their families should make hurricane preparations now and review those preparations periodically throughout the year. When a hurricane approaches, ships may be ordered to sortie and aircraft may evacuate. Any final hurricane preparations will fall onto family members who must be prepared to assume the burden of self-protection and survival in the absence their spouse. Waiting until a hurricane watch is posted could result in shortages in materials and supplies. Making preparations now, to include developing an evacuation plan and assembling a survival kit, is the best way to avoid problems and confusion associated with last minute storm preparations.

Actions to be taken before the storm:

Prepare an evacuation plan. Having a plan will allow for timely evacuation should local or military authorities order an evacuation. In many cases, voluntary evacuation may be prudent even if authorities don't order a mandatory evacuation. If possible, plan to go to the home of a family member or friend outside the reach of the hurricane. Otherwise, ensure you plan for multiple destinations as hotel/motels will likely become unavailable quickly. Plan multiple routes as traffic congestion is likely. If possible, travel with family, neighbors or friends. Ensure your vehicle is properly maintained and has a full tank of gas. Obtain a beaches complex reentry pass from your local municipality if you reside east of the inter-coastal waterway.

Have emergency supplies on hand and a survival kit ready, regardless of your evacuation decision. Some recommended items to have in your survival kit include, but are certainly not limited to: change of clothing, personal hygiene items, sleeping bags/blankets, first aid kit with essential prescription medications, battery operated radio, flashlights, extra batteries, phone char-

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Happy Birthday
To USS Boone
Page 6

USS Underwood
Visits Panama, Columbia
Pages 8-9

Welcome Home
HSL-46 Detachment 8
Page 15



Capt. Aaron Bowman

The end of the month may be upon us, but it is the start to a whole bunch of activity on Naval Station Mayport.

Sea Turtles

We are very proud of our environmental stewardship here at Naval Station Mayport and that includes our sea turtle program. Turtle nesting takes place May 31 through Oct. 31 and that means it's time to turn off the lights if you live near the beach. Hatchlings find their way to the sea by light clues, such as brightness. They instinctively crawl towards the brightest light and become disoriented if artificial lights are shining from behind. Outside lights should be turned off by 10 p.m. House windows facing the beach, including Navy Lodge and BOQ, must be drawn at sunset.

If you happen to come across

CAPTAIN'S COLUMN

a turtle - remember they are federally protected animals. Never touch a nesting female or emerging hatchlings. These actions are a violation of federal and state laws. Only permit holders are allowed to touch or move a sea turtle. Notify the Wildlife officer, Beaches Sea Turtle Patrol or the Florida Marine Patrol if you find a live or dead sea turtle unless the turtle has a red "X" on its shell indicating it has already been checked by the appropriate authority and is waiting for burial by beach sanitation units.

For more information, or if you sight an unmarked nest, hatchling or stranded sea turtles, contact the NS Mayport Wildlife Office immediately at 219-2178 for the base beach and Hanna Park. Call the Beaches Sea Turtle Patrol at 613-6081 for all Jacksonville area beaches or the Florida Marine Patrol at 270-2500. If all else fails, come knock on my door and I'll take care of it.

Battle of Midway

The Navy League of Mayport is hosting the Battle of Midway Commemoration Dinner on 5 June, at the Renaissance Resort, World Golf Village. Midway

was one of the U. S. Navy's greatest sea victories and the turning point of World War II in the Pacific. Veterans of the Battle of Midway will be in attendance and this is a great way to hear about their experiences. For more information about ticket prices, contact Bill McLoughlin at 285-8731.

Events

Thanks to the USO and MWR for the fabulous USO Appreciation Day activities. Hundreds of service members and their families came out to Sea Otter Pavilion on 15 May 15 to enjoy a day of food, fun and music courtesy of USO. The USO is also sponsoring the Sesame Street/USO Experience for Military Families - a free traveling USO show based on Sesame Workshop at Naval Station Mayport on 10 June. The free show, which is exclusively for military families, includes a 25-minute character performance. The performances will be held at 1700 and 1700 at the Gym. No ticket is required, but it is on a first come, first serve basis.

USO has also rented the Adventure Landing Park, at 1944 Beach Blvd., for 16 June.

The park will be closing early and will be reopened from 1800-2300 exclusively for the military. Wristbands are available at the Mayport and NAS Jax USO centers for \$2.50. This is for active duty and immediate family members only, including National Guard. Wristbands will be sold on a first come, first serve basis. Adventure Landing Season Passes are not valid for this day.

Visitors

I want to welcome our visiting foreign navies to the base. There are approximately 200 Pakistani navy officers and sailors working aboard USS McInerney as the ship prepares for its decommissioning from the U.S. Navy in August and commissioning into the Pakistani navy.

We also want to welcome HMS Ark Royal, HMS Liverpool and RFA Ft. George from the Royal British Navy. The ships will be in port for a few days before heading out for exercises as part of the Auriga multinational naval task group. I know that the host ships, USS Samuel B. Roberts and USS Halyburton, along with MWR Mayport, have been working hard to coordinate sporting and social events to keep the crews entertained and promote international relationships.

Safety

Ok, now on to some serious talk. Some of you may have heard that our CMC Dave Anderson had to "lay down" his bike while coming off of a 9A ramp recently. Luckily, he is an experienced rider, was following the traffic laws and, most importantly, was wearing a helmet and his riding gear. He walked away from the accident with a few sores, a seriously scratched up helmet and a bit of a bruised ego - but he did walk away. We have already lost one Sailor at Mayport this month to a motorcycle accident. I can't stress enough how important it is that you practice motorcycle safety. We have an outstanding motorcycle safety course here at Mayport and you are required to graduate from it before you can ride a motorcycle on naval station property. That's not enough. You need to take what you learn and use it! This is Memorial Day weekend and traditionally one of the most deadliest times of the year. I plan on spending my day downtown at the city of Jacksonville's Memorial Day Observance. I don't want to spend it hearing about one of my Sailors getting hurt or killed.

Memorial Day

Speaking of the observance, the city of Jacksonville will

hold its event at the Veterans Memorial Wall at 1145 East Adams Street at 1000 on 31 May. There will be keynote speakers, wreath presentations, a 21-gun salute and a musical tribute by the Navy Band Southeast Sound of Freedom Band. We should all take a moment on Memorial Day to offer thanks to the veterans and service members who came before us or committed the ultimate sacrifice to keep America safe.

As always, please keep an eye out while you go through your day and don't hesitate to let me know if you see a better (or safer way) to do business around the base. I hope you like our new solar speed signs and as I write this we are putting down concrete at our handicap beach access so you can get from the parking lot to the beach. Your concerns are my concerns, so keep those suggestions rolling in to the CO's suggestion box located at the base galley, or email them to aaron.bowman@navy.mil

Gift Ideas For The High School Graduate



**Judy Cromartie
School Liaison Officer**

Need gift ideas for a graduating senior? Here are some ideas to help you select the best graduation gift for a son or daughter, a nephew or niece, or a family favorite.

Notebook computer. A new computer is a great gift for a college-going graduate. The

KNOW THE ROPES

notebook offers more convenience, allowing the student to take it to lectures to type notes, to group meetings around campus, or to work on papers or projects if he has a little downtime between classes. If you have some extra money in the gift-giving budget, be sure to include an air card. If money is tight, the desk-top computer is the next best thing.

Camera. Cameras are used now for so much more than remembering all the good times at college or starting a new job or joining the military. Learning to use a camera on a

new job or in college adds skills which can lead to a promotion or additional skills on a resume.

Money. The most popular high school graduation gift is money. As long as you don't care how it gets spent, feel free to write a check and include it in a graduation card. It may not seem very heartfelt to you, but it is usually the most appreciated gift of graduates whether they are going away to college, staying home for college or work, or joining the military.

Gift cards. If you worry that your graduate may not make the best financial decisions,

you may want to give gift cards instead of cash or a check. Gift cards can range from gas cards to grocery store gift cards to prepaid cell phone cards. These are great gifts because you know that the necessary expenses will be taken care of for the first few months out on their own. The prepaid cell phone card also insures a call home when the money has run out.

Personal Digital Assistant (PDA). PDA's can be used as mobile phones, web browsers, portable media players, calendars/organizers, etc. The organizer function is very handy for organizing assignment deadlines, activity dates, and even dentist appointments. Graduates will now be taking on a larger part of organizing their lives, and this can really help.

Housing decorations. Helping furnish a dorm room or apartment as a graduation gift will help save money on the actual move. If you are planning to purchase an item for the dorm room or apartment, check first with the graduate to make sure it hasn't already been purchased and that it is allowed in the housing regulations. Small appliances, a bookcase, a bulletin board, or even a good reading light are really needed in either a dorm room or an apartment.

Gift basket. Since most graduates are on a tight budget, put together a basket of small items that can help get through that first costly month - buying new clothes, books, required supplies, etc. Include items such as laundry detergent, dryer sheets,

shampoo/conditioner, body wash, toothpaste, disposable razors, lotion, etc.

If you think of anything else that would be beneficial for a graduate to have, don't be afraid to buy it. The graduate will appreciate anything that you give him.

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 (904) 219-3894 [cell].

When Path Isn't Clear, Let Faith Be Your Guide



**Chaplain Brandon Harding
CHSMWL**

As we look around us, the world seems to be in more turmoil now than ever. From wars in Iraq and Afghanistan, to the housing market, to failing financial institutions; there is plenty to give us worry. Now more than ever we need a sense of peace in our lives.

Where do we turn for peace? I would like to share and experience I had in my own

CHAPLAIN'S CORNER

family several years ago before I left on a deployment to Iraq in 2007. I was deploying with a Marine infantry battalion to Hadithah.

After putting the kids in bed my wife and I were talking and we heard the muffled cries of our then seven year-old son. I went into his room to see what was the matter. He was sobbing into his pillow. I asked what was wrong and he sobbed out, "Dad, why do you have to go?" What do you tell a seven year-old?

What could I tell him that would make it all better? Not much really. So what did I do? I took him out of his bed and held him.

As I have thought about that experience, I think God, our Father, stands ready to essentially do the same for us. Throughout scripture there are many, many promises that the Lord will be with us to bring us comfort in our time of need. If we will only allow him into our life, we will feel the arms of

His everlasting love embrace us with a warmth and a peace that can come in no other way.

In many ways we are like seven year olds in the eyes of God. We cannot see clearly God's purposes. What offers us the most comfort is not always answers to our questions of "why", but simply to feel the warmth and peace of His presence and know that He cares for us.

When I'm deployed away from my family I cannot hold my son and bring him comfort.

God however can and will bring comfort anytime, anyplace, whether on the battlefield in a distant land or amidst the chaos and emptiness of a temporary fatherless home.

In the Christian scriptures Jesus promises to give peace. That is what we hope and pray for. The promises and assurances of peace and comfort found in scripture are true. I know because I have tested them. On three combat deployments to Iraq I felt God's love and assurance that His hand is

over all.

How do we invite His presence and his peace into our lives? It is as simple as asking, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you"

We read in Revelations 3:20: "Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me." Will you ask Him into your life?

Mayport Chapel Holds VBS

From Mayport Chapel

The Naval Station Mayport Chapel will hold a Vacation Bible School for children, ages 4yrs old thru 6th grade, from June 21-25.

This summer kids' event will be High Sea Expedition: Exploring the Mighty Love of God.

Kids go on a vast voyage through God's Word as they participate in memorable Bible-learning activities, sing catchy songs, play teamwork-building games, dig into yummy treats, experience electrifying bible adventures, and create Bible Point crafts they'll take home and play with all summer long. Plus, kids will learn to look for evidence of God all around them through something called God Sightings.

There will be a Floating Finale where the kids demonstrate what they have learned during the week at V.B.S. on Friday at 11 a.m. Each day will start at 8:30 a.m. and run until 11:30 a.m.

You may register at the Chapel Monday thru Friday from 8 a.m.-3 p.m. or on Sunday from 8:30 a.m.-12:30 p.m. For further information, call 270-5212.

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
NS MAYPORT, FLORIDA

Naval Station Mayport

Capt. Aaron Bowman..... Commanding Officer
Cmndr. Mike Watson..... Executive Officer
CMDMCM David Anderson..... Command Master Chief

Naval Station Mayport Editorial Staff

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

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The Mirror
P.O. Box 280032
Naval Station
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Commercial: (904) 270-7817 Ext. 1012 DSN: 960-7817 Ext. 1012
Commercial FAX (904) 270-5329 DSN FAX: 960-5329
Email: mayportmirror@comcast.net
CO Actionline: 270-5589 or 1-800-270-6307

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Samuel B. Roberts Shows Off Safety Standards

By Ensign Beth-Ann Dick
USS Samuel B. Roberts PAO

A four-member Occupational Health and Safety Administration (OSHA) audit team was welcomed aboard USS Samuel B. Roberts (FFG 58) on May 18 by Commanding Officer, Cmdr. Chuck Sellers.

The OSHA team was at Mayport to conduct a Voluntary Protection Program (VPP) STAR qualifying audit on the Southeast Regional Maintenance Center (SERMC). SERMC employees assess and validate contractor repair work on the ships. The visit to Sammy B was an opportunity for OSHA to not only assess the contractor work areas and how safety is monitored by SERMC, but also to gain insight into how the contractors and SERMC interact with ships force.

The campaign towards this achievement involves a multi-year development process in strengthening the safety programs and safety culture of its people. SERMC will be the second Mayport command in pursuit of the highly coveted VPP STAR safety designation. The NAVSTA Safety Office passed their qualifying audit last year. There are currently 29 DoD Star sites and 10 Navy VPP sites. VPP STAR has been a safety management system option in the private sector since the 1980s. There are currently over 2,000 VPP STAR site private companies.

In the DoD, the overall benefit of the VPP culture can be appreciated by comparing the civilian "lost day" rates from fiscal year 2002 to those of 2008. Lost days represent the days in which an employee misses work due to injury. In 2008, the DoD had 74,681 fewer lost days, saving over \$90



-Photo courtesy of USS Samuel B. Roberts

Members of OSHA visit USS Samuel B. Roberts in support of SERMC's VPP safety certification pursuit.

million. The continuing effort to expand on this peoples' program for safety is an answer to the challenge posed by Defense Secretary Robert M. Gates to "incorporate the best safety practices of the corporate world and hold leaders accountable."

The employees at SERMC have truly taken the heightened interest in work place safety to heart. Ninety-seven percent of the SERMC workforce has taken a VPP Safety Pledge towards a proactive safety culture.

This proactive safety culture enhances the focus on identify-

ing and fixing hazards before they interact with other circumstances to cause a personal injury or property damage incident. SERMC, which is the first regional maintenance center to pursue the VPP STAR designation will be assisting its sister commands in VPP within the coming months.

Sammy B on her own merit does well in showcasing her excellent safety record, but on this day was proud to assist SERMC in its effort to maintain safe work environments on the ship. An effort that truly benefits everyone in the community!

Valuable resources for **parents, kids & teens**. **BOYSTOWN**. Saving Children. Healing Families. A DFC participant - provided as a public service. Visit www.boystown.org | www.babyhearing.org | www.parenting.org | www.boystownhospital.org

Jacksonville Suns vs. Chattanooga Lookouts
Thursday, May 27th-7:05pm - Thursday Night Throwdown & College Night. Enjoy Buds for a Buck and buy one, get one cocktails! It's also College Night! Wear your college colors and cheer on your team!
Presented by Absolut, Buzz, etc.

Jacksonville Suns vs. Carolina Mudcats
Monday, May 31st - 7:05pm - Memorial Day Veterans Celebration. All veterans and active military receive up to four 1/2 price tickets with military ID. It's also the first Holiday BBQ Special! \$25.00 gets you an all-you-can-eat BBQ platter and includes a Homeplate Box ticket. After the game, Kids run the bases! Stop by area Gate locations for a free kids' GA ticket while supplies last!
Presented by Outback, Rock105, etc.

