

MIRROR

2008 CHINFO Award Winner

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THURSDAY, June 3, 2010

HSL-46 Earns Battle E, Golden Wrench

By MC1 Daniel Gay
Naval Public Affairs Support Element
East, Detachment Southeast

Members of Helicopter Anti-Submarine Squadron Light 46 (HSL-46) were presented with the Navy Battle E award and the Golden Wrench award for maintenance excellence on May 27, during a ceremony held in the HSL-46 Hangar.

Rear Adm. Richard O'Hanlon, Commander, Naval Air Force Atlantic, was on hand to present the award to the HSL-46 Sailors.

"This squadron really is a testament to how good a squadron can be," said O'Hanlon. "I just want to congratulate every one of you for all of the effort it took to get to this level."

The win the Battle E award a ship or unit must demonstrate the highest state of battle readiness.

"This really is a significant



Richard O'Hanlon, hands the Battle E award plaque to HSL-46 Commanding Officer, Cmdr. Brad Garber, during an award ceremony held in the HSL-46 hangar.

achievement and it is very tough to win this award," said O'Hanlon.

The squadron was also

awarded the Golden Wrench award for maintenance excellence.

See HSL-46, Page 6



-Photos by MC1 Daniel Gay
Commander, Naval Air Force Atlantic, Rear Adm. Richard O'Hanlon, congratulates the Sailors of Helicopter Anti-Submarine Squadron Light 46 (HSL-46) after presenting them with the Battle E award during a ceremony held in the HSL-46 hangar. During the ceremony HSL-46 was also awarded the Golden Wrench award for maintenance excellence.

Phil Sea Cooks On GMA



-Photo by MCSN Jennifer Castillo

Navy Culinary Specialist 1st Class Keith Combo of USS Philippine Sea and Coast Guard Food Service Specialist 2nd Class Robert Runn competed Saturday in a cook-off on ABC's Good Morning America in Times Square as a part of Fleet Week New York 2010. Approximately 3,000 Sailors, Marines and Coast Guardsmen participated in the 23rd Fleet Week New York, which ended Wednesday. Fleet Week has been New York City's celebration of the sea services since 1984.

By MC3
Dominique Watts
Naval Public Affairs Support Element,
Norfolk

Good Morning America welcomed the Navy and Coast Guard to their set in Times Square to participate in the show's Red, White and Blue Cook-off on Saturday.

Culinary Specialist 1st Class Keith Ombo of USS Philippine Sea squared off against Food Specialist 2nd Class Robert Runn of the Coast Guard.

"This was the first time I had done anything like this," said Ombo. "It was a great experience."

Creating an original dish that adhered to the red, white and blue theme, proved to be challenging but fun for each contestant.

"I took the theme literally," said Runn. "I cooked Dijon pork, which is the white when you cut it open; and accompanied it with a red fruit compote and topped it off with blueberry accents. I was able to use great fruit that is in season right now."



-Photo by MCSN Jennifer Castillo

Runn and Combo stand with the hosts of ABC's Good Morning America in Times Square during a cook-off between the Coast Guard petty officer and USS Philippine Sea culinary specialist.

Each contestant had the opportunity to practice making their dish before hand and gauged the response by asking their shipmates to taste it.

The cook-off was in celebration of Fleet Week New York 2010. Approximately 3,000 Sailors, Marines and Coast Guardsmen are participated in the 23rd Fleet Week, which ended Wednesday.

Though the competition was close, official taste tester Marine Staff Sgt. Derek Moore announced Runn the winner.

"This whole experience has been great," explained Runn. "Everyone has been so supportive."

See next week's edition of *The Mirror* for full coverage of the week-long event.



Photo by Kaylee LaRocque

Naval Station Mayport Commanding Officer Capt. Aaron Bowman salutes after placing the Navy wreath in memory of fallen Sailors on the stand during the City of Jacksonville's Memorial Day Observance at the Veteran's Wall May 31.

Honoring The Nation's Fallen Warriors

By Navy Adm.
Mike Mullen
Chairman of the Joint Chiefs of Staff

Not long after the Civil War, Americans pledged to honor those who, as Abraham Lincoln put it, gave the last full measure of devotion.

Be they from Lexington and Concord; Gettysburg and Antietam; the Argonne Forest or the beaches of Normandy; Chosin and Inchon; Saigon and the Mekong Delta; Baghdad or Kandahar, we have kept that pledge every Memorial Day, and rightfully so.

Today, a new generation of American heroes is fighting for freedom all across the globe.

Some of them have given that last full measure, losing their

lives to make a better life for all of us.

It is the hardest currency of all, once spent never to be recouped, a debt we can never truly, fully repay.

INSIDE

THE FLORIDA TIMES-UNION AND FIRST COAST NEWS PRESENT

STORM WATCH

2010 HURRICANE AND DISASTER GUIDE

INSIDE:

- Evacuation Routes
- Storm Tracking Map
- Supply Kit Checklist
- What To Expect
- Protecting Your Home
- Shelter Information
- After The Storm Information

First Coast News Chief Meteorologist, Tim Dwyer gives his first forecast for the 2010 hurricane season, which officially begins Tuesday.

The Times-Union Jacksonville.com

American Red Cross

Jack'sville

ATG Mayport
Remembers Fallen Sailor

Page 3

New Nurse Hotline
At NH Jacksonville

Page 7

STREET TALK

What is the most influential words of wisdom your father has said to you?



DCCS (SW/AW) Roger Astrum
Desron 14
If you're going to do it right, do it right the first time.



LS2 (SW) Joeron Ashby
PMO
Always be true to you, if nobody else.



SN Dwayne Cabrera
NHBC Mayport
If you're going to do something wrong, do it the right way.



QM3 Matthew Saunders
USS Halyburton
I love you.



MA1 Jeremiah Johnson
Security K9
I love you and I am proud of you.



EMC Rufus Haspalur
ATG Mayport
Everything in life is within reach if you put in 100 percent.

It Has Almost Been A Year On The Job



Judy Cromartie
School Liaison Officer

It Has Almost Been A Year
Several months ago I wrote an article describing what a School Liaison Officer does and specifically what I had been doing my first six months on the job. Well, another six months have come and gone, and I am about to begin my second year on the job.

KNOW THE ROPES

If you read the first article which was full of activities in which I challenged the local school system to take better care of our military children through better transportation services and greater ease of securing free and reduced lunch applications, these last six months may not seem as exciting. However to me they were even more exciting because military families found my office in Building One, discovered my office and cell phone numbers, and definitely used email to contact me. Families with special needs children were able to get help with their schooling issues. I

helped them locate the best school for their child's exceptionality. Others I referred to Becky Hitt and Barbara Jennings of Duval Schools for assistance with enrollment issues. Jill Fane, NE Florida Parent Trainer, of the Central Florida Parent Center provided much needed one-on-one support for families who didn't understand the language of an IEP, who felt an IEP didn't provide the appropriate accommodations for their child, or who just wanted someone to talk to who understands the in's and out's of dealing with a huge school system. Other families called me,

emailed me, and wrote me from all over the world wanting to know about the local school system. Their questions ranged from "What is the best school?" to "Are the magnet schools really better than the regular public schools?" I tried to provide them with the most up-to-date information and refer them to the most knowledgeable source so that they could make this critical decision about where to school their child. But I didn't want parents to just hear from me so I set up tours of schools. I had principals call parents in Sicily, Hawaii, and Korea to answer very specific questions about their schools. The magnet office sent me brochures for the upcoming school year so that I could mail those out to parents who weren't comfortable viewing it online.

And I worked closely with Duval's Communication's Department to explain that while all the information a parent needed was online - like the magnet brochure - it was ALL OVER THE PLACE. They were great! They listened to what I felt like was the best way to reformat, and they did it. Now parents can go to the home page of www.duvalschools.org, go to the parent tab, scroll down to "how to enroll," and it is all there. So now instead of a parent trying to figure out that answers to their transportation questions are found under "facilities" - go figure that one out, they just go to "how to enroll" and click on "transportation" to find out bus schedules, bus stops, how to request a bus stop, etc. So I hope my first year in this brand new job of School

Liaison Officer has helped some of you and that more of you will find me in the coming year. Whether you need help with college questions, financial aid questions, advanced vs. standard courses, National Honor Society eligibility, free and reduced lunch applications, or just about any question that has to do with education or the school system in general, contact me. I would love to get help for you. 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].

Defeating Loneliness Takes Developing Relationships



Chaplain Scott Shubert
COMDESRON 14

Navy life can be lonely. In fact, the famous statue outside the Navy Memorial in Washington, D.C. is called what? That's right, the Lone Sailor. People can feel lonely for a number of reasons, such as not having enough friends, not

CHAPLAIN'S CORNER

knowing how to be close to the people they know, or not being accepted by those they try to be friends with. In this week's Chaplain's Corner I would like to give you some strategies for defeating loneliness. **Realize that we all get lonely.** It doesn't mean there is anything wrong with you. We're particularly prone to loneliness when we're making transitions, such as living in a new area or living without a spouse who is deployed. **Call or get together with the people you know, even if they aren't who you want to be with right now.** Human contact makes more contact easier. This includes your mother and the guy at the deli counter. Listen

more than talk. Listening, and drawing people out, will deepen your contacts more than just talking endlessly about yourself. **Get involved in anything where you will meet people.** If you are very shy, find a group for social anxiety, even if it has to be online (obviously it's better if it's not). Check with

MWR or the Family Support Group for activities in your area. Volunteering can help too. Churches are also great places to meet others. **Challenge yourself to take the initiative in social relationships whenever you can.** You ask the person if they want to chat, get a coffee, whatever. Remember how much you like it when people are attracted to you. Remember though, that you are trying to make a place for yourself in another person's life. And that will usually develop over time. Take risks about revealing yourself. Say what's on your mind if it seems at all likely the other person will be receptive. It can hurt when it backfires, but it's worth it a million times over when it works. **Do everything you would normally do with a partner or friend.** Many times it isn't the partner or friend you are missing, but the activities and hobbies you shared. For example, if you would have gone out to dinner or to a movie on a date, then take your-

self out to a movie or to a nice restaurant. When feeling lonely, try one or all of these techniques but no matter what don't allow yourself to wallow in your loneliness. Do something, anything! Turn off the TV, take a walk, ride your bike. But definitely take action to defeat loneliness. There truly are many people out here who want to be friends with you. You just need to connect with them. Take the first step. You (and they) will be glad you did!

self out to a movie or to a nice restaurant. When feeling lonely, try one or all of these techniques but no matter what don't allow yourself to wallow in your loneliness. Do something, anything! Turn off the TV, take a walk, ride your bike. But definitely take action to defeat loneliness. There truly are many people out here who want to be friends with you. You just need to connect with them. Take the first step. You (and they) will be glad you did!

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.



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Memorial Day Honors Troop, Family Sacrifices

By Gerry J. Gilmore
American Forces Press Service

Memorial Day is a time for Americans to remember and honor the ultimate sacrifices made by past and present generations of U.S. servicemembers, President Barack Obama said during his weekly address to the nation.

Each year on Nov. 11, Veterans Day, America honors all of its citizens who've worn a military uniform, Obama said. Yet, Memorial Day is something different, he said.

"On this day," Obama said, "we honor not just those who've worn this country's uni-

form, but the men and women who've died in its service; who've laid down their lives in defense of their fellow citizens; who've given their last full measure of devotion to protect the United States of America.

"These are the men and women I will be honoring this weekend, and I know many of you are doing the same," said the president, who tomorrow will provide Memorial Day remarks at Abraham Lincoln National Cemetery in Elwood, Ill.

From the Revolutionary War to the present day, generations of Americans have been will-

ing to take up arms - and die, if necessary - in order to preserve the nation's freedoms, Obama said.

"That commitment - that willingness to lay down their lives so we might inherit the blessings of this nation - is what we honor today," Obama said. "But on this Memorial Day, as on every day, we are called to honor their ultimate sacrifice with more than words. We are called to honor them with deeds."

America also honors its fallen warriors, he said, by supporting the surviving family members who must carry on after their

loved ones have passed.

"We are called to honor them by doing our part for the loved ones our fallen heroes have left behind and looking after our military families," Obama said. "By making sure the men and women serving this country around the world have the support they need to achieve their missions and come home safely. By making sure veterans have the care and assistance they need.

"In short," he continued, "by serving all those who have ever worn the uniform of this country - and their families - as well as they have served us."

Obama recalled a post-Civil War incident that occurred April 25, 1866, when a group of women in Columbus, Miss., visited a local cemetery to place flowers on the graves of Confederate soldiers who had died during the Battle of Shiloh.

As the women placed the flowers, he said, they noticed that a nearby group of Union soldier graves was bare of flowers.

"But no one had come to visit those [Union] graves, or place a flower there," Obama said. The women, he said, then "decided to lay a few stems for those men, too, in recognition not of

a fallen Confederate or a fallen Union soldier, but a fallen American."

A few years later, he said, a group of Civil War veterans established what eventually became Memorial Day, picking a date when the spring flowers are in bloom.

"So this weekend, as we commemorate Memorial Day, I ask you to hold all our fallen heroes in your hearts, and if you can, to lay a flower where they have come to rest," Obama said.

ATGM Sailor Remembered

By Lt. Eddie Davis
ATGM Mayport PAO

Afloat Training Group Mayport held a memorial service on May 19 to reflect on the life of Construction Mechanic 2nd Class Robert Noel Herve who tragically lost his life in a motorcycle accident.



CM2 Robert Herve



-Photo courtesy of ATGM

ATGM Mayport dedicated a 33-foot go-fast boat to CM2 Robert Herve.

NMCB 5 at Port Hueneme, California. He was stationed with NMCB 5 from February 2003 to January 2008.

During this period Herve deployed to Okinawa Japan, Camp Convington Guam and Kuwait. In May 2008, he reported to Afloat Training Group Mayport where he was assigned as the Transportation Maintenance Technician.

Herve displayed unparalleled dedication and resourcefulness in engineering and imple-

menting depot level repairs to the Navy's only Dockside Underway Replenishment Trainer, 33-foot Go-Fast Tactical Boat and four high speed Surface Target Trainers, saving the Navy over \$300K in contracted repairs and transportation costs.

Herve earned numerous awards including The Navy and Marine Corps Commendation Medal and the Navy and Marine Corps Achievement Medal.

Renlisting - A Family Affair



-Photo courtesy of FRCSE Mayport

Logistics Specialist 1st Class Douglas Turner of FRCSE Det Mayport and his wife, Logistics Specialist 1st Class Natasha Turner of VP-5 at NAS Jacksonville, re-enlist together at a small ceremony on May 18. The co-reenlistment ceremony has become a tradition for the couple.



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Families, Friends Welcome Home USS Vicksburg From North Europe

From Staff

USS Vicksburg (CG 69) and embarked "Proud Warriors" of HSL-42 Detachment 3 returned to NS Mayport on Saturday after a deployment to the U.S. Sixth Fleet area of operations. While there, Vicksburg and the air detachment worked supporting alongside NATO allies throughout northern Europe in support of joint training and Theater Security Cooperation events.

The first stop on this deployment was a week long PASSEX with the Norwegian Navy and their brand-new frigate, HNOMS Helga Ingstad. Anti-surface, anti-submarine, and anti-air warfare exercises were played out day and night in the northern reaches of the Atlantic Ocean, providing unique international inter-Navy familiarization. Additionally, Vicksburg conducted Naval Surface Fire Support (NSFS) qualifications with a firepower control team from 2D Air Naval Gunfire Liaison Company based out of Camp Lejeune, NC, and assisted in qualifications for six Norwegian Coastal Rangers. A total of 192 total rounds were fired from both of the 5" .54 cal deck guns and Vicksburg's accuracy was outstanding, setting a record 99.2 percent.

Vicksburg's next tasking was assessment by the British Royal Navy's Flag Officer Sea Training (FOST) program, an intensive, multi-week inspection and certification cycle assessing Navies from all over the world. Vicksburg passed with flying colors, and pulled into Brest, France for a well-deserved port visit. While there, a large portion of the crew traveled to Normandy, where nine Sailors had chosen to re-enlist at the American Cemetery and Memorial at Omaha Beach. The privilege of visiting one of the Armed Forces most sacred historical sites is something no one present will ever forget. Coupled with the ability to re-enlist in the shadows of these fallen heroes, to swear a commitment to upholding freedom and democracy is the greatest honor a Sailor could ever imagine. [Vicksburg's final United Kingdom tasking was as the Air Defense Commander for the HMS Ark Royal Carrier Strike Group as part

of Exercise Joint Warrior 10-1. The exercise, a United Kingdom-led, semi-annual event that encompasses multiwarfare exercises, presents a unique opportunity for the U.S. Navy to train alongside naval personnel from various countries, with this year's participants including Belgium, Brazil, France, Germany, Italy, Netherlands, New Zealand and the United Kingdom.

Next on the European tour was Stockholm, Sweden, a port many crew had been looking forward to since departure from Mayport. Upon arrival, Capt. Tim Mahan, Vicksburg's commanding officer, hosted a reception aboard the ship, which was anchored in the downtown Stockholm harbor. Distinguished guests included the Swedish Minister of Defense, liaison officers from various nations to Sweden and officers from the Swedish Royal Navy. The next day, a delegation from Vicksburg's wardroom was on-hand for King Carl XVI Gustav's birthday and formal changing of the guard at the Royal Palace, including an inspection of the Royal Palace Guard by Mahan.

The final Theater Security Cooperation port visit was to Klaipeda, Lithuania, in the southeastern corner of the Baltic Sea. Sailors took part in various events including community relations (COMREL) projects, school tours, sporting events and multiple receptions hosted both onboard Vicksburg and by the Lithuanian Navy. Distinguished guests included various officials from the Lithuanian Ministry of Defense and Lithuanian Navy. Melnrage Municipality was the center of COMREL efforts, where Sailors cleaned five kilometers of beachfront, dug out fifteen beach accesses, cleared playgrounds and removed cement debris. Following the clean-up, a joint Lithuanian-U.S. Navy barbeque was hosted at the nearby Palanga radar station. Following the beach cleanup, many crew on Vicksburg's basketball and soccer teams participated in games against Lithuanian Navy teams.

A safe Atlantic Ocean crossing marks the end of Vicksburg's successful 2010, with all aboard happy to be home with friends and loved ones.



Chief Hospital Corpsman (FMF/SW/SCW) Rick Donahue gets big hugs from his family, including wife Valerie, 11-year-old son Kyle and 9-year-old daughter Meghan.



Kimberly Boyd holds up her 18-month-old son Justin so he can wave hello to his father, Gas Turbine Technician Mechanical 3rd Class Toby Boyd.



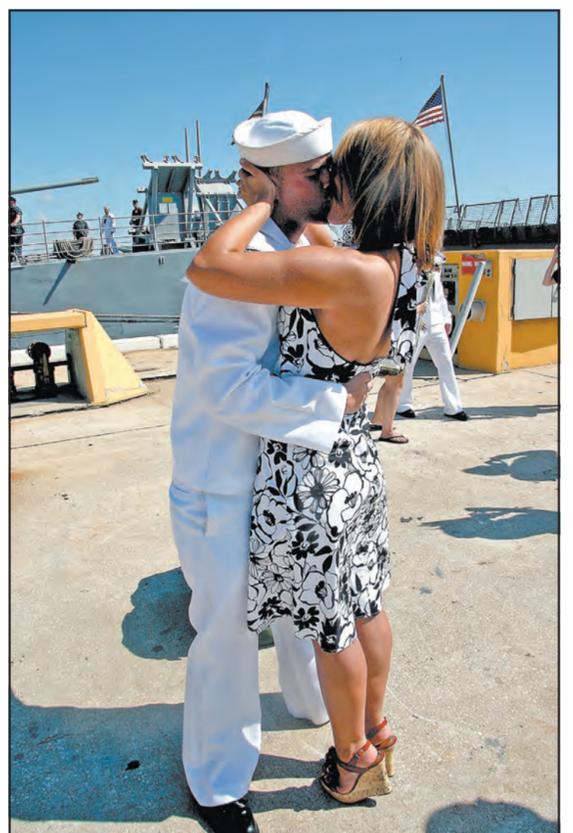
Fire Controlman 2nd Class (SW) Seth Altman holds his son, Wyatt, 5, after returning to Naval Station Mayport with USS Vicksburg.



Operations Specialist 3rd Class Nicholas Garland and wife Amanda have big smiles on their faces after reconnecting pier-side while Fire Controlman 3rd Class Matthew Heming gets a kiss from his wife Amanda.



Lt.j.g. Nancy Tongogaro is greeted by her husband, Zori, after she disembarks the ship.



Quartermaster 3rd Class (SW) Raymond Thornton gets a big kiss welcome home from wife Emily.



Jennifer Troiani introduces new dad Gas Turbine System Mechanical Fireman Francesco Troiani to his 7-week-old son, Daniel, after returning on May 30 with USS Vicksburg.



First kiss winner Melody Tilton reunites pierside with her husband, Cryptologic Technician Technical 3rd Class Kyle Tilton, after returning to Naval Station Mayport with USS Vicksburg.



The roses can wait as Quartermaster 2nd Class (SW) Sean Appelberg holds his fiancée Jessica Hopkins after they reunite pierside Saturday.



Family member hold signs and wave flags to welcome home their Sailors aboard USS Vicksburg on Saturday.



Friends and family members of USS Vicksburg wait at Foxtrot pier for the ship to pull into port after being gone for several months on a Joint Warrior exercise.



Three-year-old Kennedy Dion looks down the pier in hopes of seeing USS Vicksburg, and her uncle Petty Officer 3rd Class Dusty Thibodaux during a homecoming on Saturday.



Quartermaster 1st Class (SW) Adam Belay gets a welcome home kiss from his wife, Louisa.



Tiffany Bowden, 7, waves at her father, Ship's Serviceman 2nd Class (SW) Terrence Bowden as his family waits for him to disembark USS Vicksburg. Also pictured is son Nicky, 3, wife Renata and family friend, Filip Los, 7.

Navy Revises Exercise Instruction For Civilians

By Sarah Fortney

National Naval Medical Center Public Affairs

National Naval Medical Center (NNMC) is promoting the modified Navy instruction that promotes civilian staff to schedule exercise into their working hours.