For more information or to purchase tickets call 904-358-2846 or visit www.jaxsuns.com

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USS The Sullivans Protects Oil Terminal, Hosts Visitors In North Arabian Gulf

From Commander, U.S. Naval Forces Central Command Public Affairs

Arleigh-Burke class guided missile destroyer USS The Sullivans (DDG 68) is part of a defense group whose primary mission is to guard Iraq's Al Basrah Oil Terminal (ABOT) in the North Arabian Gulf (NAG).

In addition to focusing on this task during their first month on station, The Sullivans has also been able to participate in joint training with coalition forces and act as the reception platform and host of several groups of distinguished visitors.

USS The Sullivans, which arrived in the NAG in early April, centers its

mission on protecting ABOT, where massive tankers moor alongside to fill their ships with crude oil meant for world-wide distribution. The oil that flows through ABOT accounts for approximately 80 percent of Iraq's gross domestic product and is a vital asset to the stability of the country's economy.

Additionally, the destroyer is also called upon to provide a ready flight deck and small-boat transport for the defense

group's personnel and distinguished visitors transiting to and from the terminal. The Sullivans deck division and engineering department have already performed more than 30 flight hours and 120 small-boat operations at this early point in their deployment.

"The focus and preparation of our Sailors has been outstanding," said The Sullivans Commanding Officer Cmdr. Neil Funtanilla. "Executing these operations for a sustained period requires strict discipline. The success of The Sullivans lies in the dedication of our personnel and leadership to execute the mission time and time again."

U.S. military, Coast Guard and coalition forces have worked with Iraqi Maritime Forces to provide defense and security to ABOT since 2004. The Sullivans, Coalition forces and Iraqi Maritime Forces participate in training exercises that focus on defending the platform, deterring an attack and transitioning to Iraqi control.



-Photos courtesy of USS The Sullivans
Sailors on board USS The Sullivans display gold and silver Olympic medals with the U.S. Nordic Ski Team. The team came to visit The Sullivans and ABOT as part of the Heavy Medal Tour organized by the Morale, Welfare, and Recreation program.



Lt. Kyle Kramer, Combat Systems Officer, displays the AEGIS and Ballistic Missile Defense capabilities of USS The Sullivans to Maj Gen Brooks, Commanding General, U.S. Division South.



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straighttalk.jacksonville.com

Teens & Sex... The REAL Truth
a MIDDLE / HIGH SCHOOL town forum

JAGUARS BlueCross BlueShield of Florida

2010 STRAIGHT TALK BROADCAST SCHEDULE
Teens & Sex... The Real Truth

DATE	STATION
Thursday May 27, 8:00PM	WJCT PBS 7
Friday May 28, 8:00PM 6:30PM	Comcast Cable, Ch. 7 Comcast Cable, Ch. 29
Saturday May 29, 8:00PM 8:00PM 7:00PM 7:00PM 5:00PM	WCWJ CW17 MyTVJax WAWS FOX30 WJXX ABC25 WJXT 4
Sunday May 30, 1:00PM 8:00PM	WTEV CBS47 Comcast Cable, Ch. 29
Monday May 31, 9:00AM 6:30PM	WJXT 4 Comcast Cable, Ch. 29
Tuesday June 1, 8:00AM	Comcast Cable, Ch. 29
Wednesday June 2, 5:00PM	Comcast Cable, Ch. 29
Thursday June 3, 8:00PM	Comcast Cable, Ch. 29
Saturday June 5, 7:00PM 6:00PM	WTLV NBC12 WCWJ CW17

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Hamilton Glen at Oakleaf Plantation Single-family homes from the \$190s	Flynn Road New! Single-family homes from the low \$300s Mandarin, off Lorretto Rd.	Heritage Landing New! Single-family homes from the upper \$100s St. Augustine
Two Creeks New! Single-family homes from the upper \$100s Middleburg	Lexington Park NEW! Single-family homes from the upper \$100s Pecan Park Rd. W off I-95	Johns Creek II Single-family homes from the \$200s CR 210
Silver Creek New! Single-family homes from the mid \$100s Green Cove Springs	Wynnfield Lakes Single-family homes from the mid \$200s Kernan Boulevard	Willowcove at Nocatee Single-family homes from the \$300s
Whitfield at Oakleaf Plantation New! Single-family homes from the mid \$100	Yellow Bluff Landing NEW! Single-family homes from the upper \$100s. US17, North of River City Marketplace	Existing inventory is priced to sell! Get the deal of a lifetime! 877-519-2489

For more information visit:
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Phoenix Express Kicks Off From Souda Bay

By MC2(SW/AW)
Felicito Rustique

Navy Public Affairs Support Element -
East Det. Europe

Phoenix Express 2010 (PE-10), a two-week, two-phase, multinational, maritime exercise among regional partners from Africa, Europe, and the United States, is underway with USS John L. Hall (FFG 32).

The in port phase, which began in Rota, Spain, and continued in Souda Bay, Greece, focuses on medical training, maritime interdiction operations (MIO), helicopter operations and safety, damage control, navigation, deck seamanship, search and rescue (SAR), small boat operations and a leadership round table. Ships and personnel involved will depart Souda Bay later this month and sail into international waters in the central Mediterranean Sea.

During the underway portion of PE-10, countries will track and board suspect vessels carrying suspicious cargo, and Maritime Patrol Aircraft and Automated Identification Systems, along with MIOs like SARs and visit, board, search and seizures will be performed. U.S. commanders believe PE-10 is invaluable to theater partners because it fosters mutual understanding and improves international military partnering.

"Phoenix Express demonstrates theater partner nations' commitment to regional stability and maritime security," said Capt. Martin Beck, commander, Task Force 68, whose task force is in command of the exercise. "During this exercise, maritime professionals will further develop the capacity to maintain maritime domain awareness.

When they meet in the future to conduct combined peacekeeping or humanitarian operations, or to counter trafficking in drugs, people, or weapons in this region, they will be better able to respond and work together."

Twenty countries are expected to participate in the exercise as an either an active participant or observer. U.S. units participating in Phoenix Express include USS John L. Hall, home ported in Mayport, Florida; USS Gunston Hall (LSD 44), home ported in Virginia Beach, Virginia; Military Sealift Command ships USNS LCPL Roy M. Wheat (T-AK3 016) and USNS Laramie (T-AO 203); and members of the U.S. 6th Fleet staff.



-U.S. Navy Photo
USS John L. Hall is currently participating in Phoenix Express, part of the overall U.S. Africa Command and U.S. Naval Forces Europe, U.S. Naval Forces Africa, U.S. 6th Fleet Theatre Security Cooperation strategy to enhance regional stability in the region through increased interoperability and cooperation among regional allies from the United States, Africa, and Europe.

JL Hall Practices Damage Control During Exercise

By MC1(SW)
Edward Vasquez

Navy Public Affairs Support Element -
East Det. Europe

Teams from eight ships came together to participate in damage control training as a part of exercise Phoenix Express 2010 (PE10) at Marathi Pier in Souda Bay, Greece, May 19. U.S. and multinational Sailors all gathered aboard the Italian ship Comandante Foscari (P-493) to participate in shipboard damage control training.

"We only have 70 people on board which isn't a lot of people to fight a fire," said Italian navy Lt. Boccalde Micooli, engineering assistant aboard Foscari. "We are showing our equipment and seeing equipment that the other navies present, while demonstrating our techniques and getting a feel for their techniques."

The goals of this exercise are to increase participating countries' knowledge and experience in the event of any problems that may arise during the exercise, and to help all of the participants to gain an understanding of the damage control principles used by partner navies.

"I think this exercise is very important because sailors need to be conscious of damage control," said Spanish navy Ensign Julia Rial, damage control officer for the Spanish ship Infanta Elena (F-33). "To see what other navies do and what other equipment those navies have is very good."

This exercise is enabling par-

ticipants to advance information sharing which is crucial to maintaining a region free from transnational threats, and enhances the ability to conduct multinational peacekeeping missions.

"It's good to see all of the different navies coming together, watching them do their damage control and showing them ours," said Lt. j. g. Kimberly Koss, damage control assistant aboard USS John L. Hall (FFG 32). "We have done a lot of training with other foreign navies and we pretty much all have the same concepts, the same basic ensembles and the same firefighting equipment."

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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".
Lavell Crawford
June 10th - June 12th
Though Lavell is relatively new to the comedy scene, he's already made a splash in the industry by headlining LaFapaloza. Lavell has also made the jump to television with comedic appearances on "Motown Live," "Showtime at the Apollo," "BET's ComicView" and "Russell Simmons' Def Comedy Jam." Crawford has appeared on "The Jamie Foxx Show," and has appeared in the films Baby's Mama Drama, Beverlyhood and Ghetto South Problems.
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Boone Celebrates 28 Years Of Service



-Photo courtesy of USS Boone
Yoeman 1st Class (SW) Richard Hixson and Information Systems Technician Seaman Shavonn Caesar, the oldest and youngest Sailor in the crew the cake in celebration of USS Boone's 28th year of commissioned service.

By Ensign George Naughton

USS Boone PAO

The crew of USS Boone held a birthday celebration on May 15 to mark the ship's 28th year of commissioned service.

Currently Boone is the third-oldest commissioned frigate in the Fleet—only USS Constitution ("Old Ironsides") and USS McInerney have been in service longer.

The birthday celebration included a presentation by Boone's Commanding Officer, Cmdr. Steve Petroff, and a cake cutting ceremony.

Petroff talked with the crew about the history of the ship's namesake Vice Adm. Joel T. Boone. His presentation included rare photographs and anecdotes from Vice Adm. Boone's family. The cake cutters were Yoeman 1st Class (SW) Richard Hixson and Information Systems Technician Seaman Shavonn Caesar, the oldest and youngest Sailors in the crew.

Vice Adm. Boone is the most decorated medical officer in American military history, and the 12th most decorated person overall to have received the Medal of Honor. He was awarded the Medal of Honor for his actions in the

Battle of Vierzy, France during World War I. Additionally, he was awarded six Silver Stars and three Purple Hearts among many other service and foreign military awards during his thirty-five year naval career. In addition to being highly decorated, Vice Adm. Boone served as White House physician for three presidents: Harding, Coolidge, and Hoover. He also served as senior medical representative on Adm. "Bull" Halsey's Third Fleet staff during the later stages of WWII and was present during the Japanese surrender ceremony aboard USS Missouri that officially end World War II. After retiring from the Navy, Vice Adm. Boone served for five years as Head of the Veterans Administration during the 1950s.

USS Boone is currently deployed as part of Standing NATO Maritime Group One (SNMG1). Since January the ship has participated in Operation Ocean Shield, Exercise Brilliant Mariner, and Operation Active Endeavor. 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.

Base Gets Cultural Awareness Training



-Photo by Paige Gnann

Ensign Lisa Julian, the Indoc Coordinator aboard USS McInerney, talks about her initial meetings with members of the Pakistani Navy assigned to the acquisition crew after the frigate is decommissioned in August. Pakistan has purchased the 30-year-old ship and the crew is at Mayport to receive training on the ship as part of the purchase deal. Julian is one of only two female officers currently assigned to McInerney.

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Going To The Dogs



-Photo by OS2 Shantae Salmon
 Kennel Supervisor Master-at-Arms 1st Class Jeremiah Johnson shows off a military working dog during K-9 demonstrations held at Mayport Elementary School recently. The elementary school invited members of law enforcement to talk to the kids and demonstrate some of the vehicles and assets they use during their jobs.

Loading Up On Supplies



-Photo by MCSN Shonna Cunningham
 The Military Sealift Command fast combat support ship USNS Supply (T-AOE 6) performs a replenishment-at-sea with the Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) and the guided-missile destroyer USS Farragut (DDG 99). The Eisenhower Carrier Strike Group is deployed as part of an ongoing rotation of forward-deployed forces to support maritime security operations in the U.S. 5th Fleet area of responsibility.

FSCJ Registration Underway

From FSCJ

Florida State College has classes available at Naval Station Mayport beginning July 6 and running through Aug. 27. Classes are open to any interested students. On base classes include:	AMH200 US History II	SYG2000 Introductory Sociology (Tue)	HUM2210 Humanities Foundations (Thur)	REL2000 Intro to Religion (Mon)	SLS1103 Strategies for Success (Tue)	ENC1102 English Composition II (Wed)	SPC2608 Speech (M/W)	All classes begin at 5 p.m. Many of the classes are hybrid and require the use of a computer. For more information on these classes or any Florida State College issue, contact Jeff or Lorena at the NS Mayport FSCJ Office by calling 249-7311.
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IN THEATRES MAY 28

Underwood Ambassadors For Fellowship

Underwood Donates Project Handclasp Items

By Ensign Kim Hanson

USS Underwood Public Affairs

USS Underwood (FFG-36) and embarked Helicopter Squadron Anti-Submarine Light 60 (HSL 60) delivered Project Handclasp items to Colombian sailors for distribution to coastal communities in the surrounding area.

Underwood Sailors delivered the donation of medical and hygiene products during a Theater Security Cooperation (TSC) exercise with the Colombian navy May 4-6.

"I work with various charitable organizations to bring donations to the Colombian people," said Lt. Cmdr. Victor Arango, public affairs officer at Bahia Malaga Naval Station. "The donations give the people faith in the Colombian Navy."

Project Handclasp provided Underwood with the materials for humanitarian assistance to countries in need during its 2010 deployment.

With the support of various public organizations, charity corporations and citizen donations, Project Handclasp coordinates the delivery of a variety of items from books and toys to medical and hygiene products via transportation by U.S. Navy ships and aircraft to countries across the globe.

Underwood, homeported in Mayport, Fla., and HSL-60 are deployed for Commander, U.S. Naval Forces Southern Command (COMUSNAVSO) conducting counter-illicit trafficking (CIT) operations for Joint Interagency Task Force-South in the Eastern Pacific.

COMUSNAVSO is the naval component command for U.S. Southern Command and is responsible for all naval personnel and assets in the area of responsibility. COMUSNAVSO conducts a variety of missions in support of the Maritime Strategy, including TSC, relationship building, humanitarian assistance and disaster response, community relations, and CIT operations.



-Photo by Ensign Kim L. Hanson

USS Underwood (FFG 36) Executive Officer Lt. Cmdr. Cory R. Applebee and Lt. j.g. Angela E. Duran present Lt. Cmdr. Victor Arango, Public Affairs Officer, Colombian navy, with medical and hygiene products supplied by Project Handclasp during a Theater Security Cooperation event in Bahia Malaga, Colombia.

Underwood Sailors Volunteer At Local School

By Ensign Kim Hanson

USS Underwood Public Affairs

Forty-three Sailors from USS Underwood (FFG 36) and embarked helicopter detachment, Helicopter Anti-Submarine Squadron Light 60 (HSL-60), set out April 23 to lend their services to Instituto Comercial, a public school located in the suburbs of Panama City.

The Sailors joined together with 28 volunteers from U.S. Embassy Panama to work alongside 45 Panamanian public school students and English teachers from the Instituto Comercial. The volunteers painted a basketball court, cleaned and planted new plants in the school's garden and engaged in language activities to help students practice conversational English.

"I really enjoyed helping out the school and talking with the children," said Lt. j.g. Angela Duran, Underwood's electron-

ics maintenance officer. "Being able to help a community is a rewarding experience, especially when you interact with those who are benefiting and see how your actions are influencing them."

Instituto Comercial is home to an excellent girl's basketball team, which won the Latin American championship two years ago. The team greatly appreciated the improvement to their practice court.

"On behalf of everybody in our school, I want to express you our gratitude for the great work you did. We are really thankful for this activity," said Professor Cubilla, an English instructor for Instituto Comercial.

At the conclusion of the project, Underwood Commanding Officer Cmdr. Craig Bowden presented the school with a framed photo of USS Underwood, matted with well wishes for the opportunity to

help at the school. Underwood, homeported in Mayport, Fla., and its embarked SH-60B helicopter detachment, HSL-60, is deployed for Commander, U.S. Naval Forces Southern Command (COMUSNAVSO) conducting counter-illicit trafficking operations for Joint Interagency Task Force-South in the Eastern Pacific.

COMUSNAVSO is the naval component command for U.S. Southern Command and is responsible for all naval personnel and assets in the area of responsibility. COMUSNAVSO conducts a variety of missions in support of the Maritime Strategy, including Theater Security Cooperation, relationship building, humanitarian assistance and disaster response, community relations, and counter-illicit trafficking operations.



-Photo by Lt.j.g. Angela E. Duran

During the first port visit of their 2010 deployment, Sailors from USS Underwood (FFG-36) volunteer at a local public school in Panama. Underwood worked with U.S. Embassy volunteers to make improvements to the school's basketball court and garden and to practice conversational English with the students. Underwood is currently deployed for Commander, U.S. Naval Forces Southern Command conducting counter-illicit trafficking operations for Joint Interagency Task Force-South in the Eastern Pacific.



-Photo by Lt.j.g. Angela E. Duran

Gas Turbine System Technician-Mechanical Fireman Recruit Brian M. Stankowitz and Hospital Corpsman 1st Class (Surface Warfare/Fleet Marine Force) Joe V. Swanson work in the garden at Instituto Comercial, a local public school in Panama. USS Underwood (FFG 36) Sailors volunteered their time during a visit to Panama City to make improvements to the school's basketball court and garden.

Underwood Ambassadors For Fellowship

USS Underwood Hosts Reception In Colombia

By Ensign Kim Hanson

USS Underwood Public Affairs

USS Underwood (FFG 36) hosted a shipboard reception May 5, welcoming 20 Colombian navy officials and guests to the ship in support of Commander, U.S. Naval Forces Southern Command's (COMUSNAVSO) Theater Security Cooperation (TSC) initiatives.

Underwood's been conducting counter-illicit operations for Joint Interagency Task Force-South in the eastern Pacific since April, working closely with several countries in the COMUSNAVSO area of responsibility, assisting the law enforcement mission to intercept and detain drug traffickers on the high seas. TSC activities include a variety of events that build and strengthen communications and interoperability among regional nations.

"We believe that this kind of mission will greatly influence cooperation, and we look forward to having more U.S. Navy ships participate with us," said Commander of Colombian Pacific Forces, Admiral Wills. "It was a very good experience for our Sailors to have you here [in Malaga]."

In addition to the shipboard reception, Underwood hosted tours of the frigate for Colombian naval personnel and their families.

The USS Underwood First Class Petty Officer's Association also hosted a barbecue for all participants of a Sports Day in which Underwood Sailors competed against Colombian teams in volleyball, basketball, soccer and a 5K Fun Run while in port.

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-Photo by Ensign Kim L. Hanson

USS Underwood's (FFG 36) Command Master Chief (Surface Warfare/Air Warfare/Free Fall Parachutist) Matthew Miesle, (third from right) socializes with a master chief at Malaga Naval Base (to his right) during a reception on board Underwood. The reception was one of several opportunities Underwood and Colombian sailors had to interact with one another during a Theater Security Cooperation event in Bahia Malaga, Colombia.



-Photo by Ensign Kim L. Hanson

During a reception onboard USS Underwood (FFG 36), Cmdr. Craig T. Bowden, Underwood Commanding Officer, and Admiral Wills, Commander of Pacific Naval Forces, Colombia, offer their appreciation for the opportunity to come together for a common purpose. Underwood hosted a reception for Wills and several members of his staff during a Theater Security Cooperation event in Bahia Malaga, Colombia.

Underwood Frocks Two Master Chiefs

By Ensign Kim Hanson

USS Underwood Public Affairs

Ship life can become rather routine while underway on deployment: morning quarters, cleaning stations, meetings, and the daily pattern of watches, meals and training. However, the afternoon of April 29 was anything, but routine for two Senior Chief Petty Officers on board USS Underwood (FFG 36).

The result of many years of hard work, superior sustained performance, and honorable service paid off for Master Chief Electronics Technician (SW/AW/FPJ) Matthew Miesle, Underwood's Command Master Chief, and Master Chief Fire Controlman Donald McColl (SW/AW), Underwood's 3M Coordinator, with their selection and frocking to Master Chief Petty Officer.

Both were frocked in front of the crew during an underway ceremony in the Eastern Pacific ocean.



-Photo courtesy of USS Underwood FCC(SW) Thomas Murphy congratulates ETCM(SW/AW/FPJ) Mathew Miesle and FCCM(SW/AW) Donald McColl after their frocking ceremony on board USS Underwood.

"Underwood is privileged to have an outstanding Chief Petty Officer's Mess and to have two Chiefs selected for Master Chief underlines how strong and professional the Mess is," said Underwood's Commanding Officer, Cmdr. Craig Bowden.

Underwood Promotes Good Will With Sports

From USS Underwood Public Affairs Office

Sailors from Underwood and Helicopter Squadron Anti-Submarine Light 60 (HSL-60) as well as Coast Guardsmen from the Law Enforcement Detachment onboard Underwood competed in teams against Colombian navy teams in a variety of sporting events May 5.

The U.S. and Colombian teams challenged each other in soccer, volleyball, basketball and a 5K Fun Run while the ship was in port for a Theater Security Cooperation (TSC) visit.

A volleyball match began the events. The Colombians won the first game 15-8, and Underwood came back in the second game with a similar win of 15-8.

The final game was a close finish, but Underwood took the win at 17-15. Underwood's Boatswain's Mate 1st Class (Surface Warfare) Dmitry A. Spiridonov was a force to be reckoned with at the net, and had the most blocks and spikes out of either team. In game two, Lt. j.g. Zach G. Stevens rallied with a 9-point serving streak that edged Underwood up for the win.

Underwood was also victorious in the basketball game. The Colombian team scored first, but after that the "Fighting Devils" dominated the court and won 47-23.

The Underwood Sailors' winning streak came to a halt once they faced the Colombian sailors on the soccer field. After a tough game, the overpowering Colombians took the win 10-5.

The Colombians were also victorious in the 5K Fun Run, which looped around the naval base and up several challenging hills. The Colombians placed first and second, while

Underwood's Command Master Chief (Surface Warfare/Air Warfare/Free Fall Parachutist) Matthew Miesle took third place.

After the sporting events, Underwood's First Class Petty

Officer's Association hosted a barbecue for the participants and fans.

Underwood, homeported in Mayport, Fla., along with embarked SH-60B helicopter detachment, HSL-60, is

deployed for Commander, U.S. Naval Forces Southern Command (COMUSNAVSO) conducting counter-illicit trafficking (CIT) operations for Joint Interagency Task Force-South in the Eastern Pacific.

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a variety of missions in support of the Maritime Strategy, including TSC, relationship building, humanitarian assistance and disaster response, community relations, and CIT operations.



-Photo by Ensign Kim L. Hanson

USS Underwood (FFG 36) Sailors and Colombian naval personnel gather together after a basketball game during a Theater Security Cooperation event in Bahia Malaga, Colombia. Underwood and the Colombian navy participated in several sporting events during this visit, including basketball, volleyball, soccer, and a 5K Fun Run.

NEX Launches New Online Store

From NEXCOM

Authorized patrons of the Navy Exchange (NEX) now have the added convenience of shopping online with the launching of its new web-based store at www.myNavyExchange.com. The new website features select merchandise such as tactical gear, Navy uniforms, Navy Pride items, fitness apparel and shoes, motorcycle safety gear, watches and sunglasses.

"We want our NEX customers to be able to purchase great merchandise geared towards our Navy Sailors online," said Karen Connery, Navy

Exchange Service Command's (NEXCOM) Director of Merchandising e-commerce. "This new online store will prove especially helpful for those customers who don't live near a NEX, like many of our Reservists, retirees and deployed active duty. We want all our customers to have access to the products they need at the great savings the NEX offers."

NEXCOM oversees NEX operations worldwide. According to NEXCOM officials, the new venture is the first phase in a major leap to satisfy the growing interest of online shopping in an extremely

competitive retail industry. In conforming with Navy regulations and privacy concerns, NEXCOM developed a secure system that validates authorized customers from those that aren't eligible before accessing the online store. Once a customer is confirmed as an authorized patron, access is granted into the online store where they can shop and purchase merchandise. Once a transaction is completed, the site allows customers to track their purchases and the delivery process.

Customers can also purchase NEX Gift Cards on the new website. This feature contin-

ues to be available outside the customer validation firewall for both exchange-authorized and non-authorized customers. NEX Gift Cards can be purchased in varying amounts from \$5 and up and can be redeemed at any military exchange around the world.

In order to save on paper and postage, customers may also sign up to receive the new digitally-enhanced NEX sales flyer rather than have one mailed to their home. The NEX also offers e-mail and text messaging services to inform customers of events at their local store, such as special sales events or

guest appearances – all in an effort to enhance the convenience and shopping experience for the customer. Customers can sign up for the free e-mail and text messaging services, find information regarding weekly sales, locate NEX stores and access customer service features on the new website. Customers can also follow what is happening at the NEX on both Facebook and Twitter.

NEXCOM's command-specific information has been relocated to a new website domain under Naval Supply Systems Command's (NAVSUP) website. Information about

NEXCOM's enterprise including the programs it oversees, such as Ship's Stores; Navy Clothing, Textile and Research Facility (NCTRF); Uniform Program Management Office; Navy Lodges and the Telecommunications Program, can be accessed at: <https://www.navsup.navy.mil>. The NEXCOM website is located on the left hand side of the page under the section entitled "Our Team."

"Both public-access websites are cross-linked so customers can move from one site to the other with ease," said Connery.

Military Lodging Can Save You Money On Vacations

From NEXCOM

This summer, save money on vacation by using Navy lodging and MWR facilities around the world. Guests will save between 40-60 percent compared to commercial hotels depending on where they stay.

"Staying at Navy lodging facilities not only provides an outstanding value, it also offers the convenience of other base amenities," said Mike Bockelman, Vice President NEXCOM and Director US Navy Lodge Program. "Guests can visit the NEX for sun block, snacks or batteries. MWR Information, Ticket and Travel (ITT) offices offer a variety of discounted tickets for area attractions, and the base itself has bowling centers, fitness facilities, swimming pools, golf courses, beaches, movie theaters and other fun activities for the whole family to enjoy."

Navy Lodge guests will find oversized rooms and suites, Internet access, cable TV with ShowTime, a DVD player and

a kitchenette complete with microwave and utensils as well as video rental service, guest laundry facilities and handicapped accessible and non-smoking rooms.

Navy Lodges also offer guests a light breakfast in the morning, which will vary depending on the Navy Lodge. Dogs and cats up to 50 pounds in weight can stay at a Navy Lodge when traveling with its owners.

For reservations, call 1-800-NAVY INN (1-800-628-9466) or go on line at <http://www.navy-lodge.com/>.

Military members can also stay at Navy Gateway Inns and Suites (NGIS) when on vacation. NGIS amenities include in-room coffee, hairdryers, cable TV with premium channels and WiFi or high-speed Internet.

All NGIS suites and single rooms are non-smoking and ADA compliant. Space "A" restrictions may apply, depending on the location and official

traveler use. For reservations, call 1-800-STAGOV1 (1-800-782-4681).

The Navy's Recreational Lodging Program has many RV parks around the country that offer easy hook-ups for electricity, plumbing and cable TV and WiFi at most locations.

For the adventurous traveler, campgrounds offer rustic cabins, yurts and areas to pitch tents. For more information about Navy Recreation Lodging facilities, visit www.mwr.navy.mil and click on the Cabins and RV Parks link.

Wherever your vacation takes you this year, remember the Navy's lodging programs can help save you money. To get more information on other military lodging locations visit www.dodlodging.com.

Become a Navy Lodge Facebook fan.

NEX Customers Will Receive 5¢ Credit For Using Reusable Bag

By Kristine M. Sturkie
Navy Exchange Service Command
Public Affairs

Navy Exchange (NEX) customers can get a five-cent credit of each eco-friendly reusable bag used to bag their purchases.

Customers may either bring their reusable bag into the store or purchase a reusable bag from the NEX. NEXs worldwide are initiating a new program to help customers save money and help the environment.

"The Navy Exchange System is continually working to find ways to help save its customers money and to help the environment at all its locations worldwide," said Rear Adm. Steven

J. Romano, commander, Navy Exchange Service Command. "We are hoping that this program will encourage patrons to reduce, reuse, recycle and save by promoting the use of reusable shopping bags. This program will also help reduce the amount of disposable plastic bags used at the NEX which will save money and keep additional plastic bags out of the waste stream."

The five-cent credit program applies to all NEX retail and direct run service facilities where bags are normally pro-

vided. It does not apply to contract operations such as food vendors and mall kiosks that are operated within NEXs. The program also does not apply to disposable plastic bags that are being reused.

For more news from Navy Exchange Service Command, visit www.navy.mil/local/nex-com/.

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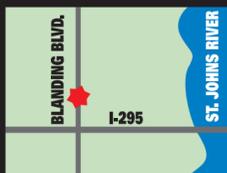
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Klaking Sailors Help Refurbish Orphanage

By MC1(SW) Michael J. Scott
CTG 40.0 Public Affairs

The guided-missile frigate, USS Klaking (FFG 42), and Helicopter Anti-Submarine Squadron Light (HSL) Det. 10 Sailors conducted a community relations (COMREL) project May 8 at Hogar Maruja Stirling Boys Orphanage.

The orphanage houses 24 boys, whose ages range from 2 to 18, and has a staff of eight adults who care for the children. Crew members primed and painted the dining room area of the boys' home in colors the children picked out; terracotta red, pear green, and haze gray.

"I was painting the walls, and this young boy was just standing there watching me," said Electronics Technician 1st Class Kevin Graham. "I turned, handed him the brush and showed him what to do. He did a pretty good job and was very pleased with his work."

All of this work contributed to Klaking's mission of strengthening relations between Uruguay and the United States. Sailors were eager to volunteer for the COMREL project, which enabled them to interact

with members of the community and the boys at the orphanage.

"We gain much more from these experiences than a newly painted wall; we know that a few children's lives are being made better," said Klaking's Commanding Officer, Cmdr. Scott Smith.

COMREL programs are humanitarian efforts that include repairing and repainting schools or hospitals in communities of need, as well as providing basic supplies. School supplies and toys are also common goods given to the local community.

Maruja's Home Manager Miriam Mirabelli was very pleased to have the 15 Sailors come and help the orphanage. This is the fourth consecutive year U.S. Sailors have visited the home.

"The boys really enjoyed having the Sailors come and paint for them. They had a chance to play and interact with everyone who came to help," Mirabelli said. "They really had a great time. This is something they will never forget."

COMREL projects are a great opportunity for the crew to come together off the ship

and exchange their shared values and a desire to help others. They are a vital component of the Southern Seas 2010 deployment, which is focused mainly on theater security cooperation. For Klaking, this project was the continuation of a larger humanitarian effort planned for various ports in South America and the Caribbean.

Klaking, as part 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 (USSOUTHCOM)-directed operation implemented by U.S. Naval Forces Southern Command (COMUSNAVSO) and executed by Commander, Destroyer Squadron (DESRON) 40 as Commander, Task Group 40.0. Southern Seas focuses on conducting a variety of exercises and multinational exchanges to enhance interoperability, increase regional stability, and build and maintain regional relationships with partner nations.

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
Chief Fire Controlman Kevin Miller and Electrician's Mate Fireman Erik Reinis, explain the ship's weaponry to children from the St. Cenadis Orphanage aboard the guided-missile frigate USS Klaking (FFG 42) during a port call in Montevideo, Uruguay. Klaking is participating in Southern Seas 2010, a U.S. Southern Command-directed operation that provides U.S. and international forces the opportunity to operate in a multi-national environment.

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From Page 1

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Naval Station Participates In Mayport Historic Fest



-Photos by Paige Gnann

Left, Naval Station Mayport Commanding Officer, Capt. Aaron Bowman stands at attention as the base Color Guard presents the colors during the Blessing of the Fleet at Safe Harbor/Montys Marina during the Mayport Village Historic & Cultural Fest on May 22. Right, Father Mark Waters of St. John the Baptist Church on Mayport Road blesses a fishing vessel at the beginning of the festival.