Navy instruction 12700.1B was revised April 21 and no longer requires civilian staff to obtain permission from a physician before they can schedule exercise into their work hours.

"We found it was making it more difficult for people if they had to call their doctor, make an appointment and find out if they were healthy enough to exercise," said Lauren Thomas, department head of Health Promotions at NNMC.

The instruction's wording was also somewhat confusing, she said. Therefore, it was rephrased to help clarify how often and when staff can work out during the day. Per the instruction, staff can exercise up to three hours each week; however, they are still required to first check in and out for the day with their supervisor. Staff members can spread out their exercise time to best fit their schedule, she added, be it an hour, three days a week or 45



-U.S. Navy Photo

A mix of military, dependents and DoD civilians take classes at Surfside Fitness and the Base Gym at Naval Station Mayport. A revised Navy instruction eliminates the need for DoD civilians to have a physician's permission to schedule work hour exercise.

minutes four times a week.

"We are trying to promote the instruction, helping staff members see that they can go on a walk or go to the gym on a regular basis as a way of reducing stress," said Thomas.

NNMC's is focused on raising awareness about the revised instruction to help meet the

command's readiness goals and reduce stress in the workplace, said Thomas, who is also a co-chairperson for the team.

The team, established as part of the Annual Plan for Fiscal Year 2010, will discuss the instruction at board meetings and make sure department heads pass the information on

to their staff members.

NNMC's Health Promotions displayed a booth near Main Street for National Employee Health and Fitness Day May 19. Thomas handed out copies of the revised instruction along with pedometers and information about healthy eating and the benefits of working out.

Studies have shown that exercise reduces stress and improves job productivity, said Lt. Cmdr. Mary Parker, Objective 2.2 Goal Team chairperson and NNMC's surgical nursing department head. It can also help raise an individual's metabolic rate.

Parker added that health care providers need to make sure they take care of themselves in order to better care for others.

"It's an opportunity to walk the talk," Parker said. "It's our opportunity to demonstrate the importance and the emphasis on exercise for our patients and beneficiaries."

Ellen Lyons, who works in Immunizations at NNMC, is one of many staff members who has reaped the benefits of exercise. In the last two years, she lost nearly 90 pounds, a success she attributes largely to walking for an hour each day. Lyons has seen family members struggle with diabetes and other health issues because of their weight. She did not want the same fate.

"I was determined not to be like that," Lyons said. "My main goal was to become healthy."

She believes the Navy's revised instruction is a great

way to help people get the exercise they need. She said that once she started walking, it made her feel so enthused and empowered to keep at it.

"You can really energize yourself just by getting out there ... it gives you a whole lot of energy, vigor. You can just breeze through the day," Lyons said. "Thanks to my walking, it has made such a difference. I know it pays off."

Health Promotions offers a walking group that meets in the lobby of Building 10 every Monday, Wednesday and Friday at 11 a.m. for a 30-minute walk.

"You get to meet other people, you talk and have a good time, and you get your exercise in," Thomas said. "Try to take advantage of the opportunity that you have at work ... It's a great benefit, it really is."

Thomas added that exercise can also help with weight management, lowering blood pressure, managing diabetes, maintaining good cholesterol levels and getting a good night's sleep.

NNMC's Health Promotions also offers a stress reduction class and a weight management class. For more information, call Health Promotions at 301-295-6649.

The British Invasion



-Photo by Paige Gnann

Line handlers from Harbor Ops secure mooring lines from the Royal Navy aircraft carrier HMS Ark Royal as it arrives at Naval Station Mayport last Friday. Ark Royal is conducting Operation Auriga, the Royal Navy's major deployment for 2010 to North America and the western Atlantic Ocean. HMS Liverpool and REA Ft. George are also making a port visit to Naval Station Mayport.

HSL-46

lence. HSL-46's Maintenance Master Chief accepted the Award.

"I couldn't be prouder," said Maintenance Master Chief Matthew C. McCarthy. "This is the best crew a Maintenance Master Chief could have, and when you put a team like this together you can't help but have a great year."

Both awards are earned by the hard work of the squad-

ron's Sailors and nothing raises morale better than by having that hard work recognized said McCarthy.

"Awards like this really boost a person's passion and give them the will to keep working hard."

After presenting the Battle E award O'Hanlon said that winning Battle E is tough but there is something harder.

"As tough as it is to win the

Battle E it is even tougher to repeat winning the Battle E, so I am challenging everyone in this squadron to stay on top and win this award again."

Cmdr. Brad Garber, commanding officer of HSL-46, summed up the award by saying that no one person won the award, the "Grandmasters" of HSL-46 achieved the award as a team.

From Page 1

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FAMILY OWNED

Gates Addresses 'Don't Ask, Don't Tell' Repeal

By Jim Garamone
American Forces Press Service

Defense Secretary Robert M. Gates told troops worldwide May 28 that any repeal of the so-called "don't ask don't tell" law will be delayed until the ongoing Defense Department high-level review is completed, and only after he, the president and the chairman of the Joint Chiefs of Staff all can certify that the department is ready to make the change without hurting unit cohesion, military readiness, military effectiveness, and recruiting and retention.

Gates recorded a special message that will be broadcast on the American Forces Radio and Television Service and the Pentagon Channel to speak directly to servicemembers and their families about the moves toward repeal of the law that bars gay men and lesbians from serving openly in the military.

"There's been a lot of political posturing and maneuvering on this issue this week, and the secretary wanted to communicate directly to the troops about what this all means to them," Pentagon Press Secretary Geoff Morrell said. "He wanted to make it clear that the department's review of how to smartly implement a change in the law is more important than ever, and their participation in it is absolutely critical to its success."

The House of Representatives passed an amendment to the National Defense Authorization Bill on May 27 that would allow gay men and lesbians to serve openly. The Senate Armed Services Committee passed a similar amendment that night.

President Barack Obama said he is pleased with the congressional actions. He has long favored repealing the law, in which has been in effect since 1994.

"Key to successful repeal will be the ongoing Defense Department review, and as such, I am grateful that the amendments ... will ensure that the Department of Defense can complete that comprehensive review that will allow our military and their families the opportunity to inform and shape the implementation process," he said in a written statement released by the White House.

Obama said being the commander in chief is his greatest honor. "This legislation will help make our armed forces even stronger and more inclusive by allowing gay and lesbian soldiers to serve honestly and with integrity," he said.

Any change in the law will take time, Gates said in his recorded message. "The legislative process is long and complex," he said. "While it appears likely that Congress will eventually change the 'don't ask, don't tell' law, we do not expect the legislation that would do this to be presented to the president for months - perhaps not until the end of the year."

The amendment is the result of a compromise worked out between the administration and Congress. It allows the military to revoke the "don't ask, don't tell" provisions 60 days after a military study group chaired by Jeh C. Johnson, the Defense Department's general counsel, and Army Gen. Carter F. Ham, commander of U.S. Army Europe, presents its report in December.

The legislation is a deferred repeal, Gates stressed.

"It would repeal 'don't ask, don't tell,' but only after - I repeat, after - the ongoing Department of Defense high-level review is completed, and only after the president, the chairman of the Joint Chiefs

of Staff and I all can certify that we are ready to make this change without hurting unit cohesion, military readiness, military effectiveness, and recruiting and retention," Gates said.

As the legislative process continues, nothing will change in current policies and practices, the secretary said.

"Current law, policies and regulations remain in place, and we are obligated to abide by them as before," he said.

The vote in the House and at the Senate committee makes the results of the Defense Department study even more important, Gates said.

The panel will conduct a thorough and fact-based assessment of the impact of the potential law change and will develop "an implementation plan that minimizes any possible disruption to the department's mission and on-going operations," he added.

Gates urged servicemembers to participate in the review. "We need to hear from you, and your families, so that we can make these judgments in the most informed and effective manner," the secretary said. "So please let us know how to do this right."

He asked all servicemembers to stay informed on this issue, but to not let it distract them from the "critical mission to defend our country and our duty to uphold the values represented by the uniform you wear," he said.

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From NH Jax Public Affairs

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The Nurse can help you with home care advice and other options such as urgent care.

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JUNE 2010

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6	7 Doggie Wash On Base 2-4 PM	8 Twilight Saga Book Club 4:30 PM	9 Create a Sensory Bottle 5 PM	10 Smart Start for Mommy and Me 10 AM	11 Fitness Friday's 10 AM Breakfast on the Go Off Base	12
13	14 End of School Year Party 2-4 PM	15 Twilight Saga Book Club 4:30 PM	16 Birthday Party 4:30 PM	17 Smart Start for Mommy and Me 10 AM Father's Day Craft 5 PM	18 Fitness Friday's 10 AM	19
20	21 Doggie Wash On Base 2-4 PM	22 Twilight Saga Book Club 4:30 PM	23 Recycle Dinner 5 PM	24 Smart Start for Mommy and Me 10 AM	25 Fitness Friday's 10 AM	26
27	28	29 Twilight Saga Book Club 4:30 PM	30 Water Safety 5 PM			

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AMENITIES

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June 3: Thursday CPO Social Hour. 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

June 4: 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

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

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

MWR HAPPENINGS

and beverages available for purchase. 270-7205

June 5-6: Swimming Pool Open Weekends Only. The base pool is now open Saturdays (11 a.m.-6 p.m.) and Sundays (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

June 5-6: 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

June 6: Bowling Family Fun Night. 4-7 p.m. every Sunday at Mayport Bowling Center. Cost is \$9 per person and includes spaghetti dinner, All-You-Can Bowl with shoes, music videos, light show and colored headpin bowling for prizes. 270-5377

June 7: Intramural and Greybeard Basketball Begins. Sign up your Command at the Base Gym. 270-5451

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

June 8: All Khaki Wings and Trivia Night. 3-7 p.m. at Foc'sle CPO Club with 35-cent wings, drink specials and all-you-can-drink soft drinks for \$1. Trivia begins at 5:30 p.m. All Khakis welcome (Chief

Petty Officers, Officers and their guests). 270-5431.

June 9: Intramural Golf Begins. Alternating start times (12 p.m. and 4 p.m.) each Wednesday at Windy Harbor Golf Club. 270-5380

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 person, per session. Children's lessons available in the morning; adult classes available in the evenings. For a complete 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: Free Summer

Outdoor Movie – The Blind Side (PG-13). 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 12: UFC 115 Only on PPV. 10 p.m. at Castaway's Lounge. (Free) www.ufc.com 270-7205

June 16: GSA Expo. 10 a.m.-2 p.m. at the Base Gym. All government purchasing agents are invited for free information from GSA vendors. Free lunch to participants! 270-5228

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 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

Summer Junior Golf Clinics

Session 1: June 15, 17, 22, 24
Session 2: July 13, 15, 20, 22
Session 3: August 3, 5, 10, 12

9-11 a.m. at Windy Harbor Golf Club, Naval Station Mayport

- ✓ Ages 8-17
- ✓ Cost is \$100 per child, per session
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Golf Etiquette

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Rules of golf
Course etiquette
Golf fundamentals
Golf swing
Cup
Stance
Pivot
Finish position

Day 2:
Review of Day 1 instruction
Hitting balls on the practice range

Day 3:
Chipping
Putting

Day 4:
Course review
Play golf!