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HSL-46 Det 8 Returns From Joint Warrior

From HSL-46

The Wicked Jacks of HSL-46 Detachment Eight recently returned from a two-month underway period in support of Exercise Joint Warrior. The detachment embarked USS Kauffman (FFG-59) in Norfolk, Va., on March 25 and sailed for the Sea of the Hebrides in Scotland, along with her sister ships in Destroyer Squadron 24.

Exercise Joint Warrior is a bi-annual multinational exercise that is conducted by the UK and serves as the certification exercise for independent deployers. This year's participants included Belgium, Brazil, France, Germany, Italy, Netherlands, New Zealand, and the United Kingdom.

Detachment Eight flew their SH-60B, Cutlass 461, in support of numerous and varied exercises during Joint Warrior. The exercise provided the aircrews the opportunity to refine their ASW tracking skills against both diesel and nuclear submarines, while also conducting surface surveillance and supporting boarding operations. They also had the unique



Photos courtesy of HSL-46
Lt. Eric Hinojos Det 8 Maint Officer with a Russian boy in St. Petersburg, Russia.

opportunity to provide real-time targeting and intelligence information to U.S. Marines that were on the ground in search of specific high-value personnel. At the conclusion of the exercise, USS Kauffman and the Wicked Jacks were certified for their counter-piracy deployment that will begin later this year.

Following their participation in Joint Warrior, Detachment Eight departed Scotland for the

Baltic Sea for a series of port visits to support Commander Sixth Fleet's Theater Security Cooperation objectives. During these port visits, Sailors from Detachment Eight became goodwill ambassadors, representing the U.S. Navy during a variety of official functions, community service projects, and while out on liberty.

In Gdynia, Poland, Sailors helped build and restore facili-

ties for a local orphanage. Members of Detachment Eight also participated in an exchange program with the Polish Navy, interacting with Polish Sailors who crew Kauffman's sister ship, a US-built Oliver Hazard Perry class frigate. Public tours of Kauffman were offered to the citizens of Poland, during which Detachment Eight presented Cutlass 461 to the more than 550 people who visited.

In their next port of Riga, Latvia, Detachment Eight was on hand to celebrate the 20th anniversary of Latvia's independence from the former Soviet Union. Their presence helped to demonstrate America's continued support of the Baltic nation as a new member of NATO, and reinforced the alliance that the United States and Latvia share. Detachment Eight Sailors joined those from the Kauffman in participating in athletic competitions with members of the Latvian military. On the last night in Latvia, a reception was held onboard Kauffman in honor of the American Ambassador

to Latvia and senior Latvian defense officials. Also in attendance was the Commander of US Transportation Command (USTRANSCOM), Gen Duncan McNabb, USAF.

Detachment Eight's final port visit was to St. Petersburg, Russia, to celebrate the 65th anniversary of Victory in Europe Day, marking the end of WWII in Europe. As Kauffman sailed up the river Neva toward downtown St. Petersburg, she became the first American ship since 2007 to visit Russia.

Upon their arrival pier-side, Kauffman was met by the Commander Sixth Fleet, Vice Adm. Harry Harris. Harris and members of Detachment Eight were joined by veterans of the Polar Convoy, a group of Russian Navy veterans who sailed on ships that escorted American Naval vessels, which were carrying supplies to Europe's Eastern Front during WWII. These honored guests enjoyed a luncheon with the Admiral, and were given tours of the ship and the aircraft. Later that evening, USS Kauffman again hosted a recep-

tion, with the Commander Sixth Fleet, the Chief of Staff of the Russian Navy, and the U.S. Consul General to St. Petersburg all in attendance.

The Wicked Jacks participated in numerous other events while in St. Petersburg, including a wreath laying ceremony at a St. Petersburg cemetery, a friendly U.S.-Russian baseball game, and a ship exchange with the Russian corvette Stereguchy. Tours were again offered to the public during the ship's last two days in port. During these two days, more than 1,600 people came aboard and were given a chance to learn about Cutlass 461 and the capabilities that the aircraft brings to ship.

This robust underway period provided Detachment Eight the opportunity to refine their war fighting capabilities and prepare themselves for deployment. It also gave each a Sailor a unique opportunity to visit countries they may never visit again, interacting with numerous different groups of people while representing the United States Navy.



Chief Aviation Machinist's Mate Joseph Donahue signs a baseball after a local baseball game in St. Petersburg, Russia



Lt.j.g. Dan Howard Det 8 Admin Officer gives a tour in Poland.

We Salute YOU!

D·R·Horton wants to show our support and gratitude for the hard work and sacrifice of our country's military personnel!

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SUMMER KEY/WINDSOR FALLS New Condos from the \$90's!++

904-996-2625 | 2 Convenient Southside Communities!

- Resort-style amenities – pool, picnic, clubhouse featuring indoor basketball, fitness center & billiards, jogging trails
- Excellent Southside locations, minutes from I-95, J Turner Butler Blvd, shopping, dining, entertainment



BARRINGTON COVE New Homes from the \$110's!++

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

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



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

904-683-4772 | 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 & Mayport Naval Stations



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*\$686/month estimated payment is based on a Sales Price of \$124,990 for the Boca in Barrington Cove with Zero Downpayment, VA 30 year fixed rate of 5% (5.375% APR) with loan amount of \$127,678 which includes a \$2688 VA Funding fee. Must have VA eligibility and meet other qualifications to qualify for VA loan. This payment does not include property taxes, homeowners insurance or HOA fees. Interest rates are subject to change without notice and may vary based on credit score. Not all buyers will qualify. **\$300 deposit requirement at contract signing, \$499 refunded at closing. Program is subject to VA loan eligibility and qualification. Not all buyers will qualify. Offer expires 6/30/10, not valid with other offers. Offer valid only in DR Horton North Florida communities. Offer valid on new contracts only, fully executed after 11/20/2009. #Federal tax credit of up to \$8,000 available to first-time, qualified service member homebuyers (up to \$6,500 for repeat buyers) who enter into a binding contract to purchase a home on or before April 30, 2011, and close escrow on or before June 30, 2011. A "qualified service member" is a member of the uniformed services of the United States, a member of the U.S. Foreign Service or an employee of the U.S. intelligence community, who served overseas for at least 90 days between January 1, 2009 and April 30, 2010. Income limitations apply. Amount of tax credit, if any, is not paid to buyer upon close of escrow. Buyer must claim the tax credit on buyer's federal income tax return. Not all buyers will qualify. This information is provided for general guidance only and does not constitute tax advice. Please consult an accountant or attorney for your particular situation. Visit www.federalhousingtaxcredit.com for complete details. ##Prices, specifications, incentives and availability subject to change without notice. #Subject to VA loan eligibility and qualification, not all buyers will qualify. ##Closing costs and lender required prepaid items are paid with the use of a D.R. Horton preferred lender, limitations apply depending on financing program. Closing costs are limited to customary lender closing costs and do not include points, origination fee, or certain extraordinary closing costs. All items paid are at seller's discretion. Pre-paid items include pre-paid interest, hazard insurance premium & escrow, and tax escrow. Please see your New Home Consultant for details. CBC058997 © 2010 DR Horton, Inc. All rights reserved.



May 27: Thursday CPO Social Hour (Boss's Night). 3-7 p.m. at Foc'sle CPO Club with thirty-five cent wings, drink specials and all-you-can-drink soft drinks for only \$1. Thursday night is reserved for active and retired Chief Petty Officers and their guests. 270-5431

May 27: Kings and Queens Adult Bowling League. League meets every Thursday at 7:15 p.m. at Mayport Bowling Center. Cost is \$15 per week. 270-5377

May 28: Free Summer Outdoor Movie - Tooth Fairy (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.-11 a.m. both nights at Castaway's Lounge. All hands welcome; no cover charge. www.myspace.com/bnbjax 270-7205

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

May 28: Armed Forces America's Kids Run. 9 a.m. check-in, 9:30 a.m. start behind the Gym for ages 5-13. Sign up at the Gym or Youth Activities Center. Ages 9-13 will run/walk 2 miles. Ages 7-8 will run/walk 1 mile. Ages 5-6 will run/walk half-mile. All participants will receive a t-shirt. (Free) 270-5680 or 5451

May 28: Free Summer Outdoor Movie - Tooth Fairy (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 29-31: Swimming Pool Open Weekends Only. The base pool is now open Saturdays (11 a.m.-6 p.m.) and Sundays/Holidays (1-6 p.m.). Full summer hours begin on June 14 when local schools dismiss for summer break. Admission fees apply. Season passes are on sale now at ITT. 270-5425 or 5451

May 29-31: Beach Lifeguards On Duty. MWR Mayport's Beach Lifeguards are currently on duty 10 a.m.-6 p.m. Saturdays, Sundays and Federal Holidays. Fridays will be added beginning June 18. 270-5425

May 30: 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 31: Memorial Day Bowling Special. 11 a.m.-7 p.m. at Mayport Bowling Center. All day bowling pass is \$8 per person (\$5 for ages 4-5; free for ages 3 and under). Come and go as you like. Shoes are included. 270-5377

June 4: Free Summer Outdoor Movie - Cloudy with a Chance of Meatballs (PG). Start time is at sunset (approximately 8:30 p.m.) at Sea Otter Pavilion. Bring your

MWR HAPPENINGS

270-7205

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June 1: New Summer Fitness Schedule Begins. Download a copy at www.cnic.navy.mil/Mayport/Recreation or pick up a copy at the Gym or Fitness Center.

June 1: Water Aerobics Classes Begin. Free water aerobics classes are held at the base pool on Monday, Wednesday, Thursday 9:30-10:30 a.m. and Friday (Aqua Therapy) 8:30-9:30 a.m. 270-7718

June 1: 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

Club Teen. This free end of school year party is open to age 12 through grade 12. 246-0347 or 270-5680

June 12: Youth & Teen Pool Party. 6:30-8:30 p.m. at the Base Pool. Cost is \$2 per person and includes refreshments and admission. Ages 9 and younger must be accompanied by a parent throughout the event. 270-5680 or 5421

June 15, 17, 22 & 24: Junior Golf Clinic (Session 1). 9-11 a.m. Tuesday and Thursday for two weeks at Windy Harbor Golf Club. Ages 8-17 welcome. Cost is \$100 per child. Pre-registration required. 270-5380

June 15-July 8: The First Tee for Military Youth. 5-6:30 p.m. Tuesdays and Thursdays at Windy Harbor. Open to children of Active Duty only, ages 7-17. Limited to 15 youth.

KID ZONE

lawn chairs and/or blankets and bug spray, just in case. Snacks and beverages available for purchase. 270-7205

June 10: Sesame Street USO Experience. Two free shows at 5 p.m. and 7:30 p.m. at the Base Gym. First come, first serve with floor and bleacher seating. 270-5228

June 11 & 12: Session 1 Swim Lesson Registration. 8-10 a.m. at the Base Pool. Session 1 meets Monday through Thursday June 14-24. Cost is \$40 per child, per session. For a complete 2010 swim lesson schedule, download the 2010 Aquatics Programs brochure at www.cnic.navy.mil/Mayport/Recreation or pick up a copy at the Base Pool. 270-5425

June 11: Teen Center Extended Hours. 7-9 p.m. at

Let's Put on a Play!

FREE Drama Camp for Rising 3rd Graders to 8th Graders
June 21-July 2
Monday-Friday 1-4 p.m.
Limited to 30 children. Registration now in progress.

Players by the Sea School of the Arts offers enriching camps that foster children's imagination and encourages them to express themselves through the arts.

Campers will engage in theater games, storytelling, music and art, culminating with a production at the end of the two weeks.

This camp will offer non-stop fun and learning as students hone their acting skills and ignite their creativity within a group setting.

This opportunity is made possible through a grant from Blue Cross and Blue Shield.

Register at the Youth Activities Center, located in on-base housing...
(904) 270-5680 or 5421

their guests). 270-5431.

June 4: Free Summer Outdoor Movie - Cloudy with a Chance of Meatballs (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

June 7: Deadline for Base Golf Championship. Tournament was rescheduled for June 12-13 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

June 8: 5K Run, 3K Walk and Stroller Strut. 8 a.m. start in front of the Gym. (Free) 270-5451

2010 Summer Outdoor Movies

Every Friday
Start Time: Sunset (approx. 8:30pm)**
At Mayport's Sea Otter Pavilion

Bring your lawn chairs and/or blankets, and bug spray, just in case! Snacks and beverages will be available for purchase.

May 28:	Tooth Fairy (PG)
June 4:	Cloudy with a Chance of Meatballs (PG)
June 11:	The Blind Side (PG-13)
June 18:	The Princess and the Frog (G)
June 25:	Where the Wild Things Are (PG)

To find out if movies have been cancelled due to weather, call (904) 270-7205

**As summer progresses, sunset times will get later and movie start times will be adjusted accordingly. Movies will start when it is dark enough for viewing.

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only \$13,492



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'93 BMW 5Series 525i	\$4,995	'05 Chrysler 300 C	\$13,995
'02 Saturn S-Series SL2	\$6,995	'09 Hyundai Sonata GLS	\$14,995
'00 Buick Century Limited	\$7,995	'09 Hyundai Sonata GLS	\$14,995
'01 Lincoln LS	\$8,995	'07 Hyundai Azera SE	\$14,995
'00 Chevrolet Camaro	\$8,995	'07 Saturn Aura XE	\$14,995
'03 Ford Taurus SES	\$8,995	'05 Buick Lacrosse CXS	\$14,995
'05 Hyundai XG350 L	\$9,995	'06 Chevrolet Trailblazer LS	\$14,995
'01 Nissan Pathfinder XE	\$9,995	'10 Hyundai Sonata GLS	\$15,995
'05 Hyundai XG350 L	\$10,995	'08 Kia Sportage LX	\$16,995
'07 Hyundai Sonata LX	\$10,995	'07 Hyundai Santa Fe Limited	\$16,995
'07 Hyundai Accent GS	\$10,995	'08 Hyundai Tiburon GS	\$16,995
'07 Toyota Yaris	\$10,995	'07 Hyundai Santa Fe GLS	\$16,995
'05 Mazda Mazda3 L	\$10,995	'10 Hyundai Sonata GLS	\$17,995
'04 Buick Regal LS	\$10,995	'07 Hyundai Santa Fe GLS	\$17,995
'08 Kia Spectra5 SX	\$11,995	'03 Mercedes Benz E-Class E320	\$17,995
'05 Buick Lacrosse CXL	\$11,995	'06 Mini Cooper S	\$18,995
'08 Hyundai Accent GLS	\$11,995	'07 Toyota Avalon Touring	\$19,995
'05 Hyundai Tucson LX	\$12,995	'08 Honda Ridgeline RT	\$24,995
'08 Hyundai Sonata GLS	\$12,995	'08 Hyundai Veracruz SE	\$25,995
'05 Buick Lesabre Limited	\$12,995	'08 Volkswagen EOS Lux	\$26,995
'07 Honda Civic LX	\$12,995	'08 Cadillac SRX V6	\$28,995
'08 Kia Optima EX	\$13,995	'10 Hyundai Azera Limited	\$28,985
'07 Jeep Liberty Sport	\$13,995		

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838924

838930

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 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 knowl-

LIBERTY CALL

edge against Faith, our "Trivia Queen". (Free)

May 24: Spades Tournament. 6:30 p.m. start at Planet Mayport with prizes for the winning team. (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 24. (Free)

May 26: Call of Duty. 6 p.m. start at Planet Mayport. (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.

Water Aerobics

Water Aerobics classes at the Base Pool, Bldg. 268/1425, will resume effective June 1. Weather permitting, Aqua Aerobics is a great way to gain strength and endurance all while staying cool in the summertime. Our fitness program includes shallow, deep, resistance and Aqua therapy classes. The schedule is as follows:

Monday
9:30 a.m., **Aqua Aerobics**

Wednesday
9:30 a.m., **Aqua Aerobics**

Thursday
9:30 a.m., **Aqua Aerobics**

Friday
8:30 a.m., **Aqua Therapy**

The aqua class is reserved for those rehabilitating injuries, overcoming arthritis, or who are unable to exercise out of the water. The hydro-therapy class will allow participants to gain muscular strength, increase cardiovascular health, and become more flexible.