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 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

Let's Put on a Play!

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Register at the Youth Activities Center,
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The COMEDY ZONE

Upcoming Celebrity Performances

Presents



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 Laffapalooza. 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.



Jon Lovitz
June 17th – June 19th

Jon got his first real break as a regular on TV's "Saturday Night Live," where his characters such as Tommy Flanagan of pathological Liars Anonymous, the great Shakespearean ham Master Thespian, and the Devil himself became quite popular. His stint on "Saturday Night Live" put him in demand as a character actor and television guest star. His friendship with director Penny Marshall helped him get roles in some of her films such as "Big," and "A League of Their Own".

For a complete listing of performance times & tickets visit:

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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

MWR Sports/Fitness

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! 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**

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.

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

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**

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**

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8:30am Shotgun *Has been rescheduled for:
June 12-13, 2010*

Cost: \$45

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Prizes

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

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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

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**

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**

11:30 a.m., **Row-bics**

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.

GOLF Results

Intramural Golf May 26th Results

1st Hooper/Bates 59 ATG \$19 G.C. won in a match of cards
2nd Barnett/Dunbar 59 FRC \$15 G.C.

3rd Sullivan/Vimoktayon 60 ATG

4th Hacker/Gutierrez 60 FRC
5th Rosenbach/Barton 62 HSL-46

6th Brewer/Ford 62 ATG

7th Dlagarza/Strutton 62 NBHC

8th Kurtz/Mowry 64 FRC
9th Giacherio/Lucero 65 SERMC

10th Perry/King 65 NBHC
11th Griffin/Bulsecoco 66 ATG

12th Ballas/Sortillon 66 ATG
13th Bickel/Davis 6 8 ATG

14th Jack/Cornish 6 9 NBHC

15th Eide/Liddy 70 FRC
16th Beaton/Penry 72 HSL-46

17th Wood/Marcille 74 HSL-46

18th Burns 106 HSL-46

CTP's \$10 G.C.

#5 Dave Perry

#7 Shane Brewer

#14 Paul Mowry

#17 Jeremy Barnett

Please Take Short Survey!

From MWR

The Child and Youth Program (CYP) needs to hear from you if you have a child (or more than one) who lives with you at any time during the year and who is eligible to participate in Navy children's programs.

Please enter this link into your web browser to take a short survey: <https://www.surveymonkey.com/s/7QMFPBY>

The survey covers such areas as child care needs, hours of care you might need, school transportation, youth programs, and youth sports options.

It will only take about 10 minutes and will help to determine the needs of all eligible patrons aboard the base.

If you wish to fill out a written survey instead of the on-line

survey, you may get a printed copy at any of the installation

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German Crew Trains With HSL-48 Detachment

By Lt.j.g. Greg Zilai

HSL-48 Detachment Four

Members of HSL-48 Detachment Four and USS Bulkeley (DDG-84) welcomed crew members from the German Frigate Hessen (F-221) on board USS Bulkeley's flight deck on May 13.

The crew came to observe, and take part in, aviation and shipboard fire-fighting and emergency response drills while enjoying a short one day port call at Naval Station Mayport. The German crew was given the opportunity to tour Venom 501, meet with the aircrew from Detachment Four, and see the many capabilities that the SH-60B Seahawk can bring to a tactical Anti-Submarine Warfare (ASW) scenario that both units are scheduled to participate in later while conducting Submarine Commanders Course 24.

The Germans were also given a hands on demonstration of how the flight deck personnel and damage control teams on board USS Bulkeley respond in case of an emergency involving an embarked aircraft. These drills include emergency operations such as removing an incapacitated aircrew and fighting a flight deck fire. This training was completed prior to

Detachment Four going over to the Hessen and conducting normal flight operations while executing, shipboard controlled approaches and coordinated ASW operations with our German allies.

This event was just one of many coordinated evolutions between the Frigate Hessen and the Destroyers of Destroyer Squadron Two from Norfolk, VA. Other events included ship maneuvering drills, live gun fire exercises, and with aircrew members from HSL-48 Detachment Four getting the opportunity to work directly with the German Crew on range down in AUTECH off the coast of the Bahamas.

In the integrated joint military operations taking place in today's Navy, it is important that exercises such as these take place, not only to allow members of allied Navies the opportunity to practice coordinated procedures, but also to share face to face time with each other. Evolutions such as the ones between USS Bulkeley, Detachment Four and the Frigate Hessen are pivotal to keeping the ties between allied nations strong, and mutually beneficial to all parties involved.



-Photos courtesy of HSL-48

Lt.j.g. Jason Elfe discusses the SH-60B to the members of the F-221 German Frigate Hessen.



The German sailors look on as a demonstration is performed by the ship's crew showing how to safely removed injured personnel from the helicopter.



A member of the USS Bulkeley shows the German sailors some of the important aspects of the helicopter that the ship's company helps with, such as refueling.

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Beware Of Choosing Credit Counsel Agency

By Thomas E. Wallace, Esq.

RLSO SE

During our tough economic times many of our clients are dealing with severe debt problems. Many of our clients are finding themselves seriously behind on their bills. These clients are ripe for credit counseling or debt rescue scams. These "companies" often trove court records to determine the names of defendants facing collection lawsuits in order to solicit these debtors for their services.

The chief problem with these companies is that they offer to have you pay for services that the individual client could perform for themselves for free with self-help and help from our offices. Some of these companies have ridiculous fee schedules. One recent client signed a contract paying such a company over \$9,300.00 for assistance in resolving delinquent debts. The company has partially resolved only a fraction of the debt (about \$1,800) and the client was still subsequently sued for the remaining debt and is still responsible for the full \$9,300.00 fee of the credit counseling service. This does not appear to be a good deal.

Of course, now credit counseling is required for Bankruptcy and this has result-

ed in even more credit rescue and debt counseling services opening for business.

Common sense must prevail. As with any service, shop before you buy. The credit counseling agency of the client mentioned in the above paragraph had an "F" rating with the Better Business Bureau. Of course, the client did not check with the Better Business Bureau first before signing the contract with the agency involved. The Better Business Bureau indicates that it considers a reasonable fee for these services to be a \$75.00 set up fee and a monthly payment for the services that does not exceed \$40.00 a month. And, you must consider the total fees you will pay at the end of the service. Do the total fees that the consumer will pay for the credit counseling agency defeat the consumer's efforts to pay down the entire debt? If so, then using that credit counseling agency is not worth it to the consumer.

The Better Business Bureau has an excellent article on credit counseling agencies which can be found at <http://www.bbb.org/us/article/tips-on-choosing-a-credit-counseling-agency-6104>. This article provides exhaustive guidance on what a consumer should be aware of before choosing a credit counseling agency. As usual, research in

advance of signing the contract will go a long way to prevent problems in this area.

Legal assistance attorneys are available to help. Call them at the following numbers: Jacksonville, Florida at (904) 542-2565 ext. 3006; Mayport, Florida at (904) 270-5445 ext. 3017; Kings Bay, Georgia at (912) 573-3959; Charleston, South Carolina at (843) 764-7642/44; Gulfport, Mississippi at (228) 871-2620; Pensacola, Florida at (850) 452-3734; New Orleans, Louisiana at (504) 678-4692; Corpus Christi, Texas at (361) 961-3765; and Fort Worth, Texas at (817) 782-6009. This article is not intended to substitute for the personal advice of a licensed attorney.

Mr. Thomas E. Wallace is the assistant officer-in-charge of the Naval Legal Service Office Southeast, Detachment Naval Air Station Jacksonville Office. He is the senior civilian legal assistance attorney for Naval Legal Service Office Southeast. He is also a Commander in the Navy Reserve. He is licensed to practice law in the States of Florida and Wisconsin as well as licensed before the Federal District Courts in the Eastern District of Wisconsin, the Middle District of Florida and the United States Supreme Court.

Count Your Change



-Photo by OS2 Shantae Salmon
Navy Federal Federal Credit Union held a ribbon cutting on Wednesday, May 26, to open new coin machine with help from Bank Manager Diane Wright and NS Mayport Commanding Officer, Capt. Aaron Bowman, and Debbie Bowman (not pictured). Features and restrictions include: • Only loose change can be used. • Only members can use coin machine. • Please have account number, as machine will not accept access number. • Coin automatically deposited into member's account. • \$1 coins, quarters, dimes, nickels and pennies.

Obama Signs Veterans, Caregivers Legislation

By Jim Garamone

American Forces Press Service

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

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

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

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

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

The new law also increases support for veterans in rural areas with the transportation and housing needed to reach VA hospitals and clinics. It also expands health care for women veterans to meet their unique needs, including maternity care for newborn children, and it allows VA to launch a pilot program to provide child care for veterans receiving intensive medical care.

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

"We're expanding support to homeless veterans, because in the United States of America, no one who has served this nation in uniform should ever be living on the streets," Obama said.

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

day.

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

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

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

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

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

The president said the new law recognizes the obligation

Americans have for those who served.

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

The president said his admin-

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

GSA U.S. General Services Administration

Mayport GSA Expo
June 16, 2010

- Are you looking for solutions?
- Are you looking for sources?
- Are you looking for current GSA Multiple Award Schedules information?
- Are you an end-user of Products or Services?
- Are you a credit card holder?
- Are you a buyer?

This Expo is for You!

You are invited to the Mayport GSA Expo on June 16, 2010, 10:00 am to 2:00 pm at the Gym, Building 1391 on Bailey Avenue

Meet your GSA Representatives! GSA Reps will be on hand to answer questions about the many programs and solutions GSA has to offer.

Lunch will be provided.

Come join us!

For more information please contact your local GSA Rep Linda Hosey at 904-542-1278 or email linda.l.hosey@gsa.gov



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NEX Launches Product Information Site

From NEXCOM

The NEX's web store has launched a product information center on www.myNavyExchange.com.

This feature provides customers access to pricing information as well as product images, descriptions and specifications for TVs, cameras and computers that are available for purchase in NEX stores.

"We added this feature to our web site so customers

could have the opportunity to read up on the products they were interested in purchasing and check availability before they got to the store," said Karen Connery, Navy Exchange Service Command (NEXCOM) Director, e-Commerce.

"Industry studies confirm that customers conduct research online at retailers' web stores for at least half of all their purchases regardless of the channel from which they shop. Our

product information center also provides our customers the opportunity to write or read product reviews to help them make their purchase decisions."

Once a customer logs on to www.myNavyExchange.com and is authenticated as an authorized customer, they may select a CONUS or OCONUS region where they would like to shop from either a drop down box, or interactive map.

From there, they can then

select a merchandise category to research and then the specific item he or she is interested in learning more about.

The item detail includes current NEX price, an image, description and specifications for the product as well as a list of NEXs within the selected region where the item is currently available for purchase, subject to availability.

Customers will also have a chance to write a review of the

product and the rating of the product will appear as anchors. Finally, the link to the "Store Finder" will allow customers to find store hours of operations, phone number and directions to which NEX the product is available for purchase.

"We're excited about providing access to our great product assortment and prices available at our stores via our web site and expect that this feature will show our customers that

it's definitely worth the trip to visit their NEX," said Connery. "We plan to add more categories such as major appliances and tires in the near future."

Remember, customers receive a five cent credit toward their purchase for each eco-friendly reusable bag used to bag their purchase.

Become a Facebook fan and follow the NEX on Twitter.

Get On Ball To Burn Calories, Tone Muscles

By Karen Hawkins

DeCA dietitian

May was National Physical Fitness and Sports Month; a great time to start exercising or adding a little variety to your usual physical activity routine.

Have a desk job or spend a lot of time in front of a computer and want to try something different to maybe burn more calories? You might want to try sitting on an exercise ball while working at the computer.

A 2008 study in the European Journal of Applied Physiology compared energy use of people doing clerical work while sitting in an office chair, sitting on an exercise ball or standing up. The study found that study participants burned 4.1 calories more per hour – a 6 percent boost – when they were either standing or sitting on the exercise ball as compared to sitting in the regular office chair.

There was no difference between standing up and sitting on the exercise ball. Being sold on the idea, I have given up my desk chair and sit on my bright yellow ball all day when in the office. However, if you have a history of back problems, it is a good idea to check with your doctor before sitting on an exercise ball for any time.

Getting on the ball

As exercise balls come in different sizes, choose one that is right for your height. When sitting on the ball, your hips should be level or slightly higher than the knees. This will help you maintain comfortable control while using the ball. The first time sitting on an exercise ball you may feel a little wobbly; that is normal as the surface is unstable. Your body is constantly changing its center of gravity in order to remain balanced and still. Give it time; it gets easier. Start off slowly with sitting for 15 to 30 minutes a day and try increasing the time by 30-minute increments every few weeks.

Train your muscles

All your core muscles, including back, abdominals, gluteals and leg muscles are working to keep you stable. Over time, sitting on the ball



-DeCA photo

Karen Hawkins, the DeCA dietitian, sits on her exercise ball at Defense Commissary Agency headquarters. Because exercise balls come in different sizes, she said it is important to choose one that is right for your height. When sitting on the ball, your hips should be level or slightly higher than the knees.

can help tone your muscles. Some consider it a mini workout as your muscles are doing the work. Sitting on the ball can help improve posture as your body assumes an upright position. If you find yourself slouching it may be time to move or sit in your chair for awhile.

Physical activity tips to help you move

If sitting on the ball is not an option for now, or you want to try something else, check out the commissary case lot sale listing at <http://www.commissaries.com> to see if your installation is participating in a Family Fun Fitness Festival event. If so, you are guaranteed to have some fun and save 30

percent and more on your purchases at the case lot sale.

For a little more activity that adds up over time, park the car at the back of the parking lot at work, at school and at the commissary.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum.

Be sure to look for other useful information in the Dietitian's Voice archive.

Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen.

NEX Website Features Nutritional Information Of Food Outlets On Base

From NEXCOM

Navy customers concerned about the nutritional value of the food their eating on base now have a way to check exactly how many calories they are consuming or if the food contains certain allergens. The Navy Exchange Service Command (NEXCOM) has placed nutritional information on some of its branded food outlets on its website www.myNavyExchange.com.

"We believe that by providing links to our branded partners' nutritional data, we are providing an additional tool

for our customers to make informed meal selections," said Dennis Wilkerson, NEXCOM's branch manager, Food Service Program. "Our military customers tend to be very health conscious when it comes to what they eat. Posting this link on the NEX website will make it that much easier for them."

Nutritional information is provided on food outlets including McDonald's, Subway, Pizza Hut, Taco Bell, Tim Horton's, Rice King, Five Guys Burgers and Fries, Chili's, Cold Stone

Creamery, Dominic's Café, Panda Express, Burger King, Dunkin Donuts, Rubio's Fresh Mexican Grill and KFC. Nutritional information available typically includes serving calories, calories from fat, total fat, cholesterol, sodium and saturated fat.

NEXCOM will add additional food service provider information as additional outlets are added to the NEX portfolio.

NEX Rewards Good Grades

From NEXCOM

The Navy Exchange wants to help its customers pay for their children's college education through its A-OK Student Reward Program. Four times per school year, four students will be the recipients of a \$5,000, \$3,000, \$2,000 or \$1,000 U.S. savings bond, denominations at maturity. The

next drawing will be held at the end of May 2010.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first

through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry.

To enter the drawing, stop by any NEX with a current report card and have a NEX associate verify the minimum grade average. Then fill out an entry card and obtain an A-OK ID.

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JTB

Lessons From A Coast Guard Master Chief

By PO3 Cindy Beckert

7th Coast Guard District Public Affairs

His face was as expression-filled as if he was waiting to explain what it felt like to win the lottery.

Master Chief Petty Officer Mark Allen, reserve command master chief, Coast Guard Sector Jacksonville, had a cheeky, almost-sneaky grin stretched across his face. He stood patiently while I quickly shuffled through my notes and positioned the chairs we were about to sit down in.

Other than our occasional chit-chat, the galley and adjoining chief's mess were quiet before we started the interview.

Allen has been nominated by Vice Adm. Robert J. Papp, Jr., commander, Atlantic Area, to serve as the Coast Guard's fifth Master Chief Petty Officer of the Coast Guard reserve force. Allen will relieve the current MCPO-CGRF, Master Chief Petty Officer Jeffrey D. Smith, during a change of watch ceremony scheduled for May 15, 2010 in Alexandria, Va.

Papp will serve as the next Coast Guard commandant and will work closely with Allen and Master Chief Petty Officer Mike Leavitt, who has been selected to serve as the 11th active duty master chief petty officer of the Coast Guard.

The master chief seemed antsy in the chair, happily moving his arms like they were tied to puppet strings. His eyes gleamed and were as wide as his smile. His animated demeanor was in no way a reflection of the seriousness he expressed for the job he is about to undertake.

Allen said his new position will encompass the responsibility of serving as an information resource and advocate for all Coast Guard members, particularly focusing his efforts on the 8,000-person strong reserve force.

The Coast Guard reserve force is the vital component of the active duty Coast Guard. Reservists must be ready at all times to respond and mobilize for all threats and hazards at home and overseas.

Allen said he will work with Smith to make certain initiatives already underway continue without a hitch. One of the biggest challenges Smith said he will be passing down to Allen is enhancing reservist recruiting efforts to gain the authorized strength of 10,000 reserve Coast Guardsmen.

"...In my view we must simultaneously address impediments to current recruiting efforts while building capacity and competency to grow the force in the future," said Smith.

As MCPO-CGRF Allen will be required to travel a broad geographic scope, and it will give him the opportunity to visit and support members throughout the entire Coast Guard. Allen and Leavitt will work as a team to serve as primary

communication conduits between the new commandant and the crew.

"Oh yea! I love to travel, to meet people and to help Guardians succeed. I will take the issues and the successes of the crew and share them with the commandant, and in turn, I will share and enforce the commandant's policies within the crew," said Allen.

Because he will soon be serving in one of the highest enlisted ranks possible, I asked Allen about some of his memories from when he was a second or third class petty officer. Allen remembered back to his early career, when he was cleaning toilets and shining wardroom silver. He remembered back to when becoming a master chief seemed so far away.

Like many junior Coast Guard members, Allen had his share of hard times while earning his way up through the ranks. He joked about when he used to be his units designated toilet cleaner.

"They used to call me 'the head man,' and not because I was in charge," he laughed.

I asked him what he did to help make his career so successful, and if he had any advice for his younger shipmates.

"Motivation is the key to advancement; the challenge drove my career," he said.

Allen always wanted more. More responsibility, more experience, and more opportunity. The way you can achieve these things in the Coast Guard is to advance. But it is important to remember that being the new guy, taking orders, scrubbing decks and washing dishes are necessary to help build character, appreciation and work ethic.

We discussed character in the Coast Guard.

"Oh!" Allen said, "Hold on."

The master chief jumped up and walked over to the chief's mess table. He unzipped a dark-colored book bag lying slouched on the table top and began to rummage through it. He pulled out the book Character in Action by Donald T. Phillips. It was littered with yellow page tabs.

I always keep this book with me, he said. He held the book firmly and appeared less perky than he had just a few minutes before. He explained that the book recapped historic stories about Coast Guard members who demonstrated true service to humanity and whose actions defined the Coast Guard's core values.

One of the challenges Allen will face in his new role is to encourage teamwork between people who have nothing except the Coast Guard in common. A task he doesn't expect to be too difficult since he said he strongly believes honor, respect and devotion to duty are values firmly instilled inside most Coast Guard members.

Allen said he loves the Coast Guard because the people within the organization are very much

like family members. During basic training, Coast Guardsmen are trained to have respect and honor for themselves, their shipmates and for civilians.

An hour had already passed. Lunch-time was getting close and hungry sailors trickled into the galley and the chief's mess. After we wrapped up the interview I thanked the master chief and

he graciously thanked me in return. His joyful handshake affirmed his enthusiasm and the love he has for his job and for the Coast Guard.

Allen encompasses all the qualities expected from a master chief. He is equally intimidating and approachable, comedic and serious. Most importantly, he is impressively knowledgeable about the Coast Guard and its people.

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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.

USO NEWS

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/>.

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.

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, show-

ers, 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 information call 246-3481 or stop by the center at 2560 Mayport Road.

Sesame Street Comes To NS Mayport June 10

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 exclu-

sively 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.

Making Something For Dad



-Photos courtesy of USS Simpson FRG

Members of USS Simpson Family Readiness Group make cards and picture frames during the FRG's "Love Your Sailor" project held at the USO on May 25 in honor of Father's Day. Is your command's FRG holding a fun meeting? Submit your pictures to mayportmirror@comcast.net to be included in the next edition. You can also advertise your FRG's meeting in The Mirror's calendar. For more information, contact editor Paige Gnam at 270-7817 ext. 1012.



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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 usssimpsonfsg@yahoo.com

Monday, June 12

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 usssimpsonfsg@yahoo.com

Out in Town

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.

COMMUNITY CALENDAR

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. 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.

Wednesday, June 9

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

Friday, June 11

Come join the Fleet Reserve Association for a night of

Karaoke at the Branch Home, 390 Mayport Rd. Featured will be host Doug Bracey, from 9 p.m. to 1 a.m. The bar will be open for drinks and snacks.

First Coast families are invited to Julian Barrs Park, 10151 Crystal Springs Rd., to enjoy this Winn Dixie presentation of JaxParks, Movies in the Park at 10:30 p.m. Don't miss Paul Blart: Mall Cop, rated PG. Free refreshments are available while they last. This event is free and open to the public. For more information on events and activities hosted by JaxParks, call (904) 630-CITY or visit www.jaxparks.com.

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.

The Fleet Reserve Association, Branch 290, elected new officers at their May General Assembly. Installation will be at 7:30 p.m. at the Branch Home, 390 Mayport Rd. For more information on membership in either FRA-290, or the Ladies' Auxiliary, LAFRA-290, call 246-6855. The Branch Home is located at 390 Mayport Road, Atlantic Beach, Florida, 32233.

Monday, June 14

Fleet Reserve Association, Branch 290, will conduct an Official United States Flag Retirement Ceremony. The public is invited to bring damaged American Flags to the Branch's home, 290 Mayport Rd., before June 14 and they will be Officially Retired at no cost to the owner.

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 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., Atlantic Beach.

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.