Fitness

Surfside Fitness schedule is as follows:

Monday
7 a.m., **Spartan Training**

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

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

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

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

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

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

A monitored exercise program designed for pregnant women and new moms. This class helps improve muscle

tone, ease stress, relieve back pain, and increase energy. All participants are required to submit a doctor's release to participate. Moms can bring babies in carriers to this class. Held at Surfside Fitness Center.

5:30 p.m., **Step n Kick**

Step up the fat burn and kick down those kcals with this combo class of step aerobics and kickboxing.

Tuesday
7:30 a.m., **TRX**

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

9:30 a.m., **20/20/20**

A fusion of our Low Impact, Resistance and Intro Mind Body classes. Twenty minutes will be devoted to cardio training, twenty minutes to strength training and twenty minutes to flexibility training.

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

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

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

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

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

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

Surfside Fitness Center.

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

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

Wednesday
6:30 a.m., **Command Yoga**

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

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

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

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

Learn basic kicks, punches and balance moves in this calorie burning, sweat producing knock out of a work out.

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

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

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

6:30 p.m., **TRX**
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Thursday
6:30 a.m., **Functional Flexibility**

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

Go Bowling! This Memorial Day

Holiday Hours: 11 am-7 pm

Beat the Heat!

ALL DAY BOWLING PASS: \$8.00 per person

- *Children ages 4-5 bowl for only \$5.00
- *Children ages 3 & under bowl for FREE

Come and go as you like, all day long! SHOES INCLUDED

ADDITIONAL DETAILS... First come, first serve. To accommodate everyone, individuals may be asked to share their lane and make new friends. Lanes left vacant for 15 minutes will be turned off.

MAYPORT BOWLING CENTER (904) 270-5377

MWR HAPPENINGS

Naval Station Mayport 2010 Base Golf Championship

Has been rescheduled for:
June 12-13, 2010

8:30am Shotgun

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

Prizes
1st Place: \$120 G.C.
2nd Place: \$90 G.C.
3rd Place: \$60 G.C.
4th Place: \$30 G.C.
Certificates for both divisions.
Based on your highest finish in either flight. Payout based on 40 players.

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

Format
36 Hole Stroke Play
2 Flights (Gross and Net)
2 Championship Trophies (1 Gross, 1 Net)
All Play from Green Tees (Ladies Red Tees)

Sign Up at the Pro Shop (904) 270-5380
Deadline: Monday, June 7

Each Flight Has Own Skin Pot Each Day

11:30 a.m., **Zumba**
A fusion of hot, sexy and explosive Latin American and International dance music. Caloric output, fat burning and total body toning are maximized through fun and easy to follow dance steps. Come experience the ultimate dance party in this high energy, motivating class that is great for both the body and the mind.

1 p.m., **Strength Solutions & Flexibility Fix-Ups**
This class assists in preventing and overcoming injuries. Ride the road to recovery! Meets at Surfside Fitness Center lobby.

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

Friday
7 a.m., **Beach Bootcamp**
(weather permitting) This Commando PT utilizes various training techniques to achieve the highest fitness levels possible. Meets behind Surfside Fitness Center. Can accommodate 200+ personnel.
9 a.m., **20/20/20**

A fusion of our Low Impact, Resistance and Intro Mind Body classes. Twenty minutes will be devoted to cardio training, twenty minutes to strength training and twenty minutes to flexibility training.

The Gym Schedule is as follows:
Monday
6:30 a.m., **Command Jump and Jab**
11:30 a.m., **Adv. Weight Training for Warriors**
An adrenaline producing 1-hour class devoted to building strength and stamina in active duty personnel. Emphasis is placed on sound, proven weight training techniques. Topics include squatology, supplements and muscle growth. Meets at Gym weight room.
11:30 a.m., **Spinning**
This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at Gym racquetball court 3.
2:30 p.m., **Row-bics**
Learn to row on the Concept 2 rower used by Olympic rowing teams. The full body rhythmic nature of the rower makes it extremely efficient at burning fat with minimal stress to your legs, feet or joints. All fitness levels welcome. The command version of this class is great for

Fitness Enhancement Personnel.
3 p.m. **Victory PRT**
Want to score Outstanding on the PRT? Attend Victory PRT and experience effective, highly motivating PRT oriented workouts. A variety of training methods are utilized. Meets at Gym basketball court 2A.
Tuesday
11:30 a.m., **Steel Anchor Training**
Show your commitment and motivation by becoming a Steel Anchor. Successful completion of a percentage based combination of the bench press, squat, and dead lift will win you this prestigious award. Get your name on the wall and the coveted Steel Anchor award t-shirt.
4:30 p.m., **Spinning**
This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels.
Wednesday
7 a.m., **Command Cardio Pump**
11:30 a.m., **Spinning**
Thursday
6:30 a.m., **Cardio, Combat and CORE**
In this heart-pounding full body workout we break a serious sizzlin' sweat. This fusion of cardio and resistance training will max out your exercise afterburn. Meets at Gym basketball court 1A.
11:30 a.m., **Row-bics**
Learn to row on the Concept 2 rower used by Olympic rowing teams. The full body rhythmic nature of the rower makes it extremely efficient at burning fat with minimal stress to your legs, feet or joints. All fitness levels welcome. The command version of this class is great for Fitness Enhancement Personnel. Meets at Gym racquetball court 3.
Friday
6:30 a.m., **Command Spinning**
11:30 a.m., **Strength Training Basics for Women**
11:30 a.m., **Steel Anchor Testing**
Show your commitment and motivation by becoming a Steel Anchor. Successful completion of a percentage based combination of the bench press, squat, and dead lift will win you this prestigious award. Get your name on the wall and the coveted Steel Anchor award t-shirt.

Scion Launches Car Customization Competition For Service Members

From MWR

Scion announced May 17 it has launched a unique car customization challenge strictly for active duty military personnel. The contest will tap into the creativity, teamwork and can do attitude of today's U.S. Military and challenge them to design a customized Scion xB.

Teams of dedicated service members will describe their vision of how they would customize a Scion xB based on a \$15,000 budget. All design entries must be submitted online by June 11.

Three finalists will be announced on July 5 and receive a Scion xB and \$15,000 to make their vision a reality. Teams will have approximately 12 weeks to complete their build project.

One car will be selected as

the Grand Prize winner, and the team will be invited to the 2010 Specialty Equipment Market Association (SEMA) Show in Las Vegas to showcase their modified xB in the Scion booth.

To support U.S. troops, Scion is working closely with Morale, Welfare and Recreation (MWR) of the Army, Navy, Air Force, and Marine Corps commercial sponsorship units and base Auto Skills Centers. Full contest details can be found at www.BattleOfTheBuilds.com.

Car enthusiasts, team supporters, and other interested parties can register on the Battle of the Builds website (www.BattleOfTheBuilds.com) to cast a vote for their three favorite designs between June 16 and June 30. During the voting and build phases, the program can be followed on Scion's

Facebook properties (www.facebook.com/scion, /scionreleaseseries, /scionracing) and at www.battleofthebuilds.com.

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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/mediacenter, 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."

June is Men's Health Month

From Health Promotion by the Ocean

Heart disease is the leading cause of death for American men over the age of 45. Here is what you can do to lower your risk:

- Maintain a healthful blood pressure under 120/80.
- Don't smoke and avoid secondhand smoke.
- Maintain a healthy weight.
- Watch your cholesterol levels.
- Accumulate at least 30 minutes of moderate to brisk physical activity most days of the week (an hour if you need to lose weight).
- Eat at least 5 servings of fruits and vegetables every day.
- Restrict fat to 30 percent of your daily calories.
- Learn how to control your diabetes.
- Learn how to prevent or manage stress.

Health Promotion offers monthly classes on weight control, high blood pressure, cholesterol management and tobacco cessation. Call 270-5251 for more information. We are located at 2050 Marshal Couch Drive. Mayport NS has a gym (270-5451) and/or fitness center (270-7718) to help you meet your fitness goals. And, Fleet and Family Services (270-6600) offers monthly stress management classes.

Perform your monthly self testicular exams and see your health care provider if you detect any abnormal lumps or masses. Ask your provider about prostate exams starting at the age of 40.

Don't Flush Leftover Medicine!

By Scott Dombrosky
NS Mayport Environmental

Have you ever wondered how to best dispose of pills and other medicines that accumulate in your medicine cabinet?

If yours is like the majority of American homes, you are likely to have a collection of medications that have expired, that are no longer taken, or were used by someone who has passed away.

Typically, homeowners have disposed of unwanted medications by flushing them down a toilet or, in the case of liquids, pouring them down sink drains. While this practice prevents accidental ingestion, it can cause contamination in our aquatic environment because wastewater treatment systems are not designed to remove

many of these medications.

Improperly disposed medications are part of a group of chemicals known as "emerging pollutants of concern" that have recently received a great amount of attention by the Environmental Protection Agency and the United States Geological Survey, among others.

While the concentrations of these substances found in our water bodies are hundreds or thousands of times lower than the therapeutic dosages found in the medications that we take, research has shown that there can still be effects on aquatic organisms like fish and frogs.

The effects these emerging pollutants are having on the environment are still being discovered. Subtle effects may

include impacts on development, spawning and other behaviors in aquatic organisms. Low levels of antibiotics may also lead to the development of antibiotic-resistant strains of harmful bacteria.

We can decrease the amount of these pollutants being discharged to the environment by properly disposing of unwanted medications. The Florida Department of Environmental Protection provides the following recommendations for disposal.

DO NOT give the drugs to anyone else. DO NOT flush drugs down the toilet.

For Pills and Liquids:

1. Keep the medicines in the original container. This will help identify the contents if they are accidentally ingested.

2. Mark out your name and prescription number for safety.

3. For pills: add some water or soda to start dissolving them; For liquids: add something inedible like cat litter, dirt or cayenne pepper.

4. Close the lid and secure with duct or packing tape.

5. Place the bottle(s) inside an opaque (non see-through) container like a coffee can or plastic laundry bottle.

6. Tape that container closed.

7. Hide the container in the trash. Do not put it in the recycle bin.

Following these few simple steps to properly dispose of unwanted medications will go a long way to keep others safe and protect our environment.

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VA Cutting Insurance Premiums For Families

From Department of Veterans Affairs

Secretary of Veterans Affairs Eric K. Shinseki announced recently that military personnel insuring their families under the Servicemembers' Group Life Insurance (SGLI) program, which is administered by the Department of Veterans Affairs, will have reduced out-of-pocket expenses beginning July 1.

"VA hopes these reductions will allow more military personnel to obtain affordable life insurance coverage for their spouses, particularly in these difficult economic times," said Shinseki. "Without insurance protection, life after the loss of a spouse can be not only challenging emotionally, but can

place a severe financial strain on a family."

Family SGLI (FSGLI) monthly premium rates will be reduced for all age groups by an average of 8 percent. The new rates are based on revised estimates for the cost of the program. This is the third time that premiums have been reduced since the FSGLI program began in November 2001. Spousal premiums were previously reduced for all age groups in 2003 and 2006.

FSGLI coverage provides life insurance protection to military personnel for their spouses and children. Children are automatically insured for \$10,000, with no premiums charged.

Based on the coverage of service members, spouses may be insured for up to \$100,000. Military personnel pay age-based premiums for spousal coverage -- the older the spouse, the higher the premium rate.

The premium reduction ensures FSGLI remains highly competitive compared to commercial insurers.

FSGLI coverage is available in increments of \$10,000. The current and revised monthly premium rates per \$10,000 of insurance, along with other information, are available on the Internet at www.insurance.va.gov.

Keep Bones Healthy For Life

From TRICARE

Children are often encouraged to drink milk to build strong bones, but what about adults? Bone health is an essential part of overall health and quality of life far beyond childhood and adolescence years. May is National Osteoporosis Awareness and Prevention Month. It is a great time to focus on proper nutrition and exercise to keep bones healthy and prevent osteoporosis in later years.

Osteoporosis is the thinning of bone tissue and loss of bone density. The condition leaves bones weak and more likely to break.

Anyone can develop osteoporosis, but women, especially post-menopausal women, are at a higher risk because of estrogen deficiency. Other risk factors include: family history, vertebral abnormalities, hyperparathyroidism and long-term steroid therapy.

In 2009, the National Institutes of Health estimated that more than 1.5 million bone fractures occur each year because of osteoporosis.

Osteoporosis can easily be

diagnosed by a bone density test. This is a non-invasive test that uses X-rays to measure bone mass.

TRICARE covers this procedure for beneficiaries who are showing symptoms of osteoporosis or at high-risk of developing the disease. High-risk factors for osteoporosis include being post-menopausal, a family history of osteoporosis, vertebral abnormalities, hyperparathyroidism and receiving long-term steroid therapy.

Beneficiaries should keep in mind that it is possible to prevent osteoporosis with simple additions to lifestyle. Calcium and physical activities play an important role in bone health - in early life and late life.

Adults are encouraged to have at least 1,000 milligrams of calcium each day to maintain healthy bones. Activities such as walking, jogging, climbing stairs or weight training can help strengthen bones and improve overall health.

Learn more about building healthy bones for life at the National Osteoporosis Foundation website www.nof.org.

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June Workshops, Classes Available At FFSC

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.

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

June 1, 9-11 a.m., **Resume Walk-in Review Assistance, FFSC**

June 2, 8-11:30 a.m., **Stress Management, Wellness Center**

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

June 2, 9 a.m.-noon, **Tottletyme Playgroup, USO**

June 3, 9-11 a.m., **Resume Walk-in Review Assistance, FFSC**

June 3, 9 a.m.-noon, **Tottletyme Playgroup, USO**

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

June 7, 1-4 p.m., **Expectant Dad's Class, USO**

This program is designed for new Dads and Moms. The program will address, investigate, and discuss issues facing fathers in today's weird world. The attendees will look at being a father in the military, on care of newborns and toddlers and how to grow with your child and become the Dad you really want to be. The program will increase the participant's knowledge about child development and will also address relationship changes that accompany the birth of a child.

June 7-10, 8 a.m.-4 p.m., **TAP Retiree 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.

June 8, 9-11 a.m., **Resume Walk-in Review Assistance, FFSC**

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

June 8, 9-10:30 a.m., **Sponsor Training, Building One Room 719**

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

June 9, 9 a.m.-noon, **Tottletyme Playgroup, USO**

June 10, 9 a.m.-noon, **Tottletyme Playgroup, USO**

June 14-17, 8 a.m.-4:30 p.m., **SAPR Victim Advocate Training, NAS Jax Chapel**

June 14, 6-7 p.m., **IA Family Discussion Group, USO**

June 14, 8:30 a.m.-noon, **FERP- Career & Job Readiness Class, FFSC**

June 14, 9-11 a.m., **What About The Kids Workshop, FFSC**

Children who witness family violence are often forgotten as the unintended victims. A wide range of child adjustment problems has been found to be associated with exposure to domestic violence. Parent's need to see, understand the effects of domestic violence on children as encompassing behavior, emotion, development and socialization. Parents need to understand that there is an intergenerational cycle of violence and they may be creating a legacy for their child of learned violent behavior. The purpose of this program is not to shame parents for events that have already happen, but to instill hope that things can change. The knowledge that the violence, which many parents incorrectly believe is unseen by their children, is negatively impacting their children's growth and development and may provide an additional motivator for ending the violence and seeking intervention. June 14, 1-3 p.m., **FERP- Federal Employment Class, FFSC**

June 15, 9-11 a.m., **Resume Walk-in Review Assistance, FFSC**

June 16, 9 a.m.-noon, **Tottletyme Playgroup, USO**

June 17, 9 a.m.-noon, **Tottletyme Playgroup, USO**

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

June 21, 8 a.m.-4:30 p.m., **Ombudsman Basic Training, Building 1 Room 719**

June 21-24, 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.

June 22, 8 a.m.-4:30 p.m., **Ombudsman Basic Training, Building 1 Room 719**

June 22, 9-11 a.m., **Resume Walk-in Review Assistance, FFSC**

June 23, 9 a.m.-noon, **Tottletyme Playgroup, USO**

June 24, 9 a.m.-noon, **Tottletyme Playgroup, USO**

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

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

June 24, 8-11 a.m. **Anger Management, FFSC**

June 28, 6-8 p.m., **Ombudsman Assembly, Building 1 Room 104**

June 28, 1-3 p.m., **Starting Your Own Business Class, FFSC**

June 29, 9 a.m.-noon, **Tottletyme Playgroup, USO**

Couples Communication Workshop, 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.