Sunday, July 18

11th Annual Cutting for Kids

Cut-A-Thon to Benefit Locks of Love

Change a style to change a life will be held at Orange Park Mall from noon - 4 p.m. Hair donors and volunteer stylists are needed for the 11th Annual Cutting for Kids event. Come enjoy live music and free entertainment while supporting Locks of Love in their mission to return a sense of self, confidence and normalcy to children suffering from hair loss. Free haircuts for persons with ponytails 10 inches or longer. This event will benefit Locks of Love, a public non-profit organization that provides vacuum fitted hairpieces to financially disadvantaged children suffering from long-term medical hair loss from any diagnosis. They meet a unique need for children by using donated human hair to create the highest quality hair prosthetics. Most of the children helped by Locks of Love have lost their hair due to a medical condition called alopecia areata. Monetary donations to Locks of Love are tax deductible. For more information, please email the Events Coordinator at volunteer@locksloflove.org

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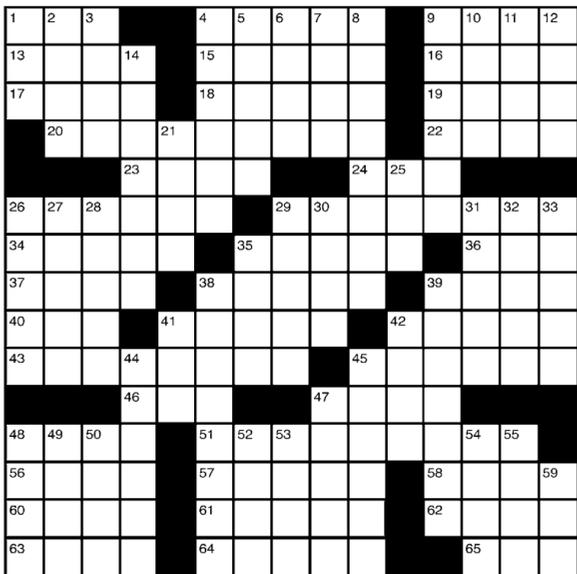
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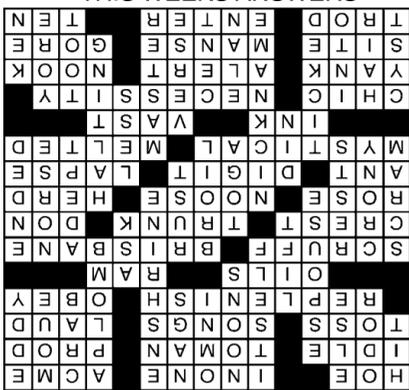
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- ACROSS**
- 1 Garden tool
 - 4 ___ ear and out the other
 - 9 Highest point
 - 13 Let the engine run
 - 15 Man-___ talk; frank exchange
 - 16 Incite to action
 - 17 Throw
 - 18 Ditties
 - 19 Praise
 - 20 Fill up again
 - 22 Follow orders
 - 23 Paintings by Thomas Kinkade
 - 24 Computer memory
 - 26 Back of the neck
 - 29 Large city in Queensland, Australia
 - 34 Toothpaste brand
 - 35 Elephant appendage
 - 36 Mr. Ameche
 - 37 JFK's mother
 - 38 Loop with a slipknot
 - 39 Buffalo group
 - 40 Crawling insect
 - 41 Numeral
 - 42 Backslide
 - 43 Of the occult
 - 45 Liquefied
 - 46 Pen contents
 - 47 Widespread
 - 48 Stylish
 - 51 Requirement
 - 56 Pull hard
 - 57 On the ball
 - 58 Recess
 - 60 Location
 - 61 Minister's home
 - 62 Puncture
 - 63 Trampled
 - 64 Penetrate
 - 65 X on the clock
- DOWN**
- 1 Success
 - 2 Stench
 - 3 Everyone ___; all the others
 - 4 In ___; per se
 - 5 Lunch hours
 - 6 Old Atlanta Hawks stadium
 - 7 Carps
 - 8 Preserve as sacred
 - 9 Self-confidence
 - 10 Grumpy person
 - 11 Pouty face
 - 12 Whirlpool
 - 14 Support, as a cause
 - 21 Raise
 - 25 Inquire
 - 26 "Get lost!"
 - 27 Close friend
 - 28 Takes a nap
 - 29 London ___; boneless cut of beef
 - 30 Reddish brown color
 - 31 Skillful
 - 32 Scandinavian
 - 33 Finished
 - 35 Garment for Caesar
 - 38 Moniker
 - 39 Discontinuing
 - 41 Clamor
 - 42 More or ___; approximately
 - 44 ___ off; irritated
 - 45 Learn well
 - 47 Stanza
 - 48 Abnormal sac
 - 49 Head covering
 - 50 Very interested in
 - 52 Vivacity
 - 53 Penny
 - 54 Honk the horn
 - 55 Days of ___; antiquity
 - 59 Baseball's ___ Griffey, Jr.



THIS WEEKS ANSWERS



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Classes, Workshops 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 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

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

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

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

June 16, 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 17, 9 a.m.-noon, **Tottletyme Playgroup**, USO

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

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

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

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

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

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

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 chil-

dren their child's age.

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

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

Updated: FEBRUARY 1, 2007

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REACHING OUT

The following are just a sample of volunteer opportunities available through NS Mayport and Volunteer Jacksonville. For more information, call NS Mayport volunteer coordinator 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 compelling. To become a Guardian ad Litem, candidates need a compassionate heart, be at least 19 years old, complete 30 hours of initial training and undergo a background check. The process begins with a screening interview so you can learn more about this opportunity to make a difference in the life of a child.

If this kind of volunteer opportunity sounds like something you would like to participate in, please visit the Guardian ad Litem website, www.guardianadlitem.org, 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 dlfields@bellsouth.net

Mayport Lions Club Volunteers

The Mayport Lions Club is looking for Volunteers to help with various projects. If you

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

Jacksonville International Airport Volunteer Ambassador Program

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

St Augustine Amphitheatre Seeks Volunteers

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

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

Big Brothers Big Sisters Mentoring

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

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

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Summer Programs Expand For Military Children

By Elaine Wilson

Aspen Forces Press Service

From camps to golf clinics to acclaimed museums, military children have an abundance of free summer programs to choose from this year, a Defense Department official said.

The activities not only offer a respite from day-to-day routines, but also foster camaraderie among children dealing with similar military challenges, said Barbara Thompson, director of the Pentagon's office of family policy, children and youth.

"Peer to peer is wonderful way for children to learn how to deal and cope with separations and parents' absence," she said. "Each person copes differently, but my personal belief is that when you're busy ... it takes some of the burden off of your shoulders, takes away some of your anxiety and concern."

Thompson suggested military families start by looking into the plethora of day and residential summer camps.

Operation Military Kids, for instance, will sponsor 250 summer camps across the nation for school-age military children, both active and reserve, through a partnership with the Army, the Defense and Agriculture departments and 4-H. The camps cover a wide range of interests, including robotics, technology, high adventure, animals, cooking, photography and art.

These camps can be particularly beneficial for Guard and Reserve children who may not have a community of support around them, Thompson said.

"It shows that they're not alone, that there are other children facing the same worries and anxieties as they deal with the issues of the military lifestyle," she said.

The Defense Department will deploy more than 100 of its child and youth behavioral specialists to 99 of these camps, Thompson noted. They'll support the camp staff, she said, and also will conduct focus groups and other support activities for children.

The department will send hundreds of other child and youth specialists to Operation Purple Camps and to camps sponsored by the services, Thompson said.

In total, "we are going to be sending over 500 child and youth specialists across the world to take care of children in

summer activities," she said.

Operation Purple Camps, sponsored by the National Military Family Association, are designed to help military children ages 7 to 17 cope with the stress of having a parent deployed, Michelle Joyner, the association's communications director, explained.

"It's a wonderful opportunity to bring kids together so they can learn some coping skills to get through difficult times," she said. The children also are encouraged to form their own support networks, she added.

The association, through a grant from the Sierra Club Foundation, expects to send more than 9,500 children to camp this summer. Camps are located in 37 states and in two sites in Germany, Joyner said.

While camp registration has ended for this summer, registration still is open for Operation Purple Family Retreats, available to all members of a military family. The next retreat will be held July 4 at Grand Teton National Park in Wyoming. It includes a travel stipend to defray the cost, Joyner said. People can visit militaryfamily.org to sign up or to learn about the association's other family programs.

Military children also can seek camp and other summer activity opportunities through their installation libraries and child and youth services programs, Thompson said. Additionally, each installation has a pool, and some have pool lifts for swimmers with special needs. The department also has been revamping some of its playgrounds with special-needs children in mind, she added.

Off installation, Thompson encouraged parents to explore cultural opportunities through the Blue Star Museums program. This initiative, sponsored by the National Endowment for the Arts and Blue Star Families, offers servicemembers and up to five of their immediate family members free admission to participating museums from Memorial Day through Labor Day. More than 600 museums in 50 states and the District of Columbia have signed up so far.

"What a cultural opportunity," Thompson said. "It's just a wonderful way to spend summer days so it's not all games and fun, but there's some learning going on and cultural activities. We're very excited about

this initiative."

For budding golfers, the First Tee Military Affiliate Program offers free golf instruction to children from Guard and Reserve families geographically separated from a military base, Thompson noted.

The instruction is available at First Tee's 200 chapters located across the nation. School-age children at all skill levels, from beginner to advanced, are invited to hone their golf game with the help of trained coaches.

The program not only sharpens their skills on the green, but also equips children with life skills. Along with basic golf instruction, First Tee coaches teach children interpersonal communication, managing emotions, goal-setting and overcoming obstacles.

For parents looking to keep their kids' learning skills honed throughout the summer, Thompson suggested they visit Tutor.com, a free, online tutoring service for servicemembers and their families. Children can access round-the-clock professional tutors who can assist with school work.

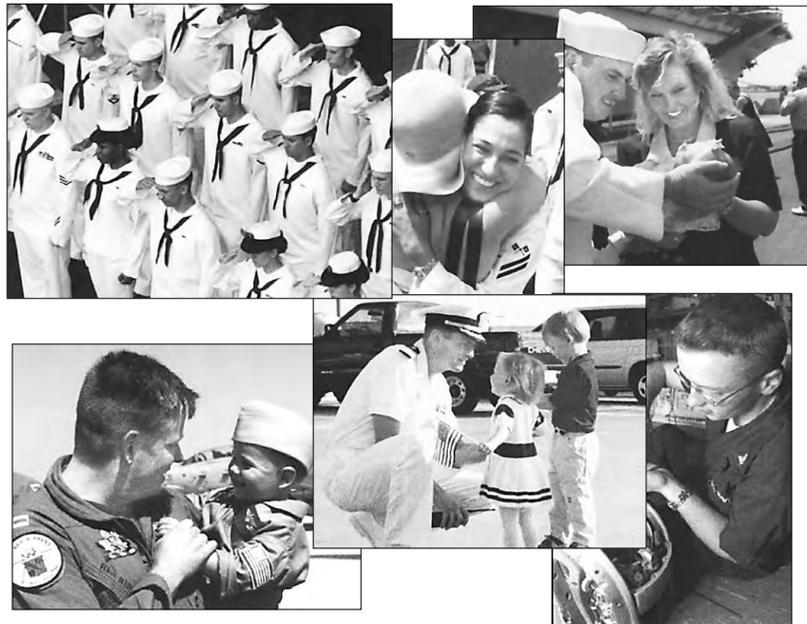
"When children are out of school we want their time to be fun, but productive as well," she said.