June 29, 9-11 a.m., **Resume Walk-in Review Assistance, FFSC**

June 30, 9 a.m.-noon, **Tottletyme Playgroup, USO**

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Obama Calls For Fed Government Hiring Reform

By Elaine Wilson

American Forces Press Service

President Barack Obama signed a memorandum May 11 calling for a sweeping overhaul of federal government recruitment and hiring practices and creating a "historic opportunity" for the Defense Department to revamp its outdated hiring system, a defense official said.

"To deliver the quality services and results the American people expect and deserve, the federal government must recruit and hire highly qualified employees, and public service should be a career of choice for the most talented Americans," Obama said in the memo. "Yet the complexity and inefficiency of today's federal hiring process deters many highly qualified individuals from seeking and obtaining jobs in the federal government."

The memorandum calls for, in part, the elimination of lengthy application processes, including essay-style questions for initial applicants; a reduction in the time it takes to hire mission-critical and commonly filled positions; and a greater involvement by managers in the hiring process.

"Americans must be able to apply for federal jobs through a common-sense hiring process, and agencies must be able to



select high-quality candidates efficiently and quickly," the president wrote. "The ability of agencies to perform their missions effectively and efficiently depends on a talented and engaged work force, and we must reform our hiring system to further strengthen that work force."

Clifford L. Stanley, undersecretary of defense for personnel and readiness, represented the Defense Department at an Office of Personnel Management news conference today where the details for the new initiative were announced, including the widespread impact on the department.

The hiring reform is a "historic opportunity" for the department to eliminate an outdated, bureaucratic hiring system, said Marilee Fitzgerald, the Pentagon's acting deputy undersecretary of defense for civilian personnel policy.

"Not since 1978, with the Civil Service Reform Act, has there been such an opportunity to acquire and develop our talent with alacrity and contemporary hiring and development

practices," Fitzgerald said in an American Forces Press Service interview.

"We have marvelous talent, and they can't figure out how to get to us because we have all of these rules and a proliferation of hiring authorities," she added. "All of these things distract our applicants from coming to us."

The department is one of the largest civilian employers in the world, Fitzgerald said, hiring more than 100,000 employees every year. This reform is vital to meet the department's goals of attracting and retaining the highest quality talent, she added.

The hiring reform will spur extensive changes throughout the Defense Department, she noted, with impacts to the hiring process at every step.

For job seekers, changes include:

- An enhanced website at <http://www.usajobs.com> that will provide job seekers a single, easy-to-use entry point to federal job opportunities;
- The use of a simple resume and cover letter to apply for

a job instead of pages-long resumes that bog down selection processes;

- Modern assessment tools with simple, quick questionnaires rather than assessments that require long essay responses;

- Application status feedback at a minimum of four points: receipt of application, qualification determination, referral status and result;

- Streamlining of job announcements from 10 to 12 pages down to about three pages. And rather than department jargon, the announcements will be written in simple, easy-to-understand terms; and

- Enhancement of the Student Training and Academic Recruitment Program, known as STAR, in which college students are hired to assist the department with its entry-level recruitment needs, offering peer-to-peer, on-site information.

For managers, the reform will put the focus on partnering with human resource practitioners to develop staffing plans, with the overall aim of reducing hiring timelines and providing access to the highest-quality candidates.

Nothing is more disappointing, Fitzgerald noted, than waiting for a referral list and then

discovering none of the applicants fits the bill. "Often," she said, "the lack of qualified candidates is a function of not planning for the requirement on the front end."

Human resources specialists now will work with managers two to three years out from a job opening to examine job requirements and create accurate job descriptions, Fitzgerald said. And when the opening is at hand, they will encourage managers to begin planning immediately to position themselves for making a quick hire. Managers can take care of administrative functions such as preparing interview questions and arranging hiring panels up front, she explained.

On the human resources side of the house, officials are looking at how they can reduce timelines on tasks such as candidate assessments and referral list development. Contemporary assessment tools, for instance, will help experts weed through applicants quicker and more effectively, Fitzgerald explained.

The department's goal, she

noted, is to reduce the time it takes to hire new talent from the current 155-day average down to 80 days. "And the shorter the better," she added. "Fitzgerald projected the new assessments could be operational by as early as the end of the year."

In the meantime, the department has launched a new hiring reform website - http://www.cpms.osd.mil/hiring_reform - that includes easy-to-digest information customized for managers, applicants and human resources specialists.

The timing is right for these comprehensive changes, Fitzgerald noted.

"Certainly, the complexities of the department's engagements at home and abroad demand a work force with the right mix of expertise at hand to properly address these emerging opportunities and to thwart potential threats that face us," she said. "A work force with a broad portfolio of capabilities with maximum versatility is a mission imperative for the Department of Defense."

Department Hires Acquisitions Workers To Help Reforms

By Lisa Daniel

American Forces Press Service

The Defense Department is making strides toward acquisition reform and budget reductions, starting with the buildup of its federal acquisitions work force, department officials told a congressional panel May 19.

The department created the Office of Cost Assessment and Program Evaluation and has hired more than 3,000 employees since the end of March to improve its purchasing processes, John Roth, deputy comptroller for programs and budgets, told the House Oversight and Government Reform Committee's national security subcommittee.

Acquisition reform is a key component of Defense Secretary Robert M. Gates' efforts to improve processes while also cutting overhead costs. Part of that reform calls for reducing the department's use of contractors and replacing them with federal workers. The new hires are the first step in reducing contractors from 39 percent to 26 percent of the department's work force, Roth said. Officials are requesting an additional \$218 million in the fiscal 2011 budget to expand

the reform efforts, he said.

"Good people are an essential element of any acquisition reform strategy," said Nancy Spruill, the department's director of acquisition resources and analysis, who also spoke before the subcommittee. "We're committed to growing the work force. But, more than numbers, we are focused on quality. We are pleased that we're attracting talented people every day to help us work on acquisition reform."

In addition, Roth said, the secretary already had made "unprecedented cuts" to major weapons programs that are underperforming or over budget. Overall cost savings will be converted to sustain combat power and make future investments, he said.

"The department has had a change of emphasis," Roth said. "That change is to a stronger, better-controlled business environment."

The department has 102 major acquisitions programs, and is focusing its reforms on the ones in which it can intervene in the early stages, Spruill said. "We have an increased emphasis on the front end of the process," she said, starting

programs right, reviewing them early on and getting independent reviews.

Department officials are working hard to implement the reforms of the 2009 Weapons System Acquisition Reform Act and the provisions of reform legislation this year, Spruill said. "We have made support to the warfighter our highest priority, and we are improving the acquisitions work force," she said.

Better systems engineering, technical maturity, and especially cost estimate improvements are driving reform, Spruill said, adding that cost estimates are the most difficult.

Michael J. Sullivan, the General Accountability Office's director of acquisition and sourcing management, also spoke to the subcommittee, and outlined Defense Department progress on acquisition reform since the GAO reported in 2008 on problems in 42 programs. Acquisitions workers, he said, have done a good job of recognizing problems, and are on track to make long-term changes.

Under Gates' leadership, Sullivan noted, 13 programs were removed from the depart-

ment's acquisitions portfolio at a cost savings of \$179 billion.

Defense acquisitions problems have existed for decades, Sullivan said, but change is possible "when we have leadership in the department like we do now."

"It boils down to accountability and leadership, and when leadership takes charge of things, things can happen," he said.

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Allen Outlines Federal Role In Oil Spill Response

By Army Sgt. 1st Class Michael J. Carden
American Forces Press Service

The Gulf of Mexico oil spill could soon reach levels on par with the 250,000 barrels of crude oil lost in the 1989 Exxon Valdez tanker spill, the Coast Guard commandant said yesterday in an interview on CNN's State of the Union.

"By the time we get this leak sealed, the volume that's out there is probably going to start to approach that much," Coast Guard Adm. Thad Allen, the national incident commander for the Gulf oil spill, told Candy Crowley.

"Our big concern right now is oil that's coming to shore around Port Fourchon in southern Louisiana and trying to redeploy our forces there to meet that," he continued. "At the same time, we're seeing tar balls in Mississippi and Alabama. And this spill has really spread out wide, concerning its perimeter, but it's really concentrated, heavy starts, throughout the area of about a 200-mile radius."

In a White House news conference May 24, Allen outlined the basic command-and-control structure for how oil spill response works. He told reporters that although the federal government has oversight, the spiller is responsible for financing cleanup, equipment and recouping damaging, according to the Oil Pollution Act of 1990.

In the Gulf of Mexico, the oil company BP is the accountable party, Allen said.

The legislation was passed after the



-U.S. Navy Photo

An oil containment boom deployed by U.S. Navy Supervisor of Salvage and Diving personnel surrounds New Harbor Island, La. to mitigate environmental damage from the Deepwater Horizon oil spill. Deepwater Horizon was an ultra-deepwater oil rig that sank April 22, causing a massive oil spill threatening the U.S. Gulf Coast.

Exxon Valdez spill, and also created a liability trust fund to fund responses where there was no responsible party. The legislation charges Coast Guard area commanders with responsibility in those zones. These captain of the port zones work with state and local officials and stakeholders to develop protection plans, mainly for "sensitive areas," he said.

Captain of the port zones are present on every single part of the coastline of the United States. When they have to activate a response, the local Coast Guard commander is designated the

federal on-scene coordinator and coordinates with state and local governments and directs the responsible party in the cleanup, the admiral explained.

"That is the way we have been prosecuting this case since the explosion on the Deepwater Horizon on the 20th of April," he said. "Even in advance of the sinking of the drilling unit, we were staging equipment that was against the scenario we would have a worst-case spill."

"We started actually mobilizing equipment salvage engineers and everything right after the event hap-

pened into the 21st of April," he added.

For the Gulf Coast spill, the zone commands were brought under the command of Coast Guard Rear Adm. Marry Landry, because of the size of the spill, Allen said. Landry oversees commanders in Mobile, Ala., which covers Mississippi, Alabama and western Florida.

Landry also supervises a command in St. Petersburg and Key West, Fla.

"If something gets large enough where there's a national issue," Allen said, "it will come up to the national response team."

The national response team consists of the Environmental Protection Agency, the Coast Guard, the National Oceanic and Atmospheric Administration and others. Also, the president can declare "a spill of national significance" if the coordination becomes "complicated," Allen added.

"This is not policy," he said. "This is a command-and-control structure. It's actually contained in the Code of Federal Regulations that implements the Oil Pollution Act of 1990. So there are actually clear definitions."

Allen said the federal response team "needs to make sure [BP] execute their responsibilities as the responsible party and we carry out our responsibilities and be accountable as the federal on-scene coordinators."

Allen also explained that in this role, the federal government can issue an order to BP to apply resources in a particular way if the government is not pleased with BP's method. However,

BP, or the responsible party, is the one with the means to deal with the spill. The military does not have the equipment or technology to address the Gulf Coast spill alone, he said.

"Ultimately, we are accountable to make sure [BP cleans up the spill]," he said. "The law requires them to play a certain role, to pay for it, to provide equipment and so forth, and particularly with trying to deal with a leak on the bottom of the ocean there - 5,000 feet down."

While BP works to cap the leak, states have requested support from the Army Corps of Engineers to prevent oil damage ashore.

Louisiana has applied for a permit that suggests establishing a system of barrier islands and berm structures, the admiral said.

The Army is evaluating the requests and looking at costs and schedule as well as issues the engineers may face. Building the barrier islands could take as long nine months. The review is still ongoing by the Army and Coast Guard, he added.

Other U.S. military support comes from the Air Force, who has been conducting aerial spray missions to help in neutralizing the oil spill with dispersing agents.

Also, the Air Force is transporting boom from Alaska. Meanwhile, the Navy is supplying vessels to act as staging platforms for BP workers and equipment.

Allen estimates that it could take until August to cap the oil spill.

Navy Land Transferred To City Of Virginia Beach

By Kelley Stirling

Naval Air Station Oceana Public Affairs

Naval Air Station Oceana and the city of Virginia Beach closed May 18 on the transfer of 98 acres, called the Marshview property, from the Navy to the city.

"This is a win-win for the Navy and the city of Virginia Beach," said Capt. Mark Rich, commanding officer of NAS

Oceana. "The Navy is eliminating a significant amount of excess property, while ensuring the continued compatible use of that parcel while gaining substantial additional development rights in a high priority area, and the City of Virginia Beach gains a sizeable parcel which it intends to develop into a low-density park which will be welcomed by the surround-

ing communities."

The Marshview property, which is in Virginia Beach near Birdneck Road, was purchased by the Navy in the late 80s as part of the Navy's Air Installations Compatible Use Zones (AICUZ) acquisitions around Oceana and Naval Auxiliary Landing Field Fentress.

At the time, the Navy was

purchasing restrictive easements on property as part of the AICUZ acquisitions, however the easement purchase alone for the Marshview property proved to be very costly; instead, the Navy bought the property in a fee simple purchase for \$4.29 million. Part of the property lies within the greater than 75 average decibel level and the Accident Potential Zone Two.

For many years, the city of Virginia Beach has sought to acquire this property from the Navy to turn into a low-density park area, which would be a compatible use under the AICUZ program. After deliberations, this transfer has taken place and rather than a cash purchase, the Navy has asked the proceeds to be used for the purchase of restrictive

easements on 46.71 acres for encroachment buffering within the interfacility traffic area between Oceana and Fentress.

The Navy will still own a Restrictive Easement over the Marshview property, but the city's park development plans fall within those restrictions.

For more news from Naval Air Station Oceana, visit www.navy.mil/local/oceana/.

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- AutoCrafters Collision - O. Park: 629 Park Ave. Orange Park, FL 32073. 904-265-8101
- AutoCrafters Collision - Blanding: 1011 Blanding Blvd. Orange Park, FL 32095. 904-298-2982
- AutoCrafters - St. Augustine: 2120 Stale Road 16. St. Augustine, FL 32095. 904-829-3769
- AutoCrafters Collision - Lee Rd.: 48 Lee Rd. Jacksonville, FL 32246. 904-722-1556
- AutoCrafters Collision - Regency: 1638 Debutante Dr. Jacksonville, FL 32246. 904-721-7781
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Hurricane

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Make arrangements for pets. Most shelters and hotels will not allow pets. Ensure pets have identification tags, current license and shots are up to date.

Check your house and yard. Inspect your roof for loose shingles and damaged sealants around vents. Install storm shutters or precut plywood panels to protect windows and glass doors; precut wood or metal beams to protect home and garage doors. Trim back dead wood from trees.

Know the difference between a hurricane watch and warning, and the Saffir-Simpson measurement scale. Obtain tracking charts and preparedness guidelines offered by emergency management offices and media outlets. Review your insurance policy. Do you know your commands personnel accountability plan? Now is the time to get hurricane smart.

Actions to be taken during a hurricane watch (36 to 24 hours prior to the arrival of hurricane conditions):

Monitor radio and television reports regularly. The intensity and track of tropical storms and hurricanes can change quickly. If you do not own a NOAA weather alert radio, get one.

Inspect your survival kit ensuring you have everything you might need. Ensure medications and food/water have not reached expiration dates. Have cash on hand; small bills, \$1's, \$5's and lots of coins. ATM withdrawal's and debt card purchases may not be available. Review your evacuation plan - do you know where you're going to go should an evacuation be necessary? Does your command and someone outside the expected hurricane impact area know what your plans are? Do you know who and how to contact your command after you reach safe haven?

Ensure your vehicle has a full tank of gas, regardless of whether you plan to leave the area, go to a local shelter, or ride out the storm at home. Gas may be difficult to obtain during an evacuation and gas stations are typically out of service after a storm strikes.

Prepare your house. Move items indoors that can become deadly airborne missile hazards in strong winds causing injury and damage (garbage cans, lawn furniture, garden equipment, toys, etc.). Items too heavy to move should be tied down. Lower antennas, brace garage doors and board up or close shutters on glass doors and windows. Move valuables to upstairs, inner rooms. Ensure gas and propane tanks for emergency generators, chain saws and cookers are full.

If ordered to leave the area, do so immediately. Traveling during daylight hours is preferred, but don't delay if an evacuation order is issued.

Remember to lock windows and doors, turn off water, gas and electricity at the main breaker. Plug sink drains to prevent backup. Fill bathtubs for use as flushing water when you return. If time permits, elevate furniture to protect from flooding or move upstairs. Again, a full tank of gas is essential for a proper evacuation. Roads will be very crowded and it may take many hours to get out of the area.

As time allows, check on your neighbors, especially the elderly and families of those sailors deployed, assist as you can in their preparations and/or evacuation.

Actions to be taken during a hurricane warning (24 hours or less prior to the arrival of hurricane conditions):

Closely monitor radio and television for updates and official instructions.

If in a mobile home, check tie-downs and evacuate immediately. A mobile home is not suitable shelter for riding out a hurricane.

If you choose to remain at home, store drinking water in sanitized containers. Fill bathtubs and larger containers for cleaning and flushing water. Unplug appliances with the exception of the refrigerator - set it on maximum cold and if power is lost only open when necessary. Close all interior doors and brace external doors. If you are unable to evacuate, seek shelter in an interior room away from doors and windows on the lowest floor level. Large appliances will support debris if roof or wall collapse occurs. Avoid the temptation to go outside during the brief calm when the eye of the storm passes over.

Actions to be taken after the storm:

The orderly return of Sailors, civilian employees and their families back to an evacuated area shall be conducted only when directed by federal, state, and local authorities. Don't try to come back to the area before the all clear has been sounded. Watch for closed roads - if you come upon a barricade or a flooded road, "Turn Around, Don't Drown." Be patient; remember everyone else is eager to return home too. Proof of residency may be required (beaches complex re-entry pass, driver's license, recent utility bill, etc). Call ahead to obtain road conditions and to determine the availability of services. It is best to wait a few days to allow emergency personnel to clean-up and restore conditions to normal. Ensure you keep your gas tank full - gas may be difficult to get as you get closer to the area.

Enter your home with caution. Although it may appear to be structurally sound, water and wind damage could be extensive. Use a flashlight to inspect for damage; never use a candle with an open flame. Check the gas, electrical and water lines for damage. Don't use water from the tap or re-energize electrical main breaker or gas sources until declared safe by local authorities.

Contact your command leadership and monitor local news for information on when you will be required to report back to your command.

Be patient. Following a hurricane, it may take several weeks to clear roads and restore vital services, and months to remove all the debris from neighborhoods, especially in outlying, rural areas. As you are able, assist neighbors and shipmates in their return to the area and recovery efforts.

Personnel accountability:

The past year has seen tremendous efforts throughout the navy to ensure programs and procedures are in place to account and care for the navy family after a crisis. Personnel accountability clearly remains both a command and an individual responsibility. All Navy commands are responsible for implementing and administering procedures for determining the status and whereabouts of navy family members following a catastrophic event and for training their navy family members on these procedures. Further, these procedures must be robust enough to cover when the unit is at home, away for a few days of training or deployed, and apply equally to when the member and/or family is at home or on vacation anywhere around the world.

At the heart of this effort are the individual navy family member, the active duty and reserve Sailor, the civilian employee, and their family members. At the most basic level, all navy family members must:

1. Know their command's emergency reporting procedures (including how to contact their parent Command, the Command's COOP site, the coordinating unit (if assigned), installation personnel accountability points of contact, and Commander, Naval Personnel Communications center [CNPC ECC], in this priority order) and the necessity to report your status via the most expeditious means available.

2. Ensure up-to-date recall information is provided to your chain of command and kept current.

3. Ensure emergency contact information (page 2) is current.

4. Update and validate dependency data in DEERS, etc.

The only way we can achieve quick and accurate personnel accountability during a catastrophic event is by training everyone to report their status and whereabouts to their command; familiarize your self with NFAAS (Navy Family

Accountability and Assessment System) at (<https://www.navy-family.navy.mil>).

Military Services points of contact data:

Navy and Marine Corps:

1. All personnel-Navy Personnel Support Customer Service Center: 1-877-414-5358.

2. DON civilians, dependents helpline: 1-877-689-2722.

3. Community Services Information and Referral: 1-800-336-4663

4. Navy Marine Corps Relief Society: <http://www.nmcrs.org>

1. Army Well-Being Division Helpline: 1-800-833-6622

2. National Guard Bureau Family Program Hotline: 1-888-777-7731

3. Air Force Family Hotline: 1-800-435-9941

4. Army Emergency Relief: <http://www.aerhq.org>

5. Army and Air Force Mutual Aid Society: <http://www.aafmaa.com>

American Red Cross: 1-866-438-4636. <<http://www.redcross.org>>

TRICARE: 1-888-363-2273. <<http://tricare.mil>>

TRICARE Humana after the storm: <<http://www.humana-military.com/south/misc/storm-recovery.htm>>

Regardless of magnitude, hurricanes pose a real threat of destruction. Although the threat is present for every hurricane, the magnitude and exact area of the threat will vary for each incidence. No two storms are the same. Waiting to prepare until a hurricane watch is issued is too late. Learn from the lessons of those who suffered from recent hurricanes and prepare now. It cannot be emphasized enough for those Sailors who know they will not be at home for some or all of the hurricane season, to ensure their families are sufficiently prepared to take necessary actions in their absence. The Naval Station Mayport Emergency Management Office offers all hazard preparedness briefs to Commands and Family Support Groups that include hurricane awareness. By having both Command and family emergency plans, combined with an effective use of our available resources, we will be ready for whatever 2010 brings.

For additional information or to schedule a brief, contact the Naval Station Mayport Emergency Management Office at 270-6968.

From Page 1

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Updated: FEBRUARY 1, 2007

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Sesame Street Comes To Naval Station Mayport

From American Forces Press Service

The Sesame Street/United Service Organizations (USO) Experience for Military Families, a free traveling USO show based on Sesame Workshop's award winning "Talk, Listen, Connect" initiative and produced in partnership with Vee, will be at Naval Station Mayport on June 10.

The show, which is exclusively for military families, includes a 25-minute character performance and receive promotional items and outreach materials. The performances will be held at 5 p.m. and 7:30 p.m. at the Gym. Free. No ticket required. First come, first serve.

The Sesame Street Workshop/USO partnership put on its first show at Twentynine Palms, Calif., in July 2008. Since then, The Sesame Street/USO Experience for Military Families has traveled more than 45,000 miles to 76 bases in nine countries. More than 120,000 service members and families have been entertained during 176 shows.

USO Rents Out Adventure Landing

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. Wristbands will go on sale May 23 at the Mayport and NAS Jax USO centers for \$2.50. This is for active duty and immediate family members only, including National Guard. Retirees, friends and relatives are not eligible to attend.

Space is limited. Wristbands will be sold on a first come, first serve basis. Adventure Landing Season Passes are not valid for this day.

"The momentum that this show has gathered since it first performed for military kids and families is unbelievable," said Gary E. Knell, Sesame Workshop president and CEO. "To see how families come together and then use the messages from the show to talk to their kids is the greatest reward that we could ask for. We at Sesame Workshop are thrilled

to continue this work with our partners and friends at the USO and reinforce our commitment to military families." Sloan Gibson, USO president, noted the positive impact the tour is having on the military community. "The fact that more than 100,000 troops and family members have attended these shows so far speaks volumes about the tour's relevance to



-Photo by MC2 Gabriel S. Weber

A live production of *The Sesame Street Experience* is performed for families in the Benny Decker Theater at Fleet Activities Yokosuka, Japan.

today's military," said Gibson said. "We listen to our troops and understand the challeng-

es they face at home, and are proud to call Sesame Workshop our partner in helping to ease

the daily stresses on military families." For more news, visit www.navy.mil.

The USO and RocketLife, have partnered to deliver a heart-warming opportunity for the men and women of the armed forces and their families.

The Personal Photo Book program enables troops serving abroad and their families to create 20-page personal photo books and ship them to any APO/FPO address for free.

These full-color, customized photo books are small enough to fit in a soldier's cargo pockets yet can hold more than 60 photos of loved ones. RocketLife prints the books for free, and the USO pays for the shipping. To get started, visit <http://uso.myphotoproducts.com>.

The U.S. Department of Veterans Affairs has announced the launch of its new and improved online



form, "Application for Health Benefits," which will make it easier and faster for veterans to apply for their health care benefits.

This revised online application form (10-10EZ) provides enhanced navigation features that make it easier and faster for veterans to use. The new version also allows veterans to save a copy of the completed form for their personal records. The most significant enhancement allows veterans to save their application to their local desktop and return to the application at any time without having to start over.

Previously, veterans had to

complete the form in a single session. This updated online form, along with the revised VA Form 10-10EZ, reduces the collection of information from veterans by eliminating some questions.

In addition, there are minor changes to simplify the wording of questions and provide clarity in the instructions.

Further enhancements to the online application are expected to be delivered in increments throughout 2010. Veterans may complete or download the 10-10EZ form at the VA health eligibility website at <https://www.1010ez.med.va.gov/sec/vha/1010ez/>. Veterans may

also contact the VA at 1 (877) 222-VETS (8387) or visit the VA health eligibility website at www.va.gov/healtheligibility.

The Veterans History Project First Coast is dedicated to honoring the many veterans of Northeast Florida and those who supported war efforts. We record the memories of those who have served our country by conducting interviews.

These stories are placed on our website for others to listen and learn: www.vhpfirst-coast.org. 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.

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Mike Quimby, USN - 8 Yrs.
Garry Crews, USMC Ret.

Scott Burleigh, USN - 8 Yrs.
Jody Wade, USMC - 4 Yrs.



Ron is a Gulf War vet who will fight to protect your rights!

On Base

Monday, June 7

USS Simpson family readiness group will meet from 6-8 p.m. at the Mayport USO. Childcare will be provided. For more information about the event, email Ombudsman Whitney Watson at simpsonombd@gmail.com or Simpson FRG President Marla Hynes at ussimpsonfsg@yahoo.com

Monday, June 21

USS Simpson family readiness group will meet from 6-8 p.m. at the Mayport USO. Childcare will be provided. For more information about the event, email Ombudsman Whitney Watson at simpsonombd@gmail.com or Simpson FRG President Marla Hynes at ussimpsonfsg@yahoo.com

Out in Town

Friday, May 28

Fleet Reserve Association Branch 290 is hosting "Pizza/Calzone" dinners, from 5 to 8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach. We'll do the cooking for you. A donation of \$5 to \$8 is requested for each dinner, and depends on what is ordered. Carry out orders are accepted. The public is always invited to dinner. Happy hour precedes the dinner from 4 to 6 p.m., all drinks are 50¢ off. After dinner, enjoy the music of Southbound from 9 p.m. to 1 a.m.

Saturday, May 29

The "Salute to the WW II Soldier's Show & Exhibit at Fort Clinch State Park, Atlantic Ave., Fernandina Beach from 9 a.m.-5 p.m. Cost of admission is \$5 per carload to enter the park and \$2 per person to enter the fort. Kids 6 and under free. There will be living history military WW II re-enactors from Allied and Axis powers, equipment, weapons, uniforms, camps, patches, vehicles, scale model displays and dioramas,

COMMUNITY CALENDAR

and "blank" firing of the actual weapons used in both European and South Pacific areas of operations. For more information call Fort Clinch State Park at 904-277-7274.

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. No reservations are necessary and the program is free with regular park admission.

Fleet Reserve Association Branch 290 is hosting a Steak Dinner from 5 - 8 p.m., at the Branch Home at 390 Mayport Rd. A donation of \$10 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m. the music of Doug Bracey will entertain until 1 a.m. Happy hour precedes the dinner from 4 - 6 p.m., all drinks are 50¢ off.

Sunday May 30

The "Salute to the WW II Soldier's Show & Exhibit at Fort Clinch State Park, Atlantic Ave., Fernandina Beach from 9 a.m.-3 p.m. Cost of admission is \$5 per carload to enter the park and \$2 per person to enter the fort. Kids 6 and under free. There will be living history military WW II re-enactors from Allied and Axis powers, equipment, weapons, uniforms, camps, patches, vehicles, scale model displays and dioramas,

Monday, May 31
The American Legion Post

316 and Auxiliary Post 316 Will Host an Open House for Memorial Day. There will be food and entertainment for all ages. The Open House will be from 1-5 p.m., so come out and enjoy the company of fellow Veterans on this great day of celebration.

Tuesday, June 1

The City of Jacksonville Canning Center in cooperation with the Duval County Extension Service will offer a workshop on from 9 a.m.-noon. Learn how to make and can home-made vegetable soup 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 May 28. Call Jeannie at 387-8850 to register.

Wednesday, June 2

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

Thursday, June 3

Fleet Reserve Association, Branch 290, will hold its monthly General Assembly meeting at 8 p.m. at the Branch Home, 390 Mayport Rd. All members and prospective members are invited to attend. The Fleet Reserve Association is a world-wide veteran's organization that represents nearly 1'65,000 active duty and retired Navy, Marine Corps and Coast Guard members. The FRA Branch 290 is called the "active duty branch" because of the

number of active duty members. If you have served in any of the maritime service - Navy, Marine Corps or Coast Guard, no matter how long - stop by the Branch Home or call 246-6855 for more information. New members are always welcome.

Friday, June 4

The Fleet Reserve Association Branch 290 is hosting a "Grilled Chicken Dinner" from 5-8 p.m., at the Branch Home at 390 Mayport Road, Atlantic Beach, FL. A donation of \$8 is requested for each dinner. Carry out orders are accepted. The public is always invited to dinner. Starting at 9 p.m., the music of Doug Bracey will entertain until 1 a.m. Happy hour precedes the dinner from 4-6:00 pm, all drinks are 50¢ off.

Saturday, June 5

The City of Atlantic Beach continues the Wild Wonders adventure with Prehistoric Pals, including the endangered Alligator Snapping Turtle, along with reptiles and other creatures from around the world. The programs will be offered at 11 a.m. at the Dutton Island Preserve Pavilion. Learn about reptile behavior, survival, feeding habits, and adaptations. Adults and children will enjoy this one-hour program of information and up-close encounters with our planet's wild wonders. This event is free and open to the public. Dutton Island Preserve is located at the west end of Dutton Island Dr. W. off Mayport Rd. in Atlantic Beach. Visit the AB website at www.coab.us/events for upcoming programs and events. The City of Atlantic Beach Recreation and Special Event office is located at 716 Ocean Blvd., Atlantic Beach.

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. No reservations are necessary and the program is free with regular park admission.

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

The Jacksonville Zoo and Gardens garden tour series continues with a Shade Gardening garden tour from 9-11 a.m. Just in time for the summer, guests are invited to learn about what plants like to grow in the shade and will explore the Zoo's gardens for plants that provide shade during these hot summer months. Guests are to pre-register online at www.jacksonvillezoo.org, and meet outside the Zoo's ticket booths at 8:45 a.m. on the day of the tour. The cost is \$10 for Zoo members and \$20 for non-members (Zoo admission is included). Pre-registration is required and tour size is limited. For more information, visit: http://www.jacksonvillezoo.org/botanical/first_saturday_garden_tours/

Monday, June 7

Beaches Photography Club will meet at the Beaches Library, 600 3rd St., Neptune Beach, from 6-8 p.m. This month's program is Fireworks Photography presented by Nikki Burke. Nikki Burke is an FSCJ Professor of Photography, winner of numerous awards and she has exhibited her impressive photographic work both locally and nationally. For more information, go to www.beachesphotographyclub.com.

beachesphotographyclub.com. This is a free event with people of all ability levels and camera types welcomed and encouraged to come and learn more about photography.

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.

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 with regular park admission.