Also aimed at education, the Department of Defense Education Activity will offer a four-week summer enrichment program that emphasizes math and language arts skills. This year, the program will be offered at 62 sites worldwide to about 10 percent of the activity's students from kindergarten through 8th grade.

The activity also offers a summer online high school program for students who are at risk of not meeting graduation requirements. These students can enroll in coursework to replace a failing grade or to fulfill a course requirement.

"Our summer school program helps our students meet their educational requirements through a virtual program," said Patricia Riley, chief of the activity's Virtual School Program. "This is particularly helpful for our students overseas, since many [do] travel back to the U.S. to see family in the summer, which would be difficult if they were attending a traditional brick-and-mortar summer school."

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

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

904-366-6300

ONLINE
Classified line ads are online at jaxairnews.com

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

Announcements

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

Real Estate For Sale

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

Georgia Real Estate

Southwest, Georgia
1,411 Acres @ \$2,500/Ac
16 Miles North of
Albany Rolling
Open Pine Land
Fertile Farmland
Big Hardwoods and
175 ACRE LAKE
478-477-1000

Mandarin

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

Arlington

4 BR/2BA, 2565sf, on
1.42 acres, in ground
pool, wood floors
\$129,000 904-612-0830

A LOT FOR A LITTLE!

Arlington
8341 Manovist St., 3/2
home. Sturdy concrete
block. Hardwood floors
except in family room,
kitchen, and baths.
Replumbed. Electrical
upgrade. Newer heat
pump, 1-car garage.
\$142,900.
Call Leona DeCastro,
JaxRealtorsOnTheGo.,
Watson Realty Corp.,
904-710-2163

Pretty as a Picture!

12251 Rochford Ln., 3/2
home close to Mayport.
Living & Dining,
Family Rm, Eat-in
kitchen. Split floor plan.
Large fenced backyard.
2-car garage. \$149,900.
Call Leona DeCastro,
JaxRealtorsOnTheGo.,
Watson Realty Corp.,
904-710-2163

Westside

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

North Jacksonville

New Homes aren't cheap
Here's one you can keep
LikeNewHomes.com
5bed/2ba for \$109k

We Appreciate You!

\$8000 tax credit - no down payment - VA approved
Foreclosure and
Short Sale Specialty
Vanguard Realty, Inc
Call Dennis Kinkopf 904-868-3252

Beaches

AB Home 3/3, pool,
2 bks, 2 bks from
Ocean, \$439K. Call
226-0903. 1804 Sea
Oats Dr. PCS MOVE.

Orange Park/ Clay County

Move in Special \$299
Call 904-264-4263

Waterfront

DEEP WATER
Black Hammock Isl., Jax
Nassau River 3BR/2.5BA
total 2400sf, incl. 4525sf
sports bar, gar and pool,
1rg dock w/ab 10k lifts
Asking \$ 649,900.
Call Bingemann Realty
Sales Inc. 904-945-3255

Condominiums

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

Out of Area/ Town/State

* EARLY CO., GA *
1,282 @ \$1,950/c
BIG DEER, Quail,
Turkeys 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.
Fl. Caroline - Split 3/2, 1344sf,
fpl, chg, appls stay, fam. rm,
bonus/game rm, Indynside, Inc.
10254 Roadway Dr.
Reduced to \$84,900.
Call Kathy Jaeger at
904-616-2319

Farms/ Acreage

57 AC, 1500ft on St Mary's
River, 3/2 BR, 2 BA, 1500sf,
house. Owner financing
Call Mike 904-759-0121

Land For Sale

Clay County Florida
50 to 100 acre parcels
Approximately
15 minutes from
Greencove Springs.
Approximately
20 minutes from
Fleming Island.
Shield Properties Inc.
Licensed Real Estate
Broker/Owner
904-277-4204

Real Estate For Rent

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

Apartment Unfurnished

Arlington
Arlington at
Hidden Hills Apts.
Free Rent!!
Free Price!!
Call Today 1-888-318-6493

Atlantic Beach Lakes of Mayport

2br Starting @ \$729m \$149
pays move-in fees 904-249-1833

Atlantic Beach Lakes of Mayport

1-95 & UNIV BLVD
2br/1ba, residential area
across from schools.
\$610mo. 904-349-8706

Apartment Unfurnished

NORTHSIDE-Lrg 1 or 2BR TH
carpet, blinds, water &
sewer incl. Laundry fac.
Call 904-768-9964

Orange Park

Ortega / Timuquana Village
Condo 1/1, pool, quiet
area, off st prking
\$725mo. 904-384-7962

Southside / CR210

2br/1ba, 46 E. 29th St., w/brdry
hkup, \$460mo+\$300 dep.
904-757-4361 or 413-2213

WESTSIDE 1 & 2 BR

Starting at \$525. Call
today about SPECIALS!
IN SPECIALS! 781-6616

Condos for Rent

2br/2ba Condo for rent
Close to St Johns Town
Center \$850m/875sqft.
Call Joyce 904-434-6100

ARLINGTON-9A

Merrill
2/2 Gated, 1150sf, pool,
like new, W/D, 1st fr
\$850mo. 904-445-8892

Ortega / Timuquana Village

Condo 1/1, pool, quiet
area, off st prking
\$725mo. 904-384-7962

Houses Unfurnished

Arlington East
2/1.5 & 2/2.5 TH
like new
no pets/smkg,
avail now.
\$795mo.
904-608-5129

ARLINGTON

3/2.5, newly
remodeled, \$860mo
washer/dryer
included
HUD approved
Call 904-612-0830

AVONDALE 3/2, CH&A, hardwood floors, kitchen equipped, washer/ dryer hookup, no pets.

Call 904-771-2179

MANDARIN/Windermere

3/2, 2 car gar, scrn porch,
fam rm, fenc bk yd, avail.
July 1st, no pets. \$1200mo
+ sec. call 904-923-2214

MANDARIN 4/2, 2100sf, \$1500mo. A+

3 schools, incd, bit
'07, water view,
comm. pool, fltn. ctr,
plymrm, pool-mkt., brk-
fast bar, din/ram, car-
peted, PCSing.
904-422-5162

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772-8031 789347

FREE Benefit Package

JaxNavyHomes.com
Beach & Luxury Realty-Steve Pate
787536

Houses Unfurnished

MANDARIN 3/2, 2 car
gar, fplc, 1500sf, \$1150mo
+ dep. 10176 Summer
Pines Ct. Call 710-6933

MANDARIN 3br/2ba House For Rent with 1 car garage, screened porch, family room, fenced backyard. \$1100mo. 904-292-2059

MIDDLEBURG Spacious 3/2

on 2.5 ac, fncd w/priv
pond, newly painted,
wheel chair ramp,
\$955m avl 6/1 904-838-5474

NORTHSIDE

Must See! Charming-
Spacious 3br/1ba,
fresh paint, ch&g, w/d,
fenced yard, covered
carport, Sec. 8 OK
904-4-6-2-9-2-7-4-0-1/
407-456-3334

NORTHSIDE - (32218)

bedroom, 1 bath, 985
square feet, central
heat/air, well water, 1/2
mile to Branch - New
904-866-7776 or 899-2330

PCS 3/2 \$1250, Vic- toria Lakes, North- side, Large fenced yard, water view, community pool, play- ground, 20 min to May- port. Scott 904-424-0280

Manufactured Homes

Middleburg, Clay Hill
4/2 DW on 5 very priv.
high & dry acres. Loc-
close to schools & Fire
Station 13, off Nolan Rd.
& Big Branch - New
metal roof, new inside
plumbing, fplc, gas stove,
W/D, water softener,
walk in pantry & closets.
Cable & phone ready.
Adults. No Smoking. No
Pets. \$1,000mo + utils
\$500 sec dep. Ref. read
By appl only. Call
904-718-6717. Must see to
appreciate. 1yr lease read
Owner will consider selling

NORTHSIDE 0 DEPOSIT FROM \$395

1 & 2 BR weekly/monthly
904-766-6986

WESTSIDE - Dbl Wide, 2/2 CH&A, priv. lot, \$550, Sgl Wide 2/2, \$500, 777-5209

WESTSIDE 3br/2ba DW \$800mo 904-783-2460

WESTSIDE Private Single Wide 3/2, all elec, ch&g, w/d hkup, no pets \$575mo + dep. 813-8713

Roommates

ATLANTIC BEACH
3 miles from the front
gate of Mayport Naval
Station. All utilities &
cable included, private
beach room, & bath.
\$490mo. 321-508-9004

Kernan/Beach close to FCCJ

Furnished rm. \$450mo
incl. everything 904-568-2157

Rooms for Rent

ARLINGTON W'side
N'side - Furn, ph, TV w/d,
ch&g \$100-\$130/wk 838-4587

Business & Financial

Business Opportunities
Distributions/Franchises
Fictitious Names
Financial Services
Money to Lend/Borrow
Mortgages Bought/Sold

Money To Lend Or Borrow

Low Interest Financing
Borrow up to \$25K.
Pay \$349mo Personal,
Business & Consolida-
tion. Bad Credit OK
Call 1-888-338-3365

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Events

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Case Manager Supervisor
Be a part of creating
meaningful, independ-
ent & productive lives
for children & adoles-
cents who receive ser-
vices from our Starke
based Case Mgmt office
serving N. Florida. We
have a current opening
for a Full Time Case
Manager Supervisor.
To Qualify we require:
• 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 & 2 yrs of experi-
ence working in child
welfare/protective ser-
vices strongly preferred
• Must currently hold cer-
tification as a child pro-
tection 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
RC31588
Julia E. Richardson
407-362-9210 ext. 77290

Education/ Teaching/ Training

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Legal

ACCOUNTS
RECEIVABLE
CLERK
Needed for full time pos-
ition with Riverside
office of a large, state-
wide law firm. Success-
ful candidate will have a
minimum of 3 years
experience in account-
ing or collections; strong
written/verbal commu-
nication skills and will
be proficient with
accounting software and
MS Word. Highly com-
petitive compensation
and a friendly, excel-
lent work environment.
All submissions held in
confidence.
Reply to this Job at
13382238@FTUJobs.com
or fax to Wendy Allen
at 904-672-4050

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OPENINGS!