Saturday, June 19

The City of Atlantic Beach continues the Wild Wonders adventure with Prehistoric Pals, including the endangered Alligator Snapping Turtle, along with reptiles and other creatures from around the world. The programs will be offered at 11 a.m. at the Dutton Island Preserve Pavilion. Learn about reptile behavior, survival, feeding habits, and adaptations. Adults and children will enjoy this one-hour program of information and up-close encounters with our planet's wild wonders. This event is free and open to the public. Dutton Island Preserve is located at the west end of Dutton Island Dr. W. off Mayport Rd. in Atlantic Beach. Visit the AB website at www.coab.us/events for upcoming programs and events. The City of Atlantic Beach Recreation and Special Event office is located at 716 Ocean Blvd.,

Saturday, June 26

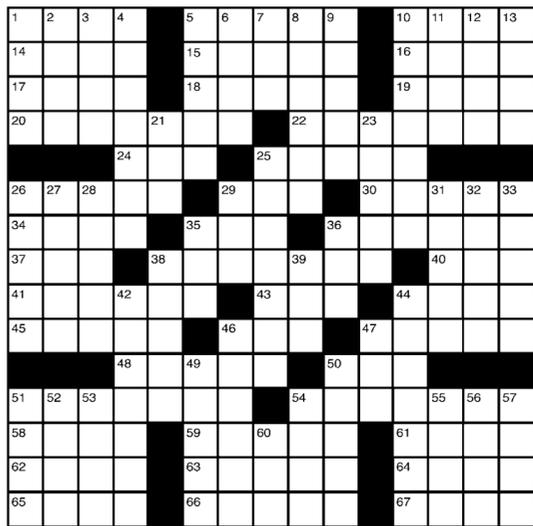
Join a park ranger at 3 p.m. to learn about the many common species that inhabit the natural communities of the undeveloped barrier islands of northeast Florida. The program will take place at pavilion one on Little Talbot Island. No reservations are necessary and the program is free with regular park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



THE Daily Commuter Puzzle by Jacqueline E. Mathews

ACROSS

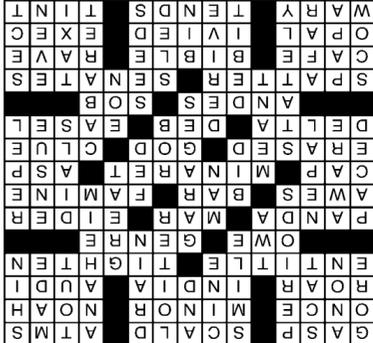
- 1 Sudden breath
- 5 Burn with a hot liquid
- 10 Machines at a bank, for short
- 14 "___ upon a time..."
- 15 Trivial
- 16 Ark builder
- 17 Lion's cry
- 18 Calcutta's land
- 19 German car company
- 20 Make eligible
- 22 ___ one's belt; be more frugal
- 24 Have debts
- 25 Literary class
- 26 Black-and-white bear
- 29 Deface
- 30 Sea duck
- 34 Amazes
- 35 Forbid entry to
- 36 Widespread scarcity of food
- 37 Beanie
- 38 Mosque tower
- 40 Viper
- 41 Wiped away
- 43 Supreme Being
- 44 Classic board game
- 45 Actress Burke
- 46 Society miss, for short
- 47 Artist's stand
- 48 Mountains in South America
- 50 Weep
- 51 Make a mess in the microwave
- 54 Legislative bodies
- 58 Lunch spot
- 59 Holy book
- 61 Talk wildly
- 62 Iridescent gem
- 63 Like vine-covered walls
- 64 Type of secretary: abbr.
- 65 Cautious
- 66 Looks after
- 67 Slight coloring



THIS WEEKS ANSWERS

DOWN

- 1 AI or Tipper
- 2 Shortly
- 3 "Beat it!"
- 4 Eras
- 5 Grin
- 6 Theater: Sp.
- 7 Conjunction
- 8 Dawdle
- 9 Sink's feature
- 10 Los Angeles
- 11 Promote
- 12 Created
- 13 Part of the leg
- 21 Defunct airline
- 23 Terrific
- 25 Car shelters
- 26 Walked the floor
- 27 Knowledgeable
- 28 Asian nation
- 29 Gent
- 31 Old TV controls
- 32 Follow
- 33 Drive back
- 35 Auction offer
- 36 Nourished
- 38 Intended



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- 39 Steal from
- 42 Dignified
- 44 Liza Minnelli hit musical
- 46 Infer; deduce
- 47 1 billion years
- 49 Left-hand ledger entry
- 50 Tiny beginnings
- 51 Large, flat-bottomed boat
- 52 Daddy
- 53 Way off
- 54 Toboggan
- 55 Cab
- 56 Smooth; level
- 57 Religious group
- 60 Canister

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The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call NS Mayport volunteer coordinator CSI Terry Jackson at 270-5373 and AC1 Chandra Chaney at 270-6130 or Dianne Parker at 542-5380 or you can immediately sign-up online for opportunities using www.volunteer.gatewayjacksonville.org.

Guardian ad Litem

Be the voice for children abused, neglected, or abandoned. These children have no ability to participate in decisions affecting their lives. When children are removed from their homes, the courts can appoint a special advocate to make sure that the best interests of the child is given appropriate consideration. This advocate is known as a Guardian ad Litem. In the 4th Judicial Circuit, which includes Clay, Duval and Nassau Counties, there are more than 2,000 children who need an advocate to help them navigate the Dependency system. As we build our volunteer base we are asking members of our community to consider being a Guardian ad Litem. These guardians do not provide direct care for the children; the guardians ad litem visit the child at least once per month, interview family members, gather information from medical, mental health, and education professionals, and attend court hearings to ensure the best interests of the children are maintained. The work is com-

pling. To become a Guardian ad Litem, candidates need a compassionate heart, be at least 19 years old, complete 30 hours of initial training and undergo a background check. The process begins with a screening interview so you can learn more about this opportunity to make a difference in the life of a child. If this kind of volunteer opportunity sounds like something you would like to participate in, please visit the Guardian ad Litem website, www.guardianadlitem.org, or call 904-630-1200 to schedule a screening interview.

First Coast "No More Homeless Pets"

First Coast No More Homeless Pets brand new high capacity Spay/Neuter Clinic opens this month. The new facility will be able to help thousands of pets and owners as well as stray and feral cats - each year, with free or low cost spay/neuter and low cost vaccinations. We still need lots of volunteers for the clinic at the new location on Norwood Avenue. For more information, email Debbie Fields at dfields@bellsouth.net

Mayport Lions Club Volunteers

The Mayport Lions Club is looking for Volunteers to help with various projects. If you are interested (military & civil-

ian), please contact either Bob Krepps, Senior Chief Petty Officer, USN(Ret) 509-4945 or Chuck Carroll, Commander, USN(Ret) 463-2884.

Jacksonville International Airport Volunteer Ambassador Program

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

Jacksonville Zoo

The Jacksonville Zoo is asking for volunteers. Volunteers are needed to educate varied audiences about the natural world, teach conservation messages, beautify the grounds, assist guests in various areas of the park, input data, lend a hand in animal care areas,

answer questions, drive trains and enhance guests' experiences. You provide the interest and enthusiasm, and the zoo will provide the training. Scheduling is flexible. Volunteers receive special discounts, free admission, newsletters and special programs only available to employees and volunteers. Take this opportunity to meet others who share your interests in the animal kingdom. New Adult Volunteer Orientations are held at the Pepsico Foundation Education Campus.

YMCA of Jacksonville

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

Children's Home Society of Florida

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

Homeless Pet Shelter

Jacksonville Homeless Pet Shelter seeks volunteers. The new Homeless Pet Shelter is seeking help at a Temporary Clinic on surgery days. Days and hours vary. Contact dfields@bellsouth.net.

St Augustine Amphitheatre Seeks Volunteers

St. Augustine Amphitheatre seeks volunteers to be used as ushers, checking tickets, and

pointing out seats. As a volunteer, you get to see the entire show. For more information, contact Lisa Tomkins at 209-3750.

Big Brothers Big Sisters Mentoring

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

Navy-Marine Corp Relief Society Needs You

The Navy Marine Corp Relief Society is in need of Volunteers to give a couple of hours of their time each week to help others in need. The mission of the Navy-Marine Corp Relief Society is to provide emergency financial help and educational assistance to members of the Naval Services - active, retired, and family members - when in need; to assist them achieve financial self-sufficiency and to find solutions to emergent requirements. Navy-Marine Corp Relief Society firmly believes in personal financial responsibility. By helping the service member and family through difficult times and by assisting them to develop their own problem solving capabilities, they will achieve financial stability, increase self-worth and reduce the need for future financial assistance. If you are interested in volunteering

and would like more information, contact Bill Kennedy at 270-5418, 9 a.m.-3:30 p.m., Monday-Friday.

St. Johns County Habitat For Humanity Needs Volunteers!

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

Lea's Place

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

Dignity U Wear

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

Museums Offer Free Admission To Military

By Elaine Wilson

American Forces Press Service

Active duty servicemembers and their families will gain free access to hundreds of museums throughout the nation this summer, thanks to a partnership between the National Endowment for the Arts and Blue Star Families.

More than 600 museums in 50 states and the District of Columbia have signed up so far to participate in Operation Appreciation: Blue Star Museums. The program offers active duty servicemembers - including activated Guard and Reserve - and up to five of their immediate family members free admission to participating museums from Memorial Day through Labor Day.

"The Blue Star Museums initiative is a tangible expression of appreciation to servicemembers and their families," said Barbara Thompson, director of the Pentagon's office of family policy, children and youth. "It warms our hearts to see how other federal agencies and local communities can think creatively to recognize their sacrifice and contribution to the nation."

People can visit <http://www.arts.gov/national/blue-starmuseums/index.php> for a complete list of participating museums, which run the gamut from children's and fine arts to history and science museums. Participating museums include the Art Institute of Chicago, Dallas Museum of Art, Los Angeles County Museum of Art, Please Touch Museum in Philadelphia, Museum of Modern Art and the Metropolitan Museum of Art in New York City, and all of New Mexico's 14 state-run museums and historic monuments.

"This is a fantastic opportunity for servicemembers and their families to enjoy the cultural experiences that might have otherwise been inaccessible because of cost," Thompson said. "We truly appreciate the generosity of the National Endowment for the Arts and the participating museums."

While admission is free of charge, some special or limited-time exhibits may not be included in the program, according to a Blue Star Museums news release. People should contact the museum directly for specifics.

"There have always been wonderful examples of partnerships between museums and military installations, but the scale of this gift from the museum community to military families is thrilling," Kathy Roth-Douquet, chairman of Blue Star Families, said in a news release. "Military families work hard for this country, and it is gratifying for us to be recognized for that."

"We anticipate that thousands of military families will participate in the program and visit museums this summer - many of them for the first time," she continued. "Blue Star Families will work hard to help our military families make the most of these opportunities."

A group of military spouses formed Blue Star Families in December 2008 to raise awareness of the challenges of military family life in partnership with civilian communities and leaders, according to the organization's website. The nonprofit group has grown to include spouses and families from all services and walks of life, including National Guard and Reserve, as well as veterans and civilians.

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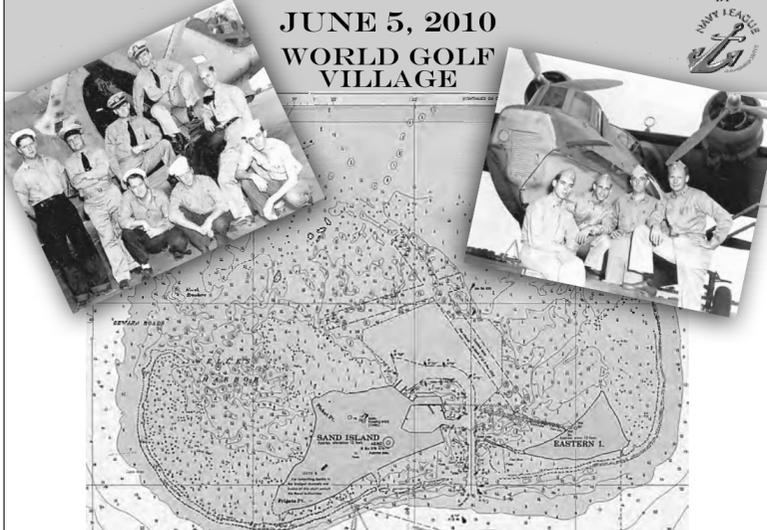
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Fernandina/Amelia Island
Intracoastal West
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Middleburg
North Jacksonville
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4 Sale By Owner Nice brick 42.5 w/scrn patio, LR, DR, FR, eat in kit. \$236,900. 904-272-1641

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Black Hammock Isl. Jax Nassau River 3BR/2.5BA total 2400sf, incl. 4353 sports bar, gar and pool, 19 dock w/boat lift. Asking \$674,900. Call Binsmann Realty Sales Inc. 904-945-3265

DEEP WATER

DEEP WATERFRONT New 42' 2500sf boat. BRING AN 15' BOAT! 15 min. from ocean, 1 acre. Fin. avl \$679K 904-813-8297

Condominiums

CONDO 2/2 Like new, pond view, 1118sq, appls stay, down stairs unit, furn. included w/acceptable offer. \$74,900. 904-509-0574

Out of Area/Town/State

EARLY CO., GA 1.282/ac @ \$1,995/ac BIG DEER, Quail, Turkey, Deer Stands, Food Plots Pine Plantations, Open Land Live Oaks and Long Leaf Very Well Managed Property Call Owner 478-477-1000

Manufactured Homes

Think the Homebuyer Tax Credit is gone? Not if you have been deployed for 90 days since 12/08, so call Kathy Jaeger at 904-616-2319 or click on kathyjaeger.com to find out.

Southside

Solano Grove Nice 1BR Condo Apt for sale \$79,000. New Windows, New Roof, Remodeled kitchen with custom cabinets, Remodeled bathroom, Beautiful Hardwood floors, New driveway, Brick exterior overlooking backyard and patio. Attached one-car garage, Fireplace, plus more... Will Co-op. Reduced to \$143,900. Call 904-254-8797

San Marco

LAKEWOOD SAN JOSE AREA 6115 Duke Rd. \$189wk incld lot rent, garage pkup & house pymt. Pretty kit w/ stove, refrig, 2br/2ba w/garden tub/shwr, W/D, Porchside Park on Beach Blvd. Call owner 904-710-7860

Farms/Acreage

57 AC, 1500ft on St Mary's Rd. 2BR/2 1/2 BA, 74 like new, no pets/smkg, avail now \$795mo. 904-608-5129

Land For Sale

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Mandarin

CONDO 2/2 Like new, pond view, 1118sq, appls stay, down stairs unit, furn. included w/acceptable offer. \$74,900. 904-509-0534

Arlington

4BR/2BA, 2506sf, on 1.42 acres, in ground pool, wood floors \$129,000 904-612-0830

Westside

HISTORIC MURRAY HILL 3BR, formal LR & DR, gleaming hrdwd flrs, new ch&g & windows only \$119,500 904-699-7825

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Houses Unfurnished

Arlington 3/2, LR, DR, Den, flr, 2car gar, frncd, 1ra workshop. 15 min to Mayport. \$975m.-1 dep. 904-641-1851

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Case Manager Supervisor Bachelor's degree in Psychology, Sociology, Social Work & 4 years child welfare/protective services exp or Master's Degree in Counseling, Social Work or related field & 2yrs of experience working in child welfare/protective services strongly preferred. *Must currently hold certification as a child protection professional. *Two years supervisory experience preferred. *Valid FL Drivers license. Please visit: www.devereux.org/careers To begin please register as a job seeker, upload your resume, search openings, complete an online application. For the position listed above please reference IRC31588 Julia E. Richardson 407-362-9210 ext. 77290

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Couch, chair color
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SALE: May 29th,
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prices. Bob 631-9755**

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Bryan 215-5922**

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Grt cond. \$10.
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**GOLF CLUBS
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3-PW, 3-5-Driver
Putter bag \$100.
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Autos/Trucks Wanted
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**15' Sea-Doo Challenger Jet
Boat, new eng, exc cond
Bimini top, \$3800 obo.
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**1800 Regal Boat '04, 203
hours and a 4.3 V6 Volvo
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