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off each week.
Only need one year
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work.
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respite care, meals
included. Middleburg
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Augustine. 610-2888 visit
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Furniture/ Household

**QUEEN SIZE
Mattress Set
Still In The Factory
Sealed Plastic
\$100.00
(904) 644-0498**

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

BED A BARGAIN New Queen Pillowtop Sets \$95 365-0957

COUCH 67"x36" deep, white like new 264-6814

DINING SET-China Hutch table, 6 chrs solid wood, good cond. 1 Chair dam- age. Asking \$290. 904-291-2388/c:305-4054

DINING SET: nat. bamboo 48" glass top, 4 arm chrs, 4-24" bar stools matching. Awesome. \$475. 264-6814

LIVING RM SET- Couch, chair color off white, good cond. Asking \$180. 904-291-2388/c:305-4054

MATTRESS QUEEN Pillowtop Set \$130 (904) 644-0498

Beautiful 2 cushion sofa, solid oak cot- tbl, 2 end tbls, 2 lamps. All in exc. cond. 912-56-2137

Tan/beige leather sectional in great cond., matching access. tbls, lamps, rug. Avail. for sale. Ask- ing \$500. 904-757-2837

Furniture/ Household

Leather Loveseat's,
glass tbl, foot rest,
punching bag +
gloves, bookshel-
side tbl, etc. Good cond.
904-891-5189

Garage Sale

Arlington - Sat., June 5,
8a-2:30p 7120 King
Arthur Rd 904-742-2738
electronics, music, books,
motorcycle parts incl
J&M comm. system
helmets & much more

FLEMING ISL. Hibernia Forest Annual Community Yard Sale. Sat., June 5th, 8a-2pm. Hwy 17 South of 220 on the right.

Intracoastal San Pablo Creek Sat. 8-12N hshold, misc. kids, furn, electr 13485 Las Brisas Way N.

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

1978 GALAXY 19' Runabout, 165hp Mercruiser, Deep V Hull exc. cond., interior good cond., outdoor needs work. Galvanized trlr. 472-6291

33' 2008 Grady White Canyon, center console, twin Yamaha, 350 outboards, Furuno electronics, outriggers, bow thruster, double live well, Sirius radio, electric reel outlets (6) exc cond., located in Carabelle, FL \$178,000 229-436-8407 / 229-344-7081

Two Yamaha FX HO Jetskis with trailer. 2007 with <35 hours! \$14K. Call 904-945-0300.

Harley Davidson Road King FLHR 2008 Original owner. Garage kept. Color black. 6300 mi. \$14,500. 904-794-0418

Harley Davidson Ultra Classic 2004. 12,250 mi; two-tone blue; \$12,000 OBO. 904-405-0961

Yamaha 650cc V-Star 2006 Custom Shaft drive 14k miles well maintained garage kept many extras \$3975 obo 904-294-2801

Heavy Duty Hitch fit on truck or Windstar Van. Asking \$500 291-2388/c:305-4054

1980 450SL Mercedes hardtop convertible 86kmi, orig. paint. 904-573-9872

1980 450SL Mercedes hardtop convertible 86kmi, orig. paint. 904-573-9872

1995 HONDA CIVIC 2dr w/rims, new interior in great cond. Best offer. 904-757-2837

1996 DODGE Avenger 4cy, auto, Trans, new tires, new ignition module needs trans work. \$800. 912-322-2633

2002 Ford Thunderbird conv. w/hard top, Ltd Edt. torch red, loaded, 22kmi, 614-4080. \$25K. Nego.

MAZDA RX8 '04 Red, 64k, 6spd, navig. sys., lthr, 18" wheels. Zoom Zoom \$10,500 firm. 904-556-6107

Nissan Altima Coupe 2009 - 2.5S 16,500 miles. Used retail: \$21,600. Asking: \$19,900. Southside. Call 706-461-0405.

HONDA VTX 1800cc Garage kept. Low miles, new tires, looks brand new chrome custom LED's backrest fairing. \$5900. Richard 994-9802

Volkswagen '05 Convertible Bug, Lt Blue. \$7,500 \$10,500. 904-430-0170 eileenboyle36@yahoo.com

1998 CHEVY BLAZER LS 4x4, 2dr, 134kmi's, sunroof, auto, V6/4.3, new tires. Tom 891-2659

2002 Acura MDX Touring edt. Low mi's. 210-7445. \$14K

2003 Acura RSX auto, lo mis', orig. owner \$10,300. 210-7445

FORD RANGER 2006 W/ BED LINER GOOD CONDITION 49K MILES \$9,500. 904-669-4808

Nissan Xterra '06 4WD, gray w/gray cloth int, low mi, great cond \$16,500 obo 904-501-7693

CHEVY 2500 EXP CARGO VAN '97 62K MILES, \$8,500. GOOD CONDITION MORE INFO CALL 904-669-4808

Ford Ranchero 1979 for parts - 302 motor - C6 trans - good body parts (grill, tires, hood, fenders, tailgate, windshield) Make offer on whole or pieces! Call Mike 904-371-0988

CASH FOR JUNK CARS Alive or Dead Free Pickup 237-1657

15' 1989 Ashcraft 48hp Evinrude galvanized trailer. \$2000obo. 729-2490

KIRA EMPLOYMENT OPEN HOUSE

KIRA is competing for an upcoming base operation support services contract at Naval Air Station Jacksonville, Naval Station Mayport, USMC Blount Island Command and the Bureau of Medicine (BUMED) – also known as Regional Base Operating Support I.

JOIN US on Friday, June 4th from 2pm - 7pm and Saturday, June 5th from 9am - 4pm at our Open House to learn more about the positions we are recruiting for.

Location: Holiday Inn Hotel & Suites at 620 Wells Road, Orange Park, FL 32073

We are seeking experienced facilities maintenance professionals/qualified employees in the following areas:

- :: Accountants
- :: Buyers
- :: Carpenters
- :: Electricians (Journeyman & Masters)
- :: Estimators/Planners
- :: Fire Alarm System Mechanic
- :: General Clerks
- :: General Maintenance Workers
- :: HAZMAT Personnel
- :: Heavy Equipment Mechanics
- :: Heavy Equipment Operators/Bus Drivers
- :: HVAC Mechanics (Journeyman & Masters)
- :: Laborers
- :: Locksmiths
- :: Maintenance Trades Helpers
- :: Managers
- :: Material Expeditors
- :: Motor Vehicle Mechanics
- :: Painters
- :: Pipefitters
- :: Plumbers (Journeyman & Masters)
- :: Production Control Clerks
- :: Secretary
- :: Sheet Metal Workers
- :: Stationary Engineers/Plant Operators
- :: Supervisors
- :: Transportation Riggers
- :: Welders
- :: Work Receptionists/Dispatchers

Resumes and applications will be accepted from individuals with qualifications and experience in these areas. Please visit www.kira.com/RBOSI for more information regarding this recruiting/proposal effort.

KIRA is headquartered in Miramar, FL with project sites coast-to-coast, including NAS Jacksonville and NS Mayport. We provide base operating support services, construction and renovation and facilities maintenance services—at the lowest possible cost.

KIRA is an Equal Opportunity M/F/D/V Affirmative Action Employer

KIRA, Inc. :: Phone: 904-573-2283 :: careers@kira.com

849959

650,620 Hours

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

Thank you!

Jax Air News
JACKSONVILLE, FLORIDA

THE MIRROR
NS MAYPORT, FLORIDA

THE PERISCOPE
KINGS BAY, GEORGIA

drive directory

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CADILLAC

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4700 Southside Blvd. 642-5111
www.claudenolan.com

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CLAUDE NOLAN CADILLAC
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www.claudenolan.com

CHEVROLET

NIMNIGHT CHEVY
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425-6312
www.nimnichtchevy.com

CHEVROLET

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CHRYSLER

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

CHRYSLER

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

CHRYSLER

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

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9A & BAYMEADOWS. 493-0000

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

DODGE

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

DODGE

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

DODGE

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

DODGE

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

DODGE

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

DODGE

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

FORD

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

FORD

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

FORD

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

FORD

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

FORD

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

FORD

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10720 Phillips Hwy.
904-292-3325

FORD

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10720 Phillips Hwy.
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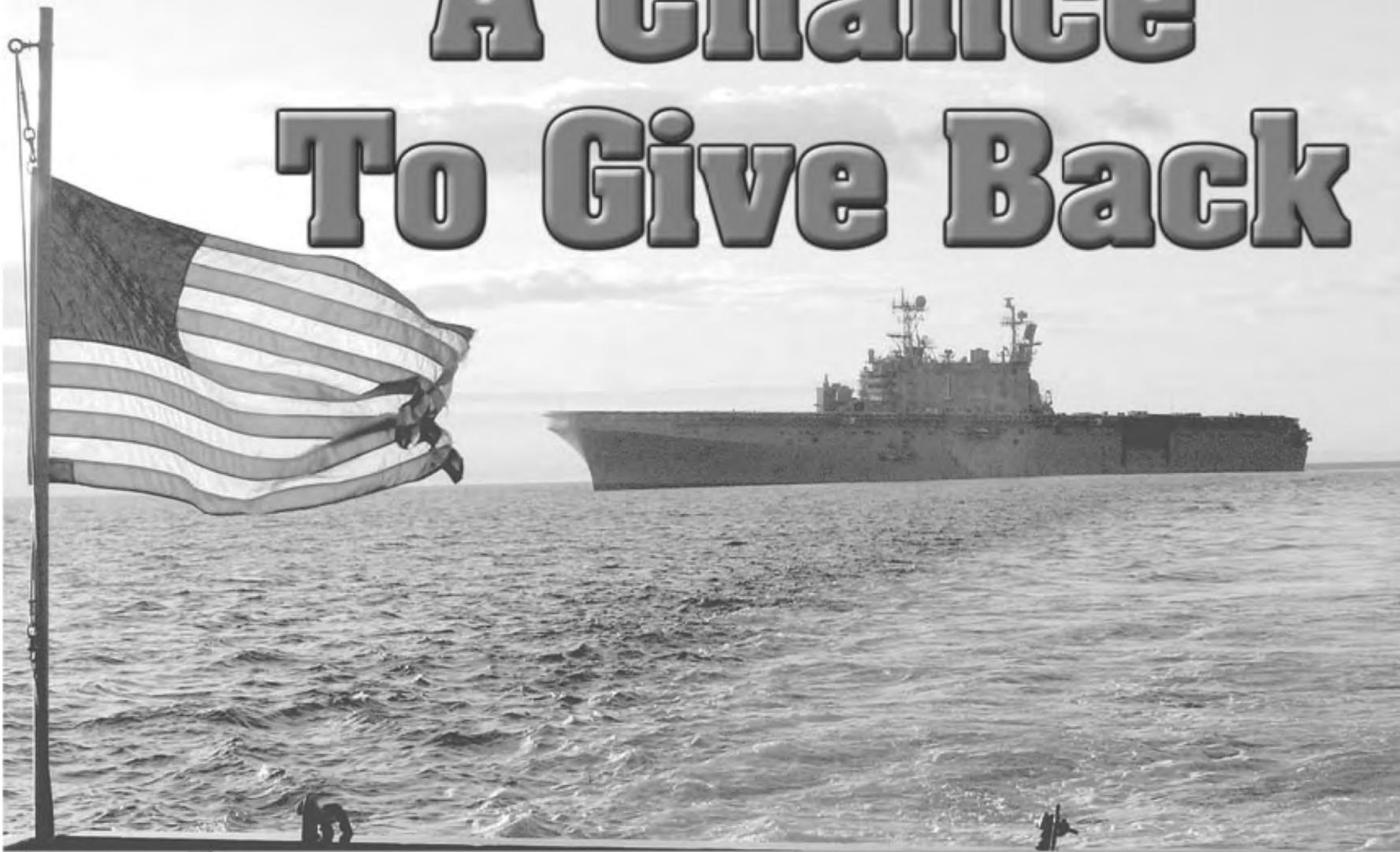
